

RESULTS OF HUDSON-MOHAWK ROAD RUNNERS' CLUB TUESDAY NITE TRACK MEET #4 - July 11, 2017

Men-High School

100MH	House	14.6
100M	Fearn	11.4
200M	Fearn	22.6
400M	House	50.9
800M	Flowers	2:11.2
1 MILE	Flowers	4:49.1
2 MILE	Flowers	11:12.0
SHOT PUT	Davis	34'7"
DISCUS	Davis	120'2"
LONG JUMP	Lumpkin	16'1"
TRIPLE JUMP	Coton	35'10"

Women-High School

100M	Turner	13.9
200M	Smith	29.8
400M	Ittigerico	69.7
1 MILE	Tenney	5:29.8
SHOT PUT	Aldrich	32'3"
DISCUS	Madison	121'3"
LONG JUMP	Epe	12'4"

Men-Open (20-29)

100M	Rogotzken	12.4
400M	Peabody	67.0
1 MILE	Estremera	4:37.4
2 MILE	Gideon	10:36.0
SHOT PUT	Anthony	34'2"
DISCUS	Abel	158'
LONG JUMP	Ogagan	20'7"
TRIPLE JUMP	Ogagan	42'7"

Women-Open (20-29)

100M	Liverpool	13.4
400M	Claxton	53.3
1 MILE	Kerin	5:17.3
2 MILE	Pratt	12:43.5
SHOT PUT	Shayla	37'10"
DISCUS	Vel	152'

Men-Submasters (30-39)

100M	Richardson	12.9
200M	Richardson	26.6
1 MILE	Sweeney	5:05.8

Women-Submasters (30-39)

800M	Greer	2:42.8
1 MILE	Messia	7:49.1
SHOT PUT	Meghan	27'6"

Men-Masters (40-49)

100M	Mynip	13.4
400M	Smitas	53.6
800M	Shatynski	2:25.8
1 MILE	Flynn	5:05.4

Women-Masters (40-49)

800M	Church	3:35.5
1 MILE	Church	8:06.2
2 MILE	Church	16:43.6

Men-Seniors (50-59)

100M	Stevenson	13.7
200M	Stevenson	30.4
400M	Stevenson	63.5
800M	Stevenson	2:29.3
1 MILE	Mueller	7:09.3
1 MILE RACEWALK	Lawrence	11:43.0
2 MILE	Stevenson	12:22.2

Women-Seniors (50-59)

100M	Denham	18.1
1 MILE	Denham	7:50.4
2 MILE	Denham	17:32.5

Men-Veterans (60-69)

400M	Natalie	66.9
800M	Kitzrow	2:31.1
1 MILE	Doak	6:38.1
1 MILE RACEWALK	Buckley	11:43.5
2 MILE	Litts	18:18.4
DISCUS	Morris	151'8"

Women-Juraissic (70+)

1 MILE	Stockman	12:18.0
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Men-Juraissic (70+)

1 MILE	Skinner	9:52.6
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Men-Old Male (80+)

1 MILE	Stockman	9:56.0
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