

Joe Brandi Relays 2022 at Connetquot High School

Friday 4/19/24 and Saturday 4/20/24

FRIDAY 4/19/24 Open Races – max of 4 athletes per team/event - NO BUS

6:00pm Pentathlon Hurdles

6:10 100m Hurdle: Trials **Arrive by 5:10pm and Warm up**

Guerrera	Erb	Guirand	
15.03 Finals	17.14	20.82 PR	

6:25 1500m Run: **arrive by 5:40pm and warm up**

Delisle	Chan		
5:33 PR	5:53 PR		

6:40 100m Dash: Trials **arrive by 5:40pm**

Gordon	Erb	Perez	Bonnett – 4x100 tomorrow
14.04	14.13	15.24 PR	14.93

7:00 1500m Racewalk

7:15 400m Dash:

Slattery
63.31 PR

7:30 100m Hurdles: FINALS + 7:40 100m Dash: FINALS

Guerrera			
14.78 PR FIRST PLACE SJB SCHOOL RECORD			

7:45 800m Run: 8:00 3000m Run: 8:15 200m Dash:

SATURDAY APRIL 20, 2024 – No Bus

9:30 2x400m Hurdles: **(arrive by 8:45)**

Erb	Hamel	TOTAL
71.09 SB	75.26 SB	5th Place

9:55 4x1600

10:30 4x100m Relay **(arrive by 9:15)**

Gonzalez	Gordon	Slattery	Guerrera	
				54.40

Alt Perez

Espinal	Guirand	Erb	Bonnett	
				56.25

11:00 2x800m Walk

11:20 Mile Medley Relay (4-2-2-8) **(arrive by 10:00)**

400m	200m	200m	800m	
Bertrum	Guirand	Perez	Delisle	
68.9 PR	31.9	30.8	2:40 PR	4:49

Alt: Sosa + Dieudonne + Perez

400m	200m	200m	800m	
Gudz	Sobczak	Maravilla	Chan	
76.2	34.7	33.2 PR	2:58 PR	5:22

12:00 4x400m Relay: **(arrive by 10:15)**

DiCostanza	Chong	Hamel	Carey	
73.6	75.7	68.9	82.5	4:59

12:30 Shuttle Hurdle Relay

12:45 2x2000m Steeplechase: (arrive by 10:45)

Ryan	Marino	TOTAL	Webber		TOTAL
8:30 PR	9:34		9:53		

1:20 Pentathlon 800

1:25 4x200m Relay – Alt Sosa (arrive by 11:00)

Guerrera	Gordon	Espinal	Gonzalez	
27.2	30.1	28.1	27.4	1:52 4 th Place

Alternates: Guirand – Chong – Carey - DiCostanzo – Sosa (no race yet)

Bonnett	Dieudonne	Perez	Jean-Francois	
32	33	29.8	25.6	2:10

1:50 Swedish Medley Relay: (1-2-3-4) – Starts at normal start line – ends at 200 start line

2:05 4x800

2:40 Sprint Medley Relay (1-1-2-4)

3:00 Distance Medley Relay (12-4-8-16)

FIELD EVENTS (arrive by 8:45)

(Schools M-Z will throw shot first and disc 2nd)

9:30 2xShot Put Relay but Pentathlon shot put first THEN 2xDiscus Relay

	Mansfield	TOTAL		Mansfield	TOTAL
	19'4			50'	

9:30 2xLong Jump Relay: *Running Relay are you Priority – so pay attention and be ready please

Gordan 10:30	Delisle 11:20	TOTAL