

Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
100 (Open)									
Meet vs Roselle Park	Outdoor	4/20/2004	Tues	100 Meter Dash				1	
North Plainfield	Outdoor	4/5/2005	Tues	100 Meter Dash			13.90	3	
Meet vs Roselle Catholic High School &	Outdoor	4/26/2005	Tues	100 Meter Dash			14.60	1	
Mountain Valley Conference	Outdoor	5/10/2005	Tues	100 Meter Dash			13.52		
Mountain Valley Conference Novice Mee	et Outdoor	5/16/2005	Mon	100 Meter Dash			13.41	3	
Catholic Conference Championships	Outdoor	5/29/2005	Sun	100 Meter Dash			13.60	6	
Non Public A State Championships	Outdoor	6/3/2005	Friday	100 Meter Dash			13.42		
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	100 Meter Dash			13.60		
Meet vs Governor Livingston	Outdoor	4/11/2006	Tues	100 Meter Dash			13.21		
Meet vs Roselle Catholic and Mount St.	Outdoor	4/25/2006	Tues	100 Meter Dash			13.10	2	
Meet vs Roselle Catholic High School	Outdoor	4/3/2007	Tues	100 Meter Dash			14.30	3	
Meet vs Governor Livingston and	Outdoor	4/10/2007	Tues	100 Meter Dash			13.40		
Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	100 Meter Dash			13.40		
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					
Blue Devil Classic	Outdoor	4/16/2005	Sat	4 x 100 Meter					
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					
Herm Johnson Relays	Outdoor	4/8/2006	Sat	4 x 100 Meter					
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 100 Meter					
Penn Relays	Outdoor	4/27/2006	Thurs	4 x 100 Meter					
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	4 x 100 Meter					
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 100 Meter					
East Coast Relays	Outdoor	5/22/2006	Mon	4 x 100 Meter					
Summit Relays	Outdoor	4/7/2007	Sat	4 x 100 Meter					
Blue Devil Classic	Outdoor	4/21/2007	Sat	4 x 100 Meter					
Penn Relays	Outdoor	4/26/2007	Thurs	4 x 100 Meter					

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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	4 x 100 Meter					
Union County Relay Championships	Outdoor	5/3/2007	Thurs	4 x 100 Meter					
200 (Open)									
Meet vs North Plainfield	Outdoor	4/19/2004	Mon	200 Meter			28.50		
Meet vs Roselle Park	Outdoor	4/20/2004	Tues	200 Meter				2	
North Plainfield	Outdoor	4/5/2005	Tues	200 Meter			30.20		
Meet vs Roselle Catholic High School &	Outdoor	4/19/2005	Tues	200 Meter			29.20		
Mountain Valley Conference	Outdoor	5/10/2005	Tues	200 Meter			28.00		
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	200 Meter			28.00		
Meet vs Governor Livingston	Outdoor	4/11/2006	Tues	200 Meter			27.60		
Meet vs Roselle Catholic and Newark	Outdoor	4/19/2006	Wed	200 Meter			27.80	3	
Mountain Valley Conference	Outdoor	5/9/2006	Tues	200 Meter			27.60		
Meet vs Roselle Catholic High School	Outdoor	4/3/2007	Tues	200 Meter			30.00		
200 (Relay)									
Catholic Conference Relays	Outdoor	5/2/2004	Sun	4 x 200 Meter			28.10		
Herm Johnson Relays	Outdoor	4/9/2005	Sat	4 x 200 Meter			29.07		
Blue Devil Classic	Outdoor	4/16/2005	Sat	4 x 200 Meter			28.50		
Blue Devil Classic	Outdoor	4/16/2005	Sat	SMR 4-2-2-8			29.78		
NJCTC Relays	Outdoor	4/24/2005	Sun	4 x 200 Meter			27.85	1	
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	SMR 2-2-4-8			28.66		
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	4 x 200 Meter			27.69		
Union County Relay Championships	Outdoor	5/7/2005	Sat	4 x 200 Meter			28.13		
Herm Johnson Relays	Outdoor	4/8/2006	Sat	4 x 200 Meter			28.80		
Herm Johnson Relays	Outdoor	4/8/2006	Sat	SMR 2-2-4-8			28.20		
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 200 Meter			28.20		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	SMR 2-2-4-8			27.50		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	4 x 200 Meter			27.80		
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 200 Meter			27.30		
East Coast Relays	Outdoor	5/22/2006	Mon	4 x 200 Meter			27.10		
Blue Devil Classic	Outdoor	4/21/2007	Sat	4 x 200 Meter			26.50		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	4 x 200 Meter			26.90		

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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Union County Relay Championships	Outdoor	5/3/2007	Thurs	4 x 200 Meter			26.60		
East Cost Relays	Outdoor	5/21/2007	Mon	4 x 200 Meter			26.60		
400 (Open)									
Metuchen Frosh/Soph 1	Outdoor	4/2/2004	Friday	400 Meter			1:08.40	8	
Meet vs North Plainfield	Outdoor	4/19/2004	Mon	400 Meter			1:06.30	1	
North Plainfield	Outdoor	4/5/2005	Tues	400 Meter			1:08.10	3	
Meet vs Roselle Catholic High School &	Outdoor	4/19/2005	Tues	400 Meter			1:06.20	2	
Meet vs Roselle Catholic High School &	Outdoor	4/26/2005	Tues	400 Meter			1:09.80		
Meet vs Bishop Ahr	Outdoor	3/24/2006	Friday	400 Meter			1:06.40	1	
Meet vs North Plainfield	Outdoor	4/4/2006	Tues	400 Meter			1:06.10		
Meet vs Roselle Catholic and Newark	Outdoor	4/19/2006	Wed	400 Meter			1:05.10	1	
Meet vs Roselle Catholic and Mount St.	Outdoor	4/25/2006	Tues	400 Meter			1:04.70	1	
Mountain Valley Conference	Outdoor	5/9/2006	Tues	400 Meter			1:03.30		
Meet vs Roselle Catholic High School	Outdoor	4/3/2007	Tues	400 Meter			1:06.60	1	
Meet vs Governor Livingston and	Outdoor	4/10/2007	Tues	400 Meter			1:05.30	2	
Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	400 Meter			1:05.60	1	
Mountain Valley Conference	Outdoor	5/8/2007	Tues	400 Meter			1:02.00	4	
Union County Championships	Outdoor	5/19/2007	Sat	400 Meter			1:01.60	4	
Catholic Conference Championships	Outdoor	5/27/2007	Sun	400 Meter			1:01.39	4	
Non Public A State Championships	Outdoor	6/1/2007	Friday	400 Meter			1:02.29	9	
400 (Relay)									
Metuchen Frosh Soph 2	Outdoor	4/16/2004	Friday	SMR 2-2-4-8			1:06.50		
Meet vs Roselle Park	Outdoor	4/20/2004	Tues	4 x 400 Meter					
Catholic Conference Relays	Outdoor	5/2/2004	Sun	4 x 400 Meter			1:05.80		
Mountain Valley Conference	Outdoor	5/5/2004	Wed	4 x 400 Meter					
NJCTC Frosh/Soph Championships	Outdoor	5/9/2004	Sun	4 x 400 Meter					
NJCTC Relays	Outdoor	4/24/2005	Sun	4 x 400 Meter			1:09.41		
Mountain Valley Conference Relay	Outdoor	5/3/2005	Tues	4 x 400 Meter			1:05.24		
Union County Relay Championships	Outdoor	5/7/2005	Sat	4 x 400 Meter			1:05.74		
Mountain Valley Conference	Outdoor	5/10/2005	Tues	4 x 400 Meter			1:04.96		
Meet of Champions	Outdoor	6/8/2005	Wed	4 x 400 Meter			1:02.91		

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Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
Meet vs Governor Livingston	Outdoor	4/11/2006	Tues	4 x 400 Meter			1:07.70		
Meet vs Roselle Catholic and Newark	Outdoor	4/19/2006	Wed	4 x 400 Meter			1:06.30		
Hillsborough Raider Relays	Outdoor	4/22/2006	Sat	4 x 400 Meter			1:05.50		
Penn Relays	Outdoor	4/27/2006	Thurs	4 x 400 Meter			1:02.40		
Mountain Valley Conference Relay	Outdoor	5/3/2006	Wed	4 x 400 Meter			1:03.80		
Union County Relay Championships	Outdoor	5/6/2006	Sat	4 x 400 Meter			1:03.70		
Mountain Valley Conference	Outdoor	5/9/2006	Tues	4 x 400 Meter			1:01.30		
Catholic Conference Championships	Outdoor	5/28/2006	Sun	4 x 400 Meter			1:01.20		
Non Public A State Championships	Outdoor	6/1/2006	Thurs	4 x 400 Meter			1:01.50		
Meet of Champions	Outdoor	6/7/2006	Wed	4 x 400 Meter			1:01.60		
Summit Relays	Outdoor	4/7/2007	Sat	SMR 2-2-4-8			1:04.30		
Summit Relays	Outdoor	4/7/2007	Sat	4 x 400 Meter			1:05.30		
Meet vs Governor Livingston and	Outdoor	4/10/2007	Tues	4 x 400 Meter			1:07.40		
Meet vs Cranford and Hillside	Outdoor	4/17/2007	Tues	4 x 400 Meter			1:07.10		
Blue Devil Classic	Outdoor	4/21/2007	Sat	4 x 400 Meter			1:03.10		
Penn Relays	Outdoor	4/26/2007	Thurs	4 x 400 Meter			1:01.70		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	SMR 2-2-4-8			1:02.50		
Mountain Valley Conference Relay	Outdoor	5/1/2007	Tues	4 x 400 Meter			1:00.90		
Union County Relay Championships	Outdoor	5/3/2007	Thurs	4 x 400 Meter			1:00.80		
Mountain Valley Conference	Outdoor	5/8/2007	Tues	4 x 400 Meter			1:02.50		
Union County Championships	Outdoor	5/19/2007	Sat	4 x 400 Meter			1:01.90		
Union County Championships	Outdoor	5/20/2007	Sun	4 x 400 Meter			1:05.60		
Meet of Champions	Outdoor	6/6/2007	Wed	4 x 400 Meter			1:01.60		
800 (Open)									
Mountain Valley Conference Novice Me	eet Outdoor	5/16/2005	Mon	800 Meter			2:45.12	2	
Union County Championships	Outdoor	5/21/2005	Sat	800 Meter			2:35.10		
800 (Relay)									
Catholic Conference Championships	Outdoor	5/29/2005	Sun	4 x 800 Meter			2:41.96		
·	Culdon	3/23/2003	Guii	T Y OOO INICICI			2.41.30		
Long Jump	0.44	4/5/0005	T	Lana Luca			401.07.00"		
North Plainfield	Outdoor	4/5/2005	Tues	Long Jump			12' 07.00"		

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_	Meet	Location	Date	Day	Event	Start Time	Weather	Result	Place	Note
	Meet vs Roselle Catholic High School &	Outdoor	4/19/2005	Tues	Long Jump					
	Meet vs Roselle Catholic High School &	Outdoor	4/26/2005	Tues	Long Jump					
	Meet vs North Plainfield	Outdoor	4/4/2006	Tues	Long Jump					
	Meet vs Governor Livingston	Outdoor	4/11/2006	Tues	Long Jump					
	Meet vs Roselle Catholic High School	Outdoor	4/3/2007	Tues	Long Jump					

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