Wednesday 9/20/23 – 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 And bring your books to do homework while we wait to race

Bus leaves SJB at 3:10pm – get changed in the locker room and meet in the lobby

5:10 Boys Vs. Kellenberg + Holy Trinty

1.5 Mile Race:

| Del Duca | Theisen | Valente | Mena | Horn | Murphy | Ерр |
|----------|---------|---------|----------|----------|----------|----------|
| | 9:35 PR | 10:11 | 10:11 PR | 10:32 PR | 10:44 PR | 11:36 PR |

2.5 Mile Race:

| Gannon | DeVito | McCreery | SanFilippo | Healy | Donovan | Reinhold |
|--------|--------|----------|------------|----------|---------|----------|
| 14:38 | 14:58 | 16:54 | 17:24 SB | 17:22 PR | 19:13 | 16:51 PR |

SJB 25 - KELL-25 **SJB 15 -** HT 50

SJB BOYS ARE NOW 2 WINS AND 0 LOSSES

5:25 Girls Vs. Kellenberg + OLMA

Freshman 1.5 Mile Race:

| Spruyt | DeLegge | Webber | Marino |
|----------|----------|----------|--------|
| 10:56 PR | 11:08 PR | 11:55 PR | 12:14 |

Varsity 2.5 Mile Race:

| Slattery | Ryan | Hamel | Stewart | Chan | |
|----------|----------|-------|---------|----------|--|
| 18:41 PR | 18:37 SB | 20:09 | 19:53 | 20:10 PR | |

SJB 32 – OLMA 23 SJB 23 – KELL 32

SJB GIRLS ARE NOW 2 WINS AND 2 LOSSES