



LONGMEADOW HIGH SCHOOL LANCERS

2020-2021 Varsity Boys Cross-Country

Head Coach: James Flaherty

Name	Gr.	Ht.	Wt.
Nathan Adams	So.		0
Zimraan Ahmad	Jr.		
Sontino Allentuck	Sr.		0
John Antonopoulos	So.		
Armen Asik	Sr.		
Jonah Barresi	Jr.		
Emerson Bernardi	Fr.		0
Mitchell Brecht	Sr.		
Wesley Breed	Sr.		
Chris Cardaropoli	Fr.		0
Ryan Casagrande	Jr.		0
Aiden Cass	Jr.		
Kyle Ceccotti	So.		
Will Cowley	Jr.		
Michael Daly	Sr.		0
Eddie Desarro	Sr.		0
Jed Desarro	Fr.		
Owen Dzierzowski	Sr.		
Zachary Elfman	Jr.		
Edgar Gebhardt	Jr.		
Tommy Li	Sr.		
Evan Lyons	So.		
Will Mathews	So.		
Niko Minitas	Sr.		0
Emmett Morin	Jr.		
Carson Plaus	Sr.		0
Peter Preston	Jr.		
Owen Richardson	Fr.		0

Charlie Townsend

Sr.

Collin Vasu

Sr.