

Northern Virginia Senior Olympics - 9/19/2026

TJ Community Center

Meet Program - Event Order

Event 1 Men 60 Meter Dash

Lane	Name	Age	School	Seed Time
Section 1 of 18 Finals				
1	114 Paralkar, Sid	M51	Oakton	
2	124 Purvis, Eugene	M51	Centreville	
3	37 Diephouse, Greg	M51	Falls Church	
4	163 Wilkinson, Carter	M50	Arlington	
Section 2 of 18 Finals				
1	3 Anthony, Todd	M56	Aldie	
2	64 Gray, Sam	M59	Fairfax	
3	46 Englert, Christoph	M57	Springfield	
4	142 Simcox, Jim	M58	Falls Church	
Section 3 of 18 Finals				
1	14 Bergmann, Martin	M60	Arlington	
2	146 Sovada, C.J.	M55	Arlington	
3	56 Garg, Ravindra	M62	Chantilly	
4	49 Farr, Jeff	M64	Vienna	
Section 4 of 18 Finals				
1	113 Paletz, David	M60	Burke	
2	59 Gianturco, Mark	M62	Herndon	
3	91 Maurice, William	M64	Manassas	
Section 5 of 18 Finals				
1	117 Patten, John	M61	Alexandria	
2	167 Young, Stephen	M63	Arlington	
3	152 Taylor, Rich	M63	Arlington	
Section 6 of 18 Finals				
1	26 Caskie, Brian	M65	Ashburn	
2	13 Berglund, Jon	M66	Springfield	
3	19 Boyd, Alan	M67	Annandale	
Section 7 of 18 Finals				
1	27 Collins, Chris	M67	Annandale	
2	30 Crum, Chuck	M68	Beaeton	
3	42 Dunn, Gracus	M69	Woodbridge	
Section 8 of 18 Finals				
1	57 Gaskin, Steve	M68	Dumfries	
2	164 Willis, A. Marty	M66	Baileys Cros	
3	69 Higgins, Robert	M65	Leesburg	
Section 9 of 18 Finals				
1	16 Black, David	M73	Clifton	
2	21 Brockway, Alvin	M74	Reston	
3	44 Emery, Michael	M73	Burke	
4	12 Berge, Thomas	M73	Arlington	
Section 10 of 18 Finals				
1	78 Karimullah, Mohammad J	M73	Manassas	
2	138 Shands, Severt	M70	Springfield	
3	108 Nakazawa, Muraji	M70	Great Falls	
Section 11 of 18 Finals				
1	4 Argentieri, Bob	M78	Fairfax	
2	11 Bender, Rick	M76	Reston	
3	8 Baldassano, Robert	M77	Alexandria	
4	2 Ambrose, John	M76	Arlington	

Section 12 of 18 Finals

1	40 Dosik, Allan	M75	Arlington
2	133 Sacilotto, Alessandro	M77	Fairfax
3	73 Hudson, William	M79	Alexandria
4	63 Granger, Nathan	M75	Sterling

Section 13 of 18 Finals

1	149 Sun, Juguang	M76	Arlington
2	166 Young, Jeff	M78	McLean
3	157 Webb, Schuyler	M75	Arlington

Section 14 of 18 Finals

1	20 Bresner, Mike	M82	Ashburn
2	28 Cordyack, John	M80	Reston
3	43 Durante, Daniel	M83	Gainesville

Section 15 of 18 Finals

1	48 Etter, James	M80	Fairfax
2	107 mullins, jerry	M82	Clifton
3	99 Modglin, Terrence	M80	Falls Church

Section 16 of 18 Finals

1	84 Lady, Karl	M85	Alexandria
2	7 Bahnmaier, William (Bill)	M88	Fort Belvoir
3	61 Golan, Amnon	M87	Arlington

Section 17 of 18 Finals

1	102 Morrison, Ken	M86	Manassas
2	125 Richard A Ronollo, Richa	M86	Vienna
3	128 Rodriguez, Carlos	M87	Dumfries

Section 18 of 18 Finals

2	38 Dobson, Stan	M90	Arlington
3	115 Park, Hyung	M91	McLean

Event 2 Women 60 Meter Dash

Lane	Name	Age	School	Seed Time
Section 1 of 5 Finals				
1	32 Czarnecki, Melissa	W54	Burke	
2	58 Gaynor, Brooke	W52	Arlington	
3	116 Passmore, Heather	W52	Alexandria	
Section 2 of 5 Finals				
1	110 Nguyen, Dziem	W59	Fairfax	
2	10 Beck-Wilson, Jennifer	W57	Fairfax	
3	23 Brown, Susanna	W59	Aldie	
4	104 Mortimer, Sylvie	W56	Arl8ngton	
Section 3 of 5 Finals				
1	83 Knieriem, Amy	W63	Falls Church	
2	75 Jackson, Vanstacia	W64	Alexandria	
3	60 Giehler, Holly	W61	Manassas	
4	136 Seaton, Laurie	W61	Fairfax	
Section 4 of 5 Finals				
1	67 Hancock, Elizabeth	W74	Falls Church	
2	62 Good, Keg	W69	Woodbridge	
3	158 Weinberg, Karen	W65	Fairfax	
4	88 Linton, Lisa	W71	Broad Run	

Northern Virginia Senior Olympics - 9/19/2026

TJ Community Center

Meet Program - Event Order

Section 5 of 5 Finals...(Event 2 Women 60 Meter Dash)

1	161 Whalen, Mandy	W86	Falls Church
2	36 DiCaprio, Louise	W75	Fairfax
3	168 Ziegler, Debbie	W80	Arlington
4	22 Brooks, Alease	W93	Arlington

Event 3 Men 1600 Meter Run

Lane	Name	Age	School	Seed Time
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Section 1 of 4 Finals

1	114 Paralkar, Sid	M51	Oakton
2	25 Cachion, Paul	M59	Arlington
3	119 Pellot, Carlos	M55	Fairfax
4	146 Sovada, C.J.	M55	Arlington
5	144 Sobieski, Henry	M63	Centreville
6	89 Lopes, Steven	M61	Arlington
7	49 Farr, Jeff	M64	Vienna

Section 2 of 4 Finals

1	156 Viola, Richard	M65	Arlington
2	27 Collins, Chris	M67	Annandale
3	134 Scarborough, James	M68	Arlington
4	19 Boyd, Alan	M67	Annandale
5	164 Willis, A. Marty	M66	Baileys Cros
6	33 Dauphinais, Richard	M73	Arlington
7	70 Hiratsuka, Jon	M73	Arlington
8	87 Linton, David	M71	Broad Run
9	127 Ro, Kap	M71	Nokesville

Section 3 of 4 Finals

1	63 Granger, Nathan	M75	Sterling
2	93 McCormick, Michael	M76	Alexandria
3	81 Klemm, Jeffrey	M75	McLean
4	80 Kelly, Pete	M79	Catlett
5	92 McCathren, Randall	M77	Arlington
6	150 Talkington, Doyle	M79	Haymarket

Section 4 of 4 Finals

1	135 Searles, Stuart	M84	Arlington
2	103 Mort, James	M80	Burke
3	112 Page, Jason	M82	Hamilton
4	61 Golan, Amnon	M87	Arlington

Event 4 Women 1600 Meter Run

Lane	Name	Age	School	Seed Time
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Section 1 of 2 Finals

1	162 Whitestone, Yuko	W54	Fairfax
2	32 Czarnecki, Melissa	W54	Burke
3	60 Giehler, Holly	W61	Manassas
4	77 Joy, Mimi	W65	Alexandria
5	137 Shabelski, Joanne	W65	Springfield
6	126 RO, Duk	W67	Nokesville

Section 2 of 2 Finals

1	88 Linton, Lisa	W71	Broad Run
2	101 Morasch, Carol	W78	Fairfax
3	66 Hamilton, Ruth	W79	McLean
4	161 Whalen, Mandy	W86	Falls Church

Event 5 Men 1600 Meter Race Walk

Lane	Name	Age	School	Seed Time
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Section 1 of 4 Finals

1	122 Price, Jeff	M52	Arlington
2	109 Neal, Stephen	M62	Chantilly
3	155 Tripp, Barrett	M58	Falls Church
4	37 Diephouse, Greg	M51	Falls Church
5	144 Sobieski, Henry	M63	Centreville
6	96 Mickalonis, David	M61	Burke
7	105 Moston, Dave	M60	Bristow
8	3 Anthony, Todd	M56	Aldie
9	146 Sovada, C.J.	M55	Arlington
10	139 Sheffield, Charles	M64	Vienna

Section 2 of 4 Finals

1	129 Roll, Robert	M69	Arlington
2	148 Sullivan, John	M67	Fairfax
3	108 Nakazawa, Muraji	M70	Great Falls
4	143 Singh, Shabeg	M74	Haymarket
5	13 Berglund, Jon	M66	Springfield
6	79 Kelkar, Mahesh	M65	Herndon
7	21 Brockway, Alvin	M74	Reston
8	78 Karimullah, Mohammad J	M73	Manassas

Section 3 of 4 Finals

1	65 Guey-Lee, William	M78	Arlington
2	85 Leggett, William	M75	Woodbridge
3	132 Saah, David	M78	Fairfax
4	92 McCathren, Randall	M77	Arlington
5	63 Granger, Nathan	M75	Sterling
6	81 Klemm, Jeffrey	M75	McLean
7	6 Augustine, Thomas	M76	Woodbridge
8	40 Dosik, Allan	M75	Arlington
9	35 Dellagiarino, George	M79	Reston

Section 4 of 4 Finals

1	45 Endres, David A.	M83	Tysons
2	123 Pronczuk, Andrzej	M84	Arlington
3	5 Atashbarghi, Gholam	M80	Fairfax
4	28 Cordyack, John	M80	Reston
5	111 Nooger, Garry	M85	Falls Church
6	61 Golan, Amnon	M87	Arlington
7	31 Cummings, Lincoln	M92	Arlington

Event 6 Women 1600 Meter Race Walk

Lane	Name	Age	School	Seed Time
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Section 1 of 2 Finals

1	75 Jackson, Vanstacia	W64	Alexandria
2	100 Moore, Marcia	W60	Oakton
3	165 Wissing, Laura	W58	Ashburn
4	162 Whitestone, Yuko	W54	Fairfax
5	140 Sheffield, Karen	W58	Vienna
6	106 Moston, Kathy	W62	Bristow
7	32 Czarnecki, Melissa	W54	Burke
8	1 Allen, Brenda	W64	Lorton
9	94 McDaniel, Heather	W61	Arlington

Northern Virginia Senior Olympics - 9/19/2026

TJ Community Center

Meet Program - Event Order

Section 2 of 2 Finals...(Event 6 Women 1600 Meter Race Walk)

1	17 Bland, Janine	W95	Arlington
2	53 Francis, Noela	W67	Alexandria
3	9 Baynes, Beth	W80	Alexandria
4	153 Thaler, Sue	W71	Arlington
5	141 Shepherd, Tamara	W66	Springfield
6	51 Fitch, Laura	W78	Arlington
7	24 Brush, Lorie	W80	Falls Church
8	34 Davis, Cynthia	W79	Arlington
9	168 Ziegler, Debbie	W80	Arlington
10	86 Levitan, Karen	W84	Arlington
11	67 Hancock, Elizabeth	W74	Falls Church
12	151 Tate, Deborah	W66	Arlington
13	121 Pittman, Annmarie	W90	Alexandria
14	62 Good, Keg	W69	Woodbridge
15	90 Mahoney, Sally	W67	Arlington

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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Section 1 of 17 Finals

1	37 Diephouse, Greg	M51	Falls Church
2	71 Holland, Christopher	M51	Alexandria
3	163 Wilkinson, Carter	M50	Arlington
4	114 Paralkar, Sid	M51	Oakton

Section 2 of 17 Finals

1	3 Anthony, Todd	M56	Aldie
2	46 Englert, Christoph	M57	Springfield
3	64 Gray, Sam	M59	Fairfax
4	146 Sovada, C.J.	M55	Arlington
5	142 Simcox, Jim	M58	Falls Church

Section 3 of 17 Finals

1	14 Bergmann, Martin	M60	Arlington
2	52 Forsythe, Robert	M60	Annandale
3	56 Garg, Ravindra	M62	Chantilly
4	49 Farr, Jeff	M64	Vienna

Section 4 of 17 Finals

1	117 Patten, John	M61	Alexandria
2	72 Howard, Brian	M62	Woodbridge
3	91 Maurice, William	M64	Manassas
4	113 Paletz, David	M60	Burke

Section 5 of 17 Finals

1	144 Sobieski, Henry	M63	Centreville
2	152 Taylor, Rich	M63	Arlington
3	167 Young, Stephen	M63	Arlington

Section 6 of 17 Finals

1	13 Berglund, Jon	M66	Springfield
2	26 Caskie, Brian	M65	Ashburn
3	19 Boyd, Alan	M67	Annandale
4	27 Collins, Chris	M67	Annandale

Section 7 of 17 Finals

1	69 Higgins, Robert	M65	Leesburg
2	164 Willis, A. Marty	M66	Baileys Crossroads
3	42 Dunn, Gracus	M69	Woodbridge

Section 8 of 17 Finals

1	18 Blount, Michael	M71	Haymarket
2	16 Black, David	M73	Clifton
3	21 Brockway, Alvin	M74	Reston
4	12 Berge, Thomas	M73	Arlington

Section 9 of 17 Finals

1	78 Karimullah, Mohammad J	M73	Manassas
2	120 Perez, Carlos	M72	Fairfax
3	44 Emery, Michael	M73	Burke
4	108 Nakazawa, Muraji	M70	Great Falls

Section 10 of 17 Finals

1	138 Shands, Severt	M70	Springfield
2	127 Ro, Kap	M71	Nokesville
3	159 Weiner, Bruce	M74	Arlington

Section 11 of 17 Finals

1	55 Frison, Jim	M76	Arlington
2	8 Baldassano, Robert	M77	Alexandria
3	2 Ambrose, John	M76	Arlington
4	11 Bender, Rick	M76	Reston

Section 12 of 17 Finals

1	93 McCormick, Michael	M76	Alexandria
2	73 Hudson, William	M79	Alexandria
3	63 Granger, Nathan	M75	Sterling
4	80 Kelly, Pete	M79	Catlett

Section 13 of 17 Finals

1	157 Webb, Schuyler	M75	Arlington
2	133 Sacilotto, Alessandro	M77	Fairfax
3	150 Talkington, Doyle	M79	Haymarket

Section 14 of 17 Finals

1	43 Durante, Daniel	M83	Gainesville
2	48 Etter, James	M80	Fairfax
3	28 Cordyack, John	M80	Reston

Section 15 of 17 Finals

1	103 Mort, James	M80	Burke
2	112 Page, Jason	M82	Hamilton
3	99 Modglin, Terrence	M80	Falls Church

Section 16 of 17 Finals

1	84 Lady, Karl	M85	Alexandria
2	128 Rodriguez, Carlos	M87	Dumfries
3	61 Golan, Amnon	M87	Arlington
4	102 Morrison, Ken	M86	Manassas

Section 17 of 17 Finals

2	38 Dobson, Stan	M90	Arlington
3	115 Park, Hyung	M91	McLean

Northern Virginia Senior Olympics - 9/19/2026

TJ Community Center

Meet Program - Event Order

Event 8 Women 200 Meter Dash

Lane	Name	Age	School	Seed Time
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Section 1 of 4 Finals

1	32 Czarnecki, Melissa	W54	Burke	
2	58 Gaynor, Brooke	W52	Arlington	
3	116 Passmore, Heather	W52	Alexandria	
4	10 Beck-Wilson, Jennifer	W57	Fairfax	

Section 2 of 4 Finals

1	83 Knieriem, Amy	W63	Falls Church	
2	104 Mortimer, Sylvie	W56	Arlington	
3	23 Brown, Susanna	W59	Aldie	
4	60 Giehler, Holly	W61	Manassas	

Section 3 of 4 Finals

1	62 Good, Keg	W69	Woodbridge	
2	137 Shabelski, Joanne	W65	Springfield	
3	126 RO, Duk	W67	Nokesville	
4	41 duncan, Dixie	W65	Arlington	

Section 4 of 4 Finals

1	36 DiCaprio, Louise	W75	Fairfax	
2	88 Linton, Lisa	W71	Broad Run	
3	66 Hamilton, Ruth	W79	McLean	
4	161 Whalen, Mandy	W86	Falls Church	

Event 9 Men 800 Meter Run

Lane	Name	Age	School	Seed Time
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Section 1 of 4 Finals

1	71 Holland, Christopher	M51	Alexandria	
2	114 Paralkar, Sid	M51	Oakton	
3	146 Sovada, C.J.	M55	Arlington	
4	119 Pellot, Carlos	M55	Fairfax	
5	72 Howard, Brian	M62	Woodbridge	
6	89 Lopes, Steven	M61	Arlington	
7	49 Farr, Jeff	M64	Vienna	
8	144 Sobieski, Henry	M63	Centreville	
9	52 Forsythe, Robert	M60	Annandale	

Section 2 of 4 Finals

1	164 Willis, A. Marty	M66	Baileys Cros	
2	19 Boyd, Alan	M67	Annandale	
3	27 Collins, Chris	M67	Annandale	
4	97 Mihalich, Jim	M72	Falls Church	
5	87 Linton, David	M71	Broad Run	
6	33 Dauphinais, Richard	M73	Arlington	

Section 3 of 4 Finals

1	63 Granger, Nathan	M75	Sterling	
2	50 Fawcett, Robert	M79	Sterling	
3	92 McCathren, Randall	M77	Arlington	
4	150 Talkington, Doyle	M79	Haymarket	
5	81 Klemm, Jeffrey	M75	McLean	
6	93 McCormick, Michael	M76	Alexandria	
7	80 Kelly, Pete	M79	Catlett	
8	40 Dosik, Allan	M75	Arlington	
9	29 Creekmore, Joe	M77	Reston	

Section 4 of 4 Finals

1	5 Atashbarghi, Gholam	M80	Fairfax	
2	112 Page, Jason	M82	Hamilton	
3	103 Mort, James	M80	Burke	
4	99 Modglin, Terrence	M80	Falls Church	
5	28 Cordyack, John	M80	Reston	
6	61 Golan, Amnon	M87	Arlington	

Event 10 Women 800 Meter Run

Lane	Name	Age	School	Seed Time
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Section 1 of 2 Finals

1	162 Whitestone, Yuko	W54	Fairfax	
2	32 Czarnecki, Melissa	W54	Burke	
3	74 Iglesias, Adriana	W55	Herndon	
4	60 Giehler, Holly	W61	Manassas	
5	83 Knieriem, Amy	W63	Falls Church	

Section 2 of 2 Finals

1	137 Shabelski, Joanne	W65	Springfield	
2	77 Joy, Mimi	W65	Alexandria	
3	41 duncan, Dixie	W65	Arlington	
4	88 Linton, Lisa	W71	Broad Run	
5	66 Hamilton, Ruth	W79	McLean	

Event 11 Men 800 Meter Race Walk

Lane	Name	Age	School	Seed Time
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Section 1 of 4 Finals

1	155 Tripp, Barrett	M58	Falls Church	
2	109 Neal, Stephen	M62	Chantilly	
3	96 Mickalonis, David	M61	Burke	
4	37 Diephouse, Greg	M51	Falls Church	
5	3 Anthony, Todd	M56	Aldie	
6	146 Sovada, C.J.	M55	Arlington	
7	144 Sobieski, Henry	M63	Centreville	
8	139 Sheffield, Charles	M64	Vienna	
9	105 Moston, Dave	M60	Bristow	

Section 2 of 4 Finals

1	79 Kelkar, Mahesh	M65	Herndon	
2	129 Roll, Robert	M69	Arlington	
3	148 Sullivan, John	M67	Fairfax	
4	13 Berglund, Jon	M66	Springfield	
5	39 Doperalski, James	M66	Alexandria	
6	21 Brockway, Alvin	M74	Reston	
7	54 Freund, Ken	M73	Alexandria	
8	130 Rudat, Art	M73	Sterling	
9	78 Karimullah, Mohammad Je	M73	Manassas	
10	108 Nakazawa, Muraji	M70	Great Falls	

Section 3 of 4 Finals

1	6 Augustine, Thomas	M76	Woodbridge	
2	81 Klemm, Jeffrey	M75	McLean	
3	63 Granger, Nathan	M75	Sterling	
4	40 Dosik, Allan	M75	Arlington	
5	132 Saah, David	M78	Fairfax	
6	92 McCathren, Randall	M77	Arlington	
7	65 Guey-Lee, William	M78	Arlington	
8	47 Enright, James	M76	Alexandria	

Northern Virginia Senior Olympics - 9/19/2026

TJ Community Center

Meet Program - Event Order

Section 4 of 4 Finals...(Event 11 Men 800 Meter Race Walk)

1	61 Golan, Amnon	M87	Arlington
2	111 Nooger, Garry	M85	Falls Church
3	123 Pronczuk, Andrzej	M84	Arlington
4	82 Kleymeyer, Chuck	M82	Arlington
5	38 Dobson, Stan	M90	Arlington
6	45 Endres, David A.	M83	Tysons
7	5 Atashbarghi, Gholam	M80	Fairfax
8	128 Rodriguez, Carlos	M87	Dumfries
9	68 Haworth, Hugh	M83	Alexandria
10	28 Cordyack, John	M80	Reston

Event 12 Women 800 Meter Race Walk

Lane	Name	Age	School	Seed Time
Section 1 of 2 Finals				
1	53 Francis, Noela	W67	Alexandria	
2	32 Czarnecki, Melissa	W54	Burke	
3	165 Wissing, Laura	W58	Ashburn	
4	94 McDaniel, Heather	W61	Arlington	
5	141 Shepherd, Tamara	W66	Springfield	
6	162 Whitestone, Yuko	W54	Fairfax	
7	116 Passmore, Heather	W52	Alexandria	
8	98 Miller, Margaret	W62	Arlington	
9	23 Brown, Susanna	W59	Aldie	
10	90 Mahoney, Sally	W67	Arlington	
11	106 Moston, Kathy	W62	Bristow	
12	62 Good, Keg	W69	Woodbridge	
13	75 Jackson, Vanstacia	W64	Alexandria	
14	151 Tate, Deborah	W66	Arlington	
15	83 Knieriem, Amy	W63	Falls Church	
16	110 Nguyen, Dziem	W59	Fairfax	
Section 2 of 2 Finals				
1	24 Brush, Lorie	W80	Falls Church	
2	154 Trabandt, Joan	W80	Falls Church	
3	67 Hancock, Elizabeth	W74	Falls Church	
4	131 Rudat, Karen	W73	Sterling	
5	147 Studenmund, Barbara	W76	Falls Church	
6	95 Michel, Mary Jay	W83	Alexandria	
7	76 Johnson, Beverly	W79	Arlington	
8	160 Wertheim, Rosella France	W80	Hamilton	
9	86 Levitan, Karen	W84	Arlington	
10	121 Pittman, Annmarie	W90	Alexandria	
11	168 Ziegler, Debbie	W80	Arlington	
12	9 Baynes, Beth	W80	Alexandria	
13	17 Bland, Janine	W95	Arlington	

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
Section 1 of 12 Finals				
2	71 Holland, Christopher	M51	Alexandria	
3	37 Diephouse, Greg	M51	Falls Church	
4	114 Paralkar, Sid	M51	Oakton	

Section 2 of 12 Finals

1	46 Englert, Christoph	M57	Springfield
2	146 Sovada, C.J.	M55	Arlington
3	64 Gray, Sam	M59	Fairfax
4	3 Anthony, Todd	M56	Aldie

Section 3 of 12 Finals

1	52 Forsythe, Robert	M60	Annandale
2	72 Howard, Brian	M62	Woodbridge
3	14 Bergmann, Martin	M60	Arlington
4	89 Lopes, Steven	M61	Arlington
5	49 Farr, Jeff	M64	Vienna

Section 4 of 12 Finals

1	91 Maurice, William	M64	Manassas
2	118 Patteson, James	M64	Fairfax
3	167 Young, Stephen	M63	Arlington
4	152 Taylor, Rich	M63	Arlington
5	144 Sobieski, Henry	M63	Centreville

Section 5 of 12 Finals

2	15 Binczewski, Ed	M69	Arlington
3	19 Boyd, Alan	M67	Annandale
4	13 Berglund, Jon	M66	Springfield

Section 6 of 12 Finals

1	27 Collins, Chris	M67	Annandale
2	69 Higgins, Robert	M65	Leesburg
3	42 Dunn, Gracus	M69	Woodbridge
4	164 Willis, A. Marty	M66	Baileys Cros

Section 7 of 12 Finals

2	21 Brockway, Alvin	M74	Reston
3	87 Linton, David	M71	Broad Run
4	108 Nakazawa, Muraji	M70	Great Falls

Section 8 of 12 Finals

2	145 Southwood, Michael	M72	Fairfax
3	159 Weiner, Bruce	M74	Arlington
4	120 Perez, Carlos	M72	Fairfax

Section 9 of 12 Finals

1	63 Granger, Nathan	M75	Sterling
2	50 Fawcett, Robert	M79	Sterling
3	11 Bender, Rick	M76	Reston
4	2 Ambrose, John	M76	Arlington

Section 10 of 12 Finals

1	92 McCathren, Randall	M77	Arlington
2	93 McCormick, Michael	M76	Alexandria
3	80 Kelly, Pete	M79	Catlett
4	150 Talkington, Doyle	M79	Haymarket

Section 11 of 12 Finals

1	48 Etter, James	M80	Fairfax
2	103 Mort, James	M80	Burke
3	99 Modglin, Terrence	M80	Falls Church
4	112 Page, Jason	M82	Hamilton
5	28 Cordyack, John	M80	Reston

Section 12 of 12 Finals

3	61 Golan, Amnon	M87	Arlington
4	102 Morrison, Ken	M86	Manassas

Northern Virginia Senior Olympics - 9/19/2026

TJ Community Center

Meet Program - Event Order

Event 14 Women 400 Meter Dash

Lane	Name	Age	School	Seed Time
Section 1 of 4 Finals				
1	32 Czarnecki, Melissa	W54	Burke	
2	162 Whitestone, Yuko	W54	Fairfax	
3	116 Passmore, Heather	W52	Alexandria	
Section 2 of 4 Finals				
1	74 Iglesias, Adriana	W55	Herndon	
2	10 Beck-Wilson, Jennifer	W57	Fairfax	
3	104 Mortimer, Sylvie	W56	Arl8ngton	
Section 3 of 4 Finals				
1	137 Shabelski, Joanne	W65	Springfield	
2	60 Giehler, Holly	W61	Manassas	
3	83 Knieriem, Amy	W63	Falls Church	
4	41 duncan, Dixie	W65	Arlington	
Section 4 of 4 Finals				
2	88 Linton, Lisa	W71	Broad Run	
3	66 Hamilton, Ruth	W79	McLean	