

DMV Indoor Throws Series

Landover, MD

12/5/2019

Shot Put

		Mark	G	Age	City
W60	Donna Barrett	8.39	F	63	Upper Marlboro MD
W70	Wahidah Abdullah	5.35	F	72	Capitol Heights MD
W80	Tami Graf	5.38	F	83	Lusby MD

Weight Throw

M70	Rufus Jordan	6.55	M	70	Smyrna DE
W60	Donna Barrett	11.62	F	63	Upper Marlboro MD
W70	Wahidah Abdullah	6.55	F	72	Capitol Heights MD

Super Weight Throw

M70	Rufus Jordan	7.41	M	70	Smyrna DE
W60	Donna Barrett	8.14	F	63	Upper Marlboro MD
W70	Wahidah Abdullah	4.59	F	72	Capitol Heights MD