



LONGMEADOW HIGH SCHOOL LANCERS

2023-2024 Varsity Boys Outdoor Track

Head Coach: John Pantuosco

Name	Gr.	Ht.	Wt.
Joshua Anderson	Fr.		0
Jayden Anoje	Fr.		0
Luca Baressi	Jr.		
Mateo Barresi	Fr.		0
Duncan Bennett	Fr.		
Griffin Bergeron	So.		
Robert Blanchette	Fr.		0
Jake Blazejowski	Fr.		
Samuel Blumberg	Sr.		0
Brady Bolduc	Jr.		0
Christopher Bouvier	Jr.		0
Jurgen Bouvier	Sr.		
Michael Brosnan	Fr.		
Collin Burke	Jr.		
Mathewos Calento	Jr.		0
Aidan Canina	Jr.		0
Christopher Cardaropoli	Sr.		0
Cameron Castner	Fr.		0
Seth Ceccotti	Sr.		0
Kailand Charles	Fr.		
Jaelin Chittaphong	So.		0
Andreas Christoforakis	Fr.		
Nicholas Christoforakis	Jr.		
Raphael Coly	Fr.		
Brendan Connolly	So.		
Alexander Coulouras	Jr.		
Christopher Cournoyer	Jr.		0
Matthew Cournoyer	So.		
Jackson Dalessio	Fr.		0
Bran de Gruyl-Burns	So.		
Spence Deliso	Jr.		
Ansh Dham	So.		
William Dietz	Jr.		0
Lucas Doben	Jr.		
Luke Dunnirvine	Fr.		0
Paul Ekmalian	Jr.		
Evan Eves	So.		0
Christopher Filippone	Jr.		0
Darnell Francis	Sr.		
Ethan Halpern	So.		
Sean Hamel	Jr.		
Austin Healy	Sr.		
Sawyer Hindley	Jr.		
Anthony Irizary	Sr.		0
Ryan Katsafanas	Fr.		
James Kaylor	So.		
Gregory Keane	Jr.		0
Yejun Kim	Fr.		
Graham Kitovich	Fr.		0
Jack Koffinke	Jr.		

Name	Gr.	Ht.	Wt.
Elijah Lamptey	Jr.		0
Nicholas Langone	Jr.		0
Luke Lanides			0
Oliver Lawrence	So.		
Ethan Lee	Fr.		0
Nathaniel Lewis	So.		0
Vinh "Tommy" Luong	Fr.		0
Robert McCullough	Fr.		
Andrew Medeiros	Jr.		
Peter Mengwasser	So.		0
Kyle Miner Williams	Fr.		0
Langdon Mitchell	Fr.		
Drew Monson	So.		
Nicolas Montoya	So.		0
Sage Moore	Fr.		0
Brayden Morris	Jr.		0
Johan-Jeffrey Moulema	Jr.		0
Rizah Muftic	Fr.		0
Benjamin Mulcahy	Sr.		0
Ben Newkirk	So.		
Shane O'Connor	So.		
Evan O'Gilvie	Fr.		0
Christian Ortiz	Sr.		0
Matthew Perez-Belinas	Sr.		
David Pinkham	So.		0
Ari Powers	Jr.		
Joel Provencher	Fr.		0
Jordan Ratner	So.		0
Nicholas Rauseo	So.		0
Emmett Reppucci	Jr.		
Andrew Richards	Jr.		0
Nason Riley	Jr.		0
Coleman Robert	Jr.		
Ilias Rodriguez	Jr.		0
Jacob Rome	Jr.		0
Nolan Ryzcek	Jr.		
Henry Sacco	Jr.		
Logan Sangelo	Fr.		0
David Sanger	Fr.		
Myles Scott	Jr.		
Nikolas Slocumn	Fr.		0
Ansel Snow	Fr.		
Alex Sverrison	Fr.		0
Ryan Thomas	Jr.		0
Steven Tran	Fr.		0
Nathaniel Tyson	Jr.		0
Henry Vonnahme	Jr.		
Burke Warchol	Jr.		
Sebastian White	Jr.		
Brendan Wujek	Jr.		