



# Boys XC / Track / Field

## Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
<b>100 (Open)</b>									
Catholic Conference Championships	Outdoor	5/25/2009	Mon	100 Meter Dash			12.00	26	
Meet vs Roselle Catholic and Roselle	Outdoor	4/20/2010	Tues	100 Meter Dash			11.50	2	PR
UCC Divisional Championship	Outdoor	5/5/2010	Wed	100 Meter Dash			11.10		Semi,
<b>100 (Relay)</b>									
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	4 x 100 Meter					
Colts Neck Relays	Outdoor	4/11/2009	Sat	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					
Metuchen Frosh Soph 4	Outdoor	5/8/2009	Friday	4 x 100 Meter					
Summit Relays	Outdoor	4/3/2010	Sat	4 x 100 Meter		75 Degrees, Sunny			
Penn Relays	Outdoor	4/23/2010	Friday	4 x 100 Meter					
Union County Relay Championship	Outdoor	4/29/2010	Thurs	4 x 100 Meter					
<b>200 (Open)</b>									
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	200 Meter			25.60		
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	200 Meter			25.40		
Meet vs Arthur L Johnson	Outdoor	3/2/2009	Mon	200 Meter			23.70	2	
Metuchen Frosh Soph 1	Outdoor	4/4/2009	Sat	200 Meter			25.50	8	
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	200 Meter			23.70		
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	200 Meter			23.40	3	
Catholic Conference Championships	Outdoor	5/25/2009	Mon	200 Meter			24.26	24	
Non Public A State Championships	Outdoor	5/29/2009	Friday	200 Meter			24.26	24	
Meet vs Arthur L Johnson	Outdoor	4/13/2010	Tues	200 Meter			23.20	1	
Meet vs Roselle Catholic and Roselle	Outdoor	4/20/2010	Tues	200 Meter			22.90	1	PR
UCC Divisional Championship	Outdoor	5/6/2010	Thurs	200 Meter			22.60	4	PR
<b>200 (Relay)</b>									
Catholic Conference Relays	Outdoor	4/13/2008	Sun	4 x 200 Meter			24.30		
Metuchen Frosh Soph 3	Outdoor	4/18/2008	Friday	4 x 200 Meter			23.90		
Colts Neck Relays	Outdoor	4/11/2009	Sat	4 x 200 Meter			23.60		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 200 Meter			24.40		



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Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 200 Meter			23.30		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	4 x 200 Meter			22.60		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	4 x 200 Meter			23.70		
Frank Burns Relays	Indoor	12/27/2009	Sun	4 x 200 Meter			23.90		
Catholic Conference Relays	Indoor	1/3/2010	Sun	4 x 200 Meter			22.60		PR
Union County Relay Championship	Indoor	1/9/2010	Sat	4 x 200 Meter			23.30		
Union County Relay Championship	Indoor	1/9/2010	Sat	SMR 4-2-2-8			23.60		MR
Non Public State Relays	Indoor	1/16/2010	Sat	4 x 200 Meter			23.80		
Metropolitan Invitational	Indoor	2/3/2010	Wed	4 x 200 Meter			23.40		
Eastern States Invitational	Indoor	2/23/2010	Tues	4 x 200 Meter			22.70		
Nike Indoor Nationals	Indoor	3/13/2010	Sat	SMR 2-2-4-8			23.70		
Summit Relays	Outdoor	4/3/2010	Sat	SMR 2-2-4-8		75 Degrees, Sunny	22.80		
NJCTC Spring Relays	Outdoor	4/11/2010	Sun	4 x 200 Meter		73 Degrees	22.30		
NJCTC Spring Relays	Outdoor	4/11/2010	Sun	SMR 2-2-4-8		73 Degrees	22.60		
Union County Relay Championship	Outdoor	4/30/2010	Friday	4 x 200 Meter			21.90		PR
<b>300 (Open)</b>									
Catholic Conference Championship	Indoor	2/7/2010	Sun	300 Meter			37.45	10	PR
<b>400 (Open)</b>									
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	400 Meter			56.30		
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	400 Meter			55.30		
NJCTC Frosh/Soph Championships	Outdoor	5/18/2008	Sun	400 Meter			55.90		
Meet vs Arthur L Johnson	Outdoor	3/2/2009	Mon	400 Meter			54.50	1	
Meet vs St Joe's Mon Don Notre Dame	Outdoor	3/28/2009	Sat	400 Meter			54.10		
Metuchen Frosh Soph 1	Outdoor	4/3/2009	Friday	400 Meter			52.90	1	
Metuchen Frosh Soph 1	Outdoor	4/4/2009	Sat	400 Meter			55.70	4	
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	400 Meter			53.80		
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	400 Meter			53.60		
Mountain Valley Conference	Outdoor	5/5/2009	Tues	400 Meter			54.10		
Union County Championships	Outdoor	5/15/2009	Friday	400 Meter			54.12	25	
Catholic Conference Championships	Outdoor	5/25/2009	Mon	400 Meter			53.88	23	
Non Public A State Championships	Outdoor	5/29/2009	Friday	400 Meter			53.22	17	



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Union County Championship	Indoor	1/23/2010	Sat	400 Meter			55.50	19	
Non Public A State Championship	Indoor	2/19/2010	Friday	400 Meter			53.60	15	PR
Meet vs Summit and Cranford	Outdoor	4/6/2010	Tues	400 Meter		70 Degrees & Sunny	52.10	2	
Meet vs Arthur L Johnson	Outdoor	4/13/2010	Tues	400 Meter			53.00	2	
<b>400 (Relay)</b>									
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	4 x 400 Meter			58.70		
Metuchen Frosh Soph 2	Outdoor	4/11/2008	Friday	SMR 2-2-4-8			55.10		
Catholic Conference Relays	Outdoor	4/13/2008	Sun	SMR 2-2-4-8			54.40		
Colts Neck Relays	Outdoor	4/11/2009	Sat	SMR 4-2-2-8			54.90		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 400 Meter			54.40		
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			51.20		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	DMR 12-4-8-16			52.20		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	4 x 400 Meter			54.10		
Mountain Valley Conference	Outdoor	5/5/2009	Tues	4 x 400 Meter			49.90		
Metuchen Frosh Soph 4	Outdoor	5/8/2009	Friday	4 x 400 Meter			52.20		
Union County Championships	Outdoor	5/15/2009	Friday	4 x 400 Meter			51.40		
East Coast Relays	Outdoor	5/18/2009	Mon	DMR 12-4-8-16			53.10		
Non Public A State Championships	Outdoor	5/29/2009	Friday	4 x 400 Meter			52.40		
Frank Burns Relays	Indoor	12/27/2009	Sun	4 x 400 Meter			52.60		
Catholic Conference Relays	Indoor	1/3/2010	Sun	DMR 12-4-8-16			52.70		
Catholic Conference Relays	Indoor	1/3/2010	Sun	4 x 400 Meter			52.70		
Union County Relay Championship	Indoor	1/9/2010	Sat	4 x 400 Meter			52.30		PR
Millrose Games Trials	Indoor	1/13/2010	Wed	4 x 400 Meter			52.60		
Non Public State Relays	Indoor	1/16/2010	Sat	4 x 400 Meter			52.80		
Non Public A State Championship	Indoor	2/19/2010	Friday	4 x 400 Meter			53.40		
Meet of Champions	Indoor	2/27/2010	Sat	4 x 400 Meter			53.60		
Nike Indoor Nationals	Indoor	3/12/2010	Friday	DMR 12-4-8-16			52.50		
Blue Devil Relays	Outdoor	4/16/2010	Friday	DMR 12-4-8-16			51.90		24.2
Blue Devil Relays	Outdoor	4/16/2010	Friday	4 x 400 Meter			50.50		23.8
Penn Relays	Outdoor	4/24/2010	Sat	4 x 400 Meter			49.90		



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Union County Relay Championship	Outdoor	4/29/2010	Thurs	SMR 4-2-2-8			51.80		
Union County Relay Championship	Outdoor	4/30/2010	Friday	4 x 400 Meter			51.80		
<b>800 (Open)</b>									
Meet vs Governor Livingston and	Outdoor	4/10/2008	Thurs	800 Meter			2:20.90		
<b>High Jump</b>									
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	High Jump			4' 06.00"		
<b>Long Jump</b>									
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	Long Jump			13' 03.00"		