

Suffolk Coach Track and Field Invitational at Commack High School

Saturday April 23, 2022 – First race starts at 9:30

Bus Leaves SJB at 8:00am or arrive at assigned times

9:30am: 3000m Steeplechase followed by the 2000m Steeplechase

110m High Hurdles: trials - Varsity Followed by Frosh/Soph final on time

1600m Run: Varsity Followed by Frosh/Soph arrive by 9:30am

Aguilar	Fitzgerald	Harrigan	Gannon	DeVito	Healy	Reinhold
4:39 PR	5:07 PR	5:17	5:12 PR	5:38 PR	5:57 PR	5:45 PR

100m Dash: Trials – Varsity followed by Frosh/Soph arrive by 9:30am

Scott	Aleaga	Graff	Hoffmann	Rodriquez	
11.19 Finals	12.05	12.64 PR	13.35 SB	14.21 PR	

FROSH-SOPH

Simmons	Legagneur	Jones				
11.45 Finals	13.08 PR	13.38 PR				

400m Dash: Varsity followed by Frosh/Soph arrive by 10am

Wesolowski	Oviedo-Torres
	52.64 PR

100m Dash Finals Varsity then Frosh/Soph

Scott	Simmons
10.96 PR 2 nd Place	11.18 PR 2 nd Place

400m Intermediate Hurdles: Varsity followed by Frosh/Soph arrive by 10am

	Byrnes					
	DNR					

800m Run: Varsity Followed by Frosh/Soph arrive by 10:30am

Bellino	Cole					
2:20	2:28 PR					

200m Dash: Varsity Followed by Frosh/Soph arrive by 11:00am

Hill	Aleaga	Oviedo-Torres	Smith	Graff	Luzzi	Rodriquez	Hoffmann
23.98	24.90			26.25	25.26 PR	28.58 PR	

FROSH-SOPH

Simmons	Waskewicz	Legagneur	Jones			
23.95 SB 2 nd Place		27.28	28.08			

3200m Run: Varsity Followed by Frosh/Soph

4x800m Relay: Varsity Followed by Frosh/Soph 4x800m Relay:

4x400m Relay: Varsity Followed by Frosh/Soph

Aguilar	Hill	Hoffmann	Bellino	
56.6	53.8 PR	59.1 PR	59.3 SB	3:48

Fitzgerald	Graff	Gannon	Luzzi	
63.1	61.2 PR	60.9 PR	63.8	4:00

4x100m Relay: Varsity Followed by Frosh/Soph

Simmons	Scott	Oviedo-Torres	Aleaga	
				44.89 3 rd Place

FIELD EVENTS

Starting at 9:30

Varsity Long Jump: 3 jumps no finals arrive by 8:45am

Casey	Scott	Wesolowski	Smith			
17'3	19'1	17'2.5	17'10 PR			

Shot Put: Top 30 followed by 7 person final – then the rest arrive by 9am

Fasano						
27'7.25 SB						

Frosh/Soph Discus: 3 throws no finals arrive by 9am

Scurio	Seifort	Shotter	Fazzini			
	75'	89'7" PR	75'3			

Frosh/Soph High Jump: Start 4'8 - Open Pole Vault

After Varsity Long Jump ends – FROSH/SOPH LONG JUMP – 3 jumps no finals arrive by 10am

Byrnes						

After Frosh Soph Long Jump TRIPLE JUMP – 3 jumps no finals

Casey						

After frosh-Soph Discus - Varsity Discus

Fasano						
70'2"						

After varsity shot - Frosh/soph Shot Put:

Seifert	Shotter	Fazzini				
28' SB	27'11.5	25'2.75 12lb				

Varsity High Jump start 5'4 – after Frosh soph HJ - Novice Pole Vault