

RESULTS OF HUDSON-MOHAWK ROAD RUNNER'S CLUB - TUESDAY NITE TRACK MEET #1 - JULY 6, 2021

MEN

15 & Under

100M	Huno	12.8
200M	Huno	26.3
400M	Huno	60.3
1 Mile Run	Grant	6:50.4
Long Jump	Yannone	13'8"
Shot Put	Myers	24'7"
Discus	Myers	65'8"

Open (up to 29)

100M	Samuel	10.8
200M	Samuel	22.4
400M	Higgins	51.4
800M	Simecoe	2:11.1
1 Mile Run	Schumacher	5:09.6
2 Mile Run	Parekc	10:12.0
Long Jump	Wheeler	20'4"
Triple Jump	Campto	37'8"
Shot Put	Sankora	39'11"
Discus	Gilet	164'

Masters (40-49)

200M	Shatynski	31.5
400M	Shatynski	60.7
800M	Shatynski	2:32.2
1 Mile Run	Richard	5:56.7
Shot Put	Majera	29'9"

Veterans (60-69)

200M	Bean	34.4
400M	Kitzrow	66.4
1 Mile Run	Bean	6:30.6

15 & Under

100M	Mack	13.8
400M	Mack	63.8
800M	Koa	2:48.0
1 Mile Run	Koa	6:14.2

Open (up to 29)

200M	Moran	26.9
400M	Brown	60.9
Long Jump	Chamberlain	18'5"
Triple Jump	Chamberlain	38'10"

Seniors (50-59)

1 Mile Run	Schmidt	7:25.0
2 Mile Run	Hoyt	15:46.3

High School

100M	Delphin	11.8
200M	Higgins	22.7
	DeSilva	22.7
400M	Praileau	53.1
1 Mile Run	Parekc	4:43.5
2 Mile Run	Chittur	10:55.9
Triple Jump	Wheeler	43'1"
Shot Put	Sencer	29'7"
Discus	Raileou	108'2"

Submasters (30-39)

100M	Woods	12.8
400M	Richburg	77.0
1 Mile Run	Woods	4:55.6
Shot Put	Chase	40'8"
Discus	Chase	110'

Seniors (50-59)

100M	Dunn	15.0
200M	Atwell	37.0
400M	Atwell	80.0
800M	Reed	2:47.3
1 Mile Run	Atwell	6:45.7
2 Mile Run	Reed	11:50.1

Juraissac (70+)

1 Mile Run	Bennett	7:42.8
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WOMEN

High School

100M	Rowley	12.8
200M	Rowley	27.2
400M	Moran	62.2
Long Jump	Moran	15'7"

Submasters (30-39)

800M	Chase	2:43.0
1 Mile Run	Chase	5:47.7