

Running Zone Foundation Summer Track Series Results – Session 3

Running Zone Summer Track Series Session #3 Results

| 100 Meter | Name | Time |
|-----------|--------------------------|---------|
| Heat # 1 | Ryan Osorio | 11.84 |
| | Tyrone Giscombe | 11.99 |
| | Joshua Williams | 13.21 |
| | James Krupp | 14.25 |
| | Evan Hengge | 14.60 |
| | Keith Kowalske | 15.36 |
| Heat # 2 | Heath Powell | 13.51 |
| | Ed Springer | 13.97 |
| | Matt Mahoney | 15.11 |
| | Dan Bray | 15.81 |
| | Andy Nichols | 15.92 |
| | Braden Krupp | 18.61 |
| | Ragan Krupp | 19.15 |
| Heat # 3 | Shannon Gasolu | 15.22 |
| | Kaley Verpaele | 15.59 |
| | Jocelyn Lowther | 15.69 |
| | Emilio Quiroz | 18.04 |
| | Jessica Smith | 18.78 |
| | Ian Maxik | 20.62 |
| | Dylan Maxik | 20.67 |
| Heat # 4 | Mitch Varnes | 17.81 |
| | Kary Verpaele | 18.72 |
| | Tony Kolarik | 19.49 |
| | Tristan Raco | 21.58 |
| | Dominik Quiroz | 21.63 |
| | Haley Kolarik | 23.28 |
| | Caroline Craig | 23.85 |
| | Alex Butler | 25.45 |
| | | |
| 400 Meter | Name | Time |
| Heat # 1 | Emilio Quiroz | 1:31.91 |
| | Robert Varnes | 1:35.32 |
| | Tony Kolarik | 1:39.9 |
| | Dylon Maxik | 1:50.34 |
| | Kaley Kolarik | 1:54.3 |
| | Alex Butler | 1:57.5 |
| | Dominik Raco | 2:00.9 |
| | Tristan Raco | 2:38.5 |
| | | |
| Heat # 2 | Matt Mahoney | 1:10.3 |
| | Heath Powell | 1:12.4 |
| | Jocelyn Lowther | 1:13.1 |
| | Evan Hengge | 1:16.5 |
| | Tristan Webbe | 1:21.0 |
| | Braden Krupp | 1:32.4 |
| | Ragan Krupp | 1:35.7 |
| Heat # 3 | Ron Hoar | 1:23.0 |
| | Mariangie Blake | 1:26.8 |
| | Joan Meadows | 1:29.4 |
| | Christina Krause-Nichols | 1:32.7 |
| | Dana LeCroy | 1:33.14 |
| | Jessica Smith | 1:34.43 |

| | | |
|----------|-----------------|---------|
| Heat # 4 | Ashley Williams | 1:12.6 |
| | Bill Pinch | 1:15.1 |
| | Julie Hannah | 1:15.2 |
| | Shannon Gasolu | 1:16.24 |
| | Kaley Verpaele | 1:16.6 |
| | Dan Bray | 1:20.0 |
| | Renee Woods | 1:31.0 |
| | Kary Verpaele | 1:38.4 |

| | | |
|----------|-----------------|--------|
| Heat # 5 | Ryan Osorio | 56.4 |
| | Jeff Jordan | 56.7 |
| | Joshua Williams | 58.5 |
| | Mac Ich | 59.3 |
| | Ron Abel | 59.7 |
| | Ed Springer | 1:00.5 |
| | Joseph Joseph | 1:03.4 |

800 Meter

Name

Time

| | | |
|----------|-----------------|--------|
| Heat # 1 | Bill Pinch | 2:54.6 |
| | Gene Grieshaber | 3:09.8 |
| | Rene Wood | 3:31.4 |
| | Mitch Varnes | 3:33.2 |
| | Emilio Quiroz | 3:38.9 |
| | Tony Kolarik | 3:47.2 |
| | Robert Varnes | 3:49.4 |
| | Dominik Quiroz | 4:15.0 |
| | Anna Craig | 5:38.5 |

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|-----------------|-----------------|--------|
| Heat # 2 | Ron Abel | 2:16.7 |
| | Mac Ich | 2:17.8 |
| | Joshua Williams | 2:21.6 |
| | Jeff Jordan | 2:21.9 |
| | Joseph Joseph | 2:27.1 |
| | Matt Mahoney | 2:43.0 |
| | Doug Nichols | 2:43.4 |
| | Keith Kowalske | 2:50.2 |
| Ashely Williams | 2:58.0 | |

3200 Meter

Name

Time

| | |
|-----------------|-------|
| Joshua Williams | 13.11 |
| Matt Mahoney | 13.24 |
| Gene Grieshaber | 17.59 |
| Bill Pinch | 17.59 |

4 X 800

Name of Team/Names

Time

| | |
|--------------------|---------|
| Honey Badgers | 10:14.2 |
| Ron Abel | |
| Ed Springer | |
| Tristan Webbe | |
| Brandon Holst | |
| Abe Lincoln Lasers | 11:42.2 |
| Doug Nichols | |
| Joshua Williams | |
| Heath Powell | |
| Evan Hengge | |
| Butler's Crew | 12:25.8 |
| Daniel Moore | |
| Cole Oliver | |
| Alex Butler | |
| Doug Butler | |
| Momma's | 12:40.3 |
| Sue Hale | |
| Pam Meier | |
| Julie Hannah | |

Kati Craig

| Shot Put | Name | Distance | Distance | Distance | Distance | |
|-----------|-----------------|-----------|-----------|----------|----------|----------|
| | Evan Hengge | 38' 9.5" | 43' 10.5" | 43' 6" | | |
| | Tyrone Giscombe | 38' 8" | 39' | 38' | | |
| | Dan Pierce | 36' 9" | 32' 5" | 36' 1" | | |
| | Ryan Osorio | 36' 5" | 33' 6" | 32' 8" | | |
| | Mitch Varnes | 27' 4.25" | 23' 4.25" | 26' 7.5" | 27' 8" | |
| | Heath Powell | 21' 8" | 25' 5" | 26' 9" | | |
| | Jocelyn Lowther | 18' 11" | 15' 9" | | | |
| Long Jump | Name | Distance | Distance | Distance | Distance | |
| | Tyrone Giscombe | SC | 16' 9" | SC | | |
| | Ryan Osorio | SC | 15' 9.5" | 16' 5" | | |
| | Heath Powell | 14' 0" | 14' 2.5" | 14' 9" | | |
| | Evan Hengge | 14' 4.5" | 14' 3.5" | 14' 5" | | |
| | James Krupp | 13' 4" | 14' 1" | 13' 2" | | |
| | Andy Nichols | 11' 8" | 11' 7.5" | 11' 7" | | |
| | Ashley Williams | 11' 8" | 11' 6.5" | SC | | |
| | Robert Varnes | 8' 2" | 6' 8" | | | |
| | Ian Maxik | SC | 7' 6" | | | |
| | Anna Craig | 7' 3" | 6' 7" | SC | | |
| | Dylan Maxik | 7' 1" | 6' 9.5" | | | |
| | Abby Meyers | 5' 7" | SC | | | |
| High Jump | Name | Distance | Distance | Distance | Distance | Distance |
| | | 4' 6" | 4' 10" | 5' | 5' 2" | 5' 4" |
| 5' 2" | Dan Pierce | 0 | 0 | 0 | XX0 | XXX |
| 5' 2" | Tyrone Giscombe | | | X0 | XX0 | XXX |
| 5' 0" | James Krupp | 0 | 0 | X0 | XXX | |