

Potomac Valley Games
August 30 and 31, 2003
Langley High School in McLean, Virginia

On the second day of this two-day meet, two athletes set World and American age-group records, as younger athletes advanced towards their nations' Olympic Trials.

At Sunday's Potomac Valley Games track and field meet at Langley High School in McLean, Evelyn M. Wright, 66, of Annapolis, high-jumped 1.31 meters (4' 3.18") to break her own world record for women 65-69. She set her previous record of 1.30 meters on June 4, 2003, in Boston, Massachusetts. Wright won Potomac Valley Track Club's outstanding athlete award last year. "I want to jump 4' 4" soon," said Wright. "I want to put the record out of reach."

Charlie Pistorino, 80, of McLean, threw the javelin 30.60 meters (100' 4.7") to break his own American record for men 80 and over. He set his previous record of 27.86 meters (91' 5"), August 9, 2003, in Eugene, Oregon.

On the first day of this two-day meet, lightning and thunder provided as many fireworks as the athletes.

Dustin Sweeney, 20, of Berryville VA dusted off the 10K field in 34:37.8, while Kareem Lanier, 30, brought his three children from Lincoln Univ PA to watch him win the 5K in 15:56.7. Jay Wind, 53, of Arlington VA ran his second sub-20 5K of the day, 10th overall and first over 50 in 19:39.1.

Les Young, 33, of Chesapeake VA topped the pentathlon (five events in one day) with 2815 points.

Tim Good, 44, of Falls Church VA did his mother proud, winning the 10K racewalk in 1:04:59.0. Victor Litwinski, 59, of McLean VA finished first in the 5K racewalk in 32:09.0, but Mary Lathram, 88, of Falls Church VA got the biggest ovation of the day, finishing third in 46:45.0.

Out in the field, Discus Thrower Glenn Thompson, 40, of Harrisburg PA spun 51.32 meters, and Weight Thrower Nick Welihozkiy, 22, of Springfield VA, heaved 17.68 meters.

(* after Last Name indicates membership in the Potomac Valley Track Club

* after State indicates membership in the Potomac Valley Association of USATF;

*after Result indicates meet record broken or tied.)

Name	Age	City/State	Result
100 Meter Dash			
Women 15-19			
Daniels, Jaz'min	15	Owings Mill, MD	17.79
Women 25-29			
Jacobs, Prisila	29	Brooklyn, NY	12.75*
Augustus, Oluseun	25	Alexandria, VA	13.02
Women 45-49			
Thompson, Irene	49	Syracuse, NY	14.05
Women 65-69			
Lary*, Audrey	69	Frederick, MD*	15.89*
Women 80-84			
Convery*, Carla	83	Alexandria, VA*	24.99
100 Meter Dash			
Men 15-19			
Wilkerson II, Troy	17	Norfolk, VA	11.29*
Men 20-24			
Robbins, Joshua	21	Norfolk, VA	11.96
Augusto, Kilamba	23	College Park, MD	12.16
Hernandez, Justin	21	Fairfax, VA	12.16
Searles II, Anthony	21	Washington, DC	12.73

Men 25-29			
Schmidt, Eric	28	Dover, DE	11.13
Men 30-34			
Pittman, Lyndell	31	Bronx, NY	11.30
Higgins, Andrew	34	Gaithersburg, MD	11.40
Cassidy, Mike	34	Vienna, VA	12.30
Men 35-39			
Marshall, William	39	Hackensack, NJ	11.67
Hill, Richard	37	Haymarket, VA	12.27
Sarsony, Chris	36	Apex, NC	12.97
Thomas, Lorenzo	39	Ft. Wash, MD	13.17
Men 40-44			
Harding, Robert	41	Forest, VA	12.09
Smith, Darnell	41	Baltimore, MD	12.16
Ringgold, Tony	41	Brooklyn, NY	12.33
Wilson, Rodney	44	Lansing, MI	14.43
Harlan, Derrick	41	Silver Spring, MD	15.60
Men 45-49			
Searles, Anthony	49	Charlotte, NC	12.08
Finley, Lawrence	45	Danville, KY	13.01
Men 50-54			
Peyton, Oscar	50	Accokeek, MD*	12.08
Webb, Sky	52	Arlington, VA	12.94
Williams, Wendell	52	Warrenton, VA	13.21
Men 55-59			
Koontz*, Robert	59	Washington, DC*	12.66
Men 65-69			
Palmer, Walter	68	Atlantic City, NJ	15.00
Besase, Anthony	69	Virginia Beach, VA	15.27

Men 70-74			
Stookey*, James	73	Dickerson, MD*	14.88
Gordon, Wilton	74	Glenarden, MD	16.01
Greco, Lawrence	74	Southern Shores, NC	17.05
Men 75-79			
Everhart*, Frederick	77	Columbia, MD	16.38
200 Meter Dash			
Women 25-29			
Jacobs, Prisila	29	Brooklyn, NY	26.36
Women 40-44			
Fontenette, Shawn	40	Alexandria, VA*	32.63
Women 65-69			
Lary*, Audrey	69	Frederick, MD*	34.15*
Women 80-84			
Convery*, Carla	83	Alexandria, VA*	64.25
200 Meter Dash			
Men 15-19			
Wilkerson II, Troy	17	Norfolk, VA	22.55
Savage, T.J.	17	Alexandria, VA	23.08
Grubb, Andrew	18	Bristow, VA	24.71
Men 20-24			
Robbins, Joshua	21	Norfolk, VA	24.25
Samuel, Stephen	21	Hyattsville, MD	24.51
Men 25-29			
Schmidt, Eric	28	Dover, DE	22.26
Green, Glenroy	28	Parkville, MD	23.63
Men 30-34			
Pittman, Lyndell	31	Bronx, NY	22.56
Higgins, Andrew	34	Gaithersburg, MD	23.10
Men 35-39			
Marshall, William	39	Hackensack, NJ	23.30
Sarsony, Chris	36	Apex, NC	26.13
Men 40-44			
Harding, Robert	41	Forest, VA	24.05
Ringgold, Tony	41	Brooklyn, NY	24.38
Smith, Darnell	41	Baltimore, MD	24.45
Men 50-54			
Peyton, Oscar	50	Accokeek, MD*	24.68*
Clark, Tom	54	Alexandria, VA	31.92
Men 55-59			
Koontz*, Robert	59	Washington, DC*	26.53
Moon, Richard	56	Charlottesville, VA	31.93
Palmer, Walter	68	Atlantic City, NJ	31.17
Men 70-74			
Stookey*, James	73	Dickerson, MD*	31.43
Gordon, Wilton	74	Glenarden, MD	35.17
Greco, Lawrence	74	Southern Shores, NC	39.01
Men 75-79			
Bergen*, Bill	75	Jefferson, MD*	40.55
400 Meter Dash			
Women 30-34			
Ayrton, Zenia	31	Pittsburgh, PA	57.83*
Women 35-39			
Liebschner, Sheri	37	Akron, OH	1:18.03
Women 45-49			
Thompson, Irene	49	Syracuse, NY	1:10.72
400 Meter Dash			
Men 20-24			
Samuel, Stephen	21	Hyattsville, MD	53.88
Men 25-29			
Schmidt, Eric	28	Dover, DE	49.07
Green, Glenroy	28	Parkville, MD	54.08
Men 35-39			
Sarsony, Chris	36	Apex, NC	57.03
Lovelace*, Tommy	39	Bristow, VA	57.47
O'Malley, Jim	38	McLean, VA	1:00.87

Men 40-44			
Lindsay, Howard	40	New York, NY	53.01
Harding, Robert	41	Forest, VA	53.37
Smith, Darnell	41	Baltimore, MD	53.54
Pasqual, Robert	44	Flushing, NY	1:04.14
Men 45-49			
Finley, Lawrence	45	Danville, KY	58.26
Men 55-59			
Bertagnoli*, DJ	57	Alexandria, VA	1:07.93
Stafford*, Philip	56	Charlottesville, VA	1:09.83
Men 65-69			
Palmer, Walter	68	Atlantic City, NJ	1:17.18
Men 75-79			
Bergen*, Bill	75	Jefferson, MD*	1:34.46
800 Meter Run			
Women 30-34			
Martin, Camille	33	Washington, DC	2:13.05*
800 Meter Run			
Men 20-24			
Smith, Jeremy	21	Arbutus, MD	2:16.38
Men 30-34			
Dillard, Bernard	30	Washington, DC	2:06.23
Men 35-39			
Sarsony, Chris	36	Apex, NC	2:36.99
Men 40-44			
Nearman, Steve	43	Alexandria, VA*	2:06.26
Pelham*, Brett	42	Bethesda, MD	2:15.08
Men 45-49			
Guty Jr., Joseph	44	Dillsburg, PA	2:19.91
Gant, Bernard	46	Fayetteville, NC	2:23.21
O'Mara, Dion	45	Annandale, VA	2:24.40
Men 50-54			
Hower, Rick	52	Reston, VA	2:29.15
Hart*, Larry	52	Mechanicsville, MD*	2:45.44
Men 55-59			
Weiner, Robert	56	Accokeek, MD*	2:37.03
Stafford*, Philip	56	Charlottesville, VA	2:38.16
Bertagnoli*, DJ	57	Alexandria, VA	2:42.57
Moon, Richard	56	Charlottesville, VA	2:42.80
One Mile Run			
Women 30-34			
Martin, Camille	33	Washington, DC	5:15.36*
Women 35-39			
Liebschner, Sheri	37	Akron, OH	6:48.59
One Mile Run			
Men 15-19			
Fussell, Brian	17	Lorton, VA	4:35.23
Men 25-29			
Diepold, Brian	25	Washington, DC*	4:31.23
Tullis, Brian	29	Silver Spring, MD	4:33.48
Men 30-34			
Lanier, Kyle	30	Lincoln Univ, PA	4:30.18
McVey-Finney, Nathaniel	34	Silver Spring, MD*	4:54.80
Michelucci, Pietro	33	Arlington, VA	5:00.22
Carney, Christopher	30	Arlington, VA	5:21.17
Men 40-44			
Poulos*, Ted	41	McLean, VA*	4:58.04
Pasqual, Robert	44	Flushing, NY	5:07.18
McDonald, Vincent	44	Arlington, VA	5:40.99
Carroll, Wallace	44	Washington, DC	7:00.08
Men 45-49			
O'Mara, Dion	45	Annandale, VA	5:02.77
Darr*, Jim	49	Falls Church, VA	5:50.73
Fogarty, Bill	47	Arlington, VA	6:27.03
Blank*, Peter	48	Annandale, VA*	6:39.03

Men 50-54			
Eddy, Dan	52	Kingstowne, VA	5:16.45
Hower, Rick	52	Reston, VA	5:26.23
Wind*, Jay	53	Arlington, VA*	5:45.28
Hart*, Larry	52	Mechanicsville, MD*	5:50.73

Men 55-59			
Noone*, Jim	59	Fairfax, VA*	5:38.99
Weiner, Robert	56	Accokeek, MD*	5:57.80

One Mile Racewalk

Women 35-39			
Niel*, Laura	39	Annandale, VA*	9:03.0*

Women 70-74			
Stookey*, Mary Alice	70	Dickerson, MD*	12:53.9

One Mile Racewalk

Men 45-49			
Blank*, Peter	48	Annandale, VA*	12:23.6

Men 55-59			
Litwinski*, Victor	59	McLean, VA*	9:31.3
Gersh*, John	56	Columbia, MD*	9:54.6

Men 65-69			
Webb*, Roger	66	Alexandria, VA*	10:47.9*

Men 75-79			
Boyle, Charles	79	Annapolis, MD	11:09.1

3000 Meter Run

Men 20-24			
Smith, Jeremy	21	Arbutus, MD	9:41.94*

Men 25-29			
Tullis, Brian	29	Silver Spring, MD	9:16.01

Men 30-34			
Lanier, Kareem	30	Lincoln Univ, PA	9:08.21*
McVey-Finney, Nathaniel	34	Silver Spring, MD*	9:37.57

Men 40-44

Poulos*, Ted	41	McLean, VA*	9:46.75
Pelham*, Brett	42	Bethesda, MD	10:11.94
McDonald, Vincent	44	Arlington, VA	11:11.73

Men 45-49			
Pointer*, Maurice	47	Baltimore, MD*	9:59.16*
Blank*, Peter	48	Annandale, VA*	13:17.96

Men 50-54			
Schaeffer, Steven	54	Mount Airy, MD*	12:37.75
Wind*, Jay	53	Arlington, VA*	14:57.16

Men 55-59			
Noone*, Jim	59	Fairfax, VA*	11:20.3*

3000 Meter Racewalk

Women 35-39			
Niel*, Laura	39	Annandale, VA*	17:58.3

Women 85-89			
Lathram*, Mary	88	Falls Church, VA	27:16.2

3000 Meter Racewalk

Men 45-49			
Blank*, Peter	48	Annandale, VA*	23:48.8

Men 55-59			
Gersh*, John	56	Columbia, MD*	19:37.3

Men 65-69			
Webb*, Roger	66	Alexandria, VA*	21:46.1

Men 75-79			
Boyle, Charles	79	Annapolis, MD	21:46.1

5000 Meter Run

Women 15-19			
Fulghum*, Johanna	15	Vienna, VA	23:49.8

Women 25-29			
Concaugh, Jackie	28	Alexandria, VA*	17:57.9*

5000 Meter Run

Men 20-24			
Holden, Gregory	23	Falls Church, VA	16:40.1
Coleman, Brian	23	Woodbridge, VA	17:58.9

Men 25-29			
Tullis, Brian	29	Silver Spring, MD	16:58.7
Nguyen, Chris	27	Annandale, VA	18:58.9

Men 30-34			
Lanier, Kareem	30	Lincoln Univ, PA	15:56.7*
McVey-Finney, Nathaniel	34	Silver Spring, MD*	17:08.2

Men 40-44			
Poulos*, Ted	41	McLean, VA*	16:56.9

Men 45-49			
O'Mara, Dion	45	Annandale, VA	17:43.0

Men 50-54			
Wind*, Jay	53	Arlington, VA*	19:39.1
Schaeffer, Steven	54	Mount Airy, MD*	22:14.1

Men 55-59			
Noone*, Jim	59	Fairfax, VA*	20:19.8

Men 60-64			
Haubert*, John	60	Alexandria, VA	21:03.9

5000 Meter Racewalk			
Women 85-89			
Lathram*, Mary	88	Falls Church, VA	46:44.8

5000 Meter Racewalk			
Men 55-59			
Litwinski*, Victor	59	McLean, VA*	32:09.0
Gersh*, John	56	Columbia, MD*	34:44.6

10000 Meter Run			
Women 40-44			
Zerfas, Patricia	41	Kensington, MD	41:35.1*

10000 Meter Run			
Men 20-24			
Sweeney, Dustin	20	Berryville, VA	34:37.8*

Men 30-34			
Belber, Anthony	30	Washington, DC*	35:08.5

Men 35-39			
Lester, Malcolm	36	Washington, DC	35:56.2
Brennan*, Tom	36	Gaithersburg, MD	47:15.7

Men 45-49			
Winkert, John	47	South Riding, VA	56:40.2

10000 Meter Racewalk			
Men 40-44			
Good, Tim	44	Falls Church, VA	1:04:58.9*

Men 65-69			
Webb*, Roger	66	Alexandria, VA*	1:19:18.0*

80 Meter Hurdles

Women 45-49			
Thompson, Irene	49	Syracuse, NY	13.8*

Women 65-69			
Wright*, Evelyn	66	Annapolis, MD*	19.7*

80 Meter Hurdles			
Men 75-79			
Meanix, William	76	Tryon, NC	24.7*

400 Meter Hurdles			
Women 45-49			
Thompson, Irene	49	Syracuse, NY	1:16.18

400 Meter Hurdles			
Men 15-19			
Grubb, Andrew	18	Bristow, VA	1:02.33

Men 35-39			
Hill, Richard	37	Haymarket, VA	1:08.47

4x100 Meter Relay**Open Men**

Synergy TC (Pittman, Lindsay, Ringgold, Marshall)	43.83
Unofficial Team (Cobra)	46.53
Unofficial Team	49.50
PVTC & 1 (Grubb, Edwards, Smith, Harding)	49.16

Masters Men (50+)

Moon, Koontz, Palmer, Mack	55.00
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Open Women

Carla & her ladies	89.27
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Discus Throw**Women 15-19**

Green, Caitlyn	15	Harrisburg, PA	34.43m
Daniels, Jaz'min	15	Owings Mill, MD	24.33m

Women 65-69

Wright*, Evelyn	66	Annapolis, MD*	21.91m*
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Women 70-74

Good*, Sharon	70	Silver Spring, MD*	08.98m
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Women 80-84

Convery*, Carla	83	Alexandria, VA*	08.15m
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Discus Throw**Men 15-19**

Mitchell, Jeremy	16	Suitland, MD	38.71m
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Men 20-24

Welihozkiy, Nick	22	Springfield, VA*	48.30m
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Men 25-29

Rihel, Steve	29	Sharpsburg, MD	41.05m
Smith, Husan	27	Gaithersburg, MD	37.35m

Men 30-34

Lawson, Kunle	31	Lynchburg, VA	47.05m
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Men 40-44

Thompson, Glenn	40	Harrisburg, PA	51.32m*
Taylor, Warren	44	Columbia, PA	45.92m
Cancino, Frank	44	Hopewell, VA	35.37m

Men 45-49

Medlin, Scott	47	Catawba, NC	31.23m
Sutton, Gary	49	Richmond, VA	26.63m

Men 55-59

Shuman, Terry	57	Lancaster, PA	40.55m
DeStefano, Joe	56	State College, PA	38.58m
Gainey, William	56	Clements, MD*	36.58m
Monroe, Frank	56	West Orange, NJ	31.86m
Litwinski*, Victor	59	McLean, VA*	31.18m
Welihozkiy, Toli	57	Springfield, VA	30.53m
Herbert, Gordon	57	Chapel Hill, NC	27.96m

Men 60-64

Pratt, Larry	62	Newark, DE	51.01m
Valle, Mike	62	Burlington, NC	41.70m
Lang, John B	63	Bethlehem, PA	34.32m
Johnson*, Norman	62	Burke, VA*	33.29m
Strelnitski, Vladimir	61	Nantucket, MA	23.76m

Men 65-69

Gramley, Bill	67	Clemmons, NC	41.13m
Smith*, William	68	Richmond, VA	40.16m
Van Put, Russell	65	Stockholm, NJ	35.09m
Pashai*, Ezzat	68	Fairfax, VA*	32.15m
Edwards*, Jay	67	Vienna, VA*	30.93m
Rademacher, Martin	65	Springfield, VA	30.30m

Men 70-74

Jones*, Ward	70	Edgewater, MD	26.08m
Condell, James	71	Rockville, MD*	25.51m

Men 75-79

Meanix, William	76	Tryon, NC	14.52m
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Men 80-84

Pistorino Sr.*, Charles	80	McLean, VA*	23.35m
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Hammer Throw**Women 65-69**

Wright*, Evelyn	66	Annapolis, MD*	23.68m*
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Hammer Throw**Men 20-24**

Welihozkiy, Nick	22	Springfield, VA*	61.83m
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Men 25-29

Minogue*, Patrick	28	Washington, DC	45.21m*
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Men 30-34

Halvorsen, Anders	34	Fairfax, VA*	62.60m
Lawson, Kunle	31	Lynchburg, VA	42.96m

Men 45-49

Medlin, Scott	47	Catawba, NC	30.14m
Sutton, Gary	49	Richmond, VA	25.68m

Men 55-59

Welihozkiy, Toli	57	Springfield, VA	32.89m
Litwinski*, Victor	59	McLean, VA*	23.05m

Men 60-64

Valle, Mike	62	Burlington, NC	41.53m
Strelnitski, Vladimir	61	Nantucket, MA	28.88m

Men 65-69

Gramley, Bill	67	Clemmons, NC	30.57m
Pashai*, Ezzat	68	Fairfax, VA*	29.72m
Edwards*, Jay	67	Vienna, VA*	22.78m

Javelin**Women 15-19**

Daniels, Jaz'min	15	Owings Mill, MD	14.61m
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Women 40-44

Thornton, Monica	43	Lansing, MI	14.61m
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Women 65-69

Wright*, Evelyn	66	Annapolis, MD*	22.29m*
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Women 80-84

Convery*, Carla	83	Alexandria, VA*	08.82m
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Javelin**Men 25-29**

Rihel, Steve	29	Sharpsburg, MD	53.50m
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Men 30-34

Kanyan, Kevin	33	Centreville, VA	58.25m
Lawson, Kunle	31	Lynchburg, VA	37.00m

Men 40-44

Cancino, Frank	44	Hopewell, VA	38.61m
Wilson, Rodney	44	Lansing, MI	30.76m

Men 45-49

Sutton, Gary	49	Richmond, VA	35.41m
Medlin, Scott	47	Catawba, NC	28.17m

Men 50-54

Mathis*, Keith	51	Reisterstown, MD*	37.19m
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Men 55-59

White*, Russell	59	Chevy Chase, MD*	49.28m*
Karimian, Seyavash	58	Hockessin, DE	33.45m
Herbert, Gordon	57	Chapel Hill, NC	31.31m
Litwinski*, Victor	59	McLean, VA*	26.08m

Men 60-64

Lang, John B	63	Bethlehem, PA	40.70m
Valle, Mike	62	Burlington, NC	27.62m
Strelnitski, Vladimir	61	Nantucket, MA	18.41m

Men 65-69

Pashai*, Ezzat	68	Fairfax, VA*	40.96m
Rademacher, Martin	65	Springfield, VA	34.84m
Gramley, Bill	67	Clemmons, NC	23.10m
Edwards*, Jay	67	Vienna, VA*	22.70m

Men 80-84

Pistorino Sr.*, Charles	80	McLean, VA*	30.60m*
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Shot Put**Women 15-19**

Green, Caitlyn	15	Harrisburg, PA	09.27m
Daniels, Jaz'min	15	Owings Mill, MD	07.17m

Women 40-44

Thornton, Monica	43	Lansing, MI	06.69m
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Women 65-69

Wright*, Evelyn	66	Annapolis, MD*	07.86m*
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Women 75-79Wilson, Dorothy 78 Cleveland Heights, OH
04.48m**Women 80-84**

Convery*, Carla 83 Alexandria, VA* 03.62m

Shot Put**Men 15-19**

Kalnas, Greg 16 Gibbstown, NJ 09.04m

Men 20-24

Kalnas, Joseph 21 Gibbstown, NJ 11.36m

Men 30-34

Lawson, Kunle 31 Lynchburg, VA 11.49m

Men 40-44

Thompson, Glenn 40 Harrisburg, PA 17.48m*

Brown III, James 42 Crofton, MD* 11.69m

Cancino, Frank 44 Hopewell, VA 10.55m

Men 45-49

Medlin, Scott 47 Catawba, NC 10.94m

Sutton, Gary 49 Richmond, VA 09.55m

Men 50-54

Valasek, Dan 51 Tarentum, PA 10.70m

Kalnas, Michael 52 Gibbstown, NJ 10.19m

Ochs, Phil 51 Bethesda, MD 09.45m

Men 55-59

DeStefano, Joe 56 State College, PA 12.45m

Monroe, Frank 56 West Orange, NJ 09.64m

Litwinski*, Victor 59 McLean, VA* 09.44m

Herbert, Gordon 57 Chapel Hill, NC 09.34m

Men 60-64

Valle, Mike 62 Burlington, NC 11.27m

Kalnas Jr., Joseph 60 Gibbstown, NJ 10.12m

Mashburn*, Troy 61 Falls Church, VA 09.30m

Strelnitski, Vladimir 61 Nantucket, MA 07.03m

Men 65-69

Gramley, Bill 67 Clemmons, NC 10.71m

Pashai*, Ezzat 68 Fairfax, VA* 10.40m

Smith*, William 68 Richmond, VA 10.22m

Edwards*, Jay 67 Vienna, VA* 10.01m

Men 70-74

Jones*, Ward 70 Edgewater, MD 10.39m

Condell, James 71 Rockville, MD* 09.17m

Men 75-79

Bergen*, Bill 75 Jefferson, MD* 07.86m

Men 80-84

Pistorino Sr.*, Charles 80 McLean, VA* 08.27m*

Weight Throw**Women 65-69**

Wright*, Evelyn 66 Annapolis, MD* 07.46m

Weight Throw**Men 20-24**

Welihozkiy, Nick 22 Springfield, VA* 17.68m

Fay, Beau 20 Falls Church, VA 14.04m

Men 30-34

Lawson, Kunle 31 Lynchburg, VA 13.66m

Men 40-44

Brown III, James 42 Crofton, MD* 13.35m

Men 45-49

Sutton, Gary 49 Richmond, VA 09.44m

Medlin, Scott 47 Catawba, NC 09.29m

Men 50-54

Ochs, Phil 51 Bethesda, MD 06.20m

Men 55-59

Shuman, Terry 57 Lancaster, PA 12.04m

Gainey, William 56 Clements, MD* 11.53m

Litwinski*, Victor 59 McLean, VA* 07.33m

Men 60-64

Valle, Mike 62 Burlington, NC 15.67m

Strelnitski, Vladimir 61 Nantucket, MA 11.22m

Men 65-69

Gramley, Bill 67 Clemmons, NC 13.26m*

Pashai*, Ezzat 68 Fairfax, VA* 09.86m

Edwards*, Jay 67 Vienna, VA* 08.46m

Weight Pentathlon (unofficial)**Women 65-69**

Wright*, Evelyn 66 Annapolis, MD* 3482*

Weight Pentathlon (unofficial)**Men 30-34**

Lawson, Kunle 31 Lynchburg, VA 3003*

Men 45-49

Medlin, Scott 47 Catawba, NC 2591*

Sutton, Gary 49 Richmond, VA 2451

Men 55-59

Litwinski*, Victor 59 McLean, VA* 2475

Men 60-64

Valle, Mike 62 Burlington, NC 3830*

Strelnitski, Vladimir 61 Nantucket, MA 2282

Men 65-69

Gramley, Bill 67 Clemmons, NC 3664

Pashai*, Ezzat 68 Fairfax, VA* 3607

Edwards*, Jay 67 Vienna, VA* 2790

Long Jump**Women 25-29**

Augustus, Oluseun 25 Alexandria, VA 5.52m

Women 65-69

Lary*, Audrey 69 Frederick, MD* 3.61m

Wright*, Evelyn 66 Annapolis, MD* 3.47m

Women 80-84

Convery*, Carla 83 Alexandria, VA* 1.56m

Long Jump**Men 20-24**

Samuel, Stephen 21 Hyattsville, MD 5.63m

Augusto, Kilamba 23 College Park, MD 5.57m

Men 40-44

Battle, Marcus 44 Silver Spring, MD* 5.22m

Men 55-59

Crockett*, Roger 55 Glasgow, VA 5.03m*

Men 65-69

Besase, Anthony 69 Virginia Beach, VA 3.86m

Men 70-74

Stookey*, James 73 Dickerson, MD* 4.08m

Men 75-79

Everhart*, Frederick 77 Columbia, MD 4.00m

Triple Jump**Women 25-29**

Edwards, Robyn-Rene 25 Bronx, NY 10.25m*

Women 45-49

Thompson, Irene 49 Syracuse, NY 09.05m*

Nash, Gloria 49 Elmhurst, NY 03.81m

Women 65-69

Lary*, Audrey 69 Frederick, MD* 08.10m*

Triple Jump**Men 20-24**

Samuel, Stephen 21 Hyattsville, MD 11.86m

Augusto, Kilamba 23 College Park, MD 10.45m

Men 35-39

O'Malley, Jim 38 McLean, VA 09.06m

Men 40-44

Acker, Rick 43 New York, NY 11.07m

Men 55-59

Crockett*, Roger 55 Glasgow, VA 09.93m*

Dunne, Gerard 56 New York, NY 07.99m

Men 70-74

Stookey*, James 73 Dickerson, MD* 08.94m

Pole Vault**Men 15-19**

Grubel, Brian	18	Severna Park, MD	13'06***
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Men 30-34

Spugnardi, Jeff	33	Arlington, VA	11'00"
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Men 55-59

Dunne, Gerard	56	New York, NY	09'06***
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Men 65-69

Goode, Taylor	67	Newport News, VA	10'06***
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Besase, Anthony	69	Virginia Beach, VA	06'06"
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Men 70-74

Condell, James	71	Rockville, MD*	08'00***
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High Jump**Women 65-69**

Wright*, Evelyn	66	Annapolis, MD*	1.31m*
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High Jump**Men 45-49**

McBarnette, Bruce	45	Sterling, VA*	1.96m*
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Men 50-54

Mathis*, Keith	51	Reisterstown, MD*	1.53m
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Men 60-64

Valle, Mike	62	Burlington, NC	1.26m
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Men 65-69

Besase, Anthony	69	Virginia Beach, VA	1.26m
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Men 70-74

Stookey*, James	73	Dickerson, MD*	1.31m
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Condell, James	71	Rockville, MD*	1.21m
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Men 75-79

Everhart*, Frederick	77	Columbia, MD	1.36m*
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Mark Richards Pentathlon**Men 30-34**

Young, Les	33	Chesapeake, VA	2815
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Men 35-39

Mack*, Daniel	38	Savage, MD	2095
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McKenzie, John	38	Silver Spring, MD	1989
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Men 40-44

Griffin, David	41	Freeland, MD	2412
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Higgins, James	43	Laurel, MD	1256
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Men 55-59

Stevens*, Nick	58	Gaithersburg, MD	1504
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Pent. Long Jump**Men 30-34**

Young, Les	33	Chesapeake, VA	6.37m
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Men 35-39

Mack*, Daniel	38	Savage, MD	4.52m
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McKenzie, John	38	Silver Spring, MD	4.89m
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Men 40-44

Higgins, James	43	Laurel, MD	3.83m
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Griffin, David	41	Freeland, MD	4.85m
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Men 55-59

Stevens*, Nick	58	Gaithersburg, MD	3.85m
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Pent. Javelin**Men 30-34**

Young, Les	33	Chesapeake, VA	44.93m
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Men 35-39

McKenzie, John	38	Silver Spring, MD	27.37m
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Mack*, Daniel	38	Savage, MD	30.81m
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Men 40-44

Higgins, James	43	Laurel, MD	21.18m
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Griffin, David	41	Freeland, MD	28.72m
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Men 55-59

Stevens*, Nick	58	Gaithersburg, MD	22.99m
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Pent. 200 Meter Dash**Men 30-34**

Young, Les	33	Chesapeake, VA	23.94
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Men 35-39

Mack*, Daniel	38	Savage, MD	26.65
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McKenzie, John	38	Silver Spring, MD	27.28
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Men 40-44

Griffin, David	41	Freeland, MD	26.96
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Higgins, James	43	Laurel, MD	32.03
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Men 55-59

Stevens*, Nick	58	Gaithersburg, MD	33.83
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Pent. Discus Throw**Men 30-34**

Young, Les	33	Chesapeake, VA	34.09m
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Men 35-39

McKenzie, John	38	Silver Spring, MD	16.77m
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Mack*, Daniel	38	Savage, MD	27.61m
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Men 40-44

Higgins, James	43	Laurel, MD	21.14m
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Griffin, David	41	Freeland, MD	24.03m
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Men 55-59

Stevens*, Nick	58	Gaithersburg, MD	20.29m
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Pent. 1500 Meter Run**Men 30-34**

Young, Les	33	Chesapeake, VA	5:32.0
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Men 35-39

McKenzie, John	38	Silver Spring, MD	4:56.6
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Mack*, Daniel	38	Savage, MD	5:18.9
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Men 40-44

Griffin, David	41	Freeland, MD	4:56.0
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Higgins, James	43	Laurel, MD	6:24.9
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Men 55-59

Stevens*, Nick	58	Gaithersburg, MD	9:46.7
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Officials:

Tim Baker, Marilyn Bevans, Robert Briggs, Kyle Brown, Tomel Burke, Anthony Cianfichi, Ronald Clarke, Marjorie Corrallo, Sal Corrallo, Kate DeAngelis, Clifford DeWitt, Adrian Dixon, Yvette Edghill-Smith, Rolland Elliott, Lamont Gonzales, Sharon Good, Warren House, Douglas Jones, Alex Jupiter, John Knoebel, Charles Lifin, Sandie Lovelace, Ellis Martin, Michael McCoy, John McMahan, Al Morris, Willie Myrick, Gwen Nelson, Bob Norwood, Elmer Powell, John Priestly, Don Riggs, William Thompson, Art Tunstall, Rita Williams, Jay Wind

Volunteers:

Dana Giunta, Joe Giunta, Tim Good, Larry Hart, Dick Jirousek, Audrey Lary, Charlie Lihn, Steve Marzen, Roger Meyer, Valerie Meyer, Gloria Nash, Dion O'Mara, Brett Pelham, E. Robert Premo, Elaina Smith, Maria Velikonja, Charles Wallace, Mimi Wu