

Group III**Dash**

Year	Name	School	Performance
1980	Othalene Morrison	Long Branch	7.3
1981	Pam Hudson	North Hunterdon	7.3
1982	Pam Hudson	North Hunterdon	7.1
1983	Claire Connor	Rahway	7.2
1984	Claire Connor	Rahway	6.9
1985	Angela Hill	West Side	7.2
1986	Artrelia Turner	Wilson	7.30
1987	Rhonda Saunders	Clifford Scott	7.53
1988	Rhonda Saunders	Clifford Scott	7.36
1989	Gily Dishon	Tenafly	7.32
1990	Drexel Long	Monmouth	7.23
1991	Regina Trotter	Weequahic	7.12
1992	Tameika Conway	Toms River South	7.50
1993	Medina Salaam	Camden	7.38
1994	Medina Salaam	Camden	7.35
1995	Darriea Pigott	West Orange	7.33
1996	Dana Burnett	Williamstown	7.23
1997	Shaunte Sheard	Franklin	7.43
1998	Magenta Taylor	Willingboro	7.29
1999	Magenta Taylor	Willingboro	7.27
2000	Takara Wilks	Lincoln	7.38
2001	Latoya Charmical	Wilson	7.33
2002	Shanda Jackson	East Orange	7.34
2003	Jenna Harris	Franklin	7.34
2004	Dominique Merchant	Winslow Twp.	7.29
2005	Shavon Greaves	Lakewood	7.28
2006	Krystal Cantey	Winslow Twp.	7.17
2007	Georgina Nembhard	Ocean Twp.	7.18
2008	Assante Johnson	Camden	7.20
2009	Janay Mitchell	Teaneck	7.17
2010	Tylia Gillon	Jackson	7.13
2011	Stey'ce McNeil	Winslow Twp.	7.23
2012	Ste'yce McNeil	Winslow Twp.	7.11
2013	Torie Robinson	Winslow Twp.	7.05
2014	Torie Robinson	Winslow Twp.	7.05
2015	Marissa Flim	Hamilton West	7.30
2016	Ayanna Fate	Newark Tech	7.40
2017	Flora Ahiarakwe	Winslow Twp.	7.15
2018	Jaela Thomas	Brick Mem.	7.27
2019	Tionna Tobias	Winslow Twp.	7.24

200

Year

2005	Symone O'Connor	Franklin	25.92
2006	Kristen Mahon	Notre Dame	25.12

400

Year

Year	Name	School	Performance
1980	Robin Stephens	Lakewood	59.2
1981	Robin Stephens	Lakewood	58.8
1982	Tisa Stubbs	Englewood	59.4

1983	Tatiana Smolin	Randolph	59.7
1984	Jackie Bobien	Clifford Scott	57.4
1985	Gisele Harris	Shabazz	57.0
1986	Gisele Harris	Shabazz	56.45
1987	Tonya Lee	Rancocas Valley	59.88
1988	Shelley Mitchell	Lakewood	58.93
1989	Michelle Samuels	Red Bank	57.35
1990	Drexel Long	Monmouth	56.48
1991	Drexel Long	Monmouth	57.96
1992	Kisha Blanton	Neptune	58.52
1993	Kisha Blanton	Neptune	59.26
1994	Angela Lee	Franklin	58.24
1995	Angela Lee	Franklin	59.37
1996	Dana Burnett	Williamstown	58.36
1997	Vernick Smith	Wilson	1:00.01
1998	Shakirah Rutherford	Willingboro	58.57
1999	Shakirah Rutherford	Willingboro	59.73
2000	Danielle Myricks	Willingboro	58.24
2001	Danielle Myricks	Willingboro	57.70
2002	Halimah Bashir	Willingboro	58.90
2003	Halimah Bashir	Willingboro	58.03
2004	Symone O'Connor	Franklin	59.01
2005	Symone O'Connor	Franklin	57.80
2006	Krystal Cantey	Winslow Twp.	57.11
2007	Kristen Mahon	Notre Dame	57.19
2008	Michelle Brown	Seneca	57.72
2009	Michelle Brown	Seneca	56.56
2010	Michelle Brown	Seneca	57.09
2011	Ste'yce McNeil	Winslow Twp.	56.69
2012	Ste'yce McNeil	Winslow Twp.	56.62
2013	Thalia Cooper	Kingsway	57.92
2014	Thalia Cooper	Kingsway	58.29
2015	Thalia Cooper	Kingsway	58.67
2016	Flora Ahiarakwe	Winslow Twp.	59.08
2017	Jenna Reid	Middletown North	59.18
2018	Flora Ahiarakwe	Winslow Twp.	57.67
2019	Jade Pope	Pennsauken	58.49

800

Year	Name	School	Performance
1980	Maureen Hogan	Randolph	2:25.6
1981	Marge DeMarrais	North Hunterdon	2:21.7
1982	Kim Sannito	Caldwell	2:16.9
1983	Widia Johnson	Vailsburg	2:22.0
1984	Angela Pulliam	Newark Central	2:19.8
1985	Gisele Harris	Shabazz	2:16.8
1986	Gisele Harris	Shabazz	2:17.0
1987	Marcia Baker	Vailsburg	2:24.37
1988	Marcia Baker	Vailsburg	2:18.18
1989	Liane Sullivan	St. Dominic's	2:21.39
1990	Rosealee Walters	Clifford Scott	2:18.79
1991	Jennifer Metz	Pascack Valley	2:19.58
1992	Jennifer Metz	Pascack Valley	2:16.00

1993	Tara Powers	Wall	2:18.35
1994	Jean Readie	Queen of Peace	2:21.95
1995	Shelly Solheim	Ocean City	2:22.43
1996	Vernick Smith	Wilson	2:20.40
1997	Suzanne Schild	Middletown South	2:21.23
1998	Latasha Taylor	Willingboro	2:21.39
1999	Megan McDonald	Roxbury	2:22.33
2000	Lauren Dike	Middletown South	2:24.78
2001	Kathleen Trotter	Red Bank	2:17.58
2002	Kathleen Trotter	Red Bank	2:18.94
2003	Kathleen Trotter	Red Bank	2:14.26
2004	Elizabeth Mayer	Red Bank	2:19.83
2005	Emily MacNeil	Westfield	2:19.65
2006	Ashley Cromartie	Roxbury	2:18.95
2007	Ariann Neutts	Roxbury	2:17.15
2008	Ariann Neutts	Roxbury	2:17.25
2009	Ajee Wilson	Neptune	2:13.70
2010	Mary Bohl	Seneca	2:18.85
2011	Emily Mauro	West Windsor So.	2:19.52
2012	Danielle Leavitt	Lacey Twp.	2:20.77
2013	Claudia DiSomma	Sparta	2:14.41
2014	Danielle Leavitt	Lacey Twp.	2:15.06
2015	Catherine Pagano	Northern Highlands	2:11.29
2016	Caroline O'Sullivan	Old Tappan	2:15.10
2017	Caroline O'Sullivan	Old Tappan	2:18.01
2018	Karly Forker	Roxbury	2:17.62
2019	Sarah Adams	Ramapo	2:18.23

1500/1600

Year	Name	School	Performance
1980	Theresa Gschwind	Summit	4:47.8&
1981	Theresa Gschwind	Summit	4:48.3&
1982	Cheryl Tuosto	North Brunswick	5:04.6
1983	Maura Hennessey	Morris Hills	5:01.2
1984	Toni Ann Angione	Bergenfield	5:09.7
1985	Jen Van Horn	Wayne Valley	5:15.1
1986	Anne Letko	North Hunterdon	5:14.46
1987	Anne Letko	North Hunterdon	5:13.92
1988	Cathy Feeney	Wayne Valley	5:11.82
1989	Cathy Feeney	Wayne Valley	5:13.80
1990	Cathy Feeney	Wayne Valley	5:09.62
1991	Christine Engel	Mount Olive	5:08.36
1992	Christine Engel	Mount Olive	5:04.74
1993	Amy Mizzone	Wayne Valley	5:22.56
1994	Cathy McGuigan	Bridgeton	5:26.63
1995	Amy Mizzone	Wayne Valley	5:18.02
1996	Stephanie Snyder	Randolph	5:13.74
1997	Abbey Hartman	Ocean City	5:24.50
1998	Cate Guiney	Middletown South	5:15.97
1999	Cate Guiney	Middletown South	5:06.93
2000	Stephanie Last	Roxbury	5:24.47
2001	Amanda Trotter	Red Bank	5:18.97
2002	Amanda Trotter	Red Bank	5:05.71

2003	Brittnee Bynoe	Willingboro	5:12.26
2004	Jamie Liberti	Middletown South	5:11.95
2005	Brittnee Bynoe	Willingboro	5:10.86
2006	Jenn Ennis	Roxbury	5:01.01
2007	Erin McKenna	Ramapo	5:04.17
2008	Ashley Cromartie	Roxbury	4:59.92
2009	Ajee Wilson	Neptune	4:58.78
2010	Claudia DiSomma	Sparta	5:00.37
2011	Mary Migton	Roxbury	5:05.47
2012	Kristen Niedrach	Shawnee	5:01.86
2013	Josette Norris	Tenafly	5:00.71
2014	Kylene Cochrane	West Morris	4:54.07
2015	Olivia Vigarina	Roxbury	5:04.65
2016	Christina Rancan	West Windsor So.	4:57.04
2017	Caroline O'Sullivan	Old Tappan	5:02.26
2018	Caroline O'Sullivan	Old Tappan	4:55.94
2019	Julia Trethway	West Morris	5:00.86

3000/3200

Year	Name	School	Performance
1980	Theresa Gschwind	Summit	10:25.7&
1981	Theresa Gschwind	Summit	10:32.8&
1982	Theresa Gschwind	Summit	11:04.7
1983	Maura Hennessey	Morris Hills	11:13.4
1984	Missy Duchini	Wayne Valley	11:11.5
1985	Jen Van Horn	Wayne Valley	10:51.6
1986	Anne Letko	North Hunterdon	10:38.50
1987	Anne Letko	North Hunterdon	10:50.84
1988	Amy Kempf	Paramus	11:20.90
1989	Cathy Feeney	Wayne Valley	11:28.23
1990	Cathy Feeney	Wayne Valley	10:46.58
1991	Mirjam Pietersma	Ocean City	11:29.38
1992	Marianne Livingston	Red Bank	11:23.98
1993	Cathy McGuigan	Bridgeton	11:27.19
1994	Jackie Coscia	Mount Olive	11:29.80
1995	Beth Crenshaw	Wayne Valley	11:12.45
1996	Kelly McCabe	Notre Dame	11:22.90
1997	Abbey Hartman	Ocean City	11:23.69
1998	Cate Guiney	Middletown South	11:01.84
1999	Cate Guiney	Middletown South	10:41.12
2000	Stephanie Last	Roxbury	11:39.69
2001	Amanda Trotter	Red Bank	11:30.00
2002	Amanda Trotter	Red Bank	10:53.89
2003	Amanda Trotter	Red Bank	11:06.18
2004	Brittnee Bynoe	Willingboro	11:23.49
2005	Ashley Higginson	Colts Neck	11:09.97
2006	Brittany Sedberry	Ocean City	10:30.25
2007	Amanda Goetchius	Delsea	10:52.05
2008	Chelsea Ley	Kingsway	10:49.55
2009	Chelsea Ley	Kingsway	10:46.87
2010	Caroline Kellner	West Windsor So.	10:56.59
2011	Caroline Kellner	West Windsor So.	10:53.62
2012	Mackenzie Barry	Mendham	10:37.19

2013	Mackenzie Barry	Mendham	10:48.61
2014	Mackenzie Barry	Mendham	10:47.94
2015	Grace Dwyer	Hamilton No.	10:50.56
2016	Julia Guerra	Indian Hills	10:42.72
2017	Alyssa Aldridge	Mainland	11:03.93
2018	Monica Hebner	Northern Highlands	10:48.41
2019	Julia Trethway	West Morris	10:43.67

Hurdles

Year	Name	School	Performance
1980	Renee Carter	Englewood	8.5
1981	Renee Carter	Englewood	8.3
1982	Mary Samori	Cliffside Park	8.4
1983	Carlette Smith	Rahway	8.2
1984	Claire Connor	Rahway	8.1
1985	Artrelia Turner	Wilson	8.2
1986	Anne Bansemeir	Nutley	8.41
1987	Alanna Porter	Mount Olive	8.41
1988	Portia Burdette	Wilson	8.45
1989	Simone Scott	Clifford Scott	8.53
1990	Verta Maloney	Mount Olive	8.58
1991	Helen Wilks	Bridgeton	8.45
1992	Nicole Belcher	Wilson	8.18
1993	Helen Wilks	Bridgeton	8.34
1994	Helen Wilks	Bridgeton	8.45
1995	Melissa Branigan	Nutley	8.52
1996	Justyna Lobaza	Linden	8.88
1997	Nichole Hill	Oakcrest	8.47
1998	Kathleen McCabe	Notre Dame	8.52
1999	Kiera Underwood	Linden	8.48
2000	Amber Williams	Roxbury	8.38
2001	Amber Williams	Roxbury	8.39
2002	Kimberley Allan	Willingboro	8.68
2003	Kimberley Allan	Willingboro	8.49
2004	Delicia Sample	Kingsway	8.37
2005	Michelle Smith	Teaneck	8.67
2006	Krystal Cantey	Winslow Twp.	8.45
2007	Holland Thomas	West Windsor No.	8.41
2008	Azudei Dubois	Irvington	8.36
2009	Stephanie Hicks	Hamilton No.	8.33
2010	Ste'yce McNeil	Winslow Twp.	8.43
2011	Ste'yce McNeil	Winslow Twp.	8.19
2012	Ste'yce McNeil	Winslow Twp.	7.92
2013	Torie Robinson	Winslow Twp.	8.27
2014	Cida'e'a Woods	Winslow Twp.	8.11
2015	Gabrielle Bennett	Winslow Twp.	8.24
2016	Brittany Preston	Winslow Twp.	8.27
2017	Simone Kirton	Chatham	8.24
2018	Icisy Sadler	Summit	8.29
2019	Tionna Tobias	Winslow Twp.	8.20

High Jump

Year	Name	School	Performance
1980	Nancy Staudt	Lakewood	5-2.25

1981	Robin Merrill	Toms River South	5-2
1982	Tatiana Smolin	Randolph	5-6
1983	Tatiana Smolin	Randolph	5-4
1984	Tatiana Smolin	Randolph	5-8
1985	Tatiana Smolin	Randolph	5-6
1986	Amy Nehls	Indian Hills	5-6
1987	Tonya Lee	Rancocas Valley	5-6
1988	Shelley Mitchell	Lakewood	5-4
1989	Dawn Ellery	West Windsor	5-4
1990	Winsome Bogle	Lakewood	5-0
1991	Winsome Bogle	Lakewood	5-6
1992	Kristi White	Cranford	5-5
1993	Michelle Dette	Wayne Valley	5-2
1994	Kia Quick	Monmouth	5-4
1995	Melissa Branigan	Nutley	5-2
1996	Amanda Wolicki	Ocean City	5-6
1997	Amanda Wolicki	Ocean City	5-2
1998	Dierdre Mullen	Notre Dame	5-6
1999	Dierdre Mullen	Notre Dame	5-2
2000	Dierdre Mullen	Notre Dame	5-6
2001	Antoinette Ausby	Lakewood	5-4
2002	Lauren Graf	Oakcrest	5-4
2003	Jenna Harris	Franklin	5-2
2004	Tiyana Peters	Mount Olive	5-6
2005	Jessica Malacrida	Paramus	5-6
2006	Ariana Laferlita	Middletown South	5-4
2007	Jessica Haughton	Hightstown	5-4
2008	Jazmine Waller	Winslow Twp.	5-4
2009	Mary Durek	Shawnee	5-4
2010	Emily Kianka	Hopewell Valley	5-8
2011	Meredith Mayer	Hopewell Valley	5-2
2012	Elly Wardle	Toms River South	5-4
2013	Alicia Terrell	Timber Creek	5-6
2014	Cidae'a Woods	Winslow Twp.	5-4
2015	Gabrielle Bennett	Winslow Twp.	5-8
2016	Leah Wis	Montville	5-4
2017	Tierra Hooker	Timber Creek	5-6
2018	Tierra Hooker	Timber Creek	5-6
2019	Tierra Hooker	Timber Creek	5-6

Shot Put

Year	Name	School	Performance
1980	Rena Antanelis	Randolph	40-11*
1981	Rena Antanelis	Randolph	41-6
1982	Pam Dukes	Freehold Twp.	42-2
1983	Regina Weinpahl	Westwood	42-1.5
1984	Michelle Houston	Toms River South	39-1.5
1985	Lisette Zachgo	Pascack Valley	39-10.5
1986	Damita Lucas	Vailsburg	38-1.5
1987	Nicolette Muse	Willingboro	35-11.25
1988	Tisha Kerrin	Eastern	36-5.5
1989	Shanna Thompson	Edgewood	35-6
1990	Traci Fuller	Asbury Park	35-7.75

1991	Kyisha Lingo	Camden Catholic	35-8.75
1992	Qiana DeShields	Bridgeton	36-2.25
1993	Qiana DeShields	Bridgeton	38-0.5
1994	Lorraine Smith	Watchung Hills	39-11
1995	Typhanie Bates	Williamstown	42-7.75
1996	Aricia Joasil	Hamilton	37-6
1997	Aricia Joasil	Hamilton	38-7
1998	Nicole Scott	Willingboro	38-10.5
1999	Angie Rosamilia	Parsippany Hills	41-6
2000	Jackie Hudgins	Hightstown	36-7.75
2001	Jackie Hudgins	Hightstown	47-0
2002	Jocelyn Kearney	Lakewood	37-7.75
2003	Jazmine Fenlator	Wayne Valley	37-4.5
2004	Jocelyn White	Delsea	44-3.5
2005	Amanda Marshall	Hightstown	40-0.75
2006	Kiara Johnson	Williamstown	39-11.75
2007	Tiona Long	New Brunswick	41-7.75
2008	DeAnne Hahn	Brick Twp.	44-3.5
2009	Lisa Stuto	Brick Twp.	40-11.5
2010	Alana Pantale	Wayne Valley	42-2
2011	Apresha Hampton	Teaneck	42-3
2012	Miriam Fadiga	West Windsor So.	39-7
2013	Tara Daniels	Kingsway	40-2
2014	Nikola Kanaris	Demarest	41-8 3/4
2015	Nikola Kanaris	Demarest	42-0
2016	Danielle Notarfrancesco	Jackson Liberty	45-2.75
2017	Danielle Notarfrancesco	Jackson Liberty	46-11
2018	Rachel Lavigne	Toms River East	40-2 1/2
2019	Rachel Lavigne	Toms River East	37-10 1/2

Pole Vault

Year	Name	School	Performance
2005	Julianne Toto	Middletown South	12-0
2006	Natalie Gengel	Princeton	12-0
2007	Nicole Ragucci	Monroe Twp.	10-0
2008	Nicole Ragucci	Monroe Twp.	10-0
2009	Chrissy Finkel	Montville	11-7
2010	Chelsea Hartigan	Ramapo	10-6
2011	Kirsten Muhaw	Montville	11-6
2012	Alexandra Elder	Moorestown	10-6
2013	Haley Steele	West Milford	11-0
2014	Haley Steele	West Milford	11-0
2015	Kristina Langan	Wayne Hills	11-6
2016	Jessica Ippolito	Fair Lawn	10-6
2017	Jessica Ippolito	Fair Lawn	11-6
2018	Melissa Purcell	Pascack Valley	12-0 1/2
2019	Lindsey Michie	Northern Burlington	11-6

1600 Relay

Year	Name	School	Performance
1980		Lakewood	4:09.3
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		Camden	4:02.67
1995		St. Dominic's	4:15.05
1996		Clifford Scott	4:10.98
1997		Middletown South	4:03.89
1998	NO RACE		
1999		Willingboro	4:10.84
2000		Willingboro	4:06.51
2001		Willingboro	4:00.87
2002		Wilson	4:10.57
2003		Willingboro	4:03.55
2004		Willingboro	4:03.44
2005	NO RACE		
2006	NO RACE		
2007		Notre Dame	4:03.11
2008		Camden	4:01.23
2009		Seneca	4:00.78
2010		Sparta	4:01.77
2011		Winslow Twp.	4:04.36
2012		Neptune	3:58.47
2013		Neptune	3:59.23
2014		Winslow Twp.	4:00.22
2015		Timber Creek	4:02.71
2016		Winslow Twp.	4:00.02
2017		Winslow Twp.	3:57.53
2018		Winslow Twp.	3:57.36
2019		Winslow Twp.	4:01.40

Team Scoring

Year	Name	School	Performance
1980		Lakewood	24
1981		Summit	14
1982		North Hunterdon	18
1983		Rahway	22
		Morris Hills	
1984		Rahway	21
1985		Wayne Valley	18
1986		North Hunterdon	15
1987		Rancocas Valley	16
1988		Lakewood	19
1989		Wayne Valley	16
		Clifford Scott	
1990		Monmouth	17
1991		Monmouth	11

1992	Franklin	22
1993	Bridgeton	44
1994	Bridgeton	40
1995	Wayne Valley	36
1996	Notre Dame	34
1997	Middletown South	43
1998	Willingboro	44
1999	Middletown South	54
2000	Roxbury	49
2001	Red Bank	48
2002	Willingboro	51
2003	Willingboro	67
2004	Willingboro	32
2005	Franklin	48
2006	Winslow Twp.	38
2007	Ramapo	35
2008	Roxbury	28
2009	Neptune	38
	Seneca	38
2010	Seneca	42
2011	West Windsor So.	46
2012	Winslow Twp.	38
2013	Winslow Twp.	36
2014	Winslow Twp.	60
2015	Winslow Twp.	38
2016	West Windsor So.	38
2017	Timber Creek	44
2018	Winslow Twp.	65
2019	Winslow Twp.	43