NJSIAA Girls Wrestling District/Region Alignment		
2025 - 2026 Season		
NORTH I REGION - VERNON HIGH SCHOOL		
District 1	**District 2**	**District 3**
Butler	Bergenfield	Belvidere
Emerson/Park Ridge	Boonton	Bergen Arts & Sciences Charter
High Point Regional	College Achieve	Cliffside Park
Jefferson Township/Sparta	Cresskill	Clifton
Kinnelon	DePaul Catholic	Fort Lee
Lakeland Regional	Dover	Garfield
Mahwah	Dwight Morrow	Henry P. Becton/Wood-Ridge
Newton/Kittatinny	Eastside	Leonia/Palisades Park
North Warren	Elmwood Park Memorial	Lodi/Saddle Brook
NV- Demarest/Old Tappan	Fair Lawn	Lyndhurst/North Arlington
Pascack Hills	Glen Rock	Montclair
Pascack Valley	Hackensack	Mount Olive/Randolph
Pompton Lakes	Hawthorne	North Bergen
Pope John XXIII	JFK Paterson	**Nutley**
Ramapo	Lenape Valley/Hopatcong	Parsippany Hills/Parsippany
Ramsey/Northern Highlands	Manchester Regional	Passaic
Vernon Township	Mary Help of Christians	Passaic Valley
Wallkill Valley Regional	Montville Township	Ridgefield Memorial
West Milford Township	**Morris Hills**/Morris Knolls	Ridgefield Park/Bogota
	Mountain Lakes	Roxbury
	Paramus	Rutherford
	Paramus Catholic	St. Mary's
	Passiac County Technical	Verona
	Pequannock Township	
	Ridgewood	
	River Dell Regional	
	Teaneck	
	Tenafly	
	Wayne Hills	
	Wayne Valley	
	Westwood Regional	

NORTH II REGION - UNION HIGH SCHOOL		
District 4	**District 5**	**District 6**
Belleville	**Bayonne**	Bound Brook
Bernards	Brearley/Dayton	Bridgewater-Raritan
Bloomfield	Elizabeth	Carteret
Columbia	Hillside	Colonia
East Side	Linden	Delaware Valley Regional
Glen Ridge	New Providence	Franklin
Hanover Park	Newark Collegiate	Hunterdon Central
Hoboken	North Hunterdon	Immaculata
Irvington	North Plainfield	JFK Memorial
Kearny	Pingry	John P. Stevens
Madison	Plainfield	Manville
Millburn	Rahway	Metuchen
Morristown	Roselle Park	Middlesex/Dunellen
Newark Academy	Scotch Plains-Fanwood	Perth Amboy
North Star Academy	Summit	Piscataway
Orange	Union	Rutgers Prep
Phillipsburg	Voorhees	Somerville
St. Benedict's Prep	Watchung Hills Regional	**South Plainfield**
Union City	Westfield	St. Thomas Aquinas
Warren Hills		Woodbridge
West Orange		

CENTRAL REGION - EAST BRUNSWICK CHURCHILL JR. MIDDLE SCHOOL		
District 7	**District 8**	**District 9**
East Brunswick	Colts Neck	Brick Memorial
Highland Park	Ewing	Brick Township
Hillsborough	Freehold Boro	Freehold Township
Holmdel	Highstown	Hamilton East (Steinert)
Keyport	Hopewell Valley Central	Hamilton North (Nottingham)
Matawan Regional	Lawrence	Hamilton West
Middletown North	Long Branch	Howell
Middletown South	Manalapan	Jackson Township
Montgomery	Marlboro	Lakewood
New Brunswick	Monroe Township	Manasquan
North Brunswick Township	Notre Dame	Neptune
Old Bridge	Ocean Township	New Egypt
Raritan	Princeton	Northern Burlington
Red Bank Regional	Shore Regional	Point Pleasant Beach
Sayreville War Memorial	**Trenton Central**	**Point Pleasant Borough**
South Brunswick	West Windsor-Plainsboro North	Robbinsville
South Hunterdon	West Windsor-Plainsboro South	Wall Township
South River		
Spotswood		
St. John Vianney		

SOUTH REGION - ABSEGAMI HIGH SCHOOL		
District 10	**District 11**	**District 12**
BCIT- Westampton	Audubon	Absegami
Bordentown/Florence	Barnegat	Arthur P. Schalick
Burlington City	Central Regional	Atlantic City
Cinnaminson	Cherokee	Buena Regional/Vineland
Delran	Cherry Hill East/West	Cedar Creek
Lenape	Collingswood	Clayton/Glassboro
Manchester Township	Deptford	Clearview Regional
Maple Shade	**Eastern Regional**	Cumberland Regional
Moorestown	Gateway/Woodbury	Delsea
Palmyra	Gloucester City	Egg Harbor Township
Pemberton Township	Haddon Heights	Holy Spirit
Pennsauken	Haddon Township	Kingsway Regional
Rancocas Valley Regional	Highland Regional	Mainland Regional
Riverside	Lacey Township	Middle Township
Toms River North	Lindenwold	Oakcrest
Toms River South	Overbrook	Ocean City
Willingboro	Seneca	**Paulsboro**
	Shawnee	Pennsville Memorial
	Southern Regional	Pinelands Regional
	Sterling	Pitman
	West Deptford	Salem
		Timber Creek
		Washington Township
		Williamstown
		Winslow Township