

Outdoor GMC Champions Four-time Event Winners

GIRLS

Name	School	Event	Years
Twana Allen	Colonia	400m	1988-92
Kathy Kilar	J.P. Stevens	High Jump	1993-96
Sophia Ginez	South Brunswick	1600m	2007-10
Sophia Ginez	South Brunswick	3200m	2007-10
Mariah Browne	South Brunswick	Long Jump	2008-11

BOYS

Name	School	Event	Years
Tony Velasquez	Madison Central	Long Jump	1978-81

Outdoor GMC Champions Three-time Event Winners

GIRLS

Name	School	Event	Years
Kathy Crawford	Perth Amboy	100m	1974-76
Debbie Deutsch	East Brunswick	100m Hurdles	1975-77
Judy Ruff	Highland Park	1600m	1978-80
Judy Ruff	Highland Park	800m	1978-80
Diane Kozlowski	Highland Park	Javelin	1983-85
Gail Giddens	Metuchen	100m Hurdles	1985-87
Kelly Mieszkalski	J.P. Stevens	High Jump	1985-87

Donise Moore	New Brunswick	Long Jump	1988-90
Twana Allen	Colonia	200m	1990-92
Kathy Sutkowski	J.P. Stevens	800m	1995-97
Kira Horvath	East Brunswick	1600m	1995-97
Bassey Adjah	Piscataway	400m Hurdles	1995-97
Kristin Composto	JFK-Iselin	High Jump	1997-99
Anne O'Rane	South Brunswick	800m	1998-00
Candice Steele	J.P. Stevens	100m Hurdles	1998-00
Kim Henry	Old Bridge	400m Hurdles	2000-02
Kim Henry	Old Bridge	100m Hurdles	2001-03
Natasha Norville	Bishop Ahr	400m	2001-03
Tiona Long	New Brunswick	Shot Put	2004-06
Tiona Long	New Brunswick	Discus	2005-07
Lataya Dixon	J.P. Stevens	100m Hurdles	2005-07
Indira Morton	South Brunswick	Javelin	2005-07
Lataya Dixon	J.P. Stevens	High Jump	2005-07
Jordan Simmons	Bishop Ahr	200m	2007-08, 2010
Briana Barlow	New Brunswick	100m Hurdles	2008-10

BOYS

Name	School	Event	Years
Tony Swenticky	South River	Long Jump	1959-61
Stan Kozlowski	Perth Amboy	440y	1959-61
Bueford Williams	Piscataway	Pole Vault	1964-66
Vince Reilly	St. Joseph's	Pole Vault	1975-77

Bill Lee	East Brunswick	1600m	1980-82
Bill Sabino	East Brunswick	800m	1981-83
Ron Allen	JFK-Iselin	200m	1985-87
Courtney Burton	JFK-Iselin	100m	1988-90
Steve Guillen	Piscataway	400m Hurdles	1991-93
Keith Rzewuski	St. Joseph's	Shot Put	1996-98
Larry Lester	Piscataway	100m	1999-01
Larry Lester	Piscataway	200m	1999-01
Bryant McCombs	Old Bridge	400m	2004-06
Tim Ball	Bishop Ahr / Piscataway	1600m	2010-12
Tim Ball	Bishop Ahr / Piscataway	3200m	2010-12
Sam Mattis	East Brunswick	Discus	2010-12