



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
55 (Open)									
Mountain Valley Conference	Indoor	1/8/2005	Sat	55 Meter Dash			7.24		
NJCTC Championships	Indoor	2/11/2005	Friday	55 Meter			6.80	1	10pts
Seton Hall Invitational	Indoor	12/27/2005	Tues	55 Meter			7.00		
Mountain Valley Conference	Indoor	1/7/2006	Sat	55 Meter			7.00	6	
100 (Open)									
Meet vs North Plainfield	Outdoor	4/5/2005	Tues	100 Meter Dash			11.80		
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2005	Tues	100 Meter Dash			11.40	2	
Mountain Valley Conference	Outdoor	5/10/2005	Tues	100 Meter Dash			11.20		
100 (Relay)									
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)									
Spiked Shoe Holiday Festival	Indoor	12/20/2004	Mon	200 Meter			24.80		
Group 2 State Championship	Indoor	1/16/2005	Sun	200 Meter			25.05		
Meet vs North Plainfield	Outdoor	4/5/2005	Tues	200 Meter			23.70	1	
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2005	Tues	200 Meter			23.10	1	
Mountain Valley Conference	Outdoor	5/10/2005	Tues	200 Meter			23.10	4	
Union County Championships	Outdoor	5/21/2005	Sat	200 Meter			23.10	5	
Non Public A State Championships	Outdoor	6/3/2005	Friday	200 Meter			24.07	24	
Group 2 State Championship	Indoor	1/29/2006	Sun	200 Meter			24.02	18	
200 (Relay)									
Union County Relay Championship	Indoor	1/5/2005	Wed	4 x 200 Meter			27.20		
Union County Relay Championship	Indoor	1/5/2005	Wed	SMR 2-2-4-8			25.90		
Blue Devil Classic	Outdoor	4/16/2005	Sat	4 x 200 Meter			23.50		
NJCTC Relays	Outdoor	4/24/2005	Sun	4 x 200 Meter			22.90		
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	4 x 200 Meter			22.20		
Union County Relay Championships	Outdoor	5/7/2005	Sat	4 x 200 Meter			23.30		
East Coast Relays	Outdoor	5/23/2005	Mon	SMR 2-2-4-8			23.60		



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Seton Hall Invitational	Indoor	12/27/2005	Tues	4 x 200 Meter			23.50		
Catholic Conference Relays	Indoor	12/29/2005	Thurs	SMR 2-2-4-8			23.90		
Catholic Conference Relays	Indoor	12/29/2005	Thurs	4 x 200 Meter			24.10		
Union County Relay Championship	Indoor	1/4/2006	Wed	4 x 200 Meter			26.60		
Catholic Conference Relays	Indoor	1/9/2006	Mon	4 x 200 Meter			22.90		
Group 2 State Relays	Indoor	1/22/2006	Sun	4 x 200 Meter			24.19		
The National Hall of Fame Classic	Indoor	2/18/2006	Sat	SMR 4-2-2-8			22.80		
Nike Indoor Nationals	Indoor	3/11/2006	Sat	SMR 2-2-4-8					
220 Y (Relay)									
Union County Individuals	Indoor	1/26/2005	Wed	1.0 Mile Relay			1:00.80		
Union County Individuals	Indoor	1/25/2006	Wed	1.0 Mile Relay			56.90		
300 (Open)									
NJCTC Championships	Indoor	2/11/2005	Friday	300 Meter			37.84	3	6pts
NJCTC Championships	Indoor	2/10/2006	Friday	300 Meter			36.50	3	
400 (Open)									
Mountain Valley Conference	Indoor	1/8/2005	Sat	400 Meter			56.78		
Meet vs North Plainfield	Outdoor	4/5/2005	Tues	400 Meter			53.20	1	
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2005	Tues	400 Meter			53.90	1	
Mountain Valley Conference	Outdoor	5/10/2005	Tues	400 Meter			52.30	6	
Non Public A State Championships	Outdoor	6/3/2005	Friday	400 Meter			53.00	17	
Seton Hall Invitational	Indoor	12/27/2005	Tues	400 Meter			53.70		
Mountain Valley Conference	Indoor	1/7/2006	Sat	400 Meter			54.21	6	
Group 2 State Championship	Indoor	1/29/2006	Sun	400 Meter			53.65	18	
400 (Relay)									
Spiked Shoe Holiday Festival	Indoor	12/20/2004	Mon	SMR 4-2-2-8			54.89		
Mountain Valley Conference	Indoor	1/8/2005	Sat	4 x 400 Meter			1:01.20		
Blue Devil Classic	Outdoor	4/16/2005	Sat	4 x 400 Meter			55.16		
NJCTC Relays	Outdoor	4/24/2005	Sun	4 x 400 Meter			53.20		
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	4 x 400 Meter			51.80		
Union County Relay Championships	Outdoor	5/7/2005	Sat	4 x 400 Meter			51.70		



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Mountain Valley Conference	Outdoor	5/10/2005	Tues	4 x 400 Meter			52.40		
Union County Championships	Outdoor	5/21/2005	Sat	4 x 400 Meter			53.00		
Non Public A State Championships	Outdoor	6/3/2005	Friday	4 x 400 Meter			51.81		
Seton Hall Invitational	Indoor	12/27/2005	Tues	4 x 400 Meter			53.20		
Union County Relay Championship	Indoor	1/4/2006	Wed	4 x 400 Meter			58.30		
Mountain Valley Conference	Indoor	1/7/2006	Sat	4 x 400 Meter			52.42		PR
Catholic Conference Relays	Indoor	1/9/2006	Mon	4 x 400 Meter			51.70		
Group 2 State Relays	Indoor	1/22/2006	Sun	4 x 400 Meter			52.80		
NJCTC Championships	Indoor	2/10/2006	Friday	4 x 400 Meter					DNR
The National Hall of Fame Classic	Indoor	2/18/2006	Sat	4 x 400 Meter			52.00		
Winter Track Meet of Champions	Indoor	2/19/2006	Sun	4 x 400 Meter			53.00		
Eastern States Invitational	Indoor	2/28/2006	Tues	4 x 400 Meter			50.70		
Nike Indoor Nationals	Indoor	3/11/2006	Sat	4 x 400 Meter					
440 Y (Open)									
Union County Individuals	Indoor	1/25/2006	Wed	440 Yard			56.30		
800 (Open)									
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/26/2005	Tues	800 Meter			2:12.80		
Long Jump									
Meet vs North Plainfield	Outdoor	4/5/2005	Tues	Long Jump			18' 04.00"	3	
Meet vs Roselle Catholic & Newark	Outdoor	4/19/2005	Tues	Long Jump			20' 03.00"	2	
NJCTC Relays	Outdoor	4/24/2005	Sun	Long Jump			18' 05.00"		
Meet vs Roselle Catholic & Mt. Saint	Outdoor	4/26/2005	Tues	Long Jump					
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	Long Jump			18' 10.00"		