

Varsity Letter Points																
2009 Season																
	Randolph Inv	Central/Lakewood	Manchester/Barnegat	South Jersey Shootout	Mon Donovan	Shore Coaches Invite	Pt Boro/Pinelands	Jackson Memorial	Old Bridge Classic	Ocean County Champs	Shore Conference	SJ Gr 3 State Sectional	Time Standard Points	Bonus Points	Current Accumulated Varsity Points	Current Varsity Points Standard (as of last meet)
Cucchiara	2	5	0	2	2	0	0	0	0	0	0	0	0	0	11	30.0
Mannikus	0	1	1	0	0	0	0	2	0	0	0	0	0	0	4	30.0
Arnold	2	3	1	2	0	2	0	0	0	0	0	0	0	2	12	30.0
Boothe	-2	-2	5	4	4	5	5	4	0	5	5	5	8	0	46	30.0
Davies	3	5	5	3	3	0	5	4	5	2	4	2	6	0	47	30.0
Gustafson	3	5	5	3	3	4	5	4	4	4	4	5	8	0	57	30.0
Luca	1	3	4	2	2	2	3	2	2	2	0	0	4	0	27	30.0
Mahmoud	2	5	4	3	3	4	3	3	3	3	0	2	6	0	41	30.0
Yostpille	0	1	1	0	0	0	0	0	0	0	0	0	0	0	2	30.0
Zahran	-2	-2	5	0	4	0	5	0	4	0	3	4	6	0	27	30.0
Curtis	2	5	5	-2	-2	3	5	4	3	4	2	0	6	0	35	30.0
Rajhel	1	1	1	0	0	0	0	0	0	0	0	0	0	0	1	30.0
Sclafani	4	5	5	0	4	5	5	4	-2	5	5	5	8	0	53	30.0
Eckett	1	5	5	0	3	1	5	4	4	1	4	4	8	0	45	30.0
Lackay	0	1	1	0	0	0	0	0	0	0	0	0	0	0	2	30.0
Marino	0	3	4	0	2	0	3	2	-2	1	0	0	4	0	17	30.0

<b>Race Breakdown</b>		Freedom Park, Randolph			A-Standard	17:45		
<b>Randolph Invitational</b>		Mist/Rain, 60's - Night Race, muddy conditions			B-Standard	18:38		
<b>9/11/2009</b>					C-Standard	19:36		
					Negative Split			
<b>Varsity/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>
Sclafani	5:29:00	11:42:00	6:13	5:57	18:18:00	5:53:25	V	4
Davies	5:41:00	11:55:00	6:14	6:02	18:36:00	5:59:12	V	3
Gustafson	5:52:00	12:28:00	6:36	6:28	19:38:00	6:19:10	V	3
Mahmoud	6:04:00	12:41:00	6:37	6:37	20:01:00	6:26:34	V	2
Curtis	6:10:00	13:01:00	6:51	6:23	20:06:00	6:28:10	V	2
Cucchiara	6:13:00	13:15:00	7:02	6:34	20:32:00	6:36:33	V	2
Luca	6:23:00	13:19:00	6:56	6:43	20:46:00	6:41:03	JV	1
Arnold	6:46:00	14:23:00	7:37	7:24	22:35:00	7:16:08	V	2
Rajhel	6:56:00	14:23:00	7:27	7:05	22:14:00	7:09:22	JV	1
Yostpille	7:28:00	15:39:00	8:11	7:53	24:23:00	7:50:54	JV	
<b>Frosh Race</b>	<b>Mile 1</b>	<b>1.65 Miles</b>						
Eckett	5:45:00	9:19:00				5:38:47	F	1
Marino	6:09:00	10:06:00				6:07:16	F	
Lackay	7:16:00	11:59:00				7:15:45	F	
<b>Course +30 seconds from OCP</b>								
Course Measured to 5000m								
Freshman Course is 2655m (1.65miles)								
Meat of the Meet Award- Nick Eckett								

<b>Race Breakdown</b>		Ocean County Park			A-Standard	17:08		
<b>Tri-Meet Lakewood &amp; Central</b>		Sunny, High 70's			B-Standard	17:58		
<b>9/15/2009</b>					C-Standard	18:53		
<b>2 Wins (JLHS 25 - Central 32) (JLHS 15 - Lakewood 50)</b>								
<b>Varsity/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>
Sclafani	5:29:00	11:09:00	5:40	5:25	17:09:00	5:31:12	V	5
Eckett	5:50:00	11:56:00	6:06	5:31	18:03:00	5:48:35	V	5
Davies	5:40:00	11:46:00	6:06	5:45	18:08:00	5:50:12	V	5
Curtis	5:45:00	11:56:00	6:11	5:40	18:13:00	5:51:48	V	5
Mahmoud	5:48:00	12:05:00	6:17	5:44	18:26:00	5:55:59	V	5
Gustafson	5:28:00	11:52:00	6:24	6:05	18:36:00	5:59:12	V	5
Cucchiara	5:51:00	12:19:00	6:28	6:05	19:04:00	6:08:13	V	5
Luca	6:03:00	12:54:00	6:51	6:40	20:17:00	6:31:43	JV	3
Marino	6:35:00	14:06:00	7:31	6:36	21:25:00	6:53:36	JV	3
Arnold	6:33:00	13:57:00	7:24	6:49	21:30:00	6:55:13	JV	3
Rajhel	6:45:00	14:12:00	7:27	7:04	22:02:00	7:05:31	JV	1
Mannikus	6:59:00	15:36:00	8:37	7:44	24:10:00	7:46:43	JV	1
Yostpille	7:14:00	15:58:00	8:44	7:49	24:38:00	7:55:43	JV	1
Lackay	8:04:00	16:48:00	8:44	8:10	25:51:00	8:19:13	JV	1
Boothe	DNR							
Zahran	DNR							
				<b>Team Average</b>	<b>17:59:48</b>			
<b>Course +0 seconds from OCP</b>								
Course Measured to 5000m								
Meat of the Meet Award - Phil Curtis								

<b>Race Breakdown</b>		Ocean County Park			A-Standard	17:08		
<b>Tri-Meet Manchester &amp; Barnegat</b>		Cloudy, Low 70s			B-Standard	17:58		
<b>9/22/2009</b>					C-Standard	18:53		
<b>2 Wins</b>								
<b>Varsity/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>
Sclafani	5:17:00	11:04:00	5:47	5:14	16:52:00	5:25:44	V	5
Boothe	5:17:00	11:04:00	5:47	5:19	16:58:00	5:27:40	V	5
Davies	5:27:00	11:18:00	5:51	5:37	17:32:00	5:38:36	V	5
Eckett	5:35:00	11:31:00	5:56	5:27	17:33:00	5:38:56	V	5
Gustafson	5:22:00	11:22:00	6:00	5:43	17:42:00	5:41:49	V	5
Zahran	5:35:00	11:36:00	6:01	5:30	17:42:00	5:41:49	V	5
Curtis	5:35:00	11:36:00	6:01	5:40	17:53:00	5:45:22	V	5
Mahmoud	5:35:00	11:43:00	6:08	5:46	18:07:00	5:49:52	JV	4
Luca	5:48:00	12:25:00	6:37	6:14	19:20:00	6:13:22	JV	4
Marino	5:57:00	12:35:00	6:38	6:18	19:34:00	6:17:52	JV	4
Arnold	6:22:00	13:40:00	7:18	6:36	20:59:00	6:45:14	JV	1
Mannikus	6:29:00	13:53:00	7:24	7:01	21:40:00	6:58:26	JV	1
Rajhel	6:31:00	14:13:00	7:42	6:53	21:51:00	7:01:58	JV	1
Yostpille	6:52:00	14:51:00	7:59	7:24	23:03:00	7:25:09	JV	1
Lackay	7:17:00				24:20:00	7:49:56	JV	1
Cucchiara	DNR							0
				<b>Team Average</b>	<b>17:19:24</b>			
<b>Course +0 seconds from OCP</b>								
Course Measured to 5000m								
Meat of the Meet Award - Mike Davies								

<b>Race Breakdown</b>		Gloucester County College, Sewell NJ				A-Standard	18:10:00	
<b>South Jersey Shootout</b>		Nice, Mid to High 60s				B-Standard	18:45:00	
<b>9/26/2009</b>						C-Standard	19:35:00	
<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>
Boothe	5:33:00	11:23:00	5:50	6:06	18:09:00	5:50:31	V	5
Davies	5:31:00	11:32:00	6:01	6:14	18:27:00	5:56:19	V	5
Gustafson	5:31:00	11:38:00	6:07	6:24	18:44:00	6:01:47	V	5
Mahmoud	5:43:00	12:05:00	6:22	6:23	19:09:00	6:09:50	V	4
Luca	5:51:00	12:35:00	6:44	6:54	20:14:00	6:30:45	V	4
Cucchiara	5:51:00	12:47:00	6:56	6:49	20:20:00	6:32:41	V	5
Arnold	6:24:00	13:53:00	7:29	7:23	22:04:00	7:06:09	V	1
<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>
Mannikus	6:36:00	13:45:00	7:09	7:39	22:14:00	7:09:22	JV	0
Rajhel	6:51:00	14:17:00	7:26	7:10	22:13:00	7:09:03	JV	0
Yostpille	6:59:00	15:07:00	8:08	8:26	24:28:00	7:52:30	JV	0
<b>Frosh</b>	<b>Mile 1</b>	<b>Finish</b>						
Marino	5:50:00	14:57:00						
Lackay	7:06:00	18:29:00						
Eckett	INJ-DNR							
Zahran	INJ-DNR							
Sclafani	INJ-DNR							
Curtis	MIA							
				<b>Team Average</b>	<b>18:56:36</b>			
<b>Course +25 seconds from OCP</b>								
Course Measured to 5000m								
Meat of the Meet Award - Mike Marino								

<b>Race Breakdown</b>		Ocean County Park			A-Standard	17:08		
<b>Dual Meet Mon Don</b>		Nice, 60s			B-Standard	17:58		
<b>9/29/2009</b>					C-Standard	18:53		
<b>Loss (JLHS 31 - MonDon 24)</b>								
<b>Varsity/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>
Sclafani	5:22:00	11:01:00	5:39	5:21	16:57:00	5:27:20	V	5
Boothe	5:22:00	11:06:00	5:44	5:23	17:04:00	5:29:36	V	5
Zahran	5:29:00	11:20:00	5:51	5:27	17:23:00	5:35:43	V	5
Davies	5:29:00	11:20:00	5:51	5:40	17:37:00	5:40:13	V	5
Gustafson	5:23:00	11:15:00	5:52	5:47	17:40:00	5:41:11	V	5
Eckett	5:42:00	11:45:00	6:03	5:36	17:58:00	5:46:58	V	5
Mahmoud	5:42:00	11:55:00	6:13	5:42	18:14:00	5:52:07	JV	4
Marino	5:53:00	12:32:00	6:39	5:57	19:08:00	6:09:30	JV	4
Luca	5:52:00	12:30:00	6:38	6:14	19:25:00	6:14:59	JV	4
Cucchiara	6:05:00	12:46:00	6:41	6:10	19:36:00	6:18:31	V	5
Arnold	6:33:00	13:44:00	7:11	6:42	21:09:00	6:48:27	JV	1
Rajhel	6:50:00	14:05:00	7:15	6:31	21:18:00	6:51:21	JV	1
Mannikus	7:08:00	14:55:00	7:47	7:42	23:27:00	7:32:52	JV	1
Yostpille	7:08:00	15:12:00	8:04	7:41	23:43:00	7:38:01	JV	1
Lackay	7:07:00	15:48:00	8:41	7:38	24:15:00	7:48:19	JV	1
Curtis	DNR							0
				<b>Team Average</b>	<b>17:20:12</b>			
<b>Course +0 seconds from OCP</b>								
Course Measured to 5000m								
Meat of the Meet Award - Matt Sclafani								

<b>Race Breakdown</b>			Holmdel Park			A-Standard	18:09	
<b>Shore Coaches Invitational</b>			Cloudy, Light Rain, Humid, Low 70s			B-Standard	18:58	
<b>10/3/2009</b>						C-Standard	19:59	
<b>11th Place Boys Varsity C Race</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>
Sclafani	5:50:00	11:41:00	5:51	5:34	17:51:00	5:44:43	V	5
Boothe	5:51:00	11:51:00	6:00	5:33	18:00:00	5:47:37	V	5
Mahmoud	6:18:00	12:33:00	6:15	5:42	18:52:00	6:04:21	V	4
Gustafson	6:00:00	12:13:00	6:13	6:01	18:53:00	6:04:41	V	5
Curtis	6:21:00	12:49:00	6:28	6:05	19:34:00	6:17:52	V	5
Luca	6:37:00	13:36:00	6:59	6:44	21:04:00	6:46:51	V	4
Arnold	7:22:00	14:53:00	7:31	7:30	23:12:00	7:28:02	V	1
<b>JV 5K</b>								
Rajhel	7:45:00	15:25:00	7:40	7:40	23:55:00	7:41:53	JV	1
Yostpille	7:50:00	15:46:00	7:56	7:55	24:32:00	7:53:47	JV	1
<b>Frosh 2.1 Miles</b>	<b>Mile 1</b>	<b>2.1 Miles</b>						
Eckett	6:00:00	12:09:00					F	1
Marino	6:30:00	12:50:00					F	0
Lackay	7:41:00	15:43:00					F	0
Cucchiara	DNR							0
Mannikus	DNR							0
Zahran	DNR							0
Davies	DNR							0
				<b>Team Average</b>	<b>18:38:00</b>			
<b>Course +45 seconds from OCP</b>								
Course Measured to 5000m								
Beet of the Meet Award - Youseff Mahmoud								

<b>Race Breakdown</b>		Ocean County Park			A-Standard	17:08		
<b>Dual Meet Pt Boro &amp; Pinelands</b>		Nice, 60s			B-Standard	17:58		
<b>10/6/2009</b>					C-Standard	18:53		
<b>2 Wins (JLHS 21 - Pinelands 39) (JLHS 20 - Pt Boro 42)</b>								
<b>Varsity/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>
Boothe	5:25:00	11:02:00	5:37	5:07	16:42:00	5:22:31	V	5
Sclafani	5:25:00	11:02:00	5:37	5:14	16:50:00	5:25:05	V	5
Eckett	5:31:00	11:16:00	5:45	5:18	17:09:00	5:31:12	V	5
Davies	5:31:00	11:16:00	5:45	5:22	17:13:00	5:32:29	V	5
Gustafson	5:31:00	11:16:00	5:45	5:33	17:25:00	5:36:21	V	5
Zahran	5:31:00	11:28:00	5:57	5:28	17:32:00	5:38:36	V	5
Curtis	5:51:00	11:31:00	5:40	5:49	17:58:00	5:46:58	V	5
Mahmoud	5:39:00	12:01:00	6:22	5:42	18:20:00	5:54:03	JV	4
Marino	5:52:00	12:11:00	6:19	5:45	18:33:00	5:58:14	JV	4
Luca	5:53:00	12:19:00	6:26	5:58	18:56:00	6:05:39	JV	4
Arnold	6:27:00	13:26:00	6:59	6:27	20:35:00	6:37:30	JV	1
Rajhel	6:35:00	13:35:00	7:00	6:49	21:08:00	6:48:08	JV	1
Mannikus	6:23:00	13:51:00	7:28	7:00	21:36:00	6:57:09	JV	1
Lackay	7:16:00	15:20:00	8:04	7:26	23:34:00	7:35:07	JV	1
Yostpille	DNR							
				<b>Team Average</b>	<b>17:03:48</b>			
<b>Course +0 seconds from OCP</b>								
Course Measured to 5000m								
Meat of the Meet Award - Jordan Boothe								
Won B-South Public Championship!!								



<b>Race Breakdown</b>		JLHS Course			A-Standard	17:58		
<b>Dual Meet vs Jackson Memorial</b>		Sunny High 60s			B-Standard	18:56		
<b>10/13/2009</b>					C-Standard	19:47		
<b>Loss (JLHS 29 - JMHS 28)</b>								
<b>Varsity/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>
Sclafani	5:18:00	11:09:00	5:51	5:33	17:18:00	5:34:06	V	4
Boothe	5:18:00	11:16:00	5:58	6:09	18:05:00	5:49:14	V	4
Gustafson	5:19:00	11:31:00	6:12	5:59	18:09:00	5:50:31	V	4
Davies	5:18:00	11:38:00	6:20	5:57	18:14:00	5:52:07	V	4
Eckett	5:23:00	11:38:00	6:15	5:58	18:15:00	5:52:27	V	4
Curtis	5:31:00	11:49:00	6:18	5:55	18:22:00	5:54:42	V	4
Mahmoud	5:38:00	12:23:00	6:45	6:09	19:12:00	6:10:48	V	3
Marino	5:23:00	12:33:00	7:10	6:10	19:23:00	6:14:20	JV	2
Luca	5:56:00	12:44:00	6:48	6:42	20:10:00	6:29:28	JV	2
Mannikus	6:21:00	13:27:00	7:06	6:59	21:11:00	6:49:06	JV	2
Arnold	6:23:00	13:56:00	7:33	7:09	21:51:00	7:01:58	JV	0
Yostpille	7:00:00	15:31:00	8:31	8:46	25:14:00	8:07:19	JV	0
Lackay	7:24:00	16:44:00	9:20	8:41	26:21:00	8:28:52	JV	0
Rajhel	DNR							0
Zahran	DNR							0
<b>Course +35 seconds from OCP</b>				<b>Team Average</b>	<b>18:00:12</b>			
Course Measured to 5000m								
Meat of the Meet Award - Phil Curtis								

<b>Race Breakdown</b>		Thompson Park, Jamesburg			A-Standard	17:46		
<b>Old Bridge Classic</b>		Cold, Light Rain- High 40s			B-Standard	18:51		
<b>10/17/2009</b>					C-Standard	19:49		
<b>Varsity Boys 9th Place, Varsity A Race</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>
Davies	5:26:00	11:09:00	5:43	5:56	17:44:00	5:42:28	V	5
Gustafson	5:19:00	11:11:00	5:52	6:04	17:54:00	5:45:41	V	4
Zahran	5:30:00	11:34:00	6:04	5:54	18:06:00	5:49:33	V	4
Eckett	5:40:00	11:40:00	6:00	6:01	18:20:00	5:54:03	V	4
Curtis	5:43:00	11:44:00	6:01	6:16	18:41:00	6:00:49	V	3
Mahmoud	5:41:00	11:47:00	6:06	6:17	18:45:00	6:02:06	V	3
Luca	5:49:00	12:12:00	6:23	6:54	19:51:00	6:23:21	V	2
<b>JV 5K</b>								
Arnold	6:21:00	13:11:00	6:50	7:03	21:00:00	6:45:33	JV	0
Mannikus	6:21:00	13:21:00	7:00	7:31	21:41:00	6:58:45	JV	0
Rajhel	6:43:00	14:15:00	7:32	7:10	22:12:00	7:08:44	JV	0
Lackay	6:54:00	14:50:00	7:56	7:16	22:53:00	7:21:56	JV	0
Yostpille	6:57:00	15:01:00	8:04	7:42	23:33:00	7:34:48	JV	0
Sclafani	DNR							
Boothe	DNR							
Marino	DNR							
<b>Course +35 seconds from OCP</b>			<b>Team Average</b>		<b>18:09:00</b>			
Course Measured to 5000m								
Meat of the Meet Award - Kyle Lackay								

<b>Race Breakdown</b>		Ocean County Park, Lakewood			A-Standard	17:08		
<b>Ocean County Championships</b>		Nice, High 60's			B-Standard	17:58		
<b>10/22/2009</b>					C-Standard	18:53		
<b>Varsity Boys 6th Place</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>
Boothe	5:12:00	10:50:00	5:38	5:20	16:45:00	5:23:29	V	5
Sclafani	5:13:00	10:53:00	5:40	5:27	16:55:00	5:26:42	V	5
Gustafson	5:24:00	11:19:00	5:55	5:44	17:40:00	5:41:11	V	4
Curtis	5:27:00	11:24:00	5:57	5:45	17:46:00	5:43:07	V	4
Mahmoud	5:37:00	11:57:00	6:20	5:43	18:17:00	5:53:05	V	3
Luca	5:43:00	12:26:00	6:43	6:28	19:36:00	6:18:31	V	2
Davies	5:24:00	11:17:00	5:53	7:31	19:37:00	6:18:50	V	2
<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>
Mannikus	6:11:00	13:10:00	6:59	6:40	20:33:00	6:36:52	JV	0
Arnold	6:12:00	13:30:00	7:18	6:39	20:52:00	6:42:59	JV	0
Rajhel	6:44:00	14:13:00	7:29	6:57	21:55:00	7:03:15	JV	0
Yostpille	6:47:00	14:22:00	7:35	7:18	22:27:00	7:13:33	JV	0
<b>Frosh 3200M</b>	<b>Mile 1</b>	<b>3200m Finish</b>				<b>Ave Mile Pace</b>		
Eckett	5:17:00	10:43:00				5:21:30	F	1
Marino	5:32:00	11:24:00				5:42:00	F	0
Lackay	6:33:00	13:41:00				6:50:30	F	1
Zahran	DNR							
<b>Course +0 seconds from OCP</b>			<b>Team Average</b>		<b>17:39:30</b>			
Course Measured to 5000m								
Meat of the Meet Award - ?								

<b>Race Breakdown</b>		Bucks Mill Park, Colts Neck			A-Standard	17:52		
<b>Shore Conf Frosh/JV Champs</b>		Cloudy, 50s			B-Standard	18:44		
<b>10/30/2009</b>					C-Standard	19:43		
<b>JV Boys 15th Place</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>
Mahmoud	5:51:00	11:58:00	6:07	6:05	18:43:00	6:01:28	JV	3
Marino	5:55:00	12:13:00	6:18	6:12	19:05:00	6:08:32	JV	2
Luca	5:56:00	12:21:00	6:25	6:32	19:35:00	6:18:12	JV	2
Mannikus	6:15:00	13:00:00	6:45	6:55	20:40:00	6:39:07	JV	2
Rajhel	6:23:00	13:06:00	6:43	6:53	20:44:00	6:40:24	JV	0
Arnold	6:25:00	13:19:00	6:54	7:00	21:04:00	6:46:51	JV	0
Lackay	6:54:00	14:22:00	7:28	7:25	22:35:00	7:16:08	JV	0
Yostpille	6:56:00	14:55:00	7:59	8:12	24:00:00	7:43:29	JV	0
<b>Course +30 seconds from OCP</b>				<b>Team Average</b>	<b>19:58:30</b>			
Course Measured to 5000m								
Meat of the Meet Award -Nick Luca								

<b>Race Breakdown</b>		Bucks Mill Park, Colts Neck			A-Standard	17:52		
<b>Shore Conference Championships</b>		Partly Cloudy, Windy, Low 60s			B-Standard	18:44		
<b>10/31/2009</b>					C-Standard	19:43		
<b>Varsity Boys 10th Place</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>
Boothe	5:09:00	10:57:00	5:48	5:41	17:15:00	5:33:08	V	5
Sclafani	5:16:00	10:57:00	5:41	5:53	17:28:00	5:37:19	V	5
Eckett	5:31:00	11:24:00	5:53	5:41	17:42:00	5:41:49	V	2
Gustafson	5:24:00	11:23:00	5:59	6:02	18:04:00	5:48:54	V	4
Davies	5:27:00	11:25:00	5:58	6:00	18:04:00	5:48:54	V	2
Zahran	5:31:00	11:34:00	6:03	6:05	18:18:00	5:53:25	V	3
Curtis	5:39:00	11:52:00	6:13	6:17	18:50:00	6:03:43	V	4
<b>Course +30 seconds from OCP</b>				<b>Team Average</b>	<b>17:42:36</b>			
Course Measured to 5000m								
Meat of the Meet Award - Jordan Boothe								

<b>Race Breakdown</b>		Thompson Park, Jamesburg			A-Standard	17:46		
<b>State Frosh / JV Championships</b>		Cool 50s			B-Standard	18:51		
<b>11/4/2009</b>					C-Standard	19:49		
<b>JV Boys 25th Place, Championship Race</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>
Curtis	5:42:00	11:48:00	6:06	6:26	18:56:00	6:05:39	JV	1
Marino	6:06:00	12:30:00	6:24	6:23	19:35:00	6:18:12	JV	1
Luca	6:04:00	12:28:00	6:24	6:54	20:07:00	6:28:30	JV	1
Arnold	6:42:00	13:46:00	7:04	7:44	22:20:00	7:11:18	JV	0
Lackay	6:53:00	14:21:00	7:28	8:18	23:33:00	7:34:48	JV	0
Yostpille	6:58:00	14:33:00	7:35	8:13	23:39:00	7:36:44	JV	0
Rajhel	DNR							
Mannikus	DNR							
<b>Course +35 seconds from OCP</b>				<b>Team Average</b>	<b>20:54:12</b>			
Course Measured to 5000m								
Meat of the Meet Award - John Yostpille								

<b>Race Breakdown</b>		Thompson Park, Jamesburg			A-Standard	17:46		
<b>CJ Group 3 State Sectional</b>		Nice, High 50s-Low 60s			B-Standard	18:51		
<b>11/7/2009</b>					C-Standard	19:49		
<b>Varsity Boys 6th Place</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>
Boothe	5:20:00	10:36:00	5:16	5:51	17:05:00	5:29:55	V	5
Sclafani	5:21:00	10:45:00	5:24	5:59	17:23:00	5:35:43	V	5
Gustafson	5:26:00	10:54:00	5:28	6:07	17:41:00	5:41:30	V	5
Eckett	5:37:00	11:16:00	5:39	5:58	17:53:00	5:45:22	V	4
Zahran	5:36:00	11:20:00	5:44	6:13	18:13:00	5:51:48	V	4
Mahmoud	5:44:00	12:10:00	6:26	6:55	19:50:00	6:23:01	V	2
Davies	5:26:00	11:36:00	6:10	7:49	20:16:00	6:31:24	V	2
<b>Course +35 seconds from OCP</b>				<b>Team Average</b>	<b>17:39:00</b>			
Course Measured to 5000m								
Meat of the Meet Award - Mike Gustafson								