

SMOC

	SMOC WINNERS					
	BOYS DASH			GIRLS DASH		
1969	Bob Hauk	St. Joseph Regional	6.4			
1970	Charles Wells	Lincoln	6.4			
1971	Carl Stewart	Rahway	6.3			
1972	Charles Wells	Lincoln	6.4			
1973	John Chambers	Neptune	6.2			
1974	John Chambers	Neptune	6.2			
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	6.7
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	Derrick Horner	Don Bosco	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	Joe Dawkins	Hackensack	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	Takara Wilks	Queen of Peace	7.25
2002	James Townsend	Holy Cross	6.57	Takara Wilks	Queen of Peace	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	6.38	Ogechi Nwaneri	Chatham	6.93
2009	James Brown	Glassboro	6.38	Dominque Booker	Montclair Immac.	6.92
2010	Miles Shuler-Foster	Long Branch	6.40	English Gardner	Eastern	7.03
2011	Miles Shuler-Foster	Long Branch	6.39	Myasia Jacobs	Paramus Catholic	6.96
2012	Darnell Charles	Oakcrest	6.46	Haishu Bisiolu	Union	7.12
2013	Dominque Irons	Haddon Heights	6.42	Haishu Bisiolu	Union	7.00
2014	Kashif Miller	Haddon Heights	6.46	Torie Robinson	Winslow Twp.	6.96
2015	Caleb Williams	St. Joseph (Hamm.)	6.48	Haishu Bisiolu	Union	7.16
2016	Marteese Jones	South Plainfield	6.48	Aliyah Taylor	Pemberton	7.04
2017	Marvin Morgan	Neptune	6.38	Bria Mack	Williamstown	6.99
2018	Gabriel Nash	Elizabeth	6.42	Sydney Hawkins	Phillipsburg	7.02
2019	Louis Akpadago	Hamilton North	6.38	Jailya Ash	Eastern	7.06
	BOYS 200			GIRLS 200		
2005	Bryant McCombs	Old Bridge	22.17	Symone O'Connor	Franklin	25.22
2006	Doug Cloninger	Morristown	23.06	Krystal Cantey	Winslow Twp.	25.07
2015	Sterling Pierce	Rancocas Valley	22.20	Kiara Lester	Deptford	25.18
2016	Thomas Kalietta	Matawan	22.41	Kiara Lester	Deptford	24.96
2017	Martin Booker Jr.	Pennsauken	22.21	Aliyah Taylor	Rancocas Valley	24.94
2018	Mario Heslop	Franklin	21.75	Shauntae Nelson	Piscataway	25.13
2019	Mario Heslop	Franklin	21.82	Shauntae Nelson	Piscataway	25.03
	BOYS 400			GIRLS 400		
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	Jerry Wyche	Hackensack	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*

SMOC

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	Andrew Cameron	Eastside	50.54	Ginny Figlar	Ridgewood	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
1994	Royce Reed	Bridgeton	50.06	Angela Lee	Franklin	58.30
1995	Royce Reed	Bridgeton	49.92	Dana Burnett	Williamstown	58.14
1996	Walter King	Hackensack	50.31	Dana Burnett	Williamstown	57.69
1997	Tyrone Ross	Metuchen	49.90	Mikele Barber	Montclair	57.42
1998	Rob Gary	Lenape	49.53	Mikele Barber	Montclair	55.45
1999	Nick Brown	Bridgeton	49.76	Nadia Davy	Bridgeton	56.90
2000	Mohamed Kanu	Lenape	50.18	Tawana Watkins	Kennedy	57.16
2001	Marvin Lewis	Willingboro	50.03	Tawana Watkins	Kennedy	57.60
2002	Lance Wigfall	Clifford Scott	49.61	Tawana Watkins	Kennedy	56.96

SMOC

2003	Lance Wigfall	East Orange Campus	48.50	Okechi Ogbuokiri	Willingboro	57.54
2004	Andrew Anderson	Montclair	50.63	Janine Davis	Queen of Peace	57.66
2005	Shaquan Brown	Kennedy	49.53	Krystal Cantey	Winslow Twp.	56.93
2006	Bryant McCombs	Old Bridge	49.18	Kristen Mahon	Notre Dame	56.08
2007	Charles Cox	Monmouth	48.92	English Gardner	Eastern	56.29
2008	Clayton Parros	Seton Hall	49.35	Nijgia Snapp	Oakcrest	55.19
2009	Andrew Burt	Lacey Twp.	49.33	Nijgia Snapp	Oakcrest	55.74
2010	Clayton Gravesande	Franklin	49.31	Michelle Brown	Seneca	55.96
2011	Najee Glass	St. Peter's Prep	48.46	Olivia Baker	Columbia	56.41
2012	Darrell Bush	Woodbury	49.11	Olivia Baker	Columbia	56.31
2013	Zyaire Clemes	Trenton	48.26	Olivia Baker	Columbia	54.72
2014	Taylor McLaughlin	Union Catholic	49.36	Olivia Baker	Columbia	54.09
2015	Taylor McLaughlin	Union Catholic	48.33	Sydney McLaughlin	Union Catholic	53.72
2016	Mike Zupko	CBA	49.35	Sydney McLaughlin	Union Catholic	53.34
2017	Luke Colehower	Haddonfield	49.17	Sydney McLaughlin	Union Catholic	53.17
2018	Mario Heslop	Franklin	48.71	Kaira Brown	Kent Place	57.00
2019	Mario Heslop	Franklin	49.57	Kaira Brown	Kent Place	55.91
	BOYS 800			GIRLS 800		
1969	Joe Savage	Roselle Catholic	1:55.5*			
1970	Joe Savage	Roselle Catholic	1:55.6*			
1971	Brian Guaschino	North Bergen	1:55.8*			
1972	Gary Trojanowski	St. Joseph (Met.)	1:55.5*			
1973	Alex Long	Hudson Catholic	1:57.9*			
	Don Grow	Toms River South				
1974	Steve Mohlya	Seton Hall	1:57.0*			
1975	Andy Hubsch	Westfield	1:56.7*			
1976	Tony Uzdavines	Williamstown	1:56.0*			
1977	Tony Uzdavines	Williamstown	1:56.6*			
1978	Aubrey McKithen	Trenton	1:57.4*			
1979	Rich Caton	Woodbury	1:57.4*	Mary Ellen Damutz	Hightstown	2:24.7*
1980	John Marshall	Plainfield	1:55.8	Judy Ruff	Highland Park	2:20.9
1981	John Marshall	Plainfield	1:54.4	Gail Bryant	Columbia	2:16.2
1982	Dwayne Brake	Irvington	1:56.5	Kim Sannito	Caldwell	2:15.7
1983	John Carlotti	Bernards	1:57.0	Bobbie McGee	West Side	2:15.8
1984	Mike Glenn	Trenton	1:55.6	Giselle Harris	Shabazz	2:17.5
1985	Fred Bronner	Morris Hills	1:55.4	Giselle Harris	Shabazz	2:13.3
1986	Ranjan Sinha	Bernards	1:56.87	Giselle Harris	Shabazz	2:15.18

SMOC

1987	Rodney Smith	Hillside	1:58.5	Jasmin Jones	Hackensack	2:11.50
1988	Rich Kenah	Immaculate	1:56.27	Lynne Collazo	Ridgewood	2:19.09
1989	Ernesto Perez	West Side	1:56.26	Marcia Baker	West Side	2:15.84
1990	Ernesto Perez	West Side	1:54.36	Monica Olkowski	Cherokee	2:12.45
1991	Jean Destine	Elizabeth	1:53.77	Jennifer Metz	Pascack Valley	2:17.66
1992	Robert Motz	Rahway	1:56.78	Jennifer Metz	Pascack Valley	2:15.55
1993	Robert Motz	Rahway	1:58.52	Velieta Graham	Asbury Park	2:18.99
1994	Robert Motz	Rahway	1:57.06	Hazel Clark	Columbia	2:18.38
1995	Matt Kalwinsky	Toms River North	1:56.68	Hazel Clark	Columbia	2:15.55
1996	Matt Elmuccio	Westfield	1:55.27	Dara Crocker	Columbia	2:18.65
1997	Matt Elmuccio	Westfield	1:55.16	Dara Crocker	Columbia	2:15.37
1998	Joe Lewis	Pleasantville	1:56.13	Mia Campo	St. Mary's (JC)	2:14.79
1999	Eric Motzenbecker	Wall	1:56.67	Mia Campo	St. Mary's (JC)	2:16.92
2000	Josh Kauke	Ridgewood	1:57.42	Courtney McCrudden	Eastern	2:17.15
2001	Nat Glackin	CBA	1:57.78	Kathleen Trotter	Red Bank	2:17.34
2002	Ken Sinkovitz	Bergen Catholic	1:55.13	Kathleen Trotter	Red Bank	2:16.50

SMOC

2003	Ken Sinkovitz	Bergen Catholic	1:55.16	Kathleen Trotter	Red Bank	2:12.92
2004	Greg Gomez	Franklin	1:55.93	Janine Davis	Queen of Peace	2:14.60
2005	Rob Novak	Bordentown	1:56.52	Janine Davis	Queen of Peace	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	2:10.45
2010	Kevin Byrne Jr.	Red Bank Regional	1:55.10	Megan Tiernan	Washington Twp.	2:11.53
2011	Justin Hill	Seton Hall	1:55.87	Emmy Duffey	Lenape	2:13.51
2012	Allen Eke	Union Catholic	1:52.24	Emmy Duffey	Lenape	2:15.12
2013	Isaac Clark	Pleasantville	1:51.72	Olivia Baker	Columbia	2:14.83
2014	Joe White	DePaul	1:53.95	Corinne Myers	Westwood	2:14.52
2015	Hazem Miawad	Old Bridge	1:55.10	Catherine Pagano	Northern Highlands	2:11.89
2016	Rey Rivera	Old Bridge	1:54.09	Amari Onque-Shabazz	Union Catholic	2:14.08
2017	Rey Rivera	Old Bridge	1:52.18	Victoria Vanriele	Gov. Livingston	2:13.63
2018	Luis Peralta	Passaic	1:54.54	Victoria Vanriele	Gov. Livingston	2:08.81
2019	Elijah Brown	Union Catholic	1:53.98	Victoria Vanriele	Gov. Livingston	2:09.18
	BOYS 1600			GIRLS 1600		
1969	Bruce Scott	Union	4:20.2*			
1970	Bill Sieben	Union Catholic	4:14.7*			
1971	Kevin Conheeny	Hackensack	4:18.7*			
1972	Vince Cartier	Scotch Plains	4:06.6*			
1973	Dave Wall	Dickinson	4:15.1*			
1974	Greg Stremmel	Gateway	4:18.2*			
1975	Kevin Byrne	Bergen Catholic	4:16.3*			
1976	Henry Menke	Toms River North	4:16.2*			
1977	Roger Jones	Ramsey	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	Toni Ann Angione	Bergenfield	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

SMOC

1988	Matt Mitchell	CBA	4:18.93	Cathy Feeney	Wayne Valley	5:06.92
1989	Bryan Spoonire	Asbury Park	4:19.88	Cathy Feeney	Wayne Valley	5:09.29
1990	Bryan Spoonire	Asbury Park	4:16.88	Cathy Feeney	Wayne Valley	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	Martina Brosnahan	IHA	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
1997	Steve Slattery	Mount Olive	4:16.62	Lorena Adams	Manchester Twp.	5:00.92
1998	Nathan Sisco	North Hunterdon	4:20.15	Dara Crocker	Columbia	5:07.77
1999	Jon Fasulo	Hunterdon Central	4:23.36	Stephanie Snyder	Randolph	5:06.08
2000	Miguel Jones	Hillsborough	4:23.01	Shannon Hawrylo	Hunterdon Central	5:11.07
2001	Brian Boyett	Parsippany Hills	4:21.94	Amanda Trotter	Red Bank	5:00.35
2002	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	4:11.95	Jillian Smith	Southern	4:48.23
2010	DJ Thornton	Union Catholic	4:12.54	Ajee Wilson	Neptune	4:58.53
2011	Erik Johnson	Ocean City	4:16.02	Molly McNamara	Red Bank Catholic	4:45.41
2012	Ben Malone	Pascack Valley	4:11.66	Liana Marzano	Red Bank Catholic	4:58.38
2013	Rob Napolitano	Red Bank Regional	4:17.84	Emily Bushey	Vernon	5:00.25
2014	Mike McClemens	CBA	4:14.20	Kylene Cochrane	West Morris Central	4:53.17
2015	Luke Petela	Haddon Township	4:14.71	Christina Rancan	West Windsor So,	4:58.88
2016	Colin Daly	River Dell	4:13.01	Christina Rancan	West Windsor So,	4:50.85
2017	Mulual Mu	Trenton	4:19.88	Briana Gess	Haddonfield	4:59.04
2018	Drew Maher	Shore Reg.	4:11.83	Madison Brand	Middletown South	4:56.96
2019	Will Baginski	Ridgewood	4:12.90	Jerika Lufrano	Union Catholic	4:59.26
	BOYS 3200			GIRLS 3200		
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	9:07.8*			
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	Jen Van Horn	Wayne Valley	10:55.7
1985	Bill Kolb	CBA	9:19.3	Jen Van Horn	Wayne Valley	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

SMOC

1988	John Coyle	CBA	9:28.40	Sandra Tignor	Princeton	10:58.72
1989	Bill Nann	Bernards	9:25.30	Cathy Feeney	Wayne Valley	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	Bob Keino	Ridgewood	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
1997	Adam Daniels	Seton Hall	9:21.11	Amy Beykirch	Pinelands	10:57.81
1998	Steve Slattery	Mount Olive	9:18.58	Cate Guiney	Middletown South	10:57.36
1999	Tim Styler	Cranford	9:22.70	Cate Guiney	Middletown South	10:43.25
2000	Brian Boyett	Parsippany Hills	9:23.0	Kristen Meyer	Hillsborough	11:08.50
2001	Brian Boyett	Parsippany Hills	9:14.72	Erin Donohue	Haddonfield	10:38.90
2002	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
2011	Matt McDonald	North Hunterdon	9:15.73	Megan Venables	Highland	10:38.31
2012	Tim Ball	Piscataway	9:10.69	Dana Giordano	Bernards	10:24.73
2013	Tom O'Neill	Middletown North	9:02.00	Mackenzie Barry	Mendham	10:38.54
2014	Blaise Ferro	CBA	9:12.70	Dana Klein	Gill St. Bernards	10:37.70
2015	Blaise Ferro	CBA	9:12.96	Devon Grisbaum	Ocean City	10:45.20
2016	Jordan Brannan	Colts Neck	9:14.94	Julia Guerra	Indian Hills	10:35.70
2017	Jordan Brannan	Colts Neck	9:08.32	Niamh Hayes	Howell	10:31.98
2018	Devin Hart	Pt. Pleasant Boro	9:06.11	Nicole Vanasse	Pingry	10:34.49
2019	Liam Murphy	Allentown	8:54.22	Julia Trethway	West Morris Central	10:32.55
	BOYS HURDLES			GIRLS HURDLES		
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

SMOC

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
1997	Sultan Tucker	Delsea	7.44	Charmaine Walker	Plainfield	7.86
1998	Todd Matthews	Notre Dame	7.43	Carlene Cummings	Englewood	8.11
1999	Danyne Brown	Camden	7.44	Bridgette Ingram	Columbia	8.35
2000	Chris Stephens	Plainfield	7.61	Alethia Jenkins	Pennsauken	8.21
2001	Anthony Acklin	Triton	7.42	Amber Williams	Roxbury	8.22
2002	Aaron Ross	Clearview	7.77	Jennifer Whitlock	Montclair	8.36
2003	Jeff Porter	Franklin	7.41	Porscha Dobson	Kent Place	8.07
2004	Reuben McCoy	Winslow Twp.	7.48	Sonya Sullivan	Manchester Twp.	8.28
2005	Chris Haley	Union	7.49	Trier Young	Neptune	8.04
2006	William Brown	Palmyra	7.71	Nia Ali	Pleasantville	8.15
2007	Tykeen Fulton	Trenton	7.45	Racquel Vassell	East Orange	8.11
2008	Kamryn Austin	Ewing	7.48	Samantha Sharper	Woodrow Wilson	8.09
2009	Joshua Evans	Irvington	7.40	Briana Feldhaus	Randolph	8.12
2010	Devon Carter	Washington Twp.	7.49	Stephanie Hicks	Hamilton North	8.21
2011	Christian Boateng	Old Bridge	7.36	Fiona Palladino	Montgomery	8.20
2012	Jermaine Collier	Trenton	7.19	Stey'ce McNeil	Winslow Twp.	7.94
2013	Zach Ghizzone	Union Catholic	7.51	Patrycja Dziekonska	West Windsor No.	8.07
2014	Obafemi Animashaun	Union Catholic	7.44	Patrycja Dziekonska	West Windsor No.	7.99
2015	Alex Borzelin	Hamilton North	7.44	Sydney McLaughlin	Union Catholic	7.82
2016	Benjamin Aidoo	Sayreville	7.47	Tia Livingston	Union Catholic	8.07
2017	Cory Poole	East Orange Campus	7.21	Lenaami Morton	Camden	7.94
2018	Sincere Rhea	St. Augustine	7.35	Grace O'Shea	Ramapo	8.08
2019	Sincere Rhea	St. Augustine	7.22	Claudine Smith	Atlantic City	8.03

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	5-10.5
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	Mark DeAngelus	Tenafly	6-6	Shelley Mitchell	Lakewood	5-6
1989	Rich Robinson	St. Joseph Regional	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	Ronald Thomas	Kennedy	6-6	Elena Chomiszak	Linden	5-4
1993	Ed Watts	South Brunswick	6-6	Michele Dudzinski	Passaic Valley	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	Cheryl Burdick	Ramsey	5-8
1999	Rafael Craig	Millville	6-10	Cheryl Burdick	Ramsey	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	7-1	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

2005	Chris Haley	Union	6-10	Alaina Alaino	Hanover Park	5-6
2006	Josh Butler	Delsea	6-6	Lashonda Carter	Rahway	5-6
2007	Devon Bond	Trenton	6-8	Lataya Dixon	J.P. Stevens	5-8
2008	Adam Bergo	Westfield	6-8	Lindsey Walsh	Lenape	5-6
2009	Alex Smith	Rumson-Fair Havrn	6-8	Emily Kianka	Hopewell Valley	5-6
2010	Mark Jones	Summit	6-8	Emily Kianka	Hopewell Valley	5-10
2011	Mark Jones	Summit	6-8	Alexa Williams	Jonathan Dayton	5-10
2012	Ryan North	Southern	6-6	Kyaira Wright-Harmon	Franklin	5-8
2013	Zach Davis	Sparta	6-8	Alicia Terrell	Timber Creek	5-7
2014	Ian Kirk	Howell	6-7	Nnenna Ibe	North Brunswick	5-6
2015	Tyriq Adams	Pleasantville	6-8	Gabrielle Bennett	Winslow Twp.	5-8
2016	Perry Christie	Union Catholic	6-6	Courtney Campbell	South Brunswick	5-6
2017	Semaj Willis	Trenton	6-10	Courtney Campbell	South Brunswick	5-6
2018	A'nan Bridgett	West Windsor South	6-8	Jenna Rogers	Rutherford	5-10
2019	Mark Anselmi	Middletown South	6-8	Tierra Hooker	Timber Creek	5-8

SMOC

	BOYS SHOT PUT			GIRLS SHOT PUT		
1969	Steve Adams	St. Joseph Regional	62-8			
1970	Steve Adams	St. Joseph Regional	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	Mike Buncic	Fair Lawn	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	Regina Weinpahl	Westwood	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	Mike Theuerkauf	NV-Demarest	59-9.25	Erica Jones	Plainfield	41-3.5
1987	David Dixon	Mainland	58-3.5	Kirsten Christiansen	Rutherford	39-10
1988	Mike Theuerkauf	NV-Demarest	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 Echternacht	Hopewell Valley	60-11.5	Nicole Sims	Plainfield	49-9.75
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	Robyn Lowe	Passaic	41-9.5
1995	Ray Wilks	Bridgeton	62-7.25	Nicole Adams	Hillside	40-5.5
1996	Shaun McGregor	Bergen Catholic	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	Jessica Fazekas	Demarest	45-10.75
2003	John Langhauser	Ridge	56-3.75	Kelly Fazekas	Demarest	44-6.5
2004	Dave Zaycek	Wall Twp.	58-7	Sylvia Galarza	Millville	44-1.5

SMOC

2005	Steve DiGiorgio	Bayonne	57-8.5	Daria Zivanovic	St. Dominic's	41-3.25
2006	Steve D'Arcy	Hanover Park	55-9.25	Mercedes Hicka	Atlantic City	43-8.75
2007	Mike Alleman	Scotch Plains	59-3	Taryn O'Connor	Hillsborough	46-3
2008	Nick Vena	Morristown	66-0.75	DeAnne Hahn	Brick Twp.	46-1.5
2009	Nick Vena	Morristown	67-7	Shannon Watt	Jackson	42-6.75
2010	Nick Vena	Morristown	69-5.5	Alana Pantale	Wayne Valley	42-0.75
2011	Nick Vena	Morristown	67-2.5	Theresa Picciallo	IHA	46-4.5
2012	Braheme Days Jr.	Bridgeton	67-8.75	Theresa Picciallo	IHA	47-8
2013	Braheme Days Jr.	Bridgeton	66-10.5	Carrie Wasdyke	Jefferson	41-3.5
2014	Nick Pulli	West Deptford	61-3	Cheyenne Bellerand	Emerson	43-8
2015	Luke Grodeska	St. Rose	61-3.5	Nickolette Dunbar	Hanover Park	47-11.25
2016	Jordan West	Rahway	62-4.25	Nickolette Dunbar	Hanover Park	53-2
2017	Jordan West	Rahway	64-0.5	Alyssa Wilson	Donovan Catholic	55-2.25
2018	C.J. Licata	Gill St. Bernard	62-7.75	Shelby Bigsby	Montclair	47-0
2019	Brendan Loftus	Red Bank Regional	56-7	Cydney Thomas	Haddon Heights	42-4.75
	POLE VAULT			POLE VAULT		
2005	Anthony Abitante	Gov. Livingston	14-6	Kristen Hafford	Warren Hills	12-0
2006	John Oberg	Ocean City	14-0	Natale Gemgel	Princeton	12-3
2007	Mike Goldwasser	Manalapan	13-6	Chrissy Finkel	Montville	11-6
2008	Daniel Batdorf	West Deptford	15-6	Jen Holly	Barnegat	12-6
2009	Greg Kelley	Toms River North	15-0	Chrissy Finkel	Montville	12-6
2010	Justin Amezquita	Gov. Livingston	15-0	Catherine Shih	Bernards	12-0
2011	Dylan Spadaccini	Matawan	14-6	Dana Schweiger	Toms River North	12-0
2012	Craig Hunter	Robbinsville	14-6	Chelsea Vaughn	Southern	12-6
2013	Craig Hunter	Robbinsville	16-0	Marlena Sabatino	Hillsborough	11-6
2014	Mike Benz	Delbarton	15-0	Nicole Macco	Matawan	11-6
2015	Joseph Egri	JFK-Iselin	14-6	Kristina Langan	Wayne Hills	12-0
2016	Josh Ward	South Plainfield	14-6	Leah Saifi	Gov. Livingston	12-0
2017	Seth Kricheff	Old Tappan	14-6	Julia Dannenbaum	Pingry	12-0
2018	Tyler Hrbek	Old Tappan	15-0	Haley Horvath	Notre Dame	12-6
2019	Liam Landau	Pascack Hills	15-6	Caroline Dannenbaum	Pingry	12-6

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		Eastside	3:27.10		Shabazz	4:00.61
1987		Eastside	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

2004		Camden	3:27.53		Willingboro	4:01.90
2005		xxx			xxx	
2006		Old Bridge	3:28.35		East Orange	3:59.30
2007		Monmouth	3:22.42		East Orange	3:59.03
2008		Winslow Twp.	3:24.32		Southern	3:56.76
2009		Rahway	3:23.02		Camden	3:55.08
2010		Bergen Catholic	3:25.78		Columbia	3:53.50
2011		Teaneck	3:25.03		Washington Twp.	3:57.96
2012		Oakcrest	3:20.53		Columbia	3:57.35
2013		Union Catholic	3:21.64		Columbia	3:48.30
2014		Union Catholic	3:19.70		Columbia	3:52.76
2015		Union Catholic	3:24.54		Union Catholic	3:50.32
2016		Egg Harbor Twp.	3:22.75		Union Catholic	3:47.27
2017		East Orange	3:18.26		Union Catholic	3:50.82
2018		East Orange	3:24.02		Union Catholic	3:56.90
2019		Westfield	3:24.29		Union Catholic	3:53.84
	BOYS 4-X-800 RELAY					
2017		Hopewell Valley	8:02.72		Ridge	9:14.47
2018		Hopewell Valley	7:57.34		Ridge	9:17.78
2019		Ridge	7:56.49		Ridge	9:18.64