

DISCUS / WOMEN				
50-54	Linda Rowe	Bloomfield	99-6	2004
55-59	Kay Glynn	Hastings	72-1	2008
	# Neva Weisskopf	Lehigh Acres, FL	78-0 1/2	2007
60-64	Martha Green	Des Moines	55-6	2011
	# Neva Weisskopf	Lehigh Acres, FL	72-6	2010
65-69	Bertha Aldrich	Alden	59-4	2002
	# Irene Kerwin	Peoria, IL	60-7	1995
70-74	Bertha Aldrich	Alden	59-7	2008
75-79	Nancy Baker	Clive	38-7	2007
	# Adele McCormick	Sierra Vista, AZ	49-11	1999
80-84	Nancy Baker	Clive	35-10	2011
85-89	Pancryata Eddy	Anita	21-7	1996
DISCUS / MEN				
50-54	Alan Russell	Ames	131-0	2007
	# Rick Anderson	Lawrence, KS	151-0	2011
55-59	Lyle Schwartz	Jewell	120-10	2010
	# Greg Malan	Salem, IL	124-8	2010
60-64	Otto Welfring	Marshalltown	130-10	1994
	# Ron Anderson	McPherson, KS	164-6	1996
65-69	Arnie Brandt	Sioux City	129-9 1/2	2002
	# Ron Anderson	McPherson, KS	151-1	2004
70-74	Otto Welfring	Marshalltown	116-6	2004
	# Ron Anderson	McPherson, KS	127-0	2007
75-79	Otto Welfring	Marshalltown	103-8 1/2	2008
	# Ron Anderson	McPherson, KS	123-11	2011
80-84	Dick Mulkern	Sheffield	93' 6.0"	2008
	# E. Lee Todd	Grant, NE	99' 11.0	1995
85-89	Dick Mulkern	Sheffield	74-7	2011
90-94	Adolph Peschke	West Des Moines	42' 5.0"	2005
95-99	Adolph Peschke	West Des Moines	29'8.5"	2009
SHOT PUT / WOMEN				
50-54	Linda Rowe	Bloomfield	30-2	2005
55-59	Kay Glynn	Hastings	29-0 1/2	2008
60-64	Norma Scheneder	Des Moines	25-7 1/2	1994
65-69	Bertha Aldrich	Alden	25-6 1/2	2004
70-74	Bertha Aldrich	Alden	22-5	2007
75-79	Eva Oltmanns	Neola	25-5	2002
80-84	Tina Davis	Des Moines	14-4	2009
SHOT PUT / MEN				
50-54	Matthew Byrnes	Boone	41-7 3/4	2003
	# Rick Anderson	Lawrence, KS	44-9 1/2	2011
55-59	Tarry Cory	Clive	39-1	2007
	# Bob Peters	Blue Springs, MO	41-2	2003
60-64	Dick Pertzborn	Ankeny	37-7	1991
	# Al Salmon	Liberty, MO	42-9	1999
65-69	Dale Geise	Boone	33-5 3/4	1997
	# Ray Schumann	Hull, IL	41-6 1/2	1992
70-74	Richard Angove	Ames	35-9 1/2	2007
	# Al Salmon	Liberty, MO	40-10 1/2	1999
75-79	Otto Welfring	Marshalltown	32- 1/2	2008
	# John Manning	Truth or C., NM	37-9.25	2010
80-84	Dick Mulkern	Sheffield	31-2 3/4	2008
	# E. Lee Todd	Grant, NE	31-5 1/2	1997
85-89	Dick Mulkern	Cedar Falls, IA	25-8 1/2	2011
90-94	Adolph Peschke	West Des Moines	16-9	2007

JAVELIN THROW / WOMEN				
50-54				
55-59	Martha Green	Des Moines	48-1	2010
60-64	Martha Green	Des Moines	43-7	2011
	# Neva Weisskopf	Lehigh Acres, FL	68-0	2010
65-69				
	# Lois Gotthardt	Hot Springs, SD	32-2	2010
70-74	Carol Linderman	Clive	39-8	2011
75-79				
	# Alice Purdes	Madison, IL	23-5	2010
80-84	Ernestine Davis	Des Moines	18-7	2011
JAVELIN THROW / MEN				
50-54	Daniel Hoy	Clive	97-2	2010
	# Ted Goudge	Maryville, MO	108-0	2011
55-59	Joseph Bohlke	Des Moines	89-5	2010
60-64	Tarry Cory	Clive	128-6	2010
65-69	Ron Peterson	Waukee	75-9	2011
	# Alex Meyer	Schriker, NE	102-1	2010
70-74	Rich Hoidahl	Johnston	74-9	2011
	# Sherwood Sagedahl	Fairmont, MN	124-7	2010
75-79	Bill Park	Muscatine	68-5	2011
	# Lyle Pfaff	Leonardville, KS	68-7	2011
80-84	Ed Failor	West Des Moines	74-5	2010
85-89				
	# Howard Dewell	Quincy, IL	47-1	2010
HIGH JUMP / WOMEN				
50-54	Kay Glynn	Hastings	4-4	2004 & 05
55-59	Kay Glynn	Hastings	4-4	2008
60-64	# Normimah Benedict	Fayetteville, AR	3-4	2006
	# Mary Schaub	Smithton, IL	3-6	2010
HIGH JUMP / MEN				
50-54	Mark Roberts	Cedar Falls	5-5 1/4	2011
55-59	John Barron	Guttenberg	5-2	2009
	# Garry Pirch	Vandalia, MO	5-6	2009
60-64	Les Lane	Carlisle	4-10	2004
65-69	Les Lane	Carlisle	4-6	2008
70-74	Richard Angove	Ames	4-0	2007
	John Wortman	North Liberty	4-0	2009
	# Ross Vrooman	Tulsa, OK	4-0	2004
	# Martin Tangora	Chicago, IL	4-0	2009
75-79	Ed Failor	Muscatine	3-6	2004 & 06
	# Frank Bollinger	Exelsior Springs, MO	3-10	2004 & 07
80-84	Stan Aldinger	Iowa City	3-8	2008
85-89	# Howard Dewell	Quincy, IL	3-2	2007
LONG JUMP – RUNNING / WOMEN				
50-54	Kay Glynn	Hastings	14-6 1/2	2004
55-59	Kay Glynn	Hastings	14-4	2008
60-64	Betty Hoff	Decorah	9-8	2001
	# Normimah Benedict	Fayetteville, AR	10-9	2006
65-69	Ethel Miller	Cedar Rapids	9-9 1/2	1990
70-74	Rita Ashmead	Ottumwa	8-7	2006
75-79	Rita Jackson-Ashmead	Ottumwa	8-4	2010
80-84	Tina Davis	Des Moines	4-10	2010

LONG JUMP – RUNNING / MEN				
50-54	Tarry Cory	Clive	17-10	2001
55-59	Tarry Cory	Clive	17-1	2003
60-64	Norm Robinson	Knoxville	16-3 1/2	1995
	# Peter Stopoulos	East Moline, IL	16-6	1997
65-69	Norm Robinson	Knoxville	15-7 1/4	2000
70-74	Norm Robinson	Knoxville	14-10 1/2	2002
75-79	Melvin Larsen	Ames, IA	14-3	2001
80-84	Mel Flachs	Davenport	9-3	1995
	# E. Lee Todd	Grant, NE	11-2 1/4	1995
85-89	Monnie Stauffer	Sheldahl	6-4 1/2	1995
	# Howard Dewell	Quincy, IL	8-2	2009
LONG JUMP – STANDING / WOMEN				
50-54	Linda Hemphill	Milford	6-1 1/2	1997
	# Victoria Daniel	Appleton, WI	8-0	2008
55-59	Betty Hoff	Decorah	5-5 3/4	1994
	# Normi Arthur	Fayetteville, AR	6-4 1/2	2004
60-64	Mary Lou Lathrum	Bondurant	5-6	1995
	# Normimah Benedict	Fayetteville, AR	6-3 3/4	2006
65-69	Ethel Miller	Cedar Rapids	5-5	1991
	# Irene Kerwin	Peoria, IL	5-10 1/2	1995
70-74	Ethel Miller	Cedar Rapids	5-5	1994
75-79	Eva Oltmanns	Neola	4-0	2002
	Carolyn Dodd	Des Moines	4-0	2007
	# Phyllis Anderson	Ohio, IL	4-0 1/4	1996
80-84	Frances Young	Des Moines	3-4	2007
LONG JUMP – STANDING / MEN				
50-54	Randy Olson	Orange City	8-8	1999
55-59	Tarry Cory	Clive	8-6	2004
60-64	Les Lane	Carlisle	8-7 1/2	2005
65-69	Arnie Brandt	Sioux City	8-0	2002
	# Peter Stopoulos	Geneva, IL	8-1 1/2	2002
70-74	Norm Robinson	Knoxville	7-9 1/2	2002
75-79	Carroll Marty	Ames	7-2	2010
	# Tom Walsh	Hannibal, MO	7-4	1993
80-84	Bud Braunlich	Davenport	6-8 1/2	2004
85-89	# Howard Dewell	Quincy, IL	6-4	2009
TRIPLE JUMP / WOMEN				
55-59	Kay Glynn	Hastings	26-11 1/2	2008
60-64	# Normimah Benedict	Fayetteville, AR	21-1	2008
65-69	Jean Minahan	Des Moines	12-4 1/2	2007
TRIPLE JUMP / MEN				
50-54	Paul Grinvalds	West Des Moines	32-9 1/2	2008
	# Daniel Scamehorn	Kearney, NE	34-4	2010
	# Greg Monson	Moline, IL	34-4	2010
55-59	Tarry Cory	Clive	31-9	2007
60-64	Tarry Cory	Clive	26-4	2010
65-69	Ron Peterson	Waukee	21-5 1/2	2011
	# William Schaub	Smithton, IL	26-0	2010
70-74	Franklin Brown	Des Moines	22-0	2008
	# Paul Beckman	Granbury, TX	23-6	2009
75-79	Carroll Marty	Ames	22-8 3/4	2007
80-84	# Frank Bolinger	Excelsior Springs, MO	18-3	2009