

OUTDOOR PERFORMANCE LIST

BOYS					
		21-8	Kevin Potter, Highland Devin Jones, Boonton Rob Whitfield, TR South	43.67	Union
				43.7	Moorestown Willingboro
				43.8	Westfield East Brunswick
					Ewing
					Pennsauken
					Millville
					Columbia
				44.0	Long Branch
					800-METER RELAY
				1:29.0	Pope John
				1:29.1	Teaneck
				1:29.6	St. Benedict's
				1:30.10	Egg Harbor
				1:30.2	Bergen Catholic
					Timber Creek
				1:30.24	Union
				1:30.4	East Brunswick
				1:30.6	Ewing
					Long Branch
					Delsea
					Pennsauken
				1:30.9	Burlington Twp
					Columbia
				1:31.0	West Deptford
				1:31.01	Old Bridge
				1:31.1	Woodbury
				1:31.2	Camden
					Egg Harbor
				1:31.35	Elizabeth
				1:31.4	West Orange
				1:31.5	Freehold Twp
				1:31.6	Westfield
					Franklin
					Cumberland
					Don Bosco
					Winslow Twp
					Highland
					1600-METER RELAY
				3:20.4	Bergen Catholic
				3:20.5	Teaneck
				3:23.5	Lawrenceville
				3:23.72	Parsippany
				3:23.8	Columbia
				3:23.9	Ewing
				3:24.2	Freehold Twp
					Cherry Hill East
				3:24.58	St. Benedict's
				3:24.6	Westfield
				3:24.97	Egg Harbor
				3:25.05	West Orange
				3:25.4	Burlington Twp
				3:25.5	Ridgewood
				3:25.7	Indian Hills
				3:25.83	Union Catholic
				3:26.0	Timber Creek
				3:26.20	Metuchen
				3:26.27	Union
				3:26.36	Franklin
				3:26.97	Absegami
				3:27.0	Lenape
					Rahway
					Pennsauken
				3:27.1	Metuchen
					3200-METER RELAY
				7:57.80	West Orange

OUTDOOR PERFORMANCE LIST

8:04.30 Freehold Twp
 8:07.11 Union
 8:07.73 WW-Plainsboro South
 8:07.8 Dickinson
 8:07.80 Ridgewood
 8:08.0 Ramsey
 8:08.33 Morristown
 8:09.2 Kingsway
 8:09.4 Pascack Valley
 8:09.5 Metuchen
 8:09.76 Franklin
 8:11.2 West Orange
 8:11.4 Don Bosco
 8:11.69 Westfield
 8:12.2 Union Catholic
 8:12.4 Vineland
 8:12.90 WW-Plainsboro North
 8:13.47 Rahway
 8:13.5 Old Bridge
 8:15.5 Ocean City
 8:15.7 Oakcrest
 8:15.9 Delsea
 8:16.7 Kingsway
 8:16.8 Ridge

6000-METER RELAY

16:50.30 Christian Brothers

6400-METER RELAY

18:08.8 Don Bosco
 18:22.7 Christian Brothers
 18:24.38 Livingston
 18:27.2 Ridgewood
 18:28.17 Delbarton
 18:30.85 Ridge
 18:32.27 Bridgewater
 18:32.49 Washington Twp
 18:33.3 Princeton
 18:35.34 North Brunswick
 18:37.78 Seton Hall

SPRINT MEDLEY RELAY (800M)

1:35.98 Montgomery

SPRINT MEDLEY RELAY (1600M)

3:30.30 Washington Twp
 3:32.7 Ramapo
 3:32.8 Bergen Catholic
 3:33.0 Teaneck
 3:33.9 Union Catholic
 3:34.7 Pennsauken
 3:35.5 Lawrenceville
 3:35.6 St. Benedict's
 Don Bosco
 Absegami
 3:35.7 Hightstown
 3:35.9 WW-Plainsboro South
 3:36.0 Indian Hills
 3:36.1 Pope John
 3:36.4 Ridgewood
 3:36.7 Cumberland
 3:37.1 Haddonfield
 3:37.2 Hunterdon Central
 3:37.3 St. John Vianney
 3:37.9 Paul VI
 3:38.0 East Brunswick
 3:38.1 Union
 3:38.3 Old Tappan
 3:38.46 Randolph
 3:38.95 Summit

DISTANCE MEDLEY RELAY

10:19.59 WW-Plainsboro North
 10:19.90 West Orange
 10:28.6 Don Bosco
 10:31.6 Union Catholic
 10:32.7 Ocean City
 10:35.99 Haddonfield
 10:36.5 Ridgewood
 Westfield
 10:37.5 St. Augustine
 10:38.5 Cherokee
 10:40.50 Rahway
 10:41.7 Freehold Twp
 10:42.6 North Hunterdon
 10:43.1 Hunterdon Central
 Westfield B
 10:43.2 Metuchen
 10:44.3 Bridgewater
 10:45.71 Toms River North
 10:47.1 Shawnee
 10:47.25 Lawrenceville
 10:47.4 Ramsey
 10:47.74 Southern Ocean
 10:49.63 Ridge
 10:51.2 Hightstown
 10:52.3 Paul VI

SHUTTLE HURDLES

1:01.0 Ridgewood
 1:01.2 Don Bosco
 1:01.8 Bergen Catholic
 1:02.1 Delsea
 1:02.2 St. Joseph's Metuchen
 1:02.5 Piscataway
 1:02.8 Christian Brothers
 1:03.3 Notre Dame
 1:03.4 Seneca
 1:03.5 Cumberland
 1:03.8 Burlington Twp
 1:04.04 East Brunswick
 1:04.1 Cherokee
 Seneca
 Ramsey
 1:04.28 Randolph
 1:04.63 Jackson
 1:04.7 Freehold Twp
 1:04.83 Boonton
 1:04.94 North Brunswick
 1:04.9 River Dell
 1:04.99 Jackson
 1:05.0 Manchester Twp
 1:05.03 Union

GIRLS

100-METER DASH

11.96 Myasia Jacobs, Paramus Cath.

200-METER DASH

23.91 Myasia Jacobs, Paramus Cath.

400-METER RUN

57.8 Kiana Winston, Benedictine
 58.5 Fawzia Kheir, HC Prep

3000-METER RUN

11:15.21 Dina Iacone, Washington Twp

400-METER HURDLES

1:03.06 Jackie Madden, Ridge
 1:05.1 Jamie Thompson, So. Bruns

HIGH JUMP

5-6 Alexis Williams, Springfield
 Fiona Paladino, Montgomery
 5-4 Brittney Jackson, Columbia
 Brianna Hunt, Delsea
 Megan Kustera, West Deptford
 Kristen Bradley, Shawnee
 Tiffany Turner, Cherokee
 5-2 Emily Vargas, Clark
 Khyla Bailey, Paramus Catholic
 Rae Corbo, Paramus Catholic
 Brianna Nichols, Marlboro
 Brianna Hunt, Delsea
 Amaris Kobulak, Lindenwold

POLE VAULT

12-2 Kelly Burke, Cranford
 12-0 Emily Urciuoli, Clifton
 11-7 Cathy Shih, Bernards
 11-6 Myriah Sujansky, No. Hunt.
 Rebecca Slotkin, Verona
 11-0 Kayla Polcari, Ridgewood
 10-0 Christina Lees, Sterling
 Dana Schweiger, TR North
 Carolyn Edler, Mahwah
 Mich Meggiolaro, Whippany Pk
 Kathy Gray, Triton

LONG JUMP

18-1 Jamie Thompson, So. Brunswick
 17-10.5 Tacquaya Tobias, O.L. of Mercy
 17-6.5 Gabrielle Farquharson, Willtwn
 17-6 Darice Collier, Absegami
 17-4 Amber Ballew, Columbia

TRIPLE JUMP

38-7.75 Kelly Burke, Cranford
 37-0.5 Addie Sunaike, Montgomery
 36-6.75 Mariah Browne, So. Brunswick
 36-6 Genevieve Okoro, Eastern
 36-5 Emily Vargas, Clark
 35-9.5 Jaivaria Bacote, Paterson Kenn.
 35-8.75 Lauren Strebeck, So. Brunswick
 35-7.75 Serenity Martin, Imm. Ht. Acad.
 35-5.5 Javona Ford, Millville
 35-0 Sheena Wizzard, Teaneck
 34-10.5 Taylor Furman, Morris Knolls
 34-8.75 Samantha Osadacz, Jackson
 34-8 Danna Wasserman, Demarest
 34-5.75 Iana Amsterdam, Benedictine
 34-5.25 Tiffany Evangelou, IHA
 34-4 Nyrae Newman, Millville

SHOT PUT

41-4.5 Apresha Hampton, Teaneck
 41-2.5 Alana Pantale, WayneValley
 40-2 Jen Jarvis, Morris Knolls
 40-0.75 LaVon Childress, Paulsboro
 39-3.5 Janiece Rose, Delsea
 39-1 Corinne Kominkiewicz, E. Brunswick
 38-8.5 Taylor Furman, Morris Knolls
 38-5.25 Samantha Markowski, Wayne Valley
 38-4.75 Theresa Picciallo, Imm. Ht. Acad.
 37-11.75 Suzanne Wrights, Lawrence
 37-10.5 Katrina Guerrier, Absegami
 37-7 Jessica Woodard, Cherokee
 37-3 Kathryn Hirsch, Demarest

OUTDOOR PERFORMANCE LIST

DISCUS THROW		1:46.0	Lindenwold Msgr. Donovan Seneca	9:58.4	St. Rose Ridge
128-10	Corinne Kominkiewicz, E.Bruns			6400-METER RELAY	
124-5	Alana Pantale, Wayne Valley	1:46.2	Williamstown	20:47.44	Randolph
120-9	Kathryn Hirsch, Demarest	1:46.7	Marlboro	21:24.0	Red Bank Catholic
119-6	Kaitlyn Brunner, Brick	1:46.71	Eastern	21:29.86	Hillsboro
117-6	Amber Brown, South Brunswick	1:46.8	Piscataway	21:45.63	Lenape
116-10	Taylor Furman, Morris Knolls	1:46.9	Ewing	21:52.2	Holy Angels
115-7	Jessica Woodard, Cherokee		Timber Creek	21:57.91	Bridgewater
114-2	Chloe Early, Delaware Valley	1:46.95	North Brunswick	21:59.40	Morris Hills
113-6	Chelsea Carballo, TR South	1:47.0	Kingsway	22:05.7	Immaculate Heart Academy
112-6	Alex Salkow, Washington Twp	1:47.2	Teaneck	22:06.47	Livingston
111-4	Keyarah Jones, Cherokee		Millville	22:17.03	Voorhees
110-9	Jen Jarvis, Morris Knolls	1:47.3	Franklin	22:19.8	Mt. St. Dominic
	Jillian Hudson, River Dell	1:47.46	Toms River North	22:33.0	Westwood
		1:47.5	Immaculate Conception	22:42.80	Mendham
		1:47.7	Delsea	22:51.6	Ridgewood
JAVELIN THROW			1600-METER RELAY	22:53.6	Robbinsville
137-10	Elaine Mezzasalma, Marlboro			22:55.0	Haddonfield
137-2	Kate Johnston, Haddonfield			22:59.51	Mt. Olive
133-4	Alexis Appezzato, Somerville	3:57.0	Paramus Catholic	SPRINT MEDLEY RELAY (800M)	
129-5	Hannah Meyer, No. Highlands	3:57.58	Sparta	1:51.09	North Brunswick
126-9	Melissa Lake, Cherokee	4:00.11	Franklin	1:52.70	Red Bank Catholic
125-7	Heather Juhring, Kingsway	4:01.79	Westfield	SPRINT MEDLEY RELAY (1600M)	
125-1	Kelsey Reese, Paul VI	4:04.2	Willingboro	4:03.80	Sparta
123-2	Lindsey Minch, Pennsville		Camden	4:09.19	Randolph
122-8	Rebecca Skoura, Park Ridge	4:04.28	Delsea	4:13.6	Seneca
121-3	Leah Biandi, Sacred Heart	4:04.31	Trenton	4:15.5	Immaculate Heart Academy
117-3	Shauntier Douglas, Garfield	4:05.0	South Brunswick	4:15.9	Lenape
116-11	Nicole Gould, Marlboro	4:05.1	Teaneck	4:16.2	Neptune
116-3	Javona Ford, Millville	4:05.69	Red Bank Catholic	4:16.4	Eastern
116-2	Meghan Roney, Haddon Heights	4:05.7	Seneca	4:17.42	Elizabeth
116-0	Sarah Doanes, Holy Cross	4:05.8	Westwood	4:18.03	South Brunswick
115-3	Dallis Vargas, Somerville	4:07.0	Lindenwold	4:18.1	Marlboro
			Winslow Twp	4:18.65	Rahway
	400-METER RELAY	4:07.01	Piscataway	4:19.3	Bridgewater
47.1	Paramus Catholic	4:07.3	Kingsway	4:19.99	Haddonfield
47.9	Columbia	4:07.4	Ridgewood	4:20.1	Benedictine
48.7	South Brunswick	4:07.8	Ridge	4:20.9	Kingsway
49.2	Eastern	4:07.9	Hillsboro	4:21.0	Tenafly
49.6	Winslow Twp	4:08.2	Msgr. Donovan	4:21.1	Southern Ocean
49.8	Willingboro	4:08.23	Williamstown		Msgr. Donovan
49.9	Camden	4:09.17	Passaic Tech		Willingboro
50.1	Piscataway	4:10.0	Cherokee	4:21.4	Bernards
50.27	Benedictine Academy	4:10.2	East Brunswick	4:21.8	St. John Vianney
	Franklin			4:22.0	Cherokee
50.5	Immaculate Heart Academy		3200-METER RELAY	4:22.2	Hillsboro
	Williamstown	9:24.4	Neptune	4:22.5	River Dell
50.6	Rancocas Valley	9:36.1	Columbia	4:22.77	Old Bridge
50.7	Immaculate Conception	9:37.50	Bernards	DISTANCE MEDLEY RELAY	
	Mahwah	9:37.7	Ramsey	12:23.1	Ramsey
	Hopewell Valley	9:38.6	South Brunswick	12:23.6	Hunterdon Central
	Deptford	9:39.96	Summit	12:24.6	Columbia
	Burlington Twp	9:40.9	Old Tappan	12:32.8	Lenape
50.77	Randolph	9:43.9	Immaculate Heart Academy	12:33.1	Montgomery
50.82	Union	9:44.5	Cherokee	12:33.50	South Brunswick
50.84	Roselle	9:44.7	Southern Ocean	12:37.7	Hillsboro
50.87	Jackson	9:44.9	Hunterdon Central	12:39.2	Highland
51.0	Teaneck		Old Tappan	12:40.01	Randolph
	Clearview	9:45.7	Westwood	12:40.2	Old Tappan
	Absegami	9:46.3	Toms River North	12:42.6	Delsea
		9:47.74	Red Bank Catholic	12:45.4	Seneca
	800-METER RELAY	9:47.8	Mt. St. Dominic	12:46.18	Haddonfield
1:41.0	Paramus Catholic	9:47.91	Randolph	12:49.6	Cherokee
1:42.4	Columbia	9:52.01	Cherokee	12:49.7	Westwood
1:43.0	South Brunswick	9:52.1	Hillsboro	12:50.0	Timber Creek
1:43.2	Winslow Twp	9:53.3	St. Rose		
1:44.8	Eastern	9:54.3	River Dell		
1:45.4	Camden	9:55.8	Montgomery		
1:45.5	Willingboro	9:56.16	Lenape		
1:45.9	Trenton	9:56.6	Kingsway		

OUTDOOR PERFORMANCE LIST

12:50.1 Southern Ocean
12:51.0 Bernards
12:52.43 Chatham
12:52.7 Imm. Ht. Academy
12:53.30 Bridgewater
12:53.5 Ridge
12:55.65 Summit
12:56.2 Eastern
12:56.4 Mt. St. Mary's

SHUTTLE HURDLES

1:03.01 Montgomery
1:03.4 Winslow Twp
Clearview
1:04.0 Millville
1:04.8 Southern Ocean
1:05.05 South Brunswick
1:05.19 Benedictine
1:05.4 Notre Dame
Immaculate Heart Academy
1:05.8 Hunterdon Central
1:05.9 Willingboro
1:06.50 Rahway
1:06.7 Northern Highlands
1:06.92 Ridgewood
1:07.0 Seneca
1:07.04 Hillsboro
1:07.1 Columbia
1:07.3 River Dell
1:07.88 Ridge
1:07.94 Lawrenceville
1:08.3 Hopewell Valley
Camden
1:08.34 Morristown
1:08.56 Millville
1:08.69 Voorhees