

EASTERN STATES INDOORS ALL-TIME PERFORMANCE LIST

Top 10 performers in Meet History Through 2006

BOYS

meet not held in 1973, 1988 or 1992

some events may be 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+
Walters (JFK, N.Y.), 1976	6.3+
Ray Allen (Long Beach, N.Y.), 1977	6.3+
Steve Curry (Franklin Twp.), 1977	6.3+

55-METER DASH (FAT time)

Luis Morales (Oxon Hill, Md.), 1982	6.31+
Dennis Mitchell (Edgewood), 1983	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
Kenny Reynolds (Willingboro), 1986	6.36+

200-METER DASH (run since 1994)

Adian Sanderson (Ewing), 2004	21.34
Todd Dutch (Washington Twp.), 2002	21.62
Tristan Walker (South Shore, N.Y.), 2005	21.67
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
Andre Thompson (Spingarn, Wash., D.C.), 2000	21.80
Chris Turner (Seton Hall Prep), 2002	21.83
Okolie, 2004	21.86
Sean Wright (Rice, N.Y.), 1999	21.90
Ernie Terrell (Norristown, PA), 2001	21.94

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 Acad., N.Y.), 2005	48.22
Bryant McCombs (Old Bridge), 2005	48.24
Mohammad Kanu (Lenape), 2000	48.36

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
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 (Wallkill Valley), 2005	1:53.44
Hakon DeVries (John Jay, N.Y.), 2004	1:53.53
<u>Corey Thomas (Bishop Loughlin, N.Y.), 2001</u>	<u>1:53.78</u>
Mike Carmody (Governor Livingston), 2004	1:53.78

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
<u>Jeff Van Wie (Suffern, N.Y.), 1983</u>	<u>2:13.8</u>
Todd Colas (Osborn Park, Va.), 1980	2:13.97

ONE-MILE RUN

Blair Mancini (North Penn, Pa.), 1981	4:11.6
Brian Pettinghill (Chevarus, Md.), 1981	4:11.8
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
<u>Bob Goss (Chelsea, Mass.), 1978</u>	<u>4:14.2</u>
Mike Walukevich (Haverhill, Mass.), 1980	4:14.44

TWO-MILE RUN

Alberto Salazar (Wayland, Mass.), 1976	9:01.1
Hakon DeVries (John Jay, N.Y.), 2003	9:02.27
Brian Dalpiaz (Sayville, N.Y.), 2002	9:03.65+
Charles Alexander (St. Christopher, N.Y.), 1982	9:04.17
Kris Hardt (Whitman, Md.), 1984	9:07.87
Art Dulong (Randolph, Mass.), 1965	9:08.7

Steve Ferri (O'Connell, Va.), 1977	9:09.0
Chris Hallinan (Bernards), 1976	9:09.1
Mike Hagon (Suffern, N.Y.), 1974	9:09.4
Tom Grimes (North Shore, N.Y.), 1977	9:09.5
Kevin McCarey (Cathedral, N.Y.), 1972	9:09.6
Dave Thomson (Dover), 1979	9:09.7

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+
Mel Pinckney (Trenton), 1977	7.3+
<u>Gary Boyer (Horseheads, N.Y.), 1978</u>	<u>7.3+</u>
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
Andy Liles (Monroe-Woodbury, N.Y.), 1981	6:50.3

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

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
Paul Schmitt (St. Anthony's, N.Y.), 1997	15- 2

LONG JUMP

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

TRIPLE JUMP

Gary Jones (Webster Schroeder, N.Y.), 2006	49- 9
Craig Halyard (Ridgewood), 1989	49- 6 ¹ / ₂
Erik Clinton (Hope, R.I.), 1993	49- 1 ¹ / ₄
Sanya Owolabi (Sleepy Hollow, N.Y.), 1977	48- 9 ¹ / ₂
Shawn Tittle (Seneca Valley, N.Y.), 1983	48- 6 ³ / ₄
Dewey Sanders (Seton Hall Prep), 1986	48- 6 ¹ / ₂
Antonio Davis (Walt Whitman, N.Y.), 1990	48- 6 ¹ / ₂
Robert Howard (Shea, R.I.), 1994	48- 5 ³ / ₄
Dwight Olivier (Nyack, N.Y.), 1981	48- 4 ³ / ₄
Mike Alleyne (Weaver, Conn.), 1986	48- 3 ¹ / ₄
Rich Thompson (Woodlands, N.Y.), 1987	48- 2 ¹ / ₂

SHOT PUT

Glenn DiGiorgio (Bayonne), 2002	66- 2
Steve Adams (St. Joseph-Montville), 1970	64- 8
Dan Krueger (Bayside, Va.), 1978	64- 7 ³ / ₄
Bruce Heide (Dayton), 1975	64- 5 ¹ / ₄
Jim Gilligan (Toms River East), 1984	64- 2 ¹ / ₂
Kevin DiGiorgio (Bayonne), 1997	64- 1 ¹ / ₂
Adams, 1969	63-11 ¹ / ₄
K. DiGiorgio, 1998	63-11
Aaron Echernacht (Hopewell Valley), 1991	63- 6 ¹ / ₂
Uzoma Orji (Matawan), 2002	63- 1 ¹ / ₂
Phil Caraher (North Rockland, N.Y.), 1987	62- 6
Andy Bloom (Niskayuna, N.Y.), 1991	62- 4 ¹ / ₂

800-METER RELAY

Camden, 2004	1:26.90
Campus Magnet, N.Y., 2001	1:28.05
Camden, 2004	1:28.07 <i>q</i>
Vineland, 2004	1:28.18
Lenape, 2000	1:28.46
Camden, 2002	1:28.82
Elizabeth, 2006	1:28.95
Trenton, 2002	1:29.21
Vineland, 2004	1:29.24 <i>q</i>
St. Michael Academy, N.Y., 2005	1:29.25
Vineland, 2003	1:29.32
<u>Plainfield, 2001</u>	<u>1:29.37</u>
Ben Franklin, 1976	1:29.4+

1,600-METER RELAY

Camden, 2001	3:15.78
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Vineland, 2003	3:16.5*
Trenton, 2003	3:17.0*
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
<u>Ben Franklin, Pa., 1976</u>	<u>3:19.5+</u>
New Rochelle, N.Y., 1984	3:19.51+

3,200-METER RELAY

Roselle Catholic, 1970	7:48.6+
Maria Regina, N.Y., 1975	7:49.4+
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
Willingboro, 2002	7:53.64
Warwick Valley Central, N.Y., 2006	7:53.71

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*)

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
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+
<u>St. Joseph-Metuchen, 1976</u>	<u>10:16.1+</u>
Cherokee, 2001	10:16.32

GIRLS

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

55-METER DASH

Michelle Glover (Willingboro), 1980	6.5+
Denise Mitchell (Edgewood), 1983	6.95+
Jenna Harris (Franklin), 2003	6.97
Virgil Hodge (Washington Irving, N.Y.), 2003	6.98
Harris, 2003	6.98s
Angie Johnson (Nashua, N.H.), 1989	7.00+
Amandi Rhett (Moorestown), 2000	7.00
Mitchell, 1984	7.02+
Desiree Morear (Boys and Girls, N.Y.), 2002	7.03
Rhett, 1999	7.05
Pam Hudson (North Hunterdon), 1982	7.05+
Harris, 2002	7.06q
Hodge, 2003	7.06s
Lynne Layne (New Rochelle, N.Y.), 2005	7.06
<u>Tricia Alfred (Lexington, Mass.), 1988</u>	<u>7.07+</u>
Magenta Taylor (Willingboro), 1999	7.07
Harris, 2003	7.07t

200-METER DASH

Tiandra Ponteen (Washington Irving, N.Y.), 2001	24.19
Toneisha Friday (Franklin Twp.), 2005	24.34
Shana Cox (Holy Trinity, N.Y.), 2001	24.42
Shevon Stoddard (Uniondale, N.Y.), 2001	24.42
Racquel Vassell (East Orange Campus), 2005	24.54
Tiera Fletcher (Cardinal Spellman, N.Y.), 2003	24.78
Jenna Harris (Franklin), 2002	24.80
Michelle Mundy (Woodson, Wash., D.C.), 1996	24.87
Lyria Martin (LaGuardia, N.Y.), 1996	24.88
<u>Tameka Hunter (DeWitt Clinton, N.Y.), 2002</u>	<u>24.94</u>
Shardae Anderson (Paulsboro), 2005	24.94

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
Tawana Watkins (Paterson Kennedy), 2002	54.98
Okechi Ogbuokiri (Willingboro), 2003	55.13
Dominique Blake (Harry S Truman, N.Y.), 2004	55.23
Watkins, 2001	55.39
Chinny Offor (Half Hollow Hills, N.Y.), 2002	56.01
Mia Campo (St. Mary's-Jersey City), 1998	56.21
Tiffany Grant (Ocean Twp.), 2005	56.25
Ogbuokiri, 2002	56.27
Shevonna Stoddart (Uniondale, N.Y.), 1999	56.31
Campo, 1999	56.32
Janine Davis (Queen of Peace), 2002	56.34
Nikesjim Brown (Hempstead, N.Y.), 2003	56.45

600-YARD RUN

Giselle Harris (Shabazz), 1986	1:21.17
Cathy Birge (Lake Braddock, Va.), 1985	1:21.24

Harris, 1985	1:21.72
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, (Cdnl. Spellman), 1987	1:23.22
Shawn Moore (William Penn, Pa.), 1986	1:23.29
Rochelle Walling (West Irving, N.Y.), 1995	1:23.54
Bennett, 1988	1:23.65
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
Ellen Dougherty (Riverhead, N.Y.), 2004	2:11.35
Michelle Seibert (Ward Melville, N.Y.), 2005	2:12.10
Meagen Krifchin (JFK Bellmore, N.Y.), 2005	2:12.12
Angelica Gregory (Hackley, N.Y.), 2004	2:12.85
Mary Liz McCurdy (Bay Shore, N.Y.), 2004	2:13.16
Nana Hanson-Hall (New Rochelle, N.Y.), 2003	2:15.17
Rebecca Quimby (Suffern, N.Y.), 1999	2:15.52
Neisha Bernard (Tilden, N.Y.), 1999	2:16.08

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	2:33.2
Jones, 1987	2:33.44
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
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	4:54.73
Wiegand, 1987	4:55.05
N. Lynch, 1989	4:55.24
N. Lynch, 1988	4:55.87
Wendy Delan (Bonny Eagle, Maine), 1986	4:57.56
Toni Ann Angione (Bergenfield), 1984	4:58.2
Cathy Feeney (Wayne Valley), 1988	4:58.72
Norton (East Islip, N.Y.), 1989	4:59.57

TWO-MILE RUN

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	10:42.01
Letko, 1987	10:44.02
Lindsay Van Alstine (Hawthorne Christian), 2003	10:48.47%
Monal Chokshi (Bridgewater), 1992	10:47.04
Duffy (Kennebunk, Maine), 1986	10:47.82

60-YARD HURDLES

Charmaine Walker (Plainfield), 1997	7.71
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Dawn Bowles (Neptune), 1988	7.82 q
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	7.96s
Fatima Fofanah (Bronx Science), 2002	8.00
Dobson, 2003	8.02
Alethia Jenkins (Pennsauken), 2000	8.03
Amber Williams (Roxbury), 2001	8.03
<u>Zonya Cross (Edgewood), 1983</u>	<u>8.04</u>
Walker, 1996	8.04
Joyce Bates (Simon Gratz, Pa.), 1996	8.04

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 Peeples (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
<u>Jessica Taibe (Hunterdon Central), 2000</u>	<u>5-8</u>
Vento, 2003	5-8
Lauren Biscardi (Shoreham Wading, N.Y.)	5-8
Carin Knight (New Rochelle, N.Y.)	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
Laura Chimielewski (South Brunswick), 2001	11-6
Mandy Jenkins (Valley Central, N.Y.), 2003	11-6
Toto, 2004	11-6
Robin Friedman (Hillsboro), 2005	11-6
Samantha Crook (Randolph), 2001	11-0
O'Reilly, 2002	11-0
Mandy Jenkins (Valley Central, N.Y.), 2002	11-0
<u>Kristen Strizki (Hunterdon Central), 2002</u>	<u>11-0</u>
Laura Flath (Middletown South), 2004	11-0
Ashlee Atwell (Niskayuna, N.Y.), 2005	11-0

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
Claire Connor (Rahway), 1984	19- 5 ½
Chinela Davis (North Rockland, N.Y.), 2001	19- 4 ½
Carlene Cummings (Englewood), 1998	19- 1 ½
Erica Alston (Paul Robeson, N.Y.), 2002	19- 1 ¼
Connor, 1983	19- 0 ¾
Pam Hughes (Hope, R.I.), 1986	18-11 ¾
Jen McDermott (Ridgewood), 1989	18-11
Shenre Dawkins (New Rochelle, N.Y.), 1999	18-11

TRIPLE JUMP

Carlene Cummings (Englewood), 1998	40- 6
Kirsten Fields (Mount Vernon, N.Y.), 2005	39- 9 ¼
Shenae Dawkins (New Rochelle), 2002	39- 5
Consandria Walker (Hackensack), 2004	39- 3
Cummings, 1997	39- 0
Whitney Ford (White Plains, N.Y.), 2005	38- 7 ½
Tammy Peeples (Weston, Mass.), 1992	38- 6
Ashley Cummings (Horace Mann), 2005	38- 2 ½
Andrea Herbert (Passaic Tech), 2002	37-10
Cummings, 1996	37- 8 ¾

Taneisha Cantave (Suffern, N.Y.), 2003	37- 8
Gabriela Baiter (Elwood/Glenn, N.Y.), 2005	37- 7

SHOT PUT

Jackie Hudgins (Hightstown), 2001	46- 9
Nicole Sims (Plainfield), 1991	45-11 ¼
Melody Johnson (No. Attleboro), 1986	45- 8
Kelly Fazekas (Northern Valley-Demarest), 2003	45- 5
Lizelle Cintron (Elizabeth), 2004	43-11 ½
Kelly Fazekas (Northern Valley-Demarest), 2002	43-10 ½
Sims, 1993	43- 7 ¼
Jane Woodhead (Lewistown, Maine), 1986	43- 7 ¼
Jessica Fazekas (Demarest), 2002	43- 2
Kim Hicks (Plainfield), 1993	42-11 ½
Sable Sweeper (Passaic), 2005	42- 3 ¾

800-METER RELAY

Paul Robeson, N.Y., 2001	1:39.86
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, 2006	1:40.92
Simon Gratz, Pa., 1999	1:40.94
Franklin, 2003	1:41.05s
Paul Robeson, N.Y., 1999	1:41.35
Trenton, 1981	1:41.59+

1,600-METER RELAY

Plainfield, 1980	3:48.7+
Camden, 1995	3:49.07+
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
Hempstead, N.Y., 2005	3:53.04

3,200-METER RELAY

Upper Perkiomen, Pa., 1982	9:11.22+
Bayshore, N.Y., 1996	9:12.67
Notre Dame, N.Y., 1987	9:13.0+
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
Roxbury, 2006	9:18.03
Suffern, N.Y., 2004	9:19.21

DISTANCE MEDLEY

Boys and Girls, Brooklyn, N.Y., 2002	11:50.86
Red Bank Regional, 2002	11:51.54
Red Bank Regional, 2003	11:52.9h
Bernards, 1983	11:53.54+
Roxbury, 2006	11:56.75
Suffern, N.Y., 2005	11:57.92
Warwick Valley Central, 2006	11:59.93
Boys and Girls, N.Y., 2001	12:00.07
Red Bank, 2001	12:00.66
Colts Neck, 2006	12:01.40

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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