

2010 ALL-SHORE TEAM SHORE TRACK COACHES

(LISTS ARE ALPHABETICAL)

100

Gabby Galanti	Freehold Twp
Tylia Gillon	Jackson Memorial
Yazmin Hall	Neptune

200

Chelsea Cox	Southern
Tylia Gillon	Jackson Memorial
Aiyanna James	Red Bank Reg.

400

Chelsea Cox	Southern
Tylia Gillon	Jackson Memorial
Ajee Wilson	Neptune

800

Chelsea Cox	Southern
Molly McNamara	RBC
Ajee Wilson	Neptune

1600

Corrie Gethard	Southern
Molly McNamara	RBC
Ajee Wilson	Neptune

3200

Michelle Capozzi	RBC
Chelsea Delaney	SJV
Corrie Gethard	Southern

High Hurdles

Jessica Carlson	Southern
Samantha Jensen	Central
Samantha Rodriguez	Southern

Intermediate Hurdles

Pauline Dabrowski	Mon Don
Meghan McMullin	RBC
Emily Pereira	Freehold Twp

Relay

Freehold Twp
Southern
Toms River North

Triple Jump

Jessica Carlson	Southern
Essence Mayers	Lakewood
Samantha Osadacz	Jackson Memorial

Long Jump

Nya Butler	Lakewood
Gabby Galanti	Freehold Twp
Essence Mayers	Lakewood
Samantha Osadacz	Jackson Memorial

High Jump

Nicole Donahue	St Rose
Dana Ohlson	Southern
Elly Wardle	Toms River South

Pole Vault

Dana Schweiger	Toms River North
Stephanie Skove	Monmouth

Chelsea Vaughn	Southern
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Shot Put

Sophia Belaid	Brick Memorial
Taylor Jacob	Toms River North
Tilah Young	Barnegat

Discus

Kaitlyn Brunner	Brick Twp.
Chelsea Carballo	Toms River South
Ariele Parrish	Manchester

Javelin

Elaina Mezzasalma	Marlboro
Barbara Simovic	Southern
Anne Vreeland	Jackson Liberty