

GMC Spring Girls Track & Field 2015 Honors

All-Conference

<u>Event</u>	<u>School</u>	<u>Athlete</u>	<u>At- Large</u>
100	Metuchen	Aria Santo Pietro	Shelby Piccinic- Colonia
200	E. Brunswick	Shanelle Colmon	Gabi Stankosh- Bishop Ahr
400	Middlesex	Katie LaCapria	Dakota Gerges- Sayreville
800	Spotswood	Katherine Wasserman	Asha Dwyer- Piscataway
1600	Spotswood	Alexandra Coghlan	Miranda Irizarry- S. Brunswick
3200	Metuchen	Rachel Suss	Jamina Morris- JP Stevens
400IH	Woodbridge	Temi Odukale	Denise Porter- S. Brunswick
110HH	N. Brunswick	Shelby Francis	Oliva Scattergood- S. Brunswick
Long Jump	E. Brunswick	Gloria Donou	
Triple Jump	N. Brunswick	Wnenna Ibe	
High Jump	Piscataway	Tasha Bethea	
Pole Vault	S. Brunswick	Daniella Izzo	
Shot Put	E. Brunswick	Lauryn Galloway	
Disc	S. Brunswick	Brianna DelPiano	
Javelin	S. Brunswick	Kristin Krier	

Coach of the Year- Christine Altland, Cardinal McCarrick

4x400 Relay- E. Brunswick

Mariah Shummette
Leyna Abrahams
Jasmine Jerman
Shanelle Colman

4x100 Relay-S. Brunswick

Zyjra Thomas
Desirae Osley
Rochell McDonald
Aspen McMillan

4x800 Relay- Old Bridge

Alyssa Kramer
Gina Somma
Melanie Stamey
Jenna Sobieski

All-Red Division

<u>Event</u>	<u>School</u>	<u>Athlete</u>	<u>At- Large</u>
100	Edison	Promise Fadahunsi	Gianna Thompson, Piscataway
200	Piscataway	Asha Dwyer	Miranda Irizarry, S. Bruns
400	Piscataway	Tasha Bethea	Denise Porter, S. Bruns
800	S. Brunswick	Essence Baker	Aaliyah Moore, Edison
1600	S. Brunswick	Natalie Ginez	Olivia Scattergood, S. Bruns
3200	E. Brunswick	Chelsea Stocki	Dymique Moore, Edison
400IH	JP Stevens	Jamina Morris	Annalyse Varlows, S. Bruns
110HH	Edison	Rachael Izegebu	Mikhayla Sabo, JP Stevens
Long Jump	E. Brunswick	Gloria Donou	
Triple Jump	S. Brunswick	Jada- Rae Poku	<u>4x400 Relay- East Brunswick</u>
High Jump	Old Bridge	Taylor Pielli	Mariah Shumette
Pole Vault	S. Brunswick	Danielle Izzo	Leyna Abrahams
Shot Put	E. Brunswick	Lauryn Galloway	Jasmine Jerman
Disc	S. Brunswick	Brianna Del Piano	Shanelle Colmon
Javelin	S. Brunswick	Kristin Krier	

Coch of the Year- Stefan Morrhead South Brunswick

Sportsmanship- JP Stevens

4x100 Relay-South Brunswick

Desirae Osley
 Rochell McDonald
 Zyjira Thomas
 Aspen McMillan

4x800 Relay- Old Bridge

Alyssa Kramer
 Gina Somma
 Melanie Stanley
 Jenna Sobieski

All-White Division

<u>Event</u>	<u>School</u>	<u>Athlete</u>	<u>At- Large</u>
100	New. Bruns	Howard	Armour- No. Bruns
200	Woodbridge	Dorval	Darmola- Woodbridge
400	P. Amboy	Bradon	Handy- Sayreville
800	No. Bruns	LaRose	Liebenthal- Monroe
1600	JFK	Vyas	Ogrodnik- JFK
3200	Monroe	Mantz	Abbott- Monroe
400IH	No. Bruns	Francis	Novoczynski- JFK
110HH	Monroe	Douglas	Rosario- Sayreville
Long Jump	Monroe	Weitman	
Triple Jump	No. Bruns	Ibe. N	<u>4x400 Relay- Woodbridge</u>
High Jump	Sayreville	Nkang	Ibronke
Pole Vault	No. Bruns	Handy	Odukale
Shot Put	Woodbridge	Simmons	Akimbo
Disc	No. Bruns	Caliolio	Marina
Javelin	Monroe	Patrick Paoluccio	
			<u>4x100 Relay- Sayreville</u>
			Vick
			Fleming
			Cotogno
			Gerges
			<u>4x800 Relay- Woodbridge</u>
			Martinez
			Gasser
			Roldan
			Bennett- Belnabella

Coach of the Year- Woodbridge

Sportsmanship- New Bruns

All-Blue Division

<u>Event</u>	<u>School</u>	<u>Athlete</u>	<u>At- Large</u>
100	Metuchen	Aria Santo Pietro	Shelby Piccinic, Colonia
200	Metuchen	Malika Johnson	Zanique Barns, Middlesex
400	Metuchen	Amanda Harding	Dianne Ferraro, S. Plainfield
800	Spotswood	Katie Wasserman	Shannon Wieszczyk, Mother Seton
1600	Spotswood	Ally Coghlan	Gabi Stankosh, Bishop Ahr
3200	Metuchen	Rachel Suss	Jamie Foster, Bishop Ahr
400IH	Mother Seton	Katheryn Ward	Dominique Hessing, S. Plainfield
110HH	Metuchen	Brianna Murphy	Nicole Merkelbach, Mother Seton
Long Jump	Bishop Ahr	Amari Hyatt	
Triple Jump	Spotswood	Angel Ebube	<u>4x400 Relay- Middlesex</u>
High Jump	S. Plainfield	Kiiian Morgan	Amelia Jennings
Pole Vault	S. Plainfield	Emily Heath	Jeanetter Jones
Shot Put	Middlesex	Rosalina Guarino	Aspen Ritz
Disc	Mother Seton	Brianna Campbell	Katie Lakapria
Javelin	Spotswood	Lisa Millburn	

Coach of the Year- Kelly Hollorah, Metuchen

Sportsmanship- Spotswood

4x100 Relay-Colonia

Jimaye Frage
Simi Oqunnowo
Angelina McGhee
Olayinka Iielaboye

4x800 Relay- Metuchen

Lauren Delmonaco
Kate Santus
Kristina Lignell
Lauren Lobdeli

All-Gold Division

<u>Event</u>	<u>School</u>	<u>Athlete</u>	<u>At- Large</u>
100	Timothy C.	Sydney St. Jean	Nicole Rogan, Cardinal McCarrick
200	Carteret	Deniaja Lemon	Lachelle Dufresne, Carteret
400	Carteret	Michelle Alvarez	Zionett Salahudin, Carteret
800	Timothy C.	Katelyn Dyer	Azia Pompey, Wardlaw
1600	Wardlaw	Nikki Mugambi	Sabrina Estevez, Dunellen
3200	Dunellen	Alyssa Buccino	Briana Crawley, Wardlaw
400IH	Dunellen	Autum Thompson	Makena Mugambi, Wardlaw
110HH	Highland P.	Anna Minakhina	Sydney Hughes, Wardlaw
Long Jump	Highland P.	Gabby Sanchez	Keniya Orange, Carteret
Triple Jump	Cardinal M.	Maria Wise	Natalie Wright, Dunellen
High Jump	Dunellen	Iyannah Harris	Ebere Ojinnaka, Dunellen
Pole Vault	Middlesex	Robert Dinger	Yoanni Santana, Cardinal McCarrick
Shot Put	Carteret	Kirby Jones	
Disc	Timothy C.	Christie Mercaldo	<u>4x400 Relay- Dunellen</u>
Javelin	Dunellen	Rachel Herbig	<u>4x100 Relay-Carteret</u>

Coach of the Year- Christine Altland, Carindal McCarrick

4x800 Relay- Highland Park

Sportsmanship-Highland Park