

HUDSON MOHAWK ROAD RUNNER'S CLUB TUESDAY NITE TRACK SERIES - JUNE 22, 2010

Colonie High School

Men

Open

100M	Burnett	10.6
200M	Karam	22.9
400M	Marsan	53.0
800M	Cook	2:09.1
Mile	Terry	4:31.9
Mile Walk	Capuano	11:47.2
2 Mile	Debronsky	10:57.2
4 x 100MR	Scott, Scott	45.0
	Perkins, Granger	
Shot Put	Rudd	48'
Discus	Parsons	151'6"
High Jump	Scott	6'4"
Long Jump	Granger	22'

Submasters

800M	Morris	2:26.9
Mile	Dempsey	4:32.3
2 Mile	Sergott	12:56.3

Masters

100M	Stephenson	14.2
200M		
400M		
800M		
Mile	Hoffman	4:57.4
Mile Walk	Piplani	11:53.6
2 Mile	Stephenson	13:21.5
High Jump	Chesky	5'2"

Seniors

200M	Bennett	34.2
400M	Murphy	69.0
800M	Kitzrow	2:16.4
Mile	Picotte	5:43.6
Mile Walk	Lawrence	7:57.3
2 Mile	Bennett	13:29.7
Discus	Fortunato	128'4"
Shot Put	Fortunato	33'6"

Veterans

100M	Thorne	14.9
200M	Thorne	30.6
400M	Geiger	65.4
800M	Fiore	3:05.4
Mile	Paquin	6:19.8
Mile Walk	Chacoine	11:05.9
Shot Put	Berkery	23'5"

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Mile	Skinner	7:25.1
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Women

Open

100M	Plante	12.1
100MH	Wheeler	16.6
200M	Plante	24.4
400M	Osipitan	69.9
400MH	Guillot	66.4
800M	Peterson	2:39.5
Mile	Keller	5:37.5
Mile Walk	Capuano	12:36.3
2 Mile	Burke	12:47.2
Shot Put	Gordon	36'7"
Discus	Hensler	85'1"

Submasters

100M	Jackson	16.8
400M	Jackson	93.3
Mile	Oliver	5:49.2
Mile Walk	Giancaspro	10:02.8

Masters

Mile	Reilly-Johnson	6:38.8
1 Mile Walk	Dudek	14:00.0

Seniors

400M	Hein	1:45.5
Mile	Finnegan	7:21.5
Mile Walk	Ellis	14:06.7

Veterans

Mile	Wong	7:03.8
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Mile	Stockman	9:44.2
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