

2022 Summer Iowa Senior Games Track and Field
Tiger Field | Meet Results

Event	Age Group	First Name	Last Name	City	State	Gender	Age	Result	Place	Medal	NSGA
Track & Field - 1,500M Run	50-54 Female	Cinda	Blake	Wayland	IA	F		54 6.30	1	Gold	X
Track & Field - 1,500M Run	55-59 Female	Jennifer Amy	Shide	Urbandale	IA	F		56 8.26	1	Gold	X
Track & Field - 1,500M Run	55-59 Female	Jean	Dingeman	Pella	IA	F		58 9.44	2	Silver	X
Track & Field - 1,500M Run	50-54 Male	Jason	Hahn	Des Moines	IA	M		52 5.31	1	Gold	X
Track & Field - 1,500M Run	50-54 Male	Scott	Mills	Des Moines	IA	M		51 6.38	2	Silver	X
Track & Field - 1,500M Run	55-59 Male	Martin	Sabo	Denver	CO	M		56 6.14	1	Gold	X
Track & Field - 1,500M Run	60-64 Male	Keith	Kauten	North Liberty	IA	M		62 7.24	1	Gold	X
Track & Field - 1,500M Run	65-69 Male	THOMAS	MCBRIDE	Des Moines	IA	M		67 5.55	1	Gold	X
Track & Field - 1,500M Run	65-69 Male	Brad	Ewest	Ankeny	IA	M		69 7.47	2	Silver	X
Track & Field - 1,500M Run	70-74 Male	Perry	Linn	Corning	IA	M		71 5.55	1	Gold	X
Track & Field - 1,500M Run	70-74 Male	David	Miller	Urbandale	IA	M		70 6.22	2	Silver	X
Track & Field - 1,500M Run	70-74 Male	Larry	Hamm	Des Moines	IA	M		74 7.41	3	Bronze	X
Track & Field - 1,500M Run	70-74 Male	Chuck	Ward	Urbandale	IA	M		70 7.50	4		X
Track & Field - 1,500M Run	75-79 Male	Tom	Kirkwood	Dyersville	IA	M		79 7.41	1	Gold	X
Track & Field - 100M Dash	50-54 Female	Denise	Kinsella	Center Point	IA	F		53 18.14	1	Gold	X
Track & Field - 100M Dash	50-54 Female	Cinda	Blake	Wayland	IA	F		54 19.34	2	Silver	X
Track & Field - 100M Dash	50-54 Female	Theresa	McGivern	Clarion	IA	F		51 .	DNF	DNF	
Track & Field - 100M Dash	55-59 Female	Mindy	Blasberg	Des Moines	IA	F		57 17.47	1	Gold	X
Track & Field - 100M Dash	55-59 Female	Jennifer Amy	Shide	Urbandale	IA	F		56 22.42	2	Silver	X
Track & Field - 100M Dash	55-59 Female	Rosanne	Wicks	Waukon	IA	F		58 22.66	3	Bronze	X
Track & Field - 100M Dash	55-59 Female	Jean	Dingeman	Pella	IA	F		58 .	DNF	DNF	
Track & Field - 100M Dash	60-64 Female	Toni	Banks	Omaha	NE	F		64 17.55	1	Gold	X
Track & Field - 100M Dash	60-64 Female	Greta	Budweg	Ankeny	IA	F		64 26.53	1	Gold	X
Track & Field - 100M Dash	65-69 Female	Ann	Hegstrom	De Soto	IA	F		66 19.76	1	Gold	X
Track & Field - 100M Dash	70-74 Female	Coralyn	Duhstine Feeney	East Moline	IL	F		71 21.71	1	Gold	X
Track & Field - 100M Dash	70-74 Female	Neva	Weisskopf	Lehigh Acres	FL	F		74 28.34	2	Silver	X
Track & Field - 100M Dash	70-74 Female	Christine	Carroll	West Des Moines	IA	F		73 33.32	1	Gold	X
Track & Field - 100M Dash	85-89 Female	Norma	Ramker	Urbandale	IA	F		88 37.11	1	Gold	X
Track & Field - 100M Dash	50-54 Male	Nate	Sickerson	Ankeny	IA	M		50 11.86	1	Gold	X
Track & Field - 100M Dash	50-54 Male	Bob	Pratt	eau claire	WI	M		52 14.31	2	Silver	X
Track & Field - 100M Dash	50-54 Male	Troy	Lilly	Bondurant	IA	M		54 14.50	2	Silver	X
Track & Field - 100M Dash	50-54 Male	Scott	Mills	Des Moines	IA	M		51 17.96	3	Bronze	X
Track & Field - 100M Dash	50-54 Male	Kevin	Lazard	Urbandale	IA	M		52 22.93	4		X
Track & Field - 100M Dash	55-59 Male	Marvin	Wittig	Hartford	WI	M		55 13.59	1	Gold	X
Track & Field - 100M Dash	55-59 Male	Timothy	Hellyer	Zumbrota	MN	M		55 15.9	2	Silver	X
Track & Field - 100M Dash	55-59 Male	Brian	Andrae	Orion	IL	M		55 15.9	1	Gold	X
Track & Field - 100M Dash	55-59 Male	Thomas	Shide	Urbandale	IA	M		59 18.4	3	Bronze	X
Track & Field - 100M Dash	60-64 Male	Elliott	Kissam	Bettendorf	IA	M		61 16.69	1	Gold	X
Track & Field - 100M Dash	60-64 Male	Keith	Kauten	North Liberty	IA	M		62 19.7	2	Silver	X
Track & Field - 100M Dash	65-69 Male	Tom	Cahaian	Norway	IA	M		65 14.44	1	Gold	X
Track & Field - 100M Dash	65-69 Male	David	Wilson	Garrison	IA	M		65 14.69	2	Silver	X
Track & Field - 100M Dash	65-69 Male	Robert	Donaldson	Galesburg	IL	M		68 15.70	3	Bronze	X
Track & Field - 100M Dash	65-69 Male	Michael	Laualle	Des Moines	IA	M		69 16.15	3	Bronze	X
Track & Field - 100M Dash	70-74 Male	Tony	Laird	Hastings	NE	M		70 17.7	1	Gold	X
Track & Field - 100M Dash	70-74 Male	Billy	Potter	Coal Valley	IL	M		71 17.31	2	Silver	X
Track & Field - 100M Dash	70-74 Male	Chuck	Ward	Urbandale	IA	M		70 17.46	1	Gold	X
Track & Field - 100M Dash	70-74 Male	Douglas	Obye	Phoenix	AZ	M		72 17.91	3	Bronze	X
Track & Field - 100M Dash	70-74 Male	Rod	Speidel	Bettendorf	IA	M		73 18.93	2	Silver	X
Track & Field - 100M Dash	70-74 Male	Dennis	Hinckley	Sioux Falls	SD	M		71 19.63	4		X
Track & Field - 100M Dash	70-74 Male	Andy	Steinfeldt	Minnetonka	MN	M		74 20.31	5		
Track & Field - 100M Dash	70-74 Male	Douglas	Potter	altoona	IA	M		71 23.41	3	Bronze	X
Track & Field - 100M Dash	70-74 Male	Denny	Adair	Osceola	IA	M		74 27.14	4		X
Track & Field - 100M Dash	75-79 Male	James	Trent	Midwest City	OK	M		76 16.14	1	Gold	X
Track & Field - 100M Dash	75-79 Male	Randall	Olson	Nebraska City	NE	M		75 18.38	2	Silver	X
Track & Field - 100M Dash	75-79 Male	Jerry	Bauer	Waukesha	WI	M		78 18.67	3	Bronze	X
Track & Field - 100M Dash	75-79 Male	Dennis	Tevis	Hornick	IA	M		75 22.99	1	Gold	X
Track & Field - 100M Dash	75-79 Male	Wendell	Whitcher	West Union	IA	M		75 28.68	2	Silver	X
Track & Field - 100M Dash	80-84 Male	Frank	Perez	West Des Moines	IA	M		80 20.79	1	Gold	X
Track & Field - 100M Dash	80-84 Male	Ken	Stewart	Batavia	OH	M		82 22.62	2	Silver	X
Track & Field - 100M Dash	80-84 Male	Rich	Hoidahl	Johnston	IA	M		81 23.23	2	Silver	X
Track & Field - 100M Dash	80-84 Male	Gary	Sonderland	Petersburg	ND	M		80 24.79	3	Bronze	X
Track & Field - 100M Dash	85-89 Male	Don	Zimmer	West Des Moines	IA	M		88 23.84	1	Gold	X

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Track & Field - 100M Dash	85-89 Male	Richard	Anderson	West Des Moines	IA	M	87	26.50	2	Silver	X
Track & Field - 100M Dash	85-89 Male	Gary	Smidt	Ankeny	IA	M	85	27.29	3	Bronze	X
Track & Field - 200M Dash	50-54 Female	Cinda	Blake	Wayland	IA	F	54	42.46	1	Gold	X
Track & Field - 200M Dash	50-54 Female	Denise	Kinsella	Center Point	IA	F	53	45.47	2	Silver	X
Track & Field - 200M Dash	55-59 Female	Mindy	Blasberg	Des Moines	IA	F	57	38.78	1	Gold	X
Track & Field - 200M Dash	55-59 Female	Jennifer Amy	Shide	Urbandale	IA	F	56	54.31	2	Silver	X
Track & Field - 200M Dash	60-64 Female	Jody	Walter	Des Moines	IA	F	60	42.85	1	Gold	X
Track & Field - 200M Dash	60-64 Female	Greta	Budweg	Ankeny	IA	F	64	1:7.40	2	Silver	X
Track & Field - 200M Dash	65-69 Female	Ann	Hegstrom	De Soto	IA	F	66	41.89	1	Gold	X
Track & Field - 200M Dash	70-74 Female	Coralyn	Duhstine Feeney	East Moline	IL	F	71	52.45	1	Gold	X
Track & Field - 200M Dash	50-54 Male	Wayne	Douet	Ames	IA	M	53	28.58	1	Gold	X
Track & Field - 200M Dash	50-54 Male	Bob	Pratt	eau claire	WI	M	52	30.78	2	Silver	X
Track & Field - 200M Dash	50-54 Male	Scott	Mills	Des Moines	IA	M	51	40.65	2	Silver	X
Track & Field - 200M Dash	50-54 Male	Kevin	Lazard	Urbandale	IA	M	52	44.45	3	Bronze	X
Track & Field - 200M Dash	55-59 Male	Marvin	Wittig	Hartford	WI	M	55	28.82	1	Gold	X
Track & Field - 200M Dash	55-59 Male	Timothy	Hellyer	Zumbrota	MN	M	55	32.35	2	Silver	X
Track & Field - 200M Dash	55-59 Male	Thomas	Shide	Urbandale	IA	M	59	39.9	1	Gold	X
Track & Field - 200M Dash	60-64 Male	Doug	Walker	Manhattan	KS	M	60	31.82	1	Gold	X
Track & Field - 200M Dash	60-64 Male	Elliott	Kissam	Bettendorf	IA	M	61	34.4	1	Gold	X
Track & Field - 200M Dash	60-64 Male	Keith	Kauten	North Liberty	IA	M	62	40.19	2	Silver	X
Track & Field - 200M Dash	65-69 Male	Tom	Cahalan	Norway	IA	M	65	30.31	1	Gold	X
Track & Field - 200M Dash	65-69 Male	David	Roberts	Boone	IA	M	65	31.34	2	Silver	X
Track & Field - 200M Dash	65-69 Male	David	Wilson	Garrison	IA	M	65	31.57	3	Bronze	X
Track & Field - 200M Dash	65-69 Male	Keith	Dahlstrom	CEDAR FALLS	IA	M	67	31.95	4		X
Track & Field - 200M Dash	65-69 Male	Michael	Laualle	Des Moines	IA	M	69	35.9	5		
Track & Field - 200M Dash	65-69 Male	Robert	Donaldson	Galesburg	IL	M	68	36.28	6		
Track & Field - 200M Dash	70-74 Male	Douglas	Obye	Phoenix	AZ	M	72	36.19	1	Gold	X
Track & Field - 200M Dash	70-74 Male	David	Miller	Urbandale	IA	M	70	38.4	1	Gold	X
Track & Field - 200M Dash	70-74 Male	Chuck	Ward	Urbandale	IA	M	70	40.8	2	Silver	X
Track & Field - 200M Dash	70-74 Male	Rod	Speidel	Bettendorf	IA	M	73	43.16	3	Bronze	X
Track & Field - 200M Dash	70-74 Male	Andy	Steinfeldt	Minnetonka	MN	M	74	47.28	4		X
Track & Field - 200M Dash	70-74 Male	Darwin	Ramker	Waverly	IA	M	74	53.29	4		X
Track & Field - 200M Dash	70-74 Male	Denny	Adair	Osceola	IA	M	74	1:10.31	5		
Track & Field - 200M Dash	75-79 Male	James	Trent	Midwest City	OK	M	76	34.84	1	Gold	X
Track & Field - 200M Dash	80-84 Male	Greuling(G)	Schellhorn	Boscobel	WI	M	82	48.70	1	Gold	X
Track & Field - 200M Dash	80-84 Male	Rich	Hoidahl	Johnston	IA	M	81	53.31	1	Gold	X
Track & Field - 200M Dash	80-84 Male	Ken	Stewart	Batavia	OH	M	82	54.63	2	Silver	X
Track & Field - 200M Dash	85-89 Male	Don	Zimmer	West Des Moines	IA	M	88	47.28	1	Gold	X
Track & Field - 200M Dash	85-89 Male	Gary	Smidt	Ankeny	IA	M	85	1:15.22	2	Silver	X
Track & Field - 400M Run	50-54 Female	Cinda	Blake	Wayland	IA	F	54	1:31.38	1	Gold	X
Track & Field - 400M Run	55-59 Female	Jean	Dingeman	Pella	IA	F	58	1:44.11	1	Gold	X
Track & Field - 400M Run	55-59 Female	Jennifer Amy	Shide	Urbandale	IA	F	56	2:0.6	2	Silver	X
Track & Field - 400M Run	60-64 Female	Susan	Fray	Clive	IA	F	62	1:20.72	1	Gold	X
Track & Field - 400M Run	65-69 Female	Ann	Hegstrom	De Soto	IA	F	66	1:3.28	1	Gold	X
Track & Field - 400M Run	70-74 Female	Shari	Hintermeister	North Liberty	IA	F	73	2:53.15	1	Gold	X
Track & Field - 400M Run	50-54 Male	Wayne	Douet	Ames	IA	M	53	1:1.67	1	Gold	X
Track & Field - 400M Run	50-54 Male	Scott	Mills	Des Moines	IA	M	51	1:45.97	1	Gold	X
Track & Field - 400M Run	55-59 Male	Marvin	Wittig	Hartford	WI	M	55	1:8.28	1	Gold	X
Track & Field - 400M Run	60-64 Male	Doug	Walker	Manhattan	KS	M	60	1:9.50	1	Gold	X
Track & Field - 400M Run	60-64 Male	Elliott	Kissam	Bettendorf	IA	M	61	1:21.9	1	Gold	X
Track & Field - 400M Run	60-64 Male	Keith	Kauten	North Liberty	IA	M	62	1:29.41	2	Silver	X
Track & Field - 400M Run	65-69 Male	David	Roberts	Boone	IA	M	65	1:9.51	1	Gold	X
Track & Field - 400M Run	65-69 Male	Tom	Cahalan	Norway	IA	M	65	1:10.95	2	Silver	X
Track & Field - 400M Run	65-69 Male	David	Wilson	Garrison	IA	M	65	1:12.15	3	Bronze	X
Track & Field - 400M Run	65-69 Male	Keith	Dahlstrom	CEDAR FALLS	IA	M	67	1:15.44	4		X
Track & Field - 400M Run	65-69 Male	Tom	Loch	Pella	IA	M	65	1:18.81	5		
Track & Field - 400M Run	70-74 Male	David	Miller	Urbandale	IA	M	70	1:20.38	1	Gold	X
Track & Field - 400M Run	70-74 Male	Dennis	Hinckley	Sioux Falls	SD	M	71	1:20.78	2	Silver	X
Track & Field - 400M Run	70-74 Male	Douglas	Obye	Phoenix	AZ	M	72	1:21.41	3	Bronze	X
Track & Field - 400M Run	70-74 Male	Chuck	Ward	Urbandale	IA	M	70	1:53.42	2	Silver	X
Track & Field - 400M Run	70-74 Male	Douglas	Potter	altoona	IA	M	71	1:53.42	2	Silver	X

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Track & Field - 400M Run	75-79 Male	Tom	Kirkwood	Dyersville	IA	M	79	1:42.24	1	Gold	X
Track & Field - 400M Run	75-79 Male	Wendell	Whitcher	West Union	IA	M	75	2:1.28	1	Gold	X
Track & Field - 400M Run	80-84 Male	Greuling(G)	Schellhorn	Boscobel	WI	M	82	1:55.10	1	Gold	X
Track & Field - 400M Run	80-84 Male	Ken	Stewart	Batavia	OH	M	82	2:10.80	2	Silver	X
Track & Field - 400M Run	80-84 Male	Rich	Hoidahl	Johnston	IA	M	81	2:30.49	1	Gold	X
Track & Field - 50M Dash	50-54 Female	Theresa	McGivern	Clarion	IA	F	51	8.95	1	Gold	X
Track & Field - 50M Dash	50-54 Female	Denise	Kinsella	Center Point	IA	F	53	9.84	2	Silver	X
Track & Field - 50M Dash	50-54 Female	Cinda	Blake	Wayland	IA	F	54	9.90	3	Bronze	X
Track & Field - 50M Dash	55-59 Female	Mindy	Blasberg	Des Moines	IA	F	57	8.91	1	Gold	X
Track & Field - 50M Dash	55-59 Female	Jean	Dingeman	Pella	IA	F	58	11.91	2	Silver	X
Track & Field - 50M Dash	55-59 Female	Rosanne	Wicks	Waukon	IA	F	58	11.94	3	Bronze	X
Track & Field - 50M Dash	55-59 Female	Jennifer Amy	Shide	Urbandale	IA	F	56	15.3	4		X
Track & Field - 50M Dash	60-64 Female	Toni	Banks	Omaha	NE	F	64	9.34	1	Gold	X
Track & Field - 50M Dash	60-64 Female	Jody	Walter	Des Moines	IA	F	60	11.95	1	Gold	X
Track & Field - 50M Dash	60-64 Female	Greta	Budweg	Ankeny	IA	F	64	12.85	2	Silver	X
Track & Field - 50M Dash	65-69 Female	Ann	Hegstrom	De Soto	IA	F	66	10.32	1	Gold	X
Track & Field - 50M Dash	65-69 Female	Micki	Marolf	Dubuque	IA	F	66	13.35	2	Silver	X
Track & Field - 50M Dash	70-74 Female	Coralyn	Duhstine Feeney	East Moline	IL	F	71	11.8	1	Gold	X
Track & Field - 50M Dash	85-89 Female	Norma	Ramker	Urbandale	IA	F	88	19.72	1	Gold	X
Track & Field - 50M Dash	50-54 Male	Bob	Pratt	eau claire	WI	M	52	7.56	1	Gold	X
Track & Field - 50M Dash	50-54 Male	Troy	Lilly	Bondurant	IA	M	54	7.93	1	Gold	X
Track & Field - 50M Dash	50-54 Male	Scott	Mills	Des Moines	IA	M	51	10.56	2	Silver	X
Track & Field - 50M Dash	50-54 Male	Kevin	Lazard	Urbandale	IA	M	52	13.95	3	Bronze	X
Track & Field - 50M Dash	55-59 Male	Marvin	Wittig	Hartford	WI	M	55	7.51	1	Gold	X
Track & Field - 50M Dash	55-59 Male	Brian	Andrae	Orion	IL	M	55	8.4	2	Silver	X
Track & Field - 50M Dash	55-59 Male	Timothy	Hellyer	Zumbrota	MN	M	55	8.8	3	Bronze	X
Track & Field - 50M Dash	55-59 Male	Thomas	Shide	Urbandale	IA	M	59	9.62	1	Gold	X
Track & Field - 50M Dash	60-64 Male	Elliott	Kissam	Bettendorf	IA	M	61	8.67	1	Gold	X
Track & Field - 50M Dash	60-64 Male	Dana	Cossman	Clinton	IA	M	62	9.6	2	Silver	X
Track & Field - 50M Dash	60-64 Male	Keith	Kauten	NOrth Liberty	IA	M	62	11.5	3	Bronze	X
Track & Field - 50M Dash	65-69 Male	Greg	Bruno	Naperville	IL	M	65	7.53	1	Gold	X
Track & Field - 50M Dash	65-69 Male	Tom	Cahalan	Norway	IA	M	65	7.60	1	Gold	X
Track & Field - 50M Dash	65-69 Male	David	Wilson	Garrison	IA	M	65	8.3	2	Silver	X
Track & Field - 50M Dash	65-69 Male	Robert	Donaldson	Galesburg	IL	M	68	8.73	3	Bronze	X
Track & Field - 50M Dash	65-69 Male	Michael	Breen	Council Bluffs	IA	M	67	9.66	3	Bronze	X
Track & Field - 50M Dash	70-74 Male	Dan	Mehlbrech	Crooks	SD	M	70	8.16	1	Gold	X
Track & Field - 50M Dash	70-74 Male	Tony	Laird	Hastings	NE	M	70	8.70	2	Silver	X
Track & Field - 50M Dash	70-74 Male	Rod	Speidel	Bettendorf	IA	M	73	9.30	1	Gold	X
Track & Field - 50M Dash	70-74 Male	Billy	Potter	Coal Valley	IL	M	71	9.55	3	Bronze	X
Track & Field - 50M Dash	70-74 Male	Chuck	Ward	Urbandale	IA	M	70	10.2	2	Silver	X
Track & Field - 50M Dash	70-74 Male	Andy	Steinfeldt	Minnetonka	MN	M	74	10.2	4		
Track & Field - 50M Dash	70-74 Male	Darwin	Ramker	Waverly	IA	M	74	10.54	3	Bronze	X
Track & Field - 50M Dash	70-74 Male	Denny	Adair	Osceola	IA	M	74	12.81	4		X
Track & Field - 50M Dash	75-79 Male	James	Trent	Midwest City	OK	M	76	8.54	1	Gold	X
Track & Field - 50M Dash	75-79 Male	Randall	Olson	Nebraska City	NE	M	75	9.46	2	Silver	X
Track & Field - 50M Dash	75-79 Male	Wendell	Whitcher	West Union	IA	M	75	9.64	1	Gold	X
Track & Field - 50M Dash	75-79 Male	Ron	Peterson	Waukee	IA	M	78	9.98	2	Silver	X
Track & Field - 50M Dash	75-79 Male	Jerry	Bauer	Waukesha	WI	M	78	10.36	3	Bronze	X
Track & Field - 50M Dash	75-79 Male	Greg	Eastman	Clive	IA	M	75	10.36	3	Bronze	X
Track & Field - 50M Dash	75-79 Male	Dennis	Tevis	Hornick	IA	M	75	11.28	4		X
Track & Field - 50M Dash	80-84 Male	Frank	Perez	West Des Moines	IA	M	80	10.70	1	Gold	X
Track & Field - 50M Dash	80-84 Male	Ken	Stewart	Batavia	OH	M	82	11.52	2	Silver	X
Track & Field - 50M Dash	80-84 Male	Rich	Hoidahl	Johnston	IA	M	81	13.7	2	Silver	X
Track & Field - 50M Dash	85-89 Male	Don	Zimmer	West Des Moines	IA	M	88	12.18	1	Gold	X
Track & Field - 800M Run	50-54 Female	Cinda	Blake	Wayland	IA	F	54	3:27.75	1	Gold	X
Track & Field - 800M Run	55-59 Female	Jean	Dingeman	Pella	IA	F	58	3:50.41	1	Gold	X
Track & Field - 800M Run	55-59 Female	Jennifer Amy	Shide	Urbandale	IA	F	56	4:30.52	2	Silver	X
Track & Field - 800M Run	60-64 Female	Susan	Fray	Clive	IA	F	62	3:36.7	1	Gold	X
Track & Field - 800M Run	70-74 Female	Shari	Hintermeister	North Liberty	IA	F	69	6:30.4	1	Gold	X
Track & Field - 800M Run	50-54 Male	Jason	Hahn	Des Moines	IA	M	52	2:45.97	1	Gold	X
Track & Field - 800M Run	50-54 Male	Scott	Mills	Des Moines	IA	M	51	3:35.13	2	Silver	X
Track & Field - 800M Run	55-59 Male	Martin	Sabo	Denver	CO	M	56	3:4.41	1	Gold	X

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Track & Field - 800M Run	55-59 Male	Thomas	Shide	Urbandale	IA	M	59	3:26.47	1	Gold	X
Track & Field - 800M Run	60-64 Male	Doug	Walker	Manhattan	KS	M	60	3:1.8	1	Gold	X
Track & Field - 800M Run	60-64 Male	Keith	Kauten	NORth Liberty	IA	M	62	3:47.89	1	Gold	X
Track & Field - 800M Run	65-69 Male	Keith	Dahlstrom	CEDAR FALLS	IA	M	67	3:3.47	1	Gold	X
Track & Field - 800M Run	65-69 Male	Tom	Loch	Pella	IA	M	65	3:9.46	2	Silver	X
Track & Field - 800M Run	65-69 Male	Randy	Davis	Altoona	IA	M	66	4:23.31	3	Bronze	X
Track & Field - 800M Run	70-74 Male	Perry	Linn	Corning	IA	M	71	2:53.68	1	Gold	X
Track & Field - 800M Run	70-74 Male	David	Miller	Urbandale	IA	M	70	3:5.77	2	Silver	X
Track & Field - 800M Run	70-74 Male	Larry	Hamm	Des Moines	IA	M	74	3:34.86	3	Bronze	X
Track & Field - 800M Run	75-79 Male	Tom	Kirkwood	Dyersville	IA	M	79	4:6.54	1	Gold	X
Track & Field - Power Walk 1,500 M	55-59 Female	KELLY	BANKOLE	Lakeville	MN	F	59	09:01.4	1	Gold	X
Track & Field - Power Walk 1,500 M	55-59 Female	Rosanne	Wicks	Waukon	IA	F	58	11:7.50	1	Gold	X
Track & Field - Power Walk 1,500 M	55-59 Female	Kay	Haroldson	Adel	IA	F	59	13:32.80	2	Silver	X
Track & Field - Power Walk 1,500 M	60-64 Female	Lori	Groom	Leawood	KS	F	60	09:02.7	1	Gold	X
Track & Field - Power Walk 1,500 M	60-64 Female	Cindy	Beatty	Atkins	IA	F	60	13:34.30	1	Gold	X
Track & Field - Power Walk 1,500 M	65-69 Female	Ann	Hegstrom	De Soto	IA	F	66	10:6.60	1	Gold	X
Track & Field - Power Walk 1,500 M	75-79 Female	Faith	Rulapaugh	Oelwein	IA	F	75	13:41.50	1	Gold	X
Track & Field - Power Walk 1,500 M	50-54 Male	Aaron	Hartje	Des Moines	IA	M	52	12:31.10	1	Gold	X
Track & Field - Power Walk 1,500 M	60-64 Male	Brian	Beatty	Atkins	IA	M	62	9:54.0	1	Gold	X
Track & Field - Power Walk 1,500 M	60-64 Male	Keith	Kauten	NORth Liberty	IA	M	62	12:31.40	2	Silver	X
Track & Field - Power Walk 1,500 M	65-69 Male	Steve	Hoger	Seward	NE	M	65	8:57.70	1	Gold	X
Track & Field - Power Walk 1,500 M	65-69 Male	Randy	Davis	Altoona	IA	M	66	10:16.10	1	Gold	X
Track & Field - Power Walk 1,500 M	65-69 Male	Brad	Ewest	Ankeny	IA	M	69	13:35.60	2	Silver	X
Track & Field - Power Walk 1,500 M	70-74 Male	Tim	Phillips	Hiawatha	IA	M	73	10:5.60	1	Gold	X
Track & Field - Power Walk 1,500 M	70-74 Male	Denny	Adair	Osceola	IA	M	74	14:2.80	2	Silver	X
Track & Field - Power Walk 1,500 M	75-79 Male	Tom	Kirkwood	Dyersville	IA	M	79	9:13.10	1	Gold	X
Track & Field - Power Walk 1,500 M	80-84 Male	Ken	Stewart	Batavia	OH	M	82	13:35.60	1	Gold	X
Track & Field - Race Walk 5,000 M	60-64 Female	Lori	Groom	Leawood	KS	F	60		NT	NT	
Track & Field - Race Walk 5,000 M	65-69 Female	Ann	Hegstrom	De Soto	IA	F	66		NT	NT	
Track & Field - Race Walk 5,000 M	65-69 Female	Jane	Hein	Clive	IA	F	69		NT	NT	
Track & Field - Race Walk 5,000 M	75-79 Female	Faith	Rulapaugh	Oelwein	IA	F	75		NT	NT	
Track & Field - Race Walk 5,000 M	55-59 Male	Davin	Roberts	West Des Moines	IA	M	56		NT	NT	
Track & Field - Race Walk 5,000 M	60-64 Male	Timothy	Pew	Des Moines	IA	M	61		NT	NT	
Track & Field - Race Walk 5,000 M	65-69 Male	Randy	Davis	Altoona	IA	M	66		NT	NT	
Track & Field - Race Walk 5,000 M	65-69 Male	Steve	Hoger	Seward	NE	M	65		NT	NT	
Track & Field - Race Walk 5,000 M	65-69 Male	Brad	Ewest	Ankeny	IA	M	69		NT	NT	
Track & Field - Race Walk 5,000 M	70-74 Male	Tim	Phillips	Hiawatha	IA	M	73		NT	NT	
Track & Field - Race Walk 5,000 M	75-79 Male	Tom	Kirkwood	Dyersville	IA	M	79		NT	NT	
Track & Field - Race Walk 5,000 M	80-84 Male	Gary	O'Daniels	Creston	IA	M	80		NT	NT	
Track & Field - Discus	55-59 Female	Nancy	Tesdall	Sioux Falls	SD	F	58	84'2.5"	1	Gold	X
Track & Field - Discus	55-59 Female	melanie	bintz	dayton	IA	F	59	43'07"	1	Gold	X
Track & Field - Discus	55-59 Female	Jacqueline	Riekena	West Des Moines	IA	F	57	42'05"	2	Silver	X
Track & Field - Discus	55-59 Female	Kay	Haroldson	Adel	IA	F	59	40'00"	3	Bronze	X
Track & Field - Discus	60-64 Female	Ann	Schmidt	Waukee	IA	F	64	49'08"	1	Gold	X
Track & Field - Discus	60-64 Female	Greta	Budweg	Ankeny	IA	F	64	45'10.50"	2	Silver	X
Track & Field - Discus	60-64 Female	Judi	Clevenger	Alexis	IL	F	63	45'00"	3	Bronze	X
Track & Field - Discus	60-64 Female	Jody	Walter	Des Moines	IA	F	60	"	ND	ND	
Track & Field - Discus	65-69 Female	Barbara	Reddick	Remlap	AL	F	69	64'01.50"	1	Gold	X
Track & Field - Discus	65-69 Female	Rozalyn	Boyer	Adel	IA	F	65	37'08"	1	Gold	X
Track & Field - Discus	70-74 Female	Neva	Weisskopf	Lehigh Acres	FL	F	74	51'08"	1	Gold	X
Track & Field - Discus	70-74 Female	Martha	Green	Des Moines	IA	F	71	38'04"	1	Gold	X
Track & Field - Discus	75-79 Female	Diana	Schultz	Topeka	KS	F	77	41'07"	1	Gold	X
Track & Field - Discus	75-79 Female	Suzan	French	Ankeny	IA	F	77	27'06.50"	1	Gold	X
Track & Field - Discus	50-54 Male	Scott	Mills	Des Moines	IA	M	51	63'03.50"	1	Gold	X

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Track & Field - Discus	55-59 Male	Troy	Bellrichard	Spring Valley	MN	M		143'06.50"	1	Gold	X
Track & Field - Discus	55-59 Male	Doug	Johanson	Johnston	IA	M		99'09"	1	Gold	X
Track & Field - Discus	60-64 Male	Rick	Anderson	Lawrence	KS	M	63	146'09.50"	1	Gold	X
Track & Field - Discus	60-64 Male	Jeff	Pfundheller	Urbandale	IA	M	61	90'10"	1	Gold	X
Track & Field - Discus	60-64 Male	Elliott	Kissam	Bettendorf	IA	M	61	87'10"	2	Silver	X
Track & Field - Discus	60-64 Male	Brad	Bonin	Clear Lake	IA	M	64	65'02.50"	3	Bronze	X
Track & Field - Discus	65-69 Male	David	Brandt	Sprague	NE	M	68	126'02.50"	1	Gold	X
Track & Field - Discus	65-69 Male	Jeffrey	Carl	Sterling	IL	M	68	120'01"	2	Silver	X
Track & Field - Discus	65-69 Male	Hiram	Melendez	Dubuque	IA	M	66	119'05"	1	Gold	X
Track & Field - Discus	65-69 Male	Jim	Franzen	Denver	IA	M	65	116'07.25"	2	Silver	X
Track & Field - Discus	65-69 Male	Lance	Platt	Moville	IA	M	68	39'08"	3	Bronze	X
Track & Field - Discus	70-74 Male	Dan	Mehlbrech	Crooks	SD	M	70	121'08.50"	1	Gold	X
Track & Field - Discus	70-74 Male	Billy	Potter	Coal Valley	IL	M	71	83'00"	2	Silver	X
Track & Field - Discus	70-74 Male	Rod	Speidel	Bettendorf	IA	M	73	70'05.50"	1	Gold	X
Track & Field - Discus	75-79 Male	Randall	Olson	Nebraska City	NE	M	75	88'04"	1	Gold	X
Track & Field - Discus	75-79 Male	Ron	Peterson	Waukee	IA	M	78	78'03"	1	Gold	X
Track & Field - Discus	75-79 Male	Greg	Eastman	Clive	IA	M	75	70'02.50"	2	Silver	X
Track & Field - Discus	75-79 Male	Alan	Schenck	Clarinda	IA	M	76	41'06.50"	3	Bronze	X
Track & Field - Discus	80-84 Male	Martin	Zanger	Robbinsdale	MN	M	81	68'09"	1	Gold	X
Track & Field - Discus	80-84 Male	Howard	Bich	Sioux Falls	SD	M	82	62'01.50"	2	Silver	X
Track & Field - Discus	80-84 Male	Ken	Stewart	Batavia	OH	M	82	58'07"	3	Bronze	X
Track & Field - Discus	80-84 Male	Don	Newton	West Des Moines	IA	M	83	47'11.50"	1	Gold	X
Track & Field - Discus	80-84 Male	Frank	Perez	West Des Moines	IA	M	80	42'09"	2	Silver	X
Track & Field - Discus	80-84 Male	Rich	Hoidahl	Johnston	IA	M	81	40'01"	3	Bronze	X
Track & Field - Discus	85-89 Male	John	Manning	Cedar Rapids	IA	M	87	69'00"	1	Gold	X
Track & Field - Discus	85-89 Male	Otto	Welfring	Marshalltown	IA	M	89	66'02"	2	Silver	X
Track & Field - Discus	85-89 Male	Gary	Smidt	Ankeny	IA	M	85	51'07"	3	Bronze	X
Track & Field - Discus	85-89 Male	Bob	McCoid	West Alexander	PA	M	85	46'10"	4		X
Track & Field - Discus	85-89 Male	Richard	Anderson	West Des Moines	IA	M	87	40'11"	5		X
Track & Field - Discus	90-94 Male	Bart	Young	Indianola	IA	M	91	26'10"	1	Gold	X
Track & Field - Javelin	55-59 Female	Nancy	Tesdall	Sioux Falls	SD	F	58	49'10"	1	Gold	X
Track & Field - Javelin	55-59 Female	melanie	bintz	dayton	IA	F	59	45'01"	1	Gold	X
Track & Field - Javelin	55-59 Female	Jacqueline	Riekena	West Des Moines	IA	F	57	37'01"	2	Silver	X
Track & Field - Javelin	60-64 Female	Ann	Schmidt	Waukee	IA	F	64	38'00"	1	Gold	X
Track & Field - Javelin	60-64 Female	Greta	Budweg	Ankeny	IA	F	64	29'00"	2	Silver	X
Track & Field - Javelin	65-69 Female	Barbara	Reddick	Remlap	AL	F	69	45'00"	1	Gold	X
Track & Field - Javelin	65-69 Female	Rozalyn	Boyer	Adel	IA	F	65	22'01"	1	Gold	X
Track & Field - Javelin	70-74 Female	Neva	Weisskopf	Lehigh Acres	FL	F	74	46'10"	1	Gold	X
Track & Field - Javelin	70-74 Female	Martha	Green	Des Moines	IA	F	71	30'09"	1	Gold	X
Track & Field - Javelin	70-74 Female	Christine	Carroll	West Des Moines	IA	F	73	28'03"	2	Silver	X
Track & Field - Javelin	75-79 Female	Diana	Schultz	Topeka	KS	F	77	53'03"	1	Gold	X
Track & Field - Javelin	75-79 Female	Suzan	French	Ankeny	IA	F	77	26'00"	1	Gold	X
Track & Field - Javelin	50-54 Male	Scott	Mills	Des Moines	IA	M	51	49'09"	1	Gold	X
Track & Field - Javelin	55-59 Male	Troy	Bellrichard	Spring Valley	MN	M	56	119'08"	1	Gold	X
Track & Field - Javelin	55-59 Male	Thomas	Shide	Urbandale	IA	M	59	76'10"	1	Gold	X
Track & Field - Javelin	60-64 Male	Jeff	Pfundheller	Urbandale	IA	M	61	65'01"	1	Gold	X
Track & Field - Javelin	65-69 Male	Randy	Davis	Altoona	IA	M	66	56'09"	1	Gold	X
Track & Field - Javelin	65-69 Male	Robert	Donaldson	Galesburg	IL	M	68	48'02"	2	Silver	X
Track & Field - Javelin	65-69 Male	Brad	Ewest	Ankeny	IA	M	69	47'01"	2	Silver	X
Track & Field - Javelin	70-74 Male	Dan	Mehlbrech	Crooks	SD	M	70	92'07"	1	Gold	X
Track & Field - Javelin	70-74 Male	Dennis	Hinckley	Sioux Falls	SD	M	71	75'01"	2	Silver	X
Track & Field - Javelin	70-74 Male	Rod	Speidel	Bettendorf	IA	M	73	74'08"	1	Gold	X
Track & Field - Javelin	70-74 Male	Douglas	Potter	altoona	IA	M	71	43'09"	2	Silver	X
Track & Field - Javelin	70-74 Male	Chuck	Ward	Urbandale	IA	M	70	41'05"	3	Bronze	X
Track & Field - Javelin	75-79 Male	Randall	Olson	Nebraska City	NE	M	75	103'02"	1	Gold	X
Track & Field - Javelin	75-79 Male	Ron	Peterson	Waukee	IA	M	78	51'02"	1	Gold	X
Track & Field - Javelin	75-79 Male	Alan	Schenck	Clarinda	IA	M	76	44'06"	2	Silver	X
Track & Field - Javelin	80-84 Male	Howard	Bich	Sioux Falls	SD	M	82	60'07"	1	Gold	X
Track & Field - Javelin	80-84 Male	Rich	Hoidahl	Johnston	IA	M	81	51'00"	1	Gold	X
Track & Field - Javelin	80-84 Male	Frank	Perez	West Des Moines	IA	M	80	47'01"	2	Silver	X
Track & Field - Javelin	80-84 Male	Ken	Stewart	Batavia	OH	M	82	33'02"	3	Bronze	X
Track & Field - Javelin	85-89 Male	John	Manning	Cedar Rapids	IA	M	87	62'02"	1	Gold	X
Track & Field - Javelin	85-89 Male	Bob	McCoid	West Alexander	PA	M	85	44'07"	2	Silver	X
Track & Field - Javelin	85-89 Male	Gary	Smidt	Ankeny	IA	M	85	35'00"	2	Silver	X

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Track & Field - Javelin	90-94 Male	Bart	Young	Indianola	IA	M	91	17'03"	1	Gold	X
Track & Field - Shot Put	55-59 Female	Nancy	Tesdall	Sioux Falls	SD	F	58	27'01.50"	1	Gold	X
Track & Field - Shot Put	55-59 Female	melanie	bintz	dayton	IA	F	59	22'05.25"	1	Gold	X
Track & Field - Shot Put	55-59 Female	Jacqueline	Riekena	West Des Moines	IA	F	57	22'02.75"	2	Silver	X
Track & Field - Shot Put	60-64 Female	Greta	Budweg	Ankeny	IA	F	64	20'06"	1	Gold	X
Track & Field - Shot Put	60-64 Female	Judi	Clevenger	Alexis	IL	F	63	19'03.75"	2	Silver	X
Track & Field - Shot Put	60-64 Female	Ann	Schmidt	Waukee	IA	F	64	18'07.75"	2	Silver	X
Track & Field - Shot Put	65-69 Female	Margaret	Beuter	Iowa City	IA	F	68	27'08"	1	Gold	X
Track & Field - Shot Put	65-69 Female	Barbara	Reddick	Remlap	AL	F	69	26'07"	2	Silver	X
Track & Field - Shot Put	65-69 Female	Rozalyn	Boyer	Adel	IA	F	65	15'02.75"	2	Silver	X
Track & Field - Shot Put	70-74 Female	Vicki	Morris	New Virginia	IA	F	72	23'09"	1	Gold	X
Track & Field - Shot Put	70-74 Female	Neva	Weisskopf	Lehigh Acres	FL	F	74	19'02.75"	2	Silver	X
Track & Field - Shot Put	70-74 Female	Christine	Carroll	West Des Moines	IA	F	73	18'03.50"	2	Silver	X
Track & Field - Shot Put	70-74 Female	Martha	Green	Des Moines	IA	F	71	18'00.50"	3	Bronze	X
Track & Field - Shot Put	75-79 Female	Diana	Schultz	Topeka	KS	F	77	21'06"	1	Gold	X
Track & Field - Shot Put	75-79 Female	Suzan	French	Ankeny	IA	F	77	13'01.75"	1	Gold	X
Track & Field - Shot Put	50-54 Male	Aaron	Hartje	Des Moines	IA	M	52	28'10.75"	1	Gold	X
Track & Field - Shot Put	50-54 Male	Scott	Mills	Des Moines	IA	M	51	22'06.25"	2	Silver	X
Track & Field - Shot Put	55-59 Male	Troy	Bellrichard	Spring Valley	MN	M	56	45'00.50"	1	Gold	X
Track & Field - Shot Put	55-59 Male	Doug	Johanson	Johnston	IA	M	59	30'06"	1	Gold	X
Track & Field - Shot Put	55-59 Male	Martin	Sabo	Denver	CO	M	56	28'07.75"	2	Silver	X
Track & Field - Shot Put	55-59 Male	Timothy	Hellyer	Zumbrota	MN	M	55	27'04.50"	3	Bronze	X
Track & Field - Shot Put	60-64 Male	Rick	Anderson	Lawrence	KS	M	63	41'10"	1	Gold	X
Track & Field - Shot Put	60-64 Male	Elliott	Kissam	Bettendorf	IA	M	61	26'05.50"	1	Gold	X
Track & Field - Shot Put	60-64 Male	Brad	Bonin	Clear Lake	IA	M	64	21'06.25"	2	Silver	X
Track & Field - Shot Put	65-69 Male	David	Brandt	Sprague	NE	M	68	38'10.75"	1	Gold	X
Track & Field - Shot Put	65-69 Male	Jeffrey	Carl	Sterling	IL	M	68	31'10.50"	2	Silver	X
Track & Field - Shot Put	65-69 Male	Jim	Franzen	Denver	IA	M	65	31'02.75"	1	Gold	X
Track & Field - Shot Put	65-69 Male	Lance	Platt	Moville	IA	M	68	19'02.25"	2	Silver	X
Track & Field - Shot Put	70-74 Male	Dan	Mehlbrech	Crooks	SD	M	70	42'10.75"	1	Gold	X
Track & Field - Shot Put	70-74 Male	Billy	Potter	Coal Valley	IL	M	71	30'02.75"	2	Silver	X
Track & Field - Shot Put	70-74 Male	Rod	Speidel	Bettendorf	IA	M	73	26'10.50"	1	Gold	X
Track & Field - Shot Put	70-74 Male	Denny	Adair	Osceola	IA	M	74	18'10.50"	2	Silver	X
Track & Field - Shot Put	75-79 Male	Randall	Olson	Nebraska City	NE	M	75		1	Gold	X
Track & Field - Shot Put	75-79 Male	Charles	Lynch	Iowa City	IA	M	75	27'03"	1	Gold	X
Track & Field - Shot Put	75-79 Male	Ron	Peterson	Waukee	IA	M	78		2	Silver	X
Track & Field - Shot Put	75-79 Male	Greg	Eastman	Clive	IA	M	75	25'05.25"	3	Bronze	X
Track & Field - Shot Put	80-84 Male	Martin	Zanger	Robbinsdale	MN	M	81	32'05.75"	1	Gold	X
Track & Field - Shot Put	80-84 Male	Howard	Bich	Sioux Falls	SD	M	82	28'08.50"	2	Silver	X
Track & Field - Shot Put	80-84 Male	Don	Newton	West Des Moines	IA	M	83	23'06.75"	1	Gold	X
Track & Field - Shot Put	80-84 Male	Rich	Hoidahl	Johnston	IA	M	81	23'06"	2	Silver	X
Track & Field - Shot Put	80-84 Male	Frank	Perez	West Des Moines	IA	M	80	22'09.75"	3	Bronze	X
Track & Field - Shot Put	80-84 Male	Dale	Dewey	Altoona	IA	M	83	22'06.75"	4		X
Track & Field - Shot Put	80-84 Male	Ken	Stewart	Batavia	OH	M	82	22'00.50"	5		
Track & Field - Shot Put	85-89 Male	John	Manning	Cedar Rapids	IA	M	87	32'09.25"	1	Gold	X
Track & Field - Shot Put	85-89 Male	Gary	Smidt	Ankeny	IA	M	85	28'07"	2	Silver	X
Track & Field - Shot Put	85-89 Male	Otto	Welfring	Marshalltown	IA	M	89	26'06.50"	3	Bronze	X
Track & Field - Shot Put	85-89 Male	Jerry	Anderson	Ellsworth	WI	M	86	20'09.25"	4		X
Track & Field - Shot Put	85-89 Male	Bob	McCoid	West Alexander	PA	M	85	19'10"	5		
Track & Field - Shot Put	90-94 Male	Bart	Young	Indianola	IA	M	91	12'07.50"	1	Gold	X
Track & Field - Running Long Jump	55-59 Female	Jennifer Amy	Shide	Urbandale	IA	F	56	5'10"	1	Gold	X
Track & Field - Running Long Jump	55-59 Female	Jacqueline	Riekena	West Des Moines	IA	F	57	4'06.50"	2	Silver	X
Track & Field - Running Long Jump	60-64 Female	Jody	Walter	Des Moines	IA	F	60	8'03"	1	Gold	X
Track & Field - Running Long Jump	60-64 Female	Judi	Clevenger	Alexis	IL	F	63	7'02"	2	Silver	X
Track & Field - Running Long Jump	65-69 Female	Ann	Hegstrom	De Soto	IA	F	66	9'08"	1	Gold	X
Track & Field - Running Long Jump	65-69 Female	Micki	Marolf	Dubuque	IA	F	66	5'02.75"	2	Silver	X
Track & Field - Running Long Jump	70-74 Female	Coralyn	Duhstine Feeney	East Moline	IL	F	71	8'00.50"	1	Gold	X
Track & Field - Running Long Jump	50-54 Male	Scott	Mills	Des Moines	IA	M	51	8'01"	1	Gold	X
Track & Field - Running Long Jump	55-59 Male	Mark	Barinque	Lubbock	TX	M	56	15'06.50"	1	Gold	X
Track & Field - Running Long Jump	55-59 Male	Marvin	Wittig	Hartford	WI	M	55	15'04"	2	Silver	X
Track & Field - Running Long Jump	55-59 Male	Brian	Andrae	Orion	IL	M	55	12'10.50"	3	Bronze	X
Track & Field - Running Long Jump	55-59 Male	Thomas	Shide	Urbandale	IA	M	59	12'00"	1	Gold	X
Track & Field - Running Long Jump	55-59 Male	Mark	Walter	Des Moines	IA	M	59	8'00"	2	Silver	X

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Track & Field - Running Long Jump	60-64 Male	Jeff	Pfundheller	Urbandale	IA	M	61	10'11.50"	1	Gold	X
Track & Field - Running Long Jump	65-69 Male	David	Roberts	Boone	IA	M	65	13'10"	1	Gold	X
Track & Field - Running Long Jump	65-69 Male	David	Rainey	Waterloo	IA	M	68	13'07"	2	Silver	X
Track & Field - Running Long Jump	65-69 Male	Keith	Dahlstrom	CEDAR FALLS	IA	M	67	13'05"	3	Bronze	X
Track & Field - Running Long Jump	65-69 Male	David	Brandt	Sprague	NE	M	68	12'08"	4		X
Track & Field - Running Long Jump	65-69 Male	Robert	Donaldson	Galesburg	IL	M	68	11'05"	5		
Track & Field - Running Long Jump	70-74 Male	Dan	Mehlbrech	Crooks	SD	M	70	13'07"	1	Gold	X
Track & Field - Running Long Jump	70-74 Male	David	Black	Falcon Heights	MN	M	70	12'03"	2	Silver	X
Track & Field - Running Long Jump	70-74 Male	Billy	Potter	Coal Valley	IL	M	71	11'07.50"	3	Bronze	X
Track & Field - Running Long Jump	70-74 Male	Rod	Speidel	Bettendorf	IA	M	73	10'01"	1	Gold	X
Track & Field - Running Long Jump	70-74 Male	Andy	Steinfeldt	Minnetonka	MN	M	74	6'03.50"	4		
Track & Field - Running Long Jump	75-79 Male	James	Trent	Midwest City	OK	M	76	10'08.75"	1	Gold	X
Track & Field - Running Long Jump	75-79 Male	Randall	Olson	Nebraska City	NE	M	75	10'01"	2	Silver	X
Track & Field - Running Long Jump	75-79 Male	Ron	Peterson	Waukee	IA	M	78	8'07"	1	Gold	X
Track & Field - Running Long Jump	75-79 Male	Larry	Lehrkamp	Willis	TX	M	77	6'09"	3	Bronze	X
Track & Field - Running Long Jump	75-79 Male	Alan	Schenck	Clarinda	IA	M	76	5'07.50"	2	Silver	X
Track & Field - Running Long Jump	80-84 Male	Ken	Stewart	Batavia	OH	M	82	7'0.50"	1	Gold	X
Track & Field - Running Long Jump	80-84 Male	Frank	Perez	West Des Moines	IA	M	80	7'02.25"	1	Gold	X
Track & Field - Running Long Jump	80-84 Male	Howard	Bich	Sioux Falls	SD	M	82	6'06.50"	2	Silver	X
Track & Field - Running Long Jump	80-84 Male	Rich	Hoidahl	Johnston	IA	M	81	3'10.50"	2	Silver	X
Track & Field - Running Long Jump	85-89 Male	Gary	Smidt	Ankeny	IA	M	85	6'04"	1	Gold	X
Track & Field - Running Long Jump	85-89 Male	Don	Zimmer	West Des Moines	IA	M	88	6'01.75"	2	Silver	X
Track & Field - Standing Long Jump	55-59 Female	Mindy	Blasberg	Des Moines	IA	F	57	6'02"	1	Gold	X
Track & Field - Standing Long Jump	55-59 Female	Jennifer Amy	Shide	Urbandale	IA	F	56	4'07.50"	2	Silver	X
Track & Field - Standing Long Jump	55-59 Female	Jacqueline	Riekena	West Des Moines	IA	F	57	4'02"	3	Bronze	X
Track & Field - Standing Long Jump	60-64 Female	Susan	Fray	Clive	IA	F	62	5'04"	1	Gold	X
Track & Field - Standing Long Jump	60-64 Female	Greta	Budweg	Ankeny	IA	F	64	4'04"	2	Silver	X
Track & Field - Standing Long Jump	65-69 Female	Ann	Hegstrom	De Soto	IA	F	66	5'02.50"	1	Gold	X
Track & Field - Standing Long Jump	70-74 Female	Coralyn	Duhstine Feeney	East Moline	IL	F	71	5'02"	1	Gold	X
Track & Field - Standing Long Jump	70-74 Female	Vicki	Morris	New Virginia	IA	F	72	3'09.50"	1	Gold	X
Track & Field - Standing Long Jump	50-54 Male	Troy	Lilly	Bondurant	IA	M	54	7'10"	1	Gold	X
Track & Field - Standing Long Jump	50-54 Male	Scott	Mills	Des Moines	IA	M	51	5'05"	2	Silver	X
Track & Field - Standing Long Jump	55-59 Male	Mark	Barinque	Lubbock	TX	M	56	9'01"	1	Gold	X
Track & Field - Standing Long Jump	55-59 Male	Timothy	Hellyer	Zumbrot	MN	M	55	7'04.50"	2	Silver	X
Track & Field - Standing Long Jump	55-59 Male	Brian	Andrae	Orion	IL	M	55	7'01.50"	3	Bronze	X
Track & Field - Standing Long Jump	55-59 Male	Thomas	Shide	Urbandale	IA	M	59	7'00"	1	Gold	X
Track & Field - Standing Long Jump	60-64 Male	Jeff	Pfundheller	Urbandale	IA	M	61	7'05.50"	1	Gold	X
Track & Field - Standing Long Jump	60-64 Male	Keith	Kauten	NOrth Liberty	IA	M	62	5'10"	2	Silver	X
Track & Field - Standing Long Jump	65-69 Male	David	Roberts	Boone	IA	M	65	8'01"	1	Gold	X
Track & Field - Standing Long Jump	65-69 Male	David	Brandt	Sprague	NE	M	68	7'11.50"	2	Silver	X
Track & Field - Standing Long Jump	65-69 Male	David	Rainey	Waterloo	IA	M	68	7'11"	2	Silver	X
Track & Field - Standing Long Jump	65-69 Male	Robert	Donaldson	Galesburg	IL	M	68	7'00"	3	Bronze	X
Track & Field - Standing Long Jump	65-69 Male	Brad	Ewest	Ankeny	IA	M	69	5'02.50"	3	Bronze	X
Track & Field - Standing Long Jump	70-74 Male	Dan	Mehlbrech	Crooks	SD	M	70	7'03.50"	1	Gold	X
Track & Field - Standing Long Jump	70-74 Male	David	Black	Falcon Heights	MN	M	70	7'03"	2	Silver	X
Track & Field - Standing Long Jump	70-74 Male	Rod	Speidel	Bettendorf	IA	M	73	6'07.50"	1	Gold	X
Track & Field - Standing Long Jump	70-74 Male	Billy	Potter	Coal Valley	IL	M	71	6'04"	3	Bronze	X
Track & Field - Standing Long Jump	70-74 Male	Dennis	Hinckley	Sioux Falls	SD	M	71	5'10.50"	4		
Track & Field - Standing Long Jump	70-74 Male	Chuck	Ward	Urbandale	IA	M	70	5'02.50"	2	Silver	X
Track & Field - Standing Long Jump	70-74 Male	Andy	Steinfeldt	Minnetonka	MN	M	74	5'02.50"	5		
Track & Field - Standing Long Jump	75-79 Male	Randall	Olson	Nebraska City	NE	M	75	6'11.50"	1	Gold	X
Track & Field - Standing Long Jump	75-79 Male	James	Trent	Midwest City	OK	M	76	6'08.50"	2	Silver	X
Track & Field - Standing Long Jump	75-79 Male	Ron	Peterson	Waukee	IA	M	78	6'06"	1	Gold	X
Track & Field - Standing Long Jump	75-79 Male	Greg	Eastman	Clive	IA	M	75	4'09"	2	Silver	X
Track & Field - Standing Long Jump	75-79 Male	Alan	Schenck	Clarinda	IA	M	76	4'05.50"	3	Bronze	X
Track & Field - Standing Long Jump	80-84 Male	Martin	Zanger	Robbinsdale	MN	M	81	5'01"	1	Gold	X
Track & Field - Standing Long Jump	80-84 Male	Greuling(G)	Schellhorn	Boscobel	WI	M	82	5'00.50"	2	Silver	X
Track & Field - Standing Long Jump	80-84 Male	Howard	Bich	Sioux Falls	SD	M	82	5'00"	3	Bronze	X
Track & Field - Standing Long Jump	80-84 Male	Frank	Perez	West Des Moines	IA	M	80	4'10"	1	Gold	X
Track & Field - Standing Long Jump	80-84 Male	Rich	Hoidahl	Johnston	IA	M	81	4'04"	2	Silver	X
Track & Field - Standing Long Jump	80-84 Male	Ken	Stewart	Batavia	OH	M	82	4'03"	4		
Track & Field - Standing Long Jump	85-89 Male	Don	Zimmer	West Des Moines	IA	M	88	4'03"	1	Gold	X
Track & Field - Standing Long Jump	85-89 Male	Gary	Smidt	Ankeny	IA	M	85	4'03"	1	Gold	X
Track & Field - Triple Jump	55-59 Female	Jacqueline	Riekena	West Des Moines	IA	F	57	10'09"	1	Gold	X

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Track & Field - Triple Jump	60-64 Female	Judi	Clevenger	Alexis	IL	F	63	13'04"	1	Gold	X
Track & Field - Triple Jump	65-69 Female	Ann	Hegstrom	De Soto	IA	F	66	19'00"	1	Gold	X
Track & Field - Triple Jump	70-74 Female	Coralyn	Duhstine Feeney	East Moline	IL	F	71	19'06.50"	1	Gold	X
Track & Field - Triple Jump	50-54 Male	Scott	Mills	Des Moines	IA	M	51	14'08"	1	Gold	X
Track & Field - Triple Jump	55-59 Male	Brian	Andrae	Orion	IL	M	55	30'06.50"	1	Gold	X
Track & Field - Triple Jump	55-59 Male	Thomas	Shide	Urbandale	IA	M	59	26'01.50"	1	Gold	X
Track & Field - Triple Jump	55-59 Male	Marvin	Wittig	Hartford	WI	M	55	25'02.25"	2	Silver	X
Track & Field - Triple Jump	60-64 Male	Jeff	Pfundheller	Urbandale	IA	M	61	24'11.50"	1	Gold	X
Track & Field - Triple Jump	65-69 Male	David	Roberts	Boone	IA	M	65	28'07.50"	1	Gold	X
Track & Field - Triple Jump	65-69 Male	Keith	Dahlstrom	CEDAR FALLS	IA	M	67	26'11"	2	Silver	X
Track & Field - Triple Jump	65-69 Male	David	Brandt	Sprague	NE	M	68	24'05"	3	Bronze	X
Track & Field - Triple Jump	70-74 Male	Dan	Mehlbrech	Crooks	SD	M	70	30'05.50"	1	Gold	X
Track & Field - Triple Jump	70-74 Male	David	Black	Falcon Heights	MN	M	70	25'02"	2	Silver	X
Track & Field - Triple Jump	70-74 Male	Billy	Potter	Coal Valley	IL	M	71	22'11.50"	3	Bronze	X
Track & Field - Triple Jump	70-74 Male	Rod	Speidel	Bettendorf	IA	M	73	18'07"	1	Gold	X
Track & Field - Triple Jump	70-74 Male	Andy	Steinfeldt	Minnetonka	MN	M	74	15'07"	4		
Track & Field - Triple Jump	75-79 Male	Randall	Olson	Nebraska City	NE	M	75	20'11"	1	Gold	X
Track & Field - Triple Jump	75-79 Male	Alan	Schenck	Clarinda	IA	M	76	12'11"	1	Gold	X
Track & Field - Triple Jump	80-84 Male	Howard	Bich	Sioux Falls	SD	M	82	15'00.50"	1	Gold	X
Track & Field - Triple Jump	80-84 Male	Greuling(G)	Schellhorn	Boscobel	WI	M	82	14'01"	2	Silver	X
Track & Field - Triple Jump	80-84 Male	Rich	Hoidahl	Johnston	IA	M	81	12'09.50"	1	Gold	X
Track & Field - High Jump	60-64 Female	Jody	Walter	Des Moines	IA	F	60	"	NH	NH	
Track & Field - High Jump	65-69 Female	Margaret	Beuter	Iowa City	IA	F	68	3'09"	1	Gold	X
Track & Field - High Jump	50-54 Male	Scott	Mills	Des Moines	IA	M	51	3'00"	1	Gold	X
Track & Field - High Jump	55-59 Male	Mike	Krapfl	Ames	IA	M	59	4'08"	1	Gold	X
Track & Field - High Jump	55-59 Male	Thomas	Shide	Urbandale	IA	M	59	4'00"	2	Silver	X
Track & Field - High Jump	60-64 Male	Peter	Hlavin	Iowa City	IA	M	64	4'08"	1	Gold	X
Track & Field - High Jump	60-64 Male	Jeff	Pfundheller	Urbandale	IA	M	61	4'00"	2	Silver	X
Track & Field - High Jump	65-69 Male	David	Brandt	Sprague	NE	M	68	4'06"	1	Gold	X
Track & Field - High Jump	65-69 Male	David	Rainey	Waterloo	IA	M	68	4'02"	1	Gold	X
Track & Field - High Jump	65-69 Male	Michael	Breen	Council Bluffs	IA	M	67	3'08"	2	Silver	X
Track & Field - High Jump	65-69 Male	Robert	Donaldson	Galesburg	IL	M	68	3'08"	3	Bronze	X
Track & Field - High Jump	65-69 Male	Brad	Ewest	Ankeny	IA	M	69	3'02"	3	Bronze	X
Track & Field - High Jump	65-69 Male	Randy	Davis	Altoona	IA	M	66	"	NH	NH	
Track & Field - High Jump	70-74 Male	Dan	Mehlbrech	Crooks	SD	M	70	4'07"	1	Gold	X
Track & Field - High Jump	70-74 Male	David	Black	Falcon Heights	MN	M	70	4'00"	2	Silver	X
Track & Field - High Jump	70-74 Male	Rod	Speidel	Bettendorf	IA	M	73	3'06"	1	Gold	X
Track & Field - High Jump	70-74 Male	Billy	Potter	Coal Valley	IL	M	71	3'06"	3	Bronze	X
Track & Field - High Jump	70-74 Male	Andy	Steinfeldt	Minnetonka	MN	M	74	3'00"	4		
Track & Field - High Jump	70-74 Male	Dennis	Hinckley	Sioux Falls	SD	M	71	3'00"	5		
Track & Field - High Jump	75-79 Male	Ron	Peterson	Waukee	IA	M	78	3'06"	1	Gold	X
Track & Field - High Jump	75-79 Male	Randall	Olson	Nebraska City	NE	M	75	3'04"	2	Silver	X
Track & Field - High Jump	80-84 Male	Martin	Zanger	Robbinsdale	MN	M	81	3'00"	1	Gold	X
Track & Field - High Jump	80-84 Male	Ken	Stewart	Batavia	OH	M	82	2'10"	2	Silver	X
Track & Field - High Jump	80-84 Male	Howard	Bich	Sioux Falls	SD	M	82	2'10"	3	Bronze	X
Track & Field - High Jump	85-89 Male	Gary	Smidt	Ankeny	IA	M	85	"	NH	NH	