

**2023 NW Region Masters Championships - 7/15/2023**  
**2023 PNW Association Championships**  
**West Seattle Stadium**

**Results**

**Event 1 W19-29 100 Meter Dash**

**Finals**

1 Green, Aniya W21 Pacific Nort 13.04 0.1

**Event 1 W30 100 Meter Dash**

**Finals**

1 Lu, Shihlin W32 Pacific Nort 15.55 0.1

**Event 1 W40 100 Meter Dash**

40 USA: 12.31 R

**Finals**

1 Beaulieu, Halimah W41 Other Region 15.63 0.1

**Event 1 W50 100 Meter Dash**

50 USA: 12.50 R

**Finals**

1 Birade, Dena W51 Pacific Nort 13.34 0.1

**Event 1 W55 100 Meter Dash**

55 USA: 13.27 R

**Finals**

1 Shearer-Hannah, Amanda W57 Pacific Nort 14.89 0.1

**Event 2 M19-29 100 Meter Dash**

**Finals**

1 Martin, Joe M27 Pacific Nort 11.71 -1.8

2 Green, Jahlin M19 Pacific Nort 11.91 -1.8

3 Davis, Aaron M29 Pacific Nort 11.97 -1.8

4 Eisma, Jaden M21 Pacific Nort 12.23 -1.8

**Event 2 M30 100 Meter Dash**

**Finals**

1 Keeton, Joseph M30 Pacific Nort 12.86 -1.8

**Event 2 M45 100 Meter Dash**

45 USA: 10.72 R

**Finals**

1 Atkins, Ronald M49 Pacific Nort 11.80 -1.1

2 McDonald, Orville M46 Pacific Nort 12.09 -1.1

**Event 2 M50 100 Meter Dash**

50 USA: 10.88 R

**Finals**

1 Huff, Josh M50 Pacific Nort 13.00 -1.5

2 Pedro Jr., George M50 Pacific Nort 13.28 -1.5

**Event 2 M55 100 Meter Dash**

55 USA: 11.30 R

**Finals**

1 Gaskin Sr., Derek M57 Northwest Re 13.25 -1.5

2 Monroe, Daren M55 Pacific Nort 14.61 -1.5

**Event 2 M65 100 Meter Dash**

65 USA: 12.31 R

**Finals**

1 Liu, Edwin M66 Other Region 14.05 -1.7

2 Torie, Phillip M68 Other Region 14.06 -1.7

3 Ahearn Jr., Leo M67 Pacific Nort 14.67 -1.7

4 George, Edwards M65 Pacific Nort 16.25 -1.8

5 Stonkus, Army M68 Pacific Nort 16.62 -1.7

**Event 2 M75 100 Meter Dash**

75 USA: 13.25 R

**Finals**

1 Gee, Arthur M79 Pacific Nort 17.38 -1.2

2 Nelson, Dean M75 Other Region 18.45 -1.2

**Event 2 M85 100 Meter Dash**

85 USA: 16.18 R

**Finals**

1 Heller, Jon M87 Other Region 30.13 -1.2

**Event 3 W19-29 200 Meter Dash**

**Finals**

1 Green, Aniya W21 Pacific Nort 27.10 -2.5

**Event 3 W30 200 Meter Dash**

**Finals**

1 Lu, Shihlin W32 Pacific Nort 33.99 -2.5

**Event 3 W40 200 Meter Dash**

40 USA: 24.84 R

**Finals**

1 Beaulieu, Halimah W41 Other Region 31.67 -2.5

**Event 3 W55 200 Meter Dash**

55 USA: 27.54 R

**Finals**

1 Shearer-Hannah, Amanda W57 Pacific Nort 31.63 -2.5

**Event 4 M19-29 200 Meter Dash**

**Finals**

1 Green, Jahlin M19 Pacific Nort 24.72 -1.5

2 Eisma, Jaden M21 Pacific Nort 25.24 -1.5

**Event 4 M30 200 Meter Dash**

**Finals**

1 Tilong, Morgan M31 Pacific Nort 24.84 -1.5

**Event 4 M45 200 Meter Dash**

45 USA: 21.80 R

**Finals**

1 Atkins, Ronald M49 Pacific Nort 25.22 -1.5

**Event 4 M55 200 Meter Dash**

55 USA: 23.24 R

**Finals**

1 Monroe, Daren M55 Pacific Nort 29.06 -1.3

**Event 4 M60 200 Meter Dash**

60 USA: 24.14 R

**Finals**

1 Allen, Ira M64 Pacific Nort 29.51 -1.3

2 Gideon, Steve M60 Northwest Re 37.70 -1.3

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**Event 4 M65 200 Meter Dash**

65 USA: 24.65 R

**Finals**

1	Torie, Phillip	M68	Other Region	28.84	-1.0
2	Liu, Edwin	M66	Other Region	29.76	-1.0
3	Ahearn Jr., Leo	M67	Pacific Nort	31.47	-1.0
4	Stonkus, Army	M68	Pacific Nort	33.13	-1.0
5	Singleton, Gary	M69	Pacific Nort	37.86	-1.3

**Event 4 M75 200 Meter Dash**

75 USA: 27.73 R

**Finals**

1	Leslie, Will	M77	Pacific Nort	36.72	-1.8
2	Peirce, Stephen	M79	Northwest Re	39.66	-1.8

**Event 5 W19-29 400 Meter Dash****Finals**

1	Green, Aniya	W21	Pacific Nort	1:04.68	
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**Event 6 M55 400 Meter Dash**

55 USA: 52.24 R

**Finals**

1	Stone, Jon	M56	Pacific Nort	1:09.82	
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**Event 6 M60 400 Meter Dash**

60 USA: 54.29 R

**Finals**

1	Allen, Ira	M64	Pacific Nort	1:09.38	
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**Event 6 M65 400 Meter Dash**

65 USA: 56.09 R

**Finals**

1	Troup, John	M67	Pacific Nort	1:10.03	
2	Stonkus, Army	M68	Pacific Nort	1:16.49	

**Event 7 W50 800 Meter Run****Finals**

1	Taylor, Patti	W50	Pacific Nort	3:05.71	
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**Event 7 M50 800 Meter Run****Finals**

1	Lapin, M E	M52	Pacific Nort	2:37.77	
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**Event 7 M60 800 Meter Run****Finals**

1	Gideon, Steve	M60	Northwest Re	2:50.66	
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**Event 7 M65 800 Meter Run****Finals**

1	Villeneuve, Denis	M66	Pacific Nort	2:36.04	
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**Event 7 M75 800 Meter Run****Finals**

1	Boyer, Steve	M76	Northwest Re	2:57.01	
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**Event 9 W55 1500 Meter Run**

55 USA: 5:27.09 R

**Finals**

1	Murray, Paula	W56	Pacific Nort	6:27.38	
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**Event 9 M50 1500 Meter Run****Finals**

1	Lapin, M E	M52	Pacific Nort	5:34.87	
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**Event 9 M55 1500 Meter Run****Finals**

1	Williamson, Mike	M56	Pacific Nort	5:15.12	
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**Event 9 M65 1500 Meter Run****Finals**

1	Villeneuve, Denis	M66	Pacific Nort	5:19.09	
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**Event 9 M75 1500 Meter Run****Finals**

1	Medeiros, John	M75	Pacific Nort	7:40.35	
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**Event 11 W60 5000 Meter Run****Finals**

1	McVee, Amy	W64	Northwest Re	28:45.91	
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**Event 11 M45 5000 Meter Run****Finals**

1	Maruca, Todd	M49	Pacific Nort	18:26.77	
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**Event 11 M55 5000 Meter Run****Finals**

1	Smith, Paul	M59	Northwest Re	17:39.38	
2	Williamson, Mike	M56	Pacific Nort	20:13.39	

**Event 11 M60 5000 Meter Run****Finals**

1	Harris, Andy	M63	Other Region	23:28.36	
2	Cushenbery, Brent	M63	Other Region	23:29.94	
3	McKay, Peter	M62	Pacific Nort	28:41.16	

**Event 11 M70 5000 Meter Run****Finals**

1	McGill, James	M74	Pacific Nort	26:57.55	
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**Event 12 W55 5000 Meter Race Walk****Finals**

1	Bridges, Debra	W57	Northwest Re	33:06.20	
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**Event 12 W75 5000 Meter Race Walk****Finals**

1	Thurman, Diana	W76	Pacific Nort	39:40.55	
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**Event 12 M55 5000 Meter Race Walk****Finals**

---	Jiang, Peigen	M59	Pacific Nort	DQ	
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**Event 12 M65 5000 Meter Race Walk****Finals**

1	Rehder, William	M66	Northwest Re	33:39.75
2	Kale, Barton	M67	Pacific Nort	40:24.63

**Event 12 M70 5000 Meter Race Walk****Finals**

1	Novak, Robert	M74	Pacific Nort	34:40.01
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**Event 12 M80 5000 Meter Race Walk****Finals**

1	Zerbe, Richard	M84	Pacific Nort	41:19.15
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**Event 14 M70 80 Short Hurdles****Finals**

1	Jacquet-Acea, Russell	M70	Pacific Nort	13.64	1.1
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**Event 14 M75 80 Short Hurdles****Finals**

1	Peirce, Stephen	M79	Northwest Re	20.17	1.1
2	Gee, Arthur	M79	Pacific Nort	21.11	1.1

**Event 15 M85 80 Short Hurdles****Finals**

1	Vergin, Roger	M85	Other Region	19.70	1.1
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**Event 17 M55 100 Short Hurdles****Finals**

1	Hilton, Ron	M58	Pacific Nort	15.79	0.7
2	Ruuska, Jay	M56	Pacific Nort	17.97	0.7

**Event 18 M30 110 Short Hurdles****Finals**

1	Gibbons, Benjamin	M34	Pacific Nort	16.23	0.8
2	Keeton, Joseph	M30	Pacific Nort	18.77	0.8

**Event 18 M45 110 Short Hurdles****Finals**

1	McDonald, Orville	M46	Pacific Nort	18.67	0.8
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**Event 19 M85 200 Long Hurdles****Finals**

1	Vergin, Roger	M85	Other Region	49.12	1.4
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**Event 20 M70 300 Long Hurdles****Finals**

1	Jacquet-Acea, Russell	M70	Pacific Nort	50.33
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**Event 20 M75 300 Long Hurdles****Finals**

1	Peirce, Stephen	M79	Northwest Re	1:17.00
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**Event 21 M19-29 400 Long Hurdles****Finals**

1	Bates, Josh	M19	Pacific Nort	54.72
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**Event 21 M55 400 Long Hurdles****Finals**

---	Hilton, Ron	M58	Pacific Nort	DNF
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**Event 28 M80-89 4x100 Meter Relay****Finals**

1	Pacific Nort	A	45.05
	1) Eisma, Jaden 21	2) Martin, Joe 27	
	3) Atkins, Ronald 49	4) Green, Jahlin 19	

**Event 30 M80-89 4x400 Meter Relay****Finals**

1	Pacific Nort	A	5:44.19
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**Event 32 W19-29 Long Jump****Finals**

1	Lake, Katherine	W29	Pacific Nort	5.30m	NWI
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**Event 32 M19-29 Long Jump****Finals**

1	Green, Jahlin	M19	Pacific Nort	6.02m	NWI
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**Event 32 M30 Long Jump****Finals**

1	Keeton, Joseph	M30	Pacific Nort	5.66m	NWI
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**Event 32 M35 Long Jump****Finals**

1	Roberson, Matthew	M38	Pacific Nort	6.15m	NWI
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**Event 32 M40 Long Jump****Finals**

1	Hill, Darryl	M43	Pacific Nort	3.67m	NWI
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**Event 32 M45 Long Jump****Finals**

1	Maggit, Quincy	M45	Pacific Nort	5.77m	NWI
2	Atkins, Ronald	M49	Pacific Nort	5.00m	NWI

**Event 32 M55 Long Jump****Finals**

1	Ruuska, Jay	M56	Pacific Nort	4.52m	NWI
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**Event 32 M65 Long Jump****Finals**

1	Smith, Joe	M67	Pacific Nort	4.65m	NWI
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**Event 32 M70 Long Jump****Finals**

1	Jacquet-Acea, Russell	M70	Pacific Nort	4.14m	NWI
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**Event 32 M85 Long Jump****Finals**

1	Heller, Jon	M87	Other Region	1.65m	NWI
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**Event 34 M30 Triple Jump****Finals**

1	Keeton, Joseph	M30	Pacific Nort	10.73m	NWI
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**Event 34 M40 Triple Jump****Finals**

1	Hill, Darryl	M43	Pacific Nort	8.01m	NWI
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**Event 34 M45 Triple Jump****Finals**

1	Atkins, Ronald	M49	Pacific Nort	10.74m	NWI
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**Event 34 M65 Triple Jump****Finals**

1	Smith, Joe	M67	Pacific Nort	9.05m	NWI
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**Event 34 M75 Triple Jump****Finals**

1	Gee, Arthur	M79	Pacific Nort	6.12m	NWI
2	Peirce, Stephen	M79	Northwest Re	5.56m	NWI

**Event 34 M85 Triple Jump****Finals**

1	Heller, Jon	M87	Other Region	3.86m	NWI
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**Event 36 W40 High Jump****Finals**

1	Stevenson, Christina	W40	Pacific Nort	1.45m	
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**Event 36 W65 High Jump****Finals**

---	Hoppie, Carla	W66	Pacific Nort		NH
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**Event 36 M30 High Jump****Finals**

1	Jowett, Nathan	M30	Pacific Nort	1.65m	
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**Event 36 M55 High Jump****55 USA: 1.84m R****Finals**

1	Ruuska, Jay	M56	Pacific Nort	1.45m	
2	Stone, Jon	M56	Pacific Nort	1.35m	

**Event 36 M60 High Jump****60 USA: 1.74m R****Finals**

1	Allen, Ira	M64	Pacific Nort	1.50m	
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**Event 36 M70 High Jump****70 USA: 1.58m R****Finals**

1	Harger Jr., Stover	M72	Northwest Re	1.30m	
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**Event 37 W35 Pole Vault****Finals**

1	Gayman, Megan	W39	Pacific Nort	1.82m	
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**Event 37 W65 Pole Vault****Finals**

1	Hoppie, Carla	W66	Pacific Nort	2.12m	
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**Event 37 M30 Pole Vault****Finals**

1	Keeton, Joseph	M30	Pacific Nort	4.42m	
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**Event 37 M40 Pole Vault****40 USA: 5.70m R****Finals**

---	Vaught, Ben	M44	Pacific Nort		NH
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**Event 37 M50 Pole Vault****50 USA: 4.75m R****Finals**

1	Cafferata, Clayton	M53	Pacific Nort	3.67m	
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**Event 37 M55 Pole Vault****55 USA: 4.36m R****Finals**

1	Ruuska, Jay	M56	Pacific Nort	2.27m	
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**Event 37 M70 Pole Vault****70 USA: 3.49m R****Finals**

1	Jacquet-Acea, Russell	M70	Pacific Nort	2.72m	
2	Harger Jr., Stover	M72	Northwest Re	2.42m	
3	Urbaniak, Lee	M72	Northwest Re	2.42m	

**Event 37 M75 Pole Vault****75 USA: 3.20m R****Finals**

1	Leslie, Will	M77	Pacific Nort	1.97m	
2	Gee, Arthur	M79	Pacific Nort	1.67m	

**Event 39 W35 Shot Put****35 USA: 16.30m R****Finals**

1	Chaney, Erica	W35	Northwest Re	12.27m	
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**Event 39 W45 Shot Put****45 USA: 14.50m R****Finals**

1	Walker, Kristen	W47	Northwest Re	10.00m	
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**Event 39 W55 Shot Put****55 USA: 13.27m R****Finals**

1	Beard, Donna	W59	Pacific Nort	10.14m	
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**Event 39 W60 Shot Put****60 USA: 12.58m R****Finals**

1	Goldner, Cynthia	W63	Pacific Nort	6.82m	
2	Boivin, Erica	W64	Pacific Nort	5.37m	

**Event 39 W65 Shot Put****65 USA: 11.31m R****Finals**

1	Kirkpatrick, Yvonne	W68	Northwest Re	7.22m	
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**Event 40 M35 Shot Put****Finals**

1	Roberson, Matthew	M38	Pacific Nort	10.82m
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**Event 40 M45 Shot Put**

45 USA: 16.83m R

**Finals**

1	Bays, Zacharry	M48	Pacific Nort	10.81m
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**Event 40 M50 Shot Put****Finals**

1	Salas, Christian	M52	Pacific Nort	11.58m
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2	Pedro Jr., George	M50	Pacific Nort	10.99m
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**Event 40 M60 Shot Put**

60 USA: 17.38m R

**Finals**

1	Patterson, James	M60	Northwest Re	16.43m
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2	Jowett, Thomas	M64	Pacific Nort	7.31m
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3	Wymer, Larry	M62	Pacific Nort	7.21m
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**Event 40 M65 Shot Put**

65 USA: 16.66m R

**Finals**

1	Zitnik III, Frank	M65	Pacific Nort	10.41m
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2	George, Edwards	M65	Pacific Nort	8.28m
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3	Nykreim, Mike	M69	Pacific Nort	7.58m
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**Event 40 M70 Shot Put**

70 USA: 15.42m R

**Finals**

1	Harger Jr., Stover	M72	Northwest Re	8.79m
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**Event 40 M75 Shot Put**

75 USA: 13.41m R

**Finals**

1	Meyring, Brad	M75	Pacific Nort	10.47m
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2	Rowe, Edward	M79	Northwest Re	6.83m
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**Event 41 M80 Shot Put****Finals**

1	Sheedy, Robert	M82	Pacific Nort	9.31m
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**Event 43 W20-29 Discus Throw****Finals**

1	Payne, Alexandra	W20	Pacific Nort	33.67m
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**Event 43 W35 Discus Throw****Finals**

1	Chaney, Erica	W35	Northwest Re	39.97m
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2	Hutchinson, Corissa	W36	Northwest Re	30.43m
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**Event 43 W45 Discus Throw****Finals**

1	Walker, Kristen	W47	Northwest Re	25.11m
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**Event 43 W50 Discus Throw****Finals**

1	Tasker, Tamara	W51	Northwest Re	19.68m
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**Event 43 W55 Discus Throw****Finals**

1	Beard, Donna	W59	Pacific Nort	27.73m
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**Event 43 W60 Discus Throw****Finals**

1	Boivin, Erica	W64	Pacific Nort	11.35m
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**Event 43 W65 Discus Throw****Finals**

1	Kirkpatrick, Yvonne	W68	Northwest Re	20.69m
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**Event 44 M35 Discus Throw**

35 USA: 71.24m R

**Finals**

1	Roberson, Matthew	M38	Pacific Nort	33.56m
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**Event 44 M45 Discus Throw**

45 USA: 66.12m R

**Finals**

1	Bays, Zacharry	M48	Pacific Nort	24.37m
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**Event 44 M50 Discus Throw**

50 USA: 62.74m R

**Finals**

1	Pedro Jr., George	M50	Pacific Nort	35.83m
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**Event 44 M55 Discus Throw**

55 USA: 55.61m R

**Finals**

1	Schurman, Doug	M55	Pacific Nort	35.52m
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**Event 44 M60 Discus Throw**

60 USA: 57.60m R

**Finals**

1	Wymer, Larry	M62	Pacific Nort	21.61m
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2	Chaney, Donald	M63	Northwest Re	17.34m
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**Event 44 M65 Discus Throw**

65 USA: 54.99m R

**Finals**

1	Cacek, Charles	M66	Pacific Nort	38.64m
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2	Zitnik III, Frank	M65	Pacific Nort	29.46m
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3	George, Edwards	M65	Pacific Nort	26.65m
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4	Nykreim, Mike	M69	Pacific Nort	25.32m
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**Event 44 M70 Discus Throw****Finals**

1	Harger Jr., Stover	M72	Northwest Re	24.06m
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**Event 44 M75 Discus Throw****Finals**

1	Meyring, Brad	M75	Pacific Nort	32.57m
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**Event 52 M80 Javelin Throw****Finals**

1	Sheedy, Robert	M82	Pacific Nort	23.49m
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**Event 52 M85 Javelin Throw****Finals**

1	Vergin, Roger	M85	Other Region	18.38m
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**Event 54 W55 Weight Throw****Finals**

1	Beard, Donna	W59	Pacific Nort	10.95m
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**Event 54 W60 Weight Throw****Finals**

1	Boivin, Erica	W64	Pacific Nort	8.00m
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**Event 54 W65 Weight Throw****Finals**

1	Kirkpatrick, Yvonne	W68	Northwest Re	10.07m
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**Event 54 M50 Weight Throw****Finals**

1	Pedro Jr., George	M50	Pacific Nort	11.29m
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**Event 54 M60 Weight Throw****Finals**

1	Wymer, Larry	M62	Pacific Nort	7.41m
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**Event 54 M65 Weight Throw****Finals**

1	Zitnik III, Frank	M65	Pacific Nort	11.36m
2	Nykreim, Mike	M69	Pacific Nort	7.44m

**Event 54 M75 Weight Throw****Finals**

1	Meyring, Brad	M75	Pacific Nort	9.77m
2	Rowe, Edward	M79	Northwest Re	6.36m

**Event 56 W60 Super Weight****Finals**

1	Boivin, Erica	W64	Pacific Nort	5.68m
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**Event 56 M65 Super Weight****Finals**

1	Zitnik III, Frank	M65	Pacific Nort	5.17m
2	Nykreim, Mike	M69	Pacific Nort	4.01m