

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
1.0 mile (Open)									
Seton Hall Invitational	Indoor	12/27/2005	Tues	1.0 Mile Run			5:11.20		
Union County Individuals	Indoor	1/25/2006	Wed	1.0 Mile Run			5:14.60		
2.0 miles (Open)									
Union County Individuals	Indoor	1/25/2006	Wed	2.0 Mile Run			11:17.40	8	
Union County Individuals	Indoor	1/31/2007	Wed	2.0 Mile Run					
220 Y (Relay)									
Meet vs Elizabeth & Trenton	Indoor	12/20/2006	Wed	1.0 Mile Relay			1:02.30		
400 (Relay)									
Mountain Valley Conference Novice Me	et Outdoor	5/16/2005	Mon	4 x 400 Meter			1:03.20		
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	4 x 400 Meter			1:00.10		
800 (Open)									
Spiked Shoe Holiday Festival	Indoor	12/20/2004	Mon	800 Meter			2:34.80		
Meet vs North Plainfield	Outdoor	4/5/2005	Tues	800 Meter			2:23.00		
NJCTC Frosh/Soph Championships	Outdoor	4/22/2005	Friday	800 Meter			2:26.50		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/26/2005	Tues	800 Meter			2:26.90		
Mountain Valley Conference Novice Me	et Outdoor	5/16/2005	Mon	800 Meter			2:30.40		
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	800 Meter			2:19.00	2	
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	800 Meter			2:23.00		
800 (Relay)									
Blue Devil Classic	Outdoor	4/16/2005	Sat	4 x 800 Meter			2:23.90		
Seton Hall Invitational	Indoor	12/27/2005	Tues	4 x 800 Meter			2:21.30		
Union County Relay Championship	Indoor	1/4/2006	Wed	4 x 800 Meter			2:21.80		
Catholic Conference Relays	Indoor	1/9/2006	Mon	4 x 800 Meter			2:25.80		
Group 2 State Relays	Indoor	1/22/2006	Sun	4 x 800 Meter			2:18.10		
Herm Johnson Relays	Outdoor	4/8/2006	Sat	DMR 12-4-8-16			2:13.70		
Herm Johnson Relays	Outdoor	4/8/2006	Sat	4 x 800 Meter			2:16.90		
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 800 Meter			2:13.70		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	4 x 800 Meter			2:18.30		
Tony Passarelli Relays	Indoor	12/17/2006	Sun	4 x 800 Meter			2:14.70		

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Marine Corps Holiday Classic	Indoor	12/27/2006	Wed	SMR 4-2-2-8			2:24.50		
Catholic Conference Relays	Indoor	1/7/2007	Sun	4 x 800 Meter			2:17.10		
Union County Relay Championship	Indoor	1/10/2007	Wed	4 x 800 Meter			2:22.50		
New Balance Games	Indoor	1/20/2007	Sat	4 x 800 Meter			2:12.70		
Cranford Cougar Classic Relays	Outdoor	4/14/2007	Sat	4 x 800 Meter			2:13.70		
Blue Devil Classic	Outdoor	4/21/2007	Sat	4 x 800 Meter			2:12.70		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	4 x 800 Meter			2:13.40		
Union County Relay Championships	Outdoor	5/3/2007	Thurs	SMR 2-2-4-8			2:09.90		
880 Y (Open)									
Union County Frosh/Soph	Indoor	1/19/2005	Wed					3	
Meet vs Elizabeth & Trenton	Indoor	12/20/2006	Wed	880 Yard			2:25.00		
1000 (Open)									
NJCTC Frosh/Soph Championships	Indoor	2/6/2005	Sun	1000 Meter			3:24.50		
1200 (Relay)									
Tony Passarelli Relays	Indoor	12/17/2006	Sun	DMR 12-4-8-16			3:33.80		
1600 (Open)									
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2005	Tues	1600 Meter			5:23.00		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/26/2005	Tues	1600 Meter			5:21.40		
Group 2 State Championship	Indoor	1/29/2006	Sun	1600 Meter			5:02.02		
NJCTC Championships	Indoor	2/10/2006	Friday	1600 Meter			5:12.20		
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	1600 Meter			5:04.00	3	
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	1600 Meter			5:04.00	3	
Mountain Valley Conference Novice Me	et Outdoor	5/15/2006	Mon	1600 Meter			5:02.80	1	
NJCTC Championships	Indoor	1/27/2007	Sat	1600 Meter			5:04.33	23	
Meet vs Roselle Catholic	Outdoor	4/3/2007	Tues	1600 Meter			5:06.00		
Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	1600 Meter			5:04.10		
1600 (Relay)									
Metuchen Frosh Soph 2	Outdoor	4/15/2005	Friday	4 x 1600 Meter			5:21.70		
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 1600 Meter			5:09.40		
Catholic Conference Relays	Indoor	1/7/2007	Sun	DMR 12-4-8-16			4:55.80		

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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Union County Relay Championship	Indoor	1/10/2007	Wed	DMR 8-4-12-16			5:09.10		
Cranford Cougar Classic Relays	Outdoor	4/14/2007	Sat	4 x 1600 Meter			4:57.80		
Blue Devil Classic	Outdoor	4/21/2007	Sat	DMR 12-4-8-16			5:01.00		
Union County Relay Championships	Outdoor	5/3/2007	Thurs	4 x 1600 Meter			4:57.20		
2.5 Miles									
Eastern States Championship	Van Cortlandt Park, NY	10/15/2005	Sat				15:17.00	38	
3200 (Open)									
Mountain Valley Conference	Indoor	1/7/2006	Sat	3200 Meter			10:59.24	5	
Group 2 State Championship	Indoor	1/29/2006	Sun	3200 Meter			10:56.04		
NJCTC Championships	Indoor	2/10/2006	Friday	3200 Meter			10:59.90		
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	3200 Meter			10:58.60		
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	3200 Meter			11:20.00		
Mountain Valley Conference	Outdoor	5/9/2006	Tues	3200 Meter			11:06.60	7	
Mountain Valley Conference Novice Mo	eet Outdoor	5/15/2006	Mon	3200 Meter			11:10.30	2	
Union County Championships	Outdoor	5/20/2006	Sat	3200 Meter			11:04.00		
Mountain Valley Conference	Indoor	1/6/2007	Sat	3200 Meter			10:57.05	6	
NJCTC Championships	Indoor	1/27/2007	Sat	3200 Meter			10:41.00	25	
Group 1 State Championship	Indoor	2/15/2007	Thurs	3200 Meter			10:39.38	22	
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/24/2007	Sat	3200 Meter			10:58.60		
Meet vs Roselle Catholic	Outdoor	4/3/2007	Tues	3200 Meter			11:17.00		
Mountain Valley Conference	Outdoor	5/8/2007	Tues	3200 Meter			10:51.50	6	
5000									
UC -vs- Bound Brook, Oratory Prep, O	ak Middlesex High School	9/13/2005	Tues	5K			18:51.00	6	
Shore Coaches Invitational	Holmdel Park	10/1/2005	Sat	5K			19:30.00	140	
Mountain Valley Conference	Pleasant Valley Park	11/8/2005	Tues	5K			18:31.00	7	
Non Public A State Championship	Holmdel Park	11/12/2005	Sat	5K			18:48.00	79	PR
Mountain Valley Conference	Pleasant Valley Park	10/10/2006	Tues	5K			18:42.00	10	
Non Public A State Championship	Holmdel Park	11/11/2006	Sat	5K			18:46.00	73	PR
5150									
UC -vs- New Providence	Warinanco Park	9/20/2005	Tues	5150 Meters			19:19.00	5	

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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
UC -vs- Dayton, Technology	Warinanco Park	9/27/2005	Tues	5150 Meters			19:16.00	3	PR
UC -vs- Manville	Warinanco Park	10/5/2005	Wed	5150 Meters			19:16.00	2	
Union County Championship	Warinanco Park	10/26/2005	Wed	5150 Meters			18:57.00		
UC -vs- Arthur L. Johnson, Newark	Warinanco Park	9/12/2006	Tues	5150 Meters			18:57.00	3	
UC -vs- Cranford	Warinanco Park	9/19/2006	Tues	5150 Meters			18:34.00	3	PR
UC -vs- Rahway, Governor Livingston	Warinanco Park	9/26/2006	Tues	5150 Meters			18:36.00	4	
UC -vs- Arthur L. Johnson, Rahway,	Warinanco Park	10/3/2006	Tues	5150 Meters			18:38.00	1	
Union County Championship	Warinanco Park	10/25/2006	Wed	5150 Meters			17:44.00	22	PR
5250									
Bernie Magee Class Meet	Warinanco Park	9/17/2005	Sat	5250 Meters			19:49.10	77	
Stewart Memorial Invitational	Warinanco Park	9/24/2005	Sat	5250 Meters			18:36.00	41	PR
Catholic Conference Championship	Warinanco Park	11/5/2005	Sat	5250 Meters			18:58.00	87	
Bernie Magee Class Meet	Warinanco Park	9/23/2006	Sat	5250 Meters			19:16.00	65	
Stewart Memorial Invitational	Warinanco Park	9/30/2006	Sat	5250 Meters			18:04.00	29	PR
Catholic Conference Championship	Warinanco Park	11/4/2006	Sat	5250 Meters			18:15.00	73	

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