

# July All-Comers Track Meet

*Sponsored by the Manhattan Running Company and the Manhattan Cross Country Club*

**July 21, 2010 at Bishop Stadium, Manhattan**

## **200 meters**

No competitors in this event

## **400 meters**

Ryan Wiebe, 1:00.73

Susan Melgares, 1:12.32

Luke Wichman, 1:19.80

## **800 meters**

Luke Wichman, 3:10.4

## **1600 meters**

Tim Testa, 4:46.65

Ryan Wiebe, 5:19.03

Brian Perez, 5:24.56

Dann Fisher, 5:26.24

Kay Lynn Mead, 6:47.32

Kevin Ruggle, 7:03.65

Karly Ruggle, 7:04.04

David Jones, 7:19.83

## **5000 meters**

Tim Testa, 16:55.94

Dann Fisher, 18:35.87

Alissa Ruggle, 20:43.40

Frank Dayton, 20:43.40

## **4 X 400 meter relay**

Team 1 (Sigle, Unknown, Cool, Testa) 3:56.86  
Splits: 1:02.98 / 59.91 / 59.76 / 55.11

Team 2 (Floersch, Mead, Frigon, Fox) 4:49.15  
Splits: 1:10.16 / 1:12.61 / 1:11.77 / 1:14.61

Team 3 (Kevin Ruggle, Dayton, Karly Ruggle, A. Ruggle) 5:00.44  
Splits: 1:15.72 / 1:12.05 / 1:20.15 / 1:12.52