

RESULTS OF HUDSON-MOHAWK ROAD RUNNER'S CLUB - TUESDAY NITE TRACK MEET #4 - JULY 26, 2022

MENHigh School

100MH	Miller	17.3
100M	Semerex	10.7
200M	Antalex	25.9
1 Mile	Simkins	4:52.2
HJ	Xu	5'10"
LJ	Gardner	20'2"
TJ	Fox	38'11"
SP	Comino	43'5"
Discus	Comino	127'6"

Open (up to 29)

110MH	McNamara	17.4
100M	Davis	11.1
200M	Fajan	23.9
1 Mile	Girard	4:53.9
2 Mile	Schumacher	12:02.7
SP	Thomas	36'2"
Discus	Santoro	119'1"
LJ	McNamara	19'9"

Submasters (30-39)

400M	Bary	62.1
1 Mile	Bary	5:22.2
Discus	Gilet	150'

Masters (40-49)

110 MH	Majeran	19.8
1 Mile	Terry	4:59.9
Discus	Craft	100'4"

Seniors (50-59)

200M	Atwell	37.0
400M	Atwell	83.0
800M	Atwell	3:17.1
1 Mile	Fajan	5:58.3

Veterans (60+)

1 Mile	Sheehy	7:52.5
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Juraissic (70+)

1 Mile	Litts	10:48.4
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WOMENHigh School

100MH	Rogers	15.7
100M	Wicks	12.6
400M	Wicks	58.0
400MH	Martinez	70.7
800M	Sharer	2:49.2
LJ	Crotty	15'2"
Discus	Craft	66'11"

Open (up to 29)

100M	Emerald	13.0
200M	Morelli	29.6
1 Mile	Guilfoyle	5:29.8
2 Mile	Guilfoyle	12:11.2

Submasters (30-39)

400M	Moslander	68.3
1 Mile	Moslander	5:26.5
Shot	Gilet	34'
Discus	Gilet	143'3"

Juraissic (70+)

1 Mile	Shrader	11:18.1
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