

NJISRA HS 2013 Race Seed Order Listing

(14 Nov 2012)

	Freedom League	Race #1 GS-1		Race #2 GS-2		Race #3 GS-3	
		Men	Women	Men	Women	Men	Women
1	Blair	Sparta	Sparta	Pingry	Pingry	Wayne Valley	Wayne Valley
2	DePaul	Pingry	Pingry	Wayne Valley	Wayne Valley	DePaul	DePaul
3	Pingry	Wayne Valley	Wayne Valley	DePaul	DePaul	Blair	Blair
4	Sparta	DePaul	DePaul	Blair	Blair	Wayne Hills	Wayne Hills
5	Wayne Hills	Blair	Blair	Wayne Hills	Wayne Hills	Sparta	Sparta
6	Wayne Valley	Wayne Hills	Wayne Hills	Sparta	Sparta	Pingry	Pingry

Race #4 SL-1		Race #5 SL-2		Race #6 SL-3	
Men	Women	Men	Women	Men	Women
DePaul	DePaul	Blair	Blair	Wayne Hills	Wayne Hills
Blair	Blair	Wayne Hills	Wayne Hills	Sparta	Sparta
Wayne Hills	Wayne Hills	Sparta	Sparta	Pingry	Pingry
Sparta	Sparta	Pingry	Pingry	Wayne Valley	Wayne Valley
Pingry	Pingry	Wayne Valley	Wayne Valley	DePaul	DePaul
Wayne Valley	Wayne Valley	DePaul	DePaul	Blair	Blair

The Freedom League school seed list rotates upward by a factor of 'one' per race)

	Independence League	Race #1 GS-1		Race #2 GS-2		Race #3 GS-3	
		Men	Women	Men	Women	Men	Women
1	Bergen Catholic	Ridge	Ridge	Mtn Lakes	West Milford	Newton	Bergen
2	Don Bosco (M)	West Milford	IHA (F)	Bergen	Mtn Lakes	Don Bosco (M)	Newton
3	IHA (F)	Mtn Lakes	West Milford	Newton	Bergen	Mo-Beard	Mo-Beard
4	Ridge	Bergen	Mtn Lakes	Don Bosco (M)	Newton	Ridge	Ridge
5	Mtn Lakes	Newton	Bergen	Mo-Beard	Mo-Beard	West Milford	IHA (F)
6	Mo-Beard	Don Bosco (M)	Newton	Ridge	Ridge	Mtn Lakes	West Milford
7	Newton	Mo-Beard	Mo-Beard	West Milford	IHA (F)	Bergen	Mtn Lakes
8	West Milford						

Race #4 SL-1		Race #5 SL-2		Race #6 SL-3	
Men	Women	Men	Women	Men	Women
Mo-Beard	Mo-Beard	West Milford	IHA (F)	Bergen	Mtn Lakes
Ridge	Ridge	Mtn Lakes	West Milford	Newton	Bergen
West Milford	IHA (F)	Bergen	Mtn Lakes	Don Bosco (M)	Newton
Mtn Lakes	West Milford	Newton	Bergen	Mo-Beard	Mo-Beard
Bergen	Mtn Lakes	Don Bosco (M)	Newton	Ridge	Ridge
Newton	Bergen	Mo-Beard	Mo-Beard	West Milford	IHA (F)
Don Bosco (M)	Newton	Ridge	Ridge	Mtn Lakes	West Milford

(The Indepence League school seed list rotates upward by a factor of 'two' per race)

Liberty League		Race #1 GS-1		Race #2 GS-2		Race #3 GS-3	
		Men	Women	Men	Women	Men	Women
1	Bernards	Jefferson	Jefferson	Vernon	Vernon	Bernards	Bernards
2	Delbarton (M)	Vernon	Vernon	Bernards	Bernards	Delbarton (M)	Pope John
3	High Point	Bernards	Bernards	Delbarton (M)	Pope John	Pope John	High Point
4	Jefferson	Delbarton (M)	Pope John	Pope John	High Point	High Point	Jefferson
5	Pope John	Pope John	High Point	High Point	Jefferson	Jefferson	Vernon
6	Vernon	High Point		Jefferson		Vernon	

Race #4 SL-1		Race #5 SL-2		Race #6 SL-3	
Men	Women	Men	Women	Men	Women
Delbarton (M)	Pope John	Pope John	High Point	High Point	Jefferson
Pope John	High Point	High Point	Jefferson	Jefferson	Vernon
High Point	Jefferson	Jefferson	Vernon	Vernon	Bernards
Jefferson	Vernon	Vernon	Bernards	Bernards	Pope John
Vernon	Bernards	Bernards	Pope John	Delbarton (M)	High Point
Bernards		Delbarton (M)		Pope John	

(The Liberty League school seed list rotates upward by a factor of 'one' per race)

GS Festival Mt Peter	Men	Women
	Wayne Valley	Sparta
	Pingry	Bernards
	Vernon	Mtn Lakes
	West Milford	Mo-Beard
	High Point	Wayne Valley
	Wayne Hills	Newton
	Newton	Bergen
	Pope John	IHA
	Mo-Beard	Pingry
	Jefferson	Blair
	Delbarton	Jefferson
	Bernards	Pope John
	DePaul	Wayne Hills
	Bergen	DePaul
	Sparta	High Point
	Mtn Lakes	West Milford
	Ridge	Ridge
	Don Bosco	Vernon
	Blair	

(Varsity Only)		
All League GS Mtn Creek	Men	Women
	Mtn Lakes	West Milford
	Sparta	Jefferson
	Bergen	Bergen
	Vernon	Pingry
	Blair	Pope John
	Pope John	Sparta
	Ridge	Blair
	Mo-Beard	High Point
	Bernards	Ridge
	Wayne Valley	Wayne Hills
	DePaul	Bernards
	High Point	IHA
	Delbarton	DePaul
	West Milford	Mtn Lakes
	Don Bosco	Mo-Beard
	Jefferson	Wayne Valley
	Wayne Hills	Vernon
	Pingry	Newton
	Newton	

(JV Only)		
JV Invitational GS Mt Peter	Men	Women
	High Point	Newton
	Pingry	Wayne Hills
	Wayne Hills	DePaul
	Newton	Blair
	West Milford	Pingry
	Sparta	Mo-Beard
	Mtn Lakes	West Milford
	Delbarton	High Point
	Jefferson	Sparta
	Bergen	Ridge
	Pope John	Wayne Valley
	Ridge	Mtn Lakes
	Mo-Beard	Bernards
	Vernon	Pope John
	Don Bosco	IHA
	Wayne Valley	Bergen
	Bernards	Vernon
	Blair	Jefferson
	DePaul	

(Varsity Only)		
All League SL Mtn Creek	Men	Women
	Mo-Beard	Vernon
	Pingry	Bernards
	Delbarton	Ridge
	Pope John	Bergen
	Newton	IHA
	Jefferson	Wayne Valley
	DePaul	Mo-Beard
	Blair	High Point
	West Milford	Jefferson
	High Point	West Milford
	Ridge	Newton
	Wayne Valley	Sparta
	Wayne Hills	Wayne Hills
	Sparta	DePaul
	Don Bosco	Pope John
	Bernards	Mtn Lakes
	Bergen	Blair
	Mtn Lakes	Pingry
	Vernon	

Dual SL Mt Peter	Men	Women
[1st 20-30 racers are seeded and paired according to their ability. The rest by adjacent school seed order]	High Point	Newton
	Vernon	Mo-Beard
	Ridge	Bergen
	Blair	IHA
	West Milford	Jefferson
	DePaul	Wayne Valley
	Bergen	Pope John
	Bernards	Mtn Lakes
	Newton	West Milford
	Sparta	DePaul
	Delbarton	Blair
	Wayne Hills	High Point
	Mtn Lakes	Bernards
	Don Bosco	Vernon
	Mo-Beard	Wayne Hills
	Pope John	Ridge
	Wayne Valley	Pingry
	Jefferson	Sparta

(JV Only)		
JV GS Championships Mt Peter	Men	Women
	Sparta	Jefferson
	Pope John	Ridge
	High Point	Pingry
	Newton	Wayne Valley
	Don Bosco	Vernon
	Vernon	Wayne Hills
	Mo-Beard	IHA
	Bernards	Blair
	Blair	Mtn Lakes
	Delbarton	Newton
	Ridge	Sparta
	Jefferson	Pope John
	West Milford	DePaul
	Wayne Valley	High Point
	Mtn Lakes	Bernards
	DePaul	West Milford
	Wayne Hills	Bergen
	Pingry	Mo-Beard

Pingry

Bergen

(Varsity Only)

**Steven Petro
Invitational GS
Mt Peter**

	Men	Women
Wayne Valley	Mo-Beard	
Pope John	DePaul	
Mo-Beard	Blair	
Jefferson	IHA	
Pingry	Mt Lakes	
Mtn Lakes	Wayne Valley	
High point	Ridge	
Newton	Sparta	
Sparta	Newton	
Bergen	Jefferson	
Delbarton	Vernon	
DePaul	Pingry	
Blair	Bernards	
Vernon	West Milford	
West Milford	Pope John	
Don Bosco	Wayne Hills	
Bernards	High Point	
Ridge	Bergen	
Wayne Hills		

Alumni Only)

**HS Alumni SL
Mtn Creek**

	Men	Women
Jefferson	Wayne Valley	
Ridge	WallKill	
Vernon	Bergen	
Delbarton	IHA	
Sparta	Mtn Lakes	
Bernards	High Point	
Pingry	West Milford	
Newton	Pope John	
Mtn Lakes	Jefferson	
Kittatinny	Newton	
Don Bosco	Kittatinny	
Bergen	Vernon	
Wayne Hills	Sparta	
West Milford	Bernards	
Mo-Beard	Wayne Hills	
High Point	Pingry	
DePaul	DePaul	
Wallkill	Ridge	
Wayne Valley	Blair	
Blair	Mo-Beard	
Pope John		