2023 Capital City Senior Games - 3/8/2023

Results - Meet

		Resu	Tits Meet		
Women 50-54 50 Yard Freesty	vle		Women 65-69 100 Yard Bad	rkstroke	
Fitzpatrick, Lori	51 Unattached	NS	1 Griffith, Jaquinn	65 Unattached	1:27.69
•			2 Nichols, Susan	68 Unattached	1:49.09
Women 50-54 100 Yard Frees	•	2.05.04	W (5 (0 000 W 1 D	i . i	
1 Fitzpatrick, Lori	51 Unattached	2:05.84	Women 65-69 200 Yard Bac		2.02.51
Women 50-54 100 Yard Backs	stroke		1 Griffith, Jaquinn	65 Unattached	3:03.51
Fitzpatrick, Lori	51 Unattached	NS	Women 65-69 50 Yard Brea	iststroke	
Women 50-54 100 Yard Breas	etetrolzo		1 Nichols, Susan	68 Unattached	51.83
Fitzpatrick, Lori	51 Unattached	NS	2 Wood, Besty	67 Unattached	57.15
Trepatrick, Eori	31 Ollattaclicu	143	3 Pittman, Jacklyn	66 Unattached	1:23.34
Women 55-59 50 Yard Freesty	yle		Women 65-69 100 Yard Bre	pastetroko	
1 Parker, Paige	56 Unattached	37.65	1 Griffith, Jaquinn	65 Unattached	1:33.01
2 Poplin, Susan	57 Unattached	53.75			
Women 55-59 50 Yard Backst	roke		Women 65-69 200 Yard Bre		
1 Parker, Paige	56 Unattached	45.04	1 Griffith, Jaquinn	65 Unattached	3:17.48
Women EE EO EO Vend Duce et			Women 65-69 50 Yard Butt	erfly	
Women 55-59 50 Yard Breast 1 Misiak, Sarah	58 Unattached	44.00	1 Tappen, Mary Jane	66 Unattached	46.26
2 Parker, Paige	56 Unattached	54.45	Women 65-69 100 Yard But	ttorfly	
2 Tarker, Large	30 onattacheu	34.43	1 Tappen, Mary Jane	66 Unattached	1:51.33
Women 55-59 100 Yard Breas	ststroke		2 Stark, Sandra	66 Unattached	1:59.89
1 Misiak, Sarah	58 Unattached	1:34.63	Z Stark, Sanura	00 dilattaciicu	1.57.07
Women 55-59 200 Yard Breas	ststroke		Women 65-69 100 Yard IM		
1 Misiak, Sarah	58 Unattached	3:27.98	1 Tappen, Mary Jane	66 Unattached	1:40.23
			2 Stark, Sandra	66 Unattached	1:50.10
Women 55-59 100 Yard IM	56 H 1 1	1 20 11	Women 65-69 200 Yard IM		
1 Parker, Paige	56 Unattached	1:39.41	1 Tappen, Mary Jane	66 Unattached	3:36.09
Women 60-64 50 Yard Freesty	yle		Stark, Sandra	66 Unattached	NS
1 Gill, Paige	60 Unattached	29.75	Warran CE CO 400 Varid IM		
Women 60-64 200 Yard Frees	rtulo		Women 65-69 400 Yard IM 1 Stark, Sandra	66 Unattached	8:19.88
1 DeYoung, Gretchen	63 Unattached	3:17.05	1 Stark, Saliura	00 Unattacheu	0.19.00
1 De foung, dietenen	05 Ghattachea	3.17.03	Women 70-74 50 Yard Free	style	
Women 60-64 50 Yard Backst	roke		1 Gargiulo, Sara	70 Unattached	38.83
1 DeYoung, Gretchen	63 Unattached	42.75	2 Segar, Candace	70 Unattached	41.03
Women 60-64 100 Yard Backs	stroke		3 Fortune, Susanne	74 Unattached	1:35.25
1 DeYoung, Gretchen	63 Unattached	1:39.78	Women 70-74 100 Yard Fre	estyle	
Warran CO CA FO Vand Daniel			1 Gargiulo, Sara	70 Unattached	1:28.25
Women 60-64 50 Yard Breast		20.27	2 Sellers, Melanie	71 Unattached	2:23.15
1 Gill, Paige2 DeYoung, Gretchen	60 Unattached	39.27	3 Fortune, Susanne	74 Unattached	3:19.46
2 De foung, Greichen	63 Unattached	51.36	Women 70-74 200 Yard Fre	octulo	
Women 60-64 100 Yard IM			1 Gargiulo, Sara	70 Unattached	3:11.62
1 DeYoung, Gretchen	63 Unattached	1:35.52	2 Sellers, Melanie	70 Unattached	5:02.56
Women 65-69 50 Yard Freest	vle		,		3.02.30
1 Tappen, Mary Jane	66 Unattached	37.18	Women 70-74 500 Yard Fre	estyle	
2 Nichols, Susan	68 Unattached	38.23	1 Gargiulo, Sara	70 Unattached	8:20.02
3 Pittman, Jacklyn	66 Unattached	1:08.44	2 Segar, Candace	70 Unattached	8:22.31
W 65 60 400 W 15	. 1		Women 70-74 50 Yard Back	kstroke	
Women 65-69 100 Yard Frees	•	1 12 10	1 Segar, Candace	70 Unattached	48.70
1 Griffith, Jaquinn	65 Unattached	1:12.18	2 Sellers, Melanie	71 Unattached	1:03.77
2 Tappen, Mary Jane	66 Unattached	1:22.45	Women 70-74 50 Yard Brea	etetrolzo	
Women 65-69 200 Yard Frees	tyle				4715
1 Griffith, Jaquinn	65 Unattached	2:39.50	1 Grubbs, Laurie	72 Unattached	47.15
Women 65-69 50 Yard Backst	roke		Women 70-74 100 Yard Bre	eaststroke	
1 Nichols, Susan	68 Unattached	44.96	1 Grubbs, Laurie	72 Unattached	1:42.67
,			Women 70-74 200 Yard Bre	eaststroke	
			1 Grubbs, Laurie	72 Unattached	3:36.55

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			Resul	ts - Meet			
Women 70-74 100 Yard Butterfl	v			2 Fuller, Mark	59	Unattached	33.34
1 Sellers, Melanie		Unattached	3:17.66	Men 55-59 100 Yard Freest	tyle		
Women 70-74 100 Yard IM				1 Fuller, Mark	59	Unattached	1:21.81
1 Grubbs, Laurie	72	Unattached	1:35.58	Men 55-59 200 Yard Freest	tyle		
Women 70-74 200 Yard IM				1 Fuller, Mark	59	Unattached	3:14.10
1 Grubbs, Laurie	72	Unattached	3:28.40	Men 55-59 500 Yard Freest	tvle		
Women 75-79 100 Yard Freesty	la.			1 Parker, Rick	•	Unattached	9:16.94
1 Johnson, Lois		Unattached	1:36.90	2 Fuller, Mark	59	Unattached	9:38.02
•		onacaenca	1.56.70	Men 55-59 50 Yard Backstı	roke		
Women 75-79 200 Yard Freesty 1 Johnson, Lois		Unattached	3:38.52	1 Sierra, Miguel	59	Unattached	40.56
2 Paukert, Judy		Unattached	3:47.40	2 Parker, Rick	59	Unattached	45.40
., •		onacaonca	0.17.110	3 Fuller, Mark	59	Unattached	51.04
Women 75-79 500 Yard Freesty		Unattached	9:55.49	Men 55-59 100 Yard Backs	troke		
1 Paukert, Judy		Ullattacheu	9.55.49	1 Fuller, Mark	59	Unattached	2:04.48
Women 75-79 50 Yard Backstro			50.54	Men 55-59 50 Yard Breasts	stroke		
1 Johnson, Lois2 Miller, Judith		Unattached Unattached	53.54 1:15.57	1 Grubbs, Jack	59	Unattached	45.27
•			1:13.57	2 Parker, Rick	59	Unattached	49.33
Women 75-79 50 Yard Breaststi	-		55.06	Men 55-59 100 Yard Breas	tstroke		
1 Johnson, Lois	75	Unattached	55.26	1 Grubbs, Jack	59	Unattached	1:34.01
Women 75-79 100 Yard Breasts				Men 65-69 50 Yard Freesty	de.		
Lawrence, Joan	76	Unattached	NS	1 Jones, Ken		Unattached	35.78
Women 75-79 200 Yard Breasts	trok	ке		2 Bell, Michael	68	Unattached	39.97
Lawrence, Joan	76	Unattached	NS	Sivyer, John	66	Unattached	NS
Women 75-79 50 Yard Butterfly				Durrett, Joe	66	Unattached	NS
1 Paukert, Judy	75	Unattached	54.98	Men 65-69 100 Yard Freest	tyle		
Women 75-79 100 Yard Butterf	v			1 Jones, Ken	67	Unattached	1:28.69
1 Paukert, Judy		Unattached	2:04.05	Sivyer, John		Unattached	NS
Women 75-79 100 Yard IM				Durrett, Joe	66	Unattached	NS
1 Johnson, Lois	75	Unattached	1:50.30	Men 65-69 200 Yard Freest	•		
•				1 Jones, Ken		Unattached	3:34.55
Women 75-79 200 Yard IM 1 Johnson, Lois	75	Unattached	4:06.68	Sivyer, John Durrett, Joe		Unattached Unattached	NS NS
2 Paukert, Judy		Unattached	4:25.64	• •		Ullattacheu	INS
• •				Men 65-69 500 Yard Freest	-		***
Women 75-79 400 Yard IM 1 Paukert, Judy	75	Unattached	9:19.92	Sivyer, John	66	Unattached	NS
	, 5	onattachea	7.17.72	Men 65-69 50 Yard Backstı			
Men 50-54 50 Yard Freestyle	- 4	TT 1 1	20.60	1 Dix, Martin		Unattached	42.20
1 Haddock, Ace	54	Unattached	29.68	2 Bell, Michael	68	Unattached	51.96
Men 50-54 100 Yard Freestyle				Men 65-69 100 Yard Backs	troke		
1 Haddock, Ace	54	Unattached	1:06.37	1 Dix, Martin	68	Unattached	1:35.15
Men 50-54 200 Yard Freestyle				Men 65-69 200 Yard Backs	troke		
1 Haddock, Ace	54	Unattached	2:37.40	1 Dix, Martin	68	Unattached	3:24.21
Men 50-54 500 Yard Freestyle				2 Swiger, Ralph	67	Unattached	4:29.77
1 Haddock, Ace	54	Unattached	6:59.00	Men 65-69 50 Yard Breasts	stroke		
Men 50-54 50 Yard Butterfly				1 Dix, Martin		Unattached	45.52
1 Haddock, Ace	54	Unattached	34.79	2 Bell, Michael		Unattached	58.69
Men 50-54 100 Yard Butterfly				Durrett, Joe	66	Unattached	NS
1 Haddock, Ace	54	Unattached	1:22.23	Men 65-69 200 Yard Breas			
				1 Swiger, Ralph	67	Unattached	4:46.81
Men 55-59 50 Yard Freestyle 1 Sierra, Miguel	59	Unattached	32.12				
1 olerra, miguei	5)	onacachea	32.12				

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Results - Meet

-			Resul	ts - Meet		
Men 65-69 50 Yard Butterfly	Men 75-79 100 Yard Breaststroke					
1 Swiger, Ralph	67	Unattached	52.66	1 Gargiulo, Mark	76 Unattached	1:38.67
Men 65-69 100 Yard Butterfly						
1 Swiger, Ralph	67	Unattached	2:16.25			
Men 65-69 100 Yard IM						
1 Dix, Martin	68	Unattached	1:44.94			
Durrett, Joe	66	Unattached	NS			
Men 65-69 200 Yard IM						
1 Swiger, Ralph	67	Unattached	4:29.79			
Men 65-69 400 Yard IM						
1 Swiger, Ralph	67	Unattached	10:13.81			
Men 70-74 50 Yard Freestyle 1 Wright, John	72	Unattached	40.30			
2 Phillips, Donald		Unattached	44.14			
Baker, Richard		Unattached	NS			
Men 70-74 100 Yard Freestyle						
1 Phillips, Donald	72	Unattached	1:36.07			
2 Wright, John	72	Unattached	1:40.18			
Men 70-74 200 Yard Freestyle						
1 Hanson, Mark	72	Unattached	3:05.57			
2 Phillips, Donald	72	Unattached	3:37.77			
Men 70-74 500 Yard Freestyle						
1 Hanson, Mark	72	Unattached	10:03.58			
Men 70-74 50 Yard Backstroke						
Baker, Richard	74	Unattached	NS			
Men 70-74 50 Yard Breaststroke						
1 Wright, John		Unattached	1:00.26			
Men 70-74 100 Yard Butterfly						
1 Hanson, Mark	72	Unattached	1:48.16			
	, _	onattaenea	1.10.10			
Men 70-74 100 Yard IM 1 Hanson, Mark	72	Unattached	1:39.47			
	12	Ollattacheu	1.39.47			
Men 70-74 200 Yard IM	=0		2.46.54			
1 Hanson, Mark	72	Unattached	3:46.54			
Men 70-74 400 Yard IM						
1 Hanson, Mark	72	Unattached	7:33.15			
Men 75-79 50 Yard Freestyle						
1 Gargiulo, Mark		Unattached	32.38			
2 Twomey, Michael	75	Unattached	37.23			
Men 75-79 100 Yard Freestyle						
1 Gargiulo, Mark	76	Unattached	1:11.27			
Men 75-79 200 Yard Freestyle						
1 Gargiulo, Mark	76	Unattached	2:52.35			
Men 75-79 50 Yard Backstroke						
1 Twomey, Michael	75	Unattached	42.85			
Men 75-79 50 Yard Breaststroke	,					
1 Gargiulo, Mark		Unattached	43.29			
2 Twomey, Michael	75	Unattached	45.81			