



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+		

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	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+		

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	Michael Smith	1:19.88 2025
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		
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+		

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+		