

RESULTS OF HUDSON-MOHAWK ROAD RUNNERS' CLUB TUESDAY NITE TRACK MEET #5 - JULY 12, 2016

MEN

High School

100MH	House	15.3
100M	Laroue	11.3
200M	Reagan	23.0
400M	Reagan	52.7
800M	Cusato	2:15.3
1 MILE	Goca	5:07.9
2 MILE	Shepard	13:49.1
SHOT PUT	Lanciault	38'10"
DISCUS	Lanciault	115'3"

Open

100M	Jackson	11.6
200M	Coogan	26.1
1 MILE	Young	4:50.9
2 MILE	Messino	10:50.2
DISCUS	Krochina	110'8"

Submasters

100M	Majeran	12.5
200M	Carter	26.3
400M	Woods	54.0
800M	Altobello	2:54.2
1 MILE	Dempsey	4:49.0
DISCUS	Chase	131'2"

Masters

400M	Williams-Searle	73.4
1 MILE	Williams-Searle	5:56.0
2 MILE	Tromp	12:40.3

Seniors

100M	Stevenson	13.5
200M	Lynch	32.3
400M	Lynch	70.5
800M	Stevenson	2:43.4
1 MILE	Stevenson	5:50.6
2 MILE	Munson	12:40.7
SHOT PUT	Hannay	42'9"
DISCUS	Hannay	135'2"

Veterans

200M	Litts	41.9
800M	Natalie	2:42.0
1 MILE	Klapp	6:34.8
2 MILE	Litts	18:58.1
DISCUS	Morris	160'0"

Juraissic

100M	Rapazzo	15.2
400M	Rapazzo	71.2
1 MILE	Stockman	9:14.9

WOMEN

High School

100MH	Smith	18.5
100M	Jackson, C.	12.9
200M	Jackson, C.	27.7
800M	Loder	2:30.6
1 MILE RUN	O'Brien	5:22.5
1 MILE RACEWALK	McLaughlin-Kelly	11:18.8
2 MILE RUN	Kokernak	12:29.6

Open

200M	Moran	31.3
800M	Moran	2:47.5
2 MILE WALK	Podlaski	7:48.5
2 MILE	Moran	14:34.0
SHOT PUT	Lyons	38'1"
DISCUS	Lyons	109'7"

Submasters

800M	Binsfeld	3:10.2
1 MILE RUN	Turner	5:23.2

Seniors

1 MILE RUN	Gathen	6:33.3
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Veterans

1 MILE RUN	Dott	7:22.5
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1 MILE RUN	Stockman	11:38.6
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