

Shore Intermediate Track and Field Relay and All-Star Records

EVENT	BOYS	GIRLS
1600m	4:38.0 <i>Craig Forsys, 2003</i> <i>Howell South</i>	5:14.98 <i>Briana Jackucewicz, 2005</i> <i>Howell North</i>
800m	2:08.2 <i>Craig Forsys, 2003</i> <i>Howell South</i>	2:24.6 <i>Oti Laki, 2010</i> <i>Marlboro Memorial</i>
400m	:54.1	:61 <i>Erin Madesn, 2006</i> <i>Howell North</i>
200m	:23.5	:26.1 <i>Ciara Thomas, 2018</i> <i>Tinton Falls</i>
100m	:10.90	:12.5
Shot Put	48' 8" <i>Eisenhower</i>	34' 3 ¾"
Discus	118'	98' 1 ½"
Long Jump	19' 10"	16' 5" <i>Gabby Galante, 2008</i> <i>Howell North</i>
High Jump	6' 1"	5' 1"
4x100	:47.4	:51.2
4x200	2:03.3 <i>Knollwood, 2018</i>	1:47.4 <i>Asbury, 2018</i>
4x400	4:19 <i>Marlboro Memorial, 2018</i>	4:47.1 <i>Manalapan, 2018</i>
4x800	10:12 <i>Wall, 2018</i>	11:29.9 <i>Knollwood, 2018</i>
Sprint Medley	4:33 <i>Manalapan, 2018</i>	4:56 <i>Manalapan, 2018</i>
Distance Medley	12:36.5 <i>Wall, 2018</i>	13:33 <i>Knollwood, 2018</i>
Shot Put Relay	88' 8" <i>Eisenhower</i>	74' <i>Asbury, 2018</i>

<i>Discus Relay</i>	190'½" Howell North, 2018	129'7" Eisenhower, 2018
<i>Long Jump Relay</i>	30' Howell North, 2018	24'10" Marlboro, 2018
<i>High Jump Relay</i>		

Asbury Barkalow Eatontown Eisenhower Forestdale Freehold Boro Howell North Howell South
 Knollwood Little Silver Manalapan Marl Mem Marlboro Ranney Shrewsbury Tinton Falls Wall