

State Records (by Group)

Group I

Event	Name, School	Time/Distance	Year
100 Meter Dash	Andrea Conaway, Bordentown	0:11.8	1981
	Madeline Soto, University	0:11.89	2014
200 Meter Dash	Tiffany Weatherford, Science	0:23.9	1990
400 Meter Dash	Arianna Sharpe, Clayton	0:54.30	2022
800 Meter Run	Ruth Lockbaum, Glassboro	2:10.9	1985
1600 Meter Run	Karen Ahern, Bernards	4:54.7	1985
3200 Meter Run	Colette Richter, Mountain Lakes	10:45.17	2012
100 Meter High Hurdles	Lanyka Brown, Metuchen	0:14.10	1996
400 Meter Low Hurdles	Leslie Njoku, McNair Academic	0:59.96	2007
4x100 Meter Relay	Penns Grove	0:48.15	2014
4x400 Meter Relay	Clayton	3:50.41	2022
4x800 Meter Relay	Metuchen	9:36.84	2016
Shot Put	Niki Figg, Highland Park	43'10.25"	1979
Discus	Tamara Carmichael, Palmyra	139'08.00"	2016
#New Javelin	Samantha Gioiosa, Bogota	143'11.00"	2017
<i>Javelin</i>	<i>Emma Painter, Clayton</i>	<i>146'05.00"</i>	<i>1980</i>
Long Jump	Kaitlin Sailsbury, Hawthorne	18'11.50"	2016
Triple Jump	Iana Amsterdam, Essex Tech	40'09.00"	2013
High Jump	Tish Edwards, Mater Dei	5'10.00"	1982
Pole Vault	Michelle Favre, Saddle Brook	11'06.00"	2008

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#In 2003 National Federation of High School Associations and the State of New Jersey adopted the college javelin, which was different enough from the high school javelin to warrant keeping new records for the implement.

State Records (by Group) *continued*

Group 2

Event	Name, School	Time/Distance	Year
100 Meter Dash	Bria Saunders, Parsippany	0:11.75	2014
200 Meter Dash	Eria Saunders, Parsippany	0:24.35	2013
400 Meter Dash	Nadia Davey, Bridgeton	0:54.04	1998
800 Meter Run	Corrine Myers, Westwood	2:07.17	2014
1600 Meter Run	Sarah Disanza, High Point	4:46.32	2013
3200 Meter Run	Angelina Perez, Lakeland	9:53.29	2022
100 Meter High Hurdles	Nia Ali, Pleasantville	0:13.95	2006
400 Meter Low Hurdles	Andrea Olsen, Buena	1:00.58	2013
4x100 Meter Relay	Willingboro	0:48.36	2023
4x400 Meter Relay	Central (Newark)	3:50.4	1983
4x800 Meter Relay	Mountain Lakes	9:18.31	2017
Shot Put	Karen Harris, Hillside	45'03.50"	1989
Discus	Sarah Herskee, WM Mendham	139'11.00"	1999
#New Javelin	Katie Johnston, Haddonfield	152'09.00"	2012
<i>Javelin</i>	<i>Audra Corson, Monmouth</i>	<i>149'10.00"</i>	<i>1984</i>
Long Jump	Essence Mayers, Lakewood	19'01.75"	2011
Triple Jump	Lauren Stern, Mahwah	39'04.75"	2018
High Jump	Megan Kirschling, W. Deptford	5'10.50"	2012
Pole Vault	Emma Keating, Pompton Lakes	12'07.00"	2023

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State Records (by Group) *continued*

Group 3

Event	Name, School	Time/Distance	Year
100 Meter Dash	Shavon Greaves, Lakewood	0:10.62	2023
200 Meter Dash	Shavon Greaves, Lakewood	0:23.69	2007
400 Meter Dash	Michele Brown, Seneca	0:53.91	2008
800 Meter Run	Ajee Wilson, Neptune	2:07.28	2010
1600 Meter Run	Ajee Wilson, Neptune	4:43.92	2010
3200 Meter Run	Julia Trethaway, W.M. Central	10:24.13	2019
100 Meter High Hurdles	Grace O'Shea, Ramapo	0:13.82	2019
400 Meter Low Hurdles	Reanda Richards, West Essex	0:58.95	2018
4x100 Meter Relay	Winslow Township	0:47.19	2018
4x400 Meter Relay	Winslow Township	3:49.63	2016
4x800 Meter Relay	Ocean City	9:15.61	2014
Shot Put	Jackie Hudgins, Hightstown	47'01.25"	2001
Discus	Jocelyn White, Delsea	172'02.00"	2004
#New Javelin	Amanda Harmata, Raritan	149'02.00"	2004
<i>Javelin</i>	<i>Lisa Parak, Vernon</i>	<i>144'10.00"</i>	<i>1987</i>
Long Jump	Claire Connor, Rahway	19'10.50"	1984
Triple Jump	Keturah Orji, Mount Olive	43'00.00"	2014
High Jump	Tanya Somolin, Randolph	5'10.50"	1983
Pole Vault	Ashley Preston, Delsea	12'06.00"	2018

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State Records (by Group) *continued*

Group 4

Event	Name, School	Time/Distance	Year
100 Meter Dash	Wendy Vereen, Trenton	0:11.3	1983
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200 Meter Dash	Wendy Vereen, Trenton	0:23.1	1983
400 Meter Dash	Julia Jackson, Scotch Plains	0:53.61	2022
800 Meter Run	Joetta Clark, Columbia	2:04.5	1980
1600 Meter Run	Danielle Tauro, So. Regional	4:44.35	2007
3200 Meter Run	Abby Loveys, Randolph	10:22.41	2019
100 Meter High Hurdles	Charmaine Walker, Plainfield	0:13.38	1997
400 Meter Low Hurdles	Mandie Dulin, Shawnee	0:59.66	1997
4x100 Meter Relay	Egg Harbor Township	0:47.45	2018
4x400 Meter Relay	Plainfield	3:44.7	1980
4x800 Meter Relay	Freehold Township	8:58.55	2014
Shot Put	Shelby Bigsby	49'00.00"	2018
Discus	Jess Woodard, Cherokee	168'00.00"	2013
#New Javelin	Leah Howard, Millville	151'10.00"	2023
<i>Javelin</i>	<i>Lynlee Phillips, Shawnee</i>	<i>151'11.00"</i>	<i>1999</i>
Long Jump	Carol Lewis, Willingboro	19'09.25"	1981
Triple Jump	Claudine Smith, Atlantic City	41'06.00"	2019
High Jump	Maura Burk, Freehold Township	5'10.00"	2003
Pole Vault	Chelsea Vaughan, Southern	12'06.00"	2012

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State Records (by Group) *continued*

Non-Public A

Event	Name, School	Time/Distance	Year
100 Meter Dash	Christian Nwachuku, Kent Place	0:11.70	2022
200 Meter Dash	Sydney McLaughlin, Union Catholic	0:23.19	2017
400 Meter Dash	Sydney McLaughlin, Union Catholic	0:52.44	2016
800 Meter Run	Molly McNamara, Red Bank Catholic	2:09.21	2011
1600 Meter Run	Molly McNamara, Red Bank Catholic	4:44.90	2011
3200 Meter Run	Cate DeSousa, Red Bank Catholic	10:30.97	2022
100 Meter High Hurdles	Sydney McLaughlin, Union Catholic	0:13.66	2014
400 Meter Low Hurdles	Sydney McLaughlin, Union Catholic	0:55.52	2017
4x100 Meter Relay	Union Catholic	0:46.40	2023
4x400 Meter Relay	Union Catholic	3:47.63	2015
4x800 Meter Relay	Union Catholic	9:20.32	2015
Shot Put	Alyssa Wilson, Donovan Catholic	53'02.25"	2017
Discus	Alyssa Wilson, Donovan Catholic	167'07.00"	2017
#New Javelin	Lisa Sesink-Clee, Academy o/t Holy Angels	148'02.00"	2013
<i>Javelin</i>	<i>Amy Krilla, Red Bank Catholic</i>	<i>148'02.00"</i>	<i>2013</i>
Long Jump	Tatiyanna Sanders, Paramus Catholic	19'05.00"	2014
Triple Jump	Tiffany Bautista, Paramus Catholic	40'00.75"	2018
High Jump	Tiffany Bautista, Paramus Catholic	5'10.00"	2018
Pole Vault	Hayley Horvath, Notre Dame	13'00.00"	2018

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State Records (by Group) *continued*

Non-Public B

Event	Name, School	Time/Distance	Year
100 Meter Dash	Dominique Booker, Immaculate Conception – Montclair	0:11.87	2010
200 Meter Dash	Dominique Booker, Immaculate Conception - Montclair	0:24.40	2010
400 Meter Dash	Mia Campo, St. Mary's Jersey City	0:55.48	1997
800 Meter Run	Kate McAndrew, Morris Catholic	2:10.29	2019
1600 Meter Run	Kathleen McCafferty, Oak Knoll	4:56.46	2008
3200 Meter Run	Kathleen McCafferty, Oak Knoll	10:43.14	2008
100 Meter High Hurdles	Porscha Dobson, Kent Place	0:13.79	2003
400 Meter Low Hurdles	Nicole Borowiec, Morristown-Beard	1:03.47	2017
4x100 Meter Relay	Newark Academy	0:50.27	2018
4x400 Meter Relay	Mt. Saint Dominic	4:00.87	2012
4x800 Meter Relay	The Wilberforce School	9:44.30	2022
Shot Put	Tatiana Johnson, Morristown-Beard	43'05.25"	2012
Discus	Victoria Imbessi, Our Lady of Mercy	132'06.00"	2009
#New Javelin	Victoria Imbessi, Our Lady of Mercy	143'09.00"	2009
<i>Javelin</i>	<i>Kathy Frick, Pope John XXIII</i>	<i>122'08.00"</i>	<i>1985</i>
Long Jump	Tacquaya Tobias, Our Lady of Mercy	18'04.50"	2011
Triple Jump	Iana Amsterdam, Benedictine Academy	38'05.75"	2010
High Jump	Tish Edwards, Mater Dei	5'10.00"	1982
Pole Vault	Catherine Rozalski, Queen of Peace	12'03.00"	2014

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Best of the State Meets (All Groups)

All Groups

Event	Name, School	Time/Distance	Year
100 Meter Dash	Wendy Vereen, Trenton	0:11.3	1983
200 Meter Dash	Wendy Vereen, Trenton	0:23.1	1983
400 Meter Dash	Sydney McLaughlin, Union Catholic	0:52.44	2016
800 Meter Run	Joetta Clark, Columbia	2:04.5	1980
1600 Meter Run	Ajee Wilson, Neptune	4:43.92	2010
3200 Meter Run	Angelina Perez, Lakeland	9:53.29	2022
100 Meter High Hurdles	Charmaine Walker, Plainfield	0:13.38	1997
400 Meter Low Hurdles	Sydney McLaughlin, Union Catholic	0:55.52	2017
4x100 Meter Relay	Union Catholic	0:46.40	2023
4x400 Meter Relay	Plainfield	3:44.7	1982
4x800 Meter Relay	Freehold Township	8:58.55	2014
Shot Put	Alyssa Wilson, Donovan Catholic	53'02.25"	2017
Discus	Jocelyn White, Delsea	172'02.00"	2004
#New Javelin	Katie Johnston, Haddonfield	152'09.00"	2012
<i>Javelin</i>	<i>Lynlee Phillips, Shawnee</i>	<i>151'02.00"</i>	<i>1999</i>
Long Jump	Tionna Tobias, Winslow Twp.	19'11.50"	2018
Triple Jump	Keturah Orji, Mount Olive	43'00.00"	2014
High Jump	Tanya Somolin, Randolph	5'10.50"	1983
	Megan Kirschling, West Deptford	5'10.50"	2012
Pole Vault	Harley Horvath, Notre Dame	13'00.00"	2018