2023 PNW Association Championships

West Seattle Stadium

Results

Event 1	W19-29 100 N	Meter Das	h			
Finals						
1	Green, Aniya		W21	Pacific Nort	13.04	0.1
Event 1	W30 100 Met	er Dash				
Finals						
1	Lu, Shihlin		W32	Pacific Nort	15.55	0.1
1	Eu, Siiiiiii		1132	i denne i tort	10.00	0.1
Event 1	W40 100 Met 40 USA:					
Finals						
1	Beaulieu, Halim	ah	W41	Other Region	15.63	0.1
Event 1	W50 100 Met 50 USA:	ter Dash 12.50 R				
Finals	50 USA.	12.30 K				
r mais 1	Birade, Dena		W51	Pacific Nort	13.34	0.1
1	Dirade, Dena		W 51	I define Nort	15.54	0.1
Event 1	W55 100 Met	er Dash				
	55 USA:	13.27 R				
Finals						
1	Shearer-Hannah	, Amanda	W57	Pacific Nort	14.89	0.1
Event 2	2 M19-29 100 N	Meter Das	h			
Finals						
	Martin, Joe		M27	Pacific Nort	11.71	-1.8
	Green, Jahlin		M19	Pacific Nort	11.91	
	Davis, Aaron			Pacific Nort	11.97	
4	Eisma, Jaden			Pacific Nort	12.23	
•	Elisina, suden		10121	i denne i tort	12.23	1.0
	2 M30 100 Met	er Dash				
Finals						
1	Keeton, Joseph		M30	Pacific Nort	12.86	-1.8
Event 2	2 M45 100 Met	er Dash				
2.010	45 USA:					
Finals	10 0011	10072 11				
1	Atkins, Ronald		M49	Pacific Nort	11.80	-11
2	McDonald, Orvi	lle		Pacific Nort	12.09	
-	ineboliala, or i	inc.	101 10	i denne i tort	12.09	1.1
Event 2	2 M50 100 Met 50 USA:	er Dash 10.88 R				
Finals						
1	Huff, Josh		M50	Pacific Nort	13.00	-1.5
2	Pedro Jr., George	e	M50	Pacific Nort	13.28	-1.5
Event 2	2 M55 100 Met 55 USA:	er Dash 11.30 R				
Finale	55 USA:	11.50 K				
Finals	Gaskin Sr., Dere	ŀ	M57	Northwest Re	13.25	15
2	Monroe, Daren	ĸ		Pacific Nort	13.23	
2	Monitoe, Daten		14133	i actific NOIT	14.01	-1.5
Event 2	2 M65 100 Met	er Dash				
	65 USA:	12.31 R				
Finals						
1	Liu, Edwin		M66	Other Region	14.05	-1.7
2	Torie, Phillip		M68	Other Region	14.06	-1.7

ults			
3 Ahearn Jr., Leo	M67	Pacific Nort	14.67 -1.7
4 George, Edwards	M65	Pacific Nort	16.25 -1.8
5 Stonkus, Arny	M68	Pacific Nort	16.62 -1.7
2			
Event 2 M75 100 Meter Dash 75 USA: 13.25 R			
Finals			
1 Gee, Arthur	M79	Pacific Nort	17.38 -1.2
2 Nelson, Dean	M75	Other Region	18.45 -1.2
Event 2 M85 100 Meter Dash			
85 USA: 16.18 R			
Finals			
1 Heller, Jon	M87	Other Region	30.13 -1.2
Event 3 W19-29 200 Meter Das Finals	h		
	W21	Pacific Nort	27.10 -2.5
1 Green, Aniya	vv ∠ 1	racific Nort	27.10 -2.5
Event 3 W30 200 Meter Dash Finals			
1 Lu, Shihlin	W32	Pacific Nort	33.99 -2.5
Event 3 W40 200 Meter Dash 40 USA: 24.84 R			
Finals			
1 Beaulieu, Halimah	W41	Other Region	31.67 -2.5
Event 3 W55 200 Meter Dash 55 USA: 27.54 R			
Finals			
1 Shearer-Hannah, Amanda	W57	Pacific Nort	31.63 -2.5
Event 4 M19-29 200 Meter Das	h		
Finals 1 Green, Jahlin	M10	Pacific Nort	24.72 1.5
		Pacific Nort	24.72 -1.5 25.24 -1.5
2 Eisma, Jaden	10121	racine non	25.24 -1.5
Event 4 M30 200 Meter Dash			
Finals			
1 Tilong, Morgan	M31	Pacific Nort	24.84 -1.5
Event 4 M45 200 Meter Dash			
45 USA: 21.80 R			
Finals			
1 Atkins, Ronald	M49	Pacific Nort	25.22 -1.5
Event 4 M55 200 Meter Deck			
Event 4 M55 200 Meter Dash 55 USA: 23.24 R			
55 USA: 25.24 K Finals			
1 Monroe, Daren	M55	Pacific Nort	29.06 -1.3
Event 4 M60 200 Meter Dash			
60 USA: 24.14 R			
Finals			
1 Allen, Ira	M64	Pacific Nort	29.51 -1.3
2 Gideon, Steve		Northwest Re	37.70 -1.3
2 Glacon, Stove	14100	1. OILIIN OST INC	57.70 1.5

2023 PNW Association Championships

West Seattle Stadium Results

Event	4 M65 200 Me 65 USA:	ter Dash 24.65 R			
Finals	00 0011	2.000 11			
1	Torie, Phillip		M68	Other Region	28.84 -1.0
2	Liu, Edwin			Other Region	29.76 -1.0
3	Ahearn Jr., Leo			Pacific Nort	31.47 -1.0
4	Stonkus, Arny		M68	Pacific Nort	33.13 -1.0
5	Singleton, Gary		M69	Pacific Nort	37.86 -1.3
Event	4 M75 200 Me 75 USA:	ter Dash 27.73 R			
Finals					
1	Leslie, Will		M77	Pacific Nort	36.72 -1.8
2	Peirce, Stephen		M79	Northwest Re	39.66 -1.8
Event Finals	5 W19-29 400	Meter Das	h		
r mais 1	Green, Aniya		W21	Pacific Nort	1:04.68
Event	6 M55 400 Me 55 USA:	ter Dash 52.24 R			
Finals	G(I		N66	D (C)) (1 00 02
1	Stone, Jon		M30	Pacific Nort	1:09.82
Event	6 M60 400 Me 60 USA:	ter Dash 54.29 R			
Finals 1	Allen, Ira		M64	Pacific Nort	1:09.38
Event	6 M65 400 Me 65 USA:	ter Dash 56.09 R			
Finals					
1	Troup, John		M67	Pacific Nort	1:10.03
2	Stonkus, Arny		M68	Pacific Nort	1:16.49
Event Finals	7 W50 800 Me	ter Run			
1	Taylor, Patti		W50	Pacific Nort	3:05.71
Event	7 M50 800 Me	ter Run			
Finals 1	Lapin, M E		M52	Pacific Nort	2:37.77
	7 M60 800 Me	ter Run			
Finals 1	Gideon, Steve		M60	Northwest Re	2:50.66
	7 M65 800 Me	ter Run			
Finals 1	Villeneuve, Der	iis	M66	Pacific Nort	2:36.04
	7 M75 800 Me	ter Run			
Finals 1	Boyer, Steve		M76	Northwest Re	2:57.01

Event 9	9 W55 1500 Meter Run 55 USA: 5:27.09 R					
Finals 1	Murray, Paula	W56	Pacific Nort	6:27.38		
	9 M50 1500 Meter Run					
Finals 1	Lapin, M E	M52	Pacific Nort	5:34.87		
Finals	9 M55 1500 Meter Run					
1	,	M56	Pacific Nort	5:15.12		
Event 9 Finals	9 M65 1500 Meter Run					
1	Villeneuve, Denis	M66	Pacific Nort	5:19.09		
Event 9 Finals	9 M75 1500 Meter Run					
1	Medeiros, John	M75	Pacific Nort	7:40.35		
	11 W60 5000 Meter Run					
Finals 1	McVee, Amy	W64	Northwest Re	28:45.91		
	Event 11 M45 5000 Meter Run					
Finals 1	Maruca, Todd	M49	Pacific Nort	18:26.77		
Event 1	11 M55 5000 Meter Run					
Finals	Smith, Paul	M59	Northwest Re	17:39.38		
2	Williamson, Mike			20:13.39		
	11 M60 5000 Meter Run					
Finals 1	Harris, Andy	M63	Other Region	23:28.36		
2	5,		Other Region	23:29.94		
3	5,	M62	Pacific Nort	28:41.16		
Event I Finals	11 M70 5000 Meter Run					
1	McGill, James	M74	Pacific Nort	26:57.55		
	12 W55 5000 Meter Race	e Wall	κ.			
Finals 1	Bridges, Debra	W57	Northwest Re	33:06.20		
	12 W75 5000 Meter Race	e Wall	ĸ			
Finals 1	Thurman, Diana	W76	Pacific Nort	39:40.55		
	12 M55 5000 Meter Race	e Wall	κ.			
Finals 	Jiang, Peigen	M59	Pacific Nort	DQ		

2023 PNW Association Championships

West Seattle Stadium

Results

Event 1 Finals	12 M65 5000 Meter Race	Walk	<u>(</u>		
1 2	Rehder, William Kale, Barton			33:39.75 40:24.63	
	,			40.24.05	
Event 1 Finals	12 M70 5000 Meter Race	Walk			
r mais 1	Novak, Robert	M74	Pacific Nort	34:40.01	
Event 1 Finals	2 M80 5000 Meter Race	Walk			
F mais 1	Zerbe, Richard	M84	Pacific Nort	41:19.15	
Event 1 Finals	4 M70 80 Short Hurdles	•			
1	Jacquet-Acea, Russell	M70	Pacific Nort	13.64	1.1
Event 1 Finals	4 M75 80 Short Hurdles				
1 IIIIII	Peirce, Stephen	M79	Northwest Re	20.17	1.1
2	· 1	M79	Pacific Nort	21.11	1.1
Event 1	15 M85 80 Short Hurdles				
Finals					
1	Vergin, Roger	M85	Other Region	19.70	1.1
Event 1 Finals	17 M55 100 Short Hurdle	es			
1	Hilton, Ron		Pacific Nort	15.79	
2	Ruuska, Jay	M56	Pacific Nort	17.97	0.7
Event 1 Finals	18 M30 110 Short Hurdle	es			
1	Gibbons, Benjamin	M34	Pacific Nort	16.23	0.8
2	Keeton, Joseph	M30	Pacific Nort	18.77	0.8
Event 1 Finals	8 M45 110 Short Hurdle	es			
1	McDonald, Orville	M46	Pacific Nort	18.67	0.8
Event 1 Finals	19 M85 200 Long Hurdle	S			
1	Vergin, Roger	M85	Other Region	49.12	1.4
	20 M70 300 Long Hurdle	S			
Finals 1	Jacquet-Acea, Russell	M70	Pacific Nort	50.33	
	20 M75 300 Long Hurdle	S			
Finals 1	Peirce, Stephen	M79	Northwest Re	1:17.00	
	21 M19-29 400 Long Hur	dles			
Finals 1	Bates, Josh	M19	Pacific Nort	54.72	

Event 2 Finals	21 M55 400 Long Hurdle	es			
	Hilton, Ron	M58	Pacific Nort	DNF	
Finals 1	 28 M80-89 4x100 Meter 1 Pacific Nort 1) Eisma, Jaden 21 	Relay	A 2) Martin, Joe 27	45.05	
	3) Atkins, Ronald 49		4) Green, Jahlin 1	9	
Event 3 Finals	30 M80-89 4x400 Meter l	Relay			
1	Pacific Nort		А	5:44.19	
Event 3	32 W19-29 Long Jump				
Finals 1	Lake, Katherine	W29	Pacific Nort	5.30m	NWI
	32 M19-29 Long Jump				
Finals 1	Green, Jahlin	M19	Pacific Nort	6.02m	NWI
Event 3 Finals	32 M30 Long Jump				
1	Keeton, Joseph	M30	Pacific Nort	5.66m	NWI
	32 M35 Long Jump				
Finals 1	Roberson, Matthew	M38	Pacific Nort	6.15m	NWI
Event 3 Finals	32 M40 Long Jump				
1	Hill, Darryl	M43	Pacific Nort	3.67m	NWI
	32 M45 Long Jump				
Finals 1 2	Maggit, Quincy Atkins, Ronald		Pacific Nort Pacific Nort	5.77m 5.00m	
	32 M55 Long Jump				
Finals 1	Ruuska, Jay	M56	Pacific Nort	4.52m	NWI
	32 M65 Long Jump				
Finals 1	Smith, Joe	M67	Pacific Nort	4.65m	NWI
Event 3 Finals	32 M70 Long Jump				
1	Jacquet-Acea, Russell	M70	Pacific Nort	4.14m	NWI
Event 3 Finals	32 M85 Long Jump				
r inais 1	Heller, Jon	M87	Other Region	1.65m	NWI
Event 3	34 M30 Triple Jump				
Finals 1	Keeton, Joseph	M30	Pacific Nort	10.73m	NWI

2023 PNW Association Championships

West Seattle Stadium Results

Event 3 Finals	34 M40 Triple Jump				
1	Hill, Darryl	M43	Pacific Nort	8.01m	NWI
Event 3 Finals	34 M45 Triple Jump				
1	Atkins, Ronald	M49	Pacific Nort	10.74m	NWI
Event 3 Finals	34 M65 Triple Jump				
1	Smith, Joe	M67	Pacific Nort	9.05m	NWI
Event	34 M75 Triple Jump				
Finals					
1	Gee, Arthur		Pacific Nort	6.12m	
2	Peirce, Stephen	M79	Northwest Re	5.56m	NWI
Event 3 Finals	34 M85 Triple Jump				
1	Heller, Jon	M87	Other Region	3.86m	NWI
Event	36 W40 High Jump				
Finals					
1	Stevenson, Christina	W40	Pacific Nort	1.45m	
Event	36 W65 High Jump				
Finals			D 10 31		
	Hoppie, Carla	W66	Pacific Nort	NH	
	36 M30 High Jump				
Finals 1	Jowett, Nathan	M30	Pacific Nort	1.65m	
Event	36 M55 High Jump 55 USA: 1.84m R				
Finals					
1	Ruuska, Jay		Pacific Nort	1.45m	
2	Stone, Jon	M36	Pacific Nort	1.35m	
Event 3	36 M60 High Jump 60 USA: 1.74m R				
Finals	A 11 T	MG		1.50	
1	Allen, Ira	M64	Pacific Nort	1.50m	
Event	36 M70 High Jump 70 USA: 1.58m R				
Finals					
1	Harger Jr., Stover	M72	Northwest Re	1.30m	
Event 3 Finals	37 W35 Pole Vault				
1	Gayman, Megan	W39	Pacific Nort	1.82m	
Event 3 Finals	37 W65 Pole Vault				
1	Hoppie, Carla	W66	Pacific Nort	2.12m	

87 M30 Pole Va	ult			
Keeton, Joseph		M30	Pacific Nort	4.42m
Vaught, Ben		M44	Pacific Nort	NH
Cafferata, Clayto	on	M53	Pacific Nort	3.67m
Ruuska, Jay		M56	Pacific Nort	2.27m
				2.72m 2.42m
				2.42m
37 M75 Pole Va	ult	,2		
,				1.97m
Gee, Arthur		M79	Pacific Nort	1.67m
Chaney, Erica		W35	Northwest Re	12.27m
Walker, Kristen		W47	Northwest Re	10.00m
Beard, Donna		W59	Pacific Nort	10.14m
Goldner Cunthi	2	W63	Pacific Nort	6.82m
· •	u			5.37m
,	4			
		W68	Northwest Re	7.22m
	Keeton, Joseph 37 M40 Pole V 40 USA: 50 USA: 50 USA: 50 USA: 6 7 M50 Pole V 50 USA: 6 7 M55 Pole V 55 USA: 7 8 8 8 1 1 1 1 1 1 1 1	 37 M40 Pole Vault 40 USA: 5.70m R Vaught, Ben 37 M50 Pole Vault 50 USA: 4.75m R 37 M55 Pole Vault 55 USA: 4.36m R Ruuska, Jay 37 M70 Pole Vault 70 USA: 3.49m R Jacquet-Acea, Russell Harger Jr., Stover Urbaniak, Lee 37 M75 Pole Vault 75 USA: 3.20m R Jacquet-Acea, Russell Harger Jr., Stover Urbaniak, Lee 37 M75 Pole Vault 75 USA: 3.20m R Leslie, Will Gee, Arthur 39 W35 Shot Put 35 USA: 16.30m R Chaney, Erica 39 W45 Shot Put 45 USA: 14.50m R Walker, Kristen 39 W55 Shot Put 55 USA: 13.27m R Beard, Donna 39 W60 Shot Put 60 USA: 12.58m R Goldner, Cynthia Boivin, Erica 39 W65 Shot Put 65 USA: 11.31m R 	Keeton, JosephM3037M40 Pole Vault 40 USA:5.70m RVaught, BenM4437M50 Pole Vault 50 USA:4.75m RCafferata, ClaytonM5337M55 Pole Vault 55 USA:4.36m RRuuska, JayM5637M70 Pole Vault 70 USA:3.49m RJacquet-Acea, RussellM70 Harger Jr., StoverM72Urbaniak, LeeM7237M75 Pole Vault 75 USA:3.20m RLeslie, Will 35 USA:M77 16.30m RM77Gee, ArthurM7939W35 Shot Put 35 USA:16.30m RChaney, EricaW3539W45 Shot Put 45 USA:W4739W55 Shot Put 55 USA:13.27m RBeard, DonnaW5939W60 Shot Put 60 USA:W63 Boivin, Erica39W65 Shot Put 60 USA:W63 80 W65 Shot Put 60 USA:	Keeton, JosephM30Pacific Nort37M40 Pole Vault 40 USA: 5.70m RM44Pacific Nort37M50 Pole Vault 50 USA: 4.75m RM44Pacific Nort37M50 Pole Vault 50 USA: 4.75m RM53Pacific Nort37M55 Pole Vault 55 USA: 4.36m RM53Pacific Nort37M55 Pole Vault 55 USA: 4.36m RM56Pacific Nort37M70 Pole Vault 70 USA: 3.49m RM70Pacific NortJacquet-Acea, Russell Urbaniak, LeeM70Pacific Nort37M75 Pole Vault 75 USA: 3.20m RNorthwest Re38M35Shot Put 35 USA: 16.30m RM77Chaney, EricaW35Northwest Re39W35 Shot Put 35 USA: 14.50m RW47Walker, KristenW47Northwest Re39W55 Shot Put 55 USA: 13.27m RW60Beard, DonnaW59Pacific Nort39W60 Shot Put 60 USA: 12.58m RW63Goldner, Cynthia Boivin, EricaW63Pacific Nort39W65 Shot Put 60 USA: 11.31m RW6339W65 Shot Put 60 USA: 11.31m RM63

2023 PNW Association Championships

West Seattle Stadium

Results

Event 4 Finals	40 M35 Shot Put			
1	Roberson, Matthew	M38	Pacific Nort	10.82m
	40 M45 Shot Put 45 USA: 16.83m R			
Finals 1	Bays, Zacharry	M48	Pacific Nort	10.81m
Event 4 Finals	40 M50 Shot Put			
1 2	Salas, Christian Pedro Jr., George		Pacific Nort Pacific Nort	11.58m 10.99m
_	40 M60 Shot Put 60 USA: 17.38m R	1120		10.9911
Finals				
1	Patterson, James		Northwest Re	16.43m
2 3	Jowett, Thomas Wymer, Larry		Pacific Nort Pacific Nort	7.31m 7.21m
3	wymer, Larry	W102	Pacific Nort	/.21111
	40 M65 Shot Put 65 USA: 16.66m R			
Finals			D 10 N 4	10.41
1	Zitnik III, Frank		Pacific Nort Pacific Nort	10.41m
2 3	George, Edwards Nykreim, Mike		Pacific Nort	8.28m 7.58m
	40 M70 Shot Put 70 USA: 15.42m R	WIO	Tachie Nort	7.5611
Finals				
1	Harger Jr., Stover	M72	Northwest Re	8.79m
Event 4	40 M75 Shot Put 75 USA: 13.41m R			
Finals				
1	Meyring, Brad		Pacific Nort	10.47m
2	Rowe, Edward	M79	Northwest Re	6.83m
Finals	41 M80 Shot Put			
1	Sheedy, Robert	M82	Pacific Nort	9.31m
Event 4 Finals	43 W20-29 Discus Throw	7		
1	Payne, Alexandra	W20	Pacific Nort	33.67m
Event 4 Finals	43 W35 Discus Throw			
1 2	Chaney, Erica Hutchinson, Corissa		Northwest Re Northwest Re	39.97m 30.43m
Event 4	43 W45 Discus Throw			
Finals 1	Walker, Kristen	W47	Northwest Re	25.11m

Event 43 W50 Discus Throw Finals			
	W51	Northwest Re	19.68m
Event 43 W55 Discus Throw			
Finals 1 Beard, Donna	W59	Pacific Nort	27.73m
Event 43 W60 Discus Throw			
Finals 1 Boivin, Erica	W64	Pacific Nort	11.35m
Event 43 W65 Discus Throw			
Finals 1 Kirkpatrick, Yvonne	W68	Northwest Re	20.69m
Event 44 M35 Discus Throw 35 USA: 71.24m R			
Finals 1 Roberson, Matthew	M38	Pacific Nort	33.56m
Event 44 M45 Discus Throw 45 USA: 66.12m R			
Finals 1 Bays, Zacharry	M48	Pacific Nort	24.37m
Event 44 M50 Discus Throw 50 USA: 62.74m R			
Finals 1 Pedro Jr., George	M50	Pacific Nort	35.83m
Event 44 M55 Discus Throw 55 USA: 55.61m R			
Finals 1 Schurman, Doug	M55	Pacific Nort	35.52m
Event 44 M60 Discus Throw 60 USA: 57.60m R			
Finals 1 Wymer, Larry	M62	Pacific Nort	21.61m
2 Chaney, Donald	M63	Northwest Re	17.34m
Event 44 M65 Discus Throw 65 USA: 54.99m R			
Finals			20.64
 Cacek, Charles Zitnik III, Frank 		Pacific Nort Pacific Nort	38.64m 29.46m
3 George, Edwards		Pacific Nort	29.40m 26.65m
4 Nykreim, Mike		Pacific Nort	25.32m
Event 44 M70 Discus Throw Finals			
1 Harger Jr., Stover	M72	Northwest Re	24.06m
Event 44 M75 Discus Throw			
Finals 1 Meyring, Brad	M75	Pacific Nort	32.57m

2023 PNW Association Championships

West Seattle Stadium

Results

	(Event 44 M75 Discus Rowe, Edward		DW) Northwest Re	16.33m
	45 M80 Discus Throw			
Finals 1	Sheedy, Robert	M82	Pacific Nort	20.79m
	45 M85 Discus Throw			
Finals 1	Vergin, Roger	M85	Other Region	18.37m
Event	46 W19-29 Hammer Thre	ow		
Finals 1	Payne, Alexandra	W20	Pacific Nort	48.83m
	46 W35 Hammer Throw			
Finals 1	Chaney, Erica	W35	Northwest Re	41.75m
	46 W50 Hammer Throw			
Finals 1	Tasker, Tamara	W51	Northwest Re	32.75m
	46 W55 Hammer Throw			
Finals 1	Beard, Donna	W59	Pacific Nort	32.07m
	46 W60 Hammer Throw			
Finals 1	Boivin, Erica	W64	Pacific Nort	23.50m
	46 W65 Hammer Throw			
Finals 1	Kirkpatrick, Yvonne	W68	Northwest Re	21.33m
Event	47 M50 Hammer Throw 50 USA: 71.71m R			
Finals 1	Pedro Jr., George	M50	Pacific Nort	26.41m
Event	47 M55 Hammer Throw 55 USA: 67.27m R			
Finals 1	Schurman, Doug	M55	Pacific Nort	43.26m
Event	47 M60 Hammer Throw 60 USA: 61.76m R			
Finals 1	Wymer, Larry	M62	Pacific Nort	21.66m
Event 4	47 M65 Hammer Throw			
Finals				
1 2	Zitnik III, Frank Nykreim, Mike		Pacific Nort Pacific Nort	27.08m 18.32m

	47 M75 Hammer Throw 75 USA: 51.51m R				
Finals					
1	Meyring, Brad	M75	Pacific Nort	26.12m	
2	Rowe, Edward	M79	Northwest Re	10.67m	
. .					
	50 W35 Javelin Throw				
Finals	T 1 D 1	11/20	D (C) (24.00	
1	Lukac, Rebecca	W38	Pacific Nort	24.98m	
Event 50 W55 Javelin Throw Finals					
1	Beard, Donna	W59	Pacific Nort	29.43m	
Event	50 W60 Javelin Throw				
Finals					
1	Goldner, Cynthia	W63	Pacific Nort	19.09m	
Event	50 W65 Javelin Throw				
Finals	50 WOS JAVEIII TIITOW				
г шаіз 1	Kirkpatrick, Yvonne	W68	Northwest Re	13.22m	
1	Kirkpatrick, Tvolilie	1100	Northwest Re	15.22111	
Event	51 M19-29 Javelin Throw	v			
Finals					
1	Braunstein, Jakob	M19	Pacific Nort	55.80m	
Event	51 M30 Javelin Throw				
Finals					
1 111415	Jowett, Nathan	M30	Pacific Nort	43.01m	
Event : Finals	51 M35 Javelin Throw				
1	Brandel, Ryan	M39	Northwest Re	62.84m	
2	Roberson, Matthew	M38	Pacific Nort	43.92m	
Event 51 M55 Javelin Throw					
Event	55 USA: 66.11m R				
Event : Finals					
		M58	Pacific Nort	36.04m	
Finals	55 USA: 66.11m R		Pacific Nort Pacific Nort	36.04m 32.17m	
Finals 1 2	55 USA: 66.11m R Claymore, Jon				
Finals 1 2 Event	55 USA: 66.11m R Claymore, Jon Stone, Jon 51 M60 Javelin Throw				
Finals 1 2 Event Finals	55 USA: 66.11m R Claymore, Jon Stone, Jon 51 M60 Javelin Throw 60 USA: 58.25m R	M56	Pacific Nort	32.17m	
Finals 1 2 Event : Finals 1	55 USA: 66.11m R Claymore, Jon Stone, Jon 51 M60 Javelin Throw 60 USA: 58.25m R Monroe, Anthony	M56 M64	Pacific Nort Pacific Nort	32.17m 22.57m	
Finals 1 2 Event : Finals 1 2	55 USA: 66.11m R Claymore, Jon Stone, Jon 51 M60 Javelin Throw 60 USA: 58.25m R Monroe, Anthony Jowett, Thomas	M56 M64 M64	Pacific Nort Pacific Nort Pacific Nort	32.17m 22.57m 21.19m	
Finals 1 2 Event Finals 1 2 3	55 USA: 66.11m R Claymore, Jon Stone, Jon 51 M60 Javelin Throw 60 USA: 58.25m R Monroe, Anthony Jowett, Thomas Wymer, Larry	M56 M64 M64	Pacific Nort Pacific Nort	32.17m 22.57m	
Finals 1 2 Event : Finals 1 2 3 Event : Finals	55 USA: 66.11m R Claymore, Jon Stone, Jon 51 M60 Javelin Throw 60 USA: 58.25m R Monroe, Anthony Jowett, Thomas	M56 M64 M64	Pacific Nort Pacific Nort Pacific Nort Pacific Nort	32.17m 22.57m 21.19m	
Finals 1 2 Event : Finals 1 2 3 Event :	55 USA: 66.11m R Claymore, Jon Stone, Jon 51 M60 Javelin Throw 60 USA: 58.25m R Monroe, Anthony Jowett, Thomas Wymer, Larry 51 M65 Javelin Throw George, Edwards	M56 M64 M64	Pacific Nort Pacific Nort Pacific Nort Pacific Nort	32.17m 22.57m 21.19m	
Finals 1 2 Event : Finals 1 2 3 Event : Finals	55 USA: 66.11m R Claymore, Jon Stone, Jon 51 M60 Javelin Throw 60 USA: 58.25m R Monroe, Anthony Jowett, Thomas Wymer, Larry 51 M65 Javelin Throw	M56 M64 M64 M62	Pacific Nort Pacific Nort Pacific Nort Pacific Nort	22.57m 21.19m 19.27m	
Finals 1 2 Event : Finals 1 2 3 Event : Finals 1 2 Event : Event : 1 2 3 Event : Finals 1 2 S Event : 1 2 S Event : 1 2 3 Event : 2 Event : 2 S Event : 2 Event : 2 S Event : 2 Event : 2 Event : 2 Event : 2 Event : 2 S Event : 2 Event : 2 Even	55 USA: 66.11m R Claymore, Jon Stone, Jon 51 M60 Javelin Throw 60 USA: 58.25m R Monroe, Anthony Jowett, Thomas Wymer, Larry 51 M65 Javelin Throw George, Edwards	M56 M64 M62 M65	Pacific Nort Pacific Nort Pacific Nort Pacific Nort	22.57m 21.19m 19.27m 29.32m	
Finals 1 2 Event: Finals 1 2 3 Event: Finals 1 2 Sevent: Finals 1 2 Event: Finals	55 USA: 66.11m R Claymore, Jon Stone, Jon 51 M60 Javelin Throw 60 USA: 58.25m R Monroe, Anthony Jowett, Thomas Wymer, Larry 51 M65 Javelin Throw George, Edwards Nykreim, Mike 51 M75 Javelin Throw	M56 M64 M62 M65 M69	Pacific Nort Pacific Nort Pacific Nort Pacific Nort Pacific Nort	22.57m 21.19m 19.27m 29.32m 16.23m	
Finals 1 2 Event : Finals 1 2 3 Event : Finals 1 2 Event : Event : 1 2 3 Event : Finals 1 2 S Event : 1 2 S Event : 1 2 3 Event : 2 Event : 2 S Event : 2 Event : 2 S Event : 2 Event : 2 Event : 2 Event : 2 Event : 2 S Event : 2 Event : 2 Even	55 USA: 66.11m R Claymore, Jon Stone, Jon 51 M60 Javelin Throw 60 USA: 58.25m R Monroe, Anthony Jowett, Thomas Wymer, Larry 51 M65 Javelin Throw George, Edwards Nykreim, Mike	M56 M64 M62 M65 M69 M75	Pacific Nort Pacific Nort Pacific Nort Pacific Nort	22.57m 21.19m 19.27m 29.32m	

2023 NW Region Masters Championships - 7/15/2023 2023 PNW Association Championships

West Seattle Stadium

52 M80 Javelin Throw					
Sheedy, Robert	M82	Pacific Nort	23.49m		
52 M85 Javelin Throw					
Vergin, Roger	M85	Other Region	18.38m		
54 W55 Weight Throw					
Beard, Donna	W59	Pacific Nort	10.95m		
54 W60 Weight Throw					
Boivin, Erica	W64	Pacific Nort	8.00m		
54 W65 Weight Throw					
Kirkpatrick, Yvonne	W68	Northwest Re	10.07m		
54 M50 Weight Throw					
Pedro Jr., George	M50	Pacific Nort	11.29m		
Event 54 M60 Weight Throw					
Wymer, Larry	M62	Pacific Nort	7.41m		
54 M65 Weight Throw					
Zitnik III, Frank			11.36m		
Nykreim, Mike	M69	Pacific Nort	7.44m		
Event 54 M75 Weight Throw Finals					
Mevring Brad	M75	Pacific Nort	9.77m		
Rowe, Edward			6.36m		
56-W60 Super Weight					
50 Woo Super Weight					
Boivin, Erica	W64	Pacific Nort	5.68m		
Event 56 M65 Super Weight Finals					
Zitnik III, Frank	M65	Pacific Nort	5.17m		
Nykreim, Mike	M69	Pacific Nort	4.01m		
	Sheedy, Robert 52 M85 Javelin Throw Vergin, Roger 54 W55 Weight Throw Beard, Donna 54 W60 Weight Throw Boivin, Erica 54 W65 Weight Throw Kirkpatrick, Yvonne 54 M50 Weight Throw Pedro Jr., George 54 M60 Weight Throw Wymer, Larry 54 M65 Weight Throw Kirkpatrick, Yvonne 54 M50 Weight Throw Wymer, Larry 54 M65 Weight Throw Kirkpatrick, Steight Throw Wymer, Larry 54 M65 Weight Throw Kowe, Edward 56 W60 Super Weight Boivin, Erica 56 M65 Super Weight Zitnik III, Frank	Sheedy, RobertM8252 M85 Javelin ThrowVergin, RogerM8554 W55 Weight ThrowM8554 W55 Weight ThrowW5954 W60 Weight ThrowW6454 W65 Weight ThrowW6854 W65 Weight ThrowW6854 M50 Weight ThrowW6854 M50 Weight ThrowW6854 M60 Weight ThrowW6854 M60 Weight ThrowW6854 M60 Weight ThrowM6254 M60 Weight ThrowM6254 M65 Weight ThrowM6254 M65 Weight ThrowM6254 M65 Weight ThrowM6254 M65 Weight ThrowM65Solverin, MikeM6554 M75 Weight ThrowM7565 M60 Super WeightM75Boivin, EricaW6456 M65 Super WeightW6456 M65 Super WeightX642Zitnik III, FrankM65	Sheedy, RobertM82Pacific Nort52M85 Javelin ThrowVergin, RogerM85Other Region54W55Weight ThrowBeard, DonnaW59Pacific Nort54W60 Weight ThrowW64Pacific Nort54W60 Weight ThrowW64Pacific Nort54W65Weight ThrowW68Northwest Re54W65Weight ThrowW68Northwest Re54M50Weight ThrowW60Pacific Nort54M60Weight ThrowM50Pacific Nort54M60Weight ThrowM62Pacific Nort54M60Weight ThrowM62Pacific Nort54M65Weight ThrowM65Pacific Nort54M65Super WeightM75Pacific Nort54M60Super WeightM75Pacific Nort55M60Super WeightM65Pacific Nort56M65Super Weight		