

Varsity Letter Points															
2011 Season															
	Randolph Inv	Wall Township	Battle at OC Park	Mon Donovan	Lakewood	Shore Coaches Inv	Pt Pleasant Boro	Central Jersey Shootout	Manasquan	Ocean County Champs	CJ Gr 3 State Sectional	Time Standard Points	Bonus Points	Current Accumulated Varsity Points	Current Varsity Points Standard (as of last meet)
Curtis	0	5	4	3	5	4	4	4	4	5	5	6	0	49	33
Leight	0	0	0	0	0	0	0	0	3	0	0	0	0	3	33
Linton, J	2	5	3	3	5	3	3	3	3	2	3	4	10	49	33
Rajhel	0	4	1	3	0	0	3	0	2	0	0	0	8	21	33
Eckett	3	5	0	0	0	0	4	4	4	4	5	6	0	35	33
Lackay	0	3	0	3	5	2	0	0	3	0	0	0	8	24	33
Roldan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	33
Cate	0	3	0	0	5	2	3	0	2	0	0	0	0	15	33
Farrell	0	0	0	0	0	0	0	0	0	2	2	0	0	4	33
Olear	0	4	1	3	5	0	3	1	3	2	3	4	2	31	33
Linton, S	1	5	1	0	0	0	0	0	0	0	0	0	8	15	33
Russo	0	4	1	3	5	3	3	0	3	3	4	6	2	37	33

Race Breakdown		Freedom Park, Randolph			A-Standard	17:45	
Randolph Invitational		Nice, High Low 70's Humid- Night Race			B-Standard	18:38	
9/10/2011		Muddy Conditions			C-Standard	19:24	
					Negative Split		
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race
Eckett	5:40:00	11:51:00	6:11	6:08	18:39:00	6:00:10	V
Linton, J	6:08:00	12:48:00	6:40	6:14	19:43:00	6:20:46	V
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race
Lackay	7:17:00	16:01:00	8:44	8:18	25:13:00	8:06:59	JV
Cate	7:24:00	16:06:00	8:42	8:35	25:37:00	8:14:43	JV
Frosh Race	Mile 1	1.65 Miles				Ave Mile Pace	Race
Linton, S	5:58:00	9:43:00				5:53:20	F
Russo	6:20:00	10:49:00				6:33:20	F
Curtis	DNR						
Rajhel	DNR						
Olear	DNR						
				Team Average	N/A		
Course +30 seconds from OCP							
Course Measured to 5000m							
Freshman Course is 2655m (1.65miles)							

Race Breakdown				Shark River Park Course			A-Standard	N/A
Dual Meet vs Wall Twp				Sunny, 80's Humid			B-Standard	N/A
9/13/2011							C-Standard	N/A
Win 22-33								
2011 Record 1-0								
Varsity/JV 5K	Mile 1.07	Mile 1 (calc)	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race
Eckett	5:40:00	5:33:20	11:20:00	5:46	6:23	18:25:00	5:55:40	V
Curtis	6:00:00	5:52:56	11:44:00	5:51	7:27	19:59:00	6:25:55	V
Linton, J	6:12:00	6:04:42	12:22:00	6:17	7:10	20:18:00	6:32:02	V
Linton, S	6:42:00	6:34:07	13:14:00	6:39	7:23	21:25:00	6:53:36	V
Rajhel	6:44:00	6:36:05	13:40:00	7:03	7:49	22:20:00	7:11:18	V
Russo	7:18:00	7:09:25	14:35:00	7:25	8:32	24:02:00	7:44:08	V
Olear	7:17:00	7:08:26	14:20:00	7:11	9:02	24:21:00	7:50:15	V
Cate	7:34:00	7:25:06	15:27:00	8:01	9:44	26:14:00	8:26:37	JV
Lackay	7:43:00	7:33:55	15:49:00	8:15	9:28	26:18:00	8:27:55	JV
Roldan	DNR							
					Team Average	20:29:24		
Course +30 seconds from OCP								
Course Measured to 5000m								

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:08		
Battle at Ocean County Park		Nice and Cool 70's			B-Standard	17:58		
9/16/2011		Course: Easy Flat			C-Standard	18:53		
Class Meet								
Senior Race	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Curtis	5:30:00	11:22:00	5:52	6:03	17:34:00	5:48:40	SR	4
Linton, J	5:43:00	12:10:00	6:27	6:21	18:40:00	6:10:30	SR	3
Rajhel	6:12:00	13:19:00	7:07	6:54	20:23:00	6:44:34	SR	1
Junior Race	Mile 1	Mile 2	Mile 2 Split	Mile 2-3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Eckett	INJ						JR	0
Cate	INJ						JR	0
Lackay	INJ						JR	0
Roldan	DNR						JR	0
Sophomore Race	Mile 1	Mile 2	Mile 2 Split	Mile 2-3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Olear	6:43:00	14:33:00	7:50	7:32	22:16:00	7:21:57	SO	1
Frosh Race	Mile 1	3200m				Ave Mile Pace	Race	V Letter Pts
Linton, S	5:56:00	12:01:00				6:00:30	FR	1
Russo	5:59:00	12:11:00				6:05:30	FR	1
				Team Average	19:31:30			
Course +0 seconds from OCP								
Course Measured to 4865m								

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:08		
Dual Meet vs Monsignor Donovan		Cloudy Humid Low 80's			B-Standard	17:58		
9/20/2011					C-Standard	18:53		
Loss 15-43								
2011 Record 1-1								
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Curtis	5:30:00	11:21:00	5:51	6:11	17:41:00	5:50:59	V	3
Linton, J	5:53:00	12:37:00	6:44	6:57	19:44:00	6:31:40	V	3
Russo	6:28:00	13:36:00	7:08	6:39	20:25:00	6:45:14	V	3
Rajhel	6:27:00	13:58:00	7:31	7:30	21:39:00	7:09:43	V	3
Lackay	6:54:00	14:58:00	8:04	8:09	23:19:00	7:42:47	V	3
Olear	7:08:00	15:22:00	8:14	8:00	23:34:00	7:47:45	V	3
Eckett	INJ							
Cate	INJ							
Linton, S	INJ							
Roldan	DNR							
				Team Average	20:33:36			
Course +0 seconds from OCP								

Race Breakdown		JLHS Course		A-Standard		17:38		
Dual Meet vs Lakewood		Cloudy, Humid, Low 70's		B-Standard		18:28		
9/27/2011				C-Standard		19:08		
Win 15-50								
2011 Record 2-1								
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Curtis	5:46:00	11:59:00	6:13	6:14	18:53:00	6:04:41	V	5
Linton, J	5:59:00	13:06:00	7:07	6:43	20:33:00	6:36:52	V	5
Russo	6:30:00	13:49:00	7:19	6:51	21:24:00	6:53:17	V	5
Olear	7:26:00	15:47:00	8:21	7:37	24:13:00	7:47:41	V	5
Lackay	7:21:00	15:48:00	8:27	8:04	24:44:00	7:57:39	V	5
Cate	7:25:00	16:24:00	8:59	9:15	26:39:00	8:34:40	V	5
Eckett	INJ							
Linton, S	INJ							
Rajhel	DNR							
Roldan	DNR							
				Team Average	21:57:24			
Course +30 seconds from OCP								
Course Measured to 5000m								

Race Breakdown			Holmdel Park			A-Standard	17:48	
Shore Coaches Invitational			Cool Cloudy High 60s			B-Standard	18:37	
10/1/2011						C-Standard	19:24	
25th Place (27 teams)								
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Curtis	6:06:00	12:17:00	6:11	5:43	18:37:00	5:59:32	V	4
Linton, J	6:36:00	13:19:00	6:43	6:15	20:15:00	6:31:04	V	3
Russo	6:37:00	13:30:00	6:53	6:22	20:33:00	6:36:52	V	3
Lackay	7:47:00	16:18:00	8:31	7:57	25:07:00	8:05:03	V	2
Cate	8:44:00	17:59:00	9:15	8:35	27:30:00	8:51:05	V	2
Olear	DNR							
Eckett	INJ							
Linton, S	INJ							
Rajhel	DNR							
Roldan	DNR							
				Team Average	22:24:24			
Course +45 seconds from OCP								
Course Measured to 5000m								

Race Breakdown					Sea Girt Army Camp		A-Standard	17:08	
Dual Meet vs Manasquan					Nice 60s, Light Breeze		B-Standard	17:58	
10/11/2011							C-Standard	18:53	
Loss 23-38									
2011 Record 2-3									
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts	
Eckett	5:19:00	11:00:00	5:41	5:36	17:12:00	5:32:10	V	4	
Curtis	5:15:00	10:54:00	5:39	5:50	17:22:00	5:35:23	V	4	
Russo	5:48:00	12:05:00	6:17	6:14	18:59:00	6:06:37	V	3	
Linton, J	5:47:00	12:43:00	6:56	6:36	20:02:00	6:26:53	V	3	
Lackay	6:32:00	13:45:00	7:13	7:01	21:32:00	6:55:51	V	3	
Olear	6:32:00	14:12:00	7:40	6:41	21:36:00	6:57:09	V	3	
Leight	6:54:00	14:50:00	7:56	7:19	22:57:00	7:23:13	V	3	
Cate	6:42:00	14:26:00	7:44	7:56	23:13:00	7:28:22	JV	2	
Rajhel	6:24:00	14:30:00	8:06	8:01	23:23:00	7:31:35	JV	2	
Linton, S	INJ								
Roldan	DNR								
				Team Average	19:01:24				
Course +0 seconds from OCP									
Course Measured to 5000m									

Race Breakdown		Thompson Park, Jamesburg			A-Standard	17:40		
Central Jersey Shootout		Sunny 70s			B-Standard	18:38		
10/8/2011					C-Standard	19:36		
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Curtis	5:39:00	11:19:00	5:40	6:10	18:09:00	5:50:31	V	4
Eckett	5:47:00	11:40:00	5:53	6:00	18:19:00	5:53:44	V	4
Linton, J	5:57:00	12:07:00	6:10	6:25	19:14:00	6:11:26	V	3
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Olear	6:26:00	14:03:00	7:37	7:30	22:22:00	7:11:57	JV	1
Lackay	6:53:00	14:21:00	7:28	7:39	22:50:00	7:20:58	JV	0
Cate	7:12:00	15:45:00	8:33	9:11	25:55:00	8:20:30	JV	0
Frosh Race	Mile 1	2 Miles						
Russo	5:39:00	14:44:00	6:21			6:07:00	F	0
Course +0:20 seconds from OCP				Team Average	20:10:48			
Course Measured to 5000m								

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:08		
Ocean County Championships		Nice 60			B-Standard	17:58		
10/20/2011					C-Standard	18:53		
14th Place (15 teams)								
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Curtis	5:21:00	11:03:00	5:42	5:30	17:09:00	5:31:12	V	5
Eckett	5:23:00	11:14:00	5:51	5:27	17:17:00	5:33:47	V	4
Russo	5:35:00	11:52:00	6:17	5:49	18:19:00	5:53:44	V	3
Linton, J	5:57:00	12:27:00	6:30	6:02	19:08:00	6:09:30	V	2
Olear	6:21:00	13:53:00	7:32	6:47	21:24:00	6:53:17	V	2
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Farrell	6:25:00	13:17:00	6:52	6:16	20:14:00	6:30:45	JV	2
Leight	6:45:00	14:10:00	7:25	6:36	21:29:00	6:54:53	JV	0
Lackay	7:02:00	14:16:00	7:14	7:02	22:04:00	7:06:09	JV	0
Rajhel	7:02:00	14:15:00	7:13	7:03	22:04:00	7:06:09	JV	0
Cate	6:44:00	14:16:00	7:32	7:26	22:30:00	7:14:31	JV	0
Course +0 seconds from OCP				Team Average	18:39:24			
Course Measured to 5000m								

Race Breakdown					Thompson Park, Jamesburg		A-Standard	17:40	
State Frosh/JV Champs					Nice, Sunny High 50s		B-Standard	18:38	
11/2/2011							C-Standard	19:36	
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts	
Lackay	N/A	N/A	N/A	N/A	22:42:00	7:18:23	JV	0	
Leight	N/A	N/A	N/A	N/A	22:56:00	7:22:53	JV	0	
Cate	N/A	N/A	N/A	N/A	24:38:00	7:55:43	JV	0	
Course +20 seconds from OCP									
Course Measured to 5000m									
				Team Average	N/A				

Race Breakdown		Thompson Park, Jamesburg			A-Standard	17:40		
CJ Group 3 State Sectional		Sunny 60s			B-Standard	18:38		
11/5/2011					C-Standard	19:36		
10th Place (16 teams)								
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Curtis	5:23:00	11:04:00	5:41	6:08	17:52:00	5:45:03	V	5
Eckett	5:29:00	11:16:00	5:47	6:00	17:55:00	5:46:01	V	4
Russo	5:41:00	11:45:00	6:04	6:12	18:37:00	5:59:32	V	3
Olear	5:50:00	12:05:00	6:15	6:44	19:33:00	6:17:33	V	2
Linton, J	5:51:00	12:15:00	6:24	6:38	19:36:00	6:18:31	V	2
Farrell	6:29:00	13:50:00	7:21	7:52	22:33:00	7:15:29	V	2
Course +0:20 seconds from OCP				Team Average	18:42:36			
Course Measured to 5000m								