

Varsity Letter Points																
2007 Season																
	Randolph Inv	South River	Manchester/MonDon	Cougar	Shore Coach	Jackson Memorial	Old Bridge Classic	Pt Boro/Lakewood	Ocean County Championships	Pinelands/Barnegat	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)
Avilleira	4	4	3	4	3	3	4	3	4	3		4		39	25	27.5
Mamazza	3	4	2	3	4	3	0	3	4	3		4		33	25	27.5
Fitzpatrick	3	4	3	3	4	3	4	3	4	3		4		38	25	27.5
Locklear	3	4	2	2	4	3	4	3	4	3		4		36	25	27.5
Cucchiara	3	4	1	3	3	2	2	3	3	2		2		28	25	27.5
Albrecht	1	4	2	2	2	1	2	2	0	2				18	25	27.5
Lyons	2	2	1	1	2	2	3	2	0	1				16	25	27.5
Forsman	2	4	1	2	1	1	2	2	0	1				16	25	27.5
Columbus	0	1	0	0	0	0	1	1	0	0				3	25	27.5
Chesley	0	2	0	0	0	0	0	1	0	0				3	25	27.5
Mannikus	0	1	0	0	0	0	0	0	0	0				1	25	27.5
Scharff	0	0	0	0	0	1	1	0	0	0				2	25	27.5
Davies	0	0	2	0	0	0	2	3	2	2		2		13	25	27.5
Luca	0	0	0	0	0	0	0	0	0	0				0	25	27.5
Yostpille	0	0	0	0	0	0	0	0	0	0				0	25	27.5
Zak	0	2	2	0	0	2	3	3	2	1				15	25	27.5

Race Breakdown		Course				
Randolph Inv		Freedom Park				
9/7/2007						
	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K	Ave Mile Pace
Avilleira	5:44:00	12:00:00	6:16	6:12	18:50:00	6:03:43
Mamazza	5:44:00	12:14:00	6:30	7:05	20:03:00	6:27:12
Fitzpatrick	6:07:00	13:22:00	7:15	6:54	20:59:00	6:45:14
Locklear	6:26:00	13:40:00	7:14	6:45	21:07:00	6:47:48
Cucchiara	6:29:00	13:44:00	7:15	7:21	21:50:00	7:01:39
Albrecht					23:00:00	7:24:11
Lyons	6:54:00	15:01:00	8:07	7:53	23:43:00	7:38:01
Forsman	6:43:00	15:07:00	8:24	8:03	24:00:00	7:43:29
Columbus					24:27:00	7:52:11
Chesley					24:34:00	7:54:26
Mannikus					26:20:00	8:28:33
Frosh Race	Finish	Mile Pace				
Davies	10:55:00	6:37:27				
Luca	12:39:00	7:40:33				
Yostpille	15:07:00	9:10:22				
Zak	11:36:00	7:02:20				

Race Breakdown		Course					
South River		South River HS					
9/9/2007							
	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K	Ave Mile Pace	
Avilleira	5:48:00	12:07:00	6:19	6:25	19:12:00	6:10:48	
Mamazza	5:46:00	12:07:00	6:21	6:37	19:25:00	6:14:59	
Fitzpatrick	5:47:00	12:06:00	6:19	6:26	19:12:00	6:10:48	
Locklear	6:10:00	12:49:00	6:39	6:27	19:56:00	6:24:57	
Cucchiara	6:00:00	12:45:00	6:45	6:23	19:48:00	6:22:23	
Albrecht	6:17:00	13:21:00	7:04	7:03	21:08:00	6:48:08	
Lyons	6:29:00	13:39:00	7:10	7:12	21:35:00	6:56:49	
Forsman	6:18:00	13:22:00	7:04	6:29	20:31:00	6:36:13	
Columbus	6:31:00	14:09:00	7:38	7:40	22:36:00	7:16:27	
Chesley	6:49:00	14:01:00	7:12	7:12	21:57:00	7:03:54	
Mannikus	7:09:00	15:39:00	8:30	8:35	25:07:00	8:05:03	
Zak	6:28:00	13:54:00	7:26	7:11	21:49:00	7:01:20	
	Mile 1	Mile 2	Ave Mile Pace				
Luca	7:09:00	14:47:00	7:23				
Yostpille	8:04:00	17:16:00	8:38				

Race Breakdown			Course			
Manchester-MonDon Dual Meet			Ocean County Park			
9/25/2007						
	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K	Ave Mile Pace
Avilleira	5:47:00	12:00:00	6:13	5:27	18:01:00	5:47:56
Mamazza	5:51:00	12:30:00	6:39	7:12	20:27:00	6:34:56
Fitzpatrick	5:51:00	12:22:00	6:31	5:59	18:58:00	6:06:17
Locklear	6:15:00	13:17:00	7:02	6:23	20:19:00	6:32:21
Cucchiara	6:12:00	14:02:00	7:50	7:17	22:04:00	7:06:09
Albrecht	6:35:00	13:35:00	7:00	6:09	20:22:00	6:33:19
Lyons	6:45:00	14:26:00	7:41	7:07	22:17:00	7:10:20
Forsman	6:15:00	13:17:00	7:02	6:41	20:39:00	6:38:48
Columbus	6:53:00	15:20:00	8:27	7:56	24:05:00	7:45:06
Chesley	6:53:00	15:20:00	8:27	7:37	23:44:00	7:38:20
Mannikus	DNR					
Davies	6:10:00	13:15:00	7:05	6:25	20:20:00	6:32:41
Luca	DNR					
Yostpille	DNR					
Zak	6:30:00	14:08:00	7:38	5:48	20:32:00	6:36:33

Race Breakdown				Bucks Mill Park, Colts Neck		
Cougar Invitational						
9/28/2007						
	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace
Avilleira	5:43:00	11:27:00	5:44	5:52	17:55:00	5:46:01
Mamazza	5:43:00	11:35:00	5:52	6:21	18:35:00	5:58:53
Fitzpatrick	5:50:00	11:55:00	6:05	6:17	18:51:00	6:04:02
Locklear	6:21:00	12:54:00	6:33	6:26	20:00:00	6:26:15
Cucchiara	5:58:00	12:14:00	6:16	6:33	19:28:00	6:15:57
Albrecht	6:31:00	13:22:00	6:51	7:00	21:05:00	6:47:10
Lyons	6:38:00	13:22:00	6:44	6:28	20:30:00	6:35:54
Forsman	6:20:00	13:14:00	6:54	6:52	20:48:00	6:41:42
Columbus	6:46:00	13:46:00	7:00	7:06	21:36:00	6:57:09
Chesley	6:58:00	14:03:00	7:05	6:56	21:42:00	6:59:04
Mannikus	6:58:00	14:24:00	7:26	7:38	22:49:00	7:20:38
Scharff						
Frosh 2 Miles	Mile 1	Mile 2 Split	Finish	Ave Mile Pace		
Davies	5:56:00	6:21:31	12:22:00	6:13		
Luca	6:39:00	6:47:13	13:31:00	6:47		
Yostpille	7:27:00	8:14:12	15:47:00	7:56		
Zak	6:19:00	6:24:29	12:48:00	6:26		

Race Breakdown				Holmdel Park			
Shore Coaches Invitational				Sunny, Warm Humid 75-80 deg			
10/6/2007							
	Mile 1	Mile 1.5	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace
Avilleira	6:14:00	9:21:00	12:52:00	6:38	6:27	19:59:00	6:25:55
Mamazza	6:01:00	8:54:00	12:10:00	6:09	5:58	18:45:00	6:02:06
Fitzpatrick	6:15:00	9:22:00	12:45:00	6:30	5:49	19:10:00	6:10:09
Locklear	6:30:00	9:33:00	12:58:00	6:28	5:55	19:30:00	6:16:35
Cucchiara	6:49:00	10:06:00	13:54:00	7:05	6:30	21:04:00	6:46:51
Albrecht	7:08:00	10:28:00	14:22:00	7:14	6:59	22:04:00	7:06:09
Lyons	7:05:00	10:35:00	14:42:00	7:37	6:45	22:09:00	7:07:46
Forsman	6:33:00	9:44:00	13:25:00	6:52	6:43	20:50:00	6:42:20
Columbus	7:32:00	11:21:00	15:30:00	7:58	7:34	23:51:00	7:40:36
Chesley	7:35:00	11:18:00	15:24:00	7:49	7:43	23:55:00	7:41:53
Mannikus	7:37:00	11:14:00	15:24:00	7:47	7:19	23:28:00	7:33:11
Scharff	6:58:00	10:33:00	14:34:00	7:36	7:02	22:20:00	7:11:18
Frosh 2 Miles	Mile 1	Mile 2 (calc)	Finish	Ave Mile Pace			
Davies	6:19:00	6:17:53	13:09:00	6:18:25			
Luca	7:07:00	6:39:05	14:20:00	6:52:28			
Yostpille	7:58:00	8:14:56	16:55:00	8:06:49			
Zak	6:35:00	6:31:42	13:40:00	6:33:17			

Race Breakdown			Liberty Home Course	A-Standard	18:05	
Jackson Memorial Dual Meet			Cool Cloudy 67	B-Standard	18:55	
10/8/2007				C-Standard	19:50	
				Negative Split		
	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace
Avilleira	5:54:00	12:02:00	6:08	5:30	18:06:00	5:49:33
Mamazza	5:54:00	12:23:00	6:29	6:12	19:13:00	6:11:07
Fitzpatrick	5:50:00	12:23:00	6:33	6:02	19:02:00	6:07:34
Locklear	6:12:00	12:54:00	6:42	5:56	19:27:00	6:15:37
Cucchiara	6:03:00	13:03:00	7:00	6:15	19:57:00	6:25:17
Albrecht	6:45:00	14:09:00	7:24	6:49	21:40:00	6:58:26
Lyons	6:52:00	14:10:00	7:18	6:19	21:08:00	6:48:08
Forsman	6:37:00	14:11:00	7:34	6:53	21:47:00	7:00:41
Columbus	6:47:00	14:38:00	7:51	7:02	22:24:00	7:12:35
Chesley	7:04:00	14:50:00	7:46	7:04	22:38:00	7:17:06
Mannikus	DNR					
Scharff	6:47:00	14:10:00	7:23	6:52	21:44:00	6:59:43
Zak	6:40:00	13:53:00	7:13	7:02	21:39:00	6:58:06
Frosh 2 Miles	Mile 1	Mile 2	Mile 2 Split	Finish	Ave Mile Pace	
Davies	6:32:00	13:44:00	7:12	14:56:00	7:01:47	
Luca	7:00:00	14:47:00	7:47	15:49:00	7:35:09	
Yostpille	7:56:00			18:26:00	8:50:27	

Race Breakdown		Thompson Park, Jamesburg			A-Standard	18:05		
Old Bridge Classic		Sunny, Cool Low 60s			B-Standard	18:55		
10/13/2007					C-Standard	19:59		
					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
Avilleira	6:11:00	12:10:00	5:59	6:03	18:50:00	6:03:43	V	4
Mamazza	DNR							
Fitzpatrick	6:11:00	12:13:00	6:02	6:08	18:59:00	6:06:37	V	4
Locklear	6:11:00	12:12:00	6:01	6:02	18:51:00	6:04:02	V	4
Cucchiara	6:11:00	13:25:00	7:14	7:06	21:15:00	6:50:23	V	2
Albrecht	6:43:00	13:36:00	6:53	7:05	21:25:00	6:53:36	V	2
Lyons	6:31:00	13:08:00	6:37	6:41	20:30:00	6:35:54	V	3
Forsman	6:41:00	13:11:00	6:30	6:37	20:29:00	6:35:35	JV	2
Columbus	6:41:00	13:12:00	6:31	7:08	21:04:00	6:46:51	JV	1
Chesley	6:41:00	13:42:00	7:01	7:09	21:35:00	6:56:49	JV	
Mannikus	DNR							
Scharff	6:41:00	13:18:00	6:37	6:40	20:39:00	6:38:48	JV	1
Davies	6:41:00	13:00:00	6:19	6:40	20:21:00	6:33:00	JV	2
Zak	6:31:00	12:59:00	6:28	6:48	20:29:00	6:35:35	V	3
Frosh 2.25 Miles	Mile 1	Mile 2	Mile 2 Split	Finish	Ave Mile Pace			
Luca	6:13:00	13:22:00	7:09	14:40:00	6:31:07		F	
Yostpille	7:16:00	15:25:00	8:09	16:52:00	7:29:47		F	
Race Notes:								
Runners went out at specified easy pace first mile then raced in.								
Miles splits are calculated from 1600m split								

Race Breakdown		Ocean County Park			A-Standard	17:15		
Tri Meet Pt Boro/Lakewood		Sunny, Warm High 60s			B-Standard	18:12		
10/15/2007					C-Standard	19:18		
					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
Avilleira	5:53:00	11:53:00	6:00	5:25	17:52:00	5:45:03	V	4
Mamazza	5:53:00	12:03:00	6:10	5:31	18:08:00	5:50:12		
Fitzpatrick	5:53:00	12:07:00	6:14	5:38	18:20:00	5:54:03	V	4
Locklear	6:01:00	12:26:00	6:25	5:53	18:56:00	6:05:39	V	4
Cucchiara	5:48:00	12:26:00	6:38	6:10	19:14:00	6:11:26	V	2
Albrecht	6:36:00	13:47:00	7:11	6:25	20:52:00	6:42:59	V	2
Lyons	6:39:00	13:30:00	6:51	6:09	20:17:00	6:31:43	V	3
Forsman	6:27:00	13:29:00	7:02	6:13	20:21:00	6:33:00	JV	2
Columbus	6:23:00	13:45:00	7:22	6:33	20:59:00	6:45:14	JV	1
Chesley	6:54:00	14:22:00	7:28	6:32	21:34:00	6:56:30	JV	
Mannikus	DNR							
Scharff	6:25:00	13:47:00	7:22	6:41	21:09:00	6:48:27	JV	1
Davies	6:09:00	12:47:00	6:38	5:58	19:22:00	6:14:01	JV	2
Zak	6:22:00	13:17:00	6:55	6:18	20:14:00	6:30:45	V	3
Frosh 2.25 Miles	Mile 1	Mile 2	Mile 2 Split	Finish	Ave Mile Pace			
Luca				13:38:00	6:03:33		F	
Yostpille				15:50:00	7:02:13		F	
Course was short.								

Race Breakdown		Ocean County Park			A-Standard	17:15				
Ocean County Championships		Sunny, Breezy, Warm Low 70s			B-Standard	18:12				
10/20/2007					C-Standard	19:18				
					Negative Split					
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	TriMeet Oct 15	Improvement	Race	V Letter Pts
Avilleira	5:43:00	11:37:00	5:54	5:39	17:51:00	5:44:43	17:52:00	0:01:00	V	4
Mamazza	5:41:00	11:48:00	6:07	5:53	18:18:00	5:53:25	18:08:00	0:10	V	
Fitzpatrick	5:43:00	11:54:00	6:11	5:37	18:06:00	5:49:33	18:20:00	0:14:00	V	4
Locklear	5:58:00	12:18:00	6:20	5:45	18:39:00	6:00:10	18:56:00	0:17:00	V	4
Cucchiara	5:54:00	12:17:00	6:23	5:55	18:49:00	6:03:23	19:14:00	0:25:00	V	2
Albrecht	6:05:00	12:45:00	6:40	6:13	19:36:00	6:18:31	20:52:00	1:16:00	JV	2
Lyons	6:21:00	13:10:00	6:49	6:23	20:12:00	6:30:06	20:17:00	0:05:00	JV	3
Forsman	6:14:00	12:58:00	6:44	6:13	19:50:00	6:23:01	20:21:00	0:31:00	JV	2
Columbus	6:21:00	13:51:00	7:30	6:43	21:16:00	6:50:42	20:59:00	0:17:00	JV	1
Chesley	6:44:00	13:51:00	7:07	6:44	21:17:00	6:51:02	21:34:00	0:17:00	JV	
Mannikus	DNR							0:00:00		
Scharff	6:18:00	13:05:00	6:47	6:20	20:04:00	6:27:32	21:09:00	1:05:00	JV	1
Davies	5:58:00	12:35:00	6:37	6:07	19:20:00	6:13:22	19:22:00	0:02:00	V	2
Zak	6:06:00	12:46:00	6:40	6:03	19:27:00	6:15:37	20:14:00	0:47:00	V	3
Frosh 2.25 Miles	Mile 1	Mile 2	Mile 2 Split	Finish	Ave Mile Pace					
Luca	6:12:00			12:58:00	6:29:00				F	
Yostpille	6:55:00			14:38:00	7:19:00				F	
Course Measured to 5000m										

