

# 2020 Southern California Indoor Meet . . . Outdoors

## 2020 USATF West Region Indoor Champs

<https://sites.google.com/site/2020usatfwestindoorchamps/>

	<b>Name</b>		<b>Affiliation</b>	<b>Time</b>
<b>3000RW OPEN W</b>				
1	Wendy	Clark		20:32.3
<b>3000RW 60-64W</b>				
1	Mari Lou	Russell		22:24.4
<b>3000RW 50-54M</b>				
1	Gerald	Deegan	ARC Run Club	17:50
<b>3000RW 60-64M</b>				
1	Tucker	Brugh	SoCal TC	18:49.2
2	George	Papacalos	SoCal TC	22:11.8
<b>3000RW 70-74M</b>				
1	Richard	Campbell	SoCal TC	18:15
<b>10000 m 55-59M</b>				
1	Richard	Mayne	Trojan Masters	41:11.5
<b>10000 m 60-64M</b>				
1	Eric	Clifton		45:50.6
<b>3000 45-49W</b>				
1	Blanca	Sanchez		15:17.3
<b>3000 40-44M</b>				
1	Juan	Morales	Cal Coast	10:21.14+
2	Trevor	Cox	Cal Coast	10:33.67+
3	Kurt	Whittington	Cal Coast	10:49.52+
4	Adam	VanBerkelaer	Cal Coast	10:51.73+
<b>3000 45-49M</b>				
1	Mark	Steyvers	Cal Coast	10:21.41+
<b>3000 50-54M</b>				
1	Miguel	Magana	A Snails Pace	11:05.12+
<b>3000 m 55-59M</b>				
1	Richard	Mayne	Trojan Masters	11:42.42+
2	William	Hemmings		12:47.17+
3	Randall	Hutchen	ARC Run Club	12:48.17+
<b>3000 m 60-64M</b>				
1	Brian	Nelson	Cal Coast	10:54:63
2	Steve	Brumwell	Cal Coast	11:35:89
3	Eric	Clifton		13:20.20+ (10K)
*	Eric	Clifton		14:06.40+ (5K)

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<b>5000 40-44M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Time</b>
1	Juan	Morales	Cal Coast	17:31.5
2	Trevor	Cox	Cal Coast	17:52.1
3	Adam	VanBerkelaer	Cal Coast	18:15.5
4	Kurt	Whittington	Cal Coast	18:16.6
<b>5000 45-49M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Time</b>
1	Mark	Steyvers	Cal Coast	17:30.1
<b>5000 50-54M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Time</b>
1	Miguel	Magana	A Snails Pace	18:18.7
<b>5000 55-59M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Time</b>
1	Richard	Mayne	Trojan Masters	19:57.25+
2	William	Hemmings		21:15.6
3	Randall	Hutchen	ARC Run Club	21:54.8
<b>5000 m 60-64M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Time</b>
*	Eric	Clifton		22:41.25+
1	Eric	Clifton		(10K) 24:10.0
<b>Mile OPENW</b>	<b>Name</b>		<b>Affiliation</b>	<b>Time</b>
1	Alisa	Knzorez	ARC Run Club	DNS
<b>Mile 45-49W</b>	<b>Name</b>		<b>Affiliation</b>	<b>Time</b>
1	Bianca	Sanchez		07:49.2
<b>Mile 60-64M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Time</b>
1	Michael	Lebold	Jamul Toads	05:29.9
2	Michael	Berger	TCLA	07:59.0
<b>Mile 65-69M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Time</b>
1	Bob	Morris	A Snails Pace	6:37:12
<b>Mile 90-94M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Time</b>
1	Gunar	Linde		10:39:19
<b>60 mH 65-69W</b>	<b>Name</b>		<b>Affiliation</b>	<b>Time</b>
1	Darcy	Smith		24.63
<b>60 mH 50-54M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Time</b>
1	David	Woods	Balboa TC	11.12
2	Tony	Reece		13.82
<b>60 mH 60-64M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Time</b>
1	Mahmoud	Niroumand	SoCal TC	9.78
2	Joe	De La Puente		13.03
<b>60 mH 65-69M</b>	<b>Name</b>	<b>Wind +0.6</b>	<b>Affiliation</b>	<b>Time</b>

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1	Thad Wilson	Pacific Coast TC	10.34
2 pent	James Malin	Balboa TC	12.39
2	David Garrison		12.95
3	David McLawhorn		12.98
<b>60 mH 70-74M</b>	<b>Name</b>	<b>Affiliation</b>	<b>Time</b>
1	Monte Gast		16.46
<b>400 m OPEN W</b>	<b>Name</b>	<b>Affiliation</b>	<b>Time</b>
1	Jessica Vuong		01:12.2
<b>400 m 55-59W</b>	<b>Name</b>	<b>Affiliation</b>	<b>Time</b>
1	Jaya Stone		01:13.3
<b>400 m OPEN M</b>	<b>Name</b>	<b>Affiliation</b>	<b>Time</b>
1	Phil Griggs Jr		52.48
2	Nicholas Holland		61.92
<b>400 m 30-34M</b>	<b>Name</b>	<b>Affiliation</b>	<b>Time</b>
1	Andres Perezchica		52.97
<b>400 m 40-44M</b>	<b>Name</b>	<b>Affiliation</b>	<b>Time</b>
1	Edvard Mangasar		52.87
2	Eric Woodyard		55.46
3	Chris Kowalski		59.49
<b>400 m 45-49M</b>	<b>Name</b>	<b>Affiliation</b>	<b>Time</b>
1	Marco Franco		58.23
<b>400 m 50-54M</b>	<b>Name</b>	<b>Affiliation</b>	<b>Time</b>
1	Brian Gore		01:01.6
2	David Dayan		01:03.3
3	Claudio Andade		01:04.7
<b>400 m 60-64M</b>	<b>Name</b>	<b>Affiliation</b>	<b>Time</b>
1	James Chinn		01:00.4
2	Michael Berger		01:45.9
<b>60 m YOUTH W</b>	<b>Name Wind +0.0</b>	<b>Affiliation</b>	<b>Time</b>
1	Quintana Veronica		9.76
<b>60 m OPEN W</b>	<b>Name Wind +0.0</b>	<b>Affiliation</b>	<b>Time</b>
1	Jessica Vuong		9.7
<b>60 m 40-44 W</b>	<b>Name Wind +0.0</b>	<b>Affiliation</b>	<b>Time</b>
1	Kendra Taylor		8.43
2	Elly Mann	Joy's Jackrabbits	8.77
<b>60 m 45-49 W</b>	<b>Name Wind +0.0</b>	<b>Affiliation</b>	<b>Time</b>
1	Damesha Watkins		8.57

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60 m 50-54W	Name	Wind	+1.3	Affiliation	Time
1	Colleen	Barney		Joy's Jackrabbits	8.92
2	Ersell	Reid			9.24
60 m 55-59W	Name	Wind	+1.3	Affiliation	Time
1	Suzette	Lee		So Cal Striders	9.24
2	Amanda	Clark		Joy's Jackrabbits	9.73
3	Jennifer	Jones		Joy's Jackrabbits	9.9
60 m 60-64W	Name	Wind	+1.3	Affiliation	Time
1	Sandee	Scott		Mercury San Diego T C	8.92
60 m 65-69W	Name	Wind	+1.3	Affiliation	Time
1	Freddie	Braxton		Trojan Masters	12.87
60 m OPEN M	Name			Affiliation	Time
1	Nicky-Bo	Clark			7.4
2	Rodrigo	Moran			7.44
3	James	Maturan			7.69
4	Ramsey	Nasser			7.72
5	Angel	David Diaz			7.79
6	Paul	Sasaki Jr			8.03
7	Estiven	Cabello			8.12
60 m 40-44M	Name			Affiliation	Time
1	Eric	Woodyard			7.44
60 m 45-49M	Name			Affiliation	Time
1	Hugo	Estrada			7.86
2	Marco	Franco			8.03
3	Mark	Pan			8.04
60 m 50-54M	Name			Affiliation	Time
1	Tony	Clemons			7.75
2	Randy	Boba			8.06
3	Robert	Scott		Pacific Coast Shock Waves	8.24
60 m 55-59M	Name			Affiliation	Time
1	Rob	Foster		SoCal TC	7.75
2	Gary	McCullouch			8.07
3	Bob	Belcher			8.68
4	Richard	Asti			8.88
5	Xerxes	Reamer			9.56
60 m 60-64M	Name			Affiliation	Time
1	Robert	Scott		Pacific Coast Shock Waves	8.24
2	Rudy	Llavanés			8.37
3	John	Allaire			8.61
4	Clifford	Madison			8.9
5	Keith	Foreman			9.39

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	Name		Affiliation	Time
<b>60 m 65-69M</b>				
1	Eugene	Driver	Trojan Masters	8.49
2	Thad	Wilson	Pacific Coast TC	8.63
3	Noel	Weiss		8.68
4	Thierry	Boucquey	SoCal TC	8.85
5	Bill	Fitzpatrick		9.24
6	Lewis	Jaeian		9.55
7	David	McLawhorn		9.58
8	David	Garrison		10.88
<b>60 m 70-74M</b>				
1	Ed	Rose		9.53
2	Patrick	Lyons	So Cal Striders	9.66
3	Monte	Gast		12.27
<b>60 m 75-79M</b>				
1	Ron	Muranaka	So Cal Striders	11.06
<b>60 m 85-89M</b>				
1	Donald	Leis	So Cal Striders	13.11
<b>800m 55-59W</b>				
1	Zaiton	Abu Bakar		03:28.2
<b>800m 65-69W</b>				
1	Darcy	Smith		05:44.0
<b>800m Open M</b>				
1	William	Scott		02:13.4
<b>800m 50-54M</b>				
1	Robert	Rose		02:15.0
<b>800m 55-59M</b>				
1	Rodney	Garratt		02:23.8
<b>800m 60-64M</b>				
1	Michael	Lebold	Jamul Toads	02:25.3
2	Mark	Hemmel	Cal Coast	02:53.8
3	Michael	Berger	TCLA	03:53.7
<b>800m 65-69M</b>				
1	Bob	Morris	A Snails Pace	03:02.1
<b>200 m YOUTH W</b>				
1	Quintana	Veronica		33.72
<b>200 m OPEN W</b>				
1	Jessica	Vuong		31.57
<b>200 m 40-44 W</b>				
	Name	Wind +0.8	Affiliation	Time

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1	Kendra Taylor			29.58	
<b>200 m 50-54W</b>	<b>Name Wind +0.7</b>	<b>Affiliation</b>	<b>Time</b>		
1	Colleen Barney	Joy's Jackrabbits	29.7		
2	Ersell Reid		33.04		
<b>200 m 55-59W</b>	<b>Name Wind +0.7</b>	<b>Affiliation</b>	<b>Time</b>		
1	Caren Ware		37.65		
<b>200 m 65-69W</b>	<b>Name Wind +0.7</b>	<b>Affiliation</b>	<b>Time</b>		
1	Freddie Braxton	Trojan Masters	45.66		
<b>200m OPEN M</b>	<b>Name Wind +0.5</b>	<b>Affiliation</b>	<b>Time</b>		
1	Rodrigo Moran		24.03		
2	Ramsey Nasser		25.09		
3	Angel David Diaz		25.43		
4	Phil Griggs Jr		25.53		
5	Estiven Cabello		27.38		
<b>200 m 40-44M</b>	<b>Name Wind +0.5</b>	<b>Affiliation</b>	<b>Time</b>		
1	40 Edvard Mangasar	0.5	23.64		
<b>200m 45-49M</b>	<b>Name Wind +1.3</b>	<b>Wind</b>	<b>Time</b>		
1	Marco Franco		25.41		
2	Mark Pan		25.96		
<b>200m 50-54M</b>	<b>Name Wind +1.3</b>	<b>Wind</b>	<b>Time</b>		
1	Brian Gore		28.4		
2	Claudio Andrade	SoCal TC	01:01.4		
<b>200m 55-59M</b>	<b>Name Wind +1.3</b>	<b>Wind</b>	<b>Time</b>		
1	Rob Foster	SoCal TC	25.56		
2	Gary McCullouch	SoCal TC	25.87		
<b>200m 60-64M</b>	<b>Name Wind +1.3</b>	<b>Wind</b>	<b>Time</b>		
1	James Chinn		26.77		
2	Rudy Llavanés		28.36		
3	Clifford Madison		29.35		
<b>200m 65-69M</b>	<b>Name Wind +1.3</b>	<b>Wind</b>	<b>Time</b>		
1	Eugene Driver	Trojan Masters	27.89		
2	Noel Weiss		30.63		
<b>200m 70-74M</b>	<b>Name Wind +1.3</b>	<b>Wind</b>	<b>Time</b>		
1	Ed Rose		32.48		
<b>1000m M Pent</b>	<b>Name</b>	<b>Affiliation</b>	<b>Time</b>		
1	Mahmoud Niroumand	SoCal TC	04:24.4	60	
2	Monte Gast		05:01.9	70	
3	Claudio Andrade	SoCal TC	DNF	50	

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<b>100 m 40-44W</b> 1	<b>Name Wind +1.2</b> Kendra Taylor	<b>Affiliation</b>	<b>Time</b> 13.64
<b>100 m 65-69W</b> 1	<b>Name Wind +1.2</b> Freddie Braxton	<b>Affiliation</b> Trojan Masters	<b>Time</b> 21.39
<b>100m Open M</b> 1 2	<b>Name Wind +1.3</b> Phil Griggs Jr. James Maturan	<b>Wind</b>	<b>Time</b> 11.91 12.15
<b>100m 40-44M</b> 1	<b>Name Wind +1.1</b> Eric Woodyard	<b>Wind</b>	<b>Time</b> 11.61
<b>100m 50-54M</b> 1	<b>Name Wind +1.1</b> Randy Boba	<b>Wind</b>	<b>Time</b> 12.96
<b>100m 55-59M</b> 1	<b>Name Wind +1.1</b> Rob Foster	<b>Wind</b> SoCal TC	<b>Time</b> 12.44
<b>100m 60-64M</b> 1	<b>Name Wind +1.1</b> John Allaire Gary Anderson	<b>Wind</b>	<b>Time</b> 14.02 14.65
<b>100m 65-69M</b> 1	<b>Name Wind +1.1</b> Eugene Driver	<b>Wind</b> Trojan Masters	<b>Time</b> DNF
<b>100 m 75-79M</b> 1	<b>Name Wind +1.2</b> Ron Muranaka	<b>Affiliation</b> So Cal Striders	<b>Time</b> 18.36
<b>100 m 85-89M</b> 1	<b>Name Wind +1.2</b> Donald Leis	<b>Affiliation</b> So Cal Striders	<b>Time</b> 22.53
<b>4x100m relay</b> 1 2 3	<b>Name</b> Rocket Performance Joy's Jackrabbits	<b>Affiliation</b> Lane 5 Lane 4 Lane 3	<b>Time</b> 48.14 49.3 57.21
<b>Weight 55-59W</b> 1	<b>Name</b> Suzette Lee	<b>Affiliation</b> So Cal Striders	<b>Distance</b> 8.62
<b>Weight 60-64W</b> 1	<b>Name</b> Santee Scott	<b>Affiliation</b> Mercury San Diego T C	<b>Distance</b> 10.09
<b>Weight 65-69W</b> 1	<b>Name</b> Darcy Smith	<b>Affiliation</b>	<b>Distance</b> 8.51
<b>Weight 55-59M</b> 1	<b>Name</b> Kenneth Swenson	<b>Affiliation</b>	<b>Distance</b> 6.04
<b>Weight 65-69M</b>	<b>Name</b>	<b>Affiliation</b>	<b>Distance</b>

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1	John	Goldhammer		18.54
2	Thomas	Meyer		12.73
3	Richard	Watson		12.71
4	David	McLawhorn		10.7

Weight 70-74M	Name		Affiliation	Distance
1	Larry	Hart		18.54
2	George	Mathews	Seattle Masters AC	15.45
3	Kent	Howard		11.43

Weight 80-84M	Name		Affiliation	Distance
1	Larry	Barry		10.19
2	Richard	Johnson		10.16

Weight 85-89M	Name		Affiliation	Distance
1	Bob	Messersmith		10.08
2	Joe	Durrenberger	SoCal TC	9.02

SWeight 55-59W	Name		Affiliation	Distance
1	Suzette	Lee	So Cal Striders	7.3

SWeight 65-69W	Name		Affiliation	Distance
1	Darcy	Smith		6.08

SWeight 55-59M	Name		Affiliation	Distance
1	Kenneth	Swenson		6.04

SWeight 65-69M	Name		Affiliation	Distance
1	Richard	Watson		7

SWeight 70-74M	Name		Affiliation	Distance
1	George	Mathews	Seattle Masters AC	8.56

SWeight 80-84M	Name		Affiliation	Distance
1	Richard	Johnson		5.88

SWeight 85-89M	Name		Affiliation	Distance
1	Joe	Durrenberger	SoCal TC	5.88
2	Bob	Messersmith		5.76

Pole Vault 65-69M	Name		Affiliation	Height
1	Ken	St.Cyrs	SoCal TC	2.81
2	David	McLawhorn		2.45

Triple Jump 55-59W	Name		Affiliation	Distance
1	Jennifer	Jones	Joy's Jackrabbits	6.02 -1.2

Triple Jump 70-74W	Name		Affiliation	Distance
1	Annelies	Steekelenburg	So Cal Striders	6.08 -0.4

Triple Jump 45-49M	Name		Affiliation	Distance
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1	Joe	Blackman		9.28 -0.7
<b>Triple Jump 55-59M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Bruce	Cramer	SoCal TC	9.16 -0.2
<b>Triple Jump 60-64M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Mahmoud	Niroumand	SoCal TC	9.85 -1.4
<b>Triple Jump 65-69M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Richard	Censullo		8.10 -0.6
2	David	McLawhorn		8.09 -1.0
3	Patrick	Pittman	Trojan Masters	6.93 -1.6
<b>Triple Jump 70-74M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Carl	Flowers	SoCal TC	8.53 -0.5
2	John	Tomaschke	SoCal TC	8.25
3	Ed	Rose		7.61 -0.1
<b>Long Jump 40-44W</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Elly	Mann	Joy's Jackrabbits	4.14 -2.5
<b>Long Jump 55-59W</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Caren	Ware		3.80 -1.2
2	Jennifer	Jones	Joy's Jackrabbits	3.21 -0.0
3	Amanda	Clark	Joy's Jackrabbits	2.48 -1.8
<b>Long Jump 65-69W</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Darcy	Smith		1.86
<b>Long Jump 70-74W</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Latanya	Glass	So Cal Striders	2.97 -0.0
<b>Long Jump OPEN M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Nicholas	Holland		5.93 -1.5
<b>Long Jump 45-49M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Joe	Blackman		4.59 -1.3
<b>Long Jump 50-54M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Tony	Reece		4.32 -0.0
2	David	Woods	Balboa Track Club	3.37 -2.5
<b>Long Jump 55-59M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Bruce	Cramer	SoCal TC	4.66 -1.4
<b>Long Jump 60-64M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Mahmoud	Niroumand	SoCal TC	4.84 -0.9
2	Joe	de la Pente		3.96-0.7
3	Charles	Lyons	SoCal TC	3.11-0.0

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Long Jump 65-69M	Name		Affiliation	Distance
1	David	McLawhorn		4.15 -0.0
2	James	Malin	Balboa Track Club	3.62 -1.1
3	Mike	Tipping	SoCal TC	3.50 -0.0
4	Eugene	Driver	Trojan Masters	3.36 -1.3
5	Patrick	Pittman	Trojan Masters	3.20 -1.9

Long Jump 70-74M	Name		Affiliation	Distance
1	John	Tomaschke	SoCal TC	4.15 -0.0
2	Ed	Rose		3.85 -1.0
3	Carl	Flowers	SoCal TC	3.83 -0.3
4	Monte	Gast		3.24-0.5

High Jump 55-59W	Name		Affiliation	Height
1	Caren	Ware		1.2

High Jump 60-64W	Name		Affiliation	Height
1	Karen	Vaughn		1

High Jump 65-69W	Name		Affiliation	Height
1	Darcy	Smith		1

High Jump 70-74W	Name		Affiliation	Height
1	Annelies	Steekelenburg	So Cal Striders	1.2
2	Latanya	Glass	So Cal Striders	1.05

High Jump 55-59M	Name		Affiliation	Height
1	Ken	Swenson		0.95

High Jump 60-64M	Name		Affiliation	Height
1	Mahmoud	Niroumand	SoCal TC	1.53
2	Said	Mourali		1.4
3	John	Allaire		1.35
4	Joe	de la Pente		1.25
5	Charles	Lyons	SoCal TC	1.15

High Jump 65-69M	Name		Affiliation	Height
1	David	Garrison		1.25
2	James	Malin	Balboa Track Club	1.2
3	Richard	Watson		1.2
4	Lewis	Jackson		1.15

High Jump 70-74M	Name		Affiliation	Height
1	James	Goodreau		1.25
2	Monte	Gast		1.22

Discus 55-59W	Name		Affiliation	Distance
1	Suzette	Lee	So Cal Striders	21.59

Discus 60-64W	Name		Affiliation	Distance
1	Sandee	Scott	Mercury San Diego T C	22.3

# 2020 USATF West Region Indoor Champs

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Discus 65-69W	Name	Affiliation	Distance
1	Darcy Smith		14.19

Discus 40-44M	Name	Affiliation	Distance
1	Asniel Triana	SoCal TC	36.35

Discus 55-59M	Name	Affiliation	Distance
1	Paul Starkey		36.41
2	Bruce Cramer	SoCal TC	29.94
3	Ken Swenson		14.67

Discus 60-64M	Name	Affiliation	Distance
1	Greg Holden		43.95
2	Dan Peterson		39.75
3	Robert Rice		35
4	Dale Strickland		32.43
5	Sherm Wilcox		29.9
6	Charles Lyons	SoCal TC	25.59

Discus 65-69M	Name	Affiliation	Distance
1	Richard Watson		31.46
2	Mike Tipping		29.82
3	Howard Royster		24.6

Discus 70-74M	Name	Affiliation	Distance
1	Harold Sheakey		19.9
2	Kent Howard		NM

Discus 80-84M	Name	Affiliation	Distance
1	Alan Rosen		24.34
2	Tom Katsis		21.64
3	Lawrence Barry		21.53
4	Richard Johnson		19.35

Discus 85-89M	Name	Affiliation	Distance
1	Bob MesserSmith		19.89
2	Joe Durenberger	SoCal TC	19.62
3	Donald Leis	So Cal Striders	7.2

Shot Put 55-59W	Name	Affiliation	Distance
1	Suzette Lee	So Cal Striders	7.95
2	Jennifer Jones	Joy's Jackrabbits	6.26

Shot Put 60-64W	Name	Affiliation	Distance
1	Sandee Scott	Mercury San Diego T C	9.04
2	Karen Vaughn		7.16

Shot Put 65-69W	Name	Affiliation	Distance
1	Darcy Smith		5.67

# 2020 USATF West Region Indoor Champs

<https://sites.google.com/site/2020usatfwestindoorchamps/>

<b>Shot Put 70-74W</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Latanya	Glass	So Cal Striders	7.43
<b>Shot Put 40-44M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Mike	Rainis	So Cal TC	12.88
2	Asniel	Triana	SoCal TC	10.16
<b>Shot Put 50-54M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Tony	Reece		11.89
2	David	Woods	Balboa Track Club	9.55
<b>Shot Put 55-59M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Paul	Starkey		10.83
2	Ken	Swenson		6.63
<b>Shot Put 60-64M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Greg	Holden		14.76
2	Dan	Peterson		14.72
3	John	Allaire		11.18
4	Mahmoud	Niroumand	SoCal TC	10.52
5	Sherm	Wilcox		10.01
6	Dale	Strickland		9.46
7	Charles	Lyons	SoCal TC	8.75
<b>Shot Put 65-69M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	James	Malin	Balboa Track Club	11.06
2	Richard	Watson		9.86
<b>Shot Put 70-74M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Kent	Howard		9.09
2	Monte	Gast		8.66
<b>Shot Put 75-79M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Harold	Sheakley		8.37
<b>Shot Put 80-84M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Lenneth	Hurlbert	So Cal TC	11.22
2	Lawrence	Barry		9.45
3	Marvin	Ginsburg		8.12
4	Richard	Johnson		7.76
5	Tom	Katsis		7.73
6	Alan	Rosen		7.33
<b>Shot Put 85-89M</b>	<b>Name</b>		<b>Affiliation</b>	<b>Distance</b>
1	Joe	Durenberger	SoCal TC	7.84
2	Bob	MesserSmith		6.8
<b>Pentathlon 65-69W</b>	<b>Name</b>		<b>Affiliation</b>	<b>Points</b>
	Darcy	Smith		<b>1242</b>
	60m Hurdles	24.63	18.63	<b>85</b>

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High Jump	100	146	577
Shot Put	5.67	9.41	491
Long Jump	186	289	89
800m	344	252.59	0

## Pentathlon 50-54M

Name	Affiliation	Points
Tony Reece		<b>1334</b>
60m hurdles	13.82	169
Long Jump	432	441
Shot Put	11.89	724
High Jump	DNS	0
1000m	DNS	0
David Woods	Balboa Track Club	<b>1316</b>
60m hurdles	11.12	530
Long Jump	337	229
Shot Put	9.55	557
High Jump	DNS	0
1000m	DNS	0

## Pentathlon 60-64M

Name	Affiliation	Points
Mahmoud Niroumand	SoCal TC	<b>3546</b>
60m hurdles	9.78	913
Long Jump	484	769
Shot Put	10.52	675
High Jump	153	794
1000m	264.45	395

## Pentathlon 65-69M

Name	Affiliation	Points
James Malin	Balboa Track Club	<b>2324</b>
60m hurdles	12.39	541
Long Jump	362	479
Shot Put	11.06	792
High Jump	120	512
1000m	DNF	0

## Pentathlon 70-74M

Name	Affiliation	Points
Monte Gast		<b>2160</b>
60m hurdles	16.46	133
Long Jump	324	449
Shot Put	8.66	586
High Jump	122	627
1000m	301.95	365