

**Parochial****Dash**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
1983	Charisse West	Notre Dame	7.6
1984	Charisse West	Notre Dame	7.3
1985	Charisse West	Notre Dame	7.2
2008 A	<b>Bryanna Knight</b>	<b>Paramus Catholic</b>	7.57
2008 B	Dominique Booker	Montclair Immac.	7.19
2009 A	<b>Myasia Jacobs</b>	<b>Paramus Catholic</b>	7.28
2009 B	Dominique Booker	Montclair Immac.	<b>7.17</b>
2010 A	Jordon Simmons	Bishop Ahr	7.25
2010 B	Shannon Grogan	Holy Cross	7.47

**400**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
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	<b>Myasia Jacobs</b>	<b>Paramus Catholic</b>	59.34
2009 B	Tara Sandlin	Roselle Catholic	1:01.93
2010 A	<b>Myasia Jacobs</b>	<b>Paramus Catholic</b>	<b>57.35</b>
2010 B	Vincia Jackson	Mt. St. Dominic	45:36.0

**800**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
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	<b>Julie Sinkovitz</b>	<b>IHA</b>	2:16.93
2009 B	Ines Simoes	Roselle Catholic	2:25.14
2010 A	Molly McNamara	Red Bank Catholic	<b>2:14.47</b>
2010 B	Vincia Jackson	Mt. St. Dominic	2:23.89

**1600**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
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	<b>4:58.39</b>
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

**3200**

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
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	<b>Sarah Pagano</b>	<b>IHA</b>	<b>10:58.41</b>
2008 B	Olivia Tarantino	Pingry	11:28.31

<b>2009 A</b>	<b>Sarah Pagano</b>	<b>IHA</b>	11:05.73
<b>2009 B</b>	Ines Simoes	Roselle Catholic	11:25.22
<b>2010 A</b>	Caroline Williams	Mt. St. Mary	11:11.81
<b>2010 B</b>	Bridget End	Oak Knoll	11:17.03

#### Hurdles

Year	Name	School	Performance
<b>1983</b>	Charisse West	Notre Dame	9.5
<b>1984</b>	Nadeen Bridgeforth	Marylawn	8.9
<b>1985</b>	Stacey Harrison	Notre Dame	9.3
<b>2008 A</b>	Francesca D'Angelo	Holy Spirit	8.84
<b>2008 B</b>	Ayana Davis	Holy Cross	8.91
<b>2009 A</b>	Francesca D'Angelo	Holy Spirit	8.70
<b>2009 B</b>	Abrina Hyatt	Kent Place	9.69
<b>2010 A</b>	Meghan McMullin	Red Bank Catholic	8.91
<b>2010 B</b>	Natalie McAlister	Benedictine	<b>8.55</b>

#### High Jump

Year	Name	School	Performance
<b>1983</b>	Gretchen Guender	Notre Dame	4-10
<b>1984</b>	Jeanine Mattan	Red Bank Catholic	4-10
<b>1985</b>	Helen Rebbeck	Notre Dame	4-10
<b>2008 A</b>	Tiara Brown	Union Catholic	<b>5-2</b>
<b>2008 B</b>	Rose Johnson	Holy Cross	4-10
<b>2009 A</b>	Caryn Grabowski	Union Catholic	<b>5-2</b>
<b>2009 B</b>	Ciara Chaly	Mater Dei	5-0
<b>2010 A</b>	<b>Khyla Bailey</b>	<b>Paramus Catholic</b>	<b>5-2</b>
<b>2010 B</b>	Caitlin Gato	Mater Dei	<b>5-2</b>

#### Shot Put

Year	Name	School	Performance
<b>1983</b>	<b>Pascale Barrau</b>	<b>Paramus Catholic</b>	38-6.5
<b>1984</b>	Joyce Lanier	Notre Dame	36-3
<b>1985</b>	Kim Avent	St. Dominic's	30-11.25
<b>2008 A</b>	<b>Ashley Sims</b>	<b>Paramus Catholic</b>	37-6.5
<b>2008 B</b>	Genevieve Rybicki	Our Lady of Mercy	39-4.5
<b>2009 A</b>	<b>Shannon Sullivan</b>	<b>IHA</b>	39-11
<b>2009 B</b>	Genevieve Rybicki	Our Lady of Mercy	<b>41-6</b>
<b>2010 A</b>	<b>Olivia Wade</b>	<b>Paramus Catholic</b>	37-7.25
<b>2010 B</b>	Alexandria Donahue	St. Rose	36-2

#### Pole Vault

<b>2008 A</b>	Megan Mahon	Notre Dame	<b>9-6</b>
<b>2008 B</b>	Laura Piacentra	Montclair Kimberley	9-0
<b>2009 A</b>	Sarah McGowan	Bishop Ahr	8-6
<b>2009 B</b>	Laura Piacentra	Montclair Kimberley	8-6
<b>2010 A</b>	Sarah McGowan	Bishop Ahr	8-6
<b>2010 B</b>	Laura Piacentra	Montclair Kimberley	<b>9-6</b>

#### Relay

<b>2008 A</b>		Notre Dame	4:11.76
<b>2008 B</b>		Pingry	4:16.93
<b>2009 A</b>		Notre Dame	<b>4:06.82</b>
<b>2009 B</b>		Mt. St. Dominic	4:22.62
<b>2010 A</b>		<b>IHA</b>	4:07.14
<b>2010 B</b>		Villa Walsh	4:14.67

#### Team Scoring

<b>Year</b>	<b>Name</b>	<b>School</b>	<b>Performance</b>
<b>1983</b>		Notre Dame	52
<b>1984</b>		Notre Dame	52.5
<b>1985</b>		Notre Dame	48
<b>2008 A</b>		<b>IHA</b>	56
<b>2008 B</b>		Holy Cross	51
<b>2009 A</b>		<b>IHA</b>	65.5
<b>2009 B</b>		Roselle Catholic	66
<b>2010 A</b>		<b>IHA</b>	52
		<b>Paramus Catholic</b>	52
<b>2010 B</b>		Mt. St. Dominic	50