

Courtesy of Jeffery Davison and [SHR1](#)

## SCA MASTERS MEET RECORDS

Dec 6, 2024

nwi = no wind indicator

## **SCA - MASTERS MEET RECORDS (1970s to 2024)**

(SCA) Southern California Association Masters Track & Field Championships

To be eligible for an SCA Meet Record: athlete must be registered in SCA during time of mark, and compete as USA at meets during time of mark.

<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
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Any questions or updated information can be forwarded to: the SCA Masters Meet Director.

### **SCA Meet Locations:**

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June 9, 2024	Moorpark College, Moorpark, CA (Ventura County)
June 3, 2023	Pomona Pitzer, Claremont, CA
July 2, 2022	Pomona Pitzer, Claremont, CA
2021	2021: cancelled
2020	2020: cancelled
June 9, 2019	West Los Angeles College, Culver City
June 16, 2018	West Los Angeles College, Culver City
May 20, 2017	West Los Angeles College, Culver City
May 28, 2016	Cerritos College, Norwalk
May 30, 2015	Cerritos College, Norwalk
May 17, 2014	Cal Tech, Pasadena, CA
June 29, 2013	Cal Tech, Pasadena, CA
June 16, 2012	Cal Tech, Pasadena, CA
May 15, 2011	Long Beach City College (Throws: Long Beach State)
June 12, 2010	Orange Coast College, Costa Mesa
June 06, 2009	Soka Univ., Aliso Viejo
June 14, 2008	Cerritos College, Norwalk
June 09, 2007	Cal State Long Beach, Long Beach
June 17, 2006	Moorpark College, Moorpark (Ventura County)
June 11, 2005	West Los Angeles College, Culver City (PV at Culver City High)
June 12, 2004	Cerritos College, Norwalk
June 8, 2003	Orange Coast College, Costa Mesa
June 22, 2002	Birmingham High School, Van Nuys & Cal State Univ., Northridge
August 4, 2001	Long Beach City College, Long Beach (HT at Cal State Long Beach)
June 24, 2000	Cal State Long Beach, Long Beach
June 12, 1999	Occidental College, Eagle Rock
July 11, 1998	Fullerton College, Fullerton
June 8, 1997	Occidental College, Eagle Rock
June 9, 1996	Cal State Long Beach, Long Beach
April 8, 1995	Occidental College, Eagle Rock
June 18, 1994	Occidental College, Eagle Rock
June 27, 1993	Cerritos College, Norwalk
June 20, 1992	Occidental College, Eagle Rock
June 15, 1991	Occidental College, Eagle Rock
June 16, 1990	Occidental College, Eagle Rock
June 18, 1989	Occidental College, Eagle Rock
June 18, 1988	Occidental College, Eagle Rock

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**(SCA) Southern California Association Masters Track & Field Championships**

Age	Event	Name	Mark	Year	Wind
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June 20, 1987	Occidental College, Eagle Rock
June 28, 1986	Occidental College, Eagle Rock
June 1, 1985	Occidental College, Eagle Rock
July 1, 1984	Occidental College, Eagle Rock
July 9, 1983	Cal State Long Beach, Long Beach
July 10, 1982	UCLA, Los Angeles
July 18, 1981	UCLA, Los Angeles
June 7, 1980	Cal State Univ. Northridge, Northridge
June 10, 1979	Cal State Univ. Northridge, Northridge
June 11, 1978	Cal State Univ. Northridge, Northridge (Note: only portion of 1978 results have been located).
June 11, 1977	Cal State Univ. Northridge, Northridge (Pent. At Southwestern College)
June 12, 1976	Moorpark College, Moorpark (Ventura County) (missing results)
June 7, 1975	Sunny Hills HS, Fullerton
June 1, 1974	Sunny Hills HS, Fullerton (missing results)

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M25	100 Meter Dash	Mahasse Cornileus	10.51	1999	---
M25	100 Meter Dash	Deondre Spruill	10.51	2023	<1.7>
M25	200 Meter Dash	Demontez McCray	21.44	2023	0.7
M25	200 Meter Dash	Perry McBride	22.18	2001	<0.7>
M25	400 Meter Dash	Joel Stallworth	47.00	2012	
M25	800 Meter	Boris Berian	1:47.92	2018	
M25	800 Meter	Danny Reid	1:49.56	2012	
M25	1500 Meter	Bennett Naden	4:04.59	2015	
M25	5,000 Meter	Florian Scheulen	16:17.03	2017	
M25	10,000 Meter	Efrain Velasco	20:21.77	2014	
M25	110 M Hurdles (39")	Aaron Gray	16.59	2023	---
M25	400 M Hurdles (36")	Orentheus Hutcherson	50.59	2005	
M25	LJ	Daminze Young	6.61	2004	1.8
M25	TJ	Kevin Staniszewski	13.23	2023	1.3
M25	SP	Jon O'Neil	18.96	2004	
M25	DT	Mike Torie	57.91	2012	
M30	100 Meter Dash	Dwayne Taggard	10.6h	1985	---
M30	100 Meter Dash	Alberto Ros	10.88	1992	
M30	200 Meter Dash	Keita Cline	21.25	2005	1.4
M30	400 Meter Dash	Stirley Jones	47.69	2015	---
M30	800 Meter	Carlos Cota	1:56.44	1997	---
M30	1500 Meter	Brian Russell	3:54.23	1992	---
M30	5,000 Meter	Nor Aviala	15:16.70	1988	---
M30	10,000 Meter	Nolan Shaheed	34:38.5h	1983	---
M30	10,000 Meter	Mike Chambliss	32:22.8h	1980	---
M30	110 M Hurdles (39")	Richard Holmes	15.20	2001	neg.
M30	110 M Hurdles (unknown height)	Walt Butler	14.4h yard	1975	nwi
M30	400 M Hurdles (36")	Aaron Lacy	52.03	2004	---
M30	3000 M Steeple	Henry Lange	10:26.5h	1983	---
M30	HJ	Mel Embree	2.07	1985	---
M30	LJ	James Lofton	7.40	1991	---
M30	TJ	Milan Tiff	15.84	1981	---
M30	PV	Tim Knappen	4.59	1980	---
M30	SP	Rich Harrison	17.65	2004	---
M30	DT	Frank Reilly	54.24	1981	---
M30	JT	Clyde Foreman	63.10	1981	---
M30	HT	Frank Reilly	46.47	1982	---
M30	Race Walk 5000 M	Enrique Flores	21:26h	1985	---
M35	100 Meter Dash	Marion McCoy	10.6h	1985	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
M35	200 Meter Dash	Eugene Driver	21.4h	1987	---
M35	400 Meter Dash	Hilliard Sumner	49.8h	1981	---
M35	800 Meter	John Perry	1:56.1h	1982	---
M35	1500 Meter	D. Castenholtz	4:02.75	1990	---
M35	5,000 Meter	Frank Duarte	15:26.3h	1981	---
M35	10,000 Meter	Frank Duarte	32:06.3h	1981	---
M35	110 M Hurdles (39")	Richard Benoy	14.30	2004	1.6
M35	110 M Hurdles (39")	Walt Butler	13.9h	1978	nwi
M35	400 M Hurdles (36")	Aaron Lacy	54.92	2007	---
M35	3000 M Steeple	Henry Lange	10:32.9h	1985	---
M35	HJ	Leo Williams	2.10	1996	---
M35	LJ	Stan Whitley	7.23	1984	---
M35	TJ	Lavell Davenport	14.83	1998	---
M35	PV	Nat Durham	4.80	1991	---
M35	PV	Steve Smith	4.87	1987	---
M35	SP	Doug Wells	16.09	1979	---
M35	DT	Frank Reilly	55.87	1984	---
M35	JT	Alan Collatz	67.22	1996	---
M35	HT	Daniel Kirk	52.95	2008	---
M35	WT	Arvil Hampton	12.26	2011	---
M35	Super WT	Troy Nelson	7.36	2011	---
M35	Race Walk 5000 M	Keith Ward	23:33	1986	---
M40	100 Meter Dash	Christopher Williams	10.57	2012	0.7
M40	200 Meter Dash	Christopher Williams	21.03	2012	neg.
M40	400 Meter Dash	Stan Whitley	49.8h	1987	---
M40	800 Meter	Nolan Shaheed	1:58.19	1994	---
M40	1500 Meter	Peter Magill	4:03.52	2006	---
M40	5,000 Meter	Jacques Sallberg	15:48.69	2019	---
M40	10,000 Meter	Michael Buckhoff	33:55.03	2008	---
M40	110 M Hurdles (39")	Derek Pye	14.47	2011	1.4
M40	400 M Hurdles (36")	Perry McBride	56.20	2017	---
M40	3000 M Steeple	David Longyear	10:20.17	2009	---
M40	HJ	John Dobroth	2.00	1982	---
M40	LJ	Carl Flowers	6.77	1991	---
M40	TJ	Milan Tiff	15.49	1989	---
M40	TJ	Milan Tiff	14.96	1990	---
M40	PV	Charlie Brown	4.75	1998	---
M40	SP	Doug Wells	15.35	1984	---
M40	SP	Parry O'Brien	15.36	1975	---
M40	DT	Lloyd Higgins	51.96	1985	---
M40	JT	Joe Greenberg	60.76	1991	---
M40	HT	Kevin Eubanks	50.34	2015	---
M40	WT	Troy Nelson	11.05	2012	---

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M40	Super WT	Troy Nelson	6.87	2012	---
M40	Race Walk 5000 M	Ed Bouldin	25:33	1989	---
M45	100 Meter Dash	Stan Whitley	11.06	1991	---
M45	200 Meter Dash	Stan Whitley	22.30	1992	---
M45	400 Meter Dash	Stan Whitley	51.02	1991	---
M45	800 Meter	Nolan Shaheed	1:57.92	1997	---
M45	1500 Meter	Nolan Shaheed	4:04.19	1997	---
M45	5,000 Meter	Frank Duarte	15:54.70	1987	---
M45	10,000 Meter	Andre Tocco	33:39.0h	1981	---
M45	110 M Hurdles (39")	Henry Andrade	15.12	2008	---
M45	400 M Hurdles (36")	Bill Knocke	57.9h	1987	---
M45	3000 M Steeple	Darren Cox	10:43.87	2019	---
M45	HJ	Keith Nelson	1.93	2001	---
M45	LJ	Stan Royster	6.40	1995	---
M45	TJ	Milan Tiff	14.17	1997	---
M45	TJ	Dave Jackson	12.96	1978	---
M45	PV	Gregg Miguel	4.41	1994	---
M45	SP	Mike Nash	14.71	1997	---
M45	DT	Lloyd Higgins	55.21	1987	---
M45	JT	Joe Greenberg	59.88	1996	---
M45	HT	F Stewart Thomson	48.99	1982	---
M45	WT	Doug Parsons	15.76	2008	---
M45	Super WT	Greg Retzer	8.51	2011	---
M45	Race Walk 5000 M	Larry Walker	21:27.00	1988	---
M50	100 Meter Dash	Ken Dennis	11.2h	1989	---
M50	200 Meter Dash	Ken Dennis	23.4h	1989	---
M50	400 Meter Dash	Don Parker	52.7h	1993	---
M50	800 Meter	Nolan Shaheed	2:01.72	2000	---
M50	1500 Meter	Neil Doherty	4:32.70	1991	---
M50	5,000 Meter	Juan Cabeza	17:25.40	1996	---
M50	5,000 Meter	Bradley Peterson	17:16.38	2018	---
M50	10,000 Meter	Robert Arsenault	35:23.34	2017	---
M50	100 M Hurdles (36")	Walt Butler	13.84	1994	---
M50	400 M Hurdles (33")	Bill Knocke	63.32	1991	---
M50	3000 M Steeple	David Cook	11:31.58	2008	---
M50	HJ	Charlie Rader	1.80	1998	---
M50	LJ	David Quick	5.94	2006	nwi
M50	TJ	Dave Jackson	13.19	1982	---
M50	PV	Wayne Lambert	4.35	2000	---
M50	SP	Parry O'Brien	17.71	1984	---
M50	SP	Doug Wells	14.57	1994	---
M50	SP	George Ker	15.96	1975	---

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M50	DT	Ralph Fruguglietti	55.92	2007	---
M50	JT	Larry Stuart	68.28	1992	---
M50	HT	Mike Deller	52.09	1999	---
M50	WT	Greg Retzer	16.41	2015	---
M50	Super WT	Greg Retzer	8.86	2015	---
M50	Race Walk 5000 M	Richard Oliver	26:58	1988	---
M55	100 Meter Dash	Willie Gault	11.37	2016	neg <1.2>
M55	200 Meter Dash	Willie Gault	23.33	2016	1.1
M55	400 Meter Dash	James Chinn	56.33	2014	---
M55	800 Meter	Nolan Shaheed	2:08.47	2006	---
M55	1500 Meter	Nolan Shaheed	4:24.04	2006	---
M55	5,000 Meter	Nolan Shaheed	16:48.77	2008	---
M55	10,000 Meter	John Araujo	42:52.54	2017	---
M55	100 M Hurdles (36")	Walt Butler	14.82	1996	---
M55	400 M Hurdles (33")	Bill Knocke	65.20	1997	---
M55	3000 M Steeple	Avery Bryant	12:15.5h	1983	---
M55	HJ	Charlie Rader	1.70	2003	---
M55	HJ	Phil J. Fehlen	1.70	1991	---
M55	LJ	Tom Patsalis	6.10	1981	---
M55	TJ	Tom Patsalis	11.98	1978	---
M55	PV	Tim McIntyre	4.15	2017	---
M55	SP	Russ Hodge	15.23	1996	---
M55	DT	Ralph Fruguglietti	50.48	2010	---
M55	JT	Larry Stuart	65.75	1995	---
M55	HT	F Stewart Thomson	52.90	1992	---
M55	WT	Lloyd Higgins	18.32	1998	---
M55	Race Walk 5000 M	John Kelly	26:54 h	1986	---
M60	100 Meter Dash	Kenny Dennis	12.24	2000	---
M60	200 Meter Dash	Doug Smith	24.93	2000	---
M60	400 Meter Dash	Stan Whitley	58.81	2007	---
M60	800 Meter	Nolan Shaheed	2:14.12	2010	---
M60	1500 Meter	David Parke	4:56.34	2007	---
M60	5,000 Meter	Pat Devine	18:19.00	1989	---
M60	10,000 Meter	Pat Devine	37:18.6h	1982	---
M60	100 M Hurdles (33")	Thad Wilson	15.30	2011	1.1
M60	300 M Hurdles (30")	Thad Wilson	45.87	2011	---
M60	2000 M Steeple	Nolan Shaheed	7:09.91	2012	---
M60	HJ	Davie Perry	1.55	2002	---
M60	HJ	Greg Heet & Charlie Radar	1.55	2007 & 2011	---
M60	LJ	Tom Patsalis	6.07	1982	---
M60	TJ	Tom Patsalis	11.96	1982	---

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M60	PV	Gary Miller	3.50	1999	---
M60	SP	Quenton Torbert	16.10	2013	---
M60	DT	Bob Humphreys	50.64	1996	---
M60	JT	Larry Stuart	62.56	1999	---
M60	HT	John Goldhammer	57.23	2015	---
M60	WT	John Goldhammer	20.25	2015	---
M60	Super WT	John Goldhammer	11.19	2016	---
M60	Race Walk 5000 M	Allen James	24:05.16	2024	---
M65	100 Meter Dash	Stan Whitley	12.94	2012	0.4
M65	200 Meter Dash	Doug Smith	26.94	2006	nwi
M65	400 Meter Dash	Don Cheek	1:03.90	1998	---
M65	800 Meter	Frederick Lindsley	2:29.91	2010	---
M65	1500 Meter	Frederick Lindsley	5:11.15	2010	---
M65	5,000 Meter	Larry Banuelos	19:49.10	1989	---
M65	10,000 Meter	Paul Cook	43:52.41	2019	---
M65	100 M Hurdles (33")	Mahmoud Niroumand	17.88	2024	<0.1>
M65	300 M Hurdles (30")	Bob Watanabe	49.19	1991	---
M65	2000 M Steeple	Avery A. Bryant	8:51.20	1993	---
M65	HJ	John Dobroth	1.64	2006	---
M65	LJ	Tom Patsalis	5.04	1987	---
M65	TJ	Tom Patsalis	10.73	1987	---
M65	PV	Steve Morris	3.23	2015	---
M65	SP	Hal Smith	14.03	2001	---
M65	DT	Dan Aldrich	44.68	1988	---
M65	JT	Larry Stuart	57.44	2003	---
M65	HT	John Goldhammer	55.61	2019	---
M65	WT	John Goldhammer	19.50	2019	---
M65	Super WT	John Goldhammer	10.71	2019	---
M65	Race Walk 5000 M	Jonathan Matthews	27:52.78	2024	---
M70	100 Meter Dash	Ron Stevens	12.76	2024	1.7
M70	200 Meter Dash	Ron Stevens	26.76	2024	0.6
M70	400 Meter Dash	Jesse Carrington	1:07.46	2007	---
M70	800 Meter	Frederick Lindsley	2:36.32	2015	---
M70	1500 Meter	Frederick Lindsley	5:30.41	2015	---
M70	5,000 Meter	Gunnar Linde	21:06.8h	1999	---
M70	10,000 Meter	Alfred Guth	1:07:05.1h	1983	---
M70	80 M Hurdles (30")	Thad Wilson	13.11	2023	---
M70	300 M Hurdles (27")	Pete Ganahl	58.3h	1987	---
M70	2000 M Steeple	Gordon McClenethen	10:42.44	2006	---
M70	HJ	Dave Perry	1.47	2010	---
M70	LJ	Tom Patsalis	4.83	1992	---
M70	TJ	Tom Patsalis	9.79	1992	---



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M70	PV	James (Jim) Vernon	2.89	1989	---
M70	PV	Carol Johnston	2.89	1986	---
M70	SP	Quenton Torbert	16.09	2023	---
M70	DT	Bob Humphreys	45.00	2006	---
M70	JT	William Morales	46.27	1987	---
M70	HT	Larry Hart	57.60	2017	---
M70	WT	Larry Hart	20.41	2017	---
M70	Super WT	Larry Hart	10.21	2017	---
M70	Race Walk 5000 M	Carl Acosta	32:39.1	2004	---
M75	100 Meter Dash	Anthony Castro	14.3h	1986	---
M75	200 Meter Dash	Anthony Castro	30.6h	1986	---
M75	400 Meter Dash	Frederick Lindsley	1:13.46	2022	---
M75	800 Meter	Frederick Lindsley	3:03.93	2022	---
M75	1500 Meter	Gary Patton	5:29.99	2023	---
M75	300 M Hurdles (27")	Jesse Carrington	61.23	2013	---
M75	2000 M Steeple	E. "Doc" Murdock	10:36.35	2016	---
M75	HJ	John Dobroth	1.42	2016	---
M75	LJ	Gregory Mimm	4.23	2024	---
M75	TJ	Gregory Mimm	8.47	2024	0.0
M75	PV	Carol Johnston	2.74	1987 & 1988	---
M75	SP	William Harvey	11.96	2022	---
M75	DT	Larry Hart	43.81	2022	---
M75	JT	Allan Trefry	30.55	2004	---
M75	HT	Larry Hart	50.27	2022	---
M75	WT	Doug Tomlinson	14.41	2007	---
M75	Super WT	Jerry Harwood	7.46	2014	---
M75	Race Walk 5000 M	Bill Moremen	32:54.0	2004	---
M80	100 Meter Dash	Clarence Trahan	15.9h	1995	---
M80	200 Meter Dash	Clarence Trahan	39.17	1997	---
M80	400 Meter Dash	Vincent Malizia	1:39.61	1998	---
M80	800 Meter	Robert Culling	4:22.78	2014	---
M80	1500 Meter	Vincent Malizia	6:42.87	1998	---
M80	5,000 Meter	Gunnar Linde	25:59.68	2011	---
M80	10,000 Meter	Bob Koch	55:28.89	2007	---
M80	2000 M Steeple	Robert Culling	12:10.15	2012	---
M80	HJ	Bert Bergen	1.20	2018	---
M80	LJ	Clarence Trahan	3.66	1995	---
M80	TJ	Clarence Trahan	7.18	1995	---
M80	PV	Carol Johnston	2.51	1992	---
M80	SP	Arnie Gaynor	12.79	2009	---
M80	DT	Arnie Gaynor	34.21	2009	---
M80	JT	Don Roser	26.48	2004	---

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M80	HT	Arnie Gaynor	33.91	2009	---
M80	WT	Arnie Gaynor	13.53	2009	---
M80	Super WT	Joe Durrenberger	6.19	2016	
M80	Race Walk 5000 M	Tony Perona	35:33.00	1989	---
					---
M85	100 Meter Dash	Anthony Castro	17.99	1998	---
M85	200 Meter Dash	Anthony Castro	41.51	1998	---
M85	400 Meter Dash	Robert Culling	1:46.38	2018	
M85	800 Meter	Robert Culling	4:13.81	2018	
M85	1500 Meter	Robert Culling	8:17.90	2018	
M85	10,000 Meter	Gunnar Linde	1:03:49.21	2014	---
M85	2000 M Steeple	Gunnar Linde	13:58.87	2017	
M85	LJ	Tom Patsalis	2.72	2008	---
M85	TJ	Tom Patsalis	6.80	2008	---
M85	PV	Carol Johnston	2.21	1997	---
M85	SP	Burt de Groot	7.46	1992	---
M85	DT	Pete (Cleo) Allen	16.96	1998	---
M85	Super WT	Hugh Hackett	7.30	2008	---
M90	100 Meter Dash	Anthony Castro	19.64	2000	---
M90	2000 M Steeple	Gunnar Linde	14:40.54	2019	
M90	HJ	Donald Leis	0.85	2022	---
M90	TJ	Donald Leis	3.48	2022	---
M90	SP	Seymour Lampert	5.96	2010	---
M90	DT	Donald Roser	14.55	2015	
M90	JT	Donald Roser	17.65	2015	
M90	HT	Seymour Lampert	15.38	2010	---
M95	HJ	Leland McPhie	0.91	2009	---
M95	LJ	Leland McPhie	1.50	2009	---
M95	TJ	Leland McPhie	3.94	2009	---
M95	SP	Leland McPhie	6.16	2009	---
M95	DT	Leland McPhie	11.84	2010	---
M95	JT	Leland McPhie	10.20	2009	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
W25	100 Meter Dash	Ky Cunningham	11.50	2023	1.7
W25	200 Meter Dash	Breanna Clark	24.10	2023	0.6
W25	400 Meter Dash	Kelsey McFaul	1:05.35	2023	---
W25	800 Meter	Kelsey McFaul	2:36.61	2023	
W25	1500 Meter	Kristin Harper	4:27.32	2000	
W25	5,000 Meter	Adrian Wegeng	20:48.60	2006	
W25	100 m Hurdles (33")	Kendra Reimer	14.78	2005	nwi
W25	HJ	Kendra Reimer	1.47	2005	
W25	LJ	LaShaunda Fowler	5.64	2004	0.8
W25	TJ	Cortney Stafford	11.94	2012	nwi
W25	Race Walk 5000 M	Jamie Fiddler	34:16.19	2016	
W30	100 Meter Dash	Rosayln (Bryant) Clark	12.34	1988	---
W30	200 Meter Dash	Lorena Boothe	24.15	1988	---
W30	400 Meter Dash	Joy Eaton	56.00	2024	---
W30	800 Meter	Liz Guerrini	2:13.35	2004	---
W30	1500 Meter	Michelle Ishio	4:54.30	2006	---
W30	5,000 Meter	Chole Anderson	21:09.56	2017	---
W30	100 M Hurdles	Pam Page	13.34	1988	---
W30	2000 M Steeple	Pilar Delgado	8:55.41	2004	---
W30	HJ	Lisa Riech	1.79	2004	---
W30	LJ	Martha Watson	5.47	1981	---
W30	PV	Sue McDonald	3.24	1996	---
W30	SP	Tressa Thompson	14.39	2008	---
W30	DT	Janet Wilson	44.11	1986	---
W30	JT	Kim Kreiner	53.44	2012	---
W30	HT	Gennessa Ewald	38.99	2018	---
W30	Race Walk 5000 M	Paula Kash-Mendell	26:01.02h	1981	---
---					
W35	100 Meter Dash	Grace A. Dinkins	11.87	2002	nwi
W35	200 Meter Dash	Rosayln (Bryant) Clark	25.27	1991	---
W35	400 Meter Dash	Mary Lou Johnson	1:01.13	2012	---
W35	800 Meter	Claudette Groenendaal	2:13.14	2000	---
W35	1500 Meter	Darsie Bowden	4:45.1	1989	---
W35	5,000 Meter	Cristina Lowry	18:42.83	2024	---
W35	10,000 Meter	Chloe Anderson	41:39.37	2018	---
W35	400 M Hurdles	Ann Marie Lunsman	1:13.45	2005	---
W35	HJ	Lori Albright	1.65	2008	---
W35	HJ	Niina Ranta-Bagdaser	1.65	2002	---
W35	LJ	Natalia Gaerlan	4.94	2017	nwi
W35	TJ	Elaine Iba	9.00	1997	---
W35	PV	Sue McDonald	3.53	1998	---

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W35	SP	Janet Wilson	10.84	1992	---
W35	DT	Grace Apiati	47.92	1992	---
W35	JT	Adreana Cano	29.19	2013	---
W35	HT	Adreana Cano	34.57	2013	---
W35	WT	Adreana Cano	11.87	2013	---
W35	Super WT	Adreana Cano	7.46	2013	---
W35	Race Walk 5000 M	Vicki Jones	25:10.9h	1981	---
		---	---	---	---
W40	100 Meter Dash	Wanda Snell	13.14	1999	---
W40	200 Meter Dash	Wanda Snell	26.7h	1999	---
W40	200 Meter Dash	Monica Brant	26.91	2012	1.81
W40	400 Meter Dash	Monica Brant	1:01.01	2012	---
W40	800 Meter	Marie Murphy	2:21.46	1999	---
W40	1500 Meter	Tania Fischer	4:48.41	2007	---
W40	5,000 Meter	Tania Fischer	17:36.52	2008	---
W40	10,000 Meter	Erika Aklufi	39:59.44	2018	---
W40	80 M Hurdles	Heidi Nardoni	13.83	2007	nwi
W40	400 M Hurdles	Christine Hufenbecher	1:08.09	2024	---
W40	2000 M Steeple	Grace Padilla	6:53.91	2012	---
W40	HJ	Christel Donley (Miller)	1.37	1979	---
W40	LJ	Deby Sweezey (LaPlante)	4.68	1993	---
W40	TJ	Allison Cowdell	9.62	2016	1.1
W40	PV	Alison Regan	2.74	2010	---
W40	SP	Allison Cowdell	9.82	2016	---
W40	DT	Janet Wilson	42.97	1993	---
W40	JT	Allison Cowdell	34.82	2016	---
W40	HT	Trinidad Nelson	22.26	2011	---
W40	WT	Trinidad Nelson	7.65	2012	---
W40	Super WT	Trinidad Nelson	4.16	2012	---
W40	Race Walk 5000 M	Susan Armenta	29:32.12	2016	---
W45	100 Meter Dash	Colleen Barney	13.66	2016	1.4
W45	200 Meter Dash	Andi-Andrea Rolfe	27.16	2013	1.2
W45	400 Meter Dash	Vanessa Juarez	1:04.77	2015	---
W45	800 Meter	Chris Gentile	2:25.59	2016	---
W45	1500 Meter	Chris Gentile	4:57.22	2016	---
W45	5,000 Meter	Rosalva Bonilla	19:14.51	2011	---
W45	10,000 Meter	Rosalva Bonilla	39:53.56	2012	---
W45	400 M Hurdles	Tina Bowman (Stough)	75.42	1999	---
W45	2000 M Steeple	Donna Mills-Honarvar	8:48.98	2023	---
W45	HJ	Julie DeMarco	1.40	2011	---
W45	LJ	Christel Donley (Miller)	4.26	1980	---
W45	PV	Alison Regan	2.45	2012	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
W45	SP	Karen Vaughn	9.25	2003	---
W45	DT	Christel Donley (Miller)	25.37	1982	---
W45	JT	Christel Donley (Miller)	31.49	1982	---
W45	HT	Rena Thompson	22.61	2010	---
W45	WT	Rena Thompson	7.17	2010	---
W45	Race Walk 5000 M	Virginia Scales	28:32	1988	---
W50	100 Meter Dash	Darmesha Watkins	13.42	2022	0.3
W50	200 Meter Dash	Darmesha Watkins	27.41	2022	1.3
W50	400 Meter Dash	Venus Jewett	1:10.43	2017	---
W50	800 Meter	Felecia Nedley	2:33.62	2024	---
W50	1500 Meter	Tania Fischer	4:58.27	2016	---
W50	5,000 Meter	Margaret Miller	19:27.0h	1980	---
W50	10,000 Meter	Rosalva Bonilla	41:50.20	2015	---
W50	80 M Hurdles	Christel Donley (Miller)	14.6h	1985	---
W50	300 M Hurdles	Christine Centeno	53.56	2018	---
W50	HJ	Sue McDonald	1.50	2013	---
W50	LJ	Linda Cohn	4.06	2007	---
W50	TJ	Linda Cohn	8.96	2006	nwi
W50	TJ	Sharie Green	9.34	2018	nwi
W50	PV	Lynn Larsen	2.35	2022	---
W50	SP	Linn Dunton	11.05	2009	---
W50	DT	Linda Cohn	28.28	2006	---
W50	JT	Linda Cohn	40.19	2006	---
W50	HT	Linda Cohn	16.84	2006	---
W50	WT	Linda Cohn	5.87	2006	---
W50	Race Walk 5000 M	Donna Cunningham	28:53.24	2001	---
W55	100 Meter Dash	Kathy Bergen	14.1h	1995	---
W55	200 Meter Dash	Kathy Bergen	30.4h	1995	---
W55	400 Meter Dash	Lynn Naftel	1:08.63	2002	---
W55	800 Meter	Elizabeth Guerrini	2:44.51	2024	---
W55	1500 Meter	Debbie Lee	5:28.78	2012	---
W55	5,000 Meter	Debbie Lee	21:29.87	2015	---
W55	10,000 Meter	Helen Dick	43:09.7h	1982	---
W55	80 M Hurdles	Lynn Naftel	16.65	2002	nwi
W55	300 M Hurdles	Lynn Naftel	57.53	2002	---
W55	2000 M Steeple	Caren Ware	10:31.75	2022	---
W55	HJ	Christel Donley (Miller)	1.20	1993	---
W55	LJ	Linda Cohn	4.11	2010	---
W55	TJ	Linda Cohn	8.82	2010	---
W55	PV	Lynn Larsen	2.45	2023	---
W55	SP	Linn Dunton	10.39	2012	---
W55	DT	Shirley Kinsey	29.88	1985	---

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<u>Age</u>	<u>Event</u>	<u>Name</u>	<u>Mark</u>	<u>Year</u>	<u>Wind</u>
W55	JT	Linda Cohn	39.03	2008	---
W55	HT	Linn Dunton	34.88	2012	---
W55	WT	Linn Dunton	10.75	2012	---
W55	Super WT	Linn Dunton	6.18	2012	---
W55	Race Walk 5000 M	Donna Cunningham	28:15.9	2004	---
W60	100 Meter Dash	Kathy Bergen	14.31	2004	1.6
W60	200 Meter Dash	Sue McDonald	28.69	2024	---
W60	400 Meter Dash	Sue McDonald	1:03.85	2024	---
W60	800 Meter	Yvette LaVigne	2:41.05	2000	---
W60	1500 Meter	Sue McDonald	5:04.27	2023	---
W60	10,000 Meter	Debbie Lee	44:06.38	2018	---
W60	80 M Hurdles	Rita Hanscom	15.05	2016	neg <0.1>
W60	300 M Hurdles	Rita Hanscom	55.12	2014	---
W60	2000 M Steeple	Yolanda Holder	14:47.60	2022	---
W60	HJ	Kathy Bergen	1.32	2004	---
W60	LJ	Brenda Matthews	4.07	2010	---
W60	PV	Rita Hanscom	2.59	2016	
W60	TJ	Linda Cohn	8.37	2014	nwi
W60	PV	Shirley Kinsey	1.21	1993	---
W60	SP	Linda Cohn	9.53	2014	---
W60	DT	Linda Cohn	24.53	2016	---
W60	JT	Linda Cohn	36.36	2016	---
W60	HT	Suzette Lee	27.36	2024	---
W60	WT	Suzette Lee	11.31	2024	---
W60	Race Walk 5000 M	Janet Robinson	32:01.21	2005	---
W65	100 Meter Dash	Kathy Bergen	14.47	2006	1.4
W65	200 Meter Dash	Jeanne Bowman	37.51	2019	<neg. 2.0>
W65	400 Meter Dash	S. Onodero-Leonard	1:24.77	1997	---
W65	800 Meter	Debbie Lee	3:15.02	2023	---
W65	1500 Meter	Debbie Lee	6:40.63	2024	---
W65	80 M Hurdles	Brenda Matthews	42.15	2016	neg <0.1>
W65	300 M Hurdles	Tina Bowman	66.83	2019	---
W65	2000 M Steeple	Yolanda Holder	12:24.11	2023	---
W65	HJ	Kathy Bergen	1.25	2006 & 2008	---
W65	LJ	Brenda Matthews	3.44	2015	1.9
W65	TJ	Magdalena Kuehne	7.56	1997	---
W65	PV	Shirley Kinsey	1.67	1995	---
W65	SP	LaTanya Glass	8.88	2015	---
W65	DT	Kathy Bergen	18.83	2008	---

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W65	HT	LaTanya Glass	16.22	2015	
W65	JT	Tina Bowman	23.20	2019	---
W65	Race Walk 5000 M	Yoko Eichel	32:37.49	2014	---
W70	100 Meter Dash	Kathy Bergen	14.84	2012	1.4
W70	200 Meter Dash	Kathy Bergen	32.21	2012	neg.
W70	400 Meter Dash	Tina Bowman	1:30.76	2024	---
W70	800 Meter	Bess James	3:53.0h	1982	---
W70	800 Meter	Dorothy Stotsenberg	4:36.5	1987	---
W70	1500 Meter	Bess James	8:18.4h	1981	---
W70	10,000 Meter	Bess James	1:05:37.6h	1981	---
W70	2000 M Steeple	Freddie Braxton	13:19.98	2022	---
W70	HJ	Kathy Bergen	1.25	2012	---
W70	LJ	Linda Cohn	3.37	2024	---
W70	PV	Johnnye Valien	1.52	1999	---
W70	SP	LaTanya Glass	8.67	2019	---
W70	DT	Linda Cohn	22.25	2024	---
W70	JT	Linda Cohn	27.17	2024	---
W70	Race Walk 5000 M	Joann Beers	37:43.88	1998	---
W75	100 Meter Dash	Kathy Bergen	15.51	2016	2.0
W75	200 Meter Dash	Kathy Bergen	36.51	2019	<neg. 2.0>
W75	400 Meter Dash	Dorothy Stotsenberg	2:02.4h	1991	---
W75	800 Meter	Bess James	4:06.1h	1985	---
W75	5,000 Meter	Bess James	31:31.0h	1985	---
W75	2000 M Steeple	Darlene Backlund	14:00.33	2023	---
W75	HJ	Kathy Bergen	1.20	2016 & 2017	---
W75	LJ	Edith Mendyka	1.89	1986	---
W75	TJ	Edith Mendyka	7.49	1987	---
W75	SP	Edith Mendyka	7.53	1986	---
W75	DT	Kathy Bergen	20.35	2016	---
W75	JT	Edith Mendyka	20.01	1987	---
W75	HT	Tomasa Schultz	13.69	2012	---
W75	Race Walk 5000 M	Darlene Backlund	40:36.85	2022	---

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W80	100 Meter Dash	Kathy Bergen	17.38	2024	<0.4>
W80	200 Meter Dash	Kathy Bergen	45.71	2024	0.8
W80	400 Meter Dash	S. Onodero-Leonard	2:00.53	2008	---
W80	800 Meter	S. Onodero-Leonard	4:57.87	2008	---
W80	HJ	Kathy Bergen	1.09	2024	---
W80	LJ	Johnnye Valien	2.18	2010	---
W80	TJ	Johnnye Valien	4.21	2010	---
W80	SP	Johnnye Valien	5.04	2010	---
W80	JT	Kathy Bergen	15.41	2022	---
W80	Race Walk 5000 M	Carol Dyar	39:48.40	2024	---
W85	100 Meter Dash	Mary Ames	36.5h	1989	---
W85	800 Meter	Blanche Cummins	5:04.90	2015	---
W85	1500 Meter	Blanche Cummins	9:56.94	2015	---

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<b><u>Relays:</u></b>					
M30-34	Relay 4 x 100 Meter	So Cal Striders	42.9h	1980	---
		Warren Spikes, Glenn Johnson, Reggie Davis,			
M30-34	Relay 4 x 400 Meter	Eugene Driver	3:28.7h	1981	---
		ARC Run Club (Phillip Gonzalez, Rony Vega, Mark Fitzpatrick, Jonathon Tan)			
M30-34	Relay 4 x 800 Meter	So Cal TC (James Chinn, Rafer Weaver, Justin Hernandez, Keith Chambers)	9:06.52	2015	
M30-34	Sprint Medley	Corona Del Mar (Dennis, Smith, Segal, Miller)	3:53.70	2016	---
M40-44	Relay 4 x 100 Meter	So Cal Striders	43.1h	1980	---
M40-44	Relay 4 x 400 Meter		3:50.5h yard	1977	---
M45-49	Relay 4 x 100 Meter	Monsoon TC	51.51	1993	---
M50-54	Relay 4 x 100 Meter	Corona Del Mar	49.4h	1980	---
M50-54	Relay 4 x 400 Meter	Poet, Gil, Bryant, and [?]	4:45.2 yard	1975	---
M60-64	Relay 4 x 100 Meter	Team USA	48.51	2000	---
		CDM (Poloynis, Mercurio, Ganahl, Lewis)			
M60-64	Relay 4 x 400 Meter	Steve Ryan, John Carr, Jerry Harwood, Karl Thorpe	4:56.2h	1982	---
M70-74	Relay 4 x 100 Meter		72.23	2012	---
		Corona Del Mar (Jeanne Carter, Christel Donley (Miller), Ellen Fuller, Shirley Kinsey)			
W40-44	Relay 4 x 100 Meter		58.2h	1980	---
		The Janes Elite (Bernath, Wu, Aklufi, Fratta)			
W30-34	Relay 4 x 800 Meter		10:24.31	2018	---
		The Janes Elite (Fischer, Cushing-Murray, Leetch, Stobbe)			
W50-54	Relay 4 x 800 Meter		10:26.85	2018	---
---	Shuttle Hurdle Relay	---	---	---	---

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Men's Pentathlon consists of LJ, JT, 200M, DT, and 1500M.

Woman's Pentathlon consist of H, HJ, SP, LJ, and 800M.

Note: Scores below are based on tables in year competed.

M30	Pentathlon	Mike Streeter	1656	1993	---
M35	Pentathlon	Andrew Hecker	2173	1993	---
M40	Pentathlon	Jon Kilroy	2666	1993	---
M45	Pentathlon	Frank Reilly	4050	1993	---
M55	Pentathlon	Ted Oviatt	2662	1992	---
W40	Pentathlon	Tina Bowman (Stough)	2431	1993	---
M30	Weight Pentathlon	Roosevelt Ivory	2568	1993	---
M40	Weight Pentathlon	Mike Deller	3543	1993	---
M45	Weight Pentathlon	Thomas Starbuck	2369	1993	---
M50	Weight Pentathlon	Luigi Schiavo	1871	1993	---
M60	Weight Pentathlon	Jan Smit	3100	1993	---
M65	Weight Pentathlon	Jerry Harwood	2707	2006	---
W50	Weight Pentathlon	Linda Cohn	2951	2006	---