



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			5:09.60	3	
200 (Relay)									
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	4 x 200 Meter			28.20		
Catholic Conference Relays	Indoor	1/6/2008	Sun	4 x 200 Meter			27.50		
New Balance Games	Indoor	1/19/2008	Sat	4 x 200 Meter			27.30		
220 Y (Relay)									
Union County Relay Championship	Indoor	1/9/2008	Wed	4 x 220 Yard			29.90		
400 (Relay)									
New Balance Games	Indoor	1/19/2008	Sat	4 x 400 Meter			1:00.80		
Catholic Conference Championship	Indoor	2/8/2008	Friday	4 x 400 Meter			1:02.10		
NJCTC Frosh/Soph Championships	Indoor	1/31/2009	Sat	4 x 400 Meter			58.10		
Meet vs Arthur L Johnson	Outdoor	3/2/2009	Mon	4 x 400 Meter			1:00.60		
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	4 x 400 Meter			58.90		
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	4 x 400 Meter			58.80		
NJCTC Frosh/Soph Championships	Outdoor	4/17/2009	Friday	4 x 400 Meter			59.10		
Meet vs Roselle Catholic and Roselle	Outdoor	4/28/2009	Tues	4 x 400 Meter			58.20		
Mountain Valley Conference Novice Meet	Outdoor	5/11/2009	Mon	4 x 400 Meter			56.90		
440 Y (Relay)									
Union County Frosh/Soph	Indoor	1/21/2009	Wed	1.0 Mile Relay			1:04.00		
800 (Open)									
NJCTC Frosh/Soph Championships	Indoor	1/27/2008	Sun	800 Meter			2:21.60		
Lou Molina Invitational	Indoor	2/11/2008	Mon	800 Meter			2:22.20	3	
Mountain Valley Conference	Indoor	1/3/2009	Sat	800 Meter			2:12.80	10	
Union County Championship	Indoor	1/24/2009	Sat	800 Meter			2:12.13	18	
NJCTC Frosh/Soph Championships	Indoor	1/31/2009	Sat	800 Meter			2:11.20		
Non Public A State Championship	Indoor	2/13/2009	Friday	800 Meter			2:13.93		
Meet vs Arthur L Johnson	Outdoor	3/2/2009	Mon	800 Meter			2:12.30	3	
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	800 Meter			2:10.80		
NJCTC Frosh/Soph Championships	Outdoor	4/17/2009	Friday	800 Meter			2:13.50		



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Mountain Valley Conference Novice Meet	Outdoor	5/11/2009	Mon	800 Meter			2:11.10		
Catholic Conference Championships	Outdoor	5/25/2009	Mon	800 Meter			2:07.91	28	
800 (Relay)									
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	4 x 800 Meter			2:29.10		
Seton Hall Games	Indoor	12/28/2007	Friday	4 x 800 Meter			2:32.60		
Catholic Conference Relays	Indoor	1/6/2008	Sun	4 x 800 Meter			2:27.40		
Frank Burns Relays	Indoor	12/27/2008	Sat	4 x 800 Meter			2:14.90		
Catholic Conference Relays	Indoor	1/4/2009	Sun	DMR 12-4-8-16			2:08.10		
Catholic Conference Relays	Indoor	1/4/2009	Sun	4 x 800 Meter			2:10.40		
Union County Relay Championship	Indoor	1/10/2009	Sat	4 x 800 Meter			2:12.20		
Non Public State Relays	Indoor	1/16/2009	Friday	4 x 800 Meter			2:08.80		
Metuchen Frosh Soph 1	Outdoor	4/3/2009	Friday	4 x 800 Meter			2:23.60		
Colts Neck Relays	Outdoor	4/11/2009	Sat	4 x 800 Meter			2:15.90		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	SMR 2-2-4-8			2:06.60		
Metuchen Frosh Soph 4	Outdoor	5/8/2009	Friday	DMR 12-4-8-16			2:08.40		
1200 (Relay)									
Frank Burns Relays	Indoor	12/27/2008	Sat	DMR 8-2-4-1K			3:45.50		
Blue Devil Classic	Outdoor	4/18/2009	Sat	DMR 12-4-8-16			3:34.30		
1600 (Open)									
Toms River Frosh - Novice	Indoor	2/4/2009	Wed	1600 Meter			5:00.05	10	
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	1600 Meter			5:01.50		
Meet vs Roselle Catholic and Roselle	Outdoor	4/28/2009	Tues	1600 Meter			5:01.60	2	
1600 (Relay)									
Colts Neck Relays	Outdoor	4/11/2009	Sat	4 x 1600 Meter			5:30.70		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	4 x 1600 Meter			5:03.20		
2.1 miles									
Mountain Valley Conference	Warinanco Park	10/9/2007	Tues				14:32.00	16	
2.2 miles									
Bernie Magee Class Meet	Warinanco Park	9/22/2007	Sat	2.2 Mile			13:54.00	42	
Stewart Memorial Invitational	Warinanco Park	9/28/2007	Friday	2.2 Mile			13:43.00	12	PR



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3200									
Old Bridge Class Meet	Thompson Park	9/15/2007	Sat	3200 Meter Run			14:55.00	37	
5000									
Cougar Invitational	Bucks Mill Park, Colts Neck	9/27/2008	Sat	5K			18:43.00	28	
UC -vs- Governor Livingston	Governor Livingston HS	9/30/2008	Tues	5K			18:43.00	3	
Shore Coaches Invitational	Holmdel Park	10/4/2008	Sat	5K			19:03.00	68	
5150									
UC -vs- Cranford	Warinanco Park	9/18/2007	Tues	5150 Meters			23:43.00	22	
UC -vs- Arthur L. Johnson, Rahway,	Warinanco Park	10/2/2007	Tues	5150 Meters			19:50.00	14	PR
UC -vs- Arthur L. Johnson	Warinanco Park	9/16/2008	Tues	5150 Meters			19:11.00	7	PR
UC -vs- Cranford	Warinanco Park	9/23/2008	Tues	5150 Meters			19:04.00	8	PR
Mountain Valley Conference	Warinanco Park	10/14/2008	Tues	5150 Meters			18:51.00	23	PR
5250									
Bernie Magee Class Meet	Warinanco Park	9/20/2008	Sat	5250 Meters			18:50.00	30	