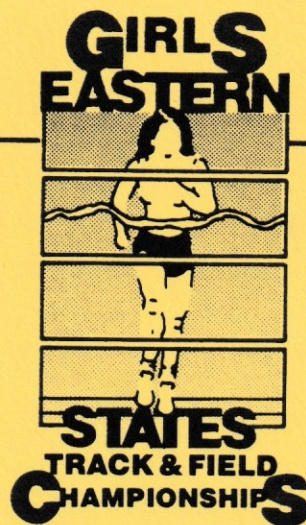




June 12, 1990

Wien Stadium

Columbia University, New York City

ENTRY STANDARDS

The following standards are only a guide. Meeting any standard does not necessarily guarantee entry to the meet.
(* = contested events)

<u>EVENT</u>	<u>STANDARD</u>	<u>EVENT</u>	<u>STANDARD</u>
* 100 Meter Dash	12.6 (hand) / 12.84 (auto)	* 4 x 100 Meter Relay	52.4 (hand) / 52.54 (auto)
* 200 Meter Dash	26.3 (hand) / 26.54 (auto)	* 4 x 200 Meter Relay	1:52.0
* 400 Meter Run	60.0 (hand) / 60.14 (auto)	* 4 x 400 Meter Relay	4:08.0
* 800 Meter Run	2:21.0	* 4 x 800 Meter Relay	10:00.0
1500 Meter Run	5:00.0	* 4 x 1600 Meter Relay	23:00.0
1600 Meter Run	5:20.0	* Sprint Medley Relay (200,200,400,800)	4:25.0
* One Mile Run	5:22.0	* Distance Medley Relay	13:15.0
* 3000 Meter Run	10:45.0		
3200 Meter Run	11:25.0		
Two Mile Run	11:30.0		
100 Meter Hurdles - 30"	15.6 (hand) / 15.84 (auto)	* High Jump	5'0"
* 100 Meter Hurdles - 33"	15.8 (hand) / 16.04 (auto)	* Long Jump	16'6"
300 Meter Hurdles	47.0 (hand) / 47.24 (auto)	* Triple Jump	34'0"
* 400 Meter Hurdles	66.0 (hand) / 66.14 (auto)	* Shot Put - 4 Kilograms	34'0"
		* Discus	105'0"
		* Javelin	95'0"

(Note that all contested events have a limit of 30 individuals/relays except for the 4 x 1600 Meter and Distance Medley Relays which have a limit of 15)

ORDER OF EVENTS

4:00 PM 3000 Meter Walk	Final	7:00 100 Meter Hurdles	Final
4:30 4 x 1600 Meter Relay	Final	7:00 Triple Jump	Final
4:55 400 Meter Hurdles	Trial	7:05 Mile Run	Final
5:00 Long Jump , High Jump, Javelin	Final	7:20 200 Meter Dash	Trial
4 x 100 Meter Relay	Trial	7:30 800 Meter Run	Final
5:05 4 x 800 Meter Relay	Final	7:45 400 Meter Hurdles	Final
5:20 4 x 400 Meter Relay	Trial	7:55 400 Meter Dash	Final
5:30 100 Meter Dash	Trial	8:00 Shot Put	Final
5:45 100 Meter Hurdles	Trial	8:05 3000 Meter Run	Final
5:55 400 Meter Dash	Trial	8:20 200 Meter Dash	Final
6:05 4 x 200 Meter Relay	Trial	8:30 4 x 200 Meter Relay	Final
6:15 100 Meter Dash	Semi	8:40 Sprint Medley Relay	Final
6:25 100 Meter Hurdles	Semi	8:45 4 x 100 Meter Relay	Final
6:30 Discus	Final	8:50 4 x 400 Meter Relay	Final
6:35 Dist. Medley Relay	Final		
6:50 100 Meter Dash	Final		

MEET OFFICIALS

MEET DIRECTOR	-	Paul Schaefer
ASS'T DIRECTOR	-	Donal Buckley
REFEREE	-	Jan O'Shea
CLERK	-	William Shelley
ASS'T CLERK	-	Peter Fitzpatrick
STARTER	-	John McGee
HEAD OF FINISH LINE	-	Gene Shelley
TIMER/JUDGE	-	Tom O'Brien
TIMER/JUDGE	-	Patricia Knappe
TIMER/JUDGE	-	Brother Neri Fulton O.S.F.
TIMER/JUDGE	-	Brother Barry Tracy O.S.F.
TIMER/JUDGE	-	Brother Xavier Castaldo O.S.F.
HEAD OF FIELD	-	Mary Brower
FIELD JUDGE	-	Eileen Mahoney
FIELD JUDGE	-	Brother Norman Smercak O.S.F.
FIELD JUDGE	-	Warren Ring
FIELD JUDGE	-	Lou Vasquez
CHIEF OF ENTRIES	-	Brother Antonio Montera O.S.F.
SEED COMMITTEE	-	Jim Mitchell, Jacob Brown, Dan Doherty, Lou Hall, Jim Zietler, Bob Beer, Mike Byrnes, Phil Watnick, Jim Spier, Ed Delgado, Jack Pfeifer, Paul Schaefer, Brother Antonio Montera O.S.F.

June 12, 1990

Dear Athletes,

I take great pleasure in welcoming you all to the Girl's Eastern States Track and Field Championships. Columbia University is proud to be hosting the sixth annual edition of this outstanding competition.

Your participation in this meet signifies your position among the best female athletes in the East. May your hard work yield your best effort today at Wien Stadium.

Congratulations, also, to all coaches and parents. Your time with and support of these young people is self-evident and to be applauded.

Once again, congratulations and best of luck to all!

Yours truly,

Al Paul
Director of
Athletics

CORNELL

Summer Sports School '90

(for residents & commuters)

COED TRACK CAMP (ALL EVENTS)

Director - Rich Bowman, Asst. Cross Country
& Track Coach, Cornell

ALSO OFFERED: SPEED CAMP - JULY 13-15

OTHER SPORTS OFFERED (JUNE 24 - AUGUST 3):

BOYS:	GIRLS:	COED:
Basketball	Basketball	Tennis
Ice Hockey	Field Hockey	Golf
Lacrosse	Lacrosse	Swimming
Soccer	Soccer	Polo
Wrestling	Volleyball	Wilderness Canoeing

For Applications & Informations contact:

Sports School Office; P. O. Box 729; Ithaca, NY 14851
or call (607) 255-7333

RIDGEWOOD RELAYS

AND

RIDGEWOOD CROSS COUNTRY INVITATIONAL

For information:

Jacob Brown

Ridgewood High School

Ridgewood, New Jersey



Go For It !!
Best Wishes and
Good Luck
to

All the Athletes
Suffolk County Officials
of Girls Track and Field

COMPETE IN USSR, England or Scandinavia

Challenge Europe's Youth.
Everyone is eligible.

You receive

- 13-21 day escorted tours
- At least 2 competitions
- Ticket to Grand Prix meet
- Celebrity Banquet - meet the stars
- Internationally experienced coaches
- Road Races

"EXPERIENCE OF A LIFETIME"

Coaches — ask about joining our staff

INTERNATIONAL SPORTS TOURS

P.O. Box 20261 / Wichita, KS 67208
(316) 685-1638 or 733-2878

References Available

MEET RECORDS GIRLS' EASTERN STATES

<u>EVENT</u>	<u>PERFORMANCE</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>YEAR</u>
100 METER DASH	:11.71	ANGIE JOHNSON	NASHUA H.S.	1989
200 METER DASH	:24.58	CONNIE DAVISON	WEST HEMPSTEAD HS	1989
400 METER DASH	:53.21	STEPHANIE SALEEM	NEPTUNE H.S.	1985
800 METER RUN	2:08.37	SHOLA LYNCH	HUNTER H.S.	1986
1500 METER RUN	4:23.92	KATHY FRANEY	MASSAPEQUA H.S.	1985
3000 METER RUN	9:42.01	CHRISTIN CONSTANTIN	KITTANTINNY REG. HS	1989
3000 METER WALK	15:16.3	NORA COMANS	SMITHTOWN EAST HS	1987
100 METER HH	:13.63	DAWN BOWLES	NEPTUNE H.S.	1987
400 METER IH	:59.8	DEIDRE FLEMING	BRONXVILLE H.S.	1987
HIGH JUMP	6'0"	SHELLY CHOPPA	GLENS FALLS H.S.	1988
LONG JUMP	19'7"	RONDA RICKETTS	UNIONDALE H.S.	1989
TRIPLE JUMP	40'03.25"	ELEENA ZHELEZOV	NEEDHAM HS	1989
SHOT PUT	43'4.5"	KAREN O'CONNOR	F.D. ROOSEVELT H.S.	1987
DISCUS	146'11"	BRENNA O'CONNOR	HALDANE H.S.	1986
JAVELIN	136'10"	KELLI FAY	CUMBERLAND H.S.	1986
4 X 100 METERS	:48.04	UNIONDALE H.S.	UNIONDALE, NEW YORK	
		MICHELLE CHIN QUEE, LOIS GRIZZLE, NATALIE DAVIS, RONDA RICKETTS		1989
4 X 200 METERS	1:40.20	WILLIAM PENN H.S.	PHILADELPHIA, PENN	
		CAMILLE HENDRIX, KIM WASHINGTON, LAKEYA SMITH, MARCIA RUSH,		1988
4 X 400 METERS	3:45.49	WILLIAM PENN HS	PHILADELPHIA, PENN	
		LAKEYA SMITH, MARCIA RUSH, KIM WASHINGTON, CAMILLE HENDRIX		1988
4 X 800 METERS	8:55.63	BOYS AND GIRLS H.S.	BROOKLYN, NEW YORK	
		THERESA WEEKS, DENISE VAN NOOTEN, SANDRA BURKE, SHARON MOORE		1988
4 X 1600 METERS	20:20.87	BRIGHTON H.S.	BRIGHTON, NEW YORK	
		RACHEL HOSMER, JODY DUSHAY, JENNY SHAVER, STACY PREY		1985
SPRINT MEDLEY	4:03.95	TILDEN H.S.	BROOKLYN, NEW YORK	
		LADIERA CLARKE, MICHELE BROWN, SARALYN CARR, RENEE RAY,		1988
DISTANCE MEDLEY	11:55.39	WANTAGH H.S.	WANTAGH, NEW YORK	
		TERI DILLINGHAM, GINA WILLS, JENNIFER ANTES, THERESE DEVLIN		1985

3000 METER WALK

Meet: 15:16.3 Nora Coman
Smithtown East HS, St. James, NY

1988

ENTRANTS

#247	Stephanie	Farruggia	W C Bryant H.S.
#14	Lisa	Bailey	Averill Park HS
#19	Debbie	Iden	Bayport Blue Point H.S.
#21	Jenn	Burnell	Bayport Blue Point H.S.
#25	Roselle	Safran	Brentwood HS
#37	Kelly	Nartowicz	Centereach H.S.
#95	Zakia	Feracho	John Jay HS
#115	Debbie	Scott	Maria Regina HS
#197	Lisa	Mills	Shoreham Wading River H.S.
#202	Melissa	Baker	Shoreham Wading River H.S.
#204	Sharmila	Murthy	Smithtown East H.S.
#205	Lauren	Marasia	Smithtown East H.S.
#206	Tanya	Felber	Smithtown East H.S.
#223	Eileen	Wagner	Tottenville H.S.
#226	Kim	Krane	Tottenville H.S.
#227	Alyssa	Klibaner	Tottenville H.S.
#228	Karen	Guerin	Tottenville H.S.
#232	Kim	Bassett	Tottenville H.S.

1989 Results

1. Maura McGee	Sayville HS	Sayville, NY	16:01.7
2. Desiree McCauley	Brentwood HS	Brentwood, NY	16:29.4
3. Jennifer Curry	Miller Place HS	Miller Place, NY	16:42.9
4. Rashida Wiggins	Aviation HS	Aviation, NY	17:03.0
5. Sandy Greve	Smithtown West	Smithtown, NY	17:22.2

All-Time Top Ten

1 Nora Comans	Smithtown East HS	15:16.3	1987
2 Lori Seidel	Paramus HS	15:55.0	1987
3 Maura McGee	Sayville HS	16:01.7	1989
4 Desiree Williams	Brentwood HS	16:29.4	1989
5 Mary Ellen Fitzpatrick	Sayville HS	16:37.5	1988
6 Jennifer Curry	Miller Place HS	16:42.9	1989
7 Desiree McCauley	Brentwood HS	16:59.9	1988
8 Rashida Wiggins	Aviation HS	17:03.0	1989
9 Nicola Gustafson	Sayville HS	17:17.9	1988
10 Sandy Greve	Smithtown West HS	17:22.2	1989

Past Champions

1986	Diane Margraf, St. James HS	27:58.2
1987	Nora Comans, St. James HS	15:16.3
1988	Mary Fitzpatrick, Sayville, NY	16:37.5
1989	Maura McGee, Sayville HS	16:01.7

4 x 1600 METER

National Eastern

and Meet: 20:20.87 Brighton High School, Rochester, NY
(Rachel Hosmer - 5:07.1, Jody Dushay - 5:11.6,
Jenny Shaver - 5:09.8, Stacy Prey - 4:52.3)

1985

ENTRANTS

Notre Dame Academy
Scarsdale H.S.
Roxbury H.S.
Averill Park HS
Valley Stream Central H.S.
Pearl River H.S.
Shoreham Wading River H.S.
Tottenville H.S.
Clarkstown South H.S.
Warwick Valley H.S.
Notre Dame H.S.
Pearl River H.S.
Monroe Woodbury H.S.

1989 Results

1. Pearl River HS	Pearl River, NY	21:23.90
2. Clarkstown South HS	West Nyack, NY	21:58.55
3. Averill Park HS	Averill Park, NY	22:26.06
4. Notre Dame Academy	Staten Island, NY	23:15.40
5. Shoreham-Wading River HS	Shoreham, NY	23:32.51
6. St Francis Prep	Queens, NY	24:11.07

All-Time Top Ten

1 Brighton HS	20:20.87	1985
2 Massapequa HS	21:00.19	1985
3 Pearl River HS	21:04.3	1988
4 Holmdel HS	21:06.27	1985
5 Pearl River HS	21:20.1	1989
6 North Rockland HS	21:21.8	1988
7 Monroe-Woodbury HS	21:22.7	1988
8 Pearl River HS	21:23.7	1989
9 Monroe-Woodbury HS	21:36.85	1985
10 St. Anthony's HS	21:42.75	1986

Past Champions

1985	Brighton HS, Rochester, NY (Hosmer 5:07.1, Dushay 5:11.6, Shaver 5:09.8, Prey 4:52.3)	20:20.87
1986	St. Anthony's H.S., Rochester, NY (Schmitt, Townsend, Savilia, Brady)	21:42.75
1987	Pearl River HS, Pearl River NY (Giardina, Marquis, Duthiers, May)	21:20.1
1988	Pearl River HS, Pearl River, NY (McDonvogh, Duthiers, Giardina, Marquis)	21:05.01
1989	Pearl River HS, Pearl River, NY	21:23.90

400 METER HURDLES

National:	55.20	Leslie Maxie, Mills HS, Millbree, CA	1984
Eastern:	56.80	Kellie Roberts, Central HS, Seat Pleasant, MD	1986
Meet:	59.80	Diedre Fleming, Bronxville HS, Bronxville, NY	1987

ENTRANTS

#139	Claudine	Finn	Mt. Vernon H.S.
#264	Radniya	Teagle	William Penn HS
#104	Nadia	McNeil	Lakewood HS
#169	Karen	Sinclair	Prospect Heights HS
#125	Drexel	Long	Monmouth Reg. HS
#207	Rachel	Gomez	South Side H.S.
#30	Daria	Smith	Bronxville H.S.
#255	Dana	Weeks	Washingtonville HS
#171	Ill-llya	Gillard	Prospect Heights HS
#11	Tina	Rouse	Arts H.S.
#188	Carla	DeBiasi	Roxbury H.S.
#238	Jackie	Grimes	Trenton Central H.S.
#256	Laurie	Varnum	Washingtonville HS
#141	Sonia	Whittle	New Rochelle HS
#145	Natwon	Harp	Newark Science H.S.
#235	Tracy	Smith	Trenton Central H.S.
#118	Lisa	Billinghurst	Marlboro H.S.
#85	Lisa	Borja	Horseheads H.S.
#163	Gail	Stewart	Paul Robeson H.S.
#270	Jenn	Heisinger	Woodbury High School
#13	Laronda	Lockhart	August Martin H.S.
#65	Tricia	Ralph	H.H. Lehman H.S.
#102	Jenn	Anderson	Kingsway Regional H.S.
#45	Bridget	Dean	Clearview Reg. H.S.
#72	Kiera	Mathews	Harrisburg High School
#196	Robin	Neuner	Shoreham Wading River H.S.
#90	Ame'	Collins	John F. Kennedy H.S.
#273	Beth	Cincotto	Yorktown H.S.
#48	Stacey	Mariano	Comsewogue H.S.

1989 Results

1. Indira Hamilton	Central HS	Seat Pleasant, MD	62.08
2. Felisha Harris	Wm. Penn HS	Philadelphia PA	63.64
3. Janet Moore	Oyster River HS	Durham, NH	63.89
4. Angie Durocher	Shrewsbury HS	Shrewsbury, MA	64.14
5. Kim Burke	Midwood HS	Brooklyn, NY	64.43

All-Time Top Ten

1	Diedre Fleming	Bronxville HS	Bronx, NY	0:53.21	1987
2	Donna Powell	Central HS	Trenton, NJ	1:01.06	1985
3	Yvonne Prilo	Central HS	Trenton, NJ	1:01.30	1988
4	Judith Owen	Albert Einstein HS	Kensington, MD	1:02.81	1988
5	Erika Pietrzak	Corwall HS	Corwall, NY	1:01.81	1988
6	Indira Hamilton	Central HS	Seat Pleasant, MD	1:02.08	1989
7	Tonya Lee	Rancocas Valley HS	Mount Holly, NY	1:02.94	1986
8	Kim Baubach	Pascack Valley HS	Hillsdale, NJ	1:03.04	1987
9	Ann Bansemir	Nutley HS	Nutley, NJ	1:03.26	1985
10	Lynn Dabbiero	Washingtonville HS	Washingtonville, NY	1:03.48	1985

Past Champions

1985	Powell, Trenton HS	61.06
1986	Fleming, Bronxville HS	61.32
1987	Fleming, Bronxville HS	59.8
1988	Prilo, Trenton HS	61.30
1989	Hamilton, Central HS	62.08

LONG JUMP

National: 22-3 Kathy McMillan, Hoke County HS, Raeford, NC 1976
Eastern: 21-7:75 Carol Lewis, Willingboro HS, Willingboro, NJ 1980
Meet: 19-4 Linda Hayes, Monmouth Regional HS, 1985
 Tinton Falls, NJ

ENTRANTS

#131	Katina	Mack	Monticello HS
#142	Ayo	Atterberry	New Rochelle HS
#98	Stephanie	Pavao	King Philip Regional H.S.
#168	Dawn	Burrell	Penn Wood H.S.
#108	Tyra	Moore	Largo H.S.
#1	Tara	Watson	A. Philip Randolph H.S.
#26	Niambi	Daniels	Brentwood HS
#55	Gail	Fox	Cumberland H.S.
#252	Sue	Silvis	Wantagh H.S.
#79	Joan	Glaze	Harry S. Truman H.S.
#254	Gamiliah	Johnson	Washington Irving HS
#8	Marsha	Henry	Andrew Jackson H.S.
#162	Cassandra	Grant	Passaic H.S.
#15	Laquisha	Stephens	Baldwin H.S.
#270	Jenn	Heisinger	Woodbury High School
#215	Kim	Facey	St. Francis Prep
#43	Tiffany	O'Neal	Clearview Reg. H.S.
#222	Amy	Cuccione	Suffern H.S.
#75	Arden	Williams	Harry S. Truman H.S.
#148	Deena	Giordano	North Middlesex Reg. H.S.
#193	Camille	Roper	Sacred Heart Academy
#64	Megan	Burke	Glen Rock H.S.
#161	Tanya	Scott	Passaic H.S.
#34	Dawn	Rice	Calhoun H.S.
#221	Sue	Jackson	Suffern H.S.
#140	Janet	Lewis	Neshaminy H.S.
#68	Teri	Martin	Hackensack HS

1989 Results

1. Ronda Rickets	Uniondale HS	Uniondale, NY	19-7	Wind
2. Jen McDermott	Ridgewood HS	Ridgewood, NJ	19-2	Wind
3. Jen Schweizer	Morris Knolls HS	Denville NJ	18-4	Wind
4. Tara Watson	Randolph HS	New York, NY	17-11	Wind
5. Gail Fox	Cumberland HS	Cumberland, RI	17-8	Wind

All-Time Top Ten

1 Ronda Rickets	Uniondale HS	19-7W	1989
2 Jen McDermott	Ridgewood HS	19-5W	1988
3 Linda Hayes	Monmouth Regional HS	19-4	1985
4 Kight, Endora	Brentwood HS	18-9.75	1987
4 Millicent Shabazz	Radford HS	18-9.75	1988
6 Gillian Osborne	Westbury HS	18-9	1985
7 Annie Treheme	August Martin HS	18-8W	1987
8 Kristen Schiesswohl	Monroe Woodbury HS.	18-6.75	1988
9 Margaret Rothkamp	Indian Hills HS	18-5.5	1985
9 Joanne Gray	Deer Park HS	18-5.5	1985

Past Champions

1985	L. Hayes, Tinton Falls, NJ	19-4
1986	M. Rothkamp, Oakland, NJ	18-1W
1987	L. Hayes, Tinton Falls, NJ	19-3
1988	J. McDermott, Ridgewood, NJ	19-5W
1989	R. Ricketts, Uniondale, NJ	19-7W

HIGH JUMP

National:	6-2.75	Lisa Bernhagen, Wood River HS, Hailey, IN	1983
	6-2.75	Latresa Johnson, Clovis HS, Clovis, CA	1976
Eastern:	6-1.75	Paula Girven, Gar-Field HS, Woodbridge, VA	1988
Meet:	6-0	Shelly Choppa, Glens Falls HS, Glens Falls, NY	1988

ENTRANTS	#172	Stacy	Roth	Quakertown HS
	#208	Michelle	Koch	Sparta H.S.
	#260	Dawn	Ellery	West Windsor-Plainsboro HS
	#105	Winsome	Boge	Lakewood HS
	#222	Amy	Cuccione	Suffern H.S.
	#57	Diane	Hutko	East Syracuse-Minoa HS
	#76	Alexandra	Waddell	Harry S. Truman H.S.
	#110	Carrie	Gibb	Lenape H.S.
	#192	Michelle	Herring	Roy C Ketcham HS
	#239	Adriane	Grant	Trenton Central H.S.
	#244	Cheryl	Fuller	Troy H.S.
	#112	Elana	Chomiszak	Linden HS
	#32	Kimberly Ann		Hazen Burke High School
	#66	Lawanda	Thomas	Hackensack HS
	#93	Lauren	Hartmann	John Jay H.S.
	#111	Angela	Nigro	Linden HS
	#123	Erin	Pryor	Middletown H.S.
	#135	Juanita	Maloney	Mt. Olive H.S.
	#185	Alison	Rohmer	Roxbury H.S.
	#193	Camille	Roper	Sacred Heart Academy
	#198	Carey	McLaughlin	Shoreham Wading River H.S.
	#213	Lelia	Stewart	St. Francis Prep
	#214	Michele	Irving	St. Francis Prep
	#240	Annette	Smith	Tri Valley HS
	#251	Pam	Fielder	Walt Whitman H.S.
	#18	Korey	Smith	Bayport Blue Point H.S.
	#22	Lisa	Blanchfield	Bayport Blue Point H.S.
	#153	April	Duffy	Notre Dame Academy
	#201	Jenn	Caputo	Shoreham Wading River H.S.

1989 Results

1. Andrea Fiske	Shrewsbury HS	Shrewsbury, MA	5' 7"
2. Kate Doyle	St. Francis Prep	Queens, NY	5' 5.75"
3. Akara Elsbach	Briarcliff HS	Briarcliff Manor, NY	5-3.25
4. Yolanda Laird	Lakewood HS	Lakewood, NJ	5' 2.25"
5. Karly Heiner	Linton HS	Schenectady, NY	5' 2.25"
5. Deirdre Morris	St. Frances Prep	Queens, NY	5' 2.25"

All-Time Top Ten

1 Shelly Choppa	Glens Falls HS	Glens Falls, NY	6' 00"	1988
2 Melinda Case	West HS	Smithtown, NY	5' 09"	1985
2 Shelly Mitchell	Lakewood HS	Lakewood, NJ	5' 09"	1988
4 Stephanie Carter	Notre Dame HS	Lawrenceville, NJ	5' 08"	1987
4 Erin Halpin	East HS	Cherry Hill, NJ	5' 08"	1987
4 Dawn Case	West HS	Smithtown, NY	5' 08"	1987
4 Paige Valderrama	Tottenville HS	Staten Island, NY	5' 08"	1985
8 Andrea Fiske	Shrewsbury HS	Shrewsbury, MA	5' 07"	1989
9. SIX TIED AT 5' 08"				

Past Champions

1985	Case, West Smithtown, NY	5' 09"
1986	Case, West Smithtown, NY	5' 06"
1987	Halpin, East Cherry Hill, NJ	5' 08"
1988	Choppa, Glens Falls, NY	6'
1989	Fiske, Shrewsbury, MA	5' 07"

JAVELIN

National and

Eastern: 198' 8" Barbara Friedrich, Manasquan HS, Manasquan, NJ 1967
Meet: 136' 10" Kelli Fay, Cumberland HS, Cumberland RI 1986

ENTRANTS

#127	Carrie	Kimball	Monmouth Reg. HS
#62	Naomi	Jackson	Fox Lane H.S.
#69	Samia	Wilson	Harrisburg High School
#100	Janet	Morris	Kingsway Regional H.S.
#54	Christina	Grasso	Cumberland H.S.
#51	Kristi	White	Cranford H.S.
#179	Amy	Titus	Ridgewood H.S.
#67	Jennifer	Pfaff	Hackensack HS
#182	Claire	Blaney	Ridgewood H.S.
#53	Nicole	Piette	Cumberland H.S.
#23	Shari	Zembek	Binghamton H.S.
#101	Justine	Garozzo	Kingsway Regional H.S.
#258	Christina	Herold	Washingtonville HS
#224	Amanda	Nixon	Tottenville H.S.
#199	Katie	Gilroy	Shoreham Wading River H.S.
#34	Dawn	Rice	Calhoun H.S.

1989 Results

1. Liz Griesbach	East HS	Cherry Hill, NJ	133' 9"
2. Margaret Mirecki	Washingtonville HS	Washingtonville HS	127'
3. Naomi Jackson	Fox Lane HS.	Bedford, NY	124' 2"
4. Martha Wittosch	Warwick Valley HS	Warwick Valley, NY	121' 10"
5. Carrie Kimball	Monmouth Regional HS	Tinton Falls, NY	118'

All-Time Top Ten

1 Kelli Fay	Cumberland HS	136' 10"	1986
2 Liz Griesback	Cherry Hill East HS	133' 9"	1989
3 Christine Mello	Fair Haven HS	133' 3"	1986
4 Margaret Mirecki	Washingtonville HS	131' 3"	1987
5 Cindy Herceg	Holmdel HS	128' 1"	1988
6 Stephanie Van Cleaf	Tottenville HS	127' 1"	1987
7 Margaret Mirecki	Washingtonville HS	127'	1989
8 Lisa Parak	Vernon Township HS	126' 9"	1987
9 Naomi Jackson	Fox Lane HS	124' 2"	1989
10 Chelsea Brown	Lakewood HS	122' 9"	1987

Past Champions

1986	Fay, Cumberland, RI	136' 10"
1987	Mirecki, Washingtonville, NY	131' 3"
1988	Herceg, Holmdel, NJ	128' 1"
1989	Griesbach, Cherry Hill, NJ	133' 9"

4 X 100 METER RELAY

National:	45.11	Hawthorne HS, Hawthorne, CA (Deandra Wheeler, Kim Grant, Deanna Amy, Tami Stiles)	1985
Eastern:	46.09	Trenton Central HS, Trenton, NJ (--- Wendy Vereen)	1984
Meet:	48.41	Harry S. Truman HS, Bronx, NY (Jeanine Wright, Renee Haynes, Sonja Blanchard, Monifa Taylor)	1988

ENTRANTS

Mt. Vernon H.S.
 Penn Wood H.S.
 John Jay HS
 Newark Science H.S.
 Evander Childs H.S.
 Walt Whitman H.S.
 August Martin H.S.
 Monticello HS
 Prospect Heights HS
 Baldwin H.S.
 Julia Richman H.S.
 Harrisburg High School
 Clearview Reg. H.S.
 New Rochelle HS
 Paul Robeson H.S.
 St. John the Baptist
 Trenton Central H.S.
 Roy C Ketcham HS
 Tottenville H.S.
 Smithtown East H.S.
 Shoreham Wading River H.S.
 South Shore H.S.

1989 Results

1. Uniondale HS	Uniondale, NY	48.56
2. Mount Vernon HS	Mount Vernon, NY	49.21
3. John Jay HS	Brooklyn, NY	50.26
4. Monmouth Reg. HS.	Tinton Falls, NJ	50.42
5. Seekonk HS	Seekonk, MA	51.21

All-Time Top Ten

1 Uniondale HS	Uniondale, NY	48.04	1989
2 Truman HS	Bronx, NY	48.41	1988
3 Mount Vernon HS	Mount Vernon, NY	48.57	1988
4 Central HS	Trenton, NJ	48.74	1987
5 South Shore HS	Brooklyn, NY	49.01	1985
6 August Martin HS	Queens, NY	49.20	1985
7 Mount Vernon HS	Mount Vernon, NY	49.31	1989
8 Tilden HS	Brooklyn, NY	49.44	1987
9 John Jay HS	Brooklyn, NY	49.57	1989
10 North Attleboro HS	North Attleboro, MA	49.72	1986

Past Champions

1985	South Shore HS	(Brammer, Murrery, Walker, Williams)	49.01
1986	North Attleboro HS	(Magnan, Pearce, Golembewski, Johnson)	49.72
1987	Trenton Central HS.	(Rutherford, Baker, Barr, Prilo)	48.6
1988	Harry Truman HS	(Wright, Haynes, Blanchard, Taylor)	48.41
1989	Uniondale HS		48.56

4 X 800 METER RELAY

National,
Eastern and

Meet: 8:55.63 Boys and Girls HS, Brooklyn NY
(Weeks 2:16.8; Van Nooten 2:16.5;
Burke 2:14.5; Moore 2:07.8)

1988

ENTRANTS

Tilden H.S.
Red Bank Catholic H.S.
Mt. Olive H.S.
Brooklyn Tech H.S.
Washingtonville HS
Warwick Valley H.S.
Pearl River H.S.
Cormwall H.S.
Trenton Central H.S.
Morris Knolls HS
North Rockland H.S.
Bishop Loughlin H.S.
Tottenville H.S.
Kingsway Regional H.S.
Arlington H.S.
South Shore H.S.
Mt. Vernon H.S.

1989 Results

1. Boys and Girls HS	Brooklyn, NY	8:58.39
2. Washingtonville HS	Washingtonville, NY	9:34.78
3. Connetquot HS	Bohemia, NY	9:41.69
4. Arlington HS	La Grangeville, NY	9:46.27
5. Burnt Hills HS	Ballston Lake, NY	9:49.6

All-Time Top Ten

1 Boys and Girls HS	Brooklyn, NY	8:55.63	1988
2 Boys and Girls HS	Brooklyn, NY	8:58.39	1989
3 Cardinal O'Hara HS	Springfield PA	9:15.8	1987
4 Warwick Valley HS	Warwick Valley, NY	9:15.94	1985
5 Notre Dame Academy	Staten Island, NY	9:26.50	1986
6 St. Anthony's HS	South Huntington, NY	9:27.39	1985
7 Harry S. Truman HS	South Huntington, NY	9:29.66	1986
8 Newfield HS	Selden, NY	9:34.41	1986
9 Washingtonville HS	Washingtonville, NY	9:34.78	1989
10 Sachem HS	Lake Ronkonkoma, NY	9:37.87	1988

Past Champions

1985	Warwick Valley, NY	Newton, Thomson, Reilly, Jones	9:15.94
1986	Notre Dame Academy, NY	Finn, Kavanagh, Clinton, Moloughney	9:26.50
1987	Cardinal O'Hara, PA	Cepatelli, Torelli	9:15.8
1988	Boys & Girls, Brooklyn, NY	Weeks, VanNooten, Burke, Moore	8:55.63
1989	Boys & Girls, Brooklyn, NY	Damley, VanNooten, Revill, Burek	8:58.39

4 X 400 METER RELAY

National:	3:37.69	John Muir HS, Pasadena, CA (Lana Cantrell 55.6; Nikky Caddell 55.9; Carrie Franklin 54.0; Linetta Wilson 52.2)	1985
Eastern:	3:42.1	Central HS, Seat Pleasant, MD (Paulette Turner 55.6; Paula Bryant 55.8, Sabrae Hilliard 57.1, Robin Benjamin 53.6)	1983
Meet:	3:45.9	William Penn, Philadelphia, PA (Lakeya Smith 57.2; Marcia Rush 57.9; Kim Washington 55.6; Camille Hendrix 55.7)	1988

ENTRANTS

Clara Barton H.S.
 John Jay HS
 Tilden H.S.
 Trenton Central H.S.
 Lakewood HS
 Prospect Heights HS
 Boys & Girls H.S.
 Bronxville H.S.
 Monmouth Reg. HS
 Monroe Woodbury H.S.
 Washingtonville HS
 Mt. Vernon H.S.
 Brooklyn Tech H.S.
 St. Dominic Academy

1989 Results

1. Samuel J. Tilden HS	Brooklyn, NY	3:53.5
2. Shrewsbury HS	Shrewsbury, MA	4:00
3. Seekonk HS	Seekonk, MA	4:04.9
4. Mount Vernon HS	Mount Vernon, NY	4:08.2
5. Lakewood HS	Lakewood, NJ	4:13.4

All-Time Top Ten

1	William Penn HS	Philadelphia, PA	3:45.49	1988
2	Tilden HS	Brooklyn, NY	3:48.65	1988
3	Tilden HS	Brooklyn, NY	3:53.4	1987
4	Tilden HS	Brooklyn, NY	3:53.5	1989
5	Newfield HS	Selden, NY	3:53.68	1985
6	Harry S. Truman HS.	Bronx, NY	3:54.98	1985
7	Lakewood HS	Lakewood, NJ	3:56.16	1988
8	Tilden HS	Brooklyn, NY	3:58.72	1986
9	Plainfield HS	Plainfield, NJ	3:59	1987
10	Friends Academy	Westbury, NY	3:59.53	1986

Past Champions

1985	Newfield, Selden, NY	Thomas, Petit-Michel, Donovan, Bertrand	3:53.68
1986	Tilden, Brooklyn, NY	Carr, Linton, Morgan, Demas	3:58.72
1987	Tilden, Brooklyn, NY	Morgan, Linton, Lloyd, Demas	3:53.4
1988	Wm. Penn, Philadelphia, PA	Smith, Rush, Washington, Hendrix	3:45.49
1989	Tilden, Brooklyn, NY		3:53.5

100 METER DASH

National:	11:13	Chandra Cheesborough, Ribault HS, Jacksonville, FL	1976
Eastern:	11:17	Wendy Vereen, Trenton Central HS, Trenton, NJ	1983
Meet:	11:71	Angie Johnson, Nashua HS, Nashua, NH	1989

ENTRANTS

#59	Dellrea	Myers	Erie Academy H.S.
#40	Louann	Williams	Clara Barton H.S.
#143	Tiffany	Weatherford	Newark Science H.S.
#97	Camille	Charles	Julia Richman H.S.
#107	Candice	Robinson	Largo H.S.
#6	Deborah	Gibson	Albany H.S.
#43	Tiffany	O'Neal	Clearview Reg. H.S.
#173	Lori	Waldorf	Randolph H.S.
#12	Sheena	Lowe	August Martin H.S.
#203	Leslie	Nahoum	Smithtown East H.S.
#166	De'angelia	Johnson	Penn Wood H.S.
#217	Nerline	Maurriseau	St. John the Baptist
#106	Jennifer	Thomas	Largo H.S.
#83	Teesha	Lambert	Hope H.S.
#162	Cassandra	Grant	Passaic H.S.
#248	Stacey	Rowe	Walt Whitman H.S.
#249	Sonia	Nichols	Walt Whitman H.S.
#269	Melissa	Holmes	Woodbury High School
#96	Nicole	Barclay	John Jay HS
#49	Julie	Bonhura	Comsewogue H.S.
#131	Katina	Mack	Monticello HS
#156	Shante'	Grady	Notre Dame H.S.
#267	Geneva	Pugh	William Penn HS

1989 Results

1. Angie Johnson	Nashua HS	Nashua, NH	11.71W
2. Lou Ann Williams	Clara Barton HS	Brooklyn, NY	11.76W
3. Connie Davison	W. Hempstead HS	W. Hempstead, NY	11.97W
4. Cathalina Staye	John Jay HS	Brooklyn, NY	12.24W
5. Lisa Palmer	Woonsocket HS	Woonsocket, RI	12.28W

All-Time Top Ten

1 Angie Johnson	Nashua HS	Nashua, NH	11.71
2 Lou Ann Williams	Clara Barton HS	Brooklyn, NY	11.76
3 Connie Davison	West Hempstead HS	West Hempstead, NY	11.97
4 Cathalina Staye	John Jay HS	Brooklyn, NY	12.24
5 Marissa Maggio	Cornwall HS	Cornwall, NY	12.27
6 Lisa Palmari	Woonsocket HS	Woonsocket, RI	12.28
7 Tiffany O'Neal	Clearview Reg. HS	Mullica, NJ	12.34
8 Shelly Bremmer	South Shore HS	Brooklyn, NY	12.38
9 Kyran Agard	Tilden HS	Brooklyn, NY	12.45
10 Talisa Lawson	Roselle Cath. HS	Roselle, NJ	12.46

Past Champions

1985	Lawson	Roselle Cath., Roselle, NJ	12.46
1986	Maggio	Cornwall HS, Cornwall, NY	12.27
1987	Maggio	Cornwall HS, Cornwall, NY	12.05w
1988	Agee	Monmouth Reg. HS, Tinton Falls, NJ	12.48
1989	Johnson	Nashua HS, Nashua, NH	11.71

100 METER HURDLES

National: and

Eastern:	12:95	Candy Young, Beaver Falls HS, Beaver Falls, PA	1979
Meet:	13.63	Dawn Bowles, Neptune HS, Neptune, NJ	1987

ENTRANTS

#73	Sheree	Butts	Harrisburg High School
#142	Ayo	Atterberry	New Rochelle HS
#1	Tara	Watson	A. Philip Randolph H.S.
#77	Michelle	Nurse	Harry S. Truman H.S.
#168	Dawn	Burrell	Penn Wood H.S.
#144	Al-Nisa	Tucker	Newark Science H.S.
#270	Jenn	Heisinger	Woodbury High School
#167	Sandy	Dobson	Penn Wood H.S.
#264	Radniya	Teagle	William Penn HS
#188	Carla	DeBiasi	Roxbury H.S.
#134	Verta	Maloney	Mt. Olive H.S.
#111	Angela	Nigro	Linden HS
#251	Pam	Felder	Walt Whitman H.S.
#4	Demile	Robinson	Albany H.S.
#91	Laura	Somes	John Jay H.S.
#30	Daria	Smith	Bronxville H.S.
#208	Michelle	Koch	Sparta H.S.
#221	Sue	Jackson	Suffern H.S.
#238	Jackie	Grimes	Trenton Central H.S.
#50	Desiree	Jones	Cornwall H.S.
#159	Lori	Rogoff	Pascack Valley H.S.
#161	Tanya	Scott	Passaic H.S.
#81	Christine	Pepe	Holy Names H.S.
#200	Krista	Dunbar	Shoreham Wading River H.S.
#222	Amy	Cuccione	Suffern H.S.
#250	Odette	Marrow	Walt Whitman H.S.
#140	Janet	Lewis	Neshaminy H.S.
#230	Annette	Coniglio	Tottenville H.S.
#60	Atyeia	Harris	Erie Academy H.S.
#11	Tina	Rouse	Arts H.S.
#65	Tricia	Ralph	H.H. Lehman H.S.
#244	Cheryl	Fuller	Troy H.S.
#48	Stacey	Mariano	Comsewogue H.S.

1989 Results

1. Allison Williams	Brentwood HS	Brentwood, NJ	13.8
2. Tamika Francis	Malverne HS	Malverne, NY	14.1
3. Marielle Flinterman	New Canaan HS	New Canaan, CT	14.7
4. Coleen Anderson	Hudson Falls HS	Hudson Falls, NY	15.1
5. Tara Watson	A.P. Randolph HS	Randolph, NY	15.3

All-Time Top Ten

1 Dawn Bowles	Neptune HS	Neptune, NJ	13.63	1987
2 Monifa Taylor	Harry S. Truman HS	Bronx, NY	14.02	1986
3 Allison Williams	Brentwood HS	Brentwood, NY	14.04	1989
4 Gail Gidens	Metuchen HS	Metuchen, NJ	14.20	1987
5 Tamika Francis	Malverne HS	Malverne, NY	14.34	1989
6 Stephanie Ross	East Orange HS	East Orange, NJ	14.40	1986
7 Hope Wright	Columbiana HS	Maplewood, NJ	14.45	1986
7 Allison Williams	Brentwood HS	Brentwood, NY	14.45	1987
7 Allison Williams	Brentwood HS	Brentwood, NY	14.45	1989
10 Beth Webster	Sanford HS	Hockessin, DE	14.48	1986

Past Champions

1985	Bowles	Neptune HS, Neptune, NJ	14.51
1986	Taylor	H. Truman HS, Bronx, NY	14.02
1987	Bowles	Neptune HS, Neptune, NJ	13.63
1988	Taylor	H. Truman HS, Bronx, NY	14.42
1989	William	Brentwood HS, Brentwood, NY	13.80

400 METER DASH

National:	50.87	Denean Howard	John F. Kennedy HS Granada Hills, CA	1982
Eastern:	51.55	Sharon Debney	John Bartram HS Philadelphia, PA	1977
Meet:	53.21	Stephanie Saleem	Neptune HS, Neptune, NJ	1985

ENTRANTS

#24	Landeau	Levy	Boys & Girls H.S.
#245	Erica	Stanley	United Nations Int'l School
#266	Marcia	Rush	William Penn HS
#20	Kelly	Hickman	Bayport Blue Point H.S.
#265	Lakeya	Smith	William Penn HS
#220	Krysten	Addison	St. Raphaels H.S.
#236	Tyra	Sample	Trenton Central H.S.
#70	Lashonda	White	Harrisburg High School
#271	Keisha	Caine	Woodrow Wilson H.S.
#259	Audra	Wilson	West Windsor-Plainsboro HS
#7	Lorie	Davis	Albany H.S.
#164	Lakiesha	Jones	Paul Robeson H.S.
#82	Courtney	Washington	Hope H.S.
#158	Bernadette	Greenan	Our Lady of Mercy Academy
#5	Lolitta	Hill	Albany H.S.
#39	Maria	Palminteri	Christ the King Reg. HS
#126	Marybeth	Kochman	Monmouth Reg. HS

1989 Results

1. Tamyka McCord	Acad. St. Joseph	Brentwood, NY	56.37
2. Andrea Fiske	Shrewsbury HS	Shrewsbury, MA	56.98
3. Yariela Reid	Bis. Loughlin HS	Brooklyn, NY	57.40
4. Michelle Chambliss	A.P. Randolph HS	New York, NY	57.44
5. Denise Van Nooten	Boys & Girls HS	Brooklyn, NY	57.69

All-Time Top Ten

1 Stephanie Saleem	Neptune HS	Neptune, NJ	53.21	1985
2 Barbara Selkridge	Randolph HS	Randolph, NY	55.15	1988
3 Trisha Carter	Deer Park HS	Deer Park, NY	55.35	1988
4 Stephanie Smith	Academy HS	Erie, PA	55.35	1988
5 Chantel Mameffe	St. Francis Prep.	Queens, NY	55.51	1985
6 Faye Haskins	Monmouth Reg. HS	Belmar, NJ	55.80	1988
7 Valerie Bertrand	Newfield HS	Selden, INY	55.93	1986
8 Tamyka McCord	Acad. of St. Joseph	Brentwood, NY	56.37	1989
9 Celeste Halliday	Bloomfield HS	Bloomfield, CT	56.54	1985
10 Julie Young	Seekonk HS	Seekonk, MA	56.95	1988

Past Champions

1985	Saleem, Neptune HS, Neptune, NJ	53.21
1986	Bertrand, Newfield HS, Selden, NY	55.93
1987	Saleem, Neptune HS, Neptune, NJ	53.60
1988	Seelkridge, A.P. Randolph HS, NY	55.15
1989	Tamyka McCord, Acad. St. Joseph, Brentwood, NY	56.37

4 X 200 METER RELAY

National:	1:36.46	Smiley HS, Houston, TX (Cheryl Dickey, Evan Williams, Joselyn Tatum, Pamela Mathis)	1983
Eastern:	1:38.80	Montclair HS, Montclair NJ	1980
Meet:	1:40.20	William Penn HS, Philadelphia, PA (Camille Hendrix, Kim Washington, Lakeya Smith, Marcia Rush)	1988

ENTRANTS

Tilden H.S.
 John Jay HS
 Evander Childs H.S.
 Lakewood HS
 Harrisburg High School
 Mt. Vernon H.S.
 Clara Barton H.S.
 Paul Robeson H.S.
 Midwood H.S.
 Washingtonville HS
 A. Philip Randolph H.S.
 Notre Dame Academy
 Hackensack HS
 Roy C Ketcham HS
 Roselle Catholic HS
 South Shore H.S.

1989 Results

1. Tilden HS	Brooklyn, NY	1:41.6
2. Wm. Penn HS	Philadelphia, PA	1:42.8
3. Mt. Vernon HS	Mount Vernon, NY	1:43.1
4. John Jay HS	Brooklyn, NY	1:45.9
5. Washingtonville HS	Washingtonville, NY	1:46.5

All-Time Top Ten

1 William Penn HS	Philadelphia, PA	1:40.20	1988
2 Harry S. Truman HS	Bronx, NY	1:40.65	1988
3 Tilden HS	Brooklyn, NY	1:40.78	1988
4 Albert Einstein HS	Kensington, MD	1:41.43	1988
5 Tilden HS	Brooklyn, NY	1:41.60	1989
6 Mt. Vernon HS	Mt. Vernon, NY	1:43.10	1988
7 William Penn HS	Philadelphia, PA	1:42.80	1989
8 Mt. Vernon HS	Mt. Vernon, NY	1:43.10	1989
9 South Shore HS	Brooklyn, NY	1:43.27	1986
10 Brentwood HS	Brentwood, NY	1:44.00	1988

Past Champions

1986	South Shore HS (Scotland, Murray, Walker, Williams)	Brooklyn, NY	1:43.27
1987	Clara Barton HS (Cromee, Housen, White, Paul)	Brooklyn, NY	1:46.3
1988	William Penn HS (Hendrix, Washington, Smith, Rush)	Philadelphia PA	1:40.20
1989	Tilden HS	Brooklyn, NY	1:41.60

DISCUS

National:	183' 11"	Leslie Deniz, Gridley HS, Gridley, CA	1980
Eastern:	169' 2"	Helene Connell, Memorial HS, Jackson, NJ	1977
Meet:	146' 11"	Brenna O'Connor, Haldane HS, Cold Spring, NY	1986

ENTRANTS

#127	Carrie	Kimball	Monmouth Reg. HS
#191	Mary	Kinn	Roy C Ketcham HS
#23	Shari	Zembek	Binghamton H.S.
#75	Arden	Williams	Harry S. Truman H.S.
#31	Tricia	Lyons	Bronxville H.S.
#195	Inga	DeNunzio	Scarsdale H.S.
#100	Janet	Morris	Kingsway Regional H.S.
#224	Amanda	Nixon	Tottenville H.S.
#129	Kenya	Snowden	Monticello HS
#157	Lauren	Coffey	Notre Dame H.S.
#233	Christine	Williams	Trenton Central H.S.
#250	Tracie	Marrow	Walt Whitman H.S.
#47	Kerri	Mas	Comsewogue H.S.
#44	Dwan	Leeds	Clearview Reg. H.S.
#234	Yolanda	Vereen	Trenton Central H.S.
#183	Alison	Barbeau	Ridgewood H.S.
#94	Sheila	Jones	John Jay HS
#253	Janene	Knop	Warwick Valley H.S.
#46	Tessa	Crane	Clearview Reg. H.S.

1989 Results

1. Mary Kinn	R.C. Ketcham HS	Wappingers Falls, NY	126' 2"
2. Margaret Mirecki	Washingtonville HS	Washingtonville, NY	124' 7"
3. Inga DeNunzio	Scarsdale HS	Scarsdale, NY	123' 3"
4. Jennifer Lippan	Red Bank Cath. HS	Red Bank, NJ	121' 9"
5. Carrie Kimball	Monmouth Reg. HS	Tinton Falls, NJ	118' 0"

All-Time Top Ten

1 Brenna O'Connor	Haldane HS	Cold Spring, NY	146' 11"	1986
2 Karen O'Connor	Roosevelt HS	Hyde Park, NY	139' 01"	1987
3 Sue Pietearz	Clifton HS	Clifton, NJ	136' 01"	1987
4 Lisa Parak	Vernon Tsp. HS	Vernon, NJ	134' 01"	1987
5 Kim Kessel	Longwood HS	Middle Island, NY	134' 0"	1988
6 Jackie Frank	Baldwin HS	Baldwin, NY	131' 0"	1985
7 Nancy VanDyke	Midland Park HS	Midland Park, NJ	128' 09"	1985
8 Leilani Mcardle	New Lebanon HS	Lebanon Springs, NY	127' 11"	1986
9 Mary Kinn	R.C. Ketcham HS	Wappingers Falls, NY	126' 02"	1989
10 Liz Legault	Hudson Falls HS	Hudson Falls, NY	125' 07"	1988

Past Champions

1985	Frank, Baldwin HS, Baldwin, NY	131' 4"
1986	O'Connor, Haldane HS, Cold Spring, NY	146' 11"
1987	O'Connor, Roosevelt HS, Hyde Park, NY	139' 1"
1988	Kessel, Lonwood HS, Middle Island, NY	134' 0"
1989	Kinn, Ketcham HS, Wappingers Falls, NY	126' 2"

DISTANCE MEDLEY RELAY

National	11:43.53	University HS, Irvine, CA (L Sauerwein 3:40.7; K. Thornburn 61.8; J. McLaughlin 2:17.8; P. Plumer 4:44.2)	1982
Eastern:	11:50.7	Summit HS, Summit, NJ (M. Millett 3:36.9; E Eckert 59.1; S Bottelli 2:19.4; T Gschwind 4:55.3)	1981
Meet:	11:55.39	Wantagh HS, Wantagh, NY (T. Dillingham 3:35.2; G. Wills 60.9, J. Antes 2:24.4; T. Devlin 4:54.8)	1985

ENTRANTS

Bronxville H.S.
 Morris Knolls HS
 Cardinal O'Hara H.S.
 Red Bank Catholic H.S.
 Clara Barton H.S.
 Tri Valley HS
 Tilden H.S.
 Warwick Valley H.S.
 Monroe Woodbury H.S.
 Burnt Hills-Ballston Lake HS
 Brooklyn Tech H.S.
 Roxbury H.S.
 Shaker H.S.
 Washingtonville HS
 North Rockland H.S.
 Notre Dame H.S.
 Clearview Reg. H.S.
 Tottenville H.S.
 Averill Park HS
 St. Francis Prep
 John F. Kennedy H.S.
 Scarsdale H.S.

1989 Results

1. Notre Dame Acad.	Staten Island, NY	12.13
2. Bronxville HS	Bronxville, NY	12:28.09
3. Washingtonville HS	Washingtonville, NY	12:33.86
4. Shoreham-Wading River HS	Shoreham, NY	12:36.09
5. Morris Knolls HS	Morris Knolls, NJ	12:36.39

All-Time Top Ten

1 Wantagh HS	Wantagh, NY	11:55.39	1985
2 Ridgewood HS	Ridgewood, NJ	12:02.29	1988
3 Monroe-Woodbury HS	Central Valley, NY	12:11.24	1985
4 Notre Dame Academy	Staten Island, NY	12:13	1989
5 Holmdel HS	Holmdel, NJ	12:18.43	1986
6 Fox Lane HS	Bedford, NY	12:18.5	1985
7 Wayne Valley HS	Wayne Valley, NJ	12:19.97	1985
8 Notre Dame HS	Lawrenceville, NJ	12:20.65	1985
9 Wantagh HS	Wantagh, NY	12:22.83	1986
10 Friends Academy	Westbury, NY	12:24.9	1987

Past Champions

1985	Wantagh HS	Wantagh, NY	Dillingham, Wills, Antes, Devlin	11:55.39
1986	Holmdel HS	Holmdel, NJ	Holcomb, Fored, Moessinger, Chandler	12:18.43
1987	Friends Academy	Locust Valley, NY	Sullivan, Stenhouse, Hooper, Beaney	12:24.9
1988	Ridgewood HS	Ridgewood NJ	Hughes, Figlar, Collazo, Hughes	12:02.29
1989	Notre Dame Acad.	Staten Island, NY	Moloughney, Albana, DeRenzi, Wallace	13:01.1

TRIPLE JUMP

National:	42' 10.5"	Wendy Brown, Woodside HS, Woodside CA	1984
Eastern:	41' 10.75"	Dana Boone, Lake Braddock HS, Burke, VA	1987
Meet:	40' 3.25"	Eleena Zhelezov, Needham HS, Needham, MA	1989

ENTRANTS

#252	Sue	Silvis	Wantagh H.S.
#108	Tyra	Moore	Largo H.S.
#255	Dana	Weeks	Washingtonville HS
#8	Marsha	Henry	Andrew Jackson H.S.
#124	Vanessa	Toney	Midwood H.S.
#130	Ja'Ton	McCoy	Monticello HS
#78	Melanie	Lewis	Harry S. Truman H.S.
#138	Nadine	Shields	Mt. Vernon H.S.
#216	Nicole	Dixon	St. Francis Prep
#128	Terry	Scherne	Monroe Woodbury H.S.
#261	Keitsten	Wallace	Westwood H.S.
#2	Dana	Delancey	A. Philip Randolph H.S.
#190	Jennifer	Thomas	Roy C Ketcham HS
#215	Kim	Facey	St. Francis Prep
#140	Janet	Lewis	Neshaminy H.S.
#98	Stephanie	Pavao	King Philip Regional H.S.
#41	Sharline	White	Clarkstown South H.S.
#71	Chrise	Robinson	Harrisburg High School
#27	Renata	Braudy	Briarcliff HS
#243	Michele	Jones	Troy H.S.
#10	Nikki	Goth	Arlington H.S.
#17	Denise	Frazer	Baldwin H.S.
#225	Diana	Mooney	Tottenville H.S.
#26	Niambi	Daniels	Brentwood HS
#	Meg	O'Connor	Holy Names H.S.

1989 Results

1. Eleena Zhelezov	Needham HS	Needham, MA	40' 3.25"
2. Jen McDermott	Ridgewood HS	Ridgewood, NJ	39' 8"W
3. Dana Weeks	Washingtonville HS	Washingtonville NJ	39' 2.5"W
4. Suzanne Silvis	Wantagh HS	Wantagh, NY	39' 0"W
5. Lisa Barney	Oyster River HS	Durham, NH	38' 4.75"

All-Time Top Ten

1	Natasha Alleyne	Westbury HS	Westbury, NY	40' 4.25"	1987
2	Eleena Zhelezov	Needham HS	Needham, MA	40' 03.25"	1989
3	Sharon Allen	Eastside HS	Paterson, NJ	39' 08"	1987
3	Jen McDermott	Ridgewood HS	Ridgewood, NJ	39' 08"	1989
5	Margaret Rothkamp	Indian Hills HS	Oakland, NJ	39' 04.25"	1986
6	Dana Weeks	Washingtonville HS	Washingtonville, NY	39' 2.5"	1989
7	Suzanne Silvis	Wantagh HS	Wantagh, NJ	39' 00.25"	1989
8	Dana Weeks	Washingtonville HS	WWashingtonville, NY	38' 08"	1988
9	Sue Silvis	Wantagh HS	Wantagh, NY	38' 06.75"	1988
10	Jen McDermott	Ridgewood HS	Ridgewood, NJ	38' 06.5"	1988

Past Champions

1985	Rottkamp, Indian Hills HS, Oakland, NJ	37' 6.5"
1986	Rottkamp, Indian Hills HS, Oakland, NJ	38' 4.25"W
1987	Alleyne, Westubry HS, Westbury, NY	40' 4.25"
1988	Weeks, Washingtonville HS, Washvl, NY	38' 8"
1989	Zhelezov, Needham HS, Needham, MA	40' 3.25"

MILE RUN

National	4:35.24	Polly Plumer, University HS, Irvine CA	1982
Eastern:	4:36.94	Kim Gallagher, Upper Dublin HS, Upper Dublin, PA	1982
Meet:	4:53.11	Charlene Neptune, Clara Barton HS, Brooklyn NY	1989

ENTRANTS

#56	Jen	Norton	East Islip HS
#136	Christine	Engel	Mt. Olive H.S.
#35	Stephanie	Hopkins	Cardinal Dougherty H.S.
#151	Mary	Wallace	Notre Dame Academy
#149	Michelle	Loschert	North Shore HS
#174	Leanne	Burke	Randolph H.S.
#246	Liz	Cotter	Valley Stream Central H.S.
#180	Eileen	Fitzgerald	Ridgewood H.S.
#272	Maribel	Sanchez	Yorktown H.S.
#61	Melissa	Wyka	Fair Lawn HS
#242	Caryn	Landau	Tri Valley HS
#177	Mary Pat	Erickson	Red Bank Catholic H.S.
#92	Cathy	Janke	John Jay H.S.
#88	Kristin	Manivaring	John F. Kennedy H.S.
#42	Carrie	Thompson	Clearview Reg. H.S.
#99	Lori	Townsend	Kingsway Regional H.S.
#241	Kate	Landau	Tri Valley HS
#268	Blythe	Crawley	William Penn HS
#194	Claire	Quaderer	Sacred Heart Academy
#231	Tracy	Capper	Tottenville H.S.
#219	Kerri	Stenovitch	St. Raphaels H.S.
#87	Brandy	Price	James O'Neill H.S.
#9	Jenny	Kaus	Arlington H.S.
#117	Stella	Cinoa	Marlboro H.S.
#186	Cara	Jones	Roxbury H.S.
#89	Victoria	Lynch	John F. Kennedy H.S.
#52	Margaret	Morrow	Cranford H.S.
#189	Missy	Abrams	Roxbury H.S.
#58	Heather	Brown	East Syracuse-Minoa HS

1989 Results

1. Charlene Neptune	Clara Barton HS	Brooklyn, NY	4:53.11
2. Jennifer Finnegan	Sidney Cent. HS	Sidney, NY	4:56.29
3. Jen Livinston	Hicksville HS	Hicksville, NY	5:05.70
4. Kelly Liljeblad	West Islip HS	West Islip, NY	5:07.98
5. Jenny Hagar	North HS	Newton, MA	5:10.40

All-Time Top Ten

1 Charlene Neptune	Clara Barton HS	Brooklyn, NY	4:53.11	1989
2 Jennifer Finnegan	Sidney Cent. HS	Sidney, NY	4:56.29	1989
3 Jennifer Livingston	Hicksville HS	Hicksville, NY	5:05.70	1989
4 Kelly Liljeblad	West Islip HS	West Islip, NY	5:07.98	1989
5 Jonng Hager	Newton North HS	Newton, MA	5:10.40	1989
6 Charlene Neptune	Clara Barton HS	Brooklyn, NY	4:33.6	1989
6 Caryn Landau	Tri Valley HS	Grahamsville, NY	5:11.53	1989
7 Jennifer Finnegan	Sidney Cent. HS	Sidney, NY	4:36.3	1989
7 Karen McAuliffe	St. Anthony's HS	So Huntington, NY	5:12.9	1989
8 Sharlene Agar	Red Bank Cath. HS	Red Bank, NJ	5:17.1	1989
9 Martha Fairbanks	Shrewsbury HS	Shrewsbury, MA	5:17.2	1989
10 Dianne DeOlivira	Toms River North HS	Toms River, INJ	5:20.9	1989

Past Champions (1500 Meters)

1985	Franey, Masapequa HS, Masapequa, NY	4:23.92
1986	Gomez, Boardman HS, Youngstown, OH	4:39.56
1987	Jones, Hackensack HS, Hackensack, NJ	4:29.4
1988	Lynch, Hunter College, New York, NY	4:34.0
1989	Neptune, Clara Barton HS, Brooklyn, NY	4:53:11

200 METER DASH

National:	22.77	Chandra Cheeseborough, Ribault HS, Jacksonville FL	1975
Eastern:	22.95	Wendy Vereen, Trenton Central HS, Trenton, NJ	1983
Meet:	24.88	Connie Davison, West Hempstead HS, Hempstead, NY	1989

ENTRANTS

#40	Louann	Williams	Clara Barton H.S.
#74	Jeneane	Wright	Harry S. Truman H.S.
#209	Guirlande	Zetrenne	Springfield Gardens H.S.
#125	Drexel	Long	Monmouth Reg. HS
#59	Dellrea	Myers	Erie Academy H.S.
#271	Keisha	Caine	Woodrow Wilson H.S.
#169	Karen	Sinclair	Prospect Heights HS
#16	Sandi	Simon	Baldwin H.S.
#203	Leslie	Nahoum	Smithtown East H.S.
#217	Nerline	Maurriseau	St. John the Baptist
#106	Jennifer	Thomas	Largo H.S.
#162	Cassandra	Grant	Passaic H.S.
#165	Allida	Kemp	Penn Wood H.S.
#83	Teesha	Lambert	Hope H.S.
#107	Candice	Robinson	Largo H.S.
#148	Deena	Giordano	North Middlesex Reg. H.S.
#12	Sheena	Lowe	August Martin H.S.
#113	Carrie	Kiesgen	Linganore H.S.
#200	Krista	Dunbar	Shoreham Wading River H.S.
#248	Stacey	Rowe	Walt Whitman H.S.
#82	Courtney	Washington	Hope H.S.
#3	Ellakisha	Williamson	Albany H.S.
#155	Alexis	Albano	Notre Dame Academy
#97	Camille	Charles	Julia Richman H.S.
#150	Avis	Whittle	Notre Dame Academy
#263	Kantor	Sibley	White Plains H.S.

1989 Results

1. Connie Davison	W. Hempstead HS	Hempstead, NY	24.58
2. Cathalina Staye	John Jay HS	Brooklyn, NY	25.18
3. Katina Mack	Monticello HS	Monticello, NY	25.40
4. Drexel Long	Monmouth Reg. HS	Tinton Falls, NJ	25.43
5. Krista Dunbar	Shoreham-Wading River HS	Shoreham, NY	25.58

All-Time Top Ten

1 Connie Davison	West Hempstead HS	West Hempstead, NY	24.58	1989
2 Gillian Osborne	Westbury HS	Westbury, NY	24.88	1985
3 Marissa Maggio	Cornwall Cent. HS	Cornwall, NY	25.04	1987
4 Cathalina Staye	John Jay HS	Brooklyn, NY	25.18	1989
5 Tamyka McCord	Acad. of St. Joseph	Brentwood, NY	25.26	1989
6 Arexil Long	Monmouth Reg. HS	Tinton Falls, NJ	25.39	1989
7 Katina Mack	Monticello HS	Monticello, NY	25.40	1989
8 Karen Bonfield	Walt Whitman HS	Huntington Sta., NY	25.44	1988
9 Stephanie Smith	Academy HS	Erie, PA	25.46	1989
10 Alison Poulin	Oyster River HS	Durham, NH	25.47	1988

Past Champions

1985	Osborne, Westbury HS, Westbury, NY	24.88
1986	Wright, Trenton Cent. HS, Trenton, NJ	26.08
1987	Maggio, Cornwall HS, Cornwall, NJ	24.8
1988	Smith, Academy HS, Erie PA	25.46
1989	Davison, W. Hempstead HS, Hempstead, NY	24.58

800 METER RUN

National and Eastern:

2:00.07 Kim Gallagher 1982

Upper Dulbin, Fort Washington, Pa.

Meet:

2:08.37 Shola Lynch 1986

Hunter College HS, NY

ENTRANTS

#160	Jennifer	Metz	Pascack Valley H.S.
#210	Liane	Sullivan	St. Dominic Academy
#152	Kerry	Moloughney	Notre Dame Academy
#121	Denise	Ihrig	Metuchen H.S.
#80	Cathaline	Diaz	Harry S. Truman H.S.
#237	Hameda	Jackson	Trenton Central H.S.
#120	Latarsha	Garris	McKinley Tech HS
#103	Jennifer	Schenberg	Kinnelon H.S.
#220	Krysten	Addison	St. Raphaels H.S.
#181	Liz	Figlar	Ridgewood H.S.
#109	Tiffany	Johnson	Largo H.S.
#114	Joanna	Boettinger	Linganore H.S.
#84	Anna	Bronk	Horseheads H.S.
#92	Cathy	Janke	John Jay H.S.
#137	Kelly	Donnellon	Mt. Olive H.S.
#9	Jenny	Kaus	Arlington H.S.
#38	Joanne	Frankenberg	Centereach H.S.
#262	Kristin	White	White Plains H.S.
#35	Stephanie	Hopkins	Cardinal Dougherty H.S.
#175	Tricia	McHugh	Red Bank Catholic H.S.
#176	Michele	Fallone	Red Bank Catholic H.S.
#211	Erika	Rigby	St. Dominic Academy
#187	Danielle	Gelsomino	Roxbury H.S.

1989 Results

1. Irene Ruopoli	Clarke HS	Westbury, NY	2:11.98
2. Aaronda Watson	Midwood HS	Brooklyn, NY	2:12.98
3. Becky Johnson	Columbia HS	East Greenbush, NY	2:14.42
4. Jennifer Schenberg	Kinnelon HS	Kinnelon, NJ	2:14.85
5. Naomi Sullivan	Friends Academy	Locust Valley, NY	2:17.88

All-Time Top Ten

1 Shola Lynch	Hunter HS	2:08.37	1985
2 Gloria Azeke	Brooklyn Tech	2:11.01	1985
3 Kim Certain	Half Hollow Hills	2:11.4	1986
4 Ruth Lockbaum	Glassboro HS	2:11.92	1985
5 Irene Ruopoli	Clarke HS	2:11.98	1989
6 Aaronda Watson	Midwood HS	2:12.98	1989
7 Karen McAuliffe	St. Anthony's HS	2:13.12	1988
8 Jazman Jones	Hackensack HS	2:13.3	1986
9 Gaby Grebski	Bronxville HS	2:13.48	1988
10 Aishah Hasan	John Jay HS	2:13.5	1987

Past Champions

1985	Azeke, Tech, Brooklyn, NY	2:11.01
1986	Lynch*, Hunter Col. HS, NY	2:08.37
1987	Lynch, Hunter Col. HS, NY	2:10.4
1988	McAuliffe*, St. Anthony's, So. Hunt. NY	2:13.12
1989	Ruopoli, Clarke HS, Westbury, NY	2:11.98

SHOT PUT

National:	53' 7.75"	Natalie Kaaiawahia, Fullerton HS, Fullerton, CA	1983
Eastern:	50' 9.75"	Elaine Sobanski, Trinity HS, Washington, PA	1980
Meet:	43' 4.5"	Karen O'Connor, Roosevelt HS, Hyde Park, NY	1987

ENTRANTS

#191	Mary	Kinn	Roy C Ketcham HS
#23	Shari	Zembek	Binghamton H.S.
#195	Inga	DeNunzio	Scarsdale H.S.
#29	Candi	Shoemaker	Brockton H.S.
#31	Tricia	Lyons	Bronxville H.S.
#75	Arden	Williams	Harry S. Truman H.S.
#127	Carrie	Kimball	Monmouth Reg. HS
#233	Christine	Williams	Trenton Central H.S.
#100	Janet	Morris	Kingsway Regional H.S.
#122	Julie	Ricketts	Middletown H.S.
#119	Angela	Abrams	Marlboro H.S.
#147	Jen	Robichaud	North Middlesex Reg. H.S.
#250	Tracie	Marrow	Walt Whitman H.S.
#116	Trisha	Harris	Marlboro H.S.
#94	Sheila	Jones	John Jay HS
#44	Dwan	Leeds	Clearview Reg. H.S.
#257	Denise	Sohl	Washingtonville HS
#33	Tiffany	Havasy	Burnt Hills-Ballston Lake HS
#146	Njeri	Curtis	Newark Science H.S.
#28	Lia	Simpkins	Brockton H.S.
#	Liz	Coles	Arlington H.S.
#212	Jeanine	Frierson	St. Dominic Academy
#36	Christine	Newfield	Centereach H.S.
#132	Vicki	Ratigliano	Moore Catholic H.S.
#218	Elena	Simmon	St. John Villa Academy
#184	Ginelle	Jullien	Roselle Catholic HS

1989 Results

1. Inga DeNunzio	Scarsdale HS	Scarsdale, NY	40' 0.5"
2. Jennifer DeLuca	West Islip HS	West Islip, NY	39' 11.5"
3. Mary Kinn	Ketcham HS	Wappingers Falls, NY	38' 11.5"
4. Janet Morris	Kinsway HS	Swedesboro, NJ	38' 6"
5. Ann Maly	Comsewogue HS	Pt. Jefferson Sta., NY	37' 10.75"

All-Time Top Ten

1 Karen O'Connor	Roosevelt HS	Hyde Park, NY	43' 4.5"	1987
2 Kim Kessel	Longwood HS	Middle Island, NY	42' 2"	1987
3 Jeanmarie Kohl	Tappan Zee HS	Orangeburg, NY	41' 7.75"	1986
4 Melody Johnson	N. Attleboro HS	N. Attleboro, MA	41' 6.5"	1986
5 Audra Corson	Monmouth Reg. HS	Tinton Falls, NJ	40' 7"	1985
6 Chalandra Graham	Elmira Free Acad.	Elmira, NY	40' 1.25"	1987
7 Inga DeNunzio	Scarsdale HS	Scarsdale, NY	40' 0.5"	1989
8 Jennifer DeLuca	West Islip HS	West Islip, NY	39' 11.5"	1989
9 Sherrie Harris	Ludlowe HS	Fairfield, CT	39' 7.35"	1985
10 Lexia Calzaretta	King Philip Reg. HS	Wrentham, MA	39' 6.75"	1988

Past Champions

1985	Corson, Monmouth Reg. HS, Tinton Falls, NJ	40' 7"
1986	O'Connor, Roosevelt HS, Hyde Park, NY	42' 5.5"
1987	O'Connor, Roosevelt HS, Hyde Park, NY	43' 4.5"
1988	Kessel, Longwood HS, Middle Is., NY	42' 3"
1989	Inga DeNunzio, Scarsdale HS, Scarsdale, NY	40' 0.5"

3000 METER RUN

National:	9:08.6	Lynn Bjorklund, Los Alamos HS, Los Alamos, NM	1975
Eastern:	9:15.3	Cathy Schiro, Dover HS, Dover, NH	1985
Meet:	9:42.01	Christine Constantin, Kittatinny Reg., Newton, NJ	1989

ENTRANTS

#63	Frances	Lord	Friends Central H.S.
#241	Kate	Landau	Tri Valley HS
#56	Jen	Norton	East Islip HS
#272	Maribel	Sanchez	Yorktown H.S.
#154	Anna	DeRenzi	Notre Dame Academy
#87	Brandy	Price	James O'Neill H.S.
#242	Caryn	Landau	Tri Valley HS
#178	Charlene	Agar	Red Bank Catholic H.S.
#229	Ellen	Erlichson	Tottenville H.S.
#141	Sonia	Whittle	New Rochelle HS
#86	Holly	Kurtz	Hunter H.S.
#133	Amy	Felci	Moore Catholic H.S.

1989 Results

1. Christine Constantin	Kittatinny Reg.	Newton, NJ	9:42.01
2. Kristen Hall	West Morris HS	West Morris, NJ	10:07.56
3. Jennifer Thompson	Oyster River HS	Durham, NH	10:12.15
4. Nicole Aleskowitz	Shorham-Wading River HS	Shorham, NY	10:14.92
5. Kristen Beaney	Friends Academy	Locust Valley, NY	10:18.53

All-Time Top Ten

1 Christine Constantin	Kittatinny Reg. HS	Newton, NJ	9:42.01	1989
2 Kathy Pitcher	Bay Shore HS	Bay Shore, NY	9:49.45	1986
3 Jeanne Peterson	St. Agnes HS	Uniondale, NY	9:52.35	1986
4 Ruth Filep	Ludlowe HS	Fairfield, CT	9:52.65	1986
5 Nnenna Lynch	Hunter HS	New York, NY	9:54.62	1988
6 Nnenna Lynch	Hunter HS	New York, NY	9:56.5	1987
7 Chrisinte Gentile	Babylon HS	Babylon, NY	10:00.6	1987
8 Kris Kueffner	New Hyde Park HS	New Hyde Park, NY	10:01.44	1986
9 Katie Toner	Swampscott HS	Swampscott, MA	10:01.45	1986
10 Elizabeth Brenden	Rye Neck HS	Mamaroneck, NY	10:02.12	1985

Past Champions

1985	Pilcher, Bay Shore HS, Bay Shore, Ny	9:45.45
1986	Brenden, Rye Neck HS, Mamaroneck, NY	10:02.12
1987	Lynch, Hunter HS, New York, NY	9:54.5
1988	Constantin, Kitt. Reg. HS, Newton, NJ	9:49.23
1989	Constantin, Kitt. Reg. HS, Newton, NJ	9:42.01

SPRINT MEDLEY RELAY

National and Eastern:

3:55.7+ Columbia HS, Maplewood, NJ (Sharon Margaretha, Laurie Edwards, Gail Bryant, Joetta Clark)
(+ converted from Mile (220y-220y-440y-880y) Medley of 3:57.0)

1980

Meet:

4:03.95 Samuel J. Tilden HS, Brooklyn, NY
(Latecia Clark, Michelle Brown, Saralynn Carr, Renee Ray)

1988

ENTRANTS

Tilden H.S.
Trenton Central H.S.
Cardinal O'Hara H.S.
Harry S. Truman H.S.
William Penn HS
Burnt Hills-Ballston Lake HS
Mt. Olive H.S.
Washingtonville HS
Notre Dame Academy
Bishop Loughlin H.S.
Cormwall H.S.
Clara Barton H.S.
Morris Knolls HS
Bayport Blue Point H.S.
South Shore H.S.
Shaker H.S.
Brooklyn Tech H.S.
Warwick Valley H.S.
John Jay H.S.
Walt Whitman H.S.
Huntington H.S.
Mt. Vernon H.S.

1989 Results

1. Clara Barton HS	Brooklyn, NY	4:04.84
2. Trenton Central HS	Trenton, NJ	4:16.27
3. Morris Knolls HS	Danville, NJ	4:19.56
4. Monroe-Woodbury HS	Central Valley, NY	4:23.11
5. Washingtonville HS	Washingtonville, NY	4:23.89

All-Time Top Ten

1 Tilden HS	Brooklyn, NY	4:03.95	1988
2 Clara Barton HS	Brooklyn, NY	4:04.84	1989
3 Scott HS	East Orange, NJ	4:11.40	1988
4 St. Francis Prep.	Fresh Meadows, NY	4:14.20	1988
5 Mt. Vernon HS	Mt. Vernon, NY	4:14.41	1988
6 Clarke HS	Wstbury, NY	4:15.68	1988
7 Seekonk HS	Seekonk MA	4:15.93	1988
8 Trenton Central HS	Trenton, NJ	4:16.27	1989
9 Morris Knolls HS	Danville, NJ	4:19.56	1989
10 Wilton HS	New Haven, CT	4:20.6	1988

Past Champions

1988	Tilden HS, Brooklyn, NY (Clark, Brown, Carr, Ray)	4:03.95
1989	Clara Barton HS, Brooklyn, NY	4:04.84