

2011 Colorado Association & Mid-America Region  
Masters & Open Indoor Track & Field Championships  
13-Feb-11  
US Air Force Academy Indoor Track  
Colorado Springs, CO

60M

B, BRANDI	F30-34	32	7.65
REED, LADONNA	F35-39	36	8.71
WERTZ, AMY	F40-44	43	12.77
McFALL, KRISTIN	F40-44	40	9.00
SMITH, RACHEL	F40-44	43	9.37
NYSTROM, TERESA	F45-49	45	9.24
NICOLETTI, CATHY	F55-59	59	9.72
RAHAM, SHARON	F60-64	64	11.49
GLICK, LINDA	F70-74	70	11.08
KISNER, NAHUM	M30-34	32	7.26
MONTOYO-COLLIS, MATEO	M30-34	30	7.55
BASILE, VINNIE	M30-34	34	7.95
WERTZ, AUSTIN	M40-44	40	7.85
SASHEN, STEVEN	M45-49	48	7.97
JOHNSON, ERIC	M50-54	50	8.93
MANNING, GRAEME	M50-54	50	9.34
ESKRIDGE, JAMES	M55-59	56	8.31
LUCIANO, JOSEPH	M55-59	55	8.40
HARRIS, SCOTT	M55-59	56	8.61
ENGEMAN, RICHARD	M55-59	59	8.77
KELLER, DONALD	M55-59	55	9.32
MEYER, ALEX	M65-69	69	10.13
GIRLING, DAN	M65-69	66	10.30
ROSS, JIMMY	M65-69	67	10.44
SOKOLOSKI, LEONARD	M65-69	66	9.03
ARNOLD, ED	M70-74	72	11.43
McKISSON, RICHARD	M70-74	73	9.07
CAMP, DICK	M70-74	74	9.47
McFETTERS, DOUG	M75-79	78	10.35
KING, BOB	M75-79	79	12.37
LEGGIT, JAMES	M75-79	76	9.48
FRANKS, RAY	M75-79	76	9.82

200M

B, BRANDI	F30-34	32	25.55
SMITH, RACHEL	F40-44	43	30.21
McFALL, KRISTIN	F40-44	40	30.41
NICOLETTI, CATHY	F55-59	59	32.20
COHEN, JUNE	F60-64	63	51.65
SMITH, MARY	F70-74	70	43.83
KISNER, NAHUM	M30-34	32	24.51
MONTOYO-COLLIS, MATEO	M30-34	30	24.79
BASILE, VINNIE	M30-34	34	25.80
ARVAY, JOSEPH	M45-49	45	33.67
WOLFE, MICHAEL	M50-54	51	25.81

HARRIS, SCOTT	M55-59	56	29.03
ENGEMAN, RICHARD	M55-59	59	52.10
ROSS, JIMMY	M65-69	67	34.79
MEYER, ALEX	M65-69	69	36.26
McKISSON, RICHARD	M70-74	73	31.34
CAMP,DICK	M70-74	74	33.40
LEGGIT, JAMES	M75-79	76	33.54
FRANKS, RAY	M75-79	76	34.02

400M

LEONARD, KRISTI	F45-49	47	1:17.49
EIPPER, VALERIE	F50-54	50	1:18.68
RUGENSTEIN, LAURIE	F60-64	63	1:23.96
COHEN, JUNE	F60-64	63	2:18.45
SMITH, MARY	F70-74	70	1:40.32
BASILE, VINNIE	M30-34	34	56.88
LEE, JIM	M40-44	41	57.97
ARVAY, JOSEPH	M45-49	45	1:20.04
ALBO, DAVID	M50-54	54	1:02.80
FIX, PHILLIP	M50-54	50	1:05.98
WOLFE, MICHAEL	M50-54	51	56.49
PATTON, GARY	M65-69	65	1:12.08
ROSS, JIMMY	M65-69	67	1:26.19
MEYER, ALEX	M65-69	69	1:33.40
FRANKS, RAY	M75-79	76	1:24.39

800M

THOMPSON, DYAN	F40-44	43	3:05.31
LEONARD, KRISTI	F45-49	47	3:18.37
RUGENSTEIN, LAURIE	F60-64	63	3:09.10
GOULET, ANDY	M30-34	34	2:13.36
LEE, JIM	M40-44	41	2:14.31
WOLF, TROY	M40-44	40	2:17.26
BITTINGER, CHRISTOPHER	M40-44	43	2:17.44
ARVAY, JOSEPH	M45-49	45	3:15.12
ALBO, DAVID	M50-54	54	2:26.28
FIX, PHILLIP	M50-54	50	2:33.95
ANDERSON, JOHN	M60-64	63	2:54.75
PATTON, GARY	M65-69	65	2:31.44
ROSS, JIMMY	M65-69	67	3:20.10
MEYER, ALEX	M65-69	69	3:38.96
FISCHER, BOBBY	M70-74	72	3:21.54

1500M

SCHOLL, STEPHENIE	F45-49	48	5:00.62
EIPPER, VALERIE	F50-54	50	5:50.81
WOLF, TROY	M40-44	40	5:16.58
ARVAY, JOSEPH	M45-49	45	6:50.53
ANDERSON, JOHN	M60-64	63	6:31.68
PATTON, GARY	M65-69	65	5:33.76

3000M

PATTON, GARY	M65-69	65	12:11.98
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3000M RW

GRAFF, DARLA	F40-44	43	18:38.01
MARTINO, MARIANNE	F60-64	60	18:02.96
PRIEST, JEANETTE	F60-64	61	21:27.15
FAIRS, JANET	F65-69	67	25:00.38
LEE, JIM	M40-44	41	
BLANCHARD, MICHAEL	M45-49	49	17:42.75
FOREMAN, CRAIG	M60-64	62	NO TIME
SMITH, ROBERT	M65-69	69	21:45.26
MEYER, ALEX	M65-69	69	DQ

60M HURDLES

McFALL, KRISTIN	F40-44	40	9.85
RAHAM, SHARON	F60-64	64	15.01
DONLEY, CHRISTEL	F75-79	76	14.41
MCCRIMMON, JAMES	M50-54	50	10.23
JOHNSON, JIM	M50-54	54	12.72
HARRIS, SCOTT	M55-59	56	11.58
KELLER, DONALD	M55-59	55	9.91
IWEN, GENE	M60-64	60	11.41
CARTWRIGHT, MONTY	M65-69	66	13.66
MEYER, ALEX	M65-69	69	13.72
McKISSON, RICHARD	M70-74	73	10.69

LONG JUMP

RAIRDON, LINDSAY	F30-34	33	4.68
REED, LADONNA	F35-39	36	4.76
THOMPSON, DYAN	F40-44	43	3.89
RAHAM, SHARON	F60-64	64	2.83
GLICK, LINDA	F70-74	70	2.13
PAGE, JERE	M40-44	43	5.61
MCFALL, RAY	M45-49	48	4.28
MCCRIMMON, JAMES	M50-54	50	5.27
JOHNSON, JIM	M50-54	54	4.34
JOHNSON, ERIC	M50-54	50	3.89
IWEN, GENE	M60-64	60	4.00
MEYER, ALEX	M65-69	69	3.75
ROSS, JIMMY	M65-69	67	3.37
FULTON, BOB	M70-74	71	3.81
ARNOLD, ED	M70-74	72	2.59
LEGGIT, JAMES	M75-79	76	3.49

HIGH JUMP

McFALL, KRISTIN	F40-44	40	1.40
THOMPSON, DYAN	F40-44	43	1.25
RAHAM, SHARON	F60-64	64	.95
PAGE, JERE	M40-44	43	1.76
CAUSIE, JD	M40-44	43	1.55
HANSEN, RANDY	M45-49	48	1.55
MCFALL, RAY	M45-49	48	1.50

WALKER, PATRICK	M45-49	48	1.35
MCCRIMMON, JAMES	M50-54	50	1.60
JOHNSON, JIM	M50-54	54	1.40
JOHNSON, ERIC	M50-54	50	1.25
KELLER, DONALD	M55-59	55	1.40
IWEN, GENE	M60-64	60	1.35
JESMER, JOHN	M60-64	61	1.25
SOKOLOSKI, LEONARD	M65-69	66	1.35
MEYER, ALEX	M65-69	69	1.20
ROSS, JIMMY	M65-69	67	1.15
FULTON, BOB	M70-74	71	1.30
LEGGIT, JAMES	M75-79	76	1.15

TRIPLE JUMP			
RAIRDON, LINDSAY	F30-34	33	9.60
RAHAM, SHARON	F60-64	64	6.03
DONLEY, CHRISTEL	F75-79	76	6.38
WALKER, PATRICK	M45-49	48	8.06
JOHNSON, ERIC	M50-54	50	7.69
KELLER, DONALD	M55-59	55	4.47
JESMER, JOHN	M60-64	61	7.20
CARTWRIGHT, MONTY	M65-69	66	7.84
ROSS, JIMMY	M65-69	67	7.44
MEYER, ALEX	M65-69	69	6.66

POLE VAULT			
HANSEN, RANDY	M45-49	48	3.35
KELLER, DONALD	M55-59	55	3.05
JESMER, JOHN	M60-64	61	1.83
MEYER, ALEX	M65-69	69	2.48
FULTON, BOB	M70-74	71	2.74
McFETTERS, DOUG	M75-79	78	2.29
DONLEY, JERRY	M80-84	80	NH

SHOT PUT			
McFALL, KRISTIN	F40-44	40	9.47
THOMPSON, DYAN	F40-44	43	7.53
NYSTROM, TERESA	F45-49	45	10.65
RAHAM, SHARON	F60-64	64	6.80
GLICK, LINDA	F70-74	70	5.27
DONLEY, CHRISTEL	F75-79	76	7.88
CAUSIE, JD	M40-44	43	9.87
KUEMMERLIN, JOHN	M40-44	41	13.55
HANSEN, RANDY	M45-49	48	9.44
MCFALL, RAY	M45-49	48	8.32
KRICH, MATT	M45-49	46	10.64
WALKER, PATRICK	M45-49	48	10.17
JOHNSON, JIM	M50-54	54	8.41
TIETZ, KENNETH	M50-54	52	12.05
KEYES, ERIC	M50-54	53	11.34
MIZER, RAY	M55-59	57	8.45
SQUIRES, JIM	M55-59	55	12.69

VASQUEZ, GIL	M55-59	57	11.57
MASTERS, REED	M60-64	64	9.54
IWEN, GENE	M60-64	60	8.64
DEETER, BILL	M60-64	63	12.45
MEYER, ALEX	M65-69	69	9.96
CARTWRIGHT, MONTY	M65-69	66	7.46
HARVEY, BILL	M65-69	65	12.33
PERCY, IAN	M65-69	65	12.10
FULTON, BOB	M70-74	71	11.11
SOULE, GEORGE	M70-74	70	10.79
KING, BOB	M75-79	79	9.47
VAUGHN, G.O.	M75-79	75	12.83
DONLEY, JERRY	M80-84	80	8.34

#### WEIGHT THROW

NYSTROM, TERESA	F45-49	45	10.66
RAHAM, SHARON	F60-64	64	9.66
KUEMMERLIN, JOHN	M40-44	41	12.31
WALKER, PATRICK	M45-49	48	7.47
KRICH, MATT	M45-49	46	10.10
TIETZ, KENNETH	M50-54	52	10.51
MIZER, RAY	M55-59	57	7.94
VASQUEZ, GIL	M55-59	57	10.38
EDWARDS, TIM	M60-64	60	15.00
MASTERS, REED	M60-64	64	12.92
DEETER, BILL	M60-64	63	12.02
MEYER, ALEX	M65-69	69	9.70
PERCY, IAN	M65-69	65	NM
SOULE, GEORGE	M70-74	70	10.96
SPENCER, VERN	M75-79	76	11.37

#### SUPERWEIGHT

NYSTROM, TERESA	F45-49	45	7.51
RAHAM, SHARON	F60-64	64	4.47
KUEMMERLIN, JOHN	M40-44	41	8.73
TIETZ, KENNETH	M50-54	52	4.52
VASQUEZ, GIL	M55-59	57	4.57
MASTERS, REED	M60-64	64	6.96
DEETER, BILL	M60-64	63	7.07
EDWARDS, TIM	M60-64	60	8.91
MEYER, ALEX	M65-69	69	4.94
PERCY, IAN	M65-69	65	8.52
SPENCER, VERN	M75-79	76	6.22