

Most MOC Titles (4+)

No.	School	No.	School
24	Columbia	4	Glen Rock
19	Monmouth	4	Governor Livingston
18	Winslow Township	4	Haddon Heights
17	Willingboro	4	Hamilton North (Nottingham)
16	Montclair	4	Highland Regional
16	Plainfield	4	Immaculate Heart
14	Franklin	4	Kent Place
12	North Hunterdon	4	Northern Valley- Old Tappan
12	Southern	4	Oakcrest
12	Union Catholic	4	Ocean City
11	Lakewood	4	Rancocas Valley
11	Mount Olive	4	Red Bank Catholic
10	Haddonfield	4	Seneca
10	Neptune	4	Tenaflly
10	Randolph	4	Timber Creek
9	John F. Kennedy Memorial (Paterson)	4	Washington Township
9	North Edison	4	Wayne Valley
9	Northern Valley- Demarest	4	Weequahic
9	Ridgewood		
8	Camden		
8	Cherokee		
8	Delsea		
8	Freehold Township		
8	Paramus Catholic		
8	Shawnee		
7	Hopewell Valley		
7	Hunterdon Central		
7	Piscataway		
7	Trenton		
6	Hillsborough		
6	Kingsway		
6	Montgomery		
6	Raritan		
6	Red Bank Regional		
6	Science		
6	South Brunswick		
5	Hawthorne		
5	Ridge		
5	Williamstown		
5	Woodbury		
4	Bridgeton		
4	Cherry Hill East		
4	Donovan Catholic		
4	Eastern		

Individuals- 3+ MOC Wins

No.	Name, School	No.	Name, School
8	Jodie Bilotta, North Hunterdon	3	Alexa Westley, Warren Hills
6	Olivia Baker, Columbia	3	Monal Chokski, Bridgewater West
6	Erin Donohue, Haddonfield	3	Sara Beth Cullen, Red Bank Regional
6	Myasia Jacobs, Paramus Catholic	3	Jackie Davis, Hamilton North (Nottingham)
6	Carol Lewis, Willingboro	3	Collette DeBenedetto, Mountain Lakes
6	Keturah Orji, Mount Olive	3	Sandi Everett, Hillsborough
5	Sydney McLaughlin, Union Catholic	3	Autumn Fogg, Hunterdon Central
5	Michele Glover, Willingboro/Pennsauken	3	English Gardner, Eastern
5	Jenna Harris, Franklin	3	Brianna Gess, Haddonfield
5	Danielle Tauro, Southern	3	DeAnn Hahn, Brick Township
4	Nicole Carmichael, JFK (Paterson)	3	Andrea Johnson, Plainfield
4	Joetta Clark, Columbia	3	Kathy Kilar, North Edison
4	Audra Corson, Monmouth	3	Lori Lewis, Woodbury
4	Pam Dukes, Freehold Township	3	Kim Mineo, Glen Rock
4	Chris Engel, Mount Olive	3	Hilary Noden, Hopewell Valley
4	Denise Liles, Kingsway	3	Ogechi Nwaneri, Chatham/Columbia
4	Sharon Redvict, Monmouth Regional	3	Lisa Parak, Vernon
4	Stephanie Saleem, Neptune	3	Lillian Rivera, Pemberton
4	Kaitlin Salisbury, Hawthorne	3	Michelle Rowen, Washington Township
4	Tawana Watkins, JFK (Paterson)	3	Nicole Sims, Plainfield
4	Aleah Williams, Montclair	3	Janet Smith, North Edison
4	Jess Woodard, Cherokee	3	Jillian Smith, Southern Ocean
3	Rena Antanelis, Randolph	3	Yvonne Smith, Monmouth Regional
3	Mary Banks, Raritan	3	Tatiana Smolin, Randolph
3	Mikele Barber, Montclair	3	Regina Trotter, Weequahic
3	Dawn Bowles, Neptune	3	Victoria Vanriele, Governor Livingston
3	Michelle Brown, Seneca	3	Alyssa Wilson, Donovan Catholic



GIRLS SPRING TRACK & FIELD

CHAMPIONSHIP HISTORY AND RECORD BOOK

Individuals- 4x MOC Winner (Single Event)

Name, School	Event	Years
Olivia Baker, Columbia	400M Dash	2011-2014
Jodie Bilotta, North Hunterdon	3200M Run	1985-1988
Joetta Clark, Columbia	880 Yard/800M Run	1977-1980
Chris Engel, Mount Olive	1600M Run	1989-1992
Carol Lewis, Willingboro	Long Jump	1978-1981
Sydney McLaughlin, Union Catholic	400M Low Hurdles	2014-2017
Danielle Tauro, Southern Ocean	1600M Run	2004-2007

Meet of Champions Records

Event	Name, School	Time/Distance	Year
100 Meter Dash	Wendy Vereen, Trenton	0:11.3	1983
<i>100 Yard Dash</i>	<i>Michele Glover, Pennsauken</i>	<i>0:10.7</i>	<i>1978</i>
200 Meter Dash	Wendy Vereen, Trenton	0:23.0	1983
<i>200 Yard Dash</i>	<i>Lori Lewis, Woodbury</i>	<i>0:24.0</i>	<i>1978</i>
400 Meter Dash	Sydney McLaughlin, Union Catholic	0:51.87	2016
<i>440 Yard Dash</i>	<i>Penny Fales, Hackensack</i>	<i>0:56.0</i>	<i>1976</i>
	<i>Terri Dembek, Hawthorn</i>	<i>0:56.0</i>	<i>1978</i>
800 Meter Run	Jill Smith, Southern Regional	2:04.67	2009
<i>880 Yard Run</i>	<i>Joetta Clark, Columbia</i>	<i>2:07.3</i>	<i>1978</i>
1600 Meter Run	Josette Norris, Tenaflly	4:41.61	2013
1500 Meter Run	Hilary Noden, Hopewell Valley	4:58.0	1975
<i>One Mile Run</i>	<i>Michelle Rowen, Washington Township</i>	<i>4:28.8</i>	<i>1981</i>
3200 Meter Run	Sarah Disanza, High Point	10:15.02	2013
<i>3000 Meter Run</i>	<i>Hilary Noden, Hopewell Valley</i>	<i>10:41.9</i>	<i>1976</i>
<i>Two Mile</i>	<i>Meg Waldron, Bernards</i>	<i>9:58.6</i>	<i>1981</i>
100 Meter High Hurdles	Dawn Bowles, Neptune	0:13.33	1988
<i>100 Yard 30" Hurdles</i>	<i>Darlene Grant, Overbrook</i>	<i>0:13.5</i>	<i>1979</i>
<i>100 Meter 30" Hurdles</i>	<i>Carol Lewis, Willingboro</i>	<i>0:14.1</i>	<i>1980</i>
400 Meter Low Hurdles	Sydney McLaughlin, Union Catholic	0:56.23	2016
4x100 Meter Relay	Piscataway	0:46.84	2014
4x400 Meter Relay	Columbia	3:42.54	2010
4x800 Meter Relay	Freehold Township	9:01.69	2014
Shot Put (4k)	Alyssa Wilson, Donovan Catholic	55'03.50"	2016
<i>Shot Put (8lb)</i>	Neki Figg, Highland Regional	45'06.00"	1979
Discus	Alyssa Wilson, Donovan Catholic	168'01.00"	2017
#Javelin	Brielle Smith, Oakcrest	163'08.00"	2018
<i>Javelin</i>	<i>Amy Krilla, Red Bank Catholic</i>	<i>159'08.00"</i>	<i>2000</i>
High Jump	Tish Edwards, Mater Dei	5'10.00"	1981
	Debra Vento, Freehold Borough	5'10.00"	2002
	Fiona Paladino, Montgomery	5'10.00"	2010
	Abrianna Barrett, Montgomery	5'10.00"	2017
	Tiffany Bautista, Paramus Catholic	5'10.00"	2018
	Tierra Hooker, Timber Creek	5'10.00"	2019
Long Jump	Carol Lewis, Willingboro	20'11.00"	1980
Triple Jump	Keturah Orji, Mount Olive	44'01.25"	2014
Pole Vault	Hayley Horvath, Notre Dame	13'05.25"	2018