

**Group IV****Dash**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
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	<b>6.7</b>
1985	Stephanie Saleem	Neptune	7.3
1986	Tracey Wright	Trenton	7.30
1987	<b>Missy Hicks</b>	<b>Teaneck</b>	7.33
1988	Dawn Bowles	Neptune	7.28
1989	Tondra Taylor	Elizabeth	7.20
1990	Tanisha Jarrett	Cumberland	7.29
1991	<b>Nicole Golden</b>	<b>Teaneck</b>	7.43
1992	Kia Van Wright	Trenton	7.35
1993	Minee Blamo	Trenton	7.33
1994	<b>Nicole Carmichael</b>	<b>Kennedy</b>	7.37
1995	Charmaine Walker	Plainfield	7.30
1996	Aleah Williams	Montclair	7.31
1997	Melisa Barber	Montclair	7.12
1998	Aleah Williams	Montclair	<b>7.08</b>
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	<b>7.08</b>
2009	Kayann Richards	Columbia	7.32
2010	English Gardner	Eastern	7.11

**200**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
2005	Krystal Cantey	Winslow Twp.	<b>25.55</b>
2006	Racquel Vassell	East Orange	25.66

**400**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
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	<b>55.6</b>
1985	Stephanie Saleem	Neptune	58.1
1986	Cheryl Baker	Trenton	57.60
1987	Allison Wesley	Plainfield	58.18
1988	<b>Ginny Figlar</b>	<b>Ridgewood</b>	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	<b>Tawana Watkins</b>	<b>Kennedy</b>	57.96
2001	<b>Tawana Watkins</b>	<b>Kennedy</b>	58.45
2002	<b>Tawana Watkins</b>	<b>Kennedy</b>	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	<b>55.33</b>
2010	<b>Amber Allen</b>	<b>Passaic Tech</b>	56.91

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	<b>Margaret Scutro</b>	<b>Ridgewood</b>	2:17.9
1985	Michelle DiMuro	Shawnee	2:15.2
1986	<b>Jasmin Jones</b>	<b>Hackensack</b>	<b>2:12.10</b>
1987	<b>Jasmin Jones</b>	<b>Hackensack</b>	2:17.01
1988	<b>Lynne Collazo</b>	<b>Ridgewood</b>	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	<b>Dana Catanese</b>	<b>IHA</b>	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

## 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.	<b>4:49.7</b>
1984	<b>Margaret Scutro</b>	<b>Ridgewood</b>	5:05.5
1985	Kelly McDonnell	Toms River East	5:16.3
1986	Deanna Germano	Shawnee	5:13.5
1987	<b>Jasmin Jones</b>	<b>Hackensack</b>	5:05.29
1988	Elaine Doherty	Morristown	5:10.82
1989	<b>Jean Hughes</b>	<b>Ridgewood</b>	5:10.50
1990	Monica Olkowski	Shawnee	5:12.79
1991	<b>Eileen Fitzgerald</b>	<b>Ridgewood</b>	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	<b>Meg McDermott</b>	<b>Ridgewood</b>	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

## 3000/3200

Year	Name	School	Performance
1980	Amy Hanson	Woodbridge	10:41&
1981	Michelle Rowen	Washington Twp.	10:24.5&
1982	Janet Smith	North Edison	10:42.7
1983	<b>Patti Mileski</b>	<b>Ridgewood</b>	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	<b>Amy Kempf</b>	<b>Paramus</b>	11:10.03
1988	<b>Jennifer Hughes</b>	<b>Ridgewood</b>	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	<b>Beth Androski</b>	<b>Hackensack</b>	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	<b>10:38.73</b>
2008	Allison Linnell	Colts Neck	10:48.33
2009	Briana Jackucewicz	Colts Neck	10:51.54
2010	Joelle Amaral	Randolph	10:53.50

#### Hurdles

Year	Name	School	Performance
1980	Carol Lewis	Willingboro	<b>7.9</b>
1981	Carol Lewis	Willingboro	8.0
1982	Tosca Blandford	Irvington	8.2
1983	Wendy Vereen	Trenton	8.1
1984	Zonya Cross	Edgewood	<b>7.9</b>
1985	Hope Wright	Columbia	8.4
1986	Sonja Bennett	Edgewood	8.36
1987	Dawn Bowles	Neptune	8.24
1988	Dawn Bowles	Neptune	<b>8.05</b>
1989	<b>Tamika Brown</b>	<b>Kennedy</b>	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

#### High Jump

Year	Name	School	Performance
1980	Anne Bailey	Brick	5-4.25
1981	Carol Lewis	Willingboro	5-6
1982	<b>Sue McMurdy</b>	<b>Wayne Valley</b>	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	<b>Sheryl Vander Schyff</b>	<b>Ridgewood</b>	5-0
1989	<b>Josie DeLaCruz</b>	<b>North Bergen</b>	5-0
1990	Dawn Ellery	West Windsor	5-6
1991	Elena Chomiszak	Linden	5-4
1992	Elena Chomiszak	Linden	5-2
1993	<b>Michele Dudzinski</b>	<b>Passaic Valley</b>	5-6
1994	Laura Zemsky	Sayreville	5-2
1995	Kathy Kilar	North Edison	5-4
1996	Kathy Kilar	North Edison	<b>5-9</b>
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

#### Shot Put

Year	Name	School	Performance
1980	<b>Helen Vira</b>	<b>North Bergen</b>	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	<b>Chris Piekarz</b>	<b>Clifton</b>	37-2.5
1990	Nicole Sims	Plainfield	44-3.5
1991	Nicole Sims	Plainfield	<b>51-9.25</b>
1992	Nicole Sims	Plainfield	47-5
1993	Nicole Sims	Plainfield	47-2
1994	<b>Robyn Lowe</b>	<b>Passaic</b>	41-5
1995	Tara Hallowell	Trenton	39-8.75
1996	Corey Gutowski	Hunterdon Central	39-8
1997	<b>Nakisha Leon</b>	<b>Passaic</b>	40-3.25
1998	<b>Labelle Hillgrove</b>	<b>Passaic</b>	41-11.75
1999	<b>Labelle Hillgrove</b>	<b>Passaic</b>	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

**Pole Vault**

<b>Year</b>			
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	<b>Emily Urciuoli</b>	<b>Clifton</b>	<b>12-6.5</b>

**1600 Relay**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
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	<b>3:55.33</b>
2009		Southern	3:57.35
2010		Southern	3:58.56

**Team Scoring**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
-------------	-------------	---------------	--------------------

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
	<b>Hackensack</b>	
1988	<b>Ridgewood</b>	29
1989	<b>Ridgewood</b>	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