

RESULTS OF HUDSON-MOHAWK ROAD RUNNER'S CLUB - TUESDAY NITE TRACK MEET #3 - JULY 20, 2021

Men

15 & Under

100M	Huho	12.6
1 Mile	Gorospe	5:52.4
Long Jump	Huho	16'3"

Open (up to 29)

100M	Hermance	10.8
200M	Coughlin	26.4
400M	Higgins	52.0
800M	DeSilva	2:05.1
1 Mile	Coughlin	5:00.3
2 Mile	Parsons	10:36.2
Shot Put	Santoro	38'9"
Discus	Santoro	129'7"
High Jump	Harris	6'1"
Long Jump	Praileau	21'2"
Triple Jump	Haki	39'3"

Masters (40-49)

800M	Clark	2:50.0
1 Mile	Clark	5:57.5
Discus	Fortunato	135'

15 & Under

100M	Durenay	14.4
400M	Palmer	72.4
High Jump	Grant	3'9"

Open (up to 29)

100MH	Sawyer	15.1
100M	Sawyer	12.5
400M	Perez-Tucker	59.2
400MH	Jankovic	67.9
1 Mile	Hrelja	5:41.1
Shot Put	Mattfield	29'5"

Veterans (60-69)

1 Mile	Dott	7:58.5
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High School

100M	Samuel	10.9
100MH	Praileau	15.9
200M	Samuel	22.4
400M	Foole	52.4
1 Mile	Chifter	4:50.6
2 Mile	Chifter	10:46.1
Shot Put	Paradis	36'10"
Discus	Paradis	94'2"
High Jump	Magione	5'8"

Submasters (30-39)

100M	Sedgwick	12.4
1 Mile	Terry	5:06.4
Shot Put	Chase	39'5"
Discus	Chase	115'3"

Juraissac (70+)

1 Mile	Bennett	7:19.6

Women

High School

100M	Rowley	12.9
200M	Rowley	27.3
800M	Bricie	3:06.0
1 Mile	McGeough	5:37.5

Submasters (30-39)

400M	Richburg	:99.0
800M	Moslander	2:31.4
1 Mile	Moslander	5:16.3

Seniors (50-59)

1 Mile	Denham	9:17.3
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