



# CAPITAL CITY Senior Games RECORDS



## SWIMMING-BREASTSTROKE

### WOMEN

#### 50 yd

| AGE   | NAME             | RECORD     |
|-------|------------------|------------|
| 50-54 | Gretchen DeYoung | 47.56 2012 |
| 55-59 | Paige Gill       | 37.84 2022 |
| 60-64 | Paige Gill       | 39.27 2023 |
| 65-69 | Barbara Goltz    | 48.33 2015 |
| 70-74 | Laurie Grubbs    | 46.62 2022 |
| 75-79 | Lois Johnson     | 55.26 2023 |
| 80-84 |                  |            |
| 85-89 |                  |            |
| 90+   |                  |            |

#### 100 yd

| AGE   | NAME             | RECORD       |
|-------|------------------|--------------|
| 50-54 | Annie Bowman     | 1:30.60 2020 |
| 55-59 | Paige Gill       | 1:21.04 2022 |
| 60-64 | Jaquinn Griffith | 1:32.46 2021 |
| 65-69 | Jaquinn Griffith | 1:33.01 2023 |
| 70-74 | Laurie Grubbs    | 1:42.67 2023 |
| 75-79 | Lois Johnson     | 2:00.89 2024 |
| 80-84 |                  |              |
| 85-89 |                  |              |
| 90+   |                  |              |

#### 200 yd

| AGE   | NAME             | RECORD       |
|-------|------------------|--------------|
| 50-54 |                  |              |
| 55-59 | Sarah Misiak     | 3:27.98 2023 |
| 60-64 | Jaquinn Griffith | 3:17.44 2022 |
| 65-69 | Jaquinn Griffith | 3:17.48 2023 |
| 70-74 | Laurie Grubbs    | 3:32.46 2021 |
| 75-79 | Lois Johnson     | 4:20.90 2024 |
| 80-84 |                  |              |
| 85-89 |                  |              |
| 90+   |                  |              |

### MEN

#### 50 yd

| AGE   | NAME           | RECORD       |
|-------|----------------|--------------|
| 50-54 | Barry Kays     | 34.91 2021   |
| 55-59 | Doug Schlak    | 37.03 2012   |
| 60-64 | Blake Sticher  | 38.33 2013   |
| 65-69 | Michael Smith  | 33:23 2025   |
| 70-74 | Michael Twomey | 42:23 2018   |
| 75-79 | Mark Gargiulo  | 43.29 2023   |
| 80-84 |                |              |
| 85-89 | Britt Poulson  | 1:07.81 2020 |
| 90+   |                |              |

#### 100 yd

| AGE   | NAME          | RECORD       |
|-------|---------------|--------------|
| 50-54 | Barry Kays    | 1:15.56 2021 |
| 55-59 | Jack Grubbs   | 1:31.88 2022 |
| 60-64 | Blake Sticher | 1:25.4 2013  |
| 65-69 | David Smith   | 1:41.38 2024 |
| 70-74 | William Ragan | 3:25.9 2012  |
| 75-79 | Mark Gargiulo | 1:38.67 2023 |
| 80-84 |               |              |
| 85-89 | Britt Poulson | 3:00.03 2020 |
| 90+   |               |              |

#### 200 yd

| AGE   | NAME          | RECORD       |
|-------|---------------|--------------|
| 50-54 | David Amato   | 3:03.6 2012  |
| 55-59 |               |              |
| 60-64 | Blake Sticher | 3:15.1 2013  |
| 65-69 | David Smith   | 3:58.91 2025 |
| 70-74 | David Custis  | 5:55.9 2013  |
| 75-79 |               |              |
| 80-84 |               |              |
| 85-89 |               |              |
| 90+   |               |              |