

Longwood Track Classic – Saturday April 8, 2023 – Longwood High School

Races start at 9:30 – Medals to top 4 in each event

Bus will leave SJB at 7:30 – or arrive by the time listed for your first event

9:30am 110m High Hurdles: arrive by 8:45

| | | | | | | |
|-----------|--|--|--|--|--|--|
| Legagneur | | | | | | |
| 20.11 | | | | | | |

1600m Run: arrive by 8:45

| | | | | | | |
|---------|--|-------|---------|----------|--|--|
| Bellino | | Tinti | DeVito | Reinhold | | |
| 5:01 | | 5:11 | 5:07 PR | 5:21 PR | | |

100m Dash: arrive by 9:00 (Bring Blocks)

| | | | | | | |
|----------|----------|---------|--|---------|--------|--|
| Josaphat | Luzzi | Simmons | | Perdoma | Raines | |
| 12.40 PR | 12.00 PR | 11.40 | | 14.7 | 12.40 | |

THROWERS

| | | | | | | |
|-------|---------|-------|----------|--|--|--|
| Guato | Shotter | Skoda | Imperato | | | |
| 15.40 | 13.60 | 12.80 | 14.90 | | | |

400m Dash: arrive by 9:15

| | | | | | | |
|--|------------|--|--|--|--|--|
| | Surozenski | | | | | |
| | 53.70 PR | | | | | |

800m Run: arrive by 9:45

| | | | | | | | | |
|---------|------------|-------|-------|----------|---------|---------|-------|--------|
| Partyka | SanFilippo | Healy | Jones | McCreery | Miller | Bellino | Tinti | DeVito |
| 2:36 | 2:23 PR | 2:34 | 2:29 | 2:33 | 2:27 PR | 2:22 | 2:18 | 2:24 |

400m Intermediate Hurdles: arrive by 10:00

| | | | | | | |
|-------|--|--|--|--|--|--|
| Luzzi | | | | | | |
| 65.90 | | | | | | |

200m Dash: arrive by 10:15

| | | | | | | |
|----------|--|--|-----------|------------|---------|--|
| Josaphat | | | Legagneur | Surozenski | Simmons | |
| 25.90 | | | 26.40 | 24.40 | 24.00 | |

| | | | | | | |
|----------|----------|--|---------|--|--|--|
| Cusak | Skoda | | Perdoma | | | |
| 26.80 PR | 26.70 PR | | 30.7 PR | | | |

3200m Run:

4x800m Relay:

4x100m Relay:

4x400m Relay: Alts Casey

| | | | | |
|---------|------------|---------|--------|----------------------------|
| Partyka | SanFilippo | Jones | Miller | |
| 61.8 | 60.8 | 58.7 PR | 63.2 | 4:04 4 th Place |

FIELD EVENTS – arrive by 8:45

9:30am 12lb Shot Put 43' and up – 12lb Shot Put 43' and under after

| | | | | | | | | | |
|--|--------|----------|-----------|--|---------|---------|-----------|---------|-------|
| | Fasano | Guato | Rivera | | Shotter | Fazzini | Imperato | Quinn | Green |
| | 32'2 | 24'11.75 | 30' ½" PR | | 31'9.25 | 31'2 PR | 36'5.5 PR | 30'5.75 | 22'2 |

9:30am Discus 100 and under – Discus 100 and up after *should anyone else be at

| | | | | | | | | | |
|-------|--|----------|---------|---------|--|--|---------|---------|----------|
| Skoda | | Fasano | Guato | Rivera | | | Shotter | Fazzini | Ancipink |
| FFF | | 111'2 PR | 65'7 PR | 90'1 PR | | | 99'0 PR | 94'4 PR | 52'8 |

Two jumping pits – so both Long Jumps go first – then both triple jumps

9:30am Long Jump 19' and up – Long Jump 19' and under after

| | | | | | | |
|-------------------------------------|--|--|---------|--|--|--|
| Raines | | | Cusak | | | |
| 20'2.25 PR 3 rd Place | | | 16'1.75 | | | |

Triple Jump 40' and up after all long jumps - then Triple Jump 40' and under after

| | | | | | | | |
|---------------------------------|--|--|--|--|--|--|--|
| Raines | | | | | | | |
| 40'3.5 2 nd Place | | | | | | | |

9:30am High Jump starting at 5'2"