

# Suffolk Coaches Track and Field Invitational at Commack High School

Saturday April 20, 2024 – First race starts at 9:30

Bus Leaves SJB at 8:00am or arrive at your assigned time

The arrival times will be adjusted after I see the heat sheets and get an estimate of event times!!

9:30am: 3000m Steeplechase followed by the 2000m Steeplechase arrive by 8:50

	<b>Gannon</b>	Healy	Miller		
	<b>7:04.4 5<sup>th</sup> Place</b>	7:56	7:50		

110m High Hurdles: trials - Varsity Followed by Frosh/Soph final on time

1600m Run: Varsity Followed by Frosh/Soph arrive by 9:30am

SanFilippo	DeVito	Reinhold		Theison	Valente	McCreery			
5:27	4:57.50PR	5:12 PR		5:37 PR	5:27 PR	5:25 PR			

100m Dash: Trials – Varsity followed by Frosh/Soph arrive by 9:45am

Goens	Legagneur	Simmons	Jones			
12.00 PR	12.36 SB	11.10 PR	12.11 PR			

FROSH-SOPH arrive by 9:45am

Ardito	Fleetwood	Bristol	Mastrangelo	Tilus		
14.2	11.4 FINALS		15.10	12.9 PR		

400m Dash: Varsity arrive by 10:00am followed by Frosh/Soph arrive by 10:00am

Anello	Fialho	DaCosta	Foster	Ronessi	Agbayawa	McGiff	
54.37 PR	54.37 PR	56.98	57.41 PR	60.86	58.30 PR	60.5 PR	

100m Dash Finals Varsity then Frosh/Soph

<b>Fleetwood</b>				
<b>11.35 PR 3<sup>rd</sup> Place</b>				

400m Intermediate Hurdles: Varsity followed Frosh/Soph

800m Run: Varsity Followed by Frosh/Soph Arrive by 10:30 if first event

SanFilippo	Gannon	DeVito	Healy	Reinhold	McCreery	Miller	Murphy	Theison	Valente
2:26	DNR	2:15 PR	2:24PR	2:28	2:29 SB	DNR	2:49	2:28	2:32 PR

200m Dash: Varsity Followed by Frosh/Soph

Anello	Fialho	Goens	DaCosta	Foster	Jones			
23.69	24.02 PR	25.46 PR	25.33 PR	26.17	25.10			

FROSH-SOPH

Ardito	<b>Fleetwood</b>	Ronessi	Agbayewa	Bristol	Mastrangelo	McGiff	Tilus
29.89	<b>23.42 PR 2<sup>nd</sup> Place</b>	27.10 SB	25.12 PR	28.83 PR	28.36 PR	28.03	26.35 PR

3200m Run: Varsity Followed by Frosh/Soph - 4x800m Relay: Varsity Followed by Frosh/Soph4x800m Relay:

4x400m Relay: Varsity Followed by Frosh/Soph - 4x100m Relay: Varsity Followed by Frosh/Soph

## FIELD EVENTS – arrive by 8:50

9:30am: Varsity Long Jump: 3 jumps no finals arrive by 8:45am – Frosh/Soph LJ after

Lisbon	Goens			Tilus	Mastrangelo	
19-1				8'	13-2	

Followed by Varsity Triple Jump:

Anello	
DNJ	

**9:30am: Shot Put: Top 30 followed by 7-Person final – then the rest arrive by 9am**

Almirez	Campisi	Dennelly	Guato	Proux	Scuro	Shotter
32-10	26-2.5	20-4 PR	25-1	30-4.5	29-3 PR	35'3.5 PR
Vice	Webbeh	Fazzini	Vitucci			
	27-3		48'1.5 PR 3 <sup>rd</sup> Place			

**After varsity shot - Frosh/soph Shot Put 12lb:**

Aluisa	DiMenna	Imperato	Kornahuers	Quinn
23-5	21' SB	35-8	23'2	43'1 2 <sup>nd</sup> Place

\*Some might not throw

**9:30am: Frosh/Soph Discus: 3 throws no finals arrive by 9am**

Aluisa	DeMenna	Imperato	Kornahuers	Quinn				
85-8 PR	52'	121'11 PR FIRST PLACE	54-4	110-8				

**9:30am: Frosh/Soph High Jump: Start 4'8 - followed by Varsity High Jump starting at 5'4**

			Lisbon			
			DNJ			

**After frosh-Soph Discus - Varsity Discus top 30 throw – 7 back to final – then all others**

Almirez	Campisi	Dennelly	Guato	Proux	Scuro	Shotter
82-10	65	45-3 PR	62'	77-6 PR	70'	108-1 PR
Vice	Webbeh	Fazzini	Vitucci			
	86'	116-2 PR	DNT			

\*Some might not throw

**8:00am HAMMER**

Vitucci	Fazzini	Shotter
161'1 FIRST PLACE	119-8	104-10