

SMOC

	SMOC WINNERS					
	BOYS DASH			GIRLS DASH		
1969	<b>Bob Hauk</b>	<b>St. Joseph Regional</b>	6.4			
1970	Charles Wells	Lincoln	6.4			
1971	Carl Stewart	Rahway	6.3			
1972	Charles Wells	Lincoln	6.4			
1973	John Chambers	Neptune	<b>6.2</b>			
1974	John Chambers	Neptune	<b>6.2</b>			
1975	Manny Small	Williamstown	6.3			
1976	Dana Shelton	Hightstown	6.3			
1977	Frank Kelly	Westfield	6.3			
1978	Carlos Roberts	Franklin	6.42			
1979	Ron Singletary	Trenton	6.4	Judy Davis	Lincoln	7.0
1980	Sam Seale	Orange	6.4	Michele Glover	Willingboro	6.8
1981	Mike Parker	Salem	6.3	Michele Glover	Willingboro	6.8
1982	Clark Waddell	Franklin	6.50	Denise Mitchell	Edgewood	7.15
1983	Dennis Mitchell	Edgewood	6.3	Denise Mitchell	Edgewood	6.9
1984	Vernon June	St. Benedict's	6.4	Wendy Vereen	Trenton	<b>6.7</b>
1985	Lee Jerkins	Edgewood	6.4	Talisa Lawson	Roselle Catholic	7.1
1986	Joe Henderson	Freehold Boro	6.39	Artelia Turner	Woodrow Wilson	7.21
1987	Barry Bacon	Neptune	6.45	Talisa Lawson	Roselle Catholic	7.24
1988	<b>Derrick Horner</b>	<b>Don Bosco</b>	6.53	Michelle Samuels	Red Bank	7.25
1989	Lamar Wright	Penns Grove	6.55	Drexel Long	Monmouth	7.28
1990	Enayat Oliver	Clifford Scott	6.54	Tiffany Weatherford	Science	7.12
1991	Ty Adams	Monmouth	6.56	Regina Trotter	Weequahic	7.05
1992	Eugene Hardy	Neptune	6.55	Tiffany Weatherford	Science	7.27
1993	Rufus Wright	Bridgeton	6.55	Inshallah Saunders	Plainfield	7.23
1994	Mike Fields	Roselle	6.59	Tysha Crichlow	Neptune	7.25
1995	<b>Joe Dawkins</b>	<b>Hackensack</b>	6.48	Vanessa Lewis	Morris Catholic	7.13
1996	Albert Newkirk	Camden	6.56	Dana Burnett	Williamstown	7.12
1997	Albert Newkirk	Camden	6.50	Aleah Williams	Montclair	7.12
1998	Richard Hubbard	Eastern	6.55	Aleah Williams	Montclair	6.97
1999	Nick Brown	Bridgeton	6.57	Amandi Rhett	Moorestown	7.13
2000	Anthony Davis	Plainfield	6.42	Takara Wilks	Lincoln	7.23
2001	Daniel Johnson	Rahway	6.42	<b>Takara Wilks</b>	<b>Queen of Peace</b>	7.25
2002	James Townsend	Holy Cross	6.57	<b>Takara Wilks</b>	<b>Queen of Peace</b>	7.21

SMOC

2003	Adian Sanderson	Ewing	6.54	Jenna Harris	Franklin	7.15
2004	Darren Ford	Vineland	6.47	Sophia Wallace	Montclair	7.25
2005	Latif Brewer	Union	6.56	Shavon Greaves	Lakewood	7.20
2006	Reggie Dixon	Plainfield	6.52	Ogechi Nwaneri	Chatham	7.17
2007	Reggie Dixon	Plainfield	6.46	English Gardner	Eastern	7.08
2008	Damier Johnson	Long Branch	<b>6.38</b>	Ogechi Nwaneri	Chatham	6.93
2009	James Brown	Glassboro	<b>6.38</b>	Dominique Booker	Montclair Immac.	<b>6.92</b>
2010	Miles Shuler-Foster	Long Branch	6.40	English Gardner	Eastern	7.03
	<b>BOYS 200</b>			<b>GIRLS 200</b>		
2005	Bryant McCombs	Old Bridge	<b>22.17</b>	Symone O'Connor	Franklin	25.22
2006	Doug Cloninger	Morristown	23.06	Krystal Cantey	Winslow Twp.	<b>25.07</b>
	<b>BOYS 400</b>			<b>GIRLS 400</b>		
1969	Keith Davis	Lincoln	50.1*			
1970	Keith Davis	Lincoln	49.9*			
1971	Dave Law	Snyder	50.3*			
1972	Dave Law	Snyder	49.3*			
1973	Dave Law	Snyder	49.0*			
1974	<b>Jerry Wyche</b>	<b>Hackensack</b>	50.7*			
1975	Mike Peniston	Neptune	50.3*			
1976	Mike Peniston	Neptune	49.4*			
1977	Darrell Jeffress	Trenton	50.8*			
1978	Darrell Jeffress	Trenton	49.8*			
1979	John Bailey	Monmouth	49.5*	Robin Stephens	Lakewood	62.1*
1980	Jack Armour	Lincoln	49.9	Robin Stephens	Lakewood	57.7
1981	Kevin Overton	West Deptford	50.1	Robin Stephens	Lakewood	56.6
1982	Tony Valentine	Plainfield	49.40	Tracey Carter	Plainfield	57.79
1983	Tony Valentine	Plainfield	49.7	Jackie Bobien	Clifford Scott	57.1
1984	Dennis Mitchell	Edgewood	49.3	Denise Mitchell	Edgewood	55.7
1985	Brian Bennett	Edgewood	49.50	Giselle Harris	Shabazz	56.31
1986	Tony Tiller	Westfield	50.73	Giselle Harris	Shabazz	56.63
1987	<b>Andrew Cameron</b>	<b>Eastside</b>	50.54	<b>Ginny Figlar</b>	<b>Ridgewood</b>	58.42
1988	David Fields	Monmouth	49.86	Shalona Smith	Lincoln	58.45
1989	David Fields	Monmouth	49.32	Crystal Williamson	East Orange	57.63
1990	William Mobley	Eastern	49.80	Michelle Samuels	Red Bank	56.38
1991	Lamont Smith	Willingboro	48.66	Drexel Long	Monmouth	57.09
1992	Curt McIntyre	Bridgeton	50.02	KIsha Blanton	Neptune	57.61
1993	Nakia Fenner	Science	50.09	Angela Lee	Franklin	58.15

SMOC

<b>1994</b>	Royce Reed	Bridgeton	50.06	Angela Lee	Franklin	58.30
<b>1995</b>	Royce Reed	Bridgeton	49.92	Dana Burnett	Williamstown	58.14
<b>1996</b>	<b>Walter King</b>	<b>Hackensack</b>	50.31	Dana Burnett	Williamstown	57.69
<b>1997</b>	Tyrone Ross	Metuchen	49.90	Mikele Barber	Montclair	57.42
<b>1998</b>	Rob Gary	Lenape	49.53	Mikele Barber	Montclair	55.45
<b>1999</b>	Nick Brown	Bridgeton	49.76	Nadia Davy	Bridgeton	56.90
<b>2000</b>	Mohamed Kanu	Lenape	50.18	<b>Tawana Watkins</b>	<b>Kennedy</b>	57.16
<b>2001</b>	Marvin Lewis	Willingboro	50.03	<b>Tawana Watkins</b>	<b>Kennedy</b>	57.60
<b>2002</b>	Lance Wigfall	Clifford Scott	49.61	<b>Tawana Watkins</b>	<b>Kennedy</b>	56.96

SMOC

<b>2003</b>	Lance Wigfall	East Orange Campus	<b>48.50</b>	Okechi Ogbuokiri	Willingboro	57.54
<b>2004</b>	Andrew Anderson	Montclair	50.63	<b>Janine Davis</b>	<b>Queen of Peace</b>	57.66
<b>2005</b>	<b>Shaquan Brown</b>	Kennedy	49.53	Krystal Cantey	Winslow Twp.	56.93
<b>2006</b>	Bryant McCombs	Old Bridge	49.18	Kristen Mahon	Notre Dame	56.08
<b>2007</b>	Charles Cox	Monmouth	48.92	English Gardner	Eastern	56.29
<b>2008</b>	Clayton Parros	Seton Hall	49.35	Nijgia Snapp	Oakcrest	<b>55.19</b>
<b>2009</b>	Andrew Burt	Lacey Twp.	49.33	Nijgia Snapp	Oakcrest	55.74
<b>2010</b>	Clayton Gravesande	Franklin	49.31	Michelle Brown	Seneca	55.96
	<b>BOYS 800</b>			<b>GIRLS 800</b>		
<b>1969</b>	Joe Savage	Roselle Catholic	1:55.5*			
<b>1970</b>	Joe Savage	Roselle Catholic	1:55.6*			
<b>1971</b>	Brian Guaschino	North Bergen	1:55.8*			
<b>1972</b>	Gary Trojanowski	St. Joseph (Met.)	1:55.5*			
<b>1973</b>	Alex Long	Hudson Catholic	1:57.9*			
	Don Grow	Toms River South				
<b>1974</b>	Steve Mohlya	Seton Hall	1:57.0*			
<b>1975</b>	Andy Hubsch	Westfield	1:56.7*			
<b>1976</b>	Tony Uzdavines	Williamstown	1:56.0*			
<b>1977</b>	Tony Uzdavines	Williamstown	1:56.6*			
<b>1978</b>	Aubrey McKithen	Trenton	1:57.4*			
<b>1979</b>	Rich Caton	Woodbury	1:57.4*	Mary Ellen Damutz	Hightstown	2:24.7*
<b>1980</b>	John Marshall	Plainfield	1:55.8	Judy Ruff	Highland Park	2:20.9
<b>1981</b>	John Marshall	Plainfield	1:54.4	Gail Bryant	Columbia	2:16.2
<b>1982</b>	Dwayne Brake	Irvington	1:56.5	Kim Sannito	Caldwell	2:15.7
<b>1983</b>	John Carlotti	Bernards	1:57.0	Bobbie McGee	West Side	2:15.8
<b>1984</b>	Mike Glenn	Trenton	1:55.6	Giselle Harris	Shabazz	2:17.5
<b>1985</b>	Fred Bronner	Morris Hills	1:55.4	Giselle Harris	Shabazz	2:13.3
<b>1986</b>	Ranjan Sinha	Bernards	1:56.87	Giselle Harris	Shabazz	2:15.18
<b>1987</b>	Rodney Smith	Hillside	1:58.5	<b>Jasmin Jones</b>	<b>Hackensack</b>	2:11.50
<b>1988</b>	Rich Kenah	Immaculate	1:56.27	<b>Lynne Collazo</b>	<b>Ridgewood</b>	2:19.09
<b>1989</b>	Ernesto Perez	West Side	1:56.26	Marcia Baker	West Side	2:15.84
<b>1990</b>	Ernesto Perez	West Side	1:54.36	Monica Olkowski	Cherokee	2:12.45
<b>1991</b>	Jean Destine	Elizabeth	<b>1:53.77</b>	<b>Jennifer Metz</b>	<b>Pascack Valley</b>	2:17.66
<b>1992</b>	Robert Motz	Rahway	1:56.78	<b>Jennifer Metz</b>	<b>Pascack Valley</b>	2:15.55
<b>1993</b>	Robert Motz	Rahway	1:58.52	Velietta Graham	Asbury Park	2:18.99
<b>1994</b>	Robert Motz	Rahway	1:57.06	Hazel Clark	Columbia	2:18.38
<b>1995</b>	Matt Kalwinsky	Toms River North	1:56.68	Hazel Clark	Columbia	2:15.55

SMOC

<b>1996</b>	Matt Elmuccio	Westfield	1:55.27	Dara Crocker	Columbia	2:18.65
<b>1997</b>	Matt Elmuccio	Westfield	1:55.16	Dara Crocker	Columbia	2:15.37
<b>1998</b>	Joe Lewis	Pleasantville	1:56.13	Mia Campo	St. Mary's (JC)	2:14.79
<b>1999</b>	Eric Motzenbecker	Wall	1:56.67	Mia Campo	St. Mary's (JC)	2:16.92
<b>2000</b>	<b>Josh Kauke</b>	<b>Ridgewood</b>	1:57.42	Courtney McCrudden	Eastern	2:17.15
<b>2001</b>	Nat Glackin	CBA	1:57.78	Kathleen Trotter	Red Bank	2:17.34
<b>2002</b>	<b>Ken Sinkovitz</b>	<b>Bergen Catholic</b>	1:55.13	Kathleen Trotter	Red Bank	2:16.50

SMOC

2003	<b>Ken Sinkovitz</b>	<b>Bergen Catholic</b>	1:55.16	Kathleen Trotter	Red Bank	2:12.92
2004	Greg Gomez	Franklin	1:55.93	<b>Janine Davis</b>	<b>Queen of Peace</b>	2:14.60
2005	Rob Novak	Bordentown	1:56.52	<b>Janine Davis</b>	<b>Queen of Peace</b>	2:13.72
2006	Tom Friscia	Red Bank Regional	1:58.83	Lauren Gregory	Morris Knolls	2:15.91
2007	John Gray	Southern	1:56.82	Lauren Bariexca	Pope John	2:15.24
2008	Rob Andrews	Manalapan	1:54.85	Emily Carollo	Pope John	2:14.88
2009	Xavier Fraction	Washington Twp.	1:54.82	Ajee Wilson	Neptune	<b>2:10.45</b>
2010	Kevin Byrne Jr.	Red Bank Regional	1:55.10	Megan Tiernan	Washington Twp.	2:11.53
	<b>BOYS 1600</b>			<b>GIRLS 1600</b>		
1969	Bruce Scott	Union	4:20.2*			
1970	Bill Sieben	Union Catholic	4:14.7*			
1971	<b>Kevin Conheaney</b>	<b>Hackensack</b>	4:18.7*			
1972	Vince Cartier	Scotch Plains	<b>4:06.6*</b>			
1973	Dave Wall	Dickinson	4:15.1*			
1974	Greg Stremmel	Gateway	4:18.2*			
1975	<b>Kevin Byrne</b>	<b>Bergen Catholic</b>	4:16.3*			
1976	Henry Menke	Toms River North	4:16.2*			
1977	<b>Roger Jones</b>	<b>Ramsey</b>	4:16.4*			
1978	John Wavro	St. Joseph (Metuchen)	4:21.9*			
1979	Dave Swatland	Columbia	4:19.9*	Mary Beth Hogan	Cranford	5:21.5*
1980	Mike Benson	Toms River South	4:04.0	Joetta Clark	Columbia	4:36.8
1981	Cliff Sheehan	Westfield	3:59.6	Theresa Gschwind	Summit	4:40.6
1982	Bill Lee	East Brunswick	4:18.6	Michelle Rowen	Washington Twp.	4:55.7
1983	John Carlotti	Bernards	4:16.4	Michelle Rowen	Washington Twp.	4:49.5
1984	Mike Glenn	Trenton	4:20.2	<b>Toni Ann Angione</b>	<b>Bergenfield</b>	5:03.2
1985	Lyle Smith	Bernards	4:22.0	Ruth Lockbaum	Glassboro	4:56.0
1986	Lyle Smith	Bernards	4:17.79	Karen Ahearn	Bernards	4:58.26
1987	James Barnes	St. Benedict's	4:18.26	Anne Letko	North Hunterdon	5:09.99
1988	Matt Mitchell	CBA	4:18.93	<b>Cathy Feeney</b>	<b>Wayne Valley</b>	5:06.92
1989	Bryan Spoonire	Asbury Park	4:19.88	<b>Cathy Feeney</b>	<b>Wayne Valley</b>	5:09.29
1990	Bryan Spoonire	Asbury Park	4:16.88	<b>Cathy Feeney</b>	<b>Wayne Valley</b>	5:08.81
1991	Bryan Spoonire	Asbury Park	4:19.00	Christine Engel	Mount Olive	5:08.19
1992	Chris Lear	Pingry	4:16.27	Christine Engel	Mount Olive	5:02.82
1993	Rich Morris	Jackson	4:17.75	<b>Martina Brosnahan</b>	<b>IHA</b>	5:12.95
1994	Chris Greer	Toms River South	4:26.81	Liz Moore	Shawnee	5:09.46
1995	Matt Elmuccio	Westfield	4:21.12	Autumn Fogg	Hunterdon Central	5:03.83
1996	Isidro Pimentel	Snyder	4:23.55	Autumn Fogg	Hunterdon Central	5:05.21

SMOC

<b>1997</b>	Steve Slattery	Mount Olive	4:16.62	Lorena Adams	Manchester Twp.	5:00.92
<b>1998</b>	Nathan Sisco	North Hunterdon	4:20.15	Dara Crocker	Columbia	5:07.77
<b>1999</b>	Jon Fasulo	Hunterdon Central	4:23.36	Stephanie Snyder	Randolph	5:06.08
<b>2000</b>	Miguel Jones	Hillsborough	4:23.01	Shannon Hawrylo	Hunterdon Central	5:11.07
<b>2001</b>	Brian Boyett	Parsippany Hills	4:21.94	Amanda Trotter	Red Bank	5:00.35
<b>2002</b>	Jeremy Zagorski	Parsippany Hills	4:21.90	Casey Nelson	Hunterdon Central	5:09.21

SMOC

2003	Chris Platt	Haddonfield	4:16.64	Brittnee Bynoe	Willingboro	5:06.53
2004	Carmen Cavella	Washington Twp.	4:19.09	Casey Nelson	Hunterdon Central	5:00.21
2005	Greg Leach	CBA	4:18.35	Danielle Tauro	Southern	4:57.90
2006	Craig Forys	Colts Neck	4:17.11	Amanda Marino	Jackson	4:55.21
2007	Dennie Waite	Red Bank Regional	4:21.63	Jillian Smith	Southern	4:53.98
2008	Jermaine Coore	Franklin	4:18.68	Jillian Smith	Southern	5:00.96
2009	Liam Tansey	Morris Hills	<b>4:11.95</b>	Jillian Smith	Southern	<b>4:48.23</b>
2010	DJ Thornton	Union Catholic	4:12.54	Ajee Wilson	Neptune	4:58.53
	<b>BOYS 3200</b>			<b>GIRLS 3200</b>		
1969	Mike Keogh	Essex Catholic	9:21.9*			
1970	Ken Medlin	Haddon Township	9:13.6*			
1971	Vince Cartier	Scotch Plains	9:08.7*			
1972	Carlos Bazo	Essex Catholic	9:11.0*			
1973	Chris Inman	Essex Catholic	<b>9:07.8*</b>			
1974	Chris Hallinan	Bernards	9:09.3*			
1975	Brian Penn	Watchung Hills	9:14.7*			
1976	Ed Taylor	Edison	9:13.2*			
1977	Ron Gale	CBA	9:19.6*			
1978	Mike Mantini	Gateway	9:15.0*			
1979	Dave Thomson	Dover	9:15.9*	Ann Gladue	Bayley-Ellard	11:17.5*
1980	Jim Smith	Haddonfield	8:48.1	Theresa Gschwind	Summit	10:11.5
1981	J.J. Clark	Columbia	8:45.8	Michelle Rowen	Washington Twp.	10:18.9
1982	J.J. Clark	Columbia	9:11.9	Janet Smith	North Edison	10:59.3
1983	Chris Blanchet	Bernards	9:24.9	Meg Waldron	Bernards	11:03.6
1984	Brad Hudson	North Hunterdon	9:19.7	<b>Jen Van Horn</b>	<b>Wayne Valley</b>	10:55.7
1985	Bill Kolb	CBA	9:19.3	<b>Jen Van Horn</b>	<b>Wayne Valley</b>	10:47.1
1986	Kevin Pumphrey	Highland	9:15.76	Anne Letko	North Hunterdon	10:39.6
1987	John Coyle	CBA	9:23.56	Anne Letko	North Hunterdon	10:51.3
1988	John Coyle	CBA	9:28.40	Sandra Tignor	Princeton	10:58.72
1989	Bill Nann	Bernards	9:25.30	<b>Cathy Feeney</b>	<b>Wayne Valley</b>	10:59.72
1990	Albert Donawa	Camden	9:27.45	Monal Chokshi	Bridgewater-Raritan	10:47.92
1991	Matt Doherty	St. Joseph (Metuchen)	9:25.57	Monal Chokshi	Bridgewater-Raritan	10:56.13
1992	Steve Mazur	Highland	9:32.71	Monal Chokshi	Bridgewater-Raritan	11:03.12
1993	Per Chilstrom	Columbia	9:36.25	Cathy McGuigan	Bridgeton	11:21.96
1994	<b>Bob Keino</b>	<b>Ridgewood</b>	9:18.11	Jessica King	Glen Ridge	11:15.66
1995	Scott Muoio	Brick Twp.	9:26.53	Lorena Adams	Manchester Twp.	10:53.52
1996	Eric Savoth	CBA	9:17.06	Ann Klocke	Bishop Eustace	10:58.93

SMOC

<b>1997</b>	Adam Daniels	Seton Hall	9:21.11	Amy Beykirch	Pinelands	10:57.81
<b>1998</b>	Steve Slattery	Mount Olive	9:18.58	Cate Guiney	Middletown South	10:57.36
<b>1999</b>	Tim Styler	Cranford	9:22.70	Cate Guiney	Middletown South	10:43.25
<b>2000</b>	Brian Boyett	Parsippany Hills	9:23.0	Kristen Meyer	Hillsborough	11:08.50
<b>2001</b>	Brian Boyett	Parsippany Hills	9:14.72	Erin Donohue	Haddonfield	10:38.90
<b>2002</b>	Dan Deichert	Eastern	9:25.86	Amanda Trotter	Red Bank	10:41.63

SMOC

2003	Mohamed Khadraoui	Kennedy	9:18.91	Amanda Trotter	Red Bank	10:38.87
2004	Mohamed Khadraoui	Kennedy	9:06.58	Jen Clausen	Jackson	10:54.67
2005	Joe McKenney	Cranford	9:20.77	Ashley Higginson	Colts Neck	10:52.72
2006	Craig Forys	Colts Neck	9:15.11	Ashley Higginson	Colts Neck	10:36.74
2007	Craig Forys	Colts Neck	9:03.58	Ashley Higginson	Colts Neck	10:26.53
2008	Brian Leung	West Windsor South	8:59.77	Melanie Thompson	Voorhees	10:42.82
2009	Sean Pohorence	Morris Hills	9:08.55	Melanie Thompson	Voorhees	10:39.39
2010	Jon Vitez	Haddonfield	8:58.81	Megan Venables	Highland	10:42.68
	<b>BOYS HURDLES</b>			<b>GIRLS HURDLES</b>		
1969	John Bykowsky	St. Joseph Regional	7.4			
1970	Jim Robinson	Camden	7.3			
1971	Paul Riccardi	JFK-Iselin	7.0			
1972	Reggie Blackshear	Metuchen	7.0			
1973	Reggie Blackshear	Metuchen	6.9			
1974	Randy Johnson	Morristown	7.1			
1975	Randy Johnson	Morristown	7.3			
1976	Paul Snipes	Essex Catholic	7.2			
1977	Renaldo Nehemiah	Scotch Plains	6.9			
1978	Chris Person	Plainfield	7.49			
1979	John Manley	Neptune	7.3	Cheryl Morrison	Lincoln	8.0
1980	Craig Morris	Monmouth	7.3	Carol Lewis	Willingboro	7.9
1981	Barry McClain	Trenton	7.3	Carol Lewis	Willingboro	8.0
1982	Stephan Fletcher	Princeton	7.40	Sharon Hughey	Monmouth	8.35
1983	Stephan Fletcher	Princeton	7.4	Zonya Cross	Edgewood	8.2
1984	George Barry	Camden	7.6	Wendy Vereen	Trenton	7.8
1985	Jon Dickey	Penns Grove	7.6	Leticia Beverley	Science	8.4
1986	Jerome Pemberton	Hackensack	7.50	Hope Wright	Columbia	8.29
1987	George Bland	Penns Grove	7.43	Dawn Bowles	Neptune	8.19
1988	Todd Walthall	Seton Hall	7.51	Dawn Bowles	Neptune	7.95
1989	Gerard Reynolds	Willingboro	7.58	Melissa Langlois	Madison	8.48
1990	Mike Anderson	Edgewood	7.56	Alnisa Tucker	Science	8.35
1991	John Charley	Morristown	7.58	Helen Wilks	Bridgeton	8.45
1992	Ed Loges	Shawnee	7.54	Nichole Belcher	Woodrow Wilson	8.13
1993	Dudley Dorival	Ewing	7.63	Helen Wilks	Bridgeton	8.36
1994	Jason Ellis	Lakewood	7.64	Joycelyn Harris	Franklin	8.36
1995	Anthony DiCosmo	Paramus Catholic	7.52	Melanie Gonzalez	Lakewood	8.37
1996	Sultan Tucker	Delsea	7.34	Charmaine Walker	Plainfield	8.04

SMOC

<b>1997</b>	Sultan Tucker	Delsea	7.44	Charmaine Walker	Plainfield	<b>7.86</b>
<b>1998</b>	Todd Matthews	Notre Dame	7.43	<b>Carlene Cummings</b>	<b>Englewood</b>	8.11
<b>1999</b>	Danyne Brown	Camden	7.44	Bridgette Ingram	Columbia	8.35
<b>2000</b>	Chris Stephens	Plainfield	7.61	Alethia Jenkins	Pennsauken	8.21
<b>2001</b>	Anthony Acklin	Triton	7.42	Amber Williams	Roxbury	8.22
<b>2002</b>	Aaron Ross	Clearview	7.77	Jennifer Whitlock	Montclair	8.36
<b>2003</b>	Jeff Porter	Franklin	7.41	Porscha Dobson	Kent Place	8.07
<b>2004</b>	Reuben McCoy	Winslow Twp.	7.48	Sonya Sullivan	Manchester Twp.	8.28
<b>2005</b>	Chris Haley	Union	7.49	Trier Young	Neptune	8.04
<b>2006</b>	William Brown	Palmyra	7.71	Nia Ali	Pleasantville	8.15
<b>2007</b>	Tykeen Fulton	Trenton	7.45	Racquel Vassell	East Orange	8.11
<b>2008</b>	Kamryn Austin	Ewing	7.48	Samantha Sharper	Woodrow Wilson	8.09
<b>2009</b>	Joshua Evans	Irvington	7.40	Briana Feldhaus	Randolph	8.12
<b>2010</b>	Devon Carter	Washington Twp.	7.49	Stephanie Hicks	Hamilton North	8.21

SMOC

	BOYS HIGH JUMP			GIRLS HIGH JUMP		
1969	Leroy Hayes	Asbury Park	6-4			
1970	Henry Englebreck	CBA	6-4			
1971	Fred Zeiher	West Essex	6-2			
1972	Kevin Allen	Madison	6-4			
1973	Ron Liteplo	East Brunswick	6-4			
1974	Ron Liteplo	East Brunswick	6-9			
1975	Ed Kijewski	Plainfield	6-7			
1976	Barry Anderson	Rancocas Valley	6-6			
1977	Bob Jones	East Brunswick	6-8			
1978	Donis Marshall	Neptune	6-6			
1979	Milt Goode	Monmouth	7-0	Connie Pollack	West Windsor	5-2
1980	Mike Pascuzzo	Lenape	6-10	Rita Christopher	Linden	5-6
1981	Kraig Sanders	Asbury Park	6-8	Carol Lewis	Willingboro	5-8
1982	John Howard	Elizabeth	6-6	Tish Edwards	Mater Dei	5-8.5
1983	Kevin McGorty	Westfield	6-10	Tatiana Smolin	Randolph	5-8
1984	Scott Harrison	Willingboro	6-8	Tatiana Smolin	Randolph	<b>5-10.5</b>
1985	Kerry Vivett	Edgewood	6-8	Tatiana Smolin	Randolph	5-8
1986	Craig Wiley	Mount Olive	6-8	Karey Way	Southern	5-6
1987	Terry Ferguson	Cherry Hill West	6-10	Erin Halpin	Cherry Hill East	5-6
1988	<b>Mark DeAngelus</b>	<b>Tenafly</b>	6-6	Shelley Mitchell	Lakewood	5-6
1989	<b>Rich Robinson</b>	<b>St. Joseph Regional</b>	6-8	Dawn Ellery	West Windsor	5-2
1990	Eric Taylor-Perry	Montclair	6-10	Sandrine Tokoto	Moorestown	5-6
1991	Mike Loftin	North Hunterdon	6-10	Sandrine Tokoto	Moorestown	5-4
1992	<b>Ronald Thomas</b>	<b>Kennedy</b>	6-6	Elena Chomiszak	Linden	5-4
1993	Ed Watts	South Brunswick	6-6	<b>Michele Dudzinski</b>	<b>Passaic Valley</b>	5-6
1994	Andrew Dambreville	West Orange	6-8	Shatich Rivers	Moorestown	5-6
1995	Derrick Ponton	Montclair	7-0	Kathy Kilar	North Edison	5-4
1996	Kijana Corbin	Columbia	6-6	Kathy Kilar	North Edison	5-6
1997	Cory Hubert	St. John Vianney	6-10	Tamika Toppin	South Plainfield	5-8
1998	Rafael Craig	Millville	6-6	<b>Cheryl Burdick</b>	<b>Ramsey</b>	5-8
1999	Rafael Craig	Millville	6-10	<b>Cheryl Burdick</b>	<b>Ramsey</b>	5-8
2000	Paul Klemic	Mainland	6-10	Patty Dudek	Bordentown	5-6
2001	Lonnie Washington	Elizabeth	6-8	Alison Shepherd	Oakcrest	5-4
2002	Mike Morrison	Willingboro	<b>7-1</b>	Debra Vento	Freehold Boro	5-8
2003	Adam Wendel	Westfield	6-6	Debra Vento	Freehold Boro	5-10
2004	Jamal Ames	Vineland	6-6	Marcene Jack	Mainland	5-6

SMOC

<b>2005</b>	Chris Haley	Union	6-10	Alaina Alaino	Hanover Park	5-6
<b>2006</b>	Josh Butler	Delsea	6-6	Lashonda Carter	Rahway	5-6
<b>2007</b>	Devon Bond	Trenton	6-8	Lataya Dixon	J.P. Stevens	5-8
<b>2008</b>	Adam Bergo	Westfield	6-8	Lindsey Walsh	Lenape	5-6
<b>2009</b>	Alex Smith	Rumson-Fair Havrn	6-8	Emily Kianka	Hopewell Valley	5-6
<b>2010</b>	Mark Jones	Summit	6-8	Emily Kianka	Hopewell Valley	5-10

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	BOYS SHOT PUT			GIRLS SHOT PUT		
1969	<b>Steve Adams</b>	<b>St. Joseph Regional</b>	62-8			
1970	<b>Steve Adams</b>	<b>St. Joseph Regional</b>	64-6.75			
1971	Rudy Guevara	Essex Catholic	61-10			
1972	Al Wujciak	Essex Catholic	58-3			
1973	Ron Klotzer	Union	62-4			
1974	Ron Klotzer	Union	60-8.5			
1975	Bruce Heide	Dayton	62-9			
1976	Manny Silverio	North Bergen	60-8			
1977	Bob Vorhies	Our Lady of the Valley	61-9			
1978	Brian Dalatri	Brick Twp.	56-10			
1979	Bill Smith	Brick Twp.	55-11	Beth Bittel	Toms River North	41-6.75
1980	<b>Mike Buncic</b>	<b>Fair Lawn</b>	57-3	Rena Antanelis	Randolph	40-4
1981	Scott Vrabel	Elizabeth	58-0	Elaine Rose	Monmouth	42-8.5
1982	George Dippold	CBA	58-4	Pam Dukes	Freehold Twp.	42-9.5
1983	James Gilligan	Toms River East	59-3	<b>Regina Weinpahl</b>	<b>Westwood</b>	40-8
1984	James Gilligan	Toms River East	63-0.5	Lillian Rivers	Pemberton	41-10
1985	Rich Lewis	Willingboro	57-9.5	Audra Corson	Monmouth	40-11.5
1986	<b>Mike Theuerkauf</b>	<b>NV-Demarest</b>	59-9.25	Erica Jones	Plainfield	41-3.5
1987	David Dixon	Mainland	58-3.5	<b>Kirsten Christiansen</b>	<b>Rutherford</b>	39-10
1988	<b>Mike Theuerkauf</b>	<b>NV-Demarest</b>	55-8	Shawn Walsh	Toms River East	40-2.5
1989	Kevin Flynn	Cedar Ridge	56-3.5	Karen Harris	Hillside	38-1.5
1990	Chris Robinson	Penns Grove	59-8	Nicole Sims	Plainfield	44-9.25
1991	Aaron Echnacht	Hopewell Valley	60-11.5	Nicole Sims	Plainfield	<b>49-9.75</b>
1992	Tyrone Garland	Matawan	59-1.75	Nicole Sims	Plainfield	47-7.25
1993	Tyrone Garland	Matawan	58-10	Nicole Sims	Plainfield	47-6
1994	Ray Wilks	Bridgeton	58-0	<b>Robyn Lowe</b>	<b>Passaic</b>	41-9.5
1995	Ray Wilks	Bridgeton	62-7.25	Nicole Adams	Hillside	40-5.5
1996	<b>Shaun McGregor</b>	<b>Bergen Catholic</b>	57-9.75	Melinda Boykin	Bridgeton	42-11
1997	Kevin DiGiorgio	Bayonne	63-10.25	Melinda Boykin	Bridgeton	42-0.75
1998	Kevin DiGiorgio	Bayonne	67-3	Melinda Boykin	Bridgeton	42-4
1999	Terrance Glover	Hamilton West	57-4.25	Sarah Herskee	Mendham	42-6.5
2000	Glenn DiGiorgio	Bayonne	60-5.25	Nacole Moore	Bridgeton	45-3
2001	Glenn DiGiorgio	Bayonne	61-10	Jackie Hudgins	Hightstown	44-10.5
2002	Glenn DiGiorgio	Bayonne	65-10	<b>Jessica Fazekas</b>	<b>Demarest</b>	45-10.75
2003	John Langhauser	Ridge	56-3.75	<b>Kelly Fazekas</b>	<b>Demarest</b>	44-6.5
2004	Dave Zaycek	Wall Twp.	58-7	Sylvia Galarza	Millville	44-1.5

SMOC

<b>2005</b>	Steve DiGiorgio	Bayonne	57-8.5	Daria Zivanovic	St. Dominic's	41-3.25
<b>2006</b>	Steve D'Arcy	Hanover Park	55-9.25	Mercedes Hicka	Atlantic City	43-8.75
<b>2007</b>	Mike Alleman	Scotch Plains	59-3	Taryn O'Connor	Hillsborough	46-3
<b>2008</b>	Nick Vena	Morristown	66-0.75	DeAnne Hahn	Brick Twp.	46-1.5
<b>2009</b>	Nick Vena	Morristown	67-7	Shannon Watt	Jackson	42-6.75
<b>2010</b>	Nick Vena	Morristown	<b>69-5.5</b>	<b>Alana Pantale</b>	<b>Wayne Valley</b>	42-0.75
	<b>POLE VAULT</b>			<b>POLE VAULT</b>		
<b>2005</b>	Anthony Abitante	Gov. Livingston	14-6	Kristen Hafford	Warren Hills	12-0
<b>2006</b>	John Oberg	Ocean City	14-0	Natale Gemgel	Princeton	12-3
<b>2007</b>	Mike Goldwasser	Manalapan	13-6	Chrissy Finkel	Montville	11-6
<b>2008</b>	Daniel Batdorf	West Deptford	<b>15-6</b>	Jen Holly	Barnegat	<b>12-6</b>
<b>2009</b>	Greg Kelley	Toms River North	15-0	Chrissy Finkel	Montville	<b>12-6</b>
<b>2010</b>	Justin Amezquita	Gov. Livingston	15-0	Catherine Shih	Bernards	12-0

SMOC

	BOYS RELAY			GIRLS RELAY		
1969		Lincoln	3:24.5			
1970		Seton Hall	3:22.1			
1971		Snyder	3:22.3			
1972						
1973						
1974						
1975						
1976						
1977						
1978						
1979					Plainfield	4:17.5
1980					Plainfield	4:00.1
1981						
1982						
1983						
1984						
1985		Edgewood	3:26.0		Plainfield	4:02.4
1986		<b>Eastside</b>	3:27.10		Shabazz	4:00.61
1987		<b>Eastside</b>	3:29.1		Plainfield	4:02.4
1988		Willingboro	3:28.35		Monmouth	4:01.43
1989		West Side	3:24.90		Science	4:02.41
1990		Willingboro	3:28.80		Clifford Scott	4:06.47
1991		Weequahic	3:25.83		Monmouth	4:09.6
					Columbia	
1992		Weequahic	3:24.96		Willingboro	4:04.93
1993		Franklin	3:25.90		Willingboro	4:04.10
1994		Woodrow Wilson	3:30.49		Camden	4:03.99
1995		Willingboro	3:27.96		Columbia	3:55.73
1996		Woodrow Wilson	3:24.64		Columbia	3:56.72
1997		Metuchen	3:26.41		Columbia	4:01.73
1998		Lenape	3:25.53		Montclair	3:55.24
1999		Camden	3:25.23		Willingboro	4:00.15
2000		Lenape	3:24.5		Trenton	4:01.08
2001		Camden	3:22.44		Willingboro	4:00.34
2002		Eastern	3:27.04		Willingboro	4:01.33
2003		Winslow Twp.	3:24.43		Eastern	3:57.94

SMOC

<b>2004</b>		Camden	3:27.53		Willingboro	4:01.90
<b>2005</b>						
<b>2006</b>		Old Bridge	3:28.35		East Orange	3:59.30
<b>2007</b>		Monmouth	<b>3:22.42</b>		East Orange	3:59.03
<b>2008</b>		Winslow Twp.	3:24.32		Southern	3:56.76
<b>2009</b>		Rahway	3:23.02		Camden	3:55.08
<b>2010</b>		<b>Bergen Catholic</b>	3:25.78		Columbia	<b>3:53.50</b>