

# Riis Park July 4th 2023 Track and Field Results

At Norwood Park--Sunny and Warm

## Mile Run

1. Ezeikiel Alvarez 6:56
2. Nicholas Guidone 6:57
3. Brian Sheridan 6:59
4. **Michele Donato** 7:06
5. Mike Fleishhacker 7:12
6. Paul Angarone 8:05
7. Mark Schmeichel 8:20
8. Bill Thom 8:21
9. **Amy Cooley** 9:10
10. Ken Dietz 12:47
11. **Eileen Ferguson** 16:28
12. Felix Coleman 21:15

## 4 x 1 Lap Relay

1. Fleishhacker's Flyers 4:58
2. Sheridan's Express 5:23

## Javelin

1. Brian Sheridan 51'7"
2. Chris Precht 29'6"
3. **Eileen Ferguson** 12'10"

## Shot Put

1. Brian Sheridan 21'7"
2. Paul Angarone 18'8"
3. **Amy Cooley** 15'8"
4. Felix Coleman 13'8"
5. **Eileen Ferguson** 9'7"

Thanks to Diane and Mark Blasczyk for hosting the post event BBQ