

SHORE CONFERENCE

BOYS & GIRLS CROSS COUNTRY

2022-23

A NORTH

Howell
Freehold Twp
CBA*
Marlboro
Manalapan
Middletown South
Middletown North
Freehold Boro

A SOUTH

Southern
Toms River North
Toms River South
Toms River East
Brick Memorial
Brick Township
Central Regional
Jackson Memorial

A CENTRAL

Rumson-FH Reg.
Monmouth Reg.
Holmdel
Raritan
Wall Township
Red Bank Catholic
Trinity Hall#
Shore Regional

B NORTH

Colts Neck
Red Bank Reg.
Neptune
Long Branch
Matawan
Ocean Township
Manasquan
St. John Vianney

B SOUTH

Lakewood
Pinelands
Jackson Liberty
Manchester
Lacey Township
Barnegat
Pt. Pleasant Boro
Donovan Catholic

B CENTRAL

Asbury Park
Keansburg
Pt. Beach
St. Rose
Ranney School
Mater Dei Prep
Hudson/Keyport

***No Girls #No Boys**

Boys 47/48 Girls 47/48