

Good Life Games (Swimming) - 3/9/2024

Sanction #: 144-R002

Goodlife - Records

1 Women 50-54 400 IM	6:05.56	3/9/2024	Alison Hayden - saint Petersburg
1 Women 55-59 400 IM	6:21.47	2/29/2020	Jane Esahak-Gage
1 Women 60-64 400 IM	6:16.95	3/5/2022	Jane Esahak-Gage
1 Women 65-69 400 IM	7:22.25	3/18/2023	Nancy Kryka - SHARK-FL
1 Women 70-74 400 IM	9:46.79	3/18/2023	Martha Dennis - LMSC-FL
1 Women 85-89 400 IM	13:56.05	7/31/2021	Martha Henderson
1 Men 60-64 400 IM	5:53.13	3/10/2018	Kern Davis
1 Men 65-69 400 IM	6:27.43	2/29/2020	Kern Davis
1 Men 70-74 400 IM	6:45.19	3/9/2024	Kern Davis - St Petersburg
1 Men 75-79 400 IM	8:22.56	2/29/2020	Mike Freshley
1 Men 80-84 400 IM	8:01.46	3/5/2022	Mike Freshley
2 Women 45-49 50 Breast	43.45	3/18/2023	Megyn Taback - PBM-FG
2 Women 50-54 50 Breast	38.47	2005	Deb Walker
2 Women 55-59 50 Breast	41.16	3/18/2023	Delyth Cunnah - CAM-FL
2 Women 60-64 50 Breast	41.67	3/9/2013	Deb Walker
2 Women 65-69 50 Breast	46.00	3/14/2015	Julianna Holbrook
2 Women 70-74 50 Breast	51.49	2002	Sylvia Eisele
2 Women 75-79 50 Breast	48.69	2005	Sylvia Eisele
2 Women 80-84 50 Breast	56.91	3/21/2009	Sylvia Eisele
2 Women 85-89 50 Breast	1:02.44	3/8/2014	Sylvia Eisele
2 Women 90-94 50 Breast	1:14.64	3/11/2017	Jean Troy
2 Men 45-49 50 Breast	42.62	3/9/2024	Samuel Zweibelson - Casselberry
2 Men 50-54 50 Breast	34.81	2008	William Brenner
2 Men 55-59 50 Breast	38.50	2007	James Donnelly
2 Men 60-64 50 Breast	37.69	2/29/2020	Michael Smith
2 Men 65-69 50 Breast	38.61	3/18/2023	Michael Smith - St Pete Masters
2 Men 70-74 50 Breast	39.86	3/9/2024	Jack Groselle - Hiram
2 Men 75-79 50 Breast	46.66	2000	Paul Hutinger
2 Men 80-84 50 Breast	46.31	3/5/2022	Mike Freshley
2 Men 85-89 50 Breast	1:04.93	3/10/2012	John Cornell
2 Men 90-94 50 Breast	1:17.42	3/10/2018	John Cornell
3 Women 50-54 200 Free	2:32.97	3/5/2022	Ann Stewart
3 Women 55-59 200 Free	2:35.41	3/18/2023	Karen Westerman - St Pete Masters
3 Women 60-64 200 Free	2:30.62	3/9/2024	Kelly Palace - Rockledge
3 Women 65-69 200 Free	2:41.60	3/5/2022	Tracil Grilli
3 Women 70-74 200 Free	3:07.14	3/10/2015	June Carson
3 Women 75-79 200 Free	3:24.08	3/18/2023	June Carson - SHARK-FL
3 Women 80-84 200 Free	3:33.78	2007	Jean Troy
3 Women 85-89 200 Free	3:50.25	3/10/2012	Jean Troy
3 Women 90-94 200 Free	5:20.72	2/29/2020	Joan Campbell
3 Men 50-54 200 Free	2:20.39	3/11/2017	Dima Krieger
3 Men 55-59 200 Free	2:21.74	3/18/2023	Dewey Haviland - FACT -FL
3 Men 60-64 200 Free	2:26.80	3/8/2014	Kern Davis
3 Men 65-69 200 Free	2:33.25	2/29/2020	Kern Davis
3 Men 70-74 200 Free	2:35.33	3/9/2013	Keete Klopwig
3 Men 75-79 200 Free	3:15.07	3/18/2023	Randy Simons - FACT -FL
3 Men 80-84 200 Free	3:56.54	3/9/2024	Michael Laux - Osprey
3 Men 85-89 200 Free	3:43.18	2/29/2020	Cav Cavanaugh
3 Men 90-94 200 Free	5:17.54	3/18/2023	Robert Beach - St Pete Masters
4 Women 45-49 50 Fly	39.77	3/18/2023	Megyn Taback - PBM-FG
4 Women 50-54 50 Fly	33.86	2/29/2020	Karen Westerman
4 Women 55-59 50 Fly	34.33	3/5/2022	Karen Westerman
4 Women 60-64 50 Fly	35.01	2/29/2020	Susan Tokayer
4 Women 65-69 50 Fly	45.36	2008	Susan Meyers
4 Women 70-74 50 Fly	49.62	3/5/2022	Linda Fulton
4 Women 75-79 50 Fly	53.32	2004	Sylvia Eisele
4 Women 80-84 50 Fly	59.95	3/10/2018	Patricia Tullman

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4 Women 85-89 50 Fly	1:15.37	2007	June Reynolds
4 Men 45-49 50 Fly	35.24	3/9/2024	Samuel Zweibelson - Casselberry
4 Men 50-54 50 Fly	31.50	2006	Clifford Patterson
4 Men 55-59 50 Fly	30.95	2008	Cliff Patterson
4 Men 60-64 50 Fly	28.75	3/14/2015	Kevin McCormack
4 Men 65-69 50 Fly	31.87	3/5/2022	Jack Groselle
4 Men 70-74 50 Fly	32.47	3/9/2013	Keete Klopwig
4 Men 75-79 50 Fly	35.57	3/9/2013	John Smith
4 Men 80-84 50 Fly	45.53	3/9/2013	Burwell Jones
4 Men 85-89 50 Fly	1:19.48	2005	Howard Hall
5 Women 50-54 100 Back	1:15.62	3/5/2022	Ann Stewart
5 Women 55-59 100 Back	1:20.68	3/18/2023	Karen Westerman - St Pete Masters
5 Women 60-64 100 Back	1:33.12	3/9/2013	Karlene Denby
5 Women 65-69 100 Back	1:25.22	3/9/2024	Zena Courtney - Cocoa Beach
5 Women 70-74 100 Back	1:29.49	2/29/2020	Diann Uustal
5 Women 75-79 100 Back	1:45.64	7/31/2021	Chris Gilligan
5 Women 80-84 100 Back	1:49.52	3/21/2009	Betty Lorenzi
5 Women 85-89 100 Back	1:53.28	3/10/2012	Betty Lorenzi
5 Women 90-94 100 Back	3:05.85	2/29/2020	Joan Campbell
5 Men 50-54 100 Back	1:13.39	7/31/2021	Jim Harper
5 Men 55-59 100 Back	1:22.15	3/13/2010	Clifford Patterso
5 Men 60-64 100 Back	1:27.81	3/10/2012	Clifford Patterso
5 Men 65-69 100 Back	1:20.88	2/29/2020	John Nixon
5 Men 70-74 100 Back	1:16.67	3/5/2022	Lawrence Day
5 Men 75-79 100 Back	1:30.07	2000	Paul Hutinger
5 Men 80-84 100 Back	1:36.79	2004	Paul Hutinger
5 Men 85-89 100 Back	2:14.51	3/10/2012	John Cornell
5 Men 90-94 100 Back	2:43.22	3/10/2018	John Cornell
6 Women 50-54 200 IM	2:50.07	3/9/2024	Alison Hayden - saint Petersburg
6 Women 55-59 200 IM	2:58.71	3/9/2024	Karen Westerman - Land o lakes
6 Women 60-64 200 IM	2:59.21	3/5/2022	Jane Esahak-Gage
6 Women 65-69 200 IM	3:19.56	2/29/2020	Peggy McDonnell
6 Women 70-74 200 IM	4:02.03	3/10/2012	Patricia Bond
6 Women 75-79 200 IM	4:06.12	3/9/2013	Patricia Bond
6 Women 80-84 200 IM	4:25.50	2007	Jean Troy
6 Women 85-89 200 IM	5:33.79	3/12/2016	Jean Troy
6 Women 90-94 200 IM	5:52.37	3/10/2018	Jean Troy
6 Men 50-54 200 IM	3:15.45	2006	Clifford Patterson
6 Men 55-59 200 IM	3:02.07	3/10/2018	James Matysek
6 Men 60-64 200 IM	2:46.77	3/12/2016	Kern Davis
6 Men 65-69 200 IM	2:58.49	2/29/2020	Kern Davis
6 Men 70-74 200 IM	2:55.30	3/18/2023	Ron Armstrong - The Villages
6 Men 75-79 200 IM	3:32.72	2002	Paul Hutinger
6 Men 80-84 200 IM	3:47.20	3/18/2023	Mike Freshley - SDSM-SI
6 Men 85-89 200 IM	6:55.28	2005	Howard Hall
7 Women 45-49 50 Free	34.34	3/18/2023	Megyn Taback - PBM-FG
7 Women 50-54 50 Free	31.18	3/18/2023	Paula Texel - St Pete Masters
7 Women 55-59 50 Free	31.42	3/18/2023	Delyth Cunnah - CAM-FL
7 Women 60-64 50 Free	32.38	2/29/2020	Susan Tokayer
7 Women 65-69 50 Free	33.56	3/5/2022	Tracil Grilli
7 Women 70-74 50 Free	35.80	3/10/2018	June Carson
7 Women 75-79 50 Free	38.94	3/18/2023	June Carson - SHARK-FL
7 Women 80-84 50 Free	47.07	3/11/2017	Patricia Tullman
7 Women 85-89 50 Free	46.87	3/10/2012	Jean Troy
7 Women 90-94 50 Free	55.52	3/11/2017	Jean Troy
7 Men 45-49 50 Free	30.27	3/9/2024	Samuel Zweibelson - Casselberry
7 Men 50-54 50 Free	27.65	2008	William Brenner

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7 Men 55-59 50 Free	28.10	3/18/2023	Dewey Haviland - FACT -FL
7 Men 60-64 50 Free	28.48	2/29/2020	Michael Smith
7 Men 65-69 50 Free	28.48	3/5/2022	Jack Groselle
7 Men 70-74 50 Free	29.78	3/9/2013	Keete Klopwig
7 Men 75-79 50 Free	31.42	3/9/2013	John Smith
7 Men 80-84 50 Free	34.22	3/10/2018	Tom Verth
7 Men 85-89 50 Free	37.76	2/29/2020	Cav Cavanaugh
7 Men 90-94 50 Free	53.28	3/10/2018	John Cornell
8 Women 50-54 100 Breast	1:30.48	2005	Deb Walker
8 Women 55-59 100 Breast	1:37.53	2007	Deb Walker
8 Women 60-64 100 Breast	1:35.82	3/9/2013	Deb Walker
8 Women 65-69 100 Breast	1:50.16	3/14/2015	June Carson
8 Women 70-74 100 Breast	1:55.96	3/14/2015	Jeanne Hackett
8 Women 75-79 100 Breast	2:00.41	2006	Sylvia Eisele
8 Women 80-84 100 Breast	2:06.25	3/21/2009	Sylvia Eisele
8 Women 85-89 100 Breast	2:21.90	3/8/2014	Sylvia Eisele
8 Men 50-54 100 Breast	1:24.75	2008	William Brenner
8 Men 55-59 100 Breast	1:28.59	2007	James Donnelly
8 Men 60-64 100 Breast	1:23.95	3/9/2019	Jim Matysek
8 Men 65-69 100 Breast	1:24.18	3/9/2024	Jim Matysek - Sarasota
8 Men 70-74 100 Breast	1:32.76	3/9/2024	Kern Davis - St Petersburg
8 Men 75-79 100 Breast	1:47.14	2/29/2020	Mike Freshley
8 Men 80-84 100 Breast	1:46.65	3/5/2022	Mike Freshley
8 Men 85-89 100 Breast	2:47.69	2005	Howard Hall
9 Women 50-54 200 Fly	2:53.37	7/31/2021	Allison Hayden
9 Women 55-59 200 Fly	3:18.56	2/29/2020	Jane Esahak-Gage
9 Women 60-64 200 Fly	3:19.77	3/5/2022	Jane Esahak-Gage
9 Women 65-69 200 Fly	3:50.04	3/18/2023	Nancy Kryka - SHARK-FL
9 Women 70-74 200 Fly	5:28.51	3/18/2023	Martha Dennis - LMSC-FL
9 Women 80-84 200 Fly	6:00.34	3/11/2017	Patricia Tullman
9 Men 60-64 200 Fly	2:54.35	3/11/2017	Kern Davis
9 Men 65-69 200 Fly	3:18.67	2/29/2020	Kern Davis
9 Men 75-79 200 Fly	4:20.80	2/29/2020	Eliot Winokur
10 Women 50-54 200 Back	2:46.71	3/5/2022	Paula Texel
10 Women 55-59 200 Back	2:52.77	3/5/2022	Karen Westerman
10 Women 60-64 200 Back	3:13.47	3/9/2013	Karlene Denby
10 Women 65-69 200 Back	3:05.39	3/9/2024	Zena Courtney - Cocoa Beach
10 Women 70-74 200 Back	3:26.94	3/5/2022	Linda Fulton
10 Women 75-79 200 Back	3:55.42	3/8/2014	Patricia Bond
10 Women 80-84 200 Back	3:53.12	3/13/2010	Betty Lorenzi
10 Women 85-89 200 Back	4:01.09	3/9/2013	Betty Lorenzi
10 Women 90-94 200 Back	6:53.11	3/5/2022	Joan Campbell
10 Men 50-54 200 Back	3:06.72	2005	Cliff Patterson
10 Men 55-59 200 Back	3:03.48	3/21/2009	Clifford Patterso
10 Men 60-64 200 Back	2:59.01	3/9/2019	John Nixon
10 Men 65-69 200 Back	3:02.02	2/29/2020	John Nixon
10 Men 70-74 200 Back	3:13.58	3/9/2019	Nathan Leech
10 Men 75-79 200 Back	3:32.17	2001	Paul Hutinger
10 Men 80-84 200 Back	4:05.58	2005	Paul Huntinger
10 Men 85-89 200 Back	4:37.34	3/21/2009	Paul Hutinger
10 Men 90-94 200 Back	5:59.31	3/18/2023	Robert Beach - St Pete Masters
11 Women 45-49 100 Free	1:18.96	3/18/2023	Megyn Taback - PBM-FG
11 Women 50-54 100 Free	1:09.63	3/18/2023	Paula Texel - St Pete Masters
11 Women 55-59 100 Free	1:11.45	3/18/2023	Karen Westerman - St Pete Masters
11 Women 60-64 100 Free	1:17.09	3/10/2018	Nancy Kryka
11 Women 65-69 100 Free	1:13.50	3/5/2022	Tracil Grilli
11 Women 70-74 100 Free	1:32.27	1996	Florence Carr

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11	Women 75-79 100 Free	1:31.47	3/18/2023	June Carson - SHARK-FL
11	Women 80-84 100 Free	1:37.85	2007	Jean Troy
11	Women 85-89 100 Free	1:44.50	3/10/2012	Jean Troy
11	Women 90-94 100 Free	2:05.28	3/11/2017	Jean Troy
11	Men 45-49 100 Free	1:10.43	3/9/2024	Samuel Zweibelson - Casselberry
11	Men 50-54 100 Free	1:03.08	3/11/2017	Dima Krieger
11	Men 55-59 100 Free	1:01.78	3/18/2023	Dewey Haviland - FACT -FL
11	Men 60-64 100 Free	1:07.76	3/12/2016	Kern Davis
11	Men 65-69 100 Free	1:03.21	3/5/2022	Jack Groselle
11	Men 70-74 100 Free	1:07.93	3/9/2013	Keete Klopwig
11	Men 75-79 100 Free	1:20.36	3/18/2023	Randy Simons - FACT -FL
11	Men 80-84 100 Free	1:19.50	3/9/2013	Burwell Jones
11	Men 85-89 100 Free	1:34.81	2/29/2020	Cav Cavanaugh
11	Men 90-94 100 Free	2:13.93	3/10/2018	John Cornell
12	Women 50-54 200 Breast	3:21.15	3/14/2015	Paula Cunio
12	Women 55-59 200 Breast	3:39.12	3/9/2024	Karen Westerman - Land o lakes
12	Women 60-64 200 Breast	3:38.86	3/14/2015	Nikki Holbrook
12	Women 65-69 200 Breast	4:07.40	3/14/2015	June Carson
12	Women 70-74 200 Breast	4:21.62	3/9/2019	Martha Samuelson
12	Women 75-79 200 Breast	4:22.53	2006	Sylvia Eisele
12	Women 80-84 200 Breast	4:37.64	3/21/2009	Sylvia Eisele
12	Women 85-89 200 Breast	5:18.59	3/8/2014	Sylvia Eisele
12	Men 50-54 200 Breast	2:53.39	7/31/2021	Jim Harper
12	Men 55-59 200 Breast	3:09.81	3/10/2018	James Matysek
12	Men 60-64 200 Breast	3:02.51	3/9/2019	James Matysek
12	Men 65-69 200 Breast	3:07.63	3/9/2024	Jim Matysek - Sarasota
12	Men 70-74 200 Breast	3:30.14	3/9/2024	Kern Davis - St Petersburg
12	Men 75-79 200 Breast	3:57.54	2/29/2020	Mike Freshley
12	Men 80-84 200 Breast	3:49.43	3/5/2022	Mike Freshley
13	Women 50-54 100 Fly	1:17.34	3/9/2024	Alison Hayden - saint Petersburg
13	Women 55-59 100 Fly	1:19.38	3/5/2022	Karen Westerman
13	Women 60-64 100 Fly	1:24.24	3/5/2022	Jane Esahak-Gage
13	Women 65-69 100 Fly	1:41.01	3/5/2022	Nancy Kryka
13	Women 70-74 100 Fly	2:01.63	3/5/2022	Linda Fulton
13	Women 75-79 100 Fly	2:05.72	2004	Sylvia Eisele
13	Women 80-84 100 Fly	2:36.46	3/11/2017	Patricia Tullman
13	Women 85-89 100 Fly	2:59.53	2007	June Reynolds
13	Men 50-54 100 Fly	1:14.71	7/31/2021	Eric Herman
13	Men 55-59 100 Fly	1:21.23	3/13/2010	Clifford Patterson
13	Men 60-64 100 Fly	1:08.18	2012	Kevin McCormick
13	Men 65-69 100 Fly	1:21.05	2/29/2020	Kern Davis
13	Men 70-74 100 Fly	1:40.40	2001	Michael Torsney
13	Men 75-79 100 Fly	1:53.94	2005	Michael Torsney
13	Men 80-84 100 Fly	2:21.89	3/13/2010	Mike Torsney
14	Women 50-54 50 Back	35.07	3/18/2023	Paula Texel - St Pete Masters
14	Women 55-59 50 Back	36.38	3/18/2023	Karen Westerman - St Pete Masters
14	Women 60-64 50 Back	40.60	3/8/2014	Annie Guins
14	Women 65-69 50 Back	39.12	3/9/2019	Davenia Navaroli
14	Women 70-74 50 Back	41.68	2/29/2020	Diann Uustal
14	Women 75-79 50 Back	52.91	3/8/2014	Patricia Bond
14	Women 80-84 50 Back	48.04	3/13/2010	Betty Lorenzi
14	Women 85-89 50 Back	52.71	3/10/2012	Betty Lorenzi
14	Women 90-94 50 Back	1:37.14	3/18/2023	Joan Campbell - FACT -FL
14	Men 45-49 50 Back	41.76	3/9/2024	Samuel Zweibelson - Casselberry
14	Men 50-54 50 Back	35.24	2005	Clifford Patterson
14	Men 55-59 50 Back	35.65	2007	Clifford Patterson
14	Men 60-64 50 Back	37.10	3/9/2013	Clifford Patterson

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14	Men 65-69 50 Back	36.69	1992	Paul Hutinger
14	Men 70-74 50 Back	34.93	3/5/2022	Lawrence Day
14	Men 75-79 50 Back	37.70	3/9/2013	John Smith
14	Men 80-84 50 Back	40.00	3/9/2013	Burwell Jones
14	Men 85-89 50 Back	52.07	3/21/2009	Paul Hutinger
14	Men 90-94 50 Back	1:10.22	3/10/2018	John Cornell
15	Women 280-319 200 Free Relay	2:56.90	3/5/2022	Sarasota Sharks B King, C Mitchell, V Gratson-Zodl, J Carson
15	Women 320-359 200 Free Relay	3:46.37	3/9/2019	goodlife J Campbell, M Henderson, P Tullman, P St.Germain
15	Women 360-399 200 Free Relay	4:20.53	3/5/2022	FACT P St Germain, J Campbell, M Henderson, P Tullman
15	Mixed 240-279 200 Free Relay	2:25.21	7/31/2021	St Pete Masters S Freeman, D Clark, S Steinmann, M Zabel
15	Mixed 280-319 200 Free Relay	2:46.93	3/18/2023	Sarasota Sharks Masters - SHARK-FL J Carson, V Gratsou-Zodl, D Oakes, M Laux
15	Mixed 320-359 200 Free Relay	3:23.53	3/10/2012	Florida Aquatic B LORENZI, J CAMPBELL, D PUCHALSKI, J CORNELL
16	Women 240-279 200 Medley Relay	2:35.86	3/5/2022	St Pete Masters P Texel, C Kupan, K Westerman, T Brandt
16	Women 280-319 200 Medley Relay	3:51.75	3/13/2010	Florida Aquatic B Lorenzi, M Bradley, F Delaney, N Durstein
16	Women 320-359 200 Medley Relay	3:47.69	3/21/2009	Florida Aquatic B Lorenzi, S Eisele, N Durstein, J Campbell
16	Mixed 160-199 200 Medley Relay	3:20.54	3/9/2019	goodlife C Januszewski, R Roecker, M Owen, A Story
16	Mixed 200-239 200 Medley Relay	4:31.21	3/14/2015	Goodlife Games L Graham, D Brown, S Bogue, S Wilson
16	Mixed 240-279 200 Medley Relay	2:21.74	7/31/2021	St Pete Masters P Texel, M Smith, E Herman, K Westerman
16	Mixed 280-319 200 Medley Relay	3:10.47	3/12/2016	Florida Aquatic B Lorenzi, D Puchalski, B McNulty, B Brubaker
17	Women 45-49 400 Free	6:05.66	3/18/2023	Megyn Taback - PBM-FG
17	Women 50-54 400 Free	5:09.43	3/9/2024	Alison Hayden - saint Petersburg
17	Women 55-59 400 Free	5:32.61	3/5/2022	Karen Westerman
17	Women 60-64 400 Free	5:22.96	3/5/2022	Kelly Parker Palace
17	Women 65-69 400 Free	5:38.09	3/5/2022	Tracil Grilli
17	Women 70-74 400 Free	6:12.62	2/29/2020	Diann Uustal
17	Women 75-79 400 Free	7:22.05	3/18/2023	June Carson - SHARK-FL
17	Women 80-84 400 Free	7:38.61	3/13/2010	Betty Lorenzi
17	Women 85-89 400 Free	8:31.34	3/10/2012	Betty Lorenzi
17	Women 90-94 400 Free	11:29.55	2/29/2020	Joan Campbell
17	Men 50-54 400 Free	5:10.97	2/29/2020	William Bouyoucas
17	Men 55-59 400 Free	5:09.32	3/18/2023	Dewey Haviland - FACT -FL
17	Men 60-64 400 Free	5:06.95	3/10/2018	Kern Davis
17	Men 65-69 400 Free	5:26.61	3/18/2023	Paul Bernardino - CAM-FL
17	Men 70-74 400 Free	5:31.77	3/9/2024	Kern Davis - St Petersburg
17	Men 75-79 400 Free	7:39.98	2006	Charles Kohnken
17	Men 80-84 400 Free	6:09.06	3/9/2013	Burwell Jones
17	Men 85-89 400 Free	9:50.41	3/21/2009	Alex Ramirez-Mill
17	Men 90-94 400 Free	11:25.57	3/5/2022	Robert Beach