



# 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			6.70	5	
Mountain Valley Conference	Indoor	1/7/2006	Sat	55 Meter			7.20	14	
Group 2 State Championship	Indoor	1/29/2006	Sun	55 Meter			7.54		
NJCTC Frosh/Soph Championships	Indoor	2/5/2006	Sun	55 Meter Dash			6.80	1	
NJCTC Championships	Indoor	2/10/2006	Friday	55 Meter			6.80		
Mountain Valley Conference	Indoor	1/6/2007	Sat	55 Meter Dash			7.08	6	7.11
NJCTC Championships	Indoor	1/27/2007	Sat	55 Meter			6.91	9	
NJCTC Frosh/Soph Championships	Indoor	2/11/2007	Sun	55 Meter			6.80	5	
Mountain Valley Conference	Indoor	1/5/2008	Sat	55 Meter Dash			6.96	4	
Catholic Conference Championship	Indoor	2/8/2008	Friday	55 Meter			6.50	3	
Non Public A State Championship	Indoor	2/16/2008	Sat	55 Meter Dash			6.68	3	
Winter Track Meet of Champions	Indoor	2/23/2008	Sat	55 Meter Dash			6.85	23	
Mountain Valley Conference	Indoor	1/3/2009	Sat	55 Meter Dash			7.00	5	
Union County Championship	Indoor	1/24/2009	Sat	55 Meter Dash			6.60	1	
NJCTC Championships	Indoor	2/8/2009	Sun	55 Meter			6.67	1	
Non Public A State Championship	Indoor	2/13/2009	Friday	55 Meter Dash			6.70	2	
Winter Track Meet of Champions	Indoor	2/21/2009	Sat	55 Meter Dash			6.72	16	
Eastern States Invitational	Indoor	2/24/2009	Tues	55 Meter Dash			6.70		
<b>60 Y (Open)</b>									
Union County Individuals	Indoor	1/25/2006	Wed	60 Yard			7.00		
Meet vs Elizabeth & Trenton	Indoor	12/20/2006	Wed	60 Yard			6.90		
Union County Individuals	Indoor	1/31/2007	Wed	60 Yard			6.70		
Union County Championship	Indoor	1/30/2008	Wed	60 Yard			6.60	1	
<b>100 (Open)</b>									
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	100 Meter Dash			11.60	1	
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	100 Meter Dash			11.70		
Mountain Valley Conference	Outdoor	5/9/2006	Tues	100 Meter Dash			11.50		
NJCTC Frosh Soph Championships	Outdoor	5/21/2006	Sun	100 Meter Dash			11.20	2	PR
Catholic Conference Championships	Outdoor	5/28/2006	Sun	100 Meter Dash			12.10		



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Non Public A State Championships	Outdoor	6/2/2006	Friday	100 Meter Dash			11.77	13	
Mountain Valley Conference	Outdoor	5/8/2007	Tues	100 Meter Dash			11.50		
Non Public A State Championships	Outdoor	6/1/2007	Friday	100 Meter Dash			11.67	25	
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	100 Meter Dash			11.00	1	
Meet vs Governor Livingston and	Outdoor	4/10/2008	Thurs	100 Meter Dash			10.80	1	
Mountain Valley Conference	Outdoor	5/5/2008	Mon	100 Meter Dash			10.90	4	
Catholic Conference Championships	Outdoor	5/25/2008	Sun	100 Meter Dash			11.29	4	
Meet vs St Joe's Mon Don Notre Dame	Outdoor	3/28/2009	Sat	100 Meter Dash			11.30	1	
Mountain Valley Conference	Outdoor	5/5/2009	Tues	100 Meter Dash			10.90	1	
Union County Championships	Outdoor	5/15/2009	Friday	100 Meter Dash			10.90	4	
Non Public A State Championships	Outdoor	5/29/2009	Friday	100 Meter Dash			11.13	3	
<b>100 (Relay)</b>									
The Penn Relays	Outdoor	4/28/2006	Friday	4 x 100 Meter					
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	4 x 100 Meter					
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 100 Meter					
Blue Devil Classic	Outdoor	4/21/2007	Sat	4 x 100 Meter					
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	4 x 100 Meter					
Union County Relay Championships	Outdoor	5/3/2007	Thurs	4 x 100 Meter					
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	4 x 100 Meter					
Union County Relay Championships	Outdoor	5/2/2008	Friday	4 x 100 Meter					
Nike Outdoor Nationals	Outdoor	6/20/2008	Friday	SMR 2-2-4-8					
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>									
Mountain Valley Conference	Indoor	1/7/2006	Sat	200 Meter			25.34	1	
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	200 Meter			23.70		
Metuchen Frosh Soph 1	Outdoor	4/7/2006	Friday	200 Meter			24.40	4	
Metuchen Frosh Soph 4	Outdoor	5/12/2006	Friday	200 Meter			23.40	1	
NJCTC Frosh Soph Championships	Outdoor	5/21/2006	Sun	200 Meter			23.20	2	PR



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Catholic Conference Championships	Outdoor	5/28/2006	Sun	200 Meter			24.13	18	
Metuchen Frosh Soph 4	Outdoor	5/11/2007	Friday	200 Meter			23.20		
Union County Championships	Outdoor	5/19/2007	Sat	200 Meter			23.00		
Catholic Conference Championships	Outdoor	5/27/2007	Sun	200 Meter			24.04	24	
Catholic Conference Championship	Indoor	2/8/2008	Friday	200 Meter			23.80	4	
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	200 Meter			22.80	1	
Mountain Valley Conference	Outdoor	5/5/2008	Mon	200 Meter			22.10	3	
Union County Championships	Outdoor	5/17/2008	Sat	200 Meter			22.60		
Catholic Conference Championships	Outdoor	5/25/2008	Sun	200 Meter			22.61	5	
Non Public A State Championships	Outdoor	5/30/2008	Friday	200 Meter			22.44	4	
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	200 Meter			22.70	1	
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	200 Meter			22.20	1	
Mountain Valley Conference	Outdoor	5/5/2009	Tues	200 Meter			22.30	1	
Union County Championships	Outdoor	5/15/2009	Friday	200 Meter			22.43	5	
<b>200 (Relay)</b>									
Group 2 State Relays	Indoor	1/22/2006	Sun	SMR 4-2-2-8			25.00		
Herm Johnson Relays	Outdoor	4/8/2006	Sat	4 x 200 Meter			23.80		
Herm Johnson Relays	Outdoor	4/8/2006	Sat	SMR 2-2-4-8			24.10		
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 200 Meter			23.70		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	4 x 200 Meter			22.70		
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 200 Meter			23.60		
Tony Passarelli Relays	Indoor	12/17/2006	Sun	4 x 200 Meter			24.10		
Tony Passarelli Relays	Indoor	12/17/2006	Sun	SMR 2-2-4-8			24.00		
Marine Corps Holiday Classic	Indoor	12/27/2006	Wed	4 x 200 Meter			23.60		
Brown Invitational	Indoor	12/29/2006	Friday	SMR 4-2-2-8			23.90		
Catholic Conference Relays	Indoor	1/7/2007	Sun	SMR 2-2-4-8			23.10		
Catholic Conference Relays	Indoor	1/7/2007	Sun	4 x 200 Meter			24.00		
Group 1 State Relays	Indoor	1/12/2007	Friday	4 x 200 Meter			24.90		
Group 1 State Relays	Indoor	1/12/2007	Friday	SMR 4-2-2-8			23.50		
New Balance Games	Indoor	1/20/2007	Sat	SMR 4-2-2-8			23.10		
The National Hall of Fame Classic	Indoor	2/17/2007	Sat	4 x 200 Meter			22.90		



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The National Hall of Fame Classic	Indoor	2/17/2007	Sat	4 x 200 Meter			22.70		
Eastern States Invitational	Indoor	2/27/2007	Tues	4 x 200 Meter			22.70		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	4 x 200 Meter			22.80		
Union County Relay Championships	Outdoor	5/3/2007	Thurs	4 x 200 Meter			22.60		
East Coast Relays	Outdoor	5/21/2007	Mon	4 x 200 Meter			22.50		
Nike Outdoor Nationals	Outdoor	6/15/2007	Friday	4 x 200 Meter			22.40		
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	4 x 200 Meter					
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	SMR 4-2-2-8			22.90		
Union County Relay Championship	Indoor	1/9/2008	Wed	SMR 4-2-2-8			26.00		
New Balance Games	Indoor	1/19/2008	Sat	4 x 200 Meter			22.60		
Eastern States Invitational	Indoor	2/26/2008	Tues	4 x 200 Meter			22.50		
Eastern States Invitational	Indoor	2/26/2008	Tues	4 x 200 Meter			22.40		
National Scholastic Indoor Championship	Indoor	3/15/2008	Sat	4 x 200 Meter			22.50		
National Scholastic Indoor Championship	Indoor	3/16/2008	Sun	4 x 200 Meter			22.00		
Catholic Conference Relays	Outdoor	4/13/2008	Sun	SMR 2-2-4-8			21.90		
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	4 x 200 Meter			22.00		
Union County Relay Championships	Outdoor	5/2/2008	Friday	4 x 200 Meter			22.50		
Nike Outdoor Nationals	Outdoor	6/20/2008	Friday	4 x 200 Meter			21.90		
Frank Burns Relays	Indoor	12/27/2008	Sat	4 x 200 Meter			23.20		
Catholic Conference Relays	Indoor	1/4/2009	Sun	4 x 200 Meter			22.30		
Union County Relay Championship	Indoor	1/10/2009	Sat	4 x 200 Meter			24.80		
Non Public State Relays	Indoor	1/16/2009	Friday	4 x 200 Meter			23.30		
Non Public State Relays	Indoor	1/16/2009	Friday	SMR 4-2-2-8			22.80		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 200 Meter			22.10		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 200 Meter			21.70		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	SMR 2-2-4-8			21.90		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	4 x 200 Meter			22.50		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	SMR 2-2-4-8			21.50		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	4 x 200 Meter			22.50		
<b>220 Y (Relay)</b>									
Union County Individuals	Indoor	1/25/2006	Wed	1.0 Mile Relay			59.80		



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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Meet vs Elizabeth & Trenton	Indoor	12/20/2006	Wed	1.0 Mile Relay			59.60		
Union County Relay Championship	Indoor	1/9/2008	Wed	4 x 220 Yard			26.20		
Union County Relay Championship	Indoor	1/9/2008	Wed	1.0 Mile Relay			56.90		
<b>300 (Open)</b>									
NJCTC Frosh/Soph Championships	Indoor	2/5/2006	Sun	300 Meter			38.40	1	
NJCTC Championships	Indoor	2/10/2006	Friday	300 Meter			38.50		
NJCTC Championships	Indoor	1/27/2007	Sat	300 Meter			37.92	12	
NJCTC Championships	Indoor	2/8/2009	Sun	300 Meter			37.43	10	
<b>400 (Open)</b>									
Metuchen Frosh Soph 1	Outdoor	4/7/2006	Friday	400 Meter			54.10	1	
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	400 Meter			53.10	2	
NJCTC Frosh Soph Championships	Outdoor	5/21/2006	Sun	400 Meter			52.60	1	PR
Mountain Valley Conference	Indoor	1/6/2007	Sat	400 Meter			55.95	8	
Catholic Conference Championships	Outdoor	5/27/2007	Sun	400 Meter			52.80	13	
Mountain Valley Conference	Indoor	1/5/2008	Sat	400 Meter			53.93	4	
Meet vs Governor Livingston and	Outdoor	4/10/2008	Thurs	400 Meter			51.80	2	
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	400 Meter			50.90	1	
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	400 Meter			52.00	3	
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	400 Meter			51.80	1	
<b>400 (Relay)</b>									
Union County Relay Championship	Indoor	1/4/2006	Wed	DMR 8-4-12-16			1:00.90		
Catholic Conference Relays	Indoor	1/9/2006	Mon	DMR 12-4-8-16			55.60		
Group 2 State Relays	Indoor	1/22/2006	Sun	DMR 12-4-8-16			57.29		
NJCTC Frosh/Soph Championships	Indoor	2/5/2006	Sun	4 x 400 Meter			55.90		
NJCTC Championships	Indoor	2/10/2006	Friday	4 x 400 Meter			56.50		
Eastern States Invitational	Indoor	2/28/2006	Tues	4 x 400 Meter			54.60		
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	4 x 400 Meter			53.70		
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 400 Meter			55.80		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	4 x 400 Meter			52.50		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	4 x 400 Meter			52.20		



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Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 400 Meter			52.50		
Mountain Valley Conference	Outdoor	5/9/2006	Tues	4 x 400 Meter			52.70		
Metuchen Frosh Soph 4	Outdoor	5/12/2006	Friday	4 x 400 Meter			55.20		
Union County Championships	Outdoor	5/20/2006	Sat	4 x 400 Meter			52.40		
Catholic Conference Championships	Outdoor	5/28/2006	Sun	4 x 400 Meter			52.15		
Non Public A State Championships	Outdoor	6/2/2006	Friday	4 x 400 Meter			52.80		
Tony Passarelli Relays	Indoor	12/17/2006	Sun	DMR 12-4-8-16			55.50		
Marine Corps Holiday Classic	Indoor	12/27/2006	Wed	SMR 4-2-2-8			57.90		
Brown Invitational	Indoor	12/29/2006	Friday	4 x 400 Meter			55.20		
Mountain Valley Conference	Indoor	1/6/2007	Sat	4 x 400 Meter			55.90		
New Balance Games	Indoor	1/20/2007	Sat	4 x 400 Meter			1:03.50		
NJCTC Frosh/Soph Championships	Indoor	2/11/2007	Sun	4 x 400 Meter			55.00		
Group 1 State Championship	Indoor	2/15/2007	Thurs	4 x 400 Meter			52.80		
The National Hall of Fame Classic	Indoor	2/17/2007	Sat	4 x 400 Meter			52.10		
Winter Track Meet of Champions	Indoor	2/25/2007	Sun	4 x 400 Meter			52.50		
Eastern States Invitational	Indoor	2/27/2007	Tues	4 x 400 Meter			52.20		
Metuchen Frosh Soph 4	Outdoor	5/11/2007	Friday	DMR 12-4-8-16			52.20		
Non Public A State Championships	Outdoor	6/1/2007	Friday	4 x 400 Meter			52.70		
Millrose Games Trials	Indoor	1/2/2008	Wed	4 x 400 Meter			53.30		
New Balance Games	Indoor	1/19/2008	Sat	4 x 400 Meter			52.70		
101st Millrose Games	Indoor	2/1/2008	Friday	4 x 400 Meter			54.00		
Non Public A State Championship	Indoor	2/16/2008	Sat	4 x 400 Meter			52.40		
Catholic Conference Relays	Outdoor	4/13/2008	Sun	4 x 400 Meter			52.20		
Union County Relay Championships	Outdoor	5/2/2008	Friday	4 x 400 Meter			50.90		
Union County Championships	Outdoor	5/17/2008	Sat	4 x 400 Meter			50.80		
East Coast Relays	Outdoor	5/19/2008	Mon	DMR 12-4-8-16			51.70		
Non Public A State Championships	Outdoor	5/30/2008	Friday	4 x 400 Meter			51.50		
Meet of Champions	Outdoor	6/5/2008	Thurs	4 x 400 Meter			51.40		
Frank Burns Relays	Indoor	12/27/2008	Sat	4 x 400 Meter			53.20		
Catholic Conference Relays	Indoor	1/4/2009	Sun	DMR 12-4-8-16			51.90		
Union County Relay Championship	Indoor	1/10/2009	Sat	DMR 8-4-12-16			53.40		



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Non Public State Relays	Indoor	1/16/2009	Friday	DMR 12-4-8-16			52.70		
Union County Championship	Indoor	1/24/2009	Sat	4 x 400 Meter			52.50		
Non Public A State Championship	Indoor	2/13/2009	Friday	4 x 400 Meter			51.90		
Winter Track Meet of Champions	Indoor	2/21/2009	Sat	4 x 400 Meter					DNF
Eastern States Invitational	Indoor	2/24/2009	Tues	DMR 12-4-8-16			52.20		
National Scholastic Indoor Championship	Indoor	3/13/2009	Friday	DMR 12-4-8-16			51.80		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 400 Meter			50.30		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 400 Meter			50.80		
The Penn Relays	Outdoor	4/24/2009	Friday	4 x 400 Meter			50.30		
Nike Outdoor Nationals	Outdoor	6/3/2009	Wed	DMR 12-4-8-16			50.20		
<b>440 Y (Open)</b>									
Meet vs Elizabeth & Trenton	Indoor	12/20/2006	Wed	440 Yard			1:00.00		
<b>440 Y (Relay)</b>									
Union County Individuals	Indoor	1/31/2007	Wed	1.0 Mile Relay					