

Varsity Letter Points																		
2010 Season																		
	Randolph Inv	Wall Township	Mon Donovan	Six Flags Wild Safari	Lakewood	Woods Trail Run, VT	Pt Pleasant Boro	Manasquan	Old Bridge Classic	Ocean County Champs	Jackson Memorial	Shore Conf Frosh/JV	CJ Gr 3 State Sectional	Time Standard Points	Bonus Points	Current Accumulated Varsity Points	Current Varsity Points Standard (as of last meet)	Total Projected Points Needed for Varsity (based on total number of meets)
Arnold	0	0	3	0	5	0	3	5	0	1	3	0	3	0	0	23	36	36
Davies	3	5	5	4	5	5	5	5	5	5	4	0	5	8	0	64	36	36
Gustafson	3	5	5	5	0	5	5	5	4	4	0	0	0	8	0	49	36	36
Harper	2	3	4	2	5	0	3	3	1	2	3	0	0	0	0	28	36	36
Luca	2	3	4	2	5	4	4	5	2	2	3	0	3	4	0	43	36	36
Mahmoud	0	0	4	0	5	3	4	5	2	2	3	0	0	4	0	32	36	36
Yostpille	0	0	0	0	3	0	1	1	0	0	0	0	0	0	0	5	36	36
Curtis	0	5	5	4	5	5	5	5	2	4	3	0	4	8	0	55	36	36
Rajhel	1	0	3	0	3	2	3	0	0	0	2	0	2	0	0	16	36	36
Sclafani	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	36	36
Eckett	4	5	5	5	5	5	5	5	5	5	4	0	0	8	0	61	36	36
Lackay	1	3	1	0	0	0	1	3	0	0	2	0	0	0	0	11	36	36
Cate	0	3	3	0	3	0	4	3	0	0	2	0	0	0	0	18	36	36

Race Breakdown		Freedom Park, Randolph			A-Standard	17:45		
Randolph Invitational		Nice, High Low 60's - Night Race			B-Standard	18:38		
9/10/2010					C-Standard	19:24		
					Negative Split			
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Eckett	5:30:00	11:21:00	5:51	5:32	17:29:00	5:37:38	V	4
Davies	5:30:00	11:30:00	6:00	5:45	17:52:00	5:45:03	V	3
Gustafson	5:25:00	11:39:00	6:14	6:10	18:29:00	5:56:57	V	3
Luca	6:18:00	13:33:00	7:15	6:57	21:15:00	6:50:23	V	2
Harper	6:44:00	13:59:00	7:15	6:54	21:38:00	6:57:47	JV	2
Rajhel	6:37:00	14:04:00	7:27	7:10	22:00:00	7:04:52	JV	1
Lackay	7:17:00	16:01:00	8:44	8:06	25:00:00	8:02:48	JV	1
Arnold	DNF- Injury							0
Mahmoud	DNS- Injury							0
Curtis	DNR							0
Yostpille	DNR							0
Sclafani	DNR							0
Frosh Race	Mile 1	1.65 Miles						
Cate	6:57:00	11:36:00				7:01:49	F	0
				Team Average	N/A			
Course +30 seconds from OCP								
Course Measured to 5000m								
Freshman Course is 2655m (1.65miles)								
Meat of the Meet Award- Nick Eckett								

Race Breakdown			JLHS Course			A-Standard	17:38	
Dual Meet vs Wall Twp			Sunny, 80's			B-Standard	18:28	
9/14/2010						C-Standard	19:08	
Win 20-35								
2010 Record 1-0								
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Eckett	5:26:00	11:31:00	6:05	5:37	17:45:00	5:42:47	V	5
Davies	5:25:00	11:32:00	6:07	6:03	18:14:00	5:52:07	V	5
Gustafson	5:24:00	11:23:00	5:59	6:13	18:16:00	5:52:46	V	5
Curtis	5:36:00	11:57:00	6:21	6:09	18:46:00	6:02:25	V	5
Luca	6:04:00	13:20:00	7:16	7:00	21:05:00	6:47:10	V	3
Harper	6:29:00	14:07:00	7:38	7:23	22:18:00	7:10:40	V	3
Cate	7:07:00	15:18:00	8:11	8:31	24:44:00	7:57:39	V	3
Lackay	7:23:00	16:17:00	8:54	8:33	25:45:00	8:17:17	JV	3
Rajhel	6:33:00	DNF			DNF			
Arnold	DNR							
Mahmoud	DNR							
Yostpille	DNR							
Sclafani	DNR							
					Team Average	18:49:12		
Course +30 seconds from OCP								
Course Measured to 5000m								
Meat of the Meet Award - Nick Luca								

Race Breakdown		JLHS Course			A-Standard	17:38		
Dual Meet vs Monsignor Donovan		Light Breeze 75 deg			B-Standard	18:28		
9/21/2010					C-Standard	19:08		
Win 26-30								
2010 Record 2-0								
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Gustafson	5:31:00	11:27:00	5:56	5:40	17:44:00	5:42:28	V	5
Eckett	5:29:00	11:28:00	5:59	5:43	17:48:00	5:43:45	V	5
Davies	5:27:00	11:19:00	5:52	5:53	17:50:00	5:44:24	V	5
Curtis	5:40:00	11:50:00	6:10	6:07	18:37:00	5:59:32	V	5
Luca	6:00:00	12:47:00	6:47	6:25	19:54:00	6:24:19	V	4
Mahmoud	6:06:00	13:22:00	7:16	6:58	21:05:00	6:47:10	V	4
Harper	6:27:00	14:00:00	7:33	7:21	22:09:00	7:07:46	V	4
Rajhel	6:28:00	14:26:00	7:58	7:33	22:48:00	7:20:19	JV	3
Arnold	6:38:00	14:29:00	7:51	7:45	23:04:00	7:25:28	JV	3
Cate	6:48:00	14:43:00	7:55	7:44	23:17:00	7:29:39	JV	3
Lackay	6:57:00	15:11:00	8:14	7:38	23:39:00	7:36:44	JV	1
Yostpille	DNR							
Sclafani	DNR							
				Team Average	18:22:36			
Course +30 seconds from OCP								
Course Measured to 5000m								
Meat of the Meet Award - Kyle Lackay								

Race Breakdown		Six Flags Safari, Jackson			A-Standard	NS		
Six Flags Safari Invitational		Hot & Humid 85			B-Standard	NS		
9/25/2010		Course: Difficult			C-Standard	NS		
10th Place (19 teams)								
Varsity 5K	Mile 1	Mile 2	NO SPLIT	Mile 2-3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Eckett	5:25:00			5:43	17:28:00	5:37:19	V	5
Gustafson	5:17:00			6:09	18:16:00	5:52:46	V	5
Curtis	5:29:00			6:27	19:05:30	6:08:42	V	4
Davies	5:17:00			6:33	19:05:50	6:08:48	V	4
Luca	5:54:00			7:08	20:56:00	6:44:16	V	2
Harper	6:00:00			7:13	21:13:00	6:49:44	V	2
JV 5K	Mile 1	Mile 2	NO SPLIT	Mile 2-3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Rajhel	6:32:00			8:15	23:55:00	7:41:53	JV	0
Arnold	6:32:00			8:40	24:48:00	7:58:56	JV	0
Lackay	7:19:00			8:31	25:16:00	8:07:57	JV	0
Cate	7:16:00			9:15	26:46:00	8:36:55	JV	0
Yostpille	7:36:00			9:43	28:06:00	9:02:40	JV	0
Sclafani	INJ-DNR							
Mahmoud	INJ-DNR							
				Team Average	18:58:16			
Course +40 seconds from OCP								
Course Measured to 5000m								
Meat of the Meet Award - Phil Curtis								

Race Breakdown		Ocean County Park			A-Standard	17:08		
Dual Meet vs Lakewood		Cloudy, Light Rain, Tornado Watch			B-Standard	17:58		
9/28/2010					C-Standard	18:53		
Win 22-37								
2010 Record 3-0								
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Davies	6:01:00	12:11:00	6:10	5:44	18:32:00	5:57:55	V	5
Eckett	6:00:00	12:11:00	6:11	5:50	18:39:00	6:00:10	V	5
Curtis	6:01:00	12:18:00	6:17	6:10	19:08:00	6:09:30	V	5
Mahmoud	6:14:00	13:01:00	6:47	5:56	19:36:00	6:18:31	V	5
Luca	6:20:00	13:35:00	7:15	6:51	21:10:00	6:48:46	V	5
Arnold	6:50:00	14:11:00	7:21	7:01	21:58:00	7:04:13	V	5
Harper	7:04:00	14:36:00	7:32	7:19	22:43:00	7:18:42	V	5
Rajhel	7:13:00	15:32:00	8:19	7:15	23:34:00	7:35:07	JV	3
Cate	7:00:00	15:09:00	8:09	7:56	23:56:00	7:42:12	JV	3
Yostpille	8:40:00	18:16:00	9:36	9:28	28:45:00	9:15:13	JV	3
Lackay	DNF							
Gustafson	DNR							
Sclafani	INJ							
				Team Average	19:25:00			
Course +0 seconds from OCP								
Course Measured to 5000m								
Meat of the Meet Awards -								

Race Breakdown		Thetford Academy, Vermont			A-Standard	18:45		
Woods Trail Run		Nice, Sunny 60 degrees			B-Standard	19:35		
10/2/2010					C-Standard	20:20		
38th Place (63 teams)								
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Davies	5:46:00	11:59:00	6:13	6:27	19:08:00	6:09:30	V	5
Eckett	5:48:00	12:06:00	6:18	6:42	19:31:00	6:16:55	V	5
Gustafson	5:45:00	12:06:00	6:21	6:54	19:45:00	6:21:25	V	5
Curtis	5:52:00	12:16:00	6:24	6:57	19:58:00	6:25:36	V	5
Luca	6:22:00	13:21:00	6:59	7:17	21:25:00	6:53:36	V	4
Mahmoud	6:25:00	13:37:00	7:12	7:38	22:05:00	7:06:29	V	3
Rajhel	6:35:00	14:44:00	8:09	7:57	23:32:00	7:34:29	V	2
Arnold	7:07:00	15:04:00	7:57	8:31	24:30:00	7:53:09	JV	0
Cate	7:32:00	15:25:00	7:53	8:17	24:36:00	7:55:05	JV	0
Lackay	7:20:00	15:26:00	8:06	8:42	25:04:00	8:04:05	JV	0
Yostpille	7:58:00	16:51:00	8:53	9:28	27:20:00	8:47:52	JV	0
Harper	DNR							
Sclafani	INJ							
				Team Average	19:57:24			
Course +90 seconds from OCP								
Course Measured to 5000m								
Meat of the Meet Award - Mike Davies								

Race Breakdown		Ocean County Park				A-Standard	17:08	
Dual Meet Pt Boro		Nice, light breeze, 70s				B-Standard	17:58	
10/7/2010						C-Standard	18:53	
Win 25-31								
2010 Record 4-0								
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Eckett	5:30:00	10:56:00	5:26	4:59	16:27:00	5:17:41	V	5
Davies	5:29:00	10:53:00	5:24	5:05	16:31:00	5:18:58	V	5
Gustafson	5:29:00	10:52:00	5:23	5:24	16:51:00	5:25:25	V	5
Curtis	5:33:00	11:07:00	5:34	5:20	17:02:00	5:28:57	V	5
Luca	5:51:00	12:08:00	6:17	5:49	18:35:00	5:58:53	V	4
Mahmoud	6:03:00	12:26:00	6:23	5:59	19:04:00	6:08:13	V	4
Cate	6:34:00	13:24:00	6:50	6:19	20:24:00	6:33:58	V	4
Arnold	6:26:00	13:36:00	7:10	6:39	20:58:00	6:44:55	JV	3
Harper	6:42:00	13:46:00	7:04	6:35	21:04:00	6:46:51	JV	3
Rajhel	6:26:00	14:01:00	7:35	6:27	21:10:00	6:48:46	JV	3
Lackay	6:52:00	14:31:00	7:39	6:50	22:05:00	7:06:29	JV	1
Yostpille	7:30:00	15:51:00	8:21	7:45	24:26:00	7:51:52	JV	1
Sclafani	INJ							
				Team Average	17:05:12			
Course +0 seconds from OCP								
Course Measured to 5000m								
Meat of the Meet Awards - Varsity Team								

Race Breakdown		Jackson Liberty HS				A-Standard	17:38	
Dual Meet vs Manasquan		Nice 70s				B-Standard	18:28	
10/12/2010						C-Standard	19:08	
Win 17-44								
2010 Record 5-0								
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Gustafson	5:36:00	11:24:00	5:48	5:34	17:34:00	5:39:15	V	5
Davies	5:36:00	11:27:00	5:51	5:59	18:05:00	5:49:14	V	5
Curtis	5:42:00	12:00:00	6:18	5:57	18:36:00	5:59:12	V	5
Eckett	6:34:00	12:55:00	6:21	5:39	19:11:00	6:10:28	V	5
Luca	5:58:00	12:34:00	6:36	6:10	19:24:00	6:14:39	V	5
Mahmoud	6:14:00	13:02:00	6:48	6:23	20:07:00	6:28:30	V	5
Arnold	6:36:00	14:02:00	7:26	7:01	21:48:00	7:01:00	V	5
Harper	6:34:00	14:01:00	7:27	7:03	21:50:00	7:01:39	JV	3
Cate	6:58:00	14:48:00	7:50	7:23	22:59:00	7:23:51	JV	2
Lackay	7:08:00	15:10:00	8:02	7:59	24:01:00	7:43:49	JV	2
Yostpille	7:31:00	15:53:00	8:22	8:23	25:10:00	8:06:01	JV	1
Rajhel	INJ							
Sclafani	INJ							
				Team Average	18:34:00			
Course +30 seconds from OCP								
Course Measured to 5000m								
Meat of the Meet Awards -								

Race Breakdown		Thompson Park, Jamesburg			A-Standard	17:40		
Old Bridge XC Fall Classic		Sunny 70s			B-Standard	18:35		
10/16/2010					C-Standard	19:22		
17th Place (22 teams)								
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Eckett	5:26:00	11:08:00	5:42	5:29	17:13:00	5:32:29	V	5
Davies	5:22:00	10:58:00	5:36	6:02	17:39:00	5:40:52	V	5
Gustafson	5:18:00	11:14:00	5:56	6:05	17:59:00	5:47:18	V	4
Curtis	5:44:00	11:54:00	6:10	6:19	18:54:00	6:05:00	V	2
Luca	5:45:00	12:22:00	6:37	6:41	19:46:00	6:21:44	V	2
Mahmoud	5:58:00	12:42:00	6:44	6:34	19:59:00	6:25:55	V	2
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Harper	6:23:00	13:45:00	7:22	6:43	21:12:00	6:49:25	JV	1
Cate	6:38:00	13:36:00	6:58	7:12	21:35:00	6:56:49	JV	0
Rajhel	6:35:00	13:49:00	7:14	7:26	22:03:00	7:05:50	JV	0
Arnold	6:37:00	14:18:00	7:41	8:03	23:13:00	7:28:22	JV	0
Lackay	7:10:00	15:27:00	8:17	8:38	25:01:00	8:03:08	JV	0
Yostpille	DNR							
Sclafani	INJ							
Course +0:20 seconds from OCP				Team Average	18:18:12			
Course Measured to 5000m								
Meat of the Meet Award -								

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:08		
Ocean County Championships		Nice 60			B-Standard	17:58		
10/21/2010					C-Standard	18:53		
10th Place (17 teams)								
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Eckett	5:20:00	10:56:00	5:36	5:09	16:39:00	5:21:33	V	5
Davies	5:23:00	10:55:00	5:32	5:15	16:44:00	5:23:09	V	5
Gustafson	5:19:00	11:00:00	5:41	5:45	17:22:00	5:35:23	V	4
Curtis	5:30:00	11:16:00	5:46	5:41	17:34:00	5:39:15	V	4
Mahmoud	5:48:00	12:14:00	6:26	5:50	18:42:00	6:01:08	V	2
Luca	5:42:00	12:08:00	6:26	6:01	18:48:00	6:03:04	V	2
Harper	6:10:00	12:56:00	6:46	6:33	20:11:00	6:29:47	V	2
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Arnold	6:08:00	12:51:00	6:43	6:14	19:45:00	6:21:25	JV	1
Rajhel	6:30:00	13:22:00	6:52	6:18	20:21:00	6:33:00	JV	0
Lackay	6:39:00	14:20:00	7:41	7:13	22:20:00	7:11:18	JV	0
Frosh Race	Mile 1	2 Miles						
Cate	5:53:00	12:14:00	6:21			6:07:00	F	0
Yostpille	DNR							
Sclafani	INJ							
Course +0 seconds from OCP				Team Average	17:24:12			
Course Measured to 5000m								
Meat of the Meet Award - Charlie Arnold								

Race Breakdown		Jackson Memorial HS Course				A-Standard	NS	
Dual Meet vs Jackson Memorial		Sunny 60s				B-Standard	NS	
10/25/2010						C-Standard	NS	
L-21-38								
2010 Record 5-1								
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Eckett	5:35:00	11:17:00	5:42	5:52	17:47:00	5:43:26	V	4
Davies	5:34:00	11:09:00	5:35	6:14	18:04:00	5:48:54	V	4
Curtis	5:37:00	11:31:00	5:54	6:24	18:37:00	5:59:32	V	3
Luca	5:44:00	12:30:00	6:46	6:47	20:01:00	6:26:34	V	3
Mahmoud	6:01:00	12:46:00	6:45	6:43	20:13:00	6:30:26	V	3
Arnold	6:17:00	13:08:00	6:51	7:07	21:01:00	6:45:53	V	3
Harper	6:18:00	13:33:00	7:15	7:29	21:50:00	7:01:39	V	3
Rajhel	6:24:00	14:05:00	7:41	8:18	23:17:00	7:29:39	JV	2
Cate	6:49:00	14:49:00	8:00	8:28	24:12:00	7:47:21	JV	2
Lackay	7:43:00	15:48:00	8:05	8:20	25:02:00	8:03:27	JV	2
Yostpille	7:54:00	16:35:00	8:41	8:58	26:31:00	8:32:06	JV	0
Gustafson	INJ							
Sclafani	INJ							
Course +20 seconds from OCP				Team Average	18:56:24			
Course Measured to 5000m								
Meat of the Meet Award -								

Race Breakdown					Ocean County Park, Lakewood		A-Standard	17:08	
Shore Conf Frosh/JV Champs					Nice, Sunny High 50s		B-Standard	17:58	
10/30/2010							C-Standard	18:53	
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts	
Harper	6:01:00	12:42:00	6:46	6:33	20:03:00	6:29:47	JV	0	
Arnold	6:12:00	13:04:00	6:43	6:14	20:37:00	6:21:25	JV	0	
Rajhel	6:12:00	13:25:00	6:52	6:18	21:26:00	6:33:00	JV	0	
Lackay	6:34:00	14:00:00	7:41	7:13	22:31:00	7:11:18	JV	0	
Yostpille	6:58:00	14:52:00	7:41	7:13	23:56:00	7:11:18	JV	0	
Frosh Race	Mile 1	2 Miles							
Cate	5:52:00	12:36:00	6:21			6:07:00	F	0	
Course +0 seconds from OCP					Team Average	21:42:36			
Course Measured to 5000m									
Meat of the Meet Award									

Race Breakdown		Thompson Park, Jamesburg			A-Standard	17:40		
CJ Group 3 State Sectional		Sunny 50s			B-Standard	18:35		
11/6/2010					C-Standard	19:22		
17th Place (22 teams)								
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Davies	5:17:00	11:01:00	5:44	6:01	17:41:00	5:41:30	V	5
Curtis	5:36:00	11:33:00	5:57	6:00	18:12:00	5:51:29	V	4
Luca	5:51:00	12:28:00	6:37	6:52	20:05:00	6:27:51	V	3
Arnold	6:28:00	13:32:00	7:04	7:04	21:22:00	6:52:38	V	3
Rajhel	6:32:00	13:46:00	7:14	7:25	21:59:00	7:04:33	V	2
Mahmoud	DNS- INJ							
Harper	SAT							
Gustafson	INJ							
Eckett	INJ							
Sclafani	INJ							
Course +0:20 seconds from OCP				Team Average	19:51:48			
Course Measured to 5000m								
Meat of the Meet Award -								