

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
55 (Open)									
Mountain Valley Conference	Indoor	1/8/2005	Sat	55 Meter			8.27		
Group 2 State Championships	Indoor	1/16/2005	Sun	55 Meter			8.17		
NJCTC Frosh/Soph Championships	Indoor	2/6/2005	Sun	55 Meter Dash			7.72	3	
Catholic Conference Championship	Indoor	2/11/2005	Friday	55 Meter			7.81		
Mountain Valley Conference	Indoor	1/7/2006	Sat	55 Meter			8.37	12	
Group 2 State Championship	Indoor	1/29/2006	Sun	55 Meter			8.26		
Catholic Conference Championship	Indoor	2/10/2006	Friday	55 Meter			7.96		
Seton Hall Invitational - Individuals	Indoor	12/27/2006	Wed	55 Meter			7.97		
Mountain Valley Conference	Indoor	1/6/2007	Sat	55 Meter			8.24	13	
Mountain Valley Conference	Indoor	1/6/2007	Sat	55 Meter			8.24	13	
NJCTC Varsity Championships	Indoor	1/27/2007	Sat	55 Meter			8.15	20	
55 HH (Open)									
NJCTC Varsity Championships	Indoor	1/27/2007	Sat	55 Meter HH			10.92	32	
55 HH (Relay)									
Seton Hall Invitational - Individuals	Indoor	12/27/2006	Wed	Shuttle Hurdles 55m			12.30		
Catholic Conference Relays	Indoor	1/7/2007	Sun	Shuttle Hurdles 55m					
60 Y (Open)									
Union County Individuals	Indoor	1/31/2005	Mon	60 Yard			7.70		
Union County Individuals	Indoor	2/7/2007	Wed	60 Yard			7.70		
100 (Open)									
Meet vs North Plainfield	Outdoor	4/19/2004	Mon	100 Meter Dash			13.80		
Meet vs Roselle Park	Outdoor	4/20/2004	Tues	100 Meter Dash				2	
Mountain Valley Conference	Outdoor	5/5/2004	Wed	100 Meter Dash					
NJCTC Frosh/Soph Championships	Outdoor	5/9/2004	Sun	100 Meter Dash			13.60	2	
North Plainfield	Outdoor	4/5/2005	Tues	100 Meter Dash			14.10		
Meet vs Roselle Catholic High School &	Outdoor	4/19/2005	Tues	100 Meter Dash			13.80		
Meet vs Roselle Catholic High School &	Outdoor	4/26/2005	Tues	100 Meter Dash			14.70	2	
Mountain Valley Conference	Outdoor	5/10/2005	Tues	100 Meter Dash			13.60		
Meet vs Bishop Ahr	Outdoor	3/24/2006	Friday	100 Meter Dash			13.90		

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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	100 Meter Dash			13.70		
Meet vs Roselle Catholic High School	Outdoor	4/3/2007	Tues	100 Meter Dash			14.40		
100 (Relay)									
Mountain Valley Conference Relay	Outdoor	4/28/2004	Wed	4 x 100 Meter					
Catholic Conference Relays	Outdoor	5/2/2004	Sun	4 x 100 Meter					
Herm Johnson Relays	Outdoor	4/9/2005	Sat	4 x 100 Meter				3	
Blue Devil Classic	Outdoor	4/16/2005	Sat	4 x 100 Meter				3	
NJCTC Relays	Outdoor	4/24/2005	Sun	4 x 100 Meter					
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	4 x 100 Meter					
Union County Relay Championships	Outdoor	5/7/2005	Sat	4 x 100 Meter					
200 (Open)									
Meet vs North Plainfield	Outdoor	4/19/2004	Mon	200 Meter			30.00		
Meet vs Roselle Park	Outdoor	4/20/2004	Tues	200 Meter			30.40		
Spiked Shoe Holiday Festival	Indoor	12/20/2004	Mon	200 Meter			31.50		
North Plainfield	Outdoor	4/5/2005	Tues	200 Meter			28.80		
Meet vs Roselle Catholic High School &	Outdoor	4/26/2005	Tues	200 Meter			29.30	2	
Mountain Valley Conference Novice Mee	et Outdoor	5/16/2005	Mon	200 Meter			29.90		
NJCTC Frosh/Soph Championships	Outdoor	5/22/2005	Sun	200 Meter			28.50	2	
Meet vs Bishop Ahr	Outdoor	3/24/2006	Friday	200 Meter			28.40	2	
Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	200 Meter			28.90		
200 (Relay)									
Metuchen Frosh Soph 2	Outdoor	4/16/2004	Friday	SMR 2-2-4-8			30.50		
Mountain Valley Conference Relay	Outdoor	4/28/2004	Wed	4 x 200 Meter			28.50		
Spiked Shoe Holiday Festival	Indoor	12/20/2004	Mon	SMR 4-2-2-8			31.30		
Catholic Conference Relays	Indoor	1/2/2005	Sun	4 x 200 Meter			29.30		
Catholic Conference Relays	Indoor	1/2/2005	Sun	SMR 2-2-4-8			30.10		
Union County Relays	Indoor	1/3/2005	Mon	4 x 200 Meter			31.50		
Union County Relays	Indoor	1/3/2005	Mon	SMR 2-2-4-8			30.90		
Group 2 State Relays	Indoor	1/9/2005	Sun	4 x 200 Meter					
Herm Johnson Relays	Outdoor	4/9/2005	Sat	4 x 200 Meter			28.90		

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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Blue Devil Classic	Outdoor	4/16/2005	Sat	4 x 200 Meter			29.60		
NJCTC Relays	Outdoor	4/24/2005	Sun	4 x 200 Meter			28.60	5	
Tony Passarelli Relays	Indoor	12/18/2005	Sun	4 x 200 Meter			29.29		
Seton Hall Invitational	Indoor	12/27/2005	Tues	SMR 2-2-4-8			29.97		
Catholic Conference Relays	Indoor	1/9/2006	Mon	4 x 200 Meter			28.74		
Catholic Conference Relays	Indoor	1/9/2006	Mon	SMR 2-2-4-8			28.90		
Group 2 State Relay Chapionship	Indoor	1/22/2006	Sun	4 x 200 Meter			29.48		
Group 2 State Relay Chapionship	Indoor	1/22/2006	Sun	SMR 4-2-2-8			28.91		
Herm Johnson Relays	Outdoor	4/8/2006	Sat	4 x 200 Meter			28.50		
Tony Passarelli Relays	Indoor	12/17/2006	Sun	4 x 200 Meter			29.90		
Tony Passarelli Relays	Indoor	12/17/2006	Sun	SMR 2-2-4-8			30.90		
Catholic Conference Relays	Indoor	1/7/2007	Sun	SMR 2-2-4-8			29.30		
New Balance Games	Indoor	1/20/2007	Sat	SMR 4-2-2-8			29.30		
Blue Devil Classic	Outdoor	4/21/2007	Sat	4 x 200 Meter			27.90		
300 (Open)									
NJCTC Frosh/Soph Championships	Indoor	2/6/2005	Sun	300 Meter			49.70		
Catholic Conference Championship	Indoor	2/10/2006	Friday	300 Meter			47.70		
NJCTC Varsity Championships	Indoor	1/27/2007	Sat	300 Meter			46.40		
400 (Open)									
Seton Hall Invitational - Individuals	Indoor	12/27/2006	Wed	400 Meter			1:09.90		
400 (Relay)									
Meet vs Roselle Catholic High School &	Outdoor	4/19/2005	Tues	4 x 400 Meter			1:11.08	1	
Mountain Valley Conference Novice Meet		5/16/2005	Mon	4 x 400 Meter			1:10.80	•	
High Jump		0.10.200							
North Plainfield	Outdoor	4/5/2005	Tues	High Jump					
Union County Relay Championships	Outdoor	5/7/2005	Sat				4' 04.00"		
Mountain Valley Conference	Outdoor	5/10/2005	Tues	High Jump High Jump			4' 06.00"		
NJCTC Frosh/Soph Championships	Outdoor	5/22/2005	Sun	High Jump			4' 02.00"	6	
	Guidooi	312212003	Juli	riigiroump			7 02.00	U	
Long Jump	ladasa	4/0/0005	0	Lana luma			4 41 40 00"		
Catholic Conference Relays	Indoor	1/2/2005	Sun	Long Jump			14' 10.00"		

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Catholic Conference Championship	Indoor	2/11/2005	Friday	Long Jump			14' 06.00"		
North Plainfield	Outdoor	4/5/2005	Tues	Long Jump			12' 04.00"		
Blue Devil Classic	Outdoor	4/16/2005	Sat	Long Jump					
Meet vs Roselle Catholic High School &	Outdoor	4/19/2005	Tues	Long Jump			15' 04.00"	1	
NJCTC Relays	Outdoor	4/24/2005	Sun	Long Jump			15' 05.00"	1	
Meet vs Roselle Catholic High School &	Outdoor	4/26/2005	Tues	Long Jump				1	
Union County Relay Championships	Outdoor	5/7/2005	Sat	Long Jump					
Mountain Valley Conference	Outdoor	5/10/2005	Tues	Long Jump					
Union County Championships	Outdoor	5/21/2005	Sat	Long Jump					
Catholic Conference Championships	Outdoor	5/29/2005	Sun	Long Jump			14' 09.00"		
Non Public A State Championships	Outdoor	6/3/2005	Friday	Long Jump			14' 04.25"	15	
Seton Hall Invitational	Indoor	12/27/2005	Tues	Long Jump			14' 08.00"	6	
Catholic Conference Relays	Indoor	1/9/2006	Mon	Long Jump			15' 03.00"		
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	Long Jump					
Catholic Conference Relays	Indoor	1/7/2007	Sun	Long Jump					
Meet vs Roselle Catholic High School	Outdoor	4/3/2007	Tues	Long Jump			14' 09.00"		
Summit Relays	Outdoor	4/7/2007	Sat	Long Jump			14' 11.00"		
Meet vs Governor Livingston and	Outdoor	4/10/2007	Tues	Long Jump			15' 02.75"	2	
Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	Long Jump					
Blue Devil Classic	Outdoor	4/21/2007	Sat	Long Jump			15' 04.75"		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	Long Jump					
Union County Relay Championships	Outdoor	5/3/2007	Thurs	Long Jump			15' 05.75"		
Mountain Valley Conference	Outdoor	5/8/2007	Tues	Long Jump			16' 01.75"	3	
Triple Jump									
Meet vs Roselle Catholic High School &	Outdoor	4/26/2005	Tues	Triple Jump			30' 03.00"	1	
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	Triple Jump			29' 00.00"		
Union County Relay Championships	Outdoor	5/7/2005	Sat	Triple Jump			30' 10.00"		
Union County Championships	Outdoor	5/21/2005	Sat	Triple Jump			31' 04.00"		
Catholic Conference Championships	Outdoor	5/29/2005	Sun	Triple Jump					
Non Public A State Championships	Outdoor	6/3/2005	Friday	Triple Jump			30' 08.25"	10	
Meet vs Governor Livingston	Outdoor	4/11/2006	Tues	Triple Jump					

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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Meet vs Roselle Catholic High School	Outdoor	4/3/2007	Tues	Triple Jump					
Summit Relays	Outdoor	4/7/2007	Sat	Triple Jump			29' 10.00"		
Meet vs Governor Livingston and	Outdoor	4/10/2007	Tues	Triple Jump			29' 08.00"	3	
Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	Triple Jump					
Union County Relay Championships	Outdoor	5/3/2007	Thurs	Triple Jump			29' 01.25"		

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