

# Rockland Coaches Invitational

Wednesday January 06, 2016

Rockland Community College

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<b>1500 m walk</b>		<b>55 m dash – trials</b>		<b>4 x 800 m relay</b>	
Stella	8:53.1	Frank	6.9	Kyle	2:13.4
Julia	9:42.1	Bobby	7.2	Zach C	2:16.2
				Grayson	2:20.1
<b>4 x 200 m relay</b>		Sam M	7.9	Jeff	<u>2:14.0</u>
		Lindsey G	8.4		9:03.7
Daniel K		<b>55 m dash – SF</b>		<b>4 x 400 m relays</b>	
Bobby		Frank	6.8	Eli	1:00.6
Mike P		Sam M	7.9	Daniel K	1:00.1
Jake	<u>1:46.1</u>	Lindsey	8.5	Mike P	1:03.7
<b>1000 m run</b>				Jeff	<u>57.3</u>
Rebecca	3:28.6	<b>55 m dash – finals</b>			4:01.7
Kyle	2:54.7	Frank	6.7 3 <sup>rd</sup>	Sophie K	1:10.6
Grayson	3:00.4			Carly S	1:04.1
		<b>Shot Put</b>		Lindsey	1:14.5
<b>600 m run</b>		Drew	39' 08"	Rebecca	<u>1:14.2</u>
Sophia M	1:54.5	Alex K	36' 10 ½"		4:43.4
Taline	1:55.8			<b>55 m hurdles - trials</b>	
Jeff	1:34.1	Emily	28' 06 ½"	Lindsey S	10.8
Eli	1:39.1	<b>Long Jump</b>		Sophie K	10.9
<b>300 m dash</b>		Daniel L	14' 06 ½"	<b>1600 m run</b>	
Carly S	44.3 3 <sup>rd</sup>			Zach C	4:56.3
Lindsey G	53.1	<b>High Jump</b>		Bill	5:19.6
Zach L	40.7	Frank	5' 06" 5 <sup>th</sup>		
Daniel K	42.7				