

POLK SENIOR GAMES RECORDS			
revised 7/31/2025	2025		
	name	score	year
	# new or tied records -		
ARCHERY 600 ROUND 2024			
Barebow Recurve			
Women			
55-59	Gail Noland	28	2015
60-64	Gail Noland	40	2016
65-69	Gail Noland	24	2025
80-84	Anna Hartman	402	2018
85-89	Anna Hartman	266	2019
90-94	Anna Hartman	315	2024
Men			
55-59	Gerald Nichols	340	2016
60-64			
65-69	Gerald Nichols	429	2024
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	John Gauger	507	2025
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
75-79	Kathryn O'Shea	418	2025
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	Gail Noland	20	2024
70-74	Alice Prestin	19	2016
Men			
50-54	Viatcheslav Oulianov	435	2018
55-59	Viatcheslav Oulianov	504	2019
60-64	Daniel Crawford	469	2024
65-69	Larry Michael	522	2013
70-74	Larry Michael	434	2018
75-79	Larry Michael	358	2024
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	Chris Evans	28	2023
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
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	Diane Foli	13	2017
50-54 tied			
55-59	Chris Evans	11	2015
60-64	Chris Evans	11	2019
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	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
70-74 tied record	Thomas Smith	13	2024
75-79	Harry Carothers	12	2019
75-79 tied	William Oliver	12	2025
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	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
75-79 tied			
80-84	Harry Carothers	145	2024
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	Barbara Gnegy Doucette	573	2025
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	Michael Moses	842	2023
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	Michael Prunier & Chuck Thivierge	1334	2023
65-69	Chuck Cook & Charles Leak	1410	2004
70-74	Frederick Pronk & Clifford Beaumont	1340	2019
75-79	Richard Coleman & Edward McNulty	1336	2024
80-84	Gene Mabe & Peter Casella	1255	2018
85-89	Bruce Tohm & Glenn Johnston	1078	2020
90-94	James Hurre & 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 Hurre & Betty Hall	913	2018
95-99	Evelyn Gregor & Carl Laubach	850	2009
Team Bowling			
50 +	Just Rollin	2399	2017
	Cicero Carr Jr		
	Diane Downey		
	Lisa Poloneczyk		
	Daniel Young		
60 +	Bowling Bandits	2428	2023
	Eddie Doucette		
	Barbara Gnegy Doucette		
	Stanley Sprow		
	Wanda Thomas		
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 Godin	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	Madelaine Cazel	60' 1 3/4"	2024
90-94	Ethel Lehmann	31' 3"	2020
95-99	Ethel Lehmann	33' 11 1/4"	2024
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 1/2"	1998
70-74	Roland Jones	138' 9 1/4"	2025
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
65-69 tied			
70-74	Peggy Peck	3' 10"	2024
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
95-99	Ethel Lehmann	2' 4"	2024
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
80-84 tied			
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' 1/2"	1994
60-64	Peggy Peck	77' 9"	2017
65-69	Peggy Peck	72' 10"	2019
70-74	Peggy Peck	69' 8"	2024
75-79	Ethel Lehmann	68' 4 1/2"	2004
80-84	Madelaine Cazel	69' 4 1/2"	2017
85-89	Madelaine Cazel	50' 10 1/4"	2023
90-94	Ethel Lehmann	38' 8 1/2"	2020
95-99	Ethel Lehmann	37' 9"	2024
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	Matt McGillen	122' 9"	2024
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 1/2"	1999
60-64	Barbara Cleveland	13' 3"	2003
65-69	Peggy Peck	10' 8 1/4"	2019
70-74	Peggy Peck	9' 10 1/2"	2024
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	Alfred Zleon	14' 4 1/2"	2025
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
PUNT PASS KICK			
Women			
50-54	Jennifer Banks	273' 3"	2020
55-59	Sandy Civitarese	266' 7"	2020
60-64	Sandy Civitarese	244'	2025
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
95-99	Ethel Lehmann	107' 9"	2024
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	Dick Cheney	76' 9"	2025
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	Peggy Peck	24' 10 1/4"	2024
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 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	Dick Cheney	17' 9"	2025
Softball Throw			

Women			
50-54	Karen Sapp	146' 3"	2003
55-59	Sandy Civitarese	144' 2"	2020
60-64	Sandy Civitarese	165' 4"	2025
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	75' 10"	2023
95-99	Ethel Lehmann	65' 9 1/2"	2024
Men			
50-54	Armond Laframboise	253' 5"	2001
55-59	Armond Laframboise	235' 11"	2003
60-64	Matt McGillen	213' 4"	2014
65-69	Howard Friedman	204' 9"	2024
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	Don Miller	128' 6"	2023
90-94	Gordon Wilson	79' 5"	2025
95-99	Dick Cheney	50' 8"	2025
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	Peggy Peck	22' 5"	2024
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
95-99	Ethel Lehmann	6' 9 1/2"	2024
Men			
50-54	Alfred Leon	33' 10'	2015
55-59	Alfred Leon	36' 7"	2017
60-64	Brian Hankerson	36' 1"	2023
65-69	Alfred Leon	32' 1 3/4"	2025
65-69 tie			
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
55-59 tied			
55-59 tied			
60-64	Jeff Slaten	51	2025
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	Bill Janssen	14	2024
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	Nancy Chafee	82	2024
80-84 tie	Barbara Heddon	85	2023
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
75-79 tie			
80-84	Robert Cheatham	73	2005
85-89	Cliff Brown	76	2025
90-94	Albert Otte	81	2012
95-99	Dean Fulton	97	2012
Mixed Doubles			
50-54	John Shotwell & Evie Harrison	73	2016
55-59	Kendal Shaw & Kathy Kampman	69	2025
60-64	Ed Griffin & Ann Griffin	71	2018
65-69	Curt Doerrer & Sue Doerrer	70	2016
65-69 tie	Louise Robitallie & Stephen Warboys	70	2025
70-74	Donna Aitken & Cliff Brown	66	2018
75-79	Phil Villemure & Jackie Villemure	73	2025
80-84	Connie Doubet & Thomas Doubet	77	2018
80-84 tie	Richard Pepin & Martha Schoonover	77	2025
85-89	Connie Doubet & Thomas Doubet	83	2023
POWERLIFTING			
Bench Press			
Women			
50-54 Wt 105	Dinah Yarborough	95 lb	2024
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
50-54 Wt 198	Heather Earl	100 lbs	2024
50-54 Wt 198+	Ronda Bouie	150 lbs	2024
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	Ronda Bouie	115 lbs	2025
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	Keena Parsons	165 lbs	2025
60-64 Wt 181	Jean Flesher	135 lbs	2020
60-64 Wt 198	Dawn Black	135 lbs	2016
60-64 Wt 198+	Dawn Black	120 lbs	2019
65-69 Wt 105	Arlene Coulter	90 lbs	2015
65-69 Wt 105 Tied	Nancy Georges	90 lbs	2020
65-69 Wt 114	Nancy Georges	90 lbs	2016
65-69 Wt 123	Yvette Fox	120 lbs	2025
65-69 Wt 132	Yvette Fox	130 lbs	2024
65-69 Wt 132 tied			
65-69 Wt 148	Lois Hall	100 lbs	2016
65-69 Wt 165	Jean Flesher	115 lbs	2023
65-69 Wt 181	Helen Hankerson	285 lbs	2018
65-69 Wt 198	Virginia Brown	75 lbs	2015
65-69 Wt 198 Tied	Paula Winans	75 lbs	2020
65-69 Wt 198 Tied	Gail Noland	75 lbs	2023
65-69 Wt 198+	Magda Santos	110 lbs	2023
70-74 Wt 97	Patricia Ashby	50 lbs	2013
70-74 Wt 105	Nancy Georges	80 lbs	2024
70-74 Wt 114	Suzette Karelis	110 lbs	2023
70-74 Wt 123	Lois Hall	75 lbs	2020
70-74 Wt 123 tie			
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 165 tied	Carol Lamb	85 lbs	2023
70-74 Wt 181	Beatrice Temple	100 lbs	2024
70-74 Wt 198	Mary Downes	80lbs	2020
70-74 Wt 198+	Beatrice Temple	110 lbs	2023
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 123	Suzette Karelis	100 lbs	2025
75-79 Wt 148	Janet Bremer	140	2025
75-79 Wt 165	Carol Lamb	90 lbs	2024
75-79 Wt 181	Mary Downes	50 lbs	2025
75-79 Wt 198	Mary Downes	55 lbs	2024
75-79 Wt 198++	Carolyn Bolander	55 lbs	2019
80-84 Wt 97	Susan Bohling	45 lbs	2023
80-84 Wt 105	Patricia Ashby	50 lbs	2019
80-84 Wt 123	Imogene Northern	7 lbs	2011
80-84 Wt 148	Janet Reynolds	105 lbs	2023
80-84 Wt 165	Mary Wilson	65 lbs	2019
80-84 Wt 198	Carolyn Bolander	55 lbs	2024
80-84 Wt 198+	Linda Diller	50 lbs	2024
85-89 Wt 132	Carol Miles	55 lbs	2017
85-89 Wt 148	Mary Wilson	55 lbs	2023
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 Wt 308	William Davis	315 lbs	2023
50-54 wt 308+	Miguel Rodriguez	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	Jon Wisenbaker	275 lbs	2025
55-59 Wt 198	Keith Grimes	270 lbs	2012
55-59 Wt 220	James Jacobs	350 lbs	2023
55-59 Wt 242	James Jacobs	370 lbs	2024
55-59 Wt 275	Sam Beckwith	475 lbs	2020

55-59 Wt 308	Viatcheslav Oulianov	280 lbs	2020
55-59 Wt 308+	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
60-64 Wt 308	Viatcheslav Oulianov	270 lbs	2023
60-64 Wt 308+	Viatcheslav Oulianov	270 lbs	2025
65-69 Wt 132	Frank Scianimanico	185 lbs	2023
65-69 Wt 148	Frank Scianimanico	205 lbs	2020
65-69 Wt 165	Tony Conyers	360 lbs	2023
65-69 Wt 181	Douglas Rozon	270 lbs	2019
65-69 Wt 198	Brian Hart	350 lbs	2025
65-69 Wt 220	Michael Busjahn	335 lbs	2025
65-69 Wt 242	Mike Wood	330 lbs	2016
65-69 Wt 275	George Anthony	325 lbs	2023
65-69 Wt 275 tied			
65-69 wt 308	Richard Jung	255 lbs	2024
65-69 wt 308+	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	Marc Hamburg	250 lbs	2023
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 308+	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 148	Tony Spinelli	135 lbs	2024
75-79 Wt 165	Bill Tinkler	205 lbs	2013
75-79 Wt 181	Jacques Weaver	245 lbs	2017
75-79 Wt 198	Bob Mount	250 lbs	2023
75-79 Wt 220	John Yong	250 lbs	2011
75-79 Wt 242	Michael Brace	225 lbs	2019
75-79 Wt 275	Leroy Ford	255 lbs	2023
80-84 Wt 123	Barry Sears	85 lbs	2024
80-84 Wt 132	Edward Perez Jr	155 lbs	2024
80-84 Wt 148	James Morgan	140 lbs	2018
80-84 Wt 165	Bill Tinkler	205 lbs	2014
80-84 Wt 181	Jacques Weaver	180 lbs	2023
80-84 Wt 198	Otis Perry	175 lbs	2025
80-84 Wt 220	Vito Lombardo	200 lbs	2014
80 84 Wt 242	Michael Brace	165 lbs	2025
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
85-89 Wt 275	Cicero Carr	155 lbs	2025
Dead Lift			
Women			
50-54 Wt 105	Dinah Yarborough	190 lbs	2024
50-54 Wt 123	Becky Harrelson	200 lbs	2024
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
50-54 Wt 198	Ronda Bouie	285 lbs	2024
50-54 Wt 198+	Tanya Davis	225 lbs	2025
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	Ronda Bouie	225 lbs	2025
55-59 Wt 198	Gail Noland	155 lbs	2015
55-59 Wt 198+	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	Keena Parsons	275 lbs	2025
60-64 Wt 181	Jean Flesher	265 lbs	2020
60-64 Wt 198	Margie Brownlee	240 lbs	2011
60-64 Wt 198+	Gail Noland	155lbs	2016
65-69 Wt 105	Nancy Georges	200 lbs	2020
65-69 Wt 114	Nancy Georges	220lbs	2019
65-69 Wt 123	Yvette Fox	275 lbs	2025
65-69 Wt 132	Yvette Fox	300 bs	2024
65-69 Wt 148	Lois Hall	200 lbs	2015
65-69 Wt 165	Jean Flesher	225 lbs	2023
65-69 Wt 181	Helen Hankerson	365 lbs	2019
65-69 Wt 198	Paula Winans	200 lbs	2020
65-69 Wt 198 +	Magda Santos	210 lbs	2023
70-74 Wt 97	Patricia Ashby	120 lbs	2013
70-74 Wt 105	Nancy Georges	205 lbs	2024
70-74 Wt 114	Suzette Karelis	225 lbs	2023
70-74 Wt 123	Lana Marcine	210 lbs	2018
70-74 Wt 132	Lois Hall	170 lbs	2019
70-74 Wt 148	Beatrice Temple	225 lbs	2025
70-74 Wt 165	Joan Mann	230 lbs	2017
70-74 Wt 181	Beatrice Temple	250 lbs	2024
70-74 Wt 195	Carolyn Bolander	150 lbs	2012
70-74 Wt 198	Paula Winans	210 lbs	2023
70-74 Wt 198+	Beatrice Temple	305 lbs	2023
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	Suzette Karelis	230 lbs	2024
75-79 Wt 123	Suzette Karelis	235 lbs	2025
75-79 Wt 148	Janet Reynolds	205 lbs	2017
75-79 Wt 165	Carol Lamb	230 lbs	2025
75-79 Wt 181	Martha Scott	170 lbs	2024
75-79 Wt 198	Kathleen Keen	100 lbs	2023
80-84 Wt 97	Susan Bohling	120 lbs	2023
80-84 Wt 105	Susan Bohling	80 lbs	2019
80-84 Wt 123	Imogene Northern	45 lbs	2011
80-84 Wt 148	Janet Reynolds	210 lbs	2023
80-84 Wt 198	Carolyn Bolander	100 lbs	2024
80-84 Wt 198 +	Carolyn Bolander	75 lbs	2023
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	Jon Wisenbaker	505 lbs	2023
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 Wt 308	William Davis	435lb	2023
50-54 Wt 308+	Viatcheslav Oulianov	540 lbs	2017
55-59 Wt 165	Jerry Mobley	400 lbs	2016
55-59 Wt 181	Jon Wisenbaker	475 lbs	2025
55-59 Wt 181 tie			
55-59 Wt 198	Barrie Bennette	465 lbs	2012

55-59 Wt 220	James Jacobs	600 lbs	2023
55-59 Wt 242	James Jacobs	640 lbs	2024
55-59 Wt 275	Sam Beckwith	635 lbs	2023
55-59 Wt 308	William Davis	430 lb	2025
55-59 Wt 308+	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	Stehen Mann	480 lbs	2017
60-64 Wt 220	William Beckley	500 lbs	2023
60-64 Wt 242	William Beckley	475 lbs	2019
60-64 Wt 275	Robert Moore	415 lbs	2024
60-64 Wt 308+	Viatcheslav Oulianov	380 lbs	2025
65-69 Wt 132	Frank Scianimanico	240lbs	2023
65-69 Wt 148	Marvin Villard	330 lbs	2023
65-69 Wt 165	Tony Conyers	610 lbs	2024
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 Wy 308	Richard Jung	305 lbs	2024
65-69 Wt 308+	Joseph Abal	300 lbs	2016
70-74 Wt 132	Frank Marks	305 lbs	2020
70-74 Wt 148	Marvin Villard	335 lbs	2024
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	John Callahan	400 lbs	2024
70-74 Wt 275	Howard Brown	360 lbs	2018
70-74 Wt 308+	Howard Brown	330 lbs	2019
75-79 Wt 132	Edward Perez Jr	275 lbs	2019
75-79 Wt 148	Tony Spinelli	225 lbs	2024
75-79 Wt 165	Bill Tinkler	305 lbs	2013
75-79 Wt 181	Thomas Haggemiller	400 lbs	2019
75-79 Wt 198	Thomas Haggemiller	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 123	Barry Sears	95 lbs	2023
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	Thomas Haggemiller	350 lbs	2024
80-84 Wt 198	Sherwood Ellis	315 lbs	2023
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 132	Chuck Tosch	100 lbs	2024
85-89 Wt 148	Gerald Foster	185 lbs	2020
85-89 Wt 165	Gerald Foster	155 lbs	2019
85-89 Wt 181	John Wardner	200 lbs	2024
85-89 Wt 198	John Wardner	200 lbs	2023
85-89 Wt 220	Donald Noland	55 lbs	2017
85-89 Wt 242	Donald Noland	120 lbs	2018
85-89 Wt 275	Cicero Carr	180 lbs	2024
ROAD RACE 5K			
Women			
50-54	Dee Bays	19:37.00	1997
55-59	Barbara Cahalan	22:43.56	2011
60-64	Janet Lamoureux	23:04.44	2025
65-69	Georgie Gillis	24:29.48	2011
70-74	Rhonda Fosser	24:31.00	2023
75-79	Ann Sinkinson	32:30.74	2023
80-84	Dorothy Johnson	41:04.84	2024
95-99	Ethel Lehmann	54:34.78	2025

Men			
50-54	Tri Thornhill	17:37.24	2019
55-59	Jarrett Slaven	19:08.50	2000
60-64	Tom Prentice	18:55.95	2023 broke last1992 record
65-69	Tom Prentice	19:55.46	2024
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 Iron Sites			
Women			
50-59	Sheryl Rubin	287 x8	2025
60-69	Rosemary Serra	252 x2	2025
70-79	Pam McDonald	293 x10	2025
80-89	Janet Ergle	275 x2	2025
Men			
50-59	Claude Lee	297 x20	2024
60-69	Ruben Garcia	291 x10	2024
70-79	William Miller	291 x17	2024
80-89	Raymond Rowe	283 x7	2025
80-89 tied			
90-99	Paul O'Neill	270 x8	2024
Pistol Shooting Optics			
Women			
50-59	Denise Overlock	151 x2	2025
60-69	Yvetts Fox	287 x11	2024
70-79	Patricia Buell	275 x6	2025
80-89	Betty Harstad	73 x0	2025
Men			
50-59	Claude Lee	299 x26	2025
60-69	Richard Berry	298 x23	2025
70-79	John Stanford	300 x19	2025
80-89	Robert Westgate	294 x18	2024
80-89 tied			
Rifle Shooting			
Women			
50-54	Naomi Tillet	600 58x	2016
60-64	Linda Hover	600 56x	2014
65-69	Margaret Clark	600 58x	2025
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	Edward Hess	600 55x	2023
85-89	Wendell Hunt	600 52x	2025
SKEET			
Women			
50-54	Jen Saffer	48	2024
60-64	Tina Smiley	43	2024
65-69	Denise Blaine	40	2025
60-69 old			
70-74	Peggy DeVivo	36	2025
75-79	Nancy Ramirez	36	2024
Men			
50-54	David Barfield	45	2025
55-59	Gary Brown	47	2014
55-59	Michael Brown	47	2017
60-64	Michael Brown	49	2023
65-69	Bruce Stobbe	49	2022

70-74	Terry Ball	49	2017
75-79	Chuck Rossetter	50 perfect	2025
75-79 tied			
80-84	George Hotchkiss	47	2017
80-84 tied	Harry Kimberly	47	2023
80-84 tied	Terry Ball	47	2025
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	Michele Heimann	38	2025
60-64	Tina Smiley	47	2024
65-69	Deborah Wroten	40	2020
70-74	Megan Posey	31	2025
75-79	Nancy Ramirez	35	2024
Men			
50-54	Ruben Garcia	47	2017
55-59	Ruben Garcia	48	2020
55-59 tied	Gilbert Faulkner	48	2023
60-64	Lonnie Cox	49	2023
65-69	Raymond Swiley	49	2024
70-74	Edward Arnold	48	2020
70-74 tied	Jeffrey Walker	48	2023
75-79	Ronald Kerr	48	2017
80-84	Marshall Smith	44	2015
80-84 Tied	Charles Loomis	44	2020
80-84 tied	William Powell	44	2023
85-89	Marshall Smith	40	2020
TRAP			
Women			
50-54	Janet Wickman	24	2012
55-59	Michele Heimann	46	2025
60-64	Roseann Cerovac	43	2018
65-69	Patricia Hill	42	2016
70-74	Patricia Hill	45	2020
75-79	Nancy Ramirez	37	2025
80-84	Chris Sikes	33	2017
85-89	Chris Sikes	24	2022
Men			
50-54	Ruben Garcia	46	2017
55-59	Ruben Garcia	48	2020
55-59 tied	Robert DeLong	48	2022
60-64	David Wright	47	2011
60-64 tied	Robert DeLong	47	2023
65-69	Merwin Backus	49	2011
65-69 tied	Raymond Swilley	49	2025
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
85-89 tie			
SWIMMING			
50 Yd Backstroke			
Women			
50-54	Karen Westerman	31.94	2020
55-59	Karen Westerman	32.60	2024
60-64	Katherine Cleary	42.35	2025
65-69	Linda Fulton	35.89	2020
70-74	Linda Fulton	36.96	2023
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	Robert Heacock	36.22	2024
80-84	Robin Wickman	45.53	2025
85-89	Thomas Gompf	48.75	2024
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	Karen Westerman	1:11.68	2023
60-64	Linda Fulton	1:21.01	2016
65-69	Linda Fulton	1:19.89	2020
70-74	Linda Fulton	1:21.00	2023
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	Thomas Gompf	1:51.99	2024
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	Karen Westerman	2:31.93	2023
60-64	Linda Fulton	2:59.51	2016
65-69	Linda Fulton	2:52.80	2020
70-74	Linda Fulton	2:56.56	2023
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	Thomas Gompf	4:05.97	2024
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	36.96	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	Shirley Carnahan	1:43.41	2025
95-99	Dorothy Freed	2:49.03	2015
Men			

50-54	Stepan Oliva	29.76	2019
55-59	Steve Oliva	31.82	2024
60-64	Peter Turner	37.18	2019
65-69	Michael Smith	34.43	2025
70-74	Dave Jarvis	35.69	2017
75-79	Roberty Heacock	40.23	2024
80-84	Robin Wickman	44.28	2025
85-89	Thomas Gompf	54.78	2024
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	Shirley Carnahan	3:46.21	2025
Men			
50-54	Stepan Oliva	1:05.46	2019
55-59	Steve Oliva	1:10.34	2024
60-64	Peter Turner	1:21.29	2019
65-69	Michael Smith	1:18.04	2025
70-74	Dave Jarvis	1:20.41	2017
75-79	Robin Wickman	1:33.97	2020
80-84	Mike Freshly	1:31.96	2023
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	Cathy Liska	3:37.52	2024
65-69	Donelda Hor ne	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
90-94	Shirley Carnahan	7:53.38	2025
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	Allen Sales	3:08.55	2023
70-74	David Jarvis	3:15.12	2019
75-79	Martin Schenk	3:47.35	2018
80-84	Mike Freshly	3:17.16	2023
85-89	Fred Beckett	7:27.56	2019
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	Linda Fulton	36.45	2023
75-79	Jean Troy	49.53	2006
80-84	Jean Troy	51.22	2007
85-89	Frances Weston	1:25.83	2025
Men			
50-54	John Laderer	26.49	2016
55-59	Steve Oliva	28.48	2024
60-64	Bradley Brown	30.60	2020
65-69	Michael Smith	29.83	2025
70-74	Robert Heacock	30.38	2019

75-79	Martin Schenk	36.04	2017
80-84	Robin Wickman	41.48	2025
85-89	Thomas Gompf	55.68	2024
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	Linda Fulton	1:33.67	2023
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	Linda Fulton	33.19	2023
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	Steve Oliva	24.66	2024
60-64	Brian Voisard	26.52	2011
65-69	Brian Voisard	26.85	2016
70-74	Robert Heacock	27.62	2019
75-79	Robert Heacock	29.97	2024
80-84	Mike Freshly	32.33	2023
85-89	Thomas Gompf	40.99	2024
90-94	Donald Doe	1:08.77	2025
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	Steve Oliva	51.06	2019
55-59	Steve Oliva	55.29	2024
60-64	Brian Voisard	58.72	2011
65-69	Gaylord Hopkins	59.61	2006
70-74	Robert Heacock	1:00.41	2019
75-79	Jimmy Waybright	1:12.97	2025
80-84	Mike Freshley	1:25.86	2024
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	Karen Westerman	2:16.59	2025
60-64	Patricia Bond	2:54.10	2000
65-69	Linda Fulton	2:40.52	2020

70-74	Linda Fulton	2:43.14	2025
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	Mike Freshley	2:48.06	2023
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	Karen Westerman	6:02.78	2023
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	Mike Freshley	7:54.67	2023
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	Karen Westerman	1:12.81	2023
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	Jean Troy	1:49.52	2007
85-89	Beverly Myers	2:10.76	2020
Men			
50-54	Steve Oliva	59.90	2019
55-59	Steve Oliva	1:03.79	2024
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	Thomas Gompf	1:51.87	2024
200 Yd Individual Medley			
Women			
50-54	Karen Westerman	2:35.93	2020
55-59	Karen Westerman	2:36.03	2023
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	Mike Freshley	3:20.59	2023
85-89	Frank Tillotson	5:33.97	2000
TRACK			
50 Meter			
Women			
50-54	Andrea Collier	7.68	2018
55-59	Andrea Collier	7.49	2024
60-64	Johnnie Reid	7.29	2024
65-69	Carol Robertson	7.94	2023
70-74	Ethel Lehmann	9.51	2000
75-79	Ella Redpath	10.03	2024
80-84	Ethel Lehmann	10.34	2012
85-89	Ethel Lehmann	11:00	2015
90-94	Ethel Lehmann	12.58	2020
95-99	Ethel Lehmann	13.95	2024
Men			
50-54	Dian Edwards	6.76	2015
55-59	Jim Daniels	6.85	2024
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	Leslie Bennett	8.47	2024
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	Andrea Collier	13.74	2024
60-64	Johnnie Reid	13.20	2025
65-69	Yvette Fox	14.9	2023
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	Ethel Lehmann	28.63	2024
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	Leslie Bennett	15.80	2024
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	Janet Lamoureux	30:18	2022
60-64	Johnnie Reid	30.18	2023
65-69	Elizabeth Appleby	34.93	2024
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
95-99	Ethel Lehmann	1:07.27	2024
Men			
50-54	Bobby Terrell	26.10	2004
55-59	Jim Daniels	27.11	2024
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	Leslie Bennett	33.68	2024
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	2:20.5	2023
95-99	Ethel Lehmann	3:19.77	2024
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	Leslie Bennett	1:16.69	2024
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	Leigh Barreto	3:00.97	2023
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
95-99	Ethel Lehmann	7:03.12	2024
Men			
50-54	Dan Bergeson	2:19.20	2015
55-59	Jarrett Slaven	2:28.13	2000
60-64	Roger Chapman	2:30.4	2023
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	Leslie Bennett	3:05.56	2024
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	Janet Lamoureux	6:24.78	2024
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	Tom Prentice	5:28.72	2024
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 Wilson	12:14.36	2025

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