

| <b>Freedom League</b> | <b>Race #1 GS-1</b> |           | <b>Race #2 GS-2</b> |           | <b>Race #3 GS-3</b>                                                                                  |       |
|-----------------------|---------------------|-----------|---------------------|-----------|------------------------------------------------------------------------------------------------------|-------|
|                       | Men                 | Women     | Men                 | Women     | Men                                                                                                  | Women |
| 1 Blair               | Blair               | Blair     | Don Bosco (M)       | Mo-Beard  | see<br><b>Independence/Freedom<br/>&amp; Freedom/Liberty<br/>Race #3 GS-3 Leagues</b><br>races below |       |
| 2 Delbarton (M)       | Don Bosco (M)       | Mo-Beard  | Mo-Beard            | Pingry    |                                                                                                      |       |
| 3 DePaul              | Mo-Beard            | Pingry    | Pingry              | IHA (F)   |                                                                                                      |       |
| 4 Don Bosco (M)       | Pingry              | IHA (F)   | Delbarton (M)       | DePaul    |                                                                                                      |       |
| 5 IHA (F)             | Delbarton (M)       | DePaul    | DePaul              | Mtn Lakes |                                                                                                      |       |
| 6 Mo-Beard            | DePaul              | Mtn Lakes | Mtn Lakes           | Blair     |                                                                                                      |       |
| 7 Mtn Lakes           | Mtn Lakes           |           | Blair               |           |                                                                                                      |       |
| 8 Pingry              |                     |           |                     |           |                                                                                                      |       |

| <b>Race #4 SL-1</b> |           | <b>Race #5 SL-2</b> |           | <b>Race #6 SL-3</b>                                                                                  |       |
|---------------------|-----------|---------------------|-----------|------------------------------------------------------------------------------------------------------|-------|
| Men                 | Women     | Men                 | Women     | Men                                                                                                  | Women |
| Pingry              | IHA (F)   | Delbarton (M)       | DePaul    | see<br><b>Independence/Freedom<br/>&amp; Freedom/Liberty<br/>Race #6 SL-3 Leagues</b><br>races below |       |
| Delbarton (M)       | DePaul    | DePaul              | Mtn Lakes |                                                                                                      |       |
| DePaul              | Mtn Lakes | Mtn Lakes           | Blair     |                                                                                                      |       |
| Mtn Lakes           | Blair     | Blair               | Mo-Beard  |                                                                                                      |       |
| Blair               | Mo-Beard  | Don Bosco (M)       | Pingry    |                                                                                                      |       |
| Don Bosco (M)       | Pingry    | Mo-Beard            | IHA (F)   |                                                                                                      |       |
| Mo-Beard            |           | Pingry              |           |                                                                                                      |       |
|                     |           |                     |           |                                                                                                      |       |

| <b>Independence League</b> | <b>Race #1 GS-1</b> |              | <b>Race #2 GS-2</b> |              | <b>Race #3 GS-3</b>                                                                                        |       |
|----------------------------|---------------------|--------------|---------------------|--------------|------------------------------------------------------------------------------------------------------------|-------|
|                            | Men                 | Women        | Men                 | Women        | Men                                                                                                        | Women |
| 1 Bernards                 | Wayne Hills         | Wayne Hills  | Wayne Valley        | Wayne Valley | see<br><b>Independence/Freedom<br/>&amp; Liberty/ Independence<br/>Race #3 GS-3 Leagues</b><br>races below |       |
| 2 Ridge                    | Wayne Valley        | Wayne Valley | Bernards            | Bernards     |                                                                                                            |       |
| 3 Wayne Hills              | Bernards            | Bernards     | West Milford        | West Milford |                                                                                                            |       |
| 4 Wayne Valley             | West Milford        | West Milford | Ridge               | Ridge        |                                                                                                            |       |
| 5 West Milford             | Ridge               | Ridge        | Wayne Hills         | Wayne Hills  |                                                                                                            |       |

| <b>Race #4 SL-1</b> |              | <b>Race #5 SL-2</b> |              | <b>Race #6 SL-3</b>                                                                                        |       |
|---------------------|--------------|---------------------|--------------|------------------------------------------------------------------------------------------------------------|-------|
| Men                 | Women        | Men                 | Women        | Men                                                                                                        | Women |
| West Milford        | West Milford | Ridge               | Ridge        | see<br><b>Independence/Freedom<br/>&amp; Liberty/ Independence<br/>Race #6 SL-3 Leagues</b><br>races below |       |
| Ridge               | Ridge        | Wayne Hills         | Wayne Hills  |                                                                                                            |       |
| Wayne Hills         | Wayne Hills  | Wayne Valley        | Wayne Valley |                                                                                                            |       |
| Wayne Valley        | Wayne Valley | Bernards            | Bernards     |                                                                                                            |       |
| Bernards            | Bernards     | West Milford        | West Milford |                                                                                                            |       |

(Each League seed list rotates upward by a factor of 'one' per race)

| <b>Liberty League</b> | <b>Race #1 GS-1</b> |            | <b>Race #2 GS-2</b> |            | <b>Race #3 GS-3</b>                                                                                   |       |
|-----------------------|---------------------|------------|---------------------|------------|-------------------------------------------------------------------------------------------------------|-------|
|                       | Men                 | Women      | Men                 | Women      | Men                                                                                                   | Women |
| 1 High Point          | Jefferson           | Jefferson  | Sparta              | Sparta     | see<br><b>Freedom/Liberty<br/>&amp; Liberty/ Independence<br/>Race #3 GS-3 Leagues</b><br>races below |       |
| 2 Jefferson           | Sparta              | Sparta     | Wallkill            | Wallkill   |                                                                                                       |       |
| 3 Newton              | Wallkill            | Wallkill   | Pope John           | Pope John  |                                                                                                       |       |
| 4 Pope John           | Pope John           | Pope John  | Vernon              | Vernon     |                                                                                                       |       |
| 5 Sparta              | Vernon              | Vernon     | Newton              | Newton     |                                                                                                       |       |
| 6 Vernon              | Newton              | Newton     | High Point          | High Point |                                                                                                       |       |
| 7 Wallkill            | High Point          | High Point | Jefferson           | Jefferson  |                                                                                                       |       |

| <b>Race #4 SL-1</b> |            | <b>Race #5 SL-2</b> |            | <b>Race #6 SL-3</b>                                                                                   |       |
|---------------------|------------|---------------------|------------|-------------------------------------------------------------------------------------------------------|-------|
| Men                 | Women      | Men                 | Women      | Men                                                                                                   | Women |
| Pope John           | Pope John  | Vernon              | Vernon     | see<br><b>Freedom/Liberty<br/>&amp; Liberty/ Independence<br/>Race #6 SL-3 Leagues</b><br>races below |       |
| Vernon              | Vernon     | Newton              | Newton     |                                                                                                       |       |
| Newton              | Newton     | High Point          | High Point |                                                                                                       |       |
| High Point          | High Point | Jefferson           | Jefferson  |                                                                                                       |       |
| Jefferson           | Jefferson  | Sparta              | Sparta     |                                                                                                       |       |
| Sparta              | Sparta     | Wallkill            | Wallkill   |                                                                                                       |       |
| Wallkill            | Wallkill   | Pope John           | Pope John  |                                                                                                       |       |
|                     |            |                     |            |                                                                                                       |       |

(Each League seed list rotates upward by a factor of 'one' per race)

| (No JV)                                      | <b>Race #3 GS-3</b> |              |
|----------------------------------------------|---------------------|--------------|
| <b>Independence/<br/>Freedom<br/>Leagues</b> | Men                 | Women        |
|                                              | Bernards            | Bernards     |
|                                              | Mo-Beard            | Pingry       |
|                                              | West Milford        | West Milford |
|                                              | Pingry              | IHA (F)      |
|                                              | Ridge               | Ridge        |
|                                              | Delbarton (M)       | DePaul       |
|                                              | Wayne Hills         | Wayne Hills  |
|                                              | DePaul              | Mtn Lakes    |
|                                              | Wayne Valley        | Wayne Valley |
|                                              | Mtn Lakes           | Blair        |
|                                              | Blair               | Mo-Beard     |
|                                              | Don Bosco (M)       |              |

| (No JV)                             | <b>Race #3 GS-3</b> |            |
|-------------------------------------|---------------------|------------|
| <b>Freedom/<br/>Liberty Leagues</b> | Men                 | Women      |
|                                     | Mo-Beard            | Pingry     |
|                                     | Wallkill            | Wallkill   |
|                                     | Pingry              | IHA (F)    |
|                                     | Pope John           | Pope John  |
|                                     | Delbarton (M)       | DePaul     |
|                                     | Vernon              | Vernon     |
|                                     | DePaul              | Mtn Lakes  |
|                                     | Newton              | Newton     |
|                                     | MtnLakes            | Blair      |
|                                     | High Point          | High Point |
|                                     | Blair               | Mo-Beard   |
|                                     | Jefferson           | Jefferson  |
|                                     | Don Bosco (M)       | Sparta     |
|                                     | Sparta              |            |

|                                              |                                                                                                                                                    |                                                                                                                                                    |
|----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| (No JV)                                      | <b>Race #3 GS-3</b>                                                                                                                                |                                                                                                                                                    |
| <b>Liberty/<br/>Independence<br/>Leagues</b> | Men                                                                                                                                                | Women                                                                                                                                              |
|                                              | Wallkill<br>Bernards<br>Pope John<br>West Milford<br>Vernon<br>Ridge<br>Newton<br>Wayne Hills<br>High Point<br>Wayne Valley<br>Jefferson<br>Sparta | Wallkill<br>Bernards<br>Pope John<br>West Milford<br>Vernon<br>Ridge<br>Newton<br>Wayne Hills<br>High Point<br>Wayne Valley<br>Jefferson<br>Sparta |

|                                              |                                                                                                                                                          |                                                                                                                                   |
|----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| (No JV)                                      | <b>Race #6 SL-3</b>                                                                                                                                      |                                                                                                                                   |
| <b>Independence/F<br/>reedom<br/>Leagues</b> | Men                                                                                                                                                      | Women                                                                                                                             |
|                                              | Wayne Hills<br>DePaul<br>Wayne Valley<br>Mtn Lakes<br>Bernards<br>Blair<br>West Milford<br>Don Bosco (M)<br>Ridge<br>Mo-Beard<br>Pingry<br>Delbarton (M) | Wayne Hills<br>Mtn Lakes<br>Wayne Valley<br>Blair<br>Bernards<br>Mo-Beard<br>West Milford<br>Pingry<br>Ridge<br>IHA (F)<br>DePaul |

|                                     |                                                                                                                                                                        |                                                                                                                                                 |
|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| (No JV)                             | <b>Race #6 SL-3</b>                                                                                                                                                    |                                                                                                                                                 |
| <b>Freedom/<br/>Liberty Leagues</b> | Men                                                                                                                                                                    | Women                                                                                                                                           |
|                                     | DePaul<br>Newton<br>Mtn Lakes<br>High Point<br>Blair<br>Jefferson<br>Don Bosco (M)<br>Sparta<br>Mo-Beard<br>Wallkill<br>Pingry<br>Pope John<br>Delbarton (M)<br>Vernon | Mtn Lakes<br>Newton<br>Blair<br>High Point<br>Mo-Beard<br>Jefferson<br>Pingry<br>Sparta<br>IHA (F)<br>Wallkill<br>DePaul<br>Pope John<br>Vernon |

|                                              |                                                                                                                                                    |                                                                                                                                                    |
|----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| (No JV)                                      | <b>Race #6 SL-3</b>                                                                                                                                |                                                                                                                                                    |
| <b>Liberty/<br/>Independence<br/>Leagues</b> | Men                                                                                                                                                | Women                                                                                                                                              |
|                                              | Newton<br>Wayne Hills<br>High Point<br>Wayne Valley<br>Jefferson<br>Bernards<br>Sparta<br>West Milford<br>Wallkill<br>Ridge<br>Pope John<br>Vernon | Newton<br>Wayne Hills<br>High Point<br>Wayne Valley<br>Jefferson<br>Bernards<br>Sparta<br>West Milford<br>Wallkill<br>Ridge<br>Pope John<br>Vernon |

| <b>Steven Petro<br/>Invitational GS</b> | (Varsity Only) |              |
|-----------------------------------------|----------------|--------------|
|                                         | Men            | Women        |
|                                         | Vernon         | Vernon       |
|                                         | Ridge          | Ridge        |
|                                         | High Point     | High Point   |
|                                         | Mtn Lakes      | Mtn Lakes    |
|                                         | Wayne Hills    | Wayne Hills  |
|                                         | Blair          | Blair        |
|                                         | Delbarton      | Pingry       |
|                                         | Pingry         | West Milford |
|                                         | West Milford   | Pope John    |
|                                         | Pope John      | Jefferson    |
|                                         | Jefferson      | DePaul       |
|                                         | DePaul         | Wayne Valley |
|                                         | Wayne Valley   | Sparta       |
|                                         | Sparta         | Newton       |
|                                         | Don Bosco      | IHA          |
|                                         | Newton         | Mo-Beard     |
|                                         | Mo-Beard       | Bernards     |
|                                         | Bernards       | Wallkill     |
|                                         | Wallkill       |              |

| <b>JV Festival</b> | (JV Only) (1 run GS & SL) |              |
|--------------------|---------------------------|--------------|
|                    | Men                       | Women        |
|                    | Mo-Beard                  | Mo-Beard     |
|                    | Vernon                    | Vernon       |
|                    | Jefferson                 | Jefferson    |
|                    | DePaul                    | DePaul       |
|                    | Newton                    | Newton       |
|                    | Blair                     | Blair        |
|                    | Bernards                  | Bernards     |
|                    | Delbarton                 | Ridge        |
|                    | Ridge                     | Mtn Lakes    |
|                    | Mtn Lakes                 | Watne Hills  |
|                    | Watne Hills               | Pingry       |
|                    | Pingry                    | Wayne Valley |
|                    | Wayne Valley              | Wallkill     |
|                    | Wallkill                  | Sparta       |
|                    | Sparta                    | Pope John    |
|                    | Don Bosco                 | High Point   |
|                    | Pope John                 | West Milford |
|                    | High Point                | IHA          |
|                    | West Milford              |              |

| GS Festival      | Team A-2 runs<br>Team B-1 runs                                                                                                                                                                                                     |                                                                                                                                                                                                          |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                  | Men                                                                                                                                                                                                                                | Women                                                                                                                                                                                                    |
| <b>Team 'A':</b> | Wallkill<br>Newton<br>Wayne Hills<br>West Milford<br>Don Bosco<br>Mo-Beard<br>Wayne Valley<br>Pope John<br>Delbarton<br>Vernon<br>Ridge<br>Bernards<br>Jefferson<br>DePaul<br>Sparta<br>High Point<br>Pingry<br>Mtn Lakes<br>Blair | Wallkill<br>Newton<br>Wayne Hills<br>West Milford<br>Mo-Beard<br>Wayne Valley<br>Pope John<br>Vernon<br>Ridge<br>Bernards<br>Jefferson<br>DePaul<br>Sparta<br>High Point<br>Pingry<br>Mtn Lakes<br>Blair |

|                  |                                                                                                                                                                                                                                    |                                                                                                                                                                                                          |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Team 'B':</b> | Wallkill<br>Newton<br>Wayne Hills<br>West Milford<br>Don Bosco<br>Mo-Beard<br>Wayne Valley<br>Pope John<br>Delbarton<br>Vernon<br>Ridge<br>Bernards<br>Jefferson<br>DePaul<br>Sparta<br>High Point<br>Pingry<br>Mtn Lakes<br>Blair | Wallkill<br>Newton<br>Wayne Hills<br>West Milford<br>Mo-Beard<br>Wayne Valley<br>Pope John<br>Vernon<br>Ridge<br>Bernards<br>Jefferson<br>DePaul<br>Sparta<br>High Point<br>Pingry<br>Mtn Lakes<br>Blair |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

| Dual SL          | Team B-1 run (goes 1st)<br>Team A-2 runs                                                                                                                                                                                           |                                                                                                                                                                                                                           |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                  | Men                                                                                                                                                                                                                                | Women                                                                                                                                                                                                                     |
| <b>Team 'B':</b> | Wayne Valley<br>Mo-Beard<br>Wayne Hills<br>Vernon<br>Newton<br>Blair<br>High Point<br>DePaul<br>Wallkill<br>Pingry<br>Don Bosco<br>Bernards<br>Delbarton<br>West Milford<br>Ridge<br>Sparta<br>Pope John<br>Jefferson<br>Mtn Lakes | Wayne Valley<br>Mo-Beard<br>Wayne Hills<br>Vernon<br>IHA<br>Newton<br>Blair<br>High Point<br>DePaul<br>Wallkill<br>Pingry<br>Pingry<br>Bernards<br>West Milford<br>Ridge<br>Sparta<br>Pope John<br>Jefferson<br>Mtn Lakes |

|                  |                                                                                                                                                                                                                                    |                                                                                                                                                                                                                             |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Team 'A':</b> | Wayne Valley<br>Mo-Beard<br>Wayne Hills<br>Vernon<br>Newton<br>Blair<br>High Point<br>DePaul<br>Wallkill<br>Pingry<br>Don Bosco<br>Bernards<br>Delbarton<br>West Milford<br>Ridge<br>Sparta<br>Pope John<br>Jefferson<br>Mtn Lakes | Wayne Valley<br>Mo-Beard<br>Wayne Hills<br>Vernon<br>IHA<br>Newton<br>Blair<br>High Point<br>DePaul<br>Wallkill<br>Wallkill<br>Pingry<br>Bernards<br>West Milford<br>Ridge<br>Sparta<br>Pope John<br>Jefferson<br>Mtn Lakes |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|