



JOHN DISTERDICK

A T H L E T I C R E S U M E



They who wait for the Lord
shall renew their strength;
they shall mount up with wings like eagles;
they shall run and not be weary;
they shall walk and not faint.

ISAIAH 40:1 ESV



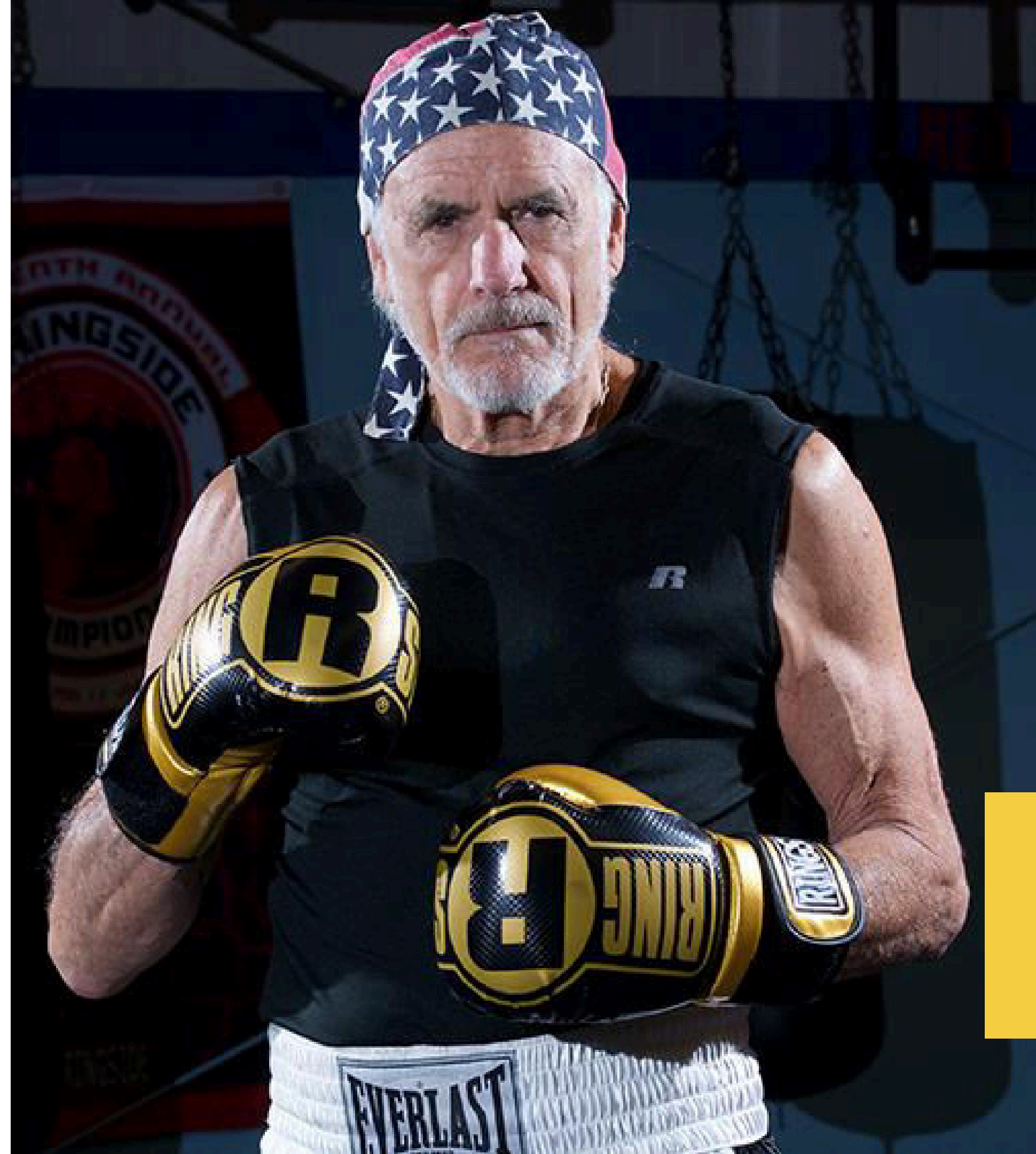
2007 – MASTER ATHLETE OF THE YEAR

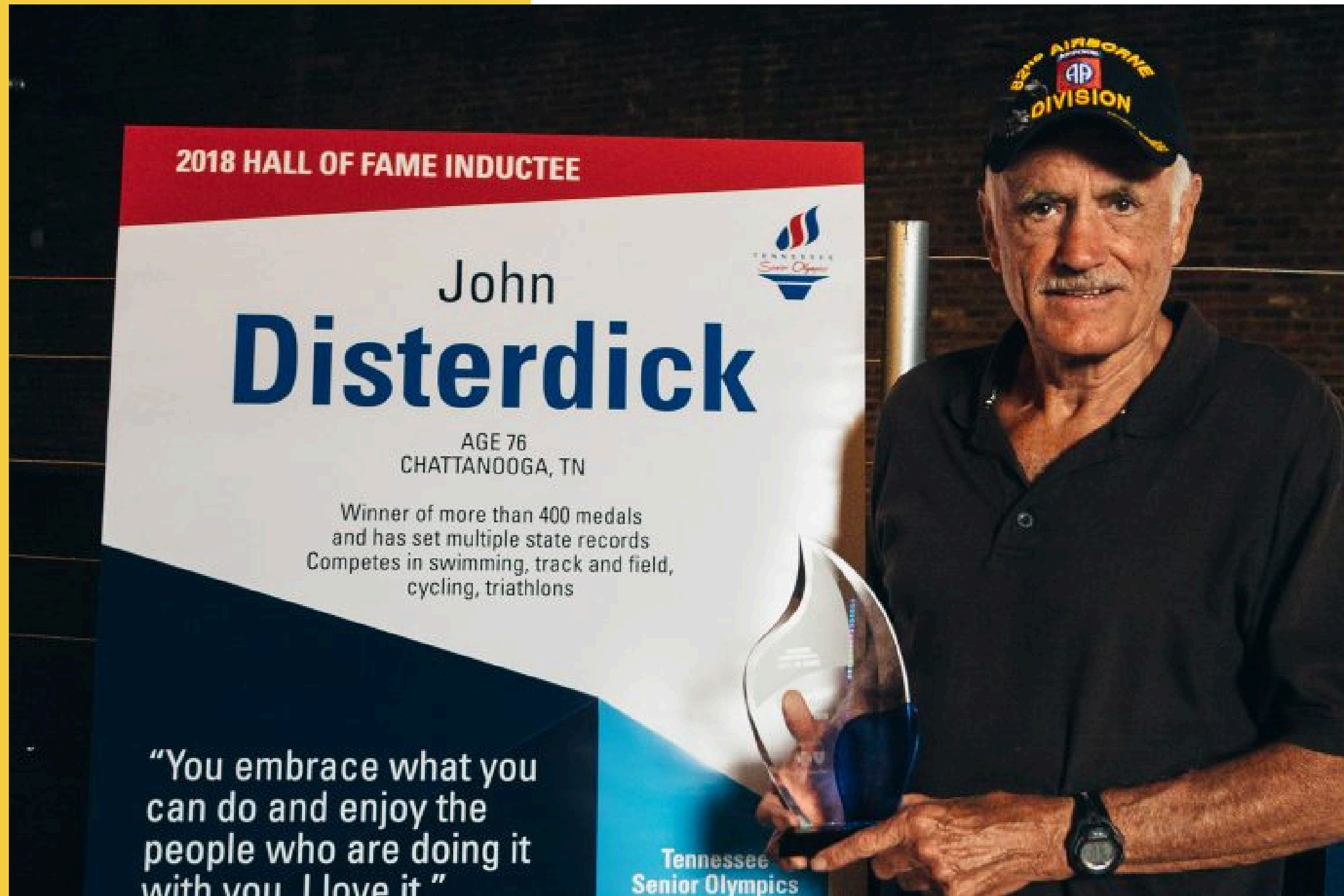
Master Athlete Magazine

MASTERS

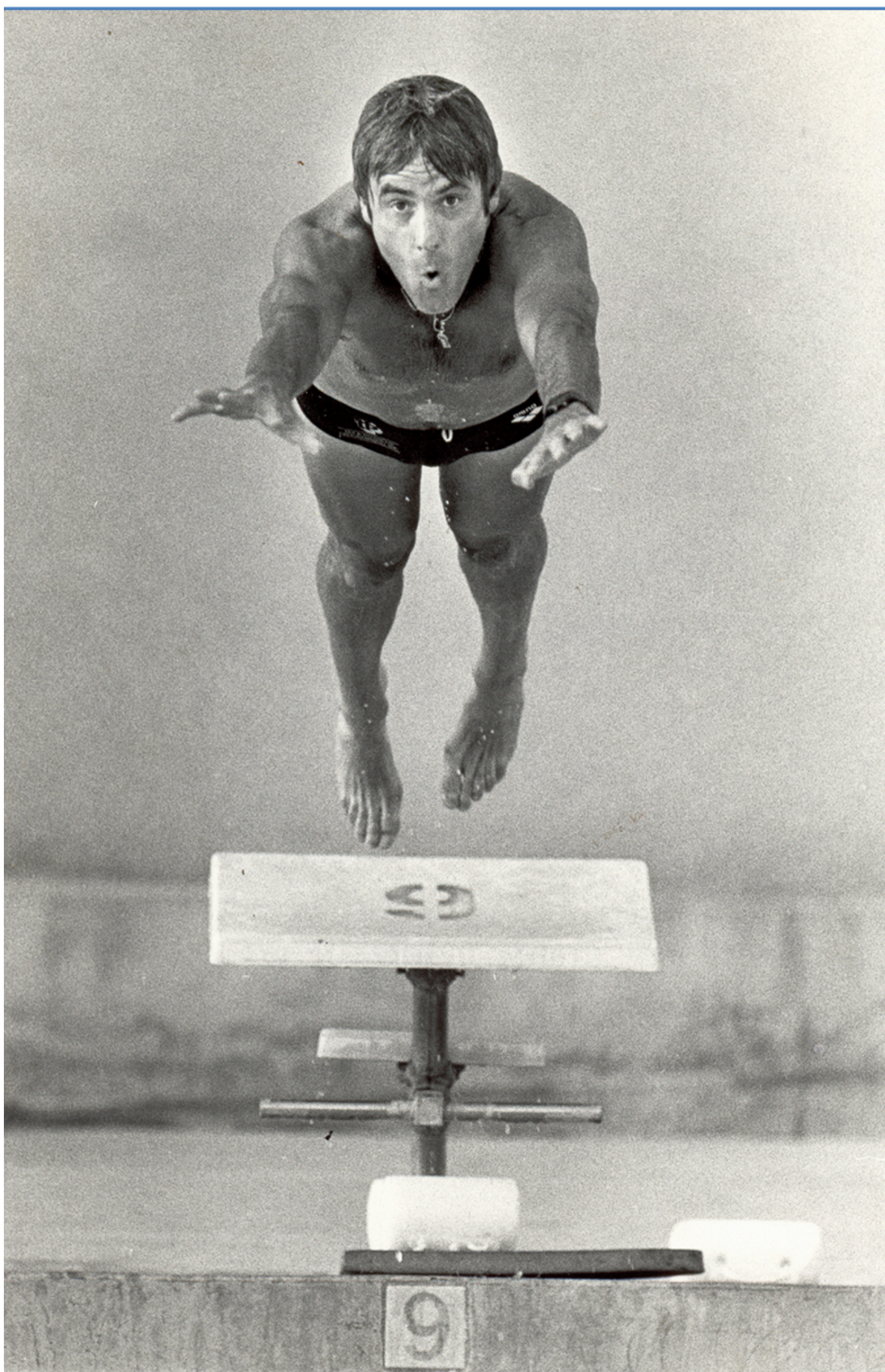
BOXING CHAMPION

His name is John Disterdick and his reign in the Masters boxing division began in 2007. Ten years later he's hanging up the gloves having won more boxing title belts than Floyd Mayweather Jr. and Manny Pacquiao put together. That's 13 Belts including Master Boxing Hall of Fame and Chattanooga Hall of Fame





2018 TENNESSEE SENIOR OLYMPICS HALL OF FAME INDUCTEE



SWIMMING

1960 – Present

Purdue Swim Team – Co-Captain

Relay team record

4 years – swam in every meet

1982 – National Open Water swim – 3rd

2003 – 2015 Senior Olympics Local, State & Nationals

*Set 2 TN. State records in Senior Olympics see Senior Olympics data.

2017 – Auburn – 100 IN (2nd), 50 f (2nd), 200 f (2nd), 500 f (4th), 50 back (2nd), 100 f (1st)

Sewanee – 100 f (1st), 50 f (1st), 500 f (2nd),

200 f (1st), 25 butterfly (1st), 25 f (2nd)

National Senior Olympics – 1 Gold, 2 Silver, 1 B

2018 – See Senior Olympics Local and State

2020 – Covid

2021 – cancelled swimming @ Huntsman due to torn Rotator Cuff

2022 – Tennessee Senior Games – National Senior Games – see results

2023 – Tennessee & Florida Senior Games – Huntsman World Masters – National Senior Games

2024 – Tennessee & Florida Senior Games – Huntsman World Masters – Pan Am Masters



SUPER KART RACING

1982 – 1985

1982 – 1985 3 races per year – several top 5

1985 – 4th in Nationals (125 Shifter class)

MILITARY

1965 - 1968

82nd Airborne Sports Skydiving Team
3rd Army Track Team - 1st in High Jump
(6'1")

1965 - Army Boxing



SPEED SKIING AND SLALOM SKIING

1968 – 2007

1973 – 1976 Catalina Ski Race

- First in Jet Ski class
- 11th overall of 104
- 1st in veterans

1974 – 2nd in Nationals

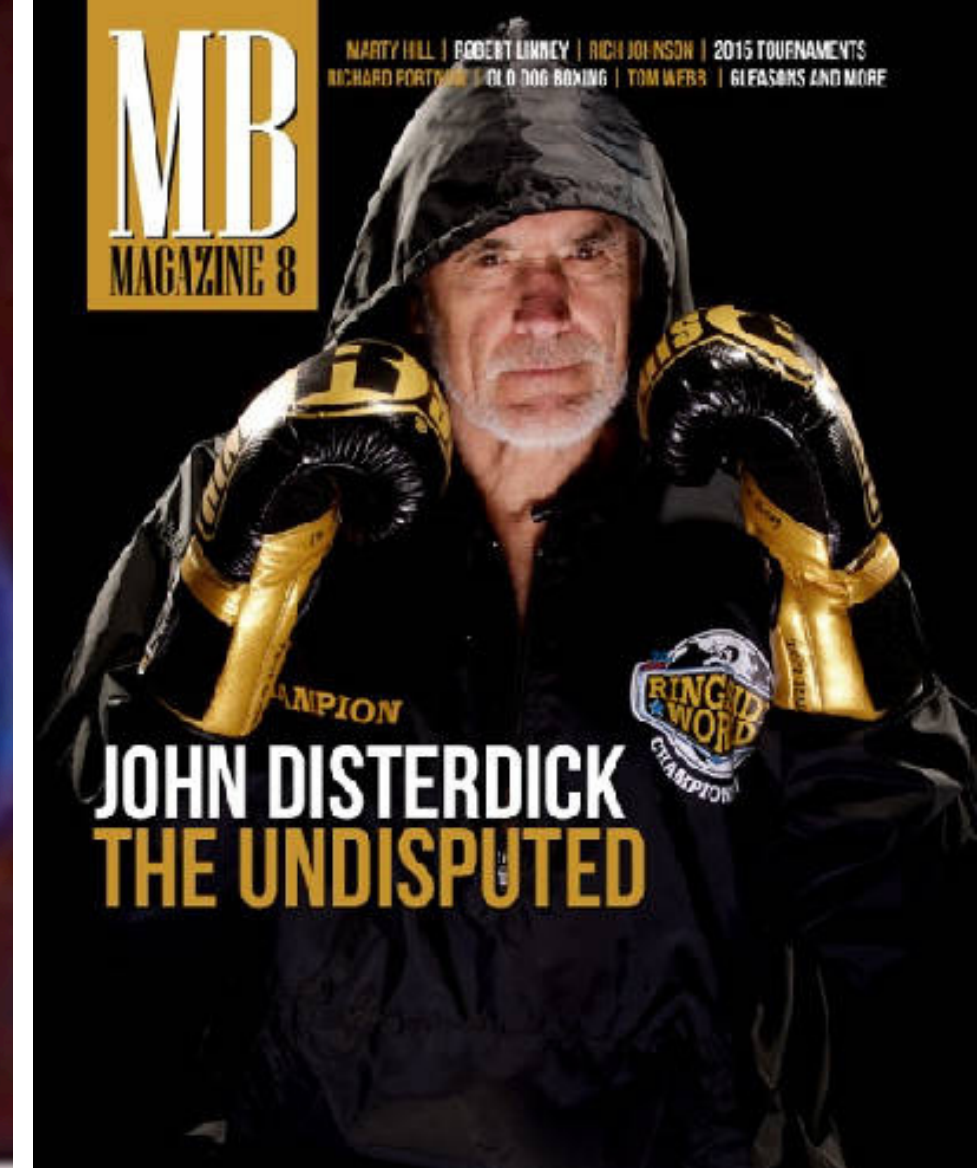
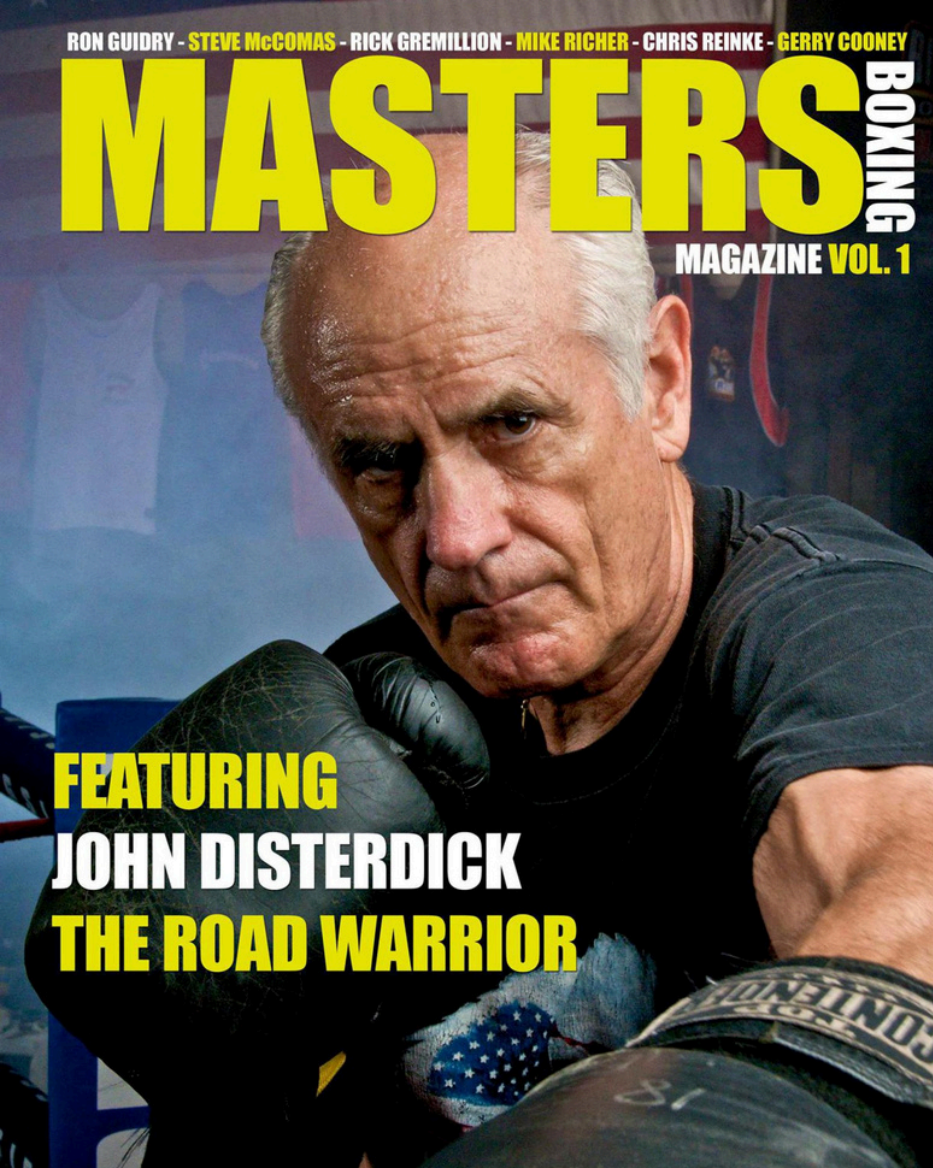
1975 – Santa Barbara open – 3rd overall

1975– Las Vegas 75 mile race – 1st in class

1976 – National Champion-1stClocked at 108 MPH

2007 – Slalom Ski Tournament -1st





BOXING

1965 – Present

- 1965 – 1967 US Army
- 1972 – 1978 Sparring partner of Randy Shields
 - 4th ranked welter weight in the world
- 2007 – World Masters Lt. Hwt. Champion (belt # 1)
- 2008 – World Masters Lt. Hwt. Champion (belt #2)
- 2009 – World Masters Lt. Hwt. Champion (belt #3)
- 2009 – National Title (Memphis TN.)
- 2010 – Nashville Super Heavyweight match – won
- 2010 – World Masters Heavyweight Champion (belt #4)
- 2011 – World Masters Heavyweight Champion (belt #5)
- 2012 – World Master Champion – Ringside (belt #6)

- 2012 – World Masters Title (knee issue) (belt #7)
 - Inducted into Chattanooga Hall of Fame
- 2013 – World Masters Title (belt #8) most in history
- 2014 – World Master Title (belt #9)
- 2014 – Title Bout in Atlanta (belt #10)
- 2014 – Ringside World Championship (belt #11) –
 - Most belts and World Titles in Master Boxing
 - “Undefeated” – First inductee to Hall of Fame
- 2020 – Exhibition bout with Rick Bobigian – only loss

TRIATHLONS

1965 -2007

- 1979 - 1981 Numerous races around USA - mostly 1st - 3rd
- 1982 - Hawaii Ironman World Championship - 3rd Masters
- 1982 - Triathlon National Short Course Championship - 3rd
- 1983 - Long distance n - 2nd
- 1983- U.S. Championship - Ricoh Ironman 2nd
- 1983&1984 - Tin Man Hawaii - 1st
- 1984 - 2004 - Average 4 races per year placing 1st - 3rd
- 2003 - South East Regional championship-1st numerous races
- 2003 - AARP National Championship - 6th (out of hospital)
- 2004 - SE Regional championship -1st- numerous races
- 2005 -SE Regional championship-1st -numerous races
- 2005 - Senior Olympics - Triathlon - 4th
- 2006 - Placed in top 3 in 4 events
- 2007 - Silver Medal at Senior Olympics - SE regional -1st
Chester Frost - 1st



TRIATHLONS

2008 - 2021

2008 - SE Regional championship - 1st Sports Barn - 1st

2009 - Sports Barn - 1st , Southeast Regional - 2nd

2010 - Chester Frost - 1st

2011 - Sports Barn - 1st

2012 - knee issues

2013 - Cohutta Springs - 2nd for 60+

2014 - Sports Barn - 4th

2014 - Manchester - 2nd 60+

2015 - Waterfront - 4th

2016 - Anchor Splash - 2nd / Frantic Frog - 3rd

2017 - National Senior Olympics - 1st / National Triathlon Championships - 2nd in Olympic distance / 4th in Sprint

2018 - Music City - 1st / Secret City - 1st

World Championships Australia - 4th in Sprint 6th in Olympic distance

2019 - Clermont Florida - 1st

2020 - Covid

2021 - Huntsman World Master - 3rd



TRIATHLONS

2021–Present

2022 – National Senior Games – 1st

2022 – Huntsman World Masters – 1st

2023 – Vero Beach 1st

2023 – National Senior Games – 3rd

2023 – Top Notch triathlon – 1st

2023 – Huntsman World Masters – 2nd

2024 – Las Olas – Ft. Lauderdale – 2nd

2024 – Huntsman Worlds – 1st

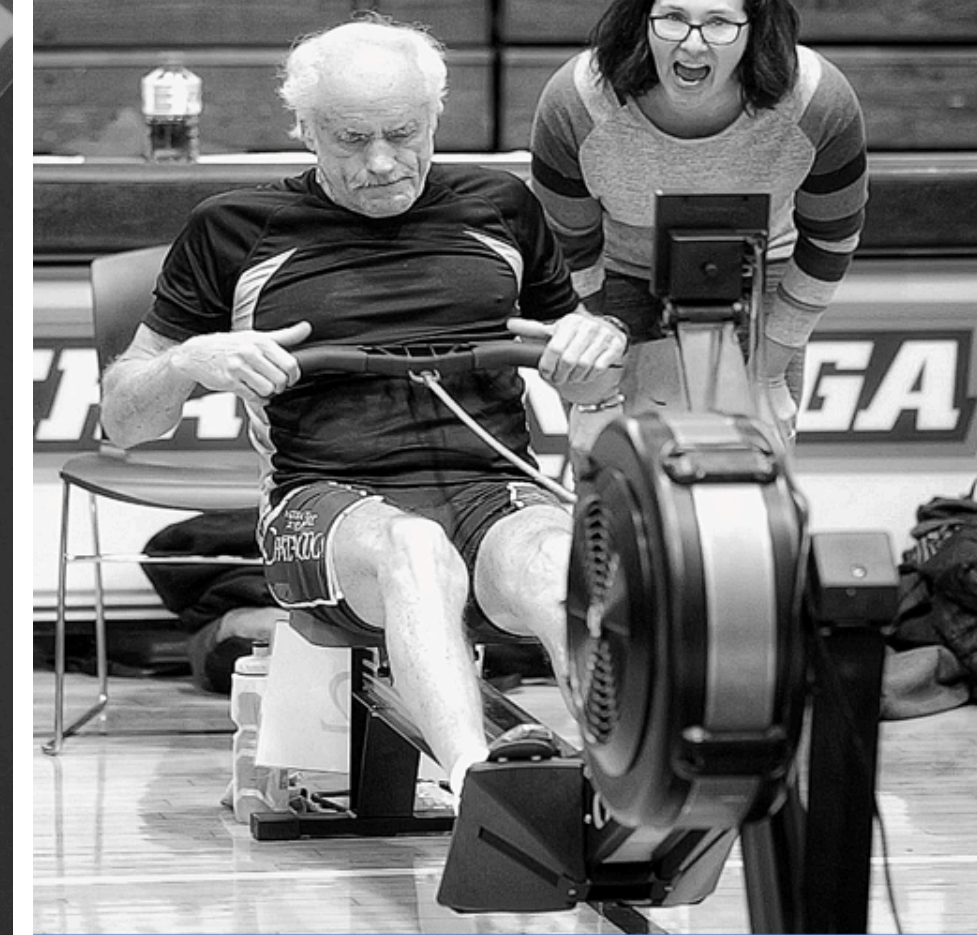




ROWING

1996 – 2013

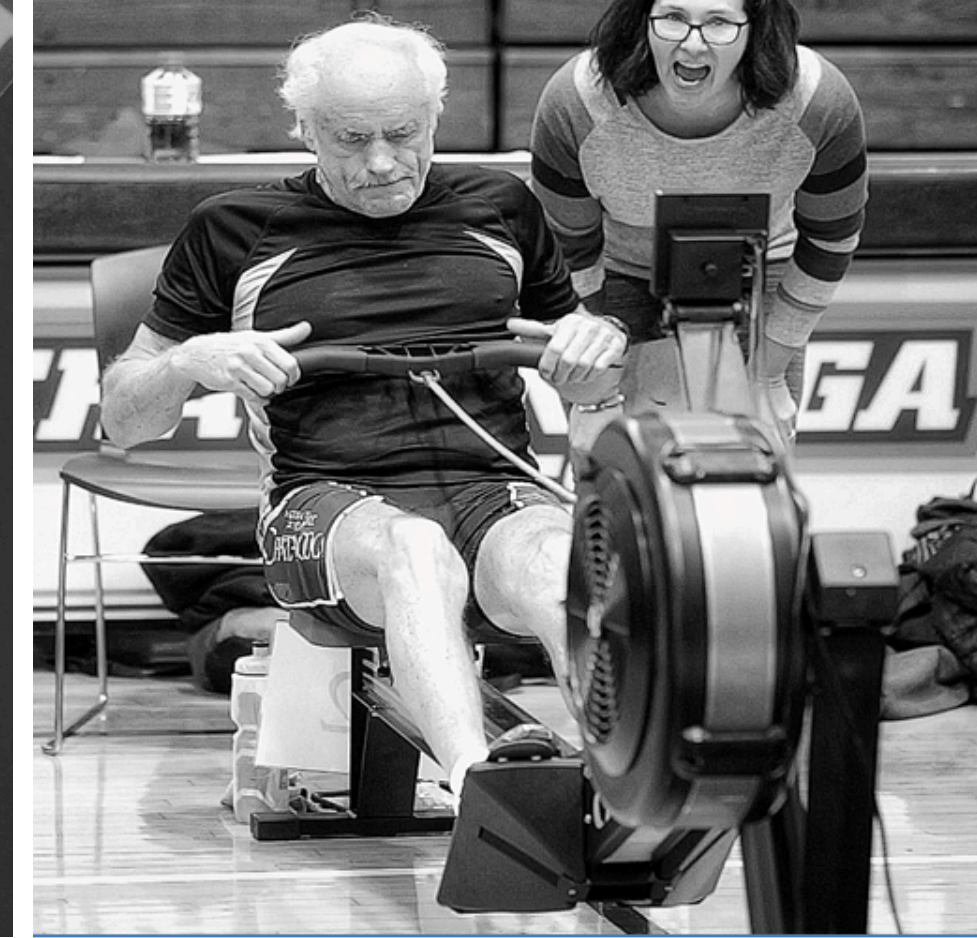
- 1997 – World Indoor 7th
- 2000 – Indoor 2nd
- 2003 – Chattanooga Head Race 2nd
- 2004 – Indoor..... 2nd
- 2005 – Chattanooga Head Race 3rd
- 2006 – Chattanooga Head Race 2nd
Head of Hooch 3rd – Indoor 3rd
- 2007 – Chattanooga Head Race 2nd
– Head of Hooch 3rd
- 2008 – Indoor World 6th
- 2009– Indoor 4th Chattanooga Head 4th Head of Hooch 4th
- 2010 – Indoor 3rd Chattanooga Head 3rd Head of Hooch 2nd
- 2011 – Indoor 2nd
- 2012 – Indoor – 7:28 (4th) – 500 (parent) @ 1:39 – 1st
Chattanooga Head Race – 1st (21:25 – 19:35)/ Hooch 4th -20:35
- 2013 – Chattanooga Head Race – 1st (23:21)



ROWING

1996 – 2022

- 2014 – Chattanooga Indoor – 4th / World Crash B Boston 4th
Head of Hooch – 9th /Chattanooga Head Race – 1st
- 2015 – Chattanooga Head Race – 1st
- 2016 – Head of the Hooch – 6th also 6th 2017
- 2017 – Masters National Championships – 4th / Music City 3rd/ Secret City 1st
- 2018 – Music City -1st, Secret City -2nd, Head of Hooch – 2nd
Indoor Rowing UTC -1st/ World Indoor Arlington VA – 3rd
World Masters Sarasota – 4th mixed doubles
- 2019 – Head of Hooch – 4th (shingles)
- 2020 – Indoor Chattanooga – 1st
- 2020 – Head of Hooch -Virtual = 1st
- 2021 – Huntsman World Masters 2,000M = 1st, 5,000M = 1st
- 2021 – Hooch – dropped event due to rotator cuff
- 2022 – Crash B – virtual – 2nd / Worlds Master Sprint – 3rd
- 2022 – Hooch – 7th



ROWING

2023 - Present

- 2023 - 1 Virtual Hooch- 1st
- 2023 - Chattanooga Indoor Row - 1st
- 2023 - Oars Florida Water Row - 3rd
- 2023 - Florida Masters Row - 2nd
- 2023 - Oakridge Row - 3rd
- 2023 - Huntsman 2,000M / 5,000M Indoor - 1st/ 1st
- 2024 - Hooch - virtual indoor - 1st
- 2024 - National Indoor - 2nd
- 2024 - Eastern Indoor - 1st
- 2024 - Chattanooga Indoor - 1st
- 2024 - Oars Master Row - 4th
- 2024 - Huntsman World 2,000M / 5,000M / Relay - 1st / 1st / 1st
- 2025 - Hooch Virtual - 1st

DECATHLON

2022 – National Championships – 1st





TRACK & FIELD

1964 - Present

1964-1982 - 5K, 10K races around country

1982 - 5K @ 15.35 - 2nd in National

1982 - present - mainly at end of Triathlon

2010 - Local Senior Olympics -400M -2nd

2010 -1,500 M - 1st

2011 - 1,500 M - 2nd Long Jump 3rd High Jump 4th

2012 - See Senior Olympic results

2013 - 2025 - See Senior Olympics + for results



TRACK & FIELD

2020 - Present

2020 - Covid

2021 - Huntsman World Masters

2022 - Tennessee Senior Games - see results

2022 -- Huntsman World Masters - see results

2022 - Florida Senior Games - see results

2023 - Tennessee Senior Games -see results

2023 - USATF Nationals - see results

2023 - National senior Games - see results

2023 - Huntsman world Masters - see results

2023 - Florida senior Games - see results

2023 - Wounded warfighter 5K - 1st

2023 - Tear Drop 5K - 1st

2023 - Valdese 5K - 1st

2024 - Run Out Winter 5K - 1 st

2024 - Yon Bon 5K - 2nd

2024 - Tennessee / Florida / Huntsman World

NATIONAL SENIOR GAMES

2003 - Present



2003-Triathlon - 5th Bike Race - 7th - 5k; 11th - 20k

2005-Bike Races 5k, 10k and 20k Triathlon - 4th

2007-Triathlon - Silver Medal 5K/10K time trials

2007-20K/40K Road race - top 10

2009-Conflict with boxing

2011 - Conflict with Ringside Boxing

2013 conflict with Ringside Boxing

2015 - Daughter's wedding

2017 - Triathlon -1st, 500 free -2nd, 200 free 3rd,
50 free 5th, 100 free -4th, 50 back -5th

2019 - Conflicted with State Final

2022 - Power Walk 1500 and 5K - 1st / Triathlon - 1st / 50 fee-2n

500 free - 1st / 200 free - 2nd, breast - 6 th , 500 free - Gold, 50 free - 2 nd

NATIONAL SENIOR GAMES

2023 - Present



2023 - 1,500 PW - 4th ,5K PW - DQ , Disc - 6th , 400M - 2nd , high jump - 2nd , 200M - 6th , triple jump - 7th , 800M - 3rd , long jump - 6th , 1,500M - 7th , shot put - 6th, Triathlon -3rd

TENNESSEE SENIOR OLYMPICS -HALL OF FAME

2004 - 2014

2004-2 Gold (Cycling 5K, 20K) 3 Silver (Swimming 50M,100M, 400M Freestyle)

2005-2 Gold (Cycling 5K, 20K) 2Gold 1 Silver (Swimming 50M, 100M, 400M)

2006-Cycling 5K - Silver, 20K - Bronze; Top 3 in Swimming

2006 (Kentucky) Triathlon - Silver, Cycling - 5K - Gold, 20K

Silver, 40K - Silver Swimming 1 Gold 3 Silver (50M, 100M, 200M, 500M)

2007 - 2008 = conflicts with boxing

2009- 5 Gold 3 Silver (Cycling, Swimming)

2010 -1 Gold 3 Silver (Swimming - missed Cycling)

2012 - Knees! - 5K bike (4th), 20K bike (4th), Disc (4th), Swimming 50 Free (2nd),

100 Free (2nd), 200 Free (2nd), 500 Free (1st) 100 IM (2nd)

2013 - 5K bike (2nd), 20K bike (4th), Disc (6th), Javelin (8th), Triple Jump (2nd),

long jump (3rd); Swimming: 50 free (1)

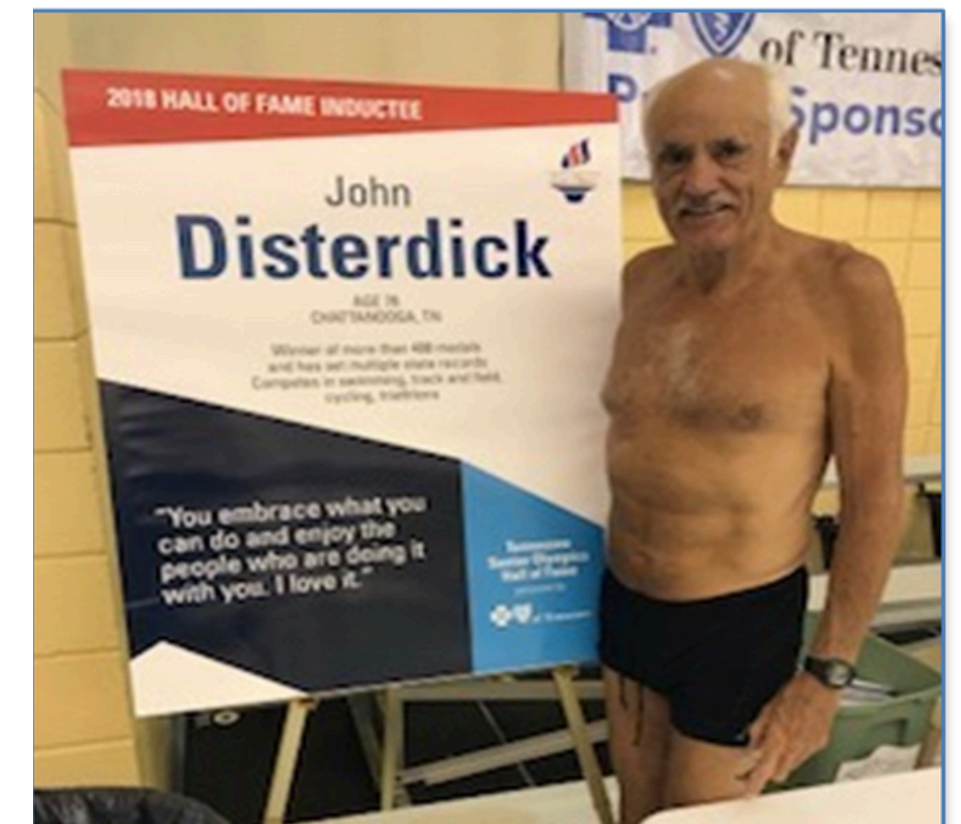
100 (1st) 200 (2nd), 50 back (1st), 500 free (1st)

2014 - 5K bike(6th), 20K bike(7th), Disc (6th), High Jump (2nd), Triple Jump (2nd),

Long Jump(1st), 400M(3rd)), 800M (2nd), 1,500M(1st) Race Walk(2nd), Power

Walk(2nd), Swimming: 50(1st), 100(1st) 200(1st), 500(1st),100IM(1st), 50B(1st)

Most medals @ State



TENNESSEE SENIOR OLYMPICS

2015 - Present

2015 - 5K bike (4th), 20K bike (5th), Disc (5th), high jump (1st), triple jump (1st), long jump (2nd), 400M (2nd), 800M (2nd) 1,500M (2nd) Race Walk (2nd), Power Walk (2nd), Swimming: 50(1st), 100(1st), 200(2nd), 500(1st), 100IM(2nd), 50B(1st) Most Medals @ State
2016 - 1ST event was high jump and pulled hamstring after winning gold - had to cancel track and field & cycling

Swimming: (swollen right foot) 200 f (3rd), 50 f (2nd), 100 f (2nd), 50 b (1st), 100 IM (2nd), 500 f (2nd)

2017 - High Jump -1st, Long Jump -2nd, Triple jump -1st, 1,500 2nd, 400 -2nd, Shot Put -1st, Discus -3rd, 100 -3rd, PW 1st 50 -2nd, 800 -2nd, 1,500 -1st, 200 -2nd Swimming: 200 3rd, 50 free 2nd, 100 free 2nd, 100IM 1st, 500 free 1st, Cycling - Time Trial 2nd, Road Race 2nd

8 Gold, 10 Silver, 3 Bronze = Most medals any age

2018 - High Jump -1st, Long Jump - 2nd, Triple Jump -2nd 1,500 2nd, 800-2nd, 400-1st, 200-1st, 100-2nd, 50-1st, Shot Put-1st, Disc-3rd, 1,500 Racewalk-2nd Cycling -Time Trial-2nd, Road Race-2nd Swimming-200free-2nd, 50free-1st, 100IM-1st 100free-1st, 50fly 2nd, 500free 1st

9 Gold, 10 Silver, 1 Bronze = Most medals of any age group

Inducted into Tennessee Senior Olympic Hall of Fame



TENNESSEE SENIOR OLYMPICS

2019

Cycling 20K road race2nd
Cycling 5K Time Trial.....2nd
Swimming 50Y butterfly.....1st
Swimming 50Y free.....1st
Swimming 100Y free.....1st
Swimming 200Y free.....1st
Swimming 500Y free.....2nd
Swimming 100 Indiv. Medley.....1st

Track & Field - 50M3rd
Track & Field -100M3rd
Track & Field - 200M3rd
Track & Field - 400M2nd
Track & Field - 800M1st
Track & Field - 1,500M.....1st
Track & Field -1,500 racewalk....2nd
Track & Field Powerwalk.....2nd
Track & Field Discuss3rd
Track & Field Shotput1st

8 Gold, 6 Silver and 4 Bronze = most medals of any competitor in any age group



TENNESSEE SENIOR OLYMPICS 2020

Due to Covid – only cycling

Cycling 5K Time Trial 2nd
Cycling 20 K Road Race 2nd



TENNESSEE STATE SENIOR OLYMPIC FINALS 2021



Track & Field

High Jump1st
Power Walk1st
Shot Put1st
Disc1st
Javalin.....2nd
Softball throw3rd

Long Jump.....2nd
Triple Jump2nd
1,500 M run1st
400 M run1st
100M run2nd

Swimming

200 Free1st
50 Free1st
50 Breast2nd

100 Free1st
100 IM1st
500 Free1st



To God be the Glory

2022 Tennessee State Senior Olympics

Track & Field

High Jump, Shot Put, Long Jump, Triple Jump, 1,500 run, 1,500 power walk – 1st
200M, 400M, 800M, softball throw – 2nd

Swimming

50free, 100 free, 200 free, 500 free – 1st
50 breast, 100IM – 2nd



To God be the Glory

2023 Tennessee State Senior Olympics

Track & Field

1,500M - 1st , 400M - 2nd , 100M - 3rd , 50M - 3rd , 800M - 1st ,
1,500PW - 2nd , 200M - 2nd , high jump - 1st , long jump - 1st ,
triple jump - 1st , disc - 2nd , shot put - 1st ,

Swimming

-200free -1st , 50free - 1st , 50breast - 1st
100free-1st , 100IM -1st , 500free -1st

2023 USATF MASTERS TRACK & FIELD DECATHLON

- **Disc - 1st**
- **High jump - 1st**
- **Shot put - 1st**
- **400M - 1st**
- **800M - 1st**
- **1,500M - 1st**



HUNTSMAN

TRACK & FIELD

2021 Huntsman World Masters

dropped swimming due to Rotator Cuff which happened 3 days before events – had Rotator Cuff surgery on October 18 – 2 days after last event

2021 Huntsman World Cycling

Hill Climb – 3rd

Time Trial – 3rd

2021 Huntsman World Track & Field

High Jump – 4th – had to drop out

Shot Put – 3rd

1,500M – 1st

800M – 2nd

5,000M Power Walk – 2nd

1,500M Power Walk – 2nd

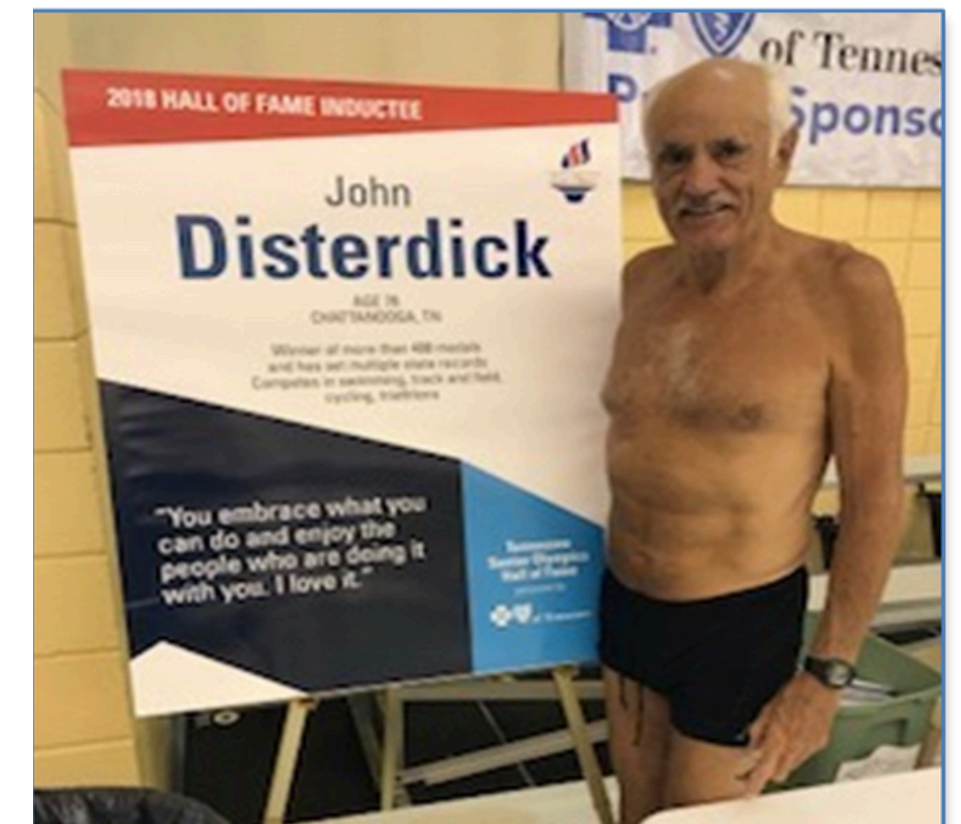
400M – 2nd

Disc – 6th

2021 Huntsman World Track & Field

Hill Climb – 3rd

Time Trial – 3rd



HUNTSMAN

TRACK & FIELD

2022 Huntsman World Swimming

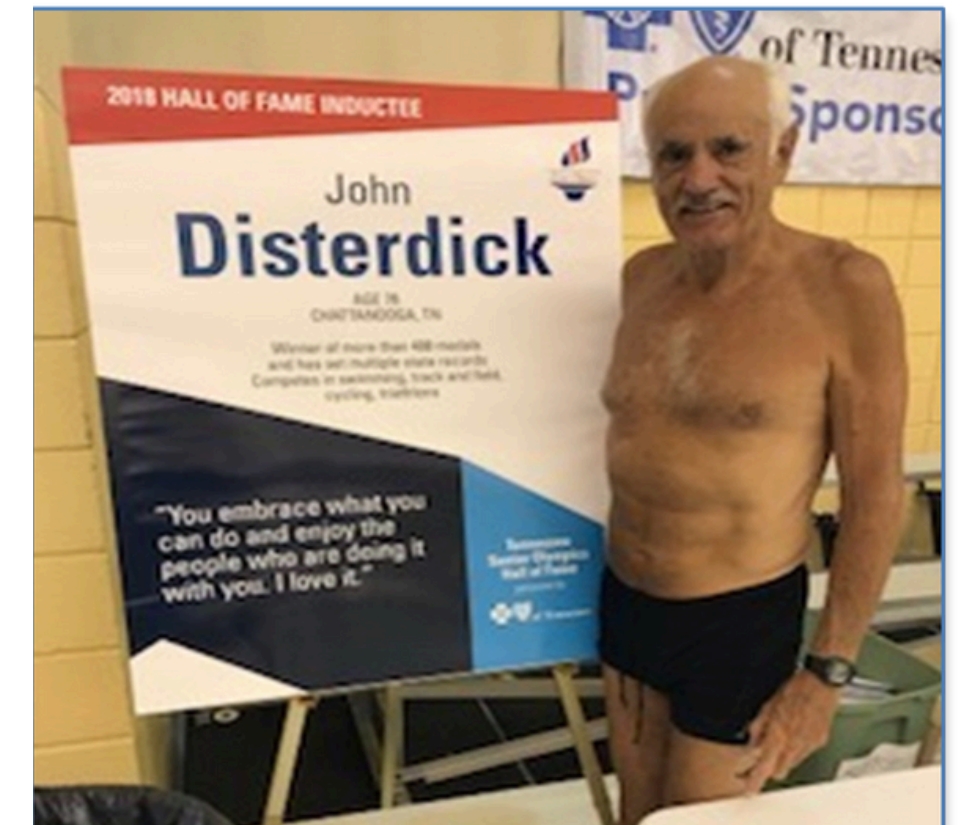
200 free - 1st
4009 free - 3rd
50 back - 3rd
100 free- 1st
50 free - 2nd
50 breast - 2nd

2022 Huntsman World Cycling

Hill Climb - 3rd

2022 Huntsman World Indoor Rowing

2,000 - 1st
5,000 - 1st



HUNTSMAN

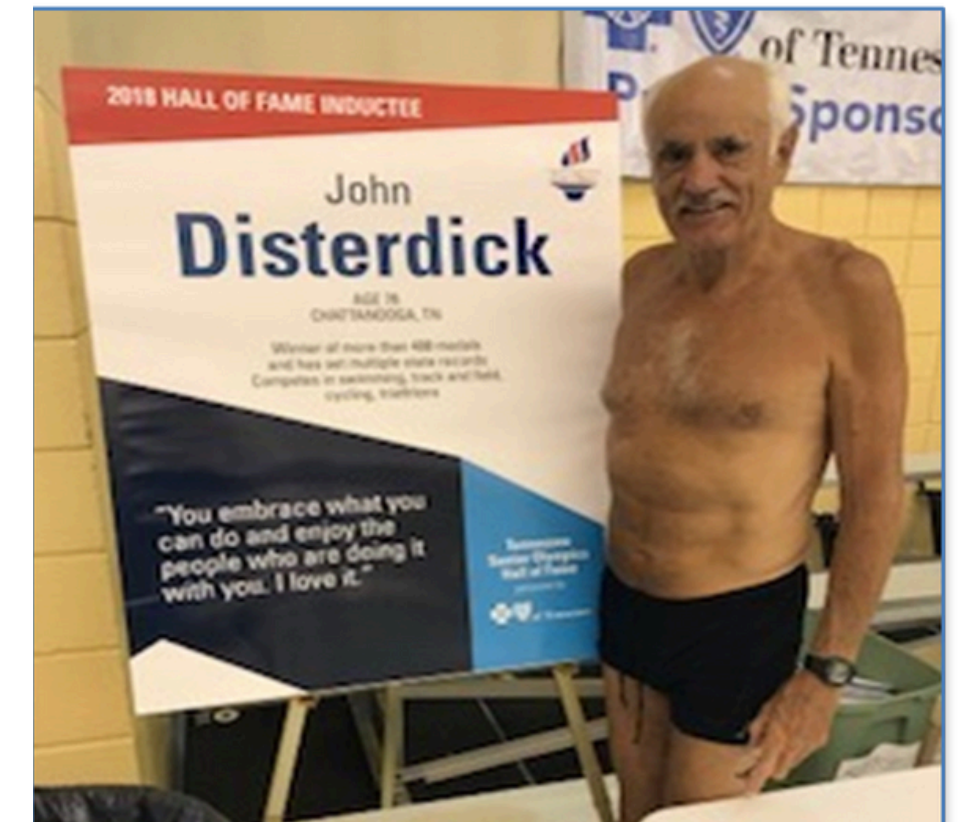
TRACK & FIELD

2022 Huntsman World Track & Field:

Shot put - 2nd
High Jump - 1st
1500M - 1st
Long Jump - 4th
3,000 Power Walk - 2nd
800M - 1st
1,500 Power Walk - 2nd
400M - 1st
Triple Jump - 2nd
Disc - 5th

2023 Huntsman World Track & Field:

Shot put-2nd, high jump- 2nd,
Long jump-3rd, 1,500M- 3rd, 800M- 3rd, 50M- 3rd
Standing long jump- 4th, 200M - 5th ,5K road race- 2nd
Swimming: 100free- 3rd, 200free-2nd, 50free- 2nd,
1,500free- NA, 50breast- 3rd, 800free- 1st ,50back-3rd



HUNTSMAN

TRACK & FIELD

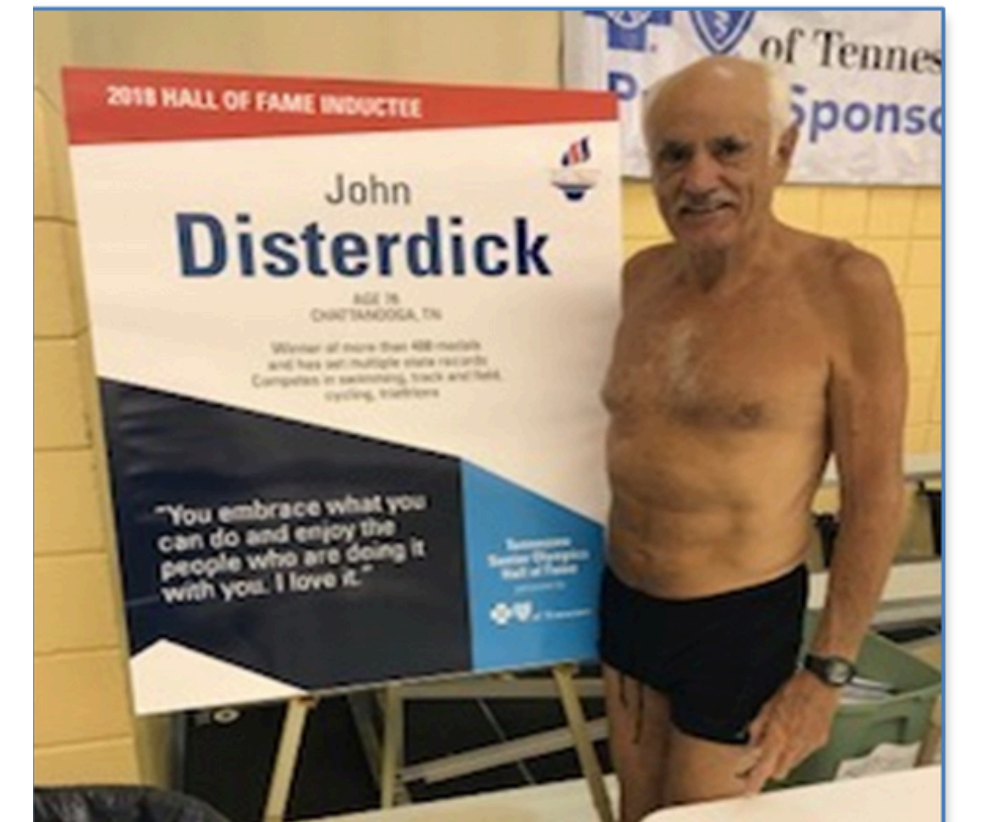
2024 Huntsman World Track & Field:

Shot put - 1st / High Jump - 2nd / Long Jump - 3rd / 1,500M - 2nd
5,000 Power Walk - 1st / 800M - 3rd /
Standing Long Jump - 4th

Indoor Rowing - 2,000M - 1st / 5,000M - 1st / Relay - 1st

2024 Huntsman World Swimming:

100 free - 2nd / 200 free - 1st / 50 free - 1st
50back - 5th / 50 breast - 2nd / 800 free - 1st



FLORIDA SENIOR GAMES

2022 Florida Senior Games:

50free -1st , 100free - 1st , 200free - 1st , 100IM -2nd, 50back -3rd,
50breast - 3rd, Power Walk - 2nd

2023 Florida Senior Games:

Swim-50free- 2nd, 100free-1st
200free - 2nd, 500free- 2nd, 50breast- 4th, 100IM- 2nd, Relay - 1st

Track & Field: 200M- 4th, 400M- 2nd, 800M- 2nd,
1,500M- 3rd, disc- 1st, High Jump- 1st, Shot Put- 1st ,
Long Jump- 3rd, Triple Jump- 1st,



FLORIDA SENIOR GAMES

2024 Florida Senior Games: Swimming

50free -1st / 100free - 3rd / 200free - 2nd / 100IM -2nd, 50back -
3rd, 50breast - 4th / Relay - 1st / 500free - 1st

2024 Florida Senior Games: Track & Field

400M- 2nd / 800M- 3rd / 1,500M - 3rd
Disc- canceled / High Jump- 2nd / Shot Put- 1st
Long Jump- 3rd / Triple Jump- 2nd / 1,500M Power Walk - 1st



2024 PAN AM MASTERS

2024 Pan Am Masters: Swimming

50free -1st / 100free - 1st / 200free - 3rd / 50breast - 3rd
400free - 2nd

2024 Pan Am: Track & Field

400M- 2nd / 800M- 3rd
High Jump- 2nd / Shot Put- 1st
Long Jump- 2nd / 800M - 2nd

Triathlon - 3rd



SENIOR OLYMPICS LOCAL - CHATTANOOGA

2003 – 2006 – Metals in Swimming, Cycling, Softball, Volleyball

2007-5 Gold, 5 Silver (Cycling, Swimming, Weights, Volleyball)

2008-5 Gold 4 Silver (Swimming, Cycling, Weights)

2009-11 Gold (Swimming, Cycling, Weights)

2010-3 Gold, 5 Silver, 3 Bronze (Swimming, Cycling, Weights, Running)

2011- 8 Gold, 4 Silver, 1 Bronze (Swimming, Cycling, Track & Weights)

2012 – 12 Gold, 5 Silver, 1 Bronze = most medals

Swimming: 50 Free (1st), 100 Free (1st), 200 Free (1st), 500 Free (1st) IM (1st) 50 back (2nd) /

Cycling: 5K (9:15-2nd), 20K(51:34 – 2nd)

Track & Field: 800 (2nd), 400 2nd), high jump (1st), long jump (3rd), disc (1st)

Weights: Curl (70-1st), bench (160-1st), leg press (405- 1st)

Rowing: 1,000M – 3:40 -1st

2013 – 11 Gold, 6 Silver, 2 Bronze = 19 – new record for most medals

Swimming: 50 Free (1st), 100 Free (1st), 200 Free (1st), 500 Free (1st) 100, IM (1st), 50b (1st)

Track & Field: 100 (5th), 200 (3rd), 800 (2nd), 1500 (2nd), 400 (3rd) Long Jump (1st), Disc (2nd), High Jump

Cycling: 5K (1st), 20K (2nd)

Weights: Curl (75 – 1st), bench (155 -1st), leg (424 – 1st)

Rowing: 1,000 meters – 3:37.6 – 2nd

CHATTANOOGA REGIONAL SENIOR OLYMPICS FINALS 2019

2014 – 10 Gold, 5 Silver, 1 Bronze = 16 – Most medals at local SO

Swimming: 50 Free (1st), 100 Free(1st), 200 Free(1st), 500 F (1st) 50 Back (1st), 50

Fly(2nd), 100IM(2nd) Track & Field: 200M(2nd), 400M(1st), 800M(1st) 1,500M(1st),

Disc(2nd) Long Jump(2nd), Triple Jump(3rd) High Jump(1st) Race Walk(1st)

No cycling, weights or rowing @ this SO (Chattanooga cancelled)

2015 – 9 Gold, 7 Silver, 1 Bronze = 17 – Most medals for local Senior Olympics

Swimming: 50 Free(1st), 100 Free(1st), 200 Free (1st), 500 Free (1st), 50 Back (2nd),

100 IM (1st), 50 Fly(1st) Track & Field: 200M(2nd), 400M(2nd), 800M(1st), 1,500M(1st),

Disc(2nd), Long Jump(2nd), Triple Jump(2nd), High Jump(1st), Javelin (2nd), Race

Walk(1st)

2016 – 16 Gold, 7 Silver, 1 Bronze = 24 – Most Medals of any age group

Swimming: 50 free 1st, 100 free 1st, 200 free 1st, 100IM 1st, 50 back 1st, 500 free 1st

Track & Field: 100 2nd, 1,500 1st, 200 1st, RW 1st, 50 1st, High Jump 1st, 400 1st, 800

1st, Long Jump 1st, Shot Put 1st, Discus 1st, Javelin 1st

2017 – 12 Gold, 6 Silver, 1 Bronze = Most medals of any age

T&F – 50(2nd), 100(2nd), 200(2nd), 400(2nd), 800(1st), 1,500(1st), 1,500RW(1st),

Disc(3rd), Javelin(2nd), shot put(1st), long jump(1st). high jump(1st) Swim: 50(1st),

100(1st), 200(1st), 500(1st), 50B(1st), 100IM(1st)

2018 – 11 Gold, 5 Silver, 1 Bronze = Most Medals of any age group

100M 2nd, 1,500M 1st, 200M 2nd, 1,500 RW 1st, 50M 3rd, 800M 1st

400M 2nd, Long Jump 2nd, Shot Put 1st, Disc 2nd, Soft Ball 1st, No Jav. or HJ

Swimming: 50 free 1st, 100 free 1st, 200 free 1st, 500 free 1st



Master Athletic Awards as of January 2025

GOLD - 229

SILVER - 160

BRONZE - 69

Total Top 3 Medals = 486

Fourth = 29



JOHN DISTERDICK

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