



# Boys XC / Track / Field

## Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
<b>1.0 mile (Open)</b>									
Union County Individuals	Indoor	1/25/2006	Wed	1.0 Mile Run			5:01.60	7	
Meet vs Elizabeth & Trenton	Indoor	12/20/2006	Wed	1.0 Mile Run			4:58.70	1	
Union County Individuals	Indoor	1/31/2007	Wed	1.0 Mile Run			4:46.90	2	
<b>2.0 miles (Open)</b>									
Union County Individuals	Indoor	1/25/2006	Wed	2.0 Mile Run			11:05.10	6	
<b>220 Y (Relay)</b>									
Union County Individuals	Indoor	1/26/2005	Wed	1.0 Mile Relay			1:02.20		
Meet vs Elizabeth & Trenton	Indoor	12/20/2006	Wed	1.0 Mile Relay			58.90		
<b>400 (Relay)</b>									
Meet vs Roselle Park	Outdoor	4/20/2004	Tues	4 x 400 Meter			59.30		
Mountain Valley Conference	Indoor	1/8/2005	Sat	4 x 400 Meter			1:02.40		
Meet vs North Plainfield	Outdoor	4/5/2005	Tues	4 x 400 Meter			1:01.00		
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2005	Tues	4 x 400 Meter			57.90		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/26/2005	Tues	4 x 400 Meter			1:03.30		
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	4 x 400 Meter			1:00.60		
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2006	Wed	4 x 400 Meter			57.00		
New Balance Games	Indoor	1/20/2007	Sat	4 x 400 Meter			55.40		
Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	4 x 400 Meter			53.30		
The Penn Relays	Outdoor	4/28/2007	Sat	4 x 400 Meter			52.70		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	4 x 400 Meter			51.70		
Union County Championships	Outdoor	5/19/2007	Sat	4 x 400 Meter			50.90		
Non Public A State Championships	Outdoor	6/1/2007	Friday	4 x 400 Meter			52.40		
Meet of Champions	Outdoor	6/6/2010	Sun	4 x 400 Meter			50.50		
<b>800 (Open)</b>									
Mountain Valley Conference	Indoor	1/8/2005	Sat	800 Meter			2:22.86		
Group 2 State Championship	Indoor	1/16/2005	Sun	800 Meter			2:18.90		
Meet vs North Plainfield	Outdoor	4/5/2005	Tues	800 Meter			2:18.00	2	
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2005	Tues	800 Meter			2:10.30	1	
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/26/2005	Tues	800 Meter			2:19.30		



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Mountain Valley Conference	Outdoor	5/10/2005	Tues	800 Meter			2:08.30		
Union County Championships	Outdoor	5/21/2005	Sat	800 Meter			2:04.80		
Catholic Conference Championships	Outdoor	5/29/2005	Sun	800 Meter			2:07.20		
Non Public A State Championships	Outdoor	6/3/2005	Friday	800 Meter			2:10.56	37	
Seton Hall Invitational	Indoor	12/27/2005	Tues	800 Meter			2:11.20		
Mountain Valley Conference	Indoor	1/7/2006	Sat	800 Meter			2:11.84	8	
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	800 Meter			2:17.00	1	
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	800 Meter			2:12.00	1	
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	800 Meter			2:09.20	3	
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2006	Wed	800 Meter			2:03.50	1	
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	800 Meter			2:06.80	1	
Mountain Valley Conference	Outdoor	5/9/2006	Tues	800 Meter			2:02.80	4	
Union County Championships	Outdoor	5/20/2006	Sat	800 Meter			2:00.80	4	
Catholic Conference Championships	Outdoor	5/28/2006	Sun	800 Meter			1:58.38	4	
Non Public A State Championships	Outdoor	6/2/2006	Friday	800 Meter			2:08.04	23	
Mountain Valley Conference	Indoor	1/6/2007	Sat	800 Meter			2:03.43	1	
Group 1 State Championship	Indoor	2/15/2007	Thurs	800 Meter			2:03.06	9	
Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	800 Meter			2:04.30	1	
Mountain Valley Conference	Outdoor	5/8/2007	Tues	800 Meter			1:59.70	3	
Union County Championships	Outdoor	5/19/2007	Sat	800 Meter			1:56.30	3	6pts
Catholic Conference Championships	Outdoor	5/27/2007	Sun	800 Meter			1:55.95	1	
Non Public A State Championships	Outdoor	6/1/2007	Friday	800 Meter			1:58.62	8	
<b>800 (Relay)</b>									
Metuchen Frosh Soph 1	Outdoor	4/2/2004	Friday	4 x 800 Meter			2:29.00		
Spiked Shoe Holiday Festival	Indoor	12/20/2004	Mon	4 x 800 Meter			2:22.00		
Spiked Shoe Holiday Festival	Indoor	12/20/2004	Mon	SMR 4-2-2-8			2:18.50		
NJCTC Championships	Indoor	2/11/2005	Friday	4 x 800 Meter			2:14.83		
Herm Johnson Relays	Outdoor	4/9/2005	Sat	DMR 12-4-8-16			2:13.60		
Herm Johnson Relays	Outdoor	4/9/2005	Sat	4 x 800 Meter			2:18.10		
Blue Devil Classic	Outdoor	4/16/2005	Sat	4 x 800 Meter			2:14.90		
NJCTC Relays	Outdoor	4/24/2005	Sun	4 x 800 Meter			2:09.00		



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Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	4 x 800 Meter			2:10.30		
Seton Hall Invitational	Indoor	12/27/2005	Tues	4 x 800 Meter			2:14.70		
Union County Relay Championship	Indoor	1/4/2006	Wed	4 x 800 Meter			2:18.70		
Catholic Conference Relays	Indoor	1/9/2006	Mon	4 x 800 Meter			2:11.50		
Group 2 State Relays	Indoor	1/22/2006	Sun	4 x 800 Meter			2:12.31		
Herm Johnson Relays	Outdoor	4/8/2006	Sat	4 x 800 Meter			2:14.60		
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 800 Meter			2:08.70		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	4 x 800 Meter			2:02.50		
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 800 Meter			1:59.60		
East Coast Relays	Outdoor	5/22/2006	Mon	4 x 800 Meter			2:01.20		
Nike Outdoor Nationals	Outdoor	6/16/2006	Friday	4 x 800 Meter			1:58.00		
Tony Passarelli Relays	Indoor	12/17/2006	Sun	4 x 800 Meter			2:09.20		
Marine Corps Holiday Classic	Indoor	12/27/2006	Wed	4 x 800 Meter			2:02.10		
Group 1 State Relays	Indoor	1/12/2007	Friday	4 x 800 Meter			2:07.20		
New Balance Games	Indoor	1/20/2007	Sat	SMR 4-2-2-8			2:00.40		
The National Hall of Fame Classic	Indoor	2/17/2007	Sat	SMR 4-2-2-8			2:01.00		
Blue Devil Classic	Outdoor	4/21/2007	Sat	4 x 800 Meter			2:03.60		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	4 x 800 Meter			2:01.30		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	SMR 2-2-4-8			2:01.60		
Union County Relay Championships	Outdoor	5/3/2007	Thurs	4 x 800 Meter			1:59.60		
East Coast Relays	Outdoor	5/21/2007	Mon	4 x 800 Meter			1:57.90		
Nike Outdoor Nationals	Outdoor	6/15/2007	Friday	4 x 800 Meter			1:58.00		
<b>880 Y (Open)</b>									
Union County Frosh/Soph	Indoor	1/19/2005	Wed						2
Union County Individuals	Indoor	1/31/2007	Wed	880 Yard			2:12.00		4
<b>1000 (Open)</b>									
NJCTC Frosh/Soph Championships	Indoor	2/6/2005	Sun	1000 Meter			2:53.10		
NJCTC Championships	Indoor	2/11/2005	Friday	1000 Meter			2:59.50		
NJCTC Championships	Indoor	2/10/2006	Friday	1000 Meter			2:49.70		



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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
<b>1200 (Relay)</b>									
NJCTC Relays	Outdoor	4/24/2005	Sun	DMR 12-4-8-16			3:31.90		
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	DMR 12-4-8-16			3:31.10		
Union County Relay Championships	Outdoor	5/7/2005	Sat	DMR 12-4-8-16			3:30.20		
Union County Relay Championship	Indoor	1/4/2006	Wed	DMR 8-4-12-16			3:33.70		
Catholic Conference Relays	Indoor	1/9/2006	Mon	DMR 12-4-8-16			3:25.20		
Group 2 State Relays	Indoor	1/22/2006	Sun	DMR 12-4-8-16			3:30.76		
Herm Johnson Relays	Outdoor	4/8/2006	Sat	DMR 12-4-8-16			3:27.50		
Blue Devil Classic	Outdoor	4/15/2006	Sat	DMR 12-4-8-16			3:21.90		
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	DMR 12-4-8-16			3:34.40		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	DMR 12-4-8-16			3:20.90		
Union County Relay Championships	Outdoor	5/6/2006	Sat	DMR 12-4-8-16			3:19.50		
Nike Outdoor Nationals	Outdoor	6/16/2006	Friday	DMR 12-4-8-16			3:14.90		
Tony Passarelli Relays	Indoor	12/17/2006	Sun	DMR 12-4-8-16			3:28.50		
Marine Corps Holiday Classic	Indoor	12/27/2006	Wed	DMR 12-4-8-16			3:18.80		
Group 1 State Relays	Indoor	1/12/2007	Friday	DMR 12-4-8-16			3:21.90		
Blue Devil Classic	Outdoor	4/21/2007	Sat	DMR 12-4-8-16			3:20.20		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	DMR 12-4-8-16			3:16.00		
Union County Relay Championships	Outdoor	5/3/2007	Thurs	DMR 12-4-8-16			3:14.20		
Nike Outdoor Nationals	Outdoor	6/15/2007	Friday	DMR 12-4-8-16			3:14.90		
<b>1600 (Open)</b>									
Meet vs Roselle Park	Outdoor	4/20/2004	Tues	1600 Meter			5:48.10	2	
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/26/2005	Tues	1600 Meter			5:06.60		
Mountain Valley Conference	Outdoor	5/10/2005	Tues	1600 Meter			4:48.80	6	
Mountain Valley Conference	Indoor	1/7/2006	Sat	1600 Meter			4:50.40	3	
NJCTC Championships	Indoor	2/10/2006	Friday	1600 Meter			4:52.90		
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	1600 Meter			4:46.00	1	
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	1600 Meter			4:55.00	1	
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	1600 Meter			4:45.00	2	
Mountain Valley Conference	Outdoor	5/9/2006	Tues	1600 Meter			4:50.20		
Catholic Conference Championships	Outdoor	5/28/2006	Sun	1600 Meter			4:37.06		



# Boys XC / Track / Field

## Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Non Public A State Championships	Outdoor	6/2/2006	Friday	1600 Meter			4:42.24	23	
Mountain Valley Conference	Indoor	1/6/2007	Sat	1600 Meter			4:43.75	3	
Mountain Valley Conference	Outdoor	5/8/2007	Tues	1600 Meter			4:42.70	4	
<b>1600 (Relay)</b>									
Metuchen Frosh Soph 2	Outdoor	4/15/2005	Friday	4 x 1600 Meter			5:04.40		
Union County Relay Championships	Outdoor	5/7/2005	Sat	4 x 1600 Meter			4:57.00		
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 1600 Meter			4:43.30		
Brown Invitational	Indoor	12/29/2006	Friday	DMR 12-4-8-16			4:40.40		
<b>3200 (Open)</b>									
Mountain Valley Conference	Indoor	1/7/2006	Sat	3200 Meter			10:25.80	3	
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	3200 Meter			10:43.00	2	
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	3200 Meter			11:09.00	2	
Mountain Valley Conference	Outdoor	5/9/2006	Tues	3200 Meter			10:19.60	2	
Union County Championships	Outdoor	5/20/2006	Sat	3200 Meter			10:42.00		
Mountain Valley Conference	Indoor	1/6/2007	Sat	3200 Meter			10:48.44	3	
<b>5000</b>									
UC -vs- Bound Brook, Oratory Prep, Oak	Middlesex High School	9/14/2004	Tues	5K			19:41.00	18	
UC -vs- New Providence	New Providence High School	9/21/2004	Tues	5K			19:02.00	9	
Shore Coaches Invitational	Holmdel Park	10/2/2004	Sat	5K			19:28.00	145	
UC -vs- Manville	Manville High School	10/5/2004	Tues	5K			19:14.00	5	
Mountain Valley Conference	Pleasant Valley Park	10/13/2004	Wed	5K			18:38.00	14	
Non Public B State Championship	Holmdel Park	11/13/2004	Sat	5K			19:36.00	60	
UC -vs- Bound Brook, Oratory Prep, Oak	Middlesex High School	9/13/2005	Tues	5K			18:17.00	2	PR
Shore Coaches Invitational	Holmdel Park	10/1/2005	Sat	5K			17:53.00	32	PR
Mountain Valley Conference	Pleasant Valley Park	11/8/2005	Tues	5K			18:22.00	3	PR
Mountain Valley Conference	Pleasant Valley Park	10/10/2006	Tues	5K			17:35.00	3	PR
<b>5150</b>									
UC -vs- Dayton	Warinanco Park	10/6/2004	Wed	5150 Meters			19:59.00	5	
Union County Championship	Warinanco Park	11/3/2004	Wed	5150 Meters				45	
UC -vs- New Providence	Warinanco Park	9/20/2005	Tues	5150 Meters			19:02.00	2	PR



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UC -vs- Dayton, Technology	Warinanco Park	9/27/2005	Tues	5150 Meters			18:41.00	2	PR
UC -vs- Manville	Warinanco Park	10/5/2005	Wed	5150 Meters			18:41.00	1	
Union County Championship	Warinanco Park	10/26/2005	Wed	5150 Meters			18:20.00	18	PR
UC -vs- Arthur L. Johnson, Newark	Warinanco Park	9/12/2006	Tues	5150 Meters			17:54.00	2	PR
UC -vs- Cranford	Warinanco Park	9/19/2006	Tues	5150 Meters			17:43.00	2	PR
UC -vs- Rahway, Governor Livingston	Warinanco Park	9/26/2006	Tues	5150 Meters			18:07.00	2	
Union County Championship	Warinanco Park	10/25/2006	Wed	5150 Meters			18:04.00	33	
<b>5250</b>									
Bernie Magee Class Meet	Warinanco Park	9/18/2004	Sat	5250 Meters			20:46.00	77	
Stewart Memorial Invitational	Warinanco Park	9/25/2004	Sat	5250 Meters			19:18.00	40	PR
Catholic Conference Championship	Warinanco Park	10/30/2004	Sat	5250 Meters			18:55.00	93	PR
Bernie Magee Class Meet	Warinanco Park	9/17/2005	Sat	5250 Meters			18:47.50	31	PR
Stewart Memorial Invitational	Warinanco Park	9/24/2005	Sat	5250 Meters			18:07.00	26	PR
Bernie Magee Class Meet	Warinanco Park	9/23/2006	Sat	5250 Meters			18:06.00	30	PR
Stewart Memorial Invitational	Warinanco Park	9/30/2006	Sat	5250 Meters			17:45.00	17	PR