

Age group	Mark	Men	Age	Hometown	Year	Mark	Women	Age	Hometown	Year
<b>THROWS PENTATHLON RECORDS</b>										
<b>HAMMER THROW</b>						<b>HAMMER THROW</b>				
<=14	23.82m*	Alec Cianfichi	13	Waldorf, MD	1998	21.22m*	Kristi Link	14	Waldorf, MD	1998
15-18HS	55.06m*	Nick Welihozkiy	17	Springfield, VA	1998	33.81m*	Christine Vidmar	17	Fulton, MD	2005
15-18HS	32.83m	Ethan Aus	17	Great Mills, MD	2016					
>=19	29.81m	Mike Koshuta	17	Great Falls, VA	2011	38.13m	Christen Cooper	19	Chester, NJ	2016
20-24	57.58m*	Nick Welihozkiy	20	Springfield, VA	2001	37.33m	Bria Johnson	20	College Park, MD	2004
20-24	45.26m	Carter Beardsley	20	Summit, NJ	2015					
25-29	<b>41.06m</b>	<b>John Cerminara</b>	<b>27</b>	<b>Harrisburg, PA</b>	<b>2018</b>	13.99m	Stephanie Lawson	29	Columbus, OH	2012
30-34	43.99m*	Kunle Lawson	33	Lynchburg, VA	2005					
35-39	44.16m*	Kunle Lawson	35	Athens, OH	2007	29.46m	Alice Chong	39	Jessup, MD	2016
35-39	43.86m	Kunle Lawson	37	Athens, OH	2009					
40-44	50.62m	Glenn McAtee	44	Greenville, SC	2016	29.69m	Penelope Ingles	40	Arlington, VA	2016
45-49	<b>46.21m</b>	<b>Kunle Lawson</b>	<b>46</b>	<b>Fredericksburg, VA</b>	<b>2018</b>	27.04m	Jennifer Cooper	49	Chester, NJ	2016
50-54	47.38m	Tony Dziepak	51	Vienna, VA	2016					
55-59	44.36m*	Terry Shuman	55	Lancaster, PA	2001	11.76m	Keg Good	59	Woodbridge, VA	2016
55-59	42.04m	Shawn Robinson	58	Ellicott City, MD	2016					
60-64	42.75m*	Mike Valle	61	Burlington, NC	2002	28.06m	Cindy Lea Arbelbide	60	Front Royal, VA	2009
60-64	40.13m	Hartley Palleschi	60	West Chester, PA	2015					
65-69	40.64m	Ken Moss	66	Leesburg, VA	2013	23.68m*	Evelyn Wright	66	Annapolis, MD	2003
65-69						14.57m	Barbara Warren	69	Charleston, WV	2016
70-74	35.85m	David Marovich	71	Chalfont, PA	2014	23.35m*	Evelyn Wright	70	Annapolis, MD	2007
70-74						18.87m	Evelyn Wright	72	Safety Harbor, FL	2009
75-79	<b>29.66m</b>	<b>David Marovich</b>	<b>75</b>	<b>Chalfont, PA</b>	<b>2018</b>	20.46m	Mary Roman	78	Norwalk, CT	2014
80-84	29.67m	William Gramley	80	Lewisville, NC	2016					
85-89	19.16m	Darrell Dempster	86	Annapolis, MD	2015					

Age group	Mark	Men	Age	Hometown	Year	Mark	Women	Age	Hometown	Year	
	<b>SHOT PUT</b>						<b>SHOT PUT</b>				
<=14	10.46m*	Alec Cianfichi	13	Waldorf, MD	1998	6.64m*	Kristi Link	14	Waldorf, MD	1998	
15-18HS	14.50m	Ethan Aus	17	Great Mills, MD	2016	9.40m	Elli Panagiotopoulou	17	Arlington, VA	2013	
>=19	11.13m	Mike Koshuta	17	Great Falls, VA	2011						
20-24	15.68m	Joel Hoisington	23	Annandale, VA	2016	12.36m*	Bria Johnson	20	College Park, MD	2004	
25-29	<b>13.97m</b>	<b>John Cerminara</b>	<b>27</b>	<b>Harrisburg, PA</b>	<b>2018</b>	8.45m	Stephanie Lawson	29	Columbus, OH	2012	
30-34	13.87m*	Kunle Lawson	32	Lynchburg, VA	2004						
35-39	13.27m*	Kunle Lawson	35	Athens, OH	2007	7.84m	Alice Chong	39	Jessup, MD	2016	
35-39	12.97m	Kunle Lawson	37	Athens, OH	2009						
40-44	12.86m	Kunle Lawson	43	Harrisonburg, VA	2015	9.09m	Linda Butts	42	Lancaster, PA	2011	
45-49	12.37m	James Barr	46	Arlington, VA	2014	7.13m	Jennifer Cooper	49	Chester, NJ	2016	
50-54	<b>12.48m</b>	<b>James Barr</b>	<b>50</b>	<b>Arlington, VA</b>	<b>2018</b>						
55-59	12.60m*	Terry Shuman	55	Lancaster, PA	2001	6.40m	Keg Good	59	Woodbridge, VA	2016	
55-59	11.54m	Hartley Palleschi	56	West Chester, PA	2011						
60-64	12.33m	Hartley Palleschi	62	West Chester, PA	2017	8.73m*	Evelyn Wright	64	Annapolis, MD	2001	
60-64						8.43m	Cindy Lea Arbelbide	60	Front Royal, VA	2009	
65-69	11.56m*	Mike Valle	65	Hillsborough, NC	2006	7.86m*	Evelyn Wright	66	Annapolis, MD	2003	
65-69	11.53m	Ken Moss	66	Leesburg, VA	2013	7.40m	Barbara Warren	69	Charleston, WV	2016	
70-74	<b>11.42m</b>	<b>William Gainey</b>	<b>71</b>	<b>Clements, MD</b>	<b>2018</b>	7.64m*	Audrey Lary	70	Frederick, MD	2004	
70-74						6.31m	Evelyn Wright	72	Safety Harbor, FL	2009	
75-79	9.72m	Ezzat Pashai	75	Fairfax, VA	2010	7.27m	Mary Roman	78	Norwalk, CT	2014	
80-84	9.46m	William Gramley	80	Lewisville, NC	2016						
85-89	6.15m	Darrell Dempster	85	Annapolis, MD	2014						

Age group	Mark	Men	Age	Hometown	Year	Mark	Women	Age	Hometown	Year	
	<b>DISCUS THROW</b>						<b>DISCUS THROW</b>				
<=14	25.03m*	Alec Cianfichi	13	Waldorf, MD	1998	21.61m*	Kristi Link	14	Waldorf, MD	1998	
15-18HS	44.70m	Ethan Aus	17	Great Mills, MD	2016	36.67m	Elli Panagiotopoulou	17	Arlington, VA	2013	
<=19	38.54m	Mike Koshuta	17	Great Falls, VA	2011						
20-24	50.15m*	Nick Welihozkiy	20	Springfield, VA	2001	36.85m*	Bria Johnson	20	College Park, MD	2004	
20-24	41.00m	Joel Hoisington	23	Annandale, VA	2016						
25-29	47.75m*	Kunle Lawson	26	Lynchburg, VA	1998	22.63m	Stephanie Lawson	29	Columbus, OH	2012	
25-29	<b>44.30m</b>	<b>John Cerminara</b>	<b>27</b>	<b>Harrisburg, PA</b>	<b>2018</b>						
30-34	47.05m*	Kunle Lawson	31	Lynchburg, VA	2003						
35-39	48.05m*	Kunle Lawson	35	Athens, OH	2007	24.16m	Alice Chong	38	Jessup, MD	2015	
35-39	45.30m	Kunle Lawson	38	Richmond, VA	2010						
40-44	42.28m	Kunle Lawson	42	Columbus, OH	2014	21.84m	Linda Butts	41	Lancaster, PA	2010	
45-49	39.23m	Kunle Lawson	45	Fredericksburg, VA	2017	21.34m	Jennifer Cooper	49	Chester, NJ	2016	
50-54	42.48m*	Jerry Bookin-Weiner	52	Columbia, MD	1998						
50-54	<b>38.96m</b>	<b>James Barr</b>	<b>50</b>	<b>Arlington, VA</b>	<b>2018</b>						
55-59	44.99m*	Terry Shuman	55	Lancaster, PA	2001	14.62m	Keg Good	59	Woodbridge, VA	2016	
55-59	<b>37.92m</b>	<b>Curt Foianini</b>	<b>57</b>	<b>California, MD</b>	<b>2018</b>						
60-64	41.71m*	Mike Valle	61	Burlington, NC	2002	25.63m*	Evelyn Wright	61	Annapolis, MD	1998	
60-64	40.16m	William Gainey	62	Clements, MD	2009	22.79m	Cindy Lea Arbelbide	61	Front Royal, VA	2010	
65-69	41.13m*	Bill Gramley	67	Clemmons, NC	2003	21.91m*	Evelyn Wright	66	Annapolis, MD	2003	
65-69	39.57m	Michael Valle	68	Hillsborough, NC	2009	18.69m	Barbara Warren	69	Charleston, WV	2016	
70-74	34.43m*	Ezzat Pashai	72	Fairfax, VA	2007	21.59m*	Evelyn Wright	70	Annapolis, MD	2007	
70-74	34.21m	William Gainey	70	Clements, MD	2017	18.43m	Evelyn Wright	72	Safety Harbor, FL	2009	
75-79	27.94m	Ezzat Pashai	75	Fairfax, VA	2010	10.36m	Mary Roman	78	Norwalk, CT	2014	
80-84	21.34m	Darrell Dempster	80	Annapolis, MD	2009						
85-89	16.99m	Darrell Dempster	86	Annapolis, MD	2015						

Age group	Mark	Men	Age	Hometown	Year	Mark	Women	Age	Hometown	Year	
	<b>JAVELIN THROW</b>						<b>JAVELIN THROW</b>				
<=14	23.97m*	Alec Cianfichi	13	Waldorf, MD	1998	21.06m*	Kristi Link	14	Waldorf, MD	1998	
15-19	40.70m*	Nick Welihozkiy	17	Springfield, VA	1998	31.91m*	Meghan Walsh	16	Havre de Grace, MD	2000	
15-19	37.90m	Mike Koshuta	17	Great Falls, VA	2011	26.75m	Christine Argoris	17	Reisterstown, MD	2013	
20-24	47.30m*	John Collins	23	Clarksburg, MD	2004	24.00m*	Bria Johnson	20	College Park, MD	2004	
20-24	24.97m	Carter Beardsley	20	Summit, NJ	2015						
25-29	<b>41.45m</b>	<b>John Cerminara</b>	<b>27</b>	<b>Harrisburg, PA</b>	<b>2018</b>	15.45m	Stephanie Lawson	29	Columbus, OH	2012	
30-34	40.71m*	Kunle Lawson	32	Lynchburg, VA	2004						
35-39	49.60m*	James Barr	38	Arlington, VA	2006	19.02m	Alice Chong	38		2015	
35-39	36.47m	Kunle Lawson	39	Richmond, VA	2011						
40-44	42.73m	James Barr	42	Arlington, VA	2010	20.19m*	Heather Scanlon	42	Flourtown, PA	2005	
40-44						<b>17.62m</b>	<b>Penelope Ingles</b>	<b>42</b>	<b>Arlington, VA</b>	<b>2018</b>	
45-49	35.48m*	Keith Mathis	48	Reisterstown, MD	2000	21.39m	Jennifer Cooper	49	Chester, NJ	2016	
45-49	42.78m	James Barr	45	Arlington, VA	2013						
50-54	46.58m*	Bill Walsh	53	Havre de Grace, MD	1998						
50-54	<b>43.52m</b>	<b>James Barr</b>	<b>50</b>	<b>Arlington, VA</b>	<b>2018</b>						
55-59	45.70m*	Bill Walsh	55	Havre de Grace, MD	2000	15.49m	Keg Good	59	Woodbridge, VA	2016	
55-59	44.83m	Curt Foianini	56	California, MD	2017						
60-64	44.09m	William McNelis	60	Altoona, PA	2012	24.61m*	Evelyn Wright	61	Annapolis, MD	1998	
60-64						25.39m	Suzanne Faller	63	Morgantown, WV	2015	
65-69	42.34m*	Ezzat Pashai	65	Fairfax, VA	2000	22.29m*	Evelyn Wright	66	Annapolis, MD	2003	
65-69	33.96m	Frederick Monesmith	67	Andover, NJ	2015	13.64m	Barbara Warren	69	Charleston, WV	2016	
70-74	40.81m*	Ezzat Pashai	72	Fairfax, VA	2007	19.07m*	Evelyn Wright	70	Annapolis, MD	2007	
70-74	32.11m	David Marovich	70	Chalfont, PA	2013	14.57m	Evelyn Wright	72	Safety Harbor, FL	2009	
75-79	30.29m	Ezzat Pashai	75	Fairfax, VA	2010	11.90m*	Bernie Kleinschmidt	78	Annandale, VA	2000	
75-79						8.48m	Mary Roman	78	Norwalk, CT	2014	
80-84	14.99m	Darrell Dempster	81	Annapolis, MD	2010						
85-89	11.94m	Darrell Dempster	87	Annapolis, MD	2016						

Age group	Mark	Men	Age	Hometown	Year	Mark	Women	Age	Hometown	Year	
	<b>WEIGHT THROW</b>						<b>WEIGHT THROW</b>				
<=14	8.51m*	Alec Cianfichi	13	Waldorf, MD	1998	8.82m*	Kristi Link	14	Waldorf, MD	1998	
15-18HS	17.11m*	Nick Welihozkiy	17	Springfield, VA	1998	10.75m*	Christine Vidmar	17	Fulton, MD	2005	
>=19	11.07m	Mike Koshuta	17	Great Falls, VA	2011	11.60m	Christen Cooper	19	Chester, NJ	2016	
20-24	17.93m*	Nick Welihozkiy	20	Springfield, VA	2001	11.18m*	Bria Johnson	20	College Park, MD	2004	
20-24	13.55m	Carter Beardsley	20	Summit, NJ	2015						
25-29	14.44m*	Sean Quinn	25	Silver Spring, MD	2000	7.48m	Stephanie Lawson	29	Columbus, OH	2012	
30-34	14.25m*	Kunle Lawson	33	Lynchburg, VA	2005						
35-39	14.17m*	Kunle Lawson	36	Athens, OH	2008	10.19m	Alice Chong	39	Jessup, MD	2016	
35-39	14.13m	Kunle Lawson	39	Richmond, VA	2011						
40-44	15.04m	Kunle Lawson	43	Harrisonburg, VA	2015	9.50m	Penelope Ingles	41	Arlington, VA	2017	
45-49	14.54m	Kunle Lawson	45	Fredericksburg, VA	2017	8.76m	Jennifer Cooper	49	Chester, NJ	2016	
50-54	16.18m	Shawn Robinson	54	Ellicott City, MD	2015						
55-59	15.83m*	Terry Shuman	55	Lancaster, PA	2001	6.35m	Keg Good	59	Woodbridge, VA	2016	
55-59	14.86m	Shawn Robinson	55	Ellicott City, MD	2016						
60-64	16.57m	Hartley Palleschi	60	West Chester, PA	2015	11.42m	Cindy Lea Arbelbide	61	Front Royal, VA	2010	
65-69	17.18m	Ken Moss	66	Leesburg, VA	2013	11.14m*	Evelyn Wright	68	Annapolis, MD	2005	
65-69						8.13m	Barbara Warren	69	Charleston, WV	2016	
70-74	14.66m	David Marovich	71	Chalfont, PA	2014	11.32m*	Audrey Lary	70	Frederick, MD	2004	
70-74						8.90m	Evelyn Wright	72	Safety Harbor, FL	2009	
75-79	<b>12.02m</b>	<b>David Marovich</b>	<b>75</b>	<b>Chalfont, PA</b>	<b>2018</b>	9.60m	Mary Roman	78	Norwalk, CT	2014	
80-84	10.06m	Darrell Dempster	81	Annapolis, MD	2010						
85-89	8.67m	Darrell Dempster	85	Annapolis, MD	2014						

Age group	Mark	Men	Age	Hometown	Year	Mark	Women	Age	Hometown	Year
<b>THROWS PENTATHLON TOTAL POINTS**</b>										
<=14	1716*	Alec Cianfichi	13	Waldorf, MD	1998	1654*	Kristi Link	14	Waldorf, MD	1998
15-18HS	3508*	Nick Welihozkiy	17	Springfield, VA	1998	2485*	Christine Vidmar	17	Fulton, MD	2005
15-18HS	2686	Ethan Aus	17		2016					
>=19	2460	Mike Koshuta	17	Great Falls, VA	2011	2555	Christin Cooper	19	Chester, NJ	2016
20-24	3767*	Nick Welihozkiy	20	Springfield, VA	2001	2860*	Bria Johnson	20	College Park, MD	2004
20-24	2640	Carter Beardsley	20	Summit, NJ	2015					
25-29	<b>3132</b>	<b>John Cerminara</b>	<b>27</b>	<b>Harrisburg, PA</b>	<b>2018</b>	1453	Stephanie Lawson	29	Columbus, OH	2012
30-34	3171*	Kunle Lawson	32	Athens, OH	2004					
35-39	3169*	Kunle Lawson	35	Athens, OH	2007	2093	Alice Chong	39	Jessup, MD	2016
35-39	3074	Kunle Lawson	39	Richmond, VA	2011					
40-44	3424	Kunle Lawson	43	Harrisonburg, VA	2015	2185	Penelope Ingles	40	Arlington, VA	2016
45-49	3552	Kunle Lawson	45	Fredericksburg, VA	2017	2392	Jennifer Cooper	49	Chester, NJ	2016
50-54	3666*	William Walsh	53	Havre de Grace, MD	1998					
50-54	<b>3298</b>	<b>James Barr</b>	<b>50</b>	<b>Arlington, VA</b>	<b>2018</b>					
55-59	4178*	Terry Shuman	55	Lancaster, PA	2001	1669	Keg Good	59	Woodbridge, VA	2016
55-59	3359	Hartley Palleschi	58	West Chester, PA	2013					
60-64	3837*	Michael Valle	60	Burlington, NC	2001	3531*	Evelyn Wright	61	Annapolis, MD	1998
60-64	3668	Hartley Palleschi	60	West Chester, PA	2015	3397	Cindy Lea Arbelbide	60	Front Royal, VA	2009
65-69	3986*	Michael Valle	66	Hillsborough, NC	2007	3528*	Evelyn Wright	67	Annapolis, MD	2004
65-69	3674	Ken Moss	66	Leesburg, VA	2013	2509	Barbara Warren	69	Charleston, WV	2016
70-74	3898*	Ezzat Pashai	72	Fairfax, VA	2007	4050*	Evelyn Wright	70	Annapolis, MD	2007
70-74	3506	William Gainey	70	Clements, MD	2017	3296	Evelyn Wright	72	Safety Harbor, FL	2009
75-79	3385*	Ray Feick	75	Gilbertsville, PA	2007	2729	Mary Roman	78	Norwalk, CT	2014
75-79	3319	Ezzat Pashai	75	Fairfax, VA	2010					
80-84	2718	Darrell Dempster	80	Annapolis, MD	2009					
80-84	2718	William Bergen	81	Dade City, FL	2009					
85-89	2346	Darrell Dempster	85	Annapolis, MD	2014					

\* The "special weight pentathlon" was held over 2 days from 1998 to 2008; the throws pentathlon has been contested on one day in official order from 2009 to present. Superior pre-2009 records are indicated by an asterisk, and the best scores since 2009 are also listed in gray shading.

\*\* 2014 results rescored with 2014 revision of the 2010 WMA age-grading factors (meet results originally scored with 2010 factors); 2011-13 scored with 2010 factors; 2010 rescored with 2010 factors (meet results originally scored with 2006 factors); 2006-09 scored with 2006 factors; 1998-2005 scored with earlier factors.