

L.M.#3E @ HVCC 8:00-1:15  
 Thursday, December 30th 2010

TIME	Event						
8:10	Novice 300	Tagney-Centor	Forde	Guntharp	Durner	Planz	
		Raghubar	Jean-Pierre	Perechinsky	Evan	Porcelli	
		Simon	Beauchamp	Ratoon	Flood		
8:25		Afzal	Brizzel	Reilly	Ogden		
		Brundige	Fuchs	Askew	Oki		
	Novice 800						
8:40	4x200 A	Lee	O'Connor	Nasca	Casale	Ogden	Evan
	4X200 B	Rafferty	Torrosian	Zackon	Marshall	Ratoon	Reilly
9:00	Frosh Hurdles	Beauchamp	Abuelmaali	Wygel	Nasca		
9:10	JV/Var. Hurdles	Gedeon	Simon	Crump	Gallagher		
9:30	4x800 Relay A						
	4X800 RELAY B						
9:50	300 JV/VARSITY	Jackson	Mendez	Gedeon	Nasca	Lee	Phillips
10:10	1600 JV/VARSITY	J. Perez	Couch	Nagengast	Fallon	Mayer	Sneeringer
10:20	1600 FROSH	McElroy	Dan Bolognino	Waltersdorf	Dillon Bolognino		
10:40	600 VARSITY/JV	Spiro	Smith				
10:50	600 FROSH						
11:00	3200 JV/VARSITY						
11:30	1000 JV/VARSITY	J. Perez	Couch	Nagengast	Fallon	Gross	Martino
11:50	1000 FROSH	McElroy	Dan Bolognino	Waltersdorf	Dillon Bolognino		
12:00	55M VARSITY/JV	Mendez					
12:15	55M FROSH						
12:30	4X400 A	Lee	Nasca	Casale	Rafferty		
	4X400 B						
12:40	4X400 FROSH A	Nasca	Wygel	Abuelmaali	Afzal		
	4X400 FROSH B	Brundige	Ratoon	Rielly	Forde		
10:00	SHOT PUT VARSITY/JV						
	SHOT PUT FROSH						
11:30	SHOT PUT NOVICE						
8:30	TRIPLE JUMP VARSITY/JV						
10:15	LONG JUMP VARSITY/JV						
12:00	LJ/TJ NOVICE						
8:30	POLE VAULT FROSH/JV/VAR						
	CONTINUOUS BAR 6'6"						
8:30	HIGH JUMP FROSH/JV/VAR						
	CONTINUOUS BAR 3'6"						
*THESE TIMES ARE ESTIMATES AND MEETS CAN RUN AHEAD AND BEHIND							