

WORKOUT GROUPS as of 3/28/24

28 at worst	29 at worst	30 - 31 at worst	32 - 33	33 - 34 at worst
Simmons 11.32	DaCosta 12.54	DeVito (61.4)	Dale 13.12	Espinal 14.10
Surozenski (23.03)	Gannon (24.7)	Foster (26.01)	Erb (27.9)	Ryan (29.5)
Anello 11.96	Jones (25.02)	Miller (26.9)	Gonzalez 13.71	Gordon 13.92
Lisbon 11.82	Goens 12.26	Healy (28.5)	AP (27.27)	Valente (29.1)
Fialho 11.96	Agbayewa 12.26	Reinhold (27.5)	Guerrera 13.71	Theisen (28.77)
Fleetwood 11.84		McCreery (64.3)	Legagneur 13.19	DeLisle
		SanFilippo (27.3)	Tillus 13.30	Guirand 14.19
			Bristol 12.91	Hamel (67)
			Ronessi 13.37	Mastrangelo 14.05
			DiBella 13.83	Ardito 14.27
			McGiff 13.40	Guillen 14.55
			Slattery 13.09	

6x200 speed – 12x Distance

if you fall behind your assigned time, take 1 rep off – if you still are off STOP

We do not practice running slow

Less Reps so you can run the time (x4) (distance x10)

35 at worst	37 at worst	38 at worst
Chong 15.09	Diedonne 15.51	Carey 16.32
Bertrum 14.96	Perez 15.32	Maravilla 17.31
Bonnett 14.87	Gudz 15.25	Sobczak 16.13
DiCostanzo 14.99	Marino (35.3)	Sosa 16.23
	Webber (35.3)	Seibert 16.83
	Chan (34.6)	JeanFrancois 16.24
	Murphy	

FIELD EVENTS as of 4/14/24

Jumps – LJ/TJ	High Jump	Hurdles 100/110 – 400	Steeplechase	Throw	Hammer	Jav
Anello – LJ - TJ	Lisbon	Erb 100-400	Gannon	Almirez		
Ronessi LJ-TJ	Hamel	Guerrera 100-400	Ryan	Campisi		Jav
Gordon - LJ	A-P	Hamel 400	Healy	Dennelly		
Dieudonne TJ		Guirand – 100	Miller	Guato		
Lisbon LJ		Theisen - 400	Marino	Proux		
Agbayewa - TJ		Anello – 400 (110)	Webber	Scuro		
Mastrangelo- LJ		Agbayewa – 400 (110)		Shotter - H	Hammer	
Gordon - LJ		McCreery 400	Theison ??	Vice		
Gudz - TJ		Fr – McGiff	Valente ??	Webbeh		
Saada - LJ				Fazzini - H	Hammer	
Tilus - LJ				Vitucci - H	Hammer	
Goens - LJ				Aluisa		
Maravilla TJ				DiMenna		
				Green		
				Imperato		
				Kornahuers		
				Quinn		
				Franco-Sierra - H	Hammer	
				Mansfield		

4x100 Pool 8 Boys and 9 Girls

Boys: Simmons, Lisbon, Anello, Surozenski, Legagneur, Fialho, Jones, Fleetwood

Girls: Slattery, Dale, AP, Guerrera, Gonzalez, Gordon, Erb, Espinal, Guirand