

**Group III
Scoring**

| Year | Team | Performance |
|-------------|------------------|--------------------|
| 1966 | Tenafly | 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 |

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 |

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 |

3200 relay

| Year | Team | Performance |
|-------------|------------------|--------------------|
| 1966 | Tenafly | 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 |

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 |

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 |

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 |
| 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 |
| Pole Vault | | |
| 2005 | Toms River South | 25-0 |
| 2006 | Roxbury | 26-0 |
| 2007 | NO RACE | |
| 2008 | West Milford | 24-6 |
| 2009 | Roxbury | 24-6 |
| 2010 | Toms River South | 25-0 |
| Shot Put | | |
| 1976 | Ocean Twp. | 106-7 |
| 1977 | Edgewood | 99-3.5 |
| 1978 | Demarest | 105-4.5 |
| 1979 | Asbury Park | 99-1 |
| 1980 | Asbury Park | 108-10.5 |
| 1981 | Demarest | 97-2 |
| 1982 | Demarest | 107-3 |
| 1983 | South Plainfield | 91-11.5 |
| 1984 | Wayne Valley | 99-10.5 |
| 1985 | Wayne Valley | 101-1 |
| 1986 | Wilson | 104-4 |
| 1987 | Hanover Park | 96-10 |
| 1988 | Indian Hills | 99-3.75 |
| 1989 | Cedar Ridge | 97-5.5 |
| 1990 | Edgewood | 100-8.5 |
| 1991 | Bridgeton | 102-4.5 |
| 1992 | Matawan | 101-4.5 |
| 1993 | Matawan | 105-7 |
| 1994 | Bridgeton | 115-2.75 |
| 1995 | Toms River South | 98-11 |
| 1996 | St. Joseph (Met) | 103-4.5 |
| 1997 | St. Joseph (Met) | 104-8.75 |
| 1998 | Hamilton | 95-3.75 |
| 1999 | Seton Hall | 96-0.75 |
| 2000 | Willingboro | 100-2.75 |
| 2001 | Willingboro | 96-11 |
| 2002 | Willingboro | 96-0 |
| 2003 | Toms River South | 102-8.25 |
| 2004 | Wall Twp. | 97-1.25 |
| 2005 | Franklin | 97-8.75 |
| 2006 | Franklin | 102-6.75 |
| 2007 | Toms River South | 111-4 3/4 |
| 2008 | Morristown | 105-4 1/4 |
| 2009 | Morristown | 109-5 1/2 |
| 2010 | Morristown | 115-8.25 |