

2023 NW Region Masters Championships - 07/15/23
2023 PNW Association Championships
West Seattle Stadium
Meet Program - Track

Event 11 X19-89 5000 Meter Run (9)

Saturday 07/15/23 - 8:45 AM

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	McVee, Amy	W64	Northwest Re	NT
2	Medeiros, John	M75	Pacific Nort	29:54.77
3	McGill, James	M74	Pacific Nort	25:00.00
4	Cushenbery, Brent	M63	Other Region	22:42.00
5	Harris, Andy	M63	Other Region	23:20.00
6	McKay, Peter	M62	Pacific Nort	30:00.00
7	Smith, Paul	M59	Northwest Re	17:11.00
8	Williamson, Mike	M56	Pacific Nort	20:00.00
9	Maruca, Todd	M49	Pacific Nort	17:32.00
10				

Event 14 M70-79 80 Short Hurdles (3)

Saturday 07/15/23 - 9:45 AM

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2				
3				
4	Gee, Arthur	M79	Pacific Nort	30.00
5	Jacquet-Acea, Russell	M70	Pacific Nort	13.81
6	Peirce, Stephen	M79	Northwest Re	20.21
7				
8				

Event 13 W40 80 Short Hurdles (1)

Saturday 07/15/23 - 9:45 AM

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2				
3				
4				
5				
6				
7				
8	Stevenson, Christina	W40	Pacific Nort	NT

Event 15 M85 80 Short Hurdles (1)

Saturday 07/15/23 - 9:45 AM

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Vergin, Roger	M85	Other Region	19.25
3				
4				
5				
6				
7				
8				

Event 17 M55 100 Short Hurdles (3)

Saturday 07/15/23 - 9:45 AM

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2				
3	Ruuska, Jay	M56	Pacific Nort	18.30
4	Baker, Keith	M56	Pacific Nort	16.00
5	Hilton, Ron	M58	Pacific Nort	16.25
6				
7				
8				

Event 18 M30-49 110 Short Hurdles (3)

Saturday 07/15/23 - 9:45 AM

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2				
3	Keeton, Joseph	M30	Pacific Nort	NT
4	Gibbons, Benjamin	M34	Pacific Nort	16.50
5	McDonald, Orville	M46	Pacific Nort	19.51
6				
7				
8				

Event 12 X19-89 5000 Meter Race Walk (7)

Saturday 07/15/23 - 10:30 AM

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Zerbe, Richard	M84	Pacific Nort	48:00.00
2	Thurman, Diana	W76	Pacific Nort	37:57.00
3	Bridges, Debra	W57	Northwest Re	32:37.77
4	Novak, Robert	M74	Pacific Nort	33:06.00
5	Jiang, Peigen	M59	Pacific Nort	33:16.87
6	Kale, Barton	M67	Pacific Nort	33:00.00
7	Rehder, William	M66	Northwest Re	32:00.00
8				
9				

Event 19 M85 200 Long Hurdles (1)

Saturday 07/15/23 - 11:15 AM

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Vergin, Roger	M85	Other Region	45.50
3				
4				
5				
6				
7				
8				

2023 NW Region Masters Championships - 07/15/23

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West Seattle Stadium

Meet Program - Track

Event 20 M70-79 300 Long Hurdles (2)

Saturday 07/15/23 - 11:15 AM

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1				
2				
3				
4	Jacquet-Acea, Russell	M70	Pacific Nort	51.73
5	Peirce, Stephen	M79	Northwest Re	1:35.86
6				
7				
8				

Event 21 M19-59 400 Long Hurdles (3)

Saturday 07/15/23 - 11:15 AM

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1				
2				
3	Gibbons, Benjamin	M34	Pacific Nort	1:10.00
4	Bates, Josh	M19	Pacific Nort	54.25
5	Hilton, Ron	M58	Pacific Nort	1:04.75
6				
7				
8				

Event 1 W19-79 100 Meter Dash (7)

Saturday 07/15/23 - 12:00 PM

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	Worsley, Marina	W79	Pacific Nort	25.00
2	Beaulieu, Halimah	W41	Other Region	15.22
3	Lu, Shihlin	W32	Pacific Nort	14.00
4	Green, Aniya	W21	Pacific Nort	12.30
5	Birade, Dena	W51	Pacific Nort	13.78
6	Shearer-Hannah, Amanda	W57	Pacific Nort	14.82
7	Smolock, Helena	W59	Pacific Nort	23.00
8				

Event 2 M19-89 100 Meter Dash (29)

Saturday 07/15/23 - 12:05 PM

Lane	Name	Age	Team	Seed Time
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Section 1 of 5 Finals

1				
2	Heller, Jon	M87	Other Region	NT
3	Rousseau, Charles	M70	Pacific Nort	16.80
4	Leslie, Will	M77	Pacific Nort	15.50
5	Nelson, Dean	M75	Other Region	16.50
6	Gee, Arthur	M79	Pacific Nort	18.00
7				
8				

Section 2 of 5 Finals

1				
2	Stonkus, Army	M68	Pacific Nort	16.20
3	Liu, Edwin	M66	Other Region	14.20
4	Ahearn Jr., Leo	M67	Pacific Nort	14.29
5	Torie, Phillip	M68	Other Region	14.00
6	Wun, Kenneth	M68	Other Region	14.07
7	Atwood, Timothy	M69	Pacific Nort	14.50
8	George, Edwards	M65	Pacific Nort	15.50

Section 3 of 5 Finals

1				
2	Pedro Jr., George	M50	Pacific Nort	NT
3	Huff, Josh	M50	Pacific Nort	12.92
4	Gaskin Sr., Derek	M57	Northwest Re	12.98
5	Hilton, Ron	M58	Pacific Nort	12.58
6	Baker, Keith	M56	Pacific Nort	13.70
7	Monroe, Daren	M55	Pacific Nort	14.54
8				

Section 4 of 5 Finals

1				
2				
3	McDonald, Orville	M46	Pacific Nort	12.38
4	Atkins, Ronald	M49	Pacific Nort	11.57
5	Maggit, Quincy	M45	Pacific Nort	12.15
6	Hill, Darryl	M43	Pacific Nort	12.50
7				
8				

Section 5 of 5 Finals

1				
2	Martin, Joe	M27	Pacific Nort	11.69
3	Davis, Aaron	M29	Pacific Nort	11.07
4	Martin III, Reece	M23	Pacific Nort	10.93
5	Eisma, Jaden	M21	Pacific Nort	12.00
6	Green, Jahlin	M19	Pacific Nort	11.47
7	Keeton, Joseph	M30	Pacific Nort	NT
8	Mcmillan, Reginald	M34	Other Region	NT

Event 9 X50-84 1500 Meter Run (8)

Saturday 07/15/23 - 12:30 PM

Lane	Name	Age	Team	Seed Time
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Section 1 of 1 Finals

1	Joslin Sr., Timothy	M82	Pacific Nort	8:45.00
2	McKinley, Christine	W57	Northwest Re	8:00.00
3	Murray, Paula	W56	Pacific Nort	6:21.00
4	Medeiros, John	M75	Pacific Nort	7:52.12
5	Villeneuve, Denis	M66	Pacific Nort	5:20.00
6	Niyama, Craig	M56	Pacific Nort	5:10.00
7	Williamson, Mike	M56	Pacific Nort	5:07.00
8	Lapin, M E	M52	Pacific Nort	5:40.00

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Meet Program - Track

Event 5 W19-74 400 Meter Dash (2)**Saturday 07/15/23 - 12:45 PM**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2				
3				
4	Williams, Carolyn	W65	Pacific Nort	NT
5	Green, Aniya	W21	Pacific Nort	57.90
6				
7				
8				

Event 6 M19-89 400 Meter Dash (12)**Saturday 07/15/23 - 12:50 PM**

Lane	Name	Age	Team	Seed Time
Section 1 of 2 Finals				
1				
2	Shropshire, Elmo	M86	Other Region	NT
3	Gee, Arthur	M79	Pacific Nort	1:40.00
4	Boyer, Steve	M76	Northwest Re	1:18.18
5	Troup, John	M67	Pacific Nort	1:12.00
6	Stonkus, Army	M68	Pacific Nort	1:16.69
7	Allen, Ira	M64	Pacific Nort	1:12.76
8				
Section 2 of 2 Finals				
1				
2	Stone, Jon	M56	Pacific Nort	NT
3	Ruuska, Jay	M56	Pacific Nort	1:04.00
4	Hilton, Ron	M58	Pacific Nort	58.02
5	Biodrowski, Brandon	M41	Pacific Nort	54.00
6	Gallagher, Michael	M33	Pacific Nort	51.10
7	Bates, Josh	M19	Pacific Nort	49.52
8				

Event 7 X19-89 800 Meter Run (8)**Saturday 07/15/23 - 1:30 PM**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1	Taylor, Patti	W50	Pacific Nort	3:09.00
2	Murray, Paula	W56	Pacific Nort	3:03.00
3	Boyer, Steve	M76	Northwest Re	2:58.81
4	Lapin, M E	M52	Pacific Nort	2:40.00
5	Niiyama, Craig	M56	Pacific Nort	2:35.00
6	Williams, Renaldo	M41	Other Region	2:30.00
7	Gideon, Steve	M60	Northwest Re	2:30.00
8	Villeneuve, Denis	M66	Pacific Nort	2:40.00
9				
10				
11				
12				

Event 3 W19-79 200 Meter Dash (5)**Saturday 07/15/23 - 1:45 PM**

Lane	Name	Age	Team	Seed Time
Section 1 of 1 Finals				
1				
2	Williams, Carolyn	W65	Pacific Nort	NT
3	Shearer-Hannah, Amanda	W57	Pacific Nort	31.82
4	Beaulieu, Halimah	W41	Other Region	31.72
5	Lu, Shihlin	W32	Pacific Nort	31.00
6	Green, Aniya	W21	Pacific Nort	25.30
7				
8				

Event 4 M19-89 200 Meter Dash (29)**Saturday 07/15/23 - 1:50 PM**

Lane	Name	Age	Team	Seed Time
Section 1 of 5 Finals				
1				
2				
3	Vergin, Roger	M85	Other Region	42.27
4	Rousseau, Charles	M70	Pacific Nort	28.40
5	Leslie, Will	M77	Pacific Nort	34.50
6	Peirce, Stephen	M79	Northwest Re	36.80
7				
8				
Section 2 of 5 Finals				
1				
2	Singleton, Gary	M69	Pacific Nort	35.50
3	Ahearn Jr., Leo	M67	Pacific Nort	31.17
4	Stonkus, Army	M68	Pacific Nort	33.14
5	Wun, Kenneth	M68	Other Region	29.40
6	Atwood, Timothy	M69	Pacific Nort	28.50
7	Torie, Phillip	M68	Other Region	30.00
8	Liu, Edwin	M66	Other Region	31.80

Section 3 of 5 Finals

1				
2				
3	Baker, Keith	M56	Pacific Nort	28.00
4	Gaskin Sr., Derek	M57	Northwest Re	26.73
5	Hilton, Ron	M58	Pacific Nort	26.37
6	Monroe, Daren	M55	Pacific Nort	28.56
7	Gideon, Steve	M60	Northwest Re	28.00
8	Allen, Ira	M64	Pacific Nort	29.09

Section 4 of 5 Finals

1				
2	Atkins, Ronald	M49	Pacific Nort	23.32
3	McDonald, Orville	M46	Pacific Nort	24.24
4	Maggit, Quincy	M45	Pacific Nort	25.00
5	Williams, Renaldo	M41	Other Region	26.00
6	Biodrowski, Brandon	M41	Pacific Nort	24.00
7	Hill, Darryl	M43	Pacific Nort	25.50
8				

2023 NW Region Masters Championships - 07/15/23**2023 PNW Association Championships****West Seattle Stadium****Meet Program - Track****Section 5 of 5 Finals...(Event 4 M19-89 200 Meter Dash (29))**

1				
2	McMillan, Reginald	M34	Other Region	NT
3	Tilong, Morgan	M31	Pacific Nort	23.50
4	Davis, Aaron	M29	Pacific Nort	22.79
5	Martin, Joe	M27	Pacific Nort	23.78
6	Eisma, Jaden	M21	Pacific Nort	24.75
7	Green, Jahlin	M19	Pacific Nort	23.70
8				

Event 23 M60-89 2000 Meter Steeplechase (5)**Saturday 07/15/23 - 2:35 PM****Lane Name Age Team Seed Time****Section 1 of 1 Finals**

1	Shropshire, Elmo	M86	Other Region	NT
2	Peirce, Stephen	M79	Northwest Re	15:45.20
3	Jacquet-Acea, Russell	M70	Pacific Nort	9:50.50
4	Oakes, Christian	M64	Other Region	9:30.00
5	Cushenbery, Brent	M63	Other Region	9:22.00
6				
7				
8				

2023 NW Region Masters Championships - 07/15/23

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Meet Program - Jumps

Event 32 X19-89 Long Jump (13)

Saturday 07/15/23 - 10:00 AM

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Heller, Jon	M87	Other Region		ND
2	Stevenson, Christina	W40	Pacific Nort	4.93m	
3	Mcwhorter, Tyishea	W22	Pacific Nort	4.27m	
4	Lake, Katherine	W29	Pacific Nort	5.45m	
5	Jacquet-Acea, Russell	M70	Pacific Nort	4.32m	
6	Smith, Joe	M67	Pacific Nort	4.42m	
7	Ruuska, Jay	M56	Pacific Nort	4.75m	
8	Atkins, Ronald	M49	Pacific Nort	5.00m	
9	Maggit, Quincy	M45	Pacific Nort	5.75m	
10	Hill, Darryl	M43	Pacific Nort	5.50m	
11	Roberson, Matthew	M38	Pacific Nort	5.70m	
12	Keeton, Joseph	M30	Pacific Nort		ND
13	Green, Jahlin	M19	Pacific Nort	5.90m	
14					
15					

Event 37 X30-79 Pole Vault (15)

Saturday 07/15/23 - 11:00 AM

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Worsley, Marina	W79	Pacific Nort	1.20m	
2	Gayman, Megan	W39	Pacific Nort	1.98m	
3	Hoppie, Carla	W66	Pacific Nort	2.15m	
4	Wong, Rena	W63	Pacific Nort	2.74m	
5	Gee, Arthur	M79	Pacific Nort	1.50m	
6	Leslie, Will	M77	Pacific Nort	2.30m	
7	Harger Jr., Stover	M72	Northwest Re	2.60m	
8	Urbaniak, Lee	M72	Northwest Re	2.75m	
9	Jacquet-Acea, Russell	M70	Pacific Nort	2.75m	
10	Ruuska, Jay	M56	Pacific Nort	2.40m	
11	Cafferata, Clayton	M53	Pacific Nort	3.65m	
12	Vaught, Ben	M44	Pacific Nort	3.75m	
13	Puyear, Dalton	M33	Northwest Re	4.10m	
14	Keeton, Joseph	M30	Pacific Nort	4.42m	
15	Mazzola, Caleb	M33	Northwest Re		NH

Event 34 X19-89 Triple Jump (10)

Saturday 07/15/23 - 12:00 PM

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Heller, Jon	M87	Other Region		ND
2	Peirce, Stephen	M79	Northwest Re	6.02m	
3	Gee, Arthur	M79	Pacific Nort	6.06m	
4	Liu, Edwin	M66	Other Region	8.88m	
5	Smith, Joe	M67	Pacific Nort	10.31m	
6	Sowards, Adam	M50	Pacific Nort	9.14m	
7	Atkins, Ronald	M49	Pacific Nort	10.00m	
8	Hill, Darryl	M43	Pacific Nort	11.72m	
9	Keeton, Joseph	M30	Pacific Nort		ND
10	Mcwhorter, Tyishea	W22	Pacific Nort	10.00m	

Event 36 X30-79 High Jump (9)

Saturday 07/15/23 - 12:00 PM

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Hoppie, Carla	W66	Pacific Nort	1.15m	
2	Harger Jr., Stover	M72	Northwest Re	1.39m	
3	Smith, Joe	M67	Pacific Nort		NH
4	Allen, Ira	M64	Pacific Nort	1.45m	
5	Ruuska, Jay	M56	Pacific Nort	1.40m	
6	Stone, Jon	M56	Pacific Nort	1.47m	
7	Sowards, Adam	M50	Pacific Nort	1.52m	
8	Stevenson, Christina	W40	Pacific Nort	1.60m	
9	Jowett, Nathan	M30	Pacific Nort	1.70m	
10					

2023 NW Region Masters Championships - 07/15/23

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Meet Program - Throws

Event 51 M19-79 Javelin Throw (13)

Saturday 07/15/23 - 8:30 AM

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Rowe, Edward	M79	Northwest Re		ND
2	Meyring, Brad	M75	Pacific Nort	28.00m	
3	Rousseau, Charles	M70	Pacific Nort	25.00m	
4	George, Edwards	M65	Pacific Nort	30.00m	
5	Wymer, Larry	M62	Pacific Nort		ND
6	Monroe, Anthony	M64	Pacific Nort	20.94m	
7	Jowett, Thomas	M64	Pacific Nort	21.03m	
8	Stone, Jon	M56	Pacific Nort	32.11m	
9	Claymore, Jon	M58	Pacific Nort	40.00m	
10	Roberson, Matthew	M38	Pacific Nort	40.00m	
11	Brandel, Ryan	M39	Northwest Re	61.70m	
12	Jowett, Nathan	M30	Pacific Nort	40.00m	
13	Braunstein, Jakob	M19	Pacific Nort	62.80m	
14					

Event 45 M80-89 Discus Throw (4)

Saturday 07/15/23 - 8:30 AM

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Saling Jr., Neil	M87	Northwest Re	18.00m	
2	Vergin, Roger	M85	Other Region	19.75m	
3	Sheedy, Robert	M82	Pacific Nort	18.30m	
4	Huhn, Jerry	M82	Northwest Re	29.51m	
5					
6					
7					
8					
9					
10					

Event 43 W20-89 Discus Throw (9)

Saturday 07/15/23 - 8:30 AM

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Kirkpatrick, Yvonne	W68	Northwest Re		ND
2	Boivin, Erica	W64	Pacific Nort	11.50m	
3	Huhn, Catherine	W61	Northwest Re	14.51m	
4	Beard, Donna	W59	Pacific Nort	32.00m	
5	Tasker, Tamara	W51	Northwest Re	20.40m	
6	Walker, Kristen	W47	Northwest Re	25.96m	
7	Hutchinson, Corissa	W36	Northwest Re		ND
8	Chaney, Erica	W35	Northwest Re		ND
9	Payne, Alexandra	W20	Pacific Nort	36.00m	
10					

Event 44 M30-79 Discus Throw (14)

Saturday 07/15/23 - 10:15 AM

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Rowe, Edward	M79	Northwest Re		ND
2	Meyring, Brad	M75	Pacific Nort	34.00m	
3	Harger Jr., Stover	M72	Northwest Re	29.03m	
4	Rousseau, Charles	M70	Pacific Nort	30.00m	
5	Nykreim, Mike	M69	Pacific Nort	30.00m	
6	George, Edwards	M65	Pacific Nort	30.00m	
7	Zitnik III, Frank	M65	Pacific Nort	33.80m	
8	Cacek, Charles	M66	Pacific Nort	40.85m	
9	Wymer, Larry	M62	Pacific Nort		ND
10	Chaney, Donald	M63	Northwest Re		ND
11	Schurman, Doug	M55	Pacific Nort	36.75m	
12	Pedro Jr., George	M50	Pacific Nort		ND
13	Bays, Zacharry	M48	Pacific Nort	28.10m	
14	Roberson, Matthew	M38	Pacific Nort	30.00m	
15					

Event 50 W35-69 Javelin Throw (5)

Saturday 07/15/23 - 10:15 AM

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Kirkpatrick, Yvonne	W68	Northwest Re		ND
2	Goldner, Cynthia	W63	Pacific Nort	15.24m	
3	Huhn, Catherine	W61	Northwest Re	14.82m	
4	Beard, Donna	W59	Pacific Nort	33.00m	
5	Lukac, Rebecca	W38	Pacific Nort		ND
6					

Event 52 M80-89 Javelin Throw (3)

Saturday 07/15/23 - 10:15 AM

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Vergin, Roger	M85	Other Region	21.50m	
2	Sheedy, Robert	M82	Pacific Nort	18.30m	
3	Huhn, Jerry	M82	Northwest Re	26.36m	

Event 47 M50-79 Hammer Throw (7)

Saturday 07/15/23 - 12:00 PM

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Rowe, Edward	M79	Northwest Re		ND
2	Meyring, Brad	M75	Pacific Nort	26.00m	
3	Nykreim, Mike	M69	Pacific Nort	30.00m	
4	Zitnik III, Frank	M65	Pacific Nort	26.52m	
5	Wymer, Larry	M62	Pacific Nort		ND
6	Schurman, Doug	M55	Pacific Nort	43.00m	
7	Pedro Jr., George	M50	Pacific Nort		ND
8					

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Meet Program - Throws

Event 39 W35-69 Shot Put (7)**Saturday 07/15/23 - 12:00 PM**

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Kirkpatrick, Yvonne	W68	Northwest Re		ND
2	Goldner, Cynthia	W63	Pacific Nort	6.72m	
3	Huhn, Catherine	W61	Northwest Re	6.97m	
4	Boivin, Erica	W64	Pacific Nort	5.42m	
5	Beard, Donna	W59	Pacific Nort	9.00m	
6	Walker, Kristen	W47	Northwest Re	9.69m	
7	Chaney, Erica	W35	Northwest Re		ND
8					
9					

Event 41 M80-89 Shot Put (3)**Saturday 07/15/23 - 12:00 PM**

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Saling Jr., Neil	M87	Northwest Re	7.00m	
2	Sheedy, Robert	M82	Pacific Nort	10.00m	
3	Huhn, Jerry	M82	Northwest Re	10.17m	
4					
5					
6					
7					
8					
9					

Event 40 M35-79 Shot Put (15)**Saturday 07/15/23 - 1:30 PM**

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Rowe, Edward	M79	Northwest Re		ND
2	Meyring, Brad	M75	Pacific Nort	11.00m	
3	Rousseau, Charles	M70	Pacific Nort	8.00m	
4	Harger Jr., Stover	M72	Northwest Re	10.26m	
5	Nykreim, Mike	M69	Pacific Nort	8.00m	
6	Zitnik III, Frank	M65	Pacific Nort	10.74m	
7	George, Edwards	M65	Pacific Nort	9.00m	
8	Wymer, Larry	M62	Pacific Nort		ND
9	Jowett, Thomas	M64	Pacific Nort	6.56m	
10	Patterson, James	M60	Northwest Re	17.05m	
11	Baker, Keith	M56	Pacific Nort	12.00m	
12	Pedro Jr., George	M50	Pacific Nort		ND
13	Salas, Christian	M52	Pacific Nort	12.20m	
14	Bays, Zachary	M48	Pacific Nort	11.19m	
15	Roberson, Matthew	M38	Pacific Nort	10.50m	
16					

Event 46 W19-69 Hammer Throw (7)**Saturday 07/15/23 - 1:30 PM**

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Kirkpatrick, Yvonne	W68	Northwest Re		ND
2	Boivin, Erica	W64	Pacific Nort	23.65m	
3	Huhn, Catherine	W61	Northwest Re	21.76m	
4	Beard, Donna	W59	Pacific Nort	42.00m	
5	Tasker, Tamara	W51	Northwest Re	33.00m	
6	Chaney, Erica	W35	Northwest Re		ND
7	Payne, Alexandra	W20	Pacific Nort	57.01m	
8					

Event 48 M80-89 Hammer Throw (2)**Saturday 07/15/23 - 1:30 PM**

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Sheedy, Robert	M82	Pacific Nort	18.30m	
2	Huhn, Jerry	M82	Northwest Re	32.39m	
3					

Event 54 X19-89 Weight Throw (12)**Saturday 07/15/23 - 3:00 PM**

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Huhn, Jerry	M82	Northwest Re	12.90m	
2	Sheedy, Robert	M82	Pacific Nort	10.00m	
3	Kirkpatrick, Yvonne	W68	Northwest Re		ND
4	Huhn, Catherine	W61	Northwest Re	7.71m	
5	Boivin, Erica	W64	Pacific Nort		ND
6	Beard, Donna	W59	Pacific Nort		ND
7	Pedro Jr., George	M50	Pacific Nort		ND
8	Rowe, Edward	M79	Northwest Re		ND
9	Meyring, Brad	M75	Pacific Nort	10.00m	
10	Nykreim, Mike	M69	Pacific Nort	5.00m	
11	Zitnik III, Frank	M65	Pacific Nort	11.52m	
12	Wymer, Larry	M62	Pacific Nort		ND
13					

Event 56 X19-89 Super Weight (3)**Saturday 07/15/23 - 4:00 PM**

Pos	Name	Age	Team	Seed	Mark
Flight 1 of 1 Finals					
1	Boivin, Erica	W64	Pacific Nort		ND
2	Nykreim, Mike	M69	Pacific Nort	2.00m	
3	Zitnik III, Frank	M65	Pacific Nort	5.66m	
4					