

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****W50 100-Meter Dash**

Name	Age	Team	Seed	Finals	Points
Finals					
1 Overstake, Claire	W51	Unattached	15.82	15.86	10

W50 200-Meter Dash

Name	Age	Team	Seed	Finals	Points
1 Overstake, Claire	W51	Unattached	32.81	33.96	10

W50 400-Meter Dash

Name	Age	Team	Seed	Finals	Points
1 Wood, Debra	W54	Debra Wood	1:15.00	1:17.64	10

W50 800-Meter Run

Name	Age	Team	Seed	Finals	Points
1 Wood, Debra	W54	Debra Wood	2:53.00	3:06.11	10

W40 1500-Meter Run

Name	Age	Team	Seed	Finals	Points
1 Myers, Dina	W42	Dina Myers	5:50.00	5:39.69	10

W45 1500-Meter Run

Name	Age	Team	Seed	Finals	Points
1 Woolery, Janice	W48	Janice Woolery	8:00.00	7:01.21	10

W50 1500-Meter Run

Name	Age	Team	Seed	Finals	Points
1 Tompkins, Jane	W51	Jane Tompkins	6:00.00	5:57.94	10
2 Riggins, Stacy	W50	Stacy D. Riggins	6:58.45	6:39.85	8

W55 1500-Meter Run

Name	Age	Team	Seed	Finals	Points
1 Boeck, Dee	W59	Unattached	7:15.00	6:45.79	10
2 Weston, Sandra	W56	Sandra Weston	6:30.00	6:49.83	8
3 Starks, Joanie	W56	Unattached	00:44.01	7:20.86	6
4 Dalton, Judy	W58	Judy Dalton	9:00.00	8:56.62	5

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****W60-64 & W65-69 1500-Meter Run**

Name	Age	Team	Seed	Finals	Points
1 Romans, Donna	W61	Donna Romans	00:00.01	7:36.21	10
1 Haley, Mary	W65	Mary Haley	9:30.00	8:34.90	10

W50 100 Short Hurdles

Name	Age	Team	Seed	Finals	Points
1 Overstake, Claire	W51	Unattached		16.61	10

W50 Shot Put

Name	Age	Team	Seed	Finals	Points
1 Overstake, Claire	W51	Unattached	8.35m	8.15m	10

W50 Javelin Throw

Name	Age	Team	Seed	Finals	Points
1 Overstake, Claire	W51	Unattached	18.95m	20.32m	10

W75+ 1500-Meter Race Walk

Name	Age	Team	Seed	Finals	Points
1 Lykens, Martha	W79	Unattached	14:00.00	13:19.58	10

W75+ 3000-Meter Race Walk

Name	Age	Team	Seed	Finals	Points
1 Lykens, Martha	W79	Unattached	28:00.00	27:29.39	10

M19-29 100 Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Barber, Stephen	M25	Stephen Barber	11.98	11.92	4	10
2 Martinez, Brendan	M19	JCCC	10.99	11.95	4	8

M30 100 Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Hawkins, Roger	M34	Roger Hawkins	11.00	11.35	4	10
2 Heskin, Berg	M30	Berg Heskin	11.50	11.75	4	8

M35 100-Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Dolezilek, Shawn	M37	Shawn Dolezilek	12.50	12.05	3	10

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****M40 100-Meter Dash**

Name	Age	Team	Seed	Finals	H#	Points
1 Grace, David	M40	Unattached	11.90	14.05	3	10

M50 100-Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Davis, Roger	M51	Roger Davis	12.69	12.61	2	10
2 Beattie, Richard	M51	Richard Beattie	13.00	12.84	3	8

M55 100-Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Meares, Kelly	M55	Kelly Meares	14.50	13.39	2	10
2 Uhrig, Jack	M55	Heartland Ma	15.00	15.34	2	8

M60 100-Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Finch, Don	M64	Unattached	14.73	15.49	1	10
2 Shoemaker, Jim	M64	Jim Shoemaker	15.00	16.19	2	8
3 McDonald, Harry	M61	Harry McDonald	15.00	16.76	1	6

M65 100-Meter Dash

Name	Age	Team	Seed	Finals	Points
1 Snook, James	M66	Heartland Ma	14.51	15.09	10

M70 100-Meter Dash

Name	Age	Team	Seed	Finals	Points
1 Barnes, Jim	M71	Heartland Ma	18.00	17.06	10
2 Huffman, Deloyn	M74	Deloyn Huffman	20.00	17.36	8

M19-29 200 Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Barber, Stephen	M25	Stephen Barber	24.50	25.07	6	10
2 Martinez, Brendan	M19	Jccc	23.95	26.59	6	8

M30 200-Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Hawkins, Roger	M34	Roger Hawkins	23.00	23.05	5	10

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****M35 200-Meter Dash**

Name	Age	Team	Seed	Finals	H#	Points
1 Hawkins, Wayne	M37	Wayne Hawkins	25.00	24.87	5	10
2 Dolezilek, Shawn	M37	Shawn Dolezilek	26.00	27.01	5	8

M40 200-Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Stone, Jon	M42	Jon Stone	26.18	27.48	4	10
2 Grace, David	M40	Unattached	24.80	29.12	4	8

M45 200-Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Longland, John	M47	Unattached	27.72	29.58	4	10

M50 200-Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Davis, Roger	M51	Roger Davis	25.52	26.06	3	10
2 Beattie, Richard	M51	Richard Beattie	27.80	27.01	3	8

M55 200-Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Reynolds, Trip	M55	Trip Reynolds	25.70	27.24	3	10
2 Uhrig, Jack	M55	Heartland Ma	31.00	31.52	2	8

M65 200-Meter Dash

Name	Age	Team	Seed	Finals	Points
1 Snook, James	M66	Heartland Ma	31.49	32.02	10

M70 200-Meter Dash

Name	Age	Team	Seed	Finals	Points
1 Huffman, Deloyn	M74	Deloyn Huffman	45.00	44.17	10

M19-29 400 Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Stovall, Carl	M28	Carl Stovall	51.38	53.19	4	10
2 Barber, Stephen	M25	Stephen Barber	53.60	54.60	4	8
3 Castro, Johnny	M20	Johnny Castro	57.00	1:00.94	4	6

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****M35 400-Meter Dash**

Name	Age	Team	Seed	Finals	H#	Points
1 Hawkins, Wayne	M37	Wayne Hawkins	55.80	55.10	4	10
2 Dolezilek, Shawn	M37	Shawn Dolezilek	57.00	59.34	4	8

M40 400-Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Grace, David	M40	Unattached	56.75	1:03.09	3	10
2 Barney, Tim	M41	Tim Barney	1:04.30	1:04.86	3	8

M45 400-Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Longland, John	M47	Unattached	1:05.94	1:05.43	3	10
2 Hansen, Randy	M46	Randy Hansen	1:12.00	1:09.96	3	8

M50 400-Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Davis, Roger	M51	Roger Davis	1:02.42	59.25	2	10
2 Beattie, Richard	M51	Richard Beattie	1:02.00	1:01.99	2	8

M55 400-Meter Dash

Name	Age	Team	Seed	Finals	H#	Points
1 Duffin, Bruce	M55	Heartland Ma	1:16.00	1:08.93	2	10
2 Uhrig, Jack	M55	Heartland Ma	1:07.00	1:10.66	2	8

M60 400 Meter Dash

Name	Age	Team	Seed	Finals	Points
1 Fisher, Mike	M61	Unattached	1:30.00	1:17.18	10

M70 400-Meter Dash

Name	Age	Team	Seed	Finals	Points
1 Huffman, Deloyn	M74	Deloyn Huffman	1:35.00	1:49.37	10

M19-29 800 Meter Run

Name	Age	Team	Seed	Finals	H#	Points
1 Castro, Johnny	M20	Johnny Castro	2:15.00	2:30.18	3	10

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****M40 800 Meter Run**

Name	Age	Team	Seed	Finals	H#	Points
1 Mason, Brad	M43	Unattached	2:07.00	2:09.63	3	10
2 Stone, Jon	M42	Jon Stone	2:11.20	2:10.83	3	8
3 Barney, Tim	M41	Tim Barney	2:15.56	3:01.21	3	6

M45 800 Meter Run

Name	Age	Team	Seed	Finals	H#	Points
1 Miller, Kevin	M47	Heartland Ma	2:12.00	2:10.06	3	10

M50 800 Meter Run

Name	Age	Team	Seed	Finals	H#	Points
1 McDermott, Randy	M50	Heartland Ma	2:24.00	2:33.70	2	10
2 Terry, Steve	M54	Heartland Ma	2:39.00	2:41.74	2	8

M55 800 Meter Run

Name	Age	Team	Seed	Finals	H#	Points
1 Uhrig, Jack	M55	Heartland Ma	2:39.00	2:43.48	2	10
2 Duffin, Bruce	M55	Heartland Ma	2:52.00	2:48.35	2	8

M60 800 Meter Run

Name	Age	Team	Seed	Finals	Points
1 Sell, Steve	M60	Unattached	2:40.00	2:43.02	10

M70 800 Meter Run

Name	Age	Team	Seed	Finals	Points
1 Huffman, Deloyn	M74	Deloyn Huffman	4:30.00	4:35.03	10

M19-29 1500 Meter Run

Name	Age	Team	Seed	Finals	Points
1 Mundt, Joe	M25	Kansas City Smoke	4:08.00	4:08.76	10
2 Rinehart, Brett	M27	Brett Rinehart	4:35.00	4:41.32	8
3 Nord, Christian	M29	Christian Nord	5:25.00	5:01.71	6
4 Gogol, Peter	M27	Unattached	6:00.00	5:42.55	5
-- Parr, Jason	M27	Jason Parr	4:10.00	DNF	

M40 1500 Meter Run

Name	Age	Team	Seed	Finals	Points
1 Mason, Brad	M43	Unattached	4:21.00	4:34.65	10
2 Christensen, Steve	M40	Steve Christensen	4:40.00	4:40.13	8
3 Bloemker, Mike	M40	Daddy Day Care	5:00.00	4:59.25	6

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****....M40 1500 Meter Run**

4	Barney, Tim	M41	Tim Barney	5:10.00	5:09.35	5
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M45 1500 Meter Run

Name	Age	Team	Seed	Finals	Points	
1	Miller, Kevin	M47	Heartland Ma	4:30.00	4:28.95	10
2	Nichols, Chris	M47	Chris Nichols	4:48.00	4:43.73	8
3	Hughes, Kendall	M47	Kendall Hughes	5:10.00	5:18.50	6

M50 1500 Meter Run

Name	Age	Team	Seed	Finals	Points	
1	Harber, Rob	M51	Rob Harber	4:56.00	4:44.83	10
2	McDermott, Randy	M50	Heartland Ma	5:00.00	5:09.42	8
3	Stanziola, Jimmy	M53	Jimmy Stanzilola	5:30.00	5:13.46	6
4	Terry, Steve	M54	Heartland Ma	5:25.00	5:22.07	5
5	robins, michael	M53	Michael Robins	7:00.00	6:41.48	4

M55 1500 Meter Run

Name	Age	Team	Seed	Finals	Points	
1	Van Durme, Gayle	M57	Heartland Ma	4:50.00	4:53.91	10
2	Uhrig, Jack	M55	Heartland Ma	5:21.00	5:29.44	8
3	Duffin, Bruce	M55	Heartland Ma	5:46.34	5:49.46	6
4	Lundgren, Mike	M57	Mike Lundgren	00:00.01	6:27.97	5
5	DiPasquale, Dave	M57	Dave DiPasquale	6:37.00	7:00.63	4

M60 1500 Meter Run

Name	Age	Team	Seed	Finals	Points	
1	Wigger, Tim	M61	Heartland Ma	4:57.00	5:00.38	10
2	Sell, Steve	M60	Unattached	5:30.00	5:31.68	8
3	Hartman, Greg	M61	Unattached	5:20.00	5:42.46	6
4	Wee, Gene	M60	Unattached	10:00.01	6:10.55	5

M65 1500 Meter Run

Name	Age	Team	Seed	Finals	Points	
1	Cooper, Larry	M65	Larry Cooper	7:30.00	5:53.70	10
2	Wren, Eugene	M68	Eugene Wren	6:15.00	6:08.52	8

M70 1500 Meter Run

Name	Age	Team	Seed	Finals	Points	
1	Brawner, Wally	M72	Wally Brawner	7:30.00	6:26.41	10
2	Huffman, Deloyn	M74	Deloyn Huffman	9:51.00	7:51.60	8

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****....M70 1500 Meter Run**

3 Stauffacher, Pete	M73 Unattached	8:00.00	7:59.77	6
4 Weinhold, Frank	M71 Unattached	9:30.00	8:09.45	5

M75+ 1500 Meter Run

Name	Age Team	Seed	Finals	Points
1 Jolin, Louis	M76 Lou Joline	9:30.00	9:03.04	10

M55 5000 Meter Run

Name	Age Team	Seed	Finals	Points
1 Uhrig, Jack	M55 Heartland Ma	19:55.00	21:07.08	10

M50 100 Short Hurdles

Name	Age Team	Seed	Finals	Points
-- Kern, Jack	M50 Jack Kern	21.00	NT	

M55 100 Short Hurdles

Name	Age Team	Seed	Finals	Points
-- Meares, Kelly	M55 Kelly Meares	20.00	NT	
-- snodgrass, ernie	M56 ernie track team	16.67	NT	

M60 100 Short Hurdles

Name	Age Team	Seed	Finals	Points
-- Finch, Don	M64 Unattached	24.40	NT	

M65 100 Short Hurdles

Name	Age Team	Seed	Finals	Points
-- thorne, tom	M65 Unattached	25.00	NT	

M45 4x100 Meter Relay

Team	Seed	Finals	Points
1 Heartland Masters TC 'A'		1:01.73	10
1) Uhrig, Jack 55	2) Terry, Steve 54		
3) Kolb, Craig 47	4) McDermott, Randy 50		

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****M45 4x400 Meter Relay**

Team	Seed	Finals	Points
1 Heartland Masters TC 'A'		4:38.73	10
1) Uhrig, Jack 55	2) Terry, Steve 54		
3) Kolb, Craig 47	4) McDermott, Randy 50		

M45+ 4x800 Meter Relay

Team	Seed	Finals	Points
1 Heartland Masters TC 'A'		11:35.32	10
1) Uhrig, Jack 55	2) Terry, Steve 54		
3) Kolb, Craig 47	4) McDermott, Randy 50		

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****M30 High Jump**

Name	Age	Team	Seed	Finals	Points
1 Hawkins, Roger	M34	Roger Hawkins	1.84m	1.88m	10
2 Heskin, Berg	M30	Berg Heskin	1.67m	1.65m	8

M45 High Jump

Name	Age	Team	Seed	Finals	Points
1 Hansen, Randy	M46	Randy Hansen	1.52m	1.55m	10

M50 High Jump

Name	Age	Team	Seed	Finals	Points
1 Caldwell, David	M51	Dave DiPasquale	1.50m	1.60m	10
2 Kern, Jack	M50	Jack Kern	1.35m	1.40m	7
2 McDermott, Randy	M50	Heartland Ma	1.48m	1.40m	7
4 Terry, Steve	M54	Heartland Ma	1.21m	1.20m	5

M55 High Jump

Name	Age	Team	Seed	Finals	Points
1 Meares, Kelly	M55	Kelly Meares	1.40m	1.50m	10
2 Weigel, Maure	M57	Unattached	1.35m	1.35m	8

M60 High Jump

Name	Age	Team	Seed	Finals	Points
1 Sell, Steve	M60	Unattached	1.50m	1.25m	10

M65 High Jump

Name	Age	Team	Seed	Finals	Points
1 thorne, tom	M65	Unattached	1.30m	1.20m	10
2 Springer, Jerrol	M69	Unattached	1.22m	1.05m	8

M45 Pole Vault

Name	Age	Team	Seed	Finals	Points
1 Hansen, Randy	M46	Randy Hansen	3.65m	3.41m	10

M50 Pole Vault

Name	Age	Team	Seed	Finals	Points
1 Kern, Jack	M50	Jack Kern	2.30m	2.69m	10
-- Overstake, Grant	M51	Grant Overstake	3.00m	NH	

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****M55 Pole Vault**

Name	Age	Team	Seed	Finals	Points
1 Meares, Kelly	M55	Kelly Meares	3.10m	3.30m	10
2 Angel, David	M57	Dave DiPasquale	3.00m	2.59m	8

M60 Pole Vault

Name	Age	Team	Seed	Finals	Points
2 Finch, Don	M64	Unattached	2.30m	2.08m	10
6 McDonald, Harry	M61	Harry McDonald	2.50m	2.18m	8

M65 Pole Vault

Name	Age	Team	Seed	Finals	Points
5 Thorne, Tom	M65	Unattached	2.20m	J2.18m	10

M19-29 Long Jump

Name	Age	Team	Seed	Finals	Points
1 Martinez, Brendan	M19	JCCC	6.50m	5.04m	10

M30 Long Jump

Name	Age	Team	Seed	Finals	Points
1 Heskin, Berg	M30	Berg Heskin	6.34m	6.55m	10
2 Hawkins, Roger	M34	Roger Hawkins	6.96m	6.24m	8

M35 Long Jump

Name	Age	Team	Seed	Finals	Points
1 Dolezilek, Shawn	M37	Shawn Dolezilek	5.85m	5.87m	10

M40 Long Jump

Name	Age	Team	Seed	Finals	Points
1 Ovares, Guido	M41	Guido Ovares	5.08m	4.66m	10

M45 Long Jump

Name	Age	Team	Seed	Finals	Points
1 Kolb, Craig	M47	Heartland Ma	5.00m	3.74m	10

M50 Long Jump

Name	Age	Team	Seed	Finals	Points
1 Caldwell, David	M51	Dave DiPasquale	3.00m	4.72m	10
2 Kern, Jack	M50	Jack Kern	4.25m	4.37m	8

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****....M50 Long Jump**

3 Terry, Steve	M54	Heartland Ma	4.26m	4.29m	6
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M55 Long Jump

Name	Age	Team	Seed	Finals	Points
1 Meares, Kelly	M55	Kelly Meares	4.20m	4.61m	10
2 Weigel, Maure	M57	Unattached	4.50m	4.43m	8
3 Uhrig, Jack	M55	Heartland Ma	3.60m	3.54m	6

M60 Long Jump

Name	Age	Team	Seed	Finals	Points
1 Finch, Don	M64	Unattached	3.83m	3.85m	10

M19-29 Triple Jump

Name	Age	Team	Seed	Finals	Points
1 Neusenwander, Stephen	M19	Jccc	14.50m	12.60m	10

M45 Triple Jump

Name	Age	Team	Seed	Finals	Points
1 Kolb, Craig	M47	Heartland Ma	7.00m	6.11m	10

M50 Triple Jump

Name	Age	Team	Seed	Finals	Points
1 Terry, Steve	M54	Heartland Ma	9.14m	8.62m	10

M55 Triple Jump

Name	Age	Team	Seed	Finals	Points
1 Weigel, Maure	M57	Unattached	9.80m	9.24m	10

M40 Shot Put

Name	Age	Team	Seed	Finals	Points
1 Grace, David	M40	Unattached	10.00m	10.08m	10

M45 Shot Put

Name	Age	Team	Seed	Finals	Points
1 Hansen, Randy	M46	Randy Hansen	9.85m	8.85m	10

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****M50 Shot Put**

Name	Age	Team	Seed	Finals	Points
1 Odehnal, Keith	M50	Keith Odehnal	13.72m	13.22m	10
2 Overstake, Grant	M51	Grant Overstake	13.56m	12.59m	8
3 Kern, Jack	M50	Jack Kern	10.50m	10.81m	6

M55 Shot Put

Name	Age	Team	Seed	Finals	Points
1 Meares, Kelly	M55	Kelly Meares	9.00m	8.90m	10
2 Weigel, Maure	M57	Unattached	9.30m	7.72m	8

M60 Shot Put

Name	Age	Team	Seed	Finals	Points
1 Peters, Bob	M60	Unattached	13.94m	12.26m	10
2 McDonald, Harry	M61	Harry McDonald	11.50m	10.51m	8
3 Shoemaker, Jim	M64	Jim Shoemaker	9.65m	8.88m	6

M65 Shot Put

Name	Age	Team	Seed	Finals	Points
1 Springer, Jerrol	M69	Unattached	10.36m	9.15m	10
2 thorne, tom	M65	Unattached	8.50m	9.08m	8

M70 Shot Put

Name	Age	Team	Seed	Finals	Points
1 Salmon, Al	M70	Unattached	10.00m	11.67m	10
2 wilson, marvin	M70	Unattached	9.54m	10.92m	8

M19-29 Discus Throw

Name	Age	Team	Seed	Finals	Points
1 Woods, Jeff	M19	Jccc	50.00m	42.68m	10

M30 Discus Throw

Name	Age	Team	Seed	Finals	Points
1 Hawkins, Roger	M34	Roger Hawkins		33.17m	10

M35 Discus Throw

Name	Age	Team	Seed	Finals	Points
1 Dolezilek, Shawn	M37	Shawn Dolezilek	27.00m	23.29m	10

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****M45 Discus Throw**

Name	Age	Team	Seed	Finals	Points
1 Hansen, Randy	M46	Randy Hansen	30.00m	28.39m	10

M50 Discus Throw

Name	Age	Team	Seed	Finals	Points
1 Odehnal, Keith	M50	Keith Odehnal	36.60m	38.89m	10
2 Overstake, Grant	M51	Grant Overstake	42.27m	37.94m	8
3 Kern, Jack	M50	Jack Kern	32.00m	33.95m	6

M55 Discus Throw

Name	Age	Team	Seed	Finals	Points
1 Meares, Kelly	M55	Kelly Meares	26.00m	29.62m	10
2 DiPasquale, Dave	M57	Dave DiPasquale	27.42m	27.41m	8

M60 Discus Throw

Name	Age	Team	Seed	Finals	Points
1 McDonald, Harry	M61	Harry McDonald	40.00m	43.00m	10
2 Peters, Bob	M60	Unattached	40.23m	33.94m	8
3 kready, john	M60	Unattached	37.54m	31.61m	6
4 Shoemaker, Jim	M64	Jim Shoemaker	30.90m	27.37m	5

M65 Discus Throw

Name	Age	Team	Seed	Finals	Points
1 Springer, Jerrol	M69	Unattached	38.10m	35.29m	10
2 thorne, tom	M65	Unattached	30.00m	28.95m	8

M70 Discus Throw

Name	Age	Team	Seed	Finals	Points
1 Anderson, Ron	M73	Unattached	36.45m	37.46m	10
2 Salmon, Al	M70	Unattached	40.00m	32.79m	8

M19-29 Hammer Throw

Name	Age	Team	Seed	Finals	Points
1 Woods, Jeff	M19	Jccc	60.00m	44.68m	10

M65 Hammer Throw

Name	Age	Team	Seed	Finals	Points
1 Springer, Jerrol	M69	Unattached	27.40m	23.92m	10

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****M19-29 Javelin Throw**

Name	Age	Team	Seed	Finals	Points
1 Woods, Jeff	M19	Jccc	58.00m	48.18m	10
2 Stovall, Carl	M28	Carl Stovall	52.00m	45.34m	8

M30 Javelin Throw

Name	Age	Team	Seed	Finals	Points
1 Heskin, Berg	M30	Berg Heskin	52.74m	50.74m	10
2 Hawkins, Roger	M34	Roger Hawkins		39.49m	8

M35 Javelin Throw

Name	Age	Team	Seed	Finals	Points
1 Dolezilek, Shawn	M37	Shawn Dolezilek	32.00m	37.94m	10

M40 Javelin Throw

Name	Age	Team	Seed	Finals	Points
1 Stone, Jon	M42	Jon Stone	41.70m	39.04m	10

M50 Javelin Throw

Name	Age	Team	Seed	Finals	Points
1 Overstake, Grant	M51	Grant Overstake	43.28m	45.64m	10
2 Kern, Jack	M50	Jack Kern	30.00m	25.99m	8

M60 Javelin Throw

Name	Age	Team	Seed	Finals	Points
1 McDonald, Harry	M61	Harry McDonald	40.00m	35.15m	10
2 Shoemaker, Jim	M64	Jim Shoemaker	35.00m	31.11m	8
3 Finch, Don	M64	Unattached	27.30m	27.64m	6

M65 Javelin Throw

Name	Age	Team	Seed	Finals	Points
1 thorne, tom	M65	Unattached	31.00m	29.79m	10

M45 1500-Meter Race Walk

Name	Age	Team	Seed	Finals	Points
1 Kolb, Craig	M47	Heartland Ma	8:26.00	9:56.81	10

2009 Heartland Open and Masters Outdoor Meet - 2/27/2009**Johnson County Community College****Results****M65 1500-Meter Race Walk**

Name	Age	Team	Seed	Finals	Points
1 Zarrelli, Charles	M67	Charles Zarrelli	10:50.00	11:01.87	10

M70 1500-Meter Race Walk

Name	Age	Team	Seed	Finals	Points
1 Poisner, Alan	M74	Alan Poisner	02:00.01	9:27.21	10

M75+ 1500-Meter Race Walk

Name	Age	Team	Seed	Finals	Points
1 Adams, Fred	M75	Heartland Ra	10:26.00	10:36.88	10
2 Delon, Floyd	M79	Unattached	14:00.00	13:38.43	8

M45 3000-Meter Race Walk

Name	Age	Team	Seed	Finals	Points
1 Kolb, Craig	M47	Heartland Ma	17:00.00	20:03.71	10

M70 3000-Meter Race Walk

Name	Age	Team	Seed	Finals	Points
1 Poisner, Alan	M74	Alan Poisner	20:00.01	20:21.66	10

M75+ 3000-Meter Race Walk

Name	Age	Team	Seed	Finals	Points
1 Adams, Fred	M75	Heartland Ra	22:00.00	21:39.07	10
2 Hunter, Cliff	M79	Cliff E Hunter	13:00.00	23:29.41	8
3 Delon, Floyd	M79	Unattached	28:00.00	27:31.99	6

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