

35 - 39 YEAR OLD MALE (OUTDOOR)

60M

2017 **Brian Carnate** 7.47

100M

2017 **Brian Carnate** 11.34

2016 Brian Carnate 11.55

2015 Brian Carnate 11.57

200M

2017 **Brian Carnate** 23.40

2016 Brian Carnate 24.77

2015 Brian Carnate 25.07

4X100M RELAY

Paul Tshinyama (40), Charles Oamen

2011 (37), Gary Silvester (42), Randall Sheldon (39) 46.19

35 - 39 YEAR OLD MALE (INDOOR)

60M

2016 Brian Carnate 7.20

2017 **Brian Carnate** 7.21

200M

2017 **Brian Carnate** 25.53

4X200M RELAY

2014 Andy Bienefeld (39), **Eric Torin** (43), **Sam Walker** (42), Luke Wang (41) 1:43.28