



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
1.0 mile (Open)									
Meet vs Elizabeth & Trenton	Indoor	12/20/2006	Wed	1.0 Mile Run			5:17.00		
Union County Championship	Indoor	1/30/2008	Wed	1.0 Mile Run			4:45.60	1	
National Scholastic Indoor Championship	Indoor	3/15/2009	Sun	1.0 Mile Run			4:20.37		
Nike Indoor Nationals	Indoor	3/14/2010	Sun	1.0 Mile Run			4:26.70		Fell
New Balance Outdoor Nationals	Outdoor	6/19/2010	Sat	1.0 Mile Run			4:21.29	30	
2.0 miles (Open)									
Meet vs Elizabeth & Trenton	Indoor	12/20/2006	Wed	2.0 Mile Run			11:51.00	4	
Union County Championship	Indoor	1/30/2008	Wed	2.0 Mile Run			10:31.50	1	
400 (Relay)									
Tony Passarelli Relays	Indoor	12/17/2006	Sun	4 x 400 Meter			1:04.30		
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	4 x 400 Meter			57.30		
Non Public A State Championship	Indoor	2/19/2010	Friday	4 x 400 Meter			52.30		
Meet of Champions	Indoor	2/27/2010	Sat	4 x 400 Meter			52.80		
Blue Devil Relays	Outdoor	4/16/2010	Friday	4 x 400 Meter			51.20		
Penn Relays	Outdoor	4/24/2010	Sat	4 x 400 Meter			51.20		
UCC Divisional Championship	Outdoor	5/6/2010	Thurs	4 x 400 Meter			51.50		
Non Public A State Championship	Outdoor	5/29/2010	Sat	4 x 400 Meter		Mid 70's / Party Cloudy	50.30		PR
Meet of Champions	Outdoor	6/3/2010	Thurs	4 x 400 Meter			50.20		PR
800 (Open)									
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	800 Meter			2:05.10		
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	800 Meter			2:02.90	1	
Catholic Conference Championships	Outdoor	5/25/2009	Mon	800 Meter			1:59.69	3	
NP A South State Sectionals	Outdoor	5/22/2010	Sat	800 Meter			1:56.60	2	57.0,PR
800 (Relay)									
Seton Hall Invitational - Individual	Indoor	12/27/2006	Wed	4 x 800 Meter			2:23.50		
Catholic Conference Relays	Indoor	1/7/2007	Sun	SMR 2-2-4-8			2:16.70		
Union County Relay Championship	Indoor	1/10/2007	Wed	4 x 800 Meter			2:23.20		
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	4 x 800 Meter			2:10.70		
Seton Hall Games	Indoor	12/28/2007	Friday	4 x 800 Meter			2:09.10		



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Non Public State Relays	Indoor	1/11/2008	Friday	4 x 800 Meter			2:08.30		
New Balance Games	Indoor	1/19/2008	Sat	4 x 800 Meter			2:06.40		
King's Point Relays	Outdoor	4/5/2008	Sat	4 x 800 Meter			2:04.20		
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	4 x 800 Meter			2:04.50		
Union County Relay Championships	Outdoor	5/2/2008	Friday	4 x 800 Meter			1:59.70		
East Coast Relays	Outdoor	5/19/2008	Mon	4 x 800 Meter			2:02.30		
Nike Outdoor Nationals	Outdoor	6/20/2008	Friday	4 x 800 Meter			1:57.60		
Catholic Conference Relays	Indoor	1/4/2009	Sun	4 x 800 Meter			2:02.90		
Union County Relay Championship	Indoor	1/10/2009	Sat	4 x 800 Meter			2:02.90		2pts
Non Public State Relays	Indoor	1/16/2009	Friday	SMR 4-2-2-8			2:00.60		
Colts Neck Relays	Outdoor	4/11/2009	Sat	SMR 4-2-2-8			2:03.80		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 800 Meter			2:04.10		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 800 Meter			2:01.20		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	4 x 800 Meter			1:57.90		
East Coast Relays	Outdoor	5/18/2009	Mon	4 x 800 Meter			2:00.70		
Catholic Conference Championships	Outdoor	5/25/2009	Mon	4 x 800 Meter			2:03.00		
Nike Outdoor Nationals	Outdoor	6/3/2009	Wed	4 x 800 Meter			1:54.80		
Union County Relay Championship	Indoor	1/9/2010	Sat	SMR 4-2-2-8			2:00.70		MR
Non Public State Relays	Indoor	1/16/2010	Sat	4 x 800 Meter			1:59.80		MR,PR
New Balance Collegiate Invitational	Indoor	2/6/2010	Sat	4 x 800 Meter			1:55.80		PR
Summit Relays	Outdoor	4/3/2010	Sat	4 x 800 Meter		75 Degrees, Sunny	2:02.50		
NJCTC Spring Relays	Outdoor	4/11/2010	Sun	4 x 800 Meter		73 Degrees	1:58.40		57.2
NJCTC Spring Relays	Outdoor	4/11/2010	Sun	SMR 2-2-4-8		73 Degrees	1:57.40		56.9
Penn Relays	Outdoor	4/23/2010	Friday	4 x 800 Meter			1:56.20		56.6
Union County Relay Championship	Outdoor	4/30/2010	Friday	4 x 800 Meter			1:52.80		53.8,PR
East Coast Relays	Outdoor	5/17/2010	Mon	4 x 800 Meter		70 Degrees / Sunny	1:52.90		53.9
New Balance Outdoor Nationals	Outdoor	6/18/2010	Friday	4 x 800 Meter			1:51.61		PR
880 Y (Relay)									
Union County Relay Championship	Indoor	1/9/2008	Wed	4 x 880 Yard			2:19.40		
1200 (Open)									
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	1200 Meter			3:22.00	1	



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1200 (Relay)									
King's Point Relays	Outdoor	4/5/2008	Sat	DMR 12-4-8-16			3:27.20		
Blue Devil Classic	Outdoor	4/18/2009	Sat	DMR 12-4-8-16			3:09.90		
1500 (Relay)									
Catholic Conference Relays	Outdoor	4/13/2008	Sun	1500 Meter			4:23.40		
1600 (Open)									
Tony Passarelli Relays	Indoor	12/17/2006	Sun	1600 Meter			5:19.10	1	
Seton Hall Invitational - Individual	Indoor	12/27/2006	Wed	1600 Meter			5:09.75		
Mountain Valley Conference	Indoor	1/5/2008	Sat	1600 Meter			4:47.96	1	
NJCTC Frosh/Soph Championships	Indoor	1/27/2008	Sun	1600 Meter			4:41.60	1	PR
Catholic Conference Championship	Indoor	2/8/2008	Friday	1600 Meter			4:37.00	6	
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	1600 Meter			4:48.90	1	
Meet vs Governor Livingston and	Outdoor	4/10/2008	Thurs	1600 Meter			4:38.20	1	
Mountain Valley Conference	Outdoor	5/5/2008	Mon	1600 Meter			4:28.30	1	
Union County Championships	Outdoor	5/17/2008	Sat	1600 Meter			4:24.50	1	
Non Public A State Championships	Outdoor	5/30/2008	Friday	1600 Meter			4:19.49	3	
Meet of Champions	Outdoor	6/5/2008	Thurs	1600 Meter			4:27.75	27	
Mountain Valley Conference	Indoor	1/3/2009	Sat	1600 Meter			4:33.04	1	
Union County Championship	Indoor	1/24/2009	Sat	1600 Meter			4:21.89	1	
Non Public A State Championship	Indoor	2/13/2009	Friday	1600 Meter			4:23.98	1	
Meet vs Arthur L Johnson	Outdoor	3/2/2009	Mon	1600 Meter			4:43.20	1	
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	1600 Meter			4:31.00	1	
Mountain Valley Conference	Outdoor	5/5/2009	Tues	1600 Meter			4:21.80	1	
Union County Championships	Outdoor	5/15/2009	Friday	1600 Meter			4:20.14	1	
Non Public A State Championships	Outdoor	5/29/2009	Friday	1600 Meter			4:16.61	2	
Meet of Champions	Outdoor	6/3/2009	Wed	1600 Meter			4:13.97	9	
Union County Championship	Indoor	1/23/2010	Sat	1600 Meter			4:22.01	1	
Metropolitan Invitational	Indoor	2/3/2010	Wed	1600 Meter			4:18.90	1	PR
Non Public A State Championship	Indoor	2/19/2010	Friday	1600 Meter			4:13.35	2	PR
Meet of Champions	Indoor	2/27/2010	Sat	1600 Meter			4:12.54	1	PR



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UCC Divisional Championship	Outdoor	5/5/2010	Wed	1600 Meter			4:18.80	1	2:10.1
Union County Championship	Outdoor	5/14/2010	Friday	1600 Meter			4:12.73	1	PR
NP A South State Sectionals	Outdoor	5/21/2010	Friday	1600 Meter			4:19.50	3	
Non Public A State Championship	Outdoor	5/28/2010	Friday	1600 Meter		Mid 70's / Party Cloudy	4:09.63	2	PR
Meet of Champions	Outdoor	6/3/2010	Thurs	1600 Meter			4:28.39	19	
1600 (Relay)									
Seton Hall Invitational - Individual	Indoor	12/27/2006	Wed	DMR 12-4-8-16			5:11.90		
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	DMR 12-4-8-16			4:46.10		
Union County Relay Championship	Indoor	1/9/2008	Wed	DMR 12-4-8-16			5:03.80		
Metuchen Frosh Soph 2	Outdoor	4/11/2008	Friday	4 x 1600 Meter			4:36.80		
Catholic Conference Relays	Outdoor	4/13/2008	Sun	DMR 12-4-8-16			4:32.40		
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	DMR 12-4-8-16			4:34.80		
Union County Relay Championships	Outdoor	5/2/2008	Friday	DMR 12-4-8-16			4:26.10		
East Coast Relays	Outdoor	5/19/2008	Mon	DMR 12-4-8-16			4:29.40		
Nike Outdoor Nationals	Outdoor	6/20/2008	Friday	DMR 12-4-8-16			4:29.50		
Catholic Conference Relays	Indoor	1/4/2009	Sun	DMR 12-4-8-16			4:25.30		
Union County Relay Championship	Indoor	1/10/2009	Sat	DMR 8-4-12-16			4:40.90		
Non Public State Relays	Indoor	1/16/2009	Friday	DMR 12-4-8-16			4:25.00		
Eastern States Invitational	Indoor	2/24/2009	Tues	DMR 12-4-8-16			4:26.60		
National Scholastic Indoor Championship	Indoor	3/13/2009	Friday	DMR 12-4-8-16			4:21.10		
Colts Neck Relays	Outdoor	4/11/2009	Sat	4 x 1600 Meter			4:41.20		
Blue Devil Classic	Outdoor	4/18/2009	Sat	DMR 12-4-8-16			4:29.50		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	DMR 12-4-8-16			4:21.30		
East Coast Relays	Outdoor	5/18/2009	Mon	DMR 12-4-8-16			4:20.90		
Nike Outdoor Nationals	Outdoor	6/3/2009	Wed	DMR 12-4-8-16			4:20.80		
Union County Relay Championship	Indoor	1/9/2010	Sat	DMR 12-4-8-16			4:28.00		
Non Public State Relays	Indoor	1/16/2010	Sat	DMR 12-4-8-16			4:22.00		
Eastern States Invitational	Indoor	2/23/2010	Tues	DMR 12-4-8-16			4:14.80		
Nike Indoor Nationals	Indoor	3/12/2010	Friday	DMR 12-4-8-16			4:16.60		
Blue Devil Relays	Outdoor	4/16/2010	Friday	DMR 12-4-8-16			4:20.90		2:09.5
Union County Relay Championship	Outdoor	4/29/2010	Thurs	DMR 12-4-8-16			4:20.10		2:09.8,



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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Union County Relay Championship	Outdoor	4/30/2010	Friday	4 x 1600 Meter			4:32.40		2:12.7
2.2 miles									
Bernie Magee Class Meet	Warinanco Park	9/23/2006	Sat	2.2 Mile			13:08.00	11	
Stewart Memorial Invitational	Warinanco Park	9/30/2006	Sat	2.2 Mile			12:46.00	8	PR
Catholic Conference Championship	Warinanco Park	11/4/2006	Sat	2.2 Mile			13:11.00	22	
2.5 Miles									
Manhattan College Invitational	Van Cortlandt Park, NY	10/14/2006	Sat				14:58.00	109	
Manhattan College Invitational	Van Cortlandt Park, NY	10/13/2007	Sat				13:45.00		PR
3000 (Open)									
Season Opener	Indoor	12/23/2007	Sun				9:39.92		
The Penn Relays	Outdoor	4/24/2009	Friday	3000 Meter			8:45.93	15	
3200 (Open)									
Mountain Valley Conference	Indoor	1/5/2008	Sat	3200 Meter			10:34.37	2	
NJCTC Frosh/Soph Championships	Indoor	1/27/2008	Sun	3200 Meter			9:59.90	2	PR
Catholic Conference Championship	Indoor	2/8/2008	Friday	3200 Meter			9:58.00	4	
Non Public A State Championship	Indoor	2/16/2008	Sat	3200 Meter			9:45.65	4	PR
Winter Track Meet of Champions	Indoor	2/23/2008	Sat	3200 Meter			9:54.52	24	
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	3200 Meter			10:37.50	1	
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	3200 Meter			10:05.80	1	
Mountain Valley Conference	Outdoor	5/5/2008	Mon	3200 Meter			9:46.40	1	
Union County Championships	Outdoor	5/17/2008	Sat	3200 Meter			9:47.20	1	
Catholic Conference Championships	Outdoor	5/25/2008	Sun	3200 Meter			9:50.47	3	
Union County Championship	Indoor	1/24/2009	Sat	3200 Meter			9:31.14	1	
Non Public A State Championship	Indoor	2/13/2009	Friday	3200 Meter			9:27.03	1	
Winter Track Meet of Champions	Indoor	2/21/2009	Sat	3200 Meter			9:19.38	6	
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	3200 Meter			10:59.70	2	
Mountain Valley Conference	Outdoor	5/5/2009	Tues	3200 Meter			9:33.20	1	
Union County Championships	Outdoor	5/15/2009	Friday	3200 Meter			9:20.03	1	
Non Public A State Championships	Outdoor	5/29/2009	Friday	3200 Meter			9:30.92	3	
Union County Championship	Indoor	1/23/2010	Sat	3200 Meter			9:40.03	1	29.2



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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
UCC Divisional Championship 5000	Outdoor	5/6/2010	Thurs	3200 Meter			9:22.90	1	
Mountain Valley Conference	Pleasant Valley Park	10/10/2006	Tues	5K			18:58.00	13	
Non Public A State Championship	Holmdel Park	11/11/2006	Sat	5K			19:38.00	111	
Non Public A State Championship	Holmdel Park	11/10/2007	Sat	5K			16:58.00	14	PR
Cougar Invitational	Bucks Mill Park, Colts Neck	9/27/2008	Sat	5K			16:00.00	3	
Shore Coaches Invitational	Holmdel Park	10/4/2008	Sat	5K			16:20.00	2	PR
Non Public A State Championship	Holmdel Park	11/15/2008	Sat	5K			16:28.00	3	
Meet of Champions	Holmdel Park	11/22/2008	Sat	5K			16:09.91	11	PR
Nike Cross Country Nationals 5150	Portland, Oregon	12/6/2008	Sat	5K			16:15.00	6	
UC -vs- Arthur L. Johnson, Newark	Warinanco Park	9/12/2006	Tues	5150 Meters			20:07.00	8	
UC -vs- Cranford	Warinanco Park	9/19/2006	Tues	5150 Meters			19:41.00	7	PR
UC -vs- Arthur L. Johnson, Rahway,	Warinanco Park	10/3/2006	Tues	5150 Meters			19:24.00	5	PR
UC -vs- Cranford	Warinanco Park	9/18/2007	Tues	5150 Meters			17:55.00	1	PR
UC -vs- Rahway	Warinanco Park	9/25/2007	Tues	5150 Meters			18:21.00	1	
UC -vs- Arthur L. Johnson, Rahway,	Warinanco Park	10/2/2007	Tues	5150 Meters			17:44.00	1	PR
Mountain Valley Conference	Warinanco Park	10/9/2007	Tues	5150 Meters			17:16.00	2	PR
Union County Championship	Warinanco Park	10/24/2007	Wed	5150 Meters			16:49.00	4	PR
UC -vs- Arthur L. Johnson	Warinanco Park	9/16/2008	Tues	5150 Meters			17:18.00	1	
UC -vs- Cranford	Warinanco Park	9/23/2008	Tues	5150 Meters			17:00.00	1	
Mountain Valley Conference	Warinanco Park	10/14/2008	Tues	5150 Meters			16:10.00	1	PR
Union County Championship	Warinanco Park	10/29/2008	Wed	5150 Meters			16:17.00	1	
UC -vs- Arthur L. Johnson & Hillside	Warinanco Park	9/15/2009	Tues	5150 Meters		78 Degrees and Sunny	17:47.00	1	
UCC Divisional Championship	Warinanco Park	10/20/2009	Tues	5150 Meters			16:21.00	1	
Union County Championship	Warinanco Park	10/28/2009	Wed	5150 Meters		60 degrees / Muddy	16:34.00	1	
5250									
Old Bridge Class Meet	Thompson Park	9/15/2007	Sat	5250 Meters			17:40.00	1	
Bernie Magee Class Meet	Warinanco Park	9/22/2007	Sat	5250 Meters			17:37.00	3	
Stewart Memorial Invitational	Warinanco Park	9/28/2007	Friday	5250 Meters			17:26.00	4	PR



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Catholic Conference Championship	Warinanco Park	11/3/2007	Sat	5250 Meters			17:11.00	17	PR
Bernie Magee Class Meet	Warinanco Park	9/20/2008	Sat	5250 Meters			16:33.00	1	PR
Catholic Conference Championship	Warinanco Park	11/8/2008	Sat	5250 Meters			17:06.00	2	
5K									
Foot Locker Northeast Regional	Van Cortlandt Park, NY	11/24/2007	Sat	5K			16:59.00	11	
Foot Locker Northeast Regional	Van Cortlandt Park, NY	11/29/2008	Sat	5K			16:19.90	25	PR