



LONGMEADOW HIGH SCHOOL LANCERS

2023-2024 Varsity Boys Cross-Country

Head Coach: James Flaherty

Name	Gr.	Ht.	Wt.
Akul Agarwal	So.		0
Ben Barilaro	Sr.		
Duncan Bennett	Fr.		
Lucas Biasetti	So.		
Jake Blazejewski	Fr.		
Chris Bouvier	Jr.		
Andreas Christoforakis	Fr.		
Nicholas Christoforakis	Jr.		
Raphael Coly	Fr.		
Ben Cournoyer	Sr.		
Matthew Cournoyer	So.		
Bran de Gruyl-Burns	So.		
Spence Deliso	Jr.		
Jed Desarro	Sr.		
Liam Dietz	Jr.		
Lucas Doben	Jr.		
Noah Eaton	Fr.		
Cody Grodsky	Sr.		
Rowan Haber	Jr.		
Ethan Halpern	So.		
Sean Hamel	Jr.		
Graham Howard	So.		
Sailesh Kamalahasan	Sr.		
Ryan Katsafanas	Fr.		
Gregory Keane	Jr.		
Yejun Kim	Fr.		
Nate Lewis	So.		
Richard Li	So.		
Robert McCullough	Fr.		
Andrew Medeiros	Jr.		
Drew Monson	So.		
Grady Morin	Fr.		0
Josiah Moseley	So.		
Griffin Orr	Sr.		
Emmett Reppucci	Jr.		
Coleman Robert	Jr.		
Henry Sacco	Jr.		
Myles Scott	Jr.		
Eric Sohn	Fr.		0
Jack Tracy	Fr.		0
Malcolm Weissman	Jr.		

Brandon Xu

Fr.

0

Felix Zhou

So.