

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

GIRLS' TRACK AND FIELD CHAMPIONSHIPS

SATURDAY, JUNE 7, 1975

RUTGERS UNIVERSITY

CONGRATULATIONS TO ALL THE COMPETITORS AND THEIR COACHES FOR PARTICIPATING IN THE "MEET OF CHAMPIONS" FOR BOYS AND GIRLS IN OUR STATE. I WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK MR. JAY DAKELMAN AND MR. GENE LITTLER FOR THEIR ASSISTANCE AND ORGANIZATION OF THIS MEET.

NEW JERSEY IS PROBABLY ONE OF THE MOST PROGRESSIVE STATES IN THE NATION IN THE DEVELOPMENT OF GIRLS' ATHLETICS. WE SHOULD BE VERY PROUD OF THE SMALL PART EACH OF US HAS DONE TO BRING OUR PROGRAM WHERE IT IS PRESENTLY. A SPECIAL THANKS GOES TO OUR STATE ASSOCIATION, NJSIAA, AND MR. JAMES G. GROWNEY FOR HIS CAPABLE LEADERSHIP.

THROUGHOUT OUR MEETS, NUMEROUS RECORDS HAVE BEEN SET BOTH NATIONALLY AND ON A STATE LEVEL. WE GREATLY APPRECIATE THE COUTESY WE HAVE BEEN EXTENDED FROM THE BULOVA WATCH COMPANY IN LOANING CALIBRATED TIMERS FOR OUR STATE MEETS. LITTMAN'S JEWELERS (located in Highland Park and Eatontown) HAVE PROVIDED OUR BOYS AND GIRLS' PROGRAMS WITH THESE IMPORTANT TIME PIECES.

WE HAVE BEEN FORTUNATE IN ACQUIRING EXCELLENT SITES FOR ALL OUR STATE TRACK AND FIELD CHAMPIONSHIPS. WE ARE GRATEFUL TO MR. FREDERICK GRUNINGER AND HIS STAFF FOR ALLOWING US TO ENJOY THIS EXCELLENT ATHLETIC FACILITY.

WE HOPE THAT EVERYONE HAS A MOST ENJOYABLE DAY AT TODAY'S MEET, AND WE WISH ALL THE COMPETITORS THE VERY BEST OF LUCK.

1975 GROUP CHAMPIONSHIP OUTSTANDING PERFORMANCES

EVENT	NAME	SCHOOL	GROUP	TIME/DIS
110yd. low hurdles	Julie Smithers	Lakewood	A	14.6
100yd. dash	Liz Young	Manalapan	B	11.0
220yd. dash	Liz Young	Manalapan	B	24.8
440yd. run	Carla Hunt	Holy Cross	A	57.1
880yd. run	Terry Vaccarella	Saddle Brook	B	2:18.6
Mile run	Hillary Noden	Hopewell Valley	B	4:56.7
Two mile run	Margaret Poynter	North Hunterdon	A	11:21.9
440yd. relay	Eastside		A	50.0
Mile relay	Red Bank Catholic		A	4:02.8
Shot put	Sharon Redvict	Monmouth	A	39'3½"
Discus	Anne Usinowicz	Butler	B	116'8"
Javelin	Keri Camarigg	Wall	A	141'11"
High jump	Becky Deetz	Ridgewood	A	5'9"
Long jump	Julie Smithers	Lakewood	A	17'10½"

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110YD. LOW HURDLES

TRIALS - TOP THREE TO THE FINALS

Heat #1

1. 512 Lyn Langston, North Hunterdon
2. 737 Cindy Kapp, West Deptford
3. 489 Julie Smithers, Lakewood
4. 312 Debbie Deutsch, East Brunswick
5. 453 Mary Ann Wojicki, Hackettstown

Heat #2

1. 93 Lisa Achey, Hopewell Valley
2. 88 Kathy Sharkey, Holmdel
3. 174 Michelle Allgood, Red Bank
4. 476 Yvonne Smith, Monmouth
5. 801 Susan Marshall, Haddonfield

National Record - Joni Huntley 14.6
Sheridan, Oregon

State Record - Yvonne Smith 14.5 *
Monmouth Regional

100YD. DASH

TRIALS - TOP THREE TO THE FINALS

Heat #1

1. 700 Claire Gursky, South Plain.
2. 910 Vonnie Coker, Woodbury
3. 828 Liz Young, Manalapan
4. 444 Carla Hunt, Holy Cross
5. 45 Connie Fletcher, Eastside

Heat #2

1. 829 Nancy Scott, Manalapan
2. 916 Lori Lewis, Woodbury
3. 177 Kim Palmer, Red Bank
4. 153 Hazel Lucas, Montclair
5. 549 Kathey Crawford, Perth Amboy

National Record - Vanessa Hugley 10.9
Glen Rock, NJ

State Record - Vanessa Hugley 10.9
Glen Rock High School

220YD. DASH

TRIALS - TOP THREE (3) TO THE FINALS

Heat #1

1. 828 Liz Young, Manalapan
2. 916 Lori Lewis, Woodbury
3. 700 Claire Gursky, South Plain.
4. 549 Linda Pickering, Lincoln
5. 476 Yvonne Smith, Monmouth

Heat #2

1. 153 Hazel Lucas, Montclair
2. 829 Nancy Scott, Manalapan
3. 46 Jeannetta Sparrow, Eastside
4. 514 Sue Krogstad, North Hunterdon
5. 429 Diane Horowitz, Fort Lee

National Record - Tie: Gwen Smith 24.4
Conroe, Texas
Marsha Talley 24.4
Forney, Texas

State Record - Liz Young 24.8
Manalapan High School

* Will be submitted as a new National Record

NEW JERSEY STATE INTERSCHOLASTIC ATHLETIC ASSOCIATION

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TWO MILE RUN

FINALS - BEST TIMES

Heat #1

1. 518 Margaret Poynter, North Hunterdon
2. 782 Pam Adams, Gateway
3. 207 Carol Conlon, Nutley
4. 646 Cathy Young, Rancocas Valley
5. 578 Jane Plunkett, Notre Dame
6. 296 Valerie Sheets, Roxbury
7. 587 Sue Long, Mountain Lakes
8. 1 Kathy Clancey, Bayley-Ellard
9. 138 Katie Thompson, Mater Dei
10. 886 Maureen Dillon, St. Joseph's, TR

National Record - New Event, none listed

State Record - Margaret Poynter, 11:21.9 *
North Hunterdon High School

MILE RUN

FINALS - TOP FIVE BEST TIMES

Heat #1

1. 98 Hillary Noden, Hopewell Valley
2. 637 Susan Frentz, Red Bank Catholic
3. 670 Joy Kelly, Rumson-Fair Haven
4. 297 Sandy Alexander, Roxbury
5. 645 Kathy Christman, Rancocas Valley
6. 867 Theresa Demarest, Point Pleasant Boro
7. 389 Lori Stanley, JFK, Iselin
8. 406 Gale Thomson, Dover
9. 81 Mary Ellen Gerrity
10. 504 Sara Erb, Jefferson

National Record - Lynnette Morin 5:02.24
West Allis, Wisconsin

State Record - Hillary Noden 4:56.7 *

JILL GREENE '75

440YD. RUN

FINALS - TOP FIVE BEST TIMES

Heat #1

1. 339 Valerie Crenshaw, Wayne Valley
2. 911 Beth Steinbrecher, Woodbury
3. 550 Ruth Ford, Lincoln
4. 894 Heidi Eddinger, West Windsor
5. 434 Donna Watkins, Glen Ridge

Heat #2

1. 444 Carla Hunt, Holy Cross
2. 700 Claire Gursky, South Plainfield
3. 448 Penny Fales, Hackettstown
4. 667 Anne McKillop, Toms River North
5. 631 Mary Meehan, Red Bank Catholic

National Record - Essie Kelly 55.0
Spur, Texas

State Record - Carla Hunt 57.1
Holy Cross High School

* Will be submitted as a New National Record

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880yd. RUN

FINALS - TOP FIVE (5) BEST TIMES

Heat #1

1. 646 Terry Vaccarella, Saddle Brook
2. 783 Ursula Eder, Gateway
3. 166 Kathy Woodbridge, Princeton
4. 438 Susan Cavallaro, Glen Ridge
5. 282 Kandie Latham, Ridgewood
6. 78 Perianne Berezney, Holmdel
7. ~~38 Maro Bchajian, Clifton~~
8. ~~634 Diane McHugh, Red Bank Catholic~~
9. 51 Colaine Jordan, Eastside
10. 323 Kim Meyer, Wayne Hills
11. ****** 825 Beatrice Harendza, Lawrence North

National Record - Margaret Groos 2:10.6
Nashville, Tennessee

State Record - Terry Vaccarella 2:18.6
Saddle Brook High School

440yd. RELAY

FINALS - TOP FIVE (5) BEST TIMES

Heat #1

1. Vailsburg - G. Gooden 663, G. Gooden 664, Staggers 665, Morgan 667
2. West Morris Central - Parsons 694, Spruiell 695, anek 696, Carr 699
3. Neptune - Butler 540, Holland 546, Mitchell 552, Phelps 557
4. Montclair - Jackson 149, Wormley 152, Lewis 154, Sellers 158
5. Manasquan - Tillman 524, Thomas 526, Hay 527, Bruce 528

Heat #2

1. Eastside - Fletcher 45, Sparrow 46, Harris 48, Carter 49
2. Red Bank - Allgood 174, Aymonier 175, Jones 178, Palmer 177
3. Hackettstown - Fales 448, Cardell 450, L. Cardell 451, Yankiv 452
4. Manalapan - Young 828, Scott 829, Helm 830, Navickas 831
5. Monmouth - Beyers 478, Grigsby 490, Brown 477, Smith 476

National Record - Columbia High School 47.1
Columbia, Texas

State Record - Manalapan High School 49.8

** Appeal Entry

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MILE RELAY

FINALS - TOP FIVE (5) BEST TIMES

Heat #1

1. Pequannock - White 627, Graham 630, Weiss 631, Pfeil 633
2. Wayne Valley - Crenshaw 339, Knapp 340, McEvilly 342, Drake 351
3. Point Pleasant Beach - Maas 847, Wesson 848, O'Hara 844, Wilson 846
4. Midland Park - Sullivan 560, Turro 561, Haynes 563, Fanning 565
5. Highstown - Bradley 811, McCormack 812, Bennett 813, Feinity 814

Heat #2

1. Red Bank Catholic - Meehan 631, O'Connor 632, Atkins 647, Kean 648
2. Rumson-Fair Haven - Klem 678, Osinski 677, Emery 673, Jones 672
3. Toms River South - Roncin 685, Sullivan 686, Reabold 688, Johnson 705
4. Hackettstown - Fales 448, Sargeant 449, S. Cardell 450, Yankiv 452
5. Long Branch - Thigpen 421, Hutchinson 422, Garner 423, Robinson 419

National Record - New event, none listed
State Record - Toms River South 4:01.2

SHOT PUT

TOP SIX (6) GIRLS TO THE FINALS; THREE (3) PRELIMINARY THROWS
AND THREE (3) ADDITIONAL THROWS IN THE FINALS.

Flight #1

1. 479 Sharon Redvict, Monmouth
2. 697 Rhonda Peterson, Toms River South
3. 346 Iris Turner, Franklin Township
4. 389 Anne Usinowicz, Butler
5. 478 Pam Giorda, Hawthorne
6. 178 Lorriane Vira, North Bergen
7. 349 JoAnn Helm, Wayne Valley
8. 133 Betty Jean Gresh, Mater Dei
9. 756 Zina Brooks, Asbury Park
10. 872 Gina Lenz, Point Pleasant Boro

National Record - Suzanne Snider 50'11"
Waco, Texas
State Record - Sharon Redvict 42'3"
Monmouth Regional



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TOP SIX (6) GIRLS TO THE FINALS; THREE (3) PRELIMINARY
THROWS AND THREE (3) ADDITIONAL THROWS IN THE FINALS.

Flight #1

1. 389 Anne Usinowicz, Butler
2. 471 Helene Connell, Jackson
3. 697 Rhonda Peterson, Toms River South
4. 654 Colleen Rafter, Red Bank Catholic
5. 141 Pat McEvelly, Mater Dei
6. 390 Debby Marion, Butler
7. 709 Dianna Diebert, West Morris Central
8. 13 Linda Nardone, Bernards
9. 349 JoAnn Helm, Wayne Valley
10. 539 Diane Lazear, Ocean Township
- *11. 619 Karen Smith, Park Ridge

National Record - Suzanne Snider 157'7"
Waco, Texas
State Record - Martha Suhayda 131'9"
Matawan Regional

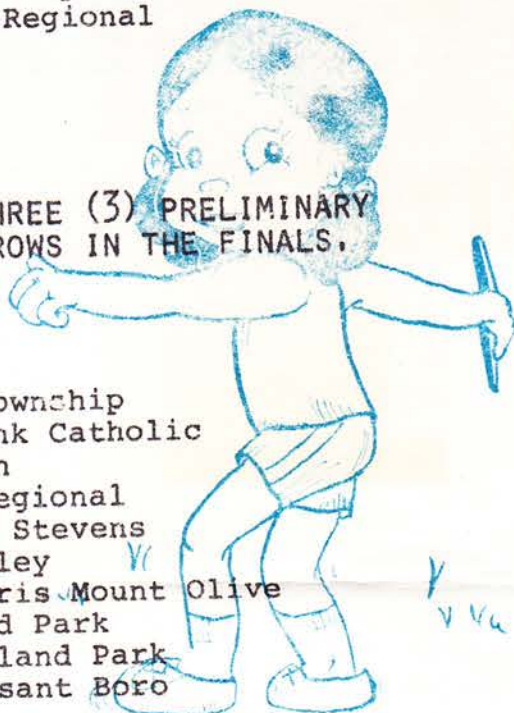
JAVELIN

TOP SIX (6) GIRLS TO THE FINALS; THREE (3) PRELIMINARY
THROWS AND THREE (3) ADDITIONAL THROWS IN THE FINALS.

Flight #1

1. 722 Keri Camarigg, Wall Township
2. 659 Nancy Nielson, Red Bank Catholic
3. 607 Karen Crump, Pemberton
4. 203 Barbara Bell, Shore Regional
5. 395 Patricia Hurley, J.P. Stevens
6. 349 JoAnn Helm, Wayne Valley
7. 734 Donna Forte, West Morris Mount Olive
8. 54 Marsha Saiff, Highland Park
9. 55 Rhonda Dakelman, Highland Park
10. 872 Gena Lenz, Point Pleasant Boro

National Record - None listed
State Record - Keri Camarigg 141'11"
Wall Township



Jill Greene '75

* Appeal Entry



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HIGH JUMP

FINALS - TOP FIVE (5) JUMPS SCORE

Flight #1

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1. 91 Mary Varrick, Holmdel
 2. 705 Donna Lenz, West Morris Central
 3. 898 Lisa Laco, West Windsor
 4. 649 Robin Brown, Red Bank Catholic
 5. 703 Diane Hayles, Toms River South
 6. 511 Allison Manchester, Jefferson
 7. 362 Lisa Simpson, Central Regional
 8. 766 Martha Megill, Asbury Park
 9. 489 Julie Smithers, Lakewood
 10. 273 Becky Deetz, Ridgewood

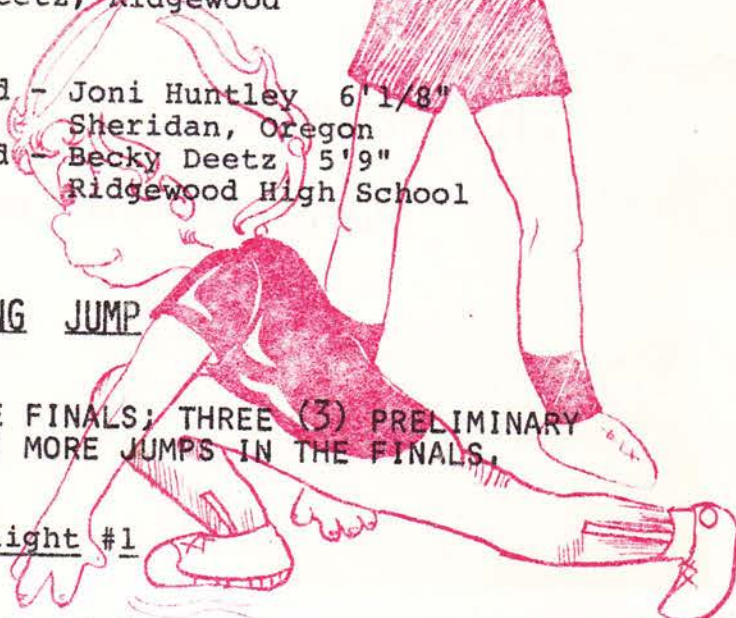
National Record - Joni Huntley 6'1/8"
Sheridan, Oregon
State Record - Becky Deetz 5'9"
Ridgewood High School

LONG JUMP



TOP SIX (6) GIRLS TO THE FINALS; THREE (3) PRELIMINARY
JUMPS AND THEN THREE (3) MORE JUMPS IN THE FINALS.

Flight #1

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1. 33 Robin Lutz, Delaware Valley
 2. 58 Jill Breslin, Highland Park
 3. 434 Donna Watkins, Glen Ridge
 4. 732 Sandy Heydt, West Morris Mount Olive
 5. 50 Cindy Lowen, Highland Park
 6. 675 Deirdre Reilly, Rumson-Fair Haven
 7. 684 Lucy Jenkins, Toms River South
 8. 476 Yvonne Smith, Monmouth Regional
 9. 587 Mary Ellen Haggerty, Paul VI
 10. 489 Julie Smithers, Lakewood

National Record - Brenda Moorehead 19'2"
Toledo, Ohio
State Record - Yvonne Smith 18'5"
Monmouth Regional

Jill Greene