

Blue = Mid-Distance Red = Distance Black = Speed

WORKOUT GROUPS as of 3/9/23

28 at worst Should be <23	29 at worst Should be <25	30 at worst Should be <26	31 at worst Should be <26.5	32 at worst Should be <27	33 at worst Should be <28	34 at worst Should be <29
Oviedo-Torres	Raines	Bellino	Partyka	Ronessi	Casha	Ciadullo
Roman	Espinal	Tinti	Fleetwood	SanFilippo	Hynes	
Aleaga	Luzzi	D'Andria	DeVito	Miller	Miller	Matthieu
Alvarez	Surozenski	Jones	Weber	Reinhold	McCreery	K.Hamel
Simmons	Waskewicz	Gannon		Healy		Cunningham
		Legagneur		Cusack	Espinal	Waters
		Anello			A-P	
		Anello		Wanerka	Gonzalez	
				Slattery	Alexandre	
				Dale	Hamel	
				AT-W	Ryan	
				Guerrera		
				Erb		
				Isnardi		

35 at worst Should be <30	36 at worst Should be <31	36 at worst Should be <32	37 at worst Should be <33	38 at worst Should be <34	39 at worst Should be <35	40 at worst Should be <36
	Murphy	Chong	Pardoma	Bonnett		Muia
	Perez	Quinn		Mars		Delisle
		Gordan	Alma			Theisen
		Schumacher	DiSanto			Ferraiuolo
			Guirand			Bertram
			Dieudonne			
			DiCostanzo			

FIELD EVENTS

Long Jump	100/110 Hurdles	400 Int Hurdles	High Jump	Throws	Triple Jump
Raines	Erb	Erb	Wanerka	Franco-Sierra	Theisen
Ronessi	Guerrera	Slattery	Erb	Hernandez	Raines
Guerrera	Legagneur	K.Hamel	Healy	Moran	Anello
A-Z	Gonzalez		A-Z	Fasano	Slattery
Waters	A-Z?		Partyka	Rivera	Gonzalez??
AT-W				Scuro	Quinn,A??
Wanerka				Seifert	Dieudonne?
Matthieu				Shotter	
				Green	
				Anicipink	
				Imperato	
				Guato	
				Asbell	
				Fazzini	
				Skoda	
				Ardito	
				DiMenna	
				Quinn	