

2023 Lifetime

Men's 5K Run (Since 1992)
18-24: Joffroi Holcombe, Sprint Nextel, 2009 - 15:43
25-29: Dmitry Drozdov, Quintiles, 2001 - 15:16
30-34: Dmitry Drozdov, Quintiles, 2002 - 15:00
35-39: Randy Wasinger, Pain Train, 2014 - 15:55.20
40-44: Mark Curp, American Century, 1999 - 15:23
45-49: Charlie Gray, UtiliCorp United, 1999 - 15:45
50-54: Charlie Gray, Aquila, Inc., 2006, 16:54
55-59: Rick Hogan, Blue Cross & Blue Shield, 2000 - 17:47
60-64: Paul Heitzman, SM Schools, 1995 - 19:12
65-69: Stan McCormack, Evergy, 2023 - 19:12.50
70+: Tim Wigger, Pain Train, 2019 - 22:32.30
Women's 5K Run (Since 1992)
18-24: Katie Mona, Cerner Corporation, 2013 - 18:08.40
25-29: Mindy Warner, Saint Luke's Health, 1994 - 17:45
30-34: Barb Rinne, Commerce Bank, 1994 - 17:38
35-39: Connie Teague, Pain Train, 2022 - 18:08.80
40-44: Jennifer Kultala, Cerner Corporation, 2012 - 18:26.60
45-49: Jennifer Kultala, Cerner, 2016 - 19:51.10
50-54: Rebecca Sommers, Garmin, 2023 - 20:25.70
55-59: Diana Fitch, Hallmark Cards, Inc., 2010 - 21:13
60-64: Maria Brown, NAIC & NIPR, 2023 - 23:20.40
65-69: Linda Sharp, Children's Mercy Kansas City, 2023 - 25:04.90
70+: Carol Hafeman, Children's Mercy Hospital - 30:48.50
Men's Basketball Shoot-out (1999-2006)
67 - Morgan Day, Black & Veatch, 2000
Men's Basketball Shoot-out (1987-1998)
112 - John Hoppenrath, AlliedSignal, 1991
Women's Basketball Shoot-out (1999-2006)
58 - Jill McCrea, Pfizer Animal Health, 1999
58 - Aspen Burrow, KPMG, 2004
Women's Basketball Shoot-out (1987-1998)
99 - Kimberly Whittaker, JCCC, 1992
Men's Bike Race (2011, 2013-current)
18-24: Jordan Miller, Garmin, 2017 - 6:09.96
25-29: Jordan Miller, Garmin International, 2019 - 5:45.50
30-34: Kent Woermann, Pain Train, 2019 - 5:52.40
35-39: Kent Woermann, Pain Train, 2022 - 5:51.00
40-44: John Arenson, Cerner Corporation, 2018 - 5:59.54
45-49: Barry Ogden, Waddell & Reed/Ivy Funds, 2014 - 6:09.00
50-54: Steve Auchterlonie, EPA, 2011 - 6:15.30
55-59: Bernd Abele, MULTIVAC, 2023 - 6:26.00
60-64: Barry Rejai, SAIC, 2018 - 6:39.63
65+: W.T. (Bill) Mason, Black & Veatch, 2011 - 7:13.74
Men's Bike Race (2012)

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18-24: Lars Ellingson, Burns & McDonnell, 2012 - 7:27.60
25-29: Nicholas Coil, TradeWind Energy, LLC, 2012 - 6:34.60
30-34: Brian Gillespie, Cerner Corporation, 2012 - 6:58.00
35-39: Brian Jensen, TradeWind Energy, LLC, 2012 - 6:40.50
40-44: Bently Harper, Garmin, 2012 - 6:54.20
45-49: Kelly Ricke, City of Overland Park, 2012 - 6:50.70
50-54: A.J. White, Harley-Davidson, 2012 - 6:14.70
55-59: David Ebelke, North Kansas City Hospital, 2012 - 7:24.10
60-64: Brad Vaughan, Black & Veatch, 2012 - 7:39.40
65+: W.T. (Bill) Mason, Black & Veatch, 2012 - 7:37.70
Men's Bike Race (2003-2010)
18-24: Adrian O'Hara, Lockton, 2004 - 5:06.99
25-29: Adrian O'Hara, Lockton, 2005 - 4:56.53
30-34: Lynn Neir, Sprint, 2003 - 5:06.11
35-39: Phillip Gronniger, Financial Counselors Inc/Midwest Trust Co., 2008 - 4:55.31
40-44: Thomas Grobelny, Saint Luke's Health System, 2005 - 5:02.13
45-49: David Reynolds, Hallmark, 2007 - 5:02.81
50-54: Steve Auchterlonie, EPA, 2008 - 5:07.00
55-59: H. Ralph Boehm, Jr., Black & Veatch, 2006 - 5:28.23
60+: James Conway, Waddell & Reed, 2008 - 5:24.25
Men's Bike Race (2001-2002)
18-24: Matt Heimsoth, Arthur Andersen, 2001 - 4:31.69
25-29: Stephen Rouff, Black & Veatch, 2002 - 4:12.53
30-34: Lynn Neir, Sprint, 2002 - 4:16.59
35-39: Kenneth W. Otis, Quintiles, 2002 - 4:25.31
40-44: David Reynolds, Hallmark Cards, Inc., 2001 - 4:07.22
45-49: Ron Henkhaus, IBM Corporation, 2002 - 4:37.87
50-54: Ralph Boehm, KCPL, 2001 - 4:35.69
55-59: Bill Mackey, U.S. Department of Transportation, 2001 - 5:15.31
60+: John O'Donnell, Burns & McDonnell, 2002 - 5:21.56
Men's Bike Race (1995-2000)
18-29: Thad Whalen, 20th Century, 1995 - 4:13.00
30-39: David Reynolds, Hallmark Cards, 1999 - 4:07.15
40-49: David Conrad, Hoechst Marion Roussel, 1997 - 4:14.87
50-59: Ralph Boehm, Kansas City Power & Light, 1999 - 4:27.16
60+: Charles Cox, Trans World Airline, 1999 - 5:35.66
Men's Bike Race (1989-1994)
18-29: Doug Hayden, Grainger, 1990 - 33:20
30-39: Dave Conrad, Marion Merrell Dow, 1993 - 32:25
40-49: Ralph Boehm, KCP&L, 1993 - 32:17
50+: J.D. Gattermeir, AT&T, 1992 - 35:26
Men's Bike Race (1981-1988)
18-29: Ken Short, Black & Veatch, 1987 - 44:15
30-39: Michael Sapasap, Bendix, 1986 - 46:07
40+: Bob Carroll, KC Star, 1985, 49:06
Women's Bike Race (2011, 2013-Current)

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18-24: Emily Reimer, Henderson Engineers, 2011 - 7:32.62
25-29: Kirsten Dusterhoft, Rally House, 2023 - 6:53.00
30-34: Lynsey Fugate, North Kansas City Hospital, 2013 - 7:11.30
35-39: Lettie Ebbs, Sprint Nextel, 2011 - 7:01.85
40-44: Kalletta Caldwell, Sprint, 2018 - 6:52.52
45-49: Anissa Skiles, UBC, 2016 - 6:19.78
50-54: Renae Weaver, Cerner, 2016 - 6:51.07
55-59: Kelly Dippold, Lockton Companies, 2019 - 7:24.23
60-64: Debra Wood, DST Systems, Inc., 2014 - 8:04.31
65+: Carol Adams, US Army Corps of Engineers, 2017 - 8:33.76
Women's Bike Race (2012)
18-24: Charity Fluharty, Hallmark Cards, Inc., 2012 - 8:37.90
25-29: Nichole Ahlers, Children's Mercy Hospitals & Clinics, 2012 - 7:36.90
30-34: Lynsey Fugate, North Kansas City Hospital, 2012 - 7:39.70
35-39: Teri Stewart, City of Overland Park, 2012 - 7:52.60
40-44: Allison Adams, Sprint, 2012 - 7:33.20
45-49: Teresa Jarzemkoski, Butler Manufacturing, 2012 - 7:53.10
50-54: Kelly Dippold, Lockton Companies, 2012 - 7:23.00
55-59: Debra Wood, DST Systems, Inc., 2012 - 8:37.20
60-64: Patricia Brinker, Honeywell FM&T, 2012 - 10:06.00
65+: Marilyn Brewster, HNTB Corporation, 2012 - 10:45.70
Women's Bike Race (2003-2010)
18-24: Sarah Otto, Burns & McDonnell, 2007 - 6:20.75
25-29: Megan Mansfield, Sprint, 2003 - 5:51.19
30-34: Juli Watkins, Sprint, 2003 - 5:42.91
35-39: Allison Baker, Sprint, 2008 - 5:56.14
40-44: Teresa Jarzernkoski, Butler Manufacturing, 2007 - 5:58.47
45-49: Kelly Dippols, Embarq Corporation, 2009 - 5:50.59
50-54: Tammy Spray, Hallmark, 2006 - 5:52.27
55-59: Debra Wood, DST, 2009 - 6:33.75
60+: Mary Linda McDonnell, Saint Luke's Health System, 2003 - 7:06.95
Women's Bike Race (2001-2002)
18-24: Christina Posnachiwsky, Seaboard Corporation, 2001 - 5:41.47
25-29: Allison Adams, Sprint, 2001 - 5:10.38
30-34: Juli Watkins, Sprint, 2001 - 4:42.64
35-39: Teresa Jarzemokski, Butler Manufacturing, 2002 - 5:25.00
40-44: Cara Windsor, DST Systems, Inc., 2001 - 5:18.44
45-49: Carol Adams, U.S. Army Corps of Engineers, 2001 - 5:12.22
50-54 - Lyn Neven, AAFP, 2001 - 5:24.59
55-59: Mary Linda McDonnell, Saint Luke's - Shawnee Mission HS, 2002 - 6:02.81
60+: Lana Minnegrode, Health Midwest, 2002 - 6:26.80
Women's Bike Race (1995-2000)
18-29: Christie McMahon, SLSM, 1998 - 5:01.42
30-39: Juli Watkins, Sprint, 2000 - 4:59.38
40-49: Nancy Ensley, SLSM, 1999 - 4:48.47
50-59: Mary Linda McDonnell, SLSM Health, 1997 - 5:43.96
60+: Joan Brown, KU Medical Center, 1999 - 6:39.95

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Women's Bike Race (1989-1994)
18-29: Gail Goede, Baptist Medical, 1990 - 39:38
30-39: Karlie Speicher, St. Luke's Hospital, 1990 - 38:33
40-49: Linda Amebag, SM Schools, 1993 - 41:16
50+: Mary Linda McDonnell, Saint Luke's Health, 1994 - 40:50
Women's Bike Race (1981-1988)
18-29: Rochelle Schleicher, Hallmark, 1986 - 53:02
30+: Suzanne Milburn, Saint Luke's Hospital, 1986 - 55:00
Men's Bowling
800 - Vincent Guerra, Shook Hardy & Bacon, L.L.P., 2011
Women's Bowling
740 - Meiling Billingsley, MRIGlobal, 2015
Men's Duathlon (2013-2019)
18-29: Brett Agee, Black & Veatch, 2016 - 1:10:15
30-39: Caleb Teague, Pain Train, 2016 - 1:12:17
40-49: Bently Harper, Garmin International, 2018 - 1:19:19
50-59: Tom Marshall, Hallmark Cards, Inc., 2019 - 1:22:24
60+: Jim Gutsch, Seaboard Foods, 2019 - 1:31:26
Men's Duathlon (1995-2012)
18-29: Kevin Sampson, Aventis Pharmaceuticals, 2000 - 1:05:10
30-39: Kevin Sampson, Aventis Pharmaceuticals, 2002 - 1:03:43
30-39: Kevin Sampson, Sanofi-Aventis, 2005 - 1:03:43
40-49: Charlie Gray, UtiliCorp, 1995 - 1:02:24
50+: Charlie Gray, Aquila, Inc., 2006 - 1:07:41
Men's Duathlon (1993)
18-29: Thad Whalen, 20th Century, 1993 - 58.47
30-39: Charlie Gray, Missouri Public Service, 1993 - 52.26
40-49: Bob Kochersperger, Marion Merrell Dow, 1993 - 59.44
50+: Joe Struempf, House of Lloyd, 1993 - 1:02.46
Men's Duathlon (1985-1992)
18-29: Brian Franke, Missouri Public Service, 1990 - 1:11.35
30-39: Charlie Gray, Missouri Public Service, 1992 - 1:10.00
40-49: Greg Harman, Saint Luke's Health, 1992 - 1:18.23
50+: J.D. Gattermeir, AT&T, 1992 - 1:21.46
Women's Duathlon (2013-2019)
18-29: Meghan Comiskey, Black & Veatch, 2015 - 1:29:58
30-39: Nicole Schile, Cerner Corporation, 2015 - 1:23:40
40-49: Meghan Ridgway, Pain Train, 2019 - 1:30:25
50-59: Kelly Dippold, Lockton Companies, 2013 - 1:24:35
60+: Linda Duderstadt, Swiss Re, 2019 - 2:07:12
Women's Duathlon (1995-2012)
18-29: Megan Mansfield, Sprint, 2002 - 1:19:08
30-39: Ashleigh Sumner, VA Mortgage Center.com, 2011 - 1:12:32

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40-49: Laura Luckert, Black & Veatch, 1999 - 1:19:36
50+: Deb Wood, DST, 2006 - 1:23:38
Women's Duathlon (1993)
18-29: Connie White, Mobil Oil Credit Corp., 1993 - 1:05.37
30-39: Julie Worthington, Health Midwest, 1993 - 1:07.32
40-49: Michelle Stine, AlliedSignal, 1992 - 1:36.01
50+: Joan Brown, KU Medical Center, 1993 - 1:29.45
Women's Duathlon (1985-1992)
18-29: Julie Worthington, Baptist Medical, 1990 - 1:30.37
30-39: Barb Rinee, Commerce Bank, 1992 - 1:22.26
40-49: Vicki Acri, Sprint, 1992 - 1:36.01
Men's Football Throw (2000-2003)
190 - Kelly Hamons, Marine Corps, 2003
190 - Dan Ryan, Yellow Corporation, 2003
Women's Football Throw (2000-2003)
190 - Dorinda Burton, Quintiles, 2003
Men's Half Marathon Run (Since 2012)
18-24: William Graham, Burns & McDonnell, 2019 - 1:15:16.70
25-29: Nate Guthals, Farmers Insurance Group, 2019 - 1:14:02.90
30-34: Nick Caprario, Populous, 2019 - 1:07:48.00
35-39: Jeremiah Estes, Garmin International, 2019 - 1:13:35.40
40-44: Jeremiah Estes, Garmin, 2022 - 1:19:18.20
45-49: Rick Garey, Sprint, 2019 - 1:18:52.40
50-54: Matt Stegman, GlynnDevins Advertising and Marketing, 2019 - 1:18:46.70
55-59: Pat Merrigan, Federal Reserve Bank of Kansas City, 2016 - 1:24:40.10
60-64: Brent Roper, NAIC & NIPR, 2023 - 1:31:44.90
65+: Harold Molloy, MRIGlobal, 2014 - 1:37:51.00
Women's Half Marathon Run (Since 2012)
18-24: Chandler Carreon, Children's Mercy Hospital, 2019 - 1:24:20.60
25-29: Amy Regan, Garmin International, 2019 - 1:20:22.30
30-34: Cate Holston, EPA, 2014, 1:27:50.80
35-39: Nicole Schile, Cerner Corporation, 2015 - 1:28:28.50
40-44: Jennifer Kultala, Cerner Corporation, 2013 - 1:28:04.60
45-49: Kimberly Gudenkauf, Freightquote, 2015 - 1:33:16.50
50-54: Kelly Dippold, Lockton Companies, 2016 - 1:31:59.50
55-59: Laura Luckert, MRIGlobal, 2014 - 1:43:44.90
60-64: Kaye McCormick, Garmin International, 2016 - 1:50:34.10
65+: Kaye McCormick, Garmin International, 2019 - 2:05:28.70
Men's Horseshoes (Since 1986)
116 - Dave Kincaid, Procter & Gamble, 1991
116 - Mo Turner, AlliedSignal, 1995
Women's Horseshoes (Since 1986)
104 - Roena Branson, Sprint, 2005

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Men's Softball Throw (1986-2003)
332 ft. 0 in. - Neal Daney, UtiliCorp United, 2000
Women's Softball Throw (1986-2003)
209 ft. 5 in. - Cathy Tramposh, General Heating, 1990
Men's Swimming 50-Yard Freestyle (Since 2001)
18-24: Max Dittmer, John Deere, 2012 - 21.53
25-29: Brian Stiles, Grundfos, 2023 - 20.96
30-34: Tony Diers, Burns & McDonnell, 2014 - 20.40
35-39: Tony Diers, Burns & McDonnell, 2015 - 20.86
40-44: Doug Hayden, North Kansas City Community Center, 2006 - 23.18
45-49: Douglas Hayden, DST Systems, Inc., 2011 - 22.81
50-54: Douglas Hayden, SelectQuote Insurance Services, 2016 - 23.60
55-59: Bill Sherman, Mazuma Credit Union, 2017 - 23.59
60-64: Bill Sherman, Mazuma Credit Union, 2018 - 23.61
65+: Bill Sherman, Mazuma Credit Union, 2023 - 25.18
Men's Swimming 50-Yard Freestyle (1981-2000)
18-29: Ted Fisher, Harris Chemical, 1996 - 21.57
30-39: Dru Shiner, MHM Business Services, 1999 - 22.36
40-49: Eric Steinhouse, H&R Block, 1998 - 23.46
50-59: Steve Trombold, Carondelet Health, 1999 - 25.60
60+: Mike Trevino, Kansas City Life, 2000 - 31.00
Women's Swimming 50-Yard Freestyle (Since 2001)
18-24: Caroline Baldwin, Spotlight Analyst Relations/AD Predictive/DivvyHQ, 2019 - 23.58
25-29: Anne Simmons, BKD, LLP, 2011 - 24.24
30-34: Erica Norgren, State Street Corporation, 2016 - 25.02
35-39: Erica Norgren, State Street Corporation, 2018 - 25.26
40-44: Tracye Laun, Pinnacle Career Institute, 2011 - 26.92
45-49: Maria Mann, JPMorgan, 2009 - 27.24
50-54: Maria Mann, J.P. Morgan, 2012 - 27.50
55-59: Maria Mann, DST, 2017 - 27.98
60-64: Laurie Bisogno, Ambrose Companies/Mr. Goodcents Franchise Systems, 2013 - 33.45
65+: Laurie Bisogno R., Goodcents and Company, 2018 - 33.31
Women's Swimming 50-Yard Freestyle (1981-2000)
18-29: Louise Keogh, KCKCC, 1995 - 25.66
30-39: Kim Staab, Midland Loan Services, 1998 - 25.44
40-49: Teresa McGiverin, IBM, 1997 - 28.34
50-59: Barbara Zaremski, Bethany Medical, 1992 - 32.16
60+: Ann Howie, American Century, 2000 - 42.14
Men's Swimming 50-Yard Breaststroke (2001-2017, 2019-Current)
18-24: Max Dittmer, John Deere, 2012 - 26.51
25-29: Mark Conroy, Sprint, 2019 - 25.10
30-34: Chris Mudfeldt, Cerner Corporation, 2011 - 26.34
35-39: Chris Bundy, Netsmart, 2014 - 27.18
40-44: Tony Rezek, Burns & McDonnell, 2012 - 27.27
45-49: Tony Rezek, Burns & McDonnell, 2017 - 28.84
50-54: Tony Rezek, Burns & McDonnell, 2023 - 29.28

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55-59: Bill Sherman, Mazuma Credit Union, 2017 - 31.34
60-64: Bill Sherman, Mazuma Credit Union, 2019 - 32.33
65+: Bill Sherman, Mazuma Credit Union, 2023 - 34.50
Men's Swimming 50-Yard Breaststroke (1985-2000)
18-29: Tony Rezek, MW Mechanical, 1997 - 27.37
30-39: Todd ZumMallen, Hallmark Cards, 1999 - 28.99
40-49: Eric Steinhouse, H&R Block, 1998 - 30.11
50-59: Paul Lehatto, Black & Veatch, 2000 - 33.25
60+: Mike Trevino, Kansas City, Life, 2000 - 42.89
Women's Swimming 50-Yard Breaststroke (2001-2017, 2019-Current)
18-24: JoAnn Overton, GE ERC, 2002 - 33.31
25-29: Danielle Rider, SPX Cooling Technologies, 2011 - 32.41
30-34: Louise Martin, Kansas City Kansas Comm College, 2001 - 32.43
35-39: Febekka Rohrbach, BATS Global Markets, 2014 - 33.76
40-44: Tracye Laun, Pinnacle Career Institute, 2011 - 34.81
45-49: Vicki Gregg, Sprint Nextel, 2009 - 36.88
50-54: Kelly Dippold, Lockton Companies, 2013 - 37.35
55-59: Maria Mann, DST, 2017 - 39.92
60-64: Laurie Bisogno, Goodcents Deli Fresh Subs, 2015 - 43.85
65+: Laurie Bisogno R., Goodcents Deli Fresh Subs, 2017 - 46.19
Women's Swimming 50-Yard Breaststroke (1985-2000)
18-29: Louise Martin, KCKCC, 1998 - 30.54
30-39: Louise Martin, KCKCC, 2000 - 31.30
40-49: Christine Franz, DST Systems, Inc., 2000 - 37.61
50-59: Barbara Zaremski, Bethany Medical, 1992 - 44.76
60+: Carol Flynn, Pembroke Hill School, 1999 - 54.45
Men's Swimming 50-Yard Butterfly (Since 2001)
18-24: Noah Witzki, American Century Investments, 2023 - 22.89
25-29: Mark Conroy, Sprint, 2018 - 22.68
30-34: Scott Goldblatt, Adknowledge, 2012 - 23.21
35-39: Chris Bundy, Netsmart, 2014 - 23.73
40-44: Doug Hayden, DST, 2009 - 25.32
45-49: Douglas Hayden, DST Systems, Inc., 2010 - 25.55
50-54: Brad Wells, Union Broadcasting, 2011 - 25.67
55-59: Brad Wells, Players' Union, 2017 - 26.21
60-64: Bill Sherman, Mazuma Credit Union, 2019 - 27.97
65+: Bill Sherman, Mazuma Credit Union, 2023 - 29.87
Men's Swimming 50-Yard Butterfly (1981-1992, 1997-2000)
18-29: Mike Malony, Hallmark Cards, 1988 - 24.07
30-39: Mike Malony, Hallmark Cards, 1987 - 24.50
40-49: Roland Sabates, Baptist Medical, 1991 - 26.28
50-59: Greg Martin, IBM, 2000 - 28.18
60+: Bob Wagner, Gear for Sports, 2000 - 45.09
Women's Swimming 50-Yard Butterfly (Since 2001)
18-24: Caroline Baldwin, Spotlight Analyst Relations/AD Predictive/DivvyHQ - 26.46
25-29: Julia Comodeca, Burns & McDonnell, 2018 - 27.39

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30-34: Erica Norgran, State Street Corporation, 2016 - 28.85
35-39: Paige Miller, SelectQuote Insurance Services, 2018 - 27.39
40-44: Paige Miller, SelectQuote Insurance Services, 2021 - 29.95
45-49: Lori Terzopoulos, American Century Investments, 2011 - 30.71
50-54: Susan Blattner, City of Lenexa, 2010 - 30.20
55-59: Susan Blattner, City of Lenexa, 2012 - 30.93
60-64: Rebecca Ettien, Cerner Corporation, 2022 - 37.38
65+: Laurie Bisogno R., Goodcents and Company, 2018 - 40.35
Women's Swimming 50-Yard Butterfly (1981-1992, 1997-2000)
18-29: Stephanie Lavin, Hallmark Cards, 1987 - 28.44
30-39: Kim Staab, Midland Loan Services, 1998 - 28.06
40-49: Christine Franz, DST Systems, Inc. - 31.15
50-59: Barbara Zaremski, Bethany Medical, 1992 - 41.94
60+: Katie Rieman, Carondelet Health, 1998 - 1:09.14
Men's Swimming 50-Yard Backstroke (Since 2001)
18-24: Noah Witzki, American Century Investments, 2023 - 23.22
25-29: Griffin Schaetzle, Garmin, 2023 - 23.60
30-34: Uldis Tazans, JCPRD, 2023 - 25.05
35-39: Chris Bundy, Netsmart, 2014 - 26.35
40-44: Matt Wiewel, Cerner Corporation, 2009 - 27.64
45-49: Brad Wells, StoreFinancial/PSC Group, 2009 - 26.95
50-54: Brad Wells, Union/OC/PSC/Pulaski, 2013 - 27.10
55-59: Brad Wells, Players' Union, 2017 - 27.59
60-64: Bill Sherman, Mazuma Credit Union, 2018 - 29.95
65+: Bill Sherman, Mazuma Credit Union, 2023 - 31.65
Men's Swimming 50-Yard Backstroke (1981-2000)
18-29: Robert Sturman, 20th Century, 1995 - 25.08
30-39: Mike Malony, Hallmark Cards, 1990 - 26.77
40-49: Steve Trumbold, SLSM Health, 1997 - 28.00
50-59: Steve Trumbold, Carondelet Health, 1999 - 29.11
60+: Andy Gharavi, HNTB Corporation, 2000 - 38.70
Women's Swimming 50-Yard Backstroke (Since 2001)
18-24: Caroline Baldwin, Spotlight Analyst Relations/AD Predictive/DivvyHQ, 2019 - 27.45
25-29: Caroline Baldwin, Spotlight Analyst Relations, 2021 - 27.25
30-34: Jen Channell, Perceptive Software, 2014 - 29.41
35-39: Paige Miller, SelectQuote Insurance Services, 2018 - 28.92
40-44: Joy Halgren, VinSolutions, 2017 - 31.31
45-49: Maria Mann, JPMorgan, 2008 - 32.12
50-54: Susan Blattner, City of Lenexa, 2008 - 32.93
55-59: Susan Blattner, City of Lenexa, 2012 - 33.31
60-64: Laurie Bisogno, Ambrose Companies/Mr. Goodcents Franchise Systems, 2013 - 38.39
65+: Laurie Bisogno R., Goodcents and Company, 2018 - 38.47
Women's Swimming 50-Yard Backstroke (1981-2000)
18-29: Janis Worth, Andersen Consulting, 1992 - 30.21
30-39: Jennifer Fisher, J.E. Dunn Construction, 2000 - 30.49
40-49: Teresa McGiverin, IBM, 1997 - 34.91
50-59: Barbara Zaremski, Bethany Medical, 1992 - 40.99

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60+: Sheila Wood, Bayer Corporation, 2000 - 56.45
Men's Swimming 100-Yard Freestyle (Since 2019)
18-24: Kevin McPherson, Burns & McDonnell, 2021 - 47.47
25-29: Brian Stiles, Grundfos, 2023 - 46.67
30-34: Ben Bravence, UMB, 2023 - 48.08
35-39: JR Pyle, Swiss Re, 2023 - 52.84
40-44: Eric Falk, City of Kansas City, Missouri, 2021 - 55.97
45-49: Bretn Magnusson, ScriptPro LLC, 2019 - 54.41
50-54: Doug Hayden, SelectQuote Insurance Services, 2019 - 54.50
55-59: Doug Hayden, SelectQuote Insurance Services, 2021 - 54.71
60-64: Bill Sherman, Mazuma Credit Union, 2019 - 53.54
65+: Bill Sherman, Mazuma Credit Union, 2023 - 57.46
Women's Swimming 100-Yard Freestyle (Since 2019)
18-24: Caroline Baldwin, Spotlight Analyst Relations/AD Predictive/DivvyHQ, 2019 - 53.84
25-29: Haley Molden, Johnson County Community College, 2022 - 54.31
30-34: Julie Dugan, Hallark Cards, Inc., 2019 - 58.59
35-39: Paige Miller, SelectQuote Insurance Services, 2019 - 56.51
40-44: Paige Miller, SelectQuote Insurance Services, 2021 - 58.95
45-49: Jennifer Botha, Blue Cross and Blue Shield of Kansas City, 2022 - 1:10.00
50-54: Lori Terzopoulos, American Century Investments, 2019 - 1:06.79
55-59: Lori Terzopoulos, American Century Investments, 2023 - 1:09.68
60-64: Rebecca Ettien, Cerner Corporation, 2022 - 1:17.97
65+: Laurie Bisogno R., Goodcents and Company, 2019 - 1:19.05
Men's Swimming 100-Yard Individual Medley (Since 2001)
18-24: Max Dittmer, John Deere, 2012 - 52.03
25-29: Yaniv Shnaider, Cerner Corporation, 2014 - 51.20
30-34: Tony Diers, Burns & McDonnell, 2013 - 52.24
35-39: Tony Diers, Burns & McDonnell, 2015 - 52.59
40-44: Tony Rezek, Burns & McDonnell, 2013 - 58.12
45-49: Brad Wells, PSC Group, 2006 - 59.50
50-54: Brad Wells, Union/OC/PSC/Pulaski, 2013 - 1:00.05
55-59: Brad Wells, Players' Union, 2019 - 1:02.89
60-64: Bill Sherman, Mazuma Credit Union, 2018 - 1:02.54
65+: Bill Sherman, Mazuma Credit Union, 2023 - 1:07.83
Men's Swimming 100-Yard Individual Medley (1993-2000)
18-29: Robert Sturman, 20th Century, 1995 - 54.53
30-39: Dave Swenson, Vance Publishing, 1995 - 57.27
40-49: Eric Steinhouse, H&R Block, 1998 - 1:00.81
50-59: Steve Trombold, Carondelet Health, 1999 - 1:05.82
60+: Mike Trevino, Kansas City Life, 2000 - 1:31.25
Women's Swimming 100-Yard Individual Medley (Since 2001)
18-24: Caroline Baldwin, Spotlight Analyst Relations/AD Predictive/DivvyHQ, 2019 - 1:02.21
25-29: Haley Molden, Johnson County Community College, 2022 - 1:03.44
30-34: Lynsey Fugate, North Kansas City Hospital, 2013 - 1:04.09
35-39: Paige Miller, SelectQuote Insurance Services, 2018 - 1:03.78
40-44: Paige Miller, SelectQuote Insurance Services, 2021 - 1:07.83
45-49: Maria Mann, JPMorgan, 2009 - 1:08.93

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50-54: Maria Mann, J.P. Morgan, 2012 - 1:10.06
55-59: Maria Mann, DST Systems, 2018 - 1:12.33
60-64: Laurie Bisogno, Goodcents Deli Fresh Subs, 2015 - 1:26.54
65+: Laurie Bisogno R., Goodcents and Company, 2018 - 1:26.77
Women's Swimming 100-Yard Individual Medley (1993-2000)
18-29: Louise Martin, KCKCC, 1995 - 1:02.80
30-39: Louise Martin, KCKCC, 2000 - 1:04.41
40-49: Teresa McGiverin, IBM, 1997 - 1:14.22
50-59: Lana Minnigerode, Social Security, 1998 - 1:42.42
60+: Mary Lou Niebling, KU Medical, 1996 - 2:34.77
Men's Swimming 200-Yard Freestyle (2001-2017)
18-24: J.R. Pyle, Cerner, 2009 - 1:46.14
25-29: Yaniv Shnaider, Cerner Corporation, 2014 - 1:41.80
30-34: Scott Goldblatt, Adknowledge, 2012 - 1:41.39
35-39: Chris Bundy, Netsmart, 2014 - 1:44.57
40-44: Jared Kuntz, J.P. Morgan, 2014 - 1:53.06
45-49: Douglas Hayden, DST Systems, Inc., 2011 - 1:55.05
50-54: Douglas Hayden, SelectQuote Insurance Services, 2015 - 1:56.46
55-59: Bill Sherman, Mazuma Credit Union, 2017 - 2:00.80
60-64: Bob Welchlin, Players' Union, 2017 - 2:11.73
65+: Bruce Banister, Burns & McDonnell, 2016 - 2:37.84
Men's Swimming 200-Yard Freestyle (1984-2000)
18-29: Darcy Paul, KU Med. Ctr., 2000 - 1:47.43
30-39: Dave Swenson, Vance Publishing, 1995 - 1:52.22
40-49: Terry Inch, Sprint, 2000 - 1:59.13
50-59: Larry Farnham, Harmon Industries, 1995 - 2:14.14
60+: Wayne Rose, Bayer Corporation, 1995 - 3:00.18
Women's Swimming 200-Yard Freestyle (2001-2017)
18-24: Caroline Johnson, State Street Corporation, 2010 - 2:02.35
25-29: Joy Stover, H&R Block, 2005 - 2:02.57
30-34: Lynsey Fugate, North Kansas City Hospital, 2013 - 1:59.83
35-39: Paige Miller, SelectQuote Insurance Services, 2017 - 2:04.86
40-44: Joy Halgren, VinSolutions, 2017 - 2:07.87
45-49: Maria Mann, JPMorgan, 2009 - 2:09.27
50-54: Maria Mann, J.P. Morgan, 2012 - 2:12.98
55-59: Maria Mann, DST, 2017 - 2:16.19
60-64: Laurie Bisogno, Ambrose Companies, Mr. Goodcents Franchise Systems, 2013 - 2:54.40
65+: Laurie Bisogno R., Goodcents Deli Fresh Subs, 2017 - 2:54.84
Women's Swimming 200-Yard Freestyle (1984-2000)
18-29: Louise Martin, KCKCC, 1998 - 2:02.33
30-39: Louise Martin, KCKCC, 2000 - 2:03.83
40-49: Teresa McGiverin, IBM, 1997 - 2:25.50
50-59: Barbara Zaremski, Bethany Medical, 1992 - 2:44.06
60+: Ann Howie, American Century, 2000 - 3:59.50
Men's Track & Field 100-Meter Dash (Since 2001)
18-24: Mike Myer, Farmers Insurance Group, 2010 - 10.786

2023 Lifetime

25-29: Jon House, Honeywell, 2002 - 10.510
30-34: Roger Hawkins, Black & Veatch, 2006 - 10.490
35-39: Chris Allison, Sprint, 2008 - 11.029
40-44: Dave McCormick, DST Systems, Inc., 2004 - 11.611
45-49: Tim Griffin, Sysco, 2008 - 11.788
50-54: James Hilliard, LabOne, 2005 - 12.229
55-59: Herb Davis, GE ERC, 2002 - 12.264
60-64: Herbert Davis, IBT, 2007 - 12.617
65-69: Tim Wigger, Pain Train, 2015 - 15.016
70+ : Tim Wigger, Pain Train, 2021 - 15.937
Men's Track & Field 100-Meter Dash (1983-2000)
18-29: Clifton Jackson, SMPO, 1983 - 10.58
30-39: Johnny Brackins, Social Security, 1997 - 10.59
40-49: Clifton Jackson, SMPO, 1992 - 11.31
50-59: Ike Murphy, KU Medical Center, 2000 - 12.177
60+: Ernest Henning, U.S. Army Corps of Engineers, 1999 - 14.38
Women's Track & Field 100-Meter Dash (Since 2001)
18-24: Stephanie Dyke, HCA Midwest, 2004 - 12.509
25-29: Nicole Brune, KC Life Insurance, 2008 - 12.595
30-34: Kimela West, Polsinelli Shughart, 2009 - 13.023
35-39: Monica Joannes, Jack Henry & Associates, 2019 - 13.200
40-44: Mary Taylor, Axcet HR Solutions, 2007 - 13.629
45-49: Amy Barnard, Saint Luke's Health System, 2005 - 13.930
50-54: Deb Wood, DST Systems, Inc., 2004 - 14.677
55-59: Mary Taylor, Country Club Bank, 2019 - 15.403
60-64: Debra Wood, DST, 2014 - 16.101
65-69: Laura Langham, Black & Veatch, 2014 - 18.165
70+ : Gayle Freeman, Black & Veatch, 2021 - 20.427
Women's Track & Field 100-Meter Dash (1983-2000)
18-29: Conanese Roberts, UMKC, 2000 - 11.894
30-39: Sheila Sheridan, City of Olathe, 2000 - 12.530
40-49: Betty Keating, Marion Labs, 1988 - 13.11
50-59: Julee Shields, 20th Century, 1990 - 15.78
60+: Nancy Larson, Westlake Hardware, 2000 - 19.110
Men's Track & Field 400-Meter Run (Since 2001)
18-24: Mike Myer, Farmers Insurance Group, 2011 - 51.132
25-29: Keyshawn Lugrand, EPA, 2005 - 48.726
30-34: Roger Hawkins, Black & Veatch, 2007 - 50.460
35-39: James Coster, Saint Luke's - Shawnee Mission, 2001 - 52.074
40-44: James Coster, Saint Luke's - Shawnee Mission HS, 2002 - 53.091
45-49: Phil Ratterman, Cboe Global Markets, 2018 - 55.640
50-54: Tony Sumler, KCP&L, 2010 - 57.418
55-59: Tony Sumler, KCP&L, 2012 - 58.270
60-64: Tony Sumler, KCP&L, 2016 - 59.676
65-69: Gayle Van Durme, Black & Veatch, 2017 - 1:07.950
70+ : Gayle Van Durme, Black & Veatch, 2021 - 1:12.910
Men's Track & Field 400-Meter Run (1983-2000)

2023 Lifetime

18-29: Mark Gregory, KCSI, 1987 - 48.82
30-39: Ron Chisolm, Seaboard, 1994 - 50.40
40-49: Vance Freeman, US Postal, 1999 - 54.09
50-59: Ike Murphy, KU Medical Center, 1998 - 58.35
60+: Paul Heitzman, SM Schools, 1995 - 1:03.72
Women's Track & Field 400-Meter Run (Since 2001)
18-24: Katie McGovern, Cerner Corporation, 2014 - 1:01.556
25-29: Trisa Nickoley, CBIZ, 2013 - 59.849
30-34: Liz Johnston, American Italian Pasta Company, 2012 - 1:03.070
35-39: Liz Johnston, Garmin International, 2013 - 1:02.632
40-44: Jennifer Kultala, Cerner Corporation, 2012 - 1:07.350
45-49: Jennifer Kultala, Cerner, 2016 - 1:09.062
50-54: Deb Wood, DST Systems, Inc., 2004 - 1:13.509
55-59: Debra Wood, DST, 2009 - 1:15.501
60-64: Debra Wood, DST Systems, Inc., 2014 - 1:21.022
65-69: Linda Sharp, Children's Mercy Kansas City, 2023 - 1:27.662
70+ : Gayle Freeman, Black & Veatch, 2021 - 1:55.339
Women's Track & Field 400-Meter Run (1983-2000)
18-29: Susan Rehn, Health Midwest, 1993 - 57.35
30-39: Shiela Sheridan, City of Olathe, 1999 - 1:00.63
40-49: Betty Keating, Marion Merrell Dow, 1994 - 1:07.20
50-59: Mary Linda McDonnell, Saint Luke's Health, 1995 - 1:19.41
60+: Nancy Larson, Westlake Hardware, 2000 - 1:41.656
Men's Track & Field 800-Meter Run (2001-2013)
18-24: Craig Cartier, Sprint Nextel Corporation, 2006 - 1:58.798
25-29: Dmitry Drozdov, Quintiles, 2001 - 1:54.950
30-34: Dmitry Drozdov, Quintiles, 2002 - 1:54.350
35-39: Randy Wasinger, Wasinger Tech, LLC, 2011 - 2:01.340
40-44: Bret Evans, GE Insurance Solutions, 2005 - 2:04.965
45-49: Alan Reimer, Honeywell Olathe, 2005 - 2:09.500
50-54: Alan Reimer, Honeywell-Olathe, 2010 - 2:12.800
55-59: Tim Wigger, Pain Train, 2006 - 2:18.545
60-64: Tim Wigger, Pain Train, 2009 - 2:22.998
65+ : Tim Wigger, Pain Train, 2013 - 2:31.480
Men's Track & Field 800-Meter Run (1997-2000)
18-29: Ryan Strong, Sprint, 2000 - 1:59.201
30-39: Paul Ceesay, UMKC, 1998 - 2:03.387
40-49: Mark Curp, American Century, 1999 - 2:08.615
50-59: Joe Lechner, AlliedSignal, 1997 - 2:21.979
60+: Bobby Kincaid, US Army Corps, 1998 - 2:37.447
Women's Track & Field 800-Meter Run (2001-2013)
18-24: Katie Mona, Cerner Corporation, 2013 - 2:19.390
25-29: Trisa Nickoley, CBIZ, 2013 - 2:18.860
30-34: Julieanne Gooden, Sprint, 2001 - 2:19.933
35-39: Liz Johnston, Garmin International, 2013 - 2:32.840
40-44: Suzie Scheer, Sprint, 2004 - 2:34.701
45-49: Suzie Scheer, Sprint Nextel, 2009 - 2:41.025

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50-54: Kelly Dippold, Lockton Companies, 2012 - 2:49.300
55-59: Debra Wood, DST, 2009 - 2:53.064
60-64: Emily Massey, Cerner Corporation, 2012 - 3:16.610
65+ : Carol Hafeman, Children's Mercy Hospitals & Clinics, 2013 - 3:41.850
Women's Track & Field 800-Meter Run (1997-2000)
18-29: Melissa Swartz, St Luke's - Shawnee Mission, 2000 - 2:23.275
30-39: Barb Rinne, Commerce Bank, 1999 - 2:30.653
40-49: Kathleen Johnson, CNA Group Benefits, 2000 - 2:42.660
50-59: Michelle Stine, Honeywell, 2000 - 3:05.880
60+: Nancy Larson, Westlake Hardware, 2000 - 4:10.530
Men's Track & Field Mile Run (Since 2001)
18-24: Drew Bell, Garmin International, 2015 - 4:30.170
25-29: Dmitry Drozdov, Quintiles, 2001 - 4:13.429
30-34: Dmitry Drozdov, Quintiles, 2004 - 4:13.400
35-39: Randy Wasinger, Pain Train, 2014 - 4:26.960
40-44: Randy Wasinger, Pain Train, 2016 - 4:21.320
45-49: Mark Curp, American Century Investments, 2004 - 4:40.774
50-54: Matt Stegman, GlynnDevins Advertising and Marketing, 2019 - 4:54.300
55-59: Gayle Van Durme, Black & Veatch, 2006 - 5:11.265
60-64: Gayle Van Durme, Black & Veatch, 2012 - 5:23.270
65-69: Gayle Van Durme, Black & Veatch, 2018 - 5:37.110
70+ : Tim Wigger, Pain Train, 2021 - 6:06.690
Women's Track & Field Mile Run (Since 2001)
18-24: Amy Regan, Garmin International, 2018 - 5:09.950
25-29: Jennifer Prim, Cerner, 2002 - 5:14.997
30-34: Jennifer Prim, Cerner, 2004 - 5:12.258
35-39: Suzie Scheer, Sprint, 2001 - 5:30.685
40-44: Jennifer Kultala, Cerner Corporation, 2012 - 5:26.930
45-49: Jennifer Kultala, Cerner, 2016 - 5:43.470
50-54: Kelly Dippold, Lockton Companies, 2015 - 5:58.150
55-59: Maria Brown, NAIC & NIPR, 2021 - 5:36.990
60-64: Maria Brown, NAIC & NIPR, 2023 - 6:47.900
65-69: Linda Sharp, Children's Mercy Kansas City, 2023 - 7:32.500
70+ : Hope Green, MRIGlobal, 2021 - 9:43.990
Men's Track & Field 1600-Meter Run (1981-2000; 2003 (55-59 Men and 60+ Men))
18-29: Charlie Gray, Missouri Public Service, 1989 - 4:17.61
30-39: Charlie Gray, Missouri Public Service, 1992 - 4:26.88
40-49: Mark Curp, American Century, 1999 - 4:24.852
50-59: Rick Hogan, Blue Cross & Blue Shield, 1995 - 5:08.00
55-59: Mike Fitzgerald, Honeywell, 2003 - 5:19.415
60+: Mel Yoder, JCCC, 1997 - 5:41.98
Women's Track & Field 1600-Meter Run (1981-2000)
18-29: Joy Meyen, Hallmark Cards, 1986 - 4:59.88
30-39: Barb Rinne, Commerce Bank, 1993 - 5:06.58
40-49: Marcia Dowling, Pembroke Hill School, 1999 - 5:52.107
50-59: Mary McDonnell, Saint Luke's Health, 1994 - 6:46.95
60+: Nancy Larson, Westlake Hardware, 2000 - 9:16.551

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Men's Track & Field 10K Run (1981-83 & 1988-91)
18-29: Gary Thompson, TWA, 1982 - 31:26
30-39: Charlie Gray, Missouri Public Service, 1988 - 30:35
40-49: Bob Busby, Harmon Industries, 1990 - 33:44
50+: Dick Grauer, AT&T, 1988 - 37:19
Women's Track & Field 10K Run (1981-83 & 1988-91)
18-29: Joy Meyen, Hallmark Cards, 1988 - 35:34
30-39: Laura Luckert, Black & Veatch, 1991 - 37:55
40-49: Anita Olshanski, PARS, 1990 - 43:40
50+: Ann Williams, Black & Veatch, 1990 - 47:57
Men's Track & Field 4-Mile Run (1984-1987)
18-29: Brian Franke, Missouri Public Service, 1986 - 20:00
30-39: Charlie Gray, Missouri Public Service, 1986 - 20:00
40-49: L. Roth, TWA, 1984 - 22:34
50+: Jerry Morrison, TWA, 1984 - 25:11
Women's Track & Field 4-Mile Run (1984-1987)
18-29: Joy Meyen, Hallmark Cards, 1986 - 22:33
30-39: Susan Ng, Hallmark Cards, 1985 - 26:35
40+: Beth Carlton, Marion Labs, 1986 - 32:15
Men's Track & Field Long Jump (Since 2001)
18-29: Blaise Gassman, Burns & McDonnell, 2021 - 25-3
30-39: Roger Hawkins, Black & Veatch, 2007 - 22-8 1/2
40-49: Brian Holecek, Sprint, 2019 - 20-2
50+: Lorenzo Hammond, Sysco Kansas City, 2018 - 19-11 1/2
Women's Track & Field Long Jump (Since 2001)
18-29: Christal Waters, DST, 2008 - 17-10
30-39: Nicole Brune, Swiss Re, 2018 - 16-10 3/4
40-49: Nicole Brune, Swiss Re, 2022 - 15-5 1/2
50+: Mary Taylor, Country Club Bank, 2019 - 12-11 1/2
Men's Track & Field Long Jump (1982-2001)
23 ft. 8.25 in. - Damon Jackson, SM Post Office, 1993
Women's Track & Field Long Jump (1982-2001)
17 ft. 4.25 in. - Sherri Pewitte, UMKC, 2000
Men's Track & Field Shot Put (Since 2009)
18-29: Nathaniel Cummings, Kiewit, 2023 - 63-0 1/2
30-39: Daniel McKim, KeyBank Real Estate Capital, 2012 - 58-4
40-49: Wayman Caldwell, YRC Freight, 2017 - 46-8 3/4
50+: Clint Johnson, VML, 2012 - 57-3
Women's Track & Field Shot Put (Since 2009)
18-29: Kayla Muyskens, Cerner Corporation - 45-11 3/4
30-39: Kayla Tarr, Hyland, 2019 - 48-1 1/4
40-49: Michelle Carter, HDR, 2022 - 37-4 1/4

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50+: Shirley Molitor-Kirsch, Children's Mercy Hospital, 2017 - 35:2
Men's Triathlon (2013-2017)
18-29: Kevin Denny, Black & Veatch, 2016 - 46:16
30-39: Jared Kuntz, J.P. Morgan, 2013 - 51:49
40-49: Bently Harper, Garmin International, 2015 - 53:36
50+: Scott Bolen, Quest Diagnostics, 2015 - 56:30
Men's Triathlon (1992-2012)
18-29: Mark Carey, Cerner Corporation, 1999 - 43:35
30-39: Pat McCormick, KU Med Center, 1992 - 45:50
30-39: Chris Fugate, Hallmark, 2006 - 45:50
40-49: James O'Keefe, SLSM Health's, 1999 - 45:44
50+: James O'Keefe, Saint Luke's Health System, 2006 - 48:40
Women's Triathlon (2013-2017)
18-29: Charity Fluharty, Hallmark Cards, Inc., 2013 - 1:00:19
30-39: Kalletta Caldwell, Sprint, 2013 - 56:26
40-49: Carolyn Walters, H&R Block, 2016 - 1:09:39
50+: Kelly Dippold, Lockton Companies, 2015 - 56:21
Women's Triathlon (1992-2012)
18-29: Christine McMahon, SLSM Health, 1997 - 53:17
30-39: Kalletta Caldwell, Sprint, 2012 - 50:50
40-49: Kelly Dippold, Sprint Nextel, 2009 - 52:08
50+: Kelly Dippold, Lockton Companies, 2012 - 50:48
Men's Weightlifting (Since 2023)
98.1278 - Ryan Baylark, Travelers Insurance, 2023
Men's Weightlifting (1993-2022)
625.00 - Chris McKnight, Sprint, 2014
Women's Weightlifting (Since 2023)
33.4405 - Cydney Bushue, DH Pace, 2023
Women's Weightlifting (1993-2022)
321.30 - Krista McGowan, U.S. Army Corps of Engineers, 2010