

COLONIE RECREATION DEPARTMENT'S TUESDAY NITE TRACK SERIES - AUGUST 3, 2004 - SHAKER HS

Men

<u>Open</u>				<u>Submasters</u>	
100M	Palermo	11.3	1 Mile	Menis	5:02.9
200M	Palermo	23.5			
400M	Lozier	55.0			
800M	Niezgada	2:13.0			
1 Mile	Frost-Tift	4:55.6			
Shot Put	Phillips	34' 7"			
Discus	Sawtell	124' 7"			

<u>Masters</u>				<u>Seniors</u>	
100M	Murphy	14.3	400M	Taylor	61.0
200M	Stevens	25.8	1 Mile	Myers	5:51.5
1 Mile	McNamara	5:08.9	Shot Put	Brown	29' 2"
Shot Put	Greene	32'	Discus	Brown	90' 1"
Discus	Morris	113' 9"			

<u>Veterans</u>				<u>Jurassic</u>	
100M	Rappazzo	13.9	400M	Freeman	81.7
200M	Rappazzo	28.7	1 Mile	Freeman	7:20.2
400M	Gansle	62.9			
1 Mile	Wastoff	6:03.7			

Women

<u>Open</u>				<u>Submasters</u>	
200M	Ohm	33.0	1 Mile	Hoyt	5:56.7
400M	Ohm	68.5			
800M	D'Aniello	2:18.7			
1 Mile	Fung	5:27.6			
Shot Put	Cross	23' 6"			

<u>Masters</u>				<u>Veterans</u>	
400M	Murphy	1:33.6	1 Mile	Stockman	8:10.4
1 Mile	Peterson	6:25.6			