



CAPITAL CITY Senior Games RECORDS



SWIMMING - FREESTYLE MEN

50 yd

AGE	NAME	RECORD
50-54	Andy Kroupa	25.84 2021
55-59	Ace Haddock	29.42 2024
60-64	Glenn Woodsum	25.46 2010
65-69	Michael Smith	26.27 2025
70-74	Michael Twomey	29.83 2020
75-79	Mark Gargiulo	31.51 2025
80-84	Bob Keller	54.51 2014
85-89	Britt Poulson	42.52 2019
90+	Don Rapp	1:16.15 2019

100 yd

AGE	NAME	RECORD
50-54	Kevin Wells	1:00.3 2015
55-59	Doug Schlak	56.06 2012
60-64	Glenn Woodsum	55.4 2010
65-69	David Jarvis	1:05.1 2013
70-74	Jimmy Waybright	1:10.89 2024
75-79	Mark Gargiulo	1:10.55 2024
80-84	Bob Keller	1:56.1 2014
85-89	Britt Poulson	1:44.54 2019
90+	Don Rapp	3:27.40 2019

200 yd

AGE	NAME	RECORD
50-54	Alec Kercheval	2:24.0 2010
55-59	Doug Schlak	2:10.0 2012
60-64	Glenn Woodsum	2:24.8 2010
65-69	Dave Darst	2:26.1 2010
70-74	Mark Gargiulo	2:41.1 2021
75-79	Mark Gargiulo	2:47.52 2022
80-84	Bob Keller	4:26.5 2015
85-89	Britt Poulson	4:21.94 2019
90+		

500 yd

AGE	NAME	RECORD
50-54	Alec Kercheval	6:47.4 2011
55-59	Ace Haddock	7:02.72 2024
60-64	Mark Hanson	6:45.8 2012
65-69	Dave Darst	6:50.0 2010
70-74	Mark Hanson	7:37.03 2022
75-79	Mark Gargiulo	8:06.78 2022
80-84		
85-89	Britt Poulson	13:27.03 2020
90+		



CAPITAL CITY Senior Games RECORDS



SWIMMING - FREESTYLE WOMEN

50 yd

AGE	NAME	RECORD
50-54	Gretchen Deyoung	33.41 2012
55-59	Karen Westerman	29.84 2026
60-64	Paige Gill	29.75 2023
65-69	Mary Moak	34.75 2021
70-74	Barbara Goltz	37.49 2017
75-79	Lois Johnson	44.43 2024
80-84		
85-89	Patsy Cox	1:24.96 2019
90+		

100 yd

AGE	NAME	RECORD
50-54	Annie Bowman	1:10.29 2019
55-59	Karen Westerman	1:03.20 2025
60-64	Jaquinn Griffith	1:10.10 2021
65-69	Jaquinn Griffith	1:12.18 2023
70-74	Bonnie Wright	1:21.82 2026
75-79	Lois Johnson	1:36.90 2023
80-84	Margarete Deckert	2:44.1 2013
85-89		
90+	Betty Lorenzi	2:02.70 2018

200 yd

AGE	NAME	RECORD
50-54	Kathy McDaris	3:20.3 2010
55-59	Karen Westerman	2:18.25 2025
60-64	Jaquinn Griffith	2:30.87 2022
65-69	Lisa Waxman	2:56.41 2025
70-74	Bonnie Wright	2:59.46 2026
75-79	Lois Johnson	3:35.83 2024
80-84	Christine Hazelip	6:22.33 2018
85-89		
90+		

500 yd

AGE	NAME	RECORD
50-54	Jullie Clark	7:51.5 2012
55-59	Karen Westerman	6:06.89 2025
60-64	Jaquinn Griffith	6:58.01 2021
65-69	Bonnie Wright	7:43.91 2021
70-74	Bonnie Wright	8:01.61 2026
75-79	Judy Paukert	9:55.49 2023
80-84		
85-89		
90+		