

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Manufaia Valley Conference Balan	Outdoor	4/40/0000	0	4 v. 000 Mata			4.00.40		
Mountain Valley Conference Relay	Outdoor	4/13/2008	Sun	4 x 200 Meter			1:06.40		
100 (Relay)									
Union County Relay Championships	Outdoor	5/2/2008	Friday	4 x 100 Meter					
Colts Neck Relays	Outdoor	4/11/2009	Sat	4 x 100 Meter					
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	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					
200 (Open)									
Mountain Valley Conference	Indoor	1/7/2006	Sat	200 Meter			32.51	26	
Metuchen Frosh Soph 1	Outdoor	4/7/2006	Friday	200 Meter			30.00	7	
Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	200 Meter			29.60		
Meet vs Arthur L Johnson	Outdoor	4/2/2009	Thurs	200 Meter			29.40		
200 (Relay)									
Catholic Conference Relays	Indoor	1/9/2006	Mon	4 x 200 Meter			30.80		
Catholic Conference Relays	Indoor	1/7/2007	Sun	4 x 200 Meter			32.90		
Colts Neck Relays	Outdoor	4/11/2009	Sat	4 x 200 Meter			29.80		
Colts Neck Relays	Outdoor	4/11/2009	Sat	SMR 4-2-2-8			29.60		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 200 Meter			28.30		
Blue Devil Classic	Outdoor	4/18/2009	Sat	SMR 4-2-2-8			28.40		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	4 x 200 Meter			28.80		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	4 x 200 Meter			28.80		
220 Y (Relay)									
Minutemen Games	Indoor	1/18/2006	Wed	1.0 Mile Relay			1:18.60		
300 (Open)									
NJCTC Frosh/Soph Championships	Indoor	2/5/2006	Sun	300 Meter			49.94		
NJCTC Championships	Indoor	2/8/2009	Sun	300 Meter			47.02	22	
400 (Open)									
Mountain Valley Conference Novice Me	eet Outdoor	5/15/0200	Thurs	400 Meter			1:04.80	1	
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	400 Meter			1:09.80		

Page 1 of 6 Report Date: 10/12/2014



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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Metuchen Frosh Soph 1	Outdoor	4/7/2006	Friday	400 Meter			1:07.60	2	
Meet vs Governor Livingston	Outdoor	4/11/2006	Tues	400 Meter			1:06.70		
Meet vs Roselle Catholic and Newark	Outdoor	4/19/2006	Wed	400 Meter			1:08.20		
NJCTC Frosh/Soph Championships	Outdoor	5/21/2006	Sun	400 Meter			1:04.50	2	
Group 1 State Championship	Indoor	2/15/2007	Thurs	400 Meter			1:09.21	51	
Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	400 Meter			1:06.20	2	
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	400 Meter			1:08.40		
Catholic Conference Championships	Outdoor	5/25/2008	Sun	400 Meter			1:06.67	24	
Non Public A State Championships	Outdoor	5/30/2008	Friday	400 Meter			1:05.87	25	
Union County Championship	Indoor	1/24/2009	Sat	400 Meter			1:06.71	21	
Non Public A State Championships	Indoor	2/13/2009	Friday	400 Meter			1:07.30		
Meet vs Arthur L Johnson	Outdoor	4/2/2009	Thurs	400 Meter			1:05.00		
Meet vs Roselle Catholic and Roselle	Outdoor	4/28/2009	Tues	400 Meter			1:06.40	2	
Mountain Valley Conference	Outdoor	5/5/2009	Tues	400 Meter			1:10.20		
400 (Relay)									
Mountain Valley Conference Novice Mee	et Outdoor	5/15/0200	Thurs	4 x 400 Meter			1:04.30		
NJCTC Frosh/Soph Championships	Indoor	2/5/2006	Sun	4 x 400 Meter			1:12.90		
Catholic Conference Championship	Indoor	2/10/2006	Friday	4 x 400 Meter			1:09.70		
Herm Johnson Relays	Outdoor	4/8/2006	Sat	DMR 12-4-8-16			1:08.10		
Meet vs Governor Livingston	Outdoor	4/11/2006	Tues	4 x 400 Meter			1:08.90		
Blue Devil Classic	Outdoor	4/15/2006	Sat	DMR 12-4-8-16			1:05.30		
Meet vs Roselle Catholic and Newark	Outdoor	4/19/2006	Wed	4 x 400 Meter			1:06.10		
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	SMR 2-2-4-8			1:09.30		
Meet vs Roselle Catholic and Mount St.	Outdoor	4/25/2006	Tues	4 x 400 Meter			1:06.00		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	DMR 12-4-8-16			1:05.90		
Union County Relay Championships	Outdoor	5/6/2006	Sat	SMR 2-2-4-8			1:04.40		
Metuchen Frosh/Soph #3	Outdoor	5/12/2006	Friday	4 x 400 Meter			1:06.10		
Catholic Conference Championships	Outdoor	5/28/2006	Sun	4 x 400 Meter			1:03.50		
Meet of Champions	Outdoor	6/7/2006	Wed	4 x 400 Meter			1:03.80		
Tony Passarelli Relays	Indoor	12/17/2006	Sun	DMR 12-4-8-16			1:10.90		
NJCTC Varsity Championships	Indoor	1/27/2007	Sat	4 x 400 Meter					

Page 2 of 6 Report Date: 10/12/2014



Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Union County Novice Meet	Indoor	2/5/2007	Mon	DMR 8-2-4-1K			1:10.60		
NJCTC Frosh/Soph Championships	Indoor	2/11/2007	Sun	4 x 400 Meter			1:08.80		PR
Meet vs Roselle Catholic High School	Outdoor	4/3/2007	Tues	4 x 400 Meter			1:07.70		
Summit Relays	Outdoor	4/7/2007	Sat	4 x 400 Meter			1:05.90		
Meet vs Governor Livingston and	Outdoor	4/10/2007	Tues	4 x 400 Meter			1:06.80		
Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	4 x 400 Meter			1:06.70		
Blue Devil Classic	Outdoor	4/21/2007	Sat	DMR 12-4-8-16			1:02.70		
Penn Relays	Outdoor	4/26/2007	Thurs	4 x 400 Meter			1:04.70		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	4 x 400 Meter			1:04.20		
Mountain Valley Conference Novice Mee	t Outdoor	5/14/2007	Mon	4 x 400 Meter			1:06.30		
Union County Championships	Outdoor	5/20/2007	Sun	4 x 400 Meter			1:05.50		
Catholic Conference Championships	Outdoor	5/27/2007	Sun	4 x 400 Meter			1:04.10		
Non Public A State Championships	Outdoor	6/1/2007	Friday	4 x 400 Meter			1:04.50		
Meet of Champions	Outdoor	6/6/2007	Wed	4 x 400 Meter			1:02.70		
Meet vs Governor Livingston and	Outdoor	4/10/2008	Thurs	4 x 400 Meter			1:08.70		
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	4 x 400 Meter			1:10.50		
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	DMR 12-4-8-16			1:06.20		PR
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	4 x 400 Meter			1:09.20		
Union County Relay Championships	Outdoor	5/2/2008	Friday	4 x 400 Meter			1:07.00		
Mountain Valley Conference	Outdoor	5/6/2008	Tues	4 x 400 Meter			1:04.80		
Frank Burns Relays	Indoor	12/27/2008	Sat	DMR 12-4-8-16			1:07.90		
Non Public State Relays	Indoor	1/16/2009	Friday	DMR 12-4-8-16			1:06.30		
Union County Championship	Indoor	1/24/2009	Sat	4 x 400 Meter			1:07.20		
Non Public A State Championships	Indoor	2/13/2009	Friday	4 x 400 Meter			1:07.10		
Meet vs Arthur L Johnson	Outdoor	4/2/2009	Thurs	4 x 400 Meter			1:07.70		
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	4 x 400 Meter			1:07.20		
The Penn Relays	Outdoor	4/24/2009	Friday	4 x 400 Meter			1:06.00		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	4 x 400 Meter			1:07.90		
Mountain Valley Conference	Outdoor	5/6/2009	Wed	4 x 400 Meter			1:04.80		
400 IH (Open)									
Meet vs Bishop Ahr	Outdoor	3/24/2006	Friday	400 Meter IH			1:29.00		

Page 3 of 6 Report Date: 10/12/2014



Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
440 Y (Open)									
Minutemen Games	Indoor	1/18/2006	Wed	440 Yard			1:15.80	5	
Union County Frosh/Soph	Indoor	1/24/2007	Wed	440 Yard			1:10.10	3	
Union County Frosh/Soph Invitational	Indoor	1/18/2009	Sun	440 Yard			1:15.80	5	
440 Y (Relay)									
Union County Frosh/Soph	Indoor	1/24/2007	Wed	1.0 Mile Relay			1:11.00		
Union County Novice Meet	Indoor	2/5/2007	Mon	4 x 440 Yard			1:09.90		PR
Union County Frosh/Soph Invitational	Indoor	1/18/2009	Sun	1.0 Mile Relay			1:18.60		
600 (Open)									
NJCTC Varsity Championships	Indoor	1/27/2007	Sat	600 Meter			1:52.20	13	
NJCTC Frosh/Soph Championships	Indoor	2/11/2007	Sun	600 Meter			1:49.40	5	PR
NJCTC Championships	Indoor	2/8/2009	Sun	600 Meter			1:52.07	17	
800 (Open)									
Mountain Valley Conference Novice Mee	et Outdoor	5/15/0200	Thurs	800 Meter			2:35.40	1	
Meet vs Roselle Catholic and Mount St.	Outdoor	4/25/2006	Tues	800 Meter			2:38.00		
Mountain Valley Conference	Outdoor	5/9/2006	Tues	800 Meter			2:37.10		
Seton Hall Invitational - Individuals	Indoor	12/27/2006	Wed	800 Meter			2:48.40		
Mountain Valley Conference	Indoor	1/6/2007	Sat	800 Meter			2:50.49	9	
Meet vs Roselle Catholic High School	Outdoor	4/3/2007	Tues	800 Meter			2:36.90	3	
Meet vs Governor Livingston and	Outdoor	4/10/2007	Tues	800 Meter			2:40.00	2	
Mountain Valley Conference	Outdoor	5/8/2007	Tues	800 Meter			2:33.50		
Mountain Valley Conference Novice Mee	et Outdoor	5/14/2007	Mon	800 Meter			2:34.00	1	
Union County Championships	Outdoor	5/19/2007	Sat	800 Meter			2:31.10		
Union County Championships	Outdoor	5/20/2007	Sun	800 Meter			2:34.70		
Catholic Conference Championships	Outdoor	5/27/2007	Sun	800 Meter			2:30.99	12	
Non Public A State Championships	Outdoor	6/1/2007	Friday	800 Meter					DNF
Meet vs Governor Livingston and	Outdoor	4/10/2008	Thurs	800 Meter					DNF
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	800 Meter			2:41.10	3	
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	800 Meter			2:43.30	3	

Page 4 of 6 Report Date: 10/12/2014



9									
Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
800 (Relay)									
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 800 Meter			2:43.30		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	4 x 800 Meter			2:37.90		
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 800 Meter			2:36.70		
Metuchen Frosh/Soph #3	Outdoor	5/12/2006	Friday	DMR 12-4-8-16			2:35.30		
Seton Hall Invitational - Individuals	Indoor	12/27/2006	Wed	4 x 800 Meter			2:49.70		
Catholic Conference Relays	Indoor	1/7/2007	Sun	SMR 2-2-4-8			2:39.60		
Group 1 State Relays	Indoor	1/12/2007	Friday	DMR 12-4-8-16			2:40.00		
New Balance Games	Indoor	1/20/2007	Sat	SMR 4-2-2-8			2:38.00		
Summit Relays	Outdoor	4/7/2007	Sat	SMR 2-2-4-8			2:37.50		
Metuchen Frosh Soph 1	Outdoor	4/13/2007	Friday	4 x 800 Meter			2:41.00		
Blue Devil Classic	Outdoor	4/21/2007	Sat	4 x 800 Meter			2:40.90		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	4 x 800 Meter			2:33.70		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	DMR 12-4-8-16			2:35.30		
Union County Relay Championships	Outdoor	5/3/2007	Thurs	DMR 12-4-8-16			2:34.40		
Union County Relay Championships	Outdoor	5/3/2007	Thurs	4 x 800 Meter			2:31.40		
Blue Devil Classic	Outdoor	4/19/2008	Sat	4 x 800 Meter			2:43.50		
Frank Burns Relays	Indoor	12/27/2008	Sat	4 x 800 Meter			2:47.60		
Non Public State Relays	Indoor	1/16/2009	Friday	4 x 800 Meter					
Non Public State Relays	Indoor	1/16/2009	Friday	SMR 4-2-2-8			2:54.60		
880 Y (Open)									
Union County Individuals	Indoor	2/7/2007	Wed	880 Yard			2:45.00		
High Jump									
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	High Jump			4' 04.00"		
Meet vs Governor Livingston	Outdoor	4/11/2006	Tues	High Jump			4' 04.00"		
Blue Devil Classic	Outdoor	4/15/2006	Sat	High Jump			4' 02.00"		
Meet vs Roselle Catholic and Newark	Outdoor	4/19/2006	Wed	High Jump					
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	High Jump			4' 04.00"		
NJCTC Varsity Championships	Indoor	1/27/2007	Sat	High Jump					NH
Union County Novice Meet	Indoor	2/5/2007	Mon	High Jump			4' 06.00"		

Page 5 of 6 Report Date: 10/12/2014



Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
NJCTC Frosh/Soph Championships	Indoor	2/11/2007	Sun	High Jump			4' 06.00"	3	
Mountain Valley Conference Novice Me	et Outdoor	5/14/2007	Mon	High Jump			4' 04.00"	2	
Blue Devil Classic	Outdoor	4/19/2008	Sat	High Jump			4' 04.00"		
Mountain Valley Conference Relay	Outdoor	4/29/2008	Tues	High Jump			4' 03.00"		
Mountain Valley Conference	Outdoor	5/6/2008	Tues	High Jump			4' 04.00"	5	
Blue Devil Classic	Outdoor	4/18/2009	Sat	High Jump			4' 04.00"		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	High Jump			4' 00.00"		
Meet vs Roselle Catholic and Roselle	Outdoor	4/28/2009	Tues	High Jump					
Union County Relay Championships	Outdoor	4/30/2009	Thurs	High Jump			4' 04.00"		
Mountain Valley Conference	Outdoor	5/5/2009	Tues	High Jump			4' 04.00"		
Mountain Valley Conference	Outdoor	5/6/2009	Wed	High Jump			4' 04.00"	5	

Page 6 of 6 Report Date: 10/12/2014