

2016 USATF National Masters Outdoor T& F Championship - 14-Jul-16 to 17-Jul-16

* = guest athlete

Grand Valley State University**Session Report**

Session: 1 Outdoor Pentathlon

Day 1 - Thursday 14-Jul-16 - Starts at 08:00 AM

	Event	Round
8:00 AM	#888 Outdoor Pentathlon: #1 M70-89 Long Jump	Finals
9:00 AM	#887 Outdoor Pentathlon: #1 M65 Long Jump	Finals
10:00 AM	#886 Outdoor Pentathlon: #1 M60 Long Jump	Finals
10:15 AM	#384 Outdoor Pentathlon: #1 W60-104 100 Short Hurdles	Finals
11:00 AM	#884 Outdoor Pentathlon: #1 M50-59 Long Jump	Finals
11:30 AM	#382 Outdoor Pentathlon: #1 W30-59 80 Short Hurdles	Finals
12:00 PM	#881 Outdoor Pentathlon: #1 M30-49 Long Jump	Finals

Session: 2 Thursday Track

Day 1 - Thursday 14-Jul-16 - Starts at 08:00 AM

	Event	Round
8:00 AM	#104 W55-104 5000 Meter Run	Finals
8:30 AM	#100 W30-54 5000 Meter Run	Finals
9:00 AM	#608 M65-104 5000 Meter Run	Finals
9:30 AM	#607 M55-64 5000 Meter Run	Finals
10:00 AM	#605 M50 5000 Meter Run	Finals
10:30 AM	#603 M30-49 5000 Meter Run	Finals
11:00 AM	#46 W55 400 Meter Dash	Prelims
11:00 AM	#45 W50 400 Meter Dash	Prelims
11:00 AM	#548 M65 400 Meter Dash	Prelims
11:00 AM	#547 M60 400 Meter Dash	Prelims
11:15 AM	#546 M55 400 Meter Dash	Prelims
11:15 AM	#545 M50 400 Meter Dash	Prelims
11:15 AM	#544 M45 400 Meter Dash	Prelims
4:00 PM	#68 W65-84 800 Meter Run	Finals
4:00 PM	#66 W55-64 800 Meter Run	Finals
4:00 PM	#65 W50 800 Meter Run	Finals
4:00 PM	#61 W30-49 800 Meter Run	Finals
4:15 PM	#569 M80-104 800 Meter Run	Finals
4:15 PM	#568 M70-79 800 Meter Run	Finals
4:15 PM	#567 M65 800 Meter Run	Finals
4:15 PM	#566 M60 800 Meter Run	Finals
5:00 PM	#565 M55 800 Meter Run	Finals
5:00 PM	#564 M50 800 Meter Run	Finals
5:00 PM	#562 M40-49 800 Meter Run	Finals
5:00 PM	#561 M30-39 800 Meter Run	Finals

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Session: 3 Thursday Field

Day 1 - Thursday 14-Jul-16 - Starts at 08:00 AM

Event	Round
8:00 AM #365 W65-104 Hammer Throw Throws Ring	Finals
9:00 AM #364 W60 Hammer Throw Throws Ring	Finals
4:30 PM #363 W55 Hammer Throw Throws Ring	Finals
5:30 PM #362 W30-54 Hammer Throw Throws Ring	Finals
8:00 AM #811 M80-99 Shot Put 3K Ring 1	Finals
9:00 AM #809 M70-79 Shot Put 4K Ring 1	Finals
10:00 AM #808 M65 Shot Put 5K Ring 1	Finals
11:00 AM #807 M60 Shot Put 5K Ring 1	Finals
1:00 PM #806 M55 Shot Put 6K Ring 1	Finals
2:00 PM #805 M50 Shot Put 6K Ring 1	Finals
3:00 PM #804 M45 Shot Put 7.26K	Finals
4:00 PM #803 M30-44 Shot Put 7.26K Ring 1	Finals
2:00 PM #765 M60-69 Pole Vault	Finals

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Session: 4 Friday Track

Day 2 - Friday 15-Jul-16 - Starts at 08:00 AM

Event	Round
8:00 AM #191 W30-84 5000 Meter Race Walk	Finals
9:00 AM #693 M65-99 5000 Meter Race Walk	Finals
10:00 AM #691 M30-64 5000 Meter Race Walk	Finals
11:00 AM #7 W60 100 Meter Dash	Prelims
11:00 AM #5 W50 100 Meter Dash	Prelims
11:00 AM #3 W40 100 Meter Dash	Prelims
11:00 AM #509 M70 100 Meter Dash	Prelims
11:00 AM #508 M65 100 Meter Dash	Prelims
11:00 AM #507 M60 100 Meter Dash	Prelims
11:00 AM #506 M55 100 Meter Dash	Prelims
11:00 AM #505 M50 100 Meter Dash	Prelims
11:00 AM #504 M45 100 Meter Dash	Prelims
11:00 PM #503 M40 100 Meter Dash	Prelims
1:00 PM #147 W60-104 80 Short Hurdles 27"	Finals
1:00 PM #651 M80-94 80 Short Hurdles 27"	Finals
1:00 PM #145 W50-59 80 Short Hurdles 30"	Finals
1:00 PM #649 M70-79 80 Short Hurdles 30"	Finals
1:30 PM #144 W40-49 80 Short Hurdles 30"	Finals
1:30 PM #648 M65 100 Short Hurdles 33"	Finals
1:30 PM #647 M60 100 Short Hurdles 33"	Finals
1:30 PM #141 W30-39 100 Short Hurdles 33"	Finals
2:00 PM #646 M55 100 Short Hurdles 36"	Finals
2:00 PM #645 M50 100 Short Hurdles 36"	Finals
2:00 PM #642 M40-49 110 Short Hurdles 39"	Finals
2:00 PM #641 M30-39 110 Short Hurdles 39"	Finals
2:30 PM #49 W70-104 400 Meter Dash	Finals
2:30 PM #48 W65 400 Meter Dash	Finals
2:30 PM #47 W60 400 Meter Dash	Finals
2:30 PM #46 W55 400 Meter Dash	Finals
2:30 PM #45 W50 400 Meter Dash	Finals
2:30 PM #44 W45 400 Meter Dash	Finals
2:30 PM #43 W30-44 400 Meter Dash	Finals
2:30 AM #552 M80-104 400 Meter Dash	Finals
2:30 PM #550 M75 400 Meter Dash	Finals
2:30 PM #549 M70 400 Meter Dash	Finals
3:00 PM #548 M65 400 Meter Dash	Finals
3:00 PM #547 M60 400 Meter Dash	Finals
3:00 PM #546 M55 400 Meter Dash	Finals
3:00 PM #545 M50 400 Meter Dash	Finals
3:00 PM #544 M45 400 Meter Dash	Finals
3:00 PM #543 M40 400 Meter Dash	Finals
3:00 PM #542 M35 400 Meter Dash	Finals

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Session: 4 Friday Track

Day 2 - Friday 15-Jul-16 - Starts at 08:00 AM

Event	Round
3:00 PM #541 M30 400 Meter Dash	Finals
3:30 PM #181 W30-104 2000 Meter Steeplechase	Finals
3:30 PM #688 M70-94 2000 Meter Steeplechase	Finals
3:30 PM #687 M60-69 2000 Meter Steeplechase	Finals
4:00 PM #685 M50-59 3000 Meter Steeplechase	Finals
4:30 PM #683 M30-49 3000 Meter Steeplechase	Finals

Session: 5 Friday Field

Day 2 - Friday 15-Jul-16 - Starts at 08:00 AM

Event	Round
8:00 AM #206 W60-89 Long Jump Pit 1	Finals
9:15 AM #205 W50-59 Long Jump Pit 1	Finals
10:30 AM #200 W30-49 Long Jump	Finals
11:45 AM #710 M75-94 Long Jump Pit 1	Finals
1:15 PM #709 M70 Long Jump Pit 1	Finals
2:45 PM #704 M45 Long Jump	Finals
4:00 PM #701 M40 Long Jump	Finals
5:15 PM #700 M30-39 Long Jump	Finals
8:00 AM #744 M50-59 High Jump Pit 1	Finals
1:00 PM #747 M60-69 High Jump	Finals
10:00 AM #261 W30-104 Pole Vault	Finals
3:00 PM #767 M70-89 Pole Vault	Finals
8:00 AM #348 W70-104 Javelin Throw 400G	Finals
9:15 AM #346 W60-69 Javelin Throw 500g	Finals
10:30 AM #344 W50-59 Javelin Throw 500G	Finals
1:00 PM #343 W30-49 Javelin Throw 600G Runway 1	Finals
8:00 AM #827 M60 Discus Throw Ring 1 (out)	Finals
9:15 AM #828 M65 Discus Throw Ring 1 (out)	Finals
10:15 AM #829 M70 Discus Throw Ring 1(out)	Finals
11:15 AM #831 M75-99 Discus Throw Ring 1 (out)	Finals
12:30 PM #873 M50-59 Weight Throw Ring 1	Finals
1:30 PM #871 M30-49 Weight Throw Ring 1	Finals
2:45 PM #869 M70-99 Hammer Throw Throws Field	Finals
4:00 PM #868 M65 Hammer Throw Throws Field	Finals
5:00 PM #867 M60 Hammer Throw Throws Ring	Finals

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**Grand Valley State University
Session Report**Session: 6 Saturday Track
Day 3 - Saturday 16-Jul-16 - Starts at 08:00 AM

Event	Round
8:00 AM #121 W30-104 10000 Meter Run	Finals
9:00 AM #627 M60-104 10000 Meter Run	Finals
10:00 AM #621 M30-59 10000 Meter Run	Finals
11:00 AM #10 W75-104 100 Meter Dash	Finals
11:00 AM #9 W70 100 Meter Dash	Finals
11:00 AM #8 W65 100 Meter Dash	Finals
11:00 AM #7 W60 100 Meter Dash	Finals
11:15 AM #6 W55 100 Meter Dash	Finals
11:15 AM #5 W50 100 Meter Dash	Finals
11:15 AM #4 W45 100 Meter Dash	Finals
11:15 AM #3 W40 100 Meter Dash	Finals
11:15 AM #1 W30-39 100 Meter Dash	Finals
11:30 AM #512 M85-99 100 Meter Dash	Finals
11:30 AM #511 M80 100 Meter Dash	Finals
11:30 AM #510 M75 100 Meter Dash	Finals
11:30 AM #509 M70 100 Meter Dash	Finals
11:30 AM #508 M65 100 Meter Dash	Finals
11:30 AM #507 M60 100 Meter Dash	Finals
11:45 AM #506 M55 100 Meter Dash	Finals
11:45 AM #505 M50 100 Meter Dash	Finals
11:45 AM #504 M45 100 Meter Dash	Finals
11:45 AM #503 M40 100 Meter Dash	Finals
11:45 AM #502 M35 100 Meter Dash	Finals
11:45 AM #501 M30 100 Meter Dash	Finals
2:30 PM #27 W60 200 Meter Dash	Prelims
2:30 PM #26 W55 200 Meter Dash	Prelims
2:30 PM #25 W50 200 Meter Dash	Prelims
2:30 PM #24 W45 200 Meter Dash	Prelims
2:30 PM #528 M65 200 Meter Dash	Prelims
3:00 PM #527 M60 200 Meter Dash	Prelims
3:00 PM #526 M55 200 Meter Dash	Prelims
3:00 PM #525 M50 200 Meter Dash	Prelims
3:00 PM #524 M45 200 Meter Dash	Prelims
3:00 PM #523 M40 200 Meter Dash	Prelims
3:00 PM #522 M35 200 Meter Dash	Prelims

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Session: 7 Saturday Field

Day 3 - Saturday 16-Jul-16 - Starts at 08:00 AM

Event	Round
8:00 AM #328 W70-104 Discus Throw .75k	Finals
9:00 AM #326 W65 Discus Throw	Finals
9:45 AM #324 W60 Discus Throw 1.0 k	Finals
10:45 AM #323 W50-59 Discus Throw	Finals
11:45 AM #321 W30-49 Discus Throw	Finals
8:00 AM #708 M65 Long Jump Pit 1	Finals
9:00 AM #751 M50-59 Pole Vault	Finals
9:30 AM #707 M60 Long Jump Pit 1	Finals
10:45 AM #706 M55 Long Jump	Finals
12:00 PM #705 M50 Long Jump	Finals
1:30 PM #222 W60-104 Triple Jump Pit 1	Finals
3:00 PM #219 W30-59 Triple Jump Pit 1	Finals
4:30 PM #720 M30-49 Triple Jump Pit 1	Finals
9:00 AM #749 M70-99 High Jump	Finals
1:00 PM #741 M30-49 High Jump Pit 1	Finals
11:00 AM #845 M55 Javelin Throw 700G	Finals
8:00 AM #844 M50-55 Javelin Throw	Finals
8:30 AM #843 M40-49 Javelin Throw 800G	Finals
10:00 AM #841 M30-39 Javelin Throw 700G Runwy2	Finals
12:45 PM #877 M70-99 Weight Throw Ring 1	Finals
2:00 PM #876 M65 Weight Throw Ring 1	Finals
3:00 PM #875 M60 Weight Throw Ring 1	Finals
4:00 PM #863 M50-59 Hammer Throw Throws Ring	Finals
5:00 PM #861 M30-49 Hammer Throw Throws Ring	Finals

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Grand Valley State University**Session Report**

Session: 9 Sunday Track

Day 4 - Sunday 17-Jul-16 - Starts at 08:00 AM

Event	Round
8:00 AM #437 W30-104 10000 Meter Race Walk	Finals
9:00 AM #900 M30-89 10000 Meter Race Walk	Finals
8:00 AM #673 M80-94 200 Long Hurdles 27"	Finals
8:00 AM #165 W60-69 300 Long Hurdles 27"	Finals
8:00 AM #669 M70-79 300 Long Hurdles 27"	Finals
8:15 AM #164 W55 300 Long Hurdles 27"	Finals
8:15 AM #163 W50 300 Long Hurdles 30"	Finals
8:15 AM #661 M65 300 Long Hurdles 30"	Finals
8:15 AM #659 M60 300 Long Hurdles 30"	Finals
8:30 AM #161 W40-49 400 Long Hurdles 30"	Finals
8:30 AM #158 W30-39 400 Long Hurdles 30"	Finals
8:30 AM #658 M55 400 Long Hurdles 33"	Finals
8:45 AM #657 M50 400 Long Hurdles 33"	Finals
8:45 AM #656 M45 400 Long Hurdles 36"	Finals
8:45 AM #655 M40 400 Long Hurdles 36"	Finals
8:45 AM #652 M30-39 400 Long Hurdles 36"	Finals
9:00 AM #87 W60-84 1500 Meter Run	Finals
9:00 AM #85 W50-59 1500 Meter Run	Finals
9:00 AM #81 W30-49 1500 Meter Run	Finals
9:30 AM #590 M70-99 1500 Meter Run	Finals
9:30 AM #588 M65 1500 Meter Run	Finals
9:30 AM #587 M60 1500 Meter Run	Finals
9:30 AM #586 M55 1500 Meter Run	Finals
10:00 AM #585 M50 1500 Meter Run	Finals
10:00 AM #581 M40-49 1500 Meter Run	Finals
10:00 AM #580 M30-39 1500 Meter Run	Finals
10:30 AM #30 W75-94 200 Meter Dash	Finals
10:30 AM #29 W70 200 Meter Dash	Finals
10:30 AM #28 W65 200 Meter Dash	Finals
10:30 AM #27 W60 200 Meter Dash	Finals
10:30 AM #26 W55 200 Meter Dash	Finals
10:45 AM #25 W50 200 Meter Dash	Finals
10:45 AM #24 W45 200 Meter Dash	Finals
10:45 AM #23 W40 200 Meter Dash	Finals
10:45 AM #21 W30-39 200 Meter Dash	Finals
10:45 AM #532 M80-99 200 Meter Dash	Finals
11:00 AM #530 M75 200 Meter Dash	Finals
11:00 AM #529 M70 200 Meter Dash	Finals
11:00 AM #528 M65 200 Meter Dash	Finals
11:00 AM #527 M60 200 Meter Dash	Finals
11:00 AM #526 M55 200 Meter Dash	Finals
11:15 AM #525 M50 200 Meter Dash	Finals

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Session: 9 Sunday Track

Day 4 - Sunday 17-Jul-16 - Starts at 08:00 AM

Event	Round
11:15 AM #524 M45 200 Meter Dash	Finals
11:15 AM #523 M40 200 Meter Dash	Finals
11:15 AM #522 M35 200 Meter Dash	Finals
11:45 AM #521 M30 200 Meter Dash	Finals
12:00 PM #443 W30-84 4x100 Meter Relay Non Club	Finals
12:00 PM #442 W30-84 4x100 Meter Relay CLUB	Finals
12:00 PM #910 M30-99 4x100 Meter Relay Non Club	Finals
12:00 PM #909 M30-99 4x100 Meter Relay CLUB	Finals
1:00 PM #466 W30-89 4x800 Meter Relay Non Club	Finals
1:00 PM #465 W30-89 4x800 Meter Relay CLUB	Finals
1:00 PM #914 M30-99 4x800 Meter Relay Non Club	Finals
1:00 PM #913 M30-99 4x800 Meter Relay CLUB	Finals
2:00 PM #456 W30-84 4x400 Meter Relay Non Club	Finals
2:00 PM #455 W30-84 4x400 Meter Relay CLUB	Finals
2:00 PM #912 M30-99 4x400 Meter Relay Non Club	Finals
2:00 PM #911 M30-99 4x400 Meter Relay CLUB	Finals
3:00 PM #916 W30-99 4x100 Meter Shuttle Hurdle Non Club	Finals
3:00 PM #918 W30-99 4x100 Meter Shuttle Hurdle CLUB	Finals
3:00 PM #920 M60-104 4x100 Meter Shuttle Hurdle Non Club	Finals
3:00 PM #922 M60-104 4x100 Meter Shuttle Hurdle CLUB	Finals
3:00 PM #924 M30-59 4x100 Meter Shuttle Hurdle Non Club	Finals
3:00 PM #926 W30-59 4x100 Meter Shuttle Hurdle CLUB	Finals

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Grand Valley State University**Session Report**

Session: 10 Sunday Field

Day 4 - Sunday 17-Jul-16 - Starts at 08:00 AM

Event	Round
8:00 AM #729 M75-94 Triple Jump Pit 1	Finals
9:00 AM #728 M65-74 Triple Jump	Finals
10:30 AM #726 M60 Triple Jump	Finals
1:00 PM #724 M50-59 Triple Jump	Finals
8:00 AM #847 M60 Javelin Throw 600G	Finals
9:00 AM #848 M65 Javelin Throw 600G Runwy1	Finals
10:00 AM #851 M80-99 Javelin Throw 400G Runwy1	Finals
11:00 AM #849 M70-79 Javelin Throw 500G Runwy1	Finals
10:00 AM #247 W60-89 High Jump Pit 1	Finals
1:00 PM #241 W30-59 High Jump Pit 1	Finals
9:00 AM #761 M30-49 Pole Vault	Finals
9:00 AM #311 W75-104 Shot Put 2K	Finals
9:45 AM #308 W65-74 Shot Put 3K	Finals
8:00 AM #307 W60 Shot Put 3k	Finals
11:00 AM #306 W55 Shot Put 3k	Finals
12:00 PM #305 W50 Shot Put 3K	Finals
1:00 PM #302 W30-49 Shot Put 4K	Finals
8:00 AM #826 M55 Discus Throw Ring 1 (out)	Finals
9:00 AM #825 M50 Discus Throw Ring 1 (out)	Finals
10:00 AM #823 M40-49 Discus Throw Ring 1 (out)	Finals
11:00 AM #821 M30-39 Discus Throw Ring 1 (out)	Finals
1:00 PM #372 W70-104 Weight Throw 3k	Finals
2:00 PM #370 W60-69 Weight Throw 16#, 12# R 1	Finals
3:00 PM #369 W50-59 Weight Throw 16# Ring 1	Finals
4:00 PM #368 W30-49 Weight Throw 20# Ring 1	Finals