

RESULTS OF HUDSON-MOHAWK ROAD RUNNERS' CLUB TUESDAY NITE TRACK MEET #5 - July 18, 2017

Men-High School

100M	Van Delkse-Diaz	11.5
200M	Van Delkse-Diaz	24.2
400M	McQueen	51.2
800M	Flowers	2:14.8
1 MILE	Zukowski	4:57.0
2 MILE	Daly	11:35.4
SHOT PUT	Gabriel	40'11"
LONG JUMP	Marshall	19'7"
TRIPLE JUMP	Marshall	40'11"

Women-High School

100MH	Masse	22.3
100M	Stoner	12.9
200M	Stratton	29.1
800M	Hesler	2:32.0
1 MILE	Dailey	12:38.4
SHOT PUT	Krochina	35'5"
DISCUS	Krochina	123'9"
LONG JUMP	Smith	14'3"
TRIPLE JUMP	LaPlante	31'4"

Men-Open (20-29)

100M	Garcia	10.7
200M	Carey	25.7
1 MILE	Messino	5:14.1
SHOT PUT	Santoro	42'10"
DISCUS	Santoro	127'8"

Women-Open (20-29)

100M	Moran	14.6
200M	Claxton	32.4
800M	Moran	2:46.2
1 MILE	Moran	6:28.3
DISCUS	Vele	150'11"

Men-Submasters (30-39)

1 MILE	Woods	4:38.8
2 MILE	Siebrecht	11:40.1
LONG JUMP	O'Connor	13'7"

Women-Submasters (30-39)

200M	Duval	33.7
400M	Duval	80.1
1 MILE	Turner	5:11.3

Men-Masters (40-49)

100M	Dunham	13.0
200M	Petny	28.0
400M	Petny	64.4
800M	McNamara	2:43.6
1 MILE	Smitas	5:00.7
2 MILE	Fraleley	14:08.6
LONG JUMP	Ade	12'6"

Women-Masters (40-49)

800M	McNamara	3:23.4
1 MILE	McNamara	7:44.5

Men-Seniors (50-59)

100M	Stevenson	13.6
400M	Stevenson	63.5
800M	Stevenson	2:30.6
1 MILE	Lynch	6:41.7
2 MILE	Stevenson	12:23.3
SHOT PUT	Hannay	44'4"
DISCUS	Hannay	136'6"

Women-Seniors (50-59)

1 MILE	Denham	7:55.2
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Men-Veterans (60-69)

100M	Minschin	15.9
800M	Kitzrow	2:28.1
1 MILE	Litts	8:52.8
DISCUS	Morris	157'2"

Women-Juraissic (70+)

1 MILE	Stockman	12:45.0
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Men-Juraissic (70+)

1 MILE	Stockman	10:02.1
DISCUS	Rinaldo	63'8"
TRIPLE JUMP	Rinaldo	17'7"