



Southern California Indoor Meet . . . Outdoors

Sunday, February 21, 2010

Mater Dei High School, Santa Ana

60m Heat 1	1.4 M/S	Race Photo				Age Group	Place
1	April	Jace	F	35	8.84		1
2	Chris	Stone	F	55	9.44		2T
3	Linda	Cohn	F	57	9.44		2T
4	Alyson	Ford	F	45	10.09		1
5	Lillie	Ponder	F	60	10.28		1
6	Trace	Richardson	F	40	10.30		1
60m Heat 2	1.8 M/S	Race Photo					
1	Ron	Muranaka	M	66	9.78		1
2	Dan	Girling	M	65	9.92		2
3	Fred	Neidermeyer	M	69	10.15		3
4	Frank	Kishi	M	78	11.09		1
60m Heat 3	2.7 M/S	Race Photo					
1	Thad	Wilson	M	59	8.09		1
2	Rita	Hanscom	F	55	8.83		1
3	Steve	Melendez	M	60	8.94		1
4	Bill	Courtney	M	59	9.00		2
5	Ken	Stone	M	55	9.31		4

60m Heat 4

1.8M/S

[Race Photo](#)

1	Paul	Centonze	M	52	8.05	1
2	Philip	Hill	M	53	8.49	2
3	Rodney	Johnson	M	51	8.94	3
4	Joe	de la Puente	M	53	9.33	4

60m Heat 5

2.7M/S

[Race Photo](#)

1	Dedrick	Joseph	M	40	7.66	1
2	Randy	Thompson	M	40	7.78	2
3	Joe	Ols	M	46	8.47	1
4	Corey	Cook	M	37	8.75	1
5	Curtis	Desilets	M	45	9.16	2

100m Heat 1

3.2M/S

[Race Photo](#)

1	April	Jace	F	35	14.10	1
2	Corey	Cook	M	37	14.10	1
3	Bob	McAlpine	M	70	16.91	1
4	Trace	Richardson	F	42	17.49	1

100m Heat 2

3.8M/S

[Race Photo](#)

1	Andrew	Hecker	M	55	13.94	1
2	Rodney	Johnson	M	51	14.17	1
3	Bill	Courtney	M	59	14.59	2
4	Joe	de la Puente	M	53	14.90	2
5	Dean	Coffman	M	55	16.18	3
6	Ron	Muranaka	M	66	16.21	1
7	Frank	Kishi	M	78	17.98	1

200m Heat 1

NWIM/S

[Race Photo](#)

1	April	Jace	F	35	31.61	1
2	Alyson	Ford	F	45	32.30	1
3	Lillie	Ponder	F	49	34.32	2
4	Trace	Richardson	F	42	49.18	2

200m Heat 2

3.0M/S

[Race Photo](#)

1	Ron	Muranaka	M	66	34.50	1
2	Robert	McAlpine	M	70	34.52	1
3	Dan	Girling	M	65	36.25	2
4	Frank	Kishi	M	78	40.54	1

200m Heat 3

3.2M/S

[Race Photo](#)

1	Greg	Pizza	M	56	26.13	1
2	Bill	Fitzpatrick	M	59	27.64	2
3	Steve	Kloch	M	58	27.77	3
4	Steve	Melendez	M	60	30.07	1
5	Andrew	Hecker	M	55	30.28	4
6	Ken	Stone	M	55	31.12	5
7	T	Mike	M	55	31.61	6

200m Heat 4

4.7M/S

[Race Photo](#)

1	James	Chinn	M	51	24.56	1
2	Paul	Centonze	M	52	26.00	2
3	Philip	Hill	M	53	27.06	3
4	Rob	Duncanson	M	54	27.83	4
5	Rodney	Johnson	M	51	29.93	5
6	Joe	de la Puente	M	53	31.76	6

200m Heat 5

3.4 M/S

[Race Photo](#)

1	Keith	Chambers	M	31	24.44	1
2	Randy	Thompson	M	40	25.73	1
3	Corey	Cook	M	37	32.52	1
4	Dedrick	Joseph	M	40	DNF	
5	Joe	Ols	M	46	DNF	0

400m Heat 1

[Race Photo](#)

1	April	Jace	F	35	1:12.71	1
2	Alyson	Ford	F	45	1:14.78	1
3	Lillie	Ponder	F	49	1:22.32	1

400m Heat 2

[Race Photo](#)

1	Rob	Duncanson	M	54	1:01.35	1
2	Bill	Fitzpatrick	M	59	1:04.06	1
3	Steve	Kloch	M	58	1:05.85	2
4	T	Mike	M	52	1:07.40	2
5	Corey	Cook	M	37	1:14.18	1
6	Jim	Crandall	M	64	1:14.92	1
7	Robert	McAlpine	M	70	1:18.68	1

Mile

[Race Photo](#)

1	Barry	Givens	M	36	4:46.86	1
2	Adam	Weiner	M	50	5:04.10	1
3	Mark	Sarno	M	48	5:24.22	1
4	Dave	Cook	M	52	5:25.96	2
5	Siri	Kristjansson	F	36	5:44.37	1
6	Will	Hemmings	M	53	5:48.96	3
7	Jan	Tefft	F	51	6:17.46	1

3000m

[Race Photo](#)

1	Barry	Givens	M	36	9:38.54	1
2	Juan	Ramirez	M	38	9:39.35	2
3	Adam	Weiner	M	50	10:20.75	1
4	Mark	Cleary	M	51	10:53.77	2
5	Rob	Duncanson	M	54	10:59.16	3
6	Michael	Becker	M	51	11:02.16	4
7	Mark	Sarno	M	48	11:03.78	1
8	Leonel	Guitierrez	M	54	11:52.13	5
9	Enrique	Rodriguez	M	50	12:23.16	6
10	Debbie	Lee	F	53	12:23.76	1
11	Jan	Tefft	F	51	12:28.71	2

60m Hurdles

1.6M/S

[Race Photo](#)

1	Fred	Niedermeyer	M	69	12.74	1
2	Bill	Knocke	M	70	DNF	1

60m Hurdles Heat 2

1.8M/S

[Race Photo](#)

1	Derek	Pye	M	42	8.47	1
2	Andrew	Hecker	M	55	11.70	1
3	Thad	Wilson	M	59	12.03DQ	2

60m Hurdles Pent

3.8M/S

[Race Photo](#)

1	Mahmoud	Niroumand	M	52	9.66	1
2	Joe	Ols	M	46	10.37	1
3	Andrew	Hecker	M	55	11.39	1

1000m Pent

M/S

[Race Photo](#)

1	Joe	Ols	M	46	3:42.21	1
2	Mahmoud	Niroumand	M	52	3:56.93	1

Long Jump

Mahmoud	Niroumand	M	52	5.20	+1.5	1
Randy	Thompson	M	40	5.02	+2.8 (4.89 +0.4)	1
Joe	Ols	M	46	4.72	+2.9 (4.58 +1.2)	1
Rita	Hanscom	F	55	4.70	+3.4 (4.49 +1.7)	1
Bill	Fitzpatrick	M	59	4.58	+2.8 (4.54 +0.2)	1
Rick	Censullo	M	57	4.51	+1.7	2
Rob	Duncanson	M	54	4.41	+0.8	2
Linda	Cohn	F	57	4.06	-0.4	1
Dean	Coffman	M	55	3.54	+1.6	3
Curtis	Desilits	M	45	3.59	+1.9	2

Triple Jump

Mahmoud	Niroumand	M	52	11.13	+1.7	1
Donald	Watson	M	55	10.52	+0.2	1
Madjid	Niroumand	M	38	10.03	+1.9	1
Dedrick	Joseph	M	40	9.90	+0.0	1
Joe	Ols	M	46	9.17	+2.3 (8.86 +1.6)	1
Linda	Cohn	F	57	8.65	+1.7	1

High Jump

Willie	Banks	M	53	1.80	1
Mahmoud	Niroumand	M	52	1.55	2
Joe	Ols	M	46	1.55	1
Don	Watson	M	55	1.50	1
Dedrick	Joseph	M	40	1.45	1
James	Goodreau	M	64	1.45	1
Rita	Hanscom	F	55	1.30	1

	Karen	Vaughn	F 51	1.0	1
Weight Throw					

	Tom	Meyer	M 58	15.53	1
	Bill	Deiter	M 62	13.67	1
	Linn	Dunton	F 53	8.53	1
	Joe	Ols	M 46	8.02	

Shot Put

	Bill	Dieter	M 62	12.34	1
	Gerald	Althouse	M 57	11.66	1
	Linn	Dunton	F 53	10.80	1
	Wayne	Tweddell	M 55	10.71	2
	Joe	Ols	M 46	10.42	1
	Dedrick	Joseph	M 40	9.89	1
	Mahmoud	Niroumand	M 52	9.77	1
	Linda	Cohn	F 57	9.66	1
	Bob	Richardson	M 63	9.65	2
	Rita	Hanscom	F 55	9.53	1
	Robert	Morris	M 60	9.51	3
	Steve	Hill	M 48	9.09	2
	Karen	Vaughn	F 52	8.81	2
	Rodney	Johnson	M 51	8.49	2
	Bill	Courtney	M 59	8.38	3
	Dean	Coffman	M 55	6.79	4
	Ann	Hill	F 46	6.47	1
	Christine	Stone	F 55	5.09	2

Discus

	Robert	Morris	M 60	39.80	1
	Bill	Dieter	M 62	35.86	2
	Gerald	Althouse	M 57	33.73	1
	Wayne	Tweddell	M 55	32.57	2
	James	Barry	M 49	31.09	1
	Bob	Richardson	M 63	30.16	1
	Joe	Ols	M 46	27.27	1
	Linda	Cohn	F 57	26.07	1
	Linn	Dunton	F 53	25.25	1
	Rita	Hanscom	F 55	24.42	2
	Christine	Stone	F 55	13.32	3
	Karen	Vaughn	F 52	13.15	2

Pentathlon

	60H	LJ	SP	HJ	1000	Total
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Mahmoud Niroumand M52	9.66	5.20	9.77	1.55	3:56.93	
	8.30	6.70	11.67	1.94	3:20.90	
Points	908	743	586	749	474	3460
Joe Ols M46	10.37	4.72	10.42	1.55	3:42.21	
	8.90	5.63	11.84	1.82	3:18.70	
Points	768	508	597	644	493	3010