

Inaugural USATF Pacific Open/Masters Grand Prix

OVERVIEW

Score sheets are on next pages.

Scoring events for the 2025 Grand Prix will begin with the Reno Indoor Track meets starting on December 27, 2024.
Details coming soon.

Best performance Female: Joy Upshaw 80m hurdles American Record 13.04 - 1,221 points

Age group winners

30-34 Suzanne Stewart 2,228 pts. (800m,1500m)

35-39 Courtney Marie Grant 2,571 pts. (1500m)

40-44 Robyn Stevens 2,088 pts. (Race Walk)

50-54 Stephanie Lain 2,732 pts. (100m)

55-59 Kathleen Tarr 2,653 pts. (Hammer & Shot Put)

60-64 Joy Upshaw 4,558 pts. (100m & 80mH)

65-69 Karen Stoyanowski 2,330 pts.(Race Walk)

70-74 Patti Baker 3,170 pts. (Hammer)

Best performance Male: James Scanlan 10,000m 37:00.51 - 832 points

Age group winners

30-34 Camron Shahmirzadi 1,396 pts. (1500m)

40-44 Michael Guss 468 pts.(1500m, 5000m, 1 Mile)

45-49 David Serafini 1,162 pts. (800m, 1500m)

50-54 James Scanlan 2,998 pts. (5K, 10K, 1 Mile, 3000m Steeple)

55-59 John Mintz 833 pts. (1600m, 5000m, 10K)

60-64 Michael Polk 587 pts. (400m)

65-69 Christian Oakes 2,155 pts. (2k St., 800m)

70-74 Keith Duncan 2,231 pts. (1500m, 5000m)

2024 USATF Pacific Open/Masters Grand Prix Scores - WOMEN (2 of 2)

AGE GOUP	NAME	Performance	Performance	Performance	Performance		NOTES
M50-54	Kirt Iverson	2:27.22 800m	5:17.98 1500m			-54	
	IAAF	Score	Score	Score	Score	Total	
		620	506			1126	
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M65-69	Christian Oakes	9:17.33 2k St	2:48.71 800m	2:49.04 800m	9:18.32 2k st	-66	1st
	IAAF	Score	Score	Score	Score	Total	
		562	520	515	558	2155	steeple & 800ms
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M50-54	James McGregor Scanlan	37:00.51 10k	17:38.94 5k	5:18.7 1 mile	23:89. 3000m stee	-54	
	IAAF	Score	Score	Score	Score	Total	
		832	789	704	673	2998	1st
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M70-74	Keith Duncan	6:06.83 1500m	21:39.53 5000	5:55.41 1500m	23:23.59 5000m	-70	
	IAAF	Score	Score	Score	Score	Total	
		508	663	588	472	2231	
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M60-64	Michael Polk	1:13.27 400m	1:15.74 400m			-60	
	IAAF	Score	Score	Score	Score	Total	
		329	258			587	1st
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M30-34	Camron Shahmirzadi	4:12.02 1500m	4:15.88	4:16.11	4:16.78	-34	All 1500s
	IAAF	Score	Score	Score	Score	Total	
		719	677	675	675	1396	1st
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M45-49	David Serafini	2:32.60 800m	2:35.45. 800m	5:30.71 1500m	2:43.74. 800m	-46	
	IAAF	Score	Score	Score	Score	Total	
		359	317	278	208	1162	1st
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M40-44	Michael Guss	21:17.55 5000m	21:54.51 5000m	6:03.50 1500m	6:32.44 1 mile	-44	
	IAAF	Score	Score	Score	Score	Total	
		162	119	93	94	468	1st
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M55-59	John Mintz	7:04.06 1600m*	7:03.63	22:57.43 5000m	47:38.20 10k	-57	7:04.06- 1600m converted
	IAAF	Score	Score	Score	Score	Total	
		119	129	252	333	833	

2024 USATF Pacific Open/Masters Grand Prix Scores - MEN (1 of 1)

AGE GOUP	NAME	Performance	Performance	Performance	Performance		NOTES
M50-54	Kirt Iverson	2:27.22 800m	5:17.98 1500m			-54	
	IAAF	Score	Score	Score	Score	Total	
		620	506			1126	
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M65-69	Christian Oakes	9:17.33 2k St	2:48.71 800m	2:49.04 800m	9:18.32 2k st	-66	1st
	IAAF	Score	Score	Score	Score	Total	
		562	520	515	558	2155	steeple & 800ms
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M50-54	James McGregor Scanlan	37:00.51 10k	17:38.94 5k	5:18.7 1 mile	23:89. 3000m stee	-54	
	IAAF	Score	Score	Score	Score	Total	
		832	789	704	673	2998	1st
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M70-74	Keith Duncan	6:06.83 1500m	21:39.53 5000	5:55.41 1500m	23:23.59 5000m	-70	
	IAAF	Score	Score	Score	Score	Total	
		508	663	588	472	2231	
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M60-64	Michael Polk	1:13.27 400m	1:15.74 400m			-60	
	IAAF	Score	Score	Score	Score	Total	
		329	258			587	1st
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M30-34	Camron Shahmirzadi	4:12.02 1500m	4:15.88	4:16.11	4:16.78	-34	All 1500s
	IAAF	Score	Score	Score	Score	Total	
		719	677	675	675	1396	1st
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M45-49	David Serafini	2:32.60 800m	2:35.45. 800m	5:30.71 1500m	2:43.74. 800m	-46	
	IAAF	Score	Score	Score	Score	Total	
		359	317	278	208	1162	1st
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M40-44	Michael Guss	21:17.55 5000m	21:54.51 5000m	6:03.50 1500m	6:32.44 1 mile	-44	
	IAAF	Score	Score	Score	Score	Total	
		162	119	93	94	468	1st
AGE GOUP	NAME	Performance	Performance	Performance	Performance		
M55-59	John Mintz	7:04.06 1600m*	7:03.63	22:57.43 5000m	47:38.20 10k	-57	7:04.06- 1600m converted
	IAAF	Score	Score	Score	Score	Total	
		119	129	252	333	833	