

Girls Preseason Top 20 New Jersey XC Team Rankings 2024

[NJ XC State Rankings](#)

[Robert Kellert](#)

Sep 02, 2024



We now look towards the 2024 cross-country season, important months ahead with even more important summer miles behind. Everyone on the NJ MileSplit team wishes the athletes and coaches the best of luck this fall. We're excited to roll out our preseason rankings featuring talented squads from around the state.

As you read through, please note these are not meant to be end-of-season predictions this is simply a starting point.

An entire summer's worth of work has been put in since we last saw returners, newcomers, and transfers will undoubtedly shake things up. There will be movement and teams will rise and fall on these lists as they compete weekly.

These rankings were brought together through a discussion between Robert Kellert and Jim Lambert. Pat Montferrat will also join the conversation for the remainder of this season.

Girls Top 20 - Preseason




September 2nd, 2024




Quick Notes: Preseason No. 1 ranked Union Catholic aims to become just the third school in Meet of Champions history to win three straight MOCs titles. Both North Hunterdon and Red Bank Catholic have done it twice. The most recent was by North Hunterdon, who won the meet from 2017 through 2019.




No. 8 ranked Middletown South's returning Holmdel stats include the now transferred sophomore Emma Mercas, 20:18 at Holmdel as a freshman in 2023, who will be with Red Bank Catholic this fall.




No. 17 ranked Manalapan has added Jessica Abbott to their lineup this fall. Abbott, who attended Toms River North through her sophomore year, ranks fourth among individual returners at Holmdel Park with her course PR of 18:39.

| Rank | Team | Preseason Notes |
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| 1 |  <p data-bbox="318 1094 613 1125">Union Catholic Reg. HS</p> | <p data-bbox="938 842 1203 869">Returning Holmdel:</p> <p data-bbox="938 877 1232 905">Average Time: 19:03.40</p> <p data-bbox="938 913 1218 940">Total Time: 1:35:17.00</p> <p data-bbox="938 949 1154 976">1-5 Split: 2:00.00</p> <p data-bbox="938 984 1146 1012">2023 MOCs: 1st</p> <p data-bbox="938 1020 1222 1047">2023 Groups: 1st NPA</p> |
| 2 |  <p data-bbox="318 1545 492 1577">Pingry School</p> | <p data-bbox="938 1289 1203 1316">Returning Holmdel:</p> <p data-bbox="938 1325 1232 1352">Average Time: 20:24.00</p> <p data-bbox="938 1360 1218 1388">Total Time: 1:42:00.00</p> <p data-bbox="938 1396 1130 1423">1-5 Split: 53.00</p> <p data-bbox="938 1432 1146 1459">2023 MOCs: 3rd</p> <p data-bbox="938 1467 1230 1495">2023 Groups: 2nd NPA</p> |




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| 3 |  <p data-bbox="318 646 505 678">Ridgewood HS</p> | <p data-bbox="935 394 1203 426">Returning Holmdel:</p> <p data-bbox="935 432 1235 464">Average Time: 20:24.00</p> <p data-bbox="935 470 1219 501">Total Time: 1:42:00.00</p> <p data-bbox="935 508 1154 539">1-5 Split: 1:07.00</p> <p data-bbox="935 546 1146 577">2023 MOCs: 4th</p> <p data-bbox="935 583 1276 615">2023 Groups: 2nd Group 4</p> |
| 4 |  <p data-bbox="318 1098 597 1129">Freehold Township HS</p> | <p data-bbox="935 842 1203 873">Returning Holmdel:</p> <p data-bbox="935 879 1235 911">Average Time: 20:38.40</p> <p data-bbox="935 917 1219 949">Total Time: 1:43:12.00</p> <p data-bbox="935 955 1154 987">1-5 Split: 2:04.00</p> <p data-bbox="935 993 1146 1024">2023 MOCs: 6th</p> <p data-bbox="935 1031 1268 1062">2023 Groups: 1st Group 4</p> |
| 5 |  <p data-bbox="318 1545 557 1577">Cherry Hill East HS</p> | <p data-bbox="935 1289 1203 1320">Returning Holmdel:</p> <p data-bbox="935 1327 1235 1358">Average Time: 20:46.80</p> <p data-bbox="935 1365 1219 1396">Total Time: 1:43:54.00</p> <p data-bbox="935 1402 1154 1434">1-5 Split: 1:01.00</p> <p data-bbox="935 1440 1114 1472">2023 MOCs: -</p> <p data-bbox="935 1478 1268 1509">2023 Groups: 7th Group 4</p> |

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| 6 |  <p data-bbox="318 646 483 678">Westfield HS</p> | <p data-bbox="940 394 1203 426">Returning Holmdel:</p> <p data-bbox="940 432 1235 464">Average Time: 20:42.60</p> <p data-bbox="940 470 1219 501">Total Time: 1:43:33.00</p> <p data-bbox="940 508 1154 539">1-5 Split: 2:45.00</p> <p data-bbox="940 546 1146 577">2023 MOCs: 7th</p> <p data-bbox="940 583 1271 615">2023 Groups: 3rd Group 4</p> |
| 7 |  <p data-bbox="318 1094 483 1125">Princeton HS</p> | <p data-bbox="940 842 1203 873">Returning Holmdel:</p> <p data-bbox="940 879 1235 911">Average Time: 20:51.20</p> <p data-bbox="940 917 1219 949">Total Time: 1:44:16.00</p> <p data-bbox="940 955 1162 987">1-5 Split: 2:19.00</p> <p data-bbox="940 993 1162 1024">2023 MOCs: 13th</p> <p data-bbox="940 1031 1271 1062">2023 Groups: 5th Group 4</p> |
| 8 |  <p data-bbox="318 1539 594 1570">Middletown South HS</p> | <p data-bbox="940 1289 1203 1320">Returning Holmdel:</p> <p data-bbox="940 1327 1235 1358">Average Time: 20:24.20</p> <p data-bbox="940 1365 1219 1396">Total Time: 1:42:01.00</p> <p data-bbox="940 1402 1130 1434">1-5 Split: 50.00</p> <p data-bbox="940 1440 1154 1472">2023 MOCs: 2nd</p> <p data-bbox="940 1478 1271 1509">2023 Groups: 1st Group 3</p> |

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| 9 |  Haddonfield Memorial HS | <p>Returning Holmdel: Average Time: 20:53.00 Total Time: 1:44:25.00 1-5 Split: 2:10.00 2023 MOCs: 5th 2023 Groups: 1st Group 2</p> |
| 10 |  Metuchen HS | <p>Returning Holmdel: Average Time: 20:55.00 Total Time: 1:44:35.00 1-5 Split: 2:03.00 2023 MOCs: 14th 2023 Groups: 1st Group 1</p> |
| 11 |  Hopewell Valley HS | <p>Returning Holmdel: Average Time: 20:54.00 Total Time: 1:44:30.00 1-5 Split: 2:23.00 2023 MOCs: - 2023 Groups: 5th Group 3</p> |

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| 12 |  <p data-bbox="318 646 578 678">North Hunterdon HS</p> | <p data-bbox="943 394 1203 426">Returning Holmdel:</p> <p data-bbox="943 432 1235 464">Average Time: 20:59.00</p> <p data-bbox="943 470 1219 501">Total Time: 1:44:55.00</p> <p data-bbox="943 508 1154 539">1-5 Split: 2:31.00</p> <p data-bbox="943 546 1162 577">2023 MOCs: 10th</p> <p data-bbox="943 583 1276 615">2023 Groups: 2nd Group 3</p> |
| 13 |  <p data-bbox="318 1098 610 1129">The Wilberforce School</p> | <p data-bbox="943 842 1203 873">Returning Holmdel:</p> <p data-bbox="943 879 1235 911">Average Time: 21:03.00</p> <p data-bbox="943 917 1219 949">Total Time: 1:45:15.00</p> <p data-bbox="943 955 1154 987">1-5 Split: 2:58.00</p> <p data-bbox="943 993 1114 1024">2023 MOCs: -</p> <p data-bbox="943 1031 1227 1062">2023 Groups: 2nd NPB</p> |
| 14 |  <p data-bbox="318 1545 505 1577">Colts Neck HS</p> | <p data-bbox="943 1289 1203 1320">Returning Holmdel:</p> <p data-bbox="943 1327 1235 1358">Average Time: 21:18.31</p> <p data-bbox="943 1365 1219 1396">Total Time: 1:46:31.53</p> <p data-bbox="943 1402 1154 1434">1-5 Split: 2:44.00</p> <p data-bbox="943 1440 1114 1472">2023 MOCs: -</p> <p data-bbox="943 1478 1284 1509">2023 Groups: 10th Group 3</p> |

| Rank | Team | Preseason Notes |
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| 15 |  West Windsor-Plainsboro North HS | <p>Returning Holmdel: Average Time: 21:07.40 Total Time: 1:45:37.00 1-5 Split: 3:44.00 2023 MOCs: - 2023 Groups: 9th Group 3</p> |
| 16 |  Trinity Hall | <p>Returning Holmdel: Average Time: 21:22.00 Total Time: 1:46:50.00 1-5 Split: 2:29.00 2023 MOCs: - 2023 Groups: 7th NPB</p> |
| 17 |  Manalapan HS | <p>Returning Holmdel: Average Time: 21:17.40 Total Time: 1:46:27.00 1-5 Split: 3:37.00 2023 MOCs: - 2023 Groups: 12th Group 4</p> |

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| 18 |  <p data-bbox="318 646 505 678">Ocean City HS</p> | <p data-bbox="943 394 1203 426">Returning Holmdel:</p> <p data-bbox="943 432 1235 464">Average Time: 21:15.20</p> <p data-bbox="943 470 1219 501">Total Time: 1:46:16.00</p> <p data-bbox="943 508 1154 539">1-5 Split: 4:10.00</p> <p data-bbox="943 546 1105 577">2023 MOCs: -</p> <p data-bbox="943 583 1268 615">2023 Groups: 7th Group 3</p> |
| 19 |  <p data-bbox="318 1094 610 1125">Rumson-Fair Haven HS</p> | <p data-bbox="943 842 1203 873">Returning Holmdel:</p> <p data-bbox="943 879 1235 911">Average Time: 21:31.40</p> <p data-bbox="943 917 1219 949">Total Time: 1:47:37.00</p> <p data-bbox="943 955 1154 987">1-5 Split: 2:31.00</p> <p data-bbox="943 993 1105 1024">2023 MOCs: -</p> <p data-bbox="943 1031 1268 1062">2023 Groups: 7th Group 2</p> |
| 20 |  <p data-bbox="318 1541 480 1572">Voorhees HS</p> | <p data-bbox="943 1289 1203 1320">Returning Holmdel:</p> <p data-bbox="943 1327 1235 1358">Average Time: 21:40.00</p> <p data-bbox="943 1365 1219 1396">Total Time: 1:48:20.00</p> <p data-bbox="943 1402 1154 1434">1-5 Split: 1:07.00</p> <p data-bbox="943 1440 1105 1472">2023 MOCs: -</p> <p data-bbox="943 1478 1268 1509">2023 Groups: 3rd Group 2</p> |