

The 800 and 1,600 were strikingly similar races. Cherokee's Michelle Bilicki and Moorestown's Meghan Hughes both started out a lot slower than they anticipated, both pushed the pace in the second half of their races, and both ended up winning by a rather-comfortable, four-plus seconds.

Bilicki, who had planned to make her move with 250 to go, went through the first 400 in 67-68 seconds, slow enough to cause her to shift up a gear sooner. With 300-350 left, she distanced herself from the field and finished in 2:17.15, the 10th-fastest time in county history.

As for Hughes in the 1,600, she was stuck in a nine-girl pack that went through the first 800 at around 2:47 — a pace that was way too slow for the Moorestown sophomore.

"When I saw we went out in 2:40-something, I decided I should make a move," Hughes said.

And that's what she did. Hughes took the lead, pushed the pace, and banged out a 74-second final lap to cruise to victory in 5:18.29. It was still more than five seconds off Hughes' PR of 5:12.6.

En route to victory, Hughes beat out a less-than-fresh Bilicki, who had run the 800 about an hour before.