

**2013 SWIMMING - 100M BACKSTROKE****FEMALE**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Division</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Danette	Botts	Newton	IA	55-59 Female	01:42.48	1	Gold
Cindy	Hauber	Ames	IA	60-64 Female	01:37.11	1	Gold
Elizabeth	Smith	Des Moines	IA	60-64 Female	01:47.89	2	Silver
Virginia	Lane	Iowa City	IA	65-69 Female	02:29.04	1	Gold

**MALE**

Tom	Kealy	Council Bluffs	IA	55-59 Male	01:14.93	1	Gold
Alan	Schenck	Clarinda	IA	65-69 Male	02:00.56	1	Gold
Roger	Holthaus	Omaha	NE	70-74 Male	02:21.19	1	Gold
David	Easterla	Maryville	MO	75-79 Male	02:55.39	1	Gold
Stuart	Ashmead	Ottumwa	IA	85-89 Male	02:34.04	1	Gold
Robert	Severance	Beloit	KS	85-89 Male	02:52.30	1	Silver
Donald	Huntoon	Des Moines	IA	90-94 Male	03:34.96	1	Gold

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Elizabeth	Smith	Des Moines	IA	60-64 Female	01:58.01	1	Gold

**MALE**

Steven	Jones	Martensdale	IA	55-59 Male	01:18.49	1	Gold
Bill	Klahn	Cedar Rapids	IA	60-64 Male	01:21.81	1	Gold
Alan	Schenck	Clarinda	IA	65-69 Male	02:06.35	1	Gold
Roger	Holthaus	Omaha	NE	70-74 Male	02:56.40	1	Gold
Ruben	Rullan	Urbandale	IA	70-74 Male	DQ		
David	Easterla	Maryville	MO	75-79 Male	02:03.70	1	Gold

**2013 SWIMMING - 100M FREESTYLE****FEMALE**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Division</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Anita	Leveke	Des Moines	IA	50-54 Female	01:31.62	1	Gold
Debbie	Fisk	Waukee	IA	55-59 Female	01:16.47	1	Gold
Danette	Botts	Newton	IA	55-59 Female	01:27.97	2	Silver

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Division</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Virginia	Lane	Iowa City	IA	65-69 Female	01:59.04	1	Gold
<b>MALE</b>							
Brian	Steffen	Cedar Rapids	IA	50-54 Male	<b>00:54.70</b>	1	Gold
Tom	Kealy	Council Bluffs	IA	55-59 Male	01:01.48	1	Gold
Steven	Traynor	West Des Moines	IA	55-59 Male	01:24.26	2	Silver
Mick	Barry	Ankeny	IA	60-64 Male	<b>01:02.25</b>	1	Gold
Bill	Klahn	Cedar Rapids	IA	60-64 Male	01:21.71	2	Silver
Alan	Schenck	Clarinda	IA	65-69 Male	01:31.06	1	Gold
Ruben	Rullan	Urbandale	IA	70-74 Male	02:45.00	1	Gold
David	Easterla	Maryville	MO	75-79 Male	01:58.56	1	Gold
Stuart	Ashmead	Ottumwa	IA	85-89 Male		1	Gold
Robert	Severance	Beloit	KS	85-89 Male	02:27.38	2	Silver
<b>2013 SWIMMING - 100M INDIVIDUAL MEDLEY</b>							
<b>FEMALE</b>							
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Division</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Anita	Leveke	Des Moines	IA	50-54 Female	01:51.78	1	Gold
Debbie	Fisk	Waukee	IA	55-59 Female	01:26.76	1	Gold
Cindy	Hauber	Ames	IA	60-64 Female	<b>01:30.37</b>	1	Gold
Ruth	Johnson	Davenport	IA	80-84 Female	02:10.90	1	Gold
<b>MALE</b>							
Steven	Jones	Martensdale	IA	55-59 Male	01:17.38	1	Gold
Bill	Klahn	Cedar Rapids	IA	60-64 Male	01:34.39	1	Gold
Alan	Schenck	Clarinda	IA	65-69 Male	<b>01:30.00</b>	1	Gold
David	Easterla	Maryville	MO	75-79 Male	02:21.65	1	Gold
Dick	Hekl	Omaha	NE	80-84 Male	03:15.59	1	Gold
<b>2013 SWIMMING - 200M BACKSTROKE</b>							
<b>MALE</b>							
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Division</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Mick	Barry	Ankeny	IA	60-64 Male	<b>02:54.44</b>	1	Gold
Alan	Schenck	Clarinda	IA	65-69 Male	05:01.85	1	Gold

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Division</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
David	Easterla	Maryville	MO	75-79 Male	06:05.86	1	Gold
Dick	Hekl	Omaha	NE	80-84 Male	06:42.13	1	Gold
Stuart	Ashmead	Ottumwa	IA	85-89 Male	05:26.83	1	Gold
Donald	Huntoon	Des Moines	IA	90-94 Male	08:03.17	1	Gold
<b>2013 SWIMMING - 200M BREASTSTROKE</b>							
<b>MALE</b>							
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Division</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Steven	Jones	Martensdale	IA	55-59 Male	02:53.84	1	Gold
Mick	Barry	Ankeny	IA	60-64 Male	03:05.00	1	Gold
Bill	Klahn	Cedar Rapids	IA	60-64 Male	03:36.58	2	Silver
Ruben	Rullan	Urbandale	IA	70-74 Male	05:09.67	1	Gold
David	Easterla	Maryville	MO	75-79 Male	04:49.39	1	Gold
<b>2013 SWIMMING - 200M FREESTYLE</b>							
<b>FEMALE</b>							
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Division</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Elizabeth	Smith	Des Moines	IA	60-64 Female	03:03.15	1	Gold
Ruth	Johnson	Davenport	IA	80-84 Female	03:51.15	1	Gold
<b>MALE</b>							
Brian	Steffen	Cedar Rapids	IA	50-54 Male	02:03.52	1	Gold
Steven	Traynor	West Des Moines	IA	55-59 Male	03:20.44	1	Gold
Mick	Barry	Ankeny	IA	60-64 Male	02:21.78	1	Gold
Bill	Klahn	Cedar Rapids	IA	60-64 Male	02:56.00	2	Silver
David	Easterla	Maryville	MO	75-79 Male	04:07.10	1	Gold
<b>2013 SWIMMING - 200M INDIVIDUAL MEDLEY</b>							
<b>MALE</b>							
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Division</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Bill	Klahn	Cedar Rapids	IA	60-64 Male	03:31.69	1	Gold
Alan	Schenck	Clarinda	IA	65-69 Male	03:53.64	1	Gold
David	Easterla	Maryville	MO	75-79 Male	04:55.73	1	Gold
<b>2013 SWIMMING - 50M BACKSTROKE</b>							

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<b>FEMALE</b>							
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Division</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Danette	Botts	Newton	IA	55-59 Female	00:50.07	1	Gold
Cindy	Hauber	Ames	IA	60-64 Female	00:45.85	1	Gold
Virginia	Lane	Iowa City	IA	65-69 Female	01:09.93	1	Gold
<b>MALE</b>							
Tom	Kealy	Council Bluffs	IA	55-59 Male	00:35.21	1	Gold
Andrew	Johnson	Clinton	IA	55-59 Male	00:43.41	2	Silver
Ted	Goudge	Maryville	MO	55-59 Male	01:15.39	3	Bronze
Mick	Barry	Ankeny	IA	60-64 Male	00:35.42	1	Gold
Alan	Schenck	Clarinda	IA	65-69 Male	00:53.53	1	Gold
David	Easterla	Maryville	MO	75-79 Male	01:02.33	1	Gold
Dick	Hekl	Omaha	NE	80-84 Male	01:24.65	1	Gold
Stuart	Ashmead	Ottumwa	IA	85-89 Male	01:10.39	1	Gold
Robert	Severance	Beloit	KS	85-89 Male	01:22.59	2	Silver
<b>2013 SWIMMING - 50M BREASTSTROKE</b>							
<b>FEMALE</b>							
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Division</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Debbie	Fisk	Waukee	IA	55-59 Female	00:46.93	1	Gold
<b>MALE</b>							
Bill	Klahn	Cedar Rapids	IA	60-64 Male	00:37.66	1	Gold
Alan	Schenck	Clarinda	IA	65-69 Male	00:52.85	DQ	
Ruben	Rullan	Urbandale	IA	70-74 Male	01:31.00	1	Gold
David	Easterla	Maryville	MO	75-79 Male	00:53.94	1	Gold
Stuart	Ashmead	Ottumwa	IA	85-89 Male	01:34.45	1	Gold
Robert	Severance	Beloit	KS	85-89 Male	01:46.45	2	Silver
<b>2013 SWIMMING - 50M BUTTERFLY</b>							
<b>FEMALE</b>							
<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Division</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Debbie	Fisk	Waukee	IA	55-59 Female	00:36.80	1	Gold
Ruth	Johnson	Davenport	IA	80-84 Female		1	Gold



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Tom	Kealy	Council Bluffs	IA	55-59 Male	05:53.16	1	Gold
Steven	Traynor	West Des Moines	IA	55-59 Male	09:15.86	2	Silver
Mick	Barry	Ankeny	IA	60-64 Male	06:41.84	1	Gold
Bill	Klahn	Cedar Rapids	IA	60-64 Male	08:22.15	2	Silver
Ruben	Rullan	Urbandale	IA	70-74 Male	11:48.26	1	Gold
David	Easterla	Maryville	MO	75-79 Male	11:16.84	1	Gold