

# SPORTS DEPARTMENT

## COLONIE RECREATION DEPARTMENT'S TUESDAY NITE TRACK SERIES - JULY 7, 2009

### Men

<u>Open</u>			<u>Submasters</u>		
100M	Weider	11.2	800M	Gosier	2:33.1
200M	Susser	23.6	Mile	Northan	4:54.5
400M	Rowell	51.6	2 Mile	Tromp	12:35.2
800M	Campoli	2:08.0			
Mile	Bishop	4:21.4			
2 Mile	Reilly	11:07.4			

<u>Masters</u>			<u>Seniors</u>		
400M	Jones	62.9	100M	Zacharczenko	14.5
800M	Hampston	2:28.2	200M	Zacharczenko	30.8
Mile	Greenberg	4:49.9	400M	Clark	63.9
2 Mile	Foley	13:06.3	800M	Bennett	2:43.6
Javalin	Hannay	181'3"	Mile	Staley	4:48.5
Discus	Hannay	130'6"	2 Mile	Munson	11:56.3

<u>Veterans</u>			<u>Jurassic</u>		
Mile	Paquin	6:08.5	Mile	Rush	6:41.4
SP	Berkery	23'11"			

### Women

<u>Open</u>			<u>Submasters</u>		
100M	O'Neil	14.9	400M	McMann	72.8
200M	Herkinham	31.2	800M	McMann	2:57.1
800M	Ohm	2:31.3	Mile	Burns	5:41.6
Mile	Herkinham	5:35.4	2 Mile	McMann	14:30.6
2 Mile	Foley	13:05.6			

<u>Masters</u>			<u>Seniors</u>		
Mile	Bryans	5:12.5	100M	Goodrich	15.2
2 Mile	Gathen	12:24.7	200M	Goodrich	35.4
			400M	Goodrich	81.6
			Mile	Phelps	6:17.2

<u>Veterans</u>			<u>Jurassic</u>		
Mile	Wong	6:57.2	Mile	Stockman	9:00.9