

BOYS SPRING TRACK HONOR ROLL

100 meter dash (Hand)

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Mike Suarez	10.8	Junior	2007	Mountain Valley Conference Championships
Garrett Ellis	11.0	Sophomore	2006	Tri-Meet -vs- Rahway & Gov. Livingston
Garrett Ellis	11.2	Freshman	2005	Mountain Valley Conference Championships
Shariff Stubbs	11.2	Freshman	2006	Catholic Conference Frosh/Soph Champs
Jon Cardadeiro	11.3	Junior	2005	Mountain Valley Conference Championships
Nick Morrisey	11.4	Senior	2006	Tri-Meet -vs- Roselle Catholic & Central

100 meter dash (FAT)

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Mike Suarez	11.38*	Junior	2007	Non-Public "A" State Championships
Shariff Stubbs	11.67*	Sophomore	2007	Non-Public "A" State Championships
Shariff Stubbs	11.77*	Freshman	2006	Non-Public "A" State Championships

200 meter dash

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Garrett Ellis	21.9	Sophomore	2006	Mountain Valley Conference Championships
Julian Phillips	22.7	Junior	2006	Mountain Valley Conference Championships
Mike Suarez	22.7	Junior	2007	Mountain Valley Conference Championships
Shariff Stubbs	23.0	Sophomore	2007	Union County Championships
Jon Cardadeiro	23.1	Junior	2005	Union County Championships
Julian Phillips	23.1	Senior	2007	Union County Championships
Nick Morrisey	23.2	Senior	2006	Tri-Meet -vs- Roselle Catholic & Central
Shariff Stubbs	23.2	Freshman	2006	Catholic Conference Frosh/Soph Champs

400 meter dash

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Garrett Ellis	48.9	Sophomore	2006	Union County Championships
Garrett Ellis	49.3	Junior	2007	Union County Championships
James Pierce	50.3	Senior	2007	Union County Championships
Julian Phillips	51.3	Senior	2007	Union County Championships
Garrett Ellis	51.8	Freshman	2005	Union County Championships
Nick Morrisey	52.1	Senior	2006	Tri-Meet -vs- Rahway & Gov. Livingston
Jon Cardadeiro	52.3	Junior	2005	Mountain Valley Conference Championships
Julian Phillips	52.3	Junior	2005	Tri-Meet -vs- Roselle Catholic & Central

800 meter run

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Brian Guterl	1:54.48*	Senior	2007	Non-Public "A" State Championships
Mike Sprague	1:55.95*	Senior	2007	Catholic Conference Championships
Brian Guterl	1:58.06*	Junior	2006	Catholic Conference Championships
Mike Sprague	1:58.38*	Junior	2006	Catholic Conference Championships
Ryan Kilkenny	2:00.3	Junior	2007	Union County Championships
Brian Guterl	2:01.57*	Sophomore	2005	Catholic Conference Championships

Mike Sprague	2:04.75	Sophomore	2005	Union County Championships
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1600 meter run

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Brian Guterl	4:16.11*	Senior	2007	Meet of Champions
Brian Guterl	4:18.58*	Junior	2006	Meet of Champions
Brian Guterl	4:28.01*	Sophomore	2005	Non-Public "A" State Championships
Mike Sprague	4:37.06*	Junior	2006	Catholic Conference Championships
Chris Naiva	4:39.55*	Senior	1996	Non-Public "A" State Championships
Matt Poirier	4:41.2	Senior	2004	Mountain Valley Conference Championships

3200 meter run

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Brian Guterl	9:52.97*	Sophomore	2005	Non-Public "A" State Championships
Brian Guterl	9:59.7	Junior	2006	Union County Championships
Mike Sprague	10:19.6	Junior	2006	Mountain Valley Conference Championships
Collin Dube	10:51.5	Senior	2007	Mountain Valley Conference Championships
Collin Dube	11:06.6	Junior	2006	Mountain Valley Conference Championships

400 meter Intermediate Hurdles

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Jason Frank	58.78*	Senior	1997	Non-Public "A" State Championships
Paul Latham	1:02.8	Senior	2006	Mountain Valley Conference Novice Meet
Jon Pais	1:05.0	Senior	2005	Mountain Valley Conference Championships

110 meter High Hurdles

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
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4x100 meter relay

Stubbs, Ellis	43.82*		2006	Penn Relays
Phillips, Morrisey				
Larkin, Morrisey,	44.1		2006	Mountain Valley Conference Relays
Phillips, Ellis				
Stubbs, Suarez,	44.4		2007	Mountain Valley Conference Relays
Pegeron, Pierce				
Ellis, Brown,	44.8		2005	Mountain Valley Conference Relays
Cole, Cardadeiro				Union County Relays

4x200 meter relay

<u>Name</u>	<u>Time</u>	<u>Year</u>	<u>Meet</u>
Suarez, Ellis,	1:30.35*	2007	Nike Outdoor Nationals
Pierce, Stubbs			
Suarez, Ellis,	1:30.2		Union County Relays
Pierce, Stubbs		2007	
Stubbs, Phillips,	1:31.0	2006	Union County Relays
Morrisey, Ellis			

4x400 meter relay				
<u>Name</u>	<u>Time</u>	<u>Year</u>	<u>Meet</u>	
Suarez, Ellis, Pierce, Phillips	3:21.68*	2007	East Coast Relays	
Suarez, Ellis, Pierce, Pegeron	3:22.0	2007	Mountain Valley Conference Relays	
Suarez, Ellis, Pierce, Sprague	3:23.6	2007	Union County Championships	
Phillips, Pierce, Morrisey, Ellis	3:24.49*	2006	Meet of Champions	
Stubbs, Phillips, Morrisey, Ellis	3:24.8	2006	Mountain Valley Conference Relays	

4x800 meter relay				
<u>Name</u>	<u>Time</u>	<u>Year</u>	<u>Meet</u>	
Sprague, daCosta, Kilkenny, Guterl	7:57.82*	2007	East Coast Relays	
Sprague, daCosta, Kilkenny, Guterl	8:00.47*	2007	Nike Outdoor Nationals	
Sprague, daCosta, Kilkenny, Guterl	8:09.9	2007	Union County Relays	
Sprague, Ellis, Kilkenny, Guterl	8:11.6*	2006	East Coast Relays	
Sprague, Morrisey, Kilkenny, Guterl	8:14.1	2006	Mountain Valley Conference Relays	
Sprague, Toczylowski, Kilkenny, Guterl	8:20.7	2006	Union County Relays	

Sprint Medley Relay				
<u>Name</u>	<u>Time</u>	<u>Year</u>	<u>Meet</u>	
Suarez, Phillips, Ellis, Guterl	3:27.36*	2007	Nike Outdoor Nationals	
Suarez, Ellis, Pierce, Guterl	3:28.19*	2007	East Coast Relays	
Phillips, Morrisey, Ellis, Guterl	3:30.50*	2006	Nike Outdoor Nationals	
Phillips, Morrisey, Ellis, Guterl	3:31.86*	2006	East Coast Relays	
Phillips, Latham, Ellis, Guterl	3:37.6	2006	Mountain Valley Conference Relays	

Distance Medley Relay				
<u>Name</u>	<u>Time</u>	<u>Year</u>	<u>Meet</u>	
Sprague, Pierce, Kilkenny, Guterl	10:30.8	2007	Union County Relays	
Sprague, Pierce, Kilkenny, Guterl	10:42.8	2006	Union County Relays	
Sprague, Ellis, Morrisey, Guterl	10:54.7	2006	Blue Devil Classic	
Sprague, Pierce, Kilkenny, Guterl	11:00.3	2006	Mountain Valley Conference Relays	

High Jump				
<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>

Chris Ganey	5'10"	Senior	2000	Mountain Valley Conference Championships
Tyrell Howard-Franklin	5' 6"	Senior	2006	Tri-Meet -vs- Roselle Catholic & Central
Todd Larkin	5' 4"	Junior	2006	Mountain Valley Conference Championships
Joe Nesi	5' 2"	Junior	2006	Mountain Valley Conference Championships

Long Jump

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Chris Ganey	23'01.00"	Senior	2000	Catholic Conference Championships
Chris Ganey	22'04.5"	Senior	2000	Parochial "A" States
Chris Ganey	21'03.25"	Senior	2000	Mountain Valley Conference Championships
Chris Ganey	21'00.0"	Sophomore	1998	Parochial "A" States
Jon Cardadeiro	20' 03.00"	Junior	2005	Dual Meet @Roselle Catholic

Triple Jump

<u>Name</u>	<u>Time</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
Chris Ganey	43'05.25"	Senior	2000	Catholic Conference Championships

Shot Put

<u>Name</u>	<u>Distance</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
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Discus

<u>Name</u>	<u>Distance</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
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Javelin

<u>Name</u>	<u>Distance</u>	<u>Grade</u>	<u>Year</u>	<u>Meet</u>
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* Fully Automatic Timing