

## 2016 West Region Report

Indoor Nationals - West Region Teams represented the Region well with SoCal Track Club winning the team title with (638 points) and the Southern California Striders placing 4th with (244 points).


SCA Masters Championships at Cerritos College, May 28th, increased participation from the prior year and added about 10 new meet records.

USATF Masters West Region Championships were held on June 18th & 19th at Cerritos College. The College made us change our meet date 6 weeks before our meet. This cost us a few entries and the meet participation was down five percent because of the late change to Father's Day weekend. The meet produced several meet records and two American Records. *American Record* by *Gary Patton* (M70-74) for the mile, 5:35.03. *Laura Bruess* (W55-59) broke Kathy Martin's American 10,000 Meter Record by a few tenths, running 39:37.05. David Guss, guest competitor from Canada, broke the National Record in the (M55-59) Mile, with a time of 4:49.94. *Meet Records* were set by *Brenda Matthews* in the (W65-69) 80 Meter Hurdles, 19.82. *Darren Cox* (M45-49) 3,000 Meter Steeplechase, 10:39.45. *Gunnar Linde* in the (M85-89) 10,000 Meters, 1:08:44.96.

2016 USATF Outdoor Nationals was well represented by West Region Teams:

SoCal Track Club 2nd, 562 points  
Southern Cal Striders 3rd, 312 points  
Santa Monica Track Club 53rd, 21 points  
ARC Run Club 71st, 12 points

Respectfully Submitted,  
Mark Cleary



## 2017 Masters Track & Field Dates

USATF Masters Indoor Track & Field Championships, Albuquerque, New Mexico, February 17-19, 2017

WMA World Indoor Championships, Daegu, South Korea, March 19-25, 2017

SCA Masters Championships, Cerritos College, May 27th, 2017

USATF Masters West Region Championships, Cerritos College, TBA

USATF Masters Outdoor Championships, LSU-Baton Rouge, LA, July 13th, 2017