

# 2025 DIVISION 3 GIRLS LACROSSE POWER RANKINGS



*(Includes scores entered into Arbiter as of May 20, 4 a.m.)*

**AVG. MARGIN** = Average margin of victory, capped at +/- 7 goals for any one game

**OPP. RATING** = Average of a team's opponents' Overall Ratings

**RATING** = Team's Overall Rating (Avg. Margin + Opp. Rating)

**FORFEIT ADJ.** = Team's RATING has been adjusted for forfeit(s) ... use this number to calculate OPP. RATING (strength of schedule) for opponents

**Top 32 power rated teams qualify for tournament, regardless of record**

**FORFEIT  
ADJ. \***

| RANK | SCHOOL                 | W  | L  | AVG. MARGIN | OPP. RATING | RATING  |
|------|------------------------|----|----|-------------|-------------|---------|
| 1    | Medfield               | 15 | 3  | 4.5556      | 3.0925      | 7.6480  |
| 2    | Newburyport            | 13 | 3  | 3.2500      | 2.8050      | 6.0550  |
| 3    | Foxborough             | 13 | 4  | 3.1765      | 2.2468      | 5.4233  |
| 4    | Bedford                | 8  | 9  | 0.9412      | 4.3541      | 5.2953  |
| 5    | Wayland                | 8  | 9  | -0.3529     | 5.5317      | 5.1788  |
| 6    | Ashland                | 13 | 6  | 2.2105      | 2.3128      | 4.5234  |
| 7    | Falmouth               | 10 | 7  | 0.2353      | 4.0743      | 4.3096  |
| 8    | Apponequet Regional    | 14 | 3  | 4.2941      | -0.2716     | 4.0226  |
| 9    | Bishop Fenwick         | 16 | 2  | 4.4444      | -0.8114     | 3.6330  |
| 10   | Cape Cod Academy       | 9  | 4  | 3.1538      | 0.3804      | 3.5343  |
| 11   | Hanover                | 9  | 6  | 0.7333      | 2.7897      | 3.5230  |
| 12   | Nauset Regional        | 10 | 5  | 0.6000      | 2.4503      | 3.0503  |
| 13   | Ursuline Academy       | 14 | 2  | 3.8125      | -1.3713     | 2.4412  |
| 14   | North Middlesex Reg.   | 10 | 7  | 1.2941      | 1.1412      | 2.4353  |
| 15   | Old Rochester Regional | 7  | 7  | 1.2667      | 1.0890      | 2.3556  |
| 16   | Dover-Sherborn         | 8  | 9  | -0.2941     | 2.3346      | 2.0405  |
| 17   | Archbishop Williams    | 14 | 5  | 2.6316      | -0.7431     | 1.8885  |
| 18   | Saint John Paul II     | 10 | 5  | 2.8000      | -1.2566     | 1.5434  |
| 19   | Medway                 | 7  | 9  | -0.4375     | 1.3910      | 0.9535  |
| 20   | Dighton-Rehoboth       | 11 | 8  | 1.5789      | -0.6667     | 0.9123  |
| 21   | Essex North Shore      | 7  | 10 | -0.1176     | 0.9198      | 0.8022  |
| 22   | Bishop Stang           | 5  | 9  | -0.1333     | 0.8472      | 0.7138  |
| 23   | St. Mary's             | 7  | 9  | -0.3529     | 0.9661      | 0.6132  |
| 24   | Wakefield Memorial     | 7  | 9  | -1.9375     | 2.2996      | 0.3621  |
| 25   | Pembroke               | 9  | 9  | -0.0556     | -0.1405     | -0.1961 |
| 26   | Watertown              | 9  | 10 | -0.1579     | -0.3556     | -0.5135 |
| 27   | Tewksbury Memorial     | 12 | 6  | 1.0000      | -1.6954     | -0.6954 |
| 28   | Holliston              | 4  | 13 | -2.9412     | 2.1672      | -0.7740 |
| 29   | Wilmington             | 8  | 10 | -2.5000     | 1.3866      | -1.1134 |
| 30   | Groton-Dunstable       | 2  | 11 | -5.1538     | 3.0949      | -2.0589 |
| 31   | Dedham                 | 2  | 12 | -4.0714     | 1.9331      | -2.1383 |
| 32   | Shawsheen Valley Tech  | 12 | 4  | 4.0000      | -6.4174     | -2.4174 |

(continued)

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**Teams 33 and below qualify for a play-in game with a .500 or better record**

**FORFEIT  
ADJ. \***

| RANK | SCHOOL                 | W  | L  | AVG. MARGIN | OPP. RATING | RATING   |
|------|------------------------|----|----|-------------|-------------|----------|
| 33   | Martha's Vineyard Reg. | 8  | 7  | -0.0667     | -2.4197     | -2.4864  |
| 34   | Norton                 | 4  | 13 | -4.2941     | 1.3097      | -2.9844  |
| 35   | Saint Bernard's        | 7  | 5  | 1.9167      | -5.0043     | -3.0876  |
| 36   | Chicopee               | 15 | 1  | 5.7500      | -8.9302     | -3.1802  |
| 37   | Auburn                 | 9  | 7  | 1.3125      | -4.8795     | -3.5670  |
| 38   | Danvers                | 3  | 13 | -4.4375     | 0.6620      | -3.7755  |
| 39   | Notre Dame (Worcester) | 6  | 11 | -2.3529     | -1.8062     | -4.1591  |
| 40   | Arlington Catholic     | 3  | 14 | -4.1765     | 0.0095      | -4.1670  |
| 41   | Falmouth Academy       | 3  | 9  | -2.4167     | -1.7686     | -4.1852  |
| 42   | Greater Lowell Tech    | 11 | 3  | 3.8571      | -8.2992     | -4.4421  |
| 43   | Bristol-Plymouth RVT   | 13 | 4  | 3.0588      | -7.6785     | -4.6196  |
| 44   | Pope Francis           | 10 | 7  | 0.6471      | -5.4722     | -4.8252  |
| 45   | Cardinal Spellman      | 2  | 13 | -5.0000     | -0.0375     | -5.0375  |
| 46   | Tri-County RVT         | 11 | 4  | 2.0667      | -8.0319     | -5.9653  |
| 47   | Saugus                 | 3  | 12 | -2.6000     | -3.4861     | -6.0861  |
| 48   | Upper Cape Cod RVT     | 9  | 7  | 1.3125      | -7.6514     | -6.3389  |
| 49   | Marlborough            | 0  | 12 | -6.9167     | 0.1545      | -6.7621  |
| 50   | Greater New Bedford    | 1  | 13 | -5.9286     | -1.1307     | -7.0593  |
| 51   | Fontbonne              | 0  | 16 | -5.5625     | -1.5099     | -7.0724  |
| 52   | Gloucester             | 1  | 13 | -5.5714     | -1.6042     | -7.1756  |
| 53   | Northeast Metro RVT    | 7  | 9  | -0.6875     | -7.0960     | -7.7835  |
| 54   | Nashoba Valley Tech    | 6  | 8  | -0.7857     | -7.3403     | -8.1260  |
| 55   | Lowell Catholic        | 6  | 11 | -2.7059     | -5.9373     | -8.6432  |
| 56   | Blackstone Valley RVT  | 2  | 13 | -3.4667     | -5.4775     | -8.9442  |
| 57   | South Shore Vo-Tech    | 5  | 10 | -2.4000     | -7.0764     | -9.4764  |
| 58   | Montachusett RVT       | 4  | 13 | -4.2941     | -5.3459     | -9.6401  |
| 59   | Assabet Valley RVT     | 1  | 12 | -4.3077     | -5.8805     | -10.1882 |
| 60   | Pittsfield             | 2  | 13 | -4.4000     | -7.0306     | -11.4306 |