

2009 Senior Games Track and Field Events: 7/11/09

Men:

Shot Put -

Ages 50-54	John Lax	Distance: 28'1"	Gold
Ages 55-59	Christopher Penoyar	Distance: 43'7"	Gold
	John Wells	Distance: 33'4½'	Silver
	Michael LaPointe	Distance: 27'2½'	Bronze
Ages 60-64	Howie Kellogg	Distance: 32'3"	Gold
Ages 65-69	Bob Sheedy	Distance: 30'6"	Gold
	George Klinko	Distance: 29'9"	Silver
	Lane Dowell	Distance: 28'11½'	Bronze
Ages 70-74	Bill Fleener	Distance: 33'7"	Gold
	Ray Tibeau	Distance: 25'10"	Silver
	Bill Crawford	Distance: 24'2"	Bronze
Ages 75-79	Ruggles Larson	Distance: 19'1"	Gold

Discus -

Ages 50-54	John Lax	Distance: 58.7"	Gold
Ages 55-59	Chris Penoyar	Distance: 106.7"	Gold
	John Wells	Distance: 86.11"	Silver
	David Lloyd	Distance: 71.3"	Bronze
Ages 60-64	Howard Kellogg	Distance: 108.7"	Gold
Ages 65-69	Bob Sheedy	Distance: 100.1"	Gold
	Mike Walton	Distance: 96.1"	Silver
	Lane Dowell	Distance: 91.0"	Bronze
Ages 70-74	Ray Tibeau	Distance: 92.1"	Gold
	Roger Dean	Distance: 88.0"	Silver
	Bill Crawford	Distance: 39.5"	Bronze
Ages 75-79	Ruggles Larson	Distance: 55.7"	Gold
	Jack McCarn	Distance: 54.1"	Silver

Long Jump -

Ages 50-54	Rick Tomlinson	Distance: 13'9"	Gold
	John Lax	Distance: 10'8"	Silver
Ages 55-59	Mike Shepherd	Distance: 11.0"	Gold
	David Lloyd	Distance: 10'10"	Silver
Ages 60-64	James LaMont	Distance: 10'6"	Gold
Ages 65-69	Bob Sheedy	Distance: 12.0"	Gold
	George Klinko	Distance: 8'9"	Silver

	Glenn Gray	Distance: 6'10"	Bronze
Ages 70-74	Roger Vergin	Distance: 12'10"	Gold
	Bill Fleener	Distance: 11"	Silver
	Roger Dean	Distance: 10'2"	Bronze
Ages 75-79	Ruggles Larson	Distance: 6'6"	Gold

Triple Jump -

Ages 50-54	Rick Tomlinson	Distance: 27.4"	Gold
Ages 55-59	David Lloyd	Distance: 24.0"	Gold
	Mike Shepherd	Distance: 22'11"	Silver
Ages 60-64	James LaMont	Distance: 21'3"	Gold
Ages 65-69	Bob Sheedy	Distance: 24'1"	Gold
	George Klinko	Distance: 19'4"	Silver
	Ron Snipe	Distance: 10'1"	Bronze
Ages 70-74	Roger Vergin	Distance: 27'9"	Gold
	Gary Wright	Distance: 19'3"	Silver
Ages 75-79	Ruggles Larson	Distance: 13'2"	Gold
	Jack McCarn	Distance: 8'3"	Silver

High Jump -

Ages 50-54	John Lax	Metric: 3"	Ft. /In: 4	Gold
Ages 55-59	David Lloyd	Metric: 3"	Ft. /In: 10	Gold
Ages 60-64	James LaMont	Metric: 4"	Ft. /In: 1	Gold
	Doug Whittle	Metric: 4"	Ft. /In: 0	Silver
Ages 65-69	Bob Sheedy	Metric: 4"	Ft. /In: 7	Gold
	Ron Snipe	Metric: 3"	Ft. /In: 4	Silver
Ages 70-74	Roger Vergin	Metric: 4"	Ft. /In: 4	Gold
	Roger Dean	Metric: 3"	Ft. /In: 8	Silver
Ages 75-79	Jack McCarn	Metric: 3"	Ft. /In: 6	Gold
	Jerry Dietrich	Metric: 3"	Ft. /In: 6	Silver
	Ruggles Larson	Metric: 2"	Ft. /In: 6	Bronze

50 Meters -

Ages 50-54	John Lax	Time: 8.7 sec.	Gold
	Paul Olson	Time: 9.4 sec.	Silver
Ages 55-59	Steven Joyner	Time: 6.9 sec.	Gold
	Edward Diaz	Time: 7.7 sec.	Silver
	Daryl Schruhl	Time: 7.8 sec.	Bronze
Ages 60-64	Doug Whittle	Time: 8.3 sec.	Gold
	James LaMont	Time: 8.3 sec.	Silver
Ages 65-69	Harley Somers	Time: 7.9 sec.	Gold

	Bill Powers	Time: 8.3 sec.	Silver	
	Gaylord Jackson	Time: 9.0 sec.		Bronze
Ages 70-74	Roger Vergin	Time: 7.8 sec.	Gold	
	Dale Sawyer	Time: 8.6 sec.	Silver	
	Bill Fleener	Time: 8.6 sec.	Bronze	
Ages: 75-79	Jack McCarn	Time: 9.5 sec.	Gold	
	Ruggles Larson	Time: 10.3 sec.	Silver	
	Jerry Dietrich	Time: 15.3 sec.	Bronze	

100 Meters -

Ages 50-54	John Lax	Time: 17.4 sec.	Gold	
	Paul Olson	Time: 19.0 sec.		Silver
Ages 55-59	Steven Joyner	Time: 12.4 sec.	Gold	
	Edward Diaz	Time: 14.5 sec.	Silver	
	Daryl Schruhl	Time: 14.9 sec.	Bronze	
Ages 60-64	Doug Whittle	Time: 16.2 sec.	Gold	
Ages 65-69	Harley Somers	Time: 15.3 sec.	Gold	
	Bill Powers	Time: 16.6 sec.	Silver	
	Gaylord Jackson	Time: 17.6 sec.	Bronze	
Ages 70-74	Roger Vergin	Time: 14.6 sec.	Gold	
	Dale Sawyer	Time: 16.4 sec.	Silver	
	Bill Fleener	Time: 17.2 sec.	Bronze	
Ages 75-79	Jack McCarn	Time: 19.8 sec.	Gold	
	Ruggles Larson	Time: 21.0 sec.		Silver

200 Meters -

Ages 50-54	John Lax	Time: 32.5 sec.	Gold	
Ages 55-59	Michael LaPointe	Time: 29.2 sec.	Gold	
	Daryl Schruhl	Time: 31.2 sec.	Silver	
	Roy Oesterhaus	Time: 34.4 sec.	Bronze	
Ages 60-64	Doug Whittle	Time: 39.3 sec.	Gold	
Ages 65-69	Bill Powers	Time: 40.4 sec.	Gold	
	Glenn Gray	Time: 42.8 sec.	Silver	
	Jimmy Smith	Time: 58.1 sec.	Bronze	
Ages 70-74	Roger Vergin	Time: 32.8 sec.	Gold	
	Dale Sawyer	Time: 37.2 sec.	Silver	
	Bill Fleener	Time: 38.0 sec.		Bronze
Ages 75-79	Jack McCarn	Time: 47.1 sec.	Gold	
	Jerry Dietrich	Time: 53.2 sec.	Silver	
	Ruggles Larson	Time: 1 min. 4.9 sec.		Bronze

400 Meters -

Ages 55-59	Daryl Schruhl	Time: 1 min. 10.2 sec.	Gold
	Michael LaPointe	Time: 1 min. 11.1 sec.	Silver
	Roy Oesterhaus	Time: 1 min. 16.5 sec.	Bronze
Ages 60-64	Doug Whittle	Time: 1 min. 29.8 sec.	Gold
Ages 65-69	Doug Wollen	Time: 1 min. 20.8 sec.	Gold
	Bill Powers	Time: 1 min. 32.7 sec.	Silver
	Glenn Gray	Time: 1 min. 39.1 sec.	Bronze
Ages 70-74	Roger Vergin	Time: 1 min. 28.3 sec.	Gold
	Bill Fleener	Time: 1 min. 40.8 sec.	Silver
	John Gardner	Time: 2 min. 19.1 sec.	Bronze
Ages 75-79	Jerry Dietrich	Time: 1 min. 59.6 sec.	Gold
	Jack McCarn	Time: 2 min. 4.1 sec.	Silver

800 Meters -

Ages 50-54	John Lax	Time: 4 min. 16.2 sec.	Gold
Ages 55-59	Daryl Schruhl	Time: 2 min. 48.0 sec.	Gold
	Michael LaPointe	Time: 2 min. 55.4 sec.	Silver
	Mike Shepherd	Time: 3 min. 15.2 sec.	Bronze
Ages 65-69	Doug Wollen	Time: 3 min. 6.6 sec.	Gold
	Bill Powers	Time: 3 min. 41.9 sec.	Silver
	Jimmy Smith	Time: 5 min. 10.3 sec.	Bronze
Ages 70-74	Bill Fleener	Time: 3 min. 48.3 sec.	Gold
	John Gardner	Time: 5 min. 20.8 sec.	Silver
Ages 75-79	Jerry Dietrich	Time: 4 min. 21.5 sec.	Gold
	Jack McCarn	Time: 4 min. 34.9 sec.	Silver

1500 Meters -

Ages 50-54	John Lax	Time: 6 min. 47.6 sec.	Gold
	Robert Johnston	Time: 6 min. 52.2 sec.	Silver
Ages 55-59	Daryl Schruhl	Time: 5 min. 54.2 sec.	Gold
	Mike Shepherd	Time: 6 min. 29.0 sec.	Silver
	David Lloyd	Time: 6 min. 59.6 sec.	Bronze
Ages 65-69	Bill Powers	Time: 7 min. 23.9 sec.	Gold
	Jimmy Smith	Time: 10 min. 25.8 sec.	Silver
Ages 70-74	Gene Harrison	Time: 7 min. 32.2 sec.	Gold
Ages 75-79	Jerry Dietrich	Time: 8 min. 22.6 sec.	Gold
	Jack McCarn	Time: 8 min. 57.2 sec.	Silver

Women:

Discus -

Ages 50-54	Jennifer Hogan	Distance: 65.11	Gold
	Rose Pittman	Distance: 50.3	Silver
Ages 55-59	Deborah Dohrmann	Distance: 50.11	Gold
Ages 60-64	Carol Bichon Jackson	Distance: 41.10	Gold
	Peggy Anderson	Distance: 40.3	Silver
Ages 70-74	Fran Melzer	Distance: 60.7	Gold
	Janice Bradley	Distance: 49.5	Silver
	Rita Plank	Distance: 40.6	Bronze

Long Jump -

Ages 70-74	Fran Melzer	Distance: 9'4"	Gold
	Jean Cornwell	Distance: 7'8"	Silver
	Janice Bradley	Distance: 5'11"	Bronze

Shot Put -

Ages 50-54	Jennifer Hogan	Distance: 27' 9½'	Gold
	Rose Pittman	Distance: 22'10"	Silver
Ages 55-59	Debbie Dohrmann	Distance: 22'9"	Gold
Ages 60-64	Carol Bichon Jackson	Distance: 20'2"	Gold
	Peggy Anderson	Distance: 15' 7½'	Silver
Ages 70-74	Fran Melzer	Distance: 22'1"	Gold
	Janice Bradley	Distance: 20' 9½'	Silver
	Rita Plank	Distance: 19' 9"	Bronze

50 Meters -

Ages 50-54	Rose Pittman	Time: 8.9 sec.	Gold
Ages 55-59	Deborah Dohrmann	Time: 9.0 sec.	Gold
Ages 60-64	Carol Bichon Jackson	Time: 11.1 sec.	Gold
Ages 65-69	Lily Smith	Time: 12.2 sec.	Gold
	Betty Dietrich	Time: 13.5 sec.	Silver
Ages 70-74	Jean Cornwell	Time: 10.1 sec.	Gold
	Janice Bradley	Time: 10.1 sec.	Silver
	Edythe Hulet	Time: 18.0 sec.	Bronze

100 Meters -

Ages 55-59	Deborah Dohrmann	Time: 17.7 sec.	Gold
Ages 60-64	Carol Bichon Jackson	Time: 24.1 sec.	Gold
Ages 65-69	Lily Smith	Time: 25.7 sec.	Gold

	Betty Dietrich	Time: 26.2 sec.	Silver
Ages 70-74	Jean Cornwell	Time: 20.6 sec.	Gold

200 Meters -

Ages 60-64	Carol Bichon Jackson	Time: 59.7 sec.	Gold
Ages 65-69	Betty Dietrich	Time: 1 min. 2.4 sec.	Silver
Ages 70-74	Jean Cornwell	Time: 49.7 sec.	Gold
	Edythe Hulet	Time: 1 min. 17.9 sec.	Silver

400 Meters -

Ages 60-64	Valerie Martinson	Time: 1 min. 47.8 sec.	Gold
	Carol Bichon Jackson	Time: 2 min. 48.7 sec.	Silver
Ages 65-69	Betty Dietrich	Time: 2 min. 20.4 sec.	Gold
Ages 70-74	Jean Cornwell	Time: 2 min. 2.2 sec.	Gold
	Edythe Hulet	Time: 3 min. 17.6 sec.	Silver

800 Meters -

Ages 50-54	Susan Hesselgrave	Time: 3 min. 38.5 sec.	Gold
	Carol Mus	Time: 3 min. 38.7 sec.	Silver
Ages 60-64	Valerie Martinson	Time: 4 min. 7.0 sec.	Gold
Ages 65-69	Betty Dietrich	Time: 4 min. 56.5 sec.	Gold
Ages 70-74	Jean Cornwell	Time: 4 min. 23.3 sec.	Gold

1500 Meters -

Ages 50-54	Susan Hesselgrave	Time: 7 min. 37.3 sec.	Gold
	Rose Pittman	Time: 8 min. 42.9 sec.	Silver
Ages 65-69	Betty Dietrich	Time: 9 min. 41.5 sec.	Gold
Ages 70-74	Jean Cornwell	Time: 8 min. 46.2 sec.	Gold
Ages 80-84	Chloe Parr	Time: 11 min. 11.5 sec.	Gold