

Race Breakdown		JLHS Course		A-Standard		17:38	
vs Lakewood & Lacey		Sunny, Warm 80s		B-Standard		18:28	
9/12/2017		Course Record-		C-Standard		19:08	
2017 Varsity Record 2-0		16:48 Kameron O'Leary, Pt. Boro (9/23/14)					
Varsity Score: Win (Jackson Lib 17 - Lacey 44) 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
Duffy	6:00:00	12:16:00	6:16	6:17	19:02:00	6:11:17	V
Stinner	6:00:00	12:25:00	6:25	6:26	19:21:00	6:17:28	V
Vargas	6:01:00	12:25:00	6:24	6:28	19:23:00	6:18:07	V
Rocha	6:15:00	12:40:00	6:25	6:21	19:30:00	6:20:23	V
Valenzula	6:15:00	12:40:00	6:25	6:37	19:48:00	6:26:15	V
Keenan	6:34:00	13:40:00	7:06	7:10	21:23:00	6:57:08	V
Koshy	6:36:00	13:45:00	7:09	7:13	21:31:00	6:59:44	V
Fatovic	6:33:00	13:40:00	7:07	7:28	21:42:00	7:03:18	JV
Raff	6:46:00	14:36:00	7:50	7:31	22:42:00	7:22:49	JV
Lindenbaum	7:04:00	14:51:00	7:47	8:00	23:28:00	7:37:46	JV
Schalen	7:43:00	15:35:00	7:52	8:05	24:17:00	7:53:42	JV
Blodgett	7:36:00	15:35:00	7:59	8:14	24:27:00	7:56:57	JV
Sukys	NA	22:14:00	NA	11:18	34:24:00	11:11:03	JV
			Varsity 5 Man Team Average		19:24:48		
				Team Split	0:46:00		
Frosh 2.25	Mile 1	Mile 2	Mile 2 Split		2.25 Mile	Ave Mile Pace	Race
Borkowski	7:38:00	15:11:00	7:33		16:25:00	7:17:47	F
Simoes	7:43:00	15:20:00	7:37		16:34:00	7:21:47	F
Costa	7:43:00	16:11:00	8:28		17:32:00	7:47:33	F
Raff, C	7:56:00	17:17:00	9:21		17:46:00	7:53:47	F
Bussell	NA	18:37:00	NA		20:01:00	8:53:47	F
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		Ocean County Park, Lakewood			A-Standard	17:03			
Battle at Ocean County Park		Sunny warm, humid 80s			B-Standard	17:42			
9/15/2017		Course Record-			C-Standard	18:34			
Class Meet		14:42.34 Mike McClemons CBA (2013)			Negative Split				
Senior Race	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	2016 Battle OCP	Improvement
Duffy	5:14	10:56	5:42	5:56	17:20:00	5:38:07	SR	16:51:00	0:29:00
Vargas	5:27	11:30	6:03	6:04	18:02:00	5:51:47	SR		
Torres	5:55	13:06	7:11	7:28	21:08:00	6:52:15	SR		
Raff, T	6:16	13:38	7:22	6:59	21:09:00	6:52:35	SR	22:44:00	-1:35:00
Junior Race	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race		
Stinner	5:17	11:16	5:59	5:49	17:32:00	5:42:02	JR	18:19:00	-0:47:00
Koshy	6:22	13:21	6:59	6:41	20:33:00	6:40:52	JR	20:50:00	-0:17:00
Rocha	5:30	11:44	6:14	6:02	18:14:00	5:55:41	JR	21:05:00	-2:51:00
Sukys					32:09:00	10:27:09	JR		
Sophomore Race	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race		
Valenzula	5:36	11:43	6:07	5:46	17:56:00	5:49:50	SO		
Schalen	7:15	15:20	8:05	8:13	24:11:00	7:51:45	SO		
Blodgett	7:16	15:19	8:03	8:16	24:13:00	7:52:24	SO		
Frosh 2 Miles	Mile 1	Finish	Mile 2 Split			Ave Mile Pace	Race		
Keenan	5:30	11:21:00	5:51			5:40:30	F		
Fatovic	5:58	12:21:00	6:23			6:10:30	F		
Borkowski	6:52	13:58:00	7:06			6:59:00	F		
Costa	7:24	15:19:00	7:55			7:39:30	F		
Bussell	8:44	18:49:00	10:05			9:24:30	F		
Raff, C	DNR								
Simoes	DNR								
				Team Average	17:48:48				
				Team Split	0:54:00				
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		Little Egg Harbor Sports Complex			A-Standard	N/A	
Tri-Meet vs Pinelands & Manchester		Sunny, Hot humid 80s			B-Standard	N/A	
9/20/2017		Course Record- N/A			C-Standard	N/A	
2017 Varsity Record 4-0							
Varsity Scores: Win (JLHS 20-Manchester 41) Win (JLHS 20 - Pinelands 31)							
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race
Duffy	5:50:00	12:22:00	6:32	6:44	19:37:00	6:18:50	V
Stinner	5:50:00	12:22:00	6:32	6:44	19:37:00	6:18:50	V
Vargas	6:01:00	12:41:00	6:40	6:44	19:56:00	6:24:57	V
Valenzula	6:14:00	12:57:00	6:43	6:51	20:20:00	6:32:41	V
Rocha	6:15:00	12:57:00	6:42	6:51	20:20:00	6:32:41	V
Keenan	6:24:00	13:20:00	6:56	6:58	20:50:00	6:42:20	V
Torres	6:14:00	12:57:00	6:43	7:32	21:04:00	6:46:51	V
Raff, T	7:08:00	15:29:00	8:21	8:10	24:17:00	7:48:58	JV
Blodgett	7:29:00	16:05:00	8:36	8:46	25:31:00	8:12:47	JV
Sukys	9:28:00	N/A	N/A	N/A	29:43:00	9:33:54	JV
			Varsity 5 Man Team Average		19:58:00		
				Team Split	0:43:00		
Frosh 2 Miles	Mile 1	Mile 2	Mile 2 Split		2m-Finish	Ave Mile Pace	Race
Raff, C	8:24:00	16:53:00	8:29		16:53:00	8:26:30	F
Bussell	9:32:00	19:37:00	10:05		19:37:00	9:48:30	F
Borkowski	INJ						
Costa	INJ						
Schalen	INJ						
Koshy	INJ						
Fatovic	INJ						
Simoes	MIA						
Course Measured to 5000m							

Race Breakdown		Stockton University, Galloway NJ			A-Standard	N/A	
Osprey Invitational		Sunny, Hot Humid 80s			B-Standard	N/A	
9/22/2017		Course Record-			C-Standard	N/A	
		16:01.85 Sebastien Reed- Pitman HS 2017					
6th Place of 15 teams							
Varsity 5K	Mile 1	Mile 2 (estimate)	Mile 2 Split (calc)	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race
Duffy	5:09:00	10:54:04	5:45	5:45	17:16:00	5:33:27	V
Stinner	5:10:00	11:03:36	5:53	5:53	17:35:00	5:39:34	V
Vargas	5:11:00	11:13:38	6:02	6:02	17:55:00	5:46:01	V
Valenzula	5:26:00	11:30:31	6:04	6:04	18:14:00	5:52:07	V
Rocha	5:26:00	11:39:04	6:13	6:13	18:32:00	5:57:55	V
Torres	5:39:00	12:25:18	6:46	6:46	19:55:00	6:24:38	V
Koshy	5:28:00	12:22:22	6:54	6:54	20:01:00	6:26:34	V
Raff, T	5:58:00	12:57:06	6:59	6:59	20:41:00	6:39:26	V
Varsity 5 Man Team Average					17:54:24		
Team Split 1-5					1:16:00		
JV 4K							
Keenan					16:17:00	6:33:05	JV
Fatovic					16:36:00	6:40:44	JV
Borkowski					18:41:00	7:31:01	JV
Blodgett					19:14:00	7:44:18	JV
Raff, C					21:19:00	8:34:35	JV
Costa					22:39:00	9:06:46	JV
Sukys					25:11:00	10:07:56	JV
Bussell					25:38:00	10:18:48	JV
JV 5 Man Team Average					18:25:24		
Team Split 1-5					5:02:00		
Schalen	DNR						
Simoos	DNR						
Course +0 seconds from OCP							
Courses Measured to 5000m & 4000m							
JLHS Team Course Record- Dan Duffy (2017) 17:16							
JLHS Team Average Record (2017) 17:54 (Duffy:Stinner:Vargas:Valenzula:Rocha)							

Race Breakdown		JLHS Course		A-Standard		17:38			
Tri-Meet vs Pt Boro & Barnegat		Nice 70, Sun with light breeze		B-Standard		18:28			
10/3/2017		Course Record-		C-Standard		19:08			
2017 Varsity Record 6-1		16:01 Devin Hart, Pt. Boro (10/3/17)							
Varsity Score: Loss (Pt Boro 25 - Jackson Liberty 30) Win (Barnegat 20 - Jackson Liberty 37)								2017	
Varsity 5K	Mile 1	Mile 2 (estimate)	Mile 2 Split (calc)	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	JLHS Best	Improvement
Duffy	5:08:00	10:31:14	5:23	5:23	16:29:00	5:21:33	V	17:46:00	-1:17:00
Stinner	5:20:00	11:07:26	5:47	5:47	17:32:00	5:42:02	V	18:21:00	-0:49:00
Valenzula	5:30:00	11:16:01	5:46	5:46	17:39:00	5:44:18	V	19:53:00	-2:14:00
Rocha	5:30:00	11:31:41	6:01	6:01	18:12:00	5:55:02	V	19:54:00	-1:42:00
Keenan	5:38:00	11:46:48	6:08	6:08	18:35:00	6:02:31	V	20:06:00	-1:31:00
Vargas	5:30:00	11:44:29	6:14	6:14	18:39:00	6:03:49	V	18:41:00	-0:02:00
Torres	5:48:00	12:11:59	6:23	6:23	19:17:00	6:16:10	V	20:09:00	-0:52:00
Fatovic	6:02:00	12:35:00	6:33	6:33	19:50:00	6:26:54	JV	21:25:00	-1:35:00
Koshy	6:02:00	12:37:51	6:35	6:35	19:56:00	6:28:51	JV	21:35:00	-1:39:00
Borkowski	6:30:00	13:19:08	6:49	6:49	20:52:00	6:47:03	JV	21:31:00	-0:39:00
Raff, T	6:10:00	13:16:14	7:06	7:06	21:08:00	6:52:15	JV	24:03:00	-2:55:00
Schalen	6:31:00	13:46:15	7:15	7:15	21:48:00	7:05:15	JV	27:10:00	-5:22:00
Blodgett	6:30:00	13:52:22	7:22	7:22	22:02:00	7:09:49	JV	24:15:00	-2:13:00
Simoos	6:35:00	13:57:22	7:22	7:22	22:07:00	7:11:26	JV	24:03:00	-1:56:00
Costa	7:05:00	15:17:12	8:12	8:12	24:22:00	7:55:20	JV	27:03:00	-2:41:00
Raff, C	7:15:00	15:42:52	8:27	8:27	25:05:00	8:09:18	JV	26:23:00	-1:18:00
Bussell					28:10:00	9:09:27	JV	N/A	
Sukys					30:33:00	9:55:57	JV	30:56:00	-0:23:00
Varsity 5 Man Team Average					17:41:24				
				Team Split	1:43:00				
JV 5 Man Team Average					19:42:48				
				Team Split	1:00:00				
Course +30 seconds from OCP									
Course Measured to 4950m									
JLHS Team Course Record- Dan Duffy (2017) 16:29									
JLHS 5 Man Average Record (2017) 17:41 (Duffy:Stinner:Valenzula:Rocha:Keenan)									

Race Breakdown			Holmdel Park			A-Standard	17:48
Shore Coaches Invitational			Very humid 80's, sunny, dry dusty course			B-Standard	18:37
10/7/2017			Course Record:			C-Standard	19:24
			14:53.0 Edward Cheserek, St. Benedict's Prep (2011)				
10th Place Varsity C (27 schools)							
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race
Duffy	5:43:00	11:53:00	6:10	6:01	18:33:00	5:58:14	V
Stinner	6:01:00	12:18:00	6:17	5:39	18:34:00	5:58:34	V
Vargas	6:05:00	12:23:00	6:18	5:48	18:49:00	6:03:23	V
Valenzula	6:15:00	12:38:00	6:23	5:46	19:02:00	6:07:34	V
Rocha	6:16:00	12:38:00	6:22	5:48	19:04:00	6:08:13	V
Torres	6:49:00	14:23:00	7:34	6:25	21:30:00	6:55:13	V
Raff	7:09:00	15:01:00	7:52	7:01	22:47:00	7:20:00	V
			Varsity 5 Man Team Average		18:48:24		
				Team Split	0:31:00		
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race
Koshy	6:29:00	13:26:00	6:57	6:08	20:14:00	6:30:45	JV
Schalen	7:40:00	15:36:00	7:56	7:21	23:45:00	7:38:40	JV
Blodgett	7:20:00	15:35:00	8:15	7:26	23:49:00	7:39:57	JV
Sukys	11:31:00	23:12:00	11:41	9:55	34:11:00	11:00:09	JV
			JV 4 Man Team Average		1:29:45		
Frosh 2.1 Miles	Mile 1	Mile 2	Mile 2 Split	2 Miles Finish		Ave Mile Pace	Race
Keenan	6:21:00		6:19	12:40:00		6:01:54	F
Fatovic	6:31:00		6:23	12:54:00		6:08:34	F
Simoes	7:22:00		7:14	14:36:00		6:57:09	F
Costa	8:34:00		8:30	17:04:00		8:07:37	F
Bussell	9:38:00		10:16	19:54:00		9:28:34	F
Raff, C	DNR						
Borkowski	DNR						
			Frosh 5 Man Team Ave		15:25:36		
				Team Split	7:14:00		
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			Thompson Park, Jamesburg		A-Standard	17:40							
Fall XC Classic			Cloudy Damp Low 70s		B-Standard	18:38							
10/14/2017			Course Record-		C-Standard	19:36							
			15:27.92 Brian Leung, WWP South (2007)										
6th Place Varsity Large Schools (11 teams)													
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	1/2 Mile to Go	Closing 1/2 Mile	2016 Thompson	Difference	2016 Pt Boro	Difference
Duffy	5:07:00	10:28:00	5:21	5:49	16:55:00	5:26:42	V	14:08:00	2:47:00	17:03:00	-0:08:00	16:29:00	0:26:00
Stinner	5:23:00	11:03:00	5:40	5:51	17:32:00	5:38:36	V	14:48:00	2:44:00	18:16:00	-0:44:00	17:32:00	0:00:00
Vargas	5:29:00	11:21:00	5:52	5:51	17:50:00	5:44:24	V	15:05:00	2:45:00	18:53:00	-1:03:00	18:39:00	-0:49:00
Rocha	5:31:00	11:21:00	5:50	5:54	17:53:00	5:45:22	V	15:06:00	2:47:00	20:15:00	-2:22:00	18:12:00	-0:19:00
Koshy	5:52:00	12:18:00	6:26	6:19	19:18:00	6:12:43	V	16:28:00	2:50:00	INJ		19:56:00	-0:38:00
Torres	5:51:00	12:18:00	6:27	6:48	19:50:00	6:23:01	V	16:35:00	3:15:00			19:17:00	0:33:00
			Varsity 5 Man Team Average		17:53:36								
			Team Split 1-5		2:23:00								
Valenzula	INJ												
9th Place JV Large Schools													
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race						
Keenan	5:38:00	11:39:00	6:01	5:57	18:15:00	5:52:27	JV					18:35:00	-0:20:00
Fatovic	5:47:00	11:55:00	6:08	6:27	19:04:00	6:08:13	JV					19:50:00	-0:46:00
Raff	6:10:00	13:00:00	6:50	6:52	20:37:00	6:38:09	JV			22:04:00	-1:27:00	21:08:00	-0:31:00
Schalen	7:00:00	14:39:00	7:39	7:18	22:44:00	7:19:02	JV			23:04:00	-0:20:00	21:48:00	0:56:00
Blodgett	7:00:00	14:40:00	7:40	7:26	22:54:00	7:22:15	JV			23:03:00	-0:09:00	22:02:00	0:52:00
Sukys	8:55:00	19:23:00	10:28	10:10	30:39:00	9:51:55	JV					30:33:00	0:06:00
			JV 5 Man Team Average		20:42:48								
			Team Split 1-5		4:39:00								
8th Place Frosh A													
Frosh 2.5 Miles	Mile 1	Mile 2	Mile 2 Split	2.5 Miles Finish		Ave Mile Pace	Race						
Borkowski	6:35:00	12:46:00	9:24	15:59:00		6:23:36	F						
Simoes	6:45:00	13:39:00	6:54	16:49:00		6:43:36	F						
Costa	7:46:00	15:46:00	11:46	19:32:00		7:48:48	F						
Briscoe	7:57:00	16:30:00	12:33	20:30:00		8:12:00	F						
Bussell	7:57:00	16:40:00	12:47	20:44:00		8:17:36	F						
			Frosh 5 Man Team Ave		18:42:48								
			Team Split 1-5		4:45:00								
Raff, C	DNR												
Course +0:20 seconds from OCP													
Course Measured to 5000m													
JLHS Team Course Record-Dan Duffy (2017) 16:55													
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		Sunny, Warm 70s, low humidity				B-Standard	17:42				
10/19/2017		Course Record-				C-Standard	18:34				
		14:42.34 Mike McClemens CBA (10/24/2013)									
5th Place (15 teams)								2017		2016	
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	OCP Best	Improvement	OC Champs	Improvement
Duffy	5:01:00	10:20:00	5:19	5:16	16:01:00	5:12:26	V	17:20:00	-1:19:00	17:17:00	-1:16:00
Stinner	5:10:00	10:46:00	5:36	5:32	16:44:00	5:26:25	V	17:32:00	-0:48:00	17:42:00	-0:58:00
Rocha	5:25:00	11:17:00	5:52	5:40	17:23:00	5:39:06	V	18:14:00	-0:51:00	19:22:00	-1:59:00
Keenan	5:29:00	11:18:00	5:49	5:44	17:29:00	5:41:03	V	19:25:00	-1:56:00	DNR	
Vargas	5:24:00	11:22:00	5:58	5:54	17:43:00	5:45:36	V	18:02:00	-0:19:00	17:46:00	-0:03:00
Koshy	5:43:00	12:01:00	6:18	6:02	18:31:00	6:01:12	V	20:33:00	-2:02:00	INJ	
Raff, T	5:55:00	12:54:00	6:59	6:37	20:02:00	6:30:48	V	21:09:00	-1:07:00	21:04:00	-1:02:00
		Varsity 5 Man Team Average				17:04:00					
		Team Split				1:22:00		Average Improvement	-1:11:43		
Valenzula	INJ										
								2017			
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	OCP Best	Improvement		
Torres	5:44:00	12:10:00	6:26	6:20	18:59:00	6:10:19	JV	21:08:00	-2:09:00		
Blodgett	6:10:00	13:11:00	7:01	6:51	20:34:00	6:41:12	JV	24:13:00	-3:39:00		
Schalen	6:41:00	14:49:00	8:08	7:36	23:00:00	7:28:40	JV	24:11:00	-1:11:00		
Sukys	8:18:00	18:10:00	9:52	9:15	28:08:00	9:08:48	JV	32:09:00	-4:01:00		
		JV 4 Man Team Average				22:40:15					
		Team Split				9:09:00		Average Improvement	-2:45:00		
3rd Place Overall								2017			
Frosh 2 Miles	Mile 1	Finish-Mile 2	Mile 2 Split			Ave Mile Pace	Race	OCP Best	Improvement		
Fatovic	5:29:00	11:29:00	6:00			5:44:30	F	12:21:00	-0:52:00		
Simoes	5:30:00	12:00:00	6:30			6:00:00	F	DNR			
Borkowski	5:56:00	12:13:00	6:17			6:06:30	F	13:58:00	-1:45:00		
Raff, C	6:25:00	13:48:00	7:23			6:54:00	F	DNR			
Costa	6:51:00	14:23:00	7:32			7:11:30	F	15:19:00	-0:56:00		
Bussell	6:59:00	14:58:00	7:59			7:29:00	F	18:49:00	-3:51:00		
		Frosh 5 Man Team Average				12:46:36					
		Team Split				2:54:00		Average Improvement	-2:10:40		
Briscoe	INJ										
Course +0 seconds from OCP											
Course Measured to 4950m- Championship Meet Course											
Ocean County Park Course- JLHS Individual Course Record- Dan Duffy (10/19/2017) 16:01											
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 17:04 (2017 Team-Duffy:Stinner:Rocha:Keenan:Vargas)											

Race Breakdown		Ocean County Park, Lakewood			A-Standard	17:03			
Shore Conference Championships		Cloudy, cool high 50s			B-Standard	17:42			
Shore Frosh/JV Championships		Course Record-			C-Standard	18:34			
10/26/2017		14:42.34 Mike McClemmons CBA (10/24/2013)							
									2017
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	OCP Best	Improvement
Duffy	4:56:00	10:10:00	5:14	5:29	16:04:00	5:13:25	V	16:01:00	0:03:00
Rocha	5:15:00	10:57:00	5:42	5:34	16:57:00	5:30:39	V	17:23:00	-0:26:00
Vargas	5:20:00	11:15:00	5:55	5:59	17:42:00	5:45:17	V	17:43:00	-0:01:00
									2017
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	OCP Best	Improvement
Raff, T	6:00:00	12:36:00	6:36	6:24	19:30:00	6:20:23	JV	20:02:00	-0:32:00
Blodgett	6:00:00	12:47:00	6:47	6:37	19:55:00	6:28:31	JV	20:34:00	-0:39:00
Schalen	6:03:00	12:49:00	6:46	6:38	19:58:00	6:29:30	JV	23:00:00	-3:02:00
Sukys	8:12:00	17:54:00	9:42	9:18	27:55:00	9:04:35	JV	28:08:00	-0:13:00
									2017
6th Place Overall									
Frosh 2 Miles	Mile 1	Finish-Mile 2	Mile 2 Split			Ave Mile Pace	Race	OCP Best	Improvement
Keenan	5:18:00	10:46:00	5:28			5:23:00	F	11:21:00	-0:35:00
Fatovic	5:33:00	11:16:00	5:43			5:38:00	F	11:29:00	-0:13:00
Borkowski	5:57:00	12:02:00	6:05			6:01:00	F	12:13:00	-0:11:00
Simo	5:57:00	12:11:00	6:14			6:05:30	F	12:00:00	0:11:00
Costa	6:48:00	13:57:00	7:09			6:58:30	F	14:23:00	-0:26:00
Raff, C	6:50:00	14:19:00	7:29			7:09:30	F	13:48:00	0:31:00
Bussell	6:54:00	14:20:00	7:26			7:10:00	F	14:58:00	-0:38:00
Briscoe	6:59:00	14:25:00	7:26			7:12:30	F	DNR	
Frosh 5 Man Team Average					12:02:24				
Team Split					3:11:00				
Course +0 seconds from OCP									
Course Measured to 4950m- Championship Meet Course									
Ocean County Park Course- JLHS Individual Course Record- Dan Duffy (10/19/2017) 16:01									
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 17:04 (2017 Team-Duffy:Stinner:Rocha:Keenan:Vargas)									

Race Breakdown		Ocean County Park, Lakewood				A-Standard	17:03		
Future 7 Invite		Cloudy, cool 60s				B-Standard	17:42		
11/1/2017		Course Record-				C-Standard	18:34		
		14:42.34 Mike McClemons CBA (10/24/2013)							
								2017	
JV 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	OCP Best	Improvement
Blodgett	5:55:00	12:49:00	6:54	6:51	20:12:00	6:34:03	JV	19:55:00	0:17:00
Sukys	8:09:00	18:16:00	10:07	9:51	28:52:00	9:23:06	JV	27:55:00	0:57:00
								2017	
Frosh 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	5K Best	Improvement
Fatovic	5:37:00	11:39:00	6:02	5:52	17:58:00	5:50:29	F	19:50:00	-1:52:00
Borkowski	6:10:00	12:47:00	6:37	6:24	19:41:00	6:23:58	F	20:52:00	-1:11:00
Simoes	6:16:00	13:13:00	6:57	6:40	20:24:00	6:37:57	F	22:07:00	-1:43:00
Costa	7:02:00	14:46:00	7:44	7:16	22:36:00	7:20:52	F	24:22:00	-1:46:00
Raff, C	6:54:00	14:54:00	8:00	7:39	23:08:00	7:31:16	F	25:05:00	-1:57:00
Briscoe	7:16:00	15:34:00	8:18	7:55	24:05:00	7:49:48	F		
Bussell	7:17:00	15:48:00	8:31	8:24	24:51:00	8:04:45	F	28:10:00	-3:19:00
		Frosh 5 Man Team Average				13:27:48			
		Team Split				-3:04:00			
Course +0 seconds from OCP									
Course Measured to 4950m- Championship Meet Course									
Ocean County Park Course- JLHS Individual Course Record- Dan Duffy (10/19/2017) 16:01									
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 17:04 (2017 Team-Duffy:Stinner:Rocha:Keenan:Vargas)									

Race Breakdown		Thompson Park, Jamesburg			A-Standard	17:40			
CJ Group 3 State Sectional		Sunny Cool High 50s			B-Standard	18:38			
11/4/2017		Course Record-			C-Standard	19:36			
8th Place (16 teams)		15:27.92 Brian Leung, WWP South (2007)					10/14/2017		
							Fall XC		
Varsity 5K	Mile 1	Mile 2	Mile 2 Split	Mile 3 Split (calc)	5K- Finish	Ave Mile Pace	Race	Classic	Improvement
Duffy	4:59:00	10:20:00	5:21	6:04	17:03:00	5:29:16	V	16:55:00	0:08:00
Vargas	5:22:00	11:05:00	5:43	6:11	17:56:00	5:46:20	V	17:50:00	0:06:00
Rocha	5:24:00	11:10:00	5:46	6:14	18:04:00	5:48:54	V	17:53:00	0:11:00
Keenan	5:28:00	11:22:00	5:54	6:06	18:08:00	5:50:12	V	18:15:00	-0:07:00
Stinner	5:26:00	11:29:00	6:03	6:35	18:47:00	6:02:45	V	17:32:00	1:15:00
Fatovic	5:41:00	11:42:00	6:01	6:28	18:52:00	6:04:21	V	19:04:00	-0:12:00
Raff	6:00:00	12:48:00	6:48	6:52	20:25:00	6:34:17	V	20:37:00	-0:12:00
			Varsity 5 Man Team Average		17:59:36			17:41:00	0:18:36
				Team Split	1:44:00				
Course +0:20 seconds from OCP									
Course Measured to 5000m									
JLHS Team Course Record-Dan Duffy (2017) 16:55									
JLHS Team Average Record (2009) 17:40 (Boothe:Sclafani:Gustafson:Eckett:Zahran)									