



# Boys XC / Track / Field

## Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
<b>200 (Relay)</b>									
Union County Relay Championship	Indoor	1/5/2005	Wed	4 x 200 Meter			26.60		
Catholic Conference Relays	Indoor	12/29/2005	Thurs	4 x 200 Meter			24.80		PR
<b>220 Y (Relay)</b>									
Union County Individuals	Indoor	1/26/2005	Wed	1.0 Mile Relay			1:01.00		
<b>400 (Relay)</b>									
Meet vs Roselle Park	Outdoor	4/20/2004	Tues	4 x 400 Meter			58.60		
Union County Relay Championship	Indoor	1/5/2005	Wed	SMR 2-2-4-8			59.80		
Mountain Valley Conference	Indoor	1/8/2005	Sat	4 x 400 Meter			53.90		
Meet vs North Plainfield	Outdoor	4/5/2005	Tues	4 x 400 Meter			54.40		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/26/2005	Tues	4 x 400 Meter			57.50		
Catholic Conference Relays	Indoor	12/29/2005	Thurs	SMR 2-2-4-8			54.80		
<b>400 IH (Open)</b>									
Mountain Valley Conference	Outdoor	5/10/2005	Tues	400 Meter IH			1:05.00		
<b>600 (Open)</b>									
NJCTC Championships	Indoor	2/11/2005	Friday	600 Meter			1:32.83		
<b>800 (Open)</b>									
Meet vs Roselle Park	Outdoor	4/20/2004	Tues	800 Meter			2:16.50	1	
Spiked Shoe Holiday Festival	Indoor	12/20/2004	Mon	800 Meter			2:11.50		
Seton Hall Invitational	Indoor	12/29/2004	Wed	800 Meter			2:12.00		
Mountain Valley Conference	Indoor	1/8/2005	Sat	800 Meter			2:12.46		
Group 2 State Championship	Indoor	1/16/2005	Sun	800 Meter			2:12.75		
Meet vs North Plainfield	Outdoor	4/5/2005	Tues	800 Meter			2:14.00	1	
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/26/2005	Tues	800 Meter			2:11.50	3	
<b>800 (Relay)</b>									
Mountain Valley Conference Relay	Outdoor	4/28/2004	Wed	DMR 12-4-8-16			2:11.20		
Catholic Conference Championships	Outdoor	5/2/2004	Sun	4 x 800 Meter			2:09.60		
Catholic Conference Championships	Outdoor	5/2/2004	Sun	DMR 12-4-8-16			2:13.90		
Spiked Shoe Holiday Festival	Indoor	12/20/2004	Mon	4 x 800 Meter			2:12.80		
NJCTC Championships	Indoor	2/11/2005	Friday	4 x 800 Meter			2:12.31		



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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Herm Johnson Relays	Outdoor	4/9/2005	Sat	4 x 800 Meter			2:12.90		
NJCTC Relays	Outdoor	4/24/2005	Sun	DMR 12-4-8-16			2:16.10		
NJCTC Relays	Outdoor	4/24/2005	Sun	4 x 800 Meter			2:09.90		
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	4 x 800 Meter			2:06.90		
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	DMR 12-4-8-16			2:11.30		
Union County Relay Championships	Outdoor	5/7/2005	Sat	DMR 12-4-8-16			2:06.20		
<b>1200 (Relay)</b>									
Herm Johnson Relays	Outdoor	4/9/2005	Sat	DMR 12-4-8-16			3:37.50		
<b>1600 (Relay)</b>									
Union County Relay Championships	Outdoor	5/7/2005	Sat	4 x 1600 Meter			5:05.69		
<b>5000</b>									
UC -vs- Bound Brook, Oratory Prep, Oak	Middlesex High School	9/14/2004	Tues	5K			18:05.00	6	
UC -vs- New Providence	New Providence High School	9/21/2004	Tues	5K			18:04.00	6	
Shore Coaches Invitational	Holmdel Park	10/2/2004	Sat	5K			18:45.00	95	
UC -vs- Manville	Manville High School	10/5/2004	Tues	5K			17:50.00	3	
Mountain Valley Conference	Pleasant Valley Park	10/13/2004	Wed	5K			18:16.00	9	
Non Public B State Championship	Holmdel Park	11/13/2004	Sat	5K			18:12.00	20	PR
<b>5150</b>									
UC -vs- Dayton	Warinanco Park	10/6/2004	Wed	5150 Meters			18:54.00	2	
Union County Championship	Warinanco Park	11/3/2004	Wed	5150 Meters			17:50.00	22	PR
<b>5250</b>									
Bernie Magee Class Meet	Warinanco Park	9/18/2004	Sat	5250 Meters			19:41.00	54	
Stewart Memorial Invitational	Warinanco Park	9/25/2004	Sat	5250 Meters			18:36.00	23	PR
Catholic Conference Championship	Warinanco Park	10/30/2004	Sat	5250 Meters			18:15.00	67	PR