

Race Breakdown			Cherokee HS, Marlton		A-Standard	N/A
Cherokee Challenge			Weather- Very Hot, Humid 90s		B-Standard	N/A
9/10/2016			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	
Hickman	5:51:00	12:51:00	7:00		6:25:30	
Junior Race	Mile 1	Finish 3200m	Mile 2 Split		Ave Mile Pace	
Raff	7:19:00	15:48:00	8:29		7:54:00	
Duffy	5:05:00	10:45:00	5:40		5:22:30	
Sophomore Race	Mile 1	Finish 3200m	Mile 2 Split		Ave Mile Pace	
Stinner	5:44:00	12:11:00	6:27		6:05:30	
Koshy	6:17:00	13:11:00	6:54		6:35:30	
Rocha	6:33:00	13:48:00	7:15		6:54:00	
Frosh Race	Mile 1	Finish 3200m	Mile 2 Split		Ave Mile Pace	
Eppley	7:02:00	16:51:00	9:49		8:25:30	
				Team Average	13:28:51	
				Team Split	3:03:00	
Vargas	DNR					
Goldenberg	DNR					
Schalen	DNR					
Blodgett	DNR					
Diovisalvo	DNR					
Course Measured to 3200m						
Freshman Course is 3200m						
Cherokee Chal. Course- JLHS Individual Course Record- Dan Duffy (9/10/2016) 10:45						

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:03				
vs Lakewood & Lacey		Sunny and Nice,			B-Standard	17:42				
9/20/2016		Course Record-			C-Standard	18:34				
2016 Varsity Record 1-1		15:01.62 Mike Mazzaccaro CBA (2010)								
Varsity Score: Loss (Lacey 23 - Jackson Lib 35) Win (Jackson Lib 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	OCP Best	Improvement
Duffy	5:26:00	11:08:00	5:42	6:35	18:14:00	5:55:41	V		16:27:00	1:47:00
Stinner	6:11:00	12:52:00	6:41	6:16	19:37:00	6:22:40	V		19:38:00	-0:01:00
Hickman	6:16:00	13:40:00	7:24	7:14	21:27:00	6:58:26	V		17:52:00	3:35:00
Koshy	6:46:00	14:12:00	7:26	6:58	21:42:00	7:03:18	V			
Rocha	6:47:00	14:13:00	7:26	6:58	21:43:00	7:03:38	V			
Raff	7:11:00	15:26:00	8:15	8:00	24:03:00	7:49:09	V		18:20:00	5:43:00
			Varsity 5 Man Team Average		20:32:36					
			Team Split		3:29:00					
Vargas	DNR									
Goldenberg	DNR									
Schalen	DNR									
Blodgett	DNR									
Diovisalvo	DNR									
Eppley	DNR									
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) & 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		Ocean County Park, Lakewood			A-Standard	17:03			
Battle at Ocean County Park		Sunny warm, high 70s, slight wind			B-Standard	17:42			
9/16/2016		Course Record-			C-Standard	18:34			
Class Meet		14:42.34 Mike McClemens CBA (2013)			Negative Split				
Senior Race	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	2015 Battle OCP	Improvement
Hickman	5:37:00	12:24:00	6:47	6:31	19:25:00	6:18:46	SR	18:37:00	0:48:00
Junior Race	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race		
Duffy	5:10:00	10:43:00	5:33	5:42	16:51:00	5:28:42	JR	17:08:00	-0:17:00
Raff	6:39:00	14:28:00	7:49	7:41	22:44:00	7:23:28	JR	25:25:00	-2:41:00
Sophomore Race	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race		
Stinner	5:50:00	12:03:00	6:13	5:49	18:19:00	5:57:18	SO		
Koshy	6:22:00	13:36:00	7:14	6:43	20:50:00	6:46:24	SO		
Rocha	6:22:00	13:36:00	7:14	6:57	21:05:00	6:51:17	SO		
Goldenberg	6:35:00	14:14:00	7:39	7:56	22:47:00	7:24:26	SO		
Frosh 2 Miles	Mile 1	Finish	Mile 2 Split			Ave Mile Pace	Race		
Eppley	6:34:00	13:20:00	6:46			6:40:00	F		
Schalen	6:37:00	13:30:00	6:53			6:45:00	F		
Blodgett	6:55:00	14:15:00	7:20			7:07:30	F		
Diovisalvo	DNR								
Vargas	DNR								
				Team Average	19:18:00				
				Team Split	4:14:00				
Course +0 seconds from OCP									
Course Measured to 4950m									
Freshman Course is 3200m (2 miles)									
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 Individual Course 2 Mile Record- Dan Duffy (9/19/2014) 10:38.70									
Ocean County Park Course- JLHS 5 Man Average Record 17:05 (2010 Team-Eckett: Davies: Gustafson: Curtis: Luca)									

Race Breakdown		JLHS Course			A-Standard	17:38	
Tri-Meet vs Pinelands & Manchester		Sunny, Warm 80			B-Standard	18:28	
9/20/2016		Course Record-			C-Standard	19:08	
2016 Varsity Record 1-3		16:48 Kameron O'Leary, Pt. Boro (9/23/14)					
Varsity Scores: Loss (Manchester 15 - JLHS 50)		Loss (Pinelands 15 - JLHS 50)					
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race
Duffy	5:29:00	11:22:00	5:53	6:11	18:02:00	5:51:47	V
Vargas	5:38:00	11:49:00	6:11	6:42	19:02:00	6:11:17	V
Hickman	6:14:00	13:32:00	7:18	5:08	19:04:00	6:11:56	V
Stinner	5:47:00	12:23:00	6:36	6:49	19:44:00	6:24:57	V
Raff	7:00:00	16:01:00	9:01	N/A	DNF	8:00:30	V
Varsity 5 Man Team Average					18:58:00		
				Team Split	1:42:00		
Frosh 2.18 Miles	Mile 1	Mile 2	Mile 2 Split		2.18m-Finish	Ave Mile Pace	Race
Goldenberg	7:00:00	14:56:00	7:56		15:58:00	7:19:27	F
Schalen	7:24:00	15:48:00	8:24		17:08:00	7:51:34	F
Blodgett	7:35:00	15:58:00	8:23		17:18:00	7:56:09	F
Diovisalvo	INJ						
Eppley	INJ						
Rocha	INJ						
Koshy	INJ						
Course +30 seconds from OCP							
Course Measured to 4950m							
JLHS Team Course Record- Mike Russo (2012) 17:01							
JLHS Team Average Record (2009) 17:40 (Boothe:Sclafani:Gustafson:Eckett:Zahran)							

Race Breakdown		Goddard Park, Warwick, RI		A-Standard	N/A		
Ocean State Invitational, RI		Sunny, Nice 70s		B-Standard	N/A		
9/24/2016	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	5:11:00	10:41:00	5:30	5:28	16:45:00	5:23:29	V
Vargas	5:37:00	11:39:00	6:02	5:46	18:03:00	5:48:35	V
Stinner	5:51:00	12:05:00	6:14	5:51	18:34:00	5:58:34	V
Hickman	5:52:00	12:22:00	6:30	6:18	19:21:00	6:13:41	V
Rocha	6:07:00	12:55:00	6:48	6:32	20:09:00	6:29:08	V
Raff	6:29:00	14:13:00	7:44	7:24	22:25:00	7:12:55	V
Koshy	6:37:00	14:27:00	7:50	7:42	22:59:00	7:23:51	V
			Varsity 5 Man Team Average		18:34:24		
				Team Split	3:24:00		
Goldenberg	DNR						
Eppley	DNR						
Blodgett	DNR						
Schalen	DNR						
Diovisalvo	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			Holmdel Park			A-Standard	17:48		
Shore Coaches Invitational			Cloudy/overcast, slight wind, low 60s			B-Standard	18:37		
10/1/2016			Course Record:			C-Standard	19:24		
			14:53.0 Edward Cheserek, St. Benedict's Prep (2011)						
								2016	
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	OCP Best	Improvement
Duffy	5:40:00	11:37:00	5:57	5:54	18:09:00	5:50:31	V	16:51:00	0:33:00
Stinner	6:11:00	12:42:00	6:31	5:50	19:10:00	6:10:09	V	18:19:00	0:06:00
Vargas	6:01:00	12:39:00	6:38	6:01	19:19:00	6:13:03	V	18:08:00	0:26:00
Hickman	6:28:00	13:30:00	7:02	6:17	20:28:00	6:35:15	V	19:25:00	0:18:00
Rocha	6:37:00	13:37:00	7:00	6:23	20:42:00	6:39:46	V	20:09:00	-0:12:00
Raff	7:48:00	16:01:00	8:13	7:04	23:51:00	7:40:36	V	22:44:00	0:22:00
Koshy	7:21:00	15:34:00	8:13	7:36	23:59:00	7:43:10	V	20:50:00	2:24:00
			Varsity 5 Man Team Average		19:33:36				
Frosh 2.1 Miles	Mile 1	Mile 2	Mile 2 Split	2.1 Miles Finish		Ave Mile Pace	Race	OCP Best	
Eppley	6:55:00			13:59:00		6:39:31	F	13:20:00	0:09:00
Blodgett	7:39:00			15:25:00		7:20:29	F	14:15:00	0:40:00
Schalen	8:00:00			15:56:00		7:35:14	F	13:30:00	1:56:00
Diovisalvo	MIA								
Goldenberg	Wrkout								
Course +40 seconds from OCP									
Course Measured to 5000m									
Holmdel Park Course- JLHS Individual Record- Matt Sclafani (2009) 17:51									
Holmdel Park Course- JLHS 5 Man Record (2009) 18:38 (Sclafani: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 & Barnegat		Variable Clouds/Sun, 70s			B-Standard	17:42			
10/5/2016		Course Record-			C-Standard	18:34			
2016 Varsity Record 2-5		15:01.62 Mike Mazzaccaro CBA (2010)							
Varsity Score: Loss (Pt Boro 19 - Jackson Liberty 42) Loss (Barnegat 20 - Jackson Liberty 39)								2016	
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	OCP Best	Improvement
Duffy	5:25:00	10:58:00	5:33	5:58	17:24:00	5:39:26	V	16:51:00	0:33:00
Vargas	5:50:00	11:59:00	6:09	5:55	18:21:00	5:57:57	V	18:08:00	0:13:00
Stinner	5:50:00	12:03:00	6:13	5:55	18:25:00	5:59:15	V	18:19:00	0:06:00
Hickman	5:53:00	12:31:00	6:38	6:48	19:50:00	6:26:54	V	19:25:00	0:25:00
Rocha	6:09:00	12:56:00	6:47	6:40	20:07:00	6:32:25	V	20:09:00	-0:02:00
Schalen	6:33:00	13:57:00	7:24	7:14	21:44:00	7:03:57	V		
Raff	6:31:00	14:06:00	7:35	7:12	21:51:00	7:06:14	V	22:44:00	-0:53:00
Goldenberg	6:32:00	14:06:00	7:34	7:13	21:52:00	7:06:33	JV		
Blodgett	6:37:00	14:06:00	7:29	7:22	22:02:00	7:09:49	JV		
Eppley	6:21:00	14:06:00	7:45	7:27	22:07:00	7:11:26	JV		
Varsity 5 Man Team Average					18:49:24				
				Team Split	2:43:00				
Diovisalvo	DNR								
Koshy	INJ								
Course +0 seconds from OCP									
Course Measured to 4950m									
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 Individual Course 2 Mile Record- Dan Duffy (9/19/2014) 10:38.70									
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			Cloudy High 60s			B-Standard	18:38		
10/8/2016			Course Record-			C-Standard	19:36		
21st Place (26 teams)			15:27.92 Brian Leung, WWP South (2007)						
								2015	
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	Thompson	Difference
Duffy	5:04:00	10:30:00	5:26	5:55	17:03:00	5:29:16	V	17:09:00	-0:06:00
Stinner	5:35:00	11:29:00	5:54	6:07	18:16:00	5:52:46	V	19:53:00	-1:37:00
Vargas	5:34:00	11:40:00	6:06	6:31	18:53:00	6:04:41	V	18:36:00	0:17:00
Hickman	5:37:00	11:53:00	6:16	6:44	19:21:00	6:13:41	V	19:07:00	0:14:00
Rocha	5:58:00	12:41:00	6:43	6:50	20:15:00	6:31:04	V		
			Varsity 5 Man Team Average		18:45:36				
				Team Split	2:18:00				
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race		
Raff	6:31:00	13:48:00	7:17	7:28	22:04:00	7:06:09	JV	24:22:00	-2:18:00
Blodgett	7:07:00	14:44:00	7:37	7:30	23:03:00	7:25:09	JV		
Schalen	7:08:00	14:45:00	7:37	7:30	23:04:00	7:25:28	JV		
Goldenberg	DNR								
Koshy	INJ								
Eppley	DNR								
Course +0:20 seconds from OCP									
Course Measured to 5000m									
JLHS Team Course Record-Dan Duffy (2016) 17:03									
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		Cloudy, Humid 70s			B-Standard	17:42			
10/20/2016		Course Record-			C-Standard	18:34			
11th Place (13 teams)		15:01.62 Mike Mazzaccaro CBA (2010)							
								2016	
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	OCP Best	Improvement
Duffy	5:00:00	10:37:00	5:37	6:11	17:17:00	5:37:09	V	16:51:00	0:26:00
Stinner	5:27:00	11:27:00	6:00	5:48	17:42:00	5:45:17	V	18:19:00	-0:37:00
Vargas	5:27:00	11:27:00	6:00	5:52	17:46:00	5:46:35	V	18:08:00	-0:22:00
Hickman	5:37:00	12:04:00	6:27	6:14	18:47:00	6:06:25	V	19:25:00	-0:38:00
Rocha	5:50:00	12:30:00	6:40	6:22	19:22:00	6:17:47	V	20:07:00	-0:45:00
Varsity 5 Man Team Average					18:10:48				
				Team Split	2:05:00				
								2016	
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	OCP Best	Improvement
Raff	6:18:00	13:39:00	7:21	6:53	21:04:00	6:50:57	JV	21:51:00	-0:47:00
Goldenberg	6:32:00	14:06:00	7:34	6:04	20:38:00	6:42:30	JV	21:52:00	-1:14:00
								2016	
Frosh 2 Miles	Mile 1	Finish-Mile 2	Mile 2 Split			Ave Mile Pace	Race	OCP Best	Improvement
Blodgett	5:50:00	12:25:00	6:35			6:12:30	F	14:15:00	-1:50:00
Schalen	5:56:00	12:39:00	6:43			6:19:30	F	13:30:00	-0:51:00
Koshy	INJ								
Eppley	INJ								
								Average Improvement	-0:33:51
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) & Dan Duffy (10/29/2015) 16:27									
Ocean County Park Course- JLHS Individual Course 2 Mile Record- Dan Duffy (9/19/2014) 10:38.70									
Ocean County Park Course- JLHS 5 Man Average Record 17:05 (2010 Team-Eckett: Davies: Gustafson: Curtis: Luca)									

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:03	
Shore Conference Championships		Windy, cool about 50			B-Standard	17:42	
Shore Frosh/JV Championships		Course Record-			C-Standard	18:34	
10/28/2016		14:42.34 Mike McClemmons CBA (10/24/2013)					
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race
Raff	6:06:00	13:07:00	7:01	6:35	20:13:00	6:34:22	JV
Goldenberg	6:04:00				DNF		JV
Frosh 2 Miles	Mile 1	Finish-Mile 2	Mile 2 Split			Ave Mile Pace	Race
Stinner	5:38:00	11:47:00	6:09			5:53:30	F
Eppley	5:38:00	12:06:00	6:28			6:03:00	F
Schalen	6:14:00	12:40:00	6:26			6:20:00	F
Blodgett	6:22:00	13:46:00	7:24			6:53:00	F
Frosh 5 Man Team Average		N/A					
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 Individual Course 2 Mile Record- Dan Duffy (9/19/2014) 10:38.70							
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 50s			B-Standard	18:38			
11/5/2016		Course Record-			C-Standard	19:36			
9th Place (18 teams)		15:27.92 Brian Leung, WWP South (2007)					10/8/2016		
							Fall XC		
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	Classic	Improvement
Duffy	5:13:00	10:40:00	5:27	5:47	17:05:00	5:29:55	V	17:03:00	0:02:00
Stinner	5:32:00	11:22:00	5:50	6:04	18:05:00	5:49:14	V	18:16:00	-0:11:00
Vargas	5:32:00	11:24:00	5:52	6:18	18:23:00	5:55:01	V	18:53:00	-0:30:00
Hickman	5:35:00	11:41:00	6:06	6:32	18:55:00	6:05:19	V	19:21:00	-0:26:00
Rocha	5:52:00	12:14:00	6:22	6:46	19:44:00	6:21:06	V	20:15:00	-0:31:00
Raff	6:12:00	13:14:00	7:02	7:07	21:07:00	6:47:48	V	22:04:00	-0:57:00
			Varsity 5 Man Team Average		18:26:24			19:07:00	0:40:36
				Team Split	2:39:00				
Course +0:20 seconds from OCP									
Course Measured to 5000m									
JLHS Team Course Record-Dan Duffy (2016) 17:03									
JLHS Team Average Record (2009) 17:40 (Boothe:Sclafani:Gustafson:Eckett:Zahran)									
Note: Dan Duffy finishes 10th to be the first qualifier for group meet in JLHS XC history.									

