



All Time Outdoor Track & Field Records - Relay Events

3 x 400 IH

1	3:23.55	(2007)	East Cost Relays	Harris, Alisa (1:06.48) Fulmer, Genesis (1:05.89) Ryan, Katie (1:11.18)
2	3:24.20	(2007)	Union County Relay Championships	Harris, Alisa (1:04.80) Fulmer, Genesis (1:07.70) Ryan, Katie (1:11.70)
3	3:25.00	(2007)	Mountain Valley Conference Relay Championships	Harris, Alisa (1:05.50) Fulmer, Genesis (1:08.30) Ryan, Katie (1:11.10)
4	3:42.80	(2006)	Mountain Valley Conference Relay Championships	Harris, Alisa (1:10.70) Ryan, Katie (1:13.90) Howard, Ivohna (1:17.90)
5	3:48.10	(2006)	Herm Johnson Relays	Harris, Alisa (1:12.70) Ryan, Katie (1:16.70) Howard, Ivohna (1:18.70)
6	3:48.90	(2007)	Summit Relays	Harris, Alisa (1:08.70) Ryan, Katie (1:06.80) Howard, Ivohna (1:10.20)
7	3:54.90	(2005)	Mountain Valley Conference Relay Championships	Ryan, Katie (1:19.88) Zoleta, Kayla (1:22.50)
8	4:01.00	(2008)	Mountain Valley Conference Relay Championships	Howard, Ivohna (1:18.40) Pinto, Gerianna (1:17.80) Forbes, Ashley (1:24.20)
9	13:40.70	(2006)	Union County Relay Championships	Dalton, Amanda (4:11.10) Brown, Tiara (1:07.00) Kelly, Bree (2:42.40) Peters, Samantha (5:40.50)

4 x 100 Meter

1	00.00	(2004)	Mountain Valley Conference Relay Championships	Broderick, Ashley () Belk, Aerielle () Hendricks, Lesley () Seniszyn, Jen ()
1	00.00	(2004)	Catholic Conference Relays	Broderick, Ashley () Belk, Aerielle () Hendricks, Lesley () Seniszyn, Jen ()
2	49.90	(2006)	Union County Relay Championships	Belk, Aerielle () Glover, Angelica () Hendricks, Lesley () Seniszyn, Jen ()
3	50.00	(2007)	Union County Relay Championships	Majeski, Miriam () Glover, Angelica () Belk, Aerielle () Seniszyn, Jen ()
4	50.20	(2006)	Mountain Valley Conference Relay Championships	Belk, Aerielle () Glover, Angelica () Hendricks, Lesley () Seniszyn, Jen ()
5	50.40	(2007)	Blue Devil Classic	Majeski, Miriam () Glover, Angelica () Belk, Aerielle () Seniszyn, Jen ()



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5	50.40	(2007)	Mountain Valley Conference Relay Championships	Majeski, Miriam () Glover, Angelica () Belk, Aerielle () Seniszyn, Jen ()
6	50.58	(2006)	Penn Relays	Belk, Aerielle () Glover, Angelica () Hendricks, Lesley () Seniszyn, Jen ()
7	50.82	(2007)	Penn Relays	Majeski, Miriam () Glover, Angelica () Belk, Aerielle () Seniszyn, Jen ()
8	50.88	(2006)	East Coast Relays	Belk, Aerielle () Glover, Angelica () Hendricks, Lesley () Seniszyn, Jen ()
9	51.10	(2006)	Herm Johnson Relays	Belk, Aerielle () Glover, Angelica () Hendricks, Lesley () Seniszyn, Jen ()
10	51.50	(2005)	Union County Relay Championships	Broderick, Ashley () Belk, Aerielle () Hendricks, Lesley () Seniszyn, Jen ()

4 x 1600 Meter

1	23:40.20	(2008)	Union County Relay Championships	Whitefleet, Allie (5:50.60) Egidio, Gina (6:07.00) Peters, Samantha (5:39.60) Socci, Jenna (6:02.80)
2	24:50.50	(2005)	Union County Relay Championships	Lyaschenko, Olena (5:47.10) Whitefleet, Allie (6:08.20) Monroe, Caitlin (6:27.50) Kelly, Bree (6:26.50)
3	25:20.60	(2006)	Union County Relay Championships	Egidio, Gina (6:19.90) Kelly, Bree (6:16.20) Hedley, Margeaux (6:25.90) Whitefleet, Allie (6:18.40)

4 x 200 Meter

1	1:44.70	(2007)	Blue Devil Classic	Glover, Angelica (27.10) Belk, Aerielle (26.50) Harris, Alisa (25.70) Seniszyn, Jen (25.00)
1	1:44.70	(2007)	Mountain Valley Conference Relay Championships	Glover, Angelica (26.60) Harris, Alisa (25.90) Belk, Aerielle (26.90) Seniszyn, Jen (25.00)
2	1:45.50	(2007)	Union County Relay Championships	Glover, Angelica (26.80) Harris, Alisa (26.20) Belk, Aerielle (26.60) Seniszyn, Jen (25.90)
3	1:45.62	(2007)	East Cost Relays	Glover, Angelica (26.90) Harris, Alisa (26.20) Belk, Aerielle (26.60) Seniszyn, Jen (25.60)



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4	1:45.70	(2006)	Union County Relay Championships	Belk, Aerielle (27.30) Harris, Alisa (26.50) Hendricks, Lesley (25.90) Seniszyn, Jen (25.90)
5	1:45.80	(2006)	Mountain Valley Conference Relay Championships	Belk, Aerielle (27.80) Harris, Alisa (26.40) Hendricks, Lesley (25.90) Seniszyn, Jen (25.80)
6	1:47.20	(2006)	East Coast Relays	Belk, Aerielle (27.10) Harris, Alisa (27.60) Hendricks, Lesley (26.80) Seniszyn, Jen (25.20)
7	1:47.30	(2006)	Metuchen Frosh/Soph #3	Cooper, Kiara (32.40) Carey, Melissa () White, Paige (35.50) Damberville, Natache (39.40)
8	1:48.20	(2005)	Union County Relay Championships	Seniszyn, Jen (26.03) Belk, Aerielle (28.13) Harris, Alisa (27.06) Hendricks, Lesley (26.44)
9	1:48.90	(2005)	Mountain Valley Conference Relay Championships	Seniszyn, Jen (27.00) Belk, Aerielle (27.69) Harris, Alisa (26.84) Hendricks, Lesley (26.78)
10	1:49.90	(2008)	Mountain Valley Conference Relay Championships	Veltz, Michelle (29.10) Grabowski, Caryn (26.60) Howard, Ivohna (27.40) Cabbage, Alexis (26.70)

4 x 400 Meter

1	00.00	(2005)	Herm Johnson Relays	
2	4:04.40	(2007)	Union County Relay Championships	Seniszyn, Jen (1:01.30) Fulmer, Genesis (1:00.90) Belk, Aerielle (1:00.80) Harris, Alisa (1:01.00)
3	4:04.94	(2007)	Meet of Champions	Seniszyn, Jen (1:01.10) Fulmer, Genesis (59.30) Colombo, Katie (1:02.70) Belk, Aerielle (1:01.60)
4	4:05.20	(2007)	Mountain Valley Conference Championship	Belk, Aerielle (1:02.50) Howard, Ivohna (1:02.30) Fulmer, Genesis (1:00.60) Harris, Alisa (59.80)
4	4:05.20	(2006)	Mountain Valley Conference Championship	Hendricks, Lesley (59.60) Belk, Aerielle (1:01.30) Lowe, Tess (1:02.40) Harris, Alisa (1:01.87)
5	4:06.70	(2005)	Meet of Champions	Hendricks, Lesley (1:01.41) Peters, Samantha (1:04.00) Belk, Aerielle (1:02.91) Harris, Alisa (58.09)
6	4:07.21	(2005)	Non Public A State Championships	Hendricks, Lesley (1:01.32) Peters, Samantha (1:04.03) Seniszyn, Jen (1:01.34) Harris, Alisa (1:00.00)



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7	4:07.30	(2007)	Blue Devil Classic	Seniszyn, Jen (59.90) Belk, Aerielle (1:03.10) Peters, Samantha (1:04.40) Harris, Alisa (59.40)
8	4:07.40	(2007)	Mountain Valley Conference Relay Championships	Fulmer, Genesis (1:01.70) Belk, Aerielle (1:00.90) Colombo, Katie (1:04.20) Harris, Alisa (1:00.60)
9	4:07.50	(2007)	Union County Championships	Seniszyn, Jen (1:03.40) Fulmer, Genesis (1:00.50) Belk, Aerielle (1:01.90) Harris, Alisa (1:01.10)
9	4:07.50	(2006)	Union County Relay Championships	Hendricks, Lesley (59.70) Belk, Aerielle (1:03.70) Lowe, Tess (1:03.10) Harris, Alisa (1:00.10)
10	4:09.06	(2006)	Penn Relays	Hendricks, Lesley (1:00.40) Belk, Aerielle (1:02.40) Lowe, Tess (1:03.30) Harris, Alisa (1:02.50)

4 x 800 Meter

1	9:50.00	(2008)	Union County Relay Championships	Lowe, Tess (2:24.30) Socci, Jenna (2:29.30) Whitefleet, Allie (2:32.40) Peters, Samantha (2:24.00)
2	9:58.00	(2008)	Mountain Valley Conference Relay Championships	Lowe, Tess (2:25.90) Socci, Jenna (2:33.20) Peters, Samantha (2:25.20) Whitefleet, Allie (2:33.50)
3	9:59.80	(2008)	Mountain Valley Conference Relay Championships	Lowe, Tess (2:26.80) Socci, Jenna (2:34.70) Whitefleet, Allie (2:35.30) Peters, Samantha (2:23.00)
4	10:02.66	(2008)	East Coast Relays	Lowe, Tess (2:26.30) Socci, Jenna (2:34.30) Whitefleet, Allie (2:33.30) Peters, Samantha (2:26.80)
5	10:07.50	(2007)	Union County Relay Championships	Colombo, Katie (2:31.40) Peters, Samantha (2:26.10) Egidio, Gina (2:36.40) Pinto, Gerianna (2:33.60)
6	10:08.20	(2008)	Colts Neck Relays	Lowe, Tess (2:29.10) Socci, Jenna (2:34.70) Peters, Samantha (2:29.70) Whitefleet, Allie (2:35.80)
7	10:15.20	(2006)	Mountain Valley Conference Relay Championships	Lowe, Tess (2:28.80) Colombo, Katie (2:37.90) Dalton, Amanda (2:40.60) Peters, Samantha (2:27.40)
8	10:22.50	(2005)	Union County Relay Championships	Whitefleet, Allie (2:35.60) Kelly, Bree (2:47.50) Lyaschenko, Olena (2:33.30) Peters, Samantha (2:26.00)



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9	10:23.10	(2006)	Union County Relay Championships	Lowe, Tess (2:34.10) Colombo, Katie (2:36.70) Dalton, Amanda (2:40.60) Peters, Samantha (2:31.70)
10	10:26.90	(2006)	Hillsborough Raider Relays	Lowe, Tess (2:31.60) Whitefleet, Allie (2:41.90) Kelly, Bree (2:42.30) Peters, Samantha (2:31.00)

Discus (1.6 kg)

1	210' 09.00"	(2008)	Union County Relay Championships	Evans, Alex (74' 10.00") Eke, Brenda (69' 04.00") Belk, Brionna (66' 07.00")
2	200' 02.00"	(2010)	Union County Relay Championship	Doherty, Jordan (74' 00.00") Belk, Brionna (65' 11.00") Ramos, Jasmine (60' 03.00")
3	193' 07.00"	(2010)	Summit Relays	Doherty, Jordan (74' 00.00") Simmonds, Caresse (62' 09.00") Ramos, Jasmine (56' 10.00")
4	183' 04.00"	(2009)	Union County Relay Championships	Evans, Alex (67' 06.00") Belk, Brionna (62' 11.00") Doherty, Jordan (52' 11.00")
5	151' 02.00"	(2011)	NJCTC Relays	Doherty, Jordan (83' 02.00") Allmer, Allison (68' 00.00")
6	149' 09.00"	(2011)	Blue Devil Relays	Doherty, Jordan (84' 00.00") Allmer, Allison (65' 09.00")
7	144' 07.00"	(2010)	NJCTC Spring Relays	Doherty, Jordan (79' 06.00") Belk, Brionna (65' 01.00")
8	137' 04.00"	(2009)	Colts Neck Relays	Evans, Alex (64' 03.00") Belk, Brionna (73' 01.00")
9	134' 04.00"	(2010)	Blue Devil Relays	Doherty, Jordan (74' 04.00") Belk, Brionna (60' 00.00")
10	127' 10.00"	(2008)	Mountain Valley Conference Relay Championships	Evans, Alex (66' 05.00") Belk, Brionna (61' 05.00")

DMR 12-4-8-16

1	13:02.60	(2008)	Union County Relay Championships	Whitefleet, Allie (4:02.30) Cabbage, Alexis (1:02.50) Socci, Jenna (2:32.50) Peters, Samantha (5:25.10)
2	13:10.70	(2008)	Blue Devil Classic	Whitefleet, Allie (4:09.90) Cabbage, Alexis (1:02.90) Lowe, Tess (2:25.90) Peters, Samantha (5:32.10)
3	13:14.30	(2008)	Mountain Valley Conference Relay Championships	Whitefleet, Allie (4:11.30) Colombo, Katie (1:06.20) Lowe, Tess (2:29.80) Peters, Samantha (5:26.90)
4	13:36.50	(2007)	Union County Relay Championships	Dalton, Amanda (4:17.50) Howard, Ivohna (1:03.80) Colombo, Katie (2:34.40) Peters, Samantha (5:42.20)



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5	13:40.70	(2006)	Union County Relay Championships	Dalton, Amanda (4:11.10) Brown, Tiara (1:07.00) Kelly, Bree (2:42.40) Peters, Samantha (5:40.50)
6	13:41.90	(2006)	Mountain Valley Conference Relay Championships	Kelly, Bree (4:22.30) Colombo, Katie (1:05.90) Lowe, Tess (2:40.30) Peters, Samantha (5:33.40)
7	13:47.90	(2005)	Mountain Valley Conference Relay Championships	Lyaschenko, Olena (4:20.97) Howard, Ivohna (1:09.44) Whitefleet, Allie (2:37.22) Peters, Samantha (5:40.10)
8	13:50.90	(2006)	Metuchen Frosh/Soph #3	Lowe, Tess (4:11.50) Howard, Ivohna (1:11.00) Colombo, Katie (2:35.30) Dalton, Amanda (5:54.10)
9	13:54.20	(2007)	Mountain Valley Conference Relay Championships	Dalton, Amanda (4:21.10) Smart, Elissa (1:06.90) Colombo, Katie (2:35.30) Peters, Samantha (5:50.70)
10	14:02.20	(2006)	Blue Devil Classic	Whitefleet, Allie (4:32.30) Colombo, Katie (1:05.30) Lowe, Tess (2:43.70) Peters, Samantha (5:39.50)

High Jump

1	14' 08.00"	(2007)	Union County Relay Championships	Eppinger, Kaity (5' 02.00") Brown, Tiara (4' 10.00") Hoff, Danielle (4' 08.00")
2	14' 06.00"	(2006)	Union County Relay Championships	Eppinger, Kaity (5' 00.00") Brown, Tiara (4' 10.00") Hoff, Danielle (4' 08.00")
3	14' 00.00"	(2005)	Union County Relay Championships	Eppinger, Kaity (4' 10.00") Brown, Tiara (4' 08.00") Broderick, Ashley (4' 04.00")
4	13' 08.00"	(2009)	Union County Relay Championships	Grabowski, Caryn (5' 00.00") Colombo, Katie (4' 04.00") McDermott, Ellen (4' 04.00")
5	13' 04.00"	(2007)	Summit Relays	Eppinger, Kaity (4' 10.00") Brown, Tiara (4' 06.00") Hoff, Danielle (4' 00.00")
6	10' 02.00"	(2007)	Mountain Valley Conference Relay Championships	Eppinger, Kaity (5' 04.00") Brown, Tiara (4' 10.00")
7	10' 00.00"	(2006)	Mountain Valley Conference Relay Championships	Eppinger, Kaity (5' 02.00") Brown, Tiara (4' 10.00")
8	9' 10.00"	(2007)	Blue Devil Classic	Eppinger, Kaity (5' 00.00") Brown, Tiara (4' 10.00")
8	9' 10.00"	(2007)	East Cost Relays	Eppinger, Kaity (5' 02.00") Brown, Tiara (4' 08.00")
8	9' 10.00"	(2005)	Blue Devil Classic	Eppinger, Kaity (5' 00.00") Brown, Tiara (4' 10.00")
9	9' 08.00"	(2006)	Blue Devil Classic	Eppinger, Kaity (5' 00.00") Brown, Tiara (4' 08.00")



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9	9' 08.00"	(2006)	Hillsborough Raider Relays	Eppinger, Kaity (5' 02.00") Brown, Tiara (4' 06.00")
10	9' 05.00"	(2008)	Mountain Valley Conference Relay Championships	Brown, Tiara (5' 02.00") Colombo, Katie (4' 03.00")

Javelin

1	246' 01.00"	(2010)	Union County Relay Championship	Pinto, Gerianna (84' 03.00") Allmer, Allison (92' 09.00") Trollo, Megan (69' 01.00")
2	199' 04.00"	(2010)	Summit Relays	Allmer, Allison (85' 02.00") Ramos, Jasmine (59' 03.00") Trollo, Megan (54' 11.00")
3	159' 05.00"	(2010)	Blue Devil Relays	Allmer, Allison (84' 01.00") Pinto, Gerianna (75' 04.00")
4	154' 04.00"	(2010)	NJCTC Spring Relays	Allmer, Allison (84' 11.00") Trollo, Megan (69' 05.00")
5	153' 11.00"	(2011)	NJCTC Relays	Allmer, Allison (97' 01.00") Simmonds, Caresse (56' 10.00")
6	145' 05.00"	(2011)	Blue Devil Relays	Allmer, Allison (86' 04.00") Pauls, Sam (59' 01.00")
7	133' 04.00"	(2009)	Colts Neck Relays	Pinto, Gerianna () Allmer, Allison ()
8	00.00"	(2008)	Blue Devil Classic	Evans, Alex () Pinto, Gerianna ()
8	00.00"	(2007)	Mountain Valley Conference Relay Championships	Pinto, Gerianna () Grabowski, Caryn () Majeski, Miriam ()

Long Jump

1	197' 11.00"	(2008)	Mountain Valley Conference Relay Championships	Evans, Alex (73' 06.00") Pinto, Gerianna (65' 02.00") Ramos, Jasmine (59' 03.00")
2	43' 07.00"	(2007)	Union County Relay Championships	Broderick, Ashley (15' 05.75") Grabowski, Caryn (14' 04.50") Glover, Angelica (13' 10.00")
3	43' 05.00"	(2006)	Union County Relay Championships	Grabowski, Caryn (14' 10.00") Howard, Ivohna (14' 02.00") Glover, Angelica (14' 05.00")
4	30' 01.00"	(2007)	Blue Devil Classic	Broderick, Ashley (15' 04.75") Grabowski, Caryn (14' 08.25")
5	28' 09.25"	(2005)	NJCTC Relays	Broderick, Ashley (15' 05.00") Hendricks, Lesley (13' 04.25")
6	28' 07.00"	(2007)	Summit Relays	Broderick, Ashley (14' 11.00") Glover, Angelica (13' 08.00")
7	28' 01.00"	(2007)	Mountain Valley Conference Relay Championships	Broderick, Ashley () Grabowski, Caryn ()
8	26' 08.00"	(2005)	Union County Relay Championships	Broderick, Ashley () King, Nicole (13' 02.00") Howard, Ivohna (13' 06.00")
9	13' 10.00"	(2006)	Mountain Valley Conference Relay Championships	Glover, Angelica () Grabowski, Caryn (13' 10.00")



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10	00.00"	(2009)	Mountain Valley Conference Relay Championships	Evans, Alex () Allmer, Allison () Pinto, Gerianna ()
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Shot Put (12 lb)

1	86' 11.75"	(2010)	Union County Relay Championship	Trollo, Megan (29' 07.75") Doherty, Jordan (27' 11.50") Pinto, Gerianna (29' 04.50")
2	83' 09.75"	(2008)	Mountain Valley Conference Relay Championships	Evans, Alex (27' 11.50") Riddick, Jessica (29' 03.25") Belk, Brionna (26' 06.50")
3	82' 01.00"	(2008)	Union County Relay Championships	Evans, Alex (28' 02.50") Riddick, Jessica (27' 11.00") Belk, Brionna (25' 11.50")
4	79' 04.50"	(2010)	Summit Relays	Trollo, Megan (28' 08.50") Doherty, Jordan (25' 11.00") Allmer, Allison (24' 09.00")
5	75' 01.75"	(2009)	Union County Relay Championships	Belk, Brionna (27' 05.00") Doherty, Jordan (24' 10.75") Allmer, Allison (22' 10.00")
6	60' 05.75"	(2011)	Blue Devil Relays	Trollo, Megan (30' 09.00") Doherty, Jordan (29' 08.75")
7	57' 04.50"	(2010)	Blue Devil Relays	Trollo, Megan (29' 05.00") Doherty, Jordan (27' 11.50")
8	57' 00.00"	(2011)	NJCTC Relays	Doherty, Jordan (28' 00.75") Allmer, Allison (28' 11.25")
9	56' 01.50"	(2010)	NJCTC Spring Relays	Trollo, Megan (29' 08.50") Simmonds, Caresse (26' 05.00")
10	55' 06.00"	(2008)	Mountain Valley Conference Relay Championships	Evans, Alex (29' 01.00") Belk, Brionna (26' 05.00")

Shot Put (4 kg)

1	65' 02.50"	(2010)	Summit Relays	Simmonds, Caresse (24' 08.00") Bricki, Kathryn (21' 10.00") Dalere, Roxanne (18' 08.50")
2	56' 08.00"	(2011)	NJCTC Relays	Trollo, Megan (31' 00.00") Simmonds, Caresse (25' 08.00")

Shuttle Hurdles 110m

1	1:07.90	(2007)	Union County Relay Championships	Fulmer, Genesis (16.00) Ryan, Katie (17.60) Majeski, Miriam (18.20) Harris, Alisa (16.10)
2	1:09.60	(2007)	Mountain Valley Conference Relay Championships	Fulmer, Genesis (16.90) Ryan, Katie (17.80) Majeski, Miriam (18.70) Harris, Alisa (16.30)
3	1:13.20	(2007)	Blue Devil Classic	Harris, Alisa (16.60) Majeski, Miriam (18.60) Ryan, Katie (18.30) Eppinger, Kaity (19.70)



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4	1:15.00	(2007)	Cranford Cougar Classic Relays	Harris, Alisa (16.60) Ryan, Katie (18.60) Majeski, Miriam (19.70) Eppinger, Kaity (20.20)
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SMR 2-2-4-8

1	2:07.84	(2010)	Summit Relays	Pegeron, Iris () Larkin, Tejah () London, Shanice (30.50) Campbell, Taylor (1:08.70)
2	4:22.90	(2009)	Mountain Valley Conference Relay Championships	Bland, Dainah (28.50) Veltz, Michelle (27.60) Cubbage, Alexis (1:00.20) Socci, Jenna (2:26.40)
3	4:23.43	(2006)	Mountain Valley Conference Relay Championships	Belk, Aerielle (27.50) Harris, Alisa (26.40) Hendricks, Lesley (1:00.90) Peters, Samantha (2:28.30)
4	4:24.10	(2007)	Mountain Valley Conference Relay Championships	Glover, Angelica (27.30) Seniszyn, Jen (26.30) Belk, Aerielle (1:02.50) Peters, Samantha (2:27.80)
5	4:24.70	(2007)	Summit Relays	Glover, Angelica (27.90) Seniszyn, Jen (26.80) Harris, Alisa (1:01.80) Peters, Samantha (2:27.90)
6	4:27.75	(2009)	Union County Relay Championships	Bland, Dainah (27.80) Veltz, Michelle (28.40) Cubbage, Alexis (1:00.80) Socci, Jenna ()
7	4:28.00	(2008)	Mountain Valley Conference Relay Championships	Cubbage, Alexis (27.00) Grabowski, Caryn (26.90) Lowe, Tess (1:03.30) Peters, Samantha (2:30.70)
8	4:29.60	(2006)	Union County Relay Championships	Grabowski, Caryn (28.30) Glover, Angelica (27.90) Colombo, Katie (1:04.40) Peters, Samantha (2:29.00)
9	4:29.80	(2011)	NJCTC Relays	Pegeron, Iris (27.90) Campbell, Taylor (28.20) Cubbage, Alexis (58.60) Socci, Jenna (2:34.20)
10	4:30.30	(2008)	Mountain Valley Conference Relay Championships	Veltz, Michelle (28.95) Grabowski, Caryn (26.50) Cubbage, Alexis (1:03.40) Peters, Samantha (2:31.60)

SMR 4-2-2-8

1	4:21.60	(2008)	Blue Devil Classic	Lowe, Tess (1:01.10) Grabowski, Caryn (27.00) Cubbage, Alexis (26.60) Peters, Samantha (2:26.80)
2	4:26.65	(2010)	Union County Relay Championship	Cubbage, Alexis (59.30) Pegeron, Iris (27.70) Campbell, Taylor (27.40) Socci, Jenna (2:31.60)



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3	4:29.70	(2009)	Blue Devil Classic	Cubbage, Alexis (59.90) Veltz, Michelle (28.50) Colombo, Katie (28.40) Socci, Jenna (2:32.80)
4	4:30.15	(2010)	Blue Devil Relays	Cubbage, Alexis (1:01.50) Pegeron, Iris (27.90) Campbell, Taylor (28.40) Socci, Jenna (2:31.90)
5	4:30.87	(2009)	Colts Neck Relays	Veltz, Michelle (1:01.20) Colombo, Katie (29.60) Cubbage, Alexis (29.80) Socci, Jenna (2:30.80)
6	4:31.10	(2006)	Blue Devil Classic	Harris, Alisa (1:01.90) Glover, Angelica (28.50) Seniszyn, Jen (26.10) Peters, Samantha (2:34.20)
7	4:41.59	(2005)	Blue Devil Classic	Harris, Alisa (1:02.41) Belk, Aerielle (29.78) Brown, Tiara (29.34) Peters, Samantha (2:40.06)
8	4:41.90	(2008)	Blue Devil Classic	Howard, Ivohna (1:07.00) Veltz, Michelle (29.00) Wilkins, Salindra (29.40) Socci, Jenna (2:36.50)
9	4:44.90	(2011)	Metuchen Frosh Soph 2	Cannon, Hannah (30.20) Johnson, Chayla (29.20) Campbell, Taylar (1:08.20) Lowe, Kate (2:37.30)
10	4:46.20	(2007)	Blue Devil Classic	Smart, Elissa (1:05.40) Grabowski, Caryn (28.60) Thompson, Ivonne (30.10) Pinto, Gerianna (2:42.10)

Triple Jump

1	61' 00.25"	(2007)	Union County Relay Championships	Broderick, Ashley (29' 01.25") Grabowski, Caryn (31' 11.50")
2	60' 00.00"	(2007)	Summit Relays	Broderick, Ashley (29' 10.00") Grabowski, Caryn (30' 02.00")
3	54' 00.00"	(2005)	Mountain Valley Conference Relay Championships	Broderick, Ashley (29' 00.00") King, Nicole (25' 00.00")
4	30' 10.00"	(2005)	Union County Relay Championships	Broderick, Ashley (30' 10.00") King, Nicole ()
5	00.00"	(2006)	Mountain Valley Conference Relay Championships	Broderick, Christina () Grabowski, Caryn ()