

## NYS Girls Outdoor Track & Field Champions

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

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

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	* State Meet Record	** State & Meet Record	
	# National Record	^ Ties Existing Record	
	w Included when a mark exceeds meet record but was wind aided.		

<b>1974</b>	<b>State Championships @ Mont Pleasant Schenectady</b>		
	2 Exhibition Events held at the Boys State Meet		
100 yd	Donna Polluci	West Hempstead- VIII	11.3
880 yd	Karin Von Berg	Ithaca- IV	2:22.0

<b>1975</b>	<b>State Championships @ West Point</b>		
	1st State Championship. All marks considered meet records.		
	Section Champion: Section III - Syracuse		
100yd	Patty Frost	Horseheads- IV	11.0
220 yd	Patty Frost	Horseheads- IV	24.7
440yd	Kathy Grover	Penfield- V	58.0
880 yd	Denise Sawyer	Oswego- III	2:18.1
Mile	Kathy Mills	Fayetteville-Manlius- III	5:07.4
2 Mile	Kathy Mills	Fayetteville-Manlius- III	10:53.5 **
80yd Hurdles	Charise Carter	White Plains-I	10.8
Long Jump	Kim Soergel	Locust Valley-VIII	17' 7.75 "
High Jump	Melanie Kline	Johnston- II	5' 5 "
Shot Put	Chris Helbock	Haldane- I	41' 10.5 "
Discus	Nancy Kraemer	Croton-Harmon- I	128' 2.5 "
4x110yd Relay	Vestal- IV		49.6
	Debbie Jones, Dawn Goodall, Linda Davie, Anita Oblasney		
4x440yd Relay	Columbia- II		4:02.7
	Monica Oesterlin, Patty Hurd, Terry French, Barbara Oesterlin		

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<b>1976</b>	<b>State Championships @ Schoellkopf Field, Ithaca</b>		
100yd	Patty Frost	Horseheads- IV	10.9 *
220 yd	Lynn Eaton	Poughkeepsie-Arlington- I	24.8
440yd	Sandy Miller	Niskayuna- II	56.5 *
880 yd	Karin Von Berg	Ithaca- IV	2:14.4 *
Mile	Lorna Orleman	Kenmore West- VI	4:57.4 *
2 Mile	Diana Halpin	Monroe-Woodbury- IX	11:03.4
100yd Hurdles	Margaret Hill	Poughkeepsie-Arlington- I	14.9 *
Long Jump	Sylvia Green	Millbrook- I	18' 1.5 " *
High Jump	Lillian Giles	Corcoran Syracuse - III	5' 6 " *
Shot Put	Barbara Donlon	Brentwood- XI	40' 10.75 "
Discus	Pam Green	Millbrook- I	120' 2"
4x110yd Relay	Rome Free Academy- III		49.7
	Nikki Watson, Gloria Coleman, Maria Muse, Wendy Nelson		
4x220yd Relay	Niskayuna-II		1:46.1
	Helen Chapman, Lauren Hay, Pat Bolden, Sandy Miller		
4x440yd Relay	Poughkeepsie/Arlington- I		4:01.1 *
	Lynn Eaton, Kim Nassar, Linda Donegan, Gail Allen		

<b>1977</b>	<b>State Championships @ Morrisville</b>		
	Section Champion: Section III - Syracuse		
100yd	Patty Frost	Horseheads- IV	11.2
220 yd	Patti Frost	Horseheads- IV	25.3
440yd	Sandy Miller	Niskayuna- II	56.4 *
880 yd	Doriane Lambelet	Onteora- IX	2:15.0
Mile	Sue Shaefer	Clarence- VI	4:56.5*
2 Mile	Sue Shaefer	Clarence- VI	10:39.9*
100yd Hurdles	Holly Foster	Sweet Home- VI	14.6**
Long Jump	Keitha harris	Malverne- VIII	18'6.75"***
High Jump	Susan Blake	New Paltz- IX	5' 6 " **
Shot Put	Kim Schneider	Oswego- III	40' 1.75 "
Discus	Pam Green	Millbrook- I	128' 4 "***
4x110yd Relay	Malverne- VIII		48.9**
	Keitha Harris, Evette Fearon, Fran Little, Marva Fearon		
4x220yd Relay	Rome Free Academy- III		1:44.0
	Mary Jo Coccia, Maria Muse, Gloria Coleman, Wendy Nelson		
4x440yd Relay	Harborfields- XI		4:04.0
	Loretta Calabrese, Gina McDonald, Mary Leggio, Mary McQueeney		
Intersectional	Section One		4:11.0
	T. Jamieson- John Jay, Boone- Poughkeepsie		
	Mary Taylor- Bronxville, L. Schuenzel- Arlington		

<b>1978</b>	<b>State Championships @ Kenmore West HS</b>		
	Section Champion: PSAL NY Public School Athletic League		
100yd	Betty Cantine	JFK Bronx- PSAL	11.1
220 yd	Ronni Wilson	Franklin Rochester- V	25.1
440yd	Judith Moody	Brooklyn Tech- PSAL	56.5
880 yd	Rudelle Sargeant	Brooklyn Tech- PSAL	2:13.3 *
Mile	Connie Riegelmann	Cicero-North Syracuse- III	5:03.2
2 Mile	Eileen Casey	Kingston- I	10:43.4
Mile Walk	Lorna McKinnon	Smithtown West- XI	8:10.4*
100yd Hurdles	Julia Long	Mount Vernon- I	14.5 *
Long Jump	Sylvia Green	Millbrook- I	18' 5"
High Jump	Lillie Ann Giles	Corcoran Syracuse- III	5' 9" ^**
Shot Put	Regina Butler	Horseheads- IV	42' 3.75 " *
Discus	Elena Gervino	Scarsdale- I	143' 1.5 " **
4x110yd Relay	JFK Bronx - PSAL		48.5 **
	Gibbs, McKnight, Wilson, Betty Cantine		
4x220yd Relay	New Rochelle- I		1:43.4 ^**
	Sonya Rojas, Mare Dwyer, Christie Gaulden, Myra Robinson		
4x440yd Relay	Brooklyn Tech- PSAL		3:58.1 *
	Andrea Patterson, Rochelle Hall, Lisa Holley, Rudelle Sargeant		
4x880yd Relay	Brooklyn Tech- PSAL		9:39.8
	Jackie Armstrong, Judith Moody, Annette Butts, Marcia Berry		
Intersectional	Section One		4:10.8 *
	T. Jamieson- John Jay, Mary Taylor- Bronxville		
	T. Whitehurst- Mamaroneck, L. Schuenzel- Arlington		

<b>1979</b>	<b>State Championships @ West Point</b>		
	Section Champion: Section XI Suffolk County		
100yd	Randy Givens	Amityville- XI	11.9
220 yd	Gloria Coleman	Rome Free Academy- III	24.8
440yd	Rudelle Sargeant	Brooklyn Tech- PSAL	55.0 **
880 yd	Judith Moody	Brooklyn Tech- PSAL	2:10.5 **
Mile	Linda Detiefesen	Sachem- XI	4:53.7 **
2 Mile	Pia Paladino	Huntington- XI	10:37.8 *
Mile Walk	Sue Marr	Bethlehem- II	7:56.5*
100yd Hurdles	Julia Long	Mount Vernon- I	14.6
Long Jump	Alsinia Ervin	Union-Endicott- IV	18' 3.25"
High Jump	Vivian Davis	Avoca- V	5' 7 "
Shot Put	Pat Reynar	Suffin- IX	45' 5 " *
Discus	Diane Pugh	Amityville-XI	155' 9 " *
4x110yd Relay	JFK Buffalo - VI		47.1*
	V. Wilson, D. Gibbs, H. McKnight, B. Cantine		
4x220yd Relay	New Rochelle- I		1:42.2**
	M. Robinson, L. Baker, C. Clarkson, O. Dwyer		
4x440yd Relay	Suffern- IX		3:56.1*
	Mary Dzurinko, Linda Newsome, Yamilee Birmingham, Lintz Rivera		
4x880yd Relay	Huntington- XI		9:23.9 **
	Chris Brandon, Kathy Dunne, Fran Palladino, Pia Palladino		
Intersectional	Section One		4:08.9*
	L. Paterson- Arlington, M. Taylor- Bronxville,		
	K. Bowman, S. Cashen		

	RETIRED YARD RECORDS		
100yd	Patty Frost (1976)	Horseheads- IV	10.9
220 yd	Patty Frost (1975)	Horseheads- IV	24.7
440yd	Rudelle Sargeant (1979)	Brooklyn Tech- PSAL	55.0
880 yd	Judith Moody (1979)	Brooklyn Tech- PSAL	2:10.5
Mile	Linda Detiefsen (1979)	Sachem- XI	4:53.7
2 Mile	Pia Paladino (1979)	Huntington- XI	10:37.8
Mile Walk	Sue Marr (1979)	Bethlehem- II	7:56.5
100yd Hurdles	Julia Long (1978)	Mount Vernon- I	14.5
4x110yd Relay	JFK Buffalo - VI (1979)		47.1
	V. Wilson, D. Gibbs, H. McKnight, B. Cantine		
4x220yd Relay	New Rochelle- I (1979)		1:42.2
	M. Robinson, L. Baker, C. Clarkson, O. Dwyer		
4x440yd Relay	Suffern- IX (1979)		3:56.1
	Mary Dzurinko, Linda Newsome, Yamilee Birmingham, Lintz Rivera		
4x880yd Relay	Huntington- XI (1979)		9:23.9
	Chris Brandon, Kathy Dunne, Fran Palladino, Pia Palladino		
Intersectional	Section One (1979)		4:08.9
	L. Paterson- Arlington, M. Taylor- Bronxville,		
	K. Bowman, S. Cashen		

<b>1980</b>	<b>State Championships @ SUNY Brockport</b>		
	Section Champion: PSAL Public School Athletic League		
	1st year in meters. All running events count as new meet records.		
100m	Randy Givens	Amityville- XI	11.6**
200m	Randy Givens	Amityville-XI	23.7** (S), 24.1 (F)
400m	Rudelle Sargeant	Brooklyn Tech- PSAL	55.4
800m	Rudelle Sargeant	Brooklyn Tech- PSAL	2:10.9
1500m	Sue Girard	Maine-Endwell- IV	4:33.5
3000m	Martha Swatt	Johnstown- II	9:58.5
1500mWalk	Karen Sadler	Hamburg- IV	7:09.9
100m Hurdles	Rochelle Hall	Brooklyn Tech- PSAL	14.4
Long Jump	Lisa Rogers	Williamsville East- VI	17' 9.75"
High Jump	Donna Girtier	Columbia- II	5' 8 "
Shot Put	Marla Acacia	Tottenville- PSAL	41' 1 "
Discus	Kelly Brogan	Springville- VI	124' 9 "
Pentathlon	Heide Mann	Queensbury- II	3535 pts
4x100m Relay	Schenectady Linton- II		49.2
	C. Rinner, B. Jeffress, N. Zigger, A. Thompkins		
4x200m Relay	North Babylon- XI		1:41.3**
	Karen Brown, Sue Fiero, Evita Washington, Jeannete Huggins		
4x400m Relay	Brooklyn Tech- PSAL		3:59.4
	Rudelle Sargeant, Lisa Holley, Andrea Patterson, A. Smith		
4x800m Relay	Bronxville- I		9:22.3
	Lisa McNally, Janna Ford, Tracey Jacoby, Margaret Taylor		
Intersectional	Section XI - Suffolk County		4:06.2
	M. Scharoun- Half Hollow Hills East, E. Holmes- Ward Melville		
	Tracey Piper- Brentwood, K. Ross- Miller Place		



<b>1981</b>	<b>State Championships @ Cornell University, Ithaca</b>		
	Section Champion: Section IX - Rockland County		
100m	Tracy Armstead	Monticello- IX	12.05
200m	Valerie Flagg	Malverne- VIII	24.58
400m	Tracey Piper	Brentwood- XI	55.62*
800m	Diane Richburg	Lansingburgh- II	2:12.02
1500m	Diane Richburg	Lansingburgh- II	4:33.96
3000m	Desiree Scott	Mount Vernon- I	9:56.42 *
100m Hurdles	Kelly Toole	Schenendehowa- II	14.53
400m Hurdles	Debbie Grant	Ramapo- IX	63.3
1500mWalk	Teresa Vaill	Pine Plains- I	7:09.5*
Long Jump	Tracey Piper	Brentwood- XI	17'11.75"
High Jump	Donna Girtier	Columbia- II	5' 6 "
Shot Put	Heather Wacob	Penn Yan- V	44' 0 "
Discus	Kathy Lichota	Sweet Home- VI	142' 8 "
Pentathlon	Heide Mann	Queensbury- II	3710 pts **
4x100m Relay	Hempstead- VIII		48.13 *
	Stephanie Smith, Gail Cooper, Gayle Bullock, Bonnie Sue Floyd		
4x400m Relay	Suffern- IX		3:55.38 *
	Sheila Bugdin, Nancy Rosenfeld, Peggy Newsome, Lintz Rivera		
4x800m Relay	Bronxville- I		9:31.70
	Tara Maloney, Lisa McNally, Kim Ford, Janna Ford		

<b>1982</b>	<b>State Championships @ Cornell University, Ithaca</b>		
	Section Champion: Section VIII - Nassau County		
100m	Michelle Mazerik	Alexander- V	12.24
200m	Marcella Kendall	Wingate- PSAL	25.06
400m	Roxanne Godley	Henninger- III	55.67
800m	Ann Begley	Valley Stream- VIII	2:10.41 *
1500m	Christine Curtin	Mephram- VIII	4:32.4 *
3000m	Christine Curtin	Mephram- VIII	9:36.5 *
100mH	Kathy King	Boys and Girls- PSAL	14.68
400mH	Andrea Spaulding	Tully- III	62.20 *
1500m Walk	Simone Pavlides	North Shore- VIII	7:00.29 *
Long Jump	Andrea Spaulding	Tully- III	18' 1.25"
High Jump	Pam Simmons	Lindenhurst- XI	5' 10" *
Shot Put	Cheryl Klein	Bellport- XI	44' 11.5 "
Discus	June Reid	Mephram- VIII	129' 1"
Pentathlon	Sharon Pfister	Lancaster-VI	3672 pts
4x100m Relay	Brentwood- XI		48.55
	Karen Anderson, Lisa Reiss, Tracey Piper, Yvonne Piper		
4x400m Relay	Ramapo - IX		3:55.90
	Kim McDole, Suzette Francois, Michele Irby, Debbie Grant		
4x800m Relay	Burnt Hills- II		9:15.10 *
	Kim Banker, Beth Buckley, Veronica Mills, Michelle Tauzel		

<b>1983</b>	<b>State Championships @ Baldwinsville</b>		
100m	Kim McDole	Ramapo - IX	12.28
200m	Yvonne Piper	Brentwood- XI	24.91
400m	Marcelle Kendall	Wingate- PSAL	55.64
800m	Nancy Rosenfeld	Suffern- I	2:11.87
1500m	Veronica Haberl	Longwood- XI	4:28.43 *
3000m	Christine Curtin	Mephram- VIII	9:44.78
100mH	Gail Copper	Hempstead- VIII	14.25 **
400mH	Deb Grant	Ramapo - IX	59.91 *
1500m Walk	Gabrielle Rini	Northport- XI	6:57.90 *
Long Jump	Kim McDole	Ramapo - IX	19' 9.5 " **
High Jump	Kelly McGill	Sachem- XI	5' 7"
Shot Put	Cheryl Klein	Bellport- XI	44' 7.5 "
Discus	Cheryl Klein	Bellport- XI	131' 10"
Pentathlon	Jill Irizarry	Ward Melville- XI	3517 pts
4x100m Relay	Music and Art- PSAL		48.58
	Kathy Harewood, Janice Carter, Jacquelyn Blackwell, Jennifer Dunklin		
4x400m Relay	Truman- PSAL		3:50.31 *
	Terry Pinkney, Doreen Hutchinson, Tess Adams, Yvette Cash		
4x800m Relay	Bronxville- I		9:22.13
	Betsy O'Donnell, Dana Winingder, Francis O'Malley, Kelly Zimmerman		

<b>1984</b>	<b>State Championships @ Baldwinsville</b>		
100m	Dorothy Vereen	Beacon- I	12.43
200m	Lisa Horton	Rochester East- V	24.92
400m	Monica Stevens	Monroe- PSAL	55.52 *
800m	Dana Kelley	Ithaca- IV	2:10.7
1500m	Kathy Franey	Massapequa- VIII	4:33.5
3000m	Christine Curtin	Mephram- VIII	9:44.34
100mH	Fredericka Winley	AP Randolph- PSAL	14.44
400mH	Rhonda Phillips	Mont Pleasant- II	60.46
1500m Walk	Cheryl Rellinger	Frontier- VI	7:11.2
Long Jump	Chinigua Monk	Newburgh Free Academy- I	18' 5.75 "
High Jump	Melinda Case	Smithtown West- XI	5' 8"
Shot Put	Cheryl Klein	Bellport- XI	46' 8.5" *
Discus	Cheryl Klein	Bellport- XI	139' 8 "
Pentathlon	Jill Irizarry	Ward Melville- XI	3540 pts
4x100m Relay	Uniondale- VIII		48.25
	Sophia Dubreuil, Michelle Gallier, June Barrett, Suzi Thweatt		
4x400m Relay	Prospect Heights- PSAL		3:54.54
	Sandra Muirhead, Sharon King, Luann Alston, Sophia Ifill		
4x800m Relay	Mephram- VIII		9:11.1 *
	Kiernan O'Toole, Christine Curtin, Lisa Ferrara, Amy Weed		

<b>1985</b>	<b>State Championships @ Baldwinsville</b>		
	Section Champion: Section I - Westchester - Rockland		
100m	Lisa Horton	Rochester East- V	12.04
200m	Lisa Horton	Rochester East- V	24.47
400m	Kelly Johnson	Monroe- V	55.34 *
800m	Valerie Bertrand	Newfield- XI	2:08.79**
1500m	Kathy Franey	Massapequa- VIII	4:24.63 *
3000m	Kathy Franey	Massapequa- VIII	9:33.26 *
100mH	Karen Crockett	Mount Vernon- I	14.69
400mH	Helen Henry	Freeport- VIII	60.93
Long Jump	Sonya Henry	Freeport- VIII	19' 5 "
High Jump	Paige Valderrama	Tottenville- PSAL	5' 8"
Shot Put	Anne-Marie Venoski	Newark- V	40' 3 "
Discus	Brenda O' Connor	Haldane- I	134' 0 "
Pentathlon	Laura Anderson	Williamsville East- VI	3458 pts *
			New Tables
4x100m Relay	Uniondale- VIII		47.69 *
	Sophia Dubreuil, Michelle Gallier, June Barrett, Suzi Thweatt		
4x400m Relay	Newfield- XI		3:55.09
	Cherie Thomas, Marie Petit-Michael, Joan Donovan, Valerie Bertrand		
4x800m Relay	Warwick- IX		9:16.06
	Alayne Newton, Audra Thomson, Kim Reilly, Montique Jones		

<b>1986</b>	<b>State Championships @ Baldwinsville</b>		
	Section Champion: Section V - Rochester		
100m	Lisa Horton	Rochester East- V	12.07
200m	Lisa Horton	Rochester East- V	24.81
400m	Trisha Carter	Deer Park- XI	56.37
800m	Valerie Bertrand	Newfield- XI	2:08.79**
1500m	Therese Devlin	Wantagh- VIII	4:26.0
3000m	Denise Bushallow	Auburn- III	9:43.5
100mH	Monifa Taylor	Truman- PSAL	14.37
400mH	Kim Batten	Rochester East- V	61.1
1500m Walk	Cheryl Rellinger	Frontier- VI	7:11.2
Long Jump	Chiniqua Monk	Newburgh Free Academy- I	19' 11 " *
Triple Jump	Grace Losier	Sleepy Hollow- I	40' 3.25 " *
High Jump	Alison Smith	Clarence- VI	5' 9"
Shot Put	Patty Hozdic	Williamsville North- VI	43' 2 "
Discus	Drenna O' Connor	Haldane- I	136' 1"
Pentathlon	Melinda Case	Smithtown West- XI	3526 pts *
4x100m Relay	Uniondale- VIII		48.89
	Natalie Pierre, Sophia Dubreuil, June Barrett, Suzi Thweatt		
4x400m Relay	Rochester East- V		3:48.99 *
	Lisa Horton, Kim Batten, Kelley Johnson, Irene Evans		
4x800m Relay	Truman- PSAL		9:13.7
	???		

<b>1987</b>	<b>State Championships @ Baldwinsville</b>		
	Section Champion: Section VIII - Nassau County		
100m	Marissa Maggio	Cornwall- IX	11.97
200m	Irene Evans	Rochester East- V	24.64
400m	Monique Houston	Elmont- VIII	56.22
800m	Shola Lynch	Hunter- PSAL	2:11.3
1500m	Shola Lynch	Hunter- PSAL	4:31.7
3000m	Denise Bushallow	Auburn-III	9:36.7
100mH	Allison Williams	Brentwood- XI	14.27
400mH	Deirdre Fleming	Bronxville- I	60.87
Long Jump	Sonya Henry	Freeport- VIII	19' 5 "
Triple Jump	Kim Batten	Rochester East- V	38' 7"
High Jump	Alison Smith	Clarence- VI	5' 10 " ^
Shot Put	Patty Hozdic	Williamsville North- VI	43' 2.75 "
Discus	Patrice Felder	Walt Whitman- XI	134' 10 "
Pentathlon	Annemarie Carey	Bethlehem- II	3135 pts
4x100m Relay	Uniondale- VIII		48.38
	Michelle Chin Quee, Lois Grizzle, Ronda Ricketts, Suzi Thweatt		
4x400m Relay	Mount Vernon- I		3:56.25
	Wilson, Greenfield, Ralliford, Jennings		
4x800m Relay	Bronxville- I		9:14.6
	Susan O'Callahan, Maggie Silver, Gaby Grebski, Dierdre Flemming		

<b>1988</b>	<b>State Championships @ Baldwinsville</b>		
	Section Champion: PSAL (Public Schools Athletic League)		
100m	Karen Bonfield	Whitman- XI	12.19
200m	Karen Bonfield	Whitman- XI	25.12
400m	Trisha Carter	Deer Park- XI	56.75
800m	Sharon Moore	Boys & Girls - PSAL	2:09.8
1500m	Nnenna Lynch	Hunter- PSAL	4:26.5
3000m	Deresa Walters	Penfield- V	9:56.9
100mH	Monifa Taylor	Truman- PSAL	14.47
400mH	Allison Williams	Brentwood- XI	61.15
Long Jump	Sonya Henry	Freeport- VII	19' 9.5 "
Triple Jump	Dana Weeks	Washingtonville- IX	39' 0.75 "
High Jump	Michelle Choppa	Glen Falls- II	6' 0" **
Shot Put	Sue Livergood	Wellsville- V	41' 7 "
Discus	Liz Legault	Hudson Falls- II	130' 11 "
Pentathlon	Karen Kelly	Walkill- IX	3252 pts
4x100m Relay	Uniondale- VIII		47.93
	Michelle Chin Quee, Lois Grizzle, Ronda Ricketts, Suzi Thweatt		
4x400m Relay	Saratoga- II		3:58.43
	Gecewicz, Goddard, Avella, Snider		
4x800m Relay	Boys & Girls- PSAL		9:19.42
	Sharon Moore, Sandra Burke, Weeks, Mary Revell		



<b>1989</b>	<b>State Championships @ Baldwinsville</b>		
	Section Champion: PSAL (Public Schools Athletic League)		
100m	Zilla Higgs	East HS Rochester- V	12.21
200m	Zilla Higgs	East HS Rochester- V	25.24
400m	Tamyka McCord	Academy of St. Joseph's - CHSAA	56.58
800m	Sandra Burke	Boys & Girls- PSAL	2:11.89
1500m	Charlene Neptune	Barton- PSAL	4:35.66
3000m	Cheri Goddard	Saratoga- II	9:31.9
100mH	Ayo Atterberry	New Rochelle- I	14.37
400mH	Allison Williams	Brentwood- XI	61.73
Long Jump	Ronda Ricketts	Uniondale- VIII	18' 7.5 "
Triple Jump	Sue Silvis	Wantagh- VIII	37' 6"
High Jump	Laurel Luman	Lewiston- Porter- VI	5' 4 "
Shot Put	Inga DeNunzio	Scarsdale- I	43' 4.5 "
Discus	Wendy Simonda	Sidney- IV	136' 4 "
Pentathlon	Tricia Waring	Connetquot- XI	3279 pts
4x100m Relay	Uniondale- VIII		48.81
	Lois Grizzle, Rhonda Ricketts, Michelle Chin Quee, Natalie Davis		
4x400m Relay	Boys & Girls- PSAL		3:58.93
	Denise Van Nooten, Mary Reville, Venetta Darnley, Sandra Burke		
4x800m Relay	Boys & Girls- PSAL		9:18.9
	Venetta Darnley, Denise Van Nooten, Mary Reville, Sandra Burke		

<b>1990</b>	<b>State Championships @ Baldwinsville</b>		
	Section Champion: PSAL (Public School Athletic League)		
100m	Cathalina Staye	John Jay- PSAL	12.25
200m	Susan Francis	Tilden- PSAL	25.00
400m	Michelle Brown	Tilden- PSAL	55.30 *
800m	Nora Ettienne	Tilden- PSAL	2:10.87
1500m	Jennifer Finnegan	Sidney- IV	4:27.40
3000m	Jenny Weaver	Auburn- III	9:57.5
100mH	Lisa Taylor	Rochester East- V	14.43
400mH	Claudine Finn	Mount Vernon- I	61.32
Long Jump	Katina Mack	Monticello- IX	18' 4.25 "
Triple Jump	Sue Silvis	Wantagh- VIII	40' 1.5"
High Jump	Shelly Choppa	Glens Fall-II	5' 10 "
Shot Put	Inga DeNunzio	Scarsdale- I	42' 11.5 "
Discus	Shari Zembeck	Binghamton- IV	137' 10 "
Pentathlon	Donita Barnes	New Hariford- III	3286 pts
4x100m Relay	Mount Vernon- I		47.86
	Claudine Finn, Nicole Harvey, Marcia McDaniel, Maxine Bando		
4x400m Relay	Tilden- PSAL		3:54.11
	Leone Codrington, Sophia Belgrave, Ruth Gordon, Susan Francis		
4x800m Relay	Tilden- PSAL		9:19.85
	Michelle Brown, Nora Ettienne, Leonara Gayle, Sherma Fleming		

<b>1991</b>	<b>State Championships @ Kingston</b>		
	Section Champion: PSAL (Public School Athletic League)		
100m	Zilla Higgs	East HS Rochester- V	11.88
200m	Zilla Higgs	East HS Rochester- V	24.55
400m	Tisha-Shea Harty	West Hempstead- VIII	57.10
800m	Kate Weber	Orchard Park- VI	2:12.95
1500m	Jen Rhines	Liverpool- III	4:33.81
3000m	Staci Snider	Saratoga- II	9:54.56
100mH	Daria Smith	Bronxville-Tuckahoe- I	14.34
400mH	Krista Dunbar	Shoreham-Wading River- XI	62.88
Long Jump	Malicia MvClenny	West Hempstead- VIII	17' 4.5 "
Triple Jump	Stephanie Sherman	Watertown- III	38' 5.75 "
High Jump	Cheryl Fuller	Troy- II	5' 8 "
Shot Put	Stacey Shroeder	Grand Island- VI	45' 5 "
Discus	Amanda Nixon	Tottenville- PSAL	139' 0"
Pentathlon	Heather Kohnkan	Somers- I	3155 pts
4x100m Relay	John Jay- AIS		48.36
	Cathalina Staye, Tishana King, Nicole Barclay, Angelique Smith		
4x400m Relay	Paul Robeson- PSAL		3:54.34
	Kesha Duhaney, Gail Stewart, Eboni Green Kiesha Jones		
4x800m Relay	Saratoga- II		9:13.76
	Candee Spencer, Erin Curtis, Jessica Milosch, Jodee Shufelt, Staci Snider		
Intersectional	Public School Athletic League- PSAL		12:35.2 *
	Napasha Warnett, Maurelhena Walles, Sophia Belgrave, Aileen Cangiano		

<b>1992</b>	<b>State Championships @ Kingston</b>		
	Section Champion: PSAL (Public School Athletic League)		
100m	Geraldine Morgan	Murry Bergtraum- PSAL	12.11
200m	Geraldine Morgan	Murry Bergtraum- PSAL	24.91
400m	Beverly Pierre	Boys & Girls- PSAL	55.17
800m	Olive Smart	Tilden- PSAL	2:12.66
1500m	Jen Rhines	Liverpool- III	4:31.14
3000m	Patty McCormick	Seton Catholic- VII	9:57.80
100mH	Daria Smith	Bronxville-Tuckahoe- I	14.21 *
400mH	Yvonne Harrison	Lehman- PSAL	61.57
Long Jump	Jackie Seabrooks	New Paltz- IX	18' 0.25 "
Triple Jump	Quana Phillips	Spring Valley- I	40' 8.5" **
High Jump	Bonnie Shoemaker	Sidney- IV	5' 8"
Shot Put	Stacey Schroeder	Grand Island- VI	46' 10.5" •
Discus	Stacey Schroeder	Grand Island- VI	166' 5" **
Pentathlon	Jennifer Petersen	Fonda- II	3285 pts
4x100m Relay	Uniondale- VIII		48.38
	Shelly Ann Wicker, Lori Edwards, Tyrolla Twine, Toya Archibald		
4x400m Relay	AP Randolph- PSAL		3:51.62
	Alexis Hodge, Maurelhena Walles, Nikita Walker, Monique Coleman		
4x800m Relay	John F. Kennedy- PSAL		9:19.66
	Jessica Swolls, Bernadette Mehan, Victoria Lynch, Kristen Manwaring		
Intersectional	Section IX		12:26.73 *
	Katie Guarricino, Jen Godley, Kim Spyropoulos, Kristen Leahy		

<b>1993</b>	<b>State Championships @ Kingston</b>		
	Section Champion: Section I Westchester		
100m	Stacey Minott	New Rochelle- I	11.78 *
200m	Stacey Minott	New Rochelle- I	23.85 *
400m	Monique Coleman	AP Randolph- PSAL	56.63
800m	Tameika Grizzle	George Washington- PSAL	2:11.41
1500m	Becky Pollock	Averill Park- II	4:35.08
3000m	Erin Davis	Saratoga- II	9:43.47
100mH	Tichanda Daniels	Arlington- I	14.27
400mH	Karen Elliott	Penfield- V	60.13
Long Jump	Dion Gardner	Troy- II	18' 3.25 "
Triple Jump	Najah Adams	Brooklyn Tech- PSAL	38' 7.25 "
High Jump	Magon Moncriette	Mount Vernon- I	5' 10 "
Shot Put	Jackie Sedgwick	Sweet Home- Vi	40' 7 "
Discus	Maureen Wickerham	Saratoga- II	135' 1 "
Pentathlon	Kristen Donato	Niagara Wheatfield- VI	3118 pts
4x100m Relay	New Rochelle- I		47.77
	Brandi Lee, Nadine Gordon, Charlene Lyttle, Stacey Minott		
4x400m Relay	Mount Vernon- I		3:54.96
	Magon Moncrieffe, Marsha McDaniel, Lakeisha Blair, Lenecia Fray		
4x800m Relay	Monroe-Woodbury IX		9:18.53
	Tamara Schochet, Denise Esserman, Julianna Littman, Kim Spyropoulos		
Intersectional	Public School Athletic League- PSAL		12:23.49 *
	Tamara Henry, Ferlino Smart, Sindy Hetmeyer, Shayronne Golosby, Latanya Bispham		

<b>1994</b>	<b>State Championships @ SUNY Buffalo</b>		
	Section Champion: PSAL (Public School Athletic League)		
100m	Stacey Minott	New Rochelle- I	11.69 *
200m	Shenia Jemison	Springfield Gardens- PSAL	25.02
400m	Juliet Brown	Ramapo- IX	56.2
800m	Tameika Grizzle	George Washington-PSAL	2:09.06
1500m	Suzanne Heyer	Columbia- II	4:36.17
3000m	Erin Davis	Saratoga Springs- II	9:46.42
100mH	Lakeya Williams	Jamaica- PSAL	14.1
400mH	Caryl-Ann Reece	George Washington-PSAL	59.79
Long Jump	Lynnette Wigington	Mattituck- XI	18' 7 "
Triple Jump	Harriet Gardner	Bay Shore- XI	38' 8 "
High Jump	Stacy-Ann Grant	South Shore- PSAL	5' 9 "
Shot Put	Jackie Sedgwick	Sweet Home- VI	40' 0 "
Discus	Gina Lomonaco	Half Hollow Hills- XI	145' 9"
Pentathlon	Joanna Riley	Ithaca- IV	3192 pts
4x100m Relay	New Rochelle- I		47.30 *
	Kandi Ricks, Charlene Lyttle, Simone Patterson, Stacey Minott		
4x400m Relay	George Washington- PSAL		3:46.17 *
	Igrean Maynard, Melonie Barrow, Ayanna Reece, Tameika Grizzle		
4x800m Relay	Bishop Loughlin- PSAL		9:21.26
	Kellie Cole, Dylanna Debannes, Rachel Joseph, Ronnie Baptiste		
Intersectional	Section II- Albany Capital Region		12:25.8
	Andrea Viger- Granville, Katie Pieper- Columbia		
	Estelle McMarque- Lansingburgh, Amanda Pollock- Averill Park		

<b>1995</b>	<b>State Championships @ SUNY Buffalo</b>		
	Section Champion: Section I Westchester		
100m	Keyon Soley	Uniondale- VIII	12.01
200m	Juliet Brown	Ramapo- IX	24.70
400m	Allann Pompey	Cohoes- II	54.8 HT *
800m	Shannon Weeks	Sachem- XI	2:10.28
1500m	Francis Warner	Carthage- III	4:38.40
3000m	Dana Ostrender	Shenendehowa- II	9:51.87
100mH	Tichanda Daniels	Arlington- I	14.47
400mH	Charlene Lyttle	New Rochelle- I	62.10
Long Jump	Dawn Szczepanski	Lockport- VI	18' 10.75 "
Triple Jump	Antonnikka Owens	Henninger- III	40' 3 "
High Jump	Shelly Hamilton	Lockport- VI	5' 7 "
Shot Put	Paula Allan	Newark- V	40' 6 "
Discus	Elizabeth Aldrich	Fredonia- VI	138' 6 "
Pentathlon	Melissa Ward	Franklinville- VI	3165 pts
4x100m Relay	Freeport- VIII		48.74
	Nicole Coward, J'Taja Ferguson, Astrid Pierre, Eleanor Charles		
4x400m Relay	Mount Vernon- I		3:53.65
	Aminah Mills, Shannaine Osbourne, Karlene Thomas, Lakesha Blair		
4x800m Relay	Bay Shore- XI		9:15.61
	Erin Hayes, Melanie Mickle, Laura Mina, Chante Daily		
Intersectional	Section XI- Suffolk County		12:18.6 *
	Keri Seher- Sachem, Karen Doris- Ward Melville		
	Danielle Cunningham Ward Melville, Michelle Stefano- Half Hollow Hills East		

<b>1996</b>	<b>State Championships @ SUNY Buffalo</b>		
<b>Class A</b>			
100m	Keyon Soley	Uniondale-VIII	12.28
200m	Simone Brown	Cardinal Spellman- CHSAA	24.13
400m	Ysanne Williams	Albany- II	54.11 *
800m	Ysanne Williams	Albany- II	2:14.01
1500m	Shannon Smith	Fairport- V	4:40.04
3000m	Melissa Phalon	Washingtonville- IX	10:06.99
100mH	Lystra Bartholomew	Fairport- V	14.50
400mH	Lisa Edwards	St. John's Prep- CHSAA	60.62
Long Jump	Anthonette Walker	Uniondale- VIII	17' 10.5 "
Triple Jump	Jodi Schlessinger	Clarkstown South- I	40' 0 "
High Jump	Joy Gaines	Bay Shore- XI	5' 9 "
Shot Put	Janei Foster	New Rochelle- I	39' 9.25 "
Discus	Summer Pierson	Niskayuna- II	153' 2 "
Pentathlon	Nicole Lipp	Orchard Park- VI	3011 pts
4x100m Relay	Uniondale- VIII		48.29
	Simonique Phinn, Keyon Soley, Genesis Small, Shauna Quinn		
4x400m Relay	Jackson- PSAL		3:48.63
	Tamara Edgar, Keisha Tinglin, Sashanie Simpson, Keina Saunders		
4x800m Relay	Bay Shore- XI		9:16.50
	Melanie Mickle, Jamie Kennedy, Erin Hayes, Laura Mina		



<b>1996</b>	<b>State Championships @ SUNY Buffalo</b>		
<b>Class B</b>			
100m	Jaime Hedgecock	Warwick Valley- IX	12.93
200m	Lorraine Dunlop	Lafayette- VI	25.05
400m	Kay Chandler	Pearl River- I	57.26
800m	Michelle LaPointe	Burnt Hills- II	2:16.12
1500m	Cheryl Miller	Rocky Point- XI	4:47.13
3000m	Sue Ernst	Averill Park- II	10:17.91
100mH	Nadine George	Woodlands- I	15.26
400mH	Kendra Mack	Warwick Valley- IX	64.96
Long Jump	Nadine George	Woodlands- I	18' 4.5 "
Triple Jump	Shanta Mack	Monticello- IX	36' 10.25 "
High Jump	LaTanya Parker	Newark- V	5' 7 "
Shot Put	Kerry Miano	Rocky Point- XI	41' 10.5"
Discus	Leneta Banks	Victor- V	126' 7"
Pentathlon	Cheryl Drechsel	Comsewogue- XI	3134 pts
4x100m Relay	Newark - V		49.54
	Nicole Garret, Briana Winkler, Tanya Brown, LaTanya Parker		
4x400m Relay	Warwick Valley- IX		3:58.84
	Jamie Hedgecock, Jan Scott, Kristen Duch, Lesley Kamarad		
4x800m Relay	Pearl River - I		9:29.91
	Patti McCormick, Kim Megdanis, Liz Kane, Kay Chandler		

<b>1996</b>	<b>State Championships @ SUNY Buffalo</b>		
<b>Class C</b>			
100m	Anna Teshmaker	Alexander Hamilton- I	12.84
200m	Alicia Crowd	Greenwich- II	25.67
400m	Alicia Crowd	Greenwich- II	55.69
800m	Becky Gogel	Bronxville- I	2:20.40
1500m	Val Waldron	Franklinville- VI	4:52.74
3000m	Stephanie Bell	Cold Spring Harbor- VII	10:13.32
100mH	Hillary Matson	Marathon- I	15.95
400mH	Hillary Matson	Marathon- I	62.82
Long Jump	Tanisha Oates	Malverne- VIII	17' 1 "
Triple Jump	Kim McGrath	Wilson- VI	36' 6.75 "
High Jump	Vicki Giacone	Southwestern- VI	5' 5"
Shot Put	Beth Record	Red Jacket- V	36' 5.75 "
Discus	Ali Meier	Coxsackie-Athens- II	129' 9 "
Pentathlon	Melissa Ward	Franklinville- VI	3075 pts
4x100m Relay	Alexander Hamilton- I		49.21
	Lacie Redd, Kylee Morrison, Stacey Ann Liewellyn, Anna Teschemaker		
4x400m Relay	Granville- II		4:05.24
	Sarah Smith, Erika Viger, Andrea Viger, Jessica Burger		
4x800m Relay	Bronxville- I		9:20.73
	Jocelyn Gray, Blair Mestl, Erin Baldwin, Becky Gogel		

<b>1997</b>	<b>State Championships @ Dietz Stadium, Kingston</b>		
<b>Class A</b>			
100m	Keyon Soley	Uniondale- VIII	11.75
200m	Doreisha Davis	Penfield- V	24.29
400m	Ysanne Williams	Albany- II	54.42
800m	Ysanne Williams	Albany- II	2:12.57
1500m	Laura Kearns	Saratoga- I	4:38.48
3000m	Erin Davis	Saratoga- I	9:56.23
100mH	Amber Stanley	Saratoga- I	14.71
400mH	Nathalie McKenzie	New Rochelle- I	62.00
Long Jump	Keyon Soley	Uniondale- VIII	19' 7.5 "
Triple Jump	Jodi Schlesinger	Clarkstown South- I	39' 8.75 "
High Jump	Joy Gaines	Bay Shore- XI	5' 8 "
Shot Put	Deshaya Williams	Saratoga- I	46' 0.75 "
Discus	Deshaya Williams	Saratoga- I	157' 3 "
Pentathlon	Nicole Lipp	Orchard Park- VI	3272 pts
4x100m Relay	Mount Vernon- I		48.32
	Santora Jones, Shannaine Osbourne, Stacy Ann Carr, Aminah Mills		
4x400m Relay	Bay Shore- XI		3:51.84
	Katherine Farrell , Nicole Braxton, Jamie Kennedy, Joy Ganes		
4x800m Relay	Saratoga- II		9:24.68
	Mesha O'Donnell, Laura Kearns, Danielle Coon, Jocelyn Heighton		

<b>1997</b>	<b>State Championships @ Dietz Stadium, Kingston</b>		
<b>Class B</b>			
100m	Lorraine Dunlop	Lafayette- VI	12.40
200m	Lorraine Dunlop	Lafayette- VI	25.40
400m	Brianna Winkler	Newark- V	57.30
800m	Sabrina Smith	Malverne- VIII	2:15.28
1500m	Heather Cappello	Starpont- VI	4:33.78
3000m	Jillian Mastroianni	Sayville- XI	9:51.75
100mH	Shanta Mack	Monticello- IX	15.13
400mH	Diana Reilly	Mattituck- XI	65.74
Long Jump	Lynette Wiggington	Mattituck- XI	20' 2 " *
Triple Jump	Lynette Wiggington	Mattituck- XI	40' 11 " *
High Jump	Jennifer Roseti	Willamsville East- VI	5' 4 "
Shot Put	Missy Disette	Alden- VI	41' 2.75 "
Discus	Kerry Miano	Rocky Point- XI	138' 7 "
Pentathlon	Jill Schielffer	Amherst- VI	3038 pts
4x100m Relay	Newark- V		48.61
	Lois Jenkins, Brianna Winkler, Tonya Brown, LaTanya Parker, Sarah Johnson		
4x400m Relay	Warwick Valley- IX		4:00.81
	Jen Scott, Erin Corcoran, Jes Kelly, Lesley Kamarad		
4x800m Relay	Skaneateles- III		9:18.83
	Taryn Phelps, Taylor Lind, Taylor Strodel, Elizabeth Bevier		

<b>1997</b>	<b>State Championships @ Dietz Stadium, Kingston</b>		
<b>Class C</b>			
100m	Davia Lewinson	Spackenkill- IX	12.40
200m	Davia Lewinson	Spackenkill- IX	25.31
400m	Tess Malone	Little Falls- III	58.03
800m	Becky Gogel	Bronxville- I	2:14.43
1500m	Becky Gogel	Bronxville- I	4:41.81
3000m	Kristen Cerasi	Eastchester- I	10:16.03
100mH	Hillary Matson	Marathon- I	14.88
400mH	Hillary Matson	Marathon- I	62.60
Long Jump	Ellyanne Hutchinson	Fallsburg- IX	18' 0.75 "
Triple Jump	Ellyanne Hutchinson	Fallsburg- IX	36' 9.5 "
High Jump	Beth McHale	Trumansburg- IV	5' 4 "
Shot Put	Erin Stanton	Sidney- IV	36' 7.25 "
Discus	Tara Rouse	Greenwich- II	128' 1 "
Pentathlon	Katie Walters	Eastchester- I	2715 pts
4x100m Relay	Alexander Hamilton- I		49.53
	Kadian Dell, Lacie Redd, Anna Teschemaker, Stacey Ann Liewellyn		
4x400m Relay	Greenwich- II		3:58.81
	Emily Raylinski, Gabe Marlow, Katie Vallone, Alicia Crowd		
4x800m Relay	Bronxville- I		9:30.31
	Jocelyn Gray, Blair Mestl, Michelle Cioffi, Becky Gogel		

<b>1998</b>	<b>State Championships @ Dietz Stadium, Kingston</b>		
<b>Class A</b>			
100m	Keyon Soley	Uniondale- VIII	12.03
200m	Keyon Soley	Uniondale- VIII	24.15
400m	Tyrone Heath	Union- Endicott- IV	55.18
800m	Ysanne Williams	Albany- II	2:09.21
1500m	Jeanna Composti	Sachem- XI	4:36.45
3000m	Danielle Coon	Saratoga- II	9:54.44
100mH	Amber Stanley	Saratoga- II	14.61
400mH	Kristen Doody	Pittsford--V	61.94
Long Jump	Jodi Schlesinger	Clarkstown South- I	18' 5.75 "
Triple Jump	Jodi Schlesinger	Clarkstown South- I	40' 2.5 "
High Jump	Carol Munger	Canandaigua- V	5' 6 "
Pole Vault	Michelle Kercado	Monroe-Woodbury- IX	10' 6 "
Shot Put	Deshaya Williams	Saratoga- II	44' 8.25 "
Discus	Deshaya Williams	Saratoga- II	156' 5 "
Pentathlon	Chauvonne Senior	Hamburg- VI	3307 pts
4x100m Relay	Uniondale- VIII		47.82
	Shelly Antoine, Jatoya Moore, Shauna Quinn, Keyon Soley		
4x400m Relay	Pittsford- V		3:54.85
	Colleen Doody, Courtney Harring, Meg Lewis, Kristen Doody		
4x800m Relay	Bay Shore- XI		9:14.19
	Kellie Castro, Nicole Braxton, Jamie Kennedy, Katherine Farrell		

<b>1998</b>	<b>State Championships @ Dietz Stadium, Kingston</b>		
<b>Class B</b>			
100m	Ese Ejaife	Brighton- V	12.76
200m	Briana Cute	Cortland- III	25.66
400m	Nicole Barbante	Shoreham-Wading River- XI	57.20
800m	Allison Snyder	Honeoye Falls/Lima- V	2:14.00
1500m	Heather Cappello	Starpont- VI	4:34.19
3000m	Heather Cappello	Starpont- VI	9:48.60
100mH	Amanda Penepent	Batavia- V	15.71
400mH	Kristen Strange	Rondout Valley- IX	64.04
Long Jump	Kristen Wheller	Coboes- II	17' 10 "
Triple Jump	Brahsheed Elohim	Onteora- IX	36' 0.75 "
High Jump	Shauna Byfield	Manhasset- VIII	5'6 "
Pole Vault	Jill Starkenberg	Newark- V	11' 0 " *
Shot Put	LaTanya Parker	Newark- V	43' 1.5 "
Discus	LaTanya Parker	Newark- V	144' 0 "
Pentathlon	Kristen Blake	Eastridge- V	3129 pts
4x100m Relay	Brighton- V		50.02
	Nene Owuwnanne, Joey Sciramammano, Vicke Poon, Aae Ejaife		
4x400m Relay	Bishop Ford- PSAL		4:01.38
	Nancy Philemond, Dinnah Decatus, Monique Quinn, Addanna Adams		
4x800m Relay	Skaneateles- III		9:24.09
	Venessa Everding, Taylor Lind, Taylor Strodel, Elizabeth Bevier		

<b>1998</b>	<b>State Championships @ Dietz Stadium, Kingston</b>		
<b>Class C</b>			
100m	Davia Lewinson	Spackenkill- I	12.46
200m	Davia Lewinson	Spackenkill- I	25.48
400m	Anne Palcic	Gowand- VI	58.42
800m	Andrea Staepel	Ticonderoga- VII	2:18.25
1500m	Nicollette Bolton	Sandy Creek- III	4:47.58
3000m	Collen Kinder	Buffalo- Holy Angels- CHSAA	10:34.42
100mH	Natalia Dean	Tri-Valley- IX	15.58
400mH	Diane Reilly	Mattituck- XI	65.22
Long Jump	Ellyanne Hutchinson	Fallsburg- IX	17' 1 "
Triple Jump	Davia Lewinson	Spackenkill- I	36' 2"
High Jump	Cassie Felt	Forestville-VI	5' 2 "
Pole Vault	Erieka Frank	Mohawk- III	7' 3 "
Shot Put	Erin Stanton	Sidney- IV	37' 11.5 "
Discus	Tara Rouse	Greenwich- II	120' 1 "
Pentathlon	Emily Raylinski	Greenwich- II	2939 pts
4x100m Relay	Alexander Hamilton- I		49.27
	Anna Teschemaker, Kadian Dell, Lacie Redd, Charmaine Washington		
4x400m Relay	Gowanda- VI		4:05.68
	Anne Palcic, Sue Jones, Molly Palcis, Eva Hernandez		
4x800m Relay	Canastota- III		9:37.08
	Shanti Crouch, Natalie Romer, Tracy Komrowski, Larissa Hopkins		



<b>1999</b>	<b>State Championships @ Dietz Stadium, Kingston</b>		
<b>Class A</b>			
100m	Jatoya Moore	Uniondale- VIII	11.91
200m	Jatoya Moore	Uniondale- VIII	24.47
400m	Neisha Bernard	Tilden- PSAL	54.39
800m	Robin Mortel	AP Randolph- PSAL	2:10.67
1500m	Meghan Howell	Suffern- I	4:38.22
3000m	Jennifer Donovan	Half Hollow Hills East- XI	9:50.52
100mH	Shenae Dawkins	New Rochelle- I	14.35
400mH	Shenae Dawkins	New Rochelle- I	61.97
Long Jump	Chinela Davis	North Rockland- I	19' 5.25"
Triple Jump	Jodi Schlesinger	Clarkstown South- I	41' 4.25 " *
High Jump	Lauren Kilduff	St. Francis Prep- CHSAA	5' 6 "
Pole Vault	Michelle Kercado	Monroe-Woodbury- IX	10' 3 "
Shot Put	Janine Tessarzik	Guilderland- II	39' 7.25 "
Discus	janine Tessarzik	Guilderland- II	136' 3 "
Pentathlon	Chauvonne Senior	Hamburg- VI	3095 pts
4x100m Relay	Uniondale- VIII		47.48
	Shelly Antoine, Nicole Machen, Shevonne Stoddart, Jatoya Moore		
4x400m Relay	Mount Vernon- I		3:47.35
	Stacey Ann Carr, Elizabeth Tucker, Natasha O'Connor, Sophie Sylvain		
4x800m Relay	Transit Tech- PSAL		9:20.42
	Aniyah Brown, Candi Francis, Khalilah Woods, Malinda Amilca		

<b>1999</b>	<b>State Championships @ Dietz Stadium, Kingston</b>		
<b>Class B</b>			
100m	Davia Lewinson	Spackenkill- IX	12.54
200m	Rachel Oakes	Scotia/Glenville- II	25.46
400m	Nicole Barbante	Shoreham- Wading River- XI	57.21
800m	Allison Snyder	Honeoye Falls- Lima - V	2:12.94
1500m	Allison Hoffman	Rocky Point- XI	4:34.24
3000m	Janelle Vadnais	St. John the Baptist- CHSAA	10:00.36
100mH	Martinia Heath	Beacon- I	14.92
400mH	Jessica Prokop	Cornwall- I	64.87
Long Jump	Martinia Heath	Beacon- I	19' 0"
Triple Jump	Davia Lewinson	Spackenkill- IX	37' 7.5"
High Jump	Shauna Byfield	Manhasset- VIII	5' 6"
Pole Vault	Amy Linnen	Mount Sinai- XI	12' 0" **
Shot Put	Latanya Parker	Newark- V	40' 4"
Discus	Latanya Parker	Newark- V	139' 7"
Pentathlon	Kim Fogarty	Hendrick Hudson- I	3159 pts
4x100m Relay	Pearl River- I		50.58
	Michelle Lenox, Melissa Bauer, Lisa Fregonese, Lindsay Cherry		
4x400m Relay	Johnstown- II		4:03.31
	Julie Adelson, Ilonka Schuyler, Kate Underwood, Taegin Stevenson		
4x800m Relay	Academy of Holy Names- II		9:18.05
	Christine Iseman, Alicia Marini, Elizabeth Maloy, Allison Rodriguez		

<b>1999</b>	<b>State Championships @ Dietz Stadium, Kingston</b>		
<b>Class C</b>			
100m	Anna Teschemaker	Alexander Hamilton- I	12.48
200m	Anna Teschemaker	Alexander Hamilton- I	25.76
400m	Angela Nortz	Beaver River- III	57.00
800m	Brianne Capusso	Corinth- II	2:17.25
1500m	Elizabeth Paddock	Lake George- II	4:42.20
3000m	Jennifer Rettke	Oakfield/Alabama- V	10:25.85
100mH	Krystal George	Avon- V	15.13
400mH	Sarah Hite	Geneseo- V	65.47
Long Jump	Courtney Ayers	York- V	17' 5"
Triple Jump	Dedria Foster	Lyons- V	36' 4"
High Jump	Lynda Watt	Salamanca- VI	5' 4"
Pole Vault	Sarah Best	Granville- II	9' 3"
Shot Put	Tarah Rowse	Greenwich- II	37' 3.25"
Discus	Tarah Rowse	Greenwich- II	128' 11"
Pentathlon	Emily Camberg	Allegany- Limestone- VI	2466 pts
4x100m Relay	Trumansburg- IV		50.35
	Erika Crosier, Katie Carpenter, Katie Lyons, Jessica Millspaugh		
4x400m Relay	Geneseo- V		4:03.13
	Sarah Hite, Ashley Meyer, Maggie Hopf, Larissa Least		
4x800m Relay	Bronxville- I		9:35.76
	Leah Gogel, Michelle Cioffi, Caroline Mullen, Catha Mullen		

<b>2000</b>	<b>State Championships @ Cicero- North Syracuse</b>		
<b>Class A</b>			
100m	Jatoya Moore	Uniondale- VIII	12.00
200m	Tiandra Ponteen	Washington Irving- PSAL	24.57
400m	Neisha Bernard-Thomas	Tilden- PSAL	53.89
800m	Nana Hanson-Hall	New Rochelle- I	2:14.68
1500m	Sarah Coseo	Clarence- V	4:35.24
3000m	Katie Twarog	Colonie- II	9:50.25
100mH	Shanae Dawkins	New Rochelle- I	14.22
400mH	Shanae Dawkins	New Rochelle- I	60.73
Long Jump	Chelsea Hammond	Elmont- VIII	18' 10.75 "
Triple Jump	Shanae Dawkins	New Rochelle- I	39' 3.25"
High Jump	Micha Simon	Paul Robeson- PSAL	5' 6 "
Pole Vault	Lindsay Rosales	Washingtonville- IX	10' 6 "
Shot Put	Kelly Hagner	Shenendehowa- II	41' 2.75"
Discus	Kelly Hagner	Shenendehowa- II	135' 7 "
Pentathlon	Nicole Dumpson	Port Washington- VIII	3246 pts
4x100m Relay	Uniondale- VIII		47.32
	Jatoya Moore, Nicole Machen, Shelly Antoine, Shevon Stoddart		
4x400m Relay	Boys & Girls- PSAL		3:44.68
	Meisue Francis, Stacey Living, Keziah Femandez, Josanne Bridgewater		
4x800m Relay	Boys & Girls- PSAL		9:11.57
	Tameka Johnson, Akilah Vargas, Amanda Holder, Sheena Garwood		

<b>2000</b>	<b>State Championships @ Cicero- North Syracuse</b>		
<b>Class B</b>			
100m	Rachel Oakes	Scotia/Glenville- II	12.44
200m	Natalie Knight	Medina- VI	25.83
400m	Katie Almeter	Norwich- IV	58.21
800m	Esther Phillips	Glen Falls- II	2:12.84
1500m	Lisa Cappello	Starpont- II	4:39.83
3000m	Lisa Cappello	Starpont- II	9:58.57
100mH	Fara Kitton	JFK Bellmore- VIII	14.68
400mH	Nicole Thomson	Kings Park- XI	63.20
Long Jump	Jillian Sherman	Academy of the Holy Names- II	17' 8 "
Triple Jump	Katrina Svoboda	Bayport- Blue Point- XI	37' 5.5"
High Jump	Lauren Henkel	South Side- VIII	5' 5 "
Pole Vault	Amy Linnen	Mount Sinai- XI	12' 0 " ^
Shot Put	Shemeika Grant	Deer Park- XI	40' 8"
Discus	Laura Yelverton	Maine-Endwell- IV	124' 1 "
Pentathlon	Jen Stuczynski	Fredonia- VI	3358 pts
4x100m Relay	Scotia- Glenville- II		49.31
	Andrea Sweet, Keelan King, Rachel Oakes, Sarah Bentley		
4x400m Relay	Shoreham- Wading River- XI		4:03.72
	Nicole Barbante, Kari Maso, Kate Tonetti, Flora Sapienza		
4x800m Relay	Miller Place- XI		9:24.51
	Catherine Cofone, Megan O'Shea, Kim Carmanica, Daisy Goldstein		

<b>2000</b>	<b>State Championships @ Cicero- North Syracuse</b>		
<b>Class C</b>			
100m	Dedria Foster	Lyons- V	12.65
200m	Candace Arthur	Friends Academy- VIII	26.40
400m	Angie Nortz	Beaver River- III	58.88
800m	Carrie Richards	Lansing- VI	2:17.08
1500m	Catha Mullen	Bronxville- I	4:46.94
3000m	Amanda Laytham	Unatego- IV	10:09.63
100mH	Celestine Coney	Lyons- V	15.38
400mH	Celestine Coney	Lyons- V	64.36
Long Jump	Lindsay Hinsch	Sidney- IV	17' 6.25 "
Triple Jump	Dedria Foster	Lyons- V	38' 8.5"
High Jump	Ginger Kincaid	Chautauqua Lake- VI	5' 6 "
Pole Vault	Erika Frank	Mohawk- III	10' 0 "
Shot Put	Ann Marie Hodgdon	Warsaw- V	40' 11"
Discus	Emma Foster	Schuylerville- II	126' 8 "
Pentathlon	Kristen Karhio	Cherry Valley- IV	2914 pts
4x100m Relay	Lyons- V		49.81
	Laura Olson, Takara Wiles, Danielle McCray, Dedria Foster		
4x400m Relay	Lansing- VI		4:06.16
	Karisha Heisler, Melissa Usack, Jackie Ryan, Carrie Richards		
4x800m Relay	Bronxville- I		9:34.72
	Catha Mullen, Caroline Mullen, Leah Gogel, Melissa Wisner		

<b>2001</b>	<b>State Championships @ Mitchell Field Uniondale</b>		
<b>Class A</b>			
100m	Karen Robinson	New Rochelle- I	11.84
200m	Shana Cox	Holy Trinity- CHSAA	24.03
400m	Chinny Offor	Half Hollow Hills East- XI	55.15
800m	Shanya Staton	Bay Shore- XI	2:11.47
1500m	Theresa Fath	Bellport- XI	4:35.97
3000m	Laurel Burdick	Fayetteville Manlius- III	9:49.69
100mH	Laura Paul	Monroe Woodbury- IX	14.01 *
400mH	Shevon Stoddart	Uniondale- VIII	1:01.39
2000m Steeple	Alexis Lake	Horseheads- IV	7:23.21
Long Jump	Chinela Davis	North Rockland- I	19' 4.25"
Triple Jump	Shenae Dawkins	New Rochelle- I	39' 9.5"
High Jump	Rachel Marks	Lake Shore- VI	5' 7"
Pole Vault	Jamie Stitt	Shenendehowa- II	11' 0"
Shot Put	Joy Williams	New Rochelle- I	40' 5"
Discus	Meredith Cook	Williamsville North- VI	126' 1"
Pentathlon	Angela Reed	South Shore- PSAL	3118 pts
4x100m Relay	Paul Robeson- PSAL		46.83 *
	Kaisa Williams, Erica Alston, Tequira Cox, Yanique Daley		
4x400m Relay	Boys and Girls- PSAL		3:49.22
	Meisue Francis, Kaziah Fernandez, Tameka Johson, Jo Anne Bridgewater		
4x800m Relay	Bellport- XI		9:07.56
	Kelly Powell, Rachel McGee, Corinne Gabriel, Theresa Fath		

<b>2001</b>	<b>State Championships @ Mitchell Field Uniondale</b>		
<b>Class B</b>			
100m	Rachel Oakes	Scotia Glenville- II	12.22
200m	Rachel Oakes	Scotia Glenville- II	25.22
400m	Laura Snizek	Saranac Lake- VII	59.36
800m	Anne Hessberg	Academy of Holy Names- II	2:16.03
1500m	Megan Olds	Gloverville- II	4:35.67
3000m	Alyssa Lotmore	Bishop Maginn- II	10:01.16
100mH	Ronetta Alexander	Williamsville South- VI	14.56
400mH	Katrina Svoboda	Bayport Blue Point- XI	1:02.51
2000m Steeple	Amber Dodzweit	Honeoye Falls/ Lima- V	7:10.04
Long Jump	Katrina Svoboda	Bayport- Blue Point- XI	17' 8"
Triple Jump	Karen Snyder	Norwich- IV	36' 11.25"
High Jump	Tori McDaniels	Oneonta- IV	5' 6"
Pole Vault	Caitlin Densing	Bayport- Blue Point- XI	11' 0"
Shot Put	Brittany Pryor	Starpoint- II	43' 1.25"
Discus	Laura Yelverton	Maine- Endwell- IV	138' 1"
Pentathlon	Alyssa Hasan	Williamsville South- VI	3394 pts
4x100m Relay	Scotia Glenville- II		49.62
	Keelan King, Sarah Bentley, Liz Cornley, Rachel Oakes		
4x400m Relay	Cornwall- I		3:59.16
	Jessica Scarane, Mary Ewanich, Charity Briggs, Karen Welby		
4x800m Relay	Miller Place- XI		9:28.22
	Kim Caramanica, Megan O'Shea, Daisy Goldstein, Cindy Smith		



<b>2001</b>	<b>State Championships @ Mitchell Field Uniondale</b>		
<b>Class C</b>			
100m	Krissy Wolcott	Oakfield- Alabama- V	12.37
200m	Candace Arthur	Friends Academy- VIII	24.66
400m	Candace Arthur	Friends Academy- VIII	57.87
800m	Jessica Manzer	Canajoharie- II	2:16.48
1500m	Molly Huddle	Elmira Notre Dame- IV	4:34.21
3000m	Molly Huddle	Elmira Notre Dame- IV	9:43.40
100mH	Celestine Coney	Lyons- V	14.93
400mH	Katie McKane	Chautauqua Lake- VI	64.13
2000m Steeple	Heather Iatauro	Tri-Valley- IX	7:22.44
Long Jump	Lindsey Hinsch	Sidney- IV	16'10.25"
Triple Jump	Lindsey Hinsch	Sidney- IV	36'1.5"
High Jump	Amanda Haney	Sidney- IV	5'3"
Pole Vault	Robyn Mroz	Byron-Bergen- V	10' 9"
Shot Put	Jessica Cross	Marathon- I	41' 8.5"
Discus	Emma Foster	Schuylerville- II	131'9"
Pentathlon	Brianne Hudak	Corinth- II	2717 pts
4x100m Relay	Friends Academy- VIII		50.37
	Brittany Garel, Victoria Garel, Sophia Louis, Candace Arthur		
4x400m Relay	Lansing- VI		3:58.44
	Karisha Heisler, Jackie Ryan, Carrie Richards, Melissa Usack		
4x800m Relay	Bronxville- I		9:26.32
	Caroline Mullen, Catha Mullen, Helen Millson, Kate Ogorzaly		

<b>2001</b>	<b>State Championships @ Mitchell Field Uniondale</b>		
<b>Federation Champions</b>			
100m	Karen Robinson	New Rochelle- I	11.76
200m	Shana Cox	Holy Trinity- CHSAA	24.25
400m	Natiasha Hastings	AP Randolph- PSAL	54.28
800m	Shayna Staton	Bay Shore- XI	2:12.47
1500m	Molly Huddle	Elmira Notre Dame- IV	4:34.21
3000m	Molly Huddle	Elmira Notre Dame- IV	9:43.40
100mH	Laura Paul	Monroe-Woodbury- IX	14.01^*
400mH	Shevon Stoddart	Uniondale- VIII	1:01.02
2000m Steeple	Amber Dodzweit	Honeoye Falls/ Lima- V	7:10.04
Long Jump	Chinela Davis	North Rockland- I	19' 0.75"
Triple Jump	Shenae Dawkins	New Rochelle- I	39' 6.75"
High Jump	Rachel Marks	Lake Shore- VI	5' 7"
Pole Vault	Caitlin Densing	Bayport- Blue Point- XI	11' 0"
Shot Put	Brittany Pryor	Starpoint- II	43' 9"
Discus	Laura Yelverton	Maine- Endwell- IV	???
Pentathlon	Alyssa Hasan	Williamsville South- VI	3394 pt
4x100m Relay	Paul Robeson- PSAL		46.89
	Kaisa Williams, Erica Alston, Tequira Cox, Yanique Daley		
4x400m Relay	Boys and Girls- PSAL		3:46.32
	Meisue Francis, Kaziah Fernandez, Tameka Johson, Jo Anne Bridgewater		
4x800m Relay	Bellport- XI		9:07.56
	Kelly Powell, Rachel McGee, Corinne Gabriel, Theresa Fath		

<b>2002</b>	<b>State Championships @ Rush Henrietta</b>		
<b>Class A</b>			
100m	Karen Robinson	New Rochelle- I	11.96
200m	Shana Cox	Holy Trinity- CHSAA	24.78
400m	Chinny Offor	Half Hollow Hills East- XI	55.22
800m	Selena Sappleton	A.P. Randolph- PSAL	2:10.98
1500m	Lauren Heron	Fayetteville Manilus- III	4:38.73
3000m	Nicole Blood	Saratoga- I	9:38.04
100mH	Shenae Dawkins	New Rochelle- I	14.28
400mH	Kate Lawson	Sacred Heart- CHSAA	1:03.74
2000m Steeple	Jamie Sweeney	Saratoga- I	6:55.90 *
Long Jump	Shauna L Williams	Mount Vernon- I	18' 3.5"
Triple Jump	Shanae Dawkins	New Rochelle- I	38' 7.75"
High Jump	Kim DePrez	Fairport- V	5' 8.5"
Pole Vault	Merideth Mante	Warwick Valley- IX	11' 9"
Shot Put	Zara Northover	Sewanhaka- VIII	43' 10.75"
Discus	Brittany Pryor	Niagra Falls-VI	136'0"
Pentathlon	Fatima Fields	Cicero- North Syracuse- III	2924 pts
4x100m Relay	Paul Robeson- PSAL		47.68
	Erica Alston, Yanique Doyley, Sesaree Cesar, Shakira Robinson		
4x400m Relay	New Rochelle- I		3:54.76
	Shenae Dawkins, Natalee Pennicooke, Nana Hanson-Hall, Offeibea Hanson-Hall		
4x800m Relay	Saratoga- I		9:09.18
	Nicole Blood, Brittany Welsh, Kristen Hornbach, Jamie Sweeney		

<b>2002</b>	<b>State Championships @ Rush Henrietta</b>		
<b>Class B</b>			
100m	Lisa Romano	Eden- VI	12.72
200m	Charity Briggs	Cornwall- I	25.42
400m	Caprice Church	Amityville- XI	57.55
800m	Diane Heiser	Bayport Blue Point- XI	2:12.14
1500m	Tracey Brauksieck	Homer- III	4:30.82
3000m	Tracey Brauksieck	Homer- III	9:38.38
100mH	Ronnetta Alexander	Williamsville South- VI	14.41
400mH	Katy Schlichtman	Monticello- IX	1:03.04
2000m Steeple	Erin Demchko	Pearl River- I	7:01.20
Long Jump	Marta Pardo	Sayville- XI	16' 4.25"
Triple Jump	Krista Kerr	Babylon- XI	36' 8"
High Jump	Lauren Biscardi	Shoreham Wading River- XI	5' 5"
Pole Vault	Sarah Bentley	Scotia Glenville- II	11' 6"
Shot Put	Nina Victorin	Nyack- I	39' 11.75"
Discus	Brienne Karow	Ellenville- IX	126' 9"
Pentathlon	Leslie Martin	Hudson Falls- II	3014 pts
4x100m Relay	Batavia- V		49.86
	Jenn Gurranti, Missy Thurston, Tiffany Bundy, Stephanie Conway		
4x400m Relay	Cornwall- I		3:58.36
	Michelle Cornett, Jessica Scarane, Charity Briggs, Karen Welby		
4x800m Relay	Skaneateles- III		9:24.13
	Julie Lynch, Irena McQuarrie, Erika Giehe, Lia Cross		

<b>2002</b>	<b>State Championships @ Rush Henrietta</b>		
<b>Class C</b>			
100m	Krissy Wolcott	Oakfield-Alabama- V	12.83
200m	Melissa Chery	Woodlands- I	26.22
400m	Melissa Chery	Woodlands- I	57.93
800m	Melissa Usack	Lansing- VI	2:13.93
1500m	Molly Huddle	Elmira Notre Dame- IV	4:27.04
3000m	Molly Huddle	Elmira Notre Dame- IV	9:21.37
100mH	Jen Head	Moravia- IV	15.47
400mH	Celestine Coney	Lyons- V	1:04.49
2000m Steeple	Heather Iaturo	Tri-Valley- IX	6:56.20
Long Jump	Melissa Chery	Woodlands- I	17' 3"
Triple Jump	Quayona Carithers	Clyde Savannah- V	36' 11.75"
High Jump	Danielle McCray	Lyons- V	5' 3"
Pole Vault	Corinna Hengen	Pine Plains- IX	10' 6"
Shot Put	Jessica Cross	Marathon- I	43' 0.75"
Discus	Marjorie Grap	Spencer Van Etten- IV	122' 8"
Pentathlon	Kristen Karihio	Cherry Valley-Springfield- IV	3098 pts
4x100m Relay	Lansing- VI		50.23
	Melissa Sweazy, Karisa Heisler, Christina Tillapaugh, Jackie Ryan		
4x400m Relay	Lansing- VI		4:05.20
	Melissa Usack, Natalie Usack, Karisa Heisler, Jackie Ryan		
4x800m Relay	Bronxville- I		9:05.41
	Kate Ogorzaly, Michelle Rorke, Caroline Mullen, Catha Mullen		

<b>2002</b>	<b>State Championships @ Rush Henrietta</b>		
<b>Federation Championship</b>			
100m	Karen Robinson	New Rochelle- I	12.00
200m	Shana Cox	Holy Trinity- CHSAA	24.91
400m	Chinny Offor	Half Hollow Hills East- XI	55.31
800m	Shayna Staton	Bay Shore- XI	2:08.68 *
1500m	Molly Huddle	Elmira Notre Dame- IV	4:27.04
3000m	Molly Huddle	Elmira Notre Dame- IV	9:21.37 *
100mH	Ronnett Alexander	Williamsville South- VI	14.04
400mH	Katy Schlichtman	Monticello- IX	61.74
2000m Steeple	Jamie Sweeney	Saratoga- II	6:55.90
Long Jump	Shauna L Williams	Mount Vernon- I	17' 8.75"
Triple Jump	Shanae Dawkins	New Rochelle- I	38' 10.75"
High Jump	Kim DePrez	Fairport- V	5' 8.5"
Pole Vault	Merideth Mante	Warwick Valley- IX	11' 9"
Shot Put	Zara Northover	Sewanhaka- VIII	45' 10.75"
Discus	Stephanie Eder	Connetquot- XI	131' 10"
Pentathlon	Kristen Karihio	Cherry Valley-Springfield- IV	3098 pts
4x100m Relay	New Rochelle- I		47.71
	Karen Robinson, Francesca Desir, Shenae Dawkins, Shavonne King		
4x400m Relay	Bay Shore- XI		3:52.22
	Shayna Staton, Latrice Ewing, Danica Dupuy, Kellie Castro		
4x800m Relay	Bronxville- I		9:05.41
	Kate Ogorzaly, Michelle Rorke, Caroline Mullen, Catha Mullen		

<b>2003</b>	<b>State Championships @ Union-Endicott HS</b>		
<b>100m</b>			
D-1	Nickesha Brown	Hempstead- VIII	12.15
D-2	Chelsea Berry	Lowville- III	12.58
Federation	Virgil Hodge	Washington Irving- PSAL	11.94
<b>200m</b>			
D-1	Stacy Gregory	Colonie- II	25.17
D-2	Chelsea Berry	Lowville- III	25.69
Federation	Jessica Clarke	Murry Bergtraum- PSAL	24.72
<b>400m</b>			
D-1	Kenata Gumbs	Newburgh Free Academy- IX	56.85
D-2	Paolma Krakower	Onteora- IX	57.06
Federation	Dominique Blake	Harry Truman- PSAL	55.22
<b>800m</b>			
D-1	Ellen Dougherty	Riverhead- XI	2:10.82
D-2	Sarah Mosser	East Aurora- VI	
Federation	Ellen Dougherty	Riverhead- XI	2:13.27
<b>100m Hurdles</b>			
D-1	Ronnetta Alexander	Williamsville South- VI	13.82
D-2	Kaitlyn Vasquez	Nanuet- I	15.30
Federation	Ronnetta Alexander	Williamsville South- VI	13.66 *
<b>400m Hurdles</b>			
D-1	Katy Schlichtman	Monticello- IX	1:01.57
D-2	Desiree Rudloff	East Aurora- VI	1:05.41
Federation	Katy Schlichtman	Monticello- IX	1:01.85
<b>1500m</b>			
D-1	Mary Liz McCurdy	Bay Shore- XI	4:34.56
D-2 + Federation	Elizabeth Maloy	Academy of Holy Names- II	4:24.26 *

<b>2003- Continued</b>			
<b>3000m</b>			
D-1 + Federation	Nicole Blood	Saratoga- I	9:46.18
D-2	Caroline Mullen	Bronxville- I	10:06.66
<b>2000m Steeple</b>			
D-1	Kate Dobransky	Clarkstown South- VI	7:07.79
D-2 + Federation	Heather Iatauro	Tri-Valley- IX	6:57.31
<b>Long Jump</b>			
D-1	Carol Scalice	Comsewogue- XI	18' 9.5"
D-2	Quayona Carithers	Clyde-Savannah- V	17' 8.75"
Federation	Carol Scalice	Comsewogue- XI	18' 2.25"
<b>Triple Jump</b>			
D-1	Taneisha Cantave	Suffern- I	39' 1.5"
D-2	Quayona Carithers	Clyde-Savannah- V	38' 9.75"
Federation	Taneisha Cantave	Suffern- I	37' 9.25"
<b>Shot Put</b>			
D-1	Brittany Pryor	Niagra Falls- VI	43' 6.5"
D-2	Marjorie Grap	Spencer- Van Etten- IV	41' 1.5"
Federation	Brittany Pryor	Niagara Falls- VI	41' 8.25"
<b>Discus</b>			
D-1	Mary Boller	Clarence- V	128' 10"
D-2	Brienne Karow	Ellenville- IX	133' 10"
Federation	Brienne Karow	Ellenville- IX	134' 8"
<b>High Jump</b>			
D-1 + Federation	Lauren Biscardi	Shoreham Wading River- XI	5' 7"
D-2	Amanda Haney	Sidney- IV	5' 4"
<b>Pole Vault</b>			
D-1 + Federation	Lindsey Rosales	Washingtonville- IX	11' 0"
D-2	Renee Evans	Alden- VI	11' 0"
<b>Pentathlon</b>			
D-1 + Federation	Ashley Hoffman	Ward Melville- XI	3542 pts *
D-2	Jessemyn Russel	Stillwater- II	3237 pts



<b>2003- Continued</b>			
<b>4x100m Relay</b>			
D-1	New Rochelle- I		47.90
	Lynne Layne, Kerry Robinson, Karen Robinson, Jessika Shell		
D-2	Leonardo DaVinci HS - VI		49.88
	Kimberly Williams, Lakeisha Perez, Karen Lackey, Chelsea Prophet		
Federation	Washington Irving- PSAL		48.37
	Virgil Hodge, Julieta Johnson, Floree Myers, E. Winston-Rodman		
<b>4x400m Relay</b>			
D-1	Newburgh Free- IX		3:51.83
	Cassiopia Willaims, Gia Serrettee, Perry Brown, Kenata Gumbs		
D-2	Bronxville- I		4:00.36
	Wendy Jaglom, Dana Mitchell, Helen Millson,Elizabeth Bergold		
Federation	Newburgh Free Academy- IX		3:51.28
	Cassiopia Williams, Carrey Ambrosetti, Perry Brown, Kenata Gumbs		
<b>4x800m Relay</b>			
D-1	Saratoga- I		9:15.08
	Kristen Hornbach, Lindsey Ferguson, Ruby Solomon, Nicole Blood		
D-2 + Federation	Bronxville- I		9:04.40 *
	Elizabeth Bergold, Beth Butler, Carolina Mullen, Catha Mullen		

<b>2004</b>	<b>State Championships @ Cicero- North Syracuse</b>		
<b>100m</b>			
D-1	Lynne Layne	North Rochelle- I	12.10
D-2	Lisa Romano	Eden- VI	12.51
Federation	Lynne Layne	New Rochelle-	12.43
<b>200m</b>			
D-1	Latoya Shippy	Middletown- IX	24.26
D-2	Chelsea Berry	Lowville- III	25.18
Federation	Jessica Clarke	Murry Bergman- PSAL	24.75
<b>400m</b>			
D-1	Erica Young	Bellport- XI	54.46
D-2	Chelsea Berry	Lowville- III	56.20
Federation	Erica Young	Bellport- XI	54.25
<b>800m</b>			
D-1	Brittany Sheffey	Bellport- XI	2:09.59
D-2	Elizabeth Bergold	Bronxville- I	2:13.64
Federation	Brittany Sheffey	Bellport- XI	2:10.61
<b>100m Hurdles</b>			
D-1	Alyssa Hasan	Williamsville South- VI	14.20
D-2	Katelyn Guerriere	Sidney- IV	14.82
Federation	Alyssa Hasan	Williamsville South- VI	14.36
<b>400m Hurdles</b>			
D-1	Allison Stankavage	Chittenango- III	1:02.89
D-2	Desiree Rudloff	East Aurora- VI	1:02.95
Federation	Selena Sappleton	A.P. Randolph- PSAL	58.94 *
<b>1500m</b>			
D-1 + Federation	Mary Liz McCurdy	Bay Shore- XI	4:29.41
D-2	Claire Hardwick	Academy of Holy Names- II	4:47.19

<b>2004- Continued</b>			
<b>3000m</b>			
D-1 + Federation	Nicole Blood	Saratoga- I	9:24.03
D-2	Emily Fung	Greenwich- II	10:12.77
<b>2000m Steeple</b>			
D-1 + Federation	Lindsey Ferguson	Saratoga- I	6:45.49 *
D-2	Heather Iatauro	Tri Valley- IX	6:52.45
<b>Long Jump</b>			
D-1	Mary Saxer	Lancaster- VI	19' 4.5"
D-2	Katelyn Guerriere	Sidney- IV	18' 2.75"
Federation	Mary Saxer	Lancaster- VI	19' 5.5"
<b>Triple Jump</b>			
D-1	Dayna Johnson	Brentwood- XI	38' 5.25"
D-2	Quayona Carithers	Clyde-Savannah- V	39' 6.75"
Federation	Quayona Carithers	Clyde-Savannah- V	39' 3"
<b>Shot Put</b>			
D-1	Brittany Pryor	Niagara Falls- VI	42' 6.75"
D-2	Bethany Anderson	Southwestern- VI	41' 3.5"
Federation	Brittany Pryor	Niagara Falls- VI	41' 11.75"
<b>Discus</b>			
D-1	Sarah Thornton	Saugerties- IX	137' 10"
D-2	Christine Yakubec	Greenwich- II	131' 4"
Federation	Sarah Thornton	Saugerties- IX	139' 03"
<b>High Jump</b>			
D-1 + Federation	Lauren Biscardi	Shoreham Wading River- XI	5' 10"
D-2	Amanda Haney	Sidney- IV	5' 8"
<b>Pole Vault</b>			
D-1 + Federation	Tiffany Maskulinski	Iroquois- VI	13' 5" *
D-2	Alysha Rodriguez	Bayport-Blue Point- XI	11' 6"
<b>Pentathlon</b>			
D-1	Annie O'Shea	Comsewogue- XI	3154 pts
D-2	Heather Stec	Cazenovia- III	3193 pts
D-1 + Federation	Angelica Reed	A.P. Randolph- PSAL	3245 pts

<b>2004- Continued</b>			
<b>4x100m Relay</b>			
D-1	Hempstead- VIII		47.39
	Nikeshia N. Brown, Javan Benjiman, Kailor Roper, Folan Wilks		
D-2	Leonardo DaVinci HS- VI		49.98
	Chelsea Prophet, Karen Lackey, Lakeisha Perez, Kim Williams		
Federation	Hempstead- VIII		47.22
	Nikeshia N. Brown, Javan Benjiman, Kailor Roper, Folan Wilks		
<b>4x400m Relay</b>			
D-1	Hempstead- VIII		3:47.63
	Nikeshia N. Brown, Javan Benjiman, Terry Ann Green, Kailor Roper		
D-2	East Aurora- VI		3:59.87
	Sarah Moser, Carly Kramer, Desiree Rudloff, Danielle Kelley		
Federation	Hempstead- VIII		3:48.54
	Nikeshia N. Brown, Javan Benjiman, Terry Ann Green, Kailor Roper		
<b>4x800m Relay</b>			
D-1 + Federation	Bay Shore- XI		8:59.21 *
	Laura Cummings, Sarah McCurdy, Ryann Hoffman, MaryLiz McCurdy		
D-2	Skaneateles- III		9:14.40
	Erika Geihe, Zandra Walton, Julie Lynch, Jessica O'Niell		

<b>2005</b>	<b>State Championships @ Cicero- North Syracuse</b>		
<b>100m</b>			
D-1	Lynne Layne	New Rochelle- I	11.81
D-2	Trisha Hawthorne	Alexander Hamilton- I	12.30
Federation	Lynne Layne	New Rochelle- I	11.96
<b>200m</b>			
D-1	Lynne Layne	New Rochelle- I	24.05
D-2	Kim Williams	Leonardo DaVinci- VI	25.27
Federation	Lynne Layne	New Rochelle- I	24.51
<b>400m</b>			
D-1	Kay Kay Richemond	Suffern- I	56.6
D-2	Chelsea Berry	Lowville- III	56.34
Federation	Chelsea Berry	Lowville- III	55.13
<b>800m</b>			
D-1	Jessica Ortman	Williamsville South- VI	2:09.47
D-2	Sarah Mosser	East Aurora- VI	2:13.63
Federation	Michelle Seibert	Ward Melville- XI	2:09.94
<b>100m Hurdles</b>			
D-1	Ashley Hendrix	Uniondale- VIII	14.46
D-2	Katelyn Guerriere	Sidney- IV	14.87
Federation	Yvana Hepburn	North Rockland- I	14.39
<b>400m Hurdles</b>			
D-1	Assata Cowart	New Rochelle- I	1:01.93
D-2	Desiree Rudloff	East Aurora- VI	1:03.66
Federation	Shameka Gordon	Harry S. Truman- PSAL	1:01.19
<b>1500m</b>			
D-1 + Federation	Brittany Sheffey	Bellport- XI	4:26.13
D-2	Nichole Lister	South Jefferson- III	4:33.76

<b>2005- Continued</b>			
<b>3000m</b>			
D-1 + Federation	Aislinn Ryan	Warwick Valley- IX	9:44.20
D-2	Nichole Lister	South Jefferson- III	9:51.66
<b>2000m Steeple</b>			
D-1 + Federation	Lindsey Ferguson	Saratoga- I	6:39.54 *
D-2	Lindsay Kahn	Port Jefferson- XI	7:06.95
<b>Long Jump</b>			
D-1	Mary Saxer	Lancaster- VI	19' 9.25"
D-2	Megan Stuttle	Dryden- IV	17' 1.25"
Federation	Mary Saxer	Lancaster- VI	18' 11.50"
<b>Triple Jump</b>			
D-1	Kristen Fields	Mt. Vernon- I	39' 5.25
D-2	Brittany McCray	Lyons- V	38' 2"
Federation	Jennifer Gurrant	Batavia- V	38' 9"
<b>Shot Put</b>			
D-1	Alexa Manning	Longwood- XI	42' 1.50"
D-2	Emily Yonkers	Fredonia- VI	37' 3.75"
Federation	Alexa Manning	Longwood- XI	41' 9.25"
<b>Discus</b>			
D-1	Alexa Manning	Longwood- XI	131' 6"
D-2	Alisha Brink	Akron- VI	132' 02"
Federation	Krystena Castro	Clarkstown South- I	131' 7"
<b>High Jump</b>			
D-1 + Federation	Carin Knight	New Rochelle- I	5' 7"
D-2	Lauren Biscardi	Shoreham-Wading River- XI	5' 7"
<b>Pole Vault</b>			
D-1 + Federation	Mary Saxer	Lancaster- VI	13' 0"
D-2	Janice Keppler	Medina- VI	12' 0"
<b>Pentathlon</b>			
D-1 + Federation	Alyissa Hasan	Williamsville South- VI	3614 pts
D-2	Brianna Steel	Newfane- VI	2899 pts

<b>2005- Continued</b>		
<b>4x100m Relay</b>		
D-1	Hempstead- VIII	47.15
	Fallon Wilks, Sabrina Budai, Jeavon Benjamin, Rene Cousins	
D-2	Alexander Central- V	49.87
	Jenna Porter, Shari Niziol, Marissa Laney, Jenny Ruhlman	
Federation	Medgar Evers- PSAL	46.94
	Deiddra Rogers, Kerry Stewart, Analise Austin, Chianna Ashman	
<b>4x400m Relay</b>		
D-1	Colonie- II	3:52.53
	Marisa Poletto, Alicia Williams, Nanditha Badami, Stacy Gregory	
D-2	East Aurora- VI	3:59.66
	Sarah Mosser, Carly Kramer, Danielle Kelley, Desiree Rudloff	
Federation	Suffern- I	3:51.35
	Amanda Ciccone, Jackie Lennon, Dede Richemond, Kay Kay Richemond	
<b>4x800m Relay</b>		
D-1 + Federation	Bay Shore- XI	9:03.53
	Laura Cummings, Mary Liz McCurdy, Sarah McCurdy, Callie Hogan	
D-2	Bronxville- I	9:21.19
	Leigh Murphy, Amanda Hudson, Whitney Sparks, Emma Clarke	

<b>2006</b>	<b>State Championships @ St. Lawrence University, Canton</b>		
<b>100m</b>			
D-1	Lynne Layne	New Rochelle- I	11.85
D-2	Trisha Hawthorne	Alexander Hamilton- I	12.34
Federation	Lynne Layne	New Rochelle- I	12.03
<b>200m</b>			
D-1	Lynne Layne	New Rochelle- I	24.11
D-2	Trisha Hawthorne	Alexander Hamilton- I	25.23
Federation	Lynne Layne	New Rochelle- I	24.47
<b>400m</b>			
D-1	Ashlea McLaughlin	Uniondale- VIII	55.89
D-2	Ashley Watson	Coxsackie Athens- II	57.50
Federation	Makalia Griffith	Hillcrest- PSAL	55.33
<b>800m</b>			
D-1	Kristy Longman	Sayville- XI	2:09.49
D-2	Sarah Mosser	East Aurora- VI	2:11.36
Federation	Kristy Longman	Sayville- XI	2:10.45
<b>100m Hurdles</b>			
D-1	Ashley Hendrix	Uniondale- VIII	14.63
D-2	Katelyn Guerriere	Sidney- IX	14.54
Federation	Chia Hudson	Harvey School- AIS	14.41
<b>400m Hurdles</b>			
D-1	Breanda Crump	Mount Vernon- I	1:03.02
D-2	Fawn Dorr	Akron- VI	1:00.60
Federation	Dalilah Muhammad	Benjamin Cardozo- PSAL	1:00.05
<b>1500m</b>			
D-1 + Federation	Theresa Rush	Valley Stream North- VIII	4:31.76
D-2	Tori Flannery	Bronxville- I	4:43.70



<b>2006- Continued</b>			
<b>3000m</b>			
D-1 + Federation	Aislinn Ryan	Warwick Valley- IX	9:38.21
D-2	Catherine Lusardi	East Aurora- VI	10:00.70
<b>2000m Steeple</b>			
D-1 + Federation	Lindsay Ferguson	Saratoga- I	6:36.05 *
D-2	Brittany Burns	South Jefferson- III	6:57.93
<b>Long Jump</b>			
D-1	Racquel Anderson	Hempstead- VIII	17' 8"
D-2	Brittany McCray	Lyons- V	17' 5.25"
Federation	Chia Hudson	Harvey School- AIS	18' 1.75"
<b>Triple Jump</b>			
D-1	Whitney Ford	White Plains- I	39' 0.75"
D-2	Katelyn Guerriere	Sidney- IV	37' 10"
Federation	Whitney Ford	White Plains- I	37' 9.75"
<b>Shot Put</b>			
D-1	Alyssa Pirinelli	North Tonawanda- VI	41' 11.5"
D-2	Rachel Cavoise	Troy Catholic- II	38' 3.5"
Federation	Monica Ridgeway	Liverpool- III	43' 1"
<b>Discus</b>			
D-1	Monica Ridgeway	Liverpool- III	129' 3"
D-2	Jacquie Holmberg	Falconer- VI	134' 4"
Federation	Shanekqua Limehouse	Murry Bergtraum- PSAL	134' 2"
<b>High Jump</b>			
D-1 + Federation	Brittany Dexter	Burnt Hills- II	5' 6"
D-2	Kristen Burpoe	Marlboro- IX	5' 3"
<b>Pole Vault</b>			
D-1 + Federation	Stephanie Duffy	Washingtonville- IX	11' 0"
D-2	Carol Melice	Lansing- VI	10' 6"
<b>Pentathlon</b>			
D-1	Brianna Steel	Newfane- VI	3156 pts
D-2 + Federation	Keva Ramsey	Peekskill- I	3145 pts
Federation	Nele Baade	Thomas Edison- PSAL	3271 pts

<b>2006- Continued</b>			
<b>4x100m Relay</b>			
D-1	Hempstead- VIII		47.43
	Fallon Wilks, Maxine Moodie, Rene Cousins, Racquel Anderson		
D-2	Alexander Hamilton- I		49.60
	Missy Laney, Jenna Porter, Natalie Wetherwax, Jenny Ruhlman		
Federation	Hempstead- VIII		47.62
	Fallon Wilks, Maxine Moodie, Rene Cousins, Racquel Anderson		
<b>4x400m Relay</b>			
D-1	Colonie- II		3:54.49
	Najla Singleton, Marissa Poleto, Laura Bolognino, Alicia Williams		
D-2	Bronxville- I		3:57.82
	Amanda Hudson, Leigh Murphy, Whitney Sparks, Olivia Bruton		
Federation	Boys and Girls- PSAL		3:50.43
	Lou Ann Christmas, Nadonni Rodriques, Hadassa Bruno, Adrenee Sterritt		
<b>4x800m Relay</b>			
D-1 + Federation	Suffern- I		8:56.78 *
	Caroline Heidt, Christy Goldman, Shelby Greany, Kara McKenna		
D-2	Bronxville- I		9:13.40
	Amanda Hudson, Olivia Bruton, Whitney Sparks, Emma Clarke		

<b>2007</b>	<b>State Championships @ Dietz Stadium, Kingston</b>		
<b>100m</b>			
D-1	Maxine Moodie	Hempstead- VIII	12.02
D-2	Rachel Joseph	Chatham- II	12.19
Federation	Deiddra Rogers	Medgar Evers- PSAL	11.72
<b>200m</b>			
D-1	Jen Clayton	Suffern- I	24.47
D-2	Rachel Joseph	Chatham- II	25.02
Federation	Deiddra Rogers	Medgar Evers- PSAL	23.94
<b>400m</b>			
D-1	Ashlea McLaughlin	Uniondale- VIII	54.19
D-2	Alexis Easterling	Woodlands- I	58.34
Federation	Nadonna Rodrigues	Boys and Girls- PSAL	55.05
<b>800m</b>			
D-1	Sarah McCurdy	Bay Shore- XI	2:10.02
D-2	Kim Piard	Albertus Magnus- I	2:12.20
Federation	Sarah McCurdy	Bay Shore- XI	2:10.42
<b>100m Hurdles</b>			
D-1	Ashley Hendrix	Uniondale- VIII	14.22
D-2	Avery Evans	Pine Plains- IX	14.66
Federation	Lindsay Rowe	Benjamin Cardozo- PSAL	13.80
<b>400m Hurdles</b>			
D-1	Assata Cowart	New Rochelle-I	1:00.37
D-2	Brooklyn Ventura	Waterloo- V	1:03.98
Federation	Dalilah Muhammad	Benjamin Cardozo- PSAL	1:01.35
<b>1500m</b>			
D-1 + Federation	Leah Andrianos	East Syracuse Minoa- III	4:30.57
D-2	Caitlin Lane	Greenwich- II	4:37.09

<b>2007-Continued</b>			
<b>3000m</b>			
D-1 + Federation	Emily Lipari	Roslyn- VIII	9:45.64
D-2	Mary Kate Champagne	Seton Catholic- VII	9:49.22
<b>2000m Steeple</b>			
D-1 + Federation	Liz Deir	Honeoye Falls- V	6:48.68
D-2	Wendy Pavlus	Tupper Lake- X	7:06.15
<b>Long Jump</b>			
D-1	Ashley Hendrix	Uniondale- VIII	18' 11"
D-2	Brittany McCray	Lyons- V	17' 5.25"
Federation	Bianca Fung	North Babylon- XI	19' 0.25"
<b>Triple Jump</b>			
D-1	Jasmine Simmons	Beacon- I	38' 6.75"
D-2	Gabriela Baiter	John Glenn- XI	40' 4.25"
Federation	Gabriela Baiter	John Glenn- XI	39' 3.25
<b>Shot Put</b>			
D-1	Betty Williams	Longwood- XI	43' 5.75"
D-2	Taylor Eldridge	Cleveland Hill- VI	39' 0.25"
Federation	Melissa Kurzdorfer	Lancaster- VI	42' 9.5"
<b>Discus</b>			
D-1	Melissa Kurzdorfer	Lancaster- VI	140' 1"
D-2	Taylor Eldridge	Cleveland Hill- VI	137' 7"
Federation	Melissa Kurzdorfer	Lancaster- VI	139' 5"
<b>High Jump</b>			
D-1	Monique Roberts	Cicero- North Syracuse- III	5' 9"
D-2	Sarah Palmer	Schuylerville- II	5' 6"
Federation	Dalilah Muhammad	Benjamin Cardozo- PSAL	5' 9"
<b>Pole Vault</b>			
D-1 + Federation	Stephanie Duffy	Washingtonville- IX	12' 6"
D-2	Linda Hadfield	New York Mills- III	10' 6"
<b>Pentathlon</b>			
D-1	Kate Early	Corning-Painted Post- IV	3471 pts
D-2 + Federation	Brianna Steel	Newfane- VI	3349 pts

<b>2007- Continued</b>			
<b>4x100m Relay</b>			
D-1	Uniondale- VIII		46.84
	Aprilynn Ratley, Ashlea McLaughlin, Heidi Paul, Vanessa Thompson		
D-2	Woodlands- I		48.81
	Sharlene Chisolm, Diana Sainvil, Alexis Easterling, Dominique Forbest		
Federation	Uniondale- VIII		46.97
	Ashley Hendrix, Ashlea McLaughlin, Heidi Paul, Vanessa Thompson		
<b>4x400m Relay</b>			
D-1	Uniondale- VIII		3:46.96
	Ashley Hendrix, Heidi Paul, Ashlea McLaughlin, Vanessa Thompson		
D-2	Bronxville- I		3:58.92
	Olivia Bruton, Maggie Goff, Whitney Sparks, Leigh Murphy		
Federation	Boys and Girls- PSAL		3:46.74
	Meagan Gillespie, Nadonnia Rodrigues, Deandra Nelson, Nicole Brown		
<b>4x800m Relay</b>			
D-1 + Federation	Warwick Valley- IX		9:02.86
	Tori Pennings, Claire Pettit, Lillian Greibesland, Kristen Peluso		
D-2	Bronxville- I		9:21.42
	Olivia Bruton, Whitney Sparks, Caitlin Hudson, Tori Flannery		

<b>2008</b>	<b>State Championships @ University of Buffalo</b>		
<b>100m</b>			
D-1	Sasha Richards	Mount Vernon- I	12.54
D-2	Klarissa Ricks	Academy of Holy Names- II	12.83
Federation	Sasha Richards	Mount Vernon- I	12.29
<b>200m</b>			
D-1	Jen Clayton	Suffern- I	24.94
D-2	Melissa Zajdel	CBA- Syracuse- III	25.63
Federation	Nadonna Rodriques	Boys and Girls- PSAL	24.72
<b>400m</b>			
D-1	Kala Allen	Williamsville East- VI	55.61
D-2	Alexis Easterling	Woodlands- I	57.19
Federation	Kala Allen	Williamsville East- VI	55.24
<b>800m</b>			
D-1	Charlene Lipsey	Hempstead- VIII	2:12.25
D-2	Heather Wilson	Homer- III	
Federation	Charlene Lipsey	Hempstead- VIII	2:07.46 *
<b>100m Hurdles</b>			
D-1	Brooklyn Ventura	Waterloo- V	15.16
D-2	Madalayne Smith	Saratoga- I	14.39
Federation	Madalayne Smith	Saratoga- I	14.15
<b>400m Hurdles</b>			
D-1	Elizabeth Mott	New Rochelle- I	58.01
D-2	Brooklyn Ventura	Waterloo- V	1:01.65
Federation	Dalilah Muhammad	Benjamin Cardozo- PSAL	57.90
<b>1500m</b>			
D-1 + Federation	Emily Lipari	Roslyn- VIII	4:30.58
D-2	Mary Kate Champagne	Seton Catholic- VII	4:36.20

<b>2008- Continued</b>			
<b>3000m</b>			
D-1 + Federation	Emily Lipari	Roslyn- VIII	9:37.53
D-2	Mary Kate Champagne	Seton Catholic- VII	9:53.61
<b>2000m Steeple</b>			
D-1 + Federation	Shelby Greany	Suffern- I	6:43.03
D-2	Erin Cawley	Newark Valley- IV	6:53.19
<b>Long Jump</b>			
D-1	Jen Clayton	Suffern- I	19' 1.5"
D-2	Lakeshia McCloud	Bath-Haverling- V	17' 10.5"
Federation	Jen Clayton	Suffern- I	18' 9"
<b>Triple Jump</b>			
D-1	Jen Clayton	Suffern- I	37' 11.50"
D-2	Olivia Weeks	Elmira Notre Dame- IV	38' 6.75"
Federation	Lakeshia McCloud	Bath-Haverling- V	38' 3.25"
<b>Shot Put</b>			
D-1	Melissa Kurzdorfer	Lancaster- VI	46' 4.5"
D-2	Rachel Roberts	Remsen- III	41' 0.25"
Federation	Melissa Kurzdorfer	Lancaster- VI	44' 6"
<b>Discus</b>			
D-1	Melissa Kurzdorfer	Lancaster- VI	146' 7"
D-2	Taylor Eldridge	Cleveland Hill- VI	135' 1"
Federation	Melissa Kurzdorfer	Lancaster- VI	141' 10"
<b>High Jump</b>			
D-1	Janelle Clayton	Suffern- I	5' 7"
D-2 + Federation	Sarah Palmer	Schuylerville- II	5' 8"
<b>Pole Vault</b>			
D-1 + Federation	Michelle Quimby	Shenendehowa- II	12' 0"
D-2	Linda Hadfield	New York Mills- III	12' 0"
<b>Pentathlon</b>			
D-1 + Federation	Britney Clarke	North Rockland- I	3383 pts
D-2	Brittany Brown	Pelham- I	2890 pts

<b>2008- Continued</b>		
<b>4x100m Relay</b>		
D-1	Suffern- I	47.78
	Tamika Montama, Janelle Clayton, Jenna Schaffer, Jen Clayton	
D-2	Woodlands- I	49.14
	Dominique Forbes, Diana Sainvil, Sharlene Chisholm, Alexis Easterling	
Federation	Suffern- I	47.64
	Tamika Montama, Janelle Clayton, Jenna Schaffer, Jen Clayton	
<b>4x400m Relay</b>		
D-1	Pine Bush- IX	3:54.37
	Alexis Grable, Nicole Rozario, Amber Passalacqua, Jessica Hennig	
D-2	Academy of Holy Names- II	4:01.96
	Laura Isabelle, Sherez Mohamed, Lauren Recchia, Rayanne Geleta	
Federation	Boys and Girls- PSAL	3:50.50
	Kenesha Abrams, Kerri Thompson, Jodian Burke, Nagua Cohran	
<b>4x800m Relay</b>		
D-1 + Federation	Warwick Valley- IX	8:56.71 *
	Jaqueline Kasal, Lillian Greibesland, Claire Pettit, Tori Pennings	
D-2	Bronxville- I	9:20.03
	Caitlin Hudson, Olivia Bruton, Emma Clarke, Tori Flannery	



<b>2009</b>	<b>State Championships @ Dietz Stadium, Kingston</b>		
<b>100m</b>			
D-1	Ashley Fields	Amherst- VI	12.16
D-2	Klarissa Ricks	Academy of Holy Names- II	
Federation	Ashley Fields	Amherst- VI	11.85
<b>200m</b>			
D-1	Ashley Fields	Amherst- VI	23.92
D-2	Melissa Zajdel	Christian Brothers Syracuse- III	25.54
Federation	Ashley Fields	Amherst- VI	23.66 *
<b>400m</b>			
D-1	Donna-Lee Hylton	Hempstead- VIII	54.36
D-2	Katie Woodford	Oxford- IV	57.01
Federation	Chamique Francis	Benjamin Cardozo- PSAL	53.32 *(S) 53.42
<b>800m</b>			
D-1	Charlene Lipsey	Hempstead- VIII	2:09.75
D-2	Leah Wightman	Chatham- II	
Federation	Charlene Lipsey	Hempstead- VIII	2:08.67
<b>100m Hurdles</b>			
D-1	Madalayne Smith	Saratoga- I	13.88
D-2	Ashely Mahlmeister	Sidney- IV	14.50
Federation	Madalayne Smith	Saratoga- I	13.80
<b>400m Hurdles</b>			
D-1	Michelle Rotondo	Garden City- VIII	1:02.44
D-2	Mari Giurastante	Chenango Valley- IV	1:03.54
Federation	NaTasha Greggs	Wilson Magnet- V	1:01.26
<b>1500m</b>			
D-1 + Federation	Megan Patrignelli	Monroe-Woodbury- IX	4:25.65
D-2	Elizabeth Marvin	Rhinebeck- IX	4:37.15

<b>2009- Continued</b>			
<b>3000m</b>			
D-1 + Federation	Emily Lipari	Roslyn- VIII	9:38.66
D-2	Genna Hartung	Seton Catholic- VII	9:57.96
<b>2000m Steeple</b>			
D-1 + Federation	Shelby Greany	Suffern- I	6:36.90
D-2	Erin Cawley	Newark Valley- IV	6:50.13
<b>Long Jump</b>			
D-1	Jennifer Clayton	Suffern- I	20' 6.25"
D-2	Ashley Mahlmeister	Sidney- IV	18' 7.5"
Federation	Jennifer Clayton	Suffern- I	20' 7" *
<b>Triple Jump</b>			
D-1	Marlene Ricketts	Westbury- VIII	40' 0.25"
D-2	Olivia Weeks	Elmira Notre Dame- IV	40' 5.5"
Federation	Olivia Weeks	Elmire Notre Dame- IV	40' 5.25"
<b>Shot Put</b>			
D-1	Melissa Kurzdorfer	Lancaster- VI	47' 9"
D-2	Taylor Eldridge	Cleveland Hill- VI	42' 0.75"
Federation	Melissa Kurzdorfer	Lancaster- VI	48' 3" *
<b>Discus</b>			
D-1	Melissa Kurzdorfer	Lancaster- VI	158' 1"
D-2	Taylor Eldridge	Cleveland Hill- VI	131' 7"
Federation	Melissa Kurzdorfer	Lancaster- VI	158' 9"
<b>High Jump</b>			
D-1	Janelle Clayton	Suffern- I	5' 7"
D-2 + Federation	Sarah Palmer	Schuylerville- II	5' 8"
<b>Pole Vault</b>			
D-1 + Federation	Sydnie Leroy	Port Jervis- IX	12' 0"
D-2	Linda Hadfield	New York Mills- III	11' 6"
<b>Pentathlon</b>			
D-1 + Federation	Amber Passalaqua	Pine Bush- IX	3319 pts
D-2	Alexis Broz	Schuylerville- II	3084 pts

<b>2009- Continued</b>			
<b>4x100m Relay</b>			
D-1	Elmont- VIII		48.39
	Cherrelle King, Valencia Hannon, Toni-Ann Lawrence, Ashley McCarthy		
D-2	Oxford- IV		49.44
	Amanda Brown, Amanda Marks, Emily Woodford, Katie Woodford		
Federation	Elmont- VIII		47.84
	Cherrelle King, Valencia Hannon, Toni-Ann Lawrence, Ashley McCarthy		
<b>4x400m Relay</b>			
D-1	Garden City- VIII		3:49.09
	Emily Menges, Catherine Cafaro, Taylor Hennig, Michelle Rotondo		
D-2	Waverly- IV		4:00.84
	Mariah Brown, Cassie Meyers, Kayla Hager, Erika Kisel		
Federation	Hempstead- VIII		3:50.59
	Charlene Lipsey, Donna-Lee Hylton, Velma Morant, Asheka Gibson		
<b>4x800m Relay</b>			
D-1 + Federation	Shenendehowa- II		9:01.00
	Danika Simonson, Alex Burtnick, Cara Janeczko, Lizzie Predmore		
D-2	Bronxville- I		9:14.42
	Olivia Bruton, Tori Flannery, Henrietta Miers, Caitlin Hudson		

<b>2010</b>	<b>State Championships @ Vestal High School</b>		
<b>100m</b>			
D-1	Valencia Hannon	Elmont- VIII	11.96
D-2	Klarissa Ricks	Academy of Holy Names- II	11.96
Federation	Valencia Hannon	Elmont- VIII	11.98
<b>200m</b>			
D-1	Ashley Fields	Amherst- VI	24.11
D-2	Jessica Dunnigan	Liberty- IX	26.00
Federation	Ashley Fields	Amherst- VI	24.67
<b>400m</b>			
D-1	Kala Allen	Williamsville East- VI	55.44
D-2	Katie Woodford	Oxford- IV	55.68
Federation	Kala Allen	Williamsville East- VI	54.75
<b>800m</b>			
D-1	Emily Menges	Garden City- VIII	2:09.11
D-2	Emily Waligurski	Onteora- IX	2:13.60
Federation	Kim MacKay	Kellenberg- CHSAA	2:07.75
<b>100m Hurdles</b>			
D-1	Madalayne Smith	Saratoga- I	13.82
D-2	Isabel Hirtelen-Booker	Harley Allendale Colombia- V	15.15
Federation	Madalayne Smith	Saratoga- I	14.09
<b>400m Hurdles</b>			
D-1	Kyle Plante	Colonie- II	59.76
D-2	Allie Van Buren	Batavia- V	1:03.03
Federation	Donna Jeanty	Brentwood- XI	59.01
<b>1500m</b>			
D-1 + Federation	Emily Lipari	Roslyn- VIII	4:24.37
D-2	Emily Waligurski	Onteora- IX	4:36.71

<b>2010- Continued</b>			
<b>3000m</b>			
D-1 + Federation	Aisling Cuffe	Cornwall- I	9:27.15
D-2	Catherine Phillips	East Aurora- VI	9:44.17
<b>2000m Steeple</b>			
D-1 + Federation	Mary Kate Anselmini	Ward Melville- XI	6:44.50
D-2	Sami Jorgensen	Pawling- I	6:57.19
<b>Long Jump</b>			
D-1	Shilesa Johnson	Spring Valley- I	18' 7"
D-2	Klarissa Ricks	Academy of Holy Names- II	18' 0.75"
Federation	Shilesa Johnson	Spring Valley- I	18' 5.75"
<b>Triple Jump</b>			
D-1	Marlene Ricketts	Westbury- VIII	40' 9.5"
D-2	Jasmine Poles	LeRoy- V	37' 10.5"
Federation	Imani Oliver	Midwood- PSAL	40' 2.25"
<b>Shot Put</b>			
D-1	Vanessa Stewart	North Babylon- XI	46' 2.5"
D-2	Taylor Eldridge	Cleveland Hill- VI	41' 8.75"
Federation	Vanessa Stewart	North Babylon- XI	47' 0"
<b>Discus</b>			
D-1	Melissa Kurzdorfer	Lancaster- VI	162' 8"
D-2	Joanna Koronios	Carle Place- VIII	141' 0"
Federation	Melissa Kurzdorfer	Lancaster- VI	153' 11"
<b>High Jump</b>			
D-1 + Federation	Joanne Imbert	Valley Stream Central- VIII	5' 8"
D-2	Sarah Palmer	Shuylerville- II	5' 7"
<b>Pole Vault</b>			
D-1 + Federation	Carissa Leonardi	Lakeland/Panas- I	12' 0"
D-2	Kelly Truppo	Alden- VI	12' 0"
<b>Pentathlon</b>			
D-1 + Federation	Amber Passalaqua	Pine Bush- IX	3304 pts
D-2	Rachel Frost	Geneseo- V	3115 pts

<b>2010- Continued</b>		
<b>4x100m Relay</b>		
D-1	Elmont- VIII	47.68
	Valencia Hannon, Ashley McCarthy, Kyla Ridley, Deon Phillips	
D-2	Academy of Holy Names- I	48.85
	Christina Cooper, Theresa Kennedy, Mikaila Ford, Klarissa Ricks	
Federation	Mount Vernon- I	47.84
	Lexus Harney, Robbi Rogers, Myla Allen, Tanaya Yarde	
<b>4x400m Relay</b>		
D-1	Garden City- VIII	3:44.80 *
	Taylor Hennig, Michelle Rotondo, Catherine Cafaro, Emily Menges	
D-2	Bronxville- I	3:58.56
	Maggie Goff, Charlotte White, Meredith Rizzo, Henrietta Miers	
Federation	Garden City- VIII	3:47.45
	Jenna DeAngelo, Michelle Rotondo, Catherine Cafaro, Emily Menges	
<b>4x800m Relay</b>		
D-1 + Federation	Garden City- VIII	8:49.88 *
	Taylor Hennig, Katie O'Neill, Emma Gallagher, Emily Menges	
D-2	Bronxville- I	9:08.56
	Meredith Rizzo, Amelia Phillips, Mary Cain, Henrietta Miers	

<b>2011</b>	<b>State Championships @ Caledonia-Mumford High School</b>		
<b>100m</b>			
D-1	Valencia Hannon	Elmont- VIII	11.88
D-2	Klarissa Ricks	Academy of Holy Names- II	12.13
Federation	Valencia Hannon	Elmont- VIII	11.87
<b>200m</b>			
D-1	Tanaya Yarde	Mount Vernon- I	24.40
D-2	Jessica Dunnigan	Liberty- IX	25.02
Federation	Tanaya Yarde	Mount Vernon- I	24.64
<b>400m</b>			
D-1	Kyle Plante	Colonie- II	54.67
D-2	Skylar Pastor	South Jefferson- III	57.02
Federation	Sandrae Fargiharson	Medgar Evers- PSAL	53.83
<b>800m</b>			
D-1 + Federation	Anima Banks	Mamaroneck- I	2:09.32
D-2	Megan Young	Nanuet- I	2:13.27
<b>100m Hurdles</b>			
D-1	Kailyn Arcury	Williamsville South- VI	14.28
D-2	Isabel Hirtelen-Booker	Harley-Allendale Colombia- V	14.75
Federation	Kailyn Arcury	Williamsville South- VI	14.26
<b>400m Hurdles</b>			
D-1	Jessica Gelibert	Bay Shore- XI	1:00.72
D-2	Kyla Kenyon	Tupper Lake- X	1:03.60
Federation	Michelle Rotondo	Garden City- VIII	1:00.62
<b>1500m</b>			
D-1	Aisling Cuffe	Cornwall- I	4:19.83
D-2 + Federation	Mary Cain	Bronxville- I	4:17.84 *

<b>2011-Continued</b>			
<b>3000m</b>			
D-1 + Federation	Aisling Cuffe	Cornwall- I	9:16.63 *
D-2	Emily Waligurski	Onteora- IX	9:55.84
<b>2000m Steeple</b>			
D-1 + Federation	Mary Kate Anselmini	Ward Melville- XI	6:33.14 *
D-2	Sami Jorgensen	Pawling- I	7:03.00
<b>Long Jump</b>			
D-1	Melodee Riley	Riverhead- XI	18' 9.75"
D-2	Klarissa Ricks	Academy of Holy Names- II	18' 11.25"
Federation	Klarissa Ricks	Academy of Holy Names- II	19' 1.75"
<b>Triple Jump</b>			
D-1	Melodee Riley	Riverhead- XI	39' 9"
D-2	Molly Shapiro	Emma Willard- II	38' 7"
Federation	Melodee Riley	Riverhead- XI	39' 3"
<b>Shot Put</b>			
D-1	Sam Kosa	Shenendehowa- II	41' 0.25"
D-2	Uzoamaka Aniagba	Valley Stream North- VIII	41' 0.25"
Federation	Sam Kosa	Shenendehowa- II	42' 7"
<b>Discus</b>			
D-1	Courtney White	Massena- X	132' 3"
D-2	Joanna Koronios	Carle Place- VIII	146' 0"
Federation	Joanna Koronios	Carle Place- VIII	135' 7"
<b>High Jump</b>			
D-1 + Federation	Kaitlin Whitehorn	John Glenn- XI	5' 7"
D-2	Sarah Palmer	Schuylerville- II	5' 5"
<b>Pole Vault</b>			
D-1	Alexis Bartholomew	Binghamton- IV	11' 9"
D-2 + Federation	Megan Clark	James O'Neill- IX	12' 0"
<b>Pentathlon</b>			
D-1 + Federation	Amira Privott Yeiser	New Rochelle- I	3343 pts
D-2	Emily Ziegler	Attica- V	3168 pts



<b>2011- Continued</b>		
<b>4x100m Relay</b>		
D-1	Mount Vernon- I	47.59
	Lexus Harney, Robbi Rogers, Amber Lacey, Tanaya Yarde	
D-2	Academy of Holy Names- II	48.67
	Amanda Stark, Jennifer Stodgell, Mikaila Ford, Klarissa Ricks	
Federation	Taft Educational- PSAL	46.97
	Mary Johnson, Shaneil Fairclough, Kimberly Bailey, Simone Harrison	
<b>4x400m Relay</b>		
D-1	Garden City- VIII	3:47.88
	Laura Jaeger, Emma Gallagher, Taylor Hennig, Michelle Rotondo	
D-2	Mercy (Long Island) - XI	3:57.43
	Kayleigh Macchirole, Olivia Schuman, Sasa Vann, Lauren Woodhull	
Federation	Medgar Evers- PSAL	3:42.60 *
	Kadecia Baird, Shakele Seaton, Sandrae Fargiharson, Nyanka Joseph	
<b>4x800m Relay</b>		
D-1 + Federation	Fayetteville Manlius- III	8:55.93
	Heather Martin, Katie Sischo, Courtney Chapman, Katie Brislin	
D-2	Bronxville- I	9:06.48
	Meredith Rizzo, Courtney Campbell, Emilie Hoffer, Mary Cain	

<b>2012</b>	<b>State Championships @ Cicero-North Syracuse</b>		
<b>100m</b>			
D-1	Valencia Hannon	Elmont- VIII	12.05
D-2	Christina Walter	Maple Grove- VI	12.46
Federation	Kadecia Baird	Medgar Evers- PSAL	11.63 *(P), 11.73
<b>200m</b>			
D-1	Kala Allen	Williamsville East- VI	25.17
D-2	Christina Walter	Maple Grove- VI	25.46
Federation	Kadecia Baird	Medgar Evers- PSAL	23.57 *
<b>400m</b>			
D-1	Kyle Plante	Colonie- II	54.21
D-2	Candace Taylor	Friends Academy- VIII	56.51
Federation	Kyle Plante	Colonie- II	53.60
<b>800m</b>			
D-1	Erin Jaskot	Tappan Zee- I	2:14.08
D-2 + Federation	Kelsey Margey	Friends Academy- VIII	2:09.86
<b>100m Hurdles</b>			
D-1	Brittney Webley	Uniondale- VIII	14.64
D-2	Isabel Hirtelen-Booker	Harley-Allendale Colombia- V	14.71
Federation	Akayla Anderson	Benjamin Cardozo- PSAL	14.33
<b>400m Hurdles</b>			
D-1	Jessica Gelibert	Bay Shore- XI	1:00.59
D-2	Ireland Armstrong	Bath-Haverling- V	
Federation	Jessica Gelibert	Bay Shore- XI	1:00.54
<b>1500m</b>			
D-1	Rachel Paul	Sachem East- XI	4:28.29
D-2 + Federation	Mary Cain	Bronxville- I	4:19.78

<b>2012-Continued</b>			
<b>3000m</b>			
D-1 + Federation	Elizabeth Predmore	Shenendehowa- II	9:54.92
D-2	Kaylee Scott	Academy of Holy Names- II	10:09.82
<b>2000m Steeple</b>			
D-1 + Federation	Brianna Nerud	North Shore- VIII	6:33.85
D-2	Courtney Tedeschi	Berne-Knox-II	7:00.29
<b>Long Jump</b>			
D-1	Brittany Bryant	Cornwall- I	19' 8.25"
D-2	Cora Butler	New Paltz- IV	18' 3"
Federation	Brittany Bryant	Cornwall- I	19' 5.75"
<b>Triple Jump</b>			
D-1	Melodee Riley	Riverhead- XI	38' 10.75"
D-2	Molly Shapiro	Emma Willard- II	38' 7.5"
Federation	Odrine Belot	Kellenberg- CHSAA	39' 1.75"
<b>Shot Put</b>			
D-1	Adaora Nwodili	Longwood- XI	43' 8.5"
D-2	Jordan Collins	Bayport- Blue Point- XI	42' 0"
Federation	Briyah Brown	New Rochelle- I	42' 6.25"
<b>Discus</b>			
D-1	Diamond Jackson	Sachem East- XI	119' 8"
D-2	Danielle Borriello	Ellenville- IX	116' 0"
Federation	Mariah Mays	Rome Free Academy- III	128' 0"
<b>High Jump</b>			
D-1 + Federation	Kaitlin Whitehorn	John Glenn/Elwood- XI	5' 8"
D-2	Mackenzie Sturtz	Marion- V	5' 4"
<b>Pole Vault</b>			
D-1 + Federation	Alexis Bartholomew	Binghamton- IV	12' 0"
D-2	Grace Weisbecker	Red Hook- IX	11' 3"
<b>Pentathlon</b>			
D-1 + Federation	Stephanie Izard	Sweet Home- VI	3374 pts
D-2	Paige Biviano	Cazenovia- III	3143 pts

<b>2012- Continued</b>		
<b>4x100m Relay</b>		
D-1	Mount Vernon- I	47.05
	Lexus Harney, Robbi Rogers, Shanice Cameron, Tanaya Yarde	
D-2	Beekmantown- VII	50.12
	Jess Huber, Mikaela Frechette, Kalli Villemaire, Courtney Wilson	
Federation	Medgar Evers- PSAL	46.70 *
	Ashley Tasher, Paige Thompson-Carles, Brenessa Thompson, Kadecia Baird	
<b>4x400m Relay</b>		
D-1	Colonie- II	3:49.59
	Kyle Plante, Kirsten Kaminski, Mikeisha Kelly, Alicia Bousa	
D-2	Bayport- Blue Point XI	3:58.52
	Casey Hasher, Courtney Dooley, Bailey Walker, Sam Triani	
Federation	Garden City- VIII	3:45.25
	Laura Jaeger, Alexis Yeboah-Kodie, Taylor Hennig, Emma Gallagher	
<b>4x800m Relay</b>		
D-1 + Federation	Fayetteville Manlius- III	9:00.28
	Katie Brislin, Heather Martin, Jillian Fanning, Kaie Sischo	
D-2	Friends Academy- VIII	9:16.27
	Molly Sullivan, Katrina Garry, Candace Taylor, Kelsey Margey	

<b>2013</b>	<b>State Championships @ Middletown HS (1-day meet due to extreme weather)</b>		
<b>100m</b>			
D-1	Alexia Douglas	Brentwood- XI	12.12
D-2	Christina Walter	Maple Grove- VI	12.20
Federation	Kadecia Baird	Medgar Evers- PSAL	11.74
<b>200m</b>			
D-1	Symone Darius	New Rochelle- I	24.48
D-2	Noemie Bechu	North Salem- I	24.98
Federation	Kadecia Baird	Medgar Evers- PSAL	23.69
<b>400m</b>			
D-1 + Federation	Madeline Kopp	Spencerport- V	54.99
D-2	Candace Taylor	Friends Academy- VIII	55.87
<b>800m</b>			
D-1	Emma Gallagher	Garden City- VIII	2:09.22
D-2	Jenna Cupp	Newark Valley- IV	2:11.29
Federation	Sabrina Southerland	Benjamin Cardozo- PSAL	2:06.09*
<b>100m Hurdles</b>			
D-1	Ashley Wiggins	New Rochelle- I	14.16
D-2	Courtney Warden	Marlboro- IX	14.49
Federation	Ashley Wiggins	New Rochelle- I	14.04
<b>400m Hurdles</b>			
D-1 + Federation	Emma Gallagher	Garden City- VIII	1:01.47
D-2	Emily Irish-Ryan	Amherst- VI	1:02.22
<b>1500m</b>			
D-1 + Federation	Eileen O'Hara	Webster Thomas- V	4:28.94
D-2	Meredith Rizzo	Bronxville- I	4:34.97

<b>2013- Continued</b>			
<b>3000m</b>			
D-1 + Federation	Katie Lembo	Penfield- V	9:41.67
D-2	Laura Pierce	Canton- X	10:00.21
<b>2000m Steeple</b>			
D-1 + Federation	Valerie Palermo	Webster Schroeder- V	6:43.78
D-2	Hannah Cole	Honeoye Falls- II	6:52.83
<b>Long Jump</b>			
D-1	Malaika Palacios	Pine Bush- IX	18' 4.5"
D-2	Cora Butler	New Paltz- IV	17' 1.5"
Federation	Ashley Tasher	Medgar Evers- PSAL	18' 4.75"
<b>Triple Jump</b>			
D-1 + Federation	McKyla Brooks	Frontier- VI	38' 8"
D-2	Cora Butler	New Paltz- IV	38' 2.25"
<b>Shot Put</b>			
D-1 + Federation	Tara Belinsky	Manhasset- VIII	44' 3"
D-2	Stephanie Lombardo	Cheektowaga- VI	39' 0.75"
<b>Discus</b>			
D-1 Federation	Diamond Jackson	Sachem East- XI	135' 7"
D-2	Miranda Daucher	Alden- VI	133' 9"
<b>High Jump</b>			
D-1 + Federation	Jackie Crunden	Walt Whitman- XI	5' 6"
D-2	Lucy Ford	Cooperstown- III	5' 5"
<b>Pole Vault</b>			
D-1 + Federation	Jenn Thill	Lancaster- VI	12' 3"
D-2	Grace Weisbecker	Red Hook- IX	12' 3"
<b>Pentathlon</b>			
D-1 + Federation	Emily Astarita	Ward Melville- XI	3392 pts
D-2	Isabella Borini	Schalmont- II	2965 pts

<b>2013-Continued</b>		
<b>4x100m Relay</b>		
D-1	New Rochelle- I	47.14
	Ashley Wiggins, Alicia Donaldson, Rasheeda Bull, Symone Darius	
D-2	Elmira Notre Dame- IV	49.65
	Brittany Schutrum, Mara Skordynski, Victoria Schutrum, Jenny Smithers	
Federation	Medgar Evers- PSAL	46.49 *
	Brenessa Thompson, Martina Brown, Paige Thompson Charles, Kadecia Baird	
<b>4x400m Relay</b>		
D-1 + Federation	Suffern- I	3:48.06
	Imani Solan, Sarah Adler, Soraya Theard, Kamryn McIntosh	
D-2	Friends Academy- VIII	3:56.04
	Maureen Sullivan, Lydia Graham, Katherine Hom, Candace Taylor	
<b>4x800m Relay</b>		
D-1 + Federation	Northport- XI	9:02.42
	Brigid Brennan, Sarah Zieve, Jackie Thorne, Amelia Kuehn	
D-2	Bronxville- I	9:12.38
	Courtney Campbell, Hilary Rizzo, Olivia Ryan, Michelle Duffy	

<b>2014</b>	<b>State Championships @ Cicero-North Syracuse</b>		
<b>100m</b>			
D-1	Catarrha Burroughs	Wilson Magnet- VI	12.2
D-2	Shannon Gordinier	Keshequa- V	12.26
Federation	Brenessa Thompson	Medgar Evers- PSAL	11.74
<b>200m</b>			
D-1	Symone Darius	New Rochelle- I	23.85
D-2	Anna Schug	CBA Syracuse- III	25.06
Federation	Symone Darius	New Rochelle- I	23.83
<b>400m</b>			
D-1	Zola Golden	Arlington- I	55.02
D-2	Halie Snyder	Moriah/ Boquet Valley- VII	54.96
Federation	Zola Golden	Arlington- I	54.00
<b>800m</b>			
D-1	Kamryn McIntosh	Suffern- II	2:13.30
D-2 + Federation	Leah Triller	Academy of Holy Names- II	2:13.10
<b>100m Hurdles</b>			
D-1	Aviana Goode	Bay Shore- XI	14.67
D-2	Courtney Warden	Marlboro- IX	14.29
Federation	Courtney Warden	Marlboro- IX	14.26
<b>400m Hurdles</b>			
D-1	Emma Gallagher	Garden City- VIII	59.94
D-2	Clara Jones	Hamilton- III	1:03.43
Federation	Emma Gallagher	Garden City- VIII	59.98
<b>1500m</b>			
D-1 + Federation	Tiana Guevara	Miller Place- XI	4:30.03
D-2	Sage Hurta	Hamilton- III	4:32.42



<b>2014-Continued</b>			
<b>3000m</b>			
D-1 + Federation	Jessica Lawson	Corning- IV	9:41.55
D-2	Sophia Tasselmyer	East Aurora- VI	10:02.69
<b>2000m Steeple</b>			
D-1 + Federation	Kelly Hayes	Pearl River- I	6:49.47
D-2	Rachel Garn	Marcellus- III	7:01.12
<b>Long Jump</b>			
D-1	Nastasja Johnston	Columbia- II	19' 10.50"
D-2	Leah Moran	Stillwater- II	18' 4.75"
Federation	Nastasja Johnston	Columbia- II	19' 9.5"
<b>Triple Jump</b>			
D-1	Kaylyn Gordon	Ramapo- I	40' 10.5"
D-2	Leah Moran	Stillwater- II	38' 10.25"
Federation	Kaylyn Gordon	Ramapo- I	39' 10.25"
<b>Shot Put</b>			
D-1	KcKenzie Kuehlewin	Lancaster- VI	44' 4.25"
D-2	Stephanie Lombardo	Cheektowaga- VI	42' 3"
Federation	Jess Dhaliwall	Grand Island- VI	44' 2.25"
<b>Discus</b>			
D-1	Jess Dhaliwall	Grand Island- VI	153' 9"
D-2	Stephanie Lombardo	Cheektowaga- VI	134' 5"
Federation	Jess Dhaliwall	Grand Island- VI	152' 10"
<b>High Jump</b>			
D-1 + Federation	Grace Smith	Bethlehem- II	5' 7"
D-2	Hailey Rospierski	Alden- VI	5' 7"
<b>Pole Vault</b>			
D-1	Kari Stromhaug	Vestal- IV	12' 0"
D-2 + Federation	Karmen Auble	Warsaw- V	12' 3"
<b>Pentathlon</b>			
D-1	Emily Hagarty	Mephram- VIII	2993 pts
D-2 + Federation	Kylee Bartlett	Altmar-Parish- Williamstown- III	3337 pts

<b>2014- Continued</b>			
<b>4x100m Relay</b>			
D-1	North Babylon- XI		48.15
	D'Jai Baker, Nailah Jones, Danae Glover, Tasmere Lee		
D-2	Roosevelt- VIII		48.87
	Kamishea Callender, Nikita Robertson, Raven Jones, Ashe Davis		
Federation	Medgar Evers- PSAL		46.25 *
	Brenessa Thompson, Martina Brown, Janai Cameron, Karimah Senior		
<b>4x400m Relay</b>			
D-1	Suffern- II		3:48.59
	Imani Solan, Renee Liporace, Krya Greenberg, Kamryn McIntosh		
D-2	Bayport- Blue Point XI		3:57.59
	Kathleen Cibuls, Ashley Magnifico, Brigitte Strobl, Courtney Dooley		
Federation	Uniondale- VIII		3:47.19
	Michala Webster, Ashley Souffrant, Crystal Green, Kristina Cherrington		
<b>4x800m Relay</b>			
D-1 + Federation	Corning- IV		9:04.51
	Morgan Gallagher, Michelle Crook, Maddie Ustanik, Jessica Lawson		
D-2	Canton- X		9:08.51
	Rebecca DelRossi, Gemma DelRossi, Laura Pierce Maria Ricalton		

<b>2015</b>	<b>State Championships @ University of Albany</b>		
<b>100m</b>			
D-1	Lanae-Tava Thomas	Rush-Henrietta- V	12.07
D-2	Courtney McNeil	Newark Valley- IV	12.37
Federation	Brenessa Thompson	Medgar Evers- PSAL	11.69
<b>200m</b>			
D-1	Imani Solan	Suffern- II	24.36
D-2	Courtney McNeil	Newark Valley- IV	24.85
Federation	Arianne Strunkey	Taft Educational Center- PSAL	24.01
<b>400m</b>			
D-1	Sammy Watson	Rush-Henrietta- V	52.69 *
D-2	Kiana Lee	Irvington- I	55.54
Federation	Sammy Watson	Rush-Henrietta- V	53.89
<b>800m</b>			
D-1 + Federation	Kamryn McIntosh	Suffern- II	2:05.63 *
D-2	Sage Hurta	Hamilton Central- III	2:11.77
<b>100m Hurdles</b>			
D-1	Victoria Jones-Alleyne	New Rochelle- I	14.33
D-2	Hailey Rospierski	Alden- VI	14.66
Federation	Paula Salmon	Clara Barton- PSAL	14.15
<b>400m Hurdles</b>			
D-1	Debbie Boerke	Washingtonville- IX	1:00.47
D-2	Justina Sanders-Schifano	Sodus Central - V	1:01.78
Federation	Alyssa Sandy	Paul Robeson- PSAL	1:00.31
<b>1500m</b>			
D-1 + Federation	Sammy Watson	Rush-Henrietta- V	4:25.24
D-2	Kaitlyn Ryan	Bronxville- I	4:29.71

<b>2015- Continued</b>			
<b>3000m</b>			
D-1 + Federation	Bella Burda	Arlington- I	9:38.14
D-2	Caroline Pennacchio	Briarcliff- I	10:13.43
<b>2000m Steeple</b>			
D-1 + Federation	Beatrice Boylan	Cornwall- I	6:52.70
D-2	Elsa Cole	Fillmore- V	7:02.71
<b>Long Jump</b>			
D-1	Aviana Goode	Bay Shore- XI	18' 2.25"
D-2	Leah Moran	Academy of Holy Names- II	18' 0"
Federation	McKyla Brooks	Frontier- VI	18' 2.75"
<b>Triple Jump</b>			
D-1	Leah Blackall	Sachem North- XI	39' 6.5"
D-2	Leah Moran	Academy of Holy Names	40' 0"
Federation	Leah Blackall	Sachem North- XI	38' 11.75"
<b>Shot Put</b>			
D-1	Alexis Daniels	Binghamton- IV	43' 11.5"
D-2	Shayla Lyons	Bishop Maginn- II	39' 3.75"
Federation	Valerie Hinds	Kingston- IX	43' 5.75"
<b>Discus</b>			
D-1	Mariah Mays	Rome Free Academy- III	144' 8"
D-2	Brianna Tutuska	Eden- VI	112' 9"
Federation	Mariah Mays	Rome Free Academy- III	147' 0"
<b>High Jump</b>			
D-1	Faith Penny	East Islip- XI	5' 8"
D-2	Olivia Mooney	Cambridge- II	5' 5"
Federation	Sarah Kowpak	Archbishop Molloy- CHSAA	5' 9"
<b>Pole Vault</b>			
D-1 + Federation	Tedi DeMaria	Bethlehem- II	12' 3"
D-2	Samantha Kaplan	New Paltz- IV	11' 0"
<b>Pentathlon</b>			
D-1 + Federation	Kathleen Cibuls	Bayport- Blue Point- XI	3425 pts
D-2	Skylar Pastor	South Jefferson- III	3221 pts

<b>2015- Continued</b>			
<b>4x100m Relay</b>			
D-1	Rush- Henrietta- V		47.87
	Janai Cameron, Brianna Browne, Karimah Senior, Brenessa Thompson		
D-2	Trumansburg- IV		50.47
	Finley Edmonds, Julia Tantillo, Kara VanValen, Olivia Colon		
Federation	Medgar Evers- PSAL		47.32
	Janai Cameron, Karimah Senior, Martina Brown, Brenessa Thompson		
<b>4x400m Relay</b>			
D-1	Rush-Henrietta- V		3:43.94
	Sammy Watson, Lanae-Tava Thomas, Ceara Watson, Tori Thompson		
D-2	Bronxville- I		3:56.84
	Caroline Kirby, Laura Holland, Kirsten Ircha, Kaitlyn Ryan		
Federation	Suffern- I		3:46.15
	Nicole Becker, Imani Solan, Kyra Greenbaum, Kamryn McIntosh		
<b>4x800m Relay</b>			
D-1	Suffern		9:05.05
	Anna Breton, Kate Zendell, Mary Hennelly, Kamryn McIntosh		
D-2 + Federation	Bronxville- I		9:02.52
	Delia Hayes, Hillary Rizzo, Laura Holland, Kaitlyn Ryan		

<b>2016</b>	<b>State Championships @ Cicero-North Syracuse</b>		
<b>100m</b>			
D-1	Lanae- Tava Thomas	Rush-Henrietta- V	11.83
D-2	Courtney McNeil	Newark Valley- IV	12.49
Federation	Halle Hazzard	St. Anthony's- CHSAA	11.76
<b>200m</b>			
D-1	Lanae-Tava Thomas	Rush-Henrietta- V	23.68
D-2	Nia Stevens	Tapestry Charter- VI	25.07
Federation	Lanae-Tava Thomas	Rush-Henrietta- V	23.73
<b>400m</b>			
D-1	Sammy Watson	Rush-Henrietta- V	54.34
D-2	Emily Cluck	Johnson City- IV	56.47
Federation	Sammy Watson	Rush-Henrietta- V	54.70
<b>800m</b>			
D-1	Hannah Reale	Shenendehowa- II	2:10.47
D-2 + Federation	Sage Hurta	Hamilton Central- III	2:08.57
<b>100m Hurdles</b>			
D-1	Avianna Goode	Bay Shore- XI	14.02
D-2	Kathleen Cibuls	Bayport-Blue Point- XI	15.02
Federation	Alyssa Sandy	Paul Robeson- PSAL	13.78
<b>400m Hurdles</b>			
D-1	Louise Jones	Nyack- I	1:02.20
D-2	Abbey Yatsko	Dryden- IV	1:03.79
Federation	Tara Hernandez	North Babylon- XI	1:00.91
<b>1500m</b>			
D-1 + Federation	Sammy Watson	Rush-Henrietta- V	4:22.09
D-2	Sage Hurta	Hamilton Central- III	4:25.29

<b>2016- Continued</b>			
<b>3000m</b>			
D-1 + Federation	Jessica Lawson	Corning- IV	9:24.36
D-2	Sophia Tasselmyer	East Aurora- VI	9:41.80
<b>2000m Steeple</b>			
D-1 + Federation	Megan Reilly	Warwick Valley- IX	6:45.34
D-2	Elsa Cole	Fillmore- V	6:58.12
<b>Long Jump</b>			
D-1	Lanae-Tava Thomas	Rush-Henrietta- V	20' 8" +2.8w
D-2	Samantha Spinella	Depew- VI	17' 9.75"
Federation	Lanae-Tava Thomas	Rush-Henrietta V	20' 4"
<b>Triple Jump</b>			
D-1	Denisha West	Westbury- VIII	40' 0.25"
D-2	Kathleen Cibuls	Bayport-Blue Point- XI	38' 10.5"
Federation	Denisha West	Westbury- VIII	39' 3.25"
<b>Shot Put</b>			
D-1	Leeyan Redwood	Half Hollow Hills West- XI	42' 0"
D-2	Samantha Morillo	Valhalla- I	39' 4.5"
Federation	Alexis Daniels	Binghamton- IV	46' 5"
<b>Discus</b>			
D-1	Alexis Daniels	Binghamton- IV	137' 2"
D-2	Mady Dibble	Waterloo- V	122' 8"
Federation	Alexis Daniels	Binghamton- IV	134' 6"
<b>High Jump</b>			
D-1	Brooke Bensch	Scarsdale- I	5' 7"
D-2	Olivia Mooney	Cambridge- II	5' 6"
Federation	Sarah Kowpak	Archbishop Molloy- CHSAA	5' 8"
<b>Pole Vault</b>			
D-1 + Federation	Bethany Cripps	Central Square- III	12' 8"
D-2	Emily Gallagher	Lansing- VI	11' 9"
<b>Pentathlon</b>			
D-1 + Federation	Tiana Luton	Sweet Home- VI	3541 pts
D-2	Emily Lavarney	South Seneca- V	3178 pts

<b>2016- Continued</b>			
<b>4x100m Relay</b>			
D-1	Rush-Henrietta- V		47.40
	Stephanie Nwachi, Tori Thompson, Adama Donzo, Lanae-Tava Thomas		
D-2	Tapestry Charter- VI		49.30
	Nia Stevens, Taylor Hunter, Kim Bostic, Esquisite Dunnigan		
Federation	Paul Robeson- PSAL		47.23
	Charnice Anderson, Latoya Stewart, Toshel Goffe, Shawnakay Peart		
<b>4x400m Relay</b>			
D-1	West Babylon- XI		3:49.90
	Brittany Korsah, Nadja Ashley, Dana Beggins, Paige Keefer		
D-2	Bronxville- I		3:59.66
	Eve Balsiero, Caroline Brashear, Hillary Rizzo, Kaitlin Ryan		
Federation	West Babylon- XI		3:50.06
	Brittany Korsah, Nadja Ashley, Dana Beggins, Paige Keefer		
<b>4x800m Relay</b>			
D-1 + Federation	Mamaroneck- I		8:54.33
	Shari Rauls, Lauren Shpiz, Lauren Chapey, Katie DeVore		
D-2	Bronxville- I		9:06.48
	Hillary Rizzo, Olivia Scotti, Laura Holland, Kaitlin Ryan		



<b>2017</b>			
<b>100m</b>			
D-1	Lanae-Tava Thomas	Rush-Henrietta- V	11.78
D-2	Courtney McNeil	Newark Valley- IV	12.54
Federation	Lanae-Tava Thomas	St. Anthony's- CHSAA	11.89
<b>200m</b>			
D-1	Lanae-Tava Thomas	Rush-Henrietta- V	23.42 *
D-2	Nia Stevens	Tapestry Charter- VI	24.98
Federation	Lanae-Tava Thomas	Rush-Henrietta- V	24.26
<b>400m</b>			
D-1	Brittany Korsah	West Babylon- XI	54.44
D-2	Zhane Smith	Cohoes- II	56.20
Federation	Paris Peoples	Benjamin Cardozo- PSAL	53.68
<b>800m</b>			
D-1 + Federation	Hannah Reale	Shenendehowa- II	2:07.27
D-2	Kaitlyn Ryan	Bronxville- I	2:07.88
<b>100m Hurdles</b>			
D-1	Chibugo Obichere	Valley Stream South- VIII	14.64
D-2	Ama Boham	Ichabod Crane- II	15.33
Federation	Sohpia Myers	Queens Teaching- PSAL	14.13
<b>400m Hurdles</b>			
D-1	Greer Liguori	Warwick Valley- IX	1:01.23
D-2	Raenah Campbell	Skaneateles- III	1:03.63
Federation	Greer Liguori	Warwick Valley- IX	1:01.05
<b>1500m</b>			
D-1 + Federation	Katelyn Tuohy	North Rockland- I	4:18.51
D-2	Caroline Timm	Our Lady of Lourdes- I	4:25.94

<b>2017- Continued</b>			
<b>3000m</b>			
D-1 + Federation	Jessica Lawson	Corning- IV	9:25.68
D-2	Brianna O'Brien	Wheatley School- VIII	10:04.66
<b>2000m Steeple</b>			
D-1 + Federation	Alex Harris	North Rockland- I	6:45.28
D-2	Brooke Rauber	Tully- III	7:01.26
<b>Long Jump</b>			
D-1	Lanae-Tava Thomas	Rush-Henrietta- V	20' 7"
D-2	Samantha Spinella	Depew- VI	18' 1.75"
Federation	Lanae-Tava Thomas	Rush-Henrietta- V	20' 7.5" *
<b>Triple Jump</b>			
D-1	Sarena Choi	Westhampton Beach- XI	39' 5.5"
D-2	Juliana Cavanagh	Oneida- III	37' 11.25"
Federation	Sarena Choi	Westhampton Beach- XI	39' 7.75
<b>Shot Put</b>			
D-1	Sade Meeks	North Babylon- XI	45' 3.25"
D-2	Samantha Morillo	Valhalla- I	43' 2.75"
Federation	Sade Meeks	North Babylon- XI	44' 11"
<b>Discus</b>			
D-1	Brittany Curtin	Connetquot- XI	143' 7"
D-2	Samantha Morillo	Valhalla- I	136' 7"
Federation	Brittany Curtin	Connetquot- XI	139' 6"
<b>High Jump</b>			
D-1	Kendall Bensché	Scarsdale- I	5' 6"
D-2	Emilee Hanlon	Dunkirk- VI	5' 6"
Federation	Khiyah Williams	Benjamin Banneker- PSAL	5' 7"
<b>Pole Vault</b>			
D-1	Amanda McNelis	Commack- XI	12' 3"
D-2 + Federation	Emily Gallagher	Lansing- VI	12' 10"
<b>Pentathlon</b>			
D-1	Alexandria Payne	Jamesville-Dewitt- III	3351 pts
D-2 + Federation	Emily Lavarney	South Seneca- V	3363 pts

<b>2017- Continued</b>			
<b>4x100m Relay</b>			
D-1	Vestal- IV		48.30
	Tia Jones, Jecholiah Stephenson, Annie Fahrenkrug, Jaz Fahrenkrug		
D-2	Tapestry Charter- VI		48.42
	Nia Stevens, Taylor Hunter, Kim Bostic, Mirielle Ngoopos		
Federation	Newburgh Free Academy- IX		47.43
	Kyara Thompson, Ahnrea McCaskill, Maimuna Jammeh, Justine Brooks		
<b>4x400m Relay</b>			
D-1	West Babylon- XI		3:44.50
	Nadja Ashley, Dana Beggins, Paige Keefer, Brittany Korsah		
D-2	Bronxville- I		3:51.22
	Eve Balsiero, Caroline Brashear, Laura Holland, Kaitlin Ryan		
Federation	West Babylon- XI		3:44.60
	Nadja Ashley, Dana Beggins, Paige Keefer, Brittany Korsah		
<b>4x800m Relay</b>			
D-1 + Federation	Fayetteville- Manlius- III		8:56.41
	Phoebe White, Palmer Madsen, Sophie Ryan, Rebecca Walters		
D-2	Bronxville- I		8:58.80
	Eve Balsiero, Caroline Brashear, Laura Holland, Kaitlyn Ryan		

<b>2018</b>	<b>State Championships @ Cicero-North Syracuse</b>		
<b>100m</b>			
D-1	Lanae-Tava Thomas	Rush-Henrietta- V	11.65
D-2	Jayla Moss	Cheektowaga- VI	12.31
Federation	Lanae-Tava Thomas	Rush-Henrietta- V	11.74
<b>200m</b>			
D-1	Lanae-Tava Thomas	Rush-Henrietta- V	24.10
D-2	Natatie Ricci	Cohoes- II	25.43
Federation	Lanae-Tava Thomas	Rush-Henrietta- V	24.35
<b>400m</b>			
D-1	Jenna Crean	Orchard Park- VI	56.40
D-2	Miquela Hunter	Olmsted- VI	57.33
Federation	Paris Peoples	Benjamin Cardozo- PSAL	55.02
<b>800m</b>			
D-1 + Federation	Haley Riorden	Rush-Henrietta- V	2:09.86
D-2	Hali Ielfield	South Lewis- III	2:11.35
<b>100m Hurdles</b>			
D-1	Chibugo Obichere	Valley Stream South- VIII	13.86
D-2	Ama Boham	Ichabod Crane- I	14.69
Federation	Sophia Myers	Queens HS of Teaching- PSAL	13.96
<b>400m Hurdles</b>			
D-1	Vanessa Watson	Spencerport	59.46
D-2	Kayleigh Robinson	Mount Sinai- XI	1:03.03
Federation	Vanessa Watson	Spencerport- V	59.67
<b>1500m</b>			
D-1 + Federation	Katelyn Tuohy	North Rockland- I	4:14.45 *
D-2	Caroline Timm	Our Lady of Lourdes- I	4:28.41

<b>2018- Continued</b>			
<b>3000m</b>			
D-1 + Federation	Katelyn Tuohy	North Rockland- I	9:09.71 **
D-2	Sarah Connelly	Mount Sinai- XI	9:52.64
<b>2000m Steeple</b>			
D-1	Sarah Trainor	Franklin D. Roosevelt- IX	6:47.78
D-2	Brooke Rauber	Tully- III	6:45.34
Federation	Aziza Chigatayeva	Brooklyn Tech- PSAL	6:43.04
<b>Long Jump</b>			
D-1	Nadia Saunders	North Rockland- I	19' 2.25
D-2	Brittany Castelluccio	Fonda Fultonville- II	18' 10"
Federation	Ayana Dees	Hilton- V	18' 8.5"
<b>Triple Jump</b>			
D-1	Alexandra Tudor	Shenendehowa- II	39' 6.5"
D-2	Kaitlyn Bonczyk	Wayne- V	38' 2.25"
Federation	Isabella Bruno	Guilderland- II	38' 0"
<b>Shot Put</b>			
D-1	Sarah Crockett	Rome Free Academy- III	39' 11.75"
D-2	Samantha Morillo	Valhalla- I	44' 10.25"
Federation	Samantha Morillo	Valhalla- I	44' 4.25"
<b>Discus</b>			
D-1	Imoniri Aghomon	Bay Shore- XI	128' 8"
D-2	Rachel Donner	Iroquois- VI	133' 0"
Federation	Samantha Morillo	Valhalla- I	135' 10"
<b>High Jump</b>			
D-1	Liliana Klemanski	Cicero- North Syracuse- III	5' 6"
D-2 + Federation	Sharde Johnson	Emma Willard- II	5' 7"
<b>Pole Vault</b>			
D-1+ Federation	Alana Carroll	Averill Park- II	13' 0"
D-2	Megan Matheny	Lansing- VI	12' 0"
<b>Pentathlon</b>			
D-1 + Federation	Alexandria Payne	Jamesville-Dewitt- III	3513 pts
D-2	Logan Bruce	Delhi- IV	3165 pts

<b>2018- Continued</b>			
<b>4x100m Relay</b>			
D-1	Rush-Henrietta- V		46.89
	Stephanie Nwachi, Jaelyn Davis, Oumoi Donzo, Lanae-Tava Thomas		
D-2	Tapestry Charter- VI		48.86
	Navaeh Parker, Taylor Hunter, Mirielle Ngoopos, Nia Stevens		
Federation	Rush-Henrietta- V		46.61
	Stephanie Nwachi, Jaelyn Davis, Oumou Donzo, Lanae-Tava Thomas		
<b>4x400m Relay</b>			
D-1	Rush-Henrietta- V		3:52.52
	Milan Linzy, Haley Riorden, Stephanie Nwachi, Lanae-Tava Thomas		
D-2	Bronxville- I		3:58.56
	Eve Balseiro, Rachael Peacock, Caroline Brashear, Laura Holland		
Federation	Medgar Evers- PSAL		3:50.50
	Jasmin Muhammad-Graham, Daniella Griffith, Tatyana Quinonez, Zakiya Scott		
<b>4x800m Relay</b>			
D-1 + Federation	Shenendehowa- II		8:55.04
	Hannah Reale, Jade Dennis, Jada Dennis, Olivia Lomascolo		
D-2	Bronxville- I		9:07.52
	Natalie Weiner, Patty Haggerty, Laura Holland, Caroline Brashear		

<b>2019</b>	<b>State Championships @ Middletown HS (1ST YEAR FOR WHEELCHAIR EVENTS)</b>		
<b>100m</b>			
D-1	Tia Jones	Vestal- IV	12.24
D-2	Jada Kenner	Tapestry Chapter- VI	11.94
Federation	Jada Kenner	Tapestry Chapter- VI	11.90
Wheelchair	Elise Hill	South Jefferson- III	31.61*
<b>200m</b>			
D-1	Tia Jones	Vestal- IV	24.24
D-2	Jada Kenner	Tapestry Chapter- VI	24.25
Federation	Jada Kenner	Tapestry Chapter- VI	23.83
Wheelchair	Sarah Bolton	Cold Spring Harbor- VIII	1:04.39*
<b>400m</b>			
D-1	Gianna Paul	Walt Whitman- XI	54.95
D-2	Eve Balseiro	Bronxville- I	57.06
Federation	Gianna Paul	Walt Whitman- XI	54.85
Wheelchair	Sarah Bolton	Cold Spring Harbor- VIII	2:11.15*
<b>800m</b>			
D-1	Lindsey Butler	Corning- IV	2:06.88
D-2 + Federation	Quinn Collins	Greenwich- II	2:14.84
<b>100m Hurdles</b>			
D-1	Chibugo Obichere	Valley Stream South- VIII	14.06
D-2	Ama Boham	Ichabod Crane- I	14.96
Federation	Chibugo Obichere	Valley Stream South- VIII	14.13
<b>400m Hurdles</b>			
D-1	Vanessa Watson	Spencerport- V	59.12
D-2	Kayleigh Robinson	Mount Sinai- XI	1:02.38
Federation	Vanessa Watson	Spencerport- V	59.76
<b>1500m</b>			
D-1	DeAnna Martin	Valley Stream South- VIII	4:31.90
D-2 + Federation	Sarah Connelly	Mount Sinai- XI	4:31.11
Wheelchair	Janna Nieh	Beacon- I	5:24.86*

<b>2019- Continued</b>			
<b>3000m</b>			
D-1 + Federation	Katelyn Tuohy	North Rockland- I	9:21.90
D-2	Sarah Connelly	Mount Sinai- XI	9:43.63
<b>2000m Steeple</b>			
D-1 + Federation	Sarah Trainor	Franklin D Roosevelt- IX	6:31.59 *
D-2	Brooke Rauber	Tully- III	6:41.95
<b>Long Jump</b>			
D-1	Anaya Dees	Hilton- V	18' 9.5"
D-2	Jade Foster	Unatego- IV	18' 8.25"
Federation	Anaya Dees	Hilton- V	18' 3"
<b>Triple Jump</b>			
D-1	Alissa Braxton	Commack- XI	41' 9.75" *
D-2	Euphenie Andre	Dover- IX	40' 3.75"
Federation	Alissa Braxton	Commack- XI	40 2.5"
<b>Shot Put</b>			
D-1	Sarah Crockett	Rome Free Academy- III	44' 2.75"
D-2	Maryam Akaic	Tapestry Chapter- VI	41' 5.5"
Federation	Natya Glasco	Roslyn- VIII	43' 5"
Wheelchair	Elise Hill	South Jefferson- III	10' 3.5" *
<b>Discus</b>			
D-1	Kira Lindner	Horace Greeley- I	137' 7"
D-2	Emma Kinnicutt	Wellsville- V	124' 4"
Federation	Juel Charles	Valley Stream North- VIII	133' 0"
<b>High Jump</b>			
D-1 + Federation	Soledad Jean	Half Hollow Hills East- XI	5' 7"
D-2	Danielle Fisk	Honeoye Falls- V	5' 6"
<b>Pole Vault</b>			
D-1	Kaeli Thompson	Warwick Valley- IX	13' 0"
D-2 + Federation	Gwen Gisler	Lansing- VI	11' 9"
<b>Pentathlon</b>			
D-1 + Federation	Zaria Fuller	Uniondale- VIII	3544 pts
D-2	Sara Van Aken	Red Jacket- V	3169 pts



<b>2019- Continued</b>			
<b>4x100m Relay</b>			
D-1	Half Hollow Hills West- XI		47.62
	Michele Daye, Sydney Grant, Martina Keith, Madison Byrne		
D-2	Aquinas Institute- V		48.75
	A'Zhyia Clemons, Oomarie Diggs, Jenai Youmas, Nia Williams-Matthews		
Federation	Paul Robeson- PSAL		46.74
	Qunizel Bazilia, Shawnakay Peart, Leanne McDonald, Toshel Goffe		
<b>4x400m Relay</b>			
D-1	Warwick Valley- IX		3:52.73
	Katherine Smith, Jade Liguori, Caroline Fatta, Kristin Thompson		
D-2	Bronxville- I		3:57.35
	Alisa Kanganis, Caroline Brashear, Sabrina Mellinghoff, Eve Balseiro		
Federation	Paul Robeson- PSAL		3:48.51
	Toshel Goffe, Lailah White, Leanne McDonald, Qunizel Bazillia		
<b>4x800m Relay</b>			
D-1 + Federation	Fayetteville-Manlius- III		9:04.69
	Susan Bansbach, Grace Kaercher, Claire Walters, Phoebe White		
D-2	Bronxville- I		9:15.35
	Natalie Weiner, Caroline Brashear, Maeve Sullivan, Clio Dakolias		

2020 Meet Canceled Covid-19

STATE MEET RECORDS TO DATE ( LAST UPDATED 7/10/2020 )			
100m	Kadecia Baird (2012)	Medgar Evers- PSAL	11.63
200m	Lanae-Tava Thomas (2017)	Rush Henrietta Sperry- V	23.42
400m	Sammy Watson (2015)	Rush Henrietta Sperry- V	52.69
800m	Kamryn McIntosh (2015)	Suffern- I	2:05.63
1500m	Katelyn Tuohy (2018)	North Rockland- I	4:14.45
3000m	Katelyn Tuohy (2018)	North Rockland- I	9:09.71
2000m SC	Sarah Trainor (2019)	FDR (Hyde Park)- IX	6:31.59
100mH	Ronnetta Alexander (2003)	Williamsville South- VI	13.66
400mH	Dalilah Muhammad (2008)	Benjamin Cardozo- PSAL	57.81
Long Jump	Lanae-Tava Thomas (2017)	Rush Henrietta Sperry- V	20' 7.50"
Triple Jump	Alissa Braxton (2019)	Commack- XI	41' 9.75"
High Jump	Shelly Choppa (1988)	Glen Falls- II	6' 0"
Pole Vault	Tiffany Maskulinski (2004)	Iroquois- IV	13' 5"
Shot Put	Melissa Kurzdorfer (2009)	Lancaster- VI	48' 3"
Discus	Stacey Schroeder (1992)	Grand Island- VI	166' 5"
Pentathlon	Alyssa Hasan (2005)	Williamsville South- VI	3614 pts
100m Wheelchair	Elise Hill (2019)	South Jefferson- III	31.61
200m Wheelchair	Sarah Bolton (2019)	Cold Spring Harbor- VIII	1:04.39
400m Wheelchair	Sarah Bolton (2019)	Cold Spring Harbor- VIII	2:14.84
1500m Wheelchair	Janna Nieh (2019)	Beacon- I	5:24.86
Wheelchair SP	Elise Hill (2019)	South Jefferson- III	10' 3.5"
4x100m Relay	Medgar Evers (2014)- PSAL		46.25
	Brenessa Thompson, Martina Brown, Janai Cameron, Karimah Senior		
4x400m Relay	Medgar Evers (2011)- PSAL		3:42.60
	Kadecia Baird, Shakele Seaton, Sandrae Fargiharson, Nyanka Joseph		
4x800m Relay	Garden City (2010) - VIII		8:49.88
	Taylor Hennig, Katie O'Neill, Emma Gallagher, Emily Menges		

RETIRED RECORDS FOR EVENTS NO LONGER CONTESTED.			
1500m Walk	Gabrielle Rini (1983)	Northport- XI	6:57.90 *
Pentathlon	Heide Mann (1981)	Queensbury- II	3710 pts **
			Old Scoring Tables
4x200m Relay	North Babylon- XI (1980)		1:41.3
	Karen Brown, Sue Fiero, Evita Washington, Jeannete Huggins		
Intersectional Relay	Section XI - Suffolk County (1980)		4:06.2
(4-2-2-8)	M. Scharoun- Half Hollow Hills East, E. Holmes- Ward Melville		
	Tracey Piper- Brentwood, K. Ross- Miller Place		
Intersectional Relay	Section XI- Suffolk County (1995)		12:18.6
DMR	Keri Seher- Sachem, Karen Doris- Ward Melville		
	Danielle Cunningham Ward Melville, Michelle Stefano- Half Hollow Hills East		