

IDAHO SENIOR GAMES



Record Holders through the 2019 games

| Venue | Event | Age | Sex | Record | Holder | State | YR |
|---------|------------------------|-------|-----|--------|-------------------|-------|------|
| Archery | Barebow Recurve | 80-84 | F | 457 | Elisabeth Lewis | ID | 2010 |
| Archery | Barebow Recurve | 55-59 | M | 697 | George Longston | ID | 2013 |
| Archery | Barebow Recurve | 60-64 | M | 706 | George Logsdon | ID | 2016 |
| Archery | Barebow Recurve | 80-84 | M | 296 | Hugh Lewis | NM | 2010 |
| Archery | Barebow Recurve/sights | 65-69 | M | 664 | Bill Renshaw | CA | 2018 |
| Archery | Compound Release | 45-49 | F | 784 | Terrisia Claycomb | ID | 2011 |
| Archery | Compound Release | 50-54 | F | 828 | Jeanette Riggs | ID | 2017 |
| Archery | Compound Release | 55-59 | F | 817 | Kim Boyack | ID | 2017 |
| Archery | Compound Release | 65-69 | F | 693 | Debra Johnson | WA | 2019 |
| Archery | Compound Release | 80-84 | F | 344 | Elisabeth Lewis | NM | 2009 |
| Archery | Compound Release | 90-94 | F | 645 | Elisabeth Johnson | ID | 2019 |
| Archery | Compound Release | 40-44 | M | 815 | Bill Malone | ID | 2011 |
| Archery | Compound Release | 50-54 | M | 870 | Marvin Riggs | ID | 2016 |
| Archery | Compound Release | 55-59 | M | 852 | Rick Boyack | ID | 2018 |
| Archery | Compound Release | 55-59 | M | 851 | Dana DuMond | ID | 2014 |
| Archery | Compound Release | 60-64 | M | 859 | Patrick Johnston | ID | 2017 |
| Archery | Compound Release | 65-69 | M | 852 | Russ Sharman | ID | 2017 |
| Archery | Compound Release | 70-74 | M | 860 | Blair Peterson | ID | 2016 |
| Archery | Compound Release | 75-79 | M | 841 | Layton Kite | ID | 2016 |
| Archery | Compound Release | 80-84 | M | 730 | Bill Sturm | ID | 2018 |
| Archery | Compound Release | 80-84 | M | 224 | Hugh Lewis | NM | 2009 |
| Archery | Compound Fingers/sight | 70-74 | F | 668 | Gloria Misbach | ID | 2018 |
| Archery | Compound Fingers/sight | 70-74 | F | 429 | Gregory Misbach | ID | 2018 |

| Venue | Event | Age | Sex | Record | Holder | State | YR |
|------------|-----------|-------|-----|--------|-----------------|-------|------|
| Basketball | Freethrow | 50-54 | F | 20 | Maria Joyce | ID | 2017 |
| Basketball | Freethrow | 55-59 | F | 11 | Margaret Conner | ID | 1995 |
| Basketball | Freethrow | 60-64 | F | 14 | Margaret Conner | ID | 2002 |
| Basketball | Freethrow | 65-69 | F | 19 | Margaret Conner | ID | 2007 |
| Basketball | Freethrow | 70-74 | F | 15 | Pat Fujii | ID | 2003 |
| Basketball | Freethrow | 75-79 | F | 12 | Patsy Queen | ID | 2014 |
| Basketball | Freethrow | 80-84 | F | 14 | Pat Fujii | ID | 2014 |
| Basketball | Freethrow | 85-89 | F | 13 | Pat Fujii | ID | 2019 |
| Basketball | Freethrow | 50-54 | M | 24 | Rod Soper | ID | 2008 |
| Basketball | Freethrow | 50-54 | M | 17 | C Holmes | OR | 2018 |
| Basketball | Freethrow | 55-59 | M | 24 | Robert Kranz | HI | 2006 |
| Basketball | Freethrow | 55-59 | M | 25 | Rod Soper | ID | 2015 |
| Basketball | Freethrow | 60-64 | M | 22 | James Honell | ID | 2003 |
| Basketball | Freethrow | 60-64 | M | 22 | David Steadman | ID | 2011 |
| Basketball | Freethrow | 60-64 | M | 23 | Aaron Jones | CA | 2008 |
| Basketball | Freethrow | 65-69 | M | 24 | Edward Nappo | ID | 2006 |
| Basketball | Freethrow | 65-69 | M | 24 | Louie Osuna | ID | 2002 |
| Basketball | Freethrow | 65-69 | M | 19 | Tarrel Palmer | UT | 2012 |

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|------------|-----------|-------|---|----|-----------------|----|------|
| Basketball | Freethrow | 70-74 | M | 24 | Tarrel Palmer | UT | 2016 |
| Basketball | Freethrow | 70-74 | M | 24 | Ray Stein | ID | 2017 |
| Basketball | Freethrow | 75-79 | M | 22 | Floyd Strain | ID | 2007 |
| Basketball | Freethrow | 75-79 | M | 24 | Darrel Olson | WA | 2016 |
| Basketball | Freethrow | 80-84 | M | 24 | Floyd Strain | ID | 2008 |
| Basketball | Freethrow | 80-84 | M | 16 | Frank Condie | UT | 2012 |
| Basketball | Freethrow | 85-89 | M | 9 | John Jensen | ID | 2008 |
| Basketball | Freethrow | 90-94 | M | 9 | John Bachmann | ID | 2002 |
| Basketball | Hot Shot | 50-54 | F | 46 | Maria Joyce | ID | 2017 |
| Basketball | Hot Shot | 60-64 | F | 19 | Maxine Jones | ID | 2008 |
| Basketball | Hot Shot | 70-74 | F | 46 | Margaret Conner | ID | 2010 |
| Basketball | Hot Shot | 75-79 | F | 20 | Patsy Queen | ID | 2014 |
| Basketball | Hot Shot | 80-84 | F | 34 | Lorry Roberts | ID | 2010 |
| Basketball | Hot Shot | 85-89 | F | 8 | Pat Fujii | ID | 2018 |
| Basketball | Hot Shot | 50-54 | M | 54 | Rod Soper | ID | 2008 |
| Basketball | Hot Shot | 55-59 | M | 73 | John Fritz | ID | 2010 |
| Basketball | Hot Shot | 60-64 | M | 70 | Kerry Page | ID | 2011 |
| Basketball | Hot Shot | 60-64 | M | 71 | A Bauer | NV | 2018 |
| Basketball | Hot Shot | 65-69 | M | 50 | Don Mathern | ID | 2013 |
| Basketball | Hot Shot | 65-69 | M | 46 | Tarrel Palmer | NV | 2012 |
| Basketball | Hot Shot | 70-74 | M | 56 | G Walsh | ID | 2018 |
| Basketball | Hot Shot | 70-74 | M | 58 | Tarrel Palmer | NV | 2017 |
| Basketball | Hot Shot | 75-79 | M | 27 | Louie Osuna | ID | 2011 |
| Basketball | Hot Shot | 75-79 | M | 45 | J Pettit | WA | 2018 |

| Venue | Event | Age | Sex | Record | Holder | State | YR |
|---------|---------|-------|-----|--------|-----------------------|-------|------|
| Bowling | Doubles | 50-54 | F | 727 | Higgins/Whittington | ID | 2016 |
| Bowling | Doubles | 55-59 | F | 1009 | Biggerstaff/Griffiths | ID | 1998 |
| Bowling | Doubles | 60-64 | F | 1052 | Tolliver/Greg | ID | 1996 |
| Bowling | Doubles | 65-69 | F | 978 | Miller/Goode | ID | 1997 |
| Bowling | Doubles | 70-74 | F | 947 | Garrison/Imai | ID | 1998 |
| Bowling | Doubles | 75-79 | F | 973 | Garrison/Meserole | ID | 1997 |
| Bowling | Doubles | 45-49 | M | 1180 | Hughes/Albanese | ID | 2011 |
| Bowling | Doubles | 50-54 | M | 1186 | Marose/Taylor | ID | 2008 |
| Bowling | Doubles | 55-59 | M | 1167 | Hooper/Franklin | ID | 1993 |
| Bowling | Doubles | 60-64 | M | 1396 | Street/ | ID | 1998 |
| Bowling | Doubles | 60-64 | M | 1175 | Johnson/Zier | MT | 2016 |
| Bowling | Doubles | 65-69 | M | 1246 | Samperisi/White | ID | 2018 |
| Bowling | Doubles | 70-74 | M | 1169 | Short/Hansen | ID | 2011 |
| Bowling | Doubles | 75-79 | M | 1246 | Samperisi/White | ID | 2018 |
| Bowling | Doubles | 80-84 | M | 932 | Meserole/Chadwick | ID | 1997 |
| Bowling | Doubles | 85-89 | M | 1231 | Otsuji/Perkins | ID | 2011 |
| Bowling | Mixed D | 50-54 | | 1076 | Anderson/Anderson | ID | 1997 |
| Bowling | Mixed D | 55-59 | | 1249 | Kokrda/Kokrda | ID | 2018 |
| Bowling | Mixed D | 60-64 | | 1153 | Wright/Wright | ID | 2011 |
| Bowling | Mixed D | 65-69 | | 1096 | Imai/Imai | ID | 1995 |
| Bowling | Mixed D | 70-74 | | 1118 | Imai/Imai | ID | 1997 |
| Bowling | Mixed D | 75-79 | | 1174 | Justice/Jewett | ID | 2011 |
| Bowling | Mixed D | 80-84 | | 1014 | Justice/Lea | ID | 2003 |
| Bowling | Singles | 50-54 | F | 565 | Barbara Quinlan | ID | 2003 |
| Bowling | Singles | 55-59 | F | 579 | Jessie Biggerstaff | ID | 1998 |
| Bowling | Singles | 60-64 | F | 629 | Valorie Biggs | ID | 2011 |
| Bowling | Singles | 65-69 | F | 564 | Leona Conway | ID | 2002 |

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|---------|--------------------|-------|---|------|--------------------|----|------|
| Bowling | Singles | 70-74 | F | 546 | Chickie Imai | ID | 1996 |
| Bowling | Singles | 75-79 | F | 590 | Phyllis Jewett | ID | 2011 |
| Bowling | Singles | 80-84 | F | 524 | Norma Maslonka | ID | 1996 |
| Bowling | Singles | 85-89 | F | 432 | Lois Meserole | ID | 2006 |
| Bowling | Singles | 90-94 | F | 321 | Ailsie Lane | ID | 1996 |
| Bowling | Singles | 45-49 | M | 613 | Joe Hughes | ID | 2011 |
| Bowling | Singles | 50-54 | M | 731 | Steven Albanese | ID | 2011 |
| Bowling | Singles | 55-59 | M | 663 | Robert Korkrda | ID | 2018 |
| Bowling | Singles | 60-64 | M | 618 | Roy Taylor | ID | 2008 |
| Bowling | Singles | 60-64 | M | 532 | Donald Zier | MT | 2016 |
| Bowling | Singles | 65-69 | M | 664 | Angelo Samperisi | ID | 2016 |
| Bowling | Singles | 70-74 | M | 643 | John Tolliver | ID | 1993 |
| Bowling | Singles | 75-79 | M | 683 | Lynn White | ID | 2017 |
| Bowling | Singles | 75-79 | M | 547 | David Bjork | WA | 2018 |
| Bowling | Singles | 80-84 | M | 548 | Walter F. Chadwicl | ID | 1993 |
| Bowling | Singles | 85-89 | M | 692 | Rudene Perkins | ID | 2011 |
| Bowling | Singles Blind Vet. | 55-59 | M | 488 | Doug Owsley | ID | 2013 |
| Bowling | Singles Blind Vet. | 70-74 | M | 359 | David Spiegel | ID | 2013 |
| Bowling | Singles Blind Vet. | 75-79 | M | 269 | Jack Kesgard | ID | 2013 |
| Bowling | Singles Blind Vet. | 80-84 | M | 398 | George Heil | ID | 2013 |
| Bowling | Team | 60-64 | M | 2460 | Otsuji/Biggs/Ruder | ID | 2011 |
| Bowling | Team | 65-69 | M | 2313 | Cox/Haley/Gulu/Mc | ID | 2011 |
| Bowling | Team | 45-49 | M | 2513 | Short/Hansen/Hugl | ID | 2011 |

| Venue | Event | Age | Sex | Record | Holder | State | YR |
|---------|----------------|-------|-----|---------|--------------------|-------|------|
| Cycling | 10K Time Trial | 50-54 | F | 0:16:10 | Christine Edwards | ID | 2019 |
| Cycling | 10K Time Trial | 50-54 | F | 0:17:05 | Kelly Haberman | WA | 2013 |
| Cycling | 10K Time Trial | 55-59 | F | 0:19:20 | Connie VanCleave | ID | 2010 |
| Cycling | 10K Time Trial | 55-59 | F | 0:15:56 | Lorraine Dillon | WA | 2008 |
| Cycling | 10K Time Trial | 60-64 | F | 0:18:57 | Linda Roose | ID | 2012 |
| Cycling | 10K Time Trial | 60-64 | F | 0:19:43 | LaNett Draper | UT | 2017 |
| Cycling | 10K Time Trial | 65-69 | F | 0:21:33 | Sherry Sisson | OR | 2012 |
| Cycling | 10K Time Trial | 70-74 | F | 0:19:46 | Janet Bee | CA | 2008 |
| Cycling | 10K Time Trial | 75-79 | F | 0:29:17 | Mary Lou Gruber | ID | 2012 |
| Cycling | 10K Time Trial | 75-79 | F | 0:36:27 | Elisabeth Johnson | NM | 2006 |
| Cycling | 10K Time Trial | 50-54 | M | 0:17:00 | Lance Francis | WY | 2014 |
| Cycling | 10K Time Trial | 50-54 | M | 0:12:34 | Russell Thorstrom | ID | 2008 |
| Cycling | 10K Time Trial | 55-59 | M | 0:14:04 | Gary Azevedo | ID | 2016 |
| Cycling | 10K Time Trial | 55-59 | M | 0:16:50 | Lance Francis | WY | 2017 |
| Cycling | 10K Time Trial | 60-64 | M | 0:13:47 | Howard Roose | ID | 2013 |
| Cycling | 10K Time Trial | 60-64 | M | 0:15:27 | James Noonan | WA | 2009 |
| Cycling | 10K Time Trial | 65-69 | M | 0:15:20 | Delmer Newquist | ID | 2013 |
| Cycling | 10K Time Trial | 65-69 | M | 0:14:46 | David Russell | OR | 2010 |
| Cycling | 10K Time Trial | 70-74 | M | 0:16:12 | John Swyers | ID | 2009 |
| Cycling | 10K Time Trial | 70-74 | M | 0:15:03 | Roger Johnson | OR | 2013 |
| Cycling | 10K Time Trial | 75-79 | M | 0:18:01 | Stephen Asher | ID | 2019 |
| Cycling | 10K Time Trial | 75-79 | M | 0:18:28 | Siegfried Schnelle | NV | 2013 |
| Cycling | 10K Time Trial | 80-84 | M | 0:21:50 | Dean Montgomery | ID | 2009 |
| Cycling | 10K Time Trial | 80-84 | M | 0:26:42 | Hugh Lewis | NM | 2006 |
| Cycling | 20K Road Race | 50-54 | F | 0:34:44 | Christine Edwards | ID | 2018 |
| Cycling | 20K Road Race | 50-54 | F | 0:38:38 | Kelly Haberman | WA | 2013 |
| Cycling | 20K Road Race | 55-59 | F | 0:39:56 | Lisa Anderson | ID | 2019 |
| Cycling | 20K Road Race | 55-59 | F | 0:39:11 | LaNett Draper | UT | 2014 |

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|---------|---------------|-------|---|---------|---------------------|----|------|
| Cycling | 20K Road Race | 60-64 | F | 0:40:40 | Victoria Brown | ID | 2014 |
| Cycling | 20K Road Race | 60-64 | F | 0:40:35 | Patrice Mango | OR | 2019 |
| Cycling | 20K Road Race | 70-74 | F | 0:46:02 | Roma Montoya | ID | 2012 |
| Cycling | 20K Road Race | 75-79 | F | 0:54:48 | Lois Lindsay | ID | 2011 |
| Cycling | 20K Road Race | 75-79 | F | 0:50:44 | Linda Stanly | TX | 2018 |
| Cycling | 20K Road Race | 50-54 | M | 0:32:33 | Chris Berry | ID | 2014 |
| Cycling | 20K Road Race | 50-54 | M | 0:33:28 | Lance Francis | WY | 2014 |
| Cycling | 20K Road Race | 55-59 | M | 0:32:33 | Tom Reimbolt | ID | 2012 |
| Cycling | 20K Road Race | 55-59 | M | 0:33:51 | Lance Francis | WY | 2017 |
| Cycling | 20K Road Race | 60-64 | M | 0:32:33 | Bob Marcinko | ID | 2012 |
| Cycling | 20K Road Race | 60-64 | M | 0:33:28 | James Noonan | WA | 2009 |
| Cycling | 20K Road Race | 65-69 | M | 0:32:33 | Reinhard Seyffertit | ID | 2012 |
| Cycling | 20K Road Race | 65-69 | M | 0:35:15 | Rick Hoekwater | CA | 2018 |
| Cycling | 20K Road Race | 70-74 | M | 0:33:40 | John Swyers | ID | 2009 |
| Cycling | 20K Road Race | 70-74 | M | 0:40:45 | Thomas Neary | FL | 2012 |
| Cycling | 20K Road Race | 75-79 | M | 0:38:27 | Will Lindsay | ID | 2009 |
| Cycling | 20K Road Race | 75-79 | M | 0:40:27 | Rossiter Langhorn | WY | 2013 |
| Cycling | 20K Road Race | 80-84 | M | 0:50:37 | John Zanot | ID | 2019 |
| Cycling | 40K Road Race | 50-54 | F | 1:13:09 | Connie Edwards | ID | 2018 |
| Cycling | 40K Road Race | 50-54 | F | 1:17:03 | Kelly Haberman | WA | 2013 |
| Cycling | 40K Road Race | 55-59 | F | 1:25:09 | Lisa Anderson | ID | 2019 |
| Cycling | 40K Road Race | 55-59 | F | 1:15:02 | Jodie Bolt | WA | 2018 |
| Cycling | 40K Road Race | 60-64 | F | 1:23:25 | Victoria Brown | ID | 2014 |
| Cycling | 40K Road Race | 60-64 | F | 1:25:04 | LaNett Draper | UT | 2017 |
| Cycling | 40K Road Race | 65-69 | F | 1:39:29 | Bonnie Kenaley | ID | 2017 |
| Cycling | 40K Road Race | 70-74 | F | 1:35:42 | Chris Berry | ID | 2016 |
| Cycling | 40K Road Race | 75-79 | F | 1:25:07 | Jrene Asher | ID | 2019 |
| Cycling | 40K Road Race | 50-54 | M | 1:08:49 | David Peterson | ID | 2018 |
| Cycling | 40K Road Race | 50-54 | M | 1:08:46 | Lance Francis | WY | 2014 |
| Cycling | 40K Road Race | 55-59 | M | 1:08:46 | Tom Reimbolt | ID | 2014 |
| Cycling | 40K Road Race | 55-59 | M | 1:08:46 | Michael Giordann | ID | 2018 |
| Cycling | 40K Road Race | 55-59 | M | 1:10:08 | Rockland Draper | UT | 2014 |
| Cycling | 40K Road Race | 60-64 | M | 1:08:45 | Bill Crum | ID | 2018 |
| Cycling | 40K Road Race | 60-64 | M | 1:10:58 | Scott Ryman | WA | 2010 |
| Cycling | 40K Road Race | 65-69 | M | 1:08:57 | S Walling | ID | 2018 |
| Cycling | 40K Road Race | 70-74 | M | 1:09:20 | Reinhard Seyfert | ID | 2013 |
| Cycling | 40K Road Race | 75-79 | M | 1:16:41 | Stephen Asher | ID | 2019 |
| Cycling | 40K Road Race | 75-79 | M | 1:19:40 | Rossiter Langhorn | WY | 2013 |
| Cycling | 40K Road Race | 75-89 | M | 1:24:27 | Siegfried Schnele | OR | 2011 |
| Cycling | 40K Road Race | 80-84 | M | 1:30:28 | M.Lechner | ID | 2019 |
| Cycling | 5K Time Trial | 50-54 | F | 0:08:32 | Tiedji Baker | ID | 2019 |
| Cycling | 5K Time Trial | 50-54 | F | 0:09:13 | Kelly Haberman | WA | 2012 |
| Cycling | 5K Time Trial | 55-59 | F | 0:09:55 | Connie VanCleave | ID | 2012 |
| Cycling | 5K Time Trial | 55-59 | F | 0:08:10 | Lorraine Dillon | WA | 2008 |
| Cycling | 5K Time Trial | 60-64 | F | 0:10:02 | Victoria Brown | ID | 2014 |
| Cycling | 5K Time Trial | 60-64 | F | 0:09:16 | LaNett Draper | UT | 2017 |
| Cycling | 5K Time Trial | 65-69 | F | 0:11:36 | Michele Swan | ID | 2018 |
| Cycling | 5K Time Trial | 70-74 | F | 0:10:29 | Lois Lindsay | ID | 2008 |
| Cycling | 5K Time Trial | 70-74 | F | 0:09:46 | Janet Bee | CA | 2008 |
| Cycling | 5K Time Trial | 75-79 | F | 0:15:12 | Mary Lou Gruber | ID | 2012 |
| Cycling | 5K Time Trial | 75-79 | F | 0:12:32 | Linda Stanly | TX | 2018 |
| Cycling | 5K Time Trial | 50-54 | M | 0:06:53 | Eugene Allwine | ID | 2008 |
| Cycling | 5K Time Trial | 50-54 | M | 0:07:56 | Lance Francis | WY | 2014 |

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|---------|---------------|-------|---|---------|-----------------|----|------|
| Cycling | 5K Time Trial | 55-59 | M | 0:07:20 | Gary Azevedo | ID | 2018 |
| Cycling | 5K Time Trial | 55-59 | M | 0:08:16 | Lance Francis | WY | 2017 |
| Cycling | 5K Time Trial | 60-64 | M | 0:07:30 | Howard Roose | ID | 2013 |
| Cycling | 5K Time Trial | 60-64 | M | 0:07:49 | James Noonan | WA | 2009 |
| Cycling | 5K Time Trial | 65-69 | M | 0:07:34 | John Swyers | ID | 2008 |
| Cycling | 5K Time Trial | 65-69 | M | 0:07:55 | Roger Johnson | OR | 2009 |
| Cycling | 5K Time Trial | 70-74 | M | 0:08:48 | Allan Crockett | ID | 2016 |
| Cycling | 5K Time Trial | 70-74 | M | 0:08:11 | Roger Johnson | OR | 2013 |
| Cycling | 5K Time Trial | 75-79 | M | 0:09:27 | Thomas Neary | ID | 2017 |
| Cycling | 5K Time Trial | 75-79 | M | 0:08:54 | Roger Johnson | OR | 2016 |
| Cycling | 5K Time Trial | 80-84 | M | 0:11:49 | Dean Montgomery | ID | 2009 |

| Venue | Event | Age | Sex | Record | Holder | State | YR |
|-------|------------|-------|-----|--------|---------------------|-------|------|
| Golf | Golf/Gross | 50-54 | F | 81 | Teresa Coiner | ID | 2014 |
| Golf | Golf/Gross | 55-59 | F | 80 | Patty Campbell | ID | 2018 |
| Golf | Golf/Gross | 60-64 | F | 89 | Connie Colerick | ID | 2010 |
| Golf | Golf/Gross | 60-64 | F | 89 | Kristin Christensen | ID | 2010 |
| Golf | Golf/Gross | 65-69 | F | 96 | Kathy Hutt | ID | 2016 |
| Golf | Golf/Gross | 70-74 | F | 90 | Sergene Jensen | ID | 2006 |
| Golf | Golf/Gross | 75-79 | F | 98 | Caroline Seaman | ID | 2008 |
| Golf | Golf/Gross | 50-54 | M | 74 | Glen Coiner | ID | 2014 |
| Golf | Golf/Gross | 55-59 | M | 68 | Sam Davis | ID | 2010 |
| Golf | Golf/Gross | 60-64 | M | 74 | Steve Duncanson | ID | 2018 |
| Golf | Golf/Gross | 65-69 | M | 71 | Jack Keifer | ID | 2011 |
| Golf | Golf/Gross | 65-69 | M | 71 | Mike Lemna | ID | 2011 |
| Golf | Golf/Gross | 65-69 | M | 71 | Tom Tracy | ID | 2115 |
| Golf | Golf/Gross | 70-74 | M | 71 | Larry Leach | ID | 2011 |
| Golf | Golf/Gross | 75-79 | M | 71 | Lee Bernasconi | ID | 2011 |
| Golf | Golf/Gross | 80-84 | M | 87 | Burt Holt | ID | 2007 |
| Golf | Golf/Gross | 85-89 | M | 86 | Bert Holt | ID | 2009 |
| Golf | Golf/Gross | 90-94 | M | 110 | Chuck Young | ID | 2007 |

| Venue | Event | Age | Sex | Record | Holder | State | YR |
|----------------|-------|-------|-----|---------|-----------------|-------|------|
| Road Race/Walk | 10K | 50-54 | F | 0:54:55 | Jenny Stinson | ID | 2013 |
| Road Race/Walk | 10K | 50-54 | F | 0:51:23 | Denise Gaither | WA | 2010 |
| Road Race/Walk | 10K | 55-59 | F | 0:51:32 | Susan Bradley | ID | 2011 |
| Road Race/Walk | 10K | 60-64 | F | 0:56:37 | Candace Argo | ID | 2019 |
| Road Race/Walk | 10K | 65-69 | F | 1:04:05 | Susan Urness | ID | 2017 |
| Road Race/Walk | 10K | 65-69 | F | 0:58:10 | Sherry Sisson | OR | 2012 |
| Road Race/Walk | 10K | 70-74 | F | 1:11:21 | Miki Kaderabek | ID | 2008 |
| Road Race/Walk | 10K | 50-54 | M | 0:36:08 | Joel Martindale | ID | 2019 |
| Road Race/Walk | 10K | 55-59 | M | 0:38:13 | Emil Magallanes | ID | 2010 |
| Road Race/Walk | 10K | 55-59 | M | 0:41:28 | Delmer Kelly | NV | 2014 |
| Road Race/Walk | 10K | 60-64 | M | 0:48:29 | Harold Giles | ID | 2017 |
| Road Race/Walk | 10K | 65-69 | M | 1:00:52 | Dan Forbes | ID | 2019 |
| Road Race/Walk | 10K | 65-69 | M | 0:53:29 | Larry Arata | VA | 2011 |
| Road Race/Walk | 10K | 70-74 | M | 0:48:02 | Alan Crockett | ID | 2018 |
| Road Race/Walk | 10K | 75-79 | M | 0:58:01 | Joe Zimmer | ID | 2011 |
| Road Race/Walk | 10K | 80-84 | M | 1:04:53 | Joe Zimmer | ID | 2014 |
| Road Race/Walk | 10K | 80-84 | M | 0:53:10 | Paul Flanagan | WA | 2010 |
| Road Race/Walk | 5K | 45-49 | F | 0:26:59 | Angela Kerber | ID | 2008 |
| Road Race/Walk | 5K | 50-54 | F | 0:20:34 | Christine Olen | ID | 2019 |
| Road Race/Walk | 5K | 50-54 | F | 0:24:25 | Denise Gaither | WA | 2010 |

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|----------------|----|-------|---|---------|------------------|----|------|
| Road Race/Walk | 5K | 55-59 | F | 0:22:57 | Lois Wight | ID | 2012 |
| Road Race/Walk | 5K | 60-64 | F | 0:25:29 | Lois Allen | ID | 2017 |
| Road Race/Walk | 5K | 60-64 | F | 0:31:41 | Patti Palmer | WV | 2004 |
| Road Race/Walk | 5K | 65-69 | F | 0:30:30 | Margaret Conner | ID | 2005 |
| Road Race/Walk | 5K | 65-69 | F | 0:29:51 | Louise Mihay | WA | 2008 |
| Road Race/Walk | 5K | 70-74 | F | 0:31:40 | Micki Kaderabek | ID | 2007 |
| Road Race/Walk | 5K | 75-79 | F | 0:33:20 | Maria Jetley | ID | 2011 |
| Road Race/Walk | 5K | 80-84 | F | 0:47:24 | Pat Fujii | ID | 2011 |
| Road Race/Walk | 5K | 85-89 | F | 0:57:12 | Pat Fujii | ID | 2016 |
| Road Race/Walk | 5K | 90-94 | F | 0:01:01 | Lorry Roberts | ID | 2017 |
| Road Race/Walk | 5K | 50-54 | M | 0:17:45 | Bob Walker | ID | 2006 |
| Road Race/Walk | 5K | 50-54 | M | 0:19:22 | Larry Mays | WA | 2006 |
| Road Race/Walk | 5K | 55-59 | M | 0:19:03 | Steve Moore | ID | 2015 |
| Road Race/Walk | 5K | 55-59 | M | 0:20:41 | Larry Mays | WA | 2008 |
| Road Race/Walk | 5K | 60-64 | M | 0:20:47 | Werner Hoeger | ID | 2014 |
| Road Race/Walk | 5K | 65-69 | M | 0:19:51 | Melvin B. Branch | ID | 1995 |
| Road Race/Walk | 5K | 65-69 | M | 0:22:56 | Danny Tippetts | WA | 2012 |
| Road Race/Walk | 5K | 70-74 | M | 0:22:57 | Alan Crockett | ID | 2016 |
| Road Race/Walk | 5K | 70-74 | M | 0:37:19 | Don Huston | UT | 2004 |
| Road Race/Walk | 5K | 75-79 | M | 0:25:05 | Joe Zimmer | ID | 2010 |
| Road Race/Walk | 5K | 75-79 | M | 0:23:46 | Paul Flanagan | WA | 2006 |
| Road Race/Walk | 5K | 80-84 | M | 0:41:47 | Bob Gokey | ID | 2019 |
| Road Race/Walk | 5K | 80-84 | M | 0:26:09 | Paul Flanagan | WA | 2011 |
| Road Race/Walk | 5K | 85-89 | M | 0:40:48 | Bruce Groves | ID | 2003 |

| Venue | Event | Age | Sex | Record | Holder | State | YR |
|-------|-----------|-------|-----|----------|---------------------|-------|------|
| Swim | 100BACK | 50-54 | F | 01:15:17 | Sue Langley | ID | 2019 |
| Swim | 100BACK | 55-59 | F | 01:24:07 | Blossom Johnston | ID | 2019 |
| Swim | 100BACK | 60-64 | F | 01:52.95 | Marie Baldner | ID | 2006 |
| Swim | 100BACK | 65-69 | F | 01:38.87 | Jill Wright | ID | 2017 |
| Swim | 100BACK | 65-69 | F | 02:02.00 | M Kleman | CA | 2008 |
| Swim | 100BACK | 70-74 | F | 01:45.78 | Pat Kay | ID | 1990 |
| Swim | 100BACK | 75-79 | F | 02:40.41 | Elizabeth Keen | ID | 2003 |
| Swim | 100BACK | 80-84 | F | 03:01:94 | Sherilyn Robison | ID | 2019 |
| Swim | 100BACK | 50-54 | M | 01:13.36 | Oliver Cleaver | ID | 2015 |
| Swim | 100BACK | 55-59 | M | 01:13.17 | Oliver Cleaver | ID | 2018 |
| Swim | 100BACK | 55-59 | M | 02:25.10 | Robert Kranz | HI | 2006 |
| Swim | 100BACK | 60-64 | M | 02:04.32 | Chet Hall | ID | 1998 |
| Swim | 100BACK | 65-69 | M | 01:44.52 | John Crooks | ID | 2010 |
| Swim | 100BACK | 65-69 | M | 01:35.37 | Keith Shaw | AB | 2012 |
| Swim | 100BACK | 70-74 | M | 02:27.31 | Eugene Balazs | ID | 2004 |
| Swim | 100BACK | 75-79 | M | 02:44.12 | Craig Walker | ID | 2016 |
| Swim | 100BACK | 75-79 | M | 01:45.66 | John Ehrenreich | WA | 2005 |
| Swim | 100BACK | 80-84 | M | 03:54.86 | Bob Keyes | ID | 1997 |
| Swim | 100BACK | 85-89 | M | 04:42.16 | Bob Keyes | ID | 2003 |
| Swim | 100BREAST | 50-54 | F | 01:37.00 | Barbara Cosens | ID | 2008 |
| Swim | 100BREAST | 55-59 | F | 01:47:14 | Cynthia Fairfax | ID | 2019 |
| Swim | 100BREAST | 60-64 | F | 01:30.78 | Janet Gettling | ID | 2009 |
| Swim | 100BREAST | 60-64 | F | 01:50.00 | Coleen Colasito | NV | 2017 |
| Swim | 100BREAST | 65-69 | F | 01:58.00 | Jane Wright | ID | 2014 |
| Swim | 100BREAST | 70-74 | F | 02:12.95 | Saralee Warberg | ID | 2005 |
| Swim | 100BREAST | 75-79 | F | 02:34.91 | Brigitte Richardson | ID | 2012 |
| Swim | 100BREAST | 75-79 | F | 02:28.80 | Patricia Hastings | MT | 2014 |

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|------|-----------|-------|---|----------|---------------------|----|------|
| Swim | 100BREAST | 80-84 | F | 03:09.32 | Brigitte Richardson | ID | 2017 |
| Swim | 100BREAST | 50-54 | M | 01:17.59 | Oliver Cleaver | ID | 2015 |
| Swim | 100BREAST | 55-59 | M | 01:24.56 | RobinRowe | ID | 2018 |
| Swim | 100BREAST | 55-59 | M | 01:47.60 | James Jeffords | WA | 2014 |
| Swim | 100BREAST | 60-64 | M | 01:47.10 | Cleon Hone | ID | 1998 |
| Swim | 100BREAST | 60-64 | M | 01:28.06 | Kieth Murray | VA | 2018 |
| Swim | 100BREAST | 65-69 | M | 01:23.32 | Jim Clemmons | ID | 2018 |
| Swim | 100BREAST | 65-69 | M | 01:31.70 | Karl Kleman | CA | 2008 |
| Swim | 100BREAST | 70-74 | M | 01:18.02 | Robert Strand | ID | 2019 |
| Swim | 100BREAST | 75-79 | M | 01:45.42 | Paul Otter | ID | 2012 |
| Swim | 100BREAST | 80-84 | M | 01:52.34 | Paul Otter | ID | 2016 |
| Swim | 100FLY | 70-74 | F | 02:10.81 | Wendy Weinberg | ID | 2016 |
| Swim | 100FLY | 50-54 | M | 01:06.58 | Oliver Cleaver | ID | 2017 |
| Swim | 100FLY | 55-59 | M | 01:09.81 | Oliver Cleaver | ID | 2018 |
| Swim | 100FLY | 60-64 | M | 01:20.68 | David Harmer | ID | 2010 |
| Swim | 100FLY | 65-69 | M | 01:35.72 | Mark Mering | ID | 2019 |
| Swim | 100FLY | 75-79 | M | 02:18.00 | Alfred Maguire | ID | 2006 |
| Swim | 100FLY | 75-79 | M | 02:16.10 | John Ehrenreich | WA | 2008 |
| Swim | 100FLY | 80-84 | M | 02:34.40 | Alfred Maguire | ID | 2008 |
| Swim | 100FREE | 50-54 | F | 01:25.49 | Jill Wright | ID | 2004 |
| Swim | 100FREE | 55-59 | F | 01:09.18 | Blossom Johnston | ID | 2018 |
| Swim | 100FREE | 55-59 | F | 01:48.00 | Cindy Sulenes | WA | 2008 |
| Swim | 100FREE | 60-64 | F | 01:23.19 | Linda Goodman | ID | 2018 |
| Swim | 100FREE | 60-64 | F | 01:40.90 | Connie Williams | CA | 2008 |
| Swim | 100FREE | 65-69 | F | 01:43.66 | Saundra Scmidt | ID | 2010 |
| Swim | 100FREE | 65-69 | F | 01:48.00 | M Kleman | CA | 2008 |
| Swim | 100FREE | 70-74 | F | 01:38.09 | Wendy Weinberg | ID | 2016 |
| Swim | 100FREE | 75-79 | F | 01:44.09 | Dottie Emert | ID | 2009 |
| Swim | 100FREE | 80-84 | F | 02:20.29 | Sherilyn Robison | ID | 2019 |
| Swim | 100FREE | 50-54 | M | 00:57.33 | Oliver Cleaver | ID | 2013 |
| Swim | 100FREE | 50-54 | M | 01:04.20 | James Jeffords | WA | 2012 |
| Swim | 100FREE | 55-59 | M | 01:03.50 | Mike Bennett | ID | 2008 |
| Swim | 100FREE | 55-59 | M | 01:11.09 | Graig Murray | CA | 2014 |
| Swim | 100FREE | 60-64 | M | 01:03.60 | Richard Stillinger | ID | 2006 |
| Swim | 100FREE | 65-69 | M | 00:53.87 | Don M. Cunningha | ID | 1996 |
| Swim | 100FREE | 65-69 | M | 01:10.75 | Keith Shaw | WA | 2012 |
| Swim | 100FREE | 70-74 | M | 01:24.50 | David Fortsch | ID | 2006 |
| Swim | 100FREE | 75-79 | M | 01:18.51 | Joel Brotman | ID | 2019 |
| Swim | 100FREE | 75-79 | M | 01:20.56 | John Ehrenreich | WA | 2005 |
| Swim | 100FREE | 80-84 | M | 01:51.88 | Paul Otter | ID | 2016 |
| Swim | 100FREE | 80-84 | M | 02:25.45 | Clink Yonaka | NV | 1997 |
| Swim | 100FREE | 85-89 | M | 02:40.41 | Andy Anderson | ID | 2011 |
| Swim | 100IM | 50-54 | F | 01:53.52 | Sue Langley | ID | 2019 |
| Swim | 100IM | 55-59 | F | 01:21.90 | Blossom Johnston | ID | 2018 |
| Swim | 100IM | 60-64 | F | 01:23.79 | Janet Gettling | ID | 2010 |
| Swim | 100IM | 60-64 | F | 01:54.60 | Connie Williams | CA | 2008 |
| Swim | 100IM | 65-69 | F | 01:37.42 | Jill Wright | ID | 2017 |
| Swim | 100IM | 70-74 | F | 01:48.65 | Catherine Brooks | ID | 2019 |
| Swim | 100IM | 75-79 | F | 02:15.40 | Patricia Hastings | MT | 2014 |
| Swim | 100IM | 50-54 | M | 01:07.10 | Oliver Cleaver | ID | 2013 |
| Swim | 100IM | 55-59 | M | 01:09.66 | Oliver Cleaver | ID | 2019 |
| Swim | 100IM | 55-59 | M | 01:28.57 | Craig Murray | CA | 2018 |
| Swim | 100IM | 60-64 | M | 01:23.43 | Mark Nering | ID | 2018 |

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|------|-----------|-------|---|----------|---------------------|----|------|
| Swim | 100IM | 65-69 | M | 01:14.73 | Jim Clemmons | ID | 2018 |
| Swim | 100IM | 65-69 | M | 01:15.00 | Robert Shannon | CA | 2018 |
| Swim | 100IM | 70-74 | M | 01:09.41 | Robert Strand | ID | 2019 |
| Swim | 100IM | 75-79 | M | 01:50.50 | John Ehrenreich | WA | 2008 |
| Swim | 100IM | 80-84 | M | 02:17.50 | Alfred Maguire | ID | 2007 |
| Swim | 200BACK | 50-54 | F | 03:19.51 | Jill Wright | ID | 2004 |
| Swim | 200BACK | 55-59 | F | 02:18.01 | Jill Wright | ID | 2010 |
| Swim | 200BACK | 60-64 | F | 04:14.40 | Marie Baldner | ID | 2006 |
| Swim | 200BACK | 65-69 | F | 04:07.30 | Marie Baldner | ID | 2009 |
| Swim | 200BACK | 70-74 | F | 07:46.80 | Mary Frangiosa | ID | 2014 |
| Swim | 200BACK | 75-79 | F | 05:46.37 | Elizabeth Keen | ID | 2002 |
| Swim | 200BACK | 80-84 | F | 06:46.70 | Elizabeth Keen | ID | 2007 |
| Swim | 200BACK | 50-54 | M | 02:41.21 | Mike Bennett | ID | 2002 |
| Swim | 200BACK | 65-69 | M | 02:42.67 | Jim Clemmons | ID | 2017 |
| Swim | 200BACK | 65-69 | M | 03:22.91 | Keith Shaw | AB | 2012 |
| Swim | 200BREAST | 50-54 | F | 04:32.30 | Joetta Anderson | ID | 2008 |
| Swim | 200BREAST | 60-64 | F | 04:29.81 | Marie Baldner | ID | 2007 |
| Swim | 200BREAST | 65-69 | F | 04:37.88 | Marie Baldner | ID | 2009 |
| Swim | 200BREAST | 70-74 | F | 04:35.69 | Wendy Weinberg | ID | 2016 |
| Swim | 200BREAST | 75-79 | F | 05:36.70 | Brigitte Richardson | ID | 2012 |
| Swim | 200BREAST | 75-79 | F | 05:19.40 | Patricia Hastings | MT | 2014 |
| Swim | 200BREAST | 80-84 | F | 06:41.66 | Brigitte Richardson | ID | 2077 |
| Swim | 200BREAST | 55-59 | M | 02:49.52 | Oliver Cleaver | ID | 2017 |
| Swim | 200BREAST | 55-59 | M | 04:16.07 | James Colasito | NV | 2017 |
| Swim | 200BREAST | 60-64 | M | 03:12.79 | Keith Murray | VA | 2018 |
| Swim | 200BREAST | 65-69 | M | 03:00.04 | Jim Clemmons | ID | 2018 |
| Swim | 200BREAST | 70-74 | M | 03:49.51 | Paul Otter | ID | 2011 |
| Swim | 200BREAST | 75-79 | M | 03:59.43 | Paul Otter | ID | 2012 |
| Swim | 200BREAST | 80-84 | M | 04:14.62 | Paul Otter | ID | 2016 |
| Swim | 200FREE | 50-54 | F | 03:08.07 | Luke Yumiko | ID | 2018 |
| Swim | 200FREE | 55-59 | F | 02:43.46 | Blossom Johnston | ID | 2019 |
| Swim | 200FREE | 55-59 | F | 04:44.30 | Cindy Sulenes | WA | 2008 |
| Swim | 200FREE | 60-64 | F | 03:06.03 | Linda Goodman | ID | 2018 |
| Swim | 200FREE | 65-69 | F | 02:59.41 | Jill Wright | ID | 2017 |
| Swim | 200FREE | 70-74 | F | 03:20.10 | Catherine Brooks | ID | 2019 |
| Swim | 200FREE | 75-79 | F | 03:58.39 | Dottie Emert | ID | 2009 |
| Swim | 200FREE | 80-84 | F | 05:12.04 | Sherilyn Robison | ID | 2019 |
| Swim | 200FREE | 50-54 | M | 02:14.17 | Oliver Cleaver | ID | 2017 |
| Swim | 200FREE | 50-54 | M | 03:00.75 | James Jeffords | WA | 2012 |
| Swim | 200FREE | 55-59 | M | 02:27.56 | Dan Steckal | ID | 2018 |
| Swim | 200FREE | 55-59 | M | 02:53.10 | James Jeffords | WA | 2014 |
| Swim | 200FREE | 60-64 | M | 02:22.18 | Jeff Bynum | ID | 2018 |
| Swim | 200FREE | 65-69 | M | 02:16.49 | Jim Clemmons | ID | 2019 |
| Swim | 200FREE | 65-69 | M | 02:47.97 | Keith Shaw | AB | 2012 |
| Swim | 200FREE | 70-74 | M | 03:02.90 | David Fortsch | ID | 2006 |
| Swim | 200FREE | 75-79 | M | 03:08.97 | Joel Brotman | ID | 2019 |
| Swim | 200FREE | 75-79 | M | 03:13.50 | John Ehrenreich | WA | 2006 |
| Swim | 200FREE | 80-84 | M | 02:52.10 | Henry Greenberg | CA | 2002 |
| Swim | 200FREE | 80-84 | M | 04:12.31 | Paul Otter | ID | 2017 |
| Swim | 200FREE | 85-89 | M | 05:55.88 | Andy Anderson | ID | 2011 |
| Swim | 200IM | 60-64 | F | 03:07.82 | Janet Gettling | ID | 2010 |
| Swim | 200IM | 65-69 | F | 03:46.49 | Jane Wright | ID | 2019 |
| Swim | 200IM | 70-74 | F | 03:48.46 | Catherine Brooks | ID | 2019 |

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|------|---------|-------|---|----------|--------------------|----|------|
| Swim | 200IM | 50-54 | M | 02:34.83 | Oliver Cleaver | ID | 2017 |
| Swim | 200IM | 55-59 | M | 03:06.30 | Joe Borman | ID | 2014 |
| Swim | 200IM | 60-64 | M | 03:03.50 | Mark Nering | ID | 2016 |
| Swim | 200IM | 65-69 | M | 02:38.41 | Jim Clemmons | ID | 2019 |
| Swim | 200IM | 65-69 | M | 03:06.28 | Kieth Shaw | AB | 2012 |
| Swim | 200IM | 70-74 | M | 04:13.80 | Michael Fenner | ID | 2019 |
| Swim | 200IM | 75-79 | M | 04:39.38 | Alfred Maguire | ID | 2003 |
| Swim | 200IM | 80-84 | M | 05:33.00 | Alfred Maguire | ID | 2008 |
| Swim | 25BACK | 55-59 | F | 00:23.66 | Marilyn Friedrichm | ID | 1993 |
| Swim | 25BACK | 60-64 | F | 00:26.94 | Dorothy Huston | ID | 1993 |
| Swim | 25BACK | 65-69 | F | 00:28.54 | Beatrice Baldrige | ID | 1993 |
| Swim | 25BACK | 70-74 | F | 00:27.24 | Beatrice Baldrige | ID | 1995 |
| Swim | 25BACK | 75-79 | F | 00:54.74 | Rose Ausman | ID | 1992 |
| Swim | 25BACK | 55-59 | M | 00:22.19 | Chet Hall | ID | 1994 |
| Swim | 25BACK | 65-69 | M | 00:21.20 | Joe Watson | ID | 1993 |
| Swim | 25BACK | 70-74 | M | 00:31.42 | Dan Baer | ID | 1994 |
| Swim | 25BACK | 75-79 | M | 00:45.58 | Bob Keyes | ID | 1994 |
| Swim | 25BACK | 80-84 | M | 00:39.48 | John Bachmann | ID | 1990 |
| Swim | 25BACK | 85-89 | M | 00:42.83 | John Bachmann | ID | 1994 |
| Swim | 25FREE | 55-59 | F | 00:19.62 | Marilyn Friedrichm | ID | 1992 |
| Swim | 25FREE | 60-64 | F | 00:18.23 | Dottie Emert | ID | 1995 |
| Swim | 25FREE | 65-69 | F | 00:31.47 | Lotte Franklin | ID | 1994 |
| Swim | 25FREE | 70-74 | F | 00:23.54 | Carmen McKee | ID | 1992 |
| Swim | 25FREE | 75-79 | F | 00:30.58 | Rose Ausman | ID | 1992 |
| Swim | 25FREE | 55-59 | M | 00:17.88 | Donald Huston | ID | 1992 |
| Swim | 25FREE | 60-64 | M | 00:21.57 | Donald Huston | ID | 1995 |
| Swim | 25FREE | 65-69 | M | 00:17.02 | Joe Watson | ID | 1994 |
| Swim | 25FREE | 70-74 | M | 00:19.51 | Lyle Callow | ID | 1993 |
| Swim | 25FREE | 75-79 | M | 00:17.30 | W. W. Roberts | ID | 1992 |
| Swim | 25FREE | 80-84 | M | 00:28.16 | John Bachmann | ID | 1992 |
| Swim | 25FREE | 85-89 | M | 00:29.60 | John Bachmann | ID | 1995 |
| Swim | 400FREE | 55-59 | F | 10:19.16 | Saundra Schmidt | ID | 2004 |
| Swim | 400FREE | 65-69 | F | 18:01.55 | Dorothy Huston | UT | 2004 |
| Swim | 400FREE | 75-79 | F | 14:10.38 | Elizabeth Keen | ID | 2004 |
| Swim | 400FREE | 50-54 | M | 07:52.00 | Ron Barker | ID | 1998 |
| Swim | 400FREE | 55-59 | M | 09:50.15 | Michael Fenner | ID | 2005 |
| Swim | 400FREE | 65-69 | M | 14:38.53 | Jim Madonna | AK | 2004 |
| Swim | 400FREE | 70-74 | M | 09:38.90 | Andy Anderson | ID | 1998 |
| Swim | 400FREE | 75-79 | M | 12:54.28 | Andy Anderson | ID | 2004 |
| Swim | 400FREE | 80-84 | M | 11:06.00 | Clink Yonaka | NV | 1998 |
| Swim | 500FREE | 50-54 | F | 12:33.42 | Margi Stroh | ID | 2010 |
| Swim | 500FREE | 55-59 | F | 07:43.39 | Jill Wright | ID | 2010 |
| Swim | 500FREE | 60-64 | F | 11:59.44 | Jean Heinz | ID | 2017 |
| Swim | 500FREE | 60-64 | F | 09:01.57 | Coleen Colasito | NV | 2017 |
| Swim | 500FREE | 65-69 | F | 09:32.12 | Jane Wright | ID | 2017 |
| Swim | 500FREE | 65-69 | F | 18:05.50 | Dorothy Huston | AZ | 2003 |
| Swim | 500FREE | 70-74 | F | 09:32.00 | Wendy Weinberg | ID | 2016 |
| Swim | 500FREE | 75-79 | F | 10:38.46 | Dottie Emert | ID | 2009 |
| Swim | 500FREE | 75-79 | F | 10:27.10 | Patricia Hastings | MT | 2014 |
| Swim | 500FREE | 50-54 | M | 05:57.00 | Pete Redetski | ID | 2019 |
| Swim | 500FREE | 50-54 | M | 08:04.09 | James Jeffords | WA | 2012 |
| Swim | 500FREE | 55-69 | M | 06:20.37 | Oliver Cleaver | ID | 2018 |
| Swim | 500FREE | 55-59 | M | 07:30.18 | Craig Murray | CA | 2018 |

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|------|----------|-------|---|----------|---------------------|----|------|
| Swim | 500FREE | 60-64 | M | 06:29.33 | Jeff Bynum | ID | 2018 |
| Swim | 500FREE | 65-69 | M | 06:00.16 | Jim Clemmons | ID | 2019 |
| Swim | 500FREE | 65-69 | M | 13:35.00 | Ivan Maggert | GA | 2008 |
| Swim | 500FREE | 70-74 | M | 06:46.70 | David Fortsch | ID | 2007 |
| Swim | 500FREE | 75-79 | M | 10:48.42 | Andy Anderson | ID | 2003 |
| Swim | 500FREE | 80-84 | M | 08:27.68 | Joel Brotman | ID | 2019 |
| Swim | 50BACK | 50-54 | F | 00:57.16 | Shirley Olen | ID | 1996 |
| Swim | 50BACK | 55-59 | F | 00:37.89 | Blossom Johnston | ID | 2018 |
| Swim | 50BACK | 60-64 | F | 00:51.49 | Marie Baldner | ID | 2006 |
| Swim | 50BACK | 65-69 | F | 00:50.60 | Jane Wright | ID | 2017 |
| Swim | 50BACK | 65-69 | F | 00:53.11 | Diane Kleman | CA | 2008 |
| Swim | 50BACK | 70-74 | F | 00:48.80 | Jane Wright | ID | 2019 |
| Swim | 50BACK | 75-79 | F | 01:10.00 | Elizabeth Keen | ID | 2003 |
| Swim | 50BACK | 75-79 | F | 01:05.40 | Patricia Hastings | MT | 2014 |
| Swim | 50BACK | 80-84 | F | 01:16.48 | Lynn Jensen | ID | 2002 |
| Swim | 50BACK | 50-54 | M | 00:31.73 | Oliver Cleaver | ID | 2016 |
| Swim | 50BACK | 55-59 | M | 00:32.35 | Oliver Cleaver | ID | 2018 |
| Swim | 50BACK | 55-59 | M | 01:06.50 | Robert Kranz | HI | 2007 |
| Swim | 50BACK | 60-64 | M | 00:52.93 | Chet Hall | ID | 1997 |
| Swim | 50BACK | 60-64 | M | 00:38.44 | Keith Murray | VA | 2018 |
| Swim | 50BACK | 65-69 | M | 00:45.62 | Richard Kneidl | ID | 2017 |
| Swim | 50BACK | 65-69 | M | 00:35.33 | Robert Shannon | CA | 2018 |
| Swim | 50BACK | 70-74 | M | 00:45.00 | Bob Keenan | ID | 1991 |
| Swim | 50BACK | 75-79 | M | 01:03.60 | Bob Keenan | ID | 1996 |
| Swim | 50BACK | 75-79 | M | 00:50.03 | John Ehrenreich | WA | 2006 |
| Swim | 50BACK | 80-84 | M | 01:26.70 | John Bachmann | ID | 1992 |
| Swim | 50BACK | 85-89 | M | 02:05.06 | Bob Keyes | ID | 2002 |
| Swim | 50BREAST | 50-54 | F | 00:45.00 | Barbara Cosens | ID | 2008 |
| Swim | 50BREAST | 55-59 | F | 00:41.35 | Blossom Johnston | ID | 2018 |
| Swim | 50BREAST | 60-64 | F | 00:39.89 | Janet Gettling | ID | 2009 |
| Swim | 50BREAST | 60-64 | F | 00:49.00 | Coleen Colasito | NV | 2017 |
| Swim | 50BREAST | 65-69 | F | 00:57.66 | Jean Heinz | ID | 2019 |
| Swim | 50BREAST | 65-69 | F | 00:39.69 | Dorothy Huston | AZ | 2003 |
| Swim | 50BREAST | 70-74 | F | 00:56.91 | Jane Wright | ID | 2019 |
| Swim | 50BREAST | 75-79 | F | 00:59.46 | Dottie Emert | ID | 2009 |
| Swim | 50BREAST | 75-79 | F | 01:07.90 | Patricia Hastings | MT | 2014 |
| Swim | 50BREAST | 80-84 | F | 01:27.75 | Brigitte Richardson | ID | 2017 |
| Swim | 50BREAST | 50-54 | M | 00:33.70 | Oliver Cleaver | ID | 2013 |
| Swim | 50BREAST | 50-54 | M | 00:52.06 | James Jeffords | WA | 2012 |
| Swim | 50BREAST | 55-59 | M | 00:35.73 | Oliver Cleaver | ID | 2019 |
| Swim | 50BREAST | 55-59 | M | 00:42.39 | David Sutherland | WA | 2014 |
| Swim | 50BREAST | 60-64 | M | 00:38.17 | Garth Sears | ID | 2019 |
| Swim | 50BREAST | 60-64 | M | 00:36.84 | Keith Murray | VA | 2018 |
| Swim | 50BREAST | 65-69 | M | 00:45.61 | John Croos | ID | 2010 |
| Swim | 50BREAST | 65-69 | M | 00:38.80 | Karl Kleman | CA | 2008 |
| Swim | 50BREAST | 70-74 | M | 00:35.23 | Robert Strand | ID | 2019 |
| Swim | 50BREAST | 75-79 | M | 00:48.32 | Paul Otter | ID | 2014 |
| Swim | 50BREAST | 75-79 | M | 01:06.80 | John Ehrenreich | WA | 2006 |
| Swim | 50BREAST | 80-84 | M | 00:48.77 | Paul Otter | ID | 2016 |
| Swim | 50BREAST | 85-89 | M | 02:47.37 | Bob Keyes | ID | 2002 |
| Swim | 50FLY | 50-54 | F | 00:39.71 | Jill Wright | ID | 2004 |
| Swim | 50FLY | 55-59 | F | 00:39.46 | Blossom Johnston | ID | 2019 |
| Swim | 50FLY | 60-64 | F | 00:50.80 | Connie Williams | CA | 2008 |

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|------|--------|-------|---|----------|--------------------|----|------|
| Swim | 50FLY | 65-69 | F | 00:49.80 | Jill Wright | ID | 2017 |
| Swim | 50FLY | 70-74 | F | 00:55.98 | Jane Wright | ID | 2019 |
| Swim | 50FLY | 50-54 | M | 00:28.57 | Oliver Cleaver | ID | 2016 |
| Swim | 50FLY | 50-54 | M | 00:34.21 | Henry Greenberg | CA | 2002 |
| Swim | 50FLY | 55-59 | M | 00:35.64 | David Sutherland | WA | 2014 |
| Swim | 50FLY | 55-59 | M | 00:29.00 | Oliver Cleaver | ID | 2018 |
| Swim | 50FLY | 60-64 | M | 00:34.72 | Mark Mering | ID | 2016 |
| Swim | 50FLY | 60-64 | M | 01:06.30 | Ron Snipe | WA | 2006 |
| Swim | 50FLY | 65-69 | M | 00:37.55 | Mark Mering | ID | 2019 |
| Swim | 50FLY | 65-69 | M | 00:32.30 | Robert Shannon | CA | 2018 |
| Swim | 50FLY | 70-74 | M | 00:44.58 | Paul Otter | ID | 2010 |
| Swim | 50FLY | 75-79 | M | 00:46.88 | Paul Otter | ID | 2011 |
| Swim | 50FLY | 75-79 | M | 00:49.40 | John Ehrenreich | WA | 2008 |
| Swim | 50FLY | 80-84 | M | 01:08.90 | Alfred Maguire | ID | 2007 |
| Swim | 50FLY | 60-64 | W | 00:37.23 | Janet Gettling | ID | 2010 |
| Swim | 50FREE | 50-54 | F | 00:38.56 | Sue Langley | ID | 2019 |
| Swim | 50FREE | 55-59 | F | 00:29.03 | Blossom Johnston | ID | 2018 |
| Swim | 50FREE | 60-64 | F | 00:32.60 | Janet Gettling | ID | 2009 |
| Swim | 50FREE | 60-64 | F | 00:45.00 | Connie Williams | CA | 2008 |
| Swim | 50FREE | 65-69 | F | 00:40.50 | Jane Wright | ID | 2017 |
| Swim | 50FREE | 65-69 | F | 00:49.00 | M Kleman | CA | 2008 |
| Swim | 50FREE | 70-74 | F | 00:48.40 | Saralee Warberg | ID | 2005 |
| Swim | 50FREE | 75-79 | F | 00:43.41 | Ineke Ashe | ID | 2019 |
| Swim | 50FREE | 80-84 | F | 01:00.09 | Sherilyn Robison | ID | 2019 |
| Swim | 50FREE | 50-54 | M | 00:25.37 | Oliver Cleaver | ID | 2013 |
| Swim | 50FREE | 50-54 | M | 00:38.00 | James Jeffords | WA | 2012 |
| Swim | 50FREE | 55-59 | M | 00:26.07 | Oliver Cleaver | ID | 2019 |
| Swim | 50FREE | 55-59 | M | 00:30.42 | Craig Murray | CA | 2018 |
| Swim | 50FREE | 60-64 | M | 00:26.81 | Richard Stillinger | ID | 2006 |
| Swim | 50FREE | 65-69 | M | 00:25.65 | Jim Pierce | ID | 2016 |
| Swim | 50FREE | 65-69 | M | 00:29.48 | Robert Shannon | CA | 2018 |
| Swim | 50FREE | 70-74 | M | 00:34.40 | Bob Keenan | ID | 1990 |
| Swim | 50FREE | 75-79 | M | 00:34.58 | Joel Brotman | ID | 2019 |
| Swim | 50FREE | 75-79 | M | 00:37.26 | John Ehrenreich | WA | 2004 |
| Swim | 50FREE | 80-84 | M | 00:43.17 | John Bachmann | ID | 1992 |
| Swim | 50FREE | 85-89 | M | 01:15.35 | Andy Anderson | ID | 2012 |

| Venue | Event | Age | Sex | Record | Holder | State | YR |
|---------------|-----------|-------|-----|----------|------------------|-------|------|
| Track & Field | 100M Dash | 50-54 | F | 00:15.71 | Signe Bedard | ID | 2012 |
| Track & Field | 100M Dash | 50-54 | F | 00:17.90 | Carol Ruth | CA | 2008 |
| Track & Field | 100M Dash | 55-59 | F | 00:16.73 | Angela Kerber | ID | 2019 |
| Track & Field | 100M Dash | 55-59 | F | 00:19.17 | Joyce Taylor | WA | 2017 |
| Track & Field | 100M Dash | 60-64 | F | 00:16.40 | Carolyn Einerson | ID | 2016 |
| Track & Field | 100M Dash | 60-64 | F | 00:18.10 | Betty Schaefer | OR | 2010 |
| Track & Field | 100M Dash | 65-69 | F | 00:17.72 | Verla Boone | ID | 1991 |
| Track & Field | 100M Dash | 65-69 | F | 00:18.40 | Susan Hill | FLA | 2016 |
| Track & Field | 100M Dash | 70-74 | F | 00:19.80 | Edith Kennedy | ID | 1998 |
| Track & Field | 100M Dash | 75-79 | F | 00:21.96 | Patsy Queen | ID | 2015 |
| Track & Field | 100M Dash | 80-84 | F | 00:27.99 | Pat Fujii | ID | 2012 |
| Track & Field | 100M Dash | 85-89 | F | 00:31.62 | Pat Fujii | ID | 2017 |
| Track & Field | 100M Dash | 50-54 | M | 00:12.23 | Kevin Kellum | ID | 2012 |
| Track & Field | 100M Dash | 50-54 | M | 00:12.11 | David Gibbon | UT | 2019 |
| Track & Field | 100M Dash | 55-59 | M | 00:13.00 | Theron Nelson | ID | 1994 |

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|---------------|--------------------|-------|---|----------|-------------------|----|------|
| Track & Field | 100M Dash | 55-59 | M | 00:12.40 | Chris Bayley | AZ | 2016 |
| Track & Field | 100M Dash | 60-64 | M | 00:13.48 | Claude V. Long | ID | 1994 |
| Track & Field | 100M Dash | 60-64 | M | 00:13.48 | John Galazin | ID | 2007 |
| Track & Field | 100M Dash | 60-64 | M | 00:13.23 | Greg Pizza | CA | 2017 |
| Track & Field | 100M Dash | 65-69 | M | 00:13.30 | Claude V. Long | ID | 1996 |
| Track & Field | 100M Dash | 65-69 | M | 00:14.66 | Marlowe Goble | UT | 2012 |
| Track & Field | 100M Dash | 70-74 | M | 00:15.30 | Claude V. Long | ID | 2003 |
| Track & Field | 100M Dash | 70-74 | M | 00:14.59 | Jack Coy | OR | 2002 |
| Track & Field | 100M Dash | 75-79 | M | 00:14.69 | Bill Platts | ID | 2005 |
| Track & Field | 100M Dash | 75-79 | M | 00:16.29 | Paul Flanagan | WA | 2006 |
| Track & Field | 100M Dash | 80-84 | M | 00:15.80 | Bill Platts | ID | 2010 |
| Track & Field | 100M Dash | 80-84 | M | 00:19.47 | John Parker | WY | 2018 |
| Track & Field | 100M Dash | 85-89 | M | 00:20.50 | Howard Walling | ID | 2015 |
| Track & Field | 1500M | 50-54 | F | 05:23.37 | Lois Allen | ID | 2008 |
| Track & Field | 1500M | 50-54 | F | 07:06.30 | Carol Ruth | CA | 2008 |
| Track & Field | 1500M | 55-59 | F | 07:11.70 | Christine Olwn | ID | 2018 |
| Track & Field | 1500M | 60-64 | F | 06:29.00 | Clair Ingraham | ID | 1996 |
| Track & Field | 1500M | 60-64 | F | 08:19.65 | Diane Hall | CA | 2004 |
| Track & Field | 1500M | 65-69 | F | 08:31.20 | Margaret Conner | ID | 2006 |
| Track & Field | 1500M | 65-69 | F | 08:04.50 | Louise Mihay | WA | 2008 |
| Track & Field | 1500M | 70-74 | F | 08:35.82 | Jody Olson | ID | 2002 |
| Track & Field | 1500M | 50-54 | M | 04:48.01 | Bob Walker | ID | 2004 |
| Track & Field | 1500M | 50-54 | M | 04:38.60 | Dave Clingan | OR | 2008 |
| Track & Field | 1500M | 55-59 | M | 05:46.91 | Mike Mitchell | ID | 2017 |
| Track & Field | 1500M | 55-59 | M | 06:40.70 | Michael Shepherd | WA | 2008 |
| Track & Field | 1500M | 60-64 | M | 05:10.03 | Mark Werthmann | ID | 2017 |
| Track & Field | 1500M | 60-64 | M | 05:35.32 | Delmar Kelly | NV | 2018 |
| Track & Field | 1500M | 65-69 | M | 05:32.31 | Bob Walker | ID | 2018 |
| Track & Field | 1500M | 65-69 | M | 05:42.92 | David Waln | OR | 2018 |
| Track & Field | 1500M | 70-74 | M | 05:44.50 | Ken Girton | ID | 2018 |
| Track & Field | 1500M | 70-74 | M | 06:32.00 | Desmond O'rourke | WA | 2010 |
| Track & Field | 1500M | 75-79 | M | 07:08.09 | Joe Zimmer | ID | 2012 |
| Track & Field | 1500M | 75-79 | M | 06:51.20 | Paul Flanagan | WA | 2010 |
| Track & Field | 1500M | 80-84 | M | 07:59.97 | Joe Zimmer | ID | 2015 |
| Track & Field | 1500M | 80-84 | M | 07:00.60 | Paul Flanagan | WA | 2011 |
| Track & Field | 1500M Race/Walk | 50-54 | F | 10:35.00 | Diane Nimitz | ID | 1998 |
| Track & Field | 1500M Race/Walk | 55-59 | F | 12:04.70 | Fayann Lewis | ID | 2011 |
| Track & Field | 1500M Race/Walk | 55-60 | F | 11:01.93 | Sue Cole | UT | 2019 |
| Track & Field | 1500M Race/Walk | 60-64 | F | 09:57.10 | Lynette Schuster | ID | 2016 |
| Track & Field | 1500M Race/Walk | 65-69 | F | 11:13.55 | Lynette Schuster | ID | 2018 |
| Track & Field | 1500M Race/Walk | 70-74 | F | 13:33.00 | Val Greenspn | ID | 2014 |
| Track & Field | 1500M Race/Walk | 75-79 | F | 13:15.09 | Val Greenspn | ID | 2015 |
| Track & Field | 1500M Race/Walk | 80-84 | F | 11:48.11 | Ethel Heaney | ID | 2018 |
| Track & Field | 1500M Race/Walk | 85-89 | F | 16:20.90 | Edith Thomas | ID | 2011 |
| Track & Field | 1500M Race/WalkPwr | 50-54 | F | 11:44.70 | Catherine Gregory | ID | 2018 |
| Track & Field | 1500M Race/WalkPwr | 50-54 | F | 11:21.00 | Sue Cole | UT | 2018 |
| Track & Field | 1500M Race/WalkPwr | 55-59 | F | 11:23.24 | Sue Cole | UT | 2019 |
| Track & Field | 1500M Race/WalkPwr | 55-59 | F | 11:26.79 | Bonnie Rasmusser | ID | 2019 |
| Track & Field | 1500M Race/WalkPwr | 60-64 | F | 12:13.70 | Denice Liley | ID | 2018 |
| Track & Field | 1500M Race/WalkPwr | 60-64 | F | 10:34.10 | Dawna Romney | UT | 2018 |
| Track & Field | 1500M Race/WalkPwr | 65-69 | F | 11:46.90 | Lynette Schuster | ID | 2018 |

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|---------------|--------------------|-------|---|-----------|-------------------|-----|------|
| Track & Field | 1500M Race/WalkPwr | 70-74 | F | 11:54.75 | Barbara Samperisi | ID | 2019 |
| Track & Field | 1500M Race/WalkPwr | 80-84 | F | 11:44.30 | Ethel Heaney | ID | 2018 |
| Track & Field | 1500M Race/Walk | 50-54 | M | 09:14.30 | Steven Dahms | ID | 2016 |
| Track & Field | 1500M Race/Walk | 50-54 | M | 08:30.20 | Eric Johnson | UT | 2011 |
| Track & Field | 1500M Race/Walk | 55-59 | M | 09:28.55 | Steven Dahms | ID | 2017 |
| Track & Field | 1500M Race/Walk | 55-59 | M | 07:46.29 | Eric Johnson | UT | 2019 |
| Track & Field | 1500M Race/Walk | 60-64 | M | 09:01.50 | Gundy Kaupins | ID | 2016 |
| Track & Field | 1500M Race/Walk | 65-69 | M | 09:27.30 | Brion Lowry | ID | 2016 |
| Track & Field | 1500M Race/Walk | 65-69 | M | 11:21.90 | Ken Stewart | OH | 2009 |
| Track & Field | 1500M Race/Walk | 70-74 | M | 12:52.20 | Barney Greenspan | ID | 2016 |
| Track & Field | 1500M Race/Walk | 70-74 | M | 12:02.19 | Robert Linky | UT | 2012 |
| Track & Field | 1500M Race/Walk | 75-79 | M | 11:05.00 | George Pescaru | ID | 2016 |
| Track & Field | 1500M Race/Walk | 75-79 | M | 10:55.00 | Harry Gillis | OR | 1998 |
| Track & Field | 1500M Race/Walk | 85-89 | M | 14:26.00 | Robert Young | ID | 2014 |
| Track & Field | 1500M Race/WalkPwr | 55-59 | M | 09:08.65 | Art Morrow | ID | 2019 |
| Track & Field | 1500M Race/WalkPwr | 70-74 | M | 09:34.90 | Ronald Barker | ID | 2018 |
| Track & Field | 1500M Race/WalkPwr | 70-74 | M | 10:59.90 | LD Boatright | WA | 2018 |
| Track & Field | 1500M Race/WalkPwr | 75-79 | M | 13:05.60 | Barney Greenspan | ID | 2018 |
| Track & Field | 1500M Race/WalkPwr | 80-84 | M | 11:54.80 | Bob Gokey | ID | 2018 |
| Track & Field | 200M | 55-59 | F | :00:35.66 | Angela Kerber | ID | 2019 |
| Track & Field | 200M | 60-64 | F | 00:35.40 | Carolyn Einerson | ID | 2016 |
| Track & Field | 200M | 60-64 | F | 00:40.20 | Betty Schaefer | OR | 2010 |
| Track & Field | 200M | 65-69 | F | 00:44.36 | Margaret Conner | ID | 2006 |
| Track & Field | 200M | 65-69 | F | 00:40.30 | Susan Hill | FLA | 2016 |
| Track & Field | 200M | 70-74 | F | 00:44.20 | Susan Hill | FLA | 2019 |
| Track & Field | 200M | 70-74 | F | 00:47.60 | Margaret Conner | ID | 2008 |
| Track & Field | 200M | 75-79 | F | 00:51.45 | Pat Fujii | ID | 2006 |
| Track & Field | 200M | 80-84 | F | 01:00.80 | Pat Fujii | ID | 2011 |
| Track & Field | 200M | 85-89 | F | 01:33.36 | Pat Fujii | ID | 2019 |
| Track & Field | 200M | 50-54 | M | 00:26.30 | Kevin Kellum | ID | 2011 |
| Track & Field | 200M | 50-54 | M | 00:24.85 | David Gibbon | WA | 2019 |
| Track & Field | 200M | 55-59 | M | 00:27.22 | John Dougherty | ID | 2006 |
| Track & Field | 200M | 55-59 | M | 00:26.20 | Chris Bayley | AZ | 2016 |
| Track & Field | 200M | 60-64 | M | 00:27.07 | John Galazin | ID | 2007 |
| Track & Field | 200M | 60-64 | M | 00:30.11 | Joe Cavan | OR | 2005 |
| Track & Field | 200M | 65-69 | M | 00:27.28 | Glynn Osborn | ID | 2018 |
| Track & Field | 200M | 65-69 | M | 00:33.09 | Franklyn Mosher | CA | 2014 |
| Track & Field | 200M | 70-74 | M | 00:31.10 | Claude V. Long | ID | 2003 |
| Track & Field | 200M | 70-74 | M | 00:29.64 | Jack Coy | OR | 2002 |
| Track & Field | 200M | 75-79 | M | 00:30.80 | Bill Platts | ID | 2004 |
| Track & Field | 200M | 75-79 | M | 00:35.40 | Jack Stoterau | AZ | 2011 |
| Track & Field | 200M | 80-84 | M | 00:36.80 | James Moorhead | ID | 2011 |
| Track & Field | 200M | 80-84 | M | 00:43.18 | Donald Leis | CA | 2012 |
| Track & Field | 200M | 85-89 | M | 00:46.10 | Howard Walling | ID | 2016 |
| Track & Field | 400M | 45-49 | F | 01:28.00 | Angela Kerber | ID | 2011 |
| Track & Field | 400M | 50-54 | F | 01:11.43 | Christine Owen | ID | 2019 |
| Track & Field | 400M | 50-54 | F | 01:26.40 | Susan Hill | CO | 1998 |
| Track & Field | 400M | 55-59 | F | 01:19.50 | Lois Allen | ID | 2011 |
| Track & Field | 400M | 60-64 | F | 01:23.77 | Lois Allen | ID | 2018 |

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|---------------|------|-------|---|----------|-----------------|-----|------|
| Track & Field | 400M | 60-64 | F | 01:31.50 | Betty Schaefer | OR | 2010 |
| Track & Field | 400M | 65-69 | F | 01:42.51 | Margaret Conner | ID | 2006 |
| Track & Field | 400M | 65-69 | F | 01:41.90 | Susan Hill | FLA | 2016 |
| Track & Field | 400M | 70-74 | F | 01:50.60 | Margaret Conner | ID | 2008 |
| Track & Field | 400M | 70-74 | F | 01:49.53 | Susan Hill | FLA | 2019 |
| Track & Field | 400M | 75-79 | F | 01:57.50 | M Marie Jetley | ID | 2013 |
| Track & Field | 400M | 80-84 | F | 02:49.30 | Pat Fujii | ID | 2011 |
| Track & Field | 400M | 85-89 | F | 03:56.10 | Pat Fujii | ID | 2016 |
| Track & Field | 400M | 50-54 | M | 00:57.90 | Brian McKinley | ID | 2005 |
| Track & Field | 400M | 50-54 | M | 01:01.75 | Leondus Worsley | IL | 2014 |
| Track & Field | 400M | 55-59 | M | 01:02.04 | Mark Werthmann | ID | 2013 |
| Track & Field | 400M | 55-59 | M | 01:06.51 | Delmar Kelly | NV | 2014 |
| Track & Field | 400M | 60-64 | M | 01:00.09 | John Galazin | ID | 2006 |
| Track & Field | 400M | 60-64 | M | 01:03.49 | Richard Jolley | UT | 2014 |
| Track & Field | 400M | 65-69 | M | 01:01.34 | Glynn Osborn | ID | 2018 |
| Track & Field | 400M | 65-69 | M | 01:14.62 | David Waln | OR | 2018 |
| Track & Field | 400M | 70-74 | M | 01:16.60 | Jim R. Moorhead | ID | 1998 |
| Track & Field | 400M | 70-74 | M | 01:21.90 | Roger Vergin | WA | 2010 |
| Track & Field | 400M | 75-79 | M | 01:18.50 | Jim R. Moorhead | ID | 2003 |
| Track & Field | 400M | 75-79 | M | 01:17.61 | Paul Flanagan | WA | 2006 |
| Track & Field | 400M | 80-84 | M | 01:42.67 | Joe Zimmer | ID | 2014 |
| Track & Field | 400M | 80-84 | M | 01:58.42 | Donald Leis | CA | 2012 |
| Track & Field | 400M | 85-89 | M | 02:28.20 | Bruce Groves | ID | 1998 |

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|---------------|----------|-------|---|----------|------------------|-----|------|
| Track & Field | 50M Dash | 50-54 | F | 00:08.29 | Signe Bedard | ID | 2012 |
| Track & Field | 50M Dash | 50-54 | F | 00:09.40 | Carol Ruth | CA | 2008 |
| Track & Field | 50M Dash | 55-59 | F | 00:08.75 | Angela Kerber | ID | 2019 |
| Track & Field | 50M Dash | 55-59 | F | 00:09.57 | Joyce Tayler | WA | 2017 |
| Track & Field | 50M Dash | 60-64 | F | 00:08.83 | Carolyn Einerson | ID | 2016 |
| Track & Field | 50M Dash | 65-69 | F | 00:10.83 | Margaret Conner | ID | 2007 |
| Track & Field | 50M Dash | 65-69 | F | 00:10.23 | Susan Hill | FLA | 2016 |
| Track & Field | 50M Dash | 70-74 | F | 00:11.30 | Margaret Conner | ID | 2008 |
| Track & Field | 50M Dash | 75-79 | F | 00:10.99 | Patsy Queen | ID | 2015 |
| Track & Field | 50M Dash | 80-84 | F | 00:13.50 | Pat Fujii | ID | 2011 |
| Track & Field | 50M Dash | 85-89 | F | 00:15.57 | Pat Fujii | ID | 2017 |
| Track & Field | 50M Dash | 50-54 | M | 00:06.68 | Kevin Kellum | ID | 2012 |
| Track & Field | 50M Dash | 50-54 | M | 00:06.70 | Chip Crowl | CA | 2008 |
| Track & Field | 50M Dash | 55-59 | M | 00:07.02 | Curtis Jackson | ID | 2012 |
| Track & Field | 50M Dash | 55-59 | M | 00:06.87 | Chris Bayley | AZ | 2016 |
| Track & Field | 50M Dash | 60-64 | M | 00:07.40 | John Doherty | ID | 2011 |
| Track & Field | 50M Dash | 60-64 | M | 00:07.40 | Pierce Roan | ID | 2008 |
| Track & Field | 50M Dash | 60-64 | M | 00:07.03 | Greg Pizza | CA | 2017 |
| Track & Field | 50M Dash | 65-69 | M | 00:07.29 | Glynn Osborn | ID | 2018 |
| Track & Field | 50M Dash | 65-69 | M | 00:07.70 | Bert Burnham | WA | 2008 |
| Track & Field | 50M Dash | 70-74 | M | 00:08.36 | Morgan Smith | ID | 2014 |
| Track & Field | 50M Dash | 70-74 | M | 00:08.36 | James Lucker | ID | 2012 |
| Track & Field | 50M Dash | 70-74 | M | 00:08.02 | Ronald Tilgner | MT | 2017 |
| Track & Field | 50M Dash | 75-79 | M | 00:08.87 | James Lucker | ID | 2017 |
| Track & Field | 50M Dash | 75-79 | M | 00:08.80 | Darwin Girmm | OR | 2010 |
| Track & Field | 50M Dash | 80-84 | M | 00:08.00 | Bill Platts | ID | 2008 |
| Track & Field | 50M Dash | 80-84 | M | 00:10.01 | John Parker | WY | 2018 |
| Track & Field | 50M Dash | 85-89 | M | 00:08.76 | Bill Platts | ID | 2013 |

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|---------------|-----------------|-------|---|------------|---------------------|----|------|
| Track & Field | 5000M Race/Walk | 50-54 | F | 30:17.00 | Mary Snyder | ID | 2002 |
| Track & Field | 5000M Race/Walk | 55-59 | F | 31:17.00 | Kristin Christensen | ID | 2007 |
| Track & Field | 5000M Race/Walk | 60-64 | F | 30:11.00 | Pamela Holton | ID | 2006 |
| Track & Field | 5000M Race/Walk | 65-69 | F | 31:44.00 | Margaret Conner | ID | 2007 |
| Track & Field | 5000M Race/Walk | 65-69 | F | 37:37.66 | Nancy Linkly | UT | 2012 |
| Track & Field | 5000M Race/Walk | 70-74 | F | 47:35.00 | Val Greenspan | ID | 2014 |
| Track & Field | 5000M Race/Walk | 75-79 | F | 44:33.46 | Ethel Heaney | ID | 2017 |
| Track & Field | 5000M Race/Walk | 50-54 | M | 17:45.00 | Bob Walker | ID | 2006 |
| Track & Field | 5000M Race/Walk | 50-54 | M | 19:22.00 | Larry Mays | WA | 2006 |
| Track & Field | 5000M Race/Walk | 55-59 | M | 29:19.00 | Robert Kranz | HI | 2006 |
| Track & Field | 5000M Race/Walk | 55-59 | M | 32:09.00 | Gundars Kapis | ID | 2014 |
| Track & Field | 5000M Race/Walk | 60-64 | M | 30:03.00 | Don Huston | ID | 1994 |
| Track & Field | 5000M Race/Walk | 65-69 | M | 29:14.00 | Rohit Parekh | ID | 2006 |
| Track & Field | 5000M Race/Walk | 65-69 | M | 28:08.00 | Mike Mills | CO | 2006 |
| Track & Field | 5000M Race/Walk | 70-74 | M | 44:33.08 | Barney Greenspan | ID | 2017 |
| Track & Field | 5000M Race/Walk | 70-74 | M | 36:55.32 | Don Huston | UT | 2004 |
| Track & Field | 5000M Race/Walk | 75-79 | M | 35:54.00 | Bruce Groves | ID | 1991 |
| Track & Field | 5000M Race/Walk | 75-79 | M | 23:46.00 | Paul Flanagan | WA | 2006 |
| Track & Field | 5000M Race/Walk | 80-84 | M | 32:19.00 | Bruce Groves | ID | 1995 |
| Track & Field | 800M | 50-54 | F | 02:41.09 | Christine Olwn | ID | 2018 |
| Track & Field | 800M | 50-54 | F | 03:32.40 | Carol Ruth | CA | 2008 |
| Track & Field | 800M | 55-59 | F | 03:07.67 | Lois Wight | ID | 2012 |
| Track & Field | 800M | 55-59 | F | 03:17.92 | Mary Aiwohi | OR | 2018 |
| Track & Field | 800M | 60-64 | F | 03:16.00 | Clair Ingraham | ID | 1996 |
| Track & Field | 800M | 65-69 | F | 04:16.90 | Margaret Conner | ID | 2003 |
| Track & Field | 800M | 65-69 | F | 03:17.86 | Suzi Maclead | OR | 2002 |
| Track & Field | 800M | 70-74 | F | 04:20.70 | Margaret Conner | ID | 2008 |
| Track & Field | 800M | 50-54 | M | 02:24.42 | Werner Hoeger | ID | 2006 |
| Track & Field | 800M | 50-54 | M | 02:10.50 | Henry James | WA | 2008 |
| Track & Field | 800M | 55-59 | M | 02:23.30 | Bob Walker | ID | 2008 |
| Track & Field | 800M | 55-59 | M | 03:19.90 | Michael Shepherd | WA | 2008 |
| Track & Field | 800M | 60-64 | M | 02:25.66 | John Galazin | ID | 2006 |
| Track & Field | 800M | 60-64 | M | 03:00.30 | Peter Reece | WA | 2018 |
| Track & Field | 800M | 65-69 | M | 02:46.00 | Melvin Branch | ID | 1995 |
| Track & Field | 800M | 65-69 | M | 03:44.35 | Mike Mills | CO | 2006 |
| Track & Field | 800M | 70-74 | M | 03:11.00 | Donald Roberts | ID | 2014 |
| Track & Field | 800M | 70-74 | M | 03:01.30 | Desmond O'Rourke | WA | 2010 |
| Track & Field | 800M | 75-79 | M | 03:30.20 | Joe Zimmer | ID | 2012 |
| Track & Field | 800M | 75-79 | M | 03:06.02 | Paul Flanagan | WA | 2006 |
| Track & Field | 800M | 80-84 | M | 03:56.96 | Bruce Groves | ID | 1992 |
| Track & Field | 800M | 80-84 | M | 03:23.50 | Paul Flanagan | WA | 2011 |
| Track & Field | Discus | 50-54 | F | 84' 10.00" | Yvonne Kirkpatrick | ID | 2008 |
| Track & Field | Discus | 55-59 | F | 78' 00.50" | Yvonne Kirkpatrick | ID | 2012 |
| Track & Field | Discus | 60-64 | F | 74' 02.00" | Yvonne Kirkpatrick | ID | 2015 |
| Track & Field | Discus | 60-64 | F | 56' 03.50" | Mary Clark | IL | 2009 |
| Track & Field | Discus | 65-69 | F | 54' 11.00" | Leigh Connolly | ID | 2012 |
| Track & Field | Discus | 70-74 | F | 52' 06.00" | Edith Kennedy | ID | 1998 |
| Track & Field | Discus | 75-79 | F | 48' 09.00" | Donna Pence | ID | 2017 |
| Track & Field | Discus | 80-84 | F | 30' 01.00" | Lorry Roberts | ID | 2008 |
| Track & Field | Discus | 50-54 | M | 126' 07.50 | Curtis Silvester | ID | 2008 |
| Track & Field | Discus | 50-54 | M | 141' 07.50 | Arlen Olson | WA | 2018 |

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|---------------|----------|-------|---|------|--------|--------------------|----|------|
| Track & Field | Discus | 55-59 | M | 120' | 02.00 | John Tansley | ID | 1995 |
| Track & Field | Discus | 55-59 | M | 142' | 02.00 | Rusty Olsen | WA | 2018 |
| Track & Field | Discus | 60-64 | M | 121' | 08.00 | Jack Way | ID | 2014 |
| Track & Field | Discus | 60-64 | M | 144' | 02.00 | Marvin Orrock | UT | 2014 |
| Track & Field | Discus | 65-69 | M | 133' | 00.00 | Hal Wallace | ID | 1996 |
| Track & Field | Discus | 65-69 | M | 136' | 02.25 | William Lammers | AZ | 2011 |
| Track & Field | Discus | 70-74 | M | 133' | 11.00 | Neil Saling | ID | 2008 |
| Track & Field | Discus | 70-74 | M | 120' | 11.75 | Bob Lawson | WA | 2009 |
| Track & Field | Discus | 75-79 | M | 114' | 00.00 | Hal Wallace | ID | 2003 |
| Track & Field | Discus | 75-79 | M | 104' | 11.00 | Bob Lawson | WA | 2011 |
| Track & Field | Discus | 80-84 | M | 93' | 06.00" | Bill Platts | ID | 2012 |
| Track & Field | Discus | 80-84 | M | 86' | 02.00" | James Osterud | UT | 2017 |
| Track & Field | Discus | 85-89 | M | 84' | 11.00" | Bill Platts | ID | 2008 |
| Track & Field | Discus | 85-89 | M | 44' | 09.00" | Hugh Hackett | NM | 2006 |
| Track & Field | Discus | 90-94 | M | 78' | 05.00' | Bill Platts | ID | 2018 |
| Track & Field | Discus | 90-94 | M | 49' | 09.00" | Herbert Wilkinson | UT | 2014 |
| Track & Field | Football | 50-54 | F | 60' | 02.00" | Katherine Gregory | ID | 2018 |
| Track & Field | Football | 50-54 | F | 90' | 05.00" | Angela Wach | UT | 2013 |
| Track & Field | Football | 55-59 | F | 48' | 01.75" | Gwen Engle | ID | 2009 |
| Track & Field | Football | 55-59 | F | 81' | 01.00" | Joyce Taylor | WA | 2017 |
| Track & Field | Football | 60-64 | F | 69' | 09.75" | Leigh Connolly | ID | 2009 |
| Track & Field | Football | 65-69 | F | 65' | 00.00" | Leigh Connolly | ID | 2012 |
| Track & Field | Football | 70-74 | F | 45' | 02.00" | Leigh Connolly | ID | 2018 |
| Track & Field | Football | 50-54 | M | 138' | 04.00 | James North | ID | 2015 |
| Track & Field | Football | 50-54 | M | 151' | 02.75 | Jerry Ropelato | UT | 2009 |
| Track & Field | Football | 55-59 | M | 158' | 01.00 | Robert Shirts | ID | 2016 |
| Track & Field | Football | 55-59 | M | 116' | 02.75 | Don Parry | UT | 2011 |
| Track & Field | Football | 60-64 | M | 166' | 10.00 | Jack Way | ID | 2014 |
| Track & Field | Football | 60-64 | M | 131' | 05.00 | Greg Pizza | CA | 2017 |
| Track & Field | Football | 65-69 | M | 141' | 00.00 | Joe Rooney | ID | 2014 |
| Track & Field | Football | 65-69 | M | 134' | 10.00 | Doug Endres | CO | 2014 |
| Track & Field | Football | 70-74 | M | 123' | 04.00 | Joe Rooney | ID | 2018 |
| Track & Field | Football | 70-74 | M | 105' | 06.75 | Bob Lawson | WA | 2009 |
| Track & Field | Football | 75-79 | M | 75' | 01.00" | Louie Osuna | ID | 2010 |
| Track & Field | Football | 75-79 | M | 97' | 01.75" | Bob Lawson | WA | 2011 |
| Track & Field | Football | 80-84 | M | 92' | 04.25" | Bill Platts | ID | 2009 |
| Track & Field | Football | 85-89 | M | 99' | 06.00" | Bill Platts | ID | 2016 |
| Track & Field | Hammer | 50-54 | F | 46' | 06.25" | Shannon Ewing | ID | 2010 |
| Track & Field | Hammer | 55-59 | F | 79' | 00.00" | Yvonne Kirkpatrick | ID | 2012 |
| Track & Field | Hammer | 60-64 | F | 85' | 08.00" | Yvonne Kirkpatrick | ID | 2018 |
| Track & Field | Hammer | 60-64 | F | 57' | 11.25" | Leigh Connolly | ID | 2009 |
| Track & Field | Hammer | 60-64 | F | 63' | 04.50" | Mary Clark | IL | 2009 |
| Track & Field | Hammer | 60-64 | F | 54' | 06.50" | Catherine Bishop | KY | 2010 |
| Track & Field | Hammer | 65-69 | F | 55' | 01.50" | Leigh Connolly | ID | 2012 |
| Track & Field | Hammer | 65-69 | F | 66' | 00.00" | William Wuth | GA | 2008 |
| Track & Field | Hammer | 70-74 | F | 56' | 03.50" | Leigh Connolly | ID | 2018 |
| Track & Field | Hammer | 50-54 | M | 102' | 10.50 | Chuck Ewing | ID | 2012 |
| Track & Field | Hammer | 50-54 | M | 111' | 00.00 | Arlen Olson | WA | 2018 |
| Track & Field | Hammer | 55-59 | M | 48' | 08.00" | Jer Hume | ID | 2012 |
| Track & Field | Hammer | 55-59 | M | 84' | 10.75" | Steve Keough | MN | 2010 |
| Track & Field | Hammer | 60-64 | M | 89' | 03.00' | Jer Hume | ID | 2018 |
| Track & Field | Hammer | 60-64 | M | 98' | 03.00" | Bill Deeter | OR | 2009 |
| Track & Field | Hammer | 65-69 | M | 94' | 06.00" | Jay Bair | ID | 2012 |

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|---------------|-----------|-------|---|------------|--------------------|-----|------|
| Track & Field | Hammer | 65-69 | M | 66' 00.00" | William Wuth | GA | 2008 |
| Track & Field | Hammer | 70-74 | M | 108' 02.75 | John Tansley | ID | 2009 |
| Track & Field | Hammer | 70-74 | M | 114' 00.00 | Bob Lawson | WA | 2009 |
| Track & Field | Hammer | 75-79 | M | 62' 03.00 | Larry Johnson | ID | 2018 |
| Track & Field | Hammer | 75-79 | M | 105' 08.75 | Bob Lawson | WA | 2011 |
| Track & Field | Hammer | 85-89 | M | 45' 10.00" | John Jensen | ID | 2008 |
| Track & Field | Hammer | 90-94 | M | 72' 10.50" | Bill Platts | ID | 2018 |
| Track & Field | High Jump | 50-54 | F | 2' 06.00" | Mireya Messner | ID | 1996 |
| Track & Field | High Jump | 50-54 | F | 4' 07.00" | Angela Wach | UT | 2013 |
| Track & Field | High Jump | 55-59 | F | 3' 09.00" | Angela Kerber | ID | 2002 |
| Track & Field | High Jump | 60-64 | F | 3' 10.00" | Joann Behr | ID | 2006 |
| Track & Field | High Jump | 60-64 | F | 3' 02.00" | Mary Clark | IL | 2009 |
| Track & Field | High Jump | 65-69 | F | 2' 09.00" | Patsy Queen | ID | 2006 |
| Track & Field | High Jump | 65-69 | F | 3' 02.00" | Nancy Nelson | OR | 2011 |
| Track & Field | High Jump | 70-74 | F | 3' 05.00" | Susan Hill | FLA | 2019 |
| Track & Field | High Jump | 70-74 | F | 3' 00.00" | Lotte Franklin | ID | 1996 |
| Track & Field | High Jump | 75-79 | F | 2' 07.00" | Patsy Queen | ID | 2014 |
| Track & Field | High Jump | 50-54 | M | 5' 05.00" | Kevin Kellum | ID | 2012 |
| Track & Field | High Jump | 50-54 | M | 5' 03.00" | Dwight McMaster | WA | 2012 |
| Track & Field | High Jump | 55-59 | M | 6' 05.75" | Delmar Kelly | ID | 2010 |
| Track & Field | High Jump | 55-59 | M | 5' 02.00" | Marvin Orrock | UT | 2011 |
| Track & Field | High Jump | 60-64 | M | 4' 09.00" | Ricky Berg | ID | 2006 |
| Track & Field | High Jump | 60-64 | M | 5' 01.00" | Marvin Orrock | UT | 2013 |
| Track & Field | High Jump | 65-69 | M | 4' 04.75" | William Wuth | GA | 2008 |
| Track & Field | High Jump | 65-69 | M | 4' 02.00" | Daniel Packham | ID | 2018 |
| Track & Field | High Jump | 70-74 | M | 4' 03.75" | Dean Dopp | ID | 2011 |
| Track & Field | High Jump | 70-74 | M | 4' 02.00" | Ralph Reiche | UT | 2011 |
| Track & Field | High Jump | 75-79 | M | 3' 06.00" | Robert Asin | ID | 1991 |
| Track & Field | High Jump | 75-79 | M | 4' 00.00" | Ralph Reiche | UT | 2013 |
| Track & Field | High Jump | 80-84 | M | 3' 01.25" | Nolan Packham | ID | 2010 |
| Track & Field | High Jump | 80-84 | M | 3' 06.25" | Ralph Reiche | CA | 2019 |
| Track & Field | High Jump | 85-89 | M | 3' 00.00" | Marcel Rocker | ID | 1996 |
| Track & Field | High Jump | 90-94 | M | 3' 04.00" | Herbert Wilkinson | UT | 2013 |
| Track & Field | Javelin | 50-54 | F | 53' 06.00" | Yvonne Kirkpatrick | ID | 2007 |
| Track & Field | Javelin | 50-54 | F | 85' 08.50" | Allison McCormick | OR | 2010 |
| Track & Field | Javelin | 55-59 | F | 67' 03.00" | Joann Behr | ID | 2002 |
| Track & Field | Javelin | 55-59 | F | 30' 04.00" | Betsy Snipe | WA | 2006 |
| Track & Field | Javelin | 60-64 | F | 59' 00.00" | Mary Schiling | ID | 2018 |
| Track & Field | Javelin | 60-64 | F | 52' 03.50" | Catherine Bishop | KY | 2010 |
| Track & Field | Javelin | 65-69 | F | 51' 04.00" | Leigh Connolly | ID | 2012 |
| Track & Field | Javelin | 70-74 | F | 40' 11.50" | Edith Kennedy | ID | 1998 |
| Track & Field | Javelin | 75-79 | F | 39' 06.00" | Margaret Conner | ID | 2014 |
| Track & Field | Javelin | 80-84 | F | 22' 00.00" | Ethel Heaney | ID | 2018 |
| Track & Field | Javelin | 40-44 | M | 121' 03.75 | Morgan Hick | ID | 2011 |
| Track & Field | Javelin | 50-54 | M | 131' 00.25 | Hugo Jacobsmeyer | ID | 2003 |
| Track & Field | Javelin | 50-54 | M | 143' 07.50 | Walt Chamberlain | OR | 2004 |
| Track & Field | Javelin | 55-59 | M | 157' 04.50 | Robert Shirts | ID | 2016 |
| Track & Field | Javelin | 55-59 | M | 113' 02.25 | Marvin Orrock | UT | 2009 |
| Track & Field | Javelin | 60-64 | M | 146' 05.25 | Hugo Jacobsmeyer | ID | 2009 |
| Track & Field | Javelin | 60-64 | M | 143' 10.50 | Peter Labarge | WA | 2002 |
| Track & Field | Javelin | 65-69 | M | 116' 08.00 | Jack Way | ID | 2017 |
| Track & Field | Javelin | 65-69 | M | 114' 06.00 | Dennis Rider | NV | 2009 |
| Track & Field | Javelin | 70-74 | M | 119' 07.50 | Bill Platts | ID | 2002 |

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|---------------|------------|-------|---|------|--------|--------------------|-----|------|
| Track & Field | Javelin | 70-74 | M | 163' | 02.50 | Gary Stenlund | WA | 2010 |
| Track & Field | Javelin | 75-79 | M | 121' | 08.50 | Bill Platts | ID | 2004 |
| Track & Field | Javelin | 75-79 | M | 89' | 06.00" | Bob Lawson | WA | 2011 |
| Track & Field | Javelin | 80-84 | M | 115' | 08.00 | Bill Platts | ID | 2010 |
| Track & Field | Javelin | 80-84 | M | 73' | 04.00" | James Osterud | UT | 2017 |
| Track & Field | Javelin | 85-89 | M | 109' | 10.00 | Bill Platts | ID | 2014 |
| Track & Field | Javelin | 85-89 | M | 48' | 07.00" | Hugh Hackett | NM | 2006 |
| Track & Field | Javelin | 90-94 | M | 97' | 05.00" | Bill Platts | ID | 2018 |
| Track & Field | Javelin | 90-94 | M | 44' | 09.00" | Herbert Wilkinson | UT | 2014 |
| Track & Field | Long Jump | 50-54 | F | 12' | 02.00" | Angela Kerber | ID | 2014 |
| Track & Field | Long Jump | 50-54 | F | 11' | 11.00" | Angela Wach | UT | 2013 |
| Track & Field | Long Jump | 55-59 | F | 11' | 09.00" | Angela Kerber | ID | 2019 |
| Track & Field | Long Jump | 55-59 | F | 06' | 03.25" | Betsy Snipe | WA | 2006 |
| Track & Field | Long Jump | 60-64 | F | 10' | 04.50" | Joann Behr | ID | 2006 |
| Track & Field | Long Jump | 60-64 | F | 07' | 01.25" | Mary Clark | IL | 2009 |
| Track & Field | Long Jump | 65-69 | F | 09' | 07.00" | Edith Kennedy | ID | 1995 |
| Track & Field | Long Jump | 65-69 | F | 03' | 06.00" | Susan Hill | FLA | 2016 |
| Track & Field | Long Jump | 70-74 | F | 08' | 07.00" | Edith Kennedy | ID | 1998 |
| Track & Field | Long Jump | 75-79 | F | 07' | 06.00" | Patsy Queen | ID | 2015 |
| Track & Field | Long Jump | 80-84 | F | 05' | 09.25" | Pat Fujii | ID | 2013 |
| Track & Field | Long Jump | 85-89 | F | 03' | 11.00" | Pat Fujii | ID | 2016 |
| Track & Field | Long Jump | 50-54 | M | 19' | 01.00" | Kevin Kellum | ID | 2012 |
| Track & Field | Long Jump | 50-54 | M | 18' | 09.00" | Scott Williams | MT | 2012 |
| Track & Field | Long Jump | 55-59 | M | 16' | 02.00" | Daniel Packham | ID | 2011 |
| Track & Field | Long Jump | 55-59 | M | 16' | 07.00" | Steve Worley | OR | 2010 |
| Track & Field | Long Jump | 60-64 | M | 16' | 10.75" | Daniel Packham | ID | 2013 |
| Track & Field | Long Jump | 60-64 | M | 15' | 05.00" | Tom Obray | UT | 2017 |
| Track & Field | Long Jump | 65-69 | M | 14' | 08.00" | Daniel Packham | ID | 2018 |
| Track & Field | Long Jump | 65-69 | M | 13' | 09.00" | William Wuth | GA | 2008 |
| Track & Field | Long Jump | 70-74 | M | 13' | 05.00" | Bill Platts | ID | 1998 |
| Track & Field | Long Jump | 70-74 | M | 13' | 01.25" | Roger Vergin | WA | 2010 |
| Track & Field | Long Jump | 75-79 | M | 12' | 03.25" | Bill Platts | ID | 2003 |
| Track & Field | Long Jump | 75-79 | M | 9' | 01.00" | Duncan Beck | WI | 2017 |
| Track & Field | Long Jump | 80-84 | M | 11' | 09.50" | Bill Platts | ID | 2010 |
| Track & Field | Long Jump | 80-84 | M | 09' | 01.00" | Donald Leis | CA | 2012 |
| Track & Field | Long Jump | 85-89 | M | 11' | 11.75" | Bill Platts | ID | 2015 |
| Track & Field | Long Jump | 90-94 | M | 09' | 11.05" | Bill Platts | ID | 2019 |
| Track & Field | Pole Vault | 50-54 | F | 05' | 00.00" | Lisa Hlavinka | ID | 2019 |
| Track & Field | Pole Vault | 60-64 | F | 04' | 03.75" | Mary Clark | IL | 2009 |
| Track & Field | Pole Vault | 50-54 | M | 10' | 01.00" | Darin Hlavinka | ID | 2018 |
| Track & Field | Pole Vault | 50-54 | M | 13' | 00.00" | Louis Baucom | WA | 2008 |
| Track & Field | Pole Vault | 55-59 | M | 07' | 06.75" | Daniel Packham | ID | 2011 |
| Track & Field | Pole Vault | 60-64 | M | 10' | 06.00" | Bruce Perkins | ID | 2006 |
| Track & Field | Pole Vault | 60-64 | M | 07' | 06.50" | Charles Bishop | KY | 2010 |
| Track & Field | Pole Vault | 65-69 | M | 06' | 03.00" | Roger DeJonge | ID | 2017 |
| Track & Field | Pole Vault | 65-69 | M | 09' | 06.00" | Mardo Connelly | NV | 2008 |
| Track & Field | Pole Vault | 70-74 | M | 08' | 01.00" | Gary Wuest | CA | 2018 |
| Track & Field | Pole Vault | 80-84 | M | 07' | 06.00" | Rudene Perkins | ID | 2006 |
| Track & Field | Pole Vault | 80-84 | M | 05' | 00.00" | John Parker | WY | 2018 |
| Track & Field | Pole Vault | 85-89 | M | 5' | 00.00" | Ed Kent | ID | 2018 |
| Track & Field | Shot Put | 50-54 | F | 32' | 08.00" | Charlayne Streeter | ID | 2018 |
| Track & Field | Shot Put | 55-59 | F | 31' | 04.25" | Yvonne Kirkpatrick | ID | 2010 |

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|---------------|----------|-------|---|------|--------|--------------------|-----|------|
| Track & Field | Shot Put | 55-59 | F | 27' | 11.00" | Joyce Taylor | WA | 2017 |
| Track & Field | Shot Put | 60-64 | F | 28' | 03.00" | Yvonne Kirkpatrick | ID | 2015 |
| Track & Field | Shot Put | 60-64 | F | 24' | 03.50" | Mary Clark | IL | 2009 |
| Track & Field | Shot Put | 65-69 | F | 26' | 08.00" | Yvonne Kirkpatrick | ID | 2019 |
| Track & Field | Shot Put | 65-69 | F | 20' | 08.00" | Susan Hill | FLA | 2016 |
| Track & Field | Shot Put | 70-74 | F | 18' | 09.00" | Monica Ray | ID | 2019 |
| Track & Field | Shot Put | 70-74 | F | 20' | 09.00" | Susan Hill | FLA | 2019 |
| Track & Field | Shot Put | 75-79 | F | 19' | 10.00" | Donna Pence | ID | 2017 |
| Track & Field | Shot Put | 80-84 | F | 12' | 06.00" | Lorry Roberts | ID | 2008 |
| Track & Field | Shot Put | 50-54 | M | 44' | 09.00" | Kevin Kullander | ID | 2013 |
| Track & Field | Shot Put | 50-54 | M | 40' | 00.50" | Melvin Sadler | UT | 2012 |
| Track & Field | Shot Put | 55-59 | M | 40' | 00.50" | Hugo Jacobsmeyer | ID | 2004 |
| Track & Field | Shot Put | 55-59 | M | 39' | 09.50" | Rusty Olsen | WA | 2018 |
| Track & Field | Shot Put | 60-64 | M | 40' | 02.00" | Monty Reher | ID | 2019 |
| Track & Field | Shot Put | 60-64 | M | 43' | 05.50" | Jerry Ford | OR | 2007 |
| Track & Field | Shot Put | 65-69 | M | 40' | 09.00" | Jay Bair | ID | 2015 |
| Track & Field | Shot Put | 65-69 | M | 40' | 07.75" | William Lammers | AZ | 2011 |
| Track & Field | Shot Put | 70-74 | M | 42' | 03.00" | Jay Bair | ID | 2017 |
| Track & Field | Shot Put | 70-74 | M | 43' | 01.50" | William Harvey | NV | 2018 |
| Track & Field | Shot Put | 75-79 | M | 36' | 01.00" | Hal Wallace | ID | 2004 |
| Track & Field | Shot Put | 75-79 | M | 31' | 09.00" | Bob Lawson | WA | 2011 |
| Track & Field | Shot Put | 80-84 | M | 30' | 06.00" | Bill Godfrey | ID | 2018 |
| Track & Field | Shot Put | 80-84 | M | 31' | 08.00" | Will Godfrey | ID | 2019 |
| Track & Field | Shot Put | 80-84 | M | 31' | 09.00" | James Osterud | UT | 2017 |
| Track & Field | Shot Put | 85-89 | M | 33' | 00.50" | Bill Platts | ID | 2015 |
| Track & Field | Shot Put | 85-89 | M | 18' | 08.00" | Hugh Hackett | NM | 2006 |
| Track & Field | Shot Put | 90-94 | M | 29' | 02.00" | Bill Platts | ID | 2018 |
| Track & Field | Shot Put | 90-94 | M | 26' | 00.00" | Herbert Wilkinsen | UT | 2013 |
| Track & Field | Softball | 50-54 | F | 138' | 02.00 | Laura Burgan | ID | 2018 |
| Track & Field | Softball | 50-54 | F | 109' | 00.00 | Angela Wach | UT | 2013 |
| Track & Field | Softball | 55-59 | F | 120' | 09.25 | Joann Behr | ID | 2002 |
| Track & Field | Softball | 55-59 | F | 94' | 06.00" | Joyce Taylor | WA | 2017 |
| Track & Field | Softball | 60-64 | F | 120' | 03.00 | Joann Behr | ID | 2006 |
| Track & Field | Softball | 65-69 | F | 78' | 10.00" | Leigh Connolly | ID | 2012 |
| Track & Field | Softball | 65-69 | F | 77' | 07.25" | Dorothy Huston | UT | 2005 |
| Track & Field | Softball | 70-74 | F | 71' | 02.00" | Edith Kennedy | ID | 1998 |
| Track & Field | Softball | 75-79 | F | 53' | 09.50" | Lorry Roberts | ID | 2002 |
| Track & Field | Softball | 80-84 | F | 42' | 03.00" | Lorry Roberts | ID | 2008 |
| Track & Field | Softball | 50-54 | M | 232' | 02.25 | John Doherty | ID | 2002 |
| Track & Field | Softball | 50-54 | M | 198' | 06.50 | Jerry Ropelato | UT | 2009 |
| Track & Field | Softball | 55-59 | M | 202' | 05.00 | Hugo Jacobsmeyer | ID | 2006 |
| Track & Field | Softball | 55-59 | M | 175' | 04.00 | Eric Johnson | UT | 2017 |
| Track & Field | Softball | 60-64 | M | 223' | 07.75 | James Thompson | ID | 2009 |
| Track & Field | Softball | 60-64 | M | 195' | 07.00 | Greg Pizza | CA | 2017 |
| Track & Field | Softball | 65-69 | M | 199' | 03.00 | James Thompson | ID | 2012 |
| Track & Field | Softball | 65-69 | M | 173' | 01.00 | Gary Wuest | CA | 2014 |
| Track & Field | Softball | 70-74 | M | 183' | 10.50 | Bill Platts | ID | 2002 |
| Track & Field | Softball | 70-74 | M | 169' | 07.00 | Gary Wuest | CA | 2017 |
| Track & Field | Softball | 75-79 | M | 154' | 11.50 | Bill Platts | ID | 2003 |
| Track & Field | Softball | 75-79 | M | 137' | 05.00 | Bob Lawson | WA | 2011 |
| Track & Field | Softball | 80-84 | M | 130' | 01.75 | Bill Platts | ID | 2010 |
| Track & Field | Softball | 85-89 | M | 108' | 00.00 | Bill Platts | ID | 2015 |

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|---------------|--------------------|-------|---|------------|--------------------|----|------|
| Track & Field | Softball | 90-94 | M | 81' 02.00" | Bill Platts | ID | 2018 |
| Track & Field | Softball | 90-94 | M | 72' 08.00" | Herbert Wilkinson | UT | 2013 |
| Track & Field | Standing Long Jump | 50-54 | F | 5' 11.50" | Yvonne Kirkpatrick | ID | 2005 |
| Track & Field | Standing Long Jump | 50-54 | F | 7' 05.25" | Angela Wach | UT | 2013 |
| Track & Field | Standing Long Jump | 55-59 | F | 6' 05.00" | Candace Argo | ID | 2012 |
| Track & Field | Standing Long Jump | 55-59 | F | 5' 07.00" | Joyce Taylor | WA | 2017 |
| Track & Field | Standing Long Jump | 60-64 | F | 6' 05.00" | Joann Behr | ID | 2006 |
| Track & Field | Standing Long Jump | 60-64 | F | 5' 06.00" | Nancy Nelson | OR | 2010 |
| Track & Field | Standing Long Jump | 65-69 | F | 5' 06.00" | Yvonne Kirkpatrick | ID | 2019 |
| Track & Field | Standing Long Jump | 65-69 | F | 5' 04.00" | Nancy Nelson | OR | 2011 |
| Track & Field | Standing Long Jump | 70-74 | F | 4' 02.00" | Pat Fujii | ID | 2006 |
| Track & Field | Standing Long Jump | 75-79 | F | 4' 04.00" | Pat Fujii | ID | 2008 |
| Track & Field | Standing Long Jump | 80-84 | F | 3' 05.00" | Pat Fujii | ID | 2013 |
| Track & Field | Standing Long Jump | 85-89 | F | 2' 11.00" | Pat Fujii | ID | 2016 |
| Track & Field | Standing Long Jump | 50-54 | M | 8' 07.00" | Kevin Kullander | ID | 2013 |
| Track & Field | Standing Long Jump | 50-54 | M | 8' 06.00" | Melvin Sadler | UT | 2012 |
| Track & Field | Standing Long Jump | 55-59 | M | 8' 07.00" | Daniel Packham | ID | 2012 |
| Track & Field | Standing Long Jump | 55-59 | M | 8' 08.00" | Chris Bayley | AZ | 2016 |
| Track & Field | Standing Long Jump | 60-64 | M | 8' 09.00" | Daniel Packham | ID | 2013 |
| Track & Field | Standing Long Jump | 60-64 | M | 8' 05.00" | Marvin Orrock | UT | 2013 |
| Track & Field | Standing Long Jump | 65-69 | M | 8' 01.00" | Daniel Packham | ID | 2018 |
| Track & Field | Standing Long Jump | 65-69 | M | 7' 04.50" | Bert Burnham | WA | 2008 |
| Track & Field | Standing Long Jump | 70-74 | M | 7' 05.00" | Will Godfrey | ID | 2008 |
| Track & Field | Standing Long Jump | 70-74 | M | 6' 08.00" | Ronald Tilgner | MT | 2017 |
| Track & Field | Standing Long Jump | 75-79 | M | 6' 11.25" | Will Godfrey | ID | 2014 |
| Track & Field | Standing Long Jump | 75-79 | M | 7' 03.25" | Darwin Girmm | OR | 2010 |
| Track & Field | Standing Long Jump | 80-84 | M | 5' 10.00" | Will Godfrey | ID | 2018 |
| Track & Field | Standing Long Jump | 85-89 | M | 3' 11.00" | Hugh Hackett | NM | 2006 |
| Track & Field | Standing Long Jump | 90-94 | M | 4' 09.00" | Herbert Wilkinson | UT | 2013 |
| Track & Field | Triple Jump | 50-54 | F | 24' 02.00" | Angela Kerber | ID | 2014 |
| Track & Field | Triple Jump | 55-59 | F | 24' 10.00" | Angela Kerber | ID | 2018 |
| Track & Field | Triple Jump | 55-59 | F | 11' 01.00" | Betsy Snipe | WA | 2006 |
| Track & Field | Triple Jump | 60-64 | F | 19' 05.25" | Yvonne Kirkpatrick | ID | 2015 |
| Track & Field | Triple Jump | 60-64 | F | 15' 04.25" | Mary Clark | IL | 2009 |
| Track & Field | Triple Jump | 65-69 | F | 16' 11.75" | Nancy Nelson | OR | 2011 |
| Track & Field | Triple Jump | 80-84 | F | 12' 07.75" | Pat Fujii | ID | 2013 |
| Track & Field | Triple Jump | 85-89 | F | 10' 05.50" | Pat Fujii | ID | 2016 |
| Track & Field | Triple Jump | 50-54 | M | 34' 01.50" | Kevin Kullander | ID | 2013 |
| Track & Field | Triple Jump | 50-54 | M | 32' 05.00" | Bradley Shell | NV | 2018 |
| Track & Field | Triple Jump | 55-59 | M | 31' 08.50" | Daniel Packham | ID | 2012 |
| Track & Field | Triple Jump | 55-59 | M | 29' 08.50" | Don Parry | UT | 2011 |
| Track & Field | Triple Jump | 60-64 | M | 33' 07.00" | Daniel Packham | ID | 2016 |
| Track & Field | Triple Jump | 60-64 | M | 31' 11.00" | Tom O Bray | UT | 2017 |
| Track & Field | Triple Jump | 65-69 | M | 28'10.00" | Daniel Packham | ID | 2018 |
| Track & Field | Triple Jump | 65-69 | M | 26' 08.50" | William Wuth | GA | 2008 |
| Track & Field | Triple Jump | 70-74 | M | 23' 09.00" | Frank Mosher | ID | 2019 |
| Track & Field | Triple Jump | 70-74 | M | 31' 04.00" | Ronald Tilgner | MT | 2017 |
| Track & Field | Triple Jump | 75-79 | M | 20' 10.00" | Darrel Short | ID | 2015 |
| Track & Field | Triple Jump | 75-79 | M | 19' 03.00" | Duncan Beck | WI | 2017 |
| Track & Field | Triple Jump | 80-84 | M | 14' 10.00" | Rudene Perkins | ID | 2006 |
| Track & Field | Triple Jump | 80-84 | M | 19' 09.00" | Donald Leis | CA | 2012 |
| Track & Field | Triple Jump | 85-89 | M | 10' 11.00" | Hugh Hackett | NM | 2006 |

| Venue | Event | Age | Sex | Record | Holder | State | YR |
|-----------|---------|-------|-----|-----------|-----------------|-------|------|
| Triathlon | Olympic | 55-59 | F | 3:12:28.0 | Lorraine Lewis | AZ | 2014 |
| Triathlon | Olympic | 60-64 | F | ##### | Terry Dorn | ID | 2009 |
| Triathlon | Olympic | 50-54 | M | ##### | David Knotts | ID | 2009 |
| Triathlon | Olympic | 55-59 | M | ##### | Jim Everett | ID | 2009 |
| Triathlon | Olympic | 55-59 | M | ##### | Paul Meier | WA | 2009 |
| Triathlon | Olympic | 65-69 | M | ##### | Ken Stephens | ID | 2009 |
| Triathlon | Olympic | 70-74 | M | ##### | Ken Stephens | ID | 2017 |
| Triathlon | Sprint | 50-54 | F | ##### | Karla Edwards | MT | 2009 |
| Triathlon | Sprint | 55-59 | F | ##### | Diane McGarvey | ID | 2008 |
| Triathlon | Sprint | 60-64 | F | ##### | Jane Wright | ID | 2012 |
| Triathlon | Sprint | 65-69 | F | ##### | Jane Wright | ID | 2014 |
| Triathlon | Sprint | 50-54 | M | ##### | Gene Allwine | ID | 2008 |
| Triathlon | Sprint | 50-54 | M | ##### | Steven Westphal | MT | 2009 |
| Triathlon | Sprint | 55-59 | M | ##### | Tim Rohrer | ID | 2017 |
| Triathlon | Sprint | 60-64 | M | ##### | Marcus Hamilton | ID | 2010 |
| Triathlon | Sprint | 65-69 | M | ##### | Michael Fenner | ID | 2013 |
| Triathlon | Sprint | 70-74 | M | ##### | Joe Zimmer | ID | 2008 |
| Triathlon | Sprint | 80-84 | M | ##### | Charley French | ID | 2009 |