

AGE GROUP	NAME	CITY	RESULT	YEAR(S)
<b>ARCHERY (900 Round in NSGA Qualifying Years)</b>				
<b>Archery: Recurve   Women</b>				
60-64	Mary Farrow Walker	Carol Stream, IL	469	2018
65-69	# Mary Farrow Walker	Carol Stream, IL	1022	2022
<b>Archery: Recurve   Women (900 Round)</b>				
60-64	# Mary Farrow Walker	Carol Stream, IL	321	2018
<b>Archery: Recurve   Men</b>				
50-54	Eric Bisinger	Central City	881	2015
55-59	Matt Bamberg	Eldridge	968	2017
55-59	# Robert Stegmann	Lakeville, MN	1055	2015
60-64	Ted Beith	Plymouth	932	2012
	Robert Stegmann	Lakeville, MN	959	2018
	# Michael Trudell	Rock Island, IL	994	2022
65-69	Vance Patrilla	Toddville	1000	2018
	# Priest Walker	Carol Stream, IL	1354	2022
<b>Archery: Recurve   Men (900 Round)</b>				
55-59	Eric Bisinger	Central City	673	2018
60-64	Ted Beith	Plymouth	774	2014
65-69	Vance Patrilla	Toddville	755	2018
<b>Archery: Barebow Compound   Men</b>				
60-64	Jess hicks	Des Moines	536	2021
65-69	Larry Cline	Winterset	1026	2012
75-79	# Roger Wertanen	Peterson, MN	591	2015
<b>Archery: Barebow Recurve   Men</b>				
55-59	Dave Luett	Nora Springs	694	2018
<b>Archery: Barebow Recurve   Men (900 Round)</b>				
55-59	Dave Luett	Nora Springs	509	2018
<b>Archery: Compound Fingers   Men</b>				
55-59	Mark Linser	Marshalltown	1089	2012
70-74	Terry Witt	Huxley	1055	2015
75-79	Terry Witt	Huxley	1093	2021
<b>Archery: Compound Fingers   Men (900 Round)</b>				
50-54	Todd Heck	Greenville	803	2014
65-69	Terry Witt	Huxley	790	2014
70-74	Terry Witt	Huxley	826	2016
<b>Archery: Compound Release   Women</b>				
50-54	Gayla Lewis	Cedar Rapids	1033	2012
50-54	Gayla Lewis	Cedar Rapids	987	2017
60-64	Barb Sharp	Norwalk	975	2012
<b>Archery: Compound Release   Women (900 Round)</b>				
50-54	Kathleen Trail	Johnston	790	2014
55-59	Gayla Lewis	Cedar Rapids	760	2016
65-69	Patricia Bridge	Central City	825	2016
<b>Archery: Compound Release   Men</b>				

50-54	Warren Rush	Prole	1169	2015
55-59	Warren Rush	Prole	1163	2017
60-64	Richard Pauley	Centerville	1154	2012
	# Scott Wymore	Stout	1436	2022
65-69	Roger Wilson	Urbandale	1147	2012
70-74	Roger Wilson	Urbandale	1150	2017
75-79	Lee Sill	Cresco	1136	2012
	# Roger Wilson	Grimes	1421	2022
80-84	Donald Mott	Bettendorf	1034	2012
<b>Archery: Compound Release   Men (900 Round)</b>				
50-54	Warren Rush	Prole	878	2014
55-59	Scott Wymore	Stout	876	2016
60-64	Ron Mott	Eldridge	860	2016
65-69	Richard Pauley	Centerville	871	2016
70-74	Roger Wilson	Grimes	851	2018
75-79	Lee Sill	Cresco	829	2014
85-89	Donald Mott	Bettendorf	684	2016
<b>BASKETBALL SHOOTING COMPETITIONS</b>				
<b>Records / Basketball Shooting: Around the World / Women</b>				
50-54	Carol Schleih	Ames	14	2011
55-59	Jody Walter	Des Moines	13	2017
	# Kim Tomes	Jone, OK	14	2021
60-64	Rita Leitzinger	Norwalk	14	2015
65-69	Jewell Chapman	Des Moines	13	2012
70-74	Phyllis Weeda	Des Moines	12	2017
	Susan Furland	Runnells	12	2018
	# Irene Kerwin	Peoria, IL	12	1997
	# Rose Marie Melichar	Aurora, CO	12	2009 & 10
75-79	Joan Tassler	Jefferson	11	2003
	Vi Darsee	Clive	11	2011
80-84	Marie Eaton	West Des Moines	8	2010
	Carolyn Dodd	Des Moines	8	2013 & 2015
	# Irene Kerwin	Peoria, IL	8	2007
85-89	Carolyn Dodd	Des Moines	8	2018
<b>Records / Basketball Shooting: Around the World / Men</b>				
50-54	Don Tripp	Des Moines	11	2007
	Brian Dunn	Jackson, TN	11	2018
	# Kirk Hardcastle	Mason City	11	2022
55-59	Timothy Pew	Des Moines	13	2017
60-64	Dale Thede	Urbandale	13	2011
65-69	Brad Ewest	Ankeny	14	2018
	# Roger Theobald	Elkhorn, NE	14	2010
70-74	Skip Hills	Altoona	15	2017
75-79	Lee Kane	Urbandale	15	2011
	#Duane Shaw	Kansas City, KS	15	2017

80-84	Lee Kane	Urbandale	14	2014
	#Duane Shaw	Kansas City, KS	14	2018
85-89	Ralph Scott	West Des Moines	12	2014
	# Bob McCoid	West Alexander, PA	14	2022
90-94	Bart Young	Indianola	5	2021
<b>Records / Basketball Shooting: Free Throws / Women</b>				
50-54	Jody Walter	Des Moines	15	2016
	Jacqueline Riekema	West Des Moines	15	2018 & 19
55-59	Rita Leitzinger	Norwalk	14	2010
	Roz Smith	Pleasant Hill	14	2018
60-64	Rhonda Penquite	Cumming	13	2016 & 17
	Virginia McFadden	Marion	13	2022
	Jody Walter	Des Moines	13	2022
65-69	Norma Sicheneder	Des Moines	14	1998
70-74	Jean Minahan	Des Moines	11	2013
	# Dolores Murray	Galva, IL	14	1998
75-79	Carolyn Dodd	Des Moines	10	2007
80-84	Maria Eaton	West Des Moines	9	2010
85-89	Maria Eaton	West Des Moines	9	2017
<b>Records / Basketball Shooting: Free Throws / Men</b>				
50-54	Mike Schwake	Nevada	14	2008
	Timothy Pew	Des Moines	14	2014
55-59	Greg Palmersheim	Des Moines	15	2012
60-64	Thomas Szary	Grinnell	15	2010
	Tarry Cory	Clive	15	2012
	# Ray Schumann	Hull, IL	15	1991
	# Pat Leach	Omaha, NE	15	2010
	# Peter Kahler	Omaha, NE	15	2012
65-69	Denny Posekany	Cedar Rapids	15	2015
	Jim Heger	Des Moines	15	2015
	Brad Ewest	Ankeny	15	2018
	# Duane Shaw	Kansas City, KS	15	2010
	# Robert Kranz	Apple Valley, MN	15	2014
70-74	Skip Hills	Altoona	14	2017
	Jim Heger	Des Moines	14	2017
	Alan Schenck	Clarinda	14	2018
	Tarry Cory	Clive	14	2019
	# Ray Schumann	Hull, IL	15	99/01
	# Ernie Kucera	Bellevue, NE	15	2008
	#Roger Theobald	Elkhorn, NE	15	2014
	# Robert Kranz	Apple Valley, MN	15	2019
75-79	Frank Perez	West Des Moines	14	2021
	Ray Schumann	Hull, IL	15	2002
	Albert Matheis	Kankakee, IL	15	2014
	Duane Shaw	Kansas City, KS	15	2014, 16, 17

	Jim Heger	Des Moines	15	2022
80-84	Bill Park	Muscatine	13	2013
	Bob Thompson	Des Moines	13	2010
	Ed Killin	Des Moines	13	2016
	Gary Smidt	Ankeny	13	2018
	# Duane Shaw	Kansas City, KS	15	2019
85-89	Bart Young	Indianola	11	2016 & 17
<b>BOWLING</b>				
<b>BOWLING: SINGLES / Women</b>				
50-54	Roberta Blakeman	Altoona	626	2002
55-59	Irene Cassens	Sigourney	540	1996
	# Charlotte Weisser	Columbus, NE	561	2000
60-64	Carol Brittain	Des Moines	573	2002
	# Charlotte Weisser	Columbus, NE	641	2002
65-69	Leona Gaines	Mt Vernon	641	2002
70-74	Virginia Davis	Des Moines	532	1990
	# Ola Shaw	Kansas City, KS	542	2011
75-79	Sandy Mathews	Des Moines	519	2020
	# Irene Kerwin	Peoria, IL	667	2002
80-84	Lois Kahler	Minden	479	1999
85-89	Jan Schmidt	Ames	453	2021
90+	Leora Jester	Des Moines	416	1995
<b>BOWLING: SINGLES / Men</b>				
50-54	Joe Hernandez	Newton	755	2019
55-59	Michael Hayden	West Des Moines	688	2012
60-64	Mike Schaumburg	West Des Moines	744	2002
65-69	Lowell Huggins	Maxwell	676	2007
70-74	William Shukers	Cedar Rapids	650	2003
	Mike Mathews	Des Moines	650	2021
75-79	John Rogge	Walker	608	2012
80-84	Lowell Huggins	Maxwell	600	2020
85-89	Lloyd Stuber	West Des Moines	556	2002
90+	Frank Zenor	Humboldt	545	1996
<b>BOWLING: DOUBLES / Women</b>				
50-54	Evans/Snyder	IA	1,137	1996
	# Purdes/Weisser	IL/NE	1,182	2002
55-59	Cassens/Paarman	IA	1,209	1996
60-64	Fitzgibbon/Morton	IA	1,228	1995
65-69	Kleinendorst/Winegar	IA	1,137	1996
	# Shaw/Weisser	KS/NE	1,138	2007
70-74	Gual/Murtue	IA	1,155	1996
75-79	Batcheller/Wilson	IA	1,056	1996
<b>BOWLING: DOUBLES / Men</b>				
50-54	Kopececk/Morgan	IA	1,274	2016
55-59	Kopececk/Morgan	IA	1,334	2018

60-64	Burton/Schaumburg	IA	1,256	2007
65-69	Coughlin / Kersey	IA	1,265	2009
70-74	Jacobson/Stuber	IA	1,145	2002
	# Swegel/Ward	KS	1,212	2002
75-79	Mallory/Gordon	IA	1,262	1995
80-84	Gordon/Mallory	IA	991	1997
<b>BOWLING: MIXED DOUBLES</b>				
50-54	# Sichender/Weisser	IA/NE	1,343	1995
55-59	Piagentini/Vander Linden	NA/IA	1,103	1995
	# Weisser/Weisser	NE	1,154	2001
60-64	Kersey/Rutledge	IA	1,150	2008
	# Heine/Heine	AK	1,173	2018
65-69	Carmen/Woodard	IA	1,248	1995
70-74	Myrtue/Myrtue	IA	1,255	1995
75-79	Mallory/Mallory	IA	1,126	1995
80-84	Unger/Huggins	IA	1,102	2021
<b>CYCLING TIME TRIAL</b>				
<b>CYCLING: Time Trial 5 K / WOMEN</b>				
50-54	Connie Inks	Waterloo	6:09	2015
55-59	Michelle Stout	Ankeny	6:53	2015
60-64	Deb Hankens	Cherokee	7:26	2015
	# Susan Paulson	Alexandria, MN	7:24	2015
65-69	Ann Shuman	West Des Moines	7:36	2012
70-74	Ann Shuman	West Des Moines	7:41	2015
75-79	Ann Shuman	West Des Moines	9:56	2019
<b>CYCLING: Time Trial 5 K / MEN</b>				
50-54	Scott Wall	Ames	5:45	2015
55-59	Kelly Knutson	Johnson	5:49	2015
60-64	Dan Shaffer	Ely	5:43	2015
65-69	Paul Black	Des Moines	6:19	2015
70-74	John Hartwig	Ankeny	6:57	2015
	# Bill Earp	Independence, MO	6:34	2015
75-79	Robert Peterson	Marshalltown	7:20	2005
	# Steve Penkhus	Johns Island, SC	7:08	2021
80-84	John Hartwig	Ankeny	8:14	2021
85-89	Robert Peterson	Marshalltown	7:45	2015
<b>CYCLING: Time Trial 10 K / WOMEN</b>				
50-54	Connie Inks	Waterloo	15:06	2017
55-59	Michelle Stout	Ankeny	17:10	2015
60-64	Debra Irving	Ankeny	17:16	2022
65-69	Ann Shuman	West Des Moines	18:09	2010
	# Susan Paulson	Alexandria, MN	17:45	2021
70-74	Ann Shuman	West Des Moines	19:13	2015
75-79	Ann Shuman	West Des Moines	19:43	2019
<b>CYCLING: Time Trial 10 K / MEN</b>				

50-54	Kim West	Des Moines	13:47	2007
	# Dennis Weinbeck	Topeka, KS	13:37	2008
55-59	Scott Wall	Ames	14:12	2021
	#Dennis Weinbeck	Topeka, KS	14:07	2014
60-64	Dan Shaffer	Ely	13:01	2019
65-69	Dan Shaffer	Ely	14:30	2021
70-74	Robert Mutel	Solon	16:56	2018
	# Scott Bulfinch	Lincoln, NE	14:59	2018
75-79	Robert Peterson	Marshalltown	16:14	2005
80-84	Donald Venzke	Cedar Rapids	19:03	2018
85-89	Robert Peterson	Marshalltown	19:03	2019
DISC GOLF				
Disc Golf / Women				
50-54	Jennifer Shide	Urbandale	65	2018
55-59	Jennifer Shide	Urbandale	70	2022
60-64	Sandra Cheney	Newton	57	2022
65-69	Diana Bohkle	Des Moines	80	2021
85-89	Norma Ramker	Urbandale	108	2022
Disc Golf / Men				
50-54	Randy Meier	Van Meter	53	2017
55-59	James Kopacek	Urbandale	50	2021
	# Gary Marty	Abbotsford, BC	43	2019
60-64	Neils Johnson	Ames	46	2021
65-69	Neils Johnson	Ames	47	2022
70-74	Mile Wulbecker	Council Bluffs	51	2022
75-79	Ron Peterson	Waukee	56	2022
80-84	Carroll Marty	Ames	61	2018
85-89	Carroll Marty	Ames	66	2021
FOOTBALL DISTANCE & ACCURACY THROWS				
FOOTBALL: ACCURACY THROW/ Women				
50-54	Denise Fechner	Clive	110	2012
55-59	Jody Walter	Des Moines	130	2019
60-64	Gloria Wichman	Williamsburg	100	2016
65-69	Shirley Sicheneder	Des Moines	90	1998
	Roberta Blakeman	Altoona	90	2016
	Margaret Beuter	Iowa City	90	2022
70-74	Marsha Griffith	West Des Moines	70	2012
	Nancy Jo Henning	West Des Moines	70	2018
	# Irene Kerwin	Peoria, IL	120	1998
75-79	Jean Minahan	Des Moines	50	2017,18,&21
	# Irene Kerwin	Peoria, IL	50	1999
80-84	Carol Linderman	Clive	40	2012
	# Irene Kerwin	Peoria, IL	160	2005
85-89	Carolyn Dodd	Des Moines	10	2017
FOOTBALL: ACCURACY THROW/ Men				

50-54	Dave Stacey	Clive	160	2019
55-59	Tarry Cory	Clive	150	2005
60-64	Dale Thede	Urbandale	120	2011
	Brad Ewest	Ankeny	120	2014
	# Dennis Lehr	Orion, IL	140	2021
65-69	Thede Dale	Urbandale	120	2019
	# Robert Kranz	Apple Valley, MN	120	2014
	Brad Ewest	Ankeny	120	2022
70-74	Fred Bankus	Tama	160	2007
75-79	Stanley Whelchel	Cedar Falls	100	2012
	# Raymond Schumann	Hull, IL	120	2005
	# Lyle Pfaff	Leonardville, KS	120	2011
80-84	Orrie Rew	Iowa City	80	2003
85-89	Carroll Crouse	Adel	60	2001
<b>FOOTBALL: DISTANCE THROW/ Women</b>				
50-54	Rhonda Penquite	Cumming	101-6	2010
55-59	Rhonda Penquite	Cumming	108-1	2015
60-64	Rhonda Penquite	Cumming	104-2	2017
65-69	Margaret Beuter	Iowa City	76-5	2019
	# Neva Weisskopf	Lehigh Acres, FL	79-7	2013
70-74	Erma Kibby	Urbandale	68-8	2006
	# Irene Kerwin	Peoria, IL	75-1	1992



75-79	Glendoris Caswell	Des Moines	47-9	2004
	# Adele McCormick	Sierra Vista, AZ	59-0	1999
80-84	Carol Linderman	Clive	44-9	2017
	# Irene Kerwin	Peoria, IL	49-1	2005
85-89	Carolyn Dodd	Des Moines	25-3	2017
<b>Records / FOOTBALL: DISTANCE THROW/ Men</b>				
50-54	Tarry Cory	Urbandale	213-9	2002 & 03
55-59	Tarry Cory	Urbandale	231-9	2004
60-64	Tarry Cory	Clive	182-11	2008
65-69	Tarry Cory	Clive	170-6	2015
70-74	Tarry Cory	Clive	177-0	2021
75-79	Donald Hutchinson	West Des Moines	129-7	2012
80-84	Donald Hutchinson	West Des Moines	117-0	2017
	# E. Lee Todd	Grant, NE	105-5	1997
85-89	Donald Hutchinson	West Des Moines	84-0	2021
90-94	John Davis	Urbandale	68-8	2008
50-54	Jennifer Shide	Urbandale	20 Yds	2016
55-59	Cathy Hicks	Windsor Heights	15 Yds	2007
	Jackie Kragel	Waukee	15 Yds	2009
60-64	Margaret Beuter	Iowa City	20 Yds	2017
65-69	Margaret Beuter	Iowa City	20 Yds	2021
70-74	Jean Martin	Davenport	15 Yds	2014
<b>FOOTBALL: FIELD GOAL KICK</b>				
<b>FOOTBALL: FIELD GOAL KICK/ Women</b>				
50-54	Jennifer Shide	Urbandale	20 Yds	2016
55-59	Cathy Hicks	Windsor Heights	15 Yds	2007
	Jackie Kragel	Waukee	15 Yds	2009
60-64	Margaret Beuter	Iowa City	20 Yds	2017
65-69	Margaret Beuter	Iowa City	20 Yds	2021
70-74	Jean Martin	Davenport	15 Yds	2014
<b>FOOTBALL: FIELD GOAL KICK/ Men</b>				
50-54	Don Tripp	Des Moines	35 Yds	2008
	Brent Alexander	West Des Moines	35 Yds	2014
	Quinn Falk	Bloomfield	35 Yds	2016
55-59	Steve Roe	Des Moines	35 Yds	2004
	Tarry Cory	Clive	35 Yds	2006
	Joe Bohlke	Des Moines	35 Yds	2014
	# Dennis Lehr	Orion, IL	35 Yds	2017
60-64	Tarry Cory	Clive	40 Yds	2011
65-69	Frank Perez	West Des Moines	30 Yds	2008
	Tarry Corry	Clive	30 Yds	2014
	# Dennis Hinkley	Sioux Falls, SD	35 Yds	2017
70-74	Frank Brown	Des Moines	30 Yds	2004
	# Kurt Tausche	Atlanta, GA	30 Yds	2022
75-79	Rich Hoidahl	Johnston	30 Yds	2016



	# Frank Bollinger	Ex Springs, MO	35 Yds	2004
80-84	Bill Salmon	West Des Moines	20 Yds	2009
	Richard Anderson	West Des Moines	20 Yds	2016
85-89	Gary Smidt	Ankeny	15 Yds	2022
<b>FRISBEE THROW DISTANCE &amp; ACCURACY</b>				
<b>Records / FRISBEE THROW - Accuracy / Women</b>				
50-54	Jacqueline Riekema	West Des Moines	6	2018
	Jennifer Shide	Urbandale	6	2018
55-59	Rhonda Penquite	Cumming	6	2015
60-64	Janice Leinen	North English	5	2018
65-69	Margaret Beuter	Iowa City	5	2022
	Neva Weisskopf	Lehigh Acres, FL	5	2015
70-74	Phyllis Weeda	Des Moines	3	2017
	Reta Callahan	Dysart	3	2022
75-79	Sally Kessman	Urbandale	4	2018
80-84	Nancy Baker	Clive	2	2013
85-89	Norma Ramker	Urbandale	2	2021
<b>Records / FRISBEE THROW - Accuracy / Men</b>				
50-54	Jim Kopacek	Urbandale	9	2022
	# Gary Marty	British Columbia	9	2014
55-59	Jim Kopack	Urbandale	11	2019
60-64	Elliot Kissam	Bettendorf	9	2022
65-69	James Miller	Vail	6	2014
	Dennis Kelly	Clive	6	2018
	Joe Bohlke	Des Moines	6	2021
	# Robert Kranz	Kapaa, HI	6	2013
70-74	Steve Wilson	West Des Moines	7	2014
	Ron Peterson	Waukee	7	2018
75-79	Alan Schenck	Clarinda	9	2021
80-84	Carroll Marty	Ames	8	2015
85-89	Bart Young	Indianola	4	2018
	Gary Smidt	Ankeny	4	2022
	# Bob McCoid	West Alexander, PA	4	2022
90-94	Bart Young	Indianola	2	2021
<i>**In 2018, the number of attempts increased</i>				
<b>Records / FRISBEE THROW - Accuracy / Women **Pre-2018</b>				
50-54	Cheryl Buck	Des Moines	5	2014
	Jean Duffy	Des Moines	5	2015
55-59	Rhonda Penquite	Cumming	6	2015
60-64	Margaret Beuter	Iowa City	4	2014
	Diana Bohlke	Des Moines	4	2015
	Rhonda Penquite	Cumming	4	2017
	# Diane Marty	British Columbia	4	2014
65-69	Neva Weisskopf	Lehigh Acres, FL	5	2015

70-74	Phyllis Weeda	Des Moines	3	2017
80-84	Nancy Baker	Clive	2	2013
<b>Records / FRISBEE THROW - Accuracy / Men **Pre-2018</b>				
50-54	Randy Meier	Van Meter	5	2013, 17
	Timothy Pew	Des Moines	5	2014
	Tom Shide	Urbandale	5	2017
	Gary Marty	British Columbia	9	2014
55-59	Jeff Pfundheller	Urbandale	7	2017
	# Gary Marty	British Columbia	7	2017
60-64	Dale Thede	Urbandale	6	2013
	Ted Goudge	Maryville, MO	6	2017
65-69	James Miller	Vail	6	2014
	# Robert Kranz	Kapaa, HI	6	2013
70-74	Steve Wilson	West Des Moines	7	2014
75-79	Michael Middlemiss	Davenport	4	2012
	Carroll Marty	Ames	4	2013
	Rich Hoidahl	Johnston	4	2017
	David Easterla	Maryville, MO	4	2015
80-84	Carroll Marty	Ames	8	2015
85-89	Dick Pertzborn	Ankeny	1	2012
	Keith Baker	Clive	1	2013
	Frank Bollinger	Excelsior Springs, MO	3	2013
90-94	# Howard Dewell	Quincy, IL	1	2013
<b>Records / FRISBEE THROW - Distance / Women</b>				
50-54	Cheryl Buck	Des Moines	78 yds.	2014
55-59	Rhonda Penquite	Cumming	66 yds	2011
60-64	Brenda Brock	Adel	54 yds	2011
65-69	Margaret Beuter	Iowa City	35.5 yds	2019
	# Neva Weisskopf	Lehigh Acres, FL	55 yds	2013
70-74	Phyllis Weeda	Des Moines	29 yds	2014
	# Neva Weisskopf	Lehigh Acres, FL	35 yds	2018
75-79	Ruth Burrows	Urbandale	19 yds	2018
	# Diana Schultz	Topeka, KS	21 yds	2022
80-84	Fidella Marty	Ames	20 yds	2014 & 2015
85-89	Norma Ramker	Urbandale	17 yds	2021
<b>Records / FRISBEE THROW - Distance / Men</b>				
50-54	James Brockway	Ames	133 yds	2012

55-59	Jeff Woessner	Des Moines	127 yds	2017
	# Gary Marty	Abbotsford, BC	136 yds	2019
60-64	Chris Ostlund	Waukee	109 yds	2016
65-69	Chris Ostlund	Waukee	112yds	2019
70-74	Phil Ramsey	Grimes	90 yds	2021
75-79	Carroll Marty	Ames	61.5 yds	2013
80-84	Gary Smidt	Ankeny	52 yds	2018
85-89	Ed Failor	West Des Moines	58 yds	2012
90-94	# Howard Dewell	Quincy, IL	24 yds	2013
<b>GOLF</b>				
<b>Golf: Scratch   Women</b>				
50-54	Jean Mowry	Webster City	79	2002
	Kim Hicks`	Allerton	79	2019
55-59	Jean Mowry	Webster City	76	2006
60-64	Joyce Weigel	Earlham	81	2006
65-69	Roxanne Kuhlman	Fort Dodge	78	2022
70-74	Sylvia Lenz	Clive	83	2020
75-79	Joyce Weigel	Earlham	85	2022
80-84	Kathy Van Sloan	Des Moines	94	2017
85-89	Kathy Vansioun	Des Moines	121	2022
<b>Golf: Scratch   Men</b>				
50-54	Daryl Wolff	West Burlington	69	2017
55-59	Daryl Wolff	West Burlington	75	2020
60-64	William Chadima	Cedar Rapids	72	1988
65-69	Larry Castagnoli	Clive	70	2017
	Scott Hornstein	Huxley	70	2022
70-74	Larry Castagnoli	Clive	68	2022
75-79	Dusham Orlich	Johnston	77	1988
	Jerry Kindhart	Huxley	77	2013
80-84	Sarg Fontanini	Des Moines	78	2000
85-89	James Roan	Toledo	78	2017
90-94	James Roan	Toledo	90	2022
<b>HORSESHOES</b>				
<b>100 Pitch   Women</b>				
55-59	Roz Smith	Pleasant Hill	126	2022
60-64	Jody Walter	Des Moines	60	2022
65-69	Christine Jordan	Peru	106	2020
70-74	Christine Jordan	Peru	96	2021
75-79	Pam Slippy	Ankeny	95	2022
80-84	Rhonda Moffatt	Homestead	112	2020
<b>100 Pitch   Men</b>				
50-54	Steve Miller	Wayland	117	2022
55-59	Davin Roberts	West Des Moines	28	2022
60-64	Timothy Pew	Des Moines	166	2022
65-69	Tom Stensland	Forest City	156	2020

70-74	Reggie Crumes	Altoona	154	2020
75-79	Reggie Crumes	Altoona	215	2022
80-84	Bert Logsdon	Pleasantville	248	2022
85-89	Gary Smidt	Ankeny	106	2022
ROAD RACE				
Road Race: 5K   Women				
50-54	Sally Weepie	Altoona	28:05	2014
	# Zaiton Abubakar	Chino, CA	26:07	2018
55-59	Ellen Johnson	Des Moines	26:24	2014
60-64	Susan Fray	Clive	24:12	2021
65-69	Alida Droppert	Pella	28:55	2014
70-74	Joni Bemis	Urbandale	28:24	2014
Road Race: 5K   Men				
50-54	Dan Bonthius	Iowa City	17:29	2014
55-59	Dan Bonthius	Iowa City	18:22	2016
60-64	Tim Murphy	Iowa city	20:36	2014
65-69	Gary Patton	Rock Rapids	19:50	2013
70-74	Perry Linn	Corning	23:24	2022
75-79	Dennis Kruger	Dike	24:40	2021
80-84	Alvin Ravenscroft	Ames	31:42	2013
Road Race: 10K   Women				
50-54	Sheri Smith	Ankeny	50:06	2014
	# Holly Starr	Walnut Creek, CA	49:20	2008
55-59	Jackie Peters	Cedar Rapids	58:26	2018
60-64	Joyce Burch	Pella	64:32	2018
65-69	Christine Mondak	Ames	68:13	2017
70-74	Rita Jackson-Ashmead	Ottumwa		2007
ROAD RACE – 10K / Men				
50-54	Jon Studer	Ankeny	36:01	2018
55-59	Jim Quigley	Johnston	41:05	2012
60-64	Jim Floyd	West Des Moines	44:02	2004
65-69	Gary Patton	Rock Rapids	42:30	2014
70-74	Gerald Hendrickson	Cedar Falls	60:04	2008
	# Jose Badillo	Bellevue, NE	49:44	2010
75-79	Tom Kirkwood	Dyersville	58:11	2021
80-84	William Beal	Fairfield	71:11	2007
SOCCER: ACCURACY KICK				
SOCCER: ACCURACY KICK/ Women				
50-54	Jacqueline Riekema	West Des Moines	24	2016
	# Lana Breson	Florida	24	2014
55-59	Rhonda Penquite	Cumming	21	2014
	# Francis Sharon	Kansas City, MO	20	2010
60-64	Cheryl Sander	Ankeny	20	2018
65-69	Gloria Wichmann	Williamsburg	23	2017
70-74	Phyllis Weeda	Des Moines	24	2015

75-79	Frances Young	Des Moines	19	2005
	Glendoris Caswell	Des Moines	19	2006
80-84	Fidella Marty	Ames	18	2014
85-89	Wylene Gardner	Des Moines	11	2022
<b>SOCCER: ACCURACY KICK/ Men</b>				
50-54	Bryan Bane	Granger	29	2019
55-59	Jeff Pfundheller	Urbandale	23	2017
	# Gary Marty	Abbotsford, BC	24	2015
60-64	Brad Ewest	Ankeny	22	2014
65-69	James Castelblanco	West Des Moines	22	2014
	Brad Ewest	Ankeny	22	2018
	# Jim Deremiah	Decatur, IL	23	2011
70-74	Richard Anderson	West Des Moines	24	2009
75-79	Ron Kolbe	Sac City	22	2011
	Wilbur Veenstra	Pella	22	2016
80-84	Richard Anderson	West Des Moines	24	2019
85-89	Bart Young	Indianola	18	2018
	Richard Anderson	West Des Moines	18	2022
90+	Bart Young	Indianola	14	2021
<b>SOFTBALL DISTANCE &amp; ACCURACY</b>				
<b>SOFTBALL: ACCURACY THROW/ Women</b>				
50-54	Mary Mercury	Altoona	140	1998
	Jody Walter	Des Moines	140	2015
55-59	Jody Walter	Des Moines	150	2017
60-64	Gloria Wichman	Williamsburg	120	2016
65-69	Susan Furland	Runnells	140	2014
70-74	Connie Hines	Weldon	110	2014
75-79	Glendoris Caswell	Des Moines	50	2006
	# Kay Allen	Morton, IL	70	2009
80-84	Carolyn Dodd	Des Moines	40	2012
	# Irene Kerwin	Peoria, IL	80	2005
85-89	Carolyn Dodd	Des Moines	40	2018
<b>SOFTBALL: ACCURACY THROW/ Men</b>				
50-54	Tom Shide	Urbandale	130	2016
55-59	David Strege	Winterset	170	2014
60-64	Dale Thede	Urbandale	160	2013
65-69	Dale Thede	Urbandale	160	2019
70-74	Tarry Cory	Clive	180	2019
75-79	Dan Teran	West Des Moines	120	2007
	Tom Little	Knoxville	120	2008
	Frank Perez jr	West Des Moines	120	2017
80-84	Dan Teran	West Des Moines	130	2012
85-89	Carroll Crouse	Adel	100	2000
90-94	Harold McCollum	West Des Moines	40	2008
95-99	Harold McCollum	West Des Moines	10	2013

SOFTBALL: DISTANCE THROW/ Women				
50-54	Kim Hicks	Allerton	143-9	2016
	#Denise Miller	Vail, CO	180-0	2002
55-59	Rhonda Penquite	Cumming	125-8	2011
60-64	Rhonda Penquite	Cumming	133-0	2017
65-69	Susan Furland	Runnells	144-0	2014
	# Elinor Nelson	Dover, IL	100-0	1999
70-74	Phyllis Weeda	Des Moines	80-5	2016
	# Adele McCormick	Sierra Vista, AZ	102-0	1997
75-79	Ruth Little	Knoxville	66-0	2009
	# Adele McCormick	Sierra Vista, AZ	83-1	1999
80-84	Carol Linderman	Clive	48-8	2017
	# Irene Kerwin	Peoria, IL	58-7	2007
85-89	Norma Ramker	Urbandale	60-0	2021
SOFTBALL: DISTANCE THROW/ Men				
50-54	Mike Hale	Clive	272-3	2008
55-59	Tarry Cory	West Des Moines	277-0	2004
60-64	Tarry Cory	West Des Moines	242-5	2010
65-69	Tarry Cory	Clive	243-0	2016
70-74	Tarry Cory	Clive	231-0	2021
75-79	Don Hutchinson	West Des Moines	158-0	2012
	# Randall Olson	Nebraska City, NE	158-5	2022
80-84	Don Hutchinson	West Des Moines	148-0	2017
	# E. Lee Todd	Grant, NE	150-4	1995
85-89	Bart Young	Indianola	93-4	2016
	# Bob McCoid	West Alexander, PA	98-7	2022
90-94	John Davis	Urbandale	80-0	2008
95-99	Bart Young	Indianola	34-3	2022
SWIMMING				
50 YARD BACKSTROKE / WOMEN				
50-54	Sara Rippentrop	Waukee	39.13	2008
55-59	Dorothy Whitehead	Indianola	40.48	1990
	Sharill Prey-Luedtke	Martell, NE	35.74	2019
60-64	Dorothy Whitehead	Indianola	40.54	1995
65-69	Dorothy Whitehead	Indianola	42.80	2002
	# Debbie Fisk	The Villages, FL	41.88	2022
70-74	Dorothy Whitehead	Indianola	44.38	2005
75-79	Dorothy Whitehead	Indianola	46.27	2010
80-84	Dorothy Whitehead	Indianola	53.05	2015
85-89	Dorothy Whitehead	Indianola	58.62	2021
50 YARD BACKSTROKE / MEN				
50-54	Dan Kealy	Council Bluffs	30.83	2009
55-59	David Ross	Des Moines	26.84	2017
60-64	Daniel Kealy	Des Moines	32.33	2019
65-69	Tom Kealy	Council Bluffs	37.29	2022

70-74	George Henry	Cedar Rapids	42.75	1995
	Michael Barry	Ankeny	40.52	2022
75-79	Wesley Webb	N/A	45.35	1988
80-84	Stuart Ashmead	Ottumwa	1:01.5	2009
	#Myron ecob	Broomfield, CO	47.33	2021
85-89	Stuart Ashmead	Ottumwa	1:10.39	2013
90-94	Donald Huntoon	Des Moines	1:43.24	2014
	# Robert Severance	Beloit, KS	1:38.90	2016
95-99	# Robert Severance	Beloit, KS	2:25.53	2021
<b>50 YARD BREASTSTROKE / WOMEN</b>				
50-54	Susan Denny	Des Moines	46.09	2001
	# Heather Huettner	Overland Park, KS	40.94	2019
55-59	Michelle Ross	Des Moines	39.79	2018
60-64	Amy Groskopf	Davenport	45.45	2022
65-69	Lynn Johnson	Sioux City	53.01	2016
	#Paula Pendergast	Rochester, MN	44.83	2021
70-74	Rosemary DeJoode	Tama	51.05	2005
75-79	Jodie McKay	Des Moines	58.25	2002
80-84	Florence Dietz	West Des Moines	1:01.04	2015
85-89	Genevieve Sloan	Des Moines	3:17.1	2006
<b>50 YARD BREASTSTROKE / MEN</b>				
50-54	Dennis Bennett	Norwalk	31.17	2019
55-59	David Ross	Des Moines	31.21	2019
60-64	Mick Barry	Ankeny	34.65	2010
	# James Kochendorf	Northfield, MN	29.45	2021
65-69	KC Cornish	Grinnell	35.97	2022
70-74	Michael Barry	Ankeny	39.00	2021
75-79	Stan LeMaster	Council Bluffs	39.54	2022
80-84	Stuart Ashmead	Ottumwa	1:19.4	2009
85-89	Stuart Ashmead	Ottumwa	1:34.45	2013
90-94	# Robert Severance	Beloit, KS	2:14.34	2018
95-99	# Robert Severance	Beloit, KS	2:53.81	2021
<b>50 YARD BUTTERFLY / WOMEN</b>				
50-54	Debbie Fisk	Waukee	33.64	2008
55-59	Debbie Fisk	Waukee	36.80	2013
	# Heather Hunter	Overland Park, KS	34.83	2022
60-64	Debbie Fisk	Waukee	36.92	2017
65-69	Cindy Hauber	Ames	40.27	2018
	# Debbie Fisk	The Villages, FL	37.42	2022
70-74	Pat Smith	Cedar Rapids	52.97	2018
	# Karen Loring	Sun Ciy West, AZ	47.09	2021
75-79	Ruth Johnson	Davenport	60.46	2012
<b>50 YARD BUTTERFLY / MEN</b>				
50-54	Michael Barry	Ankeny	27.72	2000
55-59	David Ross	Des Moines	25.96	2018



60-64	Mick Barry	Ankeny	30.56	2010
	# Robert Kubicek	Lincoln, NE	29.29	2015
65-69	Tom Kealy	Council Bluffs	33.46	2022
70-74	Mick Barry	Ankeny	36.31	2021
	# Perry Rockwell	Plattesville, WI	32.05	1996
75-79	Alan Schenck	Clarinda	49.97	2021
<b>50 YARD FREESTYLE / WOMEN</b>				
50-54	Debbie Fisk	Waukee	32.26	2008
	# Heather Huettner	Overland Park, KS	30.11	2019
55-59	Debbie Fisk	Waukee	32.80	2016
60-64	Debbie Fisk	Waukee	32.44	2017
65-69	Cindy Hauber	Ames	35.56	2019
	# Debbie Fisk	The Villages, FL	32.28	2022
70-74	Nancy Romalov	Iowa City	35.38	2017
	# Judy Kennedy	Lincoln, NE	40.10	2007
75-79	Judy Chadima	Cedar Rapids	39.37	2004
80-84	Ruth Johnson	Davenport	47.46	2014
85-89	Ruth Johnson	Davenport	53.79	2018
<b>50 YARD FREESTYLE / MEN</b>				
50-54	Dennis Bennett	Norwalk	23.20	2016
55-59	Dennis Bennett	Norwalk	23.95	2021
60-64	Daniel Kealy	Des Moines	27.56	2018
	# Dave Wells	Omaha, NE	26.09	2021
65-69	Stan LeMaster	Council Bluffs	29.32	2015
	# Robert Blake	Bridgeton, MO	28.63	1994
70-74	George Henry	Cedar Rapids	34.75	1995
	# Perry Rockwell	Plattesville, WI	30.28	1996
75-79	George Henry	Cedar Rapids	37.68	2002
80-84	Roger Smith	Davenport	49.73	2002
	# Myron Recob	Broomfield, CO	38.11	2021
85-89	Stuart Ashmead	Ottumwa	1:03.33	2013
90-94	Ivan Schultz	Humboldt	1:25.6	1995
	# Robert Severance	Beloit, KS	1:21.30	2016
95-99	# Robert Severance	Beloit, KS	2:16.08	2021
<b>100 YARD BACKSTROKE / WOMEN</b>				
50-54	Daine Happel	Fort Dodge	1:35.59	2017
	# Sarah Seamands	Wright, WY	1:19.48	2022
55-59	Dorothy Whitehead	Des Moines	1:28.7	1992
	# Sharill Prey-Luedtke	Mertell, NE	1:17.13	2019
60-64	Debbie Fisk	Waukee	1:28.84	2017
65-69	Judy Chadima	Cedar Rapids	1:27.4	1998
70-74	Dorothy Whitehead	Indianola	1:38.4	2005
75-79	Judy Chadima	Cedar Rapids	1:45.4	2004
80-84	Dorothy Whitehead	Des Moines	1:56.75	2017
85-89	Dorothy Whitehead	Indianola	2:09.25	2022

100 YARD BACKSTROKE / MEN				
50-54	Dennis Bennett	Norwalk	1:02.63	2017
55-59	David Ross	Des Moines	58.81	2017
60-64	Daniel Kealy	Des Moines	1:09.06	2022
65-69	Tom Kealy	Council Bluffs	1:21.98	2022
70-74	Glenn Prochaska	Cedar Rapids	1:34.70	2022
75-79	Robert LaFavre	Cedar Falls	1:46.8	2009
80-84	Stuart Ashmead	Ottumwa	2:22.3	2009
	# Myron Recob	Broomfield, CO	1:48.81	2021
85-89	Stuart Ashmead	Ottumwa	2:35.25	2015
90-94	Ivan Schultz	Humboldt	3:17.7	1993
95-99	# Robert Severance	Beloit, KS	5:20.45	2021
100 YARD BREASTSTROKE / WOMEN				
50-54	Susan Ludwig	Iowa City	1:42.86	2011
55-59	Michelle Ross	Des Moines	1:29.45	2018
60-64	Amy Groskopf	Davenport	1:40.72	2022
65-69	Lynn Johnson	Sioux City	1:59.70	2016
	# Paula Pendergast	Rochester, MN	1:37.14	2022
70-74	Lynn Johnson	Sioux City	2:05.53	2021
	# Sharon Lee-Sheridan	St. Paul, MN	1:36.39	2022
75-79	Florence Dietz	West Des Moines	2:06.75	2012
80-84	Florence Dietz	West Des Moines	2:17.96	2017
100 YARD BREASTSTROKE / MEN				
50-54	Steven Jones	Martensdale	1:15.6	2010
	Steven Mouw	Sioux Center	1:15.6	2019
55-59	KC Cornish	Grinnell	1:13.80	2015
60-64	Mick Barry	Ankeny	1:20.45	2014
	# James Kochendorf	Northfield, MN	1:06.71	2021
65-69	KC Cornish	Grinnell	1:21.13	2022
70-74	Stan LeMaster	Council Bluffs	1:28.90	2017
75-79	Stan LeMaster	Council Bluffs	1:28.85	2022
80-84	David Leslie	West Des Moines	2:12.99	2022
90-94	# Robert Severance	Beloit, KS	5:50.15	2019
95-99	# Robert Severance	Beloit, KS	5:59.22	2021
100 YARD BUTTERFLY / WOMEN				
50-54	Diane Happel	Fort Dodge	01:49.2	2014
	# Nance Coggeshall	Grandview, MO	1:47.7	2008
60-64	Ann Kealy	Marion	1:46.62	2019
65-69	# Wendy Weinberg	Scottsdale, AZ	1:57.69	2012
70-74	Pat Smith	Cedar Rapids	2:01.34	2017
100 YARD BUTTERFLY / MEN				
50-54	Tom Kealy	Council Bluffs	1:03.8	2008
55-59	Tom Kealy	Council Bluffs	1:04.38	2011
60-64	Mick Barry	Ankeny	1:13.0	2010
65-69	Mick Barry	Ankeny	1:19.23	2017

70-74	Mick Barry	Ankeny	1:21.91	2021
75-79	# Dan McCullough	Vermillion, SD	1:49.1	1994
<b>100 YARD FREESTYLE / WOMEN</b>				
50-54	Debbie Fisk	Waukee	1:09.2	2007
	# Heather Huettner	Overland Park, KS	1:06.37	2019
55-59	Debbie Fisk	Waukee	1:12.00	2016
60-64	Debbie Fisk	Waukee	1:13.41	2017
65-69	Cindy Hauber	Ames	1:19.94	2019
	# Debbie Fisk	The Villages, FL	1:13.17	2022
70-74	Nancy Romalov	Iowa City	1:22.63	2017
75-79	Judy Chadima	Cedar Rapids	1:29.4	2004
80-84	Ruth Johnson	Davenport	1:45.93	2014
85-89	Ruth Johnson	Davenport	2:00.37	2018
<b>100 YARD FREESTYLE / MEN</b>				
50-54	Brian Steffen	Cedar Rapids	54.70	2013
55-59	Dennis Bennett	Norwalk	52.76	2021
60-64	Daniel Kealy	Des Moines	1:00.88	2018
	# Dave Wels	Omaha, NE	58.82	2021
65-69	Stan LeMaster	Council Bluffs	1:07.77	2015
70-74	Michael Barry	Ankeny	1:11.57	2022
75-79	Wesley Webb	N/A	1:17.6	1988
80-84	Stuart Ashmead	Ottumwa	1:55.6	2009
	# Myron Recob	Broomfield, CO	1:32.60	2021
85-89	Stuart Ashmead	Ottumwa	2:17.64	2014
90-94	Ivan Schultz	Humboldt	3:32.2	1995
	# Robert Severance	Beloit, KS	3:05.30	2016
95-99	# Robert Severance	Beloit, KS	5:22.35	2021
<b>100 YARD INDIVIDUAL MEDLEY / WOMEN</b>				
50-54	Debbie Fisk	Waukee	1:20.5	2007
	# Heather Huettner	Overland Park, KS	1:18.25	2019
55-59	Michelle Ross	Des Moines	1:23.54	2018
	# Heather Huettner	Overland Park, KS	1:18.24	2022
60-64	Debbie Fisk	Waukee	1:25.02	2017
65-69	Cindy Hauber	Ames	1:31.97	2019
	# Paula Pendergast	Rochester, MN	1:31.10	2021
70-74	Nancy Romalov	Iowa City	1:45.87	2017
	Karen Loring	Sun Ciy West, AZ	1:41.84	2021
	# Sharon Lee-Sheridan	St. Paul, MN	1:29.06	2022
75-79	Ruth Johnson	Davenport	2:05.69	2012
80-84	Ruth Johnson	Davenport	2:11.88	2014
<b>100 YARD INDIVIDUAL MEDLEY / MEN</b>				
50-54	Dennis Bennett	Norwalk	1:05.60	2016
55-59	KC Cornish	Grinnell	1:08.92	2015
	# David Wells	Omaha, NE	1:08.33	2018
60-64	Mick Barry	Ankeny	1:09.1	2010

	# James Kochendorf	Northfield, MN	1:03.86	2021
65-69	Tom Kealy	Council Bluffs	1:15.78	2022
70-74	Stan LeMaster	Council Bluffs	1:18.49	2019
75-79	Stan LeMaster	Council Bluffs	1:22.68	2022
80-84	Stuart Ashmead	Ottumwa	2:53.5	2009
<b>200 YARD BACKSTROKE / WOMEN</b>				
50-54	Diane Happel	Fort Dodge	3:03.48	2014
	# Sharill Prey-Luedtke	Martell, NE	2:45.37	2018
55-59	Ann Kealy	Marion	3:14.5	2017
	# Sharill Prey-Luedtke	Martell, NE	2:40.15	2021
60-64	Ann Kealy	Marion	3:17.76	2019
65-69	Judy Chadima	Cedar Rapids	3:29.2	1995
	# Barbara Larsen	Rochester, MN	3:19.80	2016
70-74	Dorothy Whitehead	Indianola	3:43.7	2005
	# Sharon Lee-Sheridan	St. Paul, MN	3:14.95	2022
75-79	Dorothy Whitehead	Indianola	3:45.0	2010
80-84	Dorothy Whitehead	Indianola	4:25.02	2017
85-89	Dorothy Whitehead	Indianola	4:44.95	2022
<b>200 YARD BACKSTROKE / MEN</b>				
50-54	Dan Kealy	Council Bluffs	2:30.1	2009
55-59	David Ross	Des Moines	2:18.59	2018
60-64	Daniel Kealy	Des Moines	2:36.82	2019
65-69	Tom Kealy	Council Bluffs	2:48.89	2022
70-74	Glenn Prochaska	Cedar Rapids	3:29.36	2022
75-79	Robert LaFavre	Cedar Falls	4:04.9	2009
80-84	Stuart Ashmead	Ottumwa	5:01.2	2009
85-89	Stuart Ashmead	Ottumwa	5:26.83	2013
90-94	Ivan Schultz	Humboldt	7:10.9	1993
<b>200 YARD BREASTSTROKE / WOMEN</b>				
50-54	Susan Ludwig	Iowa City	3:46.13	2014
55-59	Ann Kealy	Marion	3:50.58	2018
	# Sharill Prey-Luedtke	Martell, NE	3:16.05	2021
60-64	Ann Kealy	Marion	3:54.73	2021
65-69	Alida Droppert	Pella	4:23.06	2014
	# Paula Pendergast	Rochester, MN	3:34.40	2022
70-74	Glenda Sharp	Cedar Rapids	6:09.8	2008
	# Sharon Lee-Sheridan	St. Paul, MN	3:33.83	2022
75-79	Florence Dietz	West Des Moines	4:33.61	2012
80-84	Florence Dietz	West Des Moines	3:21.59	2019
<b>200 YARD BREASTSTROKE / MEN</b>				
50-54	KC Cornish	Grinnell	2:34.9	2007
55-59	Steven Jones	Martensdale	2:53.84	2013
60-64	Wayne Huebener	Iowa City	2:54.57	2022
65-69	Mick Barry	Ankeny	3:06.72	2017
	# KC Cornish	Grinnell	2:59.65	2022

70-74	Stan LeMaster	Council Bluffs	3:02.34	2017
75-79	Stan LeMaster	Council Bluffs	3:13.27	2022
80-84	David Leslie	West Des Moines	4:48.28	2022
<b>200 YARD BUTTERFLY / WOMEN</b>				
50-54	Diane Happel	Fort Dodge	4:09.82	2018
	# Sharill Prey-Luedtke	Martell, NE	3:02.75	2018
55-59	# Sharill Prey-Luedtke	Martell, NE	3:08.08	2021
60-64	Ann Kealy	Marion	4:00.22	2019
65-69	# Barbara Larsen	Rochester, MN	3:32.80	2016
75-79	# Barbara Larsen	Rochester, MN	3:55.10	2022
<b>200 YARD BUTTERFLY / MEN</b>				
50-54	Dennis Bennett	Norwalk	2:21.77	2019
55-59	Wayne Huebener	Iowa City	3:54.87	2018
60-64	Tom Kealy	Council Bluffs	3:03.92	2018
65-69	Mick Barry	Ankeny	3:21.22	2017
70-74	Stan LeMaster	Council Bluffs	3:20.91	2019
75-79	# OZ Osborne	Hampshire, IL	4:10.34	2021
<b>200 YARD FREESTYLE / WOMEN</b>				
50-54	Cindy Hauber	Ames	2:39.9	2010
	# Sarah Seamands	Wright, WY	2:25.03	2022
55-59	Ann Kealy	Marion	2:45.40	2016
	# Sharill Prey-Luedtke	Martell, NE	2:30.53	2022
60-64	Ann Kealy	Marion	2:41.02	2021
65-69	Cindy Hauber	Ames	2:53.14	2019
70-74	Judy Chadima	Cedar Rapids	3:26.6	2002
	# Sharon Lee-Sheridan	St. Paul, MN	3:08.87	2022
75-79	Ruth Johnson	Davenport	3:37.26	2012
80-84	Ruth Johnson	Davenport	3:51.15	2013
85-89	Ruth Johnson	Davenport	4:30.38	2019
<b>200 YARD FREESTYLE / MEN</b>				
50-54	Brian Steffen	Cedar Rapids	2:03.33	2012
55-59	Tom Kealy	Council Bluffs	2:05.64	2012
60-64	Tom Kealy	Council Bluffs	2:13.38	2017
	# Dave Wells	Omaha, NE	2:11.94	2019
65-69	Stan LeMaster	Council Bluffs	2:24.12	2015
70-74	Stan LeMaster	Council Bluffs	2:28.88	2017
75-79	Stan LeMaster	Council Bluffs	2:36.63	2022
80-84	David Leslie	West Des Moines	3:51.94	2022
85-89	Stuart Ashmead	Ottumwa	5:19.34	2014
<b>200 YARD INDIVIDUAL MEDLEY / WOMEN</b>				
50-54	Diane Happel	Fort Dodge	3:31.96	2014
	# Heather Huettner	Overland Park, KS	2:49.90	2019
55-59	Debbie Fisk	Waukee	3:19.90	2016
	Sharill Prey-Luedtke	Martell, NE	2:53.60	2019
60-64	Ann Kealy	Marion	3:13.45	2019

65-69	Glenda Sharp	Cedar Rapids	4:44.1	2001
	# Paula Pendergast	Rochester, MN	3:20.66	2022
70-74	Elizabeth Smith	Johnston	3:42.76	2022
<b>200 YARD INDIVIDUAL MEDLEY / MEN</b>				
50-54	KC Cornish	Grinnell	2:26.6	2007
55-59	Tom Kealy	Council Bluffs	2:30.10	2011
	# David Wells	Omaha, NE	2:29.63	2018
60-64	Tom Kealy	Council Bluffs	2:42.69	2018
	# Robert Kubicek	Lincoln, NE	2:38.99	2015
65-69	Mick Barry	Ankeny	2:39.96	2017
70-74	Stan LeMaster	Council Bluffs	2:55.51	2017
75-79	Leon Dolski	West Des Moines	2:44.8	1992
<b>400 YARD INDIVIDUAL MEDLEY / WOMEN</b>				
50-54	Diane Happel	Fort Dodge	7:44.56	2018
	# Sharill Prey-Luedtke	Martell, NE	6:00.68	2018
55-59	# Sharill Prey-Luedtke	Martell, NE	5:54.50	2021
60-64	Ann Kealy	Marion	7:21.86	2021
65-69	# Paula Pendergast	Rochester, MN	7:13.42	2021
70-74	Pat Smith	Cedar Rapids	8:47.49	2017
	# Sharon Lee-Sheridan	St. Paul, MN	6:50.97	2022
75-79	# Barbara Larsen	Rochester, MN	8:04.37	2022
<b>400 YARD INDIVIDUAL MEDLEY / MEN</b>				
50-54	Dennis Bennett	Norwalk	4:46.60	2016
55-59	Daniel Kealy	Des Moines	6:03.19	2017
60-64	Tom Kealy	Council Bluffs	5:50.97	2018
65-69	Mick Barry	Ankeny	6:00.33	2017
70-74	Stan LeMaster	Council Bluffs	6:03.90	2017
75-79	Stan LeMaster	Council Bluffs	6:24.91	2022
<b>500 YARD FREESTYLE / WOMEN</b>				
50-54	Debbie Fisk	Waukee	7:14.2	2007
	# Sarah Semonds	Wright, WY	6:19.17	2022
55-59	Cindy Hauber	Ames	7:07.1	2010
	# Sharill Prey-Luedtke	Martell, NE	6:22.22	2021
60-64	Ann Kealy	Marion	7:22.11	2021
65-69	Elizabeth Smith	Des Moines	7:18.82	2018
70-74	Pat Smith	Cedar Rapids	7:49.87	2017
	# Sharon Lee-Sheridan	St. Paul, MN	7:39.45	2022
75-79	Ruth Johnson	Davenport	10:14.0	2010
	# Barbara Larsen	Rochester, MN	8:36.16	2022
80-84	Ruth Johnson	Davenport	10:53.38	2014
85-89	Ruth Johnson	Davenport	12:06.28	2018
<b>500 YARD FREESTYLE / MEN</b>				
50-54	Tom Kealy	Council Bluffs	5:52.0	2010
55-59	Tom Kealy	Council Bluffs	5:53.03	2011
60-64	Tom Kealy	Council Bluffs	6:00.10	2017



65-69	Tom Kealy	Council Bluffs	6:20.17	2022
70-74	Stan LeMaster	Council Bluffs	6:40.86	2017
75-79	Stan LeMaster	Council Bluffs	7:00.38	2022
80-84	David Leslie	West Des Moines	10:12.12	2022
<b>200 Yd Freestyle Relay / Women</b>				
55 +	Botts, Ludwig,Fisk, Kealy		2:32.46	2014
<b>200 Yd Freestyle Relay / Men</b>				
50 +	T. Kealy, B. Klahn,	S. Jones, B. Steffen	1:54.73	2012
60+	R. Noeth, T. Monroe	J. Chew, A. Schenck	2:54.23	2012
<b>200 Yd Medley Relay / Women</b>				
50+	C. Hauber, B. Anderson	W. Weinberg, L. Kurutz	2:53.06	2012
<b>200 Yd Medley Relay / Men</b>				
50 +	T. Kealy, B. Klahn,	S. Jones, B. Steffen	2:08.37	2012
60+	Easterla, Ruben, Schenk, Castelblanco		2:46.74	2014
<b>TRACK &amp; FIELD</b>				
<b>50 METER DASH / Women</b>				
50-54	Kay Glenn	Hastings	8.15	2005
55-59	Betty Hoff	Decorah	8.64	1996
	# Deb Olson	Trimont, MN	7.74	2016
60-64	Betty Hoff	Decorah	8.7	1999
	# Normimah Benedict	Fayetteville, AR	8.28	2008
65-69	Ethel Miller	Cedar Rapids	8.89	1991
70-74	Millie Crews	Des Moines	9.93	1988
75-79	Ruth Johnson	Davenport	9.5	2010
80-84	Carol Linderman	Clive	11.07	2017
85-89	Marjorie Beatty	Atkins	16.44	2021
<b>50 METER DASH / MEN</b>				
50-54	Michael Fitzgerald	Mason City	6.4	2010 & 2011
55-59	Phil Ramsey	Adel	6.5	2006
60-64	Michael Fitzgerald	Mason City	6.78	2021
	# Lowell Thompson	Minneapolis, MN	6.72	2000
65-69	Randall Olson	Carroll	6.35	2012
70-74	Melvin Larson	Ames	7.06	1999
75-79	Melvin Larson	Ames	7.47	2003
80-84	Melvin Larson	Ames	7.84	2006
85-89	Lewis McLaughlin	Cumming	9.78	2012
	# Bill Melville	Platteville, WI	9.41	2012
90-94	Melvin Larsen	Ames	11.30	2016
95-99	#Ralph Maxwell	Richville, MN	12.31	2014
<b>100 METER DASH / WOMEN</b>				
50-54	Harriett Beasley	Des Moines	14.52	2002
55-59	Kay Glynn	Hastings	14.41	2008
60-64	Kay Glynn	Hastings	16.38	2015
	# Normimah Benedict	Fayetteville, AR	15.54	2008
65-69	Betty Hoff	Decorah	17.2	2004



70-74	Carol Linderman	Clive	18.53	2008
75-79	Carol Linderman	Clive	20.34	2012
80-84	Rita Jackson Ashmead	Ottumwa	22.05	2015
85-89	Ernestine Davis	Des Moines	34.97	2012
90-94	Betty Ogbourne	Osceola	41.67	2017
<b>100 METER DASH / MEN</b>				
50-54	Nate Sickerson	Ankeny	11.86	2022
55-59	Michael Fitzgerald	Mason City	12.27	2015
60-64	Michael Fitzgerald	Mason City	12.57	2021
65-69	Les Lane	Carlisle	13.65	2008
	# Larry Andrews	Elkhorn, NE	13.43	2006
70-74	Robert Conzemius	Ames	13.88	2005
	# Bill Melville	Platteville, WI	13.31	1999
75-79	Melvin Larsen	Ames	14.15	2001
80-84	Melvin Larsen	Ames	15.32	2005
85-89	Don Zimmer	West Des Moines	19.78	2019
90-94	Melvin Larsen	Ames	19.28	2015
95-99	#Ralph Maxwell	Richville, MN	25.32	2014
<b>200 METER RUN / WOMEN</b>				
50-54	Kay Glynn	Hastings	30.0	2006
55-59	Kay Glynn	Hastings	31.29	2008
60-64	Kay Glynn	Hastings	34.60	2015
65-69	Ernestine Davis	Des Moines	38.95	1994
70-74	Ethel Miller	Des Moines	44.1	1994
75-79	Rita Jackson-Ashmead	Ottumwa	44.44	2010
80-84	Rita Jackson-Ashmead	Ottumwa	50.90	2015
	# Mildred Crews	Lancaster, WI	49.87	1996
85-89	Ernestine Davis	Des Moines	1.26.75	2013
<b>200 METER RUN / MEN</b>				
50-54	Michael Fitzgerald	Mason City	24.48	2010
55-59	Michael Fitzgerald	Mason City	25.51	2015
60-64	Michael Fitzgerald	Mason City	25.70	2021
65-69	Les Lane	Carlisle	29.28	2008
	# Bill Melville	Plattesville, WI	27.78	1998
70-74	Melvin Larson	Ames	28.81	1997
	# Bill Melville	Plattesville, WI	27.47	1999
75-79	Melvin Larson	Ames	30.77	2003
80-84	Melvin Larson	Ames	31.72	2004
85-89	Darrel Mitchell	Marshalltown	46.06	2014
	# Bill Melville	Platteville, WI	41.20	2012
90-94	Darrell Mitchell	Marshalltown	48.19	2018
95-99	#Ralph Maxwell	Richville, MN	58.31	2014
<b>400 METER RUN / WOMEN</b>				
50-54	Cindy DePrenger	Otley	1:20.97	2013
55-59	Betty Hoff	Decorah	1:22.0	1996

60-64	Susan Fray	Clive	1:20.72	2022
65-69	Ann Hegstrom	De Soto	1:30.28	2022
70-74	Betty Hoff	Decorah	1:39.2	2008
75-79	Rita Jackson-Ashmead	Ottumwa	1:49.9	2010
80-84	Rita Jackson-Ashmead	Ottumwa	2:03.63	2015
<b>400 METER RUN / MEN</b>				
50-54	Marek Wensel	Marion	53.65	2019
55-59	Michael Fitzgerald	Mason City	57.37	2017
60-64	Michael Fitzgerald	Mason City	58.83	2021
65-69	Gary Patton	Rock Rapids	1:05.3	2010
	# J. Abels	Papillion, NE	1:05.2	2010
70-74	Robert Conzemius	Ames	1:07.8	2005
	# Sherwood Sagedahl	Fairmont, MN	1:07.2	2010
75-79	Madeleo Blake	Letts	1:19.1	1989
	# Sherwood Sagedahl	Fairmont, MN	1:15.20	2015
80-84	Robert Conzemius	Ames	1:23.44	2014
85-89	Darrell Mitchell	Marshalltown	1:46.27	2014
90-94	Darrell Mitchell	Marshalltown	1:50.29	2018
<b>800 METER RUN / WOMEN</b>				
50-54	Ellen Eakins	Ankeny	3:08.0	2009
55-59	Helen James	Monona	3:13.0	2002
60-64	Betty Hoff	Decorah	3:13.0	2002
65-69	Rita Ashmead	Ottumwa	3:41.0	2001
70-74	Rita Ashmead	Ottumwa	3:51.3	2006
75-79	Rita Jackson-Ashmead	Ottumwa	4:07.8	2010
80-84	Rita Jackson-Ashmead	Ottumwa	4:40.88	2015
<b>800 METER RUN / MEN</b>				
50-54	Paul Grinvalds	West Des Moines	2:16.2	2010
55-59	Daniel Bonthius	Iowa City	2:18.55	2015
60-64	Ronald McKay	Chariton	2:27.1	2003
65-69	Gary Patton	Rock Rapids	2:32.0	2011
70-74	Gary Patton	Rock Rapids	2:46.58	2015
	# Howard Weisser	Lincoln, NE	2:44.0	2009
75-79	Gary Patton	Rock Rapids	2:47.74	2021
80-84	Mel Flachs	Davenport	2:46.0	1998
85-89	Alvin Ravenscroft	Ames	5:26.47	2018
	# Emmett Bennett	Rapid City, SD	4:41.3	1996
90-94	Donald Childs	Davenport	6:33.06	2018
<b>1500 METER RUN / WOMEN</b>				
50-54	Cindy DePrenger	Otley	6:21.0	2013
55-59	Julie Starry	Johnston	6:34.01	2015
60-64	Susan Fray	Clive	7:06.21	2021
65-69	Rita Ashmead	Ottumwa	7:34.0	2001
70-74	Rita Ashmead	Ottumwa	7:22.0	2006
75-79	Rita Ashmead	Ottumwa	8:10.0	2010

80-84	Rita Jackson-Ashmead	Ottumwa	9:29.46	2015
<b>1500 METER RUN / MEN</b>				
50-54	Daniel Bonthius	Iowa City	4:42.0	2013
55-59	Daniel Bonthius	Iowa City	4:54.86	2015
60-64	Gary Patton	Rock Rapids	5:07.0	2007
65-69	Gary Patton	Rock Rapids	5:10.0	2011
70-74	Gary Patton	Rock Rapids	5:36.00	2015
75-79	Gary Patton	Rock Rapids	5:25.70	2021
80-84	Alvin Ravenscroft	Ames	8:48.0	2013
	# Jose Badillo	Bellevue, NE	6:59.96	2018
85-89	Donald Childs	Davenport	11:05.0	2013
	# Emmett Bennett	Rapid City, SD	9:07.8	1996
90-94	Donald Childs	Davenport	12:41.21	2018
<b>Records / RACE WALK – 1500 METER / WOMEN</b>				
50-54	Jane Hein	Clive	9:32	2005
55-59	Jane Hein	Clive	9:53	2009
60-64	Bertha Aldrich	Alden	9:38	1996
65-69	Gene McClaran	Des Moines	9:26	1992
70-74	Gene McClaran	Des Moines	10:07	1996
75-79	Rita Ashmead	Ottumwa	11:14	2012
80-84	Gene McClaran	Des Moines	12:41	2006
	# Mildred Crews	Lancaster, WI	12:40	1996
85-89	Carolyn Dodd	Des Moines	15:03.19	2017
<b>Records / RACE WALK – 1500 METER / MEN</b>				
50-54	Robert Shires	Des Moines	7:38	2004
	# Steve Hoger	Seward, NE	7:36.70	2015
55-59	Ken Clark	Clive	7:57	1990
	# David Couts	Whiteside, MO	7:22	2011
60-64	Franklin Brown	Des Moines	7:54	1994
65-69	Franklin Brown	Des Moines	8:37	2002
70-74	Franklin Brown	Des Moines	8:56	2004
75-79	Madeleo Blake	Letts	9:46	1989
	# Clarence Osborn	Lincoln, NE	8:54	1994
80-84	Madeleo Blake	Letts	11:40	1994
	# Tom Kirley	Kewanee, IL	10:26	2000
85-89	Ted Joplin	Des Moines	13:58	1994
90-94	Ted Joplin	Des Moines	14:52	1996
<b>Records / POWER WALK – 1500 METER / WOMEN (NEW 2018)</b>				
50-54	Jacqueline Riekema	West Des Moines	12:36.58	2018
55-59	# Kelly Bankole	Lakeville, MN	9:10.40	2022
60-64	Ann Hegstrom	Desoto	9:31.68	2018
	# Lori Groom	Leawood, KS	9:20.70	2022
65-69	Jane Hein	Clive	10:50.16	2021
70-74	Faith Rulapaugh	Oelwein	13:10.10	2018
75-79	Faith Rulapaugh	Oelwein	13:41.50	2022

85-89	Marjorie Beatty	Atkins	14:14.09	2019
<b>Records / POWER WALK – 1500 METER / MEN (NEW 2018)</b>				
55-59	Brian Beatty	Atkins	09:23.81	2019
60-64	Randy Davis	Altoona	10:20.23	2019
	#Steve Hoger	Seward NE	08:56.36	2021
65-69	Brian Beatty	Atkins	09:54.00	2022
	# Steve Hoger	Seward, NE	08:57.70	2022
70-74	Tim Philips	Hiawatha	09:40.80	2019
75-79	Tom Kirkwood	Dyersville	09:13.10	2022
80-84	Wilbur Veenstra	Pella	14:23.20	2018
	#Jim McFadden	Tulsa, OK	10:50.69	2021
<b>Records / RACE WALK – 5000 METER / WOMEN</b>				
50-54	Jane Hein	Clive	32:45	2005
	# Anita Macias-Howard	Edina, MN	32:39	2010
55-59	Jane Hein	Clive	33:50	2011
60-64	Ann Hegstrom	De Soto	33:16.17	2018
65-69	Gene McClaren	Des Moines	32:55	1994
70-74	Bertha Aldrich	Alden	33:43	2008
75-79	Rita Jackson Ashmead	Des Moines	37:41	2013
80-84	Gene McClaran	Des Moines	42:01	2006
<b>Records / RACE WALK – 5000 METER / MEN</b>				
50-54	Robert Shires	Des Moines	28:57	2004
55-59	Franklin Brown	Des Moines	28:09	1993
	# David Couts	Whiteside, MO	26:56	2011
60-64	Franklin Brown	Des Moines	28:07	1994
65-69	Tom Kirkwood	Dyersville	30:39	2011
70-74	Tim Philips	Hiawatha	33:19.49	2019
75-79	Tom Kirkwood	Dyersville	32:56.09	2018
	# Clarence Osborn	Lincoln, NE	33:25	1994
80-84	Madeleo Blake	Letts	38:13	1994
85-89	John Zimes	West Liberty	46:31	2010
90-94	# Thomas Young	Overland Park, KS	50:44	2008
<b>DISCUS / WOMEN</b>				
50-54	Linda Rowe	Bloomfield	99-6	2004
55-59	Kay Glynn	Hastings	72-1	2008
	# Nancy Tesdall	Sioux Falls, SD	84-2.5	2022
60-64	Kay Glynn	Hastings	67-9	2013
	# Neva Weisskopf	Lehigh Acres, FL	72-6	2010
65-69	# Neva Weisskopf	Lehigh Acres, FL	71-2	2013
70-74	Bertha Aldrich	Alden	59-7	2008
	# Carol Frost	Ashland, NE	100-3 3/4	2015
75-79	Nancy Baker	Clive	38-7	2007
	# Adele McCormick	Sierra Vista, AZ	49-11	1999
80-84	Nancy Baker	Clive	35-10	2011
85-89	Marjorie Beatty	Atkins	31-01	2019

DISCUS / MEN				
50-54	David LaMar	Ames	152-0.5	2012
	# Todd Davis	Omaha, NE	163-1	2017
55-59	Lyle Schwartz	Jewell	120-10	2010
	#Rick Anderson	Lawrence, KS	145-0	2014
60-64	Nancy Baker	West Union	143-11	2014
	# Rick Anderson	Lawrence, KS	168-06	2019
65-69	Arnie Brandt	Sioux City	129-9 1/2	2002
	# Ron Anderson	McPherson, KS	151-1	2004
70-74	Otto Welfring	Marshalltown	116-6	2004
	# Patrick Hauser	Lake Mills, WI	129-06	2021
75-79	Otto Welfring	Marshalltown	103-8 1/2	2008
	# Ron Anderson	McPherson, KS	123-11	2011
80-84	Dick Mulkern	Sheffield	93-6	2008
	# E. Lee Todd	Grant, NE	99-11	1995
85-89	Otto Welfring	Marshalltown	76-02	2019
90-94	Dick Mulkern	Sheffield	49-3	2015
	# Howard Dewell	Quincy, IL	53-0	2013
95-99	#Ralph Maxwell	Richville, MN	37-10	2014
HIGH JUMP / WOMEN				
50-54	Kay Glynn	Hastings	4-4	2004 & 05
55-59	Kay Glynn	Hastings	4-4	2008
60-64	Kay Glynn	Hastings	4-4	2013 & 15
65-69	Margaret Beuter	Iowa City	3-6	2021
	# Coralyn Feeney	East Moline, IL	3-6	2018
70-74	# Coralyn Feeney	East Moline, IL	3-2	2021
HIGH JUMP / MEN				
50-54	Mark Roberts	Cedar Falls	5-5 1/4	2011
	# Wade Sorenson	Kirksville, MO	5-6	2012
55-59	John Barron	Guttenberg	5-2	2009
	Mark Roberts	Cedar Falls	5-2	2015
	# Garry Pirch	Vandalia, MO	5-6	2009
60-64	Mark Roberts	Cedar Falls	5-01	2021
	# Gary Pirch	Vandalia, MO	5-2	2014
65-69	Les Lane	Carlisle	4-6	2008
	# Frank Tilton	Springfield, MO	4-8	2012, 13
70-74	Richard Angove	Ames	4-0	2007
	John Wortman	North Liberty	4-0	2009
	Ron Peterson	Waukee	4-0	2014, 16, 18
	Tarry Cory	Clive	4-0	2021
	# Frank Tilton	Springfield, MO	4-4	2017
75-79	Ron Peterson	Waukee	3-10	2019
	# Frank Bollinger	Exelsior Springs, MO	3-10	2004 & 07
	# David Easterla	Maryville, MO	3-10	2013
80-84	Stan Aldinger	Iowa City	3-8	2008

85-89	# Howard Dewell	Quincy, IL	3-2	2007
95-99	#Ralph Maxwell	Richville, MN	3-0	2014
<b>JAVELIN THROW / WOMEN</b>				
50-54	Jacqueline Riekema	West Des Moines	47-07	2018
	# Cathy Petra	Elk Point, SD	94-08	2021
55-59	Kay Glynn	Hastings	80-2	2012
60-64	Kay Glynn	Hastings	75-6	2013
65-69	# Neva Weisskopf	Lehigh Acres, FL	77-11	2015
70-74	Carol Linderman	Clive	39-8	2011
	# Carol Frost	Ashland, NE	91-5	2015
75-79	Carol Linderman	Clive	38-6	2015
	# Diana Schultz	Topeka, KS	53-03	2022
80-84	Carol Linderman	Clive	43-2	2017
85-89	Ernestine Davis	Des Moines	17-7	2013
<b>JAVELIN THROW / MEN</b>				
50-54	Matthew Gottlieb	Des Moines	134-02	2016
	# Doug Roby	Sioux Falls, SD	146-7	2012
55-59	Jeff Pfundheller	Urbandale	100-9	2018
	# Doug Roby	Sioux Falls, SD	146-2	2015
60-64	Tarry Cory	Clive	128-6	2010
65-69	Tarry Corry	Clive	116-6	2014
	# Randy Olson	Carroll, NE	123-0	2013
70-74	Tarry Cory	Clive	112-01	2019
	# Randall Olson	Nebraska City, NE	126-07	2018
75-79	Bill Park	Muscatine	77-7	2012
	# Sherwood Sagedahl	Fairmont, MN	105-5	2015
80-84	Ed Failor	West Des Moines	74-5	2010
85-89	Ed Failor	West Des Moines	72-4	2013
90-94	Dick Mulkern	Sheffield	40-1 1/2	2015
95-99	#Ralph Maxwell	Richville, MN	46-0	2014
<b>LONG JUMP – RUNNING / WOMEN</b>				
50-54	Kay Glynn	Hastings	14-6 1/2	2004
55-59	Kay Glynn	Hastings	14-4	2008
60-64	Kay Glynn	Hastings	13-6	2015
65-69	Ethel Miller	Cedar Rapids	9-9 1/2	1990
70-74	Rita Ashmead	Ottumwa	8-7	2006
75-79	Rita Jackson-Ashmead	Ottumwa	8-4	2010
80-84	Carolyn Dodd	Des Moines	6-0	2015
85-89	Ernestine Davis	Des Moines	3-8	2013
<b>LONG JUMP – RUNNING / MEN</b>				
50-54	Tarry Cory	Clive	17-10	2001
55-59	Tarry Cory	Clive	17-1	2003
60-64	Norm Robinson	Knoxville	16-3 1/2	1995
	# Peter Stopoulos	East Moline, IL	16-6	1997
65-69	Norm Robinson	Knoxville	15-7 1/4	2000



70-74	Norm Robinson	Knoxville	14-10 1/2	2002
75-79	Melvin Larsen	Ames, IA	14-3	2001
80-84	Gary Smidt	Ankeny	10-9	2017
	# E. Lee Todd	Grant, NE	11-2 1/4	1995
85-89	Ralph Scott	West Des Moines	7-5.5	2014
	# Howard Dewell	Quincy, IL	8-2	2009
90-94	# Howard Dewell	Quincy, IL	5-5	2013
95-99	#Ralph Maxwell	Richville, MN	6-5	2014
<b>LONG JUMP – STANDING / WOMEN</b>				
50-54	Mignonne Schmitt	Urbandale	7-6	2015
	# Victoria Daniel	Appleton, WI	8-0	2008
55-59	Glynis Worthington	Hudson	6-9	2018
	# Deb Olson	Trimont, MN	7-0.25	2016
60-64	Ellen Johnson	Des Moines	6-1	2018
	# Normimah Benedict	Fayetteville, AR	6-3 3/4	2006
65-69	Paula Schultz	Indianola	5-10	2019
	# Irene Kerwin	Peoria, IL	5-10 1/2	1995
70-74	Shirley Sprague	Berwick	3-3	2014
	# Coralyn Feeney	East Moline, IL	5-02	2021 & 22
75-79	Eva Oltmanns	Neola	4-0	2002
	Carolyn Dodd	Des Moines	4-0	2007
	# Phyllis Anderson	Ohio, IL	4-0 1/4	1996
80-84	Majorie Beatty	Atkins	4-5	2017
85-89	Majorie Beatty	Atkins	3-11	2021
<b>LONG JUMP – STANDING / MEN</b>				
50-54	Marek Wensel	Marion	9-06	2019
	# Mark Barinque	Lubbock, TX	9-3	2018
55-59	Tarry Cory	Clive	8-6	2004
	David Roberts	Boone	8-6	2016
	Mark Barinque	Lubbock, TX	9-01	2021 & 22
60-64	Les Lane	Carlisle	8-7 1/2	2005
65-69	David Roberts	Boone	8-1	2022
	# Peter Stopoulos	Geneva, IL	8-1 1/2	2002
70-74	Norm Robinson	Knoxville	7-9 1/2	2002
75-79	Carroll Marty	Ames	7-2	2010
	# Tom Walsh	Hannibal, MO	7-4	1993
80-84	Bud Braunlich	Davenport	6-8 1/2	2004
85-89	Don Zimmer	West Des Moines	5-00	2019
	# Howard Dewell	Quincy, IL	6-4	2009
90-94	# Howard Dewell	Quincy, IL	4-2	2013
95-99	#Ralph Maxwell	Richville, MN	4-4	2014
<b>SHOT PUT / WOMEN</b>				
50-54	Linda Rowe	Bloomfield	30-2	2005
55-59	Kay Glynn	Hastings	29-0 1/2	2008
60-64	Kay Glynn	Hastings	27-7	2013



65-69	Margaret Beuter	Iowa City	27-08	2022
70-74	Bertha Aldrich	Alden	22-5	2007
	# Carol Frost	Ashland, NE	34-9	2015
75-79	Eva Oltmanns	Neola	25-5	2002
80-84	Majorie Beatty	Atkins	19-11.50	2018
85-89	Majorie Beatty	Atkins	19-07	2021
<b>SHOT PUT / MEN</b>				
50-54	David LaMar	Ames	42-1.5	2012
	# Rick Anderson	Lawrence, KS	47-4	2012
55-59	Tarry Cory	Clive	39-1	2007
	# Bruce Cook	Omaha, NE	47-04	2019
60-64	Mark Smith	West Union	39-1 1/2	2014
	# Rick Anderson	Lawrence, KS	47-04.75	2019
65-69	Dale Geise	Boone	33-5 3/4	1997
	# Ray Schumann	Hull, IL	41-6 1/2	1992
70-74	Tarry Cory	Clive	37-04	2021
	# Dan Mehlbrech	Crooks, SD	42-10.75	2022
75-79	John Manning	Hiawatha	36-6 1/2	2014
	# John Manning	Truth or C., NM	37-9.25	2010
80-84	John Manning	Hiawatha	39-10 1/2	2015
85-89	John Manning	Cedar Rapids	33-05	2021
90-94	Dick Mulkern	Sheffield	21-2 1/2	2015
95-99	#Ralph Maxwell	Richville, MN	20-4 1/2	2014
<b>TRIPLE JUMP / WOMEN</b>				
50-54	Jacqueline Riekema	West Des Moines	10-00	2019
55-59	Kay Glynn	Hastings	26-11 1/2	2008
60-64	Anne Sherve-Ose	Williams	25-3	2014
	# Normimah Benedict	Fayetteville, AR	21-1	2008
65-69	Linda Sowerts	Ankeny	13-1.75	2016
	# Coralyn Feeney	East Moline, IL	20-6	2017
70-74	Shirley Sprague	Berwick	8-4	2015
	#Coralyn Feeney	East Moline, IL	19-4	2021
75-79	Shirley Sprague	Berwick	11-3	2016
<b>TRIPLE JUMP / MEN</b>				
50-54	Paul Grinvalds	West Des Moines	32-9 1/2	2008
	# Daniel Scamehorn	Kearney, NE	34-4	2010
	# Greg Monson	Moline, IL	34-4	2010
55-59	Tarry Cory	Clive	31-9	2007
60-64	David Roberts	Boone	30-4.5	2018
	# Mitch Lyster	McCook, NE	32-09	2021
65-69	David Roberts	Boone	28-07.50	2022
	# Dan Mehlbrach	Crooks, SD	29-04	2021
70-74	Franklin Brown	Des Moines	22-0	2008
	# Dan Mehlbrach	Crooks, SD	30-05.50	2022
75-79	Carroll Marty	Ames	22-8 3/4	2007

	# John Yarush	Lake Geneva, WI	23-10	2021
80-84	Rich Hidahl	Johnston	14-01	2021
	# Martin Tangora	Chicago, IL	19-1.75	2016
95-99	#Ralph Maxwell	Richville, MN	28-3	2014
TRIATHLON				
Triathlon: Women				
50-54	Sarah Deangelis	Des Moines	1:12:07	2016
55-59	Michelle Stout	Ankeny	1:10:53	2016
60-64	Linda Thompson	Huxley	1:17:08	2016
65-69	Ann Vestle	Cedar Rapids	1:19:29	2020
70-74	Lynn Johnson	Sioux City	2:03:45	2021
Triathlon: Men				
50-54	Barry Breffle	Cedar Rapids	0:51:47	2020
55-59	Jeffrey Gust	Des Moines	1:05:23	2020
60-64	Ricks Polk	Hubbard	1:06:29	2020
65-69	Tom Snyder	Sanborn	1:12:35	2020
70-74	Paul Gryte	Ames	1:24:08	2016
75-79	Fred Hemsath	Cedar Rapids	1:19:34	2020
80-84	David Hoffman	Ames	1:42:14	2018



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