

Varsity Letter Points																				
2012 Season																				
	Randolph Inv	Battle at OC Park	Mon Donovan	Manchester	Barnegat	Pinelands	Central Jersey Shootout	Woods Trail Run	Lakewood	Jackson Memorial	Ocean County Champs	Central	Pt Boro	Shore Conference	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)
Bohn	0	0	0	0	1	1	0	0	1	1	0	0	0	0	0	0	0	4	45	45
Bruno	0	2	0	1	1	1	0	0	1	1	0	0	0	0	0	0	0	7	45	45
Callahan	2	3	3	4	4	4	1	0	3	3	3	3	3	3	2	4	0	45	45	45
Cate	0	2	0	1	1	1	0	0	1	1	0	0	0	0	0	0	0	7	45	45
Chamra	0	4	4	5	5	5	3	3	5	0	3	4	4	4	0	6	0	55	45	45
Chavez	0	2	0	1	1	1	0	0	1	1	0	0	0	0	0	0	0	7	45	45
Eckett	4	4	0	0	5	5	3	0	0	0	0	0	0	0	0	6	0	27	45	45
Farrell	4	4	4	5	5	5	3	3	5	4	0	4	4	0	3	4	0	57	45	45
Iorio	0	0	3	3	1	1	0	0	1	1	0	2	2	0	0	0	0	14	45	45
Kazim	0	3	4	5	4	4	1	3	5	5	3	3	3	0	2	6	0	51	45	45
Ko	2	3	3	4	4	4	2	0	4	4	3	0	0	3	2	4	0	42	45	45
Labianca	1	1	4	5	5	5	3	0	3	4	1	0	0	0	0	4	0	36	45	45
Lackay	0	2	0	1	1	1	0	0	1	3	0	2	2	3	0	0	0	16	45	45
Linton	5	4	4	5	5	5	4	4	5	5	5	4	4	4	5	8	0	76	45	45
Olear	2	3	4	5	1	1	3	3	3	5	3	3	3	4	0	6	0	49	45	45
Osowiecki	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	2	45	45
Raimondi	0	1	4	5	5	5	2	3	4	3	1	2	2	1	0	4	0	42	45	45
Russo	4	4	0	0	5	5	4	4	5	5	5	4	4	4	4	8	0	65	45	45
Wojcik	0	0	0	1	1	1	0	0	1	1	0	0	0	0	0	0	0	5	45	45

Race Breakdown		Freedom Park, Randolph			A-Standard	17:45			
Randolph Invitational		Hot, 80's Humid- Night Race			B-Standard	18:38			
9/7/2012		Course Record-			C-Standard	19:24			
8th Place (13 teams)		15:32.21 Patrick Schellberg, Delbarton (2009)			Negative Split				
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts	Place
Linton, S	5:36:00	11:40:00	6:04	5:45	18:02:00	5:48:16	V	5	28 of 95
Eckett	5:37:00	12:03:00	6:26	6:18	19:02:00	6:07:34	V	4	44 of 95
Russo	5:40:00	12:05:00	6:25	6:23	19:10:00	6:10:09	V	4	46 of 95
Farrell	6:11:00	12:20:00	6:09	6:23	19:24:00	6:14:39	V	4	51 of 95
Callahan	6:15:00	12:59:00	6:44	6:35	20:17:00	6:31:43	V	2	68 of 95
Ko	6:15:00	13:02:00	6:47	6:38	20:23:00	6:33:39	V	2	70 of 95
Olear	5:57:00	13:16:00	7:19	6:35	20:34:00	6:37:11	V	2	72 of 95
			Varsity 5 Man Team Average		19:11:00				
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts	Place
Bruno	7:05:00	14:30:00	7:25	7:08	22:24:00	7:12:35	JV	0	62 of 151
Lackay	6:47:00	14:42:00	7:55	7:41	23:13:00	7:28:22	JV	0	85 of 151
Chavez	6:29:00	14:19:00	7:50	8:13	23:25:00	7:32:14	JV	0	90 of 151
Cate	7:35:00	16:32:00	8:57	9:03	26:34:00	8:33:04	JV	0	126 of 151
Bohn	8:09:00	17:40:00	9:31	10:07	28:52:00	9:17:29	JV	0	140 of 151
			JV 5 Man Team Average		24:53:00				
Frosh Race	Mile 1	1.65 Miles				Ave Mile Pace	Race	V Letter Pts	Place
LaBianca	5:57:00	9:46:00				5:55:09	F	1	8 of 171
Raimondi	6:32:00	10:36:00				6:25:27	F	0	52 of 171
Iorio	6:34:00	10:57:00				6:38:11	F	0	77 of 171
Wojcik	6:54:00	11:24:00				6:54:33	F	0	105 of 171
Bird	INJ								
Chamra	DNR								
Kazim	DNR								
Course +30 seconds from OCP									
Course Measured to 5000m									
Freshman Course is 2655m (1.65miles)									
Freedom Park Course- JLHS Individual Course Record- Nick Eckett (9/10/2010) 17:29									
Freedom Park Course- JLHS 5 Man Average Record 19:04 (2008 Team-Avilleira:Mamazza:Locklear:Cucchiara:Davies)									
Meat of the Meet Award- Brian Bohn, reduced 5K time 6 minutes									

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:08		
Battle at Ocean County Park		Nice and Warm 80's			B-Standard	17:58		
9/14/2012		Course Record-			C-Standard	18:53		
Class Meet		15:01.62 Mike Mazzaccaro CBA (2010)			Negative Split			
Senior Race	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Eckett	5:36:00	11:26:00	5:50	5:58	17:33:00	5:48:20	SR	4
Lackay	6:41:00	13:50:00	7:09	7:36	21:37:00	7:09:03	SR	2
Chavez	6:48:00	14:23:00	7:35	7:47	22:21:00	7:23:36	SR	2
Bohn	INJ							0
Junior Race	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Chamra	5:55:00	12:00:00	6:05	6:16	18:25:00	6:05:32	JR	4
Farrell	5:54:00	12:08:00	6:14	6:21	18:38:00	6:09:50	JR	4
Kazim	6:14:00	12:45:00	6:31	6:40	19:35:00	6:28:41	JR	3
Callahan	6:10:00	12:43:00	6:33	6:47	19:40:00	6:30:21	JR	3
Olear	6:19:00	13:00:00	6:41	7:05	20:15:00	6:41:55	JR	3
Cate	7:02:00	15:03:00	8:01	9:07	24:23:00	8:03:58	JR	2
Sophomore Race	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Linton	5:35:00	11:31:00	5:56	6:12	17:52:00	5:54:37	SO	4
Russo	5:38:00	11:43:00	6:05	6:35	18:28:00	6:06:32	SO	4
Ko	6:06:00	12:34:00	6:28	6:47	19:31:00	6:27:22	SO	3
Bruno	7:10:00	14:30:00	7:20	7:42	22:23:00	7:24:16	SO	2
Frosh Race	Mile 1	3200m				Ave Mile Pace	Race	V Letter Pts
LaBianca	5:42:00	11:45:00				5:52:30	FR	1
Raimondi	5:47:00	11:56:00				5:58:00	FR	1
Iorio	5:54:00	12:37:00				6:18:30	FR	0
Wojcik	6:26:00	13:31:00				6:45:30	FR	0
				Team Average	18:11:12			
Course +0 seconds from OCP								
Course Measured to 5000m								
Freshman Course is 3200m (2 miles)								
Ocean County Park Course- JLHS Individual Course Record- Nick Eckett (10/7/2010) 16:27								
Ocean County Park Course- JLHS 5 Man Average Record 17:05 (2010 Team-Eckett:Davies:Gustafson:Curtis:Luca)								
Meat of the Meet Award- Kyle Lackay								

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:08			
Tri-Meet vs Monsignor Donovan		Sunny High 70's			B-Standard	17:58			
& Manchester		Course Record-			C-Standard	18:53			
9/19/2012		15:01.62 Mike Mazzaccaro CBA (2010)			Negative Split				
2012 Varsity Record 1-1									
Varsity Scores: Loss (MonDon 26 - JLHS 31) Win (JLHS 24 - Manchester 37)									
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts	V Letter Pts
Linton	5:26:00	11:10:00	5:44	5:52	17:11:00	5:41:03	V	4	5
Farrell	5:53:00	12:07:00	6:14	6:11	18:27:00	6:06:12	V	4	5
Olear	6:30:00	12:13:00	5:43	6:07	18:29:00	6:06:51	V	4	5
Chamra	5:46:00	12:15:00	6:29	6:25	18:49:00	6:13:28	V	4	5
Kazim	5:58:00	12:12:00	6:14	6:39	19:01:00	6:17:27	V	4	5
LaBianca	6:07:00	12:28:00	6:21	6:31	19:08:00	6:19:46	V	4	5
Raimondi	6:10:00	12:36:00	6:26	6:26	19:11:00	6:20:45	V	4	5
			Varsity 5 Man Team Average		18:23:24				
JV Scores: Win (JLHS 15 - MonDon 50) Win (JLHS 15 - Manchester 50)									
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts	V Letter Pts
Ko	6:11:00	12:36:00	6:25	6:29	19:14:00	6:21:45	JV	3	4
Callahan	6:04:00	12:28:00	6:24	6:55	19:33:00	6:28:02	JV	3	4
Iorio	6:23:00	13:14:00	6:51	7:22	20:47:00	6:52:30	JV	3	3
Bruno	6:58:00	14:16:00	7:18	7:14	21:40:00	7:10:02	JV	0	0
Lackay	6:51:00	14:07:00	7:16	7:28	21:46:00	7:12:02	JV	0	0
Chavez	7:00:00	14:23:00	7:23	7:34	22:08:00	7:19:18	JV	0	0
Cate	7:26:00	16:26:00	9:00	9:26	26:06:00	8:38:02	JV	0	0
			JV 5 Man Team Average		20:36:00				
Eckett	INJ								
Russo	INJ								
Bohn	DNR								
Course +0 seconds from OCP									
Course Measured to 4910m									
Ocean County Park Course- JLHS Individual Course Record- Nick Eckett (10/7/2010) 16:27									
Ocean County Park Course- JLHS 5 Man Average Record 17:05 (2010 Team-Eckett:Davies:Gustafson:Curtis:Luca)									
Meat of the Meet Award - Steven Linton, personal best by 41 sec									
Meat of the Meet Award - Justin Farrell & Jack Olear, great finishes to catch runner way ahead									

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:08		
Tri-Meet vs Barnegat & Pinelands		Sunny 70, Beautiful			B-Standard	17:58		
9/24/2012		Course Record-			C-Standard	18:53		
2012 Record 3-1		15:01.62 Mike Mazzaccaro CBA (2010)						
Varsity Scores: Win (JLHS 26 - Barnegat 31)		Win (JLHS 16 -Pinelands 44)						
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Eckett	5:38:00	11:31:00	5:53	6:01	17:41:00	5:50:59	V	5
Linton	5:37:00	11:30:00	5:53	6:08	17:47:00	5:52:58	V	5
Russo	5:53:00	11:47:00	5:54	6:16	18:12:00	6:01:14	V	5
Chamra	5:58:00	12:03:00	6:05	6:14	18:26:00	6:05:52	V	5
Farrell	5:59:00	12:05:00	6:06	6:22	18:36:00	6:09:10	V	5
LaBianca	6:08:00	12:31:00	6:23	6:14	18:54:00	6:15:08	V	5
Raimondi	6:04:00	12:26:00	6:22	6:30	19:05:00	6:18:46	V	5
			Varsity 5 Man Team Average		18:08:24			
JV Scores: Win (JLHS 17 - Barnegat 44)		Win (JLHS 15 -Pinelands 50)						
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Ko	6:04:00	12:26:00	6:22	6:31	19:06:00	6:19:06	JV	4
Callahan	6:09:00	12:27:00	6:18	6:33	19:10:00	6:20:25	JV	4
Kazim	5:59:00	12:17:00	6:18	6:45	19:12:00	6:21:05	JV	4
Lackay	6:29:00	13:30:00	7:01	7:01	20:41:00	6:50:31	JV	0
Iorio	6:29:00	13:30:00	7:01	7:21	21:02:00	6:57:28	JV	0
Bruno	6:47:00	13:51:00	7:04	7:13	21:14:00	7:01:26	JV	0
Chavez	6:48:00	13:53:00	7:05	7:27	21:31:00	7:07:04	JV	0
Olear	6:29:00	12:50:00	6:21	9:01	22:04:00	7:17:59	JV	0
Wojcik	7:06:00	14:47:00	7:41	7:55	22:53:00	7:34:11	JV	0
Cate	7:24:00	15:27:00	8:03	8:40	24:19:00	8:02:38	JV	0
Bohn	8:48:00	19:05:00	10:17	10:20	29:40:00	9:48:49	JV	0
			JV 5 Man Team Average		19:50:12			
Course +0 seconds from OCP								
Course Measured to 5000m								
Ocean County Park Course- JLHS Individual Course Record- Nick Eckett (10/7/2010) 16:27								
Ocean County Park Course- JLHS 5 Man Average Record 17:05 (2010 Team-Eckett: Davies:Gustafson:Curtis:Luca)								
Meat of the Meet Award - Joe LaBianca, #6 for team , great finish								

Race Breakdown		Thompson Park, Jamesburg			A-Standard	17:40		
Central Jersey Shootout		Partly Sunny 70s			B-Standard	18:38		
9/29/2012		Course Record-			C-Standard	19:36		
14th Place (23 teams)		15:27.92 Brian Leung, WWP South (2007)						
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Linton, S	5:24:00	11:15:00	5:51	5:55	17:48:00	5:43:45	V	4
Russo	5:31:00	11:36:00	6:05	5:56	18:11:00	5:51:10	V	4
Eckett	5:33:00	11:48:00	6:15	6:15	18:44:00	6:01:47	V	3
Farrell	5:44:00	11:42:00	5:58	6:10	18:32:00	5:57:55	V	3
Chamra	5:48:00	12:10:00	6:22	6:10	19:00:00	6:06:56	V	3
Olear	6:01:00	12:35:00	6:34	6:20	19:36:00	6:18:31	V	3
LaBianca	6:04:00	12:41:00	6:37	6:27	19:50:00	6:23:01	V	3
Raimondi	6:13:00	12:54:00	6:41	6:28	20:04:00	6:27:32	V	2
Ko	6:19:00	12:54:00	6:35	6:38	20:15:00	6:31:04	V	2
Varsity 5 Man Team Average					18:27:00			
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	
Kazim	5:59:00	12:18:00	6:19	6:19	19:18:00	6:12:43	JV	1
Callahan	6:19:00	12:51:00	6:32	6:36	20:10:00	6:29:28	JV	1
Iorio	6:30:00	13:38:00	7:08	7:28	21:54:00	7:02:56	JV	0
Bruno	6:57:00	14:20:00	7:23	7:10	22:16:00	7:10:01	JV	0
Lackay	6:36:00	14:12:00	7:36	7:34	22:35:00	7:16:08	JV	0
Chavez	7:11:00	14:47:00	7:36	7:37	23:13:00	7:28:22	JV	0
Wojcik	7:28:00	15:44:00	8:16	7:34	24:07:00	7:45:45	JV	0
Bohn	8:43:00	18:05:00	9:22	10:24	29:36:00	9:31:38	JV	0
JV 5 Man Team Average					21:14:36			
Cate	INJ							
Course +0:20 seconds from OCP								
Course Measured to 5000m								
JLHS Team Course Record- Jordan Boothe (2009) 17:06								
JLHS Team Average Record (2009) 17:40 (Boothe:Sclafani:Gustafson:Eckett:Zahran)								
No Meat of Meet								

Race Breakdown		Thetford Academy, VT			A-Standard	18:08		
Woods Trail Run, Thetford VT		Cool Cloudy Mid 60s, Some Rain			B-Standard	18:58		
10/6/2012		Course Record:			C-Standard	19:53		
21st Place (52 teams)		16:35.8 Dan Grosvenor, Montpelier HS, VT (2012)						
5K Races	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Linton, S	5:46:00	11:34:00	5:48	6:13	18:27:00	5:56:19	V	4
Russo	5:44:00	11:39:00	5:55	6:14	18:33:00	5:58:14	V	4
Farrell	6:11:00	12:19:00	6:08	6:53	19:57:00	6:25:17	V	3
Kazim	6:22:00	12:42:00	6:20	6:52	20:19:00	6:32:21	V	3
Chamra	6:29:00	13:13:00	6:44	6:42	20:39:00	6:38:48	V	3
Olear	6:33:00	12:51:00	6:18	7:03	20:40:00	6:39:07	V	3
Raimondi	6:23:00	12:58:00	6:35	6:59	20:42:00	6:39:46	V	3
LaBianca	6:14:00	12:44:00	6:30	7:22	20:54:00	6:43:37	JV	0
Ko	6:30:00	13:08:00	6:38	7:20	21:16:00	6:50:42	JV	0
Lackay	6:50:00	13:44:00	6:54	7:17	21:48:00	7:01:00	JV	0
Bruno	7:07:00	14:21:00	7:14	7:33	22:43:00	7:18:42	JV	0
Iorio	6:50:00	14:03:00	7:13	8:02	22:57:00	7:23:13	JV	0
Chavez	6:58:00	14:32:00	7:34	8:04	23:28:00	7:33:11	JV	0
Wojcik	7:21:00	14:51:00	7:30	7:48	23:29:00	7:33:31	JV	0
Cate	7:59:00	16:44:00	8:45	9:59	27:47:00	8:56:33	JV	0
Bohn	8:33:00	17:13:00	8:40	10:34	28:55:00	9:18:27	JV	0
Eckett	INJ							
Callahan	DNR							
		5 Man Team Average			19:35:00			
Course +60 seconds from OCP								
Course Measured to 5000m								
Thetford Academy Course- JLHS Individual Record- Steven Linton (2012) 18:27								
Thetford Academy Course- JLHS 5 Man Record (2012) 19:35 (Linton, S:Russo:Farrell:Kazim:Chamra)								
Meat of the Meet- Mike Russo, 2nd in Varsity #2 Race								

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:08		
Dual Meet vs Lakewood		Cool, Cloudy Low 60's			B-Standard	17:58		
10/9/2012		Course Record-			C-Standard	18:53		
2012 Record 4-1		15:01.62 Mike Mazzaccaro CBA (2010)						
Varsity Score- Win (JLHS 15 - Lakewood 50)								
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Linton, S	5:30:00	11:15:00	5:45	5:27	17:18:00	5:34:06	V	5
Russo	5:31:00	11:19:00	5:48	5:28	17:23:00	5:35:43	V	5
Farrell	5:38:00	11:34:00	5:56	5:53	18:05:00	5:49:14	V	5
Chamra	5:59:00	12:09:00	6:10	5:42	18:28:00	5:56:38	V	5
Kazim	5:52:00	11:59:00	6:07	5:55	18:32:00	5:57:55	V	5
Raimondi	6:03:00	12:13:00	6:10	5:56	18:48:00	6:03:04	V	4
Ko	6:03:00	12:13:00	6:10	6:00	18:52:00	6:04:21	V	4
Varsity 5 Man Team Average					17:57:12			
JV Score- Win (JLHS 15 - Lakewood 50)								
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Olear	6:01:00	12:26:00	6:25	5:55	19:00:00	6:06:56	JV	3
LaBianca	6:06:00	12:25:00	6:19	5:57	19:01:00	6:07:15	JV	3
Callahan	6:12:00	12:28:00	6:16	6:01	19:08:00	6:09:30	JV	3
Lackay	6:10:00	12:42:00	6:32	6:22	19:45:00	6:21:25	JV	1
Osowiecki	6:29:00	13:19:00	6:50	6:15	20:15:00	6:31:04	JV	1
Iorio	6:21:00	13:17:00	6:56	6:34	20:34:00	6:37:11	JV	1
Bruno	7:00:00	14:11:00	7:11	6:42	21:37:00	6:57:28	JV	1
Chavez	7:19:00	14:32:00	7:13	6:46	22:02:00	7:05:31	JV	1
Wojcik	7:29:00	15:26:00	7:57	7:19	23:32:00	7:34:29	JV	1
Cate	7:42:00	16:20:00	8:38	8:36	25:52:00	8:19:32	JV	1
Bohn	8:05:00	17:05:00	9:00	8:25	26:24:00	8:29:50	JV	1
JV 5 Man Team Average					19:25:48			
Eckett	INJ							
Course +0 seconds from OCP								
Course Measured to 5000m								
Ocean County Park Course- JLHS Individual Course Record- Nick Eckett (10/7/2010) 16:27								
Ocean County Park Course- JLHS 5 Man Average Record 17:05 (2010 Team-Eckett: Davies: Gustafson: Curtis: Luca)								
Meat of the Meet- None Awarded								

Race Breakdown		JLHS Course			A-Standard	17:38		
Dual Meet vs Jackson Memorial		Cool Mid 50's			B-Standard	18:28		
10/12/2012		Course Record-			C-Standard	19:08		
2012 Record 5-1		? Daniel Koerner MonDon (2008)						
Varsity Score: Win (JLHS 27 - JMHS 28)								
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Russo	5:24:00	11:09:00	5:45	5:18	17:01:00	5:28:38	V	5
Linton, S	5:24:00	11:09:00	5:45	5:27	17:11:00	5:31:51	V	5
Kazim	5:34:00	11:51:00	6:17	5:39	18:07:00	5:49:52	V	5
Olear	5:40:00	12:00:00	6:20	5:55	18:34:00	5:58:34	V	5
Ko	5:40:00	12:13:00	6:33	6:02	18:54:00	6:05:00	V	4
LaBianca	5:52:00	12:14:00	6:22	6:05	18:58:00	6:06:17	V	4
Farrell	5:37:00	11:52:00	6:15	6:25	18:59:00	6:06:37	V	4
Varsity 5 Man Team Average					17:57:24			
JV Score: Win (JLHS 25 - JMHS 34)								
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Callahan	5:53:00	12:25:00	6:32	6:19	19:25:00	6:14:59	JV	3
Raimondi	5:47:00	12:25:00	6:38	6:20	19:26:00	6:15:18	JV	3
Lackay	6:00:00	12:30:00	6:30	6:47	20:01:00	6:26:34	JV	3
Oslowiecki	6:30:00	13:43:00	7:13	7:37	22:09:00	7:07:46	JV	0
Iorio	5:57:00	13:43:00	7:46	7:39	22:12:00	7:08:44	JV	0
Wojcik	6:53:00	14:31:00	7:38	6:56	22:12:00	7:08:44	JV	0
Bruno	6:35:00	13:43:00	7:08	7:42	22:15:00	7:09:42	JV	0
Chavez	6:53:00	13:39:00	6:46	8:12	22:44:00	7:19:02	JV	0
Cate	7:12:00	15:31:00	8:19	7:57	24:19:00	7:49:36	JV	0
Bohn					26:43:00	8:35:57	JV	0
JV 5 Man Team Average					20:38:36			
Eckett	INJ							
Chamra	INJ							
Course +30 seconds from OCP								
Course Measured to 5000m								
JLHS Team Course Record- Mike Russo (2012) 17:01								
JLHS Team Average Record (2009) 17:40 (Boothe:Sclafani:Gustafson:Eckett:Zahran)								
Meat of the Meet- Mohammad Kazim, kicked to beat #4 man								

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:08			
Ocean County Championships		Nice High 60's			B-Standard	17:58			
10/18/2012		Course Record-			C-Standard	18:53			
13th Place (16 teams)		15:01.62 Mike Mazzaccaro CBA (2010)							
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts	
Linton, S	5:17:00	11:07:00	5:50	5:25	17:07:00	5:30:34	V	5	
Russo	5:18:00	11:13:00	5:55	5:31	17:20:00	5:34:45	V	5	
Olear	5:42:00	12:02:00	6:20	5:54	18:34:00	5:58:34	V	3	
Kazim	5:27:00	11:37:00	6:10	6:30	18:49:00	6:03:23	V	3	
Chamra	5:39:00	12:20:00	6:41	5:52	18:50:00	6:03:43	V	3	
Ko	5:47:00	12:15:00	6:28	6:23	19:20:00	6:13:22	V	3	
Callahan	5:52:00	12:28:00	6:36	6:20	19:29:00	6:16:16	V	3	
			5 Man Team Average		18:08:00				
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts	
Lackay	5:59:00	12:42:00	6:43	6:23	19:47:00	6:22:03	JV	0	
Bruno	6:37:00	13:56:00	7:19	6:44	21:24:00	6:53:17	JV	0	
Cate	6:48:00	14:51:00	8:03	7:48	23:30:00	7:33:50	JV	0	
Bohn	7:40:00	16:25:00	8:45	8:34	25:54:00	8:20:11	JV	0	
Frosh 2 Miles	Mile 1	Finish-Mile 2	Mile 2 Split			Ave Mile Pace	Race	V Letter Pts	
Raimondi	5:32:00	11:21:00	5:49			5:40:30	F	1	
LaBianca	5:34:00	11:28:00	5:54			5:44:00	F	1	
Oslowiecki	5:36:00	11:33:00	5:57			5:46:30	F	0	
Iorio	5:53:00	12:27:00	6:34			6:13:30	F	0	
Wojcik	6:03:00	12:30:00	6:27			6:15:00	F	0	
Frosh 5 Man Team Average		11:51:48	Ocean County Park Freshman Course- JLHS Individual Course Record- Nick Eckett (10/22/2009) 10:43						
Eckett	INJ								
Farrell	INJ								
Chavez	INJ								
Course +0 seconds from OCP									
Course Measured to 5000m									
Ocean County Park Course- JLHS Individual Course Record- Nick Eckett (10/7/2010) 16:27									
Ocean County Park Course- JLHS 5 Man Average Record 17:05 (2010 Team-Eckett:Davies:Gustafson:Curtis:Luca)									
Meat of the Meet- Freshman Team 2nd Place Team in OC									

Race Breakdown		Central Regional Course (3.06 Miles)				A-Standard	17:18	
Tri-Meet Pt Boro & Central Reg		Nice, humid, Low 70s				B-Standard	18:08	
10/22/2012						C-Standard	19:03	
2012 Record 5-3								
Varsity Scores: Loss (Central Reg 27 - JLHS 28) Loss (Pt Pleasant Boro 24 - JLHS 37)								
Varsity/JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Linton, S	5:23:00	11:08:00	5:45	5:35	17:04:00	5:34:38	V	4
Russo	5:25:00	11:18:00	5:53	5:52	17:32:00	5:43:47	V	4
Chamra	5:57:00	12:13:00	6:16	5:36	18:10:00	5:56:13	V	4
Farrell	5:36:00	11:55:00	6:19	6:02	18:19:00	5:59:09	V	4
Kazim	5:40:00	11:56:00	6:16	6:26	18:46:00	6:07:58	V	3
Callahan	5:58:00	12:17:00	6:19	6:16	18:56:00	6:11:15	V	3
Olear	5:56:00	12:26:00	6:30	6:28	19:18:00	6:18:26	V	3
			Varsity 5 Man Team Average		17:58:12			
JV Scores: Loss (Central Reg 29 - JLHS 29) Loss (Pt Pleasant Boro 22 - JLHS 33)								
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Raimondi	5:58:00	12:39:00	6:41	6:30	19:33:00	6:23:20	JV	2
Lackay	6:36:00	13:54:00	7:18	6:18	20:35:00	6:43:36	JV	2
Iorio	6:35:00	14:00:00	7:25	7:42	22:10:00	7:14:38	JV	2
Wojcik	6:57:00	14:31:00	7:34	7:57	22:57:00	7:30:00	JV	0
Cate	7:04:00	15:13:00	8:09	8:09	23:52:00	7:47:58	JV	0
			JV 5 Man Team Average		21:49:24			
Eckett	INJ							
Ko	INJ							
Bruno	INJ							
Bohn	INJ							
Osowiecki	INJ							
Chavez	INJ							
Course +10 seconds from OCP								
Course Measured to 4925m (3.06 miles)								
Meat of the Meet Award - Tyler Chamra, blazing finish in last 700m from 6th place to finish 3rd for team								

Race Breakdown		Delsea Regional High School			A-Standard	17:28		
CJ Group 3 State Sectional		Partly Sunny High 50s			B-Standard	18:18		
11/10/2012		Course Record-			C-Standard	19:13		
13th Place (16 teams)		15:24.0 Jonathan Vitez, Haddonfield Mem HS, (2009)						
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Linton, S	5:24:00	11:15:00	5:51	6:06	17:43:00	5:47:23	V	5
Russo	5:37:00	11:49:00	6:12	6:23	18:36:00	6:04:42	V	4
Farrell	5:49:00	12:15:00	6:26	6:44	19:24:00	6:20:24	V	3
Callahan	6:06:00	12:39:00	6:33	6:43	19:47:00	6:27:55	V	2
Ko	6:06:00	12:39:00	6:33	6:48	19:52:00	6:29:33	V	2
Kazim	5:58:00	12:54:00	6:56	7:30	20:52:00	6:49:09	V	2
Olear	6:04:00	13:27:00	7:23		DNF	6:43:30	V	0
			Varsity 5 Man Team Average		19:04:24			
Course +0:20 seconds from OCP								
Course Measured to 5000m								
Delsea Reg HS Course- JLHS Individual Course Record- Josh Avilleira (11/8/2008) 17:36								
Delsea Reg HS Course- JLHS 5 Man Average Record 17:58 (2008 Team-Avilleira:Boothe:Locklear:Mamazza:Gustafson)								
Meat of the Meet- None								