

USATF Southwest Regional Open/Masters Outdoor Track and Field Championships  
 East Central High School / Catoosa High School  
 Friday, July 16 thru Saturday, July 17, 2004

**DIVISIONS**

**EVENTS**

**FINALS**

**HAMMER**

<b>5</b>	<b>OPEN</b>	
1. Duncan, Robert L. (Bobby)		9.82
<b>10</b>	<b>M 45</b>	
1. Stewart, Richard		45.69
2. Ellis, Ken		27.49
<b>11</b>	<b>M 60</b>	
1. Cassels, Julius		25.28
<b>12</b>	<b>M 65</b>	
1. Stringer, Pel		18.14
<b>13</b>	<b>M 70</b>	
1. Palmer, Wendell		37.96
<b>14</b>	<b>M 75</b>	
1. Jack, Floyd		25.7
2. Smith, Val		21.46

**WEIGHT THROW**

<b>15</b>	<b>OPEN</b>	
1. Duncan, Robert L. (Bobby)		3.55
<b>20</b>	<b>M 45</b>	
1. Stewart, Richard		14.56
2. Ellis, Ken		9.55
<b>21</b>	<b>M 60</b>	
1. Cassels, Julius		12.96
<b>22</b>	<b>M 65</b>	
1. Stringer, Pel		8.35
<b>23</b>	<b>M 70</b>	
1. Palmer, Wendell		17.95
<b>24</b>	<b>M 75</b>	
1. Smith, Val		10.12
2. Jack, Floyd		9.76

**SUPER WEIGHT (M)**

<b>25</b>	<b>OPEN</b>	
1. Duncan, Robert L. (Bobby)		2.32
<b>30</b>	<b>M 45</b>	
1. Ellis, Ken		6.38
<b>31</b>	<b>M 60</b>	
1. Cassels, Julius		4.57
<b>32</b>	<b>M 65</b>	
1. Stringer, Pel		2.63
<b>33</b>	<b>M 70</b>	
1. Palmer, Wendell		11.1379
<b>34</b>	<b>M 75</b>	
1. Smith, Val		5.64
2. Jack, Floyd		4.85

## SHOT PUT (M)

### 35 OPEN

- |                              |       |
|------------------------------|-------|
| 1. Sorrells, Chris           | 12.29 |
| 2. Duncan, Robert L. (Bobby) | 5.66  |

### 40 M 40

- |                 |       |
|-----------------|-------|
| 1. Jones, Rusty | 10.62 |
|-----------------|-------|

### 41 M 45

- |                     |       |
|---------------------|-------|
| 1. Stewart, Richard | 12.96 |
| 2. Ellis, Ken       | 10.97 |
| 3. Pirch, Garry     | 9.38  |

### 42 M 55

- |                  |      |
|------------------|------|
| 1. Deuvall, Dale | 9.25 |
|------------------|------|

### 43 M 60

- |                    |       |
|--------------------|-------|
| 1. Miers, Sheppard | 12.68 |
| 2. Cassels, Julius | 11.02 |

### 44 M 65

- |                    |      |
|--------------------|------|
| 1. Stringer, Pel   | 8.68 |
| 2. Lance, Roy Dale | 8.4  |

### 45 M 70

- |                       |       |
|-----------------------|-------|
| 1. Palmer, Wendell L. | 12.67 |
| 2. Grow, Engel        | 9.56  |
| 3. Vrooman, Ross      | 7.74  |

### 46 M 75

- |                |      |
|----------------|------|
| 1. Jack, Floyd | 9.95 |
| 2. Smith, Val  | 9.06 |

## SHOT PUT (W)

### 47 W 45

- |                |      |
|----------------|------|
| 1. Lane, Sandy | 6.52 |
|----------------|------|

### 48 W 65

- |                       |      |
|-----------------------|------|
| 1. Donley, Christe L. | 7.13 |
|-----------------------|------|

## JAVELIN (M)

### 49 OPEN

- |                              |       |
|------------------------------|-------|
| 1. Duncan, Robert L. (Bobby) | 13.41 |
|------------------------------|-------|

### 50 M 40

- |                      |       |
|----------------------|-------|
| 1. Gruenbacher, Kurt | 48.6  |
| 2. Jones, Rusty      | 39.52 |

### 51 M 45

- |                       |       |
|-----------------------|-------|
| 1. Ellis, Ken         | 44.62 |
| 2. Stewart, Richard   | 42.24 |
| 3. Surrell, Herman R. | 33.43 |
| 4. Pirch, Garry       | 31.29 |

### 52 M 55

- |                  |       |
|------------------|-------|
| 1. Deuvall, Dale | 35.03 |
|------------------|-------|

### 53 M 60

- |                    |       |
|--------------------|-------|
| 1. Miller, Mickey  | 41.52 |
| 2. Cassels, Julius | 26.37 |

### 54 M 65

- |                    |       |
|--------------------|-------|
| 1. Lance, Roy Dale | 33.15 |
| 2. Stringer, Pel   | 22.34 |

<b>55</b>	<b>M 70</b>	
1. Santine, Bob		29.9
2. Grow, Engel		23.24
3. Vrooman, Ross		23.05

<b>56</b>	<b>M 75</b>	
1. Smith, Val		27.48
2. Jack, Floyd		26.25

<b>57</b>	<b>M 80</b>	
1. Carter, Bill		25.42

## JAVELIN (W)

<b>58</b>	<b>W 45</b>	
1. Lane, Sandy		12.7

<b>59</b>	<b>W 65</b>	
1. Donley, Christe L.		21.93
2. Brooks-Smith, Sylvia		16.25

## DISCUS (M)

<b>60</b>	<b>OPEN</b>	
1. Fitzgerald, John		47.37
2. Sorrells, Chris		42.08
3. Duncan, Robert L. (Bobby)		14.88

<b>61</b>	<b>M 40</b>	
1 Jones, Rusty		36.89

<b>62</b>	<b>M 45</b>	
1. Stewart, Richard		47.89
2. Ellis, Ken		34.99

<b>63</b>	<b>M 55</b>	
1. Deuvall, Dale		27.87

<b>64</b>	<b>M 60</b>	
1. Miers, Sheppard		47.22
2. Cassels, Julius		36.18

<b>65</b>	<b>M 65</b>	
1. Lance, Roy Dale		27.19
2. Stringer, Pel		24.49

<b>66</b>	<b>M 70</b>	
1. Palmer, Wendell L.		45.43
2. Vrooman, Ross		26.79
3. Santine, Bob		25.65

<b>67</b>	<b>M 75</b>	
1. Smith, Val		44.37
2. Jack, Floyd		33.12

## DISCUS (W)

<b>68</b>	<b>W 65</b>	
1. Brooks-Smith, Sylvia		14.94

## LONG JUMP (M)

<b>69</b>	<b>30 - 39</b>	
1. Ferris, Cecil		5.03

<b>70</b>	<b>40 - 44</b>	
1. Selvidge, Steve		5.1

<b>71</b>	<b>45 - 49</b>	
1. Baker, Monzell		6.31
2. Pirch, Garry		4.23
<b>72</b>	<b>50 - 54</b>	
1. Iwen, Gene		4.57
2. Meares, Kelly		4.35
<b>73</b>	<b>60 - 64</b>	
1. Colliver, Ron		4.57
<b>74</b>	<b>65 - 69</b>	
1. Stringer, Pel		1.69
<b>75</b>	<b>75 - 79</b>	
1. Smith, Val		2.55

<b>76</b>	<b>80 - 84</b>	
1. Carter, Bill		3.06

### LONG JUMP (W)

<b>77</b>	<b>30 - 34</b>	
1. Greer, Cornelia		3.87
<b>78</b>	<b>45 - 49</b>	
1. Lane, Sandy		2.8
<b>79</b>	<b>55 - 59</b>	
1. Arthur, Normimah		

### HIGH JUMP (M)

<b>80</b>	<b>45 - 49</b>	
1. Ellis, Ken		1.72
2. Pirch, Gary		1.62
<b>81</b>	<b>50 - 54</b>	
1. Meares, Kelly		1.55
2. Boehr, Dough		1.4
<b>82</b>	<b>55 - 59</b>	
1. Deuvall, Dale		1.25
2. Benedict, John		1.15
<b>83</b>	<b>60 - 64</b>	
1. Colliver, Ron		1.3
<b>84</b>	<b>65 - 69</b>	
1. Stringer, Pel		1.1
<b>85</b>	<b>70 - 74</b>	
1. Vrooman, Ross		1.2
2. Donley, Jerry		1.11
<b>86</b>	<b>75 - 79</b>	
1. Smith, Val		1.09
2. Donley, Dick		1.05

### HIGH JUMP (W)

<b>87</b>	<b>65 - 69</b>	
1. Donley, Christel		1.06

### TRIPLE JUMP (M)

<b>88</b>	<b>45 - 49</b>	
1. Monzell, Baker		12.69
2. Pirch, Gary		9.04

<b>89</b>	<b>50 - 54</b>	
1. Iwen, Gene		9.51
2. Boehr, Doug		8.86
<b>90</b>	<b>75 - 79</b>	
1. Smith, Val		5.65

## TRIPLE JUMP (W)

<b>91</b>	<b>30 - 34</b>	
1. Greer, Cornelia		7.41

## POLE VAULT (M)

<b>92</b>	<b>45 - 49</b>	
1. Sweezy, David		3.96
2. Fountain, James		3.04
<b>93</b>	<b>50 - 54</b>	
1. Meares, Kelly		3.35
<b>94</b>	<b>55 - 59</b>	
1. Duvall, Dale		1.52
<b>95</b>	<b>60 - 64</b>	
1. Colliver, Ron		3.04
<b>96</b>	<b>65 - 69</b>	
1. Stringer, Pel		NH
<b>97</b>	<b>70 - 74</b>	
1. Donley, Jerry		??

## 100 HURDLES (M)

<b>98</b>	<b>50 - 54</b>	
1. Meares, Kelly		18.08
2. Boehr, Doug		21.01
<b>99</b>	<b>60 - 64</b>	
1. Gray, Courtland		16.12

## 110 HURDLES (M)

<b>100</b>	<b>30 - 34</b>	
1. Ferris, Cecil		16.35
<b>101</b>	<b>35 - 39</b>	
1. Drummond, Don		14.9

## 400 HURDLES (M)

<b>102</b>	<b>50 - 54</b>	
1. Pannell, Mike		01:05.76
2. Iwen, Gene		01:11.93
3. Boehr, Doug		01:19.76
<b>103</b>	<b>55 - 59</b>	
1. Mount, Lester		01:11.93
<b>104</b>	<b>30 - 34</b>	
1. Casaz, Anthony		01:02.26
2. Ferris, Cecil		01:03.50

## 300 HURDLES (M)

<b>105</b>	<b>60 - 64</b>	
1. Gray, Courtland		45.95

## 400 METER DASH (M)

<b>106</b> <b>30 - 34</b>	
1. Johnson, Stephen	53.47
<b>107</b> <b>35 - 39</b>	
1. Jones, David	51.51
<b>108</b> <b>40 - 44</b>	
1. Wright, Dudley	01:01.22
2. Phillip, Brad	01:02.73
<b>109</b> <b>45 - 49</b>	
1. Scofield, David	01:16.28
<b>110</b> <b>50 - 54</b>	
1. Easley, Rick	59.85
<b>111</b> <b>60 - 64</b>	
1. Colliver, Ron	01:06.98
2. Clark, Pete	01:09.93
3. Bomer, Bob	01:19.77
<b>112</b> <b>65 - 69</b>	
1. Lida, Bob	01:06.75
<b>113</b> <b>75-79</b>	
1. Taylor, Sam	01:51.22

## 100 METER DASH (M)

<b>114</b> <b>OPEN</b>	
1. Sirop, Oliver	11.6
2. Butler, Robert	12.24
<b>115</b> <b>35 - 39</b>	
1. Drummond, Dan	11.58
<b>116</b> <b>40 - 44</b>	
1. Boda, Christian	40.44
2. Wright, Dudley	13.23
<b>117</b> <b>45 - 49</b>	
1. Baker, Monzell	12.27
2. Boleware, Ron	12.33
<b>118</b> <b>50 - 54</b>	
1. Mears, Kelly	14.49
<b>119</b> <b>55 - 59</b>	
1. Steinmetz, Mike	13.14
2. Eakers, Jesse	14.5
<b>120</b> <b>65 - 69</b>	
1. Lida, Bob	13.11
2. Bennett, Wayne	13.95
3. Hite, Guthrie	15.03
<b>121</b> <b>75 - 79</b>	
1. Taylor, Sam	22.00
<b>122</b> <b>80 - 84</b>	
1. Carter, Bill	17.88
<b>123</b> <b>85 - 89</b>	
1. Parker, Roderick	16.13

## 100 METER DASH (W)

<b>124</b>	<b>30 - 34</b>	
1. Greer, Cornelia		14.01
<b>125</b>	<b>35 - 39</b>	
1. Boda, Elaine		14.14
<b>126</b>	<b>40 - 44</b>	
1. Gavin, Deborah		13.05
2. Troupe, Andra		14.62
<b>127</b>	<b>45 - 49</b>	
1. Lane, Sandy		18.08
<b>128</b>	<b>55 - 59</b>	
1. Arthur, Normimah		17.49

## 200 METER DASH (M)

<b>129</b>	<b>OPEN</b>	
1. Sirop, Oliver		23.43
2. Brown, Justin		24.49
3. Butler, Robert		25.23
<b>130</b>	<b>35 - 39</b>	
1. Drummond, Dan		24.03
2. Jones, David		24.04
<b>131</b>	<b>40 - 44</b>	
1. Christian, Boda		24.33
2. Wright, Dudley		26.59

<b>132</b>	<b>45 - 49</b>	
1. Baker, Monzell		25.01
2. Boleware, Ron		25.17
3. Scofield, David		33.96
<b>133</b>	<b>50 - 54</b>	
1. Mears, Kelly		28.48
2. Watson, Mike		34.96
<b>134</b>	<b>55 - 59</b>	
1. Steinmetz, Mike		27.99
<b>135</b>	<b>60 - 64</b>	
1. Colliver, Ron		29.49
2. Clarke, Peter		30.93
<b>136</b>	<b>65 - 69</b>	
1. Lida, Bob		26.77
2. Bennett, Wayne		28.49
3. Hite, Guthrie		33.34
<b>137</b>	<b>75 - 79</b>	
1. Taylor, Sam		46.71
<b>138</b>	<b>85 - 89</b>	
Parker, Roderick		34.51

## 200 METER DASH (W)

<b>139</b>	<b>30 - 34</b>	
1. Greer, Cornelia		29.8
<b>140</b>	<b>35 - 39</b>	
1. Boda, Elaine		30.91

- 141**      **40 - 44**  
1. Gavin, Deborah  
2. Troupe, Andra

26.5  
32.13

### 800 METER DASH (M)

- 142**      **OPEN**  
1. Keller, Montana

02:05.14

- 143**      **30 - 34**  
1. Homer, Gary  
2. Johnson, Stephen

02:01.28

02:22.02

- 144**      **60 - 64**  
1. Bomer, Bobby

03:02.06

- 145**      **76 - 79**  
1. Taylor, Sam

04:17.46

### 1500 METER RUN

- 146**      **60 - 64**  
1. Boomer, Bobby

06:27.03

### 1500 METER RACE WALK

- 147**      **55 - 60**  
1. Benedict, Jon

10:12.68

- 148**      **75 - 80**  
1. Donley, Dick

11:41.0

### 3000 METER RACE WALK

- 149**      **55 - 60**  
1. Benedict, Jon

20:42.52

- 150**      **75 - 79**  
1. Donley, Dick

24:17.62