

Delaware Senior Olympics  
 2025 Working Papers  
 Track Field  
 1500 Meter Race Walk

<b>Iname</b>	<b>fname</b>	<b>sex</b>	<b>Age</b>	<b>Age Group</b>	<b>st</b>	<b>Time HH:MM:SS.00</b>	<b>Position Overall</b>	<b>Position Delaware</b>
Kluda	Kenneth	M	83	80-84	PA	No Show		
Losasso	Charles	M	81	80-84	DE	11:59	1	1
Gilsenan	John	M	86	85-89	DE	12:14	1	1

**Meet/State records are in Red**

Delaware Senior Olympics  
 2025 Working Papers  
 Track Field  
 1500 Meter Power Walk

Iname	fname	sex	Age	st	Age Group	Time HH:MM:SS.00	Position Overall	Position Delaware
<b>Homar</b>	<b>Joy</b>	<b>F</b>	<b>58</b>	<b>55-59</b>	<b>MD</b>	<b>10:10</b>	<b>1</b>	
<b>Reighard</b>	<b>Deb</b>	<b>F</b>	<b>69</b>	<b>65-69</b>	<b>MD</b>	<b>10:20</b>	<b>1</b>	
Rowens	Deborah	F	71	70-74	MD	13:43	1	
<b>Bradecamp</b>	<b>Denny</b>	<b>M</b>	<b>55</b>	<b>55-59</b>	<b>VA</b>	<b>8:40</b>	<b>1</b>	
<b>LaConte</b>	<b>Robert</b>	<b>M</b>	<b>70</b>	<b>70-74</b>	<b>NJ</b>	<b>10:10</b>	<b>1</b>	
Martin	Francis	M	72	70-74	DE	No Show		
<b>Losasso</b>	<b>Charles</b>	<b>M</b>	<b>81</b>	<b>80-84</b>	<b>DE</b>	<b>10:30</b>	<b>1</b>	<b>1</b>
Zalenski	Donald	M	80	80-84	DE	No Show		
Gilsenan	John	M	86	85-89	DE	12:06	2	2
<b>Paulen</b>	<b>Bob</b>	<b>M</b>	<b>88</b>	<b>85-89</b>	<b>DE</b>	<b>11:29</b>	<b>1</b>	<b>1</b>

**Meet/State records are in Red**

Delaware Senior Olympics  
2025 Working Papers  
Track Field -- 50 Meter

<b>Iname</b>	<b>fname</b>	<b>sex</b>	<b>Age</b>	<b>st</b>	<b>Age Group</b>	<b>Time HH:MM:SS.00</b>	<b>Position Overall</b>	<b>Position Delaware</b>
Homar	Joy	F	58	55-59	MD	8.28	1	
Lunasin	Rudy	M	53	50-54	MD	7.06	1	
epley	steve	M	59	55-59	DE	7.17	1	1
Bennett	Gerry	M	64	60-64	PA	No Show		
Ray	Tom	M	61	60-64	DE	7.72	2	2
Romanek	Broc	M	64	60-64	DE	7.61	1	1
Thomas	Tom	M	64	60-64	DE	8.28	3	3
Chang	Robert	M	69	65-69	PA	7.40	1	
Conway	Steve	M	74	70-74	PA	8.96	1	
Disharoon	Woody	M	77	75-79	DE	8.66	2	1
Indek	William	M	79	75-79	NJ	11.84	3	
Strouss	Mack	M	77	75-79	MD	8.51	1	
Warren	Don	M	77	75-79	PA	No Show		
Losasso	Charles	M	81	80-84	DE	10.14	1	1
Sanchez	Louis	M	83	80-84	DE	11.50	2	2
Donohue	Paul	M	87	85-89	DE	17.47	2	2

Delaware Senior Olympics  
2025 Working Papers  
Track Field -- 50 Meter

<b>Iname</b>	<b>fname</b>	<b>sex</b>	<b>Age</b>	<b>st</b>	<b>Age Group</b>	<b>Time HH:MM:SS.00</b>	<b>Position Overall</b>	<b>Position Delaware</b>
<b>Paulen</b>	<b>Bob</b>	<b>M</b>	<b>88</b>	<b>85-89</b>	<b>DE</b>	<b>11.03</b>	<b>1</b>	<b>1</b>

**Meet/State records are in Red**

Delaware Senior Olympics  
2025 Working Papers  
Track Field -- 100 Meter

Iname	fname	sex	Age	st	Age Group	Time HH:MM:SS.00	Position Overall	Position DE
Homar	Joy	F	58	55-59	MD	16.14	1	
Cardano	Cecelia	F	66	65-69	DE	17.90	1	1
Epley	Steve	M	59	55-59	DE	13.36	1	1
Bennett	Gerry	M	64	60-64	PA	No Show		
Gibson	Harris	M	61	60-64	NJ	13.46	1	
Hemmerle	Barry	M	62	60-64	NJ	18.04	5	
Ray	Tom	M	61	60-64	DE	15.18	3	2
Romanek	Broc	M	64	60-64	DE	14.92	2	1
Thomas	Tom	M	64	60-64	DE	16.25	4	3
Chang	Robert	M	69	65-69	PA	14.17	1	
Jones	David	M	65	65-69	VA	No Show		
Delillio	Guy	M	72	70-74	DE	16.28	1	1
Kissell	Tim	M	70	70-74	DE	No Show		
Martin	Francis	M	72	70-74	DE	No Show		
Wright	William	M	73	70-74	DE	18.57	2	2
Disharoon	Woody	M	77	75-79	DE	20.96	2	1

Delaware Senior Olympics  
 2025 Working Papers  
 Track Field -- 100 Meter

<b>Iname</b>	<b>fname</b>	<b>sex</b>	<b>Age</b>	<b>st</b>	<b>Age Group</b>	<b>Time HH:MM:SS.00</b>	<b>Position Overall</b>	<b>Position DE</b>
Indek	William	M	79	75-79	NJ	22.66	3	
Myslinski	Norbert	M	78	75-79	MD	24.42	4	
Strouss	Mack	M	77	75-79	MD	16.27	1	
Warren	Don	M	77	75-79	PA	No Show		
Guillory	Paul	M	75	75-79	PA	No Show		
Sanchez	Louis	M	83	80-84	DE	23.29	1	1
Donohue	Paul	M	87	85-89	DE	No Show		
Paulen	Bob	M	88	85-89	DE	22.42	1	1

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Delaware Senior Olympics  
2025 Working Papers  
Track Field -- 200 Meter

Iname	fname	sex	Age	st	Age Group	Time HH:MM:SS.00	Position Overall	Position DE
Homar	Joy	F	58	55-59	MD	34.65	1	
Cardano	Cecelia	F	66	65-69	DE	40.67	1	1
Epley	Steve	M	59	55-59	DE	27.41	1	1
Bennett	Gerry	M	64	60-64	PA	No Show		
Romanek	Broc	M	64	60-64	DE	38.50	1	1
Chang	Robert	M	69	65-69	PA	No Show		
Friend	Byron	M	67	65-69	DE	32.96	1	1
Jones	David	M	65	65-69	VA	No Show		
Delillio	Guy	M	72	70-74	DE	No Show		
Mitchell	Michael	M	70	70-74	DE	1:06.60	3	3
Wright	William	M	73	70-74	DE	38.50	2	2
Klotz	Peter	M	72	70-74	DE	33.46	1	1
Disharoon	Woody	M	77	75-79	DE	43.50	3	1
Myslinski	Norbert	M	78	75-79	MD	55.82	2	
Strouss	Mack	M	77	75-79	MD	39.21	1	
Warren	Don	M	77	75-79	PA	No Show		

Delaware Senior Olympics  
2025 Working Papers  
Track Field -- 200 Meter

<b>Iname</b>	<b>fname</b>	<b>sex</b>	<b>Age</b>	<b>st</b>	<b>Age Group</b>	<b>Time HH:MM:SS.00</b>	<b>Position Overall</b>	<b>Position DE</b>
Guillory	Paul	M	75	75-79	PA	No Show		
Donohue	Paul	M	87	85-89	DE	No Show		
Paulen	Bob	M	88	85-89	DE	52.85	1	1

Meet/State records are in Red

Delaware Senior Olympics  
2025 Working Papers  
Track Field -- 400 Meter

Iname	fname	sex	Age	st	Age Group	Time HH:MM:SS.00	Position Overall	Position DE
Lunasin	Rudy	M	53	50-54	MD	1:10	1	
Smith	Shawn	M	58	55-59	DE	1:32	1	1
Gibson	Harris	M	61	60-64	NJ	1:07	1	
Romanek	Broc	M	64	60-64	DE	1:43	2	1
Friend	Byron	M	67	65-69	DE	1:19	1	1
Jones	David	M	65	65-69	VA	No Show		
vanderhoof	gary	M	69	65-69	DC	No Show		
Wright	William	M	73	70-74	DE	1:28	1	1
Wolf	Richard	M	70	70-74	DE	2:49	2	2
Disharoon	Woody	M	77	75-79	DE	1:37	1	1
Keating	Tom	M	77	75-79	DE	2:08	2	2
Myslinski	Norbert	M	78	75-79	MD	2:53	3	
Sanchez	Louis	M	83	80-84	DE	No Show		
Paulen	Bob	M	88	85-89	DE	8:34	1	1

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Delaware Senior Olympics  
 2025 Working Papers  
 Track Field -- 800 Meter

Iname	fname	sex	Age	st	Age Group	Time HH:MM:SS.00	Position Overall	Position DE
<b>Bradecamp</b>	<b>Etta</b>	<b>F</b>	<b>52</b>	<b>50-54</b>	<b>VA</b>	<b>3:07</b>	<b>1</b>	
Romanek	Broc	M	64	60-64	DE	3:59	1	1
Ferrick	Kevin	M	70	70-74	DE	3:46	3	3
Mitchell	Michael	M	70	70-74	DE	3:36	1	1
Wolf	Richard	M	70	70-74	DE	No Show		
Wright	William	M	73	70-74	DE	3:39	2	2
Disharoon	Woody	M	77	75-79	DE	4:17	1	1
Keating	Tom	M	77	75-79	DE	4:24	2	2
Myslinski	Norbert	M	78	75-79	MD	7:00	3	

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Delaware Senior Olympics  
 2025 Working Papers  
 Track Field -- 1500 Meter

Iname	fname	sex	Age	st	Age Group	Time HH:MM:SS.00	Position Overall	Position DE
Bradecamp	Etta	F	52	50-54	VA	6:43	1	
Kalnas	John	M	70	70-74	NJ	No Show		
Mitchell	Michael	M	70	70-74	DE	7:07	1	1
Wright	William	M	73	70-74	DE	7:33	2	2
Disharoon	Woody	M	77	75-79	DE	8:48	1	1
Keating	Tom	M	77	75-79	DE	9:31	2	2
Myslinski	Norbert	M	78	75-79	MD	No Show		

**Meet/State records are in Red**



Delaware Senior Olympics  
2025 Working Papers  
Track Field -- Dicus

<b>Iname</b>	<b>fname</b>	<b>sex</b>	<b>Age</b>	<b>st</b>	<b>Age Group</b>	<b>Best Mark</b>	<b>Position Overall</b>	<b>Position Delaware</b>
<b>Pratt</b>	<b>Larry</b>	<b>M</b>	<b>84</b>	<b>80-84</b>	<b>DE</b>	<b>26.93</b>	<b>1</b>	<b>1</b>
McCabe	Lee	M	86	85-89	MD	17.96	1	

Meet/State records are in Red

Delaware Senior Olympics  
 2025 Working Papers  
 Track Field -- High Jump

<b>Iname</b>	<b>fname</b>	<b>sex</b>	<b>Age</b>	<b>st</b>	<b>Age Group</b>	<b>Best Jump</b>	<b>Position Overall</b>	<b>Position Delaware</b>
Hemmerle	Barry	M	62	60-64	NJ	3.80	1	
conway	steve	M	74	70-74	PA	3.8	1	
Disharoon	Woody	M	77	75-79	DE	3.00	1	1
Paulen	Bob	M	88	85-89	DE	3.00	1	1

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Delaware Senior Olympics  
2025 Working Papers  
Track Field -- Javelin

<b>Iname</b>	<b>fname</b>	<b>sex</b>	<b>Age</b>	<b>st</b>	<b>Age Group</b>	<b>Best Mark</b>	<b>Position Overall</b>	<b>Position Delaware</b>
Kenney	James	M	84	80-84	MD	27.36	1	

**Meet/State records are in Red**

Delaware Senior Olympics  
2025 Working Papers  
Track Field -- Shot Put

Iname	fname	sex	Age	st	Age Group	Best Mark	Position Overall	Position Delaware
Armantrading	Dana	F	51	50-54	DE	8.39	1	1
Homar	Joy	F	58	55-59	MD	5.94	1	
Scanlon	Heather	F	63	60-64	PA	5.74	1	
Gawinski	Kathy	F	71	70-74	DE	4.14	2	1
Rowens	Deborah	F	71	70-74	MD	5.91	1	
Bischof	Ralph	M	67	65-69	NJ	9.82	1	
kalnas	john	M	70	70-74	NJ	8.75	1	
SCHMID	ALEX	M	71	70-74	DE	5.94	2	1
COVOLUS	MICHAEL	M	76	75-79	PA	8.20	2	
Disharoon	Woody	M	77	75-79	DE	8.72	1	1
Myslinski	Norbert	M	78	75-79	MD	6.79	3	
Routh	Andre	M	77	75-79	NJ	No Show		
McCabe	Lee	M	86	85-89	MD	6.93	1	

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Delaware Senior Olympics  
 2025 Working Papers  
 Track Field --  
 Running Long Jump

<b>Iname</b>	<b>fname</b>	<b>sex</b>	<b>Age</b>	<b>st</b>	<b>Age Group</b>	<b>Best Jump</b>	<b>Position Overall</b>	<b>Position Delaware</b>
Scanlon	Heather	F	63	60-64	PA	1.02	1	
Hemmerle	Barry	M	62	60-64	NJ	3.43	1	
Delillio	Guy	M	72	70-74	DE	3.46	1	1
COVOLUS	MICHAEL	M	76	75-79	PA	1.15	2	
Disharoon	Woody	M	77	75-79	DE	2.67	1	1
Losasso	Charles	M	81	80-84	DE	2.6	1	1
Donohue	Paul	M	87	85-89	DE	No Show		
<b>Paulen</b>	<b>Bob</b>	<b>M</b>	<b>88</b>	<b>85-89</b>	<b>DE</b>	<b>2.2</b>	<b>1</b>	<b>1</b>

**Meet/State records are in Red**

Triple Jump  
2025

<b>Iname</b>	<b>fname</b>	<b>sex</b>	<b>Age</b>	<b>st</b>	<b>Age Group</b>	<b>Best Jump</b>	<b>Position Overall</b>	<b>Position Delaware</b>
<b>Paulen</b>	<b>Bob</b>	<b>M</b>	<b>88</b>	<b>85-89</b>	<b>DE</b>	<b>5.07</b>	<b>1</b>	<b>1</b>

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