



LONGMEADOW HIGH SCHOOL LANCERS

2024-2025 Varsity Boys Cross-Country

Head Coach: James Flaherty

Name	Gr.	Ht.	Wt.
Jacob Abebe	Fr.		
Chris Bouvier	Sr.		
Raphael Coly	So.		
Matthew Cournoyer	Jr.		
CJ Deliso	Fr.		
Spence Deliso	Sr.		
Liam Dietz	Sr.		
Rowan Haber	Sr.		
Ethan Halpern	Jr.		
Graham Howard	Jr.		
Ryan Katsafanas	So.		
Gregory Keane	Sr.		
Oliver Lawrence	Jr.		
Andrew Medeiros	Sr.		
Drew Monson	Jr.		
Finn O'Connor	Fr.		
Henry Sacco	Sr.		