

Swimming-50 YD Freestyle

Participant	Age	Time	gold	silver	bronze
<u>Men</u>					
<u>Age 50-54</u>					
Steven Dahms	52	39.99	x		
<u>Age 55-59</u>					
Jeffords, Jim	57	38.83	x		
<u>Women</u>					
<u>Age 60-64</u>					
Beck, Lynne	61	52.72	x		
<u>Age 70-75</u>					
Suzie Aldrich	71	40.53	x		
Holmes, Helen	72	58.37		x	
<u>Age 75-79</u>					
Richardson, Brigitte	77	1:20.49	x		
<u>Age 85-89</u>					
Jonutz, Helen	88	3:12.20	x		

Swimming-100 YD Freestyle

Participant	Age	Time	gold	silver	bronze
<u>Men</u>					
<u>Age 55-59</u>					
Jeffords, Jim	57	1:29.84	x		
<u>Women</u>					
<u>Age 60-64</u>					
Beck, Lynne	61	2:00.38	x		
<u>Age 70-75</u>					
Holmes, Helen	72	2:06.72	x		
<u>Age 75-79</u>					
Richardson, Brigitte	77	2:53.57	x		

Swimming-100 YD Backstroke

Participant	Age	Time	gold	silver	bronze
<u>Women</u>					
<u>Age 55-59</u>					
Whiteley, Debbie	55	2:46.87	x		
<u>Age 70-74</u>					
Suzie Aldrich	71	1:43.19	x		
<u>Age 85-89</u>					
Jonutz, Helen	88	5:07.00	x		

Swimming-50 YD Breaststroke

Participant	Age	Time	gold	silver	bronze
<u>Men</u>					
<u>Age 55-59</u>					
Jeffords, Jim	57	51.95	x		
<u>Women</u>					
<u>Age 60-64</u>					
Beck, Lynne	61	1:02.82	x		
<u>Age 75-79</u>					
Richardson, Brigitte	77	1:16.76	x		

Swimming-100 YD Breaststroke

Participant	Age	Time	gold	silver	bronze
<u>Men</u>					
<u>Age 55-59</u>					
Jeffords, Jim	57	1:56.06	x		
<u>Women</u>					
<u>Age 75-79</u>					
Richardson, Brigitte	77	2:57.81	x		

Swimming-200 YD Breaststroke

Participant	Age	Time	gold	silver	bronze	
<u>Men</u>						
<u>Age 55-59</u>						
Jeffords, Jim	57	4:12.16				
<u>Women</u>						
<u>Age 75-79</u>						
Richardson, Brigitte	77	6:27.98	x			