

**2009 USATF Three Rivers Association
Open & Masters Track & Field Championship
June 20-21
California University PA
California, PA**

100M Dash

Linner, Bernie	Master	M60		0.33
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200M Dash

Spino, Nick	Open	M20		
Linner, Bernie	Master	M60		30.09
Bower, Ray	Master	M85		01:18.9

400M Dash

Kacsur, Charles	Master	M23		51.57
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800M Run

Cashdollar, Scott	Master	M43		02:04.4
Richardson, Kevin	Open	M		02:30.2

100M Hurdles

Spino, Nick	Open	M20		15.87
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400M Hurdles

Spino, Nick	Open	M20	Westmoreland	59.21
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1500M Run

Weisner, Sharon	Master	F47	Unattached	05:24.3
Vickers, Robert	Master	M75	Unattached	09:01.7

Long Jump

Linner, Bernie	Master	M60	West Penn	3.76
Clark, Robert	Master	M54	West Penn	5.04
Hudson, Darien	Open	M18	Beaver YMCA	6.35

Triple Jump

Linner, Bernie	Master	M60	West Penn	8.47
Clark, Robert	Master	M54	West Penn	10.81

Shot Put

Scales, Charles	Master	M69	Pgh Explosion	8
Cress, Carol	Open	F19	Butler Stealth	12.83

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Discus

Truax, Bill	Master	M62	Unattached	37.19
Zukas, Donna	Master	F53	Unattached	15.14
Baird, Natalie	Open	F19	Unattached	45.84
Cress, Carol	Open	F19	Butler Stealth	33.92

Javelin

Friedman, Erick	Open	M34	World's Longest Throw	47.06
Zukas, Donna	Master	F53	Unattached	15.95
Cress, Carol	Open	F19	Butler Stealth	33.75

Hammer

Baird, Natalie	Open	F19	Unattached	48.74
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