

COLONIE RECREATION DEPARTMENT'S TUESDAY NITE TRACK SERIES - JUNE 16, 2009

Men

<u>Open</u>		
100M	Silverman	11.4
200M	Susser	23.6
400M	Greene	46.1
	Beauvais	47.6
800M	Sainato	2:01.2
Mile	Terry	4:30.6
2 Mile	Cullen	9:40.9
SP	Rudd	51'11"
Discus	Chase	137'2"
LJ	Sweet	18'11"
TJ	Sweet	38' 1/2"
4 x 100MR	Sainato, Osipitan	48.0
	Nolan, Stepeson	
SM	Nimblette, Kippins	1:38.7
	Greene, Beauvais	

<u>Submasters</u>		
100M	Johnson	15.5
400M	Dunn	68.4
800M	Troup	2:31.8
Mile	Dunn	5:31.1
2 Mile	Catlett	11:13.1

<u>Masters</u>		
100M	Dunn	12.7
200M	Dunn	25.1
400M	Creagan	NT
800M	Kitzrow	2:15.2
Mile	Greenberg	4:53.3
2 Mile		
SP	Welkley	30'11"
Discus	Welkley	98'3"

<u>Seniors</u>		
100M	Natalie	13.5
200M	Barr	31.2
400M	Murphy	69.2
800M	Rosenberg	2:57.3
Mile	Munson	5:18.2
2 Mile	Munson	11:43.4

<u>Veterans</u>		
400M	Thorne	66.8
800M	Berkery	4:09.5
Mile	Myers	6:26.2
2 Mile	Berkery	19:35.6
SP	Berkery	24'7"

<u>Juraissic</u>		
200M	Rush	32.9
Mile	Rush	7:15.7

Women

<u>Open</u>		
100M	DiAprix	15.2
200M	DiAprix	31.8
800M	Becker	2:34.1
Mile	Massaconi	5:52.4
2 Mile	Mock	15:37.2
LJ	Joselin	9'8"

<u>Submasters</u>		
800M	McMan	2:54.3
Mile	Burns	5:39.3
2 Mile	McMan	14:20.3

<u>Seniors</u>		
400M	Hein	1:45.2
800m	Hein	4:08.1
Mile	Hein	8:23.6

<u>Veterans</u>		
100M	Von Maltzahn	15.7
200M	Von Maltzahn	32.9
400M	Von Maltzahn	73.5
Mile	Stockman	9:17.4