

**2024 STARTING STRENGTH INDEX**  
**(per Gridiron New Jersey as of August 1, 2024)**  
**Big Central Conference teams listed in bold**

Absegami	53.55	Clayton	54.44	Glen Ridge	53.31
Allentown	64.31	Clearview	58.92	Glen Rock	66.01
Asbury Park	58.36	Cliffside Park	49.4	Gloucester Catholic	44.59
Atlantic City	64.08	Clifton	58.67	Gloucester City	71.22
Atlantic Tech	20	Collingswood	50.47	<b>Governor Livingston</b>	<b>52.72</b>
Audubon	54.31	<b>Colonia</b>	<b>63.56</b>	Hackensack	59.85
Barnegat	50.08	Colts Neck	72.01	Hackettstown	49.25
Barringer	41.84	Columbia	58.38	Haddon Heights	63.76
Bayonne	55.95	<b>Cranford</b>	<b>63.12</b>	Haddon Township	41.84
Becton	52.28	Cresskill	52.34	Haddonfield	76.31
Belleville	35.15	Cumberland	47.42	Hamilton	44.7
<b>Belvidere</b>	<b>46.63</b>	<b>Dayton</b>	<b>38.81</b>	Hammonton	64.63
Bergen Catholic	89.75	<b>Delaware Valley</b>	<b>59.68</b>	Hanover Park	66.63
Bergen Tech	37.57	Delbarton	84.13	Harrison	35.08
Bergenfield	54.81	Delran	61.69	Hasbrouck Heights	67.33
<b>Bernards</b>	<b>77.66</b>	Delsea	88.52	Hawthorne	68.25
Bishop Eustace	40.48	Demarest	47.34	High Point	52.97
Bloomfield	52.44	DePaul	77.91	<b>Highland Park</b>	<b>38.78</b>
Bogota	53.07	Deptford	50.69	Highland Regional	63.02
Boonton	55.04	Dickinson	33.82	Hightstown	48.61
Bordentown	50.27	Don Bosco Prep	77.41	<b>Hillsborough</b>	<b>66.33</b>
<b>Bound Brook</b>	<b>39.6</b>	Donovan Catholic	74.24	<b>Hillside</b>	<b>72.13</b>
<b>Brearley</b>	<b>53.06</b>	Dover	50.36	Hoboken	37.35
Brick Memorial	69.01	Dumont	57.83	Holmdel	74.32
Brick Township	64.44	<b>Dunellen</b>	<b>51.67</b>	Holy Cross	41.17
Bridgeton	37.34	Dwight Morrow	69.06	Holy Spirit	73.39
<b>Bridgewater-Raritan</b>	<b>67</b>	<b>East Brunswick</b>	<b>48.6</b>	Hopatcong	49.51
Buena	34.58	East Orange Campus	62.29	Hopewell Valley	69.5
Burlington City	66.99	Eastern	58.61	Howell	64.55
Burlington Township	59.85	<b>Edison</b>	<b>54.14</b>	Hudson Catholic	57.07
Butler	74.06	Egg Harbor	45.56	<b>Hunterdon Central</b>	<b>65.9</b>
Caldwell	79	<b>Elizabeth</b>	<b>65.83</b>	Immaculata	70.78
Camden	77.28	Elmwood Park	57.62	Indian Hills	55.8
Camden Catholic	49.54	Ewing	42.82	Irvington	74.69
Camden Eastside	72.86	Fair Lawn	52.93	<b>J.P. Stevens</b>	<b>37.59</b>
<b>Carteret</b>	<b>67.7</b>	Ferris	27.48	Jackson	63.32
Cedar Creek	67.36	Florence	59.84	Jackson Liberty	42.55
Cedar Grove	70.09	Fort Lee	69.06	Jefferson	47.73
Central	49.61	<b>Franklin</b>	<b>48.91</b>	<b>JFK (Iselin)</b>	<b>37.03</b>
Chatham	61.43	Freehold Boro	48.9	<b>Johnson</b>	<b>64.27</b>
Cherokee	73.87	Freehold Township	61.47	Keansburg	44.62
Cherry Hill East	62.65	Garfield	48.97	Kearny	31.59
Cherry Hill West	54.99	Gateway	48.21	Keyport	59.46
Cinnaminson	68.73	Glassboro	72.15	Kingsway	70.18

Kinnelon	59.02	Morristown	58.53	Paulsboro	56.07
KIPP Cooper Norcross	38.75	Morristown-Beard	55.73	Pemberton	38.74
Kittatinny	57.84	Mount Olive	75.62	Penns Grove	64.56
Lacey	55.97	Mountain Lakes	81.04	Pennsauken	66.36
Lakeland	72.17	Neptune	41.21	Pennsville	56.9
Lakewood	50.04	<b>New Brunswick</b>	<b>37.59</b>	Pequannock	64.14
Lawrence	40.76	New Egypt	37.59	<b>Perth Amboy</b>	<b>48.72</b>
Lenape	62.28	New Milford	51.26	<b>Phillipsburg</b>	<b>80.01</b>
Lenape Valley	57.78	<b>New Providence</b>	<b>60.01</b>	Pinelands	52.62
Lincoln	72.4	Newark Academy	43.2	Pingry	62.65
<b>Linden</b>	<b>65.88</b>	Newark Central	52.46	<b>Piscataway</b>	<b>68.92</b>
Lindenwold	29.67	Newark Collegiate	51.1	Pitman	61.03
Livingston	47.35	Newark East Side	62.45	<b>Plainfield</b>	<b>66.49</b>
Lodi	40.04	Newark West Side	45.33	Pleasantville	74.77
Long Branch	66.91	Newton	63.27	Point Pleasant Beach	39.07
Lower Cape May	68.17	North Arlington	53.98	Point Pleasant Boro	81.86
Lyndhurst	61.24	North Bergen	49.07	Pompton Lakes	53.45
Madison	60.15	<b>North Brunswick</b>	<b>71.48</b>	Pope John	72.03
Mahwah	63.46	<b>North Hunterdon</b>	<b>48.22</b>	Princeton	56.17
Mainland	97.8	<b>North Plainfield</b>	<b>40.89</b>	<b>Rahway</b>	<b>56.65</b>
Manalapan	62.07	North Warren	48.7	Ramapo	76.07
Manasquan	62.24	Northern Burlington	56.36	Ramsey	59.78
Manchester Regional	56.93	Northern Highlands	77.88	Rancocas Valley	72.17
Manchester Township	58.67	Notre Dame	71.44	Randolph	60.6
<b>Manville</b>	<b>43.3</b>	Nottingham	57.64	Raritan	54.67
Maple Shade	36.29	Nutley	49.03	Red Bank	56.02
Marlboro	68.53	Oakcrest	63.42	Red Bank Catholic	81.99
Mastery HS of Camden	47.27	Ocean City	61.7	<b>Ridge</b>	<b>78.63</b>
Matawan	63.32	Ocean Township	56.59	Ridgefield Park	50.96
Memorial	39.54	<b>Old Bridge</b>	<b>56.43</b>	Ridgewood	67.54
Mendham	64.93	Old Tappan	81.74	River Dell	60.19
<b>Metuchen</b>	<b>52.06</b>	Orange	58.1	Riverside	54.24
Middle Township	68.94	Overbrook	50.47	Robbinsville	57.31
<b>Middlesex</b>	<b>57.81</b>	Palisades Park	51.24	<b>Roselle</b>	<b>55.23</b>
Middletown North	63.3	Palmyra	31.5	<b>Roselle Park</b>	<b>57.17</b>
Middletown South	73.61	Paramus	66.57	Roxbury	73.5
Millburn	49.73	Paramus Catholic	65.82	Rumson-Fair Haven	79.79
Millville	88.54	Park Ridge	67.75	Rutherford	76.68
Monmouth	54.37	Parsippany	41.9	Saddle Brook	47.77
<b>Monroe</b>	<b>56.17</b>	Parsippany Hills	68.17	Salem	59.41
Montclair	70.34	Pascack Hills	60.23	<b>Sayreville</b>	<b>73.11</b>
Montclair Kimberley	52.63	Pascack Valley	65.75	Schalick	62.97
<b>Montgomery</b>	<b>67.79</b>	Passaic	51.03	<b>Scotch Plains-Fanwood</b>	<b>53.65</b>
Montville	65.21	Passaic County Tech	80.88	Secaucus	54.03
Moorestown	62.22	Passaic Valley	71.36	Seneca	74.31
Morris Catholic	41.27	Paterson Eastside	53.27	Seton Hall Prep	77.58
Morris Hills	56.68	Paterson Kennedy	41.27	Shabazz	68.09
Morris Knolls	67.73	Paul VI	76.46	Shawnee	71.2

Shore	62.57
Snyder	54.75
<b>Somerville</b>	<b>67.01</b>
<b>South Brunswick</b>	<b>58.29</b>
<b>South Hunterdon</b>	<b>63.8</b>
<b>South Plainfield</b>	<b>44.54</b>
<b>South River</b>	<b>33.43</b>
Southern	54.28
Sparta	63.15
<b>Spotswood</b>	<b>50.79</b>
St. Augustine Prep	78.22
St. John Vianney	59.75
St. Joseph (Hamm.)	47.22
<b>St. Joseph (Met.)</b>	<b>67.57</b>
St. Joseph (Mont.)	78.62
St. Mary	57.55
St. Peter's Prep	64.32
<b>St. Thomas Aquinas</b>	<b>82.11</b>
Steinert	52.74
Sterling	47.29
<b>Summit</b>	<b>68.35</b>
Sussex Tech	61.15
Teaneck	59.61
Tenafly	47.12
Timber Creek	72.42
Toms River East	50.44
Toms River North	88.41
Toms River South	55.33
Trenton	44.82
Triton	48.86
<b>Union</b>	<b>65.19</b>
Union City	78.79
Vernon	71.5
Verona	56.68
Vineland	59.99
<b>Voorhees</b>	<b>60.25</b>
Waldwick	62.87
Wall	61.57
Wallington	35.3
Wallkill Valley	50.66
Warren Hills	62.48
Washington Township	73.79
<b>Watchung Hills</b>	<b>69.39</b>
Wayne Hills	55.2
Wayne Valley	65.86
Weehawken	64.29
Weequahic	88.6
West Deptford	51.38

West Essex	72.6
West Milford	53.55
West Morris	72.42
West Orange	72.64
West Windsor-Plainsboro	56.83
<b>Westfield</b>	<b>72.3</b>
Westwood	83.18
Whippany Park	51.54
Wildwood	40.72
Williamstown	57.27
Willingboro	81.51
Winslow Township	79.68
<b>Woodbridge</b>	<b>68.21</b>
Woodbury	77.11
Wood-Ridge	63.9
Woodstown	74.51