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 HY-TEK's Meet Manager 1/26/2019 12:45 PM  
 PVA Complex Masters & Open indoor Championship - 1/19/2019  
 PG Sports and Learning Center  
 Results

W19-29 60 Meter Dash

| Name                       | Age Team         | Seed | Finals | H# | Points |
|----------------------------|------------------|------|--------|----|--------|
| Finals                     |                  |      |        |    |        |
| 1 # 2008 Hankerson, Jordan | W25 DC Internati | 7.77 | 8.10   | 3  |        |

W30 60 Meter Dash

| Name                       | Age Team         | Seed | Finals | H# | Points |
|----------------------------|------------------|------|--------|----|--------|
| 1 # 2074 Anderson, Daniell | W33 Unattached   |      | 8.57   | 3  |        |
| 2 # 2068 romain, sheldorn  | W34 Glenarden TC |      | 10.29  | 3  |        |

W35 60 Meter Dash

| Name                  | Age Team       | Seed | Finals | H# | Points |
|-----------------------|----------------|------|--------|----|--------|
| 1 # 2048 Mock, jill   | W38 Unattached | 8.01 | 8.73   | 3  |        |
| 2 # 2028 Brown, Erica | W39 Unattached | 8.49 | 9.16   | 3  |        |

W40 60 Meter Dash

| Name                       | Age Team       | Seed | Finals | H# | Points |
|----------------------------|----------------|------|--------|----|--------|
| 1 # 2052 Muhammad, Zakiyya | W41 Unattached | 8.68 | 8.93   | 3  |        |

W50 60 Meter Dash

| Name                    | Age Team       | Seed | Finals | H# | Points |
|-------------------------|----------------|------|--------|----|--------|
| 1 # 2067 Zelaya, Pamela | W53 Unattached |      | 9.13   | 2  |        |

W55 60 Meter Dash

| Name                       | Age Team         | Seed | Finals | H# | Points |
|----------------------------|------------------|------|--------|----|--------|
| 1 # 2062 Triolo, sandy     | W56 Unattached   | 8.80 | 8.96   | 2  |        |
| 2 # 2056 Rath, Terri       | W55 Unattached   | 9.30 | 9.27   | 2  |        |
| 3 # 2021 Matthews, Marguer | W56 Potomac Vall |      | 10.08  | 2  |        |

W60 60 Meter Dash

| Name               | Age Team       | Seed  | Finals | Points |
|--------------------|----------------|-------|--------|--------|
| 1 # 2033 Good, Keg | W61 Unattached | 10.50 | 10.59  |        |

W65 60 Meter Dash

| Name                       | Age Team       | Seed | Finals | Points |
|----------------------------|----------------|------|--------|--------|
| 1 # 2037 Hncock, Elizabeth | W66 Unattached |      | 15.84  |        |

## W70 60 Meter Dash

| Name                   | Age Team       | Seed | Finals | Points |
|------------------------|----------------|------|--------|--------|
| 1 # 2038 Ingles, Laura | W72 Unattached |      | 31.35  |        |

## W80 60 Meter Dash

| Name                 | Age Team         | Seed | Finals | Points |
|----------------------|------------------|------|--------|--------|
| 1 # 2071 Green, Rose | W80 Potomac Vall |      | 10.90  |        |

## M19-29 60 Meter Dash

| Name                       | Age Team         | Seed | Finals | H# | Points |
|----------------------------|------------------|------|--------|----|--------|
| 1 # 2010 Williams, Marcell | M25 DC Internati | 7.48 | 7.90   | 3  |        |

## M40 60 Meter Dash

| Name                   | Age Team       | Seed | Finals | H# | Points |
|------------------------|----------------|------|--------|----|--------|
| 1 # 2031 Davis, Derwin | M40 Unattached | 7.40 | 7.51   | 3  |        |

## M45 60 Meter Dash

| Name                   | Age Team       | Seed | Finals | H# | Points |
|------------------------|----------------|------|--------|----|--------|
| 1 # 2061 Trach, Andrei | M45 Unattached |      | 8.71   | 3  |        |

## M50 60 Meter Dash

| Name                       | Age Team         | Seed | Finals | H# | Points |
|----------------------------|------------------|------|--------|----|--------|
| 1 # 2035 Hanes, Norris     | M51 Unattached   |      | 7.76   | 2  |        |
| 2 # 2013 jackson, lionel   | M53 lionel jacks | 7.89 | 7.94   | 2  |        |
| 3 # 2027 Bradecamp, Michae | M54 Unattached   | 7.94 | 8.18   | 2  |        |
| 3 # 2057 Staples, Glenn    | M50 Unattached   | 7.90 | 8.28   | 2  |        |
| 4 # 2051 muhammad, curtis  | M53 Unattached   | 8.00 | 8.50   | 2  |        |
| 4 # 2060 Tolbert, Eddie    | M54 Unattached   |      | 8.51   | 2  |        |

## M55 60 Meter Dash

| Name                      | Age Team       | Seed | Finals | H# | Points |
|---------------------------|----------------|------|--------|----|--------|
| 1 # 2072 Quarrie, Clifton | M58 Its        |      | 7.98   | 1  |        |
| 2 # 2054 owens, keith     | M55 Unattached | 7.99 | 8.02   | 2  |        |

## M60 60 Meter Dash

| Name                      | Age Team       | Seed | Finals | Points |
|---------------------------|----------------|------|--------|--------|
| 2 # 2044 Markley, Anthony | M64 Unattached |      | 8.76   |        |

## M65 60 Meter Dash

| Name                 | Age Team             | Seed | Finals | Points |
|----------------------|----------------------|------|--------|--------|
| 1 # 2073 Jones, Tom  | M65 Maryland Natinal |      | 8.18   |        |
| 3 # 2043 Lynch, Herb | M67 Unattached       | 8.60 | 8.92   |        |

## M70 60 Meter Dash

| Name                      | Age Team       | Seed | Finals | Points |
|---------------------------|----------------|------|--------|--------|
| 1 # 2029 Capozzoli, Peter | M70 Unattached | 9.00 | 11.50  |        |

## M75 60 Meter Dash

| Name                      | Age Team       | Seed | Finals | Points |
|---------------------------|----------------|------|--------|--------|
| 1 # 2066 Williams, Albert | M78 Unattached | 8.95 | 10.05  |        |

## M80 60 Meter Dash

| Name                   | Age Team       | Seed | Finals | Points |
|------------------------|----------------|------|--------|--------|
| 1 # 2040 Jones, Ronald | M82 Unattached |      | 12.94  |        |

## W30 200 Meter Dash

| Name                       | Age Team         | Seed  | Finals | H# | Points |
|----------------------------|------------------|-------|--------|----|--------|
| 1 # 2007 Fletcher, Tiera   | W31 DC Internati | 26.61 | 28.32  | 3  |        |
| 2 # 2074 Anderson, Daniell | W33 Unattached   |       | 30.95  | 3  |        |
| 3 # 2068 romain, sheldorn  | W34 Glenarden TC |       | 33.64  | 3  |        |

## W35 200 Meter Dash

| Name                  | Age Team       | Seed  | Finals | H# | Points |
|-----------------------|----------------|-------|--------|----|--------|
| 1 # 2028 Brown, Erica | W39 Unattached | 33.72 | 32.04  | 3  |        |

## W40 200 Meter Dash

| Name                       | Age Team       | Seed  | Finals | H# | Points |
|----------------------------|----------------|-------|--------|----|--------|
| 1 # 2052 Muhammad, Zakiyya | W41 Unattached | 30.81 | 30.68  | 3  |        |

## W50 200 Meter Dash

| Name                    | Age Team       | Seed | Finals | H# | Points |
|-------------------------|----------------|------|--------|----|--------|
| 1 # 2067 Zelaya, Pamela | W53 Unattached |      | 31.48  | 2  |        |

## W55 200 Meter Dash

| Name                       | Age Team         | Seed  | Finals | H# | Points |
|----------------------------|------------------|-------|--------|----|--------|
| 1 # 2062 Triolo, sandy     | W56 Unattached   | 31.00 | 30.84  | 2  |        |
| 2 # 2056 Rath, Terri       | W55 Unattached   | 32.00 | 31.44  | 2  |        |
| 3 # 2021 Matthews, Marguer | W56 Potomac Vall |       | 35.06  | 2  |        |

## W60 200 Meter Dash

| Name               | Age Team       | Seed  | Finals | Points |
|--------------------|----------------|-------|--------|--------|
| 1 # 2033 Good, Keg | W61 Unattached | 37.00 | 37.40  |        |

## W70 200 Meter Dash

| Name                   | Age Team       | Seed | Finals  | Points |
|------------------------|----------------|------|---------|--------|
| 1 # 2038 Ingles, Laura | W72 Unattached |      | 2:41.06 |        |

## M19-29 200 Meter Dash

| Name                       | Age Team         | Seed  | Finals | H# | Points |
|----------------------------|------------------|-------|--------|----|--------|
| 1 # 2010 Williams, Marcell | M25 DC Internati | 25.61 | 27.49  | 4  |        |

## M40 200 Meter Dash

| Name                   | Age Team       | Seed  | Finals | H# | Points |
|------------------------|----------------|-------|--------|----|--------|
| 1 # 2031 Davis, Derwin | M40 Unattached | 25.76 | 25.46  | 4  |        |

## M45 200 Meter Dash

| Name                   | Age Team       | Seed | Finals | H# | Points |
|------------------------|----------------|------|--------|----|--------|
| 1 # 2061 Trach, Andrei | M45 Unattached |      | 29.56  | 4  |        |

## M50 200 Meter Dash

| Name                        | Age Team         | Seed  | Finals | H# | Points |
|-----------------------------|------------------|-------|--------|----|--------|
| 1 # 2035 Hanes, Norris      | M51 Unattached   |       | 26.22  | 3  |        |
| 2 # 2027 Bradecamp, Michael | M54 Unattached   | 25.12 | 26.63  | 2  | 26.625 |
| 3 # 2013 jackson, lionel    | M53 lionel jacks | 25.98 | 26.91  | 3  |        |
| 4 # 2057 Staples, Glenn     | M50 Unattached   | 26.10 | 26.93  | 3  |        |

## M60 200 Meter Dash

| Name                      | Age Team       | Seed  | Finals | H# | Points |
|---------------------------|----------------|-------|--------|----|--------|
| 1 # 2032 Friend, Byron    | M60 Unattached | 27.00 | 29.48  | 1  |        |
| 2 # 2044 Markley, Anthony | M64 Unattached |       | 29.88  | 1  |        |
| 3 # 2063 vanderhoof, gary | M62 Unattached | 29.00 | 29.91  | 1  |        |
| 4 # 2076 Williams, Ricky  | M64 Unattached |       | 37.49  | 2  |        |

## M65 200 Meter Dash

| Name                 | Age Team             | Seed  | Finals | H# | Points |
|----------------------|----------------------|-------|--------|----|--------|
| 1 # 2073 Jones, Tom  | M65 Maryland Natinal |       | 26.63  | 2  | 26.627 |
| 2 # 2043 Lynch, Herb | M67 Unattached       | 29.50 | 29.99  | 1  |        |

## M75 200 Meter Dash

| Name                    | Age Team       | Seed  | Finals | Points |
|-------------------------|----------------|-------|--------|--------|
| 1 # 2049 morgan, curtis | M76 Unattached | 37.00 | 37.99  |        |

## W30 400 Meter Dash

| Name                     | Age Team         | Seed    | Finals  | Points |
|--------------------------|------------------|---------|---------|--------|
| 1 # 2007 Fletcher, Tiera | W31 DC Internati | 1:01.00 | 1:06.47 |        |

## W55 400 Meter Dash

| Name                   | Age Team       | Seed    | Finals  | Points |
|------------------------|----------------|---------|---------|--------|
| 1 # 2056 Rath, Terri   | W55 Unattached | 1:13.00 | 1:11.29 |        |
| 2 # 2062 Triolo, sandy | W56 Unattached | 1:13.00 | 1:12.84 |        |

## M19-29 400 Meter Dash

| Name                      | Age Team         | Seed  | Finals | Points |
|---------------------------|------------------|-------|--------|--------|
| 1 # 2009 Stafford, Justin | M24 DC Internati | 53.98 | 56.61  |        |

## M50 400 Meter Dash

| Name                     | Age Team         | Seed    | Finals  | Points |
|--------------------------|------------------|---------|---------|--------|
| 1 # 2013 jackson, lionel | M53 lionel jacks | 1:06.05 | 1:09.19 |        |

## M60 400 Meter Dash

| Name                      | Age Team       | Seed    | Finals  | Points |
|---------------------------|----------------|---------|---------|--------|
| 1 # 2063 vanderhoof, gary | M62 Unattached | 1.05    | 1:07.02 |        |
| 2 # 2032 Friend, Byron    | M60 Unattached | 1:03.00 | 1:07.72 |        |

## W50 800 Meter Run

| Name                   | Age Team       | Seed | Finals  | Points |
|------------------------|----------------|------|---------|--------|
| 1 # 2036 Harvey, Alisa | W53 Unattached |      | 2:39.16 |        |

## W60 800 Meter Run

| Name                       | Age Team         | Seed    | Finals  | Points |
|----------------------------|------------------|---------|---------|--------|
| 1 # 2022 Mayhugh, Mary Low | W62 Potomac Vall | 3:29.00 | 3:18.60 |        |

## M19-29 800 Meter Run

| Name                    | Age Team       | Seed    | Finals  | Points |
|-------------------------|----------------|---------|---------|--------|
| 1 # 2034 Gorski, Daniel | M22 Unattached | 2:08.00 | 2:14.70 |        |

## M35 800 Meter Run

| Name                      | Age Team       | Seed    | Finals  | Points |
|---------------------------|----------------|---------|---------|--------|
| 1 # 2064 Walchinsky, Mark | M39 Unattached | 2:15.00 | 2:18.75 |        |

## W50 1 Mile Run

| Name                    | Age Team       | Seed    | Finals | Points |
|-------------------------|----------------|---------|--------|--------|
| -- # 2036 Harvey, Alisa | W53 Unattached | 5:26.00 | DNF    |        |

## W60 1 Mile Run

| Name                       | Age Team         | Seed    | Finals  | Points |
|----------------------------|------------------|---------|---------|--------|
| 1 # 2022 Mayhugh, Mary Low | W62 Potomac Vall | 6:50.00 | 7:12.93 |        |

## M19-29 1 Mile Run

| Name                    | Age Team       | Seed    | Finals  | Points |
|-------------------------|----------------|---------|---------|--------|
| 1 # 2034 Gorski, Daniel | M22 Unattached | 4:45.00 | 4:49.93 |        |

## M35 1 Mile Run

| Name                      | Age Team       | Seed    | Finals  | Points |
|---------------------------|----------------|---------|---------|--------|
| 1 # 2064 Walchinsky, Mark | M39 Unattached | 4:55.00 | 4:57.87 |        |

## M45 1 Mile Run

| Name                   | Age Team         | Seed    | Finals  | Points |
|------------------------|------------------|---------|---------|--------|
| 2 # 2019 Chasse, Craig | M49 Potomac Vall | 5:40.00 | 5:56.88 |        |

## M50 1 Mile Run

| Name                       | Age Team         | Seed    | Finals  | Points |
|----------------------------|------------------|---------|---------|--------|
| 1 # 2002 Bandettini, Peter | M53 Athletics Ea | 5:10.00 | 5:07.70 |        |

## M55 1 Mile Run

| Name                     | Age Team       | Seed    | Finals  | Points |
|--------------------------|----------------|---------|---------|--------|
| 1 # 2055 Poulos, Ted     | M57 Unattached | 5:53.70 | 6:11.04 |        |
| 2 # 2039 Johnston, Chris | M55 Unattached | 6:23.00 | 6:31.89 |        |

## W60 3000 Meter Run

| Name                       | Age Team         | Seed     | Finals   | Points |
|----------------------------|------------------|----------|----------|--------|
| 1 # 2022 Mayhugh, Mary Low | W62 Potomac Vall | 14:01.00 | 13:28.56 |        |

## M19-29 3000 Meter Run

| Name                    | Age Team       | Seed    | Finals  | Points |
|-------------------------|----------------|---------|---------|--------|
| 1 # 2034 Gorski, Daniel | M22 Unattached | 9:20.00 | 9:25.73 |        |

## M35 3000 Meter Run

| Name                      | Age Team       | Seed     | Finals   | Points |
|---------------------------|----------------|----------|----------|--------|
| 1 # 2064 Walchinsky, Mark | M39 Unattached | 10:30.00 | 11:58.98 |        |

## M45 3000 Meter Run

| Name                   | Age Team         | Seed     | Finals   | Points |
|------------------------|------------------|----------|----------|--------|
| 1 # 2019 Chasse, Craig | M49 Potomac Vall | 10:59.00 | 11:19.09 |        |

## M55 3000 Meter Run

| Name                 | Age Team       | Seed     | Finals   | Points |
|----------------------|----------------|----------|----------|--------|
| 1 # 2055 Poulos, Ted | M57 Unattached | 11:34.90 | 13:08.29 |        |

## W40 60 Meter Hurdles

| Name                      | Age Team       | Seed  | Finals | Points |
|---------------------------|----------------|-------|--------|--------|
| 1 # 2030 Colby, Stephanie | W41 Unattached | 10.10 | 10.45  |        |

W50 60 Meter Hurdles

| Name                       | Age Team | Seed | Finals | Points |
|----------------------------|----------|------|--------|--------|
| 1 # 2012 Gibson, Dr. Koura | W54 Its  | 9.90 | 11.23  |        |
| 2 # 2011 Evans, Wanda      | W54 Its  |      | 13.69  |        |

M50 60 Meter Hurdles

| Name                 | Age Team         | Seed  | Finals | Points |
|----------------------|------------------|-------|--------|--------|
| 1 # 2016 Barr, James | M51 Potomac Vall | 10.00 | 10.63  |        |

M60 60 Meter Hurdles

| Name                      | Age Team         | Seed | Finals | Points |
|---------------------------|------------------|------|--------|--------|
| 1 # 2044 Markley, Anthony | M64 Unattached   |      | 11.83  |        |
| 1 # 2069 Barrineau, James | M63 Potomac Vall |      | 12.46  |        |

M65 60 Meter Hurdles

| Name                      | Age Team         | Seed  | Finals | Points |
|---------------------------|------------------|-------|--------|--------|
| 2 # 2020 Mathis, W. Keith | M66 Potomac Vall | 12.45 | 14.51  |        |

M105+ 4x800 Meter Relay

| Team                            | Seed     | Finals   | Points |
|---------------------------------|----------|----------|--------|
| 1 Athletics East Track Club 'A' | 10:30.00 | 10:21.09 |        |
| 1) #2003 Becker, Bruce 56       |          |          |        |
| 2) #2004 Johnston, Chris 56     |          |          |        |
| 3) #2006 Sullivan, David 56     |          |          |        |
| 4) #2005 Neff, Mark 59          |          |          |        |

W50 High Jump

| Name                  | Age Team | Seed  | Finals | Points |
|-----------------------|----------|-------|--------|--------|
| 1 # 2011 Evans, Wanda | W54 Its  | 1.12m | 1.05m  |        |

M40 High Jump

| Name                       | Age Team       | Seed  | Finals | Points |
|----------------------------|----------------|-------|--------|--------|
| 1 # 2046 McGinley, Patrick | M40 Unattached | 1.52m | 1.32m  |        |

M65 High Jump

| Name                      | Age Team         | Seed  | Finals | Points |
|---------------------------|------------------|-------|--------|--------|
| 1 # 2020 Mathis, W. Keith | M66 Potomac Vall | 1.32m | 1.32m  |        |

M75 High Jump

| Name                    | Age Team       | Seed  | Finals | Points |
|-------------------------|----------------|-------|--------|--------|
| 1 # 2049 morgan, curtis | M76 Unattached | 1.32m | 1.32m  |        |

W40 Pole Vault

| Name                      | Age Team       | Seed  | Finals | Points |
|---------------------------|----------------|-------|--------|--------|
| 1 # 2030 Colby, Stephanie | W41 Unattached | 2.90m | 3.20m  |        |

## W30 Long Jump

| Name                       | Age Team       | Seed | Finals | Points |
|----------------------------|----------------|------|--------|--------|
| 1 # 2074 Anderson, Daniell | W33 Unattached |      | 4.29m  |        |

## W40 Long Jump

| Name                      | Age Team       | Seed | Finals | Points |
|---------------------------|----------------|------|--------|--------|
| 1 # 2030 Colby, Stephanie | W41 Unattached |      | 3.89m  |        |

## W50 Long Jump

| Name                    | Age Team         | Seed | Finals | Points |
|-------------------------|------------------|------|--------|--------|
| 1 # 2018 Battle, Tracey | W51 Potomac Vall |      | 3.88m  |        |
| 1 # 2011 Evans, Wanda   | W54 Its          |      | 2.67m  |        |

## M50 Long Jump

| Name                    | Age Team       | Seed | Finals | Points |
|-------------------------|----------------|------|--------|--------|
| 1 # 2047 Mckenzie, John | M53 Unattached |      | 3.99m  |        |

## M60 Long Jump

| Name                      | Age Team         | Seed  | Finals | Points |
|---------------------------|------------------|-------|--------|--------|
| 1 # 2044 Markley, Anthony | M64 Unattached   | 4.30m | 4.12m  |        |
| 1 # 2017 Battle, Marcus   | M60 Potomac Vall |       | 3.95m  |        |
| 2 # 2069 Barrineau, James | M63 Potomac Vall |       | 3.79m  |        |

## M65 Long Jump

| Name                      | Age Team         | Seed  | Finals | Points |
|---------------------------|------------------|-------|--------|--------|
| 2 # 2020 Mathis, W. Keith | M66 Potomac Vall | 3.81m | 3.48m  |        |

## W50 Triple Jump

| Name                       | Age Team         | Seed  | Finals | Points |
|----------------------------|------------------|-------|--------|--------|
| 1 # 2018 Battle, Tracey    | W51 Potomac Vall |       | 9.08m  |        |
| 1 # 2012 Gibson, Dr. Koura | W54 Its          | 8.53m | 8.45m  |        |

## M40 Triple Jump

| Name                       | Age Team       | Seed   | Finals | Points |
|----------------------------|----------------|--------|--------|--------|
| 1 # 2046 McGinley, Patrick | M40 Unattached | 10.78m | 10.56m |        |

## M60 Triple Jump

| Name                      | Age Team         | Seed | Finals | Points |
|---------------------------|------------------|------|--------|--------|
| 1 # 2017 Battle, Marcus   | M60 Potomac Vall |      | 9.33m  |        |
| 1 # 2044 Markley, Anthony | M64 Unattached   |      | 7.95m  |        |



## M65 Triple Jump

| Name                      | Age Team         | Seed | Finals | Points |
|---------------------------|------------------|------|--------|--------|
| 2 # 2020 Mathis, W. Keith | M66 Potomac Vall |      | 7.53m  |        |

## W40 Shot Put

| Name                      | Age Team         | Seed  | Finals | Points |
|---------------------------|------------------|-------|--------|--------|
| 1 # 2014 Ingles, Penelope | W42 Potomac Vall | 7.80m | 7.58m  |        |

## W55 Shot Put

| Name                   | Age Team         | Seed  | Finals | Points |
|------------------------|------------------|-------|--------|--------|
| 1 # 2065 Wilkins, Mary | W57 Unattached   | 9.45m | 8.49m  |        |
| 2 # 2070 Chase, Freda  | W56 Potomac Vall |       | 6.28m  |        |

## W65 Shot Put

| Name                       | Age Team       | Seed | Finals | Points |
|----------------------------|----------------|------|--------|--------|
| 1 # 2037 Hncock, Elizabeth | W66 Unattached |      | 0.65m  |        |

## M40 Shot Put

| Name                       | Age Team       | Seed   | Finals | Points |
|----------------------------|----------------|--------|--------|--------|
| 1 # 2046 McGinley, Patrick | M40 Unattached | 10.13m | 8.74m  |        |

## M50 Shot Put

| Name                      | Age Team         | Seed   | Finals | Points |
|---------------------------|------------------|--------|--------|--------|
| 1 # 2016 Barr, James      | M51 Potomac Vall | 13.41m | 12.78m |        |
| 2 # 2051 muhammad, curtis | M53 Unattached   |        | 10.09m |        |

## M60 Shot Put

| Name                      | Age Team         | Seed | Finals | Points |
|---------------------------|------------------|------|--------|--------|
| 1 # 2069 Barrineau, James | M63 Potomac Vall |      | 10.17m |        |

## M65 Shot Put

| Name                      | Age Team         | Seed | Finals | Points |
|---------------------------|------------------|------|--------|--------|
| 1 # 2020 Mathis, W. Keith | M66 Potomac Vall |      | 7.74m  |        |

## M70 Shot Put

| Name                   | Age Team         | Seed | Finals | Points |
|------------------------|------------------|------|--------|--------|
| 1 # 2075 Pearce, James | M73 Potomac Vall |      | 8.78m  |        |

## M75 Shot Put

| Name                    | Age Team       | Seed  | Finals | Points |
|-------------------------|----------------|-------|--------|--------|
| 1 # 2049 morgan, curtis | M76 Unattached | 8.53m | 8.70m  |        |
| 1 # 2045 McCabe, Lee    | M79 Unattached |       | 7.83m  |        |

## W40 Weight Throw 35#

| Name                      | Age Team         | Seed   | Finals | Points |
|---------------------------|------------------|--------|--------|--------|
| 1 # 2014 Ingles, Penelope | W42 Potomac Vall | 11.91m | 9.87m  |        |

## W50 Weight Throw 35#

| Name                    | Age Team       | Seed | Finals | Points |
|-------------------------|----------------|------|--------|--------|
| 1 # 2067 Zelaya, Pamela | W53 Unattached |      | 9.03m  |        |

## W55 Weight Throw 35#

| Name                   | Age Team         | Seed   | Finals | Points |
|------------------------|------------------|--------|--------|--------|
| 1 # 2065 Wilkins, Mary | W57 Unattached   | 10.67m | 9.32m  |        |
| 2 # 2070 Chase, Freda  | W56 Potomac Vall |        | 5.72m  |        |

## M55 Weight Throw 35#

| Name                  | Age Team       | Seed   | Finals | Points |
|-----------------------|----------------|--------|--------|--------|
| 1 # 2053 Noyes, Terry | M57 Unattached | 15.00m | 16.29m |        |

## M70 Weight Throw 35#

| Name                   | Age Team         | Seed   | Finals | Points |
|------------------------|------------------|--------|--------|--------|
| 1 # 2050 Moss, Ken     | M71 Unattached   | 18.00m | 19.00m |        |
| 2 # 2075 Pearce, James | M73 Potomac Vall |        | 12.12m |        |

## W40 Super Weight 65#

| Name                      | Age Team         | Seed | Finals | Points |
|---------------------------|------------------|------|--------|--------|
| 1 # 2014 Ingles, Penelope | W42 Potomac Vall |      | 5.88m  |        |

## W50 Super Weight 65#

| Name                    | Age Team       | Seed | Finals | Points |
|-------------------------|----------------|------|--------|--------|
| 1 # 2067 Zelaya, Pamela | W53 Unattached |      | 6.11m  |        |

## W55 Super Weight 65#

| Name                   | Age Team       | Seed | Finals | Points |
|------------------------|----------------|------|--------|--------|
| 1 # 2065 Wilkins, Mary | W57 Unattached |      | 6.89m  |        |

## M55 Super Weight 65#

| Name                  | Age Team       | Seed | Finals | Points |
|-----------------------|----------------|------|--------|--------|
| 1 # 2053 Noyes, Terry | M57 Unattached |      | 7.40m  |        |

## M70 Super Weight 65#

| Name                   | Age Team         | Seed | Finals | Points |
|------------------------|------------------|------|--------|--------|
| 1 # 2050 Moss, Ken     | M71 Unattached   |      | 10.33m |        |
| 2 # 2075 Pearce, James | M73 Potomac Vall |      | 5.78m  |        |

W60 3000 Meter Race Walk

| Name               | Age Team       | Seed     | Finals   | Points |
|--------------------|----------------|----------|----------|--------|
| 1 # 2033 Good, Keg | W61 Unattached | 22:40.00 | 22:14.63 |        |

W65 3000 Meter Race Walk

| Name                       | Age Team       | Seed | Finals   | Points |
|----------------------------|----------------|------|----------|--------|
| 1 # 2037 Hncock, Elizabeth | W66 Unattached |      | 25:26.32 |        |

M45 3000 Meter Race Walk

| Name                   | Age Team         | Seed     | Finals   | Points |
|------------------------|------------------|----------|----------|--------|
| 1 # 2019 Chasse, Craig | M49 Potomac Vall | 18:00.00 | 17:37.68 |        |

M60 3000 Meter Race Walk

| Name                  | Age Team         | Seed     | Finals   | Points |
|-----------------------|------------------|----------|----------|--------|
| 1 # 2024 Chelius, Tim | M62 Shore Ac You | 19:30.00 | 18:52.24 |        |

M65 3000 Meter Race Walk

| Name                    | Age Team       | Seed | Finals   | Points |
|-------------------------|----------------|------|----------|--------|
| 1 # 2025 Augustine, Tom | M69 Unattached |      | 22:29.51 |        |

M70 3000 Meter Race Walk

| Name                    | Age Team         | Seed | Finals   | Points |
|-------------------------|------------------|------|----------|--------|
| 1 # 2023 Morrison, John | M70 Potomac Vall |      | 24:18.56 |        |