

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

Races start at 2:00 – Medals to top 4 in each event

Bus will leave SJB at 12:00pm – or arrive by the time listed for your first event

2:00pm DMR

100m High Hurdles: arrive by 1:00pm

Erb	Alexandre		
18.14 2nd Place	22.44		

1500m Run: arrive by 1:00pm

Ryan				
5:37				

100m Dash: arrive by 1:15pm

Alexandre	Mathieu	ATW	Alma	Bonnett	Chong	DiConstanzo	Dieudonne
14.43 PR		13.45 R 3rd Place	16.06 PR	15.01 PR	15.56 PR	15.44	15.76 PR

DiSanto	Espinal	Isnardi	Muia	Perez	Theisen	Ferraiuolo	Gordan	Guirand
14.86 PR	14.50 PR	13.40 PR 2nd Place	15.98 PR		18.01 PR	16.04 PR	15.40PR	25.11PR

400m Dash: arrive by 2:00pm

Cunningham	Dale	Slattery				
67.36 PR	65.37 2nd Place	65.50 3rd Place				

800m Run: arrive by 2:15pm

Ryan	Quinn					
2:46 4th Place	2:57					

400m Intermediate Hurdles:

Erb						
75.57 FIRST PLACE						

200m Dash:

Alexandre	Cunningham	Mathieu	ATW	Wanerka	Dale	Gonzalez	Alma
31.22	29.78	31.20 PR	27.63 3rd Place	27.59 2nd Place	28.63	29.86	33.41 PR

Bonnett	Chong	DiCostanzo	Dieudonne	DiSanto	Espinal	Slattery
31.90 PR	32.24 PR	32.54 PR	33.54 PR	32.28 PR	30.24	28.14

Isnardi	Muia	Murphy	Perez	Theisen	Ferraiuolo	Gordon	Guirand
28.73	35.38 PR	32.53 PR			33.46 PR	32.00 PR	31.39 PR

3000m Run:

4x800m Relay:

4x100m Relay:

Isnardi	Dale	ATW	Wanerka	
				53.39 DQ pass out of zone

Alt: Slattery

4x400m Relay:

FIELD EVENTS – arrive by 1:15pm

2:00pm Shot Put 30' and up – Shot Put 30' and under after

		Hernandez	Mansfield			
		16'2.5	15'1.5			

2:00pm Discus 70' and under – Discus 70' and up after

Hernandez	Mansfield		Franco-Sierra			
26'	39'1		87'8 2nd Place			

2:00pm Long Jump 15' and up – Long Jump 15' and under after

		Matthieu				
		12'9.5				

Triple Jump 30' and up after all long jumps – Triple Jump 30' and under after

Slattery			Theisen	Gonzalez	Dieudonne	Quinn
DNJ			22-10	29' ½"	26'10.5	

2:00pm High Jump starting at 4'2"

Wanerka	Erb					
4'8 2nd Place	4'4					