



All-Time Track & Field 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 2021 track and field meet. Field event measurements are in feet and inches.

New records are in bold. Records are for Maryland residents only.

**5k and 10k race records will be updated after their events.*

RUNNING

50-METER DASH—MEN

50-54 Norris Hanes	6.56	2019
55-59 Don McGee	6.59	2018
60-64 Oscar Peyton	6.77	2014
65-69 Thomas Jones	7.12	2021
70-74 Ethelbert Peters	7.48	2019
75-79 Robert Paulen	8.04	2013
80-84 Larry Colbert	8.44	2018
85-89 Marshall Thompson	9.83	2018
90-94 Dilawar Dhatt	15.55	2021
95-99 Jack Hill	1.11.73	2021

50-METER DASH—WOMEN

50-54 Sandy Triolo	7.52	2013
55-59 Sandy Triolo	7.46	2018
60-64 Diane Poole	8.57	2019
65-69 Claudia Simpson	8.97	2021
70-74 Christine Kamenoff	10.87	2019
75-79 Rose Green	9.54	2017
80-84 Rose Green	9.48	2019
90-94 Yvonne Aasen	27.68	2021

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 Thomas Jones	13.10	2021
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 Rose Green	16.91	2016
80-84 Rose Green	18.00	2018
85-89 Wally Dashiell	31.99	2010
90-94 Yvonne Aasen	59.33	2021

200-METER DASH—MEN

50-54 Oscar Peyton	23.70	2003
55-59 Oscar Peyton	23.69	2008
60-64 Oscar Peyton	23.74	2012
65-69 Oscar Peyton	26.44	2018
70-74 Edward Matthews Jr.	27.63	1992
75-79 James Stookey	29.82	2005
80-84 Larry Colbert	34.29	2017
85-89 Bernie Fowler	40.86	2009
90-94 Allen Rosen	2:07.96	2013

200-METER DASH—WOMEN

50-54 Helen Hayes	27.73	2002
55-59 Helen Hayes	29.15	2006
60-64 Claudia Simpson	33.82	2013
65-69 Audrey Lary	32.08	1999
70-74 Audrey Lary	33.25	2004
75-79 Rose Green	36.75	2017
80-84 Rose Green	38.13	2018
85-89 Wally Dashiell	1:16.99	2010
90-94 Yvonne Aasen	1:59.93	2021

400-METER DASH—MEN

50-54 John Curtis	55.04	2016
55-59 Thomas Jones	55.49	2008
60-64 Larry Colbert	57.94	1997
65-69 Glen Allen	1:04.89	2019
70-74 Abby 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
90-94 Charles Boyle	3:13.79	2014

400-METER DASH—WOMEN

50-54 Charmaine Roberts	1:05.77	2019
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 Rose Green	1:45.27	2018
85-89 Yvonne Aasen	2:57.91	2016

800-METER RUN—MEN

50-54 James Wich	2:13.60	1996
55-59 Joseph Burno	2:14.50	2008
60-64 Joe Burke	2:31.49	2021
65-69 Imants Platais	2:38.10	2019
70-74 Oliver Grant	2:52.84	2008
75-79 Oliver Grant	3:05.64	2013
80-84 Oliver Grant	3:30.78	2016
85-89 Charles Boyle	5:03.91	2009

800-METER RUN—WOMEN

50-54 Louise Kelley	2:43.22	2016
55-59 Louise Kelley	2:41.51	2018
60-64 Tami Graf	3:14.00	1996
65-69 Margaret Rosasco	3:20.37	2013
70-74 Donna Brill	3:48.80	1995
75-79 Anna Romagna	3:45.55	1993
80-84 Anna Romagna	4:39.00	1998
85-89 Tami Graf	6:10.34	2021

1,500-METER RUN—MEN

50-54 James Winch	4:43.00	1996
55-59 Joseph Burno	4:40.64	2008
60-64 Maurice Pointer	5:13.92	2017
65-69 Imants Platais	5:36:17	2018
70-74 Oliver Grant	5:51.92	2008
75-79 Oliver Grant	6:22.18	2013
80-84 Oliver Grant	7:12.85	2016
85-89 Charles Boyle	10:13.54	2009
90-94 Charles Boyle	13:37.28	2014

1,500-METER RUN—WOMEN

50-54 Jeannette Lussi	5:50.29	2014
55-59 Louise Kelley	5:29.73	2018
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 Tami Graf	9:55.94	2016
85-89 Tami Graf	12:41.44	2021

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 James Wright	21:25.00	2019
75-79 John Elliott	23:09.00	2014
80-84 Xianxiag Xie	27:06.00	2008
85-89 George Yannakakis	30:41.00	2017
90-94 Tom Lang	34:41.00	2012
100-plus Jacek Glinkowski (100 yrs old)	44:27.00	2012

5,000-METER RUN—WOMEN

50-54 Darcy Strouse	19:40.00	2014
55-59 Cindy Conant	19:40.00	2017
60-64 Gilma Sandoval	20:43.00	2012
65-69 Alice Franks	22:59.00	2014
70-74 Alice Franks	27:10.00	2019
75-79 Jeannie Pizzonia	32:09.00	2010
80-84 Yvonne Aasen	36:30.00	2011
85-89 Yvonne Aasen	54:41.00	2017, 2018
100-plus Tele Tarpeh (100 yrs old)	46:25.00	2012

10,000-METER RUN—MEN

50-54 Maurice Pointer	35:57.00	2008
55-59 Maurice Pointer	36:26.00	2010
60-64 Maurice Pointer	37:43.00	2015
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 Xianxiag Xie	57:18.00	2008
85-89 Charles Boyle	1:25:39.00	2010

10,000-METER RUN—WOMEN

50-54 Darcy Strouse	40:58.00	2015
55-59 Alison Suckling	44:34.00	2010
60-64 Chris Craun	47:10.00	2008
65-69 Alice Franks	48:44.00	2014
70-74 Molly Sherwood	1:01:22.00	2014
75-79 Tami Graf	1:06:32.00	2012
80-84 Yvonne Aasen	1:17:17.00	2012

FIELD EVENTS**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 William Gainey	122-02.00	2017
75-79 David Merkowitz	118-09.00	2018
80-84 Lee McCabe	85-02.00	2019

85-89 Kenneth Babcock	69-04.00	1993
90-94 Edward Murphy	57-05.00	2015
95-99 Edward Murphy	43-09.00	2019

DISCUS—WOMEN

50-54 Shirley Geisbert	81-00.00	2010
55-59 Emilie Class	85-11.00	2018
60-64 Emilie Class	87-08.00	2021
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 Rose Green	55-05.00	2021
85-89 Wally Dashiell	41-01.00	2009
90-94 Wally Dashiell	32-02.00	2017
95-99 Wally Dashiell	26-02.00	2018

HAMMER THROW — MEN

50-54 Shawn Robinson	142-06.00	2012
55-59 Shawn Robinson	135-11.00	2016
60-64 Jerome Bookin-Weiner	130-05.00	2006
65-69 James Pearce	110-05.00	2011
70-74 James Pearce	116-11.00	2018
75-79 Adolph Kuegler	104-00.00	2012
80-84 Allen Durling	88-07.00	2014
85-89 Robert Beaton	66-11.00	2021
90-94 George Helwig	53-08.00	2014

HAMMER THROW — WOMEN

50-54 Mary Wilkins	94-05.00	2013
55-59 Mary Wilkins	95-07.00	2018
60-64 Donna Barrett	86-01.00	2019
65-69 Evelyn Wright	66-11.00	2006
70-74 Audrey Lary	61-05.00	2006
75-79 Lois Scheminant	66-07.00	2015
80-84 Audrey Lary	55-08.00	2014
85-89 Tami Graf	50-08.00	2021
90-94 Wally Dashiell	41-00.00	2017
95-99 Wally Dashiell	39-04.36	2021

HIGH JUMP — MEN

50-54 Michael Graham	5-06.25	2006
55-59 Michael Graham	5-07.00	2007
60-64 John Porter	5-03.00	2021
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
90-94 Charles Wilson	3-03.75	2014

HIGH JUMP — WOMEN

50-54 Angela Sappington	4-01.25	2015
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 Curt Foianini	144-06.00	2017
60-64 James Kenney	149-10.00	2002
65-69 James Kenney	131-08.00	2006
70-74 James Kenney	136-06.00	2012
75-79 James Kenney	117-08.00	2016
80-84 James Kenney	96-02.00	2021
85-89 Edward Murphy	70-04.00	2013
90-94 Edward Murphy	66-09.00	2014
95-99 Edward Murphy	51-01.00	2019

JAVELIN — WOMEN

50-54 Pam Zelaya	93-06.00	2019
55-59 Evelyn Wright	75-01.00	1996
60-64 Emilie Class	84-05.00	2021
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 Gloria Hong	42-01.00	2019
85-89 Tami Graf	29-09.00	2021
90-94 Wally Dashiell	22-02.00	2016
95-99 Wally Dashiell	18-03.00	2019

LONG JUMP (RUNNING) — MEN

50-54 Michael McDaniel	18-10.50	2000
55-59 Michael McDaniel	17-00.50	2002
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
90-94 Charles Wilson	4-11.50	2014

LONG JUMP (RUNNING) — WOMEN

50-54 Tracey Battle	14-10.75	2021
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 Audrey Lary	7-02.25	2014
85-89 Wally Dashiell	5-04.50	2009

LONG JUMP (STANDING) — MEN

50-54 Don Davis	9-11.25	2017
55-59 Michael Green	8-08.50	2004
60-64 Joseph Hemler	8-08.50	1994

65-69 Scott Harris	9-07.75	2021
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 Edward Murphy	5-09.75	2014
95-99 Edward Murphy	4-02.00	2019

LONG JUMP (STANDING) — WOMEN

50-54 Tracey Battle	6-10.25	2018
55-59 Angela Sappington	6-10.75	2019
60-64 Claudia Simpson	6-09.25	2013
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

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 James Condell	5-04.50	2014

POLE VAULT — WOMEN

55-59 Linda Wells	6-00.00	2008
60-64 Claudia Simpson	6-00.00	2014
65-69 Evelyn Wright	6-07.00	2003
70-74 Nancy Berger	4-09.00	2017
75-79 Nancy Berger	3-03.25	2021

SHOT PUT — MEN

50-54 Toby Egan	48-02.75	2019
55-59 Toby Egan	44-05.50	2021
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 Adolph Kuegler	36-02.25	2012
80-84 James Kenney	35-04.50	2021
85-89 Joseph Hemler	26-09.00	2021
90-94 Edward Murphy	24-03.00	2014
95-99 Edward Murphy	18-08.50	2019

SHOT PUT — WOMEN

50-54 Donna Barrett	31-09.10	2010
55-59 Chris Russell	31-04.50	1998
60-64 Emilie Class	30-08.50	2021
65-69 Audrey Lary	28-06.50	1999
70-74 Evelyn Wright	24-07.50	2007
75-79 Lois Scheminant	21-09.25	2015
80-84 Diane Perry	19-05.25	2016

85-89 Veronica Clark	14-10.75	2011
90-94 Wally Dashiell	11-11.00	2016
95-99 Wally Dashiell	10-02.00	2018

TRIPLE JUMP — MEN

50-54 Marcus Battle	37-05.32	2008
55-59 Michael Graham	36-07.00	2007
60-64 Marcus Battle	32-02.00	2019
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
90-94 Charles Wilson	15-11.00	2014

TRIPLE JUMP — WOMEN

50-54 Tracey Battle	30-00.25	2018
55-59 Angela Sappington	22-02.50	2019
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 Audrey Lary	17-03.50	2014
85-89 Wally Dashiell	12-04.50	2010

WEIGHT THROW — MEN

55-59 Shawn Robinson	53-01.75	2014
55-59 Shawn Robinson	49-05.50	2017
60-64 Jerome Bookin-Weiner	50-08.53	2008
65-69 James Pearce	40-08.25	2011
70-74 William Gainey	46-03.25	2017
75-79 John Sellers	42-09.75	2014
80-84 James Kenney	40-06.75	2021
85-89 Darrell Dempster	29-02.00	2014
90-94 Vincent Volrath	26-08.50	2011
95-99 Jack Hill	12-02.50	2021

WEIGHT THROW — WOMEN

50-54 Mary Wilkins	33-10.00	2016
55-59 Donna Barrett	33-10.75	2013
60-64 Donna Barrett	41-07.00	2019
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 Tami Graf	24-00.75	2018
85-89 Wally Dashiell	19-04.75	2010
90-94 Wally Dashiell	14-10.75	2016
95-99 Wally Dashiell	12-11.50	2018

WALKING

1,500-METER POWER RACE WALK — MEN (formerly 1-Mile Rec Walk)

50-54 Eugene Hoffman	9:56.75	2002
55-59 Richard Burton	8:20.00	1992
60-64 James Davis	9:42.42	2019
65-69 Robert Paulen	9:38.00	2006
70-74 Robert Paulen	10:27.16	2011
75-79 John Ord	10:35.56	2019
80-84 Frederick Poland	11:50.00	1993
85-89 Dale Grant	13:15.36	2018
90-94 Aaron Smelkinson	15:38.00	1998

1,500-METER POWER RACE WALK — WOMEN (formerly 1-Mile Rec Walk)

50-54 Mary Gardner	11:01.17	2019
55-59 Dorothy Carter	10:18.00	1992
60-64 Helen Schley	11:04.06	1988
65-69 Claudia Simpson	11:03.90	2018
70-74 Wally Dashiell	11:33.00	1994
75-79 Helen Opel	11:55.00	1992
80-84 Youngja Lee	12:06.70	2019
85-89 Youngja Lee	12:58.23	2021
90-94 Mary Weinberg	17:20.00	2006
95-99 Elizabeth Hartie	25:05.12	2003
100+ Ruth Bennett (100 years 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 Charles Boyle	13:55.14	2014

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 Lois Dicker	10:27.18	2014
80-84 Lois Dicker	11:16.99	2019
85-89 Leah Sobel	19:00.96	2008
90-94 Ruth Bennett	16:48.00	1990
95-99 Ruth Bennett (96 yrs old)	21:47.00	1993

1-MILE PRECISION RACE WALK — MEN

50-54 Donald Smith	14:41.29	2008
55-59 Alan Murray	13:00.28	2021

60-64 Albert Arcand	11:46.90	2015
65-69 Sheldon Contract	11:33.03	2008
70-74 Robert Paulen	10:27.16	2011
75-79 Edward Keats	11:15.00	1993
80-84 Harry Bernat	12:25.43	2008
85-89 Harry Bernat	12:25.43	2008

1-MILE PRECISION RACE WALK — WOMEN

55-59 Angela Sappington	12:30.31	2018
60-64 Pamela Mason	12:01.83	2016
65-69 Pamela Mason	12:20.80	2017
70-74 Lois Scheminant	17:17.40	2010
75-79 Claudette Braswell	15:57.32	2014
80-84 Harriet Bury	17:27.28	2008

5,000-METER POWER RACE WALK — MEN (new event in 2021)

55-59 Alan Murray	39:35.01	2021
65-69 Charles Geyer Jr.	36:44.89	2021
70-74 Frank Ng	35:38.99	2021
75-79 John Ord	39:33.43	2021

5,000-METER POWER RACE WALK — WOMEN (new event in 2021)

50-54 Melissa Chui	40:46.08	2021
85-89 Youngja Lee	45:29.30	2021

THROWING

FOOTBALL — 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 James Kenney	111-09.00	2019
80-84 Alan Reffkin	95-05.00	2015
85-89 Edward Murphy	85-09.00	2010
90-94 Edward Murphy	65-05.00	2014
95-99 Edward Murphy	50-03.00	2019

FOOTBALL — WOMEN

50-54 Audrey Mattax	91-00.00	2017
55-59 Patricia Stephenson	69-00.00	2004
60-64 Joan Delphi	82-09.00	2000
65-69 Nancy Callan	75-08.00	2002
70-74 Debra Hanes	104-00.00	2018
75-79 Nancy Callan	67-08.00	2009
80-84 Barbara Martin	41-08.00	2009
85-89 Wally Dashiell	30-05.00	2010
90-94 Wally Dashiell	18-09.00	2017
95-99 Wally Dashiell	13-00.50	2018

FRISBEE — MEN

50-54 Keith Mathis	195-01.00	2006
55-59 Dan Lewellen	159-00.00	2006
60-64 Marty Sigel	129-00.00	2006
65-69 George Izumi	120-00.00	2006
70-74 Wayne Reisberg	122-11.00	2013
75-79 Allen Durling	98-04.00	2010
80-84 Charles Blackburn	102-00.00	2006
85-89 Edward Murphy	76-05.50	2011
90-94 Glen Olsen	77-11.00	2004

FRISBEE — WOMEN

50-54 Audrey Mattax	114-06.00	2017
55-59 Suzete Herrmann	56-00.00	2018
60-64 Barbara Lowndes	55-04.00	2009
65-69 Patricia Brown	66-00.00	2018
70-74 Gloria Hong	67-06.00	2013
75-79 Nancy Callan	65-07.00	2011
80-84 Gloria Hong	42-03.00	2021
85-89 Wally Dashiell	44-04.00	2010
90-94 Wally Dashiell	35-01.50	2013
95-99 Wally Dashiell	19-00.00	2018

SOFTBALL — 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 Alan Reffkin	160-01.50	2013
80-84 Alan Reffkin	152-02.00	2015
85-89 Edward Murphy	116-02.00	2010
90-94 Edward Murphy	96-08.00	2015
95-99 Edward Murphy	77-06.00	2019

SOFTBALL — 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 Wally Dashiell	38-08.00	2017
95-99 Wally Dashiell	30-00.00	2018

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