

2009 Colorado Association & Mid-America Region Indoor T&F Championships  
March 1, 2009  
USAFA  
Colorado Springs, CO

60M

MITCHELL, CAROLINE	F35-39	38	9.48
SMITH, RACHEL	F40-44	41	9.20
ERDAL, KRISTI	F40-44	42	9.34
DENNINGTON, DAWN	F50-54	53	12.04
HANSCOM, RITA	F50-54	54	8.75
NICOLETTI, CATHY	F55-59	58	9.61
RAHAM, SHARON	F60-64	62	12.41
BERGEN, KATHY	F65-69	69	9.04
OCONNER, NADINE	F65-69	66	9.23
KISNER, NAHUM	M30-34	30	7.20
BUNN, STEVEN	M40-44	44	7.75
CAUSSE, J.D.	M40-44	41	7.91
SASHEN, STEVEN	M45-49	46	7.95
HILEMAN, MARK	M45-49	45	8.07
BIBBINS, MICHAEL	M45-49	46	8.16
VAN BUSSUM, DAVID	M45-49	49	8.47
BOZZINI, MARK	M50-54	50	10.99
ESKRIDGE, JAMES	M50-54	54	7.87
HOCKERSMITH, DAVE	M50-54	52	8.18
LUCIANO, JOSEPH	M50-54	53	8.39
JORDAN, KEVIN	M50-54	50	8.47
ROSS, JIM	M55-59	55	7.55
PRICE, STACEY	M55-59	55	8.03
RADIFF, DAN	M55-59	57	8.36
ASMUS, MIKE	M55-59	55	8.44
BLANKENSHIP, PAUL	M55-59	58	8.77
GIRLING, DAN	M60-64	64	9.55
MEYER, ALEX	M65-69	67	10.29
SOKOLOSKI, LEONARD	M65-69	65	8.97
SOUTHERLAN, BOB	M70-74	70	10.34
McKISSON, RICHARD	M70-74	71	8.77
CAMP, DICK	M70-74	72	9.08
FRANKS, RAY	M70-74	74	9.83
McFETTERS, DOUG	M75-79	76	10.69
PROPST, RAY	M80-84	80	12.89

200M

SMITH, RACHEL	F40-44	41	30.63
NICOLETTI, CATHY	F55-59	58	31.75
BERGEN, KATHY	F65-69	69	33.98
KISNER, NAHUM	M30-34	30	24.08
BASILE, VINNIE	M30-34	32	25.54
CAUSSE, J.D.	M40-44	41	25.81
HILEMAN, MARK	M45-49	45	25.38

WOLFE, MICHAEL	M45-49	49	25.51
VAN BUSSUM, DAVID	M45-49	49	27.01
KELLOGG, TIM	M45-49	47	34.45
HOCKERSMITH, DAVE	M50-54	52	25.93
ESKRIDGE, JAMES	M50-54	54	27.13
YOHAN, DOUG	M50-54	54	30.24
EASLEY, RICK	M55-59	55	27.72
ASMUS, MIKE	M55-59	55	29.77
BLANKENSHIP, PAUL	M55-59	58	30.01
BUTLER, WALT	M65-69	67	33.18
O'BRIEN, ROBERT	M65-69	69	33.36
MEYER, ALEX	M65-69	67	34.33
CAMP, DICK	M70-74	72	31.32
FRANKS, RAY	M70-74	74	33.29
BONIFIELD, LOWELL	M75-79	75	34.20

#### 400M

EIPPER, VALERIE	F45-49	48	1:16.49
STOYVA, JOHANNA	F45-49	45	1:21.75
ERICKSON, GLENN	M45-49	48	1:03.49
HILEMAN, MARK	M45-49	45	55.41
WOLFE, MICHAEL	M45-49	49	55.83
DeCOLLIBUS, ANGELO	M50-54	51	1:08.66
YOHAN, DOUG	M50-54	54	1:09.55
RADIFF, DAN	M55-59	57	1:00.30
EASLEY, RICK	M55-59	55	1:01.68
LINNELL, TOM	M65-69	65	1:12.86
ROSS, JIM	M65-69	65	1:24.87
FRANKS, RAY	M70-74	74	1:20.74
SOUTHERLAN, BOB	M70-74	70	1:57.10
HEINE, LARRY	M70-74	70	1:57.11

#### 800M

EIPPER, VALERIE	F45-49	48	2:51.06
STOYVA, JOHANNA	F45-49	45	3:03.96
LEE, JIM	M35-39	39	2:14.93
HARTLEY, SCOTT	M45-49	45	1:57.89
ERICKSON, GLENN	M45-49	48	2:22.83
KELLOGG, TIM	M45-49	47	3:12.63
LINNELL, TOM	M65-69	65	2:51.61

#### 1600M

MURRAY-ALBO, PATTY	F40-44	43	5:22.25
LEE, JIM	M35-39	39	5:20.08
HARTLEY, SCOTT	M45-49	45	4:40.71
HARRISON, CLARENCE	M45-49	48	5:27.88
DeCOLLIBUS, ANGELO	M50-54	51	5:31.23

#### 3K WALK

GRAFF, DARLA	F40-44	41	18:05.86
MARTINO, MARIANNE	F55-59	58	17:52.10
AMADOR, BARB	F60-64	60	19:58.77
HOMER, CAROLE	F65-69	68	23:25.36
CAIN, ELNA	F70-74	71	23:55.14
FOREMAN, CRAIG	M60-64	60	22:27.14
SMITH, ROBERT	M65-69	68	21:30.14

#### 60M HURDLES

HANSCOM, RITA	F50-54	54	10.40
RAHAM, SHARON	F60-64	62	14.77
OCONNER, NADINE	F65-69	66	11.04
RADIFF, DAN	M55-59	57	10.00
PRICE, STACEY	M55-59	55	9.17
BUTLER, WALT	M65-69	67	12.01
McKISSON, RICHARD	M70-74	71	10.59
HEINE, LARRY	M70-74	70	12.94
SOUTHERLAN, BOB	M70-74	70	DNF

#### LONG JUMP

GINLEY, MARCIA	F55-59	56	3.00
RAHAM, SHARON	F60-64	62	2.83
DONLEY, CHRISTEL	F70-74	72	2.77
BARINQUE, MARK	M40-44	42	5.61
BIBBINS, MICHAEL	M45-49	46	5.06
SASHEN, STEVEN	M45-49	46	4.86
WALLACE, CHRIS	M50-54	52	4.38
BLANKENSHIP, PAUL	M55-59	58	4.41
AMUWO, JAMIYU	M60-64	60	3.51
MEYER, ALEX	M65-69	67	3.69
FULTON, BOB	M65-69	69	3.52
O'BRIEN, ROBERT	M65-69	69	3.31
ROSS, JIM	M65-69	65	3.29
HEINE, LARRY	M70-74	70	3.50
SOUTHERLAN, BOB	M70-74	70	2.98

#### HIGH JUMP

HANSCOM, RITA	F50-54	54	1.37
RAHAM, SHARON	F60-64	62	1.02
OCONNER, NADINE	F65-69	66	1.27
BERGEN, KATHY	F65-69	69	1.22
DONLEY, CHRISTEL	F70-74	74	1.05
BURNS, MATT	M35-39	37	1.98
HANSON, RANDY	M45-49	46	1.37
SCHWINDT, JIM	M45-49	49	1.37
BOZZINI, MARK	M50-54	50	1.27
IWEN, GENE	M55-59	58	1.32
JESMER, JOHN	M55-59	59	1.22

SOKOLOSKI, LEONARD	M65-69	65	1.37
FULTON, BOB	M65-69	69	1.32
ROSS, JIM	M65-69	65	1.22
MEYER, ALEX	M65-69	67	1.17
SOULE, GEORGE	M65-69	69	1.17
BERGEN, BERT	M70-74	71	1.32
HEINE, LARRY	M70-74	70	1.17
SOUTHERLAN, BOB	M70-74	70	1.12
PROPST, RAY	M80-84	80	1.22

#### TRIPLE JUMP

RAHAM, SHARON	F60-64	62	6.04
DONLEY, CHRISTEL	F70-74	72	6.13
BARINQUE, MARK	M40-44	42	11.97
BIBBINS, MICHAEL	M45-49	46	6.57
TIETZ, KENNETH	M50-54	50	8.32
WALLACE, CHRIS	M50-54	52	10.00
IWEN, GENE	M55-59	58	8.61
AMUWO, JAMIYU	M60-64	60	6.13
O'BRIEN, ROBERT	M65-69	69	7.23
ROSS, JIM	M65-69	65	7.00
MEYER, ALEX	M65-69	67	6.98

#### POLE VAULT

BAUMGARDNER, BRENDA	F40-44	42	3.35
HANSCOM, RITA	F50-54	54	2.75
MANSON, PAT	M40-44	41	4.90
RITTER, ERIC	M40-44	42	3.80
SCHWINDT, JIM	M45-49	49	3.80
HANSON, RANDY	M45-49	46	3.65
WADLEY, TED	M45-49	47	3.20
FULTON, BOB	M65-69	69	2.90
MEYER, ALEX	M65-69	67	2.00
HEINE, LARRY	M70-74	70	2.45
SOUTHERLAN, BOB	M70-74	70	2.00
McFETTERS, DOUG	M75-79	76	2.45
DONLEY, JERRY	M75-79	79	2.30

#### SHOT PUT

NYSTROM, TERESA	F40-44	43	10.24
RAHAM, SHARON	F60-64	62	7.04
DONLEY, CHRISTEL	F70-74	72	6.97
KELLOGG, TIM	M45-49	47	7.95
BOTT, JEFFREY	M45-49	45	13.29
TIETZ, KENNETH	M50-54	50	12.49
BOZZINI, MARK	M50-54	50	10.80
VASQUEZ, GIL	M55-59	55	11.15
GIRLING, DAN	M60-64	64	8.36
HARVEY, BILL	M60-64	63	12.86

MEYER, ALEX	M65-69	67	11.14
SOULE, GEORGE	M65-69	69	10.42
FULTON, BOB	M65-69	69	10.33
HEINE, LARRY	M70-74	70	9.49
SOUTHERLAN, BOB	M70-74	70	7.85
KING, BOB	M75-79	77	9.58
PROPST, RAY	M80-84	80	7.70

#### WEIGHT THROW

NYSTROM, TERESA	F40-44	43	7.49
RAHAM, SHARON	F60-64	62	9.67
TIETZ, KENNETH	M50-54	50	10.51
EDWARDS, TIM	M60-64	60	16.63
SOULE, GEORGE	M65-69	69	10.29
MEYER, ALEX	M65-69	67	10.17
SPENCER, VERN	M70-74	74	11.23

#### SUPERWEIGHT

NYSTROM, TERESA	F40-44	43	5.10
RAHAM, SHARON	F60-64	62	5.24
EDWARDS, TIM	M60-64	60	8.90
SPENCER, VERN	M70-74	74	6.52