

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Women 18-24 50 SC Meter Freestyle**

**Pacific:** 26.33 P 12/31/2009 **Meg Gill**  
**NATL:** 25.58 N 11/20/2010 **J BECKBERGER**

Name	Age	Team	Finals Time	Points
1 Dickman, Madison C	24	Spare Time American River Mast-38	29.40	20
2 Treff, Paige	23	Chico Masters Swimming-38	31.54	17

**Women 18-24 50 SC Meter Backstroke**

**Pacific:** 30.99 P 9/24/2017 **Kali L Conlon**  
**NATL:** 29.69 N 12/10/2000 **PAIGE FRANCIS**

1 Dickman, Madison C	24	Spare Time American River Mast-38	33.58	20
2 Treff, Paige	23	Chico Masters Swimming-38	35.21	17

**Women 18-24 50 SC Meter Breaststroke**

**Pacific:** 33.66 P 9/22/2013 **Penelope R Yamauc**  
**NATL:** 32.09 N 12/10/1995 **BEATA KASZUBA**

1 Dickman, Madison C	24	Spare Time American River Mast-38	39.85	20
2 Treff, Paige	23	Chico Masters Swimming-38	44.62	17

**Women 18-24 50 SC Meter Butterfly**

**Pacific:** 28.23 P 10/4/2014 **Caitlin DeNise**  
**NATL:** 28.37 N 12/5/2009 **MEG GILL**

1 Treff, Paige	23	Chico Masters Swimming-38	32.24	20
2 Dickman, Madison C	24	Spare Time American River Mast-38	32.43	17

**Women 18-24 100 SC Meter IM**

**Pacific:** 1:05.34 P 9/22/2013 **Penelope R Yamauc**  
**NATL:** 1:01.74 N 12/6/2009 **KARA DENBY**

1 Dickman, Madison C	24	Spare Time American River Mast-38	1:15.43	20
	34.77	1:15.43 (40.66)		

**Women 25-29 50 SC Meter Freestyle**

**Pacific:** 26.81 P 12/31/2012 **Erin Reilly**  
**NATL:** 25.52 N 12/2/2017 **L IBANEZ LOPEZ**

1 Macabales, Dana	28	California Gold Masters-38	31.54	20
2 Edgar, Alana M	26	Piranhas Aquatic Club-38	39.84	17

**Women 25-29 50 SC Meter Backstroke**

**Pacific:** 31.48 P 10/14/2018 **Anna K Senko**  
**NATL:** 28.40 N 11/18/2018 **MARINA SPADONI**

1 Macabales, Dana	28	California Gold Masters-38	35.99	20
2 Edgar, Alana M	26	Piranhas Aquatic Club-38	46.06	17

**Women 25-29 50 SC Meter Breaststroke**

**Pacific:** 34.58 P 12/31/2012 **Katy Houston**  
**NATL:** 31.87 N 11/21/2010 **MEGAN JENDRICK**

1 Macabales, Dana	28	California Gold Masters-38	41.11	20
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**Women 25-29 50 SC Meter Butterfly**

**Pacific:** 28.71 P 12/31/2010 **Erin Reilly**  
**NATL:** 26.31 N 10/11/2015 **CLAIRE DONAHUE**

1 Macabales, Dana	28	California Gold Masters-38	34.02	20
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**Women 25-29 100 SC Meter IM**

**Pacific:** 1:06.99 P 12/31/2004 **Allison Wagner**  
**NATL:** 1:03.41 N 1/23/2011 **MEGAN JENDRICK**

1 Macabales, Dana	28	California Gold Masters-38	1:18.00	20
	36.42	1:18.00 (41.58)		

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Women 30-34 50 SC Meter Freestyle****Pacific: 25.98 P 12/31/2004 Katrina Radke****NATL: 25.69 N 11/10/2012 ERIKA ERNDL**

1	Ballenger, Marie A	33	California Gold Masters-38	28.41	20
2	Stokes, Claire	30	University of San Francisco Ma-38	31.72	17
3	Weltzin, Brooke	32	California Gold Masters-38	33.82	16

**Women 30-34 50 SC Meter Backstroke****Pacific: 30.58 P 10/14/2018 Sarah M Hernandez****NATL: 27.61 N 11/21/2009 NORIKO INADA**

1	Ballenger, Marie A	33	California Gold Masters-38	33.53	20
2	Stokes, Claire	30	University of San Francisco Ma-38	38.43	17
3	Weltzin, Brooke	32	California Gold Masters-38	40.30	16

**Women 30-34 50 SC Meter Breaststroke****Pacific: 34.57 P 9/27/2015 Carly Geehr****NATL: 32.17 N 12/4/2011 HANNAH CALDAS**

1	Ballenger, Marie A	33	California Gold Masters-38	35.77	20
2	Stokes, Claire	30	University of San Francisco Ma-38	41.81	17
3	Weltzin, Brooke	32	California Gold Masters-38	44.49	16

**Women 30-34 50 SC Meter Butterfly****Pacific: 28.05 P 12/31/2004 Katrina Radke****NATL: 27.89 N 12/10/2011 NORIKO INADA**

1	Ballenger, Marie A	33	California Gold Masters-38	30.13	20
2	Stokes, Claire	30	University of San Francisco Ma-38	35.66	17
3	Weltzin, Brooke	32	California Gold Masters-38	35.82	16

**Women 30-34 100 SC Meter IM****Pacific: 1:06.85 P 10/14/2018 Sarah M Hernandez****NATL: 1:02.52 N 10/13/2012 ERIKA ERNDL**

1	Ballenger, Marie A	33	California Gold Masters-38	1:12.11	20
				34.84	1:12.11 (37.27)
2	Stokes, Claire	30	University of San Francisco Ma-38	1:22.76	17
				38.98	1:22.76 (43.78)
3	Weltzin, Brooke	32	California Gold Masters-38	1:24.30	16
				40.66	1:24.30 (43.64)

**Women 35-39 50 SC Meter Freestyle****Pacific: 26.49 P 12/7/2014 Ericka L Richards****NATL: 25.10 N 12/3/2006 DARA TORRES**

1	Nehrebecki, Helene	38	Davis Aquatic Masters-38	32.01	20
2	Batzer, Tunisia	36	Vacaville Swim Club-38	32.45	17
3	Curtis, Stephanie S	37	Uc38-38	33.61	16

**Women 35-39 50 SC Meter Backstroke****Pacific: 32.02 P 10/12/2014 Ericka L Richards****NATL: 27.63 N 11/13/2016 NORIKO INADA**

1	Nehrebecki, Helene	38	Davis Aquatic Masters-38	39.18	20
2	Ross, Naome E	35	Sacramento Masters-38	40.28	17
3	Curtis, Stephanie S	37	Uc38-38	40.69	16

**Women 35-39 50 SC Meter Breaststroke****Pacific: 32.48 P 10/10/2015 Katie Glenn****NATL: 32.48 N 10/10/2015 KATIE GLENN**

1	Nehrebecki, Helene	38	Davis Aquatic Masters-38	40.82	20
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**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****(Women 35-39 50 SC Meter Breaststroke)**

2	Batzer, Tunisia	36	Vacaville Swim Club-38	42.70	17
3	Curtis, Stephanie S	37	Uc38-38	44.01	16

**Women 35-39 50 SC Meter Butterfly**

**Pacific:** 29.77 P 12/7/2014 **Ericka L Richards**  
**NATL:** 27.45 N 11/1/2015 **NORIKO INADA**

1	Nehrebecki, Helene	38	Davis Aquatic Masters-38	34.69	20
2	Curtis, Stephanie S	37	Uc38-38	35.70	17
3	Ross, Naome E	35	Sacramento Masters-38	36.44	16

**Women 35-39 100 SC Meter IM**

**Pacific:** 1:06.34 P 10/10/2015 **Katie Glenn**  
**NATL:** 1:04.61 N 11/22/2009 **SHERI HART**

1	Batzer, Tunisia	36	Vacaville Swim Club-38	1:21.28	20
	39.24		1:21.28 (42.04)		
2	Nehrebecki, Helene	38	Davis Aquatic Masters-38	1:21.58	17
	38.88		1:21.58 (42.70)		
3	Curtis, Stephanie S	37	Uc38-38	1:23.24	16
	39.60		1:23.24 (43.64)		
4	Ross, Naome E	35	Sacramento Masters-38	1:26.31	15
	38.66		1:26.31 (47.65)		

**Women 40-44 50 SC Meter Freestyle**

**Pacific:** 27.54 P 12/31/2000 **Jill S Hernandez**  
**NATL:** 26.02 N 12/14/2014 **ERIKA BRAUN**

1	Salas, Lisa	44	Uc38-38	30.48	20
2	Simpson, Adrienne	44	Santa Clara Swim Club Masters-PC	30.56	17
3	Romero, Mary	43	Sierra Marlins Masters-38	32.52	16
4	Belluomini, Melanie	42	Davis Aquatic Masters-38	33.38	15
5	Flynn, Elizabeth	40	Marcia's Enthusiastic Masters-38	34.44	14
6	Hladik, Michelle	42	Spare Time American River Mast-38	34.73	13

**Women 40-44 50 SC Meter Backstroke**

**Pacific:** 30.72 P 12/31/2009 **Jody Smith**  
**NATL:** 30.02 N 10/14/2012 **SHERI HART**

1	Salas, Lisa	44	Uc38-38	35.93	20
2	Romero, Mary	43	Sierra Marlins Masters-38	37.59	17
3	Simpson, Adrienne	44	Santa Clara Swim Club Masters-PC	37.60	16
4	Hladik, Michelle	42	Spare Time American River Mast-38	38.31	15
5	Flynn, Elizabeth	40	Marcia's Enthusiastic Masters-38	39.70	14
6	Belluomini, Melanie	42	Davis Aquatic Masters-38	45.09	13

**Women 40-44 50 SC Meter Breaststroke**

**Pacific:** 34.79 P 9/25/2017 **Katie Glenn**  
**NATL:** 32.16 N 12/2/2018 **KATIE GLENN**

1	Flynn, Elizabeth	40	Marcia's Enthusiastic Masters-38	41.17	20
2	Romero, Mary	43	Sierra Marlins Masters-38	41.19	17
3	Simpson, Adrienne	44	Santa Clara Swim Club Masters-PC	45.18	16
4	Belluomini, Melanie	42	Davis Aquatic Masters-38	48.74	15
5	Hladik, Michelle	42	Spare Time American River Mast-38	49.63	14

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Women 40-44 50 SC Meter Butterfly**

	<b>Pacific:</b>	<b>29.86</b>	<b>P</b>	<b>12/31/2009</b>	<b>Jody Smith</b>			
	<b>NATL:</b>	<b>28.19</b>	<b>N</b>	<b>3/16/2013</b>	<b>ERIKA BRAUN</b>			
1	Salas, Lisa			44	Uc38-38		33.81	20
2	Belluomini, Melanie			42	Davis Aquatic Masters-38		34.74	17
3	Simpson, Adrienne			44	Santa Clara Swim Club Masters-PC		35.69	16
4	Romero, Mary			43	Sierra Marlins Masters-38		35.95	15
5	Hladik, Michelle			42	Spare Time American River Mast-38		39.41	14
6	Flynn, Elizabeth			40	Marcia's Enthusiastic Masters-38		40.29	13

**Women 40-44 100 SC Meter IM**

	<b>Pacific:</b>	<b>1:08.91</b>	<b>P</b>	<b>12/31/2004</b>	<b>Jill S Hernandez</b>			
	<b>NATL:</b>	<b>1:04.19</b>	<b>N</b>	<b>10/10/2015</b>	<b>LISA BLACKBURN</b>			
1	Romero, Mary			43	Sierra Marlins Masters-38		1:17.57	20
		37.97					1:17.57 (39.60)	
2	Salas, Lisa			44	Uc38-38		1:19.05	17
		35.50					1:19.05 (43.55)	
3	Simpson, Adrienne			44	Santa Clara Swim Club Masters-PC		1:21.62	16
		38.13					1:21.62 (43.49)	
4	Flynn, Elizabeth			40	Marcia's Enthusiastic Masters-38		1:25.37	15
		40.32					1:25.37 (45.05)	
5	Belluomini, Melanie			42	Davis Aquatic Masters-38		1:26.90	14
		40.60					1:26.90 (46.30)	
6	Hladik, Michelle			42	Spare Time American River Mast-38		1:29.95	13
		40.09					1:29.95 (49.86)	

**Women 45-49 50 SC Meter Freestyle**

	<b>Pacific:</b>	<b>28.58</b>	<b>P</b>	<b>12/31/2000</b>	<b>Laura B Val</b>			
	<b>NATL:</b>	<b>26.29</b>	<b>N</b>	<b>10/13/2018</b>	<b>ERIKA BRAUN</b>			
1	Hazard, Kirsten			48	Uc38-38		31.73	20
2	Westcott-Chavez, Amity			45	California Capital Aquatics Ma-38		34.05	17
3	Denison, Stephanie			49	Davis Aquatic Masters-38		34.85	16
4	Lo, Yvonne F			48	Sacramento Masters-38		36.28	15
5	Bea, Kandra			49	Spare Time American River Mast-38		38.36	14
6	Doyle, Jennifer			49	Richmond Plunge Masters-38		41.23	13

**Women 45-49 50 SC Meter Backstroke**

	<b>Pacific:</b>	<b>32.67</b>	<b>P</b>	<b>12/31/1999</b>	<b>Laura B Val</b>			
	<b>NATL:</b>	<b>30.58</b>	<b>N</b>	<b>12/2/2007</b>	<b>K PIPES-NEILSEN</b>			
1	Hazard, Kirsten			48	Uc38-38		35.80	20
2	Denison, Stephanie			49	Davis Aquatic Masters-38		38.38	17
3	Westcott-Chavez, Amity			45	California Capital Aquatics Ma-38		42.63	16
4	Lo, Yvonne F			48	Sacramento Masters-38		45.15	15
5	Bea, Kandra			49	Spare Time American River Mast-38		47.07	14
6	Doyle, Jennifer			49	Richmond Plunge Masters-38		53.67	13

**Women 45-49 50 SC Meter Breaststroke**

	<b>Pacific:</b>	<b>37.32</b>	<b>P</b>	<b>12/31/2004</b>	<b>Leianne S Critten</b>			
	<b>NATL:</b>	<b>33.82</b>	<b>N</b>	<b>10/10/2010</b>	<b>S VON DER LIPPE</b>			
1	Hazard, Kirsten			48	Uc38-38		42.19	20
2	Lo, Yvonne F			48	Sacramento Masters-38		43.73	17
3	Westcott-Chavez, Amity			45	California Capital Aquatics Ma-38		46.82	16
4	Denison, Stephanie			49	Davis Aquatic Masters-38		47.75	15
5	Bea, Kandra			49	Spare Time American River Mast-38		49.89	14
6	Doyle, Jennifer			49	Richmond Plunge Masters-38		50.03	13

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Women 45-49 50 SC Meter Butterfly**Pacific: 30.78 P 12/31/2010 **Laureen K Welting**NATL: 28.60 N 4/2/2017 **ERIKA BRAUN**

1	Hazard, Kirsten	48	Uc38-38	35.56	20
2	Denison, Stephanie	49	Davis Aquatic Masters-38	38.89	17
3	Westcott-Chavez, Amity	45	California Capital Aquatics Ma-38	41.82	16
4	Lo, Yvonne F	48	Sacramento Masters-38	42.04	15
5	Doyle, Jennifer	49	Richmond Plunge Masters-38	44.12	14

**Women 45-49 100 SC Meter IM**Pacific: 1:10.77 P 10/18/2009 **Lisa A Ward**NATL: 1:05.75 N 12/12/2009 **K PIPES-NEILSEN**

1	Hazard, Kirsten	48	Uc38-38	1:22.31	20
				36.02	1:22.31 (46.29)
2	Denison, Stephanie	49	Davis Aquatic Masters-38	1:25.83	17
				40.14	1:25.83 (45.69)
3	Westcott-Chavez, Amity	45	California Capital Aquatics Ma-38	1:30.33	16
				42.58	1:30.33 (47.75)
4	Lo, Yvonne F	48	Sacramento Masters-38	1:31.21	15
				43.48	1:31.21 (47.73)
5	Doyle, Jennifer	49	Richmond Plunge Masters-38	1:44.28	13
				50.53	1:44.28 (53.75)
---	Bea, Kandra	49	Spare Time American River Mast-38	DQ	14
				48.91	DQ (50.03)

**Women 50-54 50 SC Meter Freestyle**Pacific: 28.11 P 12/31/2009 **Suzanne M Heim-Bo**NATL: 27.67 N 3/15/2014 **SUE WALSH**

1	Shu, Vicki	51	Marcia's Enthusiastic Masters-38	33.61	20
2	Donaldson, Deborah L	53	Chico Masters Swimming-38	33.63	17
3	Cannon, Lindsey	53	Walnut Creek Masters-38	35.04	16
4	Harris, Karen	53	Richmond Plunge Masters-38	36.56	15
5	Barrett, Sue	50	Sierra Marlins Masters-38	36.72	14
6	Crow, Joan A	54	Davis Aquatic Masters-38	37.87	13
7	Goodbrake, Carol	54	Piranhas Aquatic Club-38	42.34	12

**Women 50-54 50 SC Meter Backstroke**Pacific: 32.72 P 12/31/2005 **Laura B Val**NATL: 30.27 N 12/13/2015 **LESLIE LIVINGSTON**

1	Donaldson, Deborah L	53	Chico Masters Swimming-38	40.98	20
2	Shu, Vicki	51	Marcia's Enthusiastic Masters-38	41.20	17
3	Cannon, Lindsey	53	Walnut Creek Masters-38	44.25	16
4	Barrett, Sue	50	Sierra Marlins Masters-38	44.46	15
5	Harris, Karen	53	Richmond Plunge Masters-38	48.59	14
6	Crow, Joan A	54	Davis Aquatic Masters-38	50.61	13
7	Goodbrake, Carol	54	Piranhas Aquatic Club-38	59.04	12

**Women 50-54 50 SC Meter Breaststroke**Pacific: 35.61 P 10/21/2007 **Patty L Harris**NATL: 36.31 N 11/22/2015 **CAROLINE KRATTLI**

1	Donaldson, Deborah L	53	Chico Masters Swimming-38	42.74	20
2	Shu, Vicki	51	Marcia's Enthusiastic Masters-38	47.36	17
3	Cannon, Lindsey	53	Walnut Creek Masters-38	47.40	16
4	Crow, Joan A	54	Davis Aquatic Masters-38	48.33	15
5	Harris, Karen	53	Richmond Plunge Masters-38	54.95	14

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****(Women 50-54 50 SC Meter Breaststroke)**

6	Goodbrake, Carol	54	Piranhas Aquatic Club-38	56.90	13
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**Women 50-54 50 SC Meter Butterfly**

**Pacific:** 31.16 P 12/31/2001 **Laura B Val**

**NATL:** 29.25 N 3/16/2013 **LESLIE LIVINGSTON**

1	Shu, Vicki	51	Marcia's Enthusiastic Masters-38	35.73	20
2	Donaldson, Deborah L	53	Chico Masters Swimming-38	37.23	17
3	Cannon, Lindsey	53	Walnut Creek Masters-38	39.02	16
4	Harris, Karen	53	Richmond Plunge Masters-38	42.05	15
5	Barrett, Sue	50	Sierra Marlins Masters-38	43.10	14
6	Goodbrake, Carol	54	Piranhas Aquatic Club-38	47.50	13

**Women 50-54 100 SC Meter IM**

**Pacific:** 1:13.92 P 12/31/2002 **Laura B Val**

**NATL:** 1:08.79 N 11/18/2018 **ELLEN REYNOLDS**

1	Shu, Vicki	51	Marcia's Enthusiastic Masters-38	1:24.36	20
				39.23	1:24.36 (45.13)
2	Donaldson, Deborah L	53	Chico Masters Swimming-38	1:25.15	17
				40.18	1:25.15 (44.97)
3	Cannon, Lindsey	53	Walnut Creek Masters-38	1:31.48	16
				42.66	1:31.48 (48.82)
4	Barrett, Sue	50	Sierra Marlins Masters-38	1:33.90	15
				44.81	1:33.90 (49.09)
5	Harris, Karen	53	Richmond Plunge Masters-38	1:38.21	14
				46.43	1:38.21 (51.78)
6	Goodbrake, Carol	54	Piranhas Aquatic Club-38	1:56.77	13
				54.43	1:56.77 (1:02.34)

**Women 55-59 50 SC Meter Freestyle**

**Pacific:** 28.49 P 12/31/2009 **Laura B Val**

**NATL:** 27.81 N 3/5/2016 **LESLIE LIVINGSTON**

1	Dodd, Dina	56	Rocklin Aquatics Masters-38	33.17	20
2	Keighley, Carole L	56	Quicksilver-38	33.32	17
3	Sepulvado, Patricia	55	Rocklin Aquatics Masters-38	33.97	16
4	Russell, Jane E	56	Davis Aquatic Masters-38	34.15	15
5	Pogue, Michelle	56	Sacramento Masters-38	39.62	14

**Women 55-59 50 SC Meter Backstroke**

**Pacific:** 32.62 P 12/31/2009 **Laura B Val**

**NATL:** 30.12 N 3/5/2016 **LESLIE LIVINGSTON**

1	Russell, Jane E	56	Davis Aquatic Masters-38	38.50	20
2	Sepulvado, Patricia	55	Rocklin Aquatics Masters-38	39.10	17
3	Keighley, Carole L	56	Quicksilver-38	42.64	16
4	Pogue, Michelle	56	Sacramento Masters-38	46.75	15

**Women 55-59 50 SC Meter Breaststroke**

**Pacific:** 40.27 P 12/31/2001 **Carolyn Boak**

**NATL:** 36.47 N 11/5/2017 **CAROLINE KRATTLI**

1	Dodd, Dina	56	Rocklin Aquatics Masters-38	44.86	20
2	Russell, Jane E	56	Davis Aquatic Masters-38	45.85	17
3	Sepulvado, Patricia	55	Rocklin Aquatics Masters-38	46.89	16
4	Keighley, Carole L	56	Quicksilver-38	47.08	15
5	Taga, Kathi	57	California Gold Masters-38	49.49	14
6	Pogue, Michelle	56	Sacramento Masters-38	54.96	13

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Women 55-59 50 SC Meter Butterfly****Pacific: 31.13 P 10/18/2009 Laura B Val****NATL: 29.39 N 3/5/2016 LESLIE LIVINGSTON**

1	Russell, Jane E	56	Davis Aquatic Masters-38	35.83	20
2	Sepulvado, Patricia	55	Rocklin Aquatics Masters-38	36.36	17
3	Pogue, Michelle	56	Sacramento Masters-38	50.75	16

**Women 55-59 100 SC Meter IM****Pacific: 1:12.90 P 12/31/2009 Laura B Val****NATL: 1:09.08 N 1/21/2017 KARLYN PIPES**

1	Sepulvado, Patricia	55	Rocklin Aquatics Masters-38	1:23.82	20
	38.98		1:23.82 (44.84)		
2	Russell, Jane E	56	Davis Aquatic Masters-38	1:24.25	17
	38.75		1:24.25 (45.50)		
3	Dodd, Dina	56	Rocklin Aquatics Masters-38	1:31.10	16
	43.98		1:31.10 (47.12)		
4	Keighley, Carole L	56	Quicksilver-38	1:31.16	15
	43.83		1:31.16 (47.33)		
5	Taga, Kathi	57	California Gold Masters-38	1:43.77	14
	48.12		1:43.77 (55.65)		
6	Pogue, Michelle	56	Sacramento Masters-38	1:49.49	13
	51.75		1:49.49 (57.74)		

**Women 60-64 50 SC Meter Freestyle****Pacific: 29.23 P 12/6/2013 Laura B Val****NATL: 29.23 N 12/7/2013 LAURA VAL**

1	Rafkin, Louise	61	Marcia's Enthusiastic Masters-38	34.66	20
2	Nip, Carol	62	Albany Armada Aquatics Masters-38	42.66	17

**Women 60-64 50 SC Meter Backstroke****Pacific: 33.01 P 12/6/2013 Laura B Val****NATL: 33.01 N 12/8/2013 LAURA VAL**

1	Rafkin, Louise	61	Marcia's Enthusiastic Masters-38	44.30	20
2	Nip, Carol	62	Albany Armada Aquatics Masters-38	50.35	17

**Women 60-64 50 SC Meter Breaststroke****Pacific: 42.29 P 10/11/2013 Laura B Val****NATL: 38.87 N 12/4/2016 COLETTE CRABBE**

1	Rafkin, Louise	61	Marcia's Enthusiastic Masters-38	47.19	20
2	Nip, Carol	62	Albany Armada Aquatics Masters-38	50.52	17

**Women 60-64 50 SC Meter Butterfly****Pacific: 32.42 P 10/6/2013 Laura B Val****NATL: 32.42 N 10/6/2013 LAURA VAL**

1	Rafkin, Louise	61	Marcia's Enthusiastic Masters-38	39.13	20
2	Nip, Carol	62	Albany Armada Aquatics Masters-38	54.49	17

**Women 60-64 100 SC Meter IM****Pacific: 1:15.07 P 10/6/2013 Laura B Val****NATL: 1:15.07 N 10/6/2013 LAURA VAL**

1	Rafkin, Louise	61	Marcia's Enthusiastic Masters-38	1:29.70	20
	42.69		1:29.70 (47.01)		
2	Nip, Carol	62	Albany Armada Aquatics Masters-38	1:48.74	17
	55.73		1:48.74 (53.01)		

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Women 65-69 50 SC Meter Freestyle**

	<b>Pacific:</b>	<b>29.30</b>	<b>P</b>	<b>11/19/2016</b>	<b>Laura B Val</b>			
	<b>NATL:</b>	<b>29.30</b>	<b>N</b>	<b>11/19/2016</b>	<b>LAURA VAL</b>			
1	Val, Laura B			68	Tamalpais Aquatic Masters-38		30.14	20
2	Guthrie, Sally			69	Davis Aquatic Masters-38		36.33	17

**Women 65-69 50 SC Meter Backstroke**

	<b>Pacific:</b>	<b>33.41</b>	<b>P</b>	<b>9/22/2019</b>	<b>Laura B Val</b>			
	<b>NATL:</b>	<b>33.71</b>	<b>N</b>	<b>12/2/2018</b>	<b>LAURA VAL</b>			
1	Val, Laura B			68	Tamalpais Aquatic Masters-38		33.98	20
2	Guthrie, Sally			69	Davis Aquatic Masters-38		44.68	17

**Women 65-69 50 SC Meter Breaststroke**

	<b>Pacific:</b>	<b>42.13</b>	<b>P</b>	<b>11/20/2016</b>	<b>Laura B Val</b>			
	<b>NATL:</b>	<b>41.55</b>	<b>N</b>	<b>4/13/2019</b>	<b>LO KNAPP</b>			
1	Val, Laura B			68	Tamalpais Aquatic Masters-38		43.61	20
2	Guthrie, Sally			69	Davis Aquatic Masters-38		51.81	17

**Women 65-69 50 SC Meter Butterfly**

	<b>Pacific:</b>	<b>33.06</b>	<b>P</b>	<b>11/19/2017</b>	<b>Laura B Val</b>			
	<b>NATL:</b>	<b>33.06</b>	<b>N</b>	<b>11/19/2017</b>	<b>LAURA VAL</b>			
1	Val, Laura B			68	Tamalpais Aquatic Masters-38		33.14	20
2	Guthrie, Sally			69	Davis Aquatic Masters-38		42.94	17

**Women 65-69 100 SC Meter IM**

	<b>Pacific:</b>	<b>1:16.67</b>	<b>P</b>	<b>11/19/2016</b>	<b>Laura B Val</b>			
	<b>NATL:</b>	<b>1:16.67</b>	<b>N</b>	<b>11/19/2016</b>	<b>LAURA VAL</b>			
1	Val, Laura B			68	Tamalpais Aquatic Masters-38		1:16.98	20
		34.77						
							1:16.98 (42.21)	
2	Guthrie, Sally			69	Davis Aquatic Masters-38		1:37.22	17
		47.51						
							1:37.22 (49.71)	

**Women 80-84 50 SC Meter Freestyle**

	<b>Pacific:</b>	<b>41.34</b>	<b>P</b>	<b>12/31/2002</b>	<b>Margery Meyer</b>			
	<b>NATL:</b>	<b>38.03</b>	<b>N</b>	<b>1/25/2009</b>	<b>GAIL ROPER</b>			
1	Haworth, Joyce			82	Spare Time American River Mast-38		1:03.79	20
2	Cocke, Alice			80	Rocklin Aquatics Masters-38		1:05.78	17

**Women 80-84 50 SC Meter Backstroke**

	<b>Pacific:</b>	<b>50.03</b>	<b>P</b>	<b>12/31/2002</b>	<b>Margery Meyer</b>			
	<b>NATL:</b>	<b>50.03</b>	<b>N</b>	<b>10/13/2002</b>	<b>MARGERY MEYER</b>			
1	Haworth, Joyce			82	Spare Time American River Mast-38		1:11.02	20
2	Cocke, Alice			80	Rocklin Aquatics Masters-38		1:33.59	17

**Women 80-84 50 SC Meter Breaststroke**

	<b>Pacific:</b>	<b>53.62</b>	<b>P</b>	<b>10/16/2011</b>	<b>Ann M Hirsch</b>			
	<b>NATL:</b>	<b>51.83</b>	<b>N</b>	<b>10/7/2018</b>	<b>ANNE WILLIAMS</b>			
1	Haworth, Joyce			82	Spare Time American River Mast-38		1:08.90	20
2	Cocke, Alice			80	Rocklin Aquatics Masters-38		1:26.65	17

**Women 80-84 50 SC Meter Butterfly**

	<b>Pacific:</b>	<b>58.34</b>	<b>P</b>	<b>8/20/2011</b>	<b>Ann M Hirsch</b>			
	<b>NATL:</b>	<b>48.85</b>	<b>N</b>	<b>5/16/2009</b>	<b>GAIL ROPER</b>			
1	Cocke, Alice			80	Rocklin Aquatics Masters-38		1:42.44	20



**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Women 80-84 100 SC Meter IM**

Pacific: 1:57.48 P 8/20/2011 Ann M Hirsch

NATL: 1:44.95 N 5/16/2009 GAIL ROPER

--- Cocke, Alice 80 Rocklin Aquatics Masters-38 DQ 20

**Men 18-24 50 SC Meter Freestyle**

Pacific: 23.00 P 10/12/2014 Kevin Ferguson

NATL: 21.38 N 12/11/2005 NICK BRUNELLI

1	Keane, Ian	24	Uc38-38	24.51	20
2	Pluemer, Aaron	22	Stanford Masters Swimming-38	26.20	17
3	Freiwald, Owen	20	Nafomas Raquet Club-PC	28.62	16

**Men 18-24 50 SC Meter Backstroke**

Pacific: 25.71 P 9/18/2016 Chuck Katis

NATL: 25.38 N 3/17/2012 JOSH HAFKIN

1	Keane, Ian	24	Uc38-38	28.95	20
2	Pluemer, Aaron	22	Stanford Masters Swimming-38	31.70	17
3	Freiwald, Owen	20	Nafomas Raquet Club-PC	36.51	16

**Men 18-24 50 SC Meter Breaststroke**

Pacific: 28.79 P 11/23/2013 Robert Lovelace

NATL: 27.83 N 11/21/2009 GREGOR PLEVELJ

1	Keane, Ian	24	Uc38-38	33.06	20
2	Pluemer, Aaron	22	Stanford Masters Swimming-38	36.84	17
3	Freiwald, Owen	20	Nafomas Raquet Club-PC	43.01	16

**Men 18-24 50 SC Meter Butterfly**

Pacific: 22.57 P 12/7/2004 Thomas A Shields

NATL: 23.96 N 11/6/2016 RUNAR BORGEN

1	Keane, Ian	24	Uc38-38	26.87	20
2	Pluemer, Aaron	22	Stanford Masters Swimming-38	28.90	17
3	Freiwald, Owen	20	Nafomas Raquet Club-PC	31.57	16

**Men 18-24 100 SC Meter IM**

Pacific: 56.82 P 11/24/2013 Robert Lovelace

NATL: 55.71 N 10/29/2011 EUGENE GODSOE

1	Keane, Ian	24	Uc38-38	1:04.12	20
				29.50	1:04.12 (34.62)
2	Pluemer, Aaron	22	Stanford Masters Swimming-38	1:06.99	17
				30.28	1:06.99 (36.71)

**Men 25-29 50 SC Meter Freestyle**

Pacific: 22.81 P 12/31/2002 Scott C Greenwood

NATL: 21.37 N 11/15/2014 CESAR CIELO

1	Rossbach, Alexander	29	Albany Armada Aquatics Masters-38	28.26	20
2	Fieiwald, Andrew	27	Nafomas Raquet Club-PC	28.62	17
3	Bautista, Jair	27	Sacramento Masters-38	33.33	16

**Men 25-29 50 SC Meter Backstroke**

Pacific: 25.67 P 9/22/2013 Tim R Watts

NATL: 24.55 N 11/3/2013 DARIAN TOWNSEND

1	Rossbach, Alexander	29	Albany Armada Aquatics Masters-38	34.61	20
2	Fieiwald, Andrew	27	Nafomas Raquet Club-PC	35.82	17
3	Bautista, Jair	27	Sacramento Masters-38	47.81	16

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Men 25-29 50 SC Meter Breaststroke****Pacific: 28.69 P 12/31/2012 John Dorr****NATL: 27.31 N 11/23/2013 EETU KARVONEN**

1	Rossbach, Alexander	29	Albany Armada Aquatics Masters-38	40.56	20
2	Fieiwald, Andrew	27	Nafomas Raquet Club-PC	42.16	17
3	Bautista, Jair	27	Sacramento Masters-38	54.06	16

**Men 25-29 50 SC Meter Butterfly****Pacific: 25.06 P 12/31/2007 Adam M Conway****NATL: 23.53 N 10/14/2018 TOWNSEND\BORGEN**

1	Rossbach, Alexander	29	Albany Armada Aquatics Masters-38	29.85	20
2	Fieiwald, Andrew	27	Nafomas Raquet Club-PC	33.85	17
3	Bautista, Jair	27	Sacramento Masters-38	39.68	16

**Men 25-29 100 SC Meter IM****Pacific: 56.39 P 9/25/2011 FRANK ZIO****NATL: 53.47 N 11/3/2013 DARIAN TOWNSEND**

1	Rossbach, Alexander	29	Albany Armada Aquatics Masters-38	1:13.55	20
				34.16	1:13.55 (39.39)
2	Fieiwald, Andrew	27	Nafomas Raquet Club-PC	1:16.36	17
				35.24	1:16.36 (41.12)
3	Bautista, Jair	27	Sacramento Masters-38	1:35.83	16
				42.80	1:35.83 (53.03)

**Men 30-34 50 SC Meter Freestyle****Pacific: 22.39 P 10/16/2011 Anthony L Ervin****NATL: 21.91 N 11/13/2016 DARIAN TOWNSEND**

1	Frink, Stephen	34	Richmond Plunge Masters-38	26.35	20
2	Revelli, Reid	34	Uc38-38	27.46	17
3	Pluemer, Adam	31	Uc38-38	30.66	16
4	Fadloun, Taher	34	SwimNuts-PC	34.86	15

**Men 30-34 50 SC Meter Backstroke****Pacific: 26.78 P 9/22/2019 Tim R Watts****NATL: 24.75 N 11/12/2016 DARIAN TOWNSEND**

1	Frink, Stephen	34	Richmond Plunge Masters-38	33.48	20
2	Pluemer, Adam	31	Uc38-38	33.78	17
3	Revelli, Reid	34	Uc38-38	34.56	16

**Men 30-34 50 SC Meter Breaststroke****Pacific: 28.81 P 12/31/2007 Jeff Commings****NATL: 28.01 N 12/7/2008 JEFF COMMINGS**

1	Frink, Stephen	34	Richmond Plunge Masters-38	38.88	20
2	Pluemer, Adam	31	Uc38-38	39.49	17
3	Revelli, Reid	34	Uc38-38	41.54	16

**Men 30-34 50 SC Meter Butterfly****Pacific: 25.06 P 12/31/1989 Mike Bottom****NATL: 24.37 N 12/5/2015 MILORAD CAVIC**

1	Frink, Stephen	34	Richmond Plunge Masters-38	30.48	20
2	Revelli, Reid	34	Uc38-38	32.15	17
3	Pluemer, Adam	31	Uc38-38	33.80	16

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Men 30-34 100 SC Meter IM****Pacific: 57.28 P 9/25/2011 Anthony L Ervin****NATL: 53.28 N 11/13/2016 DARIAN TOWNSEND**

1	Frink, Stephen	34	Richmond Plunge Masters-38	1:11.15	20
	33.00		1:11.15 (38.15)		
2	Revelli, Reid	34	Uc38-38	1:18.36	17
	35.37		1:18.36 (42.99)		
3	Pluemer, Adam	31	Uc38-38	1:20.44	16
	36.03		1:20.44 (44.41)		

**Men 35-39 50 SC Meter Freestyle****Pacific: 23.54 P 12/2/2012 Scott C Greenwood****NATL: 21.81 N 9/22/2018 ROLAND SCHOEMAN**

1	Elcock, Nicholas R	38	Uc38-38	25.80	20
2	Warda, Hussein	36	Spare Time American River Mast-38	26.20	17
3	Wasiewski, Timothy	38	Uc38-38	26.26	16
4	Ignatov, Alex	38	Temescal Aquatic Masters-38	27.32	15
5	De Voss, Christopher	38	California Gold Masters-38	27.71	14
6	Roper, Matt	37	Davis Aquatic Masters-38	27.81	13
7	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	31.44	12

**Men 35-39 50 SC Meter Backstroke****Pacific: 27.92 P 12/31/2003 John Keppeler****NATL: 25.72 N 10/18/2009 EDILSON SILVA**

1	Wasiewski, Timothy	38	Uc38-38	31.44	20
2	Ignatov, Alex	38	Temescal Aquatic Masters-38	31.63	17
3	Roper, Matt	37	Davis Aquatic Masters-38	32.09	16
4	Elcock, Nicholas R	38	Uc38-38	34.65	15
5	De Voss, Christopher	38	California Gold Masters-38	37.38	14
6	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	42.23	13

**Men 35-39 50 SC Meter Breaststroke****Pacific: 30.70 P 12/31/2008 Jonathan T Manson****NATL: 26.66 N 11/17/2018 ROLAND SCHOEMAN**

1	Wasiewski, Timothy	38	Uc38-38	32.79	20
2	De Voss, Christopher	38	California Gold Masters-38	33.16	17
3	Ignatov, Alex	38	Temescal Aquatic Masters-38	33.40	16
4	Elcock, Nicholas R	38	Uc38-38	34.94	15
5	Roper, Matt	37	Davis Aquatic Masters-38	36.29	14
6	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	37.09	13

**Men 35-39 50 SC Meter Butterfly****Pacific: 25.82 P 12/31/2009 Lee G Wanie****NATL: 23.12 N 11/18/2018 ROLAND SCHOEMAN**

1	Valdivieso, Juan P	38	The Olympic Club-38	26.65	20
2	Elcock, Nicholas R	38	Uc38-38	29.18	17
3	Ignatov, Alex	38	Temescal Aquatic Masters-38	29.21	16
4	Wasiewski, Timothy	38	Uc38-38	29.29	15
5	Warda, Hussein	36	Spare Time American River Mast-38	29.50	14
6	Roper, Matt	37	Davis Aquatic Masters-38	29.79	13
7	De Voss, Christopher	38	California Gold Masters-38	31.53	12
8	Song, Jimmy	36	Marcia's Enthusiastic Masters-38	35.76	11

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Men 35-39 100 SC Meter IM**

	<b>Pacific:</b>	<b>1:01.59</b>	<b>P</b>	<b>10/21/2007</b>	<b>Roque J Santos</b>		
	<b>NATL:</b>	<b>56.36</b>	<b>N</b>	<b>12/2/2012</b>	<b>GLENN COUNTS</b>		
1	Ignatov, Alex			38	Temescal Aquatic Masters-38	1:06.27	20
		30.53				1:06.27 (35.74)	
2	Roper, Matt			37	Davis Aquatic Masters-38	1:08.52	17
		31.48				1:08.52 (37.04)	
3	Wasiewski, Timothy			38	Uc38-38	1:09.16	16
		32.48				1:09.16 (36.68)	
4	Elcock, Nicholas R			38	Uc38-38	1:09.24	15
		32.83				1:09.24 (36.41)	
5	De Voss, Christopher			38	California Gold Masters-38	1:15.72	14
		36.99				1:15.72 (38.73)	
6	Song, Jimmy			36	Marcia's Enthusiastic Masters-38	1:19.41	13
		39.22				1:19.41 (40.19)	

**Men 40-44 50 SC Meter Freestyle**

	<b>Pacific:</b>	<b>24.58</b>	<b>P</b>	<b>12/31/2003</b>	<b>David E Boatwright</b>		
	<b>NATL:</b>	<b>23.13</b>	<b>N</b>	<b>8/15/2013</b>	<b>BRIAN JACOBSON</b>		
1	Macdonald, Jeremy			40	Spare Time American River Mast-38	25.75	20
2	Hennessy, Bryant			43	California Capital Aquatics Ma-38	27.81	17
3	Hanley, Nicholas			40	Vacaville Swim Club-38	27.94	16
4	Barrett, Jeffrey			42	Walnut Creek Masters-38	28.87	15

**Men 40-44 50 SC Meter Backstroke**

	<b>Pacific:</b>	<b>28.50</b>	<b>P</b>	<b>10/11/2008</b>	<b>Rick Gould</b>		
	<b>NATL:</b>	<b>25.53</b>	<b>N</b>	<b>12/12/2009</b>	<b>MICHAEL ROSS</b>		
1	Macdonald, Jeremy			40	Spare Time American River Mast-38	29.80	20
2	Hanley, Nicholas			40	Vacaville Swim Club-38	32.98	17
3	Hennessy, Bryant			43	California Capital Aquatics Ma-38	33.84	16
4	Barrett, Jeffrey			42	Walnut Creek Masters-38	37.76	15

**Men 40-44 50 SC Meter Breaststroke**

	<b>Pacific:</b>	<b>29.22</b>	<b>P</b>	<b>12/31/2009</b>	<b>Roque J Santos</b>		
	<b>NATL:</b>	<b>28.21</b>	<b>N</b>	<b>11/17/2018</b>	<b>JEFF COMMINGS</b>		
1	Macdonald, Jeremy			40	Spare Time American River Mast-38	33.60	20
2	Menna, Greg			42	Davis Aquatic Masters-38	33.69	17
3	Hanley, Nicholas			40	Vacaville Swim Club-38	35.92	16
4	Barrett, Jeffrey			42	Walnut Creek Masters-38	38.95	15
5	Hennessy, Bryant			43	California Capital Aquatics Ma-38	41.16	14

**Men 40-44 50 SC Meter Butterfly**

	<b>Pacific:</b>	<b>27.06</b>	<b>P</b>	<b>10/11/2005</b>	<b>Roger Brisbane</b>		
	<b>NATL:</b>	<b>24.91</b>	<b>N</b>	<b>12/6/2008</b>	<b>MICHAEL ROSS</b>		
1	Menna, Greg			42	Davis Aquatic Masters-38	28.13	20
2	Macdonald, Jeremy			40	Spare Time American River Mast-38	29.16	17
3	Hennessy, Bryant			43	California Capital Aquatics Ma-38	29.74	16
4	Hanley, Nicholas			40	Vacaville Swim Club-38	31.45	15
5	Barrett, Jeffrey			42	Walnut Creek Masters-38	32.93	14

**Men 40-44 100 SC Meter IM**

	<b>Pacific:</b>	<b>58.94</b>	<b>P</b>	<b>11/16/2008</b>	<b>Roque J Santos</b>		
	<b>NATL:</b>	<b>57.19</b>	<b>N</b>	<b>11/16/2014</b>	<b>JEFF COMMINGS</b>		
1	Macdonald, Jeremy			40	Spare Time American River Mast-38	1:05.56	20

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****(Men 40-44 100 SC Meter IM)**

2	Menna, Greg	42	Davis Aquatic Masters-38	1:06.27	17
	31.38		1:06.27 (34.89)		
3	Hanley, Nicholas	40	Vacaville Swim Club-38	1:12.30	16
	33.76		1:12.30 (38.54)		
4	Hennessy, Bryant	43	California Capital Aquatics Ma-38	1:13.72	15
	32.42		1:13.72 (41.30)		
5	Barrett, Jeffrey	42	Walnut Creek Masters-38	1:20.14	14
	36.17		1:20.14 (43.97)		

**Men 45-49 50 SC Meter Freestyle**

**Pacific:** 24.67 P 12/31/2008 **David E Boatwright**  
**NATL:** 23.58 N 11/13/2016 **SIPHIWE BALEKA**

1	Jorgensen, Erik	45	Sacramento Masters-38	26.39	20
2	Moll, Eric	47	Uc38-38	27.79	17
3	Jones, Keith	49	Peninsula Community Center Mas-38	28.13	16
4	Fahlen, Mark	48	Modesto Area Aquatic Club-38	28.51	15
5	Collins, Thomas D	47	Spare Time American River Mast-38	29.96	14
6	Wright, Eric	46	California Gold Masters-38	30.35	13
7	Dowd, Joe	48	Sierra Marlins Masters-38	33.12	12

**Men 45-49 50 SC Meter Backstroke**

**Pacific:** 29.16 P 10/14/2018 **Peter S Moore**  
**NATL:** 27.02 N 12/12/2009 **CHRIS STEVENSON**

1	Jorgensen, Erik	45	Sacramento Masters-38	33.55	20
2	Fahlen, Mark	48	Modesto Area Aquatic Club-38	36.17	17
3	Moll, Eric	47	Uc38-38	36.40	16
4	Jones, Keith	49	Peninsula Community Center Mas-38	37.63	15
5	Wright, Eric	46	California Gold Masters-38	37.99	14
6	Collins, Thomas D	47	Spare Time American River Mast-38	39.93	13
7	Dowd, Joe	48	Sierra Marlins Masters-38	44.03	12

**Men 45-49 50 SC Meter Breaststroke**

**Pacific:** 31.24 P 12/31/2001 **Lee A Rider**  
**NATL:** 28.88 N 10/12/2013 **TODD TORRES**

1	Moll, Eric	47	Uc38-38	34.37	20
2	Jorgensen, Erik	45	Sacramento Masters-38	34.94	17
3	Jones, Keith	49	Peninsula Community Center Mas-38	36.97	16
4	Wright, Eric	46	California Gold Masters-38	38.13	15
5	Fahlen, Mark	48	Modesto Area Aquatic Club-38	38.40	14
6	Collins, Thomas D	47	Spare Time American River Mast-38	38.73	13
7	Dowd, Joe	48	Sierra Marlins Masters-38	40.16	12

**Men 45-49 50 SC Meter Butterfly**

**Pacific:** 26.65 P 10/2/2011 **Matt Jones**  
**NATL:** 25.74 N 12/13/2009 **FRITZ BEDFORD**

1	Jorgensen, Erik	45	Sacramento Masters-38	29.83	20
2	Moll, Eric	47	Uc38-38	30.37	17
3	Jones, Keith	49	Peninsula Community Center Mas-38	31.16	16
4	Fahlen, Mark	48	Modesto Area Aquatic Club-38	32.47	15
5	Collins, Thomas D	47	Spare Time American River Mast-38	33.01	14
6	Dowd, Joe	48	Sierra Marlins Masters-38	36.76	13

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Men 45-49 100 SC Meter IM****Pacific: 1:03.29 P 10/10/2015 Roque J Santos****NATL: 1:00.09 N 11/13/2016 SIPHIWE BALEKA**

1	Jorgensen, Erik	45	Sacramento Masters-38	1:12.42	20
	34.75	1:12.42 (37.67)			
2	Moll, Eric	47	Uc38-38	1:13.07	17
	34.72	1:13.07 (38.35)			
3	Fahlen, Mark	48	Modesto Area Aquatic Club-38	1:13.44	16
	35.37	1:13.44 (38.07)			
4	Jones, Keith	49	Peninsula Community Center Mas-38	1:15.59	15
	36.42	1:15.59 (39.17)			
5	Wright, Eric	46	California Gold Masters-38	1:17.54	14
	37.67	1:17.54 (39.87)			
6	Collins, Thomas D	47	Spare Time American River Mast-38	1:18.10	13
	36.37	1:18.10 (41.73)			
7	Dowd, Joe	48	Sierra Marlins Masters-38	1:23.60	12
	42.02	1:23.60 (41.58)			

**Men 50-54 50 SC Meter Freestyle****Pacific: 25.53 P 12/31/2003 Thomas W Whatley****NATL: 23.38 N 10/18/2009 ROWDY GAINES**

1	Badding, Gerald	53	Swim Devils Masters-PC	26.18	20
2	Jones, Brian A	54	Sierra Marlins Masters-38	26.72	17
3	Hamilton, Rick	52	Manatee Aquatic Masters Inc-38	26.86	16
4	Vollstedt, Mark	51	Spare Time American River Mast-38	27.53	15
5	Smith, Stephen M	53	Sacramento Masters-38	28.75	14
6	Rombold, Joseph	54	Spare Time American River Mast-38	30.12	13
7	Mullany, Courtney P	50	Life Time Swim Pacific-38	31.19	12

**Men 50-54 50 SC Meter Backstroke****Pacific: 29.64 P 12/3/2017 Rick M Hamilton****NATL: 26.69 N 10/24/2015 FRITZ BEDFORD**

1	Hamilton, Rick	52	Manatee Aquatic Masters Inc-38	30.29	20
2	Jones, Brian A	54	Sierra Marlins Masters-38	30.89	17
3	Badding, Gerald	53	Swim Devils Masters-PC	32.52	16
4	Smith, Stephen M	53	Sacramento Masters-38	34.78	15
5	Vollstedt, Mark	51	Spare Time American River Mast-38	35.60	14
6	Mullany, Courtney P	50	Life Time Swim Pacific-38	39.77	13
7	Rombold, Joseph	54	Spare Time American River Mast-38	41.05	12
8	Leveroni, Kevin E	52	Piranhas Aquatic Club-38	45.41	11

**Men 50-54 50 SC Meter Breaststroke****Pacific: 31.10 P 10/18/2009 Gary L Patterson****NATL: 29.84 N 12/8/2013 DAVID GUTHRIE**

1	Badding, Gerald	53	Swim Devils Masters-PC	33.38	20
2	Hamilton, Rick	52	Manatee Aquatic Masters Inc-38	35.93	17
3	Jones, Brian A	54	Sierra Marlins Masters-38	36.70	16
*4	Smith, Stephen M	53	Sacramento Masters-38	38.24	14.50
*4	Mullany, Courtney P	50	Life Time Swim Pacific-38	38.24	14.50
6	Leveroni, Kevin E	52	Piranhas Aquatic Club-38	39.10	13
7	Rombold, Joseph	54	Spare Time American River Mast-38	39.13	12

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Men 50-54 50 SC Meter Butterfly****Pacific: 26.12 P 12/31/2007 Paul V Carter****NATL: 25.74 N 12/8/2018 STEVE HILTABIDDLE**

1	Badding, Gerald	53	Swim Devils Masters-PC	28.67	20
2	Hamilton, Rick	52	Manatee Aquatic Masters Inc-38	28.72	17
3	Jones, Brian A	54	Sierra Marlins Masters-38	28.87	16
4	Smith, Stephen M	53	Sacramento Masters-38	30.01	15
5	Roepke, Frank	54	Spare Time American River Mast-38	30.41	14
6	Vollstedt, Mark	51	Spare Time American River Mast-38	30.44	13
7	Mullany, Courtney P	50	Life Time Swim Pacific-38	33.79	12
8	Leveroni, Kevin E	52	Piranhas Aquatic Club-38	34.74	11

**Men 50-54 100 SC Meter IM****Pacific: 1:02.51 P 12/31/2008 Ken Shilling****NATL: 1:00.57 N 12/10/2016 SCOTT HEBER**

1	Hamilton, Rick	52	Manatee Aquatic Masters Inc-38	1:06.53	20
	29.89		1:06.53 (36.64)		
2	Badding, Gerald	53	Swim Devils Masters-PC	1:07.03	17
	31.59		1:07.03 (35.44)		
3	Jones, Brian A	54	Sierra Marlins Masters-38	1:08.99	16
	32.26		1:08.99 (36.73)		
4	Smith, Stephen M	53	Sacramento Masters-38	1:10.03	15
	32.61		1:10.03 (37.42)		
5	Vollstedt, Mark	51	Spare Time American River Mast-38	1:13.30	14
	33.94		1:13.30 (39.36)		
6	Mullany, Courtney P	50	Life Time Swim Pacific-38	1:18.45	13
	37.20		1:18.45 (41.25)		
7	Rombold, Joseph	54	Spare Time American River Mast-38	1:22.30	12
	38.37		1:22.30 (43.93)		

**Men 55-59 50 SC Meter Freestyle****Pacific: 26.15 P 12/31/2009 Eric D van Boer****NATL: 24.66 N 10/10/2015 STEVE WOOD**

1	Harvill, Tom	58	Wildcat Alumni Masters-38	26.39	20
2	Keating, Kevin	55	Sebastopol Masters Aquatic Clu-38	28.43	17
3	Ehrenberger, Dennis	55	California Capital Aquatics Ma-38	28.61	16
4	Keighley, Tim D	58	Quicksilver-38	28.78	15
5	Taylor, Ron	59	Richmond Plunge Masters-38	30.02	14
6	Maryatt, Andrew	58	Rocklin Aquatics Masters-38	30.41	13
7	Spangler, Brian	57	Wildcat Alumni Masters-38	32.50	12
8	Boedtker, Markus	55	Sacramento Masters-38	32.57	11
9	Campbell, Chris	57	Mountain View Masters-38	34.16	9
10	Curran, Barry I	58	Sierra Marlins Masters-38	34.29	7
11	Davis, Joe	55	Spare Time American River Mast-38	35.01	6
12	Stein, Todd	59	Uc38-38	35.56	5

**Men 55-59 50 SC Meter Backstroke****Pacific: 30.40 P 12/31/2000 Tim A Birnie****NATL: 27.62 N 10/10/2015 STEVE WOOD**

1	Harvill, Tom	58	Wildcat Alumni Masters-38	33.34	20
2	Taylor, Ron	59	Richmond Plunge Masters-38	33.92	17
3	Keighley, Tim D	58	Quicksilver-38	34.23	16
4	Keating, Kevin	55	Sebastopol Masters Aquatic Clu-38	36.02	15
5	Maryatt, Andrew	58	Rocklin Aquatics Masters-38	37.25	14
6	Ehrenberger, Dennis	55	California Capital Aquatics Ma-38	38.46	13

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****(Men 55-59 50 SC Meter Backstroke)**

7	Boedtker, Markus	55	Sacramento Masters-38	39.48	12
8	Davis, Joe	55	Spare Time American River Mast-38	41.13	11
9	Curran, Barry I	58	Sierra Marlins Masters-38	42.13	9
10	Spangler, Brian	57	Wildcat Alumni Masters-38	42.59	7
11	Stein, Todd	59	Uc38-38	44.01	6
12	Campbell, Chris	57	Mountain View Masters-38	44.41	5

**Men 55-59 50 SC Meter Breaststroke**

**Pacific: 32.18 P 12/31/2001 Robert Strand**

**NATL: 30.37 N 12/17/2016 DAVID GUTHRIE**

1	Ehrenberger, Dennis	55	California Capital Aquatics Ma-38	36.91	20
2	Harvill, Tom	58	Wildcat Alumni Masters-38	37.11	17
3	Keighley, Tim D	58	Quicksilver-38	37.80	16
4	Maryatt, Andrew	58	Rocklin Aquatics Masters-38	38.57	15
5	Boedtker, Markus	55	Sacramento Masters-38	39.46	14
6	Taylor, Ron	59	Richmond Plunge Masters-38	39.72	13
7	Curran, Barry I	58	Sierra Marlins Masters-38	41.19	12
8	Keating, Kevin	55	Sebastopol Masters Aquatic Clu-38	41.33	11
9	Spangler, Brian	57	Wildcat Alumni Masters-38	41.38	9
10	Stein, Todd	59	Uc38-38	47.92	7
11	Campbell, Chris	57	Mountain View Masters-38	49.71	6

**Men 55-59 50 SC Meter Butterfly**

**Pacific: 27.16 P 10/4/2014 Paul V Carter**

**NATL: 26.55 N 10/20/2018 FRITZ BEDFORD**

1	Harvill, Tom	58	Wildcat Alumni Masters-38	28.80	20
2	Keating, Kevin	55	Sebastopol Masters Aquatic Clu-38	30.01	17
3	Keighley, Tim D	58	Quicksilver-38	30.70	16
4	Taylor, Ron	59	Richmond Plunge Masters-38	30.79	15
5	Maryatt, Andrew	58	Rocklin Aquatics Masters-38	33.44	14
6	Ehrenberger, Dennis	55	California Capital Aquatics Ma-38	33.72	13
7	Spangler, Brian	57	Wildcat Alumni Masters-38	33.78	12
8	Boedtker, Markus	55	Sacramento Masters-38	33.87	11
9	Campbell, Chris	57	Mountain View Masters-38	38.82	9
10	Curran, Barry I	58	Sierra Marlins Masters-38	38.83	7
11	Stein, Todd	59	Uc38-38	40.03	6

**Men 55-59 100 SC Meter IM**

**Pacific: 1:05.29 P 10/4/2014 Paul V Carter**

**NATL: 1:01.76 N 10/10/2015 STEVE WOOD**

1	Harvill, Tom	58	Wildcat Alumni Masters-38	1:09.13	20
	32.62	1:09.13 (36.51)			
2	Keighley, Tim D	58	Quicksilver-38	1:11.93	17
	33.73	1:11.93 (38.20)			
3	Ehrenberger, Dennis	55	California Capital Aquatics Ma-38	1:16.17	16
	37.17	1:16.17 (39.00)			
4	Keating, Kevin	55	Sebastopol Masters Aquatic Clu-38	1:16.95	15
	34.79	1:16.95 (42.16)			
5	Boedtker, Markus	55	Sacramento Masters-38	1:18.82	14
	37.47	1:18.82 (41.35)			
6	Spangler, Brian	57	Wildcat Alumni Masters-38	1:24.82	13
	38.54	1:24.82 (46.28)			



**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****(Men 55-59 100 SC Meter IM)**

7	Curran, Barry I	58	Sierra Marlins Masters-38	1:25.63	12
	41.37		1:25.63 (44.26)		
8	Campbell, Chris	57	Mountain View Masters-38	1:34.60	11
	45.52		1:34.60 (49.08)		
---	Stein, Todd	59	Uc38-38	DQ	
	44.85		DQ (53.34)		

**Men 60-64 50 SC Meter Freestyle**

**Pacific:** 26.56 P 10/9/2016 **Loren Druz**  
**NATL:** 24.90 N 12/3/2006 **RICHARD ABRAHAMS**

1	Cutting, Steve	62	Manatee Aquatic Masters Inc-38	28.62	20
2	Hagen, Richard	60	Sierra Marlins Masters-38	29.89	17
3	Cottingham, John	60	Los Gatos Swim And Racquet Clu-38	30.00	16
4	Davis, Richard	64	Sierra Marlins Masters-38	32.44	15
5	Nisson, Robert	61	Sierra Marlins Masters-38	34.23	14
6	Pinto, Harlan	62	Menlo Masters-38	35.99	13
7	Pluemer, Andreas	61	Stanford Masters Swimming-38	41.99	12

**Men 60-64 50 SC Meter Backstroke**

**Pacific:** 31.59 P 12/31/2010 **Hugh Wilder**  
**NATL:** 29.64 N 3/29/2014 **PHILIPP DJANG**

1	Cutting, Steve	62	Manatee Aquatic Masters Inc-38	33.48	20
2	Nisson, Robert	61	Sierra Marlins Masters-38	39.35	17
3	Cottingham, John	60	Los Gatos Swim And Racquet Clu-38	40.27	16
4	Davis, Richard	64	Sierra Marlins Masters-38	42.57	15
5	Pinto, Harlan	62	Menlo Masters-38	46.08	14
6	Byler, James	64	Piranhas Aquatic Club-38	48.11	13
7	Pluemer, Andreas	61	Stanford Masters Swimming-38	51.33	12

**Men 60-64 50 SC Meter Breaststroke**

**Pacific:** 32.31 P 12/31/2009 **Robert Strand**  
**NATL:** 31.51 N 11/21/2015 **RICK COLELLA**

1	Cutting, Steve	62	Manatee Aquatic Masters Inc-38	39.24	20
2	Pinto, Harlan	62	Menlo Masters-38	40.49	17
3	Cottingham, John	60	Los Gatos Swim And Racquet Clu-38	42.11	16
4	Nisson, Robert	61	Sierra Marlins Masters-38	42.18	15
5	Byler, James	64	Piranhas Aquatic Club-38	46.02	14
6	Davis, Richard	64	Sierra Marlins Masters-38	49.49	13
7	Pluemer, Andreas	61	Stanford Masters Swimming-38	50.82	12

**Men 60-64 50 SC Meter Butterfly**

**Pacific:** 30.08 P 10/10/2009 **Thomas H Knopf**  
**NATL:** 27.40 N 5/25/2019 **BRUCE KONE**

1	Cutting, Steve	62	Manatee Aquatic Masters Inc-38	31.82	20
2	Cottingham, John	60	Los Gatos Swim And Racquet Clu-38	34.10	17
3	Hagen, Richard	60	Sierra Marlins Masters-38	34.44	16
4	Nisson, Robert	61	Sierra Marlins Masters-38	37.22	15
5	Pinto, Harlan	62	Menlo Masters-38	39.83	14
6	Davis, Richard	64	Sierra Marlins Masters-38	43.13	13
7	Pluemer, Andreas	61	Stanford Masters Swimming-38	52.32	12

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Men 60-64 100 SC Meter IM****Pacific: 1:07.98 P 12/31/2009 Robert Strand****NATL: 1:04.23 N 3/21/2015 RICK COLELLA**

1	Cutting, Steve	62	Manatee Aquatic Masters Inc-38	1:12.93	20
	33.80		1:12.93 (39.13)		
2	Hagen, Richard	60	Sierra Marlins Masters-38	1:18.64	17
	36.63		1:18.64 (42.01)		
3	Cottingham, John	60	Los Gatos Swim And Racquet Clu-38	1:21.87	16
	37.74		1:21.87 (44.13)		
4	Nisson, Robert	61	Sierra Marlins Masters-38	1:27.96	15
	40.67		1:27.96 (47.29)		
5	Pinto, Harlan	62	Menlo Masters-38	1:31.70	14
	44.46		1:31.70 (47.24)		
6	Davis, Richard	64	Sierra Marlins Masters-38	1:32.73	13
	42.92		1:32.73 (49.81)		
7	Pluemer, Andreas	61	Stanford Masters Swimming-38	1:52.42	12
	54.47		1:52.42 (57.95)		

**Men 65-69 50 SC Meter Freestyle****Pacific: 26.85 P 9/18/2016 Tate Holt****NATL: 25.42 N 3/3/2018 DOUG MARTIN**

1	Ottersen, Craig	67	Sacramento Masters-38	29.66	20
2	McCullough, John R	65	Uc38-38	32.06	17
3	Shevlin, Jeffrey L	65	Sacramento Masters-38	34.56	16
4	Johanson, Jeff	65	Tuolumne County Aquatic Master-38	37.76	15
5	Kaiser, Steven	67	Sacramento Masters-38	46.94	14

**Men 65-69 50 SC Meter Backstroke****Pacific: 30.34 P 12/31/2012 Hugh Wilder****NATL: 30.34 N 12/2/2012 HUGH WILDER**

1	Ottersen, Craig	67	Sacramento Masters-38	38.64	20
2	Johanson, Jeff	65	Tuolumne County Aquatic Master-38	41.11	17
3	McCullough, John R	65	Uc38-38	41.68	16
4	Shevlin, Jeffrey L	65	Sacramento Masters-38	44.66	15
5	Kaiser, Steven	67	Sacramento Masters-38	52.37	14

**Men 65-69 50 SC Meter Breaststroke****Pacific: 34.92 P 10/18/2009 David R Gildea****NATL: 32.50 N 11/20/2016 RICK COLELLA**

1	Ottersen, Craig	67	Sacramento Masters-38	37.21	20
2	Johanson, Jeff	65	Tuolumne County Aquatic Master-38	42.51	17
3	Shevlin, Jeffrey L	65	Sacramento Masters-38	43.64	16
4	McCullough, John R	65	Uc38-38	52.15	15
5	Kaiser, Steven	67	Sacramento Masters-38	57.87	14

**Men 65-69 50 SC Meter Butterfly****Pacific: 30.66 P 12/31/2012 Hugh Wilder****NATL: 28.65 N 3/3/2018 DOUG MARTIN**

1	Ottersen, Craig	67	Sacramento Masters-38	32.94	20
2	McCullough, John R	65	Uc38-38	37.45	17
3	Johanson, Jeff	65	Tuolumne County Aquatic Master-38	39.30	16
4	Shevlin, Jeffrey L	65	Sacramento Masters-38	39.41	15
5	Kaiser, Steven	67	Sacramento Masters-38	55.44	14

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Men 65-69 100 SC Meter IM****Pacific: 1:10.67 P 12/31/2008 Richard Burns****NATL: 1:05.43 N 11/19/2016 RICK COLELLA**

1	Ottersen, Craig	67	Sacramento Masters-38	1:17.10	20
	37.05		1:17.10 (40.05)		
2	Johanson, Jeff	65	Tuolumne County Aquatic Master-38	1:28.60	17
	40.89		1:28.60 (47.71)		
3	Shevlin, Jeffrey L	65	Sacramento Masters-38	1:30.47	16
	43.12		1:30.47 (47.35)		
4	McCullough, John R	65	Uc38-38	1:36.61	15
	40.70		1:36.61 (55.91)		
5	Kaiser, Steven	67	Sacramento Masters-38	1:58.67	14
	56.81		1:58.67 (1:01.86)		

**Men 70-74 50 SC Meter Freestyle****Pacific: 28.54 P 12/2/2017 Andrew M McPherso****NATL: 26.88 N 10/10/2015 RICHARD ABRAHAMS**

1	Bernard, Alan	70	Tamalpais Aquatic Masters-38	30.40	20
2	Garibaldi, Michael	73	Dolphin Club-38	36.28	17
3	Rust, David	73	Santa Rosa Masters-38	43.81	16

**Men 70-74 50 SC Meter Backstroke****Pacific: 33.51 P 12/6/2013 Richard Burns****NATL: 33.09 N 12/3/2017 HUGH WILDER**

1	Bernard, Alan	70	Tamalpais Aquatic Masters-38	37.74	20
2	Garibaldi, Michael	73	Dolphin Club-38	44.74	17
3	Powers, Robert	74	Uc38-38	51.96	16
4	Rust, David	73	Santa Rosa Masters-38	55.74	15

**Men 70-74 50 SC Meter Breaststroke****Pacific: 36.16 P 8/24/2013 David R Gildea****NATL: 35.97 N 3/6/2016 ROBERT STRAND**

1	Bernard, Alan	70	Tamalpais Aquatic Masters-38	41.64	20
2	Rust, David	73	Santa Rosa Masters-38	55.13	17
3	Garibaldi, Michael	73	Dolphin Club-38	1:00.38	16

**Men 70-74 50 SC Meter Butterfly****Pacific: 31.13 P 12/2/2017 Andrew M McPherso****NATL: 29.52 N 10/11/2015 RICHARD ABRAHAMS**

1	Bernard, Alan	70	Tamalpais Aquatic Masters-38	33.68	20
2	Garibaldi, Michael	73	Dolphin Club-38	43.76	17
3	Rust, David	73	Santa Rosa Masters-38	56.14	16

**Men 70-74 100 SC Meter IM****Pacific: 1:14.40 P 10/6/2013 Richard Burns****NATL: 1:12.74 N 5/25/2019 STEVEN HECK**

1	Bernard, Alan	70	Tamalpais Aquatic Masters-38	1:20.46	20
	37.60		1:20.46 (42.86)		
2	Garibaldi, Michael	73	Dolphin Club-38	1:45.93	17
	46.31		1:45.93 (59.62)		
3	Rust, David	73	Santa Rosa Masters-38	1:54.34	16
	54.96		1:54.34 (59.38)		

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Men 75-79 50 SC Meter Freestyle**

Pacific: 30.53 P 10/14/2018 Richard Burns

NATL: 29.90 N 12/3/2016 MIKE FRESHLEY

1 Burns, Richard 76 Tamalpais Aquatic Masters-38 30.99 20

**Men 75-79 50 SC Meter Backstroke**

Pacific: 33.87 P 12/2/2018 Richard Burns

NATL: 33.87 N 12/2/2018 RICHARD BURNS

1 Burns, Richard 76 Tamalpais Aquatic Masters-38 36.24 20

**Men 75-79 50 SC Meter Breaststroke**

Pacific: 40.65 P 10/13/2018 David R Gildea

NATL: 38.35 N 7/24/2016 MIKE FRESHLEY

1 Burns, Richard 76 Tamalpais Aquatic Masters-38 43.77 20

**Men 75-79 50 SC Meter Butterfly**

Pacific: 32.41 P 12/1/2018 Richard Burns

NATL: 32.41 N 12/1/2018 RICHARD BURNS

1 Burns, Richard 76 Tamalpais Aquatic Masters-38 33.74 20

**Men 75-79 100 SC Meter IM**

Pacific: 1:17.89 P 12/2/2018 Richard Burns

NATL: 1:17.58 N 7/23/2016 MIKE FRESHLEY

1 Burns, Richard 76 Tamalpais Aquatic Masters-38 1:19.66 20

36.21 1:19.66 (43.45)

**Women 120-159 200 SC Meter Medley Relay**

Pacific: 2:03.95 P 12/31/2009 TOC

S Guzman, K Lyons, M Gill, L Welting

NATL: 2:04.31 N 12/13/2009 RED TIDE OF NYC

K GARY, T SHPAIZER, F WILLEBOORDSE, S WAGER

1 California Gold Masters-38 A 2:32.19 40

1) Weltzin, Brooke W32 2) Taga, Kathi W57 3) Macabales, Dana W28 4) Ballenger, Marie A W33  
41.45 1:32.20 (50.75) 2:04.32 (32.12) 2:32.19 (27.87)**Women 160-199 200 SC Meter Medley Relay**

Pacific: 2:04.87 P 10/2/2011 MPM

C P Pinkston, J Mothersill, K Thorp, E Sutherland

NATL: 2:06.09 N 10/5/2003 SAN DIEGO SWIM MASTERS

K PIPES-NEILSEN, C KRATTLI, J COOVER, V DAVIDSON

1 Sacramento Masters-38 A 2:38.80 40

1) Ross, Naome E W35 2) Lo, Yvonne F W48 3) Curtis, Stephanie S W37 4) Pogue, Michelle W56  
1:23.87 ( ) 1:58.03 (34.16) 2:38.80 (40.77)**Men 120-159 200 SC Meter Medley Relay**

Pacific: 1:45.06 P 12/31/2009 TOC

L Wanie, G Marshall, T Holsman, S Greenwood

NATL: 1:45.01 N 4/16/1994 BAYLOR / LONE STAR

J YARID, G RHODENBAUGH, B PATTEN, M RHODENBAUGH

1 Sacramento Masters-38 A 2:17.92 40

1) Fieiwald, Andrew M27 2) Boedtke, Markus M55 3) Freiwald, Owen M20 4) Bautista, Jair M27  
35.37 1:13.97 (38.60) 1:45.67 (31.70) 2:17.92 (32.25)

**SAC Masters 47th Annual Sprint Pentathlon - 10/6/2019****Results - Session 1 - Pentathlon****Men 160-199 200 SC Meter Medley Relay**

Pacific: 1:56.44 P 10/16/2011 WCM

H Chao, R J Santos, K Tittle, S A Stahl

NATL: 1:45.13 N 11/16/2008 LONGHORN AQUATICS

A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA

1	Sacramento Masters-38	A	2:29.15	40
	1) Jorgensen, Erik M45	2) Ottersen, Craig M67	3) Smith, Stephen M M53	4) Kaiser, Steven M67
	35.04	1:12.66 (37.62)	1:41.84 (29.18)	2:29.15 (47.31)

**Men 200-239 200 SC Meter Medley Relay**

Pacific: 1:58.75 P 12/7/2013 WAMS

S Trimble, A Jaegers, T Harvill, M Volzing

NATL: 1:49.42 N 12/1/2012 LONGHORN AQUATICS

A RASMUSSEN, D GUTHRIE, J SAUER, M VAROZZA

1	Spare Time American River Mast	A	2:17.65	40
	1) Davis, Joe M55	2) Vollstedt, Mark M51	3) Roepke, Frank M54	4) Rombold, Joseph M54
	42.07	1:17.76 (35.69)	1:48.19 (30.43)	2:17.65 (29.46)
2	Sierra Marlins Masters-38	A	2:18.60	34
	1) Jones, Brian A M54	2) Curran, Barry I M58	3) Hagen, Richard M60	4) Davis, Richard M64
	31.52	1:12.32 (40.80)	1:46.82 (34.50)	2:18.60 (31.78)

**Mixed 100-119 200 SC Meter Medley Relay**

Pacific: 1:51.60 P 10/10/2010 TOC

F O'Donnell-McCar, G N Marshall, E P Reilly,

NATL: 1:48.37 N 12/2/2017 GOLDEN ROAD AQUATICS

M ACEINO, L PECHMANN, A ACEINO, L IBANEZ LOPEZ

1	Spare Time American River Mast	A	2:05.54	40
	1) Dickman, Madison C W24	2) Keane, Ian M24	3) Treff, Paige W23	4) Warda, Hussein M36

**Mixed 120-159 200 SC Meter Medley Relay**

Pacific: 1:42.97 P 10/2/2011 VACA

N Lillard, D M Stewart, J A Rondoni, K Jensen

NATL: 1:47.51 N 11/23/2013 PHOENIX SWIM CLUB

N INADA, J COMMINGS, E CAMPBELL, J KONARZEWSKI

1	California Gold Masters-38	A	2:18.57	40
	1) Weltzin, Brooke W32	2) De Voss, Christopher M38	3) Macabales, Dana W28	4) Wright, Eric M46
	40.81	1:14.02 (33.21)	1:48.58 (34.56)	2:18.57 (29.99)

**Mixed 160-199 200 SC Meter Medley Relay**

Pacific: 2:04.64 P 10/9/2016 WCM

H Chao, A Nonaka, A Zamanian, E Richards

NATL: 1:53.38 N 11/21/2009 COLORADO MASTERS SWIMMING

S HART, S VON DER LIPPE, C O'SULLIVAN, R ABRAHAMS

1	Spare Time American River Mast	A	2:24.03	40
	1) Hladik, Michelle W42	2) Macdonald, Jeremy M40	3) Collins, Thomas D M47	4) Bea, Kandra W49
	38.74	1:13.88 (35.14)	1:45.62 (31.74)	2:24.03 (38.41)
2	Sierra Marlins Masters-38	A	2:25.47	34
	1) Jones, Brian A M54	3) Dowd, Joe M48	4) Barrett, Sue W50	
	31.31	1:11.95 (40.64)	1:49.48 (37.53)	2:25.47 (35.99)
3	Richmond Plunge Masters-38	A	2:31.15	32
	1) Taylor, Ron M59	2) Doyle, Jennifer W49	3) Frink, Stephen M34	4) Harris, Karen W53
	33.80	1:24.91 (51.11)	1:54.45 (29.54)	2:31.15 (36.70)