



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
1.0 mile (Open)									
Meet vs Elizabeth & Trenton	Indoor	12/20/2006	Wed	1.0 Mile Run			5:46.00		
Union County Championship	Indoor	1/30/2008	Wed	1.0 Mile Run			5:20.10		
400 (Open)									
Metuchen Frosh Soph 1	Outdoor	4/4/2009	Sat	400 Meter			59.70		
400 (Relay)									
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	4 x 400 Meter			1:00.50		
Catholic Conference Relays	Outdoor	4/13/2008	Sun	4 x 400 Meter			59.50		
Meet vs Arthur L Johnson	Outdoor	3/2/2009	Mon	4 x 400 Meter			56.90		
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	4 x 400 Meter			55.80		
Union County Relay Championship	Indoor	1/9/2010	Sat	4 x 400 Meter			55.10		
Scrimmage vs St. Joe's/Mon Don/Notre	Outdoor	3/27/2010	Sat	4 x 400 Meter		49 Degrees, Partly Cloudy	56.60		
Meet vs Summit and Cranford	Outdoor	4/6/2010	Tues	4 x 400 Meter		70 Degrees & Sunny	56.60		
NJCTC Spring Relays	Outdoor	4/11/2010	Sun	4 x 400 Meter		73 Degrees	56.80		
Meet vs Arthur L Johnson	Outdoor	4/13/2010	Tues	4 x 400 Meter			56.40		
Blue Devil Relays	Outdoor	4/16/2010	Friday	4 x 400 Meter			55.80		
440 Y (Relay)									
Union County Novice Meet	Indoor	2/5/2007	Mon	DMR 8-2-4-1K			1:09.20		
800 (Open)									
Season Opener	Indoor	12/23/2007	Sun	800 Meter			2:19.65		
Catholic Conference Championship	Indoor	2/8/2008	Friday	800 Meter			2:21.00		
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	800 Meter			2:17.20		
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	800 Meter			2:17.40		
Metuchen Frosh Soph 3	Outdoor	4/18/2008	Friday	800 Meter			2:14.50		
NJCTC Frosh/Soph Championships	Outdoor	5/18/2008	Sun	800 Meter			2:12.90		
Catholic Conference Championships	Outdoor	5/25/2008	Sun	800 Meter			2:14.55	35	
Toms River Frosh - Novice	Indoor	2/4/2009	Wed	800 Meter			2:21.00		
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	800 Meter			2:07.70	2	
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	800 Meter			2:15.80		
Meet vs Roselle Catholic and Roselle	Outdoor	4/28/2009	Tues	800 Meter			2:06.30	1	



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Mountain Valley Conference	Outdoor	5/5/2009	Tues	800 Meter			2:06.20		
Union County Championships	Outdoor	5/15/2009	Friday	800 Meter			2:04.59	11	
Non Public A State Championships	Outdoor	5/29/2009	Friday	800 Meter			2:05.61	22	
Union County Championship	Indoor	1/23/2010	Sat	800 Meter			2:08.90	12	PR
Meet vs Summit and Cranford	Outdoor	4/6/2010	Tues	800 Meter		70 Degrees & Sunny	2:06.50	1	
Meet vs Arthur L Johnson	Outdoor	4/13/2010	Tues	800 Meter			2:05.50	3	1:01.1
Meet vs Roselle Catholic and Roselle	Outdoor	4/20/2010	Tues	800 Meter			2:08.70	2	
800 (Relay)									
Union County Novice Meet	Indoor	2/5/2007	Mon	4 x 800 Meter			2:37.40		
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	4 x 800 Meter			2:23.20		
Seton Hall Games	Indoor	12/28/2007	Friday	4 x 800 Meter			2:23.30		
Catholic Conference Relays	Indoor	1/6/2008	Sun	DMR 12-4-8-16			2:15.80		
Catholic Conference Relays	Indoor	1/6/2008	Sun	4 x 800 Meter			2:20.60		
Non Public State Relays	Indoor	1/11/2008	Friday	DMR 12-4-8-16			2:15.40		
New Balance Games	Indoor	1/19/2008	Sat	4 x 800 Meter			2:17.70		
Catholic Conference Relays	Outdoor	4/13/2008	Sun	4 x 800 Meter			2:16.80		
Frank Burns Relays	Indoor	12/27/2008	Sat	4 x 800 Meter			2:14.40		PR
Frank Burns Relays	Indoor	12/27/2008	Sat	DMR 12-4-8-16			2:15.50		
Catholic Conference Relays	Indoor	1/4/2009	Sun	4 x 800 Meter			2:14.50		
Union County Relay Championship	Indoor	1/10/2009	Sat	SMR 4-2-2-8			2:14.00		
Non Public State Relays	Indoor	1/16/2009	Friday	4 x 800 Meter			2:11.80		
Metuchen Frosh Soph 1	Outdoor	4/4/2009	Sat	4 x 800 Meter			2:16.20		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 800 Meter			2:16.70		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 800 Meter			2:07.50		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	DMR 12-4-8-16			2:07.20		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	4 x 800 Meter			2:04.40		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	4 x 800 Meter			2:03.70		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	SMR 2-2-4-8			2:07.30		
East Coast Relays	Outdoor	5/18/2009	Mon	4 x 800 Meter			2:02.50		
Catholic Conference Championships	Outdoor	5/25/2009	Mon	4 x 800 Meter			2:08.20		
Frank Burns Relays	Indoor	12/27/2009	Sun	4 x 800 Meter			2:01.50		PR



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Frank Burns Relays	Indoor	12/27/2009	Sun	DMR 12-4-8-16			2:05.40		
Catholic Conference Relays	Indoor	1/3/2010	Sun	4 x 800 Meter			2:05.10		
Union County Relay Championship	Indoor	1/9/2010	Sat	DMR 12-4-8-16			2:06.10		
Union County Relay Championship	Indoor	1/9/2010	Sat	4 x 800 Meter			2:04.50		MR
Non Public State Relays	Indoor	1/16/2010	Sat	DMR 12-4-8-16			2:02.50		
Non Public State Relays	Indoor	1/16/2010	Sat	4 x 800 Meter			2:02.10		MR
New Balance Collegiate Invitational	Indoor	2/6/2010	Sat	4 x 800 Meter			2:00.80		PR
Nike Indoor Nationals	Indoor	3/13/2010	Sat	SMR 2-2-4-8			2:04.40		
NJCTC Spring Relays	Outdoor	4/11/2010	Sun	4 x 800 Meter		73 Degrees	2:08.20		59.7
Blue Devil Relays	Outdoor	4/16/2010	Friday	4 x 800 Meter			2:01.90		59.4,PR
Union County Relay Championship	Outdoor	4/29/2010	Thurs	DMR 12-4-8-16			2:06.50		59.3
East Coast Relays	Outdoor	5/17/2010	Mon	SMR 2-2-4-8		70 Degrees / Sunny	2:05.20		58
1200 (Relay)									
Catholic Conference Relays	Indoor	1/4/2009	Sun	DMR 12-4-8-16			3:34.30		
Blue Devil Classic	Outdoor	4/18/2009	Sat	DMR 12-4-8-16			3:34.50		
Catholic Conference Relays	Indoor	1/3/2010	Sun	DMR 12-4-8-16			3:17.30		PR
Eastern States Invitational	Indoor	2/23/2010	Tues	DMR 12-4-8-16			3:19.00		
1600 (Open)									
NJCTC Frosh/Soph Championships	Indoor	2/6/2005	Sun	1600 Meter			5:33.30		
Tony Passarelli Relays	Indoor	12/17/2006	Sun	1600 Meter			5:42.90	6	
Seton Hall Invitational - Individual	Indoor	12/27/2006	Wed	1600 Meter			5:45.22		
NJCTC Frosh/Soph Championships	Indoor	2/11/2007	Sun	1600 Meter			5:33.30		
NJCTC Frosh/Soph Championships	Indoor	1/27/2008	Sun	1600 Meter			5:19.50		PR
Catholic Conference Championship	Indoor	2/8/2008	Friday	1600 Meter			5:09.50		
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	1600 Meter			5:36.30		
Meet vs Governor Livingston and	Outdoor	4/10/2008	Thurs	1600 Meter			5:01.90		
NJCTC Frosh/Soph Championships	Outdoor	5/18/2008	Sun	1600 Meter			4:54.10	4	
Catholic Conference Championships	Outdoor	5/25/2008	Sun	1600 Meter			5:01.88	47	
Mountain Valley Conference	Indoor	1/3/2009	Sat	1600 Meter			4:59.43	6	
Union County Championship	Indoor	1/24/2009	Sat	1600 Meter			4:56.51	16	
NJCTC Championships	Indoor	2/8/2009	Sun	1600 Meter			4:56.63	11	



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Non Public A State Championship	Indoor	2/13/2009	Friday	1600 Meter			4:58.25		
Meet vs Arthur L Johnson	Outdoor	3/2/2009	Mon	1600 Meter			4:49.10	3	
Meet vs St Joe's Mon Don Notre Dame	Outdoor	3/28/2009	Sat	1600 Meter			5:03.60	4	
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	1600 Meter			4:46.60	3	
Catholic Conference Championships	Outdoor	5/25/2009	Mon	1600 Meter			4:41.25	11	
Catholic Conference Championship	Indoor	2/7/2010	Sun	1600 Meter			4:39.79	4	PR
Non Public A State Championship	Indoor	2/19/2010	Friday	1600 Meter			4:49.15	24	
Scrimmage vs St. Joe's/Mon Don/Notre	Outdoor	3/27/2010	Sat	1600 Meter		49 Degrees, Partly Cloudy	4:50.60	2	
1600 (Relay)									
Metuchen Frosh Soph 2	Outdoor	4/11/2008	Friday	4 x 1600 Meter			5:08.10		
Union County Relay Championship	Outdoor	4/30/2010	Friday	4 x 1600 Meter			4:59.60		2:22,PR
2.1 miles									
Union County Championship	Warinanco Park	10/25/2006	Wed				14:05.00		
2.2 miles									
Bernie Magee Class Meet	Warinanco Park	9/23/2006	Sat	2.2 Mile			14:10.00	59	
Stewart Memorial Invitational	Warinanco Park	9/30/2006	Sat	2.2 Mile			13:50.00	61	PR
Catholic Conference Championship	Warinanco Park	11/4/2006	Sat	2.2 Mile			14:19.00	62	
2.5 Miles									
Manhattan College Invitational	Van Cortlandt Park, NY	10/13/2007	Sat				16:26.00		
3200									
Shore Coaches Invitational	Holmdel Park	10/7/2006	Sat	3200 Meter Run			13:41.00	36	
Mountain Valley Conference	Pleasant Valley Park	10/10/2006	Tues	3200 Meter Run			12:50.00	4	
3200 (Open)									
NJCTC Frosh/Soph Championships	Indoor	1/27/2008	Sun	3200 Meter			11:30.90		
Toms River Frosh - Novice	Indoor	2/4/2009	Wed	3200 Meter			11:01.32	4	
5000									
Cougar Invitational	Bucks Mill Park, Colts Neck	9/27/2008	Sat	5K			18:59.00	31	
UC -vs- Governor Livingston	Governor Livingston HS	9/30/2008	Tues	5K			19:00.00	6	
Shore Coaches Invitational	Holmdel Park	10/4/2008	Sat	5K			19:27.00	84	
Non Public A State Championship	Holmdel Park	11/15/2008	Sat	5K			20:34.00	131	



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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
UC -vs- Summit, GL & Hillside	Memorial Park, Summit, NJ	9/22/2009	Tues	5K		78 Degrees. No Wind	18:26.00	6	
Cougar Invitational	Bucks Mill Park, Colts Neck	9/26/2009	Sat	5K		64 Degrees and Clear	17:50.00	31	PR
Shore Coaches Invitational	Holmdel Park	10/3/2009	Sat	5K		68 Degrees / Clear	18:15.00	49	PR
Non Public A State Championship	Holmdel Park	11/14/2009	Sat	5K		55 Degrees / Muddy	19:08.00	101	
5150									
UC -vs- Arthur L. Johnson, Newark	Warinanco Park	9/12/2006	Tues	5150 Meters			21:05.00	13	
UC -vs- Cranford	Warinanco Park	9/19/2006	Tues	5150 Meters			20:37.00	15	PR
UC -vs- Rahway, Governor Livingston	Warinanco Park	9/26/2006	Tues	5150 Meters			21:16.00	22	
UC -vs- Arthur L. Johnson, Rahway,	Warinanco Park	10/3/2006	Tues	5150 Meters			21:07.00	13	
UC -vs- Cranford	Warinanco Park	9/18/2007	Tues	5150 Meters			20:09.00	13	PR
UC -vs- Arthur L. Johnson, Rahway,	Warinanco Park	10/2/2007	Tues	5150 Meters			19:34.00	10	PR
Mountain Valley Conference	Warinanco Park	10/9/2007	Tues	5150 Meters			19:59.00	5	
Union County Championship	Warinanco Park	10/24/2007	Wed	5150 Meters			20:36.00	59	
UC -vs- Arthur L. Johnson	Warinanco Park	9/16/2008	Tues	5150 Meters			19:49.00	12	
UC -vs- Cranford	Warinanco Park	9/23/2008	Tues	5150 Meters			19:24.00	10	PR
UC -vs- Hillside & Roselle	Warinanco Park	10/7/2008	Tues	5150 Meters			19:14.00	1	PR
UC -vs- Arthur L. Johnson & Hillside	Warinanco Park	9/15/2009	Tues	5150 Meters		78 Degrees and Sunny	18:43.00	6	PR
UC -vs- Rahway	Warinanco Park	10/6/2009	Tues	5150 Meters		65 Degrees / Clear	18:46.00	5	
UC -vs- Roselle Catholic & Union	Warinanco Park	10/13/2009	Tues	5150 Meters			17:56.00	5	PR
UCC Divisional Championship	Warinanco Park	10/20/2009	Tues	5150 Meters			17:26.00	7	PR
Union County Championship	Warinanco Park	10/28/2009	Wed	5150 Meters		60 degrees / Muddy	18:14.00	41	
5250									
Old Bridge Class Meet	Thompson Park	9/15/2007	Sat	5250 Meters			19:53.00	29	
Bernie Magee Class Meet	Warinanco Park	9/22/2007	Sat	5250 Meters			19:56.00	62	
Stewart Memorial Invitational	Warinanco Park	9/28/2007	Friday	5250 Meters			20:30.00	32	
Catholic Conference Championship	Warinanco Park	11/3/2007	Sat	5250 Meters			20:46.00	79	
Bernie Magee Class Meet	Warinanco Park	9/19/2009	Sat	5250 Meters		73 Degrees and Sunny	18:11.00	36	PR
Catholic Conference Championship	Warinanco Park	11/7/2009	Sat	5250 Meters		45 Degrees	17:43.00	38	PR