

## 2026 Starting Strength Index Values (Official)

*Big Central Conference teams listed in bold.*

|                            |              |                        |              |                            |              |
|----------------------------|--------------|------------------------|--------------|----------------------------|--------------|
| Absegami                   | 54.85        | Cinnaminson            | 58.39        | Gateway                    | 56.37        |
| Allentown                  | 44.49        | Clayton                | 53.57        | Glassboro                  | 88.12        |
| Asbury Park                | 53.67        | Clearview              | 40.01        | Glen Ridge                 | 67.34        |
| Atlantic City              | 80.51        | Cliffside Park         | 42.57        | Glen Rock                  | 64.53        |
| Atlantic Tech              | 52.61        | Clifton                | 49.50        | Gloucester Catholic        | 24.53        |
| Audubon                    | 60.49        | Collingswood           | 55.71        | Gloucester City            | 60.31        |
| Barnegat                   | 53.77        | <b>Colonia</b>         | <b>66.55</b> | <b>Governor Livingston</b> | <b>59.11</b> |
| Barringer                  | 48.75        | Colts Neck             | 51.61        | Hackensack                 | 64.51        |
| Bayonne                    | 71.29        | Columbia               | 44.98        | Hackettstown               | 57.19        |
| Becton                     | 62.89        | <b>Cranford</b>        | <b>61.23</b> | Haddon Heights             | 58.03        |
| Belleville                 | 61.44        | Cresskill              | 52.33        | Haddon Twp.                | 36.23        |
| Belvidere                  | 57.07        | Cumberland             | 56.55        | Haddonfield                | 75.81        |
| Bergen Catholic            | 88.47        | <b>Dayton</b>          | <b>58.38</b> | Hamilton                   | 53.04        |
| Bergen Tech                | 41.62        | <b>Delaware Valley</b> | <b>58.03</b> | Hammonton                  | 57.41        |
| Bergenfield                | 51.97        | Delbarton              | 71.22        | Hanover Park               | 74.72        |
| <b>Bernards</b>            | <b>70.28</b> | Delran                 | 71.94        | Hasbrouck Heights          | 73.59        |
| Bishop Eustace             | 54.41        | Delsea                 | 60.59        | Hawthorne                  | 55.65        |
| Bloomfield                 | 53.00        | Demarest               | 50.71        | High Point                 | 69.18        |
| Bogota                     | 58.53        | DePaul                 | 82.40        | <b>Highland Park</b>       | <b>43.81</b> |
| Boonton                    | 54.86        | Deptford               | 43.71        | Highland Regional          | 54.13        |
| Bordentown                 | 61.46        | Dickinson              | 56.47        | Hightstown                 | 53.48        |
| <b>Bound Brook</b>         | <b>46.87</b> | Don Bosco Prep         | 89.71        | <b>Hillsborough</b>        | <b>62.95</b> |
| <b>Brearley</b>            | <b>52.92</b> | Donovan Catholic       | 74.33        | <b>Hillside</b>            | <b>61.79</b> |
| Brick Memorial             | 84.73        | Dover                  | 40.13        | Hoboken                    | 67.98        |
| Brick Twp.                 | 59.50        | Dumont                 | 59.01        | Holmdel                    | 78.75        |
| Bridgeton                  | 66.37        | <b>Dunellen</b>        | <b>28.72</b> | Holy Cross                 | 47.36        |
| <b>Bridgewater-Raritan</b> | <b>73.21</b> | Dwight Morrow          | 52.53        | Holy Spirit                | 72.21        |
| Buena                      | 52.15        | <b>East Brunswick</b>  | <b>48.36</b> | Hopatcong                  | 46.68        |
| Burlington City            | 73.69        | East Orange            | 66.91        | Hopewell Valley            | 69.14        |
| Burlington Twp.            | 74.05        | Eastern                | 66.71        | Howell                     | 57.41        |
| Butler                     | 78.51        | <b>Edison</b>          | <b>56.09</b> | Hudson Catholic            | 53.41        |
| Caldwell                   | 69.50        | Egg Harbor             | 43.50        | <b>Hunterdon Central</b>   | <b>57.02</b> |
| Camden                     | 86.55        | <b>Elizabeth</b>       | <b>59.49</b> | Immaculata                 | 73.22        |
| Camden Catholic            | 52.47        | Elmwood Park           | 37.05        | Indian Hills               | 57.01        |
| Camden Eastside            | 58.42        | Ewing                  | 62.97        | Irvington                  | 62.55        |
| <b>Carteret</b>            | <b>59.83</b> | Fair Lawn              | 53.17        | <b>JP Stevens</b>          | <b>35.25</b> |
| Cedar Creek                | 85.20        | Ferris                 | 33.30        | Jackson Twp.               | 63.53        |
| Cedar Grove                | 78.27        | Florence               | 44.91        | Jefferson                  | 49.36        |
| Central                    | 64.51        | Fort Lee               | 65.57        | <b>JFK</b>                 | <b>55.49</b> |
| Chatham                    | 69.10        | <b>Franklin</b>        | <b>63.29</b> | <b>Johnson</b>             | <b>59.55</b> |
| Cherokee                   | 61.09        | Freehold Boro          | 40.46        | Keansburg                  | 43.16        |
| Cherry Hill East           | 71.45        | Freehold Twp.          | 62.35        | Kearny                     | 45.99        |
| Cherry Hill West           | 55.95        | Garfield               | 59.68        | Keyport                    | 39.91        |

|                      |              |                         |              |                     |              |
|----------------------|--------------|-------------------------|--------------|---------------------|--------------|
| Kingsway             | 81.81        | Moorestown              | 51.81        | Passaic Tech        | 79.01        |
| Kinnelon             | 69.54        | Morris Catholic         | 54.11        | Passaic Valley      | 65.17        |
| KIPP Cooper Norcross | 53.30        | Morris Hills            | 51.58        | Eastside            | 55.87        |
| Kittatinny           | 58.02        | Morris Knolls           | 66.13        | Kennedy             | 32.54        |
| Lacey                | 57.07        | Morristown              | 57.29        | Paul VI             | 68.98        |
| Lakeland             | 56.65        | Morristown-Beard        | 52.58        | Paulsboro           | 68.66        |
| Lakewood             | 39.47        | Mount Olive             | 76.63        | Pemberton           | 32.87        |
| Lawrence             | 59.56        | Mountain Lakes          | 73.65        | Penns Grove         | 48.10        |
| Lenape               | 54.97        | Neptune                 | 67.95        | Pennsauken          | 63.09        |
| Lenape Valley        | 54.21        | <b>New Brunswick</b>    | <b>39.51</b> | Pennsville          | 64.24        |
| Lincoln              | 38.13        | New Egypt               | 51.58        | Pequannock          | 59.09        |
| <b>Linden</b>        | <b>59.96</b> | New Milford             | 61.20        | <b>Perth Amboy</b>  | <b>42.47</b> |
| Lindenwold           | 38.61        | <b>New Providence</b>   | <b>73.00</b> | <b>Phillipsburg</b> | <b>74.37</b> |
| Livingston           | 66.41        | Newark Central          | 57.77        | Pinelands           | 55.43        |
| Lodi                 | 39.63        | Newark Collegiate       | 50.93        | Pingry              | 62.64        |
| Long Branch          | 45.07        | West Side               | 45.86        | <b>Piscataway</b>   | <b>68.34</b> |
| Lower Cape May       | 65.03        | Newton                  | 68.45        | Pitman              | 48.46        |
| Lyndhurst            | 66.69        | North Arlington         | 35.79        | <b>Plainfield</b>   | <b>63.99</b> |
| Madison              | 74.40        | North Bergen            | 58.67        | Pleasantville       | 70.31        |
| Mahwah               | 64.19        | <b>North Brunswick</b>  | <b>42.94</b> | Pt. Pleasant Beach  | 57.96        |
| Mainland             | 76.17        | <b>North Hunterdon</b>  | <b>52.63</b> | Pt. Pleasant Boro   | 70.09        |
| Manalapan            | 72.08        | <b>North Plainfield</b> | <b>51.62</b> | Pompton Lakes       | 53.19        |
| Manasquan            | 66.82        | North Warren            | 41.29        | Pope John           | 63.70        |
| Manchester Regional  | 54.97        | Northern Burlington     | 62.78        | Princeton           | 55.81        |
| Manchester Twp.      | 41.43        | Northern Highlands      | 80.42        | <b>Rahway</b>       | <b>68.19</b> |
| <b>Manville</b>      | <b>67.91</b> | Notre Dame              | 57.55        | Ramapo              | 86.18        |
| Maple Shade          | 49.42        | Nottingham              | 49.63        | Ramsey              | 69.92        |
| Marlboro             | 52.43        | Nutley                  | 55.27        | Rancocas Valley     | 73.76        |
| Mastery HS of Camden | 42.82        | Oakcrest                | 56.51        | Randolph            | 56.19        |
| Matawan              | 65.41        | Ocean City              | 62.49        | Raritan             | 57.64        |
| Memorial             | 51.81        | Ocean Twp.              | 59.21        | Red Bank            | 63.06        |
| Mendham              | 57.83        | <b>Old Bridge</b>       | <b>70.30</b> | Red Bank Catholic   | 80.45        |
| <b>Metuchen</b>      | <b>60.05</b> | Old Tappan              | 85.62        | <b>Ridge</b>        | <b>67.45</b> |
| Middle Twp.          | 39.21        | Orange                  | 37.05        | Ridgefield Park     | 63.47        |
| <b>Middlesex</b>     | <b>39.07</b> | Overbrook               | 65.08        | Ridgewood           | 59.71        |
| Middletown North     | 68.09        | Palisades Park          | 44.63        | River Dell          | 72.23        |
| Middletown South     | 66.25        | Palmyra                 | 32.59        | Riverside           | 54.32        |
| Millburn             | 54.41        | Paramus                 | 48.19        | Robbinsville        | 49.17        |
| Millville            | 78.99        | Paramus Catholic        | 82.15        | <b>Roselle</b>      | <b>45.39</b> |
| Monmouth             | 51.31        | Park Ridge              | 59.40        | <b>Roselle Park</b> | <b>55.68</b> |
| <b>Monroe</b>        | <b>46.91</b> | Parsippany              | 37.49        | Roxbury             | 62.55        |
| Montclair            | 51.15        | Parsippany Hills        | 55.53        | Rumson-Fair Haven   | 73.05        |
| Montclair-Kimberley  | 42.05        | Pascack Hills           | 61.24        | Rutherford          | 64.72        |
| <b>Montgomery</b>    | <b>69.71</b> | Pascack Valley          | 67.27        | Saddle Brook        | 59.73        |
| Montville            | 65.74        | Passaic                 | 54.90        | <b>Salem</b>        | 67.48        |

|                              |              |                         |              |
|------------------------------|--------------|-------------------------|--------------|
| <b>Sayreville</b>            | <b>70.61</b> | Wall                    | 72.82        |
| Schalick                     | 64.21        | Wallington              | 54.14        |
| <b>Scotch Plains-Fanwood</b> | <b>47.78</b> | Wallkill Valley         | 58.18        |
| Secaucus                     | 56.76        | Warren Hills            | 68.63        |
| Seneca                       | 74.98        | Washington Twp.         | 87.49        |
| Seton Hall Prep              | 64.59        | <b>Watchung Hills</b>   | <b>51.74</b> |
| Shabazz                      | 85.13        | Wayne Hills             | 74.35        |
| Shawnee                      | 70.54        | Wayne Valley            | 71.41        |
| Shore                        | 71.25        | Weehawken               | 49.00        |
| Snyder                       | 54.63        | Weequahic               | 71.91        |
| <b>Somerville</b>            | <b>71.01</b> | West Deptford           | 71.83        |
| <b>South Brunswick</b>       | <b>52.98</b> | West Essex              | 71.66        |
| <b>South Hunterdon</b>       | <b>45.55</b> | West Milford            | 69.57        |
| <b>South Plainfield</b>      | <b>63.67</b> | West Morris             | 76.04        |
| <b>South River</b>           | <b>37.88</b> | West Orange             | 76.19        |
| Southern                     | 73.36        | West Windsor-Plainsboro | 25.95        |
| Sparta                       | 66.05        | <b>Westfield</b>        | <b>60.63</b> |
| <b>Spotswood</b>             | <b>63.94</b> | Westwood                | 77.19        |
| St. Augustine                | 74.80        | Whippany Park           | 51.25        |
| St. John Vianney             | 67.44        | Wildwood                | 42.40        |
| St. Joseph-Hammonton         | 57.24        | Williamstown            | 60.59        |
| <b>St. Joseph-Metuchen</b>   | <b>71.54</b> | Willingboro             | 73.53        |
| St. Joseph-Montvale          | 87.37        | Winslow                 | 92.84        |
| St. Mary                     | 57.76        | <b>Woodbridge</b>       | <b>69.33</b> |
| St. Peter's Prep             | 80.86        | Woodbury                | 52.10        |
| <b>St. Thomas Aquinas</b>    | <b>65.11</b> | Wood-Ridge              | 60.59        |
| Steinert                     | 63.89        | Woodstown               | 50.03        |
| Sterling                     | 63.22        |                         |              |
| <b>Summit</b>                | <b>68.08</b> |                         |              |
| Sussex Tech                  | 45.54        |                         |              |
| Teaneck                      | 59.98        |                         |              |
| Tenafly                      | 50.35        |                         |              |
| Timber Creek                 | 60.12        |                         |              |
| Toms River East              | 54.09        |                         |              |
| Toms River North             | 67.40        |                         |              |
| Toms River South             | 53.04        |                         |              |
| Trenton                      | 57.47        |                         |              |
| Triton                       | 62.55        |                         |              |
| <b>Union</b>                 | <b>59.27</b> |                         |              |
| Union City                   | 68.94        |                         |              |
| Vernon                       | 64.45        |                         |              |
| Verona                       | 54.65        |                         |              |
| Vineland                     | 51.23        |                         |              |
| <b>Voorhees</b>              | <b>59.11</b> |                         |              |
| Waldwick                     | 68.21        |                         |              |