



All-Time Track Records

Record times and distances for the track and field events of each age group of the Maryland Senior Olympics. These records are updated through the 2011 track and field meet and do not include the 5k and 10k races. New records are in bold.

TRACK & FIELD

100-METER DASH - MEN

50-54 Oscar Peyton	11.23	2006
55-59 Oscar Peyton	11.89	2010
60-64 Joseph Hemler	11.53	1994
65-69 James Stookey	13.03	1995
70-74 Edward Matthews Jr.	13.16	1990
75-79 James Stookey	14.24	2005
80-84 Charles Wilson	15:50	2005
85-89 Charles Wilson	17.06	2009
90-94 Earl Wentz	20:37	2005
95-99 Earl Wentz	26.59	2011

100-METER DASH - WOMEN

50-54 Helen Hayes	13.72	2004
55-59 Helen Hayes	14:05	2006
60-64 Carmen Campbell	15.48	2003
65-69 Audrey Lary	14.94	1999
70-74 Audrey Lary	16.12	2004
75-79 Wally Dashiell	17.39	2002
80-84 Marjorie Briggs	22.44	2002
85-89 Wally Dashiell	31.99	2010

200-METER DASH - MEN

50-54 Oscar Peyton	23.70	2003
55-59 Oscar Peyton	23.69	2008
60-64 Lawrence Colbert	25.50	1999
65-69 Lawrence Colbert	27.20	2002
70-74 Edward Matthews Jr.	27.63	1992
75-79 James Stookey	29.82	2005
80-84 Earl Wentz	36.23	1998
85-89 Bernie Fowler	40.86	2009

200-METER DASH - WOMEN

50-54 Helen Hayes	27.73	2002
55-59 Helen Hayes	29.15	2006
60-64 Audrey Lary	33.94	1996
65-69 Audrey Lary	32.08	1999
70-74 Audrey Lary	33.25	2004
75-79 Audrey Lary	36.87	2009
80-84 Anna Romagna	49.90	1998
85-89 Wally Dashiell	1:16.99	2010

400-METER DASH - MEN

50-54 Melvin Fields	55:90	1996
55-59 Thomas Jones	55.49	2008
60-64 Lawrence Colbert	57.94	1997
65-69 James Stookey	1:05.90	1995
70-74 Alby Williams	1:06.04	2010
75-79 Earl Wentz	1:19.00	1991
80-84 Bernie Fowler	1:29.00	2006
85-89 Bernie Fowler	1:43.98	2009

400-METER DASH - WOMEN

50-54 Claudia Simpson	1:21.20	2005
55-59 Alison Suckling	1:12.42	2011
60-64 Rachel Nielson	1:20.00	1991
65-69 Audrey Lary	1:20.24	1999
70-74 Audrey Lary	1:26.36	2008
75-79 Audrey Lary	1:28.61	2009
80-84 Anna Romagna	1:56.18	1998

800-METER DASH - MEN

50-54 James Wich	2:13.60	1996
55-59 Joseph Burno	2:14.50	2008
60-64 Stan Witomski	2:35.00	1995
65-69 Don Kohler	2:45.00	2001
70-74 Oliver Grant	2:52.84	2008
75-79 Ray Blue	3:13.00	1999
80-84 Bernie Fowler	3:45.00	2006
85-89 Charles Boyle	5:03.91	2009

800-METER DASH - WOMEN

50-54 Margaret Rosasco	2:54.00	1999
55-59 Alison Suckling	2:50.02	2011
60-64 Tami Graf	3:14.00	1996
65-69 Rachel Nielsen/Tami Graf	3:25.00	1997/2005
70-74 Margaret Rosasco	2:57.70	1998
75-79 Anna Romagna	3:45.55	1993
80-84 Anna Romagna	4:39.00	1998
85-89 Wally Dashiell	6:55.53	2010

1,500-METER RUN - MEN

50-54 James Wich	4:43.00	1996
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55-59 Joseph Burno	4:40.64	2008
60-64 John Elliott	5:16.30	1998
65-69 Stephen Rosasco	5:42.00	1997
70-74 Oliver Grant	5:51.92	2008
75-79 Bill Osburn	6:23.00	1998
80-84 Tony Matesic	8:20.00	1994
85-89 Charles Boyle	10:13.54	2009
90-94 Alvin Guttag	18:56.00	2008

1,500-METER RUN - WOMEN

50-54 Margaret Rosasco	5:53.00	1998
55-59 Alison Suckling	5:40.49	2010
60-64 Tami Graf	6:38.00	1997
65-69 Joanne Mallet	7:13.90	2000
70-74 Tami Graf	7:30.40	2006
75-79 Anna Romagna	8:22.00	1994
80-84 Hellen Schley	11:53.83	2009
85-89 Wally Dashiell	13:54.18	2010

5,000-METER RUN - MEN

50-54 Charlie Koester	17:08.00	1996
55-59 Charlie Koester	17:33.00	2000
60-64 John Elliott	18:18.40	1998
65-69 John Elliott	20:05.00	2006
70-74 John Elliott	21:42.00	2010
75-79 Denzil Pritchard	23:34.00	1996
80-84 Xianxiang Xie	27:06.00	2008
85-89 Charles Boyle	38:39.00	2009
90-94 Alvin Guttag	67:07.20	2008

5,000-METER RUN - WOMEN

50-54 Debbie Flynn	20:42.00	2008
55-59 Alison Suckling	21:09.00	2011
60-64 Chris Craun	22:40.00	2008
65-69 Joanne Mallet	25:12.00	2000
70-74 Tami Graf	27:56.20	2006
75-79 Jeannie Pizzonia	32:09.00	2010
80-84 Yvonne Aasen	36:30.00	2011

10,000-METER RUN - MEN

50-54 Maurice Pointer	35:57.00	2008
55-59 Maurice Pointer	36:26.00	2010
60-64 John Elliott	38:11.00	1998
65-69 John Elliott	41:24.00	2003
70-74 John Elliott	44:28.00	2010
75-79 Bill Roberts	53:12.79	1990
80-84 Nianxiang Xie	57:18.00	2008
85-89 Charles Boyle	1:25:39	2010

10,000-METER RUN - WOMEN

50-54 Debbie Flynn	43:16.00	2008
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55-59 Alison Suckling	44:34.00	2010
60-64 Chris Craun	47:10.00	2008
65-69 Dee Nelson	50:46.00	2009
70-74 Tami Graf	1:03:32	2010
75-79 Yvonne Aasen	1:11:00	2010
80-84 Martha Trimmer	1:42:57	2010

DISCUS - MEN

50-54 Lawrence Rosen	155'00.00"	2010
55-59 Edward McComas	148'06.00"	1989
60-64 Edward McComas	163'09.00"	1994
65-69 Edward McComas	130'09.50"	2000
70-74 Adolph Kuegler	108'04.97"	2008
75-79 Harry Holm	105'02.00"	2009
80-84 Charlie Irwin	79'05.00"	1999
85-89 Kenneth Babcock	69'04.00"	1993
90-94 Vincent Volrath	41'05.00"	2011

DISCUS - WOMEN

50-54 Shirley Geisbert	81'00.00"	2010
55-59 Slova Galperina-Weinberg	82'07.00"	2002
60-64 Evelyn Wright	81'03.00"	1998
65-69 Evelyn Wright	72'01.00"	2003
70-74 Evelyn Wright	69'04.00"	2007
75-79 Barbara Martin	49'04.00"	2002
80-84 Barbara Martin	44'07.00"	2009
85-89 Wally Dashiell	41'01.00"	2009

HAMMER THROW – MEN

50-54 Shawn Robinson	128'06.00"	2011
55-59 William Gainey	97'01.00"	2006
60-64 Jerome Bookin-Weiner	130'05.00"	2006
65-69 James Pearce	110'05.00"	2011
70-74 Adolph Kuegler	115'00.00"	2010
75-79 Gerald Snyder	83'00.00"	2010
80-84 Darrell Dempster	77'03.00"	2011
85-89 Harry Bernat	64'06.00"	2009

HAMMER THROW – WOMEN

50-54 Donna Barrett	74'02.00"	2010
55-59 Janis Whittier	20'03.00"	2006
60-54 Nancy Berger	24'01.79"	2008
65-69 Evelyn Wright	66'11.00"	2006
70-74 Audrey Lary	61'05.00"	2006
75-79 Sharon Good	48'02.00"	2010
80-84 Wally Dashiell	31'05.00"	2006
85-89 Wally Dashiell	47'02.00"	2010

HIGH JUMP - MEN

50-54 Michael Graham	5'06.25"	2006
55-59 Michael Graham	5'07.00"	2007

60-64 Samuel Griffith	4'10.00"	1990
65-69 James Stookey	4'08.00"	1995
70-74 Frederick Everhart	4'06.00"	1999
75-79 Frederick Everhart	4'07.00"	2002
80-84 Charles Wilson	4'02.00"	2004
85-89 Charles Wilson	3'10.00"	2009

HIGH JUMP - WOMEN

50-54 Claudia Simpson	3'10.00"	2005
55-59 Claudia Simpson	4'01.00"	2009
60-64 Evelyn Wright	4'02.00"	1999
65-69 Evelyn Wright	4'04.00"	2002
70-74 Evelyn Wright	4'01.00"	2009
75-79 Wally Dashiell	3'00.00"	1999
80-84 Wally Dashiell	2'11.00	2004
85-89 Wally Dashiell	2'04.93	2008

JAVELIN - MEN

50-54 Bill Walsh	143'02.00"	1998
55-59 Bill Walsh	137'02.00"	2000
60-64 James Kenney	149'10.00"	2002
65-69 James Kenney	131'08.00"	2006
70-74 James Kenney	135'11.00"	2011
75-79 Charles McGarvey/Eevald Aarma	98'04.00"	1997/1991
80-84 Eevald Aarma	90'11.00"	1992
85-89 Charlie Irwin	55'10.00"	2003
90-94 Vincent Volrath	43'08.00"	2011

JAVELIN - WOMEN

50-54 Shirley Geisbert	69'04.00"	2010
55-59 Evelyn Wright	75'01.00"	1996
60-64 Evelyn Wright	75'03.00"	1998
65-69 Evelyn Wright	67'08.00"	2003
70-74 Audrey Lary	61'01.00"	2005
75-79 Barbara Martin	51'00.00"	2004
80-84 Barbara Martin	38'02.00"	2006
85-89 Elizabeth Dow	29'03.00"	1995

POLE VAULT - MEN

50-54 Tomlinson Rauscher	11'06.00"	1999
55-59 Tomlinson Rauscher	11'06.00"	2002
60-64 Tomlinson Rauscher	10'00.00"	2008
65-69 Elmer Hall/Samuel Griffith	8'06.00"	1993/1991
70-74 James Condell/Samuel Griffith	8'00.00"	2003/1997
75-79 James Condell	7'03.00"	2006
80-84 Edward Murphy	4'00.00"	2006

POLE VAULT - WOMEN

55-59 Linda Wells	6'00.00"	2008
60-64 Evelyn Wright	5'11.00"	2001
65-69 Evelyn Wright	6'07.00"	2003

RUNNING LONG JUMP - MEN

50-54 Michael McDaniel	18'10.50"	2000
55-59 Michael Graham	16'02.07"	2008
60-64 James Stookey	16'08.00"	1993
65-69 James Stookey	15'11.00"	1999
70-74 James Stookey	16'08.50"	2000
75-79 James Stookey	14'06.00"	2006
80-84 Charles Wilson	13'01.00"	2005
85-89 Charles Wilson	11'03.00"	2009

RUNNING LONG JUMP - WOMEN

50-54 Claudia Simpson	11'07.00"	2005
55-59 Claudia Simpson	11'04.17"	2008
60-64 Evelyn Wright	12'01.00"	1998
65-69 Audrey Lary	12'04.50"	2002
70-74 Audrey Lary	11'04.82"	2008
75-79 Audrey Lary	11'07.00"	2009
80-84 Evelyn Schroedl	6'04.50"	1998
85-89 Wally Dashiell	5'04.50"	2009

SHOT PUT - MEN

50-54 Lawrence Rosen	43'00.00"	2009
55-59 William Gainey	41'01.00"	2004
60-64 Edward McComas	42'04.50"	1995
65-69 Adolph Kuegler	40'05.00"	2002
70-74 Adolph Kuegler	39'08.00"	2009
75-79 Theodore Eklund	34'08.50"	1990
80-84 Eevald Aarma	30'04.00"	1992
85-89 Bernie Fowler	25'10.00"	2009

SHOT PUT - WOMEN

50-54 Donna Barrett	31'09.10"	2010
55-59 Chris Russell	31'04.50"	1998
60-64 Evelyn Wright	30'02.50"	1998
65-69 Audrey Lary	28'06.50"	1999
70-74 Evelyn Wright	24'07.50"	2007
75-79 Barbara Martin	20'11.50"	2002
80-84 Barbara Martin	18'01.00"	2009
85-89 Veronica Clark	14'10.75"	2011

STANDING LONG JUMP - MEN

50-54 Chuckie Arons	8'08.00"	2003
55-59 Michael Green	8'08.50"	2004
60-64 Joseph Hemler	8'08.50"	1994
65-69 Elmer Hall	8'02.00"	1993
70-74 Frederick Everhart	8'02.50"	1999
75-79 Frederick Everhart	7'08.00"	2003
80-84 Charles Wilson	7'02.00"	2004
85-89 Edward Murphy	6'01.50"	2009
90-94 Glen Olsen	3'02.00"	2004

STANDING LONG JUMP – WOMEN

50-54 Claudia Simpson	6'08.50"	2005
55-59 Claudia Simpson	6'06.60"	2008
60-64 Audrey Lary	6'07.00"	1996
65-69 Audrey Lary	6'11.50"	2002
70-74 Evelyn Wright	6'10.00"	2009
75-79 Audrey Lary	6'01.00"	2009
80-84 Wally Dashiell	4'01.00"	2004
85-89 Wally Dashiell	3'03.75"	2010

TRIPLE JUMP - MEN

50-54 Marcus Battle	37'05.32"	2008
55-59 Michael Graham	36'07.00"	2007
60-64 Tyrone Brown	31'04.00"	2006
65-69 James Stookey	32'03.50"	1999
70-74 James Stookey	33'03.00"	2000
75-79 James Stookey	30'05.00"	2005
80-84 James Stookey	21'05.25"	2011
85-89 Charlie Irwin	19'06.00"	2002

TRIPLE JUMP - WOMEN

50-54 Gail Zitnay	19'01.00"	2002
55-59 Andrea Rea	18'08.50"	2006
60-64 Evelyn Wright	26'07.00"	1999
65-69 Audrey Lary	27'03.00"	1999
70-74 Audrey Lary	26'07.00"	2004
75-79 Audrey Lary	26'01.00"	2009
80-84 Wally Dashiell	13'10.00"	2004
85-89 Wally Dashiell	12'04.50"	2010

WEIGHT THROW - MEN

50-54 Keith Mathis	31'04.00"	2006
55-59 William Gainey	38'10.00"	2006
60-64 Jerome Bookin-Weiner	50'08.53"	2008
65-69 James Pearce	40'08.25"	2011
70-74 Adolph Kuegler	44'09.44"	2008
75-79 Allen Durling	34'07.00"	2009
80-84 Darrell Dempster	33'16.00"	2009
85-89 George Helwig	20'03.08"	2008
90-94 Vincent Volrath	26'08.50"	2011

WEIGHT THROW - WOMEN

50-54 Donna Barrett	31'02.33"	2008
55-59 Janis Whittier	13'00.00"	2006
65-69 Evelyn Wright	33'00.25"	2006
70-74 Audrey Lary	32'04.80"	2008
75-79 Audrey Lary	34'05.50"	2010
80-84 Wally Dashiell	14'08.50"	2006
85-89 Wally Dashiell	19'04.75"	2010

WALKING

RECREATIONAL WALKING – MEN 1-MILE

50-54 Eugene Hoffman	9:56.75	2002
55-59 Richard Burton	8:20.00	1992
60-64 Robert Paulen	9:46.23	1998
65-69 Robert Paulen	9:38.00	2006
70-74 Robert Paulen	10:27.16	2011
75-79 Edgar Keats	11:15.00	1993
80-84 Frederick Poland	11:55.00	1993
85-89 William Schlichtig	13:53.00	1999
90-94 Aaron Smelkinson	15:38.00	1998

RECREATIONAL WALKING – WOMEN 1-MILE

50-54 Diane Harahush	11:56.00	1997
55-59 Dorothy Carter	10:18.00	1992
60-64 Helen Schley	11:04.06	1988
65-69 Wally Dashiell	11:21.00	1992
70-74 Wally Dashiell	11:33.00	1994
75-79 Helen Opel	11:55.00	1992
80-84 Wally Dashiell	13:09.42	2004
85-89 Wally Dashiell	14:32.02	2008
90-94 Mary Weinberg	17:20.00	2006
95+ Elizabeth Hartje	25:05.12	2003
100+ Ruth Bennett (100yrs old)	28:36.00	1997

1,500-METER RACE WALK - MEN

50-54 David Downin	7:52.10	1998
55-59 David Downin	7:54.35	2002
60-64 Elmer Hall	8:39.00	1990
65-69 Peter Hui	8:31.00	1997
70-74 Peter Hui	8:57.49	2000
75-79 Charles Boyle	9:35.20	2001
80-84 Charles Boyle	10:03.00	2003
85-89 Charles Boyle	10:51.80	2008
90-94 Anthony Matesic	14:05.90	2005

1,500-METER RACE WALK - WOMEN

50-54 Deborah Vandover	9:23.14	2004
55-59 Nancy Whitney	8:19.00	1994
60-64 Lois Dicker	9:04.83	2002
65-69 Lois Dicker	9:41.11	2004
70-74 Lois Dicker	9:27.07	2010
75-79 Emma Lou Taylor	11:04.00	1990
80-84 Mary Bittner	13:03.12	1995
85-89 Leah Sobel	19:00.96	2008
90-94 Ruth Bennett	16:48.00	1990
95+ Ruth Bennett (96 yrs old)	21:47.00	1993

THROWING

FOOTBALL THROW - MEN

50-54 Michael Graham	153-00.00	2006
55-59 Martin Harahush	146-08.00	2002
60-64 James Kenney	154-00.00	2001
65-69 Adolph Kuegler	140-05.00	2002
70-74 James Kenney	137-06.25	2011
75-79 Charles McGarvey	102-02.00	2000
80-84 William O'Connor	94-00.00	2004
85-89 Edward Murphy	85-09.00	2010
90-94 Glen Olsen	39-00.00	2004

FOOTBALL THROW - WOMEN

50-54 Donna Anderson	86-02.00	2000
55-59 Patricia Stephenson	69-00.00	2004
60-64 Joan Delpi	82-09.00	2000
65-69 Nancy Callan	75-08.00	2002
70-74 Nancy Callan	76-00.00	2004
75-79 Nancy Callan	67-08.00	2009
80-84 Barbara Martin	41-08.00	2009
85-89 Wally Dashiell	30-05.00	2010

SOFTBALL THROW - MEN

50-54 Bill Walsh	255-05.00	1996
55-59 James Kenney	234-10.00	2000
60-64 James Kenney	230-00.00	2002
65-69 Martin Schnuit	223-09.00	2010
70-74 James Kenney	201-01.25	2011
75-79 Charles McGarvey	151-10.00	1998
80-84 Edward Murphy	129-00.00	2004
85-89 Edward Murphy	116-02.00	2010
90-94 Glen Olsen	56-00.00	2004

SOFTBALL THROW - WOMEN

50-54 Patricia Stephenson	160-00.00	2000
55-59 Patricia Stephenson	156-00.00	2004
60-64 Helen Boyd	132-07.00	1997
65-69 Nancy Callan	123-10.00	1999
70-74 Mary Clark	103-10.00	1996
75-79 Nancy Callan	96-00.00	2009
80-84 Kate Kwitkoski	68-09.00	2005
85-89 Wally Dashiell	51-01.00	2009
90-94 Elizabeth Evans	37-02.50	1995