



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
55 (Open)									
NJCTC Frosh/Soph Championship	Indoor	1/28/2012	Sat	55 Meter Dash			6.80	4	
Union County Championship	Indoor	1/20/2013	Sun	55 Meter			6.89	10	
Varsity Classic	Indoor	2/4/2013	Mon	55 Meter			6.74		PR
NJCTC Championship	Indoor	2/10/2013	Sun	55 Meter			6.91	18	
Non Public B State Championship	Indoor	2/15/2013	Friday	55 Meter			6.83	4	
Non Public B State Championship	Indoor	2/15/2013	Friday	55 Meter			6.88	7	
Bishop Loughlin Games	Indoor	12/21/2013	Sat	55 Meter			6.72	7	
Bishop Loughlin Games	Indoor	12/21/2013	Sat	55 Meter			6.71	7	PR
Union County Championship	Indoor	1/24/2014	Friday	55 Meter			6.71	5	
Union County Championship	Indoor	1/24/2014	Friday	55 Meter			6.74	5	
Non Public A State Championship	Indoor	2/15/2014	Sat	55 Meter			6.60	1	PR
Non Public A State Championship	Indoor	2/15/2014	Sat	55 Meter			6.64	4	
Meet of Champions	Indoor	3/1/2014	Sat	55 Meter			6.71	21	
100 (Open)									
Union County Championship	Outdoor	5/17/2012	Thurs	100 Meter Dash		72, Sunny	11.69	22	
Non Public A North State Sectionals	Outdoor	5/25/2012	Friday	100 Meter Dash		78 Degrees, Sunny	11.74	15	
Meet vs Cranford and Summit	Outdoor	4/9/2013	Tues	100 Meter Dash		70 Degrees	11.30	2	PR
Union County Conference Championship	Outdoor	5/10/2013	Friday	100 Meter Dash		72 Degrees	11.30	6	
Union County Conference Championship	Outdoor	5/10/2013	Friday	100 Meter Dash		72 Degrees	11.27	5	PR
Union County Championship	Outdoor	5/16/2013	Thurs	100 Meter Dash		82 / Sunny	11.42	11	
Non Public A North State Sectional	Outdoor	5/24/2013	Friday	100 Meter Dash			11.69	11	
Union County Conference Championship	Outdoor	5/9/2014	Friday	100 Meter Dash		68 / Light Rain	11.32	3	
Union County Conference Championship	Outdoor	5/9/2014	Friday	100 Meter Dash		68 / Light Rain	11.22	3	PR
Union County Championship	Outdoor	5/15/2014	Thurs	100 Meter Dash			11.16	3	
Union County Championship	Outdoor	5/15/2014	Thurs	100 Meter Dash			10.98	2	PR
Non Public A South State Sectional	Outdoor	5/23/2014	Friday	100 Meter Dash		68 Degrees	11.27	4	
Non Public A South State Sectional	Outdoor	5/23/2014	Friday	100 Meter Dash		68 Degrees	11.26	3	
Non Public A State Championship	Outdoor	5/30/2014	Friday	100 Meter Dash			11.26	10	



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100 (Relay)									
New Balance Outdoor Nationals	Outdoor	6/14/2012	Thurs	SMR 1-1-2-4			11.10		
The Penn Relays	Outdoor	4/25/2013	Thurs	4 x 100 Meter		68 / Sunny			
Union County Relays	Outdoor	5/2/2013	Thurs	4 x 100 Meter		70 Sunny			
Non Public A North State Sectional	Outdoor	5/25/2013	Sat	4 x 100 Meter					
Meet of Champions	Outdoor	6/5/2013	Wed	4 x 100 Meter		75 / Sunny			Baton
New Balance Outdoor Nationals	Outdoor	6/16/2013	Sun	SMR 1-1-2-4		82 / Sunny	10.80		PR
Metuchen Relays	Outdoor	4/5/2014	Sat	4 x 100 Meter		58 / Windy!			
Morris Hills Relays	Outdoor	4/19/2014	Sat	4 x 100 Meter					
The Penn Relays	Outdoor	4/25/2014	Friday	4 x 100 Meter					
Union County Relay Championship	Outdoor	5/1/2014	Thurs	4 x 100 Meter		70 & Sunny			
Non Public A South State Sectional	Outdoor	5/24/2014	Sat	4 x 100 Meter		68 Degrees			
Non Public A State Championship	Outdoor	5/31/2014	Sat	4 x 100 Meter					
Meet of Champions	Outdoor	6/4/2014	Wed	4 x 100 Meter		80 & Sunny			
New Balance Outdoor Nationals	Outdoor	6/13/2014	Friday	Swedish Relay 1-2-3-4			10.80		
110 HH (Relay)									
New Balance Outdoor Nationals	Outdoor	6/15/2013	Sat	Shuttle Hurdles 110m		82 / Sunny	17.80		
200 (Open)									
Armory Frosh/Novice Meet	Indoor	1/23/2012	Mon	200 Meter			24.20	4	
Union County JV Meet	Outdoor	5/7/2012	Mon	200 Meter		58 Degrees, Light Rain	23.90		
NJCTC Frosh/Soph Championship	Outdoor	5/20/2012	Sun	200 Meter		78, Sunny	23.20	1	PR
Mid Winter Classic	Indoor	1/23/2013	Wed	200 Meter			24.36	4	
Meet vs Cranford and Summit	Outdoor	4/9/2013	Tues	200 Meter		70 Degrees	22.90		PR
Meet vs Hillside and Summit	Outdoor	4/17/2013	Wed	200 Meter		70 Degrees	22.70	3	PR
Meet vs GL and Cranford	Outdoor	4/23/2013	Tues	200 Meter			23.20		
Union County Conference Championship	Outdoor	5/11/2013	Sat	200 Meter		72 Degrees	23.55	9	
Union County Championship	Outdoor	5/17/2013	Friday	200 Meter		82 / Sunny	23.39		
Varsity Classic	Indoor	2/3/2014	Mon	200 Meter			22.70		PR
Eastern States Invitational	Indoor	2/24/2014	Mon	200 Meter			22.82	6	
Eastern States Invitational	Indoor	2/24/2014	Mon	200 Meter					



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Union County Conference Championship	Outdoor	5/10/2014	Sat	200 Meter		68 / Light Rain	22.73	3	
Non Public A South State Sectional	Outdoor	5/24/2014	Sat	200 Meter		68 Degrees	22.65	5	PR
Non Public A State Championship	Outdoor	5/31/2014	Sat	200 Meter			23.32	11	
200 (Relay)									
New Balance Outdoor Nationals	Outdoor	6/14/2012	Thurs	SMR 2-2-4-8			23.40		
Jim Mitchell Invitational	Indoor	12/14/2012	Friday	4 x 200 Meter			23.10		
NJCTC Relays	Indoor	12/30/2012	Sun	4 x 200 Meter			24.10		
Union County Relay Championship	Indoor	1/5/2013	Sat	4 x 200 Meter			24.10		
Union County Relay Championship	Indoor	1/5/2013	Sat	SMR 4-2-2-8			24.10		
Non Public B State Relay Championship	Indoor	1/12/2013	Sat	4 x 200 Meter			24.00		
New Balance Games	Indoor	1/26/2013	Sat	SMR 4-2-2-8			23.70		
New Balance Indoor Nationals	Indoor	3/9/2013	Sat	SMR 2-2-4-8			22.90		PR
The Metuchen Relays	Outdoor	4/6/2013	Sat	4 x 200 Meter		Low 50's, Fairly Windy	22.80		PR
NJCTC Relays	Outdoor	4/14/2013	Sun	4 x 200 Meter		60 Degrees, Sunny, Light	23.10		
Blue Devil Classic	Outdoor	4/20/2013	Sat	4 x 200 Meter		58 Sun/Clouds	23.20		
Union County Relays	Outdoor	5/2/2013	Thurs	SMR 2-2-4-8		70 Sunny	22.10		PR
Union County Relays	Outdoor	5/3/2013	Friday	4 x 200 Meter		70 Sunny	22.60		
New Balance Outdoor Nationals	Outdoor	6/14/2013	Friday	4 x 200 Meter		82 / Sunny	22.90		
New Balance Outdoor Nationals	Outdoor	6/15/2013	Sat	SMR 2-2-4-8		82 / Sunny	22.60		
Marine Corps Holiday Classic	Indoor	12/27/2013	Friday	4 x 200 Meter			22.90		
Marine Corps Holiday Classic	Indoor	12/27/2013	Friday	4 x 200 Meter			23.10		
NJCTC Relays	Indoor	1/5/2014	Sun	4 x 200 Meter			23.60		
Union County Relay Championship	Indoor	1/8/2014	Wed	4 x 200 Meter			23.70		
Union County Relay Championship	Indoor	1/8/2014	Wed	SMR 4-2-2-8			23.30		
Non Public A State Relay Championship	Indoor	1/19/2014	Sun	SMR 4-2-2-8			23.17		
Armory Collegiate Invitational	Indoor	2/8/2014	Sat	4 x 200 Meter			22.60		Stick,
New Balance Indoor Nationals	Indoor	3/15/2014	Sat	4 x 200 Meter			22.20		PR
New Balance Indoor Nationals	Indoor	3/16/2014	Sun	4 x 200 Meter			22.10		PR
Metuchen Relays	Outdoor	4/5/2014	Sat	4 x 200 Meter		58 / Windy!	22.10		
Arcadia Invitational	Outdoor	4/11/2014	Friday	4 x 200 Meter		85 / Sunny	21.90		PR
Union County Relay Championship	Outdoor	5/1/2014	Thurs	SMR 2-2-4-8		70 & Sunny	22.50		



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Union County Relay Championship	Outdoor	5/2/2014	Friday	4 x 200 Meter		70 & Sunny	22.20		
New Balance Outdoor Nationals	Outdoor	6/14/2014	Sat	SMR 2-2-4-8			22.50		
New Balance Outdoor Nationals	Outdoor	6/15/2014	Sun	SMR 1-1-2-4			22.10		
300 (Open)									
NJCTC Championship	Indoor	2/10/2013	Sun	300 Meter			39.11	25	
NJCTC Championships	Indoor	2/9/2014	Sun	300 Meter			37.36	1	PR
400 (Open)									
Armory Frosh/Novice Meet	Indoor	1/23/2012	Mon	400 Meter			54.80		25.5
NJCTC Frosh/Soph Championship	Indoor	1/28/2012	Sat	400 Meter			55.40	6	26.2
Meet vs Arthur L. Johnson and Roselle	Outdoor	4/2/2012	Mon	400 Meter		52, Sunny, Windy	56.40		
Union County JV Meet	Outdoor	5/7/2012	Mon	400 Meter		58 Degrees, Light Rain	54.60		PR
Mid Winter Classic	Indoor	1/23/2013	Wed	400 Meter			54.91	4	25.4
Varsity Classic	Indoor	2/4/2013	Mon	400 Meter			57.20		
Non Public B State Championship	Indoor	2/15/2013	Friday	400 Meter			54.08	6	24.6,PR
Meet of Champions	Indoor	2/23/2013	Sat	400 Meter			54.92	27	25.3
Scrimmage vs St Joe's	Outdoor	3/23/2013	Sat	400 Meter			54.40		PR
Meet vs Hillside and Summit	Outdoor	4/17/2013	Wed	400 Meter		70 Degrees	51.80	3	PR
400 (Relay)									
NJCTC Frosh/Soph Championship	Outdoor	5/20/2012	Sun	4 x 400 Meter		78, Sunny	53.70		
East Coast Relays	Outdoor	5/21/2012	Mon	SMR 2-2-4-8		62, Heavy Rain	54.90		
NJCTC Relays	Indoor	12/30/2012	Sun	4 x 400 Meter			54.60		25.7
Non Public B State Relay Championship	Indoor	1/12/2013	Sat	4 x 400 Meter			54.70		25.6
The Metuchen Relays	Outdoor	4/6/2013	Sat	SMR 1-1-2-4		Low 50's, Fairly Windy	51.90		PR
NJCTC Relays	Outdoor	4/14/2013	Sun	4 x 400 Meter		60 Degrees, Sunny, Light	52.10		
Blue Devil Classic	Outdoor	4/20/2013	Sat	4 x 400 Meter		58 Sun/Clouds	53.80		
New Balance Outdoor Nationals	Outdoor	6/14/2013	Friday	SMR 1-1-2-4		82 / Sunny			
Bishop Loughlin Games	Indoor	12/21/2013	Sat	4 x 400 Meter			53.20		PR
Marine Corps Holiday Classic	Indoor	12/27/2013	Friday	SMR 4-2-2-8			54.70		24.8
NJCTC Relays	Indoor	1/5/2014	Sun	4 x 400 Meter			52.70		PR
Non Public A State Relay Championship	Indoor	1/19/2014	Sun	DMR 12-4-8-16			52.10		PR



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Varsity Classic	Indoor	2/3/2014	Mon	4 x 400 Meter			52.60		24.6
Non Public A State Championship	Indoor	2/15/2014	Sat	4 x 400 Meter			52.30		
Morris Hills Relays	Outdoor	4/19/2014	Sat	4 x 400 Meter			50.20		PR
The Penn Relays	Outdoor	4/26/2014	Sat	4 x 400 Meter			50.49		
Non Public A South State Sectional	Outdoor	5/24/2014	Sat	4 x 400 Meter		68 Degrees	51.20		
Non Public A State Championship	Outdoor	5/31/2014	Sat	4 x 400 Meter			50.90		
Meet of Champions	Outdoor	6/4/2014	Wed	4 x 400 Meter		80 & Sunny	50.00		PR
New Balance Outdoor Nationals	Outdoor	6/15/2014	Sun	4 x 400 Meter			49.90		PR
5150									
UCC Divisional Championship	Warinanco Park	10/16/2012	Tues	5150 Meters		62 Degrees, Sunny	23:05.00	176	
UCC Divisional Championship	Warinanco Park	10/15/2013	Tues	5150 Meters		65 / Sunny	23:21.99	185	
Long Jump									
Union County Relay Championship	Outdoor	5/3/2012	Thurs	Long Jump			16' 03.75"	38	
Triple Jump									
Meet vs Gov. Livingston and Rahway	Outdoor	4/24/2012	Tues	Triple Jump			37' 04.50"		
Union County Relay Championship	Outdoor	5/4/2012	Friday	Triple Jump			40' 06.75"	10	PR
Union County Conference Championship	Outdoor	5/12/2012	Sat	Triple Jump			36' 02.50"	12	
Union County Championship	Outdoor	5/18/2012	Friday	Triple Jump		72, Sunny	37' 06.00"	21	
NJCTC Frosh/Soph Championship	Outdoor	5/20/2012	Sun	Triple Jump		78, Sunny	37' 09.50"	4	
Non Public A North State Sectionals	Outdoor	5/26/2012	Sat	Triple Jump		78 Degrees, Sunny	38' 04.50"	14	
Jim Mitchell Invitational	Indoor	12/14/2012	Friday	Triple Jump			39' 6'.00"	10	
Meet vs Cranford and Summit	Outdoor	4/9/2013	Tues	Triple Jump		70 Degrees	40' 01.50"		
NJCTC Relays	Outdoor	4/14/2013	Sun	Triple Jump		60 Degrees, Sunny, Light	37' 07.00"	10	
Meet vs Hillside and Summit	Outdoor	4/17/2013	Wed	Triple Jump		70 Degrees	37' 10.25"		
Morris Hills Relays	Outdoor	4/19/2014	Sat	Triple Jump			39' 05.00"	9	
Union County Relay Championship	Outdoor	5/2/2014	Friday	Triple Jump		70 & Sunny	39' 11.50"	8	
Union County Conference Championship	Outdoor	5/10/2014	Sat	Triple Jump		68 / Light Rain	36' 10.25"	11	