



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
1.0 mile (Open)									
Union County Frosh/Soph Championship	Indoor	1/13/2010	Wed	1.0 Mile Run			5:51.10		
400 (Relay)									
Catholic Conference Relays	Indoor	1/3/2010	Sun	4 x 400 Meter			1:05.10		
Catholic Conference Championship	Indoor	2/7/2010	Sun	4 x 400 Meter			1:03.60		PR
Scrimmage vs St. Joe's/Mon Don/Notre	Outdoor	3/27/2010	Sat	4 x 400 Meter		49 Degrees, Partly Cloudy	1:07.00		
Summit Relays	Outdoor	4/3/2010	Sat	4 x 400 Meter		75 Degrees, Sunny	1:04.30		PR
Meet vs Summit and Cranford	Outdoor	4/6/2010	Tues	4 x 400 Meter		70 Degrees & Sunny	1:06.50		
NJCTC Spring Relays	Outdoor	4/11/2010	Sun	4 x 400 Meter		73 Degrees	1:04.00		
Blue Devil Relays	Outdoor	4/16/2010	Friday	4 x 400 Meter			1:06.10		
Summit Relays	Outdoor	4/2/2011	Sat	4 x 400 Meter		52 and Partly Sunny	1:03.40		PR
Meet vs Cranford and Gov Livingston	Outdoor	4/26/2011	Tues	4 x 400 Meter		75, Sunny	1:05.30		
Ed Church Invitational	Indoor	2/9/2012	Thurs	4 x 400 Meter			1:01.80		PR
Summit Relays	Outdoor	4/7/2012	Sat	4 x 400 Meter			1:00.40		PR
800 (Open)									
Meet vs Gov. Livingston and Rahway	Outdoor	4/24/2012	Tues	800 Meter			2:19.50		
800 (Relay)									
Frank Burns Relays	Indoor	12/27/2009	Sun	4 x 800 Meter			2:33.20		
Catholic Conference Relays	Indoor	1/3/2010	Sun	4 x 800 Meter			2:33.40		
Metuchen Frosh Soph 1	Outdoor	4/9/2010	Friday	4 x 800 Meter		65 Degrees	2:27.00		
NJCTC Spring Relays	Outdoor	4/11/2010	Sun	SMR 2-2-4-8		73 Degrees	2:23.40		1:08.6
Blue Devil Relays	Outdoor	4/16/2010	Friday	4 x 800 Meter			2:26.90		1:10.1
Catholic Conference Relays	Indoor	1/2/2011	Sun	4 x 800 Meter			2:23.30		67.9,PR
Ed Church Invitational	Indoor	2/9/2012	Thurs	4 x 800 Meter			2:25.90		69
Summit Relays	Outdoor	4/7/2012	Sat	4 x 800 Meter			2:17.30		64,PR
880 Y (Open)									
Union County Frosh/Soph Championship	Indoor	1/13/2010	Wed				2:47.20		
1000 (Relay)									
Union County Relay Championship	Indoor	1/9/2010	Sat	DMR 8-2-4-1K			3:16.70		
Union County Relay Championship	Indoor	1/10/2011	Mon	DMR 8-2-4-1K			3:04.00		2:26.2,



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Union County Relay Championship 1200 (Relay)	Indoor	1/6/2012	Friday	DMR 8-2-4-1K			3:02.10		2:22,PR
Catholic Conference Relays	Indoor	12/29/2011	Thurs	DMR 12-4-8-16			3:51.50		71, 79
NJCTC Relays 1500 (Relay)	Indoor	12/30/2012	Sun	DMR 12-4-8-16			3:44.50		68 78
NJCTC Relays 1600 (Open)	Outdoor	4/10/2011	Sun	1500 Meter		58, Partly Cloudy	4:49.00		2:30
Merli Invitational	Indoor	12/19/2009	Sat	1600 Meter			5:33.90		
NJCTC Frosh/Soph Championships	Indoor	1/30/2010	Sat	1600 Meter			5:24.50		PR
Metropolitan Invitational	Indoor	2/3/2010	Wed	1600 Meter			5:19.80		PR
Catholic Conference Championship	Indoor	2/7/2010	Sun	1600 Meter			5:29.62	44	
Scrimmage vs St. Joe's/Mon Don/Notre	Outdoor	3/27/2010	Sat	1600 Meter		49 Degrees, Partly Cloudy	5:18.90		
Meet vs Summit and Cranford	Outdoor	4/6/2010	Tues	1600 Meter		70 Degrees & Sunny	5:16.60		
Meet vs Arthur L Johnson	Outdoor	4/13/2010	Tues	1600 Meter			5:09.20		2:31.8
Meet vs Roselle Catholic and Roselle	Outdoor	4/20/2010	Tues	1600 Meter			5:18.40		
Metuchen Frosh Soph 3	Outdoor	4/30/2010	Friday	1600 Meter			5:22.90		2:37.7
Union County JV Meet	Outdoor	5/11/2010	Tues	1600 Meter			5:10.80		2:32
Armory Frosh/Novice Meet	Indoor	1/24/2011	Mon	1600 Meter			5:12.50		2:34,PR
NJCTC Frosh/Soph Championships	Indoor	1/29/2011	Sat	1600 Meter			5:18.60		2:34
Meet vs Summit	Outdoor	4/5/2011	Tues	1600 Meter		42 Degrees	5:14.10		2:35
Meet vs Arthur L. Johnson	Outdoor	4/13/2011	Wed	1600 Meter		70, Sunny	5:10.00		
Spiked Shoe Holiday Festival	Indoor	12/19/2011	Mon	1600 Meter			5:28.00		2:40
Armory Frosh/Novice Meet	Indoor	1/23/2012	Mon	1600 Meter			5:08.10		2:32,PR
Scrimmage vs St. Joe's	Outdoor	3/24/2012	Sat	1600 Meter			5:11.00		74 2:32
Meet vs Arthur L. Johnson and Roselle	Outdoor	4/2/2012	Mon	1600 Meter		52, Sunny, Windy	5:01.90		PR
Meet vs Summit and Rahway	Outdoor	4/8/2012	Sun	1600 Meter		58 and Sunny	4:57.70	2	PR
Meet vs Summit and Hillside	Outdoor	4/18/2012	Wed	1600 Meter		65 and Sunny	5:04.00		
Meet vs Gov. Livingston and Rahway	Outdoor	4/24/2012	Tues	1600 Meter			5:04.20		
Union County JV Meet	Outdoor	5/7/2012	Mon	1600 Meter		58 Degrees, Light Rain	4:49.60		PR
Mid Winter Classic	Indoor	1/23/2013	Wed	1600 Meter			5:03.53		2:29,PR



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Meet vs Arthur L. Johnson and Roselle	Outdoor	4/2/2013	Tues	1600 Meter			5:11.90		2:32
Meet vs Cranford and Summit	Outdoor	4/9/2013	Tues	1600 Meter		70 Degrees	4:52.30	2	2:30
Meet vs Hillside and Summit	Outdoor	4/17/2013	Wed	1600 Meter		70 Degrees	4:57.50		2:25
1600 (Relay)									
Summit Relays	Outdoor	4/3/2010	Sat	DMR 12-4-8-16		75 Degrees, Sunny	5:19.00		
Marine Corps Holiday Classic	Indoor	12/27/2010	Mon	DMR 12-4-8-16			5:11.60		2:27
Catholic Conference Relays	Indoor	1/2/2011	Sun	DMR 12-4-8-16			5:14.90		2:33.8
Summit Relays	Outdoor	4/2/2011	Sat	DMR 12-4-8-16		52 and Partly Sunny	5:12.30		2:30,PR
Metuchen Frosh/Soph 2	Outdoor	4/8/2011	Friday	4 x 1600 Meter		45 and Rainy	5:11.50		
Randolph Relays	Outdoor	4/30/2011	Sat	4 x 1600 Meter			5:17.50		
NJCTC Relays	Outdoor	4/15/2012	Sun	DMR 12-4-8-16		75 Degrees and Sunny	5:05.00		PR
Blue Devil Classic	Outdoor	4/21/2012	Sat	DMR 12-4-8-16		69 and Sunny	5:02.10		70,PR
NJCTC Relays	Outdoor	4/14/2013	Sun	DMR 12-4-8-16		60 Degrees, Sunny, Light	4:58.80		2:27,PR
Blue Devil Classic	Outdoor	4/20/2013	Sat	DMR 12-4-8-16		58 Sun/Clouds	4:54.50		2:24,PR
Randolph Invitational	Outdoor	4/27/2013	Sat	4 x 1600 Meter		70 Degrees / Sunny	4:58.00		2:25
2.1 miles									
UC -vs- Summit, GL & Hillside	Memorial Park, Summit, NJ	9/22/2009	Tues			78 Degrees. No Wind	14:14.00		
UCC Divisional Championship	Warinanco Park	10/20/2009	Tues				14:00.00	19	
Union County Championship	Warinanco Park	10/28/2009	Wed			60 degrees / Muddy	14:01.00	18	
2.2 miles									
Bernie Magee Class Meet	Warinanco Park	9/19/2009	Sat	2.2 Mile		73 Degrees and Sunny	15:08.00	136	
Catholic Conference Championship	Warinanco Park	11/7/2009	Sat	2.2 Mile		45 Degrees	14:21.00	53	PR
2.5 miles									
Manhattan College Invitational	Van Cortlandt Park, NY	10/9/2010	Sat	2.5 Mile		65 / Sunny	15:18.84	22	
3200									
Cougar Invitational	Bucks Mill Park, Colts Neck	9/26/2009	Sat	3200 Meter Run		64 Degrees and Clear	13:19.00	71	
Shore Coaches Invitational	Holmdel Park	10/3/2009	Sat	3200 Meter Run		68 Degrees / Clear	13:56.00	62	
XC Time Trial Two	Union Catholic Track	11/10/2012	Sat	3200 Meter		60, Partly Sunny	10:41.00	5	
3200 (Open)									
Union County JV Meet	Outdoor	5/11/2010	Tues	3200 Meter			11:32.80		5:52



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Union County Championship	Indoor	1/22/2011	Sat	3200 Meter			10:59.20	21	5:22,
NJCTC Frosh/Soph Championships	Indoor	1/29/2011	Sat	3200 Meter			11:00.00		5:22
Catholic Conference Championship	Indoor	2/6/2011	Sun	3200 Meter			11:09.60	35	5:23
Non Public A State Championship	Indoor	2/19/2011	Sat	3200 Meter			11:24.48	29	5:30
Meet vs Summit	Outdoor	4/5/2011	Tues	3200 Meter		42 Degrees	11:58.00		
Meet vs Arthur L. Johnson	Outdoor	4/13/2011	Wed	3200 Meter		70, Sunny	11:44.00		
Meet vs Cranford and Gov Livingston	Outdoor	4/26/2011	Tues	3200 Meter		75, Sunny	11:09.90		PR
NJCTC Frosh Soph Championship	Outdoor	5/15/2011	Sun	3200 Meter			11:09.80		5:24,PR
Union County Championship	Indoor	1/21/2012	Sat	3200 Meter			10:50.98	16	PR
NJCTC Championship	Indoor	2/12/2012	Sun	3200 Meter			11:52.20	34	
Non Public B State Championship	Indoor	2/17/2012	Friday	3200 Meter			10:44.39	9	PR
Scrimmage vs St. Joe's	Outdoor	3/24/2012	Sat	3200 Meter			11:38.00		5:53
Meet vs Arthur L. Johnson and Roselle	Outdoor	4/2/2012	Mon	3200 Meter		52, Sunny, Windy	11:22.20	2	
Meet vs Summit and Hillside	Outdoor	4/18/2012	Wed	3200 Meter		65 and Sunny	11:23.80		
Union County JV Meet	Outdoor	5/7/2012	Mon	3200 Meter		58 Degrees, Light Rain	10:33.60		PR
Union County Conference Championship	Outdoor	5/12/2012	Sat	3200 Meter			10:34.20	5	
Union County Championship	Outdoor	5/18/2012	Friday	3200 Meter		72, Sunny	10:39.30	14	5:07
Non Public A North State Sectionals	Outdoor	5/26/2012	Sat	3200 Meter		78 Degrees, Sunny	11:42.25	22	
Cross Country Time Trial	Outdoor	8/30/2012	Thurs	3200 Meter			11:44.00		8/31/12
NJCTC Championship	Indoor	2/10/2013	Sun	3200 Meter			10:51.38		5:17.8
Non Public B State Championship	Indoor	2/15/2013	Friday	3200 Meter			10:41.06	9	PR
Meet vs Arthur L. Johnson and Roselle	Outdoor	4/2/2013	Tues	3200 Meter			11:35.00	3	5:50
Meet vs Cranford and Summit	Outdoor	4/9/2013	Tues	3200 Meter		70 Degrees	11:27.00		5:43
Meet vs Hillside and Summit	Outdoor	4/17/2013	Wed	3200 Meter		70 Degrees	10:58.00	1	5:31
Meet vs GL and Cranford	Outdoor	4/23/2013	Tues	3200 Meter			10:22.30		PR
Union County Conference Championship	Outdoor	5/11/2013	Sat	3200 Meter		72 Degrees	10:13.98	2	PR
Union County Championship	Outdoor	5/17/2013	Friday	3200 Meter		82 / Sunny	10:42.98	15	
Non Public A North State Sectional	Outdoor	5/25/2013	Sat	3200 Meter			10:35.54	14	5:07
5000									
Randolph Invitational	Freedom Park	9/10/2010	Friday	5K			18:12.12	30	
UC vs Arthur L. Johnson and Hillside	Conant Park in Hillside	9/14/2010	Tues	5K		75 Degrees & Sunny	18:47.00	7	



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UC vs Summit GL and Hillside	Memorial Park, Summit, NJ	9/21/2010	Tues	5K		70 and Sunny	18:02.00		
Six Flags Wild Safari Invitational	Six Flags Great Adventure	9/25/2010	Sat	5K		80 and Sunny	19:04.00	61	
Shore Coaches Invitational	Holmdel Park	10/2/2010	Sat	5K			18:58.00	94	
Non Public A State Championship	Holmdel Park	11/13/2010	Sat	5K		55 and Sunny	18:46.41	87	PR
Randolph Invitational	Freedom Park	9/10/2011	Sat	5K		78 Degrees Muddy	18:21.09	35	
Randolph Invitational	Freedom Park	9/7/2012	Friday	5K			18:32.14	22	
UC vs ALJ and Rahway	Rahway Park	9/11/2012	Tues	5K		75 Degrees and Sunny	18:57.00		
UC vs Summit	Rahway Park	9/24/2012	Mon	5K		70 Degrees	18:08.00	1	PR
Paul Short Run	Lehigh University	9/28/2012	Friday	5K		70 Degrees, Muddy	18:14.00	122	
Non Public A State Championship	Holmdel Park	11/17/2012	Sat	5K			18:34.71	88	PR
5000 (Open)									
The Metuchen Relays	Outdoor	4/6/2013	Sat	1000 Meter		Low 50's, Fairly Windy	17:13.69	28	
5150									
UC -vs- Arthur L. Johnson & Hillside	Warinanco Park	9/15/2009	Tues	5150 Meters		78 Degrees and Sunny	26:57.00	27	
UC -vs- Cranford	Warinanco Park	9/29/2009	Tues	5150 Meters		65 Degrees / Clear	22:23.00		PR
UC -vs- Rahway	Warinanco Park	10/6/2009	Tues	5150 Meters		65 Degrees / Clear	21:41.00	21	PR
UC -vs- Roselle Catholic & Union	Warinanco Park	10/13/2009	Tues	5150 Meters			21:38.00		PR
UC vs Cranford	Warinanco Park	9/29/2010	Wed	5150 Meters			18:55.00		PR
UC vs Rahway	Warinanco Park	10/5/2010	Tues	5150 Meters		55 / Rainy	18:17.00	6	PR
UC vs Roselle Catholic and Union	Warinanco Park	10/12/2010	Tues	5150 Meters			18:07.00		PR
UCC Divisional Championship	Warinanco Park	10/19/2010	Tues	5150 Meters		58 / Partly Sunny	17:49.00	14	PR
Union County Championship	Warinanco Park	10/28/2010	Thurs	5150 Meters		73 / Sunny / Windy	18:53.00	54	
UC vs Arthur L. Johnson and Hillside	Warinanco Park	9/13/2011	Tues	5150 Meters		80 Degrees / Sunny	18:59.00		
UC vs Rahway	Warinanco Park	10/2/2012	Tues	5150 Meters		58, Cloudy	18:04.00		
UCC Divisional Championship	Warinanco Park	10/16/2012	Tues	5150 Meters		62 Degrees, Sunny	17:35.00	11	PR
Union County Championship	Warinanco Park	10/24/2012	Wed	5150 Meters		61 Degrees, Great	17:24.00	24	PR
5250									
Bernie Magee Class Meet	Warinanco Park	9/18/2010	Sat	5250 Meters			20:50.10	101	ill
Catholic Conference Championship	Warinanco Park	11/6/2010	Sat	5250 Meters			18:36.96	73	PR
Bernie Magee Class Meet	Warinanco Park	9/17/2011	Sat	5250 Meters			18:44.90	59	



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Bernie Magee Class Meet	Warinanco Park	9/22/2012	Sat	5250 Meters		75, Sunny	19:02.80	73	