

NEBRASKA SENIOR GAMES RECORDS SINCE 1997 Updated 8/18

TRACK & FIELD

800 Meter Run:

50-54: Derry Trampe, Ord, 2:14.38: Deb Kluthe, Scotia, 3:01.31
55-59: Derry Trampe, Ord, 2:13.2, Deborah Kluthe, Scotia, 3:09.8
60-64: Derry Trampe, Ord, 2:23.49: Charlene Pratt, Riverdale, NE 3:22.8
65-69: Howard Weisser, Lincoln, 2:36.07 : Kathy Van Pelt, Kimball, 4:28.6
70-74: Gary Patton, Rock Rapids, IA, 2:34.61: Darlene Wagner, Kearney, NE, 3:27.37
75-79: Ross Greathouse, Lincoln, NE, 3:21.0
80-84: Donald Phillips, Sioux Falls, SD 4:05.61
85-89: Donald Phillips, Sioux Falls, SD 4:39.79

1500 M Power Walk

55-59: Monty Dill, Lincoln, 13:01.54, Tammy Bartling, Kearney, 12:49.42
60-64: Tony Dillehay, Kearney, 12:29.31, Karla Ritter-Lindsay, Kearney, 13:57.27

1500 Meter Run:

50-54: Derry Trampe, Ord, 4:27:49: Teri Kohl, Council Bluffs, IA, 6:29.06
55-59: Derry Trampe, Ord, 4:32.30: Deb Kluthe, Scotia, 6:39.1
60-64: Derry Trampe, Ord, 4:55.27: Tracey Barnett, Niwot, CO, 6:33.10
65-69: Jose Badillo, Bellevue, 5:38.05
70-74: Gary Patton, Rock Rapids, IA 5:20.14: Maryann Boe, Sundance, WY, 7:33.8
75-79: Jose Badillo, Bellevue, 6:39.20
80-84: Jose Badillo, Bellevue, 7:15:30
85-59: Otto Lohrez, Kearney, 12:10.55

50 Meter Dash:

50-54: Jeff Hageman, Omaha, 6.43: Kelly Erickson, Campbell, 8.53
55-59: Roger Tollefson, Gering, 6.5: Kelly erickson, Campbell, 8.63
60-64: Michael Firsching, Edwardsville, IL, 6.78: Kay Glynn, Hastings, IA, 8.328
65-69: John Pace, Fredericksburg, TX, 6.86: Normimah Benedict, Fayetteville, AR, 9.21
70-74: Gary Stephens, Grand Island, 7.33: Jane Wasserman, Lincoln, 9.52
75-79: Steven Bowles, Henderson, NV, 7.61: Carolyn Langenwalter, Wichita, KS, 10.30
80-84: Marvin Champion, Denver, 7.82: Harriet Bloemaker, Fremont, NE 14.5
85-89: Donald Phillips, Sioux Falls, SD 8.957

100 Meter Dash:

50-54: Jeff Hageman, Omaha, 12.29: Kay Glenn, Hastings,IA, 14.59
55-59: Tom Bassett, Lincoln, 12:04: Kay Glenn, Hastings,IA, 14.92
60-64: Fred Kjer, Tuscon, AZ, 12.78: Normimah Benedict, Fayetteville, AR, 16:05
65-69: John Pace, Fredericksburg, TX, 13.21: Char Lane, Topeka, 17.16
70-74: Richard McKisson, Arvada, CO, 13.77: Maryann Boe, Sundance, WY, 16.14
75-79: Lee Alexander, Plainview, 13.95: Carolyn Langenwalter, Wichita, KS, 20.15
80-84: Lee Alexander, Plainview, 15:17
85-89: Donald Phillips, Sioux Falls, SD, 17.22

200 Meter Dash:

50-54: Jeff Hageman, Omaha, 24.64: Kay Glenn, Hastings, IA, 30.38
55-59: Tom Bassett, Lincoln, 25.88: Kay Glenn, Hastings, IA 31:84
60-64: John Pace Fredericksburg, TX, 26.97: Kay Glynn, Hastings, IA, 36.92
65-69: Ray Graves, Scottsdale, AZ 28.09, Char Lane, Topeka, KS, 37.23
70-74: Richard McKisson, Arvada, CO, 29:52: Maryann Boe, Sundance, WY, 36.63
75-79: Steven Bowles, Henderson, NV, 29.87: Carolyn Langenwalter, Wichita, KS, 49.39
80-84: Lee Alexander, Plainview, 32.82
85-89: Donald Phillips, Sioux Falls, SD 38.92

400 Meter Dash:

50-54: Burke Grandien, Laramie, WY, 56.49, Deb Kluthe, Scotia, 1:14.79
55-59: Trip Reynolds, Omaha, 1:00.06 : Kay Glynn, Hastings, IA, 1:16.11
60-64: Howard Weisser, Columbus, 1:02.8: Kay Glynn, Hastings, IA, 1:43.21
65-69: Howard Wissner, Lincoln, 1:03.34: Joyce Franks, Lakewood, CO, 1:45.3
70-74: Lee Alexander, Plainview, 1:06.64: Maryann Boe, Sundance, WY, 1:23.0
75-79: Lee Alexander, Plainview, 1:08.08: Carolyn Langenwalter, Wichita, KS, 1:59.13
80-84: Lee Alexander, Plainview, 1:14.40
85-89: Donald Phillips, Sioux Falls, SD 1:38.73

Triple Jump:

50-54 Dan Scamehorn, Kearney, 33' 1 1/4 " : Cynthia Ritter, Lincoln, 207"
55-59 Mitch Lyster, McCook 35' : Kay Glynn, Hastings, 26'11"
60-64 Frank Tilton, Springfield, MO, 30'2" : Normimah Benedict, Fayetteville, AR 20'4"
65-69 Frank Tilton, Springfield, MO, 29'6": Char Lane, Topeka, KS, 18'10"
70-74 Jim Sharps, Smithfield, VA, 28'4" : Char Lane, Topeka, KS, 18' 8"
75-79 Carroll Marty, Ames, IA, 22'5"

5000 Meter Race Walk:

50-54: Steve Hoger, Seward, 25:53.85: Cheri Chytka, Broken Bow, 42:21:98
55-59: Steve Hoger, Seward, 27:23.34, Rita Sinkovec, Evergreen, CO, 33.13
60-64: Steve Hoger, Seward, 29:37.29, Bertha Aldrich, Alden, IA 34:33
65-69: William Graham, Alliance, 31:47:11
70-74: William Graham, Alliance, 33:52.754, Jean McClaran, Des Moines, IA, 36:49
75-79: Richard Weaver, Grand Junction, CO, 36:43
80-84: Richard Weaver, Grand Junction, CO, 36:45:85
85-89:

Javelin:

50-54: Ed Morland, Westmoreland, KS, 180:7", Kay Glynn, Hastings,IA 95'9"
55-59: Terry Medjo, Grand Island, 144'8", Kay Glynn, Hastings, IA 71'10"
60-64: Ed Morland, Westmoreland, KS, 148': Kay Glynn, Hastings, IA, 68'3"
65-69: Randall Olson, Omaha, 123'5.5": Barbara Brandt, Mesa, AZ 79'4"
70-74: Don Durand, Winnemucca, NV, 115'11": Harriet Blemker, Fremont 79'4"
75-79: Robert Gerten, Burwell, NE, 112'06": Harriet Bloemaker, Fremont, 71'10"
80-84: Frank Bowles, Greeley, CO 76' 3 3/4": Harriet Bloemaker, Fremont 65'8"
85-89: Eugene Price, W. Milwaukee, WI, 50'0", 90-94: Eugene Price 40'9"

SWIMMING:

50M Freestyle:

50-54: Scott Adams, Litchfield, 29.91: Darcy McBride, York, 36.22
55-59: Ron Konecy, Kearney, 31:51: Darcy McBride, York, 37.0
60-64: Bradley Ericson, Kearney, 31.13, : Darcy McBride, York, 39:53
65-69: Bruce Sheffield, Raymond, 33.52: Judy Kennedy, Omaha, 43.30
70-74: William Rogge, Lincoln, 37.03 : Judy Kennedy, Omaha, 45.16
75-79: John Skogg, Omaha, 40.48: Patricia Harkreader, North Platte, 47.13
80-84: Jim Hays, Diller, 53.53 : Ardyce Welch, Lincoln, 1:23.09
85-89: Robert Severance, Beloit, KS, 1:15.1
90-94: Robert Severance, Beloit, KS, 1:30.87

1500 Meter Race Walk:

50-54: Steve Hoger, Seward, 7:13.89, Marianne Marion, Littleton, CO, 8:08
55-59: David Couts, Whiteside, MO, 7:16.78, Sue McNeil,Taylor, 10:12.31
60-64: Steve Hager, Seward, NE, 8:02.59, Rita Sinkovec, Evergreen, CO, 9:09
65-69: Jim DeBell, Broomfield, CO, 8:36: Bertah Aldrich, Alden, IA 10:23
70-74: Gilbert Hill, Omaha, NE, 8:32, Gloria Glissman, 10:34
75-79: Richard Weaver, Grand Junction, CO, 10:10.38, Jean McClaran, Des Moines, IA, 11:49
80-84: Richard Weaver, Grand Junction, CO, 10:55:86
85-89:

5000 M Power Walk

60-64: Paul Ronnfeldt, Minden, 43:09.00

High Jump:

50-54: Larry Joe, Fairbury, 5'5", Kay Glynn, Hastings, IA, 4'4",
55-59: John Carrington, St.Louis,MO, 5' : Kay Glynn, Hastings, IA 4'6"
60-64: David Brandt, Sprague, 5'1/4": Kay Glynn, Hastings, IA 3'10"
65-69: Ronald Dennert, DeSoto, MO, 4'8": Barbara Brandt, Bighorn, WY, 3'5"
Frank Tilton, Springfield, MO, 4'8"
Armand, Zahn, Saratoga, WA, 4'8"
70-74: Frank Tilton, Springfiled, MO 4'6" , Harriet Bloemker, Fremont, 3'2"
Jim Sharps, Smithfield, VA 4'4"
75-79: CL Bruce, Lake St.Louis, MO, 4', Dorothy Ekblad, Lincoln, 3'11"
80-84: Ed Carter, Loveland, 3'10": Maryann Boe, Sundance, WY, 11'2"

Long Jump:

50-54: Ron Haubold, San Diego, CA, 16'9": Kay Glenn, Hastings, IA, 14'9"
55-59: Carl Etter, Duluth, MN, 16'7" : Kay Glynn, Hastings, IA, 14'10"
60-64: Mitch Lyster, McCook, 16'3": Marion Krueger, Dent, MN, 9'
65-69: Frank Tilton, Springfield, MO, 14'10.75": Char Lane, Topeka, KS 10'10"
70-74: Frank Tilton, Springfield, MO 15'1": Maryann Boe, Sundance, WY, 11'2"
75-79: Marvin Champion, Denver, CO, 14'0.5", Dorothy Ekblad, Lincoln, 5'11"
80-84: Ed Carter, Loveland, CO, 11'8"
85-89: Donald Phillips, Sioux Falls, SD, 8'9"

Shot Put:

50-54: Rick Anderson, Lawrence, KS, 46'10.5", Colleen Wallace, Belen, NM, 30' 10"
55-59: Jim Squires, Fairfield, 44'1.5", Lori Graff, Marienthal, KS, 31'1"
60-64: Bob Peters, Independence, MO, 43' 11.75": Kay Glynn, Hastings, IA, 25'5"
65-69: LaVane Johnson, Eagle, 40' 5.5": Bertha Aldrich, Alden, IA, 24'7"
70-74: Al Salmon, Liberty, MO, 41' 6.5": Bertha Aldrich, Alden, IA, 22'9.5"
75-79: Robert Gerten, Burwell, 36'1": Bonnie Champion, Denver, CO, 22'2"
80-84: Al Salmon, Kansas City, MO, 35'9"
85-89: Reuben Schleifer, Chester, 27'9":
90-94: Ruben Schleifer, Chester, NE 24'2.25"

Discus

50-54: Rick Anderson, Lawrence, KS, 166' 1.5", Colleen Wallace, Belen, NM, 90'2"
55-59: Richard Anderson, Lawrence, KS, 156'3": Lori Graff, Marienthal, KS, 70'57"
60-64: Ron Anderson, McPherson, KS, 173'1": Joy Kaylor, Central City, NE, 78'6"
65-69: Ron Anderson, McPherson, KS, 166'2": Bertha Aldrich, Alden, IA, 66'3"
70-74: Ron Anderson, McPherson, KS 139'5": Harriet Bloemker, Fremont, 62'10"
75-79: Ron Anderson, McPherson, KS, 134'4": Harriet Bloemker, Fremont, 59'4"
80-84: Otto Welfring, Marshalltown, IA, 93'10": Harriet Bloemaker, Fremont 61'7"
85-89: Eugene Price, W. Milwaukee, WI, 42":
90-94: Eugene Price, West Allis, WI 40"

5K ROAD RACE

50-54: Derry Trampe, Ord, 16:42: Kelly Erickson, Campbell, 23:35
55-59: Doug Trampe, Kearney, 17:08: Charlene Pratt, Riverdale, 24:14
60-64: Derry Trampe, Ord, 17:39: Tracey Barnett, Niwot, CO, 23:45
65-69: Jose Badillo, Bellevue, 21:15: Donna Reeson, Placentia, CA, 29:03
70-74: Gary Patton, Rock Rapids, IA, 20:40: Darlene Wagner, Kearney, 30:58
75-79: Jose Badillo, Bellevue, 25:15: Carolyn Langenwalter, Wichita, KS, 41:57
80-84: Ruger Winchester, New Salem, ND 26:27
85-89 Otto Lohrenz, Kearney, 37:40
95-99: Roger Little, Valentine, 47:32

10K ROAD RACE

50-54 Derry Trampe, Ord, 35:00: Mindy Moyer, Aurora, 53.03
55-59 Derry Trampe, Ord, 35:13.65, Charlene Pratt, Riverdale, 51:18
60-64 Derry Trampe, Ord, 38:09: Tracey Barnett, Niwot, CO, 48:58
65-69 Richard Friedrichsen, Clarks, 49:43: Lynette Stevens, Gothenberg, 53:00
70-74 Jose Badillo, Bellevue, 47:16
75-79 Richard Friedrichsen, Seward, 56:43

Softball Throw:

50-54: Terry Medjo, Grand Island, 254'2": Sally McCann, Kearney, 134' 7 1/2"
55-59: Terry Medjo, Grand Island, 256'9.5": Sharon Rood, Kearney, 127'3"
60-64: Randall Olson, Norfolk, 223'7": Sally McCann, Kearney, 130'2"
65-69: Randall Olson, Carroll, NE, 203'7.25": Harriett Bloemker, Fremont, 126'1"
70-74: Randall Olson, Carroll, NE, 186'1", Harriet Bloemker, Fremont, 124' 1"
75-79: Reuben Schleifer, Chester, 161'8": Harriet Bloemker, Fremont, 112'9"
80-84: Reuben Schleifer, Chester, 142'11.5": Harriet Bloemaker, Fremont 88'.2'75"
85-89: Reuben Schleifer, Chester, 99'33"
90-94 Reuben Schleifer, Chester, 617.5"

50M Breaststroke:

50-54: Scott Adams, Litchfield, 42.21: Mary Pat Moeller, Omaha, 50.04
55-59: John Sloan, Lake Forest, IL, 40.22 : Mary Pat Moeller, Omaha, 54.84
60-64: Terry Medjo, Grand Island, 42.50: Deborah Qualey, Gering, 58.53
65-69: Terry Medjo, Grand Island, 43.90: Pat Craze, Montrose, CO, 1:07.97
70-74: Peter Eisenklam, Mesa, AZ, 52.44: Pat Craze, Montrose, CO, 1:03.81
75-79: Baton Greenberg, Omaha,44.59: Carol Allen Loup City, 1:10.01
80-84: Cornelius Kelly, 1:13.56: Marie Kriepe, Tecumseh, 1:39.10
85-89: Robert Severance, Biolet, K, 1:55.84
90-94: Robert Severance, Beloit, KS, 2:20.38

100M Freestyle

50-54: Glenn Braun, Kearney, 1:07.90; Jean Eichhorst, Kearney, 1:50.36
 55-59: Scott Adams, Litchfield, 1:02.53; Jean Eichhorst, Kearney, 1:46.87
 60-64: Scott Adams, Litchfield, 1:20.19 ; Petey Croshaw, Fremont, 1:45.45
 65-69: Bruce Sheffield, Raymond 1:18.87; Valerie MacLeod, Cambridge, 1:48.23
 70-74: William Rogge, Lincoln, 1:35.41; Judy Kennedy, Omaha, 1:45.16
 75-79: John Skoog, Omaha, 1:44.26; Patricia Harkreader, North Platte, 1:56.03
 80-84: Ray Miller, Spirit Lake, IA, 2:19.22; Ardyce Welch, Lincoln, 3:11.803
 85-89: Gene Beck, Kearney, 2:35.03
 90-94 Richard Severance, Beloit, KS, 3:24.28

200M Freestyle

50-54: Glenn Bruan, Kearney, 2:44.73; Sandra Stenglein, Omaha, 3:56.35
 55-59: Lincoln Murdoch, Omaha, 3:07.31; Nita Dankelsen, Grand Island, 3:43.79
 60-64: Ralph Bradley, Grand Island, 3:07.45; Judy Kennedy, Omaha, 3:54.07
 65-69: Bruce Sheffield, Raymond, 2:58.44, Teresa Lees, Bel Aire, KS, 3:36.95
 70-74: William Rogge, Lincoln, 3:40.56; Judy Kennedy, Omaha, 3:48
 75-79: Stan Dart, Kearney, NE, 4:34.45; Ardyce Welch, Lincoln, 5:37.07
 80-84: Gene Beck, Kearney, 5:11.94; Ardyce Welch, Lincoln, NE 6:20.44
 85-89: Gene Beck, Kearney, 6:12.21

400M Freestyle

50-54: Glenn Braun, Kearney, 5:47.0: Jean Eichhorst, Kearney, 8:23.97
 55-59: John Sloan, Lake Forest, IL, 6:35.28 ; Darcy McBride, York, 7:34.79
 60-64: Ken Deman, Omaha, 6:41.13; Jane Oberg, Littleton, CO, 7:15.87
 65-69: Ken Deman, Omaha, 6:48.73, Jane Oberg, Littleton, CO, 7:38.00
 70-74: Ken Deman, Omaha, 7:55.46 ; Carol Deman, Omaha, 8:00:01
 75-79: Kenneth Deman, Omaha, 9:00.65; Carol Deman, Omaha, 8:50.91
 80-84: Gene Beck, Kearney, 11:19.84; Ardyce Welch, Lincoln, 13:13.964
 85-89: Gene Beck, Kearney, 12:46:78

50M Backstroke

50-54: Ron Konecny, Kearney, 38:63; Darcy McBride, York, 43.44
 55-59: John Sloan, Lake Forest, IL, 39.79 ; Darcy McBride, York, 44.53
 60-64: Terry Medjo, Grand Island, 40.78; Darcy McBride, York, 44:53
 65-69: Terry Medjo, Grand Island, 41.8, Judy Kennedy, Omaha, 52.89
 70-74: David Easterla, Maryville, MO, 59.94 ; Judy Kennedy, Omaha, 57.16
 75-79: Chuck Sauer, Denver, CO, 59.7; Carol Allen Loup City, NE, 1:01.19
 80-84: Gene Beck, Kearney, 1:09.43; Marie Kreipe, Tecumseh, 1:46.53
 85-89: Gene Beck, Kearney, 1:09.72
 90-94: Robert Severance, Beloit, KS, 2:01.5

200M Medley

50-54: Mary Pat Moeller, Omaha, 3:49.10
 55-59: Roger Holthaus, Omaha, 3:50.06; Mary Pat Moeller, Omaha, 3:55.43
 60-64: Roger Holthaus, Omaha, 3:50.06; Mary Pat Moeller, Omaha, 4:20:06
 65-69: Roger Holthaus, Omaha, 4:57.696; Teresa Lees, Bel Aire, KS, 4:14.38
 70-74: Roger Holthaus, Omaha, 5:29.98
 75-79: Chuck Sauer, Denver, 7:29.81, Helen Sauer, Denver, 5:30.88

50M Butterfly

50-54: Scott Adams, Litchfield, 37.37; Mary Pat Moeller, 45.46
 55-59: Roger Holthaus, Omaha, 38.75; Mary Pat Moeller, Omaha, 51.03
 60-64: Tony Haske, Omaha, 39:60; Judy Kenndy, 53:56
 65-69: Roger Holthaus, Omaha, 47:44.2: Pat Craze, Montrose, CO, 1:12.53
 70-74: Roger Holthaus, Omaha, 54.15
 75-79: John Skoog, Omaha, 50.18
 80-84: Les Demmel, Omaha, 1:36.09
 85-89: Lester Demmel, Omaha, 2:11.44

100M Butterfly

50-54: Mary Pat Moeller, Omaha, 1:54.82
 55-59: Mary Pat Moeller, Omaha, 1:53.85
 60-64: Tony Haske, Omaha, 1:39.03; Jane Oberg, Littleton, 1:54.76
 65-69: Roger Holthaus, Omaha, 1:59.08; Jane Oberg, Littleton, CO, 1:54.36
 70-74: Roger Holthaus, Omaha, 2:22.38 :
 75-79:
 80-84:

CYCLING:**5K**

50-54: John Cox, Cheyenne, WY, 6:43; Patti Vanderhoff, Centerton, AR, 8:06
 55-59: Dick Walker, Shawnee, KS 6:52.94, Suzanne Wilson, Omaha, 7:58
 60-64: Richard Stewart, Castle Rock, CO, 6:51; Suzanne Wilson, Omaha, 8:24
 65-69: Richard Stewart, Castle Rock, CO, 6:52 ; Ann Shuman, West Des Moines, IA, 8:49
 70-74: Gary Schmidt, Bennington 7:39; Carol Deman, Omaha, 8:47
 75-79: Gary McGregor, Atchinson, KS, 7:48; Nancy Brown, Bennet, NE, 10:55
 80-84: Terry Knowles, Topeka, KS, 9:53
 85-89:

10K

50-54: John Cox, Cheyenne, WY, 14:12; Patti Vanderhoff, Centerton, AR, 16:04
 55-59: Fred Galata, Omaha, 14:27; Suzanne Wilson, Omaha, 16:03
 60-64: Richard Stewart, Castle Rock, CO, 13:58; Carol Deman, 16:43
 65-69: Richard Stewart, Castle Rock, CO, 14:13; Nancy Brown, Bennet, 18:01
 70-74: William Earp, Independence, MO, 16:10; Carol Deman, Omaha, 18:21
 75-79: Michael Balog, Arvada, CO, 16:12 ;Nancy Brown, Bennett, 22:09
 80-84: Wilfred Miller, Topeka, KS, 19.34

20K

50-54: Craig Harding, Omaha, 30:36; Suzanne Wilson, Omaha, 33:02
 55-59: Fred Galata, Omaha, 30:14; Patti Vanderhoff, Centerton, AR, 33:26
 60-64: Scott Bullfince, Lincoln, 30:40; Cathy Eastman, Scottsbluff, 38:43
 65-69: Bill Earp, Independence, MO, 30:37 ; Ann Shuman, West Des Moines, IA, 36:19
 70-74: Bill Earp, Independence, MO, 31:24; Nancy Brown, Bennett 37:26
 75-79: William Earp, Independence, MO, 33:45

40K

50-54: Craig Harding, Omaha, 52:24.00; Patti Vanderhoff, Centerton, AR, 1:10.10
 55-59: Stephen Cramer, Omaha, 54:55; Nancy Stirek, Omaha, 1:04.32
 60-64: Scott Bullfince, Lincoln, 52:29; Suzanne Wilson, Omaha, 1:02.49
 65-69: Bill Earp, Independence, MO, 54:13
 70-74: William Earp, Independence, MO, 1:02.43
 75-79: William earp, Independence, MO, 1:06:57

100M Breaststroke:

50-54: Ben James, Lincoln 1:53.18, Lynn Kurutz, Papillion, 1:54.64
 55-59: Terry Medjo, Grand Island, 1:38.93, Deborah Qualey, Bayard, 2:06.96
 60-64: Terry Medjo, Grand Island, 1:38.97; Mary Pat Moeller, Omaha, 2:06:21
 65-69: Terry Medjo, Grand Island, 1:42.89, Jane Obert, Littleton, CO, 2:05.41
 70-74: Peter Eisenklam, Mesa, AZ, 2:21.12; Carol Allen, Loup City, 2:31.22
 75-79: Barton Greenberg, Omaha, 1:46.69, Carol Allen Loup City, 2:44.47
 80-84: Cornelius Kelly 3:49.13; Gloria Glissmann, Omaha, NE, 3:40:88
 85-89:

200M Breaststroke

50-54: Gail Klimek, Omaha, 4:14:48 ; Courtney Drake, Hastings, 4:40:19
 55-59: Ron Konechy, Kearney, 4:14:49 ; Anne Frederick, Kearney 5:37.34
 60-64: Terry Medjo, Grand Island, 3:45:15 ; Mary Pat Moeller, Omaha, 4:33:30
 65-69: Terry Medjo, Grand Island, 3:43.13; Carol Allen, Loup City, 5:55:11
 70-74: Peter Eisenklam, Mesa, AZ, 5:21.5 ; Carol Allen, Loup City, 5:39.74
 75-79: Dick Hekl, Omaha, 7:42.28; Carol Allen Loup City, 5:45.37
 80-84: Cornelius Kelly, Pinedale, WY, 8:03.57

100M Backstroke

50-54: Ron Konecny, Kearney, 1:28.88
 55-59: Ron Konecny, Kearney, 1:29:75 ; Darcy McBride, York, 1:41.82
 60-64: Terry Medjo, Grand Island, 1:31.16; Darcy McBride, Lincoln, 1:55.16
 65-69: Terry Medjo, Grand Island, 1:38.66; Mariana Phipps, Omaha, 1:59:13
 70-74: David Easterla, Maryville, MO, 2:15.84 ; Judy Kennedy, Omaha, 2:10.435
 75-79: Joe Craze, Montrose, CO, 2:43.72; Patricia Harkreader, North Platte, 2:19.85
 80-84: Chuck Sauer, Denver, 2:25, Taeko Baldwin, Lincoln, 2:54.72
 85-89: Gene Beck, Kearney, 2:50.50
 90-94: Robert Severance, Biolet, KS, 4:08.25

200M Backstroke

50-54: Bruce Jochen, Pierce, 4:21.25, Darcy McBride, York, 3:44.54
 55-59: John Sloan, Lake Forest, IL, 3:24.15 ; Darcy McBride, York, 3:54:62
 60-64: Tim Ench, Grand Island, 4:19.34 Judy Kennedy, Omaha, 4:08.33
 65-69: Terry Medjo, Grand Island, 3:42.53; Mariana Phipps, Omaha, 4:04:61
 70-74: Ralph Kempcke, Colorado Springs, CO 4:26; Helen Sauer, Denver, CO, 5:17.75
 75-79: Bill Schroen, Omaha, 5:42.5,
 80-84: Gene Beck, Kearney, 6:22.05
 85-89: Gene Beck, Kearney, 6:32.1

GOLF:

50-54: Todd Jelden, Kearney, 69, Pamela Gallagher, Grand Island, 81
 55-59: Gene Schneringer, Callaway, 67; Pamela Gallagher, Grand Island, 83
 60-64: Gary Mason, Kearney, 67; Mary Halkyard, Gibbon, 88
 65-69: Gary Mason, Kearney, 65; Madeline Greene, Upper Saddle River, NJ , 101
 70-74: Gary Mason, Kearney, 70; Elda Rodgers, Kearney, 93
 75-79: Orlan Grams, Minden, 74; Harriet Bloemaker, Fremont, 105
 80-84: Vernon Swanson, Kearney, 81
 85-89: Vernon Swanson, Kearney, 87,
 90-94: Eugene Price, 104

DISC GOLF

50-54: Ron Kalkwarf, Kearney, 47; Regina McCann, Kearney, 43
 55-59: Steve Raymond, Sidney, 50; Judy Bellairs, Kearney, 53
 60-64: Bob Mathiasen, Lincoln, 48; Sally McCann Kearney, 66
 65-69: Tom McCann, Kearney, 50; Regina McCann, Kearney, 75
 70-74: Tom McCann, Kearney, 51; Regina McCann, Kearney, 70
 75-79: LaVerne Mueller, Lincoln, 49; Rosemary Holeman, Omaha, 106
 80-84: Richard Bright, Rvenna, 76:

BOWLING:**Singles:**

50-54: Patrick Dority, Lincoln, 769; Karen Schroer, Kearney, 569
 55-59: Rick Folsom, Lincoln, 638; Rosalie Roscoe, Grand Island, 551
 60-64: John Bierman, Omaha, 732; Eloise Shuck, North Platte, 617
 65-69: Richard Thompson, McCook, 587; Ola Shaw, Kansas City, KS, 568
 John Bierman, Omaha, 587
 70-74: Larry Harrington, Kearney, 672; Ruby Walker, Hastings, 555
 75-79: Walter Walker, Hastings, 731; Ruby Walker, Hastings, 560
 80-84: Roger Bredahl, Columbus, 615; Jimmye Ewing, Bellevue, 470
 85-89: Walter Beck, Columbus, 513, Lois Egger, Hickman, 401
 90-94: Otto Husak, Omaha NE, 446; Jeanne Ackerman, Kearney, 196

Doubles:

50-54: Houtz/Zikmund, Kearney, 1289; Gardner/Gundmundson, Kearney, 1048
 55-59: Younglove/Layman, Lincoln 1249; Weisser/Korber, Columbus, Lincoln, 1041
 60-64: Ford/Kita, Omaha, 1275; Weisser/Korber, Columbus/Lincoln, 1064
 65-69: Grimstad, Thompson, Bellevue, 1158; Norden/Wood, Lexington, 1027
 70-74: Smith/Walker, Hastings, 1196; Ewing/Walker, Bellevue, Hastings, 1037
 75-79: Harrington/Smallcomb, Kearney, 1222; Buske/Landrigan, Ravenna, 936
 80-84: VanKotten/Thomas, Long Island/Norton, KS, 747 (women)

Mixed Doubles:

50-54: Hatcher/Hatcher, Gibbon, 1209
 55-59: Bierman/Bierman, Omaha, 1106
 60-64: Hulla/Hulla, Bellevue, 1062
 65-69: Weisser/Weisser, Lincoln, 1052
 70-74: Husak/Kay, Omaha, 1108
 75-79: Walker, Walker, Hastings, 1082
 80-84: Walker/Walker, Hastings, 1053
 85-89: Egger/Egger, Hickman, 839