

# SPORTS DEPARTMENT

## COLONIE RECREATION DEPARTMENT'S TUESDAY NITE TRACK SERIES - JULY 28, 2009

### Men

#### Open

100M	Morris	10.8
200M	Campoli	22.7
400M	Jusic	
800M	Marois	2:03.0
Mile	Terry	4:31.2
2 Mile	Grout	9:42.1
4 x 100MR	Jusic, Morris, Scott, Harris	43.3
SP	Nehill	39' 11"
Discus	Gattman	130' 8"
LJ	Buehler	20' 11"
TJ	Buehler	44' 6"

#### Submasters

400M	Catlett	62.0
Mile	Catlett	5:14.4

#### Masters

100M	Dunn	12.7
400M	Dunn	67.0
Mile	Greenberg	4:53.9
2 Mile	McNamara	12:41.0

#### Seniors

400M	Murphy	66.1
Mile	Natalie	5:59.4
Discus	Morris	132' 6"

#### Veterans

200M	Rappazzo	30.3
400M	Thorne	65.6
800M	Myers	2:46.6
Mile	Paquin	6:06.9
SP	Berkery	24' 8"

#### Juraissic

Mile	Bartholomew	12:18.6
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### Women

#### Open

100M	Skipper	12.8
200M	Skipper	27.7
400M	Steenburn	70.1
800M	Rodriguez	2:46.3
Mile	Rodriguez	5:50.1
2 Mile	Wojtusik	12:41.3
4 x 100MR	Bousa, O'Neill DeAprix, Jones	61.1
LJ	Shapiro	14'
TJ	Shapiro	36' 6"

#### Submasters

200M	Sadowski	32.4
400M	Sadowski	75.6
Mile	Weaver	5:56.8

#### Masters

400M	Meyer	68.5
Mile	Shank	7:23.9

#### Seniors

100M	Shrader	25.8
Mile	Dott	7:28.3