

# 2005 USATF Adirondack Open & Masters Indoor Track & Field Championships

March 6, 2005 - University at Albany

## TRACK

### 3000 Meter Run

Place #	Name	Age	City	Finals	Age-Grading
<b>Event 1 Open Women 3000 Meter Run</b>					
1	196 Wegman, Roxanne	17	Delmar, NY	10:38.13	10:38.13 78.04%
2	407 Seguine, Brina	15	Rensselaer, NY	10:53.50	10:53.50 76.21%
3	131 Marrero, Evelyn	14	Amsterdam, NY	12:40.56	12:40.56 65.48%
<b>Event 1 Open Men 3000 Meter Run</b>					
1	413 Mallett, Matt	29	Saratoga Springs, N	9:33.03	9:33.03 86.91%
2	414 Kopecki, Mark	17	Niskayuna, NY	9:34.82	9:34.82 78.10%
3	409 Durkin, Tim	18	Castleton, NY	10:03.41	10:03.41 74.40%
4	189 Morgan, Ryan	26	Castleton, NY	10:35.48	10:35.48 70.65%
<b>Event 1 Men 40-44 3000 Meter Run</b>					
1	415 Constantine, Tom	42	Niskayuna, NY	10:19.54	9:44.66 76.79%

### 55 Meter Hurdles

Place #	Name	Age	City	Finals	Age-Grading
<b>Event 2 Open Men 55 Meter Hurdles</b>					
1	403 Tamul, Mike	17	Scotia, NY	8.80	8.80 77.84%
2	404 Cameron, Russell	16	Ballston Lake, NY	9.14	9.14 74.95%
<b>Event 2 Men 50-54 55 Meter Hurdles</b>					
1	405 Cameron, Ronald	52	Ballston Lake, NY	11.71	10.08 67.98%

### 55 Meter Dash

Place #	Name	Age	City	Finals	Age-Grading
<b>Event 3 Open Men 15-19 55 Meter Dash</b>					
1	420 Porter, Abraham	18	Saratoga Springs, N	7.37	7.37 81.41%
<b>Event 3 Women 55-59 55 Meter Dash</b>					
1	210 VonMaltzahn, Hille	56	Troy, NY	8.87	7.44 86.47%
<b>Event 3 Men 40-44 55 Meter Dash</b>					
1	42 Patane, Daniel	44	Greenwich, NY	7.38	6.87 87.40%
2	21 Murphy, Dave	40	Latham, NY	7.73	7.39 81.24%
<b>Event 3 Men 50-54 55 Meter Dash</b>					
1	425 Brooks, John	50	Poughkeepsie, NY	7.32	6.55 91.67%*
<b>*Age graded Track Champion</b>					
2	422 Fortunato, Mike	52	Greenwich, NY	7.67	6.78 88.66%
<b>Event 3 Men 60-64 55 Meter Dash</b>					
1	411 Gansle, Paul	62	Albany, NY	8.21	6.77 88.67%
2	150 Rappazzo, Dominic	63	Albany, NY	8.36	6.84 87.80%

### 600 Meter Run

Place #	Name	Age	City	Finals	Age-Grading
<b>Event 5 Open Women 600 Meter Run</b>					
1	346 DeAprix, Kelly	15	Scotia, NY	1:55.17	1:55.17 69.41%
2	131 Marrero, Evelyn	14	Amsterdam, NY	2:01.21	2:01.21 65.95%
<b>Event 5 Open Men 600 Meter Run</b>					
1	414 Kopecki, Mark	17	Niskayuna, NY	1:33.08	1:33.08 77.45%
2	139 Gobel, Zachary	36	Clifton Park, NY	1:34.06	1:30.59 79.58%
3	289 Jenkins, Nathan	26	Ballston Spa, NY	1:34.96	1:34.96 75.92%

**Event 5 Men 45-49 600 Meter Run**

1	151	Staley, Derrick	46	Ballston Spa, NY	1:34.80	1:25.14	84.68%
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**Event 5 Men 60-64 600 Meter Run**

1	150	Rappazzo, Dominic	63	Albany, NY	1:57.47	1:31.41	78.87%
2	235	Skinner, Kenneth	64	Albany, NY	1:59.29	1:31.91	78.44%

**Event 5 Men 70+ 600 Meter Run**

1	6	Hettrich, Peter	70	Ballston Spa, NY	2:14.26	1:36.90	74.40%
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**300 Meter Dash**

Place #	Name	Age	City	Finals	Age-Grading		
<b>Event 6 Open Women 300 Meter Dash</b>							
1	131	Marrero, Evelyn	14	Amsterdam, NY	50.48	50.48	67.77%
<b>Event 6 Open Men 300 Meter Dash</b>							
1	421	Capalbo, Anthony	14	Schuylerville, NY	40.09	40.09	77.13%
2	420	Porter, Abraham	18	Saratoga Springs, N	43.10	43.10	71.74%
3	17	Secor, Sean	14	Castleton, NY	49.61	49.61	62.33%
<b>Event 6 Women 55-59 300 Meter Dash</b>							
1	210	VonMaltzahn, Hille	56	Troy, NY	51.63	42.19	81.10%
<b>Event 6 Men 40-44 300 Meter Dash</b>							
1	42	Patane, Daniel	44	Greenwich, NY	43.10	39.57	78.17%
<b>Event 6 Men 50-54 300 Meter Dash</b>							
1	425	Brooks, John	50	Poughkeepsie, NY	42.73	37.59	82.28%
<b>Event 6 Men 60-64 300 Meter Dash</b>							
1	411	Gansle, Paul	62	Albany, NY	47.91	38.38	80.59%

**1500 Meter Run**

Place #	Name	Age	City	Finals	Age-Grading		
<b>Event 8 Open Women 1500 Meter Run</b>							
1	266	Bednarek, Rebecca	27	Amsterdam, NY	5:37.86	5:37.86	68.21%
2	346	DeAprix, Kelly	15	Scotia, NY	6:16.12	6:16.12	61.27%
<b>Event 8 Open Men 1500 Meter Run</b>							
1	139	Gobel, Zachary	36	Clifton Park, NY	4:47.08	4:40.63	73.41%
2	404	Cameron, Russell	16	Ballston Lake, NY	5:05.49	5:05.49	67.43%
3	289	Jenkins, Nathan	26	Ballston Spa, NY	5:09.81	5:09.81	66.49%
4	403	Tamul, Mike	17	Scotia, NY	5:11.92	5:11.92	66.04%
5	24	VanEss, James	33	Castleton, NY	5:38.62	5:38.62	60.84%
<b>Event 8 Men 45-49 1500 Meter Run</b>							
1	151	Staley, Derrick	46	Ballston Spa, NY	4:47.67	4:15.08	80.76%
2	123	Juliano, Jim	45	Kingston, NY	4:56.14	4:24.96	77.75%

# FIELD

**Long Jump**

Place #	Name	Age	City	Finals	Age-Grading		
<b>Event 11 Open Women Long Jump</b>							
1	346	DeAprix, Kelly	15	Scotia, NY	3.21m	3.21m	42.69%
<b>Event 11 Open Men Long Jump</b>							
1	267	Bednarek, Pete	26	Amsterdam, NY	5.56m	5.56m	62.12%
2	404	Cameron, Russell	16	Ballston Lake, NY	5.31m	5.31m	59.33%
3	421	Capalbo, Anthony	14	Schuylerville, NY	5.24m	5.24m	58.55%
4	403	Tamul, Mike	17	Scotia, NY	5.18m	5.18m	57.88%
<b>Event 11 Women 55-59 Long Jump</b>							
1	210	VonMaltzahn, Hille	56	Troy, NY	3.98m	5.46m	72.63%

<b>Event 11 Men 45-49 Long Jump</b>						
1	20	Choppa, Rick	45	Latham, NY	5.42m	6.38m 71.41%
<b>Event 11 Men 50-54 Long Jump</b>						
1	405	Cameron, Rondald	52	Ballston Lake, NY	4.14m	5.33m 59.65%

### Triple Jump

Place #	Name	Age	City	Finals	Age-Grading
<b>Event 12 Open Men Triple Jump</b>					
1	267	Bednarek, Pete	26	Amsterdam, NY	12.44m 12.44m 69.23%
<b>Event 12 Women 55-59 Triple Jump</b>					
1	210	VonMaltzahn, Hille	56	Troy, NY	7.64m 11.00m 72.83%

### High Jump

Place #	Name	Age	City	Finals	Age-Grading
<b>Event 13 Open Men High Jump</b>					
1	404	Cameron, Russell	16	Ballston Lake, NY	1.80m 1.80m 73.47%
2	267	Bednarek, Pete	26	Amsterdam, NY	1.80m 1.80m 73.47%
3	403	Tamul, Mike	17	Scotia, NY	1.52m 1.52m 62.04%
<b>Event 13 Women 55-59 High Jump</b>					
1	210	VonMaltzahn, Hille	56	Troy, NY	1.25m 1.68m 80.65*
*Age Graded Field Champion					
<b>Event 13 Men 40-45 High Jump</b>					
1	21	Murphy, Dave	40	Latham, NY	1.65m 1.82m 74.32%
<b>Event 13 Men 50-54 High Jump</b>					
1	405	Cameron, Rondald	52	Ballston Lake, NY	1.40m 1.75m 71.43%
<b>Event 13 Men 60-64 High Jump</b>					
1	411	Gansle, Paul	62	Albany, NY	1.40m 1.97m 80.46%

### Shot Put

Place #	Name	Age	City	Finals	Age-Grading
<b>Event 14 Open Women Shot Put</b>					
1	91	Hannay, Sarah	16	Westerlo	9.45m 9.45m 40.87%
<b>Event 14 Open Men Shot Put</b>					
1	291	Schneeberger, Nath	27	Altamont, NY	11.85m 11.85m 51.25%
<b>Event 14 Men 40-45 Shot Put</b>					
1	133	Hannay, Scott	40	Westerlo, NY	11.97m 12.29m 53.18%

### Weight Throw

Place #	Name	Age	City	Finals	Age-Grading
<b>Event 15 Open Men Weight Throw</b>					
1	291	Schneeberger, Nath	27	Altamont, NY	12.98m 12.98m 50.19%
<b>Event 15 Men 40-45 Weight Throw</b>					
1	133	Hannay, Scott	40	Westerlo, NY	11.73m 12.83m 49.64%