



# CAPITAL CITY Senior Games RECORDS



## SWIMMING-MEDLEY

### WOMEN

#### 100 yd

INDIVIDUAL MEDLEY  
FOUR STROKES

AGE	NAME	RECORD
50-54	Katherine Horsburgh	1:33.37 2026
55-59	Paige Gill	1:13.70 2021
60-64	Jaquinn Griffith	1:23.69 2021
65-69	Mary Tappen	1:38.61 2022
70-74	Laurie Grubbs	1:35.58 2023
75-79	Laurie Grubbs	1:43.81 2026
85-89		
90-94		
95-99		

### MEN

#### 100 yd

INDIVIDUAL MEDLEY  
FOUR STROKES

AGE	NAME	RECORD
50-54	Andy Kroupa	1:09.31 2021
55-59	Ace Haddock	1:18.31 2026
60-64	Joe Durrett	1:23.37 2021
65-69	Dale Charrette	1:17.36 2024
70-74	Mark Hanson	1:31.81 2022
75-79		
80-84		
85-89		
90+		

#### 200 yd

INDIVIDUAL MEDLEY  
FOUR STROKES

AGE	NAME	RECORD
50-54	Annie Bowman	2:57.37 2020
55-59	Karen Westerman	2:43.76 2026
60-64	Mary Jane Tappen	3:34.41 2018
65-69	Mary Jane Tappen	3:33.05 2022
70-74	Laurie Grubbs	3:28.40 2023
75-79	Laurie Grubbs	3:43.42 2026
80-84		
85-89		
90+		

#### 200 yd

INDIVIDUAL MEDLEY  
FOUR STROKES

AGE	NAME	RECORD
50-54	David Amato	2:53.9 2012
55-59		
60-64	Mark Hanson	3:08.8 2013
65-69	Mark Graham	3:10.33 2017
70-74	Mark Hanson	3:22.28 2022
75-79		
80-84		
85-89		
90+		

#### 400 yd

INDIVIDUAL MEDLEY  
FOUR STROKES

AGE	NAME	RECORD
50-54	Hartzell Stringer	7:37.1 2010
55-59	Karen Westerman	5:48.05 2026
60-64	Sandra Stark	7:52.52 2018
65-69	Sandra Stark	8:18.88 2023
70-74	Judy Paukert	8:48.60 2022
75-79	Judy Paukert	9:10.58 2024
80-84		
85-89		
90+		

#### 400 yd

INDIVIDUAL MEDLEY  
FOUR STROKES

AGE	NAME	RECORD
50-54		
55-59		
60-64	Mark Hanson	6:03.5 2012
65-69	David Javis	6:21.3 2013
70-74	Mark Hanson	6:53.42 2022
75-79		
80-84		
85-89		
90+		