

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

## Women 18-24 50 SC Meter Freestyle

NATL: 25.58 % 11/20/2010 J BECKBERGER  
 PAC: 26.33 # 12/31/2009 Meg Gill

Name	Age	Team	Seed Time	Finals Time
1 Arteaga, Daniela	23	Richmond Plunge Masters-38	41.00	38.79
2 Karimi, Golsa	24	Albany Armada Aquatics Masters-38	40.00	40.89

## Women 18-24 100 SC Meter Freestyle

NATL: 55.86 % 11/21/2010 J BECKBERGER  
 PAC: 57.99 # 10/9/2016 Catherine Breed

1 Meyers, Cassandra	24	Jellies Aquatic Masters of Mon-38	58.00	1:04.71
	30.56	1:04.71 (34.15)		
2 Escoto, Madison	18	Uc38	1:34.33	1:33.96
	41.69	1:33.96 (52.27)		
3 Karimi, Golsa	24	Albany Armada Aquatics Masters-38	1:15.00	1:36.15
	43.86	1:36.15 (52.29)		

## Women 18-24 200 SC Meter Freestyle

NATL: 2:03.39 % 12/6/2009 ALEXANDRA LEE  
 PAC: 2:03.39 # 12/31/2009 Alexandra Lee

1 Larsen, Amy	23	Walnut Creek Masters-38	2:45.00	2:35.30
	35.90	1:15.23 (39.33)	1:55.55 (40.32)	2:35.30 (39.75)

## Women 18-24 50 SC Meter Breaststroke

NATL: 32.09 % 12/10/1995 BEATA KASZUBA  
 PAC: 33.66 # 9/22/2013 Penelope R Yamauc

1 Arteaga, Daniela	23	Richmond Plunge Masters-38	54.00	50.75
2 Karimi, Golsa	24	Albany Armada Aquatics Masters-38	1:10.00	1:01.12

## Women 18-24 100 SC Meter Breaststroke

NATL: 1:08.89 % 12/10/1995 BEATA KASZUBA  
 PAC: 1:16.74 # 10/12/2014 Hannah Curran

1 Karimi, Golsa	24	Albany Armada Aquatics Masters-38	1:40.00	2:20.60
	1:04.67	2:20.60 (1:15.93)		

## Women 18-24 50 SC Meter Butterfly

NATL: 28.37 % 12/5/2009 MEG GILL  
 PAC: 28.23 # 10/4/2014 Caitlin DeNise

1 Arteaga, Daniela	23	Richmond Plunge Masters-38	44.00	42.75
2 Karimi, Golsa	24	Albany Armada Aquatics Masters-38	1:15.00	52.03

## Women 18-24 100 SC Meter Butterfly

NATL: 1:01.22 % 10/29/2011 KATHERINE MILLS  
 PAC: 1:03.67 # 10/21/2007 Laura M Davis

1 Larsen, Amy	23	Walnut Creek Masters-38	1:17.00	1:14.77
	35.57	1:14.77 (39.20)		

## Women 18-24 100 SC Meter IM

NATL: 1:01.74 % 12/6/2009 KARA DENBY  
 PAC: 1:05.34 # 9/22/2013 Penelope R Yamauc

1 Larsen, Amy	23	Walnut Creek Masters-38	1:28.00	1:19.20
	37.35	1:19.20 (41.85)		
--- Karimi, Golsa	24	Albany Armada Aquatics Masters-38	1:30.00	DQ
	49.09	DQ (1:03.11)		

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## Results

## Women 25-29 50 SC Meter Freestyle

NATL: 25.52 % 12/2/2017 L IBANEZ LOPEZ

PAC: 26.81 # 12/31/2012 Erin Reilly

1	Sheeper, Sierra	26	Walnut Creek Masters-38	28.80	29.08
2	Kroetz, Brigitte C	27	Rolling Hills Mud Sharks-38	29.88	29.60
3	Dougherty, Patricia	25	Rolling Hills Mud Sharks-38	30.00	29.72
4	Henry, Taylor	29	Walnut Creek Masters-38	28.00	30.04
5	Shanahan, Brenda	25	Quicksilver Masters-38	29.86	30.64
6	Schuler, Mackenzie	26	Walnut Creek Masters-38	29.61	30.83
7	Struck, Bridget	25	Walnut Creek Masters-38	35.00	31.15
8	Roriz, Julia	29	Marcia's Enthusiastic Masters-38	34.00	33.45
9	Chiarelli, Juliana	28	Albany Armada Aquatics Masters-38	38.00	33.94
10	Redor, Devin	27	Marcia's Enthusiastic Masters-38	39.30	37.50

## Women 25-29 50 SC Meter Freestyle

NATL: 25.52 % 12/2/2017 L IBANEZ LOPEZ

PAC: 26.81 # 12/31/2012 Erin Reilly

1	Roriz, Julia	29	Marcia's Enthusiastic Masters-38	NT	33.19
2	Ferguson, Emily	27	Marcia's Enthusiastic Masters-38	NT	34.31

## Women 25-29 100 SC Meter Freestyle

NATL: 55.06 % 12/1/2017 L IBANEZ LOPEZ

PAC: 59.01 # 12/31/2002 Liesl Taner

1	Shanahan, Brenda	25	Quicksilver Masters-38	1:06.60	1:09.07
	32.38		1:09.07 (36.69)		
2	Mistry, Shivana	27	University of San Francisco Ma-38	1:25.00	1:17.78
	36.96		1:17.78 (40.82)		
3	Ferguson, Emily	27	Marcia's Enthusiastic Masters-38	1:18.20	1:18.00
	37.07		1:18.00 (40.93)		
4	Redor, Devin	27	Marcia's Enthusiastic Masters-38	1:28.28	1:26.22
	41.60		1:26.22 (44.62)		

## Women 25-29 200 SC Meter Freestyle

NATL: 1:59.39 % 12/3/2017 L IBANEZ LOPEZ

PAC: 2:10.96 # 12/31/2010 Erin Reilly

1	Schuler, Mackenzie	26	Walnut Creek Masters-38	NT	2:35.14
2	Roriz, Julia	29	Marcia's Enthusiastic Masters-38	NT	2:58.59

## Women 25-29 200 SC Meter Freestyle

NATL: 1:59.39 % 12/3/2017 L IBANEZ LOPEZ

PAC: 2:10.96 # 12/31/2010 Erin Reilly

1	Sheeper, Sierra	26	Walnut Creek Masters-38	2:20.00	2:25.50
	31.51		1:07.30 (35.79)	1:45.66 (38.36)	2:25.50 (39.84)
2	Kroetz, Brigitte C	27	Rolling Hills Mud Sharks-38	2:25.00	2:31.06
	34.44		1:11.99 (37.55)	1:51.31 (39.32)	2:31.06 (39.75)
3	Ferguson, Emily	27	Marcia's Enthusiastic Masters-38	2:57.99	2:56.83
	39.35		1:24.44 (45.09)	2:11.18 (46.74)	2:56.83 (45.65)
4	Redor, Devin	27	Marcia's Enthusiastic Masters-38	3:15.00	3:21.02
	44.37		1:34.60 (50.23)	2:28.07 (53.47)	3:21.02 (52.95)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 25-29 400 SC Meter Freestyle****NATL: 4:24.18 % 3/31/1996 SHEILA TAORMINA****PAC: 4:36.92 # 12/31/2012 Christina A McGow**

1	Polanco-Jimenez, Karina	27	Marcia's Enthusiastic Masters-38	7:09.15	6:51.90
	50.81	1:42.80 (51.99)	2:35.13 (52.33)	3:26.97 (51.84)	
	4:19.00 (52.03)	5:11.74 (52.74)	6:02.94 (51.20)	6:51.90 (48.96)	

**Women 25-29 800 SC Meter Freestyle****NATL: 8:51.18 % 3/31/1996 SHEILA TAORMINA****PAC: 9:40.57 # 10/12/2019 Mackenzie M Leake**

1	Crow, Vivian A	25	Davis Aquatic Masters-38	11:07.68	10:51.65
	37.58	1:18.49 (40.91)	1:59.42 (40.93)	2:40.71 (41.29)	
	3:21.47 (40.76)	4:02.11 (40.64)	4:43.40 (41.29)	5:24.69 (41.29)	
	6:05.71 (41.02)	6:46.87 (41.16)	7:28.10 (41.23)	8:09.41 (41.31)	
	8:51.00 (41.59)	9:32.26 (41.26)	10:12.34 (40.08)	10:51.65 (39.31)	
2	Polanco-Jimenez, Karina	27	Marcia's Enthusiastic Masters-38	14:51.62	14:33.64
	50.66	1:43.75 (53.09)	2:39.12 (55.37)	3:35.41 (56.29)	
	4:31.66 (56.25)	5:28.18 (56.52)	6:24.26 (56.08)	7:20.54 (56.28)	
	8:15.52 (54.98)	9:11.76 (56.24)	10:06.43 (54.67)	11:00.31 (53.88)	
	11:54.47 (54.16)	12:48.64 (54.17)	13:42.07 (53.43)	14:33.64 (51.57)	
3	Redor, Devin	27	Marcia's Enthusiastic Masters-38	15:21.90	14:58.71
	48.98	1:43.91 (54.93)	2:40.04 (56.13)	3:34.97 (54.93)	
	4:32.12 (57.15)	5:27.60 (55.48)	6:24.66 (57.06)	7:23.13 (58.47)	
	8:20.69 (57.56)	9:19.88 (59.19)	10:17.26 (57.38)	11:15.93 (58.67)	
	12:12.12 (56.19)	13:07.98 (55.86)	14:07.75 (59.77)	14:58.71 (50.96)	

**Women 25-29 1500 SC Meter Freestyle****NATL: 16:36.07 % 3/31/1996 SHEILA TAORMINA****PAC: 17:19.93 # 1/28/2017 Allison A Arnold**

1	Crow, Vivian A	25	Davis Aquatic Masters-38	23:37.87	20:26.00
	37.18	1:17.80 (40.62)	1:59.35 (41.55)	2:40.55 (41.20)	
	3:21.92 (41.37)	4:03.19 (41.27)	4:44.78 (41.59)	5:26.19 (41.41)	
	6:07.27 (41.08)	6:48.04 (40.77)	7:29.41 (41.37)	8:10.86 (41.45)	
	8:51.64 (40.78)	9:31.90 (40.26)	10:11.93 (40.03)	10:52.34 (40.41)	
	11:32.81 (40.47)	12:13.53 (40.72)	12:54.97 (41.44)	13:36.09 (41.12)	
	14:17.83 (41.74)	14:57.91 (40.08)	15:38.93 (41.02)	16:20.11 (41.18)	
	17:01.31 (41.20)	17:42.19 (40.88)	18:23.56 (41.37)	19:04.88 (41.32)	
	19:45.76 (40.88)	20:26.00 (40.24)			
2	Polanco-Jimenez, Karina	27	Marcia's Enthusiastic Masters-38	28:11.22	28:27.85
	53.95	1:50.07 (56.12)	2:47.32 (57.25)	3:44.06 (56.74)	
	4:41.59 (57.53)	5:40.61 (59.02)	6:38.67 (58.06)	7:37.17 (58.50)	
	8:35.63 (58.46)	9:33.29 (57.66)	10:30.17 (56.88)	11:27.30 (57.13)	
	12:24.96 (57.66)	13:21.32 (56.36)	14:17.71 (56.39)	15:14.18 (56.47)	
	16:11.89 (57.71)	17:10.21 (58.32)	18:08.07 (57.86)	19:05.79 (57.72)	
	20:03.76 (57.97)	21:02.29 (58.53)	22:00.81 (58.52)	22:57.90 (57.09)	
	23:54.50 (56.60)	24:49.97 (55.47)	25:44.79 (54.82)	26:39.23 (54.44)	
	27:33.34 (54.11)	28:27.85 (54.51)			
3	Redor, Devin	27	Marcia's Enthusiastic Masters-38	30:38.82	29:54.17
	52.03	1:55.24 (1:03.21)	2:58.78 (1:03.54)	3:59.65 (1:00.87)	
	5:06.53 (1:06.88)	6:04.65 (58.12)	7:03.81 (59.16)	8:03.02 (59.21)	
	9:01.63 (58.61)	10:00.98 (59.35)	11:01.02 (1:00.04)	12:00.11 (59.09)	
	12:59.39 (59.28)	13:57.69 (58.30)	14:57.46 (59.77)	16:04.80 (1:07.34)	
	17:05.70 (1:00.90)	18:07.13 (1:01.43)	19:06.54 (59.41)	20:06.60 (1:00.06)	
	21:05.37 (58.77)	22:04.25 (58.88)	23:03.36 (59.11)	24:04.47 (1:01.11)	
	25:04.55 (1:00.08)	26:02.54 (57.99)	27:02.14 (59.60)	28:01.13 (58.99)	
	28:59.18 (58.05)	29:54.17 (54.99)			

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 25-29 50 SC Meter Backstroke**NATL: 28.40 % 11/18/2018 **MARINA SPADONI**PAC: 31.48 # 10/14/2018 **Anna K Senko**

1	Struck, Bridget	25	Walnut Creek Masters-38	35.00	35.52
2	Sheeper, Sierra	26	Walnut Creek Masters-38	35.00	35.77
3	Dougherty, Patricia	25	Rolling Hills Mud Sharks-38	38.00	36.54
4	Shanahan, Brenda	25	Quicksilver Masters-38	34.85	36.65
5	Greer, Fiona	29	East Bay Bat Rays Masters-38	39.86	36.67
6	Kroetz, Brigitte C	27	Rolling Hills Mud Sharks-38	34.00	38.12

**Women 25-29 100 SC Meter Backstroke**NATL: 1:01.76 % 11/18/2018 **MARINA SPADONI**PAC: 1:03.93 # 12/2/2012 **Fiona O'Donnell-M**

1	Crow, Vivian A	25	Davis Aquatic Masters-38	1:17.09	1:15.53
	36.53		1:15.53 (39.00)		
2	Shanahan, Brenda	25	Quicksilver Masters-38	1:13.64	1:17.21
	37.02		1:17.21 (40.19)		
3	Mistry, Shivana	27	University of San Francisco Ma-38	1:45.00	1:31.88
	44.03		1:31.88 (47.85)		

**Women 25-29 100 SC Meter Backstroke**NATL: 1:01.76 % 11/18/2018 **MARINA SPADONI**PAC: 1:03.93 # 12/2/2012 **Fiona O'Donnell-M**

1	Ferguson, Emily	27	Marcia's Enthusiastic Masters-38	NT	1:46.47
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**Women 25-29 200 SC Meter Backstroke**NATL: 2:14.77 % 11/17/2001 **LIA OBERSTAR**PAC: 2:30.60 # 10/11/2013 **Alexandra Lee**

1	Chiarelli, Juliana	28	Albany Armada Aquatics Masters-38	3:20.00	3:08.08
	41.66		1:28.41 (46.75) 2:18.27 (49.86) 3:08.08 (49.81)		

**Women 25-29 50 SC Meter Breaststroke**NATL: 31.87 % 11/21/2010 **MEGAN JENDRICK**PAC: 34.58 # 12/31/2012 **Katy Houston**

1	Schuler, Mackenzie	26	Walnut Creek Masters-38	39.36	39.96
2	Crow, Vivian A	25	Davis Aquatic Masters-38	42.47	40.18
3	Roriz, Julia	29	Marcia's Enthusiastic Masters-38	42.91	40.94
4	Ferguson, Emily	27	Marcia's Enthusiastic Masters-38	43.91	44.73
5	Mistry, Shivana	27	University of San Francisco Ma-38	47.00	46.40
6	Chiarelli, Juliana	28	Albany Armada Aquatics Masters-38	51.23	46.85
7	Racelis, Julienne	29	Marcia's Enthusiastic Masters-38	55.03	49.42

**Women 25-29 100 SC Meter Breaststroke**NATL: 1:10.04 % 4/15/2012 **MEGAN JENDRICK**PAC: 1:14.32 # 12/2/2012 **Katy Houston**

1	Schuler, Mackenzie	26	Walnut Creek Masters-38	1:24.49	1:27.47
	40.96		1:27.47 (46.51)		
2	Crow, Vivian A	25	Davis Aquatic Masters-38	1:25.37	1:28.88
	41.78		1:28.88 (47.10)		
3	Roriz, Julia	29	Marcia's Enthusiastic Masters-38	1:32.98	1:32.24
	44.43		1:32.24 (47.81)		
4	Ferguson, Emily	27	Marcia's Enthusiastic Masters-38	1:45.90	1:37.68
	46.91		1:37.68 (50.77)		

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 25-29 200 SC Meter Breaststroke**

NATL: 2:29.80 % 4/14/2012 MEGAN JENDRICK

PAC: 2:44.19 # 12/31/2003 Helen Salcedo

1	Sheeper, Sierra	26	Walnut Creek Masters-38	3:19.00	3:10.53
	41.89	1:31.05 (49.16)	2:22.02 (50.97)	3:10.53 (48.51)	

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

NATL: 26.31 % 10/11/2015 CLAIRE DONAHUE

PAC: 28.71 # 12/31/2010 Erin Reilly

1	Struck, Bridget	25	Walnut Creek Masters-38	35.00	32.38
2	Hopkins, Annabelle	25	Uc38	37.00	32.72
3	Henry, Taylor	29	Walnut Creek Masters-38	30.00	33.04
4	Schuler, Mackenzie	26	Walnut Creek Masters-38	33.14	34.54
5	Shanahan, Brenda	25	Quicksilver Masters-38	32.92	35.74
6	Roriz, Julia	29	Marcia's Enthusiastic Masters-38	39.50	37.09
7	Mistry, Shivana	27	University of San Francisco Ma-38	40.00	41.27
8	Redor, Devin	27	Marcia's Enthusiastic Masters-38	47.56	44.99

**Women 25-29 100 SC Meter Butterfly**

NATL: 58.11 % 12/12/2015 CLAIRE DONAHUE

PAC: 1:04.03 # 12/31/2010 Erin Reilly

1	Sheeper, Sierra	26	Walnut Creek Masters-38	1:22.00	1:19.09
	36.84	1:19.09 (42.25)			
2	Redor, Devin	27	Marcia's Enthusiastic Masters-38	2:00.00	1:55.20
	51.35	1:55.20 (1:03.85)			

**Women 25-29 100 SC Meter IM**

NATL: 1:03.41 % 1/23/2011 MEGAN JENDRICK

PAC: 1:06.99 # 12/31/2004 Allison Wagner

1	Sheeper, Sierra	26	Walnut Creek Masters-38	1:13.00	1:15.04
	35.39	1:15.04 (39.65)			
2	Shanahan, Brenda	25	Quicksilver Masters-38	1:15.50	1:16.68
	36.71	1:16.68 (39.97)			
3	Kroetz, Brigitte C	27	Rolling Hills Mud Sharks-38	1:15.00	1:16.91
	35.67	1:16.91 (41.24)			
4	Schuler, Mackenzie	26	Walnut Creek Masters-38	1:17.05	1:19.51
	36.79	1:19.51 (42.72)			
5	Dougherty, Patricia	25	Rolling Hills Mud Sharks-38	1:30.00	1:19.53
	36.82	1:19.53 (42.71)			
6	Ferguson, Emily	27	Marcia's Enthusiastic Masters-38	1:29.82	1:28.59
	42.95	1:28.59 (45.64)			
7	Roriz, Julia	29	Marcia's Enthusiastic Masters-38	1:39.41	1:31.25
	44.40	1:31.25 (46.85)			

**Women 25-29 200 SC Meter IM**

NATL: 2:21.79 % 12/12/1998 WENKE HANSEN

PAC: 2:26.38 # 10/13/2013 Lauren A Beaudrea

1	Shanahan, Brenda	25	Quicksilver Masters-38	2:43.61	2:50.21
	36.34	1:19.08 (42.74)	2:09.17 (50.09)	2:50.21 (41.04)	
2	Ferguson, Emily	27	Marcia's Enthusiastic Masters-38	2:56.08	3:10.40
	41.76	1:32.51 (50.75)	2:25.39 (52.88)	3:10.40 (45.01)	
3	Chiarelli, Juliana	28	Albany Armada Aquatics Masters-38	3:30.00	3:22.77
	41.62	1:30.53 (48.91)	2:33.50 (1:02.97)	3:22.77 (49.27)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 30-34 50 SC Meter Freestyle**

NATL: 25.69 % 11/10/2012 ERIKA ERNDL  
 PAC: 25.98 # 12/31/2004 Katrina Radke

1	Breuer, Lauren	30	Jellies Aquatic Masters of Mon-38	28.77	28.05
2	Hwang, Jenn	30	Walnut Creek Masters-38	30.38	30.80
3	Holloway, Jillian	31	Albany Armada Aquatics Masters-38	34.40	31.71
4	Giuliano, Larissa	31	Diamond Hills Masters-38	33.00	33.36
5	Heffley, Caitlin	30	Albany Armada Aquatics Masters-38	35.00	33.54
6	Cohen, Rivkah	34	Marcia's Enthusiastic Masters-38	40.00	37.85

**Women 30-34 50 SC Meter Freestyle**

NATL: 25.69 % 11/10/2012 ERIKA ERNDL  
 PAC: 25.98 # 12/31/2004 Katrina Radke

1	Hwang, Jenn	30	Walnut Creek Masters-38	NT	30.96
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**Women 30-34 100 SC Meter Freestyle**

NATL: 54.75 % 10/13/2012 ERIKA ERNDL  
 PAC: 57.46 # 12/31/2003 Katrina Radke

1	Hwang, Jenn	30	Walnut Creek Masters-38	NT	1:09.17
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**Women 30-34 100 SC Meter Freestyle**

NATL: 54.75 % 10/13/2012 ERIKA ERNDL  
 PAC: 57.46 # 12/31/2003 Katrina Radke

1	Breuer, Lauren	30	Jellies Aquatic Masters of Mon-38	1:02.16	1:00.92
	29.40				1:00.92 (31.52)
2	Li, Jing	34	San Mateo Masters-38	1:01.11	1:01.23
	30.05				1:01.23 (31.18)
3	Bollella, Alexandra	31	Marcia's Enthusiastic Masters-38	1:05.00	1:03.36
	30.52				1:03.36 (32.84)
4	Griffiths, Joanna	30	Davis Aquatic Masters-38	1:17.70	1:06.87
	32.18				1:06.87 (34.69)
5	Hwang, Jenn	30	Walnut Creek Masters-38	1:07.68	1:07.50
	32.15				1:07.50 (35.35)
6	Ip, Peggy	30	Sacramento Masters-38	1:15.00	1:09.82
	32.45				1:09.82 (37.37)
7	McBride, Beth	32	Marcia's Enthusiastic Masters-38	1:16.00	1:14.22
	36.33				1:14.22 (37.89)
8	Giuliano, Larissa	31	Diamond Hills Masters-38	1:15.00	1:17.55
	35.83				1:17.55 (41.72)
9	Heffley, Caitlin	30	Albany Armada Aquatics Masters-38	1:15.00	1:18.19
	35.91				1:18.19 (42.28)
10	Chan, Angela	34	Manatee Aquatic Masters Inc-38	1:25.00	1:26.31
	41.02				1:26.31 (45.29)
11	Murillo, Catherine	34	Marcia's Enthusiastic Masters-38	1:40.00	1:31.29
	43.90				1:31.29 (47.39)

**Women 30-34 200 SC Meter Freestyle**

NATL: 2:04.64 % 12/15/1996 K PIPES-NEILSEN  
 PAC: 2:06.24 # 12/7/2014 Jennifer D Radeck

1	Li, Jing	34	San Mateo Masters-38	NT	2:19.91
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**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 30-34 200 SC Meter Freestyle**NATL: 2:04.64 % 12/15/1996 **K PIPES-NEILSEN**PAC: 2:06.24 # 12/7/2014 **Jennifer D Radeck**

1	Hwang, Jenn	30	Walnut Creek Masters-38	2:50.00	2:36.63
	34.86	1:15.61 (40.75)	1:56.81 (41.20)	2:36.63 (39.82)	
2	Holloway, Jillian	31	Albany Armada Aquatics Masters-38	2:55.00	2:43.26
	37.19	1:18.50 (41.31)	2:01.39 (42.89)	2:43.26 (41.87)	
3	Murillo, Catherine	34	Marcia's Enthusiastic Masters-38	3:20.00	3:18.85
	45.09	1:36.08 (50.99)	2:29.36 (53.28)	3:18.85 (49.49)	
4	Cohen, Rivkah	34	Marcia's Enthusiastic Masters-38	3:35.00	3:25.20
	48.08	1:39.80 (51.72)	2:32.51 (52.71)	3:25.20 (52.69)	

**Women 30-34 400 SC Meter Freestyle**NATL: 4:17.82 % 12/4/2011 **DAWN HECKMAN**PAC: 4:28.31 # 12/7/2014 **Jennifer D Radeck**

1	McBride, Beth	32	Marcia's Enthusiastic Masters-38	6:00.00	5:43.48
	38.29	1:20.45 (42.16)	2:03.18 (42.73)	2:47.35 (44.17)	
	3:31.88 (44.53)	4:16.44 (44.56)	5:00.31 (43.87)	5:43.48 (43.17)	

**Women 30-34 400 SC Meter Freestyle**NATL: 4:17.82 % 12/4/2011 **DAWN HECKMAN**PAC: 4:28.31 # 12/7/2014 **Jennifer D Radeck**

1	Li, Jing	34	San Mateo Masters-38	NT	4:45.68
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**Women 30-34 800 SC Meter Freestyle**NATL: 8:38.58 % 12/4/2011 **DAWN HECKMAN**PAC: 9:27.20 # 10/12/2014 **Jennifer D Radeck**

1	Li, Jing	34	San Mateo Masters-38	9:39.34	9:35.75
	32.77	1:08.06 (35.29)	1:43.97 (35.91)	2:19.91 (35.94)	
	2:56.08 (36.17)	3:32.43 (36.35)	4:09.11 (36.68)	4:45.68 (36.57)	
	5:22.28 (36.60)	5:59.03 (36.75)	6:35.89 (36.86)	7:12.87 (36.98)	
	7:49.21 (36.34)	8:25.07 (35.86)	9:00.41 (35.34)	9:35.75 (35.34)	
2	Bollella, Alexandra	31	Marcia's Enthusiastic Masters-38	11:00.00	10:11.30
	34.28	1:12.05 (37.77)	1:50.32 (38.27)	2:29.46 (39.14)	
	3:08.21 (38.75)	3:46.94 (38.73)	4:25.58 (38.64)	5:03.99 (38.41)	
	5:42.83 (38.84)	6:21.64 (38.81)	6:59.89 (38.25)	7:38.39 (38.50)	
	8:17.42 (39.03)	8:55.98 (38.56)	9:34.00 (38.02)	10:11.30 (37.30)	
3	McBride, Beth	32	Marcia's Enthusiastic Masters-38	12:30.00	11:58.29
	39.36	1:21.78 (42.42)	2:05.72 (43.94)	2:51.05 (45.33)	
	3:36.30 (45.25)	4:21.77 (45.47)	5:07.44 (45.67)	5:53.10 (45.66)	
	6:39.39 (46.29)	7:25.12 (45.73)	8:10.49 (45.37)	8:56.75 (46.26)	
	9:42.90 (46.15)	10:29.27 (46.37)	11:14.63 (45.36)	11:58.29 (43.66)	
4	Lu, Jenny	31	Marcia's Enthusiastic Masters-38	15:44.29	14:47.78
	49.73	1:42.59 (52.86)	2:41.61 (59.02)	3:36.24 (54.63)	
	4:31.11 (54.87)	5:26.61 (55.50)	6:22.27 (55.66)	7:19.76 (57.49)	
	8:16.88 (57.12)	9:13.06 (56.18)	10:09.55 (56.49)	11:06.39 (56.84)	
	12:02.91 (56.52)	12:59.19 (56.28)	13:56.09 (56.90)	14:47.78 (51.69)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 30-34 1500 SC Meter Freestyle**NATL: 16:26.93 % 12/2/2011 **DAWN HECKMAN**PAC: 17:44.19 # 12/31/2004 **Alison H Zamanian**

1	Li, Jing	34	San Mateo Masters-38	18:40.36	18:23.08
	32.59	1:07.76 (35.17)	1:43.33 (35.57)	2:19.40 (36.07)	
	2:55.79 (36.39)	3:31.98 (36.19)	4:08.45 (36.47)	4:45.05 (36.60)	
	5:21.48 (36.43)	5:58.05 (36.57)	6:34.56 (36.51)	7:11.25 (36.69)	
	7:47.88 (36.63)	8:24.29 (36.41)	9:01.43 (37.14)	9:38.76 (37.33)	
	10:16.12 (37.36)	10:52.98 (36.86)	11:30.44 (37.46)	12:07.87 (37.43)	
	12:45.23 (37.36)	13:22.90 (37.67)	14:00.96 (38.06)	14:38.29 (37.33)	
	15:15.77 (37.48)	15:53.23 (37.46)	16:30.65 (37.42)	17:08.37 (37.72)	
	17:45.94 (37.57)	18:23.08 (37.14)			
2	Bollella, Alexandra	31	Marcia's Enthusiastic Masters-38	23:00.00	19:32.79
	34.90	1:13.53 (38.63)	1:53.04 (39.51)	2:32.89 (39.85)	
	3:13.02 (40.13)	3:53.08 (40.06)	4:33.45 (40.37)	5:12.83 (39.38)	
	5:52.54 (39.71)	6:32.14 (39.60)	7:11.77 (39.63)	7:51.11 (39.34)	
	8:30.52 (39.41)	9:09.65 (39.13)	9:49.55 (39.90)	10:29.28 (39.73)	
	11:08.67 (39.39)	11:47.85 (39.18)	12:27.28 (39.43)	13:06.83 (39.55)	
	13:46.44 (39.61)	14:26.02 (39.58)	15:04.59 (38.57)	15:43.45 (38.86)	
	16:22.03 (38.58)	17:01.08 (39.05)	17:39.36 (38.28)	18:17.69 (38.33)	
	18:55.88 (38.19)	19:32.79 (36.91)			
3	McBride, Beth	32	Marcia's Enthusiastic Masters-38	23:00.00	23:23.66
	39.90	1:23.04 (43.14)	2:08.26 (45.22)	2:54.43 (46.17)	
	3:41.16 (46.73)	4:27.83 (46.67)	5:14.28 (46.45)	6:01.21 (46.93)	
	6:48.45 (47.24)	7:35.27 (46.82)	8:22.37 (47.10)	9:09.95 (47.58)	
	9:57.39 (47.44)	10:44.79 (47.40)	11:31.77 (46.98)	12:18.77 (47.00)	
	13:07.02 (48.25)	13:54.70 (47.68)	14:42.39 (47.69)	15:30.51 (48.12)	
	16:18.63 (48.12)	17:07.01 (48.38)	17:54.74 (47.73)	18:42.11 (47.37)	
	19:29.47 (47.36)	20:16.57 (47.10)	21:03.44 (46.87)	21:50.32 (46.88)	
	22:37.24 (46.92)	23:23.66 (46.42)			
4	Lu, Jenny	31	Marcia's Enthusiastic Masters-38	29:30.00	27:54.66
	47.60	1:39.46 (51.86)	2:33.99 (54.53)	3:30.40 (56.41)	
	4:26.98 (56.58)	5:24.98 (58.00)	6:22.08 (57.10)	7:19.13 (57.05)	
	8:17.07 (57.94)	9:14.29 (57.22)	10:10.04 (55.75)	11:05.84 (55.80)	
	12:01.83 (55.99)	12:57.91 (56.08)	13:54.32 (56.41)	14:49.81 (55.49)	
	15:45.68 (55.87)	16:40.78 (55.10)	17:36.48 (55.70)	18:34.42 (57.94)	
	19:30.63 (56.21)	20:26.75 (56.12)	21:22.60 (55.85)	22:19.09 (56.49)	
	23:15.72 (56.63)	24:12.14 (56.42)	25:08.69 (56.55)	26:04.86 (56.17)	
	27:01.67 (56.81)	27:54.66 (52.99)			
5	Murillo, Catherine	34	Marcia's Enthusiastic Masters-38	29:00.00	28:08.89
	48.80	1:42.64 (53.84)	2:36.31 (53.67)	3:33.13 (56.82)	
	4:28.70 (55.57)	5:26.28 (57.58)	6:21.61 (55.33)	7:17.83 (56.22)	
	8:16.73 (58.90)	9:12.54 (55.81)	10:09.83 (57.29)	11:07.47 (57.64)	
	12:04.45 (56.98)	13:01.96 (57.51)	13:59.82 (57.86)	14:54.87 (55.05)	
	15:51.91 (57.04)	16:49.11 (57.20)	17:46.76 (57.65)	18:45.24 (58.48)	
	19:42.20 (56.96)	20:39.62 (57.42)	21:37.74 (58.12)	22:36.38 (58.64)	
	23:33.45 (57.07)	24:28.19 (54.74)	25:25.05 (56.86)	26:21.32 (56.27)	
	27:16.03 (54.71)	28:08.89 (52.86)			

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

1	Breuer, Lauren	30	Jellies Aquatic Masters of Mon-38	31.77	30.28 #
2	Giuliano, Larissa	31	Diamond Hills Masters-38	37.00	38.20
3	McBride, Beth	32	Marcia's Enthusiastic Masters-38	43.00	41.10



**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Women 30-34 50 SC Meter Backstroke)**

4	Mah, Kimberly	33	Richmond Plunge Masters-38	48.00	42.34
5	Cohen, Rivkah	34	Marcia's Enthusiastic Masters-38	52.00	48.98
---	Heffley, Caitlin	30	Albany Armada Aquatics Masters-38	40.29	DQ

**Women 30-34 100 SC Meter Backstroke**NATL: 59.53 % 11/22/2009 **NORIKO INADA**PAC: 1:05.26 # 10/12/2014 **Sarah M Hernandez**

1	Breuer, Lauren	30	Jellies Aquatic Masters of Mon-38	1:06.60	1:05.05 #
	31.41		1:05.05 (33.64)		
2	Ip, Peggy	30	Sacramento Masters-38	1:20.00	1:18.49
	37.33		1:18.49 (41.16)		
3	Griffiths, Joanna	30	Davis Aquatic Masters-38	1:17.70	1:18.60
	37.60		1:18.60 (41.00)		
4	Giuliano, Larissa	31	Diamond Hills Masters-38	1:24.00	1:25.71
	40.58		1:25.71 (45.13)		
5	McBride, Beth	32	Marcia's Enthusiastic Masters-38	1:35.00	1:27.83
	43.05		1:27.83 (44.78)		
6	Heffley, Caitlin	30	Albany Armada Aquatics Masters-38	1:26.47	1:27.92
	42.35		1:27.92 (45.57)		

**Women 30-34 200 SC Meter Backstroke**NATL: 2:12.47 % 11/22/2008 **L OBERSTAR-BROWN**PAC: 2:24.16 # 12/6/2013 **Naoko Watanabe**

1	Breuer, Lauren	30	Jellies Aquatic Masters of Mon-38	2:22.77	2:23.74 #
	32.98		1:09.49 (36.51) 1:47.04 (37.55) 2:23.74 (36.70)		
2	McBride, Beth	32	Marcia's Enthusiastic Masters-38	3:20.00	3:06.89
	43.32		1:30.58 (47.26) 2:19.36 (48.78) 3:06.89 (47.53)		

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

1	Breuer, Lauren	30	Jellies Aquatic Masters of Mon-38	39.77	35.68
2	Hwang, Jenn	30	Walnut Creek Masters-38	40.01	40.34
3	Lu, Jenny	31	Marcia's Enthusiastic Masters-38	48.54	49.14
4	Heffley, Caitlin	30	Albany Armada Aquatics Masters-38	50.00	49.70

**Women 30-34 100 SC Meter Breaststroke**NATL: 1:10.00 % 12/10/2000 **WENKE HANSEN**PAC: 1:15.57 # 12/1/2018 **Sarah M Hernandez**

1	Griffiths, Joanna	30	Davis Aquatic Masters-38	1:39.90	1:29.24
	43.13		1:29.24 (46.11)		
2	Hwang, Jenn	30	Walnut Creek Masters-38	1:25.48	1:29.49
	41.95		1:29.49 (47.54)		
3	Lu, Jenny	31	Marcia's Enthusiastic Masters-38	1:45.31	1:49.90
	53.89		1:49.90 (56.01)		

**Women 30-34 200 SC Meter Breaststroke**NATL: 2:30.65 % 12/10/2000 **WENKE HANSEN**PAC: 2:53.24 # 12/31/1986 **Gayle Benty**

1	Thomas, Alexandra	34	Walnut Creek Masters-38	3:23.14	3:25.29
	47.67		1:39.45 (51.78) 2:32.67 (53.22) 3:25.29 (52.62)		

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 30-34 50 SC Meter Butterfly**NATL: 27.89 % 12/10/2011 **NORIKO INADA**PAC: 28.05 # 12/31/2004 **Katrina Radke**

1	Breuer, Lauren	30	Jellies Aquatic Masters of Mon-38	33.77	30.89
2	Bollella, Alexandra	31	Marcia's Enthusiastic Masters-38	35.00	32.33
3	Ip, Peggy	30	Sacramento Masters-38	1:20.00	34.54
4	Giuliano, Larissa	31	Diamond Hills Masters-38	35.00	35.97
5	Heffley, Caitlin	30	Albany Armada Aquatics Masters-38	38.04	41.25

**Women 30-34 100 SC Meter Butterfly**NATL: 1:00.34 % 10/13/2012 **ERIKA ERNDL**PAC: 1:03.21 # 12/31/2003 **Katrina Radke**

1	Thomas, Alexandra	34	Walnut Creek Masters-38	1:19.94	1:21.91
				38.61	1:21.91 (43.30)
2	Mah, Kimberly	33	Richmond Plunge Masters-38	1:45.00	1:41.38
				45.01	1:41.38 (56.37)
3	Murillo, Catherine	34	Marcia's Enthusiastic Masters-38	1:48.00	1:54.07
				49.83	1:54.07 (1:04.24)

**Women 30-34 200 SC Meter Butterfly**NATL: 2:19.34 % 10/5/2003 **KATRINA RADKE**PAC: 2:19.34 # 12/31/2003 **Katrina Radke**

1	Li, Jing	34	San Mateo Masters-38	2:33.40	2:33.69
				33.11	1:10.14 (37.03)
					1:50.33 (40.19)
					2:33.69 (43.36)

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

1	Holloway, Jillian	31	Albany Armada Aquatics Masters-38	1:39.00	1:19.76
				37.88	1:19.76 (41.88)
2	Hwang, Jenn	30	Walnut Creek Masters-38	1:21.25	1:20.11
				38.69	1:20.11 (41.42)
3	Giuliano, Larissa	31	Diamond Hills Masters-38	1:27.00	1:28.06
				38.42	1:28.06 (49.64)
4	Heffley, Caitlin	30	Albany Armada Aquatics Masters-38	1:27.14	1:29.24
				40.31	1:29.24 (48.93)
---	Murillo, Catherine	34	Marcia's Enthusiastic Masters-38	1:45.00	DQ
				54.25	DQ (57.50)

**Women 30-34 200 SC Meter IM**NATL: 2:18.79 % 12/7/1996 **K PIPES-NEILSEN**PAC: 2:22.72 # 12/31/2003 **Katrina Radke**

1	Li, Jing	34	San Mateo Masters-38	2:35.33	2:31.97
				32.55	1:13.62 (41.07)
					1:56.15 (42.53)
					2:31.97 (35.82)
2	Griffiths, Joanna	30	Davis Aquatic Masters-38	3:03.15	2:47.93
				35.63	1:18.20 (42.57)
					2:09.63 (51.43)
					2:47.93 (38.30)
3	Hwang, Jenn	30	Walnut Creek Masters-38	2:53.99	2:55.14
				37.24	1:26.18 (48.94)
					2:14.56 (48.38)
					2:55.14 (40.58)
4	Murillo, Catherine	34	Marcia's Enthusiastic Masters-38	3:30.00	3:49.40
				49.67	1:53.93 (1:04.26)
					2:58.71 (1:04.78)
					3:49.40 (50.69)
5	Lu, Jenny	31	Marcia's Enthusiastic Masters-38	4:00.00	3:49.42
				52.41	1:52.53 (1:00.12)
					2:54.79 (1:02.26)
					3:49.42 (54.63)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 30-34 400 SC Meter IM**

NATL: 4:51.23 % 10/11/2019 CHELSEA NAUTA

PAC: 5:15.90 # 12/31/2003 Jody Smith

1	Mah, Kimberly	33	Richmond Plunge Masters-38	8:20.00	7:13.65
	46.40	1:43.26 (56.86)	2:37.15 (53.89)	3:29.98 (52.83)	
	4:33.91 (1:03.93)	5:37.86 (1:03.95)	6:26.20 (48.34)	7:13.65 (47.45)	
2	Lu, Jenny	31	Marcia's Enthusiastic Masters-38	8:30.00	8:13.55
	1:03.35	2:11.26 (1:07.91)	3:16.64 (1:05.38)	4:18.61 (1:01.97)	
	5:19.77 (1:01.16)	6:21.58 (1:01.81)	7:18.56 (56.98)	8:13.55 (54.99)	

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

NATL: 25.10 % 12/3/2006 DARA TORRES

PAC: 26.49 # 12/7/2014 Ericka L Richards

1	White, Lisa	38	Club Hot Tub-38	32.00	31.45
2	Mills, Eleanor	39	Walnut Creek Masters-38	30.00	33.39
3	Nakagawa, Veronica T	35	Walnut Creek Masters-38	33.51	33.70
4	San Diego, Regina	36	Walnut Creek Masters-38	40.00	43.02
5	Gunn, Caitlyn	35	Walnut Creek Masters-38	52.10	45.01

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

NATL: 54.95 % 12/3/2006 DARA TORRES

PAC: 58.44 # 12/7/2014 Ericka L Richards

1	Ramos, Mena	39	Marcia's Enthusiastic Masters-38	1:35.00	1:37.02
	48.26	1:37.02 (48.76)			
2	Miazga-Chaffey, Grace I	38	Walnut Creek Masters-38	2:00.00	1:42.71
	50.07	1:42.71 (52.64)			
3	Harris, Laura	35	Marcia's Enthusiastic Masters-38	1:45.00	1:48.65
	53.49	1:48.65 (55.16)			

**Women 35-39 200 SC Meter Freestyle**

NATL: 2:03.56 % 12/14/1997 K PIPES-NEILSEN

PAC: 2:06.86 # 12/31/1999 Jill S Hernandez

1	Radecke-Noble, Jennifer	38	Tri Valley Masters-38	2:12.50	2:13.92
	31.82	1:05.69 (33.87)	1:39.99 (34.30)	2:13.92 (33.93)	
2	White, Lisa	38	Club Hot Tub-38	2:40.00	2:38.32
	37.26	1:17.23 (39.97)	1:58.01 (40.78)	2:38.32 (40.31)	
3	San Diego, Regina	36	Walnut Creek Masters-38	3:00.00	3:27.99
	48.35	1:41.83 (53.48)	2:35.20 (53.37)	3:27.99 (52.79)	
4	Chaiyasane, Koung	38	Marcia's Enthusiastic Masters-38	4:00.00	4:08.21
	1:00.40	2:02.82 (1:02.42)	3:06.36 (1:03.54)	4:08.21 (1:01.85)	

**Women 35-39 400 SC Meter Freestyle**

NATL: 4:22.56 % 12/12/1999 K PIPES-NEILSEN

PAC: 4:26.57 # 12/31/1999 Jill S Hernandez

1	Sketchley, Jennifer	35	Temescal Aquatic Masters-38	6:15.00	6:11.73
	42.04	1:28.91 (46.87)	2:17.12 (48.21)	3:05.03 (47.91)	
	3:52.31 (47.28)	4:39.52 (47.21)	5:27.02 (47.50)	6:11.73 (44.71)	
2	Woodworth, Kathryn	36	Marcia's Enthusiastic Masters-38	6:20.00	6:25.41
	41.95	1:29.14 (47.19)	2:17.90 (48.76)	3:07.15 (49.25)	
	3:57.33 (50.18)	4:48.55 (51.22)	5:38.93 (50.38)	6:25.41 (46.48)	
3	San Diego, Regina	36	Walnut Creek Masters-38	7:30.00	7:24.01
	49.92	1:44.99 (55.07)	2:41.48 (56.49)	3:37.50 (56.02)	
	4:34.45 (56.95)	5:32.42 (57.97)	6:29.22 (56.80)	7:24.01 (54.79)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 35-39 800 SC Meter Freestyle****NATL: 8:57.60 % 9/27/2015 HEIDI GEORGE****PAC: 8:57.60 # 9/27/2015 Heidi S George**

1	Ramos, Mena	39	Marcia's Enthusiastic Masters-38	15:30.00	15:43.98
	54.91	1:52.27 (57.36)	2:51.58 (59.31)	3:51.43 (59.85)	
	4:51.87 (1:00.44)	5:53.44 (1:01.57)	6:53.79 (1:00.35)	7:54.93 (1:01.14)	
	8:55.55 (1:00.62)	9:55.39 (59.84)	10:55.27 (59.88)	11:54.28 (59.01)	
	12:52.94 (58.66)	13:51.86 (58.92)	14:49.58 (57.72)	15:43.98 (54.40)	
2	Harris, Laura	35	Marcia's Enthusiastic Masters-38	16:30.00	17:43.74
	54.92	1:57.75 (1:02.83)	3:05.53 (1:07.78)	5:21.90 (2:16.37)	
		6:29.94 ( )	7:39.12 (1:09.18)	8:47.25 (1:08.13)	
	9:55.69 (1:08.44)	11:05.93 (1:10.24)	12:14.02 (1:08.09)	13:23.33 (1:09.31)	
	14:30.56 (1:07.23)	15:36.24 (1:05.68)	16:42.84 (1:06.60)	17:43.74 (1:00.90)	

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

1	Radecke-Noble, Jennifer	38	Tri Valley Masters-38	33.50	32.17
2	Forrest-White, Layla	37	Marcia's Enthusiastic Masters-38	40.00	42.38
3	Sketchley, Jennifer	35	Temescal Aquatic Masters-38	45.00	42.58
4	Chien, Regina	36	Marcia's Enthusiastic Masters-38	44.15	45.13
5	San Diego, Regina	36	Walnut Creek Masters-38	50.00	54.66
6	Gunn, Caitlyn	35	Walnut Creek Masters-38	1:00.00	55.04
7	Chaiyasane, Koung	38	Marcia's Enthusiastic Masters-38	1:00.00	1:07.90

**Women 35-39 100 SC Meter Backstroke****NATL: 1:00.43 % 11/19/2017 NORIKO INADA****PAC: 1:08.82 # 10/16/2021 Jennifer D Radeck**

1	Radecke-Noble, Jennifer	38	Tri Valley Masters-38	1:09.00	1:08.88
2	Buford, Mary	38	Sacramento Masters-38	1:45.54	1:27.71
	41.94	1:27.71 (45.77)			
3	Chien, Regina	36	Marcia's Enthusiastic Masters-38	1:45.00	1:45.50
	52.61	1:45.50 (52.89)			
4	Ramos, Mena	39	Marcia's Enthusiastic Masters-38	1:45.00	1:51.29
	54.56	1:51.29 (56.73)			

**Women 35-39 200 SC Meter Backstroke****NATL: 2:14.10 % 12/14/1997 K PIPES-NEILSEN****PAC: 2:29.14 # 12/31/2006 Alison H Zamanian**

1	Radecke-Noble, Jennifer	38	Tri Valley Masters-38	2:30.00	2:31.07
	37.26	1:16.24 (38.98)	1:54.59 (38.35)	2:31.07 (36.48)	
2	Sketchley, Jennifer	35	Temescal Aquatic Masters-38	3:05.00	3:07.30
	44.37	1:31.52 (47.15)	2:19.96 (48.44)	3:07.30 (47.34)	
3	Chien, Regina	36	Marcia's Enthusiastic Masters-38	3:45.00	3:41.60
	53.26	1:48.88 (55.62)	2:46.57 (57.69)	3:41.60 (55.03)	
4	San Diego, Regina	36	Walnut Creek Masters-38	3:50.00	4:19.53
	1:01.49	2:06.96 (1:05.47)	3:14.24 (1:07.28)	4:19.53 (1:05.29)	

**Women 35-39 50 SC Meter Breaststroke****NATL: 32.48 % 10/10/2015 KATIE GLENN****PAC: 32.48 # 10/10/2015 Katie Glenn**

1	Herrmann, Danielle	35	Clovis Swim Club Masters-38	30.50	31.25%
---	Harris, Laura	35	Marcia's Enthusiastic Masters-38	1:00.00	DQ

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NATL: 1:09.41 % 12/6/2014 CYNTHIA LEWIS

PAC: 1:10.59 # 10/10/2015 Katie Glenn

1	Herrmann, Danielle	35	Clovis Swim Club Masters-38	1:07.30	1:08.59 %
	32.53	1:08.59 (36.06)			
2	Ramos, Mena	39	Marcia's Enthusiastic Masters-38	1:50.00	1:59.38
	1:01.07	1:59.38 (58.31)			
3	Harris, Laura	35	Marcia's Enthusiastic Masters-38	2:05.00	2:07.02
	1:02.50	2:07.02 (1:04.52)			

**Women 35-39 200 SC Meter Breaststroke**

NATL: 2:33.73 % 11/23/2014 CYNTHIA LEWIS

PAC: 2:37.13 # 10/10/2015 Katie Glenn

1	Herrmann, Danielle	35	Clovis Swim Club Masters-38	2:25.23	2:32.68 %
	33.38	1:11.40 (38.02)	1:51.81 (40.41)	2:32.68 (40.87)	
2	Nakagawa, Veronica T	35	Walnut Creek Masters-38	3:00.00	3:29.44
	49.44	1:41.94 (52.50)	2:35.73 (53.79)	3:29.44 (53.71)	
3	Chaiyasane, Koung	38	Marcia's Enthusiastic Masters-38	5:00.00	4:31.46
	1:07.31	2:16.69 (1:09.38)	3:25.07 (1:08.38)	4:31.46 (1:06.39)	

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

NATL: 27.45 % 11/1/2015 NORIKO INADA

PAC: 29.77 # 12/7/2014 Ericka L Richards

1	Herrmann, Danielle	35	Clovis Swim Club Masters-38	27.50	27.29 %
2	Buford, Mary	38	Sacramento Masters-38	39.44	37.31
3	Ramos, Mena	39	Marcia's Enthusiastic Masters-38	45.00	50.41
4	Miazga-Chaffey, Grace I	38	Walnut Creek Masters-38	1:00.00	51.96
5	Chien, Regina	36	Marcia's Enthusiastic Masters-38	49.54	53.65

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

NATL: 1:03.29 % 12/14/1997 K PIPES-NEILSEN

PAC: 1:05.83 # 12/31/1999 Jill S Hernandez

1	Herrmann, Danielle	35	Clovis Swim Club Masters-38	58.97	1:01.98 %
	28.64	1:01.98 (33.34)			
2	Nakagawa, Veronica T	35	Walnut Creek Masters-38	1:14.61	1:23.58
	36.67	1:23.58 (46.91)			

**Women 35-39 200 SC Meter Butterfly**

NATL: 2:18.41 % 12/14/1997 K PIPES-NEILSEN

PAC: 2:25.06 # 12/31/1997 Jill S Hernandez

1	Radecke-Noble, Jennifer	38	Tri Valley Masters-38	2:45.00	2:43.77
	36.29	1:17.49 (41.20)	2:00.06 (42.57)	2:43.77 (43.71)	

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

NATL: 1:04.61 % 11/22/2009 SHERI HART

PAC: 1:06.34 # 10/10/2015 Katie Glenn

1	Herrmann, Danielle	35	Clovis Swim Club Masters-38	1:01.78	1:03.94 %
	30.29	1:03.94 (33.65)			
2	Nakagawa, Veronica T	35	Walnut Creek Masters-38	1:18.00	1:23.69
	39.28	1:23.69 (44.41)			
3	Woodworth, Kathryn	36	Marcia's Enthusiastic Masters-38	1:22.00	1:28.46
	40.59	1:28.46 (47.87)			
4	Sketchley, Jennifer	35	Temescal Aquatic Masters-38	1:45.00	1:29.67
	42.28	1:29.67 (47.39)			

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5	Chien, Regina	36	Marcia's Enthusiastic Masters-38	1:35.00	1:44.95
	48.87				1:44.95 (56.08)
6	San Diego, Regina	36	Walnut Creek Masters-38	1:45.00	1:57.40
	58.58				1:57.40 (58.82)
7	Chaiyasane, Koung	38	Marcia's Enthusiastic Masters-38	2:30.00	2:03.64
	1:06.98				2:03.64 (56.66)

**Women 35-39 200 SC Meter IM**NATL: **2:19.08** % **12/10/2000** **K PIPES-NEILSEN**PAC: **2:25.39** # **12/31/1997** **Jill S Hernandez**

1	Buford, Mary	38	Sacramento Masters-38	3:09.25	3:05.90
	39.19				1:26.40 (47.21) 2:22.25 (55.85) 3:05.90 (43.65)
2	Chien, Regina	36	Marcia's Enthusiastic Masters-38	3:55.00	3:56.66
	54.80				1:53.95 (59.15) 3:03.52 (1:09.57) 3:56.66 (53.14)
3	Ramos, Mena	39	Marcia's Enthusiastic Masters-38	4:00.00	3:59.06
	55.17				1:56.94 (1:01.77) 3:04.42 (1:07.48) 3:59.06 (54.64)

**Women 35-39 400 SC Meter IM**NATL: **4:52.85** % **12/14/1997** **K PIPES-NEILSEN**PAC: **5:10.43** # **12/31/1999** **Jill S Hernandez**

1	Radecke-Noble, Jennifer	38	Tri Valley Masters-38	5:25.00	5:24.17
	35.64				1:14.71 (39.07) 1:54.53 (39.82) 2:34.57 (40.04) 3:22.91 (48.34) 4:11.19 (48.28) 4:48.26 (37.07) 5:24.17 (35.91)
2	Chien, Regina	36	Marcia's Enthusiastic Masters-38	7:45.00	8:09.88
	54.50				1:54.62 (1:00.12) 2:55.69 (1:01.07) 3:57.49 (1:01.80) 5:06.77 (1:09.28) 6:20.47 (1:13.70) 7:18.45 (57.98) 8:09.88 (51.43)

**Women 40-44 50 SC Meter Freestyle**NATL: **26.02** % **12/14/2014** **ERIKA BRAUN**PAC: **27.54** # **12/31/2000** **Jill S Hernandez**

1	Richards, Ericka	44	Santa Rosa Masters-38	28.12	27.67
2	Corwin, Elyse	40	Marcia's Enthusiastic Masters-38	31.45	29.18
3	Ward, Molly M	40	The Olympic Club-38	29.32	30.24
4	Schellenberg, Jamie	42	Uc38	33.00	33.19
5	Flecker, Donita	40	Sebastopol Masters Aquatic Clu-38	38.00	36.35
6	Martin, Brieanne	42	Marcia's Enthusiastic Masters-38	38.00	39.08
7	Achiu, U. Kalei	44	Manatee Aquatic Masters Inc-38	1:30.00	41.32
8	Han, Qi	44	Marcia's Enthusiastic Masters-38	58.76	55.48

**Women 40-44 50 SC Meter Freestyle**NATL: **26.02** % **12/14/2014** **ERIKA BRAUN**PAC: **27.54** # **12/31/2000** **Jill S Hernandez**

1	Corwin, Elyse	40	Marcia's Enthusiastic Masters-38	NT	29.72
2	Stretch, Sarah	43	Marcia's Enthusiastic Masters-38	NT	33.64

**Women 40-44 100 SC Meter Freestyle**NATL: **57.08** % **12/14/2014** **ERIKA BRAUN**PAC: **58.81** # **12/31/2000** **Jill S Hernandez**

1	Corwin, Elyse	40	Marcia's Enthusiastic Masters-38	NT	1:06.27
2	Rueda, Marcela	40	Santa Rosa Masters-38	NT	1:18.97

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 40-44 100 SC Meter Freestyle**NATL: 57.08 % 12/14/2014 **ERIKA BRAUN**PAC: 58.81 # 12/31/2000 **Jill S Hernandez**

1	Richards, Ericka	44	Santa Rosa Masters-38	1:02.79	1:03.15
	30.17	1:03.15 (32.98)			
2	Corwin, Elyse	40	Marcia's Enthusiastic Masters-38	1:04.66	1:04.51
	30.90	1:04.51 (33.61)			
3	Ward, Molly M	40	The Olympic Club-38	1:05.47	1:06.41
	31.74	1:06.41 (34.67)			
4	Hahnel, Carrie	44	Marcia's Enthusiastic Masters-38	1:06.50	1:07.49
	32.17	1:07.49 (35.32)			
5	Nehrebecki, Helene	42	Davis Aquatic Masters-38	1:07.12	1:10.05
	34.27	1:10.05 (35.78)			
6	Anderson, Lorissa	41	Walnut Creek Masters-38	1:14.97	1:12.62
	34.47	1:12.62 (38.15)			

**Women 40-44 200 SC Meter Freestyle**NATL: 2:05.26 % 12/14/2003 **K PIPES-NEILSEN**PAC: 2:06.81 # 12/31/2000 **Jill S Hernandez**

1	Corwin, Elyse	40	Marcia's Enthusiastic Masters-38	NT	2:27.78
*2	Richards, Ericka	44	Santa Rosa Masters-38	NT	2:24.29
*2	Rueda, Marcela	40	Santa Rosa Masters-38	NT	2:41.94

**Women 40-44 200 SC Meter Freestyle**NATL: 2:05.26 % 12/14/2003 **K PIPES-NEILSEN**PAC: 2:06.81 # 12/31/2000 **Jill S Hernandez**

1	Metzger, Sarabeth	44	Sierra Nevada Masters-38	2:39.34	2:20.50
	32.65	1:08.18 (35.53)	1:44.57 (36.39)	2:20.50 (35.93)	
2	Corwin, Elyse	40	Marcia's Enthusiastic Masters-38	2:28.13	2:23.41
	31.83	1:06.92 (35.09)	1:44.75 (37.83)	2:23.41 (38.66)	
3	Groskopf, Sarah	42	Club Hot Tub-38	2:36.07	2:36.81
	36.14	1:15.58 (39.44)	1:56.15 (40.57)	2:36.81 (40.66)	
4	Schellenberg, Jamie	42	Uc38	2:35.00	2:45.12
	35.90	1:16.35 (40.45)	2:00.23 (43.88)	2:45.12 (44.89)	
5	Stretch, Sarah	43	Marcia's Enthusiastic Masters-38	2:45.00	2:49.28
	39.74	1:22.98 (43.24)	2:06.29 (43.31)	2:49.28 (42.99)	
6	Schley, Kelly	43	Marcia's Enthusiastic Masters-38	2:58.27	2:58.81
	40.30	1:26.05 (45.75)	2:12.95 (46.90)	2:58.81 (45.86)	
7	Doyle, Nia	41	Marcia's Enthusiastic Masters-38	3:19.50	3:09.23
	41.41	1:27.81 (46.40)	2:18.08 (50.27)	3:09.23 (51.15)	
8	Achiu, U. Kalei	44	Manatee Aquatic Masters Inc-38	4:30.00	3:31.28
	46.70	1:39.59 (52.89)	2:36.55 (56.96)	3:31.28 (54.73)	
9	Williams, Leah	41	Marcia's Enthusiastic Masters-38	4:00.00	3:33.83
	46.97	1:39.50 (52.53)	2:36.61 (57.11)	3:33.83 (57.22)	
10	Han, Qi	44	Marcia's Enthusiastic Masters-38	4:35.71	4:25.87
	1:02.49	2:10.68 (1:08.19)	3:20.15 (1:09.47)	4:25.87 (1:05.72)	

**Women 40-44 400 SC Meter Freestyle**NATL: 4:21.75 % 12/14/2003 **K PIPES-NEILSEN**PAC: 4:22.78 # 12/2/2017 **Heidi S George**

1	Richards, Ericka	44	Santa Rosa Masters-38	4:59.52	4:54.61
	32.80	1:09.18 (36.38)	1:46.84 (37.66)	2:24.29 (37.45)	
	3:02.61 (38.32)	3:40.97 (38.36)	4:18.61 (37.64)	4:54.61 (36.00)	

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2	Metzger, Sarabeth	44	Sierra Nevada Masters-38	5:30.45	4:55.22
	34.30	1:11.59 (37.29)	1:49.27 (37.68)	2:27.00 (37.73)	
	3:04.08 (37.08)	3:41.40 (37.32)	4:18.90 (37.50)	4:55.22 (36.32)	
3	Nehrebecki, Helene	42	Davis Aquatic Masters-38	5:39.74	5:33.25
	38.01	1:20.32 (42.31)	2:03.70 (43.38)	2:46.77 (43.07)	
	3:29.66 (42.89)	4:12.32 (42.66)	4:53.98 (41.66)	5:33.25 (39.27)	
4	Borges, Veronique	43	South End Rowing Club-38	5:03.08	5:35.45
	36.03	1:15.90 (39.87)	1:57.68 (41.78)	2:40.05 (42.37)	
	3:22.76 (42.71)	4:06.13 (43.37)	4:52.37 (46.24)	5:35.45 (43.08)	
5	Schley, Kelly	43	Marcia's Enthusiastic Masters-38	6:00.00	6:21.47
	42.19	1:28.79 (46.60)	2:17.05 (48.26)	3:05.80 (48.75)	
	3:54.94 (49.14)	4:44.24 (49.30)	5:33.73 (49.49)	6:21.47 (47.74)	
6	Doyle, Nia	41	Marcia's Enthusiastic Masters-38	7:40.34	6:36.59
	46.64	1:35.86 (49.22)	2:26.53 (50.67)	3:17.24 (50.71)	
	4:07.76 (50.52)	4:57.68 (49.92)	5:48.62 (50.94)	6:36.59 (47.97)	
7	Flecker, Donita	40	Sebastopol Masters Aquatic Clu-38	6:55.00	6:48.20
	44.80	1:34.26 (49.46)	2:24.32 (50.06)	3:16.72 (52.40)	
	4:09.74 (53.02)	5:02.73 (52.99)	5:56.27 (53.54)	6:48.20 (51.93)	
8	Williams, Leah	41	Marcia's Enthusiastic Masters-38	8:00.00	7:35.62
	51.45	1:47.51 (56.06)	2:44.71 (57.20)	3:43.26 (58.55)	
	4:41.83 (58.57)	5:41.24 (59.41)	6:40.39 (59.15)	7:35.62 (55.23)	
9	Martin, Brienne	42	Marcia's Enthusiastic Masters-38	7:00.00	7:40.43
	50.50	1:45.01 (54.51)	2:42.24 (57.23)	3:42.46 (1:00.22)	
	4:45.75 (1:03.29)	5:47.14 (1:01.39)	6:47.30 (1:00.16)	7:40.43 (53.13)	

**Women 40-44 400 SC Meter Freestyle**

NATL: 4:21.75 % 12/14/2003 K PIPES-NEILSEN

PAC: 4:22.78 # 12/2/2017 Heidi S George

*1	Hahnel, Carrie	44	Marcia's Enthusiastic Masters-38	NT	5:16.82
*1	Rueda, Marcela	40	Santa Rosa Masters-38	NT	5:29.56

**Women 40-44 800 SC Meter Freestyle**

NATL: 8:55.95 % 12/3/2017 HEIDI GEORGE

PAC: 8:55.95 # 12/3/2017 Heidi S George

1	Rueda, Marcela	40	Santa Rosa Masters-38	NT	11:07.74
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**Women 40-44 800 SC Meter Freestyle**

NATL: 8:55.95 % 12/3/2017 HEIDI GEORGE

PAC: 8:55.95 # 12/3/2017 Heidi S George

1	Metzger, Sarabeth	44	Sierra Nevada Masters-38	11:45.99	10:17.51
	35.47	1:14.02 (38.55)	1:53.20 (39.18)	2:32.29 (39.09)	
	3:11.46 (39.17)	3:51.04 (39.58)	4:30.79 (39.75)	5:10.25 (39.46)	
	5:49.45 (39.20)	6:28.29 (38.84)	7:07.40 (39.11)	7:46.43 (39.03)	
	8:24.68 (38.25)	9:03.02 (38.34)	9:40.94 (37.92)	10:17.51 (36.57)	
2	Hahnel, Carrie	44	Marcia's Enthusiastic Masters-38	10:45.00	10:40.74
	36.38	1:14.94 (38.56)	1:54.46 (39.52)	2:34.52 (40.06)	
	3:15.16 (40.64)	3:55.72 (40.56)	4:36.30 (40.58)	5:16.82 (40.52)	
	5:57.24 (40.42)	6:38.14 (40.90)	7:18.47 (40.33)	7:59.28 (40.81)	
	8:39.85 (40.57)	9:20.61 (40.76)	10:00.95 (40.34)	10:40.74 (39.79)	
3	Nehrebecki, Helene	42	Davis Aquatic Masters-38	11:20.69	11:24.44
	38.51	1:21.12 (42.61)	2:05.06 (43.94)	2:48.59 (43.53)	
	3:32.94 (44.35)	4:16.78 (43.84)	5:00.59 (43.81)	5:43.85 (43.26)	
	6:27.32 (43.47)	7:10.13 (42.81)	7:52.79 (42.66)	8:35.49 (42.70)	
	9:18.43 (42.94)	10:01.55 (43.12)	10:44.25 (42.70)	11:24.44 (40.19)	



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4	Lee, Jez	42	Marcia's Enthusiastic Masters-38	14:56.71	14:24.30
	45.70	1:37.35 (51.65)	2:31.32 (53.97)	3:25.55 (54.23)	
	4:22.19 (56.64)	5:18.58 (56.39)	6:13.87 (55.29)	7:10.08 (56.21)	
	8:06.65 (56.57)	9:01.52 (54.87)	9:55.78 (54.26)	10:51.31 (55.53)	
	11:46.82 (55.51)	12:40.55 (53.73)	13:34.74 (54.19)	14:24.30 (49.56)	
---	Borges, Veronique	43	South End Rowing Club-38	10:32.00	DQ
	39.13	1:21.92 (42.79)	2:06.28 (44.36)	2:50.73 (44.45)	
	3:35.54 (44.81)	4:20.12 (44.58)	5:04.85 (44.73)	5:49.93 (45.08)	
	6:34.08 (44.15)	7:18.47 (44.39)	8:02.73 (44.26)	8:47.00 (44.27)	
	9:30.80 (43.80)	10:14.84 (44.04)	DQ (1:25.64)		

**Women 40-44 1500 SC Meter Freestyle****NATL: 16:50.92 % 12/1/2017 HEIDI GEORGE****PAC: 16:50.92 # 12/1/2017 Heidi S George**

1	Metzger, Sarabeth	44	Sierra Nevada Masters-38	22:04.67	19:44.00
	36.40	1:16.51 (40.11)	1:56.55 (40.04)	2:37.00 (40.45)	
	3:17.07 (40.07)	3:57.16 (40.09)	4:37.50 (40.34)	5:17.84 (40.34)	
	5:57.94 (40.10)	6:37.93 (39.99)	7:17.71 (39.78)	7:57.44 (39.73)	
	8:36.86 (39.42)	9:16.69 (39.83)	9:56.45 (39.76)	10:35.77 (39.32)	
	11:15.64 (39.87)	11:55.27 (39.63)	12:35.10 (39.83)	13:14.81 (39.71)	
	13:54.06 (39.25)	14:33.22 (39.16)	15:12.64 (39.42)	15:52.19 (39.55)	
	16:31.47 (39.28)	17:10.68 (39.21)	17:50.39 (39.71)	18:29.30 (38.91)	
	19:07.66 (38.36)	19:44.00 (36.34)			
2	Rueda, Marcela	40	Santa Rosa Masters-38	21:02.26	20:57.68
	37.76	1:18.97 (41.21)	2:00.39 (41.42)	2:41.94 (41.55)	
	3:23.82 (41.88)	4:05.80 (41.98)	4:47.70 (41.90)	5:29.56 (41.86)	
	6:11.89 (42.33)	6:54.38 (42.49)	7:36.23 (41.85)	8:18.73 (42.50)	
	9:01.19 (42.46)	9:43.50 (42.31)	10:25.64 (42.14)	11:07.74 (42.10)	
	11:50.24 (42.50)	12:32.48 (42.24)	13:14.56 (42.08)	13:56.95 (42.39)	
	14:38.97 (42.02)	15:21.14 (42.17)	16:02.94 (41.80)	16:45.58 (42.64)	
	17:27.99 (42.41)	18:10.38 (42.39)	18:52.57 (42.19)	19:34.82 (42.25)	
	20:16.71 (41.89)	20:57.68 (40.97)			
3	Groskopf, Sarah	42	Club Hot Tub-38	21:39.08	21:30.42
	38.01	1:18.31 (40.30)	1:59.96 (41.65)	2:42.17 (42.21)	
	3:24.67 (42.50)	4:07.72 (43.05)	4:50.35 (42.63)	5:33.59 (43.24)	
	6:17.12 (43.53)	6:59.65 (42.53)	7:42.97 (43.32)	8:26.01 (43.04)	
	9:09.22 (43.21)	9:52.83 (43.61)	10:36.15 (43.32)	11:20.32 (44.17)	
	12:04.25 (43.93)	12:47.40 (43.15)	13:31.03 (43.63)	14:14.73 (43.70)	
	14:58.27 (43.54)	15:41.41 (43.14)	16:25.23 (43.82)	17:09.07 (43.84)	
	17:52.28 (43.21)	18:36.14 (43.86)	19:19.10 (42.96)	20:03.67 (44.57)	
	20:47.58 (43.91)	21:30.42 (42.84)			
4	Doyle, Nia	41	Marcia's Enthusiastic Masters-38	30:28.59	25:57.68
	49.18	1:38.74 (49.56)	2:31.07 (52.33)	3:23.20 (52.13)	
	4:15.78 (52.58)	5:08.27 (52.49)	6:01.10 (52.83)	6:53.95 (52.85)	
	7:46.16 (52.21)	8:38.69 (52.53)	9:30.31 (51.62)	10:22.61 (52.30)	
	11:15.59 (52.98)	12:07.81 (52.22)	12:59.36 (51.55)	13:51.14 (51.78)	
	14:43.37 (52.23)	15:34.87 (51.50)	16:27.71 (52.84)	17:19.71 (52.00)	
	18:12.10 (52.39)	19:04.96 (52.86)	19:57.06 (52.10)	20:49.03 (51.97)	
	21:41.29 (52.26)	22:32.88 (51.59)	23:24.32 (51.44)	24:16.67 (52.35)	
	25:07.67 (51.00)	25:57.68 (50.01)			

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Women 40-44 1500 SC Meter Freestyle)**

5	Stankov-Hodge, Marina	42	Marcia's Enthusiastic Masters-38	31:09.00	31:26.81
	54.40	1:52.72 (58.32)	2:53.37 (1:00.65)	4:04.29 (1:10.92)	
	5:04.56 (1:00.27)	6:04.33 (59.77)	7:06.28 (1:01.95)	8:07.14 (1:00.86)	
	9:09.72 (1:02.58)	10:11.42 (1:01.70)	11:13.92 (1:02.50)	11:34.58 (20.66)	
	12:38.39 (1:03.81)	13:42.99 (1:04.60)	14:46.41 (1:03.42)	15:48.86 (1:02.45)	
	16:52.53 (1:03.67)	18:59.70 (2:07.17)	20:01.62 (1:01.92)	21:03.66 (1:02.04)	
	22:06.89 (1:03.23)	23:08.72 (1:01.83)	24:10.58 (1:01.86)	25:14.05 (1:03.47)	
	26:17.61 (1:03.56)	27:20.10 (1:02.49)	28:22.79 (1:02.69)	29:25.00 (1:02.21)	
	30:27.52 (1:02.52)	31:26.81 (59.29)			

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

NATL: 30.02 % 10/14/2012 SHERI HART

PAC: 30.72 # 12/31/2009 Jody Smith

1	Corwin, Elyse	40	Marcia's Enthusiastic Masters-38	NT	35.57
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**Women 40-44 50 SC Meter Backstroke**

NATL: 30.02 % 10/14/2012 SHERI HART

PAC: 30.72 # 12/31/2009 Jody Smith

1	Richards, Ericka	44	Santa Rosa Masters-38	33.39	34.22
2	Corwin, Elyse	40	Marcia's Enthusiastic Masters-38	37.50	35.93
3	Groskopf, Sarah	42	Club Hot Tub-38	43.00	39.60
4	Flecker, Donita	40	Sebastopol Masters Aquatic Clu-38	45.00	42.62
5	Stretch, Sarah	43	Marcia's Enthusiastic Masters-38	39.00	45.05
6	Martin, Brieanne	42	Marcia's Enthusiastic Masters-38	55.00	51.98
7	Han, Qi	44	Marcia's Enthusiastic Masters-38	1:20.87	1:09.45

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

NATL: 1:03.48 % 10/29/2011 SHERI HART

PAC: 1:05.91 # 12/31/2009 Jody Smith

1	Corwin, Elyse	40	Marcia's Enthusiastic Masters-38	NT	1:16.88
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**Women 40-44 100 SC Meter Backstroke**

NATL: 1:03.48 % 10/29/2011 SHERI HART

PAC: 1:05.91 # 12/31/2009 Jody Smith

1	Corwin, Elyse	40	Marcia's Enthusiastic Masters-38	1:17.47	1:16.36
	36.82	1:16.36 (39.54)			
2	Nehrebecki, Helene	42	Davis Aquatic Masters-38	1:22.05	1:22.04
	39.54	1:22.04 (42.50)			
3	Anderson, Lorissa	41	Walnut Creek Masters-38	1:28.22	1:25.98
	41.69	1:25.98 (44.29)			
4	Chow, Jackie	44	Davis Aquatic Masters-38	1:38.99	1:28.92
	41.63	1:28.92 (47.29)			
5	Han, Qi	44	Marcia's Enthusiastic Masters-38	2:57.51	2:35.95
	1:12.20	2:35.95 (1:23.75)			

**Women 40-44 200 SC Meter Backstroke**

NATL: 2:17.29 % 12/4/2021 JENNIFER MIHALIK

PAC: 2:19.06 # 12/31/2009 Jody Smith

1	Merlo, Ashley	41	Walnut Creek Masters-38	2:55.00	2:44.15
	38.45	1:19.63 (41.18)	2:02.34 (42.71)	2:44.15 (41.81)	
2	Nehrebecki, Helene	42	Davis Aquatic Masters-38	3:05.88	3:01.08
	41.90	1:28.27 (46.37)	2:15.38 (47.11)	3:01.08 (45.70)	
3	Flecker, Donita	40	Sebastopol Masters Aquatic Clu-38	3:50.00	3:32.67
	49.39	1:44.67 (55.28)	2:40.42 (55.75)	3:32.67 (52.25)	

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

## Women 40-44 50 SC Meter Breaststroke

NATL: 32.16 % 12/2/2018 KATIE GLENN  
 PAC: 34.79 # 9/25/2017 Katie Glenn

1	Rueda, Marcela	40	Santa Rosa Masters-38	39.27	39.70
2	Bradford, Amy	42	Walnut Creek Masters-38	45.00	44.00
3	Han, Qi	44	Marcia's Enthusiastic Masters-38	1:18.81	1:15.35

## Women 40-44 100 SC Meter Breaststroke

NATL: 1:09.95 % 12/5/2015 CYNTHIA LEWIS  
 PAC: 1:19.61 # 12/31/2009 Debbie M Santos

1	Richards, Ericka	44	Santa Rosa Masters-38	1:25.75	1:22.73
				39.51	1:22.73 (43.22)
2	Rueda, Marcela	40	Santa Rosa Masters-38	1:23.12	1:23.88
				39.89	1:23.88 (43.99)
3	Hahnel, Carrie	44	Marcia's Enthusiastic Masters-38	1:30.00	1:29.61
				42.56	1:29.61 (47.05)
4	Bradford, Amy	42	Walnut Creek Masters-38	1:40.00	1:37.98
				47.40	1:37.98 (50.58)
5	Han, Qi	44	Marcia's Enthusiastic Masters-38	2:38.70	2:43.69
				1:20.19	2:43.69 (1:23.50)

## Women 40-44 200 SC Meter Breaststroke

NATL: 2:32.37 % 11/16/2008 S VON DER LIPPE  
 PAC: 2:52.36 # 12/31/2009 Debbie M Santos

1	Rueda, Marcela	40	Santa Rosa Masters-38	2:59.21	3:05.54
				41.18	1:27.02 (45.84) 2:16.44 (49.42) 3:05.54 (49.10)
2	Hahnel, Carrie	44	Marcia's Enthusiastic Masters-38	3:06.00	3:17.36
				43.48	1:32.37 (48.89) 2:23.82 (51.45) 3:17.36 (53.54)
3	Borges, Veronique	43	South End Rowing Club-38	2:40.87	3:32.61
				49.33	1:43.44 (54.11) 2:38.82 (55.38) 3:32.61 (53.79)
4	Stretch, Sarah	43	Marcia's Enthusiastic Masters-38	3:42.00	3:54.30
				54.10	1:53.28 (59.18) 2:54.15 (1:00.87) 3:54.30 (1:00.15)

## Women 40-44 50 SC Meter Butterfly

NATL: 28.19 % 3/16/2013 ERIKA BRAUN  
 PAC: 29.86 # 12/31/2009 Jody Smith

1	Richards, Ericka	44	Santa Rosa Masters-38	31.38	31.92
2	Corwin, Elyse	40	Marcia's Enthusiastic Masters-38	34.02	33.71
3	Nehrebecki, Helene	42	Davis Aquatic Masters-38	36.00	35.14
4	Bradford, Amy	42	Walnut Creek Masters-38	34.00	35.92
5	Anderson, Lorissa	41	Walnut Creek Masters-38	38.11	36.69
6	Groskopf, Sarah	42	Club Hot Tub-38	37.06	37.97
7	Schley, Kelly	43	Marcia's Enthusiastic Masters-38	40.28	42.32

## Women 40-44 50 SC Meter Butterfly

NATL: 28.19 % 3/16/2013 ERIKA BRAUN  
 PAC: 29.86 # 12/31/2009 Jody Smith

1	Rueda, Marcela	40	Santa Rosa Masters-38	NT	40.03
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## Women 40-44 100 SC Meter Butterfly

NATL: 1:01.70 % 11/21/2009 S VON DER LIPPE  
 PAC: 1:06.86 # 12/31/1993 Laura B Val

1	Metzger, Sarabeth	44	Sierra Nevada Masters-38	1:15.24	1:12.15
				34.05	1:12.15 (38.10)

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2	Nehrebecki, Helene	42	Davis Aquatic Masters-38	1:19.12	1:21.35
	38.85				1:21.35 (42.50)
3	Borges, Veronique	43	South End Rowing Club-38	1:10.00	1:21.85
	37.41				1:21.85 (44.44)
4	Schley, Kelly	43	Marcia's Enthusiastic Masters-38	1:32.00	1:38.15
	46.28				1:38.15 (51.87)
5	Flecker, Donita	40	Sebastopol Masters Aquatic Clu-38	1:45.00	1:47.31
	50.43				1:47.31 (56.88)
6	Martin, Brieanne	42	Marcia's Enthusiastic Masters-38	2:02.00	1:59.17
	54.70				1:59.17 (1:04.47)

**Women 40-44 100 SC Meter Butterfly****NATL: 1:01.70 % 11/21/2009 S VON DER LIPPE****PAC: 1:06.86 # 12/31/1993 Laura B Val**

2	Rueda, Marcela	40	Santa Rosa Masters-38	NT	1:28.13
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**Women 40-44 100 SC Meter IM****NATL: 1:04.19 % 10/10/2015 LISA BLACKBURN****PAC: 1:08.91 # 12/31/2004 Jill S Hernandez**

1	Richards, Ericka	44	Santa Rosa Masters-38	1:13.22	1:12.55
	33.95				1:12.55 (38.60)
2	Rueda, Marcela	40	Santa Rosa Masters-38	1:15.29	1:16.52
	36.73				1:16.52 (39.79)
3	Merlo, Ashley	41	Walnut Creek Masters-38	1:30.00	1:18.90
	36.28				1:18.90 (42.62)
4	Hahnel, Carrie	44	Marcia's Enthusiastic Masters-38	1:18.00	1:19.97
	39.23				1:19.97 (40.74)
5	Schley, Kelly	43	Marcia's Enthusiastic Masters-38	1:30.68	1:31.97
	43.22				1:31.97 (48.75)
6	Flecker, Donita	40	Sebastopol Masters Aquatic Clu-38	1:45.00	1:36.43
	45.09				1:36.43 (51.34)
7	Martin, Brieanne	42	Marcia's Enthusiastic Masters-38	1:52.00	1:54.82
	54.36				1:54.82 (1:00.46)
8	Han, Qi	44	Marcia's Enthusiastic Masters-38	2:34.68	2:33.70
	1:13.96				2:33.70 (1:19.74)

**Women 40-44 200 SC Meter IM****NATL: 2:19.21 % 12/2/2007 S VON DER LIPPE****PAC: 2:22.51 # 12/31/2000 Jill S Hernandez**

1	Metzger, Sarabeth	44	Sierra Nevada Masters-38	2:55.56	2:40.47
	35.06				1:16.58 (41.52) 2:03.35 (46.77) 2:40.47 (37.12)
2	Rueda, Marcela	40	Santa Rosa Masters-38	2:49.13	2:53.78
	40.03				1:25.67 (45.64) 2:13.84 (48.17) 2:53.78 (39.94)
3	Bradford, Amy	42	Walnut Creek Masters-38	3:10.00	3:07.47
	38.81				1:29.10 (50.29) 2:21.35 (52.25) 3:07.47 (46.12)
4	Borges, Veronique	43	South End Rowing Club-38	2:38.87	3:14.31
	40.76				1:30.17 (49.41) 2:31.12 (1:00.95) 3:14.31 (43.19)
5	Schley, Kelly	43	Marcia's Enthusiastic Masters-38	3:25.03	3:20.65
	45.03				1:36.14 (51.11) 2:35.60 (59.46) 3:20.65 (45.05)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 40-44 400 SC Meter IM**NATL: 5:00.82 % 11/24/2002 **K PIPES-NEILSEN**PAC: 5:02.17 # 12/31/2000 **Jill S Hernandez**

1	Metzger, Sarabeth	44	Sierra Nevada Masters-38	6:15.99	5:46.61
	36.13	1:18.83 (42.70)	2:02.57 (43.74)	2:46.05 (43.48)	
	3:36.45 (50.40)	4:27.02 (50.57)	5:07.93 (40.91)	5:46.61 (38.68)	
2	Rueda, Marcela	40	Santa Rosa Masters-38	5:55.27	6:01.67
	41.00	1:28.13 (47.13)	2:14.77 (46.64)	3:00.86 (46.09)	
	3:49.64 (48.78)	4:39.74 (50.10)	5:21.79 (42.05)	6:01.67 (39.88)	
3	Schley, Kelly	43	Marcia's Enthusiastic Masters-38	7:15.00	7:11.12
	48.07	1:41.93 (53.86)	2:38.18 (56.25)	3:32.11 (53.93)	
	4:32.26 (1:00.15)	5:31.47 (59.21)	6:22.74 (51.27)	7:11.12 (48.38)	
4	Doyle, Nia	41	Marcia's Enthusiastic Masters-38	11:30.00	8:07.19
	53.68	1:55.73 (1:02.05)	2:57.26 (1:01.53)	3:55.26 (58.00)	
	5:16.69 (1:21.43)	6:28.69 (1:12.00)	7:17.79 (49.10)	8:07.19 (49.40)	
---	Stankov-Hodge, Marina	42	Marcia's Enthusiastic Masters-38	9:00.00	DQ
	1:03.93	2:37.02 (1:33.09)		4:54.78 ( )	
	6:16.88 (1:22.10)	7:37.04 (1:20.16)	8:39.89 (1:02.85)	DQ (1:02.43)	

**Women 45-49 50 SC Meter Freestyle**NATL: 26.29 % 10/13/2018 **ERIKA BRAUN**PAC: 28.58 # 12/31/2000 **Laura B Val**

1	Towey, Rachel	48	Rolling Hills Mud Sharks-38	33.14	33.45
2	Darling, Colleen	48	Walnut Creek Masters-38	36.79	34.50
3	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	36.00	36.65
4	Balch, Christina	47	Marcia's Enthusiastic Masters-38	37.49	36.89
5	Pankhurst, Carrie D	48	Diamond Hills Masters-38	38.83	37.77
6	Lindahl, Sarah	46	Marcia's Enthusiastic Masters-38	40.00	38.09
7	Taylor, Opal	47	Marcia's Enthusiastic Masters-38	49.00	42.31

**Women 45-49 100 SC Meter Freestyle**NATL: 57.89 % 12/9/2018 **ERIKA BRAUN**PAC: 1:02.00 # 12/31/1998 **Laura B Val**

1	Balch, Christina	47	Marcia's Enthusiastic Masters-38	NT	1:23.47
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**Women 45-49 100 SC Meter Freestyle**NATL: 57.89 % 12/9/2018 **ERIKA BRAUN**PAC: 1:02.00 # 12/31/1998 **Laura B Val**

1	Schulz, Tara	45	Uc38	1:16.00	1:14.33
	35.77	1:14.33 (38.56)			
2	Darling, Colleen	48	Walnut Creek Masters-38	1:20.01	1:16.29
	35.67	1:16.29 (40.62)			
3	Towey, Rachel	48	Rolling Hills Mud Sharks-38	1:20.79	1:16.43
	35.73	1:16.43 (40.70)			
4	Tannehill, Aimee	49	Davis Aquatic Masters-38	1:22.00	1:18.34
	38.01	1:18.34 (40.33)			
5	Balch, Christina	47	Marcia's Enthusiastic Masters-38	1:24.31	1:23.61
	39.57	1:23.61 (44.04)			
6	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	1:21.00	1:24.61
	41.63	1:24.61 (42.98)			

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 45-49 200 SC Meter Freestyle****NATL: 2:05.94 % 12/2/2007 K PIPES-NEILSEN****PAC: 2:10.91 # 12/31/2003 Suzanne M Heim-Bo**

1	Balch, Christina	47	Marcia's Enthusiastic Masters-38	3:07.18	3:03.07
	42.83	1:29.19 (46.36)	2:17.25 (48.06)	3:03.07 (45.82)	
2	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	3:11.00	3:08.58
	45.55	1:35.40 (49.85)	2:24.89 (49.49)	3:08.58 (43.69)	
3	Taylor, Opal	47	Marcia's Enthusiastic Masters-38	4:00.00	3:55.54
	53.23	1:53.14 (59.91)	2:57.40 (1:04.26)	3:55.54 (58.14)	

**Women 45-49 400 SC Meter Freestyle****NATL: 4:24.86 % 8/1/2021 HEIDI GEORGE****PAC: 4:24.86 # 8/1/2021 Heidi S George**

1	Balch, Christina	47	Marcia's Enthusiastic Masters-38	6:46.50	6:31.93
	44.46	1:33.78 (49.32)	2:23.92 (50.14)	3:13.64 (49.72)	
	4:03.59 (49.95)	4:53.84 (50.25)	5:44.07 (50.23)	6:31.93 (47.86)	
2	Maze, Ghislaine	48	Richmond Plunge Masters-38	6:30.00	6:37.77
	45.89	1:35.39 (49.50)	2:26.78 (51.39)	3:18.40 (51.62)	
	4:09.43 (51.03)	5:00.77 (51.34)	5:50.14 (49.37)	6:37.77 (47.63)	
3	Taylor, Opal	47	Marcia's Enthusiastic Masters-38	9:00.00	8:45.12
	1:03.68	2:13.20 (1:09.52)	3:20.64 (1:07.44)	4:28.74 (1:08.10)	
	5:37.69 (1:08.95)	6:44.83 (1:07.14)	7:50.91 (1:06.08)	8:45.12 (54.21)	

**Women 45-49 800 SC Meter Freestyle****NATL: 9:05.44 % 10/15/2021 HEIDI GEORGE****PAC: 9:05.44 # 10/15/2021 Heidi S George**

1	George, Heidi	46	Uc38	NT	9:13.06
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**Women 45-49 800 SC Meter Freestyle****NATL: 9:05.44 % 10/15/2021 HEIDI GEORGE****PAC: 9:05.44 # 10/15/2021 Heidi S George**

1	Mcclafferty, Christine	49	Oregon Masters-37	10:36.57	10:25.99
	36.60	1:16.15 (39.55)	1:56.03 (39.88)	2:35.75 (39.72)	
	3:14.94 (39.19)	3:54.34 (39.40)	4:34.00 (39.66)	5:13.51 (39.51)	
	5:52.72 (39.21)	6:31.95 (39.23)	7:11.16 (39.21)	7:50.21 (39.05)	
	8:29.62 (39.41)	9:08.81 (39.19)	9:47.96 (39.15)	10:25.99 (38.03)	
2	Balch, Christina	47	Marcia's Enthusiastic Masters-38	13:57.91	13:20.63
	46.09	1:36.07 (49.98)	2:26.86 (50.79)	3:18.07 (51.21)	
	4:08.16 (50.09)	4:58.71 (50.55)	5:49.53 (50.82)	6:40.73 (51.20)	
	7:31.45 (50.72)	8:21.12 (49.67)	9:11.15 (50.03)	10:01.08 (49.93)	
	10:51.59 (50.51)	11:42.05 (50.46)	12:32.50 (50.45)	13:20.63 (48.13)	
3	Lindahl, Sarah	46	Marcia's Enthusiastic Masters-38	16:00.00	16:51.90
	1:43.43	2:42.96 (59.53)	3:44.85 (1:01.89)	4:48.33 (1:03.48)	
		5:54.69 ( )	7:02.25 (1:07.56)	8:08.96 (1:06.71)	
	9:15.03 (1:06.07)	10:22.99 (1:07.96)	11:30.66 (1:07.67)	12:38.68 (1:08.02)	
	13:44.49 (1:05.81)	14:48.76 (1:04.27)	15:53.22 (1:04.46)	16:51.90 (58.68)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 45-49 1500 SC Meter Freestyle**NATL: 17:09.61 % 7/31/2021 **HEIDI GEORGE**PAC: 17:09.61 # 7/31/2021 **Heidi S George**

1	George, Heidi	46	Uc38	16:50.92	17:16.00
	32.76	1:07.34 (34.58)	1:42.17 (34.83)	2:17.09 (34.92)	
	2:51.91 (34.82)	3:26.59 (34.68)	4:00.99 (34.40)	4:35.72 (34.73)	
	5:10.47 (34.75)	5:45.36 (34.89)	6:20.18 (34.82)	6:54.67 (34.49)	
	7:29.37 (34.70)	8:03.94 (34.57)	8:38.48 (34.54)	9:13.06 (34.58)	
	9:47.66 (34.60)	10:22.20 (34.54)	10:56.81 (34.61)	11:31.54 (34.73)	
	12:06.30 (34.76)	12:40.92 (34.62)	13:15.47 (34.55)	13:50.04 (34.57)	
	14:24.54 (34.50)	14:59.20 (34.66)	15:33.63 (34.43)	16:08.35 (34.72)	
	16:42.57 (34.22)	17:16.00 (33.43)			
2	Maze, Ghislaine	48	Richmond Plunge Masters-38	25:44.18	25:47.31
	46.00	1:36.05 (50.05)	2:26.99 (50.94)	3:19.11 (52.12)	
	4:11.49 (52.38)	5:03.65 (52.16)	5:55.96 (52.31)	6:48.17 (52.21)	
	7:40.81 (52.64)	8:33.59 (52.78)	9:26.39 (52.80)	10:19.13 (52.74)	
	11:12.03 (52.90)	12:04.60 (52.57)	12:57.17 (52.57)	13:48.92 (51.75)	
	14:40.58 (51.66)	15:32.93 (52.35)	16:25.12 (52.19)	17:17.01 (51.89)	
	18:08.83 (51.82)	19:00.89 (52.06)	19:52.23 (51.34)	20:43.58 (51.35)	
	21:33.97 (50.39)	22:25.39 (51.42)	23:16.86 (51.47)	24:07.80 (50.94)	
	24:58.12 (50.32)	25:47.31 (49.19)			

**Women 45-49 50 SC Meter Backstroke**NATL: 30.58 % 12/2/2007 **K PIPES-NEILSEN**PAC: 32.67 # 12/31/1999 **Laura B Val**

1	Mcclafferty, Christine	49	Oregon Masters-37	36.50	36.33
2	Darling, Colleen	48	Walnut Creek Masters-38	43.37	40.46
3	Tannehill, Aimee	49	Davis Aquatic Masters-38	40.00	42.18
4	Towey, Rachel	48	Rolling Hills Mud Sharks-38	46.30	42.95
5	Taylor, Opal	47	Marcia's Enthusiastic Masters-38	59.00	56.43
---	Pankhurst, Carrie D	48	Diamond Hills Masters-38	49.62	DQ

**Women 45-49 100 SC Meter Backstroke**NATL: 1:04.79 % 5/16/2009 **K PIPES-NEILSEN**PAC: 1:10.17 # 10/18/2009 **Lisa A Ward**

1	Darling, Colleen	48	Walnut Creek Masters-38	1:35.01	1:28.25
	42.26	1:28.25 (45.99)			
2	Tannehill, Aimee	49	Davis Aquatic Masters-38	1:35.10	1:31.26
	44.77	1:31.26 (46.49)			

**Women 45-49 200 SC Meter Backstroke**NATL: 2:18.95 % 5/15/2009 **K PIPES-NEILSEN**PAC: 2:28.11 # 12/31/2009 **Lisa A Ward**

1	Mcclafferty, Christine	49	Oregon Masters-37	2:52.55	2:48.69
	40.86	1:23.91 (43.05)	2:06.89 (42.98)	2:48.69 (41.80)	
2	Tannehill, Aimee	49	Davis Aquatic Masters-38	3:15.00	3:11.67
	46.53	1:35.34 (48.81)	2:24.45 (49.11)	3:11.67 (47.22)	

**Women 45-49 50 SC Meter Breaststroke**NATL: 33.82 % 10/10/2010 **S VON DER LIPPE**PAC: 37.32 # 12/31/2004 **Leianne S Critten**

1	Towey, Rachel	48	Rolling Hills Mud Sharks-38	46.98	45.91
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**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 45-49 100 SC Meter Breaststroke****NATL: 1:12.93 % 3/26/2017 LISA BLACKBURN****PAC: 1:20.45 # 10/18/2009 Lisa A Ward**

1	Mcclafferty, Christine	49	Oregon Masters-37	1:26.41	1:24.12
	40.47	1:24.12 (43.65)			
2	Schulz, Tara	45	Uc38	1:29.00	1:33.78
	45.34	1:33.78 (48.44)			
3	Towey, Rachel	48	Rolling Hills Mud Sharks-38	1:40.56	1:40.46
	47.15	1:40.46 (53.31)			

**Women 45-49 200 SC Meter Breaststroke****NATL: 2:38.00 % 11/21/2010 S VON DER LIPPE****PAC: 2:51.75 # 10/18/2009 Lisa A Ward**

1	Towey, Rachel	48	Rolling Hills Mud Sharks-38	3:45.48	3:36.54
	49.58	1:44.80 (55.22)	2:41.25 (56.45)	3:36.54 (55.29)	

**Women 45-49 50 SC Meter Butterfly****NATL: 28.60 % 4/2/2017 ERIKA BRAUN****PAC: 30.78 # 12/31/2010 Laureen K Welting**

1	Darling, Colleen	48	Walnut Creek Masters-38	38.07	37.03
2	Schulz, Tara	45	Uc38	38.85	37.04
3	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	43.00	42.61
4	Lindahl, Sarah	46	Marcia's Enthusiastic Masters-38	50.00	52.40

**Women 45-49 100 SC Meter Butterfly****NATL: 1:03.47 % 11/20/2010 S VON DER LIPPE****PAC: 1:08.10 # 12/31/1999 Laura B Val**

1	Mcclafferty, Christine	49	Oregon Masters-37	1:08.38	1:09.70
	33.28	1:09.70 (36.42)			
2	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	1:37.00	1:37.77
	45.30	1:37.77 (52.47)			
3	Maze, Ghislaine	48	Richmond Plunge Masters-38	1:35.00	1:43.96
	48.22	1:43.96 (55.74)			

**Women 45-49 200 SC Meter Butterfly****NATL: 2:23.18 % 12/13/2009 K PIPES-NEILSEN****PAC: 2:30.21 # 9/25/2017 Alison H Zamanian**

1	Mcclafferty, Christine	49	Oregon Masters-37	2:39.02	2:36.11
	35.31	1:14.53 (39.22)	1:54.19 (39.66)	2:36.11 (41.92)	
2	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	3:44.00	3:41.17
	47.98	1:43.15 (55.17)	2:41.50 (58.35)	3:41.17 (59.67)	

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

1	Darling, Colleen	48	Walnut Creek Masters-38	1:30.27	1:26.88
	39.36	1:26.88 (47.52)			
2	Towey, Rachel	48	Rolling Hills Mud Sharks-38	1:35.95	1:32.58
	41.63	1:32.58 (50.95)			
3	Maze, Ghislaine	48	Richmond Plunge Masters-38	1:30.00	1:37.64
	48.70	1:37.64 (48.94)			
4	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	1:35.00	1:38.46
	48.66	1:38.46 (49.80)			
5	Pankhurst, Carrie D	48	Diamond Hills Masters-38	1:42.95	1:40.24
	45.80	1:40.24 (54.44)			



**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Women 45-49 100 SC Meter IM)**

6	Balch, Christina	47	Marcia's Enthusiastic Masters-38	1:42.29	1:40.36
	46.30		1:40.36 (54.06)		

**Women 50-54 50 SC Meter Freestyle**

NATL: 27.67 % 3/15/2014 SUE WALSH

PAC: 28.11 # 12/31/2009 Suzanne M Heim-Bo

1	Plocek, Karina	53	Colorado Masters Swimming-32	30.64	28.74
2	Zamanian, Alison	52	Walnut Creek Masters-38	30.00	29.50
3	Rublein, Susanne	52	Manatee Aquatic Masters Inc-38	30.67	31.40
4	Nelson, Sheila	54	Santa Rosa Masters-38	34.00	33.77
5	Voight, Tina	53	Marcia's Enthusiastic Masters-38	34.50	35.32
6	Ward, Meghan	52	Albany Armada Aquatics Masters-38	1:00.00	48.22

**Women 50-54 50 SC Meter Freestyle**

NATL: 27.67 % 3/15/2014 SUE WALSH

PAC: 28.11 # 12/31/2009 Suzanne M Heim-Bo

1	de la Torre, Yasuko	52	Marcia's Enthusiastic Masters-38	NT	33.94
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**Women 50-54 100 SC Meter Freestyle**

NATL: 58.44 % 5/21/2022 ERIKA BRAUN

PAC: 1:01.49 # 12/31/2001 Laura B Val

1	Rublein, Susanne	52	Manatee Aquatic Masters Inc-38	1:09.00	1:08.04
	32.48		1:08.04 (35.56)		
2	Cox, Juliet	54	Manatee Aquatic Masters Inc-38	1:15.20	1:14.25
	36.36		1:14.25 (37.89)		
3	Voight, Tina	53	Marcia's Enthusiastic Masters-38	1:22.00	1:21.21
	38.40		1:21.21 (42.81)		
4	McDonnell, Libby	50	Marcia's Enthusiastic Masters-38	1:49.00	1:37.04
	44.06		1:37.04 (52.98)		
5	Chachkin, Myra	54	Manatee Aquatic Masters Inc-38	1:40.00	1:40.43
	45.69		1:40.43 (54.74)		
6	Ward, Meghan	52	Albany Armada Aquatics Masters-38	2:00.00	1:47.72
	50.91		1:47.72 (56.81)		

**Women 50-54 200 SC Meter Freestyle**

NATL: 2:10.72 % 12/6/2009 S HEIM-BOWEN

PAC: 2:10.72 # 12/31/2009 Suzanne M Heim-Bo

1	Garforth, Emma	54	Davis Aquatic Masters-38	NT	2:43.02
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**Women 50-54 200 SC Meter Freestyle**

NATL: 2:10.72 % 12/6/2009 S HEIM-BOWEN

PAC: 2:10.72 # 12/31/2009 Suzanne M Heim-Bo

1	Zamanian, Alison	52	Walnut Creek Masters-38	2:13.97	2:15.43
	31.43		1:05.25 (33.82) 1:40.27 (35.02) 2:15.43 (35.16)		
2	Cox, Juliet	54	Manatee Aquatic Masters Inc-38	2:44.00	2:41.34
	38.09		1:19.09 (41.00) 2:01.19 (42.10) 2:41.34 (40.15)		
3	McDonnell, Libby	50	Marcia's Enthusiastic Masters-38	4:02.00	3:52.10
	51.88		1:51.87 (59.99) 2:53.54 (1:01.67) 3:52.10 (58.56)		

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 50-54 400 SC Meter Freestyle****NATL: 4:33.86 % 10/17/2021 ALISON ZAMANIAN****PAC: 4:33.86 # 10/17/2021 Alison Zamanian**

1	Nelson, Sheila	54	Santa Rosa Masters-38	5:45.00	5:34.25
	38.35	1:19.62 (41.27)	2:02.15 (42.53)	2:44.93 (42.78)	
	3:27.76 (42.83)	4:11.02 (43.26)	4:53.95 (42.93)	5:34.25 (40.30)	
2	de la Torre, Yasuko	52	Marcia's Enthusiastic Masters-38	6:30.00	6:18.60
	43.10	1:31.00 (47.90)	2:20.31 (49.31)	3:09.78 (49.47)	
	3:59.08 (49.30)	4:47.60 (48.52)	5:35.53 (47.93)	6:18.60 (43.07)	

**Women 50-54 800 SC Meter Freestyle****NATL: 9:23.30 % 10/16/2021 ALISON ZAMANIAN****PAC: 9:23.30 # 10/16/2021 Alison Zamanian**

1	Zamanian, Alison	52	Walnut Creek Masters-38	9:23.30	9:26.36
	32.47	1:07.44 (34.97)	1:42.85 (35.41)	2:18.45 (35.60)	
	2:54.08 (35.63)	3:29.94 (35.86)	4:05.91 (35.97)	4:42.03 (36.12)	
	5:18.15 (36.12)	5:53.93 (35.78)	6:29.94 (36.01)	7:05.85 (35.91)	
	7:41.80 (35.95)	8:17.34 (35.54)	8:52.44 (35.10)	9:26.36 (33.92)	
2	Goldberg, Michelle	54	Davis Aquatic Masters-38	12:15.00	11:24.49
	38.67	1:20.73 (42.06)	2:03.59 (42.86)	2:46.56 (42.97)	
	3:29.90 (43.34)	4:13.22 (43.32)	4:56.63 (43.41)	5:40.03 (43.40)	
	6:23.29 (43.26)	7:06.41 (43.12)	7:49.94 (43.53)	8:33.39 (43.45)	
	9:16.25 (42.86)	9:59.61 (43.36)	10:42.59 (42.98)	11:24.49 (41.90)	
3	Nelson, Sheila	54	Santa Rosa Masters-38	12:00.00	11:30.64
	39.94	1:22.67 (42.73)	2:05.39 (42.72)	2:48.70 (43.31)	
	3:31.81 (43.11)	4:15.02 (43.21)	4:58.50 (43.48)	5:41.68 (43.18)	
	6:25.13 (43.45)	7:08.82 (43.69)	7:52.82 (44.00)	8:36.58 (43.76)	
	9:20.79 (44.21)	10:05.08 (44.29)	10:48.87 (43.79)	11:30.64 (41.77)	
4	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	11:43.94	11:55.83
	41.43	1:25.36 (43.93)	2:10.04 (44.68)	2:55.06 (45.02)	
	3:40.28 (45.22)	4:25.92 (45.64)	5:11.46 (45.54)	5:57.50 (46.04)	
	6:42.84 (45.34)	7:27.73 (44.89)	8:12.62 (44.89)	8:58.30 (45.68)	
	9:42.75 (44.45)	10:27.80 (45.05)	11:12.69 (44.89)	11:55.83 (43.14)	
5	McDonnell, Libby	50	Marcia's Enthusiastic Masters-38	17:00.00	17:02.32
	53.67	1:56.27 (1:02.60)	2:59.61 (1:03.34)	4:03.08 (1:03.47)	
	5:08.20 (1:05.12)	6:15.05 (1:06.85)	7:20.85 (1:05.80)	8:25.14 (1:04.29)	
	9:31.80 (1:06.66)	10:37.59 (1:05.79)	11:42.92 (1:05.33)	12:48.60 (1:05.68)	
	13:54.03 (1:05.43)	14:59.82 (1:05.79)	16:03.95 (1:04.13)	17:02.32 (58.37)	

**Women 50-54 1500 SC Meter Freestyle****NATL: 17:47.04 % 1/29/2022 ALISON ZAMANIAN****PAC: 17:47.04 # 1/29/2022 Alison Zamanian**

1	Cox, Juliet	54	Manatee Aquatic Masters Inc-38	23:30.00	21:49.28
	41.25	1:24.18 (42.93)	2:07.73 (43.55)	2:51.90 (44.17)	
	3:35.16 (43.26)	4:18.09 (42.93)	5:01.35 (43.26)	5:45.24 (43.89)	
	6:29.34 (44.10)	7:13.18 (43.84)	7:56.94 (43.76)	8:40.63 (43.69)	
	9:24.38 (43.75)	10:07.63 (43.25)	10:51.29 (43.66)	11:35.50 (44.21)	
	12:19.58 (44.08)	13:04.13 (44.55)	13:47.87 (43.74)	14:31.21 (43.34)	
	15:14.26 (43.05)	15:57.94 (43.68)	16:41.73 (43.79)	17:25.81 (44.08)	
	18:09.29 (43.48)	18:52.89 (43.60)	19:37.15 (44.26)	20:21.77 (44.62)	
	21:05.66 (43.89)	21:49.28 (43.62)			

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Women 50-54 1500 SC Meter Freestyle)**

2	Lowe, Tonia	51	Albany Armada Aquatics Masters-38	22:49.44	22:50.31
	43.17	1:28.41 (45.24)	2:14.75 (46.34)	3:01.22 (46.47)	
	3:47.87 (46.65)	4:34.59 (46.72)	5:21.31 (46.72)	6:07.82 (46.51)	
	6:54.56 (46.74)	7:41.28 (46.72)	8:27.14 (45.86)	9:13.65 (46.51)	
	10:00.26 (46.61)	10:45.90 (45.64)	11:31.37 (45.47)	12:16.77 (45.40)	
	13:02.11 (45.34)	13:47.62 (45.51)	14:33.32 (45.70)	15:18.64 (45.32)	
	16:03.87 (45.23)	16:49.13 (45.26)	17:34.35 (45.22)	18:19.46 (45.11)	
	19:04.78 (45.32)	19:50.29 (45.51)	20:35.72 (45.43)	21:20.85 (45.13)	
	22:06.16 (45.31)	22:50.31 (44.15)			
3	Voight, Tina	53	Marcia's Enthusiastic Masters-38	28:00.00	25:25.46
	42.85	1:31.74 (48.89)	2:22.72 (50.98)	3:13.54 (50.82)	
	4:03.45 (49.91)	4:54.82 (51.37)	5:45.90 (51.08)	6:36.97 (51.07)	
	7:28.26 (51.29)	8:19.81 (51.55)	9:11.42 (51.61)	10:02.05 (50.63)	
	10:52.76 (50.71)	11:43.95 (51.19)	12:35.39 (51.44)	13:26.61 (51.22)	
	14:18.84 (52.23)	15:09.51 (50.67)	16:00.83 (51.32)	16:52.51 (51.68)	
	17:43.78 (51.27)	18:35.48 (51.70)	19:26.98 (51.50)	20:18.47 (51.49)	
	21:10.24 (51.77)	22:02.57 (52.33)	22:53.94 (51.37)	23:46.23 (52.29)	
	24:37.59 (51.36)	25:25.46 (47.87)			

**Women 50-54 50 SC Meter Backstroke**NATL: 30.27 % 12/13/2015 **LESLIE LIVINGSTON**PAC: 32.72 # 12/31/2005 **Laura B Val**

1	Cox, Juliet	54	Manatee Aquatic Masters Inc-38	39.10	38.24
2	Nicolescu, Andreea C	50	Tamalpais Aquatic Masters-38	38.00	38.29
3	Ward, Meghan	52	Albany Armada Aquatics Masters-38	1:05.00	56.70
4	Laszlo, Zsuzsanna	54	Marcia's Enthusiastic Masters-38	59.19	58.19

**Women 50-54 100 SC Meter Backstroke**NATL: 1:05.89 % 3/8/2014 **ELLEN REYNOLDS**PAC: 1:12.19 # 10/18/2009 **Bonnie M Bilich**

1	Cox, Juliet	54	Manatee Aquatic Masters Inc-38	1:25.00	1:22.57
	39.34	1:22.57 (43.23)			
2	Garforth, Emma	54	Davis Aquatic Masters-38	1:24.91	1:22.60
	40.75	1:22.60 (41.85)			
3	Nicolescu, Andreea C	50	Tamalpais Aquatic Masters-38	1:21.00	1:29.44
	43.58	1:29.44 (45.86)			
4	Duggan, Karen	52	Walnut Creek Masters-38	1:31.61	1:31.96
	44.54	1:31.96 (47.42)			
5	Ward, Meghan	52	Albany Armada Aquatics Masters-38	2:10.00	2:05.31
	1:00.99	2:05.31 (1:04.32)			
6	Laszlo, Zsuzsanna	54	Marcia's Enthusiastic Masters-38	2:10.46	2:09.64
	1:01.45	2:09.64 (1:08.19)			

**Women 50-54 200 SC Meter Backstroke**NATL: 2:22.37 % 3/8/2014 **ELLEN REYNOLDS**PAC: 2:31.81 # 10/17/2021 **Alison Zamanian**

1	Garforth, Emma	54	Davis Aquatic Masters-38	2:59.93	2:58.34
	42.83	1:29.02 (46.19)	2:14.67 (45.65)	2:58.34 (43.67)	
2	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	3:12.14	3:15.19
	48.21	1:38.04 (49.83)	2:27.41 (49.37)	3:15.19 (47.78)	
3	Laszlo, Zsuzsanna	54	Marcia's Enthusiastic Masters-38	4:50.98	4:48.76
	1:03.89	2:16.55 (1:12.66)	3:33.34 (1:16.79)	4:48.76 (1:15.42)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 50-54 50 SC Meter Breaststroke**

**NATL:** 36.31 % 11/24/2019 **KRATTLI\ARMSTRONG**  
**PAC:** 35.61 # 10/21/2007 **Patty L Harris**

1	Plocek, Karina	53	Colorado Masters Swimming-32	40.89	38.30
2	Rublein, Susanne	52	Manatee Aquatic Masters Inc-38	40.71	40.86
3	Garforth, Emma	54	Davis Aquatic Masters-38	43.22	42.53
4	Attwell, Carrie Krep	52	The Olympic Club-38	49.20	43.95
5	Duggan, Karen	52	Walnut Creek Masters-38	45.56	45.29
6	Goldberg, Michelle	54	Davis Aquatic Masters-38	45.06	45.44
7	Voight, Tina	53	Marcia's Enthusiastic Masters-38	45.60	46.87
8	Ward, Meghan	52	Albany Armada Aquatics Masters-38	1:05.00	59.44
9	Laszlo, Zsuzsanna	54	Marcia's Enthusiastic Masters-38	1:20.45	1:13.46

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

**NATL:** 1:19.23 % 5/18/2014 **CORRIN POPPS**  
**PAC:** 1:22.47 # 10/18/2009 **Cokie Lepinski**

1	Zamanian, Alison	52	Walnut Creek Masters-38	1:23.30	1:22.11 #
	39.19		1:22.11 (42.92)		
2	Rublein, Susanne	52	Manatee Aquatic Masters Inc-38	1:29.51	1:27.50
	41.45		1:27.50 (46.05)		
3	Garforth, Emma	54	Davis Aquatic Masters-38	1:31.45	1:32.21
	44.34		1:32.21 (47.87)		
4	Duggan, Karen	52	Walnut Creek Masters-38	1:37.99	1:34.14
	44.77		1:34.14 (49.37)		
5	de la Torre, Yasuko	52	Marcia's Enthusiastic Masters-38	1:45.00	1:36.85
	46.23		1:36.85 (50.62)		
6	Voight, Tina	53	Marcia's Enthusiastic Masters-38	1:44.00	1:44.73
	48.61		1:44.73 (56.12)		

**Women 50-54 200 SC Meter Breaststroke**

**NATL:** 2:50.36 % 12/4/2016 **ELLEN REYNOLDS**  
**PAC:** 2:57.30 # 12/31/2009 **Cokie Lepinski**

1	Rublein, Susanne	52	Manatee Aquatic Masters Inc-38	3:15.00	3:17.12
	44.74		1:35.28 (50.54) 2:26.45 (51.17) 3:17.12 (50.67)		
2	Garforth, Emma	54	Davis Aquatic Masters-38	3:21.26	3:18.09
	47.55		1:38.07 (50.52) 2:28.81 (50.74) 3:18.09 (49.28)		
3	Nelson, Sheila	54	Santa Rosa Masters-38	3:45.00	3:30.66
	47.08		1:40.13 (53.05) 2:34.77 (54.64) 3:30.66 (55.89)		

**Women 50-54 50 SC Meter Butterfly**

**NATL:** 29.25 % 3/16/2013 **LESLIE LIVINGSTON**  
**PAC:** 31.16 # 12/31/2001 **Laura B Val**

1	Plocek, Karina	53	Colorado Masters Swimming-32	32.87	31.15 #
2	de la Torre, Yasuko	52	Marcia's Enthusiastic Masters-38	40.00	36.41
3	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	35.73	37.27
4	Goldberg, Michelle	54	Davis Aquatic Masters-38	38.39	37.75
5	Attwell, Carrie Krep	52	The Olympic Club-38	39.70	37.87
6	Nelson, Sheila	54	Santa Rosa Masters-38	39.00	38.80
7	Voight, Tina	53	Marcia's Enthusiastic Masters-38	44.05	44.02
8	Chachkin, Myra	54	Manatee Aquatic Masters Inc-38	52.50	48.42

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 50-54 100 SC Meter Butterfly**NATL: 1:07.82 % 11/8/2014 **KARLYN PIPES**PAC: 1:08.91 # 10/11/2013 **Jill S Hernandez**

1	Zamanian, Alison	52	Walnut Creek Masters-38	1:12.00	1:10.46
	33.40	1:10.46 (37.06)			
2	de la Torre, Yasuko	52	Marcia's Enthusiastic Masters-38	1:30.00	1:26.34
	41.46	1:26.34 (44.88)			
3	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	1:25.42	1:26.85
	40.51	1:26.85 (46.34)			
4	Goldberg, Michelle	54	Davis Aquatic Masters-38	1:27.00	1:27.00
	40.74	1:27.00 (46.26)			

**Women 50-54 200 SC Meter Butterfly**NATL: 2:32.29 % 12/9/2012 **KARLYN PIPES**PAC: 2:35.36 # 10/11/2013 **Jill S Hernandez**

1	Zamanian, Alison	52	Walnut Creek Masters-38	2:35.70	2:33.24 #
	34.22	1:12.53 (38.31)	1:52.23 (39.70)	2:33.24 (41.01)	
2	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	3:10.59	3:11.64
	42.84	1:30.47 (47.63)	2:20.57 (50.10)	3:11.64 (51.07)	

**Women 50-54 100 SC Meter IM**NATL: 1:07.44 % 5/21/2022 **ERIKA BRAUN**PAC: 1:13.92 # 12/31/2002 **Laura B Val**

1	Rublein, Susanne	52	Manatee Aquatic Masters Inc-38	1:16.86	1:18.64
	37.56	1:18.64 (41.08)			
2	Nelson, Sheila	54	Santa Rosa Masters-38	1:26.88	1:25.60
	41.22	1:25.60 (44.38)			
3	Nicolescu, Andreea C	50	Tamalpais Aquatic Masters-38	1:22.00	1:26.45
	40.36	1:26.45 (46.09)			
4	Goldberg, Michelle	54	Davis Aquatic Masters-38	1:27.00	1:26.75
	39.93	1:26.75 (46.82)			
5	de la Torre, Yasuko	52	Marcia's Enthusiastic Masters-38	1:30.00	1:26.88
	39.45	1:26.88 (47.43)			
6	Voight, Tina	53	Marcia's Enthusiastic Masters-38	1:34.00	1:32.49
	44.31	1:32.49 (48.18)			

**Women 50-54 200 SC Meter IM**NATL: 2:27.39 % 11/17/2018 **ELLEN REYNOLDS**PAC: 2:31.96 # 10/11/2013 **Jill S Hernandez**

1	Zamanian, Alison	52	Walnut Creek Masters-38	2:35.00	2:33.05
	33.39	1:12.42 (39.03)	1:58.19 (45.77)	2:33.05 (34.86)	
2	Rublein, Susanne	52	Manatee Aquatic Masters Inc-38	2:55.06	2:54.92
	38.98	1:24.07 (45.09)	2:14.55 (50.48)	2:54.92 (40.37)	
3	Garforth, Emma	54	Davis Aquatic Masters-38	3:02.45	3:02.04
	43.03	1:28.62 (45.59)	2:20.16 (51.54)	3:02.04 (41.88)	
4	Goldberg, Michelle	54	Davis Aquatic Masters-38	3:02.55	3:04.02
	39.71	1:27.01 (47.30)	2:21.51 (54.50)	3:04.02 (42.51)	
5	de la Torre, Yasuko	52	Marcia's Enthusiastic Masters-38	3:25.00	3:05.43
	38.26	1:25.18 (46.92)	2:20.25 (55.07)	3:05.43 (45.18)	
6	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	3:11.70	3:12.60
	40.45	1:31.75 (51.30)	2:29.02 (57.27)	3:12.60 (43.58)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 50-54 400 SC Meter IM**

NATL: 5:10.96 % 9/26/2014 ELLEN REYNOLDS

PAC: 5:26.50 # 10/15/2021 Alison Zamanian

1	Garforth, Emma	54	Davis Aquatic Masters-38	6:27.95	6:25.18
	42.73	1:33.61 (50.88)	2:22.39 (48.78)	3:10.38 (47.99)	
	4:03.86 (53.48)	4:56.78 (52.92)	5:41.96 (45.18)	6:25.18 (43.22)	
2	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	6:33.78	6:33.72
	41.25	1:28.49 (47.24)	2:18.93 (50.44)	3:08.95 (50.02)	
	4:05.36 (56.41)	5:03.06 (57.70)	5:49.44 (46.38)	6:33.72 (44.28)	
3	de la Torre, Yasuko	52	Marcia's Enthusiastic Masters-38	6:52.00	6:51.80
	43.41	1:33.05 (49.64)	2:26.64 (53.59)	3:19.31 (52.67)	
	4:16.49 (57.18)	5:13.32 (56.83)	6:03.07 (49.75)	6:51.80 (48.73)	

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

NATL: 27.81 % 3/5/2016 LESLIE LIVINGSTON

PAC: 28.49 # 12/31/2009 Laura B Val

1	Ward, Lisa	58	Walnut Creek Masters-38	32.00	31.99
2	Boone, Danielle	57	Walnut Creek Masters-38	32.48	34.18
3	Burger, Clare	55	Marcia's Enthusiastic Masters-38	34.15	35.19
4	Bulman, Robin	57	Santa Rosa Masters-38	39.33	35.23
5	Viscardi, Josie	58	Rolling Hills Mud Sharks-38	37.00	37.58
6	Cervantes-Mui, Wendy	55	Ladera Oaks Masters-38	40.29	41.14
7	McCormick, Ann L	59	Marcia's Enthusiastic Masters-38	58.00	54.27

**Women 55-59 100 SC Meter Freestyle**

NATL: 1:00.61 % 1/20/2017 KARLYN PIPES

PAC: 1:01.33 # 12/31/2009 Laura B Val

1	Bulman, Robin	57	Santa Rosa Masters-38	NT	1:22.89
2	Phalen, Jennifer	58	Davis Aquatic Masters-38	NT	1:30.51

**Women 55-59 100 SC Meter Freestyle**

NATL: 1:00.61 % 1/20/2017 KARLYN PIPES

PAC: 1:01.33 # 12/31/2009 Laura B Val

1	Boone, Danielle	57	Walnut Creek Masters-38	1:12.78	1:13.64
	35.41	1:13.64 (38.23)			
2	Cook, Amy	58	Walnut Creek Masters-38	1:15.72	1:14.35
	35.41	1:14.35 (38.94)			
3	Viscardi, Josie	58	Rolling Hills Mud Sharks-38	1:30.00	1:24.61
	38.31	1:24.61 (46.30)			
4	Johnson, Carliane	57	Marcia's Enthusiastic Masters-38	1:30.00	1:28.09
	42.87	1:28.09 (45.22)			
5	Cervantes-Mui, Wendy	55	Ladera Oaks Masters-38	1:33.42	1:33.87
	43.17	1:33.87 (50.70)			
6	McCormick, Ann L	59	Marcia's Enthusiastic Masters-38	2:05.00	2:06.14
	58.87	2:06.14 (1:07.27)			
7	Bryant, Patricia	57	Davis Aquatic Masters-38	2:26.52	2:11.71
	58.77	2:11.71 (1:12.94)			
8	Hu, Qing	56	Walnut Creek Masters-38	2:45.96	3:04.43
	1:10.97	3:04.43 (1:53.46)			

**Women 55-59 200 SC Meter Freestyle**

NATL: 2:12.03 % 12/8/2019 ELLEN REYNOLDS

PAC: 2:14.45 # 12/31/2009 Laura B Val

1	Bulman, Robin	57	Santa Rosa Masters-38	NT	2:52.32
2	Phalen, Jennifer	58	Davis Aquatic Masters-38	NT	3:06.80

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 55-59 200 SC Meter Freestyle**

NATL: 2:12.03 % 12/8/2019 ELLEN REYNOLDS

PAC: 2:14.45 # 12/31/2009 Laura B Val

1	Ward, Lisa	58	Walnut Creek Masters-38	2:35.00	2:27.27
	35.34	1:12.60 (37.26)	1:50.02 (37.42)	2:27.27 (37.25)	
2	Burger, Clare	55	Marcia's Enthusiastic Masters-38	2:41.20	2:53.01
	39.48	1:22.62 (43.14)	2:08.30 (45.68)	2:53.01 (44.71)	
3	Bulman, Robin	57	Santa Rosa Masters-38	2:56.50	2:58.18
	38.34	1:24.96 (46.62)	2:11.58 (46.62)	2:58.18 (46.60)	
4	McCormick, Ann L	59	Marcia's Enthusiastic Masters-38	4:36.00	4:28.79
	59.98	2:09.25 (1:09.27)	3:20.54 (1:11.29)	4:28.79 (1:08.25)	

**Women 55-59 400 SC Meter Freestyle**

NATL: 4:42.97 % 10/4/2009 LAURA VAL

PAC: 4:42.97 # 12/31/2009 Laura B Val

1	Friedlander, Rebecca	56	Sierra Nevada Masters-38	6:03.87	5:17.47
	37.45	1:16.92 (39.47)	1:56.89 (39.97)	2:37.09 (40.20)	
	3:17.50 (40.41)	3:57.92 (40.42)	4:38.16 (40.24)	5:17.47 (39.31)	
2	Boone, Danielle	57	Walnut Creek Masters-38	5:36.77	5:44.67
	38.46	1:21.49 (43.03)	2:04.98 (43.49)	2:48.75 (43.77)	
	3:33.88 (45.13)	4:18.36 (44.48)	5:02.56 (44.20)	5:44.67 (42.11)	
3	Burger, Clare	55	Marcia's Enthusiastic Masters-38	5:48.38	6:12.78
	41.20	1:26.59 (45.39)	2:13.71 (47.12)	3:01.68 (47.97)	
	3:50.61 (48.93)	4:38.72 (48.11)	5:27.31 (48.59)	6:12.78 (45.47)	
4	Viscardi, Josie	58	Rolling Hills Mud Sharks-38	7:07.00	7:09.26
	44.71	1:35.86 (51.15)	2:29.47 (53.61)	3:25.30 (55.83)	
	4:19.96 (54.66)	5:16.73 (56.77)	6:13.91 (57.18)	7:09.26 (55.35)	

**Women 55-59 400 SC Meter Freestyle**

NATL: 4:42.97 % 10/4/2009 LAURA VAL

PAC: 4:42.97 # 12/31/2009 Laura B Val

1	Couch, Stephanie	58	Menlo Masters-38	NT	5:32.16
2	Bulman, Robin	57	Santa Rosa Masters-38	NT	5:51.36

**Women 55-59 800 SC Meter Freestyle**

NATL: 9:46.35 % 10/13/2018 JILL HERNANDEZ

PAC: 9:46.35 # 10/13/2018 Jill S Hernandez

1	Friedlander, Rebecca	56	Sierra Nevada Masters-38	12:04.24	10:41.11
	37.81	1:17.45 (39.64)	1:57.63 (40.18)	2:37.99 (40.36)	
	3:18.32 (40.33)	3:58.67 (40.35)	4:39.30 (40.63)	5:19.78 (40.48)	
	6:00.11 (40.33)	6:40.54 (40.43)	7:20.98 (40.44)	8:01.56 (40.58)	
	8:41.81 (40.25)	9:22.09 (40.28)	10:02.39 (40.30)	10:41.11 (38.72)	
2	Burger, Clare	55	Marcia's Enthusiastic Masters-38	11:52.44	12:17.97
	40.29	1:24.53 (44.24)	2:09.92 (45.39)	2:56.01 (46.09)	
	3:41.92 (45.91)	4:28.02 (46.10)	5:14.61 (46.59)	6:01.65 (47.04)	
	6:48.10 (46.45)	7:35.08 (46.98)	8:22.28 (47.20)	9:09.52 (47.24)	
	9:57.06 (47.54)	10:44.79 (47.73)	11:33.02 (48.23)	12:17.97 (44.95)	
3	Ferguson, Michelle	55	Albany Armada Aquatics Masters-38	11:20.00	12:29.13
	42.32	1:28.03 (45.71)	2:15.06 (47.03)	3:02.65 (47.59)	
	3:50.16 (47.51)	4:37.85 (47.69)	5:25.31 (47.46)	6:13.14 (47.83)	
	7:00.68 (47.54)	7:48.00 (47.32)	8:35.56 (47.56)	9:22.72 (47.16)	
	10:09.46 (46.74)	10:56.27 (46.81)	11:43.02 (46.75)	12:29.13 (46.11)	

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

**(Women 55-59 800 SC Meter Freestyle)**

4	McCormick, Ann L	59	Marcia's Enthusiastic Masters-38	20:08.00	19:21.70
	1:02.59		2:13.58 (1:10.99)	3:26.50 (1:12.92)	4:39.47 (1:12.97)
	5:53.57 (1:14.10)		7:08.15 (1:14.58)	8:24.41 (1:16.26)	9:39.53 (1:15.12)
	10:53.72 (1:14.19)		12:06.85 (1:13.13)	13:20.65 (1:13.80)	14:34.99 (1:14.34)
	15:47.14 (1:12.15)		17:00.29 (1:13.15)	18:12.44 (1:12.15)	19:21.70 (1:09.26)

**Women 55-59 800 SC Meter Freestyle**

NATL: 9:46.35 % 10/13/2018 JILL HERNANDEZ

PAC: 9:46.35 # 10/13/2018 Jill S Hernandez

1	Couch, Stephanie	58	Menlo Masters-38	NT	11:07.95
2	Bulman, Robin	57	Santa Rosa Masters-38	NT	11:51.06

**Women 55-59 1500 SC Meter Freestyle**

NATL: 18:43.73 % 1/16/2010 LAURA VAL

PAC: 18:43.73 # 12/31/2010 Laura B Val

1	Couch, Stephanie	58	Menlo Masters-38	20:55.50	20:55.26
	39.36		1:20.64 (41.28)	2:02.21 (41.57)	2:44.08 (41.87)
	3:26.22 (42.14)		4:08.08 (41.86)	4:50.02 (41.94)	5:32.16 (42.14)
	6:13.75 (41.59)		6:55.54 (41.79)	7:37.48 (41.94)	8:19.32 (41.84)
	9:01.18 (41.86)		9:43.78 (42.60)	10:25.93 (42.15)	11:07.97 (42.04)
	11:50.02 (42.05)		12:32.13 (42.11)	13:14.36 (42.23)	13:56.85 (42.49)
	14:38.62 (41.77)		15:20.42 (41.80)	16:02.27 (41.85)	16:44.23 (41.96)
	17:26.45 (42.22)		18:08.38 (41.93)	18:50.69 (42.31)	19:32.51 (41.82)
	20:14.44 (41.93)		20:55.26 (40.82)		
2	Bulman, Robin	57	Santa Rosa Masters-38	22:46.24	22:22.63
	39.04		1:22.89 (43.85)	2:07.89 (45.00)	2:52.32 (44.43)
	3:36.59 (44.27)		4:21.73 (45.14)	5:06.76 (45.03)	5:51.36 (44.60)
	6:36.50 (45.14)		7:21.29 (44.79)	8:06.26 (44.97)	8:51.25 (44.99)
	9:36.38 (45.13)		10:21.24 (44.86)	11:06.17 (44.93)	11:51.06 (44.89)
	12:36.25 (45.19)		13:21.51 (45.26)	14:06.56 (45.05)	14:51.89 (45.33)
	15:37.11 (45.22)		16:22.80 (45.69)	17:08.13 (45.33)	17:53.72 (45.59)
	18:39.12 (45.40)		19:24.04 (44.92)	20:09.81 (45.77)	20:54.86 (45.05)
	21:39.46 (44.60)		22:22.63 (43.17)		
3	Ferguson, Michelle	55	Albany Armada Aquatics Masters-38	21:00.00	23:23.92
	42.17		1:27.45 (45.28)	2:13.66 (46.21)	3:01.22 (47.56)
	3:48.97 (47.75)		4:36.53 (47.56)	5:24.57 (48.04)	6:12.13 (47.56)
	6:59.87 (47.74)		7:47.40 (47.53)	8:34.18 (46.78)	9:20.92 (46.74)
	10:08.13 (47.21)		10:55.59 (47.46)	11:42.71 (47.12)	12:29.78 (47.07)
	13:16.76 (46.98)		14:03.84 (47.08)	14:50.88 (47.04)	15:37.83 (46.95)
	16:24.34 (46.51)		17:11.61 (47.27)	17:58.18 (46.57)	18:44.73 (46.55)
	19:31.63 (46.90)		20:18.13 (46.50)	21:04.96 (46.83)	21:51.65 (46.69)
	22:38.59 (46.94)		23:23.92 (45.33)		
4	McCormick, Ann L	59	Marcia's Enthusiastic Masters-38	39:20.00	37:14.98
	1:02.88		2:14.46 (1:11.58)	3:28.53 (1:14.07)	4:42.96 (1:14.43)
	5:56.49 (1:13.53)		7:09.68 (1:13.19)	8:24.71 (1:15.03)	9:38.80 (1:14.09)
	10:54.03 (1:15.23)		12:08.68 (1:14.65)	13:22.28 (1:13.60)	14:37.02 (1:14.74)
	15:52.42 (1:15.40)		17:07.89 (1:15.47)	18:23.56 (1:15.67)	19:40.28 (1:16.72)
	20:56.45 (1:16.17)		22:11.63 (1:15.18)	23:27.84 (1:16.21)	24:42.86 (1:15.02)
	25:57.38 (1:14.52)		27:10.96 (1:13.58)	28:26.08 (1:15.12)	29:43.52 (1:17.44)
	31:04.56 (1:21.04)		32:21.52 (1:16.96)	33:37.24 (1:15.72)	34:52.04 (1:14.80)
	36:04.29 (1:12.25)		37:14.98 (1:10.69)		



## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

## Women 55-59 50 SC Meter Backstroke

NATL: 30.12 % 3/5/2016 LESLIE LIVINGSTON  
 PAC: 32.62 # 12/31/2009 Laura B Val

1	Ward, Lisa	58	Walnut Creek Masters-38	35.00	35.21
2	Russell, Jane	59	Davis Aquatic Masters-38	40.29	39.98
3	Burger, Clare	55	Marcia's Enthusiastic Masters-38	41.21	42.43
4	McCormick, Ann L	59	Marcia's Enthusiastic Masters-38	1:08.00	1:05.67

## Women 55-59 100 SC Meter Backstroke

NATL: 1:07.17 % 12/7/2019 ELLEN REYNOLDS  
 PAC: 1:12.23 # 12/31/2008 Laura B Val

3	Burger, Clare	55	Marcia's Enthusiastic Masters-38	NT	1:34.75
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## Women 55-59 100 SC Meter Backstroke

NATL: 1:07.17 % 12/7/2019 ELLEN REYNOLDS  
 PAC: 1:12.23 # 12/31/2008 Laura B Val

1	Cook, Amy	58	Walnut Creek Masters-38	1:38.06	1:26.51
				41.75	1:26.51 (44.76)
2	Russell, Jane	59	Davis Aquatic Masters-38	1:27.21	1:27.10
				42.05	1:27.10 (45.05)
3	Friedlander, Rebecca	56	Sierra Nevada Masters-38	1:30.37	1:27.95
				43.25	1:27.95 (44.70)
4	Couch, Stephanie	58	Menlo Masters-38	1:31.92	1:28.07
				43.62	1:28.07 (44.45)
5	Burger, Clare	55	Marcia's Enthusiastic Masters-38	1:29.99	1:35.47
				46.10	1:35.47 (49.37)
6	Johnson, Carliane	57	Marcia's Enthusiastic Masters-38	1:50.00	1:47.31
				51.81	1:47.31 (55.50)
7	McCormick, Ann L	59	Marcia's Enthusiastic Masters-38	2:20.00	2:17.48
				1:06.88	2:17.48 (1:10.60)
8	Asta, Lisa	57	Walnut Creek Masters-38	2:08.86	2:18.88
				1:06.37	2:18.88 (1:12.51)

## Women 55-59 200 SC Meter Backstroke

NATL: 2:25.27 % 12/8/2019 ELLEN REYNOLDS  
 PAC: 2:32.58 # 10/14/2018 Jill S Hernandez

1	Russell, Jane	59	Davis Aquatic Masters-38	3:09.08	3:09.95
				45.42	1:34.14 (48.72)
					2:22.96 (48.82)
					3:09.95 (46.99)
2	Burger, Clare	55	Marcia's Enthusiastic Masters-38	3:17.36	3:28.08
				48.83	1:40.74 (51.91)
					2:35.49 (54.75)
					3:28.08 (52.59)
3	Asta, Lisa	57	Walnut Creek Masters-38	4:24.36	4:49.35
				1:08.61	2:21.85 (1:13.24)
					3:37.80 (1:15.95)
					4:49.35 (1:11.55)

## Women 55-59 50 SC Meter Breaststroke

NATL: 36.47 % 11/5/2017 CAROLINE KRATTLI  
 PAC: 40.27 # 12/31/2001 Carolyn Boak

1	Asch, Jill M	56	Oregon Masters-37	40.53	39.58 #
2	Bulman, Robin	57	Santa Rosa Masters-38	42.34	41.88
3	Taylor, Catherine	59	Walnut Creek Masters-38	48.22	46.31
4	Crow, Joan	58	Davis Aquatic Masters-38	50.58	48.12
5	Phalen, Jennifer	58	Davis Aquatic Masters-38	49.26	50.33
6	Hu, Qing	56	Walnut Creek Masters-38	1:27.15	1:18.73
7	Bryant, Patricia	57	Davis Aquatic Masters-38	1:27.72	1:20.49

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 55-59 100 SC Meter Breaststroke**NATL: 1:21.18 % 11/18/2017 **CAROLINE KRATTLI**PAC: 1:29.06 # 10/13/2018 **Merrie E Walts**

1	Bulman, Robin	57	Santa Rosa Masters-38	1:30.78	1:30.38
	44.23	1:30.38 (46.15)			
2	Phalen, Jennifer	58	Davis Aquatic Masters-38	1:43.72	1:43.29
	48.46	1:43.29 (54.83)			
3	Taylor, Catherine	59	Walnut Creek Masters-38	1:45.41	1:45.79
	51.54	1:45.79 (54.25)			
4	Crow, Joan	58	Davis Aquatic Masters-38	1:50.58	1:46.48
	49.00	1:46.48 (57.48)			
5	Hu, Qing	56	Walnut Creek Masters-38	3:30.84	3:18.61
	1:41.08	3:18.61 (1:37.53)			

**Women 55-59 200 SC Meter Breaststroke**NATL: 3:00.66 % 3/16/2019 **CORRIN BUCK**PAC: 3:07.11 # 9/23/2018 **Lucille R Glassma**

1	Ward, Lisa	58	Walnut Creek Masters-38	3:30.00	3:13.82
	45.28	1:33.38 (48.10)	2:22.59 (49.21)	3:13.82 (51.23)	
2	Bulman, Robin	57	Santa Rosa Masters-38	3:23.24	3:18.84
	44.78	1:36.47 (51.69)	2:28.32 (51.85)	3:18.84 (50.52)	
3	Russell, Jane	59	Davis Aquatic Masters-38	3:40.22	3:33.43
	49.20	1:42.95 (53.75)	2:37.84 (54.89)	3:33.43 (55.59)	
4	Phalen, Jennifer	58	Davis Aquatic Masters-38	3:38.18	3:37.67
	51.50	1:44.58 (53.08)	2:40.78 (56.20)	3:37.67 (56.89)	
5	Amaro, Laurie	58	Albany Armada Aquatics Masters-38	3:42.00	4:11.55
	56.58	2:02.08 (1:05.50)	3:08.65 (1:06.57)	4:11.55 (1:02.90)	

**Women 55-59 50 SC Meter Butterfly**NATL: 29.39 % 3/5/2016 **LESLIE LIVINGSTON**PAC: 31.13 # 10/18/2009 **Laura B Val**

1	Asch, Jill M	56	Oregon Masters-37	33.04	33.72
2	Friedlander, Rebecca	56	Sierra Nevada Masters-38	38.17	36.12
3	Russell, Jane	59	Davis Aquatic Masters-38	39.89	36.53
4	Boone, Danielle	57	Walnut Creek Masters-38	35.98	37.06
5	Viscardi, Josie	58	Rolling Hills Mud Sharks-38	43.00	40.97
6	Ferguson, Michelle	55	Albany Armada Aquatics Masters-38	44.00	43.15
7	Amaro, Laurie	58	Albany Armada Aquatics Masters-38	54.00	51.57
8	Cervantes-Mui, Wendy	55	Ladera Oaks Masters-38	56.14	53.34

**Women 55-59 100 SC Meter Butterfly**NATL: 1:08.15 % 1/21/2017 **KARLYN PIPES**PAC: 1:09.23 # 12/31/2009 **Laura B Val**

1	Friedlander, Rebecca	56	Sierra Nevada Masters-38	1:28.67	1:18.05
	37.29	1:18.05 (40.76)			
2	Ward, Lisa	58	Walnut Creek Masters-38	1:20.00	1:19.17
	38.15	1:19.17 (41.02)			
3	Russell, Jane	59	Davis Aquatic Masters-38	1:24.52	1:27.14
	40.20	1:27.14 (46.94)			
4	Phalen, Jennifer	58	Davis Aquatic Masters-38	1:51.62	1:47.80
	49.29	1:47.80 (58.51)			
5	Asta, Lisa	57	Walnut Creek Masters-38	2:26.69	2:28.16
	1:07.98	2:28.16 (1:20.18)			

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 55-59 200 SC Meter Butterfly****NATL: 2:31.13 % 9/14/2008 LAURA VAL****PAC: 2:31.13 # 12/31/2008 Laura B Val**

1	Bulman, Robin	57	Santa Rosa Masters-38	3:29.85	3:30.76
	46.12	1:39.70 (53.58)	2:37.00 (57.30)	3:30.76 (53.76)	
2	Asta, Lisa	57	Walnut Creek Masters-38	5:06.08	5:13.94
	1:11.43	2:31.20 (1:19.77)	3:54.22 (1:23.02)	5:13.94 (1:19.72)	
---	Ferguson, Michelle	55	Albany Armada Aquatics Masters-38	3:05.00	DNF
	45.43	1:37.60 (52.17)			

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

1	Asch, Jill M	56	Oregon Masters-37	1:17.36	1:17.36
	36.03	1:17.36 (41.33)			
2	Ward, Lisa	58	Walnut Creek Masters-38	1:20.00	1:17.48
	36.25	1:17.48 (41.23)			
3	Friedlander, Rebecca	56	Sierra Nevada Masters-38	1:33.13	1:29.27
	42.35	1:29.27 (46.92)			
4	Phalen, Jennifer	58	Davis Aquatic Masters-38	1:37.83	1:40.12
	49.02	1:40.12 (51.10)			
5	Johnson, Carliane	57	Marcia's Enthusiastic Masters-38	1:47.00	1:42.54
	48.81	1:42.54 (53.73)			
6	Amaro, Laurie	58	Albany Armada Aquatics Masters-38	1:45.00	1:47.64
	52.53	1:47.64 (55.11)			
7	Cervantes-Mui, Wendy	55	Ladera Oaks Masters-38	2:00.00	2:00.68
	57.75	2:00.68 (1:02.93)			
8	Asta, Lisa	57	Walnut Creek Masters-38	2:10.53	2:20.59
	1:08.22	2:20.59 (1:12.37)			

**Women 55-59 200 SC Meter IM****NATL: 2:27.78 % 11/24/2019 ELLEN REYNOLDS****PAC: 2:33.57 # 10/13/2018 Jill S Hernandez**

1	Russell, Jane	59	Davis Aquatic Masters-38	3:08.22	3:08.11
	39.20	1:28.15 (48.95)	2:24.57 (56.42)	3:08.11 (43.54)	
2	Couch, Stephanie	58	Menlo Masters-38	3:01.96	3:10.31
	44.62	1:30.85 (46.23)	2:28.00 (57.15)	3:10.31 (42.31)	
3	Taylor, Catherine	59	Walnut Creek Masters-38	3:28.29	3:28.91
	49.00	1:45.11 (56.11)	2:42.04 (56.93)	3:28.91 (46.87)	
4	Phalen, Jennifer	58	Davis Aquatic Masters-38	3:39.43	3:39.66
	53.28	1:52.97 (59.69)	2:49.23 (56.26)	3:39.66 (50.43)	
5	Amaro, Laurie	58	Albany Armada Aquatics Masters-38	3:45.00	3:51.97
	55.95	1:55.51 (59.56)	3:01.66 (1:06.15)	3:51.97 (50.31)	
6	Asta, Lisa	57	Walnut Creek Masters-38	4:50.73	4:52.93
	1:10.36	2:23.96 (1:13.60)	3:46.87 (1:22.91)	4:52.93 (1:06.06)	

**Women 55-59 400 SC Meter IM****NATL: 5:15.72 % 11/24/2019 ELLEN REYNOLDS****PAC: 5:39.30 # 12/31/2009 Laura B Val**

1	Ward, Lisa	58	Walnut Creek Masters-38	6:30.00	5:59.26
	43.65	1:28.50 (44.85)	2:12.59 (44.09)	2:57.31 (44.72)	
	3:47.51 (50.20)	4:37.48 (49.97)	5:18.86 (41.38)	5:59.26 (40.40)	
2	Couch, Stephanie	58	Menlo Masters-38	6:28.39	6:26.99
	44.73	1:35.31 (50.58)	2:22.37 (47.06)	3:08.90 (46.53)	
	4:06.21 (57.31)	5:04.18 (57.97)	5:46.11 (41.93)	6:26.99 (40.88)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Women 55-59 400 SC Meter IM)**

3	Phalen, Jennifer	58	Davis Aquatic Masters-38	7:21.35	7:28.26
	55.85		2:59.16 ( )	3:59.55 (1:00.39)	
	4:55.16 (55.61)	5:52.12 (56.96)	6:40.88 (48.76)	7:28.26 (47.38)	
4	Taylor, Catherine	59	Walnut Creek Masters-38	7:20.34	7:31.33
	53.17	1:52.61 (59.44)	2:52.52 (59.91)	3:50.86 (58.34)	
	4:51.67 (1:00.81)	5:53.77 (1:02.10)	6:43.55 (49.78)	7:31.33 (47.78)	
5	Johnson, Carliane	57	Marcia's Enthusiastic Masters-38	8:00.00	8:13.07
	51.80	1:55.23 (1:03.43)	2:55.85 (1:00.62)	3:56.25 (1:00.40)	
	5:07.64 (1:11.39)	6:20.90 (1:13.26)	7:17.75 (56.85)	8:13.07 (55.32)	
6	Asta, Lisa	57	Walnut Creek Masters-38	9:40.03	10:02.31
	1:10.69	2:30.78 (1:20.09)	3:44.61 (1:13.83)	4:58.60 (1:13.99)	
	6:20.96 (1:22.36)	7:44.29 (1:23.33)	8:55.44 (1:11.15)	10:02.31 (1:06.87)	

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

NATL: 29.23 % 12/7/2019 VAL\GRANGER

PAC: 29.23 # 12/6/2013 Laura B Val

1	Joyce, Martha	62	Tamalpais Aquatic Masters-38	33.00	33.04
2	Bennett, Sue	60	Marcia's Enthusiastic Masters-38	1:00.00	1:02.62

**Women 60-64 100 SC Meter Freestyle**

NATL: 1:03.48 % 12/5/2014 LAURA VAL

PAC: 1:03.48 # 12/7/2014 Laura B Val

1	Matena, Jana	60	Menlo Masters-38	1:14.00	1:08.43
	33.01	1:08.43 (35.42)			
2	Joyce, Martha	62	Tamalpais Aquatic Masters-38	1:10.00	1:12.36
	34.75	1:12.36 (37.61)			

**Women 60-64 100 SC Meter Freestyle**

NATL: 1:03.48 % 12/5/2014 LAURA VAL

PAC: 1:03.48 # 12/7/2014 Laura B Val

1	Focha, Teresa M	61	Albany Armada Aquatics Masters-38	NT	2:03.04
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**Women 60-64 200 SC Meter Freestyle**

NATL: 2:20.16 % 12/4/2011 LAURA VAL

PAC: 2:20.16 # 12/4/2014 Laura B Val

1	Focha, Teresa M	61	Albany Armada Aquatics Masters-38	NT	4:15.72
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**Women 60-64 200 SC Meter Freestyle**

NATL: 2:20.16 % 12/4/2011 LAURA VAL

PAC: 2:20.16 # 12/4/2014 Laura B Val

1	Eshak-Gage, Jane	60	Arizona Masters Swim Club Inc-48	2:37.50	2:32.84
	36.24	1:15.20 (38.96)	1:54.07 (38.87)	2:32.84 (38.77)	
2	Joyce, Martha	62	Tamalpais Aquatic Masters-38	2:40.00	2:43.00
	37.12	1:18.45 (41.33)	2:01.19 (42.74)	2:43.00 (41.81)	
3	Carboni, Lisa	61	Marcia's Enthusiastic Masters-38	3:46.98	3:49.56
	52.11	1:49.75 (57.64)	2:50.72 (1:00.97)	3:49.56 (58.84)	
4	Bennett, Sue	60	Marcia's Enthusiastic Masters-38	4:55.00	5:05.86
	1:10.10	2:24.71 (1:14.61)	3:44.61 (1:19.90)	5:05.86 (1:21.25)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 60-64 400 SC Meter Freestyle**

NATL: 4:53.24 % 8/24/2013 LAURA VAL

PAC: 4:53.24 # 8/24/2013 Laura B Val

1	Carboni, Lisa	61	Marcia's Enthusiastic Masters-38	7:46.02	8:14.59
	56.67	1:57.98 (1:01.31)	3:01.19 (1:03.21)	4:03.99 (1:02.80)	
	5:07.23 (1:03.24)	6:10.82 (1:03.59)	7:14.20 (1:03.38)	8:14.59 (1:00.39)	

**Women 60-64 400 SC Meter Freestyle**

NATL: 4:53.24 % 8/24/2013 LAURA VAL

PAC: 4:53.24 # 8/24/2013 Laura B Val

1	Focha, Teresa M	61	Albany Armada Aquatics Masters-38	NT	8:45.50
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**Women 60-64 800 SC Meter Freestyle**

NATL: 10:21.68 % 1/15/2011 LAURA VAL

PAC: 10:21.68 # 1/15/2011 Laura B Val

1	Focha, Teresa M	61	Albany Armada Aquatics Masters-38	NT	17:49.24
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**Women 60-64 800 SC Meter Freestyle**

NATL: 10:21.68 % 1/15/2011 LAURA VAL

PAC: 10:21.68 # 1/15/2011 Laura B Val

1	Matena, Jana	60	Menlo Masters-38	12:15.00	11:02.55
	37.29	1:17.60 (40.31)	1:59.24 (41.64)	2:41.56 (42.32)	
	3:23.65 (42.09)	4:05.57 (41.92)	4:47.75 (42.18)	5:29.67 (41.92)	
	6:11.54 (41.87)	6:53.35 (41.81)	7:35.05 (41.70)	8:16.93 (41.88)	
	8:58.71 (41.78)	9:40.38 (41.67)	10:21.95 (41.57)	11:02.55 (40.60)	
2	Esahak-Gage, Jane	60	Arizona Masters Swim Club Inc-48	11:25.50	11:06.51
	39.04	1:20.83 (41.79)	2:03.08 (42.25)	2:45.49 (42.41)	
	3:26.99 (41.50)	4:09.30 (42.31)	4:51.64 (42.34)	5:34.39 (42.75)	
	6:16.54 (42.15)	6:58.21 (41.67)	7:40.35 (42.14)	8:22.56 (42.21)	
	9:04.60 (42.04)	9:46.54 (41.94)	10:27.97 (41.43)	11:06.51 (38.54)	
3	Carboni, Lisa	61	Marcia's Enthusiastic Masters-38	15:53.51	15:47.19
	55.07	1:54.23 (59.16)	2:53.83 (59.60)	3:54.06 (1:00.23)	
	4:54.55 (1:00.49)	5:55.23 (1:00.68)	6:54.68 (59.45)	7:54.15 (59.47)	
	8:53.98 (59.83)	9:52.94 (58.96)	10:53.18 (1:00.24)	11:54.16 (1:00.98)	
	12:54.18 (1:00.02)	13:54.18 (1:00.00)	14:53.63 (59.45)	15:47.19 (53.56)	

**Women 60-64 1500 SC Meter Freestyle**

NATL: 19:35.32 % 1/18/2020 S HEIM-BOWEN

PAC: 19:35.32 # 1/18/2020 Suzanne M Heim-Bo

1	Esahak-Gage, Jane	60	Arizona Masters Swim Club Inc-48	22:00.00	20:53.20
	39.38	1:21.55 (42.17)	2:04.27 (42.72)	2:47.21 (42.94)	
	3:28.62 (41.41)	4:09.45 (40.83)	4:50.69 (41.24)	5:32.91 (42.22)	
	6:15.40 (42.49)	6:57.70 (42.30)	7:39.40 (41.70)	8:21.52 (42.12)	
	9:03.89 (42.37)	9:45.48 (41.59)	10:26.82 (41.34)	11:08.78 (41.96)	
	11:50.49 (41.71)	12:32.64 (42.15)	13:14.24 (41.60)	13:56.36 (42.12)	
	14:38.27 (41.91)	15:19.76 (41.49)	16:02.21 (42.45)	16:44.07 (41.86)	
	17:26.35 (42.28)	18:08.48 (42.13)	18:50.04 (41.56)	19:31.85 (41.81)	
	20:13.66 (41.81)	20:53.20 (39.54)			

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

**(Women 60-64 1500 SC Meter Freestyle)**

2	Carboni, Lisa	61	Marcia's Enthusiastic Masters-38	29:40.49	31:09.24
	55.29	1:54.34 (59.05)	2:55.03 (1:00.69)	3:56.21 (1:01.18)	
	4:57.94 (1:01.73)	6:00.19 (1:02.25)	7:02.30 (1:02.11)	8:04.49 (1:02.19)	
	9:06.74 (1:02.25)	10:09.41 (1:02.67)	11:11.53 (1:02.12)	12:15.37 (1:03.84)	
	13:17.48 (1:02.11)	14:19.13 (1:01.65)	15:21.85 (1:02.72)	16:23.14 (1:01.29)	
	17:25.30 (1:02.16)	18:27.69 (1:02.39)	19:30.13 (1:02.44)	20:33.82 (1:03.69)	
	21:37.52 (1:03.70)	22:40.46 (1:02.94)	23:45.36 (1:04.90)	24:49.25 (1:03.89)	
	25:53.39 (1:04.14)	26:58.12 (1:04.73)	28:01.17 (1:03.05)	29:04.40 (1:03.23)	
	30:08.69 (1:04.29)	31:09.24 (1:00.55)			
3	Focha, Teresa M	61	Albany Armada Aquatics Masters-38	35:00.00	33:44.04
	58.78	2:03.04 (1:04.26)	3:08.94 (1:05.90)	4:15.72 (1:06.78)	
	5:22.50 (1:06.78)	6:30.92 (1:08.42)	7:38.46 (1:07.54)	8:45.50 (1:07.04)	
	9:52.14 (1:06.64)	10:59.65 (1:07.51)	12:07.83 (1:08.18)	13:16.18 (1:08.35)	
	14:24.40 (1:08.22)	15:33.02 (1:08.62)	16:40.91 (1:07.89)	17:49.24 (1:08.33)	
	18:56.81 (1:07.57)	20:04.33 (1:07.52)	21:12.06 (1:07.73)	22:20.16 (1:08.10)	
	23:28.22 (1:08.06)	24:35.78 (1:07.56)	25:44.63 (1:08.85)	26:52.67 (1:08.04)	
	28:01.23 (1:08.56)	29:09.71 (1:08.48)	30:18.59 (1:08.88)	31:27.10 (1:08.51)	
	32:36.08 (1:08.98)	33:44.04 (1:07.96)			
4	Bennett, Sue	60	Marcia's Enthusiastic Masters-38	39:50.00	43:15.30
	1:16.33	2:36.21 (1:19.88)	3:58.82 (1:22.61)	5:22.62 (1:23.80)	
	6:47.55 (1:24.93)	8:15.33 (1:27.78)	9:42.81 (1:27.48)	11:10.15 (1:27.34)	
	12:38.80 (1:28.65)	14:05.57 (1:26.77)	15:33.25 (1:27.68)	16:59.78 (1:26.53)	
	18:30.32 (1:30.54)	19:54.97 (1:24.65)	21:19.87 (1:24.90)	22:45.77 (1:25.90)	
	24:13.60 (1:27.83)	25:41.27 (1:27.67)	27:06.85 (1:25.58)	28:35.45 (1:28.60)	
	30:01.60 (1:26.15)	31:28.22 (1:26.62)	32:56.17 (1:27.95)	34:25.79 (1:29.62)	
	35:56.06 (1:30.27)	37:21.43 (1:25.37)	38:49.01 (1:27.58)	40:18.16 (1:29.15)	
	41:47.51 (1:29.35)	43:15.30 (1:27.79)			

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

NATL: 32.91 % 4/23/2022 KARLYN PIPES  
 PAC: 33.01 # 12/6/2013 Laura B Val

1	Joyce, Martha	62	Tamalpais Aquatic Masters-38	40.00	41.65
2	Laudenslager, Sherri	60	Rolling Hills Mud Sharks-38	47.70	44.86
3	Carboni, Lisa	61	Marcia's Enthusiastic Masters-38	59.85	56.83
4	Bennett, Sue	60	Marcia's Enthusiastic Masters-38	1:12.00	1:18.76

**Women 60-64 100 SC Meter Backstroke**

NATL: 1:12.39 % 10/13/2018 BONNIE BILICH  
 PAC: 1:12.39 # 10/13/2018 Bonnie M Bilich

4	Carroll, Leah	61	Albany Armada Aquatics Masters-38	NT	2:00.35
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**Women 60-64 100 SC Meter Backstroke**

NATL: 1:12.39 % 10/13/2018 BONNIE BILICH  
 PAC: 1:12.39 # 10/13/2018 Bonnie M Bilich

1	Laudenslager, Sherri	60	Rolling Hills Mud Sharks-38	1:41.38	1:37.37
	48.17	1:37.37 (49.20)			
2	Carboni, Lisa	61	Marcia's Enthusiastic Masters-38	1:59.79	2:02.45
	59.64	2:02.45 (1:02.81)			

**Women 60-64 200 SC Meter Backstroke**

NATL: 2:34.31 % 8/24/2022 KARLYN PIPES  
 PAC: 2:35.84 # 10/14/2018 Bonnie M Bilich

1	Laudenslager, Sherri	60	Rolling Hills Mud Sharks-38	3:55.00	3:23.58
	50.69	1:41.85 (51.16)	2:33.67 (51.82)	3:23.58 (49.91)	

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

**(Women 60-64 200 SC Meter Backstroke)**

2	Carroll, Leah	61	Albany Armada Aquatics Masters-38	4:02.02	4:04.11
	57.66	2:00.35 (1:02.69)	3:02.52 (1:02.17)	4:04.11 (1:01.59)	
3	Carboni, Lisa	61	Marcia's Enthusiastic Masters-38	4:22.78	4:23.55
	1:02.80	2:11.73 (1:08.93)	3:19.69 (1:07.96)	4:23.55 (1:03.86)	
4	Focha, Teresa M	61	Albany Armada Aquatics Masters-38	4:39.43	4:33.97
	1:05.25	2:15.74 (1:10.49)	3:26.07 (1:10.33)	4:33.97 (1:07.90)	

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

NATL: 38.87 % 12/4/2016 COLETTE CRABBE

PAC: 40.75 # 10/16/2021 Amy J Rieger

1	Joyce, Martha	62	Tamalpais Aquatic Masters-38	43.50	44.96
2	Esahak-Gage, Jane	60	Arizona Masters Swim Club Inc-48	45.70	45.70
3	Laudenslager, Sherri	60	Rolling Hills Mud Sharks-38	48.27	47.52

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

NATL: 38.87 % 12/4/2016 COLETTE CRABBE

PAC: 40.75 # 10/16/2021 Amy J Rieger

2	Focha, Teresa M	61	Albany Armada Aquatics Masters-38	NT	1:10.67
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**Women 60-64 100 SC Meter Breaststroke**

NATL: 1:24.39 % 12/3/2016 COLETTE CRABBE

PAC: 1:26.83 # 12/5/2021 Amy J Rieger

1	Focha, Teresa M	61	Albany Armada Aquatics Masters-38	NT	2:25.81
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**Women 60-64 100 SC Meter Breaststroke**

NATL: 1:24.39 % 12/3/2016 COLETTE CRABBE

PAC: 1:26.83 # 12/5/2021 Amy J Rieger

1	Esahak-Gage, Jane	60	Arizona Masters Swim Club Inc-48	1:38.50	1:37.59
	46.45	1:37.59 (51.14)			
2	Laudenslager, Sherri	60	Rolling Hills Mud Sharks-38	1:50.77	1:45.08
	50.81	1:45.08 (54.27)			
3	Carroll, Leah	61	Albany Armada Aquatics Masters-38	2:06.60	2:04.61
	1:00.06	2:04.61 (1:04.55)			

**Women 60-64 200 SC Meter Breaststroke**

NATL: 3:04.70 % 12/4/2016 LO KNAPP

PAC: 3:05.92 # 12/4/2021 Amy J Rieger

1	Esahak-Gage, Jane	60	Arizona Masters Swim Club Inc-48	3:29.70	3:29.00
	48.58	1:41.54 (52.96)	2:35.42 (53.88)	3:29.00 (53.58)	
2	Laudenslager, Sherri	60	Rolling Hills Mud Sharks-38	3:58.87	3:49.61
	52.91	1:51.06 (58.15)	2:50.36 (59.30)	3:49.61 (59.25)	
3	Carroll, Leah	61	Albany Armada Aquatics Masters-38	4:25.51	4:17.70
	1:01.87	2:08.61 (1:06.74)	3:15.11 (1:06.50)	4:17.70 (1:02.59)	
4	Focha, Teresa M	61	Albany Armada Aquatics Masters-38	5:14.85	5:02.51
	1:10.67	2:25.81 (1:15.14)	3:44.21 (1:18.40)	5:02.51 (1:18.30)	

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

NATL: 31.24 % 12/7/2019 TRACI GRANGER

PAC: 32.42 # 10/6/2013 Laura B Val

1	Joyce, Martha	62	Tamalpais Aquatic Masters-38	37.00	38.93
2	Daymond, Diana	64	Walnut Creek Masters-38	41.46	42.31
3	Meyer, Kathleen	64	Albany Armada Aquatics Masters-38	34.00	1:03.40

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 60-64 100 SC Meter Butterfly**NATL: 1:10.97 % 4/23/2022 **KARLYN PIPES**PAC: 1:11.47 # 12/6/2013 **Laura B Val**

1	Carroll, Leah	61	Albany Armada Aquatics Masters-38	1:55.52	1:53.21
	54.93	1:53.21 (58.28)			
2	Focha, Teresa M	61	Albany Armada Aquatics Masters-38	2:07.65	2:09.50
	1:00.01	2:09.50 (1:09.49)			

**Women 60-64 200 SC Meter Butterfly**NATL: 2:41.25 % 12/3/2011 **LAURA VAL**PAC: 2:41.25 # 12/31/2011 **Laura B Val**

1	Carroll, Leah	61	Albany Armada Aquatics Masters-38	4:10.02	4:15.77
	56.83	2:00.56 (1:03.73)	3:07.58 (1:07.02)	4:15.77 (1:08.19)	
2	Focha, Teresa M	61	Albany Armada Aquatics Masters-38	4:36.87	4:27.98
	1:01.13	2:08.57 (1:07.44)	3:16.84 (1:08.27)	4:27.98 (1:11.14)	

**Women 60-64 100 SC Meter IM**NATL: 1:12.08 % 4/24/2022 **KARLYN PIPES**PAC: 1:14.74 # 12/5/2021 **Amy J Rieger**

1	Joyce, Martha	62	Tamalpais Aquatic Masters-38	1:30.00	1:24.45
	39.89	1:24.45 (44.56)			
2	Laudenslager, Sherri	60	Rolling Hills Mud Sharks-38	1:40.00	1:37.40
	46.52	1:37.40 (50.88)			

**Women 60-64 200 SC Meter IM**NATL: 2:41.53 % 12/6/2013 **LAURA VAL**PAC: 2:41.53 # 12/6/2013 **Laura B Val**

1	Daymond, Diana	64	Walnut Creek Masters-38	3:22.48	3:21.45
	45.10	1:38.35 (53.25)	2:37.17 (58.82)	3:21.45 (44.28)	
2	Carroll, Leah	61	Albany Armada Aquatics Masters-38	4:07.33	4:09.85
	56.00	2:00.20 (1:04.20)	3:09.18 (1:08.98)	4:09.85 (1:00.67)	
3	Focha, Teresa M	61	Albany Armada Aquatics Masters-38	4:40.31	4:37.14
	1:02.19	2:15.23 (1:13.04)	3:30.55 (1:15.32)	4:37.14 (1:06.59)	

**Women 60-64 400 SC Meter IM**NATL: 5:50.34 % 12/2/2017 **COLETTE CRABBE**PAC: 5:51.81 # 9/25/2011 **Laura B Val**

1	Eshak-Gage, Jane	60	Arizona Masters Swim Club Inc-48	6:21.00	6:13.14
	40.70	1:27.95 (47.25)	2:16.63 (48.68)	3:05.38 (48.75)	
	3:58.93 (53.55)	4:53.79 (54.86)	5:34.31 (40.52)	6:13.14 (38.83)	
2	Carroll, Leah	61	Albany Armada Aquatics Masters-38	8:49.82	8:33.12
	1:00.16	2:02.78 (1:02.62)	3:06.60 (1:03.82)	4:10.80 (1:04.20)	
	5:19.15 (1:08.35)	6:27.11 (1:07.96)	7:32.23 (1:05.12)	8:33.12 (1:00.89)	

**Women 65-69 50 SC Meter Freestyle**NATL: 29.30 % 11/19/2016 **LAURA VAL**PAC: 29.30 # 11/19/2016 **Laura B Val**

1	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	37.20	39.62
2	Johnson, Julie	65	Marcia's Enthusiastic Masters-38	50.00	44.49

**Women 65-69 100 SC Meter Freestyle**NATL: 1:04.40 % 12/1/2017 **LAURA VAL**PAC: 1:04.40 # 12/1/2017 **Laura B Val**

1	Bracken, Judy	65	San Ramon Valley Aquatics Mast-38	1:19.98	1:16.57
	36.30	1:16.57 (40.27)			



**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Women 65-69 100 SC Meter Freestyle)**

2	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	1:24.73	1:27.26
	42.24		1:27.26 (45.02)		
3	Kline, Kathleen	66	Manatee Aquatic Masters Inc-38	1:24.71	1:35.86
	45.24		1:35.86 (50.62)		
4	Johnson, Julie	65	Marcia's Enthusiastic Masters-38	1:50.00	1:38.53
	47.40		1:38.53 (51.13)		
5	Thomas, Elaine	68	Mountain View Masters-38	1:44.00	1:39.56
	47.61		1:39.56 (51.95)		

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

NATL: 1:04.40 % 12/1/2017 LAURA VAL

PAC: 1:04.40 # 12/1/2017 Laura B Val

2	Helmrich, Susan	67	Streamliners-38	NT	1:25.48
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**Women 65-69 200 SC Meter Freestyle**

NATL: 2:23.26 % 11/18/2017 LAURA VAL

PAC: 2:23.26 # 11/18/2017 Laura B Val

1	Helmrich, Susan	67	Streamliners-38	NT	2:56.59
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**Women 65-69 200 SC Meter Freestyle**

NATL: 2:23.26 % 11/18/2017 LAURA VAL

PAC: 2:23.26 # 11/18/2017 Laura B Val

1	Larson, Linda	67	Swim Fort Lauderdale-50	3:17.77	3:08.89
	44.27		1:33.44 (49.17) 2:22.46 (49.02)	3:08.89 (46.43)	
2	Johnson, Julie	65	Marcia's Enthusiastic Masters-38	4:00.00	3:42.36
	51.95		1:48.32 (56.37) 2:46.85 (58.53)	3:42.36 (55.51)	

**Women 65-69 400 SC Meter Freestyle**

NATL: 5:02.08 % 9/24/2017 LAURA VAL

PAC: 5:02.08 # 9/25/2017 Laura B Val

1	Quinn, Phyllis	67	The Olympic Club-38	6:49.47	6:34.67
	45.25		1:34.28 (49.03) 2:23.94 (49.66)	3:14.72 (50.78)	
	4:05.79 (51.07)		4:56.43 (50.64) 5:46.72 (50.29)	6:34.67 (47.95)	
2	Johnson, Julie	65	Marcia's Enthusiastic Masters-38	7:42.40	7:36.86
	50.95		1:48.25 (57.30) 2:46.25 (58.00)	3:44.49 (58.24)	
	4:43.28 (58.79)		5:41.94 (58.66) 6:40.59 (58.65)	7:36.86 (56.27)	

**Women 65-69 400 SC Meter Freestyle**

NATL: 5:02.08 % 9/24/2017 LAURA VAL

PAC: 5:02.08 # 9/25/2017 Laura B Val

2	Helmrich, Susan	67	Streamliners-38	NT	5:56.79
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**Women 65-69 800 SC Meter Freestyle**

NATL: 10:34.67 % 1/30/2016 LAURA VAL

PAC: 10:34.67 # 1/30/2016 Laura B Val

1	Helmrich, Susan	67	Streamliners-38	12:15.10	11:51.89
	40.87		1:25.48 (44.61) 2:11.35 (45.87)	2:56.59 (45.24)	
	3:41.67 (45.08)		4:27.06 (45.39) 5:11.99 (44.93)	5:56.79 (44.80)	
	6:41.48 (44.69)		7:25.78 (44.30) 8:10.58 (44.80)	8:55.06 (44.48)	
	9:39.81 (44.75)		10:24.74 (44.93) 11:08.67 (43.93)	11:51.89 (43.22)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Women 65-69 800 SC Meter Freestyle)**

2	Bracken, Judy	65	San Ramon Valley Aquatics Mast-38	13:44.98	12:30.32
	40.22	1:26.66 (46.44)	2:14.22 (47.56)	3:02.04 (47.82)	
	3:49.65 (47.61)	4:37.37 (47.72)	5:25.19 (47.82)	6:12.85 (47.66)	
	7:00.81 (47.96)	7:48.40 (47.59)	8:36.50 (48.10)	9:23.93 (47.43)	
	10:11.56 (47.63)	10:59.36 (47.80)	11:46.66 (47.30)	12:30.32 (43.66)	
3	Quinn, Phyllis	67	The Olympic Club-38	13:58.89	13:10.83
	45.65	1:34.85 (49.20)	2:25.58 (50.73)	3:16.02 (50.44)	
	4:06.54 (50.52)	4:57.24 (50.70)	5:47.78 (50.54)	6:37.98 (50.20)	
	7:28.16 (50.18)	8:17.78 (49.62)	9:06.89 (49.11)	9:56.18 (49.29)	
	10:45.53 (49.35)	11:34.84 (49.31)	12:24.44 (49.60)	13:10.83 (46.39)	
4	Strauss, Judy	68	Menlo Masters-38	14:50.00	14:23.40
	48.70	1:39.45 (50.75)	2:31.89 (52.44)	3:25.06 (53.17)	
	4:19.17 (54.11)	5:12.85 (53.68)	6:07.10 (54.25)	7:01.90 (54.80)	
	7:56.96 (55.06)	8:52.22 (55.26)	9:48.04 (55.82)	10:43.23 (55.19)	
	11:38.62 (55.39)	12:34.12 (55.50)	13:29.93 (55.81)	14:23.40 (53.47)	

**Women 65-69 1500 SC Meter Freestyle**

NATL: 20:21.61 % 1/30/2016 LAURA VAL

PAC: 20:21.61 # 1/30/2016 Laura B Val

1	Quinn, Phyllis	67	The Olympic Club-38	25:53.04	25:20.61
	46.41	1:36.52 (50.11)	2:27.04 (50.52)	3:17.95 (50.91)	
	4:08.61 (50.66)	4:59.92 (51.31)	5:49.95 (50.03)	6:40.82 (50.87)	
	7:31.26 (50.44)	8:22.17 (50.91)	9:12.44 (50.27)	10:03.02 (50.58)	
	10:54.13 (51.11)	11:44.82 (50.69)	12:35.63 (50.81)	13:26.62 (50.99)	
	14:17.55 (50.93)	15:09.01 (51.46)	16:00.63 (51.62)	16:52.22 (51.59)	
	17:42.68 (50.46)	18:33.58 (50.90)	19:24.84 (51.26)	20:16.28 (51.44)	
	21:07.09 (50.81)	21:57.98 (50.89)	22:49.25 (51.27)	23:39.89 (50.64)	
	24:31.44 (51.55)	25:20.61 (49.17)			

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

NATL: 33.41 % 9/22/2019 LAURA VAL

PAC: 33.41 # 9/22/2019 Laura B Val

1	Larson, Linda	67	Swim Fort Lauderdale-50	45.77	44.55
2	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	45.73	46.74
3	Johnson, Julie	65	Marcia's Enthusiastic Masters-38	50.00	53.40

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

NATL: 1:13.08 % 12/1/2018 LAURA VAL

PAC: 1:13.08 # 12/1/2018 Laura B Val

1	Larson, Linda	67	Swim Fort Lauderdale-50	1:40.77	1:35.19
	46.73	1:35.19 (48.46)			
2	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	1:43.40	1:41.32
	49.89	1:41.32 (51.43)			
---	Kline, Kathleen	66	Manatee Aquatic Masters Inc-38	1:50.03	DQ
	53.56	DQ (57.21)			

**Women 65-69 200 SC Meter Backstroke**

NATL: 2:42.87 % 12/1/2017 LAURA VAL

PAC: 2:42.87 # 12/1/2017 Laura B Val

1	Quinn, Phyllis	67	The Olympic Club-38	3:40.00	3:35.11
	51.39	1:46.75 (55.36)	2:42.38 (55.63)	3:35.11 (52.73)	
2	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	3:38.30	3:36.78
	52.35	1:49.34 (56.99)	2:44.74 (55.40)	3:36.78 (52.04)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Women 65-69 200 SC Meter Backstroke)**

3	Thomas, Elaine	68	Mountain View Masters-38	4:15.00	4:05.03
	57.86	2:00.37 (1:02.51)	3:03.81 (1:03.44)	4:05.03 (1:01.22)	

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

NATL: 41.39 % 11/20/2021 BETH ESTEL

PAC: 42.13 # 11/20/2016 Laura B Val

1	Johnson, Julie	65	Marcia's Enthusiastic Masters-38	53.25	55.06
2	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	59.17	56.32

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

NATL: 1:29.76 % 4/13/2019 LO KNAPP

PAC: 1:34.92 # 10/9/2016 Laura B Val

1	Johnson, Julie	65	Marcia's Enthusiastic Masters-38	2:05.47	2:04.23
	1:00.26	2:04.23 (1:03.97)			

**Women 65-69 200 SC Meter Breaststroke**

NATL: 3:10.94 % 4/14/2019 LO KNAPP

PAC: 3:31.96 # 12/31/2009 Daniela Barnea

1	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	4:23.08	4:24.46
	1:03.08	2:11.37 (1:08.29)	3:19.31 (1:07.94)	4:24.46 (1:05.15)	

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

NATL: 32.57 % 11/23/2019 PENNY NOYES

PAC: 33.06 # 11/19/2017 Laura B Val

1	Bracken, Judy	65	San Ramon Valley Aquatics Mast-38	44.65	43.47
2	Larson, Linda	67	Swim Fort Lauderdale-50	50.77	47.12
3	Kline, Kathleen	66	Manatee Aquatic Masters Inc-38	42.84	50.54

**Women 65-69 200 SC Meter Butterfly**

NATL: 2:45.20 % 9/18/2016 LAURA VAL

PAC: 2:45.20 # 9/18/2016 Laura B Val

1	Quinn, Phyllis	67	The Olympic Club-38	4:59.82	4:38.22
	1:03.21	2:17.32 (1:14.11)	3:32.65 (1:15.33)	4:38.22 (1:05.57)	

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

NATL: 1:15.65 % 11/23/2019 PENNY NOYES

PAC: 1:16.42 # 12/8/2019 Laura B Val

1	Thomas, Elaine	68	Mountain View Masters-38	2:10.00	2:02.96
	57.28	2:02.96 (1:05.68)			

**Women 65-69 200 SC Meter IM**

NATL: 2:46.04 % 12/6/2019 LAURA VAL

PAC: 2:46.04 # 12/6/2019 Laura B Val

1	Quinn, Phyllis	67	The Olympic Club-38	3:45.56	3:34.94
	52.92	1:45.79 (52.87)	2:47.02 (1:01.23)	3:34.94 (47.92)	

**Women 65-69 400 SC Meter IM**

NATL: 5:55.00 % 9/18/2016 LAURA VAL

PAC: 5:55.00 # 9/18/2016 Laura B Val

1	Quinn, Phyllis	67	The Olympic Club-38	7:52.96	7:41.59
	57.08	2:00.68 (1:03.60)	2:57.82 (57.14)	3:54.38 (56.56)	
	4:57.26 (1:02.88)	6:02.37 (1:05.11)	6:52.58 (50.21)	7:41.59 (49.01)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 70-74 50 SC Meter Freestyle****NATL: 32.38 % 12/10/2016 DIANN UUSTAL****PAC: 34.93 # 10/14/2018 Ruth Y Shaps**

1	Val, Laura B	71	Tamalpais Aquatic Masters-38	34.00	30.70 %
2	Patterson, Cheryl	71	Walnut Creek Masters-38	49.00	44.80
3	Smrz-Kopeckova, Helena	70	Walnut Creek Masters-38	55.63	48.48
4	Coholan, Annette	74	Rolling Hills Mud Sharks-38	50.25	50.16
5	Rothrock, Gretchen A	73	Walnut Creek Masters-38	1:15.08	55.02

**Women 70-74 100 SC Meter Freestyle****NATL: 1:10.25 % 2/2/2020 CHARLOTTE DAVIS****PAC: 1:18.26 # 10/13/2018 Ruth Y Shaps**

1	Val, Laura B	71	Tamalpais Aquatic Masters-38	1:13.00	1:07.03 %
	31.88		1:07.03 (35.15)		
2	Smrz-Kopeckova, Helena	70	Walnut Creek Masters-38	1:55.16	1:49.57
	51.15		1:49.57 (58.42)		
3	Coholan, Annette	74	Rolling Hills Mud Sharks-38	1:48.32	1:51.81
	54.44		1:51.81 (57.37)		
4	Rothrock, Gretchen A	73	Walnut Creek Masters-38	2:08.10	2:04.89
	58.08		2:04.89 (1:06.81)		

**Women 70-74 200 SC Meter Freestyle****NATL: 2:33.19 % 2/2/2020 CHARLOTTE DAVIS****PAC: 2:55.90 # 10/14/2018 Ruth Y Shaps**

1	Val, Laura B	71	Tamalpais Aquatic Masters-38	2:40.00	2:27.89 %
	33.11		1:10.51 (37.40)	1:49.29 (38.78)	2:27.89 (38.60)
2	Guthrie, Sally	72	Davis Aquatic Masters-38	3:05.90	3:06.53
	43.85		1:31.00 (47.15)	2:18.58 (47.58)	3:06.53 (47.95)
3	Coholan, Annette	74	Rolling Hills Mud Sharks-38	3:47.91	4:06.16
	56.43		1:58.53 (1:02.10)	3:02.43 (1:03.90)	4:06.16 (1:03.73)

**Women 70-74 400 SC Meter Freestyle****NATL: 5:28.76 % 2/2/2020 CHARLOTTE DAVIS****PAC: 6:17.01 # 1/26/2019 Ruth Y Shaps**

1	Coholan, Annette	74	Rolling Hills Mud Sharks-38	8:04.12	8:09.74
	57.18		1:58.37 (1:01.19)	3:01.22 (1:02.85)	4:04.08 (1:02.86)
	5:06.90 (1:02.82)		6:08.70 (1:01.80)	7:10.81 (1:02.11)	8:09.74 (58.93)

**Women 70-74 800 SC Meter Freestyle****NATL: 11:54.61 % 1/18/2020 CECILIA MCCLOSKEY****PAC: 12:43.75 # 1/26/2019 Ruth Y Shaps**

1	Coholan, Annette	74	Rolling Hills Mud Sharks-38	16:25.18	16:48.06
	56.27		1:57.94 (1:01.67)	3:00.10 (1:02.16)	4:03.76 (1:03.66)
	5:07.03 (1:03.27)		6:10.61 (1:03.58)	7:13.67 (1:03.06)	8:17.18 (1:03.51)
	9:20.59 (1:03.41)		10:24.42 (1:03.83)	11:28.07 (1:03.65)	12:32.23 (1:04.16)
	13:36.42 (1:04.19)		14:41.06 (1:04.64)	15:45.62 (1:04.56)	16:48.06 (1:02.44)
2	Stark, Carol L	74	Oregon Masters-37	26:40.02	21:12.75
	1:13.50		2:28.45 (1:14.95)	3:46.20 (1:17.75)	5:04.43 (1:18.23)
	6:22.03 (1:17.60)		7:41.64 (1:19.61)	9:01.60 (1:19.96)	10:24.31 (1:22.71)
	11:48.15 (1:23.84)		13:10.58 (1:22.43)	14:32.17 (1:21.59)	15:54.58 (1:22.41)
	17:14.83 (1:20.25)		18:34.48 (1:19.65)	19:53.88 (1:19.40)	21:12.75 (1:18.87)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 70-74 1500 SC Meter Freestyle**NATL: 22:06.78 % 1/18/2020 **CECILIA MCCLOSKEY**PAC: 24:02.08 # 1/29/2022 **Sally K Guthrie**

1	Coholan, Annette	74	Rolling Hills Mud Sharks-38	32:12.04	32:36.93
	56.19	1:56.97 (1:00.78)	2:59.03 (1:02.06)	4:01.04 (1:02.01)	
	5:03.34 (1:02.30)	6:06.68 (1:03.34)	7:10.71 (1:04.03)	8:15.38 (1:04.67)	
	9:21.00 (1:05.62)	10:26.28 (1:05.28)	11:31.56 (1:05.28)	12:37.35 (1:05.79)	
	13:42.88 (1:05.53)	14:48.57 (1:05.69)	15:54.31 (1:05.74)	17:00.92 (1:06.61)	
	18:07.39 (1:06.47)	19:13.76 (1:06.37)	20:20.46 (1:06.70)	21:27.38 (1:06.92)	
	22:34.42 (1:07.04)	23:40.83 (1:06.41)	24:48.55 (1:07.72)	25:56.63 (1:08.08)	
	27:03.67 (1:07.04)	28:11.47 (1:07.80)	29:18.15 (1:06.68)	30:24.79 (1:06.64)	
	31:33.33 (1:08.54)	32:36.93 (1:03.60)			

**Women 70-74 50 SC Meter Backstroke**NATL: 35.18 % 10/17/2021 **LAURA VAL**PAC: 35.18 # 10/17/2021 **Laura B Val**

1	Val, Laura B	71	Tamalpais Aquatic Masters-38	37.00	34.68 %
2	Rothrock, Gretchen A	73	Walnut Creek Masters-38	1:30.25	1:08.65

**Women 70-74 100 SC Meter Backstroke**NATL: 1:16.55 % 10/16/2021 **LAURA VAL**PAC: 1:16.55 # 10/16/2021 **Laura B Val**

1	Stark, Carol L	74	Oregon Masters-37	3:37.52	2:36.73
	1:16.69	2:36.73 (1:20.04)			

**Women 70-74 200 SC Meter Backstroke**NATL: 2:47.56 % 10/17/2021 **LAURA VAL**PAC: 2:47.56 # 10/17/2021 **Laura B Val**

1	Stark, Carol L	74	Oregon Masters-37	6:58.59	5:32.65
	1:21.13	2:45.35 (1:24.22)	4:09.85 (1:24.50)	5:32.65 (1:22.80)	

**Women 70-74 50 SC Meter Breaststroke**NATL: 44.22 % 11/13/2011 **JOANN LEILICH**PAC: 47.10 # 10/13/2018 **Daniela Barnea**

1	Smrz-Kopeckova, Helena	70	Walnut Creek Masters-38	1:04.64	57.82
2	Rothrock, Gretchen A	73	Walnut Creek Masters-38	1:10.05	1:07.74

**Women 70-74 100 SC Meter Breaststroke**NATL: 1:36.93 % 12/3/2016 **MARGOT PETTIJOHN**PAC: 1:44.50 # 12/31/2001 **Ann M Hirsch**

1	Smrz-Kopeckova, Helena	70	Walnut Creek Masters-38	2:33.94	2:10.33
	1:02.27	2:10.33 (1:08.06)			

**Women 70-74 200 SC Meter Breaststroke**NATL: 3:25.76 % 3/21/2009 **JOANN LEILICH**PAC: 3:44.52 # 9/28/2014 **Daniela Barnea**

1	Patterson, Cheryl	71	Walnut Creek Masters-38	4:54.00	4:45.07
	1:06.77	2:20.30 (1:13.53)	3:34.96 (1:14.66)	4:45.07 (1:10.11)	

**Women 70-74 50 SC Meter Butterfly**NATL: 35.12 % 3/5/2016 **DIANN UUSTAL**PAC: 35.35 # 10/16/2021 **Laura B Val**

1	Val, Laura B	71	Tamalpais Aquatic Masters-38	36.50	34.91 %
2	Guthrie, Sally	72	Davis Aquatic Masters-38	44.50	46.26

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 70-74 200 SC Meter Butterfly**

NATL: 3:20.57 % 4/2/2022 S LOFTUS-CHARLEY

PAC: 3:42.68 # 9/28/2014 Daniela Barnea

1	Guthrie, Sally	72	Davis Aquatic Masters-38	4:16.27	4:13.31
	51.57	1:55.66 (1:04.09)	3:03.35 (1:07.69)	4:13.31 (1:09.96)	

**Women 70-74 100 SC Meter IM**

NATL: 1:20.61 % 10/17/2021 LAURA VAL

PAC: 1:20.61 # 10/17/2021 Laura B Val

1	Val, Laura B	71	Tamalpais Aquatic Masters-38	1:25.00	1:19.52 %
	35.99	1:19.52 (43.53)			
2	Guthrie, Sally	72	Davis Aquatic Masters-38	1:49.07	1:43.70
	47.57	1:43.70 (56.13)			
3	Patterson, Cheryl	71	Walnut Creek Masters-38	2:06.00	2:03.28
	1:01.05	2:03.28 (1:02.23)			

**Women 70-74 200 SC Meter IM**

NATL: 2:52.19 % 10/16/2021 LAURA VAL

PAC: 2:52.19 # 10/16/2021 Laura B Val

1	Val, Laura B	71	Tamalpais Aquatic Masters-38	3:10.00	2:53.59
	36.38	1:19.43 (43.05)	2:14.28 (54.85)	2:53.59 (39.31)	
2	Guthrie, Sally	72	Davis Aquatic Masters-38	3:45.50	3:42.74
	51.57	1:49.05 (57.48)	2:55.37 (1:06.32)	3:42.74 (47.37)	

**Women 70-74 400 SC Meter IM**

NATL: 6:41.90 % 4/2/2022 S LOFTUS-CHARLEY

PAC: 7:28.73 # 9/28/2014 Daniela Barnea

1	Guthrie, Sally	72	Davis Aquatic Masters-38	7:50.00	7:53.45
	51.86	1:54.81 (1:02.95)	2:55.35 (1:00.54)	3:56.47 (1:01.12)	
	5:06.45 (1:09.98)	6:14.38 (1:07.93)	7:04.45 (50.07)	7:53.45 (49.00)	

**Women 75-79 50 SC Meter Freestyle**

NATL: 34.88 % 10/16/2021 DIANN UUSTAL

PAC: 38.67 # 12/2/2017 Nancy J Ridout

1	Reedy, Peggy	76	Davis Aquatic Masters-38	58.30	44.96
2	Armstrong, Judy	75	Marcia's Enthusiastic Masters-38	1:00.00	1:00.11
3	Jacobs, Lois	79	Marcia's Enthusiastic Masters-38	1:19.95	1:27.63

**Women 75-79 50 SC Meter Freestyle**

NATL: 34.88 % 10/16/2021 DIANN UUSTAL

PAC: 38.67 # 12/2/2017 Nancy J Ridout

1	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	NT	43.55
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**Women 75-79 100 SC Meter Freestyle**

NATL: 1:15.87 % 10/17/2021 DIANN UUSTAL

PAC: 1:33.32 # 9/23/2018 Nancy J Ridout

1	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	1:24.00	1:22.95 #
	39.07	1:22.95 (43.88)			
2	Westergaard, Leslie	79	Davis Aquatic Masters-38	2:00.00	1:55.50
	56.22	1:55.50 (59.28)			

**Women 75-79 200 SC Meter Freestyle**

NATL: 3:07.58 % 11/20/2005 GAIL ROPER

PAC: 3:23.33 # 10/13/2019 Daniela Barnea

1	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	3:10.00	3:08.78 #
	43.55	1:31.88 (48.33)	2:21.57 (49.69)	3:08.78 (47.21)	

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

**(Women 75-79 200 SC Meter Freestyle)**

2	Scott, Stephanie	75	Walnut Creek Masters-38	3:26.00	3:35.71
	46.68	1:42.14 (55.46)	2:39.57 (57.43)	3:35.71 (56.14)	
3	Armstrong, Judy	75	Marcia's Enthusiastic Masters-38	4:32.10	4:56.54
	1:05.48	2:22.99 (1:17.51)	3:43.67 (1:20.68)	4:56.54 (1:12.87)	
4	Jacobs, Lois	79	Marcia's Enthusiastic Masters-38	6:11.87	6:53.48
	1:29.92	3:19.79 (1:49.87)	5:13.30 (1:53.51)	6:53.48 (1:40.18)	

**Women 75-79 400 SC Meter Freestyle**

NATL: 6:17.67 % 11/13/2021 CAROLYN BOAK

PAC: 7:01.36 # 12/31/1998 Margery Meyer

1	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	NT	6:32.27 #
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**Women 75-79 400 SC Meter Freestyle**

NATL: 6:17.67 % 11/13/2021 CAROLYN BOAK

PAC: 7:01.36 # 12/31/1998 Margery Meyer

1	Scott, Stephanie	75	Walnut Creek Masters-38	7:12.93	7:35.47
	47.81	1:45.27 (57.46)	2:44.52 (59.25)	3:44.15 (59.63)	
	4:43.53 (59.38)	5:42.44 (58.91)	6:40.08 (57.64)	7:35.47 (55.39)	

**Women 75-79 800 SC Meter Freestyle**

NATL: 13:05.40 % 11/14/2021 CAROLYN BOAK

PAC: 14:46.26 # 12/31/1998 Margery Meyer

1	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	13:30.00	13:11.76 #
	41.97	1:29.42 (47.45)	2:19.67 (50.25)	3:10.11 (50.44)	
	4:00.09 (49.98)	4:50.94 (50.85)	5:41.76 (50.82)	6:32.27 (50.51)	
	7:22.67 (50.40)	8:13.08 (50.41)	9:03.27 (50.19)	9:53.48 (50.21)	
	10:43.38 (49.90)	11:33.05 (49.67)	12:22.76 (49.71)	13:11.76 (49.00)	
2	Scott, Stephanie	75	Walnut Creek Masters-38	14:45.00	15:09.47
	48.97	1:46.98 (58.01)	2:47.44 (1:00.46)	3:46.76 (59.32)	
	4:43.75 (56.99)	5:41.55 (57.80)	6:39.96 (58.41)	7:37.69 (57.73)	
	8:34.22 (56.53)	9:30.89 (56.67)	10:26.21 (55.32)	11:23.35 (57.14)	
	12:21.57 (58.22)	13:18.44 (56.87)	14:14.78 (56.34)	15:09.47 (54.69)	

**Women 75-79 1500 SC Meter Freestyle**

NATL: 26:37.02 % 12/4/2005 GAIL ROPER

PAC: 27:47.25 # 12/31/1998 Margery Meyer

1	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	28:00.00	25:26.12 %
	43.05	1:32.36 (49.31)	2:22.98 (50.62)	3:13.64 (50.66)	
	4:04.06 (50.42)	4:54.30 (50.24)	5:44.29 (49.99)	6:35.02 (50.73)	
	7:26.47 (51.45)	8:17.20 (50.73)	9:07.99 (50.79)	9:59.61 (51.62)	
	10:50.69 (51.08)	11:41.93 (51.24)	12:32.70 (50.77)	13:23.76 (51.06)	
	14:15.04 (51.28)	15:06.31 (51.27)	15:58.25 (51.94)	16:49.13 (50.88)	
	17:41.26 (52.13)	18:33.17 (51.91)	19:24.80 (51.63)	20:16.85 (52.05)	
	21:09.68 (52.83)	22:01.15 (51.47)	22:54.31 (53.16)	23:45.72 (51.41)	
	24:37.03 (51.31)	25:26.12 (49.09)			
2	Scott, Stephanie	75	Walnut Creek Masters-38	27:42.00	28:34.64
	48.72	1:45.32 (56.60)	2:43.68 (58.36)	3:41.15 (57.47)	
	4:38.82 (57.67)	5:36.82 (58.00)	6:33.76 (56.94)	7:31.16 (57.40)	
	8:28.69 (57.53)	9:25.87 (57.18)	10:23.77 (57.90)	11:21.68 (57.91)	
	12:19.39 (57.71)	13:17.10 (57.71)	14:15.16 (58.06)	15:12.58 (57.42)	
	16:10.42 (57.84)	17:08.66 (58.24)	18:07.28 (58.62)	19:05.44 (58.16)	
	20:02.93 (57.49)	21:00.10 (57.17)	21:58.18 (58.08)	22:55.80 (57.62)	
	23:52.70 (56.90)	24:49.58 (56.88)	25:46.31 (56.73)	26:43.52 (57.21)	
	27:40.10 (56.58)	28:34.64 (54.54)			

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 75-79 50 SC Meter Backstroke**

NATL: 40.27 % 10/16/2021 DIANN UUSTAL

PAC: 49.54 # 10/9/2019 Daniela Barnea

1	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	46.00	47.01 #
2	Westergaard, Leslie	79	Davis Aquatic Masters-38	1:00.00	56.49
3	Armstrong, Judy	75	Marcia's Enthusiastic Masters-38	1:00.33	1:04.19
4	Reedy, Peggy	76	Davis Aquatic Masters-38	1:17.15	1:05.92

**Women 75-79 100 SC Meter Backstroke**

NATL: 1:26.80 % 10/16/2021 DIANN UUSTAL

PAC: 1:49.38 # 10/12/2019 Daniela Barnea

1	Westergaard, Leslie	79	Davis Aquatic Masters-38	2:00.00	2:01.61
				59.37	2:01.61 (1:02.24)

**Women 75-79 100 SC Meter Backstroke**

NATL: 1:26.80 % 10/16/2021 DIANN UUSTAL

PAC: 1:49.38 # 10/12/2019 Daniela Barnea

5	Armstrong, Judy	75	Marcia's Enthusiastic Masters-38	NT	2:24.46
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**Women 75-79 200 SC Meter Backstroke**

NATL: 3:10.53 % 10/17/2021 DIANN UUSTAL

PAC: 3:38.25 # 12/31/2008 Ann M Hirsch

1	Westergaard, Leslie	79	Davis Aquatic Masters-38	4:10.00	4:18.74
				59.71	2:04.12 (1:04.41) 3:12.18 (1:08.06) 4:18.74 (1:06.56)
2	Armstrong, Judy	75	Marcia's Enthusiastic Masters-38	4:36.41	5:04.71
				1:12.38	2:32.00 (1:19.62) 3:50.94 (1:18.94) 5:04.71 (1:13.77)

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

NATL: 46.20 % 3/15/2014 JOANN LEILICH

PAC: 47.97 # 10/12/2019 Daniela Barnea

1	Barnea, Daniela	78	Stanford Masters Swimming-38	56.35	51.74
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**Women 75-79 100 SC Meter Breaststroke**

NATL: 1:40.82 % 3/15/2014 JOANN LEILICH

PAC: 1:43.58 # 10/10/2019 Daniela Barnea

1	Barnea, Daniela	78	Stanford Masters Swimming-38	1:55.20	1:52.95
				55.17	1:52.95 (57.78)

**Women 75-79 200 SC Meter Breaststroke**

NATL: 3:36.56 % 3/15/2014 JOANN LEILICH

PAC: 3:45.84 # 9/22/2019 Daniela Barnea

1	Barnea, Daniela	78	Stanford Masters Swimming-38	3:55.25	3:55.86
				54.47	1:54.79 (1:00.32) 2:56.26 (1:01.47) 3:55.86 (59.60)
2	Jacobs, Lois	79	Marcia's Enthusiastic Masters-38	7:14.63	8:08.10
				1:57.11	4:03.12 (2:06.01) 6:07.61 (2:04.49) 8:08.10 (2:00.49)

**Women 75-79 100 SC Meter Butterfly**

NATL: 1:46.04 % 10/13/2019 DANIELA BARNEA

PAC: 1:46.04 # 10/13/2019 Daniela Barnea

1	Barnea, Daniela	78	Stanford Masters Swimming-38	1:55.20	1:55.00
				55.50	1:55.00 (59.50)



**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 75-79 200 SC Meter Butterfly**NATL: 3:57.22 % 9/22/2019 **DANIELA BARNEA**PAC: 3:57.22 # 9/22/2019 **Daniela Barnea**

1	Scott, Stephanie	75	Walnut Creek Masters-38	5:40.00	5:26.78
	1:06.58	2:30.18 (1:23.60)	4:00.49 (1:30.31)	5:26.78 (1:26.29)	

**Women 75-79 100 SC Meter IM**NATL: 1:38.11 % 12/12/2004 **GAIL ROPER**PAC: 1:38.99 # 10/13/2019 **Daniela Barnea**

1	Barnea, Daniela	78	Stanford Masters Swimming-38	1:53.30	1:46.20
	51.79	1:46.20 (54.41)			

**Women 75-79 200 SC Meter IM**NATL: 3:32.91 % 11/13/2021 **CAROLYN BOAK**PAC: 3:34.05 # 10/12/2019 **Daniela Barnea**

1	Barnea, Daniela	78	Stanford Masters Swimming-38	3:47.20	3:49.73
	53.85	1:53.65 (59.80)	2:56.45 (1:02.80)	3:49.73 (53.28)	
2	Scott, Stephanie	75	Walnut Creek Masters-38	4:25.00	4:27.22
	1:06.71	2:18.15 (1:11.44)	3:34.11 (1:15.96)	4:27.22 (53.11)	

**Women 75-79 400 SC Meter IM**NATL: 7:27.94 % 11/14/2021 **CAROLYN BOAK**PAC: 7:42.05 # 9/22/2019 **Daniela Barnea**

---	Scott, Stephanie	75	Walnut Creek Masters-38	9:18.00	DQ
	1:06.18	2:30.76 (1:24.58)	3:43.78 (1:13.02)	4:57.09 (1:13.31)	
	6:09.46 (1:12.37)	7:20.92 (1:11.46)	8:15.96 (55.04)	DQ (55.35)	

**Women 80-84 50 SC Meter Freestyle**NATL: 38.03 % 1/25/2009 **GAIL ROPER**PAC: 41.34 # 12/31/2002 **Margery Meyer**

1	Ridout, Nancy	80	Tamalpais Aquatic Masters-38	49.50	48.66
2	Mc Partland, Peg	80	Manatee Aquatic Masters Inc-38	52.00	50.31

**Women 80-84 100 SC Meter Freestyle**NATL: 1:26.23 % 1/25/2009 **GAIL ROPER**PAC: 1:34.45 # 12/31/2002 **Margery Meyer**

1	Ridout, Nancy	80	Tamalpais Aquatic Masters-38	1:59.51	1:52.23
	55.17	1:52.23 (57.06)			
2	Mc Partland, Peg	80	Manatee Aquatic Masters Inc-38	1:50.00	1:54.19
	53.35	1:54.19 (1:00.84)			

**Women 80-84 400 SC Meter Freestyle**NATL: 7:20.96 % 11/11/2007 **JEAN TROY**PAC: 7:22.84 # 12/31/2002 **Margery Meyer**

1	Morton, Judith L	83	Walnut Creek Masters-38	12:00.00	12:40.82
	1:24.71	3:01.42 (1:36.71)	4:37.40 (1:35.98)		
	7:51.17 ( )	9:27.25 (1:36.08)	11:07.21 (1:39.96)	12:40.82 (1:33.61)	

**Women 80-84 50 SC Meter Backstroke**NATL: 49.23 % 3/12/2022 **JOY WARD**PAC: 50.03 # 12/31/2002 **Margery Meyer**

1	Mc Partland, Peg	80	Manatee Aquatic Masters Inc-38	1:00.00	57.02
2	Jaffe, Kristin	84	Tamalpais Aquatic Masters-38	55.00	59.57

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

**Women 80-84 100 SC Meter Backstroke**

NATL: 1:50.61 % 12/1/2007 BETTY LORENZI

PAC: 1:55.79 # 12/31/2002 Margery Meyer

1	Mc Partland, Peg	80	Manatee Aquatic Masters Inc-38	2:10.00	2:07.31
	1:01.32				2:07.31 (1:05.99)
2	Morton, Judith L	83	Walnut Creek Masters-38	2:39.85	2:57.13
	1:24.24				2:57.13 (1:32.89)

**Women 80-84 200 SC Meter Backstroke**

NATL: 3:44.82 % 3/13/2022 JOY WARD

PAC: 4:14.53 # 12/31/2003 Margery Meyer

1	Mc Partland, Peg	80	Manatee Aquatic Masters Inc-38	4:20.00	4:37.45
	1:03.72				2:18.12 (1:14.40) 3:34.03 (1:15.91) 4:37.45 (1:03.42)
2	Morton, Judith L	83	Walnut Creek Masters-38	6:15.00	6:14.07
	1:28.16				3:01.11 (1:32.95) 4:38.07 (1:36.96) 6:14.07 (1:36.00)

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

NATL: 50.49 % 11/9/2019 JOANN LEILICH

PAC: 53.62 # 10/16/2011 Ann M Hirsch

1	Jaffe, Kristin	84	Tamalpais Aquatic Masters-38	55.00	56.55
2	Stretch, Nancy	82	The Olympic Club-38	1:20.30	1:07.08
3	Mc Partland, Peg	80	Manatee Aquatic Masters Inc-38	1:15.00	1:07.96

**Women 80-84 100 SC Meter Breaststroke**

NATL: 1:50.15 % 11/10/2019 JOANN LEILICH

PAC: 1:57.31 # 8/20/2011 Ann M Hirsch

1	Stretch, Nancy	82	The Olympic Club-38	3:22.53	2:37.71
	1:16.39				2:37.71 (1:21.32)

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

NATL: 48.85 % 5/16/2009 GAIL ROPER

PAC: 58.34 # 8/20/2011 Ann M Hirsch

1	Stretch, Nancy	82	The Olympic Club-38	1:45.83	1:12.16
2	Morton, Judith L	83	Walnut Creek Masters-38	1:48.99	1:49.02

**Women 80-84 100 SC Meter Butterfly**

NATL: 1:58.02 % 11/21/2009 GAIL ROPER

PAC: 2:28.34 # 12/31/1994 Jean Durston

1	Morton, Judith L	83	Walnut Creek Masters-38	3:58.78	3:51.15
	1:49.34				3:51.15 (2:01.81)

**Women 80-84 200 SC Meter Butterfly**

NATL: 4:35.51 % 10/28/2007 LOIS KIVI NOCHMAN

PAC: 5:24.06 # 12/31/2002 Jae Howell

1	Morton, Judith L	83	Walnut Creek Masters-38	8:19.59	8:20.63
	1:56.59				4:07.40 (2:10.81) 6:15.88 (2:08.48) 8:20.63 (2:04.75)

**Women 80-84 100 SC Meter IM**

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

PAC: 1:57.48 # 8/20/2011 Ann M Hirsch

1	Jaffe, Kristin	84	Tamalpais Aquatic Masters-38	2:16.00	2:13.81
	1:04.01				2:13.81 (1:09.80)
2	Morton, Judith L	83	Walnut Creek Masters-38	3:24.28	3:22.89
	1:35.49				3:22.89 (1:47.40)

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

## Women 80-84 200 SC Meter IM

NATL: 3:55.51 % 6/17/2009 GAIL ROPER

PAC: 4:25.53 # 12/31/2012 Ann M Hirsch

1	Stretch, Nancy	82	The Olympic Club-38	5:45.62	4:59.39
	1:13.26	2:26.46 (1:13.20)	3:52.04 (1:25.58)	4:59.39 (1:07.35)	

## Women 80-84 400 SC Meter IM

NATL: 8:39.68 % 10/31/2009 GAIL ROPER

PAC: 10:09.01 # 12/31/1994 Jean Durston

1	Stretch, Nancy	82	The Olympic Club-38	11:04.74	10:34.68
	1:13.86	2:43.68 (1:29.82)	4:00.01 (1:16.33)	5:16.08 (1:16.07)	
	6:43.80 (1:27.72)	8:13.64 (1:29.84)	9:24.10 (1:10.46)	10:34.68 (1:10.58)	

## Women 85-89 50 SC Meter Freestyle

NATL: 46.01 % 12/6/2014 NAN BOHL

PAC: 48.10 # 12/31/2008 Margery Meyer

1	Alexandre, Mary	86	Tamalpais Aquatic Masters-38	NT	57.61
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## Women 85-89 50 SC Meter Freestyle

NATL: 46.01 % 12/6/2014 NAN BOHL

PAC: 48.10 # 12/31/2008 Margery Meyer

1	Wood, Caroline	87	Walnut Creek Masters-38	1:00.57	1:03.42
2	Tegner, Thyra	87	Almaden Masters-38	1:06.86	1:05.94

## Women 85-89 100 SC Meter Freestyle

NATL: 1:43.97 % 10/13/2012 JEAN TROY

PAC: 1:46.95 # 12/31/2008 Margery Meyer

1	Wood, Caroline	87	Walnut Creek Masters-38	2:34.83	2:42.52
	1:15.09	2:42.52 (1:27.43)			

## Women 85-89 50 SC Meter Backstroke

NATL: 51.75 % 10/13/2012 BETTY LORENZI

PAC: 59.11 # 9/14/2008 Margery Meyer

1	Wood, Caroline	87	Walnut Creek Masters-38	1:16.81	1:20.15
2	Tegner, Thyra	87	Almaden Masters-38	1:23.53	1:26.79

## Women 85-89 50 SC Meter Breaststroke

NATL: 1:00.96 % 11/8/2014 SYLVIA EISELE

PAC: 1:10.77 # 9/24/2017 Ann M Hirsch

1	Wood, Caroline	87	Walnut Creek Masters-38	3:30.00	2:49.31
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## Women 90-94 100 SC Meter Freestyle

NATL: 2:02.14 % 11/5/2017 JEAN TROY

PAC: 3:12.73 # 12/31/2010 Audrey H Etienne

1	Hirsch, Ann	91	Walnut Creek Masters-38	NT	3:22.34
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## Women 90-94 100 SC Meter Backstroke

NATL: 2:04.90 % 10/14/2017 BETTY LORENZI

PAC: 2:54.32 # 10/16/2021 Ann M Hirsch

1	Hirsch, Ann	91	Walnut Creek Masters-38	3:30.00	3:22.17
	1:38.22	3:22.17 (1:43.95)			

## Women 90-94 50 SC Meter Breaststroke

NATL: 1:17.85 % 11/4/2017 JEAN TROY

PAC: 1:27.97 # 10/16/2021 Ann M Hirsch

1	Hirsch, Ann	91	Walnut Creek Masters-38	1:54.00	1:36.93
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**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 90-94 100 SC Meter Breaststroke**

NATL: 2:51.02 % 11/5/2017 JEAN TROY

PAC: 3:13.15 # 10/16/2021 Ann M Hirsch

1	Hirsch, Ann	91	Walnut Creek Masters-38	3:33.13	3:45.28
		1:49.72	3:45.28 (1:55.56)		

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

NATL: 21.38 % 12/11/2005 NICK BRUNELLI

PAC: 23.00 # 10/12/2014 Kevin Ferguson

1	Welsh, Cole	22	Walnut Creek Masters-38	NT	25.66
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**Men 18-24 50 SC Meter Freestyle**

NATL: 21.38 % 12/11/2005 NICK BRUNELLI

PAC: 23.00 # 10/12/2014 Kevin Ferguson

1	Hernandez, Clapton	20	SF Tsunami Masters-38	32.00	30.55
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**Men 18-24 100 SC Meter Freestyle**

NATL: 48.00 % 12/11/2005 NICK BRUNELLI

PAC: 51.76 # 10/12/2014 Kevin Ferguson

1	Worlund, Lars	22	Uc38	58.00	55.76
		26.79	55.76 (28.97)		
2	Yancher, Owen	24	Davis Aquatic Masters-38	55.99	56.10
		26.46	56.10 (29.64)		
3	Yu, Xavier	18	Uc38	56.33	56.37
		27.11	56.37 (29.26)		
4	Teshima, Ryan	23	University of San Francisco Ma-38	56.50	57.75
		28.00	57.75 (29.75)		
5	Freiwald, Owen K	23	Sacramento Masters-38	1:07.00	1:02.22
		29.26	1:02.22 (32.96)		
6	Hernandez, Clapton	20	SF Tsunami Masters-38	1:15.00	1:06.11
		31.70	1:06.11 (34.41)		

**Men 18-24 200 SC Meter Freestyle**

NATL: 1:47.32 % 12/11/2005 NICK BRUNELLI

PAC: 1:54.23 # 12/31/1995 Brad Winsor

1	Worlund, Lars	22	Uc38	2:10.00	2:09.41
		29.95	1:02.52 (32.57) 1:35.45 (32.93) 2:09.41 (33.96)		

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

NATL: 25.38 % 3/17/2012 JOSH HAFKIN

PAC: 25.71 # 9/18/2016 Chuck Katis

1	Hernandez, Clapton	20	SF Tsunami Masters-38	32.00	34.15
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**Men 18-24 100 SC Meter Backstroke**

NATL: 51.91 % 10/29/2011 EUGENE GODSOE

PAC: 58.17 # 12/31/2010 Matt Scanlan

1	Hernandez, Clapton	20	SF Tsunami Masters-38	1:04.00	1:15.81
		36.56	1:15.81 (39.25)		
2	Freiwald, Owen K	23	Sacramento Masters-38	1:20.00	1:20.67
		37.17	1:20.67 (43.50)		

**Men 18-24 200 SC Meter Backstroke**

NATL: 1:54.74 % 10/6/2019 P BOLANOS

PAC: 2:08.81 # 12/31/1993 Sergey Mariniuk

1	Welsh, Cole	22	Walnut Creek Masters-38	2:28.00	2:22.08
		33.65	1:09.26 (35.61) 1:45.92 (36.66) 2:22.08 (36.16)		

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 18-24 50 SC Meter Breaststroke**NATL: 27.83 % 11/21/2009 **GREGOR PLEVELJ**PAC: 28.79 # 11/23/2013 **Robert Lovelace**

1	Welsh, Cole	22	Walnut Creek Masters-38	29.00	30.42
2	Teshima, Ryan	23	University of San Francisco Ma-38	28.50	32.76
3	Yancher, Owen	24	Davis Aquatic Masters-38	34.99	33.80

**Men 18-24 100 SC Meter Breaststroke**NATL: 59.96 % 11/18/2017 **THIBAUT CAPITAINE**PAC: 1:03.84 # 10/9/2016 **Darren Chan Chin**

1	Welsh, Cole	22	Walnut Creek Masters-38	1:05.00	1:07.23
	31.19		1:07.23 (36.04)		
2	Teshima, Ryan	23	University of San Francisco Ma-38	1:05.50	1:11.48
	34.08		1:11.48 (37.40)		
3	Yancher, Owen	24	Davis Aquatic Masters-38	1:10.99	1:12.67
	34.52		1:12.67 (38.15)		
4	Yu, Xavier	18	Uc38	1:09.33	1:12.82
	33.69		1:12.82 (39.13)		

**Men 18-24 50 SC Meter Butterfly**NATL: 23.96 % 11/6/2016 **RUNAR BORGEN**PAC: 22.57 # 12/7/2004 **Thomas A Shields**

1	Worlund, Lars	22	Uc38	30.00	27.77
2	Yancher, Owen	24	Davis Aquatic Masters-38	29.99	27.80
3	Freiwald, Owen K	23	Sacramento Masters-38	31.57	31.89
4	Hernandez, Clapton	20	SF Tsunami Masters-38	32.00	34.20

**Men 18-24 100 SC Meter Butterfly**NATL: 52.25 % 10/29/2011 **EUGENE GODSOE**PAC: 48.99 # 12/7/2004 **Thomas A Shields**

1	Worlund, Lars	22	Uc38	1:05.00	1:02.07
	28.21		1:02.07 (33.86)		
2	Hernandez, Clapton	20	SF Tsunami Masters-38	1:15.00	1:17.37
	33.60		1:17.37 (43.77)		

**Men 18-24 200 SC Meter Butterfly**NATL: 1:59.67 % 12/7/2019 **KEVIN MENDOZA**PAC: 1:50.68 # 12/7/2014 **Thomas A Shields**

1	Worlund, Lars	22	Uc38	3:00.00	2:58.66
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**Men 18-24 100 SC Meter IM**NATL: 55.71 % 10/29/2011 **EUGENE GODSOE**PAC: 56.82 # 11/24/2013 **Robert Lovelace**

1	Worlund, Lars	22	Uc38	1:10.00	1:07.52
	30.78		1:07.52 (36.74)		

**Men 18-24 200 SC Meter IM**NATL: 2:00.32 % 12/11/2005 **NICK BRUNELLI**PAC: 2:08.44 # 11/23/2013 **Robert Lovelace**

1	Yu, Xavier	18	Uc38	2:16.33	2:22.07
	30.52		1:06.26 (35.74)	1:47.75 (41.49)	2:22.07 (34.32)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 25-29 50 SC Meter Freestyle****NATL: 21.28 % 11/20/2021 RYAN HELD****PAC: 22.81 # 12/31/2002 Scott C Greenwood**

1	Dong, Richard	26	University of San Francisco Ma-38	24.24	25.05
2	Harmon, Joshua	29	Walnut Creek Masters-38	26.50	26.21
3	Gleason, Sam	26	Albany Armada Aquatics Masters-38	27.47	26.68
4	Chen, Jacky	29	Marcia's Enthusiastic Masters-38	27.41	27.19
5	Meads, Sean	25	Diamond Hills Masters-38	26.00	27.22
6	Jenstrom, Ian P	29	Jellies Aquatic Masters of Mon-38	27.00	27.30
7	Koehl, Arthur	27	Davis Aquatic Masters-38	29.00	29.41
8	Rentschler, Kyle	25	Marcia's Enthusiastic Masters-38	32.00	33.70

**Men 25-29 100 SC Meter Freestyle****NATL: 47.43 % 11/16/2014 CESAR CIELO****PAC: 51.94 # 9/22/2013 Tim R Watts**

1	Dong, Richard	26	University of San Francisco Ma-38	54.64	55.28
				26.68	55.28 (28.60)
2	Harmon, Joshua	29	Walnut Creek Masters-38	57.70	58.86
				27.91	58.86 (30.95)
3	Gleason, Sam	26	Albany Armada Aquatics Masters-38	59.95	59.49
				28.92	59.49 (30.57)
4	Meads, Sean	25	Diamond Hills Masters-38	58.00	1:01.70
				28.75	1:01.70 (32.95)
5	Chen, Jacky	29	Marcia's Enthusiastic Masters-38	1:02.28	1:02.65
				29.56	1:02.65 (33.09)
6	Koehl, Arthur	27	Davis Aquatic Masters-38	1:04.00	1:05.05
				31.45	1:05.05 (33.60)
7	Gu, Yue Shen	29	Walnut Creek Masters-38	1:06.08	1:06.25
				31.24	1:06.25 (35.01)

**Men 25-29 200 SC Meter Freestyle****NATL: 1:44.90 % 11/3/2013 DARIAN TOWNSEND****PAC: 1:48.81 # 12/31/1995 John Keppeler**

1	Rico, Daniel	26	Walnut Creek Masters-38	2:10.00	2:08.08
				28.79	1:00.94 (32.15) 1:34.26 (33.32) 2:08.08 (33.82)
2	Gleason, Sam	26	Albany Armada Aquatics Masters-38	2:12.65	2:12.53
				30.03	1:03.66 (33.63) 1:38.48 (34.82) 2:12.53 (34.05)
3	Mueller, Eric	28	Uc38	2:27.37	2:15.19
				30.91	1:04.51 (33.60) 1:39.75 (35.24) 2:15.19 (35.44)
4	Berger, Brian D	26	Uc38	2:20.00	2:25.12
				32.41	1:08.29 (35.88) 1:46.21 (37.92) 2:25.12 (38.91)
5	Koehl, Arthur	27	Davis Aquatic Masters-38	2:28.00	2:30.36
				32.73	1:09.89 (37.16) 1:49.92 (40.03) 2:30.36 (40.44)

**Men 25-29 400 SC Meter Freestyle****NATL: 3:52.83 % 12/9/2018 DREW MODROV****PAC: 4:04.26 # 12/31/2002 Nate Moore**

1	Rico, Daniel	26	Walnut Creek Masters-38	4:45.00	4:35.47
				31.98	1:06.90 (34.92) 1:42.45 (35.55) 2:18.15 (35.70)
				2:53.57 (35.42)	3:28.66 (35.09) 4:02.62 (33.96) 4:35.47 (32.85)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 25-29 800 SC Meter Freestyle**NATL: 8:14.75 % 12/14/1997 **ALEX KOSTICH**PAC: 8:43.04 # 12/31/1996 **Chip L Hobson**

1	Koehl, Arthur	27	Davis Aquatic Masters-38	11:40.00	10:53.82
	36.38	1:15.50 (39.12)	1:55.70 (40.20)	2:36.24 (40.54)	
	3:17.13 (40.89)	3:58.23 (41.10)	4:39.47 (41.24)	5:20.81 (41.34)	
	6:02.77 (41.96)	6:44.19 (41.42)	7:26.35 (42.16)	8:08.10 (41.75)	
	8:49.63 (41.53)	9:31.12 (41.49)	10:12.44 (41.32)	10:53.82 (41.38)	
2	Dyer, Samuel	26	Albany Armada Aquatics Masters-38	10:55.17	11:05.16
	34.70	1:13.95 (39.25)	1:54.57 (40.62)	2:35.72 (41.15)	
	3:17.56 (41.84)	3:59.35 (41.79)	4:41.43 (42.08)	5:25.14 (43.71)	
	6:07.71 (42.57)	6:50.04 (42.33)	7:32.88 (42.84)	8:15.44 (42.56)	
	8:58.29 (42.85)	9:41.03 (42.74)	10:23.95 (42.92)	11:05.16 (41.21)	

**Men 25-29 1500 SC Meter Freestyle**NATL: 15:41.81 % 12/14/1997 **ALEX KOSTICH**PAC: 16:12.04 # 1/28/2017 **Chad E La Tourett**

1	Rico, Daniel	26	Walnut Creek Masters-38	19:40.00	18:54.22
	34.11	1:12.05 (37.94)	1:50.43 (38.38)	2:29.48 (39.05)	
	3:08.78 (39.30)	3:48.00 (39.22)	4:27.45 (39.45)	5:06.56 (39.11)	
	5:45.78 (39.22)	6:24.94 (39.16)	7:03.65 (38.71)	7:42.34 (38.69)	
	8:21.11 (38.77)	8:59.73 (38.62)	9:38.76 (39.03)	10:17.20 (38.44)	
	10:55.19 (37.99)	11:33.27 (38.08)	12:11.59 (38.32)	12:49.89 (38.30)	
	13:27.50 (37.61)	14:04.55 (37.05)	14:41.52 (36.97)	15:18.66 (37.14)	
	15:55.38 (36.72)	16:32.09 (36.71)	17:08.18 (36.09)	17:44.48 (36.30)	
	18:20.49 (36.01)	18:54.22 (33.73)			

**Men 25-29 50 SC Meter Backstroke**NATL: 23.70 % 11/21/2021 **RYAN HELD**PAC: 24.87 # 10/13/2019 **Iskender Baslakov**

1	Green, Connor	26	SF Tsunami Masters-38	33.34	27.57
2	Dong, Richard	26	University of San Francisco Ma-38	30.00	27.93
3	Jenstrom, Ian P	29	Jellies Aquatic Masters of Mon-38	32.00	33.04
4	Chen, Jacky	29	Marcia's Enthusiastic Masters-38	32.26	33.38
5	Dyer, Samuel	26	Albany Armada Aquatics Masters-38	33.17	34.15

**Men 25-29 100 SC Meter Backstroke**NATL: 52.99 % 12/3/2016 **TONY COX**PAC: 55.20 # 10/12/2019 **Iskender Baslakov**

1	Green, Connor	26	SF Tsunami Masters-38	1:08.52	1:00.46
	29.34	1:00.46 (31.12)			
2	Dong, Richard	26	University of San Francisco Ma-38	1:06.00	1:02.37
	30.05	1:02.37 (32.32)			
3	Chen, Jacky	29	Marcia's Enthusiastic Masters-38	1:13.14	1:12.60
	34.47	1:12.60 (38.13)			
4	Dyer, Samuel	26	Albany Armada Aquatics Masters-38	1:10.17	1:13.68
	34.99	1:13.68 (38.69)			
5	Koehl, Arthur	27	Davis Aquatic Masters-38	1:14.00	1:14.69
	36.45	1:14.69 (38.24)			
6	Gleason, Sam	26	Albany Armada Aquatics Masters-38	1:14.50	1:16.17
	36.27	1:16.17 (39.90)			

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 25-29 200 SC Meter Backstroke**NATL: 2:01.34 % 11/13/2016 **JAN KONARZEWSKI**PAC: 2:02.63 # 12/31/1995 **John Keppeler**

1	Dyer, Samuel	26	Albany Armada Aquatics Masters-38	2:35.17	2:41.64
	36.81	1:16.94 (40.13)	1:58.61 (41.67)	2:41.64 (43.03)	
2	Berger, Brian D	26	Uc38	2:30.00	2:42.49
	38.06	1:18.72 (40.66)	2:00.95 (42.23)	2:42.49 (41.54)	
3	Koehl, Arthur	27	Davis Aquatic Masters-38	2:57.00	2:46.09
	40.90	1:23.62 (42.72)	2:05.15 (41.53)	2:46.09 (40.94)	

**Men 25-29 50 SC Meter Breaststroke**NATL: 27.31 % 11/23/2013 **EETU KARVONEN**PAC: 28.66 # 10/12/2019 **Hunter Cobleigh**

1	Henry, Christian	26	Uc38	29.32	30.58
2	Dong, Richard	26	University of San Francisco Ma-38	31.73	31.12
3	Plocek, Everett	26	Oregon Masters-37	32.90	32.20
4	Chen, Jacky	29	Marcia's Enthusiastic Masters-38	35.05	35.38
5	Meads, Sean	25	Diamond Hills Masters-38	33.00	36.69
6	Gu, Yue Shen	29	Walnut Creek Masters-38	39.49	38.24
7	Rivera, Allen	28	Uc38	1:18.33	54.47

**Men 25-29 100 SC Meter Breaststroke**NATL: 59.21 % 11/23/2013 **EETU KARVONEN**PAC: 1:00.83 # 12/7/2014 **BJ Johnson**

1	Dong, Richard	26	University of San Francisco Ma-38	1:07.41	1:07.56
	31.82	1:07.56 (35.74)			
2	Plocek, Everett	26	Oregon Masters-37	1:11.70	1:11.37
	33.30	1:11.37 (38.07)			
3	Chen, Jacky	29	Marcia's Enthusiastic Masters-38	1:20.26	1:23.13
	39.19	1:23.13 (43.94)			
4	Gu, Yue Shen	29	Walnut Creek Masters-38	1:27.38	1:24.67
	40.61	1:24.67 (44.06)			

**Men 25-29 200 SC Meter Breaststroke**NATL: 2:07.55 % 10/14/2018 **JOSH PRENOT**PAC: 2:06.24 # 12/7/2014 **BJ Johnson**

1	Rico, Daniel	26	Walnut Creek Masters-38	2:35.43	2:31.73
	34.68	1:13.18 (38.50)	1:52.66 (39.48)	2:31.73 (39.07)	

**Men 25-29 50 SC Meter Butterfly**NATL: 23.15 % 11/21/2021 **RYAN HELD**PAC: 25.06 # 12/31/2007 **Adam M Conway**

1	Henry, Christian	26	Uc38	24.55	26.32
2	Harmon, Joshua	29	Walnut Creek Masters-38	28.03	28.74
3	Mueller, Eric	28	Uc38	28.66	29.09
4	Meads, Sean	25	Diamond Hills Masters-38	28.00	30.83
5	Dyer, Samuel	26	Albany Armada Aquatics Masters-38	30.99	30.85
6	Gleason, Sam	26	Albany Armada Aquatics Masters-38	31.09	31.06
7	Gu, Yue Shen	29	Walnut Creek Masters-38	36.51	34.64

**Men 25-29 100 SC Meter Butterfly**NATL: 52.45 % 11/3/2013 **DARIAN TOWNSEND**PAC: 55.97 # 12/31/2007 **Adam M Conway**

1	Mueller, Eric	28	Uc38	1:05.64	1:03.20
	30.03	1:03.20 (33.17)			



**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 25-29 100 SC Meter Butterfly)**

2	Rico, Daniel	26	Walnut Creek Masters-38	1:06.00	1:05.01
	30.78		1:05.01 (34.23)		
3	Remmert, Kyle	26	Walnut Creek Masters-38	1:10.00	1:08.73
	31.94		1:08.73 (36.79)		
4	Dyer, Samuel	26	Albany Armada Aquatics Masters-38	1:09.99	1:11.41
	32.68		1:11.41 (38.73)		
5	Berger, Brian D	26	Uc38	1:10.00	1:11.98
	33.50		1:11.98 (38.48)		

**Men 25-29 200 SC Meter Butterfly****NATL: 2:02.97 % 12/10/2017 DREW MODROV****PAC: 2:13.42 # 9/23/2018 Brandon J Fischer**

1	Mueller, Eric	28	Uc38	2:40.00	2:26.65
	32.12		1:08.45 (36.33)	1:46.97 (38.52)	2:26.65 (39.68)

**Men 25-29 100 SC Meter IM****NATL: 52.78 % 11/21/2021 RYAN HELD****PAC: 56.39 # 9/25/2011 FRANK ZIO**

1	Green, Connor	26	SF Tsunami Masters-38	1:10.12	58.62
	26.48		58.62 (32.14)		
2	Dong, Richard	26	University of San Francisco Ma-38	59.74	1:01.16
	28.52		1:01.16 (32.64)		
3	Rico, Daniel	26	Walnut Creek Masters-38	1:05.72	1:04.83
	30.81		1:04.83 (34.02)		
4	Jenstrom, Ian P	29	Jellies Aquatic Masters of Mon-38	1:08.00	1:07.73
	31.78		1:07.73 (35.95)		
5	Remmert, Kyle	26	Walnut Creek Masters-38	1:14.00	1:08.35
	32.11		1:08.35 (36.24)		
6	Meads, Sean	25	Diamond Hills Masters-38	1:07.00	1:12.47
	33.90		1:12.47 (38.57)		
7	Chen, Jacky	29	Marcia's Enthusiastic Masters-38	1:10.86	1:12.83
	33.66		1:12.83 (39.17)		
---	Harmon, Joshua	29	Walnut Creek Masters-38	1:05.00	DQ
	30.82		DQ (38.21)		

**Men 25-29 200 SC Meter IM****NATL: 1:59.79 % 10/13/2013 ADAM RITTER****PAC: 2:05.93 # 12/31/1995 Jon Keppeler**

1	Mueller, Eric	28	Uc38	2:36.71	2:27.98
	31.27		1:10.19 (38.92)	1:53.17 (42.98)	2:27.98 (34.81)
2	Koehl, Arthur	27	Davis Aquatic Masters-38	2:49.00	2:45.12
	34.82		1:16.74 (41.92)	2:07.58 (50.84)	2:45.12 (37.54)

**Men 25-29 400 SC Meter IM****NATL: 4:26.79 % 12/10/1995 JOHN KEPPELER****PAC: 4:26.79 # 12/31/1995 John Keppeler**

1	Rico, Daniel	26	Walnut Creek Masters-38	5:10.00	5:08.75
	34.11		1:11.71 (37.60)	1:55.67 (43.96)	2:38.92 (43.25)
	3:19.16 (40.24)		3:59.68 (40.52)	4:35.09 (35.41)	5:08.75 (33.66)

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

1	Murlas, Kyler	33	Albany Armada Aquatics Masters-38	35.00	28.05
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**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 30-34 50 SC Meter Freestyle)**

2	Harding, Keevan	31	Marcia's Enthusiastic Masters-38	30.13	28.32
3	Pine, Justin	30	Marcia's Enthusiastic Masters-38	32.00	28.84

**Men 30-34 100 SC Meter Freestyle**NATL: 48.08 % 9/27/2014 **DARIAN TOWNSEND**PAC: 50.35 # 9/25/2011 **Anthony L Ervin**

1	Lavado, Marcos	31	Manatee Aquatic Masters Inc-38	53.01	50.88
	24.48		50.88 (26.40)		
2	Leber, Nathan	30	University of San Francisco Ma-38	1:02.00	1:04.52
	31.36		1:04.52 (33.16)		
3	Pine, Justin	30	Marcia's Enthusiastic Masters-38	1:06.00	1:04.66
	30.78		1:04.66 (33.88)		
4	Murlas, Kyler	33	Albany Armada Aquatics Masters-38	1:25.00	1:04.88
	31.20		1:04.88 (33.68)		
5	Freiwald, Andrew	30	Sacramento Masters-38	1:08.00	1:05.53
	30.37		1:05.53 (35.16)		
6	Thomas, Michael	30	Mountain View Masters-38	1:06.66	1:07.88
	31.61		1:07.88 (36.27)		
7	Bautista, Jair	30	Sacramento Masters-38	1:15.00	1:12.26
	33.90		1:12.26 (38.36)		

**Men 30-34 200 SC Meter Freestyle**NATL: 1:46.12 % 9/27/2014 **DARIAN TOWNSEND**PAC: 1:52.04 # 12/31/1999 **John Keppeler**

1	Lavado, Marcos	31	Manatee Aquatic Masters Inc-38	1:56.87	1:52.50
	26.18		54.81 (28.63) 1:23.90 (29.09) 1:52.50 (28.60)		
2	Rossbach, Alexander	32	Albany Armada Aquatics Masters-38	2:20.99	2:21.07
	32.27		1:07.86 (35.59) 1:44.40 (36.54) 2:21.07 (36.67)		
3	Pine, Justin	30	Marcia's Enthusiastic Masters-38	2:25.00	2:29.52
	32.52		1:08.88 (36.36) 1:48.80 (39.92) 2:29.52 (40.72)		
4	Bautista, Jair	30	Sacramento Masters-38	2:35.00	2:45.27
	37.67		1:19.68 (42.01) 2:02.99 (43.31) 2:45.27 (42.28)		

**Men 30-34 400 SC Meter Freestyle**NATL: 3:53.95 % 12/14/2019 **DREW MODROV**PAC: 4:11.37 # 10/18/2009 **Clayton P Jones**

1	Thomas, Michael	30	Mountain View Masters-38	5:55.82	5:34.31
	37.27		1:19.02 (41.75) 2:01.78 (42.76) 2:44.58 (42.80)		
	3:27.05 (42.47)		4:10.09 (43.04) 4:52.69 (42.60) 5:34.31 (41.62)		

**Men 30-34 800 SC Meter Freestyle**NATL: 8:12.74 % 11/21/2021 **DREW MODROV**PAC: 8:53.42 # 10/18/2009 **Andy J Nonaka**

1	Gutto, Shane	33	San Mateo Masters-38	9:39.34	9:22.71
	32.01		1:07.23 (35.22) 1:43.09 (35.86) 2:18.85 (35.76)		
	2:54.38 (35.53)		3:30.29 (35.91) 4:06.15 (35.86) 4:42.21 (36.06)		
	5:18.32 (36.11)		5:54.05 (35.73) 6:29.87 (35.82) 7:05.61 (35.74)		
	7:41.41 (35.80)		8:16.29 (34.88) 8:50.68 (34.39) 9:22.71 (32.03)		
2	Rossbach, Alexander	32	Albany Armada Aquatics Masters-38	10:55.83	10:32.74
	35.92		1:14.73 (38.81) 1:53.75 (39.02) 2:33.55 (39.80)		
	3:13.72 (40.17)		3:54.05 (40.33) 4:34.66 (40.61) 5:15.35 (40.69)		
	5:55.70 (40.35)		6:36.48 (40.78) 7:16.84 (40.36) 7:56.85 (40.01)		
	8:36.52 (39.67)		9:16.30 (39.78) 9:55.68 (39.38) 10:32.74 (37.06)		

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## Results

**(Men 30-34 800 SC Meter Freestyle)**

3	Pine, Justin	30	Marcia's Enthusiastic Masters-38	11:30.00	11:29.44
	36.34	1:16.96 (40.62)	2:00.73 (43.77)	2:44.54 (43.81)	
	3:29.04 (44.50)	4:13.62 (44.58)	4:58.00 (44.38)	5:42.18 (44.18)	
	6:26.47 (44.29)	7:09.89 (43.42)	7:53.85 (43.96)	8:37.80 (43.95)	
	9:22.16 (44.36)	10:05.39 (43.23)	10:48.04 (42.65)	11:29.44 (41.40)	
4	Thomas, Michael	30	Mountain View Masters-38	12:00.93	12:14.50
	39.91	1:25.75 (45.84)	2:12.32 (46.57)	2:59.43 (47.11)	
	3:46.64 (47.21)	4:33.62 (46.98)	5:20.32 (46.70)	6:07.15 (46.83)	
	6:54.22 (47.07)	7:41.22 (47.00)	8:28.06 (46.84)	9:14.89 (46.83)	
	10:01.53 (46.64)	10:47.27 (45.74)	11:31.90 (44.63)	12:14.50 (42.60)	

**Men 30-34 1500 SC Meter Freestyle**

NATL: 15:30.92 % 1/26/2019 CHAD LA TOURETTE

PAC: 15:30.92 # 1/26/2019 Chad E La Tourett

1	Gutto, Shane	33	San Mateo Masters-38	18:39.79	18:02.93
	32.20	1:07.42 (35.22)	1:42.51 (35.09)	2:18.41 (35.90)	
	2:54.57 (36.16)	3:30.82 (36.25)	4:07.54 (36.72)	4:43.80 (36.26)	
	5:20.25 (36.45)	5:56.69 (36.44)	6:32.96 (36.27)	7:09.30 (36.34)	
	7:45.30 (36.00)	8:21.74 (36.44)	8:57.73 (35.99)	9:34.22 (36.49)	
	10:10.73 (36.51)	10:46.64 (35.91)	11:22.84 (36.20)	11:59.03 (36.19)	
	12:35.95 (36.92)	13:11.88 (35.93)	13:48.41 (36.53)	14:25.01 (36.60)	
	15:01.71 (36.70)	15:38.39 (36.68)	16:14.53 (36.14)	16:51.22 (36.69)	
	17:27.85 (36.63)	18:02.93 (35.08)			
2	Leber, Nathan	30	University of San Francisco Ma-38	20:00.00	19:54.17
	36.31	1:15.12 (38.81)	1:54.56 (39.44)	2:34.03 (39.47)	
	3:14.18 (40.15)	3:54.42 (40.24)	4:35.08 (40.66)	5:15.29 (40.21)	
	5:56.71 (41.42)	6:37.25 (40.54)	7:17.53 (40.28)	7:58.43 (40.90)	
	8:38.94 (40.51)	9:18.79 (39.85)	9:58.89 (40.10)	10:39.07 (40.18)	
	11:19.38 (40.31)	11:59.74 (40.36)	12:40.23 (40.49)	13:20.59 (40.36)	
	14:00.65 (40.06)	14:40.80 (40.15)	15:20.42 (39.62)	15:59.83 (39.41)	
	16:39.76 (39.93)	17:19.86 (40.10)	17:59.25 (39.39)	18:38.98 (39.73)	
	19:18.02 (39.04)	19:54.17 (36.15)			

**Men 30-34 100 SC Meter Backstroke**

NATL: 52.68 % 10/24/2009 DERYA BUYUKUNCU

PAC: 56.12 # 10/12/2019 Peter R Kline

1	Leber, Nathan	30	University of San Francisco Ma-38	1:20.00	1:15.61
	37.67	1:15.61 (37.94)			

**Men 30-34 200 SC Meter Backstroke**

NATL: 1:55.46 % 11/1/2009 DERYA BUYUKUNCU

PAC: 2:02.91 # 12/31/1999 John Keppeler

1	Thomas, Michael	30	Mountain View Masters-38	2:57.88	2:49.01
	40.39	1:23.46 (43.07)	2:06.14 (42.68)	2:49.01 (42.87)	

**Men 30-34 50 SC Meter Breaststroke**

NATL: 28.00 % 10/16/2021 BRANDON FISCHER

PAC: 28.00 # 10/16/2021 Brandon J Fischer

1	Fischer, Brandon J	33	Uc38	28.00	27.60 %
2	Harding, Keevan	31	Marcia's Enthusiastic Masters-38	35.79	36.36
3	Chien, Rex L	34	Marcia's Enthusiastic Masters-38	41.41	39.34
4	Freiwald, Andrew	30	Sacramento Masters-38	42.16	39.74
5	Bautista, Jair	30	Sacramento Masters-38	50.00	47.10

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1	Fischer, Brandon J	33	Uc38	1:00.83	59.42 %
	27.93	59.42 (31.49)			
2	Harding, Keevan	31	Marcia's Enthusiastic Masters-38	1:17.83	1:19.36
	37.28	1:19.36 (42.08)			
3	Thomas, Michael	30	Mountain View Masters-38	1:25.86	1:25.52
	40.68	1:25.52 (44.84)			

**Men 30-34 200 SC Meter Breaststroke****NATL: 2:12.92 % 9/22/2019 BRANDON FISCHER****PAC: 2:12.92 # 9/22/2019 Brandon J Fischer**

1	Fischer, Brandon J	33	Uc38	2:12.92	2:11.44 %
	30.27	1:03.60 (33.33)	1:37.20 (33.60)	2:11.44 (34.24)	
2	Green, Zachary Y	33	Uc25	3:10.00	2:59.73
	42.40	1:28.97 (46.57)	2:14.41 (45.44)	2:59.73 (45.32)	
3	Harding, Keevan	31	Marcia's Enthusiastic Masters-38	3:01.73	3:00.67
	41.74	1:27.34 (45.60)	2:13.89 (46.55)	3:00.67 (46.78)	

**Men 30-34 50 SC Meter Butterfly****NATL: 24.14 % 12/14/2019 DREW MODROV****PAC: 25.06 # 12/31/1989 Mike Bottom**

1	Rossbach, Alexander	32	Albany Armada Aquatics Masters-38	29.85	30.45
2	Chien, Rex L	34	Marcia's Enthusiastic Masters-38	34.34	33.34
3	Freiwald, Andrew	30	Sacramento Masters-38	33.85	34.17
4	Murlas, Kyler	33	Albany Armada Aquatics Masters-38	41.00	34.37
5	Bautista, Jair	30	Sacramento Masters-38	36.00	37.89

**Men 30-34 100 SC Meter Butterfly****NATL: 52.44 % 11/12/2016 DARIAN TOWNSEND****PAC: 56.43 # 12/31/1989 Mike Bottom**

1	Lavado, Marcos	31	Manatee Aquatic Masters Inc-38	56.45	54.71 #
	25.82	54.71 (28.89)			
2	Rossbach, Alexander	32	Albany Armada Aquatics Masters-38	1:15.99	1:07.76
	31.84	1:07.76 (35.92)			
3	Thomas, Michael	30	Mountain View Masters-38	1:13.94	1:13.39
	33.53	1:13.39 (39.86)			
4	Bautista, Jair	30	Sacramento Masters-38	1:20.00	1:27.69
	40.57	1:27.69 (47.12)			

**Men 30-34 200 SC Meter Butterfly****NATL: 1:57.41 % 9/24/2016 DARIAN TOWNSEND****PAC: 2:09.08 # 12/31/2008 Erik L Scalise**

1	Lavado, Marcos	31	Manatee Aquatic Masters Inc-38	2:10.00	2:02.73 #
	26.55	56.94 (30.39)	1:29.11 (32.17)	2:02.73 (33.62)	
2	Gutto, Shane	33	San Mateo Masters-38	2:29.09	2:34.35
	35.60	1:15.58 (39.98)	1:55.42 (39.84)	2:34.35 (38.93)	
3	Leber, Nathan	30	University of San Francisco Ma-38	2:55.00	2:56.36
	37.59	1:21.49 (43.90)	2:08.15 (46.66)	2:56.36 (48.21)	
4	Chien, Rex L	34	Marcia's Enthusiastic Masters-38	3:30.90	2:58.64
	40.30	1:27.62 (47.32)	2:16.34 (48.72)	2:58.64 (42.30)	

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NATL: 53.28 %		11/13/2016	DARIAN TOWNSEND		
PAC: 56.76 #		10/13/2019	Peter R Kline		
1	Fischer, Brandon J	33	Uc38	58.52	56.65 #
	27.12	56.65 (29.53)			
2	Harding, Keevan	31	Marcia's Enthusiastic Masters-38	1:13.01	1:11.93
	34.55	1:11.93 (37.38)			
3	Thomas, Michael	30	Mountain View Masters-38	1:16.88	1:14.67
	35.04	1:14.67 (39.63)			
4	Green, Zachary Y	33	Uc25	1:23.00	1:16.39
	36.66	1:16.39 (39.73)			
5	Pine, Justin	30	Marcia's Enthusiastic Masters-38	1:17.00	1:17.43
	36.29	1:17.43 (41.14)			
6	Murlas, Kyler	33	Albany Armada Aquatics Masters-38	1:35.00	1:18.77
	35.73	1:18.77 (43.04)			
7	Bautista, Jair	30	Sacramento Masters-38	1:20.00	1:30.00
	41.65	1:30.00 (48.35)			

**Men 30-34 200 SC Meter IM**

NATL: 1:56.96 %		11/13/2016	DARIAN TOWNSEND		
PAC: 2:06.01 #		10/12/2019	Peter R Kline		
1	Gutto, Shane	33	San Mateo Masters-38	2:45.25	2:28.84
	31.84	1:12.07 (40.23)	1:56.13 (44.06)	2:28.84 (32.71)	
2	Harding, Keevan	31	Marcia's Enthusiastic Masters-38	2:40.00	2:40.34
	34.92	1:15.51 (40.59)	2:02.85 (47.34)	2:40.34 (37.49)	
3	Leber, Nathan	30	University of San Francisco Ma-38	2:40.00	2:43.43
	35.37	1:17.87 (42.50)	2:07.39 (49.52)	2:43.43 (36.04)	
4	Bautista, Jair	30	Sacramento Masters-38	2:40.00	3:12.20
	38.82	1:28.18 (49.36)	2:27.72 (59.54)	3:12.20 (44.48)	
---	Chien, Rex L	34	Marcia's Enthusiastic Masters-38	2:55.55	DQ
	35.77	1:25.21 (49.44)	2:17.69 (52.48)	DQ (39.42)	
---	Murlas, Kyler	33	Albany Armada Aquatics Masters-38	3:05.00	DQ
	35.20	1:21.56 (46.36)	2:15.91 (54.35)	DQ (41.49)	

**Men 30-34 400 SC Meter IM**

NATL: 4:13.68 %		10/31/2015	DARIAN TOWNSEND		
PAC: 4:26.74 #		12/31/1999	Roque J Santos		
1	Gutto, Shane	33	San Mateo Masters-38	5:21.09	5:24.45
	34.24	1:11.61 (37.37)	1:54.04 (42.43)	2:36.83 (42.79)	
	3:24.84 (48.01)	4:12.40 (47.56)	4:48.82 (36.42)	5:24.45 (35.63)	
2	Harding, Keevan	31	Marcia's Enthusiastic Masters-38	6:00.77	5:58.35
	37.70	1:19.81 (42.11)	2:05.73 (45.92)	2:52.03 (46.30)	
	3:43.91 (51.88)	4:34.49 (50.58)	5:17.31 (42.82)	5:58.35 (41.04)	
3	Chien, Rex L	34	Marcia's Enthusiastic Masters-38	6:40.00	6:40.39
	38.26	1:24.44 (46.18)	2:19.40 (54.96)	3:15.58 (56.18)	
	4:11.59 (56.01)	5:08.77 (57.18)	5:52.67 (43.90)	6:40.39 (47.72)	

**Men 35-39 50 SC Meter Freestyle**

NATL: 21.81 %		9/22/2018	ROLAND SCHOEMAN		
PAC: 23.54 #		12/2/2012	Scott C Greenwood		
1	Frink, Stephen	37	Richmond Plunge Masters-38	26.35	25.88
2	Warner, Jason	36	Walnut Creek Masters-38	28.00	26.78
3	Law, David	37	Manatee Aquatic Masters Inc-38	28.50	28.74
4	Tauber, Peter	37	Temescal Aquatic Masters-38	26.99	29.40
5	Chua, Brendan W	37	Richmond Plunge Masters-38	30.68	30.30

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6	Ranahan, Darin	39	Marcia's Enthusiastic Masters-38	35.00	34.80
7	Choi, Jindoo (Stephen)	36	Marcia's Enthusiastic Masters-38	36.00	37.33

**Men 35-39 100 SC Meter Freestyle**NATL: 47.70 % 11/18/2018 **ROLAND SCHOEMAN**PAC: 53.62 # 12/31/2003 **John Keppeler**

1	Frink, Stephen	37	Richmond Plunge Masters-38	57.49	57.42
	27.63		57.42 (29.79)		
2	Warner, Jason	36	Walnut Creek Masters-38	1:01.00	57.99
	27.38		57.99 (30.61)		
3	Eilath, Adam	35	Manatee Aquatic Masters Inc-38	58.00	59.74
	28.46		59.74 (31.28)		
4	Zachan, Matthew	36	Davis Aquatic Masters-38	59.10	1:00.26
	29.21		1:00.26 (31.05)		
5	Law, David	37	Manatee Aquatic Masters Inc-38	1:02.90	1:03.32
	29.67		1:03.32 (33.65)		

**Men 35-39 100 SC Meter Freestyle**NATL: 47.70 % 11/18/2018 **ROLAND SCHOEMAN**PAC: 53.62 # 12/31/2003 **John Keppeler**

1	Zachan, Matthew	36	Davis Aquatic Masters-38	NT	1:00.27
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**Men 35-39 200 SC Meter Freestyle**NATL: 1:51.31 % 12/14/2003 **ERIK HOCHSTEIN**PAC: 1:54.82 # 10/14/2018 **Tamas Kerekjarto**

1	Warner, Jason	36	Walnut Creek Masters-38	2:20.00	2:10.33
	30.16		1:02.93 (32.77) 1:37.03 (34.10) 2:10.33 (33.30)		
2	Eilath, Adam	35	Manatee Aquatic Masters Inc-38	2:10.50	2:12.88
	30.34		1:03.69 (33.35) 1:38.68 (34.99) 2:12.88 (34.20)		
3	Zachan, Matthew	36	Davis Aquatic Masters-38	2:14.10	2:14.32
	30.30		1:03.49 (33.19) 1:38.47 (34.98) 2:14.32 (35.85)		
4	Law, David	37	Manatee Aquatic Masters Inc-38	2:25.10	2:24.08
	32.92		1:10.12 (37.20) 1:47.86 (37.74) 2:24.08 (36.22)		
5	Ranahan, Darin	39	Marcia's Enthusiastic Masters-38	2:50.00	2:58.08
	35.59		1:17.95 (42.36) 2:06.30 (48.35) 2:58.08 (51.78)		

**Men 35-39 200 SC Meter Freestyle**NATL: 1:51.31 % 12/14/2003 **ERIK HOCHSTEIN**PAC: 1:54.82 # 10/14/2018 **Tamas Kerekjarto**

1	Song, Jimmy	39	Marcia's Enthusiastic Masters-38	NT	2:32.86
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**Men 35-39 400 SC Meter Freestyle**NATL: 3:57.77 % 12/14/2003 **ERIK HOCHSTEIN**PAC: 4:05.29 # 12/31/2009 **Alex Kostich**

1	Frink, Stephen	37	Richmond Plunge Masters-38	4:45.97	4:42.49
	32.00		1:07.21 (35.21) 1:43.00 (35.79) 2:19.53 (36.53)		
	2:56.05 (36.52)		3:32.93 (36.88) 4:08.86 (35.93) 4:42.49 (33.63)		
2	Zachan, Matthew	36	Davis Aquatic Masters-38	4:50.10	4:49.72
	32.64		1:08.35 (35.71) 1:44.76 (36.41) 2:21.53 (36.77)		
	2:59.50 (37.97)		3:37.44 (37.94) 4:14.26 (36.82) 4:49.72 (35.46)		
3	Warner, Jason	36	Walnut Creek Masters-38	5:00.00	4:51.53
	32.30		1:08.78 (36.48) 1:45.64 (36.86) 2:23.08 (37.44)		
	3:00.47 (37.39)		3:37.99 (37.52) 4:16.27 (38.28) 4:51.53 (35.26)		

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4	Law, David	37	Manatee Aquatic Masters Inc-38	5:08.00	5:14.20
	34.25	1:12.80 (38.55)	1:52.27 (39.47)	2:32.40 (40.13)	
	3:12.58 (40.18)	3:53.11 (40.53)	4:34.30 (41.19)	5:14.20 (39.90)	
5	Torres, Emmanuel	36	Marcia's Enthusiastic Masters-38	5:25.24	5:17.93
	36.18	1:16.02 (39.84)	1:57.52 (41.50)	2:38.82 (41.30)	
	3:19.83 (41.01)	4:00.84 (41.01)	4:41.60 (40.76)	5:17.93 (36.33)	
6	Song, Jimmy	39	Marcia's Enthusiastic Masters-38	5:30.82	5:31.39
	37.95	1:20.49 (42.54)	2:03.40 (42.91)	2:45.69 (42.29)	
	3:27.81 (42.12)	4:09.42 (41.61)	4:51.11 (41.69)	5:31.39 (40.28)	
7	Chua, Brendan W	37	Richmond Plunge Masters-38	6:00.00	5:58.84
	39.09	1:21.51 (42.42)	2:06.10 (44.59)	2:52.37 (46.27)	
	3:39.87 (47.50)	4:26.87 (47.00)	5:13.82 (46.95)	5:58.84 (45.02)	
8	Choi, Jindoo (Stephen)	36	Marcia's Enthusiastic Masters-38	6:40.00	8:05.52
	48.34	1:42.05 (53.71)	2:40.11 (58.06)	3:41.70 (1:01.59)	
	4:46.58 (1:04.88)	5:53.68 (1:07.10)	7:01.14 (1:07.46)	8:05.52 (1:04.38)	

**Men 35-39 800 SC Meter Freestyle****NATL: 8:16.19 % 12/6/2009 ALEX KOSTICH****PAC: 8:16.19 # 12/31/2009 Alex Kostich**

1	Zachan, Matthew	36	Davis Aquatic Masters-38	10:25.10	9:52.34
	33.98	1:11.06 (37.08)	1:48.31 (37.25)	2:25.56 (37.25)	
	3:02.89 (37.33)	3:40.73 (37.84)	4:18.63 (37.90)	4:56.41 (37.78)	
	5:33.96 (37.55)	6:11.58 (37.62)	6:49.09 (37.51)	7:26.87 (37.78)	
	8:04.49 (37.62)	8:41.58 (37.09)	9:17.78 (36.20)	9:52.34 (34.56)	
2	Torres, Emmanuel	36	Marcia's Enthusiastic Masters-38	11:29.20	10:59.99
	36.27	1:15.01 (38.74)	1:55.41 (40.40)	2:36.53 (41.12)	
	3:17.81 (41.28)	3:59.48 (41.67)	4:40.91 (41.43)	5:22.62 (41.71)	
	6:04.67 (42.05)	6:46.87 (42.20)	7:29.41 (42.54)	8:11.88 (42.47)	
	8:53.65 (41.77)	9:36.66 (43.01)	10:19.10 (42.44)	10:59.99 (40.89)	
3	Law, David	37	Manatee Aquatic Masters Inc-38	10:58.70	11:09.14
	34.75	1:13.65 (38.90)	1:54.42 (40.77)	2:36.46 (42.04)	
	3:19.04 (42.58)	4:01.80 (42.76)	4:44.80 (43.00)	5:28.11 (43.31)	
	6:11.13 (43.02)	6:54.46 (43.33)	7:37.69 (43.23)	8:20.67 (42.98)	
	9:03.56 (42.89)	9:46.45 (42.89)	10:29.21 (42.76)	11:09.14 (39.93)	
4	Gibbons, Yves K	38	Marcia's Enthusiastic Masters-38	13:10.46	13:28.32
	46.59	1:35.91 (49.32)	2:26.34 (50.43)	3:16.77 (50.43)	
	4:07.72 (50.95)	4:59.90 (52.18)	5:51.29 (51.39)	6:43.02 (51.73)	
	7:34.06 (51.04)	8:25.25 (51.19)	9:15.93 (50.68)	10:07.14 (51.21)	
	10:58.65 (51.51)	11:49.53 (50.88)	12:40.19 (50.66)	13:28.32 (48.13)	

**Men 35-39 1500 SC Meter Freestyle****NATL: 15:56.57 % 12/4/2009 ALEX KOSTICH****PAC: 15:56.57 # 12/31/2009 Alex Kostich**

1	Chua, Brendan W	37	Richmond Plunge Masters-38	25:09.00	24:42.57
	44.35	1:31.59 (47.24)	2:20.85 (49.26)	3:10.91 (50.06)	
	4:01.93 (51.02)	4:52.21 (50.28)	5:43.15 (50.94)	6:33.18 (50.03)	
	7:24.64 (51.46)	8:14.93 (50.29)	9:05.11 (50.18)	9:55.10 (49.99)	
	10:44.98 (49.88)	11:34.17 (49.19)	12:23.52 (49.35)	13:13.15 (49.63)	
	14:03.83 (50.68)	14:53.92 (50.09)	15:44.11 (50.19)	16:34.07 (49.96)	
	17:23.36 (49.29)	18:13.36 (50.00)	19:02.70 (49.34)	19:52.90 (50.20)	
	20:41.92 (49.02)	21:31.59 (49.67)	22:22.31 (50.72)	23:10.11 (47.80)	
	23:58.27 (48.16)	24:42.57 (44.30)			

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

## Men 35-39 50 SC Meter Backstroke

NATL: 25.57 % 10/27/2019 **DARIAN TOWNSEND**PAC: 27.87 # 10/17/2021 **Ian Powell**

1	Tauber, Peter	37	Temescal Aquatic Masters-38	28.99	34.95
2	Chua, Brendan W	37	Richmond Plunge Masters-38	39.47	38.51
3	Ranahan, Darin	39	Marcia's Enthusiastic Masters-38	42.00	44.87

## Men 35-39 100 SC Meter Backstroke

NATL: 54.66 % 10/26/2019 **DARIAN TOWNSEND**PAC: 59.56 # 12/31/2003 **John Keppeler**

1	Frink, Stephen	37	Richmond Plunge Masters-38	1:12.11	1:11.57
				34.59	1:11.57 (36.98)
---	Tauber, Peter	37	Temescal Aquatic Masters-38	1:09.99	DQ
				38.79	DQ (42.20)

## Men 35-39 50 SC Meter Breaststroke

NATL: 26.66 % 11/17/2018 **ROLAND SCHOEMAN**PAC: 30.70 # 12/31/2008 **Jonathan T Manson**

1	Law, David	37	Manatee Aquatic Masters Inc-38	36.45	36.98
2	Song, Jimmy	39	Marcia's Enthusiastic Masters-38	37.02	37.68

## Men 35-39 100 SC Meter Breaststroke

NATL: 1:00.21 % 10/16/2021 **ADAM RITTER**PAC: 1:07.28 # 12/31/2005 **Roque J Santos**

1	Frink, Stephen	37	Richmond Plunge Masters-38	1:21.75	1:18.20
				37.21	1:18.20 (40.99)
2	Song, Jimmy	39	Marcia's Enthusiastic Masters-38	1:19.95	1:21.46
				39.43	1:21.46 (42.03)
3	Law, David	37	Manatee Aquatic Masters Inc-38	1:22.25	1:23.97
				40.04	1:23.97 (43.93)
4	Gibbons, Yves K	38	Marcia's Enthusiastic Masters-38	1:33.32	1:35.41
				47.72	1:35.41 (47.69)

## Men 35-39 200 SC Meter Breaststroke

NATL: 2:15.64 % 12/4/2011 **STEVE WEST**PAC: 2:24.58 # 12/31/2002 **Roque J Santos**

1	Song, Jimmy	39	Marcia's Enthusiastic Masters-38	2:51.54	2:50.26
				39.93	1:23.40 (43.47)
					2:07.09 (43.69)
					2:50.26 (43.17)
2	Choi, Jindoo (Stephen)	36	Marcia's Enthusiastic Masters-38	3:40.00	3:51.22
				53.44	1:51.71 (58.27)
					2:50.82 (59.11)
					3:51.22 (1:00.40)

## Men 35-39 50 SC Meter Butterfly

NATL: 23.12 % 11/18/2018 **ROLAND SCHOEMAN**PAC: 25.82 # 12/31/2009 **Lee G Wanie**

1	Eilath, Adam	35	Manatee Aquatic Masters Inc-38	28.50	30.13
2	Horan, Kevin	38	Richmond Plunge Masters-38	36.14	31.04
3	Tauber, Peter	37	Temescal Aquatic Masters-38	28.99	31.21

## Men 35-39 100 SC Meter Butterfly

NATL: 54.27 % 12/4/2011 **IGOR MARCHENKO**PAC: 57.65 # 10/13/2019 **Juan P Valdivieso**

1	Zachan, Matthew	36	Davis Aquatic Masters-38	1:08.10	1:07.39
				32.11	1:07.39 (35.28)
2	Tauber, Peter	37	Temescal Aquatic Masters-38	1:04.99	1:12.95
				32.84	1:12.95 (40.11)



**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 35-39 100 SC Meter Butterfly)**

3	Torres, Emmanuel	36	Marcia's Enthusiastic Masters-38	1:16.02	1:13.59
	32.84				1:13.59 (40.75)
4	Choi, Jindoo (Stephen)	36	Marcia's Enthusiastic Masters-38	1:40.00	1:43.75
	48.79				1:43.75 (54.96)
5	Ranahan, Darin	39	Marcia's Enthusiastic Masters-38	1:39.00	1:56.44
	48.45				1:56.44 (1:07.99)

**Men 35-39 200 SC Meter Butterfly****NATL: 2:02.98 % 11/15/2014 BRENT CREAGER****PAC: 2:11.41 # 10/12/2019 Juan P Valdivieso**

1	Eilath, Adam	35	Manatee Aquatic Masters Inc-38	2:28.30	2:35.10
	32.45				1:09.60 (37.15) 1:49.92 (40.32) 2:35.10 (45.18)
2	Zachan, Matthew	36	Davis Aquatic Masters-38	2:45.10	2:42.07
	36.92				1:17.73 (40.81) 2:00.13 (42.40) 2:42.07 (41.94)
3	Torres, Emmanuel	36	Marcia's Enthusiastic Masters-38	3:00.78	2:54.45
	27.96				2:54.45 (2:26.49)
4	Tauber, Peter	37	Temescal Aquatic Masters-38	2:49.00	3:00.80
	38.13				1:23.13 (45.00) 2:10.85 (47.72) 3:00.80 (49.95)
5	Gibbons, Yves K	38	Marcia's Enthusiastic Masters-38	3:10.89	3:17.54
	48.19				3:17.54 (2:29.35)

**Men 35-39 100 SC Meter IM****NATL: 54.91 % 10/27/2019 DARIAN TOWNSEND****PAC: 1:01.59 # 10/21/2007 Roque J Santos**

1	Frink, Stephen	37	Richmond Plunge Masters-38	1:11.15	1:07.75
	32.03				1:07.75 (35.72)
2	Torres, Emmanuel	36	Marcia's Enthusiastic Masters-38	1:18.57	1:16.09
	33.95				1:16.09 (42.14)
3	Song, Jimmy	39	Marcia's Enthusiastic Masters-38	1:17.25	1:16.85
	37.42				1:16.85 (39.43)
4	Chua, Brendan W	37	Richmond Plunge Masters-38	1:25.00	1:18.83
	34.72				1:18.83 (44.11)
5	Tauber, Peter	37	Temescal Aquatic Masters-38	1:08.99	1:19.09
	35.33				1:19.09 (43.76)
6	Choi, Jindoo (Stephen)	36	Marcia's Enthusiastic Masters-38	1:50.00	1:42.18
	48.77				1:42.18 (53.41)

**Men 35-39 200 SC Meter IM****NATL: 1:59.85 % 10/27/2019 DARIAN TOWNSEND****PAC: 2:05.79 # 10/13/2018 Tamas Kerekjarto**

1	Eilath, Adam	35	Manatee Aquatic Masters Inc-38	2:35.25	2:33.21
	32.22				1:13.48 (41.26) 1:58.71 (45.23) 2:33.21 (34.50)
2	Horan, Kevin	38	Richmond Plunge Masters-38	3:06.81	2:38.22
	34.65				1:13.82 (39.17) 2:00.75 (46.93) 2:38.22 (37.47)
3	Torres, Emmanuel	36	Marcia's Enthusiastic Masters-38	2:53.45	2:43.86
	30.40				1:13.85 (43.45) 2:05.38 (51.53) 2:43.86 (38.48)
4	Song, Jimmy	39	Marcia's Enthusiastic Masters-38	2:49.84	2:48.79
	34.41				1:21.99 (47.58) 2:08.24 (46.25) 2:48.79 (40.55)
5	Gibbons, Yves K	38	Marcia's Enthusiastic Masters-38	3:08.04	3:19.54
	44.44				1:37.95 (53.51) 2:33.12 (55.17) 3:19.54 (46.42)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 35-39 400 SC Meter IM**NATL: 4:19.79 % 10/26/2019 **DARIAN TOWNSEND**PAC: 4:36.05 # 10/12/2018 **Tamas Kerekjarto**

1	Tiernan, Robert	39	Walnut Creek Masters-38	4:55.00	5:16.96
	32.54	1:08.95 (36.41)	1:51.19 (42.24)	2:32.18 (40.99)	
	3:18.74 (46.56)	4:07.17 (48.43)	4:42.56 (35.39)	5:16.96 (34.40)	
2	Zachan, Matthew	36	Davis Aquatic Masters-38	6:00.10	5:35.28
	34.48	1:12.51 (38.03)	1:58.05 (45.54)	2:43.09 (45.04)	
	3:30.84 (47.75)	4:19.54 (48.70)	4:58.61 (39.07)	5:35.28 (36.67)	
3	Frink, Stephen	37	Richmond Plunge Masters-38	5:40.00	5:37.87
	33.04	1:12.84 (39.80)	1:54.66 (41.82)	2:38.56 (43.90)	
	3:29.81 (51.25)	4:22.47 (52.66)	5:00.69 (38.22)	5:37.87 (37.18)	
4	Song, Jimmy	39	Marcia's Enthusiastic Masters-38	6:06.83	6:01.98
	39.92	1:23.62 (43.70)	2:13.49 (49.87)	3:03.07 (49.58)	
	3:49.35 (46.28)	4:36.43 (47.08)	5:19.62 (43.19)	6:01.98 (42.36)	
5	Torres, Emmanuel	36	Marcia's Enthusiastic Masters-38	6:12.28	6:05.05
	34.83	1:18.43 (43.60)	2:04.59 (46.16)	2:50.64 (46.05)	
	3:46.13 (55.49)	4:41.21 (55.08)	5:23.32 (42.11)	6:05.05 (41.73)	

**Men 40-44 50 SC Meter Freestyle**NATL: 23.13 % 8/15/2013 **BRIAN JACOBSON**PAC: 24.58 # 12/31/2003 **David E Boatwright**

1	Wong, Eric	42	Diamond Hills Masters-38	25.95	25.78
2	Nonaka, Andy	43	Walnut Creek Masters-38	26.10	26.30
3	Samotyj, John	41	University of San Francisco Ma-38	30.00	26.61
4	Stephens, Mitchell	41	Walnut Creek Masters-38	31.25	28.11
5	Wiebe, Nathan	42	Walnut Creek Masters-38	25.00	29.18
6	Wada, Ellison	43	Marcia's Enthusiastic Masters-38	35.00	31.93
7	Karrit, Moe	43	Uc38	34.91	35.59

**Men 40-44 100 SC Meter Freestyle**NATL: 50.43 % 12/6/2008 **MICHAEL ROSS**PAC: 53.46 # 12/31/2003 **David E Boatwright**

1	Wong, Eric	42	Diamond Hills Masters-38	56.95	57.84
	27.47	57.84 (30.37)			
2	Nonaka, Andy	43	Walnut Creek Masters-38	57.55	58.01
	27.77	58.01 (30.24)			
3	Massaro, Stephen	40	Marcia's Enthusiastic Masters-38	1:03.00	1:01.25
	29.51	1:01.25 (31.74)			
4	Wans, David	42	Santa Clara Swim Club Masters-38	1:05.12	1:07.38
	32.01	1:07.38 (35.37)			
5	McMillan, Daniel J	44	Walnut Creek Masters-38	1:15.34	1:16.19
	36.42	1:16.19 (39.77)			

**Men 40-44 200 SC Meter Freestyle**NATL: 1:50.08 % 12/6/2008 **MICHAEL ROSS**PAC: 1:57.32 # 10/13/2019 **Tamas Kerekjarto**

1	Wada, Ellison	43	Marcia's Enthusiastic Masters-38	2:45.00	2:42.55
	35.65	1:15.71 (40.06)	1:59.53 (43.82)	2:42.55 (43.02)	

**Men 40-44 200 SC Meter Freestyle**NATL: 1:50.08 % 12/6/2008 **MICHAEL ROSS**PAC: 1:57.32 # 10/13/2019 **Tamas Kerekjarto**

1	Massaro, Stephen	40	Marcia's Enthusiastic Masters-38	NT	2:20.68
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**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 40-44 400 SC Meter Freestyle****NATL: 4:01.32 % 10/4/2009 ERIK HOCHSTEIN****PAC: 4:13.84 # 10/11/2004 Geoff Glaser**

1	Holbrook, Chad	43	Walnut Creek Masters-38	4:45.99	4:53.28
	32.65	1:08.05 (35.40)	1:44.70 (36.65)	2:22.04 (37.34)	
	2:59.89 (37.85)	3:37.68 (37.79)	4:15.68 (38.00)	4:53.28 (37.60)	
2	Roper, Matt	41	Davis Aquatic Masters-38	5:20.00	4:57.56
	34.27	1:13.21 (38.94)	1:51.39 (38.18)	2:29.37 (37.98)	
	3:06.73 (37.36)	3:43.71 (36.98)	4:20.83 (37.12)	4:57.56 (36.73)	
3	Wada, Ellison	43	Marcia's Enthusiastic Masters-38	6:45.00	6:31.26
	47.14	1:36.12 (48.98)	2:28.35 (52.23)	3:22.34 (53.99)	
	4:15.98 (53.64)	5:08.21 (52.23)	5:52.97 (44.76)	6:31.26 (38.29)	

**Men 40-44 800 SC Meter Freestyle****NATL: 8:21.78 % 12/4/2011 ALEX KOSTICH****PAC: 8:21.78 # 12/31/2011 Alex Kostich**

1	Holbrook, Chad	43	Walnut Creek Masters-38	9:59.99	9:54.57
	34.24	1:11.07 (36.83)	1:48.27 (37.20)	2:25.61 (37.34)	
	3:02.90 (37.29)	3:40.68 (37.78)	4:18.56 (37.88)	4:56.54 (37.98)	
	5:34.35 (37.81)	6:11.93 (37.58)	6:49.55 (37.62)	7:27.29 (37.74)	
	8:04.90 (37.61)	8:41.98 (37.08)	9:18.84 (36.86)	9:54.57 (35.73)	
2	Massaro, Stephen	40	Marcia's Enthusiastic Masters-38	10:15.68	10:17.89
	34.69	1:13.95 (39.26)	1:53.97 (40.02)	2:34.16 (40.19)	
	3:14.22 (40.06)	3:54.98 (40.76)	4:35.08 (40.10)	5:15.52 (40.44)	
	5:54.21 (38.69)	6:33.01 (38.80)	7:11.92 (38.91)	7:50.27 (38.35)	
	8:29.43 (39.16)	9:07.11 (37.68)	9:43.94 (36.83)	10:17.89 (33.95)	
3	Roper, Matt	41	Davis Aquatic Masters-38	11:10.00	10:26.00
	35.61	1:15.72 (40.11)	1:55.90 (40.18)	2:36.52 (40.62)	
	3:16.16 (39.64)	3:56.50 (40.34)	4:36.75 (40.25)	5:16.55 (39.80)	
	5:55.28 (38.73)	6:34.08 (38.80)	7:12.90 (38.82)	7:51.93 (39.03)	
	8:31.36 (39.43)	9:10.57 (39.21)	9:49.51 (38.94)	10:26.00 (36.49)	
4	Brennan, Curtis	44	Walnut Creek Masters-38	10:37.00	10:30.24
	35.13	1:13.81 (38.68)	1:52.90 (39.09)	2:31.94 (39.04)	
	3:11.27 (39.33)	3:51.12 (39.85)	4:36.88 (45.76)	5:16.02 (39.14)	
	5:55.49 (39.47)	6:34.94 (39.45)	7:14.09 (39.15)	7:53.61 (39.52)	
	8:33.36 (39.75)	9:12.82 (39.46)	9:51.78 (38.96)	10:30.24 (38.46)	
5	Wans, David	42	Santa Clara Swim Club Masters-38	11:40.32	12:11.51
	35.99	1:20.26 (44.27)	2:02.88 (42.62)	2:48.10 (45.22)	
	3:34.48 (46.38)	4:21.71 (47.23)	5:08.50 (46.79)	5:55.13 (46.63)	
	6:41.16 (46.03)	7:27.69 (46.53)	8:13.62 (45.93)	8:59.97 (46.35)	
	9:45.17 (45.20)	10:30.62 (45.45)	11:16.71 (46.09)	12:11.51 (54.80)	
6	Wada, Ellison	43	Marcia's Enthusiastic Masters-38	13:30.00	12:55.90
	46.61	1:36.09 (49.48)	2:27.16 (51.07)	3:18.30 (51.14)	
	4:08.55 (50.25)	4:58.87 (50.32)	5:49.49 (50.62)	6:40.66 (51.17)	
	7:31.47 (50.81)	8:20.96 (49.49)	9:11.25 (50.29)	10:00.29 (49.04)	
	10:47.36 (47.07)	11:29.02 (41.66)	12:12.65 (43.63)	12:55.90 (43.25)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 40-44 1500 SC Meter Freestyle**NATL: 16:09.32 % 12/4/2009 **MIKE SHAFFER**PAC: 16:34.84 # 12/5/2010 **Alex Kostich**

1	Holbrook, Chad	43	Walnut Creek Masters-38	18:59.99	18:47.31
	33.79	1:09.47 (35.68)	1:45.41 (35.94)	2:22.26 (36.85)	
	2:59.45 (37.19)	3:36.78 (37.33)	4:14.18 (37.40)	4:51.39 (37.21)	
	5:28.88 (37.49)	6:06.30 (37.42)	6:43.97 (37.67)	7:21.62 (37.65)	
	7:59.21 (37.59)	8:36.90 (37.69)	9:14.52 (37.62)	9:52.55 (38.03)	
	10:30.47 (37.92)	11:08.85 (38.38)	11:46.98 (38.13)	12:25.25 (38.27)	
	13:03.22 (37.97)	13:41.37 (38.15)	14:19.47 (38.10)	14:57.78 (38.31)	
	15:36.17 (38.39)	16:14.27 (38.10)	16:52.77 (38.50)	17:31.16 (38.39)	
	18:09.61 (38.45)	18:47.31 (37.70)			
2	Roper, Matt	41	Davis Aquatic Masters-38	21:45.00	20:02.65
	36.52	1:16.60 (40.08)	1:57.34 (40.74)	2:37.98 (40.64)	
	3:19.15 (41.17)	4:00.42 (41.27)	4:41.44 (41.02)	5:22.54 (41.10)	
	6:03.96 (41.42)	6:44.74 (40.78)	7:25.43 (40.69)	8:06.23 (40.80)	
	8:46.44 (40.21)	9:27.10 (40.66)	10:07.64 (40.54)	10:47.46 (39.82)	
	11:27.32 (39.86)	12:07.07 (39.75)	12:46.96 (39.89)	13:26.83 (39.87)	
	14:06.49 (39.66)	14:46.40 (39.91)	15:25.95 (39.55)	16:05.56 (39.61)	
	16:44.97 (39.41)	17:24.50 (39.53)	18:04.56 (40.06)	18:44.82 (40.26)	
	19:24.27 (39.45)	20:02.65 (38.38)			
3	Massaro, Stephen	40	Marcia's Enthusiastic Masters-38	19:09.55	20:17.80
	35.88	1:15.75 (39.87)	1:57.09 (41.34)	2:38.91 (41.82)	
	3:19.55 (40.64)	4:01.51 (41.96)	4:43.50 (41.99)	5:25.22 (41.72)	
	6:06.73 (41.51)	6:47.63 (40.90)	7:28.09 (40.46)	8:08.41 (40.32)	
	8:49.39 (40.98)	9:30.23 (40.84)	10:11.45 (41.22)	10:52.49 (41.04)	
	11:32.53 (40.04)	12:13.48 (40.95)	12:54.59 (41.11)	13:35.27 (40.68)	
	14:15.99 (40.72)	14:56.07 (40.08)	15:36.73 (40.66)	16:16.74 (40.01)	
	16:56.77 (40.03)	17:37.68 (40.91)	18:18.37 (40.69)	18:58.48 (40.11)	
	19:39.50 (41.02)	20:17.80 (38.30)			
4	Wada, Ellison	43	Marcia's Enthusiastic Masters-38	24:00.00	24:09.36
	42.89	1:27.34 (44.45)	2:12.62 (45.28)	2:58.04 (45.42)	
	3:44.22 (46.18)	4:30.40 (46.18)	5:17.26 (46.86)	6:04.24 (46.98)	
	6:51.89 (47.65)	7:39.96 (48.07)	8:27.94 (47.98)	9:15.98 (48.04)	
	10:04.89 (48.91)	10:54.45 (49.56)	11:44.41 (49.96)	12:34.01 (49.60)	
	13:23.66 (49.65)	14:13.91 (50.25)	15:04.20 (50.29)	15:53.50 (49.30)	
	16:44.02 (50.52)	17:34.73 (50.71)	18:24.91 (50.18)	19:15.19 (50.28)	
	20:05.15 (49.96)	20:54.44 (49.29)	21:43.29 (48.85)	22:32.99 (49.70)	
	23:22.79 (49.80)	24:09.36 (46.57)			

**Men 40-44 50 SC Meter Backstroke**NATL: 25.53 % 12/12/2009 **MICHAEL ROSS**PAC: 28.50 # 10/11/2008 **Rick Gould**

1	Holbrook, Chad	43	Walnut Creek Masters-38	31.99	32.30
2	Roper, Matt	41	Davis Aquatic Masters-38	33.22	32.49
3	Nonaka, Andy	43	Walnut Creek Masters-38	32.72	33.09
4	Stephens, Mitchell	41	Walnut Creek Masters-38	41.16	34.21

**Men 40-44 100 SC Meter Backstroke**NATL: 54.85 % 12/7/2008 **MICHAEL ROSS**PAC: 1:00.48 # 10/11/2008 **Roque J Santos**

1	Holbrook, Chad	43	Walnut Creek Masters-38	1:08.99	1:07.34
	32.45	1:07.34 (34.89)			
2	Roper, Matt	41	Davis Aquatic Masters-38	1:12.25	1:09.53
	34.19	1:09.53 (35.34)			

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**(Men 40-44 100 SC Meter Backstroke)**

3	Wans, David	42	Santa Clara Swim Club Masters-38	1:16.74	1:21.11
	37.95		1:21.11 (43.16)		

**Men 40-44 200 SC Meter Backstroke**

NATL: 2:03.84 % 12/14/2008 MICHAEL ROSS

PAC: 2:10.20 # 10/18/2009 Roque J Santos

1	Roper, Matt	41	Davis Aquatic Masters-38	2:38.75	2:30.83
	35.36		1:13.66 (38.30) 1:52.57 (38.91)	2:30.83 (38.26)	
2	Holbrook, Chad	43	Walnut Creek Masters-38	2:25.99	2:31.02
	35.76		1:13.42 (37.66) 1:52.09 (38.67)	2:31.02 (38.93)	

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

NATL: 28.21 % 11/17/2018 JEFF COMMINGS

PAC: 29.22 # 12/31/2009 Roque J Santos

1	Wong, Eric	42	Diamond Hills Masters-38	32.45	33.51
2	Nonaka, Andy	43	Walnut Creek Masters-38	33.55	34.80

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

NATL: 1:01.42 % 12/6/2014 STEVE WEST

PAC: 1:03.33 # 12/31/2009 Roque J Santos

1	Nonaka, Andy	43	Walnut Creek Masters-38	1:20.00	1:18.21
	39.24		1:18.21 (38.97)		

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

NATL: 24.91 % 12/6/2008 MICHAEL ROSS

PAC: 27.06 # 10/11/2005 Roger Brisbane

1	Wong, Eric	42	Diamond Hills Masters-38	27.95	28.17
2	Nonaka, Andy	43	Walnut Creek Masters-38	29.91	30.17
3	Massaro, Stephen	40	Marcia's Enthusiastic Masters-38	30.23	30.49
4	Roper, Matt	41	Davis Aquatic Masters-38	30.51	30.79

**Men 40-44 200 SC Meter Butterfly**

NATL: 2:02.97 % 10/11/1998 WILLIAM SPECHT

PAC: 2:12.56 # 10/16/2021 Juan P Valdivieso

1	Massaro, Stephen	40	Marcia's Enthusiastic Masters-38	2:40.17	2:39.07
	35.96		1:14.36 (38.40) 1:55.17 (40.81)	2:39.07 (43.90)	

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

NATL: 57.19 % 11/16/2014 JEFF COMMINGS

PAC: 58.94 # 11/16/2008 Roque J Santos

1	Nonaka, Andy	43	Walnut Creek Masters-38	1:07.03	1:07.75
	32.58		1:07.75 (35.17)		
2	Stephens, Mitchell	41	Walnut Creek Masters-38	1:24.15	1:14.63
	33.54		1:14.63 (41.09)		
3	Wada, Ellison	43	Marcia's Enthusiastic Masters-38	1:30.00	1:27.70
	42.53		1:27.70 (45.17)		
4	Karrit, Moe	43	Uc38	3:53.00	1:48.46
	51.24		1:48.46 (57.22)		

**Men 40-44 200 SC Meter IM**

NATL: 2:05.46 % 12/4/2009 ROQUE SANTOS

PAC: 2:05.46 # 12/31/2009 Roque J Santos

1	Holbrook, Chad	43	Walnut Creek Masters-38	2:29.99	2:29.91
	32.40		1:10.16 (37.76) 1:54.36 (44.20)	2:29.91 (35.55)	

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2	Massaro, Stephen	40	Marcia's Enthusiastic Masters-38	2:55.00	2:45.16
	32.90	1:17.00 (44.10)	2:09.78 (52.78)	2:45.16 (35.38)	

**Men 40-44 400 SC Meter IM**

NATL:	4:30.68	%	10/10/2014	ERIC CHRISTENSEN
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PAC:	4:32.05	#	11/16/2008	Roque J Santos
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1	Massaro, Stephen	40	Marcia's Enthusiastic Masters-38	6:20.00	5:51.25
	35.95	1:14.69 (38.74)	2:02.13 (47.44)	2:49.99 (47.86)	
	3:45.32 (55.33)	4:40.79 (55.47)	5:16.04 (35.25)	5:51.25 (35.21)	

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

NATL:	23.58	%	11/13/2016	SIPHIWE BALEKA
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PAC:	24.62	#	10/17/2021	Peter S Moore
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1	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	32.65	32.59
2	Cacananta, Oliver	48	Marcia's Enthusiastic Masters-38	55.01	48.39

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

NATL:	23.58	%	11/13/2016	SIPHIWE BALEKA
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PAC:	24.62	#	10/17/2021	Peter S Moore
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1	Wright, Eric	49	California Gold Masters-38	NT	32.94
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**Men 45-49 100 SC Meter Freestyle**

NATL:	52.54	%	12/2/2007	PAUL SMITH
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PAC:	53.76	#	12/31/2006	David E Boatwright
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1	Bentley, Orin	45	Marcia's Enthusiastic Masters-38	1:03.75	1:05.65
	31.73	1:05.65 (33.92)			
2	Zajonc, Jason	49	Uc38	1:09.99	1:06.20
	32.19	1:06.20 (34.01)			
3	Rosales-Delmoral, Romer	49	Menlo Masters-38	1:07.00	1:06.96
	32.62	1:06.96 (34.34)			
4	Schimmel, Steven	48	Manatee Aquatic Masters Inc-38	1:14.50	1:09.85
	32.85	1:09.85 (37.00)			
5	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	1:11.01	1:12.25
	36.00	1:12.25 (36.25)			

**Men 45-49 100 SC Meter Freestyle**

NATL:	52.54	%	12/2/2007	PAUL SMITH
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PAC:	53.76	#	12/31/2006	David E Boatwright
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*1	Bentley, Orin	45	Marcia's Enthusiastic Masters-38	NT	1:07.38
*1	Wright, Eric	49	California Gold Masters-38	NT	1:09.38

**Men 45-49 200 SC Meter Freestyle**

NATL:	1:56.00	%	12/2/2007	PAUL SMITH
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PAC:	2:00.13	#	12/31/1996	Tim Broderick
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1	Wright, Eric	49	California Gold Masters-38	2:25.00	2:22.54
	32.94	1:09.38 (36.44)	1:46.57 (37.19)	2:22.54 (35.97)	
2	Rosales-Delmoral, Romer	49	Menlo Masters-38	2:28.00	2:23.06
	33.70	1:09.83 (36.13)	1:46.99 (37.16)	2:23.06 (36.07)	
3	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	2:38.91	2:37.33
	36.95	1:17.35 (40.40)	1:58.39 (41.04)	2:37.33 (38.94)	

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

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## Men 45-49 200 SC Meter Freestyle

NATL: 1:56.00 % 12/2/2007 PAUL SMITH

PAC: 2:00.13 # 12/31/1996 Tim Broderick

1	Sabatini, Greg	46	Richmond Plunge Masters-38	NT	2:31.72
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## Men 45-49 400 SC Meter Freestyle

NATL: 4:09.19 % 11/1/2009 KEITH SWITZER

PAC: 4:18.44 # 12/31/1996 Tim Broderick

1	Rosales-Delmoral, Romer	49	Menlo Masters-38	5:06.00	4:58.81
	35.22	1:12.22 (37.00)	1:50.15 (37.93)	2:28.32 (38.17)	
	3:06.78 (38.46)	3:45.04 (38.26)	4:22.94 (37.90)	4:58.81 (35.87)	
2	Wright, Eric	49	California Gold Masters-38	5:17.97	5:02.66
	34.81	1:12.89 (38.08)	1:52.20 (39.31)	2:30.77 (38.57)	
	3:09.36 (38.59)	3:48.05 (38.69)	4:26.25 (38.20)	5:02.66 (36.41)	
3	Hatch, Eric	48	Sierra Nevada Masters-38	5:41.97	5:23.77
	36.96	1:17.43 (40.47)	1:58.69 (41.26)	2:40.08 (41.39)	
	3:21.36 (41.28)	4:02.14 (40.78)	4:43.92 (41.78)	5:23.77 (39.85)	
4	Bentley, Orin	45	Marcia's Enthusiastic Masters-38	5:30.54	5:32.61
	36.73	1:17.94 (41.21)	2:00.04 (42.10)	2:43.38 (43.34)	
	3:26.75 (43.37)	4:10.37 (43.62)	4:52.53 (42.16)	5:32.61 (40.08)	
5	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	5:38.17	5:36.77
	38.00	1:20.28 (42.28)	2:03.91 (43.63)	2:48.28 (44.37)	
	3:31.60 (43.32)	4:14.06 (42.46)	4:56.47 (42.41)	5:36.77 (40.30)	

## Men 45-49 800 SC Meter Freestyle

NATL: 8:41.60 % 12/14/2013 RICARDO VALDIVIA

PAC: 8:56.08 # 12/31/1996 Tim Broderick

1	Rosales-Delmoral, Romer	49	Menlo Masters-38	10:43.00	10:16.81
	35.80	1:13.91 (38.11)	1:52.24 (38.33)	2:30.67 (38.43)	
	3:09.04 (38.37)	3:47.62 (38.58)	4:26.24 (38.62)	5:05.04 (38.80)	
	5:43.94 (38.90)	6:22.86 (38.92)	7:02.01 (39.15)	7:41.01 (39.00)	
	8:19.91 (38.90)	8:59.00 (39.09)	9:38.41 (39.41)	10:16.81 (38.40)	
2	Wright, Eric	49	California Gold Masters-38	11:04.41	10:30.17
	36.61	1:16.23 (39.62)	1:56.49 (40.26)	2:37.08 (40.59)	
	3:17.40 (40.32)	3:57.49 (40.09)	4:37.78 (40.29)	5:17.81 (40.03)	
	5:57.88 (40.07)	6:37.78 (39.90)	7:17.39 (39.61)	7:57.02 (39.63)	
	8:36.60 (39.58)	9:16.09 (39.49)	9:54.50 (38.41)	10:30.17 (35.67)	
3	Bentley, Orin	45	Marcia's Enthusiastic Masters-38	11:24.44	11:12.58
	38.40	1:20.40 (42.00)	2:03.32 (42.92)	2:46.10 (42.78)	
	3:29.10 (43.00)	4:10.97 (41.87)	4:53.44 (42.47)	5:35.80 (42.36)	
	6:17.99 (42.19)	7:00.82 (42.83)	7:43.13 (42.31)	8:25.95 (42.82)	
	9:08.41 (42.46)	9:49.69 (41.28)	10:31.56 (41.87)	11:12.58 (41.02)	
4	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	11:50.70	11:46.72
	40.36	1:25.10 (44.74)	2:10.46 (45.36)	2:56.93 (46.47)	
	3:41.41 (44.48)	4:26.47 (45.06)	5:12.03 (45.56)	5:57.80 (45.77)	
	6:41.35 (43.55)	7:25.93 (44.58)	8:10.67 (44.74)	8:54.79 (44.12)	
	9:39.09 (44.30)	10:23.50 (44.41)	11:06.26 (42.76)	11:46.72 (40.46)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 45-49 1500 SC Meter Freestyle**NATL: 16:37.25 % 10/15/2011 **KEITH SWITZER**PAC: 17:13.99 # 10/5/2014 **Barton S Wells**

1	Wright, Eric	49	California Gold Masters-38	21:17.00	20:06.73
	36.32	1:15.55 (39.23)	1:55.48 (39.93)	2:35.93 (40.45)	
	3:16.18 (40.25)	3:56.72 (40.54)	4:37.15 (40.43)	5:17.51 (40.36)	
	5:57.59 (40.08)	6:38.12 (40.53)	7:18.17 (40.05)	7:58.07 (39.90)	
	8:37.99 (39.92)	9:18.37 (40.38)	9:58.81 (40.44)	10:39.70 (40.89)	
	11:20.27 (40.57)	12:00.90 (40.63)	12:41.78 (40.88)	13:22.50 (40.72)	
	14:03.26 (40.76)	14:43.88 (40.62)	15:24.19 (40.31)	16:05.23 (41.04)	
	16:46.62 (41.39)	17:28.22 (41.60)	18:09.66 (41.44)	18:49.82 (40.16)	
	19:29.49 (39.67)	20:06.73 (37.24)			
2	Rosales-Delmoral, Romer	49	Menlo Masters-38	20:46.00	20:09.46
	37.80	1:17.55 (39.75)	1:58.01 (40.46)	2:38.85 (40.84)	
	3:19.35 (40.50)	3:59.63 (40.28)	4:39.86 (40.23)	5:19.83 (39.97)	
	5:59.91 (40.08)	6:39.54 (39.63)	7:19.13 (39.59)	7:58.75 (39.62)	
	8:39.29 (40.54)	9:19.27 (39.98)	9:59.28 (40.01)	10:39.33 (40.05)	
	11:19.46 (40.13)	11:59.79 (40.33)	12:40.50 (40.71)	13:21.25 (40.75)	
	14:01.78 (40.53)	14:42.66 (40.88)	15:23.73 (41.07)	16:05.02 (41.29)	
	16:45.59 (40.57)	17:26.42 (40.83)	18:07.76 (41.34)	18:48.70 (40.94)	
	19:29.62 (40.92)	20:09.46 (39.84)			
3	Bentley, Orin	45	Marcia's Enthusiastic Masters-38	22:30.12	21:28.89
	36.56	1:17.93 (41.37)	2:01.70 (43.77)	2:45.38 (43.68)	
	3:28.27 (42.89)	4:11.33 (43.06)	4:54.55 (43.22)	5:38.20 (43.65)	
	6:20.46 (42.26)	7:03.37 (42.91)	7:46.47 (43.10)	8:29.49 (43.02)	
	9:12.30 (42.81)	9:55.15 (42.85)	10:38.76 (43.61)	11:21.98 (43.22)	
	12:05.24 (43.26)	12:49.03 (43.79)	13:32.95 (43.92)	14:16.59 (43.64)	
	15:00.78 (44.19)	15:44.93 (44.15)	16:28.03 (43.10)	17:10.80 (42.77)	
	17:54.53 (43.73)	18:37.83 (43.30)	19:21.21 (43.38)	20:04.61 (43.40)	
	20:48.14 (43.53)	21:28.89 (40.75)			
4	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	22:44.55	22:48.14
	40.11	1:25.60 (45.49)	2:11.08 (45.48)	2:56.96 (45.88)	
	3:43.73 (46.77)	4:29.96 (46.23)	5:16.24 (46.28)	6:03.24 (47.00)	
	6:49.55 (46.31)	7:36.37 (46.82)	8:22.34 (45.97)	9:08.54 (46.20)	
	9:54.31 (45.77)	10:40.41 (46.10)	11:26.63 (46.22)	12:13.20 (46.57)	
	12:59.62 (46.42)	13:45.90 (46.28)	14:32.01 (46.11)	15:18.45 (46.44)	
	16:03.42 (44.97)	16:48.88 (45.46)	17:34.90 (46.02)	18:20.71 (45.81)	
	19:06.79 (46.08)	19:52.86 (46.07)	20:38.35 (45.49)	21:23.74 (45.39)	
	22:07.92 (44.18)	22:48.14 (40.22)			
5	Rozendal, Michael	49	Marcia's Enthusiastic Masters-38	28:00.00	27:35.47
	50.69	1:45.61 (54.92)	2:40.94 (55.33)	3:36.46 (55.52)	
	4:30.13 (53.67)	5:24.80 (54.67)	6:19.31 (54.51)	7:14.90 (55.59)	
	8:10.81 (55.91)	9:06.89 (56.08)	10:02.86 (55.97)	10:58.56 (55.70)	
	11:55.60 (57.04)	12:52.34 (56.74)	13:48.59 (56.25)	14:44.55 (55.96)	
	15:40.90 (56.35)	16:35.98 (55.08)	17:31.67 (55.69)	18:28.14 (56.47)	
	19:23.76 (55.62)	20:19.93 (56.17)	21:15.03 (55.10)	22:10.03 (55.00)	
	23:05.36 (55.33)	23:59.89 (54.53)	24:54.77 (54.88)	25:50.79 (56.02)	
	26:45.70 (54.91)	27:35.47 (49.77)			

**Men 45-49 100 SC Meter Backstroke**NATL: 57.00 % 12/13/2009 **CHRIS STEVENSON**PAC: 1:02.26 # 12/6/2015 **Rick M Hamilton**

1	Hatch, Eric	48	Sierra Nevada Masters-38	1:24.89	1:18.01
	37.79	1:18.01 (40.22)			



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2	Rozendal, Michael	49	Marcia's Enthusiastic Masters-38	1:31.93	1:33.23
	45.60		1:33.23 (47.63)		

**Men 45-49 200 SC Meter Backstroke**NATL: 2:05.54 % 12/12/2009 **CHRIS STEVENSON**PAC: 2:16.75 # 10/10/2015 **Rick M Hamilton**

1	Hatch, Eric	48	Sierra Nevada Masters-38	3:00.61	2:47.89
	40.77		1:23.56 (42.79) 2:06.96 (43.40)	2:47.89 (40.93)	
2	Rosales-Delmoral, Romer	49	Menlo Masters-38	3:15.00	3:11.27
	46.86		1:35.35 (48.49) 2:23.85 (48.50)	3:11.27 (47.42)	

**Men 45-49 50 SC Meter Breaststroke**NATL: 28.65 % 10/26/2019 **JEFF COMMINGS**PAC: 31.24 # 12/31/2001 **Lee A Rider**

1	Wright, Eric	49	California Gold Masters-38	38.13	37.83
2	Schimmel, Steven	48	Manatee Aquatic Masters Inc-38	48.50	43.70
3	Pomarici, Federico	45	Jellies Aquatic Masters of Mon-38	40.00	44.72
4	Rozendal, Michael	49	Marcia's Enthusiastic Masters-38	47.00	47.31

**Men 45-49 100 SC Meter Breaststroke**NATL: 1:02.22 % 11/17/2018 **STEVE WEST**PAC: 1:08.09 # 12/31/2001 **Lee A Rider**

1	Wright, Eric	49	California Gold Masters-38	1:27.00	1:23.96
	39.91		1:23.96 (44.05)		
2	Hatch, Eric	48	Sierra Nevada Masters-38	1:36.22	1:34.91
	45.54		1:34.91 (49.37)		
3	Pomarici, Federico	45	Jellies Aquatic Masters of Mon-38	1:25.00	1:38.65
	47.38		1:38.65 (51.27)		

**Men 45-49 200 SC Meter Breaststroke**NATL: 2:15.45 % 11/30/2018 **STEVE WEST**PAC: 2:33.54 # 10/10/2015 **Roque J Santos**

1	Sabatini, Greg	46	Richmond Plunge Masters-38	3:07.99	3:17.70
	45.00		1:33.18 (48.18) 2:26.30 (53.12)	3:17.70 (51.40)	
2	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	3:23.55	3:29.89
	49.52		1:44.19 (54.67) 2:38.53 (54.34)	3:29.89 (51.36)	

**Men 45-49 50 SC Meter Butterfly**NATL: 25.74 % 12/13/2009 **FRITZ BEDFORD**PAC: 26.46 # 10/16/2021 **Peter S Moore**

1	Zajonc, Jason	49	Uc38	33.98	31.38
2	Rosales-Delmoral, Romer	49	Menlo Masters-38	35.00	36.08
3	Rozendal, Michael	49	Marcia's Enthusiastic Masters-38	44.00	40.78
4	Pomarici, Federico	45	Jellies Aquatic Masters of Mon-38	38.00	42.40

**Men 45-49 100 SC Meter Butterfly**NATL: 57.17 % 12/14/2003 **PAUL CARTER**PAC: 1:00.71 # 10/16/2011 **Kenneth W Tittle**

1	Bentley, Orin	45	Marcia's Enthusiastic Masters-38	1:15.78	1:13.60
	34.44		1:13.60 (39.16)		
2	Hatch, Eric	48	Sierra Nevada Masters-38	1:26.98	1:23.60
	39.56		1:23.60 (44.04)		

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

## Men 45-49 200 SC Meter Butterfly

NATL: 2:06.40 % 11/19/2006 DENNIS BAKER

PAC: 2:19.44 # 10/18/2009 John A Engs

1	Bentley, Orin	45	Marcia's Enthusiastic Masters-38	2:55.65	2:51.09
	27.53	2:51.09 (2:23.56)			

## Men 45-49 100 SC Meter IM

NATL: 58.18 % 11/21/2021 JEFF COMMINGS

PAC: 1:03.29 # 10/10/2015 Roque J Santos

1	Wright, Eric	49	California Gold Masters-38	1:18.00	1:16.75
	37.59	1:16.75 (39.16)			
2	Bentley, Orin	45	Marcia's Enthusiastic Masters-38	1:19.99	1:17.13
	35.26	1:17.13 (41.87)			

## Men 45-49 200 SC Meter IM

NATL: 2:09.71 % 3/20/2010 JEROME FRENTSOS

PAC: 2:17.74 # 12/6/2015 Rick M Hamilton

1	Hatch, Eric	48	Sierra Nevada Masters-38	3:01.84	2:54.81
	38.79	1:24.23 (45.44)	2:14.96 (50.73)	2:54.81 (39.85)	
2	Rozendal, Michael	49	Marcia's Enthusiastic Masters-38	3:23.00	3:26.29
	42.99	1:36.76 (53.77)	2:36.33 (59.57)	3:26.29 (49.96)	

## Men 45-49 400 SC Meter IM

NATL: 4:43.64 % 9/26/2010 JEROME FRENTSOS

PAC: 4:55.44 # 12/31/2008 Darren D Phalen

1	Rozendal, Michael	49	Marcia's Enthusiastic Masters-38	7:40.00	7:20.50
	52.25	1:53.44 (1:01.19)	2:49.40 (55.96)	3:42.37 (52.97)	
	4:42.50 (1:00.13)	5:45.50 (1:03.00)	6:33.02 (47.52)	7:20.50 (47.48)	

## Men 50-54 50 SC Meter Freestyle

NATL: 23.38 % 10/18/2009 ROWDY GAINES

PAC: 25.53 # 12/31/2003 Thomas W Whatley

1	Friedman, Eric	52	Albany Armada Aquatics Masters-38	35.00	32.46
2	Clifford, Dan	52	Marcia's Enthusiastic Masters-38	41.74	39.85

## Men 50-54 100 SC Meter Freestyle

NATL: 51.61 % 10/17/2009 ROWDY GAINES

PAC: 56.67 # 12/31/2003 Richard S Garrett

1	Winsor, Brad	51	Davis Aquatic Masters-38	59.00	59.21
	28.50	59.21 (30.71)			
2	Dooley, Paul	54	Marcia's Enthusiastic Masters-38	1:12.00	1:12.36
	34.81	1:12.36 (37.55)			
3	Friedman, Eric	52	Albany Armada Aquatics Masters-38	1:15.00	1:13.73
	34.85	1:13.73 (38.88)			
4	Claassen, John	53	Walnut Creek Masters-38	1:15.00	1:24.51
	40.74	1:24.51 (43.77)			

## Men 50-54 200 SC Meter Freestyle

NATL: 1:54.61 % 10/14/2011 ROWDY GAINES

PAC: 2:05.03 # 3/9/2014 Darren D Phalen

1	Winsor, Brad	51	Davis Aquatic Masters-38	2:14.00	2:11.45
	30.16	1:03.80 (33.64)	1:37.77 (33.97)	2:11.45 (33.68)	
2	Travale, John S	54	Walnut Creek Masters-38	2:45.68	2:44.34
	39.21	1:21.20 (41.99)	2:04.20 (43.00)	2:44.34 (40.14)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 50-54 400 SC Meter Freestyle****NATL: 4:07.99 % 12/10/2000 JIM MCCONICA****PAC: 4:16.37 # 10/14/2017 Barton S Wells**

1	Winsor, Brad	51	Davis Aquatic Masters-38	4:40.00	4:38.11
	31.54	1:06.51 (34.97)	1:41.96 (35.45)	2:17.99 (36.03)	
	2:53.41 (35.42)	3:28.87 (35.46)	4:04.12 (35.25)	4:38.11 (33.99)	
2	Wehmann, Todd	50	Marcia's Enthusiastic Masters-38	5:20.00	5:17.90
	36.05	1:15.90 (39.85)	1:57.31 (41.41)	2:38.48 (41.17)	
	3:19.14 (40.66)	4:00.32 (41.18)	4:40.88 (40.56)	5:17.90 (37.02)	

**Men 50-54 800 SC Meter Freestyle****NATL: 8:44.51 % 12/10/2000 JIM MCCONICA****PAC: 8:54.56 # 12/3/2017 Barton S Wells**

1	Winsor, Brad	51	Davis Aquatic Masters-38	9:55.00	9:37.56
	33.04	1:08.98 (35.94)	1:45.34 (36.36)	2:21.93 (36.59)	
	2:58.35 (36.42)	3:35.10 (36.75)	4:11.80 (36.70)	4:48.22 (36.42)	
	5:23.96 (35.74)	5:59.57 (35.61)	6:35.48 (35.91)	7:11.86 (36.38)	
	7:48.33 (36.47)	8:24.98 (36.65)	9:01.77 (36.79)	9:37.56 (35.79)	
2	Wehmann, Todd	50	Marcia's Enthusiastic Masters-38	11:09.83	10:55.59
	37.55	1:19.11 (41.56)	2:01.33 (42.22)	2:43.50 (42.17)	
	3:24.52 (41.02)	4:05.88 (41.36)	4:47.58 (41.70)	5:28.49 (40.91)	
	6:09.37 (40.88)	6:50.87 (41.50)	7:32.69 (41.82)	8:14.16 (41.47)	
	8:55.80 (41.64)	9:36.82 (41.02)	10:17.58 (40.76)	10:55.59 (38.01)	
3	Dooley, Paul	54	Marcia's Enthusiastic Masters-38	12:00.00	12:03.28
	39.05	1:23.37 (44.32)	2:08.77 (45.40)	2:54.79 (46.02)	
	3:41.30 (46.51)	4:27.73 (46.43)	5:14.72 (46.99)	6:01.39 (46.67)	
	6:48.13 (46.74)	7:34.39 (46.26)	8:20.63 (46.24)	9:06.51 (45.88)	
	9:52.62 (46.11)	10:39.00 (46.38)	11:24.28 (45.28)	12:03.28 (39.00)	

**Men 50-54 1500 SC Meter Freestyle****NATL: 16:33.02 % 12/10/2000 JIM MCCONICA****PAC: 17:11.44 # 12/1/2017 Barton S Wells**

1	Winsor, Brad	51	Davis Aquatic Masters-38	19:00.00	18:34.02
	33.77	1:10.68 (36.91)	1:47.86 (37.18)	2:25.16 (37.30)	
	3:02.70 (37.54)	3:40.10 (37.40)	4:17.25 (37.15)	4:54.66 (37.41)	
	5:31.92 (37.26)	6:08.85 (36.93)	6:46.02 (37.17)	7:23.17 (37.15)	
	8:00.44 (37.27)	8:37.66 (37.22)	9:15.00 (37.34)	9:52.40 (37.40)	
	10:29.75 (37.35)	11:07.30 (37.55)	11:44.33 (37.03)	12:21.78 (37.45)	
	12:58.93 (37.15)	13:36.30 (37.37)	14:13.59 (37.29)	14:50.71 (37.12)	
	15:28.04 (37.33)	16:05.32 (37.28)	16:42.92 (37.60)	17:20.50 (37.58)	
	17:57.71 (37.21)	18:34.02 (36.31)			
2	Wehmann, Todd	50	Marcia's Enthusiastic Masters-38	20:46.31	20:50.64
	38.01	1:19.77 (41.76)	2:03.14 (43.37)	2:46.08 (42.94)	
	3:28.64 (42.56)	4:11.10 (42.46)	4:53.20 (42.10)	5:35.08 (41.88)	
	6:16.56 (41.48)	6:57.87 (41.31)	7:38.99 (41.12)	8:19.84 (40.85)	
	9:01.29 (41.45)	9:43.39 (42.10)	10:25.01 (41.62)	11:07.10 (42.09)	
	11:48.66 (41.56)	12:30.89 (42.23)	13:12.73 (41.84)	13:54.10 (41.37)	
	14:36.56 (42.46)	15:18.48 (41.92)	16:00.47 (41.99)	16:42.76 (42.29)	
	17:24.48 (41.72)	18:06.43 (41.95)	18:48.48 (42.05)	19:30.50 (42.02)	
	20:12.00 (41.50)	20:50.64 (38.64)			

**Men 50-54 50 SC Meter Backstroke****NATL: 26.69 % 10/24/2015 FRITZ BEDFORD****PAC: 29.22 # 12/8/2019 Rick M Hamilton**

1	Friedman, Eric	52	Albany Armada Aquatics Masters-38	45.00	40.72
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## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

## Men 50-54 100 SC Meter Backstroke

NATL: 58.47 % 10/24/2015 FRITZ BEDFORD

PAC: 1:02.52 # 12/2/2017 Rick M Hamilton

1	Friedman, Eric	52	Albany Armada Aquatics Masters-38	1:33.00	1:31.29
	43.54	1:31.29 (47.75)			
2	Ngo, Minh	51	Marcia's Enthusiastic Masters-38	1:45.00	1:42.29
	51.45	1:42.29 (50.84)			

## Men 50-54 200 SC Meter Backstroke

NATL: 2:11.84 % 12/4/2009 JAMIE FOWLER

PAC: 2:16.82 # 12/1/2017 Rick M Hamilton

1	Wehmann, Todd	50	Marcia's Enthusiastic Masters-38	2:55.52	2:54.19
	42.05	1:26.70 (44.65)	2:11.86 (45.16)	2:54.19 (42.33)	
2	Ngo, Minh	51	Marcia's Enthusiastic Masters-38	4:00.00	3:40.18
	55.45	1:50.83 (55.38)	2:47.76 (56.93)	3:40.18 (52.42)	

## Men 50-54 50 SC Meter Breaststroke

NATL: 29.84 % 12/8/2013 DAVID GUTHRIE

PAC: 31.10 # 10/18/2009 Gary L Patterson

1	Wehmann, Todd	50	Marcia's Enthusiastic Masters-38	40.00	39.87
2	Claassen, John	53	Walnut Creek Masters-38	50.00	46.49

## Men 50-54 100 SC Meter Breaststroke

NATL: 1:04.54 % 12/7/2013 DAVID GUTHRIE

PAC: 1:08.95 # 10/18/2009 Gary L Patterson

1	Ngo, Minh	51	Marcia's Enthusiastic Masters-38	1:50.00	1:47.24
	51.34	1:47.24 (55.90)			
2	Clifford, Dan	52	Marcia's Enthusiastic Masters-38	1:50.00	1:48.25
	51.98	1:48.25 (56.27)			

## Men 50-54 50 SC Meter Butterfly

NATL: 25.74 % 12/8/2018 STEVE HILTABIDDLE

PAC: 26.12 # 12/31/2007 Paul V Carter

1	Wehmann, Todd	50	Marcia's Enthusiastic Masters-38	34.91	34.19
2	Travale, John S	54	Walnut Creek Masters-38	35.68	37.36
3	Clifford, Dan	52	Marcia's Enthusiastic Masters-38	48.00	45.61

## Men 50-54 100 SC Meter Butterfly

NATL: 57.29 % 12/2/2007 PAUL CARTER

PAC: 57.29 # 12/2/2007 Paul V Carter

1	Winsor, Brad	51	Davis Aquatic Masters-38	1:07.00	1:07.23
	31.48	1:07.23 (35.75)			

## Men 50-54 200 SC Meter Butterfly

NATL: 2:10.52 % 5/21/2016 MIKE SHAFFER

PAC: 2:21.84 # 3/9/2014 Darren D Phalen

1	Winsor, Brad	51	Davis Aquatic Masters-38	2:35.00	2:35.00
	35.88	1:15.05 (39.17)	1:55.49 (40.44)	2:35.00 (39.51)	

## Men 50-54 100 SC Meter IM

NATL: 1:00.57 % 12/10/2016 SCOTT HEBER

PAC: 1:02.51 # 12/31/2008 Ken Shilling

1	Ngo, Minh	51	Marcia's Enthusiastic Masters-38	1:36.00	1:37.07
	47.13	1:37.07 (49.94)			

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

**(Men 50-54 100 SC Meter IM)**

2	Clifford, Dan	52	Marcia's Enthusiastic Masters-38	1:53.10	1:50.79
	56.28	1:50.79 (54.51)			
---	Friedman, Eric	52	Albany Armada Aquatics Masters-38	1:40.00	DQ
	42.75	DQ (50.86)			

**Men 50-54 200 SC Meter IM**

NATL: 2:12.85 % 5/17/2015 JEROME FRENTSOS

PAC: 2:14.53 # 12/31/2008 Ken Shilling

1	Wehmann, Todd	50	Marcia's Enthusiastic Masters-38	2:50.00	2:45.38
	33.73	1:18.45 (44.72)	2:08.48 (50.03)	2:45.38 (36.90)	
2	Ngo, Minh	51	Marcia's Enthusiastic Masters-38	3:40.00	3:33.28
	50.22	1:46.72 (56.50)	2:46.12 (59.40)	3:33.28 (47.16)	

**Men 50-54 400 SC Meter IM**

NATL: 4:45.15 % 5/18/2015 JEROME FRENTSOS

PAC: 5:02.72 # 3/9/2013 Darren D Phalen

1	Kneubuhler, Yann	50	Richmond Plunge Masters-38	6:15.00	6:16.00
	43.73	1:34.62 (50.89)	2:24.73 (50.11)	3:13.85 (49.12)	
	4:03.97 (50.12)	4:54.21 (50.24)	5:36.52 (42.31)	6:16.00 (39.48)	

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

NATL: 24.66 % 10/10/2015 STEVE WOOD

PAC: 26.15 # 12/31/2009 Eric D van Boer

1	Boone, Jon	59	Walnut Creek Masters-38	NT	30.39
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**Men 55-59 50 SC Meter Freestyle**

NATL: 24.66 % 10/10/2015 STEVE WOOD

PAC: 26.15 # 12/31/2009 Eric D van Boer

1	Boone, Jon	59	Walnut Creek Masters-38	28.78	27.55
2	Tittle, Kenneth W	59	Walnut Creek Masters-38	28.12	28.91
3	Keating, Kevin	59	Sebastopol Masters Aquatic Clu-38	29.50	29.79
4	Tom, Daniel	58	Menlo Masters-38	29.00	29.81
5	Gronert, Karsten	57	Walnut Creek Masters-38	29.00	30.83
6	Barajas, Nick A	56	Sacramento Masters-38	31.94	31.14
7	Igo, Christopher	59	Marcia's Enthusiastic Masters-38	44.00	40.15

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

NATL: 54.50 % 4/5/2009 JACK GROSELLE

PAC: 58.66 # 12/31/2000 Tim A Birnie

1	Boone, Jon	59	Walnut Creek Masters-38	1:01.70	1:00.40
	28.91	1:00.40 (31.49)			
2	Krovetz, Ted	56	Davis Aquatic Masters-38	1:05.00	1:06.95
	32.01	1:06.95 (34.94)			
3	Keating, Kevin	59	Sebastopol Masters Aquatic Clu-38	1:06.50	1:07.66
	32.49	1:07.66 (35.17)			
4	Barajas, Nick A	56	Sacramento Masters-38	1:13.22	1:10.97
	34.27	1:10.97 (36.70)			
5	Makani, Gautam	56	Orinda Aquatic Masters-38	1:30.00	1:27.93
	42.52	1:27.93 (45.41)			
6	Igo, Christopher	59	Marcia's Enthusiastic Masters-38	1:45.00	1:42.35
	48.92	1:42.35 (53.43)			

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 55-59 200 SC Meter Freestyle****NATL: 1:59.08 % 11/21/2009 MICHAEL MANN****PAC: 2:06.20 # 12/31/2003 R Tod Spieker**

1	Boone, Jon	59	Walnut Creek Masters-38	2:24.15	2:19.25
	32.58	1:07.99 (35.41)	1:43.63 (35.64)	2:19.25 (35.62)	
2	Krovetz, Ted	56	Davis Aquatic Masters-38	2:29.65	2:27.25
	34.46	1:10.85 (36.39)	1:48.83 (37.98)	2:27.25 (38.42)	
3	Downey, Patrick	55	Marcia's Enthusiastic Masters-38	2:45.36	2:44.67
	39.16	1:23.19 (44.03)	2:06.74 (43.55)	2:44.67 (37.93)	
4	Barajas, Nick A	56	Sacramento Masters-38	2:44.75	2:45.35
	39.42	1:22.11 (42.69)	2:04.97 (42.86)	2:45.35 (40.38)	
5	Matchefts, Marco	58	Temescal Aquatic Masters-38	3:05.00	2:55.80
	40.57	1:24.85 (44.28)	2:10.61 (45.76)	2:55.80 (45.19)	

**Men 55-59 400 SC Meter Freestyle****NATL: 4:16.03 % 11/22/2009 MICHAEL MANN****PAC: 4:28.73 # 12/31/2003 R Tod Spieker**

1	Boone, Jon	59	Walnut Creek Masters-38	5:17.69	5:02.16
	33.28	1:11.23 (37.95)	1:50.39 (39.16)	2:29.67 (39.28)	
	3:08.62 (38.95)	3:47.77 (39.15)	4:25.91 (38.14)	5:02.16 (36.25)	
2	Chao, Hector	58	Walnut Creek Masters-38	5:20.01	5:07.01
	35.40	1:13.33 (37.93)	1:52.52 (39.19)	2:31.87 (39.35)	
	3:11.53 (39.66)	3:50.69 (39.16)	4:29.53 (38.84)	5:07.01 (37.48)	
3	Krovetz, Ted	56	Davis Aquatic Masters-38	5:08.99	5:07.80
	36.24	1:14.81 (38.57)	1:54.00 (39.19)	2:33.50 (39.50)	
	3:12.33 (38.83)	3:51.48 (39.15)	4:30.57 (39.09)	5:07.80 (37.23)	
4	Wan, Danny	59	Marcia's Enthusiastic Masters-38	6:35.87	6:53.84
5	Wu, Long	57	Marcia's Enthusiastic Masters-38	8:00.00	7:02.00
	46.92	1:39.84 (52.92)	2:33.65 (53.81)	3:28.19 (54.54)	
	4:24.04 (55.85)	5:19.03 (54.99)	6:14.35 (55.32)	7:02.00 (47.65)	
6	Igo, Christopher	59	Marcia's Enthusiastic Masters-38	8:00.00	8:13.74
	53.40	1:52.07 (58.67)	2:55.38 (1:03.31)	4:00.08 (1:04.70)	
	5:02.79 (1:02.71)	6:07.20 (1:04.41)	7:11.19 (1:03.99)	8:13.74 (1:02.55)	

**Men 55-59 800 SC Meter Freestyle****NATL: 8:51.34 % 11/21/2009 MICHAEL MANN****PAC: 9:13.15 # 12/31/2003 R Tod Spieker**

1	Craven, Rob	57	Manatee Aquatic Masters Inc-38	12:01.55	11:24.76
	39.92	1:23.46 (43.54)	2:07.44 (43.98)	2:51.75 (44.31)	
	3:35.58 (43.83)	4:19.14 (43.56)	5:02.43 (43.29)	5:46.06 (43.63)	
	6:29.31 (43.25)	7:12.05 (42.74)	7:54.81 (42.76)	8:37.33 (42.52)	
	9:19.71 (42.38)	10:02.44 (42.73)	10:44.89 (42.45)	11:24.76 (39.87)	
2	Nunnally, Todd	58	Uc38	13:28.00	13:13.48
	40.79	1:26.65 (45.86)	2:16.57 (49.92)	3:05.44 (48.87)	
	3:55.39 (49.95)	4:45.35 (49.96)	5:37.19 (51.84)	6:28.02 (50.83)	
	7:19.06 (51.04)	8:10.16 (51.10)	9:00.14 (49.98)	9:51.47 (51.33)	
	10:42.21 (50.74)	11:33.49 (51.28)	12:25.58 (52.09)	13:13.48 (47.90)	
3	Makani, Gautam	56	Orinda Aquatic Masters-38	28:00.00	14:27.13
	45.50	1:37.87 (52.37)	2:32.77 (54.90)	3:26.76 (53.99)	
	4:22.26 (55.50)	5:17.05 (54.79)	6:13.04 (55.99)	7:09.96 (56.92)	
	8:04.47 (54.51)	9:00.15 (55.68)	9:55.59 (55.44)	10:51.75 (56.16)	
	11:47.14 (55.39)	12:41.90 (54.76)	13:36.86 (54.96)	14:27.13 (50.27)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 55-59 1500 SC Meter Freestyle**NATL: 17:14.15 % 10/2/2005 **JIM MC CONICA**PAC: 17:35.21 # 12/31/2003 **R Tod Spieker**

1	Wells, Barton	55	Uc38	17:11.44	17:30.18#
	32.36	1:06.99 (34.63)	1:41.86 (34.87)	2:16.89 (35.03)	
	2:51.69 (34.80)	3:26.42 (34.73)	4:01.18 (34.76)	4:36.23 (35.05)	
	5:11.19 (34.96)	5:46.20 (35.01)	6:21.28 (35.08)	6:56.79 (35.51)	
	7:32.49 (35.70)	8:07.44 (34.95)	8:42.66 (35.22)	9:17.69 (35.03)	
	9:52.87 (35.18)	10:27.82 (34.95)	11:03.11 (35.29)	11:38.79 (35.68)	
	12:13.61 (34.82)	12:48.94 (35.33)	13:23.95 (35.01)	13:59.43 (35.48)	
	14:35.34 (35.91)	15:10.66 (35.32)	15:45.56 (34.90)	16:21.35 (35.79)	
	16:56.88 (35.53)	17:30.18 (33.30)			
2	Krovetz, Ted	56	Davis Aquatic Masters-38	20:45.00	20:31.31
	39.73	1:22.08 (42.35)	2:04.79 (42.71)	2:47.31 (42.52)	
	3:29.84 (42.53)	4:11.82 (41.98)	4:53.74 (41.92)	5:35.33 (41.59)	
	6:16.72 (41.39)	6:57.89 (41.17)	7:38.38 (40.49)	8:18.96 (40.58)	
	8:59.47 (40.51)	9:39.65 (40.18)	10:20.30 (40.65)	11:00.56 (40.26)	
	11:41.06 (40.50)	12:21.34 (40.28)	13:01.74 (40.40)	13:42.40 (40.66)	
	14:22.97 (40.57)	15:03.45 (40.48)	15:44.80 (41.35)	16:25.72 (40.92)	
	17:06.72 (41.00)	17:48.43 (41.71)	18:29.54 (41.11)	19:11.01 (41.47)	
	19:51.95 (40.94)	20:31.31 (39.36)			
3	Nunnally, Todd	58	Uc38	24:55.00	25:28.77
	42.14	1:26.84 (44.70)	2:13.87 (47.03)	3:03.10 (49.23)	
	3:51.33 (48.23)	4:40.90 (49.57)	5:31.85 (50.95)	6:24.03 (52.18)	
	7:14.43 (50.40)	8:06.73 (52.30)	8:58.95 (52.22)	9:52.54 (53.59)	
	10:43.77 (51.23)	11:35.86 (52.09)	12:29.13 (53.27)	13:23.11 (53.98)	
	14:15.01 (51.90)	15:07.68 (52.67)	16:01.12 (53.44)	16:51.47 (50.35)	
	17:45.33 (53.86)	18:37.28 (51.95)	19:28.17 (50.89)	20:20.00 (51.83)	
	21:12.33 (52.33)	22:05.05 (52.72)	22:56.39 (51.34)	23:49.61 (53.22)	
	24:39.07 (49.46)	25:28.77 (49.70)			
4	Wan, Danny	59	Marcia's Enthusiastic Masters-38	28:30.00	26:35.43
		1:39.52 ( )	2:33.20 (53.68)		
		8:52.59 ( )			
			16:48.11 ( )	26:35.43 (9:47.32)	

**Men 55-59 50 SC Meter Backstroke**NATL: 27.62 % 10/10/2015 **STEVE WOOD**PAC: 29.95 # 10/13/2019 **Steven V Ennis**

1	Hamilton, Rick	55	Manatee Aquatic Masters Inc-38	33.22	31.60
2	Chao, Hector	58	Walnut Creek Masters-38	33.99	33.45
3	Smith, Bryan E	55	Walnut Creek Masters-38	33.24	34.58
4	Tom, Daniel	58	Menlo Masters-38	38.00	36.08
5	Keating, Kevin	59	Sebastopol Masters Aquatic Clu-38	36.00	36.69
6	Barajas, Nick A	56	Sacramento Masters-38	42.66	42.49
7	Wu, Long	57	Marcia's Enthusiastic Masters-38	56.41	49.28

**Men 55-59 100 SC Meter Backstroke**NATL: 1:00.78 % 10/20/2018 **FRITZ BEDFORD**PAC: 1:04.89 # 12/31/2000 **Tim A Birnie**

1	Hamilton, Rick	55	Manatee Aquatic Masters Inc-38	1:08.22	1:06.77
	32.32	1:06.77 (34.45)			
2	Chao, Hector	58	Walnut Creek Masters-38	1:11.51	1:10.60
	34.41	1:10.60 (36.19)			

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3	Smith, Bryan E	55	Walnut Creek Masters-38	1:14.56	1:15.34
	35.55	1:15.34 (39.79)			
4	Keating, Kevin	59	Sebastopol Masters Aquatic Clu-38	1:20.00	1:22.80
	39.91	1:22.80 (42.89)			
5	Wu, Long	57	Marcia's Enthusiastic Masters-38	2:09.17	1:50.94
	53.91	1:50.94 (57.03)			

**Men 55-59 200 SC Meter Backstroke**NATL: 2:15.37 % 12/2/2018 **LEN GUSHE**PAC: 2:21.80 # 12/31/2003 **Tim Spieker**

1	Hamilton, Rick	55	Manatee Aquatic Masters Inc-38	2:28.82	2:27.64
	35.37	1:12.44 (37.07)	1:50.17 (37.73)	2:27.64 (37.47)	
2	Chao, Hector	58	Walnut Creek Masters-38	2:54.02	2:35.85
	37.14	1:16.41 (39.27)	1:56.56 (40.15)	2:35.85 (39.29)	

**Men 55-59 50 SC Meter Breaststroke**NATL: 30.37 % 12/17/2016 **DAVID GUTHRIE**PAC: 32.18 # 12/31/2001 **Robert Strand**

1	Tom, Daniel	58	Menlo Masters-38	36.00	34.98
2	Boone, Jon	59	Walnut Creek Masters-38	42.55	38.64
3	Wu, Long	57	Marcia's Enthusiastic Masters-38	45.73	42.56
4	Barajas, Nick A	56	Sacramento Masters-38	43.72	43.45

**Men 55-59 100 SC Meter Breaststroke**NATL: 1:06.80 % 12/18/2016 **DAVID GUTHRIE**PAC: 1:11.53 # 12/31/2001 **Robert Strand**

1	Tom, Daniel	58	Menlo Masters-38	1:20.00	1:18.11
	36.99	1:18.11 (41.12)			
2	Wu, Long	57	Marcia's Enthusiastic Masters-38	1:39.99	1:31.69
	45.48	1:31.69 (46.21)			
3	Makani, Gautam	56	Orinda Aquatic Masters-38	1:40.00	1:46.31
	50.20	1:46.31 (56.11)			

**Men 55-59 200 SC Meter Breaststroke**NATL: 2:27.00 % 11/8/2015 **DAVID GUTHRIE**PAC: 2:38.76 # 12/31/2001 **Robert Strand**

1	Tom, Daniel	58	Menlo Masters-38	3:10.00	3:02.01
	39.50	1:23.53 (44.03)	2:11.76 (48.23)	3:02.01 (50.25)	
2	Downey, Patrick	55	Marcia's Enthusiastic Masters-38	3:23.00	3:22.46
	48.92	1:41.58 (52.66)	2:33.76 (52.18)	3:22.46 (48.70)	
3	Wu, Long	57	Marcia's Enthusiastic Masters-38	3:35.13	3:26.23
	46.89	1:38.77 (51.88)	2:33.89 (55.12)	3:26.23 (52.34)	
4	Wan, Danny	59	Marcia's Enthusiastic Masters-38	3:51.60	3:56.13
	54.77	1:53.50 (58.73)	2:54.04 (1:00.54)	3:56.13 (1:02.09)	

**Men 55-59 50 SC Meter Butterfly**NATL: 26.43 % 12/12/2021 **STEVE HILTABIDDLE**PAC: 27.16 # 10/4/2014 **Paul V Carter**

1	Boone, Jon	59	Walnut Creek Masters-38	29.89	29.43
2	Tittle, Kenneth W	59	Walnut Creek Masters-38	29.37	29.78
3	Hamilton, Rick	55	Manatee Aquatic Masters Inc-38	30.69	30.45
4	Chao, Hector	58	Walnut Creek Masters-38	30.51	30.74
5	Keating, Kevin	59	Sebastopol Masters Aquatic Clu-38	30.25	31.19



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6	Tom, Daniel	58	Menlo Masters-38	36.00	32.24
7	Barajas, Nick A	56	Sacramento Masters-38	41.40	38.71
8	Makani, Gautam	56	Orinda Aquatic Masters-38	1:00.00	52.15
---	Smith, Bryan E	55	Walnut Creek Masters-38	32.12	DQ

**Men 55-59 100 SC Meter Butterfly**NATL: **1:00.10** % 12/1/2017 **DAVID SIMS**PAC: **1:00.98** # 10/12/2014 **Paul V Carter**

1	Tittle, Kenneth W	59	Walnut Creek Masters-38	1:04.34	1:07.53
	31.85		1:07.53 (35.68)		
2	Boone, Jon	59	Walnut Creek Masters-38	1:11.55	1:08.29
	31.54		1:08.29 (36.75)		
3	Hamilton, Rick	55	Manatee Aquatic Masters Inc-38	1:11.07	1:09.08
	33.07		1:09.08 (36.01)		
4	Krovetz, Ted	56	Davis Aquatic Masters-38	1:15.00	1:19.62
	36.87		1:19.62 (42.75)		
---	Keating, Kevin	59	Sebastopol Masters Aquatic Clu-38	1:12.75	DQ
	34.63		DQ (41.32)		

**Men 55-59 200 SC Meter Butterfly**NATL: **2:16.86** % 12/2/2017 **DAVID SIMS**PAC: **2:32.24** # 12/31/2012 **Kerry L O'Brien**

1	Tittle, Kenneth W	59	Walnut Creek Masters-38	2:38.13	2:49.03
	37.42		1:19.69 (42.27) 2:02.91 (43.22) 2:49.03 (46.12)		
2	Krovetz, Ted	56	Davis Aquatic Masters-38	3:00.00	3:12.65
	42.55		3:12.65 (2:30.10)		

**Men 55-59 100 SC Meter IM**NATL: **1:01.28** % 12/4/2021 **JEROME FRENTSOS**PAC: **1:05.29** # 10/4/2014 **Paul V Carter**

1	Chao, Hector	58	Walnut Creek Masters-38	1:12.79	1:12.38
	33.81		1:12.38 (38.57)		
2	Smith, Bryan E	55	Walnut Creek Masters-38	1:13.26	1:14.07
	33.66		1:14.07 (40.41)		
3	Tom, Daniel	58	Menlo Masters-38	1:18.00	1:14.26
	35.56		1:14.26 (38.70)		
4	Keating, Kevin	59	Sebastopol Masters Aquatic Clu-38	1:17.75	1:20.70
	37.13		1:20.70 (43.57)		
5	Downey, Patrick	55	Marcia's Enthusiastic Masters-38	1:20.73	1:23.37
	39.77		1:23.37 (43.60)		
6	Barajas, Nick A	56	Sacramento Masters-38	1:25.00	1:25.28
	39.91		1:25.28 (45.37)		
7	Wu, Long	57	Marcia's Enthusiastic Masters-38	1:45.46	1:32.88
	47.50		1:32.88 (45.38)		
8	Wan, Danny	59	Marcia's Enthusiastic Masters-38	1:40.69	1:38.29
	47.16		1:38.29 (51.13)		

**Men 55-59 200 SC Meter IM**NATL: **2:14.60** % 2/29/2020 **JEROME FRENTSOS**PAC: **2:25.63** # 12/31/2008 **Jim Clemmons**

1	Hamilton, Rick	55	Manatee Aquatic Masters Inc-38	2:38.28	2:34.09
	33.86		1:12.14 (38.28) 1:57.87 (45.73) 2:34.09 (36.22)		

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2	Chao, Hector	58	Walnut Creek Masters-38	2:38.01	2:37.98
	33.37	1:15.43 (42.06)	2:00.66 (45.23)	2:37.98 (37.32)	
3	Downey, Patrick	55	Marcia's Enthusiastic Masters-38	3:05.47	3:04.31
	38.84	1:28.55 (49.71)	2:21.46 (52.91)	3:04.31 (42.85)	

**Men 55-59 400 SC Meter IM**NATL: 4:51.97 % 11/21/2009 **MICHAEL MANN**PAC: 5:13.29 # 12/31/2003 **R Tod Spieker**

1	Hamilton, Rick	55	Manatee Aquatic Masters Inc-38	5:25.57	5:33.45
	34.09	1:13.29 (39.20)	1:55.29 (42.00)	2:36.06 (40.77)	
	3:25.33 (49.27)	4:15.97 (50.64)	4:55.45 (39.48)	5:33.45 (38.00)	
2	Krovetz, Ted	56	Davis Aquatic Masters-38	5:50.00	6:15.03
	38.72		2:12.43 ( )	3:00.43 (48.00)	
	3:56.93 (56.50)	4:51.97 (55.04)	5:34.24 (42.27)	6:15.03 (40.79)	

**Men 60-64 50 SC Meter Freestyle**NATL: 24.90 % 12/3/2006 **RICHARD ABRAHAMS**PAC: 26.56 # 10/9/2016 **Loren Druz**

1	Remmert, Greg	60	Walnut Creek Masters-38	27.88	28.27
2	Taylor, Ron	62	Richmond Plunge Masters-38	31.45	30.11
3	Anderson, Thomas	61	Menlo Masters-38	29.10	30.17
4	Laudenslager, Greg	61	Rolling Hills Mud Sharks-38	30.69	30.45
5	Suess, Bob	61	Rolling Hills Mud Sharks-38	35.00	32.06
6	Coombs, Craig	62	Marcia's Enthusiastic Masters-38	31.00	32.45
7	Hektner, Eric	64	Sebastopol Masters Aquatic Clu-38	35.00	37.03
8	Schapiro, Seth	62	Albany Armada Aquatics Masters-38	54.39	39.58

**Men 60-64 100 SC Meter Freestyle**NATL: 55.87 % 5/17/2014 **JACK GROSELLE**PAC: 57.97 # 10/16/2021 **David E Boatwright**

1	Remmert, Greg	60	Walnut Creek Masters-38	1:01.72	1:00.89
	29.34	1:00.89 (31.55)			
2	Taylor, Ron	62	Richmond Plunge Masters-38	1:10.82	1:07.33
	32.80	1:07.33 (34.53)			
3	Anderson, Thomas	61	Menlo Masters-38	1:05.77	1:07.74
	31.97	1:07.74 (35.77)			
4	Coombs, Craig	62	Marcia's Enthusiastic Masters-38	1:13.00	1:10.74
	34.53	1:10.74 (36.21)			
5	St Marseille, Marc	62	Walnut Creek Masters-38	1:12.00	1:12.72
	35.07	1:12.72 (37.65)			
6	Hamza, Alex	63	Uc38	1:12.00	1:13.45
	35.71	1:13.45 (37.74)			
7	Gilliland, John	62	SF Tsunami Masters-38	1:09.60	1:14.01
	33.90	1:14.01 (40.11)			
8	Schapiro, Seth	62	Albany Armada Aquatics Masters-38	1:32.88	1:28.61
	43.19	1:28.61 (45.42)			

**Men 60-64 200 SC Meter Freestyle**NATL: 2:01.65 % 11/21/2015 **RICK COLELLA**PAC: 2:13.48 # 10/17/2021 **David E Boatwright**

1	Remmert, Greg	60	Walnut Creek Masters-38	2:19.84	2:18.76
	31.98	1:06.61 (34.63)	1:42.30 (35.69)	2:18.76 (36.46)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 60-64 200 SC Meter Freestyle)**

2	Anderson, Thomas	61	Menlo Masters-38	2:30.16	2:32.57
	34.83	1:13.44 (38.61)	1:52.76 (39.32)	2:32.57 (39.81)	
3	Kemler, David S	64	Walnut Creek Masters-38	2:44.60	2:43.20
	37.93	1:18.08 (40.15)	2:00.06 (41.98)	2:43.20 (43.14)	
4	Hektner, Eric	64	Sebastopol Masters Aquatic Clu-38	2:55.00	2:58.61
	41.81	1:26.60 (44.79)	2:12.83 (46.23)	2:58.61 (45.78)	
5	Esahak-Gage, George	64	Arizona Masters Swim Club Inc-48	3:00.00	3:05.24
	42.59	1:29.61 (47.02)	2:17.56 (47.95)	3:05.24 (47.68)	

**Men 60-64 400 SC Meter Freestyle****NATL: 4:29.92 % 12/2/2017 DAN STEPHENSON****PAC: 4:42.39 # 12/31/2010 Jim Clemmons**

1	Remmert, Greg	60	Walnut Creek Masters-38	5:01.07	5:02.61
	34.31	1:11.81 (37.50)	1:49.92 (38.11)	2:28.06 (38.14)	
	3:07.15 (39.09)	3:45.85 (38.70)	4:24.53 (38.68)	5:02.61 (38.08)	
2	Kemler, David S	64	Walnut Creek Masters-38	5:45.62	5:43.76
	39.15	1:21.50 (42.35)	2:04.97 (43.47)	2:49.74 (44.77)	
	3:33.83 (44.09)	4:17.87 (44.04)	5:01.60 (43.73)	5:43.76 (42.16)	
3	Coombs, Craig	62	Marcia's Enthusiastic Masters-38	6:00.00	6:03.36
	43.12	1:30.17 (47.05)	2:15.95 (45.78)	3:03.05 (47.10)	
	3:48.80 (45.75)	4:34.26 (45.46)	5:19.52 (45.26)	6:03.36 (43.84)	
4	Hektner, Eric	64	Sebastopol Masters Aquatic Clu-38	6:03.00	6:30.29
	44.12	1:31.72 (47.60)	2:20.26 (48.54)	3:10.29 (50.03)	
	4:00.60 (50.31)	4:50.88 (50.28)	5:41.88 (51.00)	6:30.29 (48.41)	
5	Tsugawa, Peter	64	Marcia's Enthusiastic Masters-38	7:00.00	6:54.37
	45.50	2:31.15 (1:45.65)	3:25.85 (54.70)	4:19.81 (53.96)	
	5:12.29 (52.48)	6:05.38 (53.09)	6:54.44 (49.06)	6:54.37 ( )	

**Men 60-64 400 SC Meter Freestyle****NATL: 4:29.92 % 12/2/2017 DAN STEPHENSON****PAC: 4:42.39 # 12/31/2010 Jim Clemmons**

1	Anderson, Thomas	61	Menlo Masters-38	NT	5:30.37
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**Men 60-64 800 SC Meter Freestyle****NATL: 9:14.50 % 12/2/2018 ANDREW BRAY****PAC: 9:43.24 # 12/31/2010 Jim Clemmons**

1	Remmert, Greg	60	Walnut Creek Masters-38	11:00.00	10:23.15
	35.27	1:12.47 (37.20)	1:50.82 (38.35)	2:29.78 (38.96)	
	3:09.25 (39.47)	3:48.48 (39.23)	4:27.74 (39.26)	5:06.99 (39.25)	
	5:46.57 (39.58)	6:26.11 (39.54)	7:05.84 (39.73)	7:45.48 (39.64)	
	8:25.31 (39.83)	9:04.73 (39.42)	9:44.36 (39.63)	10:23.15 (38.79)	
2	Anderson, Thomas	61	Menlo Masters-38	11:07.13	11:09.12
	36.59	1:16.14 (39.55)	1:57.72 (41.58)	2:40.22 (42.50)	
	3:22.31 (42.09)	4:04.82 (42.51)	4:47.50 (42.68)	5:30.37 (42.87)	
	6:13.17 (42.80)	6:55.62 (42.45)	7:37.88 (42.26)	8:20.75 (42.87)	
	9:03.94 (43.19)	9:46.03 (42.09)	10:28.60 (42.57)	11:09.12 (40.52)	
3	Coombs, Craig	62	Marcia's Enthusiastic Masters-38	12:00.00	12:43.04
	43.96	1:31.14 (47.18)	2:20.07 (48.93)	3:09.21 (49.14)	
	3:57.19 (47.98)	4:45.86 (48.67)	5:34.15 (48.29)	6:22.47 (48.32)	
	7:10.38 (47.91)	7:58.73 (48.35)	8:47.62 (48.89)	9:35.59 (47.97)	
	10:24.30 (48.71)	11:11.05 (46.75)	11:58.11 (47.06)	12:43.04 (44.93)	

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

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## Results

## Men 60-64 800 SC Meter Freestyle

NATL: 9:14.50 % 12/2/2018 ANDREW BRAY

PAC: 9:43.24 # 12/31/2010 Jim Clemmons

1 Hathaway, David 62 Oregon Masters-37 NT 10:33.92

## Men 60-64 1500 SC Meter Freestyle

NATL: 17:34.51 % 1/29/2022 ARNALDO PEREZ

PAC: 18:28.64 # 12/31/2010 Jim Clemmons

1 Remmert, Greg 60 Walnut Creek Masters-38 22:30.00 19:45.26

36.79 1:16.90 (40.11) 1:57.06 (40.16) 2:37.18 (40.12)

3:17.77 (40.59) 3:58.41 (40.64) 4:38.59 (40.18) 5:18.50 (39.91)

5:58.78 (40.28) 6:38.54 (39.76) 7:18.84 (40.30) 7:58.76 (39.92)

8:38.74 (39.98) 9:18.53 (39.79) 9:57.55 (39.02) 10:37.05 (39.50)

11:16.53 (39.48) 11:55.74 (39.21) 12:34.87 (39.13) 13:14.22 (39.35)

13:53.19 (38.97) 14:32.34 (39.15) 15:11.72 (39.38) 15:50.96 (39.24)

16:29.98 (39.02) 17:09.43 (39.45) 17:48.51 (39.08) 18:27.63 (39.12)

19:06.46 (38.83) 19:45.26 (38.80)

2 Hathaway, David 62 Oregon Masters-37 20:25.20 19:48.01

36.36 1:15.65 (39.29) 1:55.50 (39.85) 2:35.15 (39.65)

3:14.45 (39.30) 3:54.55 (40.10) 4:33.75 (39.20) 5:13.24 (39.49)

5:52.88 (39.64) 6:32.58 (39.70) 7:12.49 (39.91) 7:52.76 (40.27)

8:33.19 (40.43) 9:13.72 (40.53) 9:53.77 (40.05) 10:33.92 (40.15)

11:14.31 (40.39) 11:54.27 (39.96) 12:34.90 (40.63) 13:14.48 (39.58)

13:55.03 (40.55) 14:35.33 (40.30) 15:15.22 (39.89) 15:55.73 (40.51)

16:35.89 (40.16) 17:15.20 (39.31) 17:54.32 (39.12) 18:32.92 (38.60)

19:11.50 (38.58) 19:48.01 (36.51)

3 Tainty, Chris 62 Santa Cruz Masters Aquatics-38 19:56.57 19:58.94

37.86 1:17.46 (39.60) 1:57.87 (40.41) 2:38.27 (40.40)

3:18.49 (40.22) 3:58.57 (40.08) 4:38.64 (40.07) 5:18.64 (40.00)

5:58.91 (40.27) 6:38.93 (40.02) 7:18.78 (39.85) 7:58.44 (39.66)

8:38.41 (39.97) 9:18.42 (40.01) 9:58.47 (40.05) 10:38.63 (40.16)

11:18.58 (39.95) 11:59.13 (40.55) 12:39.37 (40.24) 13:19.67 (40.30)

14:00.02 (40.35) 14:40.60 (40.58) 15:20.82 (40.22) 16:00.88 (40.06)

16:40.95 (40.07) 17:21.03 (40.08) 18:01.37 (40.34) 18:41.18 (39.81)

19:20.81 (39.63) 19:58.94 (38.13)

4 Notaro, Michael 60 Manatee Aquatic Masters Inc-38 20:00.00 20:17.26

36.39 1:16.26 (39.87) 1:56.75 (40.49) 2:37.71 (40.96)

3:18.63 (40.92) 3:59.54 (40.91) 4:40.32 (40.78) 5:20.96 (40.64)

6:01.60 (40.64) 6:41.96 (40.36) 7:22.85 (40.89) 8:03.16 (40.31)

8:43.42 (40.26) 9:23.77 (40.35) 10:04.70 (40.93) 10:45.48 (40.78)

11:25.89 (40.41) 12:06.61 (40.72) 12:47.71 (41.10) 13:28.44 (40.73)

14:09.26 (40.82) 14:50.18 (40.92) 15:31.34 (41.16) 16:13.01 (41.67)

16:54.19 (41.18) 17:35.24 (41.05) 18:17.05 (41.81) 18:58.44 (41.39)

19:38.73 (40.29) 20:17.26 (38.53)

5 Washburn, Stephen 64 Albany Armada Aquatics Masters-38 25:00.00 21:32.70

41.31 1:25.10 (43.79) 2:09.18 (44.08) 2:53.64 (44.46)

3:37.65 (44.01) 4:21.18 (43.53) 5:04.70 (43.52) 5:48.48 (43.78)

6:31.73 (43.25) 7:15.41 (43.68) 7:58.31 (42.90) 8:41.72 (43.41)

9:25.28 (43.56) 10:08.69 (43.41) 10:52.06 (43.37) 11:35.07 (43.01)

12:18.39 (43.32) 13:01.41 (43.02) 13:44.41 (43.00) 14:27.26 (42.85)

15:10.43 (43.17) 15:53.36 (42.93) 16:36.23 (42.87) 17:19.01 (42.78)

18:01.91 (42.90) 18:44.99 (43.08) 19:27.66 (42.67) 20:10.29 (42.63)

20:52.54 (42.25) 21:32.70 (40.16)

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

**(Men 60-64 1500 SC Meter Freestyle)**

6	Halbrecht, Kenneth	62	Walnut Creek Masters-38	22:30.00	21:41.45
	38.90	1:21.98 (43.08)	2:05.91 (43.93)	2:49.67 (43.76)	
	3:33.46 (43.79)	4:17.29 (43.83)	5:01.49 (44.20)	5:45.51 (44.02)	
	6:29.94 (44.43)	7:13.32 (43.38)	7:57.32 (44.00)	8:41.15 (43.83)	
	9:25.08 (43.93)	10:08.96 (43.88)	10:52.92 (43.96)	11:36.40 (43.48)	
	12:21.30 (44.90)	13:05.37 (44.07)	13:49.15 (43.78)	14:32.21 (43.06)	
	15:15.28 (43.07)	15:58.42 (43.14)	16:41.72 (43.30)	17:24.76 (43.04)	
	18:09.14 (44.38)	18:53.74 (44.60)	19:36.52 (42.78)	20:18.87 (42.35)	
	21:00.74 (41.87)	21:41.45 (40.71)			
7	Coombs, Craig	62	Marcia's Enthusiastic Masters-38	24:00.00	24:15.49
	44.45	1:33.08 (48.63)	2:22.24 (49.16)	3:11.66 (49.42)	
	4:01.09 (49.43)	4:50.64 (49.55)	5:40.57 (49.93)	6:29.95 (49.38)	
	7:19.14 (49.19)	8:08.85 (49.71)	8:57.40 (48.55)	9:45.09 (47.69)	
	10:33.55 (48.46)	11:22.47 (48.92)	12:10.95 (48.48)	13:00.27 (49.32)	
	13:48.77 (48.50)	14:37.43 (48.66)	15:26.30 (48.87)	16:15.35 (49.05)	
	17:03.13 (47.78)	17:50.90 (47.77)	18:39.79 (48.89)	19:28.24 (48.45)	
	20:16.36 (48.12)	21:05.27 (48.91)	21:53.28 (48.01)	22:41.09 (47.81)	
	23:28.96 (47.87)	24:15.49 (46.53)			
8	Tsugawa, Peter	64	Marcia's Enthusiastic Masters-38	31:00.00	26:19.66
	48.57	1:43.34 (54.77)	2:39.82 (56.48)	3:34.83 (55.01)	
	4:30.33 (55.50)	5:25.07 (54.74)	6:19.19 (54.12)	7:12.70 (53.51)	
	8:59.88 (1:47.18)	9:52.96 (53.08)	12:33.11 (2:40.15)		
		14:17.74 ( )			
	15:10.04 ( )	16:02.91 (52.87)	16:56.43 (53.52)	17:48.68 (52.25)	
	18:41.25 (52.57)	19:34.16 (52.91)	20:26.41 (52.25)	21:18.32 (51.91)	
	22:09.38 (51.06)	23:00.14 (50.76)	23:50.75 (50.61)	24:41.71 (50.96)	
	25:32.31 (50.60)	26:19.66 (47.35)			
9	Inchausti, Robert	60	Marcia's Enthusiastic Masters-38	29:30.24	26:20.54
	49.30	1:41.01 (51.71)	2:33.42 (52.41)	3:26.69 (53.27)	
	4:20.03 (53.34)	5:14.36 (54.33)	6:08.40 (54.04)	7:02.75 (54.35)	
	7:57.69 (54.94)	8:51.12 (53.43)	9:43.04 (51.92)	10:35.57 (52.53)	
	11:28.01 (52.44)	12:21.21 (53.20)	13:14.41 (53.20)	14:07.82 (53.41)	
	15:00.40 (52.58)	15:53.24 (52.84)	16:45.31 (52.07)	17:37.47 (52.16)	
	18:29.14 (51.67)	19:21.59 (52.45)	20:14.38 (52.79)	21:07.49 (53.11)	
	21:59.77 (52.28)	22:52.39 (52.62)	23:44.69 (52.30)	24:37.39 (52.70)	
	25:30.48 (53.09)	26:20.54 (50.06)			

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

NATL: 29.44 % 12/7/2019 JAMIE FOWLER

PAC: 31.59 # 12/31/2010 Hugh Wilder

1	Taylor, Ron	62	Richmond Plunge Masters-38	35.54	34.37
2	Hathaway, David	62	Oregon Masters-37	35.07	35.32
3	Halbrecht, Kenneth	62	Walnut Creek Masters-38	38.00	38.02
4	Woollgar, Mark	61	Uc38	41.00	38.31
5	Hanna, Don	64	Walnut Creek Masters-38	41.00	39.09
6	Anderson, Thomas	61	Menlo Masters-38	41.30	42.37
7	Suess, Bob	61	Rolling Hills Mud Sharks-38	49.00	50.05
8	Rentschler, Randy	62	Marcia's Enthusiastic Masters-38	1:30.00	53.66
9	Schapiro, Seth	62	Albany Armada Aquatics Masters-38	1:12.56	58.28

**Men 60-64 100 SC Meter Backstroke**

NATL: 1:03.15 % 12/7/2019 JAMIE FOWLER

PAC: 1:08.49 # 12/6/2013 Fred Ferroggiaro

1	Hanna, Don	64	Walnut Creek Masters-38	NT	1:22.74
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**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 60-64 100 SC Meter Backstroke)**

2	Kemler, David S	64	Walnut Creek Masters-38	NT	1:24.38
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**Men 60-64 100 SC Meter Backstroke**

<b>NATL:</b>	<b>1:03.15</b>	<b>%</b>	<b>12/7/2019</b>	<b>JAMIE FOWLER</b>
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<b>PAC:</b>	<b>1:08.49</b>	<b>#</b>	<b>12/6/2013</b>	<b>Fred Ferroggiaro</b>
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1	Frentsos, Paul	61	SF Tsunami Masters-38	1:12.01	1:12.18
	35.37		1:12.18 (36.81)		
2	Tainty, Chris	62	Santa Cruz Masters Aquatics-38	1:13.57	1:13.02
	35.99		1:13.02 (37.03)		
3	Woollgar, Mark	61	Uc38	1:37.00	1:22.50
	39.80		1:22.50 (42.70)		
4	Hanna, Don	64	Walnut Creek Masters-38	1:22.04	1:23.30
	41.38		1:23.30 (41.92)		
5	Hamza, Alex	63	Uc38	1:25.00	1:27.84
	43.26		1:27.84 (44.58)		

**Men 60-64 200 SC Meter Backstroke**

<b>NATL:</b>	<b>2:17.15</b>	<b>%</b>	<b>12/8/2019</b>	<b>JAMIE FOWLER</b>
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<b>PAC:</b>	<b>2:27.91</b>	<b>#</b>	<b>5/20/2018</b>	<b>Joe S Dunn</b>
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1	Hathaway, David	62	Oregon Masters-37	2:49.07	2:45.03
	39.41		1:20.71 (41.30)	2:03.09 (42.38)	2:45.03 (41.94)
2	Laudenslager, Greg	61	Rolling Hills Mud Sharks-38	3:05.74	2:59.19
	44.28		1:29.57 (45.29)	2:14.79 (45.22)	2:59.19 (44.40)
3	Hanna, Don	64	Walnut Creek Masters-38	2:59.79	3:00.30
	41.92		1:27.62 (45.70)	2:14.29 (46.67)	3:00.30 (46.01)
4	Kemler, David S	64	Walnut Creek Masters-38	3:04.85	3:01.00
	42.43		1:27.81 (45.38)	2:14.75 (46.94)	3:01.00 (46.25)
5	Inchausti, Robert	60	Marcia's Enthusiastic Masters-38	3:45.00	3:42.25
	50.92		1:46.00 (55.08)	2:44.31 (58.31)	3:42.25 (57.94)
6	Rentschler, Randy	62	Marcia's Enthusiastic Masters-38	5:30.00	4:33.33
	1:03.02		2:13.52 (1:10.50)	3:25.57 (1:12.05)	4:33.33 (1:07.76)

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

<b>NATL:</b>	<b>31.51</b>	<b>%</b>	<b>11/21/2015</b>	<b>RICK COLELLA</b>
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<b>PAC:</b>	<b>32.31</b>	<b>#</b>	<b>12/31/2009</b>	<b>Robert Strand</b>
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1	Laudenslager, Greg	61	Rolling Hills Mud Sharks-38	36.41	37.65
2	Halbrecht, Kenneth	62	Walnut Creek Masters-38	38.00	38.25
3	Fry, Laurence	61	Jellies Aquatic Masters of Mon-38	38.79	40.85
4	Taylor, Ron	62	Richmond Plunge Masters-38	44.62	41.22
5	St Marseille, Marc	62	Walnut Creek Masters-38	45.00	41.96
6	Ewing, Jack	62	University of San Francisco Ma-38	40.25	42.05
7	Anderson, Thomas	61	Menlo Masters-38	41.32	42.73
8	Hamza, Alex	63	Uc38	42.00	42.81
9	Braham, Bob	63	Los Gatos Masters-38	43.40	43.60
10	Suess, Bob	61	Rolling Hills Mud Sharks-38	47.00	46.77
11	Esahak-Gage, George	64	Arizona Masters Swim Club Inc-48	48.50	48.78
12	Schapiro, Seth	62	Albany Armada Aquatics Masters-38	56.47	53.19

**Men 60-64 100 SC Meter Breaststroke**

<b>NATL:</b>	<b>1:09.53</b>	<b>%</b>	<b>8/1/2021</b>	<b>DAVID GUTHRIE</b>
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<b>PAC:</b>	<b>1:12.09</b>	<b>#</b>	<b>12/31/2009</b>	<b>Robert Strand</b>
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1	Laudenslager, Greg	61	Rolling Hills Mud Sharks-38	1:23.90	1:23.39
	40.56		1:23.39 (42.83)		

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 60-64 100 SC Meter Breaststroke)**

2	Halbrecht, Kenneth	62	Walnut Creek Masters-38	1:40.00	1:25.40
	39.83				1:25.40 (45.57)
3	Fry, Laurence	61	Jellies Aquatic Masters of Mon-38	1:19.49	1:31.63
	43.36				1:31.63 (48.27)
4	Ewing, Jack	62	University of San Francisco Ma-38	1:21.30	1:32.24
	43.00				1:32.24 (49.24)
5	Coombs, Craig	62	Marcia's Enthusiastic Masters-38	1:31.00	1:32.43
	46.58				1:32.43 (45.85)
6	Braham, Bob	63	Los Gatos Masters-38	1:33.90	1:35.11
	46.45				1:35.11 (48.66)
7	Tsugawa, Peter	64	Marcia's Enthusiastic Masters-38	1:56.00	1:54.80
	54.61				1:54.80 (1:00.19)
8	Rentschler, Randy	62	Marcia's Enthusiastic Masters-38	2:30.00	2:12.18
	1:01.87				2:12.18 (1:10.31)

**Men 60-64 200 SC Meter Breaststroke**NATL: **2:32.34** % 7/31/2021 **DAVID GUTHRIE**PAC: **2:40.76** # 12/31/2009 **Robert Strand**

1	Frentsos, Paul	61	SF Tsunami Masters-38	2:55.01	2:56.56
	39.77				1:24.56 (44.79) 2:10.47 (45.91) 2:56.56 (46.09)
2	Laudenslager, Greg	61	Rolling Hills Mud Sharks-38	3:10.70	3:07.13
	42.31				1:29.73 (47.42) 2:18.36 (48.63) 3:07.13 (48.77)
3	Coombs, Craig	62	Marcia's Enthusiastic Masters-38	3:15.00	3:19.02
	47.73				1:37.23 (49.50) 2:29.14 (51.91) 3:19.02 (49.88)
4	Taylor, Ron	62	Richmond Plunge Masters-38	3:32.47	3:25.61
	48.42				1:41.16 (52.74) 2:33.16 (52.00) 3:25.61 (52.45)
5	Hektner, Eric	64	Sebastopol Masters Aquatic Clu-38	3:30.00	3:40.39
	50.03				1:45.51 (55.48) 2:42.84 (57.33) 3:40.39 (57.55)
6	Inchausti, Robert	60	Marcia's Enthusiastic Masters-38	4:00.00	3:53.37
	54.29				1:54.00 (59.71) 2:55.99 (1:01.99) 3:53.37 (57.38)
7	Tsugawa, Peter	64	Marcia's Enthusiastic Masters-38	4:12.00	3:58.21
	55.38				1:56.05 (1:00.67) 2:56.38 (1:00.33) 3:58.21 (1:01.83)
8	Rentschler, Randy	62	Marcia's Enthusiastic Masters-38	5:30.00	4:56.21
	1:04.64				2:19.15 (1:14.51) 3:39.42 (1:20.27) 4:56.21 (1:16.79)

**Men 60-64 50 SC Meter Butterfly**NATL: **27.40** % 5/25/2019 **BRUCE KONE**PAC: **29.18** # 10/16/2021 **Paul J Frentsos**

1	Frentsos, Paul	61	SF Tsunami Masters-38	29.51	29.70
2	Remmert, Greg	60	Walnut Creek Masters-38	30.00	31.48
3	Halbrecht, Kenneth	62	Walnut Creek Masters-38	36.00	31.92
4	Hathaway, David	62	Oregon Masters-37	32.07	33.36
5	Woollgar, Mark	61	Uc38	38.00	35.00
6	Anderson, Thomas	61	Menlo Masters-38	34.57	35.45
7	St Marseille, Marc	62	Walnut Creek Masters-38	36.00	35.67
8	Fry, Laurence	61	Jellies Aquatic Masters of Mon-38	36.61	37.23
9	Braham, Bob	63	Los Gatos Masters-38	35.50	37.80
10	Gilliland, John	62	SF Tsunami Masters-38	37.81	38.88
11	Ewing, Jack	62	University of San Francisco Ma-38	39.67	39.40
12	Suess, Bob	61	Rolling Hills Mud Sharks-38	45.00	44.06
13	Esahak-Gage, George	64	Arizona Masters Swim Club Inc-48	45.00	45.85
14	Rentschler, Randy	62	Marcia's Enthusiastic Masters-38	1:15.00	55.61

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 60-64 100 SC Meter Butterfly****NATL: 1:03.38 % 12/12/2020 MIKE LAMONICA****PAC: 1:08.72 # 5/24/2019 John R Morales**

1	Frentsos, Paul	61	SF Tsunami Masters-38	1:10.01	1:09.30
	33.00		1:09.30 (36.30)		
2	Hathaway, David	62	Oregon Masters-37	1:17.07	1:16.24
	36.26		1:16.24 (39.98)		
3	Washburn, Stephen	64	Albany Armada Aquatics Masters-38	1:30.00	1:27.64
	40.46		1:27.64 (47.18)		

**Men 60-64 200 SC Meter Butterfly****NATL: 2:23.29 % 11/22/2015 RICK COLELLA****PAC: 2:37.76 # 10/10/2015 Peter M Guadagni**

1	Tainty, Chris	62	Santa Cruz Masters Aquatics-38	2:43.30	2:45.27
	37.93		1:18.87 (40.94) 2:01.51 (42.64) 2:45.27 (43.76)		
2	Inchausti, Robert	60	Marcia's Enthusiastic Masters-38	4:30.00	3:57.02
	52.77		1:51.79 (59.02) 2:53.27 (1:01.48) 3:57.02 (1:03.75)		
3	Tsugawa, Peter	64	Marcia's Enthusiastic Masters-38	4:19.00	4:20.32
	56.11		2:03.23 (1:07.12) 3:15.50 (1:12.27) 4:20.32 (1:04.82)		

**Men 60-64 100 SC Meter IM****NATL: 1:04.23 % 3/21/2015 RICK COLELLA****PAC: 1:07.98 # 12/31/2009 Robert Strand**

1	Frentsos, Paul	61	SF Tsunami Masters-38	1:12.01	1:10.14
	32.61		1:10.14 (37.53)		
2	Laudenslager, Greg	61	Rolling Hills Mud Sharks-38	1:18.68	1:16.80
	38.30		1:16.80 (38.50)		
3	Halbrecht, Kenneth	62	Walnut Creek Masters-38	1:20.00	1:20.31
	36.94		1:20.31 (43.37)		
4	Woollgar, Mark	61	Uc38	1:22.00	1:22.19
	37.22		1:22.19 (44.97)		
5	Ewing, Jack	62	University of San Francisco Ma-38	1:20.19	1:31.41
	43.38		1:31.41 (48.03)		

**Men 60-64 200 SC Meter IM****NATL: 2:19.96 % 3/21/2015 RICK COLELLA****PAC: 2:28.47 # 10/16/2011 Tim Broderick**

1	Frentsos, Paul	61	SF Tsunami Masters-38	2:35.01	2:34.84
	33.00		1:12.88 (39.88) 1:58.41 (45.53) 2:34.84 (36.43)		
2	Tainty, Chris	62	Santa Cruz Masters Aquatics-38	2:41.71	2:41.48
	35.07		1:16.76 (41.69) 2:04.39 (47.63) 2:41.48 (37.09)		
3	Taylor, Ron	62	Richmond Plunge Masters-38	2:54.55	2:52.25
	35.62		1:18.52 (42.90) 2:11.32 (52.80) 2:52.25 (40.93)		
4	Laudenslager, Greg	61	Rolling Hills Mud Sharks-38	2:54.77	2:54.43
	39.33		1:25.98 (46.65) 2:13.86 (47.88) 2:54.43 (40.57)		
5	Woollgar, Mark	61	Uc38	3:16.00	2:59.26
	37.43		1:23.37 (45.94) 2:19.35 (55.98) 2:59.26 (39.91)		
6	Hanna, Don	64	Walnut Creek Masters-38	3:12.65	3:10.30
	45.42		1:30.83 (45.41) 2:28.16 (57.33) 3:10.30 (42.14)		
7	Inchausti, Robert	60	Marcia's Enthusiastic Masters-38	3:50.70	3:38.65
	51.72		1:49.06 (57.34) 2:50.88 (1:01.82) 3:38.65 (47.77)		
8	Tsugawa, Peter	64	Marcia's Enthusiastic Masters-38	3:45.00	3:40.50
	45.39		1:46.48 (1:01.09) 2:52.52 (1:06.04) 3:40.50 (47.98)		
9	Rentschler, Randy	62	Marcia's Enthusiastic Masters-38	4:50.00	4:29.84
	1:00.59		2:13.18 (1:12.59) 3:33.12 (1:19.94) 4:29.84 (56.72)		



**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 60-64 400 SC Meter IM****NATL: 5:04.54 % 11/13/2011 RICK COLELLA****PAC: 5:22.86 # 12/31/2010 Jim Clemmons**

1	Frentsos, Paul	61	SF Tsunami Masters-38	5:40.01	5:33.06
	36.41	1:18.05 (41.64)	2:00.36 (42.31)	2:42.33 (41.97)	
	3:30.36 (48.03)	4:18.89 (48.53)	4:56.98 (38.09)	5:33.06 (36.08)	
2	Tainty, Chris	62	Santa Cruz Masters Aquatics-38	5:45.04	5:42.27
	36.79	1:19.34 (42.55)	2:03.29 (43.95)	2:47.81 (44.52)	
	3:35.85 (48.04)	4:24.90 (49.05)	5:04.13 (39.23)	5:42.27 (38.14)	
3	Hathaway, David	62	Oregon Masters-37	6:01.07	6:01.68
	38.36	1:23.31 (44.95)	2:11.23 (47.92)	2:59.39 (48.16)	
	3:52.14 (52.75)	4:45.00 (52.86)	5:24.26 (39.26)	6:01.68 (37.42)	
4	Notaro, Michael	60	Manatee Aquatic Masters Inc-38	6:30.00	6:06.90
	39.29	1:24.12 (44.83)	2:13.08 (48.96)	3:00.44 (47.36)	
	3:54.32 (53.88)	4:47.35 (53.03)	5:27.75 (40.40)	6:06.90 (39.15)	
5	Taylor, Ron	62	Richmond Plunge Masters-38	6:18.37	6:23.21
	38.46	1:23.91 (45.45)	2:10.37 (46.46)	2:59.48 (49.11)	
	3:54.47 (54.99)	4:51.05 (56.58)	5:37.76 (46.71)	6:23.21 (45.45)	
6	Esahak-Gage, George	64	Arizona Masters Swim Club Inc-48	7:30.00	7:29.53
	49.08	1:48.37 (59.29)	2:49.37 (1:01.00)		
	4:51.68 ( )	5:53.61 (1:01.93)	6:42.19 (48.58)	7:29.53 (47.34)	
7	Inchausti, Robert	60	Marcia's Enthusiastic Masters-38	7:45.00	7:39.96
	52.87	1:52.41 (59.54)	2:50.84 (58.43)	3:48.36 (57.52)	
	4:52.77 (1:04.41)	5:56.63 (1:03.86)	6:49.41 (52.78)	7:39.96 (50.55)	
8	Tsugawa, Peter	64	Marcia's Enthusiastic Masters-38	8:08.00	7:59.44
	40.82	7:59.44 (7:18.62)			
9	Rentschler, Randy	62	Marcia's Enthusiastic Masters-38	9:00.00	10:12.90
	1:32.55	2:46.11 (1:13.56)	10:12.90 (7:26.79)		

**Men 65-69 50 SC Meter Freestyle****NATL: 25.42 % 3/3/2018 DOUG MARTIN****PAC: 26.85 # 9/18/2016 Tate Holt**

1	Druz, Loren	66	Walnut Creek Masters-38	30.00	28.69
2	Van Boer, Eric D	68	Rolling Hills Mud Sharks-38	29.00	29.54
3	Maritzen, Michael A	66	Rolling Hills Mud Sharks-38	33.06	34.89

**Men 65-69 100 SC Meter Freestyle****NATL: 57.78 % 5/26/2019 JACK GROSELLE****PAC: 1:01.13 # 12/31/2008 Richard Burns**

1	Stephenson, Dan	65	Rose Bowl Masters-33	59.90	58.62 #
	28.23	58.62 (30.39)			
2	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	1:05.65	1:05.29
	31.99	1:05.29 (33.30)			
3	Druz, Loren	66	Walnut Creek Masters-38	1:07.00	1:06.28
	31.43	1:06.28 (34.85)			
4	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	1:14.91	1:11.98
	34.84	1:11.98 (37.14)			
5	O'Brien, Kerry	65	Walnut Creek Masters-38	1:14.50	1:13.80
	35.90	1:13.80 (37.90)			
6	Chew, Thomas C	65	Marcia's Enthusiastic Masters-38	1:33.99	1:28.29
	42.10	1:28.29 (46.19)			
7	Gass, Matthew	65	Tuolumne County Aquatic Master-38	1:22.01	1:31.24
	40.23	1:31.24 (51.01)			
8	Terusaki, Steven H	69	Albany Armada Aquatics Masters-38	1:37.50	1:37.67
	46.32	1:37.67 (51.35)			

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 65-69 100 SC Meter Freestyle)**

9	Jimenez, Jerry	66	Walnut Creek Masters-38	1:38.00	1:42.73
	51.93		1:42.73 (50.80)		
10	Diers, Phil J	65	SF Tsunami Masters-38	1:55.27	2:06.59
	58.80		2:06.59 (1:07.79)		

**Men 65-69 200 SC Meter Freestyle**

NATL: 2:07.46 % 10/2/2022 DAN STEPHENSON

PAC: 2:14.82 # 9/18/2016 Tim Broderick

1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	2:27.65	2:26.73
	34.32		1:11.89 (37.57) 1:49.84 (37.95) 2:26.73 (36.89)		
2	O'Brien, Kerry	65	Walnut Creek Masters-38	2:42.80	2:43.50
	37.96		1:20.16 (42.20) 2:03.10 (42.94) 2:43.50 (40.40)		
3	Kahn, Stuart	69	Davis Aquatic Masters-38	2:45.00	2:44.21
	40.11		1:22.39 (42.28) 2:04.95 (42.56) 2:44.21 (39.26)		
4	Anderson, Bob	67	Menlo Masters-38	2:42.00	2:44.57
	38.50		1:19.75 (41.25) 2:44.57 (1:24.82)		
5	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	2:43.51	2:45.22
	38.67		1:20.37 (41.70) 2:03.36 (42.99) 2:45.22 (41.86)		
6	Maritzen, Michael A	66	Rolling Hills Mud Sharks-38	2:57.02	2:54.43
	40.30		1:24.86 (44.56) 2:10.50 (45.64) 2:54.43 (43.93)		
7	Terusaki, Steven H	69	Albany Armada Aquatics Masters-38	3:45.00	3:38.14
	49.01		1:44.16 (55.15) 2:40.38 (56.22) 3:38.14 (57.76)		
8	Jimenez, Jerry	66	Walnut Creek Masters-38	3:44.00	3:47.56
	55.29		1:53.38 (58.09) 2:52.40 (59.02) 3:47.56 (55.16)		

**Men 65-69 400 SC Meter Freestyle**

NATL: 4:27.91 % 11/19/2017 RICK COLELLA

PAC: 4:59.42 # 10/10/2015 Jim Clemmons

1	Terusaki, Steven H	69	Albany Armada Aquatics Masters-38	NT	7:55.00
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**Men 65-69 400 SC Meter Freestyle**

NATL: 4:27.91 % 11/19/2017 RICK COLELLA

PAC: 4:59.42 # 10/10/2015 Jim Clemmons

1	Stephenson, Dan	65	Rose Bowl Masters-33	4:40.92	4:40.20 #
	32.45		1:07.78 (35.33) 1:43.74 (35.96) 2:19.81 (36.07)		
	2:56.13 (36.32)		3:32.08 (35.95) 4:07.23 (35.15) 4:40.20 (32.97)		

**Men 65-69 800 SC Meter Freestyle**

NATL: 9:26.94 % 11/24/2019 RICK COLELLA

PAC: 10:20.63 # 1/24/2015 Jim Clemmons

1	Stephenson, Dan	65	Rose Bowl Masters-33	9:58.01	10:03.53 #
	34.94		1:12.82 (37.88) 1:51.04 (38.22) 2:29.22 (38.18)		
	3:06.95 (37.73)		3:45.03 (38.08) 4:23.26 (38.23) 5:01.36 (38.10)		
	5:39.57 (38.21)		6:17.67 (38.10) 6:56.19 (38.52) 7:34.34 (38.15)		
	8:12.50 (38.16)		8:50.33 (37.83) 9:28.11 (37.78) 10:03.53 (35.42)		
2	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	12:22.75	12:26.33
	41.68		1:27.60 (45.92) 2:15.20 (47.60) 3:02.44 (47.24)		
	3:50.90 (48.46)		4:38.90 (48.00) 5:26.85 (47.95) 6:15.33 (48.48)		
	7:03.43 (48.10)		7:51.69 (48.26) 8:39.32 (47.63) 9:27.44 (48.12)		
	10:14.58 (47.14)		11:00.85 (46.27) 11:45.33 (44.48) 12:26.33 (41.00)		

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 65-69 800 SC Meter Freestyle)**

3	Chew, Thomas C	65	Marcia's Enthusiastic Masters-38	15:59.00	15:28.60
	50.14	1:44.72 (54.58)	2:42.57 (57.85)	3:42.06 (59.49)	
	4:42.36 (1:00.30)	5:42.62 (1:00.26)	6:42.54 (59.92)	7:42.42 (59.88)	
	8:41.31 (58.89)	9:40.57 (59.26)	10:39.80 (59.23)	11:38.74 (58.94)	
	12:37.15 (58.41)	13:35.63 (58.48)	14:33.37 (57.74)	15:28.60 (55.23)	
4	Terusaki, Steven H	69	Albany Armada Aquatics Masters-38	14:40.00	16:15.35
	52.11	1:50.73 (58.62)	2:50.14 (59.41)	3:49.72 (59.58)	
	4:50.30 (1:00.58)	5:51.51 (1:01.21)	6:53.64 (1:02.13)	7:55.00 (1:01.36)	
	8:57.42 (1:02.42)	9:59.55 (1:02.13)	11:02.94 (1:03.39)	12:06.32 (1:03.38)	
	13:08.08 (1:01.76)	14:09.38 (1:01.30)	15:12.89 (1:03.51)	16:15.35 (1:02.46)	

**Men 65-69 1500 SC Meter Freestyle**NATL: **18:53.75** % 4/2/2015 **JIM MC CONICA**PAC: **19:31.11** # 1/24/2015 **Jim Clemmons**

1	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	23:18.04	23:27.09
	41.88	1:27.55 (45.67)	2:14.57 (47.02)	3:02.23 (47.66)	
	3:50.04 (47.81)	4:38.32 (48.28)	5:26.50 (48.18)	6:14.88 (48.38)	
	7:02.61 (47.73)	7:50.49 (47.88)	8:37.64 (47.15)	9:24.31 (46.67)	
	10:11.44 (47.13)	10:59.36 (47.92)	11:47.11 (47.75)	12:34.24 (47.13)	
	13:22.79 (48.55)	14:10.70 (47.91)	14:59.01 (48.31)	15:46.36 (47.35)	
	16:33.63 (47.27)	17:20.92 (47.29)	18:07.74 (46.82)	18:55.05 (47.31)	
	19:41.79 (46.74)	20:28.45 (46.66)	21:14.92 (46.47)	22:01.05 (46.13)	
	22:45.25 (44.20)	23:27.09 (41.84)			
2	Ruff, Gary	69	North Bay Aquatics-38	28:46.00	27:31.23
	53.77	1:48.10 (54.33)	2:43.31 (55.21)	3:37.95 (54.64)	
	4:32.43 (54.48)	5:26.51 (54.08)	6:22.04 (55.53)	7:16.40 (54.36)	
	8:11.30 (54.90)	9:04.99 (53.69)	10:00.39 (55.40)	10:54.41 (54.02)	
	11:49.38 (54.97)	12:44.05 (54.67)	13:38.55 (54.50)	14:33.20 (54.65)	
	15:30.32 (57.12)	16:25.20 (54.88)	17:21.05 (55.85)	18:18.22 (57.17)	
	19:13.35 (55.13)	20:08.83 (55.48)	21:08.01 (59.18)	22:03.26 (55.25)	
	22:59.21 (55.95)	23:55.72 (56.51)	24:50.10 (54.38)	25:45.16 (55.06)	
	26:39.47 (54.31)	27:31.23 (51.76)			
3	Chew, Thomas C	65	Marcia's Enthusiastic Masters-38	28:59.99	28:20.56
	49.14	1:40.39 (51.25)	2:33.15 (52.76)	3:27.89 (54.74)	
	4:22.56 (54.67)	5:18.55 (55.99)	6:14.58 (56.03)	7:10.87 (56.29)	
	8:08.08 (57.21)	9:05.66 (57.58)	10:02.54 (56.88)	10:59.08 (56.54)	
	11:57.28 (58.20)	12:53.63 (56.35)	13:49.87 (56.24)	14:46.72 (56.85)	
	15:43.63 (56.91)	16:40.84 (57.21)	17:36.24 (55.40)	18:33.34 (57.10)	
	19:30.10 (56.76)	20:29.94 (59.84)	21:31.68 (1:01.74)	22:32.65 (1:00.97)	
	23:32.68 (1:00.03)	24:30.62 (57.94)	25:27.78 (57.16)	26:27.81 (1:00.03)	
	27:24.20 (56.39)	28:20.56 (56.36)			

**Men 65-69 50 SC Meter Backstroke**NATL: **30.34** % 12/2/2012 **HUGH WILDER**PAC: **30.34** # 12/31/2012 **Hugh Wilder**

1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	35.65	34.89
2	Van Boer, Eric D	68	Rolling Hills Mud Sharks-38	36.00	35.64
3	Meier-Windes, Cris	69	SF Tsunami Masters-38	38.07	39.05
4	Maritzen, Michael A	66	Rolling Hills Mud Sharks-38	42.52	41.76
5	O'Brien, Kerry	65	Walnut Creek Masters-38	42.20	41.79

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

## Men 65-69 50 SC Meter Backstroke

NATL: 30.34 % 12/2/2012 HUGH WILDER

PAC: 30.34 # 12/31/2012 Hugh Wilder

1	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	NT	41.64
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## Men 65-69 100 SC Meter Backstroke

NATL: 1:07.69 % 12/1/2012 HUGH WILDER

PAC: 1:07.69 # 12/31/2012 Hugh Wilder

1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	1:15.65	1:14.17
	36.43		1:14.17 (37.74)		
2	Van Boer, Eric D	68	Rolling Hills Mud Sharks-38	1:18.00	1:17.82
	37.18		1:17.82 (40.64)		
3	Gass, Matthew	65	Tuolumne County Aquatic Master-38	1:22.41	1:24.05
	40.63		1:24.05 (43.42)		
4	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	1:34.96	1:30.26
	44.45		1:30.26 (45.81)		
5	Chew, Thomas C	65	Marcia's Enthusiastic Masters-38	1:39.99	1:44.24
	49.65		1:44.24 (54.59)		
6	Terusaki, Steven H	69	Albany Armada Aquatics Masters-38	1:53.00	2:11.37
	1:02.32		2:11.37 (1:09.05)		

## Men 65-69 100 SC Meter Backstroke

NATL: 1:07.69 % 12/1/2012 HUGH WILDER

PAC: 1:07.69 # 12/31/2012 Hugh Wilder

2	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	NT	1:32.04
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## Men 65-69 200 SC Meter Backstroke

NATL: 2:28.43 % 4/2/2022 DAN STEPHENSON

PAC: 2:34.93 # 10/12/2014 Alek I Shestakov

1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	2:44.65	2:40.43
	38.59		1:19.60 (41.01)	2:00.96 (41.36)	2:40.43 (39.47)
2	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	3:11.97	3:13.14
	44.59		1:33.18 (48.59)	2:23.61 (50.43)	3:13.14 (49.53)

## Men 65-69 50 SC Meter Breaststroke

NATL: 32.50 % 11/20/2016 RICK COLELLA

PAC: 34.92 # 10/18/2009 David R Gildea

1	Van Boer, Eric D	68	Rolling Hills Mud Sharks-38	38.00	38.19
2	Guadagni, Peter	67	Walnut Creek Masters-38	39.50	38.79
3	Anderson, Bob	67	Menlo Masters-38	42.00	42.06
4	Chew, Thomas C	65	Marcia's Enthusiastic Masters-38	49.99	49.00
5	Terusaki, Steven H	69	Albany Armada Aquatics Masters-38	58.89	1:02.20
6	Diers, Phil J	65	SF Tsunami Masters-38	1:08.16	1:07.40

## Men 65-69 100 SC Meter Breaststroke

NATL: 1:11.82 % 11/24/2019 RICK COLELLA

PAC: 1:17.01 # 12/31/2008 David R Gildea

1	Guadagni, Peter	67	Walnut Creek Masters-38	1:28.65	1:25.19
	41.55		1:25.19 (43.64)		
2	Van Boer, Eric D	68	Rolling Hills Mud Sharks-38	1:30.00	1:28.96
	40.97		1:28.96 (47.99)		
3	Anderson, Bob	67	Menlo Masters-38	1:35.00	1:34.92
	47.04		1:34.92 (47.88)		
4	Chew, Thomas C	65	Marcia's Enthusiastic Masters-38	1:49.99	1:52.00
	54.72		1:52.00 (57.28)		

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

**(Men 65-69 100 SC Meter Breaststroke)**

5	Diers, Phil J	65	SF Tsunami Masters-38	2:16.30	2:31.29
	1:12.06		2:31.29 (1:19.23)		

**Men 65-69 200 SC Meter Breaststroke**

NATL: 2:36.85 % 11/19/2017 RICK COLELLA

PAC: 2:54.15 # 10/10/2015 Jim Clemmons

1	Guadagni, Peter	67	Walnut Creek Masters-38	3:10.90	3:03.40
	41.92		1:28.14 (46.22) 2:15.84 (47.70)	3:03.40 (47.56)	
2	Anderson, Bob	67	Menlo Masters-38	3:30.00	3:27.48
	48.13		1:41.04 (52.91) 2:35.30 (54.26)	3:27.48 (52.18)	
3	Woodruff, David	66	Davis Aquatic Masters-38	3:27.66	3:32.47
	47.98		1:41.57 (53.59) 2:37.73 (56.16)	3:32.47 (54.74)	

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

NATL: 28.65 % 3/3/2018 DOUG MARTIN

PAC: 30.66 # 12/31/2012 Hugh Wilder

1	Van Boer, Eric D	68	Rolling Hills Mud Sharks-38	32.50	32.80
2	Druz, Loren	66	Walnut Creek Masters-38	35.00	34.34
3	Guadagni, Peter	67	Walnut Creek Masters-38	36.50	35.40
4	O'Brien, Kerry	65	Walnut Creek Masters-38	38.50	36.01
5	Gass, Matthew	65	Tuolumne County Aquatic Master-38	37.88	38.59
6	Terusaki, Steven H	69	Albany Armada Aquatics Masters-38	55.00	55.15

**Men 65-69 100 SC Meter Butterfly**

NATL: 1:05.37 % 7/22/2016 LAWRENCE DAY

PAC: 1:10.25 # 12/31/2008 Richard Burns

1	Stephenson, Dan	65	Rose Bowl Masters-33	1:08.26	1:07.58 #
	31.59		1:07.58 (35.99)		
2	Anderson, Bob	67	Menlo Masters-38	1:30.00	1:29.71
	43.06		1:29.71 (46.65)		
3	Kahn, Stuart	69	Davis Aquatic Masters-38	1:30.00	1:31.83
	42.02		1:31.83 (49.81)		

**Men 65-69 100 SC Meter Butterfly**

NATL: 1:05.37 % 7/22/2016 LAWRENCE DAY

PAC: 1:10.25 # 12/31/2008 Richard Burns

1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	NT	1:22.06
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**Men 65-69 200 SC Meter Butterfly**

NATL: 2:25.35 % 11/18/2017 RICK COLELLA

PAC: 2:58.21 # 10/12/2014 Alan D Bernard

1	Anderson, Bob	67	Menlo Masters-38	3:36.79	3:28.50
	48.14		1:40.87 (52.73) 2:35.29 (54.42)	3:28.50 (53.21)	
2	Gass, Matthew	65	Tuolumne County Aquatic Master-38	3:23.48	3:30.25
	45.94		1:40.78 (54.84) 2:37.14 (56.36)	3:30.25 (53.11)	

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

NATL: 1:05.43 % 11/19/2016 RICK COLELLA

PAC: 1:10.67 # 12/31/2008 Richard Burns

1	Van Boer, Eric D	68	Rolling Hills Mud Sharks-38	1:15.00	1:16.96
	35.97		1:16.96 (40.99)		
2	Peters, Andrew J	65	Sebastopol Masters Aquatic Clu-38	2:05.11	1:22.76
	38.69		1:22.76 (44.07)		

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 65-69 100 SC Meter IM)**

3	Maritzen, Michael A	66	Rolling Hills Mud Sharks-38	2:10.00	1:37.57
	46.15		1:37.57 (51.42)		

**Men 65-69 200 SC Meter IM**

<b>NATL:</b>	<b>2:20.35</b>	<b>%</b>	<b>11/17/2018</b>	<b>RICK COLELLA</b>
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<b>PAC:</b>	<b>2:34.64</b>	<b>#</b>	<b>10/12/2014</b>	<b>Alek I Shestakov</b>
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1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	2:48.65	2:46.59
	36.17		1:19.66 (43.49)	2:08.17 (48.51)	2:46.59 (38.42)
2	Guadagni, Peter	67	Walnut Creek Masters-38	2:42.00	2:52.69
	37.56		1:24.12 (46.56)	2:11.83 (47.71)	2:52.69 (40.86)
3	Diers, Phil J	65	SF Tsunami Masters-38	5:36.08	5:25.98
	1:09.96		2:49.05 (1:39.09)	5:25.98 (2:36.93)	

**Men 65-69 400 SC Meter IM**

<b>NATL:</b>	<b>5:03.34</b>	<b>%</b>	<b>11/18/2017</b>	<b>RICK COLELLA</b>
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<b>PAC:</b>	<b>5:34.91</b>	<b>#</b>	<b>10/12/2014</b>	<b>Alek I Shestakov</b>
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1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	6:10.65	5:55.75
	38.09		1:22.06 (43.97)	2:08.68 (46.62)	2:53.41 (44.73)
	3:44.73 (51.32)		4:36.52 (51.79)	5:17.93 (41.41)	5:55.75 (37.82)
2	Guadagni, Peter	67	Walnut Creek Masters-38	6:20.00	6:02.28
	38.01		1:19.55 (41.54)	2:07.86 (48.31)	2:56.61 (48.75)
	3:47.16 (50.55)		4:38.64 (51.48)	5:20.30 (41.66)	6:02.28 (41.98)
3	Anderson, Bob	67	Menlo Masters-38	7:00.00	6:59.00
	46.74		1:41.15 (54.41)	2:40.77 (59.62)	3:35.43 (54.66)
	4:32.31 (56.88)		5:28.96 (56.65)	6:14.90 (45.94)	6:59.00 (44.10)

**Men 70-74 50 SC Meter Freestyle**

<b>NATL:</b>	<b>26.88</b>	<b>%</b>	<b>10/10/2015</b>	<b>RICHARD ABRAHAMS</b>
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<b>PAC:</b>	<b>28.54</b>	<b>#</b>	<b>12/2/2017</b>	<b>Andrew M McPherso</b>
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1	Bernard, Alan	73	Tamalpais Aquatic Masters-38	NT	31.49
2	Small, Stephen	70	Marcia's Enthusiastic Masters-38	NT	36.41

**Men 70-74 100 SC Meter Freestyle**

<b>NATL:</b>	<b>1:01.70</b>	<b>%</b>	<b>5/17/2015</b>	<b>RICHARD ABRAHAMS</b>
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<b>PAC:</b>	<b>1:04.17</b>	<b>#</b>	<b>12/1/2017</b>	<b>Andrew M McPherso</b>
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1	Small, Stephen	70	Marcia's Enthusiastic Masters-38	NT	1:19.54
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**Men 70-74 100 SC Meter Freestyle**

<b>NATL:</b>	<b>1:01.70</b>	<b>%</b>	<b>5/17/2015</b>	<b>RICHARD ABRAHAMS</b>
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<b>PAC:</b>	<b>1:04.17</b>	<b>#</b>	<b>12/1/2017</b>	<b>Andrew M McPherso</b>
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1	Bernard, Alan	73	Tamalpais Aquatic Masters-38	1:09.99	1:10.47
	33.72		1:10.47 (36.75)		
2	Winterrowd, Dan	72	Marcia's Enthusiastic Masters-38	1:34.60	1:26.65
	43.16		1:26.65 (43.49)		

**Men 70-74 200 SC Meter Freestyle**

<b>NATL:</b>	<b>2:10.97</b>	<b>%</b>	<b>12/4/2021</b>	<b>RICK COLELLA</b>
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<b>PAC:</b>	<b>2:25.01</b>	<b>#</b>	<b>9/22/2013</b>	<b>Richard Burns</b>
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1	Clemmons, Jim	72	Sawtooth Masters-59	2:38.50	2:34.35
	36.07		1:14.41 (38.34)	1:54.17 (39.76)	2:34.35 (40.18)
2	Bernard, Alan	73	Tamalpais Aquatic Masters-38	2:35.99	2:36.69
	36.47		1:16.73 (40.26)	1:57.53 (40.80)	2:36.69 (39.16)
3	Deacon, Ted	73	Davis Aquatic Masters-38	3:15.00	2:52.38
	41.06		1:24.88 (43.82)	2:09.34 (44.46)	2:52.38 (43.04)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 70-74 200 SC Meter Freestyle)**

4	Small, Stephen	70	Marcia's Enthusiastic Masters-38	3:01.00	2:54.78
	40.39	1:25.00 (44.61)	2:10.98 (45.98)	2:54.78 (43.80)	
5	Ceci, Louis	72	SF Tsunami Masters-38	3:03.66	3:38.75
	53.79	1:49.94 (56.15)	2:46.55 (56.61)	3:38.75 (52.20)	

**Men 70-74 200 SC Meter Freestyle**

NATL: 2:10.97 % 12/4/2021 RICK COLELLA

PAC: 2:25.01 # 9/22/2013 Richard Burns

1	Kennedy, James	71	Marcia's Enthusiastic Masters-38	NT	3:27.57
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**Men 70-74 400 SC Meter Freestyle**

NATL: 4:46.78 % 1/30/2022 RICK COLELLA

PAC: 5:30.46 # 10/13/2019 Alan D Bernard

1	Small, Stephen	70	Marcia's Enthusiastic Masters-38	NT	6:30.72
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**Men 70-74 400 SC Meter Freestyle**

NATL: 4:46.78 % 1/30/2022 RICK COLELLA

PAC: 5:30.46 # 10/13/2019 Alan D Bernard

1	Clemmons, Jim	72	Sawtooth Masters-59	5:14.50	5:19.35 #
	37.54	1:17.34 (39.80)	1:57.94 (40.60)	2:38.48 (40.54)	
	3:18.88 (40.40)	3:59.14 (40.26)	4:39.69 (40.55)	5:19.35 (39.66)	

**Men 70-74 800 SC Meter Freestyle**

NATL: 9:36.64 % 1/30/2022 RICK COLELLA

PAC: 12:10.55 # 1/26/2019 Bob B Upshaw

1	Small, Stephen	70	Marcia's Enthusiastic Masters-38	NT	13:11.53
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**Men 70-74 800 SC Meter Freestyle**

NATL: 9:36.64 % 1/30/2022 RICK COLELLA

PAC: 12:10.55 # 1/26/2019 Bob B Upshaw

1	Clemmons, Jim	72	Sawtooth Masters-59	10:49.50	10:56.26 #
	37.98	1:18.12 (40.14)	1:59.12 (41.00)	2:40.41 (41.29)	
	3:21.87 (41.46)	4:03.06 (41.19)	4:44.44 (41.38)	5:25.88 (41.44)	
	6:07.29 (41.41)	6:48.44 (41.15)	7:29.75 (41.31)	8:11.52 (41.77)	
	8:53.06 (41.54)	9:34.68 (41.62)	10:15.96 (41.28)	10:56.26 (40.30)	
2	Bell, Gordon	70	Walnut Creek Masters-38	12:00.00	11:18.10 #
	41.82	1:24.77 (42.95)	2:08.18 (43.41)	2:51.50 (43.32)	
	3:33.81 (42.31)	4:15.92 (42.11)	4:58.38 (42.46)	5:40.67 (42.29)	
	6:22.70 (42.03)	7:04.84 (42.14)	7:47.14 (42.30)	8:29.74 (42.60)	
	9:12.02 (42.28)	9:54.65 (42.63)	10:37.08 (42.43)	11:18.10 (41.02)	
3	Winterrowd, Dan	72	Marcia's Enthusiastic Masters-38	12:32.64	13:40.64
	46.07	1:37.26 (51.19)	2:28.99 (51.73)	3:21.12 (52.13)	
	4:13.53 (52.41)	5:05.85 (52.32)	5:57.43 (51.58)	6:48.96 (51.53)	
	7:41.44 (52.48)	8:33.28 (51.84)	9:25.16 (51.88)	10:16.97 (51.81)	
	11:10.01 (53.04)	12:01.31 (51.30)	12:52.97 (51.66)	13:40.64 (47.67)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 70-74 1500 SC Meter Freestyle**

NATL: 18:29.71 % 1/30/2022 RICK COLELLA

PAC: 22:05.60 # 1/19/2013 Richard Burns

1	Clemmons, Jim	72	Sawtooth Masters-59	21:09.50	20:39.98 #
	38.45	1:18.58 (40.13)	1:59.11 (40.53)	2:40.31 (41.20)	
	3:21.50 (41.19)	4:02.36 (40.86)	4:43.51 (41.15)	5:25.01 (41.50)	
	6:06.42 (41.41)	6:48.19 (41.77)	7:29.65 (41.46)	8:11.45 (41.80)	
	8:53.00 (41.55)	9:34.93 (41.93)	10:16.56 (41.63)	10:58.42 (41.86)	
	11:39.99 (41.57)	12:23.78 (43.79)	13:05.07 (41.29)	13:46.32 (41.25)	
	14:27.51 (41.19)	15:08.85 (41.34)	15:50.24 (41.39)	16:31.43 (41.19)	
	17:12.97 (41.54)	17:54.60 (41.63)	18:36.25 (41.65)	19:18.20 (41.95)	
	19:59.84 (41.64)	20:39.98 (40.14)			
2	Small, Stephen	70	Marcia's Enthusiastic Masters-38	25:41.00	24:43.06
	43.02	1:31.16 (48.14)	2:20.47 (49.31)	3:10.68 (50.21)	
	4:00.36 (49.68)	4:49.96 (49.60)	5:40.70 (50.74)	6:30.72 (50.02)	
	7:20.59 (49.87)	8:10.94 (50.35)	9:01.39 (50.45)	9:51.29 (49.90)	
	10:41.43 (50.14)	11:31.33 (49.90)	12:21.36 (50.03)	13:11.53 (50.17)	
	14:01.25 (49.72)	14:50.52 (49.27)	15:39.73 (49.21)	16:29.45 (49.72)	
	17:19.00 (49.55)	18:09.12 (50.12)	18:58.48 (49.36)	19:48.22 (49.74)	
	20:38.70 (50.48)	21:27.80 (49.10)	22:17.41 (49.61)	23:07.90 (50.49)	
	23:55.81 (47.91)	24:43.06 (47.25)			
3	Winterrowd, Dan	72	Marcia's Enthusiastic Masters-38	25:30.22	25:38.64
	46.39	1:37.10 (50.71)	2:28.64 (51.54)	3:20.46 (51.82)	
	4:11.52 (51.06)	5:03.39 (51.87)	5:55.50 (52.11)	6:47.27 (51.77)	
	7:39.54 (52.27)	8:31.72 (52.18)	9:23.93 (52.21)	10:14.57 (50.64)	
	11:06.17 (51.60)	11:57.94 (51.77)	12:49.57 (51.63)	13:41.29 (51.72)	
	14:33.22 (51.93)	15:25.57 (52.35)	16:18.20 (52.63)	17:11.03 (52.83)	
	18:00.91 (49.88)	18:51.74 (50.83)	19:43.45 (51.71)	20:35.61 (52.16)	
	21:27.41 (51.80)	22:18.88 (51.47)	23:09.78 (50.90)	24:00.82 (51.04)	
	24:50.77 (49.95)	25:38.64 (47.87)			

**Men 70-74 50 SC Meter Backstroke**

NATL: 33.09 % 12/3/2017 HUGH WILDER

PAC: 33.51 # 12/6/2013 Richard Burns

1	Benjamin, David	73	Marcia's Enthusiastic Masters-38	NT	50.69
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**Men 70-74 100 SC Meter Backstroke**

NATL: 1:11.49 % 11/13/2021 LAWRENCE DAY

PAC: 1:12.09 # 12/6/2013 Richard Burns

1	Kennedy, James	71	Marcia's Enthusiastic Masters-38	1:41.00	1:47.71
	52.02	1:47.71 (55.69)			
---	Winterrowd, Dan	72	Marcia's Enthusiastic Masters-38	1:55.20	DQ
	55.12	DQ (58.21)			

**Men 70-74 200 SC Meter Backstroke**

NATL: 2:34.96 % 11/14/2021 LAWRENCE DAY

PAC: 2:38.01 # 12/6/2013 Richard Burns

1	Small, Stephen	70	Marcia's Enthusiastic Masters-38	3:46.00	3:34.72
	49.70	1:44.29 (54.59)	2:41.18 (56.89)	3:34.72 (53.54)	
2	Kennedy, James	71	Marcia's Enthusiastic Masters-38	3:49.00	4:27.56
	59.98	3:15.50 (2:15.52)	4:27.56 (1:12.06)		
3	Ceci, Louis	72	SF Tsunami Masters-38	3:58.81	4:55.29
	1:14.16	2:29.27 (1:15.11)	3:46.25 (1:16.98)	4:55.29 (1:09.04)	



**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 70-74 50 SC Meter Breaststroke**

NATL: 33.54 % 12/4/2021 RICK COLELLA

PAC: 36.16 # 8/24/2013 David R Gildea

1	Ottersen, Craig	70	Park Terrace Masters Swimming-38	37.00	36.97
2	Stark, Allen L	73	Oregon Masters-37	37.95	38.51
3	Benjamin, David	73	Marcia's Enthusiastic Masters-38	52.00	49.91
4	Winterrowd, Dan	72	Marcia's Enthusiastic Masters-38	59.82	54.92

**Men 70-74 50 SC Meter Breaststroke**

NATL: 33.54 % 12/4/2021 RICK COLELLA

PAC: 36.16 # 8/24/2013 David R Gildea

1	Small, Stephen	70	Marcia's Enthusiastic Masters-38	NT	48.80
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**Men 70-74 100 SC Meter Breaststroke**

NATL: 1:13.04 % 12/4/2021 RICK COLELLA

PAC: 1:21.41 # 8/24/2013 David R Gildea

1	Ottersen, Craig	70	Park Terrace Masters Swimming-38	1:25.50	1:21.86
				37.80	1:21.86 (44.06)
2	Stark, Allen L	73	Oregon Masters-37	1:23.55	1:25.94
				40.85	1:25.94 (45.09)
3	Small, Stephen	70	Marcia's Enthusiastic Masters-38	1:45.00	1:41.69
				48.80	1:41.69 (52.89)
4	Benjamin, David	73	Marcia's Enthusiastic Masters-38	1:56.00	1:53.36
				54.88	1:53.36 (58.48)
5	Winterrowd, Dan	72	Marcia's Enthusiastic Masters-38	2:15.40	2:05.17
				59.21	2:05.17 (1:05.96)

**Men 70-74 200 SC Meter Breaststroke**

NATL: 2:55.87 % 3/5/2016 ROBERT STRAND

PAC: 3:04.51 # 9/22/2013 David R Gildea

1	Stark, Allen L	73	Oregon Masters-37	3:12.42	3:11.08
				42.78	1:31.71 (48.93) 2:21.82 (50.11) 3:11.08 (49.26)
2	Clemmons, Jim	72	Sawtooth Masters-59	3:14.50	3:14.39
				44.12	1:33.27 (49.15) 2:23.70 (50.43) 3:14.39 (50.69)
3	Small, Stephen	70	Marcia's Enthusiastic Masters-38	3:58.00	3:40.72
				49.28	1:47.47 (58.19) 2:44.48 (57.01) 3:40.72 (56.24)
4	Kennedy, James	71	Marcia's Enthusiastic Masters-38	3:49.00	4:01.93
				54.76	1:56.08 (1:01.32) 2:59.01 (1:02.93) 4:01.93 (1:02.92)
5	Benjamin, David	73	Marcia's Enthusiastic Masters-38	4:05.00	4:12.83
				58.36	2:03.12 (1:04.76) 3:09.84 (1:06.72) 4:12.83 (1:02.99)
6	Ceci, Louis	72	SF Tsunami Masters-38	4:13.39	4:35.68
				1:05.04	2:15.30 (1:10.26) 3:30.69 (1:15.39) 4:35.68 (1:04.99)

**Men 70-74 50 SC Meter Butterfly**

NATL: 29.52 % 10/11/2015 RICHARD ABRAHAMS

PAC: 31.13 # 12/2/2017 Andrew M McPherso

1	Small, Stephen	70	Marcia's Enthusiastic Masters-38	NT	48.75
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**Men 70-74 50 SC Meter Butterfly**

NATL: 29.52 % 10/11/2015 RICHARD ABRAHAMS

PAC: 31.13 # 12/2/2017 Andrew M McPherso

1	Bernard, Alan	73	Tamalpais Aquatic Masters-38	35.99	35.71
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## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

## Men 70-74 100 SC Meter Butterfly

NATL: 1:06.54 % 10/17/2021 LAWRENCE DAY

PAC: 1:13.49 # 12/3/2017 Andrew M McPherso

1	Bernard, Alan	73	Tamalpais Aquatic Masters-38	1:23.99	1:25.11
		39.50			1:25.11 (45.61)
2	Kennedy, James	71	Marcia's Enthusiastic Masters-38	1:38.00	1:49.38
		50.13			1:49.38 (59.25)

## Men 70-74 100 SC Meter Butterfly

NATL: 1:06.54 % 10/17/2021 LAWRENCE DAY

PAC: 1:13.49 # 12/3/2017 Andrew M McPherso

3	Clemmons, Jim	72	Sawtooth Masters-59	NT	1:28.17
4	Small, Stephen	70	Marcia's Enthusiastic Masters-38	NT	1:53.21

## Men 70-74 200 SC Meter Butterfly

NATL: 2:45.30 % 11/14/2021 LAWRENCE DAY

PAC: 3:04.94 # 10/12/2019 Alan D Bernard

1	Bernard, Alan	73	Tamalpais Aquatic Masters-38	3:12.99	3:16.71
		43.00			1:33.20 (50.20) 2:24.83 (51.63) 3:16.71 (51.88)
2	Kennedy, James	71	Marcia's Enthusiastic Masters-38	3:49.00	4:21.59
		55.93			2:00.83 (1:04.90) 3:10.48 (1:09.65) 4:21.59 (1:11.11)
---	Ceci, Louis	72	SF Tsunami Masters-38	4:21.62	DQ
		1:04.55			2:19.34 (1:14.79) 4:35.94 (2:16.60) DQ (16.10)

## Men 70-74 100 SC Meter IM

NATL: 1:06.98 % 12/4/2021 RICK COLELLA

PAC: 1:14.40 # 10/6/2013 Richard Burns

1	Bernard, Alan	73	Tamalpais Aquatic Masters-38	1:21.99	1:23.66
		39.25			1:23.66 (44.41)
2	Stark, Allen L	73	Oregon Masters-37	1:25.77	1:24.05
		41.03			1:24.05 (43.02)

## Men 70-74 200 SC Meter IM

NATL: 2:27.07 % 12/4/2021 RICK COLELLA

PAC: 2:41.76 # 5/24/2019 Alek I Shestakov

1	Ottersen, Craig	70	Park Terrace Masters Swimming-38	2:49.50	2:46.47
		33.15			1:19.13 (45.98) 2:07.98 (48.85) 2:46.47 (38.49)
2	Clemmons, Jim	72	Sawtooth Masters-59	2:49.50	2:51.16
		35.77			1:21.60 (45.83) 2:11.44 (49.84) 2:51.16 (39.72)
3	Small, Stephen	70	Marcia's Enthusiastic Masters-38	3:36.00	3:30.25
		48.75			1:42.40 (53.65) 2:43.24 (1:00.84) 3:30.25 (47.01)
4	Kennedy, James	71	Marcia's Enthusiastic Masters-38	3:35.00	3:49.69
		54.26			1:54.13 (59.87) 2:57.86 (1:03.73) 3:49.69 (51.83)

## Men 70-74 400 SC Meter IM

NATL: 5:48.15 % 9/22/2019 ALEK SHESTAKOV

PAC: 5:48.15 # 9/22/2019 Alek I Shestakov

1	Clemmons, Jim	72	Sawtooth Masters-59	6:04.50	6:12.36
		40.24			1:28.17 (47.93) 2:17.39 (49.22) 3:05.32 (47.93)
		3:57.02 (51.70)			4:48.45 (51.43) 5:30.99 (42.54) 6:12.36 (41.37)
2	Small, Stephen	70	Marcia's Enthusiastic Masters-38	8:00.00	7:41.03
		50.07			1:53.21 (1:03.14) 2:55.67 (1:02.46) 3:56.22 (1:00.55)
		5:01.34 (1:05.12)			6:06.26 (1:04.92) 6:54.80 (48.54) 7:41.03 (46.23)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 70-74 400 SC Meter IM)**

3	Kennedy, James	71	Marcia's Enthusiastic Masters-38	7:25.00	8:22.96
	51.35		2:57.40 ( )	4:06.29 (1:08.89)	
	5:14.54 (1:08.25)		6:25.66 (1:11.12)	8:22.96 (1:57.30)	
4	Ceci, Louis	72	SF Tsunami Masters-38	8:01.51	9:52.67
	1:20.36		2:26.05 (1:05.69)	9:52.67 (7:26.62)	

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

**NATL: 28.70 % 11/21/2021 RICHARD ABRAHAMS**  
**PAC: 30.53 # 10/14/2018 Richard Burns**

1	DeLacy, James	76	Walnut Creek Masters-38	31.00	32.36
2	Burns, Richard	79	Tamalpais Aquatic Masters-38	36.00	32.44
3	Beglinger, James	76	San Mateo Masters-38	35.53	36.16
*4	Daniels, Larry N	77	Tuolumne County Aquatic Master-38	36.00	37.64
*4	Frost, Kenneth	78	Tamalpais Aquatic Masters-38	38.00	37.64
6	Smith, Kirby	76	Tuolumne County Aquatic Master-38	39.86	40.87

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

**NATL: 1:04.80 % 10/13/2019 DAVID QUIGGIN**  
**PAC: 1:07.75 # 10/12/2019 Richard Burns**

1	Burns, Richard	79	Tamalpais Aquatic Masters-38	1:17.00	1:12.44
	35.00		1:12.44 (37.44)		
2	DeLacy, James	76	Walnut Creek Masters-38	1:13.00	1:12.91
	34.20		1:12.91 (38.71)		
3	McPherson, Andrew	75	Davis Aquatic Masters-38	1:09.00	1:14.01
	35.44		1:14.01 (38.57)		
4	Frost, Kenneth	78	Tamalpais Aquatic Masters-38	1:30.00	1:22.44
	40.32		1:22.44 (42.12)		
5	Daniels, Larry N	77	Tuolumne County Aquatic Master-38	1:21.00	1:23.18
	39.64		1:23.18 (43.54)		
6	Sears, Richard	75	Marcia's Enthusiastic Masters-38	1:48.64	1:40.01
	48.31		1:40.01 (51.70)		
7	Smith, Kirby	76	Tuolumne County Aquatic Master-38	1:45.01	1:42.74
	47.91		1:42.74 (54.83)		

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

**NATL: 1:04.80 % 10/13/2019 DAVID QUIGGIN**  
**PAC: 1:07.75 # 10/12/2019 Richard Burns**

1	Burns, Richard	79	Tamalpais Aquatic Masters-38	NT	1:10.35
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**Men 75-79 200 SC Meter Freestyle**

**NATL: 2:26.94 % 10/12/2019 DAVID QUIGGIN**  
**PAC: 2:48.67 # 12/31/1994 Ray Taft**

1	DeLacy, James	76	Walnut Creek Masters-38	2:45.00	2:46.19 #
	38.39		1:21.62 (43.23)	2:04.17 (42.55)	2:46.19 (42.02)
2	Beglinger, James	76	San Mateo Masters-38	2:46.42	2:57.00
	38.85		1:22.78 (43.93)	2:09.60 (46.82)	2:57.00 (47.40)
3	Frost, Kenneth	78	Tamalpais Aquatic Masters-38	3:05.00	2:59.71
	42.05		1:27.98 (45.93)	2:14.65 (46.67)	2:59.71 (45.06)
4	Daniels, Larry N	77	Tuolumne County Aquatic Master-38	3:10.00	3:16.08
	44.13		1:34.86 (50.73)	2:26.49 (51.63)	3:16.08 (49.59)
5	Feiring, Keith	75	Walnut Creek Masters-38	4:00.00	4:04.47
	55.91		1:58.02 (1:02.11)	3:02.52 (1:04.50)	4:04.47 (1:01.95)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 75-79 400 SC Meter Freestyle**

NATL: 5:15.10 % 4/18/2009 DAVID RADCLIFF

PAC: 6:02.95 # 12/31/1995 Ray Taft

1	DeLacy, James	76	Walnut Creek Masters-38	6:15.00	6:18.33
	42.71	1:31.07 (48.36)	2:20.26 (49.19)	3:08.92 (48.66)	
	3:57.04 (48.12)	4:44.74 (47.70)	5:33.09 (48.35)	6:18.33 (45.24)	
2	Daniels, Larry N	77	Tuolumne County Aquatic Master-38	7:05.00	7:14.64
	45.82	1:38.32 (52.50)	2:33.39 (55.07)	3:29.95 (56.56)	
	4:26.75 (56.80)	5:24.62 (57.87)	6:21.60 (56.98)	7:14.64 (53.04)	

**Men 75-79 400 SC Meter Freestyle**

NATL: 5:15.10 % 4/18/2009 DAVID RADCLIFF

PAC: 6:02.95 # 12/31/1995 Ray Taft

1	DeLacy, James	76	Walnut Creek Masters-38	NT	6:56.87
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**Men 75-79 800 SC Meter Freestyle**

NATL: 10:59.10 % 4/17/2009 DAVID RADCLIFF

PAC: 12:45.40 # 12/31/1994 Ray Taft

1	DeLacy, James	76	Walnut Creek Masters-38	14:00.00	13:44.96
	47.98	1:41.68 (53.70)	2:35.66 (53.98)	3:29.15 (53.49)	
	4:21.40 (52.25)	5:13.34 (51.94)	6:04.97 (51.63)	6:56.87 (51.90)	
	7:48.72 (51.85)	8:40.64 (51.92)	9:32.60 (51.96)	10:24.65 (52.05)	
	11:16.52 (51.87)	12:07.68 (51.16)	12:57.75 (50.07)	13:44.96 (47.21)	
2	Daniels, Larry N	77	Tuolumne County Aquatic Master-38	15:45.00	15:06.48
	47.67	1:41.59 (53.92)	2:39.29 (57.70)	3:36.08 (56.79)	
	4:33.89 (57.81)	5:31.71 (57.82)	6:29.94 (58.23)	7:28.35 (58.41)	
	8:27.01 (58.66)	9:24.61 (57.60)	10:22.50 (57.89)	11:21.49 (58.99)	
	12:19.18 (57.69)	13:17.41 (58.23)	14:13.89 (56.48)	15:06.48 (52.59)	

**Men 75-79 1500 SC Meter Freestyle**

NATL: 20:39.50 % 4/17/2009 DAVID RADCLIFF

PAC: 23:37.09 # 1/29/2022 Edward Rudloff

1	DeLacy, James	76	Walnut Creek Masters-38	27:00.00	26:03.63
	46.09	1:37.58 (51.49)	2:30.58 (53.00)	3:23.04 (52.46)	
	4:15.07 (52.03)	5:06.25 (51.18)	5:57.55 (51.30)	6:48.91 (51.36)	
	7:40.44 (51.53)	8:33.08 (52.64)	9:25.02 (51.94)	10:17.81 (52.79)	
	11:10.41 (52.60)	12:03.19 (52.78)	12:55.90 (52.71)	13:48.27 (52.37)	
	14:40.64 (52.37)	15:32.78 (52.14)	16:25.99 (53.21)	17:16.90 (50.91)	
	18:09.44 (52.54)	19:01.75 (52.31)	19:54.63 (52.88)	20:47.66 (53.03)	
	21:41.36 (53.70)	22:34.81 (53.45)	23:28.10 (53.29)	24:20.61 (52.51)	
	25:13.24 (52.63)	26:03.63 (50.39)			
2	Feiring, Keith	75	Walnut Creek Masters-38	34:00.00	33:51.62
	1:01.89	2:08.48 (1:06.59)	3:15.86 (1:07.38)	4:24.15 (1:08.29)	
	5:31.35 (1:07.20)	6:38.41 (1:07.06)	7:46.31 (1:07.90)	8:54.57 (1:08.26)	
	10:03.63 (1:09.06)	11:12.11 (1:08.48)	12:19.30 (1:07.19)	13:28.60 (1:09.30)	
	14:37.29 (1:08.69)	15:46.23 (1:08.94)	16:53.78 (1:07.55)	18:02.13 (1:08.35)	
	19:11.42 (1:09.29)	20:19.45 (1:08.03)	21:27.48 (1:08.03)	22:36.24 (1:08.76)	
	23:44.14 (1:07.90)	24:52.31 (1:08.17)	26:00.62 (1:08.31)	27:09.37 (1:08.75)	
	28:16.85 (1:07.48)	29:24.43 (1:07.58)	30:32.28 (1:07.85)	31:39.40 (1:07.12)	
	32:47.34 (1:07.94)	33:51.62 (1:04.28)			
---	Beglinger, James	76	San Mateo Masters-38	24:00.42	DQ
	41.81	1:26.29 (44.48)	2:12.90 (46.61)	2:59.95 (47.05)	
	3:48.81 (48.86)	4:37.07 (48.26)	5:25.24 (48.17)	6:15.23 (49.99)	
	7:04.15 (48.92)	7:54.08 (49.93)			

## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

## Men 75-79 50 SC Meter Backstroke

NATL: 33.87 % 12/2/2018 RICHARD BURNS  
 PAC: 33.87 # 12/2/2018 Richard Burns

1	Burns, Richard	79	Tamalpais Aquatic Masters-38	39.00	36.72
2	Beglinger, James	76	San Mateo Masters-38	48.84	43.16
3	Pierce, Donald	77	Rolling Hills Mud Sharks-38	55.00	50.01
4	Sears, Richard	75	Marcia's Enthusiastic Masters-38	56.18	53.23

## Men 75-79 100 SC Meter Backstroke

NATL: 1:14.03 % 12/7/2019 RICHARD BURNS  
 PAC: 1:14.03 # 12/7/2019 Richard Burns

1	Burns, Richard	79	Tamalpais Aquatic Masters-38	1:25.00	1:21.20
				39.35	1:21.20 (41.85)
2	Sears, Richard	75	Marcia's Enthusiastic Masters-38	2:10.00	2:02.36
				58.85	2:02.36 (1:03.51)

## Men 75-79 200 SC Meter Backstroke

NATL: 2:44.04 % 12/2/2018 RICHARD BURNS  
 PAC: 2:44.04 # 12/2/2018 Richard Burns

1	Burns, Richard	79	Tamalpais Aquatic Masters-38	3:30.00	3:03.78
				42.74	1:29.99 (47.25) 2:18.55 (48.56) 3:03.78 (45.23)
2	Leuten, Bob	79	San Mateo Masters-38	4:10.00	3:46.68
				53.76	1:50.17 (56.41) 2:48.00 (57.83) 3:46.68 (58.68)
3	Pierce, Donald	77	Rolling Hills Mud Sharks-38	5:55.00	4:20.47
				1:02.12	2:09.18 (1:07.06) 3:17.63 (1:08.45) 4:20.47 (1:02.84)

## Men 75-79 50 SC Meter Breaststroke

NATL: 38.35 % 7/24/2016 MIKE FRESHLEY  
 PAC: 40.24 # 10/12/2019 David R Gildea

1	Frost, Kenneth	78	Tamalpais Aquatic Masters-38	42.00	41.40
2	Fitschen, Gary T	77	Manatee Aquatic Masters Inc-38	50.00	43.12
3	McPherson, Andrew	75	Davis Aquatic Masters-38	40.50	43.29
4	Smith, Kirby	76	Tuolumne County Aquatic Master-38	43.25	43.88
5	DeLacy, James	76	Walnut Creek Masters-38	43.00	44.82
6	Sears, Richard	75	Marcia's Enthusiastic Masters-38	59.00	54.01

## Men 75-79 100 SC Meter Breaststroke

NATL: 1:25.11 % 10/7/2021 DOUGLAS SPRINGER  
 PAC: 1:30.21 # 10/12/2019 Kenneth A Frost

1	Frost, Kenneth	78	Tamalpais Aquatic Masters-38	1:33.00	1:31.94
				44.47	1:31.94 (47.47)
2	Fitschen, Gary T	77	Manatee Aquatic Masters Inc-38	1:30.00	1:32.71
				45.10	1:32.71 (47.61)
3	Smith, Kirby	76	Tuolumne County Aquatic Master-38	1:44.88	1:46.96
				51.77	1:46.96 (55.19)
4	Sears, Richard	75	Marcia's Enthusiastic Masters-38	2:10.00	2:09.25
				58.94	2:09.25 (1:10.31)

## Men 75-79 200 SC Meter Breaststroke

NATL: 3:06.82 % 7/23/2016 MIKE FRESHLEY  
 PAC: 3:26.36 # 9/23/2018 David R Gildea

1	Fitschen, Gary T	77	Manatee Aquatic Masters Inc-38	3:20.00	3:22.10 #
				45.13	1:35.86 (50.73) 2:28.48 (52.62) 3:22.10 (53.62)
2	Frost, Kenneth	78	Tamalpais Aquatic Masters-38	3:30.00	3:24.95 #
				46.89	1:38.63 (51.74) 2:32.06 (53.43) 3:24.95 (52.89)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 75-79 200 SC Meter Breaststroke)**

3	Smith, Kirby	76	Tuolumne County Aquatic Master-38	3:40.96	3:48.92
	51.58	1:50.79 (59.21)	2:51.60 (1:00.81)	3:48.92 (57.32)	

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

NATL: 32.09 % 11/21/2021 RICHARD ABRAHAMS

PAC: 32.41 # 12/1/2018 Richard Burns

1	Burns, Richard	79	Tamalpais Aquatic Masters-38	38.00	35.74
2	Sears, Richard	75	Marcia's Enthusiastic Masters-38	59.82	58.00

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

NATL: 1:17.59 % 12/8/2019 RICHARD BURNS

PAC: 1:17.59 # 12/8/2019 Richard Burns

---	Smith, Kirby	76	Tuolumne County Aquatic Master-38	2:00.00	DQ
	53.22	DQ (1:04.15)			

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

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

PAC: 1:17.89 # 12/2/2018 Richard Burns

1	Burns, Richard	79	Tamalpais Aquatic Masters-38	1:27.00	1:26.89
	39.10	1:26.89 (47.79)			
2	Beglinger, James	76	San Mateo Masters-38	1:34.31	1:32.12
	44.63	1:32.12 (47.49)			
3	Sears, Richard	75	Marcia's Enthusiastic Masters-38	2:03.00	1:55.53
	57.23	1:55.53 (58.30)			
4	Pierce, Donald	77	Rolling Hills Mud Sharks-38	3:00.00	2:03.48
	1:01.18	2:03.48 (1:02.30)			

**Men 75-79 200 SC Meter IM**

NATL: 2:50.79 % 11/30/2018 RICHARD BURNS

PAC: 2:50.79 # 11/30/2018 Richard Burns

1	Fitschen, Gary T	77	Manatee Aquatic Masters Inc-38	3:40.00	3:33.75
	50.75	1:49.61 (58.86)	2:44.14 (54.53)	3:33.75 (49.61)	

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

NATL: 31.25 % 12/2/2017 JEFF FARRELL

PAC: 35.32 # 10/13/2019 William G Van Hor

1	Carey, George L	80	San Diego Swim Masters-44	40.41	39.53
2	Stewart, Jim M	81	Santa Rosa Masters-38	48.00	53.13

**Men 80-84 100 SC Meter Freestyle**

NATL: 1:11.26 % 9/27/2014 DAVID RADCLIFF

PAC: 1:21.52 # 12/31/1999 Ray Taft

1	Carey, George L	80	San Diego Swim Masters-44	1:33.85	1:29.97
	43.39	1:29.97 (46.58)			
2	Lane, Ed	83	Walnut Creek Masters-38	2:04.11	1:56.85
	56.03	1:56.85 (1:00.82)			
3	Stewart, Jim M	81	Santa Rosa Masters-38	1:40.00	1:57.86
	55.77	1:57.86 (1:02.09)			

**Men 80-84 100 SC Meter Freestyle**

NATL: 1:11.26 % 9/27/2014 DAVID RADCLIFF

PAC: 1:21.52 # 12/31/1999 Ray Taft

1	Todd, Richard T	80	Tuolumne County Aquatic Master-38	NT	1:20.97 #
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## 2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022

Sanction #: 382-S010

## Results

## Men 80-84 200 SC Meter Freestyle

NATL: 2:38.25 % 9/28/2014 DAVID RADCLIFF

PAC: 3:00.63 # 12/31/1999 Ray Taft

1	Carey, George L	80	San Diego Swim Masters-44	3:39.15	3:26.20
	46.89	1:38.71 (51.82)	2:32.91 (54.20)	3:26.20 (53.29)	

## Men 80-84 400 SC Meter Freestyle

NATL: 5:39.27 % 3/9/2014 DAVID RADCLIFF

PAC: 6:27.60 # 12/31/1999 Ray Taft

1	Carey, George L	80	San Diego Swim Masters-44	7:38.04	7:18.36
	48.87	1:44.42 (55.55)	2:40.07 (55.65)	3:36.69 (56.62)	
	4:33.16 (56.47)	5:28.80 (55.64)	6:24.63 (55.83)	7:18.36 (53.73)	

## Men 80-84 800 SC Meter Freestyle

NATL: 11:35.71 % 11/15/2014 DAVID RADCLIFF

PAC: 13:29.27 # 12/31/1999 Ray Taft

1	Carey, George L	80	San Diego Swim Masters-44	15:48.88	15:12.55
	47.95	1:42.29 (54.34)	2:38.67 (56.38)	3:35.69 (57.02)	
	4:32.45 (56.76)	5:30.16 (57.71)	6:27.74 (57.58)	7:25.66 (57.92)	
	8:23.79 (58.13)	9:22.16 (58.37)	10:20.08 (57.92)	11:17.84 (57.76)	
	12:16.79 (58.95)	13:15.69 (58.90)	14:15.61 (59.92)	15:12.55 (56.94)	
2	Scovel, Tom	83	Walnut Creek Masters-38	19:00.00	25:54.99
	1:26.39	3:02.25 (1:35.86)	4:38.34 (1:36.09)	6:17.60 (1:39.26)	
	7:58.10 (1:40.50)	9:36.48 (1:38.38)	11:16.89 (1:40.41)	12:56.72 (1:39.83)	
	14:38.03 (1:41.31)	16:18.45 (1:40.42)	17:56.12 (1:37.67)	19:34.28 (1:38.16)	
	21:11.64 (1:37.36)	22:49.17 (1:37.53)	24:24.12 (1:34.95)	25:54.99 (1:30.87)	

## Men 80-84 50 SC Meter Backstroke

NATL: 37.82 % 11/15/2014 YOSHI OYAKAWA

PAC: 42.96 # 12/31/1999 Ray Taft

1	Todd, Richard T	80	Tuolumne County Aquatic Master-38	NT	42.12 #
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## Men 80-84 50 SC Meter Backstroke

NATL: 37.82 % 11/15/2014 YOSHI OYAKAWA

PAC: 42.96 # 12/31/1999 Ray Taft

1	Stewart, Jim M	81	Santa Rosa Masters-38	58.00	1:11.94
2	Boscovich, Harold	80	Walnut Creek Masters-38	1:03.00	1:46.24

## Men 80-84 100 SC Meter Backstroke

NATL: 1:23.24 % 11/11/2017 DAVID COSTILL

PAC: 1:33.58 # 12/31/1999 Ray Taft

1	Todd, Richard T	80	Tuolumne County Aquatic Master-38	1:33.00	1:32.96 #
	46.60	1:32.96 (46.36)			

## Men 80-84 200 SC Meter Backstroke

NATL: 3:07.44 % 10/1/2017 DAVID COSTILL

PAC: 3:23.73 # 12/31/1999 Ray Taft

---	Stewart, Jim M	81	Santa Rosa Masters-38	5:10.00	DQ
	1:12.36	2:37.36 (1:25.00)	4:08.65 (1:31.29)	DQ (1:30.80)	

## Men 80-84 50 SC Meter Breaststroke

NATL: 42.41 % 10/28/2017 DAVID COSTILL

PAC: 46.74 # 10/16/2011 Ashley K Jones

1	Todd, Richard T	80	Tuolumne County Aquatic Master-38	45.00	45.57 #
2	Carey, George L	80	San Diego Swim Masters-44	58.62	54.18
3	Lane, Ed	83	Walnut Creek Masters-38	1:15.11	1:07.84

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4	Scovel, Tom	83	Walnut Creek Masters-38	1:12.00	1:33.51
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**Men 80-84 100 SC Meter Breaststroke**

NATL:	1:36.79	%	10/1/2016	DAVID COSTILL
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PAC:	1:48.21	#	10/16/2011	Ashley K Jones
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1	Todd, Richard T	80	Tuolumne County Aquatic Master-38	1:40.00	1:39.86 #
	47.86		1:39.86 (52.00)		

**Men 80-84 100 SC Meter IM**

NATL:	1:24.69	%	11/11/2017	DAVID COSTILL
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PAC:	1:35.31	#	12/31/1999	Ray Taft
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1	Carey, George L	80	San Diego Swim Masters-44	1:55.82	1:51.95
	49.69		1:51.95 (1:02.26)		

**Men 85-89 50 SC Meter Freestyle**

NATL:	36.21	%	11/11/2021	AL WORTH
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PAC:	37.96	#	12/31/2003	William Johnston
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1	Fleming, Jack C	87	University of San Francisco Ma-38	NT	58.78
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**Men 85-89 50 SC Meter Freestyle**

NATL:	36.21	%	11/11/2021	AL WORTH
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PAC:	37.96	#	12/31/2003	William Johnston
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1	Fleming, Jack C	87	University of San Francisco Ma-38	46.21	48.67
2	Morner, Stan	88	Walnut Creek Masters-38	1:02.75	51.77
3	Greve, Gordon	87	Colorado Masters Swimming-32	1:08.00	52.30
4	Mayo, Robert	89	Walnut Creek Masters-38	58.00	58.37

**Men 85-89 100 SC Meter Freestyle**

NATL:	1:22.97	%	4/13/2019	DAVID RADCLIFF
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PAC:	1:35.43	#	12/31/2002	Aldo da Rosa
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1	Morner, Stan	88	Walnut Creek Masters-38	2:13.98	2:03.21
	1:02.26		2:03.21 (1:00.95)		
2	Mayo, Robert	89	Walnut Creek Masters-38	2:15.00	2:06.48
	1:02.58		2:06.48 (1:03.90)		

**Men 85-89 200 SC Meter Freestyle**

NATL:	3:03.23	%	4/14/2019	DAVID RADCLIFF
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PAC:	3:42.64	#	12/31/2006	Steve P Carlson
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1	Mayo, Robert	89	Walnut Creek Masters-38	4:50.00	4:36.04
	1:05.65		2:17.81 (1:12.16)	3:30.91 (1:13.10)	4:36.04 (1:05.13)
2	Morner, Stan	88	Walnut Creek Masters-38	4:48.21	4:36.58
	1:02.70		2:16.84 (1:14.14)	3:34.33 (1:17.49)	4:36.58 (1:02.25)

**Men 85-89 400 SC Meter Freestyle**

NATL:	6:27.44	%	4/13/2019	DAVID RADCLIFF
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PAC:	7:47.75	#	12/31/2002	Aldo da Rosa
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1	Mayo, Robert	89	Walnut Creek Masters-38	10:40.00	9:34.56
	1:07.91		2:23.71 (1:15.80)	3:39.16 (1:15.45)	4:52.30 (1:13.14)
	6:03.59 (1:11.29)		7:15.06 (1:11.47)	8:29.09 (1:14.03)	9:34.56 (1:05.47)

**Men 85-89 50 SC Meter Backstroke**

NATL:	41.75	%	12/3/2017	CLARKE MITCHELL
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PAC:	47.34	#	12/31/2002	Aldo da Rosa
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1	Greve, Gordon	87	Colorado Masters Swimming-32	1:08.00	1:00.47
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**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 85-89 50 SC Meter Backstroke)**

2	Mayo, Robert	89	Walnut Creek Masters-38	1:05.00	1:06.68
3	Sulzbach, John	88	Menlo Masters-38	1:00.00	1:12.78
4	Grohe, William	89	University of San Francisco Ma-38	1:35.00	2:56.74

**Men 85-89 100 SC Meter Backstroke**

NATL: 1:32.98 % 12/2/2017 CLARKE MITCHELL

PAC: 1:48.79 # 12/31/2002 Aldo da Rosa

1	Mayo, Robert	89	Walnut Creek Masters-38	2:22.00	2:17.67
				1:08.20	2:17.67 (1:09.47)
2	Sulzbach, John	88	Menlo Masters-38	2:30.00	3:00.03
				1:24.77	3:00.03 (1:35.26)

**Men 85-89 200 SC Meter Backstroke**

NATL: 3:40.17 % 12/11/2021 DAVID COSTILL

PAC: 4:00.80 # 12/31/2002 Aldo da Rosa

1	Mayo, Robert	89	Walnut Creek Masters-38	5:00.00	5:17.00
				1:12.17	2:33.51 (1:21.34) 3:56.03 (1:22.52) 5:17.00 (1:20.97)

**Men 85-89 50 SC Meter Breaststroke**

NATL: 47.24 % 10/8/2010 FRANK PIEMME

PAC: 52.34 # 12/31/2002 Aldo da Rosa

1	Sulzbach, John	88	Menlo Masters-38	1:10.00	1:16.83
2	Morner, Stan	88	Walnut Creek Masters-38	1:23.56	1:17.00

**Men 85-89 100 SC Meter Breaststroke**

NATL: 1:53.02 % 11/21/2010 FRANK PIEMME

PAC: 1:56.21 # 12/31/2002 Aldo da Rosa

1	Fleming, Jack C	87	University of San Francisco Ma-38	2:06.33	2:17.05
				1:05.48	2:17.05 (1:11.57)
2	Morner, Stan	88	Walnut Creek Masters-38	2:42.88	3:25.52
				1:36.65	3:25.52 (1:48.87)

**Men 85-89 50 SC Meter Butterfly**

NATL: 43.35 % 9/26/2004 MAX VON ISSER

PAC: 54.75 # 12/31/2002 Aldo da Rosa

1	Fleming, Jack C	87	University of San Francisco Ma-38	56.44	1:00.06
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**Men 85-89 100 SC Meter Butterfly**

NATL: 1:53.70 % 10/30/2010 THOMAS MAINE

PAC: 2:13.39 # 12/31/2002 Aldo da Rosa

1	Fleming, Jack C	87	University of San Francisco Ma-38	2:22.32	2:22.90
				1:04.21	2:22.90 (1:18.69)

**Men 85-89 200 SC Meter Butterfly**

NATL: 4:12.21 % 10/31/2010 THOMAS MAINE

PAC: 6:10.72 # 12/31/2003 William Johnston

1	Fleming, Jack C	87	University of San Francisco Ma-38	5:20.09	5:58.75 #
				1:15.86	2:45.77 (1:29.91) 4:24.33 (1:38.56) 5:58.75 (1:34.42)

**Men 85-89 100 SC Meter IM**

NATL: 1:41.31 % 10/11/2018 CLARKE MITCHELL

PAC: 1:59.79 # 12/31/2008 Edward Rudloff

1	Fleming, Jack C	87	University of San Francisco Ma-38	2:11.51	2:07.28
				1:04.83	2:07.28 (1:02.45)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 85-89 200 SC Meter IM**

NATL: 3:41.83 % 1/27/2019 JAMES ZURCHER

PAC: 4:07.59 # 12/31/2002 Aldo da Rosa

1 Fleming, Jack C 87 University of San Francisco Ma-38 4:39.50 4:56.90  
 1:05.22 2:27.50 (1:22.28) 3:45.37 (1:17.87) 4:56.90 (1:11.53)

**Men 95-99 50 SC Meter Freestyle**

NATL: 45.47 % 11/18/2017 WILLARD LAMB

PAC: 1:20.38 # 10/17/2021 Albert Edgerton

1 Edgerton, Albert 97 Uc38 1:25.00 1:24.43

**Women 100-119 200 SC Meter Freestyle Relay**

NATL: 1:45.93 % 3/31/1996 MICHIGAN MASTERS

D BURRELL, S DEVLIN, M MUETING, S TAORMINA

PAC: 1:51.26 # 10/10/2010 TOC

E Reilly, F O'Donnell-McCa, L Welting, Meg Gill

1 Marcia's Enthusiastic Masters-38 A 2:48.00 2:32.91  
 1) Ferguson, Emily W27 2) Redor, Devin W27 3) Polanco-Jimenez, Karina W27 4) Murillo, Catherine W34  
 34.31 1:11.04 (36.73) 1:54.04 (43.00) 2:32.91 (38.87)

**Women 100-119 400 SC Meter Freestyle Relay**

NATL: 4:04.38 % 12/13/2014 BOSTON UNIVERSITY MASTERS

K WILSON, K ROGGENSACK, I SZEKELY, E MANCUSO

PAC: 4:18.58 # 10/21/2007 WCM

K Harris, S D Strong, K M Price, S Marshall

1 Marcia's Enthusiastic Masters-38 A 7:00.00 5:55.58  
 1) Lu, Jenny W31 2) Redor, Devin W27 3) Polanco-Jimenez, Karina W27 4) Ferguson, Emily W27  
 45.23 1:33.22 (1:33.22) 2:14.72 (41.50) 3:00.97 (1:27.75)  
 3:46.94 (45.97) 4:34.92 (1:33.95) 5:12.54 (37.62) 5:55.58 (1:20.66)

**Women 100-119 800 SC Meter Freestyle Relay**

NATL: 8:58.27 % 9/24/2011 ARIZONA MASTERS

H CALDAS, S NELSON, L URBATCHKA, K HARRIGAN

PAC: 11:16.32 # 10/15/2021 MEMO

E Grant, M Benjamin, J Roriz, S Rafalson

1 Marcia's Enthusiastic Masters-38 A 13:45.00 13:40.21  
 1) Redor, Devin W27 2) Polanco-Jimenez, Karina W27 3) Lu, Jenny W31 4) Murillo, Catherine W34  
 44.65 1:35.16 (1:35.16) 2:26.91 (2:26.91) 3:29.44 (3:29.44)  
 4:17.57 (48.13) 5:09.01 (1:39.57) 6:02.59 (2:33.15) 6:54.87 (3:25.43)  
 7:41.08 (46.21) 8:32.74 (1:37.87) 9:27.80 (2:32.93) 10:22.41 (3:27.54)  
 11:06.93 (44.52) 11:57.83 (1:35.42) 12:50.80 (2:28.39) 13:40.21 (3:17.80)

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

NATL: 2:02.98 % 12/1/2012 THE OLYMPIC CLUB

O'DONNELL-MCCARTH, K HOUSTON, E REILLY, C DAVIDOFF

PAC: 2:02.46 # 10/21/2007 WCM

S Marshall, K Harris, L M Davis, K M Price

1 Marcia's Enthusiastic Masters-38 A 3:40.00 3:10.73  
 1) Redor, Devin W27 2) Racelis, Julianne W29 3) Polanco-Jimenez, Karina W27 4) Lu, Jenny W31  
 51.52 1:39.51 (47.99) 2:30.42 (50.91) 3:10.73 (40.31)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 100-119 400 SC Meter Medley Relay**

NATL: 4:34.40 % 11/21/2010 ARIZONA MASTERS

K HARRIGAN, H CALDAS, L URBATCHKA, W WARMAN

PAC: 4:54.64 # 12/31/1994 RINC

Kanazawa, Baxter, Jamie Raab, Heiberger

1	Marcia's Enthusiastic Masters-38	A	7:20.00	6:49.81
	1) Ferguson, Emily W27	2) Murillo, Catherine W34	3) Polanco-Jimenez, Karina W27	4) Redor, Devin W27
	46.81	1:46.47 (1:46.47)	2:30.70 (44.23)	3:32.33 (1:45.86)
	4:24.51 (52.18)	5:23.04 (1:50.71)	6:04.99 (41.95)	6:49.81 (1:26.77)

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

NATL: 1:51.99 % 11/13/2011 RED TIDE OF NYC

K MOUGHTY, N JO, K GARY, S WAGER

PAC: 1:57.59 # 12/31/1995 TOC

Rowell, Seibt, Danielle Ogier, Jolly

1	Walnut Creek Masters-38	A	2:10.00	2:07.36
	1) Hwang, Jenn W30	2) Thomas, Alexandra W34	3) Struck, Bridget W25	4) Nakagawa, Veronica T W35
	30.96	1:03.64 (32.68)	1:34.31 (30.67)	2:07.36 (33.05)
2	Tri Valley Masters-38	A	2:30.00	2:10.70
	1) Radecke-Noble, Jennifer W38	2) Sitzmann, Amy W42	3) Fong, Catherine W29	4) Burch, Katie W45
	28.36	1:04.15 (35.79)	1:38.36 (34.21)	2:10.70 (32.34)
3	Marcia's Enthusiastic Masters-38	A	2:45.00	2:25.61
	1) Roriz, Julia W29	2) Lee, Jez W42	3) Chien, Regina W36	4) Woodworth, Kathryn W36
	33.19	1:10.95 (37.76)	1:50.72 (39.77)	2:25.61 (34.89)

**Women 120-159 400 SC Meter Freestyle Relay**

NATL: 4:09.95 % 12/7/2008 RED TIDE OF NYC

S WAGER, K MCPHERSON, T SHPAIZER, K GARY

PAC: 4:30.66 # 10/16/2021 WCM

L Lawrence, L Bloch, B Shanahan, V Taylor

1	Marcia's Enthusiastic Masters-38	A	7:00.00	6:35.47
	1) Murillo, Catherine W34	2) Harris, Laura W35	3) Chien, Regina W36	4) Ramos, Mena W39
	43.34	1:31.62 (1:31.62)	2:25.68 (54.06)	3:22.92 (1:51.30)
	4:07.94 (45.02)	4:55.20 (1:32.28)	5:17.49 (22.29)	6:35.47 (1:40.27)

**Women 120-159 800 SC Meter Freestyle Relay**

NATL: 8:56.27 % 11/13/2011 RED TIDE OF NYC

K MOUGHTY, S WAGER, K GARY, N JO

PAC: 9:57.27 # 12/31/2003 MVM

Donahue, Errington, Hoerber, Surgiura

1	Marcia's Enthusiastic Masters-38	A	13:40.00	13:25.17
	1) Roriz, Julia W29	2) Stankov-Hodge, Marina W42	3) Chien, Regina W36	4) Lee, Jez W42
	40.62	1:24.19 (1:24.19)	2:09.18 (2:09.18)	2:58.59 (2:58.59)
	3:44.50 (45.91)	4:41.39 (1:42.80)	5:36.66 (2:38.07)	6:33.44 (3:34.85)
	7:23.60 (50.16)	8:19.56 (1:46.12)	9:15.79 (2:42.35)	10:06.75 (3:33.31)
	10:52.17 (45.42)	11:41.23 (1:34.48)	12:34.25 (2:27.50)	13:25.17 (3:18.42)

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

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

K GARY, T SHPAIZER, F WILLEBOORDSE, S WAGER

PAC: 2:03.95 # 12/31/2009 TOC

S Guzman, K Lyons, M Gill, L Welting

1	Walnut Creek Masters-38	A	2:43.00	2:35.12
	1) Lake, Melissa W31	2) Duggan, Karen W52	3) Ongerth, Ann Michelle W48	4) Struck, Bridget W25
	37.62	2:35.12 (1:57.50)		

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Women 120-159 200 SC Meter Medley Relay)**

2	Marcia's Enthusiastic Masters-38	A		3:15.00	3:14.12
	1) Ferguson, Emily W27	2) Harris, Laura W35	3) Chien, Regina W36	4) Murillo, Catherine W34	
	39.72	1:38.21 (58.49)	1:57.02 (18.81)	3:14.12 (1:17.10)	

**Women 120-159 400 SC Meter Medley Relay**

**NATL: 4:33.44 % 12/6/2009 MISSION VIEJO MASTERS**  
**A SUE OSBORN, C LEWIS, R OLSEN, K FRITH**  
**PAC: 4:48.99 # 12/31/1997 WCM**  
**Pam Boscovich, Morgan, Lisa Ward, Vidal**

1	Tri Valley Masters-38	A		5:35.00	5:41.27
	1) Burch, Katie W45	2) Fong, Catherine W29	3) Radecke-Noble, Jennifer W38	4) Sitzmann, Amy W42	
	42.14	1:24.73 (1:24.73)	2:14.56 (49.83)	3:11.07 (1:46.34)	
	3:45.13 (34.06)	4:21.97 (1:10.90)	4:59.51 (37.54)	5:41.27 (1:19.30)	
2	Marcia's Enthusiastic Masters-38	A		6:55.00	6:27.92
	1) Chien, Regina W36	2) Roriz, Julia W29	3) Woodworth, Kathryn W36	4) Lee, Jez W42	
	50.22	1:42.95 (1:42.95)	2:27.01 (44.06)	3:18.31 (1:35.36)	
	4:05.75 (47.44)	4:59.35 (1:41.04)	5:40.10 (40.75)	6:27.92 (1:28.57)	
---	Marcia's Enthusiastic Masters-38	B		8:00.00	DQ
	1) Williams, Leah W41	2) Han, Qi W44	3) Chaiyasane, Koung W38	4) Cohen, Rivkah W34	
	1:02.39	2:13.96 (2:13.96)	3:38.58 (1:24.62)	5:09.80 (2:55.84)	
	6:20.94 (1:11.14)	7:52.54 (2:42.74)	8:34.25 (41.71)	DQ (1:26.20)	

**Women 160-199 200 SC Meter Freestyle Relay**

**NATL: 1:48.08 % 11/10/2013 NORTH CAROLINA MASTERS**  
**S WALSH, J STRINGER, A UHL, E BRAUN**  
**PAC: 1:56.03 # 12/31/2008 WCM**  
**D Santos, P Roemer, L Ward, A Zamanian**

1	Marcia's Enthusiastic Masters-38	A		2:35.00	2:22.09
	1) Stretch, Sarah W43	2) Balch, Christina W47	3) Martin, Brieanne W42	4) McBride, Beth W32	
	33.64	1:10.15 (36.51)	1:47.97 (37.82)	2:22.09 (34.12)	
2	Walnut Creek Masters-38	A		2:20.00	2:24.47
	1) Rezaee, Lily W41	2) Anderson, Lorissa W41	3) Vassallo, Roberta W48	4) Darling, Colleen W48	
	41.88	1:07.22 (25.34)	1:49.57 (42.35)	2:24.47 (34.90)	

**Women 160-199 400 SC Meter Freestyle Relay**

**NATL: 4:03.25 % 12/13/2009 RED TIDE OF NYC**  
**F WILLEBOORDSE, J KELSEY, S WAGER, K GARY**  
**PAC: 4:19.95 # 10/10/2015 MEMO**  
**C Johnson, J Moll, Y de la Toree, C Worthman**

1	Marcia's Enthusiastic Masters-38	A		4:55.00	4:35.97
	1) Corwin, Elyse W40	2) Hahnel, Carrie W44	3) Shu, Vicki W54	4) Bollella, Alexandra W31	
	31.58	1:06.27 (1:06.27)	1:38.89 (32.62)	2:14.35 (1:08.08)	
	2:50.91 (36.56)	3:30.40 (1:16.05)	4:02.05 (31.65)	4:35.97 (1:05.57)	
2	Walnut Creek Masters-38	A		6:45.00	5:35.35
	1) Anderson, Lorissa W41	2) Rezaee, Lily W41	3) Vassallo, Roberta W48	4) Cook, Amy W58	
	34.32	1:12.40 (1:12.40)	1:48.16 (35.76)	2:43.89 (1:31.49)	
	3:13.80 (29.91)	4:13.04 (1:29.15)	4:51.93 (38.89)	5:35.35 (1:22.31)	
3	Marcia's Enthusiastic Masters-38	B		7:40.00	7:22.30
	1) Lindahl, Sarah W46	2) Han, Qi W44	3) Laszlo, Zsuzsanna W54	4) McDonnell, Libby W50	
	42.53	1:29.53 (1:29.53)	2:32.77 (1:03.24)		
	4:39.40 ( )	5:49.06 ( )	6:30.79 (41.73)	7:22.30 (1:33.24)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 160-199 800 SC Meter Freestyle Relay**NATL: 8:56.55 % 12/13/2009 **RED TIDE OF NYC****J KELSEY, F WILLEBOORDSE, S WAGER, K GARY**PAC: 9:36.44 # 10/18/2009 **WCM****D M Santos, B J. R Henry, L A Ward, S M Heim-Bowen**

1	Marcia's Enthusiastic Masters-38	A	9:20.00	11:15.94
	1) Corwin, Elyse W40	2) de la Torre, Yasuko W52	3) Schley, Kelly W43	4) Shu, Vicki W54
	33.91	1:12.00 (1:12.00)	1:50.30 (1:50.30)	2:27.78 (2:27.78)
	3:09.22 (41.44)	3:55.06 (1:27.28)	4:40.96 (2:13.18)	5:25.02 (2:57.24)
	6:06.75 (41.73)	6:53.17 (1:28.15)	7:41.07 (2:16.05)	8:27.83 (3:02.81)
	9:08.91 (41.08)	9:52.25 (1:24.42)	10:34.85 (2:07.02)	11:15.94 (2:48.11)

**Women 160-199 200 SC Meter Medley Relay**NATL: 2:06.09 % 10/5/2003 **SAN DIEGO SWIM MASTERS****K PIPES-NEILSEN, C KRATTLI, J COOVER, V DAVIDSON**PAC: 2:04.87 # 10/2/2011 **MPM****C P Pinkston, J Mothersill, K Thorp, E Sutherland**

1	Davis Aquatic Masters-38	A	2:50.10	2:34.79
	1) Chow, Jackie W44	2) Goldberg, Michelle W54	3) Nehrebecki, Helene W42	4) Tannehill, Aimee W49
	31.62	2:34.79 (2:03.17)		
2	Walnut Creek Masters-38	A	2:40.00	2:46.10
	1) Anderson, Lorissa W41	2) Rezaee, Lily W41	3) Darling, Colleen W48	4) Vassallo, Roberta W48
	37.83	2:46.10 (2:08.27)		
3	Manatee Aquatic Masters Inc-38	A	2:52.00	2:48.33
	1) Cox, Juliet W54	2) Rublein, Susanne W52	3) Chachkin, Myra W54	4) Chan, Angela W34
	48.72	2:48.33 (1:59.61)		
4	Marcia's Enthusiastic Masters-38	A	3:40.00	3:19.61
	1) Laszlo, Zsuzsanna W54	2) Lee, Jez W42	3) Ramos, Mena W39	4) McDonnell, Libby W50
	53.93	1:44.00 (50.07)	2:32.04 (48.04)	3:19.61 (47.57)

**Women 160-199 400 SC Meter Medley Relay**NATL: 4:31.32 % 11/17/2019 **NORTH CAROLINA MASTERS****K LINDAUER, S DUNN, I HOLLAND, E BRAUN**PAC: 4:44.65 # 12/31/2008 **WCM****L Ward, D Santos, A Zamanian, P Roemer**

1	Marcia's Enthusiastic Masters-38	A	6:45.00	6:58.18
	1) McBride, Beth W32	2) Balch, Christina W47	3) Martin, Brienne W42	4) Doyle, Nia W41
	42.96	1:27.72 (1:27.72)	2:26.65 (58.93)	3:29.89 (2:02.17)
	4:26.90 (57.01)	5:35.25 (2:05.36)	6:14.75 (39.50)	6:58.18 (1:22.93)

**Women 200-239 200 SC Meter Freestyle Relay**NATL: 1:54.26 % 2/29/2020 **CLUB TRIBE****M RESTREPO, F WILLEBOORDSE, S WILLIAMS, M CONZE**PAC: 2:01.33 # 10/11/2014 **WCM****V Dewey, M Curran, C McNamara, A Zamanian**

1	Walnut Creek Masters-38	A	2:15.00	2:15.55
	1) Boone, Danielle W57	2) Ward, Lisa W58	3) Santos, Debbie W54	4) Merlo, Ashley W41
	30.76	1:04.87 (34.11)	1:43.00 (38.13)	2:15.55 (32.55)
2	Davis Aquatic Masters-38	A	2:29.10	2:16.11
	1) Nehrebecki, Helene W42	2) Tannehill, Aimee W49	3) Goldberg, Michelle W54	4) Russell, Jane W59
	31.88	1:06.90 (35.02)	1:41.04 (34.14)	2:16.11 (35.07)
3	Marcia's Enthusiastic Masters-38	A	2:30.00	2:19.98
	1) de la Torre, Yasuko W52	2) Schley, Kelly W43	3) Voight, Tina W53	4) Shu, Vicki W54
	33.94	1:11.16 (37.22)	1:45.80 (34.64)	2:19.98 (34.18)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Women 200-239 200 SC Meter Freestyle Relay)**

4	Manatee Aquatic Masters Inc-38	A		2:23.00	2:28.73
	1) Cox, Juliet W54	2) Achiu, U. Kalei W44	3) Donaldson, Claire W67	4) Rublein, Susanne W52	
	35.57	1:18.71 (43.14)	1:54.31 (35.60)	2:28.73 (34.42)	
5	Albany Armada Aquatics Masters	A		2:52.00	2:53.58
	1) Heffley, Caitlin W30	2) Amaro, Laurie W58	3) Ward, Meghan W52	4) Focha, Teresa M W61	
	34.09	2:02.78 ( )	2:53.58 (50.80)		
6	Marcia's Enthusiastic Masters-38	B		3:10.00	3:10.40
	1) Taylor, Opal W47	2) Gimbel, Erika W52	3) Laszlo, Zsuzsanna W54	4) McDonnell, Libby W50	

**Women 200-239 400 SC Meter Freestyle Relay****NATL: 4:20.42 % 12/7/2019****CONEJO VALLEY MASTERS****A GODGES, B CLEAVENGER, E MAIDENBERG, J GELLATLY****PAC: 4:30.09 # 10/9/2016****WCM****E Richards, C O'Brien, D Boone, L Ward**

1	Davis Aquatic Masters-38	A		5:10.10	5:04.70
	1) Nehrebecki, Helene W42	2) Garforth, Emma W54	3) Goldberg, Michelle W54	4) Russell, Jane W59	
	36.07	1:14.56 (1:14.56)	1:50.41 (35.85)	2:29.71 (1:15.15)	
	3:06.83 (37.12)	3:47.05 (1:17.34)	4:23.89 (36.84)	5:04.70 (1:17.65)	
2	Marcia's Enthusiastic Masters-38	A		6:30.00	5:20.22
	1) Balch, Christina W47	2) Burger, Clare W55	3) de la Torre, Yasuko W52	4) Voight, Tina W53	
	39.91	1:23.47 (1:23.47)	1:59.64 (36.17)	2:40.10 (1:16.63)	
	3:17.31 (37.21)	3:57.65 (1:17.55)	4:36.16 (38.51)	5:20.22 (1:22.57)	
3	Walnut Creek Masters-38	A		6:35.00	6:34.68
	1) Duggan, Karen W52	2) Asta, Lisa W57	3) Ongerth, Ann Michelle W48	4) Dibley, Allison W60	
	59.31	2:06.16 (2:06.16)	2:43.70 (37.54)	3:24.50 (1:18.34)	
	3:43.69 (19.19)	4:55.00 (1:30.50)	5:42.70 (47.70)	6:34.68 (1:39.68)	
4	Albany Armada Aquatics Masters	A		5:53.00	6:41.31
	1) Heffley, Caitlin W30	2) Meyer, Kathleen W64	3) Focha, Teresa M W61	4) Lee, Caron W46	
	37.01	1:19.15 (1:19.15)	2:10.67 (51.52)	3:20.48 (2:01.33)	
	4:18.36 (57.88)	5:25.99 (2:05.51)	6:02.01 (36.02)	6:41.31 (1:15.32)	

**Women 200-239 800 SC Meter Freestyle Relay****NATL: 9:29.43 % 12/6/2013****UCLA BRUIN MASTERS****V HIBBEN, C CIRAULO, L DODD, E STEBBINS****PAC: 10:50.44 # 10/15/2021****WCM****L Lawrence, C Taylor, L Ward, A Zamanian**

1	Marcia's Enthusiastic Masters-38	A		14:30.00	14:13.17
	1) Balch, Christina W47	2) Gimbel, Erika W52	3) Taylor, Opal W47	4) Johnson, Carliane W57	
	40.89	1:28.45 (1:28.45)	2:17.95 (2:17.95)	3:06.66 (3:06.66)	
	4:03.88 (57.22)	5:02.17 (1:55.51)	6:03.12 (2:56.46)	7:01.25 (3:54.59)	
	7:55.48 (54.23)	8:57.37 (1:56.12)	10:00.27 (2:59.02)	10:54.56 (3:53.31)	
	11:38.03 (43.47)	12:27.52 (1:32.96)	13:20.46 (2:25.90)	14:13.17 (3:18.61)	

**Women 200-239 200 SC Meter Medley Relay****NATL: 2:06.51 % 12/4/2021****CLUB TRIBE****S WILLIAMS, K HARRIS, M CONZE, F WILLEBOORDSE****PAC: 2:17.90 # 10/21/2007****WCM****P Landers, L Crittenden, D Swigert, P J Roemer**

1	Walnut Creek Masters-38	A		2:35.00	2:37.48
	1) Moore, Olivia W62	2) Taylor, Catherine W59	3) Boone, Danielle W57	4) Cook, Amy W58	
	35.69	2:37.48 (2:01.79)			
2	Marcia's Enthusiastic Masters-38	A		2:52.00	2:40.24
	1) Burger, Clare W55	2) Voight, Tina W53	3) de la Torre, Yasuko W52	4) Shu, Vicki W54	
	37.99	1:25.45 (47.46)	2:02.03 (36.58)	2:40.24 (38.21)	

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Women 200-239 200 SC Meter Medley Relay)**

3 Albany Armada Aquatics Masters	A	3:49.00	3:22.87
1) Amaro, Laurie W58	2) Carroll, Leah W61	3) Focha, Teresa M W61	4) Heffley, Caitlin W30
51.97	2:47.63 ( )	3:22.87 (35.24)	

**Women 200-239 400 SC Meter Medley Relay**

**NATL: 4:48.61 % 11/8/2015 NORTH TEXAS LONESTARS**  
**S STONE, M REA, L MIZE, L MORRISON**  
**PAC: 5:23.58 # 12/31/2004 WCM**  
**P Landers, L Crittenden, C O'Brien, S Scott**

1 Marcia's Enthusiastic Masters-38	A	6:20.00	6:09.30
1) Schley, Kelly W43	2) Voight, Tina W53	3) de la Torre, Yasuko W52	4) Shu, Vicki W54
46.33	1:34.88 (1:34.88)	2:24.22 (49.34)	3:22.22 (1:47.34)
4:05.73 (43.51)	4:52.89 (1:30.67)	5:29.39 (36.50)	6:09.30 (1:16.41)
2 Davis Aquatic Masters-38	A	5:35.10	6:11.95
1) Tannehill, Aimee W49	2) Garforth, Emma W54	3) Guthrie, Sally W72	4) Goldberg, Michelle W54
44.56	1:30.89 (1:30.89)	2:14.95 (44.06)	3:02.42 (1:31.53)
3:51.59 (49.17)		5:32.71 ( )	6:11.95 ( )
3 Marcia's Enthusiastic Masters-38	B	7:50.00	8:12.96
1) Laszlo, Zsuzsanna W54	2) Gimbel, Erika W52	3) Benjamin, Marcia W66	4) McDonnell, Libby W50
1:03.52	2:15.10 (2:15.10)	3:19.20 (1:04.10)	4:26.18 (2:11.08)
5:25.03 (58.85)	6:33.41 (2:07.23)	7:20.30 (46.89)	8:12.96 (1:39.55)

**Women 240-279 200 SC Meter Freestyle Relay**

**NATL: 2:02.15 % 11/11/2017 NORTH TEXAS LONESTARS**  
**K HENDERSON, L MORRISON, C MCKELVEY, M BAILEY**  
**PAC: 2:17.06 # 10/10/2015 TAM**  
**M Joyce, L Shoenberger, J Eisenman, B Wheeler**

1 Marcia's Enthusiastic Masters-38	A	3:30.00	3:33.56
1) Carboni, Lisa W61	2) McCormick, Ann L W59	3) Bennett, Sue W60	4) Johnson, Julie W65
47.85	1:46.40 (58.55)	2:49.79 (1:03.39)	3:33.56 (43.77)

**Women 240-279 400 SC Meter Freestyle Relay**

**NATL: 4:30.74 % 3/6/2016 UCLA**  
**J HIRSTY, C CIRAULO, J COOK, V HIBBEN**  
**PAC: 4:56.63 # 10/18/2009 TAM**  
**L B Val, J A Eisenman, N J Ridout, L R Shoenberger**

1 Rolling Hills Mud Sharks-38	A	6:22.00	6:06.49
1) Towey, Rachel W48	2) Hepworth, Linda W69	3) Laudenslager, Sherri W60	4) Coholan, Annette W74
38.50	1:22.13 (1:22.13)	2:05.32 (43.19)	2:50.82 (1:28.69)
3:32.13 (41.31)	4:14.93 (1:24.11)	5:08.46 (53.53)	6:06.49 (1:51.56)
2 Davis Aquatic Masters-38	B	5:50.10	7:02.85
1) Phalen, Jennifer W58	2) Guthrie, Sally W72	3) Chow, Jackie W44	4) Westergaard, Leslie W79
41.31	1:30.51 (1:30.51)	2:28.65 (58.14)	
4:37.77 ( )		6:18.10 ( )	7:02.85 ( )
3 Marcia's Enthusiastic Masters-38	A	7:50.00	7:02.89
1) Carboni, Lisa W61	2) Johnson, Julie W65	3) McCormick, Ann L W59	4) Johnson, Carliane W57
49.83	2:31.77 (2:31.77)	3:23.84 (52.07)	
4:26.29 (1:02.45)	5:35.38 (2:11.54)	6:16.68 (41.30)	7:02.89 (1:27.51)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 240-279 800 SC Meter Freestyle Relay**

NATL: 10:25.22 % 11/8/2015

NORTH TEXAS LONESTARS

PAC: 10:58.88 # 12/31/2009

K HENDERSON, L MORRISON, H ERNST, J HIRSTY

TAM

J Eisenman, L Val, N Ridout, L Shoenberger

1	Marcia's Enthusiastic Masters-38	A	15:00.00	18:03.93
	1) Carboni, Lisa W61	2) Armstrong, Judy W75	3) Bennett, Sue W60	4) McCormick, Ann L W59
	50.14	1:45.54 (1:45.54)	2:41.94 (2:41.94)	3:38.49 (3:38.49)
	4:43.98 (1:05.49)	6:01.54 (2:23.05)	7:19.21 (3:40.72)	8:31.85 (4:53.36)
	9:42.86 (1:11.01)	11:00.49 (2:28.64)	12:20.13 (3:48.28)	13:39.12 (5:07.27)
	14:36.01 (56.89)	15:42.80 (2:03.68)	16:52.03 (3:12.91)	18:03.93 (4:24.81)

**Women 240-279 200 SC Meter Medley Relay**

NATL: 2:18.74 % 3/13/2022

OREGON MASTERS

PAC: 3:00.99 # 10/9/2016

V JENKINS, C CRABBE, A DELMAGE, K ANDRUS-HUGHES

WCM

C Ottati, S Scott, C O'Brien, C Patterson

1	Davis Aquatic Masters-38	B	3:20.10	2:54.85 #
	1) Guthrie, Sally W72	2) Crow, Joan W58	3) Russell, Jane W59	4) Phalen, Jennifer W58
	43.38	1:32.27 (48.89)	2:09.76 (37.49)	2:54.85 (45.09)
2	Rolling Hills Mud Sharks-38	A	3:15.00	3:05.59
	1) Hepworth, Linda W69	2) Towey, Rachel W48	3) Viscardi, Josie W58	4) Coholan, Annette W74
	43.36	1:28.92 (45.56)	2:10.73 (41.81)	3:05.59 (54.86)
3	Marcia's Enthusiastic Masters-38	A	3:50.00	3:38.65
	1) Carboni, Lisa W61	2) Johnson, Julie W65	3) McCormick, Ann L W59	4) Johnson, Carliane W57
		1:51.68 ( )	2:40.86 (49.18)	3:38.65 (57.79)

**Women 240-279 400 SC Meter Medley Relay**

NATL: 5:10.93 % 3/12/2022

OREGON MASTERS

PAC: 6:07.45 # 10/10/2015

V JENKINS, C CRABBE, A DELMAGE, K ANDRUS-HUGHES

TAM

J Eisenman, B Wheeler, M Joyce, L Shoenberger

1	Davis Aquatic Masters-38	A	7:36.00	6:55.03
	1) Westergaard, Leslie W79	2) Phalen, Jennifer W58	3) Nehrebecki, Helene W42	4) Reedy, Peggy W76
	59.34	2:51.58 (2:51.58)	3:47.40 (55.82)	
	4:28.50 (41.10)	5:14.12 (1:26.72)	5:59.87 (45.75)	6:55.03 (1:40.91)
2	Marcia's Enthusiastic Masters-38	A	9:00.00	10:03.52
	1) Bennett, Sue W60	2) Johnson, Julie W65	3) Carboni, Lisa W61	4) McCormick, Ann L W59
	1:26.87	3:04.25 (3:04.25)	4:03.86 (59.61)	5:08.54 (2:04.29)
	6:29.59 (1:21.05)		8:57.42 ( )	10:03.52 ( )

**Women 280-319 200 SC Meter Freestyle Relay**

NATL: 2:25.32 % 3/12/2022

OREGON MASTERS

PAC: 2:40.69 # 10/13/2019

J WARD, J GETTLING, K ANDRUS-HUGHES, C CRABBE

MAM

R Shaps, S Caso, R Voorhies, C Donaldson

1	Davis Aquatic Masters-38	A	3:30.10	2:57.12
	1) Westergaard, Leslie W79	2) Phalen, Jennifer W58	3) Reedy, Peggy W76	4) Guthrie, Sally W72
		1:32.67 ( )	2:17.69 (45.02)	2:57.12 (39.43)



**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Women 280-319 400 SC Meter Freestyle Relay**

NATL: 5:30.90 % 3/30/2019 VIRGINIA MASTERS SWIM TEAM

B BOSLEGO, B SCHREINER, A LYTTLE, S LOFTUS-CHARLEY

PAC: 6:07.58 # 10/12/2019 MAM

R Shaps, S Caso, R Voorhies, C Donaldson

1 Walnut Creek Masters-38	A	7:45.00	8:49.18
1) Hirsch, Ann W91	2) Rothrock, Gretchen A W73	3) Collins, Susan W73	4) Scott, Stephanie W75
1:36.61	3:22.34 (3:22.34)	4:19.38 (57.04)	5:25.41 (2:03.07)
6:14.42 (49.01)	7:06.21 (1:40.80)	7:53.27 (47.06)	8:49.18 (1:42.97)

**Women 320-359 200 SC Meter Freestyle Relay**

NATL: 3:25.71 % 10/13/2002 FLORIDA MAVERICK MASTERS

J TROY, K SCHIMPF, G ZINT, F CARR

1 Tamalpais Aquatic Masters-38	A	3:24.19	3:22.40 %
1) Alexandre, Mary W86	2) Jaffe, Kristin W84	3) Ridout, Nancy W80	4) Shoenberger, Linda W75
57.61	1:51.78 (54.17)	2:37.51 (45.73)	3:22.40 (44.89)

**Women 320-359 400 SC Meter Freestyle Relay**

NATL: 7:46.75 % 11/7/2015 VMST

J DETRICK, J MEREDITH, T SOKOLIK, M BARRY

PAC: 9:11.05 # 12/31/1996 SMMM

A Etienne, H Roumasset, H Buel, Z Taft

--- Tamalpais Aquatic Masters-38	A	8:20.78	DQ
1) Alexandre, Mary W86	2) Jaffe, Kristin W84	3) Ridout, Nancy W80	4) Shoenberger, Linda W75
1:02.20	2:07.57 (2:07.57)	3:02.98 (55.41)	4:04.57 (1:57.00)
5:00.35 (55.78)	5:57.69 (1:53.12)	6:46.01 (48.32)	DQ (1:40.88)

**Women 320-359 800 SC Meter Freestyle Relay**

NATL: 17:14.70 % 11/7/2015 VMST

L WALKER, J MEREDITH, T SOKOLIK, M BARRY

PAC: 18:44.51 # 10/16/2011 WCM

D C Germolus, B R Owens, J M Duncan, A M Hirsch

1 Tamalpais Aquatic Masters-38	A	17:14.70	16:28.51 %
1) Alexandre, Mary W86	2) Jaffe, Kristin W84	3) Ridout, Nancy W80	4) Shoenberger, Linda W75
1:03.15	2:11.03 (2:11.03)	3:17.60 (3:17.60)	
5:20.23 ( )	6:23.84 ( )	7:28.60 ( )	8:30.13 ( )
9:28.78 (58.65)	10:33.46 (2:03.33)	11:38.99 (3:08.86)	12:42.56 (4:12.43)
13:32.17 (49.61)	14:29.33 (1:46.77)	15:28.43 (2:45.87)	16:28.51 (3:45.95)

**Men 100-119 200 SC Meter Freestyle Relay**

NATL: 1:31.58 % 12/6/2015 GOLDEN ROAD AQUATICS

M MARSHALL, N KORTH, A ACEINO, I SERRANO

PAC: 1:38.49 # 10/10/2010 TOC

J Dorr, D Gaggero, K Bower, S Greenwood

1 Albany Armada Aquatics Masters	A	1:58.99	1:50.48
1) Dyer, Samuel M26	2) Rossbach, Alexander M32	3) Murlas, Tyler M33	4) Gleason, Sam M26
28.90	57.05 (28.15)	1:24.04 (26.99)	1:50.48 (26.44)
2 Marcia's Enthusiastic Masters-38	A	2:06.00	1:57.91
1) Rentschler, Kyle M25	2) Chen, Jacky M29	3) Pine, Justin M30	4) Harding, Keevan M31
33.32	1:01.04 (27.72)	1:29.59 (28.55)	1:57.91 (28.32)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 100-119 400 SC Meter Freestyle Relay**NATL: 3:24.61 % 12/5/2015 **GOLDEN ROAD AQUATICS**

PAC: 3:40.94 # 10/12/2019

**A ACEINO, N POPOV, M MARSHALL, D COLUPAEV****WCM****L Ward, J Medford, M Lutzker, P Kline**

1 Albany Armada Aquatics Masters	A	4:16.00	4:08.27
1) Dyer, Samuel M26	2) Gleason, Sam M26	3) Murlas, Kyler M33	4) Rossbach, Alexander M32
29.89	1:03.85 (1:03.85)	1:31.75 (27.90)	2:03.28 (59.43)
2:33.58 (30.30)	3:07.66 (1:04.38)	3:37.30 (29.64)	4:08.27 (1:00.61)

**Men 100-119 200 SC Meter Medley Relay**NATL: 1:39.29 % 12/3/2016 **GOLDEN ROAD AQUATICS**

PAC: 1:44.87 # 12/31/2012

**T COX, N KORTH, M MARSHALL, L PECHMANN****TOC****M A Eckert, J W Dorr, J Taylor, C Talbott**

1 Albany Armada Aquatics Masters	A	2:01.00	2:21.33
1) Dyer, Samuel M26	2) Murlas, Kyler M33	3) Friedman, Eric M52	4) Gleason, Sam M26
33.88	1:13.95 (40.07)	1:55.23 (41.28)	2:21.33 (26.10)

**Men 100-119 400 SC Meter Medley Relay**NATL: 3:43.64 % 11/24/2013 **FORD AQUATICS**

PAC: 4:13.85 # 12/31/2008

**D TOWNSEND, M TITUS, T DEBERRY, C MILLER****WCM****J Mellinger, A Nonaka, A Mikuni, A Brown**

1 Marcia's Enthusiastic Masters-38	A	5:45.00	5:14.18
1) Pine, Justin M30	2) Chen, Jacky M29	3) Harding, Keevan M31	4) Rentschler, Kyle M25
42.13	1:27.13 (1:27.13)	2:03.55 (36.42)	2:46.40 (1:19.27)
3:21.87 (35.47)	4:02.16 (1:15.76)	4:36.73 (34.57)	5:14.18 (1:12.02)

**Men 120-159 200 SC Meter Freestyle Relay**NATL: 1:32.97 % 10/24/2009 **SOUTHERN CAL AQUATIC MASTERS**

PAC: 1:36.45 # 10/13/2019

**M CORNUE, M MCGINNIS, P FORD, D WEGNER****USF****C Owen, A Gouvea, A Brilhante, J Samotyj**

1 Davis Aquatic Masters-38	A	2:01.10	1:51.15
1) Koehl, Arthur M27	2) Zachan, Matthew M36	3) Roper, Matt M41	4) Winsor, Brad M51
29.06	57.01 (27.95)	1:24.25 (27.24)	1:51.15 (26.90)

**Men 120-159 400 SC Meter Freestyle Relay**NATL: 3:23.69 % 12/5/2009 **SOUTHERN CAL AQUATIC MASTERS**

PAC: 3:33.42 # 10/12/2019

**D WEGNER, E HOCHSTEIN, E TOLMACHOFF, M MCGINNIS****USF****C Owen, A Gouvea, A Brilhante, J Samotyj**

1 Marcia's Enthusiastic Masters-38	A	4:30.00	4:27.88
1) Chen, Jacky M29	2) Pine, Justin M30	3) Chien, Rex L M34	4) Harding, Keevan M31
30.45	1:07.29 (1:07.29)	1:38.52 (31.23)	2:12.75 (1:05.46)
2:46.25 (33.50)	3:24.09 (1:11.34)	3:54.42 (30.33)	4:27.88 (1:03.79)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 120-159 800 SC Meter Freestyle Relay**

NATL: 7:44.51 % 12/4/2009

SOUTHERN CAL AQUATICS MASTERS

D SCHLESINGER, D WEGNER, E TOLMACHOFF, E HOCHSTEIN

PAC: 8:26.89 # 12/31/2006

TSUN

Hise, Froehlich, Martel, Chung

1	Marcia's Enthusiastic Masters-38	A	10:25.00	10:09.82
	1) Pine, Justin M30	2) Chen, Jacky M29	3) Chien, Rex L M34	4) Harding, Keevan M31
	33.96	1:11.11 (1:11.11)	1:50.04 (1:50.04)	2:28.70 (2:28.70)
	3:00.75 (32.05)	3:36.92 (1:08.22)	4:16.05 (1:47.35)	4:57.33 (2:28.63)
	5:30.95 (33.62)	6:10.91 (1:13.58)	6:54.89 (1:57.56)	7:40.60 (2:43.27)
	8:15.01 (34.41)	8:53.53 (1:12.93)	9:32.01 (1:51.41)	10:09.82 (2:29.22)

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

NATL: 1:45.01 % 4/16/1994

BAYLOR / LONE STAR

J YARID, G RHODENBAUGH, B PATTEN, M RHODENBAUGH

PAC: 1:45.06 # 12/31/2009

TOC

L Wanie, G Marshall, T Holsman, S Greenwood

1	Marcia's Enthusiastic Masters-38	A	2:25.00	2:17.69
	1) Harding, Keevan M31	2) Song, Jimmy M39	3) Torres, Emmanuel M36	4) Chien, Rex L M34
	35.87	1:15.26 (39.39)	1:46.93 (31.67)	2:17.69 (30.76)
2	Sacramento Masters-38	A	2:12.49	2:21.07
	1) Freiwald, Owen K M23	2) Freiwald, Andrew M30	3) Bautista, Jair M30	4) Barajas, Nick A M56
	34.99	1:13.72 (38.73)	1:49.94 (36.22)	2:21.07 (31.13)

**Men 160-199 200 SC Meter Freestyle Relay**

NATL: 1:35.44 % 11/16/2008

LONGHORN AQUATICS

T BLESSING, M VAROZZA, A RASMUSSEN, M STINCHCOMBE

PAC: 1:39.11 # 12/31/2003

BAC

Garrett, McAweeney, Whatley, Robert Mackenzie

1	Walnut Creek Masters-38	A	1:56.00	1:48.46
	1) Holbrook, Chad M43	2) Stephens, Mitchell M41	3) Mikuni, Russell M40	4) Nonaka, Andy M43
	27.39	55.08 (27.69)	1:22.89 (27.81)	1:48.46 (25.57)
2	Manatee Aquatic Masters Inc-38	A	1:49.00	1:50.31
	1) Hamilton, Rick M55	2) Law, David M37	3) Cutting, Steve M65	4) Lavado, Marcos M31
	27.99	56.60 (28.61)	1:26.07 (29.47)	1:50.31 (24.24)

**Men 160-199 400 SC Meter Freestyle Relay**

NATL: 3:32.44 % 12/5/2009

LONGHORN AQUATICS

A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA

PAC: 3:51.22 # 12/31/2011

WAMS

B Bergen, D S Cuniff, T Harvill, M P Volzing

1	Walnut Creek Masters-38	A	4:35.00	4:05.56
	1) Nonaka, Andy M43	2) Gu, Yue Shen M29	3) Warner, Jason M36	4) Smith, Bryan E M55
	28.17	58.37 (58.37)	1:29.14 (30.77)	2:05.36 (1:06.99)
	2:34.87 (29.51)	3:08.35 (1:02.99)	3:35.67 (27.32)	4:05.56 (57.21)
2	Davis Aquatic Masters-38	A	4:15.10	4:10.24
	1) Zachan, Matthew M36	2) Winsor, Brad M51	3) Roper, Matt M41	4) Krovetz, Ted M56
	29.43	1:00.27 (1:00.27)	1:29.34 (29.07)	2:00.23 (59.96)
	2:29.17 (28.94)	3:02.19 (1:01.96)	3:35.58 (33.39)	4:10.24 (1:08.05)
3	Marcia's Enthusiastic Masters-38	A	4:30.00	4:28.88
	1) Bentley, Orin M45	2) Massaro, Stephen M40	3) Song, Jimmy M39	4) Torres, Emmanuel M36
	31.87	1:07.38 (1:07.38)	1:37.58 (30.20)	2:11.72 (1:04.34)
	2:46.81 (35.09)	3:23.48 (1:11.76)	3:54.14 (30.66)	4:28.88 (1:05.40)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 160-199 800 SC Meter Freestyle Relay****NATL: 7:52.82 % 12/4/2009 LONGHORN AQUATICS****T BLESSING, M VAROZZA, T BARTEE, A RASMUSSEN****PAC: 8:29.70 # 12/31/2006 FIRE****Steiner, Barnell, Czekala, Scollon**

1	Richmond Plunge Masters-38	A	10:01.00	10:00.56
	1) Sabatini, Greg M46	2) Frink, Stephen M37	3) Taylor, Ron M62	4) Kneubuhler, Yann M50
	35.00	1:13.04 (1:13.04)	1:52.12 (1:52.12)	2:31.72 (2:31.72)
	3:03.73 (32.01)	3:38.31 (1:06.59)	4:13.17 (1:41.45)	4:46.93 (2:15.21)
	5:22.97 (36.04)	6:03.69 (1:16.76)	6:45.28 (1:58.35)	7:25.94 (2:39.01)
	8:02.83 (36.89)	8:43.41 (1:17.47)	9:23.27 (1:57.33)	10:00.56 (2:34.62)
2	Marcia's Enthusiastic Masters-38	A	10:25.00	10:00.60
	1) Song, Jimmy M39	2) Bentley, Orin M45	3) Lehnert, Ahren M49	4) Wehmann, Todd M50
	37.08	1:16.62 (1:16.62)	1:55.12 (1:55.12)	2:32.86 (2:32.86)
	3:06.82 (33.96)	3:44.18 (1:11.32)	4:23.49 (1:50.63)	5:04.16 (2:31.30)
	5:38.05 (33.89)	6:15.78 (1:11.62)	6:54.87 (1:50.71)	7:31.76 (2:27.60)
	8:06.82 (35.06)	8:44.19 (1:12.43)	9:22.57 (1:50.81)	10:00.60 (2:28.84)

**Men 160-199 400 SC Meter Medley Relay****NATL: 3:50.93 % 11/15/2008 LONGHORN AQUATICS****A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA****PAC: 4:12.93 # 12/31/2003 MELO****Arcuni, Kemp, Batis, Howe**

1	Davis Aquatic Masters-38	A	5:00.10	5:05.95
	1) Koehl, Arthur M27	2) Woodruff, David M66	3) Zachan, Matthew M36	4) Winsor, Brad M51
	37.01	1:15.20 (1:15.20)	2:01.98 (46.78)	2:52.32 (1:37.12)
	3:26.09 (33.77)	4:09.05 (1:16.73)	4:34.03 (24.98)	5:05.95 (56.90)
2	Marcia's Enthusiastic Masters-38	A	7:30.00	7:38.73
	1) Clifford, Dan M52	2) Choi, Jindoo (Stephen) M36	3) Wada, Ellison M43	4) Cacananta, Oliver M48
	1:03.95	2:14.18 (2:14.18)	3:07.20 (53.02)	4:03.73 (1:49.55)
	4:47.93 (44.20)	5:37.06 (1:33.33)	6:02.15 (25.09)	7:38.73 (2:01.67)

**Men 200-239 200 SC Meter Freestyle Relay****NATL: 1:38.79 % 10/16/2010 BLU FROG TEAM****A GAINES, K SWITZER, M MIDDLETON, S WEISS****PAC: 1:44.19 # 12/6/2013 WAMS****A Jaegers, S Trimble, M Volzing, T Harvill**

1	Marcia's Enthusiastic Masters-38	A	2:07.00	2:04.82
	1) Wehmann, Todd M50	2) Song, Jimmy M39	3) Downey, Patrick M55	4) Coombs, Craig M62
	29.86	1:01.14 (31.28)	1:33.06 (31.92)	2:04.82 (31.76)
2	Sebastopol Masters Aquatic Club	A	1:35.00	2:09.34
	1) Hektner, Eric M64	2) Berglund, Joseph M48	3) Peters, Andrew J M65	4) Keating, Kevin M59
	36.75	1:08.23 (31.48)	1:39.77 (31.54)	2:09.34 (29.57)

**Men 200-239 400 SC Meter Freestyle Relay****NATL: 3:40.26 % 10/15/2011 BLU FROG TEAM****C LYDECKER, R BOHLKEN, K SWITZER, A GAINES****PAC: 3:55.72 # 12/6/2013 WAMS****A Jaegers, S Trimble, M Volzing, T Harvill**

1	Walnut Creek Masters-38	A	4:15.00	4:23.29
	1) Gothberg, Bradley M60	2) Tittle, Kenneth W M59	3) Chao, Hector M58	4) Boone, Jon M59
	32.88	1:10.28 (1:10.28)	1:40.60 (30.32)	2:15.68 (1:05.40)
	2:46.35 (30.67)	3:20.02 (1:04.34)	3:50.10 (30.08)	4:23.29 (1:03.27)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 200-239 400 SC Meter Freestyle Relay)**

2	Marcia's Enthusiastic Masters-38	A	5:00.00	4:46.53
	1) Dooley, Paul M54	2) Lehnert, Ahren M49	3) Downey, Patrick M55	4) Wehmann, Todd M50
	34.58	1:12.28 (1:12.28)	1:48.21 (35.93)	2:25.69 (1:13.41)
	2:59.92 (34.23)	3:37.18 (1:11.49)	4:10.69 (33.51)	4:46.53 (1:09.35)
3	Marcia's Enthusiastic Masters-38	B	6:50.00	6:12.68
	1) Ngo, Minh M51	2) Clifford, Dan M52	3) Wu, Long M57	4) Igo, Christopher M59
	41.60	1:23.48 (1:23.48)	2:13.14 (49.66)	3:04.88 (1:41.40)
	3:47.78 (42.90)	4:32.12 (1:27.24)	5:19.46 (47.34)	6:12.68 (1:40.56)

**Men 200-239 800 SC Meter Freestyle Relay****NATL: 8:03.40 % 10/14/2011****BLU FROG TEAM****A GAINES, C LYDECKER, T BUCKLEY, K SWITZER****PAC: 8:33.40 # 10/18/2009****SRM****J R Morales, J S Dunn, F L Canales, W Schenstrom**

1	Marcia's Enthusiastic Masters-38	A	13:00.00	12:53.08
	1) Wu, Long M57	2) Ngo, Minh M51	3) Wan, Danny M59	4) Inchausti, Robert M60
	42.46	1:30.63 (1:30.63)	2:20.01 (2:20.01)	3:06.80 (3:06.80)
	3:27.23 (20.43)	3:52.96 (46.16)	4:43.43 (1:36.63)	5:33.64 (2:26.84)
	7:07.72 (1:34.08)	7:53.79 (2:20.15)	9:42.25 (4:08.61)	
	10:21.30 ( )	11:11.90 ( )	12:03.92 ( )	12:53.08 ( )
2	Marcia's Enthusiastic Masters-38	B	15:00.00	13:24.82
	1) Clifford, Dan M52	2) Rentschler, Randy M62	3) Chew, Thomas C M65	4) Jegers, Daniel M52
	53.38	1:50.50 (1:50.50)	2:48.67 (2:48.67)	3:46.56 (3:46.56)
	4:38.15 (51.59)	5:35.23 (1:48.67)	6:37.83 (2:51.27)	7:34.85 (3:48.29)
	8:16.46 (41.61)	9:04.63 (1:29.78)	9:53.92 (2:19.07)	10:43.37 (3:08.52)
	11:21.77 (38.40)	12:03.94 (1:20.57)	12:45.00 (2:01.63)	13:24.82 (2:41.45)

**Men 200-239 200 SC Meter Medley Relay****NATL: 1:49.42 % 12/1/2012****LONGHORN AQUATICS****A RASMUSSEN, D GUTHRIE, J SAUER, M VAROZZA****PAC: 1:58.75 # 12/7/2013****WAMS****S Trimble, A Jaegers, T Harvill, M Volzing**

1	Davis Aquatic Masters-38	A	2:19.10	2:10.06
	1) Roper, Matt M41	2) Zachan, Matthew M36	3) Winsor, Brad M51	4) McPherson, Andrew M75
	32.34	1:08.83 (36.49)	1:38.41 (29.58)	2:10.06 (31.65)
2	Manatee Aquatic Masters Inc-38	A	2:22.00	2:11.16
	1) Hamilton, Rick M55	2) Fitschen, Gary T M77	3) Lavado, Marcos M31	4) Schimmel, Steven M48
	31.30	1:14.16 (42.86)	1:40.55 (26.39)	2:11.16 (30.61)
3	Marcia's Enthusiastic Masters-38	A	2:42.00	2:27.86
	1) Wehmann, Todd M50	2) Downey, Patrick M55	3) Lehnert, Ahren M49	4) Dooley, Paul M54
	36.63	1:17.26 (40.63)	1:56.05 (38.79)	2:27.86 (31.81)
4	Marcia's Enthusiastic Masters-38	B	3:15.00	3:03.77
	1) Rentschler, Randy M62	2) Ngo, Minh M51	3) Rozendal, Michael M49	4) Inchausti, Robert M60
	53.59	1:41.09 (47.50)	2:22.72 (41.63)	3:03.77 (41.05)

**Men 200-239 400 SC Meter Medley Relay****NATL: 3:59.68 % 12/2/2012****LONGHORN AQUATICS****A RASMUSSEN, D GUTHRIE, J SAUER, M VAROZZA****PAC: 4:24.83 # 12/8/2013****WAMS****S Trimble, A Jaegers, T Harvill, M Volzing**

1	Walnut Creek Masters-38	A	5:20.00	5:00.07
	1) Hanna, Don M64	2) Mikuni, Russell M40	3) Remmert, Greg M60	4) Nonaka, Andy M43
	41.01	1:22.74 (1:22.74)	2:00.11 (37.37)	2:42.39 (1:19.65)
	3:16.95 (34.56)	3:53.41 (1:11.02)	4:24.24 (30.83)	5:00.07 (1:06.66)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 200-239 400 SC Meter Medley Relay)**

2	Sebastopol Masters Aquatic Club	A	5:00.00	5:29.61
1)	Berglund, Joseph M48	2) Hektner, Eric M64	3) Keating, Kevin M59	4) Peters, Andrew J M65
	39.56	1:23.60 (1:23.60)	2:11.21 (47.61)	3:02.00 (1:38.40)
	3:37.54 (35.54)	4:18.28 (1:16.28)	4:51.92 (33.64)	5:29.61 (1:11.33)
3	Marcia's Enthusiastic Masters-38	A	5:45.00	5:35.07
1)	Wehmann, Todd M50	2) Song, Jimmy M39	3) Coombs, Craig M62	4) Downey, Patrick M55
	39.52	1:20.96 (1:20.96)	1:59.67 (38.71)	2:41.94 (1:20.98)
	3:25.25 (43.31)	4:16.68 (1:34.74)	4:52.49 (35.81)	5:35.07 (1:18.39)

**Men 240-279 200 SC Meter Freestyle Relay**

**NATL: 1:43.21 % 10/14/2012 BLU FROG TEAM**  
**R ABRAHAMS, M MIDDLETON, L MEISENHEIMER, R BOHLKEN**  
**PAC: 1:57.25 # 10/14/2018 DAM**  
**M Evans, S Keegan, S Kahn, A McPherson**

1	Walnut Creek Masters-38	A	1:54.00	1:55.68 #
1)	Remmert, Greg M60	2) Stahl, Stephen M57	3) Gronert, Karsten M57	4) Druz, Loren M66
	28.83	57.19 (28.36)	1:27.33 (30.14)	1:55.68 (28.35)
2	Walnut Creek Masters-38	B	1:59.00	2:07.22
1)	Smith, Bryan E M55	2) Kemler, David S M64	3) O'Brien, Kerry M65	4) Halbrecht, Kenneth M62
	28.98	1:02.78 (33.80)	1:37.17 (34.39)	2:07.22 (30.05)
3	Marcia's Enthusiastic Masters-38	A	2:55.00	2:31.60
1)	Wu, Long M57	2) Rentschler, Randy M62	3) Igo, Christopher M59	4) Tsugawa, Peter M64
	37.53	1:16.15 (38.62)	1:55.01 (38.86)	2:31.60 (36.59)

**Men 240-279 400 SC Meter Freestyle Relay**

**NATL: 3:56.97 % 10/14/2012 BLU FROG TEAM**  
**R BOHLKEN, M MIDDLETON, L MEISENHEIMER, R ABRAHAMS**  
**PAC: 4:14.97 # 10/16/2011 WCM**  
**C M Daniels, J R De Lacy, J B Smyers, L Druz**

1	Rolling Hills Mud Sharks-38	A	5:05.00	4:49.39
1)	Van Boer, Eric D M68	2) Laudenslager, Greg M61	3) Nam, Jimmy M54	4) Suess, Bob M61
	33.31	1:09.55 (1:09.55)	1:28.35 (18.80)	2:19.72 (1:10.17)
	2:55.08 (35.36)	3:32.06 (1:12.34)	4:49.48 (1:17.42)	4:49.39 (1:17.33)
2	Marcia's Enthusiastic Masters-38	A	6:30.00	5:44.10
1)	Inchausti, Robert M60	2) Tsugawa, Peter M64	3) Rentschler, Randy M62	4) Coombs, Craig M62
	42.97	1:28.69 (1:28.69)	2:08.42 (39.73)	2:54.78 (1:26.09)
	3:41.66 (46.88)	4:30.26 (1:35.48)	5:06.94 (36.68)	5:44.10 (1:13.84)

**Men 240-279 800 SC Meter Freestyle Relay**

**NATL: 8:50.43 % 12/4/2015 VENTURA COUNTY MASTERS**  
**J MC CONICA, G GRUBER, M BLATT, M SHAFFER**  
**PAC: 9:51.58 # 10/15/2021 WCM**  
**B Gothberg, J Boone, L Druz, I King**

1	Walnut Creek Masters-38	A	9:40.00	9:56.57
1)	Gothberg, Bradley M60	2) Chao, Hector M58	3) Remmert, Greg M60	4) Druz, Loren M66
	36.69	1:15.17 (1:15.17)	1:55.44 (1:55.44)	2:36.07 (2:36.07)
	3:09.59 (33.52)	3:46.27 (1:10.20)	4:23.51 (1:47.44)	5:00.51 (2:24.44)
	5:32.53 (32.02)	6:07.68 (1:07.17)	6:44.51 (1:44.00)	7:22.32 (2:21.81)
	7:57.49 (35.17)	8:36.03 (1:13.71)	9:15.69 (1:53.37)	9:56.57 (2:34.25)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Men 240-279 800 SC Meter Freestyle Relay)**

2	Marcia's Enthusiastic Masters-38	A	12:45.00	12:45.20
1)	Kennedy, James M71	2) Winterrowd, Dan M72	3) Citron, Jeffrey M67	4) Tsugawa, Peter M64
	47.36	1:38.21 (1:38.21)	2:31.47 (2:31.47)	3:27.57 (3:27.57)
	4:13.65 (46.08)	5:03.86 (1:36.29)	5:54.06 (2:26.49)	6:42.34 (3:14.77)
	7:23.37 (41.03)	8:07.25 (1:24.91)	8:51.21 (2:08.87)	9:32.92 (2:50.58)
	10:17.20 (44.28)	11:06.39 (1:33.47)	11:57.05 (2:24.13)	12:45.20 (3:12.28)

**Men 240-279 200 SC Meter Medley Relay**

**NATL: 1:54.15 % 11/10/2018 RICE AQUATIC MASTERS**  
**J YARID, D GUTHRIE, J FIELDS, B WILLIAMS**  
**PAC: 2:10.85 # 10/2/2016 DAM**  
**S Kahn, S McAdam, A McPherson, S Keegan**

1	Walnut Creek Masters-38	A	2:02.00	2:14.88
1)	O'Brien, Kerry M65	2) Halbrecht, Kenneth M62	3) Tittle, Kenneth W M59	4) Rimmert, Greg M60
	38.73	1:16.22 (37.49)	1:45.93 (29.71)	2:14.88 (28.95)
2	Rolling Hills Mud Sharks-38	A	2:28.00	2:22.65
1)	Van Boer, Eric D M68	2) Laudenslager, Greg M61	3) Nam, Jimmy M54	4) Sues, Bob M61
	35.88	1:13.77 (37.89)	1:49.36 (35.59)	2:22.65 (33.29)
3	Marcia's Enthusiastic Masters-38	A	3:05.00	2:55.71
1)	Citron, Jeffrey M67	2) Chew, Thomas C M65	3) Tsugawa, Peter M64	4) Winterrowd, Dan M72
	41.64	1:30.40 (48.76)	2:14.48 (44.08)	2:55.71 (41.23)

**Men 240-279 400 SC Meter Medley Relay**

**NATL: 4:19.86 % 11/11/2018 RICE AQUATIC MASTERS**  
**J YARID, D GUTHRIE, J FIELDS, B WILLIAMS**  
**PAC: 4:41.38 # 12/31/2012 TAM**  
**Richard Burns, Kenneth Frost, Greg Tull, Tate Holt**

1	Walnut Creek Masters-38	B	5:25.00	5:06.32
1)	Kemler, David S M64	2) Gronert, Karsten M57	3) Tittle, Kenneth W M59	4) Bell, Gordon M70
	41.20	1:24.38 (1:24.38)	2:04.58 (40.20)	2:48.80 (1:24.42)
	3:22.56 (33.76)	4:01.58 (1:12.78)	4:33.16 (31.58)	5:06.32 (1:04.74)
2	Marcia's Enthusiastic Masters-38	A	8:00.00	7:15.02
1)	Rentschler, Randy M62	2) Wu, Long M57	3) Tsugawa, Peter M64	4) Igo, Christopher M59
	59.74	2:02.42 (2:02.42)	2:48.26 (45.84)	3:36.43 (1:34.01)
	4:28.24 (51.81)	5:28.66 (1:52.23)	5:47.84 (19.18)	7:15.02 (1:46.36)

**Men 280-319 200 SC Meter Freestyle Relay**

**NATL: 1:54.44 % 10/11/2015 GOLD COAST MASTERS**  
**K LODWIG, J SODERSTROM, L CHILDS, D QUIGGIN**  
**PAC: 2:15.38 # 10/12/2014 RHMS**  
**Bill Adkison, D Davis, D Pierce, D Soroka**

1	Davis Aquatic Masters-38	B	2:12.10	2:11.11 #
1)	Woodruff, David M66	2) Deacon, Ted M73	3) Kahn, Stuart M69	4) McPherson, Andrew M75
	33.31	1:07.88 (34.57)	1:39.64 (31.76)	2:11.11 (31.47)
2	Marcia's Enthusiastic Masters-38	A	2:30.00	2:30.06
1)	Small, Stephen M70	2) Kennedy, James M71	3) Benjamin, David M73	4) Citron, Jeffrey M67
	36.14	1:16.49 (40.35)	1:57.17 (40.68)	2:30.06 (32.89)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 280-319 400 SC Meter Freestyle Relay**

NATL: 4:19.08 % 11/13/2021 SARASOTA SHARKS

J GROSELLE, J BOATRRIGHT, B COUCH, R WALKER

PAC: 5:38.23 # 10/21/2007 WCM

A Emory Haworth, N E Stupfel, R W Mayo, M S Piazza

1	Tuolumne County Aquatic Master	A	5:19.00	5:38.60
	1) Todd, Richard T M80	2) Smith, Kirby M76	3) Daniels, Larry N M77	4) Gass, Matthew M65
	39.00	1:20.97 (1:20.97)	2:07.03 (46.06)	2:58.91 (1:37.94)
	3:38.82 (39.91)	4:24.11 (1:25.20)	4:59.87 (35.76)	5:38.60 (1:14.49)
2	Marcia's Enthusiastic Masters-38	B	7:00.00	5:53.71
	1) Small, Stephen M70	2) Kennedy, James M71	3) Gloystein, James M71	4) Winterrowd, Dan M72
	38.22	1:19.54 (1:19.54)	2:03.22 (43.68)	3:35.23 (2:15.69)
	4:22.26 (47.03)	5:06.67 ( )	5:53.71 ( )	
3	Marcia's Enthusiastic Masters-38	A	6:35.00	6:04.93
	1) Citron, Jeffrey M67	2) Chew, Thomas C M65	3) Benjamin, David M73	4) Sears, Richard M75
	34.85	1:12.66 (1:12.66)	1:56.45 (43.79)	2:48.93 (1:36.27)
	3:35.24 (46.31)	4:24.83 (1:35.90)	5:13.28 (48.45)	6:04.93 (1:40.10)

**Men 280-319 800 SC Meter Freestyle Relay**

NATL: 10:03.69 % 11/14/2021 SARASOTA SHARKS

JACK GROSELLE, BOB COUCH, JACK MARTIN, RICK WALKER

PAC: 11:49.29 # 9/22/2013 MELO

M McLachlan, M Michael, B Dawson, D Gildea

1	Marcia's Enthusiastic Masters-38	A	13:00.00	13:17.95
	1) Sears, Richard M75	2) Small, Stephen M70	3) Benjamin, David M73	4) Coombs, Craig M62
	52.47	1:48.79 (1:48.79)	2:59.43 (2:59.43)	4:10.41 (4:10.41)
	4:50.56 (40.15)	5:34.68 (1:24.27)	6:19.63 (2:09.22)	7:04.29 (2:53.88)
	7:56.13 (51.84)	8:49.61 (1:45.32)	9:43.82 (2:39.53)	10:35.78 (3:31.49)
	11:15.09 (39.31)	11:57.19 (1:21.41)	12:38.29 (2:02.51)	13:17.95 (2:42.17)

**Men 280-319 200 SC Meter Medley Relay**

NATL: 2:12.29 % 5/26/2019 VENTURA COUNTY MASTERS

S HECK, H KERNS, G GRUBER, B ROLLINS

PAC: 2:46.41 # 10/21/2007 WCM

J E Perilman, N E Stupfel, J M Haworth, R W Mayo

1	Tuolumne County Aquatic Master	A	2:42.00	2:41.32 #
	1) Todd, Richard T M80	2) Smith, Kirby M76	3) Gass, Matthew M65	4) Daniels, Larry N M77
	42.12	1:26.67 (44.55)	2:04.07 (37.40)	2:41.32 (37.25)
2	Marcia's Enthusiastic Masters-38	A	3:10.00	3:03.55
	1) Benjamin, David M73	2) Small, Stephen M70	3) Kennedy, James M71	4) Gloystein, James M71
	50.69	1:37.58 (46.89)	2:24.63 (47.05)	3:03.55 (38.92)

**Men 280-319 400 SC Meter Medley Relay**

NATL: 4:59.48 % 5/25/2019 VENTURA COUNTY MASTERS

S HECK, H KERNS, G GRUBER, B ROLLINS

PAC: 5:49.27 # 12/31/2006 WCM

Brown, Perilman, Haworth, Mayo

1	Marcia's Enthusiastic Masters-38	A	6:55.00	6:53.84
	1) Citron, Jeffrey M67	2) Small, Stephen M70	3) Kennedy, James M71	4) Benjamin, David M73
	45.53	1:32.04 (1:32.04)	2:20.77 (48.73)	3:15.98 (1:43.94)
	4:11.35 (55.37)	5:24.69 (2:08.71)	6:02.22 (37.53)	6:53.84 (1:29.15)



**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Men 320-359 200 SC Meter Freestyle Relay**

NATL: 2:25.21 % 12/3/2006

SAN DIEGO SWIM MASTERS

PAC: 2:53.97 # 10/10/2010

F PIEMME, J SCHMIDT, D WEBSTER, K KIMBALL  
AAM

H Goldsmith, P Hathaway, A Motmans, A Jones

1	Walnut Creek Masters-38	A	3:50.00	3:29.85
	1) Boscovich, Harold M80	2) Mayo, Robert M89	3) Morner, Stan M88	4) DeLacy, James M76
	1:01.24	2:00.66 (59.42)	2:56.49 (55.83)	3:29.85 (33.36)

**Men 320-359 400 SC Meter Freestyle Relay**

NATL: 5:40.37 % 12/2/2007

SAN DIEGO SWIM MASTERS

F PIEMME, D WEBSTER, J SCHMIDT, B BEST

1	Walnut Creek Masters-38	A	7:45.00	7:54.55
	1) Morner, Stan M88	2) Scovel, Tom M83	3) Lane, Ed M83	4) Druz, Loren M66
	59.50	2:06.48 (2:06.48)	3:23.84 (1:17.36)	4:47.80 (2:41.32)
	5:44.73 (56.93)	6:47.98 (2:00.18)	7:19.70 (31.72)	7:54.55 (1:06.57)

**Mixed 72-99 200 SC Meter Freestyle Relay**

NATL: 1:43.33 % 10/15/1995

THE OLYMPIC CLUB

S SCOTT, A WALKER, J PATRICK, M HERMANN

PAC: 1:43.33 # 12/31/1995

TOC

Scott, Walker, Patrick, Hermann

1	Walnut Creek Masters-38	A	1:52.00	1:52.77
	1) Welsh, Cole M22	2) Larsen, Amy W23	3) Sheeper, Sierra W26	4) R Emmert, Kyle M26
	25.66	57.32 (31.66)	1:25.76 (28.44)	1:52.77 (27.01)

**Mixed 100-119 400 SC Meter Freestyle Relay**

NATL: 3:41.64 % 12/2/2017

GOLDEN ROAD AQUATICS

L IBANEZ LOPEZ, A ACEINO, M JEX, M MARSHALL

PAC: 3:44.43 # 12/31/2009

TOC

Meg Gill, Trent Holsman, Katie Lyons, Lee Wanie

1	Walnut Creek Masters-38	A	4:20.00	4:07.65
	1) Ward, Lee M29	2) Harmon, Joshua M29	3) Lake, Melissa W31	4) Henry, Taylor W29
	32.80	1:09.17 (1:09.17)	1:40.61 (31.44)	2:15.29 (1:06.12)
	2:42.93 (27.64)	3:13.89 (58.60)	3:39.91 (26.02)	4:07.65 (53.76)
2	Davis Aquatic Masters-38	A	4:30.10	4:15.16
	1) Crow, Vivian A W25	2) Yancher, Owen M24	3) Koehl, Arthur M27	4) Griffiths, Joanna W30
	33.79	1:10.46 (1:10.46)	1:41.61 (31.15)	2:15.94 (1:05.48)
	2:42.34 (26.40)	3:11.50 (55.56)	3:41.23 (29.73)	4:15.16 (1:03.66)

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

NATL: 1:48.37 % 12/2/2017

GOLDEN ROAD AQUATICS

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

PAC: 1:51.60 # 10/10/2010

TOC

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

1	Davis Aquatic Masters-38	A	2:21.10	2:12.74
	1) Griffiths, Joanna W30	2) Crow, Vivian A W25	3) Yancher, Owen M24	4) Koehl, Arthur M27
	36.09	1:15.90 (39.81)	1:43.86 (27.96)	2:12.74 (28.88)
2	Marcia's Enthusiastic Masters-38	A	2:22.00	2:14.60
	1) Chen, Jacky M29	2) Roriz, Julia W29	3) Bollella, Alexandra W31	4) Pine, Justin M30
	33.61	1:14.65 (41.04)	1:45.78 (31.13)	2:14.60 (28.82)
---	Walnut Creek Masters-38	A	2:03.00	DQ
	1) Harmon, Joshua M29	2) Schuler, Mackenzie W26	3) Ward, Lee M29	4) Henry, Taylor W29
	35.28	1:14.86 (39.58)	1:42.32 (27.46)	DQ (26.00)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Mixed 100-119 400 SC Meter Medley Relay**

NATL: 4:16.58 % 12/15/2002

NEW ENGLAND MASTERS

PAC: 4:23.25 # 10/13/2019

B LO-PINTO, S MORAWSKI, J EADDY, J STOKES

ALB

P Yamauchi, H Cobleigh, A Rossbach, S Yamauchi

1	Walnut Creek Masters-38	A	5:00.00	4:37.82
	1) Rimmert, Kyle M26	2) Rico, Daniel M26	3) Larsen, Amy W23	4) Sheeper, Sierra W26
	32.20	1:08.67 (1:08.67)	1:40.97 (32.30)	2:18.18 (1:09.51)
	2:53.10 (34.92)	3:33.03 (1:14.85)	4:03.38 (30.35)	4:37.82 (1:04.79)
2	Albany Armada Aquatics Masters	A	5:04.00	5:18.81
	1) Heffley, Caitlin W30	2) Holloway, Jillian W31	3) Gleason, Sam M26	4) Dyer, Samuel M26
	42.16	1:29.22 (1:29.22)	1:52.21 (22.99)	3:01.78 (1:32.56)
	3:33.17 (31.39)	4:11.85 (1:10.07)	4:43.23 (31.38)	5:18.81 (1:06.96)

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

NATL: 1:41.37 % 12/10/2000

EL SEGUNDO MASTERS

PAC: 1:46.89 # 10/18/2009

B BERGEN, P FRANCIS, D GRANER-GALLAS, D ROBINSON

WCM

A K Lee, R R Tukua, S A Stahl, A J Nonaka

1	Walnut Creek Masters-38	A	1:50.00	1:55.00
	1) Henry, Taylor W29	2) Mills, Eleanor W39	3) Rico, Daniel M26	4) Harmon, Joshua M29
	30.11	1:03.29 (33.18)	1:28.94 (25.65)	1:55.00 (26.06)
2	Diamond Hills Masters-38	A	2:03.00	2:04.61
	1) Wong, Eric M42	2) Meads, Sean M25	3) Giuliano, Larissa W31	4) Pankhurst, Carrie D W48
	25.96	53.17 (27.21)	1:26.31 (33.14)	2:04.61 (38.30)
3	Richmond Plunge Masters-38	A	2:19.85	2:11.34
	1) Sabatini, Greg M46	2) Mah, Kimberly W33	3) Arteaga, Daniela W23	4) Frink, Stephen M37
	30.78	1:07.66 (36.88)	1:48.80 (41.14)	2:11.34 (22.54)
4	Marcia's Enthusiastic Masters-38	A	2:50.00	2:30.24
	1) Williams, Leah W41	2) Cohen, Rivkah W34	3) Choi, Jindoo (Stephen) M36	4) Ranahan, Darin M39
	41.45	1:21.12 (39.67)	1:57.01 (35.89)	2:30.24 (33.23)

**Mixed 120-159 400 SC Meter Freestyle Relay**

NATL: 3:48.17 % 12/1/2018

GOLDEN ROAD AQUATICS

PAC: 3:51.21 # 12/31/2009

MEGAN MELGAARD, MEGAN JEX, LUKE PECHMANN, TONY COX

TOC

C Hessler, L Welting, S Guzman, S Greenwood

1	Marcia's Enthusiastic Masters-38	A	5:30.00	5:13.13
	1) McBride, Beth W32	2) Roriz, Julia W29	3) Gibbons, Yves K M38	4) Wada, Ellison M43
	36.77	1:15.16 (1:15.16)	1:54.54 (39.38)	2:36.53 (1:21.37)
	3:18.92 (42.39)	3:58.64 (1:22.11)	4:33.59 (34.95)	5:13.13 (1:14.49)

**Mixed 120-159 800 SC Meter Freestyle Relay**

NATL: 8:25.57 % 11/30/2012

NOVAQUATICS MASTERS

PAC: 8:28.22 # 10/16/2011

C LEWIS, E KRAUS, A COLLINS, D FERNANDEZ

WCM

R J Santos, A H Zamanian, L A Beaudreau, A J Nonak

1	Marcia's Enthusiastic Masters-38	A	10:30.00	9:54.46
	1) Massaro, Stephen M40	2) Torres, Emmanuel M36	3) McBride, Beth W32	4) Bollella, Alexandra W31
	33.21	1:08.83 (1:08.83)	1:45.78 (1:45.78)	2:20.68 (2:20.68)
	2:43.10 (22.42)	3:31.34 (1:10.66)	4:10.80 (1:50.12)	4:50.25 (2:29.57)
	5:27.50 (37.25)	6:07.61 (1:17.36)	6:50.76 (2:00.51)	7:34.85 (2:44.60)
	8:06.01 (31.16)	8:41.45 (1:06.60)	9:18.20 (1:43.35)	9:54.46 (2:19.61)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****(Mixed 120-159 800 SC Meter Freestyle Relay)**

2	Albany Armada Aquatics Masters	A		10:50.99	10:51.68		
1)	Roszbach, Alexander M32	2)	Lowe, Tonia W51	3)	Ferguson, Michelle W55	4)	Washburn, Stephen M64
	32.16	1:07.26 (1:07.26)	1:43.06 (1:43.06)	2:17.73 (2:17.73)			
	2:57.88 (40.15)	3:41.09 (1:23.36)	4:25.77 (2:08.04)	5:10.80 (2:53.07)			
	5:52.15 (41.35)	6:36.93 (1:26.13)	7:23.33 (2:12.53)	8:10.18 (2:59.38)			
	8:48.90 (38.72)	9:30.49 (1:20.31)	10:11.89 (2:01.71)	10:51.68 (2:41.50)			

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

**NATL: 1:47.51 % 11/23/2013 PHOENIX SWIM CLUB**  
**N INADA, J COMMINGS, E CAMPBELL, J KONARZEWSKI**  
**PAC: 1:42.97 # 10/2/2011 VACA**  
**N Lillard, D M Stewart, J A Rondoni, K Jensen**

1	Walnut Creek Masters-38	A		2:00.00	2:13.58		
1)	Holbrook, Chad M43	2)	Nonaka, Andy M43	3)	McGowan, Christina W35	4)	Struck, Bridget W25
	31.75	1:06.21 (34.46)	1:39.27 (33.06)	2:13.58 (34.31)			
2	Marcia's Enthusiastic Masters-38	A		2:45.00	2:39.94		
1)	McBride, Beth W32	2)	Gibbons, Yves K M38	3)	Wada, Ellison M43	4)	Lindahl, Sarah W46
	40.89	1:24.48 (43.59)	2:01.44 (36.96)	2:39.94 (38.50)			

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

**NATL: 1:42.03 % 11/22/2009 COLORADO MASTERS SWIMMING**  
**R ABRAHAMS, S VON DER LIPPE, S HART, C O'SULLIVAN**  
**PAC: 1:47.35 # 10/9/2016 WCM**  
**A Nonaka, E Richards, A Zamanian, J Flakoll**

1	Marcia's Enthusiastic Masters-38	A		2:05.00	1:58.92		
1)	Corwin, Elyse W40	2)	Torres, Emmanuel M36	3)	Hahnel, Carrie W44	4)	Bentley, Orin M45
	29.72	58.77 (29.05)	1:29.82 (31.05)	1:58.92 (29.10)			
2	Walnut Creek Masters-38	A		2:40.00	2:18.29		
1)	Boone, Jon M59	2)	Ongerth, Ann Michelle W48	3)	San Diego, Regina W36	4)	Warner, Jason M36
	30.39	1:09.27 (38.88)	1:52.23 (42.96)	2:18.29 (26.06)			
3	Marcia's Enthusiastic Masters-38	B		2:34.00	2:21.60		
1)	Forrest-White, Layla W37	2)	Doyle, Nia W41	3)	Wan, Danny M59	4)	Wada, Ellison M43
	35.56	1:09.86 (34.30)	1:49.67 (39.81)	2:21.60 (31.93)			

**Mixed 160-199 400 SC Meter Freestyle Relay**

**NATL: 3:46.01 % 11/21/2009 COLORADO MASTERS SWIMMING**  
**C O'SULLIVAN, R ABRAHAMS, S VON DER LIPPE, S HART**  
**PAC: 4:04.88 # 12/31/2004 BAC**  
**Chalmers, McAweeney, Ferrara, Miller**

1	Marcia's Enthusiastic Masters-38	B		7:00.00	6:06.96		
1)	Rozendal, Michael M49	2)	Lee, Jez W42	3)	Contreras, Juan M39	4)	Schley, Kelly W43
	39.67	1:21.26 (1:21.26)	2:02.77 (41.51)	2:47.97 (1:26.71)			
	3:38.45 (50.48)	4:44.76 (1:56.79)	5:23.83 (39.07)	6:06.96 (1:22.20)			

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Mixed 160-199 800 SC Meter Freestyle Relay****NATL: 8:26.62 % 10/16/2009 WALNUT CREEK MASTERS****J SORENSEN, A ZAMANIAN, M CURRAN, R SANTOS****PAC: 8:26.62 # 10/18/2009 WCM****J G Sorensen, A H Zamanian, M M Curran, R J Santos**

Rank	Team	Swimmer	Time	Rank	Team	Swimmer	Time
1	Davis Aquatic Masters-38	A	10:10.10				9:43.19
	1) Garforth, Emma W54	2) Crow, Vivian A W25	3) Winsor, Brad M51				4) Zachan, Matthew M36
	38.94	1:21.20 (1:21.20)	2:02.55 (2:02.55)				2:43.02 (2:43.02)
	3:13.90 (30.88)	3:48.10 (1:05.08)	4:22.38 (1:39.36)				4:56.38 (2:13.36)
	5:31.06 (34.68)	6:09.31 (1:12.93)	6:48.63 (1:52.25)				7:27.84 (2:31.46)
	7:58.21 (30.37)	8:32.50 (1:04.66)	9:07.58 (1:39.74)				9:43.19 (2:15.35)
2	Walnut Creek Masters-38	A	9:55.00				9:56.57
	1) Bell, Gordon M70	2) Schuler, Mackenzie W26	3) Ward, Lisa W58				4) Rico, Daniel M26
	33.81	1:10.99 (1:10.99)	1:52.03 (1:52.03)				2:35.14 (2:35.14)
	3:12.02 (36.88)	3:50.71 (1:15.57)	4:30.79 (1:55.65)				5:10.62 (2:35.48)
	5:46.50 (35.88)	6:26.17 (1:15.55)	7:05.65 (1:55.03)				7:47.19 (2:36.57)
	8:15.06 (27.87)	8:48.23 (1:01.04)	9:22.24 (1:35.05)				9:56.57 (2:09.38)
3	Marcia's Enthusiastic Masters-38	A	13:50.00				12:07.18
	1) Voight, Tina W53	2) Doyle, Nia W41	3) Rozendal, Michael M49				4) Wada, Ellison M43
	38.55	1:23.14 (1:23.14)	2:12.74 (2:12.74)				3:03.23 (3:03.23)
	3:45.17 (41.94)	4:33.09 (1:29.86)	5:23.47 (2:20.24)				6:11.60 (3:08.37)
	6:55.05 (43.45)	7:44.96 (1:33.36)	8:36.18 (2:24.58)				9:21.87 (3:10.27)
	9:57.41 (35.54)	10:37.83 (1:15.96)	11:22.27 (2:00.40)				12:07.18 (2:45.31)

**Mixed 160-199 200 SC Meter Medley Relay****NATL: 1:53.38 % 11/21/2009 COLORADO MASTERS SWIMMING****S HART, S VON DER LIPPE, C O'SULLIVAN, R ABRAHAMS****PAC: 2:04.64 # 10/9/2016 WCM****H Chao, A Nonaka, A Zamanian, E Richards**

Rank	Team	Swimmer	Time	Rank	Team	Swimmer	Time
1	Marcia's Enthusiastic Masters-38	A	2:15.00				2:16.41
	1) Corwin, Elyse W40	2) Hahnel, Carrie W44	3) Massaro, Stephen M40				4) Bentley, Orin M45
	35.37	1:16.79 (41.42)	1:47.34 (30.55)				2:16.41 (29.07)
2	Jellies Aquatic Masters of Mon-38	A	2:11.11				2:19.83
	1) Breuer, Lauren W30	2) Pomarici, Federico M45	3) Fry, Laurence M61				4) Meyers, Cassandra W24
	30.40	1:14.42 (44.02)	1:50.51 (36.09)				2:19.83 (29.32)
3	Walnut Creek Masters-38	B	3:45.00				2:36.50
	1) Dibley, Allison W60	2) Madsen, Benjamin M44	3) Daymond, Diana W64				4) Gu, Yue Shen M29
		1:24.40 ( )	2:21.01 (56.61)				2:36.50 (15.49)
4	Albany Armada Aquatics Masters	A	2:47.00				2:41.65
	1) Lee, Caron W46	2) Chiarelli, Juliana W28	3) Rossbach, Alexander M32				4) Terusaki, Steven H M69
	40.81	1:27.25 (46.44)	1:57.55 (30.30)				2:41.65 (44.10)
5	Marcia's Enthusiastic Masters-38	B	4:00.00				3:42.39
	1) Igo, Christopher M59	2) Han, Qi W44	3) Doyle, Nia W41				4) Contreras, Juan M39
	51.18	2:10.60 (1:19.42)	2:55.43 (44.83)				3:42.39 (46.96)

**Mixed 160-199 400 SC Meter Medley Relay****NATL: 4:10.32 % 11/22/2009 COLORADO MASTERS SWIMMING****S HART, S VON DER LIPPE, C O'SULLIVAN, R ABRAHAMS****PAC: 4:28.64 # 12/31/2007 WCM****Ward, Santos, Mikuni, Crittenden**

Rank	Team	Swimmer	Time	Rank	Team	Swimmer	Time
1	Marcia's Enthusiastic Masters-38	A	5:15.00				5:12.58
	1) Corwin, Elyse W40	2) Hahnel, Carrie W44	3) Torres, Emmanuel M36				4) Bentley, Orin M45
	36.82	1:16.88 (1:16.88)	1:59.17 (42.29)				2:46.81 (1:29.93)
	3:22.31 (35.50)	4:03.77 (1:16.96)	4:36.45 (32.68)				5:12.58 (1:08.81)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Mixed 200-239 200 SC Meter Freestyle Relay**

NATL: 1:46.08 % 3/15/2014 N CAROLINA MASTERS SWIMMING

ERIKA BRAUN, SUE WALSH, JON BLANK, JONATHAN KLEIN

PAC: 1:54.66 # 10/16/2011 WCM

S A Stahl, K A Halbrecht, K Murphey, A Sue M Osbor

1	Marcia's Enthusiastic Masters-38	A	2:38.00	2:24.37
	1) Burger, Clare W55	2) Inchausti, Robert M60	3) Lindahl, Sarah W46	4) Lehnert, Ahren M49
	35.61	1:13.85 (38.24)	1:52.03 (38.18)	2:24.37 (32.34)
2	Walnut Creek Masters-38	A	2:50.00	2:36.18
	1) Wiebe, Nathan M42	2) Asta, Lisa W57	3) Dibley, Allison W60	4) Owens, Patrick M60
	30.32	1:23.90 (53.58)	2:05.78 (41.88)	2:36.18 (30.40)
3	Albany Armada Aquatics Masters	A	2:55.99	2:39.04
	1) Washburn, Stephen M64	2) Holloway, Jillian W31	3) Carroll, Leah W61	4) Schapiro, Seth M62
	33.77	1:06.10 (32.33)	1:57.44 (51.34)	2:39.04 (41.60)
4	Marcia's Enthusiastic Masters-38	B	3:20.00	3:03.66
	1) Ngo, Minh M51	2) Cacananta, Oliver M48	3) Johnson, Carliane W57	4) Han, Qi W44
	35.84	1:27.73 (51.89)	2:06.68 (38.95)	3:03.66 (56.98)

**Mixed 200-239 400 SC Meter Freestyle Relay**

NATL: 3:56.10 % 12/14/2014 NORTH CAROLINA MASTERS

E BRAUN, H STEWART, S WALSH, J KLEIN

PAC: 4:18.80 # 10/10/2010 WCM

L Druz, P M Guadagni, B J R Henry, L A Ward

1	Manatee Aquatic Masters Inc-38	A	4:37.00	4:37.04
	1) Cox, Juliet W54	2) Rublein, Susanne W52	3) Law, David M37	4) Cutting, Steve M65
	36.32	1:14.50 (1:14.50)	1:47.16 (32.66)	2:23.40 (1:08.90)
	2:56.69 (33.29)	3:31.92 (1:08.52)	4:02.86 (30.94)	4:37.04 (1:05.12)
2	Albany Armada Aquatics Masters	A	6:28.00	6:23.46
	1) Amaro, Laurie W58	2) Karimi, Golsa W24	3) Terusaki, Steven H M69	4) Schapiro, Seth M62
	45.90	1:33.77 (1:33.77)	2:20.23 (46.46)	3:13.12 (1:39.35)
	4:00.87 (47.75)	4:54.36 (1:41.24)	5:37.27 (42.91)	6:23.46 (1:29.10)

**Mixed 200-239 800 SC Meter Freestyle Relay**

NATL: 8:36.91 % 10/11/2015 ILLINOIS MASTERS

L DILLMANN, D SIMS, A BLOCK, J TUCHLER

PAC: 9:40.55 # 10/16/2011 WCM

L Druz, A Sue M Osborn, L A Ward, B D Volpp

1	Manatee Aquatic Masters Inc-38	A	10:10.00	10:08.43
	1) Cox, Juliet W54	2) Rublein, Susanne W52	3) Notaro, Michael M60	4) Cutting, Steve M65
	36.68	1:16.83 (1:16.83)	1:58.90 (1:58.90)	2:41.37 (2:41.37)
	3:15.54 (34.17)	3:53.26 (1:11.89)	4:32.19 (1:50.82)	5:10.67 (2:29.30)
	5:34.71 (24.04)	6:22.97 (1:12.30)	7:01.41 (1:50.74)	7:38.53 (2:27.86)
	8:12.70 (34.17)	8:50.29 (1:11.76)	9:29.40 (1:50.87)	10:08.43 (2:29.90)
2	Davis Aquatic Masters-38	A	11:30.10	11:13.16
	1) Phalen, Jennifer W58	2) Guthrie, Sally W72	3) Krovetz, Ted M56	4) Roper, Matt M41
	41.56	1:28.92 (1:28.92)	2:16.66 (2:16.66)	3:06.80 (3:06.80)
	3:50.92 (44.12)	4:38.40 (1:31.60)	5:26.66 (2:19.86)	
	6:50.11 ( )	7:31.53 ( )	8:13.08 ( )	8:53.95 ( )
	9:25.16 (31.21)	10:00.61 (1:06.66)	10:36.82 (1:42.87)	11:13.16 (2:19.21)
3	Walnut Creek Masters-38	A	12:55.00	13:17.66
	1) Asta, Lisa W57	2) Madsen, Benjamin M44	3) Taylor, Catherine W59	4) Stahl, Stephen M57
	1:04.01	2:15.05 (2:15.05)	3:26.79 (3:26.79)	4:34.25 (4:34.25)
	5:13.52 (39.27)	5:58.10 (1:23.85)	6:43.21 (2:08.96)	7:26.56 (2:52.31)
	8:12.63 (46.07)	9:02.91 (1:36.35)	9:52.59 (2:26.03)	
	11:17.72 ( )	11:58.28 ( )	12:38.81 ( )	13:17.66 ( )

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Mixed 200-239 200 SC Meter Medley Relay**

NATL: 1:57.65 % 10/10/2012

**BLU FROG TEAM****S HART, D CHANCE, M MIDDLETON, R ABRAHAMS**

PAC: 2:11.24 # 10/9/2016

**WCM****L Ward, I Selinger, J Boone, A Cook**

1	Marcia's Enthusiastic Masters-38	A	3:00.00	2:43.33
	1) Schley, Kelly W43	2) Wu, Long M57	3) Balch, Christina W47	4) Coombs, Craig M62
	47.95	1:25.76 (37.81)	2:11.01 (45.25)	2:43.33 (32.32)
2	Walnut Creek Masters-38	A	3:30.00	2:46.74
	1) Travale, John S M54	2) Kubokawa, Jon M67	3) Ward, Lisa W58	4) Miazga-Chaffey, Grace I W38
	38.01	1:28.71 (50.70)	2:02.60 (33.89)	2:46.74 (44.14)
---	Albany Armada Aquatics Masters	A	3:29.00	DQ
	1) Karimi, Golsa W24	2) Meyer, Kathleen W64	3) Trutane, Steve M57	4) Schapiro, Seth M62
	54.11	2:01.86 (1:07.75)	2:40.10 (38.24)	DQ (40.34)

**Mixed 200-239 400 SC Meter Medley Relay**

NATL: 4:23.63 % 10/11/2015

**ILLINOIS MASTERS****J TUCHLER, D SIMS, A BLOCK, L DILLMANN**

PAC: 4:24.83 # 12/8/2013

**WAMS****S. Trimble, A Jaegers, T Harvill, M Volzing**

1	Rolling Hills Mud Sharks-38	A	5:40.00	5:29.95
	1) Van Boer, Eric D M68	2) Laudenslager, Greg M61	3) Kroetz, Brigitte C W27	4) Towey, Rachel W48
	38.87	1:20.57 (1:20.57)	1:42.40 (21.83)	2:46.52 (1:25.95)
	3:06.13 (19.61)	3:25.08 (38.56)	4:09.40 (44.32)	5:29.95 (2:04.87)
2	Rolling Hills Mud Sharks-38	B	6:25.00	6:05.40
	1) Laudenslager, Sherri W60	2) Suess, Bob M61	3) Dougherty, Patricia W25	4) Maritzen, Michael A M66
	47.74	1:37.42 (1:37.42)	2:26.23 (48.81)	3:21.68 (1:44.26)
	4:01.43 (39.75)	4:45.04 (1:23.36)	5:24.71 (39.67)	6:05.40 (1:20.36)
3	Marcia's Enthusiastic Masters-38	A	6:50.00	6:30.46
	1) Burger, Clare W55	2) Lehnert, Ahren M49	3) Inchausti, Robert M60	4) Lindahl, Sarah W46
	45.55	1:34.75 (1:34.75)	2:21.40 (46.65)	3:13.17 (1:38.42)
	4:05.40 (52.23)	5:03.68 (1:50.51)	5:43.91 (40.23)	6:30.46 (1:26.78)
4	Albany Armada Aquatics Masters	B	6:52.00	7:00.76
	1) Friedman, Eric M52	2) Carroll, Leah W61	3) Washburn, Stephen M64	4) Focha, Teresa M W61
	43.35	1:31.98 (1:31.98)	2:31.11 (59.13)	3:36.10 (2:04.12)
	4:14.80 (38.70)	5:02.20 (1:26.10)	5:57.30 (55.10)	7:00.76 (1:58.56)
5	Marcia's Enthusiastic Masters-38	B	7:30.00	7:11.83
	1) Ngo, Minh M51	2) Wan, Danny M59	3) Johnson, Carlina W57	4) Taylor, Opal W47
	50.62	1:41.30 (1:41.30)	2:34.89 (53.59)	3:32.14 (1:50.84)
	3:55.63 (23.49)	5:32.03 (1:59.89)	6:20.72 (48.69)	7:11.83 (1:39.80)

**Mixed 240-279 200 SC Meter Freestyle Relay**

NATL: 1:52.68 % 11/14/2015

**NORTH TEXAS LONESTARS****DOUG MARTIN, TOM BARTON, C MCKELVEY, LYNN MORRISON**

PAC: 1:57.60 # 12/31/2009

**TAM****R Burns, L Val, B Wheeler, K Frost**

1	Rolling Hills Mud Sharks-38	A	2:20.00	2:18.37
	1) Van Boer, Eric D M68	2) Laudenslager, Greg M61	3) Viscardi, Josie W58	4) Laudenslager, Sherri W60
	30.32	1:01.32 (31.00)	1:38.95 (37.63)	2:18.37 (39.42)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Mixed 240-279 400 SC Meter Freestyle Relay**

NATL: 4:16.39 % 11/20/2016 PUGET SOUND MASTERS

R COLELLA, C DAVIS, D HANNULA, L DAHL

PAC: 4:22.24 # 12/31/2012 TAM

R Burns, L Val, B Wheeler, T Holt

1	Walnut Creek Masters-38	A	5:35.00	5:07.91
	1) Moore, Olivia W62	2) Daymond, Diana W64	3) Hanna, Don M64	4) Kemler, David S M64
	37.61	1:19.35 (1:19.35)	1:39.26 (19.91)	1:57.67 (38.32)
	3:15.83 (1:18.16)	3:53.24 (1:55.57)	4:28.96 (35.72)	5:07.91 (1:14.67)

**Mixed 240-279 800 SC Meter Freestyle Relay**

NATL: 9:31.20 % 11/9/2019 SARASOTA SHARKS MASTERS

J GROSELLE, R WALKER, K EINSIDLER, R ATEN

PAC: 9:34.91 # 12/31/2009 TAM

R Burns, L Val, B Wheeler, K Frost

1	Rolling Hills Mud Sharks-38	A	12:50.00	12:49.19
	1) Laudenslager, Greg M61	2) Van Boer, Eric D M68	3) Hepworth, Linda W69	4) Coholan, Annette W74
	38.91	1:21.46 (1:21.46)	2:04.13 (2:04.13)	2:45.44 (2:45.44)
	3:24.25 (38.81)	4:09.48 (1:24.04)	4:56.19 (2:10.75)	5:39.20 (2:53.76)
	6:23.91 (44.71)	7:13.18 (1:33.98)	8:03.25 (2:24.05)	8:50.00 (3:10.80)
	9:45.98 (55.98)	10:46.79 (1:56.79)	11:49.63 (2:59.63)	12:49.19 (3:59.19)

**Mixed 240-279 400 SC Meter Medley Relay**

NATL: 4:43.20 % 12/13/2009 OREGON MASTERS

K ANDRUS-HUGHES, A STARK, C CRABBE, D RADCLIFF

PAC: 5:03.67 # 12/31/2006 TAM

Burns, Frost, Val, Ridout

1	Walnut Creek Masters-38	A	7:10.00	9:08.88
	1) Dibley, Allison W60	2) Morner, Stan M88	3) Ongerth, Ann Michelle W48	4) Asta, Lisa W57
	1:01.96	2:05.38 (2:05.38)	3:34.49 (1:29.11)	5:17.77 (3:12.39)
	6:05.44 (47.67)	7:01.46 (1:43.69)	8:01.14 (59.68)	9:08.88 (2:07.42)

**Mixed 280-319 200 SC Meter Freestyle Relay**

NATL: 2:08.18 % 5/24/2019 SARASOTA SHARKS MASTERS

J GROSELLE, B COUCH, J HOLBROOK, J CARSON

PAC: 2:08.53 # 10/10/2015 TAM

R Burns, L Val, K Frost, N Ridout

1	Tamalpais Aquatic Masters-38	A	2:04.00	2:07.33 %
	1) Bernard, Alan M73	2) Joyce, Martha W62	3) Val, Laura B W71	4) Burns, Richard M79
	31.49	1:04.36 (32.87)	1:35.37 (31.01)	2:07.33 (31.96)
2	Walnut Creek Masters-38	A	2:33.00	2:40.34
	1) Bell, Gordon M70	2) Scott, Stephanie W75	3) Patterson, Cheryl W71	4) Hanna, Don M64
	34.83	1:21.50 (46.67)	2:08.00 (46.50)	2:40.34 (32.34)
3	Rolling Hills Mud Sharks-38	A	2:54.00	2:42.47
	1) Suess, Bob M61	2) Hepworth, Linda W69	3) Pierce, Donald M77	4) Coholan, Annette W74
	32.84	1:11.79 (38.95)	1:53.41 (41.62)	2:42.47 (49.06)
4	Marcia's Enthusiastic Masters-38	A	4:00.00	3:45.84
	1) Gloystein, James M71	2) Sears, Richard M75	3) Armstrong, Judy W75	4) Jacobs, Lois W79
	38.16	1:18.28 (40.12)	2:19.29 (1:01.01)	3:45.84 (1:26.55)

**2022 Pacific Masters SCM Championship - 10/7/2022 to 10/9/2022****Sanction #: 382-S010****Results****Mixed 280-319 400 SC Meter Freestyle Relay**

NATL: 4:44.05 % 5/26/2019 SARASOTA SHARKS MASTERS

J GROSELLE, B COUCH, J HOLBROOK, J CARSON

PAC: 4:53.99 # 10/10/2015 TAM

R Burns, N Ridout, L Val, K Frost

1	Tamalpais Aquatic Masters-38	A	4:55.00	4:40.10 %
	1) Burns, Richard M79	2) Val, Laura B W71	3) Joyce, Martha W62	4) Bernard, Alan M73
	33.82	1:10.35 (1:10.35)	1:42.84 (32.49)	2:18.07 (1:07.72)
	2:52.86 (34.79)	3:30.48 (1:12.41)	4:04.27 (33.79)	4:40.10 (1:09.62)
2	Manatee Aquatic Masters Inc-38	A	5:40.00	6:05.22
	1) Mc Partland, Peg W80	2) Shaps, Ruth W75	3) Fitschen, Gary T M77	4) Craven, Rob M57
	54.33	1:55.14 (1:55.14)	2:36.47 (41.33)	3:22.62 (1:27.48)
	4:06.81 (44.19)	4:55.32 (1:32.70)	5:28.61 (33.29)	6:05.22 (1:09.90)

**Mixed 280-319 800 SC Meter Freestyle Relay**

NATL: 10:45.17 % 10/12/2019 SARASOTA SHARKS MASTERS

J CARSON, J GROSELLE, B COUCH, J HOLBROOK

PAC: 10:54.11 # 9/27/2015 TAM

L Val, K Frost, N Ridout, R Burns

1	Walnut Creek Masters-38	A	13:45.00	14:08.82
	1) Hanna, Don M64	2) Feiring, Keith M75	3) Collins, Susan W73	4) Scott, Stephanie W75
	57.69	2:00.65 (2:00.65)	3:06.26 (3:06.26)	4:09.07 (4:09.07)
	4:59.71 (50.64)	5:54.00 (1:44.93)	6:51.36 (2:42.29)	7:48.03 (3:38.96)
	8:26.79 (38.76)	9:08.37 (1:20.34)	9:51.22 (2:03.19)	10:32.84 (2:44.81)
	11:18.44 (45.60)	12:13.91 (1:41.07)	13:11.56 (2:38.72)	14:08.82 (3:35.98)

**Mixed 280-319 400 SC Meter Medley Relay**

NATL: 5:21.37 % 10/11/2015 TAMALPAIS AQUATIC MASTERS

L VAL, K FROST, R BURNS, N RIDOUT

PAC: 5:21.37 # 10/10/2015 TAM

L Val, K Frost, R Burns, N Ridout

1	Marcia's Enthusiastic Masters-38	A	10:00.00	10:23.16
	1) Armstrong, Judy W75	2) Gloystein, James M71	3) Sears, Richard M75	4) Jacobs, Lois W79
	1:08.66	2:24.46 (2:24.46)	3:22.63 (58.17)	4:28.08 (2:03.62)
	5:30.88 (1:02.80)	7:03.33 (2:35.25)	8:42.61 (1:39.28)	10:23.16 (3:19.83)

**Mixed 320-359 200 SC Meter Medley Relay**

NATL: 2:57.97 % 3/10/2019 OREGON MASTERS

W LAMB, J GETTLING, M TOPPEL, D RADCLIFF

PAC: 4:13.29 # 10/12/2019 WCM

A Hirsch, E Lane, S Morner, S Collins

1	Walnut Creek Masters-38	A	3:50.00	4:09.42 #
	1) Collins, Susan W73	2) Morner, Stan M88	3) Scott, Stephanie W75	4) Mayo, Robert M89
	1:06.18	2:21.72 (1:15.54)	2:44.55 (22.83)	4:09.42 (1:24.87)