

	Team	Score	Div
MECTA State Meet July 22, 2023 South Portland High School	1 South Portland	1,371.00	2
	2 Unum	740.50	1
	3 MaineHealth	655.50	1
	4 IDEXX Laboratories	601.50	1
	5 Bath Iron Works	383.00	1
	6 Saco & Biddeford Savings	242.50	3
	7 Abbott	231.00	1
	8 L.L. Bean	176.00	1
	9 TD Bank	143.00	1
	10 ReVision Energy	131.00	3

SHOT PUT	OPEN RECORD
W18-29	Nicole Lessard (Aetna) 1999 37' 5" Kathleen Collins (unattached) 2018 37' 9 ³ / ₄ "

Name	Age	Team	Distance	Pts.
1 Mary DiSanto	21	South Portland	38 - 01.5	10
2 Rachael Bourget	27	Abbott	31 - 06.5	8
3 Dana Schwartz	19	MaineHealth	30 - 06	6
4 Lizz Ottusch	26	IDEXX Laboratories	24 - 08.5	5
5 Kendra Kukulski	26	IDEXX Laboratories	24 - 02	4
6 Mikaella Sansoucie	26	IDEXX Laboratories	23 - 03	3
7 Samantha Mason	25	Bath Iron Works	21 - 07.5	2
8 Marley Sullivan	23	South Portland	20 - 02.5	1
9 Jordyn Hulsey	21	South Portland	19 - 03.5	
10 Krista Marble	27	Unum	18 - 00.5	
11 Kaleisha Towle	21	South Portland	17 - 11	
12 Emily Way	26	South Portland	17 - 08.5	

SHOT PUT	SUBMASTER RECORD
W30-39	Kellie Cheney (Aetna) 2000 40' 1" Becky Deschambault (unattached) 2022 45' 9"

Name	Age	Team	Distance	Pts.
1 Leah Beran	33	L.L. Bean	26 - 01.5	10
2 Aryn Whitaker	31	IDEXX Laboratories	23 - 05.5	8
3 Nicole Ruginski	30	Abbott	21 - 03	6
4 Allie Quirion	33	IDEXX Laboratories	19 - 02.5	5
5 Erinn Needham	34	IDEXX Laboratories	19 - 02	4

SHOT PUT	MASTER RECORD
W40-49	Ginger Ivanov (MaineHealth) 2022 29' 11" Susan Weimer (unattached) 2010 32' 5 ¹ / ₂ "

Name	Age	Team	Distance	Pts.
1 Ginger Ivanov	48	MaineHealth	28 - 07	10
2 Lyndee Whitten	40	IDEXX Laboratories	26 - 01.5	8
3 Marci Amos	48	TD Bank	24 - 08	6
4 Hilary Chase	46	South Portland	23 - 01	5
5 Ruth Jinno	44	MaineHealth	20 - 01.5	4
6 Koren Sullivan	49	South Portland	18 - 02.5	3
7 Mary Link	49	South Portland	17 - 04.5	2

SHOT PUT	SENIOR RECORD
W50-59	Karen Reardon (South Portland) 2010 32' 9 ³ / ₄ "

Name	Age	Team	Distance	Pts.
1 Kathy DiPhilippo	55	South Portland	21 - 09	10

2 Lori Towle	50	South Portland	20 - 03.5	8
3 Cindy Senkbeil	59	Bath Iron Works	20 - 01	6
4 Jen Tripp	53	TD Bank	16 - 02	5

SHOT PUT	VETERAN RECORD
W60-69	Karen Reardon (South Portland) 2018 30' 5¼"

Name	Age	Team	Distance	Pts.
1 Karen Sullivan	63	Bath Iron Works	24 - 10.5	10
2 Karen Reardon	65	South Portland	24 - 02.5	8
3 Sue Gilman	61	IDEXX Laboratories	15 - 01	6
4 Mary Jane Kukulski	64	IDEXX Laboratories	13 - 00	5

SHOT PUT	BRONZE VETERAN RECORD
W70-79	Polly Kenniston (Unum) 2009 20' 1"

Name	Age	Team	Distance	Pts.
1 Francine Hickey	70	MaineHealth	16 - 10.5	10
2 Cheryl Gilbert	75	Bath Iron Works	16 - 00.5	8
3 Deb Marcoux	71	South Portland	14 - 07.5	6

SHOT PUT	GOLD VETERAN RECORD
W90-99	vacant

Name	Age	Team	Distance	Pts.
1 Patricia Gilman	90	IDEXX Laboratories	9 - 10	10

DISCUS	OPEN RECORD
W18-29	Rachael Bourget (Abbott) 2023 118' 11" Kathleen Collins (unattached) 2018 139' 5"

Name	Age	Team	Distance	Pts.
1 Mary DiSanto	21	South Portland	129 - 02	10
2 Rachael Bourget	27	Abbott	115 - 00	8
3 Kristine Corey	29	ReVision Energy	51 - 02	6
4 Vanessa Borelli	23	ReVision Energy	46 - 03	5
5 Kendra Kukulski	26	IDEXX Laboratories	44 - 07	4

DISCUS	SUBMASTER RECORD
W30-39	Nicole Lessard (Forum Financial) 2002 115' 4" Becky Deschambault (unattached) 2022 164' 4"

Name	Age	Team	Distance	Pts.
1 Aryn Whitaker	31	IDEXX Laboratories	58 - 06	10
2 Trish Shorey	37	Unum	49 - 09	8

DISCUS	MASTER RECORD
W40-49	Miranda Derenburger (MaineHealth) 2022 95' 7"

Name	Age	Team	Distance	Pts.
1 Marci Amos	48	TD Bank	79 - 02	10
2 Ginger Ivanov	48	MaineHealth	74 - 00	8
3 Lyndee Whitten	40	IDEXX Laboratories	67 - 02	6
4 Hilary Chase	46	South Portland	55 - 04	5
5 Ruth Jinno	44	MaineHealth	50 - 05	4
6 Cassandra Tilley	48	South Portland	32 - 10	3
7 Jennifer Grasso	41	South Portland	21 - 06	2

DISCUS	SENIOR RECORD
W50-59	Karen Reardon (South Portland) 2010 99' 7"

Name	Age	Team	Distance	Pts.
1 Kathy DiPhilippo	55	South Portland	66 - 09	10

2 Tonya Way	53	South Portland	50 - 08	8
3 Julie Lefebvre	50	South Portland	48 - 04	6
4 Karen Hindall	59	South Portland	47 - 01	5
5 Cindy Senkbeil	59	Bath Iron Works	44 - 02	4
6 Jen Tripp	53	TD Bank	27 - 10	3

DISCUS			VETERAN RECORD	
W60-69			Karen Reardon (South Portland) 2018	88' 9"
Name	Age	Team	Distance	Pts.
1 Karen Reardon	65	South Portland	66 - 04	10
2 Kim Coombs	66	South Portland	65 - 02	8
3 Karen Sullivan	63	Bath Iron Works	58 - 04	6
4 Lisa Latno	62	Unum	55 - 04	5
5 Sue Gilman	61	IDEXX Laboratories	32 - 04	4

DISCUS			BRONZE VETERAN RECORD	
W70-79			Cheryl Gilbert (BIW) 2019	48' 3"
Name	Age	Team	Distance	Pts.
1 Francine Hickey	70	MaineHealth	33 - 02	10
2 Cheryl Gilbert	75	Bath Iron Works	32 - 11	8

DISCUS			GOLD VETERAN RECORD	
W90-99			vacant	
Name	Age	Team	Distance	Pts.
1 Patricia Gilman	90	IDEXX Laboratories	15 - 09	10

TURBO JAV			OPEN RECORD	
W18-29			Rebecca Skovira (Unum) 2017	127' 10"
Name	Age	Team	Distance	Pts.
1 Dana Schwartz	19	MaineHealth	87 - 10	10
2 Kendra Kukulski	26	IDEXX Laboratories	67 - 10	8
3 Lizz Ottusch	26	IDEXX Laboratories	59 - 06	6
4 Mikaella Sansoucie	26	IDEXX Laboratories	55 - 04	5
5 Krista Marble	27	Unum	44 - 09	4
6 Tia Newlove	27	Unum	44 - 03	3
7 Kristine Corey	29	ReVision Energy	40 - 04	2
8 Vanessa Borelli	23	ReVision Energy	28 - 10	1
9 Shawna Clift	27	ReVision Energy	24 - 04	

TURBO JAV			SUBMASTER RECORD	
W30-39			Tessa Miller (Unum) 2016	90' 3"
Name	Age	Team	Distance	Pts.
1 Leah Beran	33	L.L. Bean	74 - 02	10
2 Trish Shorey	37	Unum	72 - 08	8
3 Aryn Whitaker	31	IDEXX Laboratories	56 - 08	6
4 Allie Quirion	33	IDEXX Laboratories	32 - 07	5

TURBO JAV			MASTER RECORD	
W40-49			Blue Butterfield (MaineHealth) 2012	95' 1"
Name	Age	Team	Distance	Pts.
1 Ginger Ivanov	48	MaineHealth	68 - 02	10
2 Lyndee Whitten	40	IDEXX Laboratories	64 - 07	8
3 Kari Voelker	46	South Portland	63 - 04	6
4 Marci Amos	48	TD Bank	52 - 02	5
5 Hilary Chase	46	South Portland	50 - 05	4
6 Mary Link	49	South Portland	48 - 03	3

7 Ivy Robichaud	42	ReVision Energy	47 - 05	2
8 Cassandra Tilley	48	South Portland	41 - 04	1

TURBO JAV			SENIOR RECORD	
W50-59			Kim Coombs (South Portland) 2010	83' 1"
Name	Age	Team	Distance	Pts.
1 Kathy DiPhilippo	55	South Portland	57 - 10	10
2 Cindy Senkbeil	59	Bath Iron Works	44 - 00	8
3 Sarah Marble	56	Unum	40 - 02	6
4 Karen Hindall	59	South Portland	38 - 02	5
5 Jen Tripp	53	TD Bank	24 - 10	4

TURBO JAV			VETERAN RECORD	
W60-69			Kim Coombs (South Portland) 2018	72' 3"
Name	Age	Team	Distance	Pts.
1 Kim Coombs	66	South Portland	57 - 00	10
2 Karen Reardon	65	South Portland	42 - 01	8
3 Karen Sullivan	63	Bath Iron Works	41 - 07	6
4 Sue Gilman	61	IDEXX Laboratories	24 - 11	5
5 Mary Jane Kukulski	64	IDEXX Laboratories	19 - 00	4

TURBO JAV			BRONZE VETERAN RECORD	
W70-79			Cheryl Gilbert (BIW) 2019	38' 5"
Name	Age	Team	Distance	Pts.
1 Deb Marcoux	71	South Portland	31 - 07	10
2 Francine Hickey	70	MaineHealth	30 - 07	8
3 Cheryl Gilbert	75	Bath Iron Works	28 - 01	6

TURBO JAV			SILVER VETERAN RECORD	
W80-89			Terri Morris (Unum) 2008	28' 2"
Name	Age	Team	Distance	Pts.
1 Polly Kenniston	87	Unum	17 - 05	10

TURBO JAV			GOLD VETERAN RECORD	
W90-99			vacant	
Name	Age	Team	Distance	Pts.
1 Patricia Gilman	90	IDEXX Laboratories	9 - 05	10

HIGH JUMP			OPEN RECORD	
W18-29			Lizz Ottusch (IDEXX) 2019	5' 2"
Name	Age	Team	Height	Pts.
1 Grace Tardif	18	Saco & Biddeford Savings	4 - 08	10
2 Abby Kaija	24	MaineHealth	4 - 04	8
3 Jayme Walton	20	Saco & Biddeford Savings	4 - 02	5.5
3 Kendra Kukulski	26	IDEXX Laboratories	4 - 02	5.5
5 Rachael Bourget	27	Abbott	3 - 10	4
6 Mikaela Sansoucie	26	IDEXX Laboratories	3 - 08	3
7 Samantha Mason	25	Bath Iron Works	3 - 06	2
Nancy Stolkner	27	TD Bank	NH	

HIGH JUMP			SUBMASTER RECORD	
W30-39			Pelletier (USPS) 1990, Judy Hairsine (Unum) 1991, Sarah Marble (Unum) 1998, Pam Swan (BIW) 2002, Marci Amos (TD Bank) 2005	
Name	Age	Team	Height	Pts.
1 Allison Barbour	34	ReVision Energy	4 - 04	10
2 Laura Walton	39	Saco & Biddeford Savings	3 - 10	8

HIGH JUMP				MASTER RECORD	
W40-49				Pam Swan (BIW) 2004 5' 0"	
Name	Age	Team	Height	Pts.	
1 Lindsay Straffard	43	MaineHealth	4 - 02	10	
2 Lyndee Whitten	40	IDEXX Laboratories	4 - 00	8	
3 Marci Amos	48	TD Bank	3 - 06	6	
4 Rachael Furbush	43	South Portland	3 - 02	5	
Stacy Morin	47	South Portland	NH		

HIGH JUMP				SENIOR RECORD	
W50-59				Sarah Marble (Unum) 2019 4' 2"	
Name	Age	Team	Height	Pts.	
1 Sarah Marble	56	Unum	3 - 08	10	
2 Lori Towle	50	South Portland	3 - 06	8	
3 Kathy DiPhilippo	55	South Portland	3 - 02	6	

LONG JUMP				OPEN RECORD	
W18-29				Alison Kent (Unum) 1991, Molly Urquhart (L.L. Bean) 2004 17' 7"	
Name	Age	Team	Distance	Pts.	
1 Kendra Kukulski	26	IDEXX Laboratories	14 - 04.5	10	
2 Grace Tardif	18	Saco & Biddeford Savings	13 - 03	8	
3 Jayme Walton	20	Saco & Biddeford Savings	12 - 07	6	
4 Jordyn Hulsey	21	South Portland	12 - 04	5	
5 Abby Kaija	24	MaineHealth	12 - 02	4	
6 Lindsay Watts	25	Abbott	12 - 00.5	3	
7 Sydney Walton	24	Saco & Biddeford Savings	11 - 07.5	2	
8 Nancy Stolkner	27	TD Bank	10 - 10	1	
9 Katherine Kirk	26	Abbott	10 - 08.5		
10 Shannon Brochu	27	Abbott	8 - 10		

LONG JUMP				SUBMASTER RECORD	
W30-39				Miranda Derenberger (MaineHealth) 2013 16' 3"	
Name	Age	Team	Distance	Pts.	
1 Aryn Whitaker	31	IDEXX Laboratories	11 - 09	10	
2 Laura Walton	39	Saco & Biddeford Savings	10 - 09.5	8	
3 Erinn Needham	34	IDEXX Laboratories	10 - 09	6	

LONG JUMP				MASTER RECORD	
W40-49				Pam Swan (BIW) 2006 15' 11½"	
Name	Age	Team	Distance	Pts.	
1 Lyndee Whitten	40	IDEXX Laboratories	11 - 11	10	
2 Rachael Furbush	43	South Portland	10 - 06.5	8	
3 Lindsay Straffard	43	MaineHealth	10 - 04.5	6	
4 Marci Amos	48	TD Bank	9 - 02	5	
5 Mary Link	49	South Portland	8 - 05	4	
6 Stacy Morin	47	South Portland	6 - 07.5	3	

LONG JUMP				SENIOR RECORD	
W50-59				Caryn Treister (USM) 2005 13' 6"	
Name	Age	Team	Distance	Pts.	
1 Barbara LaVallee	53	MaineHealth	9 - 08.5	10	
2 Lori Towle	50	South Portland	8 - 07	8	
3 Cindy Senkbeil	59	Bath Iron Works	6 - 10	6	
4 Jen Tripp	53	TD Bank	3 - 03.5	5	

LONG JUMP			VETERAN RECORD	
W60-69			Marsha Waterman (MaineHealth) 2012 9' 2½"	
Name	Age	Team	Distance	Pts.
1 Margaret Esten	61	South Portland	8 - 01	10
2 Lise Dietrich	64	TD Bank	7 - 11	8
3 Lisa Latno	62	Unum	7 - 06	6
4 Sue Gilman	61	IDEXX Laboratories	4 - 11	5

LONG JUMP			BRONZE VETERAN RECORD	
W70-79			Deb Marcoux (South Portland) 2022 6' 9"	
Name	Age	Team	Distance	Pts.
1 Deb Marcoux	71	South Portland	6 - 01	10

LONG JUMP			GOLD VETERAN RECORD	
W90-99			vacant	
Name	Age	Team	Distance	Pts.
1 Patricia Gilman	90	IDEXX Laboratories	2 - 03	10

55m HURDLES			OPEN RECORD	
W18-29			Lizz Ottusch (IDEXX) 2019, Allison Nestor (IDEXX) 2023 9.1	
Name	Age	Team	Time	Pts.
1 Grace Tardif	18	Saco & Biddeford Savings	9.4	10
2 Jayme Walton	20	Saco & Biddeford Savings	9.6	8
3 Lindsay Watts	25	Abbott	10.5	6
4 Jordyn Hulsey	21	South Portland	10.7	5
5 Kaleisha Towle	21	South Portland	11.8	4

55m HURDLES			SUBMASTER RECORD	
W30-39			Audrey Shaw (MaineHealth) 2014 8.9	
Name	Age	Team	Time	Pts.
1 Leah Beran	33	L.L. Bean	11.5	10
2 Erinn Needham	34	IDEXX Laboratories	11.6	8
3 Kate Foley	37	South Portland	22.9	6

55m HURDLES			MASTER RECORD	
W40-49			Audrey Shaw (MaineHealth) 2022 9.4	
Name	Age	Team	Time	Pts.
1 Lindsay Straffard	43	MaineHealth	11.7	10
2 Rachael Furbush	43	South Portland	11.9	8
3 Kari Voelker	46	South Portland	12.8	6

55m HURDLES			SENIOR RECORD	
W50-59			Barbara LaVallee (MaineHealth) 2022 11.0	
Name	Age	Team	Time	Pts.
1 Barbara LaVallee	53	MaineHealth	11.5	10
2 Julie Lefebvre	50	South Portland	23.1	8

55m HURDLES			VETERAN RECORD	
W60-69			Kim Coombs (South Portland) 2021 22.3	
Name	Age	Team	Time	Pts.
1 Kim Coombs	66	South Portland	24.9	10
2 Margaret Esten	61	South Portland	27.3	8

100m DASH			OPEN RECORD	
W18-29			Alison Kent (Unum) 1992, Brooke DeForte (Maine DEP) 2004 12.8	
Name	Age	Team	Time	Pts.

1 Dana Schwartz	19	MaineHealth	13.6	10
2 Abby Kaija	24	MaineHealth	13.9	8
3 Katherine Kirk	26	Abbott	13.9	6
4 Grace Tardif	18	Saco & Biddeford Savings	14.1	5
5 Sydney Walton	24	Saco & Biddeford Savings	14.5	4
6 Tia Newlove	27	Unum	16.9	3
7 Kristine Corey	29	ReVision Energy	20.2	2
8 Emily Way	26	South Portland	25.4	1

100m DASH			SUBMASTER RECORD	
W30-39			Audrey Shaw (MaineHealth) 2014 13.2	

Name	Age	Team	Time	Pts.
1 Emily Panciera	30	South Portland	13.1	10
2 Nicole Ruginski	30	Abbott	13.5	8
3 Erinn Needham	34	IDEXX Laboratories	15.5	6
4 Leah Beran	33	L.L. Bean	15.7	5
5 Jill McLaughlin	33	ReVision Energy	16.2	4
6 Rachael Cadorette	35	Unum	16.5	3
7 Allison Barbour	34	ReVision Energy	16.6	2
8 Laura Walton	39	Saco & Biddeford Savings	16.6	1
9 Allie Quirion	33	IDEXX Laboratories	19.8	

100m DASH			MASTER RECORD	
W40-49			Sue McCarthy (MaineHealth) 2009 13.1	

Name	Age	Team	Time	Pts.
1 Jennifer Grasso	41	South Portland	16.5	10
2 Kari Voelker	46	South Portland	16.5	8
3 Mary Link	49	South Portland	19.8	6
4 Hilary Chase	46	South Portland	22.3	5

100m DASH			SENIOR RECORD	
W50-59			Sue McCarthy (MaineHealth) 2016 13.3	

Name	Age	Team	Time	Pts.
1 Barbara LaVallee	53	MaineHealth	16.2	10
2 Tamara Schwartz	50	MaineHealth	17.3	8
3 Sarah Marble	56	Unum	19.1	6
4 Cindy Senkbeil	59	Bath Iron Works	20.5	5
5 Karen Hindall	59	South Portland	28.4	4
6 Jen Tripp	53	TD Bank	28.5	3

100m DASH			VETERAN RECORD	
W60-69			Kim Coombs (South Portland) 2018 17.8	

Name	Age	Team	Time	Pts.
1 Lise Dietrich	64	TD Bank	18.3	10
2 Lisa Latno	62	Unum	18.4	8
3 Margaret Esten	61	South Portland	21.6	6

100m DASH			BRONZE VETERAN RECORD	
W70-79			Cheryl Gilbert (BIW) 2018 20.3	

Name	Age	Team	Time	Pts.
1 Deb Marcoux	71	South Portland	21.5	10
2 Cheryl Gilbert	75	Bath Iron Works	22.9	8
3 Patricia Mooney	75	South Portland	31.3	6
4 Sue Corbett	75	South Portland	33.6	5

100m DASH			SILVER VETERAN RECORD	
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W80-89			Terry Morris (Unum) 2008	20.7
Name	Age	Team	Time	Pts.
1 Polly Kenniston	87	Unum	36.2	10
200m DASH			OPEN RECORD	
W18-29			Alison Kent (Unum) 1992	25.7
Name	Age	Team	Time	Pts.
1 Dana Schwartz	19	MaineHealth	29.8	10
2 Nancy Stolkner	27	TD Bank	34.6	8
3 Tia Newlove	27	Unum	34.7	6
4 Emily Way	26	South Portland	1:09.6	5
200m DASH			SUBMASTER RECORD	
W30-39			Cheryl Bascomb (L.L. Bean) 1991	27.6
Name	Age	Team	Time	Pts.
1 Nicole Ruginski	30	Abbott	28.7	10
2 Kayla Poulin	33	L.L. Bean	31.1	8
3 Jill McLaughlin	33	ReVision Energy	35.0	6
4 Allison Barbour	34	ReVision Energy	35.4	5
5 Liz Pfeffer	35	South Portland	35.9	4
200m DASH			MASTER RECORD	
W40-49			Sue McCarthy (MaineHealth) 2012	28.2
Name	Age	Team	Time	Pts.
1 Hollie Corbett	44	South Portland	32.5	10
2 Kari Voelker	46	South Portland	35.3	8
3 Jennifer Grasso	41	South Portland	39.0	6
4 Sheree Jackson	43	IDEXX Laboratories	39.0	5
200m DASH			SENIOR RECORD	
W50-59			Sue McCarthy (MaineHealth) 2016	27.7
Name	Age	Team	Time	Pts.
1 Barbara LaVallee	53	MaineHealth	34.5	10
2 Tamara Schwartz	50	MaineHealth	40.9	8
3 Kathy DiPhilippo	55	South Portland	51.4	6
200m DASH			VETERAN RECORD	
W60-69			Kim Coombs (South Portland) 2018	39.4
Name	Age	Team	Time	Pts.
1 Lisa Latno	62	Unum	40.2	10
200m DASH			BRONZE VETERAN RECORD	
W70-79			Cheryl Gilbert (BIW) 2018	47.1
Name	Age	Team	Time	Pts.
1 Deb Marcoux	71	South Portland	1:00.8	10
200m DASH			SILVER VETERAN RECORD	
W80-89			Polly Kenniston (Unum) 2016	56.6
Name	Age	Team	Time	Pts.
1 Polly Kenniston	87	Unum	1:25.9	10
400m DASH			OPEN RECORD	
W18-29			Cheryl Bascomb (L.L. Bean) 1988	1:00.3
Name	Age	Team	Time	Pts.
1 Abby Kaija	24	MaineHealth	1:06.0	10
2 Katherine Kirk	26	Abbott	1:08.3	8

3	Kali McGown	28	IDEXX Laboratories	1:17.7	6
4	Meredith Bailey	26	IDEXX Laboratories	1:19.7	5
5	Krista Marble	27	Unum	1:20.5	4
6	Emily Way	26	South Portland	2:47.6	3

400m DASH				SUBMASTER RECORD	
W30-39				Cheryl Bascomb (L.L. Bean) 1992 1:01.3	
	Name	Age	Team	Time	Pts.
1	Emily Panciera	30	South Portland	1:10.1	10
2	Tricia Rose	35	Unum	1:19.9	8
3	Trish Shorey	37	Unum	1:21.5	6
4	Jill McLaughlin	33	ReVision Energy	1:22.1	5
5	Liz Pfeffer	35	South Portland	1:25.5	4
6	Lindsay Arthur	32	MaineHealth	1:30.3	3

400m DASH				MASTER RECORD	
W40-49				Pam Swan (BIW) 2003 1:04.2	
	Name	Age	Team	Time	Pts.
1	Hollie Corbett	44	South Portland	1:14.9	10
2	Sheree Jackson	43	IDEXX Laboratories	1:28.1	8
3	Jennifer Grasso	41	South Portland	1:30.5	6
4	Sherri Wakeling	48	MaineHealth	1:48.7	5

400m DASH				SENIOR RECORD	
W50-59				Sue McCarthy (MaineHealth) 2014 1:08.4	
	Name	Age	Team	Time	Pts.
1	Mary Pardi	54	Unum	1:18.5	10
2	Tonya Way	53	South Portland	1:29.9	8
3	Tamara Schwartz	50	MaineHealth	1:38.3	6
4	Julie Lefebvre	50	South Portland	1:57.9	5

400m DASH				VETERAN RECORD	
W60-69				Kim Coombs (South Portland) 2017 1:27.4	
	Name	Age	Team	Time	Pts.
1	Lisa Latno	62	Unum	1:36.3	10
2	Margaret Esten	61	South Portland	2:14.8	8

400m DASH				BRONZE VETERAN RECORD	
W70-79				Juliet Clarke (Unum) 2018 1:44.8	
	Name	Age	Team	Time	Pts.
1	Cheryl Gilbert	75	Bath Iron Works	2:39.4	10

400m DASH				SILVER VETERAN RECORD	
W80-89				Polly Kenniston (Unum) 2016 2:13.8	
	Name	Age	Team	Time	Pts.
1	Polly Kenniston	87	Unum	3:15.0	10

800m RUN				OPEN RECORD	
W18-29				Kathy McCosh (BIW) 1988 2:22.0	
	Name	Age	Team	Time	Pts.
1	Kali McGown	28	IDEXX Laboratories	2:37.5	10
2	Lindsay Watts	25	Abbott	2:54.8	8
3	Meredith Bailey	26	IDEXX Laboratories	2:58.0	6
4	Krista Marble	27	Unum	3:01.1	5
5	Audrey Jones	27	Abbott	3:10.4	4
6	Shawna Clift	27	ReVision Energy	3:31.2	3

7	Samantha Mason	25	Bath Iron Works	3:34.4	2
8	Shannon Brochu	27	Abbott	3:36.0	1
9	Kaleisha Towle	21	South Portland	3:42.5	

800m RUN			SUBMASTER RECORD		
W30-39			Christine Reaser (Maine Medical Center) 2000 2:20.0		

Name	Age	Team	Time	Pts.
1 Tricia Rose	35	Unum	3:07.0	10
2 Trish Shorey	37	Unum	3:13.0	8
3 Kayla Poulin	33	L.L. Bean	3:17.7	6
4 Liz Pfeffer	35	South Portland	3:25.2	5
5 Lindsay Arthur	32	MaineHealth	3:26.6	4
6 Kate Foley	37	South Portland	3:51.5	3

800m RUN			MASTER RECORD		
W40-49			Gayla Underkoffer (Unum) 2002 2:30.0		

Name	Age	Team	Time	Pts.
1 Lauren Austin	42	Unum	2:52.3	10
2 Hollie Corbett	44	South Portland	2:55.8	8
3 Heather Johnson	49	South Portland	3:01.0	6
4 Rachael Furbush	43	South Portland	3:03.2	5
5 Sheree Jackson	43	IDEXX Laboratories	3:24.9	4
6 Sherri Wakeling	48	MaineHealth	3:54.5	3
7 Stacy Morin	47	South Portland	4:14.4	2

800m RUN			SENIOR RECORD		
W50-59			Denise Curry (Spectrum Healthcare Partners) 2018 2:42.3		

Name	Age	Team	Time	Pts.
1 Mary Pardi	54	Unum	2:44.2	10
2 Sarah Marble	56	Unum	3:24.0	8
3 Julie Lefebvre	50	South Portland	4:29.5	6

800m RUN			VETERAN RECORD		
W60-69			Joan Lavin (Unum) 2008 3:19.8		

Name	Age	Team	Time	Pts.
1 Kim Coombs	66	South Portland	3:37.4	10
2 Lise Dietrich	64	TD Bank	3:49.1	8

1600m RUN			OPEN RECORD		
W18-29			Jennifer Rolfe (SD Warren) 1990 5:07.2		

Name	Age	Team	Time	Pts.
1 Kali McGown	28	IDEXX Laboratories	5:45.7	10
2 Audrey Jones	27	Abbott	7:11.8	8
3 Mikaela Sansoucie	26	IDEXX Laboratories	7:21.9	6
4 Samantha Mason	25	Bath Iron Works	8:13.3	5
5 Shannon Brochu	27	Abbott	8:37.9	4

1600m RUN			SUBMASTER RECORD		
W30-39			Kristin Barry (Pierce Atwood) 2005 5:04.4		

Name	Age	Team	Time	Pts.
1 Kate Foley	37	South Portland	8:42.3	10

1600m RUN			MASTER RECORD		
W40-49			Gayla Underkoffer (Unum) 2002 5:19.0		

Name	Age	Team	Time	Pts.
1 Heather Johnson	49	South Portland	6:09.9	10

2	Lauren Austin	42	Unum	6:22.6	8
3	Hollie Corbett	44	South Portland	7:47.9	6
4	Sheree Jackson	43	IDEXX Laboratories	7:50.3	5
5	Sherri Wakeling	48	MaineHealth	8:22.0	4

1600m RUN				SENIOR RECORD	
W50-59				Mary Pardi (Unum) 2022	5:51.7
	Name	Age	Team	Time	Pts.
1	Mary Pardi	54	Unum	5:58.3	10
2	Julie Lefebvre	50	South Portland	10:13.2	8

1600m RUN				VETERAN RECORD	
W60-69				Joan Lavin (Unum) 2008	7:18.0
	Name	Age	Team	Time	Pts.
1	Kim Coombs	66	South Portland	8:05.1	10

5k ROAD RACE				OPEN RECORD	
W18-29				Beth Parker (ABCBS) 2003	18:41.0
				Tori Parkinson (unattached)	17:07.0
	Name	Age	Team	Time	Pts.
1	Kali McGown	28	IDEXX Laboratories	18:32.0	10

5k ROAD RACE				SUBMASTER RECORD	
W30-39				Gayla Underkoffer (Unum) 2003	17:14.0
	Name	Age	Team	Time	Pts.
1	Kayla Poulin	33	L.L. Bean	25:22.0	10
2	Liz Pfeffer	35	South Portland	27:10.0	8
3	Abbey Steinberg	30	Unum	28:19.0	6
4	Kate Foley	37	South Portland	30:06.0	5

5k ROAD RACE				MASTER RECORD	
W40-49				Christine Irish (MaineHealth) 2015	18:16.2
	Name	Age	Team	Time	Pts.
1	Heather Johnson	49	South Portland	19:50.0	10
2	Jessie Lemieux	41	South Portland	23:01.0	8
3	Sheree Jackson	43	IDEXX Laboratories	25:56.0	6
4	Sherri Wakeling	48	MaineHealth	26:27.0	5
5	Ivy Robichaud	42	ReVision Energy	29:51.0	4
6	Kristina Green	43	South Portland	30:16.0	3
7	Parul Aggarwal	41	TD Bank	31:59.0	2

5k ROAD RACE				SENIOR RECORD	
W50-59				Mary Pardi (Unum) 2022	19:08.0
	Name	Age	Team	Time	Pts.
1	Mary Pardi	54	Unum	19:07.0	10
2	Sarah Pearson	50	South Portland	27:55.0	8
3	Tamara Schwartz	50	MaineHealth	29:17.0	6

4x100m RELAY				OPEN RECORD	
W18-29				Unum (Marie Brume, Sandra Chasse, Valerie Langmaid, Sam Kane) 1991	54.0
	Team			Time	Pts.
1	Abbott		Katherine Kirk, Lindsay Watts, Rachael Bourget, Nicole Ruginski	0:55.6	10
2	Saco & Biddeford Savings		Jayne Walton, Grace Tardif, Laura Walton, Sydney Walton	0:57.8	8

3	MaineHealth	Dana Schwartz, Lindsay Arthur, Barbara LaVallee, Abby Kaija	1:00.3	6
4	IDEXX Laboratories	Meredith Bailey, Mikaella Sansoucie, Aryn Whitaker, Erinn Needham	1:02.1	5
5	South Portland	Kari Voelker, Kaleisha Towle, Jordyn Hulsey, Emily Panciera	1:02.9	4
6	Unum	Trish Shorey, Tia Newlove, Rachael Cadorette, Krista Marble	1:10.5	3

4x100m RELAY		SUBMASTER RECORD		
W30-39	Unum (Sam Kane, Denise Goodwin, Stephanie Robichaud, JoAnna Dalton)	1997	56.5	

	Team		Time	Pts.
1	South Portland	Kate Foley, Liz Pfeffer, Hilary Chase, Stacy Morin	1:22.5	10

4x100m RELAY		MASTER RECORD		
W40-49	MaineHealth (Jane Foley, Barbara Lavallee, Blue Butterfield, Sue McCarthy)	2014	59.0	

	Team		Time	Pts.
1	South Portland	Jennifer Grasso, Rachael Furbush, Heather Johnson, Mary Link	1:14.3	10
2	MaineHealth	Tamara Schwartz, Sherri Wakeling, Lindsay Straffard, Ruth Jinno	1:17.5	8

4x100m RELAY		SENIOR RECORD		
W50-59	Unum (Kim Williams, Sue Gormley, Judy Hairsine, Lisa Latno)	2011	1:13.4	

	Team		Time	Pts.
1	South Portland	Karen Hindall, Lori Towle, Tonya Way, Margaret Esten	1:35.9	10

4x400m RELAY		SUBMASTER RECORD		
W30-39	Maine Health (Sheri Piers, Blue Butterfield, Beth Kelsh, Kristin Barry)	2007	4:49.2	

	Team		Time	Pts.
1	South Portland	Kate Foley, Liz Pfeffer, Hilary Chase, Stacy Morin	8:06.7	10

4x400m RELAY		MASTER RECORD		
W40-49	Unum (Lisa Latno, Lorna Damren, Sarah Marble, Sam Kane)	2010	4:57.8	

	Team		Time	Pts.
1	South Portland	Kari Voelker, Jennifer Grasso, Mary Link, Heather Johnson	6:42.1	10
2	MaineHealth	Tamara Schwartz, Sherri Wakeling, Lindsay Straffard, Barbara LaVallee	6:43.0	8

SHOT PUT		OPEN RECORD		
M18-29	Matthew Brown (BIW)		2010	56' 4¾"

	Name	Age	Team	Distance	Pts.
1	Kent Kellar	26	unattached	43 - 02	x
2	Jason Gil	24	L.L. Bean	31 - 04.5	10
3	Devyn Butler	24	Saco & Biddeford Savings	30 - 10.5	8
4	Brian Way	26	South Portland	30 - 02	6
5	Kevin Benoit	26	IDEXX Laboratories	26 - 09.5	5
6	Lincoln Johnson	22	L.L. Bean	26 - 04.5	4
7	Zach Stewart	29	Abbott	24 - 08.5	3
8	Mitko Ivanov	22	MaineHealth	22 - 09	2
9	Oscar Sullivan	21	South Portland	20 - 03	1
10	Tom DiPhilippo	21	South Portland	20 - 02	

SHOT PUT			SUBMASTER RECORD	
M30-39			Matthew Brown (BIW) 2013 51' 7½"	
Name	Age	Team	Distance	Pts.
1 Matt Toothaker	32	South Portland	35 - 02	10
2 Brian Guillerault	38	South Portland	34 - 05.5	8
3 Kevin Sullivan	30	Abbott	31 - 10.5	6
4 Will Lynch	30	Unum	28 - 11.5	5
5 Josh Viola	35	South Portland	27 - 10.5	4
6 John Bumgardner	36	ReVision Energy	27 - 04.5	3
7 Skyler Horrigan	33	South Portland	25 - 01.5	2
8 JR Brennan	32	Abbott	23 - 01.5	1
9 Brandon Richards	30	Bath Iron Works	21 - 05.5	
10 Chris Ouellette	39	Bath Iron Works	20 - 05.5	

SHOT PUT			MASTER RECORD	
M40-49			Mike Snyder (BIW) 2000 44' 4"	
Name	Age	Team	Distance	Pts.
1 Nick Evans	49	Bath Iron Works	38 - 05.5	10
2 David Kahill	48	South Portland	35 - 05	8
3 Drew Hews	45	South Portland	32 - 09.5	6
4 Jim Hews	49	South Portland	32 - 01.5	5
5 Terry Jackson	41	IDEXX Laboratories	23 - 07	4
6 Jim Kneeland	43	South Portland	20 - 11.5	3
7 Christian Muentener	49	IDEXX Laboratories	19 - 06	2
8 Joe Pagano	44	ReVision Energy	17 - 06.5	1

SHOT PUT			SENIOR RECORD	
M50-59			Mike Snyder (BIW) 2012 42' 0"	
Name	Age	Team	Distance	Pts.
1 Michael Martin	54	Unum	32 - 00.5	10
2 Tim Meyer	51	MaineHealth	30 - 08.5	8
3 Andrew Wallace	51	South Portland	27 - 10	6
4 Troy Phillips	52	L.L. Bean	24 - 00.5	5
5 Skip Sullivan	51	South Portland	20 - 03.5	4

SHOT PUT			VETERAN RECORD	
M60-69			Mike Snyder (BIW) 2018 41' 2"	
Name	Age	Team	Distance	Pts.
1 Mike Snyder	65	Bath Iron Works	35 - 00.5	10
2 Mike Hansen	68	Bath Iron Works	34 - 05	8
3 Sam Rinaldi	61	TD Bank	31 - 09.5	6
4 Bill Stevens	62	Bath Iron Works	30 - 10	5
5 Brian Boyle	63	Bath Iron Works	22 - 00.5	4

SHOT PUT			BRONZE VETERAN RECORD	
M70-79			Joe Carlozzi (USM) 2007 40' 2½"	
Name	Age	Team	Distance	Pts.
1 Charlie Hews	78	South Portland	28 - 08.5	10
2 Peter Hickey	76	MaineHealth	22 - 03.5	8
3 Steve Mantis	73	South Portland	21 - 01	6

SHOT PUT			SILVER VETERAN RECORD	
M80-89			Joe Carlozzi (Unum) 2016 35' 5"	
Name	Age	Team	Distance	Pts.
1 Joe Carlozzi	87	Unum	28 - 08.5	10

SHOT PUT			GOLD VETERAN RECORD	
M90-99			Edward Snyder (Bath Iron Works) 2022 20' 8"	
Name	Age	Team	Distance	Pts.
1 Edward Snyder	91	Bath Iron Works	21 - 10.5	10

DISCUS			OPEN RECORD	
M18-29			Matthew Brown (BIW) 2010 152' 5"	
Name	Age	Team	Distance	Pts.
1 Kent Kellar	26	unattached	109 - 10	x
2 Darryl Wilkinson	29	South Portland	72 - 07	10
3 Zach Stewart	29	Abbott	68 - 06	8
4 Brian Way	26	South Portland	66 - 07	6
5 Ian Byron	29	IDEXX Laboratories	63 - 10	5
6 Mitko Ivanov	22	MaineHealth	62 - 04	4
7 Tom DiPhilippo	21	South Portland	54 - 06	3
8 Oscar Sullivan	21	South Portland	50 - 00	2
Devyn Butler	24	Saco & Biddeford Savings	foul	

DISCUS			SUBMASTER RECORD	
M30-39			Jeff Amos (TD Bank) 2009, Matthew Brown (BIW) 2014 150' 11"	
Name	Age	Team	Distance	Pts.
1 Matt Toothaker	32	South Portland	116 - 03	10
2 Brian Guillerault	38	South Portland	110 - 04	8
3 Kevin Sullivan	30	Abbott	90 - 06	6
4 Will Lynch	30	Unum	88 - 01	5
5 Adam Mumm	38	Unum	80 - 06	4
6 Brandon Richards	30	Bath Iron Works	53 - 05	3

DISCUS			MASTER RECORD	
M40-49			Jeff Amos (TD Bank) 2016 136' 3"	
Name	Age	Team	Distance	Pts.
1 Nick Evans	49	Bath Iron Works	110 - 01	10
2 David Kahill	48	South Portland	103 - 00	8
3 Jim Hews	49	South Portland	96 - 00	6
4 Drew Hews	45	South Portland	82 - 06	5
5 Jim Kneeland	43	South Portland	54 - 11	4

DISCUS			SENIOR RECORD	
M50-59			Peter Serunian (Anthem) 2009 139' 0"	
			Kevin Pagnano (unattached) 2019 143' 5"	
Name	Age	Team	Distance	Pts.
1 Kevin Way	54	South Portland	90 - 00	10
2 Michael Martin	54	Unum	87 - 02	8
3 Tim Meyer	51	MaineHealth	84 - 04	6
4 Christopher Eastman	59	Bath Iron Works	64 - 10	5

DISCUS			VETERAN RECORD	
M60-69			Dave MacMillan (Pierce Atwood) 2006 145' 3"	
Name	Age	Team	Distance	Pts.
1 Bill Stevens	62	Bath Iron Works	119 - 10	10
2 Mike Hansen	68	Bath Iron Works	119 - 03	8
3 Mike Snyder	65	Bath Iron Works	107 - 06	6
4 Sam Rinaldi	61	TD Bank	89 - 02	5
5 Brian Boyle	63	Bath Iron Works	67 - 04	4

DISCUS		BRONZE VETERAN RECORD		
M70-79		Jim Rothrock (IDEXX) 2007 123' 4"		

Name	Age	Team	Distance	Pts.
1 Charlie Hews	78	South Portland	88 - 01	10
2 Steve Mantis	73	South Portland	82 - 00	8
3 Peter Hickey	76	MaineHealth	35 - 11	6

DISCUS		SILVER VETERAN RECORD		
M80-89		Joe Carlozzi (Unum) 2017 95' 1"		

Name	Age	Team	Distance	Pts.
1 Joe Carlozzi	87	Unum	75 - 00	10
2 Carl Comstock	85	Unum	28 - 11	8

DISCUS		GOLD VETERAN RECORD		
M90-99		Edward Snyder (Bath Iron Works) 2022 36' 3"		

Name	Age	Team	Distance	Pts.
1 Edward Snyder	91	Bath Iron Works	41 - 08	10

TURBO JAV		OPEN RECORD		
M18-29		Jack Fellows (Unum) 2017 150' 1"		
		Will Merchant (unattached) 2021 156' 6"		

Name	Age	Team	Distance	Pts.
1 Jason Gil	24	L.L. Bean	154 - 11	10
2 Lincoln Johnson	22	L.L. Bean	132 - 05	8
3 Mitko Ivanov	22	MaineHealth	93 - 01	6
4 Eric Lane	24	Unum	89 - 06	5
5 Mohamed Fdal	29	unattached	75 - 06	x
6 Victor Wakelin	25	Unum	75 - 05	4
7 Zach Stewart	29	Abbott	73 - 08	3
8 Darryl Wilkinson	29	South Portland	71 - 10	2
9 Devyn Butler	24	Saco & Biddeford Savings	66 - 05	1
10 Sam Clift	28	ReVision Energy	64 - 11	
11 Daniel Lukonda	20	TD Bank	64 - 09	
12 Joey Davis	28	Unum	63 - 00	
13 Lucas Bourget	29	Abbott	53 - 00	
14 Tyler Bernier	26	IDEXX Laboratories	44 - 03	
15 Nicolas Mekdara	24	Unum	20 - 00	

TURBO JAV		SUBMASTER RECORD		
M30-39		Alex Jenkins (Unum) 2015 149' 7"		

Name	Age	Team	Distance	Pts.
1 Adam Mumm	38	Unum	136 - 03	10
2 Will Lundquist	30	IDEXX Laboratories	108 - 07	8
3 Brian Guillerault	38	South Portland	101 - 09	6
4 Alex Moser	31	unattached	99 - 06	x
5 Jason Soule	37	MaineHealth	94 - 09	5
6 Kevin Hardison	39	Unum	89 - 11	4
7 John Bumgardner	36	ReVision Energy	87 - 01	3
8 John Mondor	34	Saco & Biddeford Savings	85 - 08	2
9 Lagu Luka	31	Abbott	78 - 07	1
10 Zacharie Boyce	38	Unum	76 - 08	
11 Nate Burns	30	Unum	69 - 11	
12 Brandon Richards	30	Bath Iron Works	61 - 04	
13 James DeMuro	33	L.L. Bean	44 - 05	

TURBO JAV			MASTER RECORD	
M40-49			Matthew Green (South Portland) 2010 139' 4"	
Name	Age	Team	Distance	Pts.
1 David Kahill	48	South Portland	122 - 05	10
2 Darren Winchenbach	42	Unum	98 - 04	8
3 Drew Hews	45	South Portland	94 - 03	6
4 Jim Hews	49	South Portland	76 - 05	5
5 Mike Chase	48	South Portland	67 - 04	4
6 Jim Kneeland	43	South Portland	56 - 05	3
7 Christian Muentener	49	IDEXX Laboratories	52 - 05	2
8 Joe Pagano	44	ReVision Energy	44 - 04	1

TURBO JAV			SENIOR RECORD	
M50-59			Mark Poirier (MaineHealth) 2014 135' 8"	
Name	Age	Team	Distance	Pts.
1 Matthew Green	53	South Portland	98 - 09	10
2 Paul Lefebvre	53	South Portland	86 - 11	8
3 Troy Phillips	52	L.L. Bean	86 - 01	6
4 Andrew Wallace	51	South Portland	84 - 06	5
5 Kevin Way	54	South Portland	78 - 01	4

TURBO JAV			VETERAN RECORD	
M60-69			Frank Arsenault (South Portland) 2012 108' 1"	
Name	Age	Team	Distance	Pts.
1 Bill Stevens	62	Bath Iron Works	92 - 08	10
2 Mike Hansen	68	Bath Iron Works	82 - 10	8
3 Jonathan Zuckerman	62	MaineHealth	81 - 02	6
4 Mohammed Fdal	64	unattached	75 - 00	x
5 Mike Snyder	65	Bath Iron Works	74 - 07	5
6 Brian Boyle	63	Bath Iron Works	63 - 11	4
7 Sam Rinaldi	61	TD Bank	56 - 00	3

TURBO JAV			BRONZE VETERAN RECORD	
M70-79			Jim Rothrock (IDEXX) 2008 100' 2"	
Name	Age	Team	Distance	Pts.
1 Mike Towle	75	South Portland	65 - 04	10
2 Charlie Hews	78	South Portland	57 - 07	8
3 Ray Stanford	71	ReVision Energy	42 - 11	6
4 Peter Hickey	76	MaineHealth	41 - 10	5
5 Paul Mondor	73	Saco & Biddeford Savings	38 - 06	4

TURBO JAV			SILVER VETERAN RECORD	
M80-89			Jim Rothrock (IDEXX) 2013 86' 6"	
Name	Age	Team	Distance	Pts.
1 Joe Carlozzi	87	Unum	32 - 00	10

TURBO JAV			GOLD VETERAN RECORD	
M90-99			Edward Snyder (Bath Iron Works) 2022 36' 3"	
Name	Age	Team	Distance	Pts.
1 Edward Snyder	91	Bath Iron Works	20 - 09	10

HIGH JUMP			OPEN RECORD	
M18-29			Jeremy Link (South Portland) 1996 6' 6¼"	
Name	Age	Team	Height	Pts.
1 Chris Walton	19	Saco & Biddeford Savings	5 - 06	10

2 Isaac Yeboah	27	MaineHealth	5 - 04	8
3 Darryl Wilkinson	29	South Portland	5 - 02	6
4 Ian Byron	29	IDEXX Laboratories	4 - 08	5
5 Tyler Bernier	26	IDEXX Laboratories	4 - 06	4
6 Daniel Lukonda	20	TD Bank	4 - 04	3
7 Oscar Sullivan	21	South Portland	4 - 04	2
8 Lincoln Johnson	22	L.L. Bean	3 - 08	1
9 Nicolas Mekdara	24	Unum	3 - 08	
9 Lucas Bourget	29	Abbott	3 - 08	
Jules Zilo Tambyne	20	unattached	NH	
Devyn Butler	24	Saco & Biddeford Savings	NH	

HIGH JUMP	SUBMASTER RECORD
M30-39	Art Henson (Anthem) 2001 6' 7"

Name	Age	Team	Height	Pts.
1 Andrew Hikade	39	ReVision Energy	5 - 02	10
2 Ryan Lamb	39	South Portland	4 - 10	8
3 John Mondor	34	Saco & Biddeford Savings	4 - 08	6
4 Chad Boucher	34	Saco & Biddeford Savings	4 - 06	5
5 JR Brennan	32	Abbott	4 - 06	4
6 Sam Stolkner	35	TD Bank	4 - 04	3
7 Kevin Hardison	39	Unum	4 - 02	2
8 Josh Viola	35	South Portland	4 - 00	1

HIGH JUMP	MASTER RECORD
M40-49	Dan Lavallee (MaineHealth) 2007 5' 9"

Name	Age	Team	Height	Pts.
1 Sayad Moudachirou	40	Bath Iron Works	4 - 10	10
2 Jeremy Link	49	South Portland	4 - 10	8
3 Bob Lamb	48	South Portland	4 - 04	6
4 Jim Kneeland	43	South Portland	3 - 04	5
5 Matthew Gildart	46	Bath Iron Works	3 - 00	4

HIGH JUMP	SENIOR RECORD
M50-59	Mark Poirier (MaineHealth) 2014, Dan Lavallee (MaineHealth) 2016 5' 2"

Name	Age	Team	Height	Pts.
1 Andrew Wallace	51	South Portland	4 - 02	10
2 Jeff Breece	57	Unum	4 - 00	7
2 Jeremy Hammond	50	IDEXX Laboratories	4 - 00	7
4 Troy Phillips	52	L.L. Bean	3 - 06	5

HIGH JUMP	VETERAN RECORD
M60-69	Larry Dearborn (BIW) 2003, David Tucker (Texas Instruments) 2022 4' 6"

Name	Age	Team	Height	Pts.
1 John Boucher	60	Saco & Biddeford Savings	4 - 00	10
2 Mike Snyder	65	Bath Iron Works	4 - 00	8
3 Bill Stevens	62	Bath Iron Works	3 - 04	6
4 Jim Bailinson	64	MaineHealth	3 - 04	5

HIGH JUMP	BRONZE VETERAN RECORD
M70-79	Joe Carlozzi (USM) 2006 4' 0"

Name	Age	Team	Height	Pts.
1 Paul Mondor	73	Saco & Biddeford Savings	3 - 02	10
2 Art Cunningham	78	MaineHealth	3 - 00	8

HIGH JUMP	SILVER VETERAN RECORD
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M80-89		Joe Carlozzi (Unum) 2017		3' 6"
		Rio King (unattached) 2022		3' 8"
Name	Age	Team	Height	Pts.
1 Joe Carlozzi	87	Unum	3 - 00	10

LONG JUMP		OPEN RECORD		
M18-29		Trey Gadbois (Portland) 2006 21' 10½"		
		Jeremy Bissell (unattached) 2019 22' 6½"		
Name	Age	Team	Distance	Pts.
1 Elijah Yeboah	27	MaineHealth	17 - 07	10
2 Chris Walton	19	Saco & Biddeford Savings	16 - 10.5	8
3 Mike Geary	23	Bath Iron Works	16 - 09	6
4 Aidan Dorvee	27	Abbott	16 - 04	5
5 Darryl Wilkinson	29	South Portland	16 - 03	4
6 Colin Tippett	20	Saco & Biddeford Savings	14 - 11	3
7 Joey Davis	28	Unum	12 - 11	2
8 Devyn Butler	24	Saco & Biddeford Savings	12 - 03	1
9 Jules Zilo Tambyne	20	unattached	12 - 01	
10 Lucas Lefebvre	19	South Portland	10 - 08.5	
Daniel Lukonda	20	TD Bank	foul	

LONG JUMP		SUBMASTER RECORD		
M30-39		Jamie Ruginski (Abbott) 2023 21' 1½"		
Name	Age	Team	Distance	Pts.
1 Matt Toothaker	32	South Portland	19 - 01	10
2 Jeff Connolly	39	Abbott	16 - 10.5	8
3 John Mondor	34	Saco & Biddeford Savings	15 - 06.5	6
4 Drew Zembruski	33	unattached	15 - 01	x
5 Kevin Hardison	39	Unum	14 - 05	5
6 Zach Nugent	38	ReVision Energy	14 - 03	4
7 Ryan Lamb	39	South Portland	13 - 11	3
8 Josh Viola	35	South Portland	11 - 06	2

LONG JUMP		MASTER RECORD		
M40-49		Dan Lavallee (MaineHealth) 2009 18' 5"		
		James Taylor (unattached) 2021 18' 5½"		
Name	Age	Team	Distance	Pts.
1 Sayad Moudachirou	40	Bath Iron Works	17 - 00	10
2 David Kahill	48	South Portland	16 - 08	8
3 Adam Soule	41	MaineHealth	15 - 09	6
4 Jeremy Link	49	South Portland	15 - 01	5
5 Darren Winchenbach	42	Unum	13 - 08.5	4
6 Bob Lamb	48	South Portland	12 - 09	3
7 Kyle Cunningham	44	MaineHealth	12 - 08.5	2
8 Mike Chase	48	South Portland	11 - 08	1
9 Paulius Buta	44	TD Bank	10 - 10	
10 Robert Redden	43	TD Bank	7 - 01.5	

LONG JUMP		SENIOR RECORD		
M50-59		Willis (Boise Cascade) 1989 17' 5"		
Name	Age	Team	Distance	Pts.
1 Tim Meyer	51	MaineHealth	12 - 07.5	10
2 Andrew Wallace	51	South Portland	12 - 00.5	8
3 Paul Lefebvre	53	South Portland	9 - 09.5	6
4 Troy Phillips	52	L.L. Bean	9 - 01.5	5

LONG JUMP			VETERAN RECORD	
M60-69			Jim Comeau (BIW) 2006	14' 2"
Name	Age	Team	Distance	Pts.
1 Mohammed Fdal	64	unattached	9 - 02	x
2 Jim Bailinson	64	MaineHealth	8 - 11	10
3 Mike Snyder	65	Bath Iron Works	8 - 09	8

LONG JUMP			BRONZE VETERAN RECORD	
M70-79			Bill Lavallee (MaineHealth) 2014	12' 0"
Name	Age	Team	Distance	Pts.
1 Mike Towle	75	South Portland	8 - 05	10
2 Art Cunningham	78	MaineHealth	7 - 11.5	8
3 Steve Mantis	73	South Portland	7 - 09.5	6
4 Paul Mondor	73	Saco & Biddeford Savings	7 - 03.5	5

LONG JUMP			SILVER VETERAN RECORD	
M80-89			Jerry LeVasseur (BIW) 2017	8' 5½"
Name	Age	Team	Distance	Pts.
1 Joe Carlozzi	87	Unum	3 - 11.5	10

55m HURDLES			OPEN RECORD	
M18-29			David Hardison (Unum) 2016	7.1
Name	Age	Team	Time	Pts.
1 Isaac Yeboah	27	MaineHealth	7.7	10
2 Carson Blake	19	South Portland	8.1	8
3 Tyler Bernier	26	IDEXX Laboratories	9.1	6
4 Jason Gil	24	L.L. Bean	9.2	5
5 Ian Byron	29	IDEXX Laboratories	10.0	4
6 Joey Davis	28	Unum	10.0	3

55m HURDLES			SUBMASTER RECORD	
M30-39			Jason Soule (MaineHealth) 2019	7.7
Name	Age	Team	Time	Pts.
1 Matt Toothaker	32	South Portland	8.0	10
2 Jeff Connolly	39	Abbott	9.2	8
3 John Mondor	34	Saco & Biddeford Savings	9.6	6
4 Ryan Lamb	39	South Portland	9.8	5
5 JR Brennan	32	Abbott	11.2	4
6 Sam Stolkner	35	TD Bank	12.1	3

55m HURDLES			MASTER RECORD	
M40-49			Dan Lavallee (MaineHealth) 2009, James Taylor (unattached) 2021	7.9
Name	Age	Team	Time	Pts.
1 Adam Soule	41	MaineHealth	8.5	10
2 Jeremy Link	49	South Portland	9.1	8
3 David Kahill	48	South Portland	9.6	6
4 Mike Chase	48	South Portland	9.6	5
5 Kyle Cunningham	44	MaineHealth	10.7	4

55m HURDLES			SENIOR RECORD	
M50-59			Dan Lavallee (MaineHealth) 2016	8.5
Name	Age	Team	Time	Pts.
1 Jeremy Hammond	50	IDEXX Laboratories	10.7	10
2 Matthew Green	53	South Portland	12.2	8
3 Paul Lefebvre	53	South Portland	13.8	6

55m HURDLES	BRONZE VETERAN RECORD
M70-79	Bill Lavallee (MaineHealth) 2012 11.6

Name	Age	Team	Time	Pts.
1 Art Cunningham	78	MaineHealth	24.5	10

100m DASH	OPEN RECORD
M18-29	Duke Yeboah (Unum) 1989 10.9

Name	Age	Team	Time	Pts.
1 Steven White	19	Unum	11.5	10
2 Mike Geary	23	Bath Iron Works	11.6	8
3 Jaylen White	21	Unum	12.1	6
4 Colin Tippet	20	Saco & Biddeford Savings	12.2	5
5 Jason Gil	24	L.L. Bean	12.3	4
6 Victor Wakelin	25	Unum	12.5	3
7 Steven Levkoff	27	Bath Iron Works	12.7	2
8 Mohamed Fdal	29	unattached	13.1	x
9 Lucas Lefebvre	19	South Portland	13.2	1
10 Daniel Lukonda	20	TD Bank	13.5	
11 Joey Davis	28	Unum	14.0	

100m DASH	SUBMASTER RECORD
M30-39	Kevin Russell (TD Bank) 2006 10.9

Name	Age	Team	Time	Pts.
1 Alan Mann	33	IDEXX Laboratories	11.9	10
2 Adam Mumm	38	Unum	12.0	8
3 Matt Toothaker	32	South Portland	12.0	6
4 Kevin Hardison	39	Unum	12.7	4.5
4 Jon Forbes	38	MaineHealth	12.7	4.5
6 Skyler Horrigan	33	South Portland	12.9	3
7 Jeff Connolly	39	Abbott	12.9	2
8 Nate Burns	30	Unum	13.6	1
9 Josh Viola	35	South Portland	13.9	

100m DASH	MASTER RECORD
M40-49	Rohan Stuart (Portland) 2005 11.6

Name	Age	Team	Time	Pts.
1 Adam Soule	41	MaineHealth	12.8	10
2 Kyle Cunningham	44	MaineHealth	13.2	8
3 Jeremy Link	49	South Portland	13.8	6
4 Paulius Buta	44	TD Bank	14.3	5
5 Mike Chase	48	South Portland	15.4	4
6 Robert Redden	43	TD Bank	16.8	3

100m DASH	SENIOR RECORD
M50-59	Clint Merrill (BIW) 1998 12.0

Name	Age	Team	Time	Pts.
1 Michael Martin	54	Unum	14.6	10
2 Jeremy Hammond	50	IDEXX Laboratories	14.8	8
3 Tim Meyer	51	MaineHealth	15.2	6
4 Paul Lefebvre	53	South Portland	15.2	5
5 Jeff Breece	57	Unum	16.5	4
6 Troy Phillips	52	L.L. Bean	20.0	3

100m DASH	VETERAN RECORD
M60-69	Clint Merrill (BIW) 2009 13.0

Name	Age	Team	Time	Pts.
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1	Mohammed Fdal	64	unattached	15.8	x
2	Jim Bailinson	64	MaineHealth	16.7	10
3	Hans Brandes	65	Bath Iron Works	18.7	8

100m DASH			BRONZE VETERAN RECORD		
M70-79			Clint Merrill (BIW) 2018		15.2
			Derry Rundlett (unattached) 2016		14.5

	Name	Age	Team	Time	Pts.
1	Duncan Stout	77	unattached	17.9	x
2	Paul Mondor	73	Saco & Biddeford Savings	19.3	10
3	Art Cunningham	78	MaineHealth	20.4	8
4	Brian Daly	70	South Portland	21.7	6
5	David Young	71	L.L. Bean	22.2	5
6	Gene Corbett	77	South Portland	22.8	4

100m DASH			SILVER VETERAN RECORD		
M80-89			Jerry LeVasseur (BIW) 2017		18.8

	Name	Age	Team	Time	Pts.
1	Carl Comstock	85	Unum	22.0	10

100m DASH			GOLD VETERAN RECORD		
M90-99			Edward Snyder (Bath Iron Works) 2022		29.7

1	Edward Snyder	91	Bath Iron Works	33.2	10
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200m DASH			OPEN RECORD		
M18-29			Jason Soule (A-BEST) 2009		22.8

	Name	Age	Team	Time	Pts.
1	Steven White	19	Unum	24.0	10
2	Mike Geary	23	Bath Iron Works	24.3	8
3	Jaylen White	21	Unum	25.3	6
4	Carson Blake	19	South Portland	26.2	5
5	Colin Tippett	20	Saco & Biddeford Savings	26.7	4
6	Victor Wakelin	25	Unum	26.8	3
7	Eric Lane	24	Unum	27.0	2
8	Mohamed Fdal	29	unattached	27.9	x
9	Daniel Lukonda	20	TD Bank	28.6	1
10	Lucas Lefebvre	19	South Portland	29.0	
11	Jacob Brady	28	IDEXX Laboratories	29.2	
12	Joey Davis	28	Unum	30.0	
13	Sam Clift	28	ReVision Energy	30.3	
14	Jules Zilo Tambyne	20	unattached	37.0	

200m DASH			SUBMASTER RECORD		
M30-39			Kevin Russell (TD Bank) 2008		23.1

	Name	Age	Team	Time	Pts.
1	Alan Mann	33	IDEXX Laboratories	24.2	10
2	Jason Soule	37	MaineHealth	25.1	8
3	Adam Mumm	38	Unum	25.5	6
4	Alex Moser	31	unattached	25.6	x
5	Jon Forbes	38	MaineHealth	26.0	5
6	Jeff Connolly	39	Abbott	28.1	4
7	Lagu Luka	31	Abbott	28.2	3
8	Zach Nugent	38	ReVision Energy	28.7	2
9	Sam Stolkner	35	TD Bank	28.8	1
10	Brian Ballute	37	Saco & Biddeford Savings	34.8	

200m DASH			MASTER RECORD	
M40-49			Rohan Stuart (Portland) 2006	23.5
Name	Age	Team	Time	Pts.
1 Adam Soule	41	MaineHealth	27.4	10
2 Kyle Cunningham	44	MaineHealth	28.0	8
3 Darren Winchenbach	42	Unum	29.0	6
4 Brian Cavanaugh	41	South Portland	32.4	5
5 Bob Lamb	48	South Portland	32.8	4
6 Matthew Gildart	46	Bath Iron Works	36.7	3

200m DASH			SENIOR RECORD	
M50-59			Clint Merrill (BIW) 1998	25.5
Name	Age	Team	Time	Pts.
1 Matthew Green	53	South Portland	31.1	10
2 Leo Scheidl	55	Unum	32.4	8
3 Michael Martin	54	Unum	33.4	6
4 Jeffrey Schwartz	51	MaineHealth	34.0	5
5 Christopher Eastman	59	Bath Iron Works	34.8	4
6 Jeff Breece	57	Unum	42.1	3

200m DASH			VETERAN RECORD	
M60-69			Clint Merrill (BIW) 2009	27.6
Name	Age	Team	Time	Pts.
1 Tom Gilman	61	IDEXX Laboratories	34.5	10
2 Mohammed Fdal	64	unattached	35.0	x
3 Jim Bailinson	64	MaineHealth	38.0	8
4 Brian Boyle	63	Bath Iron Works	42.6	6

200m DASH			BRONZE VETERAN RECORD	
M70-79			Dick Camp (L.L. Bean) 2006	27.8
Name	Age	Team	Time	Pts.
1 Paul Mondor	73	Saco & Biddeford Savings	45.0	10
2 Mike Towle	75	South Portland	51.2	8
3 Brian Daly	70	South Portland	1:10.6	6

400m DASH			OPEN RECORD	
M18-29			Skip Edwards (Portland) 2006	50.2
Name	Age	Team	Time	Pts.
1 Aidan Dorvee	27	Abbott	0:58.5	10
2 Brian Way	26	South Portland	0:59.8	8
3 Carson Blake	19	South Portland	1:00.9	6
4 Lucas Lefebvre	19	South Portland	1:03.1	5
5 Victor Wakelin	25	Unum	1:03.7	4
6 Sam Clift	28	ReVision Energy	1:09.9	3

400m DASH			SUBMASTER RECORD	
M30-39			Mike Leding (Unum) 2004	52.5
Name	Age	Team	Time	Pts.
1 Alan Mann	33	IDEXX Laboratories	0:53.5	10
2 Jason Soule	37	MaineHealth	0:58.1	8
3 Jon Forbes	38	MaineHealth	0:58.9	6
4 Will Lundquist	30	IDEXX Laboratories	0:59.1	5
5 Derrick Marshall	30	IDEXX Laboratories	1:01.1	4
6 Lagu Luka	31	Abbott	1:02.5	3
7 Andrew Hikade	39	ReVision Energy	1:04.0	2
8 Will Lynch	30	Unum	1:04.4	1

9 Skyler Horrigan	33	South Portland	1:04.8
10 Zach Nugent	38	ReVision Energy	1:06.2
11 Will Byers	37	ReVision Energy	1:08.6

400m DASH			MASTER RECORD	
M40-49			Eric Evans (Unum) 2009	55.7

Name	Age	Team	Time	Pts.
1 Darren Winchenbach	42	Unum	1:05.1	10
2 Nathan Priest	41	Unum	1:09.5	8
3 Ryan Goebel	46	Unum	1:10.8	6
4 Brian Cavanaugh	41	South Portland	1:14.8	5
5 Terry Jackson	41	IDEXX Laboratories	1:22.8	4

400m DASH			SENIOR RECORD	
M50-59			Clint Merrill (BIW) 1998	57.6

Name	Age	Team	Time	Pts.
1 Leo Scheidl	55	Unum	1:12.1	10
2 Matthew Green	53	South Portland	1:13.7	8
3 Jeffrey Schwartz	51	MaineHealth	1:15.9	6
4 Dennis Walton	53	Saco & Biddeford Savings	1:16.6	5

400m DASH			VETERAN RECORD	
M60-69			Clint Merrill (BIW) 2009	1:01.7

Name	Age	Team	Time	Pts.
1 Jonathan Zuckerman	62	MaineHealth	1:12.7	10
2 Tom Gilman	61	IDEXX Laboratories	1:14.3	8
3 Jim Bailinson	64	MaineHealth	1:25.6	6
4 Hans Brandes	65	Bath Iron Works	1:34.0	5

400m DASH			BRONZE VETERAN RECORD	
M70-79			Jef Evans (Unum) 2008	1:16.5

Name	Age	Team	Time	Pts.
1 Brian Daly	70	South Portland	1:37.0	10
2 David Young	71	L.L. Bean	1:51.0	8
3 Art Cunningham	78	MaineHealth	1:59.7	6

400m DASH			SILVER VETERAN RECORD	
M80-89			Carl Comstock (Unum) 2022	1:59.9
			Rio King (unattached) 2022	1:43.7

Name	Age	Team	Time	Pts.
1 Carl Comstock	85	Unum	2:00.1	10

800m RUN			OPEN RECORD	
M18-29			Don Lary (Unum) 1993	1:56.0

Name	Age	Team	Time	Pts.
1 Chris Walton	19	Saco & Biddeford Savings	2:02.0	10
2 Jacob Brady	28	IDEXX Laboratories	2:27.0	8
3 Carson Blake	19	South Portland	2:27.1	6
4 Nicolas Mekdara	24	Unum	3:01.5	5
5 Oscar Sullivan	21	South Portland	3:06.8	4

800m RUN			SUBMASTER RECORD	
M30-39			Allan Muir (Richardson & Troubh) 1993	2:00.5

Name	Age	Team	Time	Pts.
1 Alex Moser	31	unattached	2:04.2	x
2 Derrick Marshall	30	IDEXX Laboratories	2:16.4	10

3 Zacharie Boyce	38	Unum	2:17.0	8
4 Sam Stolkner	35	TD Bank	2:24.2	6
5 James DeMuro	33	L.L. Bean	2:32.3	5
6 Chad Boucher	34	Saco & Biddeford Savings	2:36.4	4
7 Will Byers	37	ReVision Energy	2:42.7	3
8 Zach Nugent	38	ReVision Energy	2:45.5	2
9 Jose Padua	39	IDEXX Laboratories	2:59.3	1
10 Brian Ballute	37	Saco & Biddeford Savings	3:10.3	

800m RUN			MASTER RECORD	
M40-49			Bob Winn (Hannaford) 2002	2:07.0

Name	Age	Team	Time	Pts.
1 Nathan Priest	41	Unum	2:30.7	10
2 Darren Winchenbach	42	Unum	2:32.9	8
3 Ryan Goebel	46	Unum	2:38.9	6
4 Paulius Buta	44	TD Bank	2:41.9	5
5 Brian Cavanaugh	41	South Portland	2:44.7	4
6 Terry Jackson	41	IDEXX Laboratories	3:07.7	3
7 Matthew Gildart	46	Bath Iron Works	3:23.0	2
8 Robert Redden	43	TD Bank	3:51.5	1

800m RUN			SENIOR RECORD	
M50-59			Tom Ryan (USM) 2006	2:10.9

Name	Age	Team	Time	Pts.
1 Leo Scheidl	55	Unum	2:46.0	10
2 Kevin Way	54	South Portland	2:59.8	8
3 Jeffrey Schwartz	51	MaineHealth	3:05.5	6
4 Christopher Eastman	59	Bath Iron Works	3:37.9	5

800m RUN			VETERAN RECORD	
M60-69			Clint Merrill (BIW) 2010	2:32.9

Name	Age	Team	Time	Pts.
1 Daniel Diekema	60	MaineHealth	2:41.0	10
2 Tom Gilman	61	IDEXX Laboratories	2:52.2	8
3 Jonathan Zuckerman	62	MaineHealth	2:52.5	6
4 Hans Brandes	65	Bath Iron Works	3:28.8	5

800m RUN			BRONZE VETERAN RECORD	
M70-79			Mike Towle (South Portland) 2018	3:09.9

Name	Age	Team	Time	Pts.
1 Mike Towle	75	South Portland	3:37.5	10
2 David Young	71	L.L. Bean	4:18.0	8

1600m RUN			OPEN RECORD	
M18-29			Pat Tarpay (BIW) 2010	4:18.8

Name	Age	Team	Time	Pts.
1 Aaron Willingham	26	IDEXX Laboratories	4:30.8	10
2 Zach Benoit	25	Abbott	4:52.7	8
3 Jacob Brady	28	IDEXX Laboratories	5:16.2	6

1600m RUN			SUBMASTER RECORD	
M30-39			Allan Muir (Richardson & Troubh) 1989	4:23.0

Name	Age	Team	Time	Pts.
1 Alex Moser	31	unattached	4:40.9	x
2 Sean Fitzgerald	33	Unum	4:45.3	10
3 Seth Crockett	34	unattached	4:48.1	x

4	Derrick Marshall	30	IDEXX Laboratories	5:09.1	8
5	Will Lundquist	30	IDEXX Laboratories	5:10.7	6
6	Zacharie Boyce	38	Unum	5:18.7	5
7	Sam Stolkner	35	TD Bank	5:20.0	4
8	Nate Burns	30	Unum	6:04.6	3
9	Chris Ouellette	39	Bath Iron Works	6:11.5	2
10	Brian Ballute	37	Saco & Biddeford Savings	6:58.3	1
11	Jose Padua	39	IDEXX Laboratories	7:12.0	

1600m RUN				MASTER RECORD	
M40-49				Mike Payson (Portland) 2004 4:32.0	
	Name	Age	Team	Time	Pts.
1	Nathan Priest	41	Unum	5:07.6	10
2	Ryan Goebel	46	Unum	5:48.7	8
3	Brian Cavanaugh	41	South Portland	6:33.5	6
4	Joe Pagano	44	ReVision Energy	7:20.7	5

1600m RUN				SENIOR RECORD	
M50-59				Tom Ryan (USM) 2006 4:49.0	
	Name	Age	Team	Time	Pts.
1	Leo Scheidl	55	Unum	6:29.7	10
2	Dennis Walton	53	Saco & Biddeford Savings	7:38.8	8

1600m RUN				VETERAN RECORD	
M60-69				Jim Toulouse (Unum) 2008 5:37.7	
	Name	Age	Team	Time	Pts.
1	Daniel Diekema	60	MaineHealth	6:09.5	10
2	Tom Gilman	61	IDEXX Laboratories	6:49.4	8
3	Jonathan Zuckerman	62	MaineHealth	6:51.0	6

1600m RUN				BRONZE VETERAN RECORD	
M70-79				Mike Towle (South Portland) 2018 6:34.1	
	Name	Age	Team	Time	Pts.
1	Mike Towle	75	South Portland	8:33.9	10
2	David Young	71	L.L. Bean	9:15.8	8

5k ROAD RACE				OPEN RECORD	
M18-29				Pat Tarpay (BIW) 2010 14:40.3	
	Name	Age	Team	Time	Pts.
1	Lucas Bourget	29	Abbott	16:31.0	10
2	Zach Benoit	25	Abbott	16:43.0	8
3	Jacob Brady	28	IDEXX Laboratories	17:08.0	6
4	Lincoln Johnson	22	L.L. Bean	19:15.0	5
5	Ian Byron	29	IDEXX Laboratories	20:14.0	4
6	Tyler Bernier	26	IDEXX Laboratories	20:45.0	3
7	Connor McGehee	27	South Portland	23:43.0	2
8	Tom DiPhilippo	21	South Portland	24:07.0	1
9	Robert Jordan	28	unattached	25:10.0	
10	Seth Woodsum	29	Saco & Biddeford Savings	28:32.0	

5k ROAD RACE				SUBMASTER RECORD	
M30-39				Robert Ashby (BIW) 1998 15:11.0	
	Name	Age	Team	Time	Pts.
1	Derrick Marshall	30	IDEXX Laboratories	17:40.0	10
2	Andrew Hikade	39	ReVision Energy	18:06.0	8
3	Dan Pontbriand	35	IDEXX Laboratories	18:44.0	6

4 Chad Boucher	34	Saco & Biddeford Savings	19:08.0	5
5 Will Lundquist	30	IDEXX Laboratories	19:48.0	4
6 Will Byers	37	ReVision Energy	20:21.0	3
7 James DeMuro	33	L.L. Bean	20:34.0	2
8 Nate Burns	30	Unum	20:35.0	1
9 Chris Ouellette	39	Bath Iron Works	21:24.0	
10 John Bumgardner	36	ReVision Energy	25:19.0	

5k ROAD RACE			MASTER RECORD	
M40-49			Mike Payson (Portland) 2005 15:46.0	

Name	Age	Team	Time	Pts.
1 Nathan Priest	41	Unum	17:48.0	10
2 Ryan Goebel	46	Unum	19:02.0	8
3 Bill Wright	44	IDEXX Laboratories	20:01.0	6
4 Paulius Buta	44	TD Bank	20:41.0	5
5 Christian Muentener	49	IDEXX Laboratories	22:50.0	4
6 Ryan Green	46	South Portland	28:10.0	3
7 Joe Pagano	44	ReVision Energy	29:50.0	2

5k ROAD RACE			SENIOR RECORD	
M50-59			Tom Ryan (USM) 2007 16:35.1	

Name	Age	Team	Time	Pts.
1 Jeffrey Schwartz	51	MaineHealth	29:18.0	10
2 Christopher Eastman	59	Bath Iron Works	31:10.0	8

5k ROAD RACE			VETERAN RECORD	
M60-69			Jim Toulouse (Unum) 2008 19:05.6	

Name	Age	Team	Time	Pts.
1 Daniel Diekema	60	MaineHealth	20:15.0	10
2 John Boucher	60	Saco & Biddeford Savings	24:34.0	8
3 Tom Gilman	61	IDEXX Laboratories	25:00.0	6
4 Hans Brandes	65	Bath Iron Works	25:30.0	5
5 Felix Sepulveva	63	Abbott	27:52.0	4

5k ROAD RACE			BRONZE VETERAN RECORD	
M70-79			Mike Towle (South Portland) 2018 22:29.4	

Name	Age	Team	Time	Pts.
1 David Young	71	L.L. Bean	30:26.0	10
2 Steve Mantis	73	South Portland	30:54.0	8

5k ROAD RACE			SILVER VETERAN RECORD	
M80-89			Carl Comstock (Unum) 2021 36:48.0	

Name	Age	Team	Time	Pts.
1 Charlie Kahill	80	South Portland	36:37.0	10

4x100m RELAY			OPEN RECORD	
M18-29			Unum (Dave Moran, Mike Crowell, Don Russell, Chuck Valente) 1988 44.6	

Team	Time	Pts.
1 MaineHealth	Mitko Ivanov, Kyle Cunningham, Elijah Yeboah, Isaac Yeboah	0:49.9 10
2 IDEXX Laboratories	Ian Byron, Kevin Benoit, Tyler Bernier, Alan Mann	0:50.3 8
3 South Portland	Lucas Lefebvre, Brian Way, Carson Blake, Darryl Wilkinson	0:50.7 6
4 Unum	Nicolas Mekdara, Victor Wakelin, Jaylen White, Steven White	0:51.0 5

5 Saco & Biddeford Savings	Chris Walton, Chad Boucher, John Mondor, Colin Tippet	0:51.8	4
6 Abbott	JR Brennan, Lagu Luka, Jeff Connolly, Aidan Dorvee	0:52.6	3
7 Bath Iron Works	Mike Geary, Matthew Gildart, Chris Ouellette, Steven Levkoff	0:56.2	2
8 ReVision Energy	Sam Clift, Zach Nugent, Allison Barbour, Andrew Hikade	0:57.7	1
9 L.L. Bean	James DeMuro, Kayla Poulin, Leah Beran, Lincoln Johnson	1:00.7	

4x100m RELAY	SUBMASTER RECORD		
M30-39	Bath Iron Works 1987	46.8	

Team		Time	Pts.
1 Unum	Kevin Hardison, Nate Burns, Will Lynch, Adam Mumm	0:50.9	10
2 MaineHealth	Tim Meyer, Jon Forbes, Adam Soule, Jason Soule	0:52.4	8
3 South Portland	Jeremy Link, Brian Guillerault, Ryan Lamb, Skyler Horrigan	0:54.5	6

4x100m RELAY	MASTER RECORD		
M40-49	National Semiconductor 2004	50.2	

Team		Time	Pts.
1 South Portland	Jim Kneeland, Bob Lamb, Mike Chase, Jim Hews	1:04.1	10

4x100m RELAY	SENIOR RECORD		
M50-59	Texas Instruments (Alex Szczapa, Peter Dube, Mike Elliott, Luke Lou) 2015	54.9	

Team		Time	Pts.
1 South Portland	Paul Lefebvre, Matthew Green, Kevin Way, Andrew Wallace	1:03.9	10
2 Unum	Mary Pardi, Leo Scheidl, Jeff Breece, Michael Martin	1:07.0	8

4x100m RELAY	BRONZE VETERAN RECORD		
M70-79	Unum (Jef Evans, Carl Comstock, Fran Brennan, Joe Carlozzi) 2010	1:18.1	

Team		Time	Pts.
1 South Portland	Gene Corbett, Steve Mantis, Charlie Hews, Brian Daly	2:04.3	10

4x400m RELAY	OPEN RECORD		
M18-29	MaineHealth (Isaac Yeboah, Elijah Yeboah, David Gerken, Ara Parseghian) 2015	3:42.6	

Team		Time	Pts.
1 IDEXX Laboratories	Derrick Marshall, Aaron Willingham, Will Lundquist, Alan Mann	3:54.0	10
2 South Portland	Carson Blake, Lucas Lefebvre, Brian Way, Darryl Wilkinson	4:13.2	8
3 Unum	Nicolas Mekdara, Eric Lane, Victor Wakelin, Jaylen White	4:36.6	6
4 Abbott	Jeff Connolly, Lucas Bourget, Lagu Luka, JR Brennan	4:44.3	5
5 ReVision Energy	Sam Clift, John Bumgardner, Allison Barbour, Andrew Hikade	5:16.3	4
6 Bath Iron Works	Mike Geary, Matthew Gildart, Chris Ouellette, Christopher Eastman	5:33.4	3

4x400m RELAY		SUBMASTER RECORD	
M30-39	Unum (Tony Touchette, Scott Davison, Duke Yeboah, Dave Johnson)	1994	3:50.8

Team		Time	Pts.
1 Unum	Nate Burns, Will Lynch, Sean Fitzgerald, Zacharie Boyce	4:24.2	10
2 South Portland	Brian Guillerault, Matthew Green, Bob Lamb, Skyler Horrigan	4:59.5	8

4x400m RELAY		MASTER RECORD	
M40-49	Pierce Atwood	2002	4:01.6

Team		Time	Pts.
1 Unum	Lauren Austin, Leo Scheidl, Ryan Goebel, Nathan Priest	5:08.3	10
2 South Portland	Hollie Corbett, Jim Hews, Mike Chase, Brian Cavanaugh	5:12.7	8

4x400m RELAY		SENIOR RECORD	
M50-59	Texas Instruments (David Tucker, Peter Dube, Russ Haschke, Herb Coolidge)	2015	4:31.9

Team		Time	Pts.
1 South Portland	Paul Lefebvre, Andrew Wallace, Tonya Way, Kevin Way	6:47.7	10
MaineHealth	Jonathan Zuckerman, Jeffrey Schwartz, Dan LaVallee, Daniel Diekema	5:27.7x	

4x400m RELAY		VETERAN RECORD	
M60-69	Unum (Jim Toulouse, Jef Evans, Dick Bouthillette, Jim Tyrell)	2010	5:31.9

Team		Time	Pts.
1 South Portland	Steve Mantis, Brian Daly, Gene Corbett, Margaret Esten	10:39.3	10

THROWERS' RELAY		100-200-100 RECORD	
Unum (Regina Roberts, David Hardison, Kevin Hardison)		2017	50.3
RULE: minimum 1 woman; ALL throw shot or disc at meet			

Team		Time	Pts.
1 South Portland	Jordyn Hulsey, Brian Way, Skyler Horrigan	0:54.4	10
2 Unum	Trish Shorey, Will Lynch, Adam Mumm	0:55.9	8
3 Abbott	JR Brennan, Nicole Ruginski, Rachael Bourget	0:59.0	6
4 MaineHealth	Tim Meyer, Mitko Ivanov, Ginger Ivanov	1:05.8	5
5 IDEXX Laboratories	Allie Quirion, Aryn Whitaker, Erinn Needham	1:07.4	4
6 Bath Iron Works	Brandon Richards, Christopher Eastman, Samantha Mason	1:14.3	3

4x200m RELAY		RECORD	
South Portland (Karleigh Bradbury, Matthew Green, Brian Arsenault, Joey Michaud)		2010	1:42.7
RULE: minimum 1 woman, 1 master (not same person)			

Team		Time	Pts.
1 MaineHealth	Abby Kaija, Kyle Cunningham, Isaac Yeboah, Elijah Yeboah	1:43.7	10

2	South Portland	Jeremy Link, Emily Panciera, Skyler Horrihan, Brian Way	1:52.6	8
3	ReVision Energy	Sam Clift, Joe Pagano, Allison Barbour, Andrew Hikade	2:09.2	6
4	IDEXX Laboratories	Terry Jackson, Kevin Benoit, Jose Padua, Meredith Bailey	2:09.2	5
5	Unum	Tia Newlove, Michael Martin, Nicolas Mekdara, Kevin Hardison	2:11.8	4

PYRAMID RELAY		400-800-1200-800-400 RECORD
RULE: minimum 2 women		Unum 1991 10:34.7

	Team		Time	Pts.
1	IDEXX Laboratories	Mikaella Sansoucie, Will Lundquist, Aaron Willingham, Derrick Marshall, Kali McGown	10:54.8	10
2	Unum	Krista Marble, Lauren Austin, Sean Fitzgerald, Nathan Priest, Zacharie Boyce	11:41.3	8
3	Abbott	Lindsay Watts, Audrey Jones, Zach Benoit, Lucas Bourget, JR Brennan	11:56.3	6
4	ReVision Energy	Shawna Clift, Andrew Hikade, Joe Pagano, Zach Nugent, Allison Barbour	13:49.0	5
5	South Portland	Rachael Furbush, Kaleisha Towle, Brian Cavanaugh, Oscar Sullivan, Hollie Corbett	15:43.6	4