



# Boys XC / Track / Field

## Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
<b>55 (Open)</b>									
NJCTC Frosh/Soph Championships	Indoor	2/6/2005	Sun	55 Meter Dash			7.40		
NJCTC Frosh/Soph Championships	Indoor	2/11/2007	Sun	55 Meter			7.40		
<b>55 HH (Open)</b>									
Mountain Valley Conference	Indoor	1/6/2007	Sat	55 Meter HH			10.28	10	
NJCTC Championships	Indoor	1/27/2007	Sat	55 Meter HH			10.49	40	
NJCTC Frosh/Soph Championships	Indoor	2/11/2007	Sun	55 Meter HH			10.60		
Mountain Valley Conference	Indoor	1/5/2008	Sat	55 Meter HH			10.35		
<b>60 Y HH (Open)</b>									
Meet vs Elizabeth & Trenton	Indoor	12/20/2006	Wed	60 Yard HH			11.20		
Union County Individuals	Indoor	1/31/2007	Wed	60 Yard HH			10.60		
Union County Novice Meet	Indoor	2/5/2007	Mon	60 Yard HH			10.00		
<b>100 (Open)</b>									
NJCTC Frosh Soph Championships	Outdoor	5/21/2006	Sun	100 Meter Dash			13.00		
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	100 Meter Dash			12.10		
Non Public A State Championships	Outdoor	5/30/2008	Friday	100 Meter Dash			12.28	22	
<b>100 (Relay)</b>									
Union County Novice Meet	Indoor	2/5/2007	Mon	DMR 8-2-4-1K			17.20		
Colts Neck Relays	Outdoor	4/11/2009	Sat	4 x 100 Meter					
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	4 x 100 Meter					
The Penn Relays	Outdoor	4/24/2009	Friday	4 x 100 Meter					
Union County Relay Championships	Outdoor	4/30/2009	Thurs	4 x 100 Meter					
<b>200 (Open)</b>									
Metuchen Frosh Soph 1	Outdoor	4/7/2006	Friday	200 Meter			27.00		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	200 Meter			27.30		
Metuchen Frosh Soph 4	Outdoor	5/12/2006	Friday	200 Meter			26.50		
Mountain Valley Conference Novice Meet	Outdoor	5/15/2006	Mon	200 Meter			26.70		
NJCTC Frosh Soph Championships	Outdoor	5/21/2006	Sun	200 Meter			26.80		
Meet vs Roselle Catholic	Outdoor	4/3/2007	Tues	200 Meter			25.50		
Meet vs Governor Livingston and	Outdoor	4/10/2007	Tues	200 Meter			26.30		



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Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	200 Meter			26.00		
Metuchen Frosh Soph 4	Outdoor	5/11/2007	Friday	200 Meter			25.60		
Season Opener	Indoor	12/23/2007	Sun	200 Meter			25.21		
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	200 Meter			24.90		
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	200 Meter			25.10		
Union County Championships	Outdoor	5/17/2008	Sat	200 Meter			23.70		
Non Public A State Championships	Outdoor	5/30/2008	Friday	200 Meter			24.35	23	
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	200 Meter			24.20		
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	200 Meter			23.20	2	
Mountain Valley Conference	Outdoor	5/5/2009	Tues	200 Meter			23.50		
Catholic Conference Championships	Outdoor	5/25/2009	Mon	200 Meter			23.86	15	
Non Public A State Championships	Outdoor	5/29/2009	Friday	200 Meter			23.86	15	
<b>200 (Relay)</b>									
Herm Johnson Relays	Outdoor	4/8/2006	Sat	4 x 200 Meter			28.50		
Tony Passarelli Relays	Indoor	12/17/2006	Sun	4 x 200 Meter			26.90		
Tony Passarelli Relays	Indoor	12/17/2006	Sun	SMR 2-2-4-8			26.80		
Catholic Conference Relays	Indoor	1/7/2007	Sun	SMR 2-2-4-8			26.10		
Catholic Conference Relays	Indoor	1/7/2007	Sun	4 x 200 Meter			28.30		
Union County Relay Championship	Indoor	1/10/2007	Wed	4 x 200 Meter			28.50		
Union County Novice Meet	Indoor	2/5/2007	Mon	4 x 200 Meter			27.00		
Blue Devil Classic	Outdoor	4/21/2007	Sat	4 x 200 Meter			26.50		
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	4 x 200 Meter					
Union County Relay Championship	Indoor	1/9/2008	Wed	SMR 4-2-2-8			26.90		
New Balance Games	Indoor	1/19/2008	Sat	4 x 200 Meter			24.20		
New Balance Games	Indoor	1/19/2008	Sat	SMR 4-2-2-8			24.30		
Frank Burns Relays	Indoor	12/27/2008	Sat	4 x 200 Meter			24.10		
Catholic Conference Relays	Indoor	1/4/2009	Sun	4 x 200 Meter			24.90		
Union County Relay Championship	Indoor	1/10/2009	Sat	4 x 200 Meter			24.60		
Non Public State Relays	Indoor	1/16/2009	Friday	4 x 200 Meter			24.10		
Colts Neck Relays	Outdoor	4/11/2009	Sat	4 x 200 Meter			23.70		
Colts Neck Relays	Outdoor	4/11/2009	Sat	SMR 4-2-2-8			23.30		



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Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 200 Meter			23.70		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 200 Meter			24.00		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	SMR 2-2-4-8			22.80		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	4 x 200 Meter			22.70		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	SMR 2-2-4-8			23.20		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	4 x 200 Meter			23.20		
<b>220 Y (Relay)</b>									
Union County Relay Championship	Indoor	1/9/2008	Wed	4 x 220 Yard			26.30		
Union County Championship	Indoor	1/30/2008	Wed	1.0 Mile Relay			1:00.60		
<b>300 (Open)</b>									
NJCTC Championships	Indoor	1/27/2007	Sat	300 Meter			42.16	24	
NJCTC Frosh/Soph Championships	Indoor	2/11/2007	Sun	300 Meter			41.00		
NJCTC Championships	Indoor	2/8/2009	Sun	300 Meter			38.00	20	
<b>400 (Open)</b>									
Metuchen Frosh Soph 1	Outdoor	4/7/2006	Friday	400 Meter			1:01.30		
Mountain Valley Conference Novice Meet	Outdoor	5/15/2006	Mon	400 Meter			1:00.80		
NJCTC Frosh Soph Championships	Outdoor	5/21/2006	Sun	400 Meter			57.80		PR
Seton Hall Invitational - Individual	Indoor	12/27/2006	Wed	400 Meter			1:01.22		
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/24/2007	Sat	400 Meter			58.40		
Meet vs Roselle Catholic	Outdoor	4/3/2007	Tues	400 Meter			58.00		
Meet vs Governor Livingston and	Outdoor	4/10/2007	Tues	400 Meter			58.20		
Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	400 Meter			58.70		
Season Opener	Indoor	12/23/2007	Sun	400 Meter			58.47		
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	400 Meter			55.90		
Meet vs Governor Livingston and	Outdoor	4/10/2008	Thurs	400 Meter			54.50		
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	400 Meter			55.80		
Mountain Valley Conference	Outdoor	5/5/2008	Mon	400 Meter			53.10		
Union County Championships	Outdoor	5/17/2008	Sat	400 Meter			52.80		
Catholic Conference Championships	Outdoor	5/25/2008	Sun	400 Meter			53.24	19	
Non Public A State Championships	Outdoor	5/30/2008	Friday	400 Meter			53.11	25	



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Mountain Valley Conference	Indoor	1/3/2009	Sat	400 Meter			56.12	5	
Union County Championship	Indoor	1/24/2009	Sat	400 Meter			54.24	11	
Non Public A State Championship	Indoor	2/13/2009	Friday	400 Meter			53.05	10	
Meet vs St Joe's Mon Don Notre Dame	Outdoor	3/28/2009	Sat	400 Meter			52.70		
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	400 Meter			53.40		
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	400 Meter			52.50	2	
Mountain Valley Conference	Outdoor	5/5/2009	Tues	400 Meter			53.10		
Catholic Conference Championships	Outdoor	5/25/2009	Mon	400 Meter			52.82	17	
<b>400 (Relay)</b>									
Metuchen Frosh Soph 4	Outdoor	5/12/2006	Friday	4 x 400 Meter			58.60		
Tony Passarelli Relays	Indoor	12/17/2006	Sun	4 x 400 Meter			59.90		
Union County Relay Championship	Indoor	1/10/2007	Wed	SMR 2-2-4-8			1:02.30		
Union County Novice Meet	Indoor	2/5/2007	Mon	4 x 400 Meter			1:01.60		
NJCTC Frosh/Soph Championships	Indoor	2/11/2007	Sun	4 x 400 Meter			55.90		
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/24/2007	Sat	4 x 400 Meter			1:02.20		
Meet vs Governor Livingston and	Outdoor	4/10/2007	Tues	4 x 400 Meter			59.60		
Blue Devil Classic	Outdoor	4/21/2007	Sat	DMR 12-4-8-16			54.90		
Blue Devil Classic	Outdoor	4/21/2007	Sat	4 x 400 Meter			57.30		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	SMR 2-2-4-8			54.90		
Union County Relay Championships	Outdoor	5/3/2007	Thurs	SMR 2-2-4-8			55.00		
Mountain Valley Conference Novice Meet	Outdoor	5/14/2007	Mon	4 x 400 Meter			56.10		
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	DMR 12-4-8-16			56.40		
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	4 x 400 Meter			56.50		
Mountain Valley Conference	Indoor	1/5/2008	Sat	4 x 400 Meter			55.70		
Catholic Conference Relays	Indoor	1/6/2008	Sun	DMR 12-4-8-16			55.90		
Catholic Conference Relays	Indoor	1/6/2008	Sun	4 x 400 Meter			55.10		
Union County Relay Championship	Indoor	1/9/2008	Wed	DMR 12-4-8-16			1:00.50		
Non Public State Relays	Indoor	1/11/2008	Friday	DMR 12-4-8-16			58.20		
New Balance Games	Indoor	1/19/2008	Sat	4 x 400 Meter			58.10		
Catholic Conference Championship	Indoor	2/8/2008	Friday	4 x 400 Meter			55.60		
Meet vs Governor Livingston and	Outdoor	4/10/2008	Thurs	4 x 400 Meter			55.60		



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Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	DMR 12-4-8-16			53.30		
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	SMR 2-2-4-8			52.90		
Mountain Valley Conference	Outdoor	5/5/2008	Mon	4 x 400 Meter			52.40		
Catholic Conference Championships	Outdoor	5/25/2008	Sun	4 x 400 Meter			55.10		
Nike Outdoor Nationals	Outdoor	6/20/2008	Friday	DMR 12-4-8-16			51.60		
Frank Burns Relays	Indoor	12/27/2008	Sat	4 x 400 Meter			54.90		
Mountain Valley Conference	Indoor	1/3/2009	Sat	4 x 400 Meter			56.90		
Catholic Conference Relays	Indoor	1/4/2009	Sun	4 x 400 Meter			52.90		
Union County Relay Championship	Indoor	1/10/2009	Sat	4 x 400 Meter			53.90		
Non Public State Relays	Indoor	1/16/2009	Friday	SMR 4-2-2-8			53.60		
Union County Championship	Indoor	1/24/2009	Sat	4 x 400 Meter			53.70		
Non Public A State Championship	Indoor	2/13/2009	Friday	4 x 400 Meter			53.20		
Winter Track Meet of Champions	Indoor	2/21/2009	Sat	4 x 400 Meter					DNR
Blue Devil Classic	Outdoor	4/18/2009	Sat	DMR 12-4-8-16			54.70		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 400 Meter			52.80		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	4 x 400 Meter			52.80		
The Penn Relays	Outdoor	4/24/2009	Friday	4 x 400 Meter			51.40		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	4 x 400 Meter			52.50		
Mountain Valley Conference	Outdoor	5/5/2009	Tues	4 x 400 Meter			51.70		
Union County Championships	Outdoor	5/15/2009	Friday	4 x 400 Meter			51.90		
<b>440 Y (Open)</b>									
Meet vs Elizabeth & Trenton	Indoor	12/20/2006	Wed	440 Yard			1:04.90		
Union County Championship	Indoor	1/30/2008	Wed	440 Yard			58.00	11	
<b>800 (Open)</b>									
Mountain Valley Conference Novice Meet	Outdoor	5/14/2007	Mon	800 Meter			2:18.30		
Catholic Conference Championship	Indoor	2/8/2008	Friday	800 Meter			2:19.20		
Meet vs Arthur L. Johnson	Outdoor	3/2/2009	Mon	800 Meter			2:09.20	1	
<b>800 (Relay)</b>									
Metuchen Frosh Soph 4	Outdoor	5/11/2007	Friday	DMR 12-4-8-16			2:13.60		
Seton Hall Games	Indoor	12/28/2007	Friday	4 x 800 Meter			2:16.80		



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<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Day</b>	<b>Event</b>	<b>Start Time</b>	<b>Weather</b>	<b>Result</b>	<b>Place</b>	<b>Note</b>
NJCTC Championships	Indoor	2/8/2009	Sun	4 x 800 Meter			2:06.60		
<b><i>High Jump</i></b>									
Union County Relay Championship	Indoor	1/10/2009	Sat	High Jump			5' 03.00"		
Non Public State Relays	Indoor	1/16/2009	Friday	High Jump			5' 00.00"		
<b><i>Shot Put (12 lb)</i></b>									
Blue Devil Classic	Outdoor	4/21/2007	Sat	Shot Put (12 lb)					