

40 - 44 YEAR OLD MALE (INDOOR)

60M

2019	Brian Carnate	7.18
2018	Brian Carnate	7.27
2018	Marvin Johnson	7.31
2011	Paul Tshinyama	7.39
2017	Marvin Johnson	7.45
2019	Marvin Johnson	7.47
2013	Paul Tshinyama	7.50
2012	Paul Tshinyama	7.63
2016	Sam Walker	7.71
2013	Sam Walker	7.74
2014	Sam Walker	7.78
2015	Sam Walker	7.78
2011	Pete Pretorius	7.80
2012	Sam Walker	7.87
2016	Jay Guzman	7.91
2017	Jay Guzman	7.95
2014	Eric Torin	8.03
2019	Jay Guzman	8.03
2018	Jay Guzman	8.16

200M

2018	Marvin Johnson	23.68
2017	Marvin Johnson	23.74
2019	Marvin Johnson	24.06
2013	Sam Walker	25.41
2016	Sam Walker	25.41
2015	Sam Walker	25.43
2014	Sam Walker	25.55
2018	Brian Carnate	25.64
2012	Sam Walker	25.65
2012	Paul Tshinyama	25.80
2014	Eric Torin	25.86
2011	Pete Pretorius	26.17
2016	Jay Guzman	26.91

300M

2016	Sam Walker	40.37
2017	Jay Guzman	42.84
2017	Marvin Johnson	43.19

400M

2018	Marvin Johnson	53.03
2017	Marvin Johnson	54.19
2016	Sam Walker	56.63
2015	Sam Walker	56.82
2014	Sam Walker	57.04
2013	Sam Walker	57.44
2012	Sam Walker	58.45

LONG JUMP

2014	Eric Torin	5.69
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TRIPLE JUMP

2014	Eric Torin	11.29
2013	Paul Tshinyama	10.12

HIGH JUMP

2016	Jon Hirota	1.40
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POLE VAULT

2016	Jon Hirota	2.30
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SHOT PUT (7.26kg)

2016	Jon Hirota	9.89
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WEIGHT THROW (20lbs)

2013	Paul Tshinyama	7.54
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