

SOUTHERN CROSS COUNTRY

2012







SCHOOL FACTS & INFORMATION

Southern Regional High School
90 Cedar Bridge Road
Manahawkin, NJ 08050
609-597-9481

Superintendent Mr. Craig Henry
Assistant Superintendent Mr. Daniel MacPhee

Principal Mr. Eric Wilhelm
Assistant Principal Mr. Malcom Smith
Assistant Principal Mrs. Megan Vile
Assistant Principal Mr. Joseph Medica
Assistant Principal Mr. Joseph DiPietro

High School Athletics Supervisor Mr. Charles Donohue, Jr.
Athletic Trainer Mr. Joseph Caucino

School Mascot / Nickname The "Ram" / Rams
School Colors Black & Gold

ROSTER

HEAD COACH: SCOTT BAKER

SENIORS

PATRICK BOERO
GREGORY COFINI
STEPHEN MERSHON
MICHAEL MORAN
TYLER OSBORNE-LOMAX
RUSSELL RISDEN

JUNIORS

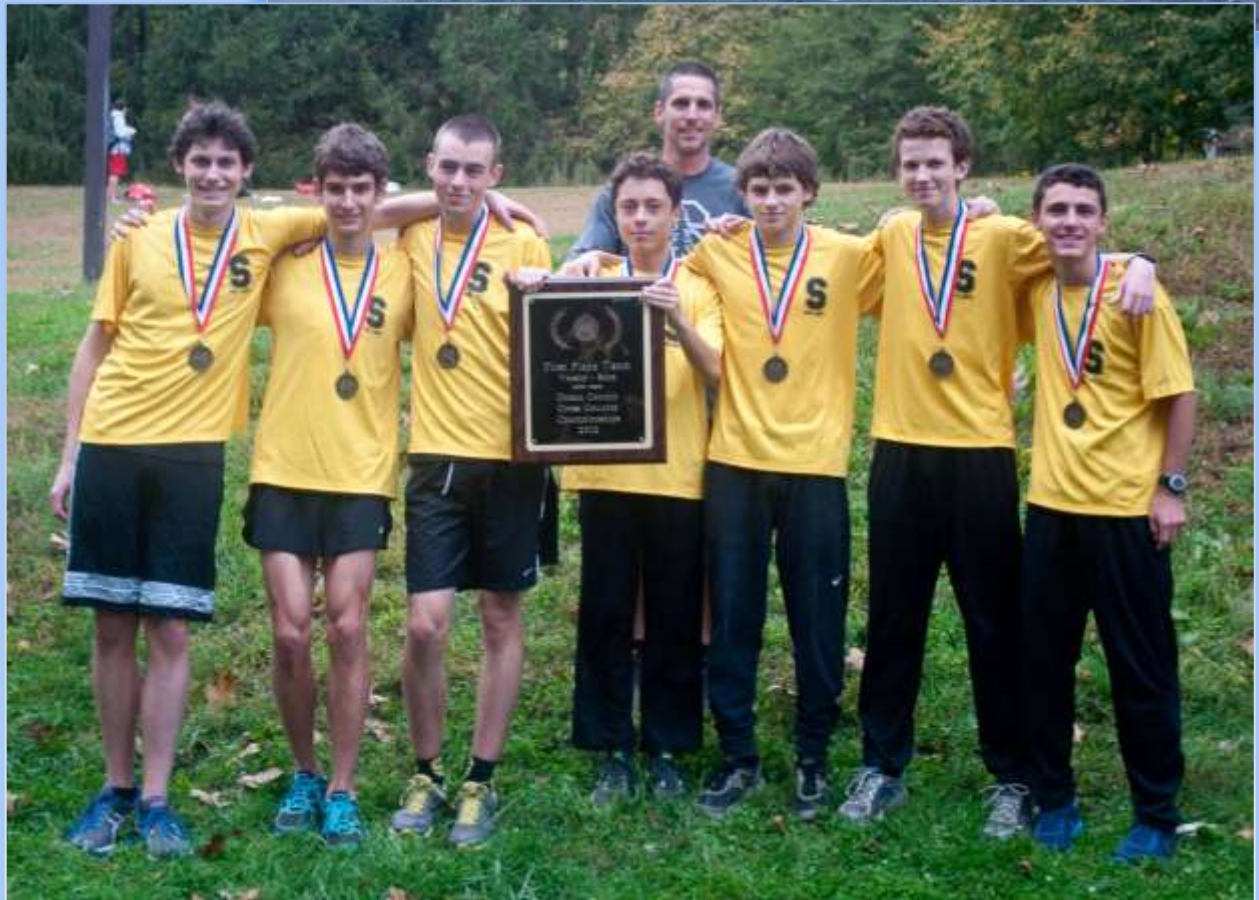
LUCAS BUZBY
JOSEPH DIFILIPPO
KEVIN DIFILIPPO
BRIAN DUNPHEY
MICHAEL EVANS
CARTER FULLEM
DANIEL GEOFFROY
WILLIAM HARTLEY
TIMOTHY KEIZER
DAMON KORPON
DAVID MARINO
HAROLD MEYERS
NICHOLAS NOCCO
JAMES O'HEARN
CODY RAYNOR

SOPHOMORES

MATTHEW AMBROSIO
MICHAEL CAPORRINO
TYLER ESCARATE
NICHOLAS GARRISON
WILLIAM GETHARD
REILLY HARRINGTON
SEAN HOWLEY
MAX IACOVELLI
NICHOLAS JOHNSON
EVAN KRAUSE
ANTHONY LUZZI
GRIFFIN NOKES
ERIC RAY
DANIEL RODRIGUEZ
JAMES WARD

FRESHMAN

NICHOLAS JOANNIDES
JOHN KEIZER
WILLIAM LOVENBERG
JIMMY LU
TRAVIS MEYERS
CRAIG NODINE
WILLIAM NOVICK
MICHAEL OSBORN
ZACHARY PISCOPO
ROBERT TRONT





AWARDS



LETTER AWARDS



4th Year Varsity

Stephen Mershon

3rd Year Varsity

Michael Evans

David Marino

2nd Year Varsity

Sean Howley
James Ward
Timothy Keizer

Nicholas Nocco
Cody Raynor

1st Year Varsity

Craig Nodine
Nicholas Garrison
Evan Krause
Eric Ray
Joseph Di Filippo

Daniel Geoffroy
Harold Meyers
James O'Hearn
Patrick Boero
Gregory Cofini

Michael Moran
Tyler Osborne-Lomax
Russell Ridsen

Honorary Varsity

Zachary Piscopo

Junior Varsity

Nicholas Joannides
John Keizer
William Lovenberg
Jimmy Lu
Travis Meyers
William Novick
Michael Osborn
Robert Tront

Matthew Ambrosio
Michael Caporrino
Tyler Escarate
William Gethard
Reilly Harrington
Max Iacovelli
Nicholas Johnson
Anthony Luzzi

Griffin Nokes
Daniel Rodriguez
Lucas Buzby
Kevin Di Filippo
Brian Dunphey
Carter Fullem
William Hartley
Damon Korpon



SPECIAL AWARDS



Rising Star Award

Presented to the athlete, who although has already had an amazing start to their career- demonstrating unbelievable talent, it is our belief, that their potential and their capabilities will lead them to even greater success than has been shown thus far.

Craig Nodine

True Grit Award

Presented to the athlete with indomitable spirit, having resourceful courage and daring when faced with difficulties throughout the season, and as a result your marks speak for themselves.

Nicholas Garrison

Perseverance Award

Presented to the athlete whose persistent determination for success, from the first day of practice until his last race, in spite of the distractions, difficulties' and sometimes discouragements that life brings to pursue a goal, your perseverance throughout is truly an inspiration.

Michael Evans

Lion heart Award

Presented to the athlete whose bravery and determination on the course has lead the team to victory countless times, far more than what would have been achieved by sheer guts alone.

Joseph Di Filippo

Golden Apple Award

Presented to the athlete whose respected achievements and strives for excellence doesn't go unnoticed. Sometimes overshadowed by other deserving athletes, your constant contributions to the program have & will be forever notable.

Harold Meyers

Coaches Award

Presented to the athlete whose contribution to our success this season deserves recognition. For without them, none of our accolades would have been possible.

Stephen Mershon



ALL-TIME LISTS

Top 50 5k Times



	<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
1	Dragonetti, Eric	2012	11	2010.10.30	15:28	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
2	Valeriani, Matthew	2010	12	2009.10.06	15:32	Double-Dual Meet vs. Brick Township & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
3	Skeie, Brandon	2011	12	2010.10.30	15:32	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
4	Burns, Kelly	1989	12	1988.09.26	15:34	Dual Meet vs. Lacey Township	Southern Regional High School, Manahawkin, NJ (??-95)	5K
5	Roberts, Rich	1990	12	1989.10.18	15:42	Dual Meet vs. Admiral Farragut Academy	Southern Regional High School, Manahawkin, NJ (??-95)	5K
6	Zarrillo, Vinnie	2001	12	2000.10.20	15:47	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
7	Iacovelli, Jarred	2011	12	2010.10.30	15:47	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
8	Wareham, Rob	2001	10	1998.10.23	15:50	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
9	Simpson, Joseph	2005	12	2004.11.06	15:57	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
10	Decker, Brian	1991	11	1989.10.18	16:00	Dual Meet vs. Admiral Farragut Academy	Southern Regional High School, Manahawkin, NJ (??-95)	5K
11	Clark, Adam	2001	10	1998.10.23	16:01	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
12	Stanziano, Brian	2000	11	1998.10.23	16:03	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
13	Cummings, Jim	1990	12	1989.10.16	16:05	Dual Meet vs. Manchester Township	Southern Regional High School, Manahawkin, NJ (??-95)	5K
14	Sargent, Thomas	1998	12	1997.10.18	16:10	South Jersey Open Invitational	Kingsway Regional High School, Swedesboro, NJ	5K
15	Brearley, Justin	2009	12	2008.10.30	16:12	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
16	Davies, CJ	2004	12	2003.10.28	16:15	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
17	Wasilewski Jr., William	2004	12	2003.10.28	16:16	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
18	Evans, Mike	2014	9	2010.10.30	16:18	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
19	Brearley, Colin	2007	11	2005.11.05	16:20	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
20	Smith, Tommy	1993	10	1990.10.31	16:21	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ (??-95)	5K
21	Raynor, Cody	2014	11	2012.10.11	16:22	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
22	Nocco, Nicholas	2014	11	2012.10.25	16:22	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5K
23	Marino, David	2014	11	2012.10.25	16:23	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5K
24	Mardirosian, Nicholas	2011	12	2010.10.30	16:24	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
25	Howley, Sean	2015	10	2012.10.25	16:25	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5K
26	Armstrong, Jake	2008	12	2007.10.20	16:26	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
27	Mershon, Stephen	2013	12	2012.10.25	16:27	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5K
28	Grobosky, Josh	2005	11	2003.10.28	16:29	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
29	Di Filippo, Joseph	2014	11	2012.10.25	16:29	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5K
30	Stanziano, Joseph	2002	12	2001.10.15	16:31	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
31	Elwood Jr., Brian Paul	2006	10	2003.10.28	16:33	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
32	Martin, Rich	1996	12	1995.10.28	16:34	NJSIAA Group 4 State Sectional Championships	Kingsway Regional High School, Swedesboro, NJ	5K
33	Tomczuk, Joseph	2009	12	2008.09.16	16:34	Double-Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
34	Maher, Ryan	1997	12	1996.10.12	16:39	South Jersey Open Invitational	Kingsway Regional High School, Swedesboro, NJ	5K
35	Sherman, Victor	2008	11	2006.10.21	16:40	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
36	Abrams, Elliott	1992	11	1990.10.31	16:43	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ (??-95)	5K
37	Romanowski, Rob	2004	10	2001.10.15	16:43	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
38	Maggion, Jack	1991	10	1988.11.07	16:46	Dual Meet vs. Monsignor Donovan	Southern Regional High School, Manahawkin, NJ (??-95)	5K
39	Collett, Tyler	2000	11	1998.10.23	16:47	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
40	Ruggiano, Frank	2005	11	2003.10.28	16:49	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
41	Gifford, Troy	2012	11	2010.09.21	16:50	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
42	Gray, John	2007	11	2005.11.05	16:51	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
43	Kyriakakis, Nick	1992	11	1990.10.31	16:55	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ (??-95)	5K
44	Praschil, Justin Alan	1999	12	1998.10.23	16:55	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
45	DeGregorio, Ron	1990	12	1989.10.18	16:56	Dual Meet vs. Admiral Farragut Academy	Southern Regional High School, Manahawkin, NJ (??-95)	5K
46	Schwerdt, Jeff	1996	12	1995.10.28	16:56	NJSIAA Group 4 State Sectional Championships	Kingsway Regional High School, Swedesboro, NJ	5K
47	Prandato, James	2007	12	2006.10.30	16:56	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5K
48	Koppa, Daniel	2011	12	2010.10.05	17:00	Double-Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
49	Conlon, Mike	1993	9	1989.10.20	17:03	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
50	Minotti, Nicholas	2007	12	2006.11.04	17:04	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K



CLASS LISTS

Freshman

	<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
1	Evans, Mike	2014	9	2010.10.30	16:18	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
2	Wareham, Rob	2001	9	1997.10.18	16:25	South Jersey Open Invitational	Kingsway Regional High School, Swedesboro, NJ	5K
3	Dragonetti, Eric	2012	9	2008.10.30	16:25	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
4	Stanziano, Brian	2000	9	1996.10.12	16:32	South Jersey Open Invitational	Kingsway Regional High School, Swedesboro, NJ	5K
5	Howley, Sean	2015	9	2011.10.04	16:41	Double-Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
6	Conlon, Mike	1993	9	1989.10.20	17:03	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
7	Romanowski, Rob	2004	9	2000.09.26	17:14	Dual Meet vs. Toms River North	Toms River North High School, Toms River, NJ	5K
8	Elwood Jr., Brian Paul	2006	9	2002.10.08	17:15	Dual Meet vs. Toms River North	Toms River North High School, Toms River, NJ	5K
9	Simpson, Joseph	2005	9	2001.10.19	17:18	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
10	Marino, David	2014	9	2010.10.30	17:18	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	5K
11	Schmidt, Andrew	2008	9	2004.10.26	17:26	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
12	Zarrillo, Vinnie	2001	9	1997.11.08	17:34	NJSIAA Group 4 State Sectional Championships	Kingsway Regional High School, Swedesboro, NJ	5K
13	Skeie, Brandon	2011	9	2007.10.20	17:36	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
14	Smith, Tommy	1993	9	1989.10.10	17:39	Double-Dual Meet vs. Central Regional & Pinelands Regional	Southern Regional High School, Manahawkin, NJ (??-95)	5K
15	Ward, James	2015	9	2011.11.01	17:45	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
16	Limosnero, Alex	2014	9	2010.09.14	17:48	Dual Meet vs. Brick Memorial	Ocean County Park, Lakewood, NJ	5K
17	Stackhouse, Scott	1994	9	1990.10.31	17:49	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ (??-95)	5K
18	Falkowski, Brian	1995	9	1991.09.01	17:49	Dual Meet vs. Manchester Township	Southern Regional High School, Manahawkin, NJ (??-95)	5K
19	Stanziano, Joseph	2002	9	1998.10.06	17:53	Dual Meet vs. Brick Memorial	Ocean County Park, Lakewood, NJ	5K
20	Grobosky, Josh	2005	9	2001.10.30	17:53	Dual Meet vs. Toms River North	UNKNOWN	5K
21	Minotti, Nicholas	2007	9	2003.10.14	18:00	Dual Meet vs. Brick Memorial	UNKNOWN	5K
22	Tomczuk, Joseph	2009	9	2005.10.22	18:04	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
23	Hollingshead, Dylan	2007	9	2003.10.28	18:05	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
24	Valeriani, Matthew	2010	9	2006.11.01	18:05	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	5K
25	Buttiglieri, Vincent	1999	9	1995.10.28	18:08	NJSIAA Group 4 State Sectional Championships	Kingsway Regional High School, Swedesboro, NJ	5K

Sophomore

	<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
1	Wareham, Rob	2001	10	1998.10.23	15:50	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
2	Dragonetti, Eric	2012	10	2009.10.22	15:51	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
3	Clark, Adam	2001	10	1998.10.23	16:01	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
4	Smith, Tommy	1993	10	1990.10.31	16:21	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ (??-95)	5K
5	Skeie, Brandon	2011	10	2008.10.30	16:21	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
6	Howley, Sean	2015	10	2012.10.25	16:25	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
7	Marino, David	2014	10	2011.10.04	16:31	Double-Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
8	Elwood Jr., Brian Paul	2006	10	2003.10.28	16:33	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
9	Zarrillo, Vinnie	2001	10	1998.10.23	16:37	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
10	Stanziano, Brian	2000	10	1997.11.08	16:41	NJSIAA Group 4 State Sectional Championships	Kingsway Regional High School, Swedesboro, NJ	5K
11	Romanowski, Rob	2004	10	2001.10.15	16:43	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
12	Maggion, Jack	1991	10	1988.11.07	16:46	Dual Meet vs. Monsignor Donovan	Southern Regional High School, Manahawkin, NJ (??-95)	5K
13	Iacovelli, Jarred	2011	10	2008.10.30	16:52	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
14	Tomczuk, Joseph	2009	10	2006.10.21	16:58	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
15	Burns, Kelly	1989	10	1986.09.13	16:59	Ocean County Championships	Ocean County Park, Lakewood, NJ (New Course)	5K
16	Valeriani, Matthew	2010	10	2007.10.20	16:59	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
17	Decker, Brian	1991	10	1988.10.14	17:00	Double-Dual Meet vs. Admiral Farragut & Pinelands Regional	Southern Regional High School, Manahawkin, NJ (??-95)	5K
18	Simpson, Joseph	2005	10	2002.10.08	17:01	Dual Meet vs. Toms River North	Toms River North High School, Toms River, NJ	5K
19	Gray, John	2007	10	2004.10.05	17:02	Dual Meet vs. Toms River North	Southern Regional High School, Manahawkin, NJ	5K
20	Raynor, Cody	2014	10	2011.10.20	17:07	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
21	Gifford, Troy	2012	10	2009.10.22	17:09	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
22	Praschil, Justin Alan	1999	10	1996.10.12	17:14	South Jersey Open Invitational	Kingsway Regional High School, Swedesboro, NJ	5K
23	Minotti, Nicholas	2007	10	2004.10.05	17:16	Dual Meet vs. Toms River North	Southern Regional High School, Manahawkin, NJ	5K
24	Sherman, Victor	2008	10	2005.10.22	17:19	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
25	Mardirosian, Nicholas	2011	10	2008.10.30	17:22	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K

CLASS LISTS



Juniors

	<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
1	Dragonetti, Eric	2012	11	2010.10.30	15:28	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
2	Roberts, Rich	1990	11	1988.11.07	15:51	Dual Meet vs. Monsignor Donovan	Southern Regional High School, Manahawkin, NJ (??-95)	5K
3	Valeriani, Matthew	2010	11	2008.10.30	15:51	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
4	Decker, Brian	1991	11	1989.10.18	16:00	Dual Meet vs. Admiral Farragut Academy	Southern Regional High School, Manahawkin, NJ (??-95)	5K
5	Simpson, Joseph	2005	11	2003.10.24	16:02	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
6	Stanziano, Brian	2000	11	1998.10.23	16:03	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
7	Zarrillo, Vinnie	2001	11	1999.11.06	16:05	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
8	Skeie, Brandon	2011	11	2009.10.06	16:06	Double-Dual Meet vs. Brick Township & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
9	Wareham, Rob	2001	11	1999.11.06	16:08	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
10	Cummings, Jim	1990	11	1988.10.14	16:11	Double-Dual Meet vs. Admiral Farragut & Pinelands Regional	Southern Regional High School, Manahawkin, NJ (??-95)	5K
11	Brearley, Colin	2007	11	2005.11.05	16:20	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
12	Davies, CJ	2004	11	2002.01.01	16:21	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
14	Raynor, Cody	2014	11	2012.10.11	16:22	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
13	Nocco, Nicholas	2014	11	2012.10.25	16:22	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
15	Marino, David	2014	11	2012.10.25	16:23	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
16	Grobosky, Josh	2005	11	2003.10.28	16:29	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
17	Di Filippo, Joseph	2014	11	2012.10.25	16:29	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
18	Iacovelli, Jarred	2011	11	2009.10.06	16:30	Double-Dual Meet vs. Brick Township & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
19	Clark, Adam	2001	11	1999.11.06	16:35	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
20	Sherman, Victor	2008	11	2006.10.21	16:40	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
21	Abrams, Elliott	1992	11	1990.10.31	16:43	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ (??-95)	5K
22	Evans, Michael	2014	11	2012.10.25	16:45	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
23	Collett, Tyler	2000	11	1998.10.23	16:47	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
24	Ruggiano, Frank	2005	11	2003.10.28	16:49	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
25	Mershon, Stephen	2013	11	2011.10.04	16:49	Double-Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K

Seniors

	<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
1	Valeriani, Matthew	2010	12	2009.10.06	15:32	Double-Dual Meet vs. Brick Township & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
2	Skeie, Brandon	2011	12	2010.10.30	15:32	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
3	Burns, Kelly	1989	12	1988.09.26	15:34	Dual Meet vs. Lacey Township	Southern Regional High School, Manahawkin, NJ (??-95)	5K
4	Roberts, Rich	1990	12	1989.10.18	15:42	Dual Meet vs. Admiral Farragut Academy	Southern Regional High School, Manahawkin, NJ (??-95)	5K
5	Zarrillo, Vinnie	2001	12	2000.10.20	15:47	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
6	Iacovelli, Jarred	2011	12	2010.10.30	15:47	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
7	Simpson, Joseph	2005	12	2004.11.06	15:57	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
8	Dragonetti, Eric	2012	12	2011.10.20	16:02	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
9	Cummings, Jim	1990	12	1989.10.16	16:05	Dual Meet vs. Manchester Township	Southern Regional High School, Manahawkin, NJ (??-95)	5K
10	Sargent, Thomas	1998	12	1997.10.18	16:10	South Jersey Open Invitational	Kingsway Regional High School, Swedesboro, NJ	5K
11	Brearley, Justin	2009	12	2008.10.30	16:12	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
12	Clark, Adam	2001	12	2000.10.28	16:12	NJSIAA Group 4 State Sectional Championships	Williamstown High School, Williamstown, NJ	5K
13	Davies, CJ	2004	12	2003.10.28	16:15	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
14	Wasilewski Jr., William	2004	12	2003.10.28	16:16	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
15	Decker, Brian	1991	12	1990.10.31	16:20	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ (??-95)	5K
16	Wareham, Rob	2001	12	2000.10.20	16:22	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
17	Mardirosian, Nicholas	2011	12	2010.10.30	16:24	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
18	Armstrong, Jake	2008	12	2007.10.20	16:26	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
19	Mershon, Stephen	2013	12	2012.10.25	16:27	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
20	Stanziano, Joseph	2002	12	2001.10.15	16:31	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
21	Martin, Rich	1996	12	1995.10.28	16:34	NJSIAA Group 4 State Sectional Championships	Kingsway Regional High School, Swedesboro, NJ	5K
22	Tomczuk, Joseph	2009	12	2008.09.16	16:34	Double-Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
23	Maher, Ryan	1997	12	1996.10.12	16:39	South Jersey Open Invitational	Kingsway Regional High School, Swedesboro, NJ	5K
24	Stanziano, Brian	2000	12	1999.10.26	16:43	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
25	Gifford, Troy	2012	12	2011.10.04	16:50	Double-Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K



COURSE LISTS

Southern Home Varsity Course

<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
1 Valeriani, Matthew	2010	12	2009.10.06	15:32	Double-Dual Meet vs. Brick Township & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
2 Dragonetti, Eric	2012	11	2010.10.05	15:49	Double-Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
3 Iacovelli, Jarred	2011	12	2010.10.05	15:54	Double-Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
4 Skeie, Brandon	2011	12	2010.10.05	15:57	Double-Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
5 Davies, CJ	2004	11	2002.01.01	16:21	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
6 Raynor, Cody	2014	11	2012.10.11	16:22	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
7 Simpson, Joseph	2005	12	2004.10.26	16:28	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
8 Stanziano, Joseph	2002	12	2001.10.15	16:31	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
9 Armstrong, Jake	2008	12	2007.10.02	16:32	Double-Dual Meet vs. Toms River East & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
10 Howley, Sean	2015	10	2012.10.11	16:32	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
11 Nocco, Nicholas	2014	11	2012.10.11	16:34	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
12 Mershon, Stephen	2013	12	2012.10.11	16:36	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
13 Mardirosian, Nicholas	2011	12	2010.10.05	16:39	Double-Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
14 Di Filippo, Joseph	2014	11	2012.10.11	16:40	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
15 Evans, Michael	2014	9	2010.10.05	16:41	Double-Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
16 Romanowski, Rob	2004	10	2001.10.15	16:43	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
17 Gifford, Troy	2012	11	2010.09.21	16:50	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
18 Koppa, Daniel	2011	12	2010.10.05	17:00	Double-Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
19 Tomczuk, Joseph	2009	12	2008.09.30	17:00	Double-Dual Meet vs. Jackson & Lacey	Southern Regional High School, Manahawkin, NJ	5K
20 Sherman, Victor	2008	12	2007.10.02	17:01	Double-Dual Meet vs. Toms River East & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
21 Gray, John	2007	10	2004.10.05	17:02	Dual Meet vs. Toms River North	Southern Regional High School, Manahawkin, NJ	5K
22 Marino, David	2014	11	2012.10.11	17:02	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
23 Cullen, Kyle	2011	12	2010.10.05	17:05	Double-Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
24 Herega, Ryan	2011	11	2009.10.06	17:07	Double-Dual Meet vs. Brick Township & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
25 Brearley, Justin	2009	11	2007.10.02	17:07	Double-Dual Meet vs. Toms River East & Toms River North	Southern Regional High School, Manahawkin, NJ	5K

Bowdoin Park

<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
1 Valeriani, Matthew	2010	12	2009.09.26	16:38	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
2 Dragonetti, Eric	2012	10	2009.09.26	16:58	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
3 Skeie, Brandon	2011	11	2009.09.26	17:15	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
4 Mershon, Stephen	2013	12	2012.09.22	17:19	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
5 Raynor, Cody	2014	11	2012.09.22	17:41	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
6 Nocco, Nicholas	2014	11	2012.09.22	17:42	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
7 Iacovelli, Jarred	2011	11	2009.09.26	17:43	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
8 Howley, Sean	2015	10	2012.09.22	17:54	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
9 Gifford, Troy	2012	10	2009.09.26	18:01	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
10 Di Filippo, Joseph	2014	11	2012.09.22	18:11	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
11 Mardirosian, Nicholas	2011	11	2009.09.26	18:13	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
12 Herega, Ryan	2011	11	2009.09.26	18:16	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
13 Marino, David	2014	11	2012.09.22	18:19	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
14 Garrison, Nicholas	2015	10	2012.09.22	18:28	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
15 Ward, James	2015	10	2012.09.22	18:35	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
16 Keizer, Timothy	2014	11	2012.09.22	18:41	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
17 Evans, Michael	2014	11	2012.09.22	18:45	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
18 Koppa, Daniel	2011	11	2009.09.26	18:47	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
19 Sledden, Jeffrey	2010	12	2009.09.26	19:05	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
20 Cullen, Kyle	2011	11	2009.09.26	19:16	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
21 Tront, Joseph	2012	10	2009.09.26	19:24	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
22 O'Hearn, James	2014	11	2012.09.22	19:37	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
23 Ray, Eric	2015	10	2012.09.22	19:45	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
24 Gonzalez, Daniel	2011	11	2009.09.26	20:00	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
25 Krause, Evan	2015	10	2012.09.22	20:05	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K



COURSE LISTS

Ocean County Park Varsity Course

	<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
1	Dragonetti, Eric	2012	11	2010.10.30	15:28	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
2	Skeie, Brandon	2011	12	2010.10.30	15:32	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
3	Valeriani, Matthew	2010	12	2009.10.22	15:40	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
4	Zarrillo, Vinnie	2001	12	2000.10.20	15:47	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
5	Iacovelli, Jarred	2011	12	2010.10.30	15:47	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
6	Wareham, Rob	2001	10	1998.10.23	15:50	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
7	Simpson, Joseph	2005	12	2004.11.06	15:57	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
8	Clark, Adam	2001	10	1998.10.23	16:01	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
9	Stanziano, Brian	2000	11	1998.10.23	16:03	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
10	Brearley, Justin	2009	12	2008.10.30	16:12	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
11	Evans, Michael	2014	9	2010.10.30	16:18	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
12	Sargent, Thomas	1998	12	1997.10.24	16:19	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
13	Nocco, Nicholas	2014	11	2012.10.25	16:22	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
14	Davies, CJ	2004	12	2003.10.24	16:23	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
15	Marino, David	2014	11	2012.10.25	16:23	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
16	Mardirosian, Nicholas	2011	12	2010.10.30	16:24	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
17	Brearley, Colin	2007	11	2005.09.20	16:25	Class A-South Championship Varsity	Ocean County Park, Lakewood, NJ	5K
18	Howley, Sean	2015	10	2012.10.25	16:25	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
19	Armstrong, Jake	2008	12	2007.10.20	16:26	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
20	Wasilewski Jr., William	2004	12	2003.10.24	16:26	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
21	Mershon, Stephen	2013	12	2012.10.25	16:27	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
22	Di Filippo, Joseph	2014	11	2012.10.25	16:29	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
23	Raynor, Cody	2014	11	2012.10.25	16:31	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
24	Tomczuk, Joseph	2009	12	2008.09.16	16:34	Double-Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
25	Sherman, Victor	2008	11	2006.10.21	16:40	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K

Ocean County Park Freshman Course

	<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
1	Stanziano, Joseph	2002	9	1998.10.23	10:53	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
2	O'Malley, Ryan	2002	9	1998.10.23	10:59	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
3	Wareham, Rob	2001	9	1997.11.01	11:05	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	2 Miles
4	Buttiglieri, Vincent	1999	9	1995.10.20	11:05	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
5	Falkowski, Brian	1995	9	1991.10.25	11:06	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
6	Grobosky, Josh	2005	9	2001.11.03	11:07	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	2 Miles
7	Stanziano, Michael	2005	9	2001.11.03	11:09	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	2 Miles
8	Schwerzel, Austin	2012	9	2008.10.29	11:14	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	Keizer, Tim	2014	9	2010.10.21	11:17	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
10	Falkowski, Brian	1995	9	1991.11.02	11:19	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	2 Miles
11	Keizer, Tim	2014	9	2010.10.30	11:19	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	2 Miles
12	Zarrillo, Vinnie	2001	9	1997.10.24	11:20	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
13	Mollema, Keith	2002	9	1998.10.23	11:20	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
14	Lu, Jimmy	2016	9	2012.10.25	11:21	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
15	Grobosky, Josh	2005	9	2001.10.19	11:25	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
16	Minotti, Nicholas	2007	9	2003.10.24	11:26	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
17	Breitweiser, David	2007	9	2003.10.24	11:28	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
18	Hollingshead, Dylan	2007	9	2003.10.24	11:31	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
19	Nodine, Craig	2016	9	2012.10.18	11:32	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
20	Nowlan, Roger	1995	9	1991.10.25	11:33	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
21	Mershon, Stephen	2013	9	2009.10.22	11:33	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
22	Deixler, Kurt	2012	9	2008.10.29	11:34	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	2 Miles
23	DiFilippo, Joe	2014	9	2010.10.21	11:35	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
24	Novelo, Max	2014	9	2010.10.21	11:36	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
25	Sargent, Thomas	1998	9	1994.10.21	11:37	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
25	Lovenberg, William	2016	9	2012.10.18	11:37	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles



COURSE LISTS

Holmdel Varsity Course

	<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
1	Valeriani, Matthew	2010	12	2009.10.03	16:14	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
2	Skeie, Brandon	2011	12	2010.11.20	16:19	NJSIAA State Championships (Meet Of Champions)	Holmdel Park, Holmdel, NJ	5K
3	Simpson, Joseph	2005	12	2004.11.20	16:29	NJSIAA State Championships (Meet Of Champions)	Holmdel Park, Holmdel, NJ	5K
4	Zarrillo, Vinnie	2001	12	2000.11.11	16:30	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
5	Dragonetti, Eric	2012	11	2010.10.02	16:30	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
6	Brearley, Colin	2007	11	2005.11.12	16:40	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
7	Iacovelli, Jarred	2011	12	2010.11.13	16:41	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
8	Clark, Adam	2001	12	2000.10.07	16:42	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
9	Wareham, Rob	2001	11	1999.11.13	16:50	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
10	Brearley, Justin	2009	12	2008.11.22	16:56	NJSIAA State Championships (Meet Of Champions)	Holmdel Park, Holmdel, NJ	5K
11	Martin, Rich	1996	12	1995.11.04	16:59	Shore Conference Varsity Championships	Holmdel Park, Holmdel, NJ	5K
12	Davies, CJ	2004	11	2002.11.02	17:04	Shore Conference Varsity Championships	Holmdel Park, Holmdel, NJ	5K
13	Tomczuk, Joseph	2009	12	2008.10.04	17:05	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
14	Armstrong, Jake	2008	12	2007.10.29	17:07	Shore Conference Varsity Championships	Holmdel Park, Holmdel, NJ	5K
15	Schwerdt, Jeff	1996	12	1995.11.04	17:08	Shore Conference Varsity Championships	Holmdel Park, Holmdel, NJ	5K
16	Stanziano, Brian	2000	11	1998.11.07	17:08	Shore Conference Varsity Championships	Holmdel Park, Holmdel, NJ	5K
17	Nocco, Nicholas	2014	11	2012.11.17	17:09	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
18	Wasilewski Jr., William	2004	12	2003.11.01	17:11	Shore Conference Varsity Championships	Holmdel Park, Holmdel, NJ	5K
19	Marino, David	2014	11	2012.11.17	17:11	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
20	Di Filippo, Joseph	2014	11	2012.11.17	17:12	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
21	Stanziano, Joseph	2002	12	2001.10.06	17:15	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
22	Mardirosian, Nicholas	2011	12	2010.10.02	17:17	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
23	Howley, Sean	2015	10	2012.10.06	17:22	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
24	Raynor, Cody	2014	11	2012.10.06	17:26	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
25	Sargent, Thomas	1998	12	1997.10.04	17:30	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K

Holmdel Freshman Course

	<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
1	Buttiglieri, Vincent	1999	9	1995.11.04	11:20	Shore Conference Frosh/JV Championships	Holmdel Park, Holmdel, NJ	2 Miles
2	Wareham, Rob	2001	9	1997.10.04	11:38	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
3	Romanowski, Scott Kevin	1999	9	1995.11.04	11:47	Shore Conference Frosh/JV Championships	Holmdel Park, Holmdel, NJ	2 Miles
4	Simpson, Joseph	2005	9	2001.10.06	11:57	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
5	Schmidt, Andrew	2008	9	2004.10.02	12:02	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
6	Stanziano, Joseph	2002	9	1998.10.03	12:09	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
7	Zarrillo, Vinnie	2001	9	1997.10.04	12:11	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
8	Minotti, Nicholas	2007	9	2003.10.04	12:12	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
9	O'Malley, Ryan	2002	9	1998.11.07	12:13	Shore Conference Frosh/JV Championships	Holmdel Park, Holmdel, NJ	2 Miles
10	Praschil, Justin Alan	1999	9	1995.11.04	12:21	Shore Conference Frosh/JV Championships	Holmdel Park, Holmdel, NJ	2 Miles
11	Grobosky, Josh	2005	9	2001.10.06	12:23	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
12	Stanziano, Michael	2005	9	2001.10.06	12:27	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
13	Valeriani, Matthew	2010	9	2006.10.07	12:33	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
14	Hollingshead, Dylan	2007	9	2003.11.01	12:34	Shore Conference Frosh/JV Championships	Holmdel Park, Holmdel, NJ	2 Miles
15	Prandato, James	2007	9	2003.11.01	12:35	Shore Conference Frosh/JV Championships	Holmdel Park, Holmdel, NJ	2 Miles
16	Breitweiser, David	2007	9	2003.10.04	12:38	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
17	Mershon, Stephen	2013	9	2009.10.03	12:46	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
18	Armstrong, Jake	2008	9	2004.11.10	12:49	Shore Conference Frosh/JV Championships	Holmdel Park, Holmdel, NJ	2 Miles
19	Erickson, Timothy	2008	9	2004.11.10	12:49	Shore Conference Frosh/JV Championships	Holmdel Park, Holmdel, NJ	2 Miles
20	Ruggiano, Frank	2005	9	2001.10.06	12:57	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
21	Hines, Kenneth	2007	9	2003.11.01	13:07	Shore Conference Frosh/JV Championships	Holmdel Park, Holmdel, NJ	2 Miles
22	Deixler, Kurt	2012	9	2008.10.04	13:08	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
23	Lu, Jimmy	2016	9	2012.10.06	13:08	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
24	Clark, Matthew	2007	9	2003.11.01	13:11	Shore Conference Frosh/JV Championships	Holmdel Park, Holmdel, NJ	2 Miles
25	Prutzman, Jordan	2007	9	2003.10.04	13:11	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles



COURSE LISTS

Delsea Varsity Course

<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
1 Valeriani, Matthew	2010	12	2009.11.07	15:46	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
2 Dragonetti, Eric	2012	10	2009.11.07	16:02	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
3 Skeie, Brandon	2011	12	2010.11.06	16:06	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
4 Iacovelli, Jarred	2011	12	2010.11.06	16:18	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
5 Brearley, Colin	2007	11	2005.11.05	16:20	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
6 Simpson, Joseph	2005	12	2004.10.30	16:27	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
7 Marino, David	2014	10	2011.11.05	16:38	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
8 Davies, CJ	2004	12	2003.11.07	16:40	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
9 Brearley, Justin	2009	12	2008.11.08	16:41	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
10 Mardirosian, Nicholas	2011	12	2010.11.06	16:43	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
11 Tomczuk, Joseph	2009	12	2008.10.11	16:46	South Jersey Open Invitational	Delsea Regional High School, Franklinville, NJ	5K
12 Di Filippo, Joseph	2014	11	2012.11.10	16:47	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
13 Gray, John	2007	11	2005.11.05	16:51	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
14 Howley, Sean	2015	10	2012.11.10	16:52	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
15 Wasilewski Jr., William	2004	12	2003.11.07	16:55	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
16 Mershon, Stephen	2013	11	2011.11.05	16:57	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
17 Nocco, Nicholas	2014	11	2012.11.10	16:57	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
18 Armstrong, Jake	2008	12	2007.11.03	16:57	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
19 Prandato, James	2007	12	2006.11.04	17:00	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
20 Evans, Mike	2014	9	2010.11.06	17:00	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
21 Gifford, Troy	2012	12	2011.11.05	17:02	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
22 Minotti, Nicholas	2007	12	2006.11.04	17:04	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
23 Sherman, Victor	2008	12	2007.11.03	17:09	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
24 Raynor, Cody	2014	11	2012.11.10	17:14	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
25 Grobosky, Josh	2005	11	2003.11.07	17:20	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K

SEASON ACCOLADES

DUAL MEETS

- VARSITY: 7-0
 - A-SOUTH CHAMPIONS
 - 3RD STRAIGHT UNDEFEATED SEASON
 - 17 STRAIGHT DUAL MEET WINS
- JUNIOR VARSITY: 7-0
 - SHUT OUT MANY OTHER JV TEAMS
- JUNIOR VARSITY VS OTHER TEAMS VARSITY: 3-4

OCEAN COUNTY MEET

- VARSITY: 1ST PLACE
 - 3RD STRAIGHT YEAR
- JUNIOR VARSITY: 1ST PLACE
- FRESHMAN: 4TH PLACE

SHORE CONFERENCE MEET

- VARSITY: 4TH PLACE
 - 1ST OCEAN COUNTY SCHOOL
- JUNIOR VARSITY: 3RD PLACE
- FRESHMAN: 7TH PLACE
 - 2 OF OUR TOP 3 FRESHMAN RUNNERS RACED JV

STATE SECTIONAL MEET

- VARSITY: 3RD PLACE
 - 5TH STRAIGHT YEAR THAT WE PLACED IN TOP 3

STATE GROUP MEET

VARSITY: 14TH OVERALL

STATE MEET OF CHAMPIONS

VARSITY: FAILED TO QUALIFY

INDIVIDUAL HONORS

STAR LEDGER

- 1ST TEAM ALL-OCEAN COUNTY
 - NICHOLAS NOCCO

- 2ND TEAM ALL-OCEAN COUNTY
 - JOSEPH DI FILIPPO
 - SEAN HOWLEY
 - STEPHEN MERSHON
 - CODY RAYNOR

- 3RD TEAM ALL-OCEAN COUNTY
 - MICHAEL EVANS
 - DAVID MARINO

- OCEAN COUNTY TEAM OF YEAR
 - SOUTHERN REGIONAL (4TH CONSECUTIVE YEAR)

- OCEAN COUNTY COACH OF THE YEAR
 - SCOTT BAKER (4TH CONSECUTIVE YEAR)

SHORE TRACK COACHES ASSOCIATION

- ALL-OCEAN COUNTY TEAM
 - JOSEPH DI FILIPPO
 - SEAN HOWLEY
 - DAVID MARINO
 - STEPHEN MERSHON
 - NICHOLAS NOCCO



MEET RESULTS

Dual Meet: Lacey Township & Toms River East

Date: September 11th, 2012

Location: Lacey Township High School

Weather: Temperature: 70°, Humidity: 42%, Dew Point: 45°, Wind: NNW 10mph

<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
Mershon, Stephen	2013	12	2012.09.11	16:45	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Di Filippo, Joseph	2014	11	2012.09.11	17:02	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Howley, Sean	2015	10	2012.09.11	17:09	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Nocco, Nicholas	2014	11	2012.09.11	17:14	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Raynor, Cody	2014	11	2012.09.11	17:21	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Marino, David	2014	11	2012.09.11	17:24	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Evans, Michael	2014	11	2012.09.11	18:03	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Garrison, Nicholas	2015	10	2012.09.11	18:10	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
O'Hearn, James	2014	11	2012.09.11	18:17	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Keizer, Timothy	2014	11	2012.09.11	18:40	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Meyers, Harold	2014	11	2012.09.11	19:05	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Ray, Eric	2015	10	2012.09.11	19:33	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Moran, Michael	2013	12	2012.09.11	19:45	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Geoffroy, Daniel	2014	11	2012.09.11	19:58	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Nodine, Craig	2016	9	2012.09.11	20:12	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Escarate, Tyler	2015	10	2012.09.11	20:30	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Krause, Evan	2015	10	2012.09.11	20:58	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Korpon, Damon	2014	11	2012.09.11	21:01	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Lu, Jimmy	2016	9	2012.09.11	21:03	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Di Filippo, Kevin	2014	11	2012.09.11	21:17	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Nokes, Griffin	2015	10	2012.09.11	21:24	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Rodriguez, Daniel	2015	10	2012.09.11	21:26	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Lovenberg, William	2016	9	2012.09.11	21:28	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Risden, Russell	2013	12	2012.09.11	21:44	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Harrington, Reilly	2015	10	2012.09.11	21:46	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Osborne-Lomax, Tyler	2013	12	2012.09.11	22:18	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Iacovelli, Max	2015	10	2012.09.11	22:22	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Tront, Robert	2016	9	2012.09.11	23:07	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Joannides, Nicholas	2016	9	2012.09.11	23:12	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Fullem, Carter	2014	11	2012.09.11	23:12	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Piscopo, Zachary	2016	9	2012.09.11	23:14	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Buzby, Lucas	2014	11	2012.09.11	23:24	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Osborn, Michael	2016	9	2012.09.11	24:51	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Boero, Patrick	2013	12	2012.09.11	25:36	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Johnson, Nicholas	2015	10	2012.09.11	30:38	Dual Meet vs. Lacey Township & TR East	Lacey HS	5k
Keizer, John	2016	9	2012.09.11	18:56	Dual Meet vs. Lacey Township & TR East	Lacey HS	2 Miles
Novick, William	2016	9	2012.09.11	14:58	Dual Meet vs. Lacey Township & TR East	Lacey HS	2 Miles
Meyers, Travis	2016	9	2012.09.11	16:35	Dual Meet vs. Lacey Township & TR East	Lacey HS	unknown

Top 12:

Mershon, Stephen
Di Filippo, Joseph
Howley, Sean
Nocco, Nicholas
Raynor, Cody
Marino, David
Evans, Michael
Garrison, Nicholas
O'Hearn, James
Keizer, Timothy
Meyers, Harold
Ray, Eric

Southern vs Lacey

Top 7 vs Top 7: 16 – 47
JV 7 vs Top 7: 29 – 28
JV 7 vs JV 7: 15 – 50

Southern vs TR East

Top 7 vs Top 7: 20 – 42
JV 7 vs Top 7: 46 – 23
JV 7 vs JV 7: 17 – 45

Top 5 Average/Split: 17:06 / 0:36

Top 7 Average/Split: 17:17 / 1:18

JV 5 Average/Split: 18:45 / 1:23

JV 7 Average /Split: 19:04/ 1:48

Meet Apples

Top 12: Joseph DiFilippo

JV: Craig Nodine

Invitational: Battle at Ocean County Park

Date: September 14th, 2012

Location: Ocean County Park, Lakewood, NJ

Weather: Temperature: 75°, Humidity: 79%, Dew Point: 60°, Wind: SSW 7mph

Mershon, Stephen	2013	12	2012.09.14	16:32	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
O'Hearn, James	2014	11	2012.09.14	17:48	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Keizer, Timothy	2014	11	2012.09.14	18:09	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Garrison, Nicholas	2015	10	2012.09.14	18:10	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Meyers, Harold	2014	11	2012.09.14	18:46	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Ward, James	2015	10	2012.09.14	18:46	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Krause, Evan	2015	10	2012.09.14	18:52	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Ray, Eric	2015	10	2012.09.14	19:08	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Geoffroy, Daniel	2014	11	2012.09.14	19:43	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Korpon, Damon	2014	11	2012.09.14	20:08	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Osborne-Lomax, Tyler	2013	12	2012.09.14	20:32	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Di Filippo, Kevin	2014	11	2012.09.14	20:41	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Nokes, Griffin	2015	10	2012.09.14	20:50	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Rodriguez, Daniel	2015	10	2012.09.14	20:53	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Harrington, Reilly	2015	10	2012.09.14	21:08	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Risden, Russell	2013	12	2012.09.14	21:24	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Iacovelli, Max	2015	10	2012.09.14	21:28	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Gethard, William	2015	10	2012.09.14	22:04	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Buzby, Lucas	2014	11	2012.09.14	22:23	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Boero, Patrick	2013	12	2012.09.14	22:45	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Fullem, Carter	2014	11	2012.09.14	23:06	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Caporrino, Michael	2015	10	2012.09.14	25:52	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Johnson, Nicholas	2015	10	2012.09.14	30:14	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
Nodine, Craig	2016	9	2012.09.14	12:01	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
Lovenberg, William	2016	9	2012.09.14	12:07	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
Lu, Jimmy	2016	9	2012.09.14	12:39	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
Tront, Robert	2016	9	2012.09.14	13:10	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
Joannides, Nicholas	2016	9	2012.09.14	13:52	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
Piscopo, Zachary	2016	9	2012.09.14	14:05	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
Osborn, Michael	2016	9	2012.09.14	14:10	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
Keizer, John	2016	9	2012.09.14	17:40	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
Meyers, Travis	2016	9	2012.09.14	18:59	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles

Top 12:

Mershon, Stephen
Di Filippo, Joseph
Howley, Sean
Nocco, Nicholas
Raynor, Cody
Marino, David
Evans, Michael
O'Hearn, James
Keizer, Timothy
Garrison, Nicholas
Ward, James
Meyers, Harold

Freshmen

5th Place Overall

Sophomores

8th Place Overall

Juniors

4th Place Overall

Seniors

7th Place Overall

Top 5 Average/Split: 17:53 /2:14

Top 7 Average/Split: 18:09/2:20

JV 5 Average/Split: 20:02/1:33

JV 7 Average/Split: 20:16/1:45

Frosh 5 Avg/Split: 12:46/1:51

Frosh 7 Avg/Split: 13:09/2:09

Meet Apples

Top 12: James O'Hearn

JV: Tyler Osborn-Lomax

Invitational: Bowdoin Park Classic

Date: September 22nd, 2012

Location: Bowdoin County Park, Wappingers Falls, NY

Weather: Temperature: 68°, Humidity: 75%, Dew Point: 55°, Wind: SSE 10 mph

Varsity Results:

Mershon, Stephen	2013	12	2012.09.22	17:19	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
Raynor, Cody	2014	11	2012.09.22	17:41	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
Nocco, Nicholas	2014	11	2012.09.22	17:42	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
Howley, Sean	2015	10	2012.09.22	17:54	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
Di Filippo, Joseph	2014	11	2012.09.22	18:11	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
Marino, David	2014	11	2012.09.22	18:19	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
Evans, Michael	2014	11	2012.09.22	18:45	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K

JV Results:

Garrison, Nicholas	2015	10	2012.09.22	18:28	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
Ward, James	2015	10	2012.09.22	18:35	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
Keizer, Timothy	2014	11	2012.09.22	18:41	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
O'Hearn, James	2014	11	2012.09.22	19:37	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
Ray, Eric	2015	10	2012.09.22	19:45	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
Krause, Evan	2015	10	2012.09.22	20:05	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
Meyers, Harold	2014	11	2012.09.22	20:09	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K

Top 12:

Mershon, Stephen
Raynor, Cody
Nocco, Nicholas
Howley, Sean
Di Filippo, Joseph
Marino, David
Garrison, Nicholas
Ward, James
Evans, Michael
Keizer, Timothy
O'Hearn, James
Ray, Eric

Varsity

9th Place Overall

Junior Varsity

3rd Place Overall

Top 5 Average/Split: 17:45 /0:52

Top 7 Average/Split: 17:59/1:26

JV 5 Average/Split: 19:01/1:17

JV 7 Average/Split: 19:20/1:41

Meet Apples

Top 12: Nick Garrison

Dual Meet: Jackson Memorial

Date: September 24th, 2012

Location: Southern Regional High School, Manahawkin, NJ

Weather: Temperature: 66°, Humidity: 34%, Dew Point: 37°, Wind: WNW 10mph

Howley, Sean	2015	10	2012.09.24	17:35	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Di Filippo, Joseph	2014	11	2012.09.24	17:37	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Mershon, Stephen	2013	12	2012.09.24	17:45	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Nocco, Nicholas	2014	11	2012.09.24	17:47	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Raynor, Cody	2014	11	2012.09.24	17:53	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Marino, David	2014	11	2012.09.24	17:57	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Ward, James	2015	10	2012.09.24	18:13	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
O'Hearn, James	2014	11	2012.09.24	18:16	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Garrison, Nicholas	2015	10	2012.09.24	18:17	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Keizer, Timothy	2014	11	2012.09.24	18:26	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Meyers, Harold	2014	11	2012.09.24	18:43	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Ray, Eric	2015	10	2012.09.24	19:07	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Krause, Evan	2015	10	2012.09.24	19:27	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Escarate, Tyler	2015	10	2012.09.24	19:57	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Geoffroy, Daniel	2014	11	2012.09.24	20:13	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Nodine, Craig	2016	9	2012.09.24	20:19	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Hartley, William	2014	11	2012.09.24	20:23	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Korpon, Damon	2014	11	2012.09.24	20:26	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Lu, Jimmy	2016	9	2012.09.24	20:28	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Lovenberg, William	2016	9	2012.09.24	20:28	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Dunphey, Brian	2014	11	2012.09.24	20:31	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Di Filippo, Kevin	2014	11	2012.09.24	20:42	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Rodriguez, Daniel	2015	10	2012.09.24	21:10	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Osborne-Lomax, Tyler	2013	12	2012.09.24	21:11	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Nokes, Griffin	2015	10	2012.09.24	21:16	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Harrington, Reilly	2015	10	2012.09.24	21:22	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Iacovelli, Max	2015	10	2012.09.24	21:38	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Risden, Russell	2013	12	2012.09.24	22:05	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Gethard, William	2015	10	2012.09.24	22:10	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Joannides, Nicholas	2016	9	2012.09.24	23:02	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Buzby, Lucas	2014	11	2012.09.24	23:13	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Piscopo, Zachary	2016	9	2012.09.24	24:44	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Caporrino, Michael	2015	10	2012.09.24	24:44	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Novick, William	2016	9	2012.09.24	24:52	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Osborn, Michael	2016	9	2012.09.24	25:22	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Boero, Patrick	2013	12	2012.09.24	26:08	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Johnson, Nicholas	2015	10	2012.09.24	29:40	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Fullem, Carter	2014	11	2012.09.24	DNF	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
Meyers, Travis	2016	9	2012.09.24	22:20	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	2 Miles
Keizer, John	2016	9	2012.09.24	unknown	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	2 Miles

Top 12:

Howley, Sean
Di Filippo, Joseph
Mershon, Stephen
Nocco, Nicholas
Raynor, Cody
Marino, David
Evans, Michael
Ward, James
O'Hearn, James
Garrison, Nicholas
Keizer, Timothy
Meyers, Harold

Southern vs Jackson

Top 7 vs Top 7: 15 - 49
JV 7 vs Top 7: 24 - 31
JV 7 vs JV 7: 15 - 50

Top 5 Average/Split: 17:43 / 0:18

Top 7 Average/Split: 17:50 / 0:38

JV 5 Average/Split: 18:34 / 0:51

JV 7 Average/Split: 18:53 / 1:41

Meet Apples

Top 12: Harold Meyers

JV: Tyler Escarate

Dual Meet: Toms River South & Brick Township

Date: October 2nd, 2012

Location: Ocean County Park, Lakewood, NJ

Weather: Temperature: 70°, Humidity: 100%, Dew Point: 70°, Wind: SSE 1mph (Raining)

Di Filippo, Joseph	2014	11	2012.10.02	16:30	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Nocco, Nicholas	2014	11	2012.10.02	16:33	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Howley, Sean	2015	10	2012.10.02	16:33	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Mershon, Stephen	2013	12	2012.10.02	16:34	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Raynor, Cody	2014	11	2012.10.02	16:52	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Marino, David	2014	11	2012.10.02	16:54	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
O'Hearn, James	2014	11	2012.10.02	17:20	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Evans, Michael	2014	11	2012.10.02	17:23	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Ward, James	2015	10	2012.10.02	17:33	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Garrison, Nicholas	2015	10	2012.10.02	17:39	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Keizer, Timothy	2014	11	2012.10.02	17:45	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Meyers, Harold	2014	11	2012.10.02	18:05	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Ray, Eric	2015	10	2012.10.02	18:25	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Krause, Evan	2015	10	2012.10.02	18:32	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Moran, Michael	2013	12	2012.10.02	19:24	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Korpon, Damon	2014	11	2012.10.02	19:31	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Nodine, Craig	2016	9	2012.10.02	19:36	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Geoffroy, Daniel	2014	11	2012.10.02	19:42	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Di Filippo, Kevin	2014	11	2012.10.02	19:52	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Lu, Jimmy	2016	9	2012.10.02	19:54	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Hartley, William	2014	11	2012.10.02	19:57	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Lovenberg, William	2016	9	2012.10.02	19:58	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Nokes, Griffin	2015	10	2012.10.02	20:04	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Gethard, William	2015	10	2012.10.02	20:04	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Osborne-Lomax, Tyler	2013	12	2012.10.02	20:15	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Iacovelli, Max	2015	10	2012.10.02	20:18	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Piscopo, Zachary	2016	9	2012.10.02	20:30	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Rodriguez, Daniel	2015	10	2012.10.02	20:32	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Dunphey, Brian	2014	11	2012.10.02	20:34	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Harrington, Reilly	2015	10	2012.10.02	20:50	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Risden, Russell	2013	12	2012.10.02	21:13	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Joannides, Nicholas	2016	9	2012.10.02	21:14	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Buzby, Lucas	2014	11	2012.10.02	21:29	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Caporrino, Michael	2015	10	2012.10.02	22:03	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Tront, Robert	2016	10	2012.10.02	22:05	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Luzzi, Andrew	2015	10	2012.10.02	22:13	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Osborn, Michael	2016	9	2012.10.02	25:59	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Delligati, Devin	2014	11	2012.10.02	25:59	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Boero, Patrick	2013	12	2012.10.02	26:01	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Johnson, Nicholas	2015	10	2012.10.02	27:21	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
Keizer, John	2016	9	2012.10.02	16:41	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	2 Miles
Meyers, Travis	2016	9	2012.10.02	19:50	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	2 Miles

Top 12:

Di Filippo, Joseph
Nocco, Nicholas
Howley, Sean
Mershon, Stephen
Raynor, Cody
Marino, David
O'Hearn, James
Evans, Michael
Garrison, Nicholas
Keizer, Timothy
Meyers, Harold

Southern vs Brick Twp

Top 7 vs Top 7: 15 - 50
JV 7 vs Top 7: 15 - 50
JV 7 vs JV 7: 15 - 50

Southern vs TR South

Top 7 vs Top 7: 26 - 31
JV 7 vs Top 7: 36 - 23
JV 7 vs JV 7: 15 - 50

Top 5 Average/Split: 16:36 / 0:22

Top 7 Average/Split: 16:50 / 0:50

JV 5 Average/Split: 17:41 / 0:42

JV 7 Average /Split: 18:06 / 1:09

Meet Apples

Top 12: Nicholas Nocco
JV: Zachary Piscopo

Invitational: Shore Coaches Invitational

Date: October 6th, 2012

Location: Holmdel Park, Holmdel, NJ

Weather: Temperature: 79°, Humidity: 75%, Dew Point: N/A, Wind: NNW 15 mph

Varsity Results:

Howley, Sean	2015	10	2012.10.06	17:22	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Nocco, Nicholas	2014	11	2012.10.06	17:23	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Raynor, Cody	2014	11	2012.10.06	17:26	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Di Filippo, Joseph	2014	11	2012.10.06	17:32	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Marino, David	2014	11	2012.10.06	18:05	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Ward, James	2015	10	2012.10.06	18:43	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Evans, Michael	2014	11	2012.10.06	DNF	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K

JV Results:

Keizer, Timothy	2014	11	2012.10.06	18:38	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Garrison, Nicholas	2015	10	2012.10.06	18:47	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Meyers, Harold	2014	11	2012.10.06	19:28	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Ray, Eric	2015	10	2012.10.06	19:50	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Geoffroy, Daniel	2014	11	2012.10.06	19:53	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Krause, Evan	2015	10	2012.10.06	19:59	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Hartley, William	2014	11	2012.10.06	20:33	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Korpon, Damon	2014	11	2012.10.06	20:43	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Gethard, William	2015	10	2012.10.06	21:02	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Osborne-Lomax, Tyler	2013	12	2012.10.06	21:03	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Nokes, Griffin	2015	10	2012.10.06	21:22	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Harrington, Reilly	2015	10	2012.10.06	21:36	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Escarate, Tyler	2015	10	2012.10.06	21:49	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Dunphey, Brian	2014	11	2012.10.06	21:59	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Rodriguez, Daniel	2015	10	2012.10.06	23:31	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Delligati, Devin	2014	11	2012.10.06	23:32	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Buzby, Lucas	2014	11	2012.10.06	23:35	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Luzzi, Andrew	2015	10	2012.10.06	24:27	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Caporrino, Michael	2015	10	2012.10.06	25:23	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
Boero, Patrick	2013	12	2012.10.06	25:53	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K

Frosh Results:

Lu, Jimmy	2016	9	2012.10.06	13:08	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
Nodine, Craig	2016	9	2012.10.06	13:17	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
Lovenberg, William	2016	9	2012.10.06	13:34	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
Piscopo, Zachary	2016	9	2012.10.06	14:37	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
Joannides, Nicholas	2016	9	2012.10.06	15:16	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
Tront, Robert	2016	10	2012.10.06	15:22	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
Novick, William	2016	9	2012.10.06	15:50	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
Keizer, John	2016	9	2012.10.06	22:48	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
Meyers, Travis	2016	9	2012.10.06	26:12	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles

Top 12:

Mershon, Stephen
Howley, Sean
Nocco, Nicholas
Raynor, Cody
Di Filippo, Joseph
Marino, David
O'Hearn, James
Evans, Michael
Keizer, Timothy
Ward, James
Garrison, Nicholas
Meyers, Harold

Varsity

5th Place Overall

Junior Varsity

16th Place Overall

Freshman

23rd Overall

Top 5 Average/Split: 17:34 /0:43

Top 7 Average/Split: 17:45/-:-

JV 5 Average/Split: 19: 19/1:15

JV 7 Average/Split: 19:35/1:55

Frosh 5 Avg/Split: 13:58/2:08

Frosh 7 Avg/Split: 14:26/2:42

Meet Apples

Top 12: Tim Keizer

JV: Daniel Geoffroy

Frosh: Jimmy Lu

Dual Meet: Toms River North & Brick Memorial

Date: October 11th, 2012

Location: Southern Regional High School, Manahawkin, NJ

Weather: Temperature: 58°, Humidity: 38%, Dew Point: 33°, Wind: WNW 7 mph

Raynor, Cody	2014	11	2012.10.11	16:22	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Howley, Sean	2015	10	2012.10.11	16:32	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Nocco, Nicholas	2014	11	2012.10.11	16:34	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Mershon, Stephen	2013	12	2012.10.11	16:36	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Di Filippo, Joseph	2014	11	2012.10.11	16:40	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Evans, Michael	2014	11	2012.10.11	16:54	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Marino, David	2014	11	2012.10.11	17:02	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Ward, James	2015	10	2012.10.11	17:42	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Keizer, Timothy	2014	11	2012.10.11	17:49	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Garrison, Nicholas	2015	10	2012.10.11	17:50	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Meyers, Harold	2014	11	2012.10.11	17:56	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Ray, Eric	2015	10	2012.10.11	18:29	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Krause, Evan	2015	10	2012.10.11	18:30	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Geoffroy, Daniel	2014	11	2012.10.11	18:45	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Moran, Michael	2013	12	2012.10.11	19:04	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
O'Hearn, James	2014	11	2012.10.11	19:12	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Korpon, Damon	2014	11	2012.10.11	19:37	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Nodine, Craig	2016	9	2012.10.11	19:37	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Gethard, William	2015	10	2012.10.11	19:39	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Osborne-Lomax, Tyler	2013	12	2012.10.11	19:54	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Lovenberg, William	2016	9	2012.10.11	20:09	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Nokes, Griffin	2015	10	2012.10.11	20:11	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Lu, Jimmy	2016	9	2012.10.11	20:13	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Dunphey, Brian	2014	11	2012.10.11	20:31	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Risden, Russell	2013	12	2012.10.11	20:35	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Iacovelli, Max	2015	10	2012.10.11	20:53	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Rodriguez, Daniel	2015	10	2012.10.11	21:00	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Joannides, Nicholas	2016	9	2012.10.11	21:06	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Piscopo, Zachary	2016	9	2012.10.11	21:08	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Harrington, Reilly	2015	10	2012.10.11	21:17	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Delligati, Devin	2014	11	2012.10.11	21:21	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Tront, Robert	2016	10	2012.10.11	21:36	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Luzzi, Andrew	2015	10	2012.10.11	22:24	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Caporrino, Michael	2015	10	2012.10.11	22:40	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Novick, William	2016	9	2012.10.11	22:49	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Osborn, Michael	2016	9	2012.10.11	24:13	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Boero, Patrick	2013	12	2012.10.11	26:19	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Johnson, Nicholas	2015	10	2012.10.11	27:37	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	5K
Keizer, John	2016	9	2012.10.11	00:00	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	2 Miles
Meyers, Travis	2016	9	2012.10.11	00:00	Dual Meet vs. Brick Mem. & TR North	Southern Regional High School, Manahawkin, NJ	2 Miles

Top 12:

Raynor, Cody
Howley, Sean
Nocco, Nicholas
Mershon, Stephen
Di Filippo, Joseph
Evans, Michael
Marino, David
Ward, James
Keizer, Timothy
Garrison, Nicholas
Meyers, Harold
Ray, Eric

Southern vs Brick Mem

Top 7 vs Top 7: 15 - 50
JV 7 vs Top 7: 17 - 43
JV 7 vs JV 7: 15 - 50

Southern vs TR North

Top 7 vs Top 7: 19 - 42
JV 7 vs Top 7: 49 - 15
JV 7 vs JV 7: 19 - 38

Top 5 Average/Split: 16:33 / 0:18

Top 7 Average/Split: 16:40 / 0:40

JV 5 Average/Split: 17:57 / 0:47

JV 7 Average/Split: 18:09 / 1:03

Meet Apples

Top 12: Cody Raynor

JV: William Gethard

Championship: Ocean County Championship

Date: October 18th, 2012

Location: Ocean County Park, Lakewood, NJ

Weather: Temperature: 65°, Humidity: 65%, Dew Point: ??°, Wind: SE 12 mph

Varsity Results:

Di Filippo, Joseph	2014	11	2012.10.18	16:42	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Mershon, Stephen	2013	12	2012.10.18	16:44	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Nocco, Nicholas	2014	11	2012.10.18	16:50	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Raynor, Cody	2014	11	2012.10.18	16:52	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Howley, Sean	2015	10	2012.10.18	16:55	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Marino, David	2014	11	2012.10.18	17:02	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Evans, Michael	2014	11	2012.10.18	17:03	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K

JV Results:

Keizer, Timothy	2014	11	2012.10.18	17:53	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Garrison, Nicholas	2015	10	2012.10.18	17:56	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Meyers, Harold	2014	11	2012.10.18	18:03	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Ray, Eric	2015	10	2012.10.18	18:18	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Krause, Evan	2015	10	2012.10.18	18:20	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Geoffroy, Daniel	2014	11	2012.10.18	18:23	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Ward, James	2015	10	2012.10.18	18:28	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Gethard, William	2015	10	2012.10.18	19:15	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Korpon, Damon	2014	11	2012.10.18	19:24	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Nokes, Griffin	2015	10	2012.10.18	19:33	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Rodriguez, Daniel	2015	10	2012.10.18	19:56	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Osborne-Lomax, Tyler	2013	12	2012.10.18	20:00	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Escarate, Tyler	2015	10	2012.10.18	20:08	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Harrington, Reilly	2015	10	2012.10.18	20:15	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Dunphey, Brian	2014	11	2012.10.18	20:20	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Iacovelli, Max	2015	10	2012.10.18	20:39	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Risden, Russell	2013	12	2012.10.18	20:53	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Luzzi, Andrew	2015	10	2012.10.18	21:01	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Buzby, Lucas	2014	11	2012.10.18	21:45	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Caporrino, Michael	2015	10	2012.10.18	22:48	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Boero, Patrick	2013	12	2012.10.18	25:29	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
Johnson, Nicholas	2015	10	2012.10.18	27:01	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K

Frosh Results:

Nodine, Craig	2016	9	2012.10.18	11:32	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
Lovenberg, William	2016	9	2012.10.18	11:37	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
Lu, Jimmy	2016	9	2012.10.18	11:43	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
Joannides, Nicholas	2016	9	2012.10.18	12:29	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
Piscopo, Zachary	2016	9	2012.10.18	12:34	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
Tront, Robert	2016	10	2012.10.18	12:46	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
Novick, William	2016	9	2012.10.18	13:31	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
Osborn, Michael	2016	9	2012.10.18	14:34	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
Keizer, John	2016	9	2012.10.18	16:16	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
Meyers, Travis	2016	9	2012.10.18	18:52	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles

Top 12:

Di Filippo, Joseph
Mershon, Stephen
Nocco, Nicholas
Raynor, Cody
Howley, Sean
Marino, David
Evans, Michael
Keizer, Timothy
Garrison, Nicholas
Meyers, Harold
Ray, Eric
Krause, Evan

Varsity

1st Overall (59 points)

Junior Varsity

1st Overall (21 points)

Freshman

4th Overall (73 points)

Top 5 Average/Split: 16:49 /0:13

Top 7 Average/Split: 16:53/0:21

JV 5 Average/Split: 18:06/0:27

JV 7 Average/Split: 18:12/0:35

Frosh 5 Avg/Split: 11:59/1:02

Frosh 7 Avg/Split: 12:19/1:59

Meet Apples

Varsity: Joe DiFilippo

JV: Harold Meyers

Frosh: William Lovenberg

Championship: Shore Conference Championship

Date: October 25th, 2012

Location: Ocean County Park, Lakewood, NJ

Weather: Temperature: 63°, Humidity: 55%, Dew Point: ??°, Wind: ??

Varsity Results:

Nocco, Nicholas	2014	11	2012.10.25	16:22	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Marino, David	2014	11	2012.10.25	16:23	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Howley, Sean	2015	10	2012.10.25	16:25	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Mershon, Stephen	2013	12	2012.10.25	16:27	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Di Filippo, Joseph	2014	11	2012.10.25	16:29	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Raynor, Cody	2014	11	2012.10.25	16:31	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Evans, Michael	2014	11	2012.10.25	16:45	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k

JV Results:

Keizer, Timothy	2014	11	2012.10.25	17:25	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
O'Hearn, James	2014	11	2012.12.25	17:27	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Ward, James	2015	10	2012.10.25	17:27	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Garrison, Nicholas	2015	10	2012.10.25	17:30	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Meyers, Harold	2014	11	2012.10.25	17:50	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Ray, Eric	2015	10	2012.10.25	18:09	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Geoffroy, Daniel	2014	11	2012.10.25	18:09	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Krause, Evan	2015	10	2012.10.25	18:18	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Nodine, Craig	2016	9	2012.10.25	18:29	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Nokes, Griffin	2015	10	2012.10.25	18:40	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Moran, Michael	2012	12	2012.10.25	18:54	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Gethard, William	2015	10	2012.10.25	18:56	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Hartley, William	2014	11	2012.10.25	19:04	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Korpon, Damon	2014	11	2012.10.25	19:04	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Osborne-Lomax, Tyler	2013	12	2012.10.25	19:09	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Lovenberg, William	2016	9	2012.10.25	19:21	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Iacovelli, Max	2015	10	2012.10.25	19:40	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Harrington, Reilly	2015	10	2012.10.25	19:55	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Di Filippo, Kevin	2014	11	2012.10.25	20:03	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Dunphey, Brian	2014	11	2012.10.25	20:06	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Risden, Russell	2013	12	2012.10.25	20:16	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Rodriguez, Daniel	2015	10	2012.10.25	20:40	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Luzzi, Andrew	2015	10	2012.10.25	20:50	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Buzby, Lucas	2014	11	2012.10.25	21:21	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Fullem, Carter	2014	11	2012.10.25	21:25	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Caporrino, Michael	2015	10	2012.10.25	23:27	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Boero, Patrick	2013	12	2012.10.25	23:33	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Johnson, Nicholas	2015	10	2012.10.25	24:54	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
Meyers, Travis	2016	9	2012.10.25	26:38	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k

Frosh Results:

Lu, Jimmy	2016	9	2012.10.25	11:21	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
Joannides, Nicholas	2016	9	2012.10.25	12:09	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
Piscopo, Zachary	2016	9	2012.10.25	12:16	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
Osborn, Michael	2016	9	2012.10.25	12:24	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
Tront, Robert	2016	9	2012.10.25	12:51	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
Keizer, John	2016	9	2012.10.25	15:25	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles

Top 12:

Nocco, Nicholas
Marino, David
Howley, Sean
Mershon, Stephen
Di Filippo, Joseph
Raynor, Cody
Evans, Michael
Keizer, Timothy
O'Hearn, James
Ward, James
Garrison, Nicholas
Meyers, Harold

Varsity

4th Overall (160 points)

Junior Varsity

3rd Overall (149 points)

Freshman

7th Overall (185 points)

Top 5 Average/Split: 16:25 /0:07

Top 7 Average/Split: 16:29/0:23

JV 5 Average/Split: 17:32/0:25

JV 7 Average/Split: 17:42/0:44

Frosh 5 Avg/Split: 12:12/1:30

Frosh 6 Avg/Split: 12:44/4:04

Meet Apples

Varsity: David Marino

JV: Max Iacovelli

Frosh: Nicholas Joannides

Championship: NJSIAA Group 4 State Sectional Championships

Date: November 10th, 2012

Location: Delsea Regional High School, Franklinville, NJ

Weather: Temperature: 50°, Humidity: 72%, Dew Point: 39°, Wind: Calm

Varsity Results:

Marino, David	2014	11	2012.11.10	16:44	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
Di Filippo, Joseph	2014	11	2012.11.10	16:47	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
Howley, Sean	2015	10	2012.11.10	16:52	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
Nocco, Nicholas	2014	11	2012.11.10	16:57	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
Raynor, Cody	2014	11	2012.11.10	17:14	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
Mershon, Stephen	2013	12	2012.11.10	17:21	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
Evans, Michael	2014	11	2012.11.10	17:37	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K

Top 12:

Marino, David
Nocco, Nicholas
Di Filippo, Joseph
Raynor, Cody
Howley, Sean
Evans, Michael
Mershon, Stephen
Keizer, Timothy
O'Hearn, James
Ward, James
Garrison, Nicholas
Meyers, Harold

Varsity

3rd Overall (117 points)

Top 5 Average/Split: 16:55/0:30

Top 7 Average/Split: 17:05/0:53

Meet Apples

Varsity: Stephen Mershon

Championship: NJSIAA Group IV Championship

Date: November 17th, 2012

Location: Holmdel Park, Holmdel, NJ

Weather: Temperature: 47°, Humidity: 45%, Dew Point: 26°, Wind: NNW 9mph

Varsity Results:

Nocco, Nicholas	2014	11	2012.11.17	17:09	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
Marino, David	2014	11	2012.11.17	17:11	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
Di Filippo, Joseph	2014	11	2012.11.17	17:12	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
Raynor, Cody	2014	11	2012.11.17	17:34	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
Howley, Sean	2015	10	2012.11.17	17:37	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
Evans, Michael	2014	11	2012.11.17	17:47	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
Mershon, Stephen	2013	12	2012.11.17	17:52	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K

Top 12:

Nocco, Nicholas
Marino, David
Di Filippo, Joseph
Raynor, Cody
Howley, Sean
Evans, Michael
Mershon, Stephen
Keizer, Timothy
O'Hearn, James
Ward, James
Garrison, Nicholas
Meyers, Harold

Varsity

14th Overall (291 points)

Top 5 Average/Split: 17:21/0:28

Top 7 Average/Split: 17:29/0:43

Meet Apples

Varsity: Nicholas Nocco

A large, stylized letter 'S' in a vibrant orange color with a thick white outline. The letter is centered on the page and has a slightly irregular, hand-drawn appearance. The word 'SENIORS' is printed in a bold, black, serif font across the upper portion of the 'S'.

SENIORS

CLASS OF 2013





Patrick Boero

1st Year Varsity
Personal Best: 22:16

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2012.10.25	23:33	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2012.10.18	25:29	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
12	2012.10.11	26:19	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
12	2012.10.06	25:53	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
12	2012.10.02	26:01	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
12	2012.09.24	26:08	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
12	2012.09.14	22:45	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
12	2012.09.11	25:36	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
11	2011.11.01	22:18	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
11	2011.10.20	22:16	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
11	2011.10.04	22:39	Double-Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
11	2011.10.01	24:44	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
11	2011.09.29	24:22	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
11	2011.09.20	25:58	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
11	2011.09.13	26:00	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K
11	2011.09.10	15:52	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
10	2010.11.03	24:36	NJ Frosh/JV State Championships	Thompson Park, Jamesburg, NJ	5K
10	2010.10.30	22:57	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	5K
10	2010.10.21	22:45	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
10	2010.10.13	DNF	Dual Meet vs. Toms River South	Ocean County Park, Lakewood, NJ	5K
10	2010.10.05	DNF	Double-Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
10	2010.10.02	25:05	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2010.09.25	25:48	Wild Safari Invitational	Six Flags Great Adventure, Jackson, NJ	5K
10	2010.09.21	23:59	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
10	2010.09.14	25:22	Dual Meet vs. Brick Memorial	Ocean County Park, Lakewood, NJ	5K
10	2010.09.11	15:06	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
9	2009.11.04	23:44	NJ Frosh/JV State Championships	Thompson Park, Jamesburg, NJ	5K
9	2009.10.30	15:15	Shore Conference Frosh/JV Championships	Bucks Mill Park, Colts Neck, NJ	2 Miles
9	2009.10.22	16:44	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2009.10.06	25:22	Double-Dual Meet vs. Brick Township & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
9	2009.10.03	17:10	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
9	2009.09.29	26:35	Double-Dual Meet vs. Jackson Memorial & Lacey Township	Jackson Memorial High School, Jackson, NJ	5K
9	2009.09.22	27:21	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
9	2009.09.15	29:45	Double-Dual Meet vs. Brick Memorial & Toms River East	Ocean County Park, Lakewood, NJ	5K
9	2009.09.12	15:42	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
9	2009.09.01	17:29	Umpteenth Annual Seaside Time Trial	Seaside Park, NJ	2 Miles





Gregory Cofini

1st Year Varsity

Personal Best: 21:21

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2011.10.04	21:21	Double-Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
11	2011.09.29	23:22	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
11	2011.09.20	23:54	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
11	2011.09.20	23:54	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
11	2011.09.13	25:15	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K
11	2011.09.13	25:15	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K





Stephen Mershon

4th Year Varsity
Personal Best: 16:27

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2012.11.17	17:52	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
12	2012.11.10	17:21	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
12	2012.10.25	16:27	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2012.10.18	16:44	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
12	2012.10.11	16:36	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
12	2012.10.02	16:34	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
12	2012.09.24	17:45	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
12	2012.09.22	17:19	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
12	2012.09.14	16:32	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
12	2012.09.11	16:45	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
11	2011.11.22	18:24	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
11	2011.11.05	16:57	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
11	2011.10.20	16:54	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
11	2011.10.04	16:49	Double-Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
11	2011.10.01	17:39	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
11	2011.09.29	17:19	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
11	2011.09.20	17:54	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
11	2011.09.13	18:26	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K
11	2011.09.10	11:06	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
10	2010.11.03	20:05	NJ Frosh/JV State Championships	Thompson Park, Jamesburg, NJ	5K
10	2010.10.30	18:01	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	5K
10	2010.10.21	18:06	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
10	2010.10.13	18:48	Dual Meet vs. Toms River South	Ocean County Park, Lakewood, NJ	5K
10	2010.10.05	18:44	Double-Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
10	2010.09.25	20:05	Wild Safari Invitational	Six Flags Great Adventure, Jackson, NJ	5K
10	2010.09.21	19:50	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
10	2010.09.14	19:01	Dual Meet vs. Brick Memorial	Ocean County Park, Lakewood, NJ	5K
10	2010.09.11	12:02	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
10	2010.08.30	20:37	Umpteenth Annual Seaside Time Trial	Seaside Park, NJ	5K
9	2009.11.04	18:27	NJ Frosh/JV State Championships	Thompson Park, Jamesburg, NJ	5K
9	2009.10.30	11:42	Shore Conference Frosh/JV Championships	Bucks Mill Park, Colts Neck, NJ	2 Miles
9	2009.10.22	11:33	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2009.10.06	18:38	Double-Dual Meet vs. Brick Township & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
9	2009.10.03	12:46	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
9	2009.09.29	19:48	Double-Dual Meet vs. Jackson Memorial & Lacey Township	Jackson Memorial High School, Jackson, NJ	5K
9	2009.09.15	19:26	Double-Dual Meet vs. Brick Memorial & Toms River East	Ocean County Park, Lakewood, NJ	5K
9	2009.09.12	12:13	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
9	2009.09.01	19:56	Umpteenth Annual Seaside Time Trial	Seaside Park, NJ	5K





Michael Moran

1st Year Varsity
Personal Best: 18:54

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2012.10.25	18:54	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2012.10.11	19:04	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
12	2012.10.02	19:24	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
12	2012.09.11	19:45	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k

TYLER OSBORNE-LOMAX

1st Year Varsity
Personal Best: 19:09

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2012.10.25	19:09	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2012.10.18	20:00	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
12	2012.10.11	19:54	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
12	2012.10.06	21:03	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
12	2012.10.02	20:15	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
12	2012.09.24	21:11	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
12	2012.09.14	20:32	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
12	2012.09.11	22:18	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k





Russell Riden

1st Year Varsity
Personal Best: 18:54

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2012.10.25	20:16	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2012.10.18	20:53	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
12	2012.10.11	20:35	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
12	2012.10.02	21:13	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
12	2012.09.24	22:05	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
12	2012.09.14	21:24	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
12	2012.09.11	21:44	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
11	2011.11.01	20:26	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
11	2011.10.20	20:13	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
11	2011.10.04	20:22	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
11	2011.10.01	21:37	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
11	2011.09.29	20:53	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
11	2011.09.20	22:14	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
11	2011.09.13	23:03	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K
11	2011.09.10	13:43	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
10	2010.11.03	21:41	NJ Frosh/JV State Championships	Thompson Park, Jamesburg, NJ	5K
10	2010.10.30	20:35	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	5K
10	2010.10.21	20:11	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
10	2010.10.13	20:26	Dual Meet vs. Toms River South	Ocean County Park, Lakewood, NJ	5K
10	2010.10.05	20:59	Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
10	2010.10.02	22:53	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2010.09.25	21:37	Wild Safari Invitational	Six Flags Great Adventure, Jackson, NJ	5K
10	2010.09.21	21:55	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
10	2010.09.14	21:21	Dual Meet vs. Brick Memorial	Ocean County Park, Lakewood, NJ	5K
10	2010.09.11	13:38	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
10	2010.08.30	24:12	Umpteenth Annual Seaside Time Trial	Seaside Park, NJ	5K
9	2009.11.04	22:26	NJ Frosh/JV State Championships	Thompson Park, Jamesburg, NJ	5K
9	2009.10.30	14:19	Shore Conference Frosh/JV Championships	Bucks Mill Park, Colts Neck, NJ	2 Miles
9	2009.10.22	13:57	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2009.10.06	23:43	Dual Meet vs. Brick Township & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
9	2009.10.03	16:15	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
9	2009.09.29	23:39	Dual Meet vs. Jackson Memorial & Lacey Township	Jackson Memorial High School, Jackson, NJ	5K
9	2009.09.22	24:16	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
9	2009.09.15	24:42	Dual Meet vs. Brick Memorial & Toms River East	Ocean County Park, Lakewood, NJ	5K
9	2009.09.12	15:32	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
9	2009.09.01	17:05	Umpteenth Annual Seaside Time Trial	Seaside Park, NJ	2 Miles

A large, stylized letter 'S' in a vibrant orange color. The letter has a thick white outline and is set against a white background. The 'S' is the central focus of the page.

JUNIORS

CLASS OF 2014





Lucas Buzby
Junior Varsity
Personal Best: 21:21

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2012.10.25	21:21	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2012.10.18	21:45	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
11	2012.10.06	23:35	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
11	2012.10.02	21:29	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
11	2012.09.24	23:13	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
11	2012.09.14	22:23	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2012.09.11	23:24	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k

Joseph DiFilippo
1st Year Varsity
Personal Best: 16:29

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2012.11.17	17:12	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
11	2012.11.10	16:47	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
11	2012.10.25	16:29	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2012.10.18	16:42	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
11	2012.10.11	16:40	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
11	2012.10.06	17:32	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
11	2012.10.02	16:30	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
11	2012.09.24	17:37	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
11	2012.09.22	18:11	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
11	2012.09.11	17:02	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
9	2010.11.03	19:20	NJ Frosh/JV State Championships	Thompson Park, Jamesburg, NJ	5K
9	2010.11.03	19:20	NJ Frosh/JV State Championships	Thompson Park, Jamesburg, NJ	5K
9	2010.10.30	18:55	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	5K
9	2010.10.30	18:55	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	5K
9	2010.10.21	11:35	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2010.10.13	19:20	Dual Meet vs. Toms River South	Ocean County Park, Lakewood, NJ	5K
9	2010.10.13	19:20	Dual Meet vs. Toms River South	Ocean County Park, Lakewood, NJ	5K
9	2010.10.05	19:31	Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
9	2010.10.05	19:31	Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
9	2010.10.02	13:51	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
9	2010.09.14	13:24	Dual Meet vs. Brick Memorial	Ocean County Park, Lakewood, NJ	2 Miles
9	2010.09.11	13:26	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
9	2010.08.30	15:58	Umpteenth Annual Seaside Time Trial	Seaside Park, NJ	2 Miles





Kevin DiFilippo

Junior Varsity
Personal Best: 19:52

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2012.09.14	20:41	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2012.09.11	21:17	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
11	2012.10.25	20:03	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2012.10.02	19:52	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
11	2012.09.24	20:42	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K

Brian Dunphey

Junior Varsity
Personal Best: 20:06

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2012.10.25	20:06	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2012.10.18	20:20	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
11	2012.10.11	20:31	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
11	2012.10.06	21:59	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
11	2012.10.02	20:34	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
11	2012.09.24	20:31	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K





Michael Evans

3rd Year Varsity
Personal Best: 16:18

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2012.11.17	17:47	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
11	2012.11.10	17:37	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
11	2012.10.25	16:45	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2012.10.18	17:03	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
11	2012.10.11	16:54	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
11	2012.10.06	DNF	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
11	2012.10.02	17:23	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
11	2012.09.22	18:45	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
11	2012.09.11	18:03	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
10	2011.09.13	18:59	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K
10	2011.09.10	11:09	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
9	2010.11.13	18:25	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
9	2010.11.06	17:00	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
9	2010.10.30	16:18	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
9	2010.10.21	16:32	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
9	2010.10.13	16:50	Dual Meet vs. Toms River South	Ocean County Park, Lakewood, NJ	5K

Carter Fullem

Junior Varsity
Personal Best: 21:25

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2012.10.25	21:25	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2012.09.24	DNF	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
11	2012.09.14	23:06	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2012.09.11	23:12	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k





Daniel Geoffroy

1st Year Varsity

Personal Best: 18:09

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2012.10.25	18:09	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2012.10.18	18:23	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
11	2012.10.11	18:45	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
11	2012.10.06	19:53	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
11	2012.10.02	19:42	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
11	2012.09.24	20:13	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
11	2012.09.14	19:43	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2012.09.11	19:58	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k

William Hartley

Junior Varsity

Personal Best: 19:04

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2012.10.25	19:04	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2012.10.06	20:33	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
11	2012.10.02	19:57	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
11	2012.09.24	20:23	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K





Timothy Keizer
3rd Year Varsity
Personal Best: 17:25

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2012.10.25	17:25	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2012.10.18	17:53	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
11	2012.10.11	17:49	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
11	2012.10.06	18:38	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
11	2012.10.02	17:45	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
11	2012.09.24	18:26	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
11	2012.09.22	18:41	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
11	2012.09.14	18:09	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2012.09.11	18:40	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
10	2011.11.01	17:48	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
10	2011.10.20	18:03	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
10	2011.10.01	18:50	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2011.09.29	18:44	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
10	2011.09.20	19:20	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
9	2010.11.03	20:07	NJ Frosh/JV State Championships	Thompson Park, Jamesburg, NJ	5K
9	2010.10.30	11:19	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2010.10.21	11:17	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2010.10.13	18:55	Dual Meet vs. Toms River South	Ocean County Park, Lakewood, NJ	5K
9	2010.10.05	19:11	Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
9	2010.10.02	13:28	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
9	2010.09.25	13:14	Wild Safari Invitational	Six Flags Great Adventure, Jackson, NJ	2 Miles
9	2010.09.21	20:15	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
9	2010.09.14	21:25	Dual Meet vs. Brick Memorial	Ocean County Park, Lakewood, NJ	5K
9	2010.09.11	12:11	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles

Damon Korpon
Junior Varsity
Personal Best: 19:04

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2012.10.25	19:04	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2012.10.18	19:24	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
11	2012.10.11	19:37	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
11	2012.10.06	20:43	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
11	2012.10.02	19:31	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
11	2012.09.24	20:26	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
11	2012.09.14	20:08	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2012.09.11	21:01	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k





David Marino
3rd Year Varsity
Personal Best: 16:23

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2012.11.17	17:11	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
11	2012.11.10	16:44	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
11	2012.10.25	16:23	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2012.10.18	17:02	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
11	2012.10.11	17:02	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
11	2012.10.06	18:05	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
11	2012.10.02	16:54	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
11	2012.09.24	17:57	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
11	2012.09.22	18:19	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
11	2012.09.11	17:24	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
10	2011.11.22	18:19	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
10	2011.11.05	16:38	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
10	2011.10.20	16:45	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
10	2011.10.04	16:31	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
10	2011.10.01	17:47	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2011.09.29	17:45	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
10	2011.09.20	17:46	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
10	2011.09.13	18:22	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K
10	2011.09.10	10:48	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
9	2010.10.30	17:18	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	5K
9	2010.10.21	17:23	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
9	2010.10.13	17:47	Dual Meet vs. Toms River South	Ocean County Park, Lakewood, NJ	5K
9	2010.10.05	18:15	Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
9	2010.09.25	18:41	Wild Safari Invitational	Six Flags Great Adventure, Jackson, NJ	5K
9	2010.09.21	18:56	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
9	2010.09.14	19:00	Dual Meet vs. Brick Memorial	Ocean County Park, Lakewood, NJ	5K
9	2010.09.11	12:10	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
9	2010.08.30	21:12	Umpteenth Annual Seaside Time Trial	Seaside Park, NJ	5K





Harold Meyers

1st Year Varsity
Personal Best: 17:50

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2012.10.25	17:50	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2012.10.18	18:03	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
11	2012.10.11	17:56	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
11	2012.10.06	19:28	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
11	2012.10.02	18:05	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
11	2012.09.24	18:43	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
11	2012.09.22	20:09	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
11	2012.09.14	18:46	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2012.09.11	19:05	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
10	2011.11.01	20:06	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
10	2011.10.20	19:57	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
10	2011.10.04	19:46	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
10	2011.10.01	21:40	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2011.09.29	20:25	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
10	2011.09.20	21:19	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
10	2011.09.13	22:00	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K
10	2011.09.10	13:09	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
9	2010.10.30	13:07	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2010.10.21	13:05	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2010.10.13	21:48	Dual Meet vs. Toms River South	Ocean County Park, Lakewood, NJ	5K
9	2010.09.25	15:41	Wild Safari Invitational	Six Flags Great Adventure, Jackson, NJ	2 Miles
9	2010.09.21	24:44	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
9	2010.09.14	15:42	Dual Meet vs. Brick Memorial	Ocean County Park, Lakewood, NJ	2 Miles
9	2010.09.11	15:03	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
9	2010.08.30	16:50	Umpteenth Annual Seaside Time Trial	Seaside Park, NJ	2 Miles





Nicholas Nocco

2nd Year Varsity
Personal Best: 16:22

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2012.11.17	17:09	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
11	2012.11.10	16:57	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
11	2012.10.25	16:22	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2012.10.18	16:50	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
11	2012.10.11	16:34	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
11	2012.10.06	17:23	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
11	2012.10.02	16:33	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
11	2012.09.24	17:47	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
11	2012.09.22	17:42	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
11	2012.09.11	17:14	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
10	2011.11.01	18:04	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
10	2011.10.20	17:48	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
10	2011.10.04	18:25	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
10	2011.10.01	19:32	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2011.09.29	19:39	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
10	2011.09.20	20:56	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
10	2011.09.13	22:20	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K
10	2011.09.10	12:39	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles





James O'Hearn

2nd Year Varsity
Personal Best: 17:20

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2012.12.25	17:27	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2012.10.11	19:12	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
11	2012.10.02	17:20	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
11	2012.09.24	18:16	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
11	2012.09.22	19:37	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
11	2012.09.14	17:48	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2012.09.11	18:17	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
10	2011.11.01	18:31	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
10	2011.10.20	18:40	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
10	2011.10.04	18:35	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
10	2011.10.01	20:02	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2011.09.29	20:11	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
10	2011.09.20	19:51	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
10	2011.09.13	21:20	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K
10	2011.09.10	13:29	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
9	2010.11.03	23:48	NJ Frosh/JV State Championships	Thompson Park, Jamesburg, NJ	5K
9	2010.10.30	21:16	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	5K
9	2010.10.21	20:24	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
9	2010.10.13	16:07	Dual Meet vs. Toms River South	Ocean County Park, Lakewood, NJ	2 Miles
9	2010.10.02	14:33	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
9	2010.09.25	17:14	Wild Safari Invitational	Six Flags Great Adventure, Jackson, NJ	2 Miles
9	2010.09.14	DQ	Dual Meet vs. Brick Memorial	Ocean County Park, Lakewood, NJ	2 Miles
9	2010.09.11	14:27	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles





Cody Raynor

2nd Year Varsity

Personal Best: 16:22

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2012.11.17	17:34	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
11	2012.11.10	17:14	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
11	2012.10.25	16:31	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2012.10.18	16:52	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
11	2012.10.11	16:22	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
11	2012.10.06	17:26	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
11	2012.10.02	16:52	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
11	2012.09.24	17:53	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
11	2012.09.22	17:41	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
11	2012.09.11	17:21	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
10	2011.11.22	18:08	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
10	2011.11.05	17:50	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
10	2011.10.20	17:07	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
10	2011.10.04	18:20	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
10	2011.10.01	18:20	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2011.09.29	18:11	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
10	2011.09.20	18:18	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
10	2011.09.13	20:05	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K

A large, stylized letter 'S' in a vibrant orange color with a thick white outline. The letter is centered on the page and serves as a background for the text.

SOPHOMORES

CLASS OF 2015





Matthew Ambrosio

Junior Varsity
Personal Best: *INJ*

Michael Caporrino

Junior Varsity
Personal Best: 22:04

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2012.10.25	23:27	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2012.10.18	22:48	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
10	2012.10.11	22:40	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
10	2012.10.06	25:23	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2012.10.02	22:03	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
10	2012.09.24	24:44	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
10	2012.09.14	25:52	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k

Tyler Escarate

Junior Varsity
Personal Best: 18:31

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2012.10.18	20:08	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
10	2012.10.06	21:49	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
10	2012.09.24	19:57	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
10	2012.09.11	20:30	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
9	2011.10.20	18:45	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.04	18:31	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
9	2011.10.01	19:57	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
9	2011.09.29	19:42	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
9	2011.09.13	21:55	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K
9	2011.09.10	12:39	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles





Nicholas Garrison

1st Year Varsity
Personal Best: 17:30

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2012.10.25	17:30	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2012.10.18	17:56	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
10	2012.10.11	17:50	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
10	2012.10.06	18:47	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2012.10.02	17:39	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
10	2012.09.24	18:17	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
10	2012.09.22	18:28	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
10	2012.09.14	18:10	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2012.09.11	18:10	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
10	2011.10.20	20:09	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.11.01	19:48	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.04	20:24	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
9	2011.10.01	14:10	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
9	2011.09.29	21:56	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
9	2011.09.20	22:35	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
9	2011.09.13	23:59	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K
9	2011.09.10	14:24	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles

William Gethard

Junior Varsity
Personal Best: 18:56

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2012.10.25	18:56	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2012.10.18	19:15	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
10	2012.10.11	19:39	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
10	2012.10.06	21:02	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2012.10.02	20:04	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
10	2012.09.24	22:10	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
10	2012.09.14	22:04	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
9	2011.11.01	20:08	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.20	20:56	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.04	21:33	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
9	2011.10.01	14:40	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
9	2011.09.29	23:59	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
9	2011.09.20	23:34	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
9	2011.09.13	17:50	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	2 Miles





Reilly Harrington

Junior Varsity
Personal Best: 19:55

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2012.10.25	19:55	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2012.10.18	20:15	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
10	2012.10.11	21:17	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
10	2012.10.06	21:36	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2012.10.02	20:50	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
10	2012.09.24	21:22	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
10	2012.09.14	21:08	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2012.09.11	21:46	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
9	2011.11.01	21:56	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.20	21:12	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.04	21:34	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
9	2011.10.01	22:35	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
9	2011.09.29	21:54	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
9	2011.09.20	22:24	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
9	2011.09.13	15:45	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	2 Miles
9	2011.09.10	14:10	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles

Sean Howley

2nd Year Varsity
Personal Best: 16:50

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2012.11.17	17:37	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
10	2012.11.10	16:52	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
10	2012.10.25	16:25	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2012.10.18	16:55	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
10	2012.10.11	16:32	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
10	2012.10.06	17:22	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2012.10.02	16:33	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
10	2012.09.24	17:35	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
10	2012.09.22	17:54	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
10	2012.09.11	17:09	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
9	2011.11.22	18:17	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
9	2011.11.05	17:28	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
9	2011.10.20	16:50	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.04	16:41	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
9	2011.10.01	17:44	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
9	2011.09.29	17:12	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
9	2011.09.20	17:13	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
9	2011.09.13	18:18	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K
9	2011.09.10	10:51	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles





Max Iacovelli

Junior Varsity
Personal Best: 19:40

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2012.10.25	19:40	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2012.10.18	20:39	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
10	2012.10.11	20:53	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
10	2012.10.02	20:18	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
10	2012.09.24	21:38	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
10	2012.09.14	21:28	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2012.09.11	22:22	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
9	2011.11.01	20:18	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.20	20:12	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.04	20:46	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
9	2011.10.01	14:25	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
9	2011.09.29	22:29	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
9	2011.09.20	22:37	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
9	2011.09.13	15:14	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	2 Miles

Nicholas Johnson

Junior Varsity
Personal Best: 24:54

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2012.10.25	24:54	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2012.10.18	27:01	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
10	2012.10.11	27:37	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
10	2012.10.02	27:21	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
10	2012.09.24	29:40	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
10	2012.09.14	30:14	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2012.09.11	30:38	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
9	2011.11.01	26:31	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.20	16:26	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2011.10.04	27:11	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
9	2011.10.01	20:57	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
9	2011.09.29	30:58	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
9	2011.09.20	33:17	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
9	2011.09.13	23:23	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	2 Miles
9	2011.09.10	18:23	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles





Evan Krause

1st Year Varsity
Personal Best: 18:18

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2012.10.25	18:18	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2012.10.18	18:20	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
10	2012.10.11	18:30	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
10	2012.10.06	19:59	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2012.10.02	18:32	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
10	2012.09.24	19:27	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
10	2012.09.22	20:05	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
10	2012.09.14	18:52	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2012.09.11	20:58	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
9	2011.10.20	12:06	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2011.10.05	NT	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	2 Miles
9	2011.10.01	14:05	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
9	2011.09.29	21:38	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
9	2011.09.20	15:14	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	2 Miles
9	2011.09.13	24:30	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K

Andrew Luzzi

Junior Varsity
Personal Best: 20:50

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2012.10.25	20:50	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2012.10.18	21:01	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
10	2012.10.11	22:24	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
10	2012.10.06	24:27	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2012.10.02	22:13	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k





Griffin Nokes

Junior Varsity
Personal Best: 18:40

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2012.10.25	18:40	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2012.10.18	19:33	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
10	2012.10.11	20:11	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
10	2012.10.06	21:22	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2012.10.02	20:04	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
10	2012.09.24	21:16	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
10	2012.09.14	20:50	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2012.09.11	21:24	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
9	2011.11.01	20:25	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.20	12:51	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2011.09.20	21:24	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
9	2011.09.13	22:35	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K
9	2011.09.10	13:22	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles

Eric Ray

1st Year Varsity
Personal Best: 18:09

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2012.10.25	18:09	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2012.10.18	18:18	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
10	2012.10.11	18:29	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
10	2012.10.06	19:50	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2012.10.02	18:25	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
10	2012.09.24	19:07	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
10	2012.09.22	19:45	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
10	2012.09.14	19:08	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2012.09.11	19:33	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
9	2011.11.01	19:03	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.20	18:52	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.04	18:54	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
9	2011.10.01	19:55	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
9	2011.09.29	19:13	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
9	2011.09.20	20:14	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
9	2011.09.13	21:50	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K
9	2011.09.10	12:38	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles





Daniel Rodriguez
Junior Varsity
Personal Best: 19:56

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2012.10.25	20:40	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2012.10.18	19:56	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
10	2012.10.11	21:00	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
10	2012.10.06	23:31	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2012.10.02	20:32	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
10	2012.09.24	21:10	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
10	2012.09.14	20:53	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2012.09.11	21:26	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k
9	2011.11.01	21:25	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.20	12:13	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2011.10.04	NT	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	2 Miles
9	2011.10.01	15:23	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
9	2011.09.29	21:52	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
9	2011.09.20	14:20	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	2 Miles
9	2011.09.13	15:56	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	2 Miles
9	2011.09.10	13:30	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles

James Ward
2nd Year Varsity
Personal Best: 17:27

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2012.10.25	17:27	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2012.10.18	18:28	Ocean County Championships (new course)	Ocean County Park, Lakewood, NJ	5K
10	2012.10.11	17:42	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
10	2012.10.06	18:43	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
10	2012.10.02	17:33	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
10	2012.09.24	18:13	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
10	2012.09.22	18:35	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
10	2012.09.14	18:46	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
9	2011.11.01	17:45	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.20	17:46	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.04	18:06	Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
9	2011.10.01	18:49	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
9	2011.09.29	18:25	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
9	2011.09.20	19:01	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5K
9	2011.09.13	19:25	Dual Meet vs. Toms River East	Toms River East High School, Toms River, NJ	5K
9	2011.09.10	11:23	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles

A large, stylized letter 'S' in a vibrant orange color with a thick white outline. The letter is centered on the page and has a slightly irregular, hand-drawn appearance. The word 'FRESHMAN' is printed in a bold, black, serif font across the upper portion of the 'S'.

FRESHMAN

CLASS OF 2016





Nicholas Joannides

Junior Varsity
Personal Best: 21:06

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2012.10.25	12:09	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.18	12:29	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.11	21:06	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
9	2012.10.06	15:16	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
9	2012.10.02	21:14	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
9	2012.09.24	23:02	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
9	2012.09.14	13:52	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.09.11	23:12	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k

John Keizer

Junior Varsity
Personal Best: 15:26 (2 mile)

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2012.10.25	15:25	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.18	16:16	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.11	unknown	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	2 Miles
9	2012.10.06	22:48	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
9	2012.10.02	16:41	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.09.24	unknown	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	2 Miles
9	2012.09.14	17:40	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.09.11	18:56	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	2 Miles

William Lovenberg

Junior Varsity
Personal Best: 19:21

<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
2012.10.25	19:21	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
2012.10.18	11:37	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
2012.10.11	20:09	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
2012.10.06	13:34	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
2012.10.02	19:58	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
2012.09.24	20:28	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
2012.09.14	12:07	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
2012.09.11	21:28	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k





Jimmy Lu
Junior Varsity
Personal Best: 19:54

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2012.10.25	11:21	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.18	11:43	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.11	20:13	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
9	2012.10.06	13:08	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
9	2012.10.02	19:54	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
9	2012.09.24	20:28	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
9	2012.09.14	12:39	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.09.11	21:03	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k

Travis Meyers
Junior Varsity
Personal Best: 26:38

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2012.10.25	26:38	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
9	2012.10.18	18:52	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.11	unknown	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	2 Miles
9	2012.10.06	26:12	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
9	2012.10.02	19:50	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.09.24	22:20	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	2 Miles
9	2012.09.14	18:59	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.09.11	16:35	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	unknown

Craig Nodine
1st Year Varsity
Personal Best: 18:29

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2012.10.25	18:29	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
9	2012.10.18	11:32	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.11	19:37	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
9	2012.10.06	13:17	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
9	2012.10.02	19:36	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
9	2012.09.24	20:19	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
9	2012.09.14	12:01	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.09.11	20:12	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k





William Novick

Junior Varsity
Personal Best: 22:49

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2012.10.18	13:31	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.11	22:49	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
9	2012.10.06	15:50	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
9	2012.09.24	24:52	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
9	2012.09.11	14:58	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	2 Miles

Michael Osborn

Junior Varsity
Personal Best: 24:13

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2012.10.25	12:24	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.18	14:34	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.11	24:13	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
9	2012.10.02	25:59	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
9	2012.09.24	25:22	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
9	2012.09.14	14:10	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.09.11	24:51	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k

Zachary Piscopo

Honorary Varsity
Personal Best: 20:30

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2012.10.25	12:16	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.18	12:34	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.11	21:08	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
9	2012.10.06	14:37	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
9	2012.10.02	20:30	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
9	2012.09.24	24:44	Dual Meet vs. Jackson Memorial	Southern Regional High School, Manahawkin, NJ	5K
9	2012.09.14	14:05	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.09.11	23:14	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k





Robert Tront

Junior Varsity
Personal Best: 21:36

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2012.10.02	22:05	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
9	2012.10.25	12:51	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.18	12:46	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.11	21:36	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
9	2012.10.06	15:22	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
9	2012.09.14	13:10	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.09.11	23:07	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k







Fear the Tree!