



EAST LONGMEADOW HIGH SCHOOL SPARTANS

2021-2022 Varsity Boys Cross-Country

Head Coach: Brendan Abad

Name	Gr.	Ht.	Wt.
Mitchell Aarons	Sr.		
John Burns	Fr.		0
Ben Cangemi	Jr.		
Nick Cassidy	Sr.		
Ryan Clay	Jr.		
Alec Dimitroglou	Sr.		
Joe Ferrero	Jr.		
Kyle Gauthier	Jr.		0
Malin Gitau	So.		0
James Hamilton	Fr.		0
Josh Kirchner	Jr.		
Connor Knee	So.		0
Jack Langan	So.		
Colby Law	Jr.		
Andrew Lonczak	Fr.		0
Ben Martin	Jr.		
Gabe Martin	Fr.		0
James Roumeliotis	Sr.		
Johnny Rucci	So.		0
Andrew Violette	Jr.		
Jack Williamson	So.		
Sam Wychowski	Fr.		0