

<b>Varsity Letter Points</b>																
<b>2014 Season</b>																
	Randolph Inv	Central/Lakewood	Battle at OC Park	Pt Boro	Barnegat/Pinelands	Shore Coaches Inv	Manchester/MonDon	Fall XC Classic	Jackson Memorial	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)	Total Projected Points Needed for Varsity (based on total number of meets)
<b>Bruno</b>	2	3	3	3	3	2	3	3	3	3	2	0	8	38	33	36
<b>Coger</b>	0	2	2	2	0	2	3	0	3	2	0	0	8	24	33	36
<b>Duffy</b>	1	4	2	4	4	2	4	3	0	4	4	4	0	36	33	36
<b>Hickman</b>	3	4	4	4	4	3	4	4	3	4	4	6	8	55	33	36
<b>Iorio</b>	3	3	3	3	3	2	0	2	3	3	2	0	8	35	33	36
<b>Ko</b>	2	3	3	4	0	3	0	3	3	0	3	4	8	36	33	36
<b>Linton</b>	4	4	4	4	4	4	4	4	4	5	5	8	8	62	33	36
<b>Matthews</b>	0	0	0	2	0	0	0	0	0	1	0	0	0	3	33	36
<b>O'Connor</b>	0	2	2	2	3	0	3	0	0	0	0	0	8	20	33	36
<b>Raff</b>	0	0	0	0	2	0	2	0	2	0	0	0	8	14	33	36
<b>Raimondi</b>	0	4	0	4	4	3	4	3	0	0	4	4	8	38	33	36
<b>Vasilev</b>	0	2	3	0	2	0	0	0	0	0	0	0	8	15	33	36
<b>Willis</b>	0	0	0	0	0	0	2	0	0	1	0	0	0	3	33	36
<b>Wojcik</b>	0	0	3	0	2	0	2	0	0	0	0	0	8	15	33	36

<b>Race Breakdown</b>		Freedom Park, Randolph			A-Standard	17:45			
<b>Randolph Invitational</b>		Weather- Very Warm, Humid 80s			B-Standard	18:38			
<b>9/7/2014</b>		<b>Course Record-</b>			C-Standard	19:24			
<b>15th Place (15 teams)</b>		15:32.21 Patrick Schellberg, Delbarton (2009)			Negative Split				
<b>Varsity 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	<b>Place</b>
Linton, S	5:26:00	11:16:00	5:50	5:56	17:51:00	5:44:43	V	4	38 of 98
Hickman	5:50:00	12:20:00	6:30	6:16	19:17:00	6:12:24	V	3	76 of 98
Iorio	6:09:00	12:39:00	6:30	6:28	19:49:00	6:22:42	V	3	86 of 98
Ko	6:09:00	13:01:00	6:52	6:53	20:39:00	6:38:48	V	2	93 of 98
Bruno	6:18:00	13:21:00	7:03	7:03	21:10:00	6:48:46	V	2	97 of 98
<b>Varsity 5 Man Team Average</b>					<b>19:45:12</b>				
<b>JV 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	<b>Place</b>
O'Connor	6:49:00	14:20:00	7:31	7:18	22:25:00	7:12:55	JV	0	153 of 246
Vasilev	7:08:00	15:13:00	8:05	5:49	21:40:00	6:58:26	JV	0	219 of 246
Wojcik	7:29:00	15:55:00	8:26	8:12	25:00:00	8:02:48	JV	0	205 of 246
<b>JV 5 Man Team Average</b>					<b>N/A</b>				
<b>Frosh Race</b>	<b>Mile 1</b>	<b>1.65 Miles</b>				<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	<b>Place</b>
Duffy	5:43:00	9:28:00				5:44:15	F	1	14 of 218
Raff	7:58:00	12:56:00				7:50:18	F	0	200 of 218
Osowiecki	INJ								
Coger	INJ								
Raimondi	DNR								
Willis	DNR								
Matthews	DNR								
<b>Course +30 seconds from OCP</b>									
<b>Course Measured to 5000m</b>									
<b>Freshman Course is 2655m (1.65miles)</b>									
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)									
Freedom Park Course- JLHS Individual Freshman Course Record- Nick Eckett (9/11/2009) 9:19, Race Winner									

<b>Race Breakdown</b>		Ocean County Park, Lakewood			A-Standard	17:03				
<b>Tri-Meet vs Central Reg &amp; Lakewood</b>		Sunny, Nice 78			B-Standard	17:42				
<b>9/16/2014</b>		<b>Course Record-</b>			C-Standard	18:34				
<b>2014 Varsity Record 1-1</b>		14:42.34 Mike McClemens CBA (2013)								
									<b>OCP</b>	<b>2013 to</b>
<b>Varsity Scores: Loss (Central 27 - JLHS 30) Win (JLHS 15 - Lakewood 50)</b>									<b>2013</b>	<b>2014</b>
<b>Varsity 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	<b>Early Race</b>	<b>Change</b>
Linton	5:21:00	11:10:00	5:49	6:05	17:24:00	5:39:26	V	4	17:57:00	-0:33:00
Hickman	5:26:00	11:33:00	6:07	6:12	17:54:00	5:49:11	V	4	17:57:00	-0:03:00
Raimondi	5:32:00	11:45:00	6:13	6:04	17:58:00	5:50:29	V	4	18:57:00	-0:59:00
Duffy	5:48:00	11:53:00	6:05	6:08	18:10:00	5:54:23	V	4		
Iorio	5:43:00	12:08:00	6:25	6:37	18:55:00	6:09:01	V	3	19:27:00	-0:32:00
Ko	5:53:00	12:33:00	6:40	6:53	19:36:00	6:22:20	V	3	19:24:00	0:12:00
Bruno	6:05:00	13:07:00	7:02	7:06	20:23:00	6:37:37	V	3	19:38:00	0:45:00
<b>Varsity 5 Man Team Average</b>					<b>18:19:30</b>				<b>18:48:00</b>	<b>-0:28:30</b>
<b>JV 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>		
O'Connnor	6:27:00	13:29:00	7:02	6:55	20:34:00	6:41:12	JV	2	20:57:00	-0:23:00
Coger	6:09:00	13:31:00	7:22	7:19	21:01:00	6:49:59	JV	2	20:04:00	0:57:00
Vasilev	6:34:00	14:18:00	7:44	8:15	22:45:00	7:23:47	JV	2		
Wojcik	7:05:00	14:58:00	7:53	7:46	22:55:00	7:27:02	JV	0	23:32:00	-0:37:00
<b>JV 5 Man Team Average</b>					<b>N/A</b>					
<b>Frosh 2 Miles</b>	<b>Mile 1</b>	<b>Finish</b>	<b>Mile 2 Split</b>			<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>		
Matthews	N/A	12:30:00	N/A			6:15:00	F	0		
Willis	N/A	14:23:00	N/A			7:11:30	F	0		
Raff	N/A	14:46:00	N/A			7:23:00	F	0		
Oswiecki	INJ							0	18:15:00	
<b>Course +0 seconds from OCP</b>										
<b>Course Measured to 4950m- Traditional championship course run, short of 5K</b>										
<b>Freshman Course is 3200m (2 miles)</b>										
Ocean County Park Course- JLHS Individual Course Record- Nick Eckett (10/7/2010) 16:27										
Ocean County Park Freshman Course- JLHS Individual Course Record- Nick Eckett (10/22/2009) & Matt Hickman (10/24/13) 10:43										
Ocean County Park Course- JLHS 5 Man Average Record 17:05 (2010 Team-Eckett:Davies:Gustafson:Curtis:Luca)										

<b>Race Breakdown</b>		Ocean County Park, Lakewood			A-Standard	17:03						
<b>Battle at Ocean County Park</b>		Cool, high 60s, slight wind			B-Standard	17:42						
<b>9/19/2014</b>		<b>Course Record-</b>			C-Standard	18:34						
<b>Class Meet</b>		14:42.34 Mike McClemens CBA (2013)			Negative Split							
											<b>Course Adjusted</b>	
<b>Senior Race</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	<b>2013 Battle OC</b>	<b>Improvement</b>	<b>2014 Central</b>	<b>Improvement</b>
Linton	5:14:00	10:49:00	5:35	5:46	16:43:00	5:26:06	SR	4	17:57:00	-1:14	17:24:00	-0:51:00
Ko	5:43:00	12:18:00	6:35	6:36	19:04:00	6:11:56	SR	3	19:24:00	-0:20	19:36:00	-0:42:00
Coger	5:44:00	12:26:00	6:42	6:36	19:12:00	6:14:32	SR	2	20:04:00	-0:52	21:01:00	-1:59:00
Bruno	5:49:00	12:14:00	6:25	6:59	19:23:00	6:18:07	SR	3	19:38:00	-0:15	20:23:00	-1:10:00
<b>Junior Race</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>				
Iorio	5:43:00	12:10:00	6:27	6:53	19:13:00	6:14:52	JR	3	19:27:00	-0:14	18:55:00	0:08:00
Wojcik	6:45:00	14:28:00	7:43	7:34	22:13:00	7:13:23	JR	3			22:55:00	-0:52:00
Raimondi	DNR								18:57:00		17:58:00	
Osowiecki	INJ								18:15:00			
<b>Sophomore Race</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>				
Hickman	5:21:00	11:26:00	6:05	6:17	17:52:00	5:48:32	SO	4			17:54:00	-0:12:00
O'Connor	6:08:00	12:59:00	6:51	6:50	19:59:00	6:29:49	SO	2			20:34:00	-0:45:00
Vasilev	6:29:00	13:45:00	7:16	7:38	21:34:00	7:00:42	SO	3			22:45:00	-1:21:00
<b>Frosh 2 Miles</b>	<b>Mile 1</b>	<b>Finish</b>	<b>Mile 2 Split</b>			<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>			<b>2014 Central</b>	<b>Improvement</b>
Duffy	5:12:00	10:38:00	5:26			5:19:00	F	2				
Matthews	5:55:00	12:29:00	6:34			6:14:30	F				12:30:00	-0:01:00
Raff	6:37:00	14:04:00	7:27			7:02:00	F				14:46:00	-0:42:00
Willis	6:53:00	14:19:00	7:26			7:09:30	F				14:23:00	-0:04:00
					<b>Team Average</b>	<b>18:24:48</b>					<b>Average Improvement</b>	<b>-0:51:33</b>
					<b>Team Split</b>	<b>2:30:00</b>						
Course +0 seconds from OCP												
Course Measured to 4950m- Traditional championship course.												
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 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)												

<b>Race Breakdown</b>		JLHS Course			A-Standard	17:38						
<b>Dual Meet vs Pt Boro</b>		Sunny, Warm 70			B-Standard	18:28						
<b>9/23/2014</b>		<b>Course Record-</b>			C-Standard	19:08						
<b>2014 Varsity Record 1-2</b>		16:48 Kameron O'Leary, Pt. Boro (9/23/14)										
<b>Varsity Score: Loss (Pt Boro 24 - Jackson Liberty 31)</b>										<b>Personal Best</b>	<b>2014</b>	<b>Course Adjusted</b>
<b>Varsity 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	<b>JLHS Course</b>	<b>Improvement</b>	<b>OCP Best</b>	<b>Improvement</b>
Linton	5:19:00	11:16:00	5:57	6:26	17:51:00	5:48:12	V	4	17:09:00	0:42	16:43:00	0:38:00
Hickman	5:38:00	11:57:00	6:19	6:29	18:35:00	6:02:31	V	4	19:10:00	-0:35	17:52:00	0:13:00
Duffy	5:43:00	12:00:00	6:17	6:28	18:37:00	6:03:10	V	4			18:20:00	-0:13:00
Raimondi	5:44:00	12:12:00	6:28	6:38	19:00:00	6:10:38	V	4	19:26:00	-0:26	18:08:00	0:22:00
Ko	5:49:00	12:18:00	6:29	6:57	19:25:00	6:18:46	V	4	18:54:00	0:49	19:04:00	-0:09:00
Iorio	5:58:00	12:41:00	6:43	6:52	19:43:00	6:24:37	V	3	19:38:00	0:05	19:13:00	0:00:00
Bruno	6:03:00	12:52:00	6:49	6:44	19:46:00	6:25:36	V	3	22:04:00	-0:58	19:23:00	-0:07:00
<b>Varsity 5 Man Team Average</b>					<b>18:41:36</b>							
<b>JV Score: Win (Jackson Liberty 22, Pt Boro 34)</b>										<b>Personal Best</b>	<b>2014</b>	<b>Course Adjusted</b>
<b>JV 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	<b>JLHS Course</b>	<b>Improvement</b>	<b>OCP Best</b>	<b>Improvement</b>
O'Connor	6:17:00	13:33:00	7:16	7:22	21:06:00	6:51:36	V	2	21:02:00	0:04	19:59:00	0:37:00
Coger	6:10:00	13:29:00	7:19	7:40	21:20:00	6:56:09	JV	2	21:29:00	-0:01	19:12:00	1:38:00
Matthews	6:15:00	13:48:00	7:33	7:29	21:28:00	6:58:45	JV	2				
Willis	7:02:00	14:39:00	7:37	7:48	22:38:00	7:21:31	JV	0				
Vasilev	6:31:00	14:03:00	7:32	8:28	22:43:00	7:23:08	JV	0			21:34:00	0:39:00
Wojcik	6:56:00	14:56:00	8:00	8:03	23:11:00	7:32:15	JV	0	22:12:00	1:04	22:13:00	0:28:00
Raff	7:02:00	14:57:00	7:55	8:07	23:16:00	7:33:52	JV	0				
<b>JV 5 Man Team Average</b>					<b>21:51:00</b>				<b>Improvement</b>	<b>-0:02:30</b>	<b>Improvement</b>	<b>0:22:24</b>
<b>Course +30 seconds from OCP</b>												
<b>Course Measured to 4950m</b>												
JLHS Team Course Record- Mike Russo (2012) 17:01												
JLHS Team Average Record (2009) 17:40 (Boothe:Sclafani:Gustafson:Eckett:Zahran)												

<b>Race Breakdown</b>		Ocean County Park, Lakewood			A-Standard	17:03				
<b>Tri-Meet vs Barnegat &amp; Pinelands</b>		Cloudy Light Rain, 60s			B-Standard	17:42				
<b>9/30/2014</b>		<b>Course Record-</b>			C-Standard	18:34				
<b>2014 Varsity Record 2-3</b>		15:01.62 Mike Mazzaccaro CBA (2010)								
<b>Varsity Score: Loss (Barnegat 23 - Jackson Liberty 33) Win (Jackson Liberty 19 - Pinelands 37)</b>									<b>2014</b>	
<b>Varsity 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	<b>OCP Best</b>	<b>Improvement</b>
Linton	5:22:00	11:06:00	5:44	5:55	17:10:00	5:34:52	V	4	16:43:00	0:27:00
Hickman	5:38:00	11:41:00	6:03	6:09	17:59:00	5:50:48	V	4	17:52:00	0:07:00
Raimondi	5:38:00	11:41:00	6:03	6:22	18:12:00	5:55:02	V	4	18:08:00	0:04:00
Duffy	5:38:00	11:42:00	6:04	6:24	18:15:00	5:56:00	V	4	18:20:00	-0:05:00
Iorio	5:51:00	12:16:00	6:25	6:37	19:03:00	6:11:37	V	3	19:13:00	-0:10:00
Bruno	5:54:00	12:22:00	6:28	6:35	19:07:00	6:12:55	V	3	19:23:00	-0:16:00
O'Connor	6:27:00	13:46:00	7:19	7:47	21:44:00	7:03:57	V	3	19:59:00	1:45:00
<b>Varsity 5 Man Team Average</b>					<b>18:07:48</b>					
<b>JV Score: Win (Jackson Liberty 22, Pt Boro 34)</b>									<b>2014</b>	
<b>JV 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	<b>OCP Best</b>	<b>Improvement</b>
Vasilev	6:30:00	14:07:00	7:37	8:13	22:32:00	7:19:34	JV	2	21:34:00	0:58:00
Wojcik	6:42:00	14:33:00	7:51	8:11	22:56:00	7:27:22	JV	2	22:13:00	0:43:00
Raff	7:05:00	15:21:00	8:16	8:09	23:42:00	7:42:19	JV	2		
<b>JV 5 Man Team Average</b>					<b>N/A</b>					
Ko	DNR									
Coger	INJ									
Matthews	DNR									
Willis	DNR									
<b>Course +0 seconds from OCP</b>										
<b>Course Measured to 4950m- Traditional championship course.</b>										
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)										

<b>Race Breakdown</b>		Holmdel Park			A-Standard	17:48				
<b>Shore Coaches Invitational</b>		Rain then sloppy, 70s			B-Standard	18:37				
<b>10/4/2014</b>		<b>Course Record:</b>			C-Standard	19:24				
<b>25th Place (31 teams)</b>		14:53.0 Edward Cheserek, St. Benedict's Prep (2011)								
<b>Varsity 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	<b>OCP Best</b>	<b>Improvement</b>
Linton	5:59:00	11:57:00	5:58	5:40	18:14:00	5:52:07	V	4	16:43:00	0:31:00
Hickman	6:25:00	13:04:00	6:39	6:04	19:47:00	6:22:03	V	3	17:52:00	0:55:00
Raimondi	6:24:00	13:04:00	6:40	6:05	19:48:00	6:22:23	V	3	18:08:00	0:40:00
Ko	6:41:00	13:24:00	6:43	6:03	20:06:00	6:28:10	V	3	18:15:00	0:51:00
Bruno	6:43:00	13:33:00	6:50	6:26	20:41:00	6:39:26	V	2	19:07:00	0:34:00
Iorio	6:43:00	13:41:00	6:58	6:42	21:07:00	6:47:48	V	2	19:03:00	1:04:00
Coger	6:48:00	13:59:00	7:11	6:34	21:16:00	6:50:42	V	2	19:23:00	0:53:00
<b>Varsity 5 Man Team Average</b>					<b>19:43:12</b>					
<b>JV 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	<b>OCP Best</b>	<b>Improvement</b>
O'Connor	7:09:00	14:28:00	7:19	6:55	22:08:00	7:07:27	JV	0	19:59:00	1:09:00
Wojcik	7:32:00	15:26:00	7:54	7:13	23:26:00	7:32:33	JV	0	22:13:00	0:13:00
Vasilev	7:50:00	15:48:00	7:58	7:31	24:08:00	7:46:04	JV	0	21:34:00	1:34:00
<b>JV 5 Man Team Average</b>					<b>N/A</b>					
<b>Frosh 2.1 Miles</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>2.1 Miles Finish</b>		<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	<b>OCP Best</b>	
Duffy	6:02:00	11:39	5:37	12:09:00		5:32:51	F	2	10:38:00	0:21:00
Matthews	6:47:00	13:28	6:41	14:00:00		6:24:46	F	0	12:29:00	0:21:00
Raff	7:53:00	14:59	7:06	15:32:00		7:08:06	F	0	14:04:00	0:18:00
Willis	7:47:00	15:16	7:29	15:42:00		7:16:11	F	0	14:19:00	0:13:00
<b>Course +60 seconds from OCP (muddy conditions)</b>										
<b>Course Measured to 5000m</b>										
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										

<b>Race Breakdown</b>		Ocean County Park, Lakewood			A-Standard	17:03				
<b>Tri-Meet vs Manchester &amp; Donovan</b>		Variable Clouds/Sun, 70s			B-Standard	17:42				
<b>10/7/2014</b>		<b>Course Record-</b>			C-Standard	18:34				
<b>2014 Varsity Record 3-4</b>		15:01.62 Mike Mazzaccaro CBA (2010)								
<b>Varsity Score: Loss (Manchester 19 - Jackson Liberty 38) Win (Jackson Liberty 22 - Donovan Catholic 35)</b>									<b>2014</b>	
<b>Varsity 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	<b>OCP Best</b>	<b>Improvement</b>
Linton	5:20:00	11:15:00	5:55	6:13	17:37:00	5:43:39	V	4	16:43:00	0:54:00
Hickman	5:29:00	11:43:00	6:14	6:12	18:04:00	5:52:26	V	4	17:52:00	0:12:00
Raimondi	5:31:00	11:43:00	6:12	6:16	18:08:00	5:53:44	V	4	18:08:00	0:00:00
Duffy	5:30:00	11:43:00	6:13	6:17	18:09:00	5:54:03	V	4	18:15:00	-0:06:00
Bruno	5:58:00	12:48:00	6:50	7:11	20:09:00	6:33:04	V	3	19:07:00	1:02:00
Coger	6:13:00	13:32:00	7:19	7:05	20:47:00	6:45:25	V	3	19:13:00	1:34:00
O'Connor	6:21:00	13:48:00	7:27	7:11	21:09:00	6:52:35	V	3	19:59:00	1:10:00
<b>Varsity 5 Man Team Average</b>					<b>18:25:24</b>					
<b>JV Score: N/A</b>									<b>2014</b>	
<b>JV 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	<b>OCP Best</b>	<b>Improvement</b>
Willis	6:35:00	14:14:00	7:39	7:48	22:13:00	7:13:23	JV	2		
Wojcik	6:40:00	14:24:00	7:44	8:08	22:44:00	7:23:28	JV	2	22:13:00	0:31:00
Raff	6:59:00	15:07:00	8:08	8:07	23:26:00	7:37:07	JV	2	23:42:00	-0:16:00
<b>JV 5 Man Team Average</b>					<b>N/A</b>					
Ko	DNR									
Iorio	DNR									
Matthews	INJ									
Vasilev	DNR									
<b>Course +0 seconds from OCP</b>										
<b>Course Measured to 4950m- Traditional championship course.</b>										
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)										



<b>Race Breakdown</b>			Thompson Park, Jamesburg		A-Standard	17:40		
<b>Fall XC Classic</b>			Sunny High 50s		B-Standard	18:38		
<b>10/11/2014</b>			<b>Course Record-</b>		C-Standard	19:36		
<b>15th Place (17 teams)</b>			15:27.92 Brian Leung, WWP South (2007)					
<b>Varsity 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>
Linton, S	5:21:00	11:11:00	5:50	5:52	17:41:00	5:41:30	V	4
Hickman	5:34:00	11:34:00	6:00	6:11	18:25:00	5:55:40	V	4
Duffy	5:38:00	11:44:00	6:06	6:16	18:41:00	6:00:49	V	3
Raimondi	5:38:00	11:49:00	6:11	6:27	18:58:00	6:06:17	V	3
Ko	5:47:00	12:14:00	6:27	6:36	19:33:00	6:17:33	V	3
Bruno	5:55:00	12:25:00	6:30	6:34	19:42:00	6:20:27	V	3
Iorio	6:04:00	13:01:00	6:57	7:01	20:47:00	6:41:22	V	2
			<b>Varsity 5 Man Team Average</b>		<b>18:39:36</b>			
<b>JV 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>
Vasilev	6:42:00	14:06:00	7:24	7:29	22:24:00	7:12:36	JV	0
Wojcik	7:07:00	15:09:00	8:02	7:43	23:42:00	7:37:42	JV	0
<b>Freshman 2.5 Miles</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>		<b>Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>
Matthews	6:24:00	13:41:00	7:17		16:26:00	6:34:24	FR	0
Willis	6:26:00	14:42:00	8:16		17:05:00	6:50:00	FR	0
Raff	6:59:00	14:55:00	7:56		18:05:00	7:14:00	FR	0
Coger	INJ							
O'Connor	INJ							
<b>Course +0:20 seconds from OCP</b>								
<b>Course Measured to 5000m</b>								
JLHS Team Course Record- Jordan Boothe (2009) 17:06								
JLHS Team Average Record (2009) 17:40 (Boothe:Sclafani:Gustafson:Eckett:Zahran)								

<b>Race Breakdown</b>		JLHS Course			A-Standard	17:38		
<b>Dual Meet vs Jackson Memorial</b>		Sunny, Warm 70			B-Standard	18:28		
<b>10/16/2014</b>		<b>Course Record-</b>			C-Standard	19:08		
<b>2014 Record 3-5</b>		16:48 Kameron O'Leary, Pt. Boro (9/23/14)						
<b>Varsity Score: Loss (JMHS 17 - JLHS 43)</b>								
<b>Varsity 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>
Linton, S	5:43:00	11:47:00	6:04	5:53	18:07:00	5:53:24	V	4
Hickman	5:44:00	11:39:00	5:55	6:22	18:31:00	6:01:12	V	3
Bruno	5:57:00	12:31:00	6:34	6:25	19:26:00	6:19:05	V	3
Ko	5:58:00	13:14:00	7:16	6:29	20:13:00	6:34:22	V	3
Coger	6:04:00	13:14:00	7:10	6:32	20:16:00	6:35:21	V	3
Iorio	5:59:00	13:05:00	7:06	7:12	20:50:00	6:46:24	V	3
O'Connor	6:30:00	13:51:00	7:21	6:52	21:15:00	6:54:32	V	3
Raff	7:08:00	15:02:00	7:54	7:41	23:18:00	7:34:31	JV	2
<b>Varsity 5 Man Team Average</b>					<b>19:18:36</b>			
Wojcik	DNR							
Vasilev	DNR							
Duffy	DNR							
Willis	DNR							
Raimondi	DNR							
Matthews	DNR							
<b>Course +35 seconds from OCP</b>								
<b>Course Measured to 5000m</b>								
JLHS Team Course Record- Mike Russo (2012) 17:01								
JLHS Team Average Record (2009) 17:40 (Boothe:Sclafani:Gustafson:Eckett:Zahran)								

<b>Race Breakdown</b>		Ocean County Park, Lakewood			A-Standard	17:03			
<b>Ocean County Championships</b>		Wet, cloudy 50s, muddy conditions			B-Standard	17:42			
<b>10/23/2014</b>		<b>Course Record-</b>			C-Standard	18:34			
<b>11th Place (15 teams)</b>		15:01.62 Mike Mazzaccaro CBA (2010)							
<b>Varsity 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	
Linton, S	5:16:00	10:54:00	5:38	5:22	16:41:00	5:25:27	V	5	
Hickman	5:19:00	11:22:00	6:03	5:54	17:43:00	5:45:36	V	4	
Duffy	5:33:00	11:29:00	5:56	5:48	17:44:00	5:45:56	V	4	
Bruno	5:49:00	12:24:00	6:35	6:12	19:05:00	6:12:16	V	3	
Iorio	5:51:00	12:25:00	6:34	6:23	19:18:00	6:16:29	V	3	
Coger	5:53:00	12:34:00	6:41	6:25	19:29:00	6:20:04	V	2	
			<b>5 Man Team Average</b>		<b>18:06:12</b>				
<b>JV 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	
O'Connor	5:55:00	12:53:00	6:58	6:31	19:54:00	6:28:12	JV	0	
Vasilev	6:19:00	13:56:00	5:55	7:05	21:34:00	7:00:42	JV	0	
Wojcik	6:20:00	14:09:00	7:49	7:30	22:14:00	7:13:43	JV	0	
<b>Frosh 2 Miles</b>	<b>Mile 1</b>	<b>Finish-Mile 2</b>	<b>Mile 2 Split</b>			<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	
Matthews	6:15:00	11:56:00	5:41			5:58:00	F	1	
Willis	5:45:00	12:49:00	7:04			6:24:30	F	1	
Raff	6:24:00	13:57:00	7:33			6:58:30	F	0	
<b>Frosh 5 Man Team Average</b>		<b>N/A</b>	Ocean County Park Freshman Course- JLHS Individual Course Record- Dan Duffy (9/19/2014) 10:38						
Ko	INJ								
Raimondi	INJ								
<b>Course +0 seconds from OCP</b>									
<b>Course Measured to 4950m- Championship Meet Course, Shy of 5K</b>									
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)									

<b>Race Breakdown</b>		Ocean County Park, Lakewood			A-Standard	17:03		
<b>Shore Conference Championships</b>		Cloudy, cool high 50's			B-Standard	17:42		
<b>Shore Frosh/JV Championships</b>		<b>Course Record-</b>			C-Standard	18:34		
<b>10/30/2014</b>		14:42.34 Mike McClemmons CBA (10/24/2013)						
<b>Varsity 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>
Linton, S	5:09:00	10:42:00	5:33	5:20	16:27:00	5:20:54	V	0
<b>JV 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>
Hickman	5:22:00	11:21:00	5:59	5:56	17:44:00	5:45:56	JV	0
Bruno	5:43:00	11:56:00	6:13	5:50	18:13:00	5:55:21	JV	0
Wojcik	6:24:00	14:18:00	5:55	7:42	22:36:00	7:20:52	JV	0
<b>Frosh 2 Miles</b>	<b>Mile 1</b>	<b>Finish-Mile 2</b>	<b>Mile 2 Split</b>			<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>
Duffy	5:08:00	10:46:00	5:38			5:23:00	F	0
Willis	5:58:00	12:21:00	6:23			6:10:30	F	0
Raff	6:39:00	14:04:00	7:25			7:02:00	F	0
<b>Frosh 5 Man Team Average</b>		<b>N/A</b>	Ocean County Park Freshman Course- JLHS Individual Course Record- Dan Duffy (9/19/2014) 10:38					
Ko	INJ							
Raimondi	INJ							
O'Connor	INJ							
Coger	INJ							
Iorio	INJ							
Vasilev	INJ							
Matthews	DNR							
<b>Course +0 seconds from OCP</b>								
<b>Course Measured to 4950m- Championship Course, Shy of 5K</b>								
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)								

<b>Race Breakdown</b>		Thompson Park, Jamesburg			A-Standard	17:40				
<b>CJ Group 3 State Sectional</b>		Sunny Cool High 40s			B-Standard	18:38				
<b>11/8/2014</b>		<b>Course Record-</b>			C-Standard	19:36				
<b>11th Place (17 teams)</b>		15:27.92 Brian Leung, WWP South (2007)							<b>10/11/2014</b>	
									<b>Fall XC</b>	
<b>Varsity 5K</b>	<b>Mile 1</b>	<b>Mile 2</b>	<b>Mile 2 Split</b>	<b>Mile 3 Split (calc)</b>	<b>5K- Finish</b>	<b>Ave Mile Pace</b>	<b>Race</b>	<b>V Letter Pts</b>	<b>Classic</b>	<b>Improvement</b>
Linton, S	5:16:00	11:01:00	5:45	5:47	17:26:00	5:36:40	V	5	17:41:00	-0:15:00
Hickman	5:27:00	11:33:00	6:06	6:19	18:33:00	5:58:14	V	4	18:25:00	0:08:00
Duffy	5:30:00	11:42:00	6:12	6:25	18:49:00	6:03:23	V	4	18:41:00	0:08:00
Raimondi	5:33:00	12:00:00	6:27	6:54	19:39:00	6:19:29	V	4	18:58:00	0:41:00
Ko	5:50:00	12:48:00	6:58	6:37	20:08:00	6:28:49	V	3	19:33:00	0:35:00
Iorio	6:06:00	13:14:00	7:08	7:24	21:26:00	6:53:55	V	2	20:47:00	0:39:00
Bruno	6:03:00	13:25:00	7:22	7:16	21:28:00	6:54:34	V	2	19:42:00	1:46:00
			<b>Varsity 5 Man Team Average</b>		<b>18:55:00</b>				<b>18:39:36</b>	<b>-0:15:24</b>
<b>Course +0:20 seconds from OCP</b>										
<b>Course Measured to 5000m</b>										
JLHS Team Course Record- Jordan Boothe (2009) 17:06										
JLHS Team Average Record (2009) 17:40 (Boothe:Sclafani:Gustafson:Eckett:Zahran)										