

# NSCHSAA Sophomore League Championship + and Open 1.5/2.5 races Wednesday October 18, 2023

4:30pm B+G Open 1.5 and 2.5 Race – both start at the same time

**1.5 Mile Racers: warm up starts at 3:50 – 2+ mile w/u - except frosh 3:55 mile w/u**

Gannon	DeVito	Del Duca	Reinhold	SanFilippo	Healy	Valente
7:46 PR <b>19<sup>th</sup> SJB</b>	7:53 PR <b>23<sup>rd</sup> SJB</b>	8:29 PR	8:36 PR	8:56 PR	8:59 PR	9:37 PR

Ryan	Murphy	Slattery	Epp	Theisen	Mena	Hamel
9:38	9:44 PR	9:53 PR	9:53 PR	10:00	10:16	10:30

DeLegge	Marino	Webber				
10:40 PR	11:14 PR	11:53 PR				

**4:45pm Boys Sophomore Champs 2.5 Mile Race:** warm up 4:10 – to Start line at 4:30

McCreery						
15:55 PR <b>12<sup>th</sup> place</b>						

**5:00 Girls Sophomore Champs 2.5 Mile Race:** warm up at 4:25 – to start line at 4:45

Stewart	Chan					
19:09 PR <b>6<sup>th</sup> Place</b>	19:20 PR <b>7<sup>th</sup> Place</b>					

Varsity runners running the 1.5 – Your warm up is the 2.5 at a normal – not easy – speed  
Frosh – your normal warm up

Sophs – your normal warm up

Not Running:

Hurt: Donovan + Spruyt + Horn