



LONGMEADOW HIGH SCHOOL LANCERS

2024-2025 Varsity Boys Cross-Country

Head Coach: James Flaherty

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