



CAPITAL CITY Senior Games RECORDS



SWIMMING-MEDLEY

WOMEN

100 yd INDIVIDUAL MEDLEY FOUR STROKES

AGE	NAME	RECORD
50-54		
55-59	Gretchen DeYoung	1:37.13 2019
60-64	Susan Nichols	1:36.02 2018
65-69	Hartzell Stringer	2:00.01 2018
70-74		
75-79		
85-89		
90-94		
95-99		

200 yd INDIVIDUAL MEDLEY FOUR STROKES

AGE	NAME	RECORD
50-54	Mary Jane Tappen	3:21.1 2012
55-59	Mary Jane Tappen	3:24.4 2013
60-64	Mary Jane Tappen	3:34.41 2018
65-69	Hartzel Stringer	4:07.71 2019
70-74		
75-79		
80-84		
85-89		
90+		

400 yd INDIVIDUAL MEDLEY FOUR STROKES

AGE	NAME	RECORD
50-54	Hartzell Stringer	7:37.1 2010
55-59		
60-64	Sandra Stark	7:52.52 2018
65-69	Hartzel Stringer	8:28.86 2019
70-74		
75-79		
80-84		
85-89		
90+		

MEN

100 yd INDIVIDUAL MEDLEY FOUR STROKES

AGE	NAME	RECORD
50-54		
55-59		
60-64	Martin Dix	1:29.67 2018
65-69	Mark Graham	1:33.89 2019
70-74		
75-79		
80-84		
85-89		
90+		

200 yd INDIVIDUAL MEDLEY FOUR STROKES

AGE	NAME	RECORD
50-54	David Amato	2:53.9 2012
55-59		
60-64	Mark Hanson	3:08.8 2013
65-69	Mark Graham	3:10.33 2017
70-74		
75-79		
80-84		
85-89		
90+		

400 yd INDIVIDUAL MEDLEY FOUR STROKES

AGE	NAME	RECORD
50-54		
55-59		
60-64	Mark Hanson	6:03.5 2012
65-69	David Javis	6:21.3 2013
70-74		
75-79		
80-84		
85-89		
90+		