

50 Meter Dash

Age Group	Gender	Name	Time	Result
50-54	WOMEN	Helen Holtz Knecht	00:10.1	GOLD
55-59		Sharon Marine	00:09.1	GOLD
60-64		Carol papenberg	00:10.1	GOLD
85-89		Betty Gaudy	00:15.0	GOLD
50-54	MEN	Glenn Jordan	00:06.8	GOLD
50-54		Craig Helmer	00:07.4	SILVER
55-59		Woody Curtis	00:07.4	GOLD
55-59		Jim Hershbigier	00:07.6	SILVER
60-64		Paul Martin	00:07.4	GOLD
60-64		George Bardwell	00:08.6	SILVER
60-64		Terrance Doyle	00:08.8	BRONZE
65-69		Doug Swenson	00:07.8	GOLD
65-69		John Davis	00:07.9	SILVER
65-69		Gary Thomas	00:08.6	BRONZE
70-74		Dave Kirkpatrick	00:08.8	BOLD
75-79		Dave Thomas	00:08.8	GOLD
75-79		Jim Madonna	00:09.1	SILVER
75-79		Jack Stoterau	00:09.3	BRONZE
80-84		Doug McFetters	00:08.8	GOLD
80-84		Steve Unger	00:10.1	SILVER
80-84		Dave Moore	21:36.0	BRONZE
90-94		Frank Vassett	15:34.0	GOLD

1500 Meter Run

50-54	WOMEN	Helen Holtz Knecht	08:18.0	GOLD
60-64		Marlene Killion	08:20.3	GOLD
85-89		Rose Ellen McCourt	17:05.9	GOLD

55-59	MEN	Michael Maynard	05:27.4	GOLD
65-69		John Ahrens	06:05.2	GOLD
65-69		Jim Hess	06:35.2	SILVER
75-79		Jim Madonna	06:29.7	GOLD
75-79		Larry Wright	06:57.1	SILVER

100 Meter Dash

50-54	WOMEN	Helen Holtz Knecht	00:20.3	GOLD
55-59		Sharon Marine	00:17.5	GOLD
60-64		Carol Papenberg	00:22.0	GOLD
85-89		Betty Gaudy	00:30.1	GOLD
50-54	MEN	Craig Helmer	00:13.6	GOLD
50-54		David DiMassa	00:13.7	SILVER
55-59		Curtis Woody	00:15.5	GOLD
55-59		Jim Hershberger	00:13.9	SILVER
55-59		Michael Lapp	00:14.5	BRONZE
60-64		Paul Martin	00:13.9	GOLD
60-64		Terrence Doyle	00:17.7	SILVER
60-64		Doug Swenson	00:14.6	GOLD
65-69		John Davis	00:15.6	SILVER
65-69		Bob Zawicki	00:16.1	BRONZE
65-69		Gary Thomas	00:17.1	4
70-74		Merv Armstrong	00:16.2	GOLD
70-74		Douglas Kirkpatrick	00:16.3	SILVER
70-74		Dave Doerrer	00:16.7	BRONZE
75-79		Dave Thomas	00:17.7	GOLD
75-79		Jack Stoterau	00:18.1	SILVER
80-84		Steve Unger	00:20.5	GOLD
85-89		Glen Dody	00:21.7	GOLD

800 Meter Run

50-54	WOMEN	Tamara Alegria Dybvig	03:51.6	GOLD
50-54		Helen Holtz Knecht	04:06.2	SILVER
60-64		Marlene Killion	04:10.0	GOLD
85-89		Rose Ellen McCourt	09:09.1	GOLD
65-69	MEN	John Ahrens	03:11.2	GOLD
65-69		Jim Hess	03:20.1	SILVER
70-74		Renold Schilke	03:19.6	GOLD
75-79		Jim Madonna	03:15.6	GOLD
75-79		Larry Wright	03:23.7	SILVER
80-84		Lyle Somnendschein	04:09.6	GOLD

200 M Dash

50-54	WOMEN	Helen Holzknrecht	44.38	GOLD
60-64		Carol Papenberg	28:48.0	GOLD
85-89		Betty Gaudy	01:04.8	GOLD
85-89		Rose Ellen McCourt	2.01.79	SILVER
50-54	MEN	Craig Helmer	19:12.0	GOLD
50-54		David DiMassa	24:00.0	SILVER
55-59		Jim Hershberger	33:36.0	GOLD
55-59		Michael Lapp	16:48.0	SILVER
60-64		Andrew Michnovicz	26:24.0	GOLD
65-69		John Davis	16:48.0	GOLD
70-74		Dave Doerrer	36.87	GOLD
70-74		Douglas Kirkpatrick	28:48.0	SILVER
75-79		Jack Stoterau	16:48.0	GOLD
75-79		Larry Wright	33:36.0	SILVER

80-84		Lyle Somnendschein	02:24.0	1
85-89		Glenn Dody	40:48.0	GOLD

3000 M Run

50-54	WOMEN	Helen Holtz Knecht	17:50.8	GOLD
60-64		Marlene Killion	17:49.9	GOLD
65-69	MEN	Jon Dunean	13:23.9	GOLD
65-69		Jim Hess	14:50.5	SILVER
75-79		Jim Madonna	14:17.3	GOLD
75-79		Larry Wright	15:16.2	SILVER

400 M Dash

50-54	WOMEN	Helen Holtz Knecht	01:56.9	GOLD
55-59		Sharon Marine	01:41.0	GOLD
85-89		Rose Ellen McCourt	04:20.1	GOLD
60-64	MEN	Andrew Michnovicz	01:12.0	GOLD
65-69		John Ahrens	01:19.6	GOLD
75-79		Jim Madonna	01:26.5	GOLD
75-79		Larry Wright	01:33.8	SILVER
75-79		Ralph Scales	02:32.6	BRONZE
80-84		Lyle Somnendschein	01:56.9	GOLD
85-89		Glenn Dody	02:10.1	GOLD

Discus

50-54	WOMEN	Tamara Alegria Dybvig	24.92m	81'9"	GOLD
60-64		Lynn Dow	21.74m	71'4"	GOLD
60-64		Phyllis Ruoho	15.17m	49'9"	SILVER
60-64		Carol Papenberg	12.00m	39'4"	BRONZE

70-74		Ellie Armstrong	15.78m	51'9"	GOLD
80-84		Barbara Brandt	16.58m	54'5"	GOLD
50-54	MEN	Pat Kranking	36.33 M	119'2"	GOLD
50-54		Greg Holden	34.08M	111'9"	SILVER
55-59		Don Danielson	19.82m	65'	GOLD
60-64		Don Schroeder	42.15m	138'3"	GOLD
60-64		Richard Doria	33.10m	108'7"	SILVER
60-64		Doug Endres	30.46m	99'11"	BRONZE
60-64		Bob Sheets	29.17m	95'8"	4
60-64		Steve Hurst	24.08m	79'	5
65-69		Fred Santesteban	23.98m	78'8"	GOLD
70-74		Brian Miller	29.80m	97'9"	GOLD
70-74		Marv Armstrong	28.25m	92'8"	SILVER
70-74		Dick Dow	27.36m	89'7"	BRONZE
70-74		Gary Heisler	22.92m	75'2"	4
75-79		Neil Saling	28.62m	93'11"	GOLD
75-79		William Edwards	24.11m	79'1"	SILVER
75-79		Kare Lid	22.91m	75'4"	BRONZE
75-79		Dave Thomas	21.13m	69'4"	4
80-84		Doug McFetters	23.22m	76'2"	GOLD
85-80		John Fucci	10.33m	33'11"	GOLD
90-94		Frank Vasett	8.24m	27'	GOLD

Shotput

50-54	WOMEN	Tamara Alegria Dybvig	7.98m	26'2"	GOLD
60-64		Phyllis Ruoho	6.92m	22'8"	GOLD
60-64		Carol Papenberg	5.70m	18'8"	SILVER
70-74		Ellie Armstrong	5.26m	17'3"	GOLD
75-79		Cristel Donley	7.27m	23'10"	GOLD
50-54	MEN	Daniel Boomhower	14.14m	46'5"	GOLD

50-54	Greg Holden	11.93m	39'2"	SILVER
55-59	Pat Kranking	10.94m	35'11"	GOLD
55-59	John Ma	9.20m	30'2"	SILVER
60-64	Don Schroeder	9.71m	31'10"	GOLD
60-64	Richard Doria	9.51m	31'2"	SILVER
60-64	Bob Sheet	8.65m	28'5"	BRONZE
60-64	Steve Hurst	8.17m	26'10"	4
65-69	Doug Swenson	9.95m	32'8"	GOLD
65-69	Doug Endres	9.48m	31'1"	SILVER
65-69	Fred Santesteban	8.50m	27'11"	BRONZE
70-74	Brian Miller	10.04m	32'11"	GOLD
70-74	Marc Sokolik	8.90m	29'2"	SILVER
70-74	Gary Heisler	7.79m	25'7"	BRONZE
75-79	Neil Saling	8.91m	29'3"	GOLD
75-79	William Edwards	8.82m	28'11"	SILVER
75-79	Harlan Goudy	8.72m	28'7"	BRONZE
75-79	David Thomas	7.05m	23'2"	4
75-79	Kare Lid	6.64m	21'9"	5
80-84	Jerry Donley	7.59m	24'10"	GOLD
85-89	John Fucci	6.34m	20'10"	GOLD
90-94	Frank Vasett	6.21m	20'4"	GOLD

Triple Jump

55-59 Male	MEN	Curtis Woody	32'10"	10.01m	GOLD
65-69 Male		Bob Zawidski	24'7"	7.49m	GOLD
70-74 Male		Larry Jones	25'8 1/2 "	7.84m	GOLD
70-74 Male		Merv Armstrong	23'2 1/2"	7.07m	SILVER
70-74 Male		Douglas Kirkpatrick	19'10 1/2"	6.06m	BRONZE
75-79		Harlan Goudy	19'11"	6.07m	GOLD

80-84		Lyle Sonnenschein	21'5"	6.53m	GOLD
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Standing Long Jump

50-54	WOMEN	Helen Holzknacht	4'6 1/4"	1.38m	GOLD
55-59	MEN	Curtis Woody	8' 2 1/2"	2.50m	GOLD
55-59		John Ma	7'6 1/2"	2.3m	SILVER
55-59		Don Danielson	7' 3"	2.21m	BRONZE
60-64		George Bardwell	7' 11 1/2"	2.43m	GOLD
70-74		Douglas Kirkpatrick	2' 5'	0.74m	GOLD
75-79		Harlan Goudy	6' 2 1/4"	1.89m	GOLD
75-79		Jim Madonna	5' 9 1/2"	1.77m	SILVER
80-84		Lyle Sonnenschein	6' 7 1/4"	2.01m	GOLD
80-84		Doug McFetters	6' 6"	1.98m	SILVER
80-84		Steve Unger	5' 9 1/2"	1.77m	BRONZE

Running Long Jump

60-64	WOMEN	Phyllis Ruoho	8'7"	2.62m	GOLD
60-64		Carol Papenberg	4'6"	1.37m	SILVER
50-54	MEN	Curtis Woody	17' 5"	5.31m	GOLD
50-54		Dan Danielson	13' 6"	4.11m	SILVER
65-69		Bob Zawidski	13' 2"	4.01m	GOLD
70-74		Larry Jones	13' 10 1/2"	4.23m	GOLD
70-74		Don Isett	13' 3 1/2"	4.05m	SILVER
70-74		Merv Armstrong	12' 2"	3.71m	BRONZE
70-74		Douglas Kirkpatrick	10' 3 1/2"	3.14m	4
75-79		Harlan Goudy	11' 2"	3.40m	GOLD
75-79		Jim Madonna	10' 7"	3.23m	SILVER
80-84		Lyle Sonnenschein	10' 6"	3.20m	GOLD
80-84		Steve Unger	9' 9"	2.97m	SILVER

Pole Vault

50-54	WOMEN	Teresa Lowe	8'	2.44m	GOLD
70-74	MEN	Don Islett	10' 6"	3.20m	GOLD
70-74		Larry Jones	8'	2.44m	SILVER
80-84		Thomas Hinkes	8'	2.44m	GOLD
80-84		Douglas McFetters	7' 6"	2.29m	SILVER

High Jump

60-64	WOMEN	Carol Papenberg	.95m	3'1"	GOLD
75-79		Cristel Donley	1.04m	3'5"	GOLD
55-59	MEN	Curtis Woody	1.40m	4'7"	GOLD
65-69		Gary Thomas	1.25m	4'1"	GOLD
65-69		Bob Zawidski	1.15m	3'9"	SILVER
70-74		Don Isett	1.25m	4'1"	GOLD
70-74		Ron Brinegar	1.15m	3'9"	SILVER
75-79		Harlan Goudy	1.10m*	3'7"	GOLD
75-79		Dave Thomas	1.10m *	3'7"	SILVER
75-79		Kare Lid	1.05m	4'11"	BRONZE
95+		Frank Vasett	2'9"	0.85	GOLD

Javelin

50-54	WOMEN	Tamara Alegria Dybvig	30.12m	98'10"	GOLD
60-64		Phyllis Ruoho	16.09m	52'9"	GOLD
60-64		Carol Papenberg	10.78m	35'4"	SILVER
85-89		Barbara Brandt	17.22m	56'6"	GOLD
55-59	MEN	Tom Adelson	20.19m	66'3"	GOLD
60-64		Richard Doria	29.09m	95'5"	GOLD
60-64		Bob Sheets	25.95m	85'2"	SILVER
60-64		Steve Hurst	20.21m	66'4"	BRONZE

65-69	Doug endes	34.29m	112'6"	GOLD
65-69	Doug Swenson	32.92m	108'	SILVER
65-69	Gary Thomas	32.43m	106'5"	BRONZE
70-74	Merv Armstrong	27.70m	90'11"	GOLD
75-79	Harlan Goudy	16.78m	55'1"	GOLD
85-89	Juhn Fucci	9.58m	31'5"	GOLD
90-95	Frank Vasett	12.04m	39'6"	GOLD

