

AGE GROUP	NAME	CITY	RESULT	YEAR(S)
ARCHERY (900 Round in NSGA Qualifying Years)				
Archery: Recurve   Women				
60-64	# Mary Farrow Walker	Carol Stream, IL	469	2018
Archery: Recurve   Women (900 Round)				
60-64	# Mary Farrow Walker	Carol Stream, IL	321	2018
Archery: Recurve   Men				
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
60-64	# Robert Stegmann	Lakeville, MN	959	2018
65-69	Vance Patrilla	Toddville	1000	2018
Archery: Recurve   Men (900 Round)				
55-59	Eric Bisinger	Central City	673	2018
60-64	Ted Beith	Plymouth	774	2014
65-69	Vance Patrilla	Toddville	755	2018
Archery: Barebow Compound   Men				
60-64	Jess hicks	Des Moines	536	2021
65-69	Larry Cline	Winterset	1026	2012
75-79	# Roger Wertanen	Peterson, MN	591	2015
Archery: Barebow Recurve   Men				
55-59	Dave Luett	Nora Springs	694	2018
Archery: Barebow Recurve   Men (900 Round)				
55-59	Dave Luett	Nora Springs	509	2018
Archery: Compound Fingers   Men				
55-59	Mark Linser	Marshalltown	1089	2012
70-74	Terry Witt	Huxley	1055	2015
75-79	Terry Witt	Huxley	1093	2021
Archery: Compound Fingers   Men (900 Round)				
50-54	Todd Heck	Greenville	803	2014
65-69	Terry Witt	Huxley	790	2014
70-74	Terry Witt	Huxley	826	2016
Archery: Compound Release   Women				
50-54	Gayla Lewis	Cedar Rapids	1033	2012
50-54	Gayla Lewis	Cedar Rapids	987	2017
60-64	Barb Sharp	Norwalk	975	2012
Archery: Compound Release   Women (900 Round)				
50-54	Kathleen Trail	Johnston	790	2014
55-59	Gayla Lewis	Cedar Rapids	760	2016
65-69	Patricia Bridge	Central City	825	2016
Archery: Compound Release   Men				
50-54	Warren Rush	Prole	1169	2015
55-59	Warren Rush	Prole	1163	2017
60-64	Richard Pauley	Centerville	1154	2012

65-69	Roger Wilson	Urbandale	1147	2012
70-74	Roger Wilson	Urbandale	1150	2017
75-79	Lee Sill	Cresco	1136	2012
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
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
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
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
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	Ann Shuman	West Des Moines	17:56	2007
	# Susan Paulson	Alexandria, MN	17:28	2017
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
<b>DISC GOLF</b>				
<b>Disc Golf / Women</b>				
50-54	Jennifer Shide	Urbandale	65	2018
55-59	Linda Siver	Estherville	78	2015
60-64	Diana Bohkle	Des Moines	78	2015, 17
65-69	Diana Bohkle	Des Moines	80	2021
85-89	Norma Ramker	Urbandale	116	2021
<b>Disc Golf / Men</b>				
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	Kenneth Mitchell	Des Moines	49	2020
70-74	Ron Peterson	Waukee	53	2021
75-79	Ron Peterson	Waukee	57	2020
80-84	Carroll Marty	Ames	61	2018
85-89	Carroll Marty	Ames	66	2021
<b>FOOTBALL DISTANCE &amp; ACCURACY THROWS</b>				
<b>FOOTBALL: ACCURACY THROW/ Women</b>				
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
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
<b>FOOTBALL: ACCURACY THROW/ Men</b>				
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
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
<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
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	# Howard Dewell	Quincy, IL	10 Yds	2009
<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	Carole Rowland	Pleasantville	4	2018
	# Neva Weisskopf	Lehigh Acres, FL	5	2015
70-74	Phyllis Weeda	Des Moines	3	2017
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	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	Jim Kopacck	Urbandale	11	2019
60-64	David Strege	Winterset	7	2018
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
90-94	Bart Young	Indianola	2	2021
<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
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	Carroll Dethrow	Nevada	82	2015
	# Kay Griffel	Dayton, OH	82	2006
70-74	Sylvia Lenz	Clive	83	2020
75-79	Kathy Van Sloan	Des Moines	91	2010 & 13
	Sylvia Lenz	Clive	91	2021
80-84	Kathy Van Sloan	Des Moines	94	2017
85-89	Ethel Cross	West Des Moines	137	2007
<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
70-74	Larry Castagnoli	Clive	69	2020
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	John Davis	Des Moines	91	2008
<b>HORSESHOES</b>				
<b>100 Pitch   Women</b>				
55-59	Jacqueline Riekema	West Des Moines	56	2021
65-69	Christine Jordan	Peru	106	2020
70-74	Christine Jordan	Peru	96	2021
65-72	Christine Jordan	Peru	106	2020
80-84	Rhonda Moffatt	Homestead	112	2020
<b>100 Pitch   Men</b>				
50-54	Steve Miller	Wayland	91	2021
60-64	Timothy Pew	Des Moines	122	2021
65-69	Tom Stensland	Forest City	156	2020
70-74	Reggie Crumes	Altoona	154	2020
75-79	Skip Hills	Altoona	198	2020
80-84	Bert Logsdon	Pleasantville	215	2021
85-89	Don Zimmer	West Des Moines	55	2021
<b>ROAD RACE</b>				
<b>Road Race: 5K   Women</b>				
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
<b>Road Race: 5K   Men</b>				
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	Paul Gryte	Ames	23:29	2014
75-79	Dennis Kruger	Dike	24:40	2021
80-84	Alvin Ravenscroft	Ames	31:42	2013
<b>Road Race: 10K   Women</b>				
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
<b>ROAD RACE – 10K / Men</b>				
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
<b>SOCCER: ACCURACY KICK</b>				
<b>SOCCER: ACCURACY KICK/ Women</b>				
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	Carolyn Dodd	Des Moines	10	2017
<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
	Jim Brennan	Lakeville, MN	22	2014
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
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
<b>SOFTBALL: DISTANCE THROW/ Women</b>				
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
<b>SOFTBALL: DISTANCE THROW/ Men</b>				
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
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
90-94	John Davis	Urbandale	80-0	2008
95-99	Harold McCollum	West Des Moines	21-9	2012
<b>SWIMMING</b>				
<b>50 YARD BACKSTROKE / WOMEN</b>				
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
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
<b>50 YARD BACKSTROKE / MEN</b>				
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	Norm Bower	Davenport	38.19	2018
70-74	George Henry	Cedar Rapids	42.75	1995
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	# Debbie Fisk	The Villages, FL	46.31	2018
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	Stan LeMaster	Council Bluffs	39.22	2015
	# Charles Baumgarner	Salt Flat, TX	38.02	2017
70-74	Michael Barry	Ankeny	39.00	2021
75-79	Robert LaFavre	Cedar Falls	46.92	2009
	# Dan McCullough	Vermillion, SD	45.74	1994
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
60-64	Debbie Fisk	Waukee	36.92	2017
65-69	Cindy Hauber	Ames	40.27	2018
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	Mick Barry	Ankeny	34.48	2017
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
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
	# Nance Coggeshall	Grandview, MO	1:33.6	2008
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	Marijane Torjesen	Des Moines	4:13.1	2004
<b>100 YARD BACKSTROKE / MEN</b>				
50-54	Dennis Bennett	Norwalk	1:02.63	2017
55-59	David Ross	Des Moines	58.81	2017
60-64	Daniel Kealy	Des Moines	1:13.27	2019
65-69	Mick Barry	Ankeny	1:24.54	2017
70-74	George Henry	Cedar Rapids	1:42.4	1995
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
<b>100 YARD BREASTSTROKE / WOMEN</b>				
50-54	Susan Ludwig	Iowa City	1:42.86	2011



55-59	Michelle Ross	Des Moines	1:29.45	2018
60-64	Terri McDermott	Des Moines	1:52.5	2014
	# Debbie Fisk	The Villages, FL	1:41.27	2018
65-69	Lynn Johnson	Sioux City	1:59.70	2016
	# Paula Pendergast	Rochester, MN	1:40.12	2021
70-74	Lynn Johnson	Sioux City	2:05.53	2021
75-79	Florence Dietz	West Des Moines	2:06.75	2012
80-84	Florence Dietz	West Des Moines	2:17.96	2017
<b>100 YARD BREASTSTROKE / MEN</b>				
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	Stan LeMaster	Council Bluffs	1:25.70	2015
70-74	Stan LeMaster	Council Bluffs	1:28.90	2017
75-79	Robert LaFavre	Cedar Falls	1:44.7	2009
	# Dan McCullough	Vermillion, SD	1:39.9	1994
80-84	Stuart Ashmead	Ottumwa	3:04.1	2009
90-94	# Robert Severance	Beloit, KS	5:50.15	2019
95-99	# Robert Severance	Beloit, KS	5:59.22	2021
<b>100 YARD BUTTERFLY / WOMEN</b>				
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
<b>100 YARD BUTTERFLY / MEN</b>				
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
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	Jim Kempkes	Des Moines	1:20.8	1995
	# Perry Rockwell	Plattesville, WI	1:12.7	1996
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
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
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	Stan LeMaster	Council Bluffs	1:17.62	2015
70-74	Stan LeMaster	Council Bluffs	1:18.49	2019
75-79	Alan Schenck	Clarinda	2:03.14	2021
	# OZ Osborne	Hampshire, IL	1:43.31	2021
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

	# Barbara Larsen	Rochester, MN	3:25.12	2018
75-79	Dorothy Whitehead	Indianola	3:45.0	2010
80-84	Dorothy Whitehead	Indianola	4:25.02	2017
85-89	Dorothy Whitehead	Indianola	4:39.61	2021
<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	Mick Barry	Ankeny	3:05.75	2017
70-74	Don Utsinger	Urbandale	3:51.37	2018
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	3:37.27	2021
70-74	Glenda Sharp	Cedar Rapids	6:09.8	2008
	# Anne Burnett	Cave Creek, AZ	5:40.0	2010
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	Mick Barry	Ankeny	3:05.0	2013
65-69	Mick Barry	Ankeny	3:06.72	2017
70-74	Stan LeMaster	Council Bluffs	3:02.34	2017
75-79	Robert LaFavre	Cedar Falls	3:54.4	2009
<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
70-74	Stan LeMaster	Council Bluffs	3:20.91	2019
<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	3:22.03	2021

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
	# Sharill Prey-Luedtke	Martell, NE	2:33.65	2018
55-59	Ann Kealy	Marion	2:45.40	2016
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
	# Karen Loring	Sun Ciy West, AZ	3:13.04	2021
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	David Leslie	West Des Moines	3:43.57	2021
	# OZ Osborne	Hampshire, IL	3:19.00	2021
80-84	Stuart Ashmead	Ottumwa	4:27.6	2009
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	3:22.59	2021
70-74	Pat Smith	Cedar Rapids	4:08.81	2017
<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
	# Perry Rockwell	Plattsville, WI	3:26.3	1996
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
	# Barbara Larsen	Rochester, MN	7:37.32	2018
<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	# OZ Osborne	Hampshire, IL	8:17.78	2021
<b>500 YARD FREESTYLE / WOMEN</b>				
50-54	Debbie Fisk	Waukee	7:14.2	2007
	# Heather Huettner	Overland Park, KS	6:28.8	2019
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
75-79	Ruth Johnson	Davenport	10:14.0	2010
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	Stan LeMaster	Council Bluffs	6:33.52	2015
70-74	Stan LeMaster	Council Bluffs	6:40.86	2017
75-79	David Leslie	West Des Moines	9:56.26	2021
	# OZ Osborne	Hampshire, IL	8:51.27	2021
80-84	Stuart Ashmead	Ottumwa	13:28.59	2012
<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	Michael Fitzgerald	Mason City	12.28	2011
	# Tom Bassett	Lincoln, NE	12.0	1999
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	Plattsville, WI	27.78	1998
70-74	Melvin Larson	Ames	28.81	1997
	# Bill Melville	Plattsville, 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	Ann Hegstrom	De Soto	1:24.28	2019
65-69	Betty Hoff	Decorah	1:35.3	2006
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

\*\*\* 2021 Records are Highlighted in Yellow

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 Coutts	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	# Jaculin Coyle	Cross Plains, WI	11:01.19	2021
60-64	Ann Hegstrom	Desoto	9:31.68	2018
65-69	Jane Hein	Clive	10:50.16	2021
70-74	Faith Rulapaugh	Oelwein	13:10.10	2018
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	Randy Davis	Altoona	10:11.98	2021
70-74	Tim Philips	Hiawatha	09:40.80	2019
75-79	Tom Kirkwood	Dyersville	09:13.50	2021
	# Alex Meyer	Sribner, NE	09:42.96	2019
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 Coutts	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 Zaines	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
	# Neva Weisskopf	Lehigh Acres, FL	78-0 1/2	2007
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
<b>DISCUS / MEN</b>				
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
<b>HIGH JUMP / WOMEN</b>				
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
<b>HIGH JUMP / MEN</b>				
50-54	Mark Roberts	Cedar Falls	5-5 1/4	2011
	# Wade Sorenson	Kirkville, 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
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

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
60-64	Les Lane	Carlisle	8-7 1/2	2005
65-69	Arnie Brandt	Sioux City	8-0	2002
	# 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	Bertha Aldrich	Alden	25-6 1/2	2004
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
	# Al Salmon	Liberty, MO	40-10 1/2	1999
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	Keith Dahlstrom	Cedar Falls	26-03	2021
	# Dan Mehlbrach	Crooks, SD	29-04	2021
70-74	Franklin Brown	Des Moines	22-0	2008
	# Frank Tilton	Springfield, MO	27-9 1/2	2017
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
<b>TRIATHLON</b>				
<b>Triathlon: Women</b>				
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
<b>Triathlon: Men</b>				
50-54	Barry Breffle	Cedar Rapids	0:51:47	2020
55-59	Jerry Gust	Des Moines	1:05:23	2020
60-64	Ricks Polk	Hubbard	1:06:29	2020
65-69	Rom Snyder	Sandborn	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