

Group IV**Dash**

Year	Name	School	Performance
1980	Michelle Glover	Willingboro	6.8
1981	Michelle Glover	Willingboro	7.0
1982	Wendy Vereen	Trenton	7.0
1983	Wendy Vereen	Trenton	6.8
1984	Wendy Vereen	Trenton	6.7
1985	Stephanie Saleem	Neptune	7.3
1986	Tracey Wright	Trenton	7.30
1987	Missy Hicks	Teaneck	7.33
1988	Dawn Bowles	Neptune	7.28
1989	Tondra Taylor	Elizabeth	7.20
1990	Tanisha Jarrett	Cumberland	7.29
1991	Nicole Golden	Teaneck	7.43
1992	Kia Van Wright	Trenton	7.35
1993	Minee Blamo	Trenton	7.33
1994	Nicole Carmichael	Kennedy	7.37
1995	Charmaine Walker	Plainfield	7.30
1996	Aleah Williams	Montclair	7.31
1997	Melisa Barber	Montclair	7.12
1998	Aleah Williams	Montclair	7.08
1999	Chantel Coppedge	Montclair	7.31
2000	Chantel Coppedge	Montclair	7.29
2001	Latoya Benson	Washington Twp.	7.40
2002	Brittany Wright	Eastern	7.33
2003	Jennifer Jackson	Eastern	7.39
2004	Sophia Wallace	Montclair	7.33
2005	Krystal Cantey	Winslow Twp.	7.30
2006	Racquel Vassell	East Orange	7.22
2007	English Gardner	Eastern	7.10
2008	English Gardner	Eastern	7.08
2009	Kayann Richards	Columbia	7.32
2010	English Gardner	Eastern	7.11
2011	Gabrielle Farquharson	Williamstown	7.22
2012	Haisha Bisiolu	Union	7.07
2013	Haisha Bisiolu	Union	7.18
2014	Haisha Bisiolu	Union	7.24
2015	Haisha Bisiolu	Union	7.19
2016	Bria Mack	Williamstown	7.19
2017	Bria Mack	Williamstown	6.95
2018	Sydney Hawkins	Phillipsburg	7.15
2019	Lauren Princz	Egg Harbor	7.13

200

Year			
2005	Krystal Cantey	Winslow Twp.	25.55
2006	Racquel Vassell	East Orange	25.66

400

Year	Name	School	Performance
1980	Dorian St. Clair	Plainfield	1:01.0
1981	Cheryl Wilson	East Orange	58.3
1982	Tracy Carter	Plainfield	57.7

1983	Andrea Johnson	Plainfield	58.0
1984	Denise Mitchell	Edgewood	55.6
1985	Stephanie Saleem	Neptune	58.1
1986	Cheryl Baker	Trenton	57.60
1987	Allison Wesley	Plainfield	58.18
1988	Ginny Figlar	Ridgewood	58.57
1989	Jen Schweizer	Morris Knolls	57.43
1990	Yvonne Bradford	Irvington	59.31
1991	Erin Ruddy	Bayonne	59.98
1992	Minee Blamo	Trenton	59.70
1993	Minee Blamo	Trenton	58.19
1994	Hazel Clark	Columbia	58.90
1995	Hazel Clark	Columbia	58.11
1996	Bassey Adjah	Piscataway	59.66
1997	Mikele Barber	Montclair	57.85
1998	Mikele Barber	Montclair	56.33
1999	Priscilla Hazelwood	Plainfield	59.34
2000	Tawana Watkins	Kennedy	57.96
2001	Tawana Watkins	Kennedy	58.45
2002	Tawana Watkins	Kennedy	56.79
2003	Krystal Cantey	Winslow Twp.	58.73
2004	Aisha Bilal-Mack	East Orange	58.76
2005	Krystal Cantey	Winslow Twp.	58.27
2006	Michelle Losey	Piscataway	58.75
2007	English Gardner	Eastern	56.44
2008	Nijgia Snapp	Oakcrest	55.65
2009	Nijgia Snapp	Oakcrest	55.33
2010	Amber Allen	Passaic Tech	56.91
2011	Olivia Baker	Columbia	56.98
2012	Olivia Baker	Columbia	55.94
2013	Olivia Baker	Columbia	55.37
2014	Olivia Baker	Columbia	55.15
2015	Haisha Bisiolu	Union	56.21
2016	Khamil Evans	Piscataway	58.21
2017	Aliyah Taylor	Rancocas Valley	56.76
2018	Aliyah Taylor	Rancocas Valley	57.54
2019	Jewel Ash	Eastern	58.46

800

Year	Name	School	Performance
1980	Nancy Deneka	Bloomfield	2:26.7
1981	Gail Bryant	Columbia	2:20.6
1982	Laura Wronski	Kearny	2:17.0
1983	Laura Wronski	Kearny	2:13.3
1984	Margaret Scutro	Ridgewood	2:17.9
1985	Michelle DiMuro	Shawnee	2:15.2
1986	Jasmin Jones	Hackensack	2:12.10
1987	Jasmin Jones	Hackensack	2:17.01
1988	Lynne Collazo	Ridgewood	2:19.47
1989	Monica Olkowski	Shawnee	2:15.30
1990	Monica Olkowski	Shawnee	2:15.20
1991	Krista Ferrara	Vineland	2:18.45
1992	Tasha Minkins	Willingboro	2:20.27

1993	Dana Catanese	IHA	2:23.64
1994	Hazel Clark	Columbia	2:18.71
1995	Hazel Clark	Columbia	2:18.06
1996	Dara Crocker	Columbia	2:19.22
1997	Dara Crocker	Columbia	2:18.83
1998	Dara Crocker	Columbia	2:17.31
1999	Priscilla Hazelwood	Plainfield	2:20.82
2000	Tara DeBrielle	Overbrook	2:19.75
2001	Shabazz Kelly	Trenton	2:19.09
2002	Erin Crawford	Hillsborough	2:18.63
2003	Lindsay Thomas	Winslow Twp.	2:21.29
2004	Kimarra McDonald	Rancocas Valley	2:18.30
2005	Robin Daniels	Brick	2:21.47
2006	Danielle Tauro	Southern	2:15.10
2007	Jillian Smith	Southern	2:14.99
2008	Jillian Smith	Southern	2:14.08
2009	Jillian Smith	Southern	2:13.44
2010	Megan Tiernan	Washington Twp.	2:14.29
2011	Joelle Amaral	Randolph	2:14.47
2012	Olivia Baker	Columbia	2:17.05
2013	Olivia Baker	Columbia	2:13.56
2014	Olivia Baker	Columbia	2:14.16
2015	Elizabeth Chartier	Southern	2:16.22
2016	Elizabeth Chartier	Southern	2:16.90
2017	Kami Joi Hickson	Washington Twp.	2:14.99
2018	Essence Baker	South Brunswick	2:16.30
2019	Morgan Lyons	Ridge	2:17.87

1500/1600

Year	Name	School	Performance
1980	Joetta Clark	Columbia	4:41.8&
1981	Michelle Rowen	Washington Twp.	4:45.5&
1982	Michelle Rowen	Washington Twp.	4:58.9
1983	Michelle Rowen	Washington Twp.	4:49.7
1984	Margaret Scutro	Ridgewood	5:05.5
1985	Kelly McDonnell	Toms River East	5:16.3
1986	Deanna Germano	Shawnee	5:13.5
1987	Jasmin Jones	Hackensack	5:05.29
1988	Elaine Doherty	Morristown	5:10.82
1989	Jean Hughes	Ridgewood	5:10.50
1990	Monica Olkowski	Shawnee	5:12.79
1991	Eileen Fitzgerald	Ridgewood	5:16.69
1992	Krista Ferrara	Vineland	5:22.78
1993	Monal Chokshi	Bridgewater	5:05.79
1994	Liz Moore	Shawnee	5:14.44
1995	Hazel Clark	Columbia	5:10.52
1996	Autumn Fogg	Hunterdon Central	5:14.64
1997	Dara Crocker	Columbia	5:10.20
1998	Dara Crocker	Columbia	5:16.23
1999	Meg McDermott	Ridgewood	5:16.37
2000	Kristen Meyer	Hillsborough	5:13.49
2001	Shannon Hawrylo	Hunterdon Central	5:10.86
2002	Casey Nelson	Hunterdon Central	5:16.83

2003	Casey Nelson	Hunterdon Central	5:17.24
2004	Alexis Gray	Toms River East	5:10.19
2005	Danielle Tauro	Southern	5:06.43
2006	Danielle Tauro	Southern	5:00.46
2007	Jillian Smith	Southern	4:52.21
2008	Jillian Smith	Southern	5:06.69
2009	Jillian Smith	Southern	5:02.31
2010	Caitlin Orr	Lenape	4:57.72
2011	Joelle Amaral	Randolph	4:52.98
2012	Cayla DelPiano	South Brunswick	4:58.07
2013	Marisa Ruskan	Bridgewater-Raritan	5:01.06
2014	Deirdre Casey	West Windsor So.	4:59.90
2015	Christina Rancan	West Windsor So.	4:59.06
2016	Ciara Roche	Freehold Twp.	4:57.63
2017	Rachel Vick	Kingsway	5:01.96
2018	Abby Loveys	Randolph	5:00.95
2019	Camryn Wennersten	Ridgewood	5:02.45

3000/3200

Year	Name	School	Performance
1980	Amy Hanson	Woodbridge	10:41.8
1981	Michelle Rowen	Washington Twp.	10:24.58
1982	Janet Smith	North Edison	10:42.7
1983	Patti Mileski	Ridgewood	10:54.4
1984	Lori Watson	Cherry Hill East	11:26.8
1985	Rosa Dominques	Newark Eastside	11:17.5
1986	Deanna Germano	Shawnee	11:04.37
1987	Amy Kempf	Paramus	11:10.03
1988	Jennifer Hughes	Ridgewood	11:16.42
1989	Jean Hughes	Ridgewood	11:11.96
1990	Veronique Godleski	Toms River East	11:35.37
1991	Stella Cinoa	Marlboro	11:39.40
1992	Monal Chokshi	Bridgewater	11:01.03
1993	Monal Chokshi	Bridgewater	11:32.49
1994	Michele Reo	Brick	11:29.00
1995	Ana Tavares	Newark Eastside	11:33.54
1996	Jen Pesce	Toms River North	11:05.12
1997	Catherine Casey	Columbia	11:20.70
1998	K.C. Meehan	Brick	11:09.67
1999	Beth Androski	Hackensack	11:14.70
2000	Kristen Meyer	Hillsborough	11:18.33
2001	Kristen Meyer	Hillsborough	11:20.95
2002	Courtney Epps	Columbia	11:30.43
2003	Jenna Prendergast	Jackson	11:23.32
2004	Jenn Clausen	Jackson	11:08.69
2005	Jenn Clausen	Jackson	11:05.29
2006	Kristin Herbeck	Hamilton West	11:19.64
2007	Ashley Higginson	Colts Neck	10:38.73
2008	Allison Linnell	Colts Neck	10:48.33
2009	Briana Jackucewicz	Colts Neck	10:51.54
2010	Joelle Amaral	Randolph	10:53.50
2011	Dina Iacone	Washington Twp.	11:04.15
2012	Dina Iacone	Washington Twp.	10:40.03

2013	Erika Kemp	Rancocas Valley	10:46.63
2014	Ciara Roche	Freehold Twp.	11:03.41
2015	Carleen Jeffers	Ridgewood	10:52.49
2016	Samantha Halvorsen	Ridgewood	10:53.03
2017	Niamh Hayes	Howell	10:39.50
2018	Abby Loveys	Randolph	11:01.81
2019	Emily Nugent	North Hunterdon	10:49.67

Hurdles

Year	Name	School	Performance
1980	Carol Lewis	Willingboro	7.9
1981	Carol Lewis	Willingboro	8.0
1982	Tosca Blandford	Irvington	8.2
1983	Wendy Vereen	Trenton	8.1
1984	Zonya Cross	Edgewood	7.9
1985	Hope Wright	Columbia	8.4
1986	Sonja Bennett	Edgewood	8.36
1987	Dawn Bowles	Neptune	8.24
1988	Dawn Bowles	Neptune	8.05
1989	Tamika Brown	Kennedy	8.99
1990	Angela Thomas	Toms River East	8.73
1991	Kris Stout	East Brunswick	8.58
1992	Kali Coleman	Columbia	8.62
1993	Connie Lobb	Randolph	8.64
1994	Kia Van Wright	Willingboro	8.57
1995	Natasha Clary	Plainfield	8.43
1996	Charmaine Walker	Plainfield	8.12
1997	Charmaine Walker	Plainfield	7.98
1998	Camilla Harris	Overbrook	8.54
1999	Bridgette Ingram	Columbia	8.34
2000	Alethia Jenkins	Pennsauken	8.18
2001	Jennifer Whitlock	Montclair	8.57
2002	Kim Henry	Old Bridge	8.33
2003	Kim Henry	Old Bridge	8.35
2004	Tremaine Shaw	Piscataway	8.32
2005	Bryanna Johnson	Jackson	8.30
2006	Racquel Vassell	East Orange	8.28
2007	Racquel Vassell	East Orange	8.15
2008	Ashley Battle	Union	8.34
2009	Briana Feldhaus	Randolph	8.34
2010	Jamie Thompson	South Brunswick	8.30
2011	Kayann Richards	Columbia	8.24
2012	Danielle Delgado	Franklin	8.17
2013	Patrycja Dziekonska	West Windsor No.	8.17
2014	Aliya Barnes	West Orange	8.19
2015	Kathryn Schoenauer	West Windsor So.	8.27
2016	Ebonee Jackson	Kennedy	8.19
2017	Claudine Smith	Atlantic City	8.43
2018	Claudine Smith	Atlantic City	8.19
2019	Claudine Smith	Atlantic City	8.13

High Jump

Year	Name	School	Performance
1980	Anne Bailey	Brick	5-4.25

1981	Carol Lewis	Willingboro	5-6
1982	Sue McMurdy	Wayne Valley	5-2
1983	Karen Frederick	Edison	5-6.5
1984	Daryl Sue Mueller	Middletown South	5-3
1985	Kelly Mieszkalski	North Edison	5-2
1986	Erin Halpin	Cherry Hill East	5-6
1987	Erin Halpin	Cherry Hill East	5-6
1988	Sheryl Vander Schyff	Ridgewood	5-0
1989	Josie DeLaCruz	North Bergen	5-0
1990	Dawn Ellery	West Windsor	5-6
1991	Elena Chomiszak	Linden	5-4
1992	Elena Chomiszak	Linden	5-2
1993	Michele Dudzinski	Passaic Valley	5-6
1994	Laura Zemsky	Sayreville	5-2
1995	Kathy Kilar	North Edison	5-4
1996	Kathy Kilar	North Edison	5-9
1997	Kate Beatty	Shawnee	5-6
1998	Kate Beatty	Shawnee	5-4
1999	Julie Wozniak	Jackson	5-4
2000	Jessica Taibe	Hunterdon Central	5-6
2001	Lisa Schenk	Jackson	5-4
2002	Abby Campbell	Shawnee	5-6
2003	Kelly Brady	Roxbury	5-4
2004	Marcene Jack	Mainland	5-6
2005	Bianca Stewart	Columbia	5-4
2006	Lataya Dixon	J.P. Stevens	5-4
2007	Ashley Newby	Columbia	5-6
2008	Lindsey Walsh	Lenape	5-6
2009	Alexis Wachter	Southern	5-5
2010	Maggie Gilbertson	Howell	5-6
2011	Fiona Palladino	Montgomery	5-6
2012	Kyaira Wright-Harmon	Franklin	5-6
2013	Selena Thorne	Franklin	5-4
2014	Oksana Sokolova	Old Bridge	5-4
2015	Hannah Taylor	Montgomery	5-8
2016	Selena Thorne	Franklin	5-6
2017	Courtney Campbell	South Brunswick	5-6
2018	Abrianna Barrett	Montgomery	5-4
2019	Abrianna Barrett	Montgomery	5-6

Shot Put

Year	Name	School	Performance
1980	Helen Vira	North Bergen	37-5*
1981	Dawn Maddalone	Brick	38-10
1982	Karen Anderson	Toms River East	38-11.5
1983	Karen Anderson	Toms River East	39-9
1984	Lillian Rivera	Pemberton	39-2.5
1985	Karen Dekelnick	Brick	38-5
1986	Connie Peak	Perth Amboy	36-1
1987	Stacey Hinson	Lenape	38-4.5
1988	Stacey Hinson	Lenape	38-11.25
1989	Chris Piekarz	Clifton	37-2.5
1990	Nicole Sims	Plainfield	44-3.5

1991	Nicole Sims	Plainfield	51-9.25
1992	Nicole Sims	Plainfield	47-5
1993	Nicole Sims	Plainfield	47-2
1994	Robyn Lowe	Passaic	41-5
1995	Tara Hallowell	Trenton	39-8.75
1996	Corey Gutowski	Hunterdon Central	39-8
1997	Nakisha Leon	Passaic	40-3.25
1998	Labelle Hillgrove	Passaic	41-11.75
1999	Labelle Hillgrove	Passaic	41-1.5
2000	Ja'nai O'Connor	South Brunswick	37-9.5
2001	Nicola Wilson	Trenton	40-3
2002	Nicola Wilson	Trenton	44-7
2003	Michelle Cintron	Elizabeth	40-10.5
2004	Sylvia Galarza	Millville	44-6.5
2005	Iman Johnson	Columbia	40-7
2006	Iman Johnson	Columbia	41-10
2007	Taryn O'Connor	Hillsborough	46-0.75
2008	Shannon Watt	Jackson	42-5
2009	Shannon Watt	Jackson	41-1
2010	Corinne Kominkiewicz	East Brunswick	40-2
2011	Nia Barnes	West Orange	42-0.5
2012	Alexis Kennedy	Millville	39-9.5
2013	Lola Agabalogun	Egg Harbor	40-7.75
2014	Christine Abiola	Franklin	41-7.75
2015	Danea Wint	Vineland	40-10
2016	Amarys Berry	Hackensack	44-3.5
2017	Najeaya Singleton	Vineland	46-1.5
2018	Shelby Bigsby	Montclair	45-6.75
2019	Bryanna Wilson	Howell	40-11

Pole Vault

Year			
2005	Melissa Gale	Millville	11-6
2006	Tina Oberg	Hunterdon Central	11-6
2007	Samantha Brady	Jackson	11-6
2008	Samantha Brady	Jackson	12-1
2009	Brooke Kohler	Hunterdon Central	11-0
2010	Emily Urciuoli	Clifton	12-6.5
2011	Dana Schweiger	Toms River North	12-0
2012	Chelsea Vaughn	Southern	12-0
2013	Madeline Davidson	Montgomery	10-6
2014	Marlena Sabatino	Hillsborough	11-6
2015	Sabrina Anderson	Hunterdon Central	11-6
2016	Nicole Lester	Ridgewood	10-6
2017	Nicole Lester	Ridgewood	11-0
2018	Sabrina Ray	South Brunswick	11-6
2019	Sabrina Ray	South Brunswick	11-0

1600 Relay

Year	Name	School	Performance
1980		Plainfield	4:05.1
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		Columbia	4:08.16
1995		Camden	4:00.83
1996		Columbia	4:00.47
1997		Columbia	4:02.35
1998	NO RACE		
1999		Washington Twp.	4:04.61
2000		Pennsauken	4:10.08
2001		Trenton	4:06.52
2002		Winslow Twp.	4:05.82
2003		Trenton	4:03.02
2004		Washington Twp.	4:04.22
2005	NO RACE		
2006	NO RACE		
2007		East Orange	4:01.47
2008		Southern	3:55.33
2009		Southern	3:57.35
2010		Southern	3:58.56
2011		Washington Twp.	3:58.15
2012		Columbia	3:57.46
2013		Columbia	3:55.16
2014		Columbia	3:54.36
2015		Lenape	3:58.95
2016		Columbia	4:01.75
2017		Rancocas Valley	3:58.11
2018		Egg Harbor	4:02.91
2019		Rancocas Valley	3:59.37

Team Scoring

Year	Name	School	Performance
1980		Plainfield	25
1981		Willingboro	22
1982		Plainfield	14
1983		Columbia	16
1984		Edgewood	16
1985		Plainfield	15.5
1986		Trenton	18
1987		Neptune	12
		Hackensack	
1988		Ridgewood	29
1989		Ridgewood	22
1990		Toms River East	26
1991		Marlboro	12.5
1992		Plainfield	22

1993	Plainfield	31
	Trenton	
1994	Columbia	55
1995	Columbia	62
1996	Columbia	56
1997	Columbia	57
1998	Columbia	52
1999	Plainfield	28
2000	Pennsauken	32
2001	Trenton	41
2002	Trenton	43
2003	Winslow Twp.	29
2004	Hunterdon Central	33
2005	Jackson	50
2006	Jackson	41
2007	Southern	34
2008	Lenape	43
2009	Southern	48
2010	Columbia	45.5
2011	Washington Twp.	40
2012	Columbia	34
	Franklin	34
2013	Columbia	39
2014	Columbia	50
2015	West Windsor So.	39
2016	Ridgewood	33
2017	Rancocas Valley	29
2018	Randolph	29
2019	Ridgewood	28