

# Wyoming Senior Olympics Records

Updated 2009

## Archery

### Female Compound Release

50-54	Delia Tillman	Gillette, WY	753	2003
55-59	Diane Blakeslee	Cody, WY	826	2004
60-64	Diane Blakeslee	Cody, WY	802	2007

### Male Compound Release

50-54	Marion DeBusk	Cody, WY	882	2005
55-59	Norm Tillman	Gillette, WY	869	2009
60-64	Larry Bates	Sheridan, WY	855	2007
65-69	David Ruhl	Cody, WY	832	2004
70-74	Marlow Larson	Ogden, UT	881	2004
75-79	Marlow Larson	Ogden, UT	880	2009

### Female Compound Recurve

65-69	Donna Johnson	Manzanola, CO	826	2004
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### Male Compound Recurve

50-54	Terry Ripple	Kemmerer, WY	720	2003
55-59	Anthony Fuller	Wheatland, WY	237	2000
65-69	Bob Johnson	Manzanola, CO	770	2004
70-74	Vilmars Strautins	Broomfield, CO	185	2004

### Male Recurve with Sights

85-89	Louie E. Cady	Cody, WY	414	2007
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## Basketball

### Female Free Throw

50-54	Janet Porter	Saratoga, WY	14	2006
55-59	Mary Ann Budenske	Casper, WY	14	2006

60-64	Donalda Wristen	Sheidan, WY	17	1996
	Mary Morrison	El Paso, TX	17	2003
65-69	Donalda Wristen	Sheridan, WY	12	1998
	Marion Krueger	Dent, MN	12	2006
70-74	Donalda Wristen	Sheridan, WY	18	2005
75-79	Charlotte Acton	Longmont, CO	13	2003
80-84	Gladys Sajwaj	Riverton, WY	16	2003
85-89	Bette Keefer	Windsor, CO	6	2003
90-94	Bette Keefer	Windsor, CO	4	2004

#### Male Free Throw

50-54	Joe White	Lovell, WY	23	2002
55-59	Parke Mitchell	Sheridan, WY	23	2005
60-64	Parke Mitchell	Sheridan, WY	25	2008
65-69	Louis Osana	Idaho Falls, ID	24	2001
70-74	Tom Amberry	Long Beach, CA	25	1993
75-79	Dallas Roots	Big Timber, MT	16	2006
	William Voegtli	Windsor, CO	16	2006
80-84	Lee Todd	Grant, NE	13	1995

#### Female Hotshot

55-59	Mary Ann Budenske	Casper, WY	36	2006
60-64	Betty Herder	Loveland, CO	17	
65-69	Donalda Wristen	Sheridan, WY	17	1999
70-74	Donalda Wristen	Sheridan, WY	30	2005
75-79	Donalda Wristen	Sheridan, WY	12	2007
80-84	Gladys Sajwaj	Riverton, WY	12	2003

#### Male Hotshot

50-54	Mike Noland	Billings, MT	94	2005
55-59	Jim Francis	Fort Collins, CO	76	1999
60-64	Tarrel Palmer	Brighton City, UT	87	2005
65-69	Nelo Williams	Gillette, WY	73	2005
70-74	Jim Jenkins	Billings, MT	70	2006

75-79	William Voegtli	Windsor, CO	65	2006
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### Female Three Point

65-69	Donalda Wristen	Sheridan, WY	3	1999
70-74	Slyvia Hodges	Sheridan, WY	4	2008
70-74	Donalda Wristen	Sheridan, WY	4	2005
75-79	Donalda Wristen	Sheridan, WY	8	2007

### Male Three Point

50-54	Mike Noland	Billings, MT	14	2005
55-59	Roger Davis	Cedar City, UT	11	2000
60-64	Louis Osuna	Idaho Falls, ID	13	1999
	Robert McCoid	West Alexander, PA	13	2001
	Roger Davis	Cedar City, UT	13	2003
65-69	Louis Osuna	Idaho Falls, ID	11	2003-2004
70-74	Jim Jenkins	Billings, MT	11	2006
75-79	Leo Sprinkle	Laramie, WY	8	2005
80-84	E. Lee Todd	Grant, NE	6	1998

## Bowling

### Female Doubles Scratch

50-54	Delores Wilhelm	Osceola, NE	1045	1996
	Louella Armstrong	Loveland, CO		
55-59	Doris Butler	Longmont, CO	984	2003
	Jody Johnson	Longmont, CO		
60-64	Dandrow/Walker	Cheyenne, WY	999	2001
65-69	Edna Hehr	Cheyenne, WY	841	1996
	Virginia Philips	Encampment, WY		
70-74	Ruth Nelson	Cheyenne, WY	964	2003
	Bennie Mae Royer	Cheyenne, WY		
75-79	Leona Peterson	Gillette, WY	781	1995
	Doris Young	Gillette, WY		
80-84	Ester Kuchera	Sheridan, WY	811	2007

Eileen Burr Sheridan, WY

**Male Doubles Scratch**

50-54	William Tweedle	Cody, WY	1150	2004
	Jerry Posey	Cody, WY		
55-59	Ted Novakovich, Jr.	Thermopolis, WY	1285	2004
	Jack Chopping	Thermopolis, WY		
60-64	Joe Hubka	Cheyenne, WY	1155	1999
	Larry Williams	Carpenter, WY		
65-69	Charles Miller	Loveland, CO	1195	2004
	Samuel Moncrief	Greeley, CO		
70-74	Ray Hartigan	Laramie, WY	1115	1999
	Herb Drake	Cheyenne, WY		
75-79	Richard Hoffman	Loveland, CO	1129	1999
	Chuck Dowling	Loveland, CO		
80-84	Bert Stroup	Sheridan, WY	862	2008
	Francis Stone	Sheridan, WY		

**Mixed Doubles**

50-54	Jerry Posey	Cody, WY	1150	2004
	Jamie Posey	Cody, WY		
55-59	Mary Allaman	Billings, MT	1165	1999
	Joe Hubka	Cheyenne, WY		
60-64	Alice Snow	Laramie, WY	1065	2000
	Ross Eads	Laramie, WY		
65-69	Terry Kinsman	Powell, WY	1082	2004
	Kay Kinsman	Powell, WY		
70-74	Dale Buysse	Longmont, CO	1017	1999
	Edna Buysse	Longmont, CO		
75-79	Rachel Trupp	Loveland, CO	1024	1999
	Richard Hoffman	Loveland, CO		
80-84	Rose Stone	Sheridan, WY	757	2007
	Francis Stone	Sheridan, WY		

**Female Bowling Singles**

50-54	Vickie Sanders	Thermopolis, WY	547	1998
55-59	Wilma Waldron	Walden, CO	576	2000
60-64	Nancy Dunston	Casper, WY	501	1996
65-69	Dora Nelson	Gillette, WY	550	1996
	Kay Kinsman	Powell, WY	550	2004
70-74	Sara Ary	Sheridan, WY	491	2008
75-79	Elvaree Cliffod	Cheyenne, WY	530	1998
80-84	Esther M. Kucheera	Sheridan, WY	473	2008
85-89	Bette Keefer	Windsor, CO	430	1999
90-94	Bette Keefer	Windsor, CO	351	2005

### Male Bowling Singles

50-54	Mike Necvatal	Sheridan, WY	696	2007
55-59	Robert Adoph	Cheyenne, WY	637	1996
60-64	Ted Novakovich, Jr.	Thermopolis, WY	634	2004
65-69	Terry Kinsman	Powell, WY	621	2004
70-74	Joe Hubka	Cheyenne, WY	616	2004
75-79	Glen Bennick	Sheridan, WY	573	2007
80-84	Richard Hoffman	Loveland, CO	525	1999
85-89	Oscar J. Rojo	Sheridan, WY	478	2007
90-94	James Pringle	Evanston, WY	417	2001

## Cycling

### Female Cycling 1 Mile

50-54	Lynne Finney	Encampment, WY	02:51.00	1995
55-59	Lynne Finney	Encampment, WY	02:40.00	1996
60-64	Jeanne Kirsch	Rapid City, SD	03:05.00	1996
65-69	Marilyn Olen	Castle Rock , CO	03:49.00	1996
70-74	Margareta Lambert	Dillon, CO	03:18.25	1993
75-79	Muriel Duerbeck	Lyons, CO	03:35.00	1996

### Male Cycling 1 Mile

50-54	Manuel Logo	Casper, WY	02:27.65	1989
55-59	Keith Campman	Tulsa, OK	02:27.04	1992

60-64	Bill Anderson	Yuma, AZ	02:36.51	1988
65-69	Charles Johnson	Rawlins, WY	02:38.70	1989
70-74	Harvey Mills	Brookings, SD	02:34.00	1996
75-79	Joe Zambai	Casper, WY	03:10.00	1996
80-84	Vernon Philips	Encampment, WY	03:01.00	1995

#### Female Cycling 5k

50-54	Sandy Champlin	WY	07:35.00	2009
55-59	Monica Steidele	Jackson, WY	07:28.00	2009
60-64	Jeanne Kirsch	Rapid City, SD	08:25.00	1996
65-69	Marion Burr	Thermopolis, WY	08:38.00	2009
70-74	Kumi Horiuchi	Brighton, CO	09:19.00	2009
75-79	Muriel Duerbeck	Lyons, CO	10:42.00	1996

#### Male Cycling 5K

50-54	Bruce Ostermann	Worland, WY	06:24.00	2008
55-59	Keith Peters	Jackson, WY	06:07.00	2009
60-64	Jim Dlougy	Nederland, WY	06:42.00	2005
65-69	Jim Pendergraft	Gunnison, CO	07:29.00	2000
70-74	Robert Paganini	Los Angeles, CA	07:11.00	2009
75-79	Siegfried Schnelle	Las Vegas, NV	07:20.00	2009
80-84	Ken Whitney	Greeley, CO	08:21.00	2009

#### Female Cycling 10K

50-54	Karen Dloughy	Nederland, CO	15:05.00	2006
55-59	Monica Steidele	Jackson, WY	15:37.00	2008
60-64	Joy Kaylor	Central City, Co	18:08.00	2000
65-69	Anna Conarty	Casper, WY	20:58.00	2000
70-74	Gwen Seccombe	Nathrop, CO	17:39.00	2008
75-79	Jody Olson	Inkom, ID	18:44.00	2007
80-84	Elizabeth Bramhall	Boulder, CO	25:07.30	2004

#### Male Cycling 10K

50-54	Bruce Ostermann	Worland, WY	12:10.00	2008
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55-59	Thom Flamboe	Aberdeen, SD	12:50.00	2007
60-64	James Dloughy	Nederland, CO	13:55.00	2006
65-69	Stephen Seccombe	Nathrop, CO	13:59.00	2008
70-74	Jim Pendergraft	Gunnison, CO	15:31.00	2002
75-79	Paul Tetrick	Evergreen, CO	14:00.00	2008
80-84	Vernon Philips	Encampment, WY	20:37.00	1995
85-89	Fred Glover	Laramie, WY	21:23.00	2007

#### Female Cycling 20K

50-54	Lynn Finney	Encampment, WY	33:08.00	1995
55-59	Monica Steidele	Jackson, WY	37:55.00	2008
60-64	Barbara Gicquel	Salinas, CA	39:04.80	2004
65-69	Susan Shell	Cashmere, WA	46:55.00	2002
70-74	Wilma Calvin	Laguna Niguel, CA	39:25.00	2008
80-84	Elizabeth Bramhall	Boulder, CO	55:42.60	2004

#### Male Cycling 20K

50-54	David Frahm	Worland, WY	29:50.00	2007
55-59	Thom Flamboe	Aberdeen, SD	29:50.00	2007
60-64	Stan Swallow	American Fork, UT	31:33.00	2001
65-69	Stephen Seccombe	Nathrop, CO	33:20.00	2008
	John "Mike" Stadick	Sheridan, WY	33:20.00	2008
70-74	Howard Jacob	Tuscan, AZ	33:20.00	2008
75-79	Paul Tetrick	Evergreen, CO	33:20.00	2008
80-84	Vernon Phillips	Encampment, WY	36:00.00	1995
85-89	George Bramhall	Boulder, CO	58:33.70	2004

#### Female Cycling 25 Mile

50-54	Kathy Borgerdin	Casper, WY	2:29:53.00	1998
55-59	Marilyn Fitzhugh	Casper, WY	1:12:04.00	1989

#### Male Cycling 25 Mile

50-54	Toby Lewis	Torrington, WY	53:37.00	1989
55-59	Ron Dice	Casper, WY	53:39.00	1989

60-64	Roy Mori	Atwood, CO	59:41.00	1989
65-69	Charles Johnson	Rawlins, WY	59:41.00	1989

### Male Cycling 25K

50-54	Don Weibert	Billings, MT	31:38.00	1992
55-59	Roger Bauer	Billings, MT	30:55.00	1992
60-64	Robert Rasmussen	Big Timber, MT	33:18.00	1992
65-69	Charles Johnson	Rawlins, WY	36:19.00	1992

### Female Cycling 25 Mile Circuit

55-59	Lynn Finney	Encampment, WY	36:09.00	1996
60-64	Jeanne Kirsch	Rapid City, SD	39:22.00	1996
65-69	Marilyn Olen	Castle Rock , CO	48:30.00	1996
70-74	Muriel Duerbeck	Lyons, CO	47:55.00	1996

### Male Cycling 25 Mile Circuit

<b>50-54</b>	Richard Wilson	Glenrock, WY	33:31.00	1996
55-59	Dale Squier, Jr.	Wheatridge, CO	35:21.00	1996
60-64	Dwight Pickett	Seattle, WA	36:09.00	1996
65-69	George Hansen	Evergreen, CO	38:27.00	1996
70-74	Harvey Mills	Brookings, SD	33:39.00	1996
75-79	Joe Zambai	Casper, WY	45:00.00	1996
80-84	Vern Phillips	Encampment, WY	40:55.00	1996

### Female Cycling 40K

50-54	Karen Dloughy	Nederland, CO	1:09:41.00	2006
55-59	Monica Steidele	Jackson, WY	1:14:43.00	2009
60-64	Anna Conarty	Albuquerque, NM	1:23:23.00	1998
65-69	Julie Uhlmann	Laramie, WY	1:30:29.00	2000
70-74	Gwen Seccombe	Nathrop, CO	1:31:46.00	2006
75-79	Elizabeth Bramhall	Boulder, CO	1:23:40.00	1999
80-84	Elizabeth Bramhall	Boulder, CO	1:59:00.30	2004

### Male Cycling

50-54	Duane Aanestad	Riverton, WY	01:02:38.0	1999
55-59	Jim Dlouhy	Nederland, CO	01:06:26.00	2000
60-64	Stan Swallow	American Fork, UT	01:04:05.00	2001
65-69	Jim Pendergraft	Gunnison, CO	1:02:06.00	1998
70-74	Harvey Mills	Brookings, SD	01:03:30.00	1998
75-79	Charles Johnson	Rawlins, WY	1:11:20.00	1999
80-84	Rene Rafflin	Denver, CO	1:18:26.00	1998
85-89	George Bramhall	Boulder, CO	2:03:14.50	2004

### Female Mountain Bike Race

60-64	Jeanne kirsch	Rapid City, SD	18:06.00	1996
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### Male Mountain Bike Race

50-54	Richard Wilson	Glenrock, WY	13:27.00	1996
55-59	Dale Squier, Jr.	Wheatridge, CO	14:21.00	1996
60-64	Mark Hopkins	Casper, WY	15:49:00	1996
70-79	John Meyer	Casper, WY	19:23:00	2009
75-79	Joe Zambai	Casper, WY	19:54.00	1996
80-84	Ken Whitney	Greeley, CO	23:09:00	2009

## Disc Golf

### Female Disc Golf

55-59	Gloria Simmons	Thermopolis, WY	54	2002
65-69	Marcy Schmuas	Ranchester, WY	57	2008

### Male Disc Golf

55-59	Jerry Burgess	Sheridan, WY	32	2008
60-64	Ralph Richards, Jr.	Evanston, WY	30	2002
65-69	Jerry Valentine	Evanston, WY	29	2002
70-74	Leonard Skretteberg	Sheridan, WY	43	2008
75-79	Tom Wollenzien	Sheridan, WY	49	2008

Golf

### Female Golf

50-54	Cherly Wieland	Sheridan, WY	82	2007
55-59	Mary S. Smith	Sheridan, WY	81	2008
60-64	Marie Packard	Gillette, WY	92	1996
65-69	Carol Davis	Laramie, WY	92	1993
70-74	Jeanne Papik	Spearfish, SD	99	1992
75-79	Kay Ratliff	Riverton, WY	101	1998
80-84	Mary Wilson	Wheatland, WY	119	1988

### Male Golf

50-54	Eugene Routledge	Gillette, WY	69	2005
55-59	Larry Christenson	Riverton, WY	76	1998
60-64	Mike Humenick	Laramie, WY	76	2000
	Gary Smith	Evanston, WY	76	2000
65-69	Harold Biggerstaff	Gillette, WY	68	1990
70-74	Joseph Smith	Evanston, WY	72	2001
75-79	Mick Botkin	Laramie, WY	82	1999
80-84	Lynn Rees	Laramie, WY	86	1999
85-89	Jack Miller	Sheridan, WY	94	2007

### Road Race

#### Female 5K

50-54	Barbara Orms	Steamboat Springs, CO	22:32.00	2000
55-59	Lynda Lambert	Park City, UT	24:18.00	2001
60-64	Marion Burr	Thermopolis, WY	27:32.00	2008
65-69	Dorothy Bradley	Cheyenne, WY	24:54.00	1995
70-74	Dorothy Bradley	Cheyenne, WY	26:57.18	2002
75-79	Dorothy Bradley	Cheyenne, WY	31:23.87	2007
80-84	Dorothy Bradley	Cheyenne, WY	32:28.00	2009

#### Male 5K

50-54	Ken Rhodes	Lander, WY	19:03.61	1997
55-59	Ken Konicek	Pinedale, WY	19:25.00	2008
60-64	Ronald Bassett	Afton, WY	21:46.00	2008
65-69	Hans Sinkovec	Evergreen, CO	22:14.32	2002

70-74	Vern Philips	Encampment, WY	24:49.00	1988
75-79	Clint Baxter	South Ogden, UT	32:21.00	2009
80-84	E.G. Meyer	Laramie, WY	48:57.18	2002
85-89	E.G. Meyer	Laramie, WY	48:16.00	2005

### Female 10K

50-54	Whitney Arkinson	Casper, WY	49:14.00	1990
55-59	Esther McGann	Laramie, WY	53:59.00	2000
60-64	Dorothy Bradley	Cheyenne, WY	53:54.00	1993
65-69	Dorothy Bradley	Cheyenne, WY	50:55.05	1997
70-74	Dorothy Bradley	Cheyenne, WY	54:40.00	2000
75-79	Dorothy Bradley	Cheyenne, WY	1:03:32.00	2008
80-84	Dorothy Bradley	Cheyenne, WY	1:07:26.00	2009

### Male 10K Run

50-54	Ken Konicek	Pinedale, WY	38:29.00	2004
55-59	Ken Konicek	Pinedale, WY	39:38.00	2008
60-64	Don Jacobson	Casper, WY	49:55.00	2000
65-69	Ray Kunselman	Laramie, WY	48:08.00	2008
70-74	Clint Baxter	South Ogden, UT	59:25.00	2004
80-84	E.G. Meyer	Laramie, WY	1:06:30.00	2004

## Swimming

### Female 25 Yard Backstroke

50-54	Patricia Parmer	Lovell, WY	0.91	2007
55-59	Marion Burr	Thermopolis, WY	24.14	2001
60-64	Susan Seppie	Rock Springs, WY	17.56	2009
65-69	Sallie Wesaw	Riverton, WY	24.66	2000
70-74	Pat Craze	Montrose, CO	25.63	2001
75-79	Edith McDonough	Shoshoni, WY	29.48	1996
80-84	Edith McDonough	Shoshoni, WY	23.60	1997
85-89	Peggy Santich	Fort Collins, CO	1.61	2007
90-94	Bertha Harvey	Laramie, WY	45.48	1999

**Male 25 Yard Backstroke**

50-54	James Green	Jackson, WY	17.03	1996
55-59	James Green	Jackson, WY	15.02	2001
60-64	James Green	Jackson, WY	16.11	2005
65-69	Larry Larson	New Harmony, UT	18.47	2001
70-74	Larry Larson	New Harmony, UT	18.38	2003
75-79	David Sinkule	Riverton, WY	20.92	1999
80-84	Rex Dulaney	Rock Springs, WY	40.77	2009

**Female 50 Yard Backstroke**

50-54	Patricia Parmer	Lovell, WY	40.9	2004
55-59	Gloria Lambertz	Helena, MT	49.5	2009
60-64	Sperry Rademaker	Floral City, FL	44.1	2003
65-69	Lynn Lucke Lutkin	Ft. Collins, CO	49.44	2000
70-74	Pat Craze	Montrose, CO	57.12	2001
75-79	Marion Naughton	Casper, WY	01:08.33	2004
80-84	Marion Naughton	Casper, WY	01:07.13	2006
85-89	Bertha Harvey	Laramie, WY	01:40.67	2000

**Male 50 Yard Backstroke**

50-54	T. J. Schoenewald	Thermopolis, WY	30.71	2004
55-59	James Green	Jackson, WY	34.34	2001
60-64	James Green	Jackson, WY	33.84	2005
65-69	James Green	Jackson, WY	37.00	2009
70-74	Larry Larson	New Harmony, UT	41.66	2005
75-79	Richard Wood	Aurora, CO	52.33	2000
80-84	Richard Wood	Aurora, CO	54.82	2002
85-89	Richard Wood	Aurora, CO	59.12	2006

**Female 25 Yard Elementary Backstroke**

55-59	Mary Clark	Elizabeth, IL	42.37	2007
60-64	Marion Burr	Thermopolis, WY	27.79	2009
65-69	Mary Hopkins	Casper, WY	1:10.95	2006
70-74	Cynthia Conner	Cody, WY	45.50	2003

**Male 25 Yard Elementary Backstroke**

60-64	Ron Snipe	Port Angeles, WA	25.55	2007
65-69	Ron Snipe	Port Angeles, WA	28.39	2009
70-74	Bengt Strom	Centennial, CO	26.57	2004
75-79	Richard Zeleny	Pueblo, CO	43.92	2006
80-84	Rex Dulaney	Rock Springs, WY	50.7	2009

**Female 50 Yard Elementary Backstroke**

55-59	Marion Burr	Thermopolis, WY	56.14	2003
60-64	Marion Burr	Thermopolis, WY	01:03.19	2006
65-69	Marion Burr	Thermopolis, WY	01:01.8	2009
70-74	Sallie Wesaw	Riverton, WY	2:01.06	2007
80-84	Ursula Keplar	Cody, WY	01:24.70	2004

**Male 50 Yard Elementary Backstroke**

60-64	Bufe Morrison	El Paso, TX	59.49	2003
65-69	Ron Snipe	Port Angeles, WA	1:10.12	2009
70-74	Bengt Strom	Centennial, CO	56.87	2003
75-79	Clint Baxter	South Ogden, UT	1:01.2	2009

**Female 100 Yard Backstroke**

50-54	Amber Travsky	Laramie, WY	1:34.1	2009
55-59	Marion Burr	Thermopolis, WY	01:48.91	2003
60-64	Janet Sheperd	Gillette, WY	01:59.54	2007
65-69	Chris Rattenborg	Ft. Collins, CO	02:02.74	2004
70-74	Helen Sauer	Denver, CO	02:14.66	2000
75-79	Marion Naughton	Casper, WY	02:22.25	2002
80-84	Charlotte Sanddal	Helena, MT	02:48.04	2003
85-89	Charlotte Sanddal	Helena, MT	03:11.7	2009

**Male 100 Yard Backstroke**

50-54	T.J. Schoenewald	Thermopolis, WY	01:10.68	2004
55-59	T.J. Schoenewald	Thermopolis, WY	01:12.1	2009

60-64	James Green	Jackson, WY	01:19.76	2004
65-69	Lynne Lund	St. George, UT	03:55.00	2006
70-74	Helen Sauer	Denver, CO	04:37.43	2000
75-79	Marion Naughton	Casper, WY	05:03.56	2002
80-84	Marion Naughton	Casper, WY	05:19.26	2005
85-89	Charlotte Sanddal	Helena, MT	07:01.6	2009

#### Male 200 Yard Backstroke

<b>50-54</b>	T.J. Schoenewald	Thermopolis, WY	02:39.22	2004
55-59	T.J. Schoenewald	Thermopolis, WY	02:47.1	2009
60-64	Lee Freidler	Grand Junction, CO	02:53.4	2009
65-69	Larry Larson	New Harmony, UT	03:39.73	2001
70-74	Larry Larson	New Harmony, UT	03:41.01	2004
75-79	Jack Truby	Denver, CO	03:51.82	2002
80-84	Richard Wood	Aurora, CO	04:03.28	2002
85-89	Richard Wood	Aurora, CO	04:34.34	2006

#### Female 100 Yard Relay

55-59	Schlingman, Lambertz Nimetz, Santich		01:27.02	2007
60-64	Garity, Garwood, Rattenborg, Santich		01:36.89	2001
75-79	Klos, Anthony, McDonough, Cameron		01:33.25	1988

#### Male 100 Yard Relay

50-54	Baldwin, Chapman, Goers, Green		57.81	2002
55-59	Green, Larson, Lowry, Platter		01:05.80	2001
60-64	Lewis, Welo, Zych		01:16.67	1990
65-69	Bell, Maggert, Wood, Welo		01:29.20	2006

#### Female 25 Yard Backstroke

50-54	Christine Ahrens	Berthoud, CO	23.22	2000
55-59	Marion Burr	Thermopolis, WY	21.00	2001
60-64	Kathy Nimetz	Windsor, CO	23.76	2007
65-69	Kathy Garwood	Ft. Collins, CO	24.94	2001
70-74	Pat Craze	Montrose, CO	26.49	2001

75-79	Mildred Klingman	Denver, CO	47.13	1998
80-84	Marilyn Hannon	Story, WY	37.28	2006
85-89	Shirley Rannells	Basin, WY	01:36.8	2006

#### Male 25 Yard Breaststroke

50-54	Gary Baldwin	Evanston, WY	14.81	2002
55-59	Clayton Bierke	Laramie, WY	19.37	2000
60-64	Richard Goers	Salt Lake City, UT	16.00	2002
65-69	Leo Sprinkle	Laramie, WY	19.47	2000
70-74	Leo Sprinkle	Laramie, WY	19.16	2002
75-79	Bob Welo	Casper, WY	22.84	2005

#### Female 50 Yard Breaststroke

50-54	Patricia Parmer	Lovell, WY	48.70	2006
55-59	Marion Burr	Thermopolis, WY	01:00.43	2000
60-64	Janet Gettling	Victor, ID	40.00	2009
65-69	Laurel Hurlock	Laramie, WY	52.08	2000
70-74	Kathy Garwood	Ft. Collins, CO	58.31	2005
75-79	Agota Frohs	Denver, CO	01:08.70	1999
80-84	Agota Frohs	Denver, CO	01:07.67	2000

#### Male 50 Yard Breaststroke

50-54	Gary Baldwin	Evanston, WY	35.02	2002
55-59	T.J. Schoenwald	Thermopolis, WY	36.18	2009
60-64	Sanford Platter	Boulder, CO	37.85	2001
65-69	Sanford Platter	Boulder, CO	43.96	2005
70-74	Paul (Biff) Lowry	St. George, UT	43.39	2001
75-79	Clint Baxter	South Ogden, UT	55.69	2009
90-94	Fred Glover	Laramie, WY	01:27.9	2009

#### Female 100 Yard Breaststroke

50-54	Gloria Lambertz	Helena, MT	01:57.9	2007
55-59	Marion Burr	Thermopolis, WY	02:06.3	2000
60-64	Janet Gettling	Victor, ID	01:31.5	2009

65-69	Kathy Garwood	Ft. Collins, CO	02:07.84	2004
70-74	Helen Sauer	Denver, CO	02:22.69	2006
75-79	Kathy Garwood	Ft. Collins, CO	02:13.30	2005
80-84	Agota Frohs	Denver, CO	02:29.31	1998
85-89	Charlotte Sanddal	Helena, MT	03:43.3	2009

#### Male 100 Yard Breaststroke

50-54	T.J. Schoenewald	Thermopolis, WY	01:16.34	2004
55-59	T.J. Schoenewald	Thermopolis, WY	01:20.5	2009
60-64	Richard Goers	Salt Lake City, UT	01:30.95	2002
65-69	Leo Sprinkle	Laramie, WY	01:54.29	2000
70-74	Paul (Biff) Lowry	St. George, UT	01:40.5	2001
75-79	Leo Sprinkle	Laramie, WY	2:00.2	2009

#### Female 200 Yard Breaststroke

50-54	Gloria Lambertz	Helena, MT	04:17.75	2007
55-59	Marion Burr	Thermopolis, WY	03:56.87	2002
60-64	Marion Burr	Thermopolis, WY	04:03.08	2006
65-69	Kathy Garwood	Ft. Collins, CO	04:36.28	2004
70-74	Kathy Garwood	Ft. Collins, CO	04:43.78	2002
75-79	Charlotte Sanddal	Helena, MT	06:27.5	2003
80-84	Charlotte Sanddal	Helena, MT	06:26.95	2005
85-89	Charlotte Sanddal	Helena, MT	07:30.1	2009

#### Male 200 Yard Breaststroke

50-54	T.J. Schoenewald	Thermopolis, WY	03:07.44	2006
55-59	T.J. Schoenewald	Thermopolis, WY	03:10.9	2009
60-64	Richard Goers	Salt Lake City, UT	03:32.08	2002
65-69	Ivan Maggert	Locust Grove, GA	06:24.49	2006
70-74	Bengt Strom	Centennial, CO	03:54.41	2003
75-79	Bob Welo	Casper, WY	05:04.78	2005
90-94	James Archer	Rock Springs, WY	07:30.1	2009

#### Female 200 Yard Butterfly

50-54	Patricia Parmer	Lovell, WY	19.10	2006
55-59	Gloria Lambertz	Helena, MT	21.34	2009
60-64	Sperry Rademaker	Floral City, FL	18.70	2001
65-69	Sallie Wesaw	Riverton, WY	30.85	2000
70-74	Pat Craze	Montrose, CO	25.63	2001
75-79	Sallie Wesaw	Riverton, WY	46.2	2009

#### Male 25 Yard Butterfly

50-54	Rich Havig	Evanston, WY	13.19	2001
55-59	James Green	Jackson, WY	13.94	2002
60-64	James Green	Jackson, WY	16.57	2006
65-69	Ed O'Hair	Cody, WY	19.75	1999
70-74	Bengt Strom	Centnnial, CO	23.22	2003
75-79	Joe Zych	Thermopolis, WY	26.64	1995

#### Female 50 Yard Butterfly

50-54	Patricia Parmer	Lovell, WY	42.24	2004
55-59	Susan Schlingman	Ft. Collins, Co	51.19	2007
60-64	Janet Gettling	Victor, ID	37.28	2009
65-69	Lynne Lund	St. George, UT	49.06	2006
70-74	Pat Craze	Montrose, CO	01:08.88	2001
75-79	Charlotte Sanddal	Helena, MT	01:30.4	2002
80-84	Agota Frohs	Denver, CO	01:13.18	2000
85-89	Charlotte Sanddal	Helena, MT	01:39.1	2009

#### Male 50 Yard Butterfly

50-54	Gary Baldwin	Evanston, WY	30.69	2002
55-59	James Green	Jackson, WY	32.21	2003
60-64	James Green	Jackson, WY	33.20	2004
65-69	Joe Zych	Thermopolis, WY	49.31	1988
70-74	Jim Michie	Ft. Collins, CO	51.14	2003
75-79	Chuck Sauer	Denver, CO	59.50	2000

#### Female 100 Yard Butterfly

50-54	Marion Burr	Thermopolis, WY	02:16.80	1997
55-59	Marion Burr	Thermopolis, WY	02:07.50	2000
60-64	Janet Gettling	Victor, ID	01:31.8	2009
65-69	Lynne Lund	St. George, UT	01:49.63	2006
70-74	Jody Olson	Inkom, ID	02:54.34	2003
75-79	Jody Olson	Inkom, ID	04:18.24	2007

#### Male 100 Yard Butterfly

50-54	T. J. Schoenewald	Thermopolis, WY	01:12.56	2004
55-59	T. J. Schoenewald	Thermopolis, WY	01:14.6	2009
60-64	Sam Chilton	Omaha, NE	01:38.65	1996

#### Female 25 Yard Freestyle

50-54	Amber Travsky	Laramie, WY	16.87	2009
55-59	Marion Burr	Thermopolis, WY	20.41	2001
60-64	Kathy Garwood	Ft. Collins, CO	18.91	2000
65-69	Chris Rattenborg	Ft. Collins, CO	19.91	2002
70-74	Pat Craze	Montrose, CO	21.27	2001
75-79	Peggy Santich	Ft. Collins, CO	21.78	2000
80-84	Peggy Santich	Ft. Collins, CO	22.81	2002
85-89	Peggy Santich	Ft. Collins, CO	28.69	2007

#### Male 25 Yard Freestyle

50-54	Rich Havig	Evanston, WY	12.73	2001
55-59	James Green	Jackson, WY	12.47	1999
60-64	James Green	Jackson, WY	12.88	2005
65-69	Larry Larson	New Harmony, UT	14.90	2001
70-74	James Dykes	Gillette, WY	14.60	2005
75-79	Clint Baxter	South Ogden, UT	18.21	2009
80-84	William Harvey	Laramie, WY	32.34	1995
85-89	Harry Hidalgo	Laramie, WY	31.24	1999

#### Female 50 Yard Freestyle

50-54	Patricia Parmer	Lovell, WY	32.93	2004
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55-59	Gloria Lambertz	Helena, MT	38.64	2009
60-64	Janet Gettling	Victor, ID	32.75	2009
65-69	Anna Conarty	Casper, WY	43.58	2000
70-74	Anna Conarty	Casper, WY	43.90	2001
75-79	Charlotte Sanddal	Helena, MT	53.79	1998
80-84	Flora Wing	Helena, MT	01:04.4	2009
85-89	Sally Rykman	Denver, CO	1:20.00	1998

#### Male 50 Yard Freestyle

50-54	John Erickson	Laramie, WY	26.85	2000
55-59	James Green	Jackson, WY	27.36	2002
60-64	James Green	Jackson, WY	28.09	2004
65-69	Joe Zych	Clear Lake, IN	31.47	1988
70-74	James Dykes	Gillette, WY	32.64	2005
75-79	John Truby	Denver, CO	37.13	2002
80-84	Richard Wood	Aurora, CO	43.91	2002
85-89	Richard Wood	Aurora, CO	58.25	2006

#### Female 100 Yard Freestyle

50-54	Patricia Parmer	Lovell, WY	01:13.44	2004
55-59	Gloria Lambertz	Helena, MT	01:23.9	2009
60-64	Louise Cunningham	Aspen, CO	01:37.67	2000
65-69	Lynne Lund	St. George, UT	01:31.60	2006
70-74	Nancy Wells	Sheridan, WY	01:20.7	2007
75-79	Willie Gatza	Colorado Springs, CO	02:16.1	2000
80-84	Flora Wong	Helena, MT	02:25.8	2009
85-89	Charlotte Sanddal	Helena, MT	02:42.4	2009

#### Male 100 Yard Freestyle

50-54	John Erickson	Laramie, WY	1:02.04	2000
55-59	James Green	Jackson, WY	01:02.70	2002
60-64	James Green	Jackson, WY	01:07.10	2004
65-69	James Green	Jackson, WY	01:13.5	2009
70-74	James Dykes	Gillette, WY	01:14.07	2006

75-79	Willard Lindberg	Ft. Collins, CO	01:38.78	2000
80-84	Richard Wood	Aurora, CO	01:48.87	2002
85-89	Richard Wood	Aurora, CO	02:08.82	2006

#### Female 200 Yard Freestyle

50-54	Gloria Lambertz	Helena, MT	03:20.20	2007
55-59	Susan Schlingman	Ft. Collins, CO	03:23.32	2007
60-64	Sperry Rademaker	Floral City , FL	03:07.49	2003
65-69	Lynne Lund	St. George, UT	03:20.07	2006
70-74	Helen Sauer	Denver, CO	04:17.45	1998
75-79	Geri Bayless	Colorado Springs, CO	04:59.79	2000
80-84	Joanne Kouris	Denver, CO	04:28.45	2006
85-89	Shirley Rannells	Basin, WY	04:28.45	2006

#### Male 200 Yard Freestyle

50-54	Gary Baldwin	Evanston, WY	02:18.91	2002
55-59	T.J. Schoenwald	Thermopolis, WY	02:34.8	2009
60-64	James Dykes	Gillette, WY	02:56.51	1996
65-69	Gerald Tapp	Teton Village, WY	02:24.73	1993
70-74	Chuck Sauer	Denver, CO	02:02.26	1995
75-79	Richard Wood	Aurora, CO	03:45.51	2000
80-84	Richard Wood	Aurora, CO	03:58.89	2002
85-89	Richard Wood	Aurora, CO	04:41.49	2006

#### Female 400 Yard Freestyle

50-54	Marion Burr	Thermopolis, WY	08:47.10	1996
55-59	Beverly Kurtz	Cody, WY	09:05.06	1989
60-64	Betty Morre	Colorado Springs, CO	08:05.97	1998
65-69	Anna Conarty	Casper, WY	11:07.14	2000
70-74	Anna Conarty	Casper, WY	08:38.76	2001
75-79	Agota Frohs	Denver, CO	10:00.38	1998

#### Male 400 Yard Freestyle

50-54	Jim Wangberg	Laramie, WY	06:19.92	2001
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55-59	James Dykes	Gillette, WY	06:15.13	1991
60-64	Richard Goers	Salt Lake City, UT	07:23.45	2001
65-69	Wayne Collier	Billings, MT	07:27.38	1990
70-74	Paul (Biff) Lowry	St. George, UT	08:04.38	2001
75-79	Richard Wood	Aurora, CO	10:19.91	2000

#### **Female 500 Yard Freestyle**

50-54	Patricia Parmer	Lovell, WY	08:08.75	2006
55-59	Susan Schlingman	Ft. Collins, CO	09:30.66	2007
60-64	Marion Burr	Thermopolis, WY	11:18.09	2007
65-69	Lou Baxter	South Ogden, UT	10:37.86	2009
70-74	Sallie Wesaw	Riverton, WY	14:12.27	2006
75-79	Flora Wong	Helena, MT	13:37.46	2007
80-84	Joanne Kouris	Denver, CO	11:34.31	2006
85-89	Charlotte Sanddal	Helena, MT	14:55.1	2009

#### **Male 500 yard Freestyle**

50-54	Gary Baldwin	Evanston, WY	06:31.70	2002
55-59	Terry Chambers	Jackson, WY	07:21.00	2009
60-64	Hank Uitterdyk	Rock Springs, WY	08:45.90	2009
65-69	James Green	Jackson, WY	09:02.20	2009
70-74	Clint Baxter	South Ogden, UT	09:34.92	2004
75-79	Clint Baxter	South Ogden, UT	10:35.7	2009

#### **Female 100 Yard Individual Medley**

50-54	Patricia Parmer	Lovell, WY	01:28.49	2004
55-59	Gloria Lambertz	Helena, MT	01:43.6	2009
60-64	Sperry Rademaker	Floral City, FL	01:33.98	2003
65-69	Lou Baxter	South Ogden, UT	02:15.88	2009
70-74	Geri Bayless	Colorado Springs, CO	02:43.70	1993
75-79	Sallie Wesaw	Riverton, WY	02:56.90	2009
80-84	Joanne Kouris	Denver, CO	02:41.79	2006
85-89	Charlotte Sanddal	Helena, MT	03:34.5	2009

**Male 100 Yard Individual Medley**

50-54	T.J. Schoenweld	Thermopolis, WY	01:11.08	2005
55-59	T.J. Schoenweld	Thermopolis, WY	01:13.6	2009
60-64	James Green	Jackson, WY	01:19.84	2005
65-69	Ron Snipe	Port Angeles, WA	02:01.9	2009
70-74	Bengt Strom	Centennial, CO	01:41.00	2003
80-84	Richard Wood	Aurora, CO	02:12.00	2003
85-89	Richard Wood	Aurora, CO	02:42.50	2006

**Female 200 Yard Individual Medley**

50-54	Patricia Parmer	Lovell, WY	03:24.49	2006
55-59	Susan Schlingman	Ft. Collins, CO	03:58.76	2007
60-64	Janet Gettling	Victor, ID	03:13.4	2009
65-69	Lynne Lund	St. George, UT	03:40.94	2006
70-74	Helen Sauer	Denver, CO	04:55.14	2000
75-79	Agota Frohs	Denver, CO	04:48.15	1998
80-84	Agota Frohs	Denver, CO	05:19.08	2000
85-89	Charlotte Sanddal	Helena, MT	07:38.00	2009

**Male 200 Yard Individual**

50-54	Gary Baldwin	Evanston, WY	02:44.08	2002
55-59	Clayton Bierke	Laramie, WY	04:12.19	2000
60-64	Sanford Platter	Boulder, CO	03:22.61	2000
65-69	John Chambers	Ft. Collins, CO	04:14.18	2000
70-74	A. Wayne Field	Colorado Springs, CO	04:10.99	1996
75-79	Chuck Sauer	Denver, CO	04:47.86	2000

**Female 25 Yard Sidestroke**

50-54	Marion Burr	Thermopolis, WY	28.03	1996
55-59	Marion Burr	Thermopolis, WY	26.19	2003
60-64	Chris Rattenborg	Ft. Collins, CO	27.15	2001
65-69	Kathy Garwood	Ft. Collins, CO	24.32	2001
70-74	Ruth Luton	Jackson, WY	28.12	1989
75-79	Peggy Santich	Ft. Collins, CO	32.31	2002

80-84	Peggy Santich	Ft. Collins, CO	30.75	2002
85-89	Peggy Santich	Ft. Collins, CO	37.59	2007

#### Male 25 Yard Sidestroke

50-54	Leonard Fisher	Basin, WY	20.91	1998
55-59	Clayton Bierke	Laramie, WY	18.88	2001
60-64	Richard Goers	Salt Lake City, UT	18.31	2002
65-69	Larry Larson	New Harmony, UT	19.95	2001
70-74	Jack Chapman	Cody, WY	22.25	2002
75-79	David Sinkule	Riverton, WY	22.62	1999
80-84	William Harvey	Laramie, WY	46.24	1995
85-89	Harry Hidalgo	Laramie, WY	35.10	2000

#### Female 50 Yard Sidestroke

50-54	Donna Emery	Laramie, WY	01:06.00	1997
55-59	Marion Burr	Thermopolis, WY	01:02.49	2000
60-64	Susan Seppie	Rock Springs, WY	1:00.09	2009
65-69	Kathy Garwood	Ft. Collins, CO	55.04	2001
70-74	Pat Craze	Montrose, CO	59.70	2001
75-79	Leora Durkee	Laramie, WY	01:10.19	2000
80-84	Ursula Kepler	Cody, WY	01:29.18	2003
85-89	Bertha Harvey	Laramie, WY	02:21.07	1999

#### Male 50 Yard Sidestroke

50-54	Ron Snipe	Port Angeles, WA	54.23	2006
55-59	Steve Kurtz	Casper, WY	51.41	2009
60-64	Robin Herron	Ft. Collins, CO	53.24	2000
65-69	Larry Larson	New Harmony, UT	44.69	2001
70-74	Leo Sprinkle	Laramie, WY	50.98	2001
75-79	Clint Baxter	South Ogden, UT	53.21	2009
80-84	Rex Dulaney	Rock Springs, WY	01:40.6	2009
90-94	Werner Mueller	Laramie, WY	02:04.57	1993

#### Female 100 Yard Sidestroke

50-54	Sallie Wesaw	Riverton, WY	02:29.44	1989
55-59	Marion Burr	Thermopolis, WY	01:58.28	2001
60-64	Marion Burr	Thermopolis, WY	02:08.90	2009
65-69	Margareta Labert	Dillon, CO	02:15.98	1988
70-74	Kathy Garwood	Ft. Collins, CO	02:07.36	2005
75-79	Leora Durkee	Laramie, WY	02:37.18	2000

#### Male 100 Yard Sidestroke

50-54	Rob Woodliff	Fillmore, UT	02:07.37	1999
55-59	Steve Kurtz	Casper, WY	01:55.00	2009
60-64	Larry Larson	Springville, UT	01:50.1	2009
65-69	John Chambers	Ft. Collins, CO	01:55.64	2000
70-74	Larry Larson	New Harmony, UT	01:42.44	2003
75-79	Clint Baxter	South Ogden, UT	02:06.7	2009

#### Female 1650 Yard Swim

50-54	Amber Travsky	Laramie, WY	30:46.40	2007
55-59	Janis Price	Gillette, WY	32:18.73	2007
60-64	Betty Moore	Colorado Springs, CO	31:33.62	1998
65-69	Edith McDonough	Shoshoni, WY	43:59.11	1988
70-74	Marion Naughton	Casper, WY	51:09.27	1998
75-79	Charlotte Sanddal	Helena, MT	52:05.98	1998
80-84	Charlotte Sanddal	Helena, MT	49:23.0	2003

#### Male 1650 Yard Swim

50-54	Terry Chambers	Jackson, WY	24:25.61	2007
55-59	James Green	Jackson, WY	27:03.49	2002
60-64	James Green	Jackson, WY	27:37.14	2004
65-69	Wayne Collier	Billings, MT	22:44.03	1991
70-74	Clint Baxter	South Ogden, UT	33:16.81	2004
75-79	Willard Lindberg	Ft. Collins, CO	37:51.00	2000

#### Female Diving

65-69	Edith McDonough	Shoshoni, WY	143.6	1988
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70-74	Edith McDonough	Shoshoni, WY	87	1996
75-79	Edith McDonough	Shoshoni, WY	130	2001

### Male Diving

50-54	Rob Woodliff	Fillmore, UT	160	1998
55-59	Al Allen	Casper, WY	74.85	1988
60-64	Sam Chilton	Omaha, NE	80	1996
70-74	Bill Harvey	Laramie, WY	147.65	1988
75-79	Bill Harvey	Laramie, WY	118	1993

## Swimming Meters

### Female 1500 meter swim

50 to 54	Amber Travsky	Laramie, WY	28:33.7	2008
55 to 59	Janis Price	Gillette, WY	32:18.73	2007
60 to 64	Joan Bennet	Sheridan, WY	35:48.03	2007
65 to 69	Lou Baxter	South Ogden, UT	32:29.7	2009
70 to 74	Sallie Wesaw	Riverton, WY	50:13.08	2008

### Male 1500 meter swim

50 to 54 - Male	Terry Chambers	Jackson, WY	24:28.2	2008
55 to 59 - Male	Terry Chambers	Jackson, WY	22:43.0	2007
60 to 64 - Male	Hank Uitterdyk	Rock Springs, WY	27:54.3	2009
65 to 69 - Male	Jim Green	Jackson, WY	28:03.22	2008

### 100 meter Freestyle

50 to 54 - Female	Phyllis Puckett	Buffalo, WY	2:12.22	2007
	Gloria Lambertz	Helena, MT	1:31.40	2007
50 to 54 - Male	J Richard Cook	Lander, WY	1:05.46	2007
55 to 59 - Female	Marilyn Braaten	Thermopolis, WY	3:56.48	2007
	Susan Schlingman	Fort Collins, CO	1:31.25	2007
55 to 59 - Male	John Harrington	Worland, WY	1:37.85	2007
	Vaughn Everly	Belgrade, MT	1:20.19	2007
60 to 64 - Female	Marion Burr	Thermopolis, WY	2:25.84	2007
60 to 64 - Male	Jim Green	Jackson, WY	1:22.75	2007

65 to 69 - Female	Mary Kaplan	Sunrise Beach, TX	3:04.70	2007
70 to 74 - Female	Nancy Wells	Sheridan, WY	1:20.66	2007
70 to 74 - Male	Jack Hegardt	Pinedale, WY	1:51.03	2007
	Larry Larson	New Harmony, UT	1:47.79	2007
75 to 79 - Female	Flora Wong	Helena, MT	2:56.13	2007
<b>75 to 79 - Male</b>	Mark Olson	Inkom, ID	2:11.99	2007
80 to 84 - Female	Marilyn Hannon	Story, WY	3:09.76	2007
85 to 89 - Female	Charlotte Sanddal	Helena, MT	2:59.71	2007

### 100 meter Sidestroke

60 to 64 - Female	Marion Burr	Thermopolis, WY	2:28.48	2007
70 to 74 - Male	Larry Larson	New Harmony, UT	01:57.5	2007

### 200 meter Backstroke

50 to 54 - Female	Patricia Parmer	Lovell, WY	3:49.18	2007
<b>60 to 64 - Female</b>	Janet Shepherd	Gillette, WY	4:41.89	2007
60 to 64 - Male	Jim Green	Jackson, WY	3:52.83	2007
70 to 74 - Male	Larry Larson	New Harmony, UT	4:25.21	2007
80 to 84 - Female	Marion Naughton	Casper, WY	06:08.6	2007
85 to 89 - Female	Charlotte Sanddal	Helena, MT	07:31.9	2007

### 200 meter Individual Medley

50 to 54 - Male	J Richard Cook	Lander, WY	2:51.57	2007
55 to 59 - Female	Susan Schlingman	Fort Collins, CO	3:58.76	2007
55 to 59 - Male	Tom Arrison	Denver, CO	4:41.39	2007
60 to 64 - Female	Marion Burr	Thermopolis, WY	4:57.81	2007
70 to 74 - Female	Sallie Wesaw	Riverton, WY	3:48.71	2007
75 to 79 - Female	Jody Olson	Inkom, ID	6:53.82	2007
85 to 89 - Female	Charlotte Sanddal	Helena, MT	8:04.65	2007

### 25 meter Backstroke

50 to 54 - Female	Patricia Parmer	Lovell, WY	0:21.54	2007
55 to 59 - Female	Marilyn Braaten	Thermopolis, WY	0:56.68	2007
	Mary Clark	Elizabethtown, IL	0:38.48	2007

55 to 59 - Male	Vaughn Everly	Belgrade, MT	0:20.38	2007
	Wayne Clements	Casper, WY	0:25.88	2007
60 to 64 - Female	Janet Shepherd	Gillette, WY	0:23.69	2007
60 to 64 - Male	Jim Green	Jackson, WY	0:19.35	2007
70 to 74 - Female	Sallie Wesaw	Riverton, WY	0:33.11	2007
70 to 74 - Male	Donald Wells	Sheridan, WY	0:23.57	2007
	Larry Larson	New Harmony, UT	0:21.85	2007
75 to 79 - Male	Mark Hopkins	Casper, WY	0:28.60	2007
85 to 89 - Female	Margaret (Peggy) Santici	Fort Collins, CO	0:38.44	2007

### 25 meter Butterfly

50 to 54 - Male	Dick Weber	Sheridan, WY	16.32	2007
55 to 59 - Male	Jim Hannon	Palo Alto, CA	16.19	2008
60 to 64 - Female	Marion Burr	Thermopolis, WY	31.11	2007
60 to 64 - Male	Ron Snipe	Port Angeles, WA	24.86	2007
	Jim Green	Jackson, WY	37.35	2007
65 to 69 - Male	Jim Green	Jackson, WY	17.77	2008
75 to 79 - Male	C. L. Bruce	Lake St. Louis, MO	34.63	2008
80 to 84 - Female	Flora Wong	Helena, MT	51.85	2008

### 25 meter Elementary Backstroke

55 to 59 - Female	Mary Clark	Elizabethtown, IL	0:42.37	2007
60 to 64 - Female	Marion Burr	Thermopolis, WY	0:31.34	2007
60 to 64 - Male	Ron Snipe	Port Angeles, WA	0:25.55	2007

### 50 meter Backstroke

50 to 54 - Female	Gloria Lambertz	Helena, MT	0:52.85	2007
50 to 54 - Male	T. J. Schoenewald	Thermopolis, WY	0:35.14	2008
55 to 59 - Male	Vaughn Everly	Belgrade, MT	0:43.87	2007
	Wayne Clements	Casper, WY	0:59.11	2007
60 to 64 - Female	Janet Shepherd	Gillette, WY	0:52.33	2007
60 to 64 - Male	Jim Green	Jackson, WY	0:42.41	2007
65 to 69 - Female	Gloria Simmons	Thermopolis, WY	2:33.68	2008
65 to 69 - Male	Jim Green	Jackson, WY	0:39.34	2008

70 to 74 - Female	Sallie Wesaw	Riverton, WY	1:10.43	2007
70 to 74 - Male	Larry Larson	New Harmony, UT	0:47.48	2007
75 to 79 - Female	Flora Wong	Helena, MT	1:08.90	2007
75 to 79 - Male	Larry Larson	New Harmony, UT	0:48.1	2008
80 to 84 - Female	Flora Wong	Helena, MT	1:13.53	2008

### 50 meter Breaststroke

50 to 54 - Female	Phyllis Puckett	Buffalo, WY	1:08.10	2007
	Gloria Lambertz	Helena, MT	0:53.30	2007
50 to 54 - Male	Dick Weber	Sheridan, WY	00:42.0	2007
60 to 64 - Female	Kathy Nimetz	Windsor, CO	0:52.75	2007
	Marion Burr	Thermopolis, WY	0:59.17	2007
60 to 64 - Male	Ron Snipe	Port Angeles, WA	0:59.41	2007
70 to 74 - Male	Larry Vanderplas	Ogden, UT	1:19.67	2007
75 to 79 - Female	Flora Wong	Helena, MT	2:06.02	2007
75 to 79 - Male	Mark Olson	Inkom, ID	1:31.99	2007
80 to 84 - Female	Marilyn Hannon	Story, WY	1:44.86	2007

### 50 meter Elementary Backstroke

60 to 64 - Male	Ron Snipe	Port Angeles, WA	1:13.24	2007
70 to 74 - Female	Sallie Wesaw	Riverton, WY	2:01.06	2007

### 50 meter Freestyle

50 to 54 - Female	Patricia Parmer	Lovell, WY	0:37.66	2007
50 to 54 - Male	J Richard Cook	Lander, WY	0:28.72	2007
55 to 59 - Female	Susan Schlingman	Fort Collins, CO	0:38.74	2007
	Cornelia Dereemer	Horse Creek, WY	00:48.6	2008
55 to 59 - Male	Vaughn Everly	Belgrade, MT	0:32.89	2007
	Terry Chambers	Jackson, WY	0:34.78	2008
60 to 64 - Female	Kathy Nimetz	Windsor, CO	0:48.13	2007
	Marion Burr	Thermopolis, WY	0:49.72	2008
60 to 64 - Male	Jim Green	Jackson, WY	0:34.85	2007
65 to 69 - Female	Helen Jordan	Sheridan, WY	1:24.57	2008
65 to 69 - Male	Jim Green	Jackson, WY	0:33.59	2008

70 to 74 - Male	Larry Larson	New Harmony, UT	0:41.76	2007
	Donald Wells	Sheridan, WY	0:43.59	2008
70 to 74 - Female	Kathy Garwood	Fort Collins, CO	0:52.12	2008
75 to 79 - Female	Flora Wong	Helena, MT	1:06.67	2007
75 to 79 - Male	James Dykes	Gillette, WY	0:37.64	2008
80 to 84 - Female	Marilyn J. Hannon	Story, WY	1:26.01	2008
	Flora Wong	Helena, MT	1:05.57	2008

### 500 meter Freestyle

50 to 54 - Male	Terry Chambers	Jackson, WY	7:57.73	2007
50 to 54 - Female	Amber Travsky	Laramie, WY	9:35.27	2008
55 to 59 - Female	Janis Price	Gillette, WY	10:15.50	2007
	Susan Schlingman	Fort Collins, CO	9:30.66	2007
55 to 59 - Male	Terry M. Chambers	Jackson, WY	7:49.12	2008
60 to 64 - Female	Marion Burr	Thermopolis, WY	11:18.09	2007
75 to 79 - Female	Flora Wong	Helena, MT	13:37.46	2007
80 to 84 - Female	Flora Wong	Helena, MT	14:09.6	2008
85 to 89 - Female	Charlotte Sanddal	Helena, MT	14:59.4	2008

### 100 meter Backstroke

50 to 54 - Female	Gloria Lambertz	Helena, MT	1:57.06	2007
50 to 54 - Male	T J Schoenewald	Thermopolis, WY	1:19.16	2007
60 to 64 - Female	Janet Shepherd	Gillette, WY	1:59.54	2007
60 to 64 - Male	Jim Green	Jackson, WY	1:39.83	2007
65 to 69 - Female	Gloria /simmons	Thermolopois, WY	5:55.34	2008
70 to 74 - Female	Sallie Wesaw	Riverton, WY	2:44.76	2008
70 to 74 - Male	Larry Vanderplas	Ogden, UT	3:43.96	2007
75 to 79 - Female	Flora Wong	Helena, MT	2:37.67	2007
75 to 79 - Male	Ken Whitney	Greeley, CO	02:50.0	2008
80 to 84 - Female	Flora Wong	Helena, MT	3:59.88	2008
85 to 89 - Female	Charlotte Sanddal	Helena, MT	3:30.12	2008

### 100 meter Breaststroke

50 to 54 - Female	Gloria Lambertz	Helena, MT	1:57.87	2007
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50 to 54 - Male	J Richard Cook	Lander, WY	1:27.75	2007
55 to 59 - Male	Alan Carlson	Livermore, CO	2:04.93	2008
	Steve Kurtz	Casper, WY	02:35.1	2008
60 to 64 - Female	Marion Burr	Thermopolis, WY	02:19.55	2008
	Kathy Nimetz	Windsor, CO	2:12.04	2007
60 to 64 - Male	Edward Ploughman	Parrish, FL	2:28.36	2008
70 to 74 - Female	Nancy Wells	Sheridan, WY	3:28.20	2007
70 to 74 - Male	Larry Vanderplas	Ogden, UT	3:04.77	2007
75 to 79 - Male	Leo Sprinkle	Larmie, WY	2:26.05	2008
85 to 89 - Female	Charlotte Sanddal	Helena, MT	3:56.25	2008

### **100 meter Butterfly**

50 to 54 - Male	J Richard Cook	Lander, WY	1:25.19	2007
60 to 64 - Female	Marion Burr	Thermopolis, WY	2:48.99	2007
75 to 79 - Female	Jody Olson	Inkom, ID	4:18.24	2007

### **100 meter Individual Medley**

50 to 54 - Female	Amber travsky	Larmie, WY	1:52.39	2008
50 to 54 - Male	T. J. Schoenewald	Thermopolis, WY	1:21.32	2008
55 to 59 - Female	Susan Schlingman	Fort Collins, CO	1:44.73	2007
55 to 59 - Male	Alan Carlsen	Livermore, CO	2:15.72	2008
60 to 64 - Female	Marion Burr	Thermopolis, WY	2:11.02	2008
60 to 64 - Male	Jim Green	Jackson, WY	1:36.09	2007
65 to 69 - Male	Jim Greem	Jackson, WY	1:34.57	2008
70 to 74 - Female	Sallie Wesaw	Riverton, WY	3:20.61	2008
	Ardeth McLeod	Ana Conda, MT	2:12.71	2008
75 to 79 - Female	Flora Wong	Helena, MT	3:14.38	2007
85 to 89 - Female	Charlotte Sanddal	Helena, MT	3:29.41	2008

### **200 meter Breaststroke**

50 to 54 - Female	Gloria Lambertz	Helena, MT	4:17.75	2007
55 to 59 - Male	Alan Carlson	Livermore, CO	04:59.9	2008
	Steve Kurtz	Casper, WY	06:43.2	2008
60 to 64 - Female	Marion Burr	Thermopolis, WY	04:33.55	2008

75 to 79 - Male	Leo Sprinkle	Laamie, WY	05:29.18	2008
85 to 89 - Female	Charlotte Sanddal	Helena, MT	8:22.17	2008

### 200 meter Freestyle

50 to 54 - Female	Gloria Lambertz	Helena, MT	3:20.20	2007
50 to 54 - Male	Terry Chambers	Jackson, WY	3:02.66	2007
55 to 59 - Female	Susan Schlingman	Fort Collins, CO	3:23.32	2007
	Janis Price	Gillette, WY	4:00.34	2007
55 to 59 - Male	Terry Chambers	Jackson, WY	2:56.64	2008
60 to 64 - Female	Marion Burr	Thermopolis, WY	4:58.94	2007
65 to 69 - Female	Gloria Simmons	Thermopolis, WY	13:18.93	2008
75 to 79 - Female	Flora Wong	Helena, MT	5:26.09	2007
75 to 79 - Male	Mark Olson	Inkom, ID	5:11.70	2007
80 to 84 - Female	Flora Wong	Helena, MT	05:31.3	2008
85 to 89 - Female	Charlotte Sanddal	Helena, MT	06:36.8	2008

### 25 meter Breaststroke

50 to 54 - Male	Joel Benth	Sheridan, WY	0:21.14	2007
55 to 59 - Female	Mary Clark	Elizabethtown, IL	0:38.63	2007
	Marilyn Braaten	Thermopolis, WY	0:49.10	2007
55 to 59 - Male	Alan Carlson	Livermore, CO	0:26.68	2008
	Steve Kurtz	Casper, WY	0:31.86	2008
60 to 64 - Female	Kathy Nimetz	Windsor, CO	0:23.76	2007
60 to 64 - Male	Ron Snipe	Port Angeles, WA	0:25.34	2007
70 to 74 - Male	Larry Vanderplas	Ogden, UT	0:41.03	2008
70 to 74 - Female	Kathy Garwood	Fort Collins, CO	0:35.27	2008
75 to 79 - Male	Leo Sprinkle	Larmie, WY	0:28.76	2008
	C. L. Bruce	Lake St. Louis, MO	0:35.17	2008
80 to 84 - Female	Marilyn Hannon	Story, WY	0:41.04	2008
90 to 94 - Male	Fred Glover	Laramie, WY	0:36.36	2008

### 25 meter Freestyle

50 to 54 - Male	Joel Benth	Sheridan, WY	0:16.83	2007
50 to 54 - Female	Amber Travsky	Laramie, WY	0:18.98	2008

55 to 59 - Female	Marilyn Braaten	Thermopolis, WY	0:37.60	2007
55 to 59 - Male	Jim Hannon	Palo Alto, CA	0:14.87	2007
60 to 64 - Female	Janet Shepherd	Gillette, WY	0:23.80	2007
60 to 64 - Male	Jim Green	Jackson, WY	0:17.20	2007
65 to 69 - Female	Gloria Simmons	Thermopolis, WY	1:25.73	2008
65 to 69 - Male	George Mathis	Sheridan, WY	0:19.74	2008
70 to 74 - Female	Sallie Wesaw	Riverton, WY	0:31.56	2007
	Kathy Garwood	Fort Collins, CO	0:24:94	2008
70 to 74 - Male	Donald Wells	Sheridan, WY	0:18.67	2007
80 to 84 - Female	Marilyn Hannon	Story, WY	0:33.59	2007
80 to 84 - Male	Richard Zeleny	Pueblo, CO	0:30.84	2008
85 to 89 - Female	Margaret (Peggy) Santici	Fort Collins, CO	0:28.69	2007
90 to 94 - Male	Fred Glover	Laramie, WY	0:31.89	2008

### 25 meter Sidestroke

50 to 54 - Female	Lynne Skaggs	Sheridan, WY	0:54.61	2007
55 to 59 - Female	Mary Clark	Elizabethtown, IL	0:37.81	2007
	Donna Harrington	Worland, WY	0:47.87	2008
55 to 59 - Male	Steve Kurtz	Casper, WY	00:29.2	2008
60 to 64 - Female	Marion Burr	Thermopolis, WY	0:31.01	2007
60 to 64 - Male	George Mathis	Ranchester, WY	0:26.48	2007
65 to 69 - Female	Gloria Simmons	Thermopolis, WY	1:24.07	2008
65 to 69 - Male	George Mathis	Sheridan, WY	25.94	2008
70 to 74 - Male	Danny Casey	Butte, WY	143.47	2008
70 to 74 - Female	Nancy Wells	Sheridan, WY	40.97	2008
75 to 79 - Male	C. L. Bruce	Lake St. Louis, Mo	38.85	2008
80 to 84 - Male	Richard Zeleny	Pueblo, Co	30.94	2008
85 to 89 - Female	Margaret (Peggy) Santici	Fort Collins, CO	0:37.59	2007

### 50 meter Butterfly

50 to 54 - Male	T. J. Schoenewald	Thermopolis, WY	35.32	2008
50 to 54 - Female	Amber Travsky	Laramie, WY	51.06	2008
55 to 59 - Female	Susan Schlingman	Fort Collins, CO	0:51.19	2007
55 to 59 - Male	Jim Hannon	Palo Alto, CA	0:37.86	2007

60 to 64 - Female	Marion Burr	Thermopolis, WY	1:05.62	2008
60 to 64 - Male	Jim Green	Jackson, WY	0:42.47	2007
65 to 69 - Male	Jim Green	Jackson, WY	40.79	2008
70 to 74 - Female	Sallie Wesaw	Riverton, WY	2:07.48	2007
75 to 79 - Female	Jody Olson	Inkom, ID	1:45.31	2007
75 to 79 - Male	C. L. Bruce	Lake St. Louis, Mo	1.33.14	2008
85 to 89 - Female	Charlotte Sanddal	Helena, MT	1.33.57	2008
50 meter Sidestroke				
50 to 54 - Female	Amber Travsky	Laramie, WY	0.00130081	2008
55 to 59 - Female	Donna Harrington	Worland, WY	0.001235532	2008
55 to 59 - Male	Steve Kurtz	Casper, WY	1.04.22	2008
60 to 64 - Female	Marion Burr	Thermopolis, WY	1:04.46	2007
60 to 64 - Male	Ron Snipe	Port Angeles, WA	0:57.62	2007
65 to 60 - Female	Gloria Simmons	Thermolopis, WY	0.002061806	2008
75 to 79 - Male	Leo sprinkle	Laramie, WY	1.07.68	2008
80 to 84 - Male	Richard Zeleny	Pueblo, UT	1.53.02	2008

## Track & Field

### Female 50 Meter Run

50-54	Sharon Raham	Wellington, CO	8.4	2000
55-59	Doris Gwynn	Cody, WY	8.80	1990
60-64	Lee Anthony	Rapid City, SD	8.38	1988
65-69	Marion Krueger	Dent, MN	8.04	2006
70-74	Mary Ann Boe	Sundance, WY	8.62	2001
75-79	Molly McKown	Silverthorne, CO	9.70	1993
80-84	Bette Keefer	Windsor, CO	10.16	1996
85-89	Velma Jacobs	Casper, WY	11.50	2001
90-94	Bette Keefer	Windsor, CO	15.15	2004
95-99	Bette Keefer	Windsor, CO	25.47	2009

### Male 50 Meter Run (1995 results not included)

50-54	Carl Cody	Sandy, UT	6.87	2005
55-59	Dwaine Horton	Centerville, UT	6.99	1996
60-64	Ben Knaub	Platteville, CO	6.86	1989

65-69	John Gustafson	Woods Cross, UT	7.34	2008
70-74	Jack Davison	Aurora, CO	7.27	1990
75-79	Jack Davison	Aurora, CO	7.69	1996
80-84	E. Lee Todd	Grant, NE	8.39	1996
85-89	Harold Selby	Casper, WY	10.34	2005
90-94	Mike Kilmer	Mills, WY	11.82	2007

#### Female 100 Meter Run

50-54	Donna Emery	Laramie, WY	16.28	1993
55-59	Jeanne Bowman	Santa Ana, CA	15.14	2008
60-64	Lee Anthony	Rapid City, SD	16.74	1988
65-69	Mary Boe	Moorcroft, WY	16.13	1992
70-74	Mary Ann Boe	Sundance, WY	16.90	2000
75-79	Molly Mackown	Silverthorne, CO	18.72	1993
80-84	Molly Mackown	Silverthorne, CO	19.28	2000
85-89	Velma Jacobs	Casper, WY	24.50	2001
90-94	Molly Mackown	Silverthorne, CO	31.69	2008
95-99	Betty Keefer	Windsor, CO	1:02.3	2009

#### Male 100 Meter Run

50-54	Ben Bartlett	Jackson, WY	11.9	2009
55-59	Charlie Powell	Casper, WY	12.15	2006
60-64	Dick Camp	Boston, MA	12.08	2000
65-69	Ben Knaub	Platteville, CO	13.63	1992
70-74	Jack Davison	Aurora, CO	13.05	1991
75-79	Jack Davison	Aurora, CO	14.50	1996
80-84	William Platts	Boise, ID	15.6	2009
85-89	Harold Selby	Casper, WY	19.03	2005
90-94	Mike Kilmer	Mills, WY	23.93	2007

#### Female 200 Meter Run

50-54	Susan Hill	New Smyrna Beach, FL	36.00	2000
55-59	Jeanne Bowman	Santa Ana, CA	31.97	2008
60-64	Mary Boe	Moorcroft, WY	38.98	1991

65-69	Mary Ann Boe	Sundance, WY	34.61	1996
70-74	Mary Ann Boe	Sundance, WY	35.93	2000
75-79	Molly Mackown	Silverthorne, CO	42.59	1993
80-84	Mary Ann Boe	Sundance, WY	47.52	2006
85-89	Velma Jacobs	Casper, WY	59.90	2002
90-94	Molly Mackown	Silverthorne, CO	1:19.81	2008

#### Male 200 Meter Run

50-54	Ben Bartlett	Jackson, WY	25.33	2009
55-59	Jim Crandall	Auburn, WY	28.13	2001
60-64	Dick Camp	Boston, MA	26.20	2000
65-69	Rev. Dick Camp	Freeport, ME	28.32	2004
70-74	John Gustafson	Woods Cross, UT	28.15	2009
75-79	Jack Davison	Aurora, CO	29.91	1996
80-84	Ed Carter	Loveland, CO	34.78	2000
85-89	Mike Kilmer	Mills, WY	47.62	2002
90-94	Mike Kilmer	Mills, WY	52.81	2007

#### Female 400 Meter Run

50-54	Janet Nowak	Sheridan, WY	01:24.47	2008
55-59	Jeanne Bowman	Santa Ana, CA	01:16.28	2008
60-64	Mary Boe	Moorcroft, WY	01:33.02	1991
65-69	Mary Ann Boe	Sundance, WY	01:20.55	1996
70-74	Mary Ann Boe	Sundance, WY	01:22.84	2000
75-79	Dee Bicek	Casper, WY	01:54.7	2009
80-84	Velma Jacobs	Casper, WY	02:29.9	2000

#### Male 400 Meter Run

50-54	Burke Grandjean	Laramie, WY	56.40	2000
55-59	Kenny Fike	Reedpoint, MT	01:04.67	1996
60-64	Alan Cohen	Scottsdale, AZ	01:01.10	1990
65-69	John Gustafson	Woods Cross, UT	01:06.62	2008
70-74	John Gustafson	Woods Cross, UT	01:07.00	2009
75-79	Ben Knab	Platteville, CO	01:15.55	2002

80-84	Emmett Bennett	Rapid City, SD	01:32.00	1990
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**Female 400 Meter Relay**

50-54	Clark, Gwynn, Jestesen, Sajwaj		01:24.07	1997
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**Male 400 Meter Relay**

55-59	Short, Moorhead, Morrison, Twitchell		58.81	1997
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**Female 800 Meter Run**

50-54	Whitney Atkinson	Casper, WY	03:23.05	1991
55-59	Billie Snell	Douglas, WY	03:43.28	1992
60-64	Margareta Labert	Dillon, CO	03:23.07	1988
65-69	Mary Ann Boe	Sundance, WY	03:33.51	1996
70-74	Mary Ann Boe	Sundance, WY	03:34.40	2000
75-79	Dorothy J. Bradley	Cheyenne, WY	04:06.00	2007
80-84	Dorothy J. Bradley	Cheyenne, WY	04:21.1	2009

**Male 800 Meter Run**

50-54	Burke Grandjean	Laramie, WY	02:15.40	2000
55-59	Kenny Kike	Reedpoint, MT	02:36.80	1996
60-64	Ben Knaub	Platteville, CO	02:26.68	1991
65-69	Time Curley	Teton Village, WY	02:26.04	1988
70-74	Ben Knaub	Platteville, CO	02:49.89	1999
75-79	Ben Knaub	Platteville, CO	03:23.64	2002
80-84	Emmett Bennett	Rapid City, SD	03:54.00	1990

**Female 1500 Meter Run**

50-54	Billie Smith	Douglas, WY	07:20.08	1988
55-59	Janet Ogle	Sheridan, WY	07:38.00	2007
60-64	Marion Burr	Thermopolis, WY	07:46.48	2006
65-69	Margareta Lambert	Dillon, CO	06:55.21	1988
70-74	Dorothy Bradley	Cheyenne, WY	07:30.60	2000
75-79	Dorothy Bradley	Cheyenne, WY	08:27.56	2008
80-84	Dorothy Bradley	Cheyenne, WY	08:53.5	2009

<b>Male 1500 Meter Run</b>	Richard McDonald	Rock Springs, WY	05:04.2	2009
50-54	Mike Board	Sheridan, WY	05:22.3	2007
55-59	Ben Knaub	Platteville, CO	05:30.09	1991
60-64	Ben Knaub	Platteville, CO	05:22.93	1992
65-69	John Gustafson	Woods Cross, UT	06:11.5	2009
70-74	Ben Knaub	Platteville, CO	06:35.74	2002
75-79	E.G. Meyer	Laramie, WY	14:36.21	2008
85-89				

#### **Female 100 Meter Racewalk**

55-59	Diane Pineda	Reliance, WY	28.3	2009
60-64	Marion Burr	Thermopolis, WY	27.43	2006
65-69	Denise Langhoff	Cheyenne, WY	37.06	2005
70-74	Joyce Groneberg	Sheridan, WY	42.18	2008
75-79	Ellen Galyan	Thermopolis, WY	47.1	2009

#### **Male 100 Meter Racewalk**

50-54	Mike Wiggins	Hawarden, IA	21.20	2001
55-59	Brent Marsden	Vancouver, MO	24.33	2008
60-64	George Ruh	Manchester, MO	24.33	2003
65-69	John McGinty	Indianapolis, IN	25.20	2002
70-74	William Platts	Boise, ID	22.70	2002
75-79	Bill Blatts	Boise, ID	23.33	2003
80-84	Ted Lee	Casper, WY	26.83	2003
85-89	Ted Lee	Casper, WY	48.59	2007

#### **Female 200 Meter Racewalk**

50-54	Debbie Bell	Sheridan, WY	01:06.82	2008
<b>55-59</b>	Marion Burr	Thermopolis, WY	01:04.35	2001
60-64	Sperry Rademaker	Floral City, FL	01:00.00	2001
70-74	Velma Jacobs	Greeley, CO	01:03.31	1989
75-79	Opal Butcher	Glenrock, WY	01:37.02	1989
85-89	Velma Jacobs	Casper, WY	01:24.23	2003

**Male 200 Meter Racewalk**

50-54	Steve Gardiner	Billings, MT	47.92	2007
55-59	Brent Marsden	Vancouver, WA	42.50	2008
60-64	John McGinty	Indianapolis, IN	01:06.80	2001
65-69	Richard Martin	Casper, WY	01:04.59	2008
70-74	Bill Platts	Boise, ID	49.41	2002
75-79	Bill Platts	Boise, ID	54.18	2003
80-84	Ted Lee	Casper, WY	01:01.99	2003
85-89	Ted Lee	Casper, WY	01:42.80	2007

**Female 400 Meter Racewalk**

50-54	Janet Nowak	Sheridan, WY	02:26.64	2008
55-59	Marion Burr	Thermopolis, WY	02:24.20	2001
60-64	Marion Burr	Thermopolis, WY	02:24.36	2008
65-69	Marion Burr	Thermopolis, WY	02:39.8	2009
70-74	Dee Bicek	Casper, WY	02:58.76	2006
75-79	Opal Butcher	Glenrock, WY	03:07.30	1989
80-84	Velma Jacobs	Casper, WY	03:07.20	2001
85-89	Mary Holbert	Thermopolis, WY	03:18.60	2005

**Male 400 Meter Racewalk**

50-54	Mike Wiggins	Hawarden, IA	01:38.70	2001
55-59	Brent Marsden	Vancouver, WA	01:38.60	2008
60-64	Leorge Labelle	Zimmerman, MN	02:26.30	2000
65-69	John Lyle	Lakewood, CO	02:13.10	2001
70-74	John Lyle	Lakewood, CO	02:21.86	2003
75-79	Richard Weaver	Grand Junction, CO	02:28.72	2002
80-84	Ted Lee	Casper, WY	02:56.33	2003
85-89	Ted Lee	Casper, WY	03:30.4	2007

**Female 800 Meter Racewalk**

50-54	Mary Morrison	El Paso, TX	05:54.73	1996
55-59	Marion Burr	Thermopolis, WY	05:21.00	2000

60-64	Helen Underwood	Casper, WY	05:08.20	1988
65-69	Margareta Lambert	Dillon, CO	04:53.70	1988
70-74	Velma Jacobs	Greeley, CO	05:15.24	1989
75-79	Opal Butcher	Glenrock, WY	06:41.27	1989
80-84	Velma Jacobs	Greeley, CO	05:45.58	1996

#### **Male 800 Meter Racewalk**

50-54	Steve Gardiner	Billings, MT	04:11.65	2007
55-59	Brent Marsden	Vancouver, WA	04:20.23	2008
60-64	Jim DeBell	Broomfield, CO	04:16.20	1998
65-69	Bill Ashley	Jackson, WY	05:15.40	1988
70-74	Darrel Stewart	Encampment, WY	04:20.52	2005
75-79	Richard Weaver	Grand Junction, CO	05:16.00	2006
80-84	Ted Lee	Casper, WY	06:41.00	2005
85-89	Ted Lee	Casper, WY	07:55.00	2007

#### **Female 1500 Meter Racewalk**

50-54	Shrrie Gossert	Brighton, CO	09:39.31	2003
55-59	Rita Sinkovec	Evergreen, CO	09:16.37	1999
60-64	Rita Sinkovec	Evergreen, CO	09:16.23	2002
65-69	Margareta Lambert	Dillon, CO	10:03.31	1993
70-74	Delores Bicek	Casper, WY	12:24.26	2006
75-79	Velma Jacobs	Greeley, CO	10:47.00	1993
80-84	Velma Jacobs	Greeley, CO	11:28.40	1996
85-89	Velma Jacobs	Greeley, CO	12:58.00	2001

#### **Male 1500 Meter Racewalk**

50-54	Mike Wiggins	Hawarden, IA	07:10.09	2001
55-59	Ray Franks	Lakewood, CO	08:01.12	1994
60-64	Johy Lyle	Lakewood, CO	08:27.00	1994
65-69	Johy Lyle	Lakewood, CO	08:54.33	1998
70-74	Tom Kirley	Kewanee, IL	09:12.00	1998
75-79	Richard Weaver	Grand Junction, CO	09:50.10	2006
80-84	Ted Lee	Casper, WY	11:17.27	2003

**Female 5000 Meter Racewalk**

50-54	Sherrri Gossert	Brighton, CO	33:43.63	2003
55-59	Margot Stothart	Cody, WY	34:54.00	2005
60-64	Sperry Rademaker	Floral City, FL	33:35.78	2003
65-69	Margareta Lambert	Dillon, CO	32:24.90	1988
70-74	Joyce Gust	Ft. Collins, CO	39:58.00	2000
80-84	Velma Jacobs	Greeley, CO	39:40.10	1996

**Male 5000 Meter Racewalk**

50-54	Mike Wiggins	Hawarden, IA	24:51.58	2001
55-59	Brent Marsden	Yacolt, W	30:52.00	2006
60-64	Ray Franks	Lakewood, CO	28:43.60	1996
65-69	John Lyle	Lakewood, CO	30:43.82	1998
70-74	Jack Rademaker	Floral City, FL	33:20.84	2003
75-79	Richard Weaver	Grand Junction, CO	32:48.1	2009

**Female 100M Non-Technical Walk**

50-54	Marilyn Braaten	Thermopolis, WY	33.76	2001
55-59	Gloria Simmons	Thermopolis, WY	70.53	2001
75-79	Gladys Sajwaj	Riverton, WY	33.9	2001
80-84	Majel Billingsley	Colorado Springs, CO	46.22	2001

**Male 100M Non-Technical Walk**

55-59	Fred Dillemath	Fremont, CA	27.55	2001
65-69	Joe Hubka	Cheyenne, WY	27.46	2001
75-79	Ted Lee	Casper, WY	29.22	2001

**Female 200M Non-Technical Walk**

50-54	Lynn Conaway	Evanston, WY	01:40.82	2001
55-59	Marion Burr	Thermopolis, WY	01:07.02	2001
60-64	Naoma Scheffner	Salt Lake City, UT	01:22.50	2001
70-74	Jackie Lee	Casper, WY	01:58.98	2001
75-79	Gladys Sajwaj	Riverton, WY	01:27.30	2001

**Male 200M Non-Technical Walk**

65-69	Joe Hubka	Cheyenne, WY	59.36	2001
70-74	Richard Weaver	Grand Junction, CO	01:01.60	2001
75-79	Ted Lee	Casper, WY	01:04.03	2001

**Female 400 Meter Non-tech Walk**

50-54	Della Works	Casper, WY	02:35.30	1988
55-59	Virginia Wabbe	Evanston, WY	02:17.93	2002
60-64	Margaret Pilch	Sheridan, WY	02:14.47	2008
65-69	Gladys Sajwaj	Arapahoe, WY	03:03.00	1990
70-74	Molly MacKown	Silverthorne, CO	02:47.00	1990
75-79	Lucy Baker	Sheridan, WY	02:52.00	1990
80-84	Gladys Sajwaj	Riverton, WY	03:04.21	2005
85-89	Gladys Sajwaj	Riverton, WY	03:42.73	2007

**Male 400 Meter Non-tech Walk**

50-54	John Roussals	Casper, WY	02:18.55	1990
55-59	Louis Roussals	Casper, WY	02:10.55	1990
60-64	John McGinty	Indianapolis, IN	02:41.01	2001
65-69	Louis Osuna	Idaho Falls, ID	02:13.26	2004
70-74	Ralph Reiche	Fruit Heightsm UT	02:04.27	2007
75-79	Ted Lee	Casper, WY	02:19.00	2002
80-84	Ted Lee	Casper, WY	02:31.28	2003
85-89	Mike Kilmer	Mills, WY	02:16.18	2005
90-94	Mike Kilmer	Mills, WY	03:56.40	2007

**Female 800 Meter Non-tech Walk**

50-54	Janis Bradley	Riverton, WY	05:06.2	1997
55-59	Virginia Wabbe	Evanston, WY	05:23.6	2004
60-64	Diane Bromstead	San Jose, CA	05:08.00	2000
65-69	Marilyn Michelena	Sheridan, WY	06:39.71	2005
70-74	Joyce Groneberg	Sheridan, WY	06:40.9	2008
75-79	Gladys Sajwaj	Riverton, WY	06:37.5	2000

80-84	Gladys Sajwaj	Riverton, WY	06:47.6	2002
85-89	Gladys Sajwaj	Riverton, WY	07:43.2	2007

#### Male 800 Meter Non-tech Walk

50-54	Britt Ready	Riverton, WY	03:49.10	2000
55-59	Harry Peterson	Topeka, KS	04:37.74	1998
60-64	George Labelle	Zimmerman, MN	05:32.18	2000
65-69	Ralph Reiche	Fruit Heights, UT	05:05.37	2004
70-74	Arthur Brandt	Mesa, AZ	05:16.80	2000
75-79	Ted Lee	Casper, WY	05:34.41	2001
80-84	Robert Pierson	Ft. Collins, CO	06:05.32	1999
85-89	Bill Avery	Sheridan, WY	08:01.31	2008

#### Female 1500 Meter Non-tech Racewalk

50-54	Ann Schopen	Laramie, WY	10:35.50	1996
55-59	Clarence Haugan	Lander, WY	10:37.30	2000
60-64	Diane Bromstead	San Jose, CA	09:59.67	1999
65-69	Marie Knox	Cody, WY	11:50.89	1991
70-74	Gladys Sajwaj	Arapahoe, WY	11:02.58	1994
75-79	Lucy Baker	Sheridan, WY	12:39.00	1990
80-84	Lila Davis	Laramie, WY	15:13.56	2000
85-89	Edith Pearson	Casper, WY	16:50.00	1991

#### Male 1500 Meter Non-tech Racewalk

50-54	Britt Ready	Riverton, WY	10:03.50	2000
55-59	Gordon Thorne	Gillette, WY	10:50.15	1992
60-64	Dwight Pickett	Seattle, WA	10:35.13	1996
65-69	John Bromstead	Medford, OR	11:14.58	1999
70-74	Tom Flack	Loveland, CO	11:22.04	1991
75-79	Ted Lee	Casper, WY	11:07.34	2000
80-84	Robert Pierson	Ft. Collins, CO	12:07.21	1999

#### Female Discus

50-54	Susan Ruff	Rock Springs, WY	83'8"	2006
55-59	Sharon Raham	Wellington, CO	80'4"	2003
60-64	Joy Kaylor	Central City, CO	73'6"	2000
65-69	Barbara Brandt	Mesa, AZ	62'8"	1996
70-74	Barbara Brandt	Mesa, AZ	62'2"	2000
75-79	Barbara Brandt	Bighorn, WY	56'8"	2006
80-84	Doris Brewster	Evans, CO	36'6"	2007

#### Male Discus

50-54	Tim Edwards	Commerce City, CO	150'11"	1999
55-59	Bruce Jones	Livingston, MT	171'2"	2003
60-64	Gary Schneider	Livingston, MT	171'11"	2003
65-69	Glen Burgess	Riverton, WY	140'0"	1991
70-74	Grove Bolles	Orem, UT	143'8"	2002
75-79	Dale Buysee	Longmont, CO	116'7"	1996
80-84	Lee Todd	Grant, NE	97'1"	1995

#### Female Javelin

50-54	Susan Ruff	Rock Springs, WY	88'4"	2008
<b>55-59</b>	Sharon Raham	Wellington, CO	90'8"	2003
60-64	Barbara Brandt	Mesa, AZ	86'30 1/2"	1992
65-69	Barbara Brandt	Mesa, AZ	77'9"	1999
70-74	Barbara Brandt	Mesa, AZ	71'10"	2000
75-79	Barbara Brandt	Bighorn, WY	68'0"	2006
80-84	Doris Brewster	Evans, CO	45'5"	2007

#### Male Javelin

50-54	Jerry Ropelato	Huntsville, UT	129'9"	2009
55-59	Dale Deuvall	Broken Arrow, OK	126'2"	1991
60-64	Bill Brazelton	Ft. Smith, AK	143'10"	1992
65-69	Bill Brazelton	Ft. Smith, AK	137'1"	1993
70-74	Bill Platts	Boise, ID	123'2"	2002
75-79	Bill Platts	Boise, ID	124'8"	2003
80-84	Bill Platts	Boise, ID	114'2"	2009

**Female Shotput**

50-54	Sharon Raham	Wellington, CO	28'1"	2000
55-59	Sharon Raham	Wellington, CO	25'10 1/2"	2002
60-64	Joy Kaylor	Central City, CO	28'2"	2000
65-69	Pat Hutson	Breckenridge, CO	21'5"	1996
70-74	Pat Craze	Montrose, CO	20' 3 3/4"	2001
75-79	Charlotte Acton	Longmont, CO	18' 7 3/4"	2001
80-84	Gerida Bergman	Frisco, CO	11'7"	1998

**Male Shotput**

50-54	C.T. Bailey	Ranchester, WY	41'3 1/2"	1988
55-59	Nyles Spurlock	Kerrville, TX	43'5"	1991
60-64	Terry Livermore	Loveland, CO	42'3"	2005
65-69	Glenn Burgess	Riverton, WY	43'2"	1991
70-74	Dale Buysee	Longmont, CO	40'3 3/4"	1992
75-79	Dale Buysee	Longmont, CO	35'8"	1996
80-84	Bill Platts	Boise, ID	33'11"	2009

**Female High Jump**

50-54	Karin Hanna	Kelly, WY	4'0"	2009
55-59	Margaret Atkinson	San Antonio, TX	3'10"	1998
	Janice Spainhower	Fruit Heights, UT	3'10"	2004
60-64	Sharon Raham	Wellington, CO	3'8"	2007
65-69	Barbara Brandt	Mesa, AZ	3'6"	1999
70-74	R. Jean Jones	Colorado Springs, CO	3'0"	2000
75-79	Willie Gatza	Colorado Springs, CO	2'8"	2000-2002

**Male High Jump**

50-54	Carl Cody	Sandy, UT	5'2"	2005
55-59	Dwaine Horton	Centerville, UT	5'1"	1996
60-64	Dwaine Horton	Centerville, UT	5'0"	1998
65-69	Armand Zahn	Saratoga, WY	4'9"	2001
<b>70-74</b>	John Gustefson	Woods Cross, UT	4'7"	2009

<b>75-79</b>	C. L. Bruce	Lake St. Louis, MO	4'10"	2008
80-84	Ed Carter	Loveland, CO	3'8"	2000

#### Female Pole Vault

55-59	Mary Clark	Elizabethtown IL	5'6"	2007
60-64	Mary Clark	Effingham, IL	5'	2008

#### Male Pole Vault

50-54	Lance Morey	Evanston, WY	11'4"	2002
<b>55-59</b>	Bruce Perkins	Rexburg, ID	10'0"	2004
60-64	Thomas Woodring	Santa Barbara, CA	9'0"	2000
65-69	K.C. Keffer	Cheyenne, WY	8'6"	2000
70-74	Jerry Donley	Colorado Springs, CO	8'0"	2000
	Doug McFetters	Scottsdale, AR	8'0"	2006
75-79	William Chivvis	Colorado Springs, CO	7'0"	1999

#### Female Running Long Jump

50-54	Gayle Keffer	Cheyenne, WY	12'2"	1992
55-59	Sharon Raham	Wellington, CO	10'11"	2004
60-64	Sharon Raham	Wellington, CO	10'71/2"	2007
65-69	Mary Boe	Moorcroft, WY	10'6 1/2"	1995
70-74	Mary Ann Boe	Sundance, WY	10'10"	2000
75-79	Molly Macknown	Silverthorne, CO	8'6"	1996
80-84	Molly Macknown	Silverthorne, CO	7'8"	1998
85-89	Gladys Sajway	Riverton, WY	4'3"	2007
90-94	Molly Macknown	Silverthorne, CO	4'11"	2008

#### Male Running Long Jump

50-54	Dick Himes	Granby, CO	17'3 1/2"	2002
55-59	George Carson	Casper, WY	15'8"	1989
60-64	Carl Etter	Duluth, MN	15'9"	2004
65-69	Doug Spainhower	Fruit Heights, UT	15'1 1/2"	2002
70-74	Doug Spainhower	Fruit Heights, UT	14'11"	2005
75-79	Jack Davison	Aurora, CO	12'4"	1996

80-84	Ed Carter	Loveland, CO	12'1"	2000
85-89	Mike Kilmer	Mills, WY	7'8"	2005
90-94	Mike Kilmer	Mills, WY	5'8"	2007

#### Female Standing Long Jump

50-54	Jolene Patch	Lingle, WY	6'2"	2008
55-59	Mona Marble	Centennial, WY	5'0"	2008
60-64	Gayle Keffer	Cheyenne, WY	5'9"	2000
65-69	Kathy Zomber	Edmonton, AB Canada	5'10.25"	2009
70-74	Mary Ann Boe	Sundance, WY	5'9 1/2"	2000
75-79	Babara Brandt	Bighorn, WY	4'6 1/2"	2007
80-84	Molly MacKown	Silverthorne, CO	4'6 1/2"	2001

#### Male Standing Long Jump

50-54	Dennis Gotschall	Kemmerer, WY	8'6"	1989
55-59	Rob Schenk	Sunset, UT	8'6"	2009
60-64	Richard Swanson	Blackfoot, ID	8'2"	2009
65-69	Terry Clark	Effingham, IL	8'2"	2009
70-74	John Gustafson	Woods Cross, UT	7'11.75"	2009
75-79	C. L. Bruce	Lake St. Louis, MO	6'51/2"	2008
80-84	Robert B. Miller	Sheridan, WY	6'7 3/4"	1990
85-89	Mike Kilmer	Mills, WY	4'1"	2005
90-94	Mike Kilmer	Mills, WY	3'2 1/2"	2007

#### Female Triple Jump

50-54	Sharon Raham	Wellington, CO	21'2"	2000
55-59	Sharon Raham	Wellington, CO	22'2"	2004
60-64	Sharon Raham	Wellington, CO	20'2.5"	2009
65-69	Kathy Zomber	Edmonton, AB Canada	19'4.75"	2009
70-74	R. Jean Jones	Colorado Springs, CO	16'6"	2000
75-79	Charlotte Acton	Longmont, CO	22'11 1/2"	2001
80-84	Molly Mackown	Silverthorne, CO	17'6 1/2"	1998
90-94	Molly Mackown	Silverthorne, CO	9'7"	2008

**Male Triple Jump**

50-54	Doug Bryant	Laramie, WY	29'5 1/2"	2002
55-59	Robin Johnson	Sheridan, WY	30'1.25"	2009
60-64	John Galazin	Menan, ID	31'3"	2007
65-69	Doug Spainhower	Fruit Heights, UT	30'1"	2004
70-74	John Gustafson	Woods Cross, UT	30'1"	2009
75-79	Ed Carter	Loveland, CO	23'10"	1999
80-84	Ed Carter	Loveland, CO	24'11"	2000

**Female Frisbee Throw**

50-54	Louella Armstrong	Loveland, CO	82'8"	1998
55-59	Virginia Wabbe	Evanston, WY	119'9"	2002
60-64	Diana Damschen	El Cajon, CA	86.7	2008
65-69	Marion Krueger	Dent, MN	79'5"	2006
70-74	R. Jean Jones	Colorado Springs, CO	62'2"	2000
75-79	Charlotte Acton	Longmont, CO	69'2"	2000
80-84	Maria Snickerson	Colorado Springs, CO	34'9"	2002

**Male Frisbee Throw**

50-54	Chris Carson	Rock Springs, WY	224'3"	2009
55-59	Marv Orrock	Hooper, UT	147' 0"	2008
60-64	Jerry Valntine	Evanston, WY	161'6"	1999
65-69	Jerry Valntine	Evanston, WY	160'7"	2002
70-74	John Creger	Casper, WY	136'3"	2006
75-79	R. Lex Marcusen	Fruit Heights, UT	198'2"	2002
80-84	John Jensen	Nampa, ID	85'1"	2004

**Female Football Throw**

50-54	Marion Burr	Thermopolis, WY	47'1"	1999
55-59	Gloria Lambertz	Helena, MT	54'5"	2009
60-64	Babara Brandt	Mesa, AZ	69'5"	1991
65-69	Babara Brandt	Mesa, AZ	77'1"	1996
70-74	Babara Brandt	Mesa, AZ	63'11 1/2"	2000
75-79	Babara Brandt	Mesa, AZ	58'10"	2006

### Male Football Throw

50-54	Carl Cody	Sandy, UT	146'3"	2005
55-59	Dale Deuvall	Broken Arrow, OK	139'2"	2003
60-64	Dwaine Horton	Centerville, UT	147'4"	2002
65-69	Bill Brazelton	Ft. Smith, AK	128'11"	1993
70-74	Bill Platts	Boise, ID	122'10"	2002
75-79	Bill Platts	Boise, ID	109'9"	2003
80-84	Bill Platts	Boise, ID	96'7"	2009

### Female Softball Throw

50-54	Lynn Cameron	Casper, WY	116'0"	1988
55-59	Janice Spainhower	Fruit Heights, UT	128'2"	2004
60-64	Barbara Brandt	Mesa, AZ	104'7"	1990
65-69	Barbara Brandt	Mesa, AZ	118'9"	1999
70-74	Barbara Brandt	Mesa, AZ	100'8"	2000
75-79	Barbara Brandt	Mesa, AZ	101'2"	2006
80-84	Doris Brewster	Evans, CO	47'6"	2008
85-89	Gladys J. Miller-Sajway	Riverton, WY	25'4"	2008

### Male Softball Throw

50-54	Guy Daley	Rawlins, WY	215'11.5"	2009
55-59	Dwaine Horton	Centerville, UT	213'1"	1996
60-64	Dwaine Horton	Centerville, UT	218'11"	2002
65-69	Darwin Grimm	Sheridan, WY	187'4"	2002
70-74	Bill Platts	Boise, ID	175'2"	2002
75-79	Bill Platts	Boise, ID	157'2"	2003
80-84	Bill Platts	Boise, ID	150'2"	2009
85-89	Mike Kilmer	Mills, WY	58'11"	2004
90-94	Mike Kilmer	Mills, WY	60'7"	2007

## Triathlon

### Female Triathlon

50-54	Amber Travsky	Laramie, WY	1:24.00	2006
55-59	Marion Burr	Thermopolis, WY	1:20.50	2002
60-64	Marion Burr	Thermopolis, WY	01:24.3	2008
65-69	Esther McGann	Laramie, WY	01:37.03	2009
70-74	Jody Olson	Inkom, ID	1:37.03	2002

### **Male Triathlon**

50-54	Ray Kunselman	Laramie, WY	0:48.57	1993
55-59	Ray Kunselman	Laramie, WY	12:32.0	1999
60-64	Ray Kunselman	Laramie, WY	12:57.0	2002
65-69	Hal Weidel	Laramie, WY	0:52.45	1993
70-74	Wayne McSheehy	Fort Walton, FL	01:06.1	2002
75-79	Ken Whitney	Greeley, CO	1.40.15	2008
80-84	Ken Whitney	Greeley, CO	01:45.4	2009