



CAPITAL CITY Senior Games RECORDS



SWIMMING - BACKSTROKE

WOMEN

50 yd

AGE	NAME	RECORD
50-54	Gretchen DeYoung	40.2 2012
55-59	Karen Westerman	33.88 2026
60-64	Paige Gill	31:60 2024
65-69	Susan Nichols	43.27 2020
70-74	Pat Sargeant	43.92 2026
75-79	Lois Johnson	53.54 2023
80-84		
85-89	Patsy Cox	1:25.10 2019
90-94	Betty Lorenzi	54.78 2018
95-99	Oberley Brown	2:35.95 2018



100 yd

AGE	NAME	RECORD
50-54	Gretchen DeYoung	1:35.3 2012
55-59	Karen Westerman	1:11.08 2025
60-64	Jaquinn Griffith	1:28.17 2020
65-69	Jaquinn Griffith	1:27.69 2023
70-74	Barbara Goltz	1:35.33 2017
75-79	Lois Johnson	1:58.60 2024
80-84		
85-89		
90-94	Betty Lorenzi	2:02.29 2018
95-99		



200 yd

AGE	NAME	RECORD
50-54		
55-59	Karen Westerman	2:31:61 2025
60-64	Jacquinn Griffith	2:58.74 2022
65-69	Jacquinn Griffith	3:03.51 2023
70-74	Barbara Goltz	3:35.67 2018
75-79	Lois Johnson	4:12.14 2024
80-84	Christine Hazelip	6:25.31 2018
85-89		
90-94	Betty Lorenzi	4:23.02 2018
95-99		



MEN

50 yd

AGE	NAME	RECORD
50-54	Andy Kroupa	31.92 2021
55-59	Mark Fuller	51.43 2020
60-64	Miguel Sierra	35.68 2025
65-69	Michael Smith	36.41 2025
70-74	Jimmy Waybright	39:14 2024
75-79	Mike Twomey	42.85 2023
80-84	Ken Hickey	57.56 2026
85-89	Britt Poulson	1:19.82 2020
90+	Bob Lamison	1:34.7 2010

100 yd

AGE	NAME	RECORD
50-54		
55-59	Terry St Pierre	1:41.2 2010
60-64	Martin Dix	1:28.06 2018
65-69	Martin Dix	1:28.88 2021
70-74	Martin Dix	1:32.08 2025
75-79		
80-84	Ken Hickey	2:08.37 2026
85-89		
90-94	Bob Lamison	3:13.4 2010
95-99		

200 yd

AGE	NAME	RECORD
50-54		
55-59	Terry St Pierre	3:56.7 2010
60-64	Martin Dix	3:12.86 2019
65-69	Martin Dix	3:20.06 2020
70-74	Martin Dix	3:25.90 2025
75-79	David Custis	5:41.5 2012
80-84	Ken Hickey	4:47.43 2026
85-89		
90-94	Bob Lamison	7:20.8 2010
95-99		