

**2010 District III Lacrosse
Power Rating**

Boys Lacrosse

1. Susquehannock	16-0	5.000
2. Hempfield	17-1	4.722*
3. Conrad Weiser	17-1	4.722
4. Manheim Twp.	16-2	4.444*
5. Red Lion	16-2	4.444
6. Wyomissing	14-3-1	4.218
7. Ephrata	14-4	3.889
8. Carlisle	13-4	3.824*
9. York Suburban	13-4	3.824
10. Dallastown	12-4	3.750
11. State College	12-5	3.529
12. Cumberland Valley	11-5	3.438*
13. Lewisburg	11-5	3.438
14. Wilson	11-5-1	3.382
15. Warwick	12-6	3.333*
16. Elizabethtown	12-6	3.333**

Girls Lacrosse

1. Manheim Twp.	15-0	5.000
2. Hershey	16-2	4.444*
3. Kennard Dale	16-2	4.444
4. State College	14-2	4.375
5. Hempfield	15-3	4.167
6. Penn Manor	14-3	4.118*
7. Lewisburg	14-3	4.118
8. Cocalico	12-4	3.750*
9. SouthWestern	12-4	3.750
10. Gov. Mifflin	11-4	3.667
11. Wilson	13-5	3.611
12. Exeter	12-5	3.529*
13. R. Holy Name	12-5	3.529
14. Spring Grove	11-5	3.438
15. Dallastown	12-6	3.333
16. Cumberland Val.	11-6	3.235

* Won Goal Difference Criteria

* Won Goal Difference Criteria

* Won Goal Difference Criteria

* Won Head to Head Criteria

* Won Head to Head with E-Town and Goal Difference with Exeter(12-6)

** Won Goal Difference Criteria over Exeter(12-6)

* Won Goal Difference Criteria

* Won Goal Difference Criteria

* Won Goal Difference Criteria

* Won Head to Head Criteria