

Frosh-Soph Lineup for Niles West 4/10/2010

Long Jump	Tom Burnson	Patrick Regan				
Triple Jump	Eric Washington					
Pole Vault	Tom Burnson	Felipe Alvarado				
High Jump	Josh Carlisle	Eric Washington				
Discus	Patrick Bovard					
Shot Put	Patrick Bovard					
4 x 800m relay	Ryan Eley	Joey Ficner	Matt Dumon	Ed Egan		
4 x 100m relay	Patrick Regan	Eric Washington	Tom Burnson	Guy Uργο		
3200m run	Pat Yerkes					
100m HH						
100m dash	Guy Uργο	Tom Burnson				
800m run	Ryan Eley	Ed Egan				
4 x 200m relay	Guy Uργο	Tom Burnson	Josh Carlisle	Patrick Regan		
400m dash	Felipe Alvarado	Nick Gallo				
300m IM Hurdles						
1600m run	Joey Ficner	Matt Dumon				
200m dash	Guy Uργο	Josh Carlisle				
4 x 400m relay						

Varsity Lineup for Niles West 4/10/2010

Long Jump	Dan Nierzwicki					
Triple Jump	Chevis Fletcher					
Pole Vault						
High Jump	Chevis Fletcher					
Discus	Ray Laforteza					
Shot Put	Ray Laforteza					
4 x 800m relay						
4 x 100m relay						
3200m run	Dan Yerkes	Ryan Clardy				
100m HH	Dan Nierzwicki	Tom Meade				
100m dash						
800m run	Matt Hipkind					
4 x 200m relay						
400m dash						
300m IM Hurdles	Dan Nierzwicki	Tom Meade				
1600m run	Bill Toohey					
200m dash	Dan Nierzwicki					
4 x 400m relay	Tom Meade	Bill Toohey	Chevis Fletcher	Matt Hipkind		