

Longwood Track Classic – Saturday April 6, 2024 – Longwood High School

Races start at 9:30 – 1:00pm - 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

1600m Run: arrive by 8:45

Gannon						
4:49						

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

Anello	Goens	Guillen	Legagneur	Simmons	DaCosta	Lisbon	Ardito
11.96 PR	12.26	14.59	13.19	11.32	12.54	DNR	14.43

THROWERS

Fleetwood	Ronessi	Bristol	DiBella	Mastrangelo	Tilus	Skoda	Imperato
11.85 PR	13.37 PR	15.24	13.83	14.05	13.30	DNR	13.56

400m Dash: arrive by 9:15

Foster	Jones	Agbayewa	McGiff			
62.79	58.22	64.16	62.79			

800m Run: arrive by 9:45

Fialho	Gannon	SanFilippo	DeVito	Healy	Reinhold	McCreery	Miller	Murphy	Theisen	Valente
2:17	2:17	2:24	2:17	2:25PR	2:23	2:31	2:21PR	2:55	2:36	2:34

400m Intermediate Hurdles: arrive by 10:00

Anello						
63.92						

200m Dash: arrive by 10:15

Goens	Guillen	Legagneur	Simmons	Surozenski	DaCosta	Foster	Jones
26.12	30.76	DNR	DNR	23.03 3 rd Place	25.77	26.01	25.07

Ardito	Fleetwood	Ronessi	Agbayewa	Bristol	McGiff	Theisen	Tilus	Mastrangelo	DiBella
29.31PR	24.16	27.71	25.77 PR	29.05	27.52	28.77	27.30	30.32	DNR

3200m Run:

4x800m Relay:

4x100m Relay:

Simmons	Lisbon	Anello	Surozenski	
				45.32 2 nd Place

Legagneur	Fialho	Jones	Fleetwood	
				DQ 2x

4x400m Relay:

Gannon	SanFilippo	DeVito	Healy	
55.9 PR	59.1 PR	64.2	61 PR	4:00

Reinhold	McCreery	Miller	Valente	
64.3 PR	64.3	61.8	67.9	4:18

FIELD EVENTS – arrive by 8:45

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

Almirez	Campisi	Dennelly		Proux	Shotter	Vice	Webbeh	Fazzini
32'11	SNT	20'		32'2	32'4.5	26'5	30'4.5	32'9.5

Skoda	Vitucci	Aluisa	DiMenna		Imperato	Kornahuers	Quinn	
???	FFF	21'7.25	19'		35'10	sick	38'11	

9:30am Discus 100 and under – Discus 100 and up after

Almirez	Campisi	Dennelly		Proux	Shotter	Vice	Webbeh	Fazzini
88'9	DNT	37'		73'	104'5	??	94' ½"	109'6 PR

Skoda	Vitucci	Aluisa	DiMenna		Imperato	Kornahuers	Quinn
??	89'	76'2	51' PR		96'11 PR	Sick	108'11 PR

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

Lisbon		Mastrangelo	Tilus	DaCasta	Goens	
19'10		14'1	DNJ	15'7.5	DNJ	

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

Anello			Ronessi			
DNJ			34'6.5			

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

Lisbon
5'4