



# 100M



**RISING  
NEW YORK  
ROAD RUNNERS**





# 200M



**RISING  
NEW YORK  
ROAD RUNNERS**





# 300 M



**RISING  
NEW YORK  
ROAD RUNNERS**





# 400 M



**RISING  
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ROAD RUNNERS**





# 600M



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ROAD RUNNERS**





# 800M



**RISING  
NEW YORK  
ROAD RUNNERS**





# 1600M



**RISING  
NEW YORK  
ROAD RUNNERS**





# 3K



**RISING  
NEW YORK  
ROAD RUNNERS**

