



LONGMEADOW HIGH SCHOOL LANCERS

2022-2023 Varsity Boys Outdoor Track

Head Coach: John Pantuosco

Name	Gr.	Ht.	Wt.
Nathan Adams	Sr.		0
Jurgen Bouvier	Jr.		
Seth Ceccotti	Jr.		0
Spence Deliso	So.		
Lucas Doben	So.		
Ethan Halpern	Fr.		
Sean Hamel	So.		
Sailesh Kamalahasan	Jr.		
Fred Koran	Sr.		
Evan Lyons	Sr.		
Matthew Richards	Sr.		
Finn Richardson	Sr.		
Coleman Robert	So.		
Daniel Shea	Sr.		0
Henry Vonnahme	So.		