

Polk Senior Games (Swimming) - 3/1/2025 to 3/2/2025**PolkSr - Records**

1 Women 50-54 200 Free	2:25.36	3/7/2015	Christine Germain - POLK-FL
1 Women 55-59 200 Free	2:16.59	3/1/2025	Karen Westerman - Land O Lakes
1 Women 60-64 200 Free	2:54.10	2000	Patricia M Bond
1 Women 65-69 200 Free	2:40.52	2/2/2020	Linda Fulton
1 Women 70-74 200 Free	2:43.14	3/1/2025	Linda Fulton - Celebration
1 Women 75-79 200 Free	3:01.89	2006	Jean D Troy
1 Women 80-84 200 Free	3:43.68	2/23/2013	Mary Tusa - FACT-FL
1 Women 85-89 200 Free	4:02.02	2020	Beverly Myers
1 Women 90-94 200 Free	5:43.67	3/4/2017	Joyce Stipanuk - CLER
2 Men 50-54 200 Free	2:03.84	3/4/2017	Stepan Oliva - WINT
2 Men 55-59 200 Free	2:04.43	2/28/2009	Brian Voisard - WINT-
2 Men 60-64 200 Free	2:08.54	2003	Gaylord Hopkins
2 Men 65-69 200 Free	2:11.17	2006	Gaylord Hopkins
2 Men 70-74 200 Free	2:20.98	2/26/2011	Gaylord Hopkins - FMM-FL
2 Men 75-79 200 Free	2:48.23	3/4/2017	Martin Schenk - FACT-14
2 Men 80-84 200 Free	2:48.06	2023	Mike Freshley - Orlando
2 Men 85-89 200 Free	3:46.16	2012	John Cornell
2 Men 90-94 200 Free	6:14.10	2/23/2013	Lowell Heneveld - POLK
2 Men 95-99 200 Free	8:55.28	2/27/2010	Arland Meade - BART
3 Women 50-54 50 Back	31.94	2020	Karen Westerman - Land O Lakes
3 Women 55-59 50 Back	32.60	3/2/2024	Karen Westerman - Land O Lakes
3 Women 60-64 50 Back	42.35	3/1/2025	Katherine Cleary - Mulberry
3 Women 65-69 50 Back	35.89	2020	Linda Fulton - Swim Like A Pro
3 Women 70-74 50 Back	36.96	2023	Linda Fulton - Celebration
3 Women 75-79 50 Back	50.06	2005	Mary C Tusa
3 Women 80-84 50 Back	52.65	1993	Florence Dunbar
3 Women 85-89 50 Back	1:01.19	2020	Beverly Myers
3 Women 90-94 50 Back	1:19.63	3/3/2018	Joyce Stipanuk - CLER
3 Women 95-99 50 Back	1:33.81	3/7/2015	Dorothy Freed - POLK-FL
4 Men 50-54 50 Back	28.07	3/7/2015	John Laderer - POLK-FL
4 Men 55-59 50 Back	30.33	2007	NATHAN LEECH
4 Men 60-64 50 Back	31.88	2/26/2011	Brian Voisard - WIN-FL
4 Men 65-69 50 Back	32.71	3/2/2019	Brian Voisard - WIN-14
4 Men 70-74 50 Back	32.45	3/2/2019	Robert Heacock - Palm Beach Maste
4 Men 75-79 50 Back	36.22	3/2/2024	Robert Heacock - Clermont
4 Men 80-84 50 Back	45.53	3/1/2025	Robin Wickman - Lakeland
4 Men 85-89 50 Back	48.75	3/2/2024	Thomas Gompf - Lakeland
4 Men 90-94 50 Back	1:15.33	3/7/2015	Jerome Burke - POLK-FL
4 Men 95-99 50 Back	1:44.51	2/27/2010	Arland Meade - BART
4 Men 100-104 50 Back	2:05.80	3/7/2015	Arland Meade - POLK-FL
5 Women 50-54 100 Breast	1:25.21	3/7/2015	Paula Cunio - FACT-14
5 Women 55-59 100 Breast	1:24.87	3/3/2018	Paula Cunio - FACT-14
5 Women 60-64 100 Breast	1:38.77	1998	Doris Prokopi
5 Women 65-69 100 Breast	1:40.53	2/26/2011	Jeanne Hackett - FACT -FL
5 Women 70-74 100 Breast	1:41.61	2/23/2013	Jeanne Hackett - FACT-FL
5 Women 75-79 100 Breast	1:57.72	2005	Jean D Troy
5 Women 80-84 100 Breast	2:00.77	2007	Jean D Troy
5 Women 85-89 100 Breast	3:14.06	2020	Doris Prokopi
5 Women 90-94 100 Breast	3:46.21	3/1/2025	Shirley Carnahan - Clermont
6 Men 50-54 100 Breast	1:05.46	3/2/2019	Steve Oliva - WIN-14
6 Men 55-59 100 Breast	1:10.34	3/2/2024	Steve Oliva - Winter Haven
6 Men 60-64 100 Breast	1:21.29	3/2/2019	Peter Turner - Space Coast Mast
6 Men 65-69 100 Breast	1:18.04	3/1/2025	Michael Smith - Ruskin
6 Men 70-74 100 Breast	1:20.41	3/4/2017	Dave Jarvis - The Villages Aqu
6 Men 75-79 100 Breast	1:33.97	2020	Robin Wickman
6 Men 80-84 100 Breast	1:31.96	2023	Mike Freshley - Orlando
6 Men 85-89 100 Breast	2:26.90	2/26/2011	Hernan Granda - WINT
6 Men 90-94 100 Breast	4:11.00	2005	Arland Meade

Polk Senior Games (Swimming) - 3/1/2025 to 3/2/2025**PolkSr - Records**

6 Men 95-99 100 Breast	5:03.23	2/27/2010	Arland Meade - BART
7 Women 50-54 100 Fly	1:09.94	2020	Karen Westerman
7 Women 55-59 100 Fly	1:07.51	2/25/2012	Pat Sargeant
7 Women 60-64 100 Fly	1:43.66	2002	Patricia M. Bond
7 Women 65-69 100 Fly	1:27.64	2020	Linda Fulton
7 Women 70-74 100 Fly	1:33.67	2023	Linda Fulton
7 Women 75-79 100 Fly	1:55.59	2006	Jean D Troy
7 Women 80-84 100 Fly	1:58.84	2007	Jean D Troy
8 Men 50-54 100 Fly	1:05.32	2005	Brian Voisard
8 Men 55-59 100 Fly	1:04.68	2006	Brian Voisard
8 Men 60-64 100 Fly	1:05.87	2012	Brian Voisard - WIN-FL
8 Men 65-69 100 Fly	1:14.87	3/3/2018	Robert Heacock - Palm Beach Maste
8 Men 70-74 100 Fly	1:11.85	3/2/2019	Robert Heacock - Palm Beach Maste
8 Men 75-79 100 Fly	1:39.36	2007	Charles Weatherbee
8 Men 80-84 100 Fly	4:04.90	2020	Craig Walker - Redlands
9 Women 50-54 100 IM	1:11.49	2020	Karen Westerman - Land O Lakes
9 Women 55-59 100 IM	1:12.81	2023	Karen Westerman - Land O Lakes
9 Women 60-64 100 IM	1:33.42	2005	Wendy Duck
9 Women 65-69 100 IM	1:31.19	2020	Ann Guins
9 Women 70-74 100 IM	1:35.01	2008	Patricia M Bond
9 Women 75-79 100 IM	1:41.29	2006	Jean D Troy
9 Women 80-84 100 IM	1:49.52	2007	Jean D Troy
9 Women 85-89 100 IM	2:10.76	2020	Beverly Myers
10 Men 50-54 100 IM	59.90	3/2/2019	Steve Oliva - WIN-14
10 Men 55-59 100 IM	1:03.79	3/2/2024	Steve Oliva - Winter Haven
10 Men 60-64 100 IM	1:08.66	2/26/2011	Brian Voisard - WIN-FL
10 Men 65-69 100 IM	1:09.68	3/2/2019	Brian Voisard - WIN-14
10 Men 70-74 100 IM	1:10.84	3/3/2018	David Jarvis - The Villages Aqu
10 Men 75-79 100 IM	1:27.69	2007	Charles Weatherbee
10 Men 80-84 100 IM	1:41.03	3/1/2025	Robin Wickman - Lakeland
10 Men 85-89 100 IM	1:51.87	3/2/2024	Thomas Gompf - Lakeland
11 Women 50-54 50 Breast	39.22	2000	Lynn Cartee
11 Women 55-59 50 Breast	39.17	3/3/2018	Paula Cunio - FACT-14
11 Women 60-64 50 Breast	45.04	1998	Doris Prokopi
11 Women 65-69 50 Breast	45.15	2/26/2011	Jeanne Hackett - FACT-FL
11 Women 70-74 50 Breast	47.03	2/23/2013	Jeanne Hackett - FACT-FL
11 Women 75-79 50 Breast	51.39	2/27/2010	Beverly Myers - ZEPH
11 Women 80-84 50 Breast	54.15	1993	Florence Dunbar
11 Women 85-89 50 Breast	1:03.92	2020	Beverly Myers - ZEPH
11 Women 90-94 50 Breast	1:43.41	3/1/2025	Shirley Carnahan - Clermont
11 Women 95-99 50 Breast	2:49.03	3/7/2015	Dorothy Freed - POLK-FL
12 Men 50-54 50 Breast	29.76	3/2/2019	Steve Oliva - WIN-14
12 Men 55-59 50 Breast	31.82	3/2/2024	Steve Oliva - Winter Haven
12 Men 60-64 50 Breast	37.18	3/2/2019	Peter Turner - Space Coast Mast
12 Men 65-69 50 Breast	34.43	3/1/2025	Michael Smith - Ruskin
12 Men 70-74 50 Breast	35.69	3/4/2017	Dave Jarvis - The Villages Aqu
12 Men 75-79 50 Breast	40.23	3/2/2024	Robert Heacock - Clermont
12 Men 80-84 50 Breast	44.28	3/1/2025	Robin Wickman - Lakeland
12 Men 85-89 50 Breast	54.78	3/2/2024	Thomas Gompf - Lakeland
12 Men 90-94 50 Breast	1:57.79	2006	Arland Meade
12 Men 95-99 50 Breast	2:23.04	2/27/2010	Arland Meade - BART
12 Men 100-104 50 Breast	2:56.41	3/7/2015	Arland Meade - POLK-FL
13 Women 50-54 500 Free	6:01.86	2020	Karen Westerman
13 Women 55-59 500 Free	6:02.78	2023	Karen Westerman
13 Women 60-64 500 Free	7:50.84	2002	Patricia M. Bond
13 Women 65-69 500 Free	7:18.87	3/5/2016	Roxanne Olmsted - FACT-14
13 Women 70-74 500 Free	7:40.60	2008	Patricia M. Bond
13 Women 75-79 500 Free	8:30.40	2006	Jean D Troy

Polk Senior Games (Swimming) - 3/1/2025 to 3/2/2025**PolkSr - Records**

13 Women 80-84 500 Free	9:53.49	2/23/2013	Mary Tusa - FACT-FL
13 Women 85-89 500 Free	10:47.70	3/4/2017	Phyllis Goodlad - Maryland
14 Women 50-54 500 Free	6:56.64	2008	CYN H LASHER
14 Women 55-59 500 Free	6:12.59	2/25/2012	Pat Sargeant
14 Women 60-64 500 Free	7:50.84	2002	Patricia M. Bond
14 Women 65-69 500 Free	7:48.21	2007	PATRICIA M BOND
14 Women 70-74 500 Free	7:40.60	2008	PATRICIA M BOND
14 Women 75-79 500 Free	8:30.40	2006	Jean D Troy
14 Women 80-84 500 Free	10:47.21	2008	PHYLLIS GOODLAD
14 Women 85-89 500 Free	22:30.29	2008	DOROTHEA BENISEK
14 Men 50-54 500 Free	5:51.16	2005	Brian S Voisard
14 Men 55-59 500 Free	5:36.18	2/28/2009	Brian S Voisard
14 Men 60-64 500 Free	5:52.09	2/26/2011	Brian S Voisard
14 Men 65-69 500 Free	6:04.76	2006	Gaylord Hopkins
14 Men 70-74 500 Free	6:16.54	2/26/2011	Gaylord Hopkins
14 Men 75-79 500 Free	7:35.76	3/4/2017	Gaylord Hopkins
14 Men 80-84 500 Free	7:54.67	2023	Mike Freshley - Orlando
14 Men 85-89 500 Free	10:20.34	2/25/2012	John Cornell
14 Men 90-94 500 Free	16:28.76	2013	Lowell Heneveld
15 Women 50-54 200 Breast	2:58.94	3/8/2015	Paula Cunio - FACT-14
15 Women 55-59 200 Breast	3:00.68	3/4/2018	Paula Cunio - FACT-14
15 Women 60-64 200 Breast	3:37.52	3/3/2024	Cathy Liska - Winter Haven
15 Women 65-69 200 Breast	3:57.88	3/1/2009	Donelda Horne - ZEPH-
15 Women 70-74 200 Breast	3:46.57	2/24/2013	Jeanne Hackett - FACT-FL
15 Women 75-79 200 Breast	4:32.55	2/27/2011	Shirley Fishlock - FACT -FL
15 Women 80-84 200 Breast	4:27.58	2008	Jean D Troy
15 Women 85-89 200 Breast	7:32.73	2012	Ellen Brown - FACT -FL
15 Women 90-94 200 Breast	7:53.38	3/2/2025	Shirley Carnahan - Clermont
16 Men 50-54 200 Breast	2:44.28	3/1/2009	Peter Turner - PALMB-
16 Men 55-59 200 Breast	2:46.96	2/24/2013	Allen Sale - POLK
16 Men 60-64 200 Breast	3:08.32	2008	William Stephens
16 Men 65-69 200 Breast	3:08.55	2023	Allen Sale - POLK
16 Men 70-74 200 Breast	3:15.12	3/3/2019	David Jarvis - FACT-14
16 Men 75-79 200 Breast	3:47.35	3/4/2018	Martin Schenk - FACT-14
16 Men 80-84 200 Breast	3:17.16	2023	Mike Freshly
16 Men 85-89 200 Breast	7:27.56	3/3/2019	Fred Beckett - LAKE
16 Men 95-99 200 Breast	12:13.13	2/26/2012	Arland Meade
17 Women 50-54 50 Free	29.28	3/8/2015	Christine Germain - POLK-FL
17 Women 55-59 50 Free	27.04	2/26/2012	Pat Sargeant
17 Women 60-64 50 Free	28.12	2020	Susan Tokayer
17 Women 65-69 50 Free	31.72	2020	Linda Fulton - Celebration
17 Women 70-74 50 Free	33.19	2023	Linda Fulton - Celebration
17 Women 75-79 50 Free	37.00	2005	Jean D Troy
17 Women 80-84 50 Free	38.95	2008	Jean D Troy
17 Women 85-89 50 Free	47.87	2020	Beverly Myers
17 Women 90-94 50 Free	1:14.40	3/4/2018	Joyce Stipanuk - CLER
18 Men 50-54 50 Free	22.96	3/3/2019	Steve Oliva - WIN-14
18 Men 55-59 50 Free	24.66	3/3/2024	Steve Oliva - Winter Haven
18 Men 60-64 50 Free	26.52	2/27/2011	Brian Voisard - WIN-FL
18 Men 65-69 50 Free	26.85	3/6/2016	Brian Voisard - WIN-14
18 Men 70-74 50 Free	27.62	3/3/2019	Robert Heacock - Palm Beach Maste
18 Men 75-79 50 Free	29.97	3/3/2024	Robert Heacock - Clermont
18 Men 80-84 50 Free	32.33	2023	Mike Freshly
18 Men 85-89 50 Free	40.99	3/3/2024	Thomas Gompf - Lakeland
18 Men 90-94 50 Free	1:08.77	3/2/2025	Donald Doe - Auburndale
18 Men 95-99 50 Free	1:21.26	3/4/2018	Jerome Burke - NALC
19 Women 50-54 100 Back	1:08.72	2020	Karen Westerman
19 Women 55-59 100 Back	1:11.68	2023	Karen Westerman

Polk Senior Games (Swimming) - 3/1/2025 to 3/2/2025**PolkSr - Records**

19 Women 60-64 100 Back	1:21.01	3/6/2016	Linda Fulton - POLK
19 Women 65-69 100 Back	1:19.89	2020	Linda Fulton - Swim Like A Pro
19 Women 70-74 100 Back	1:21.00	2023	Linda Fulton - Celebration
19 Women 75-79 100 Back	1:47.54	2/28/2010	Beverly Myers - ZEPH
19 Women 80-84 100 Back	2:00.53	3/5/2017	Beverly Myers - ZEPH
19 Women 85-89 100 Back	2:10.10	2020	Beverly Myers - ZEPH
19 Women 90-94 100 Back	2:58.05	3/4/2018	Joyce Stipanuk - CLER
20 Men 50-54 100 Back	1:06.55	3/1/2009	Allen Sale - LAKE-
20 Men 55-59 100 Back	1:05.42	3/1/2009	Brian Voisard - WINT-
20 Men 60-64 100 Back	1:08.07	2/27/2011	Brian Voisard - WIN-FL
20 Men 65-69 100 Back	1:09.47	3/3/2019	Brian Voisard - WIN-14
20 Men 70-74 100 Back	1:19.51	2/26/2012	Gaylord Hopkins - FMM
20 Men 75-79 100 Back	1:29.88	3/5/2017	Gaylord Hopkins - LAKE
20 Men 80-84 100 Back	1:45.57	2003	John Woods
20 Men 85-89 100 Back	1:51.99	3/3/2024	Thomas Gompf - Lakeland
20 Men 90-94 100 Back	3:06.38	3/5/2017	Jerome Burke - NALC
20 Men 95-99 100 Back	4:03.80	2/28/2010	Arland Meade - BART
21 Women 50-54 50 Fly	30.22	2020	Karen Westerman
21 Women 55-59 50 Fly	30.03	2/26/2012	Pat Sargeant
21 Women 60-64 50 Fly	31.57	2020	Susan Tokayer
21 Women 65-69 50 Fly	35.77	2020	Linda Fulton - Celebration
21 Women 70-74 50 Fly	36.45	2023	Linda Fulton - Celebration
21 Women 75-79 50 Fly	49.53	2006	Jean D Troy
21 Women 80-84 50 Fly	51.22	2007	Jean D Troy
21 Women 85-89 50 Fly	1:25.83	3/2/2025	Frances Weston - Mount Dora
22 Men 50-54 50 Fly	26.49	3/6/2016	John Laderer - POLK
22 Men 55-59 50 Fly	28.48	3/3/2024	Steve Oliva - Winter Haven
22 Men 60-64 50 Fly	30.60	2020	Brad;ey Brown
22 Men 65-69 50 Fly	29.83	3/2/2025	Michael Smith - Ruskin
22 Men 70-74 50 Fly	30.38	3/3/2019	Robert Heacock - Palm Beach Maste
22 Men 75-79 50 Fly	36.04	3/5/2017	Martin Schenk - FACT-14
22 Men 80-84 50 Fly	41.48	3/2/2025	Robin Wickman - Lakeland
22 Men 85-89 50 Fly	55.68	3/3/2024	Thomas Gompf - Lakeland
23 Women 50-54 200 IM	2:35.93	2020	Karen Westerman
23 Women 55-59 200 IM	2:36.03	2023	Karen Westerman
23 Women 60-64 200 IM	3:23.19	2002	Patricia M. Bond
23 Women 65-69 200 IM	3:43.64	2/27/2011	Wendy Duck - GUEL
23 Women 70-74 200 IM	3:27.05	3/1/2009	Patricia Bond - BDTN-
23 Women 75-79 200 IM	3:46.85	2/28/2010	Beverly Myers - ZEPH
23 Women 80-84 200 IM	5:29.33	3/8/2015	Doris Prokopi - FMM-14
24 Men 50-54 200 IM	2:26.67	2012	Allen Sale
24 Men 55-59 200 IM	2:25.61	2/28/2010	Brian Voisard - WIN-FL
24 Men 60-64 200 IM	2:28.37	2/27/2011	Brian Voisard - WIN-FL
24 Men 65-69 200 IM	2:33.45	3/3/2019	Brian Voisard - WIN-14
24 Men 70-74 200 IM	2:56.75	3/3/2019	David Jarvis - FACT-14
24 Men 75-79 200 IM	3:32.19	3/8/2015	Thomas Gompf - POLK-FL
24 Men 80-84 200 IM	3:20.59	2023	Mike Freshley
24 Men 85-89 200 IM	5:33.97	2000	Frank Tillotson
25 Women 50-54 100 Free	1:05.13	3/8/2015	Christine Germain - POLK-FL
25 Women 55-59 100 Free	1:01.06	2012	Pat Sargent
25 Women 60-64 100 Free	1:04.01	2020	Susan Tokayer
25 Women 65-69 100 Free	1:14.70	2020	Linda Fulton
25 Women 70-74 100 Free	1:23.66	3/1/2009	Patricia Bond - BDTN-
25 Women 75-79 100 Free	1:25.00	2006	Jean D Troy
25 Women 80-84 100 Free	1:27.83	2007	Jean D Troy
25 Women 85-89 100 Free	1:54.94	2020	Beverly Myers
25 Women 90-94 100 Free	2:44.57	3/5/2017	Joyce Stipanuk - CLER
26 Men 50-54 100 Free	51.06	3/3/2019	Steve Oliva - WIN-14

Polk Senior Games (Swimming) - 3/1/2025 to 3/2/2025**PolkSr - Records**

26	Men 55-59 100 Free	55.29	3/3/2024	Steve Oliva - Winter Haven
26	Men 60-64 100 Free	58.72	2/27/2011	Brian Voisard - WIN-FL
26	Men 65-69 100 Free	59.61	2006	Gaylord Hopkins
26	Men 70-74 100 Free	1:00.41	3/3/2019	Robert Heacock - Palm Beach Maste
26	Men 75-79 100 Free	1:12.97	3/2/2025	Jimmy Waybright - Callahan
26	Men 80-84 100 Free	1:25.86	3/3/2024	Mike Freshley - Orlando
26	Men 85-89 100 Free	1:39.64	2/26/2012	John Cornell
26	Men 90-94 100 Free	3:02.87	2/24/2013	Lowell Heneveld - POLK
26	Men 95-99 100 Free	3:38.96	3/4/2018	Jerome Burke - NALC
27	Women 50-54 200 Back	2:26.44	2020	Karen Westerman
27	Women 55-59 200 Back	2:31.93	2023	Karen Westerman
27	Women 60-64 200 Back	2:59.51	3/6/2016	Linda Fulton - POLK
27	Women 65-69 200 Back	2:52.80	2020	Linda Fulton - Swim Like A Pro
27	Women 70-74 200 Back	2:56.56	2023	Linda Fulton - Celebration
27	Women 75-79 200 Back	3:55.72	2005	Mary C Tusa
27	Women 80-84 200 Back	4:33.00	3/5/2017	Beverly Myers - ZEPH
27	Women 85-89 200 Back	4:54.65	2020	Beverly Myers - ZEPH
27	Women 90-94 200 Back	6:19.75	3/5/2017	Joyce Stipanuk - CLER
28	Men 50-54 200 Back	2:23.98	2005	Brian Voisard
28	Men 55-59 200 Back	2:21.97	3/1/2009	Brian Voisard - WINT-
28	Men 60-64 200 Back	2:26.91	2/27/2011	Brian Voisard - WIN-FL
28	Men 65-69 200 Back	2:29.53	3/3/2019	Brian Voisard - WIN-14
28	Men 70-74 200 Back	2:41.17	3/3/2019	Robert Heacock - Palm Beach Maste
28	Men 75-79 200 Back	3:14.17	3/5/2017	Gaylord Hopkins - LAKE
28	Men 80-84 200 Back	3:55.95	2003	John Woods
28	Men 85-89 200 Back	4:05.97	3/3/2024	Thomas Gompf - Lakeland
28	Men 90-94 200 Back	6:32.79	2/24/2013	Lowell Heneveld - POLK