

USA MASTERS INDOOR



TRACK & FIELD

ALBUQUERQUE NEW MEXICO

CHAMPIONSHIPS

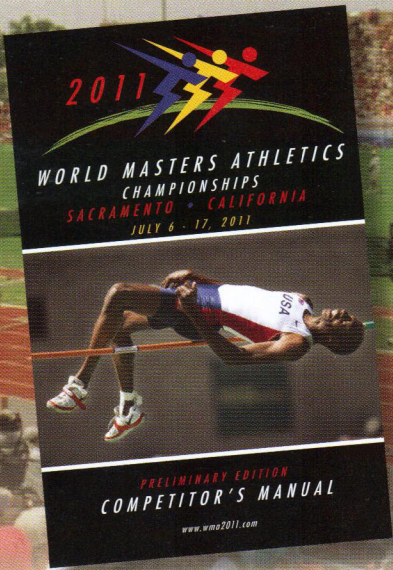
2011

March 4-6, 2011

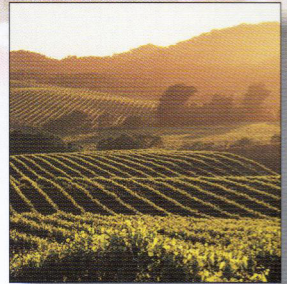
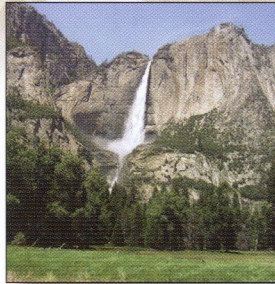
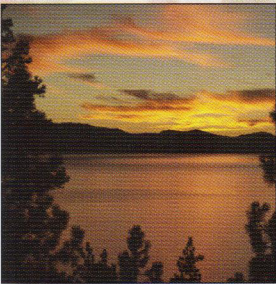


Albuquerque Convention Center

The Race is on!



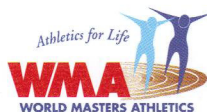
The deadline for entries is April 24th. Don't miss this opportunity to come to California to compete!



Drop by our booth for the latest information on this year's WMA Championships in Sacramento, California.



**SACRAMENTO
SPORTS
COMMISSION**



www.wma2011.com

Welcome to Albuquerque

As Albuquerque's mayor and a former collegiate decathlete, I am proud to welcome the 2011 USA Masters Indoor Track & Field Championships to Albuquerque. Our state-of-the-art Mondo track facilities promise the perfect setting for this event. I hope you enjoy your visit to Albuquerque - prepare to be amazed by our rich culture, unique heritage and wonderful people.



Your journey through Albuquerque can take you in many directions, and no matter what your interests are, the city has much to explore. Our spectacular climate – boasting all four seasons and 310 days of ample sunshine – sets the scene for hiking, biking, skiing or hot air ballooning above our majestic landscape. Enjoy an excellent collection of visual and performing arts, fascinating cultures and spectacular cuisine.

Experience a place where the modern city skyline is set against the backdrop of the ancient cultures of the Southwest. Immerse yourself in Albuquerque and enjoy your time here. We look forward to welcoming you back again soon.

Richard J. Berry
Mayor, City of Albuquerque



Masters athletes,

The New Mexico Association of USATF welcomes you to the Land of Enchantment!

We are excited to have you all here to race on our world class Mondo track for the 2011 USA Masters Indoor Track & Field Championships. I am personally looking forward to watching you break records and have a great time competing in the greatest sport on earth. For a weekend, Albuquerque, NM, will have amassed in one place the fittest and finest masters track and field athletes in America- that is exciting!

The local organizing committee and the volunteers have been working fast and furious around the clock to provide you a track meet to remember. We owe a debt of gratitude for all they have done and will do. We look forward to your comments and feedback.

This is your time, masters. Be healthy, be courageous, be fast!

Shane Cleveland
President



Masters Indoor Track & Field Schedule

Friday, March 4

Pentathlon Final

9:00am	M70-94
9:15am	M60-69
10:45am	M55
12:00pm	M50
12:45pm	M45
2:00pm	M30-44

Track Events

400m Final

2:15pm	W70-89
2:18pm	W65
2:21pm	W60
2:24pm	W55
2:30pm	W50
2:36pm	W45
2:42pm	W40
2:45pm	W30-39
3:15pm	M80-94
3:20pm	M75
3:25pm	M70
3:30pm	M65
3:33pm	M60
3:40pm	M55
3:50pm	M50
4:00pm	M45
4:06pm	M40
4:15pm	M35
4:20pm	M30

3000m Race Walk Final

4:30pm	W30-84
4:55pm	M65-79
5:20pm	M40-64
5:45pm	W50-79
6:05pm	W30-49
6:20pm	M70-99
6:40pm	M60-69
6:55pm	M50-59
7:10pm	M30-49

Field Events

Pole Vault Final

2:30pm	M70-94
5:15pm	W30-84

Weight Throw Final

2:45pm	M70-99
--------	--------

3:45pm	M65
4:45pm	M60

Super Weight Final

5:45pm	M70-99
6:45pm	M65
7:30pm	M60

Saturday, March 5

Track Events

60m 1st Round

9:00am	W55
9:02am	W50
9:07am	W40
9:09am	M75
9:14am	M70
9:19am	M65
9:24am	M60
9:29am	M55
9:34am	M50
9:40am	M45
9:50am	M40

60m Final

10:00am	W75-89
10:03am	W70
10:06am	W65
10:09am	W60
10:12am	W55
10:15am	W50
10:18am	W45
10:21am	W40
10:24am	W35
10:27am	W30
10:30am	M90-99
10:33am	M85
10:36am	M80
10:39am	M75
10:42am	M70
10:45am	M65
10:48am	M60
10:51am	M55
10:54am	M50
10:57am	M45
11:00am	M40
11:03am	M35
11:06am	M30

1 Mile Final

11:40am	W60-79
11:50am	W55
12:00pm	W50-59
12:10pm	W45
12:20pm	W30-44
12:30pm	M70-94
12:39pm	M65
12:50pm	M60
1:00pm	M55
1:10pm	M50
1:25pm	M45
1:35pm	M40
1:45pm	M30-39

4x200m Relay Final

2:00pm	W30-89
2:15pm	M30-89

4x800m Relay Final

3:00pm	W30-89
3:15pm	M30-89

60m Hurdles 1st Round

4:30pm	M55
4:40pm	M50
4:50pm	M40

60m Hurdles Final

5:00pm	W65-79
5:05pm	W60
5:10pm	M80-94
5:15pm	W50-59
5:20pm	M75
5:25pm	M70
5:35pm	W40-49
5:45pm	M65
5:50pm	M60
6:00pm	W30-39
6:10pm	M55
6:15pm	M50
6:25pm	M45
6:30pm	M40
6:35pm	M30-39

Field Events

Long Jump Final

9:00am	M70-79
9:00am	W60-69

Masters Indoor Track & Field Schedule

Shot Put Final

9:00am W75-99
9:30am M80-99

Pole Vault Final

10:00am M60-69
1:00pm M55
4:00pm M30-54

Weight Throw Final

10:00am M50-59
11:45am M40-49
1:00pm M30-39

Shot Put Final

10:30am M70-79
11:30am W60-74
12:45pm W50
1:45pm W45
2:30pm W30-44
3:45pm W55
5:00pm M60-69

Long Jump Final

10:30am W50-59
10:30am W70-8
11:30am W30-49
11:45am M80-99
1:00pm M60
1:00pm M65
2:00pm M55
2:45pm M50
3:30pm M45
4:15pm M40
5:00pm M30-39

High Jump Final

12:00pm M70-79
12:00pm W55-64
2:00pm W65-79
2:00pm M80-99
2:30pm W30-54

Super Weight Final

1:45pm M50-59
3:00pm M45
3:45pm M30-44

Sunday, March 6

Track Events

200m 1st Round

8:00am W60
8:03am W55
8:08am W50
8:13am W45
8:18am W40
8:23am W35
8:28am M75
8:33am M70
8:38am M65
8:43am M60
8:48am M55
9:00am M50
9:10am M45
9:20am M40

800m Final

9:30am W65-89
9:40am W55-64
9:46am W50
9:52am W45
9:57am W40
10:02am W30-39
10:08am M75-99
10:18am M70
10:24am M65
10:30am M60
10:40am M55
10:45am M50
10:55am M45
11:00am M40
11:05am M35
11:10am M30

200m Final

11:20am W75-84
11:24am W70
11:28am W65
11:32am W60
11:36am W55
11:40am W50
11:44am W45
11:48am W40
11:52am W35
11:56am W30
12:00pm M90
12:04pm M85
12:08pm M80

12:12pm M75
12:16pm M70
12:20pm M65
12:24pm M60
12:28pm M55
12:32pm M50
12:36pm M45
12:40pm M40
12:44pm M35
12:48pm M30

4x400 Relay Final

1:00pm W30-89
1:15pm M30-89

Field Events

Triple Jump Final

7:30am M45-54
7:30am M65-74
9:00am M75-99
9:30am W30-44
10:30am W60-79
10:45am M30-44
12:00pm W45-59
12:15pm M60
1:15pm M55

Weight Throw Final

7:30am W30-49
8:45am W50-59
10:00am W60-99

High Jump Final

8:00am M30-44
8:00am M55-64
11:30am M45-54
11:45am M65

Shot Put Final

8:00am M30-39
9:45am M40
10:30am M45
11:30am M50-59

Super Weight Final

11:15am W30-54
12:15pm W55
1:00pm W60-99

Men's American Masters Indoor Track & Field Records

60 Meters

35-39	6.98	Mitchell Lovett (36), MA 1998
40-44	6.90	Aaron Thigpen(41), MA 2006
45-49	7.02	Stan Whitley(45), 1991
45-49	7.02	Aaron Thigpen(45), CAN 2010
50-54	7.13	Val Barnwell(51), MD 2009
55-59	7.34	Bill Collins(55), AUT 2006
60-64	7.72	Paul Edens(62), CO 2004
65-69	8.04	Stephen Robbins(66), MD 2009
70-74	8.20	Bobby Whilden(70), MA 2006
75-79	8.67	Melvin Larsen(75), MA 2000
80-84	9.27	Melvin Larsen(80), ID 2005
85-89	9.81	Roderick Parker(86), ID 2005
90-94	11.63	Ralph Maxwell(90), MA 2010
95-99	15.21	Leland McPhie(96), MA 2010
100-104	27.29	Evertt Hosack(100), MA 2002

200 Meters

35-39	22.02	Sean Maye(35), ID 2005
40-44	22.19	Bill Collins(44), NV 1995
45-49	22.57	Bill Collins(48)1999
50-54	22.99	Bill Collins(52), MA 2003
55-59	23.36	Bill Collins(55), AUT 2006
60-64	24.85	Charles Allie(62), MA 2010
65-69	25.47	Donald Neidig(65), MA 2010
70-74	27.11	Bobby Whilden(70), MA 2006
75-79	29.57	Melvin Larsen(75), MA 2000
80-84	31.23	Harry Brown(80), MA 2010
85-89	35.17	Roderick Parker(86), ID 2005
90-94	42.10	Bob Matteson(90), MA 2007
95-99	66.78	Everett Hosack(95), 1997
100-104	2:22.81	Everett Hosack(100), OH 2002

400 Meters

35-39	48.58	Mitchell Lovett(36), MA 1998
40-44	49.62	Ray Blackwell(42), MA 2001
45-49	49.89	Fred Sowerby(45), 1994
50-54	52.78	Bill Collins(50), MA 2001
55-59	53.20	Charles Allie(56), NY 2004
60-64	55.91	Donald Neidig(60), ID 2005
65-69	59.01	Donald Neidig(65), MA 2010
70-74	61.35	Bob Lida(70), MA 2007
75-79	69.10	Harry Brown(75), ID 2005
80-84	75.58	Roderick Parker(80), MA 1999
85-89	85.14	Roderick Parker(85), MA 2004
90-94	1:48.71	Bob Matteson(90), MA 2007

800 Meters

35-39	1:49.79	Johnny Gray(35), 1996
40-44	1:48.81	Johnny Gray(40), GA 2001
45-49	1:56.29	Anselm Lebourne(45), NY 2005
50-54	1:59.99	Steve Gallegos(50), ID 2005
55-59	2:07.05	Horace Grant(57), MA 2010
60-64	2:14.75	Sidney Howard(60), 1999
65-69	2:19.4	Sidney Howard(65), NY 2004
70-74	2:33.36	Sidney Howard(70), MD 2009
75-79	2:44.24	James Sutton(75), PA 2007

80-84	3:07.66	Joseph King (81), MA 2008
85-89	3:46.96	Vincent Malizia(85), MA 2000
90-94	4:19.97	Orville Rogers(90), MA 2008

One Mile

35-39	3:56.34	Bernard Lagat(35), NY 2010
40-44	4:11.00	Bill Stewart(40), 1983
45-49	4:20.18	John Hinton(45), NY 2008
50-54	4:26.75	Nolan Shaheed(52), NY 2002
55-59	4:42.89	Nolan Shaheed(56), MA 2006
60-64	4:57.06	Nolan Shaheed(60), NY 2010
65-69	5:11.43	Frank Condon(65), MA 2008
70-74	5:32.4	Scotty Carter(70), 1987
75-79	6:22.06	James Sutton(75), PA 2007
80-84	6:48.02	John Keston(80), ID 2005
85-89	8:33.11	Vincent Malizia(85), MA 2000
90-94	9:56.58	Orville Rogers(90), MA 2008

3000 Meters

35-39	7:37.97	Bernard Lagat(35), 2010
40-44	8:20.96	Brian Pope(42), MA 2005
45-49	8:39.74	Craig Fram(45), MA 2005
50-54	8:54.73	Nolan Shaheed(51), MA 2001
55-59	9:10.27	Nolan Shaheed(57), MA 2007
60-64	9:55.03	Nolan Shaheed(60), MA 2010
65-69	10:29.75	Doug Goodhue(66), MA 2008
70-74	11:09.53	Lloyd Slocum(70), MA 2003
75-79	12:52.22	Paul Heitzman(75), MA 2006
80-84	13:30.77	John Keston(80), ID 2005
85-89	18:46.90	Roy Englert(85), MA 2008
90-94	21:52.38	Orville Rogers(92), MA 2010

60 Meter Hurdles

35-39	7.56	Greg Foster(35), 1994
40-44	8.09	Derek Pye(42), MA 2010
45-49	8.22	Dexter McCloud(45), AUT 2006
50-54	8.47	Walt Butler(51), 1993
55-59	8.63	Courtland Gray(55), 1999
60-64	8.85	Courtland Gray(60), DEU 2004
65-69	9.17	Ty Brown(65), MA 2010
70-74	9.89	James Stookey(70), MA 2000
75-79	10.09	Melvin Larsen(76), IA 2001
80-84	11.10	Melvin Larsen(80), ID 2005
85-89	15.10	Ralph Maxwell(88), MA 2008
90-94	15.84	Ralph Maxwell(90), MA 2010

3000 Meter Race Walk

35-39	11:29.87	Jonathan Matthews(37), MA 1994
40-44	12:25.9	Ray Funkhouser(42), NJ 1993
45-49	12:38.71	Don DeNoon(49) Hillside, IL 1993
50-54	12:34.9	Don DeNoon(50), IL 1994
55-59	13:09.0	Don DeNoon(55), IL 1999
60-64	14:20.64	Chris Schmid, MA 2010
65-69	15:30.50	Paul Johnson, MA 2003
70-74	16:07.46	Jack Bray(70), MA 2003

75-79 17:12.80 Jack Bray(75), MA 2008
 80-84 20:08.03 Jack Starr(81), MA 2010
 85-89 23:11.86 Charles Boyle(86), MA
 85-89 22:26.55(p) Charles Boyle(85), MD 2009

High Jump

35-39 2.14 m (7'0¼") Jim Barrineau(37),
1993
 40-44 2.10 m (6'10¾") Dwight Stones(40),
MO 1994
 45-49 2.04 m (6'8¼") Dennis Lewis(47), MI
2006
 50-54 1.93 m (6'4") Bruce McBarnette(50),
PA 2008
 55-59 1.73 m (5'8") Milan Jamrich(56), MA
2007
 60-64 1.66 m (5'5¼") David Montieth(60), PA
2006
 65-69 1.62 m (5'3¾") Jim Gilcrist(65), 1993
 70-74 1.45 m (4'9") Tom Langenfeld(71), WI
2007
 75-79 1.34 m (4'4¾") Bill Wambach(75), MA
2001
 75-79 1.34 m (4'4¾") Doug Spainhower(75),
MA 2010
 80-84 1.22 m (4'0") Ray Propst(80), CO
2009
 85-89 1.09 m (3'6¾") Ralph Maxwell(87),
MA 2007
 90-94 1.06 m (3'5¾") Leland McPhie(91), ID
2005
 95-99 0.96 m (3'1¾") Leland McPhie(95),
MD 2009

Pole Vault

35-39 5.88 m (19'3½") Jeff Harwig(36), AR
2004
 40-44 5.36 m (17'7") Patrick Manson(40),
NV 2008
 45-49 5.14 m (16'10¼") Paul Babits(47), IN
2008
 50-54 4.72 m (15'5¾") Gary Hunter(51), IN
2007
 55-59 4.13 m (13'6½") Kirk Bentz(55), MA
2010
 60-64 4.05 m (13'3½") John Altendorf(63),
CAN 2010
 65-69 3.42 m (11'2½") Jerry Donley(65), NV
1995
 70-74 3.23 m (10'7") Terry Cannon(70), WA
2008
 75-79 2.90 m (9'6¼") Bud Held(78), MA
2006
 80-84 2.75 m (9'0¼") William Bell(80), MA
2002
 85-89 2.44 m (8'0") William Bell(85), MA
2007
 90-94 1.82 m (5'11½") Donald Pellmann(90),
CO 2005

Long Jump

35-39 7.07 m (23'2½") Gregory Foster(39),
MA 2001
 40-44 7.03 m (23'0¾") Stan Whitley(40),
1986
 45-49 6.69 m (21'11½") Aaron Sampson(46),
MA 2008
 50-54 6.31 m (20'8½") Shirley Davisson(50),
1980
 55-59 5.87 m (19'3¼") Boo Morcom(55),
1977
 60-64 5.58 m (18'3¾") Dick Richards(62),
MA 1997
 65-69 5.31 m (17'5¼") Melvin Larsen(66),
1991
 65-69 5.31 m (17'5¼") Dick Richards(66),
CO 2001
 70-74 5.05 m (16'7") Melvin Larsen(70), NV
1995
 75-79 4.44 m (14'6¾") Robert Hewitt(75), WI
2009
 80-84 4.01 m (13'2") Edwin Lukens(80), MA
2002
 85-89 3.26 m (10'8½") Edwin Lukens(86),
MA 2008
 90-94 3.15 m (10'4") Max Springer(90), MA
2004
 95-99 1.92 m (6'3¾") Leland McPhie(95),
MD 2009

Triple Jump

35-39 15.05 m(49'4½") Gregory Foster(39)
Boston, MA 2001-Mar-25
 40-44 16.08 m(52'9¼") Ray Kimble(40)
1988-Mar-12
 45-49 14.82 m(48'7½") Milan Tiff(46) Reno, NV
1995-Feb-26
 50-54 13.26 m(43'6") Dave Quick(50) Reno,
NV 2006-Jan-28
 55-59 11.37 m(37'3¾") Frank Struna(58)
2000-Jan-28
 60-64 11.06 m(36'3½") Edwin Lukens(63)
1985-Mar-24
 65-69 10.86 m(35'7¾") Tom Patsalis(66)
Madison, WI 1987-Mar-29
 70-74 9.97 m(32'8½") Edwin Lukens(70)
1993-Mar-19
 75-79 9.63 m(31'7¼") Robert Hewitt(75)
Landover, MD 2009-Mar-22
 80-84 8.65 m(28'4½") Edwin Lukens(81)
Boston, MA 2003-Mar-30
 85-89 7.24 m(23'9") Edwin Lukens(86) Boston,
MA 2008-Mar-30
 90-94 6.02 m(19'9") Ralph Maxwell(90) Boston,
MA 2010-Mar-28
 95-99 3.81 m(12'6") Leland McPhie(95)
Landover, MD 2009-Mar-22

Shot Put (35-49: 16 #; 50-59: 6 kg; 60-69: 5 kg; 70+: 4kg)

35-39	16.78 m	(55'0¾")	Richard Harrison(38), MD 2009
40-44	20.07 m	(65'10¼")	Brian Oldfield(40), 1986
45-49	16.43 m	(53'11")	Robert Otrando(45), 2002
50-54	16.65 m	(54'7½")	Ron Summers(51), MA 2004
55-59	15.74 m	(51'7¾")	Joe Keshmiri(56, NV 1995
60-64	15.77 m	(51'9")	Joe Keshmiri(60), MA 1998
65-69	14.98 m	(49'1¼")	Glen Johnson(67), SC 2006
70-74	15.39 m	(50'6")	Gerald Vaughn(70), CO 2006
75-79	12.42 m	(40'9")	Bob Ward(75), MD 2009
80-84	11.45 m	(37'6¾")	Ross Carter(80), NV 1995
85-89	9.68 m	(31'9¼")	Ross Carter(85), MA 1999
90-94	7.34 m	(24'1")	Leland McPhie(93), MA 2007
95-99	6.90 m	(22'7¾")	Leland McPhie(95), MD 2009
100-104	3.66 m	(12'0¼")	Everett Hosack(100), OH 2002

Weight Throw (35-39: 35 #; 50-59: 25#; 60-69: 20#; 70-79: 16#; 80+ 12#)

35-39	23.86 m	(78'3")	Lance Deal(38), 2000
40-44	22.52 m	(73'10")	Ed Burke(43), 1984
45-49	19.58 m	(64'3")	Harold Connolly(45), 1977
50-54	21.03 m	(69'0")	Jim Wetenhall(51), MI 2006
55-59	19.79 m	(64'11")	Jim Wetenhall(55), CAN 2010
60-64	22.82 m	(74'10")	Tom Gage(60), MA 2004
65-69	19.33 m	(63'5")	George Mathews(65), WA 2009
70-74	19.64 m	(64'5")	Bob Ward(71), ID 2005
75-79	16.85 m	(55'3")	Bob Ward(75), MD 2009
80-84	13.91 m	(45'7")	Robert Horsley(80), MA 2002
85-89	10.14 m	(33'3")	David Schlothauer(85), MA 2003
90-94	10.03 m	(32'11")	David Schlothauer(90), MA 2008
95-99	7.11 m	(23'4")	Trent Lane(96), LA 2007
100-104	5.10 m	(16'8")	Everett Hosack(100), MA 2002

Super Weight (35-59: 56#; 60-69: 44#; 70-79: 35#; 80+ 25#)

35-39	12.76 m	(41'10")	Ken Jansson(38), NC 1996
40-44	10.88 m	(35'8")	Dave Vandergriff(40), NC 1996
45-49	11.10 m	(36'5")	Jim Wetenhall(49), MA 2004
50-54	10.93 m	(35'10")	Tom Gage(51), NV 1995
55-59	10.55 m	(34'7")	Jim Wetenhall(55), MI 2010
60-64	10.40 m	(34'1")	George Mathews(63), MA 2007
65-69	10.51 m	(34'5")	George Mathews(65), MD 2009
70-74	10.61 m	(34'9")	Bob Ward(72), MA 2006
75-79	10.38 m	(34'0")	Bob Ward(75), MD 2009
80-84	7.94 m	(26'0")	Val McGann(80), MA 2008
85-89	6.01 m	(19'8")	Richard Mulkern(85), MA 2010
90-94	5.88 m	(19'3")	David Schlothauer(90), MA 2008
95-99	4.26 m	(13'11")	Trent Lane(96), LA 2007
100-104	2.21 m	(7'3")	Everett Hosack(100), MA 2002

Pentathlon

35-39	3535 pts.	Kevin Bosma(38), MA 2007
40-44	3977 pts.	Greg Foster(42), DEU 2004
45-49	3979 pts.	Christopher Bates(45), CAN 2010
50-54	4256 pts.	John Hartfield(51), NC 1996
55-59	4384 pts.	Bill Murray(55), MD 2009
60-64	4145 pts.	Emil Pawlik(60), MA 1999
65-69	4454 pts.	Emil Pawlik(66), ID 2005
70-74	4314 pts.	Emil Pawlik(70), MD 2009
75-79	4437 pts.	Robert Hewitt(75), MD 2009
80-84	3537 pts.	Denver Smith(80), MA 2006
85-89	3626 pts.	Ralph Maxwell(88), MA 2008
90-94	4594 pts.	Ralph Maxwell(90), MA 2010

(p) = pending

Women's American Masters Indoor Track & Field Records

60 Meters

35-39	7.86	Alethea Morris(37), NY 2002
40-44	7.78	Renee Henderson(43), FRA 2008
45-49	7.89	Renee Henderson(45), MD 2010
50-54	8.05	Phil Raschker(50), GBR 1997
55-59	8.59	Phil Raschker(55), MA 2002
60-64	8.87	Phil Raschker(60), MA 2007
65-69	9.03	Nadine O'Connor(65), MA 2007
70-74	9.21	Kathy Bergen(70), MA 2010
75-79	10.97	Audrey Lary(75), MA 2010
80-84	11.52	Mary Bowermaster(82), MA 2000
90-94	31.20	Grace Foster(94), VA 2009

200 Meters

35-39	25.04	Alethea Morris(35), MA 2000
40-44	25.34	Renee Henderson(43), FRA 2008
45-49	25.47	Renee Henderson(45), MA 2010
50-54	26.52	Phil Raschker(50), GBR 1997
55-59	27.81	Phil Raschker(56), MA 2003
60-64	28.94	Phil Raschker(60), MA 2007
65-69	30.63	Nadine O'Connor(65), MA 2007
70-74	32.31	Kathy Bergen(70), MA 2010
75-79	39.16	Audrey Lary(75), MA 2010
80-84	48.09	Patricia Peterson(80), NH 2007
85-89	1:05.34	Carol Peebles(85), WI 2007

400 Meters

35-39	56.66	Alethea Morris(35), MA
40-44	57.40	Lesia Batiste(41), MA 2003
45-49	60.59	Renee Henderson(45), MA 2010
50-54	62.82	Jacqueline Board(50), MA 2004
55-59	67.39	Carolyn Cappetta(59), NV 1995
60-64	68.34	Phil Raschker(61), MA 2008
65-69	71.89	Carolyn Cappetta(65), MA 2001
70-74	82.21	Jeanne Daprano(71), FRA 2008
75-79	87.58	Audrey Lary(75), MA 2010
80-84	2:03.81	Sumi Onodera-Leonard(80), MD 2009
85-89	2:30.53	Carol Peebles(85), WI 2007

800 Meters

35-39	2:06.62	Alisa Harvey(39), VA 2005
40-44	2:05.75	Alisa Harvey(42), MA 2008
45-49	2:20.99	Lesley Chaplin Swann(48), AUT 2006
50-54	2:26.69	Kathryn Martin(53), ID 2005
55-59	2:31.73	Kathryn Martin(55), MA 2007
60-64	2:44.22	Carolyn Cappetta(61), MA 1996
65-69	2:52.49	Marie Michelsohn(65), MA 2007
70-74	3:09.74	Jeanne Daprano(72), MD 2009
75-79	3:46.79	Louise Adams(75), MA 1997
80-84	4:59.60	Sumi Onodera-Leonard(80), MD 2009

One Mile

35-39	4:48.52	Alisa Harvey(39), VA 2005
40-44	4:47.26	Alisa Harvey(41), VA 2007
45-49	5:04.73	Joan Nesbit Mabe(45), NC 2007
50-54	5:08.65	Monica Joyce(51), MI 2010
55-59	5:19.87	Kathryn Martin(55), NY 2007
60-64	6:02.49	Marie Michelsohn(61), MA 2003
65-69	6:16.26	Marie Michelsohn(65), MA 2007
70-74	7:04.15	Jeanne Daprano(70), MA 2007
75-79	8:26.79	Louise Adams(75), MA 1997
80-84	10:54.48	Gerry Davidson(84), ID 2005

3000 Meters

35-39	9:34.08	Leslie Lehane(35), MA 1998
40-44	9:51.60	Jody Hawkins(43), TX 2010
45-49	10:02.55	Joan Samuelson(46), MA 2003
50-54	10:22.68	Joan Samuelson(51), MD 2009
55-59	10:35.76	Kathryn Martin(55), MA 2007
60-64	11:49.41	Marie Michelsohn(62), NY 2004
65-69	12:03.78	Marie Michelsohn(65), MA 2007
70-74	14:07.09	Toshiko d'Elia(71), NY 2001
75-79	15:43.66	Louise Adams(75), MA 1997

60 Meter Hurdles

35-39	8.96	Charlene Landrum(36), MA 2001
40-44	9.08	Joy Upshaw-Margerum(44), ID 2005
45-49	9.09	Joy Upshaw-Margerum(47), FRA 2008
50-54	9.38	Phil Raschker(50), IL 1997
55-59	9.84	Phil Raschker(56), MA 2003
60-64	10.04	Phil Raschker(60), MA 2007
65-69	11.03	Nadine O'Connor(66), AZ 2009
70-74	12.83	Christel Donley(70), ID 2005
75-79	13.70	Flo Meiler(75), MA 2010

3000 Meter Race Walk

35-39	12:36.76	Joanne Dow(39), NY 2004
40-44	12:45.05	Joanne Dow(41), MA 2006
40-44	12:44.89	(p) Joanne Dow(41), MA 2006
45-49	13:08.40	Teresa Vaill(45), MA 2008
50-54	15:04.35	Gayle Johnson(52), WI 2001
55-59	16:22.41	Gayle Johnson(55), MO 2004
60-64	17:15.24	Elton Richardson, NY 2000
65-69	17:46.25	Ruth Eberle, IL 1997
70-74	19:08.86	Shirley Dockstader, MA 2003
75-79	20:50.00	Kate Marrs, MA 2004
80-84	23:08.58	Mirian Gordon(80), MA 2006
85-89	27:11.02	Fan Benno-Caris, MA 2004

High Jump

35-39	1.84 m	(6'0½") Karol Ann Rovelto(36), IA 2006
40-44	1.66 m	(5'5¼") Patricia Porter(43), AUT 2006
45-49	1.58 m	(5'2¼") Phil Raschker(48), NV 1995
50-54	1.53 m	(5'0¼") Phil Raschker(50), MA 1997
55-59	1.46 m	(4'9½") Phil Raschker(56), MA 2003
60-64	1.38 m	(4'6¼") Phil Raschker(61), FRA 2008
65-69	1.31 m	(4'3½") Kathy Bergen(66), MA 2006
70-74	1.29 m	(4'2¾") Kathy Bergen(70), CO 2010
75-79	1.12 m	(3'8") Leonore McDaniels(75), MA 2003
80-84	0.94 m	(3'1") Johnnye Valien(80), MA 2006

Pole Vault

35-39	4.61 m	(15'1½") Stacy Dragila(37), NY 2009
40-44	3.50 m	(11'5¾") Brenda Bumgardner(43), CO 2010
45-49	3.31 m	(10'10¼") Phil Raschker(49), MA 1996
50-54	3.11 m	(10'2½") Donna Schultz(50), WA 2008
55-59	2.92 m	(9'7") Kay Glynn(55), MA 2008
60-64	3.01 m	(9'10½") Nadine O'Connor(63), CO 2006
65-69	2.90 m	(9'6¼") Nadine O'Connor(67), MD 2009
70-74	2.11 m	(6'11") Flo Meiler(72), NH 2007
75-79	1.88 m	(6'2") Flo Meiler(75), MA 2010
80-84	1.40 m	(4'7") Johnnye Valien(80), AUT 2006

Long Jump

35-39	6.16 m	(20'2½") Willye White(36), 1975
40-44	5.61 m	(18'5") Phil Raschker(40), WI 1987
45-49	5.75 m	(18'10½") Phil Raschker(47), IL 1994
50-54	5.00 m	(16'5") Phil Raschker(50), GBR 1997
55-59	4.79 m	(15'8¾") Phil Raschker(55), MA 2002
60-64	4.44 m	(14'6¾") Phil Raschker(62), WI 2009
65-69	4.16 m	(13'7¾") Nadine O'Connor(65), MA 2007
70-74	3.60 m	(11'9¾") Audrey Lary(70), ID 2005
75-79	3.10 m	(10'2") Mary Holland(76), MA 2000

80-84	2.49 m	(8'2") Mary Bowermaster(82), MA 2000
-------	--------	--------------------------------------

Triple Jump		
35-39	11.07 m	(36'4") Regina Richardson(39), MA 2004
40-44	11.80 m	(38'8¾") Regina Richardson(40), NC 2005
45-49	10.82 m	(35'6") Phil Raschker(45), CO 1993
50-54	10.49 m	(34'5") Phil Raschker(50), MA 1997
55-59	9.33 m	(30'7½") Phil Raschker(55), MA 2002
60-64	9.11 m	(29'10¾") Phil Raschker(61), FRA 2008
65-69	8.12 m	(26'7¾") Audrey Lary(65), 2000
70-74	7.90 m	(25'11") Audrey Lary(70), ID 2005
75-79	6.47 m	(21'2¾") Leonore McDaniels(75), MA 2003
80-84	5.57 m	(18'3¼") Johnnye Valien(80), MA 2006

Shot Put(35-49: 4kg; 50+: 3kg)

35-39	12.91 m	(42'4¼") Oneithea Lewis(39), 2000
40-44	14.68 m	(48'2") Oneithea Lewis(42), NY 2003
45-49	13.17 m	(43'2½") Oneithea Lewis(45), NY 2005
50-54	12.66 m	(41'6½") Joanne Grissom(51), 1990
55-59	11.88 m	(38'11¾") Joanne Grissom(55), 1994
60-64	11.16 m	(36'7½") Joanne Grissom(61), 2000
65-69	9.17 m	(30'1") Mary Roman(65), NJ 2001
70-74	8.25 m	(27'0¾") Mary Roman(73), NH 2009
75-79	7.16 m	(23'6") Christel Donley(75), MA 2010
80-84	6.30 m	(20'8") Mary Bowermaster(82), MA 2000
85-89	4.47 m	(14'8") Betty Jarvis(85), MA 2001
90-94	3.77 m	(12'4½") Betty Jarvis(91), MA 2007

Weight Throw(35-49: 20#; 50-59: 16#; 60+: 12#)

35-39	13.63 m	(44'8") Oneithea Lewis(39), MA 2000
40-44	17.12 m	(56'2") Oneithea Lewis(42), MA 2003
45-49	16.28 m	(53'5") Oneithea Lewis(47), MA 2008
50-54	15.42 m	(50'7") Vanessa Hilliard(54), NC 1996
55-59	14.99 m	(49'2") Vanessa Hilliard(55), MA 1997

60-64	16.64 m	(54'7") Myrle Mensey(60), WI 2009
65-69	13.72 m	(45'0") Carol Young(68), NH 2008
70-74	12.30 m	(40'4") Carol Young(70), MA 2010
75-79	9.39 m	(30'9") Gloria Krug(76), MD 2008
80-84	6.45 m	(21'2") Margaret Hinton(80), MA 2002
85-89	7.82 m	(25'8") Betty Jarvis(88), MA 2004
90-94	5.45 m	(17'10") Betty Jarvis(91), MA 2007

Super Weight Throw (35-59: 35#; 60-69: 25#; 70+: 20#)

35-39	8.11 m	(26'7") Sarah Boslaugh(39), NC 1996
40-44	10.79 m	(35'4") Oneithea Lewis(42), MA 2003
45-49	10.52 m	(34'6") Oneithea Lewis(48), MD 2009
50-54	11.42 m	(37'5") Vanessa Hilliard(53), NC 1995
55-59	11.21 m	(36'9") Vanessa Hilliard(55), MA 1997
60-64	9.21 m	(30'2") Myrle Mensey(60), MD 2009
65-69	8.10 m	(26'7") Carol Young(68), MA 2008
70-74	8.99 m	(29'6") Carol Young(70), MA 2010
75-79	6.99 m	(22'11") Audrey Lary(75), MD 2010
80-84	4.08 m	(13'4") Margaret Hinto(81), MA 2003
90-94	3.67 m	(12'0") Betty Jarvis(93), MD 2009

Pentathlon

35-39	1072 pts.	Terri Lowe(36), MA 2006
40-44	3222 pts.	Irene Thompson(44), MA 1999
45-49	4028 pts.	Phil Raschker(49), NC 1996
50-54	4155 pts.	Phil Raschker(53), MA 2000
55-59	4739 pts.	Phil Raschker(56), MA 2003
60-64	4844 pts.	Phil Raschker(60), MA 2007
65-69	3516 pts.	Barbara Jordan(68), MA 2004
70-74	4196 pts.	Christel Donley(72), MA 2007
75-79	3960 pts.	Johnnye Valien(75), MA 2001

(p) = pending

Things to Do in Albuquerque

Some of our favorite Albuquerque activities include:

- Explore our **19 museums**
- Immerse yourself in culture at the **Indian Pueblo Cultural Center** and the **National Hispanic Cultural Center** – enjoy special performing arts and cultural performances
- Gaze at stunning views of the city from **Sandia Peak Aerial Tramway**, which climbs to the 10,378-foot peak of the **Sandia Mountains**
- Relax high-desert style at one of our **spas**
- Enjoy family fun with kids at an **amusement or nature center**
- Immerse yourself in the city with a **guided tour**
- Savor the flavors of New Mexico at a **cooking school, winery or brewery**
- Check out the vibrant **casinos** and **nightlife** scene

With 310 days of sunshine a year, Albuquerque is the perfect place to revel in the great outdoors:

- Take a **hot-air balloon** flight
- Stroll through our **zoos** and **nature centers**
- Tee off at world-class year-round **golf courses**
- Try **mountain biking** in the Sandia Mountains
- Hike among dormant volcanoes and ancient etchings at **Petroglyph National Monument**
- **Horseback ride** along the Rio Grande or try a **float down the river**
- **Hit the slopes** with excellent skiing and snowboarding
- Cycle down the **trails of the bosque** – the largest forested area in a metro area and alongside our river

Visit www.ItsATrip.org/activities for more!

USA Track & Field Masters Committee

Chairman:	Gary Snyder
Vice Chair:	Robert Thomas
Secretary:	Jeff Brower
Treasurer:	Carroll DeWeese
Games Committee Chair:	Jim Flanik

2011 USA Masters Indoor Championship Committee

Competition:

Meet Directors:	Rich Ceronie and Rick Miller
Officials Coordinators:	Bert Garcia and Jimmy Butler
Volunteer Coordinator:	Angie Jepsen
Awards Coordinators:	Laurie Sabik and Karen Browning
Hy-Tek Seeding:	Sandy Pashkin (Masters Committee)
Track Referee:	Laurie Boemker
Field Event Referee:	Kim Haynes

USATFNM:

Shane Cleveland
Javier Ramos
Arlena Dickerson
David Lopez

Albuquerque Convention & Visitors Bureau Sports Marketing:

Dan Ballou
Laura Bowerman
Denise Suttle

Masters Track & Field Awards

Masters Athlete of the Year: Oneithea "Neni" Lewis (W50)

Masters Male Athlete of the Year: Ralph Maxwell (M90), Nolan Shaheed (M60)

David Pain Distinguished Service Award: Leslie (Jim) Weed

Masters Track & Field Age Division Athletes of the Year

Women Ages 30–59: Lisa Daley (40), Rita Hanscom (56), Renee Henderson (45), Kay Glynn (57), Kathy Martin (59), Lisa Valle (44)

Women Ages 60–79: Kathy Bergen (70), Christel Donley (75), Audrey Lary (75), Flo Meiler (76), Phil Raschker (63), Carol Young (70)

Women Ages 80+: Betty Jarvis (95), Sumi Onodera-Leonard (80), Johnnye Valien (80)

Men Ages 30–59: Nick Berra (41), David Bickel (40), Richard Burns (55), Bill Collins (55), Michael Waller (52), Jim Wetenhall (56)

Men Ages 60–79: Charlie Allie (63), John Altendorf (63), Tyrone Brown (65), Edward Burke (70), Ray Feick (78), Donald Neidig (65)

Men Ages 80+: Harvey Lewellen (81), Leland McPhie (95), Orville Rogers (90)

Masters Long Distance Running Awards

Male Athlete of the Year: Doug Winn

Female Athlete of the Year: Linda Somers Smith

Masters LDR Athlete of the Year: Linda Somers Smith

Otto Essig Award Contributor to Masters LDR: Lee Ann Meyer

Paul Spangler Award: Henry Sypniewski

Masters Age Division Athletes of the Year

M40 Tracy Lokken, W40 Stephanie Herbst Lucke

M45 Mbarak Hussein, W45 Linda Somers Smith

M50 John Tuttle, W50 Joan Samuelson

M55 Reno Stirrat, W55 Kathryn Martin

M60 Doug Winn, W60 Sabra Harvey and Nancy Rollins

M65 Doug Goodhue, W65 Sharon Dolan

M70 Bill Riley, W70 Barbara Miller

M75 Ray Parella, W75 Lois Gilmore

M80 Jerry Johncock, W80 Margretta Lutz

M85 Lou Lodovico

M90 Henry Sypniewski, W90 Evelyn Tripp

Mountain Men Masters Athlete of the Year: Tim Van Orden

Mountain Women Masters Athlete of the Year: Nicole Hunt

Ultra Men Masters Athlete of the Year: Scott Dunlap

Ultra Women Masters Athlete of the Year: Meghan Arbogast

Friends of the National Masters Indoor Championships

USATFNM acknowledges the generous support of the Friends of the Meet. Contributions help ensure the quality of these Championships and futures masters competitions.

PLATINUM

Alfrederick Joyner, Orville Rogers, William Shelton

GOLD

Michael Barry, Robert Bayless, Roger Conboy, Tim Edwards, Roy Englert, William Hosken, Frederick Johnston, Mary Trotto, Joe Wilcox, Robert Whilden, Michael Wolfe

SILVER

Howard Booth, Neal Dahlen, Yoko Eichel, Archie Glaspy, John Gersh, Adam Goldstein, Courtland Gray, Andrew Hogue, William Jankovich, Gail Johns-Rees, Ross Jones, Ralph Maxwell, Troy Nelson, Greg Retzer, Stephen Robbins, Heather Scanlon, Douglas Spencer, Richard Watson

BRONZE

Herbert Acord, Robert Arello, Jeanne Bowman, William Fain, Ray Franks, Mark Herman, Gene Iwen, Betty Jarvis, William Murray, Patricia Porter, Mary Roman, Maryline Roux, Luther Simmons, Jay Smith, Val Smith, Johnny Speed, Tucker Taft, Jonathan Tetherly, Gerald Vaughn, Robert Weiner, Albert Williams

SUPPORTER

Matthew Duncan, Gathern Jones, Paul Lehmkuhl, Bob Osterhoudt, Ed Parr, Joseph Sumrell, Rhona Trott, Larry Vollmer, Carol Young

USA Track and Field New Mexico

USATF New Mexico (USATFNM) is tasked, by USA Track & Field (USATF) to encourage, improve and promote the sport of Track and Field in the State of New Mexico, to protect and promote the mutual interests of its approximately 1,100 members, and to conduct and award amateur Track and Field Championships in the State of New Mexico.

USATFNM conducts Championships in Youth, Open, and Masters Athletics consisting of Track and Field, Road Running, Cross Country Running, Trail Running and Race Walking.

USATFNM has approximately 35 member clubs and 1,100 members. Members reside in all four corners of New Mexico with the largest concentration in the Albuquerque metro area. Members range in age from 6 to 90 year old athletes.

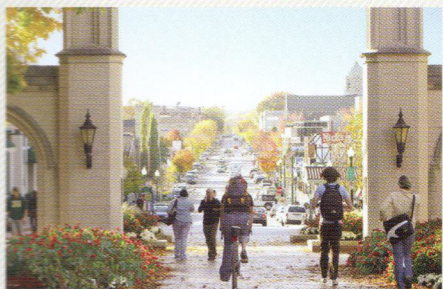
USATFNM has conducted the following National Championships:

1. USATF Junior Olympic Cross Country Championships 1994 and 2003
2. USATF Indoor Championships 2010-2012
3. USATF Masters Indoor Championships 2011
4. USATFNM will play host to the USATF JO Cross Country Championships 2012

For more information visit www.USATFNM.org

2012 USA MASTER'S INDOOR CHAMPIONSHIPS MARCH 16-18

BLOOMINGTON, INDIANA



GLADSTEIN FIELDHOUSE

- ★ HOME OF THE FIRST IAAF WORLD CHAMPIONSHIP INDOOR TRACK
- ★ MULTIPLE WORLD RECORDS
- ★ 11 BIG TEN CHAMPIONSHIP MEET RECORDS





*Given the longevity of the
different cultures here, perhaps you
should plan to extend your stay.*

Visit our website for ideas on things to do,
places to eat and adventures to seek.

Explore our calendar of events, download coupons and browse deals.

Get the very most out of your trip to Albuquerque:

www.ItsATrip.org

ALBUQUERQUE
IT'S A TRIP®