

GMC Outdoor Championships

Meet Records

All times listed to the hundredth of a second are F.A.T.
 Only marks in meters are recognized for record purposes
 Preference given to F.A.T. marks if they are closer than .24 seconds to a hand-timed mark

Boys

Event	Name	School	Mark	Year
100m	Noah Grant	Piscataway	10.34	2025
200m	Bryant McCombs	Old Bridge	21.25	2005
400m	Bryant McCombs	Old Bridge	47.27	2005
800m	Rey Rivera	Old Bridge	1:51.63	2017
1600m	Bill Lee	East Brunswick	4:15.8	1982
3200m	Sahil Sheth	South Brunswick	9:09.02	2022
110m Hurdles	Chris Serrao	East Brunswick	13.81	2022
400m Hurdles	Greg Christie	Perth Amboy	53.0	1997
4 x 100m	N. Thony, J. Atkinson-Waters, D. Headd, N. Grant	Piscataway	41.53	2025
4 x 400m	J. Keiser, J. Brundidge, A. Jha, B. Williams	South Brunswick	3:17.41	2025
4 x 800m	K. Englert, A. Greenbaum, K. Ruzala, A. Krumins	Metuchen	8:04.26	2025
Shot Put	Bob Ringwall	Carteret	60' 9 ½"	1973
Discus	Sam Mattis	East Brunswick	211' 0"	2012
Javelin	Brian Florek Stu Ralph	Old Bridge Piscataway	204' 6" 236' 1" *	2008 1974*
High Jump	Tim Carr Dan Monchek Guy Jackson	St. Joseph's Piscataway North Brunswick	6' 8" 6' 8" 6' 8"	1977 1978 2002

Long Jump	Emeka Eze	Sayreville	24' 0"	2012
Triple Jump	Myles Hartsfield	Sayreville	49' 9 ³ / ₄ "	2014
Pole Vault	Brian McSweeney	East Brunswick	14' 6"	2021

* = Different weight javelins began being used in 2003

Girls

Event	Name	School	Mark	Year
100m	Chanel Smith	Piscataway	11.91	2014
200m	Shauntae Nelson	Piscataway	24.67	2017
400m	Asia Washington	Piscataway	55.83	2005
800m	Cynthia Boryeskne	Edison	2:11.57	2019
1600m	Mary Malague	Metuchen	4:57.53	2022
3200m	Janet Smith	J.P. Stevens	10:36.8	1983
100m Hurdles	Kim Turko	J.P. Stevens	13.7	1997
400m Hurdles	Laura Williams	North Brunswick	1:01.51	2010
4 x 100m	N. Dupiche, C. Smith, B. Pettus, C. Pierson	Piscataway	48.16	2014
4 x 400m	M. Losey, R. Parham, A. West, A. Washington	Piscataway	3:54.33	2006
4 x 800m	K. Connors, G. Hernandez, L. Kupersmit, S. Lignell	Metuchen	9:33.98	2022
Shot Put	Monique Riddick	Bishop Ahr	42' 3"	2007
Discus	Tetiana Kontsohrada	Old Bridge	134" 4"	2025
Javelin	Indira Morton Jeanette Dezan	South Brunswick South Brunswick	133' 9" 141' 4" *	2007 1986*
High Jump	Karen Frederick	Edison	5' 8"	1983

	Kathy Kilar	J.P. Stevens	5' 8"	1996
Long Jump	Asia Washington	Piscataway	19' 0"	2006
Triple Jump	Nnenna Ibe	North Brunswick	39' 8 ³ / ₄ "	2015
Pole Vault	Sabrina Ray	South Brunswick	11' 9"	2019

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