

## USATF Mid-America Region Masters Indoor Records

**2003 - 2020**

<b>60 Meters</b>					
	<b>Name</b>	<b>Time</b>	<b>Year</b>	<b>Location</b>	
W Open	Ashley Owens	7.39	2004	AFA, Colorado Springs	
W 30-34	Brandi Bernert	7.65	2011	AFA, Colorado Springs	
W 35-39	Brandi Bernert	7.78	2015	AFA, Colorado Springs	
W 40-44	Brandi Bernert	8.11	2019	UCCS, Colorado Springs	
W 45-49	LaDonna Reed	8.96	2020	UCCS, Colorado Springs	
W 50-54	Liz palmer	8.18	2012	AFA, Colorado Springs	
W 55-59	Catherine Nicoletti	9.50	2007	AFA, Colorado Springs	
W 60-64	Nadine O'Connor	9.03	2004	AFA, Colorado Springs	
W 65-69	Kathy Bergen	9.04	2008	AFA, Colorado Springs	
W 70-74	Kathy Bergen	9.29	2010	AFA, Colorado Springs	
W 75-79	Kathy Bergen	9.55	2015	AFA, Colorado Springs	
W 80-84	Christel Donley	12.76	2018	AFA, Colorado Springs	
W 85-89	Christel Donley	12.53	2020	UCCS, Colorado Springs	
M Open	Dominique Hubert	6.70	2015	AFA, Colorado Springs	
M 30-34	Antwun Baker	7.01	2018	AFA, Colorado Springs	
M 35-39	Antoine Echols	7.07	2019	UCCS, Colorado Springs	
M 40-44	Raphael August	7.35	2004	AFA, Colorado Springs	
M 45-49	Rene Lopez	7.67	2018	AFA, Colorado Springs	
M 50-54	Stacey Price	7.60	2004	AFA, Colorado Springs	
M 55-59	Jim Ross	7.55	2008	AFA, Colorado Springs	
M 60-64	Paul Edens	7.72	2004	AFA, Colorado Springs	
M 65-69	Bob Lida	8.21	2006	AFA, Colorado Springs	
M 70-74	Richard McKisson	8.77	2009	AFA, Colorado Springs	
M 75-79	Richard McKisson	9.11	2013	AFA, Colorado Springs	
M 80-84	Roger Vergin	10.03	2018	AFA, Colorado Springs	
M 85-89	James Leggitt	11.45	2020	UCCS, Colorado Springs	
M 90-95	Robert Coutts	12.75	2019	UCCS, Colorado Springs	
<b>200 Meters</b>					
W Open	Dominique Hubert	24.26	2014	AFA, Colorado Springs	
W 30-34	Brandi Bernert	25.55	2011	AFA, Colorado Springs	
W 35-39	Brandi Bernert	25.87	2015	AFA, Colorado Springs	
W 40-44	Anna Michaelis	28.33	2018	AFA, Colorado Springs	
W 45-49	Leslee Superchi	29.94	2010	AFA, Colorado Springs	
W 50-54	Joy Upshaw	27.42	2014	AFA, Colorado Springs	
W 55-59	Catherine Nicoletti	31.00	2007	AFA, Colorado Springs	
W 60-64	Catherine Nicoletti	32.15	2013	AFA, Colorado Springs	
W 65-69	Catherine Nicoletti	33.02	2017	AFA, Colorado Springs	
W 70-74	Kathy Bergen	33.46	2010	AFA, Colorado Springs	
W 75-79	Kathy Bergen	35.70	2015	AFA, Colorado Springs	
M Open	Brant Gilbert	21.47	2009	AFA, Colorado Springs	
M 30-34	Antwun Baker	22.59	2018	AFA, Colorado Springs	
M 35-39	Antoine Echols	22.96	2019	UCCS, Colorado Springs	
M 40-44	Ray Parker	23.81	2004	AFA, Colorado Springs	
M 45-49	Michael Ford	25.16	2004	AFA, Colorado Springs	
M 50-54	Mike Pannell	25.33	2004	AFA, Colorado Springs	
M 55-59	Charlie Powell	26.25	2008	AFA, Colorado Springs	

M 60-64	Paul Edens	25.52	2004	AFA, Colorado Springs
M 65-69	Bob Lida	26.59	2006	AFA, Colorado Springs
M 70-74	Brock Girling	27.50	2015	AFA, Colorado Springs
M 75-79	Richard McKisson	32.31	2013	AFA, Colorado Springs
M 80-84	Roger Vergin	36.12	2018	AFA, Colorado Springs
M 85-89	James Leggitt	43.62	2020	UCCS, Colorado Springs
<b>400 Meters</b>	<b>Name</b>	<b>Time</b>	<b>Year</b>	<b>Location</b>
W Open	Spalding-Aguirre	1:00.40	2017	AFA, Colorado Springs
W 30-34	Michelle Moudy	1:37.32	2014	AFA, Colorado Springs
W 35-39	Alya Ibraheem	1:25.49	2015	AFA, Colorado Springs
W 40-44	Ruth Janiic	1:12.30	2005	AFA, Colorado Springs
W 45-49	Leslee Superchi	1:11.00	2010	AFA, Colorado Springs
W 50-54	Dawn Thompson	1:12.65	2019	UCCS, Colorado Springs
W 55-59	Catherine Nicoletti	1:11.00	2007	AFA, Colorado Springs
W 60-64	Cathy Nicoletti	1:21.72	2015	AFA, Colorado Springs
W 70-74	Laurie Rugenstein	1:25.59	2019	UCCS, Colorado Springs
W 75-79	Mary Smith	1:28.46	2016	AFA, Colorado Springs
W 80-84	Mary Kirsling	3:02.75	2004	AFA, Colorado Springs
M Open	Michael Liggins	48.92	2007	AFA, Colorado Springs
M 30-34	Bret Fanning	53.22	2018	AFA, Colorado Springs
M 35-39	Kyle Wimmer	52.89	2017	AFA, Colorado Springs
M 40-44	Mark Hileman	53.24	2004	AFA, Colorado Springs
M 45-49	Mark Hileman	55.41	2009	AFA, Colorado Springs
M 50-54	Michael Wolfe	56.49	2011	AFA, Colorado Springs
M 55-59	Donald Neidig	56.38	2004	AFA, Colorado Springs
M 60-64	Charlie Powell	1:02.60	2012	AFA, Colorado Springs
M 65-69	Charlie Powell	1:05.51	2018	AFA, Colorado Springs
M 70-74	Robert O'Brien	1:04.42	2010	AFA, Colorado Springs
M 75-79	Ray Franks	1:24.39	2011	AFA, Colorado Springs
M 80-84	Walter Atcheson	2:27.50	2007	AFA, Colorado Springs
<b>800 Meters</b>	<b>Name</b>	<b>Time</b>	<b>Year</b>	<b>Location</b>
W Open	Ruth Waller	2:20.65	2014	AFA, Colorado Springs
W 30-35	Liddle Waller	2:21.66	2019	UCCS, Colorado Springs
W 35-39	Ruth Waller-Liddle	2:28.68	2020	UCCS, Colorado Springs
W 40-44	Brooke	2:30.52	2018	AFA, Colorado Springs
W 45-49	Diane Groff	2:41.90	2005	AFA, Colorado Springs
W 50-54	Lori Petrie	2:57.51	2014	AFA, Colorado Springs
W 55-59	Colleen Burns	2:46.18	2004	AFA, Colorado Springs
W 60-64	Laurie Rugenstein	3:09.10	2011	AFA, Colorado Springs
W 70-74	Laurie Rugenstein	3:15.42	2019	UCCS, Colorado Springs
W 80-84	Mary Kirsling	6:14.80	2004	AFA, Colorado Springs
M Open	Shawn Lindbom	2:00.18	2015	AFA, Colorado Springs
M 30-34	Abe Sauer	2:05.80	2005	AFA, Colorado Springs
M 35-39	Stepanov Vitaly	2:05.55	2018	AFA, Colorado Springs
M 40-44	Brian Rawlings	2:06.80	2007	AFA, Colorado Springs
M 45-49	Scott Hartley	1:57.90	2009	AFA, Colorado Springs
M 50-54	Steve Gallegas	2:05.50	2006	AFA, Colorado Springs
M 55-59	Michael Wolfe	2:22.58	2016	AFA, Colorado Springs
M 60-64	Dan Spale	2:26.02	2017	AFA, Colorado Springs

M 65-69	Gary Patton	2:31.44	2011	AFA, Colorado Springs
M 70-74	John Roeske	2:46.58	2019	UCCS, Colorado Springs
M 75-79	Arnold Meardon	3:30.20	2007	AFA, Colorado Springs
<b>1000 Meters</b>	<b>Name</b>	<b>Time</b>	<b>Year</b>	<b>Location</b>
M 50-54	Dwain Romsa	3:55.90	2015	AFA, Colorado Springs
<b>1500 Meters</b>	<b>Name</b>	<b>Time</b>	<b>Year</b>	<b>Location</b>
W Open	Jocelyn Jenks	5:09.60	2008	AFA, Colorado Springs
W 30-34	Ruth Waller-Liddle	4:58.96	2019	UCCS, Colorado Springs
W 35-39	Patty Murray	4:52.00	2005	AFA, Colorado Springs
W 40-44	Patty Murray	4:50.50	2007	AFA, Colorado Springs
W 45-49	Stephenie Scholl	5:00.62	2011	AFA, Colorado Springs
W 50-54	Valerie Eipper	5:50.81	2011	AFA, Colorado Springs
W 55-59	Laura Bruess	5:37.21	2016	AFA, Colorado Springs
W 80-84	Mary Kirsling	13:41.52	2004	AFA, Colorado Springs
M Open	Shadrack Biwott	3:59.18	2004	AFA, Colorado Springs
M 30-34	Aaron Grider	4:48.01	2008	AFA, Colorado Springs
M 35-39	Abe Sauer	4:21.40	2007	AFA, Colorado Springs
M 40-44	Eric Monda	4:30.86	2020	UCCS, Colorado Springs
M 45-49	Steve Gallegos	4:23.30	2003	CSU, Ft. Collins, CO
M 50-54	Brad Cooper	4:45.11	2017	AFA, Colorado Springs
M 55-59	Dan Spale	4:46.45	2016	AFA, Colorado Springs
M 60-64	Dan Spale	5:14.49	2017	AFA, Colorado Springs
M 65-69	Gary Patton	5:33.76	2011	AFA, Colorado Springs
M 70-74	Tom Linell	6:53.25	2014	AFA, Colorado Springs
<b>3000 Meters</b>	<b>Name</b>	<b>Time</b>	<b>Year</b>	<b>Location</b>
W Open	Ashley Poland	11:41.60	2007	AFA, Colorado Springs
W 30-34	Ruth Waller-Liddle	10:57.96	2018	UCCS, Colorado Springs
W 35-39	Imelda Gonzales	10:59.90	2006	AFA, Colorado Springs
W 40-44	Valerie Eipper	12:56.20	2009	AFA, Colorado Springs
W 45-49	Valerie Eipper	12:56.21	2010	AFA, Colorado Springs
W 50-54	Laura Bruess	12:01.19	2015	AFA, Colorado Springs
W 55-59	Laura Bruess	12:07.97	2017	AFA, Colorado Springs
M Open	Oscar Ponce	9:19.95	2004	AFA, Colorado Springs
M 30-34	Gerod Green	10:05.07	2020	UCCS, Colorado Springs
M 35-39	Neil McDonagh	9:16.31	2020	UCCS, Colorado Springs
M 40-44	Jim Jones	9:51.60	2003	CSU, Ft. Collins, CO
M 45-49	Phil Ware	10:58.30	2005	AFA, Colorado Springs
M 50-54	Brad Cooper	10:16.66	2017	AFA, Colorado Springs
M 55-59	Simon Martin	10:55:54	2010	AFA, Colorado Springs
M 60-64	Dan Spale	11:42.42	2020	UCCS, Colorado Springs
M 65-69	Gary Patton	12:11.98	2011	AFA, Colorado Springs
M 70-74	John Roeske	13:09.95	2019	UCCS, Colorado Springs
<b>3000m Race Walk</b>	<b>Name</b>	<b>Time</b>	<b>Year</b>	<b>Location</b>
W Open	Chelsea Conway	16:26.72	2014	AFA, Colorado Springs
W 35-39	Darla Yoerg	19:20.40	2007	AFA, Colorado Springs
W 40-44	Darla Yoerg	17:44.66	2008	AFA, Colorado Springs
W 50-54	Marianne Martino	17:32.99	2004	AFA, Colorado Springs



W 65-69	Nadine O'Connor	1.27	4.17	2009	AFA, Colorado Springs
W 70-74	Kathy Bergen	1.29	4.24	2010	AFA, Colorado Springs
W 75-79	Kathy Bergen	1.22	4.01	2015	AFA, Colorado Springs
W 80-84	Christel Donley	1.02	3.35	2015	AFA, Colorado Springs
W 85-89	Christel Donley	.90	2.95	2020	UCCS, Colorado Springs
M Open	Henry Baldwin	1.95	6.40	2017	AFA, Colorado Springs
M 30-34	Salboo Knewl	1.60	5.25	2012	AFA, Colorado Springs
M 35-39	Matt Burns	1.98	6.50	2009	AFA, Colorado Springs
M 40-44	Matt Burns	1.90	6.24	2017	AFA, Colorado Springs
M 45-49	Craig Levine	1.78	5.84	2004	AFA, Colorado Springs
M 50-54	James McCrimmon	1.65	5.42	2012	AFA, Colorado Springs
	Jere Page	1.65	5.42	2020	UCCS, Colorado Springs
M 55-59	Charles Rollins	1.57	5.15	2008	AFA, Colorado Springs
M 60-64	Bob Fulton	1.37	4.50	2004	AFA, Colorado Springs
M 65-69	Doug Spainhower	1.37	4.50	2003	CSU, Ft. Collins, CO
	Leanard Sokoloski	1.37	4.50	2010	AFA, Colorado Springs
M 70-74	Bert Bergen	1.32	4.33	2010	AFA, Colorado Springs
	Bob Fulton	1.32	4.33	2010	AFA, Colorado Springs
M 75-79	Bert Bergen	1.25	4.10	2015	AFA, Colorado Springs
M 80-84	Ray Propst	1.22	4.01	2009	AFA, Colorado Springs
M 85-89	James Leggitt	1.05	3.45	2020	UCCS, Colorado Springs
<b>Pole Vault</b>	<b>Name</b>	<b>Meters</b>	<b>Feet</b>	<b>Year</b>	<b>Location</b>
W Open	Jamie Connor	4.00	13.13	2015	AFA, Colorado Springs
W 30-34	Any Backel	3.20	10.51	2019	UCCS, Colorado Springs
W 40-44	Brenda Bumgardner	3.36	11.03	2008	AFA, Colorado Springs
W 45-49	Brenda Bumgardner	3.05	10.01	2012	AFA, Colorado Springs
W 50-54	Rita Hanscom	2.75	9.03	2009	AFA, Colorado Springs
W 55-59	Cynthia Ferrer	1.73	5.68	2020	UCCS, Colorado Springs
W 60-64	Nadine O'Connor	3.01	9.88	2006	AFA, Colorado Springs
W 65-69	Janet Johnston	1.55	5.09	2014	AFA, Colorado Springs
M Open	Jason Jones	5.10	16.74	2007	AFA, Colorado Springs
M 30-34	Todd Roe	4.57	15.00	2007	AFA, Colorado Springs
M 35-39	Pat Manson	5.31	17.43	2004	AFA, Colorado Springs
M 40-44	Pat Manson	4.90	16.09	2009	AFA, Colorado Springs
M 45-49	Mark Pierson	3.96	13.00	2008	AFA, Colorado Springs
M 50-54	Mark Pierson	4.10	13.46	2012	AFA, Colorado Springs
M 55-59	Donald Keller	3.20	10.51	2013	AFA, Colorado Springs
M 60-64	Doug Sparks	3.05	10.01	2014	AFA, Colorado Springs
M 65-69	Bob Fulton	2.90	9.52	2005	AFA, Colorado Springs
M 70-74	Joe Johnston	3.05	10.01	2014	AFA, Colorado Springs
M 75-79	Jerry Donley	2.75	9.03	2005	AFA, Colorado Springs
M 80-84	Jerry Donley	2.15	7.06	2012	AFA, Colorado Springs
	Doug McFetters	2.15	7.06	2014	AFA, Colorado Springs
M 80-85	Jerry Donley	1.25	4.10	2019	UCCS, Colorado Springs
<b>Long Jump</b>	<b>Name</b>	<b>Meters</b>	<b>Feet</b>	<b>Year</b>	<b>Location</b>
W Open	Hannah Concannon	4.76	15.63	2009	AFA, Colorado Springs
W 30-34	LaDonna Reed	4.79	15.73	2008	AFA, Colorado Springs
W 35-39	LaDonna Reed	4.83	15.86	2012	AFA, Colorado Springs
W 40-44	LaDonna Reed	4.75	15.59	2015	AFA, Colorado Springs

W 45-49	Pamela McCartney	4.54	14.91	2020	UCCS Colorado Springs
W 50-54	Joy Upshaw	4.80	15.76	2014	AFA, Colorado Springs
W 55-59	Sharon Raham	3.44	11.29	2005	AFA, Colorado Springs
W 60-64	Brenda Matthews	3.29	10.80	2013	AFA, Colorado Springs
W 65-69	Christel Donley	2.92	9.59	2003	CSU, Ft. Collins, CO
W 70-74	Christel Donley	2.77	9.09	2009	AFA, Colorado Springs
W 75-79	Christel Donley	2.30	7.55	2014	AFA, Colorado Springs
W 80-84	Christel Donley	2.12	6.96	2015	AFA, Colorado Springs
W 85-89	Christel Donley	2.08	6.83	2020	UCCS Colorado Springs
M Open	James Jones	6.20	20.35	2015	AFA, Colorado Springs
M 30-34	Salboo Knewl	5.71	18.75	2012	AFA, Colorado Springs
M 35-39	Jake Humparey	4.99	16.38	2020	UCCS Colorado Springs
M 40-44	Vincent Martin	6.20	20.35	2012	AFA, Colorado Springs
M 45-49	Bryan Johnson	5.70	18.71	2005	AFA, Colorado Springs
M 50-54	James McCrimmon	5.53	18.16	2013	AFA, Colorado Springs
M 55-59	Phil Cannon	5.44	17.86	2020	UCCS Colorado Springs
M 60-64	Richard Wild	4.76	15.63	2005	AFA, Colorado Springs
M 65-69	Bob Fulton	4.74	15.56	2008	AFA, Colorado Springs
M 70-74	Robert Hewitt	4.23	13.89	2004	AFA, Colorado Springs
M 75-79	James Leggit	3.49	11.46	2011	AFA, Colorado Springs
M 80-84	Roger Vergin	3.58	11.75	2018	AFA, Colorado Springs
M 85-89	James Leggitt	2.90	9.52	2020	UCCS Colorado Springs

<b>Triple Jump</b>	<b>Name</b>	<b>Meters</b>	<b>Feet</b>	<b>Year</b>	<b>Location</b>
W Open	Terra McDowell	10.42	34.21	2013	AFA, Colorado Springs
W 30-34	Lindsay Rairdon	9.60	31.52	2011	AFA, Colorado Springs
W 35-39	Lindsay Rairdon	9.96	32.70	2013	AFA, Colorado Springs
W 50-54	Dyan Thompson	8.23	27.02	2019	UCCS, Colorado Springs
W 55-59	Sharon Raham	7.08	23.24	2005	AFA, Colorado Springs
W 60-64	Sharon Raham	6.72	22.06	2007	AFA, Colorado Springs
W 65-69	Sharon Raham	6.09	19.99	2013	AFA, Colorado Springs
W 70-74	Christel Donley	6.18	20.29	2008	AFA, Colorado Springs
W 75-79	Christel Donley	6.38	20.95	2011	AFA, Colorado Springs
W 80-84	Christel Donley	5.77	18.94	2015	AFA, Colorado Springs
W 85-89	Christel Donley	5.15	16.91	2020	UCCS, Colorado Springs
M Open	Gabe O'Friel	12.65	41.53	2013	AFA, Colorado Springs
M 35-39	Bart Peters	12.89	42.32	2012	AFA, Colorado Springs
M 40-44	Vincent Martin	12.75	41.86	2012	AFA, Colorado Springs
M 45-49	Bryan Johnson	12.71	41.73	2003	CSU, Ft. Collins, CO
M 50-54	James McCrimmon	10.62	34.87	2015	AFA, Colorado Springs
M 55-59	Phil Cannon	11.19	36.74	2020	UCCS, Colorado Springs
M 60-64	Bryan Johnson	10.17	33.39	2019	UCCS, Colorado Springs
M 65-69	Doug Spainhower	9.32	30.60	2003	CSU, Ft. Collins, CO
M 70-74	Robert Hewitt	8.85	29.05	2004	AFA, Colorado Springs
M 80-84	Roger Vergin	7.78	25.54	2018	AFA, Colorado Springs

<b>Shot Put</b>	<b>Name</b>	<b>Meters</b>	<b>Feet</b>	<b>Year</b>	<b>Location</b>
W Open	Giavonna Meeks	12.59	41.33	2020	UCCS, Colorado Springs
W 30-34	Daniele Jordan	8.29	27.22	2010	AFA, Colorado Springs
W 35-39	Brandi Bernert	8.23	27.02	2018	AFA, Colorado Springs
W 40-44	Teresa Nystrom	10.24	33.62	2009	AFA, Colorado Springs

W 45-49	Teresa Nystrom	10.65	34.96	2011	AFA, Colorado Springs
W 50-54	Edie Lindeburg	11.37	37.33	2018	AFA, Colorado Springs
W 55-59	Sharon Raham	8.17	26.82	2004	AFA, Colorado Springs
W 60-64	Brenda Matthews	9.14	30.01	2012	AFA, Colorado Springs
W 65-69	Christel Donley	7.66	25.15	2004	AFA, Colorado Springs
W 70-74	Christel Donley	8.07	26.49	2007	AFA, Colorado Springs
W 75-79	Christel Donley	7.88	25.87	2011	AFA, Colorado Springs
W 80-84	Christel Donley	7.50	24.62	2015	AFA, Colorado Springs
W 85-89	Christel Donley	6.57	21.57	2020	UCCS, Colorado Springs
M Open	Mason Finley	18.06	59.29	2008	AFA, Colorado Springs
M 30-34	Chad Lindsay	17.15	56.30	2005	AFA, Colorado Springs
M 35-39	John Kuemmerlin	14.63	48.03	2006	AFA, Colorado Springs
M 40-44	Milton Girouard	14.43	47.37	2003	CSU, Ft. Collins, CO
M 40-44H	Ed Cockrell	14.47	47.51	2004	AFA, Colorado Springs
M 45-49	Jeffrey Bott	13.29	43.63	2009	AFA, Colorado Springs
M 50-54	Steve Ross	14.44	47.41	2005	AFA, Colorado Springs
M 55-59	Tom Gage	14.53	47.70	2003	CSU, Ft. Collins, CO
	Paul Economides	14.53	47.70	2004	AFA, Colorado Springs
M 60-64	Quenton Torbert	16.25	53.35	2016	AFA, Colorado Springs
M 65-69	Quenton Torbert	15.83	51.97	2017	AFA, Colorado Springs
M 70-74	Gerold Vaughn	15.39	50.53	2006	AFA, Colorado Springs
M 75-79	Gerold Vaughn	12.83	42.12	2011	AFA, Colorado Springs
M 80-84	Wayne Sabin	10.20	33.49	2014	AFA, Colorado Springs
M 85-89	James Leggitt	8.45	27.74	2020	UCCS, Colorado Springs
M 90-94	Jerry Donley	6.44	21.14	2020	UCCS, Colorado Springs
<b>Weight Throw</b>	<b>Name</b>	<b>Meters</b>	<b>Feet</b>	<b>Year</b>	<b>Location</b>
W Open	Amanda Opp	14.50	47.60	2020	UCCS, Colorado Springs
W 35-39	Beverly Beck	3.64	11.95	2014	AFA, Colorado Springs
W 40-44	Debbie Falzitto-Gocken	8.22	26.99	2007	AFA, Colorado Springs
W 45-49	Teresa Nystrom	10.66	35.00	2011	AFA, Colorado Springs
W 50-54	Edie Lindeburg	12.73	41.79	2018	AFA, Colorado Springs
W 55-59	Sharon Raham	8.43	27.68	2006	AFA, Colorado Springs
W 60-64	Sharon Raham	10.30	33.82	2008	AFA, Colorado Springs
W 65-69	Sharon Raham	9.88	32.44	2013	AFA, Colorado Springs
W 70-74	Sharon Raham	8.71	28.60	2017	AFA, Colorado Springs
W 75-79	Joanne Marriott	11.36	37.30	2016	AFA, Colorado Springs
W 80-84	Joanne Marriott	9.30	30.53	2019	UCCS, Colorado Springs
W 85-89	Christel Donley	5.33	17.50	2020	UCCS, Colorado Springs
M Open	Dane Jansson	15.96	52.40	2008	AFA, Colorado Springs
M 30-35	John Kuemmerlin	12.52	41.10	2004	AFA, Colorado Springs
M 35-39	James Cale	13.76	45.17	2019	UCCS, Colorado Springs
M 40-44	Rande Treece	14.74	48.39	2003	CSU, Ft. Collins, CO
M 45-49	Rande Treece	15.10	49.57	2006	AFA, Colorado Springs
M 50-54	Ken Jansson	19.15	62.87	2008	AFA, Colorado Springs
M 55-59	Tom Gage	18.91	62.08	2003	CSU, Ft. Collins, CO
M 60-64	Paul Economides	20.29	66.61	2007	AFA, Colorado Springs
M 65-69	Ian Percy	15.47	50.79	2013	AFA, Colorado Springs
M 70-74	George Mathews	17.47	57.35	2017	AFA, Colorado Springs
M 75-79	Vern Spencer	11.37	37.33	2011	AFA, Colorado Springs
M 80-84	Wayne Sabin	13.24	43.47	2014	AFA, Colorado Springs





