

# Syracuse Chargers Throws meet/Throws pent. 7/13/2007 @ Clinton High School, Clinton NY

Meet Director: Norm Deep Jr

Certified Officials: Eric Lauber, Jim Fruscella

Score keeper: Nancy Cobb

## **Bolded results are for masters rankings**

(some athletes appear twice for selected implements and threw weights "outside" of their official age requirements in addition to "legal" weights for club record purposes)

- Syracuse Chargers "Age-Group records" either SET or ESTABLISHED (9, according to the latest updated website [www.syracusechargers.org](http://www.syracusechargers.org)) have been "starred" like this: \* - **please update!**
- (also, please specify the exact weights of the implements when adding new records to the website. Some age groups contain records for implements at MULTIPLE weights)

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4k shot put: \*1.Monica Ridgeway W19 11.82 / 38' 9.5"  
 2.Jessica DeMichael W21 9.31 / 30' 6.5"  
 3.Melissa Terazzas W15 8.67 / 28' 5.5"

5k shot put: **1.Gary Crawford M66 9.98 / 32' 9"**

12 lb. shot: 1.Dan Fruscella M16 10.89 / 35' 8.75"  
 2.Ryan Cobb M15 10.63 / 34' 10.5"  
 3.Dave Roy M17 10.15 / 33' 3.75"

6k shot put: \*1.Norm Deep Jr M40 12.70 / 41' 8"  
**2.Jim Fruscella M51 10.04 / 32' 11.25"**

16 lb. shot: **1.Norm Deep Jr M40 11.85 / 38' 10.5"**  
 2.Pat O'Sullivan M18 9.90 / 32' 5.75"

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20 lb. weight: 1.Monica Ridgeway W19 13.85 / 45' 5.25"  
 2.Jessica DeMichael W21 12.33 / 40' 5.5"  
 3.Melissa Terazzas W15 7.09 / 23' 3.25"

**\*1.Gary Crawford M66 11.80 / 38' 8.75"**

25 lb. weight: 1.Dave Roy M17 13.34 / 43' 9.25"  
 2.Ryan Cobb M15 8.80 / 28' 10.5"  
 3.Dan Fruscella M16 8.73 / 28' 7.75"

35 lb. weight: **1.Norm Deep Jr M40 12.51 / 41' 0.5"**  
**2.Jim Fruscella M51 8.12 / 26' 7.75"**

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56 lb. weight:	<b>*1. Norm Deep Jr</b>	<b>M40</b>	<b>7.90 / 25' 11"</b>
	2. Pat O'Sullivan	M18	6.12 / 20' 1"
	<b>2. Jim Fruscella</b>	<b>M51</b>	<b>5.31 / 17' 5.25"</b>
	<b>3. Gary Crawford</b>	<b>M66</b>	<b>4.39 / 14' 4.75"</b>
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0.6k javelin:	1. Monica Ridgeway	W19	30.67 / 100' 7"
	2. Melissa Terazzas	W15	14.70 / 48' 2.75"
	<b>*1. Gary Crawford</b>	<b>M66</b>	<b>24.32 / 79' 9.5"</b>
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0.8k javelin:	1. Dan Fruscella	M16	36.64 / 120' 2"
	<b>2. Phil Longo</b>	<b>M43</b>	<b>31.68 / 103' 11"</b>
	3. Dave Roy	M17	30.87 / 101' 3"
	<b>4. Eric Lauber</b>	<b>M45</b>	<b>29.53 / 96' 10"</b>
	<b>5. Jim Fruscella</b>	<b>M51</b>	<b>29.34 / 96' 3"</b>
	<b>6. Norm Deep Jr</b>	<b>M40</b>	<b>25.65 / 84' 2"</b>
	7. Ryan Cobb	M15	24.77 / 81' 3.25"
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1k discus:	1. Monica Ridgeway	W19	36.40 / 119' 5"
	2. Melissa Terazzas	W15	26.87 / 88' 2"
	<b>1. Gary Crawford</b>	<b>M66</b>	<b>33.59 / 110' 2"</b>
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1.5k discus:	<b>1. Jim Fruscella</b>	<b>M51</b>	<b>39.76 / 130' 5"</b>
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1.6k discus:	1. Dan Fruscella	M16	32.36 / 106' 2"
	2. Dave Roy	M17	32.31 / 106' 0"
	3. Ryan Cobb	M15	25.79 / 84' 7"
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1.75k discus:	<b>*1. Norm Deep Jr</b>	<b>M40</b>	<b>34.04 / 111' 8"</b>
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2k discus:	1. Jim Fruscella	M51	33.31 / 109' 3"
	<b>2. Norm Deep Jr</b>	<b>M40</b>	<b>32.34 / 106' 1"</b>
	3. Pat O'Sullivan	M18	29.60 / 97' 1"
	<b>4. Phil Longo</b>	<b>M43</b>	<b>26.49 / 86' 11"</b>
	<b>5. Eric Lauber</b>	<b>M45</b>	<b>23.73 / 77' 10.75"</b>
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4k hammer:	1. Monica Ridgeway	W19	44.00 / 144' 4"
	2. Jessica DeMichael	W21	36.76 / 120' 7"
	3. Melissa Terazzas	W15	15.90 / 52' 2"
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5k hammer:	<b>1. Gary Crawford</b>	<b>M66</b>	<b>29.12 / 95' 6"</b>
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12 lb. hammer:	1. Dave Roy	M17	29.01 / 95' 2"
	2. Ryan Cobb	M15	22.05 / 72' 4.25"
	3. Dan Fruscella	M16	20.82 / 68' 3.75"
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6k hammer:	<b>*1. Norm Deep Jr</b>	<b>M40</b>	<b>42.05 / 137' 11"</b>
	<b>2. Jim Fruscella</b>	<b>M51</b>	<b>19.25 / 63' 2"</b>
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16 lb. hammer:	<b>1. Norm Deep Jr</b>	<b>M40</b>	<b>38.52 / 126' 4"</b>
	2. Pat O'Sullivan	M18	19.47 / 63' 10.5"
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## Weight Pentathlon scoring results:

Scholastic men:	1.Dave Roy	M17	2,291
	2.Dan Fruscella	M16	2,030
	3.Ryan Cobb	M15	1,741
Scholastic Women:	1.Melissa Terrazas	W15	1,549
Open Women:	*1.Monica Ridgeway	W19	3,125
Masters men: (65-69)	<b>1.Gary Crawford</b>	<b>M66</b>	<b>3,363</b>
	<b>(40-44) *1.Norm Deep Jr</b>	<b>M40</b>	<b>2,610</b>
	<b>(50-54) 1.Jim Fruscella</b>	<b>M51</b>	<b>2,269</b>