

REX HARVEY

USA Masters Indoor  
Track & Field  
Championships  
Boston 07



*Roger Pierce (second from right) of Essex, Massachusetts, and Mass Velocity TC is a multi-time World Master's Association Championship medalist and defending meet champion in the 200.*

**Reggie Lewis Track & Athletic Center**  
**Boston, Massachusetts**    *March 23–25, 2007*

## **USA TRACK & FIELD – NEW ENGLAND**

**USA Track & Field – New England** (USATF-NE) is dedicated to the promotion, development, and improvement of athletic and fitness programs in Massachusetts, Rhode Island, New Hampshire, and Vermont. USATF-NE is the regional representative of USA Track & Field, and as one of 57 regional organizations in the country, it ranks in the top three in number of individual members, registered clubs, and sanctioned events.

USATF-NE administers a complete program of activities year-round, including a road grand prix, a race walk grand prix, indoor and outdoor track & field championships, all-comer, high performance and Junior Olympic meets, a mountain running circuit, and a full schedule of cross country meets.

National and Regional Championships conducted within the association include:

USA National Cross Country Championships in 1984, 1991, 1995 and 2000

IAAF World Cross Country Championships in 1992

National Junior Cross Country Championships in 1992 and 2005

National One Hour and National 15K Race Walking Championships, one of them for 15 of the past 16 years

National Women's 10K Road Championship, Tufts Health Plan 10K for Women, 1995-2000, 2002-2007

East Region Masters Track & Field Championships, 1996, 1999-2004, and 2006

National USATF Indoor Championships, 2003-2008

# **USATF NEW ENGLAND MASTERS TRACK & FIELD CHAMPIONSHIPS**

**July 21, 2007**

**Springfield College Outdoor Track  
Springfield, Massachusetts**

Open to all men and women 30 years of age and older. Individuals will compete in five-year age groups, relays in 10-year age groups.

Track schedule includes 100, 200, 400, 800, 1500 and 5000 meter runs, 5000 meter racewalk, short/long hurdles, and relays.

Throws include discus, hammer, javelin, shot put

All jumps included

A 2007 USATF membership is required for all US residents.



# 2007 NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS

Reggie Lewis Track and Athletic Center

Boston, Massachusetts

March 23 – 25, 2007

*Presented by*

*USA Track & Field – New England*

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[www.usatfne.org](http://www.usatfne.org)

## USATF Masters Track & Field Committee

### Executive Committee

Chair: Gary Snyder  
 Vice Chair: Janet Smith  
 Secretary: Lester Mount  
 Treasurer: Joy MacDonald  
 Active Athlete Representative: Becky Sisley  
 Championship Games Committee: Jim

### Flanik

Championship Site Selection: Joy Upshaw-  
 Margerum  
 Chair's Appointee: Rex Harvey

### Regional Coordinators

East: Ray Feick, Gilbertsville PA  
 Southeast: Robert Fine, Delray Beach FL  
 Mid America: Jerry Donley / Christel Donley,  
 Colorado Springs  
 Midwest: Stephen Cohen, Chicago  
 Southwest: Lester Mount, Dallas  
 West: Mark Cleary, Rancho Santa Margarita

### CA

Northwest: Rose Schlewitz, Albany OR

[www.usatf.org](http://www.usatf.org)

### Are You Over Age 30? Subscribe to the masters' resource!

The National Masters News is the official world and U.S. publication for masters track & field, long distance running, and race walking. It's the only national publication devoted exclusively to the over-age-30 athlete. Each month you'll get the latest masters training tips, schedule information, results, articles, race stories, advice on how to avoid and recover from injuries, and columns by top masters writers such as Mike Tymn, Dr. John Pagliano, Hal Higdon, Elaine Ward, and Jerry Wojcik.

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- Regional Results
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- Training Tips
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## Meet Management

Host Organization  
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Managing Director  
New England Masters  
Track & Field Chairman  
Committee

USA Track & Field – New England  
Ken Robichaud  
Steve Vaitones  
  
Carroll Blake  
Ed Daniels, Larry Libow, John Oleski, Stephen Viegas

### Games Committee

Carroll DeWeese, Jim Flanik, Rex Harvey, Len Krsak, Sandy Pashkin, Jerry Bookin-Weiner

### Facility

Facility Director  
Scheduling Coordinator  
Shift Managers  
Head Trainer

Keith McDermott  
Nancy Sheehan  
Steven Keyes, Everad Samuels  
Flo Russo

### Referees

Track  
Throws  
Jumps  
Pentathlon

Laurie Boemker  
Jerry Cantor  
Dave DeInnocentis  
Jim McGloin

### Officials *as of 3/1*

New England Co-Chairs  
Clerks  
Starters  
Fully Automatic Timing  
Combined Events  
Track

Laurie Boemker, Pat Lavelle  
Yvonne Grimes, Steve Kiley, Janel Paquin, Jim Wilcox  
Harry Brooks, William “Whitey” King, Bob Gidari, John Head  
Rich Hickey / Mass. Track & Field Officials  
Jim McGloin, Rob Doron, Jim Herne, Kevin Uniacke  
Dave Cook, Chris Lane, Mike Meagher, Tom Meagher,  
William Martin, Rich Murray, Jim O’Brien  
Maryanne Daniel, Ron Daniel, Tom Knatt, Bill Pollinger

Race Walks  
Justin Kuo  
Jumps

Nicole Bullock, Dave DeInnocentis, Vito Gaff, Dick Howland,  
Doug Lang, Jim McCollum, Dick Newman, Jeff Robbins  
Bill Pollinger, Chuck Zerbinopoulos

Throws

Joe Bullock, Ollie Bunch, Eric Finn, Dave Grant, Hazel Grant,  
Sarah Grant, Joe Roman, Marv Sezak, Dick Straway,

### Meet Support

Announcers  
Meet Logo Design  
Program assistance  
Important Guy  
Webmaster

Peter Taylor, Bob Gamere  
Donna Marshall and New Hampshire College of Graphic Arts  
Patrice Nicholson, [cmdesign@worldpath.net](mailto:cmdesign@worldpath.net)  
Michael Collins  
Justin Kuo

## In Memoriam Marja Bakker

*The glue that held this meet together for many years, Marja passed away in October 2006.  
Her energy, enthusiasm, and organizational skills are missed*

# USATF NEW ENGLAND

Ken Robichaud  
President

Harry Brooks  
Jim Garcia  
John Oleski  
Vice Presidents

Steve Viegas  
Secretary

Gary Snyder  
Treasurer

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Cross Country

Courtney Bird  
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Sue Maslowski  
LDR - Women

Paul Kirsch  
Mountain, Ultra, Trail

Justin Kuo  
Race Walking

David Callum  
Track & Field

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Patrick Sweeney  
Lance Turley  
Youth

Laurie Boemker  
Pat Lavelle  
Officials

Sarah Lawson  
Larry Libow  
Josh Seeherman  
Athlete Representatives

Gary Snyder  
Past President

Steve Vaitones  
Managing Director

## *Greetings from the New England Association!*

Good day to all of you.

It is my pleasure to welcome all to the Masters  
Indoors National Track and Field Meet.

On behalf of the host city Boston, New  
England Association Board of Governors, our  
officials, volunteers and our local athletes, we  
hope you enjoy another successful competition  
in our 2007 event.

This weekend should provide all with another series of records,  
competition, and camaraderie that has been part of our sport for  
many years.

I want to thank our USATF National Masters Track & Field Committee  
Chairman Gary Snyder and his committee for their encouragement  
and assistance in making our meet the best for the athlete. Also I wish  
to congratulate and convey well wishes to him on his new position as  
Chairman. Good fortune Gary, in all your endeavors.

In hosting this and other events, it takes the committee and the officials  
to make this all happen. My thanks and gratitude to all those assisting  
in making this weekend a memorable experience for all.

As always, we encourage you to bring your family and friends to share  
in this wonderful event.

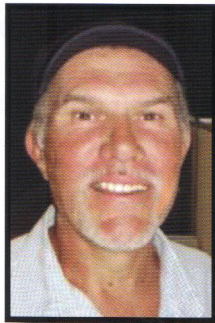
With best regards,

Ken Robichaud  
President, USATF New England Association



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office@usafne.org ❖ www.usatfne.org

## *From the Chairman...*



March 23, 2007

Hi Everybody,

Welcome to the 2007 USA Masters Indoor Track and Field Championships. For many previous years, I had the pleasure of welcoming you as President of the host New England Association, but this year I have the honor of welcoming you as your elected Masters Track & Field Committee chair.

I wish to extend my thanks to the many talented and hard working individuals and officials that have made this meet possible through the years. This level of excellence does not happen without the dedication of the USATF New England staff and Board of Governors.

I have met many of you during previous meets and at the USATF annual meeting, and perhaps you may be interested in little of my background.

I am an active athlete - almost exclusively at indoor meets, as I have other athletic interests during the summer months. I grew up in the New York City metropolitan area and joined the Greater Boston Track Club shortly after accepting a job in Boston in 1995. I actually live less than two miles from the Reggie Lewis track and train there regularly during the week.

I served as President of USATF's New England association, initially elected in 2002 and re-elected in 2004 after serving the maximum of two consecutive two-year terms. Prior to election as New England association President, I served as President of the Greater Boston Track Club (GBTC) for five years

Much of my work career was with AT&T and Lucent Technologies where I had extensive experience in a succession of headquarters staff positions, each with national management responsibility related to both operational and budgetary issues. This experience should translate well to the needs at the executive board level of the Masters Track & Field Committee

Barely three months into my term, I've already been to Indianapolis to meet with the National Office staff and to review the administrative, budget, and related procedures which are so critical to our committee's operations. Our committee's new executive board is pretty much in place for the next two years (see the committee composition elsewhere in the program), and we have a seat in the General Competitions Committee where we work together with the Associations and Youth Committees on projects that reach beyond the open elite level of USA Track & Field.

And, as one would expect, I've received significant input from member athletes

My general response is that we - the masters committee in particular and the sport in general - are always looking for hard working individuals to join in the many projects that keep the sport moving forward. Here's wishing you personal bests this weekend!

Gary Snyder

# FRIENDS OF THE NATIONAL MASTERS INDOOR MEET

USATF-New England gratefully acknowledges the generous support of the Friends of the Meet. Contributions help ensure the quality of these Championships and future masters competitions. As of March 8

## PLATINUM

Frederick Johnston ❖ Stefan Waltermann ❖ Alan Smith

## GOLD

Thomas Hartshorne ❖ William Jankovich ❖ James Koch ❖ Roy Englert  
Kathleen Shook ❖ Thomast Weddle ❖ Mary Harada ❖ Paul Murphy ❖ Emil Pawlik

## SILVER

Todd Adelgren ❖ Erika Campbell ❖ Mary DiverDavid Neumann ❖ Marvin Goldenberg  
Gerald Vaughan ❖ Richard Watson ❖ Albert Williams

## BRONZE

William Benson ❖ Jeanne Bowman ❖ Deke Conklin ❖ Ed Cox ❖ Dennis Hansen  
Gene Iwen ❖ Betty Jarvis ❖ Harold Johnson ❖ Marcia Gutsche-Rutledge  
Robin Judice ❖ William Long ❖ Katherine Marrs ❖ James Morton  
Patricia Porter ❖ Mary Richards ❖ Mary Roman ❖ Len Rosen ❖ Brian Rowles  
Jay Smith ❖ Thomas Talbott ❖ James Wass ❖ Bob Weiner ❖ Michael Wolfe

## SUPPORTER

John Altendorf ❖ Ginger Armstrong ❖ Ed Baskauskas ❖ Sean Boyle  
Douglas Geertgens ❖ Miriam Gordon ❖ Etroy Nelson  
Regina Richardson ❖ Jack Starr ❖ Jacob Stein

Thank You!

USA Masters Indoor  
Track & Field  
Championships  
Boston 07







*August 2-5, Orono, Maine*

*The University of Maine welcomes Masters back for the third time*

*Info at <http://www.usatf.org/events/2007/USAMastersOutdoorTFChampionships/>  
Contact Rolland Ranson, [Rolland\\_Ranson@umit.maine.edu](mailto:Rolland_Ranson@umit.maine.edu)*

### **More competitive opportunities.....**

#### **2007**

- July 9–10 Nat'l Masters Decathlon & Heptathlon Championships, Birmingham [www.decamouse.com](http://www.decamouse.com)
- July 14 Eastern Masters, East Stroudsburg PA
- July 21 New England Masters, Springfield College, Springfield, MA [www.usatfne.org/track](http://www.usatfne.org/track)
- July 27–29 Canadian Masters Nationals, St. John, New Brunswick [www.anb.ca/sjtc/2007canadianmasters/](http://www.anb.ca/sjtc/2007canadianmasters/)
- Aug 11 National Masters Weight Pentathlon Championships, Spokane WA
- Sept 8 USA Masters Weight & Superweight Throws, Seattle WA
- Sept 6–16 17th WMA World Championships, Riccione Italy [www.riccione.wma-2007.org](http://www.riccione.wma-2007.org)

#### **2008**

- March 12–17 World Indoor Championships, Clermont-Ferrand, France
- Mar TBA USA Indoor Championships, Boston MA
- Aug 7–10 USA Outdoor Championships, Spokane WA

#### **2009**

- TBA USA Outdoor Championships, Clermont Florida
- TBA 18th WMA World Championships, Lahti, Finland

## MEN'S AMERICAN INDOOR RECORDS

Approved as of December, 2006

Division	Mark	Name (Residence)	Age	Meet Date
<b>60 Meters</b>				
M35	6.98	Mitchell Lovett(NY)	36	3-28-98
M40	6.90	Aaron Thigpen	41	3-25-06
M45	7.02	Stan Whitley(CA)	45	3-23-91
M50	7.20	Bill Collins(TX)	51	3-18-06
M55	7.34	Bill Collins (TX)	55	3-24-90
M60	7.72	Paul Edens (CO)	62	2-29-04
M65	8.05	Harold Tolson(CA)	65	3-29-03
	8.05	James Paddie	66	3-25-06
M70	8.20	Bobbie Whilden	70	3-25-06
M75	8.67	Melvin Larsen(IA)	75	3-25-00
M80	9.27	Melvin Larsen (IA)	80	3-12-05
M85	9.81	Roderick Parker	86	3-12-05
M90	11.84	Ted Hatlen(CA)	90	3-24-01
M95	p16.96	Everett Hosack(OH)	95	3- 1-97
M100	27.29	Everett Hosack(OH)	100	3-23-02
<b>200 Meters</b>				
M35	22.02	Sean Maye	36	3-13-05
M40	22.19	Bill Collins(TX)	44	2-26-95
M45	22.57	Bill Collins(TX)	48	2-14-99
M50	22.99	Bill Collins(TX)	52	3-30-03
M55	23.36	Bill Collins (TX)	55	3-16-06
M60	25.10	Larry Colbert(MD)	61	3-29-98
M65	26.20	Larry Colbert(MD)	65	3-24-02
M70	27.11	Bobby Whilden	70	3-26-06
M75	29.57	Melvin Larsen	75	3-26-00
M80	31.86	Melvin Larsen	81	3-13-05
M85	35.17	Roderick Parker	86	3-13-05
M90	48.24	Max Springer	91	3-13-05
M95	66.78	Everett Hosack(OH)	95	4- 6-97
M100	2:22.81	Everett Hosack(OH)	100	3-16-02
<b>400 Meters</b>				
M35	48.58	Mitchell Lovett(NY)	36	3-28-98
M40	49.62	Ray Blackwell(DE)	42	3-24-01
M45	49.89	Fred Sowerby(NV)	45	1-29-94
M50	52.78	Bill Collins(TX)	50	3-24-01
M55	53.20	Charles Allie(PA)	56	3-21-04
M60	55.91	Donald Neidig	60	3-12-05
M65	59.35	Larry Colbert(MD)	65	3-23-02
M70	63.71	Harry Brown(IL)	70	3-25-00
M75	69.10	Harry Brown(IL)	75	3-12-05
M80	75.58	Roderick Parker(AR)	80	3-27-99
M85	85.14	Roderick Parker(AR)	85	3-27-04
M90	1:57.00	Max Springer	90	3-27-04
<b>800 Meters</b>				
M35	1:49.79	Johnny Gray(CA)	35	2-19-96
M40	1:48.81	Johnny Gray(CA)	40	3-02-01
M45	1:56.29	Anselm Lebourne(NY)	45	3-20-05
M50	1:59.99	Steve Gallegos	50	3-13-05
M55	2:08.9	Ken Baker(NJ)	55	3-22-92
M60	2:14.75	Sidney Howard(NJ)	60	2-26-99
M65	2:19.14	Sidney Howard(NJ)	65	2-26-04
M70	2:34.10	Jim Sutton(PA)	70	2-22-02
M75	2:50.79	Jim Selby	75	3-28-04
M80	3:13.39	Roderick Parker(AR)	80	3-28-99

M85	3:46.96	Vincent Malizia(CA)	85	3-26-00
M90	5:01.44	Max Springer	90	3-28-04

### One Mile

M40	4:11.00	Bill Stewart(MI)	40	1-22-83
M45	4:21.90	Albin Swenson(CT)	46	2-26-93
M50	4:26.75	Nolan Shaheed(CA)	52	3- 2-02
M55	4:42.89	Nolan Shaheed(CA)	56	3-25-06
M60	5:01.76	Dan Conway(MN)	60	3-27-99
M65	5:23.05	Sidney Howard(NJ)	65	3-27-04
M70	5:32.4	Scotty Carter(MA)	70	3-15-87
M75	6:27.16	John Hosner(VA)	75	2-26-00
M80	6:48.02	John Keston	80	3-12-05
M85	8:33.11	Vincent Malizia(CA)	85	3-25-00
M90	11:23.67	Max Springer	91	3-12-05

### 3000 Meters

M40	8:20.96	Brian Pope(MS)	42	1-28-05
M45	8:39.74	Craig Fram(NH)	45	1-18-05
M50	8:54.73	Nolan Shaheed(CA)	51	3-23-01
M55	9:30.09	Nolan Shaheed(CA)	55	3-11-05
M60	10:01.96	Dan Conway(MN)	60	3-26-99
M65	10:50.40	Paul Heitzman(KS)	67	3-27-98
M70	11:09.53	Lloyd Slocum(ME)	70	3-28-03
M75	13:10.84	Alfred Funk(MT)	78	3-21-93
M80	13:30.77	John Keston	80	3-11-05
M85	18:54.49	Dudley Healy(NJ)	85	3-24-00
M80	23:12.34	Frank Levine	90	3-11-05

### 60 Meter Hurdles

M35	7.56	Greg Foster(US)	35	3- 4-94
M40	8.22	Glenn Patterson	41	3-29-03
M45	8.22	Dexter McCloud(TX)	45	3-19-06
M50	8.47	Walt Butler(CA)	51	3-20-93
M55	8.63	Courtland Gray(LA)	55	2-14-99
M60	8.85	Courtland Gray(LA)	60	3-13-04
M65	9.57	Emil Pawlick	67	3-17/06
M70	9.89	James Stookey(MD)	70	3-25-00
M75	10.09	Melvin Larsen(IA)	76	1-19-01
M80	11.10	Melvin Larsen(IA)	80	3-12-05
M85	18.26	Alfred Guidet(CA)	85	3-29-03

### 3000 Meter Racewalk

M35	11:29.87	Jonathan Matthews		1-22-94
M40	12:25.9	Ray Funkhouser		1-10-93
M45	12:38.71	Don DeNoon		2-20-93
M50	12:34.9	Don DeNoon		2-04-94
M55	13:09.0	Don DeNoon		2-13-99
M60	14:22.23	Don DeNoon		3/28/04
M65	15:30.50	Paul Johnson		3-30-03
M70	16:07.46	Jack Bray		3-30-03
M75	17:52.24	Jack Starr		3-28-04
M80	21:04.36	Charles Boyle		3-28-04
M85	22:29.58	Bill Patterson		3-25-01

### High Jump

M35	7-1/4	2.14	Jim Barrineau(VA)	37	3-21-93
M40	6'10 3/4	2.10	Dwight Stones (CA)	40	3-25-94
M45	6-1 1/4	2.04	Dennis Lewis(MI)	47	2-11-06
M50	6-0 3/4	1.85	John Hartfield(TX)	51	3-29-96
M55	5-7 1/4	1.71	John C. Brown(MO)	56	1-11-86
M60	5-5 1/4	1.66	David Monteith	60	2-25-06
M65	5-4	1.62	Jim Gilcrist(FL)	65	3-19-93

M70	4-6 1/4	1.41	Tom Langenfeld	70	3-25-06
M75	4-4 3/4	1.34	Bill Wambach(WI)	75	3-24-01
M80	4-0	1.22	Wesley Ward(IN)	82	2-15-92
M85	3-6	1.07	Leland McPhie(CA)	88	3-23-02
M90	3-3	1.06	Leland McPhie(CA)	91	3-12-05
M95	2-9 3/4	0.85	Everett Hosack(OH)	95	3-2-97

### Pole Vault

M35	18-1/2	5.50	Pat Manson(CO)	38	1-13-06
M40	17-0	5.18	Earl Bell(AR)	40	8-26-95
M45	16-3/4	4.90	Paul Babits	45	3-18-06
M50	15-3	4.65	Gary Hunter	50	3-18-06
M55	13-5 1/4	4.10	Matti Kilpelainen(MI)	57	2-15-03
M60	12-11 3/4	3.96	John Altendorf	60	p3-27-98
M65	11-2 3/4	3.42	Jerry Donley(CO)	65	2-25-95
M70	10-4	3.15	Boo Morcom(PA)	71	1-8-93
M75	9-6 1/4	2.90	Bud Held	78	3-24-06
M80	9-0 1/4	2.75	William Bell(AR)	80	3-22-02
M85	5-5 3/4	1.67	A. E. Pitcher(IN)	86	3-19-88
M85	5'11 1/2	1.82	Donald Pellman	90	9-4-05

### Long Jump

M35	23'2 1/2	7.07	Gregory Foster	39	3-24-01
M40	23-3/4	7.03	Stan Whitley(CA)	40	2-22-86
M45	21-8 3/4	6.62	Stan Whitley(CA)	45	3-23-91
M50	20-8 1/2	6.31	Shirley Davisson(CA)	50	3-29-80
M55	19-3 1/4	5.87	Boo Morcom(PA)	55	3-13-77
M60	18-3 3/4	5.58	Dick Richards(CA)	62	3-22-97
M65	17-5 1/4	5.31	Melvin Larsen(IA)	66	1-13-91
	17-5 1/4	5.31	Dick Richards(CA)	66	2-25-01
M70	16-6 3/4	5.05	Melvin Larsen(IA)	70	2-25-95
M75	14-1 3/4	4.31	Melvin Larsen(IA)	75	3-25-00
M80	13-2	4.01	Edwin Lukens(NY)	80	3-23-02
M85	10-2	3.10	Clarence Trahan(CA)	85	3-25-00
M90	10-4	3.15	Max Springer	90	3-27-04

### Triple Jump

M35	49-4 1/4	15.05	Gregory Foster	39	3-25-01
M40	52-9 1/4	16.08	Ray Kimble(US)	40	2- -94
M45	48-7 1/2	14.82	Milan Tiff(CA)	46	2-26-95
M50	43-6	13.26	Dave Quick	50	1-28-06
M55	37-3 3/4	11.37	Frank Struna(MT)	58	1-28-00
M60	36-3 1/2	11.06	Ed Lukens(NY)	63	3-24-85
M65	35-7 3/4	10.86	Tom Patsalis(CA)	66	3-29-87
M70	32-8 1/2	9.97	Ed Lukens(NY)	70	3-19-93
M75	30-9 1/4	9.38	Ed Lukens(NY)	75	3-21-97
M80	28-4 1/2	8.65	Ed Lukens(NY)	81	3-30-03
M85	21-7 1/2	6.59	Ralph Maxwell	85	3-13-05
M90	18-1 1/2	5.52	Leland McPhie	90	3-12-05

### Shot Put (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)

M34	47'6 1/4	14.48	John Kuemmerlin	35	3-12-05
M40	65-10 1/4	20.07	Brian Oldfield(IL)	40	1-17-86
M45	53-11	16.43	Robert Orlando(MA)	45	1-11-02
M50	54-7 1/2	16.65	Ron Summers	51	3-27-04
M55	51-7 3/4	15.74	Joe Keshmiri(NV)	56	2-25-95
M60	51-9	15.77	Joe Keshmiri(NV)	60	3-28-98
M65	46-6	14.17	Gerald Vaughn(NC)	69	2-20-05
M65	49-1 3/4	14.98	Glen Johnson	67	12-3-06
M70	50-6	15.39	Gerald Vaughn(NC)	70	2-26-06
M75	40-4 1/4	12.30	Ross Carter(OR)	76	3-24-90
M80	37-6 3/4	11.45	Ross Carter(OR)	80	2-25-95

M85	31-9 1/4	9.68	Ross Carter(OR)	85	3-26-99
M90	22-8	6.91	Leland McPhie	90	3-11-05
M100	12-0 1/4	3.66	Everett Hosack(OH)	100	3-16-02

### Weight Throw (35-49: 35#, 50-59: 25#; 60-69: 20#; 70-79: 16#; 80+: 12#)

M35	78-3 1/2	23.86	Lance Deal(OR)	38	1-22-00
M40	73-10 3/4	22.52	Ed Burke(CA)	43	1-8-84
M45	64-3	19.58	Harold Connolly(CA)	45	1-8-77
M50	69-0	21.03	Jim Wetenhall	51	1-22-06
M55	64-7 3/4	19.70	Tom Gage(MT)	58	3-23-02
M60	74-10 1/2	22.82	Tom Gage(MT)	60	3-26-04
M65	55-1	16.79	Richard Hotchkiss	66	3-12-05
M70	64-5 1/2	19.64	Bob Ward	71	3-12-05
M75	43-5	13.23	Bill Garrahan (RI)	76	3-24-06
M80	45-7 3/4	13.91	Robert Horsley(WA)	80	3-22-02
M85	33-3 1/4	10.14	David Schlothauer	85	3-28-03
M90	25-1/2	7.63	Leland McPhie	90	3-12-05
M100	16-8 3/4	5.10	Everett Hosack(OH)	100	3-22-02

### Super Weight Throw (35-69: 56#; 70+: 35#)

M35	41-10 1/2	12.76	Ken Jansson(KS)	38	3-31-96
M40	35-8 1/2	10.88	Dave Vandergriff(SC)	40	3-31-96
M45	36-5	11.10	Jim Wetenhall(OH)	49	3-28-04
M50	35-10 1/2	10.93	Tom Gage(MT)	51	2-26-95
M55	32-4 1/4	9.86	Tom Gage(MT)	56	3-26-00
M60	29-8 3/4	9.06	Tom Gage(MT)	60	3-28-04
M65	24-2 1/2	7.38	Richard Hotchkiss	66	3-13-05
M70	34-9 3/4	10.61	Bob Ward	72	3-26-06
M75	21-10 1/4	6.66	Gerald Wojcik	75	3-13-05
M80	24-3 1/2	7.40	Richard Mulkern	80	3-13-05
M85	16-8	5.08	David Schlothauer	88	3-26-06
M90	15-8 3/4	4.79	Leland McPhie	90	3-13-05
M95	10-3 1/4	3.13	Everett Hosack(OH)	95	3-23-97
M100	7-3	2.21	Everett Hosack(OH)	100	3-24-02

USA RECORDS ARE ONLY APPROVED ONCE A YEAR AT THE USATF ANNUAL MEETING IN DECEMBER

*Thus, what you see here may have been bettered since the 2006 annual meeting and would be pending until December 2007*

## WOMEN'S AMERICAN INDOOR RECORDS

Approved as of December , 2006

**Division Mark Name (Residence) Age Meet Date**

### 60 Meters

W35	7.86	Alethea Morris(NY)	37	2-15-02
W40	7.96	Lesia Batiste(LA)	41	3-29-03
W45	8.02	Phil Raschker(GA)	48	2-25-95
W50	8.05	Phil Raschker(GA)	50	3- 1-97
W55	8.59	Phil Raschker(GA)	55	3-23-02
W60	8.91	Kathy Jager (CA)	60	2-15-04
W65	9.15	Kathy Bergen	66	2-25-06
W70	10.26	Audrey Lary	70	3-12-05
W75	11.08	Mary Holland(MI)	76	3-25-00
W80	11.52	Mary Bowermaster(OH)	82	3-25-00

### 200 Meters

W35	25.04	Alethea Morris(NY)	35	3-26-00
W40	25.61	Lesia Batiste(LA)	41	3-30-03
W45	26.18	Phil Raschker(GA)	48	2-26-95
W50	26.52	Phil Raschker(GA)	50	3- 2-97
W55	29.07	Phil Raschker(GA)	58	3-13-05
W60	29.51	Nadine O'Connor	63	3-13-05
W65	32.25	Carolyn Cappetta(MA)	65	3-25-01
W70	35.58	Pat Peterson(NY)	71	3-29-98
W75	40.59	Mary Holland(MI)	75	3-28-99
W80	55.25	Gerry Davidson	83	3-13-05

### 400 Meters

W35	56.66	Alethea Morris(NY)	35	3-25-00
W40	57.40	Linda Batiste(LA)	41	3-29-03
W45	62.55	Dee Dee Grafius(CA)	46	2-18-96
W50	62.82	Jacqueline Board (MO)	50	3-27-04
W55	67.39	Carolyn Cappetta(MA)	59	2-25-95
W60	70.69	Carolyn Cappetta(MA)	60	1- 5-96
W65	71.89	Carolyn Cappetta(MA)	65	3-24-01
W70	87.26	Suzi MacLeod	70	3-27-04
W75	1:41.15	Louise Adams(CO)	75	3-22-97
W80	2:15.67	Carol Peebles	82	2-22-04

### 800 Meters

W35	2:06.62	Alisa Harvey (VA)	39	1-20-05
W40	2:07.23	Alisa Harvey (VA)	40	2-04-06
W45	2:20.99	Lesley Chaplin-Swann	48	3-18-06
W50	2:26.69	Kathryn Martin(NY)	53	3-13-05
W55	2:37.5	Sylvie Kimche(NY)	56	3-23-03
W60	2:44.22	Carolyn Cappetta(MA)	61	3-17-96
W65	2:53.54	Jeanne Daprano(GA)	65	3-24-02
W70	3:20.14	Suzi MacLeod	70	3-28-04
W75	3:46.79	Louise Adams(CO)	75	3-23-97
W80	5:19.86	Pearl Mehl(CO)	82	3-31-96

### One Mile

W35	4:48.52	Alisa Harvey (VA)	39	2-19-05
W40	4:50.95	Alisa Harvey (VA)	40	2-18-06
W45	5:08.01	Lesley Chaplin Swann	48	3-25-06
W50	5:14.00	Kathryn Martin(NY)	52	3-21-04
W55	5:43.75	Carolyn Smith-Hanna(NY)	55	1-21-06
W60	6:02.49	Marie Michelsohn(NY)	61	3-29-03
W65	6:28.91	Jeanne Daprano(GA)	65	3-23-02
W70	7:12.59	Mary Harada (MA)	70	3-25-06
W75	8:26.79	Louise Adams(CO)	75	3-23-97
W80	10:54.48	Gerry Davidson	84	3-12-05

### 3000 Meters

W35	9:34.08	Leslie Lehane(MA)	35	3-27-98
W40	9:58.88	Madelyn NoeSchlantz(NJ)	41	1- 4-02
W45	10:02.55	Joan Samuelson(ME)	45	3-28-03
W50	10:23.84	Kathryn Martin(NY)	52	3-26-04
W55	11:25.05	Joan Ottaway(CA)	56	3-24-00
W60	11:49.41	Marie Michelsohn(NY)	62	3- 6-04
W65	13:09.19	Jeanne Daprano(GA)	66	1-10-03
W70	14:07.09	Toshiko d'Elia(NJ)	71	3- 4-01
W75	15:43.66	Louise Adams(CO)	75	3-21-97
W80	21:27.04	Gerry Davidson)	83	3-11-05

### 60 Meter Hurdles

W35	8.96	Charlene Landrum(NY)	36	3-24-01
W40	9.08	Joy Upshaw-Margerum(CA)	44	3-12-05
W45	9.18	Phil Raschker(GA)	48	2-25-95
W50	9.38	Phil Raschker(GA)	50	4- 6-97
W55	9.84	Phil Raschker(GA)	56	3-28-03
W60	10.72	Nadine O'Connor	64	3-25-06
W65	12.69	Barbara Jordan(VT)	69	3-11-05
W70	12.83	Christel Donley (CO)	70	3-12-05
W75	16.01	Johnnye Valien(CA)	75	3-24-01

### 3000 Meter Racewalk

F35	12:36.76	Joanne Dow		2/29/04
F40	12:45.05	Joanne Dow		2/26/06
F45	14:37.86	Maryanne Torrellas		3/28/04
F50	15:04.35	Gayle Johnson		2/10/01
F55	16:22.41	Gayle Johnson		2/21/04
F60	17:15.24	Elton Richardson		2/20/00
F65	17:46.25	Ruth Eberle		2/08/97
F70	19:08.86	Shirley Dockstader		3/30/03
F75	20:50.00	Miriam Gordon		3/28/04
F85	27:11.02	Fan Benno-Caris		3/28/04

### High Jump

W35	6-0 1/2	1.84 KarolAnn Rovelto (KS)	36	2-11-06
W40	5-5 1/4	1.66 Patricia Porter(NM)	43	3-20-06
W45	5-2 1/4	1.58 Phil Raschker(GA)	48	2-25-95
W50	5-0 1/4	1.53 Phil Raschker(GA)	50	3-23-97
W55	4-9 1/2	1.46 Phil Raschker(GA)	56	3-28-03
W60	4-3	1.30 Kathy Bergen(CA)	63	1-12-03
W60	4-3	1.30 Linda Douglass	60	3-12-05
W65	4-3 1/4	1.31 Kathy Bergen(CA)	66	3-26-06
W70	3-9 1/2	1.16 Christel Donley(CO)	70	3-11-05
W75	3-8	1.12 Leonore McDaniels(VA)	75	3-30-03
W80	3-1	0.94Johnnye Valien	80	3-26-06

### Pole Vault

W40	9-3	2.82 Pamela Swan0	42	3-24-06
W45	10-10 1/4	3.31 Phil Raschker(GA)	49	3-17-96
W50	10-0 1/2	3.06 Phil Raschker(GA)	53	3-24-00
W55	9-0 1/2	2.76 Phil Raschker(GA)	58	3-12-05
W60	9-10 1/2	3.01 Nadine O'Connor(CA)	63	2-26-06
W65	7-4 1/4	2.24Becky Sisley(OR)	65	2-13-05
W70	6-10 1/4	2.09 Leonore McDaniels(VA)	70	4- 5-98
W75	5-10 3/4	1.80 Leonore McDaniels(VA)	76	3-26-04
W80	4-7	1.40 Johnnye Valien	80	3-18-06

### Long Jump

W35	20-2 1/2	6.16 Willye White(US)	36	3- 3-75
W40	18-5	5.61 Phil Raschker(GA)	40	3-28-87

W45	18-10 1/2	5.75	Phil Raschker(GA)	47	3- 5-94
W50	16-5	5.00	Phil Raschker(GA)	50	3- 1-97
W55	15-8 3/4	4.79	Phil Raschker(GA)	55	3-22-02
W60	12-10 1/2	3.92	Barbara Cleveland(FL)	60	3-25-00
W65	12-8 1/2	3.87	Audrey Lary(MD)	65	3-29-03
W70	11-9 3/4	3.60	Audrey Lary(MD)	70	3-12-05
W75	10-2	3.10	Mary Holland(MI)	76	3-25-00
W80	8-2	2.49	Mary Bowermaster(OH)	82	3-25-00

### Triple Jump

W35	36-4	11.07	Regina Richardson	39	3-28-04
W40	38-8 3/4	11.80	Regina Richardson	40	1-29-05
W45	35-6	10.82	Phil Raschker(GA)	45	3-19-93
W50	34-5	10.49	Phil Raschker(GA)	50	3-21-97
W55	30-7 1/2	9.33	Phil Raschker(GA)	55	3-24-02
W60	26-10	8.18	Evelyn Wright(MD)	62	3-24-00
W65	26-7 3/4	8.12	Audrey Lary(MD)	65	2-13-00
W70	25-11	7.90	Audrey Lary(MD)	70	3-13-05
W75	21-2 3/4	6.47	Leonore McDaniels(VA)	75	3-30-03
W80	18-3 1/4	5.57	Johnnye Valien	80	3-26-06

### Shot Put (35-49: 4Kg; 50+: 3Kg)

W35	42-4 1/4	12.91	Oneithea Lewis(NY)	39	2-13-00
W40	48-2	14.68	Oneithea Lewis(NY)	42	2- 7-03
W45	43-2 1/2	13.17	Oneithea Lewis(NY)	45	12-30-05
W50	41-6 1/2	12.66	Joanne Grissom(IN)	51	3-25-90
W55	38-11 3/4	11.88	Joanne Grissom(IN)	55	2- 5-94
W60	36-7 1/2	11.16	Joanne Grissom(IN)	61	1-23-00
W65	30-1 9/16	9.17	Mary Roman(CT)	65	2-11-01
W70	26-9 8/16	8.15	Christel Donley (CO)	71	3-24-06
W75	22-7 1/4	6.89	Johnnye Valien(CA)	75	3-24-01
W80	20-8 6/16	6.30	Mary Bowermaster(OH)	82	3-25-00
W85	14-8 4/16	4.47	Betty Jarvis(NC)	85	3-24-01
W90	12-2 2/16	3.71	Betty Jarvis	90	3-25-06

### Weight Throw (35-49: 20#; 50+: 16#)

W35	44-8 3/4	13.63	Oneithea Lewis(NY)	39	3-24-00
W40	56-2	17.12	Oneithea Lewis(NY)	42	3-28-03
W45	52-4 3/4	15.97	Oneithea Lewis(NY)	45	12-30-05
W50	50-7 1/2	15.42	Vanessa Hilliard(FL)	54	3-30-96
W55	49-2 1/4	14.99	Vanessa Hilliard(FL)	55	3-21-97
W60	46-0 3/4	14.04	Carol Young(MI)	62	3-22-02

W65	44-5 1/4	13.54	Carol Young	65	2-13-05
W70	33-3 3/4	10.15	Audrey Lary	70	3-11-05
W75	26-0 3/4	7.94	Lillian Snaden(SC)	75	2-13-05
W80	21-2 6/16	6.45	Margaret Hinton	80	3-2-02
W85	25-8 7/16	7.82	Betty Jarvis(NC)	88	3-26-04
W90	17-25.23		Betty Jarvis(NC)	90	3-24-06

### Super Weight Throw (35-59: 35#; 60+: 25#)

W35	26-7 1/4	48.11	Sarah Boslaugh(NY)	39	3-31-96
W40	35-4 3/4	40.79	Oneithea Lewis(NY)	42	3-30-03
W45	24-4 1/4	47.42	Joan Stratton(CA)	45	3-23-97
W50	37-5 3/4	41.42	Vanessa Hilliard(FL)	53	3-31-95
W55	36-9 1/2	21.21	Vanessa Hilliard(FL)	55	3-23-97
W60	26-8 1/4	48.13	Carol Young(MI)	61	3-25-01
W65	21-8 6/16	6.60	Audrey Lary(MD)	65	3-26-00
W70	17-10 1/2	5.45	Lillian Snaden(SC)	73	4- 6-03
W75	14-4 4/16	4.37	Margaret Hinton(TX)	79	3-25-01
W80	13-4 3/4	44.08	Margaret Hinton(TX)	81	3-30-03

### 2006 USATF Masters Award Winners

The Masters Track & Field Committee announced its 2006 age group award winners at the USATF Annual Meeting held in Indianapolis Indiana last December. Congratulations are extended to all award winners.

**Outstanding Athlete** Nadine O'Connor • Bill Collins, TX

**Outstanding Racewalker** Janet Higbie • Ray Sharp, MI

**Outstanding Athlete—Combined Events**

Christel Donley, CO • Emil Pawlik, MS

**Outstanding Single Performance** Nadine O'Connor • Trent Lane

**Administrator of the year:** Suzy Hess

### 2006 Age Group Winners—Racewalking

Age	Women	Men
35	Jolene Moore	Curt Clausen
40	Teresa Vaill	John Soucheck
45	Heidi Hauch	Ray Sharp
50	Debbie Topham	Mark Green
55	Cathy Mayfield	Max Walker
60	Kathleen Balsler	Leon Jasionowski
65	Janet Higbie	Paul Johnson
70	Beverly McCall	Jack Bray
75	Kate Marrs	Jack Starr
80		Bob Mimm

### 2006 Age Group Award Winners – Track & Field

Age	Track - Women	Field - Women	Track - Men	Field - Men
30	Sonja Friend-Uhl		Antwon Dussett	Nick Pertrucci
35	Lisa Daley	Laura Barre	Don Drummond	Pat Manson
40	Alisa Harvey	Regina Richardson	Aaron Thigpen	Thomas VanZandt
45	Leslie Chaplin-Swann	Oneithea Lewis	Willie Gault	Bruce McBarnette
	Joy Upshaw Margerum		Pete Magill	
50	Kathryn Martin, NY	Monica Kendall	Oscar Peyton	Gary Hunter
55	Carol Smith-Hanna	Phil Raschker	Bill Collins	Charles Rader
60	Nadine O'Connor	Nadine O'Connor	Steve Robbins	Tom Gage
			Stan Whitley	
65	Kathy Bergen	---	Paul Edens	Ed Burke/Gary Stenlund
70	Mary Harada	Christel Donley	Bobby Whilden	Bob Ward
75	Edythe Leek	Gloria Krug	Jim Stookey	Bud Held
		Magdalena Kuehne		
80	Pat Peterson	Johnnye Valien	Mel Larsen	Dick Mulkern
85	Gerry Davidson	Melanie Reske	John Mean	Ralph Maxwell
			Robert Chase	
90	---	Betty Jarvis	Bob Matteson	Leland McPhie
95				Trent Lane

MEN					
60 M	6.45	Maurice Greene	Nike	1999	
60 M HH	7.41	Allen Johnson	Nike	2003	
200 M	20.69	John Capel	adidas	2003	
400 M	45.85	Dave Dopek	PowerAde	1997	
800 M	1:46.98	Khadevis Robinson	Nike	2006	
1500 M	3:38.15	Bernard Lagat	Kenya	2003	
Mile	3:53.18	Laban Rotich	Kenya	2005	
3000 M	7:35.24	Haile Gebrselassie	Ethiopia	2004	** Best ever on US soil
5000 M Racewalk	19:15.88	Tim Seaman	NYAC	2006	** US Record
4 x 400 M Relay	3:05.66	Nike		2002	
4 x 800 M Relay	7:13.94	Global Athletics & Marketing		2000	*** World Record
High Jump	2.30m/7'6.5"	Charles Austin, Tora Harris, Charles Clinger, James Nieto		2003,2004	
Long Jump	8.26m/27'1.25"	Savante Stringfellow	Nike	2004	
Triple Jump	17.45m/57'3"	Tim Rusan	Nike	2003	
Pole Vault	5.81m/19'0.75"	Steven Hooker	Australia	2007	
Shot Put	21.66m / 71'0.75"	Adam Nelson	Unattached	2005	
Weight	25.08m/82'3.5"	Kibwe Johson	Ashland	2007	*** Collegiate record
Pentathlon (Int'l)	4059	Will Thomas	Connecticut	2001	
WOMEN					
60 M	7.06	Me'Lisa Barber	adidas	2006	
60 M HH	7.74	Gale Devers	Nike	2003	** USA Record
200 M	22.84	Michelle Collins	Nike	2003	
400 M	51.28	Sanya Richards	Nike	2006	
800 M	1:57.79	Jolanda Ceplak	Slovenia	2002	** US All Comers Rec
1500 M	3:59.98	Regina Jacobs	Nike	2003	** USA, World Record
Mile	4:28.03	Sarah Jamieson	Australia	2007	
3000 M	8:30.05	Meseret Defar	Ethiopia	2005	
5000 M	14:27.42	Tirunesh Dibaba	Ethiopia	2007	** World Record
3000 M Racewalk	12:36.76	Joanne Dow	NEWalkers	2004	
4 x 400 M Relay	3:38.02	Georgetown		2001	
4 x 800 M Relay	8:46.35	Georgetown		2000	
High Jump	1.97m/6'5.5"	Tisha Waller	Nike	2003	
Long Jump	6.63m/21'9"	Carolina Klufft	Sweden	2005	
Triple Jump	13.89m/45'7"	Tiombe Hurd	Nike	2006	
Pole Vault	4.78m/15'8.25"	Stacy Dragila	Nike	2003	*** USA, World Record
Shot Put	19.26m/63'2.25"	Jillian Camarena	Unattached	2006	
Weight	24.54m/80'6.25"	Amber Campbell	Mjolnir Throwers	2007	
Pentathlon	4080	Trecia Smith	Pittsburgh	1999	

The World Record in the women's 5000 meters and the US Record in the 3000 meters were set at the Reggie Lewis Track and Athletic Center this winter (2007) at the Reebok Boston Indoor Games

### REGGIE LEWIS TRACK AND ATHLETIC CENTER

The **Reggie Lewis Track and Athletic Center**, part of Roxbury Community College in Boston, opened in 1995 and remains a state of the art athletics facility. It features a six-lane, lightly banked 200 meter Mondo track with a nine-lane straightaway. The track has proven to be lightning fast. Mondo stretches from wall to wall, serving as runways for all jumps and the landing area for the one permanent and several portable throwing circles

The National Masters Indoor Championships will utilize:

Two weight and shot circles, one wood and one concrete, thrown onto synthetic surface

Two long jump / triple jump pits and two high jump pits

One pole vault pit

The gymnasium adjacent to the track will be used for number and packet pick-up, meet information, and results posting. Results will be posted electronically on the score board at the east end of the track shortly after each event, via hard copy in the adjoining gymnasium, and on the meet web site at the end of each day of competition.

**SCHEDULE OF EVENTS**—*minor adjustments may be made depending on event field sizes*

**FRIDAY MARCH 23**

**8:00 AM Pentathlon – Registration**

**Pentathlon**

Order of Events

Women	Men
60 M Hurdles	60 M Hurdles
High Jump	Long Jump
Shot Put	Shot Put
Long Jump	High Jump
800 Meters	1000 Meters
9:00 AM	M60+
9:15 AM	All Women
10:15 AM	M50-59
11:00 AM	M40-49
12:30 PM	M30-39

**2:00 PM General Registration**

Track Events Schedule

4:00 PM	3000 Meters	All Women
4:45 PM	3000 Meters	M70+
5:05 PM	3000 Meters	All remaining men

Throws Schedule

3:00 PM	Weight	Women 50-59
	Weight	Women 60+
4:00 PM	Weight	Women 30-49
4:30 PM	Weight	Men 75+
5:15 PM	Weight	Men 70-74
6:15 PM	Weight	Men 60-69

Jumps Schedule

3:15 PM	Pole Vault	Men 60+ AND All Women, Together
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**SATURDAY MARCH 24**

7:30 AM Registration

Track Events Schedule

9:00 AM	60 Meters	Preliminaries and Trials, All
10:00 AM	60 Meters	Finals, All
11:45 AM	Mile	All Women
12:15 PM	Mile	All Men
2:00 PM	400 Meters	Timed Finals, All
4:30 PM	4 x 800m Relay	All
5:00 PM	60 M Hurdles	Trials and Finals, All

**FACILITY/IMPLEMENTS**

Six lane, lightly banked 200 meter Mondo Track, nine lane straightaway. Use of starting blocks is restricted to those provided by the facility. All shoes will be checked, with only 1/4" pyramid spikes or flats permitted, no hexagonal elements. Acceptable spikes will be available at the meet. There will be two weight and shot circles, throwing onto a synthetic surface. Only certified indoor shot puts and weights are allowed for the indoor competitions. No hardshell implements are allowed. Superweight (M30-69) may be outdoors.

Starting heights will be determined by facility equipment limitations and by the Games Committee. Minimum High Jump height will be 2 feet 8 inches; minimum Pole Vault height will be approx. 4 feet. Pole vaulters must bring their own poles.

**EVENT SPONSORS**

The Men's and Women's 400 meters events are sponsored by the Mass Velocity Track Club.

The Men's Long Jump (all divisions) is sponsored by Performax Performance Psychology / Dr. John Oleski.

**Throws Schedule**

9:00 AM	Shot Put	Women 70+
	Shot Put	Men 50-59
10:00 AM	Shot Put	Women 60-69
11:00 AM	Shot Put	Men 40-49
	Shot Put	Women 50-59
12:30 PM	Shot Put	Women 30-49
1:00 PM	Shot Put	Men 30-39
1:45 PM	Shot Put	Men 60-64
2:15 PM	Shot Put	Men 80+
2:30 PM	Weight	Men 50-59
3:15 PM	Shot Put	Men 70-79
4:30 PM	Shot Put	Men 65-69
4:30 PM	Weight	Men 30-49

**Jumps Schedule**

9:00 AM	Long Jump	Men 30-39
9:30 AM	Pole Vault	Men 50-59
10:00 AM	Long Jump	Men 40-49
12 noon	High Jump	Men 60-69
	Long Jump	Men 50-59
1:30 PM	Long Jump	Men 70+
1:30 PM	High Jump	Men 50-59
2:00 PM	Pole Vault	Men 30-49
3:00 PM	High Jump	Men 30-49
3:00 PM	Long Jump	Men 60-69
4:30 PM	Long Jump	Women, All

Athletes General Meeting Follows Last Event

**SUNDAY MARCH 25**

**8:00 AM Registration**

Track Events Schedule

9:00 AM	200 Meters	Trials, All
10:15 AM	800 Meters	Timed Finals - All Women
10:30 AM	800 Meters	Timed Finals - All Men
11:45 AM	200 Meters	Finals, All
12:45 PM	3000m Racewalk	Women
1:30 PM	3000m Racewalk	Men
To Follow Walks	4 x 400m Relay	All

**Throws Schedule**

10:00 AM	Superweight	Women 60+
to follow	Superweight	Women 30-59
to follow	Superweight	Men 70+
11:00 AM	Superweight	Men 60-69
to follow	Superweight	Men 50-59
to follow	Superweight	Men 30-49
	Superweight	Men 30-69 may be outdoors

**Jumps Schedule**

10:00 AM	High Jump	Women, All
10:00 AM	Triple Jump	Men 30-39 AND M60+
11:30 AM	Triple Jump	Men 40-49
12:00 PM	High Jump	Men 70+
12:30 PM	Triple Jump	Men 50-59 AND All Women

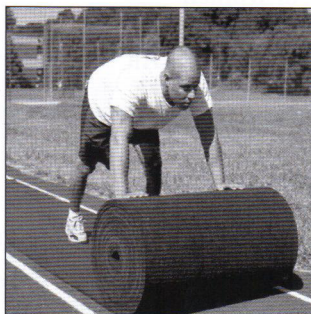
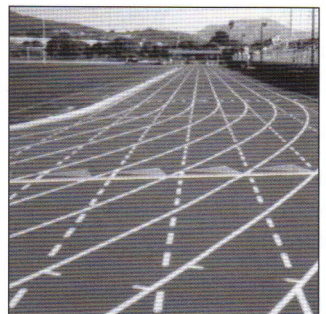
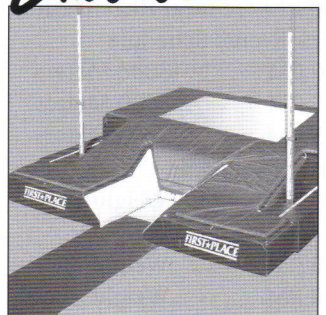
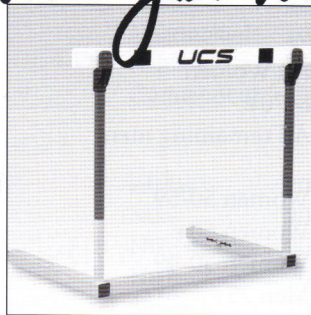
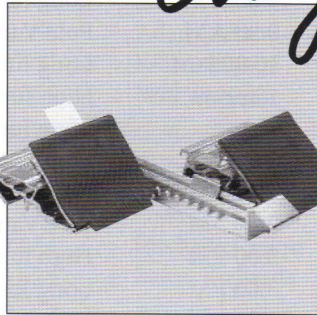
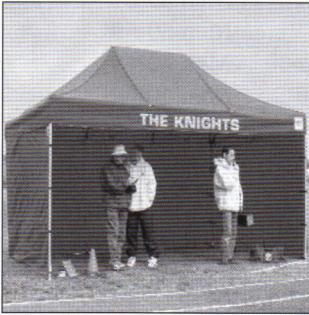
**COMPETITION ORDER**

For track events the order is women followed by men, oldest to youngest. Age groups may be combined to fill sections. If the number of entrants in an age group does not exceed the number of available lanes, preliminary rounds of the 60 meters, 60 meter hurdles, and 200 meters will be eliminated; finals only will be run as scheduled.

NOTE: field event starting times may need to be adjusted due to the number of entrants

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