

## Outdoor State Sectional Champions Four-time Event Winners

### GIRLS

| Name        | School       | Event      | Years   | Section          |
|-------------|--------------|------------|---------|------------------|
| Janet Smith | J.P. Stevens | 3000/3200m | 1981-84 | Central Group IV |
| Jen Graf    | Metuchen     | Javelin    | 1994-97 | Central Group I  |
| Rachel Suss | Metuchen     | 3200m      | 2013-16 | Central Group I  |

### BOYS

| Name       | School         | Event    | Years   | Section          |
|------------|----------------|----------|---------|------------------|
| Felix Lee  | Highland Park  | Shot Put | 1974-77 | Central Group I  |
| Sam Mattis | East Brunswick | Discus   | 2009-12 | Central Group IV |

## Outdoor State Sectional Champions Three-time Event Winners

### GIRLS

| Name            | School          | Event        | Years       | Section                |
|-----------------|-----------------|--------------|-------------|------------------------|
| Judy Ruff       | Highland Park   | 1 Mile/1500m | 1978-80     | Central Group I        |
| Judy Ruff       | Highland Park   | 2 Mile/3000m | 1978-80     | Central Group I        |
| Cheryl Tuosto   | North Brunswick | 1500m/1600m  | 1980-82     | Central Group II & III |
| Janet Smith     | J.P. Stevens    | 1600m        | 1982-84     | Central Group IV       |
| Diane Kozlowski | Highland Park   | Javelin      | 1983-84, 86 | Central Group I        |
| Debbie Cook     | South River     | 100m         | 1984-86     | Central Group I        |
| Jeanette Dezan  | South Brunswick | Javelin      | 1984-86     | Central Group II & III |
| Gail Giddens    | Metuchen        | Long Jump    | 1985-87     | Central Group I        |
| Gail Giddens    | Metuchen        | 100m Hurdles | 1985-87     | Central Group I        |

|                    |                  |              |             |                   |
|--------------------|------------------|--------------|-------------|-------------------|
| Kelly Miezkalski   | J.P. Stevens     | High Jump    | 1985-87     | Central Group IV  |
| Robin Zdanowicz    | Highland Park    | Long Jump    | 1991-93     | Central Group I   |
| Lanyka Brown       | Metuchen         | 100m         | 1993, 95-96 | Central Group I   |
| Lanyka Brown       | Metuchen         | 100m Hurdles | 1994-96     | Central Group I   |
| Tamika Toppin      | South Plainfield | High Jump    | 1995-97     | Central Group II  |
| Kathy Kilar        | J.P. Stevens     | High Jump    | 1994-96     | Central Group IV  |
| Kaci Redding       | Metuchen         | 400m Hurdles | 1998-00     | Central Group I   |
| Candice Steele     | J.P. Stevens     | 100m Hurdles | 1998-00     | Central Group IV  |
| Christine Scarfuto | Metuchen         | 400m         | 1999-01     | Central Group I   |
| Kim Henry          | Old Bridge       | 100m Hurdles | 2001-03     | Central Group IV  |
| Tiona Long         | New Brunswick    | Shot Put     | 2004-06     | CGII & N2GIII     |
| Tiona Long         | New Brunswick    | Discus       | 2005-07     | North 2 Group III |
| Lynn Mayer         | Sayreville       | High Jump    | 2005-07     | Central Group IV  |
| Mary Chismar       | Middlesex        | Shot Put     | 2006, 08-09 | Central Group I   |
| Briana Barlow      | New Brunswick    | 100m         | 2007-08, 10 | N2GIII & CGII     |
| Briana Barlow      | New Brunswick    | 100m Hurdles | 2007-08, 10 | N2GIII & CGII     |
| Khabira Crawford   | Dunellen         | 400m Hurdles | 2011-13     | Central Group I   |
| Malika Johnson     | Metuchen         | 200m         | 2012, 14-15 | Central Group I   |
| Rachel Suss        | Metuchen         | 1600m        | 2014-16     | Central Group I   |

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| <b>Name</b>      | <b>School</b> | <b>Event</b> | <b>Years</b> | <b>Section</b>    |
|------------------|---------------|--------------|--------------|-------------------|
| Bill Kovach      | J.P. Stevens  | Discus       | 1971-73      | Central Group IV  |
| Felix Lee        | Highland Park | Discus       | 1975-77      | Central Group I   |
| Rich Reichenbach | South River   | 110m Hurdles | 1988-90      | Central Group I   |
| Courtney Burton  | JFK-Iselin    | 100m         | 1988-90      | Central Group III |

|                          |                 |              |         |                   |
|--------------------------|-----------------|--------------|---------|-------------------|
| Courtney Burton          | JFK-Iselin      | 200m         | 1988-90 | Central Group III |
| Jabari Chavis            | Metuchen        | 200m         | 1993-95 | Central Group I   |
| Larry Lester             | Piscataway      | 100m         | 1999-01 | Central Group IV  |
| Larry Lester             | Piscataway      | 200m         | 1999-01 | Central Group IV  |
| Xavier McFarlane         | Metuchen        | 200m         | 2001-03 | Central Group I   |
| Frank Poandl             | Metuchen        | Shot Put     | 2001-03 | Central Group I   |
| Kyle Edmonds             | Metuchen        | 400m Hurdles | 2004-06 | Central Group I   |
| Bryant McCombs           | Old Bridge      | 400m         | 2004-06 | Central Group IV  |
| Rontik Sadler            | Dunellen        | High Jump    | 2009-11 | Central Group I   |
| Nicolas Botett           | South Brunswick | Discus       | 2014-16 | Central Group IV  |
| Rey Rivera               | Old Bridge      | 800m         | 2015-17 | Central Group IV  |
| Patrick Walsh            | South Amboy     | 3200m        | 2015-17 | Central Group I   |
| Stephon<br>Kelley-Gordon | Carteret        | Long Jump    | 2017-19 | Central Group II  |
| Stephon<br>Kelley-Gordon | Carteret        | Triple Jump  | 2017-19 | Central Group II  |