

2019 NYRR Speed Series - 6/11/2019 to 7/23/2019

Icahn Stadium
Results - July 23, 2019**Mixed 4x400 Meter Relay**

| | Team | Relay | Finals |
|---------------|------------------|--------------|---------------|
| Finals | | | |
| 1 | Front Runners NY | A | 4:20.35 |
| 2 | Cpnb / Frny | A | 4:23.37 |
| 3 | Misfits | A | 4:28.46 |
| 4 | Catherine Squad | A | 4:47.13 |
| 5 | All Mixed Up | A | 4:52.52 |
| 6 | The Girls | A | 6:09.92 |

Mixed 4x800 Meter Relay

| | Team | Relay | Finals |
|---------------|----------------------|---------------------|---------------------|
| Finals | | | |
| 1 | Misfits | A | 10:01.38 |
| | 2:25.132 (2:25.132) | 5:37.521 (3:12.389) | 7:27.653 (1:50.132) |
| | 10:01.380 (2:33.727) | | |
| 2 | All Mixed Up | A | 10:23.38 |
| | 3:01.140 (3:01.140) | 5:37.659 (2:36.519) | 7:56.818 (2:19.159) |
| | 10:23.375 (2:26.557) | | |
| 3 | Front Runners NY | A | 10:34.73 |
| | 2:28.715 (2:28.715) | 5:21.453 (2:52.738) | 8:08.073 (2:46.620) |
| | 10:34.730 (2:26.657) | | |

Mixed 1600 Sprint Medley

| | Team | Relay | Finals |
|---------------|------------------|--------------|---------------|
| Finals | | | |
| 1 | Team Omega | A | 3:48.45 |
| 2 | Front Runners NY | A | 4:15.59 |
| 3 | Cptc New Balance | A | 4:16.58 |
| 4 | Ted Towels | A | 4:22.78 |
| 5 | Team Eli | A | 4:38.36 |
| 6 | Misfits | A | 4:44.40 |
| 7 | The Girls | A | 5:46.70 |

Mixed Distance Medley

| | Team | Relay | Finals |
|---------------|------------------|--------------|---------------|
| Finals | | | |
| 1 | Ted Towels | A | 11:45.18 |
| 2 | Misfits | A | 12:15.14 |
| 3 | Team Eli | A | 12:38.06 |
| 4 | Front Runners NY | A | 13:05.85 |
| 5 | Catherine Squad | A | 14:30.76 |
| 6 | All Mixed Up | A | 16:18.80 |
| 7 | Super TC | A | 16:56.91 |
| 8 | The Girls | A | 17:13.62 |