POLK SENIOR GAMES RECORDS				
	2022			
	name	score	year	
	# new or tied records - 131			
ARCHERY				
Barebow Recurve				
Women				
55-59	Gail Noland	28	2015	
60-64	Gail Noland	40	2016	
80-84	Anna Hartman	402	2018	
85-89	Anna Hartman	266	2019	
Men				
55-59	Gerald Nichols	340	2016	
60-64				
65-69	Norman Sosin	399	2019	
70-74	Lon Goodenow	393	2018	
75-79	Frank Skvarek	445	2013	
80-84	Roy Bowen	326	2019	
85-89	Harry Lancaster	184	2017	
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				
50-54	Tressa Boyer	548	2019	
55-59	Jacqueline Arthurs	528	2016	
60-64	Rhonda Rex	541	2016	
65-69	Rhonda Rex	553	2018	
70-74	Hazel Grimes	538	2018	
80-84	Barbara Steffens	84	2014	
Men				
50-54	John Boyer	590	2019	
55-59	Jeff Markey	581	2014	
55-59 tied	James Powell	581	2017	
60-64	Gary Rex	585	2014	
60-64 tied	Jeff Markey	585	2017	
65-69	Gary Rex	586	2015	
70-74	Ronald Fulmer	577	2014	
75-79	Richard Sokoloski	576	2013	
80-84	Richard Sokoloski	568	2018	
85-89	Jack Cason	544	2017	
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	435	2018	
55-59	Viatcheslav Oulianov	504	2019	
65-69	Larry Michael	522	2013	

70-74	Larry Michael	434	2018	
85-89	Donald Noland	28	2018	
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	21	2017	
85-89	Dot VanFarowe	4	2018	
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	
65-69 tied	Garland Reynolds	30 perfect	2020	
70-74	Peter Smith	29	2011	
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	Diane Foli	13	2017	
55-59	Chris Evans	11	2015	
60-64	Chris Evans	11	2019	
65-69	Carol Waters	10	2013	
70-74	Claudette Braswell	11	2010	
75-79	Claudette Braswell	13	2015	
80-84	Claudette Braswell	10	2018	
85-89	Dot VanFarowe	2	2018	
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	Harry Carothers	12	2019	
80-84	Andy McGuffin	13	2005	
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	Trish LeGros	86	2019	
65-69	Carol Waters	114	2015	
70-74	Claudette Braswell	111	2010	

75-79	Claudette Braswell	101	2012	
80-84	Claudette Braswell	87	2018	
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	Harry Carothers	120	2019	
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	Daniel Young	760	2020	
70-74	Jimmy Coffman	768	2018	
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	Tina Peavy & Nadine Lewis	1249	2018	
60-64	Barbara Gnegy & Carolyn Bass	1171	2009	
65-69	Diane Downey & Barbara Gnegy	1199	2015	
70-74	Terri Stein & Gloriann Dickinson	1161	2018	
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	Betty Hall & Helen Snyder	734	2018	
Men				
50-54	John Ramsey & Bruce Devivo	1357	2002	
55-59	Bud Serletic & D A Bottoms	1431	2000	
60-64	Daniel Young & Bob Harley	1331	2017	

65-69	Chuck Cook & Charles Leak	1410	2004	
70-74	Frederick Pronk & Clifford Beaumon	1340	2019	
75-79	Matthew Valitchka & Don Buckley	1228	1996	
80-84	Gene Mabe & Peter Casella	1255	2018	
85-89	Bruce Tohm & Glenn Johnston	1078	2020	
90-94	James Hurrle & Gil Rosenthal	817	2018	
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	Terri Stein & Mel Lichtenberg	1334	2017	
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	James Hurrle & Betty Hall	913	2018	
95-99	Evelyn Gregor & Carl Laubach	850	2009	
Team Bowling				
50 +	Just Rollin	2399	2017	
	Cicero Carr Jr			
	Diiane Downey			
	Lisa Polonezyk			
	Daniel Young			
60 +	Strike Force	2206	2018	
	Eddie Doucette			
	Karen Doucette			
	Thomas Edwards			
	Linda Foch			
70 +	Whatever	2142	2018	
	Peter Casella			
	Beverly Hines			
	Gene Mabe			
	Monty Sours			
FIELD EVENTS				
Discus				
Women				
50-54	Karen Sapp	73' 5"	2003	
55-59	Erika Messner	81' 8 1/2"	1994	
60-64	Lisa Godwin	84' 9"	2022	
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	Madelaine Cazel	63' 1"	2019	
85-89	Ethel Lehmann	43' 1 3/4"	2016	
90-94	Ethel Lehmann	31' 3"	2020	
95-99	Lillian Webb	28' 5 1/2"	2012	
Men				
50-54	Gary Lane	139' 9"	1998	
55-59	Marc Volpe	134' 2 1/4"	2022	
60-64	Roland Jones	146' 1"	2018	
65-69	Len Olson	157' 5 ½”	1998	
70-74	Len Olson	129’ 2 ¼”	2002	
75-79	Donald Ragon	126' 3 3/4"	2022	

80-84	Fred Weber	100' 2"	2020	
85-89	Don Miller	81' 2 1/2"	2022	
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	Peggy Peck	4' 2 1/2"	2017	
65-69	Peggy Peck	4' 2"	2019	
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' 10"	2018	
90-94	Ethel Lehmann	2' 10'	2020	
Men				
50-54	Adam Novak	5' 2"	2022	
55-59	Carlos Urrutia	5' 2"	2015	
60-64	Carlos Urrutia	5' 0"	2018	
65-69	Randy Blankenship	4' 8"	2022	
70-74	Richard Lowery	4' 8"	2003	
75-79	Richard Lowery	4' 7"	2010	
80-84	Richard Lowery	4' 4"	2011	
85-89	Richard Lowery	3' 10"	2017	
90-94	David Chase	3' 2"	2010	
Javelin				
Women				
50-54	Jennifer Banks	77' 5"	2022	
55-59	Erika Messner	93' ½"	1994	
60-64	Peggy Peck	77' 9"	2017	
65-69	Peggy Peck	72' 10"	2019	
70-74	Barbara Lukens	55'	2019	
75-79	Ethel Lehmann	68' 4 1/2"	2004	
80-84	Madelaine Cazel	69' 4 1/2"	2017	
85-89	Ethel Lehmann	41'	2016	
90-94	Ethel Lehmann	38' 8 1/2"	2020	
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	Martin Menkin	116' 9 1/2 '	2022	
80-84	Don Miller	101' 10 3/4"	2018	
85-89	Don Miller	96' 9"	2022	
90-94	David Chase	56' 3"	2014	
95-99	Ed Butters	37'	2003	
Long Jump				
Women				
50-54	Jodie Brown	12' 6"	2019	
55-59	Barbara Cleveland	12' 9 ½"	1999	
60-64	Barbara Cleveland	13' 3"	2003	
65-69	Peggy Peck	10' 8 1/4"	2019	
70-74	Madelaine Cazel	9' 7"	2010	

75-79	Ethel Lehmann	9'	2006	
80-84	Ethel Lehmann	8' 4"	2009	
85-89	Ethel Lehmann	8' 4"	2018	
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	Alfred Leon	15' 6"	2022	
65-69	William Rothley	14' 1"	2000	
70-74	Douglas Thomas	13' 5"	2019	
75-79	William Rothley	12' 11"	2008	
80-84	Bill Karjane	11'	2020	
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 ½”	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	Madelaine Cazel	20' 5 3/4"	2019	
85-89	Ethel Lehmann	19' 7"	2018	
90-94	Ethel Lehmann	16' 3 1/2"	2020	
95-99	Lillian Webb	15' 3/4"	2012	
Men				
50-54	Donald Winters	47' 1/2"	2018	
55-59	David Grossman	38' 1/2"	2006	
60-64	Gary Winters	45' 6"	2003	
65-69	Len Olson	45' 5 ½”	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	Sandy Civitarese	144' 2"	2020	
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	Ethel Lehmann	74' 4"	2020	
95-99	Lillian Webb	43' 10"	2012	
Men				
50-54	Armond Laframboise	253 '5"	2001	
55-59	Armond Laframbroise	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	Bill Karjane	147' 2"	2019	
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	Jodie Brown	22' 11 3/4"	2020	
60-64	Peggy Peck	25' 7"	2018	
65-69	Peggy Peck	24' 3 1/2"	2019	
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	12' 1"	2018	
90-94	Ethel Lehmann	10' 9"	2020	
Men				
50-54	Alfred Leon	33' 10'	2015	
55-59	Alfred Leon	36' 7"	2017	
60-64	Alfred Leon	33'	2020	
65-69	Jose Ruiz	30' 2"	2020	
70-74	Cecil Lowden	25' 7"	2022	
75-79	Bill Rothley	24' 8 1/2"	2009	
80-84	Bill Karjane	22' 10 1/2"	2019	
85-89	Bill Rothley	18' 4"	2019	
90-94	David Chase	17'	2011	
FISHING				
Length				
50-54	Gus Palas	11" Catfish	2011	
55-59	Pamela Matunas	17" Catfish	2018	
60-64	Pamela Matunas	22' catfish	2019	
65-69	Steven Totten	35" Carp	2016	
70-74	Robert Dostal	22 1/4" Catfish	2014	
75-79	Jim Partain	36 1/2" Carp	2018	
80-84	Donald Kremer	22" Bass	2016	
85-89	Dirk Hoffer	18" Bass	2015	
90-94	John Cotterill	21" Bass	2020	
95-99	Paul Dickey	7 1/4" Bluegill	2020	
Quantity				
50-54	Jeff Slaten	10	2019	
55-59	Jeff Slaten	23	2020	
60-64	Rose Thornburgh	19	2009	
65-69	James Christian	62	2014	
70-74	James Christian	35	2018	
75-79	Helen Grieshaber	23	2014	
80-84	Tubby Harrison	10	2000	
85-89	Bill Janssen	12	2019	
90-94	Patrick Monaco	7	2009	
95-99	Doris Jenkins	1	2019	
95-99 Tied	Paul Dickey	1	2020	

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	
90-94 tie	Rita McDonald	109	2018	
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	
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	William Murray & Michelle Murray	71	2018	
60-64	Ed Griffin & Ann Griffin	71	2018	
65-69	Curt Doerrer & Sue Doerrer	70	2016	
70-74	Donna Aitken & Cliff Brown	66	2018	
75-79	Bruce Brewer & Gail Brewer	74	2017	
80-84	Connie Doubet & Thomas Doubet	77	2018	
85-89	Carl Carroll & Dori Laibe	85	2016	
POWERLIFTING				
Bench Press				
Women				
50-54 Wt 123	Sheryl Bradford	120 lbs	2017	
50-54 Wt 132	Sheryl Bradford	120 lbs	2016	
50-54 Wt 148	Lenore Devore	115 lbs	2013	
50-54 Wt 165	Eberle Funches	155 lbs	2019	
50-54 Wt 181	Lenore Devore	135 lbs	2016	
55-59 Wt 105	Janet Wickman	35 lbs	2017	
55-59 Wt 114	Nancy Georges	75 lbs	2010	
55-59 Wt 123	Yvette Fox	115 lbs	2017	
55-59 Wt 132	Andrea Kidd	130 lbs	2019	
55-59 Wt 148	Maggie Colson	130 lbs	2020	
55-59 Wt 165	Lenore Devore	120 lbs	2018	
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 110	Janet Wickman	80 lbs	2020	
60-64 Wt 114	Nancy Georges	90 lbs	2015	
60-64 Wt 123	Yvette Fox	120 lbs	2018	
60-64 Wt 132	Yvette Fox	120 lbs	2020	
60-64 Wt 148	Laurie Schoepe	95 lbs	2019	
60-64 Wt 162	Judy Parsons	60 lbs	2015	
60-64 Wt 165	Laurie Schoepe	90 lbs	2018	
60-64 Wt 181	Jean Flesher	135 lbs	2020	
60-64 Wt 198	Dawn Black	135 lbs	2016	
60-64 Wt 199+	Dawn Black	120 lbs	2019	
65-69 Wt 105	Arlene Coulter	90 llbs	2015	
65-69 Wt 105 Tied	Nancy Georges	90 lbs	2020	
65-69 Wt 114	Nancy Georges	90 lbs	2016	
65-69 Wt 132	Randa Berger	75 lbs	2020	
65-69 Wt 148	Lois Hall	100 lbs	2016	
65-69 Wt 165	Sondra Freedman	70 lbs	2015	
65-69 Wt 181	Helen Hankerson	285 lbs	2018	
65-69 Wt 198	Virgina Brown	75 lbs	2015	
65-69 Wt 198 Tied	Paula Winans	75 lbs	2020	
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 114	Suzette Karelis	85 lbs	2020	
70-74 Wt 123	Lois Hall	75 lbs	2020	
70-74 Wt 132	Lois Hall	95 lbs	2019	
70-74 Wt 148	Janet Bremer	140 lbs	2020	
70-74 Wt 165	Joan Mann	85 lbs	2015	
70-74 Wt 198	Mary Downes	80lbs	2020	
70-74 Wt 198+	Kathleen Keen	50 lbs	2020	
75-79 Wt 97	Susan Bohling	50 lbs	2020	
75-79 Wt 105	Patricia Ashby	50 lbs	2016	
75-79 Wt 114	Patricia Ashby	55 lbs	2015	
75-79 Wt 148	Janet Reynolds	107 lbs	2018	
75-79 Wt 165	Bonnie Thurston	82 lbs	2018	
75-79 Wt 199+	Carolyn Bolander	55 lbs	2019	
80-84 Wt 105	Patricia Ashby	50 lbs	2019	
80-84 Wt 123	Imogene Northern	7 lbs	2011	
80-84 Wt 165	Mary Wilson	65 lbs	2019	
85-89 Wt 132	Carol Miles	55 lbs	2017	
85-89 Wt 165	Mary Wilson	65 lbs	2020	
90-94 Wt 148	Edith Traina	55 lbs	2015	
90-94 Wt 165	Leona Senyk	65 lbs	2017	
95-99 Wt 165	Edith Traina	65 lbs	2017	
Men				
50-54 Wt 142	Michael Libys	160 lbs	2014	
50-54 Wt 148	Edward Perez III	280 lbs	2018	
50-54 Wt 165	Greg Harrelson	245 lbs	2018	
50-54 Wt 181	William Devore	345 lbs	2015	
50-54 Wt 198	William Devore	350 lbs	2016	
50-54 Wt 220	Ted Sealey	385 lbs	2017	
50-54 Wt 242	Daniel Jonas	325 lbs	2012	
50-54 Wt 275	Tony Parker	350 lbs	2013	
50-54 SHW	Miguel Rodriquez	535 lbs	2012	

55-59 Wt 148	Michael Libys	190 lbs	2017	
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	Sam Beckwith	475 lbs	2020	
55-59 Wt 308	Viatcheslav Oulianov	280 lbs	2020	
55-59 SHW	David Friedlender	355lbs	2011	
60-64 Wt 132	Frank Scianimanico	200 lbs	2017	
60-64 Wt 148	John March	240 lbs	2019	
60-64 Wt 165	John March	275 lbs	2020	
60-64 Wt 181	Kelley Collier	235 lbs	2012	
60-64 Wt 198	Brian Hart	370 lbs	2019	
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	Rickey Thrasher	355 lbs	2017	
65-69 Wt 148	Frank Scianimanico	205 lbs	2020	
65-69 Wt 165	Al Annunziato	245 lbs	2013	
65-69 Wt 181	Douglas Rozon	270 lbs	2019	
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 Wt 275 tie	Charles Harkala	275 lbs	2017	
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	Sherman Johnson	235 lbs	2020	
70-74 Wt 181	Kelley Collier	245 lbs	2020	
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	Leroy Ford	325 lbs	2017	
70-74 Wt SHW	William Barnickel	330 lbs	2011	
75-79 Wt 123	Ronald Crawford	145 lbs	2012	
75-79 Wt 132	Edward Perez Jr	155 lbs	2019	
75-79 Wt 165	Bill Tinkler	205 lbs	2013	
75-79 Wt 181	Jacques Weaver	245 lbs	2017	
75-79 Wt 198	Otis Perry	225 lbs	2019	
75-79 Wt 220	John Yong	250 lbs	2011	
75-79 Wt 242	Michael Brace	225 lbs	2019	
75-79 Wt 275	Cicero Carr	225 lbs	2014	
80-84 Wt 132	Ronald Crawford	140lbs	2014	
80-84 Wt 148	James Morgan	140 lbs	2018	
80-84 Wt 165	Bill Tinkler	205 lbs	2014	
80-84 Wt 181	Michael Maiden	170 lbs	2018	
80-84 Wt 198	Albert Smith	140 lbs	2016	
80-84 Wt 220	Vito Lombardo	200 lbs	2014	
80 84 Wt 242	Jim Partain	130 lbs	2020	
80-84 Wt 275	Cicero Carr	150 lbs	2019	
80-84 Wt 308	Cicero Carr	200 lbs	2020	
85-89 Wt 148	Gerald Foster	115 lbs	2020	

85-89 Wt 165	Carmine Maggiore	175 lbs	2016	
85-89 Wt 181	Robert Cseh	190 lbs	2020	
85-89 Wt 198	Carmine Maggiore	165 lbs	2017	
85-89 Wt 220	Carmine Maggiore	160 lbs	2018	
85-89 Wt 242	Donald Noland	70 lbs	2018	
Dead Lift				
Women				
50-54 Wt 132	Lynn Cook	280 lbs	2016	
50-54 Wt 145	Lenore Devore	205 lbs	2013	
50-54 Wt 165	Eberle Funches	300 lbs	2019	
50-54 Wt 181	Lenore Devore	255 lbs	2016	
55-59 Wt 105	Janet Wickman	60 lbs	2017	
55-59 Wt 114	Nancy Georges	185 lbs	2010	
55-59 Wt 123	Yvette Fox	235 lbs	2017	
55-59 Wt 132	Paula Jager	225 lbs	2019	
55-59 Wt 148	Joanne Scianimanico	220 lbs	2020	
55-59 Wt 165	Karen Hurban	260 lbs	2017	
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 105	Janet Wickman	80 lbs	2020	
60-64 Wt 114	Nancy Georges	220 lbs	2012	
60-64 Wt 123	Yvette Fox	285 lbs	2018	
60-64 Wt 132	Yvette Fox	300 lbs	2020	
60-64 Wt 148	Karen Hurban	270 lbs	2020	
60-64 Wt 165	Laurie Schoepe	180 lbs	2018	
60-64 Wt 181	Sharmay Luedtke	255lbs	2016	
60-64 Wt 181	Jean Flesher	265 lbs	2020	
60-64 Wt 198	Margie Brownlee	240 lbs	2011	
60-64 Wt 199+	Gail Noland	155lbs	2016	
65-69 Wt 105	Nancy Georges	200 lbs	2020	
65-69 Wt 114	Nancy Georges	220lbs	2019	
65-69 Wt 132	Randa Berger	155 lbs	2020	
65-69 Wt 148	Lois Hall	200 lbs	2015	
65-69 Wt 165	Dayna Binford	220 lbs	2017	
65-69 Wt 181	Helen Hankerson	365 lbs	2019	
65-69 Wt 198	Paula Winans	200 lbs	2020	
65-69 Wt 198 +	Julie Daughtery	140 lbs	2018	
70-74 Wt 97	Patricia Ashby	120 lbs	2013	
70-74 Wt 105	Patricia Ashby	115 lbs	2012	
70-74 Wt 114	Suzette Karelis	180 lbs	2020	
70-74 Wt 123	Lana Marcine	210 lbs	2018	
70-74 Wt 132	Lois Hall	170 lbs	2019	
70-74 Wt 148	Carmen Gutwirth	200 lbs	2015	
70-74 Wt 165	Joan Mann	230 lbs	2017	
70-74 Wt 195	Carolyn Bolander	150 lbs	2012	
70-74 Wt 198	Mary Downes	180 lbs	2019	
70-74 Wt 198+	Kathleen Keen	100 lbs	2020	
75-79 Wt 97	Susan Bohling	135 lbs	2020	
75-79 Wt 105	Patricia Ashby	135 lbs	2016	
75-79 Wt 105 tied	Susan Bohling	135 lbs	2019	
75-79 Wt 114	Patricia Ashby	150 lbs	2015	
75-79 Wt 148	Janet Reynolds	205 lbs	2017	
75-79 Wt 165	Bonnie Thurston	190 lbs	2018	

80-84 Wt 105	Patricia Ashby	80 lbs	2019	
80-84 Wt 123	Imogene Northern	45 lbs	2011	
80-84 Wt 148	Bonnie Thurston	180 lbs	2020	
85-89 Wt 165	Trudy Daxon	155 lbs	2015	
90-94 Wt 148	Edith Traina	130 lbs	2015	
90-94 Wt 165	Trudy Daxon	145 lbs	2020	
95-99 Wt 165	Edith Traina	145 lbs	2017	
Men				
50-54 Wt 148	Edward Perez III	400 lbs	2018	
50-54 Wt 165	Greg Harrelson	330 lbs	2018	
50-54 Wt 181	William Devore	480 lbs	2015	
50-54 Wt 198	Keith Mason	650 lbs	2017	
50-54 Wt 220	Ted Sealey	485 lbs	2017	
50-54 Wt 242	Larry Grim	370 lbs	2020	
50-54 Wt 275	Scott Hane	445 lbs	2016	
50-54 SHW	Viatcheslav Oulianov	540 lbs	2017	
55-59 Wt 165	Jerry Mobley	400 lbs	2016	
55-59 Wt 181	Stephen Mann	425 lbs	2010	
55-59 Wt 181 tie	Jerry Mobley	425 lbs	2017	
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	Sam Beckwith	600 lbs	2020	
55-59 Wt 308	Viatcheslav Oulianov	410 lbs	2020	
55-59 Wt SHW	Viatcheslav Oulianov	405 lbs	2019	
60-64 Wt 132	Frank Scianimanico	250 lbs	2017	
60-64 Wt 148	Frank Scianimanico	300 lbs	2018	
60-64 Wt 165	Harry Carl	325 bs	2018	
60-64 Wt 181	Kelley Collier	470 lbs	2013	
60-64 Wt 198	Stephen Mann	480 lbs	2017	
60-64 Wt 220	Louis Baltz	450 lbs	2012	
60-64 Wt 242	William Beckley	475 lbs	2019	
60-64 Wt 275	John Callahan	400 lbs	2015	
65-69 Wt 148	Marvin Villard	315 lbs	2020	
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	Stephen Mann	485 lbs	2018	
65-69 Wt 242	John Callahan	405 lbs	2020	
65-69 Wt 275	Richard Danner	405 lbs	2019	
65-69 Wt SHW	Joseph Abal	300 lbs	2016	
70-74 Wt 132	Frank Marks	305 lbs	2020	
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	Mitch Alderman	390 lbs	2020	
70-74 Wt 242	Edward Stine	380 lbs	2020	
70-74 Wt 275	Howard Brown	360 lbs	2018	
70-74 SHW	Howard Brown	330 lbs	2019	
75-79 Wt 132	Edward Perez Jr	275 lbs	2019	
75-79 Wt 165	Bill Tinkler	305 lbs	2013	
75-79 Wt 181	Thomas Haggenmiller	400 lbs	2019	
75-79 Wt 198	Thomas Haggenmiller	405 lbs	2020	

75-79 Wt 220	Sherwood Ellis	400 lbs	2018	
75-79 Wt 242	Richard Mintken	340 lbs	2020	
75-79 Wt 275	Cicero Carr	305 lbs	2016	
80-84 Wt 132	Dillon Maier	265 lbs	2015	
80-84 Wt 148	James Morgan	270 lbs	2019	
80-84 Wt 165	Bill Tinkler	350 lbs	2014	
80-84 Wt 181	Michael Maiden	260 lbs	2017	
80-84 Wt 198	John Wardner	225 lbs	2019	
80-84 Wt 220	Ralph Price	240 lbs	2019	
80-84 Wt 242	Jim Partain	190 lbs	2020	
80-84 Wt 275	Cicero Carr	240 lbs	2019	
80-84 Wt 308	Cicero Carr	225 lbs	2020	
85-89 Wt 148	Gerald Foster	185 lbs	2020	
85-89 Wt 165	Gerald Foster	155 lbs	2019	
85-89 Wt 181	Jim Schroder	130 lbs	2012	
85-89 Wt 198	Duffy Thompson	175 lbs	2012	
85-89 Wt 220	Donald Noland	55 lbs	2017	
85-89 Wt 242	Donald Noland	120 lbs	2018	
PUNT PASS KICK				
Women				
50-54	Jennifer Banks	273' 3"	2020	
55-59	Sandy Civitarese	266' 7"	2020	
60-64	Peggy Peck	223' 5 1/2 "	2018	
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	
90-94	Ethel Lehmann	122' 8"	2020	
Men				
50-54	Kendal Shaw	404' 2"	2018	
55-59	Matt McGillen	420' 1"	2010	
60-64	Matt McGillen	416' 1/2"	2017	
65-69	Matt McGillen	365'	2019	
70-74	Bud Hollowell	337' 4"	2013	
75-79	Bill Karjane	307' 7'	2018	
80-84	Bill Karjane	296' 6"	2020	
85-89	Ross Stauffer	219' 4"	2010	
90-94	Dick Cheney	127' 9"	2019	
95-99	Arland Meade	68' 4"	2011	
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	41.56.54	2017	
Men				
50-54	Tri Thornhill	17.37 :24	2019	
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				
Pistol Shooting				
Women				
50-59	Sheryl Rubin	283	2017	
60-69	Margaret Clark	279	2020	
70-79	Beth Roberts	267	2020	
80-89	Betty Harstad	163	2020	
Men				
50-59	Darby Serra	293	2018	
60-69	Patrick Clark	299	2020	
70-79	Michael Musick	299	2017	
80-89	William Metcalf	289	2019	
Rifle Shooting				
Women				
50-54	Naomi Tillet	600 58x	2016	
60-64	Linda Hover	600 56x	2014	
65-69	Margaret Clark	591 39x	2022	
70-74	Donna Hunt	574 9x	2015	
75-79	Beverly Lyon	597 32x	2015	
80-84	Beverly Lyon	598 42x	2016	
Men				
50-54	Martin Myer	600 57x	2019	
55-59	Michael Brown	597 42x	2019	
60-64	Conley Whiddon	600 56 x	2022	
65-69	Lee Methvin	600 59x	2016	
70-74	William Ruth	600 60x	2016	
75-79	Thomas Walsh	600 60x	2019	
80-84	Stanley Searfoss	600 50x	2014	
85-89	Eugene Lyon	600 50x	2015	
SKEET				
Women				
55-59				
60-64	Peggy DeVivo	27	2014	
65-69	Peggy DeVivo	31	2020	
60-69 old				
70-74	Peggy DeVivo	34	2022	
Men				
50-54	Peter Gololko	26	2020	
55-59	Gary Brown	47	2014	
55-59 tied	Michael Brown	47	2017	
60-64	Gary Brown	48	2019	
65-69	Bruce Stobbe	49	2022	
70-74	Terry Ball	49	2017	
75-79	Terry Ball	49	2019	
80-84	George Hotchkiss	47	2017	
85-89	Elmer Dobner	47	2017	

85-89 tied	Marshall Smith	47	2019	
90-94	Ralph Clements	36	2019	
60-69 old				
70-79 old				
80-89 old				
Sporting Clays				
Women				
55-59	Janet Wickman	27	2017	
60-64	Pam Blaker	45	2022	
65-69	Deborah Wroten	40	2020	
Men				
50-54	Ruben Garcia	47	2017	
55-59	Rubin Garcia	48	2020	
60-64	Gary Brown	46	2017	
65-69	Edward Arnold	48	2017	
70-74	Edward Arnold	48	2020	
75-79	Ronald Kerr	48	2017	
80-84	Marshall Smith	44	2015	
80-84 Tied	Charles Loomis	44	2020	
85-89	Marshall Smith	40	2020	
TRAP				
Women				
50-54	Janet Wickman	24	2012	
55-59	Janet Wickman	31	2016	
60-64	Roseann Cerovac	43	2018	
65-69	Patricia Hill	42	2016	
70-74	Patricia Hill	45	2020	
75-79	Chris Sikes	30	2013	
80-84	Chris Sikes	33	2017	
85-89	Chris Sikes	24	2022	
50-59 old				
60-69 old				
70-79 old				
Men				
50-54	Ruben Garcia	46	2017	
55-59	Rubin Garcia	48	2020	
55-59 tied	Robert DeLong	48	2022	
60-64	David Wright	47	2011	
65-69	Merwin Backus	49	2011	
70-74	Jerry Quintal	49	2019	
70-74 tied	David Wright	49	2022	
75-79	Gary Odell	47	2011	
75-79 tied	Terry Ball	47	2019	
75-79 tied	James Hulskotter	47	2022	
80-84	Gene Regnier	49	2015	
85-89	Gene Regnier	47	2019	
SWIMMING				
50 Yd Backstroke				
Women				
50-54	Karen Westerman	31.94	2020	
55-59	Pat Sargeant	33.11	2012	
60-64	Patricia Bond	43.83	2002	
65-69	Linda Fulton	35.89	2020	

70-74	Patricia Bond	44.37	2008	
75-79	Mary Tusa	50.06	2005	
80-84	Florence Dunbar	52.65	1993	
85-89	Beverly Myers	1:01.19	2020	
90-94	Joyce Stipanuk	1:19.63	2018	
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	32.71	2019	
70-74	Robert Heacock	32.45	2019	
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	Karen Westerman	1:08.72	2020	
55-59	Paula Cunio	1:23.09	2020	
60-64	Linda Fulton	1:21.01	2016	
65-69	Linda Fulton	1:19.89	2020	
70-74	Patricia Bond	1:32.55	2009	
75-79	Beverly Myers	1:47.54	2010	
80-84	Beverly Myers	2:00.53	2017	
85-89	Beverly Myers	2:10.10	2020	
90-94	Joyce Stipanuk	2:58.05	2018	
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	1:09.47	2019	
70-74	Gaylord Hopkins	1: 19.51	2012	
75-79	Gaylord Hopkins	1:29.88	2017	
80-84	John Woods	1:45.57	2003	
85-89	John Woods	2:12.61	2008	
90-94	Jerome Burke	3:06.38	2017	
95-99	Arland Meade	4:03.80	2010	
200 Yd Backstroke				
Women				
50-54	Karen Westerman	2:26.44	2020	
55-59	Paula Cunio	2:54.32	2018	
60-64	Linda Fulton	2:59.51	2016	
65-69	Linda Fulton	2:52.80	2020	
70-74	Patricia Bond	3:14.76	2009	
75-79	Mary Tusa	3:55.72	2005	
80-84	Beverly Myers	4:33.00	2017	
85-89	Beverly Myers	4:54.65	2020	
90-94	Joyce Stipanuk	6:19.75	2017	
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	2:29.53	2019	
70-74	Robert Heacock	2:41.17	2019	
75-79	Gaylord Hopkins	3:14.17	2017	
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	Paula Cunio	39.17	2018	
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	Beverly Myers	1:03.92	2020	
90-94	Joyce Stipanuk	1:54.16	2018	
95-99	Dorothy Freed	2:49.03	2015	
Men				
50-54	Stepan Oliva	29.76	2019	
55-59	Nathan Leech	33.09	2007	
60-64	Peter Turner	37.18	2019	
65-69	Blake Stickter	36.77	2020	
70-74	Dave Jarvis	35.69	2017	
75-79	Robin Wickman	40.92	2020	
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	Paula Cunio	1:24.87	2018	
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	Doris Prokopi	3:14.06	2020	
90-94	Joyce Stipanuk	3:57.31	2019	
Men				
50-54	Stepan Oliva	1:05.46	2019	
55-59	Nathan Leech	1:14.58	2007	
60-64	Peter Turner	1:21.29	2019	
65-69	Blake Stickter	1:24.96	2020	
70-74	Dave Jarvis	1:20.41	2017	
75-79	Robin Wickman	1:33.97	2020	
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	Paula Cunio	3:00.68	2018	
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	David Jarvis	3:15.12	2019	
75-79	Martin Schenk	3:47.35	2018	
80-84	Thomas Carroll	4:47.88	2020	
95-99	Arland Meade	12:13.13	2012	
50 Yd Butterfly				
Women				
50-54	Karen Westerman	30.22	2020	
55-59	Pat Sargeant	30.03	2012	
60-64	Susan Tokayer	31.57	2020	
65-69	Linda Fulton	35.77	2020	
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	Bradley Brown	30.60	2020	
65-69	Paul Polgar	30.73	2013	
70-74	Robert Heacock	30.38	2019	
75-79	Martin Schenk	36.04	2017	
80-84	Duane Peacock	1:08.36	2014	
85-89	Frank Tillotson	1:31.48	2000	
100 Yd Butterfly				
Women				
50-54	Karen Westerman	1:09.94	2020	
55-59	Pat Sargeant	1:07.51	2012	
60-64	Patricia Bond	1:43.66	2002	
65-69	Linda Fulton	1:27.64	2020	
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	Robert Heacock	1:14.87	2018	
70-74	Robert Heacock	1:11.85	2019	
75-79	Charles Weatherbee	1:39.36	2007	
80-84	Craig Walker	4:04.90	2020	

50 Yd Freestyle				
Women				
50-54	Christine Germain	29.28	2015	
55-59	Pat Sargeant	27.04.	2012	
60-64	Susan Tokayer	28.12	2020	
65-69	Linda Fulton	31.72	2020	
70-74	Patricia Tullman	38.50	2007	
75-79	Jean Troy	37.00	2005	
80-84	Jean Troy	38.95	2008	
85-89	Beverly Myers	47.87	2020	
90-94	Joyce Stipanuk	1:14.40	2018	
Men				
50-54	Stepan Oliva	22.96	2019	
55-59	Ed Laderer	25.42	2015	
60-64	Brian Voisard	26.52	2011	
65-69	Brian Voisard	26.85	2016	
70-74	Robert Heacock	27.62	2019	
75-79	James Pitts	31.85	2005	
80-84	Tom Whiteleather	35.70	2010	
85-89	John Cornell	41.58	2012	
90-94	Harrison Homans	1:19.02	2018	
95-99	Jerome Burke	1:21.26	2018	
100 Yd Freestyle				
Women				
50-54	Christine Germain	1:05.13	2015	
55-59	Pat Sargeant	1:01.06	2012	
60-64	Susan Tokayer	1:04.01	2020	
65-69	Linda Fulton	1:14.70	2020	
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	Beverly Myers	1:54.94	2020	
90-94	Joyce Stipanuk	2:44.57	2017	
Men				
50-54	Stepan Oliva	51.06	2019	
55-59	Brian Voisard	56.54	2009	
60-64	Brian Voisard	58.72	2011	
65-69	Gaylord Hopkins	59.61	2006	
70-74	Robert Heacock	1:00.41	2019	
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	Jerome Burke	3:38.96	2018	
200 Yd Freestyle				
Women				
50-54	Christine Germain	2:25.36	2015	
55-59	Paula Cunio	2:29.16	2018	
60-64	Patricia Bond	2:54.10	2000	
65-69	Linda Fulton	2:40.52	2020	
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	Beverly Myers	4:02.02	2020	

90-94	Joyce Stipanuk	5:43.67	2017	
Men				
50-54	Stepan Oliva	2:03.84	2017	
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	Martin Schenk	2:48.23	2017	
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	
500 Yd Freestyle				
Women				
50-54	Karen Westerman	6:01.86	2020	
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	10:47.70	2017	
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	Gaylord Hopkins	7:35.76	2017	
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	Karen Westerman	1:11.49	2020	
55-59	Paula Cunio	1:18.20	2018	
60-64	Wendy Duck	1:33.42	2005	
65-69	Ann Guins	1:31.19	2020	
70-74	Patricia Bond	1:35.01	2008	
75-79	Jean Troy	1:41.29	2006	
80-84	Beverly Myers	2:10.76	2020	
85-89	Ellen Brown	3:15.68	2011	
Men				
50-54	Stepan Oliva	59.90	2019	
55-59	Nathan Leech	1:05.14	2007	
60-64	Brian Voisard	1:08.66	2011	
65-69	Brian Voisard	1:09.68	2019	
70-74	David Jarvis	1:10.84	2018	
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	Karen Westerman	2:35.93	2020	

55-59	Paula Cunio	2:47.17	2018	
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	Brian Voisard	2:33.45	2019	
70-74	David Jarvis	2:56.75	2019	
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	Andrea Collier	7.68	2018	
55-59	Sonder Hawkins	7.62	2022	
60-64	Jocelyn Lowther	7.89	2014	
65-69	Ella Redpath	8.86	2013	
70-74	Ethel Lehmann	9.51	2000	
75-79	Marty Barlow Beighley	10.04	2018	
80-84	Ethel Lehmann	10.34	2012	
85-89	Ethel Lehmann	11:00	2015	
90-94	Ethel Lehmann	12.58	2020	
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	Rod Lehman	7.31	2017	
70-74	Rod Lehman	7.44	2022	
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	Ervin Szewczuga	15.74	2017	
100-104	Arland Meade	27.39	2015	
100 Meter				
Women				
50-54	Ree Hawkins	13.76	2020	
55-59	Sonder Hawkins	14.15	2022	
60-64	Jocelyn Lowther	15.16	2016	
65-69	Elizabeth Appleby	17.58	2022	
70-74	Ella Redpath	18.56	2017	
75-79	Ethel Lehmann	18.74	2004	
80-84	Ethel Lehmann	18.29	2012	
85-89	Ethel Lehmann	21.50	2016	
90-94	Ethel Lehmann	24.54	2020	
95-99	Lillian Webb	33.00	2012	
Men				

50-54	Oscar Fabra	12.35	2015	
55-59	Oscar Fabra	12.23	2020	
60-64	Rudy Briscoe	12.92	2017	
65-69	Rudy Briscoe	13.28	2022	
70-74	Douglas Thomas	14.03	2016	
75-79	Howie Sampson	14.98	2014	
80-84	Howie Sampson	16.53	2019	
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	Ree Hawkins	28.76	2020	
55-59	Sonder Hawkins	28.70	2022	
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	Ethel Lehmann	55.94	2020	
Men				
50-54	Bobby Terrell	26.10	2004	
55-59	Oscar Fabra	26.76	2018	
60-64	Rudy Briscoe	26.43	2017	
65-69	Rod Lehman	27.76	2016	
70-74	Rod Lehman	29.99	2022	
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	Andrea Collier	1:09.52	2018	
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	Georgie Gillis	1:27.10	2017	
75-79	Georgie Gillis	1:35.67	2022	
80-84	Ethel Lehmann	1:48.83	2009	
85-89	Ethel Lehmann	2:09.32	2016	
90-94	Ethel Lehmann	2:27.53	2020	
Men				
50-54	Chris Scotto Divetta	58.97	2008	
55-59	Oscar Fabra	1:00.68	2018	
60-64	Rudy Briscoe	59.31	2018	
65-69	Rod Lehman	1:05.63	2017	
70-74	Leslie Bennett	1:09.17	2017	
75-79	Leslie Bennett	1:12.05	2019	
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	Georgie Gillis	3:40.81	2020	
80-84	Ethel Lehmann	4:21.00	2009	
85-89	Ethel Lehmann	3:51.03	2015	
90-94	Ethel Lehmann	5:59.26	2020	
Men				
50-54	Dan Bergeson	2:19.20	2015	
55-59	Jarrett Slaven	2:28.13	2000	
60-64	Roger Chapman	2:31.67	2022	
65-69	William Cason	2:40.34	2019	
70-74	Leslie Bennett	2:47.51	2018	
75-79	Leslie Bennett	2:55.97	2019	
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	6:51.75	2017	
75-79	Georgie Gillis	7:42.07	2022	
80-84	Patricia Knudstrup	10:54.95	2020	
85-89	Ethel Lehmann	11:15.79	2017	
90-94	Ethel Lehmann	13:26.29	2022	
Men				
50-54	Tri Thornhill	5:00.34	2019	
55-59	Jarrett Slaven	5:16.28	2000	
60-64	Tom Prentice	5:21.09	2020	
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	Peggy Ostrander	12:19.84	2017	
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 Jr	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	Gus Ormrod Sr	12:32.82	2019	
95-99	Ervin Szewczuga	16.33.53	2017	
5000 Meter				
Women				
50-54	Janet Lamoureux	38:00.92	2018	
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	Peggy Ostrander	41:33.35	2017	
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	Gus Ormrod Sr	44:05.43	2019	
95-99	Oluf Jensen	1:01.50.0	1999	