

Mid-America Indoor Records

2003 - 2023

60 Meters	Name	Time	Year	Location
W Open	Ashley Owens	7.39	2004	AFA, Colorado Springs
W 30-34	Brandi Bernert	7.65	2011	AFA, Colorado Springs
W 35-39	Brandi Bernert	7.78	2015	AFA, Colorado Springs
W 40-44	Sandra Halvatzis	8.04	2022	UCCS, Colorado Springs
W 45-49	Christina Yarmul	8.59	2023	UCCS, Colorado Springs
W 50-54	Liz Palmer	8.18	2012	AFA, Colorado Springs
W 55-59	Catherine Nicoletti	9.50	2007	AFA, Colorado Springs
W 60-64	Nadine O'Connor	9.03	2004	AFA, Colorado Springs
W 65-69	Kathy Bergen	9.04	2008	AFA, Colorado Springs
W 70-74	Kathy Bergen	9.29	2010	AFA, Colorado Springs
W 75-79	Kathy Bergen	9.55	2015	AFA, Colorado Springs
W 80-84	Mary Smith	11.55	2023	UCCS, Colorado Springs
W 85-89	Christel Donley	12.53	2020	UCCS, Colorado Springs
M Open	Dominique Hubert	6.70	2015	AFA, Colorado Springs
M 25-29	Tristan Quintana	7.88	2023	UCCS, Colorado Springs
M 30-34	Antwun Baker	7.01	2018	AFA, Colorado Springs
M 35-39	Antoine Echols	7.07	2019	UCCS, Colorado Springs
M 40-44	Thal Woods	7.25	2022	UCCS, Colorado Springs
M 45-49	Eric Woodyard	7.43	2023	UCCS, Colorado Springs
M 50-54	Stacey Price	7.60	2004	AFA, Colorado Springs
M 55-59	Jim Ross	7.55	2008	AFA, Colorado Springs
M 60-64	Paul Edens	7.72	2004	AFA, Colorado Springs
M 65-69	Bob Lida	8.21	2006	AFA, Colorado Springs
M 70-74	Richard McKisson	8.77	2009	AFA, Colorado Springs
M 75-79	Richard McKisson	9.11	2013	AFA, Colorado Springs
M 80-84	Roger Vergin	10.03	2018	AFA, Colorado Springs
M 85-89	James Leggitt	11.45	2020	UCCS, Colorado Springs
M 90-95	Robert Coutts	12.75	2019	UCCS, Colorado Springs

200 Meters	Name	Time	Year	Location
W Open	Dominique Hubert	24.26	2014	AFA, Colorado Springs
W 25-29	Rey Mullen	29.39	2023	UCCS, Colorado Springs
W 30-34	Brandi Bernert	25.55	2011	AFA, Colorado Springs
W 35-39	Brandi Bernert	25.87	2015	AFA, Colorado Springs
W 40-44	Sandra Halvatzis	27.36	2023	UCCS, Colorado Springs
W 45-49	Christina Yarmul	28.94	2023	UCCS, Colorado Springs
W 50-54	Joy Upshaw	27.42	2014	AFA, Colorado Springs
W 55-59	Catherine Nicoletti	31.00	2007	AFA, Colorado Springs
W 60-64	Catherine Nicoletti	32.15	2013	AFA, Colorado Springs
W 65-69	Catherine Nicoletti	33.02	2017	AFA, Colorado Springs
W 70-74	Kathy Bergen	33.46	2010	AFA, Colorado Springs
W 75-79	Kathy Bergen	35.70	2015	AFA, Colorado Springs
W 80-84	Mary Smith	41.18	2023	UCCS, Colorado Springs
M Open	Brant Gilbert	21.47	2009	AFA, Colorado Springs
M 25-29	Mohammad Nourani	25.51	2022	UCCS, Colorado Springs
M 30-34	Antwun Baker	22.59	2018	AFA, Colorado Springs
M 35-39	Antoine Echols	22.96	2019	UCCS, Colorado Springs
M 40-44	Ray Parker	23.81	2004	AFA, Colorado Springs
M 45-49	Eric Woodyard	24.73	2023	UCCS, Colorado Springs
M 50-54	Mike Pannell	25.33	2004	AFA, Colorado Springs
M 55-59	Charlie Powell	26.25	2008	AFA, Colorado Springs
M 60-64	Paul Edens	25.52	2004	AFA, Colorado Springs
M 65-69	Bob Lida	26.59	2006	AFA, Colorado Springs
M 70-74	Brock Girling	27.50	2015	AFA, Colorado Springs
M 75-79	Richard McKisson	32.31	2013	AFA, Colorado Springs
M 80-84	Roger Vergin	36.12	2018	AFA, Colorado Springs
M 85-89	James Leggitt	43.62	2020	UCCS, Colorado Springs

400 Meters	Name	Time	Year	Location
W Open	Spalding-Aguirre	1:00.40	2017	AFA, Colorado Springs
W 25-29	Rey Mullen	1:03.85	2023	UCCS, Colorado Springs
W 30-34	Katie Carbiener	1:13.81	2023	UCCS, Colorado Springs
W 35-39	Alya Ibraheem	1:25.49	2015	AFA, Colorado Springs
W 40-44	Ruth Janiic	1:12.30	2005	AFA, Colorado Springs
W 45-49	Leslee Superchi	1:11.00	2010	AFA, Colorado Springs
W 50-54	Dawn Thompson	1:12.65	2019	UCCS, Colorado Springs
W 55-59	Catherine Nicoletti	1:11.00	2007	AFA, Colorado Springs
W 60-64	Cathy Nicoletti	1:21.72	2015	AFA, Colorado Springs
W 70-74	Laurie Rugenstein	1:25.59	2019	UCCS, Colorado Springs
W 75-79	Mary Smith	1:28.46	2016	AFA, Colorado Springs
W 80-84	Mary Smith	1:36.03	2023	UCCS, Colorado Springs
M Open	Michael Liggins	48.92	2007	AFA, Colorado Springs
M 25-29	Tristan Quintana	57.57	2023	UCCS, Colorado Springs
M 30-34	Bret Fanning	53.22	2018	AFA, Colorado Springs
M 35-39	Roman Marenin	52.12	2022	UCCS, Colorado Springs
M 40-44	Mark Hileman	53.24	2004	AFA, Colorado Springs
M 45-49	Mark Hileman	55.41	2009	AFA, Colorado Springs
M 50-54	Michael Wolfe	56.49	2011	AFA, Colorado Springs
M 55-59	Donald Neidig	56.38	2004	AFA, Colorado Springs
M 60-64	Bob Cottrell	1:01.14	2022	UCCS, Colorado Springs
M 65-69	Charlie Powell	1:05.51	2018	AFA, Colorado Springs
M 70-74	Robert O'Brien	1:04.42	2010	AFA, Colorado Springs
M 75-79	Ray Franks	1:24.39	2011	AFA, Colorado Springs
M 80-84	Walter Atcheson	2:27.50	2007	AFA, Colorado Springs

800 Meters	Name	Time	Year	Location
W Open	Ruth Waller	2:20.65	2014	AFA, Colorado Springs
W 30-35	Liddle Waller	2:21.66	2019	UCCS, Colorado Springs
W 35-39	Ruth Waller-Liddle	2:28.68	2020	UCCS, Colorado Springs
W 40-44	Brooke	2:30.52	2018	AFA, Colorado Springs
W 45-49	Diane Groff	2:41.90	2005	AFA, Colorado Springs
W 50-54	Rochelle Persson	2:47.51	2022	UCCS, Colorado Springs
W 55-59	Colleen Burns	2:46.18	2004	AFA, Colorado Springs
W 60-64	Laurie Rugenstein	3:09.10	2011	AFA, Colorado Springs
W 70-74	Laurie Rugenstein	3:15.42	2019	UCCS, Colorado Springs
W 80-84	Mary Kirsling	6:14.80	2004	AFA, Colorado Springs
M Open	Shawn Lindbom	2:00.18	2015	AFA, Colorado Springs
M 30-34	Abe Sauer	2:05.80	2005	AFA, Colorado Springs
M 35-39	Stepanov Vitaly	2:05.55	2018	AFA, Colorado Springs
M 40-44	Brian Rawlings	2:06.80	2007	AFA, Colorado Springs
M 45-49	Scott Hartley	1:57.90	2009	AFA, Colorado Springs
M 50-54	Steve Gallegas	2:05.50	2006	AFA, Colorado Springs
M 55-59	Michael Wolfe	2:22.58	2016	AFA, Colorado Springs

M 60-64	Dan Spale	2:26.02	2017	AFA, Colorado Springs
M 65-69	Gary Patton	2:31.44	2011	AFA, Colorado Springs
M 70-74	John Roeske	2:46.58	2019	UCCS, Colorado Springs
M 75-79	Frank Rodriguez	3:14.11	2023	UCCS, Colorado Springs

1000 Meters	Name	Time	Year	Location
M 50-54	Dwain Romsa	3:55.90	2015	AFA, Colorado Springs

1500 Meters	Name	Time	Year	Location
W Open	Jocelyn Jenks	5:09.60	2008	AFA, Colorado Springs
W 30-34	Ruth Waller-Liddle	4:58.96	2019	UCCS, Colorado Springs
W 35-39	Patty Murray	4:52.00	2005	AFA, Colorado Springs
W 40-44	Patty Murray	4:50.50	2007	AFA, Colorado Springs
W 45-49	Stephenie Scholl	5:00.62	2011	AFA, Colorado Springs
W 50-54	Valerie Eipper	5:50.81	2011	AFA, Colorado Springs
W 55-59	Laura Bruess	5:37.21	2016	AFA, Colorado Springs
W 80-84	Mary Kirsling	13:41.52	2004	AFA, Colorado Springs
M Open	Shadrack Biwott	3:59.18	2004	AFA, Colorado Springs
M 25-29	Bryan Ellis	4:43.17	2022	UCCS, Colorado Springs
M 30-34	Bryon Malang	4:32.90	2022	UCCS, Colorado Springs
M 35-39	Abe Sauer	4:21.40	2007	AFA, Colorado Springs
M 40-44	Eric Monda	4:30.86	2020	UCCS, Colorado Springs
M 45-49	Steve Gallegos	4:23.30	2003	CSU, Ft. Collins, CO
M 50-54	Brad Cooper	4:45.11	2017	AFA, Colorado Springs
M 55-59	Dan Spale	4:46.45	2016	AFA, Colorado Springs
M 60-64	Dan Spale	5:14.49	2017	AFA, Colorado Springs
M 65-69	Gary Patton	5:33.76	2011	AFA, Colorado Springs
M 70-74	Tom Linell	6:53.25	2014	AFA, Colorado Springs
M 75-79	Frank Rodriguez	6:28.71	2023	UCCS, Colorado Springs

3000 Meters	Name	Time	Year	Location
W Open	Ashley Poland	11:41.60	2007	AFA, Colorado Springs
W 30-34	Ruth Waller-Liddle	10:57.96	2018	UCCS, Colorado Springs
W 35-39	Imelda Gonzales	10:59.90	2006	AFA, Colorado Springs
W 40-44	Valerie Eipper	12:56.20	2009	AFA, Colorado Springs
W 45-49	Amy Shertzer	10:57.91	2023	UCCS, Colorado Springs
W 50-54	Laura Bruess	12:01.19	2015	AFA, Colorado Springs
W 55-59	Laura Bruess	12:07.97	2017	AFA, Colorado Springs
M Open	Oscar Ponce	9:19.95	2004	AFA, Colorado Springs
M 30-34	Gerod Green	10:05.07	2020	UCCS, Colorado Springs
M 35-39	Neil McDonagh	9:16.31	2020	UCCS, Colorado Springs
M 40-44	Adam Rich	9:15.23	2023	UCCS, Colorado Springs
M 45-49	Robbie Genzel, Jr.	10:14.76	2023	UCCS, Colorado Springs
M 50-54	Brad Cooper	10:16.66	2017	AFA, Colorado Springs
M 55-59	Simon Martin	10:55.54	2010	AFA, Colorado Springs
M 60-64	Dan Spale	11:42.42	2020	UCCS, Colorado Springs
M 65-69	Dan Spale	12:01.00	2023	UCCS, Colorado Springs
M 70-74	John Roeske	13:09.95	2019	UCCS, Colorado Springs
M 75-79	Frank Rodriguez	13:26.88	2023	UCCS, Colorado Springs

1 Mile	Name	Time	Year	Location
W 40-44	Erin Taylor Talcott	8:29.15	2022	UCCS, Colorado Springs
W 60-64	Lori Groom	11:33.08	2023	UCCS, Colorado Springs
W 70-74	Marianne Martino	10:04.33	2022	UCCS, Colorado Springs
W 75-79	Kathleen Frable	13:14.43	2023	UCCS, Colorado Springs
M 60-64	Dave Talcott	9:13.83	2022	UCCS, Colorado Springs
M 70-74	Craig Foreman	13:28.99	2022	UCCS, Colorado Springs
M 75-79	Norman Frable	10:16.20	2023	UCCS, Colorado Springs

3000m	Name	Time	Year	Location
W Open	Chelsea Conway	16:26.72	2014	AFA, Colorado Springs
W 35-39	Darla Yoerg	19:20.40	2007	AFA, Colorado Springs
W 40-44	Erin Taylor Talcott	15:59.23	2022	UCCS, Colorado Springs
W 50-54	Marianne Martino	17:32.99	2004	AFA, Colorado Springs
W 55-59	Marianne Martino	17:43.39	2008	AFA, Colorado Springs
W 60-64	Marianne Martino	18:26.94	2012	AFA, Colorado Springs
W 65-69	Marianne Martino	18:45.89	2016	AFA, Colorado Springs
W 70-74	Marianne Martino	19:08.39	2022	UCCS, Colorado Springs
W 75-79	Kathleen Frable	24:43.66	2023	UCCS, Colorado Springs
M 35-39	Francisco Pantoja	13:07.74	2013	AFA, Colorado Springs
M 40-44	Michael Blanchard	15:39.30	2005	AFA, Colorado Springs
M 45-49	Albert Leibold	14:57.00	2005	AFA, Colorado Springs
M 50-54	Michael Blanchard	16:41.64	2004	AFA, Colorado Springs
M 55-59	Michael Blanchard	19:04.53	2018	AFA, Colorado Springs
M 60-64	Dave Talcott	17:51.82	2023	UCCS, Colorado Springs
M 65-69	Vilmars Strauten	20:45.60	2003	CSU, Ft. Collins, CO
M 70-74	Craig Foreman	16:32.00	2019	UCCS, Colorado Springs
M 75-79	Norman Frable	21:29.09	2023	UCCS, Colorado Springs
M 80-84	Klaus Timmerhaus	23:07.50	2005	AFA, Colorado Springs

60m Hurdles	Name	Time	Year	Location
W Open	Kiana Gomez	8.96	2015	AFA, Colorado Springs
W 30-34	Brandi Bernert	11.50	2013	AFA, Colorado Springs
W 35-39	Brandi Bernert	11.62	2018	AFA, Colorado Springs
W 40-44	Kristin McFall	9.63	2012	AFA, Colorado Springs
W 45-49	Pamela McCartney	10.24	2020	UCCS, Colorado Springs
W 50-54	Liz Palmer	9.32	2012	AFA, Colorado Springs
W 55-59	Jennifer Hedges	10.66	2023	UCCS, Colorado Springs
W 60-64	Nadine O'Connor	10.84	2006	AFA, Colorado Springs
W 65-69	Nadine O'Connor	11.04	2009	AFA, Colorado Springs
W 70-74	Kay Glynn	11.79	2023	UCCS, Colorado Springs
W 75-79	Christel Donley	14.41	2011	AFA, Colorado Springs
W 80-84	Christel Donley	15.47	2016	AFA, Colorado Springs
M Open	Tashaun Hill	8.24	2009	AFA, Colorado Springs
M 30-34	George Nichols	10.09	2006	AFA, Colorado Springs
M 35-39	Roman Marenin	8.55	2022	UCCS, Colorado Springs
M 40-44	TJ Paulsen	9.63	2020	UCCS, Colorado Springs

M 45-49	Derek Pyle	8.57	2016	AFA, Colorado Springs
M 50-54	Stacey Price	8.79	2004	AFA, Colorado Springs
M 55-59	James Brown	9.00	2007	AFA, Colorado Springs
M 60-64	Courtlund Gray	9.11	2004	AFA, Colorado Springs
M 65-69	Dave McNair	10.25	2022	UCCS, Colorado Springs
M 70-74	Russell Jacquet-Acea	10.23	2023	UCCS, Colorado Springs
M 75-79	Richard McKisson	10.09	2014	AFA, Colorado Springs
M 80-84	Roger Vergin	12.08	2018	AFA, Colorado Springs

High Jump	Name	Meters	Feet	Year	Location	Inches	Decimal Equivalent
W Open	Camille Weaver	1.55	5.09	2019	UCCS, Colorado Springs		
W 30-34	LaVeta Gardner	1.15	3.78	2013	AFA, Colorado Springs	1	0.08
W 35-39	Elizabeth Bitz	1.36	4.46	2023	UCCS, Colorado Springs	2	0.17
W 40-44	Kristin McFall	1.45	4.76	2012	AFA, Colorado Springs	3	0.25
	Tonya Gordon	1.45	4.76	2020	UCCS, Colorado Springs	4	0.33
W 45-49	Pamela McCartney	1.50	4.92	2020	UCCS, Colorado Springs	5	0.42
W 50-54	Rita Hanscom	1.37	4.50	2009	AFA, Colorado Springs	6	0.50
W 55-59	Jennifer Hedges	1.36	4.46	2023	UCCS, Colorado Springs	7	0.58
W 60-64	Sharon Raham	1.09	3.58	2007	AFA, Colorado Springs	8	0.67
W 65-69	Nadine O'Connor	1.27	4.17	2009	AFA, Colorado Springs	9	0.75
W 70-74	Kathy Bergen	1.29	4.24	2010	AFA, Colorado Springs	10	0.83
W 75-79	Kathy Bergen	1.22	4.01	2015	AFA, Colorado Springs	11	0.92
W 80-84	Christel Donley	1.02	3.35	2015	AFA, Colorado Springs	12	1.00
W 85-89	Christel Donley	.90	2.95	2020 & 2023	UCCS, Colorado Springs		
M Open	Henry Baldwin	1.95	6.40	2017	AFA, Colorado Springs		
M 25-29	Cody Stemple	1.91	6.27	2023	UCCS, Colorado Springs		
M 30-34	Salboo Knewl	1.60	5.25	2012	AFA, Colorado Springs		
M 35-39	Matt Burns	1.98	6.50	2009	AFA, Colorado Springs		
M 40-44	Matt Burns	1.90	6.24	2017	AFA, Colorado Springs		
M 45-49	Matt Burns	1.90	6.24	2022	UCCS, Colorado Springs		
M 50-54	James McCrimmon	1.65	5.42	2012	AFA, Colorado Springs		
	Jere Page	1.65	5.42	2020	UCCS, Colorado Springs		
M 55-59	Charles Rollins	1.57	5.15	2008	AFA, Colorado Springs		
M 60-64	James McCrimmon	1.50	4.92	2022	UCCS, Colorado Springs		
M 65-69	Doug Spainhower	1.37	4.50	2003	CSU, Ft. Collins, CO		
	Leanard Sokoloski	1.37	4.50	2010	AFA, Colorado Springs		
M 70-74	Bert Bergen	1.32	4.33	2010	AFA, Colorado Springs		
	Bob Fulton	1.32	4.33	2010	AFA, Colorado Springs		
M 75-79	Bert Bergen	1.25	4.10	2015	AFA, Colorado Springs		
M 80-84	Ray Propst	1.22	4.01	2009	AFA, Colorado Springs		
M 85-89	James Leggitt	1.05	3.45	2020	UCCS, Colorado Springs		

Ex: 15.68 equals 15' 8" (approximately)

Pole Vault	Name	Meters	Feet	Year	Location
W Open	Jamie Connor	4.00	13.13	2015	AFA, Colorado Springs
W 25-29	Joanna Galli	3.20	10.51	2022	UCCS, Colorado Springs
W 30-34	Ashley Leitner	3.50	11.49	2022	UCCS, Colorado Springs
W 40-44	Brenda Bumgardner	3.36	11.03	2008	AFA, Colorado Springs
W 45-49	Angela Herzner	3.10	10.18	2023	UCCS, Colorado Springs
W 50-54	Rita Hanscom	2.75	9.03	2009	AFA, Colorado Springs
W 55-59	Jennifer Hedges	2.35	7.72	2023	UCCS, Colorado Springs
W 60-64	Nadine O'Connor	3.01	9.88	2006	AFA, Colorado Springs
W 65-69	Janet Johnston	1.55	5.09	2014	AFA, Colorado Springs
W 70-74	Kay Glynn	2.90	9.52	2023	UCCS, Colorado Springs
M Open	Jason Jones	5.10	16.74	2007	AFA, Colorado Springs
M 30-34	Todd Roe	4.57	15.00	2007	AFA, Colorado Springs
M 35-39	Pat Manson	5.31	17.43	2004	AFA, Colorado Springs
M 40-44	Pat Manson	4.90	16.09	2009	AFA, Colorado Springs
M 45-49	Mark Pierson	3.96	13.00	2008	AFA, Colorado Springs
M 50-54	Mark Pierson	4.10	13.46	2012	AFA, Colorado Springs
M 55-59	Donald Keller	3.20	10.51	2013	AFA, Colorado Springs
M 60-64	Doug Sparks	3.05	10.01	2014	AFA, Colorado Springs
	Jeff Brower	3.05	10.01	2022	UCCS, Colorado Springs
M 65-69	Bob Crites	3.05	10.01	2022	UCCS, Colorado Springs
M 70-74	Joe Johnston	3.05	10.01	2014	AFA, Colorado Springs
M 75-79	Jerry Donley	2.75	9.03	2005	AFA, Colorado Springs
M 80-84	Jerry Donley	2.15	7.06	2012	AFA, Colorado Springs
	Doug McFeters	2.15	7.06	2014	AFA, Colorado Springs
M 80-85	Jerry Donley	1.25	4.10	2019	UCCS, Colorado Springs

Long Jump	Name	Meters	Feet	Year	Location
W Open	Hannah Concannon	4.76	15.63	2009	AFA, Colorado Springs
W 25-29	Kaija Crowe	4.07	13.36	2023	UCCS Colorado Springs
W 30-34	LaDonna Reed	4.79	15.73	2008	AFA, Colorado Springs
W 35-39	LaDonna Reed	4.83	15.86	2012	AFA, Colorado Springs
W 40-44	LaDonna Reed	4.75	15.59	2015	AFA, Colorado Springs
W 45-49	LaDonna Reed	4.55	14.94	2023	UCCS Colorado Springs
W 50-54	Joy Upshaw	4.80	15.76	2014	AFA, Colorado Springs
W 55-59	Jennifer Hedges	4.15	13.62	2023	UCCS Colorado Springs
W 60-64	Brenda Matthews	3.29	10.80	2013	AFA, Colorado Springs
W 65-69	Christel Donley	2.92	9.59	2003	CSU, Ft. Collins, CO
W 70-74	Kay Glynn	4.14	13.59	2023	UCCS Colorado Springs
W 75-79	Christel Donley	2.30	7.55	2014	AFA, Colorado Springs
W 80-84	Christel Donley	2.12	6.96	2015	AFA, Colorado Springs
W 85-89	Christel Donley	2.08	6.83	2020	UCCS Colorado Springs
M Open	Carson Campbell	6.69	21.96	2022	UCCS Colorado Springs
M 25-29	Dhanushka Piyaathna	7.82	25.67	2022	UCCS Colorado Springs
M 30-34	Salboo Knewl	5.71	18.75	2012	AFA, Colorado Springs
M 35-39	Jake Humparey	4.99	16.38	2020	UCCS Colorado Springs
M 40-44	Vincent Martin	6.20	20.35	2012	AFA, Colorado Springs
M 45-49	Bryan Johnson	5.70	18.71	2005	AFA, Colorado Springs
M 50-54	James McCrimmon	5.53	18.16	2013	AFA, Colorado Springs
M 55-59	Phil Cannon	5.44	17.86	2020	UCCS Colorado Springs
M 60-64	Dwain Hammrich-Romse	4.86	15.96	2023	UCCS, Colorado Springs
M 65-69	Bob Fulton	4.74	15.56	2008	AFA, Colorado Springs
M 70-74	Russell Jacquet-Acea	4.32	14.18	2023	UCCS, Colorado Springs
M 75-79	James Leggitt	3.49	11.46	2011	AFA, Colorado Springs
M 80-84	Roger Vergin	3.58	11.75	2018	AFA, Colorado Springs
M 85-89	James Leggitt	2.90	9.52	2020	UCCS Colorado Springs

Triple Jump	Name	Meters	Feet	Year	Location
W Open	Terra McDowell	10.42	34.21	2013	AFA, Colorado Springs
W 30-34	Lindsay Rairdon	9.60	31.52	2011	AFA, Colorado Springs
W 35-39	Lindsay Rairdon	9.96	32.70	2013	AFA, Colorado Springs
W 45-49	Kim Perales	6.73	22.09	2022	UCCS, Colorado Springs
W 50-54	Dyan Thompson	8.23	27.02	2019	UCCS, Colorado Springs
W 55-59	Jennifer Hedges	8.77	28.79	2023	UCCS, Colorado Springs
W 60-64	Sharon Raham	6.72	22.06	2007	AFA, Colorado Springs
W 65-69	Sharon Raham	6.09	19.99	2013	AFA, Colorado Springs
W 70-74	Kay Glynn	7.96	26.13	2023	UCCS, Colorado Springs
W 75-79	Christel Donley	6.38	20.95	2011	AFA, Colorado Springs
W 80-84	Christel Donley	5.77	18.94	2015	AFA, Colorado Springs
W 85-89	Christel Donley	5.15	16.91	2020	UCCS, Colorado Springs
M Open	Carson Campbell	13.51	44.35	2022	UCCS, Colorado Springs
M 25-29	Cody Stemple	11.29	37.07	2023	UCCS, Colorado Springs
M 30-34	Bret Fanning	10.31	33.85	2022	UCCS, Colorado Springs
M 35-39	Bart Peters	12.89	42.32	2012	AFA, Colorado Springs
M 40-44	Vincent Martin	12.75	41.86	2012	AFA, Colorado Springs
M 45-49	Bryan Johnson	12.71	41.73	2003	CSU, Ft. Collins, CO
M 50-54	James McCrimmon	10.62	34.87	2015	AFA, Colorado Springs
M 55-59	Phil Cannon	11.19	36.74	2020	UCCS, Colorado Springs
M 60-64	Bryan Johnson	10.17	33.39	2019	UCCS, Colorado Springs
M 65-69	Mike Lariza	9.73	31.94	2022	UCCS, Colorado Springs
M 70-74	Robert Hewitt	8.85	29.05	2004	AFA, Colorado Springs
M 80-84	Roger Vergin	7.78	25.54	2018	AFA, Colorado Springs

Shot Put	Name	Meters	Feet	Year	Location
W Open	Giavonna Meeks	13.01	42.71	2020	UCCS, Colorado Springs
W 30-34	Daniele Jordan	8.29	27.22	2010	AFA, Colorado Springs
W 35-39	Erycka Fisher	8.74	28.69	2022	UCCS, Colorado Springs
W 40-44	Teresa Nystrom	10.24	33.62	2009	AFA, Colorado Springs
W 45-49	Angela Herzner	13.35	43.83	2022	UCCS, Colorado Springs
W 50-54	Edie Lindeburg	11.37	37.33	2018	AFA, Colorado Springs
W 55-59	Jennifer Hedges	8.79	28.86	2023	UCCS, Colorado Springs
W 60-64	Brenda Matthews	9.14	30.01	2012	AFA, Colorado Springs
W 65-69	Christel Donley	7.66	25.15	2004	AFA, Colorado Springs
W 70-74	Christel Donley	8.07	26.49	2007	AFA, Colorado Springs
W 75-79	Christel Donley	7.88	25.87	2011	AFA, Colorado Springs
W 80-84	Christel Donley	7.50	24.62	2015	AFA, Colorado Springs
W 85-89	Christel Donley	6.57	21.57	2020	UCCS, Colorado Springs
M Open	Mason Finley	18.06	59.29	2008	AFA, Colorado Springs
M 30-34	Chad Lindsay	17.15	56.30	2005	AFA, Colorado Springs
M 35-39	John Kuemmerlin	14.63	48.03	2006	AFA, Colorado Springs
M 40-44	Milton Girouard	14.43	47.37	2003	CSU, Ft. Collins, CO
M 40-44H	Ed Cockrell	14.47	47.51	2004	AFA, Colorado Springs
M 45-49	Jeffrey Bott	13.29	43.63	2009	AFA, Colorado Springs
M 50-54	Steve Ross	14.44	47.41	2005	AFA, Colorado Springs
M 55-59	Tom Gage	14.53	47.70	2003	CSU, Ft. Collins, CO
	Paul Economides	14.53	47.70	2004	AFA, Colorado Springs
M 60-64	Quenton Torbert	16.25	53.35	2016	AFA, Colorado Springs
M 65-69	Quenton Torbert	15.83	51.97	2017	AFA, Colorado Springs
M 70-74	Gerold Vaughn	15.39	50.53	2006	AFA, Colorado Springs
M 75-79	Gerold Vaughn	12.83	42.12	2011	AFA, Colorado Springs
M 80-84	Robert Peterson	10.63	34.90	2023	UCCS, Colorado Springs
M 85-89	James Leggitt	8.45	27.74	2020	UCCS, Colorado Springs
M 90-94	Jerry Donley	6.44	21.14	2020	UCCS, Colorado Springs

Weight Throw	Name	Meters	Feet	Year	Location
W Open	Giovonna Meeks	15.75	51.71	2022	UCCS, Colorado Springs
W 35-39	Beverly Beck	3.64	11.95	2014	AFA, Colorado Springs
W 40-44	Debbie Falzitto-Gocken	8.22	26.99	2007	AFA, Colorado Springs
W 45-49	Angela Herzner	14.64	48.06	2022	UCCS, Colorado Springs
W 50-54	Edie Lindeburg	12.73	41.79	2018	AFA, Colorado Springs
W 55-59	Sharon Raham	8.43	27.68	2006	AFA, Colorado Springs
W 60-64	Sharon Raham	10.30	33.82	2008	AFA, Colorado Springs
W 65-69	Sharon Raham	9.88	32.44	2013	AFA, Colorado Springs
W 70-74	Sharon Raham	8.71	28.60	2017	AFA, Colorado Springs
W 75-79	Joanne Marriott	11.36	37.30	2016	AFA, Colorado Springs
W 80-84	Joanne Marriott	9.30	30.53	2019	UCCS, Colorado Springs
W 85-89	Christel Donley	5.33	17.50	2020	UCCS, Colorado Springs
M Open	Dane Jansson	15.96	52.40	2008	AFA, Colorado Springs
M 30-35	John Kuemmerlin	12.52	41.10	2004	AFA, Colorado Springs
M 35-39	James Cale	13.76	45.17	2019	UCCS, Colorado Springs
M 40-44	Rande Treece	14.74	48.39	2003	CSU, Ft. Collins, CO
M 45-49	Rande Treece	15.10	49.57	2006	AFA, Colorado Springs
M 50-54	Ken Jansson	19.15	62.87	2008	AFA, Colorado Springs
M 55-59	Tom Gage	18.91	62.08	2003	CSU, Ft. Collins, CO
M 60-64	Paul Economides	20.29	66.61	2007	AFA, Colorado Springs
M 65-69	Ian Percy	15.47	50.79	2013	AFA, Colorado Springs
M 70-74	George Mathews	17.47	57.35	2017	AFA, Colorado Springs
M 75-79	Thomas Ten Eyck, Jr.	12.71	41.73	2023	UCCS, Colorado Springs
M 80-84	Wayne Sabin	13.24	43.47	2014	AFA, Colorado Springs

Super Weight	Name	Meters	Feet	Year	Location
W 40-44	Debbie Falzitto-Gocken	5.16	16.94	2007	AFA, Colorado Springs
W 45-49	Angela Herzner	8.98	29.48	2023	UCCS, Colorado Springs
W 50-54	Edie Lindeburg	9.21	30.24	2019	UCCS, Colorado Springs
W 55-59	Linda Hughes	4.48	14.71	2016	AFA, Colorado Springs
W 60-64	Sharon Raham	6.49	21.31	2010	AFA, Colorado Springs
W 65-69	Sharon Raham	6.42	21.08	2012	AFA, Colorado Springs
W 75-79	Joanne Marriott	7.37	24.20	2017	AFA, Colorado Springs
W 80-84	Joanne Marriott	6.37	20.91	2019	UCCS, Colorado Springs
M Open	Dalton Subrant	9.61	31.55	2018	AFA, Colorado Springs
M 30-34	John Kuemmerlin	7.78	25.54	2004	AFA, Colorado Springs
M 35-39	John Kuemmerlin	9.19	30.17	2005	AFA, Colorado Springs
M 40-44	Rande Treece	9.53	31.29	2004	AFA, Colorado Springs
M 45-49	Rande Treece	9.72	31.91	2006	AFA, Colorado Springs
M 50-54	Tim Edwards	7.84	25.74	2003	CSU, Ft. Collins, CO
M 55-59	David Bickel	8.03	26.36	2022	UCCS, Colorado Springs
M 60-64	Paul Economides	9.38	30.79	2007	AFA, Colorado Springs
M 65-69	Ian Percy	8.52	27.97	2011	AFA, Colorado Springs
M 70-74	George Mathews	10.43	34.24	2015	AFA, Colorado Springs
M 75-79	Thomas Ten Eyck, Jr.	6.71	22.03	2022	UCCS, Colorado Springs
M 80-84	Wayne Sabin	9.42	30.93	2014	AFA, Colorado Springs

In the case in which the age division is highlighted yellow, it indicates that there had been no previous record in said age division.

1 Record Tied in 2023