

Conference	Varsity General Warm-up	Varsity Individual Team Warm-up	Junior Varsity General Warm-up	Junior Varsity Individual Team Warm-up
Big North	10	7-7	5	5-5
NJIC	10	7-7	None	4-4
HSIAL	10	7-7	5	5-5
Super Essex	7	7-7	5	5-5
NJAC	7	7-7	5	5-5
Watchung	7	7-7	5	5-5
Skylands	7	7/7	7	7-7

Coaches by mutual agreement may short subvarsity warmups in Skylands