

EASTERNS STATES INDOORS

ALL-TIME PERFORMANCE LIST

Top 10 performers in Meet History Through 2009

BOYS

meet not held in 1973, 1988 or 1992
some events incomplete before 1976

Schools in New Jersey Unless Otherwise Noted

55-METER DASH (hand time)

Mike Kee (Camb. Ridge @ Latin, Mass.), 1975	6.0+
John Chambers (Neptune), 1974	6.1+
Frank Kelly (Westfield), 1977	6.1+
Steve Strother (New Rochelle), 1976	6.2+
Jason Grimes (Overbrook, Pa.), 1977	6.2+
Carlos Roberts (Franklin Twp.), 1978	6.2q+
Adley Raboy (Maine-Endwell, N.Y.), 1976	6.3+
Waiters (JFK, N.Y.), 1976	6.3+
Ray Allen (Long Beach, N.Y.), 1977	6.3+
Steve Curry (Franklin Twp.), 1977	6.3+
Ken Diggs (Bayside, Va.), 1978	6.3+
Jerry Blow (Nyack, N.Y.), 1978	6.3+
Ron Singletary (Trenton), 1978	6.3q+

55-METER DASH (FAT time)

Terrell Wilks (Hames Hillhouse, N.Y.), 2007	6.29
Luis Morales (Oxon Hill, Md.), 1982	6.31+
Dennis Mitchell (Edgewood), 1983	6.31+
Reginald Dixon (Plainfield), 2007	6.31
Jermaine Brown (Medger Evers, N.Y.), 2009	6.31
Maxwell Booker (Essex Catholic), 2001	6.32
Darren Walker (Meade, Md.), 1980	6.34+
Mitchell, 1984	6.34+
Barney Borromeo (Nashua, Md.), 1986	6.34+
Jamar Ervin (Camden), 2001	6.34
Ron Scott (Friendly, Md.), 1985	6.35+
Elgin Gordon (East Roosevelt, Md.), 1990	6.35+
Sheldon Simpson (East Hartford, Conn.), 2000	6.35

200-METER DASH (run since 1994)

Adian Sanderson (Ewing), 2004	21.34
Mike Abelard (Ramapo, N.Y.), 2008	21.50
Terrell Wilks (Hillhouse, N.Y.), 2007	21.61
Todd Dutch (Washington Twp.), 2002	21.62
Brian Bucknor (St. Benedict's), 2008	21.63
Tristan Walker (South Shore, N.Y.), 2005	21.67
Wilks, 2007	21.67s
Brandon Bing (Cheltenham, Pa.), 2007	21.72
Bing, 2007	21.74s
Carlos Bedoya (Archbishop Stepinac, N.Y.), 2000	21.75
Kevin Okolie (Half Hollow Hills, N.Y.), 2003	21.75
Elzie Coleman (Newburgh Free, N.Y.), 2003	21.78

300-YARD DASH (last run in 1993)

Clinton Davis (Steel Valley, Pa.), 1983	30.17
Tony Darden (Norristown), 1976	30.3
Carlton Young (Central, Pa.), 1979	30.50
Ty Adams (Monmouth), 1993	30.80
Lamont Smith (Willingboro), 1991	30.85
Derrick Love (Meade, Md.), 1989	30.95
Mike Sullivan (Brockton, Mass.), 1979	30.96
Gary Satterwhite (Rahway), 1985	30.98
Ivan Jean Marie (Prospect Heights, N.Y.), 1991	30.99
Reggie Harris (O'Neill, N.Y.), 1989	31.06

400-METER DASH (run since 1994)

Lance Wigfall (East Orange Campus), 2003	47.20
Ray Williams (Scotch Plains), 2002	47.45
Kedar Inico (Campus Magnet, N.Y.), 2001	47.69
Melville Rogers (Transit Tech, N.Y.), 2002	47.71
Shaquan Brown (JFK Paterson), 2005	47.75
Adian Sanderson (Ewing), 2004	47.76
Sean Lowe (St. John's Prep, N.Y.), 2004	48.04
Sam Stubbs (Newburgh Free Academy, N.Y.), 2005	48.22
Bryant McCombs (Old Bridge), 2005	48.24
Clayton Parros (Seton Hall Prep), 2008	48.26

600-YARD RUN (last run in 1993)

Joe Toles (Uniondale, N.Y.), 1977	1:10.6
Tony Tufariello (Hewlett, N.Y.), 1977	1:10.7
Chris Person (Plainfield), 1978	1:11.2
Ronald Coleman (Denbigh, Va.), 1984	1:11.29
Darrell Jeffress (Trenton), 1978	1:11.3
William Reed (Central, Pa.), 1986	1:11.66
Darryl Bryant (McDevitt, Pa.), 1978	1:11.7
Ted King (Westbury, N.Y.), 1984	1:11.80
Paul Steele (Prospect Heights, N.Y.), 1986	1:11.84
Keith Davis (Lincoln), 1970	1:11.9

800-METER RUN (run since 1994)

Paul Joyce (Clarkstown South, N.Y.), 2000	1:51.98
Gabriel McLaren (Freeport, N.Y.), 2003	1:52.12
Brian Scotland (St. Benedict's), 2005	1:52.47
Sean Tully (Syosset, N.Y.), 2005	1:52.65
Jason Apwah (Roxbury), 2007	1:52.76
Greg Gomez (Franklin), 2004	1:52.86
Ken Sinkovitz (Bergen Catholic), 2003	1:53.22
Justin Romaniuk (Suffern, N.Y.), 2000	1:53.44
Michael Pachella (Walkkill Valley), 2005	1:53.44
Alan Laws (Pleasantville), 2007	1:53.51

1,000-YARD RUN (last run in 1993)

Mark Belger (Mephram, N.Y.), 1974	2:12.3
Don Paige (Baldwinsville, N.Y.), 1975	2:12.4
Roger Jones (Ramsey), 1978	2:12.6
John Marshall (Plainfield), 1981	2:12.6
Marshall, 1980	2:12.71
Ramon Severino (Washington, N.Y.), 1976	2:13.3
John Daly (Monsignor Farrell, N.Y.), 1974	2:13.4
Rick Green (Seton Hall), 1980	2:13.45
Tony Uzdavines (Williamstown), 1976	2:13.7
Joe Swenson (Chaminade, N.Y.), 1976	2:13.7
Jeff Van Wie (Suffern, N.Y.), 1983	2:13.8
Todd Colas (Osborn Park, Va.), 1980	2:13.97

ONE-MILE RUN

Blair Mancini (North Penn, Pa.), 1981	4:11.6
Brian Pettinghill (Chevarus, Portland, Maine), 1981	4:11.8
Robby Andrews (Manalapan), 2009	4:12.31
John Tuttle (Alfred-Almond, N.Y.), 1977	4:13.2
John Trautman (Monroe-Woodbury, N.Y.), 1986	4:13.71
Dan Predmore (Fairport, N.Y.), 1976	4:13.8
Bill Ledder (Bishop O'Connell, Va.), 1976	4:13.8
Tom Camien (Sewanhaka, N.Y.), 1977	4:13.8
Jim Tyler (Norwood, N.Y.), 1981	4:13.9
Chip Marsala (New Dorp, N.Y.), 1983	4:14.13

TWO-MILE RUN

Alberto Salazar (Wayland, Mass.), 1976	9:01.1
Brian Dalpiaz (Sayville, N.Y.), 2002	9:03.65+
Charles Alexander (St. Christopher, N.Y.), 1982	9:04.17
Steve Murdock (Shenendehowa, N.Y.), 2007	9:07.85
Kris Hardt (Whitman, Md.), 1984	9:07.87
Steve Ferri (O'Connell, Va.), 1977	9:09.0
Chris Hallinan (Bernards), 1976	9:09.1
Hakon DeVries (John Jay, N.Y.), 2003	9:09.27
Mike Hagon (Suffern, N.Y.), 1974	9:09.4
<u>Tom Grimes (North Shore, N.Y.), 1977</u>	<u>9:09.5</u>

55-METER HURDLES *(hand time)*

Renaldo Nehemiah (Scotch Plains), 1977	6.9+
Kerry Bethel (Bartram, Pa.), 1975	7.0+
Paul Lankford (Farmingdale, N.Y.), 1975	7.0
Paul Snipes (Essex Catholic), 1976	7.1+
Jim Little (Moorestown), 1976	7.2+
Dave Bannar (Rancocas Valley), 1976	7.2+
Dudley Dorival (Ewing), 1993	7.2+
Gary Ramsey (Neptune), 1976	7.3+
Tony Smith (Norristown, Pa.), 1977	7.3+
<u>Mel Pinckney (Trenton), 1977</u>	<u>7.3+</u>
Gary Boyer (Horseheads, N.Y.), 1978	7.3+
Greg Smith (Kennedy, N.Y.), 1978	7.3+
Rodney Wilson (Bartrum, Pa.), 1978	7.3+
Greg Hines (Walt Whitman, N.Y.), 1993	7.3+

55-METER HURDLES *(FAT time)*

Rodney Wilson (Bartrum, Pa.), 1979	7.17+
Sultan Tucker (Delsea), 1996	7.23
Patrick Mann (Gar-Field, Va.), 1984	7.27+
Calvin Holmes (Denbeigh, Va.), 1984	7.28+
Anthony Acklin (Triton), 2001	7.29
Nate Harley (Pleasantville), 1996	7.29
Will Brown (Palmyra), 2006	7.29
James Purvis (Brentwood, N.Y.), 1984	7.30+
Danyne Brown (Camden), 1999	7.31s
<u>Dwayne Allen (Harrisburg, Pa.), 1980</u>	<u>7.32+</u>
Stephan Fletcher (Princeton), 1983	7.32+
Jonathan Dickey (Penns Grove), 1985	7.32+
Jeff Porter (Franklin), 2003	7.32s, t

ONE-MILE WALK *(held 1980 through 1984)*

Tim Lewis (Shenendehowa, N.Y.), 1980	6:37.1
Jim Mahn (Bishop Gibbons, N.Y.), 1982	6:38.7
Paul Schwartzburg (Mamaroneck, N.Y.), 1984	6:39.2
Ed O'Rourke (Glen Cove, N.Y.), 1980	6:44.1
Ed Kasch (Burnt Hills, N.Y.), 1982	6:45.4
Pat Flannery (East Meadow, N.Y.), 1983	6:45.6
James Eastwood (Port Washington, N.Y.), 1983	6:47.2
Mike Stauch (Delaware Valley), 1982	6:49.4
Peter Brandt (Pearl River, N.Y.), 1980	6:50.1
<u>Andy Liles (Monroe-Woodbury, N.Y.), 1981</u>	<u>6:50.3</u>

HIGH JUMP

Greg Gonsalves (Falmouth, Mass.), 1981	7- 3
Milt Goode (Monmouth), 1979	7- 2 ¼
Eric Taylor-Perry (Montclair), 1990	7- 2
Mike Morrison (Willingboro), 2003	7- 2
Tim Walker (Rogers, R.I.), 1975	7- 1 ½
Rudy Reavis (New Rochelle, N.Y.), 1975	7- 0
Desmond DaCosta (Overbrook, Pa.), 1980	7- 0
Eldred Williams (Music-Art, N.Y.), 1981	7- 0
Terrence Ferguson (Cherry Hill West), 1987	7- 0
<u>Tommy Thompson (St. John Baptist), 1993</u>	<u>7- 0</u>
Morrison, 2002	7- 0
Adam Bergo (Westfield), 2008	7- 0

POLE VAULT

Adam Sarafian (Ocean Twp.), 2004	16- 3 ¼
Bill Hartley (Southern Ocean), 1976	15-10
Vince Reilly (St. Joseph-Metuchen), 1977	15- 6
Don Heyburn (Cranford), 1980	15- 6
Eric Richard (Bridgewater East), 1981	15- 6
Chris Lockett (Woodbridge, Va.), 1986	15- 6
Gavin McMahon (Fordham Prep, N.Y.), 2003	15- 6
Brian Duggan (Monsignor Farrell, N.Y.), 2005	15- 6
Casey DeCesare (Irvington, N.Y.), 2005	15- 6
<u>Dan Batdorf (West Deptford), 2008</u>	<u>15- 6</u>
Darwin Gibbons (Caravel Academy, Del.), 2009	15- 6

LONG JUMP

Dion Bentley (Penn Hills, Pa.), 1989	26- 0 ¾
Marvin Ford (Uniondale, N.Y.), 1993	25- 7 ¾
Carl Lewis (Willingboro), 1979	25- 5 ½
Eric Metcalf (O'Connell, Va.), 1985	25- 3 ¾
Ron Dickerson (State College, Pa.), 1989	24-10 ½
Gerard Reynolds (Willingboro), 1990	24- 6 ¾
Metcalf, 1984	24- 4 ¾
Jason Grimes (Overbrook, Pa.), 1977	24- 2
Boris Goins (Cardozo, Wash., D.C.), 1985	24- 1 ½
Isaac Samuels (Kennedy), 1983	24- 0 ¼
Reynolds, 1989	23-11 ¾
Lewis, 1978	23-11 ¼
<u>Lucas Kerley (So. Jefferson, N.Y.), 1989</u>	<u>23-11 ¼</u>

TRIPLE JUMP

Gary Jones (Webster Schroeder, N.Y.), 2006	49- 9
Craig Halyard (Ridgewood), 1989	49- 6 ½
Erik Clinton (Hope, R.I.), 1993	49- 1 ¼
Sanya Owolabi (Sleepy Hollow, N.Y.), 1977	48- 9 ½
Steve Crouse (Colonie, N.Y.), 2008	48- 9 ¼
Shawn Tittley (Seneca Valley, N.Y.), 1983	48- 6 ¾
Dewey Sanders (Seton Hall Prep), 1986	48- 6 ½
Antonio Davis (Walt Whitman, N.Y.), 1990	48- 6 ½
Robert Howard (Shea, R.I.), 1994	48- 5 ¾
<u>Rolston Braithwaite (Trenton), 2009</u>	<u>48- 5 ¼</u>

SHOT PUT

Nick Vena (Morristown), 2009	68-11
Glenn DiGiorgio (Bayonne), 2002	66- 2
Steve Adams (St. Joseph-Montville), 1970	64- 8
Dan Krueger (Bayside, Va.), 1978	64- 7 ¾
Bruce Heide (Dayton), 1975	64- 5 ¼
Jim Gilligan (Toms River East), 1984	64- 2 ½
Kevin DiGiorgio (Bayonne), 1997	64- 1 ½
Adams, 1969	63-11 ¼
K. DiGiorgio, 1998	63-11
Aaron Echternacht (Hopewell Valley), 1991	63- 6 ½
Vena, 2008	63- 2 ½
Uzoma Orji (Matawan), 2002	63- 1 ½
<u>Mike Alleman (Scotch Plains-Fanwood), 2008</u>	<u>62- 7</u>

WEIGHT THROW

Walter Henning (St. Anthony's, N.Y.), 2007	86-3
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James Schwendtner (Shenendehowa, N.Y.), 2007	63-11
Ryan Loughney (Tri-Valley, N.Y.), 2007	61- 5
Dennis Aliotta (Monsignor Farrell, N.Y.), 2007	56- 4 ½
Charles Winslow (Mt. Vernon, N.Y.), 2007	56- 3 ¾
Garrett Grey (Tri-Valley, N.Y.), 2007	55- 4
Jason DiBuono (New Rochelle, N.Y.), 2007	54- 2 ¾
Matt Jimenez (Monsignor Farrell, N.Y.), 2007	53- 9 ¼
Vincenzo Chiariello (Mons. Farrell, N.Y.), 2007	53- 4 ½
<u>Chris Radman (Archbishop Malloy, N.Y.), 2007</u>	<u>52- 9</u>

800-METER RELAY

Camden, 2004	1:26.90
Campus Magnet, N.Y., 2001	1:28.05
Camden, 2004	1:28.07 ^q
Vineland, 2004	1:28.18
Trenton, 2008	1:28.35
Union Catholic, 2008	1:28.35
Lenape, 2000	1:28.46
Camden, 2002	1:28.82
Irvington, 2006	1:28.95
Trenton, 2002	1:29.21
Vineland, 2004	1:29.24 ^q
St. Michael Academy, N.Y., 2005	1:29.25

1,600-METER RELAY

Camden, 2001	3:15.78
Vineland, 2003	3:16.5*
Trenton, 2003	3:17.0*
Pleasantville, 2007	3:18.90
Boys and Girls, N.Y., 1977	3:19.0+
Asbury Park, 1978	3:19.1+
Fairmont Heights, Md., 1979	3:19.2+
Chester, Pa., 1981	3:19.3+
Winslow, 2003	3:19.3*
Seton Hall Prep, 2005	3:19.36

3,200-METER RELAY

Morris Catholic, 2009	7:47.81
Roselle Catholic, 1970	7:48.6+
Maria Regina, N.Y., 1975	7:49.4+
Lawrenceville School, 2009	7:50.97
Cherokee, 2000	7:51.78
McQuaid Jesuit, N.Y., 1975	7:52.0+
Roselle Catholic, 1975	7:52.8+
Georgetown Prep, Md., 1977	7:52.8+
Willingboro, 2003	7:52.95
Oceanside, N.Y., 1993	7:53.47

SPRINT MEDLEY (held 1989-1991)

Elizabeth, 1991	3:33.51
Newark West Side, 1990	3:33.79
Franklin, 1990	3:37.04
H.D. Woodson, Washington, D.C., 1990	3:37.42
Clarkstown South, N.Y., 199	3:37.91
Central, N.Y., 1991	3:38.72
South Shore, N.Y., 1991	3:38.99
Franklin, 1989	3:40.58
Don Bosco, 1990	3:41.32
Bishop Loughlin, N.Y., 1991	3:42.05

DISTANCE MEDLEY (held since 1971)

West Windsor-Plainsboro North, 2009	10:07.21
T.C. Williams, Va., 1979	10:11.5+
Archbishop Ryan, Pa., 1976	10:12.1+
Paramus Catholic, 1977	10:13.0+
Colts Neck, N.J., 2005	10:15.08
Shenendehowa, N.Y.	10:15.16
Northport, N.Y., 2003	10:15.23
DeWitt Clinton, N.Y., 1991	10:15.44
Christian Brothers Academy, 2001	10:16.07
Shenendehowa, N.Y., 1999	10:16.09
Monsignor Bonner, Pa., 1975	10:16.0+

GIRLS

(incomplete results 1980-1984, full results 1985-2004)

55-METER DASH

Michelle Glover (Willingboro), 1980	6.5+
Lynne Layne (New Rochelle), 2006	6.91 ^s
English Gardner (Eastern), 2008	6.92
Denise Mitchell (Edgewood), 1983	6.95+
Jenna Harris (Franklin), 2003	6.97
Virgil Hodge (Washington Irving, N.Y.), 2003	6.98
Layne, 2006	6.98 ^s
Harris, 2003	6.98 ^s
Dominique Booker (Immaculate Conception), 2008	6.99
Angie Johnson (Nashua, N.H.), 1989	7.00+
Amandi Rhett (Moorestown), 2000	7.00
Booker, 2009	7.01
Mitchell, 1984	7.02+
Ogechi Nwaneri (Chatham), 2006	7.02

200-METER DASH

Whitney Fountain (Chris. Columbus, N.Y.), 2009	23.77
Fountain, 2009	23.99 ^s
Tiandra Ponteen (Washington Irving, N.Y.), 2001	24.19
Dominique Booker (Immaculate Conception), 2008	24.21
Toneisha Friday (Franklin Twp.), 2005	24.34
Booker, 2008	24.34 ^s
Krystal Cantey (Winslow), 2006	24.38 ^s
Raquel Vassell (East Orange), 2006	24.38 ^s
Zoey Russell (Fredrick Douglas), 2008	24.38
Shana Cox (Holy Trinity, N.Y.), 2001	24.42
Shevon Stoddard (Uniondale, N.Y.), 2001	24.42
Vassell, 2005	24.54
Vassell, 2006	24.38 ^s
Jennifer Clayton (Suffern, N.Y.), 2009	24.61 ^s

300-YARD DASH

Tasha Downing (Boston Tech, Mass.), 1986	34.51
Downing, 1987	34.85
Downing, 1988	34.96
Tiffany Weatherford (Newark Science), 1992	35.01
Sherry Murphy (Spring Valley, N.Y.), 1987	35.30
Beverly Young (Lincoln-Sudbury, Mass.), 1990	35.36
Vanessa Lewis (Morris Catholic), 1995	35.36
Erica Stanley (U.N. School, N.Y.), 1991	35.55
Murphy, 1988	35.58
Agard (Tilden, N.Y.), 1988	35.64
Angela Lee (Franklin), 1995	35.70
Weatherford, 1990	35.77
Samantha Jackson (Shabazz), 1986	35.79
Francis (Tilden, N.Y.), 1989	35.99

400-METER DASH

Neisha Bernard-Thomas (Tilden, N.Y.), 2000	54.87
Nijgia Snapp (Oakcrest), 2008	54.91
Tawana Watkins (Paterson Kennedy), 2002	54.98
Okechi Ogbuokiri (Willingboro), 2003	55.13
Dominique Blake (Harry S Truman, N.Y.), 2004	55.23
Elizabeth Mott (New Rochelle, N.Y.), 2008	55.25
Amber Allen (Passaic County Vo-Tech), 2008	55.32
Allen, 2009	55.35
Watkins, 2001	55.39
Kyle Plante (Colonie, N.Y.), 2009	55.44
Kristen Mahon (Notre Dame), 2006	55.49
Tiffany Grant (Ocean Township), 2006	55.59

600-YARD RUN

Giselle Harris (Shabazz), 1986	1:21.17
Cathy Birge (Lake Braddock, Va.), 1985 Harris, 1985	1:21.24
Felicia Edwards (New Dorp, N.Y.), 1989	1:21.93
Hazel Clark (Columbia), 1995	1:22.02
Gail Bryant (Columbia), 1981	1:22.7
Michelle Bennett, (Cdn. Spellman), 1987	1:23.22
Shawn Moore (William Penn, Pa.), 1986	1:23.29
Rochelle Walling (West Irving, N.Y.), 1995 Bennett, 1988	1:23.54
Valerie Harris (Randolph, Mass.), 1986	1:23.79
Jennifer Metz (Pascack Valley), 1992	1:23.92

800-METER RUN

Janine Davis (Queen of Peace), 2005	2:09.27
Brittany Sheffey (Bellport, N.Y.), 2005	2:09.94
Brianna Welch (North Shore, N.Y.), 2007	2:11.26
Ellen Dougherty (Riverhead, N.Y.), 2004	2:11.35
Kristin Reese (Carmel, N.Y.), 2008	2:11.37
Michelle Seibert (Ward Melville, N.Y.), 2005	2:12.10
Meagen Krifchin (JFK Bellmore, N.Y.), 2005	2:12.12
Brianna Welch (North Shore, N.Y.), 2008	2:12.12
Emma Miller-Bedell (Tappan Zee, N.Y.), 2008	2:12.33
Angelica Gregory (Hackley, N.Y.), 2004	2:12.85

1,000-YARD RUN

Shola Lynch (Hunter, N.Y.), 1987	2:31.86
Kristen Seabury (Stoneham, Mass.), 1986	2:32.7
Bobbie McGee (Newark West-Side), 1983	2:32.9
Jasmin Jones (Hackensack), 1986 Jones, 1987	2:33.2
Monica Olkowski (Cherokee), 1990	2:34.63
Kim Sannito (Caldwell), 1982	2:34.68
Heather Grimshaw (Seekonk, Mass.), 1988	2:34.88
Dahm (Wilton, Conn.), 1986	2:35.1
Kim Certain (Half Hollow Hills, N.Y.), 1986	2:36.7
Watson (Midwood, N.Y.), 1989	2:37.23

ONE-MILE RUN

Michelle Rowen (Washington Twp.), 1983	4:43.1
Ceci Hopp (Greenwich, Ct.), 1981	4:45.09
Eileen Ellig (Rutland, Vt.), 1985	4:52.31
Shola Lynch (Hunter, N.Y.), 1986	4:52.36
Patty Weigand (Conestoga, N.Y.), 1986	4:52.37
Nnena Lynch (Hunter, N.Y.), 1987	4:52.55
Erin Donohue (Haddonfield), 2001 Wiegand, 1987	4:54.73
N. Lynch, 1989	4:55.05
N. Lynch, 1988	4:55.24
Wendy Delan (Bonny Eagle, Maine), 1986	4:55.87
Toni Ann Angione (Bergenfield), 1984	4:57.56
Cathy Feeney (Wayne Valley), 1988	4:58.2
	4:58.72

TWO-MILE RUN

Katie McCafferty (Oak Knoll School), 2008	10:32.73
Christine Crowley (Wellesley, Mass.), 1986	10:34.26
Anne Letko (North Hunterdon), 1986	10:35.66
Cathy Feeney (Wayne Valley), 1990	10:38.0
Jodie Bilotta (North Hunterdon), 1987	10:40.01
Patti Mileski (Ridgewood), 1983	10:40.8
J. Peterson (St. Agnes, N.Y.), 1986	10:41.25
Tracy Biber (Springfield), 1986 Letko, 1987	10:42.01
Lindsay Van Alstine (Hawthorne Christian), 2003 10:48.47%	10:44.02
Monal Chokshi (Bridgewater), 1992	10:47.04

60-YARD HURDLES

Charmaine Walker (Plainfield), 1997	7.71
Lindsay Rowe (Benjamin Cardoza, N.Y.), 2007	7.76
Dawn Bowles (Neptune), 1988	7.82 q
Nia Ali (Pleasantville), 2006	7.89
Lindsay Rowe (Benjamin Cardoza, N.Y.), 2007	7.91s
Shenea Dawkins (New Rochelle), 2002	7.92
Allison Williams (Brentwood, N.Y.), 1989	7.93
Wendy Vereen (Trenton), 1983	7.93
Porscha Dobson (Kent Place), 2003 Rowe, 2007	7.96s
	7.99q
Raquel Vassell (East Orange), 2007	7.99

HIGH JUMP

Deb Vento (Freehold Boro), 2003	5-10
Tatiana Smolin (Randolph), 1985	5-9
Shauna Byfield (Manhasset, N.Y.), 2000	5-9
Tish Edwards (Mater Dei), 1980	5-8
Shelley Mitchell (Lakewood), 1988	5-8
Tammy Peebles (Weston, Mass.), 1991	5-8
Stacy Grant (South Shore, N.Y.), 1995	5-8
Kathy Kilar (North Edison), 1996	5-8
Michelle June (Meade, Md.), 1997	5-8
Jessica Taibe (Hunterdon Central), 2000 Vento, 2003	5-8
Lauren Biscardi (Shoreham Wading, N.Y.)	5-8
Carin Knight (New Rochelle, N.Y.)	5-8
Lataya Dixon (J.P. Stevens), 2007	5-8
Emily Kianka (Hopewell Valley), 2009	5-8

POLE VAULT

Danielle O'Reilly (Shawnee), 2004	13-0
Lindsay Rosales (Washingtonville, N.Y.), 2003	12-0
Jessica Kloss (Moorestown), 2004	12-0
Julianne Toto (Middletown South), 2005	12-0
Stephanie Duffy (Washingtonville, N.Y.), 2007	12-0
Michelle Quimby (Shenendehowa, N.Y.), 2009	12-0
Nicole Pompei (Hanover Park), 2009	12-0
Laura Chimielewski (South Brunswick), 2001	11-6
Mandy Jenkins (Valley Central, N.Y.), 2003 Toto, 2004	11-6
<u>Robin Friedman (Hillsboro), 2005</u>	11-6
Duffy, 2006	11-6
Kristen Hafford (Warren Hills), 2006	11-6
Nicole Pompei (Hanover Park), 2008	11-6
Michelle Favre (Saddle Brook), 2008	11-6
Samantha Brady (Jackson), 2008	11-6
Sydney Leroy (Port Jervis, N.Y.), 2009	11-6
Jenna Marrione (Warwick Valley, N.Y.), 2009	11-6
Michelle Favre (Saddle Brook), 2009	11-6
Emily Urciuoli (Clifton), 2009	11-6

LONG JUMP

Carol Lewis (Willingboro), 1980	20- 6 ¼
Nolle Graham (Taft, N.Y.), 1998	19-11 ½
Keyon Soley (Uniondale, N.Y.), 1998	19- 7 ½
Lynn Layne (New Rochelle, N.Y.), 2006	19- 7 ½
Claire Connor (Rahway), 1984	19- 5 ½
Jennifer Clayton (Suffern, N.Y.), 2009	19- 5 ½
Chinela Davis (North Rockland, N.Y.), 2001	19- 4 ½
Celeste Holder (Parsippany), 2006	19- 4
Carlene Cummings (Englewood), 1998	19- 1 ½
Erica Alston (Paul Robeson, N.Y.), 2002	19- 1 ¼

TRIPLE JUMP

Stephanie McIntyre (South Brunswick), 2007	40-11
Gabriela Baiter (Elwood-John Glenn, N.Y.), 2007	40- 8 ½
Carlene Cummings (Englewood), 1998	40- 6
Kirsten Fields (Mount Vernon, N.Y.), 2005	39- 9 ¼
Ebony Young (Hillsborough), 2009	39- 6 ¾
Shenae Dawkins (New Rochelle), 2002	39- 5
Ada Unachukwa (Marlboro), 2009	39- 4 ¼
Consandria Walker (Hackensack), 2004	39- 3
Cummings, 1997	39- 0
Whitney Ford (White Plains), 2006	39- 2 ¼
Krystina Muhammad (Newark, Del.), 2007	38- 8 ½

SHOT PUT

Jackie Hudgins (Hightstown), 2001	46- 9
Nicole Sims (Plainfield), 1991	45-11 ¼
Melody Johnson (No. Attleboro), 1986	45- 8
DeAnne Hahn (Brick Twp.), 2007	45- 7
Kelly Fazekas (Northern Valley-Demarest), 2003	45- 5
Taryn O'Connor (Hillsborough), 2007	45- 5
Vanessa Stewart (North Babylon, N.Y.), 2009	45- 3
Maureen Laffan (Toms River North), 2008	44-10 ½
Lizelle Cintron (Elizabeth), 2004	43-11 ½
Kelly Fazekas (Northern Valley-Demarest), 2002	43-10 ½

25-POUND WEIGHT THROW

Cynthia Lloyd (New Rochelle, N.Y.), 2007	47- 1
Kadine Johnson (New Rochelle, N.Y.), 2007	44- 2 ¾
Ashley Clasen (Shoreham-Wading River, N.Y.), 2007	40-11 ¼
Kristen Batts (Marlboro), 2007	40- 5 ¾
Krystal Graham (New Rochelle, N.Y.), 2007	37- 8 ¼

800-METER RELAY

Uniondale, N.Y., 2007	1:39.41
Uniondale, N.Y., 2007	1:39.59 _s
Paul Robeson, N.Y., 2001	1:39.86
Hempstead, N.Y., 2007	1:39.94
Washington Irving, N.Y., 2001	1:40.37
Hempstead, N.Y., 2005	1:40.51
Moorestown, 2000	1:40.77
Franklin, 2003	1:40.86
Uniondale, N.Y., 2006	1:40.92
Simon Gratz, Pa., 1999	1:40.94

1,600-METER RELAY

Plainfield, 1980	3:48.7+
Camden, 1995	3:49.07+
Boys and Girls, 2007	3:49.19
Willingboro, 2003	3:49.27
Plainfield, 1981	3:49.74+
Tilden, N.Y., 1987	3:51.30+
Simon Gratz, Pa., 1998	3:52.31
Woodrow Wilson, 2006	3:52.55
Willingboro, 2002	3:52.76
East Orange Campus, 2006	3:53.01

3,200-METER RELAY

Pope John XXIII, 2007	9:06.94
Upper Perkiomen, Pa., 1982	9:11.22+
Lenape, 2008	9:11.94
Bay Shore, N.Y., 1996	9:12.67
Notre Dame, N.Y., 1987	9:13.0+
Southern Regional, 2009	9:13.30
Boys and Girls, N.Y., 2001	9:13.96
Bronxville, N.Y., 1986	9:14.99+
Notre Dame, N.Y., 1987	9:15.80+
Kearny, 1980	9:16.4+
Columbia, 1983	9:16.52

DISTANCE MEDLEY

Southern Regional, 2009	11:48.61
Warwick Valley, N.Y., 2008	11:49.59
Southern Regional, 2007	11:49.62
Boys and Girls, Brooklyn, N.Y., 2002	11:50.86
Red Bank Regional, 2002	11:51.54
Shenendehowa, N.Y., 2009	11:51.28
Red Bank Regional, 2003	11:52.9 _h
Bernards, 1983	11:53.54+
Colts Neck, 2007	11:56.24
Roxbury, 2006	11:56.75

KEY

- + - converted from yards
- % - converted from meters
- s – mark achieved in semis
- q – mark achieved in qualifying round
- * - converted from timing error

**Please forward corrections and additions to
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