



NEW JERSEY STATE INTERSCHOLASTIC
ATHLETIC ASSOCIATION

GIRLS INDOOR TRACK & FIELD

Championship History

1981-2024

1161 Route 130 North
Robbinsville, NJ 08691

609-259-2776

www.njsiaa.org

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NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

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NOTES

From 1976 on, Shot Put and High Jump relays were added to the running events at the relay championships.

In 1988, Non-Public Schools were placed within Public School Groups.

In 1991, Team Scoring was changed from the 6-4-3-2-1 (1st through 5th respectively).

In 1992, Jadwin Gym's track was converted from a 220 yard track to a 200 meter track. It is the policy of the NJSIAA Track Committee not to convert records. Both the "yards" and the "meters" records will be listed.

In 1992, NJSIAA introduced a new scoring system for relays with six places.

In 2007 the Meets were moved to the Toms River Bennett Center.

Due to the COVID-19 pandemic, State Championships and the Meet of Champions were not held in 2021.

The New Jersey State Interscholastic Athletic Association strives to make each sport's Championship History and Record Book an accurate and comprehensive resource. If you have information you believe should be included in these records (additions, deletions or corrections), it may be submitted by e-mail to Dena Maggio at dmaggio@njsiaa.org. Please provide supporting data/documentation with your submission. Appropriate documentation shall include, but is not limited to, the following: copies of scorebooks or game/season statistical summaries, copies of yearbooks, and copies of newspaper clippings. All information must be complete for consideration. Submissions completed by a coach or school administrator are preferred. Before any mark is added to the record book, it must be independently verified by the NJSIAA staff. If the information cannot be independently verified, it will not be included.

Championship History is updated on a seasonal basis when possible.

Sectional Champions - North Jersey 1

Year	Group 1	Group 2	Group 3	Group 4
2008	Waldwick – 71	Indian Hills – 62	Ramapo – 55	Ridgewood – 72
2009	Westwood – 63	Mahwah – 60	Morris Knolls – 43	Randolph – 96
2010	Westwood – 99	Morris Hills – 84.75	Morris Knolls – 52	Randolph – 105
2011	Westwood – 83	Morris Hills – 73	Teaneck – 59	Randolph – 95
2012	Verona – 58	Sparta – 63	Teaneck – 78	Ridgewood – 67
2013	Verona – 73	Ramapo – 54	Mount Olive – 52	Ridgewood – 78.5
2014	Westwood – 54	Ramapo – 77	Northern Highlands – 62	Passaic Tech – 65
2015	Hasbrouck Heights – 52	River Dell – 69	Northern Highlands – 71.5	Livingston – 62
2016	Mountain Lakes – 74.33	River Dell – 69	NV- Old Tappan – 45	Ridgewood – 42
2017	Mountain Lakes – 94	River Dell – 45	Northern Highlands – 79	Randolph - 74
2018	Glen Rock – 72	River Dell – 55	NV- Old Tappan – 75	Ridgewood - 90
2019	Glen Rock – 52	NV- Demarest – 55	Randolph – 72	Ridgewood – 107.5
2020	Glen Rock – 115	NV- Demarest – 64	Northern Highlands – 68	Ridgewood - 65
2021	<i>Cancelled due to COVID-19</i>			
2022	Hasbrouck Heights – 68	River Dell – 76	Ramapo - 88	Ridgewood – 96
2023	Hasbrouck Heights – 125	River Dell- 66	Mount Olive - 55	Ridgewood - 58
2024	Ridgewood - 75	Mount Olive - 57	River Dell - 68	Hasbrouck Heights

Sectional Champions - North Jersey 2

Year	Group 1	Group 2	Group 3	Group 4
2008	Madison – 90.66	Voorhees – 76	Ridge -84	Columbia – 84
2009	Bernards – 129	Voorhees – 77.37	Ridge – 65	Columbia – 84
2010	Bernards – 138	Rahway – 64	West Morris Mendham – 67	Columbia – 84
2011	Bernards – 94	Summit – 88	Irvington – 66	Columbia – 105
2012	Essex Tech- Market St –119	Voorhees – 80	Irvington – 91	Columbia – 71
2013	Bernards – 112	Cranford – 65	West Morris Mendham – 78	Union – 64
2014	Bernards – 118	Summit – 68	West Morris Mendham – 78	Ridge – 76
2015	Whippany Park – 94	Bernards – 67.5	West Morris Mendham – 70	Ridge – 96
2016	Whippany Park – 74	Parsippany – 68	Summit – 45	Ridge – 84.50
2017	Whippany Park – 90	West Essex – 74	Middletown North– 82	Ridge – 108
2018	Lyndhurst – 67	West Essex – 74	Woodbridge – 43	Ridge – 60
2019	Malcolm X Shabazz – 73	Hanover Park – 54	West Morris Central – 65	Ridge - 79
2020	Whippany Park – 76	West Essex – 66	Scotch Plains – 88	Ridge – 69.5
2021	<i>Cancelled due to COVID-19</i>			
2022	Whippany Park – 72	West Morris Mendham - 95	North Hunterdon - 71	Ridge – 60

Sectional Champions - North Jersey 2 *continued*

Year	Group 1	Group 2	Group 3	Group 4
2023	Verona- 72	West Morris Mendham – 57	North Hunterdon - 81	Piscataway Township - 57
2024	Verona- 63	West Morris Mendham - 64	North Hunterdon - 62	Ridge - 62

Sectional Champions - Central

Year	Group 1	Group 2	Group 3	Group 4
2008	Bernards – 73	Hopewell Valley – 114	WWP South – 52	Jackson Memorial-56
2009	Robbinsville – 73.5	Hopewell Valley – 133	WWP South – 65.5	South Brunswick – 59
2010	Robbinsville – 75	Voorhees – 58	Hopewell Valley – 85	South Brunswick – 56.5
2011	Robbinsville – 61	Neptune – 77	WWP South – 89	South Brunswick – 71.5
2012	Bernards – 88	Rumson-Fair Haven - 60	WWP South – 58	South Brunswick - 70
2013	Weequahic – 102	Rumson-Fair Haven - 88	WWP South – 55.33	Freehold Township – 60.5
2014	Metuchen – 90	Rumson-Fair Haven - 58	Jackson Liberty – 48	Hunterdon Central-75
2015	Weequahic – 53	Rumson-Fair Haven - 58	WWP South – 89	South Brunswick – 74
2016	Weequahic – 53	Robbinsville – 66	WWP South – 89	South Brunswick – 74
2017	Metuchen – 84	Robbinsville – 51	Allentown – 74	South Brunswick – 56
2018	Highland Park – 55	Rumson-Fair Haven - 71	Allentown – 62	South Brunswick – 59
2019	Camden – 59	Rumson-Fair Haven - 61	Colts Neck – 49	Montgomery - 57
2020	Willingboro – 87	Holmdel – 56	Colts Neck – 52	Hunterdon Central - 64
2021	<i>Cancelled due to COVID-19</i>			
2022	Metuchen – 87	Rumson-Fair Haven - 107	Colts Neck - 80	Hunterdon Central – 49
2023	Metuchen- 82	Rumson-Fair Haven - 91	Colts Neck - 52	Hillsborough- 63
2024	Metuchen - 79	Willingboro - 73	Colts Neck - 67	Hillsborough - 70

Sectional Champions - South

Year	Group 1	Group 2	Group 3	Group 4
2008	Bernards – 73	Hopewell Valley – 114	WWP South – 52	Jackson Memorial-56
2009	Robbinsville – 73.5	Hopewell Valley – 133	WWP South – 65.5	South Brunswick – 59
2010	Robbinsville – 75	Voorhees – 58	Hopewell Valley – 85	South Brunswick – 56.5
2011	Robbinsville – 61	Neptune – 77	WWP South – 89	South Brunswick – 71.5
2012	Bernards – 88	Rumson-Fair Haven - 60	WWP South – 58	South Brunswick - 70
2013	Weequahic – 102	Rumson-Fair Haven - 88	WWP South – 55.33	Freehold Township – 60.5
2014	Metuchen – 90	Rumson-Fair Haven - 58	Jackson Liberty – 48	Hunterdon Central-75
2015	Weequahic – 53	Rumson-Fair Haven - 58	WWP South – 89	South Brunswick – 74

Sectional Champions - South *continued*

Year	Group 1	Group 2	Group 3	Group 4
2016	Haddonfield – 124	Delsea – 67	Willingboro – 56	Southern Regional – 78
2017	A. P. Schalick -72	Delsea – 78	Timber Creek – 60	Southern Regional – 46
2018	Collingswood – 71	Seneca – 62	Winslow Township – 77	Egg Harbor Township - 41
2019	Collingswood – 110	Haddonfield – 112	Winslow Township – 64.5	Millville - 60
2020	Audubon – 75	Haddonfield – 137	Winslow Township – 70	Kingsway – 58.5
2021	<i>Cancelled due to COVID-19</i>			
2022	Haddon Township – 54	Haddonfield - 102	Winslow Township - 69	Cherokee – 84
2023	Clayton - 77	Haddonfield - 111	Timber Creek - 54	Eastern - 66
2024	Audubon - 79	Sterling - 54	Haddonfield - 136	Washington Township-84.83

Most Sectional Titles (4+)

No.	School
12	Haddonfield
11	Ridge
10	Ridgewood
8	Bernards
8	Rumson-Fair Haven
7	Delsea
7	South Brunswick
7	West Morris Mendham
7	Winslow Township
6	Randolph
6	River Dell
6	Southern Regional
6	West Windsor-Plainsboro South
5	Columbia
5	Colts Neck
5	Metuchen
5	Whippany Park
4	Hasbrouck Heights
4	Randolph
4	Ramapo
4	Seneca
4	Verona
4	Voorhees
4	Westwood
4	Willingboro

Most Consecutive Sectional Titles (4+)

No.	School	Years
8	Bernards	2008-2015
8	Ridge	2014-2022
6	Ridgewood	2018-2024
5	Columbia	2008-2012
5	Colts Neck	2019-2024
5	Delsea	2010-2014
5	Haddonfield	2019-2024
4	Rumson-Fair Haven	2012-2015
4	South Brunswick	2009-2012, 2015-2018
4	Winslow Township	2011-2014, 2018-2023

Sectional Records

North I Group 1

55 Meter Dash	Rebecca Kneppel, Butler High School	0:07.47	2018
	Sarah Hutchins, Glen Rock High School	0:07.47	2019
55 Meter Hurdles	Idelis Matias, Dover High School	0:08.57	2008
400 Meter Dash	Megan Gasnick, Park Ridge High School	0:59.08	2018
800 Meter Run	Corrine Myers, Westwood High School	2:16.64	2014
1600 Meter Run	Colette Richter, Mountain Lakes High School	5:13.02	2012
3200 Meter Run	Colette Richter, Mountain Lakes High School	11:07.31	2012
4x400 Meter Relay	Westwood High School	4:08.59	2012
High Jump	Rebecca Tooker, Kittatinny High School	5-02	2013
	Alexa Castellana, Mountain Lakes High School	5-02	2016
	Sydney Vierzchalek, Walkkill Valley	5-02	2022
	Taylor Peters, Butler	5-02	2024
Pole Vault	Emma Keating, Pompton Lakes High School	12-00.00	2023
Shot Put	Jessica Molina, Westwood High School	40-00.25	2015

North I Group 2

55 Meter Dash	Kristen Brown, Dwight Morrow High School	0:07.21	2009
55 Meter Hurdles	Danielle Beniulis, Jefferson High School	0:08.23 (T)	2014
400 Meter Dash	Bria Sauders, Parsippany High School	0:58.09	2014
800 Meter Run	Deann DiLandro, Ramapo High School	2:15.12	2013
1600 Meter Run	Christina Allen, River Dell High School	5:01.27	2022
3200 Meter Run	Angelina Perez, Lakeland Regional High School	10:48.05	2020
4x400 Meter Relay	Ramapo High School	4:05.78	2017
High Jump	Carlie Wilson, Sparta High School	5-07	2019
Pole Vault	Chrissy Finkel, Montville High School	12-00	2008
	Sydney Woods, NV @ Demarest High School	12-00	2019
Shot Put	Casey Sullivan, NV @ Demarest High School	41-11.50	2022

North I Group 3

55 Meter Dash	Natasha Redmond, Mount Olive High School	0:07.13	2024
55 Meter Hurdles	Morgan Ryerson, Mount Olive High School	0:08.17	2024
400 Meter Dash	Jenni Zymet, Paramus High School	0:58.07	2010
800 Meter Run	Catherine Pagano, No. Highlands Regional High School	2:12.03	2015
1600 Meter Run	Claudia Disomma, Sparta High School	4:58.36	2010
3200 Meter Run	Abby Loveys, Randolph High School	10:34.25	2019
4x400 Meter Relay	Northern Highlands Regional High School	4:05.19	2015

Sectional Records *continued*

North I Group 3 *continued*

High Jump	Norina Khanzada, Tenafly High School	5-06.00	2023
Pole Vault	Shreya Sathiyar, Morris Hills High School	12-00	2024
Shot Put	Apresha Hampton, Teaneck High School	43-03.25	2010

North I Group 4

55 Meter Dash	Corbin Raston, West Orange High School	0:07.23	2024
55 Meter Hurdles	Quaycian Davis, East Orange Campus	0:08.32	2023
400 Meter Dash	Amber Allen, Passaic Tech	0:57.19	2010
800 Meter Run	Joelle Amaral, Randolph High School	2:16.66	2011
1600 Meter Run	Joelle Amaral, Randolph High School	4:53.66	2011
3200 Meter Run	Olympia Marti, Ridgewood High School	10:53.32	2017
4x400 Meter Relay	Morristown High School	4:05.78	2024
High Jump	Bresisha Morton, Passaic Tech	5-04	2014
	Meghan O'Malley, Randolph High School	5-04	2018
Pole Vault	Kayla Polcari, Ridgewood High School	11-06	2010
Shot Put	Shelby Bigsby, Montclair High School	48-06	2018

North II Group 1

55 Meter Dash	Madeline Soto, University High School	0:07.29	2014
55 Meter Hurdles	Gifty Amankwah, Essex County Tech (Market Street)	0:08.35	2012
400 Meter Dash	Nichole Candelaria, Essex County Tech (Market Street)	0:58.41	2012
800 Meter Run	Julia Ashley, Verona High School	2:23.18	2015
1600 Meter Run	Caroline Wolfe, Hanover Park High School	5:15.85	2012
3200 Meter Run	Paige Petty, Bernards High School	11:26.60	2014
4x400 Meter Relay	Essex County Vo-Tech (Market Street)	4:10.28	2011
High Jump	Brionna Singleton, Essex County Tech (Market Street)	5-04	2012
Pole Vault	Catherine Shih, Bernards High School	12-00	2010
Shot Put	Nickolette Dunbar, Whippany Park High School	52-11.25	2016

North II Group 2

55 Meter Dash	Ogechi Nwaneri, Chatham High School	0:07.06	2008
55 Meter Hurdles	Kaprice James, Abraham Clark High School	0:08.26	2012
400 Meter Dash	Reanda Richards, West Essex High School	0:57.23	2018
800 Meter Run	Victoria Vanriele, Governor Livingston High School	2:10.27	2018
1600 Meter Run	Katie Watson, Summit High School	5:02.11	2011

Sectional Records *continued*

North II Group 2 *continued*

3200 Meter Run	Melanie Thompson, Voorhees High School	11:03.49	2008
4x400 Meter Relay	West Essex High School	4:06.08	2018
High Jump	Samantha Yeats, Voorhees High School	5-04	2009
	Emily Vargas, Arthur L. Johnson High School	5-04	2010
	Julia Tozduman, Lyndhurst High School	5-04	2024
Pole Vault	Nicole Pompei, Hanover Park High School	12-01	2009
Shot Put	Sarah Bella, West Morris Mendham High School	41-01.50	2008

North II Group 3

55 Meter Dash	Delaney Farley, Scotch Plains-Fanwood High School	0:07.19	2024
55 Meter Hurdles	Saniyah Evans, Rahway High School	0:08.17	2024
400 Meter Dash	Julia Jackson, Scotch Plains-Fanwood High School	0:57.16	2022
800 Meter Run	Kylene Cochrane, West Morris Central High School	2:17.86	2014
1600 Meter Run	Kylene Cochrane, West Morris Central High School	4:54.96	2014
3200 Meter Run	Mackenzie Barry, West Morris Mendham High School	10:39.19	2012
4x400 Meter Relay	Scotch Plains-Fanwood High School	3:59.55	2022
High Jump	Elsa Spoor, Chatham High School	5-05	2022
Pole Vault	Julia Mszanski, West Morris Mendham High School	10-06	2015
Shot Put	Alicia Campbell, Snyder High School	39-06	2019

North II Group 4

55 Meter Dash	Sydney Hawkins, Phillipsburg High School	0:07.13	2017
55 Meter Hurdles	Danielle Delgado, Franklin High School	0:08.16	2014
400 Meter Dash	Olivia Baker, Columbia High School	0:55.31	2014
800 Meter Run	Olivia Baker, Columbia High School	2:17.52	2014
1600 Meter Run	Elena DiMarcello, North Hunterdon High School	5:07.19	2017
3200 Meter Run	Laura Baeyens, Watchung Hills High School	10:57.84	2020
4x400 Meter Relay	Columbia High School	3:55.46	2013
High Jump	Kyaira Wright-Harm, Franklin High School	5-06	2012
Pole Vault	Myriah Sujansky, North Hunterdon High School	11-07	2011
Shot Put	Christina Abiola, Franklin High School	40-11	2014

Sectional Records *continued*

Central Group 1

55 Meter Dash	Dominique Watkins, Abraham Clark High School	0:07.36	2014
55 Meter Hurdles	Viviane Orleans, Jonathan Dayton High School	0:08.42	2016
400 Meter Dash	Shenique Frett, Weequahic High School	0:59.21	2012
800 Meter Run	Caroline Donohoe, Shore Regional High School	2:19.96	2022
1600 Meter Run	Jillian Turner, New Providence High School	5:06.62	2016
3200 Meter Run	Jillian Turner, New Providence High School	11:00.96	2016
4x400 Meter Relay	Willingboro High School	4:11.62	2019
High Jump	Alexa Williams, Jonathan Dayton High School	5-08	2011
Pole Vault	Chloe VanDuyne, Delaware Valley High School	10-09	2019
Shot Put	Racheal Johnson, Arthur L. Johnson High School	38-07.75	2016

Central Group 2

55 Meter Dash	Cleopatra Morrison, Long Branch High School	0:07.20	2014
55 Meter Hurdles	Mijah Collier, Lawrence High School	0:08.45	2017
400 Meter Dash	Clemmie Lilley, Rumson-Fair Haven High School	0:56.82	2024
800 Meter Run	Clemmie Lilley, Rumson-Fair Haven High School	2:15.23	2024
1600 Meter Run	Marin Warner, Holmdel High School	4:55.09	2014
3200 Meter Run	Amanda Stone, Monmouth High School	11:01.16	2018
4x400 Meter Relay	Neptune High School	4:04.35	2011
High Jump	Samantha Yeats, Voorhees High School	5-08	2010
Pole Vault	Leah Faifi, Governor Livingston High School	12-4	2017
Shot Put	Emma Vasen, Ocean Township High School	45-03.50	2018

Central Group 3

55 Meter Dash	Tylia Gillon, Jackson Memorial High School	0:07.25	2010
55 Meter Hurdles	Patrycja Dziekonsk, West Windsor-Plainsboro North	0:08.19	2014
400 Meter Dash	Nicole Ragucci, Monroe Township High School	0:57.80	2008
800 Meter Run	Lilly Shapiro, Colts Neck High School	2:17.59	2019
1600 Meter Run	Christina Rancan, West Windsor-Plainsboro South	5:03.10	2016
3200 Meter Run	Liliah Gordon, Northern Burlington High School	10:44.02	2024
4x400 Meter Relay	Neptune High School	4:01.63	2013
High Jump	Emily Kianka, Hopewell Valley High School	5-08.25	2010
Pole Vault	Allyson Brooks, Moorestown High School	11-00	2008
Shot Put	Danielle Notarfrancesco, Jackson Liberty High School	46-05.50	2017

Sectional Records *continued*

Central Group 4			
55 Meter Dash	Tylia Gillon, Jackson Memorial High School	0:07.18	2009
55 Meter Hurdles	Patrycja Dziekonska, West Windsor-Plainsboro North	0:08.08	2013
400 Meter Dash	Joely Serpe, Old Bridge High School	0:58.14	2017
800 Meter Run	Adrian Vitello, Freehold Township High School	2:14.53	2014
1600 Meter Run	Emma Zawatski, Freehold Township High School	4:54.58	2023
3200 Meter Run	Brianna Jackuczewicz, Colts Neck High School	10:44.29	2008
4x400 Meter Relay	Freehold Township High School	4:03.25	2011
High Jump	Fiona Paladino, Montgomery High School	5-08	2010
			2011
	Hannah Taylor, Montgomery High School	5-08	2015
Pole Vault	Ella Karolewski, Hillsborough High School	12-01	2024
Shot Put	Shannon Watt, Jackson Memorial High School	43-10.00	2008

South Group 1			
55 Meter Dash	Emily Carson, Haddonfield Memorial High School	0:07.23	2013
55 Meter Hurdles	Andrea Olsen, Buena High School	0:08.52	2013
400 Meter Dash	Faleesha Dowe, Penns Grove High School	0:57.65	2014
800 Meter Run	Greta Feldman, Haddonfield Memorial High School	2:19.92	2009
1600 Meter Run	Brianna Gess, Haddonfield Memorial High School	5:03.25	2016
3200 Meter Run	Shelby Cain, Haddonfield Memorial High School	11:15.72	2013
4x400 Meter Relay	Penns Grove High School	4:05.46	2014
High Jump	Alanna Woolfolk, Clayton High School	5-05	2023
			2024
Pole Vault	Sarah Parr, Audubon High School	11-00	2020
Shot Put	Cydney Thomas, Haddon Heights High School	46-01.00	2019

South Group 2			
55 Meter Dash	Audrey Wilson, Deptford High School	0:07.14	2009
55 Meter Hurdles	Lenaami Morton, Camden High School	0:08.20	2017
400 Meter Dash	Kiara Lester, Deptford High School	0:57.76	2016
800 Meter Run	Felicia O'Donnell, Delsea Regional High School	2:17.83	2011
1600 Meter Run	Briana Gess, Haddonfield Memorial High School	5:00.27	2017
3200 Meter Run	Megan Venables, Highland Regional High School	10:47.31	2011
4x400 Meter Relay	Camden High School	4:04.07	2009
High Jump	Madison Cappuccio, Barnegat High School	5-08	2020
Pole Vault	Ashley Preston, Delsea Regional High School	12-06	2018

Sectional Records *continued*

South Group 2 *continued*

Shot Put	Janice Rosa, Delsea Regional High School	43-00.00	2011
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South Group 3

55 Meter Dash	Naylah Jones, Timber Creek High School	0:07.00	2024
55 Meter Hurdles	Ste'yce McNeil, Winslow Township High School	0:08.04	2012
400 Meter Dash	Michelle Brown, Seneca High School	0:56.29	2010
800 Meter Run	Sofia Day, Mainland Regional High School	2:17.71	2023
1600 Meter Run	Danielle Leavitt, Lacey Township High School	5:00.60	2014
3200 Meter Run	Alyssa Aldridge, Mainland Regional High School	10:47.06	2016
4x400 Meter Relay	Timber Creek Regional High School	3:57.25	2024
High Jump	Gabrielle Bennett, Winslow Township High School	5-08	2015
Pole Vault	Hannah Byrd-Leitner, Manchester Township High School	12-00	2024
Shot Put	Ronetta Hunter, Burlington Township High School	41-07.25	2015

South Group 4

55 Meter Dash	English Gardner, Eastern Regional High School	0:07.08	2010
	Bria Mack, Williamstown High School	0:07.08	2017
55 Meter Hurdles	Claudine Smith, Atlantic City High School	0:08.09	2019
400 Meter Dash	Nijgia Snapp, Oakcrest High School	0:56.02	2009
800 Meter Run	Jillian Smith, Southern Regional High School	2:13.07	2008
1600 Meter Run	Nicole Clifford, Cherokee High School	4:58.69	2022
3200 Meter Run	Megan Lacy, Cherokee High School	10:44.28	2012
4x400 Meter Relay	Washington Township High School	3:58.05	2011
High Jump	Lindsey Walsh, Lenape High School	5-06	2008
	Kelsey Evanco, Lenape High School	5-06	2010 2011
Pole Vault	Kaitlyn Dermen, Millville High School	11-01	2014
Shot Put	Najeaya Singleton, Vineland High School	44-09.75	2017

Best of the Sectionals (by Group)

Group 1			
55 Meter Dash	Kaitlyn Salisbury, Hawthorne High School	0:07.17	2016
55 Meter Hurdles	Gifty Amankwah, Essex County Tech (Market Street)	0:08.35	2012
400 Meter Dash	Nichole Candelaria, Essex County Tech (Market Street)	0:58.41	2012
800 Meter Run	Corrine Myers, Westwood Regional High School	2:16.14	2014
1600 Meter Run	Briana Gess, Haddonfield Memorial High School	5:03.25	2016
3200 Meter Run	Jillian Turner, New Providence High School	11:00.96	2016
4x400 Meter Relay	Penns Grove High School	4:06.77	2013
High Jump	Alexa Williams, Jonathan Dayton High School	5-08.00	2011
Pole Vault	Catherine Shih, Bernards	12-00.00	2010
	Emma Keating, Pompton Lakes High School	12-00.00	2023
Shot Put	Nickolette Dunbar, Whippany Park High School	52-11.25	2016

Group 2			
55 Meter Dash	Ogechi Nwaneri, Chatham High School	0:07.06	2008
55 Meter Hurdles	Danielle Beniulis, Jefferson Township High School	0:08.23	2014
400 Meter Dash	Clemmie Lilley, Rumson-Fair Haven High School	0:56.82	2024
800 Meter Run	Victoria Vanriele, Governor Livingston	2:10.27	2018
1600 Meter Run	Marin Warner, Holmdel High School	4:55.09	2014
3200 Meter Run	Megan Venables, Highland Regional High School	10:47.31	2011
4x400 Meter Relay	Camden High School	4:04.07	2009
High Jump	Samantha Yeats, Voorhees High School	5-08.00	2010
	Madison Cappuccio, Barnegat High School	5-08.00	2020
Pole Vault	Ashley Preston, Delsea Regional High School	12-06.00	2018
Shot Put	Jessica Molina, Westwood Regional High School	48-05.00	2016

Group 3			
55 Meter Dash	Naylah Jones, Timber Creek High School	0:07.00	2024
55 Meter Hurdles	Ste'yce McNeil, Winslow Township High School	0:08.04	2012
400 Meter Dash	Michelle Brown, Seneca High School	0:56.29	2010
800 Meter Run	Lilly Shapiro, Colts Neck High School	2:17.59	2019
1600 Meter Run	Kylene Cocharane, West Morris Central	4:54.96	2014
3200 Meter Run	Abby Loveys, Randolph High School	10:34.25	2019
4x400 Meter Relay	Timber Creek Regional High School	3:57.25	2024
High Jump	Emily Kianka, Hopewell Valley High School	5-08.25	2010

Best of the Sectionals (by Group) *continued*

Group 3 *continued*

Pole Vault	Shreya Sathiyar, Morris Hills High School	12-00	2024
	Hannah Byrd-Leitner, Moorestown High School	12-00	2024
Shot Put	Danielle Notarfrancesco, Jackson Liberty High School	46-05.50	2017

Group 4

55 Meter Dash	English Gardner, Eastern Regional High School	0:07.08	2010
	Lynnea Forleza, Toms River High School North	0:07.08	2016
55 Meter Hurdles	Patrycja Dziekonska, West Windsor Plainsboro North	0:08.08	2013
400 Meter Dash	Olivia Baker, Columbia High School	0:55.31	2014
800 Meter Run	Jillian Smith, Southern Regional High School	2:13.07	2008
1600 Meter Run	Joelle Amaral, Randolph High School	4:47.16	2010
3200 Meter Run	Megan Lacy, Cherokee High School	10:44.28	2012
4x400 Meter Relay	Columbia High School	3:55.46	2013
High Jump	Fiona Paladino, Montgomery High School	5-08.00	2010
			2011
Pole Vault	Ella Karolewski, Hillsborough High School	12-01.00	2024
Shot Put	Shelby Bigsby, Montclair High School	48-06	2018

Best of the Sectionals (All Groups)

55 Meter Dash	Naylah Jones, Timber Creek High School	0:07.00	2024
55 Meter Hurdles	Ste'yce McNeil, Winslow Township High School	0:08.04	2012
400 Meter Dash	Olivia Baker, Columbia High School	0:55.31	2014
800 Meter Run	Reanda Richards, West Essex High School	2:10.27	2018
1600 Meter Run	Joelle Amaral, Randolph High School	4:47.16	2010
3200 Meter Run	Abby Loveys, Randolph High School	10:34.25	2019
4x400 Meter Relay	Columbia High School	3:55.46	2013
High Jump	Emily Kianka, Hopewell Valley High School	5-08.25	2010
Pole Vault	Ashley Preston, Delsea Regional High School	12-06.00	2018
Shot Put	Nickolette Dunbar, Whippany Park High School	52-11.25	2016

Relay Champions

Year	Group I	Group II	Group III	Group IV
1981	Asbury Park-15 (<i>Group I-II combined</i>)		Summit-19	Plainfield-28
1982	Woodbury-35	Vailsburg-31	Central (Newark)-19	Columbia-24
1983	Saddle Brook-27	Central (Newark)-29	Vailsburg-20	Columbia-21

Year	Non-Public	Group I	Group II	Group III	Group IV
1984	Notre Dame-48	Pt. Pleas. Beach-29	Jon Dayton-21	Vailsburg-18	Columbia-22

Year	Group I	Group II	Group III	Group IV
1985	Bernards-22	Madison Boro-24	Vailsburg-15.5	Plainfield-23
1986	Woodbury-18	Bernards-26	Vailsburg-23	Plainfield-34
1987	New Milford-24	Ridge-22	Vailsburg-29	Ridgewood-16
1988	Science-18	Monmouth-27	C.J. Scott-27	Ridgewood-37
1989	Arts-31	Central (Newark)-16	C.J. Scott/East Orange/ Monmouth-18	Ridgewood-20
1990	Arts-25	Jefferson-20	Lakewood-19	Toms River East-19
1991	Arts-39	Hopewell Valley-15	Franklin-17	Plainfield-15
1992*	Saddle Brook-44	Asbury Park-33	Franklin-52	Willingboro-50
1993	Morris Cath-40	Asbury Park-48	Neptune-36	Willingboro-39
1994	Morris Cath-52	Moorestown-58	Camden-38	Columbia-36
1995	Morris Cath-38	Bishop Eustace-46	Ocean City-41	Willingboro-36
1996	Metuchen-42	Bishop Eustace-57	Notre Dame-41	Columbia-36
1997	Science-32	Notre Dame-62	Middletown South-38	Willingboro/Columbia-48
1998	Red Bank Cath-30	Buena-35	Middletown South-46	Columbia-38
1999	Red Bank Cath-39	Moorestown-48	Roxbury-46	Washington Twp-32
2000	Haddonfield-32	Red Bank Reg-57	Woodrow Wilson-41	Trenton-38
2001	Haddonfield-53	Voorhees-30	Woodrow Wilson-48	Trenton-50
2002	Montville-30	Hopewell Valley-38	Willingboro-50	Trenton-36
2003	Haddonfield-32	Hopewell Valley-48	Willingboro-45	Jackson-32
2004	Hanover Park-47	Hopewell Valley-38	Willingboro-44	Columbia-30
2005	Bishop Eustace-62	Hopewell Valley/ Woodrow Wilson-34	Willingboro-46	Jackson Memorial-43
2006	Haddon Heights-47	Hopewell Valley-54	Woodrow Wilson-37	Piscataway-32
2007	Pope John XXIII-48	Hopewell Valley-54	Kingsway & Ridge-32	Southern Reg-40

In 1992 Princeton converted Jadwin Gym to a 200 meter track and NJSIAA introduced a new scoring system with six places (Old 5 places: 6, 4, 3, 2, 1; New 6 places 10, 8, 6, 4, 2, 1)

Relay Champions *continued*

Year	Non-Public	Group I	Group II	Group III	Group IV
2008	Pope John XXIII-50	Madison-43	Hopewell Valley-59	Camden-27	Lenape-53
2009	Msgr Donovan-60	Bernards-51	Hopewell Valley-52	Seneca-40	Southern Reg-59
2010	Notre Dame/Msg Donovan-34	Willingboro-60	Delsea-40	Hopewell Val-43	Southern Reg-46
2011	Mt. St. Dominic-40	Bernards-52	Delsea-49	Winslow Twp-30	Lenape-51
2012	Pope John XXIII-46	Bernards-49	Delsea-44	WWP North/ Irvington-26	Lenape-56

Year	Non-Public A	Non-Public B	Group I	Group II	Group III	Group IV
2013	Pope John-72	Villa Walsh/ St. Rose-52	Essex Co Tech (Market)-50	Matawan-36	Kingsway/ Winslow Twp-36	Columbia-50
2014	Pope John-66	Villa Walsh-50	Haddonfield-44	Delsea-44	Kingsway-37	Columbia-46
2015	Union Catholic-70	Villa Walsh-58	Weequahic-56	Rumson-FH -30	Winslow Twp-40	Franklin/ S. Brunswick- 36
2016	Union Catholic-74	Villa Walsh-51	Haddonfield-48	West Essex-34	Jackson Mem.-42	S. Brunswick-40
2017	Union Catholic-63	Pingry-41	Mt. Lakes - 44	Haddonfield - 38	Timber Creek - 52	S. Brunswick - 48
2018	Union Catholic-72	St. Dominic-48	Collingswood – 34	Rumson-FH – 35	Winslow – 44	Randolph - 44
2019	Union Catholic-82	Morris Catholic/ St. Dominic -50	Willingboro – 32	Rumson-FH – 57	Winslow Twp – 41	Millville - 48
2020	Union Catholic-75	Mater Dei/ St. Dominic- 44	Willingboro – 43	Haddonfield – 52	Winslow Twp – 38	Ridge - 30
2021	<i>Relays not held due to COVID-19</i>					
2022	Union Catholic-72	St. Rose- 55	Hasbrouck Hts- 54	Haddonfield – 63	Winslow Twp– 38	Cherokee - 52
2023	Union Catholic-80	Villa Walsh-51	Hasbrouck Hts- 58	Rumson-FH - 50	Winslow Twp– 44	Toms River N. - 50
2024	Union Catholic- 66	Villa Walsh- 68	Hasbrouck Hts- 46	Haddonfield- 62	Winslow Twp- 52	Washington Twp- 52



Most Relay Titles (3+)

No.	School	No.	School
11	Willingboro	3	Arts
10	Columbia	3	Bishop Eustace
10	Hopewell Valley	3	Central (Newark)
9	Haddonfield	3	Franklin
9	Union Catholic	3	Hasbrouck Heights
8	Winslow Township	3	Kingsway
6	Vailsburg	3	Lenape
5	Bernards	3	Ridgewood
5	South Brunswick	3	Southern Regional
5	Villa Walsh	3	St. Dominic Academy
4	Morris Catholic	3	Timber Creek
4	Notre Dame	3	Trenton
4	Plainfield		
4	Rumson-Fair Haven		
4	Woodrow Wilson		

Most Consecutive Relay Titles (3+)

No.	School	Years
9	Hopewell Valley	2002-2010
8	Union Catholic	2015-2024
5	Winslow Township	2018-2024
5	Vailsburg	1983-1987
4	Villa Walsh	2013-2016
4	Willingboro	2002-2005
3	Arts	1989-1991
3	Columbia	1982-1984, 1996-1998
3	Delsea	2010-2012
3	Hasbrouck Heights	2022-2024
3	Morris Catholic	1993-1995
3	St. Dominic Academy	2018-2020
3	Trenton	2000-2002

Relay Records

Group 1			
33" Shuttle Hurdles (Yards)	Arts (Newark)	0:33.4	1991
33" Shuttle Hurdles (Meters)	Willingboro	0:33.38	2020
4 x 220 Yard Relay	Science (Newark)	1:50.8	1985
4 x 200 Meter Relay	Essex Co Tech, Market St	1:46.47	2012
4 x 400 Yard Relay	Oak Knoll	4:28.0	1985
4 x 400 Meter Relay	Penns Grove	4:04.26	2014
4 x 880 Yard Relay	Science (Newark)	4:08.8	1989
4 x 800 Meter Relay	Bernards	9:54.68	2013
Sprint Medley Relay (Yards)	Bernards	9:47.7	1983
Sprint Medley Relay (Meters)	Haddonfield Memorial	4:15.61	2015
Distance Medley Relay (Yards)	Bernards	13:07.3	1985
Distance Medley Relay (Meters)	Haddonfield	12:32.48	2015
High Jump Relay	J.P. Stevens	10' 08.5"	1996
	Southern Regional	10' 08.5"	1981
Shot Put Relay	Whippany Park	81' 02.75"	2016
Pole Vault Relay	Pennsville	20' 6"	2010

Group 2			
33" Shuttle Hurdles (Yards)	Madison Boro	0:33.0	1985
33" Shuttle Hurdles (Meters)	West Essex	0:32.50	2018
4 x 220 Yard Relay	Central (Newark)	1:48.2	1983
	Monmouth Regional	1:48.2	1988
4 x 200 Meter Relay	Deptford	1:44.75	2015
4 x 400 Yard Relay	Vailsburg	4:20.2	1982
4 x 400 Meter Relay	Camden	4:02.90	2009
4 x 880 Yard Relay	Central (Newark)	4:04.3	1983
4 x 800 Meter Relay	Voorhees	9:41.91	2009
Sprint Medley Relay (Yards)	Vailsburg	9:56.1	1982
Sprint Medley Relay (Meters)	Neptune	4:09.64	2011
Distance Medley Relay (Yards)	Bernards	12:58.6	1986
Distance Medley Relay (Meters)	Voorhees	12:24.81	2009
High Jump Relay	Voorhees	10' 8"	2010
Shot Put Relay	NV @ Demarest	85' 6"	2002
Pole Vault Relay	Ramapo	21' 0"	2013
	Governor Livingston	21' 0"	2016

Relay Records *continued*

Group 3			
<i>33" Shuttle Hurdles (Yards)</i>	Rahway	0:31.9	1984
33" Shuttle Hurdles (Meters)	Winslow Township	0:30.74	2014
<i>4 x 220 Yard Relay</i>	Central Regional	1:47.0	1982
4 x 200 Meter Relay	Timber Creek	1:42.69	2024
<i>4 x 400 Yard Relay</i>	Malcolm X Shabazz	4:10.2	1986
4 x 400 Meter Relay	Timber Creek	3:57.96	2024
<i>4 x 880 Yard Relay</i>	Malcolm X Shabazz	4:06.5	1986
4 x 800 Meter Relay	Roxbury	9:27.06	2006
<i>Sprint Medley Relay (Yards)</i>	North Hunterdon	9:44.0	1982
Sprint Medley Relay (Meters)	Northern Highlands	4:11.94	2015
<i>Distance Medley Relay (Yards)</i>	North Hunterdon	12:36.7	1982
Distance Medley Relay (Meters)	Colts Neck	12:08.01	2006
High Jump Relay	Mount Olive	10' 8"	2004
Shot Put Relay	Brick Township	86' 6.75"	2008
Pole Vault Relay	Montville	20' 6"	2009
	Moorestown	20' 6"	2024

Group 4			
<i>33" Shuttle Hurdles (Yards)</i>	Plainfield	0:31.6	1986
33" Shuttle Hurdles (Meters)	Eastern Regional	0:31.58	2019
<i>4 x 220 Yard Relay</i>	Trenton Central	1:45.4	1984
4 x 200 Meter Relay	Columbia	1:43.88	2014
<i>4 x 400 Yard Relay</i>	Columbia	4:19.2	1981
4 x 400 Meter Relay	Columbia	3:57.25	2014
<i>4 x 880 Yard Relay</i>	Plainfield	4:01.2	1983
4 x 800 Meter Relay	Freehold Township	9:19.51	2014
<i>Sprint Medley Relay (Yards)</i>	Columbia	9:40.2	1983
Sprint Medley Relay (Meters)	Lenape	4:08.21	2015
<i>Distance Medley Relay (Yards)</i>	Ridgewood	12:27.2	1988
Distance Medley Relay (Meters)	Southern Regional	11:59.20	2007
High Jump Relay	Southern Regional	10' 8.50"	1981
	J.P. Stevens	10' 8.50"	1996
Shot Put Relay	Plainfield	90' 8.50"	1992
Pole Vault Relay	Hillsborough	23' 0"	2012

Relay Records *continued*

Non-Public A			
<i>33" Shuttle Hurdles (Yards)</i>	Notre Dame	0:36.6	1984
33" Shuttle Hurdles (Meters)	Union Catholic	0:30.81	2023
<i>4 x 220 Yard Relay</i>	Morris Catholic	1:54.8	1983
4 x 200 Meter Relay	Union Catholic	1:42.94	2023
<i>4 x 400 Yard Relay</i>	Oak Knoll	4:32.2	1983
4 x 400 Meter Relay	Union Catholic	4:00.68	2014
<i>4 x 880 Yard Relay</i>	Notre Dame	4:19.9	1983
4 x 800 Meter Relay	Union Catholic	9:21.71	2012
<i>Sprint Medley Relay (Yards)</i>	Notre Dame	10:24.8	1983
Sprint Medley Relay (Meters)	Union Catholic	3:35.32	2024
<i>Distance Medley Relay (Yards)</i>	Notre Dame	13:16.2	1984
Distance Medley Relay (Meters)	Mount St. Dominic	12:09.92	2012
High Jump Relay	Union Catholic	10'6"	2016
Shot Put Relay	Donovan Catholic	80'2"	2016
Pole Vault Relay	Montclair Kimberley	20' 6"	2012

Non-Public B			
33" Shuttle Hurdles (Meters)	Benedictine Academy	0:34.10	2013
4 x 200 Meter Relay	Benedictine Academy	1:51.18	2014
4 x 400 Meter Relay	Eastern Christian	4:13.75	2025
4 x 800 Meter Relay	Kent Place	10:06.37	2019
Sprint Medley Relay (Meters)	Hudson Catholic	4:21.25	2018
Distance Medley Relay (Meters)	Gill St. Bernard's	12:52:33	2014
High Jump Relay	Mater Dei	9' 8"	2014
Shot Put Relay	Saint Rose	70' 75"	2016
Pole Vault Relay	Pingry	22'.00"	2016

Best of the Relays (All Groups)

All Groups			
<i>33" Shuttle Hurdles (Yards)</i>	Plainfield	0:31.6	1986
33" Shuttle Hurdles (Meters)	Winslow Township	0:30.74	2014
<i>4 x 220 Yard Relay</i>	Trenton Central	1:45.4	1984
4 x 200 Meter Relay	Timber Creek	1:42.69	2024
<i>4 x 400 Yard Relay</i>	Plainfield	4:01.2	1983
4 x 400 Meter Relay	Columbia	3:57.25	2014
<i>4 x 880 Yard Relay</i>	Columbia	9:40.2	1983
4 x 800 Meter Relay	Freehold Township	9:19.51	2014
<i>Sprint Medley Relay (Yards)</i>	Malcolm X Shabazz	4:10.2	1986
Sprint Medley Relay (Meters)	Union Catholic	3:35.32	2024
<i>Distance Medley Relay (Yards)</i>	Ridgewood	12:27.2	1988
Distance Medley Relay (Meters)	Southern Regional	11:59.20	2007
High Jump Relay	Southern Regional	10' 8.50"	1981
	J.P. Stevens	10' 8.50"	1996
Shot Put Relay	Plainfield	90' 8.50"	1992
Pole Vault Relay	Hillsborough	23' 0"	2012

Note: In 1992, Jadwin Gym was resurfaced and the track changed from 220 yards to 200 meters. It is the policy of the NJSIAA Track Committee not to convert records. Both the "yards" and the "meters" records are listed.

NJSIAA GIRLS INDOOR TRACK & FIELD
CHAMPIONSHIP HISTORY

State Champions

Year	Group 4	Group 3	Group 2	Group 1
1981	Willingboro - 39	Summit - 12	Penns Grove - 12	Highland Park - 36
1982	Plainfield - 14	North Hunterdon-18	Vailsburg - 17	Oak Knoll - 26.5
1983	Columbia	Rahway/Morris Hills	West Side	Bernards
1984	Edgewood - 16	Rahway - 20	Central (Newark) - 29	Bernards - 32
1985	Plainfield - 15.5	Wayne Valley - 18	Monmouth - 23.5	Bernards - 27
1986	Trenton - 18	North Hunterdon - 15	Bernards - 25	Woodbury - 23
1987	Neptune/Hackensack - 12	Rancocas Valley - 16	Lawrence - 21.5	Bernards - 39
1988	Ridgewood - 29	Lakewood - 19	Ridge - 22	Asbury Park - 25
1989	Ridgewood - 22	Wayne Valley/ Clifford J. Scott - 16	Princeton - 23	Science - 37
1990	Toms River East - 26	Monmouth - 17	Asbury Park - 19	Science - 27
1991*	Marlboro - 12.5	Monmouth - 11	Garfield - 15	Science - 32
1992	Plainfield - 22	Franklin - 22	So. Plainfield/Princeton - 28	Science - 66
1993	Plainfield/Trenton - 31	Bridgeton - 44	Asbury Park - 58	Science - 30
1994	Columbia - 55	Bridgeton - 40	Asbury Park - 47	Morris Catholic - 54
1995	Columbia - 62	Wayne Valley - 36	Neptune - 41	Morris Catholic - 51
1996	Columbia - 56	Notre Dame - 34	Neptune - 30	Metuchen - 52
1997	Columbia - 57	Middletown South - 43	Notre Dame - 45	Ridge - 32
1998	Columbia - 52	Willingboro - 44	Deptford/Bridgeton - 30	St. Mary's Rutherford - 32
1999	Plainfield - 28	Middletown South - 54	Buena - 62	Red Bank Catholic - 49.5
2000	Pennsauken - 32	Roxbury - 49	Bridgeton - 36	Haddonfield - 34
2001	Trenton - 42	Red Bank Regional - 48	Voorhees - 38 1/3	Haddonfield - 78
2002	Trenton - 43	Willingboro - 51	Hopewell Valley - 46	Haddonfield - 40
2003	Winslow Township - 29	Willingboro - 67	Hopewell Valley - 24	Queen of Peace - 54
2004	Hunterdon Central - 33	Willingboro - 32	Parsippany/ Roselle Catholic- 22	Hanover Park - 48
2005	Jackson Memorial - 50	Franklin - 48	Hopewell Valley - 38	Queen of Peace - 36
2006	Jackson Memorial - 41	Winslow Township - 38	Pleasantville - 42	Haddon Heights - 46
2007	Southern Regional - 34	Ramapo - 35	Hopewell Valley - 60	Pope John XXIII - 76

*In 1991 Team Scoring was changed from the 6-4-3-2-1 (1st through 5th respectively).

Year	Group 4	Group 3	Group 2	Group 1	Non-Public A	Non-Public B
2008	Lenape - 48	Roxbury - 28	Hopewell Valley - 56	Haddonfield - 58	IHA - 56	Holy Cross - 51
2009	Southern Reg. - 48	Seneca/ Neptune - 38	Hoepwell Valley - 65	Bernards - 56.5	IHA - 65.5	Roselle Cath - 66
2010	Columbia - 45.5	Seneca - 43	Delsea - 44	Bernards - 59	IHA - 52	Mt. St. Dominic - 50
2011	Washington Twp. - 40	WWP South - 46	Delsea - 50	Essex Tech- Market Street - 41	Red Bank Cath - 46	Mt. St. Dominic -100

State Champions *continued*

Year	Group 4	Group 3	Group 2	Group 1	Non-Public A	Non-Public B
2012	Columbia - 34	Winslow Twp. - 38	Voorhees - 32	Essex Tech- Market Street - 41	Red Bank Cath - 59	Mt. St. Dominic - 88
2013	Columbia - 39	Winslow Twp. - 36	Ramapo - 33	Haddonfield - 54	Pope John - 77.25	St. Rose - 73
2014	Columbia - 50	Winslow Twp. - 60	Ramapo - 45	Haddonfield - 54	Pope John - 65	Kent Place - 64
2015	WWP South - 39	Winslow Twp. - 39	Matawan - 34	Weequahic - 52	Union Catholic - 105	Villa Walsh - 72
2016	Ridgewood - 33	WWP South - 38	River Dell - 30	Whippany Park/ Haddonfield - 62	Union Catholic - 99	St. Dominic - 57
2017	Rancocas Valley - 29	Timber Creek - 44	West Essex - 44	Mountain Lakes - 55	Union Catholic - 98	Pingry - 75
2018	Randolph - 29	Winslow Twp - 65	Rumson-FH - 29	Highland Park - 29	Union Catholic - 90	Villa Walsh - 42
2019	Ridgewood - 28	Winslow Twp - 43	Rumson-FH - 40	Collingswood - 39	Union Catholic - 101	Morris Catholic - 64
2020	Hillsborough - 26	Winslow Twp - 56	Haddonfield - 59	Collingswood - 52	Union Catholic - 85	Morris Catholic - 38
2021	<i>Cancelled due to COVID-19</i>					
2022	Ridgewood - 38	Scotch Plains FW- 53	River Dell - 29	Metuchen - 44	Union Catholic - 109	Morris Catholic - 65
2023	Piscataway - 36	Timber Creek - 33.5	River Dell - 44	Clayton - 41	Union Catholic - 98	Montclair Kimb- 68
2024	Franklin - 39	Timber Creek - 34	Willingboro - 64	Clayton - 64	Union Catholic - 122	Villa Walsh - 60

Most State Titles (3+)

No.	School	No.	School
10	Columbia	3	Franklin
10	Winslow Township	3	Monmouth
9	Haddonfield	3	Mount St. Dominic
9	Union Catholic	3	Neptune
7	Bernards	3	Pope John XXIII
6	Hopewell Valley	3	Ramapo
6	Willingboro	3	Red Bank Catholic
5	Morris Catholic	3	River Dell
5	Plainfield	3	Timber Creek
5	Ridgewood	3	Villa Walsh
5	Science	3	Wayne Valley
4	Asbury Park	3	West Windsor-Plainsboro South
4	Bridgeton		
4	Trenton		

State Records (by Group)

Group I

Event	Name, School	Time/Distance	Year
55 Meter High Hurdles	Carlene Cummings, Dwight Morrow	0:08.23	1998
55 Meter Dash	Jamie Walker, Haddon Heights	0:07.13	2007
200 Meter Dash	Shardea Anderson, Paulsboro	0:25.80	2005
400 Meter Dash	Faleesha Dowe, Penns Grove	0:57.14	2014
800 Meter Run	Corrine Myers, Westwood	2:14.55	2014
1600 Meter Run	Corinne Myers, Westwood	4:59.73	2014
3200 Meter Run	Dana Giordano, Bernards	10:46.68	2012
4 x 400 Meter Relay	Penns Grove High School	4:03.25*	2013
High Jump	Alexa Williams, Jonathan Dayton	5' 08"	2011
Pole Vault	Catherine Shih, Bernards	11' 09"	2011
Shot Put	Nicolette Dunbar, Whippany Park	53' 0"	2016

Group II

Event	Name, School	Time/Distance	Year
55 Meter High Hurdles	Kaprice James, Abraham Clark (Roselle)	0:08.20	2012
55 Meter Dash	Alliyah Taylor, Pemberton	0:07.11	2016
200 Meter Dash	Nia Ali, Pleasantville	0:25.19	2006
400 Meter Dash	Ajee Wilson, Neptune	0:55.91	2011
800 Meter Run	Victoria Vanriele, Gov. Livingston	2:07.83	2020
1600 Meter Run	Julia Guerra, Indian Hills	4:54.63	2014
3200 Meter Run	Angelina Perez, Lakeland Regional	10:21.29	2022
4 x 400 Meter Relay	Camden High School	3:59.03	2009
High Jump	Debra Vento, Freehold Boro	5' 10"	2003
Pole Vault	Chrissy Finkel, Montville	12' 06"	2008
Shot Put	Jessica Molina, Westwood	47' 8"	2016

State Records (by Group) *continued*

Group III

Event	Name, School	Time/Distance	Year
55 Meter High Hurdles	Stey'ce McNeil, Winslow Township	0:07.92	2012
55 Meter Dash	Claire Connor, Rahway	0:06.9	1984
200 Meter Dash	Kristen Mahon, Notre Dame	0:25.12	2006
400 Meter Dash	Julia Jackson, Scotch Plains	0:56.42	2022
800 Meter Run	Catherine Pagano, Northern Highlands	2:11.29	2015
1600 Meter Run	Kylene Cochrane, West Morris Central	4:54.96	2014
3200 Meter Run	Brittany Sedberry, Ocean City	10:30.25	2006
4 x 400 Meter Relay	Winslow Township High School	3:57.36	2018
High Jump	Tanya Somolin, Randolph	5' 08"	1984
	Emily Kianka, Hopewell Valley	5'08"	2010
	Gabrielle Bennett, Winslow Twp	5'08"	2015
Pole Vault	Marisa DiGia, NV- Old Tappan	12' 00.75"	2020
Shot Put	Jackie Hudgins, Hightstown	47' 00"	2001

Group IV

Event	Name, School	Time/Distance	Year
55 Meter High Hurdles	Zonya Cross, Edgewood	0:07.9	1984
	Charmaine Walker, Plainfield	0:07.98	1997
55 Meter Dash	Wenda Vareen, Trenton	0:06.7	1984
200 Meter Dash	Kystal Cantey, Winslow Twp.	0:25.55	2005
400 Meter Dash	Olivia Baker, Columbia	0:55.15	2014
800 Meter Run	Jasmin Jones, Hackensack	2:12.10	1986
1600 Meter Run	Michelle Rowen, Washington Twp.	4:49.7	1983
3200 Meter Run	Ashley Higginson, Colts Neck	10:38.73	2007
4 x 400 Meter Relay	Columbia High School	3:54.16	2014
High Jump	Kathy Kilar, J.P. Stevens	5' 09"	1996
Pole Vault	Emily Urciuoli, Clifton	12' 06.25"	2010
Shot Put	Nicole Sims, Plainfield	51' 09.25"	1991

State Records (by Group) *continued*

Non-Public A

Event	Name, School	Time/Distance	Year
55 Meter High Hurdles	Sydney McLaughlin, Union Catholic	0:07.86	2015
55 Meter Dash	Chritina Nwachuku, Kent Place	0:07.13	2022
400 Meter Dash	Sydney McLaughlin, Union Catholic	0:54.27	2017
800 Meter Run	Molly McNamara, Red Bank Catholic	2:14.47	2010
1600 Meter Run	Cate DeSousa, Red Bank Catholic	4:58.17	2022
3200 Meter Run	Lindsay Hausman, Kent Place	10:45.25	2022
4 x 400 Meter Relay	Union Catholic High School	3:55.26	2017
High Jump	Tyler Scott, Union Catholic	5' 4"	2016
	Tiffany Bautista, Paramus Catholic	5' 4"	2018
	Kambi Walker, Paul VI	5' 4"	2019
Pole Vault	Caroline Dannenbaum, Pingry School	12' 06.50"	2020
Shot Put	Alyssa Wilson, Donovan Catholic	54' 2.75"	201

Non-Public B

Event	Name, School	Time/Distance	Year
55 Meter High Hurdles	Natalie McAlister, Benedictine Academy	0:08.55	2010
55 Meter Dash	Dominique Booker, Immaculate Montclair	0:07.17	2009
400 Meter Dash	Dominique Booker, Immaculate Montclair	0:57.90	2008
800 Meter Run	Kathleen McCurdy, Mt. St. Dominic	2:16.97	2011
1600 Meter Run	Kathleen McCafferty, Oak Knoll	4:58.39	2008
3200 Meter Run	Dan Klein, Gill St. Bernard's	11:02.59	2014
4 x 400 Meter Relay	Mount Saint Dominic Academy	4:12.28	2011
High Jump	Selah Dungey, Newark Academy	5' 05"	2022
Pole Vault	Julie Dannebaum, Pingry	12' 2"	2017
Shot Put	Genevieve Rybicki, Our Lady of Mercy	41' 06.00"	2009

Best of the State Meets (All Groups)

All Groups

Event	Name, School	Time/Distance	Year
55 Meter High Hurdles	Stey'ce McNeil, Winslow Township	0:07.92	2012
55 Meter Dash	Wenda Vereen, Trenton	0:06.7	1984
200 Meter Dash	Kristen Mahon, Notre Dame.	0:25.12	2006
400 Meter Dash	Sydney McLaughlin, Union Catholic	0:54.27	2017
800 Meter Run	Victoria Vanriele, Gov. Livingston	2:07.83	2020
1600 Meter Run	Michelle Rowen, Washington Twp.	4:49.7	1983
3200 Meter Run	Angelina Perez, Lakeland Regional	10:21.29	2022
4 x 400 Meter Relay	Columbia	3:54.16	2014
High Jump	Debra Ventro, Freehold Boro	5' 10"	2003
Pole Vault	Caroline Dannenbaum, Pingry	12' 06.50"	2020
Shot Put	Alyssa Wilson, Donovan Catholic	54' 2.75"	2017

Meet of Champions

Girls 55-Meter Dash

Year	Name, School	Time
1979	Judy Davis, Lincoln High School	7.0Y
1980	Michele Glover, Willingboro High School	6.8M
1981	Michele Glover, Willingboro High School	6.8
1982	Denise Mitchell, Edgewood High School	7.15
1983	Denise Mitchell, Edgewood High School	6.9
1984	Wendy Vereen, Trenton High School	6.7
1985	Talisa Lawson, Roselle Catholic High School	7.1
1986	Artrelia Turner, Wilson	7.21
1987	Talisa Lawson, Roselle Catholic High School	7.24
1988	Michelle Samuels, Red Bank Regional High School	7.25
1989	Drexel Long, Monmouth High School	7.28
1990	Tiffany Weatherford, Science	7.12
1991	Regina Trotter, Weequahic High School	7.05
1992	Tiffany Weatherford, Science	7.27
1993	Inshallah Saunders, Plainfield High School	7.23
1994	Tvsha Crichlow, Neptune High School	7.25
1995	Vanessa Lewis, Morris Catholic High School	7.13
1996	Dana Burnett, Williamstown High School	7.12
1997	Aleah Williams, Montclair High School	7.12
1998	Aleah Williams, Montclair High School	6.97
1999	Amandi Rhett, Moorestown High School	7.13
2000	Takara Wilks, Lincoln	7.23
2001	Takara Wilks, Queen of Peace	7.26
2002	Takara Wilks, Queen of Peace	7.21
2003	Jenna Harris, Franklin High School	7.15
2004	Sophia Wallace, Montclair	7.30
2005	Shavon Greaves, Lakewood High School	7.20
2006	Ogechi Nwaneri, Chatham High School	7.17
2007	English Gardner, Eastern Regional High School	7.08
2008	Ogechi Nwaneri, Chatham	6.93
2009	Dominique Booker, Immaculate – Montclair	6.92
2010	English Gardner, Eastern Regional High School	7.03
2011	Myasia Jacobs, Paramus Catholic High School	6.96
2012	Haisha Bisiolu, Union High School	7.12
2013	Haisha Bisiolu, Union High School	7.00

Meet of Champions *continued*

Girls 55-Meter Dash *continued*

Year	Name, School	Time
2014	Torie Robinson, Winslow Township High School	6.95
2015	Haisha Bisiolu, Union High School	7.16
2016	Aliyah Taylor, Pemberton High School	7.04
2017	Bria Mack, Williamstown High School	6.99
2018	Sydney Hawkins, Phillipsburg High School	7.02
2019	Jailya Ash, Eastern Regional High School	7.06
2020	Lauren Princz, Egg Harbor Township High School	6.98
2021	<i>Meet canceled due to COVID-19</i>	
2022	Christiana Nwachuku, Kent Place School	7.02
2023	Sianni Wynn, Pennsauken High School	7.00
2024	Sianni Wynn, Pennsauken High School	6.81

Girls 200-Meter Dash

Year	Name, School	Time
2005	Symone O'Connor, Franklin High School	25.22
2006	Krystal Cantey, Winslow Township High School	25.07
2015	Kiera Lester, Deptford Township High School	25.18
2016	Kiera Lester, Deptford Township High School	24.96
2017	Aliyah Taylor, Rancocas Valley High School	24.94
2018	Shauntae Nelson, Piscataway High School	25.13
2019	Shauntae Nelson, Piscataway High School	25.03
2020	Mariah Fede, Paramus Catholic High School	24.34
2021	<i>Meet canceled due to COVID-19</i>	
2022	Kiya Lawson, Montclair High School	25.02
2023	Sianni Wynn, Pennsauken High School	24.48
2024	Sianni Wynn, Pennsauken High School	24.00

Meet of Champions *continued*

Girls 400-Meter Run

Year	Name, School	Time
1979	Robin Stephens, Lakewood High School	1:02.1Y
1980	Robin Stephens, Lakewood High School	57.7M
1981	Robin Stephens, Lakewood High School	56.6
1982	Tracey Carter, Plainfield High School	57.79
1983	Jackie Bobien, Scott	57.1
1984	Denise Mitchell, Edgewood High School	55.7
1985	Giselle Harris, Shabazz	56.31
1986	Giselle Harris, Shabazz	56.63
1987	Ginny Figlar, Ridgewood High School	58.42
1988	Shalonda Smith, Lincoln	58.45
1989	Crystal Williamson, East Orange	57.63
1990	Michelle Samuels, Red Bank Regional High School	56.38
1991	Drexel Long, Monmouth High School	57.09
1992	Kisha Blanton, Neptune High School	57.61
1993	Angela Lee, Franklin High School	58.15
1994	Angela Lee, Franklin High School	58.30
1995	Dana Burnett, Williamstown High School	58.14
1996	Dana Burnett, Williamstown High School	57.69
1997	Mikele Barber, Montclair High School	57.42
1998	Mikele Barber, Montclair High School	55.45
1999	Nadia Davy, Bridgeton High School	56.90
2000	Tawana Watkins, Paterson Kennedy	57.16
2001	Tawana Watkins, Paterson Kennedy	57.60
2002	Tawana Watkins, Paterson Kennedy	56.96
2003	Okechi Ogbuokiri, Willingboro High School	57.54
2004	Janine Dal, Queen of Peace	57.66
2005	Krystl Cantey, Winslow Township High School	56.93
2006	Kristen Mahon, Notre Dame High School	56.08
2007	English Gardner, Eastern Regional High School	56.29
2008	Nijgia Snapp, Oakcrest High School	55.19
2009	Nijgia Snapp, Oakcrest High School	55.74
2010	Michelle Brown, Seneca High School	55.96
2011	Olivia Baker, Columbia High School	56.41
2012	Olivia Baker, Columbia High School	56.31
2013	Olivia Baker, Columbia High School	54.72

Meet of Champions *continued*

Girls 400-Meter Run *continued*

Year	Name, School	Time
2014	Olivia Baker, Columbia High School	54.09
2015	Sydney McLaughlin, Union Catholic High School	53.72
2016	Sydney McLaughlin, Union Catholic High School	53.34
2017	Sydney McLaughlin, Union Catholic High School	53.17
2018	Kaira Brown, Kent Place	57.00
2019	Kaira Brown, Kent Place	55.91
2020	Nylah Perry, Winslow Township High School	56.19
2022	Julia Jackson, Scotch Plains-Fanwood High School	56.29
2023	Brooke'Lyn Drakeford, Piscataway High School	55.51
2024	Rhia Randolph, Union Catholic High School	55.53

Girls 800-Meter Run

Year	Name, School	Time
1979	Mary Ellen Damutz, Hightstown High School	2:24.7Y
1980	Judy Ruff, Highland Park High School	2:20.9M
1981	Gail Byrant, Columbia High School	2:16.2
1982	Kim Sannito, Caldwell High School	2:15.7
1983	Bobbie McGee, West Side	2:15.8
1984	Giselle Harris, Shabazz	2:17.5
1985	Giselle Harris, Shabazz	2:13.3
1986	Giselle Harris, Shabazz	2:15.8
1987	Jasmin Jones, Hackensack High School	2:11.50
1988	Lynne Collazo, Ridgewood High School	2:19.09
1989	Marcia Baker, West Side	2:15.84
1990	Monica Olkowski, Cherokee High School	2:12.45
1991	Jennifer Metz, Pascack Valley High School	2:17.66
1992	Jennifer Metz, Pascack Valley High School	2:15.55
1993	Velieta Graham, Asbury Park High School	2:18.99
1994	Hazel Clark, Columbia High School	2:18.38
1995	Hazel Clark, Columbia High School	2:15.55
1996	Dara Crocker, Columbia High School	2:18.65
1997	Dara Crocker, Columbia High School	2:15.37
1998	Mia Campo, Saint Mary's Jersey City	2:14.79
1999	Mia Campo, Saint Mary's Jersey City	2:16.92
2000	Courtney McCrudden, Eastern Regional High School	2:17.15

Meet of Champions *continued*

Girls 800-Meter Run *continued*

Year	Name, School	Time
2001	Kathleen Trotter, Red Bank Regional High School	2:17.34
2002	Kathleen Trotter, Red Bank Regional High School	2:16.50
2003	Kathleen Trotter, Red Bank Regional High School	2:12.92
2004	Janine Davis, Queen of Peace	2:14.60
2005	Janine Davis, Queen of Peace	2:13.72
2006	Lauren Gregory, Morris Knolls High School	2:15.91
2007	Lauren Bariexca, Pope John XXIII	2:15.24
2008	Emily Carrollo, Pope John XXIII	2:14.88
2009	Ajee Wilson, Neptune High School	2:10.45
2010	Megan Tieran, Washington Township High School	2:11.53
2011	Emmy Duffey, Lenape High School	2:11.53
2012	Emmy Duffey, Lenape High School	2:15.12
2013	Olivia Baker, Columbia High School	2:14.83
2014	Corine Myers, Westwood High School	2:10.52
2015	Catherine Pagano, Northern Highlands High School	2:11.89
2016	Amair Onque, Shabazz/Union City	2:14.08
2017	Victoria Vanriele, Governor Livingston	2:13.63
2018	Victoria Vanriele, Governor Livingston	2:08.81
2019	Victoria Vanriele, Governor Livingston	2:09.18
2020	Victoria Vanriele, Governor Livingston	2:09.73
2021	<i>Meet cancelled due to COVID-19</i>	
2022	Lilly Shapiro, Colts Neck High School	2:12.66
2023	Peyton Hollis, Union Catholic High School	2:11.92
2024	Clemmie Lilley, Rumson-Fair Haven High School	2:08.30

Girls 1600-Meter Run

Year	Name, School	Time
1979	Mary Beth Hogan, Cranford High School (Mile)	5:21.5
1980	Joetta Clark, Columbia High School (1500)	4:36.8
1981	Theresa Gschwind, Summit High School	4:40.6
1982	Michelle Rowen, Washington Township High School (1600)	4:55.7
1983	Michelle Rowen, Washington Township High School	4:49.5
1984	Toni Ann Angione, Bergenfield High School	5:03.2
1985	Ruth Lockbaum, Glassboro High School	4:56.0
1986	Karen Ahearn, Bernards	4:58.26

Meet of Champions *continued*

Girls 1600-Meter Run *continued*

Year	Name, School	Time
1987	Anne Letko, North Hunterdon High School	5:09.29
1988	Cathy Feeney, Wayne Valley High School	5:06.92
1989	Cathy Feeney, Wayne Valley High School	5:09.29
1990	Cathy Feeney, Wayne Valley High School	5:08.81
1991	Christine Engel, Mount Olive High School	5:08.19
1992	Christine Engel, Mount Olive High School	5:02.82
1993	Martina Brosnahan, Immaculate Heart Academy	5:12.95
1994	Liz Moore, Shawnee High School	5:09.46
1995	Autumn Fogg, Hunterdon Central High School	5:03.83
1996	Autumn Fogg, Hunterdon Central High School	5:05.21
1997	Lorena Adams, Manchester Regional High School	5:00.92
1998	Dara Crocker, Columbia High School	5:07.77
1999	Stephanie Snyder, Randolph High School	5:05.08
2000	Shannon Hawrylo, Hunterdon Central Regional High School	5:11.07
2001	Amanda Trotter, Red Bank Regional High School	5:00.75
2002	Casey Nelson, Hunterdon Central Regional High School	5:09.21
2003	Brittnee Bynoe, Willingboro High School	5:06.53
2004	Casey Nelson, Hunterdon Central Regional High School	5:00.21
2005	Danielle Tauro, Southern Regional High School	4:57.90
2006	Amanda Marino, Jackson Memorial High School	4:55.21
2007	Jillian Smith, Southern Regional High School	4:53.98
2011	Molly McNamara, Red Bank Catholic High School	4:54.41
2012	Liana Marzano, Red Bank Catholic High School	4:58.38
2013	Emily Bushey, Vernon Township High School	5:00.25
2014	Kylene Cochrane, West Morris Central High School	4:53.17
2015	Christina Rancan, West Windsor-Plainsboro South	4:50.88
2016	Christina Rancan, West Windsor-Plainsboro South	4:50.85
2017	Briana Gess, Haddonfield Memorial High School	4:59.04
2018	Madison Brand, Middletown High School South	4:56.96
2019	Jerika Lufrano, Union Catholic	4:59.26
2020	Katie Hamilton, Westfield High School	4:57.15
2021	<i>Meet canceled due to COVID-19</i>	
2022	Lilly Shapiro, Colts Neck High School	4:51.71
2023	Emma Zawatski, Freehold Township High School	4:49.53
2024	Paige Sheppard, Union Catholic High School	4:48.13

Meet of Champions *continued*

Girls 3200-Meter Run

Year	Name, School	Time
1979	Ann Gladue, Bayley-Ellard (2M)	11:17.5
1980	Theresa Gschwind, Summit High School (3K)	10:11.5
1981	Michelle Rowen, Washington Township High School (3K)	10:18.9
1982	Janet Smith, North Edison (3200)	10:59.3
1983	Megan Waldron, Bernards	11:03.6
1984	Jen Van Horn, Wayne Valley High School	10:55.7
1985	Jen Van Horn, Wayne Valley High School	10:47.1
1986	Anne Letko, North Hunterdon High School	10:39.6
1987	Anne Letko, North Hunterdon High School	10:51.3
1988	Sandra Tignor, Princeton High School	10:58.72
1989	Cathy Feeney, Wayne Valley High School	10:59.72
1990	Monal Chokshi, Bridgewater	10:47.92
1991	Monal Chokshi, Bridgewater	10:56.31
1992	Monal Chokshi, Bridgewater	11:03.12
1993	Cathy McGuigan, Bridgeton High School	11:21.96
1994	Jessica King, Glen Ridge High School	11:15.66
1995	Loretta Adams, Manchester Township High School	10:53.52
1996	Ann Klocke, Bishop Eustace	10:58.93
1997	Amy Beykirch, Pinelands Regional High School	10:57.81
1998	Cate Gainey, Middletown High School South	10:57.36
1999	Cate Gainey, Middletown High School South	10:43.25
2000	Kris Meyer, Hillsborough High School	11:08.50
2001	Erin Donohue, Haddonfield Memorial High School	10:38.90
2002	Amanda Trotter, Red Bank Regional High School	10:41.63
2003	Amanda Trotter, Red Bank Regional High School	10:38.37
2004	Jennifer Clausen, Jackson Memorial High School	10:54.67
2005	Ashley Higginson, Colts Neck High School	10:52.72
2006	Ashley Higginson, Colts Neck High School	10:36.74
2007	Ashley Higginson, Colts Neck High School	10:26.53
2008	Melanie Thompson, Voorhees High School	10:42.68
2009	Melanie Thompson, Voorhees High School	10:39.39
2010	Melanie Thompson, Voorhees High School	10:42.82
2011	Melanie Thompson, Voorhees High School	10:39.39
2012	Dana Giordano, Bernards School	10:24.73
2013	Mackenzie Barry, West Morris Mendham High School	10:38.54

Meet of Champions *continued*

Girls 3200-Meter Run *continued*

Year	Name, School	Time
2014	Dena Klein, Gill St. Bernard's	10:37.70
2015	Epiphany Grisbaum, Ocean City High School	10:45.20
2016	Julia Guerra, Indian Hills High School	10:35.70
2017	Niamh Hayes, Howell High School	10:31.98
2018	Nicole Vanasse, Pingry School	10:34.49
2019	Julia Trethaway, West Morris Central High School	10:32.55
2020	Angelina Perez, Lakeland Regional High School	10:36.48
2021	<i>Meet canceled due to COVID-19</i>	
2022	Angelina Perez, Lakeland Regional High School	10:00.90
2023	Cate DeSousa, Red Bank Catholic	10:16.20
2024	Rosemary Shay, Middletown High School South	10:26.44

Girls 55-Meter Hurdles

Year	Name, School	Time
1979	Cheryl Morrison, Lincoln High School	8.0Y
1980	Carol Lewis, Willingboro High School	7.9M
1981	Carol Lewis, Willingboro High School	8.0
1982	Sharon Hughley, Monmouth Regional High School	8.35
1983	Zonya Cross, Edgewood High School	8.2
1984	Wendy Vereen, Trenton High School	7.8
1985	Leticia Beverly, Newark Science	8.4
1986	Hope Wright, Columbia High School	8.29
1987	Dawn Bowles, Neptune High School	8.19
1988	Dawn Bowles, Neptune High School	7.95
1989	Melissa Langlois, Madison Borough High School	8.48
1990	Alnisa Tucker, Newark Science	8.35
1991	Helen Wilks, Bridgeton High School	8.45
1992	Nichole Belcher, Wilson High School	8.13
1993	Helen Wilks, Bridgeton High School	8.36
1994	Jocelyn Harris, Franklin High School	8.36
1995	Melanie Gonzalez, Lakewood High School	8.37
1996	Charmaine Walker, Plainfield High School	8.04
1997	Charmaine Walker, Plainfield High School	7.86
1998	Carlene Cummings, Englewood High School	8.11
1999	Bridgette Ingram, Columbia High School	8.30

Meet of Champions *continued*

Girls 55-Meter Hurdles *continued*

Year	Name, School	Time
2000	Alethia Jenkins, Pennsauken High School	8.21
2001	Amber Williams, Roxbury High School	8.22
2002	Jennifer Whitlock, Montclair High School	8.36
2003	Porscha Dobson, Kent Place	8.07
2004	Sonya Sullivan, Manchester Township High School	8.28
2005	Trier Young, Neptune High School	8.04
2006	Nia Ali, Pleasantville High School	8.15
2007	Racquel Vassell, East Orange High School	8.11
2008	Samantha Sharper, Woodrow Wilson High School	8.09
2009	Briana Feldhaus, Randolph High School	8.12
2010	Stephanie Hicks, Hamilton High School North	8.21
2011	Fiona Paladino, Montgomery High School	8.20
2012	Stey'ce McNeil, Winslow Township High School	7.94
2013	Patrycja Dziekonska, West Windsor-Plainsboro North High School	8.07
2014	Patrycja Dziekonska, West Windsor-Plainsboro North High School	7.99
2015	Sydney McLaughlin, Union Catholic High School	7.82
2016	Tia Livingston, Union Catholic High School	8.07
2017	Lenaami Morton, Camden High School	7.94
2018	Grace O'Shea, Ramapo High School	8.08
2019	Claudine Smith, Atlantic City	8.03
2020	Jailya Ash, Eastern Regional High School	8.03
2021	<i>Meet canceled due to COVID-19</i>	
2022	Anabella Chin, Rancocas Valley Regional High School	8.22
2023	Taylor Cox, Union Catholic High School	7.88
2024	Taylor Cox, Union Catholic High School	7.73

Girls High Jump

Year	Name, School	Distance
1979	Connie Pollack, West Windsor	5-2
1980	Rita Christopher, Linden High School	5-6
1981	Carol Lewis, Willingboro High School	5-8
1982	Tish Edwards, Mater Dei Prep	5-8.5
1983	Tatiana Smolin, Randolph High School	5-8
1984	Tatiana Smolin, Randolph High School	5-10.5
1985	Tatiana Smolin, Randolph High School	5-8

Meet of Champions *continued*

Girls High Jump *continued*

Year	Name, School	Distance
1986	Karen Way, Southern Ocean	5-6
1987	Erin Halpin, Cherry Hill High School East	5-6
1988	Shelley Mitchell, Lakewood High School	5-6
1989	Dawn Ellery, West Windsor	5-2
1990	Sandrine Tokoto, Moorestown High School	5-6
1991	Sandrine Tokoto, Moorestown High School	5-4
1992	Elena Chomiszak, Linden High School	5-4
1993	Michelle Dudzinski, Passaic Valley High School	5-6
1994	Shatich Rivers, Moorestown High School	5-6
1995	Kathy Kilar, North Edison High School	5-4
1996	Kathy Kilar, North Edison High School	5-6
1997	Tamika Toppin, South Plainfield High School	5-8
1998	Cheryl Burdick, Ramsey High School	5-8
1999	Cheryl Burdick, Ramsey High School	5-8
2000	Patty Dudek, Bordentown Regional High School	5-6
2001	Alison Shepherd, Oakcrest High School	5-4
2002	Debra Vento, Freehold Borough High School	5-8
2003	Debra Vento, Freehold Borough High School	5-10
2004	Marcene Jack, Mainland Regional High School	5-6
2005	Alaina Alfano, Hanover Park High School	5-6
2006	Lashonda Carter, Rahway High School	5-6
2007	Lataya Dixon, J.P. Stevens High School	5-8
2008	Lindsey Walsh, Lenape High School	5-6
2009	Emily Kianka, Hopewell Valley Regional High School	5-6
2010	Emily Kianka, Hopewell Valley Regional High School	5-10
2011	Alexa Williams, Jonathan Dayton High School	5-10
2012	Kyaira Wright-Harm, Franklin High School	5-8
2013	Alicia Terrell, Timber Creek High School	5-7
2014	Nnenna Ibe, North Brunswick High School	5-6
2015	Gabrielle Bennett, Winslow Township High School	5-8
2016	Courtney Campbell, South Brunswick High School	5-6
2017	Courtney Campbell, South Brunswick High School	5-6
2018	Jenna Rogers, Rutherford High School	5-10
2019	Tierra Hooker, Timber Creek High School	5-08
2020	Bryanna Craig, Millville High School	5-06

Meet of Champions *continued*

Girls High Jump *continued*

Year	Name, School	Distance
2021	<i>Meet canceled due to COVID-19</i>	
2022	Alanna Woolfolk, Clayton High School	5-06
2023	Samantha Strydesky, Howell High School	5-06
2024	Alanna Woolfolk, Clayton High School	5-08

Girls Pole Vault

Year	Name, School	Distance
2005	Kristen Hafford, Warren Hills Regional High School	12-0
2006	Natalie Gengel, Princeton High School	12-3
2007	Chrissy Finkel, Montville High School	11-6
2008	Jen Holly, Barnegat High School	12-6
2009	Chrissy Finkel, Montville High School	12-6
2010	Catherine Shih, Bernards School	12-0
2011	Dana Schweiger, Toms River High School North	12-0
2012	Chelsea Vaughan, Southern Regional High School	12-6
2013	Marlena Sabatino, Hillsborough High School	11-6
2014	Nicole Macco, Matawan High School	11-6
2015	Kristina Langan, Wayne Hills High School	12-0
2016	Leah Saifi, Governor Livingston High School	12-0
2017	Julia Dannenbaum, Pingry School	12-0
2018	Hayley Horvath, Notre Dame High School	12-6
2019	Caroline Dannenbaum, Pingry	12-6
2020	Caroline Dannenbaum, Pingry	12-7
2021	<i>Meet canceled due to COVID-19</i>	
2022	Talia Hutchinson, Ridgewood High School	11-06
2023	Emma Keating, Pompton Lakes High School	12-0
2024	Ella Karolewski, Hillsborough High School	12-0

Girls Shot Put

Year	Name, School	Distance
1979	Beth Bittel, Toms River High School North	41-06.75
1980	Rena Antanclis, Randolph High School	40-04.00
1981	Elaine Rose, Monmouth High School	42-08.50
1982	Pam Dukes, Freehold Township High School	42-09.50
1983	Regina Weinpahl, Westwood Regional High School	40-08.00

Meet of Champions *continued*

Girls Shot Put *continued*

Year	Name, School	Distance
1984	Lillian Rivera, Pemberton High School	41-10.00
1985	Audra Corson, Monmouth High School	40-11.50
1986	Erica Jones, Plainfield High School	41-03.50
1987	Kirsten Christiansen, Rutherford High School	39-10.00
1988	Shawn Walsh, Toms River High School East	40-02.50
1989	Karen Harris, Hillside High School	38-01.50
1990	Nicole Sims, Plainfield High School	44-09.25
1991	Nicole Sims, Plainfield High School	49-09.75
1992	Nicole Sims, Plainfield High School	47-07.25
1993	Nicole Sims, Plainfield High School	47-06.00
1994	Robyn Lowe, Passaic High School	41-09.50
1995	Nicole Adams, Hillside High School	40-05.50
1996	Melinda Boykin, Bridgeton High School	42-11.00
1997	Melinda Boykin, Bridgeton High School	42-00.75
1998	Melinda Boykin, Bridgeton High School	42-04.00
1999	Sarah Herskee, West Morris Mendham High School	42-06.50
2000	Nacole Moore, Bridgeton High School	45-03.00
2001	Jackie Hudgins, Hightstown High School	44-10.50
2002	Jessica Fazekas, Northern Valley Regional at Demarest	44-06.50
2003	Kelly Fazekas, Northern Valley Regional at Demarest	44-06.50
2004	Sylvia Galarza, Millville High School	44-01.50
2005	Daria Zivanovic, St. Dominic	41-03.75
2006	Mercedes Hicke, Atlantic City High School	43-08.75
2007	Taryn O'Connor, Hillsborough High School	46-03.00
2008	DeAnn Hahn, Brick Township High School	46-01.50
2009	Shannon Watt, Jackson Memorial High School	42-06.75
2010	Alana Pantale, Wayne Valley High School	42-00.75
2011	Theresa Picciallo, Immaculate Heart Academy	46-04.50
2012	Theresa Picciallo, Immaculate Heart Academy	47-08.00
2013	Carrie Wasdyke, Jefferson High School	41-03.50
2014	Cheyenne Bellerand, Emerson High School	43-08.00
2015	Nickolette Dunbar, Whippany Park High School	47-11.25
2016	Nickolette Dunbar, Whippany Park High School	53-02.00
2017	Alyssa Wilson, Donovan Catholic High School	55-02.25
2018	Shelby Bigsby, Montclair High School	47-00.00

Meet of Champions *continued*

Girls Shot Put *continued*

Year	Name, School	Distance
2019	Cydney Thomas, Haddon Heights High School	42-04.75
2020	Elizabeth Makar, Pinelands Regional High School	44-02.50
2021	<i>Meet canceled due to COVID-19</i>	
2022	Madison Stevens, Columbia High School	43-01.00
2023	Jessica Oji, Livingston High School	44-08.50
2024	Jessica Oji, Livingston High School	44-09.25

Girls One Mile/1600/4x400 Meter Relay

Year	School	Time
1979	Plainfield High School	4:17.5
1980	Plainfield High School	4:00.1
1985	Plainfield High School	4:02.4
1986	Shabazz High School	4:00.61
1987	Plainfield High School	4:02.4
1988	Monmouth High School	4:01.43
1989	Science	4:02.41
1990	Clifford Scott	4:06.47
1991	Monmouth / Columbia	4:09.6
1992	Willingboro High School	4:04.93
1993	Willingboro High School	4:04.20
1994	Camden High School	4:03.99
1995	Columbia High School	3:55.73
1996	Columbia High School	3:56.72
1997	Columbia High School	4:01.73
1998	Montclair High School	3:55.24
1999	Willingboro High School	4:10.15
2000	Trenton High School	4:01.08
2001	Willingboro High School	4:00.34
2002	Willingboro High School	4:01.33
2003	Eastern High School	3:57.94
2004	Willingboro High School	4:01.90
2005	<i>No Race</i>	
2006	East Orange High School	3:59.30
2007	East Orange High School	3:59.03
2008	Southern Regional High School	3:56.76

Meet of Champions *continued*

Girls One Mile/1600/4x400 Meter Relay *continued*

Year	School	Distance
2009	Camden High School	3:55.08
2010	Columbia High School	3:53.50
2011	Washington Township High School	3:57.96
2012	Columbia High School	3:57.35
2013	Columbia High School	3:48.30
2014	Columbia High School	3:48.30
2015	Union Catholic High School	3:50.32
2016	Union Catholic High School	3:47.27
2017	Union Catholic High School	3:50.82
2018	Union Catholic High School	3:56.90
2019	Union Catholic High School	3:53.84
2020	Union Catholic High School	3:51.68
2021	<i>Meet canceled due to COVID-19</i>	
2022	Scotch Plains-Fanwood High School	3:57.04
2023	Union Catholic High School	3:52.16
2024	Timber Creek High School	3:52.06

Girls 4x800 Meter Relay

Year	School	Distance
2017	Ridge High School	9:14.47
2018	Ridge High School	9:17.78
2019	Ridge High School	9:18.64
2020	Ridge High School	9:14.49
2021	<i>Meet canceled due to COVID-19</i>	
2022	Cherokee High School	9:13.42
2023	Union Catholic High School	9:28.77
2024	Haddonfield Memorial High School	9:16.28

Meet of Champions *continued*

Girls Long Jump

Year	Name, School	Mark
2019	Nakaja Weaver, North Brunswick	18-07.50
2020	A'Liyah Thomas, Union Catholic	18-07.25
2021	<i>Meet canceled due to COVID-19</i>	
2022	Erin Finley, Randolph High School	18-01.50
2023	Lia Malave, Toms River High School North	18-01.50
2024	Ashley Noel, Montclair High School	18-08.00

Girls Triple Jump

Year	Name, School	Mark
2020	Teja Brown, Pope John XXIII	38-02.00
2021	<i>Meet canceled due to COVID-19</i>	
2022	Alexandra Bonn, Union Catholic High School	37-02.50
2023	Alexandra Bonn, Union Catholic High School	39-06.25
2024	Sophia Curtis, Ocean City High School	40-09.25

Meet of Champions Records

Event	Name, School	Distance	Year
60 Yard High Hurdles	Cheryl Morrison, Lincoln High School	0:08.0	1979
	Wendy Vereen, Trenton High School	0:07.8	1984
55 Meter High Hurdles	Charmaine Walker, Plainfield High School	0:07.86	1997
	Taylor Cox, Union Catholic	0:07.73	2024
60 Yard Dash	Judy Davis, Lincoln High School	0:07.0	1979
55 Meter Dash	Sianni Wynn, Pennsauken High School	0:06.81	2024
200 Meter Dash	Sianni Wynn, Pennsauken High School	0:24.00	2024
440 Yard Dash	Robin Stephens, Lakewood High School	1:02.1	1979
400 Meter Dash	Sydney McLaughlin, Union Catholic High School	0:53.17	2017
880 Yard Run	Mary Ellen Damutz, Hightstown High School	2:24.7	1979
800 Meter Run	Victoria Vanriale, Governor Livingston	2:07.83	2020
One Mile Run	Mary Beth Hogan, Cranford High School	5:21.5	1979
1500 Meter Run	Joetta Clark, Columbia High School	4:36.8	1980
1600 Meter Run	Paige Sheppard, Union Catholic	4:48.13	2024
Two Mile Run	Ann Gladue, Bayley-Ellard	11:17.5	1979
3000 Meter Run	Theresa Gschwind, Summit High School	10:11.5	1980
3200 Meter Run	Angelina Perez, Lakeland Regional HS	10:00.90	2022
4x440 Yard Relay	Plainfield High School	4:00.1	1980
4x400 Meter Relay	Union Catholic High School	3:47.27	2016
4x800 Meter Relay	Cherokee High School	9:13.42	2022
High Jump	Tatiana Smolin, Randolph High School	5'10.5"	1984
Pole Vault	Emily Urciuoli, Clifton	12'06.50"	2010
	Caroline Dannenbaum, Pingry	12'06.50"	2020
Shot Put (8 lbs)	Beth Bittel, Toms River High School North	41'06.75"	1979
Shot Put (4 kg)	Alyssa Wilson, Donovan Catholic High School	55'02.25"	2017
Long Jump	Ashley Noel, Montclair High School	18-8.00	2024
Triple Jump	Sophia Curtis, Ocean City High School	40-09.25	2024

Individuals- 3+ MOC Titles

No.	Name, School	3	English Gardner, Eastern
5	Olivia Baker, Columbia	3	Ashley Higginson, Colts Neck
5	Giselle Harris, Malcolm X Shabazz	3	Anne Letko, North Hunterdon
4	Cathy Feeney, Wayne Valley	3	Carol Lewis, Willingboro
4	Sydney McLaughlin, Union Catholic	3	Denise Mitchell, Edgewood
4	Nicole Sims, Plainfield	3	Michelle Rowen, Washington Township
4	Melanie Thompson, Voorhees	3	Jillian Smith, Southern Regional
4	Victoria Vanriele, Governor Livingston	3	Tatiana Smolin, Randolph
4	Sianni Wynn, Pennsauken	3	Robin Stephens, Lakewood
3	Haisha Bisiolu, Union	3	Amanda Trotter, Red Bank Regional
3	Melinda Boykin, Bridgeton	3	Kathleen Trotter, Red Bank Regional
3	Dana Burnett, Williamstown	3	Tawana Watkins, Kennedy (Paterson)
3	Monal Chokshi, Bridgewater West	3	Takara Wilks, Lincoln/Queen of Peace
3	Dara Crocker, Columbia		

Individuals- 4x MOC Winner (Single Event)

Name, School	Event	Years
Olivia Baker, Columbia	400M Run	2011-2014
Nicole Sims, Plainfield	Shot Put	1990-1993
Melanie Thompson, Voorhees	3200M Run	2008-2011
Victoria Vanriele, Governor Livingston	800M Run	2017-2020