

45 - 49 YEAR OLD MALE (INDOOR)

60M

| | | |
|-------------|----------------------|-------------|
| 2019 | Marvin Johnson | 7.43 |
| 2018 | Luke Wang | 7.58 |
| 2019 | Luke Wang | 7.60 |
| 2017 | Sam Walker | 7.79 |
| 2019 | Shawn Nouraei | 7.85 |
| 2018 | Sam Walker | 7.86 |
| 2019 | Sam Walker | 7.90 |
| 2020 | Jay Guzman | 8.10 |
| 2018 | Shawn Nouraei | 8.12 |
| 2020 | Sam Walker | 8.14 |
| 2016 | Pete Pretorius | 8.30 |
| 2013 | Mike Kang | 8.56 |
| 2017 | Rob Smith | 8.77 |
| 2019 | Faraaz Taiyab | 8.99 |
| 2020 | Faraaz Taiyab | 9.38 |

200M

| | | |
|------|----------------|-------|
| 2019 | Marvin Johnson | 24.30 |
| 2019 | Luke Wang | 24.58 |
| 2018 | Luke Wang | 24.79 |
| 2019 | Sam Walker | 25.54 |
| 2018 | Sam Walker | 25.70 |
| 2017 | Sam Walker | 25.99 |
| 2018 | Shawn Nouraei | 26.92 |
| 2017 | Rob Smith | 30.24 |
| 2019 | Faraaz Taiyab | 30.41 |
| 2015 | Mark Phillips | 33.24 |

300M

| | | |
|------|---------------|-------|
| 2018 | Sam Walker | 41.29 |
| 2019 | Shawn Nouraei | 41.42 |
| 2019 | Sam Walker | 41.53 |
| 2017 | Sam Walker | 41.88 |

400M

| | | |
|------|---------------|---------|
| 2019 | Sam Walker | 58.54 |
| 2017 | Sam Walker | 58.64 |
| 2018 | Sam Walker | 58.90 |
| 2015 | Mark Phillips | 1:10.34 |

WEIGHT THROW (35lbs)

| | | |
|------|---------------|------|
| 2015 | Jody Cranston | 8.78 |
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