

**ROWAN UNIV GIRLS HS OPEN
CHAMPIONS 2000-2018
INDIVIDUAL EVENTS**

Note: Bold denotes meet record.

100m Hurdles

2018	Kassidy Mulryne	Allentown	15.10
2017	Sarah Jones	Bishop Eustace	14.54
2016	Brittany Preston	Winslow Twp.	14.79
2015	Gabrielle Bennett	Winslow Twp.	14.62
2014	Taylor Murphy	Bernards	14.64
2013	D. Bristol-Andrews	Florence	14.94
2012	Ste'yce McNeil	Winslow Twp.	13.79
2011	Ste'yce McNeil	Winslow Twp.	14.68
2010	Ste'yce McNeil	Winslow Twp.	14.50
2009	Danae Wise	North Brunswick	15.17
2008	Samantha Sharper	Woodrow Wilson	14.50
2007	Brittany Clybourn	Oakcrest	15.60
2006	Krystal Cantey	Winslow Twp.	14.17
2005	Krystal Cantey	Winslow Twp.	14.90
2004	Imani Gilliam	Pennsauken	14.41
2003	Imani Gilliam	Pennsauken	14.5
2002	Latoya Carmichael	Woodrow Wilson	14.4
2001	Kristina Keegan	Haddonfield	14.83
2000	Pam Richardson	Edgewood	15.0

100m Dash

2018	Lauren Princz	Egg Harbor Township	12.28
2018	Jewel Ash	Eastern Regional	12.07
2016	Bria Mack	Williamstown	12.50
2015	Kiara Lester	Deptford	12.34
2014	Kiara Lester	Deptford	12.20
2013	Jaye Pollard	Penns Grove	12.44
2012	Annie Johnson	Shawnee	12.13
2011	Bryanna Williams	Timber Creek	12.46
2010	English Gardner	Eastern Regional	11.87
2009	Helaina Adams	Haddon Heights	12.19
2008	English Gardner	Easter Regaionl	12.20
2007	Shavon Greaves	Lakewood	12.19
2006	Shavon Greaves	Lakewood	11.68
2005	Castron, Nicole	Jackson Memorial	12.25
2004	Jamillah Nock	Woodrow Wilson	12.27
2003	Ariel Brockman	Cherokee	12.3
2002	Latoya Carmichael	Woodrow Wilson	12.23
2001	Latoya Carmichael	Woodrow Wilson	12.18
2000	Amandia Rhett	Moorestown	11.8

200m Dash

2018	Lauren Princz	Egg Harbor Township	25.04
2017	Sharika Dancy	Winslow Township	24.94
2016	Aliya Harrison	Sterling	26.19
2015	Kiara Lester	Deptford	25.06
2014	Kiara Lester	Deptford	24.83
2013	Faleesha Dowe	Penns Grove	25.43
2012	Annie Johnson	Shawnee	24.98
2011	Tobia Tacquaya	OLMA	25.69
2010	English Gardner	Eastern	24.28
2009	Michelle Brown	Seneca	24.94
2008	Michelle Brown	Seneca	25.02
2007	Shavon Greaves	Lakewood	24.76
2006	Krystal Cantey	Winslow Twp.	24.21
2005	Castron, Nicole	Jackson Memorial	24.70
2004	Avion Sloan	Camden	24.86
2003	Krystal Cantey	Winslow Twp.	25.2
2002	Jennifer Jackson	Eastern	25.45
2001	Latoya Benson	Washington Twp	24.95
2000	Amandia Rhett	Moorestown	24.1

400m Dash

2018	Aj Alvarez-Tyler	Egg Harbor Township	56.60
2017	Morgan McConnell	Collingswood	57.63
2016	Khamil Evans	Piscataway	58.02
2015	Carly Pettipaw	Lenape	57.44
2014	Carly Pettipaw	Lenape	57.24
2013	Faleesha Dowe	Penns Grove	56.25
2012	Faleesha Dowe	Penns Grove	56.25
2011	Brianna Crofton	Delsea	56.93
2010	Michelle Brown	Seneca	56.32
2009	Michelle Brown	Seneca	54.17
2008	Nijgia Snapp	Oakcrest	55.25
2007	Nijgia Snapp	Oakcrest	57.54
2006	Avionne Sloan	Camden	55.23
2005	Brittany Whitehead	Cherry Hill West	56.2
2004	Avion Sloan	Camden	57.20
2003	Jenelle Wilson	Eastern	57.2
2002	Jenelle Wilson	Eastern	57.26
2001	Tonya Williams	Pemberton	57.61
2000	Danielle Myricks	Willingboro	56.7

800m Run

2018	Kailin Priest	Highland Regional	2:17.90
2017	Sydney Coppolino	Sterling	2:14.97
2016	Sydney Coppolino	Sterling	2:16.02
2015	Kayla Martin	Seneca	2:16.09
2014	Bridget Flynn	Ocean City	2:13.95
2013	Bridget Flynn	Ocean City	2:17.84
2012	Jess Wright	Cherokee	2:16.19
2011	Melissa Arnold	Timber Creel	2:16.42
2010	Chelsea Cox	Southern Regional	2:13.50
2009	Jillian Smith	Southern Regional	2:11.52
2008	Britney Kott	Millville	2:16.33
2007	Jillian Smith	Southern	2:16.46
2006	Danielle Tauro	Southern	2:16.50
2005	Miya Johnson	Lenape	2:22.30
2004	Renee Tomlin	Ocean City	2:14.62
2003	Lauren Lewis	Southern Regional	2:17.7
2002	Taneshia Pittman	Woodrow Wilson	2:16.66
2001	Erin Donohue	Haddonfield	2:08.87
2000	Holly Cosnett	Haddonfield	2:14.6

1600m Run (1500m*/1mile+)

2018	Alyssa Aldridge	Mainland Regional	5:12.00
2017	Alexa Woltjen	Eastern Regional	5:09.99+
2016	Niamh Hayes	Howell	5:03.42
2015	Brianna Gess	Haddonfield	4:39.38*
2014	Brianna Gess	Haddonfield	5:00.16+
2013	Bridget Flynn	Ocean City	5:00.03
2012	Kristen Traub	Eastern Christian	4:39.21*
2011	Felicia O'Donnell	Delsea	5:05.60+
2010	Felicia O'Donnell	Delsea	5:02.63
2009	Maria Ruiz	Williamstown	4:42.67*
2008	Melanie Thompson	Voorhees	4:56.28+
2007	Amanda Goetschius	Delsea	4:59.54
2006	Danielle Tauro	Southern	4:45.70*
2005	Katie Van Horn	Triton	5:05.80+
2004	Vanessa Wright	Haddonfield	5:05.92
2003	Arianna McKinney	Highland	5:15.8
2002	Meghan Hughes	Moorestown	5:15.42
2001	Lindsey Thomas	Overbrook	5:10.23
2000	Erin Donohue	Haddonfield	4:54.0

**1500m*

+1 mile

3200m (3000m*, 2 miles+)

2018	Devon Hoernlein	Allentown HS	11:07.59
2017	Alyssa Alridge	Mainland Regional	10:27.44
2016	Alyssa Alridge	Mainland Regional	10:41.57
2015	Bobbie Shelby	Rancocas Valley	11:05.53+
2014	Shelby Cain	Haddonfield	11:04.89
2013	Lauren Zodi	Pinelands	10:14.45*
2012	Dana Giordano	Bernards	10:45.52+
2011	Jillian Smith	Southern	11:29.25
2010	Caitlin Orr	Lenape	10:18.41*
2009	Marielle Hall	Haddonfield	10:47.11+
2008	Megan Venables	Highland	11:09.34
2007	Danielle Tauro	Southern	9:47.10*
2006	Amanda Marino	Jackson Memorial	10:57.52+
2005	Amanda Marino	Jackson Memorial	11:15.80
2004	Lisa Burkholder	Cherokee	10:54.95
2003	Katie Van Horn	Triton	11:22.3
2002	Kim Bonner	Shawnee	11:31.6
2001	Kelsey Rinehart	Moorestown	11:29.94
2000	Jenna Darcy	Shawnee	11:22.0

*3000 meters

+2 miles

400m IH

2018	Jewel Ash	Eastern Regional	1:03.97
2017	Iyianna Williams	Winslow Township	1:02.00
2016	Alyssa Miller	Egg Harbor Twp.	1:06.56
2015	Daija Davis-Hines	Timber Creek	1:04.78
2014	Jenna Reid	Middletown North	1:02.89
2013	Christina Barbaro	Delsea	1:04.63
2012	Ste'yce McNeil	Winslow Twp.	1:01.21
2011	Pauline Dabrowsk	Monsignor Donovan	1:04.59
2010	Vanessa Arientyl	Willingboro	1:02.83
2009	Mary Bohi	Seneca	1:03.86
2008	Shaquanda Gainey	Camden	1:05.92
2007	Kamice Smalls	Camden	1:05.76
2006	Shquanda Meylor	Woodrow Wilson	1:00.55
2005	Brittany Caserta	Highland	1:03.90
2004	Andrea March	Washington Twp	1:05.51
2003	Delicia Sample	Kingsway	1:05.5
2002	Kristina Keegan	Haddonfield	1:03.89
2001	Tenille Payne	Edgewood	1:03.69
2000	Pam Richardson	Edgewood	1:03.7

5000m Run

2018	Alexa Westley	Warren Hills	17:35.11
2017	Alexis Mullarkey	Kingsway	18:30.56
2016	Chloe Taylor	Princeton	18:46.23
2015	Alyssa Condell	Timber Creek	18:33.48
2014	Rachel Vick	Kingsway	18:17.34
2013	Meghan Malloy	Haddonfield	17:40.49
2012	Caroline Kellner	West Windsor S.	17:13.86
2011	Megan Venables	Highland	17:27.492
2010	Meghan Malloy	Cinnaminson	18:42.75
2009	Emily Bresnahan	Cinnaminson	18:52.08
2008	Katrina Spratford	Voorhees	18:08.39
2011	Megan Venables	Highland	17:27.49
2010	Meghan Malloy	Cinnaminson	18:42.75
2009	Emily Bresnahan	Cinnaminson	18:52.08
2008	Katrina Spratford	Voorhees	18:08.39
2007	Christine Attland	Raritan	
2006	Jennifer Clausen	Jackson Memorial	17:39.40
2005	Jennifer Clausen	Jackson Memorial	17:51.53
2004	Colleen O'Donnell	Atlantic City	18:45.39
2003	Kathleen Galan	Highland	18:37.3
2002	Christa Johnson	Bishop Eustace	19:10.61
2001	Brittany McCann	Delsea	18:30.22
2000	Taneshia Pittman	Woodrow Wilson	19:25.2

2000m Steeplechase

2018	Not Contested		
2017	Emily Roth	Pinelands Regional	7:43.68
2016	Lou Mialhe	Princeton	7:11.16
2015	Amanda Bakley	Pennsauken	7:15.62
2014	Rachel Stremme	Ocean City	7:40.73
2013	Zoe Wojtech	Bernards	7:19.17
2012	Christin Bettis	Hammonton	7:13.75
2011	Christin Bettis	Hammonton	7:43.55
2010	Christin Bettis	Hammonton	7:25.21
2009	Maria Ruiz	Williamstown	7:19.13
2008	Allison Linnell	Colts Neck	7:03.23
2007	Ashley Higginson	Colts Neck	6:50.39+
	+ State record		
2006	Lisa Jones	Oakcrest	7:42.80
2005	Lisa Jones	Oakcrest	7:33.27
2004	Danielle Tauro	Southern Reg	7:18.30
2003	Kate Willever	Hopewell Valley	7:25.43
2002	Kathryn Wardenski	Southern Reg	7:30.43
2001	Kathryn Wardenski	Southern Reg	7:28.50
2000	Lindsay Scarborough	Lenape	8:07.8

High Jump

2018	Natatlyn Velez	Vineland	5'5"
2017	Tierra Hooker	Timber Creek	5'8"
2016	Kai Starnes	Timber Creek	5'2"
2015	Gabrielle Bennett	Winslow Twp	5'2"
2014	Gabrielle Bennett	Winslow Twp	5'2"
2013	Alicia Terrell	Timber Creek	5'4"
2012	Megan Kirschling	West Deptford	5'6"
2011	Megan Kirschling	West Deptford	5'4"
2010	Brianna Hunt	Delsea	5'8"
2009	Alexis Wachter	Southern	5'2"
2008	Kustera Magan	West Deptford	5'4"
2007	Serfiat Juniad	Camden Catholic	5'4"
2006	(tie) Brianna Gray, Haddon Heights	Melissa Meinbreese, Clearview, Lisa Shepherd, Oakcrest	5'2"
2005	Brianna Gray	Haddon Heights	5'4"
2004	Laura Passalacqua	Rancocas Valley	5'4"
2003	Abby Campbell	Shawnee	5'2"
2002	Dominique Ward	Lenape	5'2"
2001	Lisa Scherer	Jackson	5'4"
2000	Brooke Minor	Kingsway	5'5"

Long Jump

2018	Tonia Tobias	Winslow Twp	18' 9 1/4"
2017	Kierston Johnson	Oakcrest	18' 4 1/4"
2016	Aisa Young	Holy Spirit	17' 11 3/4"
2015	Gabrielle Bennett	Winslow Twp	17' 2 1/2"
2014	Ashley Edwards	Northern Burlington	18' 0 3/4"
2013	Nicole Ras	Middletown North	17' 10"
2012	Dana Ohlson	Southern Regional	18 2 1/4'
2011	Tacquaya Tobias	OLMA	18 5 1/4'
2010	Gabrielle Faruqharson	Williamstown	18' 1 3/4"
2009	Tacquaya Tobias	OLMA	17 5 3/4'
2008	Serifat Juniad	Camden Catholic	17' 8 3/4"
2007	Ashley Hendrix	Uniondale	17' 10 1/2"
2006	Jacqueline Nisbitt	Woodbury	17' 3 1/4"
2005	Jessica Kloss	Moorestown	17' 0 1/2"
2004	Nicole McMullen	Lawrence	17' 01 1/4"
2003	Joell Whitley	Triton	16' 10 1/2"
2002			
2001	Tisifinee Taylor	Woodbury	17' 3 3/4"
2000	Katie Connor	Washington Twp	17' 1"

Triple Jump

2018	Claudine Smith	Atlantic City	40'1 1/2"
2017	Janell Rower	Sterling	37'10"
2016	Mariah Hubbard	Absegami	37'10 1/4"
2015	N. Hinds	Burlington Twp.	35'9"
2014	Elizabeth Montague	Cherokee	37'6 1/2"
2013	Anastasi Atkinson	Teaneck	37'7 1/2"
2012	Shaya Wilkerson	Lenape	37'0"
2011	Bryanna Williams	Timber Creek	36'2 3/4"
2010	Genevieve Okoro	Eastern	37'9"
2009	Adaobi Unachukwu	Marlboro	38'3"
2008	Rachel Montague	Cherokee	37' 1 3/4"
2007	Emily Policastro	Southern	36'2"
2006	Lauren Kilson	Clearview	35' 9 1/4 "
2005	Jessica Mills	West Deptford	36' 9"
2004	Deserea Byrd	Highland Regional	34' 9 1/2"
2003	Joell Whitley	Triton	36' 1"
2002	Dominique Ward	Lenape	32'5"

Shot Put

2018	Cydney Thomas	Haddon Heights	38'6"
2017	Alyssa Wilson	Donovan Catholic	54' 7 1/4"
2016	Najeaya Singleton	Vineland	39'4 3/4"
2015	Ronetta Hunter	Burlington Twp	44'11 1/2"
2014	Kyanna Deravin	Pemberton	40'9 1/2"
2013	Jess Woodard	Cherokee	42'1 3/4"
2012	Jess Woodard	Cherokee	42'11 3/4"
2011	Janiece Rose	Delsea	46'4"
2010	Apresha Hampton	Teaneck	43' 1/4"
2009	Victoria Imbesi	OLMA	40'8"
2008	Maureen Laffan	Toms River North	43' 9 1/2"
2007	Maureen Laffan	Toms River North	42'4 3/4"
2006	Mercedes Hicks	Atlantic City	43' 6 1/2"
2005	Mercedes Hicks	Atlantic City	39' 10 1/2"
2004	Sylvia Galarza	Millville	41' 11 1/2"
2003	Rose Perry	Riverside	40' 8 1/4"
2002			
2001	Amanda Thompson	Camden	38'4 1/2"
2000	Dana White	Camden	39' 1 1/2"

Discus

2018	Ciarra Johnson	Winslow Township	125'5"
2017	Alyssa Wilson	Donovan	182'0"
2016	Alyssa Wilson	Donovan	141'3"
2015	Alyssa Wilson	Donovan	145'9"
2014	Alyssa Wilson		121'6"
2013	Jess Woodard	Cherokee	150'2"
2012	Jess Woodard	Cherokee	144'5"
2011	Taylor Johnson	Kingsway	130'3"
2010	C. Cioffi	Pitman	131'5"
2009	Victoria Imbesi	OLMA	124'3"
2008	Shannon Watt	Jackson	125'9"
2007	Stephanie Scaramella	Bishop Eustace	116'6"
2006	Kimberly Warren	Atlantic City	135' 7"
2005	Kimberly Warren	Atlantic City	120'9"
2004	Jocelyn White	Delsea	164' 7"
2003	Sylvia Galarza	Millville	137'0 "
2002			
2001	Rose Perry	Riverside	120'11"
2000	Betsy Kennedy	Delran	128'11"

Javelin

2018	Brielle Smith	Oakcrest	140'6"
2017	Brielle Smith	Oakcrest	145'0"
2016	Kaela Schrier	Cherokee	138'3"
2015	Kaela Schrier	Cherokee	127'2"
2014	Niyah Cosme	Vineland	125'2"
2013	Kelly Yanucil	Bordentown	135'0"
2012	Maria Jimenez	Vineland	154'11"
2011	Melissa Lake	Cherokee	139'8"

2010	Melissa Lake	Cherokee	130'9"
2009	Victoria Imbesi	OLMA	129'7"
2008	Victoria Imbesi	OLMA	132'0"
2007	Brittany Napoli	Howell	124'7"
2006	Eileen Batten	Absegami	115' 11"
2005	Jeanine DePasquale		120' 98"
2004	Erin Lagarenne	Voorhees	120' 8"
2003	Brigid Marquess	Haddonfield	116' 0"
2002			
2001	Erin Donohue	Haddonfield	135'4"
2000	Erin Donohue	Haddonfield	121'11"

Pole Vault

2018	Ashley Preston	Delsea Regional	11'6"
2017	Paula Arellano	Winslow Township	10'6"
2016	Sarah Polistina	Absegami	10'0"
2015	Shannon Storms	Lenape	9'6"
2014	Elizabeth Douglas	West Deptford	10'6"
2013	Alexandra Elder	Moorestown	10'6"
2012	Alexandra Elder	Moorestown	10'6"
2011	Dana Schweiger	Toms River North	11'6"
2010	Dana Schweiger	Toms River North	11'0"
2009	Lauren Tauscher	Moorestown	10'6"

Pentathlon

2018	Tierra Hooker	Timber Creek	3,407 pts
2017	Cameryn Castellini	A.P. Schalick	2,584 pts
2016	Quinn Bithel	Lower Capr May	2,791 pts
2015	Quinn Bithel	Lower Cape May	2,745 pts
2014	Maggie Dods	Mainland	2,636 pts
2012	Alicia Terrell	Timber Creek	3,084 pts
2011	Nicole Ras	Middletown North	2,558 pts
2010	Kristen Bradley	Shawnee	3,197 pts
2009	Shquanda Gainey	Camden	2,944 pts
2008	Courtney Newman	Hamilton West	2,772 pts
2007	Priscilla Frederick	Paul VI	3,305 pts
2006	Brittany Claybourn	Oakcrest	2,868 pts
2005	Tabitha Haskins	Shawnee	3,024 pts
2004	Anna Heim	Moorestown	
2003	Laura Rhoads	Moorestown	2,543 pts
2002	Sharon Heilig	Eastern	2,962 pts
2001	Meredith Howell	Hammonton	2,353pts
2000			

MS 800m Run

2018			
2017	Amirah Sharpe	Williamstown	2:20.83
2016	Meredith Updike	Cinnaminson MS	2:27.83
2015	Katy Storti	Cinnaminson MS	2:26.88
2014	Haley Adams	Cinnaminson	2:29.45
2013	Brianna Gess	Haddonfield MS	2:15.11
2012	Brianna Gess	Haddonfield MS	2:15.95
2011	Brianna Gess	Haddonfield MS	2:20.55
2010	Carly Diener	Southern Regional	2:30.82
2009	Carley Oldfield	Cinnaminson	2:24.11
2008	Rachel Jackon	DeMasi	2 :23.6
2007	Miya Spinelli	Haddonfield MS	2:22.5
2006	Becka Barner	Haddonfield MS	2:27.9
2005			
2004	Jillian Smith	Southern Regional	2:32.54
2003	Maggie Lupinski	Haddonfield M.S	2:24.67
2002			
2001	Ashley Miotkiewicz	Goetz MS	2:28.77
2000			

MVP Meet

2016	Alyssa Alridge	Mainland Regional	
2015			
2014	Bridget Flynn	Ocean City	

2013	Faleesha Dowe	Penns Grove
2012	Ste'yce McNeil	Winslow Twp.
2011	Janiece Rose	Delsea
2010	Kristen Bradley	Shawnee
2009	Michelle Brown	Seneca
2008	Britney Kott	Millville

MVP Track

2007	Jamie Walker	Haddon Heights
2006	Danielle Tauro	Southern Reg
2005	Tabitha Haskins	Shawnee
2004	Lisa Burkholder	Cherokee
2003	Jenelle Wilson	Eastern
2002	Latoya Carmichael	Woodrow Wilson
2001		
2000		

MVP Field

2007	Priscilla Frederick	Paul VI
2006	(co) Mercedes Hicks	Atlantic City
	Kim Warren	
2005	Jessica Mills	West Deptford
2004	Jocelyn White	Delsea
2003	Joell Whitley	Triton
2002	Dominique Ward	Lenape
2001		

**ROWAN UNIV GIRLS HS OPEN
CHAMPIONS 2000-2018
RELAY EVENTS**

Note: Bold denotes meet record.

4x100

2018	Piscataway	48.72
	S. Patterson, S. Nelson, N Watson, K. Kaleia	
2017	Winslow Township	47.78
2016	Piscataway	49.00
	J. Osborne, A. Ingram, S. Nelson, A. Dwyer	
2015	Egg Harbor Twp	48.23
	M. Johnson, C. Davis, A. Garrett, N. Garrett	
2014	Winslow Township	47.68
	B. Preston, V. Williams, T. Robinson, C. Woods	
2013	Winslow Township	47.61
	D. Cross, C. Oguledo, C. Woods, T. Robinson	
2012	Winslow Township	47.91
	D. Cross, T. Robinson, S. McNeil, C. Woods	
2011	Winslow Township	48.35
	D. Cross, B. McClain, S. McNeil, C. Woods	
2010	South Brunswick	48.46
	M. Dardani, M. Browne, A. Osley, R. Johnson	
2009	Willingboro	49.16
	A. Goode, T. Mutazz, B. Brownlee, S. Thomas	
2008	Camden	49.41
	C. Wilson, T. oingswort, C. Clark, S. Juniad	
2007	Haddon Heights	48.55
	H. Adams, T. Moorer, R. Weems, J. Walker	
2006	Washington Twp	48.70
	S. Smith, A. March, J.Dim, M. Fasolino	
2005	Haddon Heights	49.70
	H. Massaquoi, J. Walker, M. Palmer, C. Adams	
2004	Jackson Twp	49.22
2003	Eastern	48.91
	J. Wilson, J. Jackson, S. Heilig, B. Wright	
2002		
2001	Woodrow Wilson	48.57
	L. Carmichael, S. Barron, A. Loveland, J. Nock	
2000	Camden	49.1
	R. Walker, D. White, C. Bonner, H. Fisher	

4x200

2018	Piscataway	1:42.73
	K. Arrington, S. Patterson, N. Watson, S. Nelson	
2017	Cherry Hill East	1:43.35
	S. Beasley, C. James, D.Allen, N. Perry	
2016	Piscataway	1:42.48
	S. Nelson, J. Osborne, K. Evans, A. Dwyer	
2015	Deptford	1:42.71
	Z. Clement, S. Baker, T. Ransom, K. Lester	
2014	Winslow Twp.	1:43.63
	T. Williams, A. Smith-Shroud, C. Woods, T. Robinson	
2013	Penns Grove	1:42.31
	J. Pollard, J. Brown, K. Pollard, F. Dowe	
2012	Southern Regional	1:44.75
	S. Rodriguez, S. Angellella, M. Hammel, M. Simmons	
2011	Winslow Twp.	1:42.40
	D. Cross, , C. Woods, B. McClain, S. McNeil	
2010	Bishop Eustace	1:45.17
	J. Stoffel, J. Ardire, P. Silva, K. Damato	
2009	Willingboro	1:43.81
	(T. Mutazz, S. Thomas, V. Arientyl, A. Goode)	
2008	Camden	1:44.65
	A. Johnson, M. Boyd, J. Jones, K. Smalls	
2007	Haddon Heights	1:43.32
	H. Adams, T. Moorer, R. Weems, J. Walker	
2006	Woodrow Wilson	1:40.50
	T. Jones, S. Meylor, J. Still, S. Sharper	
2005	Woodrow Wilson	1:41.50
	S. Alston, S. Loper, S. Sharper, C. Blue	
2004	Jackson Twp	1:43.57
2003	Eastern	1:41.57
	J. Wilson, B. Wright, K. Barkley, J. Jackson	
2002		
2001	Camden	1:41.87
	R. Walker, C. Bonner, D. Hehle, H. Fisher	
2000	Moorestown	1:42.8
	A. Ward, M. Mann, D. Lyons. A. Rhett	

4x400

2018	Piscataway	4:01.56
	K. Arrington, S. Patterson, J. Crearer, S. Nelson	
2017	Holy Spirit	4:12.14
	I. Desario, A. Plummer, C. Conaghy, A. Wilkes	
2016	Winslow Twp.	4:02.43
	V. Williams, S. Dancy, B. Preston, T. King	
2015	Winslow Twp.	4:03.26
	I. Williams, M. Hess, F. AHIRAKWE, B. Preston	
2014		
2013	Penns Grove	3:55.09
	K. Pollard, J. Pollard, P. Still, F. Dowe	
2012	Toms River North	3:58.77
	H. Leskow, D. O'Halloran, H. Diawara, E. Gilbert	
2011	Winslow Township	4:00.27
	B. McClain, J. Bey, D. Cross, S. McNeil	
2010	Camden	3:56.65
	J. Haines, T. Mickey, C. Jackson, E. Clark	
2009	Marlboro	4:00.07
	E. Mezzasalma, L.Pietrosh, B. Pietrosh, A. Unachukwu	
2008	Delsea	4:10.38
	C. Griffin, C. Baker, D. Hunt, B. Crofton	
2007	Oakcrest	4:05.14
	N. Snapp, R. Carlson, S. Brown, N. Grimes	
2006	Oakcrest	4:03.10
	N. Grimes, S. Brown, J. Okoth, N. Snapp	
2005	Woodrow Wilson	4:01.00
	T. Jones, J. Sharper, S. Alston, M. Nwoga	
2004	Jackson Twp	4:01.37
2003	Jackson Twp	4:02.2

	N. Montgomery, A. Arneth, J. Shia, L. Blake	
2002	Edgewood	4:03.12
2001	C. Smith, S. Fleming, B. Garke, S. Saleem	
2000	Washington Twp (K. Connor, L. Rice, D. Savvas, L. Benson)	3:57.8
4x800		
2018	Clearview Regional M. Henry, R. Doring, H. Tabar, K. Byrne	9:56.58
2017	Ocean City C. McLees, A. Weber, M. Steele, M. Baker	10:01.30
2016	Winslow A. Melvins, A. Morrison, R. Rouse, N. Berry	9:45.70
2015	Lenape C. Franklin, S. Lambert, G. Perara, M. Quimby	9:30.72
2014	Haddonfield	9:20.39
2013	Southern Regional A. Harris, M. Hammel, C. Muraczewski, J. Ritchie	9:49.29
2012	Freehold Township A. Faith, A. Vitello, H. Spadola, E. Bracher	9:18.88
2012	Freehold Township A. Faith, A. Vitello, H. Spadola, E. Bracher	9:18.88
2011	Lenape N. Ocasio, O. Kopec, E. McGee, A. Restivo	9:32.40
2010	South Brunswick C. Del Piano, J. Samper, J. Spriggs, Joy, S. Ginez	9:23.97
2009	South Brunswick C. Del Piano, J. Smilgis, J. Spriggs, Joy, S. Ginez	9:31.24
2008	Southern Regional K. Bergin, C. Cox, E. Horleman, J. Smith	9:21.21
2007	Lenape B. Bedall, A. Royds, M. Cunninghman, V. LaPointe	9:42.89
2006	Lenape A. Royds, M. Johnson, C. Kokser, V. LaPointe	9:43.60
2005	Ocean City E. Walsh, A. Moreland, K. Minehan, R. Tomlin	9:35.00
2004	Highland Regional	9:44.48
2003	Woodrow Wilson T. Pittman, T. Carter, C. Benson, J. Sharper	9:48.53
2002	Lawrence	9:56.18
2001	A. Thompson, C. Rivera, K. Zopolski, A. Calvo	
2000	Cherokee L. Arque, J. harms, K. Viggiano	10:09.4

Distance Medley

2018	Ocean City A. Weber, C. McLees, G. Burke, A. Palmieri	12:44.64
2017	Lenape Regional T. Hartman, M. Quimby, A. Woltjen, S. Lambert	12:11.45
2016	Southern Regional T. Mulch, C. Laurence, E. Chartier, G. Citarella	12:20.60
2015	Southern Regional E. Chartier, C. Laurence, S. Woodlee, K. Mooney	12:12.75
2014	Ocean City E. Grisbaum, C. Granger, R. Stremme, B. Flynn	12:08.61
2013	Southern C. Muraczewski, C. Burnup, M. Hammel, K. Mooney	12:20.25
2012	Lenape C. Franklin, E. McGee, A. Restivo, N. Ocasio	12:01.39
2011	Lenape N. Ocasio, J. Maynes, A. Restivo, E. McGee	12:27.21
2010	Lenape N. Ocasio, C. Delph, A. Restivo, C. Orr	12:04.39
2009	Marlboro L. Pietrosh, A. Unachukwu, R. Weinberger, B. Pietrosh	12:14.11
2008	Eastern Regional A. Davis, K. Warren, E. Gardner, B. Cohen	12:32.92
2007	Moorestown	12:22.29

2006	J. Levin, L. Goldstein, A. Tetreault, B. Rogers Southern Regional	12:25.60
	R. Ruggiano, J. Smith, J. Bergin, D. Tauro	
2005	Ocean City	12:25.30
2004	Ocean City	12:07.09
2003	Ocean City A. Moreland, R. Tomlin, M. Minehan, B. Sedberry	12:31.6
2002	Jackson	13:04.95
2001	L. Kaba, M. Monaghan, J. Leahy, J. Prenergrast	
2000	Shawnee D. Palumbo, C. Bigelow, H. McGarvie, J. Darcy	12:41.1
4x1600/4x1500*/4x1 mile+		
2018	Haddonfield C. Clarke, N. Liloia, K. Rice, P. Weiner	20:42.42*
2017	Haddonfield B. Gess, L. Lynch, I. Miller, L. Minor	22:28.86
2016	Toms River North G. Cocanower, A. Ullmann, J. Duriske, M. Reilly	22:27.50
2015	Southern Regional E. Chartier, T. Mulch, J. Forsman, K. Mooney	20:29.09
2014	Lenape E. McGee, A. Londregan, M. Ryan, P. Thomas	22:46.94
2013	Lenape J. Barton, A. restive, C. Franklin, M. Ryan	20:23.45*
2012	Toms River North A. Baker, M. Hanlon, C. Santarpia, K. O'Halloran	22:26.48
2011	Southern Regional (4x1500) J. Difilippo, D. Smolyn, K. McHugh, J. Smith	20:49.15*
2010	Toms River North A. Kotran, J. Petraski, A. Mathis, A. Baker	21:35.55
2009	Southern Regional (4x1500)	19:36.81*
2008	Toms River North A. Mathis, J. Petraski, A. Kotran, A. Rugino	22:03.02
2007	Southern (4x1500) A. Patrick, K. Bergan, J. Smith, D. Tauro	19:35.16*
2006	Cherry Hill East (4x1600) C. Johnson, M. Showers, A. Chodoff, T. Cattuna	21:44.70
2005	Brick Twp (4x1500)	20:21.10*
2004	Cherokee (4x1600)	21:48.31
2003	Haddonfield (4x1500) V. Wright, A. Booker, J. Sobolewski, C. Duffy	20:07.1*
2002	Southern (4x1600) (K. Wardenski, D. Hagler, H. Scully, L. Lewis)	21:29.38
2001	Haddonfield (4x1600) M. Mulholland, E. O'Donnell, H. Cosnett, E. Donohue	20:48.7

*4x1500

Sprint Medley

2017	Kingsway K. Anicic, A. DeMary, K. Green, N. Palmer	4:12.54
2016	Southern Regional C. Hambor, A. Johnson, C. Laurence, E. Chartier	4:11.69
2015	Egg Harbor Twp J. Rider, A. Garrett, N. Garrett, J. Catania	4:09.94
2014	Southern Regional	
2013	Ocean City R. Stremme, T. Price, C. Granger, B. Flynn	4:14.45
2012	Holy Spirit N. Jarvis, A. McDuell, C. Dalzell, B. Flynn	4:10.39
2011	Freehold Township S. Morrison, K. Berg, E. Perriera, K. Perreira	4:06.88

2010	Timber Creek	4:11.91	A. Lake, A. Charles, D. Daniels	2013	Southern	3:31.63
	B. Williams, N. Morozin, B. Pierce, K. Andrick		A. Lake, A. Charles, A. Carlson	2012	Jackson Liberty	3:23.55
2009	Southern Regional	4:03.97	C. Chamra, C. Titus, K. Daly	2011	Freehold Twp.	3:24.49
2008	Seneca	4:11.31	K. Perreira, E. Perreira, D. Vitello	2010	South Brunswick	3:26.82
2007	M. Bohi, M. Brown, A. Schwartz, N. McGrainer	4:12.79	J. Thompson, L. Calderone, K. Madden	2009	Clearview	3:20.78
2006	Lenape	4:07.00	T. Oldt, B. Biagi, Brittany, C. Lenkowski	2008	Southern Regional	3:29.74
2006	C. Cuiule, L. Walsh, M. Johnson, C. Orr	4:07.00	2007	Seneca	3:25.77	
2006	Southern Regional	4:07.00	S. Gibney, M. Bohi, A. Schwatrz	2006	Washington Twp.	3:26.00
2005	J. Bergin, J. Smith, A. Furlong, D. Tauro	4:10.50	2005	Kingsway	3:27.80	
2005	Woodrow Wilson	4:10.50	M. Carrocino, N. Stecher, T. Fromm	2004	Ocean City	3:29.02
2004	S. Alston, S. Sharper, C. Blue, J. Still	4:10.67	2003	Jackson Twp	3:22.13	
2004	Ocean City	4:10.67	A. Arneth, K. Chinn, S. Knox	2002	Edgewood	3:15.51
2003	Southern Regional	4:05.1	T. Payne, S. Fleming, M. Gantt	2001	Edgewood	3:15.20
2002	E. Tegeuder, C. Gray, C. Gray, L. Lewis	4:06.93	P. Richardson, T. Payne, S. Saleem	2000	Edgewood	3:26.0
2002	Woodrow Wilson	4:06.93	L. Liberto, B. Garlic, T. Payne			
2001	L. Carnichael, J. Nock, T. Pittman, L. Thomas	4:17.44				
2001	Willingboro	4:17.44				
2000	H. Bashir, C. Hamilton, O. Ogbuerkiri, R. Mann	4:10.2				
2000	Ewing	4:10.2				
	J. Campbell, M. Jackson, N. Dorival, M. Rhoden					

Shuttle Hurdles

2018	Mainland Regional	1:02.51				
	N. Lombardo, Y. Assongba, C Pedrick, O. Rzemysk					
2017	Winslow Township	1:03.26				
	T. Tobias, I. Williams, M. Hess, F. Ahirakwe					
2016	West Deptford	1:04.68				
	J. Daly, A. Petracci, L. Tigue, A. Wanjiku					
2015	Southern Regional	1:02.09				
	D. Daniels, K. Raylman, K. Knudsen, A. Lake					
2014	Winslow	1:01.15				
	C. Woods, G. Bennett, B. Preston, T. Robinson					
2013	Winslow	1:02.44				
	C. Woods, S. Higgs, G. Bennett, T. Robinson					
2012	Buena	1:01.85				
	A. Olsen, C. Sturts, E. Ramirez, H. Leyrer					
2011	Haddonfield	1:06.06				
	A. Nugent, K. Johnston, E. Carson, O. Blaber					
2010	Southern Regional	1:03.51				
	D. Ohlson, C. Seddon, S. Rodriguez, J. Carlson					
2009	Winslow Twp.	1:04.98				
	C. Phillips, C. Woods, N. Charles, Nadiyah, S. McNeil					
2008	Lenape	1:02.53				
	L. Hardcastle, L. Walsh, J. Gonzalez, D. Ward					
2007	Lenape	1:04.07				
	J. DiBiase, S. Hancock, L. Hardcastle, L. Walsh					
2006	Jackson Twp	1:04.10				
	B. Johnson, N. Montegary, K. Chin, J. Fortune					
2005	Southern Reg	1:05.60				
	P. Harder, A. Furlong, D. Foster, B. Knowles					
2004	Jackson Twp	1:03.06				
2003	Jackson Twp	1:02.6				
	B. Johnson, N. Montegary, K. Chin, J. Fortune					
2002	Edgewood	1:06.3				
2001	Edgewood	1:03.3				
	P. Richardson, K. James, T. Payne, E. Mitchell					
2000	Washington Twp.	1:07.9				
	C. Velasco, B. Marshall, T. Logan, A. Radziminski					

3x400 IH

2018	Winslow Twp.	3:24.27
	N. Perry, J. Hammond, A. Morrison	
2017	Mainland	3:36.61
2016	Lenape	3:32.00
	J. Staten, H. Conway, S. Horner	
2015	Millville	3:16.30
	R. Armstead, S. Scafe, M. Springsteadah	
2014	Southern	3:23.44

800m Medley Relay

2018	Winslow Township	1:48.04
	T. Tobias, F. Ahirakwe, S. Dancy, I. Williams	
2017	Winslow Township	1:46.43
	T. Tobias, F. Ahirakwe, S. Dancy, J. Hammond	
2016	Teaneck	1:49.92
	G. Amponsah, R. Edwards, T. James, A. Sarraga	
2015	Lenape	1:47.28
	A. Mitchell, J. Staten, M. Topolski, C. Pettipaw	
2014	Southern Regional	1:49.73
	A. Johnson, R. Rizzo, C. Burnup, B. Angellella	
2013	Winslow	1:48.37
	B. Preston, C. Woods, T. Robinson, C. Oguledo	
2012	Cherokee	1:48.19
	A. Green, J. Strauss, E. Montague, C. Foster	
2011	Lenape	1:49.62
	S. Wilkerson, A. Campbell, A. Cox, E. Thompson	
2010	Southern Regional	1:47.96
	M. Simmons, T. Jennings, M. Simmons, C. Cox	
2009	Camden	1:48.55
	J. Jones, T. Mickey, A. Johnson, V. Clark	
2008	Southern Regional	1:47.84
	M. Simmons, J. Beekman, J. Smith, C. Cox	
2007	Uniondale, NY	1:47.69
	A. Ratley, H. Paul, A. Hendrix, V. Thompson	
2006	Camden	1:45.00
	S. Alston, B. Sewell, K. Smalls, A. Sloan	
2005	Winslow Twp	1:46.80
	K. Cantey, M. Carter, A. Davy, D. Merchant	
2004	Camden	1:48.54
2003	Eastern	1:45.68
	S. Heilig, B. Wright, J. Wilson, J. Jackson	

MS 4x100m Relay

2017	Pfifer Middle School	53.00
	J. Lloyd, J. Pope, J. Pope, D. Turnell	
2016	Lumberton Middle	54.86
2015		
2014	Winslow Middle School	52.40
2013	Pfifer Middle School	52.51

2012	B. Bryan, T. Glatz, Z. Smalls, A. Davis Pfifer Middle School	53.16
2011	I. Pascall, A. Davis, B. Roberts Southern Middle	54.13
2010	Winslow Twp.	50.60
2009	Pittsgrove	53.57
2008	Glassboro	53.8
2007	Glassboro	53.4
2006	Haddonfield	52.6
2005		
2004	Camden/Willis	53.48
2003	Camden/Willis	53.71
2002	C. Wilson, A. Thompson, C. Tribett, S. Sharper	
2001	Woodbury	54.72
	J. Wilson, K. Saters, L. Cuff, K. Moody	

Swedish Relay

2018	Winslow Township	2:19.28
	T. Tobias, F. Ahirakwe S. Dancy, J. Hammond	