



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
55 (Open)									
NJCTC Frosh/Soph Championships	Indoor	1/27/2008	Sun	55 Meter Dash			6.90	3	
Catholic Conference Championship	Indoor	2/8/2008	Friday	55 Meter			6.80		
Lou Molina Invitational	Indoor	2/11/2008	Mon	55 Meter Dash			6.90	2	
Mountain Valley Conference	Indoor	1/3/2009	Sat	55 Meter Dash			7.37		
Toms River Frosh - Novice	Indoor	2/4/2009	Wed	55 Meter Dash			7.03	4	
Union County Championship	Indoor	1/23/2010	Sat	55 Meter			7.06	17	
Catholic Conference Championship	Indoor	2/7/2010	Sun	55 Meter			6.98	18	PR
Union County Championship	Indoor	1/22/2011	Sat	55 Meter			6.88	9	PR
55 HH (Open)									
Mountain Valley Conference	Indoor	1/3/2009	Sat	55 Meter HH			10.84		
55 HH (Relay)									
Catholic Conference Relays	Indoor	1/4/2009	Sun	Shuttle Hurdles 55m					
Union County Relay Championship	Indoor	1/10/2009	Sat	Shuttle Hurdles 55m			9.10		
Non Public State Relays	Indoor	1/16/2009	Friday	Shuttle Hurdles 55m			8.70		
60 Y (Open)									
Union County Frosh/Soph	Indoor	1/21/2009	Wed	60 Yard			7.00	4	
100 (Open)									
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	100 Meter Dash			12.30	2	
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	100 Meter Dash			12.30		
Catholic Conference Championships	Outdoor	5/25/2009	Mon	100 Meter Dash			12.13	29	
Non Public A State Championships	Outdoor	5/29/2009	Friday	100 Meter Dash			12.10	25	
NP A South State Sectionals	Outdoor	5/21/2010	Friday	100 Meter Dash			11.93	17	PR
Union County Championship	Outdoor	5/20/2011	Friday	100 Meter Dash		68, Cloudy	11.62	12	PR
Non Public A North State Sectionals	Outdoor	5/27/2011	Friday	100 Meter Dash			11.73	11	
100 (Relay)									
Metuchen Frosh Soph 4	Outdoor	5/8/2009	Friday	4 x 100 Meter					
Summit Relays	Outdoor	4/3/2010	Sat	4 x 100 Meter		75 Degrees, Sunny			
Summit Relays	Outdoor	4/2/2011	Sat	4 x 100 Meter		52 and Partly Sunny			
NJCTC Relays	Outdoor	4/10/2011	Sun	4 x 100 Meter		58, Partly Cloudy			



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Blue Devil Relays	Outdoor	4/16/2011	Sat	4 x 100 Meter		High 40's and Rainy			
Penn Relays	Outdoor	4/29/2011	Friday	4 x 100 Meter					
Randolph Relays	Outdoor	4/30/2011	Sat	4 x 100 Meter					
Union County Relay Championship	Outdoor	5/5/2011	Thurs	4 x 100 Meter		65, Sunny			
110 HH (Relay)									
Colts Neck Relays	Outdoor	4/11/2009	Sat	Shuttle Hurdles 110m			19.50		
200 (Open)									
NJCTC Frosh/Soph Championships	Indoor	1/27/2008	Sun	200 Meter			25.80		
Catholic Conference Championship	Indoor	2/8/2008	Friday	200 Meter			25.10		
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	200 Meter			25.40		
Meet vs Governor Livingston and	Outdoor	4/10/2008	Thurs	200 Meter			25.10		
NJCTC Frosh/Soph Championships	Indoor	1/31/2009	Sat	200 Meter			24.80	5	
Metuchen Frosh Soph 1	Outdoor	4/4/2009	Sat	200 Meter			25.30	4	
Union County Championships	Outdoor	5/15/2009	Friday	200 Meter			24.73	31	
Catholic Conference Championships	Outdoor	5/25/2009	Mon	200 Meter			24.63	28	
Non Public A State Championships	Outdoor	5/29/2009	Friday	200 Meter			24.63	28	
UCC Divisional Championship	Outdoor	5/6/2010	Thurs	200 Meter			23.90		PR
Union County Championship	Outdoor	5/15/2010	Sat	200 Meter			24.27	19	
NP A South State Sectionals	Outdoor	5/22/2010	Sat	200 Meter			24.50	15	
Meet vs Cranford and Gov Livingston	Outdoor	4/26/2011	Tues	200 Meter		75, Sunny	23.30	1	PR
UCC Divisional Championship	Outdoor	5/14/2011	Sat	200 Meter			23.66	7	
Union County Championship	Outdoor	5/21/2011	Sat	200 Meter		68, Cloudy	23.33	11	
Non Public A North State Sectionals	Outdoor	5/28/2011	Sat	200 Meter			24.00	17	
200 (Relay)									
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	4 x 200 Meter			25.50		
Catholic Conference Relays	Indoor	1/6/2008	Sun	4 x 200 Meter			24.90		
Non Public State Relays	Indoor	1/11/2008	Friday	4 x 200 Meter			25.70		
Non Public State Relays	Indoor	1/11/2008	Friday	SMR 4-2-2-8			25.80		
New Balance Games	Indoor	1/19/2008	Sat	4 x 200 Meter			24.90		
Metuchen Frosh Soph 2	Outdoor	4/11/2008	Friday	SMR 2-2-4-8			24.30		



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Catholic Conference Relays	Outdoor	4/13/2008	Sun	4 x 200 Meter			23.90		
Catholic Conference Relays	Outdoor	4/13/2008	Sun	SMR 2-2-4-8			24.30		
Metuchen Frosh Soph 3	Outdoor	4/18/2008	Friday	4 x 200 Meter			23.90		
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	SMR 2-2-4-8			23.90		
Union County Relay Championships	Outdoor	5/2/2008	Friday	SMR 2-2-4-8			24.80		
Frank Burns Relays	Indoor	12/27/2008	Sat	4 x 200 Meter			25.80		
Catholic Conference Relays	Indoor	1/4/2009	Sun	4 x 200 Meter			24.20		
Union County Relay Championship	Indoor	1/10/2009	Sat	4 x 200 Meter			24.90		
Non Public State Relays	Indoor	1/16/2009	Friday	4 x 200 Meter			23.60		
Non Public State Relays	Indoor	1/16/2009	Friday	SMR 4-2-2-8			24.40		
Colts Neck Relays	Outdoor	4/11/2009	Sat	4 x 200 Meter			24.40		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 200 Meter			24.10		
Blue Devil Classic	Outdoor	4/18/2009	Sat	SMR 4-2-2-8			24.10		
East Coast Relays	Outdoor	5/18/2009	Mon	SMR 2-2-4-8			24.00		
Catholic Conference Relays	Indoor	1/3/2010	Sun	4 x 200 Meter			24.30		
Union County Relay Championship	Indoor	1/9/2010	Sat	4 x 200 Meter			24.50		
Union County Relay Championship	Indoor	1/9/2010	Sat	SMR 4-2-2-8			24.90		MR
Non Public State Relays	Indoor	1/16/2010	Sat	4 x 200 Meter			24.40		
Metropolitan Invitational	Indoor	2/3/2010	Wed	4 x 200 Meter			23.30		PR
Union County Relay Championship	Outdoor	4/30/2010	Friday	4 x 200 Meter			23.70		PR
Passarrelti Relays	Indoor	12/19/2010	Sun	SMR 2-2-4-8			23.70		
Marine Corps Holiday Classic	Indoor	12/27/2010	Mon	4 x 200 Meter			23.40		
Marine Corps Holiday Classic	Indoor	12/27/2010	Mon	SMR 4-2-2-8			23.30		
Marine Corps Holiday Classic	Indoor	12/27/2010	Mon	4 x 200 Meter			23.30		
Catholic Conference Relays	Indoor	1/2/2011	Sun	4 x 200 Meter			23.40		
Union County Relay Championship	Indoor	1/8/2011	Sat	4 x 200 Meter			23.70		
Eastern States Invitational	Indoor	3/1/2011	Tues	4 x 200 Meter			23.20		PR
New Balance Indoor Nationals	Indoor	3/11/2011	Friday	4 x 200 Meter			22.90		PR
New Balance Indoor Nationals	Indoor	3/12/2011	Sat	SMR 2-2-4-8			24.00		
NJCTC Relays	Outdoor	4/10/2011	Sun	4 x 200 Meter		58, Partly Cloudy	22.80		PR
Blue Devil Relays	Outdoor	4/16/2011	Sat	4 x 200 Meter		High 40's and Rainy	23.00		



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Randolph Relays	Outdoor	4/30/2011	Sat	4 x 200 Meter			23.10		
Union County Relay Championship	Outdoor	5/6/2011	Friday	4 x 200 Meter		65, Sunny	22.50		PR
Carl Lewis Relays	Outdoor	5/23/2011	Mon	SMR 2-2-4-8			23.30		
New Balance Outdoor Nationals	Outdoor	6/17/2011	Friday	SMR 2-2-4-8		85 Sunny	22.60		
220 Y (Relay)									
Union County Relay Championship	Indoor	1/9/2008	Wed	4 x 220 Yard			27.00		
300 (Open)									
Lou Molina Invitational	Indoor	2/11/2008	Mon	300 Meter			40.20	2	
NJCTC Championships	Indoor	2/8/2009	Sun	300 Meter			39.29	33	
Catholic Conference Championship	Indoor	2/7/2010	Sun	300 Meter			37.71	12	PR
Catholic Conference Championship	Indoor	2/6/2011	Sun	300 Meter			37.14	7	PR
400 (Open)									
NJCTC Frosh/Soph Championships	Indoor	1/27/2008	Sun	400 Meter			1:00.00		
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	400 Meter			1:00.80		
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	400 Meter			56.30		
Meet vs Governor Livingston and	Outdoor	4/10/2008	Thurs	400 Meter			55.60		
NJCTC Frosh/Soph Championships	Outdoor	5/18/2008	Sun	400 Meter			55.70	6	
Union County Championship	Indoor	1/24/2009	Sat	400 Meter			55.42	16	
NJCTC Frosh/Soph Championships	Indoor	1/31/2009	Sat	400 Meter			54.60		
Toms River Frosh - Novice	Indoor	2/4/2009	Wed	400 Meter			55.46	4	
Non Public A State Championship	Indoor	2/13/2009	Friday	400 Meter			54.95		
Metuchen Frosh Soph 1	Outdoor	4/4/2009	Sat	400 Meter			55.70	5	
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	400 Meter			57.10		
NJCTC Frosh/Soph Championships	Outdoor	5/17/2009	Sun	400 Meter			54.40	1	PR
Catholic Conference Championships	Outdoor	5/25/2009	Mon	400 Meter			54.86	27	
Union County Championship	Indoor	1/23/2010	Sat	400 Meter			54.62	12	
Meet vs Roselle Catholic and Roselle	Outdoor	4/20/2010	Tues	400 Meter			55.30		
Union County JV Meet	Outdoor	5/11/2010	Tues	400 Meter			53.90		PR
Union County Championship	Indoor	1/22/2011	Sat	400 Meter			52.41	3	25.2,PR
Non Public A State Championship	Indoor	2/19/2011	Sat	400 Meter			53.30	11	24.2



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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Meet vs Summit	Outdoor	4/5/2011	Tues	400 Meter		42 Degrees	52.20	2	PR
Meet vs Cranford and Gov Livingston	Outdoor	4/26/2011	Tues	400 Meter		75, Sunny	51.90	3	PR
UCC Divisional Championship	Outdoor	5/13/2011	Friday	400 Meter			51.25	4	PR
400 (Relay)									
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	SMR 4-2-2-8			1:00.00		
Catholic Conference Relays	Indoor	1/6/2008	Sun	4 x 400 Meter			59.80		
New Balance Games	Indoor	1/19/2008	Sat	4 x 400 Meter			58.30		
Catholic Conference Championship	Indoor	2/8/2008	Friday	4 x 400 Meter			57.70		
Catholic Conference Championship	Indoor	2/8/2008	Friday	4 x 400 Meter			58.70		
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	4 x 400 Meter			1:00.00		
Catholic Conference Relays	Outdoor	4/13/2008	Sun	DMR 12-4-8-16			54.90		
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	4 x 400 Meter			56.40		
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	4 x 400 Meter			55.20		
Frank Burns Relays	Indoor	12/27/2008	Sat	DMR 12-4-8-16			55.70		
Mountain Valley Conference	Indoor	1/3/2009	Sat	4 x 400 Meter			55.80		
Catholic Conference Relays	Indoor	1/4/2009	Sun	4 x 400 Meter			54.10		
Union County Relay Championship	Indoor	1/10/2009	Sat	4 x 400 Meter			55.50		
Non Public State Relays	Indoor	1/16/2009	Friday	4 x 400 Meter			55.20		
Union County Championship	Indoor	1/24/2009	Sat	4 x 400 Meter			55.50		
NJCTC Frosh/Soph Championships	Indoor	1/31/2009	Sat	4 x 400 Meter			55.90		
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	4 x 400 Meter			54.80		
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	4 x 400 Meter			54.30		
NJCTC Frosh/Soph Championships	Outdoor	4/17/2009	Friday	4 x 400 Meter			54.50		
Blue Devil Classic	Outdoor	4/18/2009	Sat	DMR 12-4-8-16			55.50		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 400 Meter			55.90		
Blue Devil Classic	Outdoor	4/18/2009	Sat	DMR 12-4-8-16			53.90		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	4 x 400 Meter			53.40		
Meet vs Roselle Catholic and Roselle	Outdoor	4/28/2009	Tues	4 x 400 Meter			54.80		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	4 x 400 Meter			52.90		
Mountain Valley Conference	Outdoor	5/5/2009	Tues	4 x 400 Meter			53.50		
Metuchen Frosh Soph 4	Outdoor	5/8/2009	Friday	4 x 400 Meter			53.90		



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Frank Burns Relays	Indoor	12/27/2009	Sun	4 x 400 Meter			55.70		
Catholic Conference Relays	Indoor	1/3/2010	Sun	SMR 4-2-2-8			57.10		
Millrose Games Trials	Indoor	1/13/2010	Wed	4 x 400 Meter			54.10		
Non Public State Relays	Indoor	1/16/2010	Sat	SMR 4-2-2-8			55.10		
Union County Championship	Indoor	1/23/2010	Sat	1600 Meter Relay			54.70		
Catholic Conference Championship	Indoor	2/7/2010	Sun	4 x 400 Meter			55.70		
Passarrelis Relays	Indoor	12/19/2010	Sun	4 x 400 Meter			51.80		24.1,
Catholic Conference Relays	Indoor	1/2/2011	Sun	4 x 400 Meter			52.60		24.4
Union County Relay Championship	Indoor	1/8/2011	Sat	4 x 400 Meter			52.90		24.9
Union County Relay Championship	Indoor	1/8/2011	Sat	SMR 4-2-2-8			52.60		25.1
Millrose Games Trials	Indoor	1/12/2011	Wed	4 x 400 Meter			51.20		23.6,PR
The 104th Millrose Games	Indoor	1/28/2011	Friday	4 x 400 Meter			53.60		
Catholic Conference Championship	Indoor	2/6/2011	Sun	4 x 400 Meter			53.90		25.2
Non Public A State Championship	Indoor	2/19/2011	Sat	4 x 400 Meter			52.30		24.5
Meet of Champions	Indoor	2/26/2011	Sat	4 x 400 Meter			52.20		24.1
Eastern States Invitational	Indoor	3/1/2011	Tues	4 x 400 Meter			51.80		23.7
Summit Relays	Outdoor	4/2/2011	Sat	4 x 400 Meter		52 and Partly Sunny	52.70		25,PR
Blue Devil Relays	Outdoor	4/16/2011	Sat	SMR 4-2-2-8		High 40's and Rainy	54.20		
Union County Relay Championship	Outdoor	5/6/2011	Friday	4 x 400 Meter		65, Sunny	50.50		24,PR
Non Public A State Championship	Outdoor	6/4/2011	Sat	4 x 400 Meter			51.10		
New Balance Outdoor Nationals	Outdoor	6/18/2011	Sat	4 x 400 Meter		85 Sunny	50.60		
400 IH (Open)									
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	400 Meter IH			1:01.90	2	
Meet vs Roselle Catholic and Roselle	Outdoor	4/28/2009	Tues	400 Meter IH			1:03.00	3	
Mountain Valley Conference	Outdoor	5/5/2009	Tues	400 Meter IH			1:01.40	7	
Union County Championships	Outdoor	5/15/2009	Friday	400 Meter IH			1:01.73	18	
Non Public A State Championships	Outdoor	5/29/2009	Friday	400 Meter IH			59.85	10	
UCC Divisional Championship	Outdoor	5/5/2010	Wed	400 Meter IH			1:02.30		
Union County Championship	Outdoor	5/14/2010	Friday	400 Meter IH			1:02.45	17	
NP A South State Sectionals	Outdoor	5/21/2010	Friday	400 Meter IH			1:01.75	12	
Union County Championship	Outdoor	5/20/2011	Friday	400 Meter IH		68, Cloudy	57.81	4	PR



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Non Public A North State Sectionals	Outdoor	5/27/2011	Friday	400 Meter IH			57.86	4	
Non Public A State Championship	Outdoor	6/3/2011	Friday	400 Meter IH			1:06.43	16	
400 IH (Relay)									
Union County Relay Championships	Outdoor	5/3/2007	Thurs	3 x 400 IH			1:02.59		
Union County Relay Championships	Outdoor	5/2/2008	Friday	3 x 400 IH			1:02.59		
Colts Neck Relays	Outdoor	4/11/2009	Sat	3 x 400 IH			1:06.50		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	3 x 400 IH			1:02.40		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	3 x 400 IH			1:02.59		
Union County Relay Championship	Outdoor	4/29/2010	Thurs	3 x 400 IH			1:02.77		
Summit Relays	Outdoor	4/2/2011	Sat	3 x 400 IH		52 and Partly Sunny	1:01.15	10	PR
Randolph Relays	Outdoor	4/30/2011	Sat	3 x 400 IH			1:00.77	6	PR
Union County Relay Championship	Outdoor	5/5/2011	Thurs	3 x 400 IH		65, Sunny	58.87	6	PR
440 Y (Relay)									
Union County Frosh/Soph	Indoor	1/21/2009	Wed	1.0 Mile Relay			1:04.60		
800 (Open)									
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	800 Meter			2:18.20		
800 (Relay)									
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	4 x 800 Meter			2:29.10		
Catholic Conference Relays	Indoor	1/6/2008	Sun	4 x 800 Meter			2:37.80		
880 Y (Open)									
Union County Frosh/Soph	Indoor	1/21/2009	Wed				2:28.00		
Union County Frosh/Soph	Indoor	1/21/2009	Wed				2:28.00		
2.1 miles									
Mountain Valley Conference	Warinanco Park	10/9/2007	Tues				14:56.00	21	
Union County Championship	Warinanco Park	10/24/2007	Wed				14:09.00	20	PR
2.2 miles									
Bernie Magee Class Meet	Warinanco Park	9/22/2007	Sat	2.2 Mile			16:30.00	161	
Stewart Memorial Invitational	Warinanco Park	9/28/2007	Friday	2.2 Mile			15:18.00	61	PR
Catholic Conference Championship	Warinanco Park	11/3/2007	Sat	2.2 Mile			14:33.00	65	PR



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2.5 Miles									
Manhattan College Invitational	Van Cortlandt Park, NY	10/13/2007	Sat				18:20.00		
3200									
Old Bridge Class Meet	Thompson Park	9/15/2007	Sat	3200 Meter Run			17:44.00	79	
UC -vs- Cranford	Warinanco Park	9/29/2009	Tues			65 Degrees / Clear	14:44.00		
5150									
UC -vs- Rahway	Warinanco Park	9/25/2007	Tues	5150 Meters			25:42.00	22	
UC -vs- Arthur L. Johnson, Rahway,	Warinanco Park	10/2/2007	Tues	5150 Meters			22:50.00	21	PR
Long Jump									
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	Long Jump			13' 01.00"		