

History and Records for the Rocky Mountain Masters Games 1981 through 2019

The Colorado Masters Track and Field Club (CMTFC) has a rich history covering almost 45 years of running, jumping and throwing. This should come as no surprise, as the state of Colorado has long been known for its running community. In the early 1970s Pat Conroy put a notice in the Rocky Mountain News, inquiring as to whether there was any interest in starting up a track club in order to expand the opportunities for competitions beyond the road running boom at that time. The response was so good that interested parties met at Denver University and the Denver Track Club (DTC) was born. The first DTC president was Steve Keuper who was followed by George Lynn, Jim Bogus, Trip Reynolds and Jim Weed. The first CMTFC president was George Soule followed by Sue Norton and currently, Jim Weed.

While the club activities ebbed and flowed under each leader, the key goal of building a lasting club that promoted opportunities to compete in Masters Track & Field was achieved.

The first All Comers meet was organized by Coaches Henderson and Green at their high school, Aurora Central. At that time, the track was cinder and had to be dragged before each meet. Once the dragging was completed a chalk liner had to be pulled around the track to establish lanes. Subsequent All Comers meets were held over the years at multiple locations, including Denver's All-City Stadium. In addition to local meets, the DTC sponsored two National Masters Decathlon Championships. The last one was contested in Denver on June 28 and 29, 1980.

In 1978 congress passed the Amateur Sports Act dividing the Olympic sports into individual corporations. The track and field corporation became The Athletics Congress (TAC). In 1992 the name was changed from TAC to its current title, USA Track and Field (USATF). To bid for the 1980 National Decathlon Championships, DTC leaders went to the 1979 TAC National Track and Field convention in Las Vegas. Jim Weed presented his proposal for the meet and the DTC was awarded the 1980 championships. In the process Jim Weed was also elected the National Masters T&F Chairman. During his time as chairman, Jim noted that there were few national-level meets, so an effort was made to expand the number of meets and improve coordination to reduce date conflicts. (This continues to be a priority for USATF leaders today.)

Energized by Jim Weed's leadership, the DTC decided to join fellow clubs around the country that were establishing annual meets to increase opportunities to compete. After careful consideration (and a few adult beverages), the DTC leadership picked Labor Day weekend for its new meet, which was named the Rocky Mountain Masters Games (RMMG). This gave the attendees a long weekend for travel and a late season opportunity to improve on seasonal best marks. The RMMG started as a two-day meet (a rarity still today), with the running pentathlon on Saturday and the throws pentathlon on Saturday and Sunday. In order to comply with updated rules for the throws pentathlon, all five events were eventually contested on Sunday. In order to qualify for world records the number of throws per event was reduced from four to three. Another rules change in the throws pentathlon dictated the order in which the individual events would be contested. (Before this rules change, these events could be contested in any order.)

The inaugural Rocky Mountain Masters Games were held at Aurora Central HS in 1981. Subsequent meets were held at Cherry Creek HS. During the first years of the meet, DTC leadership learned a lot about meet management. For example, the meet had to be held at a certified track in order to qualify for a Masters five-year age group record. Recognizing the importance of record-setting to competitors, the DTC decided to relocate future meets to CU Boulder. Officiating was another area of improvement. In order to claim an American or World record, the meet had to be sanctioned by USATF and certified officials had to run the events and certify any records. These particular changes have had a lasting impact, as the RMMG is well known in the Masters community for its high level of meet management and officiating.

After a long and successful run at CU Boulder's Potts Field, the RMMG was forced to relocate due to renovation of the CU track after the Big 12 outdoor championships. So, 17 years ago, the DTC moved the meet to CSU's Christiansen Field in Ft. Collins. The RMMG has enjoyed a good run at this fine facility (only interrupted once when the meet was moved to Pueblo due to reconstruction of the CSU track). Looking forward to the years ahead, the DTC has continued to evolve. For example, the club name was changed to the "Colorado Masters Track and Field Club" to better represent its membership. In August 2021, the CMTFC will host the 40th Anniversary RMMG and also the Masters National Decathlon & Heptathlon Championships. Best wishes to all meet participants in your running, jumping and throwing!

Rocky Mountain Masters Games Records 1981-2019

50 METER DASH				
Sex	Age Group	Name	Year	Time
W	Intermed	Sarah Hopkins	2014	7.58
W	30-34	Brandi Bernert	2010	6.62
W	35-39	Becca Sorensen	2011	7.06
W	40-44	Sue Norton	1999	7.33
W	45-49	M. Mitchell	1988	7.00
W	50-54	Joan Dugan	1991	7.62
W	55-59	Joy Upshaw	2017	7.27
W	60-64	Cathy Nicoletti	2012	8.11
W	65-69	Cathy Nicoletti	2016	8.59
W	70-74	Barbara Jordan	2006	8.68
W	80-84	Christel Donley	2018	10.73
W	85-89	Velma Jacobs	2004	12.83
M	Open	Caravell Murry III	2018	7.14
M	30-34	D. Barmer	1996	6.09
M	35-39	Robert Hahn	1988	6.10
M	40-44	Robb Bong	1988	6.01
M	45-49	G. Oliphant	1988	6.20
M	50-54	James St Cyr	1999	6.37
M	55-59	H. Hartenstein	1990	6.54
M	60-64	G. Albury	1990	6.80
M	65-69	T. Murphy	1988	7.06
M	70-74	John Davison	1990	7.36
M	75-79	John Davison	1994	7.54
M	80-84	Lee Todd	1995	8.52
M	85-89	Russell Randall	1994	9.18

100 METER DASH				
Sex	Age Group	Name	Year	Time
W	Open	Mandy White	2015	11.35
W	30-34	Brandi Bernert	2010	12.09
W	35-39	Brandi Bernert	2013	12.24
W	40-44	Sue. Norton	1999	13.54
W	45-49	W. Ely	1985	13.18
W	50-54	Liz Palmer	2010	13.11
W	55-59	Joy Upshaw	2017	13.60
W	60-64	Kathy Nicoletti	2012	15.15
W	65-69	Heidi Boerstler	2016	15.24
W	70-74	P. Clarke	1983	16.50
W	75-79	P. Clarke	1985	16.20
W	80-84	Christel Donley	2018	20.97
W	85-89	Velma Jacobs	2004	27.12
M	Open	Sam Zook	2016	11.10
M	30-34	C. Jackson	1982	10.60
M	35-39	F. Booker	1984	11.07
M	40-44	B. Wilson	1983	10.80
M	45-49	Mac Azuogu	1994	11.40
M	50-54	B. Springbett	1983	11.40
M	55-59	H. Hartenstein	1990	11.20
M	60-64	Gary Sims	2001	12.70
M	65-69	Donald Neidig	2010	12.51
M	70-74	John Davison	1991	14.02
M	75-79	John Davison	1994	14.00
M	80-84	Robert Whilden	2016	15.12
M	85-89	Russell Randall	1994	17.70
M	90-94	Donald Pellmann	2005	17.83*

*World Record

200 METER DASH				
Sex	Age Group	Name	Year	Time
W	Open	Autumn Gardner	2016	27.75
W	30-34	Brandi Bernert	2010	25.23
W	35-39	Y. Joyce	1995	26.30
W	40-44	Sue Norton	1999	27.20
W	45-49	W. Ely	1985	27.08
W	50-54	Colleen Burns	2003	31.81
W	55-59	Joy Upshaw	2017	28.08
W	60-64	Nadine O'Connor	2004	29.09
W	65-69	Cathy Nicoletti	2016	34.01
W	70-74	P. Clarke	1981	34.20
W	75-79	P. Clarke	1985	35.20
W	80-84	Pearl Mehl	1995	1:00.05
W	85-89	Velma Jacobs	2004	1:01.07
M	Intermed	Zachary Sun	2014	26.02
M	Open	Sam Zook	2016	22.19
M	30-34	G. Crunkleton	1986	21.74
M	35-39	F. Booker	1984	22.28
M	40-44	B. Wilson	1983	22.00
M	45-49	Robert Bowen	2001	23.30
M	50-54	T. Baker	1982	23.40
M	55-59	T. Baker	1987	24.18
M	60-64	Donald Neidig	2004	24.37
M	65-69	Donald Neidig	2009	25.37
M	70-74	J. Alexander	1990	27.90
M	75-79	John Davison	1994	29.08
M	80-84	Herb Anderson	1982	34.60
M	85-89	Ed Carter	2005	39.45

400 METER RUN				
Sex	Age Group	Name	Year	Time
W	Open	Mia Coats	2016	59.82
W	30-34	Ruth Waller	2014	1:02.32
W	35-39	Anna Breezinska	2007	57.40
W	40-44	Eileen Phillips	2015	1:01.57
W	45-49	Eileen Phillips	2018	1:04.39
W	50-54	Colleen Burns	2003	1:11.60
W	55-59	Yvonne Joyce	2017	1:06.90
W	60-64	Laurie Rugenstein	2008	1:18.49
W	65-69	Laurie Rugenstein	2013	1:19.04
W	70-74	Mary Smith	2013	1:24.33
W	75-79	Mary Smith	2016	1:29.55
W	80-84	Pearl Mehl	1995	2:24.94
M	Open	Jordan McCall	2019	51.67
M	30-34	B. Janssen	1983	50.80
M	35-39	G. Mason	1982	51.70
M	40-44	Kettrell Berry	2003	52.09
M	45-49	Ron Kirkpatrick	1984	53.02
M	50-54	Jerry Scriver	2002	54.96
M	55-59	Ron Kirkpatrick	1993	56.24
M	60-64	Donald Neidig	2004	55.56
M	65-69	Donald Neidig	2009	57.47
M	70-74	J. Alexander	1990	1:03.47
M	75-79	James Leggitt	2010	1:18.00
M	80-84	Herb Anderson	1983	1:25.40

800 METER RUN				
Sex	Age Group	Name	Year	Time
W	Open	Ruth Waller	2011	2:17.05
W	30-34	Y. Joyce	1991	2:13.84
W	35-39	Y. Joyce	1995	2:18.72
W	40-44	Teresa Drotar	1999	2:36.61
W	45-49	B. Pike	1988	2:37.34
W	50-54	Diane Palmason	1991	2:37.39
W	55-59	Yvonne Joyce	2017	2:37.92
W	60-64	Laurie Rugenstein	2008	2:56.48
W	65-69	Laurie Rugenstein	2013	2:59.51
W	70-74	Louise Adams	1994	3:22.47
W	75-79	Pearl Mehl	1989	3:37.19
W	80-84	Pearl Mehl	1995	5:41.65
M	Open	Chas Rasmussen	2011	2:01.39
M	30-34	H. Hall	1983	1:57.80
M	35-39	J. Perry	1982	1:58.70
M	40-44	A. Cook	2000	2:03.05
M	45-49	Scott Hartley	2008	2:01.08
M	50-54	J. Schriber, H. Cryer	1982	2:12.40
M	55-59	Bob Cottrell	2015	2:17.93
M	60-64	Ken Luff	1993	2:22.15
M	65-69	David Salazar	2016	2:34.93
M	70-74	Maurice McDonald	2011	2:41.99
M	75-79	Emmett Bennett	1989	3:25.19
M	80-84	Emmett Bennett	1990	3:33.83
M	85-89	Emmett Bennett	1995	4:24.02

1500 METERS** and MILE**** RUN				
Sex	Age Group	Name	Year	Time
W	30-34	Kate Kinney**	1992	5:00.57
W	35-39	Nancy Coleman**	1996	5:24.00
W	40-44	Patty Murray** Jennifer Lee****	2008	4:49.20
W	45-49	Mary Shore**	2014	5:56.06
W	50-54	Kim Jones** Laura Bruess****	2010	5:24.03
W	55-59	Maria Korb** Laura Bruess****	2008	5:23.40
W	60-64	L. Rugenstein**	2015	5:57.10
W	65-69	M. Lambert** L. Rugenstein****	2008	6:07.10
W	70-74	Louise Adams**	2016	6:00.55
W	75-79	Pearl Mehl**	2008	5:51.50
W	80-84	Mary Kirsling**	1987	6:52.90
M	Open	Bryon Malang****	2013	6:13.00
M	30-34	Daniel Haney**	1993	7:05.82
M	35-39	R. Drown** Brian Kelly****	1994	7:47.95
M	40-44	Lance Denning**	2003	11:52.80
M	45-49	Scott Hartley** Todd Straka****	2002	4:15.50
M	50-54	James Gilbert** Scott Hartley****	2008	4:17.00
M	55-59	Ken Luff**	2015	4:44.00
M		Roger Sayre****	2012	4:39.00
M			2017	5:05.00
M			1992	4:59.83
M			2015	5:27.49

5000 METER RUN				
Sex	Age Group	Name	Year	Time
W	30-34	C. Leroi	1992	17:30.40
W	35-39	S. Sarto	1994	20:02.90
W	40-44	V. Sedlak	1990	21:49.90
W	50-54	Diane Palmason	1991	20:51.50
W	55-59	Jessie Standart	1995	26:05.70
W	60-64	Louise Adams	1986	25:27.50
W	65-69	Louise Adams	1989	25:13.20
W	70-74	Louise Adams	1993	26:20.30
W	75-79	Pearl Mehl	1989	28:12.90
W	80-84	Pearl Mehl	1995	44:18.30
M	30-34	J. Koningh	1988	15:20.40
M	35-39	S. Flanagan	1985	15:28.20
M	40-44	Ric Rojas	1994	16:00.00
M	45-49	C. Downey	1985	17:30.40
M	50-54	E. Black	1985	17:50.20
M	55-59	Ken Luff	1992	17:30.70
M	60-64	E. Black	1991	19:56.80
M	65-69	Richard Hayes	1995	23:13.40
M	70-74	L. Patterson	1985	24:05.50
M	75-79	J. Mead	1984	27:19.20

5000 METER RACE WALK				
Sex	Age Group	Name	Year	Time
W	35-39	P. Miller	1991	26:02.90
W	40-44	V. Sedlak	1991	25:38.60
W	45-49	Marianne Martino	1995	27:35.90
W	50-54	Barbara Jansen	1995	33:39.70
W	55-59	B. Marozsan	1991	32:53.50
W	60-64	Jackie Williams	1994	31:44.00
W	65-69	Jackie Williams	1995	33:18.00
W	70-74	J. Timmerhaus	1997	45:37.91
W	75-79	B. Jacobs	1991	38:21.00
M	30-34	Michael Blanchard	1991	30:27.50
M	35-39	Albert Leibold	1995	22:51.50
M	40-44	C. Brown	1991	31:49.40
M	45-49	A. Yap	1991	28:59.30
M	50-54	L. Marchant	1991	30:59.00
M	55-59	B. Decarlo	1992	27:58.00
M	60-64	J. Lyle	1994	29:47.63
M	65-69	Klaus Timmerhaus	1993	30:26.00
M	70-74	Klaus Timmerhaus	1995	30:42.20
M	75-79	Howard Channell	1993	31:12.00

1500 METERS and MILE RUN				
Sex	Age Group	Name	Year	Time
M	60-64	David Salazar** Dan Spale****	2013	5:07.41
M	65-69	Rich Hayes** David Salazar****	2018	5:24.37
M	70-74	L. Patterson** John Roeske****	1997	6:11.02
M	75-79	Herb Anderson**	2016	6:02.20
M	80-84	Emmett Bennett**	1985	6:02.59
M			2014	6:33.77
M			1981	7:27.10
M			1990	7:58.30

80 METER HURDLES				
Sex	Age Group	Name	Year	Time
W	40-44	Kristin McFall	2012	12.87
W	45-49	Pamela McCartney	2018	14.56
W	50-54	Liz Palmer	2010	12.44
W	55-59	Joy Upshaw	2017	13.23
W	60-64	Karen Blackmore	2014	20.86
W	65-69	Kay Glynn	2019	16.46
W	70-74	Barbara Jordan	2006	18.06
M	65-69	Alex Meyer	2010	25.60
M	70-74	Richard McKisson	2010	13.83
M	75-79	Richard McKisson	2012	13.87
M	80-84	Fred Hirsimaki	2004	18.06

100 METER HURDLES				
Sex	Age Group	Name	Year	Time
W	Open	Anissa Ferguson	2015	19.58
W	30-34	Karen Hood	1999	17.57
M	50-54	BJ Duhon	2010	14.47
M	55-59	Chuck Sochor	1995	15.20
M	60-64	Courtland Gray	2004	14.83
M	65-69	L. Bonifield	1998	17.00
M	70-74	Fred Hirsimaki	1994	14.92
M	75-79	Ham Morningstar	1994	24.06
M	80-84	Bob Boal	1994	22.14

110 METER HURDLES				
Sex	Age Group	Name	Year	Time
W	30-34	Brandi Bernert	2012	20.88
M	Open	Mark Humphrey	2016	15.16
M	30-34	N. Robinson	1984	14.40
M	35-39	Mike Hill	1987	15.20
M	40-44	Robert Zahn	1994	15.42
M	45-49	D. Lance	1987	16.40
M	50-54	Jeff Loubet	1993	15.33
M	55-59	Jack Greenwood	1982	15.80
M	60-64	Jack Greenwood	1986	16.12
M	65-69	H. Miller	1982	19.60
M	70-74	B. Deacon	1982	23.00
M	80-84	Herb Anderson	1982	26.50

300 METER HURDLES				
Sex	Age Group	Name	Year	Time
W	55-59	Kay Glynn	2010	1:01.63
M	50-54	H. Cisneros	1988	47.90
M	55-59	H. Cisneros	1989	47.56
M	60-64	Courtland Gray	2004	43.91
M	65-69	Chuck Sochor	1993	51.01
M	70-74	Terry Rowan	2013	55.43
M	75-79	Lowell Bonifield	2012	1:09.43
M	80-87	Fred Hirsimaki	2004	1:18.74

200 METER HURDLES				
M	90-94	Ralph Maxwell	2010	51.31

400 METER HURDLES				
Sex	Age Group	Name	Year	Time
W	Open	Anissa Ferguson	2015	1:16.40
W	30-34	Ruth Waller-Liddle	2018	1:14.80
W	35-39	Charlotte Carter	1991	1:15.77
M	Open	David Volland	2018	53.10
M	30-34	Doug Schneebeck	1990	58.08
M	35-39	Doug Schneebeck	1997	56.91
M	40-44	Doug Schneebeck	2001	58.80
M	45-49	Brock Smith	1986	1:06.72
M	50-54	James McCrimmon	2013	1:04.21
M	55-59	Jack Greenwood	1983	1:03.40
M	60-64	Jack Greenwood	1989	1:05.14
M	65-69	Chuck Sochor	1992	1:25.31
M	70-74	B. Deacon	1982	1:26.10
M	75-79	Herb Anderson	1981	1:38.70
M	80-84	Herb Anderson	1982	1:51.00

PENTATHLON				
Sex	Age Group	Name	Year	Points
W	35-39	Charlotte Carter	1991	2272
W	40-44	Charlotte Carter	1995	2196
W	45-49	Charlotte Carter	1998	2277
W	50-54	Karen Blackmore	2008	1825
W	55-59	B. Jersimski	1996	831
W	60-64	U. Fagan	1996	1606
W	65-69	Marilyn Olen	1996	895
W	70-74	Christel Donley	2006	3446
M	30-34	Mike Hill	1985	3842
M	35-39	Mike Hill	1990	3819
M	40-44	Mike Hill	1992	3778
M	45-49	Mike Hill	1996	3698
M	50-54	J. Gilmore	1985	3470
M	55-59	Michael Janusky	2014	3733
M	60-64	Boo Morcom	1985	3834
M	65-69	George Cairns	2002	3621
M	70-74	John Alexander	1990	4020
M	75-79	Herb Anderson	1981	3313
M	80-84	Lee Todd	1997	3221
M	85-89	Herb Anderson	1987	2531
M	90-94	Ralph Maxwell	2010	2643

DECATHLON				
Sex	Age Group	Name	Year	Points
M	35-39	Rod Jacobson	1995	3688
M	40-44	Jeff Watry	1995	6192
M	75-79	John Alexander	1995	3175

HIGH JUMP				
Sex	Age Group	Name	Year	Height
W	Intermed	Heather Betz	2014	1.60m
W	30-34	Cindy Holloway	2004	1.53
W	35-39	Connie Williams	2004	1.55
W	40-44	Kristin McFall	2012	1.48
W	45-49	Pam McCartney	2017	1.55
W	50-54	Dyan Thompson	2018	1.25
W	55-59	Eleanor Gipson	2010	1.36
		Kay Glynn	2010	1.36
W	60-64	Eleanor Gipson	2014	1.30
W	65-69	Christel Donley	2001	1.20
		Nadine O'Connor	2009	1.20
W	70-74	Christel Donley	2006	1.12
W	75-79	Christel Donley	2013	1.07
W	80-84	Christel Donley	2016	1.00
M	Open	Luke Ginther	2000	1.78
M	30-34	G. Haynie	1989	2.01
M	35-39	J. Hartfield	1984	2.05
M	40-44	J. Hartfield	1985	2.06
M	45-49	Matt Burns	2019	1.90
M	50-54	J. Brown	1981	1.78
M	55-59	D. Kardok	1981	1.58
M	60-64	Mark Williamson	2019	1.55
M	65-69	Art Parry	2011	1.51
M	70-74	Tom Langenfeld	2006	1.45
M	75-79	Doug Spainhower	2009	1.29
M	80-84	Ray Propst	2010	1.21
M	90-94	Donald Pellmann	2005	1.15*

*World Record

TRIPLE JUMP				
Sex	Age Group	Name	Year	Distance
W	Intermed	Sarah Hopkins	2014	9.90m
W	Open	Katherine Sena	2016	10.50
W	30-34	Lindsay Rairdon	2011	9.82
W	35-39	Dena Thove	2019	9.50
W	40-44	Lindsay Rairdon	2019	9.84
W	45-49	Kathryn Black	2017	9.95
W	50-54	Dyan Thompson	2018	8.08
W	55-59	Joy Upshaw	2017	9.05
W	60-64	J. Wahl	1987	6.33
W	65-69	Kay Glynn	2019	8.41
W	70-74	Sharon Raham	2016	5.42
W	75-79	Christel Donley	2014	5.64
W	80-84	Christel Donley	2016	5.21
M	Open	Mark Humphrey	2014	13.65
M	30-34	Cary McNeil	2011	13.75
M	35-39	J. Owusu	1986	14.18
M	40-44	Bryan Johnson	1999	13.60
M	45-49	Mike Lariza	2002	13.07
M	50-54	Tom Langenfeld	1986	11.59
M	55-59	Mitch Lyster	2016	10.47
M	60-64	Michael Larizo	2018	10.59
M	65-69	Fred Hirsimaki	1990	9.15
M	70-74	Hugh Hackett	1990	9.02
M	75-79	Fred Hirsimaki	2003	7.67
M	80-84	Fred Hirsimaki	2006	7.70
M	85-89	Herb Anderson	1987	6.00
M	90-94	Donald Pellmann	2005	6.44*

*American Record

LONG JUMP				
Sex	Age Group	Name	Year	Distance
W	Open	Katrina Rogers	2009	4.70m
W	30-34	Lindsay Rairdon	2011	4.96
W	35-39	Becca Sorensen	2011	5.31
W	40-44	Lindsay Rairdon	2019	4.87
W	45-49	Kathryn Black	2017	4.10
W	50-54	Gael Keffer	1994	3.51
W	55-59	Joy Upshaw	2017	4.59
W	60-64	Nadine O'Connor	2006	4.55
W	65-69	Nadine O'Connor	2009	4.15
W	70-74	Christel Donley	2006	2.94
W	75-79	P. Clarke	1988	2.59
M	Open	Mark Humphrey	2016	6.73
M	30-34	Marvin Williams	1999	6.80
M	35-39	J. Owusu	1986	7.18
M	40-44	Bryan Johnson	1999	6.27
M	45-49	Robb Bong	1991	6.12
M	50-54	P. Stopoulos	1988	5.93
M	55-59	James McCrimmon	2017	5.52
M	60-64	Boo Morcum	1985	5.15
M	65-69	V. Matson	1987	4.61
M	70-74	J. Alexander	1990	4.57
M	75-79	Doug Spainhower	2009	3.99
M	80-84	Ed Carter	2002	3.54
M	85-89	Russ Randall	1995	3.58
M	90-94	Donald Pellmann	2005	3.26*

*World Record

POLE VAULT				
Sex	Age Group	Name	Year	Height
W	Intermed	Josie Spitz	2014	3.20m
W	Open	Mia Manson	2019	3.65
W	30-34	Ashley Widmier	2016	3.50
W	40-44	Brenda Bumgardner	2008	3.30
W	45-49	Brenda Bumgardner	2012	3.05
W	55-59	Kay Glynn	2011	2.98
W	60-64	Nadine O'Connor	2005	2.94
W	65-69	Kay Glynn	2019	2.75
M	Intermed	Sam Lawton	2014	3.05
M	Open	Rory Quiller	2011	5.57
M	30-34	K. Scott	1987	4.75
M	35-39	Ken Ellis	1995	4.57
M	40-44	Pat Manson	2009	5.10
M	45-49	Brad Winter	2000	3.81
M	50-54	Jerry Donley	1984	3.96
M	55-59	Jerry Donley	1985	3.96
M	60-64	Boo Morcom	1985	3.66
M	65-69	Art Perry	2011	3.72
M	70-74	Art Parry	2016	3.35
M	75-79	Franklin Held	2005	3.00
M	80-84	Jerry Donley	2010	2.14
M	85-89	Jerry Donley	2015	1.55
M	90-94	Donald Pellmann	2005	1.83*

*World Record

SHOT PUT				
Sex	Age Group	Name	Year	Distance
W	Open	Mariah Walker	2011	11.49m
W	30-34	Joan Stratton	1985	12.22
W	35-39	Carol Finsrud	1994	12.47
W	40-44	Carol Finsrud	1998	13.30
W	45-49	Teresa Nystrom	2010	9.87
W	50-54	Edie Lindeburg	2019	9.97
W	55-59	Kay Glynn	2010	9.55
W	60-64	Linda Rowe	2016	8.62
W	65-69	Carol Frost	2011	10.85
W	70-74	Christel Donley	2006	7.80
W	75-79	Joanne Marriott	2017	8.31
W	80-84	Christel Donley	2015	7.36
M	Open	Sam Craven	2014	7.50
M	30-34	Gary Gartner	1989	15.99
M	35-39	Chad Lindsay	2010	17.57
M	40-44	Milton Girouard	2003	14.97
M	45-49	Tom Gage	1991	14.72
M	50-54	Bruce Cook	2012	15.65
M	55-59	Steve Gettel	2016	14.57
M	60-64	Quenton Torbert	2013	16.67
M	65-69	Quenton Torbert	2017	15.61
M	70-74	Gerald Vaughn	2006	15.21
M	75-79	Ross Carter	1989	12.64
M	80-84	Ross Carter	1994	11.67
M	85-89	Herb Anderson	1987	7.93
M	90-94	Donald Pellmann	2005	9.33*

*World Record

HAMMER				
Sex	Age Group	Name	Year	Distance
W	30-34	Joan Stratton	1985	35.10m
W	35-39	Lindsey Malone	2015	42.23
W	40-44	Carol Finsrud	1998	36.35
W	45-49	Deb Falzitto	2012	29.56
W	50-54	Edie Lindeburg	2019	35.19
W	55-59	Kat de Contreras	2018	34.68
W	60-64	Susan Ruff	2016	29.41
W	65-69	Carol Young	2006	30.40
W	70-74	Sharon Raham	2016	24.72
W	75-79	Joy Kaylor	2015	30.53
W	80-84	Joy Kaylor	2018	25.98
M	Open	Andrew Lofton	2009	69.76
M	30-34	Andrew Loftin	2011	67.17
M	35-39	James Cale	2018	49.49
M	40-44	Rande Treece	2003	51.32
M	45-49	Tom Gage	1988	59.36
M	50-54	Tim Edwards	2000	49.75
M	55-59	Tom Gage	1998	60.89*
M	60-64	Bob Richards	1986	46.25
M	65-69	Bob Humphreys	2002	43.51
M	70-74	Brady Walker	1993	41.78
M	75-79	Doug Tomlinson	2007	35.55
M	80-84	Dik Hotchkiss	2019	34.64
M	85-89	Harry Miller	2003	15.87

*American Record

DISCUS				
Sex	Age Group	Name	Year	Distance
W	Open	Montoya Walker	2011	34.73m
W	30-34	Joan Stratton	1985	36.63
W	35-39	Carol Finsrud	1994	47.22
W	40-44	Carol Finsrud	1998	45.51
W	45-49	Deb Falzitto	2013	31.23
W	50-54	Terry Krankatz	1997	32.46
W	55-59	Susan Ruff	2011	26.49
W	60-64	Linda Rowe	2016	26.04
W	65-69	Carol Frost	2011	30.99
W	70-74	Joy Kaylor	2008	20.09
W	75-79	Joy Kaylor	2017	21.19
W	80-84	Joy Kaylor	2019	19.25
M	Open	Mason Finley	2015	62.64
M	30-34	Andrew Loftin	2011	56.20
M	35-39	Casey Malone	2016	55.73
M	40-44	Todd Davis	2005	45.96
M	45-49	Lloyd Higgens	1988	48.79
M	50-54	Brian Bedard	2015	48.43
M	55-59	Ed Riewerts	2014	50.39
M	60-64	Ron Anderson	2000	50.28
M	65-69	Bob Humphreys	2002	44.68
M	70-74	Ross Carter	1984	38.81
M	75-79	Dale Buysse	1996	36.54
M	80-84	Ross Carter	1994	36.45
M	85-89	Herb Anderson	1987	18.51
M	90-94	Donald Pellmann	2005	27.93*

*World Record

JAVELIN				
Sex	Age Group	Name	Year	Distance
W	Open	Avione Allgood	2019	49.43m
W	30-34	V. Johnson	1988	32.41
W	35-39	LaDonna Reed	2013	23.70
W	40-44	Carol Finsrud	1998	32.71
W	45-49	Deb Falzitto	2011	23.07
W	50-54	April Steusloff	2009	21.30
W	55-59	Susan Ruff	2012	29.16
W	60-64	Sharon Raham	2006	28.82
W	65-69	Carol Frost	2011	27.51
W	70-74	Christel Donley	2006	23.88
W	75-79	Dorothy Morgan	2002	21.10
W	80-84	Dorothy Morgan	2009	17.75
M	Open	Matt Maltby	2006	47.25
M	30-34	N. Robinson	1984	61.24
M	35-39	Byron Tucker	2004	62.19
M	40-44	Byron Tucker	2007	63.91
M	45-49	Lloyd Higgens	1988	54.58
M	50-54	Thomas Dalke	2019	54.48
M	55-59	Ed Morland	2003	51.48
M	60-64	Ed Morland	2008	45.22
M	65-69	Leonard Sokolowski	2010	40.28
M	70-74	Frank Held	1998	45.39
M	75-79	Ross Aragon	2014	35.75
M	80-84	Lee Todd	1995	31.50
M	85-89	Herb Anderson	1987	22.70
M	90-94	Donald Pellmann	2005	22.71*

*World Record

3000 METER RUN				
Sex	Age Group	Name	Year	Time
W	30-34	Ruth Waller-Liddle	2018	10:42.70
W	35-39	Tanya Poel	2003	10:36.80
W	40-44	Pamela Linov	2006	12:30.80
W	45-49	Rochelle Persson	2017	11:51.71
W	50-54	Laura Bruess	2015	11:32.7
W	55-59	Laura Bruess	2016	11:38.0
W	60-64	Laurie Rugenstein	2010	12:43.70
W	70-74	Libby James	2009	13:49.8
W	75-79	Louise Adams	1999	18:21.00
M	30-34	Steve Saleeby	2008	9:52.5
M	35-39	Jim Bogus	1999	10:09.80
M	40-44	Jon Sinclair	2002	9:33.20
M	45-49	Ric Rojas	1999	9:46.60
M	50-54	Kyle Hubbard	2007	10:09.00
M	55-59	Roger Sayre	2017	10:34.20
M	60-64	Michael Lebold	2017	11:38.07
M	65-69	Hans Sinkovec	2003	12:49.40
M	70-74	Stan Hayes	1999	13:43.00
M	75-79	James McFadden	2019	22:36.10
M	80-84	Larry Dickerson	2012	17:23.6

3000 METER RACE WALK				
Sex	Age Group	Name	Year	Time
W	35-39	Darla Yoerg	2007	18:17.00
W	40-44	Darla Graff	2008	17:16.3
W	45-49	Sherrie Gossert	2001	18:24.00
W	50-54	Marianne Martino	2003	17:06.00
W	55-59	Marianne Martino	2006	17:08.20
W	60-64	Marianne Martino	2010	18:01.70
W	65-69	Marianne Martino	2015	18:30.6
W	70-74	Rita Sinkovec	2011	20:22
W	75-79	Rita Sinkovec	2015	22:10.4
M	30-34	Francisco Pantoja	2008	14:44.6
M	35-39	Francisco Pantoja	2012	12:38.2
M	40-44	Michael Blanchard	2005	15:23.08
M	45-49	Albert Leibold	2005	14:53.30
M	50-54	Michael Blanchard	2011	17:01
M	55-59	Ed Guiff	2003	20:37.00
M	60-64	Ed Guiff	2006	19:57.10
M	65-69	John Lyle	1999	19:33.60
M	70-74	Peter Armstrong	2017	18:31.77
M	75-79	Klaus Timmerhaus	2000	20:54.62
M	80-84	Miro Mitusina	2018	23:53.20

SUPERWEIGHT THROW				
Sex	Age Group	Name	Year	Distance
W	40-44	Deb Falzitto	2006	4.69m
W	45-49	Deb Falzitto	2013	6.63
W	50-54	Cindy Cook	2016	5.88
W	55-59	Kat de Contreras	2018	8.56
W	60-64	Linda Rowe	2016	7.20
W	65-69	Sharon Raham	2011	7.04
W	75-79	Joanne Marriott	2015	8.18
M	30-34	John Kuemmerlin	2002	7.29
M	35-39	John Kuemmerlin	2005	9.09
M	40-44	Rande Treece	2005	9.75
M	45-49	Eric Cole	2016	11.15
M	50-54	Tim Edwards	2000	9.28

THROWS PENTATHLON				
Sex	Age Group	Name	Year	Points
W	Open	Becky Abersfeller	2009	1620
W	30-34	Joan Stratton	1985	2339
W	40-44	Deb Falzitto	2007	2729
W	45-49	Deb Falzitto	2011	2813
W	50-54	Deb Falzitto	2015	2961
W	55-59	Susan Ruff	2012	3484
W	60-64	Susan Ruff	2016	3395
W	65-69	Carol Young	2006	3884
W	70-74	Sharon Raham	2016	3744
W	75-79	Joanne Marriott	2016	3948
W	80-84	Joy Kaylor	2018	3637
M	Open	Matt Maltby	2009	2734
M	30-34	B. Pfeiffer	1983	3240
M	35-39	R. Manzi	1984	3290
M	40-44	E. Hill	1983	3612
M	45-49	Eric Cole	2016	4299
M	50-54	Ian Percy	1997	4152
M	55-59	Paul Economides	2002	4395
M	60-64	Paul Economides	2009	4341
M	65-69	Bob Humphreys	2002	4398
M	70-74	Brady Walker	1993	4586
M	75-79	Doug Tomlinson	2007	4292
M	80-84	Ross Carter	1994	4214
M	85-89	Phil Brusca	2014	3276

WEIGHT THROW				
Sex	Age Group	Name	Year	Distance
W	40-44	Carol Finsrud	1998	13.38m
W	45-49	Deb Falzitto	2011	9.80
W	50-54	Erika Szanto	1998	9.11
W	55-59	Kat de Contreras	2018	12.72
W	60-64	Susan Ruff	2016	10.89
W	65-69	Carol Young	2006	11.70
W	70-74	Sharon Raham	2016	9.94
W	75-79	Joanne Marriott	2017	11.80
W	80-84	Joy Kaylor	2018	8.70
M	30-34	John Kuemmerlin	2002	10.18
M	35-39	James Cale	2019	12.82
M	40-44	Rande Treece	2002	14.26
M	45-49	Eric Cole	2016	16.52
M	50-54	Tim Edwards	1998	18.80
M	55-59	Tom Gage	1998	19.09
M	60-64	Tim Edwards	2008	16.70
M	65-69	Ian Percy	2010	17.05
M	70-74	Ian Percy	2016	16.18
M	75-79	Geo. Matthews	2018	16.91
M	80-84	Dik Hotchkiss	2019	13.97
M	85-89	Hugh Hackett	2009	7.13

SUPERWEIGHT THROW				
Sex	Age Group	Name	Year	Distance
M	55-59	Ian Percy	2002	7.81m
M	60-64	Ian Percy	2009	8.43
M	65-69	Ian Percy	2010	8.89
M	70-74	Ian Percy	2016	10.11
M	75-79	Geo. Matthews	2018	7.48
M	80-84	Dik Hotchkiss	2019	9.02
M	85-89	Hugh Hackett	2009	2.82