

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

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

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

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

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

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

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

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

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

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

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