

## Eastern States Championships – at The Armory

Tuesday 3/1/2022

The 5 athletes competing must go straight to the locker room immediately after H-Period to change into your uniforms. We want to be on the road by 2:05.

Make sure to have food with you to keep fueled for your races and hopefully finals – do not count on being food there – BE PREPARED

4:30 55 High Hurdles: Trials

**4:50 Boys 55m Dash: Trials**

<b>Scott</b>	<b>Simmons</b>			
<b>6.62 (6.4) PR Semi's</b> <b>2<sup>nd</sup> Fastest SJB History</b>	<b>6.84 Semi's</b>			

5:10 55m High Hurdles: Semi's

5:20 Boys 55m Dash: Semi's

<b>Scott</b>	Sommons			
<b>6.63 Finals</b>	6.85			

5:30 200m Dash: Trials

6:00 Distance Medley Relay (DMR)

6:35 55m Dash: Finals

<b>Scott</b>				
<b>6.64 8<sup>th</sup> Place</b>				

6:50 Opening Ceremonies

**6:55 Boys 4x200m Relay: Trials**

Scott	Moloney	Hill	Robinson	
22.5	23.0	<b>23.1 PR</b>	22.8	<b>1:31.50 SB</b> <b>Finals</b>

7:15 4x800m Relay

7:55 4x200m Relay: Finals

Scott	<b>Moloney</b>	Hill	Robinson	
22.4	<b>22.7 PR</b>	23.1	22.6	<b>1:31.00 2<sup>nd</sup> Place</b> <b>SJB #2 History</b>

**Also #5 New York State - #2 Long Island - #1 Suffolk County**