

**18th ANNUAL
STATE MEET OF CHAMPIONS**



**HOLMDEL PARK
NOVEMBER 18, 1989**

Sponsored By:

N.G.S.I.A.A.

GOOD

LICK!

Man Girls Race

11:45 Boys Race

12:30 Awards

WELCOME

On behalf of the New Jersey Interscholastic Athletic Association, we would like to welcome all runners, coaches, families and friends to the 1989 Meet of Champions.

We have listed below the rules and regulations we would like you to follow to help make today's meet an enjoyable experiences for the athletes involved. The finest runners in the state have gathered to determine which will be the best of the best and we want a fair competition.

This program also includes a schedule of events and some interesting statistics about the 1989 season and the history of the Meet of Champions.

The officials for this meet have been chosen from the finest in the state. They will be enforcing rules which have been established for the good of all runners.

Good luck to all schools, runners and coaches.

Tony Chesney
Meet Director

TODAY'S SCHEDULE

| | |
|------------|-------------------------|
| 11:00 a.m. | Girls championship race |
| 11:45 a.m. | Boys championship race |
| 12:30 p.m. | Awards ceremony |

GUIDELINES/REGULATIONS FOR THE 1989 CROSS COUNTRY CHAMPIONSHIPS

1. Shaded areas on the map (provided) are off limits.
2. Park buildings, patios, walkways, parking lots and roadways are not to be used as warm-up areas.
3. Spiked shoes are not to be worn inside of park buildings.
4. Runners are not to go beyond lake area.
5. Receptacles have been provided for trash. Please use them or take trash with you.
6. All runners should be at the starting line 20 minutes prior to actual starting time. Only runners will be allowed at the official starting line. Coaches, managers and teammates must stay at the line behind the starting line.
7. Each runner must have a the number provided securely fastened on the front of the uniform. Secure number with four pins. Athletes not competing with a complete team of 5-7 runners should make sure their number has been x-ed by meet management.
8. Each runner must also wear a contestant tag on the front of the uniform. This card should be properly filled in with the athlete's full name and school. That tag should then be secured below the number so that the officials in the chute may take it after the athlete crosses the finish line.
9. Each runner will receive an orange individual place card while in the chute. That number indicates actual place of finish. Runners not on complete teams will then exit the chute through the area provided. (Do not duck under the ropes).
10. At the end of the chute, all runners on complete teams will receive a white place card. This indicates the place of finish when individual runners have been eliminated. If you are on a complete team you must hand your coach both the white and orange cards.
11. Coaches will score their team using the white cards, which will be filled in with the athlete's name full name and school. A white tally card has been provided for every complete team. Coaches should check packets to make sure the card is there.
12. Coaches are responsible for turning in cards (orange, white and tally sheets) within 15 minutes of the completion of the race. All scoring will be done in the shelter. Coaches with both boys and girls teams must turn in the girls card before the boys race.
13. Copies of meet results will be provided following each race. Girls results should be ready by the completion of the boys race. Boys results will be available as soon after the race as possible.
14. To give proper recognition to the athletes and teams winning awards, a short awards ceremony will be held in the shelter at approximately 12:30. Coaches are asked to have their athletes available for this ceremony. Parents and friends are asked to stay for the ceremony.
15. A trophy and seven medals will be presented to the team champion in each race today. Seven medals will be presented to the teams finishing second and third. An individual trophy will be presented to the first place athlete in each race. Medals will be presented to finishers two through 10.

Starting Line Positions (Lane 1 at Shelter)

| Boys | | Girls | |
|--------------------------------|----------|-------------------------|----------|
| 1. Holmdel | (1 ind.) | 1. Pingry | (1 ind.) |
| 2. Franklin Twp. | (1 ind.) | 2. Phillipsburg | |
| 3. Highland Regional | | 3. Bridgewater | (1 ind.) |
| 4. Mendham | (1 ind.) | 4. Carteret | (1 ind.) |
| 5. Bridgeton | | 5. Kittatinny | |
| 6. Morris Hills | (1 ind.) | 6. Northern Highlands | (1 ind.) |
| 7. Ridgewood | (1 ind.) | 7. Newton | (1 ind.) |
| 8. Pingry | | 8. Somerville | (1 ind.) |
| 9. Cherokee | | 9. Brick Twp. | |
| 10. Chatham | | 10. Dumont | (1 ind.) |
| 11. Absegami | (1 ind.) | 11. Marlboro | (1 ind.) |
| 12. Toms River East | | 12. Caldwell | (1 ind.) |
| 13. Millburn | | 13. West Morris | (1 ind.) |
| 14. Riverside | | 14. Bishop Eustace | |
| 15. Pemberton | (1 ind.) | 15. Morris Hills | (1 ind.) |
| 16. Mater Dei | (1 ind.) | 16. Mount Olive | |
| 17. Pitman | (1 ind.) | 17. Toms River East | |
| 18. Christian Brothers Academy | | 18. Mater Dei | |
| 19. Delbarton | (1 ind.) | 19. Manalapan | (1 ind.) |
| 20. Wildwood Catholic | | 20. Palisades Park | |
| 21. Burlington | (1 ind.) | 21. Ridgewood | (2 ind.) |
| 22. Toms River North | | 22. Clearview | (2 ind.) |
| 23. Paul VI | | 23. Kingsway | |
| 24. Ramsey | (1 ind.) | 24. Lakeland | (1 ind.) |
| 25. Mahwah | (1 ind.) | 25. Gloucester Catholic | (1 ind.) |
| 26. St. Benedict's | | 26. Sacred Heart | (1 ind.) |
| 27. Woodrow Wilson | (1 ind.) | 27. Dover | (1 ind.) |
| 28. North Warren | (1 ind.) | 28. Paul VI | |
| 29. Cinnaminson | | 29. Red Bank Catholic | |
| 30. Red Bank Catholic | | 30. Camden Catholic | (1 ind.) |
| 31. Whippany Park | | 31. Kinnelon | (1 ind.) |
| 32. Westfield | (1 ind.) | 32. Red Bank Regional | (1 ind.) |
| 33. Wayne Valley | (1 ind.) | 33. Hopatcong | |
| 34. Kearny | (1 ind.) | 34. Haddonfield | (1 ind.) |
| 35. Haddon Twp. | (1 ind.) | 35. Saddle Brook | (1 ind.) |
| 36. Camden | (1 ind.) | | |
| 37. Gloucester Catholic | (1 ind.) | | |
| 38. Holy Cross | (1 ind.) | | |
| 39. Wallkill Valley | (1 ind.) | | |
| 40. Ocean Twp. | (1 ind.) | | |
| 41. Haddonfield | | | |
| 42. Columbia | (1 ind.) | | |
| 43. Cedar Ridge | | | |
| 44. Sacred Heart | | | |
| 45. Asbury Park | (3 ind.) | | |
| 46. St. Rose | (2 ind.) | | |
| 47. Metuchen | (1 ind.) | | |
| 48. Paramus Catholic | (1 ind.) | | |
| 49. Shawnee | (1 ind.) | | |
| 50. Camden Catholic | (1 ind.) | | |
| 51. St. Augustine | (2 ind.) | | |
| 52. Newark East Side | (1 ind.) | | |
| 53. Manchester Twp. | (1 ind.) | | |
| 54. North Burlington | (1 ind.) | | |

Schools listed without (ind.) are full teams (5-7 runners).

Boys Making Meet of Champions

| Individuals | | Teams |
|-----------------|---------------------|--------------------|
| Dan Avis | Westfield | Bridgeton |
| Chad Beer | Morris Hills | Cedar Ridge |
| Clinton Bell | Franklin Twp. | Chatham |
| Ray Beyer | Absegami | Cherokee |
| Eric Boucher | Ridgewood | Christian Brothers |
| Ron Brock | Riverside | Cinnaminson |
| Shawn Brock | Riverside | Haddonfield |
| Ted Callinan | Gloucester Catholic | Highland Regional |
| Pat Campbell | Holy Cross | Millburn |
| Jody Carlson | Pemberton | Paul VI |
| Rich Cochrane | Wayne Valley | Pingry |
| Russell Curley | Columbia | Red Bank Catholic |
| Shane DeGannes | Woodrow Wilson | Riverside |
| Albert Donawa | Camden | Sacred Heart |
| Harry Drew | St. Rose | St. Benedict's |
| Brian Durham | Burlington | Toms River East |
| Kirk Earney | Haddon Twp. | Toms River North |
| Dorian Fenner | Newark East Side | Whippany Park |
| Kenneth Flynn | Ramsey | |
| Rob Forberger | Camden Catholic | |
| Kevin Horty | Delbarton | |
| Ben Jezovnik | Shawnee | |
| Desmond Joyner | Asbury Park | |
| Ron Kornafel | St. Augustine | |
| Jim Lame | Wallkill Valley | |
| Chris Lee | Holmdel | |
| Craig McDonald | Asbury Park | |
| Jim McElhatton | Wildwood Catholic | |
| Matt Martin | Haddon Twp. | |
| Craig Masker | Mahwah | |
| Jeff Mastroly | St. Rose | |
| Tom Naimoli | Mater Dei | |
| Rui Ornelas | Kearny | |
| David Pataky | Paramus Catholic | |
| Joe Pawlick | Ocean Twp. | |
| John Peluso | Manchester Twp. | |
| Matthew Sanson | North Warren | |
| Kevin Schilling | Pitman | |
| Chris Shields | Mendham | |
| Mark Sivieri | St. Augustine | |
| Bryan Spoonire | Asbury Park | |
| Larry Weiss | Metuchen | |

Top Returnees from 1988 Meet of Champions

| | |
|--------------------|------------------|
| 9. Ken Flynn | Ramsey |
| 15. Craig Masker | Mahwah |
| 20. Vin Cieslik | Paul VI |
| 23. Tom Naimoli | Mater Dei |
| 24. Chris Shields | Mendham |
| 31. Ben Jeznovik | Shawnee |
| 32. Joe Cranston | Paul VI |
| 38. Brian Durham | Burlington Twp. |
| 42. Dorian Fenner | Newark East Side |
| 47. Matt Martin | Haddon Township |
| 48. Chris Lopez | Cinnaminson |
| 49. Bryan Spoonire | Asbury Park |

Girls Making the Meet of Champions

| Individuals | | Teams |
|---------------------|---------------------|-------------------|
| Cathy Acevedo | Saddle Brook | Bishop Eustace |
| Johanna Altman | Dover | Brick Twp. |
| Stephanie Andrasek | Newton | Hopatcong |
| Monal Chokshi | Bridgewater-Raritan | Kingsway |
| Stella Cinoa | Marlboro | Kittatinny |
| Tara DeShayes | Haddonfield | Mater Dei |
| Liz Figlar | Ridgewood | Mount Olive |
| Eileen Fitzgerald | Ridgewood | Palisades Park |
| Tabitha Francks | Gloucester Catholic | Paul VI |
| Kristen Hall | West Morris | Phillipsburg |
| Stacey Hempel | Carteret | Red Bank Catholic |
| Sherry Jenkins | Camden Catholic | Toms River East |
| Cheryl Keating | Sacred Heart | |
| Marianne Livingston | Red Bank Regional | |
| Kathy McAuliffe | Dumont | |
| Rachel McLaughlin | Lakeland Regional | |
| Cathy Miller | Somerville | |
| Becky Nazerio | Pingry | |
| Jen Nesbitt | Caldwell | |
| Michelle Owen | Clearview | |
| Caroline Preece | Northern Highlands | |
| Tara Riccuito | Manalapan | |
| Jennifer Schenberg | Kinnelon | |
| Carrie Thompson | Clearview | |
| Nicki Willett | Morris Hills | |

Top Returnees From 1988 Meet of Champions

| | |
|----------------------|---------------------|
| 3. Kristen Hall | West Morris |
| 7. Nicki Willett | Morris Hills |
| 8. Sandy Wright | Paul VI |
| 10. Erinn Carmody | Paul VI |
| 11. Tabitha Francks | Gloucester Catholic |
| 13. Jen Nesbitt | Caldwell |
| 14. Carrie Thompson | Clearview |
| 15. Colleen Spillane | Brick Twp. |
| 17. Lori Townsend | Kingsway |
| 21. Michelle Bull | Toms River |
| 22. Patty Hoernlein | Brick Twp. |
| 24. Mary Hoernlein | Brick Twp. |
| 25. Dawn Pfeiffer | Bishop Eustace |
| 26. Alice White | Toms River East |
| 28. Becky Nazerio | Pingry |
| 29. Becky Greywall | Hunterdon Central |
| 38. Cathe Moroney | Brick Twp. |
| 39. Jen Voigt | Phillipsburg |
| 41. Kelli Dougherty | Ocean City |
| 43. Eniko Levai | Hopatcong |
| 45. Chris Oakes | Hopatcong |
| 48. Mindy Zwart | Kittatinny |
| 49. Cheryl Keating | Sacred Heart |

1989 State Group Meet Champions

Boys

| | Individual | | Team |
|-------------|----------------|-------------|-------------------|
| Group I | Matt Martin | Haddon Twp. | Haddonfield |
| Group II | Bryan Spoonire | Asbury Park | Cinnaminson |
| Group III | Kenneth Flynn | Ramsey | Highland Regional |
| Group IV | Russell Curley | Columbia | Toms River North |
| Parochial A | Joe Cranston | Paul VI | Paul VI |
| Parochial B | Tom Naimoli | Mater Dei | Pingry |

Girls

| | | | |
|-----------|----------------|---------------------|----------------|
| Group I | Cheryl Keating | Sacred Heart | Bishop Eustace |
| Group II | Michelle Owen | Clearview | Kittatinny |
| Group III | Charlene Agar | Red Bank Catholic | Mount Olive |
| Group IV | Monal Chokshi | Bridgewater-Raritan | Brick Twp. |

Top 10 Times from 1989 state Group Championships

Boys

| | | |
|-------------------|--------------|-------|
| 1. Ken Flynn | Ramsey | 16:19 |
| 2. Russell Curley | Columbia | 16:20 |
| 3. Albert Donawa | Camden | 16:20 |
| 4. Joe Cranston | Paul VI | 16:28 |
| 5. Bryan Spoonire | Asbury Park | 16:28 |
| 6. Tom Naimoli | Mater Dei | 16:31 |
| 7. Ray Beyer | Absegami | 16:40 |
| 8. Harry Drew | St. Rose | 16:41 |
| 9. Matt Martin | Haddon Twp. | 16:44 |
| 10. Rich Cochrane | Wayne Valley | 16:47 |
| Chris Shields | Mendham | 16:47 |
| Vin Cieslik | Paul VI | 16:47 |

Girls

| | | |
|-----------------------|---------------------|-------|
| 1. Monal Chokshi | Bridgewater-Raritan | 19:27 |
| 2. Charlene Agar | Red Bank Catholic | 19:49 |
| 3. Tara Riccuito | Manalapan | 19:59 |
| 4. Stephanie Andrusek | Newton | 20:01 |
| 5. Sandy Wright | Paul VI | 20:02 |
| 6. Nicki Willett | Morris Hills | 20:05 |
| 7. Michelle Owen | Clearview | 20:08 |
| 8. Lori Townshend | Kingsway | 20:15 |
| 9. Christine Engel | Mount Olive | 20:16 |
| 10. Stella Cinoa | Marlboro | 20:17 |

How They Got Here

Group 4 Boys

1. Toms River North 104, 2. Cherokee 109, 3. Toms River East 113

1. Russell Curley (Columbia) 16:20, 2. Albert Donawa (Camden) 16:20, 3. Ihab Massry (TRN) 16:48, 4. Dan Avis (Westfield) 16:59, 5. Jody Carlson (Pemberton) 17:02, 6. Ben Jezovnik (Shawnee) 17:07, 7. Marc Micali (TRE) 17:11, 8. Rui Ornelas (Kearny) 17:12, 9. Eric Boucher (Ridgewood) 17:15, 10. Dorian Fenner (Newark East Side) 17:18.

Group 3 Boys

1. Highland Regional 70, 2. Cedar Ridge 100, 3. Bridgeton 161

1. Ken Flynn (Ramsey) 16:19, 2. Ray Beyer (Absegami) 16:40, 3. Rick Cochrane (Wayne Valley) 16:47, 4. Chris Shields (Mendham) 16:47, 5. Shane DeGannes (Woodrow Wilson) 16:50, 6. Joe Pawlish (Ocean Twp.) 16:52, 7. Chad Beer (Morris Hills) 16:53, 8. Chris Simon (Highland) 16:55, 9. Jerry Franks (Highland) 16:56, 10. Clinton Bell (Franklin Twp.) 17:03.

Group 2 Boys

1. Cinnaminson 82, 2. Millburn 134, 3. Chatham 156

1. Bryan Spoonire (Asbury Park) 16:28, 2. Craig Masker (Mahwah) 16:56, 3. Craig McDonald (Asbury Park) 17:00, 4. Brian Walsh (Chatham) 17:02, 5. John Peluso (Manchester Twp.) 17:13, 6. Jim Lame (Wallkill Valley) 17:14, 7. Artie Delacruz (North Burlington) 17:17, 8. Chris Lee (Holmdel) 17:18, 9. Demond Joyner (Asbury Park) 17:20, 10. Jason Rinsky (Millburn) 17:22.

Group 1 Boys

1. Haddonfield 57, 2. Whippany Park 117, 3. Riverside 143

1. Matt Martin (Haddon Twp.) 16:44, 2. Tim Shanahan (Haddonfield) 17:05, 3. Kirk Earney (Haddon Twp.) 17:21, 4. Kevin Underwood (Haddonfield) 17:21, 5. Larry Weiss (Metuchen) 17:23, 6. Brian Durham (Burlington) 17:24, 7. Ron Brock (Riverside) 17:24, 8. Kevin Schilling (Pitman) 17:26, 9. Shawn Brock (Riverside) 17:30, 10. Matthew Sanson (North Warren) 17:49.

Parochial A Boys

1. Paul VI 40, 2. Christian Brothers 64, 3. Red Bank Catholic 126

1. Joe Cranston (Paul VI) 16:28, 2. Vin Cieslik (Paul VI) 16:47, 3. Tom Lillis (CBA) 16:56, 4. Kevin Horty (Delbarton) 16:58, 5. Rich Sciria (CBA) 17:00, 6. Pete Dougherty (Paul VI) 17:01, 7. Ron Forberger (Camden Cath.) 17:04, 8. David Pataky (Paramus Cath.) 17:05, 9. Marc McDonald (CBA) 17:13, 10. Pat Campbell (Holy Cross) 17:19.

Parochial B Boys

1. Pingry 80, 2. Sacred Heart 91, St. Benedict's 119

1. Tom Naimoli (Mater Dei) 16:31, 2. Harry Drew (St. Rose) 16:41, 3. Mark Sivieri (St. Augustine) 16:50, 4. Nuno Santo (St. Benedict's) 17:04, 5. Ron Kornafel (St. Augustine) 17:17, 6. Jason Polaha (Sacred Heart) 17:31, 7. Jeff Mastroly (St. Rose) 17:36, 8. Ted Callanan (Gloucester Cath.) 17:40, 9. Jim McElhatton (Wildwood Cath.) 17:51, 10. Tim Lear (Pingry) 17:54.

How They Got Here

Group 4 Girls

1. Brick Twp. 80, 2. Toms River East 108, 3. Paul VI 111

1. Monal Chokshi (Bridgewater) 19:27, 2. Tara Riccuito (Manalapan) 19:59, 3. Sandy Wright (Paul VI) 20:02, 4. Stella Cinoa (Marlboro) 20:17, 5. Rachel McLaughlin (Lakeland) 20:29, 6. Colleen Spillane (Brick) 20:30, 7. Eilleen Fitzgerald (Ridgewood) 20:32, 8. Liz Figlar (Ridgewood) 20:35, 9. Lillian Foti (Brick) 20:37, 10. Erinn Carmody (Paul VI) 20:42.

Group 3 Girls

1. Mount Olive 71, 2. Phillipsburg 106, 3. Red Bank Catholic 114

1. Charlene Agar (RBC) 19:49, 2. Stephanie Andresak (Newton) 20:01, 3. Nicki Willett (Morris Hills) 20:05, 4. Christine Engel (MO) 20:16, 5. Kristen Hall (WM) 20:35, 6. Sherry Jenkins (Camden Cath.) 20:39, 7. Kelly Donnellon (MO) 20:41, 8. Kathy Mc Auliffe (Dumont) 20:41. 9. Marianne Livingston (Red Bank Reg.) 20:45, 10. Mary Pat Erickson (RBC) 20:48.

Group 2 Girls

1. Kittatinny 66, 2. Hopatcong 110, 3. Kingsway 136
1. Michelle Owen (Clearview) 20:08, 2. Lori Townsend (Kingsway) 20:15, 3. Jen Nesbitt (Caldwell) 20:33, 4. Carrie Thompson (Clearview) 21:02, 5. Tabitha Francks (Gloucester Cath.) 21:03, 6. Mindy Zwart (Kittatinny) 21:04, 7. Stacey Hempel (Carteret) 21:12, 8. Caroline Preece (Northern Highlands) 21:30, 9. Cathy Miller (Somerville) 21:30, 10. Johanna Altman (Dover) 21:31.

Group 1 Girls

1. Bishop Eustace 56, 2. Palisades Park 82, 3. Mater Dei 96
1. Cheryl Keating (SH) 20:27, 2. Jen Schenberg (Kinneelon) 20:56, 3. Kelly Dobson (Mater Dei) 21:08, 4. Becky Nazerio (Pingry) 21:14, 5. Dawn Pfeiffer (BE) 21:18, 6. Tara De Shayes (Haddonfield) 21:19, 7. Jessica Smith (BE) 21:25, 8. Cathy Acevedo (Saddle Brook) 21:33, 9. Lisa Skultery (BE) 21:34, 10. Nicole Brown (Palisades Park) 22:13.

All Group (Meet of Champions) Individual Champions

BOYS

| | | | |
|--------------------------------|-------------------|------------------|-----------|
| 1972 | Harry Kronick | Franklin Twp. | 12:33.0 |
| 1973 | Greg Stremmel | Gateway | 14:22.8 |
| 1974 | Marty Ludwikowski | Cherry Hill West | 14:42.1 |
| 1975 | Kevin Byrne | Paramus Catholic | 14:43.2 |
| 1976 | Bob Siehl | Morris Hills | 14:43.5 |
| 1977 | Estoquio Gonzalez | Memorial (WNY) | 15:21.5 |
| 1978 | Joe Weber | Kearny | 15:49.5 |
| Present Course at Holmdel Park | | | |
| 1979 | Jim Smith | Haddonfield | 16:09.5 |
| 1980 | Cliff Sheehan | Westfield | 15:50.0 |
| 1981 | Tom Fischer | Manalapan | 16:01.6 |
| 1982 | John Carlotti | Bernards | 15:53.0 |
| 1983 | Brad Hudson | North Hunterdon | 15:38.0 |
| 1984 | Andy Martin | North Hunterdon | 15:52.8 |
| 1985 | Ron Faith | Paul VI | 16:10.0 |
| 1986 | Carlos Martins | Newark East Side | 16:10.0 |
| 1987 | Jason DiJoseph | Paul VI | 15:58.0 |
| 1988 | Jason DiJoseph | Paul VI | 15:33.0 * |

* - Meet record

Holmdel Park Course record: 15:16.2, Jason DiJoseph Paul VI,
(1988 Parochial A Championships)

Team Champions and Sites

| | | |
|------|----------------------------|-----------------------|
| 1972 | No team competition | Ocean County Park |
| 1973 | St. Joseph's, Metuchen | Bridgewater West H.S. |
| 1974 | Morris Catholic | Buccluech Park |
| 1975 | Morris Catholic | Pennsauken H.S. |
| 1976 | Westfield | Holmdel Park |
| 1977 | Bergen Catholic | Holmdel Park |
| 1978 | Memorial (West New York) | Holmdel Park |
| 1979 | Christian Brothers Academy | Holmdel Park @ |
| 1980 | Christian Brothers Academy | Holmdel Park |
| 1981 | Bernards | Holmdel Park |
| 1982 | Bernards | Holmdel Park |
| 1983 | North Hunterdon | Holmdel Park |
| 1984 | Paul VI (Haddonfield) | Holmdel Park |
| 1985 | Bernards | Holmdel Park |
| 1986 | Christian Brothers Academy | Holmdel Park |
| 1987 | Christian Brothers Academy | Holmdel Park |
| 1988 | Paul VI (Haddonfield) | Holmdel Park |

@ - First year on present course at Holmdel County Park.

All Group (Meet of Champions) Individual Champions

GIRLS

| | | | |
|------|--------------------|--------------------------------|-----------|
| 1972 | Hilary Noden | Hopewell Valley | 12:41 |
| 1973 | Hilary Noden | Hopewell Valley | 12:30.6 |
| 1974 | Hilary Noden | Hopewell Valley | 11:21.7 |
| 1975 | Carol Conlon | Nutley | 12:47 |
| 1976 | Lucy Sheldrick | Union Hill | 12:22 |
| 1977 | Nancy Seeger | Roxbury | 17:46.5 |
| 1978 | Ann Gladue | Bayley-Ellard | 18:47.6 |
| | | Present Course at Holmdel Park | |
| 1979 | Ann Gladue | Bayley-Ellard | 18:17.6 |
| 1980 | Janet Smith | J.P. Stevens | 18:43.0 |
| 1981 | Janet Smith | J.P. Stevens | 18:01.5 |
| 1982 | Michelle Rowen | Washington Twp. | 17:40.0 |
| 1983 | Janet Smith | J.P. Stevens | 17:35.5 # |
| 1984 | Toni Ann Angione | Bergenfield | 18:29.9 |
| 1985 | Jodi Bilotta | North Hunterdon | 18:44.0 |
| 1986 | Jodi Bilotta | North Hunterdon | 18:56.0 |
| 1987 | Jodi Bilotta | North Hunterdon | 18:34.0 |
| 1988 | Christi Constantin | Kittatinny | 17:55.0 |

- Meet and Holmdel Park course record

Team Champions and Sites

| | | |
|------|-------------------|----------------|
| 1972 | Red Bank Catholic | Holmdel Park |
| 1973 | Red Bank Catholic | Holmdel Park |
| 1974 | Red Bank Catholic | Buccleuch Park |
| 1975 | Red Bank Catholic | Holmdel Park |
| 1976 | Red Bank Catholic | Holmdel Park |
| 1977 | Brick Township | Holmdel Park |
| 1978 | Toms River North | Holmdel Park |
| 1979 | Hunterdon Central | Holmdel Park @ |
| 1980 | North Hunterdon | Holmdel Park |
| 1981 | North Hunterdon | Holmdel Park |
| 1982 | Bernards | Holmdel Park |
| 1983 | North Hunterdon | Holmdel Park |
| 1984 | North Hunterdon | Holmdel Park |
| 1985 | North Hunterdon | Holmdel Park |
| 1986 | North Hunterdon | Holmdel Park |
| 1987 | Kearny | Holmdel Park |
| 1988 | Brick Township | Holmdel Park |

@ - First year on present Holmdel County Park course

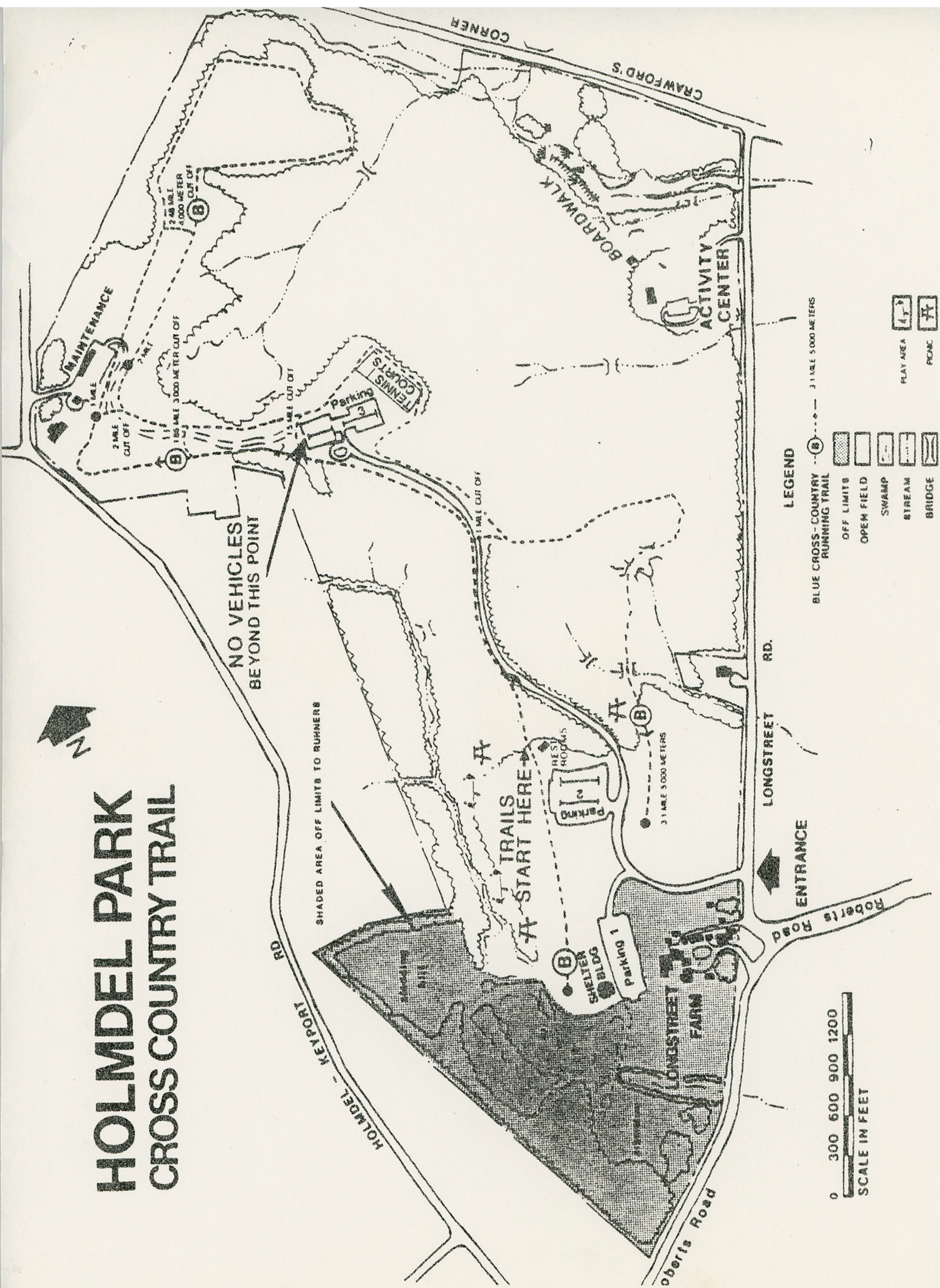
HOLMDEL PARK CROSS COUNTRY TRAIL



NO VEHICLES
BEYOND THIS POINT

SHADED AREA OFF LIMITS TO RUNNERS

TRAILS
START HERE



LEGEND

- BLUE CROSS-COUNTRY RUNNING TRAIL
- OFF LIMITS
- OPEN FIELD
- SWAMP
- STREAM
- BRIDGE
- PLAY AREA
- PICNIC

