

Good Life Games (Swimming) - 1/11/2025

Sanction #: 145-R001

Results - Saturday

Women 50-54 100 LC Meter Freestyle

Goodlife: 1:09.63 % 3/18/2023 Paula Texel

1 Hayden, Alison 53 NEWC 1:11.44

Women 50-54 200 LC Meter Freestyle

Goodlife: 2:32.97 % 3/5/2022 Ann Stewart

1 Hayden, Alison 53 NEWC 2:33.15
1:13.66 2:33.15**Women 50-54 400 LC Meter Freestyle**

Goodlife: 5:09.43 % 3/9/2024 Alison Hayden

1 Hayden, Alison 53 NEWC 5:20.99
1:15.44 2:37.48 4:00.26 5:20.99
--- Taback, Megyn 52 CORA NS**Women 50-54 50 LC Meter Breaststroke**

Goodlife: 38.47 % 2005 Deb Walker

1 Taback, Megyn 52 CORA 46.34

Women 50-54 100 LC Meter Breaststroke

Goodlife: 1:30.48 % 2005 Deb Walker

1 Taback, Megyn 52 CORA 1:53.22

Women 50-54 50 LC Meter Butterfly

Goodlife: 33.86 % 2/29/2020 Karen Westerman

1 Taback, Megyn 52 CORA 45.30

Women 50-54 100 LC Meter Butterfly

Goodlife: 1:17.34 % 3/9/2024 Alison Hayden

1 Hayden, Alison 53 NEWC 1:21.34
16:40.00 25:00.00 1:21.34
2 Taback, Megyn 52 CORA 1:44.69
628:03:20.00 9:26:40.00 1:44.69**Women 50-54 200 LC Meter Butterfly**

Goodlife: 2:53.37 % 7/31/2021 Allison Hayden

--- Hayden, Alison 53 NEWC NS

Women 50-54 200 LC Meter IM

Goodlife: 2:50.07 % 3/9/2024 Alison Hayden

--- Hayden, Alison 53 NEWC NS

Women 55-59 50 LC Meter Freestyle

Goodlife: 31.42 % 3/18/2023 Delyth Cunnah

1 Texel, Paula 55 CLEA 33.52
2 Brookes, Brita 58 FERN 39.79
--- Westerman, Karen 58 LAND NS
--- Stewart, Ann 55 LAKE NS**Women 55-59 100 LC Meter Freestyle**

Goodlife: 1:11.45 % 3/18/2023 Karen Westerman

1 Texel, Paula 55 CLEA 1:11.75
2 Brookes, Brita 58 FERN 1:25.36
3 Januszewski, Cindy 59 INVE 1:46.44**Women 55-59 200 LC Meter Freestyle**

Goodlife: 2:35.41 % 3/18/2023 Karen Westerman

1 Texel, Paula 55 CLEA 2:41.27
1:17.45 2:41.27
2 Brookes, Brita 58 FERN 3:05.64
1:30.02 3:05.64**Women 55-59 400 LC Meter Freestyle**

Goodlife: 5:32.61 % 3/5/2022 Karen Westerman

--- Texel, Paula 55 CLEA NS
--- Januszewski, Cindy 59 INVE NS**Women 55-59 50 LC Meter Backstroke**

Goodlife: 36.38 % 3/18/2023 Karen Westerman

1 Stewart, Ann 55 LAKE 36.57
2 Texel, Paula 55 CLEA 37.41
3 Brookes, Brita 58 FERN 48.76**Women 55-59 100 LC Meter Backstroke**

Goodlife: 1:20.68 % 3/18/2023 Karen Westerman

1 Stewart, Ann 55 LAKE 1:18.51%
2 Texel, Paula 55 CLEA 1:24.53
3 Januszewski, Cindy 59 INVE 1:58.04**Women 55-59 50 LC Meter Breaststroke**

Goodlife: 41.16 % 3/18/2023 Delyth Cunnah

1 Stewart, Ann 55 LAKE 47.56

Women 55-59 200 LC Meter Breaststroke

Goodlife: 3:39.12 % 3/9/2024 Karen Westerman

1 Westerman, Karen 58 LAND 3:46.87
1:47.30 3:46.87**Women 55-59 50 LC Meter Butterfly**

Goodlife: 34.33 % 3/5/2022 Karen Westerman

1 Brookes, Brita 58 FERN 51.89
--- Stewart, Ann 55 LAKE NS**Women 55-59 200 LC Meter IM**

Goodlife: 2:58.71 % 3/9/2024 Karen Westerman

1 Januszewski, Cindy 59 INVE 4:15.78

Women 55-59 400 LC Meter IM

Goodlife: 6:21.47 % 2/29/2020 Jane Esahak-Gage

1 Januszewski, Cindy 59 INVE 8:55.70
2:15.87 4:32.34 7:04.18 8:55.70**Women 60-64 50 LC Meter Freestyle**

Goodlife: 32.38 % 2/29/2020 Susan Tokayer

1 Bogue, Sherri 61 CLEA 1:00.07
2 Clark, Dawn 61 ST P 1:05.88**Women 60-64 100 LC Meter Freestyle**

Goodlife: 1:17.09 % 3/10/2018 Nancy Kryka

1 Clark, Dawn 61 ST P 1:26.12
2 Bogue, Sherri 61 CLEA 2:07.44**Women 60-64 200 LC Meter Freestyle**

Goodlife: 2:30.62 % 3/9/2024 Kelly Palace

1 Clark, Dawn 61 ST P 3:05.47
1:32.07 3:05.47
2 Bogue, Sherri 61 CLEA 4:54.27
2:14.19 4:54.27**Women 60-64 400 LC Meter Freestyle**

Goodlife: 5:22.96 % 3/5/2022 Kelly Parker Palace

1 Clark, Dawn 61 ST P 6:30.35
1:35.19 3:15.89 4:55.46 6:30.35

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Results - Saturday

(Women 60-64 400 LC Meter Freestyle)

2	Bogue, Sherri	61	CLEA	11:36.17
				2:30.39 5:24.16 8:28.81 11:36.17
---	Kupan, Cheryl	61	SAIN	NS

Women 60-64 50 LC Meter Backstroke

Goodlife: 40.60 % 3/8/2014 Annie Guins

1	Clark, Dawn	61	ST P	47.99
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Women 60-64 100 LC Meter Backstroke

Goodlife: 1:33.12 % 3/9/2013 Karlene Denby

1	Kupan, Cheryl	61	SAIN	1:35.21
2	Clark, Dawn	61	ST P	1:47.19

Women 60-64 200 LC Meter Backstroke

Goodlife: 3:13.47 % 3/9/2013 Karlene Denby

1	Kupan, Cheryl	61	SAIN	3:19.83
				1:38.96 3:19.83

Women 60-64 200 LC Meter Breaststroke

Goodlife: 3:38.86 % 3/14/2015 Nikki Holbrook

1	Kupan, Cheryl	61	SAIN	4:05.96
				2:01.48 4:05.96

Women 60-64 200 LC Meter IM

Goodlife: 2:59.21 % 3/5/2022 Jane Esahak-Gage

1	Kupan, Cheryl	61	SAIN	3:33.64
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Women 60-64 400 LC Meter IM

Goodlife: 6:16.95 % 3/5/2022 Jane Esahak-Gage

1	Kupan, Cheryl	61	SAIN	7:23.67
				1:47.22 3:34.97 5:50.91 7:23.67

Women 65-69 50 LC Meter Freestyle

Goodlife: 33.56 % 3/5/2022 Tracil Grilli

1	Blair, Deb	67	PALC	46.68
2	Messer, Nita	67	HERN	58.15
3	Moucha, Sue	67	VALR	1:29.77

Women 65-69 100 LC Meter Freestyle

Goodlife: 1:13.50 % 3/5/2022 Tracil Grilli

1	Blair, Deb	67	PALC	1:41.85
2	Messer, Nita	67	HERN	2:18.35
---	Steinmann, Sharon	67	ST P	NS

Women 65-69 200 LC Meter Freestyle

Goodlife: 2:41.60 % 3/5/2022 Tracil Grilli

1	Steinmann, Sharon	67	ST P	3:14.02
				1:34.22 3:14.02

Women 65-69 400 LC Meter Freestyle

Goodlife: 5:38.09 % 3/5/2022 Tracil Grilli

1	Steinmann, Sharon	67	ST P	6:43.60
				1:35.64 3:18.18 5:01.45 6:43.60
2	Blair, Deb	67	PALC	7:50.32
				1:47.86 3:48.54 5:51.04 7:50.32

Women 65-69 50 LC Meter Backstroke

Goodlife: 39.12 % 3/9/2019 Davenia Navaroli

1	Blair, Deb	67	PALC	52.26
2	Moucha, Sue	67	VALR	1:18.53

3	Messer, Nita	67	HERN	1:18.72
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Women 65-69 100 LC Meter Backstroke

Goodlife: 1:25.22 % 3/9/2024 Zena Courtney

1	Steinmann, Sharon	67	ST P	1:50.11
2	Moucha, Sue	67	VALR	2:52.45

Women 65-69 200 LC Meter Backstroke

Goodlife: 3:05.39 % 3/9/2024 Zena Courtney

1	Steinmann, Sharon	67	ST P	3:47.04
				1:51.74 3:47.04
2	Moucha, Sue	67	VALR	6:01.30
				2:58.31 6:01.30

Women 65-69 50 LC Meter Breaststroke

Goodlife: 46.00 % 3/14/2015 Julianna Holbrook

1	Blair, Deb	67	PALC	54.25
2	Messer, Nita	67	HERN	1:15.35

Women 65-69 50 LC Meter Butterfly

Goodlife: 45.36 % 2008 Susan Meyers

1	Blair, Deb	67	PALC	50.14
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Women 65-69 100 LC Meter Butterfly

Goodlife: 1:41.01 % 3/5/2022 Nancy Kryka

1	Lohrbach, Claire	66	TAMP	2:36.64
				42:50.00 2:36.64

Women 65-69 200 LC Meter Butterfly

Goodlife: 3:50.04 % 3/18/2023 Nancy Kryka

---	Lohrbach, Claire	66	TAMP	NS
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Women 65-69 200 LC Meter IM

Goodlife: 3:19.56 % 2/29/2020 Peggy McDonnell

1	Lohrbach, Claire	66	TAMP	4:46.16
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Women 65-69 400 LC Meter IM

Goodlife: 7:22.25 % 3/18/2023 Nancy Kryka

1	Lohrbach, Claire	66	TAMP	10:28.63
				2:25.82 5:02.45 8:03.43 10:28.63

Women 70-74 50 LC Meter Freestyle

Goodlife: 35.80 % 3/10/2018 June Carson

1	Nevid, Nancy	70	SARA	36.22
2	Clinton, Marjory	72	PALC	41.01
3	Lowther, Jocelyn	71	COCO	47.05

Women 70-74 100 LC Meter Freestyle

Goodlife: 1:32.27 % 1996 Florence Carr

1	Nevid, Nancy	70	SARA	1:21.45%
2	Clinton, Marjory	72	PALC	1:31.91%
3	Cobb, Dianne	70	CLEA	1:35.49
4	Lowther, Jocelyn	71	COCO	1:53.45

Women 70-74 200 LC Meter Freestyle

Goodlife: 3:07.14 % 3/10/2015 June Carson

1	Clinton, Marjory	72	PALC	3:22.97
				1:36.52 3:22.97
---	Lowther, Jocelyn	71	COCO	NS

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Women 70-74 400 LC Meter Freestyle

Goodlife: 6:12.62 % 2/29/2020 Diann Uustal

1	Clinton, Marjory	72	PALC	7:04.79
				1:38.51 3:28.12 5:17.37 7:04.79
---	Lowther, Jocelyn	71	COCO	NS

Women 70-74 50 LC Meter Backstroke

Goodlife: 41.68 % 2/29/2020 Diann Uustal

1	Clinton, Marjory	72	PALC	49.82
2	Cobb, Dianne	70	CLEA	55.74
3	Lowther, Jocelyn	71	COCO	59.64

Women 70-74 100 LC Meter Backstroke

Goodlife: 1:29.49 % 2/29/2020 Diann Uustal

1	Dennis, Martha	73	KISS	2:08.91
---	Cobb, Dianne	70	CLEA	NS

Women 70-74 200 LC Meter Backstroke

Goodlife: 3:26.94 % 3/5/2022 Linda Fulton

1	Dennis, Martha	73	KISS	4:22.61
				2:10.42 4:22.61

Women 70-74 50 LC Meter Breaststroke

Goodlife: 51.49 % 2002 Sylvia Eisele

1	Cobb, Dianne	70	CLEA	55.90
2	Lowther, Jocelyn	71	COCO	1:01.20

Women 70-74 100 LC Meter Breaststroke

Goodlife: 1:55.96 % 3/14/2015 Jeanne Hackett

---	Cobb, Dianne	70	CLEA	NS
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Women 70-74 200 LC Meter Breaststroke

Goodlife: 4:21.62 % 3/9/2019 Martha Samuelson

1	Dennis, Martha	73	KISS	6:04.58
				3:00.18 6:04.58

Women 70-74 50 LC Meter Butterfly

Goodlife: 49.62 % 3/5/2022 Linda Fulton

1	Nevid, Nancy	70	SARA	45.05%
2	Clinton, Marjory	72	PALC	45.79%

Women 70-74 200 LC Meter Butterfly

Goodlife: 5:28.51 % 3/18/2023 Martha Dennis

---	Dennis, Martha	73	KISS	NS
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Women 70-74 200 LC Meter IM

Goodlife: 4:02.03 % 3/10/2012 Patricia Bond

1	Dennis, Martha	73	KISS	4:54.27
				2:25.67 4:54.27

Women 70-74 400 LC Meter IM

Goodlife: 9:46.79 % 3/18/2023 Martha Dennis

1	Dennis, Martha	73	KISS	10:03.05
				2:41.42 5:00.25 8:03.51 10:03.05

Women 75-79 50 LC Meter Freestyle

Goodlife: 38.94 % 3/18/2023 June Carson

1	Jacobson, Geraldine	75	ST P	52.08
2	Owen, Mary Catherine	78	BEVE	1:08.59
---	Carson, June	77	SARA	NS

Women 75-79 100 LC Meter Freestyle

Goodlife: 1:31.47 % 3/18/2023 June Carson

1	Olmsted, Roxanne	75	VILL	1:44.53
2	Jacobson, Geraldine	75	ST P	1:52.02
3	Owen, Mary Catherine	78	BEVE	2:28.30
---	Carson, June	77	SARA	NS

Women 75-79 200 LC Meter Freestyle

Goodlife: 3:24.08 % 3/18/2023 June Carson

1	Olmsted, Roxanne	75	VILL	3:43.65
				1:47.04 3:43.65
---	Carson, June	77	SARA	NS
---	Jacobson, Geraldine	75	ST P	NS
---	Mitchell, Carol	76	VENI	NS

Women 75-79 400 LC Meter Freestyle

Goodlife: 7:22.05 % 3/18/2023 June Carson

---	Carson, June	77	SARA	NS
---	Olmsted, Roxanne	75	VILL	NS
---	Mitchell, Carol	76	VENI	NS

Women 75-79 50 LC Meter Backstroke

Goodlife: 52.91 % 3/8/2014 Patricia Bond

1	Owen, Mary Catherine	78	BEVE	1:13.65
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Women 75-79 100 LC Meter Backstroke

Goodlife: 1:45.64 % 7/31/2021 Chris Gilligan

1	Roth Cohen, Karin	77	LAKM	2:56.43
---	Owen, Mary Catherine	78	BEVE	NS

Women 75-79 200 LC Meter Backstroke

Goodlife: 3:55.42 % 3/8/2014 Patricia Bond

1	Roth Cohen, Karin	77	LAKM	6:09.79
---	Mitchell, Carol	76	VENI	NS

Women 75-79 50 LC Meter Breaststroke

Goodlife: 48.69 % 2005 Sylvia Eisele

1	Jacobson, Geraldine	75	ST P	1:04.94
2	Owen, Mary Catherine	78	BEVE	1:41.69
---	Carson, June	77	SARA	NS

Women 75-79 100 LC Meter Breaststroke

Goodlife: 2:00.41 % 2006 Sylvia Eisele

1	Jacobson, Geraldine	75	ST P	2:31.39
---	Carson, June	77	SARA	NS

Women 75-79 200 LC Meter Breaststroke

Goodlife: 4:22.53 % 2006 Sylvia Eisele

---	Mitchell, Carol	76	VENI	NS
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Women 75-79 100 LC Meter Butterfly

Goodlife: 2:05.72 % 2004 Sylvia Eisele

1	Roth Cohen, Karin	77	LAKM	4:00.93
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Women 75-79 200 LC Meter Butterfly

---	Roth Cohen, Karin	77	LAKM	NS
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Women 75-79 200 LC Meter IM

Goodlife: 4:06.12 % 3/9/2013 Patricia Bond

1	Olmsted, Roxanne	75	VILL	4:27.49
				2:18.93 4:27.49

Good Life Games (Swimming) - 1/11/2025

Sanction #: 145-R001

Results - Saturday

(Women 75-79 200 LC Meter IM)

2	Roth Cohen, Karin	77	LAKM	7:04.09
	3:26.28		7:04.09	

Women 75-79 400 LC Meter IM

1	Roth Cohen, Karin	77	LAKM	14:32.55
	4:10.91		11:48.26	14:32.55

Women 80-84 50 LC Meter Freestyle

Goodlife: 47.07 % 3/11/2017 Patricia Tullman

1	Hackett, Jeanne	82	VILL	52.33
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Women 80-84 100 LC Meter Freestyle

Goodlife: 1:37.85 % 2007 Jean Troy

1	Panker, Karen	80	LADY	1:51.43
2	Hackett, Jeanne	82	VILL	1:53.73

Women 80-84 200 LC Meter Freestyle

Goodlife: 3:33.78 % 2007 Jean Troy

1	Hackett, Jeanne	82	VILL	4:16.08
	2:04.83		4:16.08	

Women 80-84 50 LC Meter Breaststroke

Goodlife: 56.91 % 3/21/2009 Sylvia Eisele

1	Hackett, Jeanne	82	VILL	1:06.24
2	Panker, Karen	80	LADY	1:11.73

Women 80-84 100 LC Meter Breaststroke

Goodlife: 2:06.25 % 3/21/2009 Sylvia Eisele

1	Hackett, Jeanne	82	VILL	2:24.11
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Women 80-84 200 LC Meter IM

Goodlife: 4:25.50 % 2007 Jean Troy

---	Panker, Karen	80	LADY	NS
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Women 85-89 50 LC Meter Freestyle

Goodlife: 46.87 % 3/10/2012 Jean Troy

---	Tullman, Patricia	88	TAMP	NS
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Women 85-89 100 LC Meter Freestyle

Goodlife: 1:44.50 % 3/10/2012 Jean Troy

---	Tullman, Patricia	88	TAMP	NS
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Women 85-89 200 LC Meter Freestyle

Goodlife: 3:50.25 % 3/10/2012 Jean Troy

---	Tullman, Patricia	88	TAMP	NS
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Women 85-89 100 LC Meter Backstroke

Goodlife: 1:53.28 % 3/10/2012 Betty Lorenzi

---	Tullman, Patricia	88	TAMP	NS
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Women 85-89 200 LC Meter Backstroke

Goodlife: 4:01.09 % 3/9/2013 Betty Lorenzi

---	Tullman, Patricia	88	TAMP	NS
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Women 85-89 50 LC Meter Butterfly

Goodlife: 1:15.37 % 2007 June Reynolds

---	Tullman, Patricia	88	TAMP	NS
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Women 95-99 50 LC Meter Freestyle

1	Campbell, Joan K	95	PALH	1:21.60
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Women 95-99 100 LC Meter Freestyle

1	Campbell, Joan K	95	PALH	3:15.92
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Women 95-99 200 LC Meter Freestyle

1	Campbell, Joan K	95	PALH	7:18.05
	3:34.93		7:18.05	

Women 95-99 400 LC Meter Freestyle

---	Campbell, Joan K	95	PALH	NS
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Women 95-99 50 LC Meter Backstroke

1	Campbell, Joan K	95	PALH	1:39.46
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Women 95-99 100 LC Meter Backstroke

1	Campbell, Joan K	95	PALH	3:49.92
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Women 95-99 200 LC Meter Backstroke

---	Campbell, Joan K	95	PALH	NS
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Men 50-54 50 LC Meter Freestyle

Goodlife: 27.65 % 2008 William Brenner

1	Herman, Eric	54	ST P	31.60
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Men 50-54 100 LC Meter Freestyle

Goodlife: 1:03.08 % 3/11/2017 Dima Krieger

1	Herman, Eric	54	ST P	1:09.98
2	Christensen, David	51	ORLA	1:21.67

Men 50-54 200 LC Meter Freestyle

Goodlife: 2:20.39 % 3/11/2017 Dima Krieger

1	Herman, Eric	54	ST P	2:38.82
	1:17.01		2:38.82	
2	Christensen, David	51	ORLA	2:55.24
	1:27.40		1:26.00	
	2:55.24			

Men 50-54 400 LC Meter Freestyle

Goodlife: 5:10.97 % 2/29/2020 William Bouyoucas

1	Herman, Eric	54	ST P	5:42.19
	1:17.07		2:44.70	4:14.96
				5:42.19
2	Christensen, David	51	ORLA	6:13.14
	1:31.89		3:07.76	4:43.27
				6:13.14

Men 50-54 50 LC Meter Backstroke

Goodlife: 35.24 % 2005 Clifford Patterson

1	Christensen, David	51	ORLA	39.45
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Men 50-54 100 LC Meter Backstroke

Goodlife: 1:13.39 % 7/31/2021 Jim Harper

1	Christensen, David	51	ORLA	1:36.56
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Men 50-54 50 LC Meter Breaststroke

Goodlife: 34.81 % 2008 William Brenner

1	Herman, Eric	54	ST P	41.88
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Men 50-54 50 LC Meter Butterfly

Goodlife: 31.50 % 2006 Clifford Patterson

1	Herman, Eric	54	ST P	35.07
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Men 50-54 200 LC Meter IM

Goodlife: 3:15.45 % 2006 Clifford Patterson

---	Christensen, David	51	ORLA	NS
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Results - Saturday

Men 60-64 50 LC Meter Freestyle

Goodlife: 28.48 % 2/29/2020 Michael Smith

1 Leahy, John 63 ESTE 38.40

Men 60-64 200 LC Meter Freestyle

Goodlife: 2:26.80 % 3/8/2014 Kern Davis

1 Leahy, John 63 ESTE 3:34.80

1:36.19 3:34.80

Men 60-64 400 LC Meter Freestyle

Goodlife: 5:06.95 % 3/10/2018 Kern Davis

--- Leahy, John 63 ESTE NS

Men 60-64 100 LC Meter Backstroke

Goodlife: 1:27.81 % 3/10/2012 Clifford Patterso

1 Leahy, John 63 ESTE 1:47.74

Men 60-64 200 LC Meter Backstroke

Goodlife: 2:59.01 % 3/9/2019 John Nixon

1 Leahy, John 63 ESTE 4:01.00

1:52.44 4:01.00

Men 60-64 50 LC Meter Breaststroke

Goodlife: 37.69 % 2/29/2020 Michael Smith

1 Veilleux, Marco 63 SARA 34.32%

Men 60-64 100 LC Meter Breaststroke

Goodlife: 1:23.95 % 3/9/2019 Jim Matysek

1 Veilleux, Marco 63 SARA 1:17.45%

Men 60-64 200 LC Meter IM

Goodlife: 2:46.77 % 3/12/2016 Kern Davis

--- Leahy, John 63 ESTE NS

Men 65-69 400 LC Meter Freestyle

Goodlife: 5:26.61 % 3/18/2023 Paul Bernardino

--- Matysek, Jim 66 SARA NS

Men 65-69 50 LC Meter Backstroke

Goodlife: 36.69 % 1992 Paul Hutinger

1 Securo, Joseph 69 SARA 44.72

2 Slockett, Robert 69 PINE 46.80

Men 65-69 100 LC Meter Backstroke

Goodlife: 1:20.88 % 2/29/2020 John Nixon

1 Securo, Joseph 69 SARA 1:35.74

--- Slockett, Robert 69 PINE NS

Men 65-69 200 LC Meter Backstroke

Goodlife: 3:02.02 % 2/29/2020 John Nixon

1 Securo, Joseph 69 SARA 3:21.75

1:41.65 3:21.75

--- Slockett, Robert 69 PINE NS

Men 65-69 50 LC Meter Breaststroke

Goodlife: 38.61 % 3/18/2023 Michael Smith

1 Matysek, Jim 66 SARA 40.00

--- Slockett, Robert 69 PINE NS

Men 65-69 100 LC Meter Breaststroke

Goodlife: 1:24.18 % 3/9/2024 Jim Matysek

1 Matysek, Jim 66 SARA 1:30.36

--- Slockett, Robert 69 PINE NS

Men 65-69 200 LC Meter Breaststroke

Goodlife: 3:07.63 % 3/9/2024 Jim Matysek

1 Matysek, Jim 66 SARA 3:12.58

1:33.47 3:12.58

--- Slockett, Robert 69 PINE NS

Men 70-74 50 LC Meter Freestyle

Goodlife: 29.78 % 3/9/2013 Keete Klopwig

1 Groselle, Jack 71 HIRA 31.95

2 Harrington, Patrick 73 SUN 47.15

--- Alexander, Rich 70 HILT NS

Men 70-74 100 LC Meter Freestyle

Goodlife: 1:07.93 % 3/9/2013 Keete Klopwig

1 Harrington, Patrick 73 SUN 1:54.07

--- Alexander, Rich 70 HILT NS

Men 70-74 200 LC Meter Freestyle

Goodlife: 2:35.33 % 3/9/2013 Keete Klopwig

1 Harrington, Patrick 73 SUN 4:07.35

1:58.04 4:07.35

2 Wrassmann, David 71 DUNE 4:07.63

--- Alexander, Rich 70 HILT NS

Men 70-74 400 LC Meter Freestyle

Goodlife: 5:31.77 % 3/9/2024 Kern Davis

--- Wrassmann, David 71 DUNE NS

--- Harrington, Patrick 73 SUN NS

--- Alexander, Rich 70 HILT NS

Men 70-74 50 LC Meter Backstroke

Goodlife: 34.93 % 3/5/2022 Lawrence Day

1 Harrington, Patrick 73 SUN 59.24

Men 70-74 100 LC Meter Backstroke

Goodlife: 1:16.67 % 3/5/2022 Lawrence Day

1 Wrassmann, David 71 DUNE 2:04.08

Men 70-74 200 LC Meter Backstroke

Goodlife: 3:13.58 % 3/9/2019 Nathan Leech

1 Wrassmann, David 71 DUNE 4:32.50

2:20.29 4:32.50

Men 70-74 50 LC Meter Breaststroke

Goodlife: 39.86 % 3/9/2024 Jack Groselle

1 Groselle, Jack 71 HIRA 41.81

Men 70-74 100 LC Meter Breaststroke

Goodlife: 1:32.76 % 3/9/2024 Kern Davis

1 Wrassmann, David 71 DUNE 2:09.31

Men 70-74 200 LC Meter Breaststroke

Goodlife: 3:30.14 % 3/9/2024 Kern Davis

1 Wrassmann, David 71 DUNE 4:51.18

2:30.46 4:51.18

Men 75-79 50 LC Meter Freestyle

Goodlife: 31.42 % 3/9/2013 John Smith

1 McEvoy, Martin 75 VENI 44.41

2 Mathews, Scott 75 OSPR 44.55

Good Life Games (Swimming) - 1/11/2025

Sanction #: 145-R001

Results - Saturday

Men 75-79 100 LC Meter Freestyle
Goodlife: 1:20.36 % 3/18/2023 Randy Simons

1	McEvoy, Martin	75	VENI	1:33.93
2	Mathews, Scott	75	OSPR	1:40.62

Men 75-79 200 LC Meter Freestyle
Goodlife: 3:15.07 % 3/18/2023 Randy Simons

1	McEvoy, Martin	75	VENI	3:25.42
				1:40.31 3:25.42
2	Cothren, John	76	SAVA	3:33.91
				1:43.25 3:33.91

Men 75-79 400 LC Meter Freestyle
Goodlife: 7:39.98 % 2006 Charles Kohnken

1	McEvoy, Martin	75	VENI	7:19.61%
				1:44.69 3:37.23 5:30.20 7:19.61
2	Cothren, John	76	SAVA	7:37.44%
				1:47.03 3:46.00 5:43.96 7:37.44

Men 75-79 50 LC Meter Backstroke
Goodlife: 37.70 % 3/9/2013 John Smith

1	Cothren, John	76	SAVA	42.61
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Men 80-84 50 LC Meter Freestyle
Goodlife: 34.22 % 3/10/2018 Tom Verth

1	Laux, Michael	84	OSPR	41.34
2	Freshley, Mike	84	ORLA	41.88
3	Schenk, Martin	83	VILL	42.79
---	Keiser, Richard	81	PINE	NS

Men 80-84 100 LC Meter Freestyle
Goodlife: 1:19.50 % 3/9/2013 Burwell Jones

1	Freshley, Mike	84	ORLA	1:45.38
2	Schenk, Martin	83	VILL	1:45.88
---	Keiser, Richard	81	PINE	NS

Men 80-84 200 LC Meter Freestyle
Goodlife: 3:56.54 % 3/9/2024 Michael Laux

---	Schenk, Martin	83	VILL	NS
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Men 80-84 50 LC Meter Backstroke
Goodlife: 40.00 % 3/9/2013 Burwell Jones

1	Freshley, Mike	84	ORLA	54.37
---	Laux, Michael	84	OSPR	NS

Men 80-84 200 LC Meter Backstroke
Goodlife: 4:05.58 % 2005 Paul Hunteringer

1	Laux, Michael	84	OSPR	4:35.46
				2:18.47 4:35.46

Men 80-84 50 LC Meter Breaststroke
Goodlife: 46.31 % 3/5/2022 Mike Freshley

1	Freshley, Mike	84	ORLA	54.48
2	Schenk, Martin	83	VILL	56.19
3	Laux, Michael	84	OSPR	1:01.37
---	Keiser, Richard	81	PINE	NS

Men 80-84 100 LC Meter Breaststroke
Goodlife: 1:46.65 % 3/5/2022 Mike Freshley

1	Schenk, Martin	83	VILL	2:11.65
---	Keiser, Richard	81	PINE	NS

---	Freshley, Mike	84	ORLA	NS
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Men 80-84 200 LC Meter Breaststroke
Goodlife: 3:49.43 % 3/5/2022 Mike Freshley

1	Freshley, Mike	84	ORLA	4:24.28
				2:05.22 4:24.28
2	Schenk, Martin	83	VILL	4:46.47
				2:14.87 4:46.47

Men 80-84 50 LC Meter Butterfly
Goodlife: 45.53 % 3/9/2013 Burwell Jones

---	Laux, Michael	84	OSPR	NS
---	Freshley, Mike	84	ORLA	NS

Men 80-84 200 LC Meter IM
Goodlife: 3:47.20 % 3/18/2023 Mike Freshley

---	Freshley, Mike	84	ORLA	NS
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Men 85-89 50 LC Meter Freestyle
Goodlife: 37.76 % 2/29/2020 Cav Cavanaugh

1	Dively, Michael	87	WINT	45.21
---	Boehm, Jack	85	BEAC	NS

Men 85-89 100 LC Meter Freestyle
Goodlife: 1:34.81 % 2/29/2020 Cav Cavanaugh

1	Dively, Michael	87	WINT	1:52.31
---	Mitchell, Jack	86	VENI	NS

Men 85-89 200 LC Meter Freestyle
Goodlife: 3:43.18 % 2/29/2020 Cav Cavanaugh

1	Dively, Michael	87	WINT	4:41.40
				2:08.53 4:41.40
---	Mitchell, Jack	86	VENI	NS

Men 85-89 400 LC Meter Freestyle
Goodlife: 9:50.41 % 3/21/2009 Alex Ramirez-Mill

---	Mitchell, Jack	86	VENI	NS
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Men 85-89 50 LC Meter Backstroke
Goodlife: 52.07 % 3/21/2009 Paul Hunteringer

1	Boehm, Jack	85	BEAC	1:00.73
2	Dively, Michael	87	WINT	1:02.20
---	Mitchell, Jack	86	VENI	NS

Men 85-89 100 LC Meter Backstroke
Goodlife: 2:14.51 % 3/10/2012 John Cornell

1	Boehm, Jack	85	BEAC	2:08.91%
---	Mitchell, Jack	86	VENI	NS
---	Dively, Michael	87	WINT	NS

Men 85-89 200 LC Meter Backstroke
Goodlife: 4:37.34 % 3/21/2009 Paul Hunteringer

1	Boehm, Jack	85	BEAC	4:57.36
				2:23.91 4:57.36
---	Mitchell, Jack	86	VENI	NS

Women 240-279 200 LC Meter Freestyle Relay

1	SPM	A	3:19.83
	1) Steinmann, Sharon W67	2) Bogue, Sherri W61	
	3) Jacobson, Geraldine W75	4) Clark, Dawn W61	