



Delaware Senior Olympics  
2019 Results  
Swimming - 50 Back  
September 6, 2019 at YMCA , Dover DE

Donovan	Charles	M	70-74	74	DE	1:12.61	1	1
O'Shaughnessy	Richard	M	85-89	85	DE	1:12.71	1	1

**New meet and state records are displayed in red**

Delaware Senior Olympics  
2019 Results  
Swimming - 100 Back  
September 6, 2019 at YMCA , Dover DE

Last Name	First Name	Sex	Age Group	Age	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
<b>Flanders</b>	<b>Susan</b>	<b>F</b>	<b>55-59</b>	<b>57</b>	<b>DE</b>	<b>1:19.39</b>	<b>1</b>	<b>1</b>
Lampe	Betty	F	60-64	64	NJ	1:49.55	1	
Mclver	Catherine	F	60-64	64	MD	4:16.17	2	
Gawinski	Kathy	F	65-69	65	DE	NS		
Palmer	Beverly	F	65-69	66	DE	1:45.49	1	1
Andrulis	Marilyn	F	75-79	79	DE	3:00.92	1	1
Bass	Francis	M	60-64	64	MD	1:28.37	1	
Asay	Christopher	M	65-69	66	DE	1:57.45	1	1

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Delaware Senior Olympics  
 2019 Results  
 Swimming - 200 Back  
 September 6, 2019 at YMCA , Dover DE

Last Name	First Name	Sex	Age Group	Age	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
Gawinski	Kathy	F	65-69	65	DE	NS		
<b>Palmer</b>	<b>Beverly</b>	<b>F</b>	<b>65-69</b>	<b>66</b>	<b>DE</b>	<b>3:44.09</b>	<b>1</b>	<b>1</b>
Bass	Francis	M	60-64	64	MD	3:21.41	1	
Swiger	Ralph	M	60-64	63	VA	3:38.13	2	
Asay	Christopher	M	65-69	66	DE	4:25.22	1	1
Donovan	Charles	M	70-74	74	DE	NS		

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Delaware Senior Olympics  
2019 Results  
Swimming - 50 Breast  
September 6, 2019 at YMCA , Dover DE

Last Name	First Name	Sex	Age Group	Age	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
<b>Long</b>	<b>Kelly</b>	<b>F</b>	<b>50-54</b>	<b>50</b>	<b>DE</b>	<b>39.01</b>	<b>1</b>	<b>1</b>
Rowe	Patricia	F	50-54	54	DE	1:15.37	2	2
Judd	Nora	F	55-59	58	MD	52.84	1	
White	Maureen	F	60-64	64	DE	43.73	1	1
Neaves	Marie	F	70-74	72	DE	56.08	1	1
Andrulis	Marilyn	F	75-79	79	DE	1:10.67	1	1
Nolan	Lawrence	M	60-64	63	NJ	52.00	2	
Erickson	Daniel	M	60-64	63	DE	35.19	1	1
Bass	Dennis	M	65-69	67	MD	48.00	1	
Donovan	Charles	M	70-74	74	DE	1:12.22	1	1
<b>Cole</b>	<b>Henry</b>	<b>M</b>	<b>75-79</b>	<b>75</b>	<b>DE</b>	<b>41.01</b>	<b>1</b>	<b>1</b>

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September 6, 2019 at YMCA , Dover DE

O'Shaughnessy	Richard	M	85-89	85	DE	1:29.40	1	1

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Delaware Senior Olympics  
2019 Results  
Swimming - 100 Breast  
September 6, 2019 at YMCA , Dover DE

Last Name	First Name	Sex	Age Group	Age	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
<b>Smith</b>	<b>Donna</b>	<b>F</b>	<b>50-54</b>	<b>54</b>	<b>DE</b>	<b>1:29.16</b>	<b>1</b>	<b>1</b>
lifrak	patricia	F	60-64	60	DE	2:22.22	3	2
Lampe	Betty	F	60-64	64	NJ	1:41.15	2	
White	Maureen	F	60-64	64	DE	1:36.15	1	1
Andrulis	Marilyn	F	75-79	79	DE	2:56.00	1	1
Nolan	Lawrence	M	60-64	63	NJ	1:56.08	2	
Sladewski	Joseph	M	60-64	62	DE	1:49.46	1	1
Asay	Christopher	M	65-69	66	DE	1:58.82	1	1
<b>Cole</b>	<b>Henry</b>	<b>M</b>	<b>75-79</b>	<b>75</b>	<b>DE</b>	<b>1:31.12</b>	<b>1</b>	<b>1</b>

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Delaware Senior Olympics  
 2019 Results  
 Swimming - 200 Breast  
 September 6, 2019 at YMCA , Dover DE

Last Name	First Name	Sex	Age Group	Age	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
Lifrak	Patricia	F	60-64	60	DE	5:05.12	3	2
Lampe	Betty	F	60-64	64	NJ	3:38.97	2	
White	Maureen	F	60-64	64	DE	3:35.27	1	1
Nolan	Lawrence	M	60-64	63	NJ	4:23.77	2	
Swiger	Ralph	M	60-64	63	VA	3:46.40	1	
Asay	Christopher	M	65-69	66	DE	4:23.47	1	1
<b>Cole</b>	<b>Henry</b>	<b>M</b>	<b>75-79</b>	<b>75</b>	<b>DE</b>	<b>3:20.90</b>	<b>1</b>	<b>1</b>

**New meet and state records are displayed in red**



Delaware Senior Olympics  
 2019 Results  
 Swimming - 50 Fly  
 September 6, 2019 at YMCA , Dover DE

Last Name	First Name	Sex	Age Group	Age	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
<b>Long</b>	<b>Kelly</b>	<b>F</b>	<b>50-54</b>	<b>50</b>	<b>DE</b>	<b>33.61</b>	<b>1</b>	<b>1</b>
norek	frank	M	60-64	63	NJ	41.66	1	
Erickson	Daniel	M	60-64	63	DE	NS		

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Delaware Senior Olympics  
 2019 Results  
 Swimming - 100 Fly  
 September 6, 2019 at YMCA , Dover DE

Last Name	First Name	Sex	Age Group	Age	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
lifrak	patricia	F	60-64	60	DE	NS		
<b>Lampe</b>	<b>Betty</b>	<b>F</b>	<b>60-64</b>	<b>64</b>	<b>NJ</b>	<b>1:32.62</b>	<b>1</b>	
Swiger	Ralph	M	60-64	63	VA	1:52.93	1	

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Delaware Senior Olympics  
2019 Results  
Swimming - 200 Fly  
September 6, 2019 at YMCA , Dover DE

Last Name	First Name	Sex	Age Group	Age	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
Swiger	Ralph	M	60-64	63	VA	4:20.37	1	

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Delaware Senior Olympics  
2019 Results  
Swimming - 50 Free Novice  
September 6, 2019 at YMCA , Dover DE

Last Name	First Name	Sex	Age Group	Age	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
Long	Kelly	F	50-54	50	DE	30.61	1	1
Rowe	Patricia	F	50-54	54	DE	47.36	2	2
Mclver	Catherine	F	60-64	64	MD	1:14.58	1	



Delaware Senior Olympics  
2019 Results  
Swimming - 50 Free  
September 6, 2019 at YMCA , Dover DE

<b>O'Shaughnessy</b>	<b>Richard</b>	<b>M</b>	<b>85-89</b>	<b>85</b>	<b>DE</b>	<b>53.98</b>	<b>1</b>	<b>1</b>
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Delaware Senior Olympics  
 2019 Results  
 Swimming - 100 Free  
 September 6, 2019 at YMCA , Dover DE

Last Name	First Name	Sex	Age Group	Age	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
Mclver	Catherine	F	60-64	64	MD	3:02.72	1	
Antonioli	Bernadette	F	65-69	66	DE	NS		
Sladewski	Joseph	M	60-64	62	DE	1:26.06	2	2
Erickson	Daniel	M	60-64	63	DE	1:02.55	1	1
Asay	Christopher	M	65-69	66	DE	1:46.76	1	1
Cole	Henry	M	75-79	75	DE	NS		
<b>O'Shaughnessy</b>	<b>Richard</b>	<b>M</b>	<b>85-89</b>	<b>85</b>	<b>DE</b>	<b>2:15.34</b>	<b>1</b>	<b>1</b>

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Delaware Senior Olympics  
 2019 Results  
 Swimming - 200 Free  
 September 6, 2019 at YMCA , Dover DE

Last Name	First Name	Sex	Age Group	Age	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
<b>Smith</b>	<b>Donna</b>	<b>F</b>	<b>50-54</b>	<b>54</b>	<b>DE</b>	<b>2:42.61</b>	<b>1</b>	<b>1</b>
<b>Flanders</b>	<b>Susan</b>	<b>F</b>	<b>55-59</b>	<b>57</b>	<b>DE</b>	<b>2:29.56</b>	<b>1</b>	<b>1</b>
Palmer	Beverly	F	65-69	66	DE	3:24.31	1	1
norek	frank	M	60-64	63	NJ	2:45.64	1	
Sladewski	Joseph	M	60-64	62	DE	3:13.40	2	1
Cole	Henry	M	75-79	75	DE	NS		

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Delaware Senior Olympics  
2019 Results  
Swimming - 500 Free  
September 6, 2019 at YMCA , Dover DE

Last Name	First Name	Sex	Age Group	Age	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
Earnest	Trish	F	50-54	53	DE	NS		
<b>Long</b>	<b>Kelly</b>	<b>F</b>	<b>50-54</b>	<b>50</b>	<b>DE</b>	<b>6:34.46</b>	<b>1</b>	<b>1</b>
Smith	Donna	F	50-54	54	DE	7:35.89	2	2
lifrak	patricia	F	60-64	60	DE	14:13.47	1	1
Neaves	Marie	F	70-74	72	DE	11:50.43	1	1
Nolan	Lawrence	M	60-64	63	NJ	10:16.05	3	
norek	frank	M	60-64	63	NJ	7:37.34	1	
Sladewski	Joseph	M	60-64	62	DE	8:24.17	2	1
Asay	Christopher	M	65-69	66	DE	11:00.52	1	1

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Delaware Senior Olympics  
2019 Results  
Swimming - 100 IM  
September 6, 2019 at YMCA , Dover DE

Last Name	First Name	Sex	Age Group	Age	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
<b>Long</b>	<b>Kelly</b>	<b>F</b>	<b>50-54</b>	<b>50</b>	<b>DE</b>	<b>1:15.03</b>	<b>1</b>	<b>1</b>
Smith	Donna	F	50-54	54	DE	1:23.66	2	2
judd	nora	F	55-59	58	MD	1:42.87	1	
lifrak	patricia	F	60-64	60	DE	2:20.50	1	1
Andrulis	Marilyn	F	75-79	79	DE	3:07.87	1	1
Erickson	Daniel	M	60-64	63	DE	1:12.52	1	1
O'Shaughnessy	Richard	M	85-89	85	DE	NS		

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Delaware Senior Olympics  
2019 Results  
Swimming - 200 IM  
September 6, 2019 at YMCA , Dover DE

Last Name	First Name	Sex	Age Group	Age	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
lifrak	patricia	F	60-64	60	DE	5:01.15	2	1
Lampe	Betty	F	60-64	64	NJ	3:21.96	1	
Swiger	Ralph	M	60-64	63	VA	3:37.53	1	

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Delaware Senior Olympics  
2019 Results  
Swimming - 400 IM  
September 6, 2019 at YMCA , Dover DE

Last Name	First Name	Sex	Age Group	Age	ST	Time HH:MM:SS.00	Position Overall	Position Delaware
Swiger	Ralph	M	60-64	63	VA	7:47.36	1	

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