

**LaTrica Dendy**

Brief Highlights

May 04, 2023

DOB

Nov 5, 1972

# of Masters World Records =

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# of Masters American Records =

5

Received Masters Award(s)

Yes (age-group-track: 2016, 2013, 2011, 2009)

		200 M Rank #	400 M Rank #	LH Rank #
All-Time US Ranked [as of Feb 1, 2023]	W35	---	12	7
	W40	5	3	5
	W45	18	8	1
	W50	---	---	---
	W55	---	---	---

	Total	200 M # of times	400 M # of times	LH # of times	"other" # of times
US Ranked #1 (indoor)	23	9	10	---	4
US Ranked #1 (outdoor)	20	4	8	8	---
National Indoor Champion 1st	18	8	7	---	3
National Outdoor Champion 1st	17	5	7	4	1
WMA Indoor Champion Medals	3	1	2	---	---
WMA Outdoor Champion Medals	11	2	5	4	---

	Event	Age Bracket	Date		Mark
Masters World Record	---	---	---		---
Masters American Record	400 M	W35	8/7/2009	Lahti	55.35
	LH	W35	8/2/2009	Lahti	1:01.19
	400 M	W35 indoor	3/4/2011	Albq	56.46
	400 M	W40	11/5/2016	Perth	56.90
[superceded]	LH	W45	7/7/2018	Worcester	1:06.68
	LH	W45	9/7/2018	Malaga	1:05.92

Plus the WRs listed above are also AR

Note: Above includes one # 1 Indoor 400 m Ranking as a W30. The rest are W35 through W45.

Note: Masters Invitational at the US Open National Championship (2013=1st; 2015=3rd)

Note: Competed as an Open at the US Open National Championship.

Note: Meet Record: Canadian Masters Outdoor Championship (as a US citizen) (2017 Toronto)

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.

US Indoor Rank #1: 60 m:	2017, 2016
US Indoor Rank #1: 200 m:	2019, 2013-2017, 2009-2011
US Indoor Rank #1: 400 m:	2016-2019, 2014, 2013, 2009-2011, and as a W30 = 2007
US Indoor Rank #1: 800 m:	2011
US Indoor Rank #1: 1,500 m:	2011
US Outdoor Rank #1: 100 m:	---
US Outdoor Rank #1: 200 m:	2016, 2013, 2012, 2010
US Outdoor Rank #1: 400 m:	2019, 2012-2016, 2010, 2009
US Outdoor Rank #1: LH:	2017-2019, 2014, 2013, 2011, 2010, 2008
US Ind Nat Champion #1: 60M:	2017, 2010
US Ind Nat Champion #1: 200M:	2013-2017, 2009-2011
US Ind Nat Champion #1: 400M:	2014-2017, 2009-2011
US Ind Nat Champion #1: 800M:	2011
US Out Nat Champion #1: 100m:	2017
US Out Nat Champion #1: 200m:	2017, 2016, 2013, 2012, 2010
US Out Nat Champion #1: 400m:	2019, 2017, 2016, 2012-2014, 2010
US Out Nat Champion #1: LH:	2019, 2017, 2014, 2010
WMA Indoor Medals:	2018 (2=1st), 2016 (1st, 2nd), 2013 (1st, 2=2nd), 2011 (2=2nd), 2009 (2=1st)
WMA Outdoor Medals:	2019 (1st), 2010 (2=1st)