

Parochial

Dash

Year	Name	School	Performance
1983	Charisse West	Notre Dame	7.6
1984	Charisse West	Notre Dame	7.3
1985	Charisse West	Notre Dame	7.2
2008 A	Bryanna Knight	Paramus Catholic	7.57
2008 B	Dominique Booker	Montclair Immac.	7.19
2009 A	Myasia Jacobs	Paramus Catholic	7.28
2009 B	Dominique Booker	Montclair Immac.	7.17
2010 A	Jordon Simmons	Bishop Ahr	7.25
2010 B	Shannon Grogan	Holy Cross	7.47
2011 A	Myasia Jacobs	Paramus Catholic	7.16
2011 B	Tacquaya Tobias	OLMA	7.36
2012 A	Jordyn Smith	Paramus Catholic	7.17
2012 B	Hallie Earle	Montclair Kimberley	7.42
2013 A	Imani Beauliere	Union Catholic	7.37
2013 B	Taylor Medd	Villa Walsh	7.60
2014 A	Imani Beauliere	Union Catholic	7.26
2014 B	Marshea Robinson	Kent Place	7.54
2015 A	Katie DiFrancesco	St. John Vianney	7.39
2015 B	Lyndsey Smith	Eastern Christian	7.63
2016 A	Abby Collins	Red Bank Catholic	7.20
2016 B	Victoria Gilliard	Benedictine	7.45
2017 A	Amaya Chadwick	Union Catholic	7.26
2017 B	Iyania Kollock	OLMA	7.19
2018 A	Aaliyah Vandergrift	Paul VI	7.33
2018 B	Iyania Kollock	OLMA	7.52
2019 A	Sydney Tucker	Union Catholic	7.15
2019 B	Hannah Reynolds	Trinity Hall	7.48

400

Year	Name	School	Performance
1983	Sonja Vaughn	Notre Dame	1:01.4
1984	Nadeen Bridgeforth	Marylawn	59.2
1985	Sonja Vaughn	Notre Dame	59.0
2008 A	Emily Carollo	Pope John	57.57
2008 B	Dominique Booker	Montclair Immac.	57.80
2009 A	Myasia Jacobs	Paramus Catholic	59.34
2009 B	Tara Sandlin	Roselle Catholic	1:01.93
2010 A	Myasia Jacobs	Paramus Catholic	57.35
2010 B	Vincia Jackson	Mt. St. Dominic	59.24
2011 A	Lindsey Belleran	Red Bank Catholic	58.45
2011 B	Mirabel Nkenke	Immac Con.	1:01.36
2012 A	Meghan McMullin	Red Bank Catholic	58.03
2012 B	Mirabel Nkenke	Immac Con.	58.76
2013 A	Marissa Evans	Pope John	59.99
2013 B	Emilie Cowan	St. Elizabeth	1:00.33
2014 A	Sydney McLaughlin	Union Catholic	57.01
2014 B	Marshea Robinson	Kent Place	1:01.10
2015 A	Sydney McLaughlin	Union Catholic	55.73
2015 B	Lyndsey Smith	Eastern Christian	1:01.75
2016 A	Sydney McLaughlin	Union Catholic	54.36

2016 B	Asia Young	Holy Spirit	1:01.45
2017 A	Sydney McLaughlin	Union Catholic	54.27
2017 B	Kaira Brown	Kent Place	58.63
2018 A	Kaira Brown	Kent Place	57.34
2018 B	Mary Kelly Doherty	Oak Knoll	1:02.42
2019 A	Kaira Brown	Kent Place	48:00.0
2019 B	Milani Bethel	St. Dominic's	1:02.30

800

Year	Name	School	Performance
1983	Kathy Salmon	St. Dominic's	2:24.8
1984	Sonja Vaughn	Notre Dame	2:22.7
1985	Sonja Vaughn	Notre Dame	2:21.9
2008 A	Emily Carollo	Pope John	2:18.06
2008 B	Olivia Delia	Pingry	2:22.75
2009 A	Julie Sinkovitz	IHA	2:16.93
2009 B	Ines Simoes	Roselle Catholic	2:25.14
2010 A	Molly McNamara	Red Bank Catholic	2:14.47
2010 B	Vincia Jackson	Mt. St. Dominic	2:23.89
2011 A	Kelsey Langston	Notre Dame	2:17.28
2011 B	Kat McCurdy	Mt. St. Dominic	2:16.97
2012 A	Lindsey Belleran	Red Bank Catholic	2:17.59
2012 B	Ashlynn Fields	Mt. St. Dominic	2:18.84
2013 A	Amari Onque-Shabazz	Mt. St. Dominic	2:21.21
2013 B	Kathleen Dailey	St. Rose	2:24.56
2014 A	Calleigh Higgins	Pope John	2:16.49
2014 B	Dana Klein	Gill St. Bernard's	2:20.00
2015 A	MaryKate McNamara	Red Bank Catholic	2:18.88
2015 B	Crystal Ortiz	Hudson Catholic	2:20.58
2016 A	Amari Onque-Shabazz	Union Catholic	2:16.87
2016 B	Camille Bertholon	St. Dominic's	2:25.56
2017 A	Carly Friend	Red Bank Catholic	2:19.76
2017 B	Avery Schiffman	Pingry	2:23.14
2018 A	Ryan Davi	Pingry	2:17.47
2018 B	Kate McAndrew	Morris Catholic	2:22.74
2019 A	Leena Morant	Union Catholic	2:16.13
2019 B	Kate McAndrew	Morris Catholic	2:20.78

1600

Year	Name	School	Performance
1983	Cathy Persichetty	Oak Knoll	5:21.6
1984	Melanie Nosal	Notre Dame	5:21.4
1985	Kelly McCaffrey	Mater Dei	5:37.7
2008 A	Sarah Cariati	Pope John	5:11.58
2008 B	Kathleen McCafferty	Oak Knoll	4:58.39
2009 A	Molly McNamara	Red Bank Catholic	5:00.60
2009 B	Ines Simoes	Roselle Catholic	5:13.96
2010 A	Molly McNamara	Red Bank Catholic	5:03.85
2010 B	Sarah Quinn	Gill St. Bernard's	5:12.61
2011 A	Molly McNamara	Red Bank Catholic	5:00.66
2011 B	Amanda Corbosiero	Mt. St. Dominic	5:13.82
2012 A	Liana Marzano	Red Bank Catholic	5:05.08
2012 B	Sarah Quinn	Gill St. Bernard's	5:07.55
2013 A	Tara Connelly	St. John Vianney	4:59.98

2013 B	Kathleen Dailey	St. Rose	5:08.47
2014 A	Amanda Corbosiero	Mt. St. Dominic	5:00.14
2014 B	Dana Klein	Gill St. Bernard's	5:20.72
2015 A	Colleen Buckley	IHA	5:16.65
2015 B	Crystal Ortiz	Hudson Catholic	5:13.88
2016 A	Gabriella Ferrigine	Red Bank Catholic	5:07.83
2016 B	Camille Bertholon	St. Dominic's	5:23.37
2017 A	Abigail Post	Pope John	5:12.34
2017 B	Sophie Henderson	Villa Walsh	5:13.18
2018 A	Nicole Vanasse	Pingry	5:07.26
2018 B	Kate McAndrew	Morris Catholic	5:12.39
2019 A	Jerika Lufrano	Union Catholic	5:02.92
2019 B	Kate McAndrew	Morris Catholic	5:20.59

3200

Year	Name	School	Performance
1983	Michelle Hauck	Holy Spirit	11:46.7
1984	Janet Cieslin	Notre Dame	11:48.2
1985	Janet Cieslin	Notre Dame	12:01.5
2008 A	Sarah Pagano	IHA	10:58.41
2008 B	Olivia Tarantino	Pingry	11:28.31
2009 A	Sarah Pagano	IHA	11:05.73
2009 B	Ines Simoes	Roselle Catholic	11:25.22
2010 A	Caroline Williams	Mt. St. Mary	11:11.81
2010 B	Bridget End	Oak Knoll	11:17.03
2011 A	Holly Bischof	Bishop Eustace	11:04.46
2011 B	Amanda Corbosiero	Mt. St. Dominic	11:07.67
2012 A	Holly Bischof	Bishop Eustace	11:10.62
2012 B	Sarah Quinn	Gill St. Bernard's	11:10.36
2013 A	Courtney Thompson	St. John Vianney	10:47.24
2013 B	Emily Quinn	Gill St. Bernard's	11:04.87
2014 A	Courtney Thompson	St. John Vianney	10:52.36
2014 B	Dana Klein	Gill St. Bernard's	11:02.59
2015 A	Caitlin Glynn	Union Catholic	11:25.58
2015 B	Crystal Ortiz	Hudson Catholic	11:32.25
2016 A	Anna Campbell	Pope John	11:24.60
2016 B	Camille Bertholon	St. Dominic's	11:44.62
2017 A	Anna Campbell	Pope John	10:59.12
2017 B	Anna wood	Pingry	11:42.08
2018 A	Nicole Vanasse	Pingry	11:05.78
2018 B	Sarah Hanifin	Villa Walsh	11:37.53
2019 A	Nicole Vanasse	Pingry	11:08.54
2019 B	Anna Schaller	Montclair Kimberley	11:11.90

Hurdles

Year	Name	School	Performance
1983	Charisse West	Notre Dame	9.5
1984	Nadeen Bridgeforth	Marylawn	8.9
1985	Stacey Harrison	Notre Dame	9.3
2008 A	Francesca D'Angelo	Holy Spirit	8.84
2008 B	Ayana Davis	Holy Cross	8.91
2009 A	Francesca D'Angelo	Holy Spirit	8.70
2009 B	Abrina Hyatt	Kent Place	9.69
2010 A	Meghan McMullin	Red Bank Catholic	8.91

2010 B	Natalie McAlister	Benedictine	8.55
2011 A	Morgan McLaughlin	Union Catholic	8.44
2011 B	Abrina Hyatt	Kent Place	9.06
2012 A	Morgan McLaughlin	Union Catholic	8.29
2012 B	Jessica Hill	Hudson Catholic	9.34
2013 A	Sabrina Alexander	Notre Dame	8.57
2013 B	Kayla Hunt	Benedictine	8.92
2014 A	Sydney McLaughlin	Union Catholic	8.19
2014 B	Kayla Hunt	Benedictine	8.80
2015 A	Sydney McLaughlin	Union Catholic	7.86
2015 B	Kayla Hunt	Benedictine	9.05
2016 A	Amaya Chadwick	Union Catholic	8.17
2016 B	Malia Gray	St. Dominic's	9.14
2017 A	Amaya Chadwick	Union Catholic	8.14
2017 B	Sarah Jones	Bishop Eustace	8.58
2018 A	Isabelle Dely	Paramus Catholic	8.26
2018 B	Selena Munroe	Benedictine	8.69
2019 A	Isabelle Dely	Paramus Catholic	8.22
2019 B	Selena Munroe	Benedictine	8.79

8.54 in trials

High Jump

Year	Name	School	Performance
1983	Gretchen Guender	Notre Dame	4-10
1984	Jeanine Mattan	Red Bank Catholic	4-10
1985	Helen Rebbeck	Notre Dame	4-10
2008 A	Tiara Brown	Union Catholic	5-2
2008 B	Rose Johnson	Holy Cross	4-10
2009 A	Caryn Grabowski	Union Catholic	5-2
2009 B	Ciara Chaly	Mater Dei	5-0
2010 A	Khyla Bailey	Paramus Catholic	5-2
2010 B	Caitlin Gato	Mater Dei	5-2
2011 A	Rachel Lees	Pope John	5-2
2011 B	Caitlin Gato	Mater Dei	5-1
2012 A	Alexis Harrison	Mon. Donovan	5-0
2012 B	Keyanna Harris	Kent Place	5-2
2013 A	Marielle Nwana	Mon. Donovan	5-0
2013 B	Kayla Van Lenten	Eastern Christian	5-0
2014 A	Vanessa Romulus	Notre Dame	5-2
2014 B	Fallon Quigley	Mater Dei	5-2
2015 A	Alana Herran	Union Catholic	5-0
2015 B	Monica Benz	Villa Walsh	5-0
2016 A	Tyler Scott	Union Catholic	5-4
2016 B	Malia Gray	St. Dominic's	5-2
2017 A	Tiffany Bautista	Paramus Catholic	5-4
2017 B	Malia Gray	St. Dominic's	4-10
2018 A	Tiffany Bautista	Paramus Catholic	5-4
2018 B	Jessica Wisowaty	St. Dominic's	5-2
2019 A	Kambi Walker	Paul VI	5-4
2019 B	Selah Dungey	Newark Academy	5-2

Shot Put

Year	Name	School	Performance
1983	Pascale Barrau	Paramus Catholic	38-6.5
1984	Joyce Lanier	Notre Dame	36-3

1985	Kim Avent	St. Dominic's	30-11.25
2008 A	Ashley Sims	Paramus Catholic	37-6.5
2008 B	Genevieve Rybicki	Our Lady of Mercy	39-4.5
2009 A	Shannon Sullivan	IHA	39-11
2009 B	Genevieve Rybicki	Our Lady of Mercy	41-6
2010 A	Olivia Wade	Paramus Catholic	37-7.25
2010 B	Alexandria Donahue	St. Rose	36-2
2011 A	Theresa Picciallo	IHA	46-0 1/4
2011 B	Sarah Talmadge	Mt. St. Dominic	36-1 1/4
2012 A	Theresa Picciallo	IHA	45-6
2012 B	Sarah Talmadge	Mt. St. Dominic	36-3 3/4
2013 A	Katie Weeks	Mon. Donovan	36-8
2013 B	Adia Ledbetter	Roselle Catholic	34-3.5
2014 A	Katie Weeks	Mon. Donovan	40-2 1/4
2014 B	Adia Ledbetter	Roselle Catholic	39-2
2015 A	Alyssa Wilson	Donovan Catholic	46-4 1/2
2015 B	Adia Ledbetter	Roselle Catholic	34-8 3/4
2016 A	Alyssa Wilson	Donovan Catholic	52-5 1/2
2016 B	Alexandra Preckajlo	St. Rose	35-10
2017 A	Alyssa Wilson	Donovan Catholic	54-2 3/4
2017 B	Alexandra Preckajlo	St. Rose	37-11 1/2
2018 A	Anya Skae	Holy Angels	35-10 1/2
2018 B	Yasmeen McDonald	Hudson Catholic	31-3
2019 A	Maura Campbell	Pope John	35-10 1/4
2019 B	Yasmeen McDonald	Hudson Catholic	34-9
Pole Vault			
2008 A	Megan Mahon	Notre Dame	9-6
2008 B	Laura Piacentra	Montclair Kimberley	9-0
2009 A	Sarah McGowan	Bishop Ahr	8-6
2009 B	Laura Piacentra	Montclair Kimberley	8-6
2010 A	Sarah McGowan	Bishop Ahr	8-6
2010 B	Laura Piacentra	Montclair Kimberley	9-6
2011 A	Megan Schlosser	IHA	8-6
2011 B	Lyndsi Ross-Trevor	Montclair Kimberley	9-9
2012 A	Claudia Dabrowski	Mon. Donovan	9-6
2012 B	Angel Fluet	Pingry	11-0
2013 A	Katlyn Rymarzov	Pope John	10-6
2013 B	Lyndsi Ross-Trevor	Montclair Kimberley	11-6
2014 A	Katlyn Rymarzov	Pope John	11-0
2014 B	Lyndsi Ross-Trevor	Montclair Kimberley	11-0
2015 A	Katlyn Rymarzov	Pope John	11-6
2015 B	Julia Dannenbaum	Pingry	11-0
2016 A	Julie Weismiller	IHA	10-0
2016 B	Julia Dannenbaum	Pingry	11-7
2017 A	Caroline McGann	Holy Angels	10-6
2017 B	Julia Dannenbaum	Pingry	12-2
2018 A	Haley Horvath	Notre Dame	12-6
2018 B	Julia Benz	Villa Walsh	9-6
2019 A	Caroline Dannenbaum	Pingry	12-0.25
2019 B	Grace Kellogg	Eastern Christian	9-0
Relay			
2008 A		Notre Dame	4:11.76

2008 B	Pingry	4:16.93
2009 A	Notre Dame	4:06.82
2009 B	Mt. St. Dominic	4:22.62
2010 A	IHA	4:07.14
2010 B	Villa Walsh	4:14.67
2011 A	Red Bank Catholic	4:05.88
2011 B	Mt. St. Dominic	4:12.28
2012 A	Red Bank Catholic	4:00.87
2012 B	Kent Place	4:12.87
2013 A	Pope John	4:05.88
2013 B	Pingry	4:17.13
2014 A	Union Catholic	3:58.81
2014 B	Kent Place	4:16.14
2015 A	Union Catholic	3:55.27
2015 B	Eastern Christian	4:23.90
2016 A	Union Catholic	3:56.87
2016 B	Trinity Hall	4:21.92
2017 A	Union Catholic	3:55.26
2017 B	Holy Spirit	4:13.74
2018 A	Union Catholic	3:59.01
2018 B	Oak Knoll	4:20.74
2019 A	Union Catholic	4:04.65
2019 B	Trinity Hall	4:17.27

Team Scoring

Year	Name	School	Performance
1983		Notre Dame	52
1984		Notre Dame	52.5
1985		Notre Dame	48
2008 A		IHA	56
2008 B		Holy Cross	51
2009 A		IHA	65.5
2009 B		Roselle Catholic	66
2010 A		IHA	52
		Paramus Catholic	52
2010 B		Mt. St. Dominic	50
2011 A		Red Bank Catholic	46
2011 B		Mt. St. Dominic	100
2012 A		Red Bank Catholic	59
2012 B		Mt. St. Dominic	88
2013 A		Pope John	77.25
2013 B		St. Rose	73
2014 A		Pope John	65
2014 B		Kent Place	64
2015 A		Union Catholic	105
2015 B		Villa Walsh	72
2016 A		Union Catholic	99
2016 B		St. Dominic's	57
2017 A		Union Catholic	98
2017 B		Pingry	75
2018 A		Union Catholic	90
2018 B		Villa Walsh	42
2019 A		Union Catholic	101

