



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
110 HH (Open)									
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	110 Meter HH			21.20		
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	110 Meter HH			20.90	1	
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	110 Meter HH			20.40		
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2006	Wed	110 Meter HH			19.90		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	110 Meter HH			21.00	3	
200 (Open)									
Spiked Shoe Holiday Festival	Indoor	12/20/2004	Mon	200 Meter			26.80		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/26/2005	Tues	200 Meter			25.90		
Mountain Valley Conference Novice Meet	Outdoor	5/16/2005	Mon	200 Meter			25.40		
Mountain Valley Conference	Indoor	1/7/2006	Sat	200 Meter			26.05	4	PR
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	200 Meter			25.70		
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	200 Meter			26.30		
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	200 Meter			24.10		
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2006	Wed	200 Meter			24.50		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	200 Meter			24.80		
Mountain Valley Conference Novice Meet	Outdoor	5/15/2006	Mon	200 Meter			24.40		
200 (Relay)									
Metuchen Frosh Soph 2	Outdoor	4/16/2004	Friday	SMR 2-2-4-8			27.20		
Union County Relay Championship	Indoor	1/5/2005	Wed	4 x 200 Meter			33.20		
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	SMR 2-2-4-8			25.70		
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	4 x 200 Meter			26.00		
Catholic Conference Relays	Indoor	12/29/2005	Thurs	4 x 200 Meter			27.50		PR
Catholic Conference Relays	Indoor	1/9/2006	Mon	SMR 4-2-2-8			26.30		
Catholic Conference Relays	Indoor	1/9/2006	Mon	4 x 200 Meter			25.50		
Group 2 State Relays	Indoor	1/22/2006	Sun	SMR 4-2-2-8			25.74		
Blue Devil Classic	Outdoor	4/15/2006	Sat	4 x 200 Meter			24.20		
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	SMR 4-2-2-8			25.30		
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 200 Meter			25.30		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	SMR 2-2-4-8			24.70		



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
400 (Open)									
Meet vs Roselle Park	Outdoor	4/20/2004	Tues	400 Meter			1:03.40	3	
Mountain Valley Conference	Indoor	1/8/2005	Sat	400 Meter			1:04.60		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/26/2005	Tues	400 Meter			1:00.40		
Mountain Valley Conference Novice Meet	Outdoor	5/16/2005	Mon	400 Meter			1:00.40		
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2006	Wed	400 Meter			58.20		
Mountain Valley Conference Novice Meet	Outdoor	5/15/2006	Mon	400 Meter			57.30	4	
400 (Relay)									
Meet vs Roselle Park	Outdoor	4/20/2004	Tues	4 x 400 Meter			1:07.10		
Mountain Valley Conference	Indoor	1/8/2005	Sat	4 x 400 Meter			1:05.50		
Union County Relay Championship	Indoor	1/4/2006	Wed	SMR 2-2-4-8			1:05.80		
NJCTC Championships	Indoor	2/10/2006	Friday	4 x 400 Meter			1:00.40		
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	4 x 400 Meter			1:03.10		
Herm Johnson Relays	Outdoor	4/8/2006	Sat	SMR 2-2-4-8			59.30		
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2006	Wed	4 x 400 Meter			1:03.30		
400 IH (Open)									
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	400 Meter IH			1:11.10	2	
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	400 Meter IH			1:10.60		
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	400 Meter IH			1:08.00		
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2006	Wed	400 Meter IH			1:09.20		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	400 Meter IH			1:07.60		
Mountain Valley Conference	Outdoor	5/9/2006	Tues	400 Meter IH			1:08.50		
Mountain Valley Conference Novice Meet	Outdoor	5/15/2006	Mon	400 Meter IH			1:02.80	3	
Catholic Conference Championships	Outdoor	5/28/2006	Sun	400 Meter IH			1:05.03		
600 (Open)									
NJCTC Championships	Indoor	2/10/2006	Friday	600 Meter			1:44.80		
800 (Relay)									
Metuchen Frosh Soph 1	Outdoor	4/2/2004	Friday	4 x 800 Meter			2:46.00		
3200 (Open)									
Meet vs North Plainfield	Outdoor	4/19/2004	Mon	3200 Meter			15:14.00		



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
5000									
UC -vs- Bound Brook, Oratory Prep, Oak	Middlesex High School	9/14/2004	Tues	5K			21:16.00	26	
UC -vs- New Providence	New Providence High School	9/21/2004	Tues	5K			23:04.00	28	
Shore Coaches Invitational	Holmdel Park	10/2/2004	Sat	5K			23:39.00	199	
UC -vs- Manville	Manville High School	10/5/2004	Tues	5K			22:17.00	11	
Mountain Valley Conference	Pleasant Valley Park	10/13/2004	Wed	5K			22:15.00	13	
UC -vs- Bound Brook, Oratory Prep, Oak	Middlesex High School	9/13/2005	Tues	5K			25:08.00	32	
Shore Coaches Invitational	Holmdel Park	10/1/2005	Sat	5K			23:08.00	124	
Mountain Valley Conference	Pleasant Valley Park	11/8/2005	Tues	5K			21:57.00	21	PR
5150									
UC -vs- Dayton	Warinanco Park	10/6/2004	Wed	5150 Meters			22:02.00	12	
Union County Championship	Warinanco Park	11/3/2004	Wed	5150 Meters			22:23.00	63	
UC -vs- New Providence	Warinanco Park	9/20/2005	Tues	5150 Meters			24:12.00	28	
UC -vs- Dayton, Technology	Warinanco Park	9/27/2005	Tues	5150 Meters			23:39.00	23	
UC -vs- Manville	Warinanco Park	10/5/2005	Wed	5150 Meters			23:17.00	13	
Union County Championship	Warinanco Park	10/26/2005	Wed	5150 Meters			22:11.00		
5250									
Bernie Magee Class Meet	Warinanco Park	9/18/2004	Sat	5250 Meters			25:05.00	142	
Stewart Memorial Invitational	Warinanco Park	9/25/2004	Sat	5250 Meters			24:05.00	64	PR
Catholic Conference Championship	Warinanco Park	10/30/2004	Sat	5250 Meters			23:07.00	128	PR
Bernie Magee Class Meet	Warinanco Park	9/17/2005	Sat	5250 Meters			24:47.90	158	
Stewart Memorial Invitational	Warinanco Park	9/24/2005	Sat	5250 Meters			23:22.00	77	
Catholic Conference Championship	Warinanco Park	11/5/2005	Sat	5250 Meters			22:35.00	103	PR
Long Jump									
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	Long Jump			16' 10.00"		
Union County Relay Championships	Outdoor	5/6/2006	Sat	Long Jump			17' 05.00"		
Mountain Valley Conference	Outdoor	5/9/2006	Tues	Long Jump					