



# Boys XC / Track / Field

## Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
<b>55 (Open)</b>									
Seton Hall Invitational	Indoor	12/27/2005	Tues	55 Meter			6.96		
Mountain Valley Conference	Indoor	1/7/2006	Sat	55 Meter			6.95	4	PR
NJCTC Championships	Indoor	1/27/2007	Sat	55 Meter			6.71	1	6.73
Group 1 State Championship	Indoor	2/15/2007	Thurs	55 Meter			6.70	5	6.71
Mountain Valley Conference	Indoor	1/5/2008	Sat	55 Meter Dash			6.81	1	
<b>60 Y (Open)</b>									
Union County Individuals	Indoor	1/31/2007	Wed	60 Yard			6.50	2	6.7
<b>100 (Open)</b>									
Metuchen Frosh Soph 2	Outdoor	4/15/2005	Friday	100 Meter Dash			11.40	1	
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2005	Tues	100 Meter Dash			11.20	1	
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/26/2005	Tues	100 Meter Dash			11.90	1	
Mountain Valley Conference	Outdoor	5/10/2005	Tues	100 Meter Dash			11.10		
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	100 Meter Dash			11.00	1	
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	100 Meter Dash			11.10	1	
Mountain Valley Conference	Outdoor	5/9/2006	Tues	100 Meter Dash			11.10	3	
<b>100 (Relay)</b>									
NJCTC Relays	Outdoor	4/24/2005	Sun	4 x 100 Meter					
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	4 x 100 Meter					
Union County Relay Championships	Outdoor	5/7/2005	Sat	4 x 100 Meter					
The Penn Relays	Outdoor	4/28/2006	Friday	4 x 100 Meter					
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 100 Meter					
Union County Relay Championships	Outdoor	5/2/2008	Friday	4 x 100 Meter					
<b>200 (Open)</b>									
Metuchen Frosh Soph 1	Outdoor	4/8/2005	Friday	200 Meter			24.20	3	
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2005	Tues	200 Meter			23.40	2	
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/26/2005	Tues	200 Meter			24.50	1	
Catholic Conference Championships	Outdoor	5/29/2005	Sun	200 Meter			24.10		
Non Public A State Championships	Outdoor	6/3/2005	Friday	200 Meter			23.43	13	
Group 2 State Championship	Indoor	1/29/2006	Sun	200 Meter			23.60	8	



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Winter Track Meet of Champions	Indoor	2/19/2006	Sun	200 Meter			23.62	6	
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	200 Meter			22.80	1	
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	200 Meter			22.70	1	
Mountain Valley Conference	Outdoor	5/9/2006	Tues	200 Meter			21.90	1	
Union County Championships	Outdoor	5/20/2006	Sat	200 Meter			22.20	1	
Catholic Conference Championships	Outdoor	5/28/2006	Sun	200 Meter			22.60	2	
Non Public A State Championships	Outdoor	6/2/2006	Friday	200 Meter			22.43	1	
Meet of Champions	Outdoor	6/7/2006	Wed	200 Meter			22.97		
National Scholastic Indoor Track	Indoor	3/9/2007	Friday	200 Meter			23.24		Injured
Season Opener	Indoor	12/23/2007	Sun	200 Meter			22.95		
Catholic Conference Championship	Indoor	2/8/2008	Friday	200 Meter			22.80	1	
Mountain Valley Conference	Outdoor	5/5/2008	Mon	200 Meter			21.90	2	
Union County Championships	Outdoor	5/17/2008	Sat	200 Meter			21.90	3	
Catholic Conference Championships	Outdoor	5/25/2008	Sun	200 Meter			22.28	3	
<b>200 (Relay)</b>									
Herm Johnson Relays	Outdoor	4/9/2005	Sat	4 x 200 Meter			23.14		
Blue Devil Classic	Outdoor	4/16/2005	Sat	4 x 200 Meter			24.10		
NJCTC Relays	Outdoor	4/24/2005	Sun	4 x 200 Meter			23.10		
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	SMR 2-2-4-8			22.60		
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	4 x 200 Meter			22.90		
Union County Relay Championships	Outdoor	5/7/2005	Sat	4 x 200 Meter			22.20		
Seton Hall Invitational	Indoor	12/27/2005	Tues	4 x 200 Meter			23.50		
Union County Relay Championship	Indoor	1/4/2006	Wed	4 x 200 Meter			25.00		
Catholic Conference Relays	Indoor	1/9/2006	Mon	4 x 200 Meter			23.10		
Group 2 State Relays	Indoor	1/22/2006	Sun	4 x 200 Meter			23.42		
Herm Johnson Relays	Outdoor	4/8/2006	Sat	4 x 200 Meter			22.10		
Blue Devil Classic	Outdoor	4/15/2006	Sat	4 x 200 Meter			21.90		
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 200 Meter			22.40		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	4 x 200 Meter			22.00		
Union County Relay Championships	Outdoor	5/6/2006	Sat	SMR 2-2-4-8			22.20		
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 200 Meter			21.90		



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Catholic Conference Relays	Indoor	1/7/2007	Sun	4 x 200 Meter			22.30		
Group 1 State Relays	Indoor	1/12/2007	Friday	4 x 200 Meter			22.70		
New Balance Games	Indoor	1/20/2007	Sat	4 x 200 Meter			50.20		
The National Hall of Fame Classic	Indoor	2/17/2007	Sat	4 x 200 Meter			21.90		
The National Hall of Fame Classic	Indoor	2/17/2007	Sat	4 x 200 Meter			21.70		
The National Hall of Fame Classic	Indoor	2/17/2007	Sat	SMR 4-2-2-8			22.60		
Eastern States Invitational	Indoor	2/27/2007	Tues	4 x 200 Meter			22.10		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	SMR 2-2-4-8			22.50		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	4 x 200 Meter			22.00		
Union County Relay Championships	Outdoor	5/3/2007	Thurs	4 x 200 Meter			22.00		
East Coast Relays	Outdoor	5/21/2007	Mon	SMR 2-2-4-8			22.00		
Nike Outdoor Nationals	Outdoor	6/15/2007	Friday	4 x 200 Meter			21.80		
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	4 x 200 Meter					
New Balance Games	Indoor	1/19/2008	Sat	4 x 200 Meter			22.10		
Eastern States Invitational	Indoor	2/26/2008	Tues	4 x 200 Meter			21.70		
Eastern States Invitational	Indoor	2/26/2008	Tues	4 x 200 Meter			21.10		
National Scholastic Indoor Championship	Indoor	3/15/2008	Sat	4 x 200 Meter			21.50		
National Scholastic Indoor Championship	Indoor	3/16/2008	Sun	4 x 200 Meter			21.50		
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	4 x 200 Meter			21.80		
Union County Relay Championships	Outdoor	5/2/2008	Friday	4 x 200 Meter			21.70		
Nike Outdoor Nationals	Outdoor	6/20/2008	Friday	4 x 200 Meter			20.80		Droppe
<b>220 Y (Relay)</b>									
Union County Individuals	Indoor	1/25/2006	Wed	1.0 Mile Relay			54.90		
Union County Relay Championship	Indoor	1/9/2008	Wed	4 x 220 Yard			25.20		
Union County Relay Championship	Indoor	1/9/2008	Wed	1.0 Mile Relay			59.90		
<b>300 (Open)</b>									
NJCTC Championships	Indoor	2/10/2006	Friday	300 Meter			36.70	4	
NJCTC Championships	Indoor	1/27/2007	Sat	300 Meter			36.48	3	
Lou Molina Invitational	Indoor	2/11/2008	Mon	300 Meter			35.50	1	



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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
<b>400 (Open)</b>									
Metuchen Frosh Soph 1	Outdoor	4/8/2005	Friday	400 Meter			54.80	1	
Mountain Valley Conference	Outdoor	5/10/2005	Tues	400 Meter			51.90	2	
Union County Championships	Outdoor	5/21/2005	Sat	400 Meter			51.80		
Catholic Conference Championships	Outdoor	5/29/2005	Sun	400 Meter			52.50		
Seton Hall Invitational	Indoor	12/27/2005	Tues	400 Meter			52.76	5	
Mountain Valley Conference	Indoor	1/7/2006	Sat	400 Meter			54.21	7	
Group 2 State Championship	Indoor	1/29/2006	Sun	400 Meter			53.39	12	
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	400 Meter			50.90	1	
Mountain Valley Conference	Outdoor	5/9/2006	Tues	400 Meter			49.90	2	
Union County Championships	Outdoor	5/20/2006	Sat	400 Meter			48.90	2	
Catholic Conference Championships	Outdoor	5/28/2006	Sun	400 Meter			49.97	3	
Non Public A State Championships	Outdoor	6/2/2006	Friday	400 Meter			50.50	2	
Meet of Champions	Outdoor	6/7/2006	Wed	400 Meter			50.40		
Mountain Valley Conference	Indoor	1/6/2007	Sat	400 Meter			52.59	2	
Group 1 State Championship	Indoor	2/15/2007	Thurs	400 Meter			50.30	1	
Winter Track Meet of Champions	Indoor	2/25/2007	Sun	400 Meter			50.55	10	
Union County Championships	Outdoor	5/19/2007	Sat	400 Meter			49.30	2	8pts
Season Opener	Indoor	12/23/2007	Sun	400 Meter			51.18		
Mountain Valley Conference	Indoor	1/5/2008	Sat	400 Meter			51.98	1	
Catholic Conference Championship	Indoor	2/8/2008	Friday	400 Meter			51.10	1	
Non Public A State Championship	Indoor	2/16/2008	Sat	400 Meter			50.98	2	
Winter Track Meet of Champions	Indoor	2/23/2008	Sat	400 Meter			50.27	5	
Eastern States Invitational	Indoor	2/26/2008	Tues	400 Meter			48.57	2	
National Scholastic Indoor Championship	Indoor	3/15/2008	Sat	400 Meter			49.52		
National Scholastic Indoor Championship	Indoor	3/16/2008	Sun	400 Meter			49.02	7	
Mountain Valley Conference	Outdoor	5/5/2008	Mon	400 Meter			48.80	2	
Union County Championships	Outdoor	5/17/2008	Sat	400 Meter			48.60	2	
Catholic Conference Championships	Outdoor	5/25/2008	Sun	400 Meter			48.95	2	
Non Public A State Championships	Outdoor	5/30/2008	Friday	400 Meter			48.88	2	
Meet of Champions	Outdoor	6/5/2008	Thurs	400 Meter			49.24	4	



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<b>400 (Relay)</b>									
Herm Johnson Relays	Outdoor	4/9/2005	Sat	SMR 2-2-4-8			54.40		
Blue Devil Classic	Outdoor	4/16/2005	Sat	4 x 400 Meter			53.03		
NJCTC Relays	Outdoor	4/24/2005	Sun	4 x 400 Meter			52.80		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/26/2005	Tues	4 x 400 Meter			56.30		
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	4 x 400 Meter			52.40		
Union County Relay Championships	Outdoor	5/7/2005	Sat	4 x 400 Meter			51.60		
Union County Championships	Outdoor	5/21/2005	Sat	4 x 400 Meter			52.60		
East Coast Relays	Outdoor	5/23/2005	Mon	SMR 2-2-4-8			52.30		
Non Public A State Championships	Outdoor	6/3/2005	Friday	4 x 400 Meter			51.82		
Seton Hall Invitational	Indoor	12/27/2005	Tues	4 x 400 Meter			51.80		
Union County Relay Championship	Indoor	1/4/2006	Wed	4 x 400 Meter			56.60		
Mountain Valley Conference	Indoor	1/7/2006	Sat	4 x 400 Meter			52.26		
Catholic Conference Relays	Indoor	1/9/2006	Mon	4 x 400 Meter			50.90		
Group 2 State Relays	Indoor	1/22/2006	Sun	4 x 400 Meter			51.45		
NJCTC Championships	Indoor	2/10/2006	Friday	4 x 400 Meter					FS
The National Hall of Fame Classic	Indoor	2/18/2006	Sat	4 x 400 Meter			51.80		
The National Hall of Fame Classic	Indoor	2/18/2006	Sat	SMR 4-2-2-8			50.90		
Winter Track Meet of Champions	Indoor	2/19/2006	Sun	4 x 400 Meter			53.60		
Eastern States Invitational	Indoor	2/28/2006	Tues	4 x 400 Meter			50.80		
Nike Indoor Nationals	Indoor	3/11/2006	Sat	SMR 2-2-4-8					
Nike Indoor Nationals	Indoor	3/11/2006	Sat	4 x 400 Meter					
Blue Devil Classic	Outdoor	4/15/2006	Sat	DMR 12-4-8-16			50.30		
Blue Devil Classic	Outdoor	4/15/2006	Sat	SMR 4-2-2-8			50.30		
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 400 Meter			53.40		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	4 x 400 Meter			52.50		
The Penn Relays	Outdoor	4/28/2006	Friday	4 x 400 Meter			49.90		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	SMR 2-2-4-8			49.70		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	4 x 400 Meter			49.60		
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 400 Meter			49.80		
Mountain Valley Conference	Outdoor	5/9/2006	Tues	4 x 400 Meter			49.20		



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Union County Championships	Outdoor	5/20/2006	Sat	4 x 400 Meter			49.40		
East Coast Relays	Outdoor	5/22/2006	Mon	SMR 2-2-4-8			49.40		
Non Public A State Championships	Outdoor	6/2/2006	Friday	4 x 400 Meter			49.80		
Meet of Champions	Outdoor	6/7/2006	Wed	4 x 400 Meter			49.19		
Nike Outdoor Nationals	Outdoor	6/16/2006	Friday	SMR 2-2-4-8			48.90		
Mountain Valley Conference	Indoor	1/6/2007	Sat	4 x 400 Meter			51.50		
Catholic Conference Relays	Indoor	1/7/2007	Sun	SMR 2-2-4-8			49.90		
Group 1 State Relays	Indoor	1/12/2007	Friday	SMR 4-2-2-8			52.70		
Group 1 State Relays	Indoor	1/12/2007	Friday	4 x 400 Meter			52.60		
New Balance Games	Indoor	1/20/2007	Sat	SMR 4-2-2-8			50.60		
Group 1 State Championship	Indoor	2/15/2007	Thurs	4 x 400 Meter			50.30		
The National Hall of Fame Classic	Indoor	2/17/2007	Sat	4 x 400 Meter			49.70		
Winter Track Meet of Champions	Indoor	2/25/2007	Sun	4 x 400 Meter			52.80		
Eastern States Invitational	Indoor	2/27/2007	Tues	4 x 400 Meter			48.10		
National Scholastic Indoor Track	Indoor	3/9/2007	Friday	4 x 400 Meter			49.70		
National Scholastic Indoor Track	Indoor	3/9/2007	Friday	4 x 400 Meter					
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	DMR 12-4-8-16			50.30		
Union County Relay Championships	Outdoor	5/3/2007	Thurs	4 x 400 Meter			49.40		
Mountain Valley Conference	Outdoor	5/8/2007	Tues	4 x 400 Meter			48.70		
Union County Championships	Outdoor	5/19/2007	Sat	4 x 400 Meter			50.40		
East Coast Relays	Outdoor	5/21/2007	Mon	4 x 400 Meter			49.60		
Catholic Conference Championships	Outdoor	5/27/2007	Sun	4 x 400 Meter			49.20		
Nike Outdoor Nationals	Outdoor	6/15/2007	Friday	SMR 2-2-4-8			48.70		
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	SMR 4-2-2-8			50.60		
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	4 x 400 Meter			50.70		
Millrose Games Trials	Indoor	1/2/2008	Wed	4 x 400 Meter			50.00		
Mountain Valley Conference	Indoor	1/5/2008	Sat	4 x 400 Meter			51.90		
New Balance Games	Indoor	1/19/2008	Sat	4 x 400 Meter			49.40		
101st Millrose Games	Indoor	2/1/2008	Friday	4 x 400 Meter			51.90		
Catholic Conference Championship	Indoor	2/8/2008	Friday	4 x 400 Meter			50.80		
Non Public A State Championship	Indoor	2/16/2008	Sat	4 x 400 Meter			49.30		



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Union County Relay Championships	Outdoor	5/2/2008	Friday	4 x 400 Meter			48.80		
Union County Championships	Outdoor	5/17/2008	Sat	4 x 400 Meter			48.40		
Non Public A State Championships	Outdoor	5/30/2008	Friday	4 x 400 Meter			47.80		
Meet of Champions	Outdoor	6/5/2008	Thurs	4 x 400 Meter			47.80		
Nike Outdoor Nationals	Outdoor	6/20/2008	Friday	SMR 2-2-4-8			48.10		
<b>440 Y (Open)</b>									
Union County Individuals	Indoor	1/25/2006	Wed	440 Yard			55.80	6	
Union County Individuals	Indoor	1/31/2007	Wed	440 Yard			54.70	2	
<b>440 Y (Relay)</b>									
Union County Individuals	Indoor	1/31/2007	Wed	1.0 Mile Relay					
<b>800 (Open)</b>									
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	800 Meter			2:01.90		
<b>800 (Relay)</b>									
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 800 Meter			2:08.60		
East Coast Relays	Outdoor	5/22/2006	Mon	4 x 800 Meter			2:01.20		
Seton Hall Games	Indoor	12/28/2007	Friday	4 x 800 Meter			2:08.60		
<b>880 Y (Relay)</b>									
Union County Relay Championship	Indoor	1/9/2008	Wed	4 x 880 Yard			2:14.90		2pts
<b>Long Jump</b>									
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/26/2005	Tues	Long Jump					