

2013 Colorado Association & Mid-America Region
Masters & Open Indoor Track & Field Championships
2/10/2013
US Air Force Academy Indoor Track
Colorado Springs, CO

60M

BERNERT, BRANDI	F30-34	34	7.83
FIELDS, PERRY	F30-34	34	8.40
GARDNER, LaVETA	F30-34	31	10.15
REED, LaDONNA	F35-39	38	9.04
SMITH, RACHEL	F45-49	45	9.50
RAIKES, SUSAN	F55-59	58	10.93
MATTHEWS, BRENDA	F60-64	63	9.16
NICOLETTI, CATHY	F60-64	61	9.59
FANNING, BRET	M OPEN	25	7.29
MONTOYA-COLLIS, MATEO	M30-34	32	7.80
NELSON, ARTHUR	M40-44	43	8.11
IVY, DOUGLAS	M45-49	49	7.85
CAUSSE, JD	M45-49	45	8.27
SCHAEFFER, RUSSELL	M50-54	52	9.24
PANKEN, BOB	M50-54	51	9.27
KELLER, DONALD	M55-59	57	8.48
RITTER, MIKE	M55-59	56	9.19
RADIFF, DAN	M60-64	61	8.52
DEITRICH, WOODY	M60-64	60	8.95
ENGEMAN, RICK	M60-64	61	9.23
HAHN, ROBERT	M60-64	61	9.86
OLSON, RANDALL	M65-69	65	9.05
DYE, WES	M65-69	68	9.09
SOKOLOSKI, LEONARD	M65-69	68	9.30
SOUTHERLAN, BOB	M70-74	74	11.05
ARNOLD, EDWARD	M70-74	74	12.57
McKISSON, RICHARD	M75-79	75	9.11
FRANKS, RAY	M75-79	78	9.96
LEGGITT, JAMES	M75-79	78	9.96
GRAY, RONALD	M80-84	80	10.24

200M

WALLER, RUTH	F OPEN	28	28.36
BERNERT, BRANDI	F30-34	34	25.96
FREIS, JEANNIE	F40-44	42	34.08
SMITH, RACHEL	F45-49	45	31.19
NICOLETTI, CATHY	F60-64	61	32.15
SMITH, MARY	F70-74	72	39.76
FANNING, BRET	M OPEN	25	23.42
MONTOYA-COLLIS, MATEO	M30-34	32	25.74
PANKEN, BOB	M50-54	51	31.42
ENGEMAN, RICK	M60-64	61	32.70
OLSON, RANDALL	M65-69	65	32.32
SOKOLOSKI, LEONARD	M65-69	68	32.62
McKISSON, RICHARD	M75-79	75	32.31

FRANKS, RAY	M75-79	78	35.07
LEGGITT, JAMES	M75-79	78	35.33

400M

FREIS, JEANNIE	F40-44	42	1:20.16
SMITH, RACHEL	F45-49	45	1:20.62
SMITH, MARY	F70-74	72	1:36.63
IVY, DOUGLAS	M45-49	49	1:01.85
ERICKSON, GLENN	M50-54	52	1:03.88
FERGUSON, DAN	M50-54	52	1:05.39
ALBO, DAVID	M55-59	56	1:02.42
RADIFF, DAN	M60-64	61	1:05.65
IWEN, GENE	M60-64	62	1:20.82
OLSON, RANDALL	M65-69	65	1:44.51
FISHER, BOBBY	M70-74	73	1:37.12

800M

WALLER, RUTH	F OPEN	28	2:22.85
WOLF, TROY	M40-44	42	2:18.59
ERICKSON, GLENN	M50-54	52	2:23.92
IWEN, GENE	M60-64	62	3:35.40

1500M

WOLF, TROY	M40-44	42	5:23.31
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3000M RW

PACEV, TANIA	F50-54	53	DQ
FAIRS, JANET	F65-69	69	24:04.49
SINKOVEC, RITA	F70-74	73	21:15.73
PANTOJA, FRANCISCO	M35-39	36	13:07.74
FOREMAN, CRAIG	M60-64	64	24:50.60
SMITH, ROBERT	M70-74	71	23:24.47

60M HURDLES

BERNERT, BRANDI	F30-34	34	11.50
GARDNER, LaVETA	F30-34	31	12.73
McFALL, KRISTIN	F40-44	41	9.87
DONLEY, CHRISTEL	F75-79	78	14.71
NELSON, ARTHUR	M40-44	43	10.98
KELLER, DONALD	M55-59	57	9.92
RADIFF, DAN	M60-64	61	10.53
HAHN, ROBERT	M60-64	61	11.48
IWEN, GENE	M60-64	62	12.43
OLSON, RANDALL	M65-69	65	11.19
McKISSON, RICHARD	M75-79	75	11.18

LONG JUMP

BERNERT, BRANDI	F30-34	34	4.25
GARDNER, LaVETA	F30-34	31	3.55
RAIRDON, LINDSEY	F35-39	35	4.74
REED, LaDONNA	F35-39	38	4.64
McFALL, KRISTIN	F40-44	41	4.60

THOMPSON, DYAN	F45-49	45	3.56
RAIKES, SUSAN	F55-59	58	3.31
MATTHEWS, BRENDA	F60-64	63	3.29
CARMONY, SUE	F60-64	62	1.64
RAHAM, SHARON	F65-69	66	2.63
MCCRIMMON, JAMES	M50-54	52	5.53
SCHAEFFER, RUSSELL	M50-54	52	4.51
DEITRICH, WOODY	M60-64	60	4.08
OLSON, RANDALL	M65-69	65	4.11
DYE, WES	M65-69	68	3.83
CARTWRIGHT, MONTY	M65-69	68	2.35
SOUTHERLAN, BOB	M70-74	74	2.89
ARNOLD, EDWARD	M70-74	74	2.44
LEGGITT, JAMES	M75-79	78	3.17
GRAY, RONALD	M80-84	80	2.51

HIGH JUMP

GARDNER, LaVETA	F30-34	31	1.15
McFALL, KRISTIN	F40-44	41	1.45
THOMPSON, DYAN	F45-49	45	1.00
RAIKES, SUSAN	F55-59	58	1.00
RAHAM, SHARON	F65-69	66	0.90
BENSON, SCOTT	M40-44	43	1.80
NELSON, ARTHUR	M40-44	43	1.50
FERGUSON, DAN	M50-54	52	1.50
SCHAEFFER, RUSSELL	M50-54	52	1.35
KELLER, DONALD	M55-59	57	1.45
IWEN, GENE	M60-64	62	1.15
SOKOLOSKI, LEONARD	M65-69	68	1.30
OLSON, RANDALL	M65-69	65	1.20
DYE, WES	M65-69	68	1.15
CARTWRIGHT, MONTY	M65-69	68	1.00
SOUTHERLAN, BOB	M70-74	74	1.15
ARNOLD, EDWARD	M70-74	74	1.00
LEGGITT, JAMES	M75-79	78	1.15
DONLEY, JERRY	M80-84	82	0.90

TRIPLE JUMP

RAIRDON, LINDSEY	F35-39	35	9.96
RAHAM, SHARON	F65-69	66	6.09
DONLEY, CHRISTEL	F75-79	78	5.74
PETERS, BART	M35-39	39	12.66
MCCRIMMON, JAMES	M50-54	52	10.40
KELLER, DONALD	M55-59	57	9.89
OLSON, RANDALL	M65-69	65	8.19
DYE, WES	M65-69	68	7.53
CARTWRIGHT, MONTY	M65-69	68	6.05
SOUTHERLAN, BOB	M70-74	74	6.08

POLE VAULT

GLYNN, KAY	F60-64	60	2.60
LAWTON, GEOFF	M40-44	43	3.20

RITTER, ERIC	M45-49	46	3.50
HANSEN, RANDY	M50-54	50	3.35
LOPEZ, JOHN	M50-54	53	3.05
KELLER, DONALD	M55-59	57	3.20
RITTER, MIKE	M55-59	56	2.60
NICKERSON, ERIC	M60-64	62	2.60
JESMER, JOHN	M60-64	63	2.30
OLSON, RANDALL	M65-69	65	2.40
SOUTHERLAN, BOB	M70-74	74	1.85

SHOT PUT

GARDNER, LaVETA	F30-34	31	8.25
McFALL, KRISTIN	F40-44	41	9.23
THOMPSON, DYAN	F45-49	45	7.41
MATTHEWS, BRENDA	F60-64	63	8.20
RAHAM, SHARON	F65-69	66	6.87
DONLEY, CHRISTEL	F75-79	78	7.78
FOX, BERNICE	F75-79	75	5.33
BENSON, SCOTT	M40-44	43	10.89
KRICH, MATT	M45-49	48	10.62
HANSEN, RANDY	M50-54	50	10.89
FERGUSON, DAN	M50-54	52	10.66
SQUIRES, JIM	M55-59	57	11.73
KEYES, ERIC	M55-59	55	10.79
VASQUEZ, GIL	M55-59	59	10.73
KELLER, DONALD	M55-59	57	10.59
MIZER, RAY	M60-64	60	8.88
IWEN, GENE	M60-64	62	8.08
HARVEY, WILLIAM	M65-69	67	12.21
PERCY, IAN	M65-69	67	11.18
OLSON, RANDALL	M65-69	65	9.88
SOUTHERLAN, BOB	M70-74	74	7.58
SABIN, WAYNE	M75-79	79	9.25
LEGGITT, JAMES	M75-79	78	8.61

WEIGHT THROW

MATTHEWS, BRENDA	F60-64	63	7.89
RAHAM, SHARON	F65-69	66	9.88
DONLEY, CHRISTEL	F75-79	78	6.62
KRICH, MATT	M45-49	48	9.27
VASQUEZ, GIL	M55-59	59	13.35
MIZER, RAY	M60-64	60	8.24
PERCY, IAN	M65-69	67	15.47
OLSON, RANDALL	M65-69	65	12.75
DYE, WES	M65-69	68	7.40
SOUTHERLAN, BOB	M70-74	74	10.90
SABIN, WAYNE	M75-79	79	11.30
SPENCER, VERN	M75-79	78	9.63

SUPERWEIGHT

VASQUEZ, GIL	M55-59	59	4.85
MIZER, RAY	M60-64	60	3.54

PERCY, IAN	M65-69	67	7.50
SOUTHERLAN, BOB	M70-74	74	5.99
SABIN, WAYNE	M75-79	79	6.36
SPENCER, VERN	M75-79	78	4.29