

SHR1

**Subject: Indoor Meet - Outdoor
Meet Records (Includes non-SCA-association athletes)**

Attached is the Meet Records Courtesy of Jeffery Davison and SHR1:

Typically this meet is held every February every year.

**Any updates, suggestions, or questions please contact:
Jeffery (Jeff) Davison jeff@shr1.org
business address of SHR1 is:
44-100 Jefferson Street, Suite D-403-331, Indio, California 92201**

**A "mini series" book on this meet will be available in the future.
Book to include meet records, a brief history of the meet, and much more.
See: <https://shr1.org/> for details.**

MEET RECORDS (FIRST DRAFT)

nwi = no
wind
indicator

Jan 6, 2024

Mark

Year

Indoor Meet - Outdoor (Includes non-SCA-association athletes)

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Age	Event	Name	Mark	Year	Wind
M25	60m	Spencer Graziano	7.31	2016	1.9
M25	200m	Tade Touain	25.22	2013	0.7
M25	400m	Anteo Quiroz	1:00.48	2013	
M25	800m	Anteo Quiroz	3:11.32	2013	
M25	1500m				
M25	3000m				
M25	Mile				
M25	60m H				
M25	RW Mile				
M25	RW 1500m				
M25	RW 3000m				
M25	HJ				
M25	LJ	Stephen Lyles	5.18	2015	<1.5>
M25	PV				
M25	TJ				
M25	SP				
M25	WT				
M25	SWT				
M25	Pent				
M25	Relays				
M30	60m	Paul Pratt	7.15	2016	1.9
M30	200m	Evan Dixon	23.60	2015	0.9
M30	400m	Terrance Spann	50.86	2007	
M30	800m	Nate Underwood	2:12.68	2018	
M30	1500m				
M30	3000m	Leonel Baca	10:15.96	2011	
M30	Mile	Nate Underwood	5:18.97	2018	
M30	60m H				
M30	RW Mile				
M30	RW 1500m				
M30	RW 3000m				
M30	HJ				
M30	LJ	Leonidas Watson	7.28	2013	1.5
M30	PV				
M30	TJ	Keinan Briggs	14.13	2016	0.1
M30	SP	Mike Rainis	15.84	2009	
M30	WT	Brian Meus	10.45	2009	
M30	SWT				
M30	Pent				
M30	Relays				
M35	60m	Hugo Estrada	7.63	2007	1.7

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Age	Event	Name	Mark	Year	Wind
M35	200m	Paul Dixon	23.31	2015	0.9
M35	400m	Keith Chambers	54.13	2016	
M35	800m	Jon Colletti	2:06.72	2009	
M35	1500m				
M35	3000m	Juan Ramirez	9:15.7h	2008	
M35	Mile	Barry Givens	4:45.35	2011	
M35	60m H	Mike Kuoppomaki	8.68	2015	1.2
M35	RW Mile				
M35	RW 1500m				
M35	RW 3000m				
M35	HJ	Mike Kuoppomaki	1.75	2015	
M35	LJ	Mike Kuoppomaki	6.28	2015	<1.4>
M35	PV	Pete Brooks	4.36	2006	
M35	TJ	Madjid Niroumand	10.03	2010	1.9
M35	TJ	Jadel Gregorio (Brazil)	15.33	2016	1.4
M35	SP	Mike Rainis	14.12	2014 & 2017	
M35	WT	Troy Nelson	11.58	2009	
M35	SWT				
M35	Pent	Mike Kuoppomaki	3332	2015	
M35	Relays				
M40	60m	Michael Harvey	7.33	2019	1.8
M40	200m	Andre Freeman	23.38	2007	1.9
M40	400m	Edvard Mangasar	52.87	2020	
M40	800m	Robert Gates	2:10.43	2009	
M40	1500m	Barry Givens	4:36.61	2016	
M40	3000m	Philip Gonzalez	9:16.03	2018	
M40	Mile	Juan Ramirez	4:50.50	2013	
M40	60m H	Derek Pye	8.22	2011	1.3
M40	RW Mile				
M40	RW 1500m				
M40	RW 3000m				
M40	HJ	Ron Lee	1.75	2006	
M40	LJ	Derek Pye	5.96	2012	---
M40	PV	Bernie Miller	3.96	2006	
M40	TJ	Lavell Davenport	12.82	2006	---
M40	SP	Mike Rainis	13.10	2019	
M40	WT	Troy Nelson	11.96	2012	
M40	SWT				
M40	Pent				
M40	Relays				
M45	60m	Derek Pye	7.30	2016	1.8
M45	200m	Willie Gault	22.08	2006	1.0

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Age	Event	Name	Mark	Year	Wind
M45	400m	James Chinn	52.86	2006	
M45	800m	Angel Roman	2:17.09	2008	
M45	1500m				
M45	3000m	Angel Roman	9:45.5h	2008	
M45	Mile	Matt Armbruster	4:55.96	2009	
M45	60m H	Willie Gault	8.22	2006	1.9
M45	RW Mile				
M45	RW 1500m				
M45	RW 3000m	Gerard Deegan	19:57.53+	2018	
M45	HJ	Anthony Pollard	1.70	2012	
M45	LJ	Anthony Pollard	5.47	2012	---
M45	PV	Tim McIntyre	4.41	2006	
M45	TJ	Mahmoud Niroumand	10.58	2007	---
M45	SP	Anthony Pollard	12.44	2012	
M45	WT	Doug Parsons	15.29	2007	
M45	SWT				
M45	Pent	Kerry Sloan	3149	2008	
M45	Pent	Joe Ols	3010	2010	
M45	Relays				
M50	60m	Tony Clemons	7.75	2020	---
M50	200m	Michael Sullivan	24.64	2015	0.9
M50	400m	James Chinn	55.98	2013	
M50	800m	Robert Rose	2:15.0h	2020	
M50	800m	M Roberts	2:07.87	2016	
M50	1500m				
M50	3000m	John Araujo	10:20.62	2009	
M50	Mile	Rob Duncanson	5:02.99	2009	
M50	60m H	Derek Pye	8.43	2022	1.7
M50	RW Mile				
M50	RW 1500m				
M50	RW 3000m	Gerard Deegan	17:50h	2020	
M50	HJ	Willie Banks	1.80	2010	
M50	LJ	John Kuechle	5.24	2006	---
M50	PV	Charles Brown	4.41	2007	
M50	TJ	Mahmoud Niroumand	11.13	2010	1.5
M50	SP	Greg Holden	12.69	2012	
M50	WT	Arvil Hampton	13.08	2012	
M50	SWT				
M50	Pent	Mahmoud Niroumand	3460	2010	
M50	Relays				
M55	60m	Rob Foster	7.75	2020	---
M55	200m	James Chinn	25.13	2014	1.3

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Age	Event	Name	Mark	Year	Wind
M55	400m	James Chinn	57.44	2014	
M55	800m	Rodney Garratt	2:23.8h	2020	
M55	1500m				
M55	3000m	Brian Nelson	10:00.65	2013	
M55	Mile	Jeff Salzman	5:34.56	2009	
M55	60m H	Thad Wilson	9.20	2009	1.4
M55	RW Mile				
M55	RW 1500m	George Papacalos	11:18.02	2019	
M55	RW 3000m	Art Morrow	19:37.53	2022	
M55	HJ	Donald Watson	1.65	2011	
M55	LJ	Donald Watson	5.19	2011	0.8
M55	PV	Tim McIntyre	4.00	2016	
M55	TJ	Donald Watson	10.83	2012	---
M55	SP	Greg Holden	13.08	2014	
M55	WT	Tom Meyer	17.10	2011	
M55	SWT	Kenneth Swenson	6.04	2020	
M55	Pent	John Allaire	2523	2017	
M55	Relays				
M60	60m	Rob Foster	8.09	2022	2.0
M60	200m	Joe Rugless	26.38	2014	1.5
M60	400m	James Chinn	1:00.4h	2020	
M60	800m	Michael Lebold	2:25.3h	2020	
M60	1500m				
M60	3000m	Nolan Shaheed	9:57.46	2012	
M60	Mile	Michael Lebold	5:29.9h	2020	
M60	60m H	Thad Wilson	9.49	2014	1.4
M60	RW Mile				
M60	RW 1500m				
M60	RW 3000m	Tucker Brugh	18:49.2h	2020	
M60	HJ	Mahmoud Niroumand	1.53	2020	
M60	LJ	Jim Stevens	5.85	2012	---
M60	PV	Kirk Bentz	3.65	2015	
M60	TJ	Greg Mimm	10.14	2011	---
M60	SP	Quenton Torbert	14.82	2014	
M60	WT	Tom Meyer	16.96	2016	
M60	SWT	Bill Deeter	7.10	2012	
M60	Pent	Mahmoud Niroumand	3546	2020	
M60	Relays				
M65	60m	Joe Rugless	7.96	2019	0.7
M65	200m	Eugene Driver	27.89	2020	1.3
M65	400m	Michael Washington	1:09.77	2013	
M65	800m	Kenneth Hammer	2:33.30	2022	

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Age	Event	Name	Mark	Year	Wind
M65	1500m				
M65	3000m	Bob Morris	13:35.28	2022	
M65	Mile	Bob Morris	6:37.12	2020	
M65	60m H	Thad Wilson	9.82	2018	1.1
M65	RW Mile				
M65	RW 1500m				
M65	RW 3000m	Stephen Wennerst	21:47.06	2018	
M65	HJ	James Goodreau	1.48	2014	
M65	LJ	Thad Wilson	4.52	2017	0.1
M65	PV	John Steinman	2.89	2006	
M65	TJ	Greg Mimm	9.27	2016	1.6
M65	SP	Robert Richardson	11.18	2013	
M65	WT	John Goldhammer	18.54	2020	
M65	SWT	Richard Watson	7.00	2020	
M65	Pent	James Malin	2324	2020	
M65	Relays				
M70	60m	Thad Wilson	8.65	2022	0.9
M70	200m	Steven Bowles	29.48	2014	<0.1>
M70	400m	Mike DeSteffano	1:06.77	2012	
M70	800m				
M70	1500m				
M70	3000m				
M70	Mile	Tom Dilday	6:55.16	2009	
M70	60m H	Thad Wilson	10.12	2022	1.4
M70	RW Mile				
M70	RW 1500m				
M70	RW 3000m	Richard Campbell	18:15h	2020	
M70	HJ	Dave Perry	1.45	2011	
M70	LJ	Thad Wilson	4.36	2022	0.6
M70	PV				
M70	TJ	John Tomaschke	8.60	2022	0.8
M70	SP	Henry Ross	12.52	2006	
M70	WT	Larry Hart	21.27	2018	
M70	SWT	George Mathews	8.56	2020	
M70	Pent	Monte Gast	2520	2018	
M70	Relays				
M75	60m	Dick Richards	9.24	2012	---
M75	200m	Karl Thorpe	34.44	2016	1.5
M75	400m	James Selby	1:22.11	2007	
M75	800m	James Selby	3:56.60	2007	
M75	1500m				
M75	3000m				

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Age	Event	Name	Mark	Year	Wind
M75	Mile	Gunnar Linde	7:22.04	2008	
M75	60m H	Bert Bergen	14.07	2013	1.3
M75	RW Mile				
M75	RW 1500m				
M75	RW 3000m	Richard Campbell	20:09.75	2022	
M75	HJ	Bert Bergen	1.25	2017	
		James Goodreau, Richard			
M75	HJ	Campbell, Otis Burrell	1.25	2022	
M75	LJ	Bert Bergen	3.54	2013	1.9
M75	PV	Doug McFetters	2.30	2009	
M75	TJ	Bert Bergen	6.92	2013	1.7
M75	TJ	Carl Flowers	7.xx	2022	---
M75	SP	Arnie Gaynor	12.39	2007	
M75	WT				
M75	SWT				
M75	Pent				
M75	Relays				
M80	60m	Frank Strouse	9.54	2022	0.9
M80	200m	Frank Strouse	32.62	2022	0.1
M80	400m				
M80	800m				
M80	1500m				
M80	3000m				
M80	Mile	Gunnar Linde	7:17.40	2009	
M80	60m H				
M80	RW Mile				
M80	RW 1500m				
M80	RW 3000m				
M80	HJ				
M80	LJ	Richard Johnson	1.23	2019	0.0
M80	PV				
M80	TJ				
M80	SP	Arnie Gaynor	13.42	2009	
M80	WT	Arnie Gaynor	13.94	2009	
M80	SWT	Richard Johnson	5.88	2020	
M80	Pent				
M80	Relays				
M85	60m	Tom Patsalis	11.67	2007	1.6
M85	200m	Phil Billings	48.23	2014	<0.1>
M85	400m				
M85	800m				

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Age	Event	Name	Mark	Year	Wind
M85	1500m				
M85	3000m				
M85	Mile	Gunnar Linde	8:13.49	2014	
M85	60m H				
M85	RW Mile				
M85	RW 1500m				
M85	RW 3000m	Bill Moreman	22:18.14	2016	
M85	HJ				
M85	LJ	Tom Patsalis	2.66	2007	---
M85	PV				
M85	TJ	Tom Patsalis	6.55	2007	1.1
M85	SP	Joe Durrenberger	7.84	2020	
M85	WT	Bob Messersmith	10.08	2020	
M85	SWT	Joe Durrenberger	5.88	2020	
M85	Pent				
M85	Relays				
M90	60m				
M90	200m				
M90	400m				
M90	800m				
M90	1500m				
M90	3000m				
M90	Mile	Gunnar Linde	9:42.99	2019	
M90	60m H				
M90	RW Mile				
M90	RW 1500m				
M90	RW 3000m				
M90	HJ				
M90	LJ				
M90	PV				
M90	TJ				
M90	SP				
M90	WT				
M90	SWT				
M90	Pent				
M90	Relays				
M95					

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Age	Event	Name	Mark	Year	Wind
W25	60m				
W25	200m				
W25	400m				
W25	800m				
W25	1500m				
W25	3000m				
W25	Mile				
W25	60m H				
W25	RW Mile				
W25	RW 1500m				
W25	RW 3000m	Jamie Fidler	19:09.25	2018	
W25	HJ				
W25	LJ				
W25	PV				
W25	TJ				
W25	SP				
W25	WT				
W25	SWT				
W25	Pent				
W25	Relays				
W30	60m	Christy Borders	7.74	2022	1.5
W30	200m				
W30	400m				
W30	800m				
W30	1500m				
W30	3000m	Alexandria Kachadoorian	13:48.89	2015	
W30	Mile	Alexandria Kochadoanian	7:13.14	2015	
W30	60m H	Christy Borders	9.74	2022	1.7
W30	RW Mile				
W30	RW 1500m				
W30	RW 3000m				
W30	HJ				
W30	LJ	Christy Borders	4.61	2022	0.6
W30	PV	Melissa Demontigny	3.34	2019	
W30	TJ				
W30	SP				
W30	WT				
W30	SWT				
W30	Pent				
W30	Relays				

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Age	Event	Name	Mark	Year	Wind
W35	60m	Colleen Barney	8.42	2006	0.8
W35	60m	April Jace	8.42 & 8.2h	2012 & 2014	--- & 0.4
W35	200m	Colleen Barney	27.30	2006	1.2
W35	400m	April Jace	1:12.71	2010	
W35	800m	Siri Kristjansson	2:31.89	2011	
W35	1500m				
W35	3000m	Alexandria Kachadoorian	13:40.20+	2018	
W35	Mile	Siri Kristjansson	5:44.37	2010	
W35	60m H				
W35	RW Mile				
W35	RW 1500m				
W35	RW 3000m	Roselyn Singh	29:50.93	2017	
W35	HJ	Amanda Allen	1.35	2018	
W35	LJ	Amanda Allen	4.05	2018	1.7
W35	PV				
W35	TJ				
W35	SP	Amanda Allen	10.40	2018	
W35	WT				
W35	SWT				
W35	Pent				
W35	Relays				
W40	60m	Jai Black	8.35	2006	0.8
W40	200m	Jai Black	26.50	2006	1.2
W40	400m	Goldie Daniels	1:07.52	2014	
W40	800m	Goldie Daniels	2:37.09	2015	
W40	1500m				
W40	3000m	Rosalva Bonilla	10:53.17	2007	
W40	Mile	Donna Mills Honarvas	5:18.97	2017	
W40	60m H				
W40	RW Mile				
W40	RW 1500m				
W40	RW 3000m	Susan Armenta	17:39.54	2018	
W40	HJ	Staci Nichols	1.35	2022	
W40	LJ				
W40	PV				
W40	TJ				
W40	SP	Trinidad Nelson	6.92	2011	
W40	WT	Trinidad Nelson	7.48	2012	
W40	SWT				
W40	Pent				
W40	Relays				
W45	60m	Darmesha Watkins	8.57	2020	0.0

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W45	200m	Darmesha Watkins	28.75	2022	0.8
W45	400m	Grace Edgerly	1:14.02	2015	
W45	800m	Beth Bridges	3:09.33	2017	
W45	1500m				
W45	3000m	Rosalva Bonilla	11:05.74	2012	
W45	Mile	Beth Bridges	7:00.07	2017	
W45	60m H	Caren Ware	12.38	2011	1.2
W45	RW Mile				
W45	RW 1500m				
W45	RW 3000m				
W45	HJ	Karen Vaughn	1.30	2006	
W45	HJ	Caren Ware	1.30	2011	
W45	LJ	Elaine Iba	4.06	2007	---
W45	PV				
W45	TJ				
W45	SP	Karen Vaughn	8.11	2006	
W45	WT				
W45	SWT				
W45	Pent	Caren Ware	2976	2008	
W45	Relays				
W50	60m	Rita Hanscom	8.76	2007	---
W50	200m	Rita Hanscom	28.97	2009	0.9
W50	400m	Mary Stoll	1:29.85	2015	
W50	800m	Gail Allen	2:46.02	2016	
W50	1500m				
W50	3000m	Rosalva Bonilla	11:27.44	2013	
W50	Mile	Liz Guerrin	6:03.64	2022	
W50	60m H				
W50	RW Mile				
W50	RW 1500m				
W50	RW 3000m				
W50	HJ	Rita Hanscom	1.30	2009	
W50	LJ	Mary Stoll	3.89	2015	<0.8>
W50	PV	Rita Hanscom	2.75	2009	
W50	TJ	Jan Tefft	6.64	2012	---
W50	SP	Linn Dunton	10.80	2010	
W50	WT	Suzette Lee	9.70	2019	
W50	SWT				
W50	Pent				
W50	Relays				
W55	60m	Brenda Matthews	8.71	2007	---
W55	60m	Liz Palmer	8.66	2016	1.6

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Age	Event	Name	Mark	Year	Wind
W55	200m	Sue McDonald	29.68	2022	0.8
W55	400m	Jaya Stone	1:13.3h	2020	
W55	800m	Debbie Lee	2:53.46	2016	
W55	1500m	Debbie Lee	5:45.68	2016	
W55	3000m	Debbie Lee	12:01.09	2014	
W55	Mile	Debbie Lee	6:09.39	2013	
W55	60m H	Rita Hanscom	10.57	2011	1.2
W55	60m H	Liz Palmer	9.93	2016	1.5
W55	RW Mile				
W55	RW 1500m				
W55	RW 3000m	Pavena Nieroski	20:42.77	2016	
W55	HJ	Annelies Steeklenburg	1.37	2007	
W55	LJ	Rita Hanscom	4.49	2010	1.7
W55	PV	Rita Hanscom	2.74	2011	
W55	TJ	Linda Cohn	8.79	2012	---
W55	SP	Linda Cohn	10.24	2011	
W55	WT	Linn Dunton	11.04	2016	
W55	SWT	Suzette Lee	7.30	2020	
W55	Pent	Rita Hanscom	1713	2011	
W55	Relays				
W60	60m	Nadine O'Connor	8.89	2007	---
W60	60m	Brenda Matthews	8.8h	2014	0.4
W60	200m	Jeanne Bowman	34.79	2016	1.4
W60	400m	Freddie Braxton	1:09.77	2015	
W60	800m	Tina Bowman	3:25.06	2015	
W60	1500m				
W60	3000m	Debbie Lee	13:23.17	2017	
W60	Mile				
W60	60m H				
W60	RW Mile				
W60	RW 1500m				
W60	RW 3000m	Mari Lou Russell	22:24.4h	2020	
W60	HJ	Annelies Steeklenburg	1.35	2009	
W60	LJ	Rita Hanscom	4.14	2015	<1.7>
W60	PV	Nadine O'Connor	2.89	2007	
W60	TJ	Linda Cohn	8.60	2014	---
W60	SP	Pat Shaw	10.51	2022	
W60	WT	Sandee Scott	10.09	2020	
W60	SWT				
W60	Pent				
W60	Relays				
W65	60m	Kathy Bergen	9.18	2009	0.5

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Age	Event	Name	Mark	Year	Wind
W65	200m	Jeanne Bowman	39.92	2022	0.8
W65	400m	Freddie Braxton	1:47.18	2018	
W65	800m	Darcy Smith	5:44.0h	2020	
W65	1500m				
W65	3000m				
W65	Mile				
W65	60m H	Darcy Smith	24.63	2020	---
W65	RW Mile				
W65	RW 1500m				
W65	RW 3000m	Paula Rasmussen	23:00.22	2022	
W65	HJ	Annelies Steeklenburg	1.25	2015	
W65	LJ	Linda Cohn	3.68	2018	1.4
W65	PV	Nadine O'Connor	2.75	2012	
W65	TJ	Brenda Matthews	7.16	2017	<1.1>
W65	TJ	Linda Cohn	7.16	2022	0.5
W65	SP	LaTanya Glass	8.63	2016	
W65	WT	Linda Cohn	9.39	2018	
W65	SWT	Darcy Smith	6.08	2020	
W65	Pent	Darcy Smith	1242	2020	
W65	Relays				
W70	60m	Kathy Bergen	9.14	2012	---
W70	200m	Kathy Bergen	33.20	2012	---
W70	400m	Freddie Braxton	1:54.02	2022	
W70	800m				
W70	1500m				
W70	3000m				
W70	Mile				
W70	60m H				
W70	RW Mile				
W70	RW 1500m				
W70	RW 3000m	Carol Dyar	20:44.97	2016	
W70	HJ	Kathy Bergen	1.20	2011 & 2012	
W70	HJ	Annelies Steeklenburg	1.20	2019 & 2020	
W70	LJ	Brenda Matthews	3.18	2022	1.9
W70	PV				
W70	TJ	Annelies Steeklenburg	6.08	2020	0.4
W70	SP	LaTanya Glass	8.58	2018	
W70	WT				
W70	SWT				
W70	Pent				
W70	Relays				
W75	60m	Kathy Bergen	10.22	2017	<1.6>

MEET RECORDS (FIRST DRAFT)

nwi = no
wind
indicator

Jan 6, 2024

Mark

Year

Indoor Meet - Outdoor (Includes non-SCA-association athletes)

Any updates or questions can be forwarded to: Meet director or SHR1

Age	Event	Name	Mark	Year	Wind				
W75	200m	Kathy Bergen	37.19	2017	<3.2>				
W75	400m								
W75	800m								
W75	1500m								
W75	3000m								
W75	Mile								
W75	60m H								
W75	RW Mile								
W75	RW 1500m								
W75	RW 3000m								
W75	HJ					Anelise Smith	24:04.13	2016	
W75	HJ					Kathy Bergen	1.15	2017	
W75	LJ								
W75	PV								
W75	TJ								
W75	SP								
W75	WT								
W75	SWT								
W75	Pent								
W75	Relays								
W80	60m								
W80	200m								
W80	400m								
W80	800m								
W80	1500m								
W80	3000m								
W80	Mile								
W80	60m H								
W80	RW Mile								
W80	RW 1500m								
W80	RW 3000m	Carol Dyar	23:41.51	2022					
W80	HJ								
W80	LJ								
W80	PV								
W80	TJ								
W80	SP	Johnnye Valien	5.71	2007					
W80	WT								
W80	SWT								
W80	Pent								
W80	Relays								
W85	60m								
W85	200m								
W85	400m								

MEET RECORDS (FIRST DRAFT)

nwi = no
wind
indicator

Jan 6, 2024

Mark

Year

Indoor Meet - Outdoor (Includes non-SCA-association athletes)

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Age	Event	Name	Mark	Year	Wind
W85	800m				
W85	1500m				
W85	3000m				
W85	Mile				
W85	60m H				
W85	RW Mile				
W85	RW 1500m				
W85	RW 3000m	Grace Moreman	27:36.15	2016	
W85	HJ				
W85	LJ				
W85	PV				
W85	TJ				
W85	SP				
W85	WT				
W85	SWT				
W85	Pent				
W85	Relays				

RELAYS

Relay: see 2020 meet results