



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
55 HH (Open)									
Group 1 State Championship	Indoor	2/15/2007	Thurs	1600 Meter			4:59.33	29	
1.0 mile (Open)									
Union County Individuals	Indoor	1/31/2007	Wed	1.0 Mile Run			5:09.20		
200 (Open)									
Metuchen Frosh Soph 4	Outdoor	5/11/2007	Friday	200 Meter			25.80		
200 (Relay)									
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	SMR 4-2-2-8			25.50		
220 Y (Relay)									
Union County Frosh/Soph	Indoor	1/18/2006	Wed	1.0 Mile Relay			1:05.00		
Meet vs Elizabeth & Trenton	Indoor	12/20/2006	Wed	1.0 Mile Relay			1:00.90		
Union County Relay Championship	Indoor	1/9/2008	Wed	1.0 Mile Relay			55.90		
Union County Championship	Indoor	1/30/2008	Wed	1.0 Mile Relay			58.80		
400 (Relay)									
NJCTC Frosh/Soph Championships	Indoor	2/5/2006	Sun	4 x 400 Meter			1:01.40		
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	4 x 400 Meter			1:02.80		
Metuchen Frosh Soph 4	Outdoor	5/12/2006	Friday	4 x 400 Meter			1:05.10		
Union County Novice Meet	Indoor	2/5/2007	Mon	4 x 400 Meter			1:00.70		
NJCTC Frosh/Soph Championships	Indoor	2/11/2007	Sun	4 x 400 Meter			57.30		
Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	4 x 400 Meter			57.60		
Mountain Valley Conference Novice Meet	Outdoor	5/14/2007	Mon	4 x 400 Meter			57.50		
Catholic Conference Relays	Indoor	1/6/2008	Sun	4 x 400 Meter			55.20		
New Balance Games	Indoor	1/19/2008	Sat	SMR 4-2-2-8			53.90		
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	4 x 400 Meter			56.70		
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	4 x 400 Meter			54.10		
Mountain Valley Conference	Indoor	1/3/2009	Sat	4 x 400 Meter			53.80		
Union County Relay Championship	Indoor	1/10/2009	Sat	4 x 400 Meter			53.60		
Non Public A State Championship	Indoor	2/13/2009	Friday	4 x 400 Meter			52.90		
Non Public A State Championships	Outdoor	5/29/2009	Friday	4 x 400 Meter			51.40		



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600 (Open)									
NJCTC Championships	Indoor	2/8/2009	Sun	600 Meter			1:27.78	9	
800 (Open)									
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	800 Meter			2:27.10		
Meet vs Roselle Catholic	Outdoor	4/3/2007	Tues	800 Meter			2:17.20		
Meet vs Governor Livingston and	Outdoor	4/10/2007	Tues	800 Meter			2:20.60		
Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	800 Meter			2:12.40		
Mountain Valley Conference Novice Meet	Outdoor	5/14/2007	Mon	800 Meter			2:12.00		
Non Public A State Championships	Outdoor	6/1/2007	Friday	800 Meter			2:05.54	19	
Season Opener	Indoor	12/23/2007	Sun	800 Meter			2:11.37		
Mountain Valley Conference	Indoor	1/5/2008	Sat	800 Meter			2:07.28	2	
Catholic Conference Championship	Indoor	2/8/2008	Friday	800 Meter			2:05.80		
Lou Molina Invitational	Indoor	2/11/2008	Mon	800 Meter			2:03.50	1	
Non Public A State Championship	Indoor	2/16/2008	Sat	800 Meter			2:02.94	10	PR
Winter Track Meet of Champions	Indoor	2/23/2008	Sat	800 Meter			2:01.70	21	
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	800 Meter			2:05.20		
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	800 Meter			2:05.10	2	
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	800 Meter			2:08.70	3	
Mountain Valley Conference	Outdoor	5/5/2008	Mon	800 Meter			2:04.50	6	
Union County Championships	Outdoor	5/17/2008	Sat	800 Meter			2:05.20		
Catholic Conference Championships	Outdoor	5/25/2008	Sun	800 Meter			2:03.54	11	
Non Public A State Championships	Outdoor	5/30/2008	Friday	800 Meter			2:01.93	13	
Mountain Valley Conference	Indoor	1/3/2009	Sat	800 Meter			2:04.71	1	
Union County Championship	Indoor	1/24/2009	Sat	800 Meter			2:02.36	3	
Non Public A State Championship	Indoor	2/13/2009	Friday	800 Meter			2:00.23	2	
Winter Track Meet of Champions	Indoor	2/21/2009	Sat	800 Meter			2:01.70	21	
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	800 Meter			2:06.50	2	
Mountain Valley Conference	Outdoor	5/5/2009	Tues	800 Meter			1:57.80	1	
Union County Championships	Outdoor	5/15/2009	Friday	800 Meter			1:58.76	1	
Non Public A State Championships	Outdoor	5/29/2009	Friday	800 Meter			1:57.70	2	
Meet of Champions	Outdoor	6/3/2009	Wed	800 Meter			1:57.08	18	



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800 (Relay)									
Union County Relay Championship	Indoor	1/4/2006	Wed	SMR 2-2-4-8			2:27.10		
Catholic Conference Relays	Indoor	1/9/2006	Mon	SMR 4-2-2-8			2:25.20		
Group 2 State Relays	Indoor	1/22/2006	Sun	SMR 4-2-2-8			2:22.57		
Herm Johnson Relays	Outdoor	4/8/2006	Sat	4 x 800 Meter			2:22.10		
Herm Johnson Relays	Outdoor	4/8/2006	Sat	SMR 2-2-4-8			2:18.70		
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 800 Meter			2:12.20		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	4 x 800 Meter			2:22.70		
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 800 Meter			2:06.30		
Nike Outdoor Nationals	Outdoor	6/16/2006	Friday	4 x 800 Meter			2:03.20		
Tony Passarelli Relays	Indoor	12/17/2006	Sun	4 x 800 Meter			2:21.50		
Catholic Conference Relays	Indoor	1/7/2007	Sun	4 x 800 Meter			2:15.20		
Union County Relay Championship	Indoor	1/10/2007	Wed	4 x 800 Meter			2:20.30		
New Balance Games	Indoor	1/20/2007	Sat	4 x 800 Meter			2:11.50		
Cranford Cougar Classic Relays	Outdoor	4/14/2007	Sat	4 x 800 Meter			2:12.20		
Blue Devil Classic	Outdoor	4/21/2007	Sat	DMR 12-4-8-16			2:11.10		
Blue Devil Classic	Outdoor	4/21/2007	Sat	4 x 800 Meter			2:08.50		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	4 x 800 Meter			2:08.90		
Union County Relay Championships	Outdoor	5/3/2007	Thurs	4 x 800 Meter			2:06.30		
East Coast Relays	Outdoor	5/21/2007	Mon	4 x 800 Meter			2:03.90		
Nike Outdoor Nationals	Outdoor	6/15/2007	Friday	4 x 800 Meter			2:03.20		
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	4 x 800 Meter			2:07.60		
Seton Hall Games	Indoor	12/28/2007	Friday	4 x 800 Meter			2:11.30		
Non Public State Relays	Indoor	1/11/2008	Friday	4 x 800 Meter			2:06.80		
New Balance Games	Indoor	1/19/2008	Sat	4 x 800 Meter			2:03.20		
King's Point Relays	Outdoor	4/5/2008	Sat	4 x 800 Meter			2:03.50		
Catholic Conference Relays	Outdoor	4/13/2008	Sun	DMR 12-4-8-16			2:08.60		
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	4 x 800 Meter			2:04.40		
Union County Relay Championships	Outdoor	5/2/2008	Friday	4 x 800 Meter			2:01.50		
East Coast Relays	Outdoor	5/19/2008	Mon	4 x 800 Meter			2:03.10		
Nike Outdoor Nationals	Outdoor	6/20/2008	Friday	4 x 800 Meter			1:58.40		



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Frank Burns Relays	Indoor	12/27/2008	Sat	4 x 800 Meter			2:04.70		
Catholic Conference Relays	Indoor	1/4/2009	Sun	4 x 800 Meter			2:04.40		
Union County Relay Championship	Indoor	1/10/2009	Sat	4 x 800 Meter			2:02.90		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 800 Meter			2:06.50		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 800 Meter			1:58.80		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	4 x 800 Meter			1:59.70		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	4 x 800 Meter			2:00.30		
East Coast Relays	Outdoor	5/18/2009	Mon	4 x 800 Meter			1:58.50		
Nike Outdoor Nationals	Outdoor	6/3/2009	Wed	4 x 800 Meter			1:58.20		
880 Y (Open)									
Union County Frosh/Soph	Indoor	1/18/2006	Wed				2:25.40	1	
Union County Individuals	Indoor	1/25/2006	Wed	880 Yard			2:22.70		
Meet vs Elizabeth & Trenton	Indoor	12/20/2006	Wed	880 Yard			2:23.50		
Union County Championship	Indoor	1/30/2008	Wed	880 Yard			2:09.50	2	
880 Y (Relay)									
Union County Novice Meet	Indoor	2/5/2007	Mon	DMR 8-2-4-1K			2:19.80		
Union County Relay Championship	Indoor	1/9/2008	Wed	4 x 880 Yard			2:11.50		
1000 (Open)									
NJCTC Championships	Indoor	1/27/2007	Sat	1000 Meter			2:52.96	18	
NJCTC Championships	Indoor	2/8/2009	Sun	1000 Meter			2:40.07	3	
1200 (Open)									
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	1200 Meter			3:26.10	3	
1200 (Relay)									
Brown Invitational	Indoor	12/29/2006	Friday	DMR 12-4-8-16			3:35.10		
Catholic Conference Relays	Indoor	1/7/2007	Sun	DMR 12-4-8-16			3:32.40		
Union County Relay Championship	Indoor	1/10/2007	Wed	DMR 8-4-12-16			3:38.70		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	DMR 12-4-8-16			3:37.10		
Metuchen Frosh Soph 4	Outdoor	5/11/2007	Friday	DMR 12-4-8-16			3:27.70		
Catholic Conference Relays	Indoor	1/6/2008	Sun	DMR 12-4-8-16			3:27.40		
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	DMR 12-4-8-16			3:20.80		



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Union County Relay Championships	Outdoor	5/2/2008	Friday	DMR 12-4-8-16			3:15.80		
East Coast Relays	Outdoor	5/19/2008	Mon	DMR 12-4-8-16			3:17.80		
Nike Outdoor Nationals	Outdoor	6/20/2008	Friday	DMR 12-4-8-16			3:14.10		
Catholic Conference Relays	Indoor	1/4/2009	Sun	DMR 12-4-8-16			3:17.60		
Union County Relay Championship	Indoor	1/10/2009	Sat	DMR 8-4-12-16			3:15.80		
Non Public State Relays	Indoor	1/16/2009	Friday	DMR 12-4-8-16			3:13.30		
Eastern States Invitational	Indoor	2/24/2009	Tues	DMR 12-4-8-16			3:15.60		
National Scholastic Indoor Championship	Indoor	3/13/2009	Friday	DMR 12-4-8-16			3:16.00		
Blue Devil Classic	Outdoor	4/18/2009	Sat	DMR 12-4-8-16			3:18.80		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	DMR 12-4-8-16			3:17.20		
East Coast Relays	Outdoor	5/18/2009	Mon	DMR 12-4-8-16			3:10.60		
Nike Outdoor Nationals	Outdoor	6/3/2009	Wed	DMR 12-4-8-16			3:13.10		
1500 (Relay)									
Catholic Conference Relays	Outdoor	4/13/2008	Sun	1500 Meter			4:28.40		
1600 (Open)									
Mountain Valley Conference	Indoor	1/7/2006	Sat	1600 Meter			5:21.95	15	
NJCTC Championships	Indoor	2/10/2006	Friday	1600 Meter			5:25.40		
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	1600 Meter			5:25.00		
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	1600 Meter			5:29.00		
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	1600 Meter			5:18.00	3	
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/25/2006	Tues	1600 Meter			5:09.00		
Mountain Valley Conference Novice Meet	Outdoor	5/15/2006	Mon	1600 Meter			5:06.90	2	
Seton Hall Invitational - Individual	Indoor	12/27/2006	Wed	1600 Meter			5:08.47		
Mountain Valley Conference	Indoor	1/6/2007	Sat	1600 Meter			4:58.35	10	
Group 1 State Championship	Indoor	2/15/2007	Thurs	1600 Meter			4:59.33	29	
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/24/2007	Sat	1600 Meter			5:11.10		
Meet vs Roselle Catholic	Outdoor	4/3/2007	Tues	1600 Meter			5:01.00		
Meet vs Governor Livingston and	Outdoor	4/10/2007	Tues	1600 Meter			5:04.80	2	
Mountain Valley Conference	Outdoor	5/8/2007	Tues	1600 Meter			4:54.40		
Mountain Valley Conference Novice Meet	Outdoor	5/14/2007	Mon	1600 Meter			4:56.00	1	
Union County Championships	Outdoor	5/19/2007	Sat	1600 Meter			4:52.60		



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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Catholic Conference Championships	Outdoor	5/27/2007	Sun	1600 Meter			4:50.29		
Non Public A State Championships	Outdoor	6/1/2007	Friday	1600 Meter			4:54.41	32	
Catholic Conference Championship	Indoor	2/8/2008	Friday	1600 Meter			4:47.10		
Mountain Valley Conference	Outdoor	5/5/2008	Mon	1600 Meter			4:36.80	5	
Union County Championships	Outdoor	5/17/2008	Sat	1600 Meter			4:36.40	6	
Catholic Conference Championships	Outdoor	5/25/2008	Sun	1600 Meter			4:40.29	16	
Non Public A State Championships	Outdoor	5/30/2008	Friday	1600 Meter			4:33.68	18	
Union County Championship	Indoor	1/24/2009	Sat	1600 Meter			4:44.59	10	
Mountain Valley Conference	Outdoor	5/5/2009	Tues	1600 Meter			4:31.30	4	
Union County Championships	Outdoor	5/15/2009	Friday	1600 Meter			4:29.15	2	
Catholic Conference Championships	Outdoor	5/25/2009	Mon	1600 Meter			4:28.66	6	
1600 (Relay)									
Blue Devil Classic	Outdoor	4/15/2006	Sat	DMR 12-4-8-16			5:11.40		
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 1600 Meter			5:20.20		
Metuchen Frosh Soph 4	Outdoor	5/12/2006	Friday	DMR 12-4-8-16			4:59.20		
Tony Passarelli Relays	Indoor	12/17/2006	Sun	DMR 12-4-8-16			5:09.10		
Cranford Cougar Classic Relays	Outdoor	4/14/2007	Sat	4 x 1600 Meter			5:09.20		
King's Point Relays	Outdoor	4/5/2008	Sat	DMR 12-4-8-16			5:24.30		
Frank Burns Relays	Indoor	12/27/2008	Sat	DMR 12-4-8-16					DNF
2.1 miles									
Union County Championship	Warinanco Park	10/26/2005	Wed				13:31.00	10	
2.2 miles									
Bernie Magee Class Meet	Warinanco Park	9/17/2005	Sat	2.2 Mile			14:32.55	62	
Stewart Memorial Invitational	Warinanco Park	9/24/2005	Sat	2.2 Mile			14:00.00	54	PR
Catholic Conference Championship	Warinanco Park	11/5/2005	Sat	2.2 Mile			15:03.00	88	
2.5 Miles									
Eastern States Championship	Van Cortlandt Park, NY	10/15/2005	Sat				16:31.00	83	
Manhattan College Invitational	Van Cortlandt Park, NY	10/14/2006	Sat				15:28.00		PR
3200									
Shore Coaches Invitational	Holmdel Park	10/1/2005	Sat	3200 Meter Run			13:30.00	124	



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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Mountain Valley Conference	Pleasant Valley Park	11/8/2005	Tues	3200 Meter Run			13:11.00	9	
3200 (Open)									
Scrimmage vs Bishop Ahr	Outdoor	3/24/2006	Friday	3200 Meter			11:58.30		
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	3200 Meter			12:10.00		
Meet vs Governor Livingston and	Outdoor	4/11/2006	Tues	3200 Meter			11:47.00		
NJCTC Frosh/Soph Championships	Indoor	2/11/2007	Sun	3200 Meter			11:10.00	6	
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/24/2007	Sat	3200 Meter			11:58.30		
5000									
UC -vs- Bound Brook, Oratory Prep, Oak	Middlesex High School	9/13/2005	Tues	5K			23:02.00	28	
Mountain Valley Conference	Pleasant Valley Park	10/10/2006	Tues	5K			18:21.00	6	
Non Public A State Championship	Holmdel Park	11/11/2006	Sat	5K			19:35.00	107	
Non Public A State Championship	Holmdel Park	11/10/2007	Sat	5K			18:07.00	56	PR
Cougar Invitational	Bucks Mill Park, Colts Neck	9/27/2008	Sat	5K			17:26.00	6	
Shore Coaches Invitational	Holmdel Park	10/4/2008	Sat	5K			17:21.00	15	PR
Non Public A State Championship	Holmdel Park	11/15/2008	Sat	5K			17:53.00	34	
5150									
UC -vs- New Providence	Warinanco Park	9/20/2005	Tues	5150 Meters			22:01.00	18	
UC -vs- Dayton, Technology	Warinanco Park	9/27/2005	Tues	5150 Meters			21:34.00	14	PR
UC -vs- Manville	Warinanco Park	10/5/2005	Wed	5150 Meters			21:30.00	9	PR
UC -vs- Cranford	Warinanco Park	9/19/2006	Tues	5150 Meters			19:11.00	4	PR
UC -vs- Arthur L. Johnson, Rahway,	Warinanco Park	10/3/2006	Tues	5150 Meters			19:13.00	4	
Union County Championship	Warinanco Park	10/25/2006	Wed	5150 Meters			18:47.00		PR
UC -vs- Cranford	Warinanco Park	9/18/2007	Tues	5150 Meters			18:28.00	3	PR
UC -vs- Rahway	Warinanco Park	9/25/2007	Tues	5150 Meters			18:30.00	3	
UC -vs- Arthur L. Johnson, Rahway,	Warinanco Park	10/2/2007	Tues	5150 Meters			18:00.00	3	PR
Mountain Valley Conference	Warinanco Park	10/9/2007	Tues	5150 Meters			17:49.00	6	PR
Union County Championship	Warinanco Park	10/24/2007	Wed	5150 Meters			18:08.00	34	
UC -vs- Arthur L. Johnson	Warinanco Park	9/16/2008	Tues	5150 Meters			17:45.00	2	PR
UC -vs- Cranford	Warinanco Park	9/23/2008	Tues	5150 Meters			17:46.00	2	
Mountain Valley Conference	Warinanco Park	10/14/2008	Tues	5150 Meters			17:15.00	3	PR



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Union County Championship 5250	Warinanco Park	10/29/2008	Wed	5150 Meters			17:21.00	15	
Bernie Magee Class Meet	Warinanco Park	9/23/2006	Sat	5250 Meters			18:45.00	17	
Stewart Memorial Invitational	Warinanco Park	9/30/2006	Sat	5250 Meters			19:52.00	93	
Catholic Conference Championship	Warinanco Park	11/4/2006	Sat	5250 Meters			18:35.00	80	PR
Old Bridge Class Meet	Thompson Park	9/15/2007	Sat	5250 Meters			18:57.00	18	
Bernie Magee Class Meet	Warinanco Park	9/22/2007	Sat	5250 Meters			18:10.00	30	PR
Stewart Memorial Invitational	Warinanco Park	9/28/2007	Friday	5250 Meters			18:25.00	20	
Catholic Conference Championship	Warinanco Park	11/3/2007	Sat	5250 Meters			18:32.00	70	
Bernie Magee Class Meet	Warinanco Park	9/20/2008	Sat	5250 Meters			17:40.00	28	PR
Catholic Conference Championship	Warinanco Park	11/8/2008	Sat	5250 Meters			19:11.00	63	