

Race Breakdown				Cherokee HS, Marlton		A-Standard	N/A	
Cherokee Challenge				Weather- Very Warm, Humid 80s		B-Standard	N/A	
9/12/2015				Course Record-		C-Standard	N/A	
				9:26 Shawn Wilson, Cherokee (2012)		Negative Split		
Senior Race	Mile 1	Finish 3200m	Mile 2 Split			Ave Mile Pace	Race	V Letter Pts
Raimondi	5:59:00	12:23:00	6:24			6:11:30	F	
Iorio	5:59:00	12:09:00	6:10			6:04:30	F	
Junior Race	Mile 1	Finish 3200m	Mile 2 Split			Ave Mile Pace	Race	V Letter Pts
Hickman	5:59:00	12:18:00	6:19			6:09:00	F	
Decker	5:59:00	12:19:00	6:20			6:09:30	F	
Sophomore Race	Mile 1	Finish 3200m	Mile 2 Split			Ave Mile Pace	Race	V Letter Pts
Duffy	5:59:00	11:12:40	5:13			5:36:20	F	
Vargas	5:59:00	11:30:30	5:31			5:45:15	F	
Raff	5:59:00	14:48:00	8:49			7:24:00	F	
Frosh Race	Mile 1	Finish 3200m	Mile 2 Split			Ave Mile Pace	Race	V Letter Pts
Stinner	5:59:00	13:07:00	7:08			6:33:30	F	
				Team Average	11:53:50			
Oswiecki	DNR			Team Split	1:06:20			
Course +30 seconds from OCP								
Course Measured to 3200m								
Freshman Course is 3200m								
Cherokee Chal. Course- JLHS Individual Course Record- Dan Duffy (9/12/2015) 11:12								

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:03				
Tri-Meet vs Barnegat & Manchester		Cloudy 64			B-Standard	17:42				
9/22/2015		Course Record-			C-Standard	18:34				
2015 Varsity Record 1-1		14:42.34 Mike McClemens CBA (2013)								
									OCP	2013 to
Varsity Scores: Loss (Manchester 21 - JLHS 36)		Win (JLHS 17 - Barnegat 47)							2013	2014
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts	Early Race	Change
Duffy	5:21:00	11:10:00	5:49	5:36	16:54:00	5:29:40	V		17:57:00	-1:03:00
Osowiecki	5:26:00	11:33:00	6:07	5:45	17:26:00	5:40:05	V		17:57:00	-0:31:00
Raimondi	5:32:00	11:45:00	6:13	6:00	17:54:00	5:49:11	V		18:57:00	-1:03:00
Vargas	5:48:00	11:53:00	6:05	6:05	18:07:00	5:53:24	V			
Hickman	5:43:00	12:08:00	6:25	6:30	18:47:00	6:06:25	V		19:27:00	-0:40:00
Iorio	5:53:00	12:33:00	6:40	6:07	18:49:00	6:07:04	V		19:24:00	-0:35:00
Stinner	6:05:00	13:07:00	7:02	6:28	19:44:00	6:24:57	V		19:38:00	0:06:00
Varsity 5 Man Team Average					17:49:36				18:48:00	-0:58:24
			Team Split	1:53:00						
Raff	INJ									
Decker	INJ									
Course +0 seconds from OCP										
Course Measured to 4950m										
Ocean County Park Course- JLHS Individual Course Record- Steven Linton (10/30/2014) 16:27										
Ocean County Park Course- JLHS 5 Man Average Record 17:05 (2010 Team-Eckett:Davies:Gustafson:Curtis:Luca)										

Race Breakdown		Goddard Park, Warwick, RI			A-Standard	N/A	
Ocean State Invitational, RI		Sunny, Nice 60s, Dry Dusty Conditions			B-Standard	N/A	
9/26/2015		Course Record-			C-Standard	N/A	
		15:29 Jonathan Green, St John's HS, MA (9/29/12)					
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race
Duffy	5:07:00	10:27:00	5:20	6:34	17:11:00	5:35:12	V
Osowiecki	5:34:00	11:19:00	5:45	6:40	18:09:00	5:54:03	V
Vargas	5:30:00	11:13:00	5:43	6:56	18:19:00	5:57:18	V
Decker	5:33:00	11:26:00	5:53	7:01	18:37:00	6:03:10	V
Iorio	5:51:00	11:51:00	6:00	7:20	19:22:00	6:17:47	V
Varsity 5 Man Team Average					18:19:36		
				Team Split	2:11:00		
Frosh 4K	Mile 1	Finish				Ave Mile Pace	Race
Stinner	N/A	15:50:00				6:22:08	F
Hickman	INJ						
Raff	INJ						
Raimondi	DNR						
Course +30 seconds from OCP							
Course Measured to 5000m							
JLHS Team Course Record- Dan Duffy (2015) 17:11							
JLHS Team Average Record (2015) 18:19 (Duffy:Osowiecki:Vargas:Decker:Iorio)							

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:03				
vs Central, Lakewood & Donovan		Sunny and Nice,			B-Standard	17:42				
9/29/2015		Course Record-			C-Standard	18:34				
2015 Varsity Record 3-2		15:01.62 Mike Mazzaccaro CBA (2010)								
Varsity Score: Loss (Central 20 - Jackson Lib 41) Win (Jackson Lib 29 - Donovan 37) Win (Jackson Lib 20 - Lakewood 38)								2015		
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts	OCP Best	Improvement
Duffy	5:13:00	11:02:00	5:49	5:54	17:05:00	5:33:15	V		18:20:00	-1:15:00
Raimondi	5:31:00	11:41:00	6:10	6:26	18:16:00	5:56:20	V		18:08:00	0:08:00
Vargas	5:31:00	11:43:00	6:12	6:34	18:27:00	5:59:54	V		17:52:00	0:35:00
Decker	5:40:00	11:59:00	6:19	6:28	18:36:00	6:02:50	V		19:13:00	-0:37:00
Stinner	5:51:00	12:24:00	6:33	6:46	19:20:00	6:17:08	V		17:52:00	1:28:00
Oswiecki	5:24:00	12:33:00	7:09	7:11	19:54:00	6:28:12	V		18:20:00	1:34:00
			Varsity 5 Man Team Average		18:20:48					
			Team Split		2:15:00					
Hickman	INJ									
Iorio	INJ									
Raff	INJ									
Course +0 seconds from OCP										
Course Measured to 4950m- Traditional championship course.										
Ocean County Park Course- JLHS Individual Course Record- Steven Linton (10/30/2014) 16:27										
Ocean County Park Course- JLHS 5 Man Average Record 17:05 (2010 Team-Eckett: Davies: Gustafson: Curtis: Luca)										

Race Breakdown		Holmdel Park				A-Standard	17:48		
Shore Coaches Invitational		Nice, slight wind 60s				B-Standard	18:37		
10/3/2015		Course Record:				C-Standard	19:24		
		14:53.0 Edward Cheserek, St. Benedict's Prep (2011)							
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts	OCP Best
Osowiecki	6:06:00	12:13:00	6:07	5:27	18:15:00	5:52:27	V		17:52:00
Raimondi	6:27:00	13:12:00	6:45	5:52	19:42:00	6:20:27	V		18:08:00
Duffy	5:59:00	12:05:00	6:06	11:59	25:21:00	8:09:34	V		16:43:00
		Varsity 5 Man Team Average		N/A					
Frosh 2.1 Miles	Mile 1	Mile 2	Mile 2 Split	2.1 Miles Finish		Ave Mile Pace	Race	V Letter Pts	OCP Best
Stinner	N/A			13:24:00		6:22:51	F	0	10:38:00
Iorio	SAT								
Hickman	INJ								
Decker	DNR								
Raff	INJ								
Vargas	INJ								
Course +40 seconds from OCP									
Course Measured to 5000m									
Holmdel Park Course- JLHS Individual Record- Matt Sciafani (2009) 17:51									
Holmdel Park Course- JLHS 5 Man Record (2009) 18:38 (Sciafani:Boothe:Mahmoud:Gustafson:Curtis)									
Holmdel Park Course- JLHS Freshman Individual Record- Nick Eckett (2009) & Dan Duffy (2014) 12:09									

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:03		
Tri-Meet vs Pt Boro & Pinelands		Variable Clouds/Sun, 70s			B-Standard	17:42		
10/6/2015		Course Record-			C-Standard	18:34		
2015 Varsity Record 4-3		15:01.62 Mike Mazzaccaro CBA (2010)						
Varsity Score: Loss (Pt Boro 18 - Jackson Liberty 41) Win (Jackson Liberty 18 - Pinelands 37)								
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Duffy	5:34:00	11:21:00	5:47	5:45	17:14:00	5:36:10	V	4
Osowiecki	5:41:00	11:49:00	6:08	6:08	18:06:00	5:53:05	V	4
Vargas	5:52:00	12:07:00	6:15	6:19	18:35:00	6:02:31	V	4
Raimondi	5:44:00	12:05:00	6:21	6:38	18:53:00	6:08:22	V	4
Stinner	5:57:00	12:23:00	6:26	6:41	19:14:00	6:15:11	V	3
Diovisalvo	7:29:00	N/A			27:24:00	8:54:30	V	2
Varsity 5 Man Team Average					18:24:24			
				Team Split	2:00:00			
Hickman	INJ							
Iorio	INJ							
Raff	INJ							
Decker	DNR							
Course +0 seconds from OCP								
Course Measured to 4950m								
Ocean County Park Course- JLHS Individual Course Record- Steven Linton (10/30/2014) 16:27								
Ocean County Park Course- JLHS 5 Man Average Record 17:05 (2010 Team-Eckett: Davies:Gustafson:Curtis:Luca)								

Race Breakdown			Thompson Park, Jamesburg		A-Standard	17:40		
Fall XC Classic			Sunny High 50s		B-Standard	18:38		
10/10/2015			Course Record-		C-Standard	19:36		
13th Place (18 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
Duffy	5:19:00	10:49:00	5:30	5:43	17:09:00	5:31:12	V	4
Osowiecki	5:29:00	11:26:00	5:57	5:53	17:57:00	5:46:39	V	4
Vargas	5:36:00	11:40:00	6:04	6:15	18:36:00	5:59:12	V	3
Raimondi	5:36:00	11:46:00	6:10	6:19	18:46:00	6:02:25	V	3
Hickman	5:33:00	11:53:00	6:20	6:42	19:18:00	6:12:43	V	3
Stinner	6:05:00	12:37:00	6:32	6:39	19:59:00	6:25:55	V	3
			Varsity 5 Man Team Average		18:21:12			
				Team Split	2:09:00			
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Raff	7:05:00	15:19:00	8:14	8:10	24:22:00	7:50:34	JV	0
Diovisalvo	7:07:00	15:09:00	8:02	9:57	26:10:00	8:25:20	JV	0
Iorio	INJ							
Decker	DNR							
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)								

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:03			
Ocean County Championships		Nice sunny, 60s			B-Standard	17:42			
10/22/2015		Course Record-			C-Standard	18:34			
10th Place (17 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	
Duffy	5:08:00	10:39:00	5:31	5:26	16:30:00	5:21:52	V	4	
Raimondi	5:15:00	11:10:00	5:55	5:44	17:21:00	5:38:27	V	5	
Oslowiecki	5:25:00	11:36:00	6:11	5:56	17:59:00	5:50:48	V	4	
Vargas	5:24:00	11:27:00	6:03	6:05	18:00:00	5:51:08	V	4	
Hickman	5:18:00	11:33:00	6:15	6:16	18:18:00	5:56:59	V	3	
Stinner	5:53:00	12:29:00	6:36	6:38	19:38:00	6:22:59	V	3	
Iorio	5:36:00				DNF		V	0	
			5 Man Team Average		17:37:36				
			Team Split		1:48:00				
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts	
Raff	6:47:00	15:06:00	8:19	8:19	24:03:00	7:49:09	JV	0	
Diovisalvo	7:56:00	17:00:00	5:55	9:37	27:21:00	8:53:31	JV	0	
Decker	DNR								
Course +0 seconds from OCP									
Course Measured to 4950m- Championship Meet Course									
Ocean County Park Course- JLHS Individual Course Record- Steven Linton (10/30/2014) 16:27									
Ocean County Park Course- JLHS 5 Man Average Record 17:05 (2010 Team-Eckett: Davies: Gustafson: Curtis: Luca)									
Frosh 2 Miles	Mile 1	Finish-Mile 2	Mile 2 Split			Ave Mile Pace	Race	V Letter Pts	
Matthews	6:15:00	11:56:00	5:41			5:58:00	F	1	
Frosh 5 Man Team Average		N/A	Ocean County Park Freshman Course- JLHS Individual Course Record- Dan Duffy (9/19/2014) 10:38						

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:03		
Shore Conference Championships		Cloudy, cool high 50's			B-Standard	17:42		
Shore Frosh/JV Championships		Course Record-			C-Standard	18:34		
10/29/2015		14:42.34 Mike McClemons CBA (10/24/2013)						
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Duffy	5:00:00	10:37:00	5:37	5:25	16:27:00	5:20:54	V	4
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts
Raff	6:48:00	14:59:00	8:11	7:58	23:34:00	7:39:43	JV	0
Diovisalvo	7:39:00	16:38:00	5:55	8:29	25:46:00	8:22:38	JV	0
Frosh 2 Miles	Mile 1	Finish-Mile 2	Mile 2 Split			Ave Mile Pace	Race	V Letter Pts
Stinner	5:38:00	11:47:00	6:09			5:53:30	F	0
Frosh 5 Man Team Average N/A		Ocean County Park Freshman Course- JLHS Individual Course Record- Dan Duffy (9/19/2014) 10:38						
Raimondi	DNR							
Iorio	DNR							
Vargas	DNR							
Hickman	DNR							
Course +0 seconds from OCP								
Course Measured to 4950m- Championship Course, Shy of 5K								
Ocean County Park Course- JLHS Individual Course Record- Steven Linton (10/30/2014) & Dan Duffy (10/29/2015) 16:27								
Ocean County Park Course- JLHS 5 Man Average Record 17:05 (2010 Team-Eckett: Davies: Gustafson: Curtis: Luca)								

Race Breakdown		Thompson Park, Jamesburg			A-Standard	17:40				
CJ Group 3 State Sectional		Sunny Cool High 40s			B-Standard	18:38				
11/7/2015		Course Record-			C-Standard	19:36				
11th Place (18 teams)		15:27.92 Brian Leung, WWP South (2007)							10/10/2015	
									Fall XC	
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	V Letter Pts	Classic	Improvement
Duffy	5:19:00	10:54:00	5:35	5:54	17:26:00	5:36:40	V	4	17:09:00	0:17:00
Raimondi	5:36:00	11:42:00	6:06	6:19	18:42:00	6:01:08	V	4	18:46:00	-0:04:00
Vargas	5:37:00	11:34:00	5:57	6:28	18:44:00	6:01:47	V	5	18:36:00	0:08:00
Hickman	5:37:00	11:47:00	6:10	6:37	19:07:00	6:09:11	V	4	19:18:00	-0:11:00
Stinner	5:52:00	12:25:00	6:33	6:44	19:53:00	6:23:59	V	2	19:59:00	-0:06:00
Iorio	5:52:00	12:53:00	7:01	7:31	21:13:00	6:49:44	V	2		
			Varsity 5 Man Team Average		18:55:30				18:57:00	0:01:30
				Team Split	2:27:00					
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)										