

| Year | Class L | | Class I | | Class M-S | |
|------|--------------------|--------------------------|--------------|---------------------------------|--------------|-----------------------------|
| | Girls | Boys | Girls | Boys | Girls | Boys |
| 1944 | | Dover | | | | |
| 1945 | | Concord | | | | |
| 1946 | | Portsmouth | | | | |
| 1947 | | Portsmouth | | | | |
| 1948 | | Keene | | | | |
| 1949 | | Laconia | | | | |
| 1950 | | Spaulding | | | | |
| 1951 | | Manchester Central | | | | |
| 1952 | | Keene | | | | |
| 1953 | | Portsmouth | | | | |
| 1954 | | Laconia | | | | |
| 1955 | | Nashua | | | | |
| 1956 | | Nashua | | | | |
| 1957 | | Bishop Bradley/ Dover | | | | |
| 1958 | | Keene | | | | |
| 1959 | | Keene | | | | |
| 1960 | | Nashua | | | | |
| 1961 | | Nashua | | | | |
| 1962 | | Nashua | | | | |
| 1963 | Exeter | Portsmouth | | | | |
| 1964 | Exeter | Nashua | | Stevens | | |
| 1965 | Exeter | Nashua | | Exeter | | |
| 1966 | Exeter | Nashua | | Exeter | | |
| 1967 | Exeter | Nashua | | Hanover | | |
| 1968 | Exeter | Nashua | | Hanover | | |
| 1969 | Exeter | Nashua | | Monadnock | | |
| 1970 | Keene | Nashua | | Lebanon | | |
| 1971 | Keene | Nashua | | Lebanon | | |
| 1972 | Exeter | Pinkerton | | Hanover | | |
| 1973 | Exeter | Salem | | Exeter | | |
| 1974 | Concord | Spaulding | | Merrimack Valley | | Raymond |
| 1975 | Concord | Spaulding | | Exeter | | Oyster River |
| 1976 | Nashua | Bishop Guertin | | Exeter | | Raymond |
| 1977 | Portsmouth | Bishop Guertin | Somersworth | Timberlane | Oyster River | Oyster River |
| 1978 | Concord | Manchester West | Exeter | Laconia | Oyster River | Oyster River |
| 1979 | Concord | Manchester West | Exeter | Timberlane | Oyster River | Oyster River |
| 1980 | Concord | Concord | Oyster River | Oyster River | Plymouth | Hollis |
| 1981 | Nashua | Manchester Central | Oyster River | Oyster River | Plymouth | Hollis |
| 1982 | Nashua | Portsmouth | Timberlane | Oyster River | Plymouth | Hollis |
| 1983 | Manchester Central | Portsmouth | Kennett | Laconia | Plymouth | Hollis |
| 1984 | Manchester Central | Nashua | Kennett | Laconia | Hollis | Hollis |
| 1985 | Manchester Central | Portsmouth | Oyster River | Stevens | Hollis | Hollis |
| 1986 | Alvirne | Nashua | Hanover | Hanover/ Laconia/ Stevens | Belmont | Hollis |
| 1987 | Nashua | Salem | Hanover | Lebanon | Hollis | Franklin |
| 1988 | Concord | Salem | Hanover | Hanover | Hollis | White Mountains |
| 1989 | Nashua | Londonderry | Hanover | Hanover | Hollis | White Mountains/ Gilford |

| Year | Class L / Div I | | Class I / Div II | | Class M-S / Div III | |
|------|--------------------|--------------------------------|--------------------------|------------------|---------------------|-----------------|
| | Girls | Boys | Girls | Boys | Girls | Boys |
| 1990 | Nashua | Londonderry | Hanover | Monadnock | Hollis | *** |
| 1991 | Manchester Central | Londonderry | Hanover | Monadnock | Hollis | Gilford |
| 1992 | Manchester Central | Manchester Memorial/ Nashua | Hanover | Monadnock | Winnisquam | White Mountains |
| 1993 | Nashua | Nashua | Hanover | Monadnock | Gilford | White Mountains |
| 1994 | Manchester Central | Pinkerton | Timberlane | Monadnock | Gilford | Gilford |
| 1995 | Nashua | Londonderry | Hanover | Monadnock | Gilford | Gilford |
| 1996 | Manchester Central | Londonderry | Hanover | Timberlane | Gilford | Conant |
| 1997 | Manchester Central | Londonderry | Hanover | Timberlane | Coe-Brown | Conant |
| 1998 | Londonderry | Londonderry | Monadnock/ Timberlane | Timberlane | Coe-Brown | Conant |
| 1999 | Manchester Central | Londonderry | Lebanon | Merrimack Valley | Winnisquam | Winnisquam |
| 2000 | Manchester Central | Londonderry | Coe-Brown | Merrimack Valley | Bow | White Mountains |
| 2001 | Keene | Londonderry | Hanover | Merrimack Valley | Winnisquam | White Mountains |
| 2002 | Keene | Londonderry | Hanover | Hanover | Hollis/Brookline | White Mountains |
| 2003 | Bishop Guertin | Nashua/ Merrimack | Hanover | Fall Mountain | Bow | Bow |
| 2004 | Bishop Guertin | Merrimack | Hollis/Brookline | Lebanon | Bow | Bow |
| 2005 | Bishop Guertin | Londonderry | Hanover | Lebanon | Inter-Lakes | Campbell |
| 2006 | Bishop Guertin | Merrimack | Hanover | Lebanon | Inter-Lakes | Campbell |
| 2007 | Bishop Guertin | Merrimack | Hanover/ Lebanon | Lebanon | Hopkinton | Campbell |
| 2008 | Bishop Guertin | Memorial | Lebanon | Lebanon | Hopkinton | Sanborn |
| 2009 | Manchester Central | Manchester Memorial/ Nashua | Lebanon | Lebanon | Hopkinton | Franklin |
| 2010 | Manchester Central | Bishop Guertin | Lebanon | Lebanon | Hopkinton | Campbell |
| 2011 | Bishop Guertin | Nashua North | Lebanon | Milford | Hopkinton | Monadnock |
| 2012 | Exeter | Pinkerton | Coe-Brown | Souhegan | White Mountains | Bow |
| 2013 | Bedford | Nashua North | Coe-Brown | Souhegan | Monadnock | Keasarge |
| 2014 | Bedford | Pinkerton | Coe-Brown | Lebanon | Monadnock | Keasarge |
| 2015 | Bedford | Nashua North | Coe-Brown | Portsmouth | Monadnock | Inter-Lakes |
| 2016 | Bedford | Concord | Milford | Souhegan | Monadnock | Keasarge |
| 2017 | Bedford | Pinkerton | Portsmouth | Trinity | Monadnock | Monadnock |
| 2018 | Exeter | Pinkerton | Portsmouth | Portsmouth | White Mountains | Campbell |
| 2019 | Exeter | Exeter | Portsmouth | Coe-Brown | Keasarge | Keasarge |
| 2021 | Nashua North | Nashua North | Coe-Brown | Coe-Brown | Hopkinton | Newport |