

Wednesday 9/27/23 – NSCHSAA Dual Meets at Sunken Meadow

We will leave from SJB after school – meet in the lobby

Please remember to bring in your Uniform, Training shoes and Spikes

Also, bring a snack and water for before your race

Bus leaves SJB at 3:00pm – get changed in the locker room and meet in the lobby

Work out day – 1st 300 race – comfortably hard (Tempo) until mouse hole – all out 800m
Varsity times should be around 15 to 20 seconds off – frosh 15 seconds off

5:05 Boys Vs. St. Anthony's + St. Mary's

1.5 Mile Race:

Del Duca	Theisen	Valente	Mena	Horn	Murphy	Epp
Dnr	??DNT??	3:40??	3:22	3:40	3:54	3:50
	9:46	10:24	10:20	10:43	11:29	11:26 PR
	+11	+15	+9	+30??	+40??	-10

2.5 Mile Race:

Gannon	DeVito	McCreery	SanFilippo	Healy	Reinhold	Donovan
dnr	2:53	2:59	3:05	3:18??	Dnr	dnr
	15:21	17:01	17:21 SB	17:47		
	+29??	+10	+1	+36??		

Both Freshmen and Varsity lost to St. Anthony's
Varsity Record is now 2 Wins + 1 Loss

Girls Vs. Holy Trinity and OLMA

Freshman 1.5 Mile Race:

Spruyt	DeLegge	Webber	Marino
4:17	3:51	4:17	4:17
11:54	11:34	12:21	12:03 PR
+56?	+26?	+26?	-10

Varsity 2.5 Mile Race:

Ryan	Slattery	Hamel	Stewart	Chan		
3:33	3:33	3:47	3:37	3:41		
18:52	19:08	20:05	19:53	20:08 PR		
+15	+27	+16	+15	-2		

Varsity WINS against Holy Trinity
Varsity Record is not 3 Wins + 2 Losses