

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
55 (Open)									
Union County Championship	Indoor	1/22/2011	Sat	55 Meter			7.87	11	
NJCTC Frosh/Soph Championship	Indoor	1/29/2011	Sat	55 Meter Dash			7.60	2	PR
Catholic Conference Championship	Indoor	2/6/2011	Sun	55 Meter			7.90	13	
Non Public A State Championship	Indoor	2/19/2011	Sat	55 Meter			7.95	20	
Union County Championship	Indoor	1/21/2012	Sat	55 Meter			7.57	4	PR
NJCTC Championship	Indoor	2/12/2012	Sun	55 Meter			7.45	3	PR
NJCTC Championship	Indoor	2/12/2012	Sun	55 Meter			7.64	4	
Non Public A State Championship	Indoor	2/17/2012	Friday	55 Meter			7.52	6	
Non Public A State Championship	Indoor	2/17/2012	Friday	55 Meter			7.54	6	
Meet of Champions	Indoor	2/25/2012	Sat	55 Meter			7.65	29	
Union County Championship	Indoor	1/20/2013	Sun	55 Meter			7.37	2	
Union County Championship	Indoor	1/20/2013	Sun	55 Meter			7.30	2	PR
NJCTC Championship	Indoor	2/10/2013	Sun	55 Meter			7.31	1	
NJCTC Championship	Indoor	2/10/2013	Sun	55 Meter			7.28	1	PR
Non Public A State Championship	Indoor	2/15/2013	Friday	55 Meter			7.43	2	
Non Public A State Championship	Indoor	2/15/2013	Friday	55 Meter			7.37	1	
The Millrose Games	Indoor	2/16/2013	Sat	55 Meter			7.41	6	
Meet of Champions	Indoor	2/23/2013	Sat	55 Meter			7.39	12	
Bishop Loughlin Games	Indoor	12/21/2013	Sat	55 Meter			7.43	4	
Bishop Loughlin Games	Indoor	12/21/2013	Sat	55 Meter			7.33	3	
Union County Championship	Indoor	1/24/2014	Friday	55 Meter			7.35	2	
Union County Championship	Indoor	1/24/2014	Friday	55 Meter			7.30	2	
NJCTC Championships	Indoor	2/9/2014	Sun	55 Meter			7.40	1	
NJCTC Championships	Indoor	2/9/2014	Sun	55 Meter			7.40	1	
Non Public A State Championship	Indoor	2/15/2014	Sat	55 Meter			7.26	1	PR
Non Public A State Championship	Indoor	2/15/2014	Sat	55 Meter			7.29	1	
Meet of Champions	Indoor	3/1/2014	Sat	55 Meter			7.36	14	
100 (Open)									
Meet vs Cranford and Gov Livingston	Outdoor	4/26/2011	Tues	100 Meter Dash		75, Sunny	13.50		
UCC Divisional Championship	Outdoor	5/13/2011	Friday	100 Meter Dash			13.70	14	

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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
NJCTC Frosh/Soph Championship	Outdoor	5/15/2011	Sun	100 Meter Dash			13.20	6	PR
Union County Championship	Outdoor	5/20/2011	Friday	100 Meter Dash		68, Cloudy	13.69	17	
Meet vs Arthur L. Johnson and Roselle	Outdoor	4/2/2012	Mon	100 Meter Dash		52, Sunny, Windy	12.30	2	PR
Meet vs Summit and Hillside	Outdoor	4/21/2012	Sat	100 Meter Dash		66 Degrees	12.40	1	
Union County Conference Championship	Outdoor	5/11/2012	Friday	100 Meter Dash		73, Sunny	12.72	2	
Union County Conference Championship	Outdoor	5/11/2012	Friday	100 Meter Dash		73, Sunny	12.92	4	
Union County Championship	Outdoor	5/17/2012	Thurs	100 Meter Dash		73, Sunny	12.94	4	
Union County Championship	Outdoor	5/17/2012	Thurs	100 Meter Dash		73, Sunny	13.06	6	
Meet vs Cranford and Summit	Outdoor	4/9/2013	Tues	100 Meter Dash		70	12.50	1	
Union County Conference Championship	Outdoor	5/10/2013	Friday	100 Meter Dash		72 Degrees	12.15	1	
Union County Conference Championship	Outdoor	5/10/2013	Friday	100 Meter Dash		72 Degrees	12.04	1	PR
Union County Championship	Outdoor	5/16/2013	Thurs	100 Meter Dash		82 / Sunny	12.37	3	
Union County Championship	Outdoor	5/16/2013	Thurs	100 Meter Dash		82 / Sunny	12.33	2	
Non Public A North State Sectional	Outdoor	5/24/2013	Friday	100 Meter Dash		50 / Rainy / Windy	12.61	2	
Non Public A State Championship	Outdoor	5/31/2013	Friday	100 Meter Dash		90 Degrees	12.54	2	
Non Public A State Championship	Outdoor	5/31/2013	Friday	100 Meter Dash		90 Degrees	12.44	2	
Meet of Champions	Outdoor	6/5/2013	Wed	100 Meter Dash		75 / Sunny	12.30	5	
New Balance Outdoor Nationals	Outdoor	6/14/2013	Friday	100 Meter Dash		82 / Sunny	12.25	18	
Meet vs Summit/Rahway	Outdoor	4/8/2014	Tues	100 Meter Dash		58 / Windy	12.40	1	
Union County Conference Championship	Outdoor	5/10/2014	Sat	100 Meter Dash		68 / Light Rain	12.47	1	
Union County Conference Championship	Outdoor	5/10/2014	Sat	100 Meter Dash		68 / Light Rain	12.66	2	
Non Public A South State Sectional	Outdoor	5/23/2014	Friday	100 Meter Dash			12.42	1	
Non Public A South State Sectional	Outdoor	5/23/2014	Friday	100 Meter Dash			12.60	2	
Non Public A State Championship	Outdoor	5/30/2014	Friday	100 Meter Dash			12.56	4	
Non Public A State Championship	Outdoor	5/30/2014	Friday	100 Meter Dash			12.49	4	
Meet of Champions	Outdoor	6/4/2014	Wed	100 Meter Dash					
100 (Relay)									
Blue Devil Relays	Outdoor	4/16/2011	Sat	4 x 100 Meter		High 40's, Rain			
Penn Relays	Outdoor	4/28/2011	Thurs	4 x 100 Meter					
Summit Relays	Outdoor	4/7/2012	Sat	4 x 100 Meter					
NJCTC Relays	Outdoor	4/15/2012	Sun	4 x 100 Meter		75 and Sunny			

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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Blue Devil Classic	Outdoor	4/21/2012	Sat	4 x 100 Meter					
The Penn Relays	Outdoor	4/26/2012	Thurs	4 x 100 Meter					
The Metuchen Relays	Outdoor	4/6/2013	Sat	4 x 100 Meter					
Blue Devil Classic	Outdoor	4/20/2013	Sat	4 x 100 Meter					Stick!
The Penn Relays	Outdoor	4/25/2013	Thurs	4 x 100 Meter		68 Degrees			
Union County Relays	Outdoor	5/2/2013	Thurs	4 x 100 Meter		70 Sunny			
Non Public A State Championship	Outdoor	6/1/2013	Sat	4 x 100 Meter		90 Degrees			
Meet of Champions	Outdoor	6/5/2013	Wed	4 x 100 Meter		75 / Sunny			
The Penn Relays	Outdoor	4/24/2014	Thurs	4 x 100 Meter					
Union County Relay Championship	Outdoor	5/1/2014	Thurs	4 x 100 Meter		70 / Sunny			
Non Public A South State Sectional	Outdoor	5/24/2014	Sat	4 x 100 Meter					
Non Public A State Championship	Outdoor	5/31/2014	Sat	4 x 100 Meter					
200 (Open)									
Holiday Relay Carnival	Indoor	12/28/2010	Tues	200 Meter			29.40	4	
NJCTC Frosh/Soph Championship	Indoor	1/29/2011	Sat	200 Meter			28.00	1	PR
Meet vs Arthur L. Johnson	Outdoor	4/20/2011	Wed	200 Meter			28.10		
Meet vs Cranford and Gov Livingston	Outdoor	4/26/2011	Tues	200 Meter		75, Sunny	28.40		
Spiked Shoe Holiday Festival	Indoor	12/19/2011	Mon	200 Meter			27.80		PR
Meet vs Arthur L. Johnson and Roselle	Outdoor	4/2/2012	Mon	200 Meter		52, Sunny, Windy	26.20		PR
Meet vs Summit and Rahway	Outdoor	4/9/2012	Mon	200 Meter		58 and Sunny	26.50	2	
Union County Conference Championship	Outdoor	5/12/2012	Sat	200 Meter		73, Sunny	26.59	4	
Varsity Classic	Indoor	2/4/2013	Mon	200 Meter			25.90	5	Start,PR
Eastern States Invitational	Indoor	2/25/2013	Mon	200 Meter			25.39		PR
Meet vs Cranford and Summit	Outdoor	4/9/2013	Tues	200 Meter		70	24.40	1	PR
Union County Conference Championship	Outdoor	5/11/2013	Sat	200 Meter		72 Degrees	25.29	1	
Non Public A North State Sectional	Outdoor	5/25/2013	Sat	200 Meter		50 / Rainy / Windy	25.98	2	
Non Public A State Championship	Outdoor	6/1/2013	Sat	200 Meter		90 Degrees	25.71	2	
The Varsity Classic	Indoor	2/3/2014	Mon	200 Meter			25.50	6	
Eastern States Invitational	Indoor	2/24/2014	Mon	200 Meter			25.85	11	
Union County Conference Championship	Outdoor	5/10/2014	Sat	200 Meter		68 / Light Rain	25.82	2	
Non Public A South State Sectional	Outdoor	5/24/2014	Sat	200 Meter			25.43	1	

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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Non Public A State Championship	Outdoor	5/31/2014	Sat	200 Meter			26.78	6	
Meet of Champions	Outdoor	6/4/2014	Wed	200 Meter			25.53	22	
200 (Relay)									
Passarreli Relays	Indoor	12/19/2010	Sun	4 x 200 Meter			29.10		
Catholic Conference Relays	Indoor	1/2/2011	Sun	4 x 200 Meter			27.90		PR
Union County Relay Championship	Indoor	1/8/2011	Sat	4 x 200 Meter			28.90		
Union County Relay Championship	Indoor	1/8/2011	Sat	SMR 4-2-2-8			28.90		
Non Public State Relays	Indoor	1/15/2011	Sat	SMR 4-2-2-8			28.20		
Non Public State Relays	Indoor	1/15/2011	Sat	4 x 200 Meter			27.50		PR
Blue Devil Relays	Outdoor	4/16/2011	Sat	4 x 200 Meter		High 40's, Rain	28.50		PR
Blue Devil Relays	Outdoor	4/16/2011	Sat	SMR 4-2-2-8		High 40's, Rain	33.30		
Union County Relay Championship	Outdoor	5/6/2011	Friday	4 x 200 Meter		65, Sunny	27.50		
Carl Lewis Relays	Outdoor	5/23/2011	Mon	4 x 200 Meter			27.10		PR
Marine Corps Holiday Classic	Indoor	12/27/2011	Tues	4 x 200 Meter			27.40		PR
Catholic Conference Relays	Indoor	12/29/2011	Thurs	4 x 200 Meter			27.10		
Catholic Conference Relays	Indoor	12/29/2011	Thurs	SMR 4-2-2-8			26.70		PR
Union County Relays	Indoor	1/6/2012	Friday	4 x 200 Meter			27.40		
Non Public State Relays	Indoor	1/15/2012	Sun	4 x 200 Meter			27.10		
Eastern States Invitational	Indoor	2/28/2012	Tues	4 x 200 Meter			26.60		PR
New Balance Indoor Nationals	Indoor	3/9/2012	Friday	4 x 200 Meter			26.50		PR
NJCTC Relays	Outdoor	4/15/2012	Sun	4 x 200 Meter		75 and Sunny	25.40		PR
Blue Devil Classic	Outdoor	4/21/2012	Sat	4 x 200 Meter			25.60		
Jim Mitchell Invitational	Indoor	12/14/2012	Friday	4 x 200 Meter			26.00		PR
Marine Corps Holiday Classic	Indoor	12/27/2012	Thurs	4 x 200 Meter			26.20		
NJCTC Relays	Indoor	12/30/2012	Sun	SMR 2-2-4-8			26.50		
Union County Relay Championship	Indoor	1/5/2013	Sat	4 x 200 Meter			26.20		
Union County Relay Championship	Indoor	1/5/2013	Sat	SMR 4-2-2-8			26.80		
Non Public A State Relays	Indoor	1/12/2013	Sat	4 x 200 Meter			26.50		
Non Public A State Relays	Indoor	1/12/2013	Sat	SMR 4-2-2-8			25.90		PR
New Balance Games	Indoor	1/26/2013	Sat	SMR 4-2-2-8			25.30		PR
Eastern States Invitational	Indoor	2/25/2013	Mon	4 x 200 Meter			25.90		

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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
New Balance Indoor Nationals	Indoor	3/8/2013	Friday	SMR 2-2-4-8			25.90		
The Metuchen Relays	Outdoor	4/6/2013	Sat	4 x 200 Meter			24.90		PR
The Metuchen Relays	Outdoor	4/6/2013	Sat	SMR 2-2-4-8			25.50		Stick
Blue Devil Classic	Outdoor	4/20/2013	Sat	4 x 200 Meter			25.90		
Blue Devil Classic	Outdoor	4/20/2013	Sat	SMR 4-2-2-8			25.90		
Union County Relays	Outdoor	5/3/2013	Friday	4 x 200 Meter		70 Sunny	24.90		
New Balance Outdoor Nationals	Outdoor	6/14/2013	Friday	4 x 200 Meter		82 / Sunny	24.40		PR
New Balance Outdoor Nationals	Outdoor	6/14/2013	Friday	SMR 2-2-4-8		82 / Sunny	24.70		
Bishop Loughlin Games	Indoor	12/21/2013	Sat	4 x 200 Meter			25.70		
Marine Corps Holiday Classic	Indoor	12/27/2013	Friday	4 x 200 Meter			25.80		
Marine Corps Holiday Classic	Indoor	12/27/2013	Friday	4 x 200 Meter			25.50		
Union County Relays	Indoor	1/8/2014	Wed	4 x 200 Meter			26.40		
Union County Relays	Indoor	1/8/2014	Wed	SMR 4-2-2-8			26.50		
Non Public A State Relay Championship	Indoor	1/19/2014	Sun	4 x 200 Meter			26.20		
Eastern States Invitational	Indoor	2/24/2014	Mon	4 x 200 Meter			26.30		
New Balance Indoor Nationals	Indoor	3/14/2014	Friday	SMR 2-2-4-8			25.60		
New Balance Indoor Nationals	Indoor	3/15/2014	Sat	4 x 200 Meter			24.90		PR
New Balance Indoor Nationals	Indoor	3/16/2014	Sun	4 x 200 Meter			24.60		PR
Arcadia Invitational	Outdoor	4/11/2014	Friday	4 x 200 Meter		84 / Sunny	25.10		
Union County Relay Championship	Outdoor	5/2/2014	Friday	4 x 200 Meter		70 / Sunny	24.90		
New Balance Outdoor Nationals	Outdoor	6/13/2014	Friday	Swedish Relay 1-2-3-4			24.90		
New Balance Outdoor Nationals	Outdoor	6/14/2014	Sat	4 x 200 Meter			24.60		
New Balance Outdoor Nationals	Outdoor	6/15/2014	Sun	SMR 2-2-4-8			24.60		
300 (Open)									
Catholic Conference Championship	Indoor	2/6/2011	Sun	300 Meter			44.73	12	
NJCTC Championship	Indoor	2/12/2012	Sun	300 Meter			43.60	10	PR
Jim Mitchell Invitational	Indoor	12/14/2012	Friday	300 Meter			43.30	7	27.6,PR
NJCTC Championship	Indoor	2/10/2013	Sun	300 Meter			41.94	2	PR
NJCTC Championships	Indoor	2/9/2014	Sun	300 Meter			42.26	3	
400 (Open)									
Meet vs Arthur L. Johnson	Outdoor	4/20/2011	Wed	400 Meter			1:04.80	3	

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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Non Public A State Sectionals	Outdoor	5/27/2011	Friday	400 Meter		88 / Sunny	1:02.41	10	PR
Armory Frosh/Novice Meet	Indoor	1/23/2012	Mon	400 Meter			1:03.40	3	30.6
Ed Church Invitational	Indoor	2/9/2012	Thurs	400 Meter			1:03.50	3	
Meet vs Summit and Rahway	Outdoor	4/9/2012	Mon	400 Meter		58 and Sunny	1:03.00	2	
Meet vs Summit and Hillside	Outdoor	4/21/2012	Sat	400 Meter		66 Degrees	1:03.60	1	
Meet vs Arthur L. Johnson and Roselle	Outdoor	4/2/2013	Tues	400 Meter			1:01.50		PR
Meet vs Hillside and Summit	Outdoor	4/17/2013	Wed	400 Meter		70 Degrees	58.90		PR
400 (Relay)									
Passarreli Relays	Indoor	12/19/2010	Sun	4 x 400 Meter			1:13.10		30.7,
Holiday Relay Carnival	Indoor	12/28/2010	Tues	4 x 400 Meter			1:17.00		
Catholic Conference Relays	Indoor	1/2/2011	Sun	4 x 400 Meter			1:10.10	3	34.6,PR
NJCTC Frosh/Soph Championship	Indoor	1/29/2011	Sat	4 x 400 Meter			1:07.40	3	31.5,PR
Catholic Conference Championship	Indoor	2/6/2011	Sun	4 x 400 Meter			1:06.10	3	31.3,PR
Meet vs Arthur L. Johnson	Outdoor	4/20/2011	Wed	4 x 400 Meter			1:07.80		
Union County Relay Championship	Outdoor	5/5/2011	Thurs	DMR 12-4-8-16		65, Sunny	1:03.50		PR
Union County Relay Championship	Outdoor	5/6/2011	Friday	4 x 400 Meter		65, Sunny	1:06.30		
Union County Championship	Outdoor	5/21/2011	Sat	4 x 400 Meter		68, Cloudy	1:00.90		PR
Non Public A State Sectionals	Outdoor	5/28/2011	Sat	4 x 400 Meter		88 / Sunny	1:04.00		
Non Public A State Championship	Outdoor	6/4/2011	Sat	4 x 400 Meter			1:02.40		
Spiked Shoe Holiday Festival	Indoor	12/19/2011	Mon	4 x 400 Meter			1:09.30		
Catholic Conference Relays	Indoor	12/29/2011	Thurs	4 x 400 Meter			1:06.60		29.3
Union County Relays	Indoor	1/6/2012	Friday	4 x 400 Meter			1:07.10		31.3
Union County Championship	Indoor	1/21/2012	Sat	4 x 400 Meter			1:05.20	2	29.7,PR
Non Public A State Championship	Indoor	2/17/2012	Friday	4 x 400 Meter			1:05.90		30.4
Summit Relays	Outdoor	4/7/2012	Sat	SMR 4-2-2-8			1:03.60		
NJCTC Relays	Outdoor	4/15/2012	Sun	4 x 400 Meter		75 and Sunny	1:03.40		
Marine Corps Holiday Classic	Indoor	12/27/2012	Thurs	DMR 12-4-8-16			1:04.40	3	30.7,PR
NJCTC Relays	Indoor	12/30/2012	Sun	DMR 12-4-8-16			1:01.50	2	28.3,PR
Union County Relay Championship	Indoor	1/5/2013	Sat	4 x 400 Meter			1:04.40		29.6
Non Public A State Relays	Indoor	1/12/2013	Sat	4 x 400 Meter			1:06.40		30.4
Union County Championship	Indoor	1/20/2013	Sun	4 x 400 Meter			1:02.70		26.8

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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Non Public A State Championship	Indoor	2/15/2013	Friday	4 x 400 Meter			1:01.90		29.0
Meet of Champions	Indoor	2/23/2013	Sat	4 x 400 Meter			1:01.60		28.3
The Penn Relays	Outdoor	4/25/2013	Thurs	4 x 400 Meter		68 Degrees	58.20		PR
Union County Relays	Outdoor	5/2/2013	Thurs	SMR 2-2-4-8		70 Sunny	58.50		
Non Public A North State Sectional	Outdoor	5/25/2013	Sat	4 x 400 Meter		50 / Rainy / Windy	59.60		
Non Public A State Championship	Outdoor	6/1/2013	Sat	4 x 400 Meter		90 Degrees	1:01.40		
Meet of Champions	Outdoor	6/5/2013	Wed	4 x 400 Meter		75 / Sunny	58.80		
New Balance Outdoor Nationals	Outdoor	6/16/2013	Sun	4 x 400 Meter		82 / Sunny	1:00.00		
Marine Corps Holiday Classic	Indoor	12/27/2013	Friday	4 x 400 Meter			1:02.00		
NJCTC Relays	Indoor	1/5/2014	Sun	4 x 400 Meter			1:00.60		PR
Union County Relays	Indoor	1/8/2014	Wed	4 x 400 Meter			1:04.90		
Non Public A State Relay Championship	Indoor	1/19/2014	Sun	4 x 400 Meter			1:01.00		
Union County Championship	Indoor	1/24/2014	Friday	4 x 400 Meter			1:01.50		
Non Public A State Championship	Indoor	2/15/2014	Sat	4 x 400 Meter			1:00.80		
Meet of Champions	Indoor	3/1/2014	Sat	4 x 400 Meter			59.70	2	28.3,PR
Morris Hills Relays	Outdoor	4/19/2014	Sat	DMR 12-4-8-16			59.90		
The Penn Relays	Outdoor	4/24/2014	Thurs	4 x 400 Meter			59.78		
Union County Relay Championship	Outdoor	5/1/2014	Thurs	SMR 2-2-4-8		70 / Sunny	1:00.60		
Union County Relay Championship	Outdoor	5/2/2014	Friday	4 x 400 Meter		70 / Sunny	59.90		
Meet of Champions	Outdoor	6/4/2014	Wed	4 x 400 Meter			58.60		
5150									
UCC Divisional Championship	Warinanco Park	10/16/2012	Tues	5150 Meters		62 Degrees, Sunny	32:53.00	127	
UCC Divisional Championship	Warinanco Park	10/15/2013	Tues	5150 Meters		68 Degrees	27:13.73	97	PR
Long Jump									
Meet vs Summit/Rahway	Outdoor	4/8/2014	Tues	Long Jump		58 / Windy	11' 07.00"		

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