

2024 STARTING STRENGTH INDEX – BIG CENTRAL CONFERENCE
 (per Gridiron New Jersey as of August 1, 2024)

Belvidere	46.63	Perth Amboy	48.72
Bernards	77.66	Phillipsburg	80.01
Bound Brook	39.6	Piscataway	68.92
Brearley	53.06	Plainfield	66.49
Bridgewater-Raritan	67	Rahway	56.65
Carteret	67.7	Ridge	78.63
Colonia	63.56	Roselle	55.23
Cranford	63.12	Roselle Park	57.17
Dayton	38.81	Sayreville	73.11
Delaware Valley	59.68	Scotch Plains-Fanwood	53.65
Dunellen	51.67	Somerville	67.01
East Brunswick	48.6	South Brunswick	58.29
Edison	54.14	South Hunterdon	63.8
Elizabeth	65.83	South Plainfield	44.54
Franklin	48.91	South River	33.43
Governor Livingston	52.72	Spotswood	50.79
Highland Park	38.78	St. Joseph (Met.)	67.57
Hillsborough	66.33	St. Thomas Aquinas	82.11
Hillside	72.13	Summit	68.35
Hunterdon Central	65.9	Union	65.19
J.P. Stevens	37.59	Voorhees	60.25
JFK (Iselin)	37.03	Watchung Hills	69.39
Johnson	64.27	Westfield	72.3
Linden	65.88	Woodbridge	68.21
Manville	43.3		
Metuchen	52.06		
Middlesex	57.81		
Monroe	56.17		
Montgomery	67.79		
New Brunswick	37.59		
New Providence	60.01		
North Brunswick	71.48		
North Hunterdon	48.22		
North Plainfield	40.89		
Old Bridge	56.43		