



CAPITAL CITY Senior Games RECORDS



SWIMMING - FREESTYLE MEN

50 yd

AGE	NAME	RECORD
50-54	Kevin Wells	26.49 2015
55-59	Jeffery Coleman	33.17 2011
60-64	Glenn Woodsum	25.46 2010
65-69	David Jarvis	28.91 2013
70-74	Michael Twomey	30.16 2018
75-79	Mike Tschirret	40.33 2011
80-84	Bob Keller	54.51 2014
85-89	Britt Poulson	42.52 2019
90+	Don Rapp	1:16.15 2019

100 yd

AGE	NAME	RECORD
50-54	Kevin Wells	1:00.3 2015
55-59	Doug Schlak	56.06 2012
60-64	Glenn Woodsum	55.4 2010
65-69	David Jarvis	1:05.1 2013
70-74	Rick Ashton	1:30.00 2019
75-79	Mike Tschirret	1:34.1 2011
80-84	Bob Keller	1:56.1 2014
85-89	Britt Poulson	1:44.54 2019
90+	Don Rapp	3:27.40 2019

200 yd

AGE	NAME	RECORD
50-54	Alec Kercheval	2:24.0 2010
55-59	Doug Schlak	2:10.0 2012
60-64	Glenn Woodsum	2:24.8 2010
65-69	Dave Darst	2:26.1 2010
70-74	Rick Ashton	3:27.68 2018
75-79	Mike Tschirret	3:41.5 2012
80-84	Bob Keller	4:26.5 2015
85-89	Britt Poulson	4:21.94 2019
90+		

500 yd

AGE	NAME	RECORD
50-54	Alec Kercheval	6:47.4 2011
55-59	Terry St Pierre	7:42.2 2010
60-64	Mark Hanson	6:45.8 2012
65-69	Dave Darst	6:50.0 2010
70-74	Rick Ashton	9:34.50 2018
75-79	Britt Poulson	9:26.5 2010
80-84		
85-89		
90+		