

**Group I  
Scoring**

<b>Year</b>	<b>Team</b>	<b>Performance</b>
1976	Woodbury	34
1977	Woodbury	24
1978	Woodbury	24.5
1979	Woodbury	25
1980	Highland Park	36
1981	Highland Park	30
1982	Roselle Park	30
1983	Woodbury	28
1984	Highland Park	36
1985	Bernards	32
1986	Penns Grove	26
1987	<b>Saddle Brook</b>	29
1988	Asbury Park	29
1989	Haddonfield	26
1990	Newark Arts	29
1991	<b>Saddle Brook</b>	27.5
1992	Metuchen	51
1993	Newark Arts	40
1994	Science	50
1995	Roselle	44
1996	Pleasantville	52
1997	Metuchen	50
1998	<b>Westwood</b>	35
1999	Metuchen	52
2000	Bishop Eustace	39
2001	Haddonfield	56.5
2002	Haddonfield	46
2003	Metuchen	49
2004	Whippany Park	32
2005	Shore	32
2006	Shore	37
2007	Roselle	37
2008	Metuchen	52
2009	Glassboro	45
2010	Haddonfield	43
2011	<b>Hasbrouck Heights</b>	46
2012	Pleasantville	38
2013	Pleasantville	38
2014	Haddonfield	52
2015	Willingboro	44
2016	Weequahic	50
2017	Willingboro	52
2018	Willingboro	48
2019	Willingboro	<b>64</b>
2020	Willingboro	50
2022	Willingboro	52
2023	Metuchen	44
2024	Metuchen	50

**800 relay**

<b>Year</b>	<b>Team</b>	<b>Performance</b>
1976	Woodbury	1:36.0*
1977	Clifford Scott	1:37.3*
1978	Penns Grove	1:36.9*
1979	Roselle Park	1:36.1*
1980	Roselle Park	1:36.2*
1981	New Brunswick	1:37.6*
1982	Woodbury	1:39.8*
1983	Woodbury	1:36.4*
1984	<b>Saddle Brook</b>	1:40.4*
1985	Bernards	1:36.5*
1986	Penns Grove	1:38.1*
1987	Palmyra	1:36.7*
1988	Palmyra	1:37.0*
1989	Newark Arts	1:39.6*
1990	<b>Secaucus</b>	1:39.7*
1991	<b>Saddle Brook</b>	1:37.6*
1992	Metuchen	1:36.5
1993	Newark Arts	1:36.5
1994	Metuchen	1:35.91
1995	Pleasantville	1:35.97
1996	Science	1:36.30
1997	Metuchen	1:34.87
1998	Newark Arts	1:35.53
1999	Metuchen	1:35.38
2000	Highland Park	1:35.75
2001	Haddonfield	1:38.34
2002	Roselle	1:36.19
2003	Metuchen	1:36.41
2004	Whippany Park	1:37.17
2005	Metuchen	1:37.33
2006	Shore	1:35.02
2007	Roselle	1:35.01
2008	Pleasantville	1:35.64
2009	Glassboro	1:33.88
2010	Willingboro	1:35.27
2011	Palmyra	1:35.45
2012	Woodbury	1:34.79
2013	Haddon Heights	1:33.87
2014	Shabazz	1:34.37
2015	Willingboro	1:34.03
2016	Weequahic	1:34.74
2017	Willingboro	1:33.41
2018	Shabazz	1:33.66
2019	Camden	<b>1:33.30</b>
2020	Camden	1:34.33
2022	Willingboro	1:34.11
2023	Clayton	1:35.12
2024	<b>Kinnelon</b>	1:34.93

**1600 relay**

<b>Year</b>	<b>Team</b>	<b>Performance</b>
1976	Clifford Scott	3:41.6*

1977	Clifford Scott	3:40.8*
1978	Woodbury	3:36.9*
1979	Roselle Park	3:34.2*
1980	Roselle Park	3:39.0*
1981	New Brunswick	3:47.8*
1982	Roselle Park	3:38.6*
1983	Bernards	3:35.9*
1984	Highland Park	3:44.8*
1985	Bernards	3:37.2*
1986	Penns Grove	3:41.2*
1987	Palmyra	3:37.0*
1988	Newark Arts	3:37.6*
1989	Newark Arts	3:35.8*
1990	Newark Arts	3:39.2*
1991	<b>Secaucus</b>	3:40.3*
1992	Metuchen	3:37.1
1993	Newark Arts	3:32.0
1994	Metuchen	3:35.13
1995	Spotswood	3:34.42
1996	Pleasantville	3:34.64
1997	Metuchen	3:37.02
1998	Science	3:31.73
1999	Metuchen	3:31.77
2000	Metuchen	3:31.79
2001	Metuchen	3:42.38
2002	Metuchen	3:34.88
2003	Metuchen	3:39.09
2004	Whippany Park	3:37.95
2005	Bordentown	3:37.27
2006	Shore	3:32.32
2007	<b>Park Ridge</b>	3:33.11
2008	Pleasantville	3:34.06
2009	Snyder	3:34.40
2010	Metuchen	3:33.10
2011	Pleasantville	3:36.22
2012	Pleasantville	3:34.90
2013	Pleasantville	3:30.01
2014	Metuchen	<b>3:28.15</b>
2015	Roselle	3:31.39
2016	Weequahic	3:31.48
2017	Willingboro	3:31.74
2018	Shabazz	3:35.93
2019	Willingboro	3:33.94
2020	Metuchen	3:34.18
2022	Willingboro	3:36.39
2023	Metuchen	3:35.65
2024	New Providence	3:34.65

**3200 relay**

<b>Year</b>	<b>Team</b>	<b>Performance</b>
1976	Woodbury	8:38.8*
1977	Woodbury	8:29.7*
1978	Woodbury	8:22.4*

1979	Woodbury	8:38.0*
1980	Bernards	8:42.2*
1981	Highland Park	8:58.8*
1982	Roselle Park	8:40.2*
1983	Bernards	8:23.7*
1984	Highland Park	8:40.6*
1985	Bernards	8:27.0*
1986	<b>Saddle Brook</b>	n.t.
1987	Haddonfield	8:35.2*
1988	Asbury Park	8:42.3*
1989	Haddon Twp.	8:35.4*
1990	Haddonfield	8:34.3*
1991	Metuchen	8:43.4*
1992	Metuchen	8:48.5
1993	Science	8:34.3
1994	Science	8:55.28
1995	Science	8:40.22
1996	<b>Westwood</b>	8:34.02
1997	Bishop Eustace	8:28.86
1998	<b>Westwood</b>	8:19.93
1999	Metuchen	8:39.93
2000	Haddonfield	8:26.23
2001	Haddonfield	8:34.20
2002	Haddonfield	8:26.66
2003	Haddonfield	8:48.05
2004	Haddon Heights	8:47.10
2005	Roselle Catholic	8:25.13
2006	New Providence	8:36.52
2007	Pope John	8:23.56
2008	Haddonfield	8:30.92
2009	Haddon Heights	8:25.90
2010	Haddonfield	8:14.32
2011	Haddonfield	8:22.04
2012	Pleasantville	8:19.98
2013	Pleasantville	<b>8:06.41</b>
2014	Haddonfield	8:23.83
2015	Pleasantville	8:11.47
2016	Haddonfield	8:17.11
2017	McNair Acadmic	8:09.17
2018	McNair Acadmic	8:14.24
2019	Pitman	8:31.22
2020	Pitman	8:33.46
2022	Audubon	8:49.77
2023	Metuchen	8:40.92
2024	<b>Glen Rock</b>	8:38.48

**Sprint medley**

1976	Woodbury	3:46.2*
1977	Woodbury	3:48.7*
1978	Woodbury	3:45.6*
1979	Woodbury	3:54.3*
1980	Roselle Park	3:59.4*
1981	Roselle Park	3:53.9*

1982	Roselle Park	3:52.0*
1983	Metuchen	3:50.6*
1984	Woodbury	3:53.4*
1985	Bernards	3:42.0*
1986	Metuchen	3:53.2*
1987	Metuchen	3:48.1*
1988	Palmyra	3:48.9*
1989	Haddonfield	3:47.4*
1990	Newark Arts	3:51.2*
1991	Metuchen	3:53.2*
1992	Whippany Park	3:51.0
1993	New Providence	3:49.9
1994	Science	3:46.73
1995	New Providence	3:43.88
1996	Pleasantville	3:45.41
1997	Metuchen	3:45.64
1998	NO RACE	
1999	Spotswood	3:44.14
2000	Dover	3:43.25
2001	Haddon Heights	3:49.94
2002	Haddonfield	3:41.38
2003	Whippany Park	3:49.30
2004	Shore	3:46.32
2005	Bordentown	3:39.43
2006	Bordentown	3:45.61
2007	<b>DePaul</b>	3:42.89
2008	Pleasantville	3:43.73
2009	Glassboro	3:44.90
2010	Haddonfield	3:43.87
2011	Haddonfield	3:44.38
2012	Madison	3:44.76
2013	Roselle	3:46.89
2014	Roselle	3:42.88
2015	Roselle	3:42.24
2016	Haddonfield	<b>3:37.66</b>
2017	New Providence	3:43.40
2018	<b>Glen Rock</b>	3:48.89
2019	Camden	3:43.85
2020	Camden	3:44.35
2022	Dayton	3:46.54
2023	<b>Kinnelon</b>	3:43.36
2024	Woodbury	3:41.94

**Distance medley**

1976	Bernards	10:56.4*
1977	Bernards	<b>10:43.4*</b>
1978	Pt. Pleasant Boro	11:07.1*
1979	Bernards	10:57.8*
1980	Highland Park	11:33.6*
1981	Highland Park	11:30.5*
1982	Glassboro	11:15.8*
1983	Highland Park	11:16.3*
1984	Highland Park	11:31.6*

1985	Bernards	11:11.4*
1986	Haddonfield	11:15.2*
1987	Haddonfield	10:59.2*
1988	Asbury Park	11:05.9*
1989	Haddon Twp.	10:57.0*
1990	Haddonfield	11:06.1*
1991	Metuchen	11:24.5*
1992	Whippany Park	11:14.4
1993	Metuchen	11:19.2
1994	New Providence	11:11.4
1995	<b>Westwood</b>	11:03.48
1996	Haddonfield	11:06.71
1997	<b>Westwood</b>	10:51.13
1998	<b>Westwood</b>	10:59.02
1999	Haddonfield	11:15.38
2000	Bishop Eustace	11:04.67
2001	Haddonfield	11:03.87
2002	Haddonfield	10:44.88
2003	Montclair Kimberley	11:07.04
2004	St. Rose	11:09.94
2005	Roselle Catholic	10:56.59
2006	Haddon Heights	11:08.73
2007	Union Catholic	10:50.34
2008	Haddonfield	10:50.40
2009	Haddonfield	10:47.59
2010	Haddonfield	10:37.17
2011	Haddonfield	10:49.77
2012	Pleasantville	10:43.19
2013	Pleasantville	<b>10:35.68</b>
2014	Metuchen	10:43.60
2015	Haddonfield	10:36.44
2016	Haddonfield	10:36.54
2017	McNair Acadmic	10:41.91
2018	Shore	10:39.89
2019	Pitman	10:46.90
2020	Pitman	10:48.78
2022	Dayton	11:03.34
2023	Metuchen	11:00.60
2024	Metuchen	11:07.30

**Shuttle Hurdles**

1976	Woodbury	32.9
1977	Bordentown	34.2
1978	Woodbury	31.5
1979	Roselle Park	33.4
1980	Highland Park	33.4
1981	Highland Park	35.5
1982	Roselle Park	35.4
1983	Highland Park	32.9
	<b>Emerson</b>	
1984	Highland Park	33.5
1985	Penns Grove	31.8
1986	<b>Saddle Brook</b>	33.5

1987	<b>Saddle Brook</b>	32.5
1988	<b>Saddle Brook</b>	<b>31.3</b>
1989	Woodbury	32.6
1990	Metuchen	32.3
1991	<b>Saddle Brook</b>	32.3
1992	Metuchen	32.8
1993	Newark Arts	33.1
1994	Metuchen	32.60
1995	Roselle	31.95
1996	Roselle	31.39
1997	Pleasantville	32.23
1998	Pleasantville	32.16
1999	New Providence	33.26
2000	Essex Catholic	32.15
2001	Haddonfield	33.54
2002	Haddonfield	32.10
2003	Haddonfield	31.95
2004	Whippany Park	35.19
2005	Seneca	32.42
2006	Palmyra	33.37
2007	Roselle	31.00
2008	Roselle	31.26
2009	Glassboro	32.12
2010	Willingboro	32.79
2011	Whippany Park	33.12
2012	<b>Hasbrouck Heights</b>	32.62
2013	Buena	32.45
2014	Roselle	31.21
2015	Willingboro	31.19
2016	Weequahic	<b>30.25</b>
2017	Willingboro	31.21
2018	Willingboro	32.30
2019	Willingboro	31.86
2020	University	34.24
2022	Willingboro	33.62
2023	University	34.17
2024	Glassboro	32.17
<b>High Jump</b>		
1976	Woodbury	11-6
1977	<b>Midland Park</b>	10-10
1978	Holmdel	11-10
1979	Pt. Pleasant Beach	12-2.5
1980	Woodbury	11-4
1981	Highland Park	11-6
1982	Highland Park	11-2
	Woodbury	
1983	Woodbury	11-6
1984	Highland Park	12-0
1985	Highland Park	11-10
1986	Palmyra	11-4
	<b>Saddle Brook</b>	
1987	Palmyra	11-8

1988	<b>Saddle Brook</b>	11-8
1989	Whippany Park	11-4
1990	Bishop Eustace	11-0
1991	Kenilworth	11-8
1992	Kenilworth	11-10
1993	Palmyra	12-4
1994	Science	12-2
1995	Pleasantville	12-4
1996	Pleasantville	11-6
1997	Metuchen	11-10
1998	Bishop Eustace	11-10
1999	<b>Westwood</b>	12-4
2000	Madison	11-8
2001	<b>Wood-Ridge</b>	11-4
2002	Pennsville	11-6
2003	Chatham	11-6
2004	Palmyra	12-0
2005	Schalick	11-9
2006	Roselle Catholic	11-8
2007	Roselle/Academic	11-6
2008	Metuchen	11-8
2009	Shore	11-2
2010	Pennsville	11-6
2011	Pennsville	11-10
2012	Woodbury	11-6
2013	Woodbury	11-8
2014	Whippany Park	11-10
2015	Weequahic	12-2
2016	Weequahic	11-10
2017	Willingboro	11-10
2018	Willingboro	12-2
2019	Willingboro	12-6
2020	Willingboro	<b>12-8</b>
2022	Willingboro	11-2
2023	David Brearley	11-4
2024	Woodbury	12-0
<b>Pole Vault</b>		
2005	Whippany Park	20-0
2006	NO RACE	
2007	NO RACE	
2008	<b>Wood-Ridge</b>	25-6
2009	<b>Park Ridge</b>	<b>26-0</b>
2010	Bordentown	20-0
2011	<b>Hasbrouck Heights</b>	22-6
2012	Bernards	24-6
2013	Madison	24-0
2014	New Providence	22-0
2015	New Providence	23-0
2016	<b>Hasbrouck Heights</b>	21-0
2017	Woodstown	22-6
2018	New Providence	23-6
2019	New Providence	24-0



2020	Willingboro	20-6
2022	<b>Emerson</b>	20-6
2023	Audubon	22-0
2024	Mountain Lakes	21-0
<b>Shot Put</b>		
1976	Highland Park	94-2
1977	Highland Park	97-2
1978	<b>Mahwah</b>	92-5
1979	Highland Park	91-9
1980	Highland Park	97-9
1981	<b>Emerson</b>	86-1
1982	Roselle Park	87-7
1983	Glassboro	90-4
1984	Kenilworth	86-8.5
1985	Penns Grove	96-5.5
1986	Penns Grove	95-7.5
1987	<b>Saddle Brook</b>	88-11
1988	Penns Grove	93-1
1989	Haddonfield	85-3.5
1990	Whippany Park	86-0.25
1991	<b>Saddle Brook</b>	90-6.75
1992	Kenilworth	86-9
1993	Springfield	91-11
1994	<b>Saddle Brook</b>	90-6.75
1995	Montgomery	93-4.75
1996	Penns Grove	88-10.75
1997	Asbury Park	93-8
1998	<b>Westwood</b>	84-4.75
1999	Newark Arts	83-0.75
2000	Bishop Eustace	89-1.25
2001	Haddonfield	94-4
2002	Bishop Eustace	88-7.25
2003	Metuchen	92-10.25
2004	<b>New Milford</b>	93-7.5
2005	Shore	93-1
2006	<b>Hasbrouck Heights</b>	98-11.75
2007	<b>Hasbrouck Heights</b>	93-7
2008	Pleasantville	93-5 3/4
2009	<b>Hasbrouck Heights</b>	93-8
2010	<b>Hasbrouck Heights</b>	94-9.75
2011	<b>Hasbrouck Heights</b>	95-5.75
2012	<b>Hasbrouck Heights</b>	94-9.75
2013	Hanover Park	<b>102-4.25</b>
2014	<b>Hasbrouck Heights</b>	87-5
2015	Willingboro	92-3.75
2016	Pleasantville	91-1.75
2017	<b>Saddle Brook</b>	96-10
2018	<b>Glen Rock</b>	94-9.25
2019	Willingboro	87-9
2020	Willingboro	98-5 1/2
2022	Willingboro	93-2.5
2023	Glassboro	90-5

2024

Glassboro

97-7.5