

**2024 USA Masters Women's Heptathlon**  
**Charlottesville, VA - 6/22/2024 to 6/23/2024**

#	Last Name	First	Age	Ctry	Points	HH	HJ	SP	200	LJ	JT	800
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**Women 50-54**

1	Baird	Marsha	50	TTO	5603	13.17 (984)	1.41 4-7 ½ (806)	12.01 39-5 (767)	28.61 (809)	4.46 14-7 ¼ (686)	37.38 122-7 (807)	2:45.62 (744)
2	Pierce	Erika	53	USA	4823	13.65 (913)	1.35 4-5 (724)	10.10 33-1 ¼ (624)	29.34 (751)	4.48 14-8 ½ (691)	34.55 113-4 (738)	3:22.17 (382)

**Women 60-64**

1	Shannon	Janean	61	USA	4216	16.65 (680)	1.20 3-11 ¼ (689)	8.13 26-8 ¼ (595)	32.64 (701)	3.80 12-5 ¼ (626)	22.22 72-10 (571)	3:45.31 (354)
2	Shabelski	Joanne	62	USA	2018	21.76 (205)	0.96 3-1 ¼ (359)	5.49 18-0 ¼ (363)	42.41 (180)	2.73 8-11 ½ (257)	8.77 28-9 (175)	3:29.54 (479)

**Women 65-69**

1	DeHaven	Deborah	65	USA	2980	20.19 (401)	1.05 3-5 ¼ (555)	6.38 20-11 ¼ (499)	38.63 (433)	2.87 9-5 (359)	13.04 42-9 (346)	3:52.27 (387)
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**Women 70-74**

1	Simpson	Claudia	70	USA	3388	19.88 (528)	1.08 3-6 ½ (689)	6.95 22-9 ¼ (631)	37.94 (568)	2.45 8-0 ½ (276)	13.17 43-2 (407)	4:20.09 (289)
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**Women 85-89**

1	Graf	Tami	87	USA	1486	58.20 (0)	0.87 2-10 ¼ (599)	4.51 14-9 ¼ (473)	91.23 (0)	1.21 3-11 ¼ (35)	8.97 29-5 (379)	7:57.39 (0)
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**2024 USA Masters Women's Decathlon**  
**Charlottesville, VA - 6/22/2024 to 6/23/2024**

#	Last Name	First	Age	Ctry	Points	100	LJ	SP	HJ	400	HH	DT	PV	JT	1500
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**Women Open**

1	Knudson	Sophie	15	USA	3276	14.21 15-4 ¼ (572)	4.68 15-4 ¼ (474)	7.46 24-5 ¾ (365)	1.34 4-4 ¼ (449)	74.37 (234)	26.19 (2)	17.29 56-8 (229)	2.83 9-3 ¾ (500)	23.89 78-4 (361)	7:42.70 (90)
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**Women 25-29**

1	Pasko	Amanda	28	USA	5294	13.68 (655)	5.23 17-2 (623)	9.01 29-6 ¾ (465)	1.49 4-10 ½ (610)	64.01 (547)	16.62 (640)	17.51 57-5 (233)	2.43 7-11 ½ (358)	31.24 102-6 (500)	5:26.05 (663)
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**Women 30-34**

DNF	Kuntz	Lauren	33	USA		DNS (0)	NM (0)	8.41 27-7 ¾ (426)	1.43 4-8 ¼ (544)	DNS (0)	DNS (0)	24.69 81-0 (363)	NH (0)	22.07 72-5 (327)	DNS (0)
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**Women 40-44**

1	Vazquez	Katrina	43	USA	4194	13.54 (720)	4.71 15-5 ½ (595)	8.05 26-5 (463)	NH (0)	73.94 (357)	12.71 (916)	15.92 52-2 (226)	2.03 6-7 ¾ (267)	26.33 86-4 (472)	7:36.39 (178)
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**Women 45-49**

1	Monteleone	Cynthia	48	USA	5298	13.65 (789)	4.12 13-6 ¼ (492)	8.54 28-0 ¼ (549)	1.34 4-4 ¼ (621)	64.62 (752)	16.38 (491)	18.70 61-4 (314)	2.13 6-11 ¼ (348)	16.13 52-11 (292)	6:01.92 (650)
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**Women 50-54**

1	Sluder	Anne	51	USA	5661	15.35 (613)	4.25 13-11 ½ (612)	7.76 25-5 ½ (451)	1.46 4-9 ½ (879)	75.30 (492)	14.96 (732)	18.19 59-8 (342)	2.33 7-7 ¾ (488)	21.83 71-7 (431)	6:23.04 (621)
2	Winterich	Ana	52	USA	3372	17.05 (392)	3.44 11-3 ½ (355)	7.32 24-0 ¼ (418)	NH (0)	86.57 (209)	17.59 (424)	17.40 57-1 (324)	2.23 7-3 ¾ (445)	19.19 62-11 (369)	7:02.78 (436)

**Women 60-64**

1	Scott	Daphne	63	USA	5862	14.67 (896)	4.13 13-6 ¼ (759)	7.81 25-7 ¾ (567)	1.25 4-1 ¼ (771)	78.01 (628)	17.58 (575)	16.27 53-4 (384)	2.13 6-11 ¼ (533)	15.76 51-8 (378)	7:59.71 (371)
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**Women 65-69**

1	Richburg	Ginny	65	USA	5269	16.42 (735)	3.30 10-10 (522)	7.15 23-5 ½ (574)	1.07 3-6 (588)	1:32.08 (377)	21.14 (321)	19.08 62-7 (535)	2.03 6-7 ¾ (556)	22.60 74-1 (666)	8:16.67 (395)
2	Phelps	Jo	65	USA	4130	17.70 (569)	3.04 9-11 ¼ (421)	7.17 23-6 ¾ (576)	1.10 3-7 ¾ (632)	1:48.08 (95)	19.23 (489)	14.85 48-8 (394)	1.73 5-8 (396)	17.71 58-1 (501)	10:31.18 (57)
3	Branch	Nicki	66	USA	3323	18.60 (462)	2.73 8-11 ½ (312)	7.35 24-1 ½ (593)	1.01 3-3 ¾ (491)	1:52.86 (44)	22.66 (210)	13.36 43-10 (345)	1.43 4-8 ¼ (251)	17.70 58-1 (501)	9:57.64 (114)

**Women 75-79**

1	Trotto	Mary	77	USA	2650	22.48 (261)	1.94 6-4 ½ (157)	7.03 23-0 ¾ (578)	0.92 3-0 ¼ (512)	2:20.90 (0)	34.46 (0)	14.50 47-7 (436)	1.03 3-4 ½ (152)	13.51 44-4 (431)	11:00.09 (123)
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**Women 90-94**

1	Meiler	Florence	90	USA	4554	24.23 (518)	1.80 5-11 (391)	5.35 17-6 ¾ (719)	0.92 3-0 ¼ (855)	3:13.66 (0)	36.44 (245)	11.94 39-2 (630)	1.23 4-0 ½ (617)	8.45 27-8 (443)	14:56.80 (136)
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**2024 USA Masters Men's Decathlon**  
**Charlottesville, VA - 6/22/2024 to 6/23/2024**

#	Last Name	First	Age	Ctry	Points	100	LJ	SP	HJ	400	HH	DT	PV	JT	1500
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**Men Open**

1	Leek	Cade	24	USA	3668	12.54 16-0 ½ (549)	4.89 16-0 ½ (361)	8.98 29-5 ½ (425)	1.54 5-0 ½ (419)	60.29 (403)	22.18 (197)	31.28 102-7 (490)	3.50 11-5 ½ (482)	26.50 86-11 (250)	6:52.01 (92)
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**Men 25-29**

1	Gritzer	Rob	26	USA	5300	11.66 20-7 ½ (719)	6.28 20-7 ½ (648)	9.77 32-0 ¾ (472)	1.72 5-7 ¾ (560)	54.95 (601)	16.59 (668)	25.80 84-7 (383)	2.90 9-6 ¾ (333)	31.57 103-7 (321)	4:53.91 (595)
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**Men 35-39**

1	Watson II	Terry	39	USA	3987	13.49 18-1 ½ (388)	5.52 18-1 ½ (529)	9.05 29-8 ¾ (453)	1.54 5-0 ½ (434)	62.81 (357)	21.88 (222)	28.13 92-3 (428)	3.30 10-9 ¾ (441)	37.26 122-3 (426)	5:54.67 (309)
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**Men 40-44**

1	Marenin	Roman	41	USA	6689	11.37 20-11 ¾ (861)	6.39 20-11 ¾ (816)	11.02 36-2 (622)	1.66 5-5 ¾ (593)	51.59 (858)	15.18 (900)	34.65 113-8 (569)	2.70 8-10 ¾ (331)	38.91 127-8 (495)	4:59.86 (644)
2	Layton	Michael	40	USA	5141	12.43 16-8 ½ (647)	5.09 16-8 ½ (498)	10.33 33-10 ¾ (575)	1.57 5-1 ¾ (512)	58.45 (575)	17.36 (657)	24.31 79-9 (362)	2.60 8-6 ¾ (305)	39.13 128-4 (499)	5:23.78 (511)
3	Wisnieski	Scott	44	USA	4338	12.78 15-5 (582)	4.70 15-5 (411)	10.76 35-3 ¾ (605)	1.60 5-3 (544)	66.52 (308)	20.53 (371)	27.72 90-11 (430)	2.80 9-2 ¾ (354)	41.24 135-3 (533)	6:35.07 (200)

**Men 45-49**

1	Knudson	Adam	49	USA	4762	13.11 17-8 ¾ (601)	5.39 17-8 ¾ (641)	10.14 33-3 ¾ (608)	1.57 5-1 ¾ (585)	65.32 (408)	19.64 (509)	27.81 91-3 (468)	3.20 10-6 (517)	29.41 96-6 (379)	7:50.67 (46)
DNF	McBride	Martin	47	USA		15.68 12-0 ½ (225)	3.67 12-0 ½ (249)	8.33 27-4 (478)	1.51 4-11 ½ (528)	DNF (0)	DNS (0)	DNS (0)	DNS (0)	DNS (0)	DNS (0)

**Men 50-54**

1	Alderton	Adam	50	USA	6433	12.20 18-2 ½ (856)	5.55 18-2 ½ (771)	10.14 33-3 ¾ (589)	1.58 5-2 ¾ (670)	57.12 (774)	15.93 (802)	30.86 101-3 (486)	2.70 8-10 ¾ (418)	40.24 132-0 (581)	5:52.98 (486)
2	Aka-Bashorun	Wale'	53	USA	6377	12.81 16-10 ¾ (738)	5.15 16-10 ¾ (659)	10.36 34-0 (604)	1.55 5-1 (636)	59.79 (670)	15.58 (842)	34.27 112-5 (554)	2.90 9-6 ¾ (482)	44.33 145-5 (655)	5:42.67 (537)
3	Kappen	Kent	53	USA	5338	13.64 14-3 ¾ (589)	4.36 14-3 ¾ (453)	11.15 36-7 (659)	1.37 4-6 (464)	63.75 (528)	20.72 (348)	32.75 107-5 (524)	3.80 12-5 ¾ (784)	36.18 118-8 (507)	5:53.97 (482)
4	Ness	Jayson	53	USA	4793	13.61 14-6 ¾ (593)	4.43 14-6 ¾ (469)	10.59 34-9 (620)	1.34 4-4 ¾ (441)	66.04 (454)	21.46 (293)	34.04 111-8 (550)	2.90 9-6 ¾ (482)	33.81 110-11 (465)	6:06.07 (426)
5	Alford	Michael	51	USA	4049	13.26 15-2 ¾ (655)	4.64 15-2 ¾ (523)	9.41 30-10 ½ (537)	1.37 4-6 (464)	65.41 (474)	20.90 (334)	25.94 85-1 (389)	2.40 7-10 ¾ (331)	21.59 70-10 (251)	7:44.68 (91)
6	Ekski	Hakan	54	USA	3879	14.04 14-6 (523)	4.42 14-6 (467)	9.19 30-2 (522)	1.37 4-6 (464)	71.04 (308)	21.22 (310)	23.66 77-7 (345)	2.40 7-10 ¾ (331)	30.17 98-11 (400)	7:01.98 (209)

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**Men 55-59**

1	Hood	David	59	USA	5676	15.03 (448)	4.51 14-9 ½ (561)	10.45 34-3 ½ (665)	1.46 4-9 ½ (627)	69.16 (427)	19.31 (541)	35.41 116-2 (634)	3.50 11-5 ½ (760)	33.66 110-5 (518)	6:05.31 (495)
2	Kruelle	Chuck	56	USA	5600	13.80 (641)	4.58 15-0 ½ (580)	8.43 27-8 (514)	1.46 4-9 ½ (627)	62.85 (633)	20.17 (466)	21.34 70-0 (333)	2.70 8-10 ½ (475)	39.47 129-6 (633)	5:25.16 (698)
3	Ruuska	Jay	57	USA	5020	13.53 (689)	4.66 15-3 ½ (604)	9.00 29-6 ½ (556)	1.43 4-8 ½ (593)	65.43 (545)	18.18 (646)	25.02 (410)	2.30 82-1 (347)	26.29 86-3 (374)	7:04.63 (256)
4	Weitz	Keith	56	USA	4917	13.54 (687)	4.49 14-8 ½ (554)	9.29 30-5 ½ (578)	1.22 4-0 (389)	65.11 (555)	37.87 (0)	25.06 (410)	3.40 82-2 (722)	38.24 11-1 ½ (608)	6:23.5 (414)
5	Faulkner	Lee	55	USA	4074	15.08 (441)	4.40 14-5 ½ (531)	9.90 32-5 ½ (624)	1.40 4-7 (560)	73.17 (315)	DNF (0)	29.51 96-10 (506)	2.90 9-6 ½ (543)	35.49 116-5 (554)	DNF (0)
6	Maurer	James	57	USA	4060	14.83 (476)	4.38 14-4 ½ (525)	11.66 38-3 ½ (758)	1.37 4-6 (528)	DNF (0)	22.92 (263)	35.70 (640)	1.90 6-2 ½ (229)	30.47 99-11 (455)	7:26.44 (186)
7	Duncan	Benjamin	58	USA	3568	15.52 (379)	3.93 12-10 ½ (405)	7.65 25-1 ½ (456)	1.34 4-4 ½ (504)	72.26 (339)	DNF (0)	28.94 94-11 (493)	NH (0)	30.26 99-3 (451)	5:55.73 (541)
DNF	Melton	James	56	USA		13.71 (657)	4.44 14-6 ½ (542)	8.29 27-2 ½ (503)	1.40 4-7 (560)	1:45.26 (0)	DNS (0)	DNS (0)	DNS (0)	DNS (0)	DNS (0)

**Men 60-64**

1	Kibort	Mark	63	USA	5895	12.99 (872)	4.75 15-7 (718)	10.59 34-9 (665)	1.36 4-5 ½ (593)	63.84 (674)	19.75 (461)	33.81 110-11 (516)	3.10 10-2 (693)	23.68 77-8 (333)	6:51.21 (370)
2	Rikert	Darrell	61	USA	2706	15.71 (426)	3.69 12-1 ½ (405)	7.24 23-9 (418)	1.21 3-11 ½ (441)	3:17.33 (0)	70.14 (0)	23.89 (330)	1.70 78-4 (208)	17.35 5-7 (212)	7:19.91 (266)

**Men 65-69**

1	Humphrey	Ronald	65	USA	7055	12.76 (1001)	4.99 16-4 ½ (903)	9.49 31-1 ½ (645)	1.42 4-7 ½ (749)	58.80 (942)	16.89 (833)	28.09 92-2 (459)	2.10 6-10 ½ (384)	25.82 84-8 (431)	5:52.78 (708)
2	Pugliese	Anthony	65	USA	5294	15.12 (591)	3.92 12-10 ½ (542)	10.91 35-9 ½ (760)	1.27 4-2 (569)	77.13 (345)	20.88 (458)	37.06 (649)	2.00 6-6 ½ (350)	31.11 102-0 (548)	6:41.88 (482)
3	Pfeiffer	Bob	68	USA	4317	15.19 (580)	3.62 11-10 ½ (451)	7.76 25-5 ½ (505)	1.33 4-4 ½ (636)	82.45 (223)	22.81 (315)	27.51 (447)	2.40 90-3 (498)	28.38 93-1 (487)	8:11.38 (175)
4	McLawhorn	David	69	USA	3779	15.70 (506)	3.87 12-8 ½ (527)	8.63 28-3 ½ (575)	1.21 3-11 ½ (504)	87.16 (135)	25.18 (175)	25.88 (414)	2.40 84-11 (498)	26.50 7-10 ½ (445)	DNF (0)
5	Szczesiul	Fred	66	USA	3711	16.00 (463)	3.61 11-10 ½ (447)	7.25 23-9 ½ (465)	1.15 3-9 ½ (441)	80.68 (261)	22.35 (347)	21.97 (334)	2.10 6-10 ½ (384)	16.54 54-3 (231)	7:18.98 (338)
6	Steen	James	65	USA	3206	16.07 (454)	3.42 11-2 ½ (392)	9.54 31-3 ½ (649)	1.33 4-4 ½ (636)	DNF (0)	DNF (0)	21.27 (320)	1.80 69-9 (280)	27.83 91-3 (475)	DNF (0)
DNF	De La Puente	Joesph	68	USA		16.82 (357)	3.73 12-3 (483)	8.31 27-3 ½ (549)	1.15 3-9 ½ (441)	DNF (0)	DNS (0)	DNS (0)	DNS (0)	DNS (0)	DNS (0)

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**Men 70-74**

1	Jacquet-Acea	Russell	71	USA	6581	14.14 (834)	4.10 13-5 ½ (691)	8.95 29-4 ½ (586)	1.33 4-4 ¼ (731)	70.87 (596)	13.84 (857)	27.86 91-5 (518)	2.80 9-2 ½ (760)	29.06 95-4 (518)	6:59.62 (490)
2	Vollmer	Larry	71	USA	5942	14.53 (769)	4.35 14-3 ¼ (781)	9.16 30-0 ½ (603)	1.39 4-6 ¼ (803)	75.64 (456)	15.13 (696)	23.35 76-7 (414)	2.80 9-2 ½ (760)	23.32 76-6 (389)	8:01.12 (271)
3	Markley	Anthony	70	USA	5141	14.16 (832)	3.98 13-0 ½ (648)	7.99 26-2 ½ (510)	1.33 4-4 ¼ (731)	75.37 (463)	16.68 (524)	22.75 74-7 (400)	2.00 6-6 ¼ (408)	25.45 83-6 (436)	8:30.22 (189)
4	Deitrich	Woody	71	USA	3884	15.18 (665)	4.11 13-6 (693)	7.73 25-4 ½ (490)	1.24 4-0 ¼ (619)	82.51 (284)	20.26 (217)	23.46 76-11 (416)	1.20 3-11 ¼ (125)	19.35 63-6 (301)	9:23.24 (74)
5	Witherspoon	Keith	71	USA	2907	15.73 (580)	3.60 11-9 ½ (519)	8.31 27-3 ½ (536)	1.33 4-4 ¼ (731)	DNF (0)	DNF (0)	13.84 45-5 (203)	NH (0)	21.02 68-11 (338)	DNF (0)
6	Cook	Alan	73	USA	1453	20.53 (78)	1.46 4-9 ½ (3)	8.63 28-3 ½ (561)	NH (0)	DNF (0)	DNF (0)	24.23 79-6 (434)	NH (0)	22.81 74-10 (377)	DNF (0)

**Men 75-79**

1	Howard	Kent	75	USA	4232	18.20 (340)	2.99 9-9 ½ (392)	8.83 28-11 ¼ (649)	1.15 3-9 ¼ (585)	89.80 (211)	22.84 (146)	31.08 101-11 (686)	1.50 4-11 (268)	24.87 81-7 (502)	7:31.85 (453)
2	Miller	Bryan	77	USA	3739	18.12 (348)	2.92 9-7 (369)	10.17 33-4 ½ (766)	1.12 3-8 (544)	1:48.72 (1)	20.31 (308)	23.41 76-9 (482)	1.70 5-7 (350)	25.65 84-2 (522)	10:10.13 (49)

**Men 80-84**

1	Zukas	Robert	80	USA	3928	19.47 (278)	2.75 9-0 ½ (396)	8.31 27-3 ¼ (578)	1.12 3-8 (636)	1:50.11 (30)	22.26 (281)	22.31 73-2 (538)	1.60 5-3 (374)	28.55 93-8 (626)	9:30.37 (191)
2	Rowan	Terry	83	USA	3550	17.96 (443)	3.03 9-11 ¼ (498)	6.69 21-11 ½ (443)	1.03 3-4 ¼ (512)	1:37.93 (176)	19.96 (455)	18.77 61-7 (432)	1.50 4-11 (326)	14.97 49-1 (265)	DNF (0)
DNF	Gallagher	Jack Ray	83	USA		34.82 (0)	DNS (0)	DNS (0)	DNS (0)	DNS (0)	DNS (0)	DNS (0)	DNS (0)	DNS (0)	DNS (0)