

SOUTHERN CROSS COUNTRY

2013



SCHOOL FACTS & INFORMATION

Southern Regional School District

90 Cedar Bridge Road
Manahawkin, NJ 08050
609-597-9481
www.srsd.net

Superintendent	Mr. Craig Henry
Assisant Superintendent	Mr. Daniel MacPhee
Principal	Mr. Eric Wilhelm
Assistant Principal	Mr. Malcom Smith
Assistant Principal	Mr. Joseph Medica
Assistant Principal	Mr. Joseph DiPietro
Assistant Principal	Dr. Richard Falleta
Athletic Director	Mr. Charles Donohue, Jr.
Athletic Trainer	Mr. Joseph Caucino
School Mascot/NickName	The "Rams" / Rams
School Colors	Black & Gold

ROSTER

HEAD COACH: SCOTT BAKER

SENIORS

LUCAS BUZBY
SEAN CONNELLY
JOSEPH DIFLIPO
KEVIN DIFILIPPO
MICHAEL EVANS
DANIEL GEOFFROY
WILLIAM HARTLEY
TIMOTHY KEIZER
DAMON KORPON
DAVID MARINO
HAROLD MEYERS
NICHOLAS NOCCO
JAMES O'HEARN
CODY RAYNOR

JUNIORS

JARED BAUTA
MICHAEL CAPORRINO
NICHOLAS GARRISON
REILLY HARRINGTON
SEAN HOWLEY
MAX IACOVELLI
NICHOLAS JOHNSON
EVAN KRAUSE
GRIFFIN NOKES
ERIC RAY
JAMES WARD

SOPHOMORES

JEFFREY ATTARDI
GIO FLORRES
JOHN KEIZER
WILLIAM LOVENBERG
JIMMY LU
TRAVIS MEYERS
CRAIG NODINE
WILLIAM NOVICK
MICHAEL OSBORN
SCOTTY PETIT-FRERE
ZACHARY PISCOPO
CHRISTOPHER SALAZAR
ROBERT TRONT
DANIEL YACONO

FRESHMAN

ETHAN COX
SAMUEL FRITZ
KEVIN GUTIERREZ
WILLIAM KUBAREWICZ
WILLIAM MALONEY
ZACHARY RAINA
KENNETH REA
NATHAN SKODI
ANDREW WOHL
ETHAN YATES
LUKE YATES

SEASON ACCOLADES

DUAL MEETS

- VARSITY: 7-0
 - A-SOUTH CHAMPIONS
 - 4TH STRAIGHT UNDEFEATED SEASON
 - 26 STRAIGHT DUAL MEET WINS
- JUNIOR VARSITY: 7-0
 - SHUT OUT MANY OTHER JV TEAMS
- JUNIOR VARSITY VS OTHER TEAMS VARSITY: 1-6

OCEAN COUNTY MEET

- VARSITY: 1ST PLACE
 - 4TH STRAIGHT YEAR
- JUNIOR VARSITY: 1ST PLACE
 - 2ND STRAIGHT YEAR
- FRESHMAN: 5TH PLACE
 - 6 OF OUR FRESHMAN RUNNERS RACED JV

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: 5TH PLACE
 - 6TH STRAIGHT YEAR THAT WE QUALIFIED FOR GROUPS

STATE GROUP MEET

VARSITY: 10TH OVERALL

STATE MEET OF CHAMPIONS

VARSITY: FAILED TO QUALIFY

AWARDS



LETTER AWARDS

4th Year Varsity

Michael Evans
David Marino

3rd Year Varsity

Howley, Sean
Ward, James
Keizer, Timothy
Nocco, Nicholas
Raynor, Cody

2nd Year Varsity

Nodine, Craig
Garrison, Nicholas
Di Filippo, Joseph
Geoffroy, Daniel

Krause, Evan
Ray, Eric
Meyers, Harold
O'Hearn, James

1st Year Varsity

Kubarewicz, William
Skodi, Nathan
Yates, Ethan
Lovenberg, William

Lu, Jimmy
Petit-Frere, Scotty
Iacovelli, Max
Buzby, Lucas

Connelly, Sean
Di Filippo, Kevin
Hartley, William
Korpon, Damon

Honorary Varsity

Attardi, Jeffrey

Junior Varsity

Cox, Ethan
Fritz, Samuel
Gutierrez, Kevin
Maloney, William
Raina, Zachary
Rea, Kenneth
Wohl, Andrew

Yates, Luke
Florres, Gio
Keizer, John
Meyers, Travis
Osborn, Michael
Piscopo, Zachary
Salazar, Christopher

Tront, Robert
Yacono, Daniel
Bauta, Jared
Caporrino, Michael
Harrington, Reilly
Johnson, Nicholas

SPECIAL AWARDS

Rising Star Award

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

William Lovenberg

True Grit Award

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

Max Iacovelli

Perseverance Award

Presented to the athlete with persistent determination for success. From the first day of practice until his last race, in spite of the distractions, difficulties' and sometimes discouragements that hinder one's pursuit of a goal, his perseverance throughout is truly an inspiration.

Sean Howley

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.

Cody Raynor

Golden Apple Award

Presented to the athlete whose respected achievements and determination for excellence do not go unnoticed. Sometimes overshadowed by other deserving athletes, his constant contributions to the program have and will be forever notable.

Michael Evans

Coaches Award

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

Nicholas Nocco

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>
1	Dragonetti, Eric	2012	11	2010.10.30	15:28	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ
T2	Valeriani, Matthew	2010	12	2009.10.06	15:32	Double-Dual Meet vs. Brick Township & Toms River North	Southern Regional High School, Manahawkin, NJ
T2	Skeie, Brandon	2011	12	2010.10.30	15:32	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ
4	Burns, Kelly	1989	12	1988.09.26	15:34	Dual Meet vs. Lacey Township	Southern Regional High School, Manahawkin, NJ (??-95)
5	Roberts, Rich	1990	12	1989.10.18	15:42	Dual Meet vs. Admiral Farragut Academy	Southern Regional High School, Manahawkin, NJ (??-95)
T6	Zarrillo, Vinnie	2001	12	2000.10.20	15:47	Ocean County Championships	Ocean County Park, Lakewood, NJ
T6	Iacovelli, Jarred	2011	12	2010.10.30	15:47	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ
8	Wareham, Rob	2001	10	1998.10.23	15:50	Ocean County Championships	Ocean County Park, Lakewood, NJ
9	Nocco, Nicholas	2014	12	2013.10.24	15:52	Shore Conference Championships	Ocean County Park, Lakewood, NJ
10	Simpson, Joseph	2005	12	2004.11.06	15:57	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ
11	Decker, Brian	1991	11	1989.10.18	16:00	Dual Meet vs. Admiral Farragut Academy	Southern Regional High School, Manahawkin, NJ (??-95)
12	Clark, Adam	2001	10	1998.10.23	16:01	Ocean County Championships	Ocean County Park, Lakewood, NJ
13	Howley, Sean	2015	11	2013.10.24	16:02	Shore Conference Championships	Ocean County Park, Lakewood, NJ
14	Stanziano, Brian	2000	11	1998.10.23	16:03	Ocean County Championships	Ocean County Park, Lakewood, NJ
15	Cummings, Jim	1990	12	1989.10.16	16:05	Dual Meet vs. Manchester Township	Southern Regional High School, Manahawkin, NJ (??-95)
16	Sargent, Thomas	1998	12	1997.10.18	16:10	South Jersey Open Invitational	Kingsway Regional High School, Swedesboro, NJ
17	Raynor, Cody	2014	12	2013.10.24	16:11	Shore Conference Championships	Ocean County Park, Lakewood, NJ
18	Brearley, Justin	2009	12	2008.10.30	16:12	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ
19	Davies, CJ	2004	12	2003.10.28	16:15	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ
T20	Wasilewski Jr., William	2004	12	2003.10.28	16:16	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ
T20	Di Filippo, Joseph	2014	12	2013.10.24	16:16	Shore Conference Championships	Ocean County Park, Lakewood, NJ
22	Evans, Mike	2014	9	2010.10.30	16:18	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ
23	Brearley, Colin	2007	11	2005.11.05	16:20	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ
24	Smith, Tommy	1993	10	1990.10.31	16:21	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ (??-95)
25	Marino, David	2014	11	2012.10.25	16:23	Shore Conference Championships	Ocean County Park, Lakewood, NJ
26	Mardirosian, Nicholas	2011	12	2010.10.30	16:24	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ
27	Armstrong, Jake	2008	12	2007.10.20	16:26	Ocean County Championships	Ocean County Park, Lakewood, NJ
28	Mershon, Stephen	2013	12	2012.10.25	16:27	Shore Conference Championships	Ocean County Park, Lakewood, NJ
29	Grobosky, Josh	2005	11	2003.10.28	16:29	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ
30	Stanziano, Joseph	2002	12	2001.10.15	16:31	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ
31	Elwood Jr., Brian Paul	2006	10	2003.10.28	16:33	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ
T32	Martin, Rich	1996	12	1995.10.28	16:34	NJSIAA Group 4 State Sectional Championships	Kingsway Regional High School, Swedesboro, NJ
T32	Tomczuk, Joseph	2009	12	2008.09.16	16:34	Double-Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ
T32	O'Hearn, James	2014	12	2013.10.24	16:34	Shore Conference Championships	Ocean County Park, Lakewood, NJ
35	Maher, Ryan	1997	12	1996.10.12	16:39	South Jersey Open Invitational	Kingsway Regional High School, Swedesboro, NJ
36	Sherman, Victor	2008	11	2006.10.21	16:40	Ocean County Championships	Ocean County Park, Lakewood, NJ
T37	Abrams, Elliott	1992	11	1990.10.31	16:43	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ (??-95)
T37	Romanowski, Rob	2004	10	2001.10.15	16:43	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ
39	Maggion, Jack	1991	10	1988.11.07	16:46	Dual Meet vs. Monsignor Donovan	Southern Regional High School, Manahawkin, NJ (??-95)
40	Collett, Tyler	2000	11	1998.10.23	16:47	Ocean County Championships	Ocean County Park, Lakewood, NJ
41	Ruggiano, Frank	2005	11	2003.10.28	16:49	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ
42	Gifford, Troy	2012	11	2010.09.21	16:50	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ
43	Gray, John	2007	11	2005.11.05	16:51	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ
T44	Kyriakakis, Nick	1992	11	1990.10.31	16:55	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ (??-95)
T44	Praschil, Justin Alan	1999	12	1998.10.23	16:55	Ocean County Championships	Ocean County Park, Lakewood, NJ
T46	DeGregorio, Ron	1990	12	1989.10.18	16:56	Dual Meet vs. Admiral Farragut Academy	Southern Regional High School, Manahawkin, NJ (??-95)
T46	Schwerdt, Jeff	1996	12	1995.10.28	16:56	NJSIAA Group 4 State Sectional Championships	Kingsway Regional High School, Swedesboro, NJ
T46	Prandato, James	2007	12	2006.10.30	16:56	Shore Conference Championships	Ocean County Park, Lakewood, NJ
49	Koppa, Daniel	2011	12	2010.10.05	17:00	Double-Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ
T50	Conlon, Mike	1993	9	1989.10.20	17:03	Ocean County Championships	Ocean County Park, Lakewood, NJ
T50	Ward, James	2015	11	2013.10.17	17:03	Ocean County Championships	Ocean County Park, Lakewood, NJ

CLASS LISTS

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
T5	Zarrillo, Vinnie	2001	12	2000.10.20	15:47	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
T5	Iacovelli, Jarred	2011	12	2010.10.30	15:47	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
7	Nocco, Nicholas	2014	12	2013.10.24	15:52	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
8	Simpson, Joseph	2005	12	2004.11.06	15:57	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
9	Dragonetti, Eric	2012	12	2011.10.20	16:02	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
10	Cummings, Jim	1990	12	1989.10.16	16:05	Dual Meet vs. Manchester Township	Southern Regional High School, Manahawkin, NJ (??-95)	5K
11	Sargent, Thomas	1998	12	1997.10.18	16:10	South Jersey Open Invitational	Kingsway Regional High School, Swedesboro, NJ	5K
12	Raynor, Cody	2014	12	2013.10.24	16:11	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
T13	Brearley, Justin	2009	12	2008.10.30	16:12	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
T13	Clark, Adam	2001	12	2000.10.28	16:12	NJSIAA Group 4 State Sectional Championships	Williamstown High School, Williamstown, NJ	5K
15	Davies, CJ	2004	12	2003.10.28	16:15	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
T16	Wasilewski Jr., William	2004	12	2003.10.28	16:16	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
T16	Di Filippo, Joseph	2014	12	2013.10.24	16:16	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
18	Evans, Michael	2014	12	2013.10.24	16:19	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
19	Decker, Brian	1991	12	1990.10.31	16:20	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ (??-95)	5K
20	Wareham, Rob	2001	12	2000.10.20	16:22	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
T21	Mardirosian, Nicholas	2011	12	2010.10.30	16:24	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
T21	Marino, David	2014	12	2013.10.24	16:24	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
23	Armstrong, Jake	2008	12	2007.10.20	16:26	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
24	Mershon, Stephen	2013	12	2012.10.25	16:27	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
25	Stanziano, Joseph	2002	12	2001.10.15	16:31	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, 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
T2	Roberts, Rich	1990	11	1988.11.07	15:51	Dual Meet vs. Monsignor Donovan	Southern Regional High School, Manahawkin, NJ (??-95)	5K
T2	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
T5	Simpson, Joseph	2005	11	2003.10.24	16:02	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
T5	Howley, Sean	2015	11	2013.10.24	16:02	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
7	Stanziano, Brian	2000	11	1998.10.23	16:03	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
8	Zarrillo, Vinnie	2001	11	1999.11.06	16:05	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
9	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
10	Wareham, Rob	2001	11	1999.11.06	16:08	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
11	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
12	Brearley, Colin	2007	11	2005.11.05	16:20	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
13	Davies, CJ	2004	11	2002.01.01	16:21	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
T14	Raynor, Cody	2014	11	2012.10.11	16:22	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
T14	Nocco, Nicholas	2014	11	2012.10.25	16:22	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
16	Marino, David	2014	11	2012.10.25	16:23	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
T17	Grobosky, Josh	2005	11	2003.10.28	16:29	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
T17	Di Filippo, Joseph	2014	11	2012.10.25	16:29	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
19	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
20	Clark, Adam	2001	11	1999.11.06	16:35	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
21	Sherman, Victor	2008	11	2006.10.21	16:40	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
22	Abrams, Elliott	1992	11	1990.10.31	16:43	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ (??-95)	5K
23	Evans, Michael	2014	11	2012.10.25	16:45	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
24	Collett, Tyler	2000	11	1998.10.23	16:47	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
T25	Ruggiano, Frank	2005	11	2003.10.28	16:49	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
T25	Mershon, Stephen	2013	11	2011.10.04	16:49	Double-Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, 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
T4	Smith, Tommy	1993	10	1990.10.31	16:21	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ (??-95)	5K
T4	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
T15	Burns, Kelly	1989	10	1986.09.13	16:59	Ocean County Championships	Ocean County Park, Lakewood, NJ (New Course)	5K
T15	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

Freshman 5k

	<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, Michael	2014	9	2010.10.30	16:18	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
T2	Wareham, Rob	2001	9	1997.10.18	16:25	South Jersey Open Invitational	Kingsway Regional High School, Swedesboro, NJ	5K
T2	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	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
T9	Marino, David	2014	9	2010.10.30	17:18	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	5K
T9	Simpson, Joseph	2005	9	2001.10.19	17:18	Ocean County 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	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
T17	Falkowski, Brian	1995	9	1991.09.01	17:49	Dual Meet vs. Manchester Township	Southern Regional High School, Manahawkin, NJ (??-95)	5K
T17	Stackhouse, Scott	1994	9	1990.10.31	17:49	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ (??-95)	5K
T19	Grobosky, Josh	2005	9	2001.10.30	17:53	Dual Meet vs. Toms River North	UNKNOWN	5K
T19	Stanziano, Joseph	2002	9	1998.10.06	17:53	Dual Meet vs. Brick Memorial	Ocean County Park, Lakewood, NJ	5K
T21	Minotti, Nicholas	2007	9	2003.10.14	18:00	Dual Meet vs. Brick Memorial	UNKNOWN	5K
T21	Skodi, Nathan	2017	9	2013.10.17	18:00	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
23	Tomczuk, Joseph	2009	9	2005.10.22	18:04	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
T24	Hollingshead, Dylan	2007	9	2003.10.28	18:05	Dual Meet vs. Toms River South	Ocean County College, Toms River, NJ	5K
T24	Valeriani, Matthew	2010	9	2006.11.01	18:05	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	5K

Freshman 2-Mile

	<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	9	2008.09.20	10:39	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
2	Skodi, Nathan	2017	9	2013.10.24	10:42	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
3	Howley, Sean	2015	9	2011.09.10	10:51	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
T4	Kubarewicz, William	2017	9	2013.10.24	10:52	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
T4	Yates, Ethan	2017	9	2013.10.24	10:52	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
6	Stanziano, Joseph	2002	9	1998.10.23	10:53	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
7	O'Malley, Ryan	2002	9	1998.10.23	10:59	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
T8	Wareham, Rob	2001	9	1997.11.01	11:05	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	2 Miles
T8	Buttiglieri, Vincent	1999	9	1995.10.20	11:05	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
T8	Evans, Michael	2014	9	2010.09.11	11:05	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
11	Falkowski, Brian	1995	9	1991.10.25	11:06	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
T12	Grobosky, Josh	2005	9	2001.11.03	11:07	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	2 Miles
T12	Elwood Jr., Brian Paul	2006	9	2002.09.21	11:07	Monmouth Battlefield Class Meet	Monmouth Battlefield State Park, Manalapan, NJ	2 Miles
T12	Simpson, Joseph	2005	9	2001.09.22	11:07	Monmouth Battlefield Class Meet	Monmouth Battlefield State Park, Manalapan, NJ	2 Miles
15	Stanziano, Michael	2005	9	2001.11.03	11:09	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	2 Miles
T16	Estelow, Doug	1997	9	1993.10.16	11:12	Monmouth Battlefield Class Meet	Monmouth Battlefield State Park, Manalapan, NJ	2 Miles
T16	Stanziano, Brian	2000	9	1996.09.20	11:12	Monmouth Battlefield Class Meet	Monmouth Battlefield State Park, Manalapan, NJ	2 Miles
T18	Schwerzel, Austin	2012	9	2008.10.29	11:14	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	2 Miles
T18	Limosnero, Alex	2014	9	2010.09.11	11:14	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
20	Keizer, Timothy	2014	9	2010.10.21	11:17	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
T21	Zarrillo, Vinnie	2001	9	1997.10.24	11:20	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
T21	Mollema, Keith	2002	9	1998.10.23	11:20	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
T23	Salva, Gary	2009	9	2005.09.17	11:21	Monmouth Battlefield Class Meet	Monmouth Battlefield State Park, Manalapan, NJ	2 Miles
T23	Lu, Jimmy	2016	9	2012.10.25	11:21	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
25	Ward, James	2015	9	2011.09.10	11:23	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles

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	Nocco, Nicholas	2014	12	2013.10.08	16:12	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
6	Howley, Sean	2015	11	2013.10.08	16:19	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
7	Davies, CJ	2004	11	2002.01.01	16:21	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
8	Raynor, Cody	2014	11	2012.10.11	16:22	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
9	Simpson, Joseph	2005	12	2004.10.26	16:28	Dual Meet vs. Toms River South	Southern Regional High School, Manahawkin, NJ	5K
10	Evans, Michael	2014	12	2013.09.17	16:30	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
11	Stanziano, Joseph	2002	12	2001.10.15	16:31	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
12	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
13	Mershon, Stephen	2013	12	2012.10.11	16:36	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
14	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
15	Di Filippo, Joseph	2014	11	2012.10.11	16:40	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
16	Marino, David	2014	12	2013.09.17	16:42	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
17	Romanowski, Rob	2004	10	2001.10.15	16:43	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
18	O'Hearn, James	2014	12	2013.09.17	16:45	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
19	Gifford, Troy	2012	11	2010.09.21	16:50	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
T20	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
T20	Tomczuk, Joseph	2009	12	2008.09.30	17:00	Double-Dual Meet vs. Jackson & Lacey	Southern Regional High School, Manahawkin, NJ	5K
22	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
23	Gray, John	2007	10	2004.10.05	17:02	Dual Meet vs. Toms River North	Southern Regional High School, Manahawkin, NJ	5K
24	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
T25	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
T25	Brearily, 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	12	2013.09.28	17:22	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
6	Howley, Sean	2015	11	2013.09.28	17:31	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5k
T7	Nocco, Nicholas	2014	11	2012.09.22	17:42	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
T7	Di Filippo, Joseph	2014	12	2013.09.28	17:42	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
9	Iacovelli, Jarred	2011	11	2009.09.26	17:43	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
10	Marino, David	2014	12	2013.09.28	17:45	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5k
11	Gifford, Troy	2012	10	2009.09.26	18:01	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
12	Evans, Michael	2014	12	2013.09.28	18:06	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
13	O'Hearn, James	2014	12	2013.09.28	18:10	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5k
14	Mardirosian, Nicholas	2011	11	2009.09.26	18:13	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
15	Herega, Ryan	2011	11	2009.09.26	18:16	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
16	Garrison, Nicholas	2015	10	2012.09.22	18:28	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
17	Ward, James	2015	10	2012.09.22	18:35	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
18	Keizer, Timothy	2014	11	2012.09.22	18:41	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
19	Koppa, Daniel	2011	11	2009.09.26	18:47	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
20	Meyers, Harold	2014	12	2013.09.28	18:52	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5k
21	Krause, Evan	2015	11	2013.09.28	19:03	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
22	Sledden, Jeffrey	2010	12	2009.09.26	19:05	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
23	Cullen, Kyle	2011	11	2009.09.26	19:16	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
24	Lu, Jimmy	2016	10	2013.09.28	19:18	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5k
25	Tront, Joseph	2012	10	2009.09.26	19:24	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
T4	Zarrillo, Vinnie	2001	12	2000.10.20	15:47	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
T4	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	Nocco, Nicholas	2014	12	2013.10.24	15:52	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
8	Simpson, Joseph	2005	12	2004.11.06	15:57	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
9	Clark, Adam	2001	10	1998.10.23	16:01	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
10	Howley, Sean	2015	11	2013.10.24	16:02	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	Stanziano, Brian	2000	11	1998.10.23	16:03	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
12	Raynor, Cody	2014	12	2013.10.24	16:11	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
13	Brearley, Justin	2009	12	2008.10.30	16:12	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
14	Di Filippo, Joseph	2014	12	2013.10.24	16:16	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
15	Evans, Michael	2014	9	2010.10.30	16:18	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
16	Sargent, Thomas	1998	12	1997.10.24	16:19	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
T17	Davies, CJ	2004	12	2003.10.24	16:23	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
T17	Marino, David	2014	11	2012.10.25	16:23	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
19	Mardirosian, Nicholas	2011	12	2010.10.30	16:24	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
20	Brearley, Colin	2007	11	2005.09.20	16:25	Class A-South Championship Varsity	Ocean County Park, Lakewood, NJ	5K
T21	Wasilewski Jr., William	2004	12	2003.10.24	16:26	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
T21	Armstrong, Jake	2008	12	2007.10.20	16:26	Ocean County Championships	Ocean County Park, Lakewood, NJ	5K
23	Mershon, Stephen	2013	12	2012.10.25	16:27	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
T24	Tomczuk, Joseph	2009	12	2008.09.16	16:34	Double-Dual Meet vs. Brick Memorial & Toms River North	Ocean County Park, Lakewood, NJ	5K
T24	O'Hearn, James	2014	12	2013.10.24	16:34	Shore Conference 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	Skodi, Nathan	2017	9	2013.10.24	10:42	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
T2	Kubarewicz, William	2017	9	2013.10.24	10:52	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
T2	Yates, Ethan	2017	9	2013.10.24	10:52	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
4	Stanziano, Joseph	2002	9	1998.10.23	10:53	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
5	O'Malley, Ryan	2002	9	1998.10.23	10:59	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
T6	Wareham, Rob	2001	9	1997.11.01	11:05	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	2 Miles
T6	Buttiglieri, Vincent	1999	9	1995.10.20	11:05	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
8	Falkowski, Brian	1995	9	1991.10.25	11:06	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	Grobosky, Josh	2005	9	2001.11.03	11:07	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	2 Miles
10	Stanziano, Michael	2005	9	2001.11.03	11:09	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	2 Miles
11	Schwerzel, Austin	2012	9	2008.10.29	11:14	Shore Conference Frosh/JV Championships	Ocean County Park, Lakewood, NJ	2 Miles
12	Keizer, Timothy	2014	9	2010.10.21	11:17	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
T13	Zarrillo, Vinnie	2001	9	1997.10.24	11:20	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
T13	Mollema, Keith	2002	9	1998.10.23	11:20	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
15	Lu, Jimmy	2016	9	2012.10.25	11:21	Shore Conference 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
T20	Nowlan, Roger	1995	9	1991.10.25	11:33	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
T20	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	Di Filippo, Joseph	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

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	Nocco, Nicholas	2014	12	2013.11.16	17:07	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
16	Schwerdt, Jeff	1996	12	1995.11.04	17:08	Shore Conference Varsity Championships	Holmdel Park, Holmdel, NJ	5K
17	Stanziano, Brian	2000	11	1998.11.07	17:08	Shore Conference Varsity 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	Raynor, Cody	2014	12	2013.11.16	17:11	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
21	Di Filippo, Joseph	2014	11	2012.11.17	17:12	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
22	Stanziano, Joseph	2002	12	2001.10.06	17:15	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
23	Howley, Sean	2015	11	2013.11.16	17:16	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
24	Mardirosian, Nicholas	2011	12	2010.10.02	17:17	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

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	Nocco, Nicholas	2014	12	2013.11.09	16:25	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
7	Simpson, Joseph	2005	12	2004.10.30	16:27	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
8	Marino, David	2014	10	2011.11.05	16:38	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
9	Davies, CJ	2004	12	2003.11.07	16:40	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
10	Brearley, Justin	2009	12	2008.11.08	16:41	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
11	Mardirosian, Nicholas	2011	12	2010.11.06	16:43	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
12	Tomczuk, Joseph	2009	12	2008.10.11	16:46	South Jersey Open Invitational	Delsea Regional High School, Franklinville, NJ	5K
13	Di Filippo, Joseph	2014	11	2012.11.10	16:47	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
14	Gray, John	2007	11	2005.11.05	16:51	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
15	Howley, Sean	2015	10	2012.11.10	16:52	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
16	Wasilewski Jr., William	2004	12	2003.11.07	16:55	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
T17	Mershon, Stephen	2013	11	2011.11.05	16:57	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
T17	Armstrong, Jake	2008	12	2007.11.03	16:57	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
T19	Prandato, James	2007	12	2006.11.04	17:00	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
T19	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	O'Hearn, James	2014	12	2013.11.09	17:07	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
24	Sherman, Victor	2008	12	2007.11.03	17:09	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
25	Raynor, Cody	2014	11	2012.11.10	17:14	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K

MEET RESULTS



Dual Meet: Lacey Township & Toms River East

Date: September 17th, 2013

Location: Southern Regional High School, Manahawkin, NJ

Weather: Temperature: 61°, Humidity: 47%, Dew Point: 40°

Top 12:

Howley, Sean
Evans, Michael
Nocco, Nicholas
Marino, David
O'Hearn, James
DiFilippo, Joseph
Meyers, Harold
Ward, James
Krause, Evan
Lu, Jimmy
Garrison, Nicholas
Skodi, Nathan

Meet Apple:

O'Hearn, James

Athlete	Class Of	Grade	Time	Distance
Howley, Sean	2015	11	16:24	5k
Evans, Michael	2014	12	16:30	5k
Nocco, Nicholas	2014	12	16:32	5k
Marino, David	2014	12	16:42	5k
O'Hearn, James	2014	12	16:45	5k
Di Filippo, Joseph	2014	12	17:00	5k
Meyers, Harold	2014	12	17:23	5k
Ward, James	2015	11	17:30	5k
Krause, Evan	2015	11	17:37	5k
Lu, Jimmy	2016	10	17:59	5k
Garrison, Nicholas	2015	11	18:03	5k
Skodi, Nathan	2017	9	18:21	5k
Lovenberg, William	2016	10	18:27	5k
Kubarewicz, William	2017	9	18:30	5k
Geoffroy, Daniel	2014	12	18:41	5k
Yates, Ethan	2017	9	18:45	5k
Ray, Eric	2015	11	19:06	5k
Caporrino, Michael	2015	11	19:08	5k
Hartley, William	2014	12	19:16	5k
Korpon, Damon	2014	12	19:16	5k
Nodine, Craig	2016	10	19:22	5k
Keizer, Timothy	2014	12	19:25	5k
Petit-Frere, Scotty	2016	10	19:30	5k
Di Filippo, Kevin	2014	12	19:50	5k
Buzby, Lucas	2014	12	19:56	5k
Piscopo, Zachary	2016	10	20:15	5k
Attardi, Jeffrey	2016	10	20:46	5k
Iacovelli, Max	2015	11	20:46	5k
Wohl, Andrew	2017	9	21:04	5k
Connelly, Sean	2014	12	21:06	5k
Rea, Kenneth	2017	9	21:08	5k
Bauta, Jared	2015	11	21:53	5k
Fritz, Samuel	2017	9	21:56	5k
Osborn, Michael	2016	10	22:04	5k
Harrington, Reilly	2015	11	22:08	5k
Maloney, William	2017	9	22:26	5k
Tront, Robert	2016	10	22:30	5k
Salazar, Christopher	2016	10	22:38	5k
Raina, Zachary	2017	9	22:43	5k
Keizer, John	2016	10	23:15	5k
Florres, Gio	2016	10	23:43	5k
Johnson, Nicholas	2015	11	25:26	5k
Yacono, Daniel	2016	10	25:34	5k
Gutierrez, Kevin	2017	9	26:01	5k
Meyers, Travis	2016	10	30:30	5k
Yates, Luke	2017	9	16:39	2 miles

Southern Vs TRE:

Top7 vs Top 7: 16 to 47
JV 7 vs Top 7: 27 to 26
JV 7 vs JV 7: 15 to 50

Southern vs Lacey:

Top 7 vs Top 7: 17 to 46
JV 7 vs Top 7: 30 to 25
JV 7 vs JV 7: 15 to 50

Records:

Top 7 vs Top 7: 2-0-0
JV 7 vs Top 7: 0-2-0
JV 7 vs JV 7: 2-0-0

Averages/Split:

Top 5: 16:35 / 0:21
Top 7: 16:45 / 0:59
JV 5: 17:54 / 0:51
JV 7: 18:04 / 1:00

Invitational: Battle at Ocean County Park

Date: September 20th, 2013

Location: Ocean County Park, Lakewood, NJ

Weather: Temperature: 75°, Humidity: 55%, Dew Point: 57°, 10 mph NW

Top 12:

Howley, Sean
Evans, Michael
Nocco, Nicholas
Marino, David
O'Hearn, James
DiFilippo, Joseph
Ward, James
Meyers, Harold
Krause, Evan
Garrison, Nicholas
Lu, Jimmy
*Dan Geoffroy
Skodi, Nathan

Meet Apple:

Luke Yates

<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Skodi, Nathan	2017	9	10:57	2 miles
Yates, Ethan	2017	9	11:13	2 miles
Kubarewicz, William	2017	9	11:18	2 miles
Wohl, Andrew	2017	9	12:43	2 miles
Maloney, William	2017	9	13:10	2 miles
Raina, Zachary	2017	9	13:13	2 miles
Fritz, Samuel	2017	9	13:18	2 Miles
Yates, Luke	2017	9	14:43	2 miles
Gutierrez, Kevin	2017	9	15:20	2 miles
Cox, Ethan	2017	9	15:22	2 Miles
<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Lu, Jimmy	2016	10	18:17	5k
Lovenberg, William	2016	10	18:22	5k
Nodine, Craig	2016	10	18:48	5k
Piscopo, Zachary	2016	10	20:03	5k
Petit-Frere, Scotty	2016	10	20:37	5k
Attardi, Jeffrey	2016	10	20:47	5k
Osborn, Michael	2016	10	21:48	5k
Tront, Robert	2016	10	21:51	5k
Salazar, Christopher	2016	10	22:15	5k
Keizer, John	2016	10	22:21	5k
Yacono, Daniel	2016	10	22:30	5k
Florres, Gio	2016	10	23:36	5k
Meyers, Travis	2016	10	30:00	5k
<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Ward, James	2015	11	17:19	5k
Krause, Evan	2015	11	17:41	5k
Garrison, Nicholas	2015	11	17:50	5k
Ray, Eric	2015	11	19:17	5k
Caporrino, Michael	2015	11	20:15	5k
Iacovelli, Max	2015	11	20:26	5k
Harrington, Reilly	2015	11	20:48	5k
Johnson, Nicholas	2015	11	23:55	5k
<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Meyers, Harold	2014	12	17:24	5k
Geoffroy, Daniel	2014	12	18:17	5k
Keizer, Timothy	2014	12	19:01	5k
Di Filippo, Kevin	2014	12	19:11	5k
Hartley, William	2014	12	19:54	5k
Buzby, Lucas	2014	12	20:12	5k
Connelly, Sean	2014	12	21:08	5k

Freshman

3rd out of 14
Top 3: 11:09 / 0:21

Sophomores

7th out of 15 Teams
Top 3: 18:29 / 0:31

Juniors

4th out of 15 Teams
Top 3: 17:36 / 0:31

Seniors

4th out of 11 Teams
Top 3: 18:14 / 1:37

Merged Results:

5th out of 19
Top 5: 17:42 / 0:58
Top 7: 17:53 / 1:02

Dual Meet: Brick Memorial & Toms River North

Date: September 24th, 2013

Location: Brick Memorial High School, Brick, NJ

Weather: Temperature: 72°, Humidity: 57%, Dew Point: 48°

Top 12:

DiFilippo, Joseph
Nocco, Nicholas
Marino, David
Evan, Michael
O'Hearn, James
Howley, Sean
Raynor, Cody
Meyers, Harold
Ward, James
Krause, Evan
Garrison, Nicholas
Lu, Jimmy

Meet Apple:

DiFilippo, Joseph

<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Di Filippo, Joseph	2014	12	16:55	5k
Nocco, Nicholas	2014	12	17:05	5k
Marino, David	2014	12	17:10	5k
Evans, Michael	2014	12	17:13	5k
O'Hearn, James	2014	12	17:19	5k
Howley, Sean	2015	11	17:26	5k
Raynor, Cody	2014	12	17:56	5k
Meyers, Harold	2014	12	18:08	5k
Ward, James	2015	11	18:31	5k
Krause, Evan	2015	11	18:36	5k
Garrison, Nicholas	2015	11	19:05	5k
Lu, Jimmy	2016	10	19:12	5k
Lovenberg, William	2016	10	19:17	5k
Kubarewicz, William	2017	9	19:20	5k
Petit-Frere, Scotty	2016	10	19:23	5k
Ray, Eric	2015	11	19:28	5k
Nodine, Craig	2016	10	19:36	5k
Geoffroy, Daniel	2014	12	19:36	5k
Keizer, Timothy	2014	12	19:50	5k
Di Filippo, Kevin	2014	12	19:53	5k
Yates, Ethan	2017	9	20:00	5k
Piscopo, Zachary	2016	10	20:41	5k
Buzby, Lucas	2014	12	20:43	5k
Caporrino, Michael	2015	11	20:45	5k
Rea, Kenneth	2017	9	21:25	5k
Attardi, Jeffrey	2016	10	21:30	5k
Connelly, Sean	2014	12	21:35	5k
Wohl, Andrew	2017	9	21:37	5k
Maloney, William	2017	9	21:40	5k
Iacovelli, Max	2015	11	21:42	5k
Bauta, Jared	2015	11	22:25	5k
Fritz, Samuel	2017	9	22:25	5k
Harrington, Reilly	2015	11	22:35	5k
Osborn, Michael	2016	10	22:47	5k
Salazar, Christopher	2016	10	22:52	5k
Tront, Robert	2016	10	22:54	5k
Raina, Zachary	2017	9	22:56	5k
Keizer, John	2016	10	23:26	5k
Florres, Gio	2016	10	24:30	5k
Johnson, Nicholas	2015	11	26:35	5k
Yacono, Daniel	2016	10	26:43	5k
Gutierrez, Kevin	2017	9	27:11	5k

Southern Vs TRN:

Top7 vs Top 7: 18 to 41
JV 7 vs Top 7: 48 to 15
JV 7 vs JV 7: 23 to 32

Southern vs BM:

Top 7 vs Top 7: 20 to 42
JV 7 vs Top 7: 29 to 30
JV 7 vs JV 7: 15 to 50

Records:

Top 7 vs Top 7: 4-0-0
JV 7 vs Top 7: 1-3-0
JV 7 vs JV 7: 4-0-0

Averages/Split:

Top 5: 17:08 / 0:24
Top 7: 17:18 / 1:01
JV 5: 18:42 / 1:04
JV 7: 18:53 / 1:12

Invitational: Bowdoin Park Cross Country Classic

Date: September 28th, 2013

Location: Bowdoin County Park, Wappingers Falls, NY

Weather: Temperature: 61°, Humidity: 72%, Dew Point: 52°, 3 mph NW

Top 12:

Raynor, Cody
Howley, Sean
DiFilippo, Joseph
Nocco, Nicholas
Marino, David
Evans, Michael
O'Hearn, James
Ward, James
Meyers, Harold
Krause, Evan
Lu, Jimmy
Lovenberg, William

<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Raynor, Cody	2014	12	17:22	5K
Howley, Sean	2015	11	17:31	5k
Di Filippo, Joseph	2014	12	17:42	5K
Nocco, Nicholas	2014	12	17:44	5k
Marino, David	2014	12	17:45	5k
Evans, Michael	2014	12	18:06	5K
O'Hearn, James	2014	12	18:10	5k

Varsity

8th out of 23 Teams
Top 5: 17:37 / 0:23
Top 7: 17:46 / 0:48

Junior Varsity

5th out of 14 Teams
Top 5: 19:01 / 1:08
Top 7: 19:15 / 1:40

Meet Apple:

Raynor, Cody

<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Ward, James	2015	11	18:22	5k
Meyers, Harold	2014	12	18:52	5k
Krause, Evan	2015	11	19:03	5K
Lu, Jimmy	2016	10	19:18	5k
Lovenberg, William	2016	10	19:30	5K
Kubarewicz, William	2017	9	19:40	5k
Garrison, Nicholas	2015	11	20:02	5k
Skodi, Nathan	2017	9	20:20	5k

Dual Meet: Jackson Memorial

Date: October 1st, 2013

Location: Jackson Memorial High School, Jackson NJ

Weather: Temperature: 78°, Humidity: 51%, Dew Point: 58°

Top 12:

Raynor, Cody
Howley, Sean
Nocco, Nicholas
O'Hearn, James
Marino, David
Meyers, Harold
Ward, James
Evans, Michael
DiFilippo, Joseph
Garrison, Nicholas
Lovenberg, William
Kubarewicz, William

Meet Apple:

Iacovelli, Max

<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Raynor, Cody	2014	12	16:55	5k
Howley, Sean	2015	11	17:16	5k
Nocco, Nicholas	2014	12	17:24	5k
O'Hearn, James	2014	12	17:32	5k
Marino, David	2014	12	17:39	5k
Meyers, Harold	2014	12	18:00	5k
Ward, James	2015	11	18:06	5k
Evans, Michael	2014	12	18:31	5k
Di Filippo, Joseph	2014	12	18:56	5k
Garrison, Nicholas	2015	11	18:56	5k
Lovenberg, William	2016	10	18:57	5k
Kubarewicz, William	2017	9	19:14	5k
Lu, Jimmy	2016	10	19:20	5k
Keizer, Timothy	2014	12	19:24	5k
Petit-Frere, Scotty	2016	10	19:41	5k
Ray, Eric	2015	11	19:41	5k
Krause, Evan	2015	11	19:50	5k
Yates, Ethan	2017	9	19:55	5k
Nodine, Craig	2016	10	20:01	5k
Di Filippo, Kevin	2014	12	20:15	5k
Buzby, Lucas	2014	12	20:53	5k
Iacovelli, Max	2015	11	21:07	5k
Wohl, Andrew	2017	9	21:58	5k
Connelly, Sean	2014	12	22:07	5k
Rea, Kenneth	2017	9	22:24	5k
Attardi, Jeffrey	2016	10	22:29	5k
Bauta, Jared	2015	11	22:29	5k
Fullem, Carter	2014	12	22:35	5k
Piscopo, Zachary	2016	10	22:39	5k
Harrington, Reilly	2015	11	22:42	5k
Osborn, Michael	2016	10	22:43	5k
Salazar, Christopher	2016	10	22:48	5k
Gutierrez, Kevin	2017	9	23:16	5k
Maloney, William	2017	9	23:23	5k
Raina, Zachary	2017	9	23:25	5k
Fritz, Samuel	2017	9	23:38	5k
Keizer, John	2016	10	24:07	5k
Florres, Gio	2016	10	24:08	5k
Caporrino, Michael	2015	11	24:59	5k
Yacono, Daniel	2016	10	25:11	5k
Yates, Luke	2017	9	26:18	5k
Cox, Ethan	2017	9	26:28	5k
Meyers, Travis	2016	10	30:15	5k

Southern Vs JAX:

Top7 vs Top 7: 15 to 46
JV 7 vs Top 7: 39 to 18
JV 7 vs JV 7: 15 to 50

Records:

Top 7 vs Top 7: 5-0-0
JV 7 vs Top 7: 1-4-0
JV 7 vs JV 7: 5-0-0

Averages/Split:

Top 5: 17:21 / 0:44
Top 7: 17:33 / 1:11
JV 5: 18:45 / 0:43
JV 7: 19:03 / 0:53

Invitational: Shore Track Coaches XC Invitational

Date: October 5th, 2013

Location: Holmdel Park, Holmdel, NJ

Weather: Temperature: 71°, Humidity: 84%, Dew Point: 62°, 5 mph E

Top 12:

Howley, Sean
Raynor, Cody
Nocco, Nicholas
Evans, Michael
Marino, David
DiFilippo, Joseph
Ward, James
Meyers, Harold
O'Hearn, James
Lovenberg, William
Krause, Evan
Lu, Jimmy

Meet Apple:

Attardi, Jeffrey

<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Howley, Sean	2015	11	17:16	5k
Raynor, Cody	2014	12	17:19	5k
Nocco, Nicholas	2014	12	17:20	5k
Evans, Michael	2014	12	17:40	5k
Marino, David	2014	12	17:43	5k
Ward, James	2015	11	17:54	5k
O'Hearn, James	2014	12	18:53	5k
<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Di Filippo, Joseph	2014	12	17:47	5k
Meyers, Harold	2014	12	18:25	5k
Lovenberg, William	2016	10	19:07	5k
Krause, Evan	2015	11	19:23	5k
Lu, Jimmy	2016	10	19:28	5k
Garrison, Nicholas	2015	11	19:41	5k
Keizer, Timothy	2014	12	19:50	5k
Kubarewicz, William	2017	9	20:05	5k
Yates, Ethan	2017	9	20:06	5k
Nodine, Craig	2016	10	20:10	5k
Ray, Eric	2015	11	20:17	5k
Di Filippo, Kevin	2014	12	20:24	5k
Petit-Frere, Scotty	2016	10	20:28	5k
Iacovelli, Max	2015	11	21:00	5k
Geoffroy, Daniel	2014	12	21:01	5k
Attardi, Jeffrey	2016	10	21:05	5k
Piscopo, Zachary	2016	10	21:12	5k
Connelly, Sean	2014	12	21:55	5k
Caporrino, Michael	2015	11	22:01	5k
Harrington, Reilly	2015	11	22:12	5k
Wohl, Andrew	2017	9	22:26	5k
Keizer, John	2016	10	23:03	5k
Tront, Robert	2016	10	23:41	5k
Salazar, Christopher	2016	10	24:20	5k
Yacono, Daniel	2016	10	24:34	5k
Johnson, Nicholas	2015	11	27:13	5k
Meyers, Travis	2016	10	31:23	5k
<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Rea, Kenneth	2017	9	13:37	2 miles
Maloney, William	2017	9	14:40	2 miles
Gutierrez, Kevin	2017	9	15:44	2 miles
Yates, Luke	2017	9	16:04	2 miles
Cox, Ethan	2017	9	16:32	2 miles

Varsity

Championship Race
14th out of 18 Teams
(13th out of 164 Teams on Merge)
Top 5: 17:28 / 0:27
Top 7: 17:44 / 1:37

Junior Varsity

10th out of 25 Teams
Top 5: 18:50 / 1:41
Top 7: 19:06 / 2:03

Freshman

18th out of 19 Teams
Top 5: 15:19 / 2:55

Dual Meet: Brick Township & Toms River South

Date: October 8th, 2013

Location: Southern Regional High School, Manahawkin, NJ

Weather: Temperature: 64°, Humidity: 50%, Dew Point: 45°

Top 12:

Nocco, Nicholas
Howley, Sean
Evans, Michael
Marino, David
Raynor, Cody
Ward, James
Meyers, Harold
Krause, Evan
Lovenberg, William
Lu, Jimmy
Skodi, Nathan
Keizer, Timothy

Meet Apple:

Geoffroy, Daniel

<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Nocco, Nicholas	2014	12	16:12	5k
Howley, Sean	2015	11	16:19	5k
Evans, Michael	2014	12	16:33	5k
Marino, David	2014	12	16:48	5k
Raynor, Cody	2014	12	17:02	5k
Ward, James	2015	11	17:04	5k
Meyers, Harold	2014	12	17:10	5k
Krause, Evan	2015	11	17:44	5k
Lovenberg, William	2016	10	17:45	5k
Lu, Jimmy	2016	10	18:01	5k
Skodi, Nathan	2017	9	18:04	5k
Keizer, Timothy	2014	12	18:04	5k
Garrison, Nicholas	2015	11	18:06	5k
Di Filippo, Joseph	2014	12	18:07	5k
Petit-Frere, Scotty	2016	10	18:11	5k
Kubarewicz, William	2017	9	18:19	5k
Caporrino, Michael	2015	11	18:41	5k
Ray, Eric	2015	11	18:44	5k
Nodine, Craig	2016	10	18:48	5k
Di Filippo, Kevin	2014	12	18:54	5k
O'Hearn, James	2014	12	18:56	5k
Yates, Ethan	2017	9	19:00	5k
Iacovelli, Max	2015	11	19:26	5k
Geoffroy, Daniel	2014	12	19:27	5k
Buzby, Lucas	2014	12	19:33	5k
Attardi, Jeffrey	2016	10	20:07	5k
Piscopo, Zachary	2016	10	20:09	5k
Wohl, Andrew	2017	9	20:29	5k
Connelly, Sean	2014	12	20:29	5k
Salazar, Christopher	2016	10	21:07	5k
Harrington, Reilly	2015	11	21:14	5k
Bauta, Jared	2015	11	21:16	5k
Maloney, William	2017	9	21:17	5k
Raina, Zachary	2017	9	21:19	5k
Florres, Gio	2016	10	21:24	5k
Tront, Robert	2016	10	22:44	5k
Keizer, John	2016	10	22:55	5k
Gutierrez, Kevin	2017	9	23:16	5k
Yacono, Daniel	2016	10	23:40	5k
Yates, Luke	2017	9	24:15	5k
Cox, Ethan	2017	9	24:26	5k
Johnson, Nicholas	2015	11	25:05	5k
Meyers, Travis	2016	10	27:17	5k

Southern Vs TRS:

Top7 vs Top 7: 25 to 34
JV 7 vs Top 7: 50 to 15
JV 7 vs JV 7: 17 to 46

Southern vs BT:

Top 7 vs Top 7: 25 to 34
JV 7 vs Top 7: 41 to 17
JV 7 vs JV 7: 15 to 50

Records:

Top 7 vs Top 7: 7-0-0
JV 7 vs Top 7: 1-6-0
JV 7 vs JV 7: 7-0-0

Averages/Split:

Top 5: 16:28 / 0:50
Top 7: 16:44 / 0:58
JV 5: 17:53 / 0:20
JV 7: 17:59 / 0:23

Championship: Ocean County Championships

Date: October 17th, 2013

Location: Ocean County Park, Lakewood, NJ

Weather: Temperature: 68°, Humidity: 78%, Dew Point: 61°, 7 mph SSE

Top 12:

Nocco, Nicholas
Howley, Sean
Raynor, Cody
Marino, David
Evans, Michael
O'Hearn, James
DiFilippo, Joseph
Ward, James
Meyers, Harold
Meyers, Harold
Lovenberg, William
Krause, Evan
Keizer, Timothy

Meet Apple:

Lovenberg, William

<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Nocco, Nicholas	2014	12	16:27	5k
Howley, Sean	2015	11	16:28	5k
Raynor, Cody	2014	12	16:31	5k
Marino, David	2014	12	16:36	5k
Evans, Michael	2014	12	16:40	5k
Ward, James	2015	11	17:03	5k
Meyers, Harold	2014	12	17:31	5k
<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
O'Hearn, James	2014	12	16:55	5k
Di Filippo, Joseph	2014	12	17:00	5k
Lovenberg, William	2016	10	17:43	5k
Krause, Evan	2015	11	17:50	5k
Keizer, Timothy	2014	12	17:54	5k
Skodi, Nathan	2017	9	18:00	5k
Petit-Frere, Scotty	2016	10	18:09	5k
Kubarewicz, William	2017	9	18:12	5k
Yates, Ethan	2017	9	18:17	5k
Nodine, Craig	2016	10	18:23	5k
Garrison, Nicholas	2015	11	18:26	5k
Lu, Jimmy	2016	10	18:40	5k
Ray, Eric	2015	11	18:40	5k
Geoffroy, Daniel	2014	12	18:42	5k
Iacovelli, Max	2015	11	18:42	5k
Di Filippo, Kevin	2014	12	18:53	5k
Piscopio, Zachary	2016	10	18:59	5k
Caporrino, Michael	2015	11	19:17	5k
Buzby, Lucas	2014	12	19:28	5k
Hartley, William	2014	12	19:34	5k
Attardi, Jeffrey	2016	10	19:39	5k
Harrington, Reilly	2015	11	19:49	5k
Connelly, Sean	2014	12	20:22	5k
Wohl, Andrew	2017	9	20:35	5k
Salazar, Christopher	2016	10	20:45	5k
Bauta, Jared	2015	11	21:00	5k
Osborn, Michael	2016	10	21:14	5k
Florres, Gio	2016	10	21:18	5k
Fritz, Samuel	2017	9	21:26	5k
Tront, Robert	2016	10	21:32	5k
Keizer, John	2016	10	21:41	5k
Cox, Ethan	2017	9	23:11	5k
Yacono, Daniel	2016	10	23:13	5k
Johnson, Nicholas	2015	11	24:41	5k
Meyers, Travis	2016	10	27:08	5k
<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Rea, Kenneth	2017	9	11:56	2 Miles
Maloney, William	2017	9	12:19	2 Miles
Raina, Zachary	2017	9	12:30	2 Miles
Gutierrez, Kevin	2017	9	12:40	2 Miles
Yates, Luke	2017	9	14:01	2 Miles

Varsity

4 in a Row
1st out of 15 teams
Top 5: 16:32 / 0:13
Top 7: 16:45 / 1:04

Junior Varsity

1st out of 8 teams
Top 5: 17:28 / 0:59
Top 7: 17:39 / 1:14

Freshman

5th out of 5 teams
Top 5: 12:41 / 2:05

Championship: Shore Conference Championships

Date: October 24th, 2013

Location: Ocean County Park, Lakewood, NJ

Weather: Temperature: 52°, Humidity: 36%, Dew Point: 26°, 15 mph W

Top 12:

Nocco, Nicholas
Howley, Sean
Raynor, Cody
DiFilippo, Joseph
Evans, Michael
Marino, David
O'Hearn, James
Ward, James
Meyers, Harold
Lovenberg, William
Keizer, Timothy
Petit-Frere, Scotty

Meet Apple:

Nocco, Nicholas

<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Nocco, Nicholas	2014	12	15:52	5k
Howley, Sean	2015	11	16:02	5k
Raynor, Cody	2014	12	16:11	5k
Di Filippo, Joseph	2014	12	16:16	5k
Evans, Michael	2014	12	16:19	5k
Marino, David	2014	12	16:24	5k
O'Hearn, James	2014	12	16:34	5k
<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Ward, James	2015	11	17:13	5k
Meyers, Harold	2014	12	17:16	5k
Lovenberg, William	2016	10	17:33	5k
Keizer, Timothy	2014	12	17:46	5k
Petit-Frere, Scotty	2016	10	17:47	5k
Krause, Evan	2015	11	17:49	5k
Lu, Jimmy	2016	10	17:55	5k
Nodine, Craig	2016	10	17:59	5k
Geoffroy, Daniel	2014	12	18:20	5k
Iacovelli, Max	2015	11	18:29	5k
Ray, Eric	2015	11	18:45	5k
Garrison, Nicholas	2015	11	18:55	5k
Di Filippo, Kevin	2014	12	18:56	5k
Attardi, Jeffrey	2016	10	19:17	5k
Buzby, Lucas	2014	12	19:19	5k
Piscopo, Zachary	2016	10	19:39	5k
Harrington, Reilly	2015	11	19:57	5k
Salazar, Christopher	2016	10	20:06	5k
Connelly, Sean	2014	12	20:15	5k
Caporrino, Michael	2015	11	20:19	5k
Bauta, Jared	2015	11	20:21	5k
Tront, Robert	2016	10	20:23	5k
Florres, Gio	2016	10	20:37	5k
Osborn, Michael	2016	10	20:42	5k
Keizer, John	2016	10	21:56	5k
Yacono, Daniel	2016	10	22:11	5k
Johnson, Nicholas	2015	11	23:50	5k
Meyers, Travis	2016	10	26:01	5k
<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Time</u>	<u>Distance</u>
Skodi, Nathan	2017	9	10:42	2 Miles
Kubarewicz, William	2017	9	10:52	2 Miles
Yates, Ethan	2017	9	10:52	2 Miles
Rea, Kenneth	2017	9	11:47	2 Miles
Maloney, William	2017	9	11:57	2 Miles
Raina, Zachary	2017	9	12:10	2 Miles
Wohl, Andrew	2017	9	12:29	2 Miles
Fritz, Samuel	2017	9	12:35	2 Miles
Gutierrez, Kevin	2017	9	13:12	2 Miles
Yates, Luke	2017	9	13:41	2 Miles
Cox, Ethan	2017	9	14:00	2 Miles

Varsity

4th out of 23 teams
Top 5: 16:08 / 0:27
Top 7: 16:14 / 0:42

Junior Varsity

4th out of 26 teams
Top 5: 17:31 / 0:34
Top 7: 17:37 / 0:42

Freshman

4th out of 11 teams
Top 5: 11:14 / 1:15
Top 7: 11:33 / 1:47

Championship: NJSIAA Group 4 State Sectional Championships

Date: November 9th, 2013

Location: Delsea Regional High School, Franklinville, NJ

Weather: Temperature: 48°, Humidity: 46%, Dew Point: 28°, 5 mph SW

Top 12:

Nocco, Nicholas
Marino, David
O'Hearn, James
DiFilippo, Joseph
Raynor, Cody
Evans, Michael
Howley, Sean
Ward, James
Meyers, Harold
Lovenberg, William
Keizer, Timothy
Petit-Frere, Scotty

<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Distance</u>
Nocco, Nicholas	2014	12	2013.11.09	16:25	5K
Marino, David	2014	12	2013.11.09	17:00	5K
O'Hearn, James	2014	12	2013.11.09	17:07	5K
Di Filippo, Joseph	2014	12	2013.11.09	17:13	5K
Raynor, Cody	2014	12	2013.11.09	17:28	5K
Evans, Michael	2014	12	2013.11.09	17:43	5K
Howley, Sean	2015	11	2013.11.09	18:22	5K

Varsity

5th out of 19 teams
Top 5: 17:03 / 1:03
Top 7: 17:20 / 1:57

Championship: NJSIAA Group 4 State Championships

Date: November 16th, 2013

Location: Holmdel Park, Holmdel, NJ

Weather: Temperature: 54°, Humidity: 72%, Dew Point: 44°, 5 mph S

Top 12:

Nocco, Nicholas
Raynor, Cody
Howley, Sean
Marino, David
DiFilippo, Joseph
Evans, Michael
O'Hearn, James
Ward, James
Meyers, Harold
Lovenberg, William
Keizer, Timothy
Petit-Frere, Scotty

<u>Athlete</u>	<u>Class Of</u>	<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Distance</u>
Nocco, Nicholas	2014	12	2013.11.16	17:07	5K
Raynor, Cody	2014	12	2013.11.16	17:11	5K
Howley, Sean	2015	11	2013.11.16	17:16	5K
Marino, David	2014	12	2013.11.16	17:25	5K
Di Filippo, Joseph	2014	12	2013.11.16	17:42	5K
Evans, Michael	2014	12	2013.11.16	17:55	5K
O'Hearn, James	2014	12	2013.11.16	18:17	5K

Varsity

10th out of 20 teams
Top 5: 17:20 / 0:35
Top 7: 17:33 / 1:10

Meet Apple:

CLASS OF 2014

“SENIORS”





Lucas Buzby

1st Year Varsity

Personal Best: 19:19

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2013.10.24	19:19	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.17	19:28	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.08	19:33	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
12	2013.10.01	20:53	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
12	2013.09.24	20:43	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
12	2013.09.20	20:12	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
12	2013.09.17	19:56	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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

Sean Connelly

1st Year Varsity

Personal Best: 20:15

12	2013.10.24	20:15	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.17	20:22	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.08	20:29	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
12	2013.10.05	21:55	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
12	2013.10.01	22:07	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
12	2013.09.24	21:35	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
12	2013.09.20	21:08	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
12	2013.09.17	21:06	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k



Joseph DiFilippo

2nd Year Varsity
Personal Best: 16:16

12	2013.11.16	17:42	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
12	2013.11.09	17:13	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
12	2013.10.24	16:16	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.17	17:00	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.08	18:07	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
12	2013.10.05	17:47	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
12	2013.10.01	18:56	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5k
12	2013.09.28	17:42	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
12	2013.09.24	16:55	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
12	2013.09.17	17:00	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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

1st Year Varsity

Personal Best: 18:53

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2013.10.24	18:56	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.17	18:53	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.08	18:54	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
12	2013.10.05	20:24	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
12	2013.10.01	20:15	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
12	2013.09.24	19:53	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
12	2013.09.20	19:11	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
12	2013.09.17	19:50	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, 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
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



Michael Evans

4th Year Varsity
Personal Best: 16:18

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2013.11.16	17:55	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
12	2013.11.09	17:43	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
12	2013.10.24	16:19	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.17	16:40	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.08	16:33	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
12	2013.10.05	17:40	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
12	2013.10.01	18:31	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
12	2013.09.28	18:06	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
12	2013.09.24	17:13	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
12	2013.09.17	16:30	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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
9	2010.10.05	16:41	Dual Meet vs. Jackson Memorial & Toms River North	Southern Regional High School, Manahawkin, NJ	5K
9	2010.10.02	17:40	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5K
9	2010.09.25	17:25	Wild Safari Invitational	Six Flags Great Adventure, Jackson, NJ	5K
9	2010.09.21	17:26	Dual Meet vs. Toms River East	Southern Regional High School, Manahawkin, NJ	5K
9	2010.09.14	17:45	Dual Meet vs. Brick Memorial	Ocean County Park, Lakewood, NJ	5K
9	2010.09.11	11:05	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles
9	2010.08.30	19:52	Umpteenth Annual Seaside Time Trial	Seaside Park, NJ	5K



Daniel Geoffroy

2nd Year Varsity

Personal Best: 18:09

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2013.10.24	18:20	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.17	18:42	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.08	19:27	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
12	2013.10.05	21:01	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
12	2013.09.24	19:36	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
12	2013.09.20	18:17	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
12	2013.09.17	18:41	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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

1st Year Varsity

Personal Best: 19:04

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2013.10.17	19:34	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.09.20	19:54	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
12	2013.09.17	19:16	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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

4th Year Varsity
Personal Best: 17:25

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2013.10.24	17:46	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.17	17:54	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.08	18:04	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
12	2013.10.05	19:50	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
12	2013.10.01	19:24	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5k
12	2013.09.24	19:50	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
12	2013.09.20	19:01	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
12	2013.09.17	19:25	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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

1st Year Varsity

Personal Best: 19:04

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2013.09.17	19:16	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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

4th Year Varsity
Personal Best: 16:23

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2013.11.16	17:25	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
12	2013.11.09	17:00	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
12	2013.10.24	16:24	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.17	16:36	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.08	16:48	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
12	2013.10.05	17:43	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
12	2013.10.01	17:39	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5k
12	2013.09.28	17:45	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5k
12	2013.09.24	17:10	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
12	2013.09.17	16:42	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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

2nd Year Varsity
Personal Best: 17:16

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2013.10.24	17:16	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.17	17:31	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.08	17:10	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
12	2013.10.05	18:25	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
12	2013.10.01	18:00	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
12	2013.09.28	18:52	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5k
12	2013.09.24	18:08	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
12	2013.09.20	17:24	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
12	2013.09.17	17:23	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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

3rd Year Varsity
Personal Best: 15:52

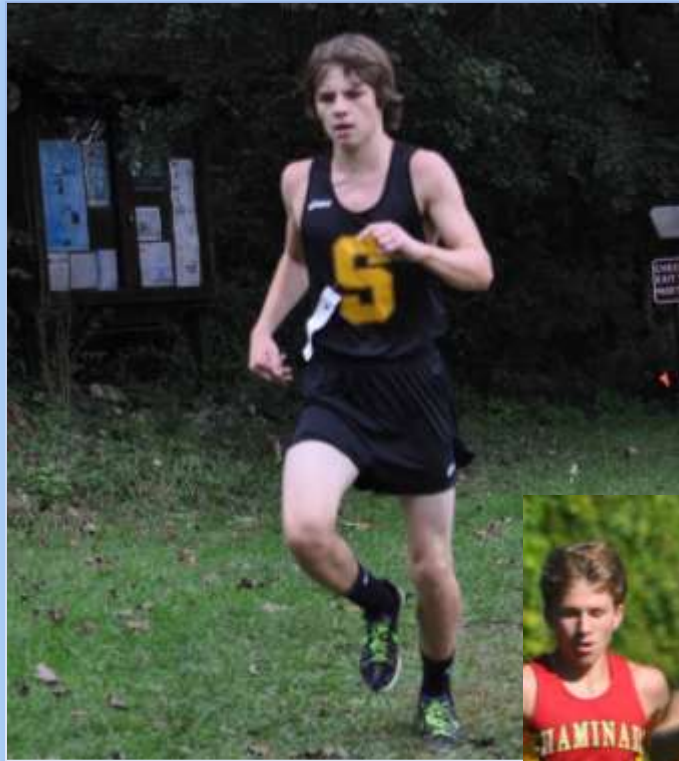
<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2013.11.16	17:07	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
12	2013.11.09	16:25	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
12	2013.10.24	15:52	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.17	16:27	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.08	16:12	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
12	2013.10.05	17:20	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
12	2013.10.01	17:24	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5k
12	2013.09.28	17:44	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5k
12	2013.09.24	17:05	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
12	2013.09.17	16:32	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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

3rd Year Varsity
Personal Best: 16:34

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2013.11.16	18:17	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
12	2013.11.09	17:07	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
12	2013.10.24	16:34	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.17	16:55	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.08	18:56	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
12	2013.10.05	18:53	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
12	2013.10.01	17:32	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5k
12	2013.09.28	18:10	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5k
12	2013.09.24	17:19	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
12	2013.09.17	16:45	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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

3rd Year Varsity
Personal Best: 16:11

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
12	2013.11.16	17:11	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
12	2013.11.09	17:28	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
12	2013.10.24	16:11	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.17	16:31	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
12	2013.10.08	17:02	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
12	2013.10.05	17:19	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
12	2013.10.01	16:55	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5k
12	2013.09.28	17:22	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
12	2013.09.24	17:56	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
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
10	2011.09.10	11:03	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles



CLASS OF 2015

“JUNIORS”





Jared Bauta

Junior Varsity
Personal Best: 20:21

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2013.10.24	20:21	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.17	21:00	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.08	21:16	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
11	2013.10.01	22:29	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
11	2013.09.24	22:25	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
11	2013.09.17	21:53	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k

Michael Caporrino

Junior Varsity
Personal Best: 18:41

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2013.10.24	20:19	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.17	19:17	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.08	18:41	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
11	2013.10.05	22:01	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
11	2013.10.01	24:59	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
11	2013.09.24	20:45	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
11	2013.09.20	20:15	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2013.09.17	19:08	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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



Nicholas Garrison

2nd Year Varsity
Personal Best: 17:30

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2013.10.24	18:55	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.17	18:26	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.08	18:06	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
11	2013.10.05	19:41	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
11	2013.10.01	18:56	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
11	2013.09.28	20:02	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5k
11	2013.09.24	19:05	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
11	2013.09.20	17:50	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2013.09.17	18:03	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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
9	2011.11.01	19:48	Shore Conference Varsity Championships	Ocean County Park, Lakewood, NJ	5K
9	2011.10.20	20:09	Ocean County 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



Reilly Harrington

Junior Varsity
Personal Best: 19:49

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2013.10.24	19:57	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.17	19:49	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.08	21:14	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
11	2013.10.05	22:12	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
11	2013.10.01	22:42	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
11	2013.09.24	22:35	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
11	2013.09.20	20:48	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2013.09.17	22:08	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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

3rd Year Varsity
Personal Best: 16:02

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2013.11.16	17:16	NJSIAA Group 4 State Championships	Holmdel Park, Holmdel, NJ	5K
11	2013.11.09	18:22	NJSIAA Group 4 State Sectional Championships	Delsea Regional High School, Franklinville, NJ	5K
11	2013.10.24	16:02	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.17	16:28	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.08	16:19	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
11	2013.10.05	17:16	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
11	2013.10.01	17:16	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5k
11	2013.09.28	17:31	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5k
11	2013.09.24	17:26	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
11	2013.09.17	16:24	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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

1st Yr Varsity

Personal Best: 18:29

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2013.10.24	18:29	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.17	18:42	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.08	19:26	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
11	2013.10.05	21:00	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
11	2013.10.01	21:07	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
11	2013.09.24	21:42	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
11	2013.09.20	20:26	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2013.09.17	20:46	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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
9	2011.09.10	14:07	Cherokee Challenge	Cherokee High School, Marlton, NJ	2 Miles



Nicholas Johnson

Junior Varsity
Personal Best: 23:50

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2013.10.24	23:50	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.17	24:41	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.08	25:05	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
11	2013.10.05	27:13	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
11	2013.09.24	26:35	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
11	2013.09.20	23:55	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2013.09.17	25:26	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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

2nd Year Varsity

Personal Best: 17:37

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2013.10.24	17:49	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.17	17:50	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.08	17:44	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
11	2013.10.05	19:23	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
11	2013.10.01	19:50	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
11	2013.09.28	19:03	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
11	2013.09.24	18:36	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
11	2013.09.20	17:41	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2013.09.17	17:37	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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



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
2nd 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	2013.10.24	18:45	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.17	18:40	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.08	18:44	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
11	2013.10.05	20:17	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
11	2013.10.01	19:41	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5k
11	2013.09.24	19:28	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
11	2013.09.20	19:17	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2013.09.17	19:06	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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



James Ward

2nd Year Varsity
Personal Best: 17:03

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
11	2013.10.24	17:13	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.17	17:03	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
11	2013.10.08	17:04	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
11	2013.10.05	17:54	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
11	2013.10.01	18:06	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5k
11	2013.09.28	18:22	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5k
11	2013.09.24	18:31	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
11	2013.09.20	17:19	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
11	2013.09.17	17:30	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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



CLASS OF 2016
“SOPHOMORES”





Jeffery Attardi

Junior Varsity
Personal Best: 19:17

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2013.10.24	19:17	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.17	19:39	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.08	20:07	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
10	2013.10.05	21:05	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
10	2013.10.01	22:29	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
10	2013.09.24	21:30	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
10	2013.09.20	20:47	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2013.09.17	20:46	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k

Gio Florres

Junior Varsity
Personal Best: 20:37

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2013.10.24	20:37	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.17	21:18	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.08	21:24	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
10	2013.10.01	24:08	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
10	2013.09.24	24:30	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
10	2013.09.20	23:36	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2013.09.17	23:43	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k



John Keizer

Junior Varsity
Personal Best: 21:41

Grade	Date	Time	Meet	Location	Distance
10	2013.10.24	21:56	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.17	21:41	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.08	22:55	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
10	2013.10.05	23:03	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
10	2013.10.01	24:07	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
10	2013.09.24	23:26	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
10	2013.09.20	22:21	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2013.09.17	23:15	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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

1st Year Varsity
Personal Best: 17:33

Grade	Date	Time	Meet	Location	Distance
10	2013.10.24	17:33	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.17	17:43	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.08	17:45	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
10	2013.10.05	19:07	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
10	2013.10.01	18:57	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
10	2013.09.28	19:30	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5K
10	2013.09.24	19:17	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
10	2013.09.20	18:22	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2013.09.17	18:27	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
9	2012.10.25	19:21	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
9	2012.10.18	11:37	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.10.11	20:09	Dual Meet vs. TR North & Brick Mem.	Southern Regional High School, Manahawkin, NJ	5K
9	2012.10.06	13:34	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 Miles
9	2012.10.02	19:58	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	12:07	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
9	2012.09.11	21:28	Dual Meet vs. Lacey Township & TR East	Lacey Township High School, Lacey, NJ	5k



Jimmy Lu
1st Year Varsity
Personal Best: 17:55

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2013.10.24	17:55	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.17	18:40	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.08	18:01	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
10	2013.10.05	19:28	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
10	2013.10.01	19:20	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
10	2013.09.28	19:18	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5k
10	2013.09.24	19:12	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
10	2013.09.20	18:17	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2013.09.17	17:59	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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: 26:01

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2013.10.24	26:01	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.17	27:08	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.08	27:17	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
10	2013.10.05	31:23	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
10	2013.10.01	30:15	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
10	2013.09.20	30:00	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2013.09.17	30:30	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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	2 Miles



Craig Nodine

2nd Year Varsity

Personal Best: 17:59

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2013.10.24	17:59	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.17	18:23	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.08	18:48	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
10	2013.10.05	20:10	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
10	2013.10.01	20:01	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
10	2013.09.24	19:36	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
10	2013.09.20	18:48	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2013.09.17	19:22	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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

Michael Osborn

Junior Varsity

Personal Best: 20:42

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2013.10.24	20:42	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.17	21:14	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.01	22:43	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
10	2013.09.24	22:47	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
10	2013.09.20	21:48	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2013.09.17	22:04	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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



Scotty Petit-Frere

1st Year Varsity
Personal Best: 17:47

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2013.10.24	17:47	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.17	18:09	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.08	18:11	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
10	2013.10.05	20:28	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
10	2013.10.01	19:41	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
10	2013.09.24	19:23	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
10	2013.09.20	20:37	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2013.09.17	19:30	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k

Zachary Piscopo

Junior Varsity
Personal Best: 18:59

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2013.10.24	19:39	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.17	18:59	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.08	20:09	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
10	2013.10.05	21:12	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
10	2013.10.01	22:39	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
10	2013.09.24	20:41	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
10	2013.09.20	20:03	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2013.09.17	20:15	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k
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



Christopher Salazar

Junior Varsity
Personal Best: 20:06

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2013.10.24	20:06	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.17	20:45	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.08	21:07	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
10	2013.10.05	24:20	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
10	2013.10.01	22:48	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
10	2013.09.24	22:52	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
10	2013.09.20	22:15	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2013.09.17	22:38	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k

Robert Tront

Junior Varsity
Personal Best: 20:23

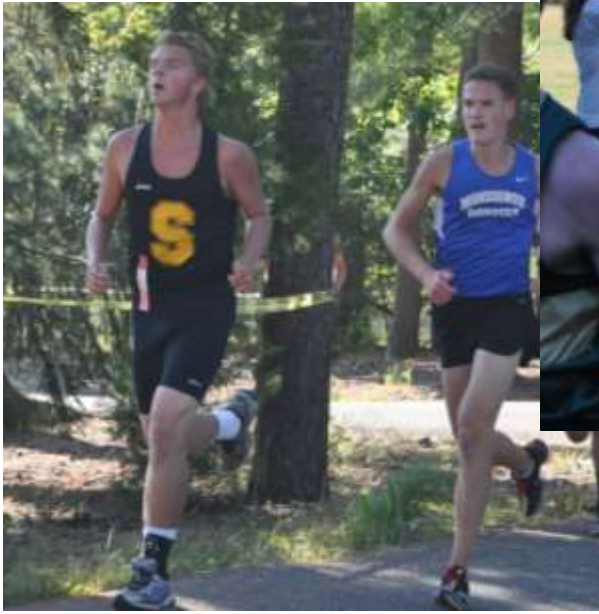
<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2013.10.24	20:23	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.17	21:32	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.08	22:44	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
10	2013.10.05	23:41	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
10	2013.09.24	22:54	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
10	2013.09.20	21:51	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2013.09.17	22:30	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, 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	2012.10.02	22:05	Dual Meet vs. Brick Twp. & TR South	Ocean County Park, Lakewood, NJ	5k
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



Daniel Yacono

Junior Varsity
Personal Best: 22:11

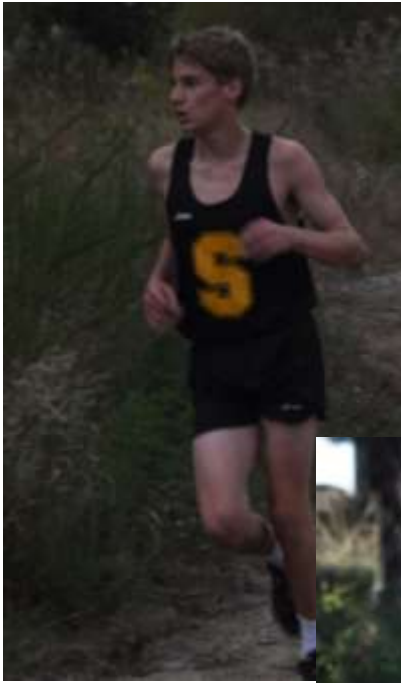
<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
10	2013.10.24	22:11	Shore Conference Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.17	23:13	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
10	2013.10.08	23:40	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
10	2013.10.05	24:34	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
10	2013.10.01	25:11	Dual Meet vs. Jackson Memorial	Jackson Memorial High School, Jackson, NJ	5k
10	2013.09.24	26:43	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
10	2013.09.20	22:30	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	5k
10	2013.09.17	25:34	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, NJ	5k



CLASS OF 2017

“FRESHMEN”





Ethan Cox
Junior Varsity
Personal Best: 23:11

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2013.10.24	14:00	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.09.20	15:22	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.10.05	16:32	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
9	2013.10.17	23:11	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
9	2013.10.08	24:26	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
9	2013.10.01	26:28	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k

Samuel Fritz
Junior Varsity
Personal Best: 21:26

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2013.10.24	12:35	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.09.20	13:18	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.10.17	21:26	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
9	2013.09.17	21:56	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, N	5k
9	2013.09.24	22:25	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
9	2013.10.01	23:38	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k

Kevin Gutierrez
Junior Varsity
Personal Best: 23:16

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2013.10.17	12:40	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.10.24	13:12	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.09.20	15:20	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 miles
9	2013.10.05	15:44	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
9	2013.10.01	23:16	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
9	2013.10.08	23:16	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
9	2013.09.17	26:01	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, N	5k
9	2013.09.24	27:11	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k

William Kubarewicz
1st Year Varsity
Personal Best: 18:12

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2013.10.24	10:52	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.10.17	18:12	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
9	2013.10.08	18:19	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
9	2013.10.05	20:05	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
9	2013.10.01	19:14	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
9	2013.09.28	19:40	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5k
9	2013.09.24	19:20	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
9	2013.09.20	11:18	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 miles
9	2013.09.17	18:30	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, N	5k



William Maloney

Junior Varsity
Personal Best: 21:17

Grade	Date	Time	Meet	Location	Distance
9	2013.10.24	11:57	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.10.17	12:19	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.10.08	21:17	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
9	2013.10.05	14:40	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
9	2013.10.01	23:23	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
9	2013.09.24	21:40	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
9	2013.09.20	13:10	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 miles
9	2013.09.17	22:26	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, N	5k

Zachary Raina

Junior Varsity
Personal Best: 21:19

Grade	Date	Time	Meet	Location	Distance
9	2013.10.24	12:10	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.10.17	12:30	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.10.08	21:19	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
9	2013.10.01	23:25	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
9	2013.09.24	22:56	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
9	2013.09.20	13:13	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 miles
9	2013.09.17	22:43	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, N	5k

Kenneth Rae

Junior Varsity
Personal Best: 21:08

Grade	Date	Time	Meet	Location	Distance
9	2013.10.24	11:47	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.10.17	11:56	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.10.05	13:37	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
9	2013.10.01	22:24	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
9	2013.09.24	21:25	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
9	2013.09.17	21:08	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, N	5k

Nathan Skodi

1st Year Varsity
Personal Best: 18:00

Grade	Date	Time	Meet	Location	Distance
9	2013.10.24	10:42	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.10.17	18:00	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
9	2013.10.08	18:04	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
9	2013.09.28	20:20	Bowdoin Park Cross Country Classic	Bowdoin County Park, Wappingers Falls, NY	5k
9	2013.09.20	10:57	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 miles
9	2013.09.17	18:21	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, N	5k



Andrew Wohl

Junior Varsity
Personal Best: 20:29

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2013.10.24	12:29	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.10.17	20:35	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
9	2013.10.08	20:29	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
9	2013.10.05	22:26	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
9	2013.10.01	21:58	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
9	2013.09.24	21:37	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
9	2013.09.20	12:43	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 miles
9	2013.09.17	21:04	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, N	5k

Ethan Yates

1st Year Varsity
Personal Best: 18:17

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2013.10.24	10:52	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.10.17	18:17	Ocean County Championships	Ocean County Park, Lakewood, NJ	5k
9	2013.10.08	19:00	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
9	2013.10.05	20:06	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	5k
9	2013.10.01	19:55	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
9	2013.09.24	20:00	Dual Meet vs. Brick Memorial & Toms River North	Brick Memorial High School, Brick, NJ	5k
9	2013.09.20	11:13	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 miles
9	2013.09.17	18:45	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, N	5k

Luke Yates

Junior Varsity
Personal Best: 24:15

<u>Grade</u>	<u>Date</u>	<u>Time</u>	<u>Meet</u>	<u>Location</u>	<u>Distance</u>
9	2013.10.24	13:41	Shore Conference Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.10.17	14:01	Ocean County Championships	Ocean County Park, Lakewood, NJ	2 Miles
9	2013.10.08	24:15	Dual Meet vs. Brick Township & Toms River South	Southern Regional High School, Manahawkin, NJ	5k
9	2013.10.05	16:04	Shore Track Coaches XC Invitational	Holmdel Park, Holmdel, NJ	2 miles
9	2013.10.01	26:18	Dual Meet vs. Jackson Memorial	Jackson Memoriemorial High School, Jackson, NJ	5k
9	2013.09.20	14:43	Battle at Ocean County Park	Ocean County Park, Lakewood, NJ	2 miles
9	2013.09.17	16:39	Dual Meet vs. Lacey Township & Toms River East	Southern Regional High School, Manahawkin, N	2 miles







BELIEVE!