

Southeast Idaho Senior Games 2009 Records

New Records are Highlighted

Category	Event	Age	Sex	Name	ST	Time Distance	Year
Basketball	Free Throw	50-54	M	Doug Milder	ID	22	2008
2004 to Present	1 pt / Basket	55-59	M	Doyle Stokes	ID	21	2008
	25 shots max	60-64	M	Delson Suppah, Sr.	ID	23	2009
		65-69	M	Tarrel Palmer	ID	24	2009
		70-74	M	Louie Osuna	ID	24	2008
		75-79	M	Charles T. Nyquest	MT	25	2009
Basketball	Free Throw/3 Point	50-54	M	Merle Smith	ID	38	2004
	Combined	55-59	M	Merle Smith	ID	39	2007
	(max 43 pts)	60-64	M	Roger Davis	ID	31	2004
		65-69	M	Carl Schultz	WY	34	2004
		70-74	M	Louie Osuna	ID	36	2007
	Hot Shot	50-54	M	Merle Smith	ID	39	2004
		55-59	M	Marcus Darais	UT	39	2007
		60-64	M	Delson Suppah, Sr.	ID	46	2009
		65-69	M	Tarrel Palmer	UT	54	2009
		70-74	M	Gary Longmore	ID	41	2009
		75-79	M	Dale Perkins	UT	55	2009
Basketball	3 Point	50-54	M	Shane Wilker	ID	12	2008
		55-59	M	Doyle Stokes	ID	12	2008
		60-64	M	Ken Wright	ID	12	2008
		60-64	M	Delson Suppah, Sr.	ID	12	2009
		65-69	M	Roger Davis	ID	18	2008
		70-74	M	Louie Osuna	ID	15	2008
		75-79	M	Dale Perkins	ID	15	2008
Bowling	Singles	50-54	F	B J Phillips	ID	530	2008
2003 to Present		55-59	F	JoAnn Paddock	MT	477	2007
		60-64	F	Fay Lloyd	ID	482	2008
		65-69	F	Lucille S. Crouson	ID	462	2007
		70-74	F	Sally Taniguchi	ID	518	2007
		75-79	F	Carol Phillips	ID	451	2009
		50-54	M	Scott Bailey	ID	654	2008
		55-59	M	Doug Briggs	ID	523	2004
		60-64	M	Jim Watkins	MT	650	2008
		65-69	M	Comer, Les	MT	600	2006
		70-74	M	Les Comer	MT	575	2009
		75-79	M	Len Neilsen	ID	484	2004
		80-84	M	Norval Alleman Sr.	ID	422	2009
		85-89	M	Bud Carl Meier	MT	507	2009

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Bowling	Womens Doubles	50-54	F	JoAnn Paddock		1045	2007
			F	Donnelly			
		55-59	F	Carol Mecham	ID	942	2008
				Fay Lloyd	ID		
		60-64	W	Lawton/Paddock	MT	765	2009
		70-74	F	Carol Phillips	ID	980	2004
				Janell Baird	ID		
		75-79	F	Janell Baird	ID	886	2008
				Phyllis Baird	ID		
		80-84	W	Phillips/Hill	ID	883	2009
Bowling	Men's Doubles	50-54	M	Scott Bailey	ID	1162	2008
				Ed Bailey	ID		
		55-59	M	Mark Kessler	ID	930	2004
				Jerry Reeve	ID		
		60-64	M	Les Comer	MT	1138	2008
				Jim Watkins	MT		
		70-74	M	Comer/Watkins	MT	1188	2009
		75-79	M	Robert Batts	ID	946	2004
				Len Neilsen	ID		
		85-89	M	Meier/Reeve	ID/MT	931	2009
Bowling	Mixed Doubles	50-54	F	Susanna Donnelly	ID	1120	2008
			M	Jim Watkins	MT		
		55-59	MX	JoAnn Paddock	MT	946	2007
				Les Comer	MT		
		60-64	F	JoAnn Paddock	MT	1060	2008
			M	Les Comer	MT		
		65-69	MX	Lucille Crouson	ID	871	2009
				James Crouson			
		70-74	MX	Contway, Contway	MT	972	2007
		75-79	F	Opal Sherwood	ID	901	2008
			M	Max Sherwood	ID		
		80-84	MX	Janell Baird	ID	756	2004
				Clair Baird	ID		
Cycling	5K Time Trail	55-59	F	Martha Iverson	CO	7:37	2008
2008 to Present		65-69	F	Alice Pust	UT	10:10	2009
Arimo Course		70-74	F	Kumi Horiuchi	CO	9:51	2009
		75-79	F	Jody Olson	ID	9:52	2009
		50-54	M	Robert Walker	ID	6:53	2008
		55-59	M	Rick Hodgson	NV	6:42	2008
		60-64	M	Richard Bagienski	CO	7:16	2008
		65-69	M	Max Newlin	ID	10:17	2009
		70-74	M	Erich Schroder	AL-Can	7:46	2009

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		75-79	M	Larry Slotta	WY	8:08	2009
		80-84	M	Roy Cushway	SK-Can	10:08	2008
Cycling	10 K Time Trial	55-59	F	Martha Iverson	CO	16:18	2008
		65-69	F	Alice Pust	UT	22:32	2009
		70-74	F	Kumi Horiuchi	CO	21:56	2009
		75-79	F	Jody Olson	ID	22:09	2009
		50-54	M	Gary Azevedo	ID	14:03	2009
		55-59	M	Rick Hodgson	NV	14:15	2008
		60-64	M	John Haney	UT	14:54	2009
		65-69	M	Tom Neary	ID	18:03	2008
		70-74	M	Erich Schroder	AL-Can	17:03	2009
		75-79	M	Walt Axthelm	CO	15:28	2008
		80-84	M	Roy Cushway	SK-Can	20:18	2009
Cycling	20 K Road Race	55-59	F	Martha Iverson	CO	37:33	2008
		65-69	F	Alice Pust	UT	53:00	2009
		70-74	F	Kumi Horiuchi	CO	53:00	2009
		75-79	F	Jody Olson	ID	53:00	2009
		50-54	M	Robert Walker	ID	33:21	2009
		55-59	M	Bob Marcinko	ID	35:39	2008
		60-64	M	John Haney	UT	33:29	2009
		65-69	M	Marv White	ID	38:24	2009
		70-74	M	David Deichman	ID	38:24	2009
		75-79	M	Walt Axthelm	CO	37:39	2008
		80-84	M	Roy Cushway	SK-Can	44:10	2008
Cycling	40 K Road Race	50-54	M	Robert Walker	ID	1:09:30	2008
		55-59	M	Bob Marcinko	ID	1:09:10	2008
		60-64	M	Bob Nelson	ID	1:09:30	2008
		70-74	M	Erich Schroder	Al-Can	1:19:22	2009
		75-79	M	Larry Slotta	WY	1:32:17	2009
		80-85	M	Roy Cushway	SK-Can	1:39:40	2008
Cycling	Hill Climb	50-54	F	Karen Dlouhy	CO	22:43	2007
2006 to Present		60-64	F	Sandra Roberts	ID	47:18	2009
		70-74	F	Seccombe, Gwen	CO	44:43	2006
		50-54	M	Frank Matus	SK-Can	20:37	2007
		55-59	M	Bob Nelson	ID	21:34	2007
		60-64	M	Peter Heppleston	ALB-Can	21:51	2007
		65-69	M	Stan Swallow	UT	24:48	2007
		70-74	M	Walt Axthelm	ID	24:55	2007
		75-79	M	Walt Axthelm	ID	26:37	2008
		80-84	M	Roy Cushway	SK-Can	32:53	2007

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Cycling	5K Time Trial	50-54	F	Karen Dlouhy	CO	7:23	2007
2003 to 2007		55-59	F	Christine Satterwhite	ID	7:37	2004
S 5th Course		60-64	F	Alice Pust	UT	7:32	2004
		65-69	F	Alice Pust	UT	8:54	2007
		70-74	F	Jody Olson	ID	8:03	2004
		75-79	F	Jody Olson	ID	9:30	2007
		50-54	M	Bob Walker	ID	6:20	2005
		55-59	M	Dean Wilkie	ID	6:40	2004
		60-64	M	Stan Swallow	UT	6:17	2004
		65-69	M	Stan Swallow	UT	7:03	2005
		70-74	M	Walt Axthelm	ID	6:59	2007
		75-79	M	Mark Olson	ID	7:33	2004
		80-84	M	Roy Cushway	SK-Can	8:59	2007
Cycling	10 K Time Trial	50-54	F	Karen Dlougy	CO	15:33	2007
		55-59	F	Robin Nicholson	ID	26:30	2003
		60-64	F	Alice Pust	UT	19:06	2004
		65-69	F	Alice Pust	UT	22:39	2007
		70-74	F	Seccombe, Gwen	CO	20:41	2006
		75-79	F	Jody Olson	ID	21:43	2007
		50-54	M	Frank Matus	SK-Can	13:44	2007
		55-59	M	Bob Marcinko	ID	14:48	2007
		60-64	M	Jim Dlougy	CO	14:07	2007
		65-69	M	Swallow, Stan	UT	16:04	2007
		70-74	M	Walt Axthelm	CO	15:04	2007
		75-79	M	Mark Hopkins	WY	17:28	2007
		80-84	M	Roy Cushway	SK-Can	19:57	2007
Cycling	20 K Road Race	50-54	F	Karen Dlouhy	CO	33:10	2007
		55-59	F	Christine Satterwhite	ID	38:06	2004
		60-64	F	Alice Pust	UT	40:54	2004
		65-69	F	Alice Pust	UT	50:44	2007
		70-74	F	Jody Olson	ID	44:14	2003
		75-79	F	Olson, Jody	ID	48:33	2006
		50-54	M	Marcinko, Bob	ID	31:55	2006
		55-59	M	Bob Marcinko	ID	32:27	2007
		60-64	M	Crockett, Alan	ID	32:11	2006
		65-69	M	Stan Swallow	UT	32:27	2007
		70-74	M	David Deichman	ID	32:59	2007
		75-79	M	Mark Hopkins	WY	40:12	2007
		80-84	M	Roy Cushway	SK-Can	40:10	2007
Cycling	40 K Road Race	50-54	F	Karen Dlouhy	CO	1:07:15	2007
		55-59	F	Marilyn Spelrn	ID	1:10:41	2005
		60-64	F	Alice Pust	UT	1:23:59	2005
		70-74	F	Seccombe, Gwen	CO	1:32:29	2006

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		75-79	F	Olson, Jody	ID	1:38:02	2006
		50-54	M	Bob Walker	ID	1:04:21	2005
		55-59	M	Bob Nelson	ID	1:04:38	2004
		60-64	M	Crockett, Alan	ID	1:06:34	2006
		65-69	M	Swallow, Stan	UT	1:06:07	2006
		70-74	M	David Deichman	ID	1:06:46	2007
		75-79	M	Harry Meridith	SK-Can	1:23:17	2007
		80-84	M	Roy Cushway	SK-Can	1:19:06	2007
Disc Golf	Singles	65-69	F	Judy Lang	SK-Can	61	2008
2008 to Present		70-74	F	Judy Lang	SK-Can	59	2009
		70-74	M	Mark Price	UT	42	2008
		75-79	M	Mark Hopkins	WY	46	2009
		80-84	M	Roy Cushway	SL Can	41	2009
Fun Run	2.5 K Walk	50-54	F	Beverly Sion	ID	22:24	2007
<i>OK Ward Park</i>		55-59	F	Margaret Jacob	ID	19:48	2009
2003 to Present		60-64	F	Becky Lim	ID	22:34	2003
		70-74	F	Kimi Tominaga	ID	22:12	2007
		75-79	F	Kimi Tominga	ID	22:05	2008
		50-54	M	Ron Endo	ID	22:25	2007
		55-59	M	Doug Alley	ID	19:36	2009
		70-74	M	Joe Garcia	ID	18:43	2004
Fun Run	5 K Run	50-54	F	Worthington, Marita	ID	23:40	2006
		55-59	F	Patty Bolinger	ID	30:42	2009
		60-64	F	Lou Baxter	UT	35:15	2004
		65-69	F	Lou Baxter	UT	30:25	2006
		50-54	M	Scott Bailey	ID	19:18	2009
		55-59	M	Bob Jenks	ID	22:18	2009
		60-64	M	Gordon Dixon	ID	23:52	2004
		65-69	M	Gordon Dixon	ID	24:23	2008
		70-74	M	Clinton Baxter	UT	29:11	2004
Fun Run	5 K Walk	50-54	F	Linda Buchli	ID	35:19	2009
		55-59	F	Sandra Smith	ID	34:24	2008
		60-64	F	Karen Price	ID	38:14	2003
		65-69	F	Gay Kidd	ID	38:35	2004
		70-74	F	Gay Kidd	ID	39:37	2008
		75-79	F	Delores Sample	ID	48:56	2006
		80-84	F	Delores Sample	ID	48:03	2008
		50-54	M	Kevin Wakeman	ID	39:35	2007
		55-59	M	Don Babcock	ID	37:13	2005
		60-64	M	Dennis Armstrong	ID	34:39	2005
		65-69	M	Dexter Pitman	ID	36:32	2008

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		70-74	M	Joe Garcia	ID	46:28	2005
		75-79	M	Robert Goettsch	ID	37:53	2007
		80-84	M	Robert Goettsch	ID	35:55	2008
Fun Run	10 K Run	50-54	F	Brenda Marshall	ID	55:13	2009
		55-59	F	Lyla Wolfenbarger	ID	1:06:13	2008
		50-54	M	Dan Grimes	ID	38:32	2009
		55-59	M	Mike Berberian	ID	38:28	2005
		60-64	M	Mike Berberian	ID	39:54	2007
		65-69	M	Lowell Hawkes	ID	44:59	2009
Fun Run	10 K Walk	50-54	F	Margarita Moody	ID	42:27	2007
		55-59	F	Jody O'Donnell	ID	46:22	2008
		60-64	F	Judy Thomas	ID	1:07:47	2007
		65-69	F	Betty Stewart	ID	1:09:31	2007
		50-54	M	Chris Severson	ID	50:37	2008
		55-59	M	Empey, David	ID	56:30	2006
		60-64	M	Paul DeLong	ID	43:06	2007
		65-69	M	Paul DeLong	ID	34:35	2008
		70-74	M	Dave Treasure	ID	1:00:51	2007
Golf	18 Hole	55-59	F	Shawna Nelson	ID	89	2004
2004 to Present		60-64	F	Cantrill, Judie	ID	102	2006
		65-69	F	Sandy Snyder	ID	89	2008
		70-74	F	Carol Hudson	ID	117	2009
		75-79	F	Joyce Flemming	ID	110	2008
		80-84	F	Deloris Geslin	ID	107	2008
		50-54	M	Ron Malooly	ID	75	2008
		55-59	M	Ron Malooly	ID	76	2009
		60-64	M	Randy Spencer	ID	79	2008
		65-69	M	Danny Wellard	ID	75	2007
		70-74	M	Ron Andersen	ID	81	2009
		75-79	M	Cliff Sato	ID	84	2009
		80-84	M	George Oyama	ID	100	2008
		85-89	M	Frank Tominaga	ID	109	2007
Swimming	25 Yd Backstroke	60-64	F	Norie Garner	ID	22.67	2004
2003 to Present		65-69	F	Norie Garner	ID	23.44	2005
		70-74	F	Ardeth McLeod	MT	25.33	2009
		75-79	F	Jody Olson	ID	37.41	2005
		80-84	F	Jacque Hampston	AZ	41.29	2005
		50-54	M	Chris Mart	UT	21.25	2008
		60-64	M	Mike Dimer	ID	21.43	2004
		65-69	M	Jim Green	WY	16.19	2008
		70-74	M	Larsen, Larry	UT	19.25	2006

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		75-79	M	Larry Larson	UT	19.63	2009
		80-84	M	Lupercio Rangel	MT	34.07	2008
Swimming	25 Yd Breaststroke	55-59	F	Margie Kline	ID	20.42	2009
		60-64	F	Stephanie Gill	ID	27.18	2008
		65-69	F	Norie Garner	ID	30.12	2008
		70-74	F	Ardeth McLeod	MT	25.01	2009
		75-79	F	Jody Olson	ID	40.53	2005
		50-54	M	Chris Mart	UT	21.57	2009
		55-59	M	Bruce Potter	ID	22.94	2005
		60-64	M	Bruce Potter	ID	24.36	2009
		65-69	M	Bufe Morrison	TX	32.76	2007
		70-74	M	Clint Baxter	UT	22.58	2006
		75-79	M	Clint Baxter	UT	22.67	2008
		80-84	M	Lupercio Rangel	MT	24.97	2009
Swimming	25 Yd Butterfly	70-74	F	Ardeth McLeod	MT	26.03	2009
		75-79	F	Jody Olson	ID	37.60	2005
		50-54	M	Chris Mart	UT	17.14	2008
		60-64	M	Kelsey Williams	UT	14.96	2008
		65-69	M	Bufe Morrison	TX	32.84	2007
		70-74	M	Jim DeMet	UT	22.09	2005
		75-79	M	Jim DeMet	UT	24.35	2009
Swimming	25 Yd Freestyle	50-54	F	Dana Olson	ID	22.06	2009
		55-59	F	Margie Kline	ID	15.03	2009
		60-64	F	Angela Luckey	ID	17.65	2004
		65-69	F	Lou Baxter	UT	20.32	2008
		70-74	F	Ardeth McLeod	MT	20.40	2009
		75-79	F	Jody Olson	ID	27.41	2005
		80-84	F	Jacque Hampston	AZ	35.00	2005
		50-54	M	Gary Azevedo	ID	13.64	2009
		55-59	M	Potter, Bruce	ID	18.53	2006
		60-64	M	Kelsey Williams	UT	13.91	2008
		65-69	M	Jim Green	WY	14.06	2008
		70-74	M	Clinton Baxter	UT	16.73	2007
		75-79	M	Larry Larson	UT	17.05	2009
		80-84	M	Lupercio Rangel	MT	24.09	2009
Swimming	25 Elementary	70-74	F	Joy Burke	ID	48.41	2009
	Backstroke	75-79	F	Olson, Jody	ID	36.65	2006
		50-54	M	Chris Mart	UT	26.67	2009
		55-59	M	Potter, Bruce	ID	26.48	2006
		60-64	M	Bruce Potter	ID	27.30	2009
		65-69	M	Dalebout, David	UT	42.21	2006
		70-74	M	Clint Baxter	UT	26.64	2006
		75-79	M	Larry Larson	UT	25.39	2009

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		80-84	M	Ivan Haskell	ID	1:15.96	2004
Swimming	25 Yd Sidestroke	55-59	F	RuthAnn Hubbard	ID	28.62	2009
		60-64	F	Sandra Roberts	ID	29.58	2008
		65-69	F	Baxter, Lou	UT	25.17	2006
		70-74	F	Jody Olson	ID	35.80	2004
		75-79	F	Jody Olson	ID	34.82	2006
		50-54	M	Chris Mart	UT	21.07	2009
		55-59	M	Bruce Potter	ID	22.15	2005
		60-64	M	Bruce Potter	ID	22.00	2009
		65-69	M	Bufe Morrison	TX	25.50	2008
		70-74	M	Clinton Baxter	UT	21.43	2007
		75-79	M	Larry Larson	UT	22.33	2009
Swimming	50 Yd Backstroke	60-64	F	Norie Garner	ID	53.73	2004
		65-69	F	Norie Garner	ID	55.06	2008
		70-74	F	Ardeth McLeod	MT	59.97	2009
		75-79	F	Wong, Flora	MT	1:04.53	2006
		50-54	M	Chris Mart	UT	43.57	2009
		55-59	M	Jim Green	WY	36.55	2003
		60-64	M	Richard Goers	UT	48.13	2004
		65-69	M	Jim Green	WY	35.95	2008
		70-74	M	Larson, Larry	UT	42.80	2006
		75-79	M	Larry Larson	UT	44.15	2009
		80-84	M	Ivan Haskell	ID	1:35.50	2003
Swimming	50 Yd Breaststroke	55-59	F	RuthAnn Hubbard	ID	55.80	2009
		60-64	F	Janet Gettling	ID	39.89	2009
		65-69	F	Norie Garner	ID	1:02.31	2005
		70-74	F	Jody Olson	ID	1:23.05	2004
		75-79	F	Flora Wong	MT	1:43.00	2005
		80-84	F	Char Sanddal	MT	1:29.45	2005
		50-54	M	Chris Mart	UT	51.77	2009
		55-59	M	Potter, Bruce	ID	57.18	2006
		60-64	M	Richard Goers	UT	37.04	2004
		65-69	M	David Dalebout	UT	1:54.59	2004
		70-74	M	Baxter, Clinton	UT	49.80	2006
		75-79	M	Clint Baxter	UT	53.71	2008
		80-84	M	Al Maguire	ID	1:06.52	2009
Swimming	50 Yd Butterfly	60-64	F	Janet Gettling	ID	36.22	2009
		65-69	F	Lou Baxter	UT	1:16.25	2008
		70-74	F	Ardeth McLeod	MT	55.82	2003
		75-79	F	Jody Olson	ID	1:23.59	2007
		80-84	F	Sanddal, Charlotte	MT	1:22.09	2006
		85-89	F	Charlotte Sanddal	MT	1:32.21	2007
		50-54	M	Chris Mart	UT	38.45	2009

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		55-59	M	Jim Green	WY	35.93	2003
		60-64	M	Kelsey Williams	TX	34.06	2008
		70-74	M	Jim Demet	UT	57.09	2004
		75-79	M	Jim DeMet	UT	1:06.20	2009
		80-84	M	Al Maguire	ID	1:09.40	2007
Swimming	50 Yd Freestyle	55-59	F	Margie Kline	ID	33.52	2009
		60-64	F	Norie Garner	ID	44.50	2004
		65-69	F	Norie Garner	ID	47.21	2005
		70-74	F	Ardeth McLeod	MT	50.03	2009
		75-79	F	Flora Wong	MT	57.01	2005
		85-89	F	Charlotte Sanddal	MT	1:16.22	2007
		50-54	M	Gary Azevedo	ID	30.15	2009
		55-59	M	Jim Green	WY	30.61	2003
		60-64	M	Kelsey Williams	UT	31.80	2008
		65-69	M	Harold Bethel	MT	34.32	2003
		70-74	M	Clint Baxter	UT	37.81	2007
		75-79	M	Clint Baxter	UT	39.75	2008
		80-84	M	Lupercio Rangel	MT	1:04.68	2009
Swimming	50 Yd Elementary	55-59	F	Marjean Waford	ID	1:28.83	2009
	Backstroke	60-64	F	Sandra Roberts	ID	1:10.26	2009
		70-74	F	Jody Olson	ID	1:49.58	2004
		75-79	F	Jody Olson	ID	1:26.00	2006
		50-54	M	Ron Endo	ID	45.29	2007
		55-59	M	Potter, Bruce	ID	1:02.41	2006
		60-64	M	Bruce Potter	ID	1:09.48	2009
		65-69	M	Dalebout, David	UT	1:36.92	2006
		70-74	M	Baxter, Clinton	UT	56.86	2006
		75-79	M	Clint Baxter	UT	1:02.72	2008
		80-84	M	Ivan Haskell	ID	2:26.09	2004
Swimming	50 Yd Sidestroke	55-59	F	RuthAnn Hubbard	ID	1:05.65	2009
		60-64	F	Donna Rogers	ID	1:03.06	2005
		65-69	F	Lou Baxter	UT	1:00.66	2008
		70-74	F	Jody Olson	ID	1:18.69	2004
		75-79	F	Ruth Harrop	ID	1:48.74	2005
		50-54	M	Ron Endo	ID	39.43	2007
		55-59	M	Bruce Potter	ID	49.19	2008
		60-64	M	Bruce Potter	ID	50.89	2008
		65-69	M	Bufe Morrison	TX	1:00.61	2008
		70-74	M	Clinton Baxter	UT	49:57	2007
		75-79	M	Larry Larson	UT	48.79	2008
Swimming	100 Yd Backstroke	60-64	F	Margaret Collins	MT	2:13.00	2008
		75-79	F	Flora Wong	MT	2:19.67	2005
		80-84	F	Sanddal, Charlotte	MT	3:17.69	2006

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New Records are Highlighted

		85-89	F	Charlotte Sanddal	MT	3:14.98	2008
		50-54	M	Chris Mart	UT	1:49.63	2008
		55-59	M	Jim Green	WY	1:27.78	2003
		60-64	M	Roger Davis	UT	2:13.52	2004
		65-69	M	Bufe Morrison	TX	2:31.68	2007
		70-74	M	Clinton Baxter	UT	2:02.91	2005
		75-79	M	Larry Vanderplas	UT	3:14.08	2009
Swimming	100 Yd Breaststroke	50-54	F	Dana Olson	ID	2:17.10	2009
		55-59	F	Ruthann Hubbard	ID	2:08.81	2008
		60-64	F	Janet Gettling	ID	1:28.29	2009
		65-69	F	Norie Garner	ID	2:22.04	2008
		70-74	F	Sondra Schwulst	ID	2:26.56	2008
		75-79	F	Olson, Jody	ID	3:36.91	2006
		80-84	F	Char Sanddal	MT	3:30.61	2005
		85-89	F	Char Sanddal	MT	3:15.78	2009
		50-54	M	Chris Mart	UT	2:20.60	2009
		55-59	M	Potter, Bruce	ID	2:16.06	2008
		60-64	M	Richard Goers	UT	1:28.92	2004
		70-74	M	Clinton Baxter	UT	1:58.87	2004
		75-79	M	Clint Baxter	UT	1:58.91	2008
		80-84	M	Al Maguire	ID	2:11.00	2007
Swimming	100 Yd Butterfly	55-59	F	Robin Piet	ID	1:46.50	2009
		65-69	F	Lou Baxter	UT	2:46.39	2007
		70-74	F	Jody Olson	ID	2:53.06	2003
		75-79	F	Jody Olson	ID	3:09.64	2005
		50-54	M	Chris Mart	UT	1:48.75	2008
		75-79	M	Maguire, Al	ID	2:19.69	2006
		80-84	M	Al Maguire	ID	2:32.50	2007
Swimming	100 Yd Freestyle	50-54	F	Dana Olson	ID	1:50.79	2009
		55-59	F	Margie Kline	ID	1:13.47	2009
		60-64	F	Janet Gettling	ID	1:13.42	2009
		65-69	F	Norie Garner	ID	1:56.78	2008
		70-74	F	Ardeth McLeod	MT	2:00.98	2009
		75-79	F	Flora Wong	MT	2:01.86	2005
		85-89	F	Charlotte Sanddal	MT	2:36.88	2009
		50-54	M	Gary Azevedo	ID	1:11.56	2009
		55-59	M	Jim Green	WY	1:16.78	2003
		60-64	M	Richard Goers	UT	1:21.85	2004
		65-69	M	Jim Green	WY	1:12.81	2008
		70-74	M	David Fortsch	ID	1:24.13	2007
		75-79	M	Larry Larson	UT	1:29.47	2008
Swimming	100 Yd Individual	55-59	F	Robin Piet	ID	1:36.00	2009
	Medley	60-64	F	Janet Gettling	ID	1:23.56	2009

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Swimming	200 Yd Individual	55-59	F	Robin Piet	ID	3:24.03	2009
	Medley	60-64	F	Janet Gettling	ID	3:06.21	2009
		65-69	F	Baxter, Lou	UT	4:48.33	2006
		70-74	F	Jody Olson	ID	5:19.19	2003
		75-79	F	Jody Olson	ID	6:01.29	2005
		80-84	F	Sanddal, Charlotte	MT	6:45.70	2006
		85-89	F	Charlotte Sanddal	MT	7:26.34	2007
		50-54	M	Chris Mart	UT	4:08.84	2008
		75-79	M	Maguire, Al	UT	4:56.80	2006
Swimming	500 Yd Freestyle	55-59	F	Robin Piet	ID	7:56.23	2009
		60-64	F	Stephanie Gill	ID	11:58.97	2008
		65-69	F	Lou Baxter	UT	10:48.00	2008
		75-79	F	Flora Wong	MT	11:29.16	2005
		80-84	F	Char Sanddal	MT	14:40.07	2005
		85-89	F	Charlotte Sanddal	MT	15:01.66	2008
		50-54	M	Gary Azevedo	ID	7:20.01	2009
		55-59	M	Jim Green	WY	8:26.52	2003
		60-64	M	Richard Goers	UT	8:50.35	2004
		65-69	M	David Fortsch	ID	7:59.28	2003
		70-74	M	David Fortsch	ID	7:57.65	2004
		75-79	M	Jim Demet	UT	11:21.25	2009
Swimming	800 Yd Freestyle	85-89	F	Charlotte Sanddal	MT	24:32.00	2009
		50-54	M	Gary Azevedo	ID	12:02.48	2009
		60-64	M	Greg Anderson	ID	22:26.24	2009
		75-79	M	Jim DeMet	UT	18:16.38	2009
Swimming	1650 Yd Freestyle	50-54	F	Jan Harwood	ID	33:14	2004
		55-59	F	Robin Piet	ID	26:50	2009
		60-64	F	Lou Baxter	UT	37:05	2005
		65-69	F	Lou Baxter	UT	34:58	2007
		75-79	F	Ruth Harrop	ID	1:06:58	2005
		50-54	M	Terry Chambers	ID	24:52	2004
		60-64	M	Richard Goers	UT	31:09	2004
		70-74	M	David Fortsch	ID	27:18	2004
		75-79	M	Jim DeMet	UT	40:58	2009
Track and Field	50 M Dash	50-54	F	BJ Phillips	ID	13.50	2008
2003 to Present		55-59	F	Sally Mart	UT	15.94	2009
		60-64	F	Ferry, Patricia	ID	9.27	2006
		65-69	F	Mary Morrison	TX	12.10	2008
		75-79	F	Olson, Jody	ID	13.82	2006
		80-84	F	Joyce Marler	ID	17.10	2007
		50-54	M	Darrell Jernberg	ID	6.97	2009
		55-59	M	Goble, Marlowe	UT	6.82	2006

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		60-64	M	Galazin, John	ID	6.96	2006
		65-69	M	Darrin Pugmire	ID	7.06	2009
		70-74	M	Bufe Morrison	TX	8.14	2009
		75-79	M	Gordon Scheffner	UT	8.22	2009
		80-84	M	Glen Marler	ID	15.50	2007
Track and Field	100 M Dash	60-64	F	Ferry, Patricia	ID	18.74	2006
		65-69	F	Mary Morrison	TX	22.60	2007
		70-74	F	Jody Olson	ID	19.10	2003
		75-79	F	Jody Olson	ID	28.16	2005
		50-54	M	Ted Tademy	ID	13.66	2003
		55-59	M	Goble, Marlouwe	UT	12.82	2006
		60-64	M	Galazin, John	ID	12.95	2006
		65-69	M	John Gustafson	UT	13.90	2008
		70-74	M	Claude Long	ID	15.23	2004
		75-79	M	Bill Platts	ID	14.77	2005
Track and Field	200 M Run	60-64	F	Patricia Ferry	ID	42.70	2007
		65-69	F	Mary Morrison	TX	49.60	2007
		70-74	F	Jody Olson	ID	58.75	2003
		75-79	F	Jody Olson	ID	59.70	2005
		50-54	M	Scott Bailey	ID	20.60	2009
		55-59	M	Goble, Marlowe	UT	27.55	2006
		60-64	M	Galazin, John	ID	26.65	2006
		65-69	M	John Gustafson	UT	28.60	2008
		70-74	M	Claude Long	ID	31.90	2004
		75-79	M	Bill Platts	ID	30.77	2005
Track and Field	400 M Run	50-54	F	Lynn Oliver	ID	2:13.68	2009
		60-64	F	Lou Baxter	UT	2:09.17	2004
		65-69	F	Lou Baxter	UT	2:08.30	2008
		70-74	F	Jody Olson	ID	2:07.04	2003
		75-79	F	Jody Olson	ID	2:28.40	2005
		50-54	M	Scott Bailey	ID	1:03.10	2008
		55-59	M	Archibald, Tim	ID	1:19.10	2006
		60-64	M	Galazin, John	ID	1:02.10	2006
		65-69	M	John Gustafson	UT	1:06.60	2008
		70-74	M	Ralph Reiche	UT	1:28.50	2007
		75-79	M	Walling, Howard	ID	1:27.40	2006
Track and Field	800 M Run	55-59	F	Cindy Albers	ID	4:29.04	2009
		60-64	F	Lou Baxter	UT	4:42.70	2004
		65-69	F	Baxter, Lou	UT	4:46.60	2006
		70-74	F	Jody Olson	ID	4:51.28	2003
		75-79	F	Jody Olson	ID	5:05.80	2005
		50-54	M	Scott Bailey	ID	2:29.40	2008
		55-59	M	Brian Janssen	ID	2:30.30	2007

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		60-64	M	John Galazin	ID	2:42.19	2004
		65-69	M	John Gustafson	UT	2:47.00	2007
		70-74	M	Duff Woodhouse	ID	3:18.50	2005
		75-79	M	Dale Perkins	UT	3:38.74	2009
Track and Field	1500 M Run	60-64	F	Lou Baxter	UT	9:25	2004
		65-69	F	Baxter, Lou	UT	9:01	2006
		70-74	F	Jody Olson	ID	9:14	2003
		75-79	F	Jody Olson	ID	10:30	2005
		50-54	M	Scott Bailey	ID	5:07	2008
		60-64	M	Gordon Dixon	ID	6:17	2005
		65-69	M	John Gustafson	UT	6:09	2008
		70-74	M	Ralph Reiche	UT	8:02	2007
		75-79	M	Dale Perkins	UT	7:32	2009
Track and Field	400 M Race Walk	55-59	F	Susan Sanford	TX	3:18.27	2008
		60-64	F	Sondra Dunkle	ID	3:07.70	2009
		65-69	F	Dorothy Houston	UT	2:40.00	2005
		50-54	M	Thomas Clark	ID	2:24.29	2009
		60-64	M	Sanford, J.C.	TX	2:21.90	2006
		65-69	M	J C Sanford	TX	2:12.06	2008
		70-74	M	Louie Osuna	ID	2:18.56	2005
		75-79	M	Gordan Scheffner	UT	3:00.02	2009
Track and Field	1500 M Race Walk	50-54	F	Sanford, Susan	TX	14:26	2006
		60-64	F	Sondra Dunkle	ID	12:50	2009
		65-69	F	Lynn Mertz	SD	10:39	2008
		70-74	F	Donna Boe	ID	11:31	2005
		50-54	M	Thomas Clark	ID	11:08	2009
		60-64	M	Paul Delong	ID	9:54	2005
		65-69	M	Paul Delong	ID	9:43	2009
		70-74	M	John Gustafson	UT	11:20	2008
		75-79	M	Preston Bell	ID	11:19	2005
Track and Field	Discus	50-54	F	Sanford, Susan	TX	54' 10"	2006
		55-59	F	Janet Zahn	WY	49' 11"	2009
		65-69	F	Rita Plank	NV	44' 1.5"	2004
		50-54	M	Robert Smith	WA	111' 4"	2005
		55-59	M	Jones, Bruce	MT	105' 4"	2006
		60-64	M	Bruce Jones	MT	128' 11'	2007
		65-69	M	Armand Zahn	WY	96' 9"	2003
		70-74	M	Bill Abott	ID	88" 5"	2008
		75-79	M	Bill Platts	ID	94' 9"	2007
		80-84	M	John Jensen	ID	68' 1"	2005
		85-89	M	John Jensen	ID	59' 0"	2009
Track and Field	Javelin	50-54	F	Sanford, Susan	TX	39' 10"	2006

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		55-59	F	Sally Mart	UT	62' 5"	2009
		60-64	F	Christie Johnston	UT	67' 2"	2007
		65-69	F	Dorothy Houston	UT	35' 5"	2005
		50-54	M	Jerry Ropelato	UT	118' 4"	2008
		55-59	M	Terry Kerr	ID	104' 2'	2008
		60-64	M	Bruce Jones	MT	112' 4"	2007
		65-69	M	Dennis Rider	NV	121' 5"	2009
		70-74	M	Malcolm Russell	ID	132' 2"	2007
		75-79	M	Bill Platts	ID	124' 6"	2007
		80-84	M	John Jensen	ID	53' 0"	2005
Track and Field	Shot Put	50-54	F	Susan Sanford	TX	21' 7"	2008
		55-59	F	Janet Zahn	WY	17' 11.75"	2009
		65-69	F	Rita Plank	NV	17' 6"	2004
		75-79	F	Jody Olson	ID	13' 5"	2007
		50-54	M	Jerry Ropelato	UT	37' 5"	2008
		55-59	M	Jones, Bruce	MT	37' 10"	2006
		60-64	M	Bruce Jones	MT	40' 7.75"	2007
		65-69	M	Armand Zahn	WY	32' 7"	2003
		70-74	M	Campbell, Murdo	MT	32' 9"	2006
		75-79	M	Dale Perkins	UT	30' 9"	2008
		80-84	M	Jensen, John	ID	24' 11"	2006
		85-89	M	John Jensen	ID	22' 0"	2008
Track and Field	Softball Throw	50-54	F	BJ Phillips	ID	71' 8"	2008
		55-59	F	Johnson, Christie	UT	114' 00"	2006
		60-64	F	Christie Johnston	UT	110' 11"	2007
		65-69	F	Mary Morrison	TX	61' 8"	2008
		70-74	F	Phillips, Carol	ID	75' 5"	2006
		75-79	F	Carol Phillips	ID	68' 10"	2007
		50-54	M	Robert Smith	UT	203' 3"	2005
		55-59	M	Don Perry	UT	174' 2"	2009
		60-64	M	Reiners, Al	ID	189' 4"	2006
		65-69	M	Dennis Rider	NV	167' 7"	2009
		70-74	M	Russell Malcolm	ID	180' 5"	2008
		75-79	M	Bill Platts	ID	139' 5"	2005
		80-84	M	John Jensen	ID	88' 00"	2005
		85-89	M	John Jensen	ID	76' 8'	2008
Track and Field	Football Throw	50-54	F	BJ Phillips	ID	47' 5.5"	2008
		55-59	F	Johnston, Christie	UT	75' 2"	2006
		60-64	F	Christie Johnston	UT	68" 6"	2007
		65-69	F	Mary Morrison	TX	45' 10"	2007
		70-74	F	Phillips, Carol	ID	48' 8"	2006
		75-79	F	Carol Phillips	ID	43' 10"	2009
		50-54	M	Scott Bailey	ID	137' 1"	2009

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		55-59	M	Don Perry	UT	117' 0"	2009
		60-64	M	Varacalle, Jr., Dominic	ID	122' 1"	2006
		65-69	M	Armand Zahn	WY	114' 10"	2003
		70-74	M	Malcolm Russell	ID	123' 10"	2007
		75-79	M	Bill Platts	ID	106' 1"	2005
		80-84	M	John Jensen	ID	72' 5"	2005
		85-89	M	John Jensen	ID	61' 4"	2008
Track and Field	Hammer Throw	50-54	F	Sanford, Susan	TX	69' 2"	2006
		60-64	F	Patricia Ferry	ID	56' 9"	2007
		50-54	M	Chuck Ewing	ID	81' 2.5"	2008
		55-59	M	Archibald, Tim	ID	61' 11"	2006
		60-64	M	Howie Kellogg	WA	114" 4"	2007
		65-69	M	J C Sanford	TX	81' 2.5"	2008
		70-74	M	Murdo Campbell	MT	87' 8"	2007
		75-79	M	Leo Long	CA	34' 10"	2007
		80-84	M	John Jensen	ID	48' 6"	2007
		85-89	M	John Jensen	ID	49' 2"	2008
Track and Field	Standing Long Jump	50-54	F	Susan Sanford	TX	4' 8.5"	2008
		55-59	F	Janet Zahn	WY	4' 3"	2009
		50-54	M	Don Parry	UT	8' 3"	2005
		55-59	M	Don Perry	UT	8' 3"	2009
		60-64	M	Richard Swanson	ID	7' 11.25"	2009
		65-69	M	Doug Spainhower	UT	7' 11"	2004
		70-74	M	Louie Osuna	ID	7' 3"	2005
		75-79	M	Claude Long	ID	6' 0"	2005
		80-84	M	Frank Condie	UT	5' 6"	2008
Track and Field	Long Jump	60-64	F	Patricia Ferry	ID	8' 2"	2005
		50-54	M	Don Parry	UT	15' 3"	2005
		55-59	M	Madsen, Dale	ID	16' 2"	2006
		60-64	M	John Galazin	ID	14' 1"	2004
		65-69	M	John Gustafson	UT	14' 9.25"	2008
		70-74	M	Doug Spainhower	UT	12' 1.25"	2008
		75-79	M	Doug Spainhower	UT	12' 2"	2009
		80-84	M	Frank Condie	UT	8' 5.5"	2008
Track and Field	High Jump	50-54	M	Schenk, Rob	UT	5' 1"	2006
		55-59	M	Rob Schenk	UT	5' 0"	2009
		60-64	M	Berg, Ricky	ID	4' 8"	2006
		60-64	M	Ricky J.Berg	ID	4' 8"	2007
		65-69	M	Doug Spainhower	UT	4' 10"	2004
		70-74	M	Doug Spainhower	UT	4' 4"	2008
		75-79	M	Dale Perkins	UT	4' 0"	2009
Track and Field	Triple Jump	50-54	F	Sanford, Susan	TX	13' 6"	2006
		50-54	M	Perry, Don	UT	30' 3"	2006

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		55-59	M	Don Perry	UT	31' 5"	2009
		60-64	M	Galazin, John	ID	31' 6"	2006
		65-69	M	John Gustafson	UT	28' 5.5"	2008
		70-74	M	Doug Spainhower	UT	26' 3"	2008
		75-79	M	Doug Spainhower	UT	26' 11"	2009
		80-84	M	Frank Condie	UT	18' 7"	2008
Track and Field	Pole Vault	50-54	M	Don Perry	UT	6' 6"	2007
		60-64	M	Ricky Berg	ID	8' 6"	2008
		60-64	M	Jerry Garcilaso	WY	8' 6"	2009
		65-69	M	Mardoon Connely	NV	9' 6"	2008
		70-74	M	Armand Zahn	WY	5' 4"	2009