

Tom	Hyland	Urbandale	Iowa	M/55-59	Basketball-Around The World		1	Gold	1989
Frank	Brown	Des Moines	Iowa	M/55-59	Basketball-Around The World		2	Silver	1989
Ralph	Scott	West Des Moines	Iowa	M/55-59	Basketball-Around The World		3	Bronze	1989
Bob	Thompson	Des Moines	Iowa	M/60-64	Basketball-Around The World		1	Gold	1989
Raymond	Schumann	Hull	Illinois	M/60-64	Basketball-Around The World		2	Silver	1989
Darrell	Mitchell	Marshalltown	Iowa	M/60-64	Basketball-Around The World		3	Bronze	1989
Alfred	Brown	West Des Moines	Iowa	M/65-69	Basketball-Around The World		1	Gold	1989
Louis	Brown	Iowa City	Iowa	M/65-69	Basketball-Around The World		2	Silver	1989
Donald	Hamann	Des Moines	Iowa	M/65-69	Basketball-Around The World		3	Bronze	1989
Ray	Gunson	Des Moines	Iowa	M/70-74	Basketball-Around The World		1	Gold	1989
Madeleo	Blake	Letts	Iowa	M/75-79	Basketball-Around The World		1	Gold	1989
Monnie	Stauffer	Sheldahl	Iowa	M/75-79	Basketball-Around The World		2	Silver	1989
Ted	Joplin	Des Moines	Iowa	M/80+	Basketball-Around The World		1	Gold	1989
Mary	Booten	Des Moines	Iowa	W/55-59	Basketball-Around The World		1	Gold	1989
Nancy	Baker	Des Moines	Iowa	W/55-59	Basketball-Around The World		2	Silver	1989
Joan	Tasler	Jefferson	Iowa	W/60-64	Basketball-Around The World		1	Gold	1989
Dolores	Murry	Galva	Illinois	W/60-64	Basketball-Around The World		2	Silver	1989
Ernestine	Davis	Des Moines	Iowa	W/60-64	Basketball-Around The World		3	Bronze	1989
Ethel	Miller	Cedar Rapids	Iowa	W/65-69	Basketball-Around The World		1	Gold	1989
Ruth	Snyder	West Des Moines	Iowa	W/65-69	Basketball-Around The World		2	Silver	1989
Margaret	Jimenez	West Des Moines	Iowa	W/65-69	Basketball-Around The World		3	Bronze	1989
Betty	Graves	Urbandale	Iowa	W/70-74	Basketball-Around The World		1	Gold	1989
Rosemarie	Sigler	Des Moines	Iowa	W/70-74	Basketball-Around The World		2	Silver	1989
Viola	Baker	Des Moines	Iowa	W/70-74	Basketball-Around The World		3	Bronze	1989
Helen	Wallace	Des Moines	Iowa	W/75-79	Basketball-Around The World		1	Gold	1989
Pancratya	Eddy	Anita	Iowa	W/80+	Basketball-Around The World		1	Gold	1989
Lucille	Shertz	Des Moines	Iowa	W/80+	Basketball-Around The World		2	Silver	1989
Frank	Brown	Des Moines	Iowa	M/55-59	Basketball Free Throw		1	Gold	1989
Tom	Hyland	Urbandale	Iowa	M/55-59	Basketball Free Throw		2	Silver	1989
Ralph	Scott	West Des Moines	Iowa	M/55-59	Basketball Free Throw		3	Bronze	1989
Raymond	Schumann	Hull	Illinois	M/60-64	Basketball Free Throw		1	Gold	1989
Bob	Thompson	Des Moines	Iowa	M/60-64	Basketball Free Throw		2	Silver	1989
Darrell	Mitchell	Marshalltown	Iowa	M/60-64	Basketball Free Throw		3	Bronze	1989
Harry	Arnold	Des Moines	Iowa	M/65-69	Basketball Free Throw		1	Gold	1989
Mick	Donahue	West Des Moines	Iowa	M/65-69	Basketball Free Throw		2	Silver	1989
Donald	Hamnn	Des Moines	Iowa	M/65-69	Basketball Free Throw		3	Bronze	1989
Alfred	Brown	West Des Moines	Iowa	M/65-69	Basketball Free Throw		4	4	1989
Roy	Gunson	Des Moines	Iowa	M/70-74	Basketball Free Throw		1	Gold	1989
Norman	Lewis	West Des Moines	Iowa	M/70-74	Basketball Free Throw		2	Silver	1989
Monnie	Stauffer	Sheldahl	Iowa	M/75-79	Basketball Free Throw		1	Gold	1989
Ted	Joplin	Des Moines	Iowa	M/80+	Basketball Free Throw		1	Gold	1989
Nancy	Baker	Des Moines	Iowa	W/55-59	Basketball Free Throw		1	Gold	1989
M. Joan	Tasler	Jefferson	Iowa	W/60-64	Basketball Free Throw		1	Gold	1989
Ernestine	Davis	Des Moines	Iowa	W/60-64	Basketball Free Throw		2	Silver	1989
Lorraine	Stanek	Ft. Dodge	Iowa	W/60-64	Basketball Free Throw		3	Bronze	1989
Margaret	Jimenez	West Des Moines	Iowa	W/65-69	Basketball Free Throw		1	Gold	1989
Ethel	Miller	Cedar Rapids	Iowa	W/65-69	Basketball Free Throw		2	Silver	1989
Betty	Graves	Urbandale	Iowa	W/70-74	Basketball Free Throw		1	Gold	1989
Betty	Miller	West Des Moines	Iowa	W/70-74	Basketball Free Throw		2	Silver	1989
Viola	Baker	Des Moines	Iowa	W/70-74	Basketball Free Throw		3	Bronze	1989
Helen	Wallace	Des Moines	Iowa	W/75-79	Basketball Free Throw		1	Gold	1989
Mary	Rilei	West Des Moines	Iowa	W/75-79	Basketball Free Throw		2	Silver	1989
Lucille	Schertz	West Des Moines	Iowa	W/80+	Basketball Free Throw		1	Gold	1989
Pancratya	Eddy	Anita	Iowa	W/80+	Basketball Free Throw		2	Silver	1989
Robert	White	Des Moines	Iowa	M/60-64	Bowling Handicap		1	Gold	1989
Henry	Rubitz	Dubuque	Iowa	M/60-64	Bowling Handicap		2	Silver	1989
Darrell	Paul	Des Moines	Iowa	M/60-64	Bowling Handicap		3	Bronze	1989
Bob	Hanson	Des Moines	Iowa	M/65-69	Bowling Handicap		1	Gold	1989
O.D.	Hawkins	West Des Moines	Iowa	M/65-69	Bowling Handicap		2	Silver	1989
Roy	Garcia	West Des Moines	Iowa	M/65-69	Bowling Handicap		3	Bronze	1989
Don	Mallory	Des Moines	Iowa	M/70-74	Bowling Handicap		1	Gold	1989
Lloyd	Stuber	West Des Moines	Iowa	M/70-74	Bowling Handicap		2	Silver	1989

Gordon	Chapman	West Des Moines	Iowa	M/70-74	Bowling Handicap		3	Bronze	1989
Cal	Voogd	Sac City	Iowa	M/75-79	Bowling Handicap		1	Gold	1989
Elmo	Bonus	Creston	Iowa	M/75-79	Bowling Handicap		2	Silver	1989
Frank	Zenor	Humboldt	Iowa	M/80+	Bowling Handicap		1	Gold	1989
Mary	Booton	Des Moines	Iowa	W/55-59	Bowling Handicap		1	Gold	1989
Jacqueline	Strait	Ankeny	Iowa	W/60-64	Bowling Handicap		1	Gold	1989
Janet	Chapman	West Des Moines	Iowa	W/60-64	Bowling Handicap		2	Silver	1989
Clara	Kubitz	Dubuque	Iowa	W/60-64	Bowling Handicap		3	Bronze	1989
Rosemary	Michael	Urbandale	Iowa	W/65-69	Bowling Handicap		1	Gold	1989
Maxine	Gardiner	Des Moines	Iowa	W/65-69	Bowling Handicap		2	Silver	1989
Mary	Rush	Creston	Iowa	W/65-69	Bowling Handicap		3	Bronze	1989
Vivian	Gavin	West Des Moines	Iowa	W/70-74	Bowling Handicap		1	Gold	1989
Alma	Stewart	Des Moines	Iowa	W/70-74	Bowling Handicap		2	Silver	1989
Helen	Mallory	Des Moines	Iowa	W/70-74	Bowling Handicap		3	Bronze	1989
Agnes	Vogel	West Des Moines	Iowa	W/75-79	Bowling Handicap		1	Gold	1989
Ida	Winick	Des Moines	Iowa	W/75-79	Bowling Handicap		2	Silver	1989
Dorothy	Robinson	Des Moines	Iowa	W/75-79	Bowling Handicap		3	Bronze	1989
Catherine	Horner	Des Moines	Iowa	W/80+	Bowling Handicap		1	Gold	1989
Jack	Strait	Ankeny	Iowa	M/60-64	Bowling Handicap		1	Gold	1989
Rev. Phillip	Tindrell	Des Moines	Iowa	M/60-64	Bowling Scratch		2	Silver	1989
Louis	Brown	Iowa City	Iowa	M/65-69	Bowling Scratch		1	Gold	1989
Harold	Knight	Urbandale	Iowa	M/70-74	Bowling Scratch		1	Gold	1989
Shirley	Zenor	Humboldt	Iowa	W/60-64	Bowling Scratch		1	Gold	1989
Delores	Murray	Galva	Illinois	W/60-64	Bowling Scratch		2	Silver	1989
Ruth	Snyder	West Des Moines	Iowa	W/65-69	Bowling Scratch		1	Gold	1989
June	Norris	Des Moines	Iowa	W/65-69	Bowling Scratch		2	Silver	1989
Marian	Morton	Webster City	Iowa	W/70-74	Bowling Scratch		1	Gold	1989
Virginia	Davis	Des Moines	Iowa	W/70-74	Bowling Scratch		2	Silver	1989
Lee	Lewis	Des Moines	Iowa	W/70-74	Bowling Scratch		3	Bronze	1989
Ella	Crum	Des Moines	Iowa	W/80+	Bowling Scratch		1	Gold	1989
Jim	Paye	Des Moines	Iowa	M	Bridge		1	Gold	1989
Cliff	Holmes	Des Moines	Iowa	M	Bridge		2	Silver	1989
Bill	Miller	Des Moines	Iowa	M	Bridge		3	Bronze	1989
Joan	Tasler	Jefferson	Iowa	W	Bridge		1	Gold	1989
Phyllis	Boller	Des Moines	Iowa	W	Bridge		2	Silver	1989
Nadine	Hogate	Des Moines	Iowa	W	Bridge		3	Bronze	1989
Arden	Wilson	Oskaloosa	Iowa		Checkers		1	Gold	1989
Raymond	Vogel	West Des Moines	Iowa		Checkers		2	Silver	1989
Viola	Baker	Des Moines	Iowa		Checkers		3	Bronze	1989
Monnie	Stauffer	Sheldahl	Iowa		Checkers		4	4	1989
Marvin	Stanick	Fort Dodge	Iowa	M	Cribbage		1	Gold	1989
Richard	Sandegren	Madrid	Iowa	M	Cribbage		2	Silver	1989
Monnie	Staniffer	Sheldahl	Iowa	M	Cribbage		3	Bronze	1989
Marilyn	Fechner	West Des Moines	Iowa	W	Cribbage		1	Gold	1989
Sophia	Roberts	Winfield	Iowa	W	Cribbage		2	Silver	1989
Pancratya	Eddy	Anita	Iowa	W	Cribbage		3	Bronze	1989
Ernie	Hammond	Whitehall	Illinois	M	Croquet		1	Gold	1989
Ted	Joplin	Des Moines	Iowa	M	Croquet		2	Silver	1989
Joe	Jimenez	West Des Moines	Iowa	M	Croquet		3	Bronze	1989
Margaret	Jimenez	West Des Moines	Iowa	W	Croquet		1	Gold	1989
Lucille	Schertz	West Des Moines	Iowa	W	Croquet		2	Silver	1989
Helen	Wallas	Des Moines	Iowa	W	Croquet		3	Bronze	1989
Lorraine	Stanek	Fort Dodge	Iowa		Five Hundred (Card Game)		1	Gold	1989
Marvin	Stanek	Fort Dodge	Iowa		Five Hundred (Card Game)		2	Silver	1989
Milli	Grott	West Des Moines	Iowa		Five Hundred (Card Game)		3	Bronze	1989
John	Valdez	West Des Moines	Iowa	M/55-59	Football Throw Accuracy		1	Gold	1989
Frank	Brown	Des Moines	Iowa	M/55-59	Football Throw Accuracy		2	Silver	1989
Raymon d	Schuman	Hull	Illinois	M/60-64	Football Throw Accuracy		1	Gold	1989

Dick	Pertzborn	Ankeny	Iowa	M/60-64	Football Throw Accuracy		2	Silver	1989	
Lowell	Lein	West Des Moines	Iowa	M/60-64	Football Throw Accuracy		3	Bronze	1989	
Harry	Arnold	Des Moines	Iowa	M/65-69	Football Throw Accuracy		1	Gold	1989	
Mick	Donahue	West Des Moines	Iowa	M/65-69	Football Throw Accuracy		2	Silver	1989	
Richard	Petersen	Des Moines	Iowa	M/65-69	Football Throw Accuracy		3	Bronze	1989	
Donald	Schultz	Des Moines	Iowa	M/70-74	Football Throw Accuracy		1	Gold	1989	
Tom	Walsh	Hannibal	Iowa	M/70-74	Football Throw Accuracy		2	Silver	1989	
Madeleo	Blake	Letts	Iowa	M/75-79	Football Throw Accuracy		1	Gold	1989	
Ted	Joplin	Des Moines	Iowa	M/80+	Football Throw Accuracy		1	Gold	1989	
Elaine	Sanford	Kirksville	Missouri	W/55-59	Football Throw Accuracy		1	Gold	1989	
Charlotte	Action	Kirksville	Missouri	W/60-64	Football Throw Accuracy		1	Gold	1989	
Betty	Osborn	Lincoln	Nebraska	W/60-64	Football Throw Accuracy		2	Silver	1989	
Margaret	Jimenez	West Des Moines	Iowa	W/65-69	Football Throw Accuracy		1	Gold	1989	
Sophia	Roberts	Winfield	Iowa	W/70-74	Football Throw Accuracy		1	Gold	1989	
Betty	Miller	West Des Moines	Iowa	W/70-74	Football Throw Accuracy		2	Silver	1989	
Viola	Baker	Des Moines	Iowa	W/70-74	Football Throw Accuracy		3	Bronze	1989	
Mary	Rilei	West Des Moines	Iowa	W/75-79	Football Throw Accuracy		1	Gold	1989	
Helen	Wallace	Des Moines	Iowa	W/75-79	Football Throw Accuracy		2	Silver	1989	
Frank	Brown	Des Moines	Iowa	M/55-59	Football Throw Distance		1	Gold	1989	
Daniel	Francis	Waukee	Iowa	M/55-59	Football Throw Distance		2	Silver	1989	
John	Valdez	West Des Moines	Iowa	M/55-59	Football Throw Distance		3	Bronze	1989	
Raymond	Schumann	Hull	Illinois	M/60-64	Football Throw Distance		1	Gold	1989	
Dick	Pertzborn	Ankeny	Iowa	M/60-64	Football Throw Distance		2	Silver	1989	
Darrell	Mitchell	Marshalltown	Iowa	M/60-64	Football Throw Distance		3	Bronze	1989	
Roy	Garcia	West Des Moines	Iowa	M/65-69	Football Throw Distance		1	Gold	1989	
Harry	Arnold	Des Moines	Iowa	M/65-69	Football Throw Distance		2	Silver	1989	
Richard	Peterson	Des Moines	Iowa	M/65-69	Football Throw Distance		3	Bronze	1989	
Tom	Walsh	Hannibal	Missouri	M/70-74	Football Throw Distance		1	Gold	1989	
Donald	Schultz	Des Moines	Iowa	M/70-74	Football Throw Distance		2	Silver	1989	
Monnie	Stauffer	Sheldahl	Iowa	M/75-79	Football Throw Distance		1	Gold	1989	
Ted	Joplin	Des Moines	Iowa	M/80+	Football Throw Distance		1	Gold	1989	
Angie	Anderson	Des Moines	Iowa	W/55-59	Football Throw Distance		1	Gold	1989	
Elaine	Sanford	Kirksville	Missouri	W/55-59	Football Throw Distance		2	Silver	1989	
Charlotte	Acton	Kirksville	Missouri	W/60-64	Football Throw Distance		1	Gold	1989	
Clara	Kubitz	Dubuque	Iowa	W/60-64	Football Throw Distance		2	Silver	1989	
Margaret	Jimenez	West Des Moines	Iowa	W/65-69	Football Throw Distance		1	Gold	1989	
Betty	Graves	Urbandale	Iowa	W/70-74	Football Throw Distance		1	Gold	1989	
Sophia	Roberts	Winfield	Iowa	W/70-74	Football Throw Distance		2	Silver	1989	
Mary	Rilei	West Des Moines	Iowa	W/75-79	Football Throw Distance		1	Gold	1989	
Helen	Wallace	Des Moines	Iowa	W/75-79	Football Throw Distance		2	Silver	1989	
Robert	Hoak	Des Moines	Iowa	M/55-59	Golf Handicap		68	1	Gold	1989
Dean	Travis	Des Moines	Iowa	M/55-59	Golf Handicap		70	2	Silver	1989
Earl	Lansberg	Des Moines	Iowa	M/60-64	Golf Handicap		62	1	Gold	1989
Wayne	Thompson	West Des Moines	Iowa	M/60-64	Golf Handicap		64	2	Silver	1989
Arden	Wilson	Oskaloosa	Iowa	M/60-64	Golf Handicap		69	3	Bronze	1989
Ray	Stumpf	Des Moines	Iowa	M/65-69	Golf Handicap		69	1	Gold	1989
Robert	Miller	Des Moines	Iowa	M/65-69	Golf Handicap		69	2	Silver	1989
Howard	VanZee	Pleasantville	Iowa	M/65-69	Golf Handicap		70	3	Bronze	1989
Roy	McCollum	Des Moines	Iowa	M/70-74	Golf Handicap		71	1	Gold	1989
Carroll	Crouse	Adel	Iowa	M/70-74	Golf Handicap		72	2	Silver	1989
Lloyd	Crawford	Waukee	Iowa	M/70-74	Golf Handicap		72	3	Bronze	1989
Robert	Anderson	West Des Moines	Iowa	M/75-79	Golf Handicap		73	1	Gold	1989
Duke	Orlich	Des Moines	Iowa	M/75-79	Golf Handicap		84	2	Silver	1989
Dale	Braley	Newton	Iowa	M/80+	Golf Handicap		74	1	Gold	1989
Ginny	Harscher	Des Moines	Iowa	W/55-59	Golf Handicap		56	1	Gold	1989
Char	Chiles	Des Moines	Iowa	W/55-59	Golf Handicap		95	2	Silver	1989
Lois	Peterson	Des Moines	Iowa	W/60-64	Golf Handicap		69	1	Gold	1989
Mildred	Wilson	Oskaloosa	Iowa	W/60-64	Golf Handicap		73	2	Silver	1989
Marvie	Grizmer	Des Moines	Iowa	W/60-64	Golf Handicap		86	3	Bronze	1989
Jan	Dusenberry	Des Moines	Iowa	W/65-69	Golf Handicap		77	1	Gold	1989
Mary Jane	O'Brien	West Des Moines	Iowa	W/65-69	Golf Handicap		79	2	Silver	1989
Sylvia	Tow	Des Moines	Iowa	W/65-69	Golf Handicap		81	3	Bronze	1989

Virginia	Davis	Des Moines	Iowa	W/70-74	Golf Handicap	62	1	Gold	1989
Marie	Peebles	Des Moines	Iowa	W/70-74	Golf Handicap	75	2	Silver	1989
Thelma	Huston	Des Moines	Iowa	W/70-74	Golf Handicap	93	3	Bronze	1989
Robert	Hoak	Des Moines	Iowa	M/55-59	Golf Scratch	86	1	Gold	1989
Dean	Travis	Des Moines	Iowa	M/55-59	Golf Scratch	100	2	Silver	1989
Earl	Lansberg	Des Moines	Iowa	M/60-64	Golf Scratch	80	1	Gold	1989
Phillip	Covington	Des Moines	Iowa	M/60-64	Golf Scratch	87	2	Silver	1989
Jay	Donaldson	Cedar Rapids	Iowa	M/60-64	Golf Scratch	87	3	Bronze	1989
Howard	VanZee	Pleasantville	Iowa	M/65-69	Golf Scratch	82	1	Gold	1989
Robert	Miller	Des Moines	Iowa	M/65-69	Golf Scratch	87	2	Silver	1989
Harold	Hines	Ankeny	Iowa	M/65-69	Golf Scratch	89	3	Bronze	1989
John	Drummond	Polk City	Iowa	M/65-69	Golf Scratch	89	4	4	1989
Sarg	Fontanini	Des Moines	Iowa	M/70-74	Golf Scratch	75	1	Gold	1989
Norman	Miller	Des Moines	Iowa	M/70-74	Golf Scratch	88	2	Silver	1989
Carroll	Crouse	Adel	Iowa	M/70-74	Golf Scratch	90	3	Bronze	1989
Duke	Orlich	Des Moines	Iowa	M/75-79	Golf Scratch	90	1	Gold	1989
Robert	Anderson	West Des Moines	Iowa	M/75-79	Golf Scratch	91	2	Silver	1989
Dale	Braley	Newton	Iowa	M/80+	Golf Scratch	92	1	Gold	1989
Cliff	Holmes	West Des Moines	Iowa		Pinochle	633	1	Gold	1989
Agnes	Vogel	West Des Moines	Iowa		Pinochle	620	2	Silver	1989
Pancratya	Eddy	Anita	Iowa		Pinochle	616	3	Bronze	1989
Jean	Eilers	Ankeny	Iowa		Scrabble		1	Gold	1989
Vivian	Green	Prescott	Iowa		Scrabble		2	Silver	1989
Elizabeth	Hamilton	Urbandale	Iowa		Scrabble		3	Bronze	1989
Ernie	Hammond	Whitehall	Illinois	M/60-64	Schuffleboard		1	Gold	1989
Lyle	Parker	Creston	Iowa	M/65-69	Schuffleboard		1	Gold	1989
Ralph	Gordon	Des Moines	Iowa	M/70-74	Schuffleboard		1	Gold	1989
Don	Fitzsimmons	West Des Moines	Iowa	M/70-74	Schuffleboard		2	Silver	1989
George	Marvin	Alleman	Iowa	M/70-74	Schuffleboard		3	Bronze	1989
Sil	Vogl	West Des Moines	Iowa	M/80+	Schuffleboard		1	Gold	1989
Ted	Joplin	Des Moines	Iowa	M/80+	Schuffleboard		2	Silver	1989
Lois	Peterson	Des Moines	Iowa	W/60-64	Schuffleboard		1	Gold	1989
Dolores	Murray	Galva	Illinois	W/60-64	Schuffleboard		2	Silver	1989
Joyce	Parker	Creston	Iowa	W/60-64	Schuffleboard		3	Bronze	1989
Betty	Martin	Alleman	Iowa	W/65-69	Schuffleboard		1	Gold	1989
Lucille	Sandman	Winchester	Illinois	W/70-74	Schuffleboard		1	Gold	1989
Dorothy	Robinson	Urbandale	Iowa	W/75-79	Schuffleboard		1	Gold	1989
Agnes	Vogl	West Des Moines	Iowa	W/75-79	Schuffleboard		2	Silver	1989
Nathalie	Murphy	Des Moines	Iowa	W/75-79	Schuffleboard		3	Bronze	1989
John	Valdez	West Des Moines	Iowa	M/55-59	Softball Throw Accuracy		1	Gold	1989
Ralph	Scott	West Des Moines	Iowa	M/55-59	Softball Throw Accuracy		2	Silver	1989
Raymond	Schumann	Hull	Illinois	M/60-64	Softball Throw Accuracy		1	Gold	1989
Richard	Pertzborn	Ankeny	Iowa	M/60-64	Softball Throw Accuracy		2	Silver	1989
Joe	Jimenez	West Des Moines	Iowa	M/60-64	Softball Throw Accuracy		3	Bronze	1989
Roy	Garcia	West Des Moines	Iowa	M/65-69	Softball Throw Accuracy		1	Gold	1989
Arnold	Latare	West Des Moines	Iowa	M/65-69	Softball Throw Accuracy		2	Silver	1989
Mick	Donahue	West Des Moines	Iowa	M/65-69	Softball Throw Accuracy		3	Bronze	1989
Tom	Walsh	Hannibal	Missouri	M/70-74	Softball Throw Accuracy		1	Gold	1989
Wayne	Steward	Knoxville	Iowa	M/75-79	Softball Throw Accuracy		1	Gold	1989
Monnie	Stauffer	Sheldahl	Iowa	M/75-79	Softball Throw Accuracy		2	Silver	1989
Ted	Joplin	Des Moines	Iowa	M/80+	Softball Throw Accuracy		1	Gold	1989
Elaine	Sanford	Kirksville	Iowa	W/55-59	Softball Throw Accuracy		1	Gold	1989
Charlotte	Acton	Kirksville	Iowa	W/60-64	Softball Throw Accuracy		1	Gold	1989
Clara	Kubitz	Dubuque	Iowa	W/60-64	Softball Throw Accuracy		2	Silver	1989
Ethel	Miller	Cedar Rapids	Iowa	W/65-69	Softball Throw Accuracy		1	Gold	1989
Frances	McGlothlen	Muscatine	Iowa	W/65-69	Softball Throw Accuracy		2	Silver	1989
Rosemary	Michael	Urbandale	Iowa	W/65-69	Softball Throw Accuracy		3	Bronze	1989
Betty	Miller	West Des Moines	Iowa	W/70-74	Softball Throw Accuracy		1	Gold	1989
Sophia	Roberts	Winfield	Iowa	W/70-74	Softball Throw Accuracy		2	Silver	1989

Helen	Green	Des Moines	Iowa	W/70-74	Softball Throw Accuracy		3	Bronze	1989
Helen	Wallace	Des Moines	Iowa	W/75-79	Softball Throw Accuracy		1	Gold	1989
Frank	Brown	Des Moines	Iowa	M/55-59	Softball Throw Distance		1	Gold	1989
Carroll	Walters	Eldora	Iowa	M/55-59	Softball Throw Distance		2	Silver	1989
Daniel	Francis	Waukee	Iowa	M/55-59	Softball Throw Distance		3	Bronze	1989
Raymond	Schumann	Hull	Illinois	M/60-64	Softball Throw Distance		1	Gold	1989
Dick	Pertzborn	Ankeny	Iowa	M/60-64	Softball Throw Distance		2	Silver	1989
Darrell	Mitchell	Marshalltown	Iowa	M/60-64	Softball Throw Distance		3	Bronze	1989
Mick	Donahue	West Des Moines	Iowa	M/65-69	Softball Throw Distance		1	Gold	1989
Richard	Peterson	Des Moines	Iowa	M/65-69	Softball Throw Distance		2	Silver	1989
Harry	Arnold	Des Moines	Iowa	M/65-69	Softball Throw Distance		3	Bronze	1989
Tom	Walsh	Hannibal	Missouri	M/70-74	Softball Throw Distance		1	Gold	1989
Donald	Schultz	Des Moines	Iowa	M/70-74	Softball Throw Distance		2	Silver	1989
Monnie	Stauffer	Sheldahl	Iowa	M/75-79	Softball Throw Distance		1	Gold	1989
Wayne	Steward	Knoxville	Iowa	M/75-79	Softball Throw Distance		2	Silver	1989
Ted	Joplin	Des Moines	Iowa	M/80+	Softball Throw Distance		1	Gold	1989
Elaine	Sanford	Kirksville	Missouri	W/55-59	Softball Throw Distance		1	Gold	1989
Angie	Anderson	Des Moines	Iowa	W/55-59	Softball Throw Distance		2	Silver	1989
Ernestine	Davis	Des Moines	Iowa	W/60-64	Softball Throw Distance		1	Gold	1989
Dolores	Murray	Galva	Illinois	W/60-64	Softball Throw Distance		2	Silver	1989
Charlotte	Acton	Kirksville	Missouri	W/60-64	Softball Throw Distance		3	Bronze	1989
Ethel	Miller	Cedar Rapids	Iowa	W/65-69	Softball Throw Distance		1	Gold	1989
Ruth	Snyder	West Des Moines	Iowa	W/65-69	Softball Throw Distance		2	Silver	1989
Margaret	Jimenez	West Des Moines	Iowa	W/65-69	Softball Throw Distance		3	Bronze	1989
Betty	Graves	Urbandale	Iowa	W/70-74	Softball Throw Distance		1	Gold	1989
Helen	Green	Des Moines	Iowa	W/70-74	Softball Throw Distance		2	Silver	1989
Sophia	Roberts	Winfield	Iowa	W/70-74	Softball Throw Distance		3	Bronze	1989
Mary	Rilei	West Des Moines	Iowa	W/75-79	Softball Throw Distance		1	Gold	1989
Helen	Wallace	Des Moines	Iowa	W/75-79	Softball Throw Distance		2	Silver	1989
Harvey	Berner	Fort Dodge	Iowa	M/55-59	50 Meter Dash	7.24	1	Gold	1989
Robert	Moore	Des Moines	Iowa	M/55-59	50 Meter Dash	7.35	2	Silver	1989
Frank	Brown	Des Moines	Iowa	M/55-59	50 Meter Dash	7.4	3	Bronze	1989
Larry	Larson	Cambridge	Iowa	M/60-64	50 Meter Dash	7.75	1	Gold	1989
Charles	Kern	Council Bluffs	Iowa	M/60-64	50 Meter Dash	7.89	2	Silver	1989
Bob	Thorson	Newton	Iowa	M/60-64	50 Meter Dash	7.96	3	Bronze	1989
George	Brown	Ames	Iowa	M/65-69	50 Meter Dash	9.14	1	Gold	1989
Charles	Janssens	West Des Moines	Iowa	M/65-69	50 Meter Dash	9.16	2	Silver	1989
Harry	Arnold	Des Moines	Iowa	M/65-69	50 Meter Dash	9.72	3	Bronze	1989
Clarence	Osborn	Lincoln	Nebraska	M/70-74	50 Meter Dash	14.92	1	Gold	1989
Madeleo	Blake	Letts	Iowa	M/75-79	50 Meter Dash	8.39	1	Gold	1989
J.C.	Byers	McAllen	Texas	M/75-79	50 Meter Dash	8.52	2	Silver	1989
Monnie	Stauffer	Sheldahl	Iowa	M/75-79	50 Meter Dash	10.99	3	Bronze	1989
Clara	Kubitz	Dubuque	Iowa	W/60-64	50 Meter Dash	9.87	1	Gold	1989
Lois	Ribbens	Hull	Iowa	W/60-64	50 Meter Dash	9.88	2	Silver	1989
Ernestine	Davis	Des Moines	Iowa	W/60-64	50 Meter Dash	10.17	3	Bronze	1989
Ethel	Miller	Cedar Rapids	Iowa	W/65-69	50 Meter Dash	9.33	1	Gold	1989
Doris	Milligan	West Des Moines	Iowa	W/65-69	50 Meter Dash	12.05	2	Silver	1989
Mary	Rilei	West Des Moines	Iowa	W/70-74	50 Meter Dash	16.84	1	Gold	1989
Helen	Wallace	Des Moines	Iowa	W/70-74	50 Meter Dash	20.75	2	Silver	1989
Betty	Graves	Urbandale	Iowa	W/75-79	50 Meter Dash	11.2	1	Gold	1989
Rosemary	Sigler	Des Moines	Iowa	W/75-79	50 Meter Dash	13.08	2	Silver	1989
Helen	Green	Des Moines	Iowa	W/75-79	50 Meter Dash	16.39	3	Bronze	1989
Pancratya	Eddy	Anita	Iowa	W/80+	50 Meter Dash	21.76	1	Gold	1989
Harvey	Berner	Fort Dodge	Iowa	M/55-59	100 Meter Dash	13.65	1	Gold	1989
Frank	Brown	Des Moines	Iowa	M/55-59	100 Meter Dash	14.1	2	Silver	1989
Robert	Moore	Des Moines	Iowa	M/55-59	100 Meter Dash	14.46	3	Bronze	1989
Melvin	Larson	Springfield	Illinois	M/60-64	100 Meter Dash	13.25	1	Gold	1989
Larry	Larson	Cambridge	Iowa	M/60-64	100 Meter Dash	14.01	2	Silver	1989
Bob	Thorson	Newton	Iowa	M/60-64	100 Meter Dash	14.85	3	Bronze	1989
Harry	Arnold	Des Moines	Iowa	M/65-69	100 Meter Dash	18.93	1	Gold	1989
Richard	Peterson	Des Moines	Iowa	M/65-69	100 Meter Dash	22.06	2	Silver	1989

Clarence	Osborn	Lincoln	Nebraska	M/70-74	100 Meter Dash	17.13	1	Gold	1989
Melvin	Flachs	Davenport	Iowa	M/70-74	100 Meter Dash	17.14	2	Silver	1989
Donald	Schultz	Des Moines	Iowa	M/70-74	100 Meter Dash	22.38	3	Bronze	1989
Madeleo	Blake	Letts	Iowa	M/75-79	100 Meter Dash	15.85	1	Gold	1989
J.C.	Byers	McAllen	Texas	M/75-79	100 Meter Dash	16.4	2	Silver	1989
Monnie	Stauffer	Sheldahl	Iowa	M/75-79	100 Meter Dash	20.96	3	Bronze	1989
Joan	Robinson	Des Moines	Iowa	W/55-59	100 Meter Dash	23.16	1	Gold	1989
Elaine	Sanford	Kirksville	Missouri	W/55-59	100 Meter Dash	25.59	2	Silver	1989
Lois	Ribbens	Hull	Iowa	W/60-64	100 Meter Dash	19.25	1	Gold	1989
Ernestine	Davis	Des Moines	Iowa	W/60-64	100 Meter Dash	20.31	2	Silver	1989
Charlotte	Acton	Kirksville	Missouri	W/60-64	100 Meter Dash	21.73	3	Bronze	1989
Ethel	Miller	Cedar Rapids	Iowa	W/65-69	100 Meter Dash	17.62	1	Gold	1989
Doris	Milligan	West Des Moines	Iowa	W/65-69	100 Meter Dash	24.49	2	Silver	1989
Lucille	Sandman	Winchester	Illinois	W/70-74	100 Meter Dash	28.73	1	Gold	1989
Frank	Brown	Des Moines	Iowa	M/55-59	200 Meter Dash	28.61	1	Gold	1989
Don	Bersinger	Newton	Iowa	M/55-59	200 Meter Dash	30.33	1	Gold	1989
Robert	Moore	Des Moines	Iowa	M/55-59	200 Meter Dash	31.35	2	Silver	1989
Larry	Larson	Cambridge	Iowa	M/60-64	200 Meter Dash	30.2	1	Gold	1989
Charles	Kern	Council Bluffs	Iowa	M/60-64	200 Meter Dash	31.78	2	Silver	1989
Darrell	Paul	Des Moines	Iowa	M/60-64	200 Meter Dash	33.38	3	Bronze	1989
Richard	Peterson	Des Moines	Iowa	M/65-69	200 Meter Dash	38.45	1	Gold	1989
Harry	Arnold	Des Moines	Iowa	M/65-69	200 Meter Dash	42.32	2	Silver	1989
Clarence	Osborn	Lincoln	Nebraska	M/70-74	200 Meter Dash	36.1	1	Gold	1989
Melvin	Flachs	Davenport	Iowa	M/70-74	200 Meter Dash	38.25	2	Silver	1989
Donald	Schultze	Des Moines	Iowa	M/70-74	200 Meter Dash	45.26	3	Bronze	1989
Madeleo	Blake	Letts	Iowa	M/75-79	200 Meter Dash	33.77	1	Gold	1989
J.C.	Byers	McAllen	Texas	M/75-79	200 Meter Dash	35.82	2	Silver	1989
Wayne	Steward	Knoxville	Iowa	M/75-79	200 Meter Dash	55.08	3	Bronze	1989
Joan	Robinson	Des Moines	Iowa	W/55-59	200 Meter Dash	52.3	1	Gold	1989
Elaine	Sanford	Kirksville	Missouri	W/55-59	200 Meter Dash	55.3	2	Silver	1989
Charlotte	Acton	Kirksville	Missouri	W/60-64	200 Meter Dash	50.23	1	Gold	1989
Lois	Ribbens	Hull	Iowa	W/60-64	200 Meter Dash	41.06	2	Silver	1989
Esther	Wilson	Cedar Rapids	Iowa	W/60-64	200 Meter Dash	41.25	3	Bronze	1989
Ethel	Miller	Cedar Rapids	Iowa	W/65-69	200 Meter Dash	40.76	1	Gold	1989
Frank	Brown	Des Moines	Iowa	M/55-59	400 Meter Dash	01:05.6	1	Gold	1989
Gene	Harding	Des Moines	Iowa	M/55-59	400 Meter Dash	01:13.5	2	Silver	1989
Franklin	Peterson	Fort Madison	Iowa	M/55-59	400 Meter Dash	01:17.1	3	Bronze	1989
Larry	Larson	Cambridge	Iowa	M/60-64	400 Meter Dash	01:11.6	1	Gold	1989
Melvin	Larsen	Springfield	Illinois	M/60-64	400 Meter Dash	01:12.1	2	Silver	1989
Darrell	Mitchell	Marshalltown	Iowa	M/60-64	400 Meter Dash	01:13.9	3	Bronze	1989
Richard	Peterson	Des Moines	Iowa	M/65-69	400 Meter Dash	01:56.8	1	Gold	1989
Clarence	Osborn	Lincoln	Nebraska	M/70-74	400 Meter Dash	01:30.4	1	Gold	1989
Melvin	Flachs	Davenport	Iowa	M/70-74	400 Meter Dash	01:34.7	2	Silver	1989
Donald	Schultz	Des Moines	Iowa	M/70-74	400 Meter Dash	01:56.8	3	Bronze	1989
Madeleo	Blake	Letts	Iowa	M/75-79	400 Meter Dash	01:19.1	1	Gold	1989
J.C.	Byers	McAllen	Texas	M/75-79	400 Meter Dash	01:36.3	2	Silver	1989
Joan	Robinson	Des Moines	Iowa	W/55-59	400 Meter Dash	02:09.6	1	Gold	1989
Elaine	Sanford	Kirksville	Missouri	W/55-59	400 Meter Dash	02:28.1	2	Silver	1989
Lois	Ribbens	Hull	Iowa	W/60-64	400 Meter Dash	01:42.0	1	Gold	1989
Esther	Wilson	Cedar Rapids	Iowa	W/60-64	400 Meter Dash	01:43.4	2	Silver	1989
Charlotte	Acton	Kirksville	Missouri	W/60-64	400 Meter Dash	02:23.7	3	Bronze	1989
Frank	Brown	Des Moines	Iowa	M/55-59	800 Meter Walk	02:32.3	1	Gold	1989
Jim	Smedema	Des Moines	Iowa	M/55-59	800 Meter Walk	02:35.9	2	Silver	1989
Gene	Harding	Des Moines	Iowa	M/55-59	800 Meter Walk	02:45.5	3	Bronze	1989
Larry	Larson	Cambridge	Iowa	M/60-64	800 Meter Walk	02:50.0	1	Gold	1989
Charles	Kern	Council Bluffs	Iowa	M/60-64	800 Meter Walk	02:50.9	2	Silver	1989
Darrell	Mitchell	Marshalltown	Iowa	M/60-64	800 Meter Walk	02:59.4	3	Bronze	1989
George	Brown	Ames	Iowa	M/65-69	800 Meter Walk	02:56.4	1	Gold	1989
Richard	Peterson	Des Moines	Iowa	M/65-69	800 Meter Walk	04:45.4	2	Silver	1989
Clarence	Osborn	Lincoln	Nebraska	M/70-74	800 Meter Walk	03:02.7	3	Bronze	1989
Donald	Schultz	Des Moines	Iowa	M/70-74	800 Meter Walk	04:18.7	1	Gold	1989

Madeleo	Blake	Letts	Iowa	M/75-79	800 Meter Walk		03:18.9	2	Silver	1989
J.C.	Byers	McAllen	Texas	M/75-79	800 Meter Walk		03:54.2	3	Bronze	1989
Joan	Robinson	Des Moines	Iowa	W/55-59	800 Meter Walk		05:06.9	1	Gold	1989
Lois	Ribbens	Hull	Iowa	W/60-64	800 Meter Walk		03:56.2	1	Gold	1989
Esther	Wilson	Cedar Rapids	Iowa	W/60-64	800 Meter Walk		04:05.5	2	Silver	1989
Frank	Brown	Des Moines	Iowa	M/55-59	800 Meter Walk		03:59.5	1	Gold	1989
Ralph	Scott	West Des Moines	Iowa	M/55-59	800 Meter Walk		05:33.8	2	Silver	1989
Dick	Pertzborn	Ankeny	Iowa	M/60-64	800 Meter Walk		05:13.5	1	Gold	1989
Ernie	Hammond	Whitehall	Illinois	M/60-64	800 Meter Walk		05:21.6	2	Silver	1989
Henry	Kubitz	Dubuque	Iowa	M/60-64	800 Meter Walk		05:24.4	3	Bronze	1989
Wayne	Ellis	Des Moines	Iowa	M/65-69	800 Meter Walk		05:00.2	1	Gold	1989
Howard	Isenberg	Des Moines	Iowa	M/65-69	800 Meter Walk		05:07.0	2	Silver	1989
Wayne	Mitchell	Des Moines	Iowa	M/65-69	800 Meter Walk		05:14.1	3	Bronze	1989
Joseph	Zuendel	Des Moines	Iowa	M/70-74	800 Meter Walk		05:06.6	1	Gold	1989
Clarence	Osborn	Lincoln	Nebraska	M/70-74	800 Meter Walk		05:13.1	2	Silver	1989
Elmer	Sorenson	West Des Moines	Iowa	M/70-74	800 Meter Walk		05:46.2	3	Bronze	1989
Madeleo	Blake	Letts	Iowa	M/75-79	800 Meter Walk		05:07.4	1	Gold	1989
J.C.	Byers	McAllen	Texas	M/75-79	800 Meter Walk		05:14.5	2	Silver	1989
Monnie	Stauffer	Sheldahl	Iowa	M/75-79	800 Meter Walk		08:35.9	3	Bronze	1989
Ted	Joplin	Des Moines	Iowa	M/80+	800 Meter Walk		06:42.0	1	Gold	1989
Mary	Duree	Des Moines	Iowa	W/55-59	800 Meter Walk		05:04.9	1	Gold	1989
Angie	Anderson	Des Moines	Iowa	W/55-59	800 Meter Walk		05:56.3	2	Silver	1989
Joan	Robinson	Des Moines	Iowa	W/55-59	800 Meter Walk		06:05.5	3	Bronze	1989
Betty	Osborn	Lincoln	Nebraska	W/60-64	800 Meter Walk		0:05	1	Gold	1989
Mary	Dollastrini	Carroll	Iowa	W/60-64	800 Meter Walk		05:18.2	2	Silver	1989
Esther	Wilson	Cedar Rapids	Iowa	W/60-64	800 Meter Walk		05:34.4	3	Bronze	1989
Bess	Van Cleve	Des Moines	Iowa	W/65-69	800 Meter Walk		06:05.5	1	Gold	1989
Ethel	Miller	Cedar Rapids	Iowa	W/65-69	800 Meter Walk		06:08.6	2	Silver	1989
Ruth	Spaulding	Des Moines	Iowa	W/70-74	800 Meter Walk		05:39.0	1	Gold	1989
Ann	Benton	Des Moines	Iowa	W/70-74	800 Meter Walk		06:47.8	2	Silver	1989
Lucille	Sandman	Winchester	Illinois	W/75-79	800 Meter Walk		06:33.1	1	Gold	1989
Mary	Rilei	West Des Moines	Iowa	W/75-79	800 Meter Walk		07:18.0	2	Silver	1989
Elizabeth	Koopman	Des Moines	Iowa	W/75-79	800 Meter Walk		07:18.3	2	Silver	1989
Jo	Stephen	Des Moines	Iowa	W/80+	800 Meter Walk		06:47.8	1	Gold	1989
Pancratya	Eddy	Anita	Iowa	W/80+	800 Meter Walk		07:56.8	2	Silver	1989
Frank	Brown	Des Moines	Iowa	M/55-59	1500 Meter Run		05:22.7	1	Gold	1989
Gene	Harding	Des Moines	Iowa	M/55-59	1500 Meter Run		05:32.1	2	Silver	1989
Richard	Browman	Des Moines	Iowa	M/55-59	1500 Meter Run		06:22.4	3	Bronze	1989
Chuck	Kern	Council Bluffs	Iowa	M/60-64	1500 Meter Run		05:54.8	1	Gold	1989
Larry	Larson	Cambridge	Iowa	M/60-64	1500 Meter Run		06:02.5	2	Silver	1989
Darrell	Mitchell	Marshalltown	Iowa	M/60-64	1500 Meter Run		06:25.9	3	Bronze	1989
Walt	LaFollette	Fort Dodge	Iowa	M/65-69	1500 Meter Run		07:11.2	1	Gold	1989
Richard	Peterson	Des Moines	Iowa	M/65-69	1500 Meter Run		12:47.7	2	Silver	1989
Clarence	Osborn	Lincoln	Nebraska	M/70-74	1500 Meter Run		06:03.3	1	Gold	1989
Donald	Schultz	Des Moines	Iowa	M/70-74	1500 Meter Run		08:55.2	2	Silver	1989
Madeleo	Blake	Letts	Iowa	M/75-79	1500 Meter Run		07:09.9	1	Gold	1989
J.C.	Byers	McAllen	Texas	M/75-79	1500 Meter Run		08:03.1	2	Silver	1989
Lois	Ribbens	Hull	Iowa	W/60-64	1500 Meter Run		07:53.8	1	Gold	1989
Esther	Wilson	Cedar Rapids	Iowa	W/60-64	1500 Meter Run		08:29.6	2	Silver	1989
Janet	Fay	Des Moines	Iowa	W/60-64	1500 Meter Run		09:12.3	3	Bronze	1989
Gene	Marchi	Fort Dodge	Iowa	M/55-59	5000 Meter Run		21:29.2	1	Gold	1989
Richard	Browman	Des Moines	Iowa	M/55-59	5000 Meter Run		24:16.9	2	Silver	1989
Charles	Kern	Council Bluffs	Iowa	M/60-64	5000 Meter Run		21:12.6	1	Gold	1989
Darrell	Mitchell	Marshalltown	Iowa	M/60-64	5000 Meter Run		24:24.5	2	Silver	1989
Darrell	Paul	Des Moines	Iowa	M/60-64	5000 Meter Run		26:43.8	3	Bronze	1989
George	Brown	Ames	Iowa	M/65-69	5000 Meter Run		22:24.2	1	Gold	1989
Robert	Fish	Peoria	Illinois	M/65-69	5000 Meter Run		26:12.6	2	Silver	1989
Walt	LaFollette	Fort Dodge	Iowa	M/65-69	5000 Meter Run		26:26.6	3	Bronze	1989
Clarence	Osborn	Lincoln	Nebraska	M/70-74	5000 Meter Run		26:56.9	1	Gold	1989
Madeleo	Blake	Letts	Iowa	M/75-79	5000 Meter Run		26:54.9	2	Silver	1989
Lois	Ribbens	Hull	Iowa	W/60-64	5000 Meter Run		28:10.4	1	Gold	1989
Esther	Wilson	Cedar Rapids	Iowa	W/60-64	5000 Meter Run		30:18.6	2	Silver	1989

Frank	Brown	Des Moines	Iowa	M/55-59	1500 Meter Race Walk	07:53.7	1	Gold	1989
Robert	Gallagher	Des Moines	Iowa	M/55-59	1500 Meter Race Walk	10:11.6	2	Silver	1989
Ralph	Scott	West Des Moines	Iowa	M/55-59	1500 Meter Race Walk	10:13.8	3	Bronze	1989
Ernie	Hammond	Whitehull	Illinois	M/60-64	1500 Meter Race Walk	10:32.3	1	Gold	1989
Raymond	Schumann	Hull	Illinois	M/60-64	1500 Meter Race Walk	10:51.4	2	Silver	1989
Robert	Hines	Des Moines	Iowa	M/60-64	1500 Meter Race Walk	10:56.6	3	Bronze	1989
Wayne	Ellis	Des Moines	Iowa	M/65-69	1500 Meter Race Walk	10:10.3	1	Gold	1989
Howard	Isenberg	Des Moines	Iowa	M/65-69	1500 Meter Race Walk	10:12.8	2	Silver	1989
Ellis	Lewis	Des Moines	Iowa	M/65-69	1500 Meter Race Walk	10:38.1	3	Bronze	1989
Clarence	Osborn	Lincoln	Nebraska	M/70-74	1500 Meter Race Walk	09:30.9	1	Gold	1989
Joseph	Zuendel	Des Moines	Iowa	M/70-74	1500 Meter Race Walk	10:27.7	2	Silver	1989
Elmer	Sorenson	West Des Moines	Iowa	M/70-74	1500 Meter Race Walk	11:18.1	3	Bronze	1989
Madeleo	Blake	Letts	Iowa	M/75-79	1500 Meter Race Walk	09:46.3	1	Gold	1989
J.C.	Byers	McAllen	Texas	M/75-79	1500 Meter Race Walk	10:34.2	2	Silver	1989
Ted	Joplin	Des Moines	Iowa	M/80+	1500 Meter Race Walk	12:36.5	1	Gold	1989
Gloria	Glissman	Omaha	Nebraska	W/55-59	1500 Meter Race Walk	09:46.7	1	Gold	1989
Mary	Duree	Des Moines	Iowa	W/55-59	1500 Meter Race Walk	10:07.4	2	Silver	1989
Mary Jane	Gill	Des Moines	Iowa	W/55-59	1500 Meter Race Walk	10:48.1	3	Bronze	1989
Betty	Osborn	Lincoln	Nebraska	W/60-64	1500 Meter Race Walk	10:15.3	1	Gold	1989
Esther	Wilson	Cedar Rapids	Iowa	W/60-64	1500 Meter Race Walk	10:53.0	2	Silver	1989
Clara	Kubitz	Dubuque	Iowa	W/60-64	1500 Meter Race Walk	11:15.7	3	Bronze	1989
Bess	Van Cleve	Des Moines	Iowa	W/65-69	1500 Meter Race Walk	12:16.8	1	Gold	1989
Ethel	Miller	Cedar Rapids	Iowa	W/65-69	1500 Meter Race Walk	12:56.4	2	Silver	1989
Ellizabeth	Schneider	Omaha	Nebraska	W/65-69	1500 Meter Race Walk	13:40.5	3	Bronze	1989
Ruth	Spaulding	Des Moines	Iowa	W/70-74	1500 Meter Race Walk	11:05.8	1	Gold	1989
Helen	Green	Des Moines	Iowa	W/70-74	1500 Meter Race Walk	13:20.6	2	Silver	1989
Lucille	Sandman	Winchester	Illinois	W/70-74	1500 Meter Race Walk	13:29.5	3	Bronze	1989
Mary	Rilei	West Des Moines	Iowa	W/75-79	1500 Meter Race Walk	13:37.7	1	Gold	1989
Helen	Wallace	Des Moines	Iowa	W/75-79	1500 Meter Race Walk	14:11.3	2	Silver	1989
Frank	Brown	Des Moines	Iowa	M/55-59	Discus	78' 1"	1	Gold	1989
Dan	Francis	Waukee	Iowa	M/55-59	Discus	60' 10 1/2"	2	Silver	1989
Raymond	Schumann	Hull	Iowa	M/60-64	Discus	97' 6"	1	Gold	1989
James	Kempkes	Des Moines	Iowa	M/60-64	Discus	91' 6"	2	Silver	1989
Ted	Ribbens	Hull	Iowa	M/60-64	Discus	80' 3"	3	Bronze	1989
Ross	McGlothlen	Muscatine	Iowa	M/65-69	Discus	76' 5"	1	Gold	1989
Richard	Peterson	Des Moines	Iowa	M/65-69	Discus	60' 6 1/2"	2	Silver	1989
Lou	Brown	Iowa City	Iowa	M/65-69	Discus	46' 3"	3	Bronze	1989
Donald	Schultz	Des Moines	Iowa	M/70-74	Discus	48'	1	Gold	1989
Monnie	Stauffer	Sheldahl	Iowa	M/75-79	Discus	57' 11"	1	Gold	1989
Elaine	Sanford	Kirksville	Missouri	W/55-59	Discus	43' 3"	1	Gold	1989
Charlotte	Acton	Kirksville	Missouri	W/60-64	Discus	48' 2"	1	Gold	1989
Frances	McGlothlen	Muscatine	Iowa	W/65-69	Discus	32' 9"	1	Gold	1989
Lucille	Sandman	Winchester	Illinois	W/70-74	Discus	31' 11"	1	Gold	1989
Betty	Graves	Urbandale	Iowa	W/70-74	Discus	28' 9"	2	Silver	1989
Frank	Brown	Des Moines	Iowa	M/55-59	Running Long Jump	15' 1/2"	1	Gold	1989
Dan	Francis	Waukee	Iowa	M/55-59	Running Long Jump	11' 1 3/4"	2	Silver	1989
Ralph	Scott	West Des Moines	Iowa	M/55-59	Running Long Jump	9' 1/2"	3	Bronze	1989
Melvin	Larsen	Springfield	Illinois	M/60-64	Running Long Jump	12' 4"	1	Gold	1989
Darrell	Paul	Des Moines	Iowa	M/60-64	Running Long Jump	11' 3 1/2"	2	Silver	1989
Raymond	Schumann	Hull	Illinois	M/60-64	Running Long Jump	11' 6"	3	Bronze	1989
Mick	Donahue	West Des Moines	Iowa	M/65-69	Running Long Jump	9' 7"	1	Gold	1989
Clarence	Osborn	Lincoln	Nebraska	M/70-74	Running Long Jump	8' 3"	1	Gold	1989
Don	Schultz	Des Moines	Iowa	M/70-74	Running Long Jump	6' 11 1/2"	2	Silver	1989
Mandeleo	Blake	Letts	Iowa	M/75-79	Running Long Jump	9' 10 1/2"	1	Gold	1989
Wayne	Stewart	Knoxville	Iowa	M/75-79	Running Long Jump	5' 1"	2	Silver	1989
Elaine	Sanford	Kirksville	Missouri	W/55-59	Running Long Jump	4' 10"	1	Gold	1989
Ernestine	Davis	Des Moines	Iowa	W/60-64	Running Long Jump	7' 8 1/2"	1	Gold	1989
Charlotte	Acton	Kirksville	Missouri	W/60-64	Running Long Jump	3' 10 1/4"	2	Silver	1989
Ethel	Miller	Cedar Rapids	Iowa	W/65-69	Running Long Jump	8' 9 1/2"	1	Gold	1989
Virginia	Sorensen	West Des Moines	Iowa	W/70-74	Running Long Jump	5' 5 1/2"	1	Gold	1989

Dan	Francis	Waukee	Iowa	M/55-59	Shot Put	34' 4"	1	Gold	1989
Frank	Brown	Des Moines	Iowa	M/55-59	Shot Put	33' 4 1/2"	2	Silver	1989
John	Valdez	West Des Moines	Iowa	M/55-59	Shot Put	30' 2"	3	Bronze	1989
Ray	Schumann	Hull	Iowa	M/60-64	Shot Put	37' 9 3/4"	1	Gold	1989
Dick	Peaceborn	Ankeny	Iowa	M/60-64	Shot Put	37' 7"	2	Silver	1989
James	Kempkes	Des Moines	Iowa	M/60-64	Shot Put	33' 10 1/2"	3	Bronze	1989
Ross	McGlothlen	Muscatine	Iowa	M/65-69	Shot Put	30' 9"	1	Gold	1989
Harry	Arnold	Des Moines	Iowa	M/65-69	Shot Put	30' 1 3/4"	2	Silver	1989
Mick	Donahue	West Des Moines	Iowa	M/65-69	Shot Put	27' 6 1/2"	3	Bronze	1989
Donald	Schultz	Des Moines	Iowa	M/70-74	Shot Put	22' 7 1/2"	1	Gold	1989
J.C.	Byers	McAllen	Texas	M/75-79	Shot Put	31' 0"	1	Gold	1989
Monnie	Stauffer	Sheldahl	Iowa	M/75-79	Shot Put	27' 9"	2	Silver	1989
Elaine	Sanford	Kirksville	Missouri	W/55-59	Shot Put	16' 5 1/2"	1	Gold	1989
Charlotte	Acton	Kirksville	Missouri	W/60-64	Shot Put	22' 4"	1	Gold	1989
Delores	Murray	Galva	Illinois	W/60-64	Shot Put		2	Silver	1989
Frances	McGlothlen	Muscatine	Iowa	W/65-69	Shot Put	16' 6"	1	Gold	1989
Lucille	Sanndman	Winchester	Illinois	W/70-74	Shot Put	16' 11"	1	Gold	1989
Betty	Graves	Urbandale	Iowa	W/70-74	Shot Put	16' 5 1/2"	2	Silver	1989
Harvey	Berner	Fort Dodge	Iowa	M/55-59	Standing Long Jump	6' 1/2"	1	Gold	1989
Ralph	Scott	West Des Moines	Iowa	M/55-59	Standing Long Jump	5' 5"	2	Silver	1989
Raymond	Schumann	Hull	Illinois	M/60-64	Standing Long Jump	7' 10"	1	Gold	1989
Henry	Kubitz	Dubuque	Iowa	M/60-64	Standing Long Jump	6' 4"	2	Silver	1989
Darrell	Paul	Des Moines	Iowa	M/60-64	Standing Long Jump	6' 3"	3	Bronze	1989
Howard	Isenberg	Des Moines	Iowa	M/65-69	Standing Long Jump	5' 9 1/2"	1	Gold	1989
Mick	Donahue	West Des Moines	Iowa	M/65-69	Standing Long Jump	5' 8"	2	Silver	1989
Richard	Peterson	Des Moines	Iowa	M/65-69	Standing Long Jump	5' 3"	3	Bronze	1989
Tom	Hannibal	Hannibal	Missouri	M/70-74	Standing Long Jump	7' 2"	1	Gold	1989
Madeleo	Blake	Letts	Iowa	M/75-79	Standing Long Jump	5' 0"	1	Gold	1989
Monnie	Stauffer	Sheldahl	Iowa	M/75-79	Standing Long Jump	4' 10"	2	Silver	1989
Wayne	Steward	Knoxville	Iowa	M/75-79	Standing Long Jump	4' 5"	3	Bronze	1989
Nancy	Baker	Des Moines	Iowa	W/55-59	Standing Long Jump	3' 7"	1	Gold	1989
Ernestine	Davis	Des Moines	Iowa	W/60-64	Standing Long Jump	4' 8 1/2"	1	Gold	1989
Clara	Kubitz	Dubuque	Iowa	W/60-64	Standing Long Jump	3' 11"	2	Silver	1989
Lois	Miller	Laurel	Iowa	W/60-64	Standing Long Jump	3' 9 1/2"	3	Bronze	1989
Ethel	Miller	Cedar Rapids	Iowa	W/65-69	Standing Long Jump	4' 11"	1	Gold	1989
Doris	Milligan	West Des Moines	Iowa	W/65-69	Standing Long Jump	3' 9 1/4"	2	Silver	1989
Rosemarie	Sigler	Des Moines	Iowa	W/70-74	Standing Long Jump	3' 11"	1	Gold	1989
Tom	Cady	Des Moines	Iowa	M/55-59	50 Yard Backstroke	:43.60	1	Gold	1989
James	Kempkes	Des Moines	Iowa	M/60-64	50 Yard Backstroke	:44.85	1	Gold	1989
Lee	Hays	Newton	Iowa	M/60-64	50 Yard Backstroke	:46.24	2	Silver	1989
Bill	Mekemson	Humboldt	Iowa	M/60-64	50 Yard Backstroke	:51.77	3	Bronze	1989
George	Henry	Cedar Rapids	Iowa	M/65-69	50 Yard Backstroke	:40.41	1	Gold	1989
Donald	Huntoon	Des Moines	Iowa	M/65-69	50 Yard Backstroke	:53.91	2	Silver	1989
Leon	Dolski	West Des Moines	Iowa	M/70-74	50 Yard Backstroke	01:11.0	1	Gold	1989
Russell	Goodman	Des Moines	Iowa	M/80+	50 Yard Backstroke	01:03.9	1	Gold	1989
Judy	Chadima	Cedar Rapids	Iowa	W/55-59	50 Yard Backstroke	:41.63	1	Gold	1989
Marilyn	Fechner	West Des Moines	Iowa	W/55-59	50 Yard Backstroke	01:06.1	2	Silver	1989
Parkie	Copeland	Waterloo	Iowa	W/60-64	50 Yard Backstroke	:54.97	1	Gold	1989
Alice	Johnson	Ankeny	Iowa	W/60-64	50 Yard Backstroke	01:02.1	2	Silver	1989
Ella	Quiner	Des Moines	Iowa	W/60-64	50 Yard Backstroke	01:13.4	3	Bronze	1989
Dorothy	McSherry	Des Moines	Iowa	W/65-69	50 Yard Backstroke	01:13.4	1	Gold	1989
Mary	Warren	Des Moines	Iowa	W/65-69	50 Yard Backstroke	01:58.5	2	Silver	1989
Virginia	Sorensen	West Des Moines	Iowa	W/70-74	50 Yard Backstroke	:59.10	1	Gold	1989
Marijane	Torjesen	Des Moines	Iowa	W/70-74	50 Yard Backstroke	01:26.9	2	Silver	1989
Mary Lou	Morgan	Des Moines	Iowa	W/70-74	50 Yard Backstroke	01:41.1	3	Bronze	1989
Lucille	Schertz	West Des Moines	Iowa	W/80+	50 Yard Backstroke	02:23.0	1	Gold	1989
Tom	Cady	Des Moines	Iowa	M/55-59	100 Yard Backstroke	01:42.7	1	Gold	1989
Lee	Hays	Newton	Iowa	M/60-64	100 Yard Backstroke	01:40.3	1	Gold	1989
James	Kempkes	Des Moines	Iowa	M/60-64	100 Yard Backstroke	01:49.3	2	Silver	1989
George	Henry	Cedar Rapids	Iowa	M/65-69	100 Yard Backstroke	01:35.6	1	Gold	1989
Donald	Huntoon	Des Moines	Iowa	M/65-69	100 Yard Backstroke	02:10.9	2	Silver	1989

Elmer	Schneider	Omaha	Nebraska	M/65-69	100 Yard Backstroke		03:27.5	3	Bronze	1989
Leon	Dolski	West Des Moines	Iowa	M/70-74	100 Yard Backstroke		02:36.5	1	Gold	1989
Russell	Goodman	Des Moines	Iowa	M/80+	100 Yard Backstroke		07:37.9	1	Gold	1989
Judy	Chadima	Cedar Rapids	Iowa	W/55-59	100 Yard Backstroke		01:39.0	1	Gold	1989
Marilyn	Fechner	West Des Moines	Iowa	W/55-59	100 Yard Backstroke		02:29.9	2	Silver	1989
Alice	Johnson	Ankeny	Iowa	W/60-64	100 Yard Backstroke		02:25.5	1	Gold	1989
Frances	Huntoon	Des Moines	Iowa	W/60-64	100 Yard Backstroke		03:32.9	2	Silver	1989
Dorothy	McSherry	Des Moines	Iowa	W/65-69	100 Yard Backstroke		02:51.6	1	Gold	1989
Elizabeth	Schneider	Omaha	Nebraska	W/65-69	100 Yard Backstroke		03:18.1	2	Silver	1989
Marijane	Torjesen	Des Moines	Iowa	W/70-74	100 Yard Backstroke		02:59.9	1	Gold	1989
Mary Lou	Morgan	Des Moines	Iowa	W/70-74	100 Yard Backstroke		03:40.1	2	Silver	1989
Tom	Cady	Des Moines	Iowa	M/55-59	200 Yard Backstroke		03:34.1	1	Gold	1989
James	Kempkes	Des Moines	Iowa	M/60-64	200 Yard Backstroke		04:20.4	2	Silver	1989
George	Henry	Cedar Rapids	Iowa	M/65-69	200 Yard Backstroke		03:37.4	1	Gold	1989
Donald	Huntoon	Des Moines	Iowa	M/65-69	200 Yard Backstroke		04:46.6	2	Silver	1989
Russell	Goodman	Des Moines	Iowa	M/80+	200 Yard Backstroke		05:28.2	1	Gold	1989
Judy	Chadima	Cedar Rapids	Iowa	W/55-59	200 Yard Backstroke		03:26.5	1	Gold	1989
Marilyn	Fechner	West Des Moines	Iowa	W/55-59	200 Yard Backstroke		05:20.9	2	Silver	1989
Parkie	Copeland	Waterloo	Iowa	W/60-64	200 Yard Backstroke		04:20.5	1	Gold	1989
Frances	Huntoon	Des Moines	Iowa	W/60-64	200 Yard Backstroke		08:04.6	2	Silver	1989
Marijane	Torjesen	Des Moines	Iowa	W/70-74	200 Yard Backstroke		06:42.4	1	Gold	1989
Tom	Cady	Des Moines	Iowa	M/55-59	50 Yard Backstroke		:39.90	1	Gold	1989
Lee	Hays	Newton	Iowa	M/60-64	50 Yard Backstroke		:40.85	1	Gold	1989
Fred	Bobenhouse	Des Moines	Iowa	M/60-64	50 Yard Backstroke		:48.51	2	Silver	1989
James	Kempkes	Des Moines	Iowa	M/60-64	50 Yard Backstroke		:48.98	3	Bronze	1989
Leon	Dolski	West Des Moines	Iowa	M/70-74	50 Yard Backstroke		01:03.8	1	Gold	1989
Judy	Chadima	Cedar Rapids	Iowa	W/55-59	50 Yard Backstroke		:52.78	1	Gold	1989
Marilyn	Fechner	West Des Moines	Iowa	W/55-59	50 Yard Backstroke		01:05.6	2	Silver	1989
Parkie	Copeland	Waterloo	Iowa	W/60-64	50 Yard Backstroke		:52.89	1	Gold	1989
Alice	Johnson	Ankeny	Iowa	W/60-64	50 Yard Backstroke		01:19.1	2	Silver	1989
Virginia	Sorensen	West Des Moines	Iowa	W/70-74	50 Yard Backstroke		01:01.0	1	Gold	1989
Marijane	Torjesen	Des Moines	Iowa	W/70-74	50 Yard Backstroke		01:23.7	2	Silver	1989
Mary Lou	Morgan	Des Moines	Iowa	W/70-74	50 Yard Backstroke		01:49.1	3	Bronze	1989
Tom	Cady	Des Moines	Iowa	M/55-59	50 Yard Freestyle		:33.0	1	Gold	1989
James	Kempkes	Des Moines	Iowa	M/60-64	50 Yard Freestyle		:34.44	1	Gold	1989
Bill	Mekemson	Humboldt	Iowa	M/60-64	50 Yard Freestyle		:40.06	2	Silver	1989
Richard	Pertzborn	Ankeny	Iowa	M/60-64	50 Yard Freestyle		:47.70	3	Bronze	1989
George	Henry	Cedar Rapids	Iowa	M/65-69	50 Yard Freestyle		:32.90	1	Gold	1989
Henry	Arnold	Des Moines	Iowa	M/65-69	50 Yard Freestyle		:41.00	2	Silver	1989
Donald	Huntoon	Des Moines	Iowa	M/65-69	50 Yard Freestyle		:44.94	3	Bronze	1989
Jack	Lamberson	Oskaloosa	Iowa	M/70-74	50 Yard Freestyle		:37.19	1	Gold	1989
Leon	Dolski	West Des Moines	Iowa	M/70-74	50 Yard Freestyle		01:06.3	2	Silver	1989
Judy	Chadima	Cedar Rapids	Iowa	W/55-59	50 Yard Freestyle		:36.78	1	Gold	1989
Marilyn	Fechner	West Des Moines	Iowa	W/55-59	50 Yard Freestyle		01:01.8	2	Silver	1989
Parkie	Copeland	Waterloo	Iowa	W/60-64	50 Yard Freestyle		:39.75	1	Gold	1989
Janet	Fay	Des Moines	Iowa	W/60-64	50 Yard Freestyle		:49.12	2	Silver	1989
Alice	Johnson	Ankeny	Iowa	W/60-64	50 Yard Freestyle		01:00.8	3	Bronze	1989
Dorothy	Brasch	St. Ansgar	Iowa	W/65-69	50 Yard Freestyle		:39.86	1	Gold	1989
Dorothy	McSherry	Des Moines	Iowa	w/65-69	50 Yard Freestyle		01:15.6	2	Silver	1989
Mary	Warren	Des Moines	Iowa	W/65-69	50 Yard Freestyle		01:54.1	3	Bronze	1989
Virginia	Sorensen	West Des Moines	Iowa	W/70-74	50 Yard Freestyle		:49.55	1	Gold	1989
Marijane	Torjesen	Des Moines	Iowa	W/70-74	50 Yard Freestyle		01:23.1	2	Silver	1989
Betty	Miller	West Des Moines	Iowa	W/70-74	50 Yard Freestyle		01:36.0	3	Bronze	1989
Lucille	Schertz	West Des Moines	Iowa	W/80+	50 Yard Freestyle		02:04.5	1	Gold	1989
Tom	Cady	Des Moines	Iowa	M/55-59	100 Yard Freestyle		01:12.2	1	Gold	1989
James	Kempkes	Des Moines	Iowa	M/60-64	100 Yard Freestyle		01:19.1	1	Gold	1989
Lee	Hays	Newton	Iowa	M/60-64	100 Yard Freestyle		01:19.4	2	Silver	1989
Fred	Bobenhouse	Des Moines	Iowa	M/60-64	100 Yard Freestyle		01:38.9	3	Bronze	1989
George	Henry	Cedar Rapids	Iowa	M/65-69	100 Yard Freestyle		01:12.7	1	Gold	1989
Harry	Arnold	Des Moines	Iowa	M/65-69	100 Yard Freestyle		01:41.6	2	Silver	1989

Richard	Peterson	Des Moines	Iowa	M/65-69	100 Yard Freestyle	03:36.0	3	Bronze	1989
Jack	Lamberson	Oskaloosa	Iowa	M/70-74	100 Yard Freestyle	01:26.5	1	Gold	1989
Leon	Dolski	West Des Moines	Iowa	M/70-74	100 Yard Freestyle	02:24.7	2	Silver	1989
Judy	Chadima	Cedar Rapids	Iowa	W/55-59	100 Yard Freestyle	01:22.1	1	Gold	1989
marilyn	Fechner	Waterloo	Iowa	W/55-59	100 Yard Freestyle	02:22.6	2	Silver	1989
Parkie	Copeland	West Des Moines	Iowa	W/60-64	100 Yard Freestyle	01:28.2	1	Gold	1989
Dorothy	Brasch	St Ansgar	Iowa	W/65-69	100 Yard Freestyle	01:33.0	1	Gold	1989
Marijane	Torjesen	Des Moines	Iowa	W/70-74	100 Yard Freestyle	03:13.0	1	Gold	1989
Tom	Cady	Des Moines	Iowa	M/55-59	400 Yard Freestyle	06:08.5	1	Gold	1989
Lee	Hays	Newton	Iowa	M/60-64	400 Yard Freestyle	06:50.8	1	Gold	1989
James	Kempkes	Des Moines	Iowa	M/60-64	400 Yard Freestyle	07:27.1	2	Silver	1989
Dick	Pertzborn	Ankeny	Iowa	M/60-64	400 Yard Freestyle	14:21.1	3	Bronze	1989
George	Henry	Cedar Rapids	Iowa	M/65-69	400 Yard Freestyle	06:33.5	1	Gold	1989
jack	Lamberson	Oskaloosa	Iowa	M/70-74	400 Yard Freestyle	07:41.0	1	Gold	1989
Leon	Dolski	West Des Moines	Iowa	M/70-74	400 Yard Freestyle	11:07.3	2	Silver	1989
Judy	Chadima	Cedar Rapids	Iowa	W/55-59	400 Yard Freestyle	06:32.1	1	Gold	1989
Parkie	Copeland	Waterloo	Iowa	W/60-64	400 Yard Freestyle	06:53.2	1	Gold	1989
Janet	Fay	Des Moines	Iowa	W/60-64	400 Yard Freestyle	09:01.3	2	Silver	1989
Marijane	Torjesen	Des Moines	Iowa	W/70-74	400 Yard Freestyle	13:54.3	1	Gold	1989
Tom	Cady	Des Moines	Iowa	M/55-59	50 Yard Sidestroke	:50.50	1	Gold	1989
Lee	Hays	Newton	Iowa	M/60-64	50 Yard Sidestroke	:49.62	1	Gold	1989
James	Kempkes	Des Moines	Iowa	M/60-64	50 Yard Sidestroke	:50.20	2	Silver	1989
Bill	McKernson	Humboldt	Iowa	M/60-64	50 Yard Sidestroke	:51.25	3	Bronze	1989
George	Henry	Cedar Rapids	Iowa	M/65-69	50 Yard Sidestroke	:46.38	1	Gold	1989
Harry	Arnold	Des Moines	Iowa	M/65-69	50 Yard Sidestroke	:58.22	2	Silver	1989
Leon	Dolski	West Des Moines	Iowa	M/70-74	50 Yard Sidestroke	01:03.1	1	Gold	1989
Raymond	Vogel	West Des Moines	Iowa	M/70-74	50 Yard Sidestroke	01:33.7	2	Silver	1989
Judy	Chadima	Cedar Rapids	Iowa	W/55-59	50 Yard Sidestroke	:52.55	1	Gold	1989
Marilyn	Fechner	West Des Moines	Iowa	W/55-59	50 Yard Sidestroke	01:06.2	2	Silver	1989
Parkie	Copeland	Waterloo	Iowa	W/60-64	50 Yard Sidestroke	:56.02	1	Gold	1989
Alice	Johnson	Ankeny	Iowa	W/60-64	50 Yard Sidestroke	01:17.0	2	Silver	1989
Dorothy	McSherry	Des Moines	Iowa	W/65-69	50 Yard Sidestroke	01:21.3	1	Gold	1989
Elizabeth	Schneider	Omaha	Nebraska	W/65-69	50 Yard Sidestroke	01:28.6	2	Silver	1989
Virginia	Sorensen	West Des Moines	Iowa	W/70-74	50 Yard Sidestroke	01:04.0	1	Gold	1989
Marijane	Torjesen	Des Moines	Iowa	W/70-74	50 Yard Sidestroke	01:21.8	2	Silver	1989
Betty	Graves	Urbandale	Iowa	W/70-74	50 Yard Sidestroke	01:30.9	3	Bronze	1989
Lucille	Schertz	West Des Moines	Iowa	W/80+	50 Yard Sidestroke	02:05.5	1	Gold	1989
Tom	Cady	Des Moines	Iowa	M/55-59	100 Yard Individual Medley	01:32.4	1	Gold	1989
James	Kempkes	Des Moines	Iowa	M/60-64	100 Yard Individual Medley	01:44.3	1	Gold	1989
George	Henry	Cedar Rapids	Iowa	M/65-69	100 Yard Individual Medley	01:44.4	1	Gold	1989
Leon	Dolski	Des Moines	Iowa	M/70-74	100 Yard Individual Medley	02:35.4	1	Gold	1989
Judy	Chadima	Cedar Rapids	Iowa	W/55-59	100 Yard Individual Medley	01:40.1	1	Gold	1989
Marilyn	Fechner	West Des Moines	Iowa	W/55-59	100 Yard Individual Medley	02:19.6	2	Silver	1989
Parkie	Copeland	Waterloo	Iowa	W/60-64	100 Yard Individual Medley	01:50.3	1	Gold	1989
Virginia	Sorensen	West Des Moines	Iowa	W/70-74	100 Yard Individual Medley	02:17.9	1	Gold	1989
Marijane	Torjesen	Des Moines	Iowa	W/70-74	100 Yard Individual Medley	03:16.2	2	Silver	1989