# St. Anthony's Developmental #3 – Saturday January 6th 2024

Arrive at St. Anthony's at 11:15

7:15AM Boys a	nd Girls Weigl	ht Throw: <mark>Arriv</mark>	e by 7AM			
Franco-Sierra						
35'4" PR SJB						
School Recor	d					
55m High Hurd	les: Arrive by	11:15				
Guirand		Erb	Guerrera			
11.88		Not in race	But warm up	Like you are	In the hurdles	

# 3000m Run: warm up in parking lot before coming in to arena

Ryan	Chan	Webber		
12:40 3rd Pl	13:05	13:16		

# 55m Dash: Arrive by 11:15

55m Das	55m Dash: Arrive by 11:15					Freshman:			
Dale	Erb	Espinal	Guerrera		AP	Slattery	Guirand	Shotter	Tracy
8.16	8.31	8.55 PR	7.85		7.86	7.92	8.64 PR	8.70	8.41 PR
			FIRST PLACE		2 <sup>nd</sup> Pl	3rd PI			

#### 600m Run: Freshman

DiLegge	Marino	Sorto		
2:02	2:15			
FIRST PLACE				

#### 300m Dash: Arrive by 12:00

Bulla	Erb	Alma	Chong	DiCostanzo	Dieudonne	Guerrera
59.39 PR	48.00	55.54	53.81	55.41	55.90	46.86 2 <sup>nd</sup> Pl

Hamel	Perez	Rogers	Theison	Bertrum	Gordon	Guirand	
49.57		54.83 PR	58.57 PR	FELL		51.92	

#### Freshman:

Shotter	Tracy			
51.04	49.25 4th Pl			

## 1000m Run: Arrive by 12:00 - 1500m Run: Arrive by 12:00

#### SMR 400-200-200-800

400	200	200	800	
Dale	AP	Guerrera	Ryan	
65.6	27.6	28.9	2:39	4:42 2 <sup>nd</sup> Place

400	200	200	800	
Slattery	Gonzalez	Espinal	Chan	
66.1	29.5	30.4	3:03	5:08 4th Place

## FIELD EVENTS – Arrive by 11:15

#### Long Jump:

Gonzalez	Gordon			
13'7				

## High Jump: 3'9 Open

AP	Hamel			
4'6	4'6			

#### **Shot Put:**

Mansfield	Weiss	Cannizzo	Maravilla		
19'11 PR		16'5	17'2		