

MINNESOTA MASTERS TRACK AND FIELD STATE CHAMPIONSHIPS***MEET RECORDS****[Records set in 2009 in italics]***100 meters**

AGE	YEAR	MARK	NAME	LOCATION
M30	2002	10.68	Randward Wells	NSC
M35	1981	11.4	Steve Rossman	St. Cloud State
M40	1982	11.94	Grady Rostberg	St. Cloud State
	1982	11.9	Lee Washington	U. of Minnesota
M45	1990	11.63	Lloyd Cordner	Hamline
M50	2004	12.10	Greg Schwab	NSC
M55	2001	12.67(w)	Paul Montgomery	NSC
	2003	12.82	Paul Montgomery	NSC
M60	1996	13.48	Fred Biederman	NSC
M65	2004	14.32	Lowell Thompson	NSC
M70	1983	13.5	Gilberto Gonzales	U. of Minnesota
M75	2005	18.23	John Buursema	NSC
M80	2007	18.06	John Buursema	Hamline
W30	1996	12.82	Leisa David-Knowles	NSC
W35	2000	13.79	JoeAnn Jackson	NSC
	2001	13.05(w!)	JoeAnn Jackson	NSC
W40	2003	13.44	JoeAnn Jackson	NSC
W45	2008	14.32	JoeAnn Jackson-Matthews	Hamline
	2009	14.23	JoeAnn Jackson-Matthews	Hamline
W50	1987	15.6	Rachel Lyga	Park Rapids
W65	2008	24.80	Siglinde Moore	Hamline

200 meters

AGE	YEAR	MARK	NAME	LOCATION
M30	2002	21.25	Randward Wells	NSC
M35	1992	23.8	Donald Tarasewicz	U. of Minnesota
M40	1982	24.73	Grady Rostberg	St. Cloud State
	2007	24.41(w)	Jeff Yale	Hamline
M45	1990	24.56	Lloyd Cordner	Hamline
M50	2000	25.62	Paul Montgomery	NSC
	1999	25.58(w)	Paul Montgomery	NSC
M55	2001	26.17	Paul Montgomery	NSC
M60	1995	28.16	Fred Biederman	NSC
	2007	27.90(w)	Paul Montgomery	Hamline
M65	2005	32.45	George LaBelle	NSC
M70	1983	28.2	Gilberto Gonzales	U. of Minnesota
M75	2006	40.01	John Buursema	Hamline
M80	2007	39.31	John Buursema	Hamline
W30	1993	27.51	JoeAnn Jackson	NSC
W35	1995	27.93	Donna Ricks	NSC
W40	2003	28.83(w)	JoeAnn Jackson	NSC
W45	1993	37.74	Ann Day	NSC
W45	2008	31.49	JoeAnn Jackson-Matthews	Hamline
W50	1987	35.4	Rachel Lyga	Park Rapids

400 meters

AGE	YEAR	MARK	NAME	LOCATION
M30	1993	53.09	John Allen	NSC
M35	2004	51.55	Marek Wensel	NSC
M40	1995	54.79	Donald Tarasewicz	NSC
	2009	51.55	Marek Wensel	Hamline
M45	1995	54.86	Shawn Regan	NSC
M50	2000	55.64	Shawn Regan	NSC
M55	2007	58.79	Shawn Regan	Hamline
	2009	68.66	Jim Schoffman	Hamline
M60	2003	70.4	Michael Burns	NSC
M70	1983	67.4	Gilberto Gonzales	U. of Minnesota
W30	1993	63.54	Cathy Gorecki	NSC
W35	2002	84.37	Tish Borgen	NSC
W45	1996	82.75	Barbara Spannous	NSC
W50	1987	82.6	Rachel Lyga	Park Rapids
W65	2008	2:00.04	Siglinde Moore	Hamline

800 meters

AGE	YEAR	MARK	NAME	LOCATION
M30	1991	2:09.8	Patrick Eastman	U. of Minnesota
M35	1990	2:04.5	Dan Morse	Hamline
M40	1997	2:07.67	Ben Zhao	NSC
M45	2005	2:12.05	Rick Peterson	NSC
M50	1991	2:13.0	Jim Hammond	U. of Minnesota
M55	1997	2:18.32	Rick Kleyman	NSC
M60	2004	2:27.31	Rick Kleyman	NSC
M65	1990	2:27.5	Lloyd Young	Hamline
M70	1982	2:50.0	Bill Andberg	St. Cloud State
M80	1993	3:46.27	Bill Andberg	NSC
W35	1995	2:25.10	Donna Ricks	NSC
W40	1992	2:59.1	Kathy Marino	U. of Minnesota
W45	1993	2:56.10	Ann Day	NSC

1500 meters

AGE	YEAR	MARK	NAME	LOCATION
M30	1989	3:59.14	Gary McAlpin	Hamline
M35	1991	4:10.14	Dan Morse	U. of Minnesota
M40	1884	4:15.3	Doug Clausen	U. of Minnesota
M45	2007	4:32.19	Paul Giannobile	Hamline
M50	1990	4:26.4	Dan Conway	Hamline
M55	2007	4:50.57	Jim Sheehan	Hamline
M60	1999	4:56.75	Dan Conway	NSC
M65	2004	5:13.12	Thom Weddle	NSC
M70	1982	5:32.0	William Andberg	St. Cloud State
M80	1993	7:36.17	William Andberg	NSC
W30	1991	#4:45.72#(mile)	Leslie Seymour	U. of Minnesota
	2008	4:20.14	Carrie Tollefson	Hamline
W35	1991	6:48.4	Jeanne DeMartino	U. of Minnesota
	2008	5:59.50	Lori Anne Peterson	Hamline

W40	1991	5:23.5	Carol Klitzke	U. of Minnesota
W45	1993	5:37.01	Ann Day	NSC
W50	2007	6:14.61	Ann Haugejorde	Hamline

5000 meters

AGE	YEAR	MARK	NAME	LOCATION
M30	1982	14:29.0	Steve Benson	U. of Minnesota
M35	2008	15:56.91	Kelly Mortenson	Hamline
M40	1984	15:24.0	Doug Clausen	U. of Minnesota
M45	1996	16:00.29	Michael Seaman	NSC
M50	1989	16:02.10	Dan Conway	Hamline
M55	1996	17:02.10	Thom Weddle	NSC
M60	2002	18:50.79	Thom Weddle	NSC
M65	2007	20:48.74	Thom Weddle	Hamline
M70	2001	35:42.57	Jerard Hargis	NSC
W30	2008	20:00.87	Sheila Eldred	Hamline
W35	2008	19:44.19	Staci Bennett	Hamline
W40	2008	19:23.54	Jessica Young	Hamline
W45	2008	18:46.88	Kelly Keeler Ramacier	Hamline
W50	2008	22:38.80	Carolyn Fletcher	Hamline
W60	2008	23:56.51	Kathryn Benhardus	Hamline

High Hurdles

AGE	YEAR	MARK	NAME	LOCATION
M30	1989	15.30	Jack Brooks	Hamline
M35	1983	16.48	Dan LaBelle	St. Cloud State
	1999	15.80(w)	Scott Marshall	NSC
M40	1982	16.81	John Ewing	St. Cloud State
M45	1983	20.0	Jim Peterson	U of Minnesota
	1987	20.0	Lee Washington	Park Rapids
M50	2007	16.06	Robert Zahn	Hamline
M55	1990	18.89	Jim Peterson	Hamline
	1999	18.80(w)	Richard Ashland	NSC
M60	1995	18.65	Jim Peterson	NSC
M65	2005	18.92	George LaBelle	NSC
M70	2009	17.66	George LaBelle	Hamline
W35	1995	15.78	Donna Ricks	NSC
W45	2008	14.88	Cynthia Overson	Hamline

Intermediate Hurdles

AGE	YEAR	MARK	NAME	LOCATION
M30	1989	58.19	Larry Berkner	Hamline
M35	1983	65.9	Ross Jensen	U. of Minnesota
M40	1991	64.8	Ray Burrus	U. of Minnesota
M45	2001	74.96	Dennis Nelson	NSC
M50	1989	52.99 (300m)	Jim Peterson	Hamline
	2001	68.22 (400m)	Carter Holmes	NSC
M55	2006	52.83 (300m)	Carter Holmes	Hamline
	2002	93.89 (400m)	Michael Burns	NSC
M60	2007	52.46	Carl Etter	Hamline
M65	2008	56.95	Michael Burns	Hamline

M70	2009	85.26	<i>George LaBelle</i>	<i>Hamline</i>
W30	1996	61.1	Leisa David-Knowles	NSC
W35	1998	79.08	Cathy Gorcki	NSC
W45	1996	1:54.9	Ruth Tweto	NSC

High Jump

AGE	YEAR	MARK	NAME	LOCATION
M30	1989	6'6" (1.98)	Tim Stack	Hamline
M35	1995	5'10" (1.78)	David Caldwell	NSC
M40	1990	6'2" (1.88)	Tim Heikkila	Hamline
M45	2008	5'11 ¾" (1.82)	Robert Tesch-Stevson	Hamline
M50	1985	5'7" (1.70)	Tom Langenfeld	So. St. Paul
M55	1991	5'5" (1.65)	Tom Langenfeld	U. of Minnesota
M60	1997	5'1¾" (1.57)	Tom Langenfeld	NSC
M65	2001	4'10" (1.47)	Tom Langenfeld	NSC
	2003	4'10" (1.47)	Tom Langenfeld	NSC
M70	2006	4'7 ¾" (1.42)	Tom Langenfeld	Hamline
	2008	4'7 ¾" (1.42)	Tom Langenfeld	Hamline
M75	2001	3'10" (1.17)	Charles Obye	NSC
M80	2002	3'8¾"(1.14)	Ralph Maxwell	NSC
W35	1995	5'0" (1.53)	Donna Ricks	NSC
W40	2004	3'3¼" (1.00)	Tracy Bonewell	NSC
W45	2007	2'11" (.89)	Tracy Bonewell	Hamline
W50	1987	3'10" (1.17)	Rachel Lyga	Park Rapids

Pole Vault

AGE	YEAR	MARK	NAME	LOCATION
M30	2005	16'1¼" (4.91)	Stephen White	NSC
M35	2001	15' 4½" (4.69)	Matt Kolb	NSC
M40	1997	13'11¼" (4.25)	Jeff Kingstad	NSC
M45	2004	12' 1" (3.68)	Jim Wolter	NSC
M50	2004	11'1" (3.38)	George Lehman	NSC
M55	1996	9'6¼" (2.90)	Jim Noonan	NSC
M60	2002	9'9" (2.97)	Jim Noonan	NSC
M65	2001	9'6" (2.90)	Duane Rykhus	NSC
W45	2000	5'0" (1.53)	Sandy Krantz-O'Neil	NSC

Long Jump

AGE	YEAR	MARK	NAME	LOCATION
M30	1997	19'10¼"	Matt Kolb	NSC
	2003	20'5¾" (6.24)(w)	Jessie Gadison	NSC
M35	2001	19'8¼" (6.00)	Matt Kolb	NSC
M40	1982	19'2½" (5.86)	John Ewing	St. Cloud State
M45	2003	18'11¼" (5.77)(w)	Kerry Baubie	NSC
	2004	17' 7½" (5.37)	Kerry Baubie	NSC
M50	2008	16'11½" (5.17)	Kerry Baubie	Hamline
M55	1989	17'11½" (5.47)	Harry Resnice	Hamline
M60	2007	14'9¼" (4.50)	Carl Etter	Hamline
M65	2002	13'0" (3.96)	Ronald Clendening	NSC
	2009	14'7¼" (4.45)	<i>Carl Etter</i>	<i>Hamline</i>

M70	1983	14'4"	(4.37)	Gilberto Gonzales	U. of Minnesota
M75	2001	11'6¼"	(3.51)	Charles Obye	NSC
M80	2002	10'10"	(3.30)	Ralph Maxwell	NSC
W30	1993	15'10¼"	(4.83)	Lori Cade	NSC
W35	1996	16'0¾"	(4.90)	Marcia Kull	NSC
W40	2004	14'5"	(4.39)	JoeAnn Jackson-Matthews	NSC
W45	2008	15'2"	(4.63)	JoeAnn Jackson-Matthews	Hamline
	2009	15'7"	(4.71)	JoeAnn Jackson-Matthews	Hamline
W50	1987	12'1"	(3.68)	Rachel Lyga	Park Rapids

Triple Jump

AGE	YEAR	MARK		NAME	LOCATION
M30	1981	40'7"	(12.37)	Scott MacLeod	St. Cloud State
M35	1993	40'0"	(12.19)	Sam Harris	NCS
M40	1981	41'1"	(12.52)	John Ewing	St. Cloud State
M45	1982	34'9"	(10.59)	Tom Langenfeld	U. of Minnesota
M50	1992	34'10"	(10.62)	John Ewing	U. of Minnesota
M55	1993	33'6¾"	(10.23)	Tom Langenfeld	NSC
M60	1987	32'6"	(9.91)	Chuck Olson	Park Rapids
M65	2001	26'8½"	(8.14)	Jim Peterson	NSC
	2009	29' ½"	(8.85)	Carl Etter	Hamline
M70	2009	21'10¾"	(6.67)	George LaBelle	Hamline
M75	2001	23'8¼"	(7.22)	Charles Obye	NSC
M80	2002	21'2¾"	(6.47)	Ralph Maxwell	NSC
W40	1996	21'1½"	(6.44)	Deb Vestal	NSC
W45	2001	17'¾"	(5.20)	Deb Vestal	NSC
W50	2002	17'11¾"	(5.48)	Deb Vestal	NSC

Shot Put

AGE	YEAR	MARK		NAME	LOCATION
M30	2005	46'¾"	(14.10)	Tim Kasper	NSC
M35	2003	43'7"	(13.28)	Scott Burnell	NSC
M40	2007	41'2½"	(12.56)	Jeff Koppenhaver	Hamline
M45	1990	42'0½"	(12.82)	Ronald Predovich	Hamline
M50	1987	41'9"	(12.73)	John Haugo	Park Rapids
M55	1997	37'3½"	(11.37)	Richard Ashland	NSC
M60	1983	44'7"	(13.59)	Mike Castaneda	U. of Minnesota
M65	1999	33'3"	(10.13)	Earl Luse	NSC
	2006	33'3"	(10.13)	George LaBelle	Hamline
M70	2003	31'5¼"	(9.58)	Earl Luse	NSC
	2009	31'10¾"	(9.72)	George LaBelle	Hamline
M75	2007	25'1¼"	(7.65)	Earl Luse	Hamline
	2009	26'11¼"	(8.21)	Gene Lohman	Hamline
M80	2007	31'6"	(9.60)	Dick Mulkern	Hamline
W30	1989	40'7"	(12.37)	Beulah Verdell	Hamline
W35	2007	24'7¾"	(7.51)	Vickie McLaughlin	Hamline
W40	2007	22'7"	(6.90)	JoaAnn Jackson-Matthews	Hamline
W45	1996	23'10"	(7.26)	Ruth Tweto	NSC
W50	1987	22'1"	(6.73)	Rachel Lyga	Park Rapids
W55	2009	21'11"	(6.68)	Martha Green	Hamline

Discus

AGE	YEAR	MARK	NAME	LOCATION
M30	1990	163'1" (49.71)	Michael Manders	Hamline
M35	1990	154'10" (47.19)	Brent Tischer	Hamline
M40	2004	131' 4" (40.04)	Bryan Fawcett	NSC
M45	1990	128'10" (39.27)	Carl Mooney	Hamline
M50	1991	146'11" (44.78)	Carl Mooney	U. of Minnesota
M55	1997	143'8" (43.79)	Richard Ashland	NSC
M60	1983	135'6" (41.30)	Mike Castaneda	U. of Minnesota
M65	2002	114'4" (34.85)	Jim Peterson	NSC
M70	2004	92' 1" (28.08)	Gene Lohman	NSC
	2009	94'1" (28.69)	Robert Stewart	Hamline
M75	2005	73'7½" (22.44)	Edward Failor	NSC
M80	2006	88'1" (26.84)	Dick Mulkern	Hamline
W30	2004	198' 7" (60.52)	Kris Kuehl	NSC
W35	1991	66'4" (20.22)	Catherine Hanson	U. of Minnesota
W40	1995	51'2" (15.60)	Deb Vestal	NSC
W45	2007	83'11" (25.58)	Kirsten Dierking	Hamline
W50	1987	62'10" (19.15)	Rachel Lyga	Park Rapids
W55	2009	54' ¾" (16.5)	Martha Green	Hamline

Javelin

AGE	YEAR	MARK	NAME	LOCATION
M30	1989	175'10" (53.59)	Bill Hudspith	Hamline
M35	1981	150'0" (45.72)	Dennis Baker	St. Cloud State
M40	2001	153'5" (46.76)	Doug Weimerskirch	NSC
M45	2005	135'8" (41.36)	Kevin McLaughlin	NSC
M50	2002	143'5" (43.71)	Jim Rosamilia	NSC
M55	2006	120'2" (36.63)	Jim Rosamilia	Hamline
	2009	120'4" (36.69)	Jim Rosamilia	Hamline
M60	2001	118'1¾" (36.01)	George LaBelle	NSC
M65	2005	100'6" (30.65)	George LaBelle	NSC
M70	2005	92'6" (28.19)	Perry Brown	NSC
M75	2005	85'5" (26.03)	Edward Failor	NSC
M80	2006	67' 6¾" (20.59)	Dick Mulkern	Hamline
W30	1992	74'2" (22.61)	Beulah Verdell	U. of Minnesota
W35	1991	64'8¾" (19.73)	Catherine Hanson	U. of Minnesota
W40	2007	71'0" (21.64)	Kirsten Dierking	Hamline
W50	1985	44'11" (13.69)	Rachel Lyga	So. St. Paul
W55	2009	40'9" (12.44)	Martha Green	Hamline

Hammer

AGE	YEAR	MARK	NAME	LOCATION
M35	2009	195'2" (59.49)	James Fahie	Hamline
M45	2009	85'9" (26.15)	Jeff Koppenhaver	Hamline
M50	2009	86'7" (26.41)	Ted Goudge	Hamline
M70	2009	74'11¼" (22.84)	George Labelle	Hamline
M80	2009	85'4" (26.00)	Dick Mulkern	Hamline
W 45	2009	76'9" (23.39)	Kirsten Dierking	Hamline
W55	2009	69'10 ¼" (21.29)	Martha Green	Hamline

This is an unofficial compilation of Minnesota Masters State Championship Meet records. "State Meets" include the series of meets conducted at St. Cloud State from 1979 through 1984, the meets at South St. Paul in 1985 and Park Rapids in 1987, the over-40 events included in some TAC state meets through 1992, the 1993 USATF Minnesota Masters Championships at the National Sports Center, the 1995-2005 USATF Minnesota Open & Masters Championships at the National Sports Center, and the 2006, 2007, 2008 and 2009 USATF Open & Masters Championships at Hamline University. (In 1983, there were two meets: The state TAC meet included masters competition, and there was a separate masters championship at St. Cloud.)