



Boys XC / Track / Field

Performance History Report for:

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
2.0 miles (Open)									
Union County Championship	Indoor	1/30/2008	Wed	2.0 Mile Run			11:13.20		
400 (Open)									
Metuchen Frosh Soph 1	Outdoor	4/4/2009	Sat	400 Meter			1:00.40		
400 (Relay)									
Catholic Conference Relays	Outdoor	4/13/2008	Sun	4 x 400 Meter			1:01.60		
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	4 x 400 Meter			1:02.20		
Meet vs Summit and Cranford	Outdoor	4/6/2010	Tues	4 x 400 Meter		70 Degrees & Sunny	1:00.80		
NJCTC Spring Relays	Outdoor	4/11/2010	Sun	4 x 400 Meter		73 Degrees	55.70		
Meet vs Arthur L Johnson	Outdoor	4/13/2010	Tues	4 x 400 Meter			55.10		
Blue Devil Relays	Outdoor	4/16/2010	Friday	4 x 400 Meter			54.50		PR
Union County Championship	Outdoor	5/15/2010	Sat	4 x 400 Meter			53.30		PR
800 (Open)									
Season Opener	Indoor	12/23/2007	Sun	800 Meter			2:15.50		
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	800 Meter			2:16.40		
Meet vs Roselle Catholic and Roselle	Outdoor	4/28/2009	Tues	800 Meter			2:09.30	2	
Meet vs Arthur L Johnson	Outdoor	4/13/2010	Tues	800 Meter			2:03.90	2	59.5
UCC Divisional Championship	Outdoor	5/6/2010	Thurs	800 Meter			2:01.10		60.7,PR
Union County Championship	Outdoor	5/15/2010	Sat	800 Meter			2:00.98	7	59.3,PR
800 (Relay)									
Marine Corps Holiday Classic	Indoor	12/27/2007	Thurs	4 x 800 Meter			2:18.20		
Seton Hall Games	Indoor	12/28/2007	Friday	4 x 800 Meter			2:16.70		
Catholic Conference Relays	Indoor	1/6/2008	Sun	4 x 800 Meter			2:17.60		
Non Public State Relays	Indoor	1/11/2008	Friday	SMR 4-2-2-8			2:14.50		
New Balance Games	Indoor	1/19/2008	Sat	4 x 800 Meter			2:17.80		
Catholic Conference Relays	Outdoor	4/13/2008	Sun	4 x 800 Meter			2:11.50		
Frank Burns Relays	Indoor	12/27/2008	Sat	4 x 800 Meter			2:14.60		
Catholic Conference Relays	Indoor	1/4/2009	Sun	4 x 800 Meter			2:14.20		
Union County Relay Championship	Indoor	1/10/2009	Sat	DMR 8-2-4-1K			2:13.70		
Non Public State Relays	Indoor	1/16/2009	Friday	4 x 800 Meter			2:09.70		



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Metuchen Frosh Soph 1	Outdoor	4/4/2009	Sat	4 x 800 Meter			2:35.00		
Colts Neck Relays	Outdoor	4/11/2009	Sat	4 x 800 Meter			2:13.40		
Blue Devil Classic	Outdoor	4/18/2009	Sat	4 x 800 Meter			2:15.90		
Blue Devil Classic	Outdoor	4/18/2009	Sat	SMR 4-2-2-8			2:08.80		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	4 x 800 Meter			2:04.10		
East Coast Relays	Outdoor	5/18/2009	Mon	SMR 2-2-4-8			2:04.70		
Nike Outdoor Nationals	Outdoor	6/3/2009	Wed	4 x 800 Meter			2:04.10		
Frank Burns Relays	Indoor	12/27/2009	Sun	4 x 800 Meter			2:02.80		PR
Catholic Conference Relays	Indoor	1/3/2010	Sun	4 x 800 Meter			2:04.80		
Union County Relay Championship	Indoor	1/9/2010	Sat	4 x 800 Meter			2:04.80		MR
Non Public State Relays	Indoor	1/16/2010	Sat	4 x 800 Meter			2:04.20		MR
Summit Relays	Outdoor	4/3/2010	Sat	4 x 800 Meter		75 Degrees, Sunny	2:07.30		
NJCTC Spring Relays	Outdoor	4/11/2010	Sun	4 x 800 Meter		73 Degrees	2:08.90		1:03.1
Blue Devil Relays	Outdoor	4/16/2010	Friday	4 x 800 Meter			2:01.80		59.1,PR
Penn Relays	Outdoor	4/23/2010	Friday	4 x 800 Meter			2:04.80		57.6
Union County Relay Championship	Outdoor	4/30/2010	Friday	4 x 800 Meter			2:01.10		58.6,PR
East Coast Relays	Outdoor	5/17/2010	Mon	4 x 800 Meter		70 Degrees / Sunny	1:59.80		59.0,
New Balance Outdoor Nationals	Outdoor	6/18/2010	Friday	4 x 800 Meter			1:58.21		PR
1200 (Open)									
Meet vs Cranford and Hillside	Outdoor	4/15/2008	Tues	1200 Meter			3:36.20		
1200 (Relay)									
Frank Burns Relays	Indoor	12/27/2008	Sat	DMR 12-4-8-16			3:39.20		
Frank Burns Relays	Indoor	12/27/2009	Sun	DMR 12-4-8-16			3:22.50		PR
Union County Relay Championship	Indoor	1/9/2010	Sat	DMR 12-4-8-16			3:19.20		PR
Non Public State Relays	Indoor	1/16/2010	Sat	DMR 12-4-8-16			3:18.70		PR
Union County Relay Championship	Outdoor	4/29/2010	Thurs	DMR 12-4-8-16			3:18.40		2:11
1600 (Open)									
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/24/2007	Sat	1600 Meter			5:42.00		
Mountain Valley Conference	Indoor	1/5/2008	Sat	1600 Meter			5:02.98	10	
NJCTC Frosh/Soph Championships	Indoor	1/27/2008	Sun	1600 Meter			5:04.50		



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Lou Molina Invitational	Indoor	2/11/2008	Mon	1600 Meter			5:03.40		
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	1600 Meter			5:18.20		
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	1600 Meter			5:03.20		
Metuchen Frosh Soph 3	Outdoor	4/18/2008	Friday	1600 Meter			4:54.80	2	
NJCTC Championships	Indoor	2/8/2009	Sun	1600 Meter			4:45.39	3	
Meet vs Governor Livingston and	Outdoor	4/7/2009	Tues	1600 Meter			5:04.30		
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	1600 Meter			4:46.50	2	
Mountain Valley Conference	Outdoor	5/5/2009	Tues	1600 Meter			4:35.40	6	
Union County Championships	Outdoor	5/15/2009	Friday	1600 Meter			4:38.01	8	
Catholic Conference Championships	Outdoor	5/25/2009	Mon	1600 Meter			4:41.07	10	
Non Public A State Championships	Outdoor	5/29/2009	Friday	1600 Meter			4:40.04	19	
Union County Championship	Indoor	1/23/2010	Sat	1600 Meter			4:34.98	6	PR
Meet vs Summit and Cranford	Outdoor	4/6/2010	Tues	1600 Meter		70 Degrees & Sunny	4:44.00	2	
UCC Divisional Championship	Outdoor	5/5/2010	Wed	1600 Meter			4:33.40	2	2:16.1,
Union County Championship	Outdoor	5/14/2010	Friday	1600 Meter			4:37.87	11	
NP A South State Sectionals	Outdoor	5/21/2010	Friday	1600 Meter			4:29.39	11	PR
1600 (Relay)									
Catholic Conference Relays	Indoor	1/6/2008	Sun	DMR 12-4-8-16			5:01.40		
Non Public State Relays	Indoor	1/11/2008	Friday	DMR 12-4-8-16			5:00.30		
Metuchen Frosh Soph 2	Outdoor	4/11/2008	Friday	4 x 1600 Meter			5:01.70		
Catholic Conference Relays	Indoor	1/4/2009	Sun	DMR 12-4-8-16			4:56.40		
Colts Neck Relays	Outdoor	4/11/2009	Sat	4 x 1600 Meter			4:57.40		
Blue Devil Classic	Outdoor	4/18/2009	Sat	DMR 12-4-8-16			5:07.60		
Blue Devil Classic	Outdoor	4/18/2009	Sat	DMR 12-4-8-16			4:45.80		
Mountain Valley Conference Relay	Outdoor	4/21/2009	Tues	DMR 12-4-8-16			4:58.30		
Union County Relay Championships	Outdoor	4/30/2009	Thurs	4 x 1600 Meter			4:41.20		
Catholic Conference Relays	Indoor	1/3/2010	Sun	DMR 12-4-8-16			4:36.20		PR
2.1 miles									
Union County Championship	Warinanco Park	10/25/2006	Wed				12:59.00	5	



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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
2.2 miles									
Bernie Magee Class Meet	Warinanco Park	9/23/2006	Sat	2.2 Mile			13:38.00	32	
Stewart Memorial Invitational	Warinanco Park	9/30/2006	Sat	2.2 Mile			13:23.00	33	PR
2.5 Miles									
Manhattan College Invitational	Van Cortlandt Park, NY	10/14/2006	Sat					139	
Manhattan College Invitational	Van Cortlandt Park, NY	10/13/2007	Sat				15:19.00		
3200									
Shore Coaches Invitational	Holmdel Park	10/7/2006	Sat	3200 Meter Run			12:58.00	14	
Mountain Valley Conference	Pleasant Valley Park	10/10/2006	Tues	3200 Meter Run			12:20.00	2	
3200 (Open)									
NJCTC Frosh/Soph Championships	Indoor	1/27/2008	Sun	3200 Meter			10:52.60		
Scrimmage vs St. Joes Mon Don ND	Outdoor	3/22/2008	Sat	3200 Meter			11:13.90		
Meet vs Arthur L Johnson	Outdoor	4/1/2008	Tues	3200 Meter			11:29.30		
Mountain Valley Conference	Indoor	1/3/2009	Sat	3200 Meter			10:57.78	4	
Union County Championship	Indoor	1/24/2009	Sat	3200 Meter			10:28.34	10	
Non Public A State Championship	Indoor	2/13/2009	Friday	3200 Meter			10:45.93		
Meet vs Cranford and Hillside	Outdoor	4/16/2009	Thurs	3200 Meter			10:59.70	1	
Mountain Valley Conference	Outdoor	5/5/2009	Tues	3200 Meter			10:28.80		
Union County Championships	Outdoor	5/15/2009	Friday	3200 Meter			10:57.71	27	
Union County Championship	Indoor	1/23/2010	Sat	3200 Meter			10:31.94	11	
NP A South State Sectionals	Outdoor	5/22/2010	Sat	3200 Meter			10:08.03	13	PR
5000									
Non Public A State Championship	Holmdel Park	11/11/2006	Sat	5K			19:51.00	119	
Non Public A State Championship	Holmdel Park	11/10/2007	Sat	5K			18:24.00	68	PR
Cougar Invitational	Bucks Mill Park, Colts Neck	9/27/2008	Sat	5K			18:22.00	22	
UC -vs- Governor Livingston	Governor Livingston HS	9/30/2008	Tues	5K			18:29.00	1	
Shore Coaches Invitational	Holmdel Park	10/4/2008	Sat	5K			18:39.00	52	
Non Public A State Championship	Holmdel Park	11/15/2008	Sat	5K			19:09.00	87	
UC -vs- Summit, GL & Hillside	Memorial Park, Summit, NJ	9/22/2009	Tues	5K		78 Degrees. No Wind	18:19.00	4	
Cougar Invitational	Bucks Mill Park, Colts Neck	9/26/2009	Sat	5K		64 Degrees and Clear	17:05.00	8	PR



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Shore Coaches Invitational	Holmdel Park	10/3/2009	Sat	5K		68 Degrees / Clear	18:26.00	57	
Non Public A State Championship	Holmdel Park	11/14/2009	Sat	5K		55 Degrees / Muddy	18:54.00	89	
5150									
UC -vs- Arthur L. Johnson, Newark	Warinanco Park	9/12/2006	Tues	5150 Meters			20:17.00	12	
UC -vs- Cranford	Warinanco Park	9/19/2006	Tues	5150 Meters			20:00.00	10	PR
UC -vs- Rahway, Governor Livingston	Warinanco Park	9/26/2006	Tues	5150 Meters			19:50.00	13	PR
UC -vs- Arthur L. Johnson, Rahway,	Warinanco Park	10/3/2006	Tues	5150 Meters			19:55.00	9	
UC -vs- Cranford	Warinanco Park	9/18/2007	Tues	5150 Meters			19:13.00	8	PR
UC -vs- Rahway	Warinanco Park	9/25/2007	Tues	5150 Meters			19:28.00	8	
UC -vs- Arthur L. Johnson, Rahway,	Warinanco Park	10/2/2007	Tues	5150 Meters			18:40.00	7	PR
Mountain Valley Conference	Warinanco Park	10/9/2007	Tues	5150 Meters			18:35.00	16	PR
Union County Championship	Warinanco Park	10/24/2007	Wed	5150 Meters			18:26.00	42	PR
UC -vs- Arthur L. Johnson	Warinanco Park	9/16/2008	Tues	5150 Meters			19:02.00	6	
UC -vs- Cranford	Warinanco Park	9/23/2008	Tues	5150 Meters			18:28.00	5	
Mountain Valley Conference	Warinanco Park	10/14/2008	Tues	5150 Meters			18:12.00	13	PR
Union County Championship	Warinanco Park	10/29/2008	Wed	5150 Meters			18:02.00	33	PR
UC -vs- Arthur L. Johnson & Hillside	Warinanco Park	9/15/2009	Tues	5150 Meters		78 Degrees and Sunny	17:47.00	2	PR
UC -vs- Rahway	Warinanco Park	10/6/2009	Tues	5150 Meters		65 Degrees / Clear	19:12.00	6	
UC -vs- Roselle Catholic & Union	Warinanco Park	10/13/2009	Tues	5150 Meters			17:19.00	2	PR
UCC Divisional Championship	Warinanco Park	10/20/2009	Tues	5150 Meters			17:17.00	5	PR
Union County Championship	Warinanco Park	10/28/2009	Wed	5150 Meters		60 degrees / Muddy	17:18.00	15	
5250									
Old Bridge Class Meet	Thompson Park	9/15/2007	Sat	5250 Meters			19:33.00	25	
Bernie Magee Class Meet	Warinanco Park	9/22/2007	Sat	5250 Meters			19:11.00	34	
Stewart Memorial Invitational	Warinanco Park	9/28/2007	Friday	5250 Meters			19:10.00	40	PR
Catholic Conference Championship	Warinanco Park	11/3/2007	Sat	5250 Meters			18:17.00	52	PR
Bernie Magee Class Meet	Warinanco Park	9/20/2008	Sat	5250 Meters			19:06.00	67	
Catholic Conference Championship	Warinanco Park	11/8/2008	Sat	5250 Meters			19:10.00	62	
Bernie Magee Class Meet	Warinanco Park	9/19/2009	Sat	5250 Meters		73 Degrees and Sunny	17:47.00	29	PR
Catholic Conference Championship	Warinanco Park	11/7/2009	Sat	5250 Meters		45 Degrees			DNF