

Group III

Year	Team	Performance
1966	Tenaflly	14
1967	Lincoln	13
1968	Lincoln	9
1969	Lincoln	16
1970	Englewood	18
1971	Englewood	14
1972	Rahway	16
1973	Ferris	12
1974	Memorial	19
1975	East Orange	12
	Moorestown	
1976	Lincoln	19
1977	Asbury Park	27
1978	Monmouth	18.5
1979	Monmouth	24
1980	Monmouth	19.3
1981	Rahway	17
1982	Long Branch	19
1983	Long Branch	24
1984	Long Branch	19.3
1985	Willingboro	19.5
1986	Willingboro	26
1987	Willingboro	31
1988	Lakewood	24
1989	Franklin	23
1990	Franklin	22
1991	Weequahic	38
1992	Weequahic	
1993	Wilson	49
1994	Bridgeton	38
1995	Wilson	46
1996	Mainland	28
1997	Camden	36
1998	Wilson	29
1999	Camden	37
2000	Willingboro	35
2001	Willingboro	66
2002	Willingboro	66
2003	Willingboro	64
2004	Winslow Twp.	50
2005	Willingboro	30
2006	Franklin	37
2007	Notre Dame	31
2008	Winslow Twp.	32
2009	Irvington	28
	West Windsor No.	28
2010	Morristown	34
2011	Oakcrest	50
2012	Oakcrest	50

2013	Timber Creek	44
2014	Kingsway	56
2015	Kingsway	56
2016	Jackson	42
2017	Mendham	22
	Winslow Twp.	22
	Middletown North	22
2018	Pennsauken	28
	Timber Creek	28
2019	Scotch Plains	36.5
2020	West Windsor No.	43
2022	Pennsauken	32
2023	Pennsauken	42
2024	Delsea	50
800 relay		
Year	Team	Performance
1966	South Plainfield	1:17.6?
1967	Englewood	1:35.8*
1968	Englewood	1:37.0*
1969	Lincoln	1:33.7*
1970	Englewood	1:35.0*
1971	Ferris	1:35.7*
1972	Weequahic	1:35.1*
1973	Ferris	1:34.2*
1974	Asbury Park	1:37.1*
1975	East Orange	1:33.6*
1976	Ferris	1:34.6*
1977	Asbury Park	1:33.3*
1978	Monmouth	1:34.7*
1979	Asbury Park	1:31.7*
1980	Rahway	1:33.4*
1981	Lincoln	1:34.8*
1982	Newark Central	1:32.9*
1983	Franklin	1:34.8*
1984	Rahway	1:33.9*
1985	Long Branch	1:33.9*
1986	Willingboro	1:34.9*
1987	Linden	1:34.1*
1988	Steinert	1:36.0*
1989	Monmouth	1:33.5*
1990	Franklin	1:33.5*
1991	Weequahic	1:33.2*
1992	Weequahic	1:33.1
1993	Wilson	1:33.5
	Franklin	
1994	Weequahic	1:34.7
1995	Wilson	1:33.36
1996	Wilson	1:33.96
1997	Camden	1:31.41
1998	Willingboro	1:34.06
1999	Metuchen	1:35.38
2000	Camden	1:34.04

2001	Camden	1:32.88
2002	Camden	1:33.18
2003	Lakewood	1:33.41
2004	Camden	1:32.53
2005	Willingboro	1:34.56
2006	Delsea	1:34.80
2007	Camden	1:31.94
2008	Winslow Twp.	1:33.77
2009	Timber Creek	1:34.41
2010	Irvington	1:33.30
2011	Teaneck	1:33.38
2012	Oakcrest	1:31.45
2013	Timber Creek	1:32.01
2014	Timber Creek	1:31.78
2015	Pennsauken	1:32.82
2016	Timber Creek	1:32.81
2017	Pennsauken	1:32.02
2018	Pennsauken	1:31.72
2019	Hamilton North	1:32.45
2020	Hamilton North	1:29.48
2022	Pennsauken	1:32.46
2023	Pennsauken	1:33.19
2024	Delsea	1:31.38

1600 relay

Year	Team	Performance
1966	Lincoln	3:42.8*
1967	Lincoln	3:32.3*
1968	Lincoln	3:33.8*
1969	Lincoln	3:29.2*
1970	Ferris	3:31.7*
1971	Rahway	3:31.2*
1972	Rahway	3:30.3*
1973	Ferris	3:28.4*
1974	Monmouth	3:33.5*
1975	East Orange	3:31.4*
1976	Lincoln	3:29.7*
1977	Asbury Park	3:30.1*
1978	Monmouth	3:27.9*
1979	Monmouth	3:25.0*
1980	Lincoln	3:25.0*
1981	Rahway	3:27.8*
1982	Newark Central	3:26.4*
1983	Shabazz	3:30.5*
1984	Shabazz	3:29.4*
1985	Morris Hills	3:29.7*
1986	Shabazz	3:32.7*
1987	Shabazz	3:31.1*
1988	Willingboro	3:28.5*
1989	Monmouth	3:35.4*
1990	Lakewood	3:32.4*
1991	Weequahic	3:28.6*
1992	Weequahic	3:27.3

1993	Franklin	3:28.7
1994	Wilson	3:28.9
1995	Wilson	3:33.16
1996	Weequahic	3:33.71
1997	Camden	3:30.79
1998	Wilson	3:30.26
1999	Camden	3:28.63
2000	Lakewood	3:34.70
2001	Camden	3:31.06
2002	Willingboro	3:28.51
2003	Willingboro	3:29.32
2004	Willingboro	3:28.78
2005	Willingboro	3:31.82
2006	Notre Dame	3:32.08
2007	Camden	3:27.72
2008	Camden	3:27.53
2009	Timber Creek	3:29.93
2010	Winslow Twp.	3:30.47
2011	Teaneck	3:27.22
2012	Oakcrest	3:27.14
2013	Timber Creek	3:31.15
2014	Timber Creek	3:25.54
2015	Mendham	3:29.67
2016	Timber Creek	3:25.31
2017	Pennsauken	3:27.39
2018	Pennsauken	3:27.28
2019	Scotch Plains	3:30.82
2020	Hamilton North	3:32.36
2022	Pennsauken	3:31.17
2023	Pennsauken	3:24.41
2024	Timber Creek	3:28.23

3200 relay

Year	Team	Performance
1966	Tenaflly	8:54.6*
1967	Deptford	8:08.8*
1968	Deptford	8:18.7*
1969	Deptford	8:15.0*
1970	Deptford	8:21.9*
1971	Kearny	8:17.5*
1972	Moorestown	8:29.5*
1973	Monmouth	8:30.0*
1974	Parsippany Hills	8:19.3*
1975	Franklin	8:18.8*
1976	Lincoln	8:15.9*
1977	Morris Hills	8:12.0*
1978	Iselin	8:18.5*
1979	Monmouth	8:09.8*
1980	Ferris	8:10.9*
1981	Toms River South	8:16.2*
1982	Toms River South	8:13.9*
1983	Shabazz	8:02.8*
1984	Shabazz	8:08.4*

1985	Lakewood	8:12.3*
1986	Clifford Scott	8:28.7*
1987	Lakewood	8:29.5*
1988	Lakewood	8:32.9*
1989	Pascack Valley	8:34.7*
1990	Highland	8:23.3*
1991	Weequahic	8:17.1*
1992	Weequahic	8:26.8
1993	Wilson	8:17.4
1994	Wilson	8:24.3
1995	Westfield	8:23.69
1996	Westfield	8:30.05
1997	Westfield	8:24.38
1998	Morristown	8:18.27
1999	Lakewood	8:24.34
2000	Morristown	8:26.74
2001	Willingboro	8:23.71
2002	Highland	8:18.40
2003	Willingboro	8:24.82
2004	Red Bank	8:14.05
2005	Randolph	8:27.61
2006	Franklin	8:27.59
2007	Notre Dame	8:18.88
2008	West Windsor No.	8:12.60
2009	Kingsway	8:12.09
2010	Morristown	8:05.26
2011	Ocean City	8:11.71
2012	Morristown	8:19.62
2013	Kingsway	8:04.70
2014	Morristown	8:07.72
2015	Kingsway	8:16.02
2016	Morris Hills	8:03.15
2017	Morris Hills	8:05.89
2018	Middletown North	8:08.15
2019	Highland	8:18.91
2020	Middletown North	8:17.99
2022	Summit	8:29.25
2023	Highland	8:24.03
2024	Colts Neck	8:20.19
Sprint medley		
1970	Englewood	3:48.3*
1971	Englewood	3:47.4*
1972	Demarest	3:46.2*
1973	Pascack Hills	3:42.8*
1974	Monmouth	3:40.2*
1975	Long Branch	3:43.0*
1976	Lincoln	3:40.2*
1977	Asbury Park	3:42.3*
1978	Lincoln	3:45.3*
1979	Monmouth	3:37.5*
1980	Monmouth	3:38.2*
1981	Weequahic	3:42.2*

	Rahway	
1982	Rahway	3:40.3*
1983	Long Branch	3:43.2*
1984	Shabazz	3:39.9*
1985	Willingboro	3:41.7*
1986	Willingboro	3:43.0*
1987	Willingboro	3:41.4*
1988	Willingboro	3:38.3*
1989	Franklin	3:43.5*
1990	Franklin	3:38.1*
1991	Essex Catholic	3:42.2*
1992	Monmouth	3:38.3
1993	Bridgeton	3:42.0
1994	Rahway	3:45.0
1995	Wilson	3:47.41
1996	Snyder	3:38.99
1997	Morristown	3:40.53
1998	NO RACE	
1999	Lakewood	3:40.71
2000	Lakewood	3:39.88
2001	Willingboro	3:42.83
2002	Willingboro	3:44.20
2003	Franklin	3:47.39
2004	Lakewood	3:38.70
2005	Phillipsburg	3:41.66
2006	Teaneck	3:40.79
2007	Princeton	3:44.77
2008	Ocean City	3:44.19
2009	West Windsor No.	3:42.05
2010	Cumberland	3:42.26
2011	West Windsor So.	3:40.04
2012	Oakcrest	3:37.55
2013	Pascack Valley	3:38.65
2014	Kingsway	3:37.68
2015	Kingsway	3:42.46
2016	Hamilton North	3:38.90
2017	Hamilton North	3:36.92
2018	West Windsor No.	3:37.32
2019	Snyder	3:44.99
2020	Hamilton East	3:40.42
2022	Pennsauken	3:40.98
2023	Pennsauken	3:37.65
2024	Winslow Twp.	3:39.03

Distance medley

1966	Brick	11:28.0*
1967	Brick	10:58.8*
1968	Brick	10:36.9*
1969	Pascack Hills	10:50.0*
1970	Wayne Valley	10:53.4*
1971	Englewood	10:56.4*
1972	Northern Highlands	n.t.
1973	Northern Highlands	10:50.3*

1974	Pascack Valley	10:48.3*
1975	Moorestown	10:51.1*
1976	Parsippany	10:51.4*
1977	Ramsey	n.t.
1978	Washington Twp.	10:59.3*
1979	Ferris	10:59.8*
1980	Long Branch	10:46.8*
1981	Toms River South	10:55.6*
1982	Long Branch	10:52.1*
1983	Long Branch	10:51.4*
1984	Cranford	10:49.3*
1985	Morris Hills	10:45.1*
1986	Princeton	10:53.4*
1987	Willingboro	11:04.1*
1988	Willingboro	11:03.5*
1989	Franklin	11:06.8*
1990	Franklin	10:54.3*
1991	North Hunterdon	10:48.9*
1992	Northern Highlands	10:56.6
1993	North Hunterdon	10:37.3
1994	Toms River South	11:01.5
1995	Toms River South	10:54.10
1996	Westfield	10:42.36
1997	Westfield	10:40.78
1998	North Hunterdon	10:46.25
1999	Lakewood	10:44.98
2000	Wayne Valley	10:43.56
2001	Notre Dame	11:03.93
2002	Toms River South	10:58.12
2003	Willingboro	10:55.56
2004	Red Bank	10:49.06
2005	Phillipsburg	10:48.62
2006	Colts Neck	10:46.63
2007	Notre Dame	10:51.22
2008	West Windsor So.	10:42.90
2009	West Windsor No.	10:24.34
2010	West Windsor So.	10:34.61
2011	Ocean City	10:28.97
2012	West Windsor So.	10:50.08
2013	Toms River South	10:26.05
2014	Middletown North	10:22.93
2015	Kingsway	10:42.95
2016	West Windsor So.	10:38.70
2017	Mendham	10:41.90
2018	West Windsor No.	10:34.00
2019	Summit	10:55.68
2020	Allentown	10:25.68
2022	West Windsor No.	10:43.03
2023	Highland	10:55.75
2024	Colts Neck	10:46.86
Shuttle Hurdles		
1966	New Milford	33.1

1967	Long Branch	31.2
1968	North Plainfield	31.6
1969	Asbury Park	31.5
1970	New Milford	31.9
1971	Metuchen	30.5
1972	Rahway	30.4
1973	New Milford	30.5
1974	Edgewood	30.6
1975	Moorestown	29.9
1976	Moorestown	30.5
1977	Asbury Park	30.2
1978	Weequahic	30.9
1979	Emerson (UC)	30.8
1980	Randolph	31.1
1981	Randolph	32.0
1982	Long Branch	32.1
1983	Long Branch	30.4
1984	Long Branch	30.7
1985	Willingboro	31.6
1986	Willingboro	30.9
1987	Willingboro	31.8
1988	Shabazz	30.9
1989	Willingboro	30.5
1990	Bridgeton	31.6
1991	Bridgeton	31.2
1992	Franklin	31.3
1993	Franklin	31
1994	Bridgeton	32.05
1995	Sayreville	32.57
1996	Wayne Valley	32.97
1997	Camden	30.58
1998	Wilson	30.96
1999	Wilson	30.19
2000		
2001	Camden	31.41
2002	Willingboro	31.88
2003	Franklin	31.21
2004	Winslow Twp.	30.30
2005	Central Reg.	32.83
2006	Randolph	31.52
2007	Willingboro	30.85
2008	Irvington	31.61
2009	Irvington	30.90
2010	Jackson	31.23
2011	Oakcrest	31.05
2012	Oakcrest	30.07
2013	Winslow Twp.	31.54
2014	Hamilton North	31.98
2015	Winslow Twp.	31.78
2016	Jackson	30.62
2017	Mendham	31.75
2018	Central Reg.	31.45

2019	Hamilton North	31.38
2020	Winslow Twp.	30.18
2022	Randolph	32.34
2023	Winslow Twp.	31.98
2024	Morris Knolls	31.51
High Jump		
1976	Moorestown	12-4
1977	Overbrook	12-2
1978	Springfield	11-8
1979	Monmouth	12-11
1980	Asbury Park	11-6
	Monmouth	
	Rancocas Valley	
1981	Cumberland	11-10
1982	Toms River South	12-2
1983	Toms River South	12-8
1984	Franklin	11-8
1985	Franklin	12-4
1986	Lakewood	12-0
1987	Mount Olive	12-2
1988	Lakewood	12-0
1989	Old Tappan	12-2
1990	Edgewood	12-0
1991	North Hunterdon	12-2
1992	North Brunswick	12-4
1993	Oakcrest	12-2
1994	Bridgeton	12-8
1995	Morristown	12-2
	Shabazz	
1996	Mainland	12-2
1997	Rancocas Valley	12-6
1998	Scotch Plains	12-8
1999	Scotch Plains	12-0
2000	Willingboro	12-4
2001	Willingboro	12-10
2002	Willingboro	13-0
2003	Willingboro	12-10
2004	Willingboro	12-2
2005	Willingboro	12-6
2006	Delsea	12-6
2007	Central Reg.	11-4
2008	Irvington	12-2
2009	Irvington	11-10
2010	Middletown South	11-10
2011	Middletown South	11-10
2012	Oakcrest	12-4
2013	Oakcrest	12-4
2014	Timber Creek	11-10
2015	Timber Creek	12-4
2016	Neptune	12-0
2017	JFK-Iselin	11-10
2018	Middletown South	12-4

2019	Middletown South	12-2
2020	West Windsor No.	11-6
2022	Timber Creek	12-2
2023	Winslow Twp.	11-4
	Scotch Plains	
2024	North Hunterdon	11-6
	Scotch Plains	
	Delsea	
Pole Vault	Toms River South	25-0
2005	Roxbury	26-0
2006	NO RACE	
2007	West Milford	24-6
2008	Roxbury	24-6
2009	Toms River South	25-0
2010	Ocean City	24-0
2011	Jackson Liberty	24-0
2012	Kingsway	25-0
2013	Kingsway	27-6
2014	Kingsway	23-6
2015	Ocean Twp.	23-6
2016	Cranford	24-0
2017	Chatham	23-0
2018	Hammonton	24-0
2019	West Windsor No.	21-6
2020	Toms River South	22-6
2022	Morris Knolls	25-0
2023	Toms River South	25-0
2024	Delsea	25-6
Shot Put	Ocean Twp.	106-7
1976	Edgewood	99-3.5
1977	Demarest	105-4.5
1978	Asbury Park	99-1
1979	Asbury Park	108-10.5
1980	Demarest	97-2
1981	Demarest	107-3
1982	South Plainfield	91-11.5
1983	Wayne Valley	99-10.5
1984	Wayne Valley	101-1
1985	Wilson	104-4
1986	Hanover Park	96-10
1987	Indian Hills	99-3.75
1988	Cedar Ridge	97-5.5
1989	Edgewood	100-8.5
1990	Bridgeton	102-4.5
1991	Matawan	101-4.5
1992	Matawan	105-7
1993	Bridgeton	115-2.75
1994	Toms River South	98-11
1995	St. Joseph (Met)	103-4.5
1996	St. Joseph (Met)	104-8.75
1997	Hamilton	95-3.75
1998	Seton Hall	96-0.75

1999	Willingboro	100-2.75
2000	Willingboro	96-11
2001	Willingboro	96-0
2002	Toms River South	102-8.25
2003	Wall Twp.	97-1.25
2004	Franklin	97-8.75
2005	Franklin	102-6.75
2006	Toms River South	111-4 3/4
2007	Morristown	105-4 1/4
2008	Morristown	109-5 1/2
2009	Morristown	115-8.25
2010	Morristown	115-6
2011	Montville	93-2.75
2012	Timber Creek	91-0 3/4
2013	Central Reg.	99-8 1/4
2014	Montville	98-11
2015	Toms River East	108-6 1/2
2016	Toms River South	91-6
2017	Lakewood	102-10 3/4
2018	Red Bank	102-3 1/4
2019	Toms River South	102-10 1/2
2020	Matawan	90-7
2022	Delsea	100-3 1/2
2023	Matawan	96-2 1/2
2024	Delsea	105-9