SPORTS DEPARTMENT

COLONIE RECREATION DEPARTMENT'S TUESDAY NITE TRACK SERIES - JUNE 30, 2009

MEN

	<u>Open</u>				<u>Submasters</u>	
100M	Rucinski	11.7		100M	Duffy	13.2
200M	Rucinski	24.9		200M	Davey	31.6
400M	McCarthy	63.6		400M	Davey	64.7
M008	Schmitt	2:25.1		Mile	Northan	5:08.5
Mile	Sweeney	4:53.3		2 Mile	Northan	11:53.2
2 Mile	Machabee	14:52.2				
	Masters				<u>Seniors</u>	
400M	Hoff	64.2		200M	Herkenham	29.3
Mile	Hoff	5:03.5		400M	Parisella	67.3
2 Mile	Rocco	11:46.0		Mile	Parisella	6:03.6
				2 Mile	Herkenham	13:39.1
	<u>Veterans</u>					
Mile	Myers	6:23.9				
			WOMEN			
	<u>Open</u>				<u>Submasters</u>	
100M	DeAprix	15.5		400M	McMahon	78.7
200M	DeAprix	34.1		Mile	McMahon	6:34.3
400M	Schmidt	72.0		2 Mile	McMahon	14:59.3
M008	DeAprix	3:12.1				
Mile	Richburg	5:59.2				
	<u>Seniors</u>				<u>Veterans</u>	
Mile	Phelps	6:38.1		Mile	Stockman	9:01.2