

POLK SENIOR GAMES RECORDS			
2016			
	name	score	year
154 new records			
7 from 1992 - only 1 in active events (Road Race)			
ARCHERY			
Compound Finger			
Men			
65-69	John Gauger	540	2013
70-74	John Gauger	529	2016
75-79	Carl Frank	506	2014
80-84	Roy Bowen	445	2016
Compound Release			
Women			
55-59	Jacqueline Arthurs	528	2016
60-64	Rhonda Rex	541	2016
65-69	Ann Grimes	524	2015
80-84	Barbara Steffens	84	2014
Men			
50-54	Rick Hardman	561	2013
55-59	Jeff Markey	581	2014
60-64	Gary Rex	585	2014
65-69	Gary Rex	586	2015
70-74	Ronald Fulmer	577	2014
75-79	Richard Sokoloski	576	2013
80-84	Jack Cason	563	2016
Recurve			
Women			
60-64	Angie Olds	466	2013
65-69	Alice Prestin	12	2015
70-74	Alice Prestin	19	2016
Men			
50-54	Viatcheslav Oulianov	413	2016
65-69	Larry Michael	522	2013
Barebow Recurve			
Women			
55-59	Gail Noland	28	2015
60-64	Gail Noland	40	2016
Men			
55-59	Gerald Nichols	340	2016
70-74	Lon Goodenow	353	2014
75-79	Frank Skvarek	445	2013
80-84	Harry Lancaster	251	2016
BASKETBALL SHOOTING			
Free Throw Shooting			
Women			
50-54	Diane Foli	22	2015
55-59	Cheryl Shafer McDermeit	24	2014
60-64	Patricia Ashby	28	2002
65-69	Claudette Braswell	24	2005

70-74	Charlotte Miller	25	2010
75-79	Claudette Braswell	26	2013
80-84	Claudette Braswell	20	2016
Men			
50-54	Dennis Sweeney	28	2004
50-54 tied	Ronald Becton	28	2009
55-59	Dennis Sweeney	30 perfect	2006
60-64	Harry Carothers	30 perfect	2005
60-64 tied	William Oliver	30 perfect	2014
65-69	Harry Carothers	30 perfect	2011
70-74	Peter Smith	29	2011
70-74 tied			
75-79	Andy McGuffin	29	2000
80-84	Andy McGuffin	30 perfect	2007
85-89	Andy McGuffin	27	2011
90-94	Andy McGuffin	28	2016
Spot Shooting			
Women			
50-54	Carolyn Deeb	8	2014
50-54 tied	Diane Foli	8	2015
55-59	Chris Evans	11	2015
60-64	Avis Vaught	10	2009
60-64 tied			
65-69	Carol Waters	10	2013
70-74	Claudette Braswell	11	2010
75-79	Claudette Braswell	13	2015
80-84	Claudette Braswell	6	2016
Men			
50-54	Steve McDermeit	13	2006
55-59	Ronald Becton	14	2012
60-64	Harry Carothers	13	2006
65-69	Harry Carothers	13	2010
70-74	Harry Carothers	13	2015
75-79	Earl Owen	11	2014
80-84	Andy McGuffin	13	2005
80-84 tied			
85-89	Andy McGuffin	13	2011
90-94	Andy McGuffin	14	2015
Timed Shooting			
Women			
50-54	Diane Foli	154	2015
55-59	Chris Evans	101	2015
60-64	Avis Vaught	78	2009
65-69	Carol Waters	114	2015
70-74	Claudette Braswell	111	2010
75-79	Claudette Braswell	101	2012
80-84	Claudette Braswell	36	2016
Men			
50-54	Dennis Sweeney	111	2005
50-54 tied	Steve McDermeit	111	2005

55-59	Steve McDermeit	120	2014
60-64	Harry Carothers	127	2006
65-69	William Oliver	141	2015
70-74	Harry Carothers	110	2014
75-79	Ron Plano	76	2016
80-84	Andy McGuffin	86	2005
85-89	Andy McGuffin	120	2013
90-94	Andy McGuffin	125	2014
BOWLING			
Singles			
Women			
50-54	Pamela Sprow	643	2011
55-59	Lisa McGraw	662	2016
60-64	Barbara Gnegy	713	2010
65-69	Barbara Gnegy	614	2012
70-74	Martha Evans	603	2011
75-79	Jo Wagner	551	2004
80-84	Machiko Gotsuco	539	2015
85-89	Betty Hall	502	2012
90-94	Lillian Webb	499	2007
95-99	Lillian Webb	426	2012
Men			
50-54	Salvador Trevino	741	2016
55-59	Stanley Sprow	803	2014
60-64	Bud Serletic	732	1996
65-69	Virgil Enger	755	2009
70-74	Virgil Enger	733	2014
75-79	John Spencer	762	2014
80-84	Bruce Tohm	706	2013
85-89	Gil Rosenthal	625	2015
90-94	Garfield Sager	551	2011
95-99	Frank Farrington	474	2003
100-104	Frank Farrington	427	2008
Doubles			
Women			
50-54	Pamela Sprow & Janis Caffee	1338	2013
55-59	Betty Stephens & Sonja Letchworth	1242	1998
60-64	Barbara Gnegy & Carolyn Bass	1171	2009
65-69	Diane Downey & Barbara Gnegy	1199	2015
70-74	Rosalie Halverson & Machiko Gotauco	1146	2009
75-79	Winnie Ball & Helen Weaver	1006	2001
80-84	Irene Watson & Jo Ann Harrison	1111	2007
85-89	Betty Hall & Irene Watson	879	2013
90-94	Violet Bass & Pansy Shepard	718	2013
Men			
50-54	John Ramsey & Bruce Devivo	1357	2002
55-59	Bud Serletic & D A Bottoms	1431	2000
60-64	Eddie Doucette & John Rolfe	1300	2015
65-69	Chuck Cook & Charles Leak	1410	2004

70-74	Curtis Letchworth & Remer Letchworth	1324	2007
75-79	Matthew Valitchka & Don Buckley	1228	1996
80-84	Patrick McMurchie & Fred Vogler	1223	2004
85-89	Edward Vitale & Fred Vogler	1051	2012
90-94	Gene Peterson & Garfield Sager	800	2012
Mixed Doubles			
50-54	Stanley Sprow & Pamela Sprow	1376	2013
55-59	Bud Serletic & Tomi Lee Burns	1329	2005
60-64	Mary Ellen Wadley & John Ramsey	1330	2004
65-69	Jo Ann Martinez & Richard Hill	1263	1996
70-74	Irene Watson & Edward Corban	1241	2002
75-79	Rosa Schuler & Bruce Tohm	1179	2011
80-84	Dolly Pretari & Joe Lane	1102	2007
85-89	Irene Watson & Everett Rieck	1055	2013
90-94	Pansy Shepard & Garfield Sager	886	2011
95-99	Evelyn Gregor & Carl Laubach	850	2009
CYCLING			
5K			
Women			
50-54	Patricia Hoffman	9:20.4	2003
55-59	Joan Zirkelbach	9:04.6	2003
60-64	Patricia Bond	9:56.06	2000
65-69	Patricia Bond	8:23.4	2003
70-74	Phyllis Goodlad	11:03.34	1999
75-79	Phyllis Goodlad	11:33.3	2003
80-84	Mary Jane Schafer	24:19.8	2003
Men			
50-54	Kevin Ruesch	8:28.6	2003
55-59	Steve Feith	8:13.4	2003
60-64	Roger Burke	7:58.71	1997
65-69	Bud Scott	8:19.9	2003
70-74	Larry Reade	8:48.8	2003
75-79	Girard Dandreaux	9:40.59	1997
80-84	Brian McGrath	10:39.06	1998
85-89	Brian McGrath	10:53.56	2000
90-94	Brian McGrath	10:53.2	2003
10K			
Women			
50-54	Patricia Hoffman	17:00	2003
55-59	Joan Zirkelbach	18:56.7	2003
60-64	Patricia Bond	20:04.66	2000
65-69	Patricia Bond	19:15.6	2003
70-74	Phyllis Goodlad	22:51.81	1999
75-79	Phyllis Goodlad	22:41	2003
Men			
50-54	John Sedmera	17:20.85	1997
55-59	Roger Burke	17:31.28	1993
60-64	Leon Burk	16:52.8	2003
65-69	Larry Reade	16:55.35	1999

70-74	Larry Reade	17:09.4	2003
75-79	Jacob Zeigler	19:48.8	2003
80-84	John Sinabaldi	21:47.00	1994
85-89	Brian McGrath	22:20.00	2000
FIELD EVENTS			
Discus			
Women			
50-54	Karen Sapp	73' 5"	2003
55-59	Erika Messner	81' 8 1/2"	1994
60-64	Erika Messner	80' 1"	1996
65-69	Erika Messner	75' 7"	2002
70-74	Evelyn Wright	63' 7 3/4"	2010
75-79	Evelyn Wright	65' 8"	2012
80-84	Ethel Lehmann	51' 6 1/4"	2009
85-89	Ethel Lehmann	43' 1 3/4"	2016
90-94	Lillian Webb	26' 1"	2008
95-99	Lillian Webb	28' 5 1/2"	2012
Men			
50-54	Gary Lane	139' 9"	1998
55-59	Jerry Arline	130' 6"	1998
60-64	Terry Reed	138' 6 3/4"	2008
65-69	Len Olson	157' 5 1/2"	1998
70-74	Len Olson	129' 2 1/4"	2002
75-79	James Oglesby	121' 4 1/2"	2009
80-84	Karlis Ezerins	92' 7"	2007
85-89	Karlis Ezerins	76' 6 1/4"	2012
90-94	David Chase	63' 10 3/4"	2010
95-99	Ed Butters	32' 4"	2003
High Jump			
Women			
50-54	Janet Lamoureux	3' 10"	2016
55-59	Barbara Cleveland	4' 2"	1999
60-64	Barbara Cleveland	4' 2"	2000
65-69	Ethel Lehmann	3' 6"	1999
65-69 tied	Janet Bogard	3' 6"	2016
70-74	Evelyn Wright	3' 9"	2010
75-79	Evelyn Wright	3' 6"	2012
80-84	Ethel Lehmann	3' 2"	2010
85-89	Ethel Lehmann	2' 4"	2016
Men			
50-54	Charles Jordan	5' 1"	2009
55-59	Carlos Urrutia	5' 2"	2015
60-64	Charles Sledge	4' 10"	2011
65-69	Richard Lowery	4' 6"	2001
70-74	Richard Lowery	4' 8"	2003
75-79	Richard Lowery	4' 7"	2010
80-84	Richard Lowery	4' 4"	2011
80-84 tied			
85-89	Sid Duckman	3' 4"	2004

90-94	David Chase	3' 2"	2010
Javelin			
Women			
50-54	Karen Sapp	65' 3 1/2"	2006
55-59	Erika Messner	93' 1/2"	1994
60-64 500 gram in 2015	Marcia Plante	45' 6"	2016
60-64 400 gram			
65-69 500 gram in 2015	Janet Bogard	65' 4 1/2"	2015
65-69 400 gram			
70-74 500 gram in 2015	Linda Diller	20' 6"	2015
70-74 400 gram			
75-79	Ethel Lehmann	68' 4 1/2"	2004
80-84	Ethel Lehmann	64' 9"	2012
85-89	Ethel Lehmann	41'	2016
Men			
50-54	John Selleh	149'	2001
55-59	John Selleh	143' 7"	2003
60-64	Rudy Vlaardingerbroek	141' 5 1/2"	2009
65-69	William Rothley	126' 10"	2000
70-74	Thomas Fulton	122' 4 1/2"	2010
75-79	James Oglesby	102' 4 1/2"	2009
80-84	Richard Lowery	86' 7 3/4"	2011
85-89	Karlis Ezerins	69'	2012
90-94	David Chase	56' 3"	2014
95-99	Ed Butters	37'	2003
Long Jump			
Women			
50-54	Diane Foli	10' 7"	2015
55-59	Barbara Cleveland	12' 9 1/2"	1999
60-64	Barbara Cleveland	13' 3"	2003
65-69	Janet Bogard	8' 11 1/2"	2016
70-74	Madelaine Cazel	9' 7"	2010
75-79	Ethel Lehmann	9'	2006
80-84	Ethel Lehmann	8' 4"	2009
85-89	Ethel Lehmann	5' 8"	2016
90-94	Lillian Webb	4' 8"	2008
95-99	Lillian Webb	4' 11"	2012
Men			
50-54	Charles Jordan	16'	2010
55-59	Alfred Leon	17'	2016
60-64	Clifford Threlkeld	15' 2 1/2"	2005
65-69	William Rothley	14' 1"	2000
70-74	William Rothley	13'	2007
75-79	William Rothley	12' 11"	2008
80-84	Sid Duckman	9' 7"	2001
85-89	Sid Duckman	9' 7"	2006
90-94	David Chase	7' 9"	2012
Shot-put			
Women			
50-54	Diane Workum	30' 9"	2014

55-59	Erika Messner	31' 9 1/2"	1994
60-64	Erika Messner	32' 8"	2000
65-69	Erika Messner	29' 4"	2003
70-74	Evelyn Wright	24' 9 1/2"	2010
75-79	Evelyn Wright	26' 7 3/4"	2013
80-84	Ethel Lehmann	19' 1 1/4"	2011
85-89	Lillian Webb	16' 5 1/2"	2002
90-94	Lillian Webb	14' 8 3/4"	2005
95-99	Lillian Webb	15' 3/4"	2012
Men			
50-54	John Selleh	37' 9"	2002
55-59	David Grossman	38' 1/2"	2006
60-64	Gary Winters	45' 6"	2003
65-69	Len Olson	45' 5 1/2"	2000
70-74	James Oglesby	43' 9"	2008
75-79	James Oglesby	42' 1"	2010
80-84	Karlis Ezerins	33' 6 1/2"	2007
85-89	Karlis Ezerins	32' 5 1/2"	2012
90-94	David Chase	27' 2"	2011
95-99	Ed Butters	13' 9 1/4"	2003
Softball Throw			
Women			
50-54	Karen Sapp	146' 3"	2003
55-59	Erika Messner	113' 10"	1994
60-64	Erika Messner	126'	1998
65-69	Ethel Lehmann	121' 5"	1999
70-74	Ethel Lehmann	115' 5"	2000
75-79	Ethel Lehmann	120' 1"	2006
80-84	Ethel Lehmann	108' 11"	2009
85-89	Ethel Lehmann	86'	2016
90-94	Lillian Webb	55'	2006
95-99	Lillian Webb	43' 10"	2012
Men			
50-54	Armond Laframboise	253' 5"	2001
55-59	Armond Laframboise	235' 11"	2003
60-64	Matt McGillen	213' 4"	2014
65-69	Bill Karjane	196' 9"	2006
70-74	Bill Karjane	182' 1 1/2"	2009
75-79	Bill Karjane	159' 1"	2014
80-84	Don Miller	143' 1"	2016
85-89	Jim Schroder	114' 5"	2012
90-94	Gilbert Fair	71' 5"	2006
95-99	Ed Butters	44' 5"	2003
100-104	Frank Farrington	29' 6 3/4"	2008
Triple Jump			
Women			
50-54	Janet Lamoureux	25' 1"	2016
55-59	Susan Prevatt	17' 11"	2014
60-64	Avis Vaught	25' 5"	2009
65-69	Janet Bogard	19'	2016

70-74	Evelyn Wright	20' 7"	2010
75-79	Evelyn Wright	18' 10"	2012
80-84	Ethel Lehmann	16' 7"	2010
85-89	Ethel Lehmann	11' 2"	2016
Men			
50-54	Alfred Leon	33' 10'	2015
55-59	Alfred Leon	35' 2"	2016
60-64	David Host	29' 11"	2013
65-69	Armond Laframboise	25' 3"	2013
65-69 tie			
70-74	Bill Karjane	24' 4"	2010
75-79	Bill Rothley	24' 8 1/2"	2009
80-84	Buzz Porter	20' 8"	2016
85-89	Robert Rockey	16' 4"	2013
90-94	David Chase	17'	2011
FISHING			
Length			
50-54	Gus Palas	11" Catfish	2011
55-59	Janet Wickman	13 1/2" Catfish	2014
60-64	Gene Burch	19 1/4" Bass	2013
65-69	Steven Totten	35" Carp	2016
70-74	Robert Dostal	22 1/4" Catfish	2014
75-79	David Houtman	20" Bass	2016
80-84	Donald Kremer	22" Bass	2016
85-89	Dirk Hoffer	18" Bass	2015
90-94			
95-99			
Quantity			
50-54	Jack Carver	9	1998
55-59	Larry Patrick	5	2006
55-59 tied			
55-59 tied			
60-64	Rose Thornburgh	19	2009
65-69	James Christian	62	2014
70-74	Jean Free	29	2008
75-79	Helen Grieshaber	23	2014
80-84	Tubby Harrison	10	2000
85-89	Reatha Henry	9	2016
90-94	Charles Hermann	7	2009
Weight			
50-54	Arthur Fair	2 lb 15 oz	1999
55-59	Richard Mellock	2 lb 3 oz	2001
60-64	Ann Wyant	4 lb 15 oz	2009
65-69	David Houtman	4 lb 15 oz bass	2005
70-74	Dan DeRosa	4 lb 1 oz	2009
70-74			
75-79	John Cotterill	4 lb 11 oz	2004
80-84	John Cotterill	5 lb 8 Oz	2009
85-89	Terral Higgins	4 lb 15 oz	2009

90-94	Patrick Monaco	5.9 oz	2009
Fly Casting			
Accuracy			
Women			
50-59	Jackie Wallace	75	2014
60-69	Julie Palas	50	2016
70-79	Patti Foster	300	2014
80-89	Helen Grieshaber	10	2016
Men			
50-59	Gus Palas	150	2012
60-69	Bernard Siskavich	260	2015
70-79	Richard Mason	300	2014
80-89	Richard Mason	250	2015
Distance			
Women			
50-59	Jackie Wallace	41' 5"	2013
60-69	Julie Palas	30'	2016
70-79	Patti Foster	64' 5"	2012
80-89	Helen Grieshaber	22' 7 1/4"	2015
Men			
50-59	Gus Palas	25' 4"	2012
60-69	Ronald Clark	68' 5"	2012
70-79	Frank Foster	62' 10"	2016
80-89	Richard Snyder	56' 7"	2012
GOLF			
18 Hole			
Women			
50-54	Janet Brown	73	2004
55-59	Joanne Ahearn	73	2006
60-64	Ursula Johnston	74	2004
60-64 tie	Barbara Heddon	74	2007
65-69	Mettie Withers	75	2004
70-74	Ethelyn Bartlett	75	2007
75-79	Gail Brown	77	2013
80-84	Mettie Withers	85	2016
85-89	Orabelle Beach	92	2007
85-89 tie	Mary Bourque	92	2009
90-94	Lauretta Wise	109	2006
Men			
50-54	Ira Dunning	71	1997
55-59	Curtis Madson	68	1997
60-64	Brian Jeffery	71	2005
60-64 tie	Don McQuaig	71	2006
65-69	Donald McQuaig	69	2014
70-74	Bill Jukes	70	2014
75-79	Cliff Brown	70	2015
75-79 tie			
80-84	Robert Cheatham	73	2005

85-89	Robert Cheatham	81	2009
90-94	Albert Otte	81	2012
95-99	Dean Fulton	97	2012
Mixed Doubles			
50-54	John Shotwell & Evie Harrison	73	2016
55-59	Thomas Rainwater & Theresa Rainwater	75	2016
60-64	Janet Brown & John Min ton	72	2016
65-69	Curt Doerrer & Sue Doerrer	70	2016
70-74	Carolyn Sunday & Larry Sunday	73	2016
75-79	Lea Pepin & Lionel Pepin	79	2016
80-84	Charles Pantera & Dolores Troke	95	2016
85-89	Carl Carroll & Dori Laibe	85	2016
KAYAK			
Women			
Women (1 mile)			
50-59	Betty Warwick	18:46	2003
60-69	Betty Stephens	20:29	2003
70-79			
80-89	Mary Jane Schafer	22:22	2003
Men			
Men (1 mile)			
50-59	William Harboe	18:17	2003
60-69	Leon Burk	14:54	2003
70-79	Joseph Puma	17:40	2003
80-89			
POWERLIFTING			
Bench Press			
Women			
50-54 Wt 132	Sheryl Bradford	120 lbs	2016
50-54 Wt 148	Lenore Devore	115 lbs	2013
50-54 Wt 165	Lenore Devore	125 lbs	2015
50-54 Wt 181	Lenore Devore	135 lbs	2016
55-59 Wt 114	Nancy Georges	75 lbs	2010
55-59 Wt 123	Yvette Fox	105 lbs	2016
55-59 Wt 148	Julie Racicot	100 lbs	2015
55-59 Wt 165	Laurie Schoepe	85 lbs	2014
55-59 Wt 181	Lillian Gillman	95 lbs	2014
55-59 Wt 198	Gail Noland	75 lbs	2012
55-59 Wt 198+	Dawn Black	95 lbs	2015
60-64 Wt 114	Nancy Georges	90 lbs	2015
60-64 Wt 148	Susan Frieman	80 lbs	2015
60-64 Wt 162	Judy Parsons	60 lbs	2015
60-64 Wt 181	Sharmay Luedtke	115 lbs	2016
60-64 Wt 198	Dawn Black	135 lbs	2016
60-64 Wt 199+	Gail Noland	80 lbs	2016
65-69 Wt 104	Arlene Coulter	90 lbs	2015
65-69 Wt 114	Nancy Georges	90 lbs	2016
65-69 Wt 148	Lois Hall	100 lbs	2016
65-69 Wt 165	Sondra Freedman	70 lbs	2015
65-69 Wt 181	Virginia Brown	70 lbs	2014

65-69 Wt 198	Virginia Brown	75 lbs	2015
65-69 Wt 199+	Carolyn Bolander	45 lbs	2010
70-74 Wt 97	Patricia Ashby	50 lbs	2013
70-74 Wt 105	Patricia Ashby	45 lbs	2012
70-74 Wt 123	Joanna Lahey	70 lbs	2015
70-74 Wt 148	Bonnie Thurston	70 lbs	2014
70-74 Wt 165	Joan Mann	85 lbs	2015
70-74 Wt 198	Carolyn Bolander	55 lbs	2012
75-79 Wt 105	Patricia Ashby	50 lbs	2016
75-79 Wt 114	Patricia Ashby	55 lbs	2015
75-79 Wt 148	Bonnie Thurston	80 lbs	2015
80-84 Wt 123	Imogene Northern	7 lbs	2011
85-89 Wt 165	Trudy Daxon	45 lbs	2015
90-94 Wt 148	Edith Traina	55 lbs	2015
90-94 Wt 165	Edith Traina	60 lbs	2014
Men			
50-54 Wt 142	Michael Libys	160 lbs	2014
50-54 Wt 148	Michael Libys	185 lbs	2016
50-54 Wt 165	Gary Fulton	230 lbs	2014
50-54 Wt 181	William Devore	345 lbs	2015
50-54 Wt 198	William Devore	350 lbs	2016
50-54 Wt 220	Jim Bradford	355 lbs	2016
50-54 Wt 242	Daniel Jonas	325 lbs	2012
50-54 Wt 275	Tony Parker	350 lbs	2013
50-54 SHW	Miguel Rodriguez	535 lbs	2012
55-59 Wt 165	Jerry Mobley	275 lbs	2015
55-59 Wt 181	Dennis Folds	245 lbs	2014
55-59 Wt 198	Keith Grimes	270 lbs	2012
55-59 Wt 220	Gary Wright	250 lbs	2015
55-59 Wt 242	George Anthony	325 lbs	2016
55-59 Wt 275	Tony Parker	350 lbs	2016
55-59 SHW	David Friedlender	355lbs	2011
60-64 Wt 132	Michael Floss	175 lbs	2014
60-64 Wt 148	Frank Scianimanico	210 lbs	2015
60-64 Wt 165	Harry Carl	200 lbs	2016
60-64 Wt 181	Kelley Collier	235 lbs	2012
60-64 Wt 198	George Walker	335 lbs	2009
60-64 Wt 220	Steven Eisman	335 lbs	2012
60-64 Wt 242	Mike Wood	335 lbs	2012
60-64 Wt 248	Mike Wood	345lbs	2013
60-64 Wt 275	Carl Amato	260 lbs	2016
65-69 Wt 148	Richard Merino	200 lbs	2010
65-69 Wt 165	Al Annunziato	245 lbs	2013
65-69 Wt 181	Kelley Collier	250 lbs	2014
65-69 Wt 198	Kelley Collier	280 lbs	2015
65-69 Wt 220	Randy Willett	300 lbs	2011
65-69 Wt 242	Mike Wood	330 lbs	2016
65-69 Wt 275	Howard Brown	275 lbs	2016
65-69 SHW	Joseph Abal	250 lbs	2016
70-74 Wt 132	David Surratt	150 lbs	2016

70-74 Wt 148	Cliff Jackson	210 lbs	2015
70-74 Wt 165	Jacques Weaver	200 lbs	2014
70-74 Wt 181	Noel Kocher	230 lbs	2010
70-74 Wt 198	Sherwood Ellis	235 lbs	2012
70-74 Wt 220	John Yong	270 lbs	2010
70-74 Wt 242	Walter Robinson	325 lbs	2016
70-74 Wt 275	Cicero Carr	235 lbs	2011
70-74 Wt SHW	William Barnickel	330 lbs	2011
75-79 Wt 123	Ronald Crawford	145 lbs	2012
75-79 Wt 132	Edward Perez	145 lbs	2016
75-79 Wt 165	Bill Tinkler	205 lbs	2013
75-79 Wt 181	Jacques Weaver	235 lbs	2016
75-79 Wt 198	Sherwood Ellis	210 lbs	2016
75-79 Wt 220	John Yong	250 lbs	2011
75-79 Wt 242	John Best	155 lbs	2012
75-79 Wt 275	Cicero Carr	225 lbs	2014
80-84 Wt 132	Ronald Crawford	140lbs	2014
80-84 Wt 165	Bill Tinkler	205 lbs	2014
80-84 Wt 181	Michael Maiden	135 lbs	2016
80-84 Wt 198	Albert Smith	140 lbs	2016
80-84 Wt 220	Vito Lombardo	200 lbs	2014
80 84 Wt 242	Donald Noland	85 lbs	2013
80-84 Wt 275	Donald Noland	85 lbs	2012
85-89 Wt 148	Joseph Matthews	80 lbs	2015
85-89 Wt 165	Carmine Maggiore	175 lbs	2016
85-89 Wt 181	Jim Schroder	70 lbs	2012
85-89 Wt 198	Duffy Thompson	100 lbs	2012
Dead Lift			
Women			
50-54 Wt132	Lynn Cook	280lbs	2016
50-54 Wt 145	Lenore Devore	205 lbs	2013
50-54 Wt 181	Lenore Devore	255 lbs	2016
50-54 Wt 165	Lenore Devore	235 lbs	2015
55-59 Wt 114	Nancy Georges	185 lbs	2010
55-59 Wt 123	Yvette Fox	195 lbs	2016
55-59 Wt 148	Julie Racicot	215 lbs	2015
55-59 Wt 165	Laurie Schoepe	195 lbs	2015
55-59 Wt 181	Gail Noland	150 lbs	2014
55-59 Wt 198	Gail Noland	155 lbs	2015
55-59 Wt 199+	Dawn Black	225 lbs	2015
60-64 Wt 114	Nancy Georges	220 lbs	2012
60-64 Wt 165	Judy Parsons	130 lbs	2015
60-64 Wt 181	Sharmay Luedtke	255lbs	2016
60-64 Wt 198	Margie Brownlee	240 lbs	2011
60-64 Wt 199+	Gail Noland	155lbs	2016
65-69 Wt 114	Nancy Georges	190 lbs	2016
65-69 Wt 148	Lois Hall	200 lbs	2015
65-69 Wt 165	Sondra Freedman	170 lbs	2015
65-69 Wt 198	Virginia Brown	135 lbs	2016
65-69 Wt 199 +	Carolyn Bolander	125 lbs	2011

70-74 Wt 97	Patricia Ashby	120 lbs	2013
70-74 Wt 105	Patricia Ashby	115 lbs	2012
70-74 Wt 123	Joanna Lahey	160 lbs	2016
70-74 Wt 132	Joanne Westman	135 lbs	2013
70-74 Wt 148	Carmen Gutwirth	200 lbs	2015
70-74 Wt 165	Joan Mann	205 lbs	2016
70-74 Wt 195	Carolyn Bolander	150 lbs	2012
70-74 Wt 198	Carolyn Bolander	155 lbs	2016
75-79 Wt 105	Patricia Ashby	135 lbs	2016
75-79 Wt 114	Patricia Ashby	150 lbs	2015
75-79 Wt 148	Bonnie Thurston	189 lbs	2015
80-84 Wt 123	Imogene Northern	45 lbs	2011
85-89 Wt 165	Trudy Daxon	155 lbs	2015
90-94 Wt 148	Edith Traina	130 lbs	2015
90-94 Wt 165	Edith Traina	135 lbs	2014
Men			
50-54 Wt 181	William Devore	480 lbs	2015
50-54 Wt 198	William Devore	510 lbs	2016
50-54 Wt 220	Lee Russ	365 lbs	2011
50-54 Wt 242	Robert Harrison	305 lbs	2014
50-54 Wt 275	Scott Hane	445 lbs	2016
50-54 SHW	Viatcheslav Oulianov	515 lbs	2016
55-59 Wt 165	Jerry Mobley	400 lbs	2016
55-59 Wt 181	Stephen Mann	425 lbs	2010
55-59 Wt 198	Barrie Bennette	465 lbs	2012
55-59 Wt 220	Louis Baltz	440 lbs	2011
55-59 Wt 242	George Anthony	405 lbs	2015
55-59 Wt 275	George Anthony	410 lbs	2014
60-64 Wt 148	Frank Scianimanico	260 lbs	2015
60-64 Wt 165	Harry Carl	320 lbs	2016
60-64 Wt 181	Kelley Collier	470 lbs	2013
60-64 Wt 198	Barrie Bennette	440 lbs	2016
60-64 Wt 220	Louis Baltz	450 lbs	2012
60-64 Wt 242	John Callahan	405 lbs	2014
60-64 Wt 275	John Callahan	400 lbs	2015
65-69 Wt 148	Richard Merino	255 lbs	2010
65-69 Wt 165	Al Annunziato	485 lbs	2012
65-69 Wt 181	Kelley Collier	490 lbs	2014
65-69 Wt 198	Kelley Collier	500 lbs	2015
65-69 Wt 220	Thomas Haggemiller	445 lbs	2012
65-69 Wt 242	Howard Brown	315 lbs	2014
65-69 Wt 275	Howard Brown	335 lbs	2016
65-69 Wt SHW	Joseph Abal	300 lbs	2016
70-74 Wt 132	David Surratt	225 lbs	2016
70-74 Wt 148	Richard Merino	305 lbs	2011
70-74 Wt 165	Richard Ortiz	365 lbs	2015
70-74 Wt 181	Jack Stevens	510 lbs	2015
70-74 Wt 198	Sherwood Ellis	420 lbs	2012
70-74 Wt 220	Richard Mintken	320 lbs	2016
70-74 Wt 242	Dan Houtman	320 lbs	2012

70-74 Wt 275	Cicero Carr	355 lbs	2013
70-74 SHW	William Barnickel	300 lbs	2011
75-79 Wt 132	Dillon Maier	250 lbs	2013
75-79 Wt 165	Bill Tinkler	305 lbs	2013
75-79 Wt 181	Jacques Weaver	310 lbs	2016
75-79 Wt 198	Sherwood Ellis	400 lbs	2016
75-79 Wt 220	John Yong	255 lbs	2011
75-79 Wt 242	John Best	265 lbs	2012
75-79 Wt 275	Cicero Carr	305 lbs	2016
80-84 Wt 132	Dillon Maier	265 lbs	2015
80-84 Wt 165	Bill Tinkler	350 lbs	2014
80-84 Wt 181	David Criss	205 lbs	2014
80-84 Wt 198	Albert Smith	180 lbs	2016
80-84 Wt 220	Roy Northern	120 lbs	2010
80-84 Wt 242	Donald Noland	140 lbs	2014
80-84 Wt 275	Donald Noland	155 lbs	2016
85-89 Wt 148	Joseph Matthews	110 lbs	2015
85-89 Wt 181	Jim Schroder	130 lbs	2012
85-89 Wt 198	Duffy Thompson	175 lbs	2012
PUNT PASS KICK			
Women			
50-54	Diane Foli	247' 8 3/4"	2015
55-59	Sue Burrus	230'	1993
60-64	Susan Prevatt	172' 4"	2016
65-69	Ethel Lehmann	199'	1999
70-74	Ethel Lehmann	245' 10"	2000
75-79	Ethel Lehmann	184' 6"	2005
80-84	Ethel Lehmann	195' 10"	2010
85-89	Ethel Lehmann	171' 1"	2016
Men			
50-54	Matt McGillen	384' 11"	2007
55-59	Matt McGillen	420' 1"	2010
60-64	Matt McGillen	382' 7 1/2"	2015
65-69	Dudley Thomas	363' 10"	2012
70-74	Bud Hollowell	337' 4"	2013
75-79	Bill Karjane	267' 2 1/2"	2014
80-84	Bernard Stearns	273' 4'	2012
85-89	Ross Stauffer	219' 4"	2010
90-94	Lee Palmer	119' 3"	1998
95-99	Arland Meade	68' 4"	2011
RACE WALK			
1500M			
Women			
55-59	Jill Brown	10:37.16	1998
60-64	Jill Brown	10:27.50	2000
65-69	Thelma Fallows	11:26.70	1994
70-74	Mary Bourque	12:18.00	1997
75-79	Lillian Webb	12:50.70	1994

Men			
50-54	Chet Dissinger	12:11.26	1998
55-59	Walter Deal	8:30.75	1998
60-64	Brian Bulpin	9:19.90	1994
65-69	Don Carey	10:33.00	1997
70-74	Bob Smith	10:40.43	1998
75-79	Gordon Johnson	9:41.70	1994
80-84	Gilbert Fair	11:58.78	1998
5000 Meter			
Women			
50-54	Sandra Kositzka	39:59.00	1997
55-59	Jill Brown	37:45.15	1998
60-64	Helen Wiper	38:08.09	1998
65-69	Thelma Fallows	40:03.10	1994
70-74	Ann Matthews	45:04.40	1996
Men			
50-54	Chet Dissinger	43:16.87	1998
55-59	Andrew Crane	31:04.40	1996
60-64	Myron Humphries	34:20.48	1998
65-69	Carl Newburn	35:58.80	1996
70-74	Bob Smith	36:35.58	1998
75-79	Gordon Johnson	34:47	1993
ROAD RACE 5K			
Women			
50-54	Dee Bays	19:37.00	1997
55-59	Barbara Cahalan	22:43.56	2011
60-64	Georgie Gillis	23:40.69	2008
65-69	Georgie Gillis	24:29.48	2011
70-74	Georgie Gillis	25:08.87	2015
75-79	Phyllis Goodlad	33:15.63	2003
80-84	Claudette Braswell	41: 58.41	2016
Men			
50-54	Dave Quarles	18:10.42	2003
55-59	Jarrett Slaven	19:08.50	2000
60-64	Ray Larson	20:24	1992
65-69	Frank Brume	21:12.55	2005
70-74	Frank Brume	22:19. 59	2010
75-79	Gordon Johnson	23:32	1994
80-84	Gordon Johnson	28:38.55	2000
85-89	Gordon Johnson	33:28.78	2005
90-94	Gordon Johnson	47:11.27	2008
SHOOTING			
SKEET			
Women			
60-64	Peggy DeVivo	27	2014
60-69 old			
Men			
50-59 old			

55-59	Gary Brown	47	2014
60-69 old			
60-64	William DuCharme	47	2014
65-69	William DuCharme	48	2015
70-79 old			
70-74	Terry Ball	48	2015
75-79	Harry Kimberly	46	2015
80-89 old			
80-84	Elmer Dobner	44	2015
85-89	Terral Higgins	26	2011
TRAP			
Women			
50-54	Janet Wickman	24	2012
50-59 old			
55-59	Janet Wickman	31	2016
60-69 old			
60-64	Patricia Hill	36	2012
65-69	Patricia Hill	42	2016
70-79 old			
70-74			
75-79	Chris Sikes	30	2013
Men			
50-54	Viatcheslav Oulianov	36	2016
50-59 old			
55-59	Michael McSweeney	40	2011
60-69 old			
60-64	David Wright	47	2011
65-69	Merwin Backus	49	2011
70-79 old			
70-74	Jerry Quintal	48	2016
75-79	Gary Odell	47	2011
80-89 old			
80-84	Gene Regnier	49	2015
85-89	Terral Higgins	39	2011
Rifle Shooting			
Women			
50-54	Naomi Tillet	600	2016
60-64	Linda Hover	600	2014
70-74	Donna Hunt	574	2015
75-79	Beverly Lyon	597	2015
80-84	Beverly Lyon	598	2016
Men			
50-54	Viatcheslav Oulianov	514	2016
55-59	Stephen Hillis	556	2014
60-64	Daniel DiGiacomo	426	2015
65-69	Lee Methvin	600	2015
70-74	Woodford Miller	600	2014
70-74 tied	William Ruth	600	2016
75-79	George Hotchkiss	599	2014
75-79 tied	Wendell Hunt	600	2016

80-84	Stanley Searfoss	600	2014
85-89	Eugene Lyon	600	2015
Sporting Clays			
Women			
55-59	Janet Wickman	16	2016
Men			
55-59	Stephen Hillis	35	2015
60-64	Gary Brown	45	2016
65-69	Lum Thornhill	39	2015
70-74	Terry Ball	45	2015
75-79	Patrick Kelley	38	2016
80-84	Marshall Smith	44	2015
SWIMMING			
50 Yd Backstroke			
Women			
50-54	Cyn Lasher	36.88	2009
55-59	Pat Sargeant	33.11	2012
60-64	Patricia Bond	43.83	2002
65-69	Patricia Bond	43.56	2003
70-74	Patricia Bond	44.37	2008
75-79	Mary Tusa	50.06	2005
80-84	Florence Dunbar	52.65	1993
85-89	Florence Dunbar	1:02.37	1999
90-94	Ellen Brown	1:38.53	2015
95-99	Dorothy Freed	1:33.81	2015
Men			
50-54	John Laderer	28.07	2015
55-59	Nathan Leech	30.33	2007
60-64	Brian Voisard	31.88	2011
65-69	Brian Voisard	32.95	2016
70-74	Burwell Jones	34.16	2005
75-79	Gordon Ralph	40.11	2007
80-84	John Woods	46.99	2003
85-89	John Cornell	50.83	2012
90-94	Jerome Burke	1:15.33	2015
95-99	Arland Meade	1:44.51	2010
100-104	Arland Meade	2:05.80	2015
100 Yd Backstroke			
Women			
50-54	Cyn Lasher	1:19.83	2009
55-59	Marcy Thomas	1:23.94	2016
60-64	Linda Fulton	1:21.01	2016
65-69	Patricia Bond	1:28.53	2003
70-74	Patricia Bond	1:32.55	2009
75-79	Beverly Myers	1:47.54	2010
80-84	June Reynolds	2:15.99	2003
85-89	Phyllis Goodlad	2:26.00	2015
Men			
50-54	Allen Sale	1:06.55	2009

55-59	Brian Voisard	1:05.42	2009
60-64	Brian Voisard	1:08:07	2011
65-69	Brian Voisard	1:10.15	2016
70-74	Gaylord Hopkins	1: 19.51	2012
75-79	Charles Schlegel	1:31.62	2005
80-84	John Woods	1:45.57	2003
85-89	John Woods	2:12.61	2008
90-94	Lowell Heneveld	3:18.83	2013
95-99	Arland Meade	4:03.80	2010
200 Yd Backstroke			
Women			
50-54	Lynn Cartee	2:50.84	2000
55-59	Marcy Thomas	3:10.50	2016
60-64	Linda Fulton	2:59.51	2016
65-69	Patricia Bond	3:07.31	2003
70-74	Patricia Bond	3:14.76	2009
75-79	Mary Tusa	3:55.72	2005
80-84	Mary Jane Schafer	4:59.10	2003
85-89	Phyllis Goodlad	5:12.73	2016
Men			
50-54	Brian Voisard	2:23.98	2005
55-59	Brian Voisard	2:21.97	2009
60-64	Brian Voisard	2:26.91	2011
65-69	Brian Voisard	2:30.66	2016
70-74	Gaylord Hopkins	2:51.02	2011
75-79	Thomas Gompf	3:26.43	2016
80-84	John Woods	3:55.95	2003
85-89	Frank Tillotson	4:47.99	2000
90-94	Lowell Heneveld	6:32.79	2013
50 Yd Breaststroke			
Women			
50-54	Lynn Cartee	39.22	2000
55-59	Barbara Cahalan	43.97	2011
60-64	Doris Prokopi	45.04	1998
65-69	Jeanne Hackett	45.15	2011
70-74	Jeanne Hackett	47.03	2013
75-79	Beverly Myers	51.39	2010
80-84	Florence Dunbar	54.15	1993
85-89	Florence Dunbar	1:08.28	1999
90-94	Ellen Brown	1:55.55	2015
95-99	Dorothy Freed	2:49.03	2015
Men			
50-54	John Laderer	32.97	2016
55-59	Nathan Leech	33.09	2007
60-64	Joseph Neal	39.18	2006
65-69	Dave Jarvis	36.80	2014
70-74	Burwell Jones	37.68	2005
75-79	Steven Hendrickson	42.44	2011
80-84	Charles Schlegel	48.55	2010
85-89	Ross Stauffer	1:09.19	2009

90-94	Arland Meade	1:57.79	2006
95-99	Arland Meade	2:23.04	2010
100-104	Arland Meade	2:56.41	2015
100 Yd Breaststroke			
Women			
50-54	Paula Cunio	1:25.21	2015
55-59	Barbara Cahalan	1:37.59	2011
60-64	Doris Prokopi	1:38.77	1998
65-69	Jeanne Hackett	1:40.53	2011
70-74	Jeanne Hackett	1:41.61	2013
75-79	Jean Troy	1:57.72	2005
80-84	Jean Troy	2:00.77	2007
85-89	Ellen Brown	3:28.02	2012
90-94	Ellen Brown	4:29.19	2016
Men			
50-54	Peter Turner	1:14.82	2009
55-59	Nathan Leech	1:14.58	2007
60-64	Brian Voisard	1:24.96	2013
65-69	Charles Kilbourne	1:25.83	2007
70-74	Burwell Jones	1:24.44	2005
75-79	Steven Hendrickson	1:38.97	2011
80-84	Charles Schlegel	1:59.59	2010
85-89	Hernan Granda	2:26.90	2011
90-94	Arland Meade	4:11.00	2005
95-99	Arland Meade	5:03.23	2010
200 Yd Breaststroke			
Women			
50-54	Paula Cunio	2:58.94	2015
55-59	Barbara Cahalan	3:33.63	2011
60-64	Jan Smith	3:47.09	2014
65-69	Donelda H o r n e	3:57.88	2009
70-74	Jeanne Hackett	3:46.57	2013
75-79	Shirley Fishlock	4:32.55	2011
80-84	Jean Troy	4:27.58	2008
85-89	Ellen Brown	7:32.73	2012
Men			
50-54	Peter Turner	2:44.28	2009
55-59	Allen Sale	2:46.96	2013
60-64	William Stephens	3:08.32	2008
65-69	William Stephens	3:22.27	2013
70-74	Thomas Carroll	3:23.31	2009
75-79	Hans Wendel	3:53.12	2012
80-84	Milan Kutnovski	5:06.41	2010
95-99	Arland Meade	12:13.13	2012
50 Yd Butterfly			
Women			
50-54	Christine Germain	32.89	2014
55-59	Pat Sargeant	30.03	2012
60-64	Connie Greb	38.53	2011
65-69	Patricia Tullman	43.23	2006

70-74	Patricia Bond	46.10	2009
75-79	Jean Troy	49.53	2006
80-84	Jean Troy	51.22	2007
85-89	Ellen Brown	1:45.91	2011
Men			
50-54	John Laderer	26.49	2016
55-59	Brian Voisard	29.06	2006
60-64	Paul Polgar	30.69	2011
65-69	Paul Polgar	30.73	2013
70-74	Burwell Jones	32.67	2005
75-79	Thomas Gompf	44.71	2014
80-84	Duane Peacock	1:08.36	2014
85-89	Frank Tillotson	1:31.48	2000
100 Yd Butterfly			
Women			
50-54	Christine Germain	1:16.25	2015
55-59	Pat Sargeant	1:07.51	2012
60-64	Patricia Bond	1:43.66	2002
65-69	Roxanne Olmsted	1:38.03	2015
70-74	Patricia Bond	1:44.94	2008
75-79	Jean Troy	1:55.59	2006
80-84	Jean Troy	1:58.84	2007
Men			
50-54	Brian Voisard	1:05.32	2005
55-59	Brian Voisard	1:04.68	2006
60-64	Brian Voisard	1:05.87	2012
65-69	David Jarvis	1:19.05	2013
70-74	Burwell Jones	1:16.25	2005
75-79	Charles Weatherbee	1:39.36	2007
50 Yd Freestyle			
Women			
50-54	Christine Germain	29.28	2015
55-59	Pat Sargeant	27.04.	2012
60-64	Connie Greb	33.07	2011
65-69	Patricia Bond	37.21	2003
70-74	Patricia Tullman	38.50	2007
75-79	Jean Troy	37.00	2005
80-84	Jean Troy	38.95	2008
85-89	Phyllis Goodlad	58.01	2013
90-94	Betty Hosie	1:45.10	1996
Men			
50-54	John Laderer	23.67	2015
55-59	Ed Laderer	25.42	2015
60-64	Brian Voisard	26.52	2011
65-69	Brian Voisard	26.85	2016
70-74	Burwell Jones	29.08	2005
75-79	James Pitts	31.85	2005
80-84	Tom Whiteleather	35.70	2010
85-89	John Cornell	41.58	2012
90-94	Lowell Heneveld	1:31.42	2015

95-99	Arland Meade	1:50.40	2010
100 Yd Freestyle			
Women			
50-54	Christine Germain	1:05.13	2015
55-59	Pat Sargeant	1:01.06	2012
60-64	Connie Greb	1:16.64	2011
65-69	Patricia Tullman	1:20.90	2006
70-74	Patricia Bond	1:23.66	2009
75-79	Jean Troy	1:25.00	2006
80-84	Jean Troy	1:27.83	2007
85-89	Phyllis Goodlad	2:03.85	2016
90-94	Dorothea Benisek	4:48.17	2012
Men			
50-54	John Laderer	54.33	2016
55-59	Brian Voisard	56.54	2009
60-64	Brian Voisard	58.72	2011
65-69	Gaylord Hopkins	59.61	2006
70-74	Burwell Jones	1:02.25	2005
75-79	James Pitts	1:13.81	2005
80-84	Tom Whiteleather	1:26.84	2010
85-89	John Cornell	1:39.64	2012
90-94	Lowell Heneveld	3:02.87	2013
95-99	Arland Meade	4:14.20	2012
200 Yd Freestyle			
Women			
50-54	Christine Germain	2:25.36	2015
55-59	Marcy Thomas	2:35.18	2016
60-64	Patricia Bond	2:54.10	2000
65-69	Roxanne Olmsted	2:44.48	2015
70-74	Patricia Bond	2:55.49	2009
75-79	Jean Troy	3:01.89	2006
80-84	Mary Tusa	3:43.68	2013
85-89	Phyllis Goodlad	4:16.59	2016
90-94	Ellen Brown	7:50.29	2015
Men			
50-54	Allen Sale	2:04.25	2012
55-59	Brian Voisard	2:04.43	2009
60-64	Gaylord Hopkins	2:08.54	2003
65-69	Gaylord Hopkins	2:11.17	2006
70-74	Gaylord Hopkins	2:20.98	2011
75-79	James Pitts	2:52.78	2005
80-84	John Cornell	3:25.98	2008
85-89	John Cornell	3:46.16	2012
90-94	Lowell Heneveld	6:14.10	2013
95-99	Arland Meade	8:55.28	2010
400 Yd Freestyle old			
Women			
50-54	Lynn Cartee	5:29.93	2000
55-59	Carla Corkins	7:32.70	1997
60-64	Patricia Bond	6:13.46	2000

65-69	Birthe Andersen	8:27.36	1998
70-74	Phyllis Goodlad	8:16.79	2000
75-79	Mary Jane Schafer	9:19.00	1998
Men			
50-54	Larry Doel	5:12.22	2000
55-59	Sam Hall	6:12.95	1997
60-64	Donald Gerber	6:07.54	1993
65-69	Frank Nauss	5:39.19	1999
70-74	John Woods	6:18.10	1996
75-79	Robert Lavanture	7:10.89	1998
80-84	Frank Tillotson	9:39.57	1998
85-89	Ken Sweeney	10:38.93	2000
500 Yd Freestyle			
Women			
50-54	Paula Cunio	6:40.23	2015
55-59	Pat Sargeant	6:12.59	2012
60-64	Patricia Bond	7:50.84	2002
65-69	Roxanne Olmsted	7:18.87	2016
70-74	Patricia Bond	7:40.60	2008
75-79	Jean Troy	8:30.40	2006
80-84	Mary Tusa	9:53.49	2013
85-89	Phyllis Goodlad	10:58.43	2015
Men			
50-54	Brian Voisard	5:51.16	2005
55-59	Brian Voisard	5:36.18	2009
60-64	Brian Voisard	5:52.09	2011
65-69	Gaylord Hopkins	6:04.76	2006
70-74	Gaylord Hopkins	6:16.54	2011
75-79	Charles Weatherbee	7:49.93	2007
80-84	Phil Lindsley	9:30.60	2013
85-89	John Cornell	10:20.34	2012
90-94	Lowell Heneveld	16:28.76	2013
100 Yard Individual Medley			
Women			
50-54	Christine Germain	1:18.35	2016
55-59	Marcy Thomas	1:22.97	2016
60-64	Wendy Duck	1:33.42	2005
65-69	Roxanne Olmstead	1:31.67	2016
70-74	Patricia Bond	1:35.01	2008
75-79	Jean Troy	1:41.29	2006
80-84	Jean Troy	1:49.52	2007
85-89	Ellen Brown	3:15.68	2011
Men			
50-54	John Laderer	1:01.94	2015
55-59	Nathan Leech	1:05.14	2007
60-64	Brian Voisard	1:08.66	2011
65-69	Dave Jarvis	1:10.50	2014
70-74	Gaylord Hopkins	1:17.61	2011
75-79	Charles Weatherbee	1:27.69	2007
80-84	John Cornell	1:43.00	2008

85-89	John Cornell	1:52.46	2012
200 Yd Individual Medley			
Women			
50-54	Paula Cunio	2:48.24	2015
55-59	Marcy Thomas	3:04.84	2016
60-64	Patricia Bond	3:23.19	2002
65-69	Wendy Duck	3:43.64	2011
70-74	Patricia Bond	3:27.05	2009
75-79	Beverly Myers	3:46.85	2010
80-84	Doris Prokopi	5:29.33	2015
Men			
50-54	Allen Sale	2:26.67	2012
55-59	Brian Voisard	2:25.61	2010
60-64	Brian Voisard	2:28.37	2011
65-69	Gaylord Hopkins	2:49.91	2010
70-74	Thomas Carroll	3:06.26	2009
75-79	Thomas Gompf	3:32.19	2015
80-84	Duane Peacock	5:01.32	2014
85-89	Frank Tillotson	5:33.97	2000
TRACK			
50 Meter			
Women			
50-54	Florence Delaney	8.85	1999
55-59	Jocelyn Lowther	7.98	2013
60-64	Jocelyn Lowther	7.89	2014
65-69	Ella Redpath	8.86	2013
70-74	Ethel Lehmann	9.51	2000
75-79	Ethel Lehmann	10.06	2007
80-84	Ethel Lehmann	10.34	2012
85-89	Ethel Lehmann	11:00	2015
90-94	Lillian Webb	14.37	2008
95-99	Lillian Webb	16.85	2012
Men			
50-54	Dian Edwards	6.76	2015
55-59	Jerry Mobley	6.91	2014
60-64	Donald Amery	7.03	1997
65-69	Alvin Pearsall	7.33	1997
70-74	Hank Lytle	7.85	2014
75-79	Howie Sampson	7.96	2013
80-84	Blair McFarlane	8.70	2003
85-89	John Anoka	9.52	2004
90-94	John Anoka	10.85	2009
95-99	Edwin Butters	17.05	2003
100-104	Arland Meade	27.39	2015
100 Meter			
Women			
50-54	Janet Lamoureau	16.70	2016
55-59	Jocelyn Lowther	15:66	2011
60-64	Jocelyn Lowther	15.16	2016

65-69	Ella Redpath	17.66	2013
70-74	Madelaine Cazel	18.62	2010
75-79	Ethel Lehmann	18.74	2004
80-84	Ethel Lehmann	18.29	2012
85-89	Ethel Lehmann	21.50	2016
90-94	Lillian Webb	31.11	2008
95-99	Lillian Webb	33.00	2012
Men			
50-54	Oscar Fabra	12.35	2015
55-59	Jerry Mobley	12.94	2014
60-64	Jim Garrison	12.93	2002
65-69	Rod Lehman	13.40	2016
70-74	Douglas Thomas	14.03	2016
75-79	Howie Sampson	14.98	2014
80-84	John Anoka	16.64	2000
85-89	John Anoka	17.85	2004
90-94	John Anoka	20.84	2009
95-99	Edwin Butters	46.38	2003
200 Meters			
Women			
50-54	Florence Delaney	37.52	1999
55-59	Jocelyn Lowther	32.25	2011
60-64	Jocelyn Lowther	32.76	2014
65-69	Ethel Lehmann	37.41	1999
70-74	Ethel Lehmann	38.59	2000
75-79	Ethel Lehmann	35.72	2005
80-84	Ethel Lehmann	43.57	2010
85-89	Ethel Lehmann	48.92	2016
90-94	Lillian Webb	1:17.74	2008
Men			
50-54	Bobby Terrell	26.10	2004
55-59	Duane Peacock	28.26	2004
60-64	Rod Lehman	27.78	2014
65-69	Rod Lehman	27.76	2016
70-74	Howie Sampson	30.80	2008
75-79	Howie Sampson	32.12	2013
80-84	John Anoka	35.63	2000
85-89	John Anoka	39.95	2004
90-94	John Anoka	44.17	2009
400 Meters			
Women			
50-54	Julie Sands	1:15.28	2008
55-59	Jocelyn Lowther	1:11.41	2013
60-64	Jocelyn Lowther	1:16.97	2015
65-69	Georgie Gillis	1:25.70	2011
70-74	Ethel Lehmann	1:28.94	2000
75-79	Ethel Lehmann	1:39.69	2004
80-84	Ethel Lehmann	1:48.83	2009
85-89	Ethel Lehmann	2:09.32	2016
Men			

50-54	Chris Scotto Divetta	58.97	2008
55-59	Ed Monti	1:02.98	2007
60-64	Darrell Huey	1:05.00	1999
65-69	Lionel Bonck	1:08.62	2007
70-74	Leslie Bennett	1:11.21	2016
75-79	Charles Baker	1:18.72	2002
80-84	John Anoka	1:26.24	2000
85-89	John Anoka	1:41.06	2005
90-94	John Anoka	2:01.61	2009
800 M			
Women			
50-54	Julie Sands	2:51.02	2008
55-59	Julie Sands	2:53.70	2015
60-64	Georgie Gillis	3:12.87	2008
65-69	Georgie Gillis	3:15.31	2013
70-74	Georgie Gillis	3:18.63	2015
75-79	Ethel Lehmann	4:03.81	2007
80-84	Ethel Lehmann	4:21.00	2009
85-89	Ethel Lehmann	3:51.03	2015
Men			
50-54	Dan Bergeson	2:19.20	2015
55-59	Jarrett Slaven	2:28.13	2000
60-64	Bob Payne	2:40.00	1999
65-69	Frank Brume	2:40.65	2008
70-74	Frank Brume	2:51.24	2010
75-79	Gordon Johnson	3:11.38	1994
80-84	Gordon Johnson	3:40.00	1999
85-89	Gordon Johnson	4:33.73	2003
90-94	Jerome Burke	4:59.17	2013
1500 Meters			
Women			
50-54	Julie Sands	5:49.19	2008
55-59	Mary Beth Freeman	6:24.00	2013
60-64	Georgie Gillis	6:38.99	2008
65-69	Georgie Gillis	6:40.88	2011
70-74	Georgie Gillis	7:00.66	2016
75-79	Phyllis Goodlad	8:57.24	2003
80-84	Claudette Braswell	12:16.15	2016
Men			
50-54	Chris Scotto Divetta	5:00.63	2008
55-59	Jarrett Slaven	5:16.28	2000
60-64	Bob Payne	5:39.50	2000
65-69	William Morrell	5:36.50	2016
70-74	Frank Brume	6:01.22	2011
75-79	Gordon Johnson	6:07.56	1994
80-84	Gordon Johnson	7:32.96	2000
85-89	Gordon Johnson	9:23.90	2003
90-94	Gordon Johnson	12:54.24	2008
WALKING			

1500 Meter			
Women			
50-54	Marguerite Muller	10:46.92	2002
55-59	Sue Fenton	10:00.20	2010
60-64	Avis Pixley	9:59.00	1998
65-69	Sandy Gill	10:30.41	2011
70-74	Marlene Swartzfager	10:59.98	2013
75-79	Phyllis Goodlad	11:03.41	2003
80-84	Mary Bourque	12:25.41	2006
85-89	Alice Segar	11:55.83	2006
90-94	Alice Segar	12:44.37	2010
Men			
50-54	Charles Ripstra	8:23.91	2003
55-59	Gus Ormrod	8:29.73	2013
60-64	James Corbeil	8:52.38	2005
65-69	James Corbeil	8:25.21	2007
70-74	James Corbeil	9:09.30	2011
75-79	Gus Ormrod, Sr	9:36.12	2005
80-84	Gus Ormrod, Sr	9:30	2009
85-89	Gilbert Fair	12:35.59	2001
90-94	Clifford Taylor	13:40.00	2009
95-99	Edwin Butters	23:01.00	2003
5000 Meter			
Women			
50-54	Sonia Voegtlin	39:06.59	2008
55-59	Sue Fenton	34:15.36	2010
60-64	Avis Pixley	34:58.00	1999
65-69	Avis Pixley	36:40.30	2000
70-74	Patricia Priest	37:21.38	2008
75-79	Marlene Swartzfager	38:39.78	2016
80-84	Mary Bourque	42:02.82	2004
85-89	Alice Segar	40:11.95	2006
90-94	Alice Segar	42:11.28	2010
Men			
50-54	Joseph Wozincki	31:51.61	2010
55-59	Gus Ormrod Jr	29:35.45	2013
60-64	James Corbeil	31:02.91	2005
65-69	James Corbeil	28:49.08	2007
70-74	James Corbeil	29:47.99	2011
75-79	Gus Ormrod, Sr	33:16.43	2005
80-84	Gus Ormrod, Sr	33:09	2009
85-89	Gordon Johnson	38:58.17	2005
90-94	Clifford Taylor	47:48	2009
95-99	Oluf Jensen	1:01.50.0	1999
WATER SKIING			
Jumping			
Women			
55-59	Barbara Cleveland	93'	1997
Men			

55-59	John Roach	94'	1993
60-64	John Horton	74'	1992
75-80	"Banana" George Blair	31'	1992
Slalom			
Women			
55-59	Barbara Cleveland	55 1/2	1997
60-64	Erika Messner	39 1/2	1997
80-84	Lucille Borgen	27	1993
Men			
55-59	John Roach	34	1993
60-64	Joe Duff	32	1994
65-70	Jim Salmas	36 1/4	1992
74-79	Banana George Blair	4	1992
Trick			
Women			
55-59	Barbara Cleveland	3280	1997
60-64	Heather Gregorie	2110	1993
80-84	Lucille Borgen	1360	1994
Men			
55- 59	Jim Cleveland	2140	1993
60-64	Jim Horton	1700	1992
65-69	William Gregorie	1040	1994
74-79	Banana George Blair	300	1992