

RESULTS OF HUDSON-MOHAWK ROAD RUNNERS' CLUB TUESDAY NITE TRACK MEET #4 - JULY 5, 2016

MEN

High School

100MH	House	14.9
100M	Cooper	11.4
200M	Tindale	23.5
400M	Reagan	52.1
800M	Goca	2:17.9
1 MILE	Goca	5:01.5
2 MILE	Goca	11:56.5
LONG JUMP	Ogagan	20'11"
TRIPLE JUMP	Ogagan	40'1"
SHOT PUT	Lanciaot	40'3"
DISCUS	Gabriel	122'11"

Open

200M	Kocienski	23.6
400M	Kocienski	50.8
800M	Coughlin	2:08.8
1 MILE	Coughlin	4:55.9
2 MILE	Ricciardi	11:55.5

Submasters

100M	Altobello	14.0
200M	Majeran	25.6
400M	Altobello	70.7
1 MILE	Flynn	5:18.8
2 MILE	Hayes	12:42.2

Masters

200M	McCauley	27.5
400M	Luo	63.1
1 MILE	Tindale	5:47.6

Seniors

100M	Lynch	15.3
400M	Lynch	73.1
1 MILE	Lynch	6:27.3
2 MILE	Munson	12:38.4
SHOT PUT	McElroy	33'4"
DISCUS	McElroy	119'2

Veterans

200M	Litts	41.1
800M	Natalie	2:45.8
1 MILE	Natalie	6:12.6
2 MILE	Litts	19:45.6
DISCUS (2K)	Morris	117'11"

Juraissic

100M	Rapazzo	14.7
400M	Rapazzo	72.2
800M	Rush	3:28.0

WOMEN

High School

100MH	Erwell	19.2
100M	Singleton	12.5
200M	Loder	26.7
400M	D'Ambrosio	66.8
800M	Howard	2:36.7
1 MILE RUN	Taffe	6:00.5
2 MILE RUN	Sherman	14:27.4
LONG JUMP	Singleton	15'8"
SHOT PUT	Holston	18'8
DISCUS	Holston	48'

Open

400M	Davis	81.0
800M	Mack	2:32.9
1 MILE	Mack	5:38.6
1 MILE WALK	Podlaski	7:48.2
SHOT PUT	Lyons	38'5"
DISCUS	Lyons	106'

Submasters

1 MILE RUN	Smitas	7:18.3
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Seniors

1 MILE RUN	Gathen	6:23.3
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Veterans

1 MILE RUN	Dott	7:37.1
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Juraissic

1 MILE RUN	Stockman	12:16.3
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