

TI Track & Field Team 2022 MECTA Corporate Track Meet Results

In person meets returned in 2022 after a couple of years of virtual meets. Houston planned a regional meet for late April and we put out the call. The interest level was quite underwhelming. After a few weeks it became obvious we could not field a team to cover many of the relay events there, so we pivoted to the MECTA (Maine Corporate Track Association) meet in Maine. MFAB has fielded local teams there for many years and we decided to send as many others as we could afford to supplement our MFAB friends.

The downside, for those in Dallas, was many months of brutally hot training weather. The MECTA meet was July 30th. The upside was it would be a pleasant escape to Maine. In person attendance at practice was still lagging and interest was modest, but we had enough people submitting data to select 17 people to attend and combine with the 16 local people. Three of our travelers graciously paid their own way so more people could attend. This would be TI's largest team ever at a MECTA meet.

2022 TI Team Stats

Local Members

- Members = 16 (14 males, 2 females)
- Average age = 44.3

Travelling Members

- TI Track & Field Team members travelling = 17 (7 males, 10 females)
- Average age = 49.3 (youngest = 23; oldest = 80)
- Employees=5; Retirees=6; Alumni=2; Family=3; Adult Children=1

We had participants from: LFAB (Utah), Dallas area facilities, and some retirees from Texas and Colorado.

And before I get too deep into details here are the people who deserve credit and thanks for their efforts:

Rio King – He's been coaching us every year since 1979. In addition, he is still competing at the highest level. He is a great coach and team member. If there were a Mt Rushmore for the TI Track Team, he would have the most prominent position.

Michael Reynolds – Michael is our active TI Employee Co-Captain. He secures the funding and manages the budget. His AMEX card gets a very good workout. He's doing a lot of work behind the scenes that people don't see, but it is vitally important.

Claude Cirba – Co-Captain Claude left TI last fall and lost his mother in the spring, so it's been a challenging year. He was also dealing with a knee injury and decided not to compete. Yet, he was out at practice helping pass out singlets, carrying the throw equipment with him, and cheering us on.

David Tucker – Dave has organized the TI Team for the MECTA meets for many years. He does a great job getting people out and competing. And he is still a very competitive athlete as well.

You (all of you) – Every year I say every person and every event matters. The Maine format allows for even greater participation. If you came out this year, thank you. If you didn't, there is plenty of room for you to join our team next year.

We had many outstanding performances. Here are few awards I totally made up:

Perfection Award: Rio King. MECTA allows you to do up to 5 individual events. Rio did 5. He won 5. He broke the meet record in 4 of those. Broke is an understatement – he smashed the records. The longest tenured member of our team is still the most valuable, and one of only two athletes to score 50 points that day (out of 262 participants). And did I mentioned he turned 80 this year?

Wonder Women (plural): After Rio's perfect score the next four best scoring team members were the Wonder Women. We watch them and wonder how they do it all so well:

Julie Rembold: Julie did the 2 virtual meets, but this was her first time at an in person event. Julie won her first 4 events (5K, 800m, 400m, 1600m) and also tried a 200m and finished 2nd for a total of 48 team points. Julie is also a perpetual motion machine – she did an 18 mile run the morning after the meet. Also, she has 5 kids!

Tori Parkinson: Tori is a rookie. She is a recent TI acquisition when TI purchased LFAB in Utah. She is also incredibly talented, nice, and funny. She is Julie's twin in a different age group. She won her first 4 events (smashed the 5K record, and won the 800m, 400m, 1600m) and she even tried sprinting and took 3rd in the 200m for 46 team points.

Vonnie Howard: Vonnie moved into the 60-69 age group this year and put everyone else on notice. She won the 100m, 800m, 400m, 200m individual events and then joined three 50-59 women for a 4x100 relay. We won't talk about her relay handoff because they won anyway (snort), but she's glad there was no video. The relay team got 10 points, so Vonnie's share was 2.5 for a total of 42.5 points.

Ashley Cox: Ashley is only in her 2nd year with us, but she is a track AND field athlete. She took 2nd in the 55m hurdles (and was very close to winning), 1st in the Turbo Javelin, 2nd in the Discus, 3rd in the Long Jump, and she won the 200m (which I'm totally taking credit for, because she beat me in a head to head 200m race the week before as a tune up). She also won for worst sunburn, which she got before the meet on a whale watching excursion. She was really getting into the Maine culture as she looked like a lobster. She earned 42 points.

Iron Men Awards: The next 3 highest scorers on our team each did 5 events – and none of them are spring chickens. And I'm not even sure what a spring chicken is, but one would not beat them.

Rich Doyon: Rich ran the 55m hurdles (1st), 100m (3rd), 200m (3rd), and did the high jump (2nd) and long jump (2nd) for 38 points. That's a load of intense events for a guy over 50.

Russ Haschke: Russ is in his upper 60's but he took 3rd in the 55m hurdles, 4th in the 100m, and 3rd in the 200m. He won the long jump, and took 2nd in the high jump for 35 points.

Mike Elliott: My long time running twin Mike Elliott (same age) won the 55m hurdles, took 2nd in the 400m, and won the 200m. He then joined two relay teams – the 4x100, which smashed the old record with a decisive win, and the last event of the day, the grueling 4x400 which they also won. 33 team points.

It's Not What You Can't Do . . . It's What You Can Do:

Mariquita Gordon was planning a mix of sprint and field events, but her MCL became inflamed in the final weeks. So she shifted gears and did events that didn't involve high speed curves or twisting – even modifying her throwing motions. She still won the shot and turbo javelin, took 2nd in the shot and ran on two winning relay teams (4x100m) and the thrower's relay for 32.5 total points.

Dave Tucker injured a glut while hurdling a couple of weeks ago in a meet. Undeterred, he switched jumping technique and still won the high jump, took 2nd in the turbo javelin, 4th in the shot, and joined a winning 4x400 relay at the end of a long day to total 25.5 points.

Rookie of the Year: Aaron Barrera. Aaron made almost every practice we had and worked hard. He was targeting middle distance events, but when I sent out the past event data, he looked at and realized he might score better in the sprint and jump events – and he just kept working. At the meet they somehow missed his 100m time – he got no credit for the race. Undeterred, he entered into any event he could. He won the long jump, took 3rd in the turbo javelin, took 2nd in the 200m, started too high on the HJ and didn't clear, and he didn't get credit for 6th in the 100m at 12.2 seconds. He volunteered for the 4x200 relay so others who wanted to run a relay could do it, then he jumped in the 4x400 at the end of a long day. Fittingly, Aaron was the last leg of a 4x400 relay and final TI athlete on the track that day, and he held off another runner to clinch 2nd in that final event and just missed winning it. But he's already a winner anyway.

MVP (Most Valuable People): Pat Bosshart, Laura Melendez, Courtney Costa. These three paid their own way, so their points to cost ratio was outstanding. Not only did they score very well individually, but they should get credit for the points of the 3 additional people who were able to attend due to their generosity. And Pat and Laura are both at the very top of their age group but still each did 5 events. They will soar in points next year as they will be "youngsters" in the next age group. Also, Laura always brought delicious fruit and treats to practice for us all.

Hospitality Award: Dave Tucker and Russ Haschke. People talk about "southern hospitality" but nothing can top Dave and Russ for offering their extra bedrooms and hosting some travelling athletes. And Dave doubled down by hosting all the traveling athletes at his house on Fri night for a welcome gathering and cookout.

Durable Members: In addition to the above mentioned, these people did 5 events in one day: Beth Michalak, Heidi Nagel, Becky Angeles, and Ryan Hart. And these did 4 events: Steve Boedeker, Keith Johnson, Steve Rothwell, Pete Dube, and Alex Szczapa.

How Many Laps?: Barbara Foster convinced intern Henry Izere to come out. He hadn't submitted any track data, so I penciled him in for a 200m on the 4x200 relay. He showed up just before the 800m race and told me he wanted to do that. A minute later, when he asked me how many laps for an 800m I should have known it would be interesting. He is the recipient of the **Vonnie Howard 800m Rookie Award**. That's when someone's enthusiasm takes them out way too fast in that first lap, and you just watch and hope the second lap will eventually end for them. Henry was too spent to run the 200m leg after that – and he would have done well in the 200m. Come back next year – and train a bit.

The Dave Tucker Awards – after reading my initial set, Dave added some additional excellent awards:

- **Pete Dube**, with his 5-yr old Titanium Hip – 4 events and 19 points
- **Mike Elliott** – if you look carefully at his recent MECTA Track performances, he is doing a Benjamin Button and aging backwards in his 60's, faster every year
- **Courtney Costa** - like Henry an exciting rookie and pretty certain her first footsteps on a track were July 30th – 4 events and 16 points, after initial discussion- we hear she could run maybe one 800M?
- **Beth Michalak** – Proves you can score a lot of points on a diet of Pickle ball training, has to be serious Pickle ball where you keep score
- **Alex Boedeker** – Perhaps most underrated, ran incredibly fast times in 800 and 1600M for 16 points
- WAIT, there's one more category, and wouldn't you know Rio gets 1st place there as well --- **Who made the most of their visit to Maine?**
 - Rio, 10pts, Brought extended family and stayed several days in spectacular west side Victorian air BNB
 - Ashley, 8, Several day up in Acadia National Park, hey send us a photo?
 - Mariquita, Vonnie, Heidi, 6pts, a few days up to coast in Maine – Bath, etc
 - Russ and Dave, 5, Always a terrific experience to host athletes, I know, technically we don't qualify
 - Julie R, 4, Let's see, ran ~50 miles while in Maine, of course this depends on how you define fun
 - Mike E, 3, It's hard to put into words, Mike just seems to enjoy these meets sooooo much
 - Pat, 2, Pretty sure he and Laura were spending more time in Maine, he'll have to send a photo to prove this
 - Paul W, 1, do I have to explain this?

The Meet

Maine has a very different meet format than the Houston or National meet. The Houston Regional and the National Meet is almost all relay events. In Maine almost every event is an individual event scored by 10 year age groups. You can do up to 5 individual events or 4 individual events and up to 2 relay events.

The events are all scored in 10 year ago group:

1st=10 points; 2nd=8; 3rd=6; 4th=5, 5th=4; 6th=3; 7th=2; 8th=1; 9th or higher = 0.

Maine has divisions based on employee count. There were 12 teams total – one in Div 2, three in Div 3, and 8 in our division – Div 1. Everyone scores against each other and runs head to head in 10 year age groups. The scoring is not separated by division.

We had good data input from everyone and I was predicting we could score up to 650 points. The TI team in the past has been much smaller and scored in the 300's. That 650 points would put us in the running for the best Div 1 team. Recent history of the TI finishes in Maine:

2021 – 4th place Div 1, 380 points

2019 – 3rd place Div 1, 371 points

2018 – 4th place Div 1, 311.5 points

Team Results

When you look at the table below note that South Portland is a smaller division team, but had over twice as many participants as any other team. The next 3 teams (all Div 1) had very similar participation numbers.

South Portland had the most points due to their quantity advantage, but in Div 1 TI came out on top. Note the TI Team had the highest points per participant. We greatly exceeded my pre-meet points estimate too.

Team	Div	Indiv Points	Relay Points	TOTAL	Athletes	Points /Person
South Portland	2	1,157	144	1,301	71	18.3
Texas Instruments	1	745	48	793	33	24.0
Unum	1	637	79	716	32	22.4
MaineHealth	1	462	57	519	28	18.5
IDEXX Laboratories	1	385	15	400	21	19.0
Bath Iron Works	1	366	12	378	19	19.9
L.L. Bean	1	234	6	240	13	18.5
Saco & Biddeford Savings	3	215	5	220	12	18.3
ReVision Energy	3	137	7	144	14	10.3
TD Bank	1	30	2	32	5	6.4
Bangor Savings Bank	1	21	0	21	2	10.5
LGC Maine Standards	3	20	0	20	1	20.0

The TI individual points table is below and you can see how broad the contribution was:

Sum of Points	Grand Total																
Row Labels	100m	1600m	200m	400m	55mH	5K	800m	Discus	HJ	LJ	Shot	Tjav	4x100ri	4x200ri	ThrowRi	4x400ri	Grand Total
Rio King			10	10			10		10			10					50.0
Julie Rembold		10	8	10		10	10										48.0
Tori Parkinson		10	6	10		10	10										46.0
Vonnie Howard	10		10	10			10						2.5				42.5
Ashley Cox			10		8			8		6		10					42.0
Rich Doyon	6		6		10				8	8							38.0
Russ Haschke	5		6		6				8	10							35.0
Mike Elliott			10	8	10								2.5			2.5	33.0
Mariquita Gordon								8			10	10	2.5		2		32.5
Steve Boedeker	8		10	10												2.5	30.5
Laura Melendez	6		6	6		6						6					30.0
Becky Angeles		8	1	5		8	6										28.0
Beth Michalak	6			6					8		5		2.5				27.5
Aaron Barrera			8							10		6		1		2	27.0
Heidi Nagel		6		3		8	6						2.5				25.5
David Tucker									10		5	8				2.5	25.5
Pat Bosshart		8		4		8	4					1					25.0
Keith Johnson		8				8	6					2					24.0
Ryan Hart	5	8	4				5							1			23.0
Steve Rothwell				5				5			10				2		22.0
Paul Westbrook	10		8										2.5				20.5
Pete Dube				6			8						2.5			2.5	19.0
Alex Szczapa	8										4		2.5		2		16.5
Courtney Costa							6				5	4		1			16.0
Alex Boedeker		8					6									2	16.0
Barbara Foster								6			8						14.0
Devin Hoskins							3					8				2	13.0
Nate McNutt		3				5											8.0
Michael Reynolds							5							1		2	8.0
Katie Quinn						3	4										7.0
Matt Wagner											3						3.0
Henry Izere																	
Paul Dube	0																0.0
Grand Total	64	69	103	93	34	66	99	27	44	34	50	65	20	4	6	18	796.0

Relays

Relay races are great fun, but a 4 or 5 person relay effort win only counts for 10 team points – the same as an individual event. When you split it out per person, it's a small number of points for the physical effort – but again, they are fun to run. We had a few relay teams assemble as the day went on:

4x200m relay – requires 1 woman and 1 master (40+)

A few new people wanted to try a relay, so rookies Courtney Costa, Ryan Hart, Aaron Barrera, and Michael Reynolds ran it. Michael is not new, but was pressed into duty in the final minutes when Henry couldn't go after his 800m run. They all ran well and finished 5th – but less than 9 seconds from 1st place.

4x100m relay – run in 10 year age groups.

W 50-59: Vonnie moved down an age group and joined Heidi Nagel, Mariquita Gordon, and Beth Michalak for a team. They won easily and were just 2.5 seconds off the record.

M 60-69: Dave Tucker had been eyeing this relay record. Unfortunately, he was injured, so we put together a team of Pete Dube, Paul Westbrook, Mike Elliott, and Alex Szczapa. Not only did they win their AG, but they also beat (3) 50-59 teams, (2) 40-49 teams, and (2) 30-39 teams! They broke the record by 4.1 seconds, meaning each of them ran over a second faster than the previous record team – they ran 14.5 seconds per leg.

4x400m relay – run in 10 year age groups. Very last event of the day.

M 50-59: Our timeless 60-69 groups assembled another relay by all moving down in AG to join Steve Boedeker for a relay team. Mike Elliott, Dave Tucker, and Pete Dube powered through one more event and the team took 1st place.

M 18-29: Alex Boedeker, Michael Reynolds, Devin Hoskins, and Aaron Barrera powered up for one final event and missed the win by 0.9 seconds. Aaron held off another team by 0.2 seconds to take 2nd place.

Records

We had a few record breakers on the team. Here are the ones I've spotted so far:

Name	AG	Event	New	Old	Improvement
Rio King	80-89	HJ	3' 8"	3' 6"	5%
Rio King	80-89	200m	40.5	44.1	8%
Rio King	80-89	400m	1:43.7	2:04.2	16%
Rio King	80-89	800m	4:06.0	4:31.7	9%
Tori Parkinson	18-29	5K	17:07	18:41	8%
4x100 Relay	60-69	4x100	58.2	1:02.3	7% (Pete Dube, Paul Westbrook, Mike Elliott, Alex Szczapa)

Several others were close to records, but sacrificed an individual record attempt to save energy for multiple events.

Let's slice the data a bit more and break out the individual event points and the share of each relay teams points. Then we'll count individual events and number of relay events. Finally, I calculated points per individual event run:

Name	Total Points	Pts Indiv	Pts Relay	Indiv Events	Relays	Pts / Indiv Event
Rio King	50.0	50.0		5		10.0
Julie Rembold	48.0	48.0		5		9.6
Tori Parkinson	46.0	46.0		5		9.2
Vonnie Howard	42.5	40.0	2.5	4	1	10.0
Ashley Cox	42.0	42.0		5		8.4
Rich Doyon	38.0	38.0		5		7.6
Russ Haschke	35.0	35.0		5		7.0
Mike Elliott	33.0	28.0	5.0	3	2	9.3
Mariquita Gordon	32.5	28.0	4.5	3	2	9.3
Steve Boedeker	30.5	28.0	2.5	3	1	9.3
Laura Melendez	30.0	30.0		5		6.0
Becky Angeles	28.0	28.0		5		5.6
Beth Michalak	27.5	25.0	2.5	4	1	6.3
Aaron Barrera	27.0	24.0	3.0	6	2	6.0
Heidi Nagel	25.5	23.0	2.5	4	1	5.8
David Tucker	25.5	23.0	2.5	3	1	7.7
Pat Bosshart	25.0	25.0		5		5.0
Keith Johnson	24.0	24.0		4		6.0
Ryan Hart	23.0	22.0	1.0	4	1	5.5
Steve Rothwell	22.0	20.0	2.0	3	1	6.7
Paul Westbrook	20.5	18.0	2.5	2	1	9.0
Pete Dube	19.0	14.0	5.0	2	2	7.0
Alex Szczapa	16.5	12.0	4.5	2	2	6.0
Courtney Costa	16.0	15.0	1.0	3	1	5.0
Alex Boedeker	16.0	14.0	2.0	2	1	7.0
Barbara Foster	14.0	14.0		2		7.0
Devin Hoskins	13.0	11.0	2.0	2	1	5.5
Nate McNutt	8.0	8.0		2		4.0
Michael Reynolds	8.0	5.0	3.0	1	2	5.0
Katie Quinn	7.0	7.0		2		3.5
Matt Wagner	3.0	3.0		1		3.0
Henry Izere	0.0			1		0.0
Paul Dube	0.0			2		0.0
TOTALS		748	48	106	23	7.1

Some of us are scoring at a high level per individual event, but durability is an issue. Some were battling injuries and doing as much as they could. The average age of our team was almost 50 years old, but many defied their age and did a full slate of events.

Team	Texas Instruments								Team	Texas Instruments						
Running									Field Events							
Min of DataGen	Column T								Max of DataGen	Column T						
Row Labels	▼	100m	1600m	200m	400m	55mH	5K	800m	Row Labels	▼	Discus	HJ	LJ	Shot	Tjav	
F									F							
18-29									18-29							
Ashley Cox				0:29.9		0:09.3			Ashley Cox		75.9		12.5		76.3	
Courtney Costa								2:50.9	Courtney Costa					19.3	53.8	
Katie Quinn							24:05.0	3:10.0	40-49							
Tori Parkinson		5:24.8	0:30.9	1:07.5		17:07.0		2:26.1	Barbara Foster		75.4			26.4		
40-49									50-59							
Becky Angeles		6:30.4	0:38.4	1:19.4		20:57.0		2:49.9	Beth Michalak			3.2		23.3		
Julie Rembold		5:48.3	0:31.0	1:09.2		19:03.0		2:34.3	Mariquita Gordon		58.6			26.2	60.2	
50-59									60-69							
Beth Michalak	0:18.5				1:25.5				Laura Melendez						37.5	
Heidi Nagel		8:12.4			1:50.2		29:24.0	3:47.7	M							
60-69									18-29							
Laura Melendez	0:22.2		0:55.8	2:03.0		36:28.0			Aaron Barrera			16.8			95.1	
Vonnie Howard	0:18.1		0:40.5	1:30.6				3:36.0	Devin Hoskins						108.5	
M									Matt Wagner					24.6	66.8	
18-29									50-59							
Aaron Barrera			0:25.4						Keith Johnson						67.8	
Alex Boedeker		5:00.2						2:10.9	Rich Doyon			4.3	12.7			
Devin Hoskins								2:25.0	Steve Rothwell	79.8				38.6		
Henry Izere								2:51.2	60-69							
Nate McNutt		5:35.0				19:43.0		2:38.8	Alex Szczapa					30.3		
Paul Dube	0:14.0							3:02.6	David Tucker		4.5			31.9	83.9	
30-39									Pat Bosshart						52.3	
Michael Reynolds								2:40.3	Russ Haschke		4.3	11.6				
40-49									80-89							
Ryan Hart	0:13.6	6:08.1	0:29.0					2:33.7	Rio King			3.7			55.3	
50-59																
Keith Johnson		6:11.4				20:35.0		2:52.1								
Rich Doyon	0:13.4		0:28.2		0:10.5											
Steve Boedeker	0:13.3		0:27.4	1:02.6												
Steve Rothwell				1:11.8												
60-69																
Alex Szczapa	0:14.2															
Mike Elliott			0:30.9	1:12.0	0:11.1											
Pat Bosshart		7:32.8		1:27.1		25:46.0		3:19.4								
Paul Westbrook	0:14.2		0:31.8													
Pete Dube				1:14.2				2:55.0								
Russ Haschke	0:15.0		0:32.0													

We prevailed in the overall points in the big division and everyone seemed have a great time.

My flight home was so delayed I didn't get home until the following month. Technically, it was just 3 hours late, but my feet weren't off the plane until after midnight, and it was Aug 1st! But that delay had a silver lining. I had posted on Facebook about my flight to DFW being late. Right before we had to shut off our phones, one of our former team members from about a decade ago posted that she was on my flight. When we landed I messaged her and she was a few rows behind me. I got to quickly catch up with Tara Larzelere Hadsell, who was an excellent sprinter with us for several years. It was her first trip back to DFW in about 7 years. She has 4 kids now and looked great. It was so nice to see her. On our team you make friends that last a lifetime.

Here are most of your old and new friends together:



And here's an edit to remind you of the location – Maine (Beth Michalak's lighthouse photo in the back):



Thank you to all who work to make this possible and all who step up and participate. You all contributed and you all counted. If you didn't participate this year, join us next year. Age is tough on a sprinter and every year I think about hanging up my spikes. The last 3 years have been a series of foot and leg issues I've been battling, so it would be an easy decision to retire from the track. Then I get to the meet and am inspired by each one of you – not only as athletes, but as people. And winning the 100m race and setting a record in the 4x100m relay also helped convince me to keep coming back as long as I can contribute to the team.

The official results are posted here: <https://sites.google.com/view/mainecorporatetrackassociation/maine-corporate-track-association/results/2022/state-meet-2022?authuser=0>

We have a shared TI photo site here: <https://photos.app.goo.gl/WdEraZCMTBJrSfEZA>
(you can upload your photos to share)

There are over 1200 meet photos posted here:
<https://www.flickr.com/photos/mainerunningphotos/albums/72177720300933375/page1>

Go TI,

Paul Westbrook (aging sprinter, matrix maker, data manager, webmaster, coach, and captain emeritus)

<https://enerjazz.com/track>

"Faster, Higher, Stronger - Together" Rio easily clears the high jump on his way to a new record.



Updated: Aug 7, 2022 2:00PM

	Team	Score	Div
MECTA State Meet July 30, 2022 South Portland High School	1 South Portland	1,301.00	2
	2 Texas Instruments	796.00	1
	3 Unum	716.00	1
	4 MaineHealth	519.00	1
	5 IDEXX Laboratories	400.00	1
	6 Bath Iron Works	378.00	1
	7 L.L. Bean	240.00	1
	8 Saco & Biddeford Savings	220.00	3
	9 ReVision Energy	144.00	3
	10 TD Bank	32.00	1
	11 Bangor Savings Bank	21.00	1
	12 LGC Maine Standards	20.00	3

SHOT PUT	OPEN RECORD
W18-29	Nicole Lessard (Aetna) 1999 37' 5"
	Kathleen Collins (unattached) 2018 37' 9¾"

Name	Age	Team	Distance	Pts.
1 Rebekah Hunnewell Dunphe	21	unattached	34 - 08	x
2 Mary DiSanto	20	South Portland	31 - 08.5	10
3 Danica Gleason	27	South Portland	28 - 05	8
4 Kendra Kukulski	25	IDEXX Laboratories	23 - 02.5	6
5 Eleanor Carrolton	19	unattached	20 - 11	x
6 Courtney Costa	23	Texas Instruments	19 - 04	5
7 Emily Way	25	South Portland	17 - 10.25	4

SHOT PUT	SUBMASTER RECORD
W30-39	Kellie Cheney (Aetna) 2000 40' 1"
	Becky Deschambault (unattached) 2022 45' 9"

Name	Age	Team	Distance	Pts.
1 Rylee Rawcliffe	32	Bangor Savings Bank	31 - 04	10
2 Amanda Roy	36	South Portland	30 - 03	8
3 Lyndee Whitten	39	IDEXX Laboratories	24 - 04.5	6
4 Laura Peterson Gervais	33	IDEXX Laboratories	22 - 10	5
5 Anna Whitaker	30	IDEXX Laboratories	22 - 02	4
6 Rebecca Moudachirou	37	Bath Iron Works	18 - 06	3
7 Alice McAvoy	34	Unum	18 - 02	2

SHOT PUT	MASTER RECORD
W40-49	Ginger Ivanov (MaineHealth) 2022 29' 11"
	Susan Weimer (unattached) 2010 32' 5½"

Name	Age	Team	Distance	Pts.
1 Ginger Ivanov	47	MaineHealth	27 - 06	10
2 Barbara Foster	48	Texas Instruments	26 - 05	8
3 April Fournier	42	Unum	26 - 04	6
4 Miranda Derenburger	42	MaineHealth	23 - 09	5
5 Hilary Chase	45	South Portland	20 - 04.5	4
6 Connie DiSanto	42	South Portland	19 - 02	3
7 Julie Lefebvre	49	South Portland	18 - 00	2
8 Cassandra Tilley	47	South Portland	17 - 03.5	1
9 Koren Sullivan	48	South Portland	15 - 11	

SHOT PUT			SENIOR RECORD	
W50-59			Karen Reardon (South Portland) 2010 32' 9¾"	
Name	Age	Team	Distance	Pts.

1	Mariquita Gordon	59	Texas Instruments	26 - 02	10
2	Cindy Senkbeil	58	Bath Iron Works	24 - 06	8
3	Tonya Way	52	South Portland	23 - 06.5	6
4	Beth Michalak	58	Texas Instruments	23 - 03.5	5
5	Kathy DiPhilippo	54	South Portland	22 - 04	4
6	Denise Curry	57	MaineHealth	18 - 10	3
7	Beth Andersen	51	South Portland	16 - 04	2

SHOT PUT			VETERAN RECORD		
W60-69			Karen Reardon (South Portland) 2018 30' 5¼ "		
	Name	Age	Team	Distance	Pts.
1	Karen Reardon	64	South Portland	27 - 03.25	10
2	Linda Mondor	66	Saco & Biddeford Savings	15 - 05.5	8

SHOT PUT			BRONZE VETERAN RECORD		
W70-79			Polly Kenniston (Unum) 2009 20' 1"		
	Name	Age	Team	Distance	Pts.
1	Cheryl Gilbert	74	Bath Iron Works	17 - 05.25	10
2	Deb Marcoux	70	South Portland	15 - 09	8

SHOT PUT			SILVER VETERAN RECORD		
W80-89			Pat Gilman (IDEXX) 2021 20' 4"		
	Name	Age	Team	Distance	Pts.
1	Patricia Gilman	89	IDEXX Laboratories	9 - 10	10
2	Polly Kenniston	86	Unum	6 - 09	8

DISCUS			OPEN RECORD		
W18-29			Nicole Lessard (Aetna) 1999 116' 7"		
			Kathleen Collins (unattached) 2018 139' 5"		
	Name	Age	Team	Distance	Pts.
1	Rebekah Hunnewell Dunphe	21	unattached	90 - 03	x
2	Mary DiSanto	20	South Portland	85 - 09	10
3	Ashley Cox	25	Texas Instruments	75 - 11	8
4	Liz Jerome	24	L.L. Bean	73 - 01	6
5	Eleanor Carrolton	19	unattached	72 - 07	x
6	Lena Wood	19	MaineHealth	51 - 00	5

DISCUS			SUBMASTER RECORD		
W30-39			Nicole Lessard (Forum Financial) 2002 115' 4"		
			Becky Deschambault (unattached) 2022 164' 4"		
	Name	Age	Team	Distance	Pts.
1	Amanda Roy	36	South Portland	83 - 05	10
2	Tess Jacquez	33	ReVision Energy	73 - 03	8
3	Jessica Faraci	34	MaineHealth	72 - 11	6
4	Lyndee Whitten	39	IDEXX Laboratories	68 - 07	5
5	Rylee Rawcliffe	32	Bangor Savings Bank	68 - 06	4
6	Anna Whitaker	30	IDEXX Laboratories	53 - 05	3
7	Trish Shorey	36	Unum	48 - 06	2
8	Krista Newell	37	IDEXX Laboratories	38 - 02	1
9	Rebecca Moudachirou	37	Bath Iron Works	37 - 04	

DISCUS			MASTER RECORD		
W40-49			Miranda Derenburger (MaineHealth) 2022 95' 7"		
	Name	Age	Team	Distance	Pts.
1	Miranda Derenburger	42	MaineHealth	87 - 10	10
2	Ginger Ivanov	47	MaineHealth	76 - 08	8

3	Barbara Foster	48	Texas Instruments	75 - 05	6
4	April Fournier	42	Unum	64 - 02	5
5	Hilary Chase	45	South Portland	52 - 10	4
6	Julie Lefebvre	49	South Portland	48 - 08	3
7	Connie DiSanto	42	South Portland	44 - 09	2
8	Cassandra Tilley	47	South Portland	42 - 02	1
9	Koren Sullivan	48	South Portland	30 - 09	
10	Jennifer Grasso	40	South Portland	28 - 07	

DISCUS			SENIOR RECORD		
W50-59			Karen Reardon (South Portland) 2010 99' 7"		
Name	Age	Team	Distance	Pts.	
1 Kathy DiPhilippo	54	South Portland	62 - 02	10	
2 Mariquita Gordon	59	Texas Instruments	58 - 07	8	
3 Tonya Way	52	South Portland	54 - 03	6	
4 Beth Andersen	51	South Portland	47 - 06	5	
5 Cindy Senkbeil	58	Bath Iron Works	45 - 03	4	
6 Karen Hindall	58	South Portland	43 - 07	3	
7 Joanna Martel	53	South Portland	43 - 00	2	

DISCUS			VETERAN RECORD		
W60-69			Karen Reardon (South Portland) 2018 88' 9"		
Name	Age	Team	Distance	Pts.	
1 Karen Reardon	64	South Portland	74 - 01	10	
2 Lisa Latno	61	Unum	54 - 04	8	

DISCUS			BRONZE VETERAN RECORD		
W70-79			Cheryl Gilbert (BIW) 2019 48' 3"		
Name	Age	Team	Distance	Pts.	
1 Cheryl Gilbert	74	Bath Iron Works	33 - 00	10	

DISCUS			SILVER VETERAN RECORD		
W80-89			Pat Gilman (IDEXX) 2021 20' 4"		
Name	Age	Team	Distance	Pts.	
1 Patricia Gilman	89	IDEXX Laboratories	20 - 02	10	

TURBO JAV			OPEN RECORD		
W18-29			Rebecca Skovira (Unum) 2017 127' 10"		
Name	Age	Team	Distance	Pts.	
1 Ashley Cox	25	Texas Instruments	76 - 04	10	
2 Danica Gleason	27	South Portland	70 - 11	8	
3 Liz Jerome	24	L.L. Bean	68 - 00	6	
4 Kendra Kukulski	25	IDEXX Laboratories	63 - 03	5	
5 Courtney Costa	23	Texas Instruments	53 - 10	4	
6 Nancy Kabedi	26	TD Bank	42 - 08	3	

TURBO JAV			SUBMASTER RECORD		
W30-39			Tessa Miller (Unum) 2016 90' 3"		
Name	Age	Team	Distance	Pts.	
1 Tess Jacquez	33	ReVision Energy	89 - 00	10	
2 Trish Shorey	36	Unum	73 - 11	8	
3 Leah Beran	32	L.L. Bean	68 - 10	6	
4 Lyndee Whitten	39	IDEXX Laboratories	64 - 09	5	
5 Adriane Kyne	31	LGC Maine Standards	61 - 11	4	
6 Rachel Wilkinson	30	South Portland	51 - 10	3	
7 Alice McAvoy	34	Unum	39 - 09	2	

TURBO JAV				MASTER RECORD
W40-49				Blue Butterfield (MaineHealth) 2012 95' 1"
Name	Age	Team	Distance	Pts.
1 Ginger Ivanov	47	MaineHealth	73 - 04	10
2 Kari Voelker	45	South Portland	67 - 07	8
3 April Fournier	42	Unum	67 - 01	6
4 Hilary Chase	45	South Portland	52 - 09	5
5 Lori Towle	49	South Portland	44 - 04	4
6 Cassandra Tilley	47	South Portland	40 - 11	3
7 Deborah Vasalle	48	South Portland	35 - 10	2
8 Stacy Morin	49	South Portland	26 - 11	1

TURBO JAV				SENIOR RECORD
W50-59				Kim Coombs (South Portland) 2010 83' 1"
Name	Age	Team	Distance	Pts.
1 Mariquita Gordon	59	Texas Instruments	60 - 02	10
2 Kathy DiPhilippo	54	South Portland	57 - 09	8
3 Cindy Senkbeil	58	Bath Iron Works	48 - 02	6
4 Karen Hindall	58	South Portland	44 - 02	5

TURBO JAV				VETERAN RECORD
W60-69				Kim Coombs (South Portland) 2018 72' 3"
Name	Age	Team	Distance	Pts.
1 Kim Coombs	65	South Portland	60 - 00	10
2 Karen Reardon	64	South Portland	46 - 10	8
3 Laura Melendez	69	Texas Instruments	37 - 06	6
4 Linda Mondor	66	Saco & Biddeford Savings	20 - 01	5

TURBO JAV				BRONZE VETERAN RECORD
W70-79				Cheryl Gilbert (BIW) 2019 38' 5"
Name	Age	Team	Distance	Pts.
1 Deb Marcoux	70	South Portland	36 - 00	10
2 Cheryl Gilbert	74	Bath Iron Works	35 - 11	8

TURBO JAV				SILVER VETERAN RECORD
W80-89				Terri Morris (Unum) 2008 28' 2"
Name	Age	Team	Distance	Pts.
1 Polly Kenniston	86	Unum	12 - 06	10

HIGH JUMP				OPEN RECORD
W18-29				Lizz Ottusch (IDEXX) 2019 5' 2"
Name	Age	Team	Height	Pts.
1 Kendra Kukulski	25	IDEXX Laboratories	4 - 06	10
2 Allison Nestor	24	IDEXX Laboratories	4 - 06	8
3 Liz Jerome	24	L.L. Bean	4 - 04	6

HIGH JUMP				SUBMASTER RECORD
W30-39				Pelletier (USPS) 1990, Judy Hairsine (Unum) 1991, Sarah Marble (Unum) 1998, Pam Swan (BIW) 2002, Marci Amos (TD Bank) 2005 4' 10"
Name	Age	Team	Height	Pts.
1 Adriane Kyne	31	LGC Maine Standards	4 - 08	10
2 Allison Barbour	33	ReVision Energy	4 - 04	8
3 Lyndee Whitten	39	IDEXX Laboratories	4 - 00	6
4 Katie Mauro	30	MaineHealth	3 - 08	5

5 Jessica Faraci	34	MaineHealth	3 - 08	4
6 Amanda Roy	36	South Portland	3 - 06	3

HIGH JUMP			MASTER RECORD	
W40-49			Pam Swan (BIW) 2004	5' 0"
Name	Age	Team	Height	Pts.
1 Nicole Derr	40	Saco & Biddeford Savings	3 - 08	10
2 Rachael Furbush	42	South Portland	3 - 06	8
3 Lori Towle	49	South Portland	3 - 04	6
4 Deborah Vasalle	48	South Portland	3 - 04	5
5 Heather Johnson	48	South Portland	3 - 04	4

HIGH JUMP			SENIOR RECORD	
W50-59			Sarah Marble (Unum) 2019	4' 2"
Name	Age	Team	Height	Pts.
1 Kathy DiPhilippo	54	South Portland	3 - 04	10
2 Beth Michalak	58	Texas Instruments	3 - 02	8
Cindy Senkbeil	58	Bath Iron Works	NH	

LONG JUMP			OPEN RECORD	
W18-29			Alison Kent (Unum) 1991, Molly Urquhart (L.L. Bean) 2004	17' 7"
Name	Age	Team	Distance	Pts.
1 Kendra Kukulski	25	IDEXX Laboratories	14 - 01	10
2 Allison Nestor	24	IDEXX Laboratories	13 - 04.5	8
3 Ashley Cox	25	Texas Instruments	12 - 06	6
4 Jordyn Hulsey	20	South Portland	12 - 03	5

LONG JUMP			SUBMASTER RECORD	
W30-39			Miranda Derenberger (MaineHealth) 2013	16' 3"
Name	Age	Team	Distance	Pts.
1 Laura Peterson Gervais	33	IDEXX Laboratories	13 - 11	10
2 Lyndee Whitten	39	IDEXX Laboratories	12 - 03	8
3 Adriane Kyne	31	LGC Maine Standards	11 - 06	6
4 Tess Jacquez	33	ReVision Energy	11 - 04.5	5
5 Sarah Clifford	30	ReVision Energy	9 - 09	4
6 Jessica Faraci	34	MaineHealth	7 - 10	3

LONG JUMP			MASTER RECORD	
W40-49			Pam Swan (BIW) 2006 15' 11½"	
Name	Age	Team	Distance	Pts.
1 Miranda Derenburger	42	MaineHealth	12 - 01	10
2 Audrey Shaw	42	MaineHealth	10 - 07.5	8
3 Rachael Furbush	42	South Portland	10 - 02.5	6
4 Hollie Corbett	43	South Portland	9 - 04	5
5 Kari Voelker	45	South Portland	8 - 08	4
6 Lori Towle	49	South Portland	7 - 10	3
7 April Fournier	42	Unum	6 - 06	2
8 Stacy Morin	49	South Portland	6 - 01	1
9 Hilary Chase	45	South Portland	5 - 07	
10 Cassandra Tilley	47	South Portland	4 - 08.25	

LONG JUMP			SENIOR RECORD	
W50-59			Caryn Treister (USM) 2005	13' 6"
Name	Age	Team	Distance	Pts.
1 Barbara LaVallee	52	MaineHealth	9 - 00.5	10
2 Sam Kane	57	Unum	8 - 07	8

LONG JUMP			VETERAN RECORD	
W60-69			Marsha Waterman (MaineHealth) 2012	9' 2½"
Name	Age	Team	Distance	Pts.
1 Lisa Latno	61	Unum	7 - 09	10
2 Linda Mondor	66	Saco & Biddeford Savings	3 - 05	8

LONG JUMP			BRONZE VETERAN RECORD	
W70-79			Deb Marcoux (South Portland) 2022	6' 9"
Name	Age	Team	Distance	Pts.
1 Deb Marcoux	70	South Portland	5 - 06	10

LONG JUMP			SILVER VETERAN RECORD	
W80-89			Pat Gilman (IDEXX) 2021	2' 7½"
Name	Age	Team	Distance	Pts.
1 Patricia Gilman	89	IDEXX Laboratories	3 - 01.5	10

55m HURDLES			OPEN RECORD	
W18-29			Lizz Ottusch (IDEXX) 2019	9.1
Name	Age	Team	Time	Pts.
1 Allison Nestor	24	IDEXX Laboratories	9.2	10
2 Ashley Cox	25	Texas Instruments	9.3	8
3 Jordyn Hulsey	20	South Portland	9.3	6
4 Danica Gleason	27	South Portland	11.4	5

55m HURDLES			SUBMASTER RECORD	
W30-39			Audrey Shaw (MaineHealth) 2014	8.9
Name	Age	Team	Time	Pts.
1 Leah Beran	32	L.L. Bean	11.4	10
2 Amanda Roy	36	South Portland	15.2	8
3 Kate Foley	36	South Portland	21.6	6

55m HURDLES			MASTER RECORD	
W40-49			Barbara LaVallee (MaineHealth) 2010, Susan Weimer (unattached) 2011	9.8
Name	Age	Team	Time	Pts.
1 Audrey Shaw	42	MaineHealth	9.4	10
2 Rachael Furbush	42	South Portland	11.4	8
3 Kari Voelker	45	South Portland	12.5	6
4 Julie Lefebvre	49	South Portland	23.3	5

55m HURDLES			SENIOR RECORD	
W50-59			Barbara LaVallee (MaineHealth) 2022	11.0
Name	Age	Team	Time	Pts.
1 Barbara LaVallee	52	MaineHealth	11.4	10

55m HURDLES			VETERAN RECORD	
W60-69			Kim Coombs (South Portland) 2021	22.3
Name	Age	Team	Time	Pts.
1 Kim Coombs	65	South Portland	23.7	10

100m DASH			OPEN RECORD	
W18-29			Alison Kent (Unum) 1992, Brooke DeForte (Maine DEP) 2004	12.8
Name	Age	Team	Time	Pts.
1 Allison Nestor	24	IDEXX Laboratories	14.7	10
2 Sydney Walton	23	Saco & Biddeford Savings	14.8	8
3 Natalie Nowatzke	23	MaineHealth	15.1	6

4 Krista Marble	26	Unum	16.2	5
5 Emily Way	25	South Portland	18.0	4

100m DASH			SUBMASTER RECORD	
W30-39			Audrey Shaw (MaineHealth) 2014	13.2
Name	Age	Team	Time	Pts.
1 Kayla Morong	32	L.L. Bean	15.4	10
2 Laura Peterson Gervais	33	IDEXX Laboratories	15.6	8
3 Liz Pfeffer	34	South Portland	16.4	6
4 Allison Barbour	33	ReVision Energy	16.7	5
5 Rebecca Moudachirou	37	Bath Iron Works	17.6	4
6 Krista Newell	37	IDEXX Laboratories	17.6	3

100m DASH			MASTER RECORD	
W40-49			Sue McCarthy (MaineHealth) 2009	13.1
Name	Age	Team	Time	Pts.
1 Audrey Shaw	42	MaineHealth	14.4	10
2 Miranda Derenburger	42	MaineHealth	14.5	8
3 Kristy Bishop	42	IDEXX Laboratories	14.8	6
4 Hollie Corbett	43	South Portland	15.2	5
5 Jennifer Grasso	40	South Portland	15.7	4
6 Tamara Schwartz	49	MaineHealth	17.1	3
7 Stacy Morin	49	South Portland	20.7	2
8 Julie Lefebvre	49	South Portland	22.0	1

100m DASH			SENIOR RECORD	
W50-59			Sue McCarthy (MaineHealth) 2016	13.3
Name	Age	Team	Time	Pts.
1 Sam Kane	57	Unum	15.4	10
2 Barbara LaVallee	52	MaineHealth	15.4	8
3 Beth Michalak	58	Texas Instruments	18.5	6

100m DASH			VETERAN RECORD	
W60-69			Kim Coombs (South Portland) 2018	17.8
Name	Age	Team	Time	Pts.
1 Vonnie Howard	60	Texas Instruments	18.1	10
2 Lisa Latno	61	Unum	19.0	8
3 Laura Melendez	69	Texas Instruments	22.2	6

100m DASH			BRONZE VETERAN RECORD	
W70-79			Cheryl Gilbert (BIW) 2018	20.3
Name	Age	Team	Time	Pts.
1 Cheryl Gilbert	74	Bath Iron Works	20.7	10
2 Deb Marcoux	70	South Portland	21.7	8

100m DASH			SILVER VETERAN RECORD	
W80-89			Terry Morris (Unum) 2008	20.7
Name	Age	Team	Time	Pts.
1 Polly Kenniston	86	Unum	34.2	10

200m DASH			OPEN RECORD	
W18-29			Alison Kent (Unum) 1992	25.7
Name	Age	Team	Time	Pts.
1 Ashley Cox	25	Texas Instruments	29.9	10
2 Allison Nestor	24	IDEXX Laboratories	30.9	8
3 Tori Parkinson	27	Texas Instruments	30.9	6

4 Marley Sullivan	22	South Portland	31.9	5
5 Jordyn Hulsey	20	South Portland	32.6	4

200m DASH			SUBMASTER RECORD	
W30-39			Cheryl Bascomb (L.L. Bean) 1991	27.6
Name	Age	Team	Time	Pts.
1 Kayla Morong	32	L.L. Bean	31.1	10
2 Leah Beran	32	L.L. Bean	32.2	8
3 Rachel Wilkinson	30	South Portland	33.6	6
4 Trish Shorey	36	Unum	35.2	5
5 Krista Newell	37	IDEXX Laboratories	41.0	4
6 Kate Foley	36	South Portland	44.5	3

200m DASH			MASTER RECORD	
W40-49			Sue McCarthy (MaineHealth) 2012	28.2
Name	Age	Team	Time	Pts.
1 Kristy Bishop	42	IDEXX Laboratories	30.2	10
2 Julie Rembold	42	Texas Instruments	31.0	8
3 Hollie Corbett	43	South Portland	31.5	6
4 Jennifer Grasso	40	South Portland	34.4	5
5 Kari Voelker	45	South Portland	35.2	4
6 Laura Mauldin	45	South Portland	37.3	3
7 Tamara Schwartz	49	MaineHealth	38.2	2
8 Becky Angeles	45	Texas Instruments	38.4	1
9 Koren Sullivan	48	South Portland	59.0	

200m DASH			SENIOR RECORD	
W50-59			Sue McCarthy (MaineHealth) 2016	27.7
Name	Age	Team	Time	Pts.
1 Sam Kane	57	Unum	38.9	10
2 Barbara LaVallee	52	MaineHealth	45.9	8
3 Beth Andersen	51	South Portland	51.0	6

200m DASH			VETERAN RECORD	
W60-69			Kim Coombs (South Portland) 2018	39.4
Name	Age	Team	Time	Pts.
1 Vonnice Howard	60	Texas Instruments	40.5	10
2 Lisa Latno	61	Unum	40.6	8
3 Laura Melendez	69	Texas Instruments	55.8	6

200m DASH			SILVER VETERAN RECORD	
W80-89			Polly Kenniston (Unum) 2016	56.6
Name	Age	Team	Time	Pts.
1 Polly Kenniston	86	Unum	1:20.6	10

400m DASH			OPEN RECORD	
W18-29			Cheryl Bascomb (L.L. Bean) 1988	1:00.3
Name	Age	Team	Time	Pts.
1 Tori Parkinson	27	Texas Instruments	1:07.5	10
2 Natalie Nowatzke	23	MaineHealth	1:13.4	8

400m DASH			SUBMASTER RECORD	
W30-39			Cheryl Bascomb (L.L. Bean) 1992	1:01.3
Name	Age	Team	Time	Pts.
1 Anna Whitaker	30	IDEXX Laboratories	1:10.9	10
2 Kayla Morong	32	L.L. Bean	1:16.4	8

3 Edna Amaya	39	L.L. Bean	1:21.0	6
4 Kate Durkin	36	ReVision Energy	1:22.1	5
5 Trish Shorey	36	Unum	1:28.0	4

400m DASH			MASTER RECORD	
W40-49			Pam Swan (BIW) 2003	1:04.2
Name	Age	Team	Time	Pts.
1 Julie Rembold	42	Texas Instruments	1:09.2	10
2 Hollie Corbett	43	South Portland	1:12.0	8
3 Nicole Derr	40	Saco & Biddeford Savings	1:18.5	6
4 Becky Angeles	45	Texas Instruments	1:19.4	5
5 Kristy Bishop	42	IDEXX Laboratories	1:21.9	4
6 Jennifer Grasso	40	South Portland	1:23.5	3
7 Sheree Jackson	42	IDEXX Laboratories	1:26.7	2
8 Laura Mauldin	45	South Portland	1:28.8	1
9 Tamara Schwartz	49	MaineHealth	1:39.2	
10 Sherri Wakeling	47	MaineHealth	1:42.8	

400m DASH			SENIOR RECORD	
W50-59			Sue McCarthy (MaineHealth) 2014	1:08.4
Name	Age	Team	Time	Pts.
1 Mary Pardi	53	Unum	1:16.5	10
2 Tina Meserve	55	ReVision Energy	1:24.9	8
3 Beth Michalak	58	Texas Instruments	1:25.5	6
4 Tonya Way	52	South Portland	1:29.4	5
5 Sam Kane	57	Unum	1:32.0	4
6 Heidi Nagel	59	Texas Instruments	1:50.2	3

400m DASH			VETERAN RECORD	
W60-69			Kim Coombs (South Portland) 2017	1:27.4
Name	Age	Team	Time	Pts.
1 Vonnice Howard	60	Texas Instruments	1:30.6	10
2 Kim Coombs	65	South Portland	1:31.1	8
3 Laura Melendez	69	Texas Instruments	2:03.0	6

400m DASH			BRONZE VETERAN RECORD	
W70-79			Juliet Clarke (Unum) 2018	1:44.8
Name	Age	Team	Time	Pts.
1 Cheryl Gilbert	74	Bath Iron Works	2:09.2	10

800m RUN			OPEN RECORD	
W18-29			Kathy McCosh (BIW) 1988	2:22.0
Name	Age	Team	Time	Pts.
1 Tori Parkinson	27	Texas Instruments	2:26.1	10
2 Sadie Skinner	18	Bath Iron Works	2:47.7	8
3 Courtney Costa	23	Texas Instruments	2:50.9	6
4 Marley Sullivan	22	South Portland	3:05.9	5
5 Katie Quinn	27	Texas Instruments	3:10.0	4
6 Lena Wood	19	MaineHealth	3:16.3	3
7 Jennifer Hatch	25	ReVision Energy	4:01.6	2
8 Emily Way	25	South Portland	4:11.1	1

800m RUN			SUBMASTER RECORD	
W30-39			Christine Reaser (Maine Medical Center) 2000	2:20.0
Name	Age	Team	Time	Pts.
1 Rachel Wilkinson	30	South Portland	2:44.3	10

2 Katie Mauro	30	MaineHealth	2:46.0	8
3 Anna Whitaker	30	IDEXX Laboratories	2:47.8	6
4 Edna Amaya	39	L.L. Bean	3:06.3	5
5 Liz Pfeffer	34	South Portland	3:20.2	4

800m RUN			MASTER RECORD	
W40-49			Gayla Underkoffer (Unum) 2002	2:30.0

Name	Age	Team	Time	Pts.
1 Julie Rembold	42	Texas Instruments	2:34.3	10
2 Nicole Derr	40	Saco & Biddeford Savings	2:49.5	8
3 Becky Angeles	45	Texas Instruments	2:49.9	6
4 Rachael Furbush	42	South Portland	2:50.0	5
5 Lauren Austin	41	Unum	2:58.8	4
6 Kelly Ramos	46	TD Bank	2:59.6	3
7 Heather Johnson	48	South Portland	3:04.1	2
8 Laura Mauldin	45	South Portland	3:11.3	1
9 Sheree Jackson	42	IDEXX Laboratories	3:13.0	
10 Sherri Wakeling	47	MaineHealth	3:51.2	
11 Lori Towle	49	South Portland	3:54.0	

800m RUN			SENIOR RECORD	
W50-59			Denise Curry (Spectrum Healthcare Partners) 2018	2:42.3

Name	Age	Team	Time	Pts.
1 Mary Pardi	53	Unum	2:44.3	10
2 Tina Meserve	55	ReVision Energy	3:02.6	8
3 Heidi Nagel	59	Texas Instruments	3:47.7	6
4 Beth Andersen	51	South Portland	4:10.4	5

800m RUN			VETERAN RECORD	
W60-69			Joan Lavin (Unum) 2008	3:19.8

Name	Age	Team	Time	Pts.
1 Vonnice Howard	60	Texas Instruments	3:36.0	10
2 Kim Coombs	65	South Portland	3:37.8	8

1600m RUN			OPEN RECORD	
W18-29			Jennifer Rolfe (SD Warren) 1990	5:07.2

Name	Age	Team	Time	Pts.
1 Tori Parkinson	27	Texas Instruments	5:24.8	10
2 Sadie Skinner	18	Bath Iron Works	6:25.0	8
3 Lena Wood	19	MaineHealth	7:17.5	6

1600m RUN			SUBMASTER RECORD	
W30-39			Kristin Barry (Pierce Atwood) 2005	5:04.4

Name	Age	Team	Time	Pts.
1 Katie Mauro	30	MaineHealth	6:05.3	10
2 Edna Amaya	39	L.L. Bean	6:51.9	8
3 Kate Foley	36	South Portland	8:27.1	6

1600m RUN			MASTER RECORD	
W40-49			Gayla Underkoffer (Unum) 2002	5:19.0

Name	Age	Team	Time	Pts.
1 Julie Rembold	42	Texas Instruments	5:48.3	10
2 Becky Angeles	45	Texas Instruments	6:30.4	8
3 Lauren Austin	41	Unum	6:38.5	6
4 Sheree Jackson	42	IDEXX Laboratories	7:19.1	5
5 Laura Mauldin	45	South Portland	7:34.6	4

6 Sherri Wakeling	47	MaineHealth	8:00.2	3
7 Deborah Vasalle	48	South Portland	11:31.4	2

1600m RUN			SENIOR RECORD	
			Denise Curry (Spectrum Healthcare Partners) 2018	5:58.3
W50-59			Rosalea Kimball (unattached) 2022	5:57.8
Name	Age	Team	Time	Pts.
1 Mary Pardi	53	Unum	5:51.7	10
2 Tina Meserve	55	ReVision Energy	6:37.1	8
3 Heidi Nagel	59	Texas Instruments	8:12.4	6

1600m RUN			VETERAN RECORD	
W60-69			Joan Lavin (Unum) 2008	7:18.0
Name	Age	Team	Time	Pts.
1 Kim Coombs	65	South Portland	8:08.0	10

5k ROAD RACE			OPEN RECORD	
W18-29			Beth Parker (ABCBS) 2003	18:41.0
Name	Age	Team	Time	Pts.
1 Tori Parkinson	27	Texas Instruments	17:07.0	10
2 Kali McGown	27	IDEXX Laboratories	19:46.0	8
3 Sadie Skinner	18	Bath Iron Works	21:57.0	6
4 Bailey D'Antonio	26	MaineHealth	23:19.0	5
5 Krista Marble	26	Unum	24:04.0	4
6 Katie Quinn	27	Texas Instruments	24:05.0	3
7 Olivia Nishi	28	MaineHealth	24:23.0	2
8 Lena Wood	19	MaineHealth	24:46.0	1

5k ROAD RACE			SUBMASTER RECORD	
W30-39			Gayla Underkoffer (Unum) 2003	17:14.0
Name	Age	Team	Time	Pts.
1 Evelyn Roach	35	MaineHealth	20:59.0	10
2 Leah Beran	32	L.L. Bean	23:47.0	8
3 Kayla Morong	32	L.L. Bean	24:52.0	6
4 Hazel Koziol	31	South Portland	25:11.0	5
5 Kate Durkin	36	ReVision Energy	30:04.0	4
6 Kate Foley	36	South Portland	30:04.5	3

5k ROAD RACE			MASTER RECORD	
W40-49			Christine Irish (MaineHealth) 2015	18:16.2
Name	Age	Team	Time	Pts.
1 Julie Rembold	42	Texas Instruments	19:03.0	10
2 Becky Angeles	45	Texas Instruments	20:57.0	8
3 Jessie Lemieux	40	South Portland	22:12.0	6
4 Sheree Jackson	42	IDEXX Laboratories	24:48.0	5
5 Sherri Wakeling	47	MaineHealth	26:01.0	4
6 Tamara Schwartz	49	MaineHealth	26:47.0	3
7 Barbara Fletcher	47	South Portland	29:20.0	2
8 Stacy Morin	49	South Portland	31:58.0	1

5k ROAD RACE			SENIOR RECORD	
W50-59			Denise Curry (Spectrum Healthcare Partners) 2018	20:02.9
Name	Age	Team	Time	Pts.
1 Mary Pardi	53	Unum	19:08.0	10
2 Heidi Nagel	59	Texas Instruments	29:24.0	8
3 Myra Caron	52	South Portland	35:48.0	6

5k ROAD RACE			VETERAN RECORD	
W60-69			Beth Birch (Unum) 1993 23:23.0	
Name	Age	Team	Time	Pts.
1 Erin Dawson-Chalet	62	MaineHealth	21:08.0	10
2 Val Sears	63	South Portland	29:04.0	8
3 Laura Melendez	69	Texas Instruments	36:28.0	6

4x100m RELAY			OPEN RECORD	
W18-29			Unum (Marie Brume, Sandra Chasse, Valerie Langmaid, Sam Kane) 1991 54.0	
Team			Time	Pts.
1 IDEXX Laboratories		Krista Newell, Kristy Bishop, Kendra Kukulski, Anna Whitaker	1:03.2	10
2 South Portland		Rachel Wilkinson, Jordyn Hulsey, Danica Gleason, Emily Way	1:06.7	8
3 MaineHealth		Katie Mauro, Natalie Nowatzke, Lena Wood, Jessica Faraci	1:08.4	6
4 Unum		Krista Marble, Trish Shorey, Alice McAvoy, April Fournier	1:12.9	5

4x100m RELAY			SUBMASTER RECORD	
W30-39			Unum (Sam Kane, Denise Goodwin, Stephanie Robichaud, JoAnna Dalton) 1997 56.5	
Team			Time	Pts.
1 South Portland		Julie Lefebvre, Kate Foley, Cassandra Tilley, Stacy Morin	1:21.8	10

4x100m RELAY			MASTER RECORD	
W40-49			MaineHealth (Jane Foley, Barbara Lavallee, Blue Butterfield, Sue McCarthy) 2014 59.0	
Team			Time	Pts.
1 MaineHealth		Tamara Schwartz, Barbara LaVallee, Miranda Derenburger, Sherri Wakeling	1:10.1	10
2 Unum		Sam Kane, Lauren Austin, Lisa Latno, Mary Pardi	1:12.0	8
3 South Portland		Heather Johnson, Laura Mauldin, Jennifer Grasso, Kari Voelker	1:13.6	6

4x100m RELAY			SENIOR RECORD	
W50-59			Unum (Kim Williams, Sue Gormley, Judy Hairsine, Lisa Latno) 2011 1:13.4	
Team			Time	Pts.
1 Texas Instruments		Heidi Nagel, Mariquita Gordon, Beth Michalak, Vonnie Howard	1:15.7	10
2 South Portland		Deb Marcoux, Kathy DiPhilippo, Karen Reardon, Beth Andersen	1:24.4	8

4x400m RELAY			OPEN RECORD	
W18-29			Unum 1990 4:30.0	
Team			Time	Pts.
1 South Portland		Jordyn Hulsey, Emily Way, Rachel Wilkinson, Kari Voelker	6:22.7	10

4x400m RELAY			SUBMASTER RECORD	
W30-39			Maine Health (Sheri Piers, Blue Butterfield, Beth Kelsh, Kristin Barry) 2007 4:49.2	
Team			Time	Pts.
1 ReVision Energy		Tina Meserve, Sarah Clifford, Kate Durkin, Tess Jacquez	5:38.2	10

4x400m RELAY			MASTER RECORD	
W40-49			Unum (Lisa Latno, Lorna Damren, Sarah Marble, Sam Kane) 2010	4:57.8

Team		Time	Pts.
1 South Portland	Hollie Corbett, Rachael Furbush, Laura Mauldin, Jennifer Grasso	6:13.1	10

SHOT PUT			OPEN RECORD	
M18-29			Matthew Brown (BIW) 2010	56' 4¾"

Name	Age	Team	Distance	Pts.
1 William Carrolton	21	unattached	43 - 10	x
2 Joseph Minard	25	MaineHealth	34 - 00	10
3 Matt Kimball	28	Unum	30 - 06	8
4 Will Lynch	29	Unum	30 - 01	6
5 Brian Way	25	South Portland	28 - 00	5
6 Nathan Henry	22	Bangor Savings Bank	27 - 01	4
7 Matt Wagner	27	Texas Instruments	24 - 07	3
8 Tom DiPhilippo	20	South Portland	23 - 01	2
9 Brandon Richards	29	Bath Iron Works	20 - 06	1
10 Augustine Martel	24	South Portland	20 - 00	

SHOT PUT			SUBMASTER RECORD	
M30-39			Matthew Brown (BIW) 2013	51' 7½"

Name	Age	Team	Distance	Pts.
1 Greg Norton	38	South Portland	38 - 02	10
2 Brian Guillerault	37	South Portland	33 - 07	8
3 Josh Mimmovich	38	IDEXX Laboratories	31 - 09.75	6
4 John Bumgardner	35	ReVision Energy	29 - 02.25	5
5 Josh Viola	34	South Portland	26 - 09	4
6 Sayad Moudachirou	39	Bath Iron Works	25 - 04	3
7 Andrew Mockler	32	Saco & Biddeford Savings	25 - 02	2
8 Dustin Sleight	39	IDEXX Laboratories	24 - 10	1
9 Julien Kabla	38	unattached	20 - 02	
10 Timothy Daigle	35	MaineHealth	18 - 04	

SHOT PUT			MASTER RECORD	
M40-49			Mike Snyder (BIW) 2000	44' 4"

Name	Age	Team	Distance	Pts.
1 Drew Hews	44	South Portland	33 - 02	10
2 Jim Hews	48	South Portland	32 - 07	8

SHOT PUT			SENIOR RECORD	
M50-59			Mike Snyder (BIW) 2012	42' 0"

Name	Age	Team	Distance	Pts.
1 Steve Rothwell	50	Texas Instruments	38 - 07	10
2 Michael Martin	53	Unum	35 - 08.25	8
3 Tim Meyer	50	MaineHealth	32 - 08.5	6
4 Jeff Breece	56	Unum	27 - 10.5	5
5 John Fortin	58	L.L. Bean	27 - 09	4
6 Kevin Way Vahnggh	53	South Portland	27 - 00	3
7 Skip Sullivan	50	South Portland	20 - 06.5	2

SHOT PUT			VETERAN RECORD	
M60-69			Mike Snyder (BIW) 2018	41' 2"

Name	Age	Team	Distance	Pts.
1 Mike Hansen	67	Bath Iron Works	36 - 10	10
2 Mike Snyder	64	Bath Iron Works	35 - 00	8
3 Bill Stevens	61	Bath Iron Works	32 - 00	6
4 David Tucker	61	Texas Instruments	31 - 10.5	5
5 Alex Szczapa	60	Texas Instruments	30 - 03.5	4
6 Gregory Kellough	63	MaineHealth	27 - 01	3
7 Kurt Hebert	60	South Portland	27 - 00.5	2
8 Brian Boyle	62	Bath Iron Works	19 - 08	1

SHOT PUT	BRONZE VETERAN RECORD
M70-79	Joe Carlozzi (USM) 2007 40' 2½"

Name	Age	Team	Distance	Pts.
1 Steve Mantis	72	South Portland	24 - 06	10

SHOT PUT	SILVER VETERAN RECORD
M80-89	Joe Carlozzi (Unum) 2016 35' 5"

Name	Age	Team	Distance	Pts.
1 Joe Carlozzi	86	Unum	29 - 03	10
2 Carl Comstock	84	Unum	11 - 07	8

SHOT PUT	GOLD VETERAN RECORD
M90-99	vacant

1 Edward Snyder	90	Bath Iron Works	20 - 08	10
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DISCUS	OPEN RECORD
M18-29	Matthew Brown (BIW) 2010 152' 5"

Name	Age	Team	Distance	Pts.
1 William Carrolton	21	unattached	149 - 04	x
2 Joseph Minard	25	MaineHealth	87 - 09	10
3 Darryl Wilkinson	28	South Portland	78 - 09	8
4 Will Lynch	29	Unum	66 - 05	6
5 Tom DiPhilippo	20	South Portland	58 - 06	5
6 Oscar Sullivan	20	South Portland	44 - 05	4

DISCUS	SUBMASTER RECORD
M30-39	Jeff Amos (TD Bank) 2009, Matthew Brown (BIW) 2014 150' 11"

Name	Age	Team	Distance	Pts.
1 Brian Guillerault	37	South Portland	106 - 01	10
2 Josh Mimmovich	38	IDEXX Laboratories	102 - 06	8
3 Greg Norton	38	South Portland	89 - 02	6
4 Adam Mumm	37	Unum	89 - 00	5
5 Skyler Horrigan	32	South Portland	74 - 06	4
6 Kevin Hardison	38	Unum	69 - 05	3
7 Timothy Daigle	35	MaineHealth	44 - 04	2

DISCUS	MASTER RECORD
M40-49	Jeff Amos (TD Bank) 2016 136' 3"

Name	Age	Team	Distance	Pts.
1 David Kahill	47	South Portland	104 - 07	10
2 Jim Hews	48	South Portland	100 - 07	8
3 Drew Hews	44	South Portland	83 - 07	6

DISCUS	SENIOR RECORD
M50-59	Peter Serunian (Anthem) 2009 139' 0"
	Kevin Pagnano (unattached) 2019 143' 5"

Name	Age	Team	Distance	Pts.
1 Michael Martin	53	Unum	102 - 09	10
2 Kevin Way Vahngh	53	South Portland	81 - 05	8
3 Tim Meyer	50	MaineHealth	80 - 08	6
4 Steve Rothwell	50	Texas Instruments	79 - 10	5
5 Christopher Eastman	58	Bath Iron Works	60 - 10	4
6 Jeffrey Schwartz	50	MaineHealth	52 - 00	3
7 Skip Sullivan	50	South Portland	35 - 07	2

DISCUS	VETERAN RECORD
M60-69	Dave MacMillan (Pierce Atwood) 2006 145' 3"

Name	Age	Team	Distance	Pts.
1 Bill Stevens	61	Bath Iron Works	122 - 09	10
2 Mike Hansen	67	Bath Iron Works	116 - 06	8
3 Mike Snyder	64	Bath Iron Works	101 - 01	6
4 Kevin Wilson	63	Bath Iron Works	89 - 09	5
5 Bill Small	67	Bath Iron Works	64 - 11	4
6 Kurt Hebert	60	South Portland	63 - 03	3
7 Brian Boyle	62	Bath Iron Works	61 - 03	2

DISCUS	BRONZE VETERAN RECORD
M70-79	Jim Rothrock (IDEXX) 2007 123' 4"

Name	Age	Team	Distance	Pts.
1 Steve Mantis	72	South Portland	84 - 07	10

DISCUS	SILVER VETERAN RECORD
M80-89	Joe Carlozzi (Unum) 2017 95' 1"

Name	Age	Team	Distance	Pts.
1 Joe Carlozzi	86	Unum	74 - 09	10
2 Carl Comstock	84	Unum	33 - 02	8

DISCUS	GOLD VETERAN RECORD
M90-99	vacant

Name	Age	Team	Distance	Pts.
1 Edward Snyder	90	Bath Iron Works	36 - 03	10

TURBO JAV	OPEN RECORD
M18-29	Jack Fellows (Unum) 2017 150' 1"
	Will Merchant (unattached) 2021 156' 6"

Name	Age	Team	Distance	Pts.
1 Donovan Robillard	22	Unum	118 - 09	10
2 Devin Hoskins	22	Texas Instruments	108 - 06	8
3 Aaron Barrera	26	Texas Instruments	95 - 01	6
4 Matt Kimball	28	Unum	85 - 04	5
5 Drew Wyman	27	ReVision Energy	79 - 06	4
6 Darryl Wilkinson	28	South Portland	77 - 03	3
7 Brandon Richards	29	Bath Iron Works	76 - 11	2
8 Eric Lane	23	Unum	69 - 06	1
9 Matt Wagner	27	Texas Instruments	66 - 10	
10 Tom DiPhilippo	20	South Portland	57 - 04	
11 Joseph Minard	25	MaineHealth	54 - 06	

TURBO JAV	SUBMASTER RECORD
M30-39	Alex Jenkins (Unum) 2015 149' 7"

Name	Age	Team	Distance	Pts.
1 Adam Mumm	37	Unum	133 - 03	10

2 Brian Guillerault	37	South Portland	98 - 01	8
3 Zacharie Boyce	37	Unum	86 - 01	6
4 Kevin Hardison	38	Unum	85 - 00	5
5 Dustin Sleight	39	IDEXX Laboratories	84 - 04	4
6 Sean Simard	37	L.L. Bean	84 - 03	3
7 John Mondor	33	Saco & Biddeford Savings	80 - 00	2
8 Domenic Cardamome	37	Unum	78 - 04	1
9 Sean Broussard	34	ReVision Energy	75 - 00	
10 John Bumgardner	35	ReVision Energy	69 - 08	
11 Greg Norton	38	South Portland	66 - 07	
12 Matthew Oates	39	Unum	59 - 08	
13 Timothy Daigle	35	MaineHealth	56 - 00	
14 Sam Stolkner	34	TD Bank	50 - 07	

TURBO JAV	MASTER RECORD
M40-49	Matthew Green (South Portland) 2010 139' 4"

Name	Age	Team	Distance	Pts.
1 David Kahill	47	South Portland	133 - 00	10
2 Darren Winchenbach	41	Unum	108 - 10	8
3 Jim Hews	48	South Portland	84 - 00	6
4 Mike Chase	47	South Portland	83 - 07	5
5 Drew Hews	44	South Portland	79 - 10	4
6 Joe Pagano	43	ReVision Energy	71 - 02	3

TURBO JAV	SENIOR RECORD
M50-59	Mark Poirier (MaineHealth) 2014 135' 1"

Name	Age	Team	Distance	Pts.
1 Matthew Green	52	South Portland	107 - 01	10
2 David Voelker	51	South Portland	92 - 09	8
3 Joe Connors	52	South Portland	90 - 03	6
4 Jeffrey Schwartz	50	MaineHealth	88 - 08	5
5 Paul Lefebvre	52	South Portland	87 - 03	4
6 Andrew Wallace	50	South Portland	81 - 06	3
7 Keith Johnson	51	Texas Instruments	67 - 10	2
8 Tim Meyer	50	MaineHealth	63 - 09	1
9 John Boucher	59	Saco & Biddeford Savings	58 - 05	

TURBO JAV	VETERAN RECORD
M60-69	Frank Arsenault (South Portland) 2012 108' 1"

Name	Age	Team	Distance	Pts.
1 Bill Stevens	61	Bath Iron Works	93 - 02	10
2 David Tucker	61	Texas Instruments	83 - 11	8
3 Kevin Wilson	63	Bath Iron Works	73 - 00	6
4 Mike Snyder	64	Bath Iron Works	71 - 00	5
5 Jonathan Zuckerman	61	MaineHealth	63 - 02	4
6 Brian Boyle	62	Bath Iron Works	58 - 05	3
7 Kurt Hebert	60	South Portland	54 - 09	2
8 Pat Bosshart	69	Texas Instruments	52 - 03	1

TURBO JAV	BRONZE VETERAN RECORD
M70-79	Jim Rothrock (IDEXX) 2008 100' 2"

Name	Age	Team	Distance	Pts.
1 Mike Towle	74	South Portland	64 - 02	10
2 Steve Mantis	72	South Portland	51 - 00	8

TURBO JAV	SILVER VETERAN RECORD
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M80-89			Jim Rothrock (IDEXX) 2013	86' 6"
Name	Age	Team	Distance	Pts.
1 Rio King	80	Texas Instruments	55 - 04	10
2 Joe Carlozzi	86	Unum	47 - 11	8

TURBO JAV			GOLD VETERAN RECORD	
M90-99			vacant	
Name	Age	Team	Distance	Pts.
1 Edward Snyder	90	Bath Iron Works	36 - 03	10

HIGH JUMP			OPEN RECORD	
M18-29			Jeremy Link (South Portland) 1996	6' 6¼ "
Name	Age	Team	Height	Pts.
1 Darryl Wilkinson	28	South Portland	5 - 00	10
2 Chris Walton	18	Saco & Biddeford Savings	5 - 00	8
3 Tyler Bernier	25	IDEXX Laboratories	4 - 10	6
4 Oscar Sullivan	20	South Portland	4 - 02	5
Aaron Barrera	26	Texas Instruments	NH	

HIGH JUMP			SUBMASTER RECORD	
M30-39			Art Henson (Anthem) 2001	6' 7"
Name	Age	Team	Height	Pts.
1 Sayad Moudachirou	39	Bath Iron Works	4 - 10	10
2 John Mondor	33	Saco & Biddeford Savings	4 - 10	8
3 Josh Viola	34	South Portland	4 - 02	6
4 Patrick Decker	31	Unum	4 - 02	5
5 Joel Alder	33	ReVision Energy	4 - 00	4

HIGH JUMP			MASTER RECORD	
M40-49			Dan Lavallee (MaineHealth) 2007	5' 9"
Name	Age	Team	Height	Pts.
1 Bob Lamb	47	South Portland	4 - 06	10
2 John MacDonald	45	Bath Iron Works	4 - 04	8
3 Shawn Walton	48	Saco & Biddeford Savings	4 - 04	6
4 Scott Abbott	42	Unum	4 - 00	5
5 Mike Chase	47	South Portland	3 - 10	4
6 Sean Maggs	47	Unum	3 - 08	3
7 Jim Hews	48	South Portland	3 - 06	2
8 Matthew Gildart	45	Bath Iron Works	3 - 00	1

HIGH JUMP			SENIOR RECORD	
M50-59			Mark Poirier (MaineHealth) 2014, Dan Lavallee (MaineHealth) 2016	5' 2"
Name	Age	Team	Height	Pts.
1 Andrew Wallace	50	South Portland	4 - 06	10
2 Rich Doyon	51	Texas Instruments	4 - 04	8
3 Jeff Breece	56	Unum	4 - 02	6
4 John Boucher	59	Saco & Biddeford Savings	4 - 00	5
5 Matthew Green	52	South Portland	4 - 00	4
6 Elliott Cumming	51	Bath Iron Works	3 - 00	3

HIGH JUMP			VETERAN RECORD	
M60-69			Larry Dearborn (BIW) 2003, David Tucker (Texas Instruments) 2021	4' 6"
Name	Age	Team	Height	Pts.
1 David Tucker	61	Texas Instruments	4 - 06	10
2 Russ Haschke	67	Texas Instruments	4 - 04	8
3 Mike Snyder	64	Bath Iron Works	4 - 02	6

4	Bill Stevens	61	Bath Iron Works	4 - 00	5
5	Gene Kirkpatrick	69	unattached	3 - 10	x
6	Jim Bailinson	63	MaineHealth	3 - 06	4
7	Bill Small	67	Bath Iron Works	3 - 04	3

HIGH JUMP	BRONZE VETERAN RECORD
M70-79	Joe Carlozzi (USM) 2006 4' 0"

Name	Age	Team	Height	Pts.
1 Paul Mondor	72	Saco & Biddeford Savings	3 - 06	10
2 Art Cunningham	77	MaineHealth	3 - 04	8

HIGH JUMP	SILVER VETERAN RECORD
M80-89	Joe Carlozzi (Unum) 2017 3' 6"

Name	Age	Team	Height	Pts.
1 Rio King	80	Texas Instruments	3 - 08	10
2 Joe Carlozzi	86	Unum	3 - 00	8

LONG JUMP	OPEN RECORD
M18-29	Trey Gadbois (Portland) 2006 21' 10½" Jeremy Bissell (unattached) 2019 22' 6½"

Name	Age	Team	Distance	Pts.
1 Aaron Barrera	26	Texas Instruments	16 - 09	10
2 Darryl Wilkinson	28	South Portland	16 - 08.75	8
3 Colin Tippet	19	Saco & Biddeford Savings	16 - 00.5	6
4 Will Lynch	29	Unum	13 - 07	5
5 Peter Martin	21	Unum	13 - 02	4
6 Tyler Bernier	25	IDEXX Laboratories	12 - 08	3
7 Lucas Lefebvre	18	South Portland	12 - 02.5	2
8 Oscar Sullivan	20	South Portland	9 - 01	1

LONG JUMP	SUBMASTER RECORD
M30-39	Art Henson (Anthem) 2001 21' 1"

Name	Age	Team	Distance	Pts.
1 John Mondor	33	Saco & Biddeford Savings	16 - 00.25	10
2 Sayad Moudachirou	39	Bath Iron Works	15 - 02	8
3 Kevin Hardison	38	Unum	13 - 03	6
4 Julien Kabla	38	unattached	13 - 02.25	x
5 Sean Simard	37	L.L. Bean	11 - 07.25	5
6 John Bumgardner	35	ReVision Energy	11 - 05.5	4
7 Matthew Oates	39	Unum	8 - 08.5	3

LONG JUMP	MASTER RECORD
M40-49	Dan Lavallee (MaineHealth) 2009 18' 5" James Taylor (unattached) 2021 18' 5½"

Name	Age	Team	Distance	Pts.
1 Adam Soule	40	MaineHealth	15 - 06.5	10
2 David Kahill	47	South Portland	15 - 03.5	8
3 Darren Winchenbach	41	Unum	13 - 05	6
4 Bob Lamb	47	South Portland	13 - 02.5	5
5 John MacDonald	45	Bath Iron Works	10 - 07.5	4
6 Joe Pagano	43	ReVision Energy	10 - 04	3
7 Shawn Walton	48	Saco & Biddeford Savings	10 - 02	2
8 Sean Maggs	47	Unum	8 - 08	1

LONG JUMP	SENIOR RECORD
M50-59	Willis (Boise Cascade) 1989 17' 5"

Name	Age	Team	Distance	Pts.
1 Andrew Wallace	50	South Portland	13 - 04	10
2 Rich Doyon	51	Texas Instruments	12 - 08	8
3 Tim Meyer	50	MaineHealth	11 - 09.5	6
4 Elliott Cumming	51	Bath Iron Works	10 - 09	5
5 Joe Connors	52	South Portland	10 - 09	4
6 Paul Lefebvre	52	South Portland	9 - 08.25	3
7 Christopher Eastman	58	Bath Iron Works	9 - 05.5	2
8 Jeff Breece	56	Unum	9 - 04.25	1

LONG JUMP	VETERAN RECORD
M60-69	Jim Comeau (BIW) 2006 14' 2"

Name	Age	Team	Distance	Pts.
1 Russ Haschke	67	Texas Instruments	11 - 07.75	10
2 Kevin Wilson	63	Bath Iron Works	10 - 06.5	8
3 Bill Small	67	Bath Iron Works	9 - 10	6
4 Jim Bailinson	63	MaineHealth	8 - 10	5
5 Kurt Hebert	60	South Portland	8 - 01	4
6 Brian Boyle	62	Bath Iron Works	7 - 03.5	3
7 Mike Snyder	64	Bath Iron Works	6 - 07.75	2

LONG JUMP	BRONZE VETERAN RECORD
M70-79	Bill Lavallee (MaineHealth) 2014 12' 0"

Name	Age	Team	Distance	Pts.
1 Mike Towle	74	South Portland	8 - 04	10
2 Art Cunningham	77	MaineHealth	7 - 02	8
3 Steve Mantis	72	South Portland	6 - 05	6
4 Paul Mondor	72	Saco & Biddeford Savings	6 - 04	5

LONG JUMP	SILVER VETERAN RECORD
M80-89	Jerry LeVasseur (BIW) 2017 8' 5½"

Name	Age	Team	Distance	Pts.
1 Joe Carlozzi	86	Unum	5 - 11	10

55m HURDLES	OPEN RECORD
M18-29	David Hardison (Unum) 2016 7.1

Name	Age	Team	Time	Pts.
1 Carson Blake	18	South Portland	8.2	10
2 Tyler Bernier	25	IDEXX Laboratories	9.2	8
3 Cody Corbett	22	South Portland	10.7	6

55m HURDLES	SUBMASTER RECORD
M30-39	Jason Soule (MaineHealth) 2019 7.7

Name	Age	Team	Time	Pts.
1 Patrick Decker	31	Unum	8.7	10
2 John Mondor	33	Saco & Biddeford Savings	9.4	8
3 Josh Viola	34	South Portland	9.7	6
4 Sean Broussard	34	ReVision Energy	10.1	5

55m HURDLES	MASTER RECORD
M40-49	Dan Lavallee (MaineHealth) 2009, James Taylor (unattached) 2021 7.9

Name	Age	Team	Time	Pts.
1 Adam Soule	40	MaineHealth	8.2	10
2 David Kahill	47	South Portland	8.7	8
3 Mike Chase	47	South Portland	9.9	6
4 Shawn Walton	48	Saco & Biddeford Savings	10.1	5

55m HURDLES				SENIOR RECORD	
M50-59				Dan Lavallee (MaineHealth) 2016	8.5
Name	Age	Team	Time	Pts.	
1 Rich Doyon	51	Texas Instruments	10.5	10	
2 Matthew Green	52	South Portland	11.9	8	
3 Paul Lefebvre	52	South Portland	12.4	6	
4 John Boucher	59	Saco & Biddeford Savings	16.2	5	
55m HURDLES				VETERAN RECORD	
M60-69				Tex Haeuser (South Portland) 2013	10.5
Name	Age	Team	Time	Pts.	
1 Mike Elliot	62	Texas Instruments	11.1	10	
2 Kevin Wilson	63	Bath Iron Works	12.7	8	
3 Russ Haschke	67	Texas Instruments	14.2	6	
55m HURDLES				BRONZE VETERAN RECORD	
M70-79				Bill Lavallee (MaineHealth) 2012	11.6
Name	Age	Team	Time	Pts.	
1 Art Cunningham	77	MaineHealth	22.2	10	
100m DASH				OPEN RECORD	
M18-29				Duke Yeboah (Unum) 1989	10.9
Name	Age	Team	Time	Pts.	
1 Jaylen White	20	unattached	11.5	x	
2 Lucas Lefebvre	18	South Portland	11.9	10	
3 Colin Tippet	19	Saco & Biddeford Savings	12.1	8	
4 Victor Wakelin	24	Unum	12.2	6	
5 Peter Martin	21	Unum	12.2	5	
6 Matt Kimball	28	Unum	12.3	4	
7 Eric Lane	23	Unum	12.7	3	
8 Adam Mangiafico	26	South Portland	12.9	2	
9 Brian Way	25	South Portland	13.3	1	
10 Mohamed Fdal	28	unattached	13.4	x	
11 Ben Cooley	25	unattached	13.5		
12 Paul Dube	26	Texas Instruments	14.0		
13 Augustine Martel	24	South Portland	16.7		
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100m DASH				SUBMASTER RECORD	
M30-39				Kevin Russell (TD Bank) 2006	10.9
Name	Age	Team	Time	Pts.	
1 Alan Mann	32	IDEXX Laboratories	11.6	10	
2 Adam Mumm	37	Unum	12.1	8	
3 Jon Forbes	37	MaineHealth	12.6	6	
4 Skyler Horrigan	32	South Portland	12.8	5	
5 Patrick Decker	31	Unum	13.0	4	
6 Josh Viola	34	South Portland	13.2	3	
7 Zachary Tooker	31	South Portland	13.9	2	
8 Daniel Pierce	37	L.L. Bean	14.0	1	
9 Sean Simard	37	L.L. Bean	14.8		
10 Jonathan Hinman	35	L.L. Bean	15.4		
11 Brian Ballute	36	Saco & Biddeford Savings	16.4		
100m DASH				MASTER RECORD	
M40-49				Rohan Stuart (Portland) 2005	11.6

Name	Age	Team	Time	Pts.
1 Adam Soule	40	MaineHealth	12.7	10
2 Kyle Cunningham	43	MaineHealth	12.9	8
3 Ward Boudreau	47	L.L. Bean	13.0	6
4 Ryan Hart	45	Texas Instruments	13.6	5
5 Drew Hews	44	South Portland	14.8	4
6 Mike Chase	47	South Portland	14.9	3

100m DASH	SENIOR RECORD
M50-59	Clint Merrill (BIW) 1998 12.0

Name	Age	Team	Time	Pts.
1 Eric Evans	54	Unum	13.2	10
2 Steve Boedeker	53	Texas Instruments	13.3	8
3 Rich Doyon	51	Texas Instruments	13.4	6
4 Andrew Wallace	50	South Portland	13.7	5
5 Michael Martin	53	Unum	15.0	4
6 Steve Howe	50	L.L. Bean	15.2	3
7 John Fortin	58	L.L. Bean	15.6	2
8 Christopher Eastman	58	Bath Iron Works	15.8	1
9 Jeff Breece	56	Unum	16.6	
10 Kevin Way Vahng	53	South Portland	18.9	
11 David Levine	51	IDEXX Laboratories	19.6	

100m DASH	VETERAN RECORD
M60-69	Clint Merrill (BIW) 2009 13.0

Name	Age	Team	Time	Pts.
1 Paul Westbrook	62	Texas Instruments	14.2	10
2 Alex Szczapa	60	Texas Instruments	14.2	8
3 Bill Small	67	Bath Iron Works	14.5	6
4 Russ Haschke	67	Texas Instruments	15.0	5
5 Kevin Wilson	63	Bath Iron Works	15.0	4
6 Jim Bailinson	63	MaineHealth	16.7	3

100m DASH	BRONZE VETERAN RECORD
M70-79	Clint Merrill (BIW) 2018 15.2
	Derry Rundlett (unattached) 2016 14.5

Name	Age	Team	Time	Pts.
1 Duncan Stout	76	unattached	16.6	x
2 Derry Rundlett	76	unattached	16.7	x
3 Paul Mondor	72	Saco & Biddeford Savings	20.0	10
4 Gene Corbett	76	South Portland	20.6	8
5 David Young	70	L.L. Bean	22.4	6
6 Art Cunningham	77	MaineHealth	22.6	5

100m DASH	SILVER VETERAN RECORD
M80-89	Jerry LeVasseur (BIW) 2017 18.8

Name	Age	Team	Time	Pts.
1 Carl Comstock	84	Unum	22.1	10

100m DASH	GOLD VETERAN RECORD
M90-99	vacant

Name	Age	Team	Time	Pts.
1 Edward Snyder	90	Bath Iron Works	29.7	10

200m DASH	OPEN RECORD
M18-29	Jason Soule (A-BEST) 2009 22.8

Name	Age	Team	Time	Pts.
1 Jaylen White	20	unattached	24.4	x
2 Colin Tippet	19	Saco & Biddeford Savings	25.2	10
3 Aaron Barrera	26	Texas Instruments	25.4	8
4 Lucas Lefebvre	18	South Portland	25.5	6
5 Owen Bean	20	South Portland	25.7	5
6 Peter Martin	21	Unum	26.0	4
7 Carson Blake	18	South Portland	26.1	3
8 Eric Lane	23	Unum	26.2	2
9 Adam Mangiafico	26	South Portland	26.6	1
10 Mohamed Fdal	28	unattached	28.0	
11 Ben Cooley	25	unattached	28.2	
12 Bilal Hussein	22	Unum	30.6	

200m DASH	SUBMASTER RECORD
M30-39	Kevin Russell (TD Bank) 2008 23.1

Name	Age	Team	Time	Pts.
1 Alan Mann	32	IDEXX Laboratories	23.6	10
2 Adam Mumm	37	Unum	25.3	8
3 Jon Forbes	37	MaineHealth	25.4	6
4 Brian Guillerault	37	South Portland	29.9	5
5 Skyler Horrigan	32	South Portland	31.0	4

200m DASH	MASTER RECORD
M40-49	Rohan Stuart (Portland) 2006 23.5

Name	Age	Team	Time	Pts.
1 Adam Soule	40	MaineHealth	26.7	10
2 Ward Boudreu	47	L.L. Bean	27.1	8
3 Darren Winchenbach	41	Unum	27.9	6
4 Kyle Cunningham	43	MaineHealth	28.1	5
5 Ryan Hart	45	Texas Instruments	29.0	4
6 Scott Abbott	42	Unum	32.0	3
7 Matthew Gildart	45	Bath Iron Works	37.0	2

200m DASH	SENIOR RECORD
M50-59	Clint Merrill (BIW) 1998 25.5

Name	Age	Team	Time	Pts.
1 Steve Boedeker	53	Texas Instruments	27.4	10
2 Eric Evans	54	Unum	27.5	8
3 Rich Doyon	51	Texas Instruments	28.2	6
4 Joe Connors	52	South Portland	31.0	5
5 Michael Martin	53	Unum	32.4	4
6 John Fortin	58	L.L. Bean	35.7	3
7 Paul Lefebvre	52	South Portland	36.8	2
8 David Levine	51	IDEXX Laboratories	44.7	1

200m DASH	VETERAN RECORD
M60-69	Clint Merrill (BIW) 2009 27.6

Name	Age	Team	Time	Pts.
1 Mike Elliot	62	Texas Instruments	30.9	10
2 Paul Westbrook	62	Texas Instruments	31.8	8
3 Russ Haschke	67	Texas Instruments	32.0	6
4 Jim Bailinson	63	MaineHealth	38.5	5

200m DASH	BRONZE VETERAN RECORD
M70-79	Dick Camp (L.L. Bean) 2006 27.8

Name	Age	Team	Time	Pts.
1 Duncan Stout	76	unattached	35.6	x
2 Derry Rundlett	76	unattached	36.7	x
3 Paul Mondor	72	Saco & Biddeford Savings	45.3	10
4 David Young	70	L.L. Bean	47.5	8

200m DASH	SILVER VETERAN RECORD
M80-89	Jef Evans (Unum) 2018 44.1

Name	Age	Team	Time	Pts.
1 Rio King	80	Texas Instruments	40.5	10
2 Carl Comstock	84	Unum	49.7	8

400m DASH	OPEN RECORD
M18-29	Skip Edwards (Portland) 2006 50.2

Name	Age	Team	Time	Pts.
1 Carson Blake	18	South Portland	0:57.4	10
2 Will Lundquist	29	IDEXX Laboratories	0:57.7	8
3 Owen Bean	20	South Portland	0:58.0	6
4 Eric Lane	23	Unum	0:59.9	5
5 Brian Way	25	South Portland	1:00.1	4
6 Nathan Henry	22	Bangor Savings Bank	1:00.5	3
7 Lucas Lefebvre	18	South Portland	1:01.4	2
8 Victor Wakelin	24	Unum	1:01.8	1
9 Adam Mangiafico	26	South Portland	1:03.9	
10 Donovan Robillard	22	Unum	1:05.1	

400m DASH	SUBMASTER RECORD
M30-39	Mike Leding (Unum) 2004 52.5

Name	Age	Team	Time	Pts.
1 Alan Mann	32	IDEXX Laboratories	0:54.2	10
2 Jon Forbes	37	MaineHealth	1:00.5	8
3 Will Byers	36	ReVision Energy	1:04.3	6
4 Matthew Oates	39	Unum	1:06.3	5
5 Jonathan Hinman	35	L.L. Bean	1:18.0	4

400m DASH	MASTER RECORD
M40-49	Eric Evans (Unum) 2009 55.7

Name	Age	Team	Time	Pts.
1 Ward Boudreu	47	L.L. Bean	1:01.1	10
2 Matt Lunt	42	South Portland	1:04.1	8
3 Darren Winchenbach	41	Unum	1:04.7	6
4 Nathan Priest	40	Unum	1:08.3	5
5 Brian Cavanaugh	40	South Portland	1:12.5	4
6 Ben Skinner	46	Bath Iron Works	1:13.5	3
7 Scott Abbott	42	Unum	1:16.2	2
8 Sean Maggs	47	Unum	1:33.4	1

400m DASH	SENIOR RECORD
M50-59	Clint Merrill (BIW) 1998 57.6

Name	Age	Team	Time	Pts.
1 Steve Boedeker	53	Texas Instruments	1:02.6	10
2 Thomas Mauldin	51	South Portland	1:06.3	8
3 Matthew Green	52	South Portland	1:09.4	6
4 Steve Rothwell	50	Texas Instruments	1:11.8	5
5 Todd Frost	53	L.L. Bean	1:12.6	4
6 John Fortin	58	L.L. Bean	1:21.6	3

7 Elliott Cumming	51	Bath Iron Works	1:27.4	2
8 David Levine	51	IDEXX Laboratories	1:29.3	1

400m DASH			VETERAN RECORD	
M60-69			Clint Merrill (BIW) 2009	1:01.7
Name	Age	Team	Time	Pts.
1 Tom Gilman	60	IDEXX Laboratories	1:11.4	10
2 Mike Elliot	62	Texas Instruments	1:12.0	8
3 Pete Dube	60	Texas Instruments	1:14.2	6
4 Jonathan Zuckerman	61	MaineHealth	1:15.1	5
5 Pat Bosshart	69	Texas Instruments	1:27.1	4
6 Hans Brandes	64	Bath Iron Works	1:32.3	3

400m DASH			BRONZE VETERAN RECORD	
M70-79			Jef Evans (Unum) 2008	1:16.5
Name	Age	Team	Time	Pts.
1 Mike Towle	74	South Portland	1:28.9	10
2 Paul Mondor	72	Saco & Biddeford Savings	1:43.6	8
3 David Young	70	L.L. Bean	1:46.8	6
4 Art Cunningham	77	MaineHealth	1:53.9	5

400m DASH			SILVER VETERAN RECORD	
M80-89			Jerry LeVasseur (BIW) 2017, Carl Comstock (Unum) 2021	2:04.2
Name	Age	Team	Time	Pts.
1 Rio King	80	Texas Instruments	1:43.7	10
2 Carl Comstock	84	Unum	1:59.9	8

800m RUN			OPEN RECORD	
M18-29			Don Lary (Unum) 1993	1:56.0
Name	Age	Team	Time	Pts.
1 Chris Walton	18	Saco & Biddeford Savings	2:04.6	10
2 Jacob Ramos	18	TD Bank	2:05.4	8
3 Alex Boedeker	23	Texas Instruments	2:10.9	6
4 Will Lundquist	29	IDEXX Laboratories	2:18.2	5
5 Brian Way	25	South Portland	2:20.0	4
6 Devin Hoskins	22	Texas Instruments	2:25.0	3
7 Victor Wakelin	24	Unum	2:29.0	2
8 Ross Stevenson	24	MaineHealth	2:37.0	1
9 Nate McNutt	23	Texas Instruments	2:38.8	
10 Donovan Robillard	22	Unum	2:43.5	
11 Henry Izere	21	Texas Instruments	2:51.2	
12 Bilal Hussein	22	Unum	2:51.9	
13 Paul Dube	26	Texas Instruments	3:02.6	
14 Banton Heithoff	27	IDEXX Laboratories	3:42.7	

800m RUN			SUBMASTER RECORD	
M30-39			Allan Muir (Richardson & Troubh) 1993	2:00.5
Name	Age	Team	Time	Pts.
1 Zacharie Boyce	37	Unum	2:11.5	10
2 Seth Crockett	33	unattached	2:14.3	x
3 Bryan Lamoreau	35	MaineHealth	2:18.3	8
4 Sam Stolkner	34	TD Bank	2:24.0	6
5 Michael Reynolds	36	Texas Instruments	2:40.3	5
6 Will Byers	36	ReVision Energy	2:40.9	4
7 Matthew Oates	39	Unum	2:52.5	3
8 Jose Padua	38	IDEXX Laboratories	3:03.7	2

800m RUN				MASTER RECORD	
M40-49				Bob Winn (Hannaford) 2002	2:07.0

Name	Age	Team	Time	Pts.
1 Matt Lunt	42	South Portland	2:19.8	10
2 Nathan Priest	40	Unum	2:26.7	8
3 Darren Winchenbach	41	Unum	2:30.4	6
4 Ryan Hart	45	Texas Instruments	2:33.7	5
5 Ben Skinner	46	Bath Iron Works	2:43.0	4
6 Brian Cavanaugh	40	South Portland	2:48.9	3
7 Scott Abbott	42	Unum	2:53.8	2
8 Joe Pagano	43	ReVision Energy	2:56.2	1
9 John MacDonald	45	Bath Iron Works	3:10.3	
10 Sean Maggs	47	Unum	3:16.5	
11 Matthew Gildart	45	Bath Iron Works	3:24.5	

800m RUN				SENIOR RECORD	
M50-59				Tom Ryan (USM) 2006	2:10.9

Name	Age	Team	Time	Pts.
1 Todd Frost	53	L.L. Bean	2:40.4	10
2 Leo Scheidl	54	Unum	2:48.7	8
3 Keith Johnson	51	Texas Instruments	2:52.1	6
4 Elliott Cumming	51	Bath Iron Works	3:23.0	5

800m RUN				VETERAN RECORD	
M60-69				Clint Merrill (BIW) 2010	2:32.9

Name	Age	Team	Time	Pts.
1 Tom Gilman	60	IDEXX Laboratories	2:54.5	10
2 Pete Dube	60	Texas Instruments	2:55.0	8
3 Jonathan Zuckerman	61	MaineHealth	3:04.1	6
4 Hans Brandes	64	Bath Iron Works	3:17.2	5
5 Pat Bosshart	69	Texas Instruments	3:19.4	4
6 Stephen Gehrich	68	ReVision Energy	3:27.9	3
7 Brian Daly	69	South Portland	3:29.7	2

800m RUN				BRONZE VETERAN RECORD	
M70-79				Mike Towle (South Portland) 2018	3:09.9

Name	Age	Team	Time	Pts.
1 Mike Towle	74	South Portland	3:19.1	10
2 David Young	70	L.L. Bean	NT	8

800m RUN				SILVER VETERAN RECORD	
M80-89				Carl Comstock (Unum) 2018	4:31.7

Name	Age	Team	Time	Pts.
1 Rio King	80	Texas Instruments	4:06.0	10

1600m RUN				OPEN RECORD	
M18-29				Pat Tarpay (BIW) 2010	4:18.8

Name	Age	Team	Time	Pts.
1 Chris Walton	18	Saco & Biddeford Savings	4:52.0	10
2 Alex Boedeker	23	Texas Instruments	5:00.2	8
3 Will Lundquist	29	IDEXX Laboratories	5:13.7	6
4 Ross Stevenson	24	MaineHealth	5:26.2	5
5 Carson Blake	18	South Portland	5:34.7	4
6 Nate McNutt	23	Texas Instruments	5:35.0	3

1600m RUN			SUBMASTER RECORD	
M30-39			Allan Muir (Richardson & Troubh) 1989	4:23.0
Name	Age	Team	Time	Pts.
1 Zacharie Boyce	37	Unum	5:01.3	10
2 Bryan Lamoreau	35	MaineHealth	5:01.5	8
3 Seth Crockett	33	unattached	5:18.2	x
4 Sam Stolkner	34	TD Bank	5:25.3	6
5 Domenic Cardamome	37	Unum	7:03.7	5
6 Jose Padua	38	IDEXX Laboratories	7:13.4	4

1600m RUN			MASTER RECORD	
M40-49			Mike Payson (Portland) 2004	4:32.0
Name	Age	Team	Time	Pts.
1 Nathan Priest	40	Unum	5:47.6	10
2 Ryan Hart	45	Texas Instruments	6:08.1	8
3 Brian Cavanaugh	40	South Portland	6:10.2	6
4 Ben Skinner	46	Bath Iron Works	6:43.0	5

1600m RUN			SENIOR RECORD	
M50-59			Tom Ryan (USM) 2006	4:49.0
Name	Age	Team	Time	Pts.
1 Leo Scheidl	54	Unum	6:10.1	10
2 Keith Johnson	51	Texas Instruments	6:11.4	8

1600m RUN			VETERAN RECORD	
M60-69			Jim Toulouse (Unum) 2008	5:37.7
Name	Age	Team	Time	Pts.
1 Tom Gilman	60	IDEXX Laboratories	6:45.9	10
2 Pat Bosshart	69	Texas Instruments	7:32.8	8
3 Hans Brandes	64	Bath Iron Works	7:45.5	6
4 Brian Daly	69	South Portland	7:59.7	5

1600m RUN			BRONZE VETERAN RECORD	
M70-79			Mike Towle (South Portland) 2018	6:34.1
Name	Age	Team	Time	Pts.
1 Mike Towle	74	South Portland	7:37.1	10

5k ROAD RACE			OPEN RECORD	
M18-29			Pat Tarpay (BIW) 2010	14:40.3
Name	Age	Team	Time	Pts.
1 Chris Walton	18	Saco & Biddeford Savings	16:12.0	10
2 Erik Johnson	29	L.L. Bean	17:02.0	8
3 Ross Stevenson	24	MaineHealth	17:55.0	6
4 Nate McNutt	23	Texas Instruments	19:43.0	5
5 Tyler Bernier	25	IDEXX Laboratories	22:38.0	4

5k ROAD RACE			SUBMASTER RECORD	
M30-39			Robert Ashby (BIW) 1998	15:11.0
Name	Age	Team	Time	Pts.
1 Spencer McElwain	33	IDEXX Laboratories	16:08.0	10
2 Travis Kroot	33	IDEXX Laboratories	16:47.0	8
3 Bryan Lamoreau	35	MaineHealth	17:29.0	6
4 Zachary Tooker	31	South Portland	19:17.0	5
5 Will Byers	36	ReVision Energy	20:55.0	4
6 Daniel Pierce	37	L.L. Bean	21:35.0	3

7 Luke Barbour	32	ReVision Energy	21:49.0	2
8 Domenic Cardamome	37	Unum	24:00.0	1
9 Jonathan Hinman	35	L.L. Bean	25:50.0	
10 Sayad Moudachirou	39	Bath Iron Works	26:30.0	
11 John Bumgardner	35	ReVision Energy	27:20.0	

5k ROAD RACE			MASTER RECORD	
M40-49			Mike Payson (Portland) 2005	15:46.0

Name	Age	Team	Time	Pts.
1 Nathan Priest	40	Unum	17:37.0	10
2 Matt Lunt	42	South Portland	18:18.0	8
3 Brian Cavanaugh	40	South Portland	20:53.0	6
4 Ben Skinner	46	Bath Iron Works	22:52.0	5
5 Joe Pagano	43	ReVision Energy	23:16.0	4
6 Sean Maggs	47	Unum	23:42.0	3
7 John MacDonald	45	Bath Iron Works	23:58.0	2

5k ROAD RACE			SENIOR RECORD	
M50-59			Tom Ryan (USM) 2007	16:35.1

Name	Age	Team	Time	Pts.
1 Todd Frost	53	L.L. Bean	19:53.0	10
2 Keith Johnson	51	Texas Instruments	20:35.0	8
3 Steve Howe	50	L.L. Bean	21:19.0	6
4 Thomas Mauldin	51	South Portland	21:38.0	5
5 James Romer	50	TD Bank	22:32.0	4
6 John Boucher	59	Saco & Biddeford Savings	24:11.0	3
7 Elliott Cumming	51	Bath Iron Works	26:16.0	2

5k ROAD RACE			VETERAN RECORD	
M60-69			Jim Toulouse (Unum) 2008	19:05.6

Name	Age	Team	Time	Pts.
1 Tom Gilman	60	IDEXX Laboratories	24:27.0	10
2 Pat Bosshart	69	Texas Instruments	25:46.0	8
3 Glen Caron	63	South Portland	27:01.0	6

5k ROAD RACE			BRONZE VETERAN RECORD	
M70-79			Mike Towle (South Portland) 2018	22:29.4

Name	Age	Team	Time	Pts.
1 David Young	70	L.L. Bean	30:42.0	10

4x100m RELAY			OPEN RECORD	
M18-29			Unum (Dave Moran, Mike Crowell, Don Russell, Chuck Valente) 1988	44.6

Team		Time	Pts.
1 Unum	Victor Wakelin, Will Lynch, Donovan Robillard, Peter Martin	0:50.9	10
2 South Portland	Carson Blake, Owen Bean, Oscar Sullivan, Lucas Lefebvre	0:52.8	8

4x100m RELAY			SUBMASTER RECORD	
M30-39			Bath Iron Works 1987	46.8

Team		Time	Pts.
1 MaineHealth	Kyle Cunningham, Jon Forbes, Adam Soule, Tim Meyer	0:53.3	10
2 South Portland	Brian Guillerault, Andrew Wallace, Matthew Green, Skyler Horrigan	0:55.8	8

3 Unum	Domenic Cardamome, Matthew Oates, Kevin Hardison, Adam Mumm	0:56.5	6
4 L.L. Bean	Kayla Morong, John Fortin, Todd Frost, Ward Boudreau	1:00.2	5
5 ReVision Energy	Joe Pagano, Tess Jacquez, Joel Alder, John Bumgardner	1:02.4	4

4x100m RELAY	MASTER RECORD
M40-49	National Semiconductor 2004 50.2

Team		Time	Pts.
1 South Portland	Mike Chase, Brian Cavanaugh, Bob Lamb, Drew Hews	1:01.9	10
2 Bath Iron Works	Christopher Eastman, Matthew Gildart, Bill Small, Ben Skinner	1:20.1	8

4x100m RELAY	SENIOR RECORD
M50-59	Texas Instruments (Alex Szczapa, Peter Dube, Mike Elliott, Luke Lou) 2015 54.9

Team		Time	Pts.
1 Unum	Jeff Breece, Leo Scheidl, Duke Yeboah, Eric Evans	0:58.3	10
2 South Portland	Paul Lefebvre, Kevin Way Vahng, Joe Connors, Thomas Mauldin	1:04.9	8
3 MaineHealth	Jim Bailinson, Barbara LaVallee, Jeffrey Schwartz, Jonathan Zuckerman	1:20.8	6

4x100m RELAY	VETERAN RECORD
M60-69	Unum (Dick McPhail, Jef Evans, Ray Shevenell, Carl Comstock) 2004 1:02.3

Team		Time	Pts.
1 Texas Instruments	Pete Dube, Paul Westbrook, Mike Elliot, Alex Szczapa	0:58.2	10
2 South Portland	Gene Corbett, Brian Daly, Kurt Hebert, Steve Mantis	1:35.9	8

4x400m RELAY	OPEN RECORD
M18-29	MaineHealth (Isaac Yeboah, Elijah Yeboah, David Gerken, Ara Parseghian) 2015 3:42.6

Team		Time	Pts.
1 South Portland	Oscar Sullivan, Carson Blake, Lucas Lefebvre, Brian Way	4:13.3	10
2 Texas Instruments	Alex Boedeker, Michael Reynolds, Devin Hoskins, Aaron Barrera	4:14.2	8
3 Unum	Peter Martin, Donovan Robillard, Eric Lane, Victor Wakelin	4:14.4	6
4 IDEXX Laboratories	Will Lundquist, Anna Whitaker, Kendra Kukulski, Alan Mann	4:21.0	5

4x400m RELAY	SUBMASTER RECORD
M30-39	Unum (Tony Touchette, Scott Davison, Duke Yeboah, Dave Johnson) 1994 3:50.8

Team		Time	Pts.
1 South Portland	Andrew Wallace, Joe Connors, Skyler Horrigan, Matthew Green	5:34.6	10

4x400m RELAY	MASTER RECORD
M40-49	Pierce Atwood 2002 4:01.6

Team		Time	Pts.
1 Unum	Scott Abbott, Leo Scheidl, Eric Evans, Nathan Priest	4:53.6	10

4x400m RELAY		SENIOR RECORD	
M50-59	Texas Instruments (David Tucker, Peter Dube, Russ Haschke, Herb Coolidge) 2015	4:31.9	

Team		Time	Pts.
1 Texas Instruments	Mike Elliot, David Tucker, Pete Dube, Steve Boedeker	5:20.7	10

4x400m RELAY		VETERAN RECORD	
M60-69	Unum (Jim Toulouse, Jef Evans, Dick Bouthillette, Jim Tyrell) 2010	5:31.9	

Team		Time	Pts.
1 South Portland	Gene Corbett, Steve Mantis, Kurt Hebert, Brian Daly	8:10.2	10

THROWERS' RELAY		100-200-100 RECORD	
	Unum (Regina Roberts, David Hardison, Kevin Hardison) 2017	50.3	
RULE: minimum 1 woman; ALL throw shot or disc at meet			

Team		Time	Pts.
1 Unum	Trish Shorey, Will Lynch, Adam Mumm	0:55.1	10
2 South Portland	Danica Gleason, David Kahill, Skyler Horrigan	0:57.6	8
3 Texas Instruments	Alex Szczapa, Steve Rothwell, Mariquita Gordon	1:03.1	6
4 MaineHealth	Timothy Daigle, Tim Meyer, Ginger Ivanov	1:11.5	5
5 Bath Iron Works	Cindy Senkbeil, Christopher Eastman, Brandon Richards	1:15.0	4

4x200m RELAY		RECORD	
	South Portland (Karleigh Bradbury, Matthew Green, Brian Arsenault, Joey Michaud) 2010	1:42.7	
RULE: minimum 1 woman, 1 master (not same person)			

Team		Time	Pts.
1 MaineHealth	Adam Soule, Audrey Shaw, Jon Forbes, Kyle Cunningham	1:51.7	10
2 South Portland	Jordyn Hulsey, Darryl Wilkinson, David Kahill, Skyler Horrigan	1:54.6	8
3 Unum	Sam Kane, Eric Evans, Will Lynch, Peter Martin	1:55.2	6
4 Saco & Biddeford Savings	Nicole Derr, Sydney Walton, John Mondor, Colin Tippet	2:00.0	5
5 Texas Instruments	Courtney Costa, Ryan Hart, Aaron Barrera, Michael Reynolds	2:00.2	4
6 ReVision Energy		2:03.9	3
7 TD Bank	Nancy Kabedi, Kelly Ramos, Jacob Ramos, Sam Stolkner	2:09.7	2
8 L.L. Bean	Jonathan Hinman, Steve Howe, Sean Simard, Leah Beran	2:10.7	1
9 Bath Iron Works	Christopher Eastman, Sadie Skinner, Matthew Gildart, John MacDonald	2:22.0	
10 ReVision Energy		2:23.1	

PYRAMID RELAY		400-800-1200-800-400 RECORD	
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RULE: minimum 2 women			Unum 1991	10:34.7
Team			Time	Pts.
1 MaineHealth	Natalie Nowatzke, Ross Stevenson, Bryan Lamoreau, Jon Forbes, Katie Mauro		11:30.1	10
2 Unum	Krista Marble, Lauren Austin, Zacharie Boyce, Nathan Priest, Victor Wakelin		11:49.3	8
3 South Portland	Rachael Furbush, Brian Way, Tom DiPhilippo, Darryl Wilkinson, Hollie		11:53.6	6