

## Delaware Senior Olympics Records after 2025 Games

### SWIMMING

File is complete for performance records in the following sports

State Records can only be set by Delaware Residents. Meet Records can be set by any participating athlete.

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Swimming	100 Yd Backstroke	F	50 - 54	2008	Deakyne	Kay	DE	0:01:01.75
State	Swimming	100 Yd Backstroke	F	50 - 54	2008	Deakyne	Kay	DE	0:01:01.75
Meet	Swimming	100 Yd Backstroke	F	55 - 59	2019	Flanders	Susan	DE	0:01:19.39
State	Swimming	100 Yd Backstroke	F	55 - 59	2019	Flanders	Susan	DE	0:01:19.39
Meet	Swimming	100 Yd Backstroke	F	60 - 64	2008	Hajec	Susan	DE	0:01:23.16
State	Swimming	100 Yd Backstroke	F	60 - 64	2008	Hajec	Susan	DE	0:01:23.16
Meet	Swimming	100 Yd Backstroke	F	65 - 69	2024	Panagacos	Nancy	DE	0:01:19.45
State	Swimming	100 Yd Backstroke	F	65 - 69	2024	Panagacos	Nancy	DE	0:01:19.45
Meet	Swimming	100 Yd Backstroke	F	70 - 74	2024	Scheffter	Barbara	MD	0:01:53.49
State	Swimming	100 Yd Backstroke	F	70 - 74	2014	Hanna	Nancy	DE	0:02:02.56
Meet	Swimming	100 Yd Backstroke	F	75 - 79	1998	Archer	Dorothy	DE	0:02:10.16
State	Swimming	100 Yd Backstroke	F	75 - 79	1998	Archer	Dorothy	DE	0:02:10.16
Meet	Swimming	100 Yd Backstroke	F	80 - 84	2023	Hanna	Nancy	DE	0:02:30.61
State	Swimming	100 Yd Backstroke	F	80 - 84	2023	Hanna	Nancy	DE	0:02:30.61
Meet	Swimming	100 Yd Backstroke	F	85 - 89	2024	Bissey	Gertrude	DE	0:03:11.96
State	Swimming	100 Yd Backstroke	F	85 - 89	2024	Bissey	Gertrude	DE	0:03:11.96
Meet	Swimming	100 Yd Backstroke	F	90 - 94	2024	Rushmere	Janet	PA	0:02:30.68
State	Swimming	100 Yd Backstroke	F	90 - 94					
Meet	Swimming	100 Yd Backstroke	F	95 - 99					
State	Swimming	100 Yd Backstroke	F	95 - 99					
Meet	Swimming	100 Yd Breaststroke	F	50 - 54	2019	Smith	Donna	DE	0:01:29.16
State	Swimming	100 Yd Breaststroke	F	50 - 54	2019	Smith	Donna	DE	0:01:29.16
Meet	Swimming	100 Yd Breaststroke	F	55 - 59	2010	White	Maureen	DE	0:01:31.87
State	Swimming	100 Yd Breaststroke	F	55 - 59	2010	White	Maureen	DE	0:01:31.87
Meet	Swimming	100 Yd Breaststroke	F	60 - 64	2015	White	Maureen	DE	0:01:34.25
State	Swimming	100 Yd Breaststroke	F	60 - 64	2015	White	Maureen	DE	0:01:34.25
Meet	Swimming	100 Yd Breaststroke	F	65 - 69	2018	Wolff	Melinda	PA	0:01:26.88

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
State	Swimming	100 Yd Breaststroke	F	65 - 69	2021	White	Maureen	DE	0:01:40.69
Meet	Swimming	100 Yd Breaststroke	F	70 - 74	2018	White	Maureen	DE	0:01:47.11
State	Swimming	100 Yd Breaststroke	F	70 - 74	2018	White	Maureen	DE	0:01:47.11
Meet	Swimming	100 Yd Breaststroke	F	75 - 79	2013	Bissey	Gertrude	DE	0:02:26.29
State	Swimming	100 Yd Breaststroke	F	75 - 79	2013	Bissey	Gertrude	DE	0:02:26.29
Meet	Swimming	100 Yd Breaststroke	F	80 - 84	2008	Tuovila	Miriam	VA	0:02:26.43
State	Swimming	100 Yd Breaststroke	F	80 - 84	2018	Bissey	Gertrude	DE	0:02:51.22
Meet	Swimming	100 Yd Breaststroke	F	85 - 89	2024	Bissey	Gertrude	DE	0:03:45.96
State	Swimming	100 Yd Breaststroke	F	85 - 89	2024	Bissey	Gertrude	DE	0:03:45.96
Meet	Swimming	100 Yd Breaststroke	F	90 - 94					
State	Swimming	100 Yd Breaststroke	F	90 - 94					
Meet	Swimming	100 Yd Breaststroke	F	95 - 99					
State	Swimming	100 Yd Breaststroke	F	95 - 99					
Meet	Swimming	100 Yd Butterfly	F	50 - 54	2006	Deakyne	Kay	DE	0:01:30.47
State	Swimming	100 Yd Butterfly	F	50 - 54	2006	Deakyne	Kay	DE	0:01:30.47
Meet	Swimming	100 Yd Butterfly	F	55 - 59	2018	Emerson	Alane	MD	0:01:45.69
State	Swimming	100 Yd Butterfly	F	55 - 59					
Meet	Swimming	100 Yd Butterfly	F	60 - 64	2019	Lampe	Betty	NJ	0:01:32.62
State	Swimming	100 Yd Butterfly	F	60 - 64	2015	Antonioli	Bernadette	DE	0:01:51.70
Meet	Swimming	100 Yd Butterfly	F	65 - 69	2022	Lampe	Betty	NJ	0:01:47.31
State	Swimming	100 Yd Butterfly	F	65 - 69					
Meet	Swimming	100 Yd Butterfly	F	70 - 74	2023	Antonioli	Bernadette	DE	0:01:43.03
State	Swimming	100 Yd Butterfly	F	70 - 74	2023	Antonioli	Bernadette	DE	0:01:43.03
Meet	Swimming	100 Yd Butterfly	F	75 - 79					
State	Swimming	100 Yd Butterfly	F	75 - 79					
Meet	Swimming	100 Yd Butterfly	F	80 - 84					
State	Swimming	100 Yd Butterfly	F	80 - 84					

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Swimming	100 Yd Butterfly	F	85 - 89					
State	Swimming	100 Yd Butterfly	F	85 - 89					
Meet	Swimming	100 Yd Butterfly	F	90 - 94					
State	Swimming	100 Yd Butterfly	F	90 - 94					
Meet	Swimming	100 Yd Butterfly	F	95 - 99					
State	Swimming	100 Yd Butterfly	F	95 - 99					
Meet	Swimming	100 Yd Freestyle	F	50 - 54	2018	Smith	Donna	DE	0:01:10.62
State	Swimming	100 Yd Freestyle	F	50 - 54	2018	Smith	Donna	DE	0:01:10.62
Meet	Swimming	100 Yd Freestyle	F	55 - 59	2018	Flanders	Susan	DE	0:01:07.41
State	Swimming	100 Yd Freestyle	F	55 - 59	2018	Flanders	Susan	DE	0:01:07.41
Meet	Swimming	100 Yd Freestyle	F	60 - 64	2024	Flanders	Susan	DE	0:01:09.80
State	Swimming	100 Yd Freestyle	F	60 - 64	2024	Flanders	Susan	DE	0:01:09.80
Meet	Swimming	100 Yd Freestyle	F	65 - 69	2025	Panagacos	Nancy	DE	0:01:08.15
State	Swimming	100 Yd Freestyle	F	65 - 69	2025	Panagacos	Nancy	DE	0:01:08.15
Meet	Swimming	100 Yd Freestyle	F	70 - 74	2024	Weaver	Catherine	PA	0:01:29.73
State	Swimming	100 Yd Freestyle	F	70 - 74	2012	Hanna	Nancy	DE	0:01:39.44
Meet	Swimming	100 Yd Freestyle	F	75 - 79	2017	Krieger	Santa	DE	0:01:51.16
State	Swimming	100 Yd Freestyle	F	75 - 79	2017	Krieger	Santa	DE	0:01:51.16
Meet	Swimming	100 Yd Freestyle	F	80 - 84	2023	Hanna	Nancy	DE	0:02:07.17
State	Swimming	100 Yd Freestyle	F	80 - 84	2023	Hanna	Nancy	DE	0:02:07.17
Meet	Swimming	100 Yd Freestyle	F	85 - 89	2022	Rushmere	Janet	PA	0:02:11.25
State	Swimming	100 Yd Freestyle	F	85 - 89	2018	Hess	Nancy	DE	0:02:16.72
Meet	Swimming	100 Yd Freestyle	F	90 - 94					
State	Swimming	100 Yd Freestyle	F	90 - 94					
Meet	Swimming	100 Yd Freestyle	F	95 - 99					
State	Swimming	100 Yd Freestyle	F	95 - 99					

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Swimming	100 Yd Ind Medley	F	50 - 54	2019	Long	Kelly	DE	0:01:15.03
State	Swimming	100 Yd Ind Medley	F	50 - 54	2019	Long	Kelly	DE	0:01:15.03
Meet	Swimming	100 Yd Ind Medley	F	55 - 59	2021	Flanders	Susan	DE	0:01:19.78
State	Swimming	100 Yd Ind Medley	F	55 - 59	2021	Flanders	Susan	DE	0:01:19.78
Meet	Swimming	100 Yd Ind Medley	F	60 - 64	2008	Hajec	Susan	DE	0:01:23.84
State	Swimming	100 Yd Ind Medley	F	60 - 64	2008	Hajec	Susan	DE	0:01:23.84
Meet	Swimming	100 Yd Ind Medley	F	65 - 69	2025	Panagacos	Nancy	DE	0:01:19.88
State	Swimming	100 Yd Ind Medley	F	65 - 69	2025	Panagacos	Nancy	DE	0:01:19.88
Meet	Swimming	100 Yd Ind Medley	F	70 - 74	2025	White	Maureen	DE	0:01:45.14
State	Swimming	100 Yd Ind Medley	F	70 - 74	2025	White	Maureen	DE	0:01:45.14
Meet	Swimming	100 Yd Ind Medley	F	75 - 79	2018	Hanna	Nancy	DE	0:02:09.28
State	Swimming	100 Yd Ind Medley	F	75 - 79	2018	Hanna	Nancy	DE	0:02:09.28
Meet	Swimming	100 Yd Ind Medley	F	80 - 84	2023	Hanna	Nancy	DE	0:02:35.56
State	Swimming	100 Yd Ind Medley	F	80 - 84	2023	Hanna	Nancy	DE	0:02:35.56
Meet	Swimming	100 Yd Ind Medley	F	85 - 89					
State	Swimming	100 Yd Ind Medley	F	85 - 89					
Meet	Swimming	100 Yd Ind Medley	F	90 - 94					
State	Swimming	100 Yd Ind Medley	F	90 - 94					
Meet	Swimming	100 Yd Ind Medley	F	95 - 99					
State	Swimming	100 Yd Ind Medley	F	95 - 99					
Meet	Swimming	200 Yd Backstroke	F	50 - 54	2006	Deakyne	Kay	DE	0:03:09.72
State	Swimming	200 Yd Backstroke	F	50 - 54	2006	Deakyne	Kay	DE	0:03:09.72
Meet	Swimming	200 Yd Backstroke	F	55 - 59	2005	Hajec	Susan	DE	0:03:05.32
State	Swimming	200 Yd Backstroke	F	55 - 59	2005	Hajec	Susan	DE	0:03:05.32
Meet	Swimming	200 Yd Backstroke	F	60 - 64	2008	Hunt	Andrea	DC	0:03:00.42
State	Swimming	200 Yd Backstroke	F	60 - 64	2017	Palmer	Beverly	DE	0:03:38.53
Meet	Swimming	200 Yd Backstroke	F	65 - 69	2016	Andrews	Lynne	MD	0:03:38.17

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
State	Swimming	200 Yd Backstroke	F	65 - 69	2024	Dean	Penny Lee	DE	0:03:40.95
Meet	Swimming	200 Yd Backstroke	F	70 - 74	2010	Brown	Nancy	MD	0:03:29.63
State	Swimming	200 Yd Backstroke	F	70 - 74	2024	Paterline	Diane	DE	0:03:59.63
Meet	Swimming	200 Yd Backstroke	F	75 - 79	2012	Hutchens	Betty	DE	0:04:49.29
State	Swimming	200 Yd Backstroke	F	75 - 79	2012	Hutchens	Betty	DE	0:04:49.29
Meet	Swimming	200 Yd Backstroke	F	80 - 84	2018	Bissey	Gertrude	DE	0:05:36.19
State	Swimming	200 Yd Backstroke	F	80 - 84	2018	Bissey	Gertrude	DE	0:05:36.19
Meet	Swimming	200 Yd Backstroke	F	85 - 89					
State	Swimming	200 Yd Backstroke	F	85 - 89					
Meet	Swimming	200 Yd Backstroke	F	90 - 94					
State	Swimming	200 Yd Backstroke	F	90 - 94					
Meet	Swimming	200 Yd Backstroke	F	95 - 99					
State	Swimming	200 Yd Backstroke	F	95 - 99					
Meet	Swimming	200 Yd Breaststroke	F	50 - 54	2011	Wallace	Karen	DE	0:03:28.76
State	Swimming	200 Yd Breaststroke	F	50 - 54	2011	Wallace	Karen	DE	0:03:28.76
Meet	Swimming	200 Yd Breaststroke	F	55 - 59	2012	White	Maureen	DE	0:03:21.70
State	Swimming	200 Yd Breaststroke	F	55 - 59	2012	White	Maureen	DE	0:03:21.70
Meet	Swimming	200 Yd Breaststroke	F	60 - 64	2015	White	Maureen	DE	0:03:27.76
State	Swimming	200 Yd Breaststroke	F	60 - 64	2015	White	Maureen	DE	0:03:27.76
Meet	Swimming	200 Yd Breaststroke	F	65 - 69	2021	White	Maureen	DE	0:03:42.95
State	Swimming	200 Yd Breaststroke	F	65 - 69	2021	White	Maureen	DE	0:03:42.95
Meet	Swimming	200 Yd Breaststroke	F	70 - 74	2025	White	Maureen	DE	0:03:46.78
State	Swimming	200 Yd Breaststroke	F	70 - 74	2025	White	Maureen	DE	0:03:46.78
Meet	Swimming	200 Yd Breaststroke	F	75 - 79	2013	Bissey	Gertrude	DE	0:05:13.19
State	Swimming	200 Yd Breaststroke	F	75 - 79	2013	Bissey	Gertrude	DE	0:05:13.19
Meet	Swimming	200 Yd Breaststroke	F	80 - 84	2021	Bissey	Gertrude	DE	0:06:53.57
State	Swimming	200 Yd Breaststroke	F	80 - 84	2021	Bissey	Gertrude	DE	0:06:53.57

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Swimming	200 Yd Breaststroke	F	85 - 89	2013	Jankus	H. Lynn	DE	0:08:49.94
State	Swimming	200 Yd Breaststroke	F	85 - 89	2013	Jankus	H. Lynn	DE	0:08:49.94
Meet	Swimming	200 Yd Breaststroke	F	90 - 94					
State	Swimming	200 Yd Breaststroke	F	90 - 94					
Meet	Swimming	200 Yd Breaststroke	F	95 - 99					
State	Swimming	200 Yd Breaststroke	F	95 - 99					
Meet	Swimming	200 Yd Butterfly	F	50 - 54	2016	Nicholls	Victoria	VA	0:05:36.63
State	Swimming	200 Yd Butterfly	F	50 - 54					
Meet	Swimming	200 Yd Butterfly	F	55 - 59					
State	Swimming	200 Yd Butterfly	F	55 - 59					
Meet	Swimming	200 Yd Butterfly	F	60 - 64	2016	Lampe	Betty	NJ	0:03:40.76
State	Swimming	200 Yd Butterfly	F	60 - 64					
Meet	Swimming	200 Yd Butterfly	F	65 - 69	2021	Lampe	Betty	NJ	0:04:07.10
State	Swimming	200 Yd Butterfly	F	65 - 69	2022	Antonioli	Bernadette	DE	0:04:28.81
Meet	Swimming	200 Yd Butterfly	F	70 - 74	2023	Antonioli	Bernadette	DE	0:05:28.61
State	Swimming	200 Yd Butterfly	F	70 - 74	2023	Antonioli	Bernadette	DE	0:05:28.61
Meet	Swimming	200 Yd Butterfly	F	75 - 79					
State	Swimming	200 Yd Butterfly	F	75 - 79					
Meet	Swimming	200 Yd Butterfly	F	80 - 84					
State	Swimming	200 Yd Butterfly	F	80 - 84					
Meet	Swimming	200 Yd Butterfly	F	85 - 89					
State	Swimming	200 Yd Butterfly	F	85 - 89					
Meet	Swimming	200 Yd Butterfly	F	90 - 94					
State	Swimming	200 Yd Butterfly	F	90 - 94					
Meet	Swimming	200 Yd Butterfly	F	95 - 99					
State	Swimming	200 Yd Butterfly	F	95 - 99					

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Swimming	200 Yd Freestyle	F	50 - 54	2019	Smith	Donna	DE	0:02:42.61
State	Swimming	200 Yd Freestyle	F	50 - 54	2019	Smith	Donna	DE	0:02:42.61
Meet	Swimming	200 Yd Freestyle	F	55 - 59	2019	Flanders	Susan	DE	0:02:29.56
State	Swimming	200 Yd Freestyle	F	55 - 59	2019	Flanders	Susan	DE	0:02:29.56
Meet	Swimming	200 Yd Freestyle	F	60 - 64	2008	Hunt	Andrea	DC	0:02:41.49
State	Swimming	200 Yd Freestyle	F	60 - 64	2008	Hajec	Susan	DE	0:02:44.29
Meet	Swimming	200 Yd Freestyle	F	65 - 69	2024	Panagacos	Nancy	DE	0:02:30.19
State	Swimming	200 Yd Freestyle	F	65 - 69	2024	Panagacos	Nancy	DE	0:02:30.19
Meet	Swimming	200 Yd Freestyle	F	70 - 74	2010	Brown	Nancy	MD	0:03:16.03
State	Swimming	200 Yd Freestyle	F	70 - 74	2024	Paterline	Diane	DE	0:03:43.12
Meet	Swimming	200 Yd Freestyle	F	75 - 79	2007	Lisehora	Marion	DE	0:04:29.80
State	Swimming	200 Yd Freestyle	F	75 - 79	2007	Lisehora	Marion	DE	0:04:29.80
Meet	Swimming	200 Yd Freestyle	F	80 - 84	2011	Lisehora	Marion	DE	0:04:59.72
State	Swimming	200 Yd Freestyle	F	80 - 84	2011	Lisehora	Marion	DE	0:04:59.72
Meet	Swimming	200 Yd Freestyle	F	85 - 89	2024	Bissey	Gertrude	DE	0:03:59.00
State	Swimming	200 Yd Freestyle	F	85 - 89	2024	Bissey	Gertrude	DE	0:03:59.00
Meet	Swimming	200 Yd Freestyle	F	90 - 94					
State	Swimming	200 Yd Freestyle	F	90 - 94					
Meet	Swimming	200 Yd Freestyle	F	95 - 99					
State	Swimming	200 Yd Freestyle	F	95 - 99					
Meet	Swimming	200 Yd Ind Medley	F	50 - 54	2005	Deakyne	Kay	DE	0:03:07.62
State	Swimming	200 Yd Ind Medley	F	50 - 54	2005	Deakyne	Kay	DE	0:03:07.62
Meet	Swimming	200 Yd Ind Medley	F	55 - 59	2011	Keisling	Christine	DE	0:02:55.95
State	Swimming	200 Yd Ind Medley	F	55 - 59	2011	Keisling	Christine	DE	0:02:55.95
Meet	Swimming	200 Yd Ind Medley	F	60 - 64	2008	Hajec	Susan	DE	0:03:10.04
State	Swimming	200 Yd Ind Medley	F	60 - 64	2008	Hajec	Susan	DE	0:03:10.04
Meet	Swimming	200 Yd Ind Medley	F	65 - 69	2024	Panagacos	Nancy	DE	0:02:50.09

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State	Swimming	200 Yd Ind Medley	F	65 - 69	2024	Panagacos	Nancy	DE	0:02:50.09
Meet	Swimming	200 Yd Ind Medley	F	70 - 74	2025	White	Maureen	DE	0:03:49.81
State	Swimming	200 Yd Ind Medley	F	70 - 74	2025	White	Maureen	DE	0:03:49.81
Meet	Swimming	200 Yd Ind Medley	F	75 - 79	2016	Bissey	Gertrude	DE	0:06:15.61
State	Swimming	200 Yd Ind Medley	F	75 - 79	2016	Bissey	Gertrude	DE	0:06:15.61
Meet	Swimming	200 Yd Ind Medley	F	80 - 84	2007	Tuovila	Miriam	VA	0:05:30.70
State	Swimming	200 Yd Ind Medley	F	80 - 84					
Meet	Swimming	200 Yd Ind Medley	F	85 - 89					
State	Swimming	200 Yd Ind Medley	F	85 - 89					
Meet	Swimming	200 Yd Ind Medley	F	90 - 94					
State	Swimming	200 Yd Ind Medley	F	90 - 94					
Meet	Swimming	200 Yd Ind Medley	F	95 - 99					
State	Swimming	200 Yd Ind Medley	F	95 - 99					
Meet	Swimming	400 Yd Freestyle	F	50 - 54	1997	Sigler	Ingrid	DE	0:08:30.03
State	Swimming	400 Yd Freestyle	F	50 - 54	1997	Sigler	Ingrid	DE	0:08:30.03
Meet	Swimming	400 Yd Freestyle	F	55 - 59	1993	Hutchins	Betty	DE	0:10:55.53
State	Swimming	400 Yd Freestyle	F	55 - 59	1993	Hutchins	Betty	DE	0:10:55.53
Meet	Swimming	400 Yd Freestyle	F	60 - 64	1994	Hess	Nancy	DE	0:07:37.81
State	Swimming	400 Yd Freestyle	F	60 - 64	1994	Hess	Nancy	DE	0:07:37.81
Meet	Swimming	400 Yd Freestyle	F	65 - 69	1994	Troy	Jean	DE	0:06:10.25
State	Swimming	400 Yd Freestyle	F	65 - 69	1994	Troy	Jean	DE	0:06:10.25
Meet	Swimming	400 Yd Freestyle	F	70 - 74	1994	Dale	Janet	DE	0:10:00.84
State	Swimming	400 Yd Freestyle	F	70 - 74	1994	Dale	Janet	DE	0:10:00.84
Meet	Swimming	400 Yd Freestyle	F	75 - 79	1999	Dale	Janet	DE	0:11:13.12
State	Swimming	400 Yd Freestyle	F	75 - 79	1999	Dale	Janet	DE	0:11:13.12
Meet	Swimming	400 Yd Freestyle	F	80 - 84					
State	Swimming	400 Yd Freestyle	F	80 - 84					



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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Swimming	50 Yd Backstroke	F	50 - 54	2013	Emerson	Alane	MD	0:00:42.42
State	Swimming	50 Yd Backstroke	F	50 - 54	2005	Mazzio	Eleanor	DE	0:00:42.91
Meet	Swimming	50 Yd Backstroke	F	55 - 59	2019	Flanders	Susan	DE	0:00:35.54
State	Swimming	50 Yd Backstroke	F	55 - 59	2019	Flanders	Susan	DE	0:00:35.54
Meet	Swimming	50 Yd Backstroke	F	60 - 64	2024	Flanders	Susan	DE	0:00:37.15
State	Swimming	50 Yd Backstroke	F	60 - 64	2024	Flanders	Susan	DE	0:00:37.15
Meet	Swimming	50 Yd Backstroke	F	65 - 69	2018	Wolff	Melinda	PA	0:00:37.50
State	Swimming	50 Yd Backstroke	F	65 - 69	2018	Palmer	Beverly	DE	0:00:47.32
Meet	Swimming	50 Yd Backstroke	F	70 - 74	2010	Brown	Nancy	MD	0:00:45.35
State	Swimming	50 Yd Backstroke	F	70 - 74	2012	Hanna	Nancy	DE	0:00:53.82
Meet	Swimming	50 Yd Backstroke	F	75 - 79	2025	White	Barbara	DE	0:00:55.39
State	Swimming	50 Yd Backstroke	F	75 - 79	2025	White	Barbara	DE	0:00:55.39
Meet	Swimming	50 Yd Backstroke	F	80 - 84	2023	Hanna	Nancy	DE	0:01:07.10
State	Swimming	50 Yd Backstroke	F	80 - 84	2023	Hanna	Nancy	DE	0:01:07.10
Meet	Swimming	50 Yd Backstroke	F	85 - 89	2009	Archer	Dorothy	DE	0:01:51.22
State	Swimming	50 Yd Backstroke	F	85 - 89	2009	Archer	Dorothy	DE	0:01:51.22
Meet	Swimming	50 Yd Backstroke	F	90 - 94	2024	Rushmere	Janet	PA	0:01:09.25
State	Swimming	50 Yd Backstroke	F	90 - 94	2006	Zdeb	Verda	DE	0:02:43.36
Meet	Swimming	50 Yd Backstroke	F	95 - 99					
State	Swimming	50 Yd Backstroke	F	95 - 99					
Meet	Swimming	50 Yd Breaststroke	F	50 - 54	2019	Long	Kelly	DE	0:00:39.01
State	Swimming	50 Yd Breaststroke	F	50 - 54	2019	Long	Kelly	DE	0:00:39.01
Meet	Swimming	50 Yd Breaststroke	F	55 - 59	2013	Flanders	Susan	DE	0:00:38.96
State	Swimming	50 Yd Breaststroke	F	55 - 59	2013	Flanders	Susan	DE	0:00:38.96
Meet	Swimming	50 Yd Breaststroke	F	60 - 64	2016	White	Maureen	DE	0:00:42.07
State	Swimming	50 Yd Breaststroke	F	60 - 64	2016	White	Maureen	DE	0:00:42.07
Meet	Swimming	50 Yd Breaststroke	F	65 - 69	2021	White	Maureen	DE	0:00:44.47

## Delaware Senior Olympics Records after 2025 Games

### SWIMMING

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
State	Swimming	50 Yd Breaststroke	F	65 - 69	2021	White	Maureen	DE	0:00:44.47
Meet	Swimming	50 Yd Breaststroke	F	70 - 74	2025	White	Maureen	DE	0:00:47.24
State	Swimming	50 Yd Breaststroke	F	70 - 74	2025	White	Maureen	DE	0:00:47.24
Meet	Swimming	50 Yd Breaststroke	F	75 - 79	2025	White	Barbara	DE	0:01:01.97
State	Swimming	50 Yd Breaststroke	F	75 - 79	2025	White	Barbara	DE	0:01:01.97
Meet	Swimming	50 Yd Breaststroke	F	80 - 84	2014	Hess	Nancy	DE	0:01:14.98
State	Swimming	50 Yd Breaststroke	F	80 - 84	2014	Hess	Nancy	DE	0:01:14.98
Meet	Swimming	50 Yd Breaststroke	F	85 - 89	2024	Bissey	Gertrude	DE	0:01:36.00
State	Swimming	50 Yd Breaststroke	F	85 - 89	2024	Bissey	Gertrude	DE	0:01:36.00
Meet	Swimming	50 Yd Breaststroke	F	90 - 94					
State	Swimming	50 Yd Breaststroke	F	90 - 94					
Meet	Swimming	50 Yd Breaststroke	F	95 - 99					
State	Swimming	50 Yd Breaststroke	F	95 - 99					
Meet	Swimming	50 Yd Butterfly	F	50 - 54	2019	Long	Kelly	DE	0:00:33.61
State	Swimming	50 Yd Butterfly	F	50 - 54	2019	Long	Kelly	DE	0:00:33.61
Meet	Swimming	50 Yd Butterfly	F	55 - 59	2012	Keisling	Christine	PA	0:00:33.00
State	Swimming	50 Yd Butterfly	F	55 - 59	2011	Keisling	Christine	DE	0:00:33.13
Meet	Swimming	50 Yd Butterfly	F	60 - 64	2015	Lampe	Betty	NJ	0:00:41.81
State	Swimming	50 Yd Butterfly	F	60 - 64	2018	White	Maureen	DE	0:00:48.13
Meet	Swimming	50 Yd Butterfly	F	65 - 69	2018	Wolff	Melinda	PA	0:00:35.43
State	Swimming	50 Yd Butterfly	F	65 - 69	1994	Troy	Jean	DE	0:00:46.73
Meet	Swimming	50 Yd Butterfly	F	70 - 74	2014	Hanna	Nancy	DE	0:00:51.50
State	Swimming	50 Yd Butterfly	F	70 - 74	2014	Hanna	Nancy	DE	0:00:51.50
Meet	Swimming	50 Yd Butterfly	F	75 - 79	2018	Hanna	Nancy	DE	0:00:56.16
State	Swimming	50 Yd Butterfly	F	75 - 79	2018	Hanna	Nancy	DE	0:00:56.16
Meet	Swimming	50 Yd Butterfly	F	80 - 84					
State	Swimming	50 Yd Butterfly	F	80 - 84					



## Delaware Senior Olympics Records after 2025 Games

### SWIMMING

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Swimming	500 Yd Freestyle	F	50 - 54	2019	Long	Kelly	DE	0:06:34.46
State	Swimming	500 Yd Freestyle	F	50 - 54	2019	Long	Kelly	DE	0:06:34.46
Meet	Swimming	500 Yd Freestyle	F	55 - 59	2018	Flanders	Susan	DE	0:06:42.81
State	Swimming	500 Yd Freestyle	F	55 - 59	2018	Flanders	Susan	DE	0:06:42.81
Meet	Swimming	500 Yd Freestyle	F	60 - 64	2024	Flanders	Susan	DE	0:06:56.96
State	Swimming	500 Yd Freestyle	F	60 - 64	2024	Flanders	Susan	DE	0:06:56.96
Meet	Swimming	500 Yd Freestyle	F	65 - 69	2022	Keisling	Christine	PA	0:07:09.71
State	Swimming	500 Yd Freestyle	F	65 - 69	2022	Dean	Penny Lee	DE	0:07:45.12
Meet	Swimming	500 Yd Freestyle	F	70 - 74	2024	Scheffter	Barbara	MD	0:09:00.12
State	Swimming	500 Yd Freestyle	F	70 - 74	2023	Antonioli	Bernadette	DE	0:09:40.31
Meet	Swimming	500 Yd Freestyle	F	75 - 79	2025	Spitz	Marilyn	DE	0:09:35.41
State	Swimming	500 Yd Freestyle	F	75 - 79	2025	Spitz	Marilyn	DE	0:09:35.41
Meet	Swimming	500 Yd Freestyle	F	80 - 84	2018	Bissey	Gertrude	DE	0:12:45.75
State	Swimming	500 Yd Freestyle	F	80 - 84	2018	Bissey	Gertrude	DE	0:12:45.75
Meet	Swimming	500 Yd Freestyle	F	85 - 89	2003	Zdeb	Verda	DE	0:26:39.07
State	Swimming	500 Yd Freestyle	F	85 - 89	2003	Zdeb	Verda	DE	0:26:39.07
Meet	Swimming	500 Yd Freestyle	F	90 - 94	2004	Zdeb	Verda	DE	0:28:27.44
State	Swimming	500 Yd Freestyle	F	90 - 94	2004	Zdeb	Verda	DE	0:28:27.44
Meet	Swimming	500 Yd Freestyle	F	95 - 99					
State	Swimming	500 Yd Freestyle	F	95 - 99					
Meet	Swimming	100 Yd Backstroke	M	50 - 54	2003	Casto	David	DE	0:01:08.32
State	Swimming	100 Yd Backstroke	M	50 - 54	2003	Casto	David	DE	0:01:08.32
Meet	Swimming	100 Yd Backstroke	M	55 - 59	2007	Casto	David	DE	0:01:09.62
State	Swimming	100 Yd Backstroke	M	55 - 59	2007	Casto	David	DE	0:01:09.62
Meet	Swimming	100 Yd Backstroke	M	60 - 64	2024	Burchett	John	DE	0:01:07.63
State	Swimming	100 Yd Backstroke	M	60 - 64	2024	Burchett	John	DE	0:01:07.63
Meet	Swimming	100 Yd Backstroke	M	65 - 69	2017	Casto	David	DE	0:01:15.00

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### SWIMMING

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
State	Swimming	100 Yd Backstroke	M	65 - 69	2017	Casto	David	DE	0:01:15.00
Meet	Swimming	100 Yd Backstroke	M	70 - 74	2023	Casto	David	DE	0:01:15.78
State	Swimming	100 Yd Backstroke	M	70 - 74	2023	Casto	David	DE	0:01:15.78
Meet	Swimming	100 Yd Backstroke	M	75 - 79	2024	Wright	Steven	PA	0:01:23.87
State	Swimming	100 Yd Backstroke	M	75 - 79	2022	DeWitt	Henry	DE	0:01:26.78
Meet	Swimming	100 Yd Backstroke	M	80 - 84	2022	Friend	Joseph	PA	0:01:47.66
State	Swimming	100 Yd Backstroke	M	80 - 84	2012	Clark	Walter	DE	0:01:58.92
Meet	Swimming	100 Yd Backstroke	M	85 - 89	2016	Mayer	Arthur	DE	0:02:26.49
State	Swimming	100 Yd Backstroke	M	85 - 89	2016	Mayer	Arthur	DE	0:02:26.49
Meet	Swimming	100 Yd Backstroke	M	90 - 94					
State	Swimming	100 Yd Backstroke	M	90 - 94					
Meet	Swimming	100 Yd Backstroke	M	95 - 99					
State	Swimming	100 Yd Backstroke	M	95 - 99					
Meet	Swimming	100 Yd Breaststroke	M	50 - 54	1996	Moyer	Bill	DE	0:01:15.87
State	Swimming	100 Yd Breaststroke	M	50 - 54	1996	Moyer	Bill	DE	0:01:15.87
Meet	Swimming	100 Yd Breaststroke	M	55 - 59	2013	WuShanley	Ying	PA	0:01:14.81
State	Swimming	100 Yd Breaststroke	M	55 - 59	2000	Moyer	Bill	DE	0:01:20.29
Meet	Swimming	100 Yd Breaststroke	M	60 - 64	2005	Moyer	Bill	DE	0:01:18.58
State	Swimming	100 Yd Breaststroke	M	60 - 64	2005	Moyer	Bill	DE	0:01:18.58
Meet	Swimming	100 Yd Breaststroke	M	65 - 69	2013	DeWitt	Henry	DE	0:01:22.46
State	Swimming	100 Yd Breaststroke	M	65 - 69	2013	DeWitt	Henry	DE	0:01:22.46
Meet	Swimming	100 Yd Breaststroke	M	70 - 74	2016	Cole	Henry	DE	0:01:26.30
State	Swimming	100 Yd Breaststroke	M	70 - 74	2016	Cole	Henry	DE	0:01:26.30
Meet	Swimming	100 Yd Breaststroke	M	75 - 79	2019	Cole	Henry	DE	0:01:31.12
State	Swimming	100 Yd Breaststroke	M	75 - 79	2019	Cole	Henry	DE	0:01:31.12
Meet	Swimming	100 Yd Breaststroke	M	80 - 84	2024	Cole	Henry	DE	0:01:47.84
State	Swimming	100 Yd Breaststroke	M	80 - 84	2024	Cole	Henry	DE	0:01:47.84

## Delaware Senior Olympics Records after 2025 Games

### SWIMMING

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Swimming	100 Yd Breaststroke	M	85 - 89	2010	Meader	Bob	DE	0:02:50.87
State	Swimming	100 Yd Breaststroke	M	85 - 89	2010	Meader	Bob	DE	0:02:50.87
Meet	Swimming	100 Yd Breaststroke	M	90 - 94					
State	Swimming	100 Yd Breaststroke	M	90 - 94					
Meet	Swimming	100 Yd Breaststroke	M	95 - 99					
State	Swimming	100 Yd Breaststroke	M	95 - 99					
Meet	Swimming	100 Yd Butterfly	M	50 - 54	2013	Hogsten	J.D.	DE	0:01:07.59
State	Swimming	100 Yd Butterfly	M	50 - 54	2013	Hogsten	J.D.	DE	0:01:07.59
Meet	Swimming	100 Yd Butterfly	M	55 - 59	2010	Hannig	Chip	DE	0:01:18.14
State	Swimming	100 Yd Butterfly	M	55 - 59	2010	Hannig	Chip	DE	0:01:18.14
Meet	Swimming	100 Yd Butterfly	M	60 - 64	2009	DeWitt	Henry	DE	0:01:06.31
State	Swimming	100 Yd Butterfly	M	60 - 64	2009	DeWitt	Henry	DE	0:01:06.31
Meet	Swimming	100 Yd Butterfly	M	65 - 69	2014	DeWitt	Henry	DE	0:01:11.26
State	Swimming	100 Yd Butterfly	M	65 - 69	2014	DeWitt	Henry	DE	0:01:11.26
Meet	Swimming	100 Yd Butterfly	M	70 - 74	2022	Bass	Dennis	MD	0:01:36.54
State	Swimming	100 Yd Butterfly	M	70 - 74	2023	Martin	Frances	DE	0:01:38.32
Meet	Swimming	100 Yd Butterfly	M	75 - 79	2023	DeWitt	Henry	DE	0:01:39.73
State	Swimming	100 Yd Butterfly	M	75 - 79	2023	DeWitt	Henry	DE	0:01:39.73
Meet	Swimming	100 Yd Butterfly	M	80 - 84					
State	Swimming	100 Yd Butterfly	M	80 - 84					
Meet	Swimming	100 Yd Butterfly	M	85 - 89					
State	Swimming	100 Yd Butterfly	M	85 - 89					
Meet	Swimming	100 Yd Butterfly	M	90 - 94					
State	Swimming	100 Yd Butterfly	M	90 - 94					
Meet	Swimming	100 Yd Butterfly	M	95 - 99					
State	Swimming	100 Yd Butterfly	M	95 - 99					

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Swimming	100 Yd Freestyle	M	50 - 54	2003	Casto	David	DE	0:00:55.25
State	Swimming	100 Yd Freestyle	M	50 - 54	2003	Casto	David	DE	0:00:55.25
Meet	Swimming	100 Yd Freestyle	M	55 - 59	1999	Thomson	Alec	DE	0:00:55.29
State	Swimming	100 Yd Freestyle	M	55 - 59	1999	Thomson	Alec	DE	0:00:55.29
Meet	Swimming	100 Yd Freestyle	M	60 - 64	2025	Burchett	John	DE	0:00:58.84
State	Swimming	100 Yd Freestyle	M	60 - 64	2025	Burchett	John	DE	0:00:58.84
Meet	Swimming	100 Yd Freestyle	M	65 - 69	2024	Erickson	Daniel	DE	0:01:04.17
State	Swimming	100 Yd Freestyle	M	65 - 69	2024	Erickson	Daniel	DE	0:01:04.17
Meet	Swimming	100 Yd Freestyle	M	70 - 74	2016	DeWitt	Henry	DE	0:01:05.91
State	Swimming	100 Yd Freestyle	M	70 - 74	2016	DeWitt	Henry	DE	0:01:05.91
Meet	Swimming	100 Yd Freestyle	M	75 - 79	2022	DeWitt	Henry	DE	0:01:12.37
State	Swimming	100 Yd Freestyle	M	75 - 79	2022	DeWitt	Henry	DE	0:01:12.37
Meet	Swimming	100 Yd Freestyle	M	80 - 84	2015	O'Shaughnessy	Richard	DE	0:01:46.71
State	Swimming	100 Yd Freestyle	M	80 - 84	2015	O'Shaughnessy	Richard	DE	0:01:46.71
Meet	Swimming	100 Yd Freestyle	M	85 - 89	2019	O'Shaughnessy	Richard	DE	0:02:15.34
State	Swimming	100 Yd Freestyle	M	85 - 89	2019	O'Shaughnessy	Richard	DE	0:02:15.34
Meet	Swimming	100 Yd Freestyle	M	90 - 94					
State	Swimming	100 Yd Freestyle	M	90 - 94					
Meet	Swimming	100 Yd Freestyle	M	95 - 99					
State	Swimming	100 Yd Freestyle	M	95 - 99					
Meet	Swimming	100 Yd Ind Medley	M	50 - 54	2003	Casto	David	DE	0:01:05.94
State	Swimming	100 Yd Ind Medley	M	50 - 54	2003	Casto	David	DE	0:01:05.94
Meet	Swimming	100 Yd Ind Medley	M	55 - 59	2010	Casto	David	DE	0:01:09.56
State	Swimming	100 Yd Ind Medley	M	55 - 59	2010	Casto	David	DE	0:01:09.56
Meet	Swimming	100 Yd Ind Medley	M	60 - 64	2025	Burchett	John	DE	0:01:08.71
State	Swimming	100 Yd Ind Medley	M	60 - 64	2025	Burchett	John	DE	0:01:08.71
Meet	Swimming	100 Yd Ind Medley	M	65 - 69	2011	DeWitt	Henry	DE	0:01:14.99

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
State	Swimming	100 Yd Ind Medley	M	65 - 69	2011	DeWitt	Henry	DE	0:01:14.99
Meet	Swimming	100 Yd Ind Medley	M	70 - 74	2022	Wilson	Doug	DE	0:01:18.85
State	Swimming	100 Yd Ind Medley	M	70 - 74	2022	Wilson	Doug	DE	0:01:18.85
Meet	Swimming	100 Yd Ind Medley	M	75 - 79	2021	DeWitt	Henry	DE	0:01:22.05
State	Swimming	100 Yd Ind Medley	M	75 - 79	2021	DeWitt	Henry	DE	0:01:22.05
Meet	Swimming	100 Yd Ind Medley	M	80 - 84	2005	Meader	Bob	DE	0:02:08.47
State	Swimming	100 Yd Ind Medley	M	80 - 84	2005	Meader	Bob	DE	0:02:08.47
Meet	Swimming	100 Yd Ind Medley	M	85 - 89	2010	Meader	Bob	DE	0:02:40.21
State	Swimming	100 Yd Ind Medley	M	85 - 89	2010	Meader	Bob	DE	0:02:40.21
Meet	Swimming	100 Yd Ind Medley	M	90 - 94					
State	Swimming	100 Yd Ind Medley	M	90 - 94					
Meet	Swimming	100 Yd Ind Medley	M	95 - 99					
State	Swimming	100 Yd Ind Medley	M	95 - 99					
Meet	Swimming	200 Yd Backstroke	M	50 - 54	2021	Tom	Martiner	DE	0:02:31.36
State	Swimming	200 Yd Backstroke	M	50 - 54	2021	Tom	Martiner	DE	0:02:31.36
Meet	Swimming	200 Yd Backstroke	M	55 - 59	2010	Casto	Dave	DE	0:02:37.17
State	Swimming	200 Yd Backstroke	M	55 - 59	2010	Casto	Dave	DE	0:02:37.17
Meet	Swimming	200 Yd Backstroke	M	60 - 64	2015	Jones	Robert	PA	0:02:48.60
State	Swimming	200 Yd Backstroke	M	60 - 64	2014	Casto	Dave	DE	0:02:52.05
Meet	Swimming	200 Yd Backstroke	M	65 - 69	2018	Casto	David	DE	0:02:51.90
State	Swimming	200 Yd Backstroke	M	65 - 69	2018	Casto	David	DE	0:02:51.90
Meet	Swimming	200 Yd Backstroke	M	70 - 74	2023	Wright	Stephen	PA	0:03:00.50
State	Swimming	200 Yd Backstroke	M	70 - 74	1996	Foster	Sam	DE	0:03:18.39
Meet	Swimming	200 Yd Backstroke	M	75 - 79	2024	Wright	Stephen	DE	0:03:00.50
State	Swimming	200 Yd Backstroke	M	75 - 79	2022	DeWitt	Henry	DE	0:03:09.35
Meet	Swimming	200 Yd Backstroke	M	80 - 84	2025	Silverthorne	Craig	DE	0:03:57.78
State	Swimming	200 Yd Backstroke	M	80 - 84	2025	Silverthorne	Craig	DE	0:03:57.78

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Swimming	200 Yd Backstroke	M	85 - 89	2016	Mayer	Arthur	DE	0:05:28.63
State	Swimming	200 Yd Backstroke	M	85 - 89	2016	Mayer	Arthur	DE	0:05:28.63
Meet	Swimming	200 Yd Backstroke	M	90 - 94	2024	Smith	Joe	PA	0:07:41.66
State	Swimming	200 Yd Backstroke	M	90 - 94					
Meet	Swimming	200 Yd Backstroke	M	95 - 99					
State	Swimming	200 Yd Backstroke	M	95 - 99					
Meet	Swimming	200 Yd Butterfly	M	50 - 54	2016	Hogsten	JD	DE	0:02:46.37
State	Swimming	200 Yd Butterfly	M	50 - 54	2016	Hogsten	JD	DE	0:02:46.37
Meet	Swimming	200 Yd Butterfly	M	55 - 59					
State	Swimming	200 Yd Butterfly	M	55 - 59					
Meet	Swimming	200 Yd Butterfly	M	60 - 64	2018	Swiger	Ralph	VA	0:04:09.06
State	Swimming	200 Yd Butterfly	M	60 - 64					
Meet	Swimming	200 Yd Butterfly	M	65 - 69	2018	Martin	Francis	DE	0:03:54.61
State	Swimming	200 Yd Butterfly	M	65 - 69	2018	Martin	Francis	DE	0:03:54.61
Meet	Swimming	200 Yd Butterfly	M	70 - 74	2023	Martin	Francis	DE	0:03:56.66
State	Swimming	200 Yd Butterfly	M	70 - 74	2023	Martin	Francis	DE	0:03:56.66
Meet	Swimming	200 Yd Butterfly	M	75 - 79					
State	Swimming	200 Yd Butterfly	M	75 - 79					
Meet	Swimming	200 Yd Butterfly	M	80 - 84					
State	Swimming	200 Yd Butterfly	M	80 - 84					
Meet	Swimming	200 Yd Butterfly	M	85 - 89					
State	Swimming	200 Yd Butterfly	M	85 - 89					
Meet	Swimming	200 Yd Butterfly	M	90 - 94					
State	Swimming	200 Yd Butterfly	M	90 - 94					
Meet	Swimming	200 Yd Butterfly	M	95 - 99					
State	Swimming	200 Yd Butterfly	M	95 - 99					

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Swimming	200 Yd Breaststroke	M	50 - 54	2010	Swiger	Ralph	VA	0:03:09.40
State	Swimming	200 Yd Breaststroke	M	50 - 54					
Meet	Swimming	200 Yd Breaststroke	M	55 - 59	2004	Moyer	Bill	DE	0:03:01.94
State	Swimming	200 Yd Breaststroke	M	55 - 59	2004	Moyer	Bill	DE	0:03:01.94
Meet	Swimming	200 Yd Breaststroke	M	60 - 64	2015	Jones	Robert	PA	0:03:04.68
State	Swimming	200 Yd Breaststroke	M	60 - 64	2008	Moyer	Bill	DE	0:03:10.14
Meet	Swimming	200 Yd Breaststroke	M	65 - 69	2010	Moyer	Bill	DE	0:03:10.79
State	Swimming	200 Yd Breaststroke	M	65 - 69	2010	Moyer	Bill	DE	0:03:10.79
Meet	Swimming	200 Yd Breaststroke	M	70 - 74	2017	Cole	Henry	DE	0:03:09.12
State	Swimming	200 Yd Breaststroke	M	70 - 74	2017	Cole	Henry	DE	0:03:09.12
Meet	Swimming	200 Yd Breaststroke	M	75 - 79	2019	Cole	Henry	DE	0:03:20.90
State	Swimming	200 Yd Breaststroke	M	75 - 79	2019	Cole	Henry	DE	0:03:20.90
Meet	Swimming	200 Yd Breaststroke	M	80 - 84	2025	Cole	Henry	DE	0:03:59.69
State	Swimming	200 Yd Breaststroke	M	80 - 84	2025	Cole	Henry	DE	0:03:59.69
Meet	Swimming	200 Yd Breaststroke	M	85 - 89	2010	Meader	Bob	DE	0:06:10.09
State	Swimming	200 Yd Breaststroke	M	85 - 89	2010	Meader	Bob	DE	0:06:10.09
Meet	Swimming	200 Yd Breaststroke	M	90 - 94					
State	Swimming	200 Yd Breaststroke	M	90 - 94					
Meet	Swimming	200 Yd Breaststroke	M	95 - 99					
State	Swimming	200 Yd Breaststroke	M	95 - 99					
Meet	Swimming	200 Yd Freestyle	M	50 - 54	2006	Casto	David	DE	0:02:07.65
State	Swimming	200 Yd Freestyle	M	50 - 54	2006	Casto	David	DE	0:02:07.65
Meet	Swimming	200 Yd Freestyle	M	55 - 59	2010	Casto	David	DE	0:02:09.24
State	Swimming	200 Yd Freestyle	M	55 - 59	2010	Casto	David	DE	0:02:09.24
Meet	Swimming	200 Yd Freestyle	M	60 - 64	2014	Casto	David	DE	0:02:15.78
State	Swimming	200 Yd Freestyle	M	60 - 64	2014	Casto	David	DE	0:02:15.78
Meet	Swimming	200 Yd Freestyle	M	65 - 69	2012	DeWitt	Henry	DE	0:02:18.35

## Delaware Senior Olympics Records after 2025 Games

### SWIMMING

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
State	Swimming	200 Yd Freestyle	M	65 - 69	2012	DeWitt	Henry	DE	0:02:18.35
Meet	Swimming	200 Yd Freestyle	M	70 - 74	2016	DeWitt	Henry	DE	0:02:29.93
State	Swimming	200 Yd Freestyle	M	70 - 74	2016	DeWitt	Henry	DE	0:02:29.93
Meet	Swimming	200 Yd Freestyle	M	75 - 79	2021	DeWitt	Henry	DE	0:02:37.83
State	Swimming	200 Yd Freestyle	M	75 - 79	2021	DeWitt	Henry	DE	0:02:37.83
Meet	Swimming	200 Yd Freestyle	M	80 - 84	2008	Beiser	W.	DE	0:04:03.14
State	Swimming	200 Yd Freestyle	M	80 - 84	2008	Beiser	W.	DE	0:04:03.14
Meet	Swimming	200 Yd Freestyle	M	85 - 89	2002	Miller	W.	DE	0:04:57.84
State	Swimming	200 Yd Freestyle	M	85 - 89	2002	Miller	W.	DE	0:04:57.84
Meet	Swimming	200 Yd Freestyle	M	90 - 94					
State	Swimming	200 Yd Freestyle	M	90 - 94					
Meet	Swimming	200 Yd Freestyle	M	95 - 99					
State	Swimming	200 Yd Freestyle	M	95 - 99					
Meet	Swimming	200 Yd Ind Medley	M	50 - 54	2004	Casto	David	DE	0:02:30.39
State	Swimming	200 Yd Ind Medley	M	50 - 54	2004	Casto	David	DE	0:02:30.39
Meet	Swimming	200 Yd Ind Medley	M	55 - 59	2010	Casto	David	DE	0:02:32.42
State	Swimming	200 Yd Ind Medley	M	55 - 59	2010	Casto	David	DE	0:02:32.42
Meet	Swimming	200 Yd Ind Medley	M	60 - 64	2010	DeWitt	Henry	DE	0:02:42.83
State	Swimming	200 Yd Ind Medley	M	60 - 64	2010	DeWitt	Henry	DE	0:02:42.83
Meet	Swimming	200 Yd Ind Medley	M	65 - 69	2012	DeWitt	Henry	DE	0:02:38.58
State	Swimming	200 Yd Ind Medley	M	65 - 69	2012	DeWitt	Henry	DE	0:02:38.58
Meet	Swimming	200 Yd Ind Medley	M	70 - 74	2025	Bass	Francis	MD	0:03:29.00
State	Swimming	200 Yd Ind Medley	M	70 - 74	2023	Martin	Francis	DE	0:03:37.79
Meet	Swimming	200 Yd Ind Medley	M	75 - 79	2021	DeWitt	Henry	DE	0:02:57.46
State	Swimming	200 Yd Ind Medley	M	75 - 79	2021	DeWitt	Henry	DE	0:02:57.46
Meet	Swimming	200 Yd Ind Medley	M	80 - 84					
State	Swimming	200 Yd Ind Medley	M	80 - 84					

## Delaware Senior Olympics Records after 2025 Games

### SWIMMING

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Swimming	200 Yd Ind Medley	M	85 - 89					
State	Swimming	200 Yd Ind Medley	M	85 - 89					
Meet	Swimming	200 Yd Ind Medley	M	90 - 94					
State	Swimming	200 Yd Ind Medley	M	90 - 94					
Meet	Swimming	200 Yd Ind Medley	M	95 - 99					
State	Swimming	200 Yd Ind Medley	M	95 - 99					
Meet	Swimming	400 Yd Freestyle	M	50 - 54	1998	Carlson	Arthur	DE	0:06:27.34
State	Swimming	400 Yd Freestyle	M	50 - 54	1998	Carlson	Arthur	DE	0:06:27.34
Meet	Swimming	400 Yd Freestyle	M	55 - 59	1998	Thomson	Alec	DE	0:05:28.14
State	Swimming	400 Yd Freestyle	M	55 - 59	1998	Thomson	Alec	DE	0:05:28.14
Meet	Swimming	400 Yd Freestyle	M	60 - 64	1996	O'Shaughnessy	Rich	DE	0:06:07.62
State	Swimming	400 Yd Freestyle	M	60 - 64	1996	O'Shaughnessy	Rich	DE	0:06:07.62
Meet	Swimming	400 Yd Freestyle	M	65 - 69	1999	O'Shaughnessy	Rich	DE	0:06:08.91
State	Swimming	400 Yd Freestyle	M	65 - 69	1999	O'Shaughnessy	Rich	DE	0:06:08.91
Meet	Swimming	400 Yd Freestyle	M	70 - 74	1996	Gordon	William	DE	0:07:12.13
State	Swimming	400 Yd Freestyle	M	70 - 74	1996	Gordon	William	DE	0:07:12.13
Meet	Swimming	400 Yd Freestyle	M	75 - 79	1998	Gordon	William	DE	0:07:22.93
State	Swimming	400 Yd Freestyle	M	75 - 79	1998	Gordon	William	DE	0:07:22.93
Meet	Swimming	400 Yd Freestyle	M	80 - 84	1997	Miller	W.	DE	0:09:12.59
State	Swimming	400 Yd Freestyle	M	80 - 84	1997	Miller	W.	DE	0:09:12.59
Meet	Swimming	400 Yd Freestyle	M	85 - 89					
State	Swimming	400 Yd Freestyle	M	85 - 89					
Meet	Swimming	400 Yd Freestyle	M	90 - 94					
State	Swimming	400 Yd Freestyle	M	90 - 94					
Meet	Swimming	400 Yd Freestyle	M	95 - 99					
State	Swimming	400 Yd Freestyle	M	95 - 99					

## Delaware Senior Olympics Records after 2025 Games

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Swimming	400 Yd Medley	M	50 - 54					
State	Swimming	400 Yd Medley	M	50 - 54					
Meet	Swimming	400 Yd Medley	M	55 - 59					
State	Swimming	400 Yd Medley	M	55 - 59					
Meet	Swimming	400 Yd Medley	M	60 - 64	2018	Norek	Frank	NJ	0:07:29.87
State	Swimming	400 Yd Medley	M	60 - 64	2016	Martin	Francis	DE	0:08:22.59
Meet	Swimming	400 Yd Medley	M	65 - 69	2022	Bass	Francis	MD	0:07:15.84
State	Swimming	400 Yd Medley	M	65 - 69	2021	Martin	Francis	DE	0:07:47.03
Meet	Swimming	400 Yd Medley	M	70 - 74	2022	Schubert	Richard	NJ	0:06:42.25
State	Swimming	400 Yd Medley	M	70 - 74	2023	Martin	Francis	DE	0:08:00.23
Meet	Swimming	400 Yd Medley	M	75 - 79					
State	Swimming	400 Yd Medley	M	75 - 79					
Meet	Swimming	400 Yd Medley	M	80 - 84					
State	Swimming	400 Yd Medley	M	80 - 84					
Meet	Swimming	400 Yd Medley	M	85 - 89					
State	Swimming	400 Yd Medley	M	85 - 89					
Meet	Swimming	400 Yd Medley	M	90 - 94					
State	Swimming	400 Yd Medley	M	90 - 94					
Meet	Swimming	400 Yd Medley	M	95 - 99					
State	Swimming	400 Yd Medley	M	95 - 99					
Meet	Swimming	50 Yd Backstroke	M	50 - 54	2003	Casto	David	DE	0:00:29.91
State	Swimming	50 Yd Backstroke	M	50 - 54	2003	Casto	David	DE	0:00:29.91
Meet	Swimming	50 Yd Backstroke	M	55 - 59	2007	Casto	David	DE	0:00:31.12
State	Swimming	50 Yd Backstroke	M	55 - 59	2007	Casto	David	DE	0:00:31.12
Meet	Swimming	50 Yd Backstroke	M	60 - 64	2025	Burchett	John	DE	0:00:30.34
State	Swimming	50 Yd Backstroke	M	60 - 64	2025	Burchett	John	DE	0:00:30.34
Meet	Swimming	50 Yd Backstroke	M	65 - 69	2017	Casto	David	DE	0:00:30.60

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
State	Swimming	50 Yd Backstroke	M	65 - 69	2017	Casto	David	DE	0:00:30.60
Meet	Swimming	50 Yd Backstroke	M	70 - 74	2023	Casto	David	DE	0:00:33.90
State	Swimming	50 Yd Backstroke	M	70 - 74	2023	Casto	David	DE	0:00:33.90
Meet	Swimming	50 Yd Backstroke	M	75 - 79	2024	Wright	Steven	PA	0:00:37.35
State	Swimming	50 Yd Backstroke	M	75 - 79	2022	DeWitt	Henry	DE	0:00:39.01
Meet	Swimming	50 Yd Backstroke	M	80 - 84	2022	Friend	Joseph	PA	0:00:44.50
State	Swimming	50 Yd Backstroke	M	80 - 84	2005	Foster	Sam	DE	0:00:48.99
Meet	Swimming	50 Yd Backstroke	M	85 - 89	2016	Mayer	Arthur	DE	0:01:02.10
State	Swimming	50 Yd Backstroke	M	85 - 89	2016	Mayer	Arthur	DE	0:01:02.10
Meet	Swimming	50 Yd Backstroke	M	90 - 94	2024	Smith	Joe	PA	0:01:34.98
State	Swimming	50 Yd Backstroke	M	90 - 94					
Meet	Swimming	50 Yd Backstroke	M	95 - 99					
State	Swimming	50 Yd Backstroke	M	95 - 99					
Meet	Swimming	50 Yd Breaststroke	M	50 - 54	1996	Moyer	Bill	DE	0:00:33.50
State	Swimming	50 Yd Breaststroke	M	50 - 54	1996	Moyer	Bill	DE	0:00:33.50
Meet	Swimming	50 Yd Breaststroke	M	55 - 59	2013	WuShanley	Ying	PA	0:00:32.98
State	Swimming	50 Yd Breaststroke	M	55 - 59	2000	Moyer	Bill	DE	0:00:34.94
Meet	Swimming	50 Yd Breaststroke	M	60 - 64	2005	Moyer	Bill	DE	0:00:34.42
State	Swimming	50 Yd Breaststroke	M	60 - 64	2005	Moyer	Bill	DE	0:00:34.42
Meet	Swimming	50 Yd Breaststroke	M	65 - 69	2022	Erickson	Daniel	DE	0:00:36.44
State	Swimming	50 Yd Breaststroke	M	65 - 69	2022	Erickson	Daniel	DE	0:00:36.44
Meet	Swimming	50 Yd Breaststroke	M	70 - 74	2017	Cole	Henry	DE	0:00:38.72
State	Swimming	50 Yd Breaststroke	M	70 - 74	2017	Cole	Henry	DE	0:00:38.72
Meet	Swimming	50 Yd Breaststroke	M	75 - 79	2019	Cole	Henry	DE	0:00:41.01
State	Swimming	50 Yd Breaststroke	M	75 - 79	2019	Cole	Henry	DE	0:00:41.01
Meet	Swimming	50 Yd Breaststroke	M	80 - 84	2024	Cole	Henry	DE	0:00:48.26
State	Swimming	50 Yd Breaststroke	M	80 - 84	2024	Cole	Henry	DE	0:00:48.26

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Swimming	50 Yd Breaststroke	M	85 - 89	2010	Meader	Bob	DE	0:01:12.81
State	Swimming	50 Yd Breaststroke	M	85 - 89	2010	Meader	Bob	DE	0:01:12.81
Meet	Swimming	50 Yd Breaststroke	M	90 - 94					
State	Swimming	50 Yd Breaststroke	M	90 - 94					
Meet	Swimming	50 Yd Breaststroke	M	95 - 99					
State	Swimming	50 Yd Breaststroke	M	95 - 99					
Meet	Swimming	50 Yd Butterfly	M	50 - 54	2003	Casto	David	DE	0:00:27.84
State	Swimming	50 Yd Butterfly	M	50 - 54	2003	Casto	David	DE	0:00:27.84
Meet	Swimming	50 Yd Butterfly	M	55 - 59	2007	Casto	David	DE	0:00:28.90
State	Swimming	50 Yd Butterfly	M	55 - 59	2007	Casto	David	DE	0:00:28.90
Meet	Swimming	50 Yd Butterfly	M	60 - 64	2025	Burchett	John	DE	0:00:28.14
State	Swimming	50 Yd Butterfly	M	60 - 64	2025	Burchett	John	DE	0:00:28.14
Meet	Swimming	50 Yd Butterfly	M	65 - 69	2012	DeWitt	Henry	DE	0:00:29.80
State	Swimming	50 Yd Butterfly	M	65 - 69	2012	DeWitt	Henry	DE	0:00:29.80
Meet	Swimming	50 Yd Butterfly	M	70 - 74	2023	Casto	David	DE	0:00:32.28
State	Swimming	50 Yd Butterfly	M	70 - 74	2023	Casto	David	DE	0:00:32.28
Meet	Swimming	50 Yd Butterfly	M	75 - 79	2021	DeWitt	Henry	DE	0:00:34.14
State	Swimming	50 Yd Butterfly	M	75 - 79	2021	DeWitt	Henry	DE	0:00:34.14
Meet	Swimming	50 Yd Butterfly	M	80 - 84	2005	Meader	Bob	DE	0:01:03.85
State	Swimming	50 Yd Butterfly	M	80 - 84	2005	Meader	Bob	DE	0:01:03.85
Meet	Swimming	50 Yd Butterfly	M	85 - 89					
State	Swimming	50 Yd Butterfly	M	85 - 89					
Meet	Swimming	50 Yd Butterfly	M	90 - 94					
State	Swimming	50 Yd Butterfly	M	90 - 94					
Meet	Swimming	50 Yd Butterfly	M	95 - 99					
State	Swimming	50 Yd Butterfly	M	95 - 99					

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Swimming	50 Yd Freestyle	M	50 - 54	2003	Casto	Dave	DE	0:00:24.65
State	Swimming	50 Yd Freestyle	M	50 - 54	2003	Casto	Dave	DE	0:00:24.65
Meet	Swimming	50 Yd Freestyle	M	55 - 59	2007	Casto	Dave	DE	0:00:25.24
State	Swimming	50 Yd Freestyle	M	55 - 59	2007	Casto	Dave	DE	0:00:25.24
Meet	Swimming	50 Yd Freestyle	M	60 - 64	2012	Casto	Dave	DE	0:00:26.56
State	Swimming	50 Yd Freestyle	M	60 - 64	2012	Casto	Dave	DE	0:00:26.56
Meet	Swimming	50 Yd Freestyle	M	65 - 69	2017	Casto	Dave	DE	0:00:27.53
State	Swimming	50 Yd Freestyle	M	65 - 69	2017	Casto	Dave	DE	0:00:27.53
Meet	Swimming	50 Yd Freestyle	M	70 - 74	2023	Casto	David	DE	0:00:28.71
State	Swimming	50 Yd Freestyle	M	70 - 74	2023	Casto	David	DE	0:00:28.71
Meet	Swimming	50 Yd Freestyle	M	75 - 79	2023	Dewitt	Henry	DE	0:00:32.88
State	Swimming	50 Yd Freestyle	M	75 - 79	2023	Dewitt	Henry	DE	0:00:32.88
Meet	Swimming	50 Yd Freestyle	M	80 - 84	2024	Swartz	Michael	MD	0:00:40.43
State	Swimming	50 Yd Freestyle	M	80 - 84	2022	Panaro	Raymond	DE	0:00:42.78
Meet	Swimming	50 Yd Freestyle	M	85 - 89	2019	O'Shaughnessy	Richard	DE	0:00:53.98
State	Swimming	50 Yd Freestyle	M	85 - 89	2019	O'Shaughnessy	Richard	DE	0:00:53.98
Meet	Swimming	50 Yd Freestyle	M	90 - 94					
State	Swimming	50 Yd Freestyle	M	90 - 94					
Meet	Swimming	50 Yd Freestyle	M	95 - 99					
State	Swimming	50 Yd Freestyle	M	95 - 99					
Meet	Swimming	500 Yd Freestyle	M	50 - 54	2006	Casto	David	DE	0:05:56.85
State	Swimming	500 Yd Freestyle	M	50 - 54	2006	Casto	David	DE	0:05:56.85
Meet	Swimming	500 Yd Freestyle	M	55 - 59	2010	Casto	David	DE	0:06:01.80
State	Swimming	500 Yd Freestyle	M	55 - 59	2010	Casto	David	DE	0:06:01.80
Meet	Swimming	500 Yd Freestyle	M	60 - 64	2025	Burchett	John	DE	0:06:13.99
State	Swimming	500 Yd Freestyle	M	60 - 64	2025	Burchett	John	DE	0:06:13.99
Meet	Swimming	500 Yd Freestyle	M	65 - 69	2014	DeWitt	Henry	DE	0:06:50.17

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Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
State	Swimming	500 Yd Freestyle	M	65 - 69	2014	DeWitt	Henry	DE	0:06:50.17
Meet	Swimming	500 Yd Freestyle	M	70 - 74	2024	Casto	David	DE	0:07:16.71
State	Swimming	500 Yd Freestyle	M	70 - 74	2024	Casto	David	DE	0:07:16.71
Meet	Swimming	500 Yd Freestyle	M	75 - 79	2008	Erwin	Charles	DE	0:08:01.44
State	Swimming	500 Yd Freestyle	M	75 - 79	2008	Erwin	Charles	DE	0:08:01.44
Meet	Swimming	500 Yd Freestyle	M	80 - 84	2008	Beiser	W.	DE	0:10:45.03
State	Swimming	500 Yd Freestyle	M	80 - 84	2008	Beiser	W.	DE	0:10:45.03
Meet	Swimming	500 Yd Freestyle	M	85 - 89	2002	Miller	W.	DE	0:13:14.41
State	Swimming	500 Yd Freestyle	M	85 - 89	2002	Miller	W.	DE	0:13:14.41
Meet	Swimming	500 Yd Freestyle	M	90 - 94					
State	Swimming	500 Yd Freestyle	M	90 - 94					
Meet	Swimming	500 Yd Freestyle	M	95 - 99					
State	Swimming	500 Yd Freestyle	M	95 - 99					