

SPORTS DEPARTMENT

COLONIE RECREATION DEPARTMENT'S TUESDAY NITE TRACK SERIES - JULY 21, 2009

| <u>Open</u> | | | <u>Men</u> | | | <u>Submasters</u> | | |
|-------------|---------|---------|------------|---------|---------|-------------------|--|--|
| 100M | Campoli | 11.3 | 100M | Sanders | 14.3 | | | |
| 200M | Campoli | 23.1 | | | | | | |
| 400M | White | 55.6 | 400M | Sergott | 66.4 | | | |
| 800M | Rowell | 2:00.5 | Mile | Catlett | 5:24.5 | | | |
| Mile | Terry | 4:35.8 | 2 Mile | Bush | 10:02.7 | | | |
| Shot Put | DeSieno | 39' 3" | | | | | | |
| Discus | DeSieno | 122' 8" | | | | | | |

| <u>Masters</u> | | | <u>Seniors</u> | | | | | |
|----------------|-----------|---------|----------------|--------------|---------|--|--|--|
| 800M | Greenberg | 2:15.6 | 100M | Zacharczenko | 14.3 | | | |
| Mile | Menis | 5:27.2 | 200M | Zacharczenko | 31.4 | | | |
| 2 Mile | Greenberg | 10:49.1 | 400M | Murphy | 68.8 | | | |
| Shot Put | Hannay | 41' 2" | 800M | Staley | 2:12.2 | | | |
| Discus | Hannay | 121' 6" | Mile | Englehardt | 5:16.4 | | | |
| | | | 2 Mile | Staley | 11:37.2 | | | |

| <u>Veterans</u> | | | <u>Jurassic</u> | | | | | |
|-----------------|---------|--------|-----------------|--------|--------|--|--|--|
| 100M | Thorne | 14.3 | | | | | | |
| 200M | Thorne | 29.9 | | | | | | |
| 800M | Berkery | 3:59.2 | 800 | Landis | 3:17.3 | | | |
| Mile | Paquin | 6:09.1 | | | | | | |
| Shot Put | Berkery | 25' 1" | | | | | | |

| <u>Open</u> | | | <u>Women</u> | | | <u>Submasters</u> | | |
|----------------|----------------|--------|----------------|---------|---------|-------------------|--|--|
| 100M | O'Neill | 15.0 | | | | | | |
| 200M | Bousa | 29.5 | | | | | | |
| 400M | Ohm | 72.7 | 400M | McMahon | 69.9 | | | |
| 800M | Foley | 3:14.6 | Mile | Bush | 5:25.5 | | | |
| Mile | Ryan | 6:00.6 | 2 Mile | McMahon | 14:20.4 | | | |
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| <u>Masters</u> | | | <u>Seniors</u> | | | | | |
| 200M | Conkling | 42.1 | Mile | Dott | 7:33.4 | | | |
| Mile | Reilly-Johnson | 6:30.7 | | | | | | |