DOB May 30, 1954

of Masters World Records = None

of Masters American Records = Five

Received Masters Award(s) Yes (Age-Group: 1995, 1993)

			Out	Out									
			Pent	Hept	100	200	400	НН	LH	HJ	LJ	TJ	
All-Time US Ranked [as of May 0	6,												
2023]		W30											
		W35											
		W40					15		9				
		W45		5					10				
		W50	7										
		W55											
			# (of time	es								
		Total	Pent	Hept	60/100	200	400	НН	LH	HJ	LJ	TJ	
US Ranked #1 (indoor)		43	3		4	6	6	6		4	8	6	
US Ranked #1 (outdoor)	81	38	4	3		2	1	6	6	3	9	4	
National Indoor Champion 1st		36	6		7	6	4	6			3	4	
National Outdoor Champion 1st	61	25	3	1	2	2	2	4	4	1	4	2	
WMA Ind Champion Medals		none											
WMA Outd Champion, Medals		9		2	1	1	1		3			1	
	Age Event Mark Date			National Masters News									
Masters World Record		none											
Masters American Record W35 W35 W35 W35 W35 W40		W35	60m		8.21		3/23/1991		NMN 3/	1992			
		W35	400m-ind		1:03.26		3/23/1991		NMN 3/	NMN 3/1992			
		W35			8.19				NMN 11/1992				
		W35	Hept-outd 3220 [2930]*			*	10/7/1993	NMN 4/2000 to 4/2006					
		W40	Pent-ind 3146				3/26/1999 NMN 2/2005						
pend	ding:	W35	60m		8.29		3/24/1990		NMN 3/	1991			
	ſ	Note: W	R are also c	onside	red an AR	_							

Note: WR are also considered an AR.

Note: * Record Hept Outdoor was shown as AR in NMN 4/2000 through 4/2006 (despite Jane Frederick's mark) Note: US Rankings/Medals above include W30 (1987 and 1988) and W30 (1989 Indoor). 1989 Outdoor is W35. Note: Listed in 1987 US Masters Rankings as W30 (200 m), and listed in 2008 US Masters Rankings as W50 (TJ).

Note: WR are also considered an AR.

Note: Information above will need to be rechecked for accuracy.

Note: US Rankings and US National Championship placing excludes international athletes.

			Total
US Rank Indoor # 1	Pent	2000, 1999, 1994	3
US Rank Indoor # 1	Hept		
US Rank Indoor # 1	60/100m	2000, 1999, 1996, 1995	4
US Rank Indoor # 1	200m	2004, 2000, 1999, 1991, 1990, 1987	6
US Rank Indoor # 1	400m	2005, 2004, 2000, 1996, 1992, 1991	6
US Rank Indoor # 1	НН	2006, 2004, 2003, 2002, 2001, 1991	6
US Rank Indoor # 1	LH		
US Rank Indoor # 1	HJ	2003, 1994, 1993, 1989	4
US Rank Indoor # 1	LJ	2002-2004, 2000, 1995, 1990-1992	8
US Rank Indoor # 1	TJ	2006-2008, 2002-2004	6
US Rank Outdoor # 1	Pent	2006, 2005, 1993, 1992	4
US Rank Outdoor # 1	Hept	2003, 1999, 1995	3
US Rank Outdoor # 1	60/100m		
US Rank Outdoor # 1	200m	1995, 1990	2
US Rank Outdoor # 1	400m	1995	1
US Rank Outdoor # 1	HH	2003-2005, 2001, 1999, 1992	6
US Rank Outdoor # 1	LH	2005, 2003, 2001, 1999, 1995, 1994	6
US Rank Outdoor # 1	HJ	1999, 1995, 1992	3
US Rank Outdoor # 1	LJ	2003, 2002, 1999, 1998, 1996, 1995, 1991, 1990, 1988	9
US Rank Outdoor # 1	TJ	2005, 2003, 2002, 2000	4
LIC Not Indoor Champion # 1	Dont	2006 2002 2002 2000 4000 4004	c
US Nat Indoor Champion # 1	Pent	2006, 2003, 2002, 2000, 1999, 1994	6
US Nat Indoor Champion # 1	Hept	2000 1000 1006 1005 1000 1002	7
US Nat Indoor Champion # 1		2000, 1999, 1996, 1995, 1990-1992	7
US Nat Indoor Champion # 1	200m	2004, 2000, 1999, 1996, 1991, 1990	6 4
US Nat Indoor Champion # 1	400m	2000, 1996, 1992, 1991	
US Nat Indoor Champion # 1	HH LH	2006, 2004, 2003, 2001, 1992, 1991	6
US Nat Indoor Champion # 1			
US Nat Indoor Champion # 1	HJ	1000 1003	2
US Nat Indoor Champion # 1	IJ	1990-1992	3
US Nat Indoor Champion # 1	TJ	2008, 2002-2004	4
US Nat Outdoor Champion # 1	Pent	2006, 2005, 1992	3
US Nat Outdoor Champion # 1	Hept	2002	1
US Nat Outdoor Champion # 1	60/100m	1995, 1993	2
US Nat Outdoor Champion # 1	200m	1993, 1990	2
US Nat Outdoor Champion # 1	400m	1995, 1990	2
US Nat Outdoor Champion # 1	НН	2007, 2005, 2002, 1993	4
US Nat Outdoor Champion # 1	LH	2006, 2005, 1995, 1994	4
US Nat Outdoor Champion # 1	HJ	1989	1
US Nat Outdoor Champion # 1	LJ	1994, 1988-1990	4
US Nat Outdoor Champion # 1	TJ	2006, 2002	2
WMA / WAVA Indoor	None		
WMA / WAVA Outdoor	1993	Hept = 7, 100m=7, 200m=, 400m=4, HH=6	
WMA / WAVA Outdoor	1995	Hept=4, 100m=1, 200m=1, 400m=2, LH=3	4
WMA / WAVA Outdoor	1999	Hept = 3, 100m=4, HH=4, LH=3, 400m=4	2
WMA / WAVA Outdoor	2003	Hept=3, 200m=, 400m=, HH=4, LH=3, TJ=3	3
WIND / WAVA Outdool	2003	116pt 3, 200111- , 400111, 1111-4, L11-3, 13-3	3