

**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

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**Race Walk**

	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**Race Walk**

	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 Pye	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	Courtland 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
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
W 35-39	Elizabeth Bitz	1.36	4.46	2023	UCCS, Colorado Springs	2
W 40-44	Kristin McFall	1.45	4.76	2012	AFA, Colorado Springs	3
	Tonya Gordon	1.45	4.76	2020	UCCS, Colorado Springs	4
W 45-49	Pamela McCartney	1.50	4.92	2020	UCCS, Colorado Springs	5
W 50-54	Rita Hanscom	1.37	4.50	2009	AFA, Colorado Springs	6
W 55-59	Jennifer Hedges	1.36	4.46	2023	UCCS, Colorado Springs	7
W 60-64	Sharon Raham	1.09	3.58	2007	AFA, Colorado Springs	8
W 65-69	Nadine O'Connor	1.27	4.17	2009	AFA, Colorado Springs	9
W 70-74	Kathy Bergen	1.29	4.24	2010	AFA, Colorado Springs	10
W 75-79	Kathy Bergen	1.22	4.01	2015	AFA, Colorado Springs	11
W 80-84	Christel Donley	1.02	3.35	2015	AFA, Colorado Springs	12
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	

Ex: 15.68 equals 15' 8" (a)

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

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 McFetters	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 Piyarathna	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-Romsæ	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 Leggit	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

48 Records Set in 2023 (28 by women and 20 by men). Yellow highlights connote the *new* data. If a person's name is highlighted yellow, it indicates that there had been no previous record in said age division.
1 Record Tied in 2023

Decimal

Equivalent

- 0.08
- 0.17
- 0.25
- 0.33
- 0.42
- 0.50
- 0.58
- 0.67
- 0.75
- 0.83
- 0.92
- 1.00

