

**Mid-America Outdoor Records
1975 - 2021**

	Name	Time	Year	Location
50 M				
W Open	KK Willis	7.61	2017	Pueblo, Colorado
W 30-34	Lacy Brunnette	7.45	2019	Ft. Collins, Colorado
W 35-39	Becca Sorensen	7.06	2011	Ft. Collins, Colorado
W 40-44	Anna Spenceley Michalis	7.56	2018	Ft. Collins, Colorado
W 45-49	Christina Yarmul	7.44	2021	Ft. Collins, Colorado
W 50-54	Nitaya Poolipleaux	8.40	2017	Pueblo, Colorado
W 55-59	Joy Upshaw	7.27	2017	Pueblo, Colorado
W 60-64	Joy Upshaw	7.51	2021	Ft. Collins, Colorado
W 65-69	Cathy Nicoletti	9.18	2018	Ft. Collins, Colorado
W 70-74	Barbara Jordan	8.68	2006	Ft. Collins, Colorado
W 80-84	Kathy Bergen	8.57	2021	Ft. Collins, Colorado
W 85-89	Christel Donley	12.23	2022	Boulder, Colorado
M Open	Dennis Boateng	6.55	2022	Boulder, Colorado
M 30-34	Cary McNeil	6.20	2011	Ft. Collins, Colorado
M 35-39	Jesse Pugu	6.66	2021	Ft. Collins, Colorado
M 40-44	Eric Woodyard	6.30	2021	Ft. Collins, Colorado
M 45-49	Alan Sims	6.68	2013	Ft. Collins, Colorado
M 50-54	Glenn Jordan/ Brian Mosley	6.84	2013/2021	Ft. Collins, Colorado
M 55-59	Vadim Scherbirin	7.08	2021	Ft. Collins, Colorado
M 60-64	Richard Parker	7.20	2011	Ft. Collins, Colorado
M 65-69	Roger Assink	7.22	2015	Ft. Collins, Colorado
M 70-74	Timothy Kearley	7.86	2022	Boulder, Colorado
M 75-79	Richard McKisson	7.69	2012	Ft. Collins, Colorado
M 80-84	Terry Rowan	8.77	2021	Ft. Collins, Colorado
M 85-89	Ed Carter	9.48	2006	Ft. Collins, Colorado
100 Meters				
W Open	Mandy White	11.35	2015	Ft. Collins, Colorado
W 30-34	Brandi Bernert	12.47	2012	Ft. Collins, Colorado
W 35-39	Brandi Bernert	12.24	2013	Lincoln, NE
W 40-44	Anna Spenceley Michaelis	13.76	2018	Ft. Collins, Colorado
W 45-49	Denise McField	13.70	2005	Edwardsville, IL
W 50-54	Deb Brown	15.72	2013	Ft. Collins, Colorado
W 55-59	Joy Upshaw	13.60	2017	Pueblo, Colorado
W 60-64	Joy Upshaw	14.31	2021	Ft. Collins, Colorado
W 65-69	Polly Clarke	16.40	1979	Aurora, CO
W 70-74	Barbara Jordan	16.76	2006	Ft. Collins, Colorado
W 75-79	Christel Donley	19.06	2013	Ft. Collins, Colorado
W 80-84	Kathy Bergen	16.48	2021	Ft. Collins, Colorado
M Open	Robert Starrdanya	11.20	2009	Hamline U. MN
M 25-29	Ben Collins	13.71	2022	Boulder, Colorado
M 30-34	Kurvin Wallace	10.80	2005	Edwardsville, IL
M 35-39	Christian Boda	11.00	2000	Wichita, Kansas
M 40-44	Donald Cottner Jr.	11.28	2002	Wichita, Kansas
M 45-49	Porter	11.42	2003	Wichita, Kansas
M 50-54	James St. Cyr	11.22	1999	Wichita, Kansas

M 55-59	Greg McBride	12.95	2010	St. Paul, MN
M 60-64	Earl Ventura	12.60	1990	Lincoln, NE
M 65-69	Bob Lida	12.47	2002	Wichita, Kansas
M 70-74	Jack Greenwood	14.20	1996	Colorado Springs, CO
M 75-79	Richard McKisson	14.58	2012	Ft. Collins, Colorado
M* 77	John Davison	14.30	1996	Colorado Springs, CO
M 80-84	Ed Carter	16.30	2000	Wichita, Kansas
M 85-89	Robert Whilden	16.42	2021	Ft. Collins, Colorado

200 Meters

	Name	Time	Year	Location
W Open	Rhonda-Kay Trusty	25.11	2009	Hamline U. MN
W 30-34	Jo Ann JackKansason	27.22	1994	Blaine, MN
W 35-39	Brandi Bernert	26.49	2013	Ft. Collins, Colorado
W 40-44	Anna Spenceley Michaelis	28.86	2018	Ft. Collins, Colorado
W 45-49	Denise McField	28.40	2005	Edwardsville, IL
W 50-54	Tweety Wolf	31.51	2010	St. Paul, MN
W 55-59	Joy Upshaw	28.08	2017	Pueblo, Colorado
W 60-64	Joy Upshaw	29.58	2021	Ft. Collins, Colorado
W 65-69	Polly Clarke	36.20	1979	Aurora, CO
W 70-74	Barbara Jordan	36.05	2006	Ft. Collins, Colorado
W 80-84	Kathy Bergen	38.26	2021	Ft. Collins, Colorado
M Open	Gil Roberts	19.86	2015	Ft. Collins, Colorado
M 25-29	Jordan McCall	23.54	2022	Boulder, Colorado
M 30-34	Antwon Dussett	21.67	2010	St. Paul, MN
M 35-39	Roman Marenin	22.16	2021	Ft. Collins, Colorado
M 40-44	Mac Azouqa	23.00	1991	Lincoln, NE
M 45-49	Kirk Burgess	24.00	2000	Wichita, Kansas
M 50-54	James St. Cyr	24.00	1999	Wichita, Kansas
M 55-59	Larry Law	25.10	2003	Wichita, Kansas
M 60-64	Bob Lida	25.90	2000	Wichita, Kansas
M 65-69	Bob Lida	26.23	2002	Wichita, Kansas
M 70-74	Jack Greenwood	29.50	1996	Colorado Springs, CO
M 75-79	John Davison	30.10	1996	Colorado Springs, CO
M 80-84	Ed Carter	35.10	2000	Wichita, Kansas
M 85-89	Russ Randall	40.30	1995	Colorado Springs, CO

400 Meters

W Open	Ruth Waller	59.84	2012	Ft. Collins, Colorado
W 30-34	Zenia Ayrton	58.63	2004	Edwardsville, IL
W 35-39	Anna Breezinska	57.40	2007	Ft. Collins, Colorado
W 40-44	Eileen Phillips	1:01.60	2015	Ft. Collins, Colorado
W 45-49	Eileen Phillips	1:04.39	2018	Ft. Collins, Colorado
W 50-54	Tweety Wolf	1:09.06	2010	St. Paul, MN
W 55-59	Yvonne Joyce	1:06.90	2017	Pueblo, Colorado
W 60-64	Cathy Nicoletti	1:24.13	1999	Wichita, Kansas
W 65-69	Laurie Rugenstein	1:19.04	2013	Ft. Collins, Colorado
W 70-74	Mary Smith	1:24.33	2013	Ft. Collins, Colorado
W 80-84	Mary Smith	1:34.23	2021	Ft. Collins, Colorado
M Open	Shannon Matthew	48.97	2009	Hamline U. MN
M 30-34	Kirt Beeby	50.39	2001	Wichita, Kansas
M 35-39	Robert Thomas	50.10	2005	Edwardsville, IL

M 40-44	Marek Wensel	51.55	2009	Hamline U. MN
M 45-49	Tom Bassett	55.90	1991	Lincoln, NE
M 50-54	Jack Greenwood	54.94	1978	Kansas
M 55-59	Jim Schoffman	58.66	2009	Hamline U. MN
M 60-64	Bob Lida	59.25	1999	Wichita, Kansas
M 65-69	Bob Lida	58.86	2003	Wichita, Kansas
M 70-74	John Clarke	1:11.60	1978	Kansas
M 75-79	Herb Anderson	1:20.00	1979	Aurora, CO
M 80-84	Robert Anthony	1:42.10	2000	Wichita, Kansas

800 Meters

	Name	Time	Year	Location
W Open	Jenelle Deatherage	2:12.34	2009	Hamline U. MN
W 30-34	Ruth Waller	2:20.51	2014	Ft. Collins, CO
W 35-39	Ruth Waller	2:23.80	2021	Ft. Collins, CO
W 40-44	Jeannie Freis	2:49.29	2012	Ft. Collins, CO
W 45-49	Jeannie Freis	2:49.66	2015	Ft. Collins, CO
W 50-54	Lori Petrie	2:43.78	2012	Ft. Collins, CO
W 55-59	Yvonne Joyce	2:37.92	2017	Pueblo, Colorado
W 60-64	Karen Blackmore	3:52.83	2014	Ft. Collins, CO
W 65-69	Laurie Rugenstein	2:59.51	2013	Ft. Collins, CO
W 70-74	Mary Smith	3:33.87	2011	Ft. Collins, CO
M Open	Charles Rasmussen	2:01.39	2011	Ft. Collins, CO
M 30-34	Carl Nicholson	2:02.10	1978	Kansas
M 35-39	Lonnie Groves	2:04.90	1975	St. Marys, Kansas
M 40-44	Mark Wyckoff	2:00.59	2004	Edwardsviller, IL
M 45-49	Michael Wolfe	2:12.28	2007	Ft. Collins, CO
M 50-54	Scott Hartly	2:12.72	2017	Pueblo, Colorado
M 55-59	Bob Cottrell	2:17.93	2015	Ft. Collins, CO
M 60-64	Daniel King	2:21.62	2021	Ft. Collins, CO
M 65-69	Paul Fragua	2:24.97	2022	Boulder, CO
M 70-74	Maurice McDonald	2:41.99	2011	Ft. Collins, CO
M 75-79	Joseph Bell	3:22.80	2005	Edwardsviller, IL

1500 Meters

W 30-34	Kate Kinney	4:52.73	1995	Colorado Springs, CO
W 35-39	Linda Abercrombie	5:08.41	1995	Colorado Springs, CO
W 40-44	Mary Grene	5:01.59	2003	Wichita, Kansas
W 45-49	Diane Groff	5:44.70	2006	Ft. Collins, Colorado
W 50-54	Diane Groff	6:01.80	2007	Ft. Collins, Colorado
W 55-59	Diane Palmason	5:45.99	1995	Colorado Springs, CO
W 60-64	Bonnie Clark	7:14.41	2007	Ft. Collins, Colorado
M 30-34	Stephen Saleeby	4:30.30	2007	Ft. Collins, Colorado
M 35-39	Peter Pattigan	4:18.18	1994	Blaine, MN
M 40-44	Florian Hild	4:21.89	2013	Ft. Collins, Colorado
M 45-49	Rick Schornstein	4:39.07	1995	Colorado Springs, CO
M 50-54	Mike Davis	4:32.46	2010	St. Paul, MN
M 55-59	Dan Conway	4:44.03	1994	Blaine, MN
M 60-64	David Salazar	5:07.41	2013	Ft. Collins, Colorado
M 65-69	Paul Heitzman	5:32.70	2000	Wichita, Kansas
M 70-74	William Andberg	5:33.20	1981	Lincoln, NE
M 75-79	Jerry Smart	6:49.36	2008	Edwardsville, IL

3000 Meters	Name	Time	Year	Location
W 30-34	Ruth Waller-Liddle	10:42.70	2018	Ft. Collins, Colorado
W 40-44	Pamela Linov	12:30.80	2006	Ft. Collins, Colorado
W 45-49	Rochelle Persson	11:51.71	2017	Pueblo, Colorado
W 50-54	Laura Bruess	11:32.70	2015	Ft. Collins, Colorado
W 55-59	Laura Bruess	11:38.00	2016	Ft. Collins, Colorado
W 60-64	Laura Bruess	12:55.30	2021	Ft. Collins, Colorado
W 65-69	Julie Monroe	15:00.8	2021	Ft. Collins, Colorado

M 30-34	Stephen Saleeby	10:00.90	2007	Ft. Collins, Colorado
M 35-39	Justin Garrard	8:56.78	2022	Boulder, Colorado
M 40-44	Jay O'Neill	10:05.35	1999	Wichita, Kansas
M 45-49	Robbie Genzel, Jr.	10:07.00	2022	Boulder, Colorado
M 50-54	Jeff Berven	9:55.14	1999	Wichita, Kansas
M 55-59	Roger Sayre	10:34.20	2017	Pueblo, Colorado
M 60-64	Michael Lebold	11:38.07	2017	Pueblo, Colorado
M 65-69	Dan Spale	11:28.82	2021	Ft. Collins, Colorado
M 70-74	Larry Brooks	13:45.00	2014	Ft. Collins, Colorado
M 75-79	Frank Rodriguez	12:12.10	2021	Ft. Collins, Colorado
M 80-84	Larry Dickerson	17:23.60		

Mile	Name	Time	Year	Location
W30-34	Jataya Taylor	7:43.05	2017	Pueblo, Colorado
W40-44	AnneMarie Kirkpatrick	5:11.24	2022	Boulder, Colorado
W50-54	Laura Bruess	5:57.10	2015	Ft. Collins, Colorado
W55-59	Laura Bruess	6:00.55	2016	Ft. Collins, Colorado
W60-64	Laura Bruess	6:53.00	2021	Ft. Collins, Colorado
W65-69	Laurie Rugenstein	6:13.00	2013	Ft. Collins, Colorado
W70-74	Lynn Hermanson	8:14.30	2022	Boulder, Colorado
W75-79	Linda Yarr	11:04.47	2022	Boulder, Colorado

M Open	Bryon Malang	4:52.36	2019	Ft. Collins, Colorado
M 30-34	Bryon Malang	04:53.0	2021	Ft. Collins, Colorado
M35-39	Justin Garrard	4:35.02	2022	Boulder, Colorado
M 40-44	Neil McDonagh	4:35.84	2022	Boulder, Colorado
M45-49	Todd Straka	4:44.00	2015	Ft. Collins, Colorado
M50-54	Scott Hartley	5:05.00	2017	Pueblo, Colorado
M55-59	Roger Sayre	5:27.49	2017	Pueblo, Colorado
M60-64	Daniel King	5:13.26	2021	Ft. Collins, Colorado
M65-69	Dan Spale	5:50.95	2021	Ft. Collins, Colorado
M70-74	Frank Rodriguez	6:02.46	2017	Pueblo, Colorado
M95-99	Jerry Blair	6:12.36	2019	Ft. Collins, Colorado

5000 Meters	Name	Time	Year	Location
W Open	Lisa Baumert	17:56.79	2010	St. Paul, MN
W 30-34	Katie McGregor	15:57.29	1992	Lincoln, NE
W 40-44	Paula Birmingham	25:10.60	2009	Hamline U. MN
W 50-54	Kathleen Nelson	33:02.05	2005	Edwardsville, IL

W 55-59	Jane Hutchison	23:18.40	2009	Hamline U. MN
M Open	Dan Church	15:56.43	1981	Lincoln, NE
M 30-34	Jim Barker	18:35.00	1981	Lincoln, NE
M 35-39	Rod Lechtenberger	16:10.50	1992	Lincoln, NE
M 40-44	Ed Woerner	16:47.70	1981	Lincoln, NE
M 45-49	Bob Elwood	16:57.20	1994	Blaine, MN
M 50-54	Severin Blenkush	20:52.00	1994	Blaine, MN
M 55-59	Dan Conway	17:11.30	1981	Lincoln, NE
M 70-74	William Andberg	20:54.10		

3000m Race Walk

	Name	Time	Year	Location
W 30-34	Molly Lavacek	14:16.80	1998	Wichita, Kansas
W 35-39	Darla Yoerg	18:17.00	2007	Ft. Collins, Colorado
W 40-44	Darla Graff	19:08.00	2011	Ft. Collins, Colorado
W 45-49	Patsy Barker	21:36.00	1998	Wichita, Kansas
W 50-54	Sherrie Gossert	18:08.50	2006	Ft. Collins, Colorado
W 55-59	Marianne Martino	17:08.20	2006	Ft. Collins, Colorado
W 60-64	Marianne Martino	18:04.00	2011	Ft. Collins, Colorado
W 65-69	Marianne Martino	18:30.60	2015	Ft. Collins, Colorado
W 70-74	Marianne Martino	19:13.91	2021	Ft. Collins, Colorado
W 75-79	Rita Sinkovec	22:10.40	2015	Ft. Collins, Colorado
M 35-39	Francisco Pantoja	12:38.20	2012	Ft. Collins, Colorado
M 40-44	Chris Martin	17:08.50	2018	Ft. Collins, Colorado
M 45-49	Michael Blanchard	15:27.40	2006	Ft. Collins, Colorado
M 50-54	Michael Blanchard	17:01.00	2011	Ft. Collins, Colorado
M 55-59	Michael Wiggins	14:10.70	2003	Wichita, Kansas
M 60-64	Ed Guiff	19:57.10	2006	Ft. Collins, Colorado
M 65-69	Richard Ortiz	19:10.20	2001	Wichita, Kansas
M 70-74	Peter Armstrong	18:31.77	2017	Pueblo, Colorado
M 75-79	James McFaden	23:19.60	2019	Ft. Collins, Colorado
M 80-84	Miro Mitusina	23:53.20	2018	Ft. Collins, Colorado

5000m Race Walk

W 35-39	Kathy Finch	29:39.65	1994	Blaine, MN
W 45-49	Julie Bodzislav	35:23.37	1994	Blaine, MN
W 50-54	Kathleen Nelson	33:02.05	2009	St. Paul, MN
M 35-39	Dave Owens	27:24.10	1994	Blaine, MN
M 45-49	Mike Wiggins	24:01.42	1994	Blaine, MN
M 55-59	Will Loew-Blosser	28:44.86	2010	St. Paul, MN
M 50-54	Dewayne Walker	27:23.60	1994	Blaine, MN
M 60-64	Phil Rogosheske	30:36.55	2009	Hamline U. MN
M 65-69	Bernie Finch	34:47.31	2009	Hamline U. MN
M 70-74	Bernie Finch	37:13.98	2010	St. Paul, MN

80m Hurdles

	Name	Time	Year	Location
W 40-44	Kristin McFall	12.87	2012	Ft. Collins, Colorado
W 45-49	Pamela McCartney	14.56	2018	Ft. Collins, Colorado
W 50-54	Pamela McCartney	13.78	2022	Boulder, Colorado
W 55-59	Joy Upshaw	13.23	2017	Pueblo, Colorado
W 60-64	Joy Upshaw	13.39	2021	Ft. Collins, Colorado
W 65-69	Kay Glynn	16.56	2021	Ft. Collins, Colorado

W 70-74	Christel Donley	15.90	2005	Edwardsville, IL
M 60-64	Jerry Reiserer	14.80	1992	Lincoln, NE
M 70-74	Joe Johnston	14.45	2014	Ft. Collins, Colorado
M 75-79	Richard McKisson	13.87	2012	Ft. Collins, Colorado
M 80-84	Fred Hirsimaki	18:57	2006	Ft. Collins, Colorado

100m Hurdles

	Name	Time	Year	Location
W Open	Logan Haugestuen	16.51	2021	Ft. Collins, Colorado
W 30-34	Brandi Bernert	20.88	2012	Ft. Collins, Colorado
M 50-54	Stacey Price	14:82	2006	Ft. Collins, Colorado
M 55-59	Phil Cannon	17.35	2022	Boulder, Colorado
M 60-64	Charlie Miller	15.60	2000	Wichita, Kansas
M 65-69	Ernie Snodgrass	19.91	2017	Pueblo, Colorado

110m Hurdles

M Open	Markevous Humphrey	15.34	2014	Ft. Collins, Colorado
M 30-34	Jerry Holmberg	15.60	1978	Kansas
M 35-39	Roman Marenin	15.12	2021	Ft. Collins, CO
M 40-44	Stacy Price	15.20	1996	Colorado Springs, CO
M 45-49	Jack Greenwood	15.80	1975	St. Marys, Kansas
M 50-54	Jack Greenwood	15.80	1978	Kansas
M 55-59	George Labelle	19.19	1994	Blaine, MN
M 60-64	Jerry Reiserer	18.20	1990	Lincoln, NE
M 65-69	Bob Thomas	21.80	1992	Lincoln, NE
M 70-74	Clarence Bruce	24.30	2004	Edwardsville, IL

300m Hurdles

W 60-64	Daphne Scott	56.43	2021	Ft. Collins, CO
M Open	Price Schaeffer	49.44	2017	Pueblo, Colorado
M 50-54	Stewart Bjorgan	61.92	2010	St. Paul, MN
M 55-59	Ernie Snodgrass	56.92	2010	St. Paul, MN
M 60-64	Reggie Gardner	44.63	2021	Ft. Collins, Colorado
M 65-70	Dave McNair	49.43	2021	Ft. Collins, Colorado
M 70-74	Terry Rowan	55.43	2013	Ft. Collins, Colorado
M 80-84	Lowell Bonifield	1:09.43	2012	Ft. Collins, Colorado

400m Hurdles

W Open	Victoria Perales	1:15.31	2022	Boulder, Colorado
W 30-34	Ruth Waller-Liddle	1:14.80	2018	Ft. Collins, Colorado
M Open	David Volland	53.10	2018	Ft. Collins, Colorado
M 30-34	Jerry Holmberg	1:01.30	1975	St. Marys, Kansas
M 35-39	Doug Scheebeck	57.00	1996	Colorado Springs, CO
M 40-44	Mike Pannell	57.00	1996	Colorado Springs, CO
M 45-49	Jack Greenwood	59.97	1975	St. Marys, Kansas
M 50-54	Jack Greenwood	59.84	1978	Kansas
M 55-59	Larry Gardner	1:15.44	1994	Blaine, MN
M 60-64	Jerry Reiserer	59.50	1992	Lincoln, NE

	Name	Height		Year	Location
		Meters	Feet		
High Jump					
W Open	Beth Castagno	1.80	5.91	2007	Ft. Collins, Colorado
W 30-34	Amy Backel	1.50	4.92	2019	Ft. Collins, Colorado
W 35-39	Carole Brockman	1.24	4.07	1978	Kansas
W 40-44	Kristin McFall	1.48	4.86	2012	Ft. Collins, Colorado
W 45-49	Pam McCartney	1.55	5.09	2017	Pueblo, Colorado
W 50-54	Pamela McCartney	1.53	5.02	2022	Boulder, Colorado
W 55-59	Kay Glynn	1.38	4.53	2010	St. Paul, MN
W 60-64	Eleanor Gipson	1.30	4.27	2014	Ft. Collins, Colorado
W 65-69	Kay Glynn	1.20	3.94	2021	Ft. Collins, Colorado
W 70-74	Christel Donley	1.16	3.81	2005	Edwardsville, IL
W 75-79	Christel Donley	1.07	3.51	2013	Ft. Collins, Colorado
W 80-84	Kathy Bergen	1.15	3.77	2021	Ft. Collins, Colorado
W85-89	Christel Donley	0.89	2.92	2022	Ft. Collins, Colorado
M Open	Cory Dingels	1.93	6.33	2009	Hamline U. MN
M 30-34	Cory Dingels	1.95	6.40	2010	St. Paul, MN
M 35-39	James Barrineau	2.05	6.73	1993	Lincoln, NE
M 40-44	David Sykes	1.87	6.14	2004	Edwardsville, IL
M 45-49	Matt Burns	1.90	6.23	2019	Ft. Collins, Colorado
M 50-54	J. C. Brown	1.75	5.74	1981	Lincoln, NE
M 55-59	Valeriy Znezhko/Ralph O'Neal, Jr.	1.58	5.18	2010/2022	St. Paul, MN/Boulder, CO
M 60-64	J. C. Brown	1.57	5.15	2002	Wichita, Kansas
M 65-69	Art Parry	1.51	4.95	2011	Ft. Collins, Colorado
M 70-74	Tom Langenfeld	1.33	4.36	2009	Hamline U. MN
M 75-79	Herb Anderson	1.30	4.27	1979	Aurora, CO
M 80-84	Fred Hirsimaki	1.20	3.94	2006	Ft. Collins, Colorado
M 85-89	James Leggitt	1.00	3.28	2021	Ft. Collins, Colorado

	Name	Distance		Year	Location
		Meters	Feet		
Long Jump					
W Open	Caassandra Olson	5.47	17.95	2009	Hamline U. MN
W 30-34	Lindsay Rairdon	4.96	16.27	2011	Ft. Collins, Colorado
W 35-39	Becca Sorensen	5.31	17.42	2011	Ft. Collins, Colorado
W 40-44	Patricia Hodge	4.90	16.08	2005	Edwardsville, IL
W 45-49	JoeAnn Jackson-Matthews	4.75	15.58	2009	Hamline U. MN
W 55-59	Joy Upshaw	4.59	15.06	2017	Pueblo, Colorado
W 60-64	Nadine O'Connor	4.55	14.93	2006	Ft. Collins, Colorado
W 65-69	Sharon Raham	3.08	10.10	2011	Ft. Collins, Colorado
W 70-74	Christel Donley	2.94	9.65	2006	Ft. Collins, Colorado
W 75-79	Christel Donley	2.27	7.45	2012	Ft. Collins, Colorado
M Open	Markevous Humphrey	6.73	22.08	2016	Ft. Collins, Colorado
M 30-34	Cory Dingels	6.79	22.28	2010	St. Paul, MN

M 35-39	Shawn Dolezilek	6.18	20.28	2008	Edwardsville, IL
M 40-44	Michael Sullivan	6.19	20.31	2021	Ft. Collins, Colorado
M 45-49	Jack Greenwood	5.64	18.50	1975	St. Marys, Kansas
M 50-54	J. C. Brown	5.55	18.21	1981	Lincoln, NE
M 55-59	James McCrimmon	5.52	18.11	2017	Pueblo, Colorado
M 60-64	Earl Ventura	5.18	16.99	1990	Lincoln, NE
M 65-69	Joe Smith	4.77	15.65	2021	Ft. Collins, Colorado
M 70-74	Charles Obye	4.34	14.24	1992	Lincoln, NE
M 75-79	John Davison	3.84	12.60	1996	Colorado Springs, CO
M 80-84	Fred Hirsimaki	3.36	11.02	2007	Ft. Collins, Colorado
M 85-89	Russ Randall	2.57	8.43	1995	Colorado Springs, CO

Triple Jump	Name	Distance		Year	Location
		Meters	Feet		
W Open	Cassandrs Olson	11.24	36.88	2009	Hamline U. MN
W 30-34	Lindsay Rairdon	9.82	32.22	2011	Ft. Collins, Colorado
W 35-39	Dena Thove	9.50	31.17	2019	Ft. Collins, Colorado
W 40-44	Lindsay Rairdon	9.84	32.28	2019	Ft. Collins, Colorado
W 45-49	Kathryn Black	9.95	32.64	2017	Pueblo, Colorado
W 50-54	Dyan Thompson	8.08	26.51	2018	Ft. Collins, Colorado
W 55-59	Joy Upshaw	9.05	29.69	2017	Pueblo, Colorado
W 60-64	Sharon Raham	6.20	20.34	1999	Wichita, Kansas
W 65-69	Kay Glynn	8.41	27.59	2019	Ft. Collins, Colorado
W 70-74	Sharon Raham	5.42	17.78	2016	Ft. Collins, Colorado
W 75-79	Christel Donley	5.64	18.50	2014	Ft. Collins, Colorado
W 80-84	Christel Donley	5.21	17.09	2016	Ft. Collins, Colorado
W 85-89	Christel Donley	4.26	13.98	2022	Boulder, Colorado
M Open	Michael Thompson	14.99	49.18	2009	Hamline U. MN
M 30-34	Larry Rodenbeck	14.36	47.11	1981	Lincoln, NE
M 35-39	Samuel Harris	12.13	39.80	1994	Blaine, MN
M 40-44	Arthur Nelson	11.16	36.61	2011	Ft. Collins, Colorado
M 45-49	Craig Levine	10.64	34.91	2004	Edwardsville, IL
M 50-54	J. C. Brown	11.20	36.75	1991	Lincoln, NE
M 55-59	Larry Rodenbeck	10.49	34.42	2005	Edwardsville, IL
M 60-64	Mike Larizo	10.59	34.74	2018	Ft. Collins, Colorado
M 65-69	Joe Smith/Mike Lariza	10.00	32.81	2021/2022	Ft. Collins, CO/Boulder, CO
M 70-74	Charles Obye	8.70	28.54	1992	Lincoln, NE
M 75-79	Herb Anderson	7.60	24.93	1979	Aurora, CO
M 80-84	Fred Hirsimaki	7.70	25.26	2006	Ft. Collins, Colorado
M 85-89	Herb Anderson	5.37	17.62	1990	Lincoln, NE

Pole Vault		Height		Year	Location
		Meters	Feet		
W Open	Katelin Rains	3.96	12.99	2009	Hamline U. MN
W 30-34	Ashley Morton Widmier	3.50	11.48	2016	Ft. Collins, Colorado
W 35-39	Kurt Davies	4.4	14.44	2016	Ft. Collins, Colorado
W 40-44	Brenda Bumgardner	3.20	10.50	2011	Ft. Collins, Colorado
W 45-49	Brenda Bumgardner	3.05	10.01	2012	Ft. Collins, Colorado
W 55-59	Kay Glynn	2.98	9.78	2011	Ft. Collins, Colorado
W 60-64	Kay Glynn	2.75	9.02	2015	Ft. Collins, Colorado
W 65-69	Kay Glynn	2.75	9.02	2019	Ft. Collins, Colorado

M Open	Rory Quiller	5.57	18.27	2011	Ft. Collins, Colorado
M 30-34	Michael Stevens	4.57	14.99	1995	Colorado Springs, CO
M 35-39	Edward Watson	4.87	15.98	2008	Edwardsville, IL
M 40-44	Ken Ellis	4.72	15.49	1998	Wichita, Kansas
M 45-49	Mark Brenull	4.29	14.07	2002	Wichita, Kansas
M 50-54	Jerry Donley	3.81	12.50	1992	Lincoln, NE
M 55-59	John Lund	3.20	10.50	2010	St. Paul, MN
	John Lopez	3.20	10.50	2016	Ft. Collins, Colorado
M 60-64	Jerry Donley	3.51	11.52	1992	Lincoln, NE
M 65-69	Art Parry	3.72	12.20	2011	Ft. Collins, Colorado
M 70-74	Art Parry	3.35	10.99	2016	Ft. Collins, Colorado
M 75-79	Art Parry	2.95	9.68	2021	Ft. Collins, Colorado
M 80-84	Doug McFetters	2.00	6.56	2013	Ft. Collins, Colorado
M 85-89	Jerry Donley	1.55	5.09	2015	Ft. Collins, Colorado

Pentathlon

Points

W 45-49	Kim Van Wagner	1646	2016	Ft. Collins, Colorado
W 50-54	Karen Blackmore	????	2007	Ft. Collins, Colorado
W 70-74	Christel Donley	3446	2006	Ft. Collins, Colorado
M 40-44	Jonathan Stone	2409	2007	Ft. Collins, Colorado
M 45-49	Steve Winkel	3317	2007	Ft. Collins, Colorado
M 50-54	Scott Williams	3373	2013	Ft. Collins, Colorado
M 55-59	Michael Januseky	3733	2014	Ft. Collins, Colorado
M 60-64	David Salazar	3442	2012	Ft. Collins, Colorado
M 65-69	David Salazar	3147	2016	Ft. Collins, Colorado
M 70-74	Terry Rowan	2927	2013	Ft. Collins, Colorado
M 75-79	Ross Aragon	2701	2014	Ft. Collins, Colorado
M 80-84	James Leggitt	2973	2016	Ft. Collins, Colorado

Distance

Shot Put

Name

Meters

Feet

Year

Location

W Open	Ann Gramkow	12.14	39.83	2007	Ft. Collins, Colorado
W 30-34	Lora Black	11.26	36.94	1981	Lincoln, NE
W 35-39	Lynna Goss	7.14	23.43	2001	Wichita, Kansas
W 40-44	Joan Stratton	11.25	36.91	1995	Colorado Springs, CO
W 45-49	Debbie Falzitto	8.55	28.05	2012	Ft. Collins, Colorado
W 50-54	Edie Lindeburg	9.97	32.71	2019	Ft. Collins, Colorado
W 55-59	Cindy Cook	8.54	28.02	2018	Ft. Collins, Colorado
W 60-64	Linda Rowe	8.62	28.28	2016	Ft. Collins, Colorado
W 65-69	Carol Frost	10.85	35.60	2011	Ft. Collins, Colorado
W 70-74	Myrle Mensey	8.58	28.15	2021	Ft. Collins, Colorado
W 75-79	Joanne Marriott	8.31	27.26	2017	Pueblo, Colorado
W 80-84	Christel Donley	7.36	24.15	2015	Ft. Collins, Colorado
W 85-89	Betty Jarvis	4.51	14.80	2001	Wichita, Kansas
M Open	Matt Maltby	14.67	48.13	2007	Ft. Collins, Colorado
M 30-34	Charith Kapukotuwa	16.58	54.40	2021	Ft. Collins, Colorado
M 35-39	Chad Lindsay	16.62	54.53	2007	Ft. Collins, Colorado
M 40-44	Rick Anderson	14.36	47.11	2003	Wichita, Kansas
M 45-49	Jeff Bott	14.69	48.20	2013	Ft. Collins, Colorado
M 50-54	Ron Summers	15.88	52.10	2004	Edwardsville, IL
M 55-59	Steve Gettel	14.57	47.80	2016	Ft. Collins, Colorado

M 60-64	Quenton Torbert	16.67	54.69	2013	Ft. Collins, Colorado
M 65-69	Quenton Torbert	15.61	51.21	2017	Pueblo, Colorado
M 70-74	Gerald Vaughn	15.21	49.90	1990	Lincoln, NE
M 75-79	Bill Harvey	12.96	42.52	2021	Ft. Collins, Colorado
M 80-84	Phil Brusca	11.10	36.42	2008	Edwardsville, IL
M 85-89	Dick Mulkern	8.24	27.03	2010	St. Paul, MN

Discus		Distance		Year	Location
		Meters	Feet		
W Open	Elizabeth Podominick	49.10	161.09	2009	Hamline U. MN
W 30-34	Julie Albertson	21.22	69.62	2008	Edwardsville, IL
W 35-39	Elana Goldberg	37.67	123.59	2001	Wichita, Kansas
W 40-44	Joan Stratton	35.56	116.67	1995	Colorado Springs, CO
W 45-49	Debbie Falzitto	31.23	102.46	2013	Ft. Collins, Colorado
W 50-54	Edie Lindeburg	28.83	94.59	2019	Ft. Collins, Colorado
W 55-59	Susan Ruff	26.49	86.91	2011	Ft. Collins, Colorado
W 60-64	Linda Rowe	26.04	85.43	2016	Ft. Collins, Colorado
W 65-69	Carol Frost	30.99	101.67	2011	Ft. Collins, Colorado
W 70-74	Myrle Mensey	19.93	65.39	2021	Ft. Collins, Colorado
W 75-79	Joy Kaylor	21.19	69.52	2017	Pueblo, Colorado
W 80-84	Joy Kaylor	19.25	63.16	2019	Ft. Collins, Colorado
W 85-89	Betty Jarvis	13.28	43.57	2001	Wichita, Kansas
M Open	Mason Finley	62.64	205.51	2015	Ft. Collins, Colorado
M 30-34	Andrew Loftin	56.20	184.38	2011	Ft. Collins, Colorado
M 35-39	Mark Collier	58.23	191.04	2004	Edwardsville, IL
M 40-44	Todd Davis	47.43	155.61	2005	Edwardsville, IL
M 45-49	Eric Cole	47.02	154.27	2016	Ft. Collins, Colorado
M 50-54	Brian Bedard	48.43	158.89	2015	Ft. Collins, Colorado
M 55-59	Ed Riewerts	50.39	165.32	2014	Ft. Collins, Colorado
M 60-64	Richard Cochran	51.82	170.01	2001	Wichita, Kansas
M 65-69	Richard Cochran	53.07	174.11	2004	Edwardsville, IL
M 70-74	Wendell Palmer	45.87	150.49	2002	Wichita, Kansas
M 75-79	Ed Hooker	36.63	120.18	2001	Wichita, Kansas
M 80-84	Hugh Hackett	32.08	105.25	2003	Wichita, Kansas
M 85-89	James Leggitt	21.86	71.72	2021	Ft. Collins, Colorado
M 90-94	Jerry Donley	11.40	37.40	2021	Ft. Collins, Colorado

Javelin	Name	Distance		Year	Location
		Meters	Feet		
W Open	Avione Allgood	49.43	162.17	2019	Ft. Collins, Colorado
W 30-34	Julie Albertson	22.38	73.43	2008	Edwardsville, IL
W 35-39	Vicki Johnson	27.05	88.75	1992	Lincoln, NE
W 40-44	Annalou Walker	31.61	103.71	2011	Ft. Collins, Colorado
W 45-49	Ladonna Reed	25.94	85.10	2021	Ft. Collins, Colorado
W 50-54	Edie Lindeburg	20.43	67.03	2021	Ft. Collins, Colorado
W 55-59	Susan Ruff	29.16	95.67	2012	Ft. Collins, Colorado
W 60-64	Sharon Raham	28.83	94.59	1998	Wichita, Kansas
W 65-69	Carol Frost	27.51	90.26	2011	Ft. Collins, Colorado
W 70-74	Christel Donley	23.88	78.35	2003	Wichita, Kansas
W 75-79	Sharon Raham	19.85	65.12	2022	Boulder, Colorado
W 80-84	Dorothy Morgan	15.98	52.43	2006	Ft. Collins, Colorado
W 85-89	Betty Jarvis	9.93	32.58	2001	Wichita, Kansas

M Open	Matt Maltby	49.09	161.06	2007	Ft. Collins, Colorado
M 30-34	Mike Pitko	68.28	224.02	1978	Kansas
M 35-39	Tom PuKansastys	74.90	245.73	2004	Edwardsville, IL
M 40-44	Byron Tucker	63.91	209.68	2007	Ft. Collins, Colorado
M 45-49	Rocco Petitto	53.67	176.08	1996	Colorado Springs, CO
M 50-54	Thomas Dalke	54.48	178.74	2019	Ft. Collins, Colorado
M 55-59	Troy Dietz	51.04	167.45	2017	Pueblo, Colorado
M 60-64	David Hamel	44.42	145.73	2015	Ft. Collins, Colorado
M 65-69	Bill Brazelton	38.56	126.51	1996	Colorado Springs, CO
M 70-74	John Allen	39.10	128.28	2021	Ft. Collins, Colorado
M 75-79	Ross Aragon	35.75	117.29	2014	Ft. Collins, Colorado
M 80-84	Ross Aragon	29.25	95.96	2021	Wichita, Kansas
M 85-89	James Leggitt	23.60	77.43	2021	Ft. Collins, Colorado

		Distance		Year	Location	
Hammer		Meters	Feet			
W Open	Amanda Johnson	51.17	167.88	2007	Ft. Collins, Colorado	
W 35-39	Lindsey Malone	42.23	138.55	2015	Ft. Collins, Colorado	
W 40-44	Debbie Falzitto	23.10	75.79	2006	Ft. Collins, Colorado	
W 45-49	Debbie Falzitto	29.56	96.98	2012	Ft. Collins, Colorado	
W 50-54	Edie Lindeburg	35.19	115.45	2021	Ft. Collins, Colorado	
W 55-59	Katherina Clausen De Contreras	34.68	113.78	2019	Ft. Collins, Colorado	
W 60-64	Susan Ruff	29.41	96.49	2016	Ft. Collins, Colorado	
W 65-69	Carol Young	30.40	99.74	2006	Ft. Collins, Colorado	
W 70-74	Myrle Mensey	35.43	116.24	2021	Ft. Collins, Colorado	
W 75-79	Joy Kaylor	30.53	100.16	2015	Ft. Collins, Colorado	AR
W 80-84	Joy Kaylor	25.98	85.24	2018	Ft. Collins, Colorado	
W 85-89	Christel Donley	12.99	42.62	2021	Ft. Collins, Colorado	
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M Open	Bryan Tolcser	60.61	198.85	2009	Hamline U. MN	
M 30-34	Andrew Loftin	67.17	220.37	2011	Ft. Collins, Colorado	
M 35-39	James Fahie	59.49	195.18	2009	Hamline U. MN	
M 40-44	Ken Jansson	59.41	194.91	2001	Wichita, Kansas	
M 45-49	Eric Cole	53.39	175.16	2016	Ft. Collins, Colorado	
M 50-54	Bob Jones	49.34	161.88	2012	Ft. Collins, Colorado	
M 55-59	Ed Riewerts	46.78	153.48	2014	Ft. Collins, Colorado	
M 60-64	Bruce Cook	41.74	136.94	2022	Boulder, Colorado	
M 65-69	Reed Masters	39.80	130.58	2014	Ft. Collins, Colorado	
M 70-74	Wendell Palmer	39.75	130.41	2002	Wichita, Kansas	
M 75-79	Terry Ten Eyck	38.53	126.41	2021	Ft. Collins, Colorado	
M 80-84	George Patterson	30.11	98.79	2019	Ft. Collins, Colorado	
M 85-89	Dik Hotchkiss	34.64	113.65	2019	Ft. Collins, Colorado	

		Distance		Year	Location	
Weight Throw	Name	Meters	Feet			
W Open	Ann Gramkow	14.84	48.69	2007	Ft. Collins, Colorado	
W 45-49	Debbie Falzitto	9.80	32.15	2011	Ft. Collins, Colorado	
W 50-54	Edie Lindeburg	11.26	36.94	2021	Ft. Collins, Colorado	
W 55-59	Katherina Clausen De Contreras	12.72	41.73	2018	Ft. Collins, Colorado	
W 60-64	Susan Ruff	10.89	35.73	2016	Ft. Collins, Colorado	
W 65-69	Carol Young	11.70	38.39	2006	Ft. Collins, Colorado	
W 70-74	Myrle Mensey	13.44	44.09	2021	Ft. Collins, Colorado	
W 75-79	Joanne Marriott	11.80	38.71	2017	Pueblo, Colorado	

W 80-84	Joy Kaylor	8.70	28.54	2018	Ft. Collins, Colorado
M 35-39	James Cale	12.82	42.06	2019	Ft. Collins, Colorado
M 45-49	Eric Cole	16.52	54.20	2016	Ft. Collins, Colorado
M 50-54	Ron Summers	17.09	56.07	2007	Ft. Collins, Colorado
M 55-59	Tim Edwards	15.45	50.69	2004	Edwardsville, IL
M 60-64	Bruce Cook	15.46	50.72	2022	Boulder, Colorado
M 65-69	Ian Percy	15.27	50.10	2012	Ft. Collins, Colorado
M 70-74	Ian Percy	16.18	53.08	2016	Ft. Collins, Colorado
M 75-79	George Matthews	16.91	55.48	2018	Ft. Collins, Colorado
M 80-84	George Patterson	10.82	35.50	2019	Ft. Collins, Colorado
M 85-89	Dik Hotchkiss	13.97	45.83	2019	Ft. Collins, Colorado

		Distance			
Super Weight		Meters	Feet	Year	Location
W 40-44	Debbie Falzitto	4.69	15.39	2006	Ft. Collins, Colorado
W 45-49	Debbie Falzitto	6.63	21.75	2013	Ft. Collins, Colorado
W 50-54	Edie Lindeburg	8.86	29.07	2021	Ft. Collins, Colorado
W 55-59	Katherina Clausen De Contreras	8.56	28.08	2018	Ft. Collins, Colorado
W 60-64	Linda Rowe	7.20	23.62	2016	Ft. Collins, Colorado
W 65-69	Sharon Raham	7.04	23.10	2011	Ft. Collins, Colorado
W 70-74	Myrle Mensey	8.66	28.41	2021	Ft. Collins, Colorado
W 75-79	Joanne Marriott	8.18	26.84	2015	Ft. Collins, Colorado
W 80-84	Joanne Marriott	4.98	16.34	2021	Ft. Collins, Colorado
M 35-39	James Cale	8.70	28.54	2019	Ft. Collins, Colorado
M 45-49	Eric Cole	11.15	36.58	2016	Ft. Collins, Colorado
M 50-54	Bruce Cook	7.42	24.34	2016	Ft. Collins, Colorado
M 55-59	Tim Edwards	7.24	23.75	2006	Ft. Collins, Colorado
M 60-64	Ken Tietz	7.76	25.46	2018	Ft. Collins, Colorado
M 65-69	Ian Percy	8.83	28.97	2012	Ft. Collins, Colorado
M 70-74	Ian Percy	10.11	33.17	2016	Ft. Collins, Colorado
M 75-79	Thomas Ten Eyck, Jr.	7.77	25.49	2022	Boulder, Colorado
M 80-84	George Patterson	6.36	20.87	2019	Ft. Collins, Colorado
M 85-89	Dik Hotchkiss	9.02	29.59	2019	Ft. Collins, Colorado

Throws Pentathlon		Points	Year	Location
W Open	Ann Gramkow	3071	2007	Ft. Collins, Colorado
W 40-44	Debbie Falzitto-Gocken	2729	2007	Ft. Collins, Colorado
W 45-49	Debbie Falzitto	2813	2011	Ft. Collins, Colorado
W 50-54	Debbie Falzitto	2961	2015	Ft. Collins, Colorado
W 55-59	Susan Ruff	3484	2012	Ft. Collins, Colorado
W 60-64	Susan Ruff	3395	2016	Ft. Collins, Colorado
W 65-69	Carol Young	3884	2006	Ft. Collins, Colorado
W 70-74	Sharon Raham	3744	2016	Ft. Collins, Colorado
W 75-79	Joanne Marriott	3948	2016	Ft. Collins, Colorado
W 80-84	Joy Kaylor	3637	2018	Ft. Collins, Colorado
M Open	Matt Maltby	2380	2007	Ft. Collins, Colorado
M 30-34	Matt Maltby	2721	2011	Ft. Collins, Colorado
M 45-49	Eric Cole	4299	2016	Ft. Collins, Colorado
M 50-54	Alan Cress	3687	2016	Ft. Collins, Colorado
M 55-59	Bruce Cook	3745	2018	Ft. Collins, Colorado
M 60-64	Ian Percy	4181	2006	Ft. Collins, Colorado
M 65-69	Ian Percy	3970	2012	Ft. Collins, Colorado

M 70-74	Ian Percy	3829	2016	Ft. Collins, Colorado
M 75-79	Doug Tomlinson	4292	2007	Ft. Collins, Colorado
M 80-84	George Patterson	3048	2019	Ft. Collins, Colorado
M 85-89	Phil Brusca	3276	2014	Ft. Collins, Colorado

Decathlon

M 50-54	Kelly Meares	4200	2004	Edwardsville, IL
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Relay's

4X100

W Open	Centennial State Track Club	48.57	2021	Ft. Collins, Colorado
M 30-39	Allen, Nelson Herda, Tarasewicz	46.92	1994	Blaine, MN
M 40-49	Papps, Allen Soderberg, Greenwood	48.1	1975	St. Marys, Kansas
M 50-59	Fisher, Colliver Steinmetz, Dolezel	50.67	2001	Wichita, Kansas

4X400

M 30-39	Winkel, Allen Herda, Nelson	3.51.10	1994	Blaine, MN
M 40-49	Pappas, Jones Allen, Greenwood	4.11.70	1975	St. Marys, Kansas

4X800

W 40-49	Stoneking, Jansen Larson, Day	10.26.60	1994	Blaine, MN
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W 60-64	Babcock, Breglio Rodriguez, Wade	14:24.95	2022	Boulder, Colorado
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W 70-74	Antos, Yarr Kidder, Hermanson	16:54.93	2022	Boulder, Colorado
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M 40-44	McDonald, Renk Kraus, King	9:35.29	2022	Boulder, Colorado
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M 55-59	Probst, Straka Trujillo, Borthwick	10:14.17	2022	Boulder, Colorado
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M 65-69	Pottle, Kirschner Wien, Spale	11:59.52	2022	Boulder, Colorado
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29 Records set at this meet 2022