

Northern Virginia Senior Olympics - 9/19/2026

TJ Community Center

Performance List - Event Order

Event 1 Men 60 Meter Dash

Lane	Name	Age	School	Seed Time
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M50-54

1	37 Diephouse, Greg	51	Falls Church	
2	114 Paralkar, Sid	51	Oakton	
3	124 Purvis, Eugene	51	Centreville	
4	163 Wilkinson, Carter	50	Arlington	

M55-59

1	3 Anthony, Todd	56	Aldie	
2	46 Englert, Christoph	57	Springfield	
3	64 Gray, Sam	59	Fairfax	
4	142 Simcox, Jim	58	Falls Church	
5	146 Sovada, C.J.	55	Arlington	

M60-64

1	14 Bergmann, Martin	60	Arlington	
2	49 Farr, Jeff	64	Vienna	
3	56 Garg, Ravindra	62	Chantilly	
4	59 Gianturco, Mark	62	Herndon	
5	91 Maurice, William	64	Manassas	
6	113 Paletz, David	60	Burke	
7	117 Patten, John	61	Alexandria	
8	152 Taylor, Rich	63	Arlington	
9	167 Young, Stephen	63	Arlington	

M65-69

1	13 Berglund, Jon	66	Springfield	
2	19 Boyd, Alan	67	Annandale	
3	26 Caskie, Brian	65	Ashburn	
4	27 Collins, Chris	67	Annandale	
5	30 Crum, Chuck	68	Bealeton	
6	42 Dunn, Gracus	69	Woodbridge	
7	57 Gaskin, Steve	68	Dumfries	
8	69 Higgins, Robert	65	Leesburg	
9	164 Willis, A. Marty	66	Baileys Cros	

M70-74

1	12 Berge, Thomas	73	Arlington	
2	16 Black, David	73	Clifton	
3	21 Brockway, Alvin	74	Reston	
4	44 Emery, Michael	73	Burke	
5	78 Karimullah, Mohammad J	73	Manassas	
6	108 Nakazawa, Muraji	70	Great Falls	
7	138 Shands, Severt	70	Springfield	

M75-79

1	2 Ambrose, John	76	Arlington	
2	4 Argentieri, Bob	78	Fairfax	
3	8 Baldassano, Robert	77	Alexandria	
4	11 Bender, Rick	76	Reston	
5	40 Dosik, Allan	75	Arlington	
6	63 Granger, Nathan	75	Sterling	
7	73 Hudson, William	79	Alexandria	
8	133 Sacilotto, Alessandro	77	Fairfax	
9	149 Sun, Juguang	76	Arlington	
10	157 Webb, Schuyler	75	Arlington	
11	166 Young, Jeff	78	McLean	

M80-84

1	20 Bresner, Mike	82	Ashburn	
2	28 Cordyack, John	80	Reston	
3	43 Durante, Daniel	83	Gainesville	
4	48 Etter, James	80	Fairfax	
5	99 Modglin, Terrence	80	Falls Church	
6	107 mullins, jerry	82	Clifton	

M85-89

1	7 Bahnmaier, William (Bill)	88	Fort Belvoir	
2	61 Golan, Amnon	87	Arlington	
3	84 Lady, Karl	85	Alexandria	
4	102 Morrison, Ken	86	Manassas	
5	125 Richard A Ronollo, Richa	86	Vienna	
6	128 Rodriguez, Carlos	87	Dumfries	

M90-94

1	38 Dobson, Stan	90	Arlington	
2	115 Park, Hyung	91	McLean	

Event 2 Women 60 Meter Dash

Lane	Name	Age	School	Seed Time
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W50-54

1	32 Czarnecki, Melissa	54	Burke	
2	58 Gaynor, Brooke	52	Arlington	
3	116 Passmore, Heather	52	Alexandria	

W55-59

1	10 Beck-Wilson, Jennifer	57	Fairfax	
2	23 Brown, Susanna	59	Aldie	
3	104 Mortimer, Sylvie	56	Arlington	
4	110 Nguyen, Dziem	59	Fairfax	

W60-64

1	60 Giehler, Holly	61	Manassas	
2	75 Jackson, Vanstacia	64	Alexandria	
3	83 Knieriem, Amy	63	Falls Church	
4	136 Seaton, Laurie	61	Fairfax	

W65-69

1	62 Good, Keg	69	Woodbridge	
2	158 Weinberg, Karen	65	Fairfax	

W70-74

1	67 Hancock, Elizabeth	74	Falls Church	
2	88 Linton, Lisa	71	Broad Run	

W75-79

1	36 DiCaprio, Louise	75	Fairfax	
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W80-84

1	168 Ziegler, Debbie	80	Arlington	
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W85-89

1	161 Whalen, Mandy	86	Falls Church	
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W90-94

1	22 Brooks, Alease	93	Arlington	
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Event 3 Men 1600 Meter Run

Lane	Name	Age	School	Seed Time
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M50-54

1	114 Paralkar, Sid	51	Oakton	
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TJ Community Center

Performance List - Event Order

M55-59...(Event 3 Men 1600 Meter Run)

1	25 Cachion, Paul	59	Arlington
2	119 Pellot, Carlos	55	Fairfax
3	146 Sovada, C.J.	55	Arlington

M60-64

1	49 Farr, Jeff	64	Vienna
2	89 Lopes, Steven	61	Arlington
3	144 Sobieski, Henry	63	Centreville

M65-69

1	19 Boyd, Alan	67	Annandale
2	27 Collins, Chris	67	Annandale
3	134 Scarborough, James	68	Arlington
4	156 Viola, Richard	65	Arlington
5	164 Willis, A. Marty	66	Baileys Cros

M70-74

1	33 Dauphinais, Richard	73	Arlington
2	70 Hiratsuka, Jon	73	Arlington
3	87 Linton, David	71	Broad Run
4	127 Ro, Kap	71	Nokesville

M75-79

1	63 Granger, Nathan	75	Sterling
2	80 Kelly, Pete	79	Catlett
3	81 Klemm, Jeffrey	75	McLean
4	92 McCathren, Randall	77	Arlington
5	93 McCormick, Michael	76	Alexandria
6	150 Talkington, Doyle	79	Haymarket

M80-84

1	103 Mort, James	80	Burke
2	112 Page, Jason	82	Hamilton
3	135 Searles, Stuart	84	Arlington

M85-89

1	61 Golan, Amnon	87	Arlington
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Event 4 Women 1600 Meter Run

Lane	Name	Age	School	Seed Time
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W50-54

1	32 Czarnecki, Melissa	54	Burke
2	162 Whitestone, Yuko	54	Fairfax

W60-64

1	60 Giehler, Holly	61	Manassas
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W65-69

1	77 Joy, Mimi	65	Alexandria
2	126 RO, Duk	67	Nokesville
3	137 Shabelski, Joanne	65	Springfield

W70-74

1	88 Linton, Lisa	71	Broad Run
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W75-79

1	66 Hamilton, Ruth	79	McLean
2	101 Morasch, Carol	78	Fairfax

W85-89

1	161 Whalen, Mandy	86	Falls Church
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Event 5 Men 1600 Meter Race Walk

Lane	Name	Age	School	Seed Time
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M50-54

1	37 Diephouse, Greg	51	Falls Church
2	122 Price, Jeff	52	Arlington

M55-59

1	3 Anthony, Todd	56	Aldie
2	146 Sovada, C.J.	55	Arlington
3	155 Tripp, Barrett	58	Falls Church

M60-64

1	96 Mickalonis, David	61	Burke
2	105 Moston, Dave	60	Bristow
3	109 Neal, Stephen	62	Chantilly
4	139 Sheffield, Charles	64	Vienna
5	144 Sobieski, Henry	63	Centreville

M65-69

1	13 Berglund, Jon	66	Springfield
2	79 Kelkar, Mahesh	65	Herndon
3	129 Roll, Robert	69	Arlington
4	148 Sullivan, John	67	Fairfax

M70-74

1	21 Brockway, Alvin	74	Reston
2	78 Karimullah, Mohammad Je	73	Manassas
3	108 Nakazawa, Muraji	70	Great Falls
4	143 Singh, Shabeg	74	Haymarket

M75-79

1	6 Augustine, Thomas	76	Woodbridge
2	35 Dellagiarino, George	79	Reston
3	40 Dosik, Allan	75	Arlington
4	63 Granger, Nathan	75	Sterling
5	65 Guey-Lee, William	78	Arlington
6	81 Klemm, Jeffrey	75	McLean
7	85 Leggett, William	75	Woodbridge
8	92 McCathren, Randall	77	Arlington
9	132 Saah, David	78	Fairfax

M80-84

1	5 Atashbarghi, Gholam	80	Fairfax
2	28 Cordyack, John	80	Reston
3	45 Endres, David A.	83	Tysons
4	123 Pronczuk, Andrzej	84	Arlington

M85-89

1	61 Golan, Amnon	87	Arlington
2	111 Nooger, Garry	85	Falls Church

M90-94

1	31 Cummings, Lincoln	92	Arlington
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Event 6 Women 1600 Meter Race Walk

Lane	Name	Age	School	Seed Time
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W50-54

1	32 Czarnecki, Melissa	54	Burke
2	162 Whitestone, Yuko	54	Fairfax

W55-59

1	140 Sheffield, Karen	58	Vienna
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Performance List - Event Order

W55-59...(Event 6 Women 1600 Meter Race Walk)

2	165 Wissing, Laura	58	Ashburn
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W60-64

1	1 Allen, Brenda	64	Lorton
2	75 Jackson, Vanstacia	64	Alexandria
3	94 McDaniel, Heather	61	Arlington
4	100 Moore, Marcia	60	Oakton
5	106 Moston, Kathy	62	Bristow

W65-69

1	53 Francis, Noela	67	Alexandria
2	62 Good, Keg	69	Woodbridge
3	90 Mahoney, Sally	67	Arlington
4	141 Shepherd, Tamara	66	Springfield
5	151 Tate, Deborah	66	Arlington

W70-74

1	67 Hancock, Elizabeth	74	Falls Church
2	153 Thaler, Sue	71	Arlington

W75-79

1	34 Davis, Cynthia	79	Arlington
2	51 Fitch, Laura	78	Arlington

W80-84

1	9 Baynes, Beth	80	Alexandria
2	24 Brush, Lorie	80	Falls Church
3	86 Levitan, Karen	84	Arlington
4	168 Ziegler, Debbie	80	Arlington

W90-94

1	121 Pittman, Annmarie	90	Alexandria
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W95-99

1	17 Bland, Janine	95	Arlington
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Event 7 Men 200 Meter Dash**For heats with 5 entries, hips #4 and #5****will both start in lane 4.**

Lane	Name	Age	School	Seed Time
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M50-54

1	37 Diephouse, Greg	51	Falls Church
2	71 Holland, Christopher	51	Alexandria
3	114 Paralkar, Sid	51	Oakton
4	163 Wilkinson, Carter	50	Arlington

M55-59

1	3 Anthony, Todd	56	Aldie
2	46 Englert, Christoph	57	Springfield
3	64 Gray, Sam	59	Fairfax
4	142 Simcox, Jim	58	Falls Church
5	146 Sovada, C.J.	55	Arlington

M60-64

1	14 Bergmann, Martin	60	Arlington
2	49 Farr, Jeff	64	Vienna
3	52 Forsythe, Robert	60	Annandale
4	56 Garg, Ravindra	62	Chantilly
5	72 Howard, Brian	62	Woodbridge
6	91 Maurice, William	64	Manassas
7	113 Paletz, David	60	Burke
8	117 Patten, John	61	Alexandria
9	144 Sobieski, Henry	63	Centreville

10	152 Taylor, Rich	63	Arlington
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11	167 Young, Stephen	63	Arlington
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M65-69

1	13 Berglund, Jon	66	Springfield
2	19 Boyd, Alan	67	Annandale
3	26 Caskie, Brian	65	Ashburn
4	27 Collins, Chris	67	Annandale
5	42 Dunn, Gracus	69	Woodbridge
6	69 Higgins, Robert	65	Leesburg
7	164 Willis, A. Marty	66	Baileys Cross

M70-74

1	12 Berge, Thomas	73	Arlington
2	16 Black, David	73	Clifton
3	18 Blount, Michael	71	Haymarket
4	21 Brockway, Alvin	74	Reston
5	44 Emery, Michael	73	Burke
6	78 Karimullah, Mohammad J	73	Manassas
7	108 Nakazawa, Muraji	70	Great Falls
8	120 Perez, Carlos	72	Fairfax
9	127 Ro, Kap	71	Nokesville
10	138 Shands, Severt	70	Springfield
11	159 Weiner, Bruce	74	Arlington

M75-79

1	2 Ambrose, John	76	Arlington
2	8 Baldassano, Robert	77	Alexandria
3	11 Bender, Rick	76	Reston
4	55 Frison, Jim	76	Arlington
5	63 Granger, Nathan	75	Sterling
6	73 Hudson, William	79	Alexandria
7	80 Kelly, Pete	79	Catlett
8	93 McCormick, Michael	76	Alexandria
9	133 Sacilotto, Alessandro	77	Fairfax
10	150 Talkington, Doyle	79	Haymarket
11	157 Webb, Schuyler	75	Arlington

M80-84

1	28 Cordyack, John	80	Reston
2	43 Durante, Daniel	83	Gainesville
3	48 Etter, James	80	Fairfax
4	99 Modglin, Terrence	80	Falls Church
5	103 Mort, James	80	Burke
6	112 Page, Jason	82	Hamilton

M85-89

1	61 Golan, Amnon	87	Arlington
2	84 Lady, Karl	85	Alexandria
3	102 Morrison, Ken	86	Manassas
4	128 Rodriguez, Carlos	87	Dumfries

M90-94

1	38 Dobson, Stan	90	Arlington
2	115 Park, Hyung	91	McLean

Event 8 Women 200 Meter Dash

Lane	Name	Age	School	Seed Time
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W50-54

1	32 Czarniecki, Melissa	54	Burke
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Performance List - Event Order

W50-54...(Event 8 Women 200 Meter Dash)

2	58 Gaynor, Brooke	52	Arlington
3	116 Passmore, Heather	52	Alexandria

W55-59

1	10 Beck-Wilson, Jennifer	57	Fairfax
2	23 Brown, Susanna	59	Aldie
3	104 Mortimer, Sylvie	56	Arlington

W60-64

1	60 Giehler, Holly	61	Manassas
2	83 Knieriem, Amy	63	Falls Church

W65-69

1	41 duncan, Dixie	65	Arlington
2	62 Good, Keg	69	Woodbridge
3	126 RO, Duk	67	Nokesville
4	137 Shabelski, Joanne	65	Springfield

W70-74

1	88 Linton, Lisa	71	Broad Run
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W75-79

1	36 DiCaprio, Louise	75	Fairfax
2	66 Hamilton, Ruth	79	McLean

W85-89

1	161 Whalen, Mandy	86	Falls Church
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Event 9 Men 800 Meter Run

Lane	Name	Age	School	Seed Time
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M50-54

1	71 Holland, Christopher	51	Alexandria
2	114 Paralkar, Sid	51	Oakton

M55-59

1	119 Pellot, Carlos	55	Fairfax
2	146 Sovada, C.J.	55	Arlington

M60-64

1	49 Farr, Jeff	64	Vienna
2	52 Forsythe, Robert	60	Annandale
3	72 Howard, Brian	62	Woodbridge
4	89 Lopes, Steven	61	Arlington
5	144 Sobieski, Henry	63	Centreville

M65-69

1	19 Boyd, Alan	67	Annandale
2	27 Collins, Chris	67	Annandale
3	164 Willis, A. Marty	66	Baileys Cros

M70-74

1	33 Dauphinais, Richard	73	Arlington
2	87 Linton, David	71	Broad Run
3	97 Mihalich, Jim	72	Falls Church

M75-79

1	29 Creekmore, Joe	77	Reston
2	40 Dosik, Allan	75	Arlington
3	50 Fawcett, Robert	79	Sterling
4	63 Granger, Nathan	75	Sterling
5	80 Kelly, Pete	79	Catlett
6	81 Klemm, Jeffrey	75	McLean
7	92 McCathren, Randall	77	Arlington
8	93 McCormick, Michael	76	Alexandria

9	150 Talkington, Doyle	79	Haymarket
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M80-84

1	5 Atashbarghi, Gholam	80	Fairfax
2	28 Cordyack, John	80	Reston
3	99 Modglin, Terrence	80	Falls Church
4	103 Mort, James	80	Burke
5	112 Page, Jason	82	Hamilton

M85-89

1	61 Golan, Amnon	87	Arlington
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Event 10 Women 800 Meter Run

Lane	Name	Age	School	Seed Time
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W50-54

1	32 Czarnecki, Melissa	54	Burke
2	162 Whitestone, Yuko	54	Fairfax

W55-59

1	74 Iglesias, Adriana	55	Herndon
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W60-64

1	60 Giehler, Holly	61	Manassas
2	83 Knieriem, Amy	63	Falls Church

W65-69

1	41 duncan, Dixie	65	Arlington
2	77 Joy, Mimi	65	Alexandria
3	137 Shabelski, Joanne	65	Springfield

W70-74

1	88 Linton, Lisa	71	Broad Run
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W75-79

1	66 Hamilton, Ruth	79	McLean
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Event 11 Men 800 Meter Race Walk

Lane	Name	Age	School	Seed Time
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M50-54

1	37 Diephouse, Greg	51	Falls Church
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M55-59

1	3 Anthony, Todd	56	Aldie
2	146 Sovada, C.J.	55	Arlington
3	155 Tripp, Barrett	58	Falls Church

M60-64

1	96 Mickalonis, David	61	Burke
2	105 Moston, Dave	60	Bristow
3	109 Neal, Stephen	62	Chantilly
4	139 Sheffield, Charles	64	Vienna
5	144 Sobieski, Henry	63	Centreville

M65-69

1	13 Berglund, Jon	66	Springfield
2	39 Doperalski, James	66	Alexandria
3	79 Kelkar, Mahesh	65	Herndon
4	129 Roll, Robert	69	Arlington
5	148 Sullivan, John	67	Fairfax

M70-74

1	21 Brockway, Alvin	74	Reston
2	54 Freund, Ken	73	Alexandria
3	78 Karimullah, Mohammad J	73	Manassas
4	108 Nakazawa, Muraji	70	Great Falls

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Performance List - Event Order

M70-74...(Event 11 Men 800 Meter Race Walk)

5	130 Rudat, Art	73	Sterling
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M75-79

1	6 Augustine, Thomas	76	Woodbridge
2	40 Dosik, Allan	75	Arlington
3	47 Enright, James	76	Alexandria
4	63 Granger, Nathan	75	Sterling
5	65 Guey-Lee, William	78	Arlington
6	81 Klemm, Jeffrey	75	McLean
7	92 McCathren, Randall	77	Arlington
8	132 Saah, David	78	Fairfax

M80-84

1	5 Atashbarghi, Gholam	80	Fairfax
2	28 Cordyack, John	80	Reston
3	45 Endres, David A.	83	Tysons
4	68 Haworth, Hugh	83	Alexandria
5	82 Kleymeyer, Chuck	82	Arlington
6	123 Pronczuk, Andrzej	84	Arlington

M85-89

1	61 Golan, Amnon	87	Arlington
2	111 Nooger, Garry	85	Falls Church
3	128 Rodriguez, Carlos	87	Dumfries

M90-94

1	38 Dobson, Stan	90	Arlington
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Event 12 Women 800 Meter Race Walk

Lane	Name	Age	School	Seed Time
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W50-54

1	32 Czarnecki, Melissa	54	Burke
2	116 Passmore, Heather	52	Alexandria
3	162 Whitestone, Yuko	54	Fairfax

W55-59

1	23 Brown, Susanna	59	Aldie
2	110 Nguyen, Dziem	59	Fairfax
3	165 Wissing, Laura	58	Ashburn

W60-64

1	75 Jackson, Vanstacia	64	Alexandria
2	83 Knieriem, Amy	63	Falls Church
3	94 McDaniel, Heather	61	Arlington
4	98 Miller, Margaret	62	Arlington
5	106 Moston, Kathy	62	Bristow

W65-69

1	53 Francis, Noela	67	Alexandria
2	62 Good, Keg	69	Woodbridge
3	90 Mahoney, Sally	67	Arlington
4	141 Shepherd, Tamara	66	Springfield
5	151 Tate, Deborah	66	Arlington

W70-74

1	67 Hancock, Elizabeth	74	Falls Church
2	131 Rudat, Karen	73	Sterling

W75-79

1	76 Johnson, Beverly	79	Arlington
2	147 Studenmund, Barbara	76	Falls Church

W80-84

1	9 Baynes, Beth	80	Alexandria
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2	24 Brush, Lorie	80	Falls Church
3	86 Levitan, Karen	84	Arlington
4	95 Michel, Mary Jay	83	Alexandria
5	154 Trabandt, Joan	80	Falls Church
6	160 Wertheim, Rosella France	80	Hamilton
7	168 Ziegler, Debbie	80	Arlington

W90-94

1	121 Pittman, Annmarie	90	Alexandria
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W95-99

1	17 Bland, Janine	95	Arlington
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Event 13 Men 400 Meter Dash**For heats with 5 entries, hips #4 and #5****will both start in lane 4.**

Lane	Name	Age	School	Seed Time
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M50-54

1	37 Diephouse, Greg	51	Falls Church
2	71 Holland, Christopher	51	Alexandria
3	114 Paralkar, Sid	51	Oakton

M55-59

1	3 Anthony, Todd	56	Aldie
2	46 Englert, Christoph	57	Springfield
3	64 Gray, Sam	59	Fairfax
4	146 Sovada, C.J.	55	Arlington

M60-64

1	14 Bergmann, Martin	60	Arlington
2	49 Farr, Jeff	64	Vienna
3	52 Forsythe, Robert	60	Annandale
4	72 Howard, Brian	62	Woodbridge
5	89 Lopes, Steven	61	Arlington
6	91 Maurice, William	64	Manassas
7	118 Patteson, James	64	Fairfax
8	144 Sobieski, Henry	63	Centreville
9	152 Taylor, Rich	63	Arlington
10	167 Young, Stephen	63	Arlington

M65-69

1	13 Berglund, Jon	66	Springfield
2	15 Binczewski, Ed	69	Arlington
3	19 Boyd, Alan	67	Annandale
4	27 Collins, Chris	67	Annandale
5	42 Dunn, Gracus	69	Woodbridge
6	69 Higgins, Robert	65	Leesburg
7	164 Willis, A. Marty	66	Baileys Cros

M70-74

1	21 Brockway, Alvin	74	Reston
2	87 Linton, David	71	Broad Run
3	108 Nakazawa, Muraji	70	Great Falls
4	120 Perez, Carlos	72	Fairfax
5	145 Southwood, Michael	72	Fairfax
6	159 Weiner, Bruce	74	Arlington

M75-79

1	2 Ambrose, John	76	Arlington
2	11 Bender, Rick	76	Reston
3	50 Fawcett, Robert	79	Sterling

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M75-79...(Event 13 Men 400 Meter Dash)

4	63 Granger, Nathan	75	Sterling
5	80 Kelly, Pete	79	Catlett
6	92 McCathren, Randall	77	Arlington
7	93 McCormick, Michael	76	Alexandria
8	150 Talkington, Doyle	79	Haymarket

M80-84

1	28 Cordyack, John	80	Reston
2	48 Etter, James	80	Fairfax
3	99 Modglin, Terrence	80	Falls Church
4	103 Mort, James	80	Burke
5	112 Page, Jason	82	Hamilton

M85-89

1	61 Golan, Amnon	87	Arlington
2	102 Morrison, Ken	86	Manassas

Event 14 Women 400 Meter Dash

Lane	Name	Age	School	Seed Time
W50-54				
1	32 Czarnecki, Melissa	54	Burke	
2	116 Passmore, Heather	52	Alexandria	
3	162 Whitestone, Yuko	54	Fairfax	
W55-59				
1	10 Beck-Wilson, Jennifer	57	Fairfax	
2	74 Iglesias, Adriana	55	Herndon	
3	104 Mortimer, Sylvie	56	Arlington	
W60-64				
1	60 Giehler, Holly	61	Manassas	
2	83 Knieriem, Amy	63	Falls Church	
W65-69				
1	41 duncan, Dixie	65	Arlington	
2	137 Shabelski, Joanne	65	Springfield	
W70-74				
1	88 Linton, Lisa	71	Broad Run	
W75-79				
1	66 Hamilton, Ruth	79	McLean	