



CAPITAL CITY Senior Games RECORDS



SWIMMING - FREESTYLE MEN

50 yd

AGE	NAME	RECORD
50-54	Andy Kroupa	25.84 2021
55-59	Miguel Sierra	32.12 2023
60-64	Glenn Woodsum	25.46 2010
65-69	David Jarvis	28.91 2013
70-74	Michael Twomey	29.83 2020
75-79	Mark Gargiulo	32.38 2023
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	James Boylan	1:19.78 2020
75-79	Mark Gargiulo	1:11.27 2023
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	Mark Gargiulo	2:41.1 2021
75-79	Mark Gargiulo	2:47.52 2022
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	Mark Hanson	7:37.03 2022
75-79	Mark Gargiulo	8:06.78 2022
80-84		
85-89	Britt Poulson	13:27.03 2020
90+		