

2nd Annual Momentum Pentathlon 2023

August 26, 2023 - UW Track Stadium, Seattle

Sponsored by: Twenty Pound Hammer CrossFit

WOMEN

	1		2		3	
	Kelly Pratt		Sarah Farnsworth		Jovel Crisostomo	
	1983	40	1989	35	1985	35
60mh	12.27 (22")	482	14.92 (30")	97	14.92 (22")	97
High Jump	1.20m	389	1.10m	239	0.90m	71
Shot Put	9.80m (1.5)	591	9.92m (1.5)	548	8.43m (1.5)	447
Long Jump	3.35m	231	2.87m	100	2.63m	62
800m	3.38	146	3.15	249	4.45	10
		1839		984		677

Typ. 33" for 30-39

Typ. 4kg for 30-49

*Indoor Pentathlon AG Masters Scoring

US Record (ref.):

3602

3346

3346

MEN

	1		8		9		10	
	Joe Smith		Alex Pratt		Jamie Campbell		Lorenzo Canales	
	1956	65	1983	40	1976	45	1985	35
60mh	12.86 (30")	410	12.56 (30")	204	14.31 (30")	84	13.50 (30")	77
High Jump	1.30m	602	1.25m	111	1.10m	200	1.00m	86
Shot Put	11.30m (4)	792	12.08m (4)	693	10.48m (4)	633	9.70m (1.5)	494
Long Jump	4.78m	828	4.30m	328	2.65m	74	3.75m	188
800m	5.38	10	2.32	414	DNF	0	3.12	28
		2642		1750		991		873

Typ. 39" for 30-49, 27" for 60+

Typ. 7.26kg for 30-49, 5kg for 60-69

*Indoor Pentathlon AG Masters Scoring

US Record (ref.):

3935

3909

3965

3578

YOUTH

	1	
	Audrey Campbell	
	2010	U13
60mh	17.11 (22")	198
High Jump	0.90m	71
Shot Put	6.40m (1.5)	297
Long Jump	2.40m	22
800m	4.36	15
		603

Typ. 30" for U13

Typ. 4kg for U13

*U13 Pentathlon Scoring (sub 70mh for 60mh)