



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
100 (Open)									
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	100 Meter Dash			11.50	2	
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2006	Wed	100 Meter Dash			11.40		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	100 Meter Dash			11.40	2	
100 (Relay)									
The Penn Relays	Outdoor	4/28/2006	Friday	4 x 100 Meter					
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 100 Meter					
200 (Open)									
Spiked Shoe Holiday Festival	Indoor	12/20/2004	Mon	200 Meter			24.80		
Catholic Conference Championships	Outdoor	5/29/2005	Sun	200 Meter			23.90		
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	200 Meter			23.50	3	
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	200 Meter			23.50	3	
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2006	Wed	200 Meter			23.20	1	
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	200 Meter			23.40	3	
Mountain Valley Conference	Outdoor	5/9/2006	Tues	200 Meter			23.80		
200 (Relay)									
Metuchen Frosh Soph 2	Outdoor	4/16/2004	Friday	SMR 2-2-4-8			27.00		
Catholic Conference Championships	Outdoor	5/2/2004	Sun	4 x 200 Meter			26.00		
Spiked Shoe Holiday Festival	Indoor	12/20/2004	Mon	SMR 4-2-2-8			25.40		
Union County Relay Championship	Indoor	1/5/2005	Wed	4 x 200 Meter			27.80		
Union County Relay Championship	Indoor	1/5/2005	Wed	SMR 2-2-4-8			26.10		
Herm Johnson Relays	Outdoor	4/9/2005	Sat	4 x 200 Meter			24.32		
Herm Johnson Relays	Outdoor	4/9/2005	Sat	SMR 2-2-4-8			24.70		
NJCTC Relays	Outdoor	4/24/2005	Sun	4 x 200 Meter			24.00		
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	4 x 200 Meter			23.60		
Union County Relay Championships	Outdoor	5/7/2005	Sat	4 x 200 Meter			23.40		
East Coast Relays	Outdoor	5/23/2005	Mon	SMR 2-2-4-8			23.22		
Seton Hall Invitational	Indoor	12/27/2005	Tues	4 x 200 Meter			23.30		
Catholic Conference Relays	Indoor	12/29/2005	Thurs	SMR 2-2-4-8			26.20		
Catholic Conference Relays	Indoor	12/29/2005	Thurs	4 x 200 Meter			24.80		



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Union County Relay Championship	Indoor	1/4/2006	Wed	4 x 200 Meter			25.80		
Catholic Conference Relays	Indoor	1/9/2006	Mon	4 x 200 Meter			24.00		
Group 2 State Relays	Indoor	1/22/2006	Sun	4 x 200 Meter			23.77		
The National Hall of Fame Classic	Indoor	2/18/2006	Sat	SMR 4-2-2-8			23.60		
Nike Indoor Nationals	Indoor	3/11/2006	Sat	SMR 2-2-4-8					
Herm Johnson Relays	Outdoor	4/8/2006	Sat	4 x 200 Meter			24.80		
Blue Devil Classic	Outdoor	4/15/2006	Sat	SMR 4-2-2-8			22.60		
Blue Devil Classic	Outdoor	4/15/2006	Sat	4 x 200 Meter			22.90		
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 200 Meter			23.50		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	4 x 200 Meter			23.40		
Union County Relay Championships	Outdoor	5/6/2006	Sat	SMR 2-2-4-8			22.90		
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 200 Meter			22.30		
East Coast Relays	Outdoor	5/22/2006	Mon	SMR 2-2-4-8			23.00		
Nike Outdoor Nationals	Outdoor	6/16/2006	Friday	SMR 2-2-4-8			22.40		
220 Y (Relay)									
Union County Individuals	Indoor	1/26/2005	Wed	1.0 Mile Relay			1:02.20		
Union County Individuals	Indoor	1/25/2006	Wed	1.0 Mile Relay			56.90		
300 (Open)									
NJCTC Championships	Indoor	2/11/2005	Friday	300 Meter			40.50	8	
NJCTC Championships	Indoor	2/10/2006	Friday	300 Meter			36.90		
400 (Open)									
Meet vs North Plainfield	Outdoor	4/19/2004	Mon	400 Meter			1:00.10	2	
Meet vs Roselle Park	Outdoor	4/20/2004	Tues	400 Meter			1:00.00	2	PR
Group 2 State Championship	Indoor	1/16/2005	Sun	400 Meter			58.21		
Meet vs North Plainfield	Outdoor	4/5/2005	Tues	400 Meter			55.80	2	
Mountain Valley Conference	Outdoor	5/10/2005	Tues	400 Meter			53.80		
Union County Championships	Outdoor	5/21/2005	Sat	400 Meter			53.60		
Catholic Conference Championships	Outdoor	5/29/2005	Sun	400 Meter			53.20		
Non Public A State Championships	Outdoor	6/3/2005	Friday	400 Meter			54.11	22	
Seton Hall Invitational	Indoor	12/27/2005	Tues	400 Meter			54.00		



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Mountain Valley Conference	Indoor	1/7/2006	Sat	400 Meter			54.01	5	
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	400 Meter			53.30	1	
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	400 Meter			52.10	3	
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2006	Wed	400 Meter			52.80	1	
Mountain Valley Conference	Outdoor	5/9/2006	Tues	400 Meter			52.60		
Catholic Conference Championships	Outdoor	5/28/2006	Sun	400 Meter			52.32	13	
400 (Relay)									
Meet vs North Plainfield	Outdoor	4/19/2004	Mon	4 x 400 Meter			1:00.60		
Meet vs Roselle Park	Outdoor	4/20/2004	Tues	4 x 400 Meter			1:03.30		
Meet vs North Plainfield	Outdoor	4/5/2005	Tues	4 x 400 Meter			58.50		
Blue Devil Classic	Outdoor	4/16/2005	Sat	4 x 400 Meter			54.53		
NJCTC Relays	Outdoor	4/24/2005	Sun	4 x 400 Meter			53.90		
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	SMR 2-2-4-8			54.00		
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	4 x 400 Meter			53.30		
Union County Relay Championships	Outdoor	5/7/2005	Sat	4 x 400 Meter			53.50		
Mountain Valley Conference	Outdoor	5/10/2005	Tues	4 x 400 Meter			54.10		
Union County Championships	Outdoor	5/21/2005	Sat	4 x 400 Meter			52.60		
Non Public A State Championships	Outdoor	6/3/2005	Friday	4 x 400 Meter			52.25		
Seton Hall Invitational	Indoor	12/27/2005	Tues	4 x 400 Meter			53.90		
Union County Relay Championship	Indoor	1/4/2006	Wed	4 x 400 Meter			56.60		
Mountain Valley Conference	Indoor	1/7/2006	Sat	4 x 400 Meter			54.69		
Catholic Conference Relays	Indoor	1/9/2006	Mon	4 x 400 Meter			52.50		
Group 2 State Relays	Indoor	1/22/2006	Sun	4 x 400 Meter			52.53		
NJCTC Championships	Indoor	2/10/2006	Friday	4 x 400 Meter					DNR
The National Hall of Fame Classic	Indoor	2/18/2006	Sat	4 x 400 Meter			52.80		
Winter Track Meet of Champions	Indoor	2/19/2006	Sun	4 x 400 Meter			52.60		
Eastern States Invitational	Indoor	2/28/2006	Tues	4 x 400 Meter			52.00		
Nike Indoor Nationals	Indoor	3/11/2006	Sat	4 x 400 Meter					
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	4 x 400 Meter			54.30		
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	4 x 400 Meter			53.30		
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2006	Wed	4 x 400 Meter			54.10		



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Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 400 Meter			53.40		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	4 x 400 Meter			54.00		
The Penn Relays	Outdoor	4/28/2006	Friday	4 x 400 Meter			53.30		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	4 x 400 Meter			51.20		
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 400 Meter			51.90		
Mountain Valley Conference	Outdoor	5/9/2006	Tues	4 x 400 Meter			51.60		
Catholic Conference Championships	Outdoor	5/28/2006	Sun	4 x 400 Meter			52.91		
Non Public A State Championships	Outdoor	6/2/2006	Friday	4 x 400 Meter			50.90		
Meet of Champions	Outdoor	6/7/2006	Wed	4 x 400 Meter			50.88		
440 Y (Open)									
Union County Individuals	Indoor	1/25/2006	Wed	440 Yard			57.30		
800 (Open)									
Group 2 State Championship	Indoor	1/29/2006	Sun	800 Meter			2:11.55		
800 (Relay)									
Herm Johnson Relays	Outdoor	4/8/2006	Sat	SMR 2-2-4-8			2:07.40		
Blue Devil Classic	Outdoor	4/15/2006	Sat	DMR 12-4-8-16			2:05.30		
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 800 Meter			2:11.20		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	4 x 800 Meter			2:06.90		