



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
1.0 mile (Open)									
Union County Frosh/Soph	Indoor	1/21/2009	Wed	1.0 Mile Run			4:59.40	2	
200 (Relay)									
Catholic Conference Relays	Outdoor	4/13/2008	Sun	4 x 200 Meter			24.70		
Metuchen Frosh Soph 3	Outdoor	4/18/2008	Friday	4 x 200 Meter			24.70		
Metropolitan Invitational	Indoor	2/3/2010	Wed	4 x 200 Meter			23.20		
Nike Indoor Nationals	Indoor	3/13/2010	Sat	SMR 2-2-4-8			23.60		
NJCTC Spring Relays	Outdoor	4/11/2010	Sun	SMR 2-2-4-8		73 Degrees	23.80		
Union County Relay Championship	Outdoor	4/29/2010	Thurs	SMR 4-2-2-8			23.20		PR
Marine Corps Holiday Classic	Indoor	12/27/2010	Mon	4 x 200 Meter			22.90		PR
Marine Corps Holiday Classic	Indoor	12/27/2010	Mon	4 x 200 Meter			23.20		
Union County Relay Championship	Outdoor	5/5/2011	Thurs	SMR 2-2-4-8		65, Sunny	23.20		
400 (Open)									
Metuchen Frosh Soph 1	Outdoor	4/4/2009	Sat	400 Meter			55.80	6	
Non Public A State Championships	Outdoor	5/29/2009	Friday	400 Meter			53.77	21	
Union County Championship	Outdoor	5/14/2010	Friday	400 Meter			52.13	13	PR
NP A South State Sectionals	Outdoor	5/21/2010	Friday	400 Meter			52.14	9	
400 (Relay)									
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	4 x 400 Meter			1:03.60		
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	4 x 400 Meter			56.40		
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	4 x 400 Meter			54.00		
Union County Relay Championships	Outdoor	5/2/2008	Friday	SMR 2-2-4-8			54.60		
NJCTC Frosh/Soph Championships	Indoor	1/31/2009	Sat	4 x 400 Meter			55.20		
Winter Track Meet of Champions	Indoor	2/21/2009	Sat	4 x 400 Meter					DNR
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	4 x 400 Meter			55.10		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 400 Meter			56.90		
Metuchen Frosh Soph 4	Outdoor	5/8/2009	Friday	4 x 400 Meter			52.80		
Union County Championships	Outdoor	5/15/2009	Friday	4 x 400 Meter			52.00		
Non Public A State Championships	Outdoor	5/29/2009	Friday	4 x 400 Meter			53.00		
Frank Burns Relays	Indoor	12/27/2009	Sun	4 x 400 Meter			53.40		



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Catholic Conference Relays	Indoor	1/3/2010	Sun	4 x 400 Meter			53.10		
Union County Relay Championship	Indoor	1/9/2010	Sat	4 x 400 Meter			53.00		
Millrose Games Trials	Indoor	1/13/2010	Wed	4 x 400 Meter			52.60		
Non Public State Relays	Indoor	1/16/2010	Sat	4 x 400 Meter			53.00		
Union County Championship	Indoor	1/23/2010	Sat	1600 Meter Relay			52.80		
Non Public A State Championship	Indoor	2/19/2010	Friday	4 x 400 Meter			52.90		
Meet of Champions	Indoor	2/27/2010	Sat	4 x 400 Meter			53.00		
Summit Relays	Outdoor	4/3/2010	Sat	4 x 400 Meter		75 Degrees, Sunny	50.90		PR
Meet vs Arthur L. Johnson	Outdoor	4/13/2010	Tues	4 x 400 Meter			52.60		
Blue Devil Relays	Outdoor	4/16/2010	Friday	4 x 400 Meter			52.20		
Penn Relays	Outdoor	4/24/2010	Sat	4 x 400 Meter			52.10		
Union County Relay Championship	Outdoor	4/29/2010	Thurs	DMR 12-4-8-16			51.30		
Union County Relay Championship	Outdoor	4/30/2010	Friday	4 x 400 Meter			51.60		
UCC Divisional Championship	Outdoor	5/6/2010	Thurs	4 x 400 Meter			50.90		
Union County Championship	Outdoor	5/15/2010	Sat	4 x 400 Meter			52.00		
NP A South State Sectionals	Outdoor	5/22/2010	Sat	4 x 400 Meter			51.20		
Non Public A State Championship	Outdoor	5/29/2010	Sat	4 x 400 Meter		Mid 70's / Party Cloudy	50.60		PR
Meet of Champions	Outdoor	6/3/2010	Thurs	4 x 400 Meter			49.70		PR
Passarrelti Relays	Indoor	12/19/2010	Sun	DMR 12-4-8-16			51.90		24.5,PR
Marine Corps Holiday Classic	Indoor	12/27/2010	Mon	SMR 4-2-2-8			51.30		24.5,PR
Catholic Conference Relays	Indoor	1/2/2011	Sun	4 x 400 Meter			52.40		24.7
Union County Relay Championship	Indoor	1/8/2011	Sat	4 x 400 Meter			53.80		25.4
Millrose Games Trials	Indoor	1/12/2011	Wed	4 x 400 Meter			51.40		24.7
Union County Championship	Indoor	1/22/2011	Sat	4 x 400 Meter			53.30		25.5
The 104th Millrose Games	Indoor	1/28/2011	Friday	4 x 400 Meter			53.60		
Non Public A State Championship	Indoor	2/19/2011	Sat	4 x 400 Meter			51.90		25.0
Meet of Champions	Indoor	2/26/2011	Sat	4 x 400 Meter			52.10		24.5
New Balance Indoor Nationals	Indoor	3/12/2011	Sat	SMR 2-2-4-8			51.60		23.9
New Balance Indoor Nationals	Indoor	3/13/2011	Sun	4 x 400 Meter			50.75		PR
Meet vs Arthur L. Johnson	Outdoor	4/13/2011	Wed	4 x 400 Meter		70, Sunny	51.70		
Blue Devil Relays	Outdoor	4/16/2011	Sat	4 x 400 Meter		High 40's and Rainy	53.50		



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Penn Relays	Outdoor	4/30/2011	Sat	4 x 400 Meter			51.29		
Union County Championship	Outdoor	5/21/2011	Sat	4 x 400 Meter		68, Cloudy	51.30		
Non Public A North State Sectionals	Outdoor	5/28/2011	Sat	4 x 400 Meter			50.80		
Meet of Champions	Outdoor	6/9/2011	Thurs	4 x 400 Meter			50.20		
New Balance Outdoor Nationals	Outdoor	6/18/2011	Sat	4 x 400 Meter		85 Sunny	50.56		22.9
800 (Open)									
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	800 Meter			2:27.40		
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	800 Meter			2:16.80		
Meet vs Governor Livingston and	Outdoor	4/10/2008	Thurs	800 Meter			2:13.80		
Metuchen Frosh Soph 3	Outdoor	4/18/2008	Friday	800 Meter			2:13.10	1	
Mountain Valley Conference	Outdoor	5/5/2008	Mon	800 Meter			2:06.70		
Union County Championships	Outdoor	5/17/2008	Sat	800 Meter			2:08.30		
NJCTC Frosh/Soph Championships	Outdoor	5/18/2008	Sun	800 Meter			2:08.70	2	
Catholic Conference Championships	Outdoor	5/25/2008	Sun	800 Meter			2:10.11	28	
Non Public A State Championships	Outdoor	5/30/2008	Friday	800 Meter			2:06.58	29	
Mountain Valley Conference	Indoor	1/3/2009	Sat	800 Meter			2:11.75	8	
NJCTC Frosh/Soph Championships	Indoor	1/31/2009	Sat	800 Meter			2:06.60	1	
Non Public A State Championship	Indoor	2/13/2009	Friday	800 Meter			2:03.13		
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	800 Meter			2:07.50	3	
Mountain Valley Conference	Outdoor	5/5/2009	Tues	800 Meter			2:03.00		
Union County Championships	Outdoor	5/15/2009	Friday	800 Meter			2:02.40	7	
Catholic Conference Championships	Outdoor	5/25/2009	Mon	800 Meter			2:01.18	7	
Non Public A State Championships	Outdoor	5/29/2009	Friday	800 Meter			2:01.69	10	
Union County Championship	Indoor	1/23/2010	Sat	800 Meter			2:03.22	3	
Non Public A State Championship	Indoor	2/19/2010	Friday	800 Meter			2:00.38	4	PR
Meet of Champions	Indoor	2/27/2010	Sat	800 Meter			2:01.85		
Meet vs Arthur L Johnson	Outdoor	4/13/2010	Tues	800 Meter			2:01.90	1	59.5
UCC Divisional Championship	Outdoor	5/6/2010	Thurs	800 Meter			2:01.50	4	60.1
Union County Championship	Outdoor	5/15/2010	Sat	800 Meter			2:00.64	6	58.6,PR
NP A South State Sectionals	Outdoor	5/22/2010	Sat	800 Meter			2:02.23	13	58.0
Union County Championship	Indoor	1/22/2011	Sat	800 Meter			2:01.52	2	58.6



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Non Public A State Championship	Indoor	2/19/2011	Sat	800 Meter			2:00.09	7	58.5,PR
Meet of Champions	Indoor	2/26/2011	Sat	800 Meter			1:59.11	12	57.9,PR
Meet vs Arthur L. Johnson	Outdoor	4/13/2011	Wed	800 Meter		70, Sunny	1:59.70		PR
UCC Divisional Championship	Outdoor	5/14/2011	Sat	800 Meter			1:59.07	2	PR
Union County Championship	Outdoor	5/21/2011	Sat	800 Meter		68, Cloudy	2:07.30	26	Lost
Non Public A North State Sectionals	Outdoor	5/28/2011	Sat	800 Meter			1:58.47	5	PR
Non Public A State Championship	Outdoor	6/4/2011	Sat	800 Meter			1:57.89	7	PR
800 (Relay)									
Metuchen Frosh Soph 2	Outdoor	4/11/2008	Friday	SMR 2-2-4-8			2:13.80		
Catholic Conference Relays	Outdoor	4/13/2008	Sun	SMR 2-2-4-8			2:09.90		
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	SMR 2-2-4-8			2:08.60		
Union County Relay Championship	Indoor	1/10/2009	Sat	DMR 8-4-12-16			2:08.90		
Union County Relay Championship	Indoor	1/10/2009	Sat	4 x 800 Meter			2:11.90		
Non Public State Relays	Indoor	1/16/2009	Friday	DMR 12-4-8-16			2:06.00		
Non Public State Relays	Indoor	1/16/2009	Friday	4 x 800 Meter			2:10.30		
NJCTC Championships	Indoor	2/8/2009	Sun	4 x 800 Meter			2:08.60		
Eastern States Invitational	Indoor	2/24/2009	Tues	DMR 12-4-8-16			2:03.90		
National Scholastic Indoor Championship	Indoor	3/13/2009	Friday	DMR 12-4-8-16			2:05.20		
Metuchen Frosh Soph 1	Outdoor	4/4/2009	Sat	4 x 800 Meter			2:12.90		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 800 Meter			2:08.40		
Blue Devil Classic	Outdoor	4/18/2009	Sat	DMR 12-4-8-16			2:03.40		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 800 Meter			2:09.40		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	4 x 800 Meter			2:02.30		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	DMR 12-4-8-16			2:02.60		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	4 x 800 Meter			2:01.80		
East Coast Relays	Outdoor	5/18/2009	Mon	DMR 12-4-8-16			2:02.70		
East Coast Relays	Outdoor	5/18/2009	Mon	4 x 800 Meter			2:03.00		
Catholic Conference Championships	Outdoor	5/25/2009	Mon	4 x 800 Meter			2:08.40		
Nike Outdoor Nationals	Outdoor	6/3/2009	Wed	DMR 12-4-8-16			2:02.00		
Nike Outdoor Nationals	Outdoor	6/3/2009	Wed	4 x 800 Meter			2:02.00		
Frank Burns Relays	Indoor	12/27/2009	Sun	4 x 800 Meter			2:05.80		



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Catholic Conference Relays	Indoor	1/3/2010	Sun	4 x 800 Meter			2:04.00		
Union County Relay Championship	Indoor	1/9/2010	Sat	4 x 800 Meter			2:07.00		MR
Non Public State Relays	Indoor	1/16/2010	Sat	4 x 800 Meter			2:02.90		MR,PR
New Balance Collegiate Invitational	Indoor	2/6/2010	Sat	4 x 800 Meter			2:01.70		PR
Eastern States Invitational	Indoor	2/23/2010	Tues	DMR 12-4-8-16			2:03.60		
Summit Relays	Outdoor	4/3/2010	Sat	4 x 800 Meter		75 Degrees, Sunny	2:02.50		
NJCTC Spring Relays	Outdoor	4/11/2010	Sun	4 x 800 Meter		73 Degrees	2:02.20		1:00.2
Penn Relays	Outdoor	4/23/2010	Friday	4 x 800 Meter			2:00.70		56.6,PR
Union County Relay Championship	Outdoor	4/30/2010	Friday	4 x 800 Meter			1:59.60		59.2,PR
East Coast Relays	Outdoor	5/17/2010	Mon	4 x 800 Meter		70 Degrees / Sunny	1:59.30		57.8,
New Balance Outdoor Nationals	Outdoor	6/18/2010	Friday	4 x 800 Meter			1:57.01		PR
Passarrelti Relays	Indoor	12/19/2010	Sun	SMR 2-2-4-8			2:03.40		59.5
Catholic Conference Relays	Indoor	1/2/2011	Sun	4 x 800 Meter			2:01.50		60.4,PR
Union County Relay Championship	Indoor	1/8/2011	Sat	4 x 800 Meter			2:03.80		60.3
Metropolitan Invitational	Indoor	2/1/2011	Tues	4 x 800 Meter			2:02.40		60.1
Eastern States Invitational	Indoor	3/1/2011	Tues	4 x 800 Meter			2:02.50		59.3
Summit Relays	Outdoor	4/2/2011	Sat	4 x 800 Meter		52 and Partly Sunny	2:00.50		58.7
Penn Relays	Outdoor	4/29/2011	Friday	4 x 800 Meter			1:59.20		
Union County Relay Championship	Outdoor	5/6/2011	Friday	4 x 800 Meter		65, Sunny	1:59.30		57.5
Carl Lewis Relays	Outdoor	5/23/2011	Mon	4 x 800 Meter			1:58.10		59
New Balance Outdoor Nationals	Outdoor	6/17/2011	Friday	4 x 800 Meter		85 Sunny	1:59.20		58.9
1000 (Open)									
NJCTC Championships	Indoor	2/8/2009	Sun	1000 Meter			2:44.66	12	
1200 (Open)									
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	1200 Meter			3:35.50		
1200 (Relay)									
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	DMR 12-4-8-16			3:28.50		
Metuchen Frosh Soph 4	Outdoor	5/8/2009	Friday	DMR 12-4-8-16			3:23.60		
Nike Indoor Nationals	Indoor	3/12/2010	Friday	DMR 12-4-8-16			3:17.20		
Blue Devil Relays	Outdoor	4/16/2010	Friday	DMR 12-4-8-16			3:19.90		2:09.2



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Union County Relay Championship	Indoor	1/8/2011	Sat	DMR 12-4-8-16			3:18.40		2:13
Blue Devil Relays	Outdoor	4/16/2011	Sat	DMR 12-4-8-16		High 40's and Rainy	3:18.10		61 2:08,
Union County Relay Championship	Outdoor	5/5/2011	Thurs	DMR 12-4-8-16		65, Sunny	3:14.40		2:07,PR
1600 (Open)									
NJCTC Frosh/Soph Championships	Outdoor	5/18/2008	Sun	1600 Meter			4:50.30	4	
Catholic Conference Championships	Outdoor	5/25/2008	Sun	1600 Meter			4:49.01	28	
Toms River Frosh - Novice	Indoor	2/4/2009	Wed	1600 Meter			4:45.24	1	
Catholic Conference Championship	Indoor	2/7/2010	Sun	1600 Meter			4:41.77	7	PR
Meet vs Summit and Cranford	Outdoor	4/6/2010	Tues	1600 Meter		70 Degrees & Sunny	4:43.50	1	
UCC Divisional Championship	Outdoor	5/13/2011	Friday	1600 Meter			4:36.91	5	PR
1600 (Relay)									
Union County Relay Championships	Outdoor	5/2/2008	Friday	4 x 1600 Meter			4:49.80		