

Colorado Indoor
Track and Field Records
1979-2016

60 Meters:

		Name			
Women	Open	Ashley Owens	02-29-04	7.39	
	30-34	Brandi Bernert	02-13-11	7.65	
	35-39	Brandi Bernert	03-01-15	7.78	
	40-44	LaDonna Reed	03-01-15	8.94	
	45-49	Leslee Superchi	02-14-10	9.09	
	50-54	Liz palmer	02-12-12	8.18	
	55-59	Colleen Burns	02-29-04	9.34	
	60-64	Teresa Wagner	02-07-16	9.83	
	65-69	Kathy Bergen	03-01-09	9.04	
	70-74	Kathy Bergen	02-14-10	9.29	
	75-79	Kathy Bergen	03-01-15	9.55	
	Men	Open	Dominique Hubert	03-01-15	6.70
		30-34	Alfy Pettes	02-26-06	7.12
		35-39	Thai Woods	03-01-15	7.08
		40-44	Raphael August	02-29-04	7.35
45-49		Stacey Price	02-25-01	7.46	
50-54		James St Cyr	02-27-00	7.36	
55-59		Jim Ross	03-01-09	7.55	
60-64		Paul Edens	02-29-04	7.72	
65-69		Dick Richards	02-27-00	8.20	
70-74		Richard McKisson	03-01-09	8.77	
75-79	Richard McKisson	02-10-13	9.11		
80-84	Ron Gray	02-10-13	10.24		
85-89	Robert Coutts	02-07-16	11.78		

200 Meters:

Women	Open	Bobby Tillman	03-02-14	24.26	
	30-34	Brandi Bernert	02-13-11	25.55	
	35-39	Brandi Bernert	03-01-15	25.87	
	40-44	Rachel Smith	02-14-10	29.92	
	45-49	Rachel Smith	02-10-13	31.19	
	50-54	Joy Upshaw	03-02-14	27.42	
	55-59	N. Lowenstein	02-23-01	30.64	
	60-64	Cathy Nicoletti	02-10-13	32.15	
	65-69	Kathy Bergen	03-01-09	33.98	
	70-74	Kathy Bergen	02-14-10	33.46	
	75-79	Kathy Bergen	03-01-15	35.70	
	Men	Open	Roger Franklin	02-27-94	21.40
		30-34	William White	02-24-91	21.80
		35-39	Thai Woods	03-01-15	23.09
		40-44	Stere Winston	03-04-95	23.15
45-49		Fred Collins	02-27-94	24.20	
50-54		James St Cyr	02-27-00	24.04	
55-59		Hugo Hartenstein	02-24-91	24.20	
60-64		Paul Edens	02-29-04	25.52	
65-69		Bob Lida	02-26-06	26.59	
70-74		Brock Girling	03-01-15	27.50	
75-79	Richard McKisson	02-10-13	32.31		
80-84	James Leggitt	02-07-16	41.36		

400 Meters:

Women	Open	Ruth Waller	03-02-14	1:03.96	
	30-34	Michelle Moudy	03-02-14	1:37.32	
	35-39	Alya Ibraheem	03-01-15	1:25.49	
	40-44	Teresa Drotar	02-23-97	1:07.20	
	45-49	Leslee Superchi	02-14-10	1:11.00	
	50-54	Valerie Eipper	02-13-11	1:18.68	
	55-59	Catherine Nicoletti	02-25-07	1:11.00	
	60-64	Cathy Nicoletti	03-01-15	1:21.72	
	65-69	Joyce Franks	02-23-02	2:12.17	
	70-74	Mary Smith	03-01-15	1:28.94	
	75-79	Mary Smith	02-07-16	1:28.46	
	80-84	Mary Kirsling	02-29-04	3:02.75	
	Men	Open	Alonzo Babers	02-12-83	46.90
		30-34	William White	02-24-91	50.00
35-39		Kyle Wimmer	02-07-16	54.64	
40-44		Mark Hileman	02-29-04	53.24	
45-49		Rick Easley	02-23-01	54.18	
50-54		Michael Wolfe	02-13-11	56.49	
55-59		Don Neidig	02-29-04	56.38	
60-64		Charlie Powell	02-12-121	1:02.60	
65-69		Bob Lida	02-23-02	1:07.06	
70-74		Robert Obrien	02-14-10	1:04.42	
75-79	Ray Franks	02-13-11	1:24.39		
80-84	Walter Atcheson	02-25-07	2:27.52		

800 Meters

Women	Open	Ruth Waller	02-10-14	2:20.65
	30-34	Ruth Waller-Liddle	02-07-16	2:23.81
	35-39	Tanya Poel	02-23-02	2:33.14
	40-44	Kim Jones	02-23-02	2:27.07
	45-49	Diane Groff	02-26-06	2:41.90
	50-54	Lori Petrie	03-02-14	2:57.51
	55-59	Colleen Burns	02-29-04	2:46.18
	60-64	Laurie Rugenstein	02-13-11	3:09.10
	80-84	Mary Kirsling	02-29-04	6:14.80
	Men	Open	Wayne Patton	02-25-96
30-34		K.C. Harrison	02-23-01	2:04.93
35-39		Carl Clark	02-23-01	2:09.02
40-44		Brian Rawlings	02-07-16	2:06.80
45-49		Scott Hartley	03-01-09	1:57.90
50-54		Steve Gallegos	02-26-06	2:05.50
55-59		Michael Wolfe	02-07-16	2:22.58
60-64		Ken Luff	03-03-95	2:28.63
65-69		Gary Patton	02-13-11	2:31.44
70-74		Arnold Meardon	02-08-03	3:06.80
75-79	Arnold Meardon	02-25-07	3:30.23	

1000 Meters

Men	50-54	Dwain Romsa	03-01-15	3:55.90
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1500 Meters

Women	Open	Gretchen Grindle	02-27-00	4:59.99
	30-34	Ruth Waller-Liddle	02-07-16	5:07.81
	35-39	Patty Murray	02-23-01	4:50.82
	40-44	Patty Murray	02-25-07	4:50.52
	45-49	Stephenie Scholl	02-13-11	5:00.62
	50-54	Valerie Eipper	02-13-11	5:50.81
	55-59	Laura Bruess	02-07-16	5:37.21
	Men	Open	Shadrack Biwott	02-29-04
30-34		Mel Peterson	02-25-96	4:12.30
35-39		Abe Sauer	02-25-07	4:21.40
40-44		Bob Mazanares	03-01-92	4:25.50
45-49		Steve Gallegos	02-08-03	4:23.30
50-54		Doug Bell	02-23-01	4:22.72
55-59		Dan Spale	02-07-16	4:46.45
60-64		Ray Franks	03-04-95	6:06.20
65-69		Gary Patton	02-13-11	5:33.76
70-74		Tom Linnell	03-02-14	6:53.25

3000 Meters

Women	Open	Gretchen Grindle	02-27-00	11:02.08
	35-39	Imelda Gonzalez	02-23-02	10:59.90
	40-44	Laura Bruess	02-23-01	11:19.89
	45-49	Valerie Eipper	02-15-10	12:56.21
	50-54	Laura Bruess	03-01-15	12:01.19
	55-59	Laura Bruess	02-07-16	12:10.58
Men	Open	Nicholas Diaz	02-27-94	8:10.90
	30-34	David Vadrado	02-24-91	8:55.40
	35-39	Forrest Newman	02-23-02	9:32.25
	40-44	Jim Jones	02-08-03	9:51.60
	45-49	Brad Pace	02-23-02	9:34.87
	50-54	Brad Chatfield	02-27-05	12:51.00
	55-59	Simon Martin	02-14-10	10:55.54
	60-64	Hans Sinkovec	02-27-00	13:36.41
	65-69	Gary Patton	02-13-11	12:11.98
	70-74	Jeff Dumas	02-07-16	14:47.91

60 Meter
Hurdles

Women	Open	Kira Robinson	02-27-05	8.69	
	30-34	Karen Hood	02-21-99	10.47	
	35-39	Felisha Millelson	01-12-12	12.70	
	40-44	Kristin McFall	02-12-12	9.63	
	45-49	Dianne Thompson	02-07-16	18.38	
	50-54	Liz Palmer	02-12-12	9.32	
	60-64	Nadine O'Connor	02-26-06	10.84	
	65-69	Nadine O'Connor	03-01-09	11.04	
	70-74	Christel Donley	02-25-07	13.14	
	75-79	Christel Donley	02-13-11	14.41	
	80-84	Christel Donley	02-07-16	15.47	
	Men	Open	Tashaun Hill	03-01-09	8.24
		30-34	Derek Knight	02-23-01	7.96
		35-39	Bob Pankey	02-23-01	10.88
		40-44	Scott Mosser	02-27-05	9.81
45-49		Stacy Price	02-27-00	8.55	
50-54		Stacy Price	02-29-04	8.92	
55-59		James Broun	02-25-07	9.00	
60-64		Courtland Gray	02-29-04	9.11	
65-69		Lowell Bonnifield	02-23-01	10.21	
70-74		Richard McKisson	02-13-11	10.69	
75-79	Richard McKisson	02-10-13	11.18		

3000 Meter
Race Walk

Women	Open	Laura Johnson	03-01-09	23:44.50	
	35-39	Darla Yoerg	02-25-07	19:20.38	
	40-44	Darla Yoerg	02-10-08	17:44.66	
	45-49	Sherrie Gossert	02-23-02	18:53.64	
	50-54	Marianne Martino	02-23-02	17:24.74	
	55-59	Marianne Martino	02-10-08	17:43.39	
	60-64	Marianne Martino	02-13-11	18:02.96	
	65-69	Marianne Martino	02-07-16	18:45.89	
	70-74	Rita Sinkovec	02-12-12	20:42.41	
	Men	Open	Francisco Pantoja	02-27-00	12:37.78
		30-34	Ray Sharp	02-24-91	13:21.20
		35-39	Francisco Pantoja	02-10-13	13:07.74
		40-44	Mike Blanchard	02-08-03	15:58.10
		45-49	Daryl Meyers	02-24-91	12:58.00
50-54		Mike Blanchard	02-29-04	16:41.64	
55-59		Ray Franks	02-28-93	16:58.00	
60-64		John Lyle	02-28-83	17:23.60	
65-69		Ray Franks	02-27-00	18:20.08	
70-74		John Lyle	02-27-05	20:57.70	
75-79		Klaus Timmerhaus	02-23-02	21:04.50	

High Jump

Women	Open	Melodie Holcomb	02-11-84	1.68		
		Monica Holzhauer	02-26-89	1.68		
		Kaisti Lowenthal	02-28-93	1.68		
		30-34	LaVeta Gardner	02-10-13	1.15	
		40-44	Kristin McFall	02-12-12	1.45	
		45-49	Dianne Thompson	02-07-16	1.25	
		50-54	Rita Hanscom	03-01-09	1.37	
		55-59	Joan Dugan	02-24-91	1.17	
		60-64	Joan Dugan	02-28-93	1.12	
		65-69	Nadine O'Conner	03-01-09	1.27	
		70-74	Kathy Bergen	02-14-10	1.29	
		75-79	Kathy Bergen	03-01-15	1.22	
		80-84	Christel Donley	03-01-15	1.02	
		Men	Open	Carl Turner	03-13-83	2.18
				Greg Haynie	02-28-88	2.08
				Matt Burns	03-01-09	1.98
				40-44	Scott Benson	02-10-13
45-49	Craig Levine			02-29-04	1.78	
50-54	Don Kardok			02-31-79	1.68	
55-59	J.C. Brown			02-25-90	1.62	
60-64	Frank Bowles			03-13-82	1.57	
65-69	Doug Spainhower			02-08-03	1.37	
	Leonard Sokoloski			03-01-09	1.37	
70-74	Gilberto Gonzales			02-26-84	1.32	
	Bert Bergen	03-01-09	1.32			
	Bob Fulton	02-14-10	1.32			
75-79	Bert Bergen	03-01-15	1.25			
80-84	Ray Propst	03-01-09	1.22			
85-89	Jerry Donley	02-07-16	.95			

Long Jump

Women	Open	Regina Rhodes	03-01-92	5.59	
	30-34	LaDonna Reed	02-10-08	4.79	
	35-39	LaDonna Reed	02-12-12	4.83	
	40-44	LaDonna Reed	03-01-15	4.75	
	45-49	Dianne Thompson	02-07-16	3.83	
	50-54	Joy Upshaw	03-02-14	4.80	
	55-59	Gayle Keffer	03-04-95	3.44	
		Sharon Raham	02-27-05	3.44	
	60-64	Brenda Matthews	02-10-13	3.29	
	65-69	Christel Donley	02-08-03	2.92	
	70-74	Christel Donley	03-01-09	2.77	
	75-79	Christel Donley	03-02-14	2.30	
	80-84	Christel Donley	03-01-15	2.12	
	Men	Open	Sugar Williams	03-30-80	7.47
		30-34	Brent Eckles	02-27-00	6.80
		35-39	Mike Hill	02-22-87	6.54
		40-44	Vincent Martin	02-12-12	6.20
		45-49	Robb Bong	03-01-92	5.81
		50-54	James McCrimmon	02-10-13	5.53
		55-59	James McCrimmon	02-07-16	5.39
60-64		Richard Wild	02-27-05	4.76	
65-69		Dick Richards	02-23-01	5.31	
70-74		Gilberto Gonzales	02-26-84	4.77	
75-79		John Davidson	02-23-97	3.96	
80-84		Ed Carter	02-23-02	3.57	
85-89		Randall Russell	02-27-94	2.83	

Triple Jump

Women	Open	Terra McDowell	02-10-13	10.42	
	30-34	Lindsay Rairdon	02-13-11	9.60	
	35-39	Lindsay Rairdon	02-10-13	9.96	
	50-54	Deb Vestal	02-29-04	4.72	
	55-59	Sharon Raham	02-08-03	6.82	
	60-64	Sharon Raham	02-25-07	6.72	
	65-69	Sharon Raham	02-10-13	6.09	
	70-74	Christel Donley	02-10-08	6.18	
	75-79	Christel Donley	02-13-11	6.38	
	80-84	Christel Donley	03-01-15	5.77	
	Men	Open	G. Wilson	03-04-84	15.24
		30-34	Charles Easter	02-01-86	12.84
		35-39	Randy Rohweder	02-26-89	12.99
40-44		Bryan Johnson	02-23-02	12.90	
45-49		Bryan Johnson	02-08-03	12.71	
50-54		James McCrimmon	03-01-15	10.62	
55-59		James McCrimmon	02-07-16	10.29	
60-64		Jack Eighmy	02-24-91	11.22	
65-69		Frank Bowles	02-24-91	11.20	
70-74		Gilberto Gonzales	02-26-84	9.20	
80-84	Ed Carter	02-23-02	7.07		

Pole Vault

Women	Open	Jamie Connor	03-01-15	4.00
	40-44	Brenda Bumgardner	02-10-08	3.36
	45-49	Brenda Bumgardner	02-12-12	3.05
	50-54	Rita Hanscom	03-01-09	2.75
	55-59	Penny Hanson	03-02-14	1.40
	60-64	Nadine O'Connor	02-26-06	3.01
	65-69	Janet Johnston	03-02-14	1.55
	Men	Open	David Pike	02-25-96
30-34		Pat Manson	02-23-01	5.67
35-39		Pat Manson	02-29-04	5.31
40-44		Pat Manson	03-01-09	4.90
45-49		Vic Cook	03-13-81	4.12
50-54		Mark Pierson	02-12-12	4.10
55-59		Jerry Donley	02-22-87	3.81
60-64		Jerry Donley	02-25-90	3.78
65-69		Jerry Donley	03-04-95	3.35
70-74		Joe Johnston	03-02-14	3.05
75-79		Jerry Donley	02-27-05	2.75
80-84		Jerry Donley	02-12-12	2.15
		Doug McFetters	03-02-14	2.15

Shot Put

Women	Open	Andrea Swanson	02-25-07	10.75	
	30-34	Daniele Jordan	02-14-10	8.29	
	35-39	Beverly Beck	03-02-14	5.83	
	40-44	Margaret Foxworth-Hall	02-21-99	11.79	
	45-49	Teresa Nystrom	02-13-11	10.65	
	50-54	Patti Gilmour	02-26-06	8.85	
	55-59	Sharon Raham	02-29-04	8.17	
	60-64	Brenda Matthews	02-12-12	9.14	
	65-69	Christel Donley	02-29-04	7.66	
	70-74	Christel Donley	02-25-07	8.07	
	75-79	Christel Donley	02-13-11	7.88	
	80-84	Christel Donley	03-01-15	7.50	
	Men	Open	Kent Larson	02-28-93	19.07
		30-34	Chad Lindsay	02-27-05	17.15
35-39		Kevin McGinnis	02-25-96	15.34	
40-44		Milton Girouard	02-08-03	14.43	
45-49		Jeffrey Bott	03-01-09	13.29	
50-54		Ron Broce	02-21-99	13.95	
		Paul Economoides	02-29-04	14.53	
60-64		Tom Gage	02-08-03	14.53	
		Quenton Torbert	02-07-16	16.25	
65-69		Gerald Vaughn	02-23-01	14.04	
70-74		Gerald Vaughn	02-26-06	15.39	
75-79		Gerald Vaughn	02-13-11	12.83	
80-84		Wayne Sabin	03-02-14	10.20	
85-89		Jerry Donley	03-01-15	7.67	

Weight Throw

Women	35-39	Beverly Bek	03-02-14	3.64
	40-44	Debbie Ralzitto-Gocken	02-25-07	8.22
	45-49	Teresa Nystrom	02-13-11	10.66
	55-59	Sharon Raham	02-26-06	8.43
	60-64	Sharon Raham	02-10-08	10.30
	65-69	Sharon Raham	02-10-13	9.88
	70-74	Sharon Raham	02-07-16	8.69
	75-79	Joanne Marriott	02-07-16	11.36
Men	80-84	Christel Donley	03-01-15	6.93
	Open	Dane Jansson	02-10-08	15.96
	30-34	John Kuemmerlin	02-29-04	12.52
	35-39	John Kuemmerlin	02-27-05	13.62
	40-44	Rande Treece	02-08-03	14.74
	45-49	Rande Treece	02-26-06	15.10
	50-54	Ken Jansson	02-10-08	19.15
	55-59	Tom Gage	02-08-03	18.91
	60-64	Paul Economidies	02-25-07	20.29
	65-69	Ian Percy	02-10-13	15.47
	70-74	George Mathews	03-01-15	16.97
	75-79	Vernon Spencer	02-13-11	11.37
80-84	Wayne Sabin	03-02-14	13.24	

Super Weight

Women	40-44	Debbie Ralzitto-Gocken	02-25-07	5.16
	45-49	Teresa Nystrom	02-13-11	7.51
	55-59	Linda Hughes	02-07-16	6.53
	60-64	Sharon Raham	02-14-10	6.49
	65-69	Sharon Raham	01-12-12	6.42
	75-79	Joanne Marriott	02-07-16	7.30
Men	Open	Nate Treece	03-02-14	6.41
	30-34	John Kuemmerlin	02-29-04	7.78
	35-39	John Kuemmerlin	02-27-05	9.19
	40-44	Rande Treece	02-29-04	9.53
	45-49	Rande Treece	02-26-07	9.25
	50-54	Tim Edwards	02-27-00	9.48
	55-59	Tom Gage	02-08-03	8.95
	60-64	Paul Economidies	02-25-07	9.38
	65-69	Ian Percy	02-13-11	8.52
	70-74	George Mathews	03-01-15	10.43
	75-79	Wayne Sabin	02-10-13	6.36
	80-84	Wayne Sabin	03-02-14	9.42