

**Group III  
Scoring**

<b>Year</b>	<b>Team</b>	<b>Performance</b>
1981	Summit	19
1982	Newark Central	19
1983	Vailsburg	20
1984	Vailsburg	18
1985	Vailsburg	15.5
1986	Vailsburg	23
1987	Vailsburg	29
1988	Clifford Scott	27
1989	Clifford Scott	18
	Monmouth	
1990	Lakewood	19
1991	Franklin	17
1992	Franklin	52
1993	Neptune	36
1994	Camden	38
1995	Ocean City	41
1996	Notre Dame	41
1997	Middletown South	38
1998	Middletown South	46
1999	Roxbury	46
2000	Wilson	41
2001	Wilson	49
2002	Willingboro	50
2003	Willingboro	45
2004	Willingboro	44
2005	Willingboro	46
2006	Wilson	37
2007	Kingsway	32
	Ridge	32
2008	Camden	27
2009	Seneca	40
2010	Hopewell Valley	43
2011	Winslow Twp.	30
2012	Irvington	26
	Mendham	26
	West Windsor No.	26
2013	Kingsway	36
	Winslow Twp.	36
2014	Kingsway	47
2015	Winslow Twp.	40
2016	Timber Creek	40

**800 relay**

<b>Year</b>	<b>Team</b>	<b>Performance</b>
1981		
1982	Central	<b>1:47.0</b>
1983		
1984		
1985		
1986		
1987		
1988		
1989		
1990		
1991		
1992		
1993		
1994		
1995		
1996		
1997		
1998		
1999		
2000		
2001	Willingboro	1:46.83
2002	Willingboro	1:46.06
2003	Franklin	1:46.67
2004	Willingboro	1:47.87
2005	Franklin	1:46.81
2006	Wilson	1:46.04
2007	Camden	1:47.54
2008	Camden	1:48.74
2009	Seneca	1:50.13
2010	Winslow Twp.	1:47.57
2011	Winslow Twp.	1:46.99
2012	Winslow Twp.	1:46.69
2013	Winslow Twp.	1:45.13
2014	Winslow Twp.	<b>1:44.71</b>
2015	Timber Creek	1:46.78
2016	Winslow Twp.	1:46.41

**1600 relay**

<b>Year</b>	<b>Team</b>	<b>Performance</b>
1981	Lincoln	4:15.6*
1982	Newark Central	4:10.0*
1983	Vailsburg	4:11.8*
1984	West Side	4:07.5*
1985	West Side	4:09.5*
1986	Shabazz	<b>4:06.5*</b>
1987	Shabazz	4:11.8*
1988	Clifford Scott	4:09.0*
1989	Clifford Scott	4:08.5*
1990	Lakewood	4:25.1*
1991	Monmouth	4:12.0*
1992	Lakewood	4:12.3
1993	Neptune	4:08.6
1994	Camden	4:11.2
1995	Ocean City	4:14.56
1996	Wilson	4:14.24
1997	Middletown South	4:07.07
1998	Willingboro	4:02.94
1999	Willingboro	4:05.84
2000	Wilson	4:08.05
2001	Wilson	4:03.85
2002	Willingboro	4:04.52
2003	Willingboro	4:06.64
2004	Willingboro	4:06.13
2005	Willingboro	4:12.32
2006	Willingboro	4:05.24
2007	Notre Dame	4:09.94
2008	Camden	4:06.98
2009	Seneca	4:04.52
2010	Seneca	4:07.45
2011	Mendham	4:08.06
2012	Mendham	4:08.61
2013	Kingsway	4:05.35
2014	Winslow Twp.	<b>4:01.53</b>
2015	Timber Creek	4:03.76
2016	Winslow Twp.	4:04.55

**3200 relay**

<b>Year</b>	<b>Team</b>	<b>Performance</b>
1981	Summit	9:56.1*
1982	North Hunterdon	<b>9:44.0*</b>
1983	Raritan	10:07.0*
1984	North Hunterdon	9:50.0*
1985	<b>Wayne Valley</b>	10:13.5*
1986	Princeton	10:12.5*
1987	Vailsburg	10:13.4*
1988	<b>Wayne Valley</b>	10:27.5*
1989	Voorhees	10:14.8*
1990	Red Bank Catholic	10:09.6*
1991	Voorhees	10:19.9*
1992	Red Bank Catholic	10:16.4
1993	Notre Dame	10:15.6
1994	Camden	10:13.2
1995	St. Dominic	10:09.51
1996	Ocean City	9:56.67
1997	Lakewood	9:54.89
1998	Middletown South	9:36.29
1999	Middletown South	10:01.37
2000	Wilson	10:03.06
2001	Red Bank	9:48.21
2002	Middletown South	9:47.38
2003	Red Bank	9:44.12
2004	Westfield	9:47.20
2005	Westfield	9:50.96
2006	Roxbury	<b>9:27.06</b>
2007	Roxbury	9:50.94
2008	Roxbury	9:48.35
2009	Roxbury	9:43.68
2010	Kingsway	9:54.19
2011	Morris Knolls	10:03.05
2012	Shawnee	9:52.93
2013	Mendham	9:43.68
2014	Shawnee	9:31.92
2015	Mount Olive	9:53.81
2016	Seneca	9:41.96

**Sprint medley**

1981	Summit	4:28.0*
1982	Newark Central	4:22.2*
1983	Raritan	4:24.3*
1984	Vailsburg	4:18.7*
1985	Shabazz	4:21.0*
1986	Shabazz	<b>4:10.2*</b>
1987	Vailsburg	4:24.7*
1988	Vailsburg	4:21.7*
1989	Clifford Scott	4:24.3*
1990	Clifford Scott	4:20.2*
1991	Monmouth	4:26.5*
1992	Franklin	4:23.5
1993	Neptune	4:27.5
1994	Franklin	4:29.4
1995	Ocean City	4:24.75
1996	Wilson	4:24.36
1997	Middletown South	4:18.30
1998	NO RACE	
1999	Wilson	4:21.32
2000	Wilson	4:20.76
2001	Wilson	4:26.47
2002	Willingboro	4:26.37
2003	Willingboro	4:19.00
2004	Willingboro	4:16.32
2005	Franklin	4:12.23
2006	Willingboro	4:15.00
2007	<b>Ramapo</b>	4:18.26
2008	<b>Ramapo</b>	4:17.70
2009	Neptune	4:13.44
2010	Sparta	4:14.95
2011	Sparta	4:22.10
2012	Lacey Twp.	4:17.95
2013	Kingsway	4:14.79
2014	West Windsor Plainsboro No.	4:18.76
2015	<b>Northern Highlands</b>	<b>4:11.94</b>
2016	West Windsor So.	4:12.34

## Distance medley

1981	Summit	12:54.4*
1982	North Hunterdon	<b>12:36.7*</b>
1983	Vailsburg	13:10.1*
1984	North Hunterdon	12:52.0*
1985	<b>Wayne Valley</b>	13:01.3*
1986	North Hunterdon	12:40.8*
1987	Vailsburg	13:11.1*
1988	<b>Wayne Valley</b>	13:18.7*
1989	<b>Wayne Valley</b>	13:09.6*
1990	Mount Olive	12:56.2*
1991	Mount Olive	13:14.4*
1992	Red Bank Catholic	12:58.4*
1993	<b>Wayne Valley</b>	13:02.8*
1994	<b>Wayne Valley</b>	13:15.8*
1995	Ocean City	12:56.64
1996	Ocean City	12:57.87
1997	Middletown South	12:50.48
1998	Middletown South	12:43.45
1999	Middletown South	12:32.93
2000	Wilson	13:03.58
2001	Red Bank	12:30.61
2002	Red Bank	12:45.93
2003	Red Bank	12:37.60
2004	Highland	12:48.25
2005	Roxbury	12:26.71
2006	Colts Neck	<b>12:08.01</b>
2007	<b>Ramapo</b>	12:21.61
2008	Roxbury	12:24.99
2009	Roxbury	12:26.86
2010	Kingsway	12:29.90
2011	Shawnee	12:44.95
2012	Mendham	12:24.17
2013	Mendham	12:19.58
2014	Ocean City	12:25.77
2015	<b>Northern Highlands</b>	12:24.68
2016	Seneca	12:29.56

## Shuttle Hurdles

1981	Notre Dame	31.6
1982	Rahway	36.0
1983	Vailsburg	35.6
1984	Rahway	<b>31.9</b>
1985	Vailsburg	34.0
1986	Vailsburg	33.6
1987	Rahway	34.0
1988	Clifford Scott	35.1
1989	Monmouth	35.4
1990	<b>Pascack Valley</b>	34.4
1991	Lakewood	33.5
1992	Franklin	34.5
1993	Neptune	33.3
1994	Neptune	32.63
1995	Franklin	34.56
1996	Linden	35.15
1997	Lakewood	33.95
1998	Notre Dame	31.93
1999	Willingboro	33.03
2000	North Hunterdon	34.06
2001	Edgewood	33.88
2002	Willingboro	33.27
2003	Franklin	33.51
2004	Randolph	32.83
2005	Willingboro	33.69
2006	Wilson	32.02
2007	Ocean Twp.	33.77
2008	Lacey Twp.	33.66
2009	Irvington	32.57
2010	Winslow Twp.	33.06
2011	Winslow Twp.	32.75
2012	Winslow Twp.	32.37
2013	Winslow Twp.	31.27
2014	Winslow Twp.	<b>30.74</b>
2015	Winslow Twp.	32.03
2016	Absegami	32.22

## High Jump

1981	Toms River South	9-11
1982	Morris Hills	10-2
1983	Randolph	10-6
1984	Randolph	10-4
1985	Central Ocean	10-0
1986	<b>Indian Hills</b>	10-4
1987	<b>Wayne Valley</b>	10-4
1988	Lakewood	10-4
1989	Lakewood	10-2
1990	Lakewood	9-8
1991	Lakewood	10-2
1992	Red Bank Catholic	10-0
1993	Monmouth	9-8
1994	Monmouth	10-0
1995	Nutley	9-10
1996	Ocean City	10-2
1997	Ocean City	10-4
1998	Notre Dame	10-4
1999	Roxbury	10-0
2000	Notre Dame	10-2
2001	Red Bank	9-8
2002	Morristown	9-10
2003	Northern Burlington	10-0
2004	Mount Olive	<b>10-8</b>
2005	Colts Neck	10-0
2006	Hightstown	10-2
2007	Winslow Twp.	10-2
2008	Montgomery	10-0
2009	Shawnee	10-4
2010	Hopewell Valley	10-6
2011	Middletown South	9-10
2012	Cumberland	9-10
	Toms River South	9-10
2013	West Windsor So.	10-2
2014	Winslow Twp.	10-2
2015	Winslow Twp.	10-4
2016	Absegami	10-2

## Pole Vault

2005	Colts Neck	16-0
2006	Notre Dame	19-0
2007	NO RACE	
2008	<b>West Milford</b>	18-6
2009	Montville	<b>20-6</b>
2010	Princeton	18-0
2011	Princeton	20-0
2012	Mount Olive	19-0
2013	West Windsor So.	17-0
2014	Mendham	17-6
2015	Millburn	20-0
2016	Seneca	20-0



**Shot Put**

1981	Randolph	68-5
1982	Toms River South	67-7
1983	<b>Westwood</b>	69-6
1984	Toms River South	61-10
1985	<b>Pascack Valley</b>	65-3.5
1986	Randolph	66-11.5
1987	Lakewood	65-0.5
1988	Lakewood	63-10.25
1989	Red Bank Catholic	63-7.5
1990	Linden	66-2.25
1991	Toms River South	64-10.5
1992	Bridgeton	68-4.5
1993	Bridgeton	73-10.75
1994	Bridgeton	67-7
1995	Toms River South	63-10.25
1996	Hamilton	73-0
1997	Absegami	70-6.25
1998	Parsippany Hills	65-3.75
1999	Toms River South	71-6.75
2000	Toms River South	72-10.25
2001	Willingboro	68-3.75
2002	Willingboro	71-11.25
2003	Lawrence	67-1
2004	Delsea	76-7.5
2005	Willingboro	65-11.75
2006	Williamstown	77-0.25
2007	Scotch Plains	69-4.25
2008	Brick Twp.	<b>86-6.75</b>
2009	Brick Twp.	73-0.25
2010	<b>Teaneck</b>	70-8.25
2011	<b>Teaneck</b>	72-3.75
2012	Irvington	68-0
2013	Kingsway	65-1.75
2014	Burlington Twp.	73-4.25
2015	Burlington Twp.	74-10.25
2016	Jackson Liberty	75-5.75