

Hayward Classic Meet Records

Men

100m

M30	Greg Marshall	10.95	
M35	Leon Lincoln	10.80	
M40	John Norton	11.20	1987
M45	Paul Edens	11.20	1986
M50	Stephen Robbins	11.37	1993
M55	Harold Morioka	12.08	1999
M60	Stephen Robbins	12.12	2006
M65	Paul Edens	12.53	2006
M70	Harry Koppel	13.59	1983
M75	Anthony Castro	14.00	1986
M80	Bill Bronson	17.00	2002
M85	Dan Bulkley	19.55	2004

200m

M30	Art Anderson	22.04	1997
M35	Paul Dungan	22.60	1984
M40	Benito Rosales	23.23	1999
M45	Paul Edens	23.20	1986
M50	Stephen Robbins	22.98	1996
M55	Harold Morioka	24.55	1999
M60	Stephen Robbins	24.79	2004
M65	Paul Edens	25.78	2006
M70	James Stookey	27.99	2000
M75	Anthony Castro	30.10	1986
M80	Bill Ballantine	41.89	2007
M85	Dan Bulkley	42.07	2004
M90	Buell Crane	45.75	1990

400m

M30	Curtis Wilson	49.18	1998
M35	Paul Dungan	50.40	
M40	Harold Morioka	51.36	1984
M45	Harold Morioka	51.88	1989
M50	Harold Morioka	51.70	1994
M55	Dave Walter	53.32	2000
M60	Harold Morioka	55.04	2003
M65	Don McMillan	1:03.90	2006
M70	Rodney Brown	1:06.27	1997
M75	Don Cheek	1:10.85	2006
M80	Dan Bulkley	1:22.72	1999
M85	Dan Bulkley	1:39.75	2004
M90	Paul Spangler	2:15.94	1990

800m

M30	Sean McCartin	1:57.00	1994
M35	George Mason	1:57.00	1983
M40	George Cohen	1:56.39	1983
M45	Richard Tucker	2:01.97	1990
M50	Dave Clingan	2:06.53	2005
M55	Ralph Miller	2:11.32	1988
M60	Don McMillian	2:18.37	2001
M65	Dan McCormack	2:30.38	2004

M70	Jim Lytjen	2:32.74	1991
M75	Dan Bulkley	2:52.72	1992
M80	Dan Bulkley	3:26.50	1997
M85	Dan Bulkley	4:33.09	2005
M90	Paul Spangler	5:02.64	1990

1500m

M30	Jim Hebert	4:09.20	
M35	Ed Spinney	4:00.60	1993
M40	Peter Magill	4:05.87	2004
M45	Peter Magill	4:07.58	2006
M50	Reed Miller	4:35.88	1991
M55	Michael Allison	4:43.44	2007
M60	Ralph Miller	4:59.37	1994
M65	Dan Longnecher	5:02.80	
M70	John Keston	5:24.03	1996
M75	John Keston	5:54.50	2001
M80	Dan Bulkley	7:20.62	1997
M90	Paul Spangler	11:30.00	1991

3000m

M30	Jonathon Swanson	8:43.30	2002
M35	John King	9:03.24	2005
M40	Tony Young	8:23.78	2003
M45	Peter Magill	8:37.52	2006
M50	Dan Conway	9:13.28	1990
M55	Ray Hatton	9:37.88	1988
M60	Thom Weddle	10:42.49	2002
M65	Paul Heitzman	10:49.81	1998
M70	John Keston	11:45.44	1995
M75	John Keston	12:22.88	2001
M80	Bob Koch	16:00.06	2007
M90	Paul Spangler	20:46.89	1990

5000

M30	Ken Hunter	14:44.60	1986
M35	Rick Fuller	14:26.57	2002
M40	Frank Duarte	15:26.63	1983
M45	Chuck Coates	15:49.69	2005
M50	Ray Hatton	16:31.50	1984
M55	Herb Phillips	16:59.64	1997
M60	David Pitkethly	18:22.67	1996
M65	John Keston	18:36.38	1994
M70	John Keston	19:26.98	1997
M75	John Keston	21:05.00	2001
M80	Bob Koch	26:22.55	2007
M90	Paul Spangler	45:16.35	1991

10000m

M30	Ed Spinney	32:14.10	1986
M35	David Castle	33:07.43	1991
M40	Paul Raether	32:25.16	1993
M45	Otis Sanders	33:52.72	2005
M50	Ray Hatton	32:29.30	1984
M55	Dave McJunkin	36:23.96	2000
M60	David Pitkethly	38:32.59	1996
M65	John Keston	37:52.75	1993
M70	John Keston	39:31.32	1996
M75	John Keston	41:59.06	2001
M80	Paul Spangler	59:57.00	1983

80m Hurdles

M70	Walter Dahlin	14.56	1991
M75	James Stookey	13.77	2005
M80	Dan Bulkley	17.73	1997

100m Hurdles

M50	Bryan McKinley	14.87	2003
M55	Roger Parnell	16.22	2006
M60	Joe Johnston	16.47	2006
M65	James Stookey	16.68	1998

110m Hurdles

M30	Dennis Simas	15.71	1983
M35	Robert Buhl	16.40	
M40	Dee Dewitt	15.60	1983
M45	Jack Craig	16.00	1997
M50	John Hepner	19.20	1983
M55	Richard Nordquist	18.06	1983
M60	Richard Nordquist	17.60	
M65	Robert Hunt	17.20	
M70	Bert Morrow	21.59	1983

300m Hurdles

M50	Lew Thorne	45.11	1989
M55	Alan Maxwell	56.89	1988
M60	Harold Marioka	47.46	2003
M65	James Stookey	49.61	1998
M70	Walter Dahlin	57.20	1993
M75	James Stookey	54.17	2005
M80	Dan Bulkley	1:04.87	1999

400m Hurdles

M30	Doug Schneebeck	57.07	1994
M35	Doug Schneebeck	57.52	1997
M40	Richard Reinhart	60.04	1993
M45	David Ortman	59.06	1998
M50	Harold Marioka	59.46	1994
M55	Larry Norris	68.78	2002
M70	B.W. "Bud" Deacon	87.57	1983

2000m Steeplechase

M55	Wally Brawner	8:07.46	1999
M60	John Hepner	7:48.99	1994
M65	John Hepner	8:10.29	1997
M70	John Hepner	8:48.85	2002
M75	Dan Bulkley	9:28.78	1993
M80	Dan Bulkley	11:11.20	1997

3000m Steeplechase

M30	Steve Grube	9:28.78	1993
M35	Steven James	9:34.15	1996
M40	Clay Stenberg	9:34.45	1995
M45	Leonard Hill	10:17.46	2002
M50	Leonard Hill	10:10.41	2003
M55	Ken Carmen	11:12.00	1983

1 Mile Run

M30	Dale Londos	4:25.53	1997
M35	David Castle	4:31.18	1990

M40	Kirk Randall	4:23.08	1983
M45	Mike Manley	4:28.02	1988
M50	Dave Clingan	4:43.67	2005
M55	Herb Phillips	4:59.36	1997
M60	Dan McCormack	5:05.56	1999
M65	Paul Heitzman	5:28.77	1997
M70	John Keston	5:51.44	1997
M75	John Keston	6:27.81	2001
M90	Paul Spangler	10:47.71	1990

1 Mile Walk

M40	Robert Frank	7:39.98	1996
M45	Mike Blanchard	7:34.84	2006
M50	Ed Kousky	7:19.32	1995
M55	Ed Kousky	7:16.77	1996
M60	Norman Frable	8:12.66	2007
M65	Jack Bray	8:13.73	2002
M70	Ron MacPike	10:00.98	2003
M75	Joseph Mallon	10:52.60	1996
M80	John Besson, Jr.	11:50.65	1993

2000m Walk

M35	Robert Frank	11:01.47	1992
M40	Stan Chraminski	9:47.72	1991
M45	Charles Monismith	11:45.64	1991
M50	Bob Brewer	10:05.37	1991
M60	Bill Kinder	14:09.20	1992
M65	Dick Bennett	12:17.58	1992
M70	Joseph Mallon	12:12.24	1991

3000m Walk

M30	William Boyd	16:10.90	1989
M35	David McNayr	16:35.53	1988
M40	S.O. Monismith	17:09.20	1989
M45	Marvin Dunn	16:34.00	1989
M60	Bill Kinder	20:09.06	1989
M65	Bryon Krog	19:18.20	1989
M70	G. O'Neal	19:50.20	1989

5000m Walk

M30	John Kerfoot	23:25.60	1991
M35	Edwin Thompson	31:53.18	1990
M40	Bob Novak	25:20.85	1993
M45	Stan Chraminski	25:12.26	1997
M50	Edgar Kousky	24:59.70	1995
M55	Edgar Kousky	24:30.40	1996
M60	Norman Frable	26:59.10	2007
M65	Jack Bray	26:54.98	2002
M70	Ron McPike	32:59.75	2004
M75	Dick Vaughn	34:57.86	2006
M80	John Besson, Jr.	38:29.40	1993

High Jump

M30	Corey Swim	2.03	2001
M35	Mike Franz	1.87	1994
M40	Keith Nelson	1.96	1997
M45	Jerry Cash	1.71	1994
M50	Herm Wyatt	1.81	
M55	Herm Wyatt	1.71	1989

High Jump (Cont.)

M60	Herm Wyatt	1.60	1993
M65	Milton Newton	1.50	2001
M70	Vince Sempronio	1.40	1996
M75	Ray Propst	1.29	2004
M80	Gilbert Young	1.13	2003
M85	Loen Joslin	0.94	1997

Pole Vault

M30	Curtis Heywood	4.90	2000
M35	Stephen Smith	4.91	1988
M40	Ed Lipscomb	4.70	1992
M45	Jerry Cash	4.73	1995
M50	Jerry Cash	4.20	2000
M55	Joe Johnston	3.85	1999
M55	Dennis Phillips	3.85	2006
M60	John Altendorf	4.00	2007
M65	Terry Cannon	3.20	2007
M70	Robert Hewitt	2.80	2005
M75	John Cleveland	2.50	2000
M80	John Cleveland	2.20	2005

Long Jump

M30	B. Sinkbeil	6.79	1989
M35	Randy Kruse	6.71	1989
M40	David Pietka	6.33	1992
M45	Bob Blackburn	5.84	2001
M50	Roger Parnell	5.74	2000
M55	Roger Parnell	5.56	2004
M60	Darwin Grimm	4.86	1994
M65	James Stookey	4.94	1998
M70	James Stookey	4.83	2000
M75	James Stookey	4.49	2005
M80	Leon Joslin	3.17	1992
M85	Dan Bulkley	2.27	2006

Triple Jump

M30	Mike Lariza	14.60	1987
M35	Mike Lariza	13.71	1991
M40	Brian Goushy	13.24	2002
M45	Mike Lariza	13.51	2001
M50	Mike Lariza	12.10	2007
M55	Scott Jackson	9.61	2007
M60	Victor Chaney	9.72	2005
M65	Kermit Walker	9.87	2002
M70	James Stookey	9.93	2000
M75	James Stookey	8.95	2005
M80	Lew Leuhrs	3.80	2001

Shot Put

M30	Tim Fua	16.31	2002
M35	Chuck Chapin	15.54	
M40	Chuck Chapin	16.40	1987
M45	Richard Brown	15.11	1987
M50	Tom Gage	16.21	1995
M55	Joe Keshmiri	15.31	1997
M60	Joe Keshmiri	16.46	1998
M65	Ross Carter	13.66	1983
M70	Gerald Vaughn	15.02	2006
M75	Harvey Lewellen	11.10	2004

M80	Ross Carter	12.27	1994
M85	Ross Carter	10.42	1999
M90	Jim Murray	6.14	2005

Discus

M30	D. Stepens	38.82	
M35	Kevin Carr	51.88	2001
M40	Tim Fox	47.88	1997
M45	Mark Neil	46.34	1998
M50	Tom Fahey	53.04	2001
M55	Tom Fahey	51.32	2004
M60	Tom Gage	51.86	2004
M65	Ladislav Filip	46.84	1995
M70	Grove Bolles	43.34	2004
M75	Harvey Lewellen	41.58	2004
M80	Ross Carter	37.08	1994
M85	Ross Carter	30.81	2000
M90	Buell Crane	20.52	1990

Javelin

M30	Ken Hall	63.42	1996
M35	Corey Swim	64.22	2005
M40	Hamman Stenlund	58.48	1985
M45	Gary Reddaway	53.72	1986
M50	Sam Strickland	53.26	2002
M55	Del Pickarts	50.78	1986
M60	Doug Appel	46.50	2006
M65	Gary Stenlund	56.93	2006
M70	Gary Loosli	36.36	2004
M75	Hal Wallace	30.12	1999
M80	Bill Bronson	29.46	2002
M85	Ross Carter	16.00	2000

New WMA Implements 2000

M50	Paul Mcpherson	51.64	2005
M55	Robert Rice	38.15	2005
M70	Malcolm Russell	38.75	2007
M75	William Platts	37.94	2003
M85	Dan Bulkley	15.90	2005
M90	Jim Murray	13.44	2005

Hammer

M30	Tony Valley	21.05	1987
M35	Pat Healy	48.68	1988
M40	L. Waithe	50.00	1991
M45	Tom Gage	54.70	1991
M50	Tom Gage	61.84	1996
M55	Tom Gage	57.37	1998
M60	Tom Gage	60.44	2004
M65	Bob Ward	48.74	2003
M70	Bob Ward	50.90	2004
M75	Harvey Lewellen	41.30	2004
M80	Leon Joslin	26.34	1993
M85	Leon Joslin	20.95	1999
M90	Jim Murray	15.59	2005

Weight Throw

M30	Bryan Payne	9.90	2004
M35	Mike Curry	12.33	2005

M40	Tim Shannon	14.41	2003
M45	Ray Burton	14.71	2005
M50	Tomas Meyer	18.12	2005
M55	Tom Gage	19.68	2002
M60	Richard Hotchkiss	14.04	2000
M65	Ken Weinbel	12.53	1995
M70	Ken Weinbel	11.77	1998
M75	Jim Minah	8.72	1996
M80	Leon Joslin	7.92	1994
M85	Ross Carter	6.67	2001

New WMA Implements 2001

M60	Tom Gage	22.28	2003
M65	Bob Ward	17.60	2003
M70	Bob Ward	18.36	2006
M75	Harvey Lewellen	15.20	2004
M80	Robert Horsley	13.23	2003
M85	Ross Carter	8.82	2001
M90	Jim Murray	7.70	2005

Super Weight Throw

M30	Bryan Payne	6.15	2004
M35	Mike Curry	7.61	2005
M40	Gary Zasimovich	7.58	1998
M45	Ray Burton	9.00	2005
M50	Tim Edwards	9.37	1998
M55	Tom Gage	9.33	1998
M60	Richard Hotchkiss	8.94	2000
M65	Bob Lawson	8.09	2006
M70	Harry Hawke	11.91	2000
M75	Harvey Lewellen	9.05	2004
M80	Jim Minah #35	5.61	2000
M80	V. Sempronio#25	7.30	2006
M85	Leon Joslin #35	4.82	1998
M60	Hank Konen #44	10.59	2007

4 x 100 Relay

40-49	OTCM (Hughes, Shelley, Maier, Lulich)	52.72	1998
50-59	PNW "A" (Brocato, Lesniak, Jacobson, Lyden)	49.21	2002
60-69	NW reg. A (Tucker, McMillan, Hoffman, Edens)	56.01	2006

4 x 400m Relay

30-39	NWT (Janz, Sherman, Dudsman, Pearce)	4:10.52	2001
40-49	PUHP (Londos, Prather, Whan, Podo)	3:52.51	2005
50-59	Eugene Striders A Team (Russell, Podolski, Widoff, Maier)	4:14.79	2007

4 x 800 Relay

40-44	MITM (Hinton, Pope, Paulk, Young)	7:54.17	2004
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4 x 1500m Relay

40-44	Mighty Micro's "A" Team (Magill, Roman, Paulk, Young)	16:24.12	2003
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4 x Mile Relay

40-49	MITM (Magill, Pope, Hinton, Young)	17:14.31	2004
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4 x 1600m Relay

40-49	No Name Track Club WB (Olds, Assum, Magill, Young)	17:40.63	2002
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Women

100m

W30	P. Farster-Gilkey	12.70	1986
W35	Phil Raschker	11.89	1983
W40	Veronica Amarasekara	12.89	2002
W45	Mary Libal	13.09	1997
W50	Irene Obera	12.80	1986
W55	Brenda Matthews	14.92	2007
W60	Marg Radcliffe	15.40	2003
W65	Josephine Kolda	16.25	
W70	Audrey Lary	15.72	2004
W75	Polly Clarke	17.07	1988
W80	Olga Kotelko	22.00	2002
W85	Olga Kotelko	21.84	2004
W90	Myra Fromme	41.06	1997

200m

W30	P. Farster-Gilkey	26.90	1986
W35	Phil Raschker	24.80	
W40	Jacqueline Board	27.11	1998
W45	Mary Libal	26.74	1997
W50	Irene Obera	27.70	1986
W55	Betty Vosburgh	31.93	1990
W60	Kemisole Solwazi	30.76	2000
W65	Audrey Lary	32.98	1999
W70	Audrey Lary	36.57	2005
W75	Polly Clarke	38.04	1988
W80	Olga Kotelko	49.11	2000
W85	Olga Kotelko	50.44	2004
W90	Myra Fromme	94.03	1998

400m

W30	Catherine Seeley	1:00.67	1988
W35	Phil Raschker	56.73	1983
W40	Mary Libal	59.03	1995
W45	Mary Libal	1:00.17	1996
W50	Mary Libal	1:05.12	2000
W55	Betty Vosburgh	1:14.20	1990

W60	Kemisole Solwazi	1:11.05	2000
W65	Audrey Lary	1:19.75	1999
W70	Suzi MacLeod	1:28.67	2004
W75	Polly Clarke	1:35.70	1988
W85	Ivy Granstrom	2:26.42	1998
W90	Bertha Holt	3:45.62	1996

800m

W30	Pam Pulice	2:18.73	1987
W35	Mary Macauley	2:19.70	2000
W40	Debbie Dove-Eerkes	2:23.76	1997
W45	Jennifer Teppo	2:30.43	2003
W50	Sharlet Gilbert	2:30.87	2002
W55	Rita Kerr	3:02.45	1993
W60	Diane Palmason	3:00.16	2002
W65	Diane Palmason	2:46.12	2003
W70	Suzi MacLeod	3:22.69	2004
W75	Helen Schley	5:13.78	2006
W85	Ivy Granstrom	5:23.19	1998

1500m

W30	Doreen Groshan	4:49.12	1995
W35	Sue Grigsby	4:51.27	1995
W40	D. Dove-Eerkes	4:52.32	1997
W45	Linda Mantynen	5:04.29	1993
W50	Sharlet Gilbert	5:18.37	2002
W55	Pam Turner	5:38.90	2001
W60	M L Michelsohn	6:02.50	2002
W65	Helly Visser	6:21.66	1999
W70	Dawn Russell	7:57.56	1995
W85	Ivy Granstrom	13:06.03	2000

3000m

W30	I. McLoughlin	10:28.36	1990
W35	Terri Lee Busby	10:36.97	1991
W40	Jules Trigueiro	10:44.96	1990
W45	C. AyalaTroncoso	10:06.44	2006
W50	Denise Janneck	12:06.11	2004
W55	Joan Ottaway	11:22.39	2000
W60	Eileen Hotzman	14:11.46	2006
W65	M.L. Michelsohn	11:53.28	2002
W70	Pat Dixon	15:01.41	1990
W85	Ivy Granstrom	24:08.62	1998

5000m

W30	Lorilynn Bloomer	17:00:11	2003
W35	Deanna O'Neil	16:51.20	2001
W40	Linda Martynen	18:42.19	1991
W45	Sharon Downing	17:58.18	2003
W50	Pam Turner	19:46.60	1996
W55	Jeanette Groesz	19:47.30	2007
W60	M.L. Michelsohn	20:22.76	2002
W65	R. Dashwood	25:18.92	1991
W70	June Machala	23:28.76	2003
W75	Helen Lachman	35:37.55	2001
W80	Helen Lachman	43:33.20	2005
W85	Ivy Granstrom	42:50.86	1999

10000m

W30	Jennifer Compton	36:58.72	2002
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W35	C. Cottrell	38:43.38	1986
W40	C. Swanson	41:41.10	1986
W45	Marcella Teran	39:31.22	2001
W50	Sue Cammack	42:28.50	1996
W55	Zel Brook	67:04.34	2006
W60	Suzanne Rodkey	60:58.81	2002
W65	R. Dashwood	50:32.24	1990
W70	June Machala	48:11.29	2003

80m Hurdles

W40	V. Amarasekara	12.70	2002
W50	Becky Sisley	14.70	1991
W55	Becky Sisley	16.22	1995
W60	Becky Sisley	18.10	2003
W65	Barbara Jordan	17.20	2004

100m Hurdles

W30	Pamela Reynolds	17.05	1996
W35	Denise Foreman	15.62	1995

300m Hurdles

W50	Tami Graf	1:12.66	1991
W55	Jeanne Moule	1:22.95	2001
W60	Becky Sisley	1:10.05	2003
W65	Barbara Jordan	1:02.49	2004

400m Hurdles

W30	Kathy Kathman	1:21.65	1985
W35	Denise Foreman	1:07.10	1995
W40	Ruth Callard	1:14.38	1997

2000m Steeplechase

W30	Lisa Nye	6:32.65	2000
W35	Lauriea Blume	8:57.43	2003
W40	Dee Ann Dougherty	7:53.99	2000
W45	Sue Grigsby	8:21.66	2002
W50	Sharlet Gilbert	8:26.95	2002
W55	Jeanne Moule	12:50.37	2001
W60	Laura Stepan	14:01.16	2003

1 Mile Run

W30	Susannah Beck	4:58.05	1998
W35	Erna Kozak	4:55.60	
W40	Carla Hervert	5:35.81	2001
W45	Carla Hervert	5:25.87	2005
W50	Dee Dee Grafius	5:36.10	2002
W55	Jeanette Groesz	5:52.29	2005
W60	M.L. Michelsohn	6:00.11	2002
W65	Diane Palmason	6:21.54	2003
W70	June Machala	7:16.12	2003
W85	Ivy Granstrom	11:54.42	1998

1 Mile Walk

W35	Teresa Aragon	7:56.07	1999
W40	Kelly Murphey-Glenn	8:01.97	2001
W45	Lida Smith	8:57.88	1998
W50	Mary Snyder	8:06.22	2001

W55	Marianne Martino	8:52.53	2006	W30	Paula Leslie	5.03	2002
W60	D. JoAnne Parks	9:27.73	1997	W35	Phil Raschker	5.38	
W65	Margaret Seewerker	11:00.72	2000	W40	V. Amarasekara	5.25	2005
W70	Sarah Warberg	12:16.23	2005	W45	Becky Sisley	3.45	1988
				W50	Irene Obera	4.09	1986
				W55	Betty Vosburgh	3.91	1990

2000m Walk

W35	Daniela Hairabedian	10:43.37	1991	W60	Sandy Anderson	3.54	2003
W40	Sue Laks	11:48.46	1992	W65	Barbara Jordan	3.55	2004
W45	Carolyn Kortge	11:09.85	1991	W70	Audrey Lary	3.76	2004
				W75	Polly Clarke	2.46	1988
				W80	Olga Kotelko	2.13	2002
				W85	Olga Kotelko	2.01	2004

3000m Walk

W30	Judy Suhanek	16:22.10	1989	W30	Kimiko Nakatake	9.48	2001
W35	Donna Houle	17:16.70	1989	W35	Julie Toll	9.02	2001
W40	Carole Langenbach	21:51.50	1989	W40	V. Amarasekara	10.31	2002
W45	Carolyn Kortge	17:38.30	1989	W45	Debbie Brill	9.60	2002
W50	Mary Snyder	27:09.95	2001	W50	Becky Sisley	8.55	1991
W55	Darlene Backlund	31:40.29	2001	W55	Becky Sisley	7.83	1998
W60	Anne Whitaker	38:47.07	2001	W60	Becky Sisley	7.40	2003
W65	Peg Peters	35:55.71	2001	W65	Audrey Lary	7.89	1999
				W70	Audrey Lary	7.96	2005
				W75	Fran Styles	5.06	2004
				W85	Olga Kotelko	4.26	2006

Triple Jump

W30	Kimiko Nakatake	9.48	2001
W35	Julie Toll	9.02	2001
W40	V. Amarasekara	10.31	2002
W45	Debbie Brill	9.60	2002
W50	Becky Sisley	8.55	1991
W55	Becky Sisley	7.83	1998
W60	Becky Sisley	7.40	2003
W65	Audrey Lary	7.89	1999
W70	Audrey Lary	7.96	2005
W75	Fran Styles	5.06	2004
W85	Olga Kotelko	4.26	2006

5000m Walk

W30	Tami Garcia	36:31.00	1998	W30	Sandra Stepp	8.91	
W35	Teresa Aragon	26:33.77	1999	W35	Kathy Gelhausen	11.78	1996
W40	Teresa Aragon	27:06.36	2002	W40	Joan Stratton	11.15	1993
W45	Mary Snyder	27:14.89	2000	W45	Monika Kendall	12.79	2003
W50	Mary Snyder	27:38.14	2002	W50	Monika Kendall	14.59	2007
W55	S. Rademaker	28:48.24	1997	W55	Brenda Matthews	8.54	2007
W60	Bev LaVeck	28:49.35	1997	W60	Sally Polk	8.64	1990
W65	Bev LaVeck	32:33.39	2005	W65	Sherrie Sherrard	9.82	2004
W70	Bev McCall	32:45.06	2006	W70	Audrey Lary	7.08	2004
				W75	Melanie Reske	5.74	1996
				W80	Olga Kotelko	6.09	2002
				W85	Olga Kotelko	5.77	2004

Shot Put

W30	Sandra Stepp	8.91	
W35	Kathy Gelhausen	11.78	1996
W40	Joan Stratton	11.15	1993
W45	Monika Kendall	12.79	2003
W50	Monika Kendall	14.59	2007
W55	Brenda Matthews	8.54	2007
W60	Sally Polk	8.64	1990
W65	Sherrie Sherrard	9.82	2004
W70	Audrey Lary	7.08	2004
W75	Melanie Reske	5.74	1996
W80	Olga Kotelko	6.09	2002
W85	Olga Kotelko	5.77	2004

High Jump

W30	Martha Mendenhall	1.55	1993	W30	Kathy Gelhausen	47.94	1992
W35	Martha Mendenhall	1.58	1998	W35	Kathy Gelhausen	41.10	1996
W40	Martha Mendenhall	1.52	2000	W40	Joan Stratton	34.54	1993
W45	Debbie Brill	1.61	2002	W45	Carol Finsrud	48.74	2002
W50	Becky Sisley	1.34	1991	W50	Mary Jacobson	29.66	2002
W55	Becky Sisley	1.24	1994	W55	Georgia Cutler	21.85	2001
W60	Marg Radcliffe	1.21	2002	W60	Sally Polk	23.30	1990
W65	Sandy Anderson	1.14	2006	W65	Mavis Lorenz	21.79	1993
W70	Barbara Jordan	1.00	2007	W70	Audrey Lary	21.32	2004
W75	F. McLeod-Smith	0.94	2001	W75	Melanie Reske	13.78	1996
W80	Olga Kotelko	0.98	2000	W80	Olga Kotelko	14.74	2002
W85	Olga Kotelko	0.89	2004	W85	Olga Kotelko	14.83	2006

Discus

W30	Kathy Gelhausen	47.94	1992
W35	Kathy Gelhausen	41.10	1996
W40	Joan Stratton	34.54	1993
W45	Carol Finsrud	48.74	2002
W50	Mary Jacobson	29.66	2002
W55	Georgia Cutler	21.85	2001
W60	Sally Polk	23.30	1990
W65	Mavis Lorenz	21.79	1993
W70	Audrey Lary	21.32	2004
W75	Melanie Reske	13.78	1996
W80	Olga Kotelko	14.74	2002
W85	Olga Kotelko	14.83	2006

Pole Vault

W30	Pamela Reynolds	2.70	1996	W30	Laurie Tichnor	30.02	1994
W35	Cathryn Cole-Dow	3.05	1999	W35	Arlene Platt	35.40	1989
W40	Cathy Cole	2.90	2001	W40	Nadine Bowers	37.08	2001
W45	Donna Schultz	2.70	2003	W45	Monika Kendall	38.08	2003
W50	Terri Phillips	2.20	2001	W50	Becky Sisley	34.42	1990
W55	Becky Sisley	2.38	1997	W55	Becky Sisley	32.23	1998
W60	Becky Sisley	2.30	2001				
W65	Becky Sisley	2.20	2007				

Javelin

W30	Laurie Tichnor	30.02	1994
W35	Arlene Platt	35.40	1989
W40	Nadine Bowers	37.08	2001
W45	Monika Kendall	38.08	2003
W50	Becky Sisley	34.42	1990
W55	Becky Sisley	32.23	1998

Long Jump

W60	Marg Radcliffe	33.72	2003
W65	Becky Sisley	28.06	2005
W70	Patricia Osmon	13.07	1999
W75	F. McLeod-Smith	14.33	2001
W80	Olga Kotelko	18.28	2000
W85	Olga Kotelko	18.56	2004

New WMA Implements 2000

W50	Monika Kendall	42.74	2007
W55	Marg Radcliffe	26.58	2001
W60	Marg Radcliffe	28.34	2006
W65	Becky Sisley	22.85	2006

Hammer

W30	Sandra Stepp	31.68	
W35	Sandra Stepp	35.50	1985
W40	Joan Stratton	38.94	1993
W45	Carol Finsrud	42.02	2004
W50	Joyce Taylor	40.88	2003
W55	Joyce Taylor	37.81	2006
W60	Georgia Cutler	34.16	2004
W65	Carol Young	35.93	2005
W70	Patricia Osmon	19.04	1998
W75	Patricia Osmon	17.86	2002
W80	Olga Kotelko	17.82	2000
W85	Olga Kotelko	17.28	2004

Weight Throw

W45	Carol Finsrud	14.59	2004
W50	Joyce Taylor	11.83	2002
W55	Joyce Taylor	11.29	2007
W60	Evelyn Wright	9.15	1999
W65	Audrey Lary	9.10	1999
W70	Patricia Osmon	5.76	1997
W75	Melanie Reske	5.72	2000
W80	Olga Kotelko	7.67	2002

New WMA Implements 2001

W60	Georgia Cutler	12.39	2004
W65	Carol Young	12.29	2005
W70	Audrey Lary	10.56	2006
W75	Milicent Whinston	6.08	2005
W80	Olga Kotelko	7.46	2001
W85	Olga Kotelko	7.68	2004

Super Weight Throw

W45	Carol Finsrud	9.59	2004
W50	Joyce Taylor	8.74	2005
W55	Joyce Taylor	8.12	2007
W60	Georgia Cutler	7.00	2006
W65	Carol Young	6.96	2005
W70	Audrey Lary	6.88	2004
W75	D McLeod-Smith	3.63	2004
W80	D McLeod-Smith	4.09	2006
W85	Olga Kotelko	4.89	2007

4 x 100m Relay

30-39	NWT (Leslie, Dewarder, Mitchell, [unidentified])	54.94	2001
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40-49	OTCM (Rickson, Mitchell, Sisley, Libal)	63.19	1998
50-59	ORAS (MacLeod, Peters, Obadal, Sisley)	80.07	
60-69	OTCM (Rickson, String, Sisley, Pashkin)	79.90	2005

4 x 400m Relay

30-39	Team Oregon (Jones, Sims, Vesey, Jackinsky)	4:53.32	2002
40-49	Running Unlimited (Boon, Steinberg, Wendt, Palmason)	4:58.84	2002

4 x 400m Racewalk Relay

40-49	Racewalkers NW (Mordian, Murphey-Glenn, Vermeer, Aragon)	7:20.63	2002
50-59	Racewalkers NW (Warberg, Whitaker, Lafayette, [unidentified])	7:45.85	2001

Converting from Metric to Feet and Inches

Converting from a metric measurement to feet and inches is a simple calculation. For example, suppose an athlete throws the javelin 50.14 meters. Follow these steps to find the feet and inches equivalent:

- Using a standard calculator, enter the metric measurement of 50.14.
- Multiply that number by 3.28 (3.28 is the conversion factor).
 - You should get a result of 164.4592. That means the throw is greater than 164 feet. From 164.4592, subtract 164.
 - That leaves you with a decimal portion of 1 foot—.4592. The inches are roughly equivalent to 46 percent of 1 foot.
- Multiply .4592 by 12 (for 12 inches) to find the inches.
 - Your result should be 5.5104 inches, which is slightly higher than 5½ inches.
- Round 5.5104 down to the nearest ¼ inch.
 - Your result should be 5½ inches.

Conversion: 50.14 = 164 feet 5½ inches

Suzy Hess, Jerry Wojcik, March 2007