

**2004****Track & Field****Female 17-18 100 meter hurdles, 33" (13-14 Boys/13-19+ Girls)**

7/31/2004

1. Herndon, Emily (Centennial)
2. Hermesen, Keri (Centennial)

Female 19-29 200 meters

7/31/2004

1. Reed, LaDonna (Colorado Springs) 29.57 seconds

Female 40-44 100 meter hurdles, 33" (13-14 Boys/13-19+ Girls)

7/31/2004

1. Wilhide, wendie (Colorado Springs)

Female 40-44 400 meter hurdles, 30" (15+ Women only)

7/31/2004

1. Wilhide, wendie (Colorado Springs) 89.93 seconds

Male 17-18 5000 meters (15+ only)

7/31/2004

1. Monteith, Alexander (Fountain)

Male 19-29 100 meters

7/31/2004

1. Duvall, Joseph (Colorado Spgs) 12.23 seconds
2. Shaw , Dominique (Coloraodo Spring) 12.85 seconds

Male 19-29 200 meters

7/31/2004

1. Martinez, Patrick (Thornton) 23.25 seconds
2. Duvall, Joseph (Colorado Spgs) 25.29 seconds
3. Shaw , Dominique (Coloraodo Spring) 25.78 seconds

Male 19-29 400 meters

7/31/2004

1. Martinez, Patrick (Thornton) 51.81 seconds
2. Shaw , Dominique (Coloraodo Spring) 60.97 seconds
3. Ripke, Jonathan (Aurora) 67.50 seconds

Male 19-29 5000 meters (15+ only)

7/31/2004

1. Ramos, John (Ft. Carson)
2. Ripke, Jonathan (Aurora)

Male 19-29 400 meter hurdles, 36" (15+ Men only)

7/31/2004

1. Eisenhower, Tom (Manitou Springs) 59.75 seconds

Male 19-29 3000 meter racewalk

7/31/2004

1. Ripke, Jonathan (Aurora) 23:28.89

Male 19-29 1500 meters

7/31/2004

1. Sestrich, Jonathan (Golden) 4:47.49

Male 30-34 100 meters

7/31/2004

2. Toussaint, Tim (Falcon)

Male 30-34 200 meters

7/31/2004

1. Cole, Chris (Pueblo West) 26.43 seconds

Male 30-34 400 meters

7/31/2004

1. JACKSON, KEITH (COLO SPRINGS) 55.69 seconds

Male 35-39 100 meters

7/31/2004

1. Gordon, Alexander (Colorado Spgs) 12.3 seconds
2. Rose, Tony (Colorado Springs) 12.33 seconds
3. Delany, Sean (Colorado Springs) 12.43 seconds

Male 35-39 200 meters

7/31/2004

1. Delany, Sean (Colorado Springs) 25.31 seconds
2. Gordon, Alexander (Colorado Spgs) 25.94 seconds
3. Williams, Jeff (Colorado Springs) 26.75 seconds

Male 35-39 400 meter hurdles, 36" (15+ Men only)

7/31/2004

1. Williams, Jeff (Colorado Springs) 71.54 seconds

Male 40-44 50 meters (8 & under/40+)

7/31/2004

2. Johnson, Randall (Colorado Spring) 7.04 seconds

Male 40-44 100 meters

7/31/2004

2. Harper, Taylor (Colorado Springs) 13.13 seconds
3. Dreiling, Randy (Denver) 13.44 seconds

Male 40-44 200 meters

7/31/2004

2. Parker, Ray (Colorado Spgs) 25.09 seconds
3. Kellogg, Tim (Lyons) 37.03 seconds

Male 40-44 5000 meters (15+ only)

7/31/2004

1. Mitchell, William (Denver)
2. Kellogg, Tim (Lyons)

Male 40-44 1500 meters

7/31/2004

1. Mitchell, William (Denver) 5:32.27
2. Suppes, Briana (Colorado Springs) 6:06.52
3. Kellogg, Tim (Lyons) 6:21.34

Male 45-49 50 meters (8 & under/40+)

7/31/2004

1. Sherm, Bill (Parker) 6.84 seconds

Male 45-49 100 meters

7/31/2004

1. Sherm, Bill (Parker) 12.48 seconds
2. Weiss, Steve (Denver) 13.15 seconds
3. WEHNES, LEE (COLO SPRINGS) 13.93 seconds

Male 45-49 400 meters

7/31/2004

1. Wolfe, Michael (Colorado Springs) 56.75
2. Weiss, Steve (Denver) 1:00.97
3. Smith Jr, Perry (Pueblo) 1:11.07

Male 45-49 1500 meters

7/31/2004

1. Wolfe, Michael (Colorado Springs)
3. WEHNES, LEE (COLO SPRINGS) 6:41.70

Male 50-54 50 meters (8 & under/40+)

7/31/2004

1. Malizia, Will (Loveland) 7.30 seconds

Male 50-54 100 meters

7/31/2004

1. Malizia, Will (Loveland) 13.3 seconds

Male 50-54 200 meters

7/31/2004

1. Reynolds, Trip (Aurora) 25.40 seconds
2. Malizia, Will (Loveland) 28.40 seconds

Male 50-54 400 meters

7/31/2004

1. Reynolds, Trip (Aurora) 57.02 seconds

Male 50-54 110 meter hurdles, 42" (19+ Men only)

7/31/2004

1. Iwen, Gene (Elizabeth)

Male 50-54 400 meter hurdles, 36" (15+ Men only)

7/31/2004

1. Iwen, Gene (Elizabeth) 74.80 seconds

Male 55-59 400 meters

7/31/2004

1. Brace, Dennis (Lakewood) 69.97 seconds

Male 55-59 3000 meter racewalk

7/31/2004

1. Sutton, Joe (Colorado Spring) 21:01:06

Male 60-64 50 meters (8 & under/40+)

7/31/2004

1. Morse, Gary (Colorado Springs) 7.7 seconds
2. Dietz, Richard (Colorado Springs) 12.59 seconds

Male 65-69 50 meters (8 & under/40+)

7/31/2004

1. Cairins, George, R, (Centennial) 7.6 seconds
2. Franks , Ray (Arvada) 7.85 seconds

Male 65-69 200 meters

7/31/2004

1. Cairins, George, R, (Centennial) 29.51 seconds
2. Franks , Ray (Arvada) 31.50 seconds

Male 65-69 400 meters

7/31/2004

1. Cairins, George, R, (Centennial) 70.94 seconds
2. Franks , Ray (Arvada) 71.84 seconds

Male 75-79 3000 meter racewalk

7/31/2004

1. Timmerhaus , Klaus (Boulder) 23:00.02

Male 80+ 100 meters

7/31/2004

1. Broughton, Robert (Colorado Spgs) 24.17 seconds

Male 80+ 200 meters

7/31/2004

1. Broughton, Robert (Colorado Spgs) 50.73 seconds

Male 80+ 400 meters

7/31/2004

1. Broughton, Robert (Colorado Spgs) 2:07.04

Female Midget 100 meters

8/1/2004

1. Blanford, Sheridan (Aurora)

Female Bantam 100 meters

8/1/2004

1. horton, chelsie (colorado springs)
2. Julian, Markayla (Centennial)

Female Midget 100 meters

8/1/2004

2. Chapman, Leesa (Denver)
3. Alvares, Kita (Colorado Springs)

Female Bantam 100 meters

8/1/2004

3. Yarbrough, Mariah (Pueblo)

Female Sub Bantam 400 meters

8/1/2004

1. Williams, Jamie (Littleton)

Female Youth 400 meters

8/1/2004

1. Karsh, Erika (Colorado Springs)

Female Bantam 400 meters

8/1/2004

1. Gibas, Chelsea (Colorado Springs)

Female Midget 400 meters

8/1/2004

1. Stewart, Cherika (Denver)

Female Sub Bantam 400 meters

8/1/2004

2. Franklin, Jennifer (La Junta)

Female Midget 400 meters

8/1/2004

2. Lewis, Brittany (Denver)

Female Bantam 400 meters

8/1/2004

2. Martin, Haylee (Montrose)

Female Youth 400 meters

8/1/2004

2. Raile, Joni (Colorado Springs)

Female Midget 400 meters

8/1/2004

3. wolf, carly (Pleasantview)

Female Youth 400 meters

8/1/2004

3. Williamson, Shelby (Colorado Springs)

Female Sub Bantam 400 meters

8/1/2004

3. wolf, Gabrielle (Pleasantview)

Female Midget 800 meters

8/1/2004

1. Slavoski, Kara (Monument)

Female Sub Bantam 800 meters

8/1/2004

1. Slavoski, Elena (Monument)

Female Bantam 800 meters

8/1/2004

1. Gibas, Chelsea (Colorado Springs)

Female Intermediate 800 meters

8/1/2004

1. Suppes, Briana (Colorado Springs)

Female Youth 800 meters

8/1/2004

1. Karsh, Erika (Colorado Springs)

Female Sub Bantam 800 meters

8/1/2004

2. Franklin, Jennifer (La Junta)

Female Youth 800 meters

8/1/2004

2. wolf, corin (Pleasantview)

Female Midget 800 meters

8/1/2004

2. Stewart, Cherika (Denver)

Female Bantam 800 meters

8/1/2004

2. Ramos, Rosa (Montrose)

Female Youth 800 meters

8/1/2004

3. Sommer, Dayna (Colorado Springs)

Female Midget 800 meters

8/1/2004

3. Burton, Melanie (Burlington)

Female Midget 3000 meters (11-12, 13-14)

8/1/2004

1. Burton, Melanie (Burlington)

Female Youth 3000 meters (11-12, 13-14)

8/1/2004

1. wolf, corin (Pleasantview)

Female Midget 3000 meters (11-12, 13-14)

8/1/2004

2. Leonard, Dayna (Montrose)

Female Youth 100 meter hurdles, 33" (13-14 Boys/13-19+ Girls)

8/1/2004

1. Johnson, Brianna (Colorado Spring)
2. Velez, Jessica (La Junta)
3. Ramsey, Jacquelyn (Cortez)

Female Youth high jump

8/1/2004

1. Bruins, Natasha (Divide) 4'5"

Female Bantam high jump

8/1/2004

1. Williams, Danielle (Littleton) 3'5"

Female Intermediate high jump

8/1/2004

1. Coomes, Kelly (Colorado Springs) 4'11"

Female Midget high jump

8/1/2004

1. Richardson, Leah (Colorado Springs) 4'6"

Female Sub Bantam high jump

8/1/2004

1. Williams, Jamie (Littleton) 2'11"

Female Youth high jump

8/1/2004

1. Hermesen, Keri (Centennial) 4'11"

Female Sub Bantam high jump

8/1/2004

2. Franklin, Jennifer (La Junta) 2'5.5"

Female Bantam high jump

8/1/2004

2. Martinez, Chantel (Colorado Spgs) 3'2"

Female Youth high jump

8/1/2004

2. Ritthaler, Naomi (Dolores) 4'4"

Female Intermediate high jump

8/1/2004

2. Suppes, Briana (Colorado Springs) 4'9"

Female Youth high jump

8/1/2004

2. Herndon, Emily (Centennial) 4'9"

Female Youth high jump

8/1/2004

3. Ramsey, Jacquelyn (Cortez) 4'3"

Female Bantam high jump

8/1/2004

3. Velez , Kylie (Lajunta) 2'11"

Female Intermediate long jump

8/1/2004

1. Wiltberger, Krista (Colorado Springs) 16'3.5"

Female Midget long jump

8/1/2004

1. Blanford, Sheridan (Aurora) 14'3.75"

Female Youth long jump

8/1/2004

1. Allen, Carly (Colorado Springs) 14'7.75"

Female Bantam long jump

8/1/2004

1. Julian, Markayla (Centennial) 11'2"

2. Harris, Richelle (Montrose) 10'5.5"

Female Midget long jump

8/1/2004

2. Richardson, Leah (Colorado Springs) 13'1.5"

Female Intermediate long jump

8/1/2004

2. Suppes, Briana (Colorado Springs) 14'8"

Female Youth long jump

8/1/2004

2. Johnson, Brianna (Colorado Spring) 14'5.25"

Female Midget long jump

8/1/2004

3. Daugherty, Claire (Aurora) 12'5.75"

Female Intermediate long jump

8/1/2004

3. Chapman, Lauren (Denver) 12'11.75"

Female Youth long jump

8/1/2004

3. Bruins, Natasha (Divide) 14'3.25"

Female Bantam long jump

8/1/2004

3. Martinez, Chantel (Colorado Spgs) 7'6"

Female Young Women shot put (15+ only)

8/1/2004

1. Bunger, Katie (Falcon) 27'4"

Female Intermediate discus (15+ only)

8/1/2004

1. Chapman, Lauren (Denver) 49'1"

Female Young Women discus (15+ only)

8/1/2004

1. Bunger, Katie (Falcon) 101'

Female 19-29 Long Jump-Long Board

8/1/2004

1. Reed, LaDonna (Colorado Springs)

Female 35-39 200 meters

8/1/2004

1. Williams, Connie (Littleton) 27.09 seconds

Female 35-39 400 meters

8/1/2004

1. Williams, Connie (Littleton) 64.42 seconds

Female 35-39 high jump

8/1/2004

1. Williams, Connie (Littleton)

Female 65-69 high jump

8/1/2004

1. Donley, Christel (Colorado Springs)

Female 65-69 long jump

8/1/2004

1. Donley, Christel (Colorado Springs)

Female 75-79 long jump

8/1/2004

1. Gatza, Willie (Commerce City)

Male Bantam 100 meters

8/1/2004

1. Ramsey, Jacquelyn (Cortez)

Male Bantam 100 meters

8/1/2004

1. Singleton, Thomas (Aurora)
2. Miles, Cyler (Centennial)

Male Bantam 100 meters

8/1/2004

2. Miles, Cyler (Centennial)

Male Bantam 100 meters

8/1/2004

3. Deffebaugh, Kordell (Denver)

Male Bantam 100 meters

8/1/2004

3. Deffebaugh, Kordell (Denver)

Male Bantam 400 meters

8/1/2004

1. Deffebaugh, Kordell (Denver)

Male Midget 400 meters

8/1/2004

1. Hensley, Marc (Colorado Springs)

Male Young Mens 400 meters

8/1/2004

1. Landress, Jerrod (Colorado Springs)

Male Intermediate 400 meters

8/1/2004

1. Schearman, Jacob (Denver)

Male Youth 400 meters

8/1/2004

1. Sterling, Mark (Colorado Spgs)

Male Young Mens 400 meters

8/1/2004

2. Liggins, Michael (Parker)

Male Intermediate 400 meters

8/1/2004

2. Harper, Cody (Broomfield)

Male Youth 400 meters

8/1/2004

2. Sanders , Christopher (Colorado Spring)

Male Bantam 400 meters

8/1/2004

2. Williams, Elijah (Denver)

Male Midget 400 meters

8/1/2004

2. Larkin, Joshua (colorado Springs)

Male Youth 400 meters

8/1/2004

3. Gibas, Matthew (Manitou Spgs)

Male Midget 400 meters

8/1/2004

3. Brock, Cristopher (Cortez)

Male Intermediate 400 meters

8/1/2004

3. Miller, Daniel (USAFA)

Male Bantam 400 meters

8/1/2004

3. Wurzer, Charles (Colorado Springs)

Male Young Mens 400 meters

8/1/2004

3. Fox, wesley (Colorado Springs)

Male Bantam 800 meters

8/1/2004

1. Strobel, John (Bethune)

Male Youth 800 meters

8/1/2004

1. Stoltman, Christian (Fort Collins)

Male Young Mens 800 meters

8/1/2004

1. Euwema, John (Parker)

Male Intermediate 800 meters

8/1/2004

1. Wright, Bill (Pueblo)

Male Midget 800 meters

8/1/2004

1. Hensley, Marc (Colorado Springs)
2. Douglass, Dominic (Highlands Ranch)
3. Kamrass, Joshua (Littleton)

Male Midget 3000 meters (11-12, 13-14)

8/1/2004

1. Rathbun, Rhys (Monument)

Male Youth 3000 meters (11-12, 13-14)

8/1/2004

1. Warren, Jeffrey (Colorado Springs)

Male Young Mens 5000 meters (15+ only)

8/1/2004

1. Longmore, Michael (Montrose)

Male Young Mens 110 meter hurdles, 42" (19+ Men only)

8/1/2004

1. Santistevan, Alan (Pueblo)
2. Wooldridge, Andrew (Colorado Spgs)

Male Intermediate high jump

8/1/2004

1. Lightfoot, Rajab (Aurora) 3'7"

Male Young Mens high jump

8/1/2004

1. BRENTON, JASON (RANGELY) 5'9"

Male Youth high jump

8/1/2004

1. Dias, Kelby (co.springs) 5'3"

Male Bantam high jump

8/1/2004

1. Smith, Canyon (Parker) 2'11"

Male Midget high jump

8/1/2004

1. Smith, Chandler (Parker) 4'1"

Male Sub Bantam high jump

8/1/2004

1. Williams, Blake (Littleton) 2'7.5"
2. Toussaint, Tanner (Falcon) 2'
2. Toussaint, Autstin (Falcon) 2'

Male Youth high jump

8/1/2004

3. Williams, Kent (Colorado Springs) 4'1"

Male Bantam long jump

8/1/2004

1. Barela , Michael (La Junta)

Male Midget long jump

8/1/2004

1. Kamrass, Joshua (Littleton) 14'6.5"

Male Intermediate long jump

8/1/2004

1. Williams, Amir (Denver) 19'.25"

Male Youth long jump

8/1/2004

1. Larkin, Zachary (Colorado Springs) 15'8.25"

Male Young Mens long jump

8/1/2004

1. Fox, wesley (Colorado Springs) 20'9"

Male Midget long jump

8/1/2004

2. Smith, Chandler (Parker) 13'9.5"

Male Intermediate long jump

8/1/2004

2. Dias, Kelby (co.springs) 17'.25"

Male Bantam long jump

8/1/2004

2. Strobel, John (Bethune)

Male Young Mens long jump

8/1/2004

2. BRENTON, JASON (RANGELY) 18'9"

Male Youth long jump

8/1/2004

2. Craig, Daren (Bennett) 13'4.5"

Male Bantam long jump

8/1/2004

3. Gifford, Cole (Montrose)

Male Youth long jump

8/1/2004

3. Martinez, Brandon (La Junta) 11"4.5"

Male Midget long jump

8/1/2004

3. Johnson, Greggory (Aurora) 13'9"

Male Intermediate long jump

8/1/2004

3. rivera, christopher (colorado springs) 16"7"

Male Young Mens long jump

8/1/2004

3. Craig, Derek (Bennett) 13'3.5"

Male Intermediate shot put (15+ only)

8/1/2004

1. Essex-Tarver, JoVaughn (Denver) 36'5"

Male Young Mens shot put (15+ only)

8/1/2004

1. Maldonado, Daniel (Center) 43'1.5"
2. Anderson, Nate (Denver) 33'4.25"

Male Intermediate shot put (15+ only)

8/1/2004

2. Hyland III, David (Colorado Springs) 27'3"

Male Young Mens shot put (15+ only)

8/1/2004

3. Peteroy, William (Colorado Springs) 32'9.25"

Male Young Mens discus (15+ only)

8/1/2004

1. Maldonado, Daniel (Center) 130'7"

Male Intermediate discus (15+ only)

8/1/2004

1. Essex-Tarver, JoVaughn (Denver) 99'11"

Male Young Mens discus (15+ only)

8/1/2004

2. Peteroy, William (Colorado Springs) 110'9"

Male Intermediate discus (15+ only)

8/1/2004

2. Hyland III, David (Colorado Springs) 77'8"

Male Young Mens discus (15+ only)

8/1/2004

3. Anderson, Nate (Denver) 74'3"

Male 19-29 Long Jump-Long Board

8/1/2004

1. Popielarczyk, Robert (Loveland)

Male 30-34 shot put (15+ only)

8/1/2004

1. Toussaint, Tim (Falcon)

Male 35-39 Long Jump-Long Board

8/1/2004

1. Rose, Tony (Colorado Springs)

Male 35-39 50 meters (8 & under/40+)

8/1/2004

1. Gordon, Alexander (Colorado Spgs) 6.59 seconds

Male 35-39 400 meters

8/1/2004

1. Clouse, Woody (Centennial) 56.21 seconds

Male 40-44 Long Jump-Long Board

8/1/2004

1. Johnson, Randall (Colorado Spring)

Male 40-44 shot put (15+ only)

8/1/2004

1. Girouard, Milton (Aurora)
2. Jones, Robert (Louisville)

Male 45-49 shot put (15+ only)

8/1/2004

1. Lettow, Kris (Arvada)

Male 50-54 long jump

8/1/2004

1. Iwen, Gene (Elizabeth)

Male 50-54 shot put (15+ only)

8/1/2004

1. Vasquez, Gilbert (Colorado Springs)
2. Fuehrer, Tim (Florissant)

Male 55-59 shot put (15+ only)

8/1/2004

1. Bookin-Weiner, Jerry (Fort Collins)

Male 60-64 long jump

8/1/2004

1. Leczinski, Dennis (Denver)

Male 60-64 shot put (15+ only)

8/1/2004

1. Soule, George (Longmont)
2. Hambrick, Roanld (Highlands Ranch)

Male 60-64 3000 meter racewalk

8/1/2004

1. Guiff, Edmund (Littleton) 21:29.05

Male 65-69 long jump

8/1/2004

1. Cairins, George, R, (Centennial)

Male 70-74 long jump

8/1/2004

1. Clowser, Alfred (Colorado Springs)

Male 70-74 shot put (15+ only)

8/1/2004

1. Clowser, Alfred (Colorado Springs)

Male 70-74 3000 meter racewalk

8/1/2004

1. Lyle, John (Lakewood) 21:56.92

Female Midget 1500 meters

8/30/2004

1. Slavoski, Kara (Monument) 5:42.18

Male 19-29 high jump

8/30/2004

1. Cecchini, III, Daniel (Colorado Springs) 6'1"
2. Popielarczyk, Robert (Loveland) 5'10"

Male 45-49 200 meters

8/30/2004

1. Sherm, Bill (Parker) 26.15
2. Weiss, Steve (Denver) 27.23

Male 55-59 200 meters

8/30/2004

1. Brace, Dennis (Lakewood) 31.02

Male 55-59 800 meters

8/30/2004

1. Brace, Dennis (Lakewood) 2:53.30

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