

RESULTS OF HUDSON-MOHAWK ROAD RUNNERS' CLUB TUESDAY NITE TRACK MEET #8- AUGUST 2, 2016

MEN

High School

100M	Reagan	11.7
200M	Woodard	29.5
400M	Koniszewski	55.2
800M	Reagan	2:11.5
1 MILE	Tindale	4:30.3
2 MILE	Johnson	10:15.0
SHOT PUT	Gabriel	42'11"
DISCUS	Gabriel	124'

Open

100M	Bender	11.4
200M	David	24.4
400M	Girard	58.3
800M	Connor	2:17.1
1 MILE	Gideon	4:34.5
2 MILE	Missineo	11:00.3
SHOT PUT	Gilet	45'8"
DISCUS	Gilet	169'5"

Submasters

100M	Thompson	11.6
200M	Thompson	24.8
400M	Smitas	55.6
800M	Mancuso	2:31.9
1 MILE	Catlett	5:10.3
SHOT PUT	Hall	34'6"

Masters

400M	Williams-Searle	73.7
400MH	Durham	63.8
800M	McNamara	2:36.4
1 MILE	Bright	5:26.6
2 MILE	Tromp	13:40.9

Seniors

100M	Dunn	12.8
200M	Dunn	27.3
400M	Lynch	68.7
800M	McNamara	2:41.3
1 MILE	Spiezio	5:21.4
1 MILE WALK	Spiers	11:07.6
2 MILE	Lynch	14:43.9

Veterans

100MH	Torre	19.2
200M	Torre	31.2
300MH	Torre	53.5
800M	Natalie	2:40.6
1 MILE	Litts	8:57.0
2 MILE	Litts	19:00.8

Juraissic

100M	Rappazzo	14.9
200M	Rappazzo	31.2
1 MILE RACEWALK	Caccuitto	11:42.1

WOMEN

High School

100M	Jackson, C.	13.3
100MH	Erwell	19.1
200M	Brown	27.3
400M	Brown	60.5
800M	Thompson	2:39.9
1 MILE RUN	Wagner	6:11.4
1 MILE RACEWALK	Liebers	10:29.2
2 MILE RUN	Durham	14:16.7
SHOT PUT	Aldrich	30'8"
DISCUS	Aldrich	85'7"

Open

100M	De'Aprix	16.3
400M	Collison	70.5
1 MILE	Collison	5:11.1
SHOT PUT	Lyons	37'2"
DISCUS	Walker	147'5"

Submasters

1 MILE RUN	Fazziola	17.0
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Masters

1 MILE RUN	Smitas	6:44.6
2 MILE	Church	17:14.0
1 MILE RACEWALK	O'Hare	13:53.1

Seniors

1 MILE RUN	Spiers	7:08.2
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Veterans

1 MILE RUN	Dott	7:25.5
1 MILE RACEWALK	Carroll	13:57.2

Juraissic

1 MILE RUN	Stockman	11:53.3
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THIS IS THE LAST MEET IN OUR SUMMER SERIES. THANK YOU VERY MUCH FOR ALL YOUR HELP.

Frank Myers 869-9333