

Montgomery's Cashman takes pole vault gold among tough field at Meet of Champions, 2021

Updated Jun 20, 1:22 PM; Posted Jun 19, 5:56 PM

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2021 NJSIAA Track and Field Meet of Champions

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By Ryan Patti | [NJ Advance Media for NJ.com](#)

Montgomery's Lauren Cashman is only a sophomore, but she took the NJSIAA Meet of Champions title at Frank Jost Field in South Plainfield in the girls pole vault.

"It's an amazing feeling," she said. "It's crazy because we didn't even have a season last year. Just to be able to compete this year is amazing and being a champion at the Meet of Champions just adds to it."

Head coach Tim Bartholomew was thrilled with Cashman's showing. She cleared 12 feet with no fouls and he felt like an outing like that could give her the gold.

"She was clean throughout," he said. "She knew it would take 12 clean or 12-6 to win. It's awesome to have that."

Hunterdon Central senior Suzy Lacombe was the only other vaulter to clear 12 feet entering the meet.

She wasn't one of the four vaulters to reach the final height of 12 feet, but her presence got more out of Cashman, like it seemed to do at every meet they squared off at, including a dual meet, sectionals and groups.

"Whenever Suzy is there, it's always great competition," Cashman said. "She's an amazing athlete and it was definitely always back and forth with us. We push each other at our meets. I thought it was going to take 12-6 because there are so many amazing jumpers here. Four other girls made it over 12, so getting all those clean jumps helped."



Lauren Cashman of Montgomery competes in the girls pole vault during the NJSIAA Track and Field Meet of Champions at South Plainfield High in South Plainfield, NJ on 6/19/21. Chris Faytok | NJ Advance Media for NJ.com

Bartholomew sees effort away from the runway as a primary reason for Cashman's success.

"She's a hard worker," he said. "She does all the right things and makes sure she gets the right sleep and nutrition. She went to a vault camp as well to get some extra work in. She one of our best sprinters as well and she's phenomenal."

Cashman gave herself some tough love after the meet despite walking away with a gold and has 12-6 in her sights ahead of her junior year. It almost happened today.

"On my last attempt, I thought I could've had it," she said. "I need to keep working on my speed and strength. I have to clean up my jumps."

RESULTS

- 1-Cashman, Lauren 10 Montgomery 12-00.00
- 2-Conroy, Randi 12 Northern Highlands J12-00.00
- 3-Basewitz, Fiona 12 Collingswood J12-00.00
- 4-Fitzgerald, Elizabeth 11 Montclair HS J12-00.00
- 5-Engels, Jenna 12 Piscataway J12-00.00
- 6-Greeley, Julia 12 Seneca HS J11-06.00
- 7-Lee, Michelle 11 NV - Demarest J11-06.00
- 8-Lacombe, Suzy 12 Hunterdon Central 11-00.00
- 8-McSweeney, Kathryn 10 East Brunswick 11-00.00

10-Mason, Rachel 11 High Point J11-00.00
10-O'Reilly, Magdalena 10 Watchung Hills J11-00.00
12-Napolitano, Megan 11 Hasbrouck Heights J11-00.00
13-Mele, Emma 12 Warren Hills J10-06.00
13-Lee, Hana 12 Tenafly HS J10-06.00
15-Boggs, Abigail 12 Rancocas Val J10-06.00
16-Jelmert, Gretel 12 Watchung Hil J10-06.00
17-Viggiano, Emma 12 Immaculate H J10-06.00
18-Hutchinson, Talia 10 Ridgewood J10-06.00
18-Cawood, Alexa 11 Holy Angels J10-06.00
20-Stewart, Birdie 12 Ocean City 10-00.00
20-Merola, Alexis 11 Roxbury HS J10-00.00
21-Parr, Sarah 12 Audubon HS J10-00.00
23-Clarkson, Katherine 12 Somerville 9-06.00
23-Pasek, Chloe 11 West Milford 9-06.00
23-Miller, Emma 11 Tenafly HS 9-06.00
23-Cheo-Isaacs, Leila 12 Ridge HS 9-06.00

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