

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

Races are **2:00 to 6pm**– 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

<b>Erb</b>	<b>Guerrera</b>	Guirand
<b>16.25 PR 4<sup>th</sup> Place</b>	<b>14.92 PR FIRST PLACE</b> <b>SJB RECORD</b>	21.65

### 1500m Run: arrive by 1:00pm

Ryan	Chan	Delisie	Marino	Webber
5:31	6:03	5:46	6:16	6:22

### 100m Dash: arrive by 1:15pm

<b>Dale</b>	<b>DiCostanzo</b>	<b>Dieudonne</b>	<b>Espinal</b>	<b>Perez</b>	Slattery	Carey	<b>Gordon</b>	Seibert
<b>13.12 PR</b>	<b>14.99 PR</b>	<b>15.51 PR</b>	<b>14.10 PR</b>	<b>15.32 PR</b>	13.09	16.32	<b>13.92 PR</b>	16.83

Gudz	Jean Francois	Maravilla	Sobczak	Sosa				
15.25	16.24	17.31	16.36	16.23				

### 400m Dash: arrive by 2:00pm

Chong	<b>Bertrum</b>					
73.83	<b>72.21 PR</b>					

### 800m Run: arrive by 2:15pm

<b>Ryan</b>	Delisle	<b>Marino</b>	Webber	<b>Chan</b>		
<b>2:36 PR FIRST PLACE</b>	2:52	<b>3:07 PR</b>	3:09	<b>3:01 PR</b>		

### 400m Intermediate Hurdles:

<b>Erb</b>	Guerrera	Hamel				
<b>71.13 FIRST PLACE</b>	74.71	79.78				

### 200m Dash:

Dale		AP	Chong	Dicastanza	Diedonne	Espinal	Perez
27.80		27.27	DNR	32.60	32.48	29.11	32.14

Slattery	Bertrum	Carey	Gordon	Guirand	Seibert	Gudz
27.38	31.42	35.14	30.24	30.51	35.35	32.64

Jean Francois	Maravilla	Sobczak	Sosa			
DNR	35.10	34.50	37.44			

### 3000m Run:

### 4x800m Relay:

### 4x100m Relay: Alt: Erb

<b>Slattery</b>	<b>Dale</b>	<b>AP</b>	<b>Guerrera</b>	
				<b>51.09 FIRST PLACE</b>

### 4x400m Relay:

Hamel	Ryan	Gordan		
69.2	67			

## FIELD EVENTS – arrive by 1:15pm

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

		Franco-Sierra	Mansfield			
		23'4	19'7			

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

Mansfield		Franco-Sierra				
51'3 PR		79'5				

**\*\*Does Anyone Else want to Jump – this is a good meet for first timers**

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

		Jean Francois	Delisie	<b>Gordan</b>		
		10'7	DNJ	<b>13'7.5 PR</b>		

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

			Dieudonne	Gudz		
			DNJ	???		

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

AP	Hamel					
4'4	4'4					