

USATF Masters Track & Field Championships - 6/13/2009
Pacific Association - 2009
Prarie City Stadium (Folsom, CA)
Meet Program

Event 2 Men 10000 Meter Run

Lane Name	Age	Team	Seed Time
Section 1 of 1 Finals			
1 Robert Qualls	M57	Golden West	NT
2 Sylvester Coons	M35	Pacific Stri	NT

Event 3 Women 5000 Meter Run

Lane Name	Age	Team	Seed Time
Section 1 of 1 Finals			
1 Carmel Papworth-Barnum	W43	unattached	19:07.00

Event 4 Men 5000 Meter Run

Lane Name	Age	Team	Seed Time
Section 1 of 1 Finals			
1 Pip Smith	M53	Golden West	21.44
2 Michael Houar	M53	Nike Fleet F	18:29.00
3 Andy Harris	M49	River City R	21:09.00
4 Sylvester Coons	M35	Pacific Stri	NT
5 Robert Qualls	M57	Golden West	NT
6 Mike Hochderffer	M56	unattached	NT

Event 5 Men 5000 Meter Race Walk

Lane Name	Age	Team	Seed Time
Section 1 of 1 Finals			
1 Joseph Ols	M45	unattached	NT

Event 6 Women 80 Short Hurdles

Lane Name	Age	Team	Seed Time
Section 1 of 1 Finals			
5 Liz Palmer	W48	Golden West	12.67

Event 7 Men 80 Short Hurdles

Lane Name	Age	Team	Seed Time
Section 1 of 1 Finals			
5 Gary Henderson	M70	unattached	18:00.00

Event 9 Men 100 Short Hurdles

Lane Name	Age	Team	Seed Time
Section 1 of 1 Finals			
3 Roger Parnell	M60	Golden West	NT
4 Ronald Bolling	M57	unattached	15.56
5 John Newman	M50	unattached	17.00
6 Byron Duhon	M51	unattached	14.10
7 James Cameron	M63	unattached	NT

Event 10 Men 110 Short Hurdles

Lane Name	Age	Team	Seed Time
Section 1 of 1 Finals			
4 Joseph Ols	M45	unattached	19.51
5 Rod Jett	M42	unattached	14.61
6 Richard Holmes	M42	unattached	16.34

Event 12 Women 800 Meter Run

Lane Name	Age	Team	Seed Time
Section 1 of 1 Finals			
5 Mary Woo	W47	Nike Fleet F	NT

Event 13 Men 800 Meter Run

Lane Name	Age	Team	Seed Time
Section 1 of 2 Finals			
1 William Brusher	M57	Pacific Stri	2:38.30
2 Paul Tjogas	M55	Spartans Run	2:31.72
3 Dan Weiser	M51	Nike Fleet F	2:27.80
4 Jim Bordoni	M56	West Valley	2:23.44
5 Kevyn Renner	M52	unattached	2:25.00
6 Hal Tacker	M54	Nike Fleet F	NT
7 Jerone Edwards	M55	Golden West	2:29.00
8 Sam Kumar	M42	unattached	NT
9 Rand Crippen	M46	unattached	NT
Section 2 of 2 Finals			
2 Fred Martin	M65	unattached	2:26.00
3 Frank Condon	M66	Golden West	2:27.00
4 Charles Lawson	M65	unattached	2:34.00
5 Abner Greene	M70	unattached	2:47.77
6 Irwin Faria	M77	Golden West	NT

Event 18 Women 400 Meter Dash

Lane Name	Age	Team	Seed Time
Section 1 of 1 Finals			
5 Debbie Zakerski	W47	unattached	1:07:00.00
6 Mary Woo	W47	Nike Fleet F	NT

Event 19 Men 400 Meter Dash

Lane Name	Age	Team	Seed Time
Section 1 of 3 Finals			
2 Matthew Spiller	M38	Tri-Valley A	NT
3 Sam Kumar	M42	unattached	NT
4 Rand Crippen	M46	unattached	NT
5 Matt Devine	M42	unattached	50.78
6 Donald Kalman	M45	unattached	59.39
7 Jeff Lawrence	M47	unattached	1:00.10
8 Tommy Baker	M47	unattached	1:02.80
9 Joseph Ols	M45	unattached	NT
10 Scott Claar	M39	unattached	NT
Section 2 of 3 Finals			
3 Hal Tacker	M54	Nike Fleet F	NT
4 Parker White	M57	Nike Fleet F	1:05.23
5 Dan Weiser	M51	Nike Fleet F	1:00.60
6 Reginald Duhe	M54	unattached	59.00
7 David Kalb	M55	Golden West	1:06.70
8 Kevyn Renner	M52	unattached	1:08.00
9 Steve Hardison	M58	Golden West	NT

USATF Masters Track & Field Championships - 6/13/2009
Pacific Association - 2009
Prarie City Stadium (Folsom, CA)
Meet Program

Section 3 of 3 Finals...(Event 19 Men 400 Meter Dash)

3	Frank Condon	M66	Golden West	1:05.00
4	Matthew Pruitt	M63	Golden West	1:01.10
5	Larry Barnum	M65	unattached	59.36
6	Don Cheek	M79	unattached	1:25.93
7	Mel Brooks	M68	Golden West	NT
8	Dennis Duffy	M66	Golden West	NT
9	Frank Strouse	M68	Golden West	NT

Event 21 Women 100 Meter Dash

Lane Name	Age Team	Seed Time
Section 1 of 1 Finals		
5	Liz Palmer W48 Golden West	13.10

Event 22 Men 100 Meter Dash

Lane Name	Age Team	Seed Time
Section 1 of 4 Finals		
1	Rand Crippen M46 unattached	NT
2	Joel Schlader M41 unattached	12.20
3	Joseph Ols M45 unattached	13.47
4	Nathan Woods M33 Golden West	11.67
5	David Davis M39 unattached	11.50
6	Rod Jett M42 unattached	NT
7	Etroy Nelson M35 Rollout Trac	11.38
8	Dara Lon M44 Phenom Elite	11.90
9	Rick Pruett M46 unattached	12.14
10	Matt Devine M42 unattached	NT

Section 2 of 4 Finals

1	Marty Krulee M52 Sprint Force	11.60
2	Ronald Bolling M57 unattached	13.28
3	John Mcnamee M56 Golden West	12.90
4	Stephen Boland M48 unattached	NT
5	Reginald Duhe M54 unattached	12.60
6	Byron Duhon M51 unattached	12.08
7	Kevin Morning M52 unattached	12.72
8	Hulan Washington M56 Golden West	13.01
9	Hubert Evans M55 Golden West	12.39

Section 3 of 4 Finals

4	Donn Imrie M59 Golden West	12.68
5	James Cameron M63 unattached	NT
6	Roger Parnell M60 Golden West	12.64
7	Lawrence Lettieri M61 unattached	NT

Section 4 of 4 Finals

4	William Kaspari M74 unattached	NT
5	Vernon Regier M81 West Valley	18.00
6	Don Cheek M79 unattached	16.52
7	Benson Ford M78 unattached	16.80
8	William Ballantine M84 unattached	NT

Event 24 Women 1500 Meter Run

Lane Name	Age Team	Seed Time
Section 1 of 1 Finals		
1	Lee D'Alessandro W40 New Balance	6:00.00
2	Carmel Papworth-Barnum W43 unattached	5:19.00
3	Zenith Gonzalez W32 Fleet Feet E	NT

Event 25 Men 1500 Meter Run

Lane Name	Age Team	Seed Time
Section 1 of 1 Finals		
1	Jeffrey Adkins M48 Golden West	4:29.00
2	Michael Houar M53 Nike Fleet F	5:06.00
3	Fred Martin M65 unattached	5:07.00
4	Frank Condon M66 Golden West	5:08.00
5	Jim Bordonni M56 West Valley	5:14.55
6	Paul Tjogas M55 Spartans Run	5:17.29
7	William Brusher M57 Pacific Stri	5:21.08
8	Daniel O'Haver M64 unattached	7:36.88
9	Matthew Spiller M38 Tri-Valley A	NT
10	Robert Qualls M57 Golden West	NT
11	Tom Bernhard M57 New Balance	NT
12	Irwin Faria M77 Golden West	NT

Event 30 Women 400 Long Hurdles

Lane Name	Age Team	Seed Time
Section 1 of 1 Finals		
5	Debbie Zakerski W47 unattached	1:07:59.00

Event 31 Men 400 Long Hurdles

Lane Name	Age Team	Seed Time
Section 1 of 1 Finals		
5	Joseph Ols M45 unattached	1:12.00

Event 32 Women 200 Meter Dash

Lane Name	Age Team	Seed Time
Section 1 of 1 Finals		
5	Liz Palmer W48 Golden West	27.65

Event 33 Men 200 Meter Dash

Lane Name	Age Team	Seed Time
Section 1 of 5 Finals		
4	Etroy Nelson M35 Rollout Trac	23.48
5	Nathan Woods M33 Golden West	23.70
6	David Davis M39 unattached	23.90
Section 2 of 5 Finals		
1	Stephen Boland M48 unattached	NT
2	Sam Kumar M42 unattached	NT
3	Joel Schlader M41 unattached	25.41
4	David Scharf M46 Tamalpa Runn	25.90
5	Rod Jett M42 unattached	NT
6	Tommy Baker M47 unattached	24.62
7	Rand Crippen M46 unattached	NT
8	Joseph Ols M45 unattached	26.73
9	Jeff Lawrence M47 unattached	27.50

USATF Masters Track & Field Championships - 6/13/2009
Pacific Association - 2009
Prarie City Stadium (Folsom, CA)
Meet Program

Section 3 of 5 Finals...(Event 33 Men 200 Meter Dash)

2	Reginald Duhe	M54	unattached	27.00
3	Steve Hardison	M58	Golden West	NT
4	David Kalb	M55	Golden West	28.20
5	Marty Krulee	M52	Sprint Force	23.90
6	John Mcnamee	M56	Golden West	26.00
7	Hubert Evans	M55	Golden West	26.02
8	Kevin Morning	M52	unattached	NT
9	Hulan Washington	M56	Golden West	26.60

Section 4 of 5 Finals

2	Matthew Pruitt	M63	Golden West	27.05
3	Daniel O'Haver	M64	unattached	42.13
4	Larry Barnum	M65	unattached	NT
5	James Cameron	M63	unattached	NT
6	Mel Brooks	M68	Golden West	NT
7	Frank Strouse	M68	Golden West	NT
8	Roger Parnell	M60	Golden West	26.51

Section 5 of 5 Finals

3	William Kaspari	M74	unattached	NT
4	Benson Ford	M78	unattached	33.50
5	Don Cheek	M79	unattached	34.13
6	William Ballantine	M84	unattached	NT
7	Vernon Regier	M81	West Valley	50.00

Event 39 Men Pole Vault

Pos	Name	Age	Team	Seed Mark
-----	------	-----	------	-----------

Flight 1 of 1 Finals

1	Chris Holloman	M35	Reno Tahoe A	NH
2	Gary Wuest	M63	unattached	NH
3	Joseph Ols	M45	unattached	8-11.75
4	John Steinman	M72	Reno Tahoe A	9-02.00
5	Mike Hochderffer	M56	unattached	9-06.00
6	Paul Heglar	M61	Reno Tahoe A	9-09.00
7	Bruce Hotaling	M65	unattached	10-00.00
8	Arthur Ribbel	M67	North Coast	10-04.00

Event 40 Women Long Jump

Pos	Name	Age	Team	Seed Mark
-----	------	-----	------	-----------

Flight 1 of 1 Finals

1	Mary Woo	W47	Nike Fleet F	ND
---	----------	-----	--------------	----

Event 41 Men Long Jump

Pos	Name	Age	Team	Seed Mark
-----	------	-----	------	-----------

Flight 1 of 1 Finals

1	Rand Crippen	M46	unattached	ND
2	Tony Williams	M30	unattached	ND
3	Gregory Zunino	M43	Reno Tahoe A	ND
4	Lawrence Lettieri	M61	unattached	ND
5	Mike Hochderffer	M56	unattached	ND
6	Sam Kumar	M42	unattached	ND
7	James Cameron	M63	unattached	ND
8	Daniel O'Haver	M64	unattached	10-00.25
9	Parker White	M57	Nike Fleet F	11-03.00
10	Darrell Horn	M69	unattached	11-05.75
11	Steven Gold	M54	Golden West	15-03.50
12	Joseph Ols	M45	unattached	16-03.25
13	Rick Pruett	M46	unattached	19-00.50

Event 43 Men Triple Jump

Pos	Name	Age	Team	Seed Mark
-----	------	-----	------	-----------

Flight 1 of 1 Finals

1	Sam Kumar	M42	unattached	ND
2	Dennis Cameron	M60	Reno Tahoe A	ND
3	Steven Gold	M54	Golden West	28-05.75
4	Joseph Ols	M45	unattached	32-01.00
5	Rand Crippen	M46	unattached	33-02.00

Event 45 Men High Jump

Pos	Name	Age	Team	Seed Mark
-----	------	-----	------	-----------

Flight 1 of 1 Finals

1	Gregory Zunino	M43	Reno Tahoe A	NH
2	Chris Holloman	M35	Reno Tahoe A	NH
3	Gary Wuest	M63	unattached	NH
4	Gary Henderson	M70	unattached	4-02.00
5	Jack Squires	M64	unattached	4-04.00
6	John Burns	M68	unattached	4-07.00
7	Steven Gold	M54	Golden West	4-09.75
8	Edward Baskauskas	M58	unattached	5-01.75
9	Rick Pruett	M46	unattached	5-03.00
10	Joseph Ols	M45	unattached	5-05.00
11	Rand Crippen	M46	unattached	5-06.00
12	Thomas VanZandt	M47	Beach Track	6-03.50

Event 46 Women Hammer Throw

Pos	Name	Age	Team	Seed Mark
-----	------	-----	------	-----------

Flight 1 of 1 Finals

1	Joan Stratton	W57	unattached	ND
2	Tyrenda Beatty	W33	Castro Valle	139-11.75

USATF Masters Track & Field Championships - 6/13/2009
Pacific Association - 2009
Prarie City Stadium (Folsom, CA)
Meet Program

Event 47 Men Hammer Throw

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	Dennis Cameron	M60	Reno Tahoe A	ND
2	Larry Munski	M49	unattached	ND
3	Joseph Ols	M45	unattached	65-07
4	Parker White	M57	Nike Fleet F	80-02
5	Gary Kelmenson	M59	unattached	114-10.25
6	Edward Noyes	M47	unattached	125-07
7	Mike Curry	M42	unattached	131-05
8	David Swan	M49	Pacific Bay	150-11.25
9	Michael Ostrom	M44	unattached	163-08.75
10	Nick White	M40	Golden West	166-01.50
11	Ed Burke	M69	unattached	173-11
12	Zechariah Whittington	M29	unattached	207-06
13	Luke Woydziak	M32	Pacific Bay	219-10

Event 48 Women Weight Throw

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	Joan Stratton	W57	unattached	ND
2	Tyrenda Beatty	W33	Castro Valle	45-01.00

Event 49 Men Weight Throw

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	Michael Ostrom	M44	unattached	ND
2	Dennis Cameron	M60	Reno Tahoe A	ND
3	John Burns	M68	unattached	ND
4	Joseph Ols	M45	unattached	27-06.50
5	Edward Noyes	M47	unattached	34-01.50
6	Mike Curry	M42	unattached	45-03.50
7	Gary Kelmenson	M59	unattached	47-05.00
8	David Swan	M49	Pacific Bay	50-10.25
9	Nick White	M40	Golden West	51-08.25
10	Ed Burke	M69	unattached	63-07.75

Event 50 Women Javelin Throw

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	Lisa Kinimaka	W50	Pii Track Cl	85-04

Event 51 Men Javelin Throw

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	Chris Holloman	M35	Reno Tahoe A	ND
2	Gary Wuest	M63	unattached	ND
3	Charlie Mendoza	M51	unattached	ND
4	Rand Crippen	M46	unattached	ND
5	Gregory Zunino	M43	Reno Tahoe A	ND
6	Dennis Cameron	M60	Reno Tahoe A	ND
7	Gary Kelmenson	M59	unattached	65-07.75
8	Joseph Ols	M45	unattached	104-05.50
9	Mike Curry	M42	unattached	114-10.25
10	Edward Noyes	M47	unattached	117-03.25
11	Jim Lewis	M56	unattached	138-01.25
12	John Burns	M68	unattached	138-09.25
13	Randy Wilson	M51	unattached	145-10
14	Michael Ostrom	M44	unattached	159-06.50

Event 52 Women Discus Throw

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	Joan Stratton	W57	unattached	81-10.50
2	Tyrenda Beatty	W33	Castro Valle	135-00.25

Event 53 Men Discus Throw

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	Nick White	M40	Golden West	ND
2	Matthew Spiller	M38	Tri-Valley A	ND
3	Dennis Cameron	M60	Reno Tahoe A	ND
4	Aaron Boren	M42	Golden West	ND
5	William Harvey	M63	unattached	ND
6	Brian Spencer	M62	unattached	90-00
7	Edward Noyes	M47	unattached	94-05.25
8	Joseph Ols	M45	unattached	104-10.25
9	Mike Curry	M42	unattached	105-08.50
10	Larry Munski	M49	unattached	107-08.50
11	David Herbert	M51	unattached	124-08.25
12	John Burns	M68	unattached	127-08.50
13	Gary Kelmenson	M59	unattached	128-01.75
14	Michael Ostrom	M44	unattached	128-01.75
15	Jim Lewis	M56	unattached	138-01
16	Aaron Volkman	M19	unattached	148-04
17	Randy Wilson	M51	unattached	152-05.50
18	Bill Victorino	M60	unattached	157-02

Event 54 Women Shot Put

Pos	Name	Age	Team	Seed Mark
Flight 1 of 1 Finals				
1	Liz Palmer	W48	Golden West	28-09.25
2	Joan Stratton	W57	unattached	29-08.00
3	Lisa Kinimaka	W50	Pii Track Cl	32-09.75
4	Tyrenda Beatty	W33	Castro Valle	36-02.25

USATF Masters Track & Field Championships - 6/13/2009
Pacific Association - 2009
Prarie City Stadium (Folsom, CA)
Meet Program

Event 55 Men Shot Put

Pos	Name	Age	Team	Seed	Mark
------------	-------------	------------	-------------	-------------	-------------

Flight 1 of 1 Finals

1	Dennis Cameron	M60	Reno Tahoe A		ND
2	Nick White	M40	Golden West		ND
3	William Harvey	M63	unattached		ND
4	Aaron Boren	M42	Golden West		ND
5	Gregory Zunino	M43	Reno Tahoe A		ND
6	Gary Kelmenson	M59	unattached	29-06.50	
7	John Burns	M68	unattached	32-08.25	
8	Edward Noyes	M47	unattached	33-01.75	
9	Joseph Ols	M45	unattached	34-02.00	
10	Larry Munski	M49	unattached	36-03.00	
11	Michael Ostrom	M44	unattached	36-06.75	
12	David Herbert	M51	unattached	39-04.50	
13	Mike Curry	M42	unattached	40-01.25	
14	Brian Spencer	M62	unattached	41-00.00	
15	Bill Victorino	M60	unattached	41-10.00	
16	Aaron Volkman	M19	unattached	48-06.25	
17	Randy Wilson	M51	unattached	49-11.75	