

NYS GIRLS INDOOR STATE CHAMPIONS

1972- 2022

Thanks to MileSplit, Newsday, and The New York Times for archiving years of results.

Thank you to Dan Doherty and the many coaches and athletic directors for their help in obtaining relay names.

Any corrections or missing information contact: jchristian@hhh.k12.ny.us

Symbols

* Meet Record

National, State + Meet Record

** State + Meet Record

^ Ties existing record

Starting in 1996 - Shaded area indicates NYSPHSAA champion.

Missing results:

Relay names from 1979 State championships.

4x220yd Relay- New Rochelle

4x440yd Relay- Brooklyn Tech

4x880yd Relay- Brooklyn Tech

Intersectional Relay- Section III Central NY

Who who won the Sectional Title in 2018 & 2019 ?

1978 - Marist College, Poughkeepsie

Sectional Champion: Section VIII - Nassau County

1st Indoor Championship Meet- All marks are considered State Meet records.

Event	Athlete	School	Section	Performance
60 Yard Dash	Patty Frost	Horseheads	IV	7.2
300 Yard Dash (TIE)	Monica Egbuono	Sewanhaka	VIII	37.8
	Rochelle Hall	Brooklyn Tech	PSAL	37.8
600 Yard Run	Maria Dwyer	New Rochelle	I	1:27.1
1000 Yard Run	Judith Moody	Brooklyn Tech	PSAL	2:43.2
Mile Run	Kim Sharpe	North Syracuse	III	5:05.2
2 Mile Run	Kim Sharpe	North Syracuse	III	11:14.3
One Mile Walk	Claudia Silva	Port Washington	VIII	8:29.6
55 Yard Hurdles	Heather Sibbison	Niskyuna	II	7.7
Long Jump	Sue Robinson	Monroe Woodbury	IX	16' 9.5"
High Jump	Pat McAleese	Baldwin	VIII	5' 5"
Shot Put	Elena Gervino	Scarsdale	I	41' 10"
4- Lap Relay	Malverne- VIII Zebada Poage, Suzanne Hayes, Evette Fearon, Marva Fearon			1:18.1
4 x 440y Relay	Onteora- IX Doreen Lambelet, Carol Gilsinger, Debbie Oathoudt, Terri Seamon			4:18.2
4 x 880y Relay	Monroe Woodbury- IX (Race was one-lap short) Janet Abrigani, Linda Edwards, Robyn Dally, Diana Halpin			9:38.6
Intersectional Relay	Nassau County - VIII Heidi Maher, Lynn Bell, Ginny Pierini, Nancy Frank			12:54.8

1979- Cornell University, Ithaca

Sectional Champion: PSAL - Public School Athletic Association

Event	Athlete	School	Section	Performance
60 Yard Dash	Marva Fearon	Malverne	VIII	6.9
300 Yard Dash	Lintz Rivera	Suffern	IX	39.0
600 Yard Run	Monica Egbuono	Sewanhaka	VIII	1:25.1
1000 Yard Run	Rudelle Sargeant	Brooklyn Tech	PSAL	2:39.86
Mile Run	Sue Girard	Maine-Endwell	III	4:59.76
2 Mile Run	Heidi Maher	Valley Stream South	VIII	10:59.41
One Mile Walk	Lorna McKinnon	Smithtown West	XI	8:01.4
55 Yard Hurdles	Julia Long	Mount Vernon	I	8.27
Long Jump	Lenora Baker	New Rochelle	I	18' 0.25" *
High Jump	Lenora Baker	New Rochelle	I	5' 5" ^
Shot Put	Regina Butler	Horseheads	IV	46' 4" *
4 x 220y Relay	New Rochelle- I			1:47.12
	Myra Robinson, Sandra Taylor, Erica McPherson, Lenore Baker			
4 x 440y Relay	Brooklyn Tech- PSAL			4:10.17
	???			
4 x 880y Relay	Brooklyn Tech- PSAL			9:34.56
	???			
Intersectional Relay	Central New York - III			12:46.37
	???			

1980- Manley Field House, Syracuse**Sectional Champion: Section IX - Orange, Rockland, and Ulster Counties****Switched to meters from yards for track events. All running events will be counted as new meet records.**

Event	Athlete	School	Section	Performance
50 Meter Dash	Tracey Armstead	Monticello	IX	6.5
300 Meter Dash	Lintz Rivera	Suffern	IX	40.1
600 Meter Run	Monica Egbuono	Sewanhaka	VIII	1:32.9
1000 Meter Run	Rudelle Sargeant	Brooklyn Tech	PSAL	2:54.5
1500 Meter Run	Linda Detlefsen	Sachem	XI	4:43.8
3000 Meter Run	Sue Girard	Maine-Endwell	IV	9:55.0
1500 Meter Racewalk	Sue Marr	Bethlehem	II	7:45.7
50 Meter Hurdles	Kay Moore	Brooklyn Tech	PSAL	7.6
Long Jump	Kim McDole	Spring Valley	IX	18' 2.5" *
High Jump	Judy Ingham	Hilton	V	5' 6" *
Shot Put	Maria Acacia	Tottenville	PSAL	40' 8.75"
4 x 200m Relay	New Rochelle- I Sandra Taylor, Charlene Clarkson, Myra Robinson, Sonja Rojas			1:45.0
4 x 400m Relay	Brooklyn Tech- PSAL Tony Peay, Wendy Armstrong, Lisa Holli, Rudelle Sargeant			4:00.4
4 x 800m Relay	Harborfields- XI Jan Welher, Debbie Sampson, Sherri Delanoff, Chris Skinner			9:32.2
Intersectional Relay	Section IX (Orange, Rockland, Ulster) Aleen Reynolds- Albertus Magnus, Dolores Roder- Washingtonville Debbie Grant- Ramapo, Terri Ebanietti- Pearl River			12:34.6

1981- Cornell University, Ithaca

Sectional Champion: Section IX - Orange, Rockland, and Ulster Counties

Event	Athlete	School	Section	Performance
55 Meter Dash	Jill Bowman	Ossining	I	7.0 *
300 Meter Dash	Katrina Hardy	Boys and Girls	PSAL	41.1
600 Meter Run	Nancy Rosenfeld	Suffern	IX	1:36.1
1,000 Meter Run	Ann Begley	Valley Stream	VIII	3:00.3
1,500 Meter Run	Margaret Wynne	Somers	I	4:45.5
3,000 Meter Run	Ann Dobrowolski	Lancaster	VI	10:06.7
55 Meter Hurdles	Mariquita Patterson	Port Washington	VIII	8.3 *
1500 Meter Racewalk	Teresa Vaill	Pine Plains	I	7:34.3 *
Long Jump	Beth Sheehan	Williamsville East	VI	17' 11"
High Jump	Nancy Fay	Byram Hills	I	5' 6" ^
Shot Put	Maria Acacia	Tottenville	PSAL	43' 9.5"
4 x 200m Relay	Hempstead - VIII			1:45.6
	Gayle Cooper, Stephanie Smith, Gay Bullock, Bonnie Floyd			
4 x 400m Relay	Suffern - IX			4:00.6
	Rosenfeld, Bugdin, Gallaher, Rivera			
4 x 800m Relay	Mount Vernon - I			9:36.9
	Buahnell, McDermott, Scott, Whitehead			

1982 - Cornell University, Ithaca

Sectional Champion: Section VIII - Nassau County

Event	Athlete	School	Section	Performance
55 Meter Dash	Michelle Mazurik	Alexander	V	7.22 *
300 Meter Dash	Beverly Ramsey	Uniondale	VIII	41.25
600 Meter Run	Nancy Rosenfeld	Suffern	IX	1:33.3
1,000 Meter Run	Veronica Haberl	Longwood	XI	2:53.75
1,500 Meter Run	Desiree Scott	Mount Vernon	I	4:44.64
3,000 Meter Run	Chris Curtin	Mepham	VIII	9:42.2 **
55 Meter Hurdles	Yvette Cash	Truman	PSAL	8.37 *
1500 Meter Racewalk	Simone Pavilides	North Shore	VIII	7:37.2
Long Jump	Beth Sheehan	Willaimsville	VI	17' 10.5"
High Jump	Sharon Pfister	Lancaster	VI	5' 7" *
Shot Put	June Reid	Mepham	VIII	44' 1.5"
4 x 200m Relay	Hempstead - VIII			1:44.9 *
	Gayle Cooper, Stephanie Smith, Gay Bullock, Vonda Henderson			
4 x 400m Relay	Truman - PSAL			4:00.49 *
	Terry Pinkney, Walker, Yvette Cash, Freeman			
4 x 800m Relay	Harborfields - XI			9:35.5
	Vilma Evangelista, Beth Ann Meehan, Kathleen Mallen, Maureen Flanagan			

1983- Cornell University, Ithaca**Sectional Champion: Section IX - Orange, Rockland and Ulster Counties****Due to an officiating error, the 1,700 was created to credit Veronica Haberl,****who passed Mary Beth Allen in the extra final lap of the 1,500 that resulted from the error.**

Event	Athlete	School	Section	Performance
55 Meter Dash	Karen Skinner	Port Washington	VIII	7.29
300 Meter Dash	Gay Bullock	Hempstead	VIII	40.47
600 Meter Run	Rhonda Phillips	Mont Pleasant/Schenectady	II	1:34.66
1000 Meter Run	Veronica Haberl	Longwood	XI	2:57.1
1500 Meter Run	Mary Beth Allen	Bishop Maginn	II	4:51.7
1700 Meter Run	Veronica Haberl	Longwood	XI	5:25.8
3000 Meter Run	Betsy Kaneale	Onondaga	III	9:59.6
1500 Meter Racewalk	Trisha Reilly	Lindenhurst	XI	7:11.1 *
55 Meter Hurdles	Gail Cooper	Hempstead	VIII	8.25 *
Long Jump	Kim McDole	Ramapo	IX	19' 3" *
High Jump	Cathy Golden	Marcellus	III	5' 7" ^
Shot Put	Connie Sweet	Horseheads	IV	42' 9.25"
4 x 200m Relay	Hempstead - VIII			1:44.7 **
	Stephanie Smith, Vonda Henderson, Gail Cooper, Gay Bullock			
4 x 400m Relay	Ramapo - IX			4:02.8
	Kim McDole, Michelle Irby, Suzette Francosi, Debbie Grant			
4 x 800m Relay	Bay Shore - XI			9:26.52 *
	Mari Parks, Michelle Billings, Kathy Pitcher, Jeannine Graham			

1984 - Carrier Dome, Syracuse

Sectional Champion: Section VIII - Nassau County

Event	Athlete	School	Section	Performance
55 Meter Dash	Cordelia Brown	Monroe	PSAL	6.9 *
300 Meter Dash	Melanie Austin	Tilden	PSAL	39.9 *
600 Meter Run	Rhonda Phillips	Mont Pleasant/Schenectady	II	1:33.7
1,000 Meter Run	Kathy Franey	Massapequa	VIII	2:57.5
1,500 Meter Run	Mary Pat Hickey	Clarence	VI	4:46.5
3,000 Meter Run	Chris Curtain	Mephram	VIII	9:47.7
55 Meter Hurdles	Rhonda Phillips	Mont Pleasant/Schenectady	II	8.3
1500 Meter Racewalk	Donna Goldstein	Tottenville	PSAL	7:33.14
Long Jump	Janenn Bonner	Nottingham	III	18' 2.75"
High Jump	Jennifer Williams	Williamsville East	VI	5' 7" ^
Shot Put	Connie Sweet	Horseheads	IV	43' 4"
4 x 200m Relay	Uniondale - VIII			1:46.14
	Sophia Dubreuil, Michelle Gallier, Michelle Turner, June Barrett			
4 x 400m Relay	Suffern - IX			4:03.6
	Cronin, Supulveda, Tice, Smith			
4 x 800m Relay	Mephram - VIII			9:34.1
	Amy Weed, Kiernan O'Toole, Lisa Ferrara, Chris Curtin			

1985- Carrier Dome, Syracuse**Sectional Champion: Section XI - Suffolk County**

Event	Athlete	School	Section	Performance
55 Meter Dash	Dorothy Vereen	Beacon	I	7.08 *
300 Meter Dash	Lisa Horton	Rochester East	V	40.1
600 Meter Run	Nina Funderburk	Sweet Home	VI	1:35.61
1,000 Meter Run	Kathy Franey	Massapequa	VIII	2:52.09 *
1,500 Meter Run	Kathy Franey	Massapequa	VIII	4:36.60 *
3,000 Meter Run	Stacey Prey	Brighton	V	9:49.87
55 Meter Hurdles	Shermaine Smith	Monroe	PSAL	8:33
1500 Meter Racewalk	Lynn Weik	Sayville	XI	7:00.38 *
Long Jump	Holly Chase	Columbia	II	18' 3.75"
Triple Jump	Allison Dupree	Nottingham	III	37' 3.75" *
High Jump	Melinda Case	Smithtown West	XI	5' 8" *
Shot Put	Judy Green	Harrison	I	40' 2.5"
4 x 200m Relay	Uniondale - VIII			1:44.22 *
	Sophia Dubreuil, Suzie Thweatt, Michelle Gallier, June Barrett			
4 x 400m Relay	Truman - PSAL			3:57.4 *
	Adams, Kerr, Forrest, Wallers			
4 x 800m Relay	Brighton - V			9:28.07
	Shauer, Pry, Dushay, Walsh			

1986- Carrier Dome, Syracuse

Sectional Champion: Section XI - Suffolk County

Event	Athlete	School	Section	Performance
55 Meter Dash	Lisa Horton	Rochester East	V	7.05 *
300 Meter Dash	Janu Williams	South Shore	PSAL	38.9 *
600 Meter Run	Shola Lynch	Hunter College	PSAL	1:32.99
1,000 Meter Run	Shola Lynch	Hunter College	PSAL	2:51.03 *
1,500 Meter Run	Therese Devlin	Wantagh	VIII	4:34.30 *
3,000 Meter Run	Denise Bushallow	Auburn	III	9:55.14
55 Meter Hurdles	Allison Williams	Brentwood	XI	8.28
1500 Meter Racewalk	Diedre Collier	Tappan Zee	I	7:11.4
Long Jump	Gillian Osbourne	Westbury	VIII	18' 9"
Triple Jump	Leslie Revier	Norwood-Norfolk	X	39' 2.75" *
High Jump	Melinda Case	Smithtown West	XI	5' 8" ^
Shot Put	Patti Hozdic	Williamsville North	VI	42' 7.25"
4 x 200m Relay	Rochester East - V			1:44.57
	Eileen Evans, Charlotte Nesmith, Kelly Johnson, Lisa Horton			
4 x 400m Relay	Tilden - PSAL			3:58.4
	Toni Cause, Saralynn Carr, Keish DeMas, Lavern Linton			
4 x 800m Relay	Penfield - V			9:32.6
	Karin Cleveland, Rachel Korn, Deresa Walteris, Sharon Roberts			

1987- Carrier Dome, Syracuse**Sectional Champion: PSAL - Public School Athletic League**

Event	Athlete	School	Section	Performance
55 Meter Dash	Diane Adkins	Malverne	VIII	7.07
300 Meter Dash	Irene Evan	Rochester East	V	40.68
600 Meter Run	Aisah Hasan	John Jay	PSAL	1:33.56
1,000 Meter Run	Nnenna Lynch	Hunter College	PSAL	2:51.96
1,500 Meter Run	Nnenna Lynch	Hunter College	PSAL	4:39.46
3,000 Meter Run	Denise Bushallow	Auburn	III	9:59.52
55 Meter Hurdles	Allison Dupree	Nottingham	III	8.00 *
1500 Meter Racewalk	Hope Hallock	Port Washington	VIII	7:33.3 HT
Long Jump	Sonya Henry	Freeport	VIII	19' 9" *
Triple Jump	Natasha Allegre	Westbury	VIII	36' 10.5"
High Jump	Alison Smith	Clarence	VI	6' 1" **
Shot Put	Patty Hozdic	Williamsville North	VI	42' 10.75"
4 x 200m Relay	Truman - PSAL			1:44.92
	Renee Haynes, Alice McNeil, Sonja Blanchard, Monifa Taylor			
4 x 400m Relay	Tilden - PSAL			3:54.15 *
	Saralynn Carr, Claudia Lloyd, Lavern Linton, Keisha Demas			
4 x 800m Relay	Notre Dame - CHSAA			9:21.48 *
	Kerry Moloughney, Eileen Kavanagh, Rachelle Clinton, Courtney Finn			

1988- Cornell University, Ithaca

Sectional Champion: PSAL - Public School Athletic League

Event	Athlete	School	Section	Performance
55 Meter Dash	Zilla Higgs	Rochester	V	7.20
300 Meter Dash	Kyron Agard	Tilden	PSAL	39.48
600 Meter Run	Sharon Moore	Boys and Girls	PSAL	1:36.18
1,000 Meter Run	Nnenna Lynch	Hunter	PSAL	2:52.71
1,500 Meter Run	Christine Gentile	Babylon	XI	4:41.60 *
3,000 Meter Run	Deresa Walters	Penfield	V	10:16.87
55 Meter Hurdles	Monifa Taylor	Truman	PSAL	7.87 *
1500 Meter Racewalk	Christy Izzo	Brockport	V	7:30.61
Long Jump	Sonja Henry	Freeport	VIII	19' 4.5"
Triple Jump	Sue Silvis	Wantagh	VIII	37' 10.5"
High Jump	Alison Smith	Clarence	VI	5' 10"
Shot Put	Kim Kessel	Longwood	XI	43' 7"
4 x 200m Relay	Truman - PSAL Monifa Taylor, Sonja Blanchard, Michelle Nurse, Renee Haynes			1:43.66 *
4 x 400m Relay	Tilden - PSAL Renee Ray, Leonie Codrington, Nora Ettienne, Michelle Brown			3:57.58
4 x 800m Relay	Boys and Girls - PSAL Sharon Moore, Theresa Weeks, Mary Revill, Sandra Burke			9:09.18 *
Intersectional Relay	Section I Lisa Circelli- Clarkston North, Vanessa Newton- Arlington Samantha Harvey- North Rockland, Tina Altro- Ossining			10:38.2 *

1989- Cornell University, Ithaca

Sectional Champion: PSAL - Public School Athletic League

Event	Athlete	School	Section	Performance
55 Meter Dash	Zilla Higgs	Rochester East	V	7.18
300 Meter Dash	Lorrie Sinclair	Murray Bergatraum	PSAL	40.23
600 Meter Run	Felicia Edwards	New Dorp	PSAL	1:33.89
1,000 Meter Run	Rachel Hosmer	Brighton	V	2:53.17
1,500 Meter Run	Nnenna Lynch	Hunter	PSAL	4:29.55 *
3,000 Meter Run	Nnenna Lynch	Hunter	PSAL	10:11.47
55 Meter Hurdles	Ayo Atterbury	New Rochelle	I	8.07
1500 Meter Racewalk	Maura McGee	Sayville	XI	7:34.2
Long Jump	Ayo Atterbury	New Rochelle	I	19' 1"
Triple Jump	Renate Braudy	Briarcliff	I	37' 9.25
High Jump	Shelly Choppa	Glens Falls	II	5' 10"
Shot Put	Inge Denunzio	Scarsdale	I	38' 5.25"
4 x 200m Relay	Rochester East - V Tasha Stevenson, Zilla Higgs, Aisha Baarth, Lisa Taylor			1:45.46
4 x 400m Relay	Tilden - PSAL Mapasha Warnett, Laticia Clark, Colette Alexis, Sandra Fearon			4:04.28
4 x 800m Relay	Boys and Girls - PSAL Sandra Burke, Mary Revill, Denise Van Nuuten, Venetta Darnley			9:16.31
Intersectional Relay	Public School Athletic League - PSAL Rashell Brundagr, Patrice Chang, Aaronda Watson, Gail Stewart			10:44.84

1990- Cornell University, Ithaca

Sectional Champion: PSAL - Public School Athletic League

Event	Athlete	School	Section	Performance
55 Meter Dash	Zilla Higgs	Rochester East	V	7.10
300 Meter Dash	Zilla Higgs	Rochester East	V	40.27
600 Meter Run	Michelle Brown	Tilden	PSAL	1:32.12 *
1,000 Meter Run	Jennifer Finnegan	Sidney	IV	2:54.72
1,500 Meter Run	Krissy Haacke	Shaker	II	4:42.57
3,000 Meter Run	Jenny Weaver	Auburn	III	10:09.82
55 Meter Hurdles	Ayo Atterberry	New Rochelle	I	7.85
1500 Meter Racewalk	Kelly Nartowicz	Middle Country	XI	7:38.61
Long Jump	Lisa Taylor	Rochester East	V	19' 6.25"
Triple Jump	Suzanne Silvis	Wantagh	VIII	39' 5.75" *
High Jump	Shelly Choppa	Glens Falls	II	5' 9"
Shot Put	Inga DeNunzio	Scarsdale	I	43' 6.25"
4 x 200m Relay	John Jay - AIS			1:46.56
	Cathalina Staye, Tishana King, Cathalina Sealy, Barclay			
4 x 400m Relay	Tilden - PSAL			3:58.71
	Michelle Brown, Ruth Gordon, Leticia Clark, Leonie Codrington			
4 x 800m Relay	Tilden - PSAL			9:15.00
	Susan Francis, Michelle Brown, Sandra Fearon, Nora Ettienne			
Intersectional Relay	Section I			10:39.78
	Moirra Harrington, Jennifer Thomas, Jeanne Durkin, Tina Altro			

1991- Cornell University, Ithaca

Sectional Champion: Section II - Albany Capital District

Event	Athlete	School	Section	Performance
55 Meter Dash	Keisha Lawley	John Adams	PSAL	7.03 *
300 Meter Dash	Cathalina Staye	John Jay	PSAL	39.50
600 Meter Run	Cathalina Staye	John Jay	PSAL	1:37.14
1,000 Meter Run	Kate Weber	Orchard Park	VI	2:56.81
1,500 Meter Run	Jen Norton	East Islip	XI	4:40.19
3,000 Meter Run	Staci Snider	Saratoga	II	10:08.01
55 Meter Hurdles	Darla Smith	Bronxville-Tuckahoe	I	8.10
1500 Meter Racewalk	Jen Grego	Brockport	V	7:02.7
Long Jump	Malicia McClenny	West Hempstead	VIII	18' 1.5"
Triple Jump	Nicole Dixon	St. Francis Prep	CHSAA	38' 6.25"
High Jump	Cheryl Fuller	Troy	II	5' 7"
Shot Put	Rachel Kavanagh	Henninger	III	41' 1"
4 x 200m Relay	Uniondale - VIII			1:43.67
	Shelley Anne Wicker, Tyrolia Twine, Lori Edwards, Toya Archibald			
4 x 400m Relay	John Jay - PSAL			4:00.90
	Tishana King, Angelique Smith, Natalie Jones, Cathalina Staye			
4 x 800m Relay	Saratoga - I			9:23.62
	Candee Spencer, Jessica Milosch, Jode Shufelt, Staci Snyder			
Intersectional Relay	Albany Capital District - II			10:36.99 *
	Reynolds, Roberts, Hopkins, Singer			

1992- Cornell University, Ithaca

Sectional Champion: Section I - Dutchess, Putnam, Rockland and Westchester Counties

Event	Athlete	School	Section	Performance
55 Meter Dash	Stacey Minott	New Rochelle	I	6.8
300 Meter Dash	Monique Coleman	A.P. Randolph	PSAL	39.1
600 Meter Run	Falasha Spruiell	Boys and Girls	PSAL	1:36.7
1,000 Meter Run	Olive Smart	Tilden	PSAL	2:59.3
1,500 Meter Run	Claire Quaderer	Sacred Heart	CHSAA	4:37.9
3,000 Meter Run	Kate Landau	Tri-Valley	IX	9:47.6
55 Meter Hurdles	Daria Smith	Bronxville/Tuckahoe	I	8.1
1500 Meter Racewalk	Debbie Iden	Bayport-Bluepoint	XI	6:56.7
Long Jump	Tara Livingston	Sacred Heart	CHSAA	18' 9.5"
Triple Jump	Quana Phillips	Spring Valley	I	39' 0.75"
High Jump	Jen Petersen	Fonda	II	5' 7"
Shot Put	Rachel Kavanagh	Henninger	III	42' 5.5"
4 x 200m Relay	Uniondale - VIII Shelly Ann Wicker, Lori Edwards, Sheri Crayton, Mye-la Reid			1:42.0 *
4 x 400m Relay	A.P. Randolph - PSAL Alexis Hodge, Maurelhena Walles, Nikita Walker, Monique Coleman			4:03.0
4 x 800m Relay	Tilden - PSAL Olive Smart, Yemimah Johnson, Francine Ferguson, Sophia Belgrave			9:23.2
Intersectional Relay	Public School Athletic League - PSAL Kareem Pickering- Graphics, Nikita Walker- AP Randolph, Yolanda Graham- Jamaica, Annette Williams- Washington Irving			10:41.6

1993-Cornell University, Ithaca

Sectional Champion: PSAL - Public School Athletic League

Event	Athlete	School	Section	Performance
55 Meter Dash	Stacey Minott	New Rochelle	I	7.14
300 Meter Dash	Monique Coleman	A.P. Randolph	PSAL	38.97 *
600 Meter Run	Aithea Tyndall	Nazareth	CHSAA	1:34.27
1,000 Meter Run	Liz Cotter	Valley Stream	VIII	2:53.88
1,500 Meter Run	Tone Bratleng	Tottenville	PSAL	4:44.89
3,000 Meter Run	Kate Landau	Tri-Valley	IX	9:48.97
55 Meter Hurdles	Daria Smith	Bronxville-Tuckahoe	I	8.09
1500 Meter Racewalk	Jen Frost	Pelham	I	6:42.90 *
Long Jump	Zakiah Modeste	Mount Vernon	I	18' 4.75"
Triple Jump	Jamalia Codrington	Midwood	PSAL	38' 4.25"
High Jump	Bridget Keysa	Lancaster	VI	5' 7"
Shot Put	Jackie Sedgewick	Sweet Home	VI	40' 5"
4 x 200m Relay	A.P. Randolph - PSAL Desiree McQueen, Alexis Hodge, Ayana Logo, Monique Coleman			1:45.28
4 x 400m Relay	Nazareth - CHSAA Tameika Turner, Tenee Volney, Althea Tyndall, Gina Nelson			3:56.57
4 x 800m Relay	Shenendehowa - II Marie Macander, Laura Audette, Andrea Sauer, Dana Ostrander			9:28.34
Intersectional Relay	PSAL - Public School Athletic League Nadean Barton, Charline Reid, Alexis Hodge, Ferlino Smart			10:42.13

1994- Cornell University, Ithaca

Sectional Champion: Section I - Dutchess, Putnam, Rockland and Westchester Counties

Event	Athlete	School	Section	Performance
55 Meter Dash	Stacey Minott	New Rochelle	I	6.97 *
300 Meter Dash	Monique Coleman	A.P. Randolph	PSAL	39.66
600 Meter Run	Shannon Weeks	Sachem	XI	1:34.46
1,000 Meter Run	Juliene Moore	August Martin	PSAL	2:56.58
1,500 Meter Run	Susanne Heyer	Columbia	II	4:45.82
3,000 Meter Run	Tobey Kearns	Saratoga Springs	II	10:19.79
55 Meter Hurdles	Tichanda Daniels	Arlington	I	8:02
1500 Meter Racewalk	Melissa Baker	Shoreham Wading River	XI	7:08.25
Long Jump	Nikki Prad	Churchville Chili	V	18' 9"
Triple Jump	Najah Adams	Brooklyn Tech	PSAL	39' 1.75"
High Jump	Magon Moncrieffe	Mount Vernon	I	5' 6"
Shot Put	Jackie Sedgewick	Sweet Home	VI	45' 1.5"
4 x 200m Relay	A.P. Randolph - PSAL Monique Graves, Desiree McQueen, Shamaine Martin, Monique Coleman			1:42.70
4 x 400m Relay	George Washington - PSAL Queena Sloan, Antoinette Campbell, Shameeka Quallo, Tamioka Grizzle			3:52.88
4 x 800m Relay	Shenendehowa- II Karen Padula, Marie Macander, Laura Audette, Dana Ostrander			9:19.65
Intersectional Relay	Section II Andrea Viger, Erica Viger, Kim Wojeik, Joy Rennick			10:41.10

1995- Cornell University, Ithaca

Sectional Champion: Section I - Dutchess, Putnam, Rockland and Westchester Counties

Event	Athlete	School	Section	Performance
55 Meter Dash	Stacey Minott	New Rochelle	I	6.6 HT *
300 Meter Dash	Juliet Brown	Ramapo	I	39.89
600 Meter Run	Shannon Weeks	Sachem	XI	1:34.01
1,000 Meter Run	Chante Daily	Bay Shore	XI	2:58.02
1,500 Meter Run	Dana Ostrander	Shenendehowa	II	4:38.23
3,000 Meter Run	Erin Davis	Saratoga Springs	II	10:03.96
55 Meter Hurdles	Tichanda Daniels	Arlington	I	8.02
1500 Meter Racewalk	Lisa Kutzing	Port Jefferson	XI	6:58.2
Long Jump	Nicole Coward	Freeport	VIII	19' 1.75"
Triple Jump	Zahiah Modeste	Mount Vernon	I	40' 1.5"
High Jump	Joy Ganes	Bay Shore	XI	5' 5"
Shot Put	Gina Lomonaco	Half Hollow Hills	XI	41' 1.75"
4 x 200m Relay	New Rochelle- I			1:42.76
	Nicole McKenzie, Charlene Lyttle, Simone Patterson, Stacy Minott			
4 x 400m Relay	Burnt Hills- II			4:06.47
	Peggy Mulford, Michelle LaPointe, Jennah Pennock, Trista Hopkins			
4 x 800m Relay	Shenendehowa- II			9:19.65
	Marie Macander, Julie Shapiro, Dana Ostrander, Karen Padula			
Intersectional Relay	Section XI			10:38.18
	Kristin Fosdick- Longwood, Kristin Roussillon- Half Hollow Hills			
	Eileen Carney- Hauppauge, Regina Walsh- Northport			

1996- Cornell University, Ithaca

NYSPHSAA Champion: Section I - Dutchess, Putnam, Rockland and Westchester Counties

Federation Champion: PSAL - Public School Athletic League

Event	Athlete	School	Section	Performance
55 Meter Dash	Keyon Soley	Uniondale	VIII	7.05
300 Meter Dash	Simone Brown	Cardinal Spellman	CHSAA	39.25
	Alicia Crowd	Greenwick	II	39.62
600 Meter Run	Yasanne Williams	Albany	II	1:34.30
1,000 Meter Run	Tamieka Grizzle	George Washington	PSAL	2:48.44 **
	Shannon Weeks	Sachem	XI	2:54.78
1,500 Meter Run	Keri Seher	Sachem	XI	4:44.36
3,000 Meter Run	Dana Ostrander	Shenendehowa	II	10:01.50
55 Meter Hurdles	Lakeya Williams	Jamaica	PSAL	8.21
	Nathalie McKenzie	New Rochelle	I	8.34
1500 Meter Racewalk	Lisa Kutzing	Port Jefferson	XI	6:59.04
Long Jump	Michelle Hickman	A.P. Randolph	PSAL	19' 7.5"
	Keyon Soley	Uniondale	VIII	19' 6.25"
Triple Jump	Michelle Hickman	A.P. Randolph	PSAL	40' 8.25" *
	Antonnikka Owens	Henninger	III	40' 0.5"
High Jump	Joy Ganes	Bay Shore	XI	5' 8"
Shot Put	Janei Foster	New Rochelle	I	42' 2.5"
4 x 200m Relay	Uniondale - VIII Keyon Soley, Shauna Quinn, Gensis Small, Charlene Ffriend			1:43.0
4 x 400m Relay	Mount Vernon - I Lakeisha Blair, Karlene Thomas, Soshana McKenzie, Shannaine Osbour			4:00.9
4 x 800m Relay	Bay Shore - XI Laura Mina, Chante Daily, Melanie Mickle, Erin Hayes			9:19.06
Intersectional Relay	Suffolk County - XI Cheryl Miller- Rocky Point, Katie Reilly- Middle Country Kelly Cuomo- Middle Country, Michele Stefano- Half Hollow Hills East			10:33.52

1997- Cornell University, Ithaca

NYSPHSAA Champion: Sections I and II - Dutchess, Putnam, Rockland and Westchester Counties and Albany

Federation Champion: Section II - Albany Capital District

Event	Athlete	School	Section	Performance
55 Meter Dash	Keyon Soley	Uniondale	VIII	6.94
300 Meter Dash	Onyka Fraser	Nazareth	CHSAA	40.02
	Ysanne Williams	Albany	II	40.18
600 Meter Run	Yasanne Williams	Albany	II	1:34.16
1,000 Meter Run	Alissa Thompson	Pine Bush	IX	3:00.69
1,500 Meter Run	Jillian Mastroianni	Sayville	XI	4:46.91
3,000 Meter Run	Jillian Mastroianni	Sayville	XI	10:07.48
55 Meter Hurdles	Amber Stanley	Saratoga Springs	II	8.19
1500 Meter Racewalk	Lisa Kutzing	Port Jefferson	XI	6:44.37
Long Jump	Keyon Soley	Uniondale	VIII	21' 1.25" *
Triple Jump	Marlena Robinson	Brighton	V	40' 7.25"
High Jump	Sande Swaby	New Rochelle	I	5' 10"
Shot Put	Deshaya Williams	Saratoga Springs	II	43' 8.5"
4 x 200m Relay	Mount Vernon - I			1:44.61
	Terry Ann Burgher, Shoshana McKenzie, Shannaine Osbourne, Stacey Ann Carr			
4 x 400m Relay	Nazareth - CHSAA			3:55.95
	Alecia Hinds, Colleen Myrie, Ayesha Hinds, Sharisse Yarde			
	Bay Shore- XI			3:59.87
	Jamie Kennedy, Katherine Farrell, Joy Ganes, Nicole Braxton			
4 x 800m Relay	Colonie - II			9:27.30
	Jess Dott, Jen Dott, Katie Twarog, Jen Kramer			
Intersectional Relay	Suffolk County - XI			10:42.44
	Shana Tiberie- Comsewoge, Jennifer Merschoff- Connetquot			
	Elisabeth Conforti- Half Hollow Hills, Korin DeAcetis- Bellport			

1998- Carrier Dome, Syracuse

NYSPHSAA & Federation Champion: Section I - Dutchess, Putnam, Rockland and Westchester Counties

Event	Athlete	School	Section	Performance
55 Meter Dash	Keyon Soley	Uniondale	VIII	7.06
300 Meter Dash	Sashanie Simpson	Campus Magnet	PSAL	39.59
	Courtney West	Saratoga Springs	II	40.43
600 Meter Run	Sashanie Simpson	Campus Magnet	PSAL	1:34.98
	Ysanne Williams	Albany	II	1:35.00
1,000 Meter Run	Katie Atlas	Minisink Valley	IX	2:55.17
1,500 Meter Run	Jillian Mastroianni	Sayville	XI	4:50.00
3,000 Meter Run	Jillian Mastroianni	Sayville	XI	10:03.02
55 Meter Hurdles	Amber Stanley	Saratoga Springs	II	8.27
1500 Meter Racewalk	Christine Hyland	Connetquot	XI	7:04.18
Long Jump	Keyon Soley	Uniondale	VIII	20' 3"
Triple Jump	Jodi Schlesinger	Clarkstown South	I	40' 5.5"
High Jump	Sande Swaby	New Rochelle	I	5' 6"
Shot Put	DeShaya Williams	Saratoga Springs	II	46' 10.5" *
4 x 200m Relay	Uniondale - VIII			1:42.67
	Antranique Jackson, Shauna Quinn, Sasha Mayer, Keyon Soley			
4 x 400m Relay	Campus Magnet - PSAL			3:59.58
	K. Tinglin, T. Freeman, T. Jackson, T. Akinfaderin			
	Mount Vernon- I			4:02.55
	Sophie Sylvain, Florence Maclin, Michanne Campbell, Stacey Ann Carr			
4 x 800m Relay	Sachem - XI			9:25.59
	Jeanna Composti, Jackie Berman, Erin Silvering, Megan Barone			
Intersectional Relay	Section IX			10:30.71 *
	Erin Rivelli- Monroe-Woodbury, Kenya Herring- Newburgh			
	Allissa Thompson- Pine Bush, Laura Martin- Warwick			

1999 - Carrier Dome, Syracuse

NYSPHSAA & Federation Champion: Section I - Dutchess, Putnam, Rockland and Westchester Counties

Event	Athlete	School	Section	Performance
55 Meter Dash	Tirana McDermott	Jamestown	VI	7.21
300 Meter Dash	Misty Scott	Suffern	I	40.11
600 Meter Run	Rebecca Quimby	Suffern	I	1:35.26
1,000 Meter Run	Jeanna Composti	Sachem	XI	2:56.19
1,500 Meter Run	Jennifer Donovan	Half Hollow Hills East	XI	4:38.88
3,000 Meter Run	Jennifer Donovan	Half Hollow Hills East	XI	9:56.31
55 Meter Hurdles	Kasia Williams	Paul Robeson	PSAL	8.33
	Nikki Kielsak	Webster	V	8.35
1500 Meter Racewalk	Jamie Yedowitz	Rye	I	6:56.15
Long Jump	Shenae Dawkins	New Rochelle	I	18' 6"
Triple Jump	Jodi Schlesinger	Clarkstown South	I	39' 7.75"
High Jump	Martinia Heath	Beacon	I	5' 6"
Pole Vault	Suzie Snyder	Averill Park	II	10' 0" *
Shot Put	Tanya Sangano	Yorktown	I	39' 6.25"
4 x 200m Relay	Paul Robeson - PSAL			1:44.41
	Sherian Byan, Tequirra Cox, Yanique Doyley, Kasia Williams			
	Mount Vernon- I			1:44.52
	Stacey Ann Carr, Elizabeth Tucker, Natasha O'Connor, Sophie Sylvain			
4 x 400m Relay	Bay Shore - XI			3:58.68
	Shayna Staton, Laurice Walker, Katherine Farrell, Kellie Castro			
4 x 800m Relay	Sachem - XI			9:27.91
	Jackie Berman, Jesse Chetuck, Maureen Schaub, Jeanna Composti			
Intersectional Relay	Section IX			10:36.53
	Erin Rivelli- Monroe- Woodbury, Lauren White- ???			
	Doraine Denton- Newburgh, Heather Iatauro- Tri-Valley			

2000 - Carrier Dome, Syracuse				
NYSPHSAA Champion: Section I - Dutchess, Putnam, Rockland and Westchester Counties				
Federation Champion: PSAL - Public School Athletic League				
Event	Athlete	School	Section	Performance
55 Meter Dash	Tirana McDermott	Jamestown	VI	7.14
300 Meter Dash	Tiandra Ponteen	Washinton Irving	PSAL	39.93
	Shevonne Stoddart	Uniondale	VIII	40.02
600 Meter Run	Neisha Bernard-Thomas	Tilden	PSAL	1:34.64
	Nana Hanson-Hall	New Rochelle	I	1:36.16
1,000 Meter Run	Melissa Stellato	Kingston	IX	2:59.72
1,500 Meter Run	Katie Twarog	Colonie	II	4:38.37
3,000 Meter Run	Jennifer Donovan	Half Hollow Hills East	XI	10:02.09
55 Meter Hurdles	Shenae Dawkins	New Rochelle	I	8.16
1500 Meter Racewalk	Andrea Albergo	Penfield	V	6:45.14
Long Jump	Paula George	William H. Taft	PSAL	19' 4"
	Lindsay Hinsch	Sidney	IV	17' 11.5"
Triple Jump	Shenae Dawkins	New Rochelle	I	39' 8"
High Jump	Shauna Byfield	Manhasset	VIII	5' 8"
Pole Vault	Amy Linnen	Mt. Sinai	XI	11' 0" *
Shot Put	Kelly Hagner	Shenendehowa	II	40' 10.75"
4 x 200m Relay	A.P. Randolph- PSAL			1:42.91
	Shirvonne McCarthy, Monique Junious, Safiya Fisher, Desiree Moorcer			
	Uniondale- VIII			1:43.88
	Shelly Antoine, Shevon Stoddart, Jatoya Moore, Nichole Machen			
4 x 400m Relay	Boys & Girls- PSAL			3:56.60
	Josanne Bridgewater, Keziah Fernandez, Meisue Francis, Thomassina Brown			
	Suffern- I			4:01.82
	Melanie Piccolo, Jen Strysko, Tracy Estriplet, Rebecca Quimby			
4 x 800m Relay	Colonie- II			9:19.74
	Jen Kramer, Katie Twarog, Ashleigh Bondwell, Nicole Susser			
Intersectional Relay	Section I			10:45.52
	Caroline Mullen, Heather Tassler, Collen Jones, Maris D'Amore			

2001 - Carrier Dome, Syracuse

NYSPHSAA & Federation Champion: Section I - Dutchess, Putnam, Rockland and Westchester Counties

Event	Athlete	School	Section	Performance
55 Meter Dash	Heather Stevens	Fayetteville-Manlius	III	7.18
300 Meter Dash	Heather Stevens	Fayetteville-Manlius	III	39.91
600 Meter Run	Nana Hanson-Hall	New Rochelle	I	1:39.23
1,000 Meter Run	Alexis Lake	Horseheads	IV	2:57.39
1,500 Meter Run	Theresa Fath	Bellport	XI	4:43.48
3,000 Meter Run	Michelle Wale	Pine Bush	IX	10:07.77
55 Meter Hurdles	Laura Paul	Monroe-Woodbury	IX	8.38
1500 Meter Racewalk	Kristen Jordan	Rye	I	6:55.75
Long Jump	Chinela Davis	North Rockland	I	18' 8.50"
Triple Jump	Sophia Bazile	Nyack	I	37' 0.25"
High Jump	Toni McDaniels	Oneonta	IV	5' 6"
Pole Vault	Emily Kellner	North Rockland	I	11' 0" ^
Shot Put	Katrina Hansen	Tottenville	PSAL	41' 3"
	Zara Northover	Sewanhaka	VIII	40' 4.75"
4 x 200m Relay	Suffern- I			1:44.94
	Melanie Piccolo, Jennifer Strysko, Nina Minasi, Tracy Estriplet			
4 x 400m Relay	Mount Vernon - I			3:59.13
	Dellssa Williams, Sadesha Martin, Alison Warren, Elizabeth Tucker			
4 x 800m Relay	Bellport - XI			9:26.44
	Theresa Fath, Rachel McGee, Kelly Powell, Corinne Gabriel			
Intersectional Relay	Suffolk County - XI			10:39.01
	Diane Heiser- Bayport Blue Point, Teresa Salgado- Middle Country			
	Kari Maso- Shoreham Wading River, Toni-Lynn Salucci- Shoreham Wading River			

2002 - Carrier Dome, Syracuse

NYSPHSAA & Federation Champion: Section XI Suffolk County

Event	Athlete	School	Section	Performance
55 Meter Dash	Virgil Hodge	Washington Irving	PSAL	7.08
	Ladrea Dortch	Lockport	VI	7.18
300 Meter Dash	Tiera Fletcher	Cardinal Spellman	CHSAA	40.23
	Chinney Offor	Half Hallow Hills East	XI	40.27
600 Meter Run	Shayna Staton	Bay Shore	XI	1:34.52
1,000 Meter Run	Tracey Brauksieck	Homer	III	2:55.13
1,500 Meter Run	Elizabeth Maloy	Holy Names	II	4:37.44
3,000 Meter Run	Nicole Blood	Saratoga Springs	II	10:05.66
55 Meter Hurdles	Ronnetta Alexander	Williamsville South	VI	8.07
1500 Meter Racewalk	Maria Michta	Sachem	XI	7:09.63
Long Jump	Shauna Lee Williams	Mount Vernon	I	18' 4.5"
Triple Jump	Krista Kerr	Babylon	XI	37' 7.75"
High Jump	Marie Swieta	Altmar-Parish-Williamstown	III	5' 6"
Pole Vault	Mandy Jenkins	Valley Central	IX	11' 6" *
Shot Put	Zara Northover	Sewanhaka	VIII	43' 7.75"
4 x 200m Relay	Suffern- I			1:43.40
	Melanie Piccolo, Tracey Estriplet, Rhaindie Richmon, Nina Minasi			
4 x 400m Relay	Bay Shore- XI			3:59.23
	Danica Dupuy, Latrice Ewing, Julianna Mahoney, Kellie Castro			
4 x 800m Relay	Saratoga- II			9:18.58
	Kirsten Hornback, Jamie Sweeney, Ruby Soloman, Nicole Blood			
Intersectional Relay	Albany Capital District - II			10:28.62 *
	Caroline King- Scotia-Greenville, Keelan King- Scotia - Greenville			
	Emily Lewek- Burnt Hills, Chelsea Corr- Columbia			

2003 - Carrier Dome, Syracuse

NYSPHSAA & Federation Champion: Section I - Dutchess, Putnam, Rockland and Westchester Counties

Event	Athlete	School	Section	Performance
55 Meter Dash	Virgil Hodge	Washington Irving	PSAL	7.07
	Karen Robinson	New Rochelle	I	7.09
300 Meter Dash	Shana Cox	Holy Trinity	CHSAA	39.44
	Christin Dewitt	Gates-Chili	V	40.36
600 Meter Run	Jesse Carlin	St. Joseph by the Sea	CHSAA	1:34.95
	Dede Richemond	Suffern	I	1:35.37
1,000 Meter Run	Mary Liz McCurdy	Bay Shore	XI	2:55.17
1,500 Meter Run	Elizabeth Maloy	Holy Names	II	4:42.01
3,000 Meter Run	Nicole Blood	Saratoga Springs	II	9:50.52
55 Meter Hurdles	Ronnetta Alexander	Williamsville South	VI	7.90
1500 Meter Racewalk	Maria Michta	Sachem	XI	6:39.99*
Long Jump	Kela Jackson	Wilson	VI	19' 0.5"
Triple Jump	Taneisha Cantave	Suffern	I	39' 2"
High Jump	Lauren Biscardi	Shoreham-Wading River	XI	5' 7"
Pole Vault	Lindsay Rosales	Washingtonville	IX	11' 6" ^
Shot Put	Toya Woods	New Rochelle	I	41' 9.75"
4 x 200m Relay	Suffern - I			1:43.75
	Kay Kay Richemond, De De Richemond, Taneish Cantave, Melanie Piccolo			
4 x 400m Relay	Uniondale - VIII			4:01.08
	Marie Blackwood, Antoinette King, Monet Lee, Ester Reid			
4 x 800m Relay	Saratoga Springs - II			9:17.00
	Ruby Solomon, Lindsey Ferguson, Alysha McElroy, Nicole Blood			
Intersectional Relay	Suffolk County - XI			10:25.22 *
	Jenna Elznic- Connetquot, Sam Blomquist- Sachem			
	Katie Weider- Bellport, Toni-Lynn Salucci- Shoreham Wading River			

2004 - Carrier Dome, Syracuse

NYSPHSAA & Federation Champion: Section XI Suffolk County

Event	Athlete	School	Section	Performance
55 Meter Dash	LaDrea Dortch	Lockport	VI	7.21
300 Meter Dash	Nikeshia Brown	Hempstead	VIII	39.06
600 Meter Run	Dominique Blake	Harry S. Truman	PSAL	1:34.57
	Dede Richmond	Suffern	I	1:35.25
1,000 Meter Run	Heather Iatauro	Tri-Valley	IX	2:50.93
1,500 Meter Run	Heather Iatauro	Tri-Valley	IX	4:39.69
3,000 Meter Run	Nicole Blood	Saratoga Springs	II	9:46.29
55 Meter Hurdles	Yvana Hepburn	North Rockland	I	8.31
1500 Meter Racewalk	Maria Michta	Sachem	XI	6:48.61
Long Jump	Mary Saxer	Lancaster	VI	19' 0.25"
Triple Jump	Marta Pardo	Sayville	XI	38' 5.25"
High Jump	Lauren Biscardi	Shoreham-Wading River	XI	5' 9"
Pole Vault	Kaitlyn Fitzgerald	Mt. Sinai	XI	12' 0" *
Shot Put	Felicia Yearwood	Freeport	VIII	42' 4"
4 x 200m Relay	Murry Bergtraum - PSAL			1:45.30
	Jessica Clarke, Cassie Harris, Ashley Pringle, Shana Brown			
	Bellport - XI			1:47.07
	Erica Young, Charity Chaplin, Natasha Williams, Katie Weider			
4 x 400m Relay	Suffern - I			4:01.67
	Stacey Samora, Sierra Holmes, Dede Richmond, Kaykay Richmond			
4 x 800m Relay	Saratoga Springs - II			9:15.13
	Lindsey Ferguson, Ruby Solomon, Jess Bellon, Nicole Blood			
Intersectional Relay	Albany Capital District - II			10:20.73 *
	Alysha McElroy- Saratoga, Tiasia Cooper- Schenectady			
	Robin Bankert- Niskayuna, Emily Malinowski-Bethlehem Central			

2005 - Carrier Dome, Syracuse

NYSPHSAA & Federation Champion: Section I - Dutchess, Putnam, Rockland and Westchester Counties

Event	Athlete	School	Section	Performance
55 Meter Dash	Lynne Layne	New Rochelle	I	7.12
300 Meter Dash	Nene Kamate	Townsend Harris	PSAL	39.89
	Quante Harris	Edison Tech	V	40.41
600 Meter Run	Jeavon Benjamin	Hempstead	VIII	1:35.14
1,000 Meter Run	Mary Liz McCurdy	Bay Shore	XI	2:55.07
1,500 Meter Run	Brittany Sheffey	Bellport	XI	4:41.23
3,000 Meter Run	Nicole Blood	Saratoga Springs	II	9:35.40
55 Meter Hurdles	Yvana Hepburn	North Rockland	I	8.28
1500 Meter Racewalk	Kate Cannon	Somers	I	7:15.55
Long Jump	Mary Saxer	Lancaster	VI	19' 2"
Triple Jump	Kirsten Fields	Mount Vernon	I	38' 10.5"
High Jump	Brittany Dexter	Burnt Hills	II	5' 8"
Pole Vault	Mary Saxer	Lancaster	VI	13' 5" *
Shot Put	Alexa Manning	Longwood	XI	44' 0.5"
4 x 200m Relay	Medgar Evers - PSAL			1:42.60
	Idara Otu, Analisa Austin, Kerry Ann Stewart, Chianne Ashman			
	Uniondale -VIII			1:42.74
	Nickesha Willaims, Heidi Paul, Vanessa Thompson, Ashley Hendrix			
4 x 400m Relay	Suffern - I			4:00.50
	Amanda Cicconeio, Jackie Lennon, Dede Richmond, Deanna Vinson			
4 x 800m Relay	Saratoga Springs - II			9:12.37
	Nicole Blood, Caitlin Lane, Lindsey Ferguson, Karyn Delay			
Intersectional Relay	Albany Capital District - II			10:36.32
	Brittney Lane- Saratoge Spings, Alex Voight- Burnt Hills			
	Christine O'Leary- South Glens Falls, Sarah Rogers- Shenendehowa			

2006 - Cornell University, Ithaca

NYSPHSAA & Federation Champion: Section XI Suffolk County

Event	Athlete	School	Section	Performance
55 Meter Dash	Lynne Layne	New Rochelle	I	6.97
300 Meter Dash	Ashlea McLaughlin	Uniondale	VIII	39.52
600 Meter Run	Makalia Griffith	Hillcrest	PSAL	1:34.18
	Sarah McCurdy	Bay Shore	XI	1:34.28
1,000 Meter Run	Brittany Sheffey	Bellport	XI	2:51.39
1,500 Meter Run	Kara McKenna	Suffern	I	4:35.22
3,000 Meter Run	Aislinn Ryan	Warwick Valley	IX	9:44.53
55 Meter Hurdles	Lindsay Rowe	Benjamin Cardozo	PSAL	8.28
	Katelyn Guerriere	Sidney	IV	8.43
1500 Meter Racewalk	Brittany O'Brian	Bay Shore	XI	6:55.22
Long Jump	Lynne Layne	New Rochelle	I	18' 11.5"
Triple Jump	Whitney Ford	White Plains	I	38' 11.25"
High Jump	Brittany Dexter	Burnt Hills	II	5' 7"
Pole Vault	Ashlee Atwell	Niskayuna	II	11' 3"
Shot Put	Monica Ridgeway	Liverpool	III	42' 10.50"
4 x 200m Relay	Uniondale - VIII			1:41.80 *
	Ashlea McLaughlin, Heidi Paul, Vanessa Thompson, Ashley Hendrix			
4 x 400m Relay	Bellport - XI			4:00.04
	Anna Francis, Natalie Jasmin, Sherika Nicholas, Brittany Sheffey			
4 x 800m Relay	Suffern - I			9:17.19
	Shelby Greany, Mary Consiglio, Caroline Heidt, Kara McKenna			
Intersectional Relay	Suffolk County - XI			10:29.95
	Donna Cheung- Connetquot, Emily Frost- Kings Park			
	Priscilla St. Laurent- Brentwood, Deanna Schmidt- Bayport Blue Point			

2007 - Cornell University, Ithaca

NYSPHSAA & Federation Champion: Section XI - Suffolk County

Event	Athlete	School	Section	Performance
55 Meter Dash	Deiddra Rogers	Medgar Evers	PSAL	6.99
	Lareea Chisholm	Baldwinsville	III	7.20
300 Meter Dash	Ashlea McLaughlin	Uniondale	VIII	39.17
600 Meter Run	Phyllis Francis	Catherine McAuley	CHSAA	1:34.76
	Sarah McCurdy	Bay Shore	XI	1:35.78
1,000 Meter Run	Caroline King	Scotia-Glenville	II	2:54.90
1,500 Meter Run	Kathryn Buchan	Fayetteville-Manlius	III	4:37.62
3,000 Meter Run	Callie Hogan	Bay Shore	XI	10:01.52
55 Meter Hurdles	Lindsay Rowe	Benjamin Cardozo	PSAL	7.86 *
	Ashley Hendrix	Uniondale	VIII	8.17
1500 Meter Racewalk	Leah Buletti	Westhampton Beach	XI	6:46.66
Long Jump	Ashley Hendrix	Uniondale	VIII	19' 3.5"
Triple Jump	Gabriela Baiter	Elwood/John Glenn	XI	40' 0.25"
High Jump	Dalilah Muhammad	Benjamin Cardozo	PSAL	5' 9"
	Brigetta Barrett	Ketcham	I	5' 9"
Pole Vault	Stephanie Duffy	Washingtonville	IX	12' 6"
Shot Put	Melissa Kurzdorfer	Lancaster	VI	44' 5.5"
4 x 200m Relay	Uniondale - VIII			1:41.98
	Vanessa Thompson, Ashlea McLaughlin, Ashley Hendrix, Heidi Paul			
4 x 400m Relay	Boys and Girls - PSAL			3:57.10
	Nicole Brown, Meagan Brown, Meagan Gillespie, Nadonni Rodrigues			
	Colonie - II			3:59.10
4 x 800m Relay	Marisa Poletto, Najla Singleton-McKinnon, Laura Bolognino, Alicia Williams			
	Bay Shore - XI			9:30.63
Intersectional Relay	Alexa DeLyra, Kate Keagins, Callie Hogan, Sarah McCurdy			
	Section I			10:24.07
	Alexis Easterling- Woodlands, Noelle Edmunson- Lincoln			
	Alana Levy- Horace Greeley, Kristine Mun- Pearl River			

2008 - Cornell University, Ithaca

NYSPHSAA & Federation Champion: Section II - Albany Capital District

Event	Athlete	School	Section	Performance
55 Meter Dash	Klarissa Ricks	Holy Names	II	7.16
300 Meter Dash	Nadonna Rodriques	Boys and Girls	PSAL	38.72 *
	Brianna Cromartie	Aquinas	V	39.99
600 Meter Run	Phyllis Francis	Catherine McAuley	CHSAA	1:33.11
	Charlene Lipsey	Hempstead	VIII	1:34.17
1,000 Meter Run	Kristin Reese	Carmel	I	2:52.86
1,500 Meter Run	Jaclyn Marshall	Kings Park	XI	4:38.97
3,000 Meter Run	Meaghan Gergory	Burnt Hills	II	10:07.92
55 Meter Hurdles	Janice Jackson	Medgar Evers	PSAL	8.05
	Elizabeth Mott	New Rochelle	I	8.13
1500 Meter Racewalk	Olivia Lapham	Penfield	V	7:12.55
Long Jump	Jen Clayton	Suffern	I	18' 9.75"
Triple Jump	Sametra Kelly	Edison Tech	V	37' 11.75"
High Jump	Dalilah Muhammad	Benjamin Cardozo	PSAL	5' 9"
	Monique Roberts	Cicero	III	5' 8"
Pole Vault	Michelle Quimby	Shenendehowa	II	11' 6"
Shot Put	Melissa Kurzdorfer	Lancaster	VI	44' 4.5"
4 x 200m Relay	Suffern - I			1:43.63
	Janelle Clayton, Tamikah Montama, Jenna Schaffer, Jen Clayton			
4 x 400m Relay	Boys and Girls - PSAL			4:00.19
	Deandra Nelson, Meagan Gillespie, Hadassa Bruno, Kenesha Abrams			
	New Rochelle - I			4:03.25
	Misle Bien-Amie, Vanessa Bigaud, Elizabeth Mott, Sofia Bien-Amie			
4 x 800m Relay	Warwick Valley - IX			9:16.95
	Kristen Jados, Claire Pettit, Tori Pennings, Lillian Griebeisland			
Intersectional Relay	Albany Capital District - II			10:28.13
	Cara Janeczko- Shenendehowa, Roxanne Henningson- Greenwich Central			
	Meredith Cully- Shenendehowa, Liz Schwenker- Guilderland			

2009 - Cornell University, Ithaca

Sectional Champion: ???

Event	Athlete	School	Section	Performance
55 Meter Dash	Madalayne Smith	Saratoga Springs	II	7.14
300 Meter Dash	Kyle Plante	Colonie	II	38.53 *
600 Meter Run	Charlene Lipsey	Hempstead	VIII	1:33.10
1,000 Meter Run	Emily Menges	Garden City	VIII	2:54.12
1,500 Meter Run	Emily Lipari	Roslyn	VIII	4:32.59
3,000 Meter Run	Shelby Greaney	Suffern	I	9:53.99
55 Meter Hurdles	Madalayne Smith	Saratoga Springs	II	7.96
1500 Meter Racewalk	Emilija Vaskyte	Valley Stream North	VIII	7:05.03
Long Jump	Jen Clayton	Suffern	I	18' 9.5"
Triple Jump	Olivia Weeks	Elmira Notre Dame	IV	40' 0.5"
High Jump	Sarah Palmer	Schuylerville	II	5' 8"
Pole Vault	Sydney Leroy	Port Jervis	IX	12' 6"
Shot Put	Melissa Kurzdorfer	Lancaster	VI	48' 2.5" *
4 x 200m Relay	Mount Vernon - I			1:44.70
	Myla Allen, Kenina Bonner, Shamika Mindingall, Tanaya Yarde			
4 x 400m Relay	Benjamin Cardozo - PSAL			3:56.20
	Chamique Francis, Ahtyana Johnson, Alexis Mapson, Tessa West			
	Newburgh Free Academy - IX			3:56.75
	Chante Coppedge, Dasia Jones, Doris Little, Danielle McHolder			
4 x 800m Relay	Bronxville - I			9:19.20
	Tori Flannery, Caitlin Hudson, Olivia Burton, Henrietta Miers			
Intersectional Relay	Nassau County - VIII			10:22.81
	Lucia Montefusco- Levittown, Alyssa Graziano- East Meadow			
	Kristen Insardi- Cold Spring Harbor, Rachel Ngu- Syosset			

2010 - Cornell University, Ithaca

Sectional Champion: ???

Event	Athlete	School	Section	Performance
55 Meter Dash	Madalayne Smith	Saratoga Springs	II	7.11
300 Meter Dash	Kyle Plante	Colonie	II	38.94
600 Meter Run	Brie Roller	Lakeland-Panas	I	1:35.75
1,000 Meter Run	Kelsey Margey	Harborfields	XI	2:51.87
1,500 Meter Run	Emily Lipari	Roslyn	VIII	4:28.21 *
3,000 Meter Run	Aisling Cuffe	Cornwall	IX	9:36.95 *
55 Meter Hurdles	Lateisha Philson	Benjamin Cardozo	PSAL	7.95
	Madalayne Smith	Saratoga Springs	II	7.95
1500 Meter Racewalk	Destiny Lalane	Bay Shore	XI	7:06.94
Long Jump	Jen Clayton	Suffern	I	19' 0.75"
Triple Jump	Imani Oliver	Midwood	PSAL	39' 1"
	Jennifer Mitchell	Newburgh Free Academy	IX	38' 5.5"
High Jump	Sarah Palmer	Schuylerville	II	5' 8"
Pole Vault	Carissa Leonardi	Lakeland-Panas	I	12" 0"
Shot Put	Melissa Kurzdorfer	Lancaster	VI	48' 10.25" *
4 x 200m Relay	Medgar Evers- PSAL			1:43.80
	Nyanka Moise, Kimberly Campbell, Kadecia Baird, Shakele Seaton			
	Mount Vernon- I			1:43.82
	Deajah Stevens, Shamika Mindingall, Lexus Harney, Tanaya Yarde			
4 x 400m Relay	Garden City- VIII			4:01.96
	Taylor Hennig, Cartherine Cafaro, Taryn Schmelzinger, Alexis Yeboah-Kodie			
4 x 800m Relay	Shenendehowa- II			9:17.18
	Lizzie Predmore, Gina Stalica, Alexandra Burtnick, Danika Simonson			
Intersectional Relay	Albany Capital District - II			10:23.40
	Bailey Kowalczyk- Shenedehowa, Bianca Jordan- Troy			
	Sam Crisafulli- Shenedehowa, Rachael Cyrus- Burnt Hills			

2011 - Cornell University, Ithaca

Sectional Champion: ???

Event	Athlete	School	Section	Performance
55 Meter Dash	Klarissa Ricks	Holy Names	II	7.02
300 Meter Dash	Tanaya Yarde	Mount Vernon	I	39.67
600 Meter Run	Claudia Francis	Benjamin Cardozo	PSAL	1:30.97 *
	Heather Martin	Fayetteville Manlius	III	1:35.95
1,000 Meter Run	Anima Banks	Mamaroneck	I	2:51.75
1,500 Meter Run	Kelsey Margey	Harborfields	XI	4:34.34
3,000 Meter Run	Aisling Cuffe	Cornwall	IX	9:29.89 *
55 Meter Hurdles	Kailyn Arcury	Williamsville South	VI	7.96
1500 Meter Racewalk	Danielle Opatovsky	Shoreham Wading River	XI	6:51.59
Long Jump	Sarah Bowens	Suffern	I	18' 11.75"
Triple Jump	Olivia Jebb	Cornwall	IX	37' 11"
High Jump	Joanne Imbert	Valley Stream Central	VIII	5' 8"
Pole Vault	Megan Clark	James O'Niell	IX	12' 6"
Shot Put	Adrienne Alexander	Bishop Loughlin	CHSAA	43' 0.25"
	Sam Kosa	Shenendehowa	II	41' 8.5"
4 x 200m Relay	Medgar Evers - PSAL			1:43.53
	Paige Thompson-Charles, Sheniece Daphness, Nyanka Joseph, Kadecia Baird			
	Mount Vernon - I			1:44.58
	Robbi Rogers, Tayana Yarde, Lexus Harney, Amber Lacey			
4 x 400m Relay	Colonie - II			3:58.28
	Andrea Guidarelli, Uwa Omorogbe, Kyle Plante, Christian Lenge			
4 x 800m Relay	Shenendehowa - II			9:12.41
	Sam Crisafulli, Alex Burtnick, Gina Stalica, Elizabeth Predmore			
Intersectional Relay	Suffolk County - XI			10:28.63
	Christine Hagan- Kings Park, Melanie Notarstefano- Sachem East			
	Catherine Sandkuhl- North Babylon, Olivia Schumann- Mercy			

2012 - Cornell University, Ithaca

NYSPHSAA Champion: Sections VIII and XI - Nassau and Suffolk Counties

Federation Champion: Section XI - Suffolk County

Event	Athlete	School	Section	Performance
55 Meter Dash	Kimberly Bailey	Taft	PSAL	7.15
	Valencia Hannon	Elmont	VIII	7.22
300 Meter Dash	Kyle Plante	Colonie	II	38.23 *
600 Meter Run	Emma Gallagher	Garden City	VIII	1:32.37
1,000 Meter Run	Anima Banks	Mamaroneck	I	2:49.84
1,500 Meter Run	Mary Cain	Bronxville	I	4:24.25
3,000 Meter Run	Alexis Panisse	Benjamin Cardozo	PSAL	9:59.28
	Gianna Frontera	Newburgh Free Academy	IX	9:59.34
55 Meter Hurdles	Kailyn Arcury	Williamsville South	VI	8.01
1500 Meter Racewalk	Molly Josephs	Garden City	VIII	7:04.84
Long Jump	Mikayla Pearce	Maryvale	VI	19' 0.5"
Triple Jump	Odrine Belot	Kellenberg	CHSAA	39' 1.25"
	Molly Shapiro	Emma Willard	II	39' 0.25"
High Jump	Stephanie Izard	Sweet Home	VI	5' 6"
Pole Vault	Maddesen Weekes	Shenendehowa	II	11' 9"
Shot Put	Adrienne Alexander	Bishop Loughlin	CHSAA	42' 8"
	Adaora Nwodili	Longwood	XI	42' 3.5"
4 x 200m Relay	Mount Vernon - I			1:43.51
	Tanaya Yarde, Robbi Rogers, Shanice Cameron, Lexus Harney			
4 x 400m Relay	Garden City - VIII			3:55.73
	Katie O'Niell, Laura Jaeger, Alexis Yeboah-Kodie, Jenna DeAngelo			
4 x 800m Relay	Fayetteville-Manlius - III			9:08.77 *
	Jillian Fanning, Katie Sischo, Heather Martin, Katie Brislin			
Intersectional Relay	Albany Capital District - II			10:16.68 *
	Schuyler Pruyn- Burnt Hills, Kristen Hayes- Shaker			
	Kaleigh Higgins- Niskayuna, Caroline Hampton- Shenendehowa			

2013 - Cornell University, Ithaca				
NYSPHSAA Champion: Section V - Genessee Valley				
Federation Champion: PSAL - Public School Athletic League				
Event	Athlete	School	Section	Performance
55 Meter Dash	Kadecia Baird	Medgar Evers	PSAL	7.08
	Ashley Grazen	Lancaster	VI	7.21
300 Meter Dash	Deajah Stevens	Benjamin Cardozo	PSAL	39.24
	Spencerport	Madeline Kopp	V	39.64
600 Meter Run	Emma Gallagher	Garden City	VIII	1:33.17
1,000 Meter Run	Leah Triller	Holy Names	II	2:53.39
1,500 Meter Run	Sabrina Southerland	Benjamin Cardozo	PSAL	4:34.26
	Tiana Guevara	Miller Place	XI	4:39.88
3,000 Meter Run	Bella Burda	Arlington	I	9:56.78
55 Meter Hurdles	Ashley Wiggins	New Rochelle	I	8.07
1500 Meter Racewalk	Ji Won Kang	Townsend Harris	PSAL	7:04.41
	Alexa Kluepfel	Elwood/John Glenn	XI	7:06.26
Long Jump	Anointing Onuoha	Valley Stream North	VIII	18' 3.25"
Triple Jump	Sarah Osaheni	Shenendehowa	II	38' 0.5"
High Jump	Shayla Broughton	Medgar Evers	PSAL	5' 7"
	Amanda Burkey	Fairport	V	5' 6"
Pole Vault	Jenny Thill	Lancaster	VI	12' 6"
Shot Put	Briyah Brown	New Rochelle	I	44' 0.25"
4 x 200m Relay	Medgar Evers - PSAL			1:41.80 ^
	Martina Brown, Paige Thompson Charles, Janai Cameron, Kadecia Baird			
4 x 400m Relay	New Rochelle - I			1:42.75
	Symone Darius, Ashley Wiggins, Rasheeda Bull, Alicia Donaldson			
4 x 800m Relay	Garden City - VIII			3:54.95
	Katie O'Neill, Emma Gallagher, Laura Jaeger, Kelly Lawkins			
Intersectional Relay	Bronxville - I			9:20.84
	Courtney Campbell, Hilary Rizzo, Kaitlyn Ryan, Meredith Rizzo			
Intersectional Relay	Suffolk County - XI			10:22.00
	Alyssa Barthelmess- Lindenhurst, Jacqueline Anderson- Bay Shore			
	Jessica Ball- West Islip, Kathleen Naeher- Kings Park			

2014 - Cornell University, Ithaca

NYSPHSAA Champion: Section XI - Suffolk County

Federation Champion: Section I - Dutchess, Putnam, Rockland and Westchester Counties

Event	Athlete	School	Section	Performance
55 Meter Dash	Brenessa Thompson	Medgar Evers	PSAL	7.04
	Ashley Grazen	Lancaster	VI	7.14
300 Meter Dash	Symone Darius	New Rochelle	I	38.90
600 Meter Run	Emma Gallagher	Garden City	VIII	1:34.91
1,000 Meter Run	Erin Jaskot	Tappan Zee	I	2:54.62
1,500 Meter Run	Tiana Guevara	Miller Place	XI	4:35.42
3,000 Meter Run	Jessica Lawson	Corning	IV	9:49.68
55 Meter Hurdles	Ashley Wiggins	New Rochelle	I	7.95
1500 Meter Racewalk	Katie Michta	Sachem North	XI	6:49.44
Long Jump	Imani McGhee	Bay Shore	XI	19' 2.75"
Triple Jump	Kaylyn Gordon	Ramapo	I	39' 4"
High Jump	Shayla Broughton	Medgar Evers	PSAL	5' 8"
	Grace Smith	Bethlehem	II	5' 7"
Pole Vault	Kari Stromhaug	Vestal	IV	11' 6"
Shot Put	MacKenzie Kuehlewind	Lancaster	VI	46' 2.25"
4 x 200m Relay	New Rochelle - I			1:41.61 *
	Alicia Donaldson, Symone Darius, Victoria Jones-Alleyne, Ashley Wiggins			
4 x 400m Relay	Uniondale - VIII			3:58.79
	Kristina Cherrington, Webster Michala, Ashley Souffrant, Crystal Green			
4 x 800m Relay	Benjamin Cardozo - PSAL			9:21.51
	Denise Branch, Nia Lundy, Alana Williams, Shaniqua Kirkpatrick			
	Suffern - I			9:24.46
	Rachel Ludwikowski, Kate Zendell, Elina Breton, Kamryn McIntosh			
Intersectional Relay	Suffolk County - XI			10:32.79
	Meg Tuthill- Mercy, Courtney Dooley- Bayport Blue Point			
	Nickeela Austin- Copiague, Erin Melly- Connetquot			

2015 - Cornell University, Ithaca

Sectional Champion: Section I - Dutchess, Putnam, Rockland and Westchester Counties

Event	Athlete	School	Section	Performance
55 Meter Dash	Lanae-Tava Thomas	Rush-Henrietta Sperry	V	7.08
300 Meter Dash	Arianna Strunkey	Taft	PSAL	39.26
	Sammy Watson	Rush-Henrietta Sperry	V	40.25
600 Meter Run	Kamryn McIntosh	Suffern	I	1:30.78 *
1,000 Meter Run	Sammy Watson	Rush-Henrietta Sperry	V	2:53.33
1,500 Meter Run	Paige Duca	Friends Academy	VIII	4:36.42
	Cassidy Scott	Canton	X	4:52.84
3,000 Meter Run	Bella Burda	Arlington	I	9:58.10
55 Meter Hurdles	Victoria Jones-Alleyne	New Rochelle	I	8.04
1500 Meter Racewalk	Meaghan Podlaski	Colonie	II	6:49.67
Long Jump	Marie-Jose Ebwea-Bile	Benjamin Cardozo	PSAL	19' 1"
	McKyla Brooks	Frontier	VI	19' 0.5"
Triple Jump	Marie-Jose Ebwea-Bile	Benjamin Cardozo	PSAL	41' 1" *
	Sadira Brown	Sweet Home	VI	38' 11.75"
High Jump	Faith Penny	East Islip	XI	5' 6"
Pole Vault	Kari Stromhaug	Vestal	IV	12' 0"
Shot Put	Alexis Daniels	Binghamton	IV	45" 6.5'
Weight Throw	Monae Cooper	New Rochelle	I	53' 11.75" *
4 x 200m Relay	Medgar Evers - PSAL			1:42.44
	Daniella Griffith, Karimah Senior, Martina Brown, Janai Cameron			
	Rush-Henrietta Sperry - V			1:43.44
	Sammy Watson, Ceara Watson, Lanae-Tava Thomas, Tori Thompson			
4 x 400m Relay	Suffern - I			3:55.37
	Imani Solan, Nicole Becker, Kamryn McIntosh, Renee Liporace			
4 x 800m Relay	Cornwall - IX			9:22.07
	Ashley Wallace, Beatrice Boylan, Dara Cuffe, Jillian Decker			
Intersectional Relay	Central New York - III			10:33.54
	Oreoluwa Akinpelu- Liverpool, Jillian Norris- Cicero- North Syracuse			
	Juliana Basla- Liverpool, Abby Gugel- Jordan-Elbridge			

2016 - Cornell University, Ithaca

Sectional Champion: Section I - Dutchess, Putnam, Rockland and Westchester Counties

Event	Athlete	School	Section	Performance
55 Meter Dash	Lanae-Tava Thomas	Rush-Henrietta Sperry	V	6.94
300 Meter Dash	Amanda Crawford	Paul Robeson	PSAL	38.81
	Jenna Crean	Orchard Park	VI	39.20
600 Meter Run	Sammy Watson	Rush-Henrietta Sperry	V	1:30.59 *
1,000 Meter Run	Sammy Watson	Rush-Henrietta Sperry	V	2:51.33
1,500 Meter Run	Diana Vizza	North Shore	VIII	4:31.67
3,000 Meter Run	Kaitlyn Neal	Fayetteville-Manlius	III	9:29.85 *
55 Meter Hurdles	Alyssa Sandy	Paul Robeson	PSAL	7.99
	Tiana Luton	Sweet Home	VI	8.21
1500 Meter Racewalk	Lauren Harris	Sachem East	XI	6:35.16 *
Long Jump	Lanae-Tava Thomas	Rush-Henrietta Sperry	V	19' 4.75"
Triple Jump	Denisha West	Westbury	VIII	38' 0.75"
High Jump	Aubrianna Lantrip	Midlakes	V	5' 8"
Pole Vault	Erica Ellis	Gates-Chili	V	12' 3"
Shot Put	Alexis Daniels	Binghamton	IV	47' 5.25"
Weight Throw	Monae Cooper	New Rochelle	I	55' 2" *
4 x 200m Relay	Rush-Henrietta- V			1:41.94
	Tori Thompson, Stephanie Nwachi, Lanae-Tava Thomas, Sammy Watson			
4 x 400m Relay	Suffern - I			3:58.34
	Kyra Greenbaum, Nicole Becker, Nallah Sutherland, Kamryn McIntosh			
4 x 800m Relay	Mamaroneck - I			9:09.05
	Shari Rauls, Lauren Shpiz, Lauren Chapey, Katie DeVore			
Intersectional Relay	Section I			10:22.64
	Claire Hotchkin- Horace Greeley, Adriane Long- New Rochelle			
	Jade Sessions- Carmel, Sunjum Nagpaul- Lakeland/Panas			

2017- Ocean Breeze Athletic Complex, Staten Island

NYSPHSAA & Federation Champion: Section XI - Suffolk County

Event	Athlete	School	Section	Performance
55 Meter Dash	Halle Hazzard	St. Anthony's	CHSAA	6.86
	Lanae-Tava Thomas	Rush-Henrietta Sperry	V	6.93
300 Meter Dash	Halle Hazzard	St. Anthony's	CHSAA	38.67
	Brittany Korsah	West Babylon	XI	39.34
600 Meter Run	Paris Peoples	Benjamin Cordozo	PSAL	1:31.87
	Paige Keefer	West Babylon	XI	1:32.49
1,000 Meter Run	Kaitlin Ryan	Bronxville	I	2:50.15
1,500 Meter Run	Jessica Lawson	Corning	IV	4:25.66
3,000 Meter Run	Kelsey Chmiel	Saratoga Springs	II	9:26.28
55 Meter Hurdles	Sophia Myers	Queens HS of Teaching	PSAL	7.96
	Chibugo Obichere	Valley Stream	VIII	8.22
1500 Meter Racewalk	Lauren Harris	Sachem East	XI	6:27.05
Long Jump	Lanae-Tava Thomas	Rush-Henrietta Sperry	V	20' 7"
Triple Jump	Sarena Choi	Westhampton Beach	XI	39' 6.25"
High Jump	Kendall Bensch	Scarsdale	I	5' 6"
Pole Vault	Erica Ellis	Gates-Chili	V	13' 0"
Shot Put	Jillian Shippee	Shenendehowa	II	43' 10.25"
Weight Throw	Jillian Shippee	Shenendehowa	II	60' 2.5" *
4 x 200m Relay	Paul Robeson - PSAL			1:40.78
	Toshel Goffe, Kai Lewis, Qunizel Bazilia, Bryann Sandy			
	New Rochelle - I			1:43.01
4 x 400m Relay	Kiana Stallworth, Olivia Morgan, Diana Diaz, Jada Thompson			
	West Babylon - XI			3:53.03
4 x 800m Relay	Nadja Ashely, Dana Beggins, Hannah Heller, Paige Keefer			
	Shenendehowa - II			9:00.34
Intersectional Relay	Hannah Reale, Julia Zachgo, Kelly Hamlin, Olivia Lomascolo			
	Suffolk County - XI			10:19.03
	Payton Capes-Davis- Shoreham Wading River, Kayla Berman- Westhampton			
	Sierra Koehler- West Islip, Emma McLoughlin- Connetquot			

2018- Ocean Breeze Athletic Complex, Staten Island

Sectional Champion: ???

Event	Athlete	School	Section	Performance
55 Meter Dash	Lanae-Tava Thomas	Rush-Henrietta Sperry	V	6.86
300 Meter Dash	Lanae-Tava Thomas	Rush-Henrietta Sperry	V	38.63
600 Meter Run	Vanessa Watson	Spencerport	V	1:30.59 ^
1,000 Meter Run	Lily Flynn	Ursuline	I	2:45.83
1,500 Meter Run	Katelyn Tuohy	North Rockland	I	4:23.38
3,000 Meter Run	Kelsey Chmiel	Saratoga Springs	II	9:27.88
55 Meter Hurdles	Sophia Myers	Queens HS of Teaching	PSAL	8.01
	Chibugo Obichere	Valley Stream South	VIII	8.19
1500 Meter Racewalk	Margaret Atwood	Sachem East	XI	6:49.09
Long Jump	Lanae-Tava Thomas	Rush-Henrietta Sperry	V	20' 4.5"
Triple Jump	Nadia Saunders	North Rockland	I	38' 7"
High Jump	Emilee Hanlon	Dunkirk	VI	5' 7"
Pole Vault	Alana Carroll	Averill Park	II	13' 6" *
Shot Put	Rachel Donner	Iroquois	VI	42' 1"
Weight Throw	Monique Hardy	Webster Thomas	V	54' 2.75"
4 x 200m Relay	William Floyd - XI			1:41.49
	Kaylah Britt, Desire Grace, Jade Foster, Kianna Hawkins			
4 x 400m Relay	Medgar Evers - PSAL			3:54.95
	Daniella Griffith, Zakiya Scott, Brianna Browne, Samiya Lewis			
	North Rockland - I			3:58.04
	Ivana Lopez, Torre Inzar, Jahlyah Goodbee, Sofia Housman			
4 x 800m Relay	Fayetteville-Manlius - III			9:10.89
	Palmer Madsen, Phoebe White, Sophie Ryan, Rebecca Walters			
Intersectional Relay	Central New York - III			10:16.91
	Cady Barns- Fayetteville-Manlius, Eva Borton- Clinton			
	Gianna Capoccia- Rome Free Academy, Camryn Stone- Central Valley Academy			

2019- Ocean Breeze Athletic Complex, Staten Island

Sectional Champion: ???

Event	Athlete	School	Section	Performance
55 Meter Dash	Toshel Goffe	Paul Robeson	PSAL	7.10
	Indya Richards	Gates-Chili	V	7.20
300 Meter Dash	Jada Kenner	Tapestry Charter	VI	39.24
600 Meter Run	Lindsey Butler	Corning	IV	1:30.00 *
1,000 Meter Run	Lily Flynn	Ursuline	I	2:50.91
1,500 Meter Run	Katelyn Tuohy	North Rockland	I	4:24.01
3,000 Meter Run	Katelyn Tuohy	North Rockland	I	9:15.35
55 Meter Hurdles	Indya Richards	Gates-Chili	V	7.87
1500 Meter Racewalk	Ciara Durcan	Pearl River	I	6:48.13
Long Jump	Anaya Dees	Hilton	V	18' 8"
Triple Jump	Alissa Braxton	Commack	XI	40' 5"
High Jump	Soledad Jean	Half Hollow Hills East	XI	5' 7"
Pole Vault	Leah Pasualetti	Orchard Park	VI	13' 3"
Shot Put	Monique Hardy	Webster Thomas	V	42' 8.5"
Weight Throw	Monique Hardy	Webster Thomas	V	60' 4.75" *
4 x 200m Relay	Paul Robeson - PSAL			1:40.75 *
	Toshel Goffe, Qunizel Bazilia, Leanne McDonald, Shawnakay Peart			
	Huntington - XI			1:42.74
	Alicia Brooks, Analisse Batista, Dejanae Linton, Olivia Conte			
4 x 400m Relay	St. Joseph Brooklyn - CHSAA			3:57.94
	Kadija Soumaoro, Jourdan Garnett, Roche Bannerman-McCamon, Alanni Cannon			
	Freeport - VIII			3:58.10
	Enyero Omokeni, Efe Omokeni, Alexandria Yarbrough, Nyah Porter			
4 x 800m Relay	Ursuline School - I			9:07.89
	Daphne Banino, Sarah Flynn, Haley McLean, Lily Flynn			
Intersectional Relay	Section I			10:18.46
	Emily Alps- Carmel, Kiara Ekeigwe- Ramapo			
	Sonia Finkenberg- Rye Neck, Aine Keaney- Clarkstown South			

2020- Ocean Breeze Athletic Complex, Staten Island

NYSPHSAA & Federation Champion: Section XI - Suffolk County

Event	Athlete	School	Section	Performance
55 Meter Dash	Mia D'Ambrosio	Schalmont	II	6.95
300 Meter Dash	Gianna Paul	Walt Whitman	XI	39.15
600 Meter Run	Jasmin Muhammad-Graham	Medgar Evers	PSAL	1:31.37
	Analisse Batista	Huntington	XI	1:32.05
1,000 Meter Run	Sierra Dinneen	Notre Dame	CHSAA	2:51.39
	Sarah Trainor	Franklin D Roosevelt	IX	2:51.43
1,500 Meter Run	Katelyn Tuohy	North Rockland	I	4:20.81
3,000 Meter Run	Karrie Baloga	Cornwall	IX	9:34.52
55 Meter Hurdles	Nadia Saunders	North Rockland	I	7.89
1500 Meter Racewalk	Isabella Rogler	West Islip	XI	6:36.33
Long Jump	Anaya Dees	Hilton	V	18' 6.5"
Triple Jump	Nadia Saunders	North Rockland	I	40' 4.5"
High Jump	Soledad Jean	Half Hollow Hills East	XI	5' 8"
Pole Vault	Leah Pasualetti	Orchard Park	VI	13' 0"
Shot Put	Natalia Surdej	Lancaster	VI	42' 9.75"
Weight Throw	Monique Hardy	Webster Thomas	V	63' 10.5" *
4 x 200m Relay	Huntington - XI			1:40.27
	Alicia Brooks, Analisse Batista, Hope Bilkey, Olivia Conte			
4 x 400m Relay	Bishop Loughlin- PSAL			3:51.46
	Jourdan Garnett, Adia Palmer, Alanni Cannon, Brinesha Derrick-Bain			
	Warwick Valley- IX			3:51.67
	Kristin Thompson, Katherine Smith, Julia Mosier, Caroline Fatta			
4 x 800m Relay	Shenendehowa- II			9:05.27
	Amanda Curtis, Jada Dennis, Jade Dennis, Kara Sinnott			
Intersectional Relay	Section 3			10:17.68
	Lexi Bernard- South Lewis, Angie Mesa- Westhill			
	Camryn Stone-Central Valley Academy, Kate Putman- Cicero-North Syracuse			

2022- Ocean Breeze Athletic Complex, Staten Island

NYSPHSAA & Federation Champion: Section II - Albany Capital District

Event	Athlete	School	Section	Performance
55 Meter Dash	Zionna Perez-Tucker	Mohonasen	II	7.05
300 Meter Dash	Zionna Perez-Tucker	Mohonasen	II	39.04
600 Meter Run	Analisse Batista	Huntington	XI	1:32.94
1,000 Meter Run	Angelina Napoleon	Allegany/Olean/Frank/Portville	VI	2:49.65
1,500 Meter Run	Kate Putman	Cicero-North Syracuse	III	4:20.81
3,000 Meter Run	Karrie Baloga	Cornwall	IX	9:41.25
55 Meter Hurdles	Kate Del Gandio	Mount Sinai	XI	8.14
1500 Meter Racewalk	Desiliets Dubois	Brockport	V	7:12.79
Long Jump	Gianna Locci	Stillwater	II	19' 5"
Triple Jump	Alexandra Kelly	Rocky Point	XI	39' 6"
High Jump	Camryn Cole	Webster Schroeder	V	5' 7"
Pole Vault	Marisa D'Angelo	Saint Anthony's	CHSAA	12' 6"
	Laura Reigle	Hilton	V	12' 0"
Shot Put	Julie Thomas	Commack	XI	40' 10.5"
Weight Throw	Elyssa DeRosa	Corning	V	49' 9"
4 x 200m Relay	Elmont Memorial - Section VIII			1:42.81
	Alexandra Williams, Andre-Anna Rodney, Stephney Pryce, Ashley Fulton			
4 x 400m Relay	Paul Robeson Campus High - PSAL			3:56.61
	Leanne McDonald, Shelda Jordan, Kamoy Campbell, Arissa Moore			
	Victor Central - Section			4:04.86
	Melody Harloff, Grace Woodworth, Julia Sodoma, Maddie Pitts			
4 x 800m Relay	Cicero- North Syracuse - Section - III			9:03.87
	Katy Harbold, Kate Putman, Gabby Putman, Hannah Boyle			
Intersectional Relay	Suffolk County - XI			10:15.05*
	Kristen Aguilera- West Babylon, Olivia Jaworski- Northport			
	Laina Friedmann- Smithtown West, Anna Gansrow- Eastport South Manor			

2023- Ocean Breeze Athletic Complex, Staten Island

NYSPHSAA & Federation Champion: Section XI - Suffolk County

Event	Athlete	School	Section	Performance
55 Meter Dash	Sariah Doresca	Baldwin	VIII	7.02
300 Meter Dash	Gabrielle Cummings	James Madison	PSAL	39.04
	Ashley Fulton	Elmont Memorial	VIII	39.58
600 Meter Run	Anissa Moore	Hempstead	VIII	1:32.01
1,000 Meter Run	Angelina Napoleon	Allegany/Olean/Frank/Portville	VI	2:50.46
1,500 Meter Run	Kate Putman	Cicero-North Syracuse	III	4:23.78
3,000 Meter Run	Karrie Baloga	Cornwall	IX	9:22.09
55 Meter Hurdles	Jaice Dorsey	Susan E. Wagner	PSAL	8.22
	Dami Modupe	North Rockland	I	8.25
1500 Meter Racewalk	Abby Callinan	Sachem East	XI	6:55.79
Long Jump	Camryn Cole	Webster Schroeder	V	19' 5.5"
Triple Jump	Corintia Griffth	Webster Schroeder	V	40' 10.5"
High Jump	Camryn Cole	Webster Schroeder	V	5' 9"
Pole Vault	Ella Galloway	Pine Bush	IX	12' 6"
Shot Put	Julie Thomas	Commack	XI	41' 8.5"
Weight Throw	Keegan Collins	Greenwich Central	II	48' 4.5"
4 x 200m Relay	Baldwin High School- Section VIII			1:41.17
	Sariah Doresca, Jahzara Emeli, Breanne Barnett, Jillian Rickford			
4 x 400m Relay	Burnt Hills - Ballston Lake Section II			3:59.02
	Samantha Torres, Cassidy Robleno, Alexandra O'Rourke, Mia Palino			
4 x 800m Relay	Saratoga Springs - Section II			9:03.87
	Alycia Hart, McKinley Wheeler, Emily Bush, Sheridan Wheeler			
Intersectional Relay	Suffolk County - XI			10:14.90*
	Ella Masem- Bellport, Shavanna Richards- North Babylon			
	Kristen Aguilera- West Babylon, Anna Gansrow- Eastport South Manor			

Indoor State Meet Records as of 3/6/2023

(F) = Flat Track, (B) = Banked Track (C) = Flat and Banked record set on flat track

Event	Athlete	School	Section	Performance
55 Meter Dash	Halle Hazzard (2017)	St. Anthony's	CHSAA	6.86 FAT
	Stacey Minott (1995)	New Rochelle	I	6.6 HT
55 Meter Hurdles	Chicugo Obichere (2019)	Valley Stream South	VIII	7.82 (semis)
300 Meter Dash (C)	Kyle Plante (2012)	Colonie	II	38.23
600 Meter Run (B)	Lindsey Butler (2019)	Corning	IV	1:30.00
600 Meter Run (F)	Sammy Watson (2016)	Rush-Henrietta Sperry	V	1:30.59
1,000 Meter Run (B)	Lily Flynn (2018)	Ursuline	I	2:45.83
1,000 Meter Run (F)	Tamieka Grizzle (1996)	George Washington	PSAL	2:48.44
1,500 Meter Run (B)	Katelyn Tuohy (2020)	North Rockland	I	4:20.81
1,500 Meter Run (F)	Emily Lipari (2010)	Roslyn	VIII	4:28.21
3,000 Meter Run (B)	Katelyn Tuohy (2019)	North Rockland	I	9:15.35
3,000 Meter Run (F)	Kaitlyn Neal (2016)	Fayetteville-Manlius	III	9:29.85
1500 Meter Racewalk (B)	Lauren Harris (2017)	Sachem East	XI	6:27.05
1500 Meter Racewalk (F)	Lauren Harris (2016)	Sachem East	XI	6:35.16
4 x 200m Relay (B)	Huntington - XI (2020)			1:40.27
	Alicia Brooks, Analisse Batista, Hope Bilkey, Olivia Conte			
4 x 200m Relay (F)	New Rochelle - I (2014)			1:41.61
	Alicia Donaldson, Symone Darius, Victoria Jones-Alleyne, Ashley Wiggins			
4 x 400m Relay (B)	Bishop Loughlin- PSAL (2020)			3:51.46
	Jourdan Garnett, Adia Palmer, Alanni Cannon, Brinesha Derrick-Bain			
4 x 400m Relay (F)	Tilden - PSAL (1987)			3:54.15
	Saralynn Carr, Claudia Lloyd, Lavern Linton, Keisha Demas			
4 x 800m Relay (B)	Shenendehowa - II (2017)			9:00.34
	Hannah Reale, Julia Zachgo, Kelly Hamlin, Olivia Lomascolo			
4 x 800m Relay (F)	Fayetteville-Manlius - III (2012)			9:08.77
	Jillian Fanning, Katie Sisco, Heather Martin, Katie Brislin			
Intersectional Relay (B)	Suffolk County - XI (2023)			10:14.90*
(1000-200-600-1600)	Ella Masem- Bellport, Shavanna Richards- North Babylon			
	Kristen Aguilera- West Babylon, Anna Gansrow- Eastport South Manor			
Intersectional Relay (F)	Albany Capital District - II (2012)			10:16.68
(1000-200-600-1600)	Schuyler Pruyn- Burnt Hills, Kristen Hayes- Shaker			
	Kaleigh Higgins- Niskayuna, Caroline Hampton- Shenendehowa			

Indoor State Meet Records Field Events as of 3/6/2023

Event	Athlete	School	Section	Performance
Long Jump	Keyon Soley (1997)	Uniondale	VIII	21' 1.25"
Triple Jump	Marie-Jose Ebwea-Bile (2015)	Benjamin Cardozo	PSAL	41' 1"
High Jump	Alison Smith (1987)	Clarence	VI	6' 1"
Pole Vault	Alana Carroll (2018)	Averill Park	II	13' 6"
Shot Put	Melissa Kurzdorfer (2010)	Lancaster	VI	48' 10.25"
Weight Throw	Monique Hardy (2020)	Webster Thomas	V	63' 10.5"

Retired Meet Records - Yards and Events no longer run.

60 yard Dash	Marva Ferguson (1979)	Malverne	VIII	6.9 HT
50 meter Dash	Tracey Armstead (1980)	Monticello	IX	6.5 HT
300 yard Dash	Monica Egbuono (1978)	Sewanhaka	VIII	37.8 HT
	Rochelle Hall (1978)	Brooklyn Tech	PSAL	37.8 HT
600 yard Run	Monica Egbuono (1979)	Sewanhaka	VIII	1:25.1 HT
1000 yard Run	Rudelle Sargeant (1979)	Brooklyn Tech	PSAL	2: 39.86
Mile Run	Sue Girardi (1979)	Maine- Endwell	IV	4:59.6 HT
2 Mile Run	Heidi Maher (1979)	Valley Stream South	VIII	10:59.41 HT
Mile Walk	Lorna McKinnon (1979)	Smithtown West	XI	8:01.4 HT
55 yard Hurdles	Heather Sibbison (1978)	Niskyuna	II	7.7 HT
50 meter Hurdles	Kay Moore (1980)	Brooklyn Tech	PSAL	7.6 HT
4 x 220y Relay	New Rochelle - I (1979)			1:47.12
	Myra Robinson, Sandra Taylor, Erica McPherson, Lenore Baker			
4 x 440y Relay	Brooklyn Tech - PSAL (1979)			4:10.17
	???			
4 x 880y Relay	Brooklyn Tech - PSAL (1979)			9:34.56
	???			
Intersectional Relay	Central New York - III (1979)			12.46.37
	???			