

1990 SECTION VII FINAL REGULAR SEASON STANDINGS

| Champlain Valley Conference | | | | | Mountain & Valley Conference | | | | |
|-----------------------------|----|----|----|----|------------------------------|----|----|----|----|
| Division 1 | | | | | | | | | |
| Seton Catholic | 12 | 3 | 15 | 5 | Westport | 12 | 1 | 18 | 1 |
| Saranac | 11 | 5 | 12 | 5 | Schroon Lake | 10 | 4 | 10 | 9 |
| Peru | 11 | 5 | 12 | 8 | Elizabethtown | 9 | 5 | 11 | 7 |
| Plattsburgh | 10 | 6 | 11 | 8 | Willsboro | 9 | 5 | 11 | 9 |
| Beekmantown | 9 | 6 | 12 | 8 | Crown Point | 4 | 9 | 6 | 12 |
| Northeastern Clinton | 2 | 14 | 3 | 17 | Keene | 4 | 10 | 6 | 11 |
| | | | | | Lake Placid | 4 | 10 | 6 | 13 |
| | | | | | Chazy | 3 | 11 | 3 | 14 |
| Division 2 | | | | | Marcy Conference | | | | |
| AuSable Valley | 14 | 2 | 14 | 6 | Wells | 10 | 0 | 17 | 3 |
| Moriah | 11 | 5 | 13 | 6 | Newcomb | 8 | 2 | 10 | 7 |
| Northern Adirondack | 7 | 9 | 9 | 11 | Bolton | 4 | 4 | 4 | 13 |
| Ticonderoga | 5 | 11 | 5 | 15 | Long Lake | 3 | 7 | 5 | 12 |
| Saranac Lake | 2 | 14 | 3 | 17 | Minerva | 2 | 7 | 3 | 11 |
| Tupper Lake | 1 | 15 | 3 | 17 | Indian Lake | 0 | 7 | 1 | 8 |