

Wednesday 9/13/23 – 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 3:00 – 3:10 pm – get changed in the locker room and meet in the lobby

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**4:40 Boys 2.5 and 1.5 Open Race**

**4:40 1.5 Mile Racers:**

|                 |                 |       |       |                 |                 |  |
|-----------------|-----------------|-------|-------|-----------------|-----------------|--|
| <b>Theisen</b>  | <b>Valente</b>  | Mena  | Horn  | <b>Murphy</b>   | <b>Epp</b>      |  |
| <b>10:01 PR</b> | <b>10:09 PR</b> | 11:06 | 11:37 | <b>11:24 PR</b> | <b>12:19 PR</b> |  |

**4:40 2.5 Mile Racers:**

|                 |                 |          |          |            |                 |                 |                 |
|-----------------|-----------------|----------|----------|------------|-----------------|-----------------|-----------------|
| <b>Gannon</b>   | <b>DeVito</b>   | Del Duca | McCreery | SanFilippo | <b>Healy</b>    | <b>Donovan</b>  | <b>Reinhold</b> |
| <b>14:38 PR</b> | <b>14:50 PR</b> | 16:06    | 16:56    | 17:46      | <b>17:42 PR</b> | <b>18:52 PR</b> | <b>18:07 PR</b> |

**4:55 Girls Vs. Sacred Heart Academy**

**4:55 Freshman 1.5 Mile Race:**

|               |                 |                 |                 |
|---------------|-----------------|-----------------|-----------------|
| <b>Spruyt</b> | <b>DeLegge</b>  | <b>Webber</b>   | <b>Marino</b>   |
| 11:12         | <b>11:55 PR</b> | <b>12:08 PR</b> | <b>12:13 PR</b> |

**4:50 Varsity 2.5 Mile Race:**

|             |                 |       |                 |                 |  |  |
|-------------|-----------------|-------|-----------------|-----------------|--|--|
| <b>Ryan</b> | <b>Slattery</b> | Hamel | <b>Chan</b>     | <b>Stewart</b>  |  |  |
| 18:47       | <b>18:47 PR</b> | 19:52 | <b>20:19 PR</b> | <b>19:38 PR</b> |  |  |

**SJB 29 – SHA 26      SJB 15 – St.M 50 (low score wins)**

**Season Record 1 Win and 1 Loss**