

2015 Colorado Association & Mid-America Region
Masters & Open Indoor Track & Field Championships
3/1/2015
US Air Force Academy Indoor Track
Colorado Springs, CO

60M

GROCE, ALEXIS	F OPEN	18	7.65
GNOCE, ALEXANDRIA	F OPEN	18	7.69
GILBERT, SAMSNTHA	F OPEN	19	8.40
STEVENS, MELISSA	F OPEN	26	8.50
MONTOYA-COLLIS, APRIL	F OPEN	24	8.61
BERNERT, BRANDI	F35-39	36	7.78
IBRAHEEM, ALYA	F35-39	39	10.33
REED, LaDONNA	F40-44	40	8.94
MILLIGAN-JACKSON, MARJORIE	F45-49	49	9.25
SMITH, RACHEL	F45-49	47	9.64
NICOLETTI, CATHY	F60-64	64	9.57
BERGEN, KATHY	F75-79	75	9.55
HUBERT, DOMINIQUE	M OPEN	24	6.70
NGUYEN, JUSTIN	M OPEN	20	7.14
JONES, JAMES	M OPEN	19	7.23
BADGER, TIM	M OPEN	29	7.33
MOSLEY, HENRY	M OPEN	23	7.37
FANNING, BRET	M OPEN	27	7.45
COOK, TREVOR	M OPEN	18	7.55
GREEN, TYLER	M OPEN	22	7.55
SUAZO, PAUL	M OPEN	20	7.58
FEREDE, MESFIN	M OPEN	23	7.83
LI, JIAMENG	M OPEN	19	7.96
HAYES, BREYTON	M OPEN	18	9.30
HAYES, GARRISON	M OPEN	18	9.38
MONTOYA-COLLIS	M30-34	34	7.67
WOODS, THAI	M35-39	37	7.08
INGRAM, SEAN	M35-39	35	7.43
BASILE, VINNIE	M35-39	38	8.09
BRYANT, AMADOR	M40-44	40	7.77
RAMSEY, IAN	M40-44	43	8.12
WILLOCK, GEORGE	M40-44	44	8.15
ROMSA, DWAIN	M50-54	52	8.15
JEFFERS, AUBRY	M50-54	50	8.57
HESSLER, KENNY	M50-54	51	8.81
KELLER, DON	M55-59	59	8.48
POWELL, CHARLIE	M60-64	63	8.52
RADIFF, DAN	M60-64	63	8.80
DEITRICH, WOODY	M60-64	62	8.88
ENGEMAN, RICK	M60-64	63	9.47
GIRLING, DAN	M70-74	70	10.35
ALEXANDER, DALE	M70-74	74	11.24
GIRLING, DAREN	M70-74	70	12.94
FISCHER, BOBBY	M75-79	75	11.21

200M

STEVENS, MELISSA	F OPEN	26	28.57
SCHNACK, McKENNA	F OPEN	20	28.72
BERNERT, BRANDI	F35-39	36	25.87
IBRAHEEM, ALYA	F35-39	39	34.89
MILLIGAN-JACKSON, MARJORIE	F45-49	49	31.99
SMITH, RACHEL	F45-49	47	32.48
NICOLETTI, CATHY	F60-64	64	32.52
GIRLING, DREW	F70-74	70	35.26
SMITH, MARY	F70-74	74	39.20
BERGEN, KATHY	F75-79	75	35.70
COOK, TREVOR	M OPEN	18	22.83
LANIER, JAVAN	M OPEN	18	22.85
BADGER, TIM	M OPEN	29	23.59
FANNING, BRET	M OPEN	27	23.80
SUAZO, PAUL	M OPEN	20	24.09
GREEN, TYLER	M OPEN	22	24.13
MOSLEY, HENRY	M OPEN	23	24.26
NGUYEN, JUSTIN	M OPEN	20	24.42
FINE, BGABE	M OPEN	19	25.51
LI, JIAMENG	M OPEN	19	26.07
MONTOYA-COLLIS	M30-34	34	25.03
WOODS, THAI	M35-39	37	23.09
INGRAM, SEAN	M35-39	35	24.29
BRYANT, AMADOR	M40-44	40	25.26
WILLOCK, GEORGE	M40-44	44	27.72
HESSLER, KENNY	M50-54	51	30.55
WOLFE, MICHAEL	M55-59	55	27.04
POWELL, CHARLIE	M60-64	63	27.93
RADIFF, DAN	M60-64	63	29.53
DEITRICH, WOODY	M60-64	62	30.08
TUCKER, DAVID	M60-64	63	32.89
GIRLING, BROCK	M70-74	70	27.50
STROUSE, FRANK	M70-74	74	31.49
FISCHER, BOBBY	M75-79	75	44.83

400M

LOPER, AYLA	F OPEN	19	1:06.61
IBRAHEEM, ALYA	F35-39	39	1:25.49
NICOLETTI, CATHY	F60-64	64	1:21.72
SMITH, MARY	F70-74	74	1:28.94
LINDBOM, SHAWN	M OPEN	26	52.67
FANNING, BRET	M OPEN	27	52.84
FINE, BGABE	M OPEN	19	54.86
FITE, SEAN	M OPEN	19	1:00.37
STENSEL, SAM	M OPEN	20	1:01.00
CASTRO, FRANSISCO	M OPEN	26	1:01.43
BASILE, VINNIE	M35-39	38	1:00.65
BRYANT, AMADOR	M40-44	40	57.62
RAMSEY, IAN	M40-44	43	57.75
ZINCONE, JOHN	M50-54	50	1:01.90
WOLFE, MICHAEL	M55-59	55	1:00.87

ALBO, DAVID	M55-59	58	1:06.18
RADIFF, DAN	M60-64	63	1:12.07
STROUSE, FRANK	M70-74	74	1:20.05

800M

WALLER, RUTH	F30-34	30	2:26.29
LINDBOM, SHAWN	M OPEN	26	2:00.18
FEREDE, MESFIN	M OPEN	23	2:00.83
HAMPSON, TUCKER	M OPEN	22	2:04.46
BING, RYAN	M OPEN	21	2:04.70
HOLLAND, ETHAN	M OPEN	19	2:05.28
WAIT, TRACY	M45-49	47	2:36.58
ERICKSON, GLENN	M50-54	54	2:27.57
MAHER, DENNIS	M55-59	55	2:24.81
STROUSE, FRANK	M70-74	74	4:01.89

1000M

ROMSA, DWAIN	M50-54	52	3:55.90
SCHAEFFER, RUSSELL	M50-54	54	4:03.01

1500M

WALLER, RUTH	F30-34	30	5:23.21
LINDBOM, SHAWN	M OPEN	26	4:16.65
ENGLISH, SAM	M OPEN	21	4:27.17
PEEBLES-CAPIN, ALEX	M OPEN	20	4:51.11
WAIT, TRACY	M45-49	47	5:59.40
LITOFF, DAVID	M50-54	53	4:52.33
ERICKSON, GLENN	M50-54	54	5:34.49
MAHER, DENNIS	M55-59	55	5:06.03

3000M RUN

SANDFORT, KATIE	F OPEN	20	11:54.87
CRIMMINS, ALLIE	F OPEN	20	12:50.16
BRUESS, LAURA	F50-54	54	12:01.19

3000M RW

MARTINO, MARIANNE	F60-64	64	18:38.64
FAIRS, JANET	F70-74	71	23:24.41
FOREMAN, CRAIG	M65-69	66	26:50.37
SMITH, MICHAEL	M70-74	70	23:03.85
SMITH, ROBERT F.M.	M70-74	74	24:06.14

60M HURDLES

GOMEZ, KIANA	FOPEN	17	8.96
DONLEY, CHRISTEL	F80-84	80	15.54
LOTRICH, ANTHONY	M40-44	41	DNF
ROMSA, DWAIN	M50-54	52	11.10
SCHAEFFER, RUSSELL	M50-54	54	12.72
KELLER, DON	M55-59	59	9.69
DE LA PUENTE, JOE	M55-59	58	12.68
RADIFF, DAN	M60-64	63	10.79

LONG JUMP				
BERNERT, BRANDI	F35-39	36	4.55	
REED, LaDONNA	F40-44	40	4.75	
RAHAM, SHARON	F65-69	68	2.71	
DONLEY, CHRISTEL	F80-84	80	2.12	
JONES, JAMES	M OPEN	19	6.20	
ERBE,RICK	M45-49	45	4.82	
WAIT, TRACY	M45-49	47	4.55	
McCRIMMON, JAMES	M50-54	54	5.49	
ROMSA, DWAIN	M50-54	52	5.00	
JEFFERS, AUBRY	M50-54	50	4.97	
HESSLER, KENNY	M50-54	51	4.76	
SCHAEFFER, RUSSELL	M50-54	54	4.18	
KELLER, DON	M55-59	59	4.46	
DEITRICH, WOODY	M60-64	62	4.17	
DONLEY, JERRY	M85-89	85	2.17	

HIGH JUMP				
LOPER, AYLA	F OPEN	19	1.45	
RAHAM, SHARON	F65-69	68	.90	
BERGEN, KATHY	F75-79	75	1.22	
DONLEY, CHRISTEL	F80-84	80	1.02	
HAYES, GARRISON	M OPEN	18	1.45	
WAIT, TRACY	M45-49	47	1.30	
HELTON, JEFF	M50-54	53	1.60	
McCRIMMON, JAMES	M50-54	54	1.60	
ROMSA, DWAIN	M50-54	52	1.50	
KNOCHE, RANDY	M50-54	53	1.40	
SCHAEFFER, RUSSELL	M50-54	54	1.35	
KELLER, DON	M55-59	59	1.45	
DEITRICH, WOODY	M60-64	62	1.32	
NICKERSON, ERIC	M60-64	64	1.30	
BERGEN, BERT	M75-79	77	1.25	

TRIPLE JUMP				
RAHAM, SHARON	F65-69	68	5.52	
DONLEY, CHRISTEL	F80-84	80	5.77	
McCRIMMON, JAMES	M50-54	54	10.62	
ROMSA, DWAIN	M50-54	52	10.35	

POLE VAULT				
CONNOR, JAMIE	F OPEN	34	4.00	
HARRIS, LACY	F OPEN	21	3.85	
STATHAKIS, CHRISTINA	F OPEN	17	3.55	
BUTCHER, LAURA	F OPEN	17	3.40	
LODL, MIKAELA	F OPEN	18	NH	
REX, KYLE	MOPEN	17	4.30	
HINKLE, BRANDON	MOPEN	17	4.30	
VAN BENSCHOTEN, MARK	M OPEN	23	4.80	
MUELLER, CHRISTIAN	M OPEN	18	4.15	
WILLIAMS, HAYDEN	M OPEN	18	4.00	
ANDERSEN, CARSON	M OPEN	19	3.70	

HARMON, WILLIAM	M OPEN	19	3.10
FINKE, FREDERICK	M30-34	32	4.45
MILLER, JEFFREY	M40-44	41	2.65
KNOCHE, RANDY	M50-54	53	2.80
ROMSA, DWAIN	M50-54	52	2.20
NICKERSON, ERIC	M60-64	64	2.35
JESMER, JOHN	M65-69	65	2.05
DONLEY, JERRY	M85-89	85	NH

SHOT PUT

LINDEBURG, EDDIE	F45-49	48	9.49
RAHAM, SHARON	F65-69	68	6.56
FOX, B	F75-79	77	4.79
DONLEY, CHRISTEL	F80-84	80	7.50
HAYES, BREYTON	M OPEN	18	8.46
RAMSEY, IAN	M40-44	43	7.12
BERGSTROM, ROB	M50-54	50	12.83
ROMSA, DWAIN	M50-54	52	11.95
SCHAEFFER, RUSSELL	M50-54	54	10.04
LINDEBURG, NATHAN	M50-54	54	8.65
KNOCHE, RANDY	M50-54	53	8.49
GETTEL, STEVE	M55-59	55	14.00
DE LA PUENTE, JOE	M55-59	58	8.76
KEYES, ERIC	M55-59	57	DNF
KELLER, DON	M55-59	59	DNF
SQUIRES, JIM	M55-59	59	DNF
TORBERT, QUENTON	M60-64	63	14.81
MIZER, RAY	M60-64	61	8.49
TUCKER, DAVID	M60-64	63	8.13
HARVEY, WILLIAM	M65-69	69	12.26
PERCY, IAN	M65-69	69	10.46
DONLEY, JERRY	M85-89	85	7.67

WEIGHT THROW

LINDEBURG, EDDIE	F45-49	48	9.99
RAHAM, SHARON	F65-69	68	9.38
DONLEY, CHRISTEL	F80-84	80	6.93
BERGSTROM, ROB	M50-54	50	14.71
LINDEBURG, NATHAN	M50-54	54	12.45
GETTEL, STEVE	M55-59	55	11.14
MIZER, RAY	M60-64	61	10.65
PERCY, IAN	M65-69	69	14.04
MATHEWS, GEORGE	M70-74	71	16.97

SUPERWEIGHT

LINDEBURG, EDDIE	F45-49	48	5.64
BERGSTROM, ROB	M50-54	50	7.56
LINDEBURG, NATHAN	M50-54	54	5.07
MIZER, RAY	M60-64	61	5.55
PERCY, IAN	M65-69	69	7.00
MATHEWS, GEORGE	M70-74	71	10.43