

2010 World Records: **indoor (I)** and outdoor (O) and their age graded performances. Please note that if the athlete broke the world record they also broke the American record but they are not listed twice in these tables. The tables are ranked based on the age graded performances; both the world and American records.

Name	Age	Event	Performance	Age graded
Flo Meiler	76	Long hurdles (o)	45.83	136.1%
Flo Meiler	76	Pole vault (o)	2.03m	110.9%
<b>Flo Meiler</b>	<b>76</b>	<b>Pole vault (I)</b>	<b>1.88m</b>	<b>98.6%</b>
<b>Flo Meiler</b>	<b>76</b>	<b>60m hurdles (I)</b>	<b>13.70</b>	<b>69.8%</b>
Betty Jarvis	95	Wt throw (o)	5.58m	128.9%
<b>Kathy Bergen</b>	<b>70</b>	<b>60m (I)</b>	<b>9.21</b>	<b>104.9%</b>
<b>Kathy Bergen</b>	<b>70</b>	<b>High jump (I)</b>	<b>1.29m</b>	<b>103.9%</b>
Kathy Bergen	70	High jump (o)	1.30m	104.7%
<b>Kathy Bergen</b>	<b>70</b>	<b>200m (I)</b>	<b>32.31</b>	<b>96.4%</b>
Lisa Valle	44	2k steeplechase (o)	6:51.92	101.8%
Sabra Harvey	60	1500m (o)	5:12.27	101.5%
<b>Monica Joyce</b>	<b>51</b>	<b>Mile (I)</b>	<b>5: 08.65</b>	<b>98.1%</b>
Oneithea Lewis	50	Weight throw (o)	18.60m	97.8%
Oneithea	50	Hammer throw	55.46m	90%
Oneithea	50	Throws pentathlon (o)	4800pts	?
Suzi MacLeod	70	400m (o)	85.40	96.8%
<b>Renee Hendersen</b>	<b>45</b>	<b>200m (I)</b>	<b>25.47</b>	<b>94.4%</b>
Mary Harada	75	Mile (o)	7:55.14	92%
<b>Carol Young</b>	<b>70</b>	<b>Weight throw (I)</b>	<b>12.30</b>	<b>85.0%</b>
Men:				
Harvey Lewellen	81	Hammer throw (o)	43.11m	115.95%
<b>Ralph Maxwell</b>	<b>90</b>	<b>60m Hurdles (I)</b>	<b>15.84</b>	<b>113.6%</b>
<b>Ralph Maxwell</b>	<b>90</b>	<b>Pent. (I)</b>	<b>4594</b>	<b>?</b>
Edward Burke	70	Hammer throw (o)	59.04m	109.7%
<b>Leland McPhie</b>	<b>96</b>	<b>60m (I)</b>	<b>15.21</b>	<b>109.2%</b>
<b>Ty Brown</b>	<b>65</b>	<b>60m hurdles (i)</b>	<b>9.17</b>	<b>104.7%</b>
<b>John Altendorf</b>	<b>63</b>	<b>Pole vault (I)</b>	<b>4.05m</b>	<b>102.7%</b>
<b>Bernard Lagat</b>	<b>35</b>	<b>3000m (I)</b>	<b>7:37.97</b>	<b>96.2%</b>
Bernard Lagat	35	5000m (o)	12:54.12	99.9%
<b>Bernard Lagat</b>	<b>35</b>	<b>1500m (I)</b>	<b>3:35.49</b>	<b>96.8%</b>
<b>Bernard Lagat</b>	<b>35</b>	<b>Mile (I)</b>	<b>3:56.13</b>	<b>96.2%</b>
<b>Charlie Allie</b>	<b>62</b>	<b>200m (I)</b>	<b>24.85</b>	<b>97.8%</b>
Ralph Maxwell	90	Short hurdles (o)	21.74	96.6%
Michael Brown	56	Javelin (O)	66.11m	96.3%
<b>Harry Brown</b>	<b>80</b>	<b>200m (I)</b>	<b>31:23</b>	<b>97.4%</b>
<b>Donald Neidig</b>	<b>65</b>	<b>200m</b>	<b>25.47</b>	<b>97.3%</b>
<b>Horace Grant</b>	<b>57</b>	<b>800m (I)</b>	<b>2:07.05</b>	<b>97.0%</b>
Richard Burn	55	Mile (O)	4:36.94	95.8%
<b>Nolan Shaheed</b>	<b>60</b>	<b>Mile (I)</b>	<b>4:57.06</b>	<b>93.2%</b>
Paul Economides	65	Throws pent (O)	5044pts	?

American Records: these records have been age graded and listed based on the age graded performance from highest to lowest; the second group of records are for the multi-events (pent.,throws pent. and ultraweight pent, and the superweight throw and they are not age graded since I could not find any age graded tables for these events. If anyone on the committee can help me with these age graded performance I would be greatly appreciative. Finally. the third set of American records list below are additional records set by athletes who later broke their own records this year. Since I only age graded their best record performance, I did not age grade these but included them just so that you could see that some athletes broke the record more than once in this competitive year.

Season	Sex	Event	AR Performance	First name	Last name	Age	Age graded performance
outdoor	women	shot put	4.09	Betty	Jarvis	95	113.6
indoor	men	60m	15.21	Leland	McPhie	96	109.2
outdoor	men	hammer	58.60	Ed	Burke	70	108.1
indoor	women	60	9.29	Kathy	Bergen	70	104.2
outdoor	men	weight thro.	20.82	Ed	Burke	70	104.2
indoor	women	high jump	1.28	Kathy	Bergen	70	103.9
outdoor	women	1500	5:12.27	Sabra	Harvey	61	102.9
outdoor	men	400 hurdles	56.88	Darnell	Gatling	50	102.1
outdoor	women	3000	11:11.49	Sabra	Harvey	61	101.9
outdoor	women	800	3:25.73	Suzi	MacLeod	76	100.7
outdoor	men	3000	7:29.00	Bernand	Lagat	35	100.1
outdoor	women	pole vault	1.92	Flo	Meiler	76	99.5
outdoor	women	100	16.26	Irene	Obera	76	98.7
indoor	men	60m hurdles	8.09	Derek	Pye	42	98.5
outdoor	women	shot put	7.99	Gloria	Krug	79	98.4
outdoor	men	1500	3:32.51	Bernand	Lagat	35	98.2
outdoor	women	3000	10:06.60	Carmen	Troncoso	51	98.2
outdoor	women	2000 steep	8:13.10	Kathryn	Martin	58	97.1
outdoor	women	400	85.40	Suzi	MacLeod	76	96.8
indoor	women	60	7.86	Renee	Henderson	45	96.6
outdoor	men	200 hurdles	51.31	Ralph	Maxwell	90	96.6
outdoor	men	1500	4:31.93	Nolan	Shaheed	60	96.6
outdoor	men	high jump	1.41	Tom	Langenfeld	75	96.5
outdoor	men	800	2:10.78	Nolan	Shaheed	60	96.5
indoor	men	60m	11.63	Ralph	Maxwell	90	96.3
indoor	men	1500	4:36.92	Nolan	Shaheed	60	96.1
indoor	men	400	59.01	Donald	Neidig	65	94.4
outdoor	women	200	35.26	Irene	Obera	76	94.2
indoor	women	60	10.97	Audrey	Lary	75	93.9

outdoor	women	80 Hurdles	12.44	Liz	Palmer	50	93.3
outdoor	men	pole vault	4.20	Charles	Brown	55	93.0
outdoor	men	3000 steep	10:39.56	Dale	Campbell	56	93.0
outdoor	men	10000	31:14.21	Paul	Aufdemberge	45	92.7
indoor	men	weight thro..	19.79	Jim	Wetenhall	55	92.6
outdoor	men	5000	16:14.55	Rick	Becker	55	92.5
indoor	women	400	87.58	Audrey	Lary	75	92.5
indoor	men	3000	9:55.03	Nolan	Shaheed	60	91.9
indoor	men	pole vault	4.13	Kirk	Bentz	55	91.7
indoor	men	high jump	1.34	Doug	Spainhower	75	91.7
indoor	women	3000	9:51.60	Jody	Hawkins	43	91.3
indoor	women	400	60.59	Renee	Henderson	45	91.3
outdoor	women	5000	26:55.11	Mary	Harada	75	91.2
indoor	men	triple jump	6.02	Ralph	Maxwell	90	91.2
outdoor	men	discus thro.	54.99	Paul	Economides	65	90.9
outdoor	women	discus thro.	30.30	Carol	Frost	65	90.5
outdoor	women	1500	7:31.56	Mary	Harada	75	89.8
outdoor	men	3000	10:11.24	Douglas	Winn	60	89.5
outdoor	women	2000 steep	8:14.35	Cheryl	Bellaire	51	89.4
outdoor	women	400 hurdles	68.91	Karen	Steen	46	89.3
indoor	men	60m	7.02	Aaron	Thigpen	45	89.3
outdoor	women	shot put	8.21	Christel	Donley	75	88.8
outdoor	men	2000 steep	7:21.09	David	Taylor	60	88.5
outdoor	women	400 hurdles	64.40	Lisa	Daley	40	87.5
outdoor	women	shot put	10.50	Carol	Frost	65	87.0
outdoor	women	weight thro.	12.53	Carol	Young	70	86.6
outdoor	men	shot put	13.19	James	Oglesby	75	85.8
outdoor	women	weight thro.	9.22	Gloria	Krug	79	85.2
indoor	women	weight thro.	12.30	Carol	Young	70	85.0
indoor	women	pole vault	3.50	Brenda	Bumgardner	43	84.8
outdoor	women	weight thro.	10.50	Audrey	Lary	76	84.4
indoor	men	3000	21:52.38	Orville	Rogers	92	84.4
outdoor	men	1 mile	8:22.59	John	Hosner	85	83.4
indoor	women	200	39.16	Audrey	Lary	75	83.2
outdoor	women	hammer	25.60	Amy	Hicks	77	81.0
outdoor	women	discus thro.	10.44	Betty	Jarvis	95	78.7
outdoor	women	weight thro.	5.91	Wally	Dashiell	87	78.1
outdoor	men	100	15.48	Ty	Brown	65	77.9
outdoor	women	javelin thro.	18.18	Barbara	Brandt	80	76.0
outdoor	women	hammer	29.06	Carol	Young	70	73.8
outdoor	women	javelin thro	7.55	Betty	Jarvis	95	72.6
outdoor	women	triple jump	3.77	Wally	Dashiell	87	68.6
outdoor	men	weight thro	15.15	David	Bickel	44	67.8
outdoor	women	hammer	21.25	Flo	Meiler	76	65.0
indoor	women	60m hurdles	14.22	Christel	Donley	75	62.4
outdoor	men	100	37.16	Leland	McPhie	96	59.6

outdoor	women	hammer	6.01	Betty	Jarvis	95	51.7
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American Records below are for multi events and the superweight but I could

Season	Sex	Event	Performance	First name	Last name	Age	Age graded performance
indoor	men	pentathlon	3979	Christopher	Bates	45	
outdoor	men	superweight throw	10.76	David	Bickel	44	
outdoor	men	ultraweight pentathlon	3568	David	Bickel	44	
outdoor	men	superweight throw	11.66	Ed	Burke	70	
outdoor	men	weight throw	20.14	Ed	Burke	70	
outdoor	women	superweight throw	3.31	Betty	Jarvis	95	
outdoor	women	throws pentathlon	3765	Betty	Jarvis	95	
outdoor	women	ultraweight pentathlon	3634	Gloria	Krug	78	
indoor	women	superweight throw	6.60	Audrey	Lary	75	
indoor	women	superweight throw	6.99	Audrey	Lary	75	
outdoor	men	superweight throw	10.99	Harvey	Lewellen	81	
outdoor	women	superweight throw	12.98	Oneithea	Lewis	50	
outdoor	women	throws pentathlon	4800	Oneithea	Lewis	50	
indoor	men	pentathlon	4594	Ralph	Maxwell	90	
outdoor	men	pentathlon	2629	Ralph	Maxwell	90	
indoor	men	superweight throw	6.01	Richard	Mulkern	85	
indoor	men	superweight throw	10.55	Jim	Wetenhall	55	
outdoor	men	superweight throw	10.31	Jim	Wetenhall	55	
indoor	women	superweight throw	8.99	Carol	Young	70	
outdoor	women	superweight throw	7.18	Carol	Young	70	
outdoor	women	superweight throw	7.30	Carol	Young	70	
outdoor	women	throws pentathlon	3892	Carol	Young	70	
outdoor	women	ultraweight pentathlon	3212	Carol	Young	70	
outdoor	women	weight throw	11.73	Carol	Young	70	
outdoor	women	weight throw	12.04	Carol	Young	70	

not age grade these performances. If any one can get the age graded performance please return to me, thanks

Additional American Records for athletes who are already listed above. These athletes broke their own new records in the course of competition this year. I did not age grade these since they are less then their final record performances which are age graded above. Just additional information for those who like details.

<i>indoor</i>	<i>women</i>	<i>shot put</i>	<i>7.16</i>	<i>Christel</i>	<i>Donley</i>	<i>75</i>
<i>indoor</i>	<i>women</i>	<i>60</i>	<i>7.89</i>	<i>Renee</i>	<i>Henderson</i>	<i>45</i>
<i>indoor</i>	<i>women</i>	<i>200</i>	<i>33.46</i>	<i>Kathy</i>	<i>Bergen</i>	<i>70</i>
<i>outdoor</i>	<i>women</i>	<i>200</i>	<i>32.35</i>	<i>Kathy</i>	<i>Bergen</i>	<i>70</i>
<i>indoor</i>	<i>women</i>	<i>200</i>	<i>25.74</i>	<i>Renee</i>	<i>Henderson</i>	<i>45</i>
<i>outdoor</i>	<i>women</i>	<i>800</i>	<i>3:35.22</i>	<i>Suzi</i>	<i>MacLeod</i>	<i>76</i>
<i>indoor</i>	<i>men</i>	<i>3000</i>	<i>22:57.41</i>	<i>Orville</i>	<i>Rogers</i>	<i>92</i>
<i>outdoor</i>	<i>men</i>	<i>2000 steep</i>	<i>7:32.78</i>	<i>David</i>	<i>Taylor</i>	<i>60</i>
<i>indoor</i>	<i>women</i>	<i>60m hurdles</i>	<i>14.90</i>	<i>Christel</i>	<i>Donley</i>	<i>75</i>
<i>outdoor</i>	<i>men</i>	<i>hammer</i>	<i>57.59</i>	<i>Ed</i>	<i>Burke</i>	<i>70</i>
<i>outdoor</i>	<i>women</i>	<i>high jump</i>	<i>1.25</i>	<i>Kathy</i>	<i>Bergen</i>	<i>70</i>