

**Group I
Scoring**

| Year | Team | Performance |
|-------------|---------------------|--------------------|
| 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 | Saddle Brook | 29 |
| 1988 | Asbury Park | 29 |
| 1989 | Haddonfield | 26 |
| 1990 | Newark Arts | 29 |
| 1991 | Saddle Brook | 27.5 |
| 1992 | Metuchen | 51 |
| 1993 | Newark Arts | 40 |
| 1994 | Science | 50 |
| 1995 | Roselle | 44 |
| 1996 | Pleasantville | 52 |
| 1997 | Metuchen | 50 |
| 1998 | Westwood | 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 |

800 relay

| Year | Team | Performance |
|-------------|---------------------|--------------------|
| 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 | Saddle Brook | 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 | Secaucus | 1:39.7* |
| 1991 | Saddle Brook | 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 |

1600 relay

| Year | Team | Performance |
|-------------|-----------------|--------------------|
| 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 | Secaucus | 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 | Park Ridge | 3:33.11 |
| 2008 | Pleasantville | 3:34.06 |
| 2009 | Snyder | 3:34.40 |
| 2010 | Metuchen | 3:33.10 |

3200 relay

| Year | Team | Performance |
|------|---------------------|----------------|
| 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 | Saddle Brook | 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 | Westwood | 8:34.02 |
| 1997 | Bishop Eustace | 8:28.86 |
| 1998 | Westwood | 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 |

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 | DePaul | 3:42.89 |
| 2008 | Pleasantville | 3:43.73 |
| 2009 | Glassboro | 3:44.90 |
| 2010 | Haddonfield | 3:43.87 |

Distance medley

| | | |
|------|-------------------|-----------------|
| 1976 | Bernards | 10:56.4* |
| 1977 | Bernards | 10:43.4* |
| 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 | Westwood | 11:03.48 |
| 1996 | Haddonfield | 11:06.71 |
| 1997 | Westwood | 10:51.13 |

| | | |
|-------------|---------------------|-----------------|
| 1998 | Westwood | 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 |

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 |

Emerson

| | | |
|-------------|---------------------|--------------|
| 1984 | Highland Park | 33.5 |
| 1985 | Penns Grove | 31.8 |
| 1986 | Saddle Brook | 33.5 |
| 1987 | Saddle Brook | 32.5 |
| 1988 | Saddle Brook | 31.3 |
| 1989 | Woodbury | 32.6 |
| 1990 | Metuchen | 32.3 |
| 1991 | Saddle Brook | 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 |

High Jump

| | | |
|-------------|----------|------|
| 1976 | Woodbury | 11-6 |
|-------------|----------|------|

| | | |
|-------------------|---------------------|-------------|
| 1977 | Midland Park | 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 |
| | Saddle Brook | |
| 1987 | Palmyra | 11-8 |
| 1988 | Saddle Brook | 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 | Westwood | 12-4 |
| 2000 | Madison | 11-8 |
| 2001 | Wood-Ridge | 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 |
| Pole Vault | | |
| 2005 | Whippany Park | 20-0 |
| 2006 | NO RACE | |
| 2007 | NO RACE | |
| 2008 | Wood-Ridge | 25-6 |
| 2009 | Park Ridge | 26-0 |
| 2010 | Bordentown | 20-0 |
| Shot Put | | |
| 1976 | Highland Park | 94-2 |
| 1977 | Highland Park | 97-2 |
| 1978 | Mahwah | 92-5 |
| 1979 | Highland Park | 91-9 |
| 1980 | Highland Park | 97-9 |
| 1981 | Emerson | 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 | Saddle Brook | 88-11 |
| 1988 | Penns Grove | 93-1 |
| 1989 | Haddonfield | 85-3.5 |
| 1990 | Whippany Park | 86-0.25 |
| 1991 | Saddle Brook | 90-6.75 |
| 1992 | Kenilworth | 86-9 |
| 1993 | Springfield | 91-11 |
| 1994 | Saddle Brook | 90-6.75 |
| 1995 | Montgomery | 93-4.75 |
| 1996 | Penns Grove | 88-10.75 |
| 1997 | Asbury Park | 93-8 |
| 1998 | Westwood | 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 | New Milford | 93-7.5 |
| 2005 | Shore | 93-1 |
| 2006 | Hasbrouck Heights | 98-11.75 |
| 2007 | Hasbrouck Heights | 93-7 |
| 2008 | Pleasantville | 93-5 3/4 |
| 2009 | Hasbrouck Heights | 93-8 |
| 2010 | Hasbrouck Heights | 94-9.75 |