

2023 Capital City Senior Games - 3/8/2023

Results

Event 2 Men 65-69 400 Yard IM

1 Swiger, Ralph 67 Unattached 10:13.81

Event 2 Men 70-74 400 Yard IM

1 Hanson, Mark 72 Unattached 7:33.15

Event 3 Women 55-59 50 Yard Backstroke

1 Parker, Paige 56 Unattached 45.04

Event 3 Women 60-64 50 Yard Backstroke

1 DeYoung, Gretchen 63 Unattached 42.75

Event 3 Women 65-69 50 Yard Backstroke

1 Nichols, Susan 68 Unattached 44.96

Event 3 Women 70-74 50 Yard Backstroke

1 Segar, Candace 70 Unattached 48.70

2 Sellers, Melanie 71 Unattached 1:03.77

Event 3 Women 75-79 50 Yard Backstroke

1 Johnson, Lois 75 Unattached 53.54

2 Miller, Judith 76 Unattached 1:15.57

Event 4 Men 55-59 50 Yard Backstroke

1 Sierra, Miguel 59 Unattached 40.56

2 Parker, Rick 59 Unattached 45.40

3 Fuller, Mark 59 Unattached 51.04

Event 4 Men 65-69 50 Yard Backstroke

1 Dix, Martin 68 Unattached 42.20

2 Bell, Michael 68 Unattached 51.96

Event 4 Men 75-79 50 Yard Backstroke

1 Twomey, Michael 75 Unattached 42.85

Event 5 Women 65-69 100 Yard Butterfly

1 Tappen, Mary Jane 66 Unattached 1:51.33

2 Stark, Sandra 66 Unattached 1:59.89

Event 5 Women 70-74 100 Yard Butterfly

1 Sellers, Melanie 71 Unattached 3:17.66

Event 5 Women 75-79 100 Yard Butterfly

1 Paukert, Judy 75 Unattached 2:04.05

Event 6 Men 50-54 100 Yard Butterfly

1 Haddock, Ace 54 Unattached 1:22.23

Event 6 Men 65-69 100 Yard Butterfly

1 Swiger, Ralph 67 Unattached 2:16.25

Event 6 Men 70-74 100 Yard Butterfly

1 Hanson, Mark 72 Unattached 1:48.16

Event 7 Women 55-59 200 Yard Breaststroke

1 Misiak, Sarah 58 Unattached 3:27.98

Event 7 Women 65-69 200 Yard Breaststroke

1 Griffith, Jaquinn 65 Unattached 3:17.48

Event 7 Women 70-74 200 Yard Breaststroke

1 Grubbs, Laurie 72 Unattached 3:36.55

Event 8 Men 65-69 200 Yard Breaststroke

1 Swiger, Ralph 67 Unattached 4:46.81

Event 9 Women 50-54 100 Yard Freestyle

1 Fitzpatrick, Lori 51 Unattached 2:05.84

Event 9 Women 65-69 100 Yard Freestyle

1 Griffith, Jaquinn 65 Unattached 1:12.18

2 Tappen, Mary Jane 66 Unattached 1:22.45

Event 9 Women 70-74 100 Yard Freestyle

1 Gargiulo, Sara 70 Unattached 1:28.25

2 Sellers, Melanie 71 Unattached 2:23.15

3 Fortune, Susanne 74 Unattached 3:19.46

Event 9 Women 75-79 100 Yard Freestyle

1 Johnson, Lois 75 Unattached 1:36.90

Event 10 Men 50-54 100 Yard Freestyle

1 Haddock, Ace 54 Unattached 1:06.37

Event 10 Men 55-59 100 Yard Freestyle

1 Fuller, Mark 59 Unattached 1:21.81

Event 10 Men 65-69 100 Yard Freestyle

1 Jones, Ken 67 Unattached 1:28.69

Event 10 Men 70-74 100 Yard Freestyle

1 Phillips, Donald 72 Unattached 1:36.07

2 Wright, John 72 Unattached 1:40.18

Event 10 Men 75-79 100 Yard Freestyle

1 Gargiulo, Mark 76 Unattached 1:11.27

Event 11 Women 65-69 200 Yard Backstroke

1 Griffith, Jaquinn 65 Unattached 3:03.51

Event 12 Men 65-69 200 Yard Backstroke

1 Dix, Martin 68 Unattached 3:24.21

2 Swiger, Ralph 67 Unattached 4:29.77

Event 13 Women 55-59 100 Yard IM

1 Parker, Paige 56 Unattached 1:39.41

Event 13 Women 60-64 100 Yard IM

1 DeYoung, Gretchen 63 Unattached 1:35.52

Event 13 Women 65-69 100 Yard IM

1 Tappen, Mary Jane 66 Unattached 1:40.23

2 Stark, Sandra 66 Unattached 1:50.10

Event 13 Women 70-74 100 Yard IM

1 Grubbs, Laurie 72 Unattached 1:35.58

Event 13 Women 75-79 100 Yard IM

1 Johnson, Lois 75 Unattached 1:50.30

Event 14 Men 65-69 100 Yard IM

1 Dix, Martin 68 Unattached 1:44.94

Event 14 Men 70-74 100 Yard IM

1 Hanson, Mark 72 Unattached 1:39.47

Event 15 Women 55-59 100 Yard Breaststroke

1 Misiak, Sarah 58 Unattached 1:34.63

Event 15 Women 65-69 100 Yard Breaststroke

1 Griffith, Jaquinn 65 Unattached 1:33.01

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Results

Event 15 Women 70-74 100 Yard Breaststroke	2 Nichols, Susan	68 Unattached	1:49.09
1 Grubbs, Laurie	72 Unattached		
Event 16 Men 55-59 100 Yard Breaststroke	Event 22 Men 55-59 100 Yard Backstroke		
1 Grubbs, Jack	1 Fuller, Mark	59 Unattached	2:04.48
Event 16 Men 75-79 100 Yard Breaststroke	Event 22 Men 65-69 100 Yard Backstroke		
1 Gargiulo, Mark	1 Dix, Martin	68 Unattached	1:35.15
Event 17 Women 55-59 50 Yard Freestyle	Event 23 Women 65-69 50 Yard Butterfly		
1 Parker, Paige	1 Tappen, Mary Jane	66 Unattached	46.26
2 Poplin, Susan	Event 23 Women 75-79 50 Yard Butterfly		
	1 Paukert, Judy	75 Unattached	54.98
Event 17 Women 60-64 50 Yard Freestyle	Event 24 Men 50-54 50 Yard Butterfly		
1 Gill, Paige	1 Haddock, Ace	54 Unattached	34.79
Event 17 Women 65-69 50 Yard Freestyle	Event 24 Men 65-69 50 Yard Butterfly		
1 Tappen, Mary Jane	1 Swiger, Ralph	67 Unattached	52.66
2 Nichols, Susan	Event 25 Women 60-64 200 Yard Freestyle		
	1 DeYoung, Gretchen	63 Unattached	3:17.05
3 Pittman, Jacklyn	Event 25 Women 65-69 200 Yard Freestyle		
	1 Griffith, Jaquinn	65 Unattached	2:39.50
Event 17 Women 70-74 50 Yard Freestyle	Event 25 Women 70-74 200 Yard Freestyle		
1 Gargiulo, Sara	1 Gargiulo, Sara	70 Unattached	3:11.62
2 Segar, Candace	2 Sellers, Melanie	71 Unattached	5:02.56
3 Fortune, Susanne	Event 25 Women 75-79 200 Yard Freestyle		
	1 Johnson, Lois	75 Unattached	3:38.52
Event 18 Men 50-54 50 Yard Freestyle	2 Paukert, Judy	75 Unattached	3:47.40
1 Haddock, Ace	Event 26 Men 50-54 200 Yard Freestyle		
	1 Haddock, Ace	54 Unattached	2:37.40
Event 18 Men 55-59 50 Yard Freestyle	Event 26 Men 55-59 200 Yard Freestyle		
1 Sierra, Miguel	1 Fuller, Mark	59 Unattached	3:14.10
2 Fuller, Mark	Event 26 Men 65-69 200 Yard Freestyle		
	1 Jones, Ken	67 Unattached	3:34.55
Event 18 Men 65-69 50 Yard Freestyle	Event 26 Men 70-74 200 Yard Freestyle		
1 Jones, Ken	1 Hanson, Mark	72 Unattached	3:05.57
2 Bell, Michael	2 Phillips, Donald	72 Unattached	3:37.77
Event 18 Men 70-74 50 Yard Freestyle	Event 26 Men 75-79 200 Yard Freestyle		
1 Wright, John	1 Gargiulo, Mark	76 Unattached	2:52.35
2 Phillips, Donald	Event 27 Women 55-59 50 Yard Breaststroke		
	1 Misiak, Sarah	58 Unattached	44.00
Event 18 Men 75-79 50 Yard Freestyle	2 Parker, Paige	56 Unattached	54.45
1 Gargiulo, Mark	Event 27 Women 60-64 50 Yard Breaststroke		
	1 Gill, Paige	60 Unattached	39.27
2 Twomey, Michael	2 DeYoung, Gretchen	63 Unattached	51.36
Event 19 Women 65-69 200 Yard IM	Event 27 Women 65-69 50 Yard Breaststroke		
1 Tappen, Mary Jane	1 Nichols, Susan	68 Unattached	51.83
Event 19 Women 70-74 200 Yard IM	2 Wood, Besty	67 Unattached	57.15
1 Grubbs, Laurie	3 Pittman, Jacklyn	66 Unattached	1:23.34
Event 19 Women 75-79 200 Yard IM	Event 27 Women 70-74 50 Yard Breaststroke		
1 Johnson, Lois	1 Grubbs, Laurie	72 Unattached	47.15
2 Paukert, Judy	Event 27 Women 75-79 50 Yard Breaststroke		
	1 Johnson, Lois	75 Unattached	55.26
Event 20 Men 65-69 200 Yard IM			
1 Swiger, Ralph			
Event 20 Men 70-74 200 Yard IM			
1 Hanson, Mark			
Event 21 Women 60-64 100 Yard Backstroke			
1 DeYoung, Gretchen			
Event 21 Women 65-69 100 Yard Backstroke			
1 Griffith, Jaquinn			

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Event 28 Men 55-59 50 Yard Breaststroke

1	Grubbs, Jack	59	Unattached	45.27
2	Parker, Rick	59	Unattached	49.33

Event 28 Men 65-69 50 Yard Breaststroke

1	Dix, Martin	68	Unattached	45.52
2	Bell, Michael	68	Unattached	58.69

Event 28 Men 70-74 50 Yard Breaststroke

1	Wright, John	72	Unattached	1:00.26
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Event 28 Men 75-79 50 Yard Breaststroke

1	Gargiulo, Mark	76	Unattached	43.29
2	Twomey, Michael	75	Unattached	45.81

Event 29 Women 70-74 500 Yard Freestyle

1	Gargiulo, Sara	70	Unattached	8:20.02
2	Segar, Candace	70	Unattached	8:22.31

Event 29 Women 75-79 500 Yard Freestyle

1	Paukert, Judy	75	Unattached	9:55.49
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Event 30 Men 50-54 500 Yard Freestyle

1	Haddock, Ace	54	Unattached	6:59.00
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Event 30 Men 55-59 500 Yard Freestyle

1	Parker, Rick	59	Unattached	9:16.94
2	Fuller, Mark	59	Unattached	9:38.02

Event 30 Men 70-74 500 Yard Freestyle

1	Hanson, Mark	72	Unattached	10:03.58
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