

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

## Women 18-24 50 LC Meter Freestyle

PAC: 26.75 P 8/8/2015 Caitlin DeNise  
 NATL: 25.72 N 6/19/2021 ALY TETZLOFF

Name	Age	Team	Finals Time
1 Eaton, Jay Jay	21	Marin Aquatic Masters-38	29.18
2 Karp, Juliana	19	University of San Francisco Ma-38	31.30
3 Patent, Mariette	21	Albany Armada Aquatics Masters-38	33.82
4 Zeng, Jasmine	24	SF Tsunami Masters-38	33.93

## Women 18-24 50 LC Meter Freestyle

PAC: 26.75 P 8/8/2015 Caitlin DeNise  
 NATL: 25.72 N 6/19/2021 ALY TETZLOFF

2 Nagpal, Jivana	19	Marcia's Enthusiastic Masters-38	34.72
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## Women 18-24 100 LC Meter Freestyle

PAC: 57.05 P 6/30/2016 Elizabeth Pelton  
 NATL: 56.08 N 6/17/2021 ALY TETZLOFF

1 Eaton, Jay Jay	21	Marin Aquatic Masters-38	1:03.16
2 Karp, Juliana	19	University of San Francisco Ma-38	1:08.75
3 Zeng, Jasmine	24	SF Tsunami Masters-38	1:17.16
4 Patent, Mariette	21	Albany Armada Aquatics Masters-38	1:18.03

## Women 18-24 200 LC Meter Freestyle

PAC: 2:02.36 P 6/28/2016 Elizabeth Pelton  
 NATL: 2:03.06 N 8/17/2003 JESSICA FOSCHI

1 Eaton, Jay Jay	21	Marin Aquatic Masters-38	2:18.96
1:06.09	2:18.96 (1:12.87)		
2 Bauer, Anna	21	Marin Aquatic Masters-38	2:39.56
1:16.55	2:39.56 (1:23.01)		

## Women 18-24 400 LC Meter Freestyle

PAC: 4:29.57 P 12/31/2012 Luane Rowe  
 NATL: 4:16.72 N 7/5/2003 JULIA STOWERS

1 Nagpal, Jivana	19	Marcia's Enthusiastic Masters-38	5:48.93
1:24.60	2:52.60 (1:28.00)	4:22.18 (1:29.58)	5:48.93 (1:26.75)

## Women 18-24 1500 LC Meter Freestyle

PAC: 17:22.39 P 12/31/2012 Luane Rowe  
 NATL: 17:22.39 N 7/5/2012 LUANE ROWE

1 Nagpal, Jivana	19	Marcia's Enthusiastic Masters-38	23:13.93
1:23.90	2:54.26 (1:30.36)	4:25.99 (1:31.73)	5:59.07 (1:33.08)
7:32.43 (1:33.36)	9:06.04 (1:33.61)	10:40.10 (1:34.06)	12:15.00 (1:34.90)
13:49.84 (1:34.84)	15:24.96 (1:35.12)	17:00.85 (1:35.89)	18:35.96 (1:35.11)
20:09.58 (1:33.62)	21:42.38 (1:32.80)	23:13.93 (1:31.55)	
2 Eide, Miriam F	24	Manatee Aquatic Masters Inc-38	23:16.58
1:26.09	3:01.85 (1:35.76)	4:37.14 (1:35.29)	6:13.27 (1:36.13)
7:47.23 (1:33.96)	9:21.00 (1:33.77)	10:54.90 (1:33.90)	12:28.25 (1:33.35)
14:01.42 (1:33.17)	15:35.47 (1:34.05)	17:08.56 (1:33.09)	18:41.54 (1:32.98)
20:14.63 (1:33.09)	21:47.61 (1:32.98)	23:16.58 (1:28.97)	

## Women 18-24 50 LC Meter Backstroke

PAC: 31.29 P 8/2/2018 Kali L Conlon  
 NATL: 30.84 N 8/5/2011 EMILE EWING

1 Bauer, Anna	21	Marin Aquatic Masters-38	37.77
2 Karp, Juliana	19	University of San Francisco Ma-38	38.49
3 Patent, Mariette	21	Albany Armada Aquatics Masters-38	39.57

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## Women 18-24 100 LC Meter Backstroke

PAC: 1:01.73 P 6/27/2016 Elizabeth Pelton

NATL: 1:04.67 N 7/20/2012 JENNY VON JOUANNE

1	Eide, Miriam F	24	Manatee Aquatic Masters Inc-38	1:24.44
2	Nagpal, Jivana	19	Marcia's Enthusiastic Masters-38	1:28.39

## Women 18-24 50 LC Meter Breaststroke

PAC: 34.44 P 8/9/2019 Heaven Quintana

NATL: 32.92 N 8/1/2015 LAUREN GREENBERG

1	Eide, Miriam F	24	Manatee Aquatic Masters Inc-38	43.95
2	Jegers, Jade	19	Marcia's Enthusiastic Masters-38	43.98
3	Zeng, Jasmine	24	SF Tsunami Masters-38	47.63

## Women 18-24 100 LC Meter Breaststroke

PAC: 1:15.12 P 7/12/2013 Danae Petrakis

NATL: 1:10.32 N 7/30/2011 BREEJA LARSON

1	Karp, Juliana	19	University of San Francisco Ma-38	1:32.25
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## Women 18-24 50 LC Meter Butterfly

PAC: 28.62 P 12/31/2009 Meg Gill

NATL: 28.62 N 7/12/2009 MEG GILL

1	Eaton, Jay Jay	21	Marin Aquatic Masters-38	31.71
2	Eide, Miriam F	24	Manatee Aquatic Masters Inc-38	34.13
3	Jegers, Jade	19	Marcia's Enthusiastic Masters-38	35.04
4	Patent, Mariette	21	Albany Armada Aquatics Masters-38	37.43
5	Zeng, Jasmine	24	SF Tsunami Masters-38	37.44
6	Nagpal, Jivana	19	Marcia's Enthusiastic Masters-38	40.23

## Women 18-24 100 LC Meter Butterfly

PAC: 1:01.04 P 7/6/2008 Laura M Davis

NATL: 58.21 N 6/13/2021 ALY TETZLOFF

1	Eaton, Jay Jay	21	Marin Aquatic Masters-38	1:09.06
2	Karp, Juliana	19	University of San Francisco Ma-38	1:21.62
3	Patent, Mariette	21	Albany Armada Aquatics Masters-38	1:33.88

## Women 18-24 200 LC Meter IM

PAC: 2:16.06 P 7/6/2008 Laura M Davis

NATL: 2:16.06 N 7/1/2008 LAURA DAVIS

1	Scobey, Taylor	21	Marin Aquatic Masters-38	2:41.54
			1:15.71 2:41.54 (1:25.83)	
2	Eide, Miriam F	24	Manatee Aquatic Masters Inc-38	2:55.18
			1:23.34 2:55.18 (1:31.84)	
3	Patent, Mariette	21	Albany Armada Aquatics Masters-38	3:15.06
			1:31.21 3:15.06 (1:43.85)	

## Women 18-24 400 LC Meter IM

PAC: 5:17.55 P 12/31/2012 Luane Rowe

NATL: 5:08.00 N 8/10/2010 JAMIE MARKS

1	Eide, Miriam F	24	Manatee Aquatic Masters Inc-38	6:34.03
			1:25.39 3:14.03 (1:48.64) 5:03.63 (1:49.60) 6:34.03 (1:30.40)	

## Women 25-29 50 LC Meter Freestyle

PAC: 26.64 P 8/9/2015 Marie A Ballenger

NATL: 24.83 N 8/10/2014 MADISON KENNEDY

WORLD: 25.42 W 2/15/2004 Annabel KOSTEN NED

1	Kroetz, Brigitte C	27	Rolling Hills Mud Sharks-38	29.88
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**(Women 25-29 50 LC Meter Freestyle)**

2	Dougherty, Patricia	25	Rolling Hills Mud Sharks-38	30.25
3	Chang, Serena Y	27	SF Tsunami Masters-38	30.82
4	Heidkamp, Genevieve	29	SF Tsunami Masters-38	32.59
5	Vasicsek, Reka	25	Marcia's Enthusiastic Masters-38	32.96
6	Mistry, Shivana	27	University of San Francisco Ma-38	35.34
7	Silva, Rayle A	26	Marin Aquatic Masters-38	36.98

**Women 25-29 100 LC Meter Freestyle**

PAC: 58.34 P 12/31/1989 Sara Shand

NATL: 54.72 N 8/6/2014 MADISON KENNEDY

WORLD: 56.96 W 8/11/2015 Emma GAGE GBR

1	Dougherty, Patricia	25	Rolling Hills Mud Sharks-38	1:08.45
2	Chang, Serena Y	27	SF Tsunami Masters-38	1:09.48
3	Chu, Christine	29	University of San Francisco Ma-38	1:11.73
4	Mistry, Shivana	27	University of San Francisco Ma-38	1:19.28

**Women 25-29 100 LC Meter Freestyle**

PAC: 58.34 P 12/31/1989 Sara Shand

NATL: 54.72 N 8/6/2014 MADISON KENNEDY

WORLD: 56.96 W 8/11/2015 Emma GAGE GBR

1	Vasicsek, Reka	25	Marcia's Enthusiastic Masters-38	1:13.76
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**Women 25-29 200 LC Meter Freestyle**

PAC: 2:07.11 P 12/31/1989 Sara Shand

NATL: 2:02.06 N 12/2/1995 SHEILA TAORMINA

WORLD: 2:04.56 W 7/10/2010 Megan JENDRICK USA

1	Chang, Serena Y	27	SF Tsunami Masters-38	2:40.65
	1:16.89		2:40.65 (1:23.76)	
2	Chu, Elise	25	Walnut Creek Masters-38	2:50.21
	1:21.35		2:50.21 (1:28.86)	
3	Chiarelli, Juliana	28	Albany Armada Aquatics Masters-38	2:55.63
	1:21.89		2:55.63 (1:33.74)	
4	Silva, Rayle A	26	Marin Aquatic Masters-38	3:03.01
	1:24.78		3:03.01 (1:38.23)	

**Women 25-29 400 LC Meter Freestyle**

PAC: 4:27.53 P 12/31/1989 Sara Shand

NATL: 4:13.03 N 12/2/1995 SHEILA TAORMINA

WORLD: 4:18.62 W 6/18/2011 Sophie CASSON GBR

1	Breed, Catherine	29	The Olympic Club-38	4:23.62 P
	1:01.74		2:08.27 (1:06.53) 3:16.19 (1:07.92) 4:23.62 (1:07.43)	
2	Chu, Elise	25	Walnut Creek Masters-38	6:00.02
	1:26.39		2:57.53 (1:31.14) 4:29.56 (1:32.03) 6:00.02 (1:30.46)	

**Women 25-29 800 LC Meter Freestyle**

PAC: 9:18.43 P 12/31/1989 Sara Shand

NATL: 8:47.44 N 7/19/2001 RACHEL KOMISARZ

WORLD: 8:45.89 W 3/10/2012 Swann OBERSON SUI

1	Kroetz, Brigitte C	27	Rolling Hills Mud Sharks-38	11:20.75
	1:18.60		2:43.58 (1:24.98) 4:09.52 (1:25.94) 5:36.65 (1:27.13)	
	7:03.44 (1:26.79)		8:31.06 (1:27.62) 9:57.47 (1:26.41) 11:20.75 (1:23.28)	

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

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## Women 25-29 1500 LC Meter Freestyle

PAC: 17:41.64 P 12/31/2004 Linda Gallo

NATL: 16:39.77 N 7/19/2001 RACHEL KOMISARZ

WORLD: 16:34.89 W 3/11/2012 Swann OBERSON SUI

1	Silva, Rayle A	26	Marin Aquatic Masters-38	27:21.64
	1:35.89	3:26.66 (1:50.77)	5:19.76 (1:53.10)	7:13.77 (1:54.01)
	9:05.12 (1:51.35)	10:58.20 (1:53.08)	12:51.03 (1:52.83)	14:42.57 (1:51.54)
	16:31.80 (1:49.23)	18:20.14 (1:48.34)	20:10.84 (1:50.70)	21:59.74 (1:48.90)
	23:48.72 (1:48.98)	25:38.54 (1:49.82)	27:21.64 (1:43.10)	

## Women 25-29 50 LC Meter Backstroke

PAC: 31.10 P 4/24/2017 Anna K Senko

NATL: 28.39 N 8/2/2018 EMI MORONUKI

WORLD: 28.39 W 8/2/2018 Emi MORONUKI USA

1	Crow, Vivian	25	Davis Aquatic Masters-38	36.85
2	Heidkamp, Genevieve	29	SF Tsunami Masters-38	37.55
3	Dougherty, Patricia	25	Rolling Hills Mud Sharks-38	38.16
4	Vasicsek, Reka	25	Marcia's Enthusiastic Masters-38	40.21
5	Mistry, Shivana	27	University of San Francisco Ma-38	44.92
6	Silva, Rayle A	26	Marin Aquatic Masters-38	48.32

## Women 25-29 100 LC Meter Backstroke

PAC: 1:06.85 P 4/23/2017 Anna K Senko

NATL: 1:01.60 N 7/31/2018 EMI MORONUKI

WORLD: 1:01.60 W 7/31/2018 Emi MORONUKI USA

1	Kroetz, Brigitte C	27	Rolling Hills Mud Sharks-38	1:18.81
2	Crow, Vivian	25	Davis Aquatic Masters-38	1:21.04
3	Dougherty, Patricia	25	Rolling Hills Mud Sharks-38	1:22.32
4	Chiarelli, Juliana	28	Albany Armada Aquatics Masters-38	1:31.08

## Women 25-29 200 LC Meter Backstroke

PAC: 2:26.62 P 12/31/1994 Martie McKinney

NATL: 2:13.19 N 7/30/2018 EMI MORONUKI

WORLD: 2:13.19 W 7/30/2018 Emi MORONUKI USA

1	Crow, Vivian	25	Davis Aquatic Masters-38	2:48.44
	1:21.48	2:48.44 (1:26.96)		
2	Kroetz, Brigitte C	27	Rolling Hills Mud Sharks-38	2:58.00
	1:26.01	2:58.00 (1:31.99)		

## Women 25-29 50 LC Meter Breaststroke

PAC: 33.39 P 8/9/2014 Marie A Ballenger

NATL: 30.82 N 6/27/2016 KATIE MEILI

WORLD: 31.60 W 7/10/2010 Megan JENDRICK USA

1	Chu, Christine	29	University of San Francisco Ma-38	41.42
2	Crow, Vivian	25	Davis Aquatic Masters-38	41.45
3	Chu, Elise	25	Walnut Creek Masters-38	49.25
4	Chiarelli, Juliana	28	Albany Armada Aquatics Masters-38	51.23

## Women 25-29 100 LC Meter Breaststroke

PAC: 1:13.69 P 6/7/2021 Claire Beaty

NATL: 1:06.07 N 6/28/2016 KATIE MEILI

WORLD: 1:10.56 W 7/10/2010 Megan JENDRICK USA

1	Crow, Vivian	25	Davis Aquatic Masters-38	1:29.13
2	Saccullo, Emily	28	Walnut Creek Masters-38	1:30.11
3	Chu, Christine	29	University of San Francisco Ma-38	1:31.31

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**(Women 25-29 100 LC Meter Breaststroke)**

4	Mistry, Shivana	27	University of San Francisco Ma-38	1:44.01
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**Women 25-29 200 LC Meter Breaststroke**

<b>PAC:</b>	<b>2:39.32</b>	<b>P</b>	<b>6/7/2021</b>	<b>Claire Beaty</b>
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<b>NATL:</b>	<b>2:29.90</b>	<b>N</b>	<b>6/26/2013</b>	<b>JUSTINE MUELLER</b>
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<b>WORLD:</b>	<b>2:35.46</b>	<b>W</b>	<b>7/17/2006</b>	<b>Hitomi MATSUDA</b>	<b>JPN</b>
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1	Chu, Christine	29	University of San Francisco Ma-38	3:17.18
	1:33.65		3:17.18 (1:43.53)	
2	Silva, Rayle A	26	Marin Aquatic Masters-38	4:11.17
	2:01.15		4:11.17 (2:10.02)	

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

<b>PAC:</b>	<b>28.82</b>	<b>P</b>	<b>12/31/1992</b>	<b>Anna Pettis-Scott</b>
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<b>NATL:</b>	<b>27.37</b>	<b>N</b>	<b>6/28/2017</b>	<b>HANNAH SAIZ</b>
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<b>WORLD:</b>	<b>26.32</b>	<b>W</b>	<b>6/16/2019</b>	<b>Masako KUROKI</b>	<b>JPN</b>
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1	Heidkamp, Genevieve	29	SF Tsunami Masters-38	33.19
2	Chu, Christine	29	University of San Francisco Ma-38	33.56
3	Dougherty, Patricia	25	Rolling Hills Mud Sharks-38	33.60
4	Crow, Vivian	25	Davis Aquatic Masters-38	34.00
5	Chang, Serena Y	27	SF Tsunami Masters-38	35.70

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

<b>PAC:</b>	<b>1:02.40</b>	<b>P</b>	<b>4/26/2017</b>	<b>Anna K Senko</b>
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<b>NATL:</b>	<b>59.74</b>	<b>N</b>	<b>8/4/2017</b>	<b>HANNAH SAIZ</b>
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<b>WORLD:</b>	<b>59.99</b>	<b>W</b>	<b>8/13/2015</b>	<b>Anna POLIAKOVA</b>	<b>RUS</b>
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1	Chu, Christine	29	University of San Francisco Ma-38	1:21.13
2	Kroetz, Brigitte C	27	Rolling Hills Mud Sharks-38	1:21.77

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

<b>PAC:</b>	<b>2:21.98</b>	<b>P</b>	<b>12/31/2005</b>	<b>Allison Wagner</b>
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<b>NATL:</b>	<b>2:14.03</b>	<b>N</b>	<b>6/29/2013</b>	<b>JUSTINE MUELLER</b>
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<b>WORLD:</b>	<b>2:20.71</b>	<b>W</b>	<b>10/2/2005</b>	<b>Hitomi MATSUDA</b>	<b>JPN</b>
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1	Crow, Vivian	25	Davis Aquatic Masters-38	2:48.92
	1:20.95		2:48.92 (1:27.97)	
2	Chu, Christine	29	University of San Francisco Ma-38	2:49.29
	1:20.26		2:49.29 (1:29.03)	
3	Kroetz, Brigitte C	27	Rolling Hills Mud Sharks-38	2:53.09
	1:20.66		2:53.09 (1:32.43)	
4	Chu, Elise	25	Walnut Creek Masters-38	3:13.16
	1:31.98		3:13.16 (1:41.18)	

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

<b>PAC:</b>	<b>26.16</b>	<b>P</b>	<b>6/18/2016</b>	<b>Marie A Ballenger</b>
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<b>NATL:</b>	<b>25.57</b>	<b>N</b>	<b>8/8/2009</b>	<b>ERIKA ERNDL</b>
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<b>WORLD:</b>	<b>25.74</b>	<b>W</b>	<b>6/6/2008</b>	<b>Martina MORAVCOVA</b>	<b>USA</b>
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1	Breuer, Lauren	30	Jellies Aquatic Masters of Mon-38	28.29
2	Yoshiwara, Carole S	34	Willow Glen Masters-38	30.33
3	Hwang, Jenn	30	Walnut Creek Masters-38	30.47
4	Heffley, Caitlin	30	Albany Armada Aquatics Masters-38	34.08
5	Versfeld, Rizmari	33	University of San Francisco Ma-38	34.17
6	Schroder, Clare	32	SF Tsunami Masters-38	34.40
7	Fischer, Tessa	32	Jellies Aquatic Masters of Mon-38	36.03
8	Lutsky, Abby	30	University of San Francisco Ma-38	36.04



## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

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## Women 30-34 1500 LC Meter Freestyle

<b>PAC:</b> 17:11.25		<b>P</b> 12/31/2009	<b>Heidi S George</b>		
<b>NATL:</b> 17:07.54		<b>N</b> 4/25/2010	<b>DAWN HECKMAN</b>		
<b>WORLD:</b> 17:20.55		<b>W</b> 6/16/2017	<b>Sophie CASSON</b>		<b>GBR</b>
1	Thomas, Alexandra	34	Walnut Creek Masters-38		22:50.49
	1:24.67	2:54.94 (1:30.27)	4:26.38 (1:31.44)	5:59.15 (1:32.77)	
	7:31.49 (1:32.34)	9:04.26 (1:32.77)	10:36.38 (1:32.12)	12:08.53 (1:32.15)	
	13:41.16 (1:32.63)	15:13.75 (1:32.59)	16:45.56 (1:31.81)	18:17.08 (1:31.52)	
	19:48.33 (1:31.25)	21:20.46 (1:32.13)	22:50.49 (1:30.03)		

## Women 30-34 50 LC Meter Backstroke

<b>PAC:</b> 32.21		<b>P</b> 12/31/1986	<b>Kathy Neill</b>		
<b>NATL:</b> 28.57		<b>N</b> 7/8/2012	<b>NORIKO INADA</b>		
<b>WORLD:</b> 28.57		<b>W</b> 8/7/2012	<b>Noriko INADA</b>		<b>USA</b>
1	Breuer, Lauren	30	Jellies Aquatic Masters of Mon-38		30.98 P
2	Petrakis, Kristina	33	University of San Francisco Ma-38		39.95
3	Schroder, Clare	32	SF Tsunami Masters-38		40.70
4	Heffley, Caitlin	30	Albany Armada Aquatics Masters-38		41.00
5	McBride, Elizabeth	32	Marcia's Enthusiastic Masters-38		43.46

## Women 30-34 50 LC Meter Backstroke

<b>PAC:</b> 32.21		<b>P</b> 12/31/1986	<b>Kathy Neill</b>		
<b>NATL:</b> 28.57		<b>N</b> 7/8/2012	<b>NORIKO INADA</b>		
<b>WORLD:</b> 28.57		<b>W</b> 8/7/2012	<b>Noriko INADA</b>		<b>USA</b>
1	McBride, Elizabeth	32	Marcia's Enthusiastic Masters-38		42.89

## Women 30-34 100 LC Meter Backstroke

<b>PAC:</b> 1:03.78		<b>P</b> 12/31/2009	<b>Sarabeth Metzger</b>		
<b>NATL:</b> 1:01.78		<b>N</b> 8/6/2011	<b>NORIKO INADA</b>		
<b>WORLD:</b> 1:01.78		<b>W</b> 8/6/2011	<b>Noriko INADA</b>		<b>USA</b>
1	Breuer, Lauren	30	Jellies Aquatic Masters of Mon-38		1:06.83
2	McBride, Elizabeth	32	Marcia's Enthusiastic Masters-38		1:30.83

## Women 30-34 200 LC Meter Backstroke

<b>PAC:</b> 2:17.61		<b>P</b> 12/31/2009	<b>Sarabeth Metzger</b>		
<b>NATL:</b> 2:17.61		<b>N</b> 8/6/2009	<b>SARABETH METZGER</b>		
<b>WORLD:</b> 2:17.61		<b>W</b> 8/6/2009	<b>Sarabeth METZGER</b>		<b>USA</b>
1	Breuer, Lauren	30	Jellies Aquatic Masters of Mon-38		2:29.62
	1:11.75	2:29.62 (1:17.87)			
2	Schallert, Lia	32	University of San Francisco Ma-38		2:57.26
	1:26.29	2:57.26 (1:30.97)			
3	McBride, Elizabeth	32	Marcia's Enthusiastic Masters-38		3:16.94
	1:35.61	3:16.94 (1:41.33)			
4	Heffley, Caitlin	30	Albany Armada Aquatics Masters-38		3:20.58
	1:36.85	3:20.58 (1:43.73)			

## Women 30-34 50 LC Meter Breaststroke

<b>PAC:</b> 34.84		<b>P</b> 8/3/2018	<b>Kathleen E McGraw</b>		
<b>NATL:</b> 31.76		<b>N</b> 7/17/2021	<b>DANIELLE HERRMANN</b>		
<b>WORLD:</b> 32.22		<b>W</b> 9/3/2013	<b>Nicole HEIDEMANN</b>		<b>GER</b>
1	Breuer, Lauren	30	Jellies Aquatic Masters of Mon-38		36.84
2	Hwang, Jenn	30	Walnut Creek Masters-38		41.78
3	Versfeld, Rizmari	33	University of San Francisco Ma-38		44.46

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## Women 30-34 100 LC Meter Breaststroke

	<b>PAC:</b>	<b>1:16.71</b>	<b>P</b>	<b>8/5/2017</b>	<b>Katy Houston</b>		
	<b>NATL:</b>	<b>1:10.18</b>	<b>N</b>	<b>6/12/2021</b>	<b>DANIELLE HERRMANN</b>		
	<b>WORLD:</b>	<b>1:10.10</b>	<b>W</b>	<b>10/3/2009</b>	<b>Hitomi MATSUDA</b>	<b>JPN</b>	
1	Hwang, Jenn				30 Walnut Creek Masters-38		1:33.22
2	Versfeld, Rizmari				33 University of San Francisco Ma-38		1:41.40
3	Lutsky, Abby				30 University of San Francisco Ma-38		1:43.88
4	Heffley, Caitlin				30 Albany Armada Aquatics Masters-38		1:54.35

## Women 30-34 50 LC Meter Butterfly

	<b>PAC:</b>	<b>29.27</b>	<b>P</b>	<b>3/8/2020</b>	<b>Marie A Ballenger</b>		
	<b>NATL:</b>	<b>27.48</b>	<b>N</b>	<b>6/7/2008</b>	<b>MARTINA MORAVCOVA</b>		
	<b>WORLD:</b>	<b>27.48</b>	<b>W</b>	<b>6/7/2008</b>	<b>Martina MORAVCOVA</b>	<b>USA</b>	
1	Breuer, Lauren				30 Jellies Aquatic Masters of Mon-38		31.41
2	Hwang, Jenn				30 Walnut Creek Masters-38		34.14
3	Hamill, Ariel				32 University of San Francisco Ma-38		34.96
4	Versfeld, Rizmari				33 University of San Francisco Ma-38		36.27

## Women 30-34 100 LC Meter Butterfly

	<b>PAC:</b>	<b>1:04.67</b>	<b>P</b>	<b>12/31/2009</b>	<b>Sarabeth Metzger</b>		
	<b>NATL:</b>	<b>58.81</b>	<b>N</b>	<b>6/7/2008</b>	<b>MARTINA MORAVCOVA</b>		
	<b>WORLD:</b>	<b>58.81</b>	<b>W</b>	<b>6/7/2008</b>	<b>Martina MORAVCOVA</b>	<b>USA</b>	
1	Petrakis, Danae				30 University of San Francisco Ma-38		1:12.54
2	Schallert, Lia				32 University of San Francisco Ma-38		1:16.93

## Women 30-34 200 LC Meter IM

	<b>PAC:</b>	<b>2:23.50</b>	<b>P</b>	<b>12/31/2009</b>	<b>Sarabeth Metzger</b>		
	<b>NATL:</b>	<b>2:13.72</b>	<b>N</b>	<b>8/8/2009</b>	<b>ERIKA ERNDL</b>		
	<b>WORLD:</b>	<b>2:13.89</b>	<b>W</b>	<b>7/7/2009</b>	<b>Erika ERNDL</b>	<b>USA</b>	
1	Hwang, Jenn				30 Walnut Creek Masters-38		2:55.12
		1:26.60					2:55.12 (1:28.52)

## Women 30-34 400 LC Meter IM

	<b>PAC:</b>	<b>5:13.97</b>	<b>P</b>	<b>12/31/1994</b>	<b>Susan Porter</b>		
	<b>NATL:</b>	<b>4:47.06</b>	<b>N</b>	<b>6/29/2008</b>	<b>ERIKA ERNDL</b>		
	<b>WORLD:</b>	<b>4:56.08</b>	<b>W</b>	<b>11/8/2009</b>	<b>Hitomi MATSUDA</b>	<b>JPN</b>	
1	Schallert, Lia				32 University of San Francisco Ma-38		6:11.16
		1:19.58					2:58.12 (1:38.54) 4:42.51 (1:44.39) 6:11.16 (1:28.65)
2	Thomas, Alexandra				34 Walnut Creek Masters-38		6:39.44
		1:25.47					3:13.83 (1:48.36) 5:09.01 (1:55.18) 6:39.44 (1:30.43)

## Women 35-39 50 LC Meter Freestyle

	<b>PAC:</b>	<b>26.89</b>	<b>P</b>	<b>12/31/1993</b>	<b>Sandy Neilson-Bel</b>		
	<b>NATL:</b>	<b>25.52</b>	<b>N</b>	<b>6/29/2013</b>	<b>ERIKA ERNDL</b>		
	<b>WORLD:</b>	<b>25.98</b>	<b>W</b>	<b>8/8/2006</b>	<b>Dara TORRES</b>	<b>USA</b>	
1	Tempels, Wendy				37 Stanford Masters Swimming-38		29.95
2	Chien, Regina				36 Marcia's Enthusiastic Masters-38		40.20
3	Pinkston, Crystal				37 Marin Aquatic Masters-38		41.78

## Women 35-39 100 LC Meter Freestyle

	<b>PAC:</b>	<b>1:00.31</b>	<b>P</b>	<b>12/31/2002</b>	<b>Laureen K Welting</b>		
	<b>NATL:</b>	<b>55.17</b>	<b>N</b>	<b>6/25/2013</b>	<b>ERIKA ERNDL</b>		
	<b>WORLD:</b>	<b>58.09</b>	<b>W</b>	<b>7/9/2016</b>	<b>Erika ERNDL</b>	<b>USA</b>	
1	Allen, Robyn				37 Stanford Masters Swimming-38		1:09.34
2	Rempe, Rachel				39 Marin Aquatic Masters-38		1:13.87
3	Pinkston, Crystal				37 Marin Aquatic Masters-38		1:30.59



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## Women 35-39 200 LC Meter Freestyle

	<b>PAC:</b>	<b>2:10.28</b>	<b>P</b>	<b>12/31/1999</b>	<b>Jill S Hernandez</b>		
	<b>NATL:</b>	<b>2:00.04</b>	<b>N</b>	<b>6/26/2013</b>	<b>ERIKA ERNDL</b>		
	<b>WORLD:</b>	<b>2:05.97</b>	<b>W</b>	<b>7/9/2016</b>	<b>Erika ERNDL</b>	<b>USA</b>	
1	Tempels, Wendy			37	Stanford Masters Swimming-38		2:25.85
		1:09.68					2:25.85 (1:16.17)
2	Burton, Sarah			35	Rolling Hills Mud Sharks-38		3:02.25
		1:27.95					3:02.25 (1:34.30)
3	Pinkston, Crystal			37	Marin Aquatic Masters-38		3:25.71
		1:36.71					3:25.71 (1:49.00)

## Women 35-39 400 LC Meter Freestyle

	<b>PAC:</b>	<b>4:37.34</b>	<b>P</b>	<b>12/31/1999</b>	<b>Jill S Hernandez</b>		
	<b>NATL:</b>	<b>4:16.19</b>	<b>N</b>	<b>6/1/2012</b>	<b>DAWN HECKMAN</b>		
	<b>WORLD:</b>	<b>4:26.17</b>	<b>W</b>	<b>8/10/1997</b>	<b>K.PIPES-NEILSEN</b>	<b>USA</b>	
1	Burton, Sarah			35	Rolling Hills Mud Sharks-38		6:37.22
		1:32.79					3:13.31 (1:40.52) 4:56.46 (1:43.15) 6:37.22 (1:40.76)
2	Pinkston, Crystal			37	Marin Aquatic Masters-38		7:18.07
		1:40.88					3:33.17 (1:52.29) 5:28.41 (1:55.24) 7:18.07 (1:49.66)

## Women 35-39 800 LC Meter Freestyle

	<b>PAC:</b>	<b>9:29.55</b>	<b>P</b>	<b>12/31/1999</b>	<b>Jill S Hernandez</b>		
	<b>NATL:</b>	<b>8:47.28</b>	<b>N</b>	<b>6/3/2012</b>	<b>DAWN HECKMAN</b>		
	<b>WORLD:</b>	<b>9:08.47</b>	<b>W</b>	<b>11/18/2012</b>	<b>Kirsten CAMERON</b>	<b>AUS</b>	
1	Burton, Sarah			35	Rolling Hills Mud Sharks-38		13:17.39
		1:31.65					3:11.63 (1:39.98) 4:52.20 (1:40.57) 6:33.82 (1:41.62)
		8:15.41 (1:41.59)					9:57.78 (1:42.37) 11:39.16 (1:41.38) 13:17.39 (1:38.23)

## Women 35-39 1500 LC Meter Freestyle

	<b>PAC:</b>	<b>17:17.22</b>	<b>P</b>	<b>8/6/2015</b>	<b>Heidi S George</b>		
	<b>NATL:</b>	<b>17:17.22</b>	<b>N</b>	<b>8/6/2015</b>	<b>HEIDI GEORGE</b>		
	<b>WORLD:</b>	<b>17:17.22</b>	<b>W</b>	<b>8/6/2015</b>	<b>Heidi GEORGE</b>	<b>USA</b>	
1	Rempe, Rachel			39	Marin Aquatic Masters-38		23:14.26
		1:25.21					2:57.86 (1:32.65) 4:31.26 (1:33.40) 6:05.39 (1:34.13)
		7:39.88 (1:34.49)					9:14.28 (1:34.40) 10:48.45 (1:34.17) 12:22.58 (1:34.13)
		13:56.54 (1:33.96)					15:29.88 (1:33.34) 17:03.74 (1:33.86) 18:37.77 (1:34.03)
		20:11.34 (1:33.57)					21:45.54 (1:34.20) 23:14.26 (1:28.72)

## Women 35-39 50 LC Meter Backstroke

	<b>PAC:</b>	<b>31.71</b>	<b>P</b>	<b>12/31/2008</b>	<b>Jody Smith</b>		
	<b>NATL:</b>	<b>28.63</b>	<b>N</b>	<b>8/18/2016</b>	<b>NORIKO INADA</b>		
	<b>WORLD:</b>	<b>28.63</b>	<b>W</b>	<b>8/18/2016</b>	<b>Noriko INADA</b>	<b>USA</b>	
1	Allen, Robyn			37	Stanford Masters Swimming-38		38.06
2	Buford, Mary			38	Sacramento Masters-38		41.31
3	Rempe, Rachel			39	Marin Aquatic Masters-38		42.15
4	Chien, Regina			36	Marcia's Enthusiastic Masters-38		46.88

## Women 35-39 100 LC Meter Backstroke

	<b>PAC:</b>	<b>1:06.91</b>	<b>P</b>	<b>12/31/2008</b>	<b>Jody Smith</b>		
	<b>NATL:</b>	<b>1:01.75</b>	<b>N</b>	<b>8/19/2017</b>	<b>NORIKO INADA</b>		
	<b>WORLD:</b>	<b>1:01.75</b>	<b>W</b>	<b>8/19/2017</b>	<b>Noriko INADA</b>	<b>USA</b>	
1	Sketchley, Jennifer			35	Temescal Aquatic Masters-38		1:32.36

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## Women 35-39 200 LC Meter Backstroke

	<b>PAC:</b>	<b>2:22.07</b>	<b>P</b>	<b>12/31/2008</b>	<b>Jody Smith</b>		
	<b>NATL:</b>	<b>2:18.20</b>	<b>N</b>	<b>8/10/1997</b>	<b>K PIPES-NEILSEN</b>		
	<b>WORLD:</b>	<b>2:18.20</b>	<b>W</b>	<b>8/10/1997</b>	<b>K.PIPES-NEILSEN</b>	<b>USA</b>	
1	Allen, Robyn			37	Stanford Masters Swimming-38		2:58.42
		1:25.82					2:58.42 (1:32.60)
2	Buford, Mary			38	Sacramento Masters-38		3:18.63
		1:35.21					3:18.63 (1:43.42)
3	Chien, Regina			36	Marcia's Enthusiastic Masters-38		3:55.45
		1:57.64					3:55.45 (1:57.81)

## Women 35-39 50 LC Meter Breaststroke

	<b>PAC:</b>	<b>31.88</b>	<b>P</b>	<b>4/2/2022</b>	<b>Danielle M Herrma</b>		
	<b>NATL:</b>	<b>31.06</b>	<b>N</b>	<b>4/28/2022</b>	<b>DANIELLE HERRMANN</b>		
	<b>WORLD:</b>	<b>31.88</b>	<b>W</b>	<b>4/2/2022</b>	<b>Danielle HERRMANN</b>	<b>USA</b>	
1	Tempels, Wendy			37	Stanford Masters Swimming-38		37.97
2	Louderback, Kelsey			39	Marin Aquatic Masters-38		45.81
3	Pinkston, Crystal			37	Marin Aquatic Masters-38		1:01.82

## Women 35-39 100 LC Meter Breaststroke

	<b>PAC:</b>	<b>1:12.34</b>	<b>P</b>	<b>8/7/2013</b>	<b>Katie Glenn</b>		
	<b>NATL:</b>	<b>1:10.10</b>	<b>N</b>	<b>4/29/2022</b>	<b>DANIELLE HERRMANN</b>		
	<b>WORLD:</b>	<b>1:12.34</b>	<b>W</b>	<b>8/8/2013</b>	<b>Katie GLENN</b>	<b>USA</b>	
1	Tempels, Wendy			37	Stanford Masters Swimming-38		1:23.13
2	Allen, Robyn			37	Stanford Masters Swimming-38		2:00.56
3	Pinkston, Crystal			37	Marin Aquatic Masters-38		2:08.80

## Women 35-39 50 LC Meter Butterfly

	<b>PAC:</b>	<b>29.24</b>	<b>P</b>	<b>4/3/2022</b>	<b>Danielle M Herrma</b>		
	<b>NATL:</b>	<b>27.46</b>	<b>N</b>	<b>8/5/2014</b>	<b>NORIKO INADA</b>		
	<b>WORLD:</b>	<b>27.46</b>	<b>W</b>	<b>8/5/2014</b>	<b>Noriko INADA</b>	<b>USA</b>	
1	Burton, Sarah			35	Rolling Hills Mud Sharks-38		40.64

## Women 35-39 100 LC Meter Butterfly

	<b>PAC:</b>	<b>1:06.19</b>	<b>P</b>	<b>12/31/1989</b>	<b>Laura B Val</b>		
	<b>NATL:</b>	<b>59.52</b>	<b>N</b>	<b>6/27/2013</b>	<b>ERIKA ERNDL</b>		
	<b>WORLD:</b>	<b>1:02.44</b>	<b>W</b>	<b>3/19/2009</b>	<b>Lynne HAYES</b>	<b>AUS</b>	
1	Tempels, Wendy			37	Stanford Masters Swimming-38		1:12.40
2	Rempe, Rachel			39	Marin Aquatic Masters-38		1:24.80
3	Buford, Mary			38	Sacramento Masters-38		1:32.46
4	Burton, Sarah			35	Rolling Hills Mud Sharks-38		1:33.50
5	Chien, Regina			36	Marcia's Enthusiastic Masters-38		1:58.21

## Women 35-39 200 LC Meter Butterfly

	<b>PAC:</b>	<b>2:26.38</b>	<b>P</b>	<b>12/31/1989</b>	<b>Laura B Val</b>		
	<b>NATL:</b>	<b>2:20.21</b>	<b>N</b>	<b>8/10/1997</b>	<b>K PIPES-NEILSEN</b>		
	<b>WORLD:</b>	<b>2:20.21</b>	<b>W</b>	<b>8/10/1997</b>	<b>K.PIPES-NEILSEN</b>	<b>USA</b>	
1	Tempels, Wendy			37	Stanford Masters Swimming-38		2:37.51
		1:16.07					2:37.51 (1:21.44)

## Women 35-39 200 LC Meter IM

	<b>PAC:</b>	<b>2:29.30</b>	<b>P</b>	<b>12/31/1989</b>	<b>Jill S Hernandez</b>		
	<b>NATL:</b>	<b>2:22.42</b>	<b>N</b>	<b>7/19/1997</b>	<b>K PIPES-NEILSEN</b>		
	<b>WORLD:</b>	<b>2:21.47</b>	<b>W</b>	<b>1/14/2012</b>	<b>Hitomi MATSUDA</b>	<b>JPN</b>	
1	Sketchley, Jennifer			35	Temescal Aquatic Masters-38		3:24.77
		1:35.26					3:24.77 (1:49.51)

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**(Women 35-39 200 LC Meter IM)**

2 Burton, Sarah 35 Rolling Hills Mud Sharks-38 3:26.39  
 1:37.65 3:26.39 (1:48.74)

**Women 35-39 400 LC Meter IM**

PAC: 5:18.43 P 12/31/1989 Jill S Hernandez

NATL: 5:02.67 N 8/15/1998 K PIPES-NEILSEN

WORLD: 4:59.59 W 6/16/2012 Hitomi MATSUDA

JPN

1 Chien, Regina 36 Marcia's Enthusiastic Masters-38 8:28.13  
 2:01.81 4:07.69 (2:05.88) 6:33.60 (2:25.91) 8:28.13 (1:54.53)

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

PAC: 28.05 P 12/31/1992 Laura B Val

NATL: 24.25 N 7/6/2008 DARA TORRES

WORLD: 26.44 W 11/7/2009 Edith OTTERMANN

RSA

1 Richards, Ericka 44 Santa Rosa Masters-38 29.09  
 2 Nehrebecki, Helene 42 Davis Aquatic Masters-38 31.66  
 3 Castelein, Christina C 42 University of San Francisco Ma-38 34.62  
 4 Stankov-Hodge, Marina 42 Marcia's Enthusiastic Masters-38 43.59

**Women 40-44 100 LC Meter Freestyle**

PAC: 1:00.68 P 7/24/2016 Katie Glenn

NATL: 53.78 N 7/4/2008 DARA TORRES

WORLD: 58.04 W 6/8/2013 Erika BRAUN

USA

1 Richards, Ericka 44 Santa Rosa Masters-38 1:05.53  
 2 Castelein, Christina C 42 University of San Francisco Ma-38 1:18.38

**Women 40-44 200 LC Meter Freestyle**

PAC: 2:10.47 P 8/18/2016 Katie Glenn

NATL: 2:09.00 N 5/25/2003 K PIPES-NEILSEN

WORLD: 2:09.28 W 8/15/2005 K.PIPES-NEILSEN

USA

1 Schley, Kelly 43 Marcia's Enthusiastic Masters-38 3:03.09  
 1:27.47 3:03.09 (1:35.62)  
 2 Stankov-Hodge, Marina 42 Marcia's Enthusiastic Masters-38 3:46.90  
 1:39.59 3:46.90 (2:07.31)

**Women 40-44 200 LC Meter Freestyle**

PAC: 2:10.47 P 8/18/2016 Katie Glenn

NATL: 2:09.00 N 5/25/2003 K PIPES-NEILSEN

WORLD: 2:09.28 W 8/15/2005 K.PIPES-NEILSEN

USA

\*1 Richards, Ericka 44 Santa Rosa Masters-38 2:28.03  
 \*1 Nehrebecki, Helene 42 Davis Aquatic Masters-38 2:36.01  
 2 Flynn, Elizabeth 43 Marcia's Enthusiastic Masters-38 3:04.78

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

PAC: 4:34.33 P 12/31/2006 Susan H Preston

NATL: 4:22.87 N 8/13/2011 JANET EVANS

WORLD: 4:22.87 W 8/13/2011 Janet EVANS

USA

1 Richards, Ericka 44 Santa Rosa Masters-38 5:15.04  
 1:09.09 2:28.03 (1:18.94) 3:54.03 (1:26.00) 5:15.04 (1:21.01)  
 2 Sitzmann, Amy 42 Tri Valley Masters-38 6:07.58  
 1:27.85 3:02.01 (1:34.16) 4:35.87 (1:33.86) 6:07.58 (1:31.71)  
 3 Stankov-Hodge, Marina 42 Marcia's Enthusiastic Masters-38 7:58.22  
 1:43.13 3:42.40 (1:59.27) 5:50.20 (2:07.80) 7:58.22 (2:08.02)

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## Women 40-44 400 LC Meter Freestyle

PAC: 4:34.33 P 12/31/2006 Susan H Preston

NATL: 4:22.87 N 8/13/2011 JANET EVANS

WORLD: 4:22.87 W 8/13/2011 Janet EVANS

USA

1 Nehrebecki, Helene 42 Davis Aquatic Masters-38 5:47.39

## Women 40-44 800 LC Meter Freestyle

PAC: 9:18.17 P 7/11/2019 Heidi S George

NATL: 8:59.06 N 6/11/2011 JANET EVANS

WORLD: 8:59.06 W 6/11/2011 Janet EVANS

USA

1 Nehrebecki, Helene 42 Davis Aquatic Masters-38 11:33.49

1:20.71 2:49.11 (1:28.40) 4:18.27 (1:29.16) 5:47.39 (1:29.12)

7:15.13 (1:27.74) 8:42.46 (1:27.33) 10:09.29 (1:26.83) 11:33.49 (1:24.20)

2 McCullough, Juliette 41 Rolling Hills Mud Sharks-38 14:31.12

1:38.82 3:27.45 (1:48.63) 5:18.61 (1:51.16) 7:09.47 (1:50.86)

9:01.63 (1:52.16) 10:53.57 (1:51.94) 12:44.02 (1:50.45) 14:31.12 (1:47.10)

## Women 40-44 1500 LC Meter Freestyle

PAC: 17:29.43 P 6/30/2017 Heidi S George

NATL: 17:17.59 N 4/30/2017 HEIDI GEORGE

WORLD: 17:29.43 W 6/30/2017 Heidi GEORGE

USA

1 Nehrebecki, Helene 42 Davis Aquatic Masters-38 22:14.89

1:22.93 2:51.56 (1:28.63) 4:22.63 (1:31.07) 5:52.85 (1:30.22)

7:24.24 (1:31.39) 8:55.46 (1:31.22) 10:26.99 (1:31.53) 11:56.95 (1:29.96)

13:27.18 (1:30.23) 14:56.36 (1:29.18) 16:26.09 (1:29.73) 17:55.59 (1:29.50)

19:24.71 (1:29.12) 20:52.24 (1:27.53) 22:14.89 (1:22.65)

2 Flynn, Elizabeth 43 Marcia's Enthusiastic Masters-38 24:48.42

1:28.26 3:07.88 (1:39.62) 4:48.02 (1:40.14) 6:28.82 (1:40.80)

8:08.68 (1:39.86) 9:49.41 (1:40.73) 11:29.61 (1:40.20) 13:09.52 (1:39.91)

14:50.99 (1:41.47) 16:30.83 (1:39.84) 18:11.10 (1:40.27) 19:52.66 (1:41.56)

21:32.97 (1:40.31) 23:12.32 (1:39.35) 24:48.42 (1:36.10)

3 Stankov-Hodge, Marina 42 Marcia's Enthusiastic Masters-38 31:39.47

1:49.90 3:53.22 (2:03.32) 5:57.88 (2:04.66) 8:05.86 (2:07.98)

10:14.50 (2:08.64) 12:21.41 (2:06.91) 14:29.31 (2:07.90) 16:36.91 (2:07.60)

18:44.93 (2:08.02) 20:54.27 (2:09.34) 23:03.12 (2:08.85) 25:13.90 (2:10.78)

27:24.02 (2:10.12) 29:35.23 (2:11.21) 31:39.47 (2:04.24)

## Women 40-44 50 LC Meter Backstroke

PAC: 31.63 P 12/31/2009 Jody Smith

NATL: 29.62 N 8/2/2018 NORIKO INADA

WORLD: 29.62 W 8/2/2018 Noriko INADA

USA

1 Stankov-Hodge, Marina 42 Marcia's Enthusiastic Masters-38 56.57

## Women 40-44 100 LC Meter Backstroke

PAC: 1:07.21 P 12/31/2009 Jody Smith

NATL: 1:04.70 N 7/31/2018 NORIKO INADA

WORLD: 1:04.70 W 7/31/2018 Noriko INADA

USA

1 Richards, Ericka 44 Santa Rosa Masters-38 1:21.66

--- Sitzmann, Amy 42 Tri Valley Masters-38 DQ

## Women 40-44 200 LC Meter Backstroke

PAC: 2:23.18 P 12/31/2009 Jody Smith

NATL: 2:23.18 N 8/6/2009 JODY SMITH

WORLD: 2:23.18 W 8/6/2009 Jody SMITH

USA

1 Sitzmann, Amy 42 Tri Valley Masters-38 3:24.99

1:40.35 3:24.99 (1:44.64)

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

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

**PAC:** 32.47 P 8/19/2016 **Katie Glenn**  
**NATL:** 32.47 N 8/19/2016 **KATIE GLENN**  
**WORLD:** 32.47 W 8/19/2016 **Katie GLENN** **USA**

1 Richards, Ericka 44 Santa Rosa Masters-38 40.15

**Women 40-44 100 LC Meter Breaststroke**

**PAC:** 1:13.57 P 8/18/2016 **Katie Glenn**  
**NATL:** 1:12.12 N 6/30/2008 **S VON DER LIPPE**  
**WORLD:** 1:12.29 W 3/12/2022 **Nicole HEIDEMANN** **GER**

1 Nehrebecki, Helene 42 Davis Aquatic Masters-38 1:31.02  
 2 Castelein, Christina C 42 University of San Francisco Ma-38 1:42.02  
 3 McCullough, Juliette 41 Rolling Hills Mud Sharks-38 1:54.58

**Women 40-44 200 LC Meter Breaststroke**

**PAC:** 2:47.92 P 7/24/2016 **Katie Glenn**  
**NATL:** 2:38.44 N 8/9/2006 **S VON DER LIPPE**  
**WORLD:** 2:38.44 W 8/9/2006 **S.VON DER LIPPE** **USA**

1 McCullough, Juliette 41 Rolling Hills Mud Sharks-38 4:05.06  
 1:58.84 4:05.06 (2:06.22)

**Women 40-44 50 LC Meter Butterfly**

**PAC:** 29.89 P 12/31/1994 **Laura B Val**  
**NATL:** 28.36 N 6/8/2013 **ERIKA BRAUN**  
**WORLD:** 28.36 W 6/8/2013 **Erika BRAUN** **USA**

1 Richards, Ericka 44 Santa Rosa Masters-38 33.14  
 2 McCullough, Juliette 41 Rolling Hills Mud Sharks-38 41.29  
 3 Schley, Kelly 43 Marcia's Enthusiastic Masters-38 42.89  
 4 Stankov-Hodge, Marina 42 Marcia's Enthusiastic Masters-38 57.02

**Women 40-44 100 LC Meter Butterfly**

**PAC:** 1:06.27 P 12/31/1992 **Laura B Val**  
**NATL:** 1:02.47 N 6/29/2008 **S VON DER LIPPE**  
**WORLD:** 1:03.36 W 5/23/2009 **S.VON DER LIPPE** **USA**

1 Richards, Ericka 44 Santa Rosa Masters-38 1:21.71  
 2 McCullough, Juliette 41 Rolling Hills Mud Sharks-38 1:52.79

**Women 40-44 200 LC Meter Butterfly**

**PAC:** 2:25.15 P 12/31/2006 **Susan H Preston**  
**NATL:** 2:24.77 N 8/17/2003 **K PIPES-NEILSEN**  
**WORLD:** 2:24.78 W 7/23/2006 **S.VON DER LIPPE** **USA**

1 McCullough, Juliette 41 Rolling Hills Mud Sharks-38 4:05.38  
 1:59.05 4:05.38 (2:06.33)

**Women 40-44 200 LC Meter IM**

**PAC:** 2:30.96 P 12/31/2000 **Jill S Hernandez**  
**NATL:** 2:25.03 N 8/5/2007 **S VON DER LIPPE**  
**WORLD:** 2:25.03 W 8/5/2007 **S.VON DER LIPPE** **USA**

1 Schley, Kelly 43 Marcia's Enthusiastic Masters-38 3:30.66  
 1:39.83 3:30.66 (1:50.83)  
 2 McCullough, Juliette 41 Rolling Hills Mud Sharks-38 3:38.84  
 1:43.06 3:38.84 (1:55.78)

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

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## Women 40-44 400 LC Meter IM

	<b>PAC:</b>	<b>5:21.32</b>	<b>P</b>	<b>12/31/2000</b>	<b>Jill S Hernandez</b>		
	<b>NATL:</b>	<b>5:09.83</b>	<b>N</b>	<b>8/1/2004</b>	<b>K PIPES-NEILSEN</b>		
	<b>WORLD:</b>	<b>5:09.83</b>	<b>W</b>	<b>8/1/2004</b>	<b>K.PIPES-NEILSEN</b>	<b>USA</b>	
1	Nehrebecki, Helene			42	Davis Aquatic Masters-38		6:13.84
	1:27.65	3:07.79 (1:40.14)			4:50.14 (1:42.35)		6:13.84 (1:23.70)
2	Flynn, Elizabeth			43	Marcia's Enthusiastic Masters-38		6:47.33
	1:37.58	3:21.09 (1:43.51)			5:12.26 (1:51.17)		6:47.33 (1:35.07)

## Women 45-49 50 LC Meter Freestyle

	<b>PAC:</b>	<b>28.56</b>	<b>P</b>	<b>12/31/2006</b>	<b>Suzanne M Heim-Bo</b>		
	<b>NATL:</b>	<b>27.09</b>	<b>N</b>	<b>8/5/2017</b>	<b>THOMAS\BRAUN</b>		
	<b>WORLD:</b>	<b>26.59</b>	<b>W</b>	<b>3/16/2011</b>	<b>Edith OTTERMANN</b>	<b>RSA</b>	
1	Towey, Rachel			48	Rolling Hills Mud Sharks-38		34.83
2	Davis, Taylor			46	University of San Francisco Ma-38		36.52
3	Ongerth, Ann Michelle			48	Walnut Creek Masters-38		37.43

## Women 45-49 100 LC Meter Freestyle

	<b>PAC:</b>	<b>1:02.11</b>	<b>P</b>	<b>12/31/2003</b>	<b>Suzanne M Heim-Bo</b>		
	<b>NATL:</b>	<b>57.40</b>	<b>N</b>	<b>8/8/2015</b>	<b>MELANIE THOMAS</b>		
	<b>WORLD:</b>	<b>57.40</b>	<b>W</b>	<b>8/8/2015</b>	<b>Melanie THOMAS</b>	<b>USA</b>	
1	Towey, Rachel			48	Rolling Hills Mud Sharks-38		1:18.59
2	Davis, Taylor			46	University of San Francisco Ma-38		1:20.36
3	Ongerth, Ann Michelle			48	Walnut Creek Masters-38		1:30.51

## Women 45-49 200 LC Meter Freestyle

	<b>PAC:</b>	<b>2:12.57</b>	<b>P</b>	<b>8/8/2021</b>	<b>Heidi S George</b>		
	<b>NATL:</b>	<b>2:10.09</b>	<b>N</b>	<b>6/13/2009</b>	<b>K PIPES-NEILSEN</b>		
	<b>WORLD:</b>	<b>2:10.09</b>	<b>W</b>	<b>6/13/2009</b>	<b>K.PIPES-NEILSEN</b>	<b>USA</b>	
1	Mcclafferty, Christine			49	Oregon Masters-37		2:31.52
	1:12.83	2:31.52 (1:18.69)					
2	Belluomini, Melanie			45	Davis Aquatic Masters-38		3:02.44
	1:28.56	3:02.44 (1:33.88)					
3	Ongerth, Ann Michelle			48	Walnut Creek Masters-38		3:21.28
	1:40.15	3:21.28 (1:41.13)					

## Women 45-49 400 LC Meter Freestyle

	<b>PAC:</b>	<b>4:31.95</b>	<b>P</b>	<b>8/7/2021</b>	<b>Heidi S George</b>		
	<b>NATL:</b>	<b>4:31.95</b>	<b>N</b>	<b>8/7/2021</b>	<b>HEIDI GEORGE</b>		
	<b>WORLD:</b>	<b>4:31.95</b>	<b>W</b>	<b>8/7/2021</b>	<b>Heidi GEORGE</b>	<b>USA</b>	
1	Mcclafferty, Christine			49	Oregon Masters-37		5:16.74
	1:16.45	2:37.86 (1:21.41)			3:58.67 (1:20.81)		5:16.74 (1:18.07)

## Women 45-49 800 LC Meter Freestyle

	<b>PAC:</b>	<b>9:11.47</b>	<b>P</b>	<b>6/27/2021</b>	<b>Heidi S George</b>		
	<b>NATL:</b>	<b>9:11.47</b>	<b>N</b>	<b>6/27/2021</b>	<b>HEIDI GEORGE</b>		
	<b>WORLD:</b>	<b>9:11.47</b>	<b>W</b>	<b>6/27/2021</b>	<b>Heidi GEORGE</b>	<b>USA</b>	
1	Mcclafferty, Christine			49	Oregon Masters-37		10:52.18
	1:19.40	2:41.91 (1:22.51)			4:04.15 (1:22.24)		5:27.05 (1:22.90)
	6:49.93 (1:22.88)	8:11.95 (1:22.02)			9:33.32 (1:21.37)		10:52.18 (1:18.86)

## Women 45-49 50 LC Meter Backstroke

	<b>PAC:</b>	<b>32.93</b>	<b>P</b>	<b>12/31/1997</b>	<b>Laura B Val</b>		
	<b>NATL:</b>	<b>31.71</b>	<b>N</b>	<b>7/7/2012</b>	<b>JENKINS\REYNOLDS\</b>		
	<b>WORLD:</b>	<b>31.02</b>	<b>W</b>	<b>8/18/2016</b>	<b>Cindy MABEE</b>	<b>CAN</b>	
1	Towey, Rachel			48	Rolling Hills Mud Sharks-38		46.43

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**Women 45-49 200 LC Meter Backstroke**

PAC: 2:31.93 P 12/31/2009 Lisa A Ward

NATL: 2:26.06 N 5/22/2009 K PIPES-NEILSEN

WORLD: 2:24.06 W 5/28/2016 Joanna CORBEN

GBR

1	Mcclafferty, Christine	49	Oregon Masters-37	2:57.62
	1:29.16		2:57.62 (1:28.46)	

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

PAC: 36.97 P 12/31/1994 Susan Roy

NATL: 33.66 N 7/17/2010 S VON DER LIPPE

WORLD: 33.56 W 8/20/2017 Linley FRAME

AUS

1	Mcclafferty, Christine	49	Oregon Masters-37	40.79
2	Towey, Rachel	48	Rolling Hills Mud Sharks-38	48.65
3	Davis, Taylor	46	University of San Francisco Ma-38	49.84
4	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	51.18
5	Aracic, Elizabeth	45	Uc38	57.89

**Women 45-49 100 LC Meter Breaststroke**

PAC: 1:21.30 P 12/31/2009 Lisa A Ward

NATL: 1:14.41 N 7/17/2010 S VON DER LIPPE

WORLD: 1:13.49 W 9/17/2009 Marzena KULIS

ITA

1	Davis, Taylor	46	University of San Francisco Ma-38	1:50.41
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**Women 45-49 200 LC Meter Breaststroke**

PAC: 2:59.80 P 12/31/2009 Lisa A Ward

NATL: 2:45.20 N 8/5/2007 CAROLINE KRATTLI

WORLD: 2:43.73 W 3/15/2013 H.MORRIS-EYTON

RSA

1	Aracic, Elizabeth	45	Uc38	4:21.70
	2:10.00		4:21.70 (2:11.70)	

**Women 45-49 50 LC Meter Butterfly**

PAC: 30.01 P 12/31/2009 Lisa A Ward

NATL: 28.40 N 8/5/2017 ERIKA BRAUN

WORLD: 28.40 W 8/5/2017 Erika BRAUN

USA

1	Belluomini, Melanie	45	Davis Aquatic Masters-38	37.44
2	Towey, Rachel	48	Rolling Hills Mud Sharks-38	39.75
3	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	43.34
4	Davis, Taylor	46	University of San Francisco Ma-38	47.27
5	Aracic, Elizabeth	45	Uc38	52.95

**Women 45-49 100 LC Meter Butterfly**

PAC: 1:07.30 P 12/31/2005 Jill S Hernandez

NATL: 1:04.96 N 8/6/2014 WENKE SEIDER

WORLD: 1:04.96 W 8/6/2014 Wenke SEIDER

USA

1	Mcclafferty, Christine	49	Oregon Masters-37	1:12.39
2	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	1:43.71
3	Davis, Taylor	46	University of San Francisco Ma-38	1:54.39

**Women 45-49 200 LC Meter Butterfly**

PAC: 2:31.37 P 12/31/1998 Laura B Val

NATL: 2:24.34 N 6/20/2009 K PIPES-NEILSEN

WORLD: 2:24.34 W 6/20/2009 K.PIPES-NEILSEN

USA

1	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	3:57.07
	1:51.52		3:57.07 (2:05.55)	

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

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## Women 45-49 200 LC Meter IM

	<b>PAC:</b>	<b>2:32.46</b>	<b>P</b>	<b>12/31/2005</b>	<b>Jill S Hernandez</b>		
	<b>NATL:</b>	<b>2:27.57</b>	<b>N</b>	<b>8/16/2008</b>	<b>K PIPES-NEILSEN</b>		
	<b>WORLD:</b>	<b>2:27.57</b>	<b>W</b>	<b>8/16/2008</b>	<b>K.PIPES-NEILSEN</b>	<b>USA</b>	
1	Belluomini, Melanie			45	Davis Aquatic Masters-38		3:16.44
		1:33.40					3:16.44 (1:43.04)
2	Aracic, Elizabeth			45	Uc38		4:18.19
		2:03.81					4:18.19 (2:14.38)

## Women 45-49 400 LC Meter IM

	<b>PAC:</b>	<b>5:27.67</b>	<b>P</b>	<b>12/31/2005</b>	<b>Jill S Hernandez</b>		
	<b>NATL:</b>	<b>5:13.85</b>	<b>N</b>	<b>9/5/2008</b>	<b>K PIPES-NEILSEN</b>		
	<b>WORLD:</b>	<b>5:13.85</b>	<b>W</b>	<b>9/5/2008</b>	<b>K.PIPES-NEILSEN</b>	<b>USA</b>	
1	Mcclafferty, Christine			49	Oregon Masters-37		5:55.09
		1:14.93					2:49.75 (1:34.82) 4:33.76 (1:44.01) 5:55.09 (1:21.33)
2	Belluomini, Melanie			45	Davis Aquatic Masters-38		6:51.09
		1:26.43					3:17.59 (1:51.16) 5:16.33 (1:58.74) 6:51.09 (1:34.76)

## Women 50-54 50 LC Meter Freestyle

	<b>PAC:</b>	<b>28.22</b>	<b>P</b>	<b>12/31/2001</b>	<b>Laura B Val</b>		
	<b>NATL:</b>	<b>27.50</b>	<b>N</b>	<b>6/11/2022</b>	<b>ERIKA BRAUN</b>		
	<b>WORLD:</b>	<b>27.09</b>	<b>W</b>	<b>6/28/2015</b>	<b>M.Therese FUZZATI</b>	<b>FRA</b>	
1	Shu, Vicki			54	Marcia's Enthusiastic Masters-38		34.28

## Women 50-54 50 LC Meter Freestyle

	<b>PAC:</b>	<b>28.22</b>	<b>P</b>	<b>12/31/2001</b>	<b>Laura B Val</b>		
	<b>NATL:</b>	<b>27.50</b>	<b>N</b>	<b>6/11/2022</b>	<b>ERIKA BRAUN</b>		
	<b>WORLD:</b>	<b>27.09</b>	<b>W</b>	<b>6/28/2015</b>	<b>M.Therese FUZZATI</b>	<b>FRA</b>	
1	Martell, Beth			50	Oregon Masters-37		30.55
2	Lugassy, Heather			52	Tamalpais Aquatic Masters-38		33.45
3	Nelson, Sheila			54	Santa Rosa Masters-38		34.83
4	Nicolescu, Andreea			50	Tamalpais Aquatic Masters-38		35.44

## Women 50-54 100 LC Meter Freestyle

	<b>PAC:</b>	<b>1:01.13</b>	<b>P</b>	<b>12/31/2001</b>	<b>Laura B Val</b>		
	<b>NATL:</b>	<b>1:00.84</b>	<b>N</b>	<b>6/11/2022</b>	<b>ERIKA BRAUN</b>		
	<b>WORLD:</b>	<b>1:00.42</b>	<b>W</b>	<b>6/27/2015</b>	<b>M.Therese FUZZATI</b>	<b>FRA</b>	
1	Lugassy, Heather			52	Tamalpais Aquatic Masters-38		1:16.13
2	Nelson, Sheila			54	Santa Rosa Masters-38		1:16.48

## Women 50-54 200 LC Meter Freestyle

	<b>PAC:</b>	<b>2:13.18</b>	<b>P</b>	<b>8/7/2013</b>	<b>Jill S Hernandez</b>		
	<b>NATL:</b>	<b>2:13.18</b>	<b>N</b>	<b>8/8/2013</b>	<b>JILL HERNANDEZ</b>		
	<b>WORLD:</b>	<b>2:13.18</b>	<b>W</b>	<b>8/8/2013</b>	<b>Jill HERNANDEZ</b>	<b>USA</b>	
1	Nelson, Sheila			54	Santa Rosa Masters-38		2:49.12
		1:22.76					2:49.12 (1:26.36)
2	Goldberg, Michelle			54	Davis Aquatic Masters-38		2:53.40
		1:21.94					2:53.40 (1:31.46)
3	Cox, Juliet			54	Manatee Aquatic Masters Inc-38		2:57.26
		1:25.90					2:57.26 (1:31.36)

## Women 50-54 400 LC Meter Freestyle

	<b>PAC:</b>	<b>4:40.66</b>	<b>P</b>	<b>8/7/2013</b>	<b>Jill S Hernandez</b>		
	<b>NATL:</b>	<b>4:40.66</b>	<b>N</b>	<b>8/11/2013</b>	<b>JILL HERNANDEZ</b>		
	<b>WORLD:</b>	<b>4:40.66</b>	<b>W</b>	<b>8/11/2013</b>	<b>Jill HERNANDEZ</b>	<b>USA</b>	
1	Zamanian, Alison			52	Walnut Creek Masters-38		4:49.10



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## Women 50-54 400 LC Meter Freestyle

	<b>PAC:</b>	<b>4:40.66</b>	<b>P</b>	<b>8/7/2013</b>	<b>Jill S Hernandez</b>		
	<b>NATL:</b>	<b>4:40.66</b>	<b>N</b>	<b>8/11/2013</b>	<b>JILL HERNANDEZ</b>		
	<b>WORLD:</b>	<b>4:40.66</b>	<b>W</b>	<b>8/11/2013</b>	<b>Jill HERNANDEZ</b>	<b>USA</b>	
1	Zamanian, Alison		52	Walnut Creek Masters-38			4:41.31
	1:07.66	2:18.99 (1:11.33)		3:31.08 (1:12.09)	4:41.31 (1:10.23)		
2	Sondag, Lynn		54	Tamalpais Aquatic Masters-38			5:51.57
	1:21.18	2:51.31 (1:30.13)		4:22.34 (1:31.03)	5:51.57 (1:29.23)		
3	Goldberg, Michelle		54	Davis Aquatic Masters-38			6:02.72
	1:24.72	2:57.96 (1:33.24)		4:32.07 (1:34.11)	6:02.72 (1:30.65)		
4	Cox, Juliet		54	Manatee Aquatic Masters Inc-38			6:06.89
	1:29.02	3:02.91 (1:33.89)		4:35.40 (1:32.49)	6:06.89 (1:31.49)		

## Women 50-54 800 LC Meter Freestyle

	<b>PAC:</b>	<b>9:34.12</b>	<b>P</b>	<b>7/23/2016</b>	<b>Susan H Preston</b>		
	<b>NATL:</b>	<b>9:34.12</b>	<b>N</b>	<b>7/23/2016</b>	<b>SUSAN PRESTON</b>		
	<b>WORLD:</b>	<b>9:34.12</b>	<b>W</b>	<b>7/23/2016</b>	<b>Susan PRESTON</b>	<b>USA</b>	
1	Zamanian, Alison		52	Walnut Creek Masters-38			9:42.10
	1:09.25	2:22.22 (1:12.97)		3:35.95 (1:13.73)	4:49.52 (1:13.57)		
	6:03.47 (1:13.95)	7:17.49 (1:14.02)		8:31.02 (1:13.53)	9:42.10 (1:11.08)		
2	Kinder, Stephanie		52	Davis Aquatic Masters-38			11:45.67
	1:24.15	2:52.27 (1:28.12)		4:20.96 (1:28.69)	5:49.42 (1:28.46)		
	7:17.83 (1:28.41)	8:46.92 (1:29.09)		10:17.07 (1:30.15)	11:45.67 (1:28.60)		
3	Sondag, Lynn		54	Tamalpais Aquatic Masters-38			12:02.57
	1:23.71	2:56.20 (1:32.49)		4:28.25 (1:32.05)	6:00.44 (1:32.19)		
	7:32.25 (1:31.81)	9:03.81 (1:31.56)		10:34.34 (1:30.53)	12:02.57 (1:28.23)		

## Women 50-54 800 LC Meter Freestyle

	<b>PAC:</b>	<b>9:34.12</b>	<b>P</b>	<b>7/23/2016</b>	<b>Susan H Preston</b>		
	<b>NATL:</b>	<b>9:34.12</b>	<b>N</b>	<b>7/23/2016</b>	<b>SUSAN PRESTON</b>		
	<b>WORLD:</b>	<b>9:34.12</b>	<b>W</b>	<b>7/23/2016</b>	<b>Susan PRESTON</b>	<b>USA</b>	
1	Zamanian, Alison		52	Walnut Creek Masters-38			9:42.97

## Women 50-54 1500 LC Meter Freestyle

	<b>PAC:</b>	<b>18:32.76</b>	<b>P</b>	<b>12/31/2008</b>	<b>Suzanne M Heim-Bo</b>		
	<b>NATL:</b>	<b>18:32.76</b>	<b>N</b>	<b>8/14/2008</b>	<b>S HEIM-BOWEN</b>		
	<b>WORLD:</b>	<b>18:29.28</b>	<b>W</b>	<b>3/13/2011</b>	<b>Lynn MARSHALL</b>	<b>CAN</b>	
1	Zamanian, Alison		52	Walnut Creek Masters-38			18:15.80W
	1:09.10	2:22.08 (1:12.98)		3:35.66 (1:13.58)	4:49.10 (1:13.44)		
	6:02.73 (1:13.63)	7:16.48 (1:13.75)		8:29.95 (1:13.47)	9:42.97 (1:13.02)		
	10:56.49 (1:13.52)	12:10.03 (1:13.54)		13:23.79 (1:13.76)	14:37.30 (1:13.51)		
	15:51.02 (1:13.72)	17:04.45 (1:13.43)		18:15.80 (1:11.35)			
2	Kinder, Stephanie		52	Davis Aquatic Masters-38			22:12.41
	1:25.33	2:54.71 (1:29.38)		4:23.41 (1:28.70)	5:51.71 (1:28.30)		
	7:19.83 (1:28.12)	8:48.36 (1:28.53)		10:17.66 (1:29.30)	11:47.57 (1:29.91)		
	13:17.50 (1:29.93)	14:47.61 (1:30.11)		16:17.31 (1:29.70)	17:46.72 (1:29.41)		
	19:16.06 (1:29.34)	20:45.87 (1:29.81)		22:12.41 (1:26.54)			
3	Santilhano, Michele		52	Menlo Masters-38			29:52.61
	1:51.15	3:50.04 (1:58.89)		5:48.95 (1:58.91)	7:49.32 (2:00.37)		
	9:52.60 (2:03.28)	11:52.58 (1:59.98)		13:53.59 (2:01.01)	15:55.42 (2:01.83)		
	17:56.53 (2:01.11)	19:58.26 (2:01.73)		21:59.35 (2:01.09)	24:01.02 (2:01.67)		
	25:57.56 (1:56.54)	27:56.09 (1:58.53)		29:52.61 (1:56.52)			

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

## Women 50-54 50 LC Meter Backstroke

	<b>PAC:</b>	<b>33.45</b>	<b>P</b>	<b>12/31/2009</b>	<b>Bonnie M Bilich</b>		
	<b>NATL:</b>	<b>32.41</b>	<b>N</b>	<b>6/22/2013</b>	<b>LESLIE LIVINGSTON</b>		
	<b>WORLD:</b>	<b>31.59</b>	<b>W</b>	<b>7/6/2019</b>	<b>Cindy MABEE</b>	<b>CAN</b>	
1	Lane, Tanya			51	Fresno Dolphins Masters Swim T-38		34.01
2	Zamanian, Alison			52	Walnut Creek Masters-38		34.55
3	Martell, Beth			50	Oregon Masters-37		36.05
4	Nicolescu, Andreea			50	Tamalpais Aquatic Masters-38		40.51
5	Kinder, Stephanie			52	Davis Aquatic Masters-38		41.11
6	Jones, Sara			54	Santa Rosa Masters-38		41.29
7	Shu, Vicki			54	Marcia's Enthusiastic Masters-38		43.40

## Women 50-54 100 LC Meter Backstroke

	<b>PAC:</b>	<b>1:13.76</b>	<b>P</b>	<b>12/31/2009</b>	<b>Bonnie M Bilich</b>		
	<b>NATL:</b>	<b>1:09.28</b>	<b>N</b>	<b>8/8/2014</b>	<b>ELLEN REYNOLDS</b>		
	<b>WORLD:</b>	<b>1:08.16</b>	<b>W</b>	<b>3/1/2020</b>	<b>Joanna CORBEN</b>	<b>GBR</b>	
1	Lane, Tanya			51	Fresno Dolphins Masters Swim T-38		1:14.63
2	Martell, Beth			50	Oregon Masters-37		1:16.94
3	Garforth, Emma			54	Davis Aquatic Masters-38		1:24.91
4	Jones, Sara			54	Santa Rosa Masters-38		1:27.88
5	Cox, Juliet			54	Manatee Aquatic Masters Inc-38		1:32.26
6	Nelson, Sheila			54	Santa Rosa Masters-38		1:35.87

## Women 50-54 200 LC Meter Backstroke

	<b>PAC:</b>	<b>2:39.40</b>	<b>P</b>	<b>12/31/2009</b>	<b>Bonnie M Bilich</b>		
	<b>NATL:</b>	<b>2:26.64</b>	<b>N</b>	<b>8/4/2014</b>	<b>ELLEN REYNOLDS</b>		
	<b>WORLD:</b>	<b>2:26.64</b>	<b>W</b>	<b>8/4/2014</b>	<b>Ellen REYNOLDS</b>	<b>USA</b>	
1	Zamanian, Alison			52	Walnut Creek Masters-38		2:36.60 P
		1:17.56			2:36.60 (1:19.04)		
2	Martell, Beth			50	Oregon Masters-37		2:49.84
		1:22.96			2:49.84 (1:26.88)		
3	Garforth, Emma			54	Davis Aquatic Masters-38		2:59.93
		1:30.26			2:59.93 (1:29.67)		
4	Jones, Sara			54	Santa Rosa Masters-38		3:06.53
		1:31.08			3:06.53 (1:35.45)		

## Women 50-54 50 LC Meter Breaststroke

	<b>PAC:</b>	<b>37.81</b>	<b>P</b>	<b>10/10/2021</b>	<b>Tanya N Lane</b>		
	<b>NATL:</b>	<b>36.94</b>	<b>N</b>	<b>8/9/2019</b>	<b>LAUREL HILL</b>		
	<b>WORLD:</b>	<b>34.18</b>	<b>W</b>	<b>6/13/2012</b>	<b>Monica CORO</b>	<b>ITA</b>	
1	Lane, Tanya			51	Fresno Dolphins Masters Swim T-38		38.42
2	Martell, Beth			50	Oregon Masters-37		42.76
3	Garforth, Emma			54	Davis Aquatic Masters-38		43.22
4	Goldberg, Michelle			54	Davis Aquatic Masters-38		46.06
5	Nelson, Sheila			54	Santa Rosa Masters-38		46.51
6	Jones, Sara			54	Santa Rosa Masters-38		47.85
7	Voight, Tina			53	Marcia's Enthusiastic Masters-38		49.78

## Women 50-54 100 LC Meter Breaststroke

	<b>PAC:</b>	<b>1:23.72</b>	<b>P</b>	<b>10/8/2021</b>	<b>Tanya N Lane</b>		
	<b>NATL:</b>	<b>1:22.23</b>	<b>N</b>	<b>8/4/2014</b>	<b>CORRIN POPPS</b>		
	<b>WORLD:</b>	<b>1:15.50</b>	<b>W</b>	<b>6/11/2012</b>	<b>Monica CORO</b>	<b>ITA</b>	
1	Lane, Tanya			51	Fresno Dolphins Masters Swim T-38		1:24.69
2	Garforth, Emma			54	Davis Aquatic Masters-38		1:33.48
3	Nelson, Sheila			54	Santa Rosa Masters-38		1:42.07

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

**(Women 50-54 100 LC Meter Breaststroke)**

*4	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	1:50.43
*4	Kinder, Stephanie	52	Davis Aquatic Masters-38	1:50.43

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

PAC: 3:05.00 P 8/10/2013 TLane&SWeiss  
 NATL: 2:54.00 N 8/6/2016 ELLEN REYNOLDS  
 WORLD: 2:48.36 W 3/6/2022 Helen GORMAN

GBR

1	Garforth, Emma	54	Davis Aquatic Masters-38	3:22.00
	1:38.99		3:22.00 (1:43.01)	

**Women 50-54 50 LC Meter Butterfly**

PAC: 30.72 P 12/31/2001 Laura B Val  
 NATL: 29.53 N 6/11/2022 ERIKA BRAUN  
 WORLD: 29.82 W 7/24/2016 Susan WILLIAMS

USA

1	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	36.96
2	Goldberg, Michelle	54	Davis Aquatic Masters-38	39.09
3	Peroni, Diana	50	Marin Aquatic Masters-38	39.13
4	Voight, Tina	53	Marcia's Enthusiastic Masters-38	44.11

**Women 50-54 100 LC Meter Butterfly**

PAC: 1:07.80 P 12/31/2011 Jill S Hernandez  
 NATL: 1:07.80 N 8/13/2011 JILL HERNANDEZ  
 WORLD: 1:07.80 W 8/13/2011 Jill HERNANDEZ

USA

1	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	1:27.38
2	Peroni, Diana	50	Marin Aquatic Masters-38	1:35.40

**Women 50-54 200 LC Meter Butterfly**

PAC: 2:31.55 P 12/31/2001 Laura B Val  
 NATL: 2:31.55 N 8/18/2001 LAURA VAL  
 WORLD: 2:31.55 W 8/18/2001 Laura VAL

USA

1	Zamanian, Alison	52	Walnut Creek Masters-38	2:36.49
	1:13.56		2:36.49 (1:22.93)	
2	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	3:14.89
	1:31.41		3:14.89 (1:43.48)	
3	Peroni, Diana	50	Marin Aquatic Masters-38	3:32.32
	1:39.55		3:32.32 (1:52.77)	

**Women 50-54 200 LC Meter IM**

PAC: 2:36.05 P 7/24/2016 Susan H Preston  
 NATL: 2:31.02 N 8/7/2016 ELLEN REYNOLDS  
 WORLD: 2:31.02 W 8/7/2016 Ellen REYNOLDS

USA

1	Zamanian, Alison	52	Walnut Creek Masters-38	2:39.89
	1:13.11		2:39.89 (1:26.78)	
2	Martell, Beth	50	Oregon Masters-37	2:47.23
	1:18.56		2:47.23 (1:28.67)	
3	Garforth, Emma	54	Davis Aquatic Masters-38	3:04.43
	1:29.63		3:04.43 (1:34.80)	
4	Jones, Sara	54	Santa Rosa Masters-38	3:08.09
	1:31.28		3:08.09 (1:36.81)	

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

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## Women 50-54 400 LC Meter IM

	<b>PAC:</b>	<b>5:30.32</b>	<b>P</b>	<b>8/10/2013</b>	<b>Jill S Hernandez</b>		
	<b>NATL:</b>	<b>5:20.68</b>	<b>N</b>	<b>8/5/2014</b>	<b>ELLEN REYNOLDS</b>		
	<b>WORLD:</b>	<b>5:20.68</b>	<b>W</b>	<b>8/5/2014</b>	<b>Ellen REYNOLDS</b>	<b>USA</b>	
1	Garforth, Emma			54	Davis Aquatic Masters-38		6:27.95
		1:36.58		3:14.99 (1:38.41)	5:02.81 (1:47.82)	6:27.95 (1:25.14)	
2	Jones, Sara			54	Santa Rosa Masters-38		6:29.44
		1:40.23		3:17.11 (1:36.88)	5:06.44 (1:49.33)	6:29.44 (1:23.00)	

## Women 55-59 50 LC Meter Freestyle

	<b>PAC:</b>	<b>28.69</b>	<b>P</b>	<b>12/31/2008</b>	<b>Laura B Val</b>		
	<b>NATL:</b>	<b>28.46</b>	<b>N</b>	<b>8/8/2019</b>	<b>HOLLY GREEN BLAIR</b>		
	<b>WORLD:</b>	<b>28.25</b>	<b>W</b>	<b>2/20/2022</b>	<b>Edith OTTERMAN</b>	<b>RSA</b>	
1	Godges, Arlette			58	Santa Barbara Masters Swimming-33		30.99
2	Capen, Tasha			56	Menlo Masters-38		34.90
3	Viscardi, Josie			58	Rolling Hills Mud Sharks-38		36.87
4	Couch, Stephanie			58	Menlo Masters-38		37.90
5	Kavalauskas, Alita			59	Jellies Aquatic Masters of Mon-38		38.32
6	Hurt, Liz			58	Marcia's Enthusiastic Masters-38		39.07
7	Harris, Karen			56	Richmond Plunge Masters-38		39.44
8	Jacobus, Patricia			58	University of San Francisco Ma-38		40.40
9	Cervantes-Mui, Wendy			55	Ladera Oaks Masters-38		41.89
10	Goodbrake, Carol			57	Sacramento Masters-38		43.23
11	Ippolito, Loretta J			59	University of San Francisco Ma-38		45.74
12	Macleod, Pascale I			58	University of San Francisco Ma-38		48.90
13	Hu, Qing			56	Walnut Creek Masters-38		1:05.92

## Women 55-59 100 LC Meter Freestyle

	<b>PAC:</b>	<b>1:02.02</b>	<b>P</b>	<b>12/31/2007</b>	<b>LVal&amp;LVal</b>		
	<b>NATL:</b>	<b>1:02.02</b>	<b>N</b>	<b>8/13/2007</b>	<b>VAL\VAL</b>		
	<b>WORLD:</b>	<b>1:02.02</b>	<b>W</b>	<b>8/16/2008</b>	<b>Laura VAL</b>	<b>USA</b>	
1	Godges, Arlette			58	Santa Barbara Masters Swimming-33		1:07.61
2	Couch, Stephanie			58	Menlo Masters-38		1:18.75
3	Capen, Tasha			56	Menlo Masters-38		1:24.05
4	Viscardi, Josie			58	Rolling Hills Mud Sharks-38		1:28.07
5	Kavalauskas, Alita			59	Jellies Aquatic Masters of Mon-38		1:30.07
6	Jacobus, Patricia			58	University of San Francisco Ma-38		1:32.35
7	Cervantes-Mui, Wendy			55	Ladera Oaks Masters-38		1:35.02
8	Goodbrake, Carol			57	Sacramento Masters-38		1:38.17
9	Macleod, Pascale I			58	University of San Francisco Ma-38		1:47.29

## Women 55-59 100 LC Meter Freestyle

	<b>PAC:</b>	<b>1:02.02</b>	<b>P</b>	<b>12/31/2007</b>	<b>LVal&amp;LVal</b>		
	<b>NATL:</b>	<b>1:02.02</b>	<b>N</b>	<b>8/13/2007</b>	<b>VAL\VAL</b>		
	<b>WORLD:</b>	<b>1:02.02</b>	<b>W</b>	<b>8/16/2008</b>	<b>Laura VAL</b>	<b>USA</b>	
1	Goodbrake, Carol			57	Sacramento Masters-38		1:41.60

## Women 55-59 200 LC Meter Freestyle

	<b>PAC:</b>	<b>2:16.28</b>	<b>P</b>	<b>12/31/2009</b>	<b>Laura B Val</b>		
	<b>NATL:</b>	<b>2:16.28</b>	<b>N</b>	<b>8/11/2019</b>	<b>VAL\REYNOLDS</b>		
	<b>WORLD:</b>	<b>2:16.28</b>	<b>W</b>	<b>8/11/2019</b>	<b>Ellen REYNOLDS</b>	<b>USA</b>	
1	Ward, Lisa			58	Walnut Creek Masters-38		2:27.88
		1:11.37		2:27.88 (1:16.51)			
2	Godges, Arlette			58	Santa Barbara Masters Swimming-33		2:34.44
		1:12.36		2:34.44 (1:22.08)			

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**(Women 55-59 200 LC Meter Freestyle)**

3	Goodbrake, Carol	57	Sacramento Masters-38	3:27.77
	1:41.84	3:27.77 (1:45.93)		

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

**PAC: 2:16.28 P 12/31/2009 Laura B Val**

**NATL: 2:16.28 N 8/11/2019 VAL\REYNOLDS**

**WORLD: 2:16.28 W 8/11/2019 Ellen REYNOLDS**

**USA**

3	Couch, Stephanie	58	Menlo Masters-38	2:49.12
4	Goodbrake, Carol	57	Sacramento Masters-38	3:32.93

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

**PAC: 4:46.69 P 7/26/2015 Jill S Hernandez**

**NATL: 4:46.49 N 8/10/2019 ELLEN REYNOLDS**

**WORLD: 4:43.41 W 7/10/2016 Lynn MARSHALL**

**CAN**

1	Phalen, Jennifer	58	Davis Aquatic Masters-38	6:40.36
	1:33.89	3:16.75 (1:42.86)	4:59.14 (1:42.39)	6:40.36 (1:41.22)
2	Goodbrake, Carol	57	Sacramento Masters-38	7:14.92
	1:42.91	3:35.44 (1:52.53)	5:26.97 (1:51.53)	7:14.92 (1:47.95)

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

**PAC: 4:46.69 P 7/26/2015 Jill S Hernandez**

**NATL: 4:46.49 N 8/10/2019 ELLEN REYNOLDS**

**WORLD: 4:43.41 W 7/10/2016 Lynn MARSHALL**

**CAN**

1	Couch, Stephanie	58	Menlo Masters-38	5:42.86
2	Goodbrake, Carol	57	Sacramento Masters-38	7:19.17

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

**PAC: 9:46.56 P 7/25/2015 Jill S Hernandez**

**NATL: 9:46.56 N 7/25/2015 JILL HERNANDEZ**

**WORLD: 9:44.76 W 2/25/2017 Lynn MARSHALL**

**CAN**

1	Couch, Stephanie	58	Menlo Masters-38	11:30.68
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**Women 55-59 800 LC Meter Freestyle**

**PAC: 9:46.56 P 7/25/2015 Jill S Hernandez**

**NATL: 9:46.56 N 7/25/2015 JILL HERNANDEZ**

**WORLD: 9:44.76 W 2/25/2017 Lynn MARSHALL**

**CAN**

1	Russell, Jane	59	Davis Aquatic Masters-38	12:14.91
	1:24.72	2:56.17 (1:31.45)	4:28.71 (1:32.54)	6:01.78 (1:33.07)
	7:35.06 (1:33.28)	9:08.98 (1:33.92)	10:43.02 (1:34.04)	12:14.91 (1:31.89)
2	Goodbrake, Carol	57	Sacramento Masters-38	14:48.46
	1:41.60	3:32.93 (1:51.33)	5:26.09 (1:53.16)	7:19.17 (1:53.08)
	9:11.70 (1:52.53)	11:04.47 (1:52.77)	12:58.32 (1:53.85)	14:48.46 (1:50.14)

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

**PAC: 19:14.70 P 12/31/2007 Laura B Val**

**NATL: 18:36.30 N 8/7/2019 ELLEN REYNOLDS**

**WORLD: 18:36.30 W 8/7/2019 Ellen REYNOLDS**

**USA**

1	Couch, Stephanie	58	Menlo Masters-38	21:35.96
	1:22.60	2:49.12 (1:26.52)	4:16.28 (1:27.16)	5:42.86 (1:26.58)
	7:10.32 (1:27.46)	8:36.99 (1:26.67)	10:03.81 (1:26.82)	11:30.68 (1:26.87)
	12:58.00 (1:27.32)	14:25.00 (1:27.00)	15:52.42 (1:27.42)	17:18.82 (1:26.40)
	18:45.24 (1:26.42)	20:11.34 (1:26.10)	21:35.96 (1:24.62)	

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**(Women 55-59 1500 LC Meter Freestyle)**

2	Taylor, Catherine	59	Walnut Creek Masters-38	26:10.16
	1:37.49	3:21.13 (1:43.64)	5:05.41 (1:44.28)	6:50.36 (1:44.95)
	8:35.60 (1:45.24)	10:20.81 (1:45.21)	12:05.68 (1:44.87)	13:51.04 (1:45.36)
	15:36.73 (1:45.69)	17:22.32 (1:45.59)	19:08.64 (1:46.32)	20:55.19 (1:46.55)
	22:40.99 (1:45.80)	24:26.96 (1:45.97)	26:10.16 (1:43.20)	

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

	<b>PAC:</b>	<b>33.75</b>	<b>P</b>	<b>12/31/2010</b>	<b>Laura B Val</b>	
	<b>NATL:</b>	<b>31.99</b>	<b>N</b>	<b>8/2/2018</b>	<b>HOLLY GREEN BLAIR</b>	
	<b>WORLD:</b>	<b>31.99</b>	<b>W</b>	<b>8/2/2018</b>	<b>Holly GREEN BLAIR</b>	<b>USA</b>
1	Ward, Lisa	58	Walnut Creek Masters-38	37.91		
2	Russell, Jane	59	Davis Aquatic Masters-38	40.74		
3	Couch, Stephanie	58	Menlo Masters-38	43.54		
4	Kavalauskas, Alita	59	Jellies Aquatic Masters of Mon-38	46.41		
5	Capen, Tasha	56	Menlo Masters-38	50.99		
6	Crow, Joan	58	Davis Aquatic Masters-38	52.41		
7	Ippolito, Loretta J	59	University of San Francisco Ma-38	56.57		
8	Goodbrake, Carol	57	Sacramento Masters-38	1:00.05		
9	Cervantes-Mui, Wendy	55	Ladera Oaks Masters-38	1:01.88		
10	Macleod, Pascale I	58	University of San Francisco Ma-38	1:06.03		

**Women 55-59 100 LC Meter Backstroke**

	<b>PAC:</b>	<b>1:12.45</b>	<b>P</b>	<b>7/16/2017</b>	<b>Bonnie M Bilich</b>	
	<b>NATL:</b>	<b>1:09.69</b>	<b>N</b>	<b>8/11/2019</b>	<b>HOLLY GREEN BLAIR</b>	
	<b>WORLD:</b>	<b>1:09.69</b>	<b>W</b>	<b>8/11/2019</b>	<b>Holly GREEN BLAIR</b>	<b>USA</b>
1	Ward, Lisa	58	Walnut Creek Masters-38	1:18.00		
2	Russell, Jane	59	Davis Aquatic Masters-38	1:32.15		
3	Cervantes-Mui, Wendy	55	Ladera Oaks Masters-38	2:17.01		

**Women 55-59 200 LC Meter Backstroke**

	<b>PAC:</b>	<b>2:40.84</b>	<b>P</b>	<b>7/15/2017</b>	<b>Bonnie M Bilich</b>	
	<b>NATL:</b>	<b>2:31.79</b>	<b>N</b>	<b>5/19/2019</b>	<b>ELLEN REYNOLDS</b>	
	<b>WORLD:</b>	<b>2:31.79</b>	<b>W</b>	<b>5/19/2019</b>	<b>Ellen REYNOLDS</b>	<b>USA</b>
1	Ward, Lisa	58	Walnut Creek Masters-38	2:45.61		
	1:20.23	2:45.61 (1:25.38)				
2	Couch, Stephanie	58	Menlo Masters-38	3:10.14		
	1:33.76	3:10.14 (1:36.38)				
3	Phalen, Jennifer	58	Davis Aquatic Masters-38	3:58.89		
	1:59.33	3:58.89 (1:59.56)				

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

	<b>PAC:</b>	<b>41.31</b>	<b>P</b>	<b>7/16/2017</b>	<b>Jana Matena</b>	
	<b>NATL:</b>	<b>37.13</b>	<b>N</b>	<b>7/16/2017</b>	<b>CAROLINE KRATTLI</b>	
	<b>WORLD:</b>	<b>35.94</b>	<b>W</b>	<b>5/20/2017</b>	<b>Monica CORO</b>	<b>ITA</b>
1	Godges, Arlette	58	Santa Barbara Masters Swimming-33	39.97 P		
2	Bulman, Robin	57	Santa Rosa Masters-38	41.91		
3	Phalen, Jennifer	58	Davis Aquatic Masters-38	49.90		
4	Hurt, Liz	58	Marcia's Enthusiastic Masters-38	50.14		
5	Crow, Joan	58	Davis Aquatic Masters-38	51.03		

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

## Women 55-59 100 LC Meter Breaststroke

<b>PAC:</b> 1:31.56		<b>P</b> 8/9/2014	<b>Barbara C Wheeler</b>	
<b>NATL:</b> 1:21.21		<b>N</b> 7/15/2017	<b>CAROLINE KRATTLI</b>	
<b>WORLD:</b> 1:19.90		<b>W</b> 1/29/2017	<b>Monica CORO</b>	<b>ITA</b>
1	Bulman, Robin	57	Santa Rosa Masters-38	1:31.50 P
2	Ward, Lisa	58	Walnut Creek Masters-38	1:32.85
3	Godges, Arlette	58	Santa Barbara Masters Swimming-33	1:32.99
4	Russell, Jane	59	Davis Aquatic Masters-38	1:44.49
5	Phalen, Jennifer	58	Davis Aquatic Masters-38	1:45.29
6	Hurt, Liz	58	Marcia's Enthusiastic Masters-38	1:50.16
7	Crow, Joan	58	Davis Aquatic Masters-38	1:50.84
8	Macleod, Pascale I	58	University of San Francisco Ma-38	2:18.61

## Women 55-59 200 LC Meter Breaststroke

<b>PAC:</b> 3:20.11		<b>P</b> 7/11/2018	<b>Merrie E Walts</b>	
<b>NATL:</b> 2:59.27		<b>N</b> 5/19/2019	<b>ELLEN REYNOLDS</b>	
<b>WORLD:</b> 2:58.83		<b>W</b> 5/28/2017	<b>Monica CORO</b>	<b>ITA</b>
1	Bulman, Robin	57	Santa Rosa Masters-38	3:25.55
	1:38.18		3:25.55 (1:47.37)	
2	Phalen, Jennifer	58	Davis Aquatic Masters-38	3:41.39
	1:46.39		3:41.39 (1:55.00)	
3	Russell, Jane	59	Davis Aquatic Masters-38	3:43.38
	1:47.07		3:43.38 (1:56.31)	

## Women 55-59 50 LC Meter Butterfly

<b>PAC:</b> 31.42		<b>P</b> 12/31/2009	<b>Laura B Val</b>	
<b>NATL:</b> 30.52		<b>N</b> 7/10/2016	<b>LESLIE LIVINGSTON</b>	
<b>WORLD:</b> 30.52		<b>W</b> 7/10/2016	<b>Leslie LIVINGSTON</b>	<b>USA</b>
1	Ward, Lisa	58	Walnut Creek Masters-38	33.54
2	Godges, Arlette	58	Santa Barbara Masters Swimming-33	33.97
3	Russell, Jane	59	Davis Aquatic Masters-38	38.17
4	Viscardi, Josie	58	Rolling Hills Mud Sharks-38	42.42
5	Hurt, Liz	58	Marcia's Enthusiastic Masters-38	48.23
6	Goodbrake, Carol	57	Sacramento Masters-38	49.85
7	Ippolito, Loretta J	59	University of San Francisco Ma-38	56.66
8	Cervantes-Mui, Wendy	55	Ladera Oaks Masters-38	56.84

## Women 55-59 100 LC Meter Butterfly

<b>PAC:</b> 1:09.47		<b>P</b> 12/31/2009	<b>Laura B Val</b>	
<b>NATL:</b> 1:09.47		<b>N</b> 8/9/2009	<b>LAURA VAL</b>	
<b>WORLD:</b> 1:09.47		<b>W</b> 8/9/2009	<b>Laura VAL</b>	<b>USA</b>
1	Godges, Arlette	58	Santa Barbara Masters Swimming-33	1:21.33
2	Russell, Jane	59	Davis Aquatic Masters-38	1:28.64
3	Bulman, Robin	57	Santa Rosa Masters-38	1:36.34
4	Phalen, Jennifer	58	Davis Aquatic Masters-38	1:53.58
5	Hurt, Liz	58	Marcia's Enthusiastic Masters-38	2:07.49
6	Cervantes-Mui, Wendy	55	Ladera Oaks Masters-38	2:19.85

## Women 55-59 200 LC Meter IM

<b>PAC:</b> 2:38.74		<b>P</b> 7/26/2015	<b>Jill S Hernandez</b>	
<b>NATL:</b> 2:31.51		<b>N</b> 7/6/2019	<b>ELLEN REYNOLDS</b>	
<b>WORLD:</b> 2:31.51		<b>W</b> 7/6/2019	<b>Ellen REYNOLDS</b>	<b>USA</b>
1	Ward, Lisa	58	Walnut Creek Masters-38	2:49.25
	1:20.29		2:49.25 (1:28.96)	

**2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022****Results****(Women 55-59 200 LC Meter IM)**

2	Bulman, Robin	57	Santa Rosa Masters-38	3:13.46
	1:37.43	3:13.46	(1:36.03)	
3	Phalen, Jennifer	58	Davis Aquatic Masters-38	3:43.77
	1:56.29	3:43.77	(1:47.48)	
4	Cervantes-Mui, Wendy	55	Ladera Oaks Masters-38	4:39.95
	2:14.37	4:39.95	(2:25.58)	

**Women 55-59 400 LC Meter IM**

	<b>PAC:</b>	<b>5:49.40</b>	<b>P</b>	<b>12/31/2009</b>	<b>Laura B Val</b>	
	<b>NATL:</b>	<b>5:21.35</b>	<b>N</b>	<b>5/17/2019</b>	<b>ELLEN REYNOLDS</b>	
	<b>WORLD:</b>	<b>5:22.41</b>	<b>W</b>	<b>7/6/2019</b>	<b>Ellen REYNOLDS</b>	<b>USA</b>
1	Couch, Stephanie	58	Menlo Masters-38	6:44.04		
	1:38.94	3:16.78	(1:37.84)	5:17.63 (2:00.85)	6:44.04 (1:26.41)	
2	Bulman, Robin	57	Santa Rosa Masters-38	6:51.50		
	1:41.89	3:32.48	(1:50.59)	5:19.08 (1:46.60)	6:51.50 (1:32.42)	
3	Taylor, Catherine	59	Walnut Creek Masters-38	7:55.15		
	1:59.23	4:03.81	(2:04.58)	6:13.36 (2:09.55)	7:55.15 (1:41.79)	
4	Hurt, Liz	58	Marcia's Enthusiastic Masters-38	8:10.90		
	2:04.88	4:15.68	(2:10.80)	6:21.39 (2:05.71)	8:10.90 (1:49.51)	

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

	<b>PAC:</b>	<b>29.31</b>	<b>P</b>	<b>12/31/2011</b>	<b>Laura B Val</b>	
	<b>NATL:</b>	<b>29.21</b>	<b>N</b>	<b>8/4/2018</b>	<b>PENNY NOYES</b>	
	<b>WORLD:</b>	<b>28.90</b>	<b>W</b>	<b>3/17/2018</b>	<b>Jenny WHITELEY</b>	<b>AUS</b>
1	Walts, Merrie	62	Santa Rosa Masters-38	32.10		
2	Delmage, Arlene	60	Oregon Masters-37	32.35		
3	Collins, Helen	60	Uc38	32.42		
4	Joyce, Martha	62	Tamalpais Aquatic Masters-38	32.79		
5	Mammoser, Mary	60	Rolling Hills Mud Sharks-38	34.44		
6	Oliver, April	61	North Bay Aquatics-38	34.56		
7	Laudenslager, Sherri	60	Rolling Hills Mud Sharks-38	40.85		
8	Banis, Yvonne N	61	Walnut Creek Masters-38	49.24		

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

	<b>PAC:</b>	<b>1:03.83</b>	<b>P</b>	<b>12/31/2011</b>	<b>Laura B Val</b>	
	<b>NATL:</b>	<b>1:03.83</b>	<b>N</b>	<b>8/5/2011</b>	<b>LAURA VAL</b>	
	<b>WORLD:</b>	<b>1:03.83</b>	<b>W</b>	<b>8/5/2011</b>	<b>Laura VAL</b>	<b>USA</b>
1	Steffe, Kathleen	60	Colorado Masters Swimming-32	1:10.97		
2	Collins, Helen	60	Uc38	1:11.76		
3	Delmage, Arlene	60	Oregon Masters-37	1:12.04		
4	Joyce, Martha	62	Tamalpais Aquatic Masters-38	1:12.27		
5	Laudenslager, Sherri	60	Rolling Hills Mud Sharks-38	1:29.74		
6	Dibley, Allison M	60	Walnut Creek Masters-38	1:42.61		
7	Banis, Yvonne N	61	Walnut Creek Masters-38	1:57.75		

**Women 60-64 200 LC Meter Freestyle**

	<b>PAC:</b>	<b>2:21.48</b>	<b>P</b>	<b>12/31/2012</b>	<b>Laura B Val</b>	
	<b>NATL:</b>	<b>2:21.48</b>	<b>N</b>	<b>6/12/2012</b>	<b>LAURA VAL</b>	
	<b>WORLD:</b>	<b>2:21.03</b>	<b>W</b>	<b>3/20/2019</b>	<b>Jenny WHITELEY</b>	<b>AUS</b>
1	Steffe, Kathleen	60	Colorado Masters Swimming-32	2:32.79		
	1:14.10	2:32.79	(1:18.69)			
2	Delmage, Arlene	60	Oregon Masters-37	2:36.61		
	1:16.40	2:36.61	(1:20.21)			



## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

**(Women 60-64 200 LC Meter Freestyle)**

3	Joyce, Martha	62	Tamalpais Aquatic Masters-38	2:48.61
	1:19.93		2:48.61 (1:28.68)	

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

<b>PAC:</b>	<b>4:59.82</b>	<b>P</b>	<b>12/31/2012</b>	<b>Laura B Val</b>
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<b>NATL:</b>	<b>4:59.82</b>	<b>N</b>	<b>8/12/2012</b>	<b>LAURA VAL</b>
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<b>WORLD:</b>	<b>4:59.82</b>	<b>W</b>	<b>8/12/2012</b>	<b>Laura VAL</b>
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USA

1	Steffe, Kathleen	60	Colorado Masters Swimming-32	5:18.49
	1:17.16		2:38.54 (1:21.38) 3:59.77 (1:21.23) 5:18.49 (1:18.72)	
2	Delmage, Arlene	60	Oregon Masters-37	5:32.91
	1:19.80		2:45.35 (1:25.55) 4:10.41 (1:25.06) 5:32.91 (1:22.50)	
3	Dibley, Allison M	60	Walnut Creek Masters-38	7:51.56
	1:53.02		3:56.40 (2:03.38) 5:56.95 (2:00.55) 7:51.56 (1:54.61)	

**Women 60-64 800 LC Meter Freestyle**

<b>PAC:</b>	<b>10:27.71</b>	<b>P</b>	<b>12/31/2011</b>	<b>Laura B Val</b>
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<b>NATL:</b>	<b>10:18.82</b>	<b>N</b>	<b>6/18/2022</b>	<b>LYNN MARSHALL</b>
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<b>WORLD:</b>	<b>10:27.71</b>	<b>W</b>	<b>7/8/2011</b>	<b>Laura VAL</b>
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USA

1	Steffe, Kathleen	60	Colorado Masters Swimming-32	11:03.46
	1:21.65		2:48.17 (1:26.52) 4:12.93 (1:24.76) 5:38.22 (1:25.29)	
	7:01.06 (1:22.84)		8:22.73 (1:21.67) 9:43.75 (1:21.02) 11:03.46 (1:19.71)	
2	Dibley, Allison M	60	Walnut Creek Masters-38	16:58.63
	1:58.93		4:07.43 (2:08.50) 6:18.16 (2:10.73) 8:28.53 (2:10.37)	
	10:39.54 (2:11.01)		12:49.39 (2:09.85) 14:56.22 (2:06.83) 16:58.63 (2:02.41)	

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

<b>PAC:</b>	<b>19:52.85</b>	<b>P</b>	<b>12/31/2011</b>	<b>Laura B Val</b>
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<b>NATL:</b>	<b>19:23.70</b>	<b>N</b>	<b>6/18/2022</b>	<b>LYNN MARSHALL</b>
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<b>WORLD:</b>	<b>19:52.85</b>	<b>W</b>	<b>7/8/2011</b>	<b>Laura VAL</b>
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USA

1	Collins, Helen	60	Uc38	21:47.70
	1:21.99		2:48.65 (1:26.66) 4:16.10 (1:27.45) 5:43.27 (1:27.17)	
	7:12.16 (1:28.89)		8:40.36 (1:28.20) 10:09.25 (1:28.89) 11:37.49 (1:28.24)	
	13:05.06 (1:27.57)		14:32.71 (1:27.65) 16:00.16 (1:27.45) 17:28.29 (1:28.13)	
	18:56.32 (1:28.03)		20:23.86 (1:27.54) 21:47.70 (1:23.84)	
2	Obrien, Karen	64	Petaluma Salty Krakens-38	26:33.64
	1:35.77		3:17.62 (1:41.85) 5:01.93 (1:44.31) 6:45.97 (1:44.04)	
	8:30.67 (1:44.70)		10:16.44 (1:45.77) 12:02.68 (1:46.24) 13:50.23 (1:47.55)	
	15:38.53 (1:48.30)		17:29.28 (1:50.75) 19:18.81 (1:49.53) 21:08.67 (1:49.86)	
	22:57.18 (1:48.51)		24:48.58 (1:51.40) 26:33.64 (1:45.06)	
3	Dibley, Allison M	60	Walnut Creek Masters-38	32:45.15
	1:53.29		3:56.79 (2:03.50) 6:04.17 (2:07.38) 8:12.08 (2:07.91)	
	10:24.15 (2:12.07)		12:38.95 (2:14.80) 14:54.39 (2:15.44) 17:11.87 (2:17.48)	
	19:28.61 (2:16.74)		21:42.14 (2:13.53) 23:55.55 (2:13.41) 26:08.55 (2:13.00)	
	28:22.15 (2:13.60)		30:34.79 (2:12.64) 32:45.15 (2:10.36)	

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

<b>PAC:</b>	<b>33.86</b>	<b>P</b>	<b>8/9/2015</b>	<b>Laura B Val</b>
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<b>NATL:</b>	<b>33.82</b>	<b>N</b>	<b>5/12/2022</b>	<b>KARLYN PIPES</b>
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<b>WORLD:</b>	<b>33.86</b>	<b>W</b>	<b>8/9/2015</b>	<b>Laura VAL</b>
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USA

1	Walts, Merrie	62	Santa Rosa Masters-38	36.80
2	Joyce, Martha	62	Tamalpais Aquatic Masters-38	42.13
3	Mammoser, Mary	60	Rolling Hills Mud Sharks-38	45.34
4	Laudenslager, Sherri	60	Rolling Hills Mud Sharks-38	47.70
5	Dibley, Allison M	60	Walnut Creek Masters-38	55.70
6	Banis, Yvonne N	61	Walnut Creek Masters-38	1:06.14

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

## Women 60-64 100 LC Meter Backstroke

PAC: 1:14.50 P 7/11/2018 Bonnie M Bilich

NATL: 1:14.50 N 7/15/2018 BONNIE BILICH

WORLD: 1:14.50 W 7/15/2018 Bonnie BILICH

USA

1	Walts, Merrie	62	Santa Rosa Masters-38	1:21.17
2	Joyce, Martha	62	Tamalpais Aquatic Masters-38	1:28.55
3	Laudenslager, Sherri	60	Rolling Hills Mud Sharks-38	1:41.38
4	Carroll, Leah	61	Albany Armada Aquatics Masters-38	1:59.04
5	Dibley, Allison M	60	Walnut Creek Masters-38	2:01.85

## Women 60-64 200 LC Meter Backstroke

PAC: 2:41.57 P 8/8/2019 Bonnie M Bilich

NATL: 2:41.38 N 5/13/2022 KARLYN PIPES

WORLD: 2:41.57 W 8/8/2019 Bonnie BILICH

USA

1	Walts, Merrie	62	Santa Rosa Masters-38	2:58.94
	1:27.73		2:58.94 (1:31.21)	
2	Steffe, Kathleen	60	Colorado Masters Swimming-32	3:00.87
	1:29.53		3:00.87 (1:31.34)	
3	Collins, Helen	60	Uc38	3:15.06
	1:36.17		3:15.06 (1:38.89)	
4	Carroll, Leah	61	Albany Armada Aquatics Masters-38	4:09.07
	2:02.88		4:09.07 (2:06.19)	

## Women 60-64 50 LC Meter Breaststroke

PAC: 42.57 P 7/11/2018 Barbara C Wheeler

NATL: 39.02 N 8/19/2016 BETH ESTEL

WORLD: 37.43 W 2/6/2022 Monica CORO'

ITA

1	Walts, Merrie	62	Santa Rosa Masters-38	43.55
2	Delmage, Arlene	60	Oregon Masters-37	44.17
3	Joyce, Martha	62	Tamalpais Aquatic Masters-38	45.40
4	Laudenslager, Sherri	60	Rolling Hills Mud Sharks-38	48.27

## Women 60-64 100 LC Meter Breaststroke

PAC: 1:29.39 P 7/10/2018 Bonnie M Bilich

NATL: 1:27.24 N 8/18/2016 BETH ESTEL

WORLD: 1:23.07 W 2/6/2022 Monica CORO'

ITA

1	Walts, Merrie	62	Santa Rosa Masters-38	1:35.18
2	Delmage, Arlene	60	Oregon Masters-37	1:37.57
3	Laudenslager, Sherri	60	Rolling Hills Mud Sharks-38	1:50.77
4	Carroll, Leah	61	Albany Armada Aquatics Masters-38	2:10.18

## Women 60-64 200 LC Meter Breaststroke

PAC: 3:20.45 P 7/21/2019 Bonnie M Bilich

NATL: 3:08.07 N 6/29/2014 LO KNAPP

WORLD: 3:04.15 W 3/18/2018 Jenny WHITELEY

AUS

1	Walts, Merrie	62	Santa Rosa Masters-38	3:24.32
	1:38.67		3:24.32 (1:45.65)	
2	Laudenslager, Sherri	60	Rolling Hills Mud Sharks-38	3:58.87
	1:55.81		3:58.87 (2:03.06)	
3	Carroll, Leah	61	Albany Armada Aquatics Masters-38	4:34.08
	2:13.87		4:34.08 (2:20.21)	

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

## Women 60-64 50 LC Meter Butterfly

	<b>PAC:</b>	<b>32.27</b>	<b>P</b>	<b>12/31/2012</b>	<b>Laura B Val</b>		
	<b>NATL:</b>	<b>31.11</b>	<b>N</b>	<b>8/11/2019</b>	<b>TRACI GRANGER</b>		
	<b>WORLD:</b>	<b>31.11</b>	<b>W</b>	<b>8/11/2019</b>	<b>Traci GRANGER</b>	<b>USA</b>	
1	Delmage, Arlene			60	Oregon Masters-37		33.74
2	Oliver, April			61	North Bay Aquatics-38		34.60
3	Mammoser, Mary			60	Rolling Hills Mud Sharks-38		37.04
4	Joyce, Martha			62	Tamalpais Aquatic Masters-38		37.46

## Women 60-64 100 LC Meter Butterfly

	<b>PAC:</b>	<b>1:12.06</b>	<b>P</b>	<b>12/31/2011</b>	<b>Laura B Val</b>		
	<b>NATL:</b>	<b>1:12.06</b>	<b>N</b>	<b>8/4/2011</b>	<b>LAURA VAL</b>		
	<b>WORLD:</b>	<b>1:12.06</b>	<b>W</b>	<b>8/4/2011</b>	<b>Laura VAL</b>	<b>USA</b>	
1	Steffe, Kathleen			60	Colorado Masters Swimming-32		1:24.34

## Women 60-64 100 LC Meter Butterfly

	<b>PAC:</b>	<b>1:12.06</b>	<b>P</b>	<b>12/31/2011</b>	<b>Laura B Val</b>		
	<b>NATL:</b>	<b>1:12.06</b>	<b>N</b>	<b>8/4/2011</b>	<b>LAURA VAL</b>		
	<b>WORLD:</b>	<b>1:12.06</b>	<b>W</b>	<b>8/4/2011</b>	<b>Laura VAL</b>	<b>USA</b>	
1	Collins, Helen			60	Uc38		1:28.30
2	Oliver, April			61	North Bay Aquatics-38		1:31.43
3	Carroll, Leah			61	Albany Armada Aquatics Masters-38		1:57.67

## Women 60-64 200 LC Meter Butterfly

	<b>PAC:</b>	<b>2:41.03</b>	<b>P</b>	<b>12/31/2011</b>	<b>Laura B Val</b>		
	<b>NATL:</b>	<b>2:41.03</b>	<b>N</b>	<b>8/6/2011</b>	<b>LAURA VAL</b>		
	<b>WORLD:</b>	<b>2:41.03</b>	<b>W</b>	<b>8/6/2011</b>	<b>Laura VAL</b>	<b>USA</b>	
1	Carroll, Leah			61	Albany Armada Aquatics Masters-38		4:19.61
		2:04.43			4:19.61 (2:15.18)		

## Women 60-64 200 LC Meter IM

	<b>PAC:</b>	<b>2:47.99</b>	<b>P</b>	<b>7/12/2013</b>	<b>Laura B Val</b>		
	<b>NATL:</b>	<b>2:47.99</b>	<b>N</b>	<b>7/14/2013</b>	<b>LAURA VAL</b>		
	<b>WORLD:</b>	<b>2:44.62</b>	<b>W</b>	<b>3/20/2019</b>	<b>Jenny WHITELEY</b>	<b>AUS</b>	
1	Steffe, Kathleen			60	Colorado Masters Swimming-32		2:56.06
		1:25.03			2:56.06 (1:31.03)		
2	Carroll, Leah			61	Albany Armada Aquatics Masters-38		4:13.36
		2:00.59			4:13.36 (2:12.77)		

## Women 60-64 400 LC Meter IM

	<b>PAC:</b>	<b>5:56.27</b>	<b>P</b>	<b>12/31/2011</b>	<b>Laura B Val</b>		
	<b>NATL:</b>	<b>5:56.27</b>	<b>N</b>	<b>7/8/2011</b>	<b>LAURA VAL</b>		
	<b>WORLD:</b>	<b>5:56.27</b>	<b>W</b>	<b>7/8/2011</b>	<b>Laura VAL</b>	<b>USA</b>	
1	Steffe, Kathleen			60	Colorado Masters Swimming-32		6:19.35
		1:24.34			3:05.54 (1:41.20)		
					4:53.77 (1:48.23)		
					6:19.35 (1:25.58)		

## Women 65-69 50 LC Meter Freestyle

	<b>PAC:</b>	<b>29.17</b>	<b>P</b>	<b>7/29/2018</b>	<b>Laura B Val</b>		
	<b>NATL:</b>	<b>29.10</b>	<b>N</b>	<b>8/3/2019</b>	<b>PENNY NOYES</b>		
	<b>WORLD:</b>	<b>29.10</b>	<b>W</b>	<b>8/3/2019</b>	<b>Penny NOYES</b>	<b>USA</b>	
1	Hayes-Rupp, Cynthia			65	Rolling Hills Mud Sharks-38		37.97
2	Hepworth, Linda			69	Rolling Hills Mud Sharks-38		39.35
3	Thomas, Elaine			68	Mountain View Masters-38		46.54
4	Nip, Carol			65	Albany Armada Aquatics Masters-38		47.16
5	Niccolls, Dorothy			69	University of San Francisco Ma-38		55.27

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

## Women 65-69 100 LC Meter Freestyle

PAC: 1:04.89 P 7/30/2018 Laura B Val

NATL: 1:04.89 N 7/30/2018 LAURA VAL

WORLD: 1:04.89 W 7/30/2018 Laura VAL USA

1	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	1:27.24
2	Thomas, Elaine	68	Mountain View Masters-38	1:43.73
3	Dunn, Audrey	69	University of San Francisco Ma-38	1:52.33

## Women 65-69 200 LC Meter Freestyle

PAC: 2:25.29 P 8/18/2016 Laura B Val

NATL: 2:25.29 N 8/18/2016 LAURA VAL

WORLD: 2:25.29 W 8/18/2016 Laura VAL USA

1	Benjamin, Marcia	65	Marcia's Enthusiastic Masters-38	3:21.98
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## Women 65-69 200 LC Meter Freestyle

PAC: 2:25.29 P 8/18/2016 Laura B Val

NATL: 2:25.29 N 8/18/2016 LAURA VAL

WORLD: 2:25.29 W 8/18/2016 Laura VAL USA

1	Ogilvie, Carol M	67	University of San Francisco Ma-38	3:02.75
				1:29.15 3:02.75 (1:33.60)
2	Quinn, Phyllis	67	The Olympic Club-38	3:14.56
				1:33.49 3:14.56 (1:41.07)

## Women 65-69 800 LC Meter Freestyle

PAC: 10:49.60 P 7/15/2017 Laura B Val

NATL: 10:49.60 N 7/15/2017 LAURA VAL

WORLD: 10:49.60 W 7/15/2017 Laura VAL USA

1	Quinn, Phyllis	67	The Olympic Club-38	13:44.39
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## Women 65-69 800 LC Meter Freestyle

PAC: 10:49.60 P 7/15/2017 Laura B Val

NATL: 10:49.60 N 7/15/2017 LAURA VAL

WORLD: 10:49.60 W 7/15/2017 Laura VAL USA

1	Quinn, Phyllis	67	The Olympic Club-38	13:56.75
				1:39.96 3:26.02 (1:46.06) 5:11.95 (1:45.93) 6:58.11 (1:46.16)
				8:43.08 (1:44.97) 10:28.49 (1:45.41) 12:13.59 (1:45.10) 13:56.75 (1:43.16)
2	Dunn, Audrey	69	University of San Francisco Ma-38	16:41.55
				1:58.91 4:04.02 (2:05.11) 6:09.96 (2:05.94) 8:16.60 (2:06.64)
				10:23.42 (2:06.82) 12:31.14 (2:07.72) 14:37.94 (2:06.80) 16:41.55 (2:03.61)

## Women 65-69 1500 LC Meter Freestyle

PAC: 21:00.15 P 7/22/2016 Laura B Val

NATL: 21:00.15 N 7/22/2016 LAURA VAL

WORLD: 21:00.15 W 7/22/2016 Laura VAL USA

1	Quinn, Phyllis	67	The Olympic Club-38	25:54.23
				1:38.61 3:22.97 (1:44.36) 5:06.13 (1:43.16) 6:49.73 (1:43.60)
				8:32.87 (1:43.14) 10:16.73 (1:43.86) 12:00.53 (1:43.80) 13:44.39 (1:43.86)
				15:28.80 (1:44.41) 17:13.09 (1:44.29) 18:58.34 (1:45.25) 20:42.95 (1:44.61)
				22:27.86 (1:44.91) 24:12.20 (1:44.34) 25:54.23 (1:42.03)

## Women 65-69 50 LC Meter Backstroke

PAC: 33.59 P 8/2/2018 Laura B Val

NATL: 33.59 N 8/2/2018 LAURA VAL

WORLD: 33.59 W 8/2/2018 Laura VAL USA

1	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	47.54
2	Thomas, Elaine	68	Mountain View Masters-38	56.05

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

**(Women 65-69 50 LC Meter Backstroke)**

3	Nip, Carol	65	Albany Armada Aquatics Masters-38	56.47
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**Women 65-69 100 LC Meter Backstroke**

PAC:	1:14.49	P	7/31/2018	Laura B Val
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NATL:	1:14.49	N	7/31/2018	LAURA VAL
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WORLD:	1:14.49	W	7/31/2018	Laura VAL	USA
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1	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	1:44.18
2	Gill, Kathy	68	Davis Aquatic Masters-38	2:02.28

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

PAC:	2:47.70	P	8/8/2019	Laura B Val
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NATL:	2:47.70	N	8/8/2019	LAURA VAL
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WORLD:	2:47.70	W	8/8/2019	Laura VAL	USA
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1	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	3:40.32
	1:50.23		3:40.32 (1:50.09)	
2	Thomas, Elaine	68	Mountain View Masters-38	4:16.31
	2:07.06		4:16.31 (2:09.25)	
3	Byrnes, Barbara	66	University of San Francisco Ma-38	4:18.62
	2:08.84		4:18.62 (2:09.78)	

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

PAC:	43.95	P	12/31/2009	Daniela Barnea
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NATL:	41.87	N	10/10/2021	BETH ESTEL
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WORLD:	40.11	W	9/11/2021	Dagmar FRESE	GER
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1	Hayes-Rupp, Cynthia	65	Rolling Hills Mud Sharks-38	47.62
2	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	59.24

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

PAC:	1:40.69	P	12/31/2009	Daniela Barnea
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NATL:	1:32.24	N	8/10/2019	LO KNAPP
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WORLD:	1:30.27	W	9/10/2021	Dagmar FRESE	GER
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1	Hayes-Rupp, Cynthia	65	Rolling Hills Mud Sharks-38	1:52.08
2	Nip, Carol	65	Albany Armada Aquatics Masters-38	2:01.41

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

PAC:	3:32.45	P	12/31/2009	Daniela Barnea
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NATL:	3:19.08	N	7/21/2019	LO KNAPP
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WORLD:	3:15.56	W	3/6/2022	Amanda HEATH	GBR
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1	Ogilvie, Carol M	67	University of San Francisco Ma-38	4:01.22
	1:56.48		4:01.22 (2:04.74)	
2	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	4:27.95
	2:08.65		4:27.95 (2:19.30)	

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

PAC:	33.34	P	7/11/2018	Laura B Val
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NATL:	32.93	N	8/4/2019	PENNY NOYES
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WORLD:	32.93	W	8/4/2019	Penny NOYES	USA
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1	Ogilvie, Carol M	67	University of San Francisco Ma-38	41.86
2	Gill, Kathy	68	Davis Aquatic Masters-38	54.57

**2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022****Results****Women 65-69 200 LC Meter IM**

PAC: 2:54.16 P 7/24/2016 Laura B Val

NATL: 2:51.52 N 8/4/2019 PENNY NOYES

WORLD: 2:51.52 W 8/4/2019 Penny NOYES

USA

1	Ogilvie, Carol M	67	University of San Francisco Ma-38	3:31.57
	1:46.20		3:31.57 (1:45.37)	
2	Quinn, Phyllis	67	The Olympic Club-38	3:49.41
	1:54.42		3:49.41 (1:54.99)	
3	Gill, Kathy	68	Davis Aquatic Masters-38	4:29.76
	2:09.92		4:29.76 (2:19.84)	

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

PAC: 6:15.15 P 7/19/2019 Laura B Val

NATL: 6:14.58 N 7/19/2019 PENNY NOYES

WORLD: 6:14.58 W 7/19/2019 Penny NOYES

USA

1	Ogilvie, Carol M	67	University of San Francisco Ma-38	7:24.75
	1:46.02		3:44.45 (1:58.43) 5:50.07 (2:05.62) 7:24.75 (1:34.68)	
2	Quinn, Phyllis	67	The Olympic Club-38	7:55.95
	2:08.90		4:06.61 (1:57.71) 6:14.57 (2:07.96) 7:55.95 (1:41.38)	

**Women 70-74 50 LC Meter Freestyle**

PAC: 30.73 P 10/10/2021 Laura B Val

NATL: 30.73 N 10/9/2021 LAURA VAL

WORLD: 30.73 W 10/9/2021 Laura VAL

USA

1	Val, Laura	71	Tamalpais Aquatic Masters-38	31.57
2	Gettling, Janet	74	Oregon Masters-37	39.13
3	Tevis, Maggie	74	Rolling Hills Mud Sharks-38	47.97
4	Coholan, Annette	74	Rolling Hills Mud Sharks-38	50.79
5	Leva, Nina	71	North Bay Aquatics-38	1:12.43

**Women 70-74 100 LC Meter Freestyle**

PAC: 1:06.90 P 10/9/2021 Laura B Val

NATL: 1:06.90 N 10/9/2021 LAURA VAL

WORLD: 1:06.90 W 10/9/2021 Laura VAL

USA

1	Guthrie, Sally	72	Davis Aquatic Masters-38	1:26.01
2	Tevis, Maggie	74	Rolling Hills Mud Sharks-38	1:50.77
3	Coholan, Annette	74	Rolling Hills Mud Sharks-38	1:52.55
4	Leva, Nina	71	North Bay Aquatics-38	2:49.32

**Women 70-74 200 LC Meter Freestyle**

PAC: 2:32.53 P 6/25/2022 Laura B Val

NATL: 2:32.53 N 6/25/2022 LAURA VAL

WORLD: 2:33.79 W 7/31/2021 Laura VAL

USA

1	Val, Laura	71	Tamalpais Aquatic Masters-38	2:30.66 P
	1:13.44		2:30.66 (1:17.22)	
2	Guthrie, Sally	72	Davis Aquatic Masters-38	3:07.73
	1:33.63		3:07.73 (1:34.10)	
3	Coholan, Annette	74	Rolling Hills Mud Sharks-38	4:00.23
	1:57.12		4:00.23 (2:03.11)	
4	Leva, Nina	71	North Bay Aquatics-38	5:44.07
	2:49.15		5:44.07 (2:54.92)	

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

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## Women 70-74 400 LC Meter Freestyle

PAC: 5:25.00 P 7/31/2021 Laura B Val

NATL: 5:25.00 N 7/31/2021 LAURA VAL

WORLD: 5:25.00 W 7/31/2021 Laura VAL

USA

1	Coholan, Annette	74	Rolling Hills Mud Sharks-38		8:22.42
	2:01.60	4:09.92 (2:08.32)	6:18.28 (2:08.36)	8:22.42 (2:04.14)	
2	Leva, Nina	71	North Bay Aquatics-38		11:44.15
	5:49.43 ( )	8:49.38 (2:59.95)	11:44.15 (2:54.77)		

## Women 70-74 800 LC Meter Freestyle

PAC: 11:11.89 P 10/7/2021 Laura B Val

NATL: 11:11.89 N 10/7/2021 LAURA VAL

WORLD: 11:11.89 W 10/7/2021 Laura VAL

USA

1	Guthrie, Sally	72	Davis Aquatic Masters-38		13:32.29
	1:37.03	3:20.04 (1:43.01)	5:02.33 (1:42.29)	6:44.04 (1:41.71)	
	8:25.72 (1:41.68)	10:08.82 (1:43.10)	11:52.48 (1:43.66)	13:32.29 (1:39.81)	
2	Coholan, Annette	74	Rolling Hills Mud Sharks-38		17:04.78
	1:59.46	4:07.59 (2:08.13)	6:15.90 (2:08.31)	8:26.07 (2:10.17)	
	10:36.65 (2:10.58)	12:47.50 (2:10.85)	14:57.90 (2:10.40)	17:04.78 (2:06.88)	

## Women 70-74 1500 LC Meter Freestyle

PAC: 22:18.76 P 10/7/2021 Charlotte M Davis

NATL: 22:18.76 N 10/7/2021 CHARLOTTE DAVIS

WORLD: 22:18.76 W 10/7/2021 Charlotte DAVIS

USA

1	Coholan, Annette	74	Rolling Hills Mud Sharks-38		32:50.68
	1:58.82	4:06.75 (2:07.93)	6:14.79 (2:08.04)	8:23.89 (2:09.10)	
	10:34.80 (2:10.91)	12:45.92 (2:11.12)	14:57.80 (2:11.88)	17:11.42 (2:13.62)	
	19:25.31 (2:13.89)	21:38.43 (2:13.12)	23:52.76 (2:14.33)	26:08.31 (2:15.55)	
	28:23.52 (2:15.21)	30:39.29 (2:15.77)	32:50.68 (2:11.39)		
2	Leva, Nina	71	North Bay Aquatics-38		45:34.85
	2:49.69	5:51.23 (3:01.54)		11:49.13 ( )	
	14:51.19 (3:02.06)	17:53.91 (3:02.72)	20:56.64 (3:02.73)	23:59.13 (3:02.49)	
	27:01.94 (3:02.81)	33:13.49 (6:11.55)	36:15.90 (3:02.41)		
	39:21.49 ( )	42:30.83 (3:09.34)	45:34.85 (3:04.02)		

## Women 70-74 50 LC Meter Backstroke

PAC: 34.65 P 10/10/2021 Laura B Val

NATL: 34.65 N 10/10/2021 LAURA VAL

WORLD: 34.65 W 10/10/2021 Laura VAL

USA

1	Val, Laura	71	Tamalpais Aquatic Masters-38		35.54
2	Tevis, Maggie	74	Rolling Hills Mud Sharks-38		59.12
3	Gillon, Jean W	71	Menlo Masters-38		59.51

## Women 70-74 100 LC Meter Backstroke

PAC: 1:17.98 P 10/10/2021 Laura B Val

NATL: 1:17.98 N 10/10/2021 LAURA VAL

WORLD: 1:17.98 W 10/10/2021 Laura VAL

USA

1	Val, Laura	71	Tamalpais Aquatic Masters-38		1:17.26 P
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## Women 70-74 200 LC Meter Backstroke

PAC: 2:49.43 P 10/8/2021 Laura B Val

NATL: 2:49.43 N 10/8/2021 LAURA VAL

WORLD: 2:49.43 W 10/8/2021 Laura VAL

USA

1	Val, Laura	71	Tamalpais Aquatic Masters-38		2:51.69
	1:22.63	2:51.69 (1:29.06)			

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

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**(Women 70-74 200 LC Meter Backstroke)**

2	Gillon, Jean W	71	Menlo Masters-38	4:32.49
	2:15.81		4:32.49 (2:16.68)	

**Women 70-74 50 LC Meter Breaststroke**

	<b>PAC:</b>	<b>45.45</b>	<b>P</b>	<b>10/10/2021</b>	<b>Charlotte M Davis</b>	
	<b>NATL:</b>	<b>43.19</b>	<b>N</b>	<b>8/3/2018</b>	<b>DANA BROWN</b>	
	<b>WORLD:</b>	<b>41.67</b>	<b>W</b>	<b>6/22/2014</b>	<b>Monika SENFTLEBEN</b>	<b>GER</b>
1	Val, Laura	71	Tamalpais Aquatic Masters-38	48.07		
2	Gettling, Janet	74	Oregon Masters-37	50.28		

**Women 70-74 100 LC Meter Breaststroke**

	<b>PAC:</b>	<b>1:38.04</b>	<b>P</b>	<b>10/8/2021</b>	<b>Charlotte M Davis</b>	
	<b>NATL:</b>	<b>1:36.91</b>	<b>N</b>	<b>7/31/2021</b>	<b>CHARLOTTE DAVIS</b>	
	<b>WORLD:</b>	<b>1:35.93</b>	<b>W</b>	<b>10/2/2016</b>	<b>Nobuko YASUDA</b>	<b>JPN</b>
1	Gettling, Janet	74	Oregon Masters-37	1:57.77		

**Women 70-74 200 LC Meter Breaststroke**

	<b>PAC:</b>	<b>3:29.91</b>	<b>P</b>	<b>10/9/2021</b>	<b>Charlotte M Davis</b>	
	<b>NATL:</b>	<b>3:29.91</b>	<b>N</b>	<b>10/9/2021</b>	<b>CHARLOTTE DAVIS</b>	
	<b>WORLD:</b>	<b>3:29.25</b>	<b>W</b>	<b>7/15/2017</b>	<b>Nobuko YASUDA</b>	<b>JPN</b>
1	Guthrie, Sally	72	Davis Aquatic Masters-38	4:19.01		
	2:06.70		4:19.01 (2:12.31)			

**Women 70-74 50 LC Meter Butterfly**

	<b>PAC:</b>	<b>35.22</b>	<b>P</b>	<b>10/10/2021</b>	<b>Charlotte M Davis</b>	
	<b>NATL:</b>	<b>35.02</b>	<b>N</b>	<b>8/5/2017</b>	<b>DIANN UUSTAL</b>	
	<b>WORLD:</b>	<b>35.02</b>	<b>W</b>	<b>8/5/2017</b>	<b>Diann UUSTAL</b>	<b>USA</b>
1	Val, Laura	71	Tamalpais Aquatic Masters-38	34.93 N		
2	Guthrie, Sally	72	Davis Aquatic Masters-38	47.26		
3	Gettling, Janet	74	Oregon Masters-37	47.57		

**Women 70-74 100 LC Meter Butterfly**

	<b>PAC:</b>	<b>1:16.07</b>	<b>P</b>	<b>10/8/2021</b>	<b>Laura B Val</b>	
	<b>NATL:</b>	<b>1:16.07</b>	<b>N</b>	<b>10/8/2021</b>	<b>LAURA VAL</b>	
	<b>WORLD:</b>	<b>1:16.07</b>	<b>W</b>	<b>10/8/2021</b>	<b>Laura VAL</b>	<b>USA</b>
1	Guthrie, Sally	72	Davis Aquatic Masters-38	1:48.49		
2	Gettling, Janet	74	Oregon Masters-37	1:56.13		

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

	<b>PAC:</b>	<b>7:32.26</b>	<b>P</b>	<b>6/28/2014</b>	<b>Daniela Barnea</b>	
	<b>NATL:</b>	<b>7:13.95</b>	<b>N</b>	<b>10/8/2021</b>	<b>S LOFTUS-CHARLEY</b>	
	<b>WORLD:</b>	<b>6:54.30</b>	<b>W</b>	<b>1/23/2016</b>	<b>Brigitte MERTEN</b>	<b>GER</b>
1	Guthrie, Sally	72	Davis Aquatic Masters-38	7:58.07		
	1:56.43		4:02.71 (2:06.28)	6:17.97 (2:15.26)	7:58.07 (1:40.10)	
2	Gettling, Janet	74	Oregon Masters-37	8:10.77		
	1:58.99		4:07.22 (2:08.23)	6:19.14 (2:11.92)	8:10.77 (1:51.63)	

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

	<b>PAC:</b>	<b>39.61</b>	<b>P</b>	<b>7/10/2018</b>	<b>Nancy J Ridout</b>	
	<b>NATL:</b>	<b>34.11</b>	<b>N</b>	<b>10/8/2021</b>	<b>DIANN UUSTAL</b>	
	<b>WORLD:</b>	<b>34.11</b>	<b>W</b>	<b>10/8/2021</b>	<b>Diann UUSTAL</b>	<b>USA</b>
1	Barnea, Daniela	78	Stanford Masters Swimming-38	42.65		
2	Caso, Susie	76	Manatee Aquatic Masters Inc-38	49.67		
3	Pashelinsky, Erin L	75	University of San Francisco Ma-38	52.42		
4	Chaitkin, Lauren	78	University of San Francisco Ma-38	1:00.76		



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## Women 75-79 100 LC Meter Freestyle

	<b>PAC:</b>	<b>1:33.25</b>	<b>P</b>	<b>12/31/1998</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>1:17.38</b>	<b>N</b>	<b>10/9/2021</b>	<b>DIANN UUSTAL</b>		
	<b>WORLD:</b>	<b>1:17.38</b>	<b>W</b>	<b>10/9/2021</b>	<b>Diann UUSTAL</b>	<b>USA</b>	
1	Barnea, Daniela			78	Stanford Masters Swimming-38		1:38.48
2	Caso, Susie			76	Manatee Aquatic Masters Inc-38		1:53.45
3	Pashelinsky, Erin L			75	University of San Francisco Ma-38		1:55.56
4	Carroll, Glenda			79	Tamalpais Aquatic Masters-38		2:03.13
5	Chaitkin, Lauren			78	University of San Francisco Ma-38		2:11.40

## Women 75-79 200 LC Meter Freestyle

	<b>PAC:</b>	<b>3:24.84</b>	<b>P</b>	<b>12/31/1998</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>2:56.75</b>	<b>N</b>	<b>10/10/2021</b>	<b>DIANN UUSTAL</b>		
	<b>WORLD:</b>	<b>2:54.26</b>	<b>W</b>	<b>9/27/2013</b>	<b>Yoshiko OSAKI</b>	<b>JPN</b>	
1	Scott, Stephanie			75	Walnut Creek Masters-38		3:36.48
		1:41.15			3:36.48 (1:55.33)		

## Women 75-79 400 LC Meter Freestyle

	<b>PAC:</b>	<b>7:16.82</b>	<b>P</b>	<b>12/31/1998</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>6:27.04</b>	<b>N</b>	<b>8/21/2021</b>	<b>DIANN UUSTAL</b>		
	<b>WORLD:</b>	<b>6:12.25</b>	<b>W</b>	<b>7/12/2013</b>	<b>Yoshiko OSAKI</b>	<b>JPN</b>	
1	Scott, Stephanie			75	Walnut Creek Masters-38		7:17.09
		1:45.40			3:39.00 (1:53.60)		5:30.69 (1:51.69)
							7:17.09 (1:46.40)

## Women 75-79 800 LC Meter Freestyle

	<b>PAC:</b>	<b>14:57.03</b>	<b>P</b>	<b>12/31/1998</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>13:22.23</b>	<b>N</b>	<b>10/7/2021</b>	<b>CAROLYN BOAK</b>		
	<b>WORLD:</b>	<b>12:58.94</b>	<b>W</b>	<b>10/22/2006</b>	<b>Jane ASHER</b>	<b>GBR</b>	
1	Scott, Stephanie			75	Walnut Creek Masters-38		14:55.99 P
		1:43.57			3:41.16 (1:57.59)		5:36.19 (1:55.03)
							7:30.58 (1:54.39)
		9:23.30 (1:52.72)			11:15.55 (1:52.25)		13:06.67 (1:51.12)
							14:55.99 (1:49.32)

## Women 75-79 1500 LC Meter Freestyle

	<b>PAC:</b>	<b>28:38.34</b>	<b>P</b>	<b>12/31/1998</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>26:48.86</b>	<b>N</b>	<b>7/30/2021</b>	<b>BEVERLY MONTRELLA</b>		
	<b>WORLD:</b>	<b>24:41.76</b>	<b>W</b>	<b>3/3/2006</b>	<b>Jane ASHER</b>	<b>GBR</b>	
1	Scott, Stephanie			75	Walnut Creek Masters-38		28:09.74 P
		1:44.20			3:40.76 (1:56.56)		5:36.89 (1:56.13)
							7:31.62 (1:54.73)
		9:25.27 (1:53.65)			11:18.88 (1:53.61)		13:12.39 (1:53.51)
							15:06.34 (1:53.95)
		16:58.47 (1:52.13)			18:52.52 (1:54.05)		20:44.41 (1:51.89)
							22:35.88 (1:51.47)
		24:28.00 (1:52.12)			26:21.04 (1:53.04)		28:09.74 (1:48.70)

## Women 75-79 50 LC Meter Backstroke

	<b>PAC:</b>	<b>49.98</b>	<b>P</b>	<b>12/31/1999</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>40.08</b>	<b>N</b>	<b>10/9/2021</b>	<b>DIANN UUSTAL</b>		
	<b>WORLD:</b>	<b>40.08</b>	<b>W</b>	<b>10/9/2021</b>	<b>Diann UUSTAL</b>	<b>USA</b>	
1	Waksberg, Arlene			77	University of San Francisco Ma-38		1:00.71
2	Pashelinsky, Erin L			75	University of San Francisco Ma-38		1:05.96
3	Chaitkin, Lauren			78	University of San Francisco Ma-38		1:13.74

## Women 75-79 100 LC Meter Backstroke

	<b>PAC:</b>	<b>1:55.08</b>	<b>P</b>	<b>12/31/2008</b>	<b>Ann M Hirsch</b>		
	<b>NATL:</b>	<b>1:28.67</b>	<b>N</b>	<b>10/10/2021</b>	<b>DIANN UUSTAL</b>		
	<b>WORLD:</b>	<b>1:28.67</b>	<b>W</b>	<b>10/10/2021</b>	<b>Diann UUSTAL</b>	<b>USA</b>	
1	Pashelinsky, Erin L			75	University of San Francisco Ma-38		2:23.07

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**Women 75-79 200 LC Meter Backstroke**

PAC: 4:02.85 P 7/20/2019 Leslie M Westerga

NATL: 3:18.25 N 6/5/2021 DIANN UUSTAL

WORLD: 3:16.80 W 4/28/2019 Clary MUNNS AUS

1 Waksberg, Arlene 77 University of San Francisco Ma-38 4:46.80

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

PAC: 47.25 P 7/21/2019 Daniela Barnea

NATL: 47.10 N 7/19/2014 JOANN LEILICH

WORLD: 43.95 W 3/6/2010 Shoko YONEZAWA JPN

1 Carroll, Glenda 79 Tamalpais Aquatic Masters-38 1:02.25

**Women 75-79 100 LC Meter Breaststroke**

PAC: 1:44.40 P 7/20/2019 Daniela Barnea

NATL: 1:42.18 N 8/15/2014 JOANN LEILICH

WORLD: 1:38.81 W 3/6/2010 Shoko YONEZAWA JPN

1 Caso, Susie 76 Manatee Aquatic Masters Inc-38 2:18.14

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

PAC: 3:48.31 P 8/17/2019 Daniela Barnea

NATL: 3:40.84 N 7/19/2014 JOANN LEILICH

WORLD: 3:40.84 W 7/19/2014 Joann LEILICH USA

1 Barnea, Daniela 78 Stanford Masters Swimming-38 4:03.73  
2:01.08 4:03.73 (2:02.65)**Women 75-79 50 LC Meter Butterfly**

PAC: 50.37 P 4/25/2008 Barbara F Calliso

NATL: 44.95 N 8/1/2004 GAIL ROPER

WORLD: 38.93 W 5/25/2019 Judy WILSON FRA

1 Pashelinsky, Erin L 75 University of San Francisco Ma-38 1:20.71

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

PAC: 1:50.84 P 7/20/2019 Daniela Barnea

NATL: 1:50.84 N 7/20/2019 DANIELA BARNEA

WORLD: 1:34.88 W 6/23/2019 Judy WILSON FRA

1 Barnea, Daniela 78 Stanford Masters Swimming-38 1:58.16

**Women 75-79 200 LC Meter Butterfly**

PAC: 4:00.75 P 7/21/2019 Daniela Barnea

NATL: 4:00.75 N 7/21/2019 DANIELA BARNEA

WORLD: 3:44.93 W 4/28/2019 Clary MUNNS AUS

1 Barnea, Daniela 78 Stanford Masters Swimming-38 4:11.26  
2:02.28 4:11.26 (2:08.98)2 Scott, Stephanie 75 Walnut Creek Masters-38 5:32.48  
2:36.74 5:32.48 (2:55.74)**Women 75-79 200 LC Meter IM**

PAC: 3:38.23 P 7/21/2019 Daniela Barnea

NATL: 3:38.23 N 7/21/2019 DANIELA BARNEA

WORLD: 3:21.84 W 4/22/2022 Kira MAKAROVA RUS

1 Barnea, Daniela 78 Stanford Masters Swimming-38 3:49.22  
1:56.45 3:49.22 (1:52.77)2 Scott, Stephanie 75 Walnut Creek Masters-38 4:31.14  
2:19.75 4:31.14 (2:11.39)

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## Women 75-79 400 LC Meter IM

	<b>PAC:</b>	<b>7:47.11</b>	<b>P</b>	<b>7/19/2019</b>	<b>Daniela Barnea</b>		
	<b>NATL:</b>	<b>7:47.11</b>	<b>N</b>	<b>7/19/2019</b>	<b>DANIELA BARNEA</b>		
	<b>WORLD:</b>	<b>7:39.96</b>	<b>W</b>	<b>3/3/2006</b>	<b>Jane ASHER</b>	<b>GBR</b>	
1	Barnea, Daniela			78	Stanford Masters Swimming-38		8:07.06
		4:03.90 ( )			6:13.80 (2:09.90)		8:07.06 (1:53.26)
2	Scott, Stephanie			75	Walnut Creek Masters-38		9:29.70
		2:36.12			5:10.49 (2:34.37)		7:38.95 (2:28.46)
							9:29.70 (1:50.75)

## Women 80-84 50 LC Meter Freestyle

	<b>PAC:</b>	<b>42.29</b>	<b>P</b>	<b>12/31/2002</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>38.64</b>	<b>N</b>	<b>3/7/2009</b>	<b>GAIL ROPER</b>		
	<b>WORLD:</b>	<b>36.61</b>	<b>W</b>	<b>7/15/2018</b>	<b>Yoshiko OSAKI</b>	<b>JPN</b>	
1	Ward, Joy			80	Oregon Masters-37		44.75
2	Ridout, Nancy			80	Tamalpais Aquatic Masters-38		49.88
3	Mc Partland, Peg			80	Manatee Aquatic Masters Inc-38		50.98
4	Hagiwara, Tanako			84	University of San Francisco Ma-38		1:10.38

## Women 80-84 100 LC Meter Freestyle

	<b>PAC:</b>	<b>1:37.78</b>	<b>P</b>	<b>12/31/2002</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>1:27.55</b>	<b>N</b>	<b>3/7/2009</b>	<b>GAIL ROPER</b>		
	<b>WORLD:</b>	<b>1:23.16</b>	<b>W</b>	<b>7/14/2018</b>	<b>Yoshiko OSAKI</b>	<b>JPN</b>	
1	Mc Partland, Peg			80	Manatee Aquatic Masters Inc-38		1:56.05
2	Ridout, Nancy			80	Tamalpais Aquatic Masters-38		1:59.35
3	Hagiwara, Tanako			84	University of San Francisco Ma-38		2:40.51

## Women 80-84 200 LC Meter Freestyle

	<b>PAC:</b>	<b>3:37.14</b>	<b>P</b>	<b>12/31/2003</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>3:27.26</b>	<b>N</b>	<b>6/10/2007</b>	<b>JEAN TROY</b>		
	<b>WORLD:</b>	<b>3:05.95</b>	<b>W</b>	<b>9/20/2019</b>	<b>Yoshiko OSAKI</b>	<b>JPN</b>	
1	Ridout, Nancy			80	Tamalpais Aquatic Masters-38		4:29.70
		2:14.00			4:29.70 (2:15.70)		

## Women 80-84 50 LC Meter Backstroke

	<b>PAC:</b>	<b>49.40</b>	<b>P</b>	<b>8/18/2002</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>46.39</b>	<b>N</b>	<b>3/29/2002</b>	<b>BUNNY CEDERLUND</b>		
	<b>WORLD:</b>	<b>45.48</b>	<b>W</b>	<b>8/1/2021</b>	<b>Yoshiko OSAKI</b>	<b>JPN</b>	
1	Ward, Joy			80	Oregon Masters-37		50.81
2	Mc Partland, Peg			80	Manatee Aquatic Masters Inc-38		56.08
3	Jaffe, Kristin			84	Tamalpais Aquatic Masters-38		58.85
4	Norris, Roswita D			80	Davis Aquatic Masters-38		1:16.99
5	Morton, Judith L			83	Walnut Creek Masters-38		1:24.86
6	Hagiwara, Tanako			84	University of San Francisco Ma-38		1:44.01

## Women 80-84 100 LC Meter Backstroke

	<b>PAC:</b>	<b>2:01.67</b>	<b>P</b>	<b>12/31/1999</b>	<b>Marjorie Sharpe</b>		
	<b>NATL:</b>	<b>1:47.29</b>	<b>N</b>	<b>8/7/2009</b>	<b>BETTY LORENZI</b>		
	<b>WORLD:</b>	<b>1:41.18</b>	<b>W</b>	<b>8/1/2021</b>	<b>Yoshiko OSAKI</b>	<b>JPN</b>	
1	Ward, Joy			80	Oregon Masters-37		1:49.30 P
2	Norris, Roswita D			80	Davis Aquatic Masters-38		2:45.82
3	Morton, Judith L			83	Walnut Creek Masters-38		3:01.53

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## Women 80-84 200 LC Meter Backstroke

	<b>PAC:</b>	<b>4:18.32</b>	<b>P</b>	<b>7/23/2016</b>	<b>Miek Mc Cubbin</b>		
	<b>NATL:</b>	<b>3:53.12</b>	<b>N</b>	<b>3/13/2010</b>	<b>BETTY LORENZI</b>		
	<b>WORLD:</b>	<b>3:39.26</b>	<b>W</b>	<b>11/11/2017</b>	<b>Katharina FLORA</b>	<b>HUN</b>	
1	Ward, Joy			80	Oregon Masters-37		3:59.47 P
		1:57.51					3:59.47 (2:01.96)
2	Norris, Roswita D			80	Davis Aquatic Masters-38		5:36.05
		2:44.68					5:36.05 (2:51.37)
3	Morton, Judith L			83	Walnut Creek Masters-38		6:15.28
		3:05.09					6:15.28 (3:10.19)

## Women 80-84 100 LC Meter Breaststroke

	<b>PAC:</b>	<b>1:57.17</b>	<b>P</b>	<b>12/31/2011</b>	<b>Ann M Hirsch</b>		
	<b>NATL:</b>	<b>1:49.04</b>	<b>N</b>	<b>7/20/2019</b>	<b>JOANN LEILICH</b>		
	<b>WORLD:</b>	<b>1:45.71</b>	<b>W</b>	<b>6/14/2015</b>	<b>Shoko YONEZAWA</b>	<b>JPN</b>	
1	Jaffe, Kristin			84	Tamalpais Aquatic Masters-38		2:21.11
2	Norris, Roswita D			80	Davis Aquatic Masters-38		3:12.93

## Women 80-84 200 LC Meter Breaststroke

	<b>PAC:</b>	<b>4:17.64</b>	<b>P</b>	<b>12/31/2011</b>	<b>Ann M Hirsch</b>		
	<b>NATL:</b>	<b>3:59.55</b>	<b>N</b>	<b>7/21/2019</b>	<b>JOANN LEILICH</b>		
	<b>WORLD:</b>	<b>3:59.55</b>	<b>W</b>	<b>7/21/2019</b>	<b>Joann LEILICH</b>	<b>USA</b>	
1	Norris, Roswita D			80	Davis Aquatic Masters-38		6:36.66
		3:21.19					6:36.66 (3:15.47)

## Women 80-84 50 LC Meter Butterfly

	<b>PAC:</b>	<b>57.63</b>	<b>P</b>	<b>12/31/2012</b>	<b>Ann M Hirsch</b>		
	<b>NATL:</b>	<b>47.37</b>	<b>N</b>	<b>3/7/2009</b>	<b>GAIL ROPER</b>		
	<b>WORLD:</b>	<b>46.21</b>	<b>W</b>	<b>6/17/2011</b>	<b>Jane ASHER</b>	<b>GBR</b>	
1	Ward, Joy			80	Oregon Masters-37		57.40 P
2	Morton, Judith L			83	Walnut Creek Masters-38		1:58.83

## Women 80-84 100 LC Meter Butterfly

	<b>PAC:</b>	<b>2:27.91</b>	<b>P</b>	<b>12/31/1994</b>	<b>Jean Durston</b>		
	<b>NATL:</b>	<b>2:06.55</b>	<b>N</b>	<b>5/21/2004</b>	<b>LOIS NOCHMAN</b>		
	<b>WORLD:</b>	<b>1:54.93</b>	<b>W</b>	<b>4/21/2012</b>	<b>Judie OLIVER</b>	<b>CAN</b>	
2	Ward, Joy			80	Oregon Masters-37		2:41.59

## Women 80-84 100 LC Meter Butterfly

	<b>PAC:</b>	<b>2:27.91</b>	<b>P</b>	<b>12/31/1994</b>	<b>Jean Durston</b>		
	<b>NATL:</b>	<b>2:06.55</b>	<b>N</b>	<b>5/21/2004</b>	<b>LOIS NOCHMAN</b>		
	<b>WORLD:</b>	<b>1:54.93</b>	<b>W</b>	<b>4/21/2012</b>	<b>Judie OLIVER</b>	<b>CAN</b>	
1	Morton, Judith L			83	Walnut Creek Masters-38		4:07.38

## Women 80-84 200 LC Meter Butterfly

	<b>PAC:</b>	<b>5:24.52</b>	<b>P</b>	<b>12/31/1994</b>	<b>Jean Durston</b>		
	<b>NATL:</b>	<b>4:34.86</b>	<b>N</b>	<b>5/22/2004</b>	<b>LOIS NOCHMAN</b>		
	<b>WORLD:</b>	<b>4:15.19</b>	<b>W</b>	<b>7/14/2012</b>	<b>Judie OLIVER</b>	<b>CAN</b>	
1	Morton, Judith L			83	Walnut Creek Masters-38		8:29.89
		4:09.00					8:29.89 (4:20.89)

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## Women 80-84 200 LC Meter IM

	<b>PAC:</b>	<b>4:18.27</b>	<b>P</b>	<b>12/31/2011</b>	<b>Ann M Hirsch</b>		
	<b>NATL:</b>	<b>4:18.27</b>	<b>N</b>	<b>7/10/2011</b>	<b>ANN HIRSCH</b>		
	<b>WORLD:</b>	<b>3:53.63</b>	<b>W</b>	<b>8/17/2017</b>	<b>Katharina FLORA</b>	<b>HUN</b>	
1	Norris, Roswita D			80	Davis Aquatic Masters-38		6:24.24
		3:22.85			6:24.24 (3:01.39)		
---	Morton, Judith L			83	Walnut Creek Masters-38		DQ
		3:36.06					

## Women 80-84 400 LC Meter IM

	<b>PAC:</b>	<b>10:08.13</b>	<b>P</b>	<b>12/31/1995</b>	<b>Jean Durston</b>		
	<b>NATL:</b>	<b>9:32.43</b>	<b>N</b>	<b>6/10/2007</b>	<b>JEAN TROY</b>		
	<b>WORLD:</b>	<b>8:21.88</b>	<b>W</b>	<b>1/30/2011</b>	<b>Jane ASHER</b>	<b>GBR</b>	
1	Ward, Joy			80	Oregon Masters-37		9:38.03 P
		2:41.59			4:55.58 (2:13.99)		7:33.67 (2:38.09)
							9:38.03 (2:04.36)
2	Norris, Roswita D			80	Davis Aquatic Masters-38		13:34.98
		3:58.68			7:04.63 (3:05.95)		10:41.62 (3:36.99)
							13:34.98 (2:53.36)

## Women 85-89 50 LC Meter Freestyle

	<b>PAC:</b>	<b>46.72</b>	<b>P</b>	<b>12/31/2009</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>44.97</b>	<b>N</b>	<b>7/15/2012</b>	<b>JEAN TROY</b>		
	<b>WORLD:</b>	<b>38.98</b>	<b>W</b>	<b>5/26/2016</b>	<b>Jane ASHER</b>	<b>GBR</b>	
3	Alexandre, Mary			86	Tamalpais Aquatic Masters-38		57.55

## Women 85-89 50 LC Meter Freestyle

	<b>PAC:</b>	<b>46.72</b>	<b>P</b>	<b>12/31/2009</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>44.97</b>	<b>N</b>	<b>7/15/2012</b>	<b>JEAN TROY</b>		
	<b>WORLD:</b>	<b>38.98</b>	<b>W</b>	<b>5/26/2016</b>	<b>Jane ASHER</b>	<b>GBR</b>	
1	Flesh, Anice			86	Marin Aquatic Masters-38		54.85
2	Tegner, Thyra			87	Almaden Masters-38		1:08.56

## Women 85-89 100 LC Meter Freestyle

	<b>PAC:</b>	<b>1:48.02</b>	<b>P</b>	<b>12/31/2007</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>1:43.68</b>	<b>N</b>	<b>6/9/2012</b>	<b>JEAN TROY</b>		
	<b>WORLD:</b>	<b>1:29.29</b>	<b>W</b>	<b>5/7/2016</b>	<b>Jane ASHER</b>	<b>GBR</b>	
2	Alexandre, Mary			86	Tamalpais Aquatic Masters-38		2:09.85

## Women 85-89 200 LC Meter Freestyle

	<b>PAC:</b>	<b>3:56.11</b>	<b>P</b>	<b>12/31/2007</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>3:49.67</b>	<b>N</b>	<b>7/14/2012</b>	<b>JEAN TROY</b>		
	<b>WORLD:</b>	<b>3:21.29</b>	<b>W</b>	<b>5/26/2016</b>	<b>Jane ASHER</b>	<b>GBR</b>	
1	Alexandre, Mary			86	Tamalpais Aquatic Masters-38		4:35.65

## Women 85-89 50 LC Meter Backstroke

	<b>PAC:</b>	<b>58.34</b>	<b>P</b>	<b>12/31/2008</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>51.81</b>	<b>N</b>	<b>7/7/2012</b>	<b>BETTY LORENZI</b>		
	<b>WORLD:</b>	<b>48.85</b>	<b>W</b>	<b>6/29/2019</b>	<b>Katharina FLORA</b>	<b>HUN</b>	
1	Flesh, Anice			86	Marin Aquatic Masters-38		1:17.57
2	Tegner, Thyra			87	Almaden Masters-38		1:30.68

## Women 85-89 50 LC Meter Backstroke

	<b>PAC:</b>	<b>58.34</b>	<b>P</b>	<b>12/31/2008</b>	<b>Margery Meyer</b>		
	<b>NATL:</b>	<b>51.81</b>	<b>N</b>	<b>7/7/2012</b>	<b>BETTY LORENZI</b>		
	<b>WORLD:</b>	<b>48.85</b>	<b>W</b>	<b>6/29/2019</b>	<b>Katharina FLORA</b>	<b>HUN</b>	
2	Alexandre, Mary			86	Tamalpais Aquatic Masters-38		1:18.30

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**Women 85-89 100 LC Meter Breaststroke**

PAC: 2:25.44 P 7/23/2016 Ann M Hirsch

NATL: 2:20.49 N 7/12/2014 NAN BOHL

WORLD: 1:54.96 W 5/6/2016 A.VAN OBBERGHEN

BEL

1 Flesh, Anice 86 Marin Aquatic Masters-38 2:44.78

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

PAC: 23.62 P 8/3/2017 Alex Ngan

NATL: 21.78 N 7/1/2012 JOSH SCHNEIDER

1 Frye, Thomas 24 East Bay Bat Rays Masters-38 25.53  
 2 Blomquist, Benjamin 22 Albany Armada Aquatics Masters-38 27.84  
 3 Vaishnav, Shaan S 20 East Bay Bat Rays Masters-38 29.54  
 4 Felix, Samuel 23 Marin Aquatic Masters-38 30.95  
 5 Hernandez, Clapton 20 SF Tsunami Masters-38 31.35

**Men 18-24 100 LC Meter Freestyle**

PAC: 53.35 P 8/7/2013 Kevin Ferguson

NATL: 48.45 N 6/16/2021 COLEMAN STEWART

1 Blomquist, Benjamin 22 Albany Armada Aquatics Masters-38 1:02.33  
 2 Hernandez, Clapton 20 SF Tsunami Masters-38 1:09.82  
 3 Felix, Samuel 23 Marin Aquatic Masters-38 1:10.41

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

PAC: 1:56.99 P 12/31/1989 Tony Batis

NATL: 1:52.74 N 8/16/1998 JOE TRISTAN

1 Wood, Aaron M 24 Mountain View Masters-38 2:13.30  
 1:04.10 2:13.30 (1:09.20)  
 2 Felix, Samuel 23 Marin Aquatic Masters-38 2:40.64  
 1:18.00 2:40.64 (1:22.64)

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

PAC: 27.51 P 12/31/2008 John McCallen

NATL: 26.91 N 8/15/2005 DAVE ROLLINS

1 Frye, Thomas 24 East Bay Bat Rays Masters-38 31.57

**Men 18-24 100 LC Meter Backstroke**

PAC: 1:00.39 P 8/7/2013 Wilfred R Garcia

NATL: 53.61 N 6/27/2012 EUGENE GODSOE

1 Blomquist, Benjamin 22 Albany Armada Aquatics Masters-38 1:13.91

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

PAC: 30.60 P 12/31/2008 Rick Eddy

NATL: 28.87 N 8/15/2005 DAVE ROLLINS

1 Pettibone, Holman 23 Santa Rosa Masters-38 32.99  
 2 Yancher, Owen 24 Davis Aquatic Masters-38 34.54  
 3 Vaishnav, Shaan S 20 East Bay Bat Rays Masters-38 37.85

**Men 18-24 100 LC Meter Breaststroke**

PAC: 1:03.35 P 12/31/2012 BJ Johnson

NATL: 1:00.68 N 8/25/2016 JACOB MONTAGUE

1 Teshima, Ryan 23 University of San Francisco Ma-38 1:15.46  
 2 Blomquist, Benjamin 22 Albany Armada Aquatics Masters-38 1:26.99

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## Men 18-24 200 LC Meter Breaststroke

PAC: 2:18.83 P 11/17/2011 BJ Johnson

NATL: 2:11.10 N 6/29/2012 ELLIOT KEEFER

1	Pettibone, Holman	23	Santa Rosa Masters-38	2:43.30
	1:18.51		2:43.30 (1:24.79)	

## Men 18-24 50 LC Meter Butterfly

PAC: 24.20 P 8/10/2014 Thomas A Shields

NATL: 24.20 N 8/8/2014 THOMAS SHIELDS

1	Vaishnav, Shaan S	20	East Bay Bat Rays Masters-38	30.45
2	Hernandez, Clapton	20	SF Tsunami Masters-38	34.28

## Men 18-24 100 LC Meter Butterfly

PAC: 51.29 P 8/8/2014 Thomas A Shields

NATL: 51.29 N 8/8/2014 THOMAS SHIELDS

1	Teshima, Ryan	23	University of San Francisco Ma-38	1:07.49
2	Blomquist, Benjamin	22	Albany Armada Aquatics Masters-38	1:09.97
3	Vaishnav, Shaan S	20	East Bay Bat Rays Masters-38	1:10.14
4	Hernandez, Clapton	20	SF Tsunami Masters-38	1:20.20

## Men 18-24 200 LC Meter IM

PAC: 2:01.72 P 6/30/2016 Adam J Hinshaw

NATL: 2:05.80 N 6/30/2016 JACOB MONTAGUE

1	Wood, Aaron M	24	Mountain View Masters-38	2:35.82
	1:13.72		2:35.82 (1:22.10)	
2	Blomquist, Benjamin	22	Albany Armada Aquatics Masters-38	2:37.46
	1:14.02		2:37.46 (1:23.44)	

## Men 18-24 400 LC Meter IM

PAC: 4:48.56 P 12/31/1992 Greg Mackem

NATL: 4:44.53 N 8/21/2010 PETER GALAN

1	Pettibone, Holman	23	Santa Rosa Masters-38	5:35.65
	1:14.96		2:46.47 (1:31.51) 4:16.50 (1:30.03) 5:35.65 (1:19.15)	
2	Blomquist, Benjamin	22	Albany Armada Aquatics Masters-38	5:50.32
	1:17.58		2:47.81 (1:30.23) 4:27.42 (1:39.61) 5:50.32 (1:22.90)	

## Men 25-29 50 LC Meter Freestyle

PAC: 21.69 P 8/10/2014 Nathan Adrian

NATL: 21.69 N 8/10/2014 NATHAN ADRIAN

WORLD: 22.30 W 2/18/2017 A.LIUKKONEN FIN

1	Averchenko, Aleksei	29	Menlo Masters-38	25.20
2	Gleason, Sam	26	Albany Armada Aquatics Masters-38	26.92
3	Jenstrom, Ian P	29	Jellies Aquatic Masters of Mon-38	27.06
4	Valentine, Matthew A	28	University of San Francisco Ma-38	27.32
5	Dyer, Samuel	26	Albany Armada Aquatics Masters-38	29.03
6	Gu, Yue Shen	29	Walnut Creek Masters-38	30.56

## Men 25-29 100 LC Meter Freestyle

PAC: 47.96 P 7/1/2017 Nathan Adrian

NATL: 47.96 N 6/27/2017 NATHAN ADRIAN

WORLD: 50.45 W 6/7/2013 Matthew MCGINNIS USA

1	Jenstrom, Ian P	29	Jellies Aquatic Masters of Mon-38	1:00.15
2	Gleason, Sam	26	Albany Armada Aquatics Masters-38	1:00.66
3	Frederick, Aaron D	29	University of San Francisco Ma-38	1:01.17
4	Makhsudov, Alisher	25	University of San Francisco Ma-38	1:01.78

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## Men 25-29 200 LC Meter Freestyle

PAC: 1:50.69 P 6/25/2013 Alex Wold

NATL: 1:50.69 N 6/26/2013 ALEX WOLD

WORLD: 1:50.76 W 8/16/2017 D.DURANGO

ESP

1	Gleason, Sam	26	Albany Armada Aquatics Masters-38	2:16.41
	1:03.55		2:16.41 (1:12.86)	

## Men 25-29 400 LC Meter Freestyle

PAC: 3:55.01 P 6/28/2013 Alex Wold

NATL: 3:55.01 N 6/28/2013 ALEX WOLD

WORLD: 4:00.98 W 8/18/2002 Honza VITAZKA

USA

1	Mueller, Eric	28	Uc38	5:17.70
	1:14.30		2:34.54 (1:20.24)	3:57.27 (1:22.73)
				5:17.70 (1:20.43)

## Men 25-29 800 LC Meter Freestyle

PAC: 8:35.91 P 12/31/1994 Chip L Hobson

NATL: 8:24.67 N 6/29/1997 ALEX KOSTICH

WORLD: 8:24.67 W 6/29/1997 Alex KOSTICH

USA

1	Gleason, Sam	26	Albany Armada Aquatics Masters-38	10:55.92
	1:11.04		2:31.07 (1:20.03)	3:53.88 (1:22.81)
				5:18.44 (1:24.56)
	6:43.84 (1:25.40)		8:09.57 (1:25.73)	9:34.60 (1:25.03)
				10:55.92 (1:21.32)
2	Mueller, Eric	28	Uc38	11:17.90
	1:17.88		2:41.42 (1:23.54)	4:06.72 (1:25.30)
				5:33.45 (1:26.73)
	7:01.12 (1:27.67)		8:28.35 (1:27.23)	9:55.28 (1:26.93)
				11:17.90 (1:22.62)

## Men 25-29 1500 LC Meter Freestyle

PAC: 16:28.69 P 12/31/1987 Cameron D Reid

NATL: 16:13.89 N 8/10/1997 ALEX KOSTICH

WORLD: 16:13.78 W 4/12/2015 Rafael CABANILLAS

ESP

1	Averchenko, Aleksei	29	Menlo Masters-38	18:09.09
	1:05.47		2:16.65 (1:11.18)	3:29.44 (1:12.79)
				4:42.83 (1:13.39)
	5:56.85 (1:14.02)		7:11.11 (1:14.26)	8:24.61 (1:13.50)
				9:37.64 (1:13.03)
	10:51.64 (1:14.00)		12:05.52 (1:13.88)	13:19.09 (1:13.57)
				14:32.58 (1:13.49)
	15:45.85 (1:13.27)		16:59.49 (1:13.64)	18:09.09 (1:09.60)
2	Gleason, Sam	26	Albany Armada Aquatics Masters-38	21:25.87
	1:14.39		2:36.77 (1:22.38)	4:00.99 (1:24.22)
				5:23.93 (1:22.94)
	6:49.28 (1:25.35)		8:15.25 (1:25.97)	9:41.55 (1:26.30)
				11:09.03 (1:27.48)
	12:36.83 (1:27.80)		14:05.52 (1:28.69)	15:34.06 (1:28.54)
				17:04.11 (1:30.05)
	18:33.75 (1:29.64)		20:01.40 (1:27.65)	21:25.87 (1:24.47)

## Men 25-29 50 LC Meter Backstroke

PAC: 27.34 P 4/24/2017 Andrew Saeta

NATL: 26.05 N 5/22/2011 ADAM MANIA

WORLD: 25.44 W 4/3/2016 Anton BUTYMOV

RUS

1	Averchenko, Aleksei	29	Menlo Masters-38	28.70
2	Jenstrom, Ian P	29	Jellies Aquatic Masters of Mon-38	32.33
3	Dyer, Samuel	26	Albany Armada Aquatics Masters-38	34.72
4	Gu, Yue Shen	29	Walnut Creek Masters-38	41.66

## Men 25-29 100 LC Meter Backstroke

PAC: 1:00.02 P 8/20/2016 Benjamin S Hinsha

NATL: 55.15 N 8/3/2011 ADAM MANIA

WORLD: 55.09 W 11/21/2021 Ryota MAEJIMA

JPN

1	Dyer, Samuel	26	Albany Armada Aquatics Masters-38	1:16.83
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## Men 25-29 200 LC Meter Backstroke

	<b>PAC:</b>	<b>2:12.40</b>	<b>P</b>	<b>7/15/2017</b>	<b>Peter R Kline</b>		
	<b>NATL:</b>	<b>2:03.61</b>	<b>N</b>	<b>6/24/2017</b>	<b>HAYES JOHNSON</b>		
	<b>WORLD:</b>	<b>2:02.76</b>	<b>W</b>	<b>4/26/2019</b>	<b>Dmitril GORBUNOV</b>	<b>RUS</b>	
1	Valentine, Matthew A			28	University of San Francisco Ma-38		2:35.81
		1:16.80					2:35.81 (1:19.01)
2	Dyer, Samuel			26	Albany Armada Aquatics Masters-38		2:52.55
		1:21.02					2:52.55 (1:31.53)

## Men 25-29 100 LC Meter Breaststroke

	<b>PAC:</b>	<b>1:00.68</b>	<b>P</b>	<b>6/25/2013</b>	<b>BJ Johnson</b>		
	<b>NATL:</b>	<b>1:00.68</b>	<b>N</b>	<b>6/28/2013</b>	<b>BJ JOHNSON</b>		
	<b>WORLD:</b>	<b>1:00.39</b>	<b>W</b>	<b>4/16/2021</b>	<b>Kirill STRELNIKOV</b>	<b>RUS</b>	
1	Gu, Yue Shen			29	Walnut Creek Masters-38		1:32.69

## Men 25-29 50 LC Meter Butterfly

	<b>PAC:</b>	<b>23.90</b>	<b>P</b>	<b>7/1/2017</b>	<b>Thomas A Shields</b>		
	<b>NATL:</b>	<b>23.71</b>	<b>N</b>	<b>8/16/2008</b>	<b>KOHEI KAWAMOTO</b>		
	<b>WORLD:</b>	<b>23.71</b>	<b>W</b>	<b>8/16/2008</b>	<b>Kohei KAWAMOTO</b>	<b>USA</b>	
1	Mueller, Eric			28	Uc38		29.36
2	Frederick, Aaron D			29	University of San Francisco Ma-38		29.45
3	Makhsudov, Alisher			25	University of San Francisco Ma-38		31.00
4	Gleason, Sam			26	Albany Armada Aquatics Masters-38		31.34
5	Dyer, Samuel			26	Albany Armada Aquatics Masters-38		31.38

## Men 25-29 100 LC Meter Butterfly

	<b>PAC:</b>	<b>51.20</b>	<b>P</b>	<b>7/2/2016</b>	<b>Thomas A Shields</b>		
	<b>NATL:</b>	<b>51.20</b>	<b>N</b>	<b>7/2/2016</b>	<b>THOMAS SHIELDS</b>		
	<b>WORLD:</b>	<b>53.09</b>	<b>W</b>	<b>8/15/2008</b>	<b>Kohei KAWAMOTO</b>	<b>USA</b>	
1	Averchenko, Aleksei			29	Menlo Masters-38		59.48
2	Valentine, Matthew A			28	University of San Francisco Ma-38		1:00.64
3	Mueller, Eric			28	Uc38		1:07.04
4	Jenstrom, Ian P			29	Jellies Aquatic Masters of Mon-38		1:09.85
5	Makhsudov, Alisher			25	University of San Francisco Ma-38		1:23.41
6	Gu, Yue Shen			29	Walnut Creek Masters-38		1:28.63

## Men 25-29 200 LC Meter IM

	<b>PAC:</b>	<b>2:07.67</b>	<b>P</b>	<b>4/22/2017</b>	<b>Colin B Babcock</b>		
	<b>NATL:</b>	<b>2:04.40</b>	<b>N</b>	<b>7/14/2013</b>	<b>ADAM RITTER</b>		
	<b>WORLD:</b>	<b>2:03.62</b>	<b>W</b>	<b>4/28/2019</b>	<b>Dmitril GORBUNOV</b>	<b>RUS</b>	
1	Jenstrom, Ian P			29	Jellies Aquatic Masters of Mon-38		2:33.88
		1:11.30					2:33.88 (1:22.58)
2	Frederick, Aaron D			29	University of San Francisco Ma-38		2:35.48
		1:11.53					2:35.48 (1:23.95)
3	Mueller, Eric			28	Uc38		2:39.91
		1:17.35					2:39.91 (1:22.56)
4	Dyer, Samuel			26	Albany Armada Aquatics Masters-38		3:06.96
		1:16.61					3:06.96 (1:50.35)

## Men 25-29 400 LC Meter IM

	<b>PAC:</b>	<b>4:20.83</b>	<b>P</b>	<b>6/25/2013</b>	<b>Alex Wold</b>		
	<b>NATL:</b>	<b>4:20.83</b>	<b>N</b>	<b>6/27/2013</b>	<b>ALEX WOLD</b>		
	<b>WORLD:</b>	<b>4:30.05</b>	<b>W</b>	<b>9/12/2009</b>	<b>D.YABE</b>	<b>BRA</b>	
1	Gleason, Sam			26	Albany Armada Aquatics Masters-38		6:13.23
		1:20.32					3:02.48 (1:42.16) 5:00.93 (1:58.45) 6:13.23 (1:12.30)

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**(Men 25-29 400 LC Meter IM)**

--- Dyer, Samuel 26 Albany Armada Aquatics Masters-38 DQ  
 1:19.12 2:51.68 (1:32.56) 4:54.29 (2:02.61)

**Men 30-34 50 LC Meter Freestyle**

PAC: 21.55 P 8/10/2014 Anthony L Ervin  
 NATL: 21.55 N 8/10/2014 ANTHONY ERVIN  
 WORLD: 22.13 W 7/13/2013 Roland SCHOEMAN USA  
 1 Lindholm, Kyle 30 Uc38 27.39  
 2 Thomas, Michael 30 Mountain View Masters-38 30.83

**Men 30-34 100 LC Meter Freestyle**

PAC: 48.71 P 8/6/2014 Anthony L Ervin  
 NATL: 48.71 N 8/6/2014 ANTHONY ERVIN  
 WORLD: 49.80 W 7/23/2016 Darian TOWNSEND USA  
 1 Hadjipateras, Costas N 32 University of San Francisco Ma-38 58.84  
 2 Rogers, Louis 33 Walnut Creek Masters-38 59.84  
 3 Lindholm, Kyle 30 Uc38 1:05.56

**Men 30-34 200 LC Meter Freestyle**

PAC: 1:56.57 P 6/25/2022 Marcos Lavado  
 NATL: 1:49.34 N 8/7/2014 DARIAN TOWNSEND  
 WORLD: 1:49.56 W 8/6/2016 Darian TOWNSEND USA  
 1 Hadjipateras, Costas N 32 University of San Francisco Ma-38 2:10.63  
 1:04.08 2:10.63 (1:06.55)  
 2 Rogers, Louis 33 Walnut Creek Masters-38 2:16.10  
 1:05.79 2:16.10 (1:10.31)  
 3 Leber, Nathan 30 University of San Francisco Ma-38 2:26.58  
 1:11.42 2:26.58 (1:15.16)

**Men 30-34 400 LC Meter Freestyle**

PAC: 4:13.54 P 12/31/1993 Tom Fristoe  
 NATL: 3:58.12 N 7/23/2016 DARIAN TOWNSEND  
 WORLD: 3:58.12 W 7/23/2016 Darian TOWNSEND USA  
 1 Lavado, Marcos 31 Manatee Aquatic Masters Inc-38 4:19.64  
 1:00.15 2:06.09 (1:05.94) 3:14.53 (1:08.44) 4:19.64 (1:05.11)  
 2 Leber, Nathan 30 University of San Francisco Ma-38 5:18.03  
 1:16.18 2:39.05 (1:22.87) 4:01.00 (1:21.95) 5:18.03 (1:17.03)

**Men 30-34 800 LC Meter Freestyle**

PAC: 8:51.23 P 12/31/1992 Jeff Stiling  
 NATL: 8:28.76 N 8/7/2019 CHAD LA TOURETTE  
 WORLD: 8:08.53 W 3/11/2012 Jan WOLFGARTEN GER  
 1 Leber, Nathan 30 University of San Francisco Ma-38 11:11.53  
 1:17.57 2:42.61 (1:25.04) 4:08.93 (1:26.32) 5:35.92 (1:26.99)  
 7:02.16 (1:26.24) 8:27.46 (1:25.30) 9:51.60 (1:24.14) 11:11.53 (1:19.93)  
 2 Thomas, Michael 30 Mountain View Masters-38 12:46.43  
 1:24.48 3:01.05 (1:36.57) 4:39.63 (1:38.58) 6:17.46 (1:37.83)  
 7:56.62 (1:39.16) 9:35.80 (1:39.18) 11:14.76 (1:38.96) 12:46.43 (1:31.67)

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## Men 30-34 1500 LC Meter Freestyle

	<b>PAC:</b>	<b>15:52.24</b>	<b>P</b>	<b>8/7/2019</b>	<b>Chad E La Tourett</b>		
	<b>NATL:</b>	<b>15:52.24</b>	<b>N</b>	<b>8/7/2019</b>	<b>CHAD LA TOURETTE</b>		
	<b>WORLD:</b>	<b>15:25.79</b>	<b>W</b>	<b>3/11/2012</b>	<b>Jan WOLFGARTEN</b>	<b>GER</b>	
1	Leber, Nathan			30	University of San Francisco Ma-38		21:14.45
		1:16.04			2:37.74 (1:21.70)		4:02.16 (1:24.42)
					5:27.35 (1:25.19)		6:52.68 (1:25.33)
					8:18.60 (1:25.92)		9:45.93 (1:27.33)
					11:12.81 (1:26.88)		12:39.80 (1:26.99)
					14:07.33 (1:27.53)		15:35.00 (1:27.67)
					17:02.71 (1:27.71)		18:30.00 (1:27.29)
					19:54.44 (1:24.44)		21:14.45 (1:20.01)

## Men 30-34 50 LC Meter Backstroke

	<b>PAC:</b>	<b>27.26</b>	<b>P</b>	<b>12/31/1994</b>	<b>Sean Murphy</b>		
	<b>NATL:</b>	<b>24.67</b>	<b>N</b>	<b>6/29/2017</b>	<b>MATT GREVERS</b>		
	<b>WORLD:</b>	<b>25.97</b>	<b>W</b>	<b>8/6/2016</b>	<b>Darian TOWNSEND</b>	<b>USA</b>	
1	Rogers, Louis			33	Walnut Creek Masters-38		33.75
2	Lindholm, Kyle			30	Uc38		34.57
3	Thomas, Michael			30	Mountain View Masters-38		38.22

## Men 30-34 100 LC Meter Backstroke

	<b>PAC:</b>	<b>58.66</b>	<b>P</b>	<b>12/31/1994</b>	<b>Sean Murphy</b>		
	<b>NATL:</b>	<b>52.71</b>	<b>N</b>	<b>6/30/2017</b>	<b>MATT GREVERS</b>		
	<b>WORLD:</b>	<b>55.93</b>	<b>W</b>	<b>7/13/2014</b>	<b>Darian TOWNSEND</b>	<b>USA</b>	
1	Rogers, Louis			33	Walnut Creek Masters-38		1:09.46

## Men 30-34 200 LC Meter Backstroke

	<b>PAC:</b>	<b>2:05.62</b>	<b>P</b>	<b>12/31/1994</b>	<b>Sean Murphy</b>		
	<b>NATL:</b>	<b>2:05.62</b>	<b>N</b>	<b>7/9/1994</b>	<b>SEAN MURPHY</b>		
	<b>WORLD:</b>	<b>2:02.75</b>	<b>W</b>	<b>11/24/2000</b>	<b>Rogério ROMERO</b>	<b>BRA</b>	
1	O'Malley, Liam			32	University of San Francisco Ma-38		2:28.17
		1:11.46			2:28.17 (1:16.71)		
2	Rogers, Louis			33	Walnut Creek Masters-38		2:34.25
		1:00.08			2:34.25 (1:34.17)		
3	Leber, Nathan			30	University of San Francisco Ma-38		2:51.17
		1:24.66			2:51.17 (1:26.51)		
4	Thomas, Michael			30	Mountain View Masters-38		3:00.96
		1:29.23			3:00.96 (1:31.73)		

## Men 30-34 50 LC Meter Breaststroke

	<b>PAC:</b>	<b>27.26</b>	<b>P</b>	<b>6/15/2019</b>	<b>Brandon J Fischer</b>		
	<b>NATL:</b>	<b>27.26</b>	<b>N</b>	<b>6/15/2019</b>	<b>BRANDON FISCHER</b>		
	<b>WORLD:</b>	<b>27.95</b>	<b>W</b>	<b>9/1/2019</b>	<b>Ryo KOBAYASHI</b>	<b>JPN</b>	
1	Lindholm, Kyle			30	Uc38		34.41

## Men 30-34 100 LC Meter Breaststroke

	<b>PAC:</b>	<b>59.86</b>	<b>P</b>	<b>6/15/2019</b>	<b>Brandon J Fischer</b>		
	<b>NATL:</b>	<b>59.86</b>	<b>N</b>	<b>6/13/2019</b>	<b>BRANDON FISCHER</b>		
	<b>WORLD:</b>	<b>1:01.25</b>	<b>W</b>	<b>8/31/2019</b>	<b>Ryo KOBAYASHI</b>	<b>JPN</b>	
1	Hallman, Kevin M			33	University of San Francisco Ma-38		1:25.98
2	Thomas, Michael			30	Mountain View Masters-38		1:32.93

## Men 30-34 50 LC Meter Butterfly

	<b>PAC:</b>	<b>25.31</b>	<b>P</b>	<b>12/31/1988</b>	<b>Mike Bottom</b>		
	<b>NATL:</b>	<b>23.26</b>	<b>N</b>	<b>7/13/2013</b>	<b>ROLAND SCHOEMAN</b>		
	<b>WORLD:</b>	<b>23.26</b>	<b>W</b>	<b>7/13/2013</b>	<b>Roland SCHOEMAN</b>	<b>USA</b>	
1	Lavado, Marcos			31	Manatee Aquatic Masters Inc-38		26.00
2	Hadjipateras, Costas N			32	University of San Francisco Ma-38		28.10

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## Men 30-34 100 LC Meter Butterfly

	<b>PAC:</b>	<b>55.49</b>	<b>P</b>	<b>7/6/2008</b>	<b>Erik L Scalise</b>		
	<b>NATL:</b>	<b>53.36</b>	<b>N</b>	<b>8/8/2014</b>	<b>DARIAN TOWNSEND</b>		
	<b>WORLD:</b>	<b>53.10</b>	<b>W</b>	<b>4/8/2022</b>	<b>Henrique MARTINS</b>	<b>BRA</b>	
1	Hadjipateras, Costas N				32 University of San Francisco Ma-38		1:02.30
2	Hallman, Kevin M				33 University of San Francisco Ma-38		1:14.18
3	Thomas, Michael				30 Mountain View Masters-38		1:22.64

## Men 30-34 200 LC Meter Butterfly

	<b>PAC:</b>	<b>2:09.37</b>	<b>P</b>	<b>12/31/1994</b>	<b>Sean Murphy</b>		
	<b>NATL:</b>	<b>2:03.76</b>	<b>N</b>	<b>8/12/2010</b>	<b>MATT HAUPT</b>		
	<b>WORLD:</b>	<b>2:03.43</b>	<b>W</b>	<b>8/17/2019</b>	<b>Takatsugu OGA</b>	<b>JPN</b>	
1	Lavado, Marcos				31 Manatee Aquatic Masters Inc-38		2:09.78
		59.30					2:09.78 (1:10.48)
2	Leber, Nathan				30 University of San Francisco Ma-38		3:06.87
		1:25.39					3:06.87 (1:41.48)

## Men 30-34 400 LC Meter IM

	<b>PAC:</b>	<b>4:40.22</b>	<b>P</b>	<b>12/31/1994</b>	<b>Sean Murphy</b>		
	<b>NATL:</b>	<b>4:20.81</b>	<b>N</b>	<b>7/23/2016</b>	<b>DARIAN TOWNSEND</b>		
	<b>WORLD:</b>	<b>4:20.81</b>	<b>W</b>	<b>7/23/2016</b>	<b>Darian TOWNSEND</b>	<b>USA</b>	
1	Leber, Nathan				30 University of San Francisco Ma-38		6:09.89
		1:19.96					2:56.45 (1:36.49) 4:47.76 (1:51.31) 6:09.89 (1:22.13)

## Men 35-39 50 LC Meter Freestyle

	<b>PAC:</b>	<b>23.95</b>	<b>P</b>	<b>8/7/2013</b>	<b>Mike Pyle</b>		
	<b>NATL:</b>	<b>22.98</b>	<b>N</b>	<b>6/19/2021</b>	<b>MATT GREVERS</b>		
	<b>WORLD:</b>	<b>22.76</b>	<b>W</b>	<b>8/20/2005</b>	<b>Mark FOSTER</b>	<b>GBR</b>	
1	Frink, Stephen				37 Richmond Plunge Masters-38		26.35
2	Zachan, Matthew				36 Davis Aquatic Masters-38		28.94
3	Law, David				37 Manatee Aquatic Masters Inc-38		28.97

## Men 35-39 100 LC Meter Freestyle

	<b>PAC:</b>	<b>53.51</b>	<b>P</b>	<b>6/30/2017</b>	<b>Tamas Kerekjarto</b>		
	<b>NATL:</b>	<b>51.45</b>	<b>N</b>	<b>10/9/2021</b>	<b>ADAM RITTER</b>		
	<b>WORLD:</b>	<b>50.78</b>	<b>W</b>	<b>9/27/2009</b>	<b>Hideaki HARA</b>	<b>JPN</b>	
1	Frink, Stephen				37 Richmond Plunge Masters-38		58.95
2	Zachan, Matthew				36 Davis Aquatic Masters-38		1:01.51
3	Chenco, Nathan J				36 Stanford Masters Swimming-38		1:01.84
4	Torres, Emmanuel				36 Marcia's Enthusiastic Masters-38		1:07.89

## Men 35-39 200 LC Meter Freestyle

	<b>PAC:</b>	<b>1:59.43</b>	<b>P</b>	<b>7/9/2018</b>	<b>Tamas Kerekjarto</b>		
	<b>NATL:</b>	<b>1:49.23</b>	<b>N</b>	<b>6/14/2021</b>	<b>RYAN LOCHTE</b>		
	<b>WORLD:</b>	<b>1:52.84</b>	<b>W</b>	<b>8/6/2006</b>	<b>Vladmir PYSHNENKO</b>	<b>USA</b>	
1	Chenco, Nathan J				36 Stanford Masters Swimming-38		2:14.60
		1:05.29					2:14.60 (1:09.31)
2	Zachan, Matthew				36 Davis Aquatic Masters-38		2:16.14
		1:05.22					2:16.14 (1:10.92)
3	Eilath, Adam				35 Manatee Aquatic Masters Inc-38		2:20.75
		1:05.82					2:20.75 (1:14.93)
4	Law, David				37 Manatee Aquatic Masters Inc-38		2:26.12
		1:10.07					2:26.12 (1:16.05)

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## Men 35-39 400 LC Meter Freestyle

	<b>PAC:</b>	<b>4:16.20</b>	<b>P</b>	<b>12/31/2000</b>	<b>Dan Veatch</b>		
	<b>NATL:</b>	<b>4:07.64</b>	<b>N</b>	<b>7/16/1995</b>	<b>ROWDY GAINES</b>		
	<b>WORLD:</b>	<b>4:05.91</b>	<b>W</b>	<b>3/10/2012</b>	<b>Petar STOYCHEV</b>	<b>BUL</b>	
1	Chenco, Nathan J			36	Stanford Masters Swimming-38		4:44.93
		1:07.49		2:20.41 (1:12.92)	3:32.98 (1:12.57)	4:44.93 (1:11.95)	
2	Zachan, Matthew			36	Davis Aquatic Masters-38		4:57.76
		1:10.39		2:26.48 (1:16.09)	3:43.44 (1:16.96)	4:57.76 (1:14.32)	
3	Song, Jimmy			39	Marcia's Enthusiastic Masters-38		5:42.35
		1:22.75		2:50.73 (1:27.98)	4:16.51 (1:25.78)	5:42.35 (1:25.84)	
4	Torres, Emmanuel			36	Marcia's Enthusiastic Masters-38		5:50.81
		1:21.62		2:51.39 (1:29.77)	4:21.88 (1:30.49)	5:50.81 (1:28.93)	

## Men 35-39 800 LC Meter Freestyle

	<b>PAC:</b>	<b>8:56.10</b>	<b>P</b>	<b>12/31/2003</b>	<b>Dan Veatch</b>		
	<b>NATL:</b>	<b>8:38.73</b>	<b>N</b>	<b>11/12/1995</b>	<b>ROWDY GAINES</b>		
	<b>WORLD:</b>	<b>8:18.44</b>	<b>W</b>	<b>3/10/2012</b>	<b>Petar STOYCHEV</b>	<b>BUL</b>	
1	Chenco, Nathan J			36	Stanford Masters Swimming-38		9:54.70
		1:11.02		2:26.57 (1:15.55)	3:42.46 (1:15.89)	4:58.27 (1:15.81)	
		6:13.63 (1:15.36)		7:28.59 (1:14.96)	8:42.60 (1:14.01)	9:54.70 (1:12.10)	
2	Frink, Stephen			37	Richmond Plunge Masters-38		10:24.36
		1:12.40		2:30.55 (1:18.15)	3:50.60 (1:20.05)	5:11.90 (1:21.30)	
		6:32.79 (1:20.89)		7:52.22 (1:19.43)	9:10.74 (1:18.52)	10:24.36 (1:13.62)	

## Men 35-39 1500 LC Meter Freestyle

	<b>PAC:</b>	<b>16:59.46</b>	<b>P</b>	<b>12/31/2001</b>	<b>Dan Veatch</b>		
	<b>NATL:</b>	<b>16:32.72</b>	<b>N</b>	<b>8/14/2008</b>	<b>CHRISTOPHER DERKS</b>		
	<b>WORLD:</b>	<b>16:00.04</b>	<b>W</b>	<b>3/11/2012</b>	<b>Petar STOYCHEV</b>	<b>BUL</b>	
1	Eilath, Adam			35	Manatee Aquatic Masters Inc-38		21:47.91
		1:12.39		2:32.34 (1:19.95)	3:55.72 (1:23.38)	5:22.05 (1:26.33)	
		6:49.13 (1:27.08)		8:16.44 (1:27.31)	9:44.57 (1:28.13)	11:14.50 (1:29.93)	
		12:44.52 (1:30.02)		14:14.83 (1:30.31)	15:45.17 (1:30.34)	17:16.00 (1:30.83)	
		18:46.83 (1:30.83)		20:18.36 (1:31.53)	21:47.91 (1:29.55)		
2	Law, David			37	Manatee Aquatic Masters Inc-38		21:57.20
		1:18.86		2:44.87 (1:26.01)	4:12.56 (1:27.69)	5:40.85 (1:28.29)	
		7:09.57 (1:28.72)		8:38.24 (1:28.67)	10:07.05 (1:28.81)	11:35.96 (1:28.91)	
		13:04.42 (1:28.46)		14:33.60 (1:29.18)	16:02.89 (1:29.29)	17:32.76 (1:29.87)	
		19:02.16 (1:29.40)		20:31.30 (1:29.14)	21:57.20 (1:25.90)		
3	Leong, Lancelote			37	SF Tsunami Masters-38		32:00.71
		1:54.51		3:59.58 (2:05.07)	6:06.34 (2:06.76)	10:24.60 (4:18.26)	
		12:34.60 (2:10.00)		14:44.66 (2:10.06)	16:57.37 (2:12.71)	21:20.84 (4:23.47)	
		23:33.67 (2:12.83)			25:44.84 ( )		
				30:03.55 ( )	32:00.71 (1:57.16)		

## Men 35-39 50 LC Meter Backstroke

	<b>PAC:</b>	<b>27.68</b>	<b>P</b>	<b>12/31/2006</b>	<b>Rick Gould</b>		
	<b>NATL:</b>	<b>26.54</b>	<b>N</b>	<b>8/10/2019</b>	<b>JEFF NATALIZIO</b>		
	<b>WORLD:</b>	<b>26.43</b>	<b>W</b>	<b>8/20/2017</b>	<b>Ryan PINI</b>	<b>PNG</b>	
1	Frink, Stephen			37	Richmond Plunge Masters-38		33.97

## Men 35-39 200 LC Meter Backstroke

	<b>PAC:</b>	<b>2:09.26</b>	<b>P</b>	<b>12/31/2000</b>	<b>Dan Veatch</b>		
	<b>NATL:</b>	<b>2:07.16</b>	<b>N</b>	<b>7/29/2001</b>	<b>RON KARNAUGH</b>		
	<b>WORLD:</b>	<b>2:07.97</b>	<b>W</b>	<b>6/22/2016</b>	<b>Marco MACCIANTI</b>	<b>ITA</b>	
1	Horan, Kevin			38	Richmond Plunge Masters-38		2:52.24
		1:21.22		2:52.24 (1:31.02)			

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## Men 35-39 50 LC Meter Breaststroke

	<b>PAC:</b>	<b>30.47</b>	<b>P</b>	<b>12/31/1998</b>	<b>David Lundberg</b>		
	<b>NATL:</b>	<b>28.53</b>	<b>N</b>	<b>5/25/2009</b>	<b>JEFF COMMINGS</b>		
	<b>WORLD:</b>	<b>28.47</b>	<b>W</b>	<b>10/24/2009</b>	<b>Vladislav BRAGIN</b>	<b>RUS</b>	
1	Song, Jimmy			39	Marcia's Enthusiastic Masters-38		36.70
2	Law, David			37	Manatee Aquatic Masters Inc-38		37.03

## Men 35-39 100 LC Meter Breaststroke

	<b>PAC:</b>	<b>1:07.52</b>	<b>P</b>	<b>12/31/1998</b>	<b>David Lundberg</b>		
	<b>NATL:</b>	<b>1:03.76</b>	<b>N</b>	<b>7/14/2013</b>	<b>JEFF COMMINGS</b>		
	<b>WORLD:</b>	<b>1:02.40</b>	<b>W</b>	<b>2/11/2020</b>	<b>Ryo KOBAYASHI</b>	<b>JPN</b>	
1	Chenco, Nathan J			36	Stanford Masters Swimming-38		1:16.16
2	Song, Jimmy			39	Marcia's Enthusiastic Masters-38		1:22.60
3	Law, David			37	Manatee Aquatic Masters Inc-38		1:25.62
4	Zachan, Matthew			36	Davis Aquatic Masters-38		1:27.51

## Men 35-39 200 LC Meter Breaststroke

	<b>PAC:</b>	<b>2:27.55</b>	<b>P</b>	<b>12/31/2006</b>	<b>Roque J Santos</b>		
	<b>NATL:</b>	<b>2:20.34</b>	<b>N</b>	<b>8/6/2011</b>	<b>STEVE WEST</b>		
	<b>WORLD:</b>	<b>2:20.29</b>	<b>W</b>	<b>6/5/2004</b>	<b>Nick GILLINGHAM</b>	<b>GBR</b>	
1	Song, Jimmy			39	Marcia's Enthusiastic Masters-38		2:55.86
		1:25.28					2:55.86 (1:30.58)
2	Frink, Stephen			37	Richmond Plunge Masters-38		3:03.28
		1:28.07					3:03.28 (1:35.21)
3	Law, David			37	Manatee Aquatic Masters Inc-38		3:14.60
		1:32.14					3:14.60 (1:42.46)
---	Eilath, Adam			35	Manatee Aquatic Masters Inc-38		DQ
		1:30.21					

## Men 35-39 50 LC Meter Butterfly

	<b>PAC:</b>	<b>25.77</b>	<b>P</b>	<b>6/29/2014</b>	<b>Adam M Conway</b>		
	<b>NATL:</b>	<b>24.14</b>	<b>N</b>	<b>8/15/2015</b>	<b>KOHEI KAWAMOTO</b>		
	<b>WORLD:</b>	<b>24.14</b>	<b>W</b>	<b>8/15/2015</b>	<b>Kohei KAWAMOTO</b>	<b>USA</b>	
1	Eilath, Adam			35	Manatee Aquatic Masters Inc-38		30.22
2	Zachan, Matthew			36	Davis Aquatic Masters-38		30.94
3	Kapustin, Yevgeniy			36	University of San Francisco Ma-38		37.14

## Men 35-39 100 LC Meter Butterfly

	<b>PAC:</b>	<b>56.21</b>	<b>P</b>	<b>7/15/2017</b>	<b>Tamas Kerekjarto</b>		
	<b>NATL:</b>	<b>53.65</b>	<b>N</b>	<b>8/2/2018</b>	<b>KOHEI KAWAMOTO</b>		
	<b>WORLD:</b>	<b>53.65</b>	<b>W</b>	<b>8/2/2018</b>	<b>Kohei KAWAMOTO</b>	<b>USA</b>	
1	Zachan, Matthew			36	Davis Aquatic Masters-38		1:08.95
2	Chenco, Nathan J			36	Stanford Masters Swimming-38		1:09.53
3	Law, David			37	Manatee Aquatic Masters Inc-38		1:20.39
4	Song, Jimmy			39	Marcia's Enthusiastic Masters-38		1:25.06

## Men 35-39 200 LC Meter Butterfly

	<b>PAC:</b>	<b>2:09.28</b>	<b>P</b>	<b>6/30/2017</b>	<b>Tamas Kerekjarto</b>		
	<b>NATL:</b>	<b>2:04.76</b>	<b>N</b>	<b>8/1/2015</b>	<b>BRENT CREAGER</b>		
	<b>WORLD:</b>	<b>2:02.54</b>	<b>W</b>	<b>4/26/2019</b>	<b>Nikolay SKVORTSOV</b>	<b>RUS</b>	
1	Eilath, Adam			35	Manatee Aquatic Masters Inc-38		2:48.93
		1:11.04					2:48.93 (1:37.89)
2	Torres, Emmanuel			36	Marcia's Enthusiastic Masters-38		3:06.56
		1:24.71					3:06.56 (1:41.85)

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## Men 35-39 200 LC Meter IM

	<b>PAC:</b>	<b>2:14.87</b>	<b>P</b>	<b>12/31/2009</b>	<b>Derek Guffey</b>		
	<b>NATL:</b>	<b>1:58.48</b>	<b>N</b>	<b>6/17/2021</b>	<b>RYAN LOCHTE</b>		
	<b>WORLD:</b>	<b>2:05.65</b>	<b>W</b>	<b>7/7/2019</b>	<b>Darian TOWNSEND</b>	<b>USA</b>	
1	Frink, Stephen			37	Richmond Plunge Masters-38		2:36.87
		1:14.67					2:36.87 (1:22.20)
2	Eilath, Adam			35	Manatee Aquatic Masters Inc-38		2:39.39
		1:15.91					2:39.39 (1:23.48)
3	Song, Jimmy			39	Marcia's Enthusiastic Masters-38		2:53.32
		1:27.41					2:53.32 (1:25.91)
4	Torres, Emmanuel			36	Marcia's Enthusiastic Masters-38		3:02.31
		1:23.34					3:02.31 (1:38.97)

## Men 35-39 400 LC Meter IM

	<b>PAC:</b>	<b>4:45.47</b>	<b>P</b>	<b>12/31/2009</b>	<b>Derek Guffey</b>		
	<b>NATL:</b>	<b>4:34.10</b>	<b>N</b>	<b>7/29/2001</b>	<b>RON KARNAUGH</b>		
	<b>WORLD:</b>	<b>4:36.66</b>	<b>W</b>	<b>8/14/2019</b>	<b>IDRYMONAKOS</b>	<b>GRE</b>	
1	Eilath, Adam			35	Manatee Aquatic Masters Inc-38		5:53.71
		1:11.47					2:48.01 (1:36.54) 4:30.81 (1:42.80) 5:53.71 (1:22.90)
2	Song, Jimmy			39	Marcia's Enthusiastic Masters-38		6:16.79
		1:27.89					3:14.90 (1:47.01) 4:51.08 (1:36.18) 6:16.79 (1:25.71)
3	Torres, Emmanuel			36	Marcia's Enthusiastic Masters-38		6:27.13
		1:23.23					3:04.13 (1:40.90) 5:00.08 (1:55.95) 6:27.13 (1:27.05)

## Men 40-44 50 LC Meter Freestyle

	<b>PAC:</b>	<b>24.14</b>	<b>P</b>	<b>12/31/2003</b>	<b>David E Boatwright</b>		
	<b>NATL:</b>	<b>22.61</b>	<b>N</b>	<b>6/19/2021</b>	<b>ANTHONY ERVIN</b>		
	<b>WORLD:</b>	<b>23.25</b>	<b>W</b>	<b>7/15/2018</b>	<b>Hideaki HARA</b>	<b>JPN</b>	
1	Holbrook, Chad			43	Walnut Creek Masters-38		28.59
2	Mustiazza, Oleg			44	San Mateo Masters-38		34.02

## Men 40-44 100 LC Meter Freestyle

	<b>PAC:</b>	<b>54.26</b>	<b>P</b>	<b>12/31/2003</b>	<b>David E Boatwright</b>		
	<b>NATL:</b>	<b>51.72</b>	<b>N</b>	<b>8/1/2010</b>	<b>VLAD PYSHNENKO</b>		
	<b>WORLD:</b>	<b>51.21</b>	<b>W</b>	<b>7/14/2018</b>	<b>Hideaki HARA</b>	<b>JPN</b>	
1	Mustiazza, Oleg			44	San Mateo Masters-38		1:19.93

## Men 40-44 200 LC Meter Freestyle

	<b>PAC:</b>	<b>2:01.15</b>	<b>P</b>	<b>12/31/2003</b>	<b>David E Boatwright</b>		
	<b>NATL:</b>	<b>1:53.65</b>	<b>N</b>	<b>8/2/2010</b>	<b>VLAD PYSHNENKO</b>		
	<b>WORLD:</b>	<b>1:53.65</b>	<b>W</b>	<b>8/2/2010</b>	<b>Vladimir PYSHNENKO</b>	<b>USA</b>	
1	Roper, Matt			41	Davis Aquatic Masters-38		2:29.61
		1:12.77					2:29.61 (1:16.84)

## Men 40-44 400 LC Meter Freestyle

	<b>PAC:</b>	<b>4:16.50</b>	<b>P</b>	<b>12/31/2010</b>	<b>Alex Kostich</b>		
	<b>NATL:</b>	<b>4:06.74</b>	<b>N</b>	<b>7/24/2009</b>	<b>ERIK HOCHSTEIN</b>		
	<b>WORLD:</b>	<b>4:06.74</b>	<b>W</b>	<b>7/24/2009</b>	<b>Erik HOCHSTEIN</b>	<b>USA</b>	
1	Roper, Matt			41	Davis Aquatic Masters-38		5:47.63
		1:20.90					2:49.43 (1:28.53) 4:20.49 (1:31.06) 5:47.63 (1:27.14)
2	Mustiazza, Oleg			44	San Mateo Masters-38		6:56.79
		1:32.88					3:20.66 (1:47.78) 5:11.57 (1:50.91) 6:56.79 (1:45.22)

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## Men 40-44 800 LC Meter Freestyle

	<b>PAC:</b>	<b>8:37.81</b>	<b>P</b>	<b>12/31/2010</b>	<b>Alex Kostich</b>		
	<b>NATL:</b>	<b>8:37.81</b>	<b>N</b>	<b>7/25/2010</b>	<b>ALEX KOSTICH</b>		
	<b>WORLD:</b>	<b>8:35.85</b>	<b>W</b>	<b>8/12/2019</b>	<b>Nicola NISATO</b>	<b>ITA</b>	
1	Holbrook, Chad			43	Walnut Creek Masters-38		10:33.86
		1:13.67			2:32.85 (1:19.18)		3:53.55 (1:20.70)
					5:14.71 (1:21.16)		6:35.81 (1:21.10)
					7:55.97 (1:20.16)		9:15.39 (1:19.42)
					10:33.86 (1:18.47)		
2	Roper, Matt			41	Davis Aquatic Masters-38		11:55.52
		1:22.69			2:55.35 (1:32.66)		4:28.97 (1:33.62)
					6:01.50 (1:32.53)		7:32.47 (1:30.97)
					9:03.23 (1:30.76)		10:31.24 (1:28.01)
					11:55.52 (1:24.28)		

## Men 40-44 1500 LC Meter Freestyle

	<b>PAC:</b>	<b>16:36.91</b>	<b>P</b>	<b>12/31/2010</b>	<b>Alex Kostich</b>		
	<b>NATL:</b>	<b>16:36.91</b>	<b>N</b>	<b>7/23/2010</b>	<b>ALEX KOSTICH</b>		
	<b>WORLD:</b>	<b>16:24.76</b>	<b>W</b>	<b>4/7/2018</b>	<b>Nicola NISATO</b>	<b>ITA</b>	
1	Holbrook, Chad			43	Walnut Creek Masters-38		20:16.18
		1:14.60			2:34.89 (1:20.29)		3:56.14 (1:21.25)
					5:17.63 (1:21.49)		6:38.65 (1:21.02)
					7:59.21 (1:20.56)		9:20.23 (1:21.02)
					10:41.43 (1:21.20)		12:03.31 (1:21.88)
					13:24.70 (1:21.39)		14:46.52 (1:21.82)
					16:09.42 (1:22.90)		17:32.31 (1:22.89)
					18:55.05 (1:22.74)		20:16.18 (1:21.13)
2	Roper, Matt			41	Davis Aquatic Masters-38		22:34.82
		1:24.33			2:58.37 (1:34.04)		4:32.38 (1:34.01)
					6:05.24 (1:32.86)		7:37.60 (1:32.36)
					9:10.11 (1:32.51)		10:40.84 (1:30.73)
					12:11.61 (1:30.77)		13:40.60 (1:28.99)
					15:10.00 (1:29.40)		16:39.95 (1:29.95)
					18:18.03 (1:38.08)		19:39.49 (1:21.46)
					21:09.15 (1:29.66)		22:34.82 (1:25.67)

## Men 40-44 50 LC Meter Backstroke

	<b>PAC:</b>	<b>28.59</b>	<b>P</b>	<b>12/31/2006</b>	<b>Sean Murphy</b>		
	<b>NATL:</b>	<b>27.47</b>	<b>N</b>	<b>8/23/2008</b>	<b>MICHAEL ROSS</b>		
	<b>WORLD:</b>	<b>27.13</b>	<b>W</b>	<b>8/18/2019</b>	<b>Nicholas NECKLES</b>	<b>BAR</b>	
1	Roper, Matt			41	Davis Aquatic Masters-38		34.22
2	Holbrook, Chad			43	Walnut Creek Masters-38		34.48

## Men 40-44 100 LC Meter Backstroke

	<b>PAC:</b>	<b>1:00.95</b>	<b>P</b>	<b>12/31/2006</b>	<b>Sean Murphy</b>		
	<b>NATL:</b>	<b>59.08</b>	<b>N</b>	<b>8/7/2009</b>	<b>MICHAEL ROSS</b>		
	<b>WORLD:</b>	<b>58.45</b>	<b>W</b>	<b>8/17/2019</b>	<b>Nicholas NECKLES</b>	<b>BAR</b>	
1	Roper, Matt			41	Davis Aquatic Masters-38		1:14.83

## Men 40-44 200 LC Meter Backstroke

	<b>PAC:</b>	<b>2:22.02</b>	<b>P</b>	<b>7/8/2007</b>	<b>Rick M Hamilton</b>		
	<b>NATL:</b>	<b>2:11.13</b>	<b>N</b>	<b>8/16/2014</b>	<b>FREDERIK HVIID</b>		
	<b>WORLD:</b>	<b>2:08.06</b>	<b>W</b>	<b>8/13/2019</b>	<b>Nicholas NECKLES</b>	<b>BAR</b>	
1	Holbrook, Chad			43	Walnut Creek Masters-38		2:37.22
		1:16.65			2:37.22 (1:20.57)		
2	Roper, Matt			41	Davis Aquatic Masters-38		2:45.94
		1:19.70			2:45.94 (1:26.24)		

## Men 40-44 50 LC Meter Breaststroke

	<b>PAC:</b>	<b>30.78</b>	<b>P</b>	<b>12/31/2009</b>	<b>Jonathan T Manson</b>		
	<b>NATL:</b>	<b>29.02</b>	<b>N</b>	<b>7/27/2014</b>	<b>JEFF COMMINGS</b>		
	<b>WORLD:</b>	<b>28.84</b>	<b>W</b>	<b>9/16/2009</b>	<b>Alberto MONTINI</b>	<b>ITA</b>	
1	Ignatov, Alex			41	Temescal Aquatic Masters-38		34.87



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**Men 40-44 100 LC Meter Breaststroke**

	<b>PAC:</b>	<b>1:11.27</b>	<b>P</b>	<b>12/31/1997</b>	<b>Spencer Eldred</b>		
	<b>NATL:</b>	<b>1:03.76</b>	<b>N</b>	<b>7/6/2012</b>	<b>STEVE WEST</b>		
	<b>WORLD:</b>	<b>1:03.60</b>	<b>W</b>	<b>5/20/2012</b>	<b>Vladislav BRAGIN</b>	<b>RUS</b>	
1	Holbrook, Chad			43	Walnut Creek Masters-38		1:24.70
2	Mustiazza, Oleg			44	San Mateo Masters-38		1:47.07

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

	<b>PAC:</b>	<b>26.41</b>	<b>P</b>	<b>12/31/2012</b>	<b>Greg Tull</b>		
	<b>NATL:</b>	<b>25.11</b>	<b>N</b>	<b>6/9/2018</b>	<b>JAMES ZENYUH</b>		
	<b>WORLD:</b>	<b>25.06</b>	<b>W</b>	<b>7/20/2015</b>	<b>Eiji NOMURA</b>	<b>JPN</b>	
1	Ignatov, Alex			41	Temescal Aquatic Masters-38		29.30

**Men 40-44 100 LC Meter Butterfly**

	<b>PAC:</b>	<b>1:00.72</b>	<b>P</b>	<b>12/31/2005</b>	<b>Roger Brisbane</b>		
	<b>NATL:</b>	<b>56.43</b>	<b>N</b>	<b>8/23/2008</b>	<b>MICHAEL ROSS</b>		
	<b>WORLD:</b>	<b>56.17</b>	<b>W</b>	<b>9/6/2011</b>	<b>Serkan ATASAY</b>	<b>TUR</b>	
1	Wada, Ellison			43	Marcia's Enthusiastic Masters-38		1:41.74

**Men 40-44 200 LC Meter IM**

	<b>PAC:</b>	<b>2:19.31</b>	<b>P</b>	<b>12/31/2006</b>	<b>Stephen M Smith</b>		
	<b>NATL:</b>	<b>2:13.71</b>	<b>N</b>	<b>7/23/2016</b>	<b>JEFF COMMINGS</b>		
	<b>WORLD:</b>	<b>2:10.63</b>	<b>W</b>	<b>6/25/2009</b>	<b>Alberto MONTINI</b>	<b>ITA</b>	
1	Ignatov, Alex			41	Temescal Aquatic Masters-38		2:29.78
		1:09.86			2:29.78 (1:19.92)		

**Men 40-44 400 LC Meter IM**

	<b>PAC:</b>	<b>4:56.57</b>	<b>P</b>	<b>8/7/2013</b>	<b>David A Sway</b>		
	<b>NATL:</b>	<b>4:47.82</b>	<b>N</b>	<b>7/29/2018</b>	<b>ERIC CHRISTENSEN</b>		
	<b>WORLD:</b>	<b>4:43.00</b>	<b>W</b>	<b>6/12/2012</b>	<b>Uwe VOLK</b>	<b>GER</b>	
1	Ignatov, Alex			41	Temescal Aquatic Masters-38		5:22.52
		1:09.39			2:35.85 (1:26.46)		
					4:06.29 (1:30.44)		
					5:22.52 (1:16.23)		

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

	<b>PAC:</b>	<b>24.69</b>	<b>P</b>	<b>8/7/2013</b>	<b>Greg Tull</b>		
	<b>NATL:</b>	<b>24.12</b>	<b>N</b>	<b>6/23/2018</b>	<b>BRIAN JACOBSON</b>		
	<b>WORLD:</b>	<b>23.55</b>	<b>W</b>	<b>8/15/2019</b>	<b>Hideaki HARA</b>	<b>JPN</b>	
1	Wright, Eric			49	California Gold Masters-38		30.66
2	Lehnert, Ahren			49	Marcia's Enthusiastic Masters-38		33.08
3	Lucchese, Jon			46	Walnut Creek Masters-38		33.66

**Men 45-49 100 LC Meter Freestyle**

	<b>PAC:</b>	<b>54.83</b>	<b>P</b>	<b>12/31/2006</b>	<b>David E Boatwright</b>		
	<b>NATL:</b>	<b>53.77</b>	<b>N</b>	<b>8/7/2016</b>	<b>NICOLAS GRANGER</b>		
	<b>WORLD:</b>	<b>52.24</b>	<b>W</b>	<b>8/13/2019</b>	<b>Hideaki HARA</b>	<b>JPN</b>	
1	Wright, Eric			49	California Gold Masters-38		1:06.95
2	Zajonc, Jason			49	Uc38		1:08.66
3	Lehnert, Ahren			49	Marcia's Enthusiastic Masters-38		1:12.35
4	Thompson, John			46	Santa Rosa Masters-38		1:22.61

**Men 45-49 200 LC Meter Freestyle**

	<b>PAC:</b>	<b>2:03.71</b>	<b>P</b>	<b>12/31/1996</b>	<b>Tim Broderick</b>		
	<b>NATL:</b>	<b>1:57.89</b>	<b>N</b>	<b>8/6/2009</b>	<b>KEITH SWITZER</b>		
	<b>WORLD:</b>	<b>1:57.75</b>	<b>W</b>	<b>8/5/2014</b>	<b>Nicolas GRANGER</b>	<b>FRA</b>	
1	Wright, Eric			49	California Gold Masters-38		2:27.80
		1:12.63			2:27.80 (1:15.17)		

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**(Men 45-49 200 LC Meter Freestyle)**

2	Sabatini, Greg	46	Richmond Plunge Masters-38	2:40.40
	1:17.94	2:40.40	(1:22.46)	
3	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	2:46.45
	1:23.57	2:46.45	(1:22.88)	

**Men 45-49 400 LC Meter Freestyle**

	<b>PAC:</b>	<b>4:23.49</b>	<b>P</b>	<b>12/31/2005</b>	<b>George F Tidmarsh</b>	
	<b>NATL:</b>	<b>4:09.20</b>	<b>N</b>	<b>7/19/2008</b>	<b>DENNIS BAKER</b>	
	<b>WORLD:</b>	<b>4:11.07</b>	<b>W</b>	<b>8/9/2009</b>	<b>Keith SWITZER</b>	<b>USA</b>
1	Wright, Eric	49	California Gold Masters-38	5:17.56		
	1:16.51	2:38.39	(1:21.88)	4:00.87 (1:22.48)	5:17.56 (1:16.69)	
2	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	5:56.20		
	1:27.93	3:00.93	(1:33.00)	4:31.39 (1:30.46)	5:56.20 (1:24.81)	

**Men 45-49 800 LC Meter Freestyle**

	<b>PAC:</b>	<b>9:07.99</b>	<b>P</b>	<b>12/31/2006</b>	<b>George F Tidmarsh</b>	
	<b>NATL:</b>	<b>8:51.98</b>	<b>N</b>	<b>8/9/2010</b>	<b>JEFF ERWIN</b>	
	<b>WORLD:</b>	<b>8:40.79</b>	<b>W</b>	<b>8/10/2015</b>	<b>Fabio CALMASINI</b>	<b>ITA</b>
1	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	12:30.10		
	1:30.30	3:08.27	(1:37.97)	4:45.93 (1:37.66)	6:23.00 (1:37.07)	
	7:57.30	(1:34.30)	9:30.87 (1:33.57)	11:03.41 (1:32.54)	12:30.10 (1:26.69)	

**Men 45-49 1500 LC Meter Freestyle**

	<b>PAC:</b>	<b>17:10.90</b>	<b>P</b>	<b>12/31/2005</b>	<b>George F Tidmarsh</b>	
	<b>NATL:</b>	<b>16:38.81</b>	<b>N</b>	<b>8/10/2009</b>	<b>JEFF ERWIN</b>	
	<b>WORLD:</b>	<b>16:38.81</b>	<b>W</b>	<b>8/10/2009</b>	<b>Jeff ERWIN</b>	<b>USA</b>
1	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	23:58.22		
	1:27.62	3:04.43	(1:36.81)	4:42.78 (1:38.35)	6:19.87 (1:37.09)	
	7:56.94	(1:37.07)	9:33.00 (1:36.06)	11:10.09 (1:37.09)	12:48.20 (1:38.11)	
	14:25.33	(1:37.13)	16:02.84 (1:37.51)	17:39.05 (1:36.21)	19:16.14 (1:37.09)	
	20:54.12	(1:37.98)	22:29.16 (1:35.04)	23:58.22 (1:29.06)		

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

	<b>PAC:</b>	<b>29.22</b>	<b>P</b>	<b>12/31/2008</b>	<b>John Ends</b>	
	<b>NATL:</b>	<b>28.05</b>	<b>N</b>	<b>6/7/2008</b>	<b>STEVE WOOD</b>	
	<b>WORLD:</b>	<b>27.62</b>	<b>W</b>	<b>6/6/2021</b>	<b>Aleksandr SHILIN</b>	<b>RUS</b>
1	Wright, Eric	49	California Gold Masters-38	39.16		

**Men 45-49 100 LC Meter Backstroke**

	<b>PAC:</b>	<b>1:01.40</b>	<b>P</b>	<b>5/10/2015</b>	<b>Rick Gould</b>	
	<b>NATL:</b>	<b>1:00.13</b>	<b>N</b>	<b>6/8/2008</b>	<b>STEVE WOOD</b>	
	<b>WORLD:</b>	<b>1:00.13</b>	<b>W</b>	<b>6/8/2008</b>	<b>Steve WOOD</b>	<b>USA</b>
1	Kuhns, Chris	47	Walnut Creek Masters-38	1:16.62		
2	Thompson, John	46	Santa Rosa Masters-38	1:43.92		

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

	<b>PAC:</b>	<b>32.48</b>	<b>P</b>	<b>12/31/1994</b>	<b>Robert Strand</b>	
	<b>NATL:</b>	<b>29.42</b>	<b>N</b>	<b>8/9/2019</b>	<b>STEVE WEST</b>	
	<b>WORLD:</b>	<b>29.22</b>	<b>W</b>	<b>9/8/2019</b>	<b>Hideaki TOGO</b>	<b>JPN</b>
1	Pierce, Andrew	46	Walnut Creek Masters-38	37.24		
2	Kuhns, Chris	47	Walnut Creek Masters-38	37.99		
3	Wright, Eric	49	California Gold Masters-38	38.46		
4	Thompson, John	46	Santa Rosa Masters-38	42.32		

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## Men 45-49 100 LC Meter Breaststroke

	<b>PAC:</b>	<b>1:12.83</b>	<b>P</b>	<b>12/31/2001</b>	<b>Spencer Eldred</b>		
	<b>NATL:</b>	<b>1:04.77</b>	<b>N</b>	<b>7/14/2019</b>	<b>STEVE WEST</b>		
	<b>WORLD:</b>	<b>1:04.77</b>	<b>W</b>	<b>7/14/2019</b>	<b>Steve WEST</b>	<b>USA</b>	
1	Pierce, Andrew			46	Walnut Creek Masters-38		1:23.14
2	Wright, Eric			49	California Gold Masters-38		1:26.28

## Men 45-49 200 LC Meter Breaststroke

	<b>PAC:</b>	<b>2:35.26</b>	<b>P</b>	<b>6/29/2014</b>	<b>Sergey Mariniuk</b>		
	<b>NATL:</b>	<b>2:19.44</b>	<b>N</b>	<b>6/22/2018</b>	<b>STEVE WEST</b>		
	<b>WORLD:</b>	<b>2:19.44</b>	<b>W</b>	<b>6/22/2018</b>	<b>Steve WEST</b>	<b>USA</b>	
1	Pierce, Andrew			46	Walnut Creek Masters-38		3:03.65
		1:28.79			3:03.65 (1:34.86)		
2	Kuhns, Chris			47	Walnut Creek Masters-38		3:11.89
		1:29.91			3:11.89 (1:41.98)		
3	Thompson, John			46	Santa Rosa Masters-38		3:31.36
		1:40.70			3:31.36 (1:50.66)		
4	Lehnert, Ahren			49	Marcia's Enthusiastic Masters-38		3:40.63
		1:48.59			3:40.63 (1:52.04)		

## Men 45-49 50 LC Meter Butterfly

	<b>PAC:</b>	<b>26.40</b>	<b>P</b>	<b>8/7/2013</b>	<b>Greg Tull</b>		
	<b>NATL:</b>	<b>25.24</b>	<b>N</b>	<b>10/10/2021</b>	<b>CHUCK BARNES</b>		
	<b>WORLD:</b>	<b>25.24</b>	<b>W</b>	<b>10/10/2021</b>	<b>Chuck BARNES</b>	<b>USA</b>	
1	Zajonc, Jason			49	Uc38		32.09

## Men 45-49 100 LC Meter Butterfly

	<b>PAC:</b>	<b>59.64</b>	<b>P</b>	<b>12/31/2008</b>	<b>John A Engs</b>		
	<b>NATL:</b>	<b>56.42</b>	<b>N</b>	<b>8/4/2002</b>	<b>PAUL CARTER</b>		
	<b>WORLD:</b>	<b>56.85</b>	<b>W</b>	<b>8/11/2002</b>	<b>Paul CARTER</b>	<b>USA</b>	
---	Lucchese, Jon			46	Walnut Creek Masters-38		DQ

## Men 45-49 200 LC Meter IM

	<b>PAC:</b>	<b>2:16.21</b>	<b>P</b>	<b>6/29/2014</b>	<b>Sergey Mariniuk</b>		
	<b>NATL:</b>	<b>2:10.09</b>	<b>N</b>	<b>8/7/2016</b>	<b>NICOLAS GRANGER</b>		
	<b>WORLD:</b>	<b>2:10.09</b>	<b>W</b>	<b>8/7/2016</b>	<b>Nicolas GRANGER</b>	<b>USA</b>	
1	Kuhns, Chris			47	Walnut Creek Masters-38		2:51.74
		1:22.47			2:51.74 (1:29.27)		

## Men 50-54 50 LC Meter Freestyle

	<b>PAC:</b>	<b>25.57</b>	<b>P</b>	<b>12/31/2008</b>	<b>Paul V Carter</b>		
	<b>NATL:</b>	<b>24.58</b>	<b>N</b>	<b>8/9/2009</b>	<b>ROWDY GAINES</b>		
	<b>WORLD:</b>	<b>24.08</b>	<b>W</b>	<b>6/27/2009</b>	<b>Brent BARNES</b>	<b>JPN</b>	
1	Power, Michael			54	Oregon Masters-37		26.53
2	Lane, Will			51	Fresno Dolphins Masters Swim T-38		26.76
3	Jegers, Daniel			53	Marcia's Enthusiastic Masters-38		29.40
4	Wehmann, Todd			50	Marcia's Enthusiastic Masters-38		30.01
5	Fahlen, Mark			51	Oakdale Aquatic Masters-38		30.31
6	Erickson, Douglas			50	Rolling Hills Mud Sharks-38		31.30
7	Wood, Brent			53	Uc38		40.58

## Men 50-54 100 LC Meter Freestyle

	<b>PAC:</b>	<b>55.93</b>	<b>P</b>	<b>12/31/2012</b>	<b>David E Boatwright</b>		
	<b>NATL:</b>	<b>54.18</b>	<b>N</b>	<b>8/4/2017</b>	<b>NICOLAS GRANGER</b>		
	<b>WORLD:</b>	<b>54.15</b>	<b>W</b>	<b>6/30/2017</b>	<b>Nicolas GRANGER</b>	<b>FRA</b>	
1	Jegers, Daniel			53	Marcia's Enthusiastic Masters-38		1:07.95

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## Men 50-54 100 LC Meter Freestyle

	<b>PAC:</b>	<b>55.93</b>	<b>P</b>	<b>12/31/2012</b>	<b>David E Boatwright</b>		
	<b>NATL:</b>	<b>54.18</b>	<b>N</b>	<b>8/4/2017</b>	<b>NICOLAS GRANGER</b>		
	<b>WORLD:</b>	<b>54.15</b>	<b>W</b>	<b>6/30/2017</b>	<b>Nicolas GRANGER</b>	<b>FRA</b>	
1	Power, Michael			54	Oregon Masters-37		1:00.25
2	Winsor, Brad			51	Davis Aquatic Masters-38		1:00.52
3	Fahlen, Mark			51	Oakdale Aquatic Masters-38		1:05.56
4	Wehmann, Todd			50	Marcia's Enthusiastic Masters-38		1:07.60
5	Jegers, Daniel			53	Marcia's Enthusiastic Masters-38		1:07.86
6	Harrington, Matt			51	University of San Francisco Ma-38		1:09.03
7	Friedman, Eric D			52	Albany Armada Aquatics Masters-38		1:16.23

## Men 50-54 200 LC Meter Freestyle

	<b>PAC:</b>	<b>2:05.68</b>	<b>P</b>	<b>7/12/2013</b>	<b>Darren D Phalen</b>		
	<b>NATL:</b>	<b>2:00.34</b>	<b>N</b>	<b>8/13/2007</b>	<b>DAN STEPHENSON</b>		
	<b>WORLD:</b>	<b>1:58.62</b>	<b>W</b>	<b>7/1/2017</b>	<b>Nicolas GRANGER</b>	<b>FRA</b>	
1	Winsor, Brad			51	Davis Aquatic Masters-38		2:14.25
	1:04.73						2:14.25 (1:09.52)
2	Power, Michael			54	Oregon Masters-37		2:17.31
	1:06.70						2:17.31 (1:10.61)
3	Fahlen, Mark			51	Oakdale Aquatic Masters-38		2:24.30
	1:10.16						2:24.30 (1:14.14)
4	Wehmann, Todd			50	Marcia's Enthusiastic Masters-38		2:31.69
	1:14.97						2:31.69 (1:16.72)
5	Jegers, Daniel			53	Marcia's Enthusiastic Masters-38		2:34.73
	1:14.69						2:34.73 (1:20.04)

## Men 50-54 200 LC Meter Freestyle

	<b>PAC:</b>	<b>2:05.68</b>	<b>P</b>	<b>7/12/2013</b>	<b>Darren D Phalen</b>		
	<b>NATL:</b>	<b>2:00.34</b>	<b>N</b>	<b>8/13/2007</b>	<b>DAN STEPHENSON</b>		
	<b>WORLD:</b>	<b>1:58.62</b>	<b>W</b>	<b>7/1/2017</b>	<b>Nicolas GRANGER</b>	<b>FRA</b>	
1	Jegers, Daniel			53	Marcia's Enthusiastic Masters-38		2:32.37

## Men 50-54 400 LC Meter Freestyle

	<b>PAC:</b>	<b>4:24.57</b>	<b>P</b>	<b>8/7/2013</b>	<b>Darren D Phalen</b>		
	<b>NATL:</b>	<b>4:15.93</b>	<b>N</b>	<b>8/4/2017</b>	<b>NICOLAS GRANGER</b>		
	<b>WORLD:</b>	<b>4:15.93</b>	<b>W</b>	<b>8/4/2017</b>	<b>Nicolas GRANGER</b>	<b>USA</b>	
1	Winsor, Brad			51	Davis Aquatic Masters-38		4:50.53
	1:09.80						2:23.73 (1:13.93) 3:38.16 (1:14.43) 4:50.53 (1:12.37)
2	Harrington, Matt			51	University of San Francisco Ma-38		5:13.87
	1:16.26						2:38.56 (1:22.30) 3:58.04 (1:19.48) 5:13.87 (1:15.83)
3	Fahlen, Mark			51	Oakdale Aquatic Masters-38		5:15.79
	1:15.98						2:36.05 (1:20.07) 3:56.79 (1:20.74) 5:15.79 (1:19.00)

## Men 50-54 800 LC Meter Freestyle

	<b>PAC:</b>	<b>9:21.11</b>	<b>P</b>	<b>7/8/2018</b>	<b>Barton S Wells</b>		
	<b>NATL:</b>	<b>8:56.31</b>	<b>N</b>	<b>8/3/2014</b>	<b>RICARDO VALDIVIA</b>		
	<b>WORLD:</b>	<b>8:55.05</b>	<b>W</b>	<b>7/31/2010</b>	<b>Marcus MATTIOLI</b>	<b>BRA</b>	
1	Winsor, Brad			51	Davis Aquatic Masters-38		10:02.25
2	Wehmann, Todd			50	Marcia's Enthusiastic Masters-38		11:58.85

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## Men 50-54 800 LC Meter Freestyle

	<b>PAC:</b>	<b>9:21.11</b>	<b>P</b>	<b>7/8/2018</b>	<b>Barton S Wells</b>		
	<b>NATL:</b>	<b>8:56.31</b>	<b>N</b>	<b>8/3/2014</b>	<b>RICARDO VALDIVIA</b>		
	<b>WORLD:</b>	<b>8:55.05</b>	<b>W</b>	<b>7/31/2010</b>	<b>Marcus MATTIOLI</b>	<b>BRA</b>	
1	Fahlen, Mark			51	Oakdale Aquatic Masters-38		10:55.55
		1:17.24					
		2:39.90 (1:22.66)			4:02.92 (1:23.02)		5:25.93 (1:23.01)
		6:49.01 (1:23.08)			8:12.11 (1:23.10)		9:34.34 (1:22.23)
							10:55.55 (1:21.21)
2	Wehmann, Todd			50	Marcia's Enthusiastic Masters-38		11:35.37
		1:24.00					
		2:55.60 (1:31.60)			4:23.67 (1:28.07)		5:51.51 (1:27.84)
		7:19.20 (1:27.69)			8:46.34 (1:27.14)		10:12.88 (1:26.54)
							11:35.37 (1:22.49)

## Men 50-54 1500 LC Meter Freestyle

	<b>PAC:</b>	<b>17:50.94</b>	<b>P</b>	<b>8/2/2017</b>	<b>Barton S Wells</b>		
	<b>NATL:</b>	<b>17:08.33</b>	<b>N</b>	<b>8/20/2000</b>	<b>JIM MC CONICA</b>		
	<b>WORLD:</b>	<b>17:08.33</b>	<b>W</b>	<b>8/20/2000</b>	<b>Jim MCONICA</b>	<b>USA</b>	
1	Winsor, Brad			51	Davis Aquatic Masters-38		18:51.53
		1:11.75					
		2:28.20 (1:16.45)			3:44.87 (1:16.67)		5:00.90 (1:16.03)
		6:16.43 (1:15.53)			7:31.99 (1:15.56)		8:47.20 (1:15.21)
		11:18.10 (1:15.85)			12:34.12 (1:16.02)		13:50.25 (1:16.13)
		16:22.12 (1:15.99)			17:37.83 (1:15.71)		18:51.53 (1:13.70)
2	Harrington, Matt			51	University of San Francisco Ma-38		21:26.94
		1:22.14					
		2:49.84 (1:27.70)			4:17.89 (1:28.05)		5:45.25 (1:27.36)
		7:12.66 (1:27.41)			8:40.31 (1:27.65)		10:07.25 (1:26.94)
		13:00.21 (1:26.68)			14:27.02 (1:26.81)		15:52.02 (1:25.00)
		18:41.26 (1:24.03)			20:04.67 (1:23.41)		21:26.94 (1:22.27)
3	Wehmann, Todd			50	Marcia's Enthusiastic Masters-38		22:04.49
		1:24.78					
		2:57.12 (1:32.34)			4:29.41 (1:32.29)		6:00.88 (1:31.47)
		7:32.01 (1:31.13)			9:01.58 (1:29.57)		10:29.65 (1:28.07)
		13:26.98 (1:28.13)			14:55.11 (1:28.13)		16:22.05 (1:26.94)
		19:15.67 (1:26.27)			20:42.19 (1:26.52)		22:04.49 (1:22.30)
4	Langner, Mikael			54	Manatee Aquatic Masters Inc-38		22:07.18
		1:27.07					
		2:54.36 (1:27.29)			4:21.81 (1:27.45)		5:49.21 (1:27.40)
		7:16.97 (1:27.76)			8:43.69 (1:26.72)		10:11.46 (1:27.77)
		13:08.32 (1:28.66)			14:37.95 (1:29.63)		16:08.08 (1:30.13)
		19:09.22 (1:30.90)			20:39.10 (1:29.88)		22:07.18 (1:28.08)
5	Jegers, Daniel			53	Marcia's Enthusiastic Masters-38		23:31.51
		1:27.62					
		2:58.00 (1:30.38)			4:28.64 (1:30.64)		5:59.87 (1:31.23)
		7:32.62 (1:32.75)			9:07.23 (1:34.61)		10:43.51 (1:36.28)
		13:54.88 (1:35.57)			15:32.05 (1:37.17)		17:10.62 (1:38.57)
		20:25.32 (1:37.00)			21:59.30 (1:33.98)		23:31.51 (1:32.21)

## Men 50-54 50 LC Meter Backstroke

	<b>PAC:</b>	<b>28.58</b>	<b>P</b>	<b>7/10/2018</b>	<b>Rick Gould</b>		
	<b>NATL:</b>	<b>28.58</b>	<b>N</b>	<b>7/14/2018</b>	<b>RICK GOULD</b>		
	<b>WORLD:</b>	<b>28.58</b>	<b>W</b>	<b>7/14/2018</b>	<b>Rick GOULD</b>	<b>USA</b>	
1	Lane, Will			51	Fresno Dolphins Masters Swim T-38		30.27
2	Power, Michael			54	Oregon Masters-37		34.43
3	Wehmann, Todd			50	Marcia's Enthusiastic Masters-38		38.73
4	Erickson, Douglas			50	Rolling Hills Mud Sharks-38		39.91

## Men 50-54 50 LC Meter Backstroke

	<b>PAC:</b>	<b>28.58</b>	<b>P</b>	<b>7/10/2018</b>	<b>Rick Gould</b>		
	<b>NATL:</b>	<b>28.58</b>	<b>N</b>	<b>7/14/2018</b>	<b>RICK GOULD</b>		
	<b>WORLD:</b>	<b>28.58</b>	<b>W</b>	<b>7/14/2018</b>	<b>Rick GOULD</b>	<b>USA</b>	
1	Wehmann, Todd			50	Marcia's Enthusiastic Masters-38		38.88

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## Men 50-54 100 LC Meter Backstroke

PAC: 1:02.17 P 7/11/2018 Rick Gould

NATL: 1:01.57 N 8/6/2017 NICOLAS GRANGER

WORLD: 1:01.57 W 8/6/2017 Nicolas GRANGER USA

1 Wehmann, Todd 50 Marcia's Enthusiastic Masters-38 1:27.80

## Men 50-54 100 LC Meter Backstroke

PAC: 1:02.17 P 7/11/2018 Rick Gould

NATL: 1:01.57 N 8/6/2017 NICOLAS GRANGER

WORLD: 1:01.57 W 8/6/2017 Nicolas GRANGER USA

1 Lane, Will 51 Fresno Dolphins Masters Swim T-38 1:08.48  
 2 Power, Michael 54 Oregon Masters-37 1:14.98  
 3 Friedman, Eric D 52 Albany Armada Aquatics Masters-38 1:35.05

## Men 50-54 200 LC Meter Backstroke

PAC: 2:16.79 P 7/10/2018 Rick Gould

NATL: 2:14.53 N 8/5/2017 NICOLAS GRANGER

WORLD: 2:14.53 W 8/5/2017 Nicolas GRANGER USA

1 Power, Michael 54 Oregon Masters-37 2:44.50  
 1:21.88 2:44.50 (1:22.62)  
 2 Fahlen, Mark 51 Oakdale Aquatic Masters-38 3:04.78  
 1:32.38 3:04.78 (1:32.40)  
 3 Wehmann, Todd 50 Marcia's Enthusiastic Masters-38 3:09.17  
 1:34.83 3:09.17 (1:34.34)  
 4 Jegers, Daniel 53 Marcia's Enthusiastic Masters-38 3:12.28  
 1:34.00 3:12.28 (1:38.28)

## Men 50-54 50 LC Meter Breaststroke

PAC: 30.97 P 12/31/2009 Gary L Patterson

NATL: 29.90 N 4/2/2022 STEVE WEST

WORLD: 29.90 W 4/2/2022 Steve WEST USA

1 Harrington, Matt 51 University of San Francisco Ma-38 41.97

## Men 50-54 100 LC Meter Breaststroke

PAC: 1:09.36 P 12/31/2009 Gary L Patterson

NATL: 1:06.98 N 8/15/2014 DAVID GUTHRIE

WORLD: 1:06.14 W 4/22/2022 Vladislav BRAGIN RUS

1 Wood, Brent 53 Uc38 1:23.38

## Men 50-54 50 LC Meter Butterfly

PAC: 25.88 P 12/31/2008 Paul V Carter

NATL: 25.88 N 8/16/2008 PAUL CARTER

WORLD: 25.88 W 8/16/2008 Paul CARTER USA

1 Lane, Will 51 Fresno Dolphins Masters Swim T-38 27.38  
 2 Power, Michael 54 Oregon Masters-37 29.49  
 3 Winsor, Brad 51 Davis Aquatic Masters-38 30.71  
 4 Jegers, Daniel 53 Marcia's Enthusiastic Masters-38 31.20

## Men 50-54 100 LC Meter Butterfly

PAC: 57.23 P 12/31/2008 Paul V Carter

NATL: 57.23 N 8/15/2008 PAUL CARTER

WORLD: 57.23 W 8/15/2008 Paul CARTER USA

1 Jegers, Daniel 53 Marcia's Enthusiastic Masters-38 1:20.53

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## Men 50-54 200 LC Meter Butterfly

	<b>PAC:</b>	<b>2:18.57</b>	<b>P</b>	<b>12/31/2008</b>	<b>Paul V Carter</b>		
	<b>NATL:</b>	<b>2:13.80</b>	<b>N</b>	<b>7/9/2011</b>	<b>DENNIS BAKER</b>		
	<b>WORLD:</b>	<b>2:13.36</b>	<b>W</b>	<b>11/7/2010</b>	<b>Marcus MATTIOLI</b>	<b>BRA</b>	
1	Winsor, Brad			51	Davis Aquatic Masters-38		2:39.32
		1:14.50					2:39.32 (1:24.82)

## Men 50-54 200 LC Meter IM

	<b>PAC:</b>	<b>2:19.45</b>	<b>P</b>	<b>8/7/2013</b>	<b>Darren D Phalen</b>		
	<b>NATL:</b>	<b>2:11.15</b>	<b>N</b>	<b>8/6/2017</b>	<b>NICOLAS GRANGER</b>		
	<b>WORLD:</b>	<b>2:11.15</b>	<b>W</b>	<b>8/6/2017</b>	<b>Nicolas GRANGER</b>	<b>USA</b>	
1	Fahlen, Mark			51	Oakdale Aquatic Masters-38		2:52.39
		1:26.33					2:52.39 (1:26.06)

## Men 50-54 400 LC Meter IM

	<b>PAC:</b>	<b>4:57.93</b>	<b>P</b>	<b>8/7/2013</b>	<b>Darren D Phalen</b>		
	<b>NATL:</b>	<b>4:45.61</b>	<b>N</b>	<b>8/3/2017</b>	<b>NICOLAS GRANGER</b>		
	<b>WORLD:</b>	<b>4:45.61</b>	<b>W</b>	<b>8/3/2017</b>	<b>Nicolas GRANGER</b>	<b>USA</b>	
1	Harrington, Matt			51	University of San Francisco Ma-38		6:20.04
		1:27.25					3:10.30 (1:43.05) 4:57.56 (1:47.26) 6:20.04 (1:22.48)

## Men 55-59 50 LC Meter Freestyle

	<b>PAC:</b>	<b>25.87</b>	<b>P</b>	<b>8/3/2016</b>	<b>David E Boatwright</b>		
	<b>NATL:</b>	<b>25.01</b>	<b>N</b>	<b>6/7/2009</b>	<b>JACK GROSELLE</b>		
	<b>WORLD:</b>	<b>24.45</b>	<b>W</b>	<b>7/19/2015</b>	<b>Brent BARNES</b>	<b>JPN</b>	
1	Kraaijvanger, Paul			55	North Bay Aquatics-38		27.65
2	Hamilton, Rick			55	Manatee Aquatic Masters Inc-38		28.57
3	Craven, Rob			57	Manatee Aquatic Masters Inc-38		31.17
4	Cocca, Christopher			57	Menlo Masters-38		31.39
5	Barajas, Nick A			56	Sacramento Masters-38		31.90
6	Wu, Long			57	Marcia's Enthusiastic Masters-38		37.52

## Men 55-59 100 LC Meter Freestyle

	<b>PAC:</b>	<b>56.96</b>	<b>P</b>	<b>7/16/2017</b>	<b>David E Boatwright</b>		
	<b>NATL:</b>	<b>56.07</b>	<b>N</b>	<b>7/10/2015</b>	<b>STEVE WOOD</b>		
	<b>WORLD:</b>	<b>56.00</b>	<b>W</b>	<b>2/24/2019</b>	<b>Calvin MAUGHAN</b>	<b>RSA</b>	
1	Hamilton, Rick			55	Manatee Aquatic Masters Inc-38		1:02.54
2	Cocca, Christopher			57	Menlo Masters-38		1:11.30
3	Barajas, Nick A			56	Sacramento Masters-38		1:11.85
4	Mangold, Paul			59	Tri Valley Masters-38		1:16.73
5	Wu, Long			57	Marcia's Enthusiastic Masters-38		1:25.19
6	Todd, Mitchell			55	Marin Aquatic Masters-38		1:28.54

## Men 55-59 200 LC Meter Freestyle

	<b>PAC:</b>	<b>2:05.88</b>	<b>P</b>	<b>8/3/2016</b>	<b>David E Boatwright</b>		
	<b>NATL:</b>	<b>2:04.01</b>	<b>N</b>	<b>7/26/2009</b>	<b>MICHAEL MANN</b>		
	<b>WORLD:</b>	<b>2:04.01</b>	<b>W</b>	<b>7/26/2009</b>	<b>Michael MANN</b>	<b>USA</b>	
1	Barajas, Nick A			56	Sacramento Masters-38		2:46.17
		1:21.85					2:46.17 (1:24.32)
2	Mangold, Paul			59	Tri Valley Masters-38		2:48.66
		1:21.39					2:48.66 (1:27.27)
3	Todd, Mitchell			55	Marin Aquatic Masters-38		3:18.84
		1:31.01					3:18.84 (1:47.83)

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## Men 55-59 200 LC Meter Freestyle

PAC: 2:05.88 P 8/3/2016 David E Boatwright

NATL: 2:04.01 N 7/26/2009 MICHAEL MANN

WORLD: 2:04.01 W 7/26/2009 Michael MANN

USA

1 Hamilton, Rick 55 Manatee Aquatic Masters Inc-38 2:29.64

## Men 55-59 400 LC Meter Freestyle

PAC: 4:32.32 P 6/25/2022 Barton S Wells

NATL: 4:22.49 N 7/25/2009 MICHAEL MANN

WORLD: 4:22.49 W 7/25/2009 Michael MANN

USA

1 Hamilton, Rick 55 Manatee Aquatic Masters Inc-38 5:13.81

## Men 55-59 400 LC Meter Freestyle

PAC: 4:32.32 P 6/25/2022 Barton S Wells

NATL: 4:22.49 N 7/25/2009 MICHAEL MANN

WORLD: 4:22.49 W 7/25/2009 Michael MANN

USA

1 Krovetz, Ted 56 Davis Aquatic Masters-38 5:12.22

1:13.04 2:33.10 (1:20.06) 3:53.92 (1:20.82) 5:12.22 (1:18.30)

2 Cocca, Christopher 57 Menlo Masters-38 6:03.81

1:27.10 3:02.56 (1:35.46) 4:35.94 (1:33.38) 6:03.81 (1:27.87)

3 Todd, Mitchell 55 Marin Aquatic Masters-38 6:58.20

1:31.71 3:19.99 (1:48.28) 5:12.27 (1:52.28) 6:58.20 (1:45.93)

## Men 55-59 800 LC Meter Freestyle

PAC: 9:40.68 P 12/31/2003 R Tod Spieker

NATL: 9:00.09 N 7/24/2009 MICHAEL MANN

WORLD: 9:00.09 W 7/24/2009 Michael MANN

USA

1 Hamilton, Rick 55 Manatee Aquatic Masters Inc-38 10:39.89

1:10.57 2:29.64 (1:19.07) 3:51.25 (1:21.61) 5:13.81 (1:22.56)

6:36.23 (1:22.42) 7:58.78 (1:22.55) 9:20.44 (1:21.66) 10:39.89 (1:19.45)

2 Krovetz, Ted 56 Davis Aquatic Masters-38 10:41.28

1:17.48 2:38.95 (1:21.47) 4:00.68 (1:21.73) 5:21.46 (1:20.78)

6:42.04 (1:20.58) 8:02.80 (1:20.76) 9:22.88 (1:20.08) 10:41.28 (1:18.40)

3 Craven, Rob 57 Manatee Aquatic Masters Inc-38 12:10.86

1:27.16 3:00.54 (1:33.38) 4:33.67 (1:33.13) 6:05.60 (1:31.93)

7:38.34 (1:32.74) 9:10.54 (1:32.20) 10:42.86 (1:32.32) 12:10.86 (1:28.00)

## Men 55-59 1500 LC Meter Freestyle

PAC: 18:34.42 P 7/24/2016 David E Boatwright

NATL: 17:22.61 N 8/10/2009 MICHAEL MANN

WORLD: 17:22.61 W 8/10/2009 Michael MANN

USA

1 Krovetz, Ted 56 Davis Aquatic Masters-38 20:50.48

1:20.36 2:44.11 (1:23.75) 4:07.23 (1:23.12) 5:29.89 (1:22.66)

6:52.52 (1:22.63) 8:15.04 (1:22.52) 9:37.34 (1:22.30) 11:00.50 (1:23.16)

12:23.98 (1:23.48) 13:47.96 (1:23.98) 15:12.38 (1:24.42) 16:37.42 (1:25.04)

18:02.31 (1:24.89) 19:27.20 (1:24.89) 20:50.48 (1:23.28)

2 Sheeper, Tim 59 Menlo Masters-38 23:19.98

1:34.27 3:14.74 (1:40.47) 4:49.57 (1:34.83) 6:24.52 (1:34.95)

7:57.68 (1:33.16) 9:31.02 (1:33.34) 11:04.51 (1:33.49) 12:37.29 (1:32.78)

14:09.78 (1:32.49) 15:42.17 (1:32.39) 17:14.96 (1:32.79) 18:47.19 (1:32.23)

20:19.03 (1:31.84) 21:50.80 (1:31.77) 23:19.98 (1:29.18)

3 Todd, Mitchell 55 Marin Aquatic Masters-38 27:49.82

1:34.33 3:24.00 (1:49.67) 5:15.69 (1:51.69) 7:08.07 (1:52.38)

9:02.15 (1:54.08) 10:54.91 (1:52.76) 12:47.80 (1:52.89) 14:40.91 (1:53.11)

16:33.81 (1:52.90) 18:27.43 (1:53.62) 20:20.60 (1:53.17) 22:13.83 (1:53.23)

24:06.74 (1:52.91) 26:01.33 (1:54.59) 27:49.82 (1:48.49)



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## Men 55-59 50 LC Meter Backstroke

	<b>PAC:</b>	<b>31.18</b>	<b>P</b>	<b>7/10/2018</b>	<b>Jean-Philippe M R</b>		
	<b>NATL:</b>	<b>29.03</b>	<b>N</b>	<b>8/20/2016</b>	<b>STEVE WOOD</b>		
	<b>WORLD:</b>	<b>29.03</b>	<b>W</b>	<b>8/20/2016</b>	<b>Steve WOOD</b>	<b>USA</b>	
1	Hamilton, Rick			55	Manatee Aquatic Masters Inc-38		31.80
2	Craven, Rob			57	Manatee Aquatic Masters Inc-38		37.52

## Men 55-59 100 LC Meter Backstroke

	<b>PAC:</b>	<b>1:09.27</b>	<b>P</b>	<b>12/31/2000</b>	<b>Tim A Birnie</b>		
	<b>NATL:</b>	<b>1:03.50</b>	<b>N</b>	<b>6/21/2015</b>	<b>STEVE WOOD</b>		
	<b>WORLD:</b>	<b>1:03.50</b>	<b>W</b>	<b>6/21/2015</b>	<b>Steve WOOD</b>	<b>USA</b>	
1	Hamilton, Rick			55	Manatee Aquatic Masters Inc-38		1:08.10 P
2	Cocca, Christopher			57	Menlo Masters-38		1:27.10

## Men 55-59 200 LC Meter Backstroke

	<b>PAC:</b>	<b>2:27.49</b>	<b>P</b>	<b>12/31/2008</b>	<b>Fred Ferroggiaro</b>		
	<b>NATL:</b>	<b>2:20.83</b>	<b>N</b>	<b>7/20/2019</b>	<b>RIP ESSELSTYN</b>		
	<b>WORLD:</b>	<b>2:20.83</b>	<b>W</b>	<b>7/20/2019</b>	<b>Rip ESSELSTYN</b>	<b>USA</b>	
1	Hamilton, Rick			55	Manatee Aquatic Masters Inc-38		2:29.68
		1:12.08			2:29.68 (1:17.60)		

## Men 55-59 50 LC Meter Breaststroke

	<b>PAC:</b>	<b>33.32</b>	<b>P</b>	<b>12/31/2002</b>	<b>Robert Strand</b>		
	<b>NATL:</b>	<b>30.56</b>	<b>N</b>	<b>8/6/2017</b>	<b>DAVID GUTHRIE</b>		
	<b>WORLD:</b>	<b>30.02</b>	<b>W</b>	<b>6/2/2019</b>	<b>C.Arturo TRAVAINI</b>	<b>ITA</b>	
1	Kraaijvanger, Paul			55	North Bay Aquatics-38		32.30 P
2	Wu, Long			57	Marcia's Enthusiastic Masters-38		42.21
3	Mangold, Paul			59	Tri Valley Masters-38		42.38
4	Barajas, Nick A			56	Sacramento Masters-38		43.84

## Men 55-59 100 LC Meter Breaststroke

	<b>PAC:</b>	<b>1:14.80</b>	<b>P</b>	<b>12/31/2001</b>	<b>Robert Strand</b>		
	<b>NATL:</b>	<b>1:07.97</b>	<b>N</b>	<b>7/31/2015</b>	<b>DAVID GUTHRIE</b>		
	<b>WORLD:</b>	<b>1:07.65</b>	<b>W</b>	<b>8/13/2019</b>	<b>C.Arturo TRAVAINI</b>	<b>ITA</b>	
1	Kraaijvanger, Paul			55	North Bay Aquatics-38		1:13.13 P
2	Wu, Long			57	Marcia's Enthusiastic Masters-38		1:33.57

## Men 55-59 200 LC Meter Breaststroke

	<b>PAC:</b>	<b>2:46.31</b>	<b>P</b>	<b>12/31/2001</b>	<b>Robert Strand</b>		
	<b>NATL:</b>	<b>2:30.63</b>	<b>N</b>	<b>8/21/2016</b>	<b>DAVID GUTHRIE</b>		
	<b>WORLD:</b>	<b>2:30.63</b>	<b>W</b>	<b>8/21/2016</b>	<b>David GUTHRIE</b>	<b>USA</b>	
1	Wu, Long			57	Marcia's Enthusiastic Masters-38		3:34.16
		1:41.91			3:34.16 (1:52.25)		

## Men 55-59 100 LC Meter Butterfly

	<b>PAC:</b>	<b>1:00.56</b>	<b>P</b>	<b>12/31/2012</b>	<b>Paul V Carter</b>		
	<b>NATL:</b>	<b>1:00.56</b>	<b>N</b>	<b>8/11/2012</b>	<b>PAUL CARTER</b>		
	<b>WORLD:</b>	<b>1:00.56</b>	<b>W</b>	<b>8/11/2012</b>	<b>Paul CARTER</b>	<b>USA</b>	
1	Craven, Rob			57	Manatee Aquatic Masters Inc-38		1:35.23

## Men 55-59 200 LC Meter IM

	<b>PAC:</b>	<b>2:27.18</b>	<b>P</b>	<b>12/31/2012</b>	<b>Paul V Carter</b>		
	<b>NATL:</b>	<b>2:20.67</b>	<b>N</b>	<b>2/22/2020</b>	<b>JEROME FRENTSOS</b>		
	<b>WORLD:</b>	<b>2:20.67</b>	<b>W</b>	<b>2/22/2020</b>	<b>Jerome FRENTSOS</b>	<b>USA</b>	
1	Hamilton, Rick			55	Manatee Aquatic Masters Inc-38		2:35.16
		1:12.07			2:35.16 (1:23.09)		

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## Men 60-64 50 LC Meter Freestyle

	<b>PAC:</b>	<b>26.70</b>	<b>P</b>	<b>4/25/2021</b>	<b>David E Boatwright</b>		
	<b>NATL:</b>	<b>25.23</b>	<b>N</b>	<b>8/10/2006</b>	<b>RICHARD ABRAHAMS</b>		
	<b>WORLD:</b>	<b>25.23</b>	<b>W</b>	<b>8/7/2006</b>	<b>Richard ABRAHAMS</b>	<b>USA</b>	
1	Gorek, Josef E			61	Uc38		28.35
2	Rock, Christopher			63	Davis Aquatic Masters-38		30.54
3	Taylor, Ron A			62	Richmond Plunge Masters-38		30.98
4	St Marseille, Marc			62	Walnut Creek Masters-38		32.69
5	Suess, Bob			61	Rolling Hills Mud Sharks-38		34.93
6	Thompson, Jerry J			64	Rolling Hills Mud Sharks-38		41.01

## Men 60-64 100 LC Meter Freestyle

	<b>PAC:</b>	<b>58.98</b>	<b>P</b>	<b>6/13/2021</b>	<b>David E Boatwright</b>		
	<b>NATL:</b>	<b>57.79</b>	<b>N</b>	<b>6/14/2014</b>	<b>JACK GROSELLE</b>		
	<b>WORLD:</b>	<b>57.79</b>	<b>W</b>	<b>6/14/2014</b>	<b>Jack GROSELLE</b>	<b>USA</b>	
1	Evans, Mark			64	Santa Rosa Masters-38		1:03.66
2	Taylor, Ron A			62	Richmond Plunge Masters-38		1:09.43
3	Rock, Christopher			63	Davis Aquatic Masters-38		1:09.69
4	King, Ian			60	Walnut Creek Masters-38		1:10.34
5	St Marseille, Marc			62	Walnut Creek Masters-38		1:12.34
6	Gregor, Eugene			62	University of San Francisco Ma-38		1:14.62
7	Braham, Bob			63	Los Gatos Masters-38		1:17.85
8	Thompson, Jerry J			64	Rolling Hills Mud Sharks-38		1:51.57
9	Gendreau, David P			62	University of San Francisco Ma-38		2:12.06

## Men 60-64 200 LC Meter Freestyle

	<b>PAC:</b>	<b>2:13.12</b>	<b>P</b>	<b>5/23/2021</b>	<b>David E Boatwright</b>		
	<b>NATL:</b>	<b>2:07.68</b>	<b>N</b>	<b>8/6/2017</b>	<b>DAN STEPHENSON</b>		
	<b>WORLD:</b>	<b>2:07.68</b>	<b>W</b>	<b>8/6/2017</b>	<b>Dan STEPHENSON</b>	<b>USA</b>	
1	Evans, Mark			64	Santa Rosa Masters-38		2:23.03
		1:09.51					2:23.03 (1:13.52)
2	King, Ian			60	Walnut Creek Masters-38		2:33.60
		1:13.68					2:33.60 (1:19.92)
3	Notaro, Michael R			60	Manatee Aquatic Masters Inc-38		2:34.95
		1:15.19					2:34.95 (1:19.76)
4	Kemler, David S			64	Walnut Creek Masters-38		2:45.11
		1:19.18					2:45.11 (1:25.93)
5	Gregor, Eugene			62	University of San Francisco Ma-38		2:47.04
		1:19.61					2:47.04 (1:27.43)
6	Braham, Bob			63	Los Gatos Masters-38		2:55.04
		1:23.85					2:55.04 (1:31.19)
7	Campbell, Chris			61	Mountain View Masters-38		3:14.51
		1:33.24					3:14.51 (1:41.27)
8	Gendreau, David P			62	University of San Francisco Ma-38		4:33.54
		2:09.08					4:33.54 (2:24.46)

## Men 60-64 400 LC Meter Freestyle

	<b>PAC:</b>	<b>4:45.66</b>	<b>P</b>	<b>8/1/2021</b>	<b>David E Boatwright</b>		
	<b>NATL:</b>	<b>4:36.85</b>	<b>N</b>	<b>8/4/2017</b>	<b>DAN STEPHENSON</b>		
	<b>WORLD:</b>	<b>4:36.85</b>	<b>W</b>	<b>8/4/2017</b>	<b>Dan STEPHENSON</b>	<b>USA</b>	
1	Hathaway, David			62	Oregon Masters-37		5:09.74
		1:14.12					2:33.15 (1:19.03) 3:52.25 (1:19.10) 5:09.74 (1:17.49)
2	Evans, Mark			64	Santa Rosa Masters-38		5:11.72
		1:15.34					2:35.54 (1:20.20) 3:55.52 (1:19.98) 5:11.72 (1:16.20)

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**(Men 60-64 400 LC Meter Freestyle)**

3	Kemler, David S	64	Walnut Creek Masters-38	5:49.48
	1:22.19	2:51.73 (1:29.54)	4:21.65 (1:29.92)	5:49.48 (1:27.83)
4	Gregor, Eugene	62	University of San Francisco Ma-38	6:12.05
	1:27.09	3:04.06 (1:36.97)	4:41.68 (1:37.62)	6:12.05 (1:30.37)
5	Campbell, Chris	61	Mountain View Masters-38	7:12.82
	1:40.10	3:32.08 (1:51.98)	5:24.87 (1:52.79)	7:12.82 (1:47.95)

**Men 60-64 800 LC Meter Freestyle**

	<b>PAC:</b>	<b>9:52.70</b>	<b>P</b>	<b>8/1/2021</b>	<b>David E Boatwright</b>	
	<b>NATL:</b>	<b>9:29.70</b>	<b>N</b>	<b>8/12/2018</b>	<b>ANDREW BRAY</b>	
	<b>WORLD:</b>	<b>9:29.70</b>	<b>W</b>	<b>8/12/2018</b>	<b>Andrew BRAY</b>	<b>USA</b>
1	Hathaway, David	62	Oregon Masters-37	10:36.19		
	1:17.03	2:37.37 (1:20.34)	3:58.17 (1:20.80)	5:18.77 (1:20.60)		
	6:39.02 (1:20.25)	7:59.88 (1:20.86)	9:19.37 (1:19.49)	10:36.19 (1:16.82)		
2	Campbell, Chris	61	Mountain View Masters-38	15:26.47		
	1:44.77	3:41.56 (1:56.79)	5:38.33 (1:56.77)	7:35.58 (1:57.25)		
	9:33.95 (1:58.37)	11:31.03 (1:57.08)	13:29.86 (1:58.83)	15:26.47 (1:56.61)		

**Men 60-64 1500 LC Meter Freestyle**

	<b>PAC:</b>	<b>19:06.93</b>	<b>P</b>	<b>8/7/2013</b>	<b>Michael G McCaffe</b>	
	<b>NATL:</b>	<b>18:01.45</b>	<b>N</b>	<b>7/22/2018</b>	<b>ANDREW BRAY</b>	
	<b>WORLD:</b>	<b>18:01.45</b>	<b>W</b>	<b>7/22/2018</b>	<b>Andrew BRAY</b>	<b>USA</b>
1	Hathaway, David	62	Oregon Masters-37	20:25.20		
	1:18.51	2:39.72 (1:21.21)	4:01.02 (1:21.30)	5:21.81 (1:20.79)		
	6:43.83 (1:22.02)	8:06.66 (1:22.83)	9:29.66 (1:23.00)	10:52.68 (1:23.02)		
	12:15.82 (1:23.14)	13:38.62 (1:22.80)	15:01.84 (1:23.22)	16:24.79 (1:22.95)		
	17:47.46 (1:22.67)	19:07.93 (1:20.47)	20:25.20 (1:17.27)			
2	Gregor, Eugene	62	University of San Francisco Ma-38	24:29.41		
	1:31.01	3:09.31 (1:38.30)	4:48.01 (1:38.70)	6:26.94 (1:38.93)		
	8:04.89 (1:37.95)	9:44.04 (1:39.15)	11:23.10 (1:39.06)	13:01.76 (1:38.66)		
	14:41.51 (1:39.75)	16:21.03 (1:39.52)	18:00.83 (1:39.80)	19:39.56 (1:38.73)		
	21:17.77 (1:38.21)	22:56.43 (1:38.66)	24:29.41 (1:32.98)			
3	Young, Stephen	64	University of San Francisco Ma-38	40:08.17		
	2:14.31	4:46.91 (2:32.60)	7:24.10 (2:37.19)	10:05.18 (2:41.08)		
	12:47.32 (2:42.14)	15:31.85 (2:44.53)	18:15.80 (2:43.95)	20:56.87 (2:41.07)		
	23:43.33 (2:46.46)	26:34.30 (2:50.97)	29:19.59 (2:45.29)	32:06.86 (2:47.27)		
	34:50.15 (2:43.29)	37:36.63 (2:46.48)	40:08.17 (2:31.54)			

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

	<b>PAC:</b>	<b>32.11</b>	<b>P</b>	<b>12/31/2003</b>	<b>Richard Burns</b>	
	<b>NATL:</b>	<b>30.59</b>	<b>N</b>	<b>8/10/2019</b>	<b>JAMIE FOWLER</b>	
	<b>WORLD:</b>	<b>30.59</b>	<b>W</b>	<b>8/10/2019</b>	<b>Jamie FOWLER</b>	<b>USA</b>
1	Frentsos, Paul	61	SF Tsunami Masters-38	34.54		
2	Hathaway, David	62	Oregon Masters-37	36.08		
3	Rock, Christopher	63	Davis Aquatic Masters-38	37.87		
4	King, Ian	60	Walnut Creek Masters-38	39.87		
5	Laudenslager, Greg	61	Rolling Hills Mud Sharks-38	40.11		
6	St Marseille, Marc	62	Walnut Creek Masters-38	40.52		
7	Suess, Bob	61	Rolling Hills Mud Sharks-38	49.23		
8	Thompson, Jerry J	64	Rolling Hills Mud Sharks-38	50.52		

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## Men 60-64 100 LC Meter Backstroke

	<b>PAC:</b>	<b>1:11.48</b>	<b>P</b>	<b>8/7/2013</b>	<b>Fred Ferroggiaro</b>		
	<b>NATL:</b>	<b>1:06.08</b>	<b>N</b>	<b>8/11/2019</b>	<b>JAMIE FOWLER</b>		
	<b>WORLD:</b>	<b>1:06.08</b>	<b>W</b>	<b>8/11/2019</b>	<b>Jamie FOWLER</b>	<b>USA</b>	
1	Frentsos, Paul				61 SF Tsunami Masters-38		1:16.18
2	Hathaway, David				62 Oregon Masters-37		1:16.99
3	Taylor, Ron A				62 Richmond Plunge Masters-38		1:18.12
4	Rock, Christopher				63 Davis Aquatic Masters-38		1:21.36
5	King, Ian				60 Walnut Creek Masters-38		1:25.82
6	Laudenslager, Greg				61 Rolling Hills Mud Sharks-38		1:26.99
7	Gregor, Eugene				62 University of San Francisco Ma-38		1:27.81
8	Gendreau, David P				62 University of San Francisco Ma-38		2:26.76

## Men 60-64 200 LC Meter Backstroke

	<b>PAC:</b>	<b>2:33.09</b>	<b>P</b>	<b>8/7/2013</b>	<b>Fred Ferroggiaro</b>		
	<b>NATL:</b>	<b>2:26.12</b>	<b>N</b>	<b>8/8/2019</b>	<b>JAMIE FOWLER</b>		
	<b>WORLD:</b>	<b>2:26.12</b>	<b>W</b>	<b>8/8/2019</b>	<b>Jamie FOWLER</b>	<b>USA</b>	
1	Hathaway, David				62 Oregon Masters-37		2:50.30
		1:24.09					2:50.30 (1:26.21)
2	Taylor, Ron A				62 Richmond Plunge Masters-38		2:54.11
		1:26.48					2:54.11 (1:27.63)
3	Rock, Christopher				63 Davis Aquatic Masters-38		2:56.45
		1:28.59					2:56.45 (1:27.86)
4	Kemler, David S				64 Walnut Creek Masters-38		3:02.43
		1:28.78					3:02.43 (1:33.65)

## Men 60-64 50 LC Meter Breaststroke

	<b>PAC:</b>	<b>33.41</b>	<b>P</b>	<b>12/31/2008</b>	<b>Robert Strand</b>		
	<b>NATL:</b>	<b>32.87</b>	<b>N</b>	<b>6/13/2012</b>	<b>TIMOTHY SHEAD</b>		
	<b>WORLD:</b>	<b>32.56</b>	<b>W</b>	<b>1/23/2022</b>	<b>David MILBURN</b>	<b>GBR</b>	
1	Laudenslager, Greg				61 Rolling Hills Mud Sharks-38		38.81
2	Ewing, Jack				62 University of San Francisco Ma-38		41.87
3	Braham, Bob				63 Los Gatos Masters-38		43.46
4	St Marseille, Marc				62 Walnut Creek Masters-38		44.46
5	Suess, Bob				61 Rolling Hills Mud Sharks-38		47.08
6	Thompson, Jerry J				64 Rolling Hills Mud Sharks-38		48.37
7	Gendreau, David P				62 University of San Francisco Ma-38		1:08.42

## Men 60-64 100 LC Meter Breaststroke

	<b>PAC:</b>	<b>1:15.42</b>	<b>P</b>	<b>12/31/2008</b>	<b>Robert Strand</b>		
	<b>NATL:</b>	<b>1:11.72</b>	<b>N</b>	<b>10/8/2021</b>	<b>DAVID GUTHRIE</b>		
	<b>WORLD:</b>	<b>1:11.72</b>	<b>W</b>	<b>10/8/2021</b>	<b>David GUTHRIE</b>	<b>USA</b>	
1	Frentsos, Paul				61 SF Tsunami Masters-38		1:22.82
2	Laudenslager, Greg				61 Rolling Hills Mud Sharks-38		1:27.25
3	Thompson, Jerry J				64 Rolling Hills Mud Sharks-38		1:59.02

## Men 60-64 200 LC Meter Breaststroke

	<b>PAC:</b>	<b>2:50.77</b>	<b>P</b>	<b>12/31/2008</b>	<b>Robert Strand</b>		
	<b>NATL:</b>	<b>2:40.05</b>	<b>N</b>	<b>1/11/2020</b>	<b>DAVID GUTHRIE</b>		
	<b>WORLD:</b>	<b>2:40.19</b>	<b>W</b>	<b>6/27/2021</b>	<b>David GUTHRIE</b>	<b>USA</b>	
1	Frentsos, Paul				61 SF Tsunami Masters-38		3:02.40
		1:28.94					3:02.40 (1:33.46)
2	Pettibone, Chip				60 Santa Rosa Masters-38		3:14.35
		1:34.57					3:14.35 (1:39.78)

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**(Men 60-64 200 LC Meter Breaststroke)**

3	Laudenslager, Greg	61	Rolling Hills Mud Sharks-38	3:15.05
	1:35.27		3:15.05 (1:39.78)	
4	Notaro, Michael R	60	Manatee Aquatic Masters Inc-38	3:25.85
	1:41.05		3:25.85 (1:44.80)	
5	Ewing, Jack	62	University of San Francisco Ma-38	3:38.76
	1:44.98		3:38.76 (1:53.78)	
6	Braham, Bob	63	Los Gatos Masters-38	3:40.58
	1:47.93		3:40.58 (1:52.65)	
---	Gendreau, David P	62	University of San Francisco Ma-38	DQ
	2:40.09			

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

	<b>PAC:</b>	<b>28.37</b>	<b>P</b>	<b>8/3/2017</b>	<b>Paul V Carter</b>	
	<b>NATL:</b>	<b>27.85</b>	<b>N</b>	<b>8/6/2017</b>	<b>TRIP HEDRICK</b>	
	<b>WORLD:</b>	<b>27.65</b>	<b>W</b>	<b>5/6/2018</b>	<b>Hugo BREGMAN</b>	<b>NED</b>
1	Evans, Mark	64	Santa Rosa Masters-38	31.35		
2	King, Ian	60	Walnut Creek Masters-38	35.26		
3	St Marseille, Marc	62	Walnut Creek Masters-38	36.13		
4	Ewing, Jack	62	University of San Francisco Ma-38	41.04		
5	Suess, Bob	61	Rolling Hills Mud Sharks-38	45.02		

**Men 60-64 100 LC Meter Butterfly**

	<b>PAC:</b>	<b>1:09.11</b>	<b>P</b>	<b>12/31/2006</b>	<b>James R DeLacy</b>	
	<b>NATL:</b>	<b>1:03.03</b>	<b>N</b>	<b>8/15/2005</b>	<b>RICHARD ABRAHAMS</b>	
	<b>WORLD:</b>	<b>1:02.00</b>	<b>W</b>	<b>5/5/2018</b>	<b>Hugo BREGMAN</b>	<b>NED</b>
1	Frentsos, Paul	61	SF Tsunami Masters-38	1:13.90		
2	Taylor, Ron A	62	Richmond Plunge Masters-38	1:18.13		

**Men 60-64 200 LC Meter IM**

	<b>PAC:</b>	<b>2:32.63</b>	<b>P</b>	<b>12/31/2011</b>	<b>Tim Broderick</b>	
	<b>NATL:</b>	<b>2:21.99</b>	<b>N</b>	<b>8/17/2014</b>	<b>RICK COLELLA</b>	
	<b>WORLD:</b>	<b>2:21.99</b>	<b>W</b>	<b>8/17/2014</b>	<b>Rick COLELLA</b>	<b>USA</b>
1	Frentsos, Paul	61	SF Tsunami Masters-38	2:40.73		
	1:15.82		2:40.73 (1:24.91)			
2	Hathaway, David	62	Oregon Masters-37	2:48.66		
	1:21.19		2:48.66 (1:27.47)			
3	Taylor, Ron A	62	Richmond Plunge Masters-38	2:55.50		
	1:19.86		2:55.50 (1:35.64)			
4	Rock, Christopher	63	Davis Aquatic Masters-38	2:56.27		
	1:22.41		2:56.27 (1:33.86)			
5	Notaro, Michael R	60	Manatee Aquatic Masters Inc-38	3:04.39		
	1:28.72		3:04.39 (1:35.67)			
---	Gendreau, David P	62	University of San Francisco Ma-38	DQ		
	2:35.32					

**Men 60-64 400 LC Meter IM**

	<b>PAC:</b>	<b>5:37.64</b>	<b>P</b>	<b>12/31/2010</b>	<b>Jim Clemmons</b>	
	<b>NATL:</b>	<b>5:08.20</b>	<b>N</b>	<b>8/15/2014</b>	<b>RICK COLELLA</b>	
	<b>WORLD:</b>	<b>5:08.20</b>	<b>W</b>	<b>8/15/2014</b>	<b>Rick COLELLA</b>	<b>USA</b>
1	Frentsos, Paul	61	SF Tsunami Masters-38	5:45.35		
	1:17.68		2:46.72 (1:29.04)	4:26.41 (1:39.69)	5:45.35 (1:18.94)	
2	Taylor, Ron A	62	Richmond Plunge Masters-38	6:18.67		
	1:22.90		2:59.99 (1:37.09)	4:53.08 (1:53.09)	6:18.67 (1:25.59)	

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

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## Men 65-69 50 LC Meter Freestyle

	<b>PAC:</b>	<b>27.38</b>	<b>P</b>	<b>7/23/2016</b>	<b>Tate Holt</b>		
	<b>NATL:</b>	<b>26.21</b>	<b>N</b>	<b>7/6/2018</b>	<b>DOUG MARTIN</b>		
	<b>WORLD:</b>	<b>26.21</b>	<b>W</b>	<b>7/6/2018</b>	<b>Doug MARTIN</b>	<b>USA</b>	
1	Druz, Loren				66 Walnut Creek Masters-38		29.67
2	Van Boer, Eric D				68 Rolling Hills Mud Sharks-38		30.32
3	Citron, Jeffrey				67 Marcia's Enthusiastic Masters-38		33.45
4	Woodruff, David				66 Davis Aquatic Masters-38		33.71
5	Anderson, Bob				67 Menlo Masters-38		37.77
6	Diers, Phil J				65 SF Tsunami Masters-38		50.83

## Men 65-69 100 LC Meter Freestyle

	<b>PAC:</b>	<b>1:01.69</b>	<b>P</b>	<b>7/24/2016</b>	<b>Tate Holt</b>		
	<b>NATL:</b>	<b>59.49</b>	<b>N</b>	<b>8/9/2019</b>	<b>JACK GROSELLE</b>		
	<b>WORLD:</b>	<b>59.49</b>	<b>W</b>	<b>8/9/2019</b>	<b>Jack GROSELLE</b>	<b>USA</b>	
1	Cutting, Steve				65 Manatee Aquatic Masters Inc-38		1:06.85
2	Van Boer, Eric D				68 Rolling Hills Mud Sharks-38		1:12.49
3	Kahn, Stuart				69 Davis Aquatic Masters-38		1:14.13
4	Maritzen, Michael A				66 Rolling Hills Mud Sharks-38		1:20.44
5	Diers, Phil J				65 SF Tsunami Masters-38		2:09.44

## Men 65-69 200 LC Meter Freestyle

	<b>PAC:</b>	<b>2:18.51</b>	<b>P</b>	<b>7/24/2016</b>	<b>Tim Broderick</b>		
	<b>NATL:</b>	<b>2:09.39</b>	<b>N</b>	<b>8/6/2017</b>	<b>RICK COLELLA</b>		
	<b>WORLD:</b>	<b>2:09.39</b>	<b>W</b>	<b>8/6/2017</b>	<b>Rick COLELLA</b>	<b>USA</b>	
2	Citron, Jeffrey				67 Marcia's Enthusiastic Masters-38		2:49.70

## Men 65-69 200 LC Meter Freestyle

	<b>PAC:</b>	<b>2:18.51</b>	<b>P</b>	<b>7/24/2016</b>	<b>Tim Broderick</b>		
	<b>NATL:</b>	<b>2:09.39</b>	<b>N</b>	<b>8/6/2017</b>	<b>RICK COLELLA</b>		
	<b>WORLD:</b>	<b>2:09.39</b>	<b>W</b>	<b>8/6/2017</b>	<b>Rick COLELLA</b>	<b>USA</b>	
1	Cutting, Steve				65 Manatee Aquatic Masters Inc-38		2:29.09
		1:13.78					2:29.09 (1:15.31)
2	Kahn, Stuart				69 Davis Aquatic Masters-38		2:50.41
		1:24.84					2:50.41 (1:25.57)
3	Ford, Kent				68 University of San Francisco Ma-38		2:50.73
		1:23.49					2:50.73 (1:27.24)

## Men 65-69 400 LC Meter Freestyle

	<b>PAC:</b>	<b>5:06.67</b>	<b>P</b>	<b>6/29/2014</b>	<b>Joel R Wilson</b>		
	<b>NATL:</b>	<b>4:37.70</b>	<b>N</b>	<b>8/4/2017</b>	<b>RICK COLELLA</b>		
	<b>WORLD:</b>	<b>4:37.70</b>	<b>W</b>	<b>8/4/2017</b>	<b>Rick COLELLA</b>	<b>USA</b>	
1	Ferroggiaro, Fred				69 The Olympic Club-38		5:20.87
		1:17.84					2:40.64 (1:22.80) 4:01.70 (1:21.06) 5:20.87 (1:19.17)
2	Woodruff, David				66 Davis Aquatic Masters-38		6:01.66
		1:28.37					3:02.53 (1:34.16) 4:34.24 (1:31.71) 6:01.66 (1:27.42)
3	Ford, Kent				68 University of San Francisco Ma-38		6:08.23
		1:28.99					3:03.98 (1:34.99) 4:37.13 (1:33.15) 6:08.23 (1:31.10)

## Men 65-69 400 LC Meter Freestyle

	<b>PAC:</b>	<b>5:06.67</b>	<b>P</b>	<b>6/29/2014</b>	<b>Joel R Wilson</b>		
	<b>NATL:</b>	<b>4:37.70</b>	<b>N</b>	<b>8/4/2017</b>	<b>RICK COLELLA</b>		
	<b>WORLD:</b>	<b>4:37.70</b>	<b>W</b>	<b>8/4/2017</b>	<b>Rick COLELLA</b>	<b>USA</b>	
1	Citron, Jeffrey				67 Marcia's Enthusiastic Masters-38		6:29.44
2	Cutting, Steve				65 Manatee Aquatic Masters Inc-38		5:52.03

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## Men 65-69 800 LC Meter Freestyle

PAC: 10:31.70 P 7/28/2018 Fred Ferroggiaro

NATL: 10:11.30 N 6/14/2015 JIM MC CONICA

WORLD: 10:11.30 W 6/14/2015 Jim MCCONICA

USA

1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	11:46.50
3	Anderson, Bob	67	Menlo Masters-38	12:39.34
4	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	13:06.63

## Men 65-69 800 LC Meter Freestyle

PAC: 10:31.70 P 7/28/2018 Fred Ferroggiaro

NATL: 10:11.30 N 6/14/2015 JIM MC CONICA

WORLD: 10:11.30 W 6/14/2015 Jim MCCONICA

USA

1	Kajiwara, Doug	65	Conejo Valley Masters-33	10:11.74 P
	1:13.53	2:30.89 (1:17.36)	3:49.37 (1:18.48)	5:06.93 (1:17.56)
	6:24.00 (1:17.07)	7:40.59 (1:16.59)	8:57.42 (1:16.83)	10:11.74 (1:14.32)
2	Ferroggiaro, Fred	69	The Olympic Club-38	11:06.60
	1:20.88	2:45.31 (1:24.43)	4:09.77 (1:24.46)	5:33.95 (1:24.18)
	6:58.41 (1:24.46)	8:22.83 (1:24.42)	9:46.02 (1:23.19)	11:06.60 (1:20.58)

## Men 65-69 1500 LC Meter Freestyle

PAC: 20:21.11 P 8/7/2019 Fred Ferroggiaro

NATL: 19:33.36 N 6/14/2015 JIM MC CONICA

WORLD: 19:33.36 W 6/14/2015 Jim MCCONICA

USA

1	Kajiwara, Doug	65	Conejo Valley Masters-33	19:38.38 P
	1:14.38	2:32.49 (1:18.11)	3:50.78 (1:18.29)	5:08.94 (1:18.16)
	6:26.22 (1:17.28)	7:43.06 (1:16.84)	8:59.94 (1:16.88)	10:17.13 (1:17.19)
	11:35.64 (1:18.51)	12:55.85 (1:20.21)	14:19.03 (1:23.18)	15:41.01 (1:21.98)
	17:02.11 (1:21.10)	18:22.62 (1:20.51)	19:38.38 (1:15.76)	
2	Ferroggiaro, Fred	69	The Olympic Club-38	21:22.63
	1:23.34	2:50.38 (1:27.04)	4:17.88 (1:27.50)	5:45.47 (1:27.59)
	7:12.94 (1:27.47)	8:39.45 (1:26.51)	10:05.34 (1:25.89)	11:31.66 (1:26.32)
	12:57.21 (1:25.55)	14:22.49 (1:25.28)	15:47.54 (1:25.05)	17:11.74 (1:24.20)
	18:35.67 (1:23.93)	20:00.00 (1:24.33)	21:22.63 (1:22.63)	
3	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	21:53.90
	1:25.05	2:53.64 (1:28.59)	4:22.39 (1:28.75)	5:52.03 (1:29.64)
	7:20.78 (1:28.75)	8:49.80 (1:29.02)	10:18.33 (1:28.53)	11:46.50 (1:28.17)
	13:14.21 (1:27.71)	14:41.47 (1:27.26)	16:08.82 (1:27.35)	17:36.29 (1:27.47)
	19:03.72 (1:27.43)	20:30.15 (1:26.43)	21:53.90 (1:23.75)	
4	Anderson, Bob	67	Menlo Masters-38	23:46.43
	1:30.13	3:05.78 (1:35.65)	4:41.64 (1:35.86)	6:18.08 (1:36.44)
	7:53.66 (1:35.58)	9:28.35 (1:34.69)	11:03.57 (1:35.22)	12:39.34 (1:35.77)
	14:14.17 (1:34.83)	15:52.19 (1:38.02)	17:27.91 (1:35.72)	19:02.64 (1:34.73)
	20:38.05 (1:35.41)	22:13.64 (1:35.59)	23:46.43 (1:32.79)	
5	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	24:26.31
	1:32.67	3:11.19 (1:38.52)	4:49.88 (1:38.69)	6:29.44 (1:39.56)
	8:08.74 (1:39.30)	9:47.66 (1:38.92)	11:27.78 (1:40.12)	13:06.63 (1:38.85)
	14:45.22 (1:38.59)	16:23.64 (1:38.42)	18:02.58 (1:38.94)	19:40.73 (1:38.15)
	21:19.09 (1:38.36)	22:52.30 (1:33.21)	24:26.31 (1:34.01)	
6	Ruff, Gary D	69	North Bay Aquatics-38	28:43.46
	1:55.08	3:52.01 (1:56.93)	5:45.87 (1:53.86)	7:40.40 (1:54.53)
	9:35.99 (1:55.59)	11:31.61 (1:55.62)	13:27.06 (1:55.45)	15:23.79 (1:56.73)
	17:20.34 (1:56.55)	19:17.64 (1:57.30)	21:12.74 (1:55.10)	23:07.60 (1:54.86)
	25:00.56 (1:52.96)	26:52.59 (1:52.03)	28:43.46 (1:50.87)	

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## Men 65-69 50 LC Meter Backstroke

	<b>PAC:</b>	<b>30.95</b>	<b>P</b>	<b>12/31/2012</b>	<b>Hugh Wilder</b>		
	<b>NATL:</b>	<b>30.95</b>	<b>N</b>	<b>7/12/2012</b>	<b>HUGH WILDER</b>		
	<b>WORLD:</b>	<b>30.95</b>	<b>W</b>	<b>7/7/2012</b>	<b>Hugh WILDER</b>	<b>USA</b>	
1	Cutting, Steve			65	Manatee Aquatic Masters Inc-38		35.54
2	Van Boer, Eric D			68	Rolling Hills Mud Sharks-38		37.27
3	Ferroggiaro, Fred			69	The Olympic Club-38		37.30
4	Ford, Kent			68	University of San Francisco Ma-38		37.39
5	Citron, Jeffrey			67	Marcia's Enthusiastic Masters-38		42.82
6	Maritzen, Michael A			66	Rolling Hills Mud Sharks-38		45.07

## Men 65-69 100 LC Meter Backstroke

	<b>PAC:</b>	<b>1:09.79</b>	<b>P</b>	<b>12/31/2012</b>	<b>Hugh Wilder</b>		
	<b>NATL:</b>	<b>1:09.79</b>	<b>N</b>	<b>7/8/2012</b>	<b>HUGH WILDER</b>		
	<b>WORLD:</b>	<b>1:08.15</b>	<b>W</b>	<b>4/22/2022</b>	<b>Vladimir GORKOV</b>	<b>RUS</b>	
1	Cutting, Steve			65	Manatee Aquatic Masters Inc-38		1:17.02
2	Ferroggiaro, Fred			69	The Olympic Club-38		1:17.66
3	Ford, Kent			68	University of San Francisco Ma-38		1:22.42
4	Van Boer, Eric D			68	Rolling Hills Mud Sharks-38		1:24.29

## Men 65-69 200 LC Meter Backstroke

	<b>PAC:</b>	<b>2:39.02</b>	<b>P</b>	<b>8/8/2019</b>	<b>Fred Ferroggiaro</b>		
	<b>NATL:</b>	<b>2:36.24</b>	<b>N</b>	<b>5/22/2022</b>	<b>DAN STEPHENSON</b>		
	<b>WORLD:</b>	<b>2:31.62</b>	<b>W</b>	<b>4/23/2022</b>	<b>Vladimir GORKOV</b>	<b>RUS</b>	
1	Kajiwara, Doug			65	Conejo Valley Masters-33		2:42.16
	1:18.29				2:42.16 (1:23.87)		
2	Ferroggiaro, Fred			69	The Olympic Club-38		2:46.57
	1:22.73				2:46.57 (1:23.84)		
3	Cutting, Steve			65	Manatee Aquatic Masters Inc-38		2:49.75
	1:23.58				2:49.75 (1:26.17)		
4	Ford, Kent			68	University of San Francisco Ma-38		3:12.15
	1:35.60				3:12.15 (1:36.55)		
5	Van Boer, Eric D			68	Rolling Hills Mud Sharks-38		3:20.15
	1:37.47				3:20.15 (1:42.68)		
6	Citron, Jeffrey			67	Marcia's Enthusiastic Masters-38		3:27.42
	1:40.19				3:27.42 (1:47.23)		
7	Woodruff, David			66	Davis Aquatic Masters-38		3:53.26
	1:55.06				3:53.26 (1:58.20)		
8	Anderson, Bob			67	Menlo Masters-38		4:05.36
	2:02.42				4:05.36 (2:02.94)		

## Men 65-69 50 LC Meter Breaststroke

	<b>PAC:</b>	<b>35.00</b>	<b>P</b>	<b>12/31/2009</b>	<b>Kenneth A Frost</b>		
	<b>NATL:</b>	<b>33.30</b>	<b>N</b>	<b>8/19/2016</b>	<b>RICK COLELLA</b>		
	<b>WORLD:</b>	<b>33.30</b>	<b>W</b>	<b>8/19/2016</b>	<b>Rick COLELLA</b>	<b>USA</b>	
1	Van Boer, Eric D			68	Rolling Hills Mud Sharks-38		40.52
2	Woodruff, David			66	Davis Aquatic Masters-38		44.04
3	Diers, Phil J			65	SF Tsunami Masters-38		1:05.77

## Men 65-69 100 LC Meter Breaststroke

	<b>PAC:</b>	<b>1:18.11</b>	<b>P</b>	<b>12/31/2009</b>	<b>Kenneth A Frost</b>		
	<b>NATL:</b>	<b>1:14.77</b>	<b>N</b>	<b>8/5/2017</b>	<b>RICK COLELLA</b>		
	<b>WORLD:</b>	<b>1:14.77</b>	<b>W</b>	<b>8/5/2017</b>	<b>Rick COLELLA</b>	<b>USA</b>	
1	Woodruff, David			66	Davis Aquatic Masters-38		1:37.27
2	Anderson, Bob			67	Menlo Masters-38		1:41.05



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**(Men 65-69 100 LC Meter Breaststroke)**

3	Goupil, Dominique P	67	Los Altos and Mountain View Ma-38	1:45.46
4	Diers, Phil J	65	SF Tsunami Masters-38	2:27.82

**Men 65-69 200 LC Meter Breaststroke**

<b>PAC:</b> 2:59.54		<b>P</b>	12/31/2009	<b>Kenneth A Frost</b>	
<b>NATL:</b> 2:41.54		<b>N</b>	8/21/2016	<b>RICK COLELLA</b>	
<b>WORLD:</b> 2:41.54		<b>W</b>	8/21/2016	<b>Rick COLELLA</b>	<b>USA</b>
1	Woodruff, David	66	Davis Aquatic Masters-38	3:35.55	
	1:45.33		3:35.55 (1:50.22)		

**Men 65-69 50 LC Meter Butterfly**

<b>PAC:</b> 30.13		<b>P</b>	12/31/2009	<b>Robert H Olson</b>	
<b>NATL:</b> 28.38		<b>N</b>	8/8/2021	<b>TRIP HEDRICK</b>	
<b>WORLD:</b> 28.38		<b>W</b>	8/8/2021	<b>Trip HEDRICK</b>	<b>USA</b>
1	Van Boer, Eric D	68	Rolling Hills Mud Sharks-38	33.32	
2	Kahn, Stuart	69	Davis Aquatic Masters-38	34.77	
3	Maritzen, Michael A	66	Rolling Hills Mud Sharks-38	39.78	
4	Ford, Kent	68	University of San Francisco Ma-38	40.03	

**Men 65-69 100 LC Meter Butterfly**

<b>PAC:</b> 1:13.29		<b>P</b>	8/9/2014	<b>Alek I Shestakov</b>	
<b>NATL:</b> 1:05.83		<b>N</b>	8/6/2017	<b>RICK COLELLA</b>	
<b>WORLD:</b> 1:05.83		<b>W</b>	8/6/2017	<b>Rick COLELLA</b>	<b>USA</b>
1	Ford, Kent	68	University of San Francisco Ma-38	1:31.66	
2	Anderson, Bob	67	Menlo Masters-38	1:38.33	

**Men 65-69 200 LC Meter Butterfly**

<b>PAC:</b> 2:49.73		<b>P</b>	7/26/2015	<b>Joel R Wilson</b>	
<b>NATL:</b> 2:33.40		<b>N</b>	6/12/2016	<b>LAWRENCE DAY</b>	
<b>WORLD:</b> 2:33.40		<b>W</b>	6/12/2016	<b>Lawrence DAY</b>	<b>USA</b>
1	Woodruff, David	66	Davis Aquatic Masters-38	3:51.61	
	1:50.22		3:51.61 (2:01.39)		

**Men 65-69 200 LC Meter IM**

<b>PAC:</b> 2:41.20		<b>P</b>	8/9/2014	<b>Alek I Shestakov</b>	
<b>NATL:</b> 2:25.22		<b>N</b>	8/19/2016	<b>RICK COLELLA</b>	
<b>WORLD:</b> 2:25.22		<b>W</b>	8/19/2016	<b>Rick COLELLA</b>	<b>USA</b>
1	Diers, Phil J	65	SF Tsunami Masters-38	5:33.89	
	2:49.52		5:33.89 (2:44.37)		

**Men 65-69 400 LC Meter IM**

<b>PAC:</b> 5:45.74		<b>P</b>	6/12/2016	<b>Tim Broderick</b>	
<b>NATL:</b> 5:13.36		<b>N</b>	8/3/2017	<b>RICK COLELLA</b>	
<b>WORLD:</b> 5:13.36		<b>W</b>	8/3/2017	<b>Rick COLELLA</b>	<b>USA</b>
1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	6:16.92	
	1:24.97		3:01.56 (1:36.59) 4:53.09 (1:51.53) 6:16.92 (1:23.83)		
2	Montgomery, Mark	66	Novaquatics Masters-33	6:25.96	
	1:32.38		3:15.10 (1:42.72) 5:02.42 (1:47.32) 6:25.96 (1:23.54)		
3	Anderson, Bob	67	Menlo Masters-38	7:18.08	
	1:47.41		3:47.87 (2:00.46) 5:46.68 (1:58.81) 7:18.08 (1:31.40)		

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## Men 70-74 50 LC Meter Freestyle

	<b>PAC:</b>	<b>28.55</b>	<b>P</b>	<b>5/19/2013</b>	<b>James E Elder</b>		
	<b>NATL:</b>	<b>27.71</b>	<b>N</b>	<b>8/7/2015</b>	<b>RICHARD ABRAHAMS</b>		
	<b>WORLD:</b>	<b>27.71</b>	<b>W</b>	<b>8/7/2015</b>	<b>Richard ABRAHAMS</b>	<b>USA</b>	
1	Ottersen, Craig M				70 Park Terrace Masters Swimming-38		30.42
2	Bernard, Alan				73 Tamalpais Aquatic Masters-38		32.86
3	Goines, Bruce				71 Marin Aquatic Masters-38		36.59
4	Small, Stephen				70 Marcia's Enthusiastic Masters-38		36.67

## Men 70-74 100 LC Meter Freestyle

	<b>PAC:</b>	<b>1:04.85</b>	<b>P</b>	<b>8/7/2013</b>	<b>Richard Burns</b>		
	<b>NATL:</b>	<b>1:03.32</b>	<b>N</b>	<b>8/8/2015</b>	<b>DAVID QUIGGIN</b>		
	<b>WORLD:</b>	<b>1:03.32</b>	<b>W</b>	<b>8/8/2015</b>	<b>David QUIGGIN</b>	<b>USA</b>	
1	Bernard, Alan				73 Tamalpais Aquatic Masters-38		1:12.47
2	Murray, Edward J				73 University of San Francisco Ma-38		2:26.23

## Men 70-74 200 LC Meter Freestyle

	<b>PAC:</b>	<b>2:27.26</b>	<b>P</b>	<b>8/14/2019</b>	<b>Alan D Bernard</b>		
	<b>NATL:</b>	<b>2:23.30</b>	<b>N</b>	<b>7/31/2018</b>	<b>FRED SCHLICHER</b>		
	<b>WORLD:</b>	<b>2:23.30</b>	<b>W</b>	<b>7/31/2018</b>	<b>Fred SCHLICHER</b>	<b>USA</b>	
1	Bernard, Alan				73 Tamalpais Aquatic Masters-38		2:38.08
		1:17.91					2:38.08 (1:20.17)
2	Deacon, Ted				73 Davis Aquatic Masters-38		2:58.31
		1:25.57					2:58.31 (1:32.74)
3	Small, Stephen				70 Marcia's Enthusiastic Masters-38		3:00.98
		1:24.95					3:00.98 (1:36.03)
4	Moore, Michael				72 Sierra Nevada Masters-38		4:12.57
		1:58.90					4:12.57 (2:13.67)

## Men 70-74 400 LC Meter Freestyle

	<b>PAC:</b>	<b>5:28.21</b>	<b>P</b>	<b>8/4/2017</b>	<b>Edward Rudloff</b>		
	<b>NATL:</b>	<b>5:03.56</b>	<b>N</b>	<b>8/4/2018</b>	<b>DAN KIRKLAND</b>		
	<b>WORLD:</b>	<b>5:03.56</b>	<b>W</b>	<b>8/4/2018</b>	<b>Dan KIRKLAND</b>	<b>USA</b>	
1	Small, Stephen				70 Marcia's Enthusiastic Masters-38		6:41.97
2	Moore, Michael				72 Sierra Nevada Masters-38		9:07.04

## Men 70-74 400 LC Meter Freestyle

	<b>PAC:</b>	<b>5:28.21</b>	<b>P</b>	<b>8/4/2017</b>	<b>Edward Rudloff</b>		
	<b>NATL:</b>	<b>5:03.56</b>	<b>N</b>	<b>8/4/2018</b>	<b>DAN KIRKLAND</b>		
	<b>WORLD:</b>	<b>5:03.56</b>	<b>W</b>	<b>8/4/2018</b>	<b>Dan KIRKLAND</b>	<b>USA</b>	
1	Virtue, Paul A				71 University of San Francisco Ma-38		5:54.39
		1:26.45					2:57.01 (1:30.56) 4:27.34 (1:30.33) 5:54.39 (1:27.05)
2	Deacon, Ted				73 Davis Aquatic Masters-38		6:09.44
		1:29.31					3:03.79 (1:34.48) 4:38.33 (1:34.54) 6:09.44 (1:31.11)
3	Bernard, Alan				73 Tamalpais Aquatic Masters-38		6:18.48
		1:30.74					3:09.69 (1:38.95) 4:48.16 (1:38.47) 6:18.48 (1:30.32)
4	Murray, Edward J				73 University of San Francisco Ma-38		10:49.91
		2:40.98					5:27.40 (2:46.42) 8:10.14 (2:42.74) 10:49.91 (2:39.77)

## Men 70-74 800 LC Meter Freestyle

	<b>PAC:</b>	<b>11:27.87</b>	<b>P</b>	<b>4/21/2017</b>	<b>Edward Rudloff</b>		
	<b>NATL:</b>	<b>10:37.71</b>	<b>N</b>	<b>7/28/2018</b>	<b>DAN KIRKLAND</b>		
	<b>WORLD:</b>	<b>10:37.71</b>	<b>W</b>	<b>7/28/2018</b>	<b>Dan KIRKLAND</b>	<b>USA</b>	
1	Small, Stephen				70 Marcia's Enthusiastic Masters-38		13:39.11

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## Men 70-74 800 LC Meter Freestyle

	<b>PAC:</b>	<b>11:27.87</b>	<b>P</b>	<b>4/21/2017</b>	<b>Edward Rudloff</b>		
	<b>NATL:</b>	<b>10:37.71</b>	<b>N</b>	<b>7/28/2018</b>	<b>DAN KIRKLAND</b>		
	<b>WORLD:</b>	<b>10:37.71</b>	<b>W</b>	<b>7/28/2018</b>	<b>Dan KIRKLAND</b>	<b>USA</b>	
1	Virtue, Paul A			71	University of San Francisco Ma-38		12:10.70
		1:29.86			3:03.12 (1:33.26)		4:35.47 (1:32.35)
					6:08.05 (1:32.58)		7:40.15 (1:32.10)
					9:11.70 (1:31.55)		10:42.92 (1:31.22)
					12:10.70 (1:27.78)		
2	Moore, Michael			72	Sierra Nevada Masters-38		18:15.14
		2:08.15			4:30.80 (2:22.65)		6:47.25 (2:16.45)
					9:07.04 (2:19.79)		11:26.48 (2:19.44)
					13:46.95 (2:20.47)		16:03.67 (2:16.72)
					18:15.14 (2:11.47)		

## Men 70-74 1500 LC Meter Freestyle

	<b>PAC:</b>	<b>22:08.38</b>	<b>P</b>	<b>8/2/2017</b>	<b>Edward Rudloff</b>		
	<b>NATL:</b>	<b>20:26.12</b>	<b>N</b>	<b>7/20/2018</b>	<b>DAN KIRKLAND</b>		
	<b>WORLD:</b>	<b>20:26.12</b>	<b>W</b>	<b>7/20/2018</b>	<b>Dan KIRKLAND</b>	<b>USA</b>	
1	Virtue, Paul A			71	University of San Francisco Ma-38		23:15.72
		1:30.07			3:04.90 (1:34.83)		4:40.19 (1:35.29)
					6:14.64 (1:34.45)		7:48.85 (1:34.21)
					9:22.73 (1:33.88)		10:56.03 (1:33.30)
					12:29.39 (1:33.36)		14:02.18 (1:32.79)
					15:34.91 (1:32.73)		17:07.68 (1:32.77)
					18:40.60 (1:32.92)		20:14.03 (1:33.43)
					21:46.64 (1:32.61)		23:15.72 (1:29.08)
2	Small, Stephen			70	Marcia's Enthusiastic Masters-38		25:41.12
		1:32.30			3:14.56 (1:42.26)		4:59.07 (1:44.51)
					6:41.97 (1:42.90)		8:26.75 (1:44.78)
					10:12.09 (1:45.34)		11:56.23 (1:44.14)
					13:39.11 (1:42.88)		15:22.82 (1:43.71)
					17:06.62 (1:43.80)		18:50.86 (1:44.24)
					20:33.69 (1:42.83)		22:18.91 (1:45.22)
					24:01.15 (1:42.24)		25:41.12 (1:39.97)
3	Winterrowd, Dan			72	Marcia's Enthusiastic Masters-38		26:12.17
		1:39.55			3:25.11 (1:45.56)		5:10.10 (1:44.99)
					6:54.70 (1:44.60)		8:40.30 (1:45.60)
					10:24.61 (1:44.31)		12:10.22 (1:45.61)
					13:56.29 (1:46.07)		15:42.73 (1:46.44)
					17:28.83 (1:46.10)		19:13.24 (1:44.41)
					21:00.12 (1:46.88)		22:45.45 (1:45.33)
					24:30.60 (1:45.15)		26:12.17 (1:41.57)

## Men 70-74 50 LC Meter Backstroke

	<b>PAC:</b>	<b>33.59</b>	<b>P</b>	<b>8/7/2013</b>	<b>Richard Burns</b>		
	<b>NATL:</b>	<b>33.58</b>	<b>N</b>	<b>8/4/2017</b>	<b>HUGH WILDER</b>		
	<b>WORLD:</b>	<b>33.58</b>	<b>W</b>	<b>8/4/2017</b>	<b>Hugh WILDER</b>	<b>USA</b>	
1	Small, Stephen			70	Marcia's Enthusiastic Masters-38		46.37

## Men 70-74 100 LC Meter Backstroke

	<b>PAC:</b>	<b>1:15.13</b>	<b>P</b>	<b>6/15/2013</b>	<b>Richard Burns</b>		
	<b>NATL:</b>	<b>1:13.49</b>	<b>N</b>	<b>8/6/2017</b>	<b>HUGH WILDER</b>		
	<b>WORLD:</b>	<b>1:13.49</b>	<b>W</b>	<b>8/6/2017</b>	<b>Hugh WILDER</b>	<b>USA</b>	
2	Small, Stephen			70	Marcia's Enthusiastic Masters-38		1:43.12

## Men 70-74 200 LC Meter Backstroke

	<b>PAC:</b>	<b>2:44.59</b>	<b>P</b>	<b>8/7/2013</b>	<b>Richard Burns</b>		
	<b>NATL:</b>	<b>2:40.25</b>	<b>N</b>	<b>6/5/2021</b>	<b>LAWRENCE DAY</b>		
	<b>WORLD:</b>	<b>2:40.25</b>	<b>W</b>	<b>6/5/2021</b>	<b>Lawrence DAY</b>	<b>USA</b>	
1	Small, Stephen			70	Marcia's Enthusiastic Masters-38		3:45.46
		1:48.60			3:45.46 (1:56.86)		

## Men 70-74 50 LC Meter Breaststroke

	<b>PAC:</b>	<b>37.34</b>	<b>P</b>	<b>8/9/2014</b>	<b>Kenneth A Frost</b>		
	<b>NATL:</b>	<b>36.21</b>	<b>N</b>	<b>10/10/2021</b>	<b>ROBERT WRIGHT</b>		
	<b>WORLD:</b>	<b>36.21</b>	<b>W</b>	<b>10/10/2021</b>	<b>Robert WRIGHT</b>	<b>USA</b>	
1	Ottersen, Craig M			70	Park Terrace Masters Swimming-38		37.77

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## Men 70-74 100 LC Meter Breaststroke

<b>PAC:</b> 1:23.65		<b>P</b> 8/9/2014	<b>Kenneth A Frost</b>		
<b>NATL:</b> 1:21.98		<b>N</b> 6/15/2019	<b>PEDER DAHLBERG</b>		
<b>WORLD:</b> 1:21.98		<b>W</b> 6/15/2019	<b>Peder DAHLBERG</b>	<b>USA</b>	
1	Ottersen, Craig M	70	Park Terrace Masters Swimming-38		1:26.86
2	Goines, Bruce	71	Marin Aquatic Masters-38		1:54.63

## Men 70-74 200 LC Meter Breaststroke

<b>PAC:</b> 3:07.93		<b>P</b> 8/9/2014	<b>Kenneth A Frost</b>		
<b>NATL:</b> 3:06.10		<b>N</b> 8/11/2019	<b>ALLEN STARK</b>		
<b>WORLD:</b> 3:04.79		<b>W</b> 3/14/2009	<b>Michael MALONEY</b>	<b>AUS</b>	
1	Small, Stephen	70	Marcia's Enthusiastic Masters-38		3:57.53
	1:55.48		3:57.53 (2:02.05)		

## Men 70-74 50 LC Meter Butterfly

<b>PAC:</b> 31.20		<b>P</b> 8/9/2015	<b>Richard Burns</b>		
<b>NATL:</b> 29.98		<b>N</b> 10/10/2021	<b>LAWRENCE DAY</b>		
<b>WORLD:</b> 29.98		<b>W</b> 10/10/2021	<b>Lawrence DAY</b>	<b>USA</b>	
1	Bernard, Alan	73	Tamalpais Aquatic Masters-38		36.69
2	Murray, Edward J	73	University of San Francisco Ma-38		1:13.69

## Men 70-74 100 LC Meter Butterfly

<b>PAC:</b> 1:12.43		<b>P</b> 8/6/2017	<b>Andrew M McPherso</b>		
<b>NATL:</b> 1:07.40		<b>N</b> 10/8/2021	<b>LAWRENCE DAY</b>		
<b>WORLD:</b> 1:07.40		<b>W</b> 10/8/2021	<b>Lawrence DAY</b>	<b>USA</b>	
1	Bernard, Alan	73	Tamalpais Aquatic Masters-38		1:25.61

## Men 70-74 200 LC Meter Butterfly

<b>PAC:</b> 3:14.98		<b>P</b> 8/17/2019	<b>Alan D Bernard</b>		
<b>NATL:</b> 2:47.17		<b>N</b> 10/9/2021	<b>LAWRENCE DAY</b>		
<b>WORLD:</b> 2:47.17		<b>W</b> 10/9/2021	<b>Lawrence DAY</b>	<b>USA</b>	
1	Bernard, Alan	73	Tamalpais Aquatic Masters-38		3:31.00
	1:42.77		3:31.00 (1:48.23)		

## Men 70-74 200 LC Meter IM

<b>PAC:</b> 2:54.29		<b>P</b> 5/22/2022	<b>Craig M Ottersen</b>		
<b>NATL:</b> 2:42.94		<b>N</b> 10/10/2021	<b>LAWRENCE DAY</b>		
<b>WORLD:</b> 2:42.94		<b>W</b> 10/10/2021	<b>Lawrence DAY</b>	<b>USA</b>	
1	Ottersen, Craig M	70	Park Terrace Masters Swimming-38		2:55.70
	1:24.22		2:55.70 (1:31.48)		
2	Small, Stephen	70	Marcia's Enthusiastic Masters-38		3:36.60
	1:47.97		3:36.60 (1:48.63)		
---	Murray, Edward J	73	University of San Francisco Ma-38		DQ
	3:03.44				

## Men 75-79 50 LC Meter Freestyle

<b>PAC:</b> 29.60		<b>P</b> 8/11/2019	<b>Richard Burns</b>		
<b>NATL:</b> 29.19		<b>N</b> 8/25/2019	<b>DAVID QUIGGIN</b>		
<b>WORLD:</b> 29.19		<b>W</b> 8/25/2019	<b>David QUIGGIN</b>	<b>USA</b>	
1	Burns, Richard	79	Tamalpais Aquatic Masters-38		32.80
2	Daniels, Larry	77	Tuolumne County Aquatic Master-38		37.50
3	Frost, Kenneth A	78	Tamalpais Aquatic Masters-38		37.67
4	Smith, Kirby	76	Uc38		39.76
5	Pierce, Donald	77	Rolling Hills Mud Sharks-38		45.75
6	Ellis, Larry	76	University of San Francisco Ma-38		53.25

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

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## Men 75-79 100 LC Meter Freestyle

	<b>PAC:</b>	<b>1:06.55</b>	<b>P</b>	<b>8/9/2019</b>	<b>Richard Burns</b>		
	<b>NATL:</b>	<b>1:06.55</b>	<b>N</b>	<b>8/9/2019</b>	<b>RICHARD BURNS</b>		
	<b>WORLD:</b>	<b>1:06.40</b>	<b>W</b>	<b>3/3/2018</b>	<b>Akira FUJIMAKI</b>	<b>JPN</b>	
1	Burns, Richard			79	Tamalpais Aquatic Masters-38		1:12.71
2	Daniels, Larry			77	Tuolumne County Aquatic Master-38		1:23.02
3	Madison, John			77	Rolling Hills Mud Sharks-38		1:36.58

## Men 75-79 200 LC Meter Freestyle

	<b>PAC:</b>	<b>2:43.92</b>	<b>P</b>	<b>7/21/2019</b>	<b>Richard Burns</b>		
	<b>NATL:</b>	<b>2:25.66</b>	<b>N</b>	<b>6/6/2009</b>	<b>DAVID RADCLIFF</b>		
	<b>WORLD:</b>	<b>2:25.66</b>	<b>W</b>	<b>6/6/2009</b>	<b>David RADCLIFF</b>	<b>USA</b>	
1	Burns, Richard			79	Tamalpais Aquatic Masters-38		2:48.47
	1:22.56				2:48.47 (1:25.91)		
2	Frost, Kenneth A			78	Tamalpais Aquatic Masters-38		3:05.70
	1:31.44				3:05.70 (1:34.26)		
3	Daniels, Larry			77	Tuolumne County Aquatic Master-38		3:14.75
	1:33.45				3:14.75 (1:41.30)		

## Men 75-79 400 LC Meter Freestyle

	<b>PAC:</b>	<b>5:46.08</b>	<b>P</b>	<b>7/19/2019</b>	<b>Richard Burns</b>		
	<b>NATL:</b>	<b>5:17.77</b>	<b>N</b>	<b>3/7/2009</b>	<b>DAVID RADCLIFF</b>		
	<b>WORLD:</b>	<b>5:17.77</b>	<b>W</b>	<b>3/7/2009</b>	<b>David RADCLIFF</b>	<b>USA</b>	
1	Pierce, Donald			77	Rolling Hills Mud Sharks-38		8:16.55
	2:00.11				4:08.22 (2:08.11)		
					6:16.60 (2:08.38)		
					8:16.55 (1:59.95)		

## Men 75-79 800 LC Meter Freestyle

	<b>PAC:</b>	<b>12:58.14</b>	<b>P</b>	<b>12/31/1995</b>	<b>Ray Taft</b>		
	<b>NATL:</b>	<b>11:07.90</b>	<b>N</b>	<b>7/10/2009</b>	<b>DAVID RADCLIFF</b>		
	<b>WORLD:</b>	<b>11:07.90</b>	<b>W</b>	<b>7/10/2009</b>	<b>David RADCLIFF</b>	<b>USA</b>	
1	Daniels, Larry			77	Tuolumne County Aquatic Master-38		15:15.76
	1:41.85				3:36.15 (1:54.30)		
					5:32.25 (1:56.10)		
					7:30.46 (1:58.21)		
	9:30.63 (2:00.17)				11:29.88 (1:59.25)		
					13:27.88 (1:58.00)		
					15:15.76 (1:47.88)		

## Men 75-79 1500 LC Meter Freestyle

	<b>PAC:</b>	<b>24:53.76</b>	<b>P</b>	<b>12/31/1995</b>	<b>Ray Taft</b>		
	<b>NATL:</b>	<b>21:03.06</b>	<b>N</b>	<b>7/10/2009</b>	<b>DAVID RADCLIFF</b>		
	<b>WORLD:</b>	<b>21:03.06</b>	<b>W</b>	<b>7/10/2009</b>	<b>David RADCLIFF</b>	<b>USA</b>	
1	Daniels, Larry			77	Tuolumne County Aquatic Master-38		29:09.29
	1:41.17				3:35.11 (1:53.94)		
					5:29.80 (1:54.69)		
					7:27.56 (1:57.76)		
	9:24.20 (1:56.64)				11:22.99 (1:58.79)		
					13:22.97 (1:59.98)		
					15:20.15 (1:57.18)		
	17:18.21 (1:58.06)				19:17.27 (1:59.06)		
					21:16.68 (1:59.41)		
					23:17.93 (2:01.25)		
	25:18.08 (2:00.15)				27:19.83 (2:01.75)		
					29:09.29 (1:49.46)		
2	Parlapiano, Gary			75	Tamalpais Aquatic Masters-38		30:48.05
	1:58.20				4:02.70 (2:04.50)		
					6:09.24 (2:06.54)		
					8:13.08 (2:03.84)		
	10:18.23 (2:05.15)				12:25.50 (2:07.27)		
					14:30.19 (2:04.69)		
					16:35.28 (2:05.09)		
	18:39.31 (2:04.03)				20:43.19 (2:03.88)		
					22:47.82 (2:04.63)		
					24:51.07 (2:03.25)		
	26:53.25 (2:02.18)				28:54.12 (2:00.87)		
					30:48.05 (1:53.93)		
3	Ensor, Richard E			75	University of San Francisco Ma-38		47:46.74
	2:46.90				5:56.84 (3:09.94)		
					9:06.68 (3:09.84)		
					12:15.20 (3:08.52)		
	15:25.45 (3:10.25)				18:43.65 (3:18.20)		
					21:57.60 (3:13.95)		
					25:11.59 (3:13.99)		
	28:27.81 (3:16.22)				31:41.08 (3:13.27)		
					34:54.45 (3:13.37)		
					38:08.07 (3:13.62)		
	41:22.00 (3:13.93)				44:36.90 (3:14.90)		
					47:46.74 (3:09.84)		

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## Men 75-79 50 LC Meter Backstroke

	<b>PAC:</b>	<b>34.45</b>	<b>P</b>	<b>8/2/2018</b>	<b>Richard Burns</b>		
	<b>NATL:</b>	<b>34.45</b>	<b>N</b>	<b>8/2/2018</b>	<b>RICHARD BURNS</b>		
	<b>WORLD:</b>	<b>34.45</b>	<b>W</b>	<b>8/2/2018</b>	<b>Richard BURNS</b>	<b>USA</b>	
1	Burns, Richard			79	Tamalpais Aquatic Masters-38		37.51
2	Pierce, Donald			77	Rolling Hills Mud Sharks-38		52.77

## Men 75-79 100 LC Meter Backstroke

	<b>PAC:</b>	<b>1:17.17</b>	<b>P</b>	<b>7/31/2018</b>	<b>Richard Burns</b>		
	<b>NATL:</b>	<b>1:17.17</b>	<b>N</b>	<b>7/31/2018</b>	<b>RICHARD BURNS</b>		
	<b>WORLD:</b>	<b>1:17.17</b>	<b>W</b>	<b>7/31/2018</b>	<b>Richard BURNS</b>	<b>USA</b>	
1	Burns, Richard			79	Tamalpais Aquatic Masters-38		1:24.15
2	Pierce, Donald			77	Rolling Hills Mud Sharks-38		2:01.65

## Men 75-79 200 LC Meter Backstroke

	<b>PAC:</b>	<b>2:50.25</b>	<b>P</b>	<b>7/30/2018</b>	<b>Richard Burns</b>		
	<b>NATL:</b>	<b>2:50.25</b>	<b>N</b>	<b>7/30/2018</b>	<b>RICHARD BURNS</b>		
	<b>WORLD:</b>	<b>2:50.25</b>	<b>W</b>	<b>7/30/2018</b>	<b>Richard BURNS</b>	<b>USA</b>	
1	Burns, Richard			79	Tamalpais Aquatic Masters-38		3:09.06
		1:33.02			3:09.06 (1:36.04)		
2	Pierce, Donald			77	Rolling Hills Mud Sharks-38		4:31.97
		2:18.18			4:31.97 (2:13.79)		

## Men 75-79 50 LC Meter Breaststroke

	<b>PAC:</b>	<b>42.35</b>	<b>P</b>	<b>7/21/2019</b>	<b>David R Gildea</b>		
	<b>NATL:</b>	<b>38.89</b>	<b>N</b>	<b>6/5/2016</b>	<b>MIKE FRESHLEY</b>		
	<b>WORLD:</b>	<b>39.06</b>	<b>W</b>	<b>8/3/2018</b>	<b>Peter ANDERSEN</b>	<b>USA</b>	
1	Frost, Kenneth A			78	Tamalpais Aquatic Masters-38		41.60 P
2	Fitschen, Gary			77	Manatee Aquatic Masters Inc-38		44.04
3	Smith, Kirby			76	Uc38		46.17
4	Pierce, Donald			77	Rolling Hills Mud Sharks-38		1:03.50

## Men 75-79 100 LC Meter Breaststroke

	<b>PAC:</b>	<b>1:34.71</b>	<b>P</b>	<b>7/10/2018</b>	<b>David R Gildea</b>		
	<b>NATL:</b>	<b>1:27.74</b>	<b>N</b>	<b>8/18/2016</b>	<b>MIKE FRESHLEY</b>		
	<b>WORLD:</b>	<b>1:27.74</b>	<b>W</b>	<b>8/18/2016</b>	<b>Mike FRESHLEY</b>	<b>USA</b>	
1	Frost, Kenneth A			78	Tamalpais Aquatic Masters-38		1:32.61 P
2	Fitschen, Gary			77	Manatee Aquatic Masters Inc-38		1:35.78
3	Smith, Kirby			76	Uc38		1:45.24

## Men 75-79 200 LC Meter Breaststroke

	<b>PAC:</b>	<b>3:35.51</b>	<b>P</b>	<b>7/11/2018</b>	<b>David R Gildea</b>		
	<b>NATL:</b>	<b>3:13.93</b>	<b>N</b>	<b>8/21/2016</b>	<b>MIKE FRESHLEY</b>		
	<b>WORLD:</b>	<b>3:13.93</b>	<b>W</b>	<b>8/21/2016</b>	<b>Mike FRESHLEY</b>	<b>USA</b>	
1	Frost, Kenneth A			78	Tamalpais Aquatic Masters-38		3:29.90 P
		1:39.93			3:29.90 (1:49.97)		
2	Fitschen, Gary			77	Manatee Aquatic Masters Inc-38		3:31.21 P
		1:41.18			3:31.21 (1:50.03)		
3	Smith, Kirby			76	Uc38		4:03.16
		1:58.81			4:03.16 (2:04.35)		

## Men 75-79 50 LC Meter Butterfly

	<b>PAC:</b>	<b>32.17</b>	<b>P</b>	<b>7/31/2018</b>	<b>Richard Burns</b>		
	<b>NATL:</b>	<b>31.75</b>	<b>N</b>	<b>8/21/2021</b>	<b>JOEL BURNS</b>		
	<b>WORLD:</b>	<b>31.75</b>	<b>W</b>	<b>8/21/2021</b>	<b>Joel BURNS</b>	<b>USA</b>	
1	Burns, Richard			79	Tamalpais Aquatic Masters-38		34.86

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**(Men 75-79 50 LC Meter Butterfly)**

2 Pierce, Donald 77 Rolling Hills Mud Sharks-38 1:04.10

**Men 75-79 200 LC Meter IM**

PAC: 2:57.66 P 8/10/2019 Richard Burns

NATL: 2:57.66 N 8/10/2019 RICHARD BURNS

WORLD: 2:57.66 W 8/10/2019 Richard BURNS USA

1 Fitschen, Gary 77 Manatee Aquatic Masters Inc-38 3:41.77  
1:52.03 3:41.77 (1:49.74)

**Men 80-84 50 LC Meter Freestyle**

PAC: 33.99 P 7/29/2018 William G Van Hor

NATL: 32.18 N 7/1/2017 JEFF FARRELL

WORLD: 31.96 W 5/20/2012 Roberto ALBERICHE ESP

1 Stewart, Jim M 81 Santa Rosa Masters-38 53.68

**Men 80-84 100 LC Meter Freestyle**

PAC: 1:20.52 P 7/30/2018 William G Van Hor

NATL: 1:11.82 N 8/23/2014 DAVID RADCLIFF

WORLD: 1:11.82 W 8/23/2014 David RADCLIFF USA

1 Norris, Robert 84 Davis Aquatic Masters-38 2:05.64

**Men 80-84 200 LC Meter Freestyle**

PAC: 3:07.24 P 7/31/2018 William G Van Hor

NATL: 2:40.22 N 8/24/2014 DAVID RADCLIFF

WORLD: 2:40.22 W 8/24/2014 David RADCLIFF USA

1 Norris, Robert 84 Davis Aquatic Masters-38 4:39.34  
2:20.40 4:39.34 (2:18.94)

**Men 80-84 400 LC Meter Freestyle**

PAC: 6:42.86 P 12/31/1999 Ray Taft

NATL: 5:45.21 N 8/23/2015 DAVID RADCLIFF

WORLD: 5:45.21 W 8/23/2015 David RADCLIFF USA

1 Norris, Robert 84 Davis Aquatic Masters-38 9:21.81  
2:20.35 4:46.52 (2:26.17) 7:09.75 (2:23.23) 9:21.81 (2:12.06)

**Men 80-84 800 LC Meter Freestyle**

PAC: 14:14.22 P 8/8/2019 William G Van Hor

NATL: 11:49.29 N 8/22/2014 DAVID RADCLIFF

WORLD: 11:49.29 W 8/22/2014 David RADCLIFF USA

1 Norris, Robert 84 Davis Aquatic Masters-38 19:47.36  
2:31.36 5:03.59 (2:32.23) 7:35.00 (2:31.41) 10:06.55 (2:31.55)  
12:35.07 (2:28.52) 15:04.08 (2:29.01) 17:29.24 (2:25.16) 19:47.36 (2:18.12)

**Men 80-84 50 LC Meter Backstroke**

PAC: 42.49 P 12/31/1999 Ray Taft

NATL: 39.18 N 8/8/2015 YOSHI OYAKAWA

WORLD: 38.16 W 1/20/2013 S.SEKIKAWA JPN

1 Norris, Robert 84 Davis Aquatic Masters-38 56.49  
2 Stewart, Jim M 81 Santa Rosa Masters-38 1:15.71

**Men 80-84 100 LC Meter Backstroke**

PAC: 1:35.36 P 12/31/1999 Ray Taft

NATL: 1:29.06 N 8/6/2017 DAVID COSTILL

WORLD: 1:26.44 W 1/19/2013 S.SEKIKAWA JPN

1 Norris, Robert 84 Davis Aquatic Masters-38 2:07.82

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## Men 80-84 200 LC Meter Backstroke

	<b>PAC:</b>	3:31.36	<b>P</b>	12/31/1999	<b>Ray Taft</b>		
	<b>NATL:</b>	3:15.04	<b>N</b>	8/5/2017	<b>DAVID COSTILL</b>		
	<b>WORLD:</b>	3:12.84	<b>W</b>	3/19/2022	<b>Bernd HORSTMANN</b>	<b>GER</b>	
1	Norris, Robert			84	Davis Aquatic Masters-38		4:35.79
		2:14.75			4:35.79 (2:21.04)		
2	Stewart, Jim M			81	Santa Rosa Masters-38		5:58.57
		2:46.69			5:58.57 (3:11.88)		

## Men 85-89 50 LC Meter Freestyle

	<b>PAC:</b>	40.28	<b>P</b>	12/31/2003	<b>William Johnston</b>		
	<b>NATL:</b>	35.77	<b>N</b>	8/15/1998	<b>WOODY BOWERSOCK</b>		
	<b>WORLD:</b>	33.94	<b>W</b>	3/2/2008	<b>Keijiro NAKAMURA</b>	<b>JPN</b>	
1	Fleming, Jack C			87	University of San Francisco Ma-38		46.62
2	Mayo, Robert			89	Walnut Creek Masters-38		54.38

## Men 85-89 100 LC Meter Freestyle

	<b>PAC:</b>	1:39.13	<b>P</b>	12/31/2003	<b>William Johnston</b>		
	<b>NATL:</b>	1:23.25	<b>N</b>	6/6/2010	<b>FRANK PIEMME</b>		
	<b>WORLD:</b>	1:22.55	<b>W</b>	11/21/2021	<b>Hiroshi MATSUMOTO</b>	<b>JPN</b>	
1	Mayo, Robert			89	Walnut Creek Masters-38		2:23.39

## Men 85-89 200 LC Meter Freestyle

	<b>PAC:</b>	3:35.73	<b>P</b>	12/31/2002	<b>Aldo da Rosa</b>		
	<b>NATL:</b>	3:07.03	<b>N</b>	6/26/2016	<b>GRAHAM JOHNSTON</b>		
	<b>WORLD:</b>	3:03.50	<b>W</b>	7/1/2017	<b>Roberto ALBERICHE</b>	<b>ESP</b>	
1	Mayo, Robert			89	Walnut Creek Masters-38		5:15.32
		2:32.09			5:15.32 (2:43.23)		

## Men 85-89 400 LC Meter Freestyle

	<b>PAC:</b>	7:59.07	<b>P</b>	12/31/2003	<b>Aldo da Rosa</b>		
	<b>NATL:</b>	6:38.87	<b>N</b>	6/26/2016	<b>GRAHAM JOHNSTON</b>		
	<b>WORLD:</b>	6:38.87	<b>W</b>	6/26/2016	<b>Graham JOHNSTON</b>	<b>USA</b>	
1	Mayo, Robert			89	Walnut Creek Masters-38		10:40.80
		2:30.44			5:16.09 (2:45.65) 7:59.88 (2:43.79) 10:40.80 (2:40.92)		

## Men 85-89 50 LC Meter Backstroke

	<b>PAC:</b>	44.52	<b>P</b>	12/31/2006	<b>Fred Van Dyke</b>		
	<b>NATL:</b>	40.50	<b>N</b>	8/2/2018	<b>YOSHI OYAKAWA</b>		
	<b>WORLD:</b>	39.89	<b>W</b>	7/18/2008	<b>Keijiro NAKAMURA</b>	<b>JPN</b>	
1	Mayo, Robert			89	Walnut Creek Masters-38		1:03.59

## Men 85-89 100 LC Meter Backstroke

	<b>PAC:</b>	1:49.54	<b>P</b>	12/31/2002	<b>Aldo da Rosa</b>		
	<b>NATL:</b>	1:38.07	<b>N</b>	6/17/2017	<b>CLARKE MITCHELL</b>		
	<b>WORLD:</b>	1:31.65	<b>W</b>	3/2/2008	<b>Keijiro NAKAMURA</b>	<b>JPN</b>	
1	Mayo, Robert			89	Walnut Creek Masters-38		2:20.29

## Men 85-89 200 LC Meter Backstroke

	<b>PAC:</b>	4:07.72	<b>P</b>	12/31/2002	<b>Aldo da Rosa</b>		
	<b>NATL:</b>	3:51.72	<b>N</b>	7/1/2017	<b>CLARKE MITCHELL</b>		
	<b>WORLD:</b>	3:28.59	<b>W</b>	7/19/2008	<b>Keijiro NAKAMURA</b>	<b>JPN</b>	
1	Mayo, Robert			89	Walnut Creek Masters-38		5:16.99
		2:38.41			5:16.99 (2:38.58)		



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## Men 85-89 100 LC Meter Breaststroke

PAC: 2:00.89 P 12/31/2003 Aldo da Rosa

NATL: 1:51.79 N 7/24/2010 FRANK PIEMME

WORLD: 1:46.19 W 6/19/2021 Hans REICHEL

GER

1 Fleming, Jack C 87 University of San Francisco Ma-38 2:18.86

## Men 85-89 50 LC Meter Butterfly

PAC: 58.75 P 12/31/2003 Aldo da Rosa

NATL: 45.31 N 7/2/2017 CLARKE MITCHELL

WORLD: 43.62 W 7/1/2017 Roberto ALBERICHE

ESP

1 Fleming, Jack C 87 University of San Francisco Ma-38 57.66 P

## Men 85-89 100 LC Meter Butterfly

PAC: 2:20.76 P 12/31/2009 Frank R Grannis

NATL: 1:55.18 N 8/3/2010 THOMAS MAINE

WORLD: 1:50.27 W 4/11/2021 John COCKS

AUS

1 Fleming, Jack C 87 University of San Francisco Ma-38 2:35.20

## Men 85-89 200 LC Meter Butterfly

PAC: 6:19.15 P 12/31/2003 William Johnston

NATL: 4:15.86 N 7/11/2010 THOMAS MAINE

WORLD: 4:15.86 W 7/11/2010 Thomas MAINE

USA

1 Fleming, Jack C 87 University of San Francisco Ma-38 5:59.00 P  
2:46.49 5:59.00 (3:12.51)

## Men 85-89 200 LC Meter IM

PAC: 4:16.31 P 12/31/2003 Aldo da Rosa

NATL: 3:51.20 N 8/3/2010 THOMAS MAINE

WORLD: 3:39.66 W 3/21/2021 John COCKS

AUS

1 Fleming, Jack C 87 University of San Francisco Ma-38 4:48.11  
2:23.05 4:48.11 (2:25.06)

## Men 85-89 400 LC Meter IM

PAC: 11:23.79 P 12/31/2003 William Johnston

NATL: 8:21.81 N 7/11/2010 THOMAS MAINE

WORLD: 7:56.23 W 3/20/2021 John COCKS

AUS

1 Braly, F Mark 87 Davis Aquatic Masters-38 17:47.26  
8:43.92 ( ) 17:47.26 (9:03.34)

## Men 95-99 50 LC Meter Freestyle

PAC: 1:06.67 P 7/20/2019 Frank R Grannis

NATL: 45.71 N 8/6/2017 WILLARD LAMB

WORLD: 45.71 W 8/6/2017 Willard LAMB

USA

1 Edgerton, Albert 97 Uc38 1:33.00

## Women 72-99 400 LC Meter Medley Relay

PAC: 5:07.42 P 12/31/1992 SAC

Wright, Christo, Lowrie, Nicholas

NATL: 4:52.87 N 7/24/2010 LAS VEGAS MASTERS

S PEARSON, C SMITH, M KELLEY, S COLAVITO

1 Marin Aquatic Masters-38 A 5:38.41  
1) Bauer, Anna W21 2) Louderback, Kelsey W39 3) Eaton, Jay Jay W21 4) Silva, Rayle A W26  
1:28.41 3:02.19 (1:33.78) 4:16.04 (1:13.85) 5:38.41 (1:22.37)

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

## Women 100-119 200 LC Meter Freestyle Relay

PAC: 1:53.61 P 12/31/2006 TOC

NATL: 1:50.04 N 7/30/2011 McCall Dorr, von Hartitzsch, Katie Lyons, Tamayo

ARIZONA MASTERS

K HARRIGAN, B LARSON, L URBATCHKA, H CALDAS

WORLD: 1:50.28 W 10/16/2016 CMC SC -JPN

N HASEGAWA, N MIZUOCHI, S NAWATA, A KAWABATA

1	Marcia's Enthusiastic Masters-38	A		2:17.14
	1) Nagpal, Jivana W19	2) Jegers, Jade W19	3) Segal, Chelsea L W32	4) McBride, Elizabeth W32
	1:05.08	2:17.14 (1:12.06)		
2	Albany Armada Aquatics Masters	A		2:22.48
	1) Karimi, Golsa W24	2) Chiarelli, Juliana W28	3) Patent, Mariette W21	4) Heffley, Caitlin W30
	1:14.78	2:22.48 (1:07.70)		
3	Marin Aquatic Masters-38	A		2:22.98
	1) Bauer, Anna W21	2) Pinkston, Crystal W37	3) Silva, Rayle A W26	4) Eaton, Jay Jay W21

## Women 100-119 400 LC Meter Freestyle Relay

PAC: 4:09.42 P 7/11/2010 TOC

NATL: 4:19.02 N 7/19/2009 F O'Donnell-McCar, C L Reilly, C Davidoff, M Gi

WOODLANDS MASTERS SWIM TEAM

L KOCH DAVIS, J KENLINE, A BERGFELD, R ARMSTRONG

WORLD: 4:00.96 W 12/11/2021 LINX RACING TEAM -JPN

R TANIGUCHI, M MATSUKAWA, K MORI, N HASEGAWA

1	SF Tsunami Masters-38	A		4:57.07
	1) Zeng, Jasmine W24	2) Schroder, Clare W32	3) Heidkamp, Genevieve W29	4) Chang, Serena Y W27
	1:17.35	2:34.20 (1:16.85)	3:46.25 (1:12.05)	4:57.07 (1:10.82)

## Women 100-119 200 LC Meter Medley Relay

PAC: 2:05.68 P 12/31/2006 TOC

NATL: 2:01.91 N 7/31/2011 Diamond, von Hartitzsch, McCall Dorr, Katie Lyons

ARIZONA MASTERS

K HARRIGAN, B LARSON, L URBATCHKA, H CALDAS

WORLD: 2:00.05 W 8/14/2015 NEVA STARS -RUS

E KARETINA, A KUZMICHEVA, A POLIAKOVA, E SHERSHEN

1	University of San Francisco Ma-38	A		2:32.07
	1) Mistry, Shivana W27	2) Chu, Christine W29	3) Schallert, Lia W32	4) Karp, Juliana W19
	1:26.09	2:32.07 (1:05.98)		
2	SF Tsunami Masters-38	A		2:32.42
	1) Schroder, Clare W32	2) Zeng, Jasmine W24	3) Heidkamp, Genevieve W29	4) Chang, Serena Y W27
	1:28.33	2:32.42 (1:04.09)		

## Women 100-119 400 LC Meter Medley Relay

PAC: 4:55.59 P 12/31/1992 WCM

NATL: 4:49.16 N 8/8/2009 Boscovich, Tallman, Debbie Flansburg, Ingraham

YMCA INDY SWIMFIT

B TAFLINGER, C HINE, J WEAVER, M SOBECKI

WORLD: 4:30.81 W 12/11/2021 LINX RACING TEAM -JPN

K MORI, M MATSUKAWA, R TANIGUCHI, N HASEGAWA

1	Marcia's Enthusiastic Masters-38	A		6:02.17
	1) Nagpal, Jivana W19	2) Schley, Kelly W43	3) Jegers, Jade W19	4) Segal, Chelsea L W32
	1:28.14	3:17.21 (1:49.07)	4:36.55 (1:19.34)	6:02.17 (1:25.62)
2	Albany Armada Aquatics Masters	A		6:42.82
	1) Patent, Mariette W21	2) Heffley, Caitlin W30	3) Karimi, Golsa W24	4) Chiarelli, Juliana W28
	1:24.83	3:18.58 (1:53.75)	5:20.64 (2:02.06)	6:42.82 (1:22.18)

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

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**Women 120-159 200 LC Meter Freestyle Relay**

PAC: 1:55.13 P 12/31/2012 TOC

NATL: 1:50.53 N 6/9/2013 N Watanabe, L Welting, K Houston, M Gill

N CAROLINA MASTERS SWIMMING

RUTH JONES, CELIA WOLFF, ALICIA UHL, ERIKA BRAUN

WORLD: 1:49.03 W 8/14/2015 TSUNAMI -RUS

S KNYAGININA, A FEOKTISTOVA, L YUDINA, I SHLEMOVA

- 1 Rolling Hills Mud Sharks-38 A 2:09.44  
 1) Kroetz, Brigitte C W27 2) Dougherty, Patricia W25 3) Burton, Sarah W35 4) Towey, Rachel W48  
 59.92 2:09.44 (1:09.52)

**Women 120-159 400 LC Meter Freestyle Relay**

PAC: 4:17.94 P 12/31/1994 STAN

NATL: 4:17.94 N 7/31/1994 McKinney, Chichester, Danielle Ogier, Shibuya

STANFORD MASTERS SWIMMING

M MC KINNEY, C CHICHESTER, D OGIER, K SHIBUYA

WORLD: 4:04.10 W 6/15/2019 BIRMINGHAM MASTERS -GBR

K WALKER-STABELER, A LANE, A MCCALL, J CLARK

- 1 Rolling Hills Mud Sharks-38 A 5:11.21  
 1) Kroetz, Brigitte C W27 2) Dougherty, Patricia W25 3) Burton, Sarah W35 4) Towey, Rachel W48  
 1:09.89 2:20.34 (1:10.45) 3:45.96 (1:25.62) 5:11.21 (1:25.25)

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

PAC: 2:10.15 P 12/31/2010 TOC

NATL: 2:04.19 N 8/23/1998 J Schriger, L Welting, M Gill, E Reilly

GOLD COAST MASTERS

B GARDNER, S GEYER, T MOLL, J HERRINGTON

WORLD: 2:02.35 W 12/15/2019 DIABLO -JPN

S KOGA, A KITAGAWA, R SHIMIZU, Y ONOGUCHI

- 1 Rolling Hills Mud Sharks-38 A 2:34.60  
 1) Dougherty, Patricia W25 2) Towey, Rachel W48 3) Burton, Sarah W35 4) Kroetz, Brigitte C W27  
 1:24.61 2:34.60 (1:09.99)
- 2 Marcia's Enthusiastic Masters-38 A 3:04.22  
 1) Vasicsek, Reka W25 2) Hurt, Liz W58 3) Chien, Regina W36 4) Redor, Devin W27  
 1:30.45 3:04.22 (1:33.77)

**Women 120-159 400 LC Meter Medley Relay**

PAC: 4:58.90 P 12/31/1997 WCM

NATL: 4:38.85 N 8/8/2009 Lisa Ward, Osborn, Debbie Flansburg, Ghiggeri

ILLINOIS MASTERS

J RIDGE, N DAY, J IVARSON, K STEVENS

WORLD: 4:35.76 W 6/17/2017 BERLINER TSC -GER

A KUTZ, S KUTZ, N STRESING, J DUNGER

- 1 Rolling Hills Mud Sharks-38 A 5:52.76  
 1) Dougherty, Patricia W25 2) Towey, Rachel W48 3) Kroetz, Brigitte C W27 4) Burton, Sarah W35  
 1:21.04 3:08.09 (1:47.05) 4:41.60 (1:33.51) 5:52.76 (1:11.16)

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**Women 160-199 200 LC Meter Freestyle Relay**

PAC: 1:55.89 P 12/31/2006 WCM

NATL: 1:48.44 N 8/8/2006

WORLD: 1:48.44 W 8/8/2006

Hanley, Paula Roemer, McNamara, Alison Zamanian

TEAM TYR

C HART, C SAPPEY, A PETTIS-SCOTT, S VON DER LIPPE

TEAM TYR -USA

S HART, C SAPPEY, A PETTIS-SCOTT, S VON DER LIPPE

1 Davis Aquatic Masters-38 A

2:19.05

1) Belluomini, Melanie W45

2) Crow, Joan W58

3) Goldberg, Michelle W54

4) Crow, Vivian W25

1:11.82

2:19.05 (1:07.23)

**Women 160-199 400 LC Meter Freestyle Relay**

PAC: 4:33.74 P 12/31/2006 WCM

NATL: 4:06.90 N 6/14/2015

WORLD: 4:06.90 W 6/14/2015

D Santos, M Curran, C McNamara, P Roemer

NORTH CAROLINA MASTERS

E BRAUN, J STRINGER, A UHL, K LINDAUER

NORTH CAROLINA MASTERS -USA

E BRAUN, J STRINGER, A UHL, K LINDAUER

1 Marin Aquatic Masters-38 A

6:39.20

1) Pinkston, Crystal W37

2) Flesh, Anice W86

3) Peroni, Diana W50

4) Silva, Rayle A W26

1:31.90

3:40.94 (2:09.04)

5:13.44 (1:32.50)

6:39.20 (1:25.76)

**Women 160-199 200 LC Meter Medley Relay**

PAC: 2:09.95 P 12/31/2006 STAN

NATL: 2:04.75 N 8/8/2006

WORLD: 2:04.75 W 8/8/2006

Jody Smith, Gelman, Jane Worden, Still

TEAM TYR

J STEIN, S VON DER LIPPE, B CLEARY, C SAPPEY

TEAM TYR -USA

J STEIN, S VON DER LIPPE, B CLEARY, C SAPPEY

1 Marcia's Enthusiastic Masters-38 A

3:01.72

1) McBride, Elizabeth W32

2) Benjamin, Marcia W65

3) Shu, Vicki W54

4) Stankov-Hodge, Marina W42

1:38.04

3:01.72 (1:23.68)

2 Marin Aquatic Masters-38 A

3:28.62

1) Pinkston, Crystal W37

2) Flesh, Anice W86

3) Silva, Rayle A W26

4) Peroni, Diana W50

2:07.19

3:28.62 (1:21.43)

**Women 160-199 400 LC Meter Medley Relay**

PAC: 4:56.95 P 12/31/2009 WCM

NATL: 4:41.71 N 6/13/2015

WORLD: 4:41.71 W 6/13/2015

Lisa Ward, Debbie Santos, Sandi Easton, BJ Henry

NORTH CAROLINA MASTERS

E BRAUN, K LINDAUER, A UHL, J STRINGER

NORTH CAROLINA MASTERS SW-USA

E BRAUN, K LINDAUER, A UHL, J STRINGER

1 Davis Aquatic Masters-38 A

5:37.67

1) Crow, Vivian W25

2) Garforth, Emma W54

3) Belluomini, Melanie W45

4) Goldberg, Michelle W54

1:21.31

2:55.32 (1:34.01)

4:18.96 (1:23.64)

5:37.67 (1:18.71)

**2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022****Results****Women 200-239 400 LC Meter Freestyle Relay****PAC: 4:46.55 P 8/6/2016 DAM****A Rieger, K Halsted, W Pratt, A Bell****NATL: 4:26.53 N 7/6/2014****UCLA BRUIN MASTERS****E STEBBINS, C CIRAULO, V HIBBEN, L DODD****WORLD: 4:20.68 W 3/14/2013****CAPE TOWN -RSA****S KRUGER, C STANFORD, E OTTERMANN, P CADIZ**

1	Santa Rosa Masters-38	A			5:17.98
	1) Walts, Merrie W62	2) Bulman, Robin W57	3) Nelson, Sheila W54	4) Jones, Sara W54	
	1:15.75	2:37.16 (1:21.41)	3:57.98 (1:20.82)	5:17.98 (1:20.00)	
2	Marcia's Enthusiastic Masters-38	A			6:19.64
	1) Benjamin, Marcia W65	2) Stankov-Hodge, Marina W42	3) Chien, Regina W36	4) Hurt, Liz W58	
	3:08.98	4:43.04 (1:34.06)	6:19.64 (1:36.60)	6:19.64 ( )	
3	University of San Francisco Ma-3:	A			6:26.11
	1) Ippolito, Loretta J W59	2) Macleod, Pascale I W58	3) Jacobus, Patricia W58	4) Spott, Rachel Farrah W46	
	1:49.05	3:37.26 (1:48.21)	5:10.08 (1:32.82)	6:26.11 (1:16.03)	

**Women 200-239 800 LC Meter Freestyle Relay****PAC: 10:44.68 P 12/31/2009 TOC****M Meyer, A Felton, P Quinn, L Welting****NATL: 9:34.53 N 7/7/2019****CONEJO VALLEY MASTERS****J GELLATLY, B CLEAVENGER, E MAIDENBERG, L DALAND-J****WORLD: 9:34.53 W 7/7/2019****CONEJO VALLEY MASTERS -USA****J GELLATLY, B CLEAVENGER, E MAIDENBERG, L DALAND-J**

1	Rolling Hills Mud Sharks-38	A			13:38.36
	1) Burton, Sarah W35	2) Towey, Rachel W48	3) Hepworth, Linda W69	4) Coholan, Annette W74	
	1:29.65	3:05.96 (3:05.96)	4:35.90 (1:29.94)	6:14.12 (3:08.16)	
	7:48.32 (1:34.20)	9:26.51 (3:12.39)	11:28.60 (2:02.09)	13:38.36 (4:11.85)	
2	Marcia's Enthusiastic Masters-38	A			14:19.22
	1) Benjamin, Marcia W65	2) Chien, Regina W36	3) Stankov-Hodge, Marina W42	4) Hurt, Liz W58	
	1:36.25	3:21.98 (3:21.98)	5:12.94 (1:50.96)	7:10.41 (3:48.43)	
	8:53.99 (1:43.58)	11:02.97 (3:52.56)	12:35.99 (1:33.02)	14:19.22 (3:16.25)	

**Women 200-239 200 LC Meter Medley Relay****PAC: 2:15.21 P 12/31/2006 WCM****P Landers, L Crittenden, S Heim-Bowen, T****NATL: 2:10.98 N 8/17/2008****OREGON MASTERS****K ANDRUS-HUGHES, B OBLETZ, A DELMAGE, R PARISI****WORLD: 2:10.98 W 8/17/2008****OREGON MASTERS -USA****K ANDRUS-HUGHES, B OBLETZ, A DELMAGE, R PARISI**

1	Santa Rosa Masters-38	A			2:33.32
	1) Jones, Sara W54	2) Bulman, Robin W57	3) Richards, Ericka W44	4) Nelson, Sheila W54	
	1:24.04	2:33.32 (1:09.28)			
2	Davis Aquatic Masters-38	A			2:46.96
	1) Garforth, Emma W54	2) Crow, Joan W58	3) Phalen, Jennifer W58	4) Russell, Jane W59	
	1:28.79	2:46.96 (1:18.17)			

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

**Women 200-239 400 LC Meter Medley Relay**

PAC: 5:33.16 P 8/6/2016 DAM

NATL: 4:58.86 N 7/30/2016

WORLD: 4:54.41 W 1/25/2020

A Rieger, A Bell, W Pratt, K Halsted

NORTH TEXAS LONESTARS

S STONE, K MACCUDY, M REA, K HENDERSON

MASTERS SORLANDET -NOR

L LOTHE, A SORENSEN, J THORSTENSEN, M FUGLESTVEIT

- 1 University of San Francisco Ma-3i A 6:28.23  
 1) Ogilvie, Carol M W67 2) Davis, Taylor W46 3) Hamill, Ariel W32 4) Jacobus, Patricia W58  
 1:44.37 3:31.92 (1:47.55) 4:56.74 (1:24.82) 6:28.23 (1:31.49)

**Women 240-279 200 LC Meter Freestyle Relay**

PAC: 2:21.79 P 8/9/2014 TAM

NATL: 2:01.52 N 7/20/2019

WORLD: 2:00.75 W 3/17/2018

L Val, L Shoenberger, N Ridout, B Wheeler

NORTH TEXAS LONESTARS

K HENDERSON, L MORRISON, C MCKELVEY, S STONE

CAPE TOWN MASTERS -RSA

E OTTERMANN, S KRUGER, D COETZEE, C STANFORD

- 1 University of San Francisco Ma-3i A 2:50.21  
 1) Pashelinsky, Erin L W75 2) Ippolito, Loretta J W59 3) Davis, Taylor W46 4) Jacobus, Patricia W58  
 1:36.40 2:50.21 (1:13.81)

**Women 240-279 400 LC Meter Freestyle Relay**

PAC: 5:17.41 P 7/20/2019 DAM

NATL: 4:36.74 N 7/21/2019

WORLD: 4:36.74 W 7/21/2019

J Roberts, J Russell, C Sprouse, S Guthrie

NORTH TEXAS LONESTARS

S STONE, K HENDERSON, L MORRISON, J WOOLSLAYER

NORTH TEXAS LONESTAR -USA

S STONE, K HENDERSON, L MORRISON, J WOOLSLAYER

- 1 Davis Aquatic Masters-38 A 5:35.69  
 1) Guthrie, Sally W72 2) Phalen, Jennifer W58 3) Kinder, Stephanie W52 4) Russell, Jane W59  
 1:27.56 ( ) 5:35.69 (4:08.13)

**Women 240-279 800 LC Meter Freestyle Relay**

PAC: 13:28.86 P 12/31/1992 WCM

NATL: 10:22.07 N 7/19/2019

WORLD: 10:13.61 W 2/21/2016

B Barabash, J Alexander, A Pisciotta, B Jordan

NORTH TEXAS LONESTARS

L MORRISON, M BAILEY, J WOOLSLAYER, S STONE

CAPE TOWN MASTERS -RSA

C STANFORD, G MCCARNEY, D COETZEE, S KRUGER

- 1 Walnut Creek Masters-38 A 13:22.27 P  
 1) Dibley, Allison M W60 2) Scott, Stephanie W75 3) Taylor, Catherine W59 4) Zamanian, Alison W52  
 1:57.84 4:04.97 (4:04.97) 5:49.92 (1:44.95) 7:54.20 (3:49.23)  
 9:24.48 (1:30.28) 11:04.23 (3:10.03) 12:11.32 (1:07.09) 13:22.27 (2:18.04)

**Women 240-279 400 LC Meter Medley Relay**

PAC: 6:16.36 P 7/21/2019 DAM

NATL: 5:33.65 N 7/9/2011

WORLD: 5:19.05 W 2/27/2016

M Kahn, C Sprouse, J Russell, S Guthrie

OREGON MASTERS

J WARD, G PIERSON, C CRABBE, K ANDRUS-HUGHES

CAPE TOWN MASTERS -RSA

D COETZEE, G MCCARNEY, C STANFORD, S KRUGER

- 1 Rolling Hills Mud Sharks-38 A 7:21.02  
 1) Hepworth, Linda W69 2) Laudenslager, Sherri W60 3) McCullough, Juliette W41 4) Coholan, Annette W74  
 1:46.19 3:37.73 (1:51.54) 5:28.93 (1:51.20) 7:21.02 (1:52.09)

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

**Women 280-319 200 LC Meter Freestyle Relay**

PAC: 2:24.42 P 8/1/2018 TAM

L B Val, S Archer, N J Ridout, B C Wheeler

NATL: 2:23.58 N 8/25/2019

OREGON MASTERS

J GETTLING, J WARD, M TOPPEL, K ANDRUS-HUGHES

WORLD: 2:23.58 W 8/25/2019

OREGON MASTERS -USA

J GETTLING, J WARD, M TOPPEL, K ANDRUS-HUGHES

- |   |                             |                       |                            |                         |
|---|-----------------------------|-----------------------|----------------------------|-------------------------|
| 1 | Rolling Hills Mud Sharks-38 | A                     |                            | 2:51.00                 |
|   | 1) Hepworth, Linda W69      | 2) Gradney, Susan W63 | 3) Hayes-Rupp, Cynthia W65 | 4) Coholan, Annette W74 |
|   | 1:24.60                     | 2:51.00 (1:26.40)     |                            |                         |

**Women 280-319 400 LC Meter Freestyle Relay**

PAC: 6:52.14 P 7/14/2018 MAM

S A Caso, S G Stanton, P K McPartland, R Y Shaps

NATL: 5:26.29 N 6/12/2022

SARASOTA SHARKS

DIANN UUSTAL, SUE WATTS, JUNE CARSON, NANCY KRYKA

WORLD: 5:38.02 W 1/18/2020

MIDSUSSEX MARLINS -GBR

A GWYNN, R DUDENEY, M JOHNSON, S MILLS

- |   |                                   |                         |                          |                           |
|---|-----------------------------------|-------------------------|--------------------------|---------------------------|
| 1 | University of San Francisco Ma-3: | A                       |                          | 7:57.43                   |
|   | 1) Chaitkin, Lauren W78           | 2) Dunn, Audrey W69     | 3) Niccolls, Dorothy W69 | 4) Byrnes, Barbara W66    |
|   | 2:11.85                           | 4:07.38 (1:55.53)       | 7:57.43 (3:50.05)        |                           |
| 2 | Rolling Hills Mud Sharks-38       | A                       |                          | 8:24.53                   |
|   | 1) Hepworth, Linda W69            | 2) Coholan, Annette W74 | 3) Madison, Carolyn W76  | 4) Peters, Madalienne W75 |
|   | 1:29.71                           | 5:43.21 (4:13.50)       | 8:24.53 (2:41.32)        |                           |

**Women 280-319 200 LC Meter Medley Relay**

PAC: 2:48.41 P 8/1/2018 TAM

L B Val, S Archer, B C Wheeler, N J Ridout

NATL: 2:41.43 N 8/24/2019

OREGON MASTERS

K ANDRUS-HUGHES, J GETTLING, M TOPPEL, J WARD

WORLD: 2:41.43 W 8/24/2019

OREGON MASTERS -USA

K ANDRUS-HUGHES, J GETTLING, M TOPPEL, J WARD

- |   |                                   |                             |                            |                          |
|---|-----------------------------------|-----------------------------|----------------------------|--------------------------|
| 1 | Rolling Hills Mud Sharks-38       | A                           |                            | 3:36.37                  |
|   | 1) Hepworth, Linda W69            | 2) Hayes-Rupp, Cynthia W65  | 3) Tevis, Maggie W74       | 4) Coholan, Annette W74  |
|   | 1:52.23                           | 3:36.37 (1:44.14)           |                            |                          |
| 2 | University of San Francisco Ma-3: | A                           |                            | 4:12.13                  |
|   | 1) Chaitkin, Lauren W78           | 2) Dunn, Audrey W69         | 3) Byrnes, Barbara W66     | 4) Niccolls, Dorothy W69 |
| 3 | University of San Francisco Ma-3: | B                           |                            | 4:33.45                  |
|   | 1) Hagiwara, Tanako W84           | 2) Spott, Rachel Farrah W46 | 3) Pashelinsky, Erin L W75 | 4) Waksberg, Arlene W77  |
|   | 2:03.86                           | 4:33.45 (2:29.59)           |                            |                          |

**Women 320-359 200 LC Meter Freestyle Relay**

PAC: 3:49.73 P 12/31/1998 WCM

S Joy, J Howell, J Durston, M Jane Reeves

NATL: 3:27.23 N 8/8/2009

VIRGINIA MASTERS SWIM TEAM

B ZAREMSKI, T SOKOLIK, M BERKLEY, J MEREDITH

WORLD: 2:55.78 W 9/21/2013

BIG YOKOHAMA -JPN

S YONEZAWA, M KURATA, M KAMOSHITA, S WATANABE

- |   |                              |                        |                      |                           |
|---|------------------------------|------------------------|----------------------|---------------------------|
| 1 | Tamalpais Aquatic Masters-38 | A                      |                      | 3:24.19N                  |
|   | 1) Alexandre, Mary W86       | 2) Carroll, Glenda W79 | 3) Ridout, Nancy W80 | 4) Shoenberger, Linda W75 |
|   | 1:49.51                      | 3:24.19 (1:34.68)      |                      |                           |

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

**Women 320-359 400 LC Meter Freestyle Relay**

PAC: 9:25.39 P 12/31/2012 SMM

J Lingys, A Lambertson, M Knochenhauer, M McCubbin

NATL: 8:33.10 N 6/10/2018

FLORIDA AQUATIC COMBINED TEAM

J CAMPBELL, P TULLMAN, M HENDERSON, J HACKETT

WORLD: 6:54.35 W 11/27/2021

MIAMI MASTERS -AUS

M FITTOCK, D ROBERTSON, M WATTS, C SIMPSON

1 Tamalpais Aquatic Masters-38 A

8:20.78 N

1) Alexandre, Mary W86

2) Pechoultres, Meredith W78

3) Ridout, Nancy W80

4) Shoenberger, Linda W75

2:09.85

4:37.48 (2:27.63)

6:36.12 (1:58.64)

8:20.78 (1:44.66)

**Women 320-359 800 LC Meter Freestyle Relay**

NATL: 19:29.28 N 1/13/2002

FLORIDA MAVERICK MASTERS

K SCHIMPF, P HUGHES, J REYNOLDS, F CARR

WORLD: 15:05.19 W 11/27/2021

MIAMI MASTERS -AUS

M FITTOCK, D ROBERTSON, M WATTS, C SIMPSON

1 Tamalpais Aquatic Masters-38 A

17:01.17 N

1) Alexandre, Mary W86

2) Jaffe, Kristin W84

3) Ridout, Nancy W80

4) Shoenberger, Linda W75

2:18.10

4:35.65 (4:35.65)

8:55.71 (4:20.06)

17:01.17 (8:05.46)

**Women 320-359 200 LC Meter Medley Relay**

PAC: 4:19.11 P 12/31/1998 WCM

S Joy, J Howell, J Durston, M Jane Reeves

NATL: 3:47.69 N 3/21/2009

FLORIDA AQUATIC COMBINED TEAM

B LORENZI, S EISELE, N DURSTEIN, J CAMPBELL

WORLD: 3:27.07 W 6/23/2013

BIG YOKOHAMA -JPN

S YONEZAWA, M KURATA, S WATANABE, M KAMOSHITA

1 Tamalpais Aquatic Masters-38 A

4:15.82 P

1) Alexandre, Mary W86

2) Jaffe, Kristin W84

3) Carroll, Glenda W79

4) Ridout, Nancy W80

2:16.10

4:15.82 (1:59.72)

**Men 120-159 200 LC Meter Freestyle Relay**

PAC: 1:37.49 P 12/31/1986 TOC

F Hubbell, B Barthold, B Placak, J Griffith

NATL: 1:34.82 N 7/26/2009

SOUTHERN CAL AQUATIC MASTERS

M CORNUE, E HOCHSTEIN, E TOLMACHOFF, C BEACH

WORLD: 1:32.84 W 7/8/2018

GETXO -ESP

M BILDOSOLA, I BILDOSOLA, G ZUBIAUR, M DEBA

1 Davis Aquatic Masters-38 A

1:50.57

1) Yancher, Owen M24

2) Zachan, Matthew M36

3) Winsor, Brad M51

4) Roper, Matt M41

53.81

1:50.57 (56.76)

2 University of San Francisco Ma-38 A

1:56.72

1) Frederick, Aaron D M29

2) Leber, Nathan M30

3) Ford, Kent M68

4) Hadjipateras, Costas N M32

56.73

1:56.72 (59.99)

3 Albany Armada Aquatics Masters A

1:57.44

1) Gleason, Sam M26

2) Dyer, Samuel M26

3) Blomquist, Benjamin M22

4) Friedman, Eric D M52

57.65

1:57.44 (59.79)



## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

**Men 120-159 400 LC Meter Freestyle Relay**

PAC: 3:44.37 P 12/31/2006 TOC

NATL: 3:34.83 N 8/8/2009

WORLD: 3:28.93 W 7/7/2018

Lee Wanie, Davie, Gaggero, Gary Larson

MICHIGAN MASTERS

K DOAK, A MULL, C MULL, P SAUCEDO

GETXO -ESP

M BILDOSOLA, I BILDOSOLA, G ZUBIAUR, M DEBA

--- University of San Francisco Ma-3:

A

DQ

1) Makhsudov, Alisher M25 2) Comiran, Fernando M39 3) Hallman, Kevin M M33

4) Leber, Nathan M30

1:08.87 2:20.59 (1:11.72) 3:29.04 (1:08.45)

**Men 120-159 200 LC Meter Medley Relay**

PAC: 1:49.98 P 12/31/2006 WCM

NATL: 1:44.88 N 8/1/2018

WORLD: 1:42.30 W 6/16/2019

Jones, Roque Santos, Rendick, Brown

PHOENIX SWIM CLUB MASTERS

R FERREIRA, F DOS SANTOS, B DE PAULA, R FERREIRA

THE STAR -JPN

T FUKUI, T OSAKI, K FUKAYA, T ONO

1 University of San Francisco Ma-3:

A

2:00.52

1) O'Malley, Liam M32 2) Teshima, Ryan M23 3) Valentine, Matthew A M28

4) Samotyj, John M41

1:06.53 2:00.52 (53.99)

**Men 120-159 400 LC Meter Medley Relay**

PAC: 4:04.49 P 12/31/1994 TOC

NATL: 4:00.06 N 8/8/2009

WORLD: 3:49.75 W 1/19/2019

S Murphy, S Corliss, D Lundberg, M Keck

MICHIGAN MASTERS

K DOAK, P SAUCEDO, C MULL, A MULL

JFE KEIHIN -JPN

T TAKEMOTO, H IKEGAMI, R TAGUCHI, S UCHIYAMA

1 Albany Armada Aquatics Masters

A

5:11.61

1) Dyer, Samuel M26 2) Blomquist, Benjamin M22 3) Gleason, Sam M26

4) Friedman, Eric D M52

1:16.38 2:41.41 (1:25.03) 3:55.44 (1:14.03) 5:11.61 (1:16.17)

**Men 160-199 200 LC Meter Freestyle Relay**

PAC: 1:40.32 P 12/31/1994 TOC

NATL: 1:36.28 N 8/8/2006

WORLD: 1:34.92 W 8/18/2017

B Placak, B Barthold, J Griffith, K Vander Bogart

TEAM TYR

M EISENHUTH, J SMITH, R SAEGER, P SMITH

NEVA STARS -RUS

A SHILIN, S MEDVEDEV, A MANZHULA, V PREDKIN

1 Marcia's Enthusiastic Masters-38

A

2:05.43

1) Torres, Emmanuel M36 2) Song, Jimmy M39 3) Lehnert, Ahren M49

4) Wehmann, Todd M50

1:03.19 2:05.43 (1:02.24)

**Men 160-199 200 LC Meter Medley Relay**

PAC: 1:52.30 P 12/31/2006 STAN

NATL: 1:47.72 N 8/8/2006

WORLD: 1:45.47 W 8/18/2017

Rick Gould, Scottoline, Phelan, Lundberg

TEAM TYR

R SAEGER, G RHODENBAUGH, P SMITH, J SMITH

NEVA STARS -RUS

A SHILIN, G GOGOL, A MANZHULA, V PREDKIN

1 Marcia's Enthusiastic Masters-38

A

2:21.68

1) Wehmann, Todd M50 2) Song, Jimmy M39 3) Jegers, Daniel M53

4) Lehnert, Ahren M49

1:17.42 2:21.68 (1:04.26)

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

**Men 160-199 400 LC Meter Medley Relay**

PAC: 4:02.07 P 5/10/2015 STAN

R Gould, BJ Johnson, D Phelan, M Pyle

NATL: 4:02.07 N 5/10/2015 STAN

RICK GOULD, BJ JOHNSON, DARREN PHELAN, MIKE PYLE

WORLD: 4:02.07 W 5/10/2015 STANFORD -USA

Rick GOULD, Bj JOHNSON, Darren PHELAN, Mike PYLE

1	Davis Aquatic Masters-38	A	5:10.03
	1) Yancher, Owen M24	2) Woodruff, David M66	3) Zachan, Matthew M36
	1:13.14	2:51.05 (1:37.91)	4) Winsor, Brad M51
		4:00.78 (1:09.73)	5:10.03 (1:09.25)

**Men 200-239 200 LC Meter Freestyle Relay**

PAC: 1:44.06 P 12/31/2006 BAC

Whatley, McAweeney, Finch, Butler

NATL: 1:38.24 N 8/8/2006 COLORADO MASTERS

J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMAS

WORLD: 1:38.24 W 8/8/2006 COLORADO -USA

J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMAS

1	Walnut Creek Masters-38	A	2:05.32
	1) Pierce, Andrew M46	2) Kemler, David S M64	3) Kuhns, Chris M47
	1:05.80	2:05.32 (59.52)	4) Druz, Loren M66

**Men 200-239 800 LC Meter Freestyle Relay**

PAC: 9:22.12 P 12/31/2007 WCM

R Santos, P Guadagni, D Galine, K O'Brien

NATL: 8:38.51 N 5/31/2019 ARIZONA MASTERS

T DEBIASE, E KRATZ, K DICKSON, J UTSCH

WORLD: 8:38.24 W 7/6/2013 BRASIL MASTERS -BRA

H CELIDONIO, D Garrido MADRUGA, R Carlos CARVALHO,

1	Marcia's Enthusiastic Masters-38	A	11:19.80
	1) Jegers, Daniel M53	2) Lehnert, Ahren M49	3) Wu, Long M57
	1:13.74	2:32.37 (2:32.37)	4) Wehmann, Todd M50
	6:58.85 (1:34.89)	8:42.30 (3:18.34)	10:00.21 (1:17.91)
			11:19.80 (2:37.50)

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

PAC: 1:57.72 P 12/31/2005 RHMS

P Djang, L Rider, B Adkison, E van Boer

NATL: 1:50.83 N 8/8/2006 COLORADO MASTERS

S WOOD, J GROSELLE, T HEDRICK, R ABRAHAMAS

WORLD: 1:50.83 W 8/8/2006 COLORADO -USA

S WOOD, J GROSELLE, T HEDRICK, R ABRAHAMAS

1	University of San Francisco Ma-38	A	2:36.24
	1) Ford, Kent M68	2) Leber, Nathan M30	3) Fama, Robert M64
	1:23.49	2:36.24 (1:12.75)	4) Comiran, Fernando M39

**Men 200-239 400 LC Meter Medley Relay**

PAC: 4:38.46 P 12/31/1994 TOC

Tim Birnie, Bob Strand, Rich Bassi, Jim Elder

NATL: 4:13.76 N 8/11/2012 LONGHORN AQUATICS

A RASMUSSEN, D GUTHRIE, J SAUER, M VAROZZA

WORLD: 4:13.76 W 8/11/2012 LONGHORN AQUATICS -USA

A RASMUSSEN, D GUTHRIE, J SAUER, M VAROZZA

1	Marcia's Enthusiastic Masters-38	A	5:45.07
	1) Wehmann, Todd M50	2) Wu, Long M57	3) Jegers, Daniel M53
	1:27.80	3:06.97 (1:39.17)	4) Lehnert, Ahren M49
		4:26.17 (1:19.20)	5:45.07 (1:18.90)

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

**(Men 200-239 400 LC Meter Medley Relay)**

2	University of San Francisco Ma-31	A			8:26.20
	1) Ford, Kent M68	2) Gendreau, David P M62	3) Murray, Edward J M73	4) Virtue, Paul A M71	
	1:29.90	4:07.48 (2:37.58)	7:01.53 (2:54.05)	8:26.20 (1:24.67)	

**Men 240-279 200 LC Meter Freestyle Relay**

<b>PAC:</b>	<b>1:48.79</b>	<b>P</b>	<b>8/7/2013</b>	<b>TAM</b>
				<b>Richard Burns, Alan Bernard, Tate Holt, Greg Tull</b>
<b>NATL:</b>	<b>1:42.40</b>	<b>N</b>	<b>8/19/2016</b>	<b>SARASOTA Y SHARKS</b>
				<b>S WOOD, D MARTIN, T HEDRICK, J GROSELLE</b>
<b>WORLD:</b>	<b>1:42.40</b>	<b>W</b>	<b>8/19/2016</b>	<b>SARASOTA Y SHARKS -USA</b>
				<b>S WOOD, D MARTIN, T HEDRICK, J GROSELLE</b>

1	University of San Francisco Ma-31	A			3:31.09
	1) Fleming, Jack C M87	2) Gendreau, David P M62	3) Murray, Edward J M73	4) Wagner, Chris M62	
	1:48.88	3:31.09 (1:42.21)			

**Men 240-279 400 LC Meter Freestyle Relay**

<b>PAC:</b>	<b>4:01.34</b>	<b>P</b>	<b>12/31/2012</b>	<b>SMM</b>
				<b>J Sweeney, R Brown, S Finch, T Reudy</b>
<b>NATL:</b>	<b>3:59.86</b>	<b>N</b>	<b>8/11/2018</b>	<b>COLORADO MASTERS</b>
				<b>M MANN, C PETERSEN, G SCOTT, K ANDERSON</b>
<b>WORLD:</b>	<b>3:59.86</b>	<b>W</b>	<b>8/11/2018</b>	<b>COLORADO MASTERS -USA</b>
				<b>M MANN, C PETERSEN, G SCOTT, K ANDERSON</b>

1	Rolling Hills Mud Sharks-38	A			5:45.98
	1) Nam, Jimmy M54	2) Maritzen, Michael A M66	3) Suess, Bob M61	4) Thompson, Jerry J M64	
	1:14.09	2:35.81 (1:21.72)	3:59.79 (1:23.98)	5:45.98 (1:46.19)	
2	Marcia's Enthusiastic Masters-38	A			5:46.06
	1) Gloystein, James M71	2) Citron, Jeffrey M67	3) Wu, Long M57	4) Small, Stephen M70	
	1:41.18	2:57.61 (1:16.43)	4:22.92 (1:25.31)	5:46.06 (1:23.14)	

**Men 240-279 800 LC Meter Freestyle Relay**

<b>PAC:</b>	<b>9:09.92</b>	<b>P</b>	<b>7/24/2016</b>	<b>STAN</b>
				<b>T Broderick, S Strong, J Kemp, D Phelan</b>
<b>NATL:</b>	<b>8:56.62</b>	<b>N</b>	<b>8/12/2018</b>	<b>COLORADO MASTERS</b>
				<b>M MANN, C PETERSEN, G SCOTT, K ANDERSON</b>
<b>WORLD:</b>	<b>8:56.62</b>	<b>W</b>	<b>8/12/2018</b>	<b>COLORADO MASTERS -USA</b>
				<b>M MANN, C PETERSEN, G SCOTT, K ANDERSON</b>

1	Rolling Hills Mud Sharks-38	A			12:29.44
	1) Van Boer, Eric D M68	2) Nam, Jimmy M54	3) Maritzen, Michael A M66	4) Sutton-Beattie, Eric M70	
	1:26.23	3:00.02 (3:00.02)	4:22.52 (1:22.50)	5:51.28 (2:51.26)	
	7:24.42 (1:33.14)	9:03.38 (3:12.10)	10:43.35 (1:39.97)	12:29.44 (3:26.06)	
2	University of San Francisco Ma-31	A			16:19.43
	1) Gregor, Eugene M62	2) Ensor, Richard E M75	3) Young, Stephen M64	4) Virtue, Paul A M71	
	1:22.22	2:52.51 (2:52.51)	5:39.76 (2:47.25)	8:46.91 (5:54.40)	
	10:55.35 (2:08.44)	13:17.71 (4:30.80)	14:49.08 (1:31.37)	16:19.43 (3:01.72)	

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

**Men 240-279 200 LC Meter Medley Relay**

PAC: 2:02.72 P 12/31/2012 TAM

NATL: 1:57.46 N 8/21/2016

WORLD: 1:57.46 W 8/21/2016

Richard Burns, Kenneth Frost, Greg Tull, Tate Holt  
 SARASOTA Y SHARKS  
 S WOOD, J GROSELLE, T HEDRICK, D MARTIN  
 SARASOTA Y SHARKS -USA  
 S WOOD, J GROSELLE, T HEDRICK, D MARTIN

1	Marcia's Enthusiastic Masters-38	A	3:00.10
	1) Citron, Jeffrey M67	2) Wu, Long M57	3) Small, Stephen M70
	1:33.64	3:00.10 (1:26.46)	4) Gloystein, James M71

**Men 240-279 400 LC Meter Medley Relay**

PAC: 5:11.83 P 8/8/2015 DAM

NATL: 4:32.15 N 8/10/2018

WORLD: 4:32.15 W 8/10/2018

D S Vidmar, John B Thayer, Mark E Evans, Ted  
 COLORADO MASTERS  
 C PETERSEN, G SCOTT, M MANN, K ANDERSON  
 COLORADO MASTERS -USA  
 C PETERSEN, G SCOTT, M MANN, K ANDERSON

1	University of San Francisco Ma-38	A	6:22.67
	1) Wagner, Chris M62	2) Gregor, Eugene M62	3) Hadjipateras, Costas N M32
	1:27.66	3:01.80 (1:34.14)	4) Fleming, Jack C M87
		4:05.83 (1:04.03)	6:22.67 (2:16.84)

**Men 280-319 400 LC Meter Freestyle Relay**

PAC: 5:15.43 P 7/14/2018 WCM

NATL: 4:27.17 N 6/18/2017

WORLD: 4:27.17 W 6/18/2017

Bob Upshaw, Mal Jester, Craig Dennis, J R DeLacy  
 PALM BEACH MASTERS  
 L CHILDS, K LODWIG, G SCHMIDT, D QUIGGIN  
 PALM BEACH MASTERS -USA  
 L CHILDS, K LODWIG, G SCHMIDT, D QUIGGIN

1	Rolling Hills Mud Sharks-38	A	7:40.70
	1) Sutton-Beattie, Eric M70	2) Madison, John M77	3) Pierce, Donald M77
	1:34.45	3:15.01 (1:40.56)	4) Ciampi, Norman M83
		5:07.38 (1:52.37)	7:40.70 (2:33.32)

**Men 280-319 800 LC Meter Freestyle Relay**

PAC: 12:22.64 P 12/31/1994 SMMM

NATL: 10:15.72 N 6/6/2021

WORLD: 10:15.72 W 6/6/2021

Ray Taft, Fred Taioli, Moran, Stuart  
 SARASOTA SHARKS  
 JACK GROSELLE, JACK MARTIN, BOB COUCH, RICK WALKER  
 SARASOTA SHARKS -USA  
 Jack GROSELLE, Jack MARTIN, Bob COUCH, Rick WALKER

1	Marcia's Enthusiastic Masters-38	A	12:40.69
	1) Citron, Jeffrey M67	2) Small, Stephen M70	3) Winterrowd, Dan M72
	1:22.70	2:49.70 (2:49.70)	4) Benjamin, David M72
	7:29.55 (1:35.99)	9:08.09 (3:14.53)	4:17.33 (1:27.63)
		10:51.02 (1:42.93)	5:53.56 (3:03.86)
			12:40.69 (3:32.60)

**Men 280-319 200 LC Meter Medley Relay**

PAC: 2:19.72 P 8/9/2019 TAM

NATL: 2:15.90 N 8/9/2019

WORLD: 2:15.90 W 8/9/2019

R Burns, A Moskovits, J Foote, R Meyerhoff  
 VENTURA COUNTY MASTERS  
 S HECK, H KERNS, G GRUBER, B ROLLINS  
 VENTURA COUNTY MASTERS -USA  
 S HECK, H KERNS, G GRUBER, B ROLLINS

1	Rolling Hills Mud Sharks-38	A	3:15.00
	1) Pierce, Donald M77	2) Thompson, Jerry J M64	3) Maritzen, Michael A M66
	1:47.02	3:15.00 (1:27.98)	4) Madison, John M77

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

**Men 320-359 200 LC Meter Freestyle Relay**

PAC: 2:59.22 P 7/26/2015 WCM

NATL: 2:24.56 N 8/19/2016

WORLD: 2:20.89 W 7/21/2003

A V Lane, Norman E Stupfel, Robert W Mayo, S  
 OREGON MASTERS  
 J FERRAZ, W LAMB, F PHILIPPS, D RADCLIFF  
 JUEI CLUB -JPN  
 S SHIDA, K NAKAMURA, K SHIRAYAMA, I TAMURA

1 Rolling Hills Mud Sharks-38 A 4:04.42

1) Madison, John M77

2) Pierce, Donald M77

3) Ciampi, Norman M83

4) Soroka, Donald M90

1:31.68 4:04.42 (2:32.74)

**Mixed 72-99 400 LC Meter Freestyle Relay**

PAC: 3:55.60 P 7/12/2013 SMM

NATL: 3:56.54 N 7/25/2009

A Chan, J Oto, C Sanchez, A Navarro  
 CONEJO SIMI AQUATIC MASTERS  
 W FEDERER, L HANCOCK, C RAMOS, K DENBY

1 University of San Francisco Ma-3: A 4:30.71

1) Teshima, Ryan M23

2) Karp, Juliana W19

3) Mistry, Shivana W27

4) Valentine, Matthew A M28

1:01.75 2:11.30 (1:09.55) 3:30.30 (1:19.00) 4:30.71 (1:00.41)

**Mixed 100-119 400 LC Meter Freestyle Relay**

PAC: 3:50.59 P 7/23/2016 MEMO

NATL: 3:54.81 N 7/25/2009

WORLD: 3:48.68 W 6/20/2014

T Gregory, R Ward, P Yamauchi, C Breed  
 SOUTHERN CAL AQUATIC MASTERS  
 N JANOS, J CORCORAN, A YEARWOOD, E TOLMACHOFF  
 W98 HANNOVER -GER  
 T GRABOWSKI, C DAHLE, A MARX, N WINTER

1 Albany Armada Aquatics Masters A 5:06.03

1) Dyer, Samuel M26

2) Blomquist, Benjamin M22

3) Heffley, Caitlin W30

4) Karimi, Golsa W24

1:07.56 2:11.72 (1:04.16) 3:30.69 (1:18.97) 5:06.03 (1:35.34)

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

PAC: 1:55.34 P 12/31/2011 TOC

NATL: 1:54.22 N 8/10/2019

WORLD: 1:51.99 W 7/17/2006

F O'Donnell-McCar, J W Dorr, E P Reilly, S G  
 ROSE BOWL MASTERS  
 K YOUNKINS, M CARLSON, W UBELLACKER, S UBELLACKER  
 OAHU CLUB -JPN  
 T KITASHITA, H MATSUDA, K KAWAMOTO, I MAEDA

1 Albany Armada Aquatics Masters A 2:47.85

1) Dyer, Samuel M26

2) Heffley, Caitlin W30

3) Karimi, Golsa W24

4) Gleason, Sam M26

1:36.60 2:47.85 (1:11.25)

**Mixed 120-159 200 LC Meter Freestyle Relay**

PAC: 1:43.44 P 12/31/2008 TOC

NATL: 1:42.65 N 8/23/1998

WORLD: 1:40.14 W 8/14/2015

T Holsman, S Guzman, L Welting, S Greenwood  
 GOLD COAST MASTERS  
 T PACE, T MOLL, J HERRINGTON, K WIENANTS  
 TSUNAMI -RUS  
 A SATANOVSKIY, I SHLEMOVA, S KNYAGININA, A KRYLOV

1 SF Tsunami Masters-38 A 2:01.79

1) Frentsos, Paul M61

2) Heidkamp, Genevieve W29

3) Hernandez, Clapton M20

4) Chang, Serena Y W27

1:01.68 2:01.79 (1:00.11)

2 University of San Francisco Ma-3: A 2:06.06

1) Makhsudov, Alisher M25

2) Hamill, Ariel W32

3) Chu, Christine W29

4) Kapustin, Yevgeniy M36

1:01.16 2:06.06 (1:04.90)

**2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022****Results****Mixed 120-159 400 LC Meter Freestyle Relay**

PAC: 3:58.19 P 12/31/2009 TOC

K Lyons, M Gill, P Carter, S Greenwood

NATL: 3:56.36 N 3/5/2011

MOVY MASTERS

T STEWART, C FUCHS, J STOVER, A DIERS

WORLD: 3:49.88 W 10/7/2021

POTIGUAR MASTERS -BRA

J SANCHES, R TRIVINO, J SANTORO NAKAGAKI, K REGINA

1	University of San Francisco Ma-38	A			4:33.19
	1) Samotyj, John M41	2) Chu, Christine W29	3) Schallert, Lia W32	4) O'Malley, Liam M32	
	1:08.23	2:21.68 (1:13.45)	3:33.58 (1:11.90)	4:33.19 (59.61)	
2	Marcia's Enthusiastic Masters-38	A			5:13.93
	1) Vasicsek, Reka W25	2) Lehnert, Ahren M49	3) Redor, Devin W27	4) Song, Jimmy M39	
	1:13.76	2:28.13 (1:14.37)	4:00.94 (1:32.81)	5:13.93 (1:12.99)	

**Mixed 120-159 800 LC Meter Freestyle Relay**

PAC: 9:16.50 P 12/31/1990 WCM

Paula Roemer, Barber, O'Brien, Wendy Ingraham

NATL: 8:41.82 N 3/9/2013

MOVY MASTERS

J STOVER, C PETERFISH, T STEWART, A DIERS

WORLD: 8:38.18 W 4/24/2022

CN MONTEVERDE -ESP

J MARQUES, H ARANGUREN, S REDONDO, P GONZALEZ

1	Marcia's Enthusiastic Masters-38	A			11:18.95
	1) Flynn, Elizabeth W43	2) Nagpal, Jivana W19	3) Song, Jimmy M39	4) Torres, Emmanuel M36	
	1:29.57	3:04.78 (3:04.78)	4:23.87 (1:19.09)	5:51.46 (2:46.68)	
	7:13.14 (1:21.68)	8:37.10 (2:45.64)	9:53.83 (1:16.73)	11:18.95 (2:41.85)	

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

PAC: 1:59.68 P 12/31/1997 WCM

Hartnett, Gary Patterson, Steve Stahl, Vidal

NATL: 1:50.77 N 7/8/2012

PHOENIX SWIM CLUB

N INADA, J COMMINGS, M HYMAN, J PONCE

WORLD: 1:50.77 W 7/8/2012

PHOENIX SWIM CLUB -USA

N INADA, J COMMINGS, M HYMAN, J PONCE

1	Marin Aquatic Masters-38	A			2:27.75
	1) Bauer, Anna W21	2) Goines, Bruce M71	3) Eaton, Jay Jay W21	4) Felix, Samuel M23	
	1:24.94	2:27.75 (1:02.81)			

**Mixed 120-159 400 LC Meter Medley Relay**

PAC: 4:40.74 P 12/31/1992 RINC

Ken Fattler, Baxter, Kirk Koslowski, Elsbach

NATL: 4:29.03 N 8/8/2009

FORT LAUDERDALE AQUATICS

C FERNANDEZ, K LEGASPI, L GALVAN-SARABIA, J MARTIN

WORLD: 4:16.13 W 4/17/2021

TSUNAMI -RUS

E IOGIN, A TISCHENKO, A FEOKTISTOVA, A VESELOVA

1	University of San Francisco Ma-38	A			5:32.73
	1) Versfeld, Rizmari W33	2) Chu, Christine W29	3) Frederick, Aaron D M29	4) Kapustin, Yevgeniy M36	
	1:39.07	3:20.46 (1:41.39)	4:15.16 (54.70)	5:32.73 (1:17.57)	
2	Marcia's Enthusiastic Masters-38	A			5:57.09
	1) McBride, Elizabeth W32	2) Song, Jimmy M39	3) Torres, Emmanuel M36	4) Stankov-Hodge, Marina W42	
	1:31.27	2:57.03 (1:25.76)	4:19.09 (1:22.06)	5:57.09 (1:38.00)	

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

## Mixed 160-199 400 LC Meter Freestyle Relay

PAC: 4:08.95 P 12/31/1995 TOC

B Strand, M Keck, M Meyer, D Ogier

NATL: 3:57.18 N 8/6/2016

NORTH CAROLINA MASTERS

WORLD: 3:55.98 W 6/17/2017

E BRAUN, S DALLAMURA, K LINDAUER, V FLETCHER

EDGE -JPN

M IKEDA, T TAKUBO, S HIRUKAWA, K YOSHIMURA

1	University of San Francisco Ma-31	A			4:43.45
	1) Ford, Kent M68	2) Petrakis, Danae W30	3) Petrakis, Kristina W33	4) Hadjipateras, Costas N M32	
	1:23.46	2:29.46 (1:06.00)	3:42.41 (1:12.95)	4:43.45 (1:01.04)	
2	Marcia's Enthusiastic Masters-38	A			4:50.42
	1) Jegers, Daniel M53	2) Shu, Vicki W54	3) McBride, Elizabeth W32	4) Wehmann, Todd M50	
	1:07.95	2:26.19 (1:18.24)	3:42.57 (1:16.38)	4:50.42 (1:07.85)	
3	Davis Aquatic Masters-38	A			5:03.62
	1) Crow, Vivian W25	2) Zachan, Matthew M36	3) Woodruff, David M66	4) Nehrebecki, Helene W42	
	1:12.25	2:46.29 (1:34.04)	4:01.10 (1:14.81)	5:03.62 (1:02.52)	
4	Walnut Creek Masters-38	A			5:12.93
	1) King, Ian M60	2) Ongerth, Ann Michelle W48	3) Saccullo, Emily W28	4) Lucchese, Jon M46	
	1:10.67	2:43.23 (1:32.56)	3:56.87 (1:13.64)	5:12.93 (1:16.06)	

## Mixed 160-199 800 LC Meter Freestyle Relay

PAC: 9:15.91 P 12/31/1995 TOC

M Keck, M Meyer, B Strand, D Ogier

NATL: 8:50.20 N 8/15/2015

ROCKWELL AQUATIC MASTERS

WORLD: 8:43.94 W 11/11/2017

S STONE, S CARPENTER, R ELDRIDGE, S CARROLL

BP HONVED SE -HUN

M MAROSI, D CERVA, A SCHONEK, V KALAUS

1	Davis Aquatic Masters-38	A			10:25.10
	1) Roper, Matt M41	2) Krovetz, Ted M56	3) Nehrebecki, Helene W42	4) Kinder, Stephanie W52	
	1:14.90	2:36.01 (2:36.01)	3:50.05 (1:14.04)	5:07.25 (2:31.24)	
	6:26.74 (1:19.49)	7:53.15 (2:45.90)	9:02.54 (1:09.39)	10:25.10 (2:31.95)	
2	University of San Francisco Ma-31	A			10:32.31
	1) Leber, Nathan M30	2) Schallert, Lia W32	3) Ogilvie, Carol M W67	4) Harrington, Matt M51	
	1:12.07	2:29.26 (2:29.26)	3:43.92 (1:14.66)	5:03.25 (2:33.99)	
	6:29.33 (1:26.08)	8:23.47 (3:20.22)	9:14.36 (50.89)	10:32.31 (2:08.84)	

## Mixed 160-199 200 LC Meter Medley Relay

PAC: 2:00.53 P 12/31/2004 TOC

J Schriger, S Corliss, L Welting, M MacKay

NATL: 1:56.34 N 8/10/2019

NOVAQUATICS MASTERS

WORLD: 1:53.25 W 6/6/2021

J NATALIZIO, S WEST, S BENNETT, C BERTELINK

MAD WAVE -RUS

A POVALIY, V BRAGIN, A POLIAKOVA, V PREDKIN

1	Davis Aquatic Masters-38	A			2:25.52
	1) Crow, Vivian W25	2) Woodruff, David M66	3) Nehrebecki, Helene W42	4) Zachan, Matthew M36	
	1:22.37	2:25.52 (1:03.15)			
2	Walnut Creek Masters-38	A			2:27.35
	1) Rogers, Louis M33	2) Saccullo, Emily W28	3) Ongerth, Ann Michelle W48	4) Druz, Loren M66	
	1:14.70	2:27.35 (1:12.65)			
3	University of San Francisco Ma-31	A			2:28.23
	1) Hallman, Kevin M M33	2) Lutsky, Abby W30	3) Fama, Robert M64	4) Comiran, Fernando M39	
	1:23.27	2:28.23 (1:04.96)			

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

**Mixed 160-199 400 LC Meter Medley Relay**

PAC: 4:30.50 P 12/31/2006 STAN

Jody Smith, Becker, Preston, Kemp

NATL: 4:23.00 N 6/11/2022

NORTH CAROLINA MASTERS

G HIGSON, C THOMAS, I HOLLAND, E BRAUN

WORLD: 4:21.61 W 6/14/2019

FAREHAM NOMADS -GBR

J CORBEN, M BENNELL, N PLUMRIDGE, J BERBERS

## 1 Walnut Creek Masters-38 A 5:49.17

1) Rogers, Louis M33

2) Chu, Elise W25

3) Ongerth, Ann Michelle W48

4) King, Ian M60

1:11.02

2:53.17 (1:42.15)

4:37.92 (1:44.75)

5:49.17 (1:11.25)

**Mixed 200-239 200 LC Meter Freestyle Relay**

PAC: 1:48.33 P 12/31/2005 WCM

S Heim-Bowen, L Crittenden, J DeLacy, D Boatwright

NATL: 1:44.96 N 8/10/2006

COLORADO MASTERS

T HEDRICK, K CROUCH, K GARNIER, R ABRAHAMS

WORLD: 1:44.96 W 8/8/2006

COLORADO -USA

T HEDRICK, K CROUCH, K GARNIER, R ABRAHAMS

## 1 University of San Francisco Ma-3: A 2:13.13

1) Gregor, Eugene M62

2) Ogilvie, Carol M W67

3) Versfeld, Rizmari W33

4) Harrington, Matt M51

1:08.41

2:13.13 (1:04.72)

## 2 Marcia's Enthusiastic Masters-38 A 2:17.08

1) Shu, Vicki W54

2) Schley, Kelly W43

3) Wu, Long M57

4) Jegers, Daniel M53

1:10.57

2:17.08 (1:06.51)

**Mixed 200-239 200 LC Meter Medley Relay**

PAC: 2:04.32 P 12/31/2009 WCM

Lisa Ward, Gary Patterson, Sandi Easton, Bob Olson

NATL: 2:01.98 N 8/20/2016

OREGON MASTERS

V JENKINS, K GROTE, G DUUS, K ANDRUS-HUGHES

WORLD: 1:59.99 W 8/18/2017

GUILDFORD CITY SWIMMING -GBR

M WARE, D BRYANT, M HODGSON, L COGGINS

## 1 Rolling Hills Mud Sharks-38 A 2:38.48

1) Nam, Jimmy M54

2) Erickson, Douglas M50

3) Viscardi, Josie W58

4) Houts, Jennifer W56

1:22.31

2:38.48 (1:16.17)

**Mixed 200-239 400 LC Meter Medley Relay**

PAC: 4:51.55 P 12/31/1998 TAM

R Burns, P Jonckheer, L Val, N Ridout

NATL: 4:33.17 N 6/20/2015

ILLINOIS MASTERS

J TUCHLER, D SIMS, A BLOCK, L DILLMANN

WORLD: 4:33.17 W 6/20/2015

ILLINOIS MASTERS -USA

J TUCHLER, D SIMS, A BLOCK, L DILLMANN

## 1 Santa Rosa Masters-38 A 5:36.68

1) Jones, Sara W54

2) Thompson, John M46

3) Evans, Mark M64

4) Walts, Merrie W62

1:28.09

3:07.27 (1:39.18)

4:19.98 (1:12.71)

5:36.68 (1:16.70)

## 2 University of San Francisco Ma-3: A 6:56.35

1) Ippolito, Loretta J W59

2) Harrington, Matt M51

3) Leber, Nathan M30

4) Pashelinsky, Erin L W75

2:05.08

3:38.77 (1:33.69)

5:00.97 (1:22.20)

6:56.35 (1:55.38)



## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

## Mixed 240-279 200 LC Meter Freestyle Relay

PAC: 1:56.00 P 12/31/2011 TAM

R Burns, L Val, B Wheeler, T Holt

NATL: 1:54.54 N 8/20/2016

SARASOTA Y SHARKS

D MARTIN, J GROSELLE, N KRYKA, L KIRKPATRICK

WORLD: 1:54.54 W 8/20/2016

SARASOTA Y SHARKS -USA

D MARTIN, J GROSELLE, N KRYKA, L KIRKPATRICK

1	Rolling Hills Mud Sharks-38	A		2:13.72
	1) Van Boer, Eric D M68	2) Nam, Jimmy M54	3) Mammoser, Mary W60	4) Viscardi, Josie W58
	1:01.52	2:13.72 (1:12.20)		
2	Davis Aquatic Masters-38	A		2:24.06
	1) Russell, Jane W59	2) Phalen, Jennifer W58	3) Woodruff, David M66	4) Kahn, Stuart M69
	1:17.33	2:24.06 (1:06.73)		
3	Marcia's Enthusiastic Masters-38	A		2:34.54
	1) Gloystein, James M71	2) Hurt, Liz W58	3) Small, Stephen M70	4) Voight, Tina W53
	1:19.69	2:34.54 (1:14.85)		

## Mixed 240-279 400 LC Meter Freestyle Relay

PAC: 4:32.62 P 12/31/2011 TAM

Laura Val, Judy A Eisenman, Tate Holt, Rich Burns

NATL: 4:24.45 N 6/15/2014

SARASOTA Y SHARKS

J GROSELLE, L GROSELLE, N KRYKA, B COUCH

WORLD: 4:19.89 W 3/19/2015

CAPE TOWN MASTERS -RSA

C MAUGHAN, S KRUGER, D COETZEE, T SHEAD

1	Rolling Hills Mud Sharks-38	A		5:22.37
	1) Van Boer, Eric D M68	2) Laudenslager, Greg M61	3) Mammoser, Mary W60	4) Hayes-Rupp, Cynthia W65
	1:12.67	2:26.41 (1:13.74)	3:49.26 (1:22.85)	5:22.37 (1:33.11)

## Mixed 240-279 200 LC Meter Medley Relay

PAC: 2:09.06 P 12/31/2009 TAM

Rich Burns, Ken Frost, Laura Val, Barbara Wheeler

NATL: 2:08.11 N 8/20/2016

PUGET SOUND MASTERS

L DAHL, R COLELLA, D GRAHAM, C DAVIS

WORLD: 2:08.11 W 8/20/2016

PUGET SOUND MASTERS -USA

L DAHL, R COLELLA, D GRAHAM, C DAVIS

1	Rolling Hills Mud Sharks-38	A		2:38.25
	1) Laudenslager, Greg M61	2) Laudenslager, Sherri W60	3) Mammoser, Mary W60	4) Van Boer, Eric D M68
	1:29.94	2:38.25 (1:08.31)		

## Mixed 240-279 400 LC Meter Medley Relay

PAC: 4:51.95 P 12/31/2009 TAM

Rich Burns, Ken Frost, Laura Val, Barb Wheeler

NATL: 4:51.95 N 8/8/2009

TAMALPAIS AQUATIC MASTERS

R BURNS, K FROST, L VAL, B WHEELER

WORLD: 4:57.61 W 3/21/2019

CAPE TOWN MASTERS -RSA

A STEYNBERG, G DU TOIT, C STANFORD, D COETZEE

1	Rolling Hills Mud Sharks-38	A		6:13.58
	1) Van Boer, Eric D M68	2) Hayes-Rupp, Cynthia W65	3) Nam, Jimmy M54	4) Mammoser, Mary W60
	1:27.65	3:19.36 (1:51.71)	4:51.20 (1:31.84)	6:13.58 (1:22.38)
2	Marcia's Enthusiastic Masters-38	A		6:46.36
	1) Small, Stephen M70	2) Gloystein, James M71	3) Shu, Vicki W54	4) Voight, Tina W53
	1:43.12	3:51.81 (2:08.69)	5:23.78 (1:31.97)	6:46.36 (1:22.58)

## 2022 Pacific Masters Swimming LC Championship - 7/29/2022 to 7/31/2022

## Results

**Mixed 280-319 200 LC Meter Freestyle Relay**

PAC: 2:05.58 P 8/20/2017 TAM

R Burns, Laura B Val, Nancy J Ridout, Tate H

NATL: 2:03.33 N 10/9/2021

TAMALPAIS AQUATIC MASTERS

L VAL, A BERNARD, C DAVIS, R BURNS

WORLD: 2:03.33 W 10/9/2021

TAMALPAIS AQUATICS -USA

L VAL, A BERNARD, C DAVIS, R BURNS

1 Rolling Hills Mud Sharks-38 A 3:20.38

1) Maritzen, Michael A M66

2) Thompson, Jerry J M64

3) Madison, Carolyn W76

4) Peters, Madalienne W75

1:15.01 3:20.38 (2:05.37)

**Mixed 280-319 400 LC Meter Freestyle Relay**

PAC: 5:03.30 P 7/23/2016 TAM

L Val, N Ridout, R Meyerhoff, R Burns

NATL: 5:03.30 N 7/23/2016

TAMALPAIS AQUATIC MASTERS

L VAL, N RIDOUT, R MEYERHOFF, R BURNS

WORLD: 5:03.30 W 7/23/2016

TAMALPAIS AQUATIC MASTERS-USA

L VAL, N RIDOUT, R MEYERHOFF, R BURNS

1 Tamalpais Aquatic Masters-38 A 4:50.97 P

1) Val, Laura W71

2) Burns, Richard M79

3) Joyce, Martha W62

4) Bernard, Alan M73

1:12.86 2:22.14 (1:09.28) 3:38.11 (1:15.97) 4:50.97 (1:12.86)

2 Walnut Creek Masters-38 A 7:08.27

1) Druz, Loren M66

2) Dibley, Allison M W60

3) Scott, Stephanie W75

4) Mayo, Robert M89

1:10.13 2:53.70 (1:43.57) 7:08.27 (4:14.57)

--- University of San Francisco Ma-3! A DQ

1) Waksberg, Arlene W77

2) Ellis, Larry M76

3) Pashelinsky, Erin L W75

4) Fama, Robert M64

2:20.95 3:30.14 (1:09.19)

**Mixed 280-319 800 LC Meter Freestyle Relay**

PAC: 11:18.04 P 7/14/2017 TAM

R Burns, L Val, N Ridout, A. Bernard

NATL: 11:18.04 N 7/14/2017

TAMALPAIS AQUATIC MASTERS

R BURNS, L VAL, N RIDOUT, A BERNARD

WORLD: 11:18.04 W 7/14/2017

TAMALPAIS AQUATIC MASTERS-USA

R BURNS, L VAL, N RIDOUT, A BERNARD

1 Tamalpais Aquatic Masters-38 A 10:37.37 P

1) Burns, Richard M79

2) Val, Laura W71

3) Joyce, Martha W62

4) Bernard, Alan M73

1:17.75 2:42.27 (2:42.27) 3:54.78 (1:12.51) 5:13.74 (2:31.47)

6:32.73 (1:18.99) 7:58.08 (2:44.34) 9:15.88 (1:17.80) 10:37.37 (2:39.29)

**Mixed 280-319 200 LC Meter Medley Relay**

PAC: 2:21.20 P 8/9/2015 TAM

L B Val, Kenneth A Frost, Richard Burns, Nan

NATL: 2:21.20 N 8/9/2015

TAMALPAIS AQUATIC MASTERS

L VAL, K FROST, R BURNS, N RIDOUT

WORLD: 2:21.20 W 8/9/2015

TAMALPAIS AQUATIC MASTERS-USA

L VAL, K FROST, R BURNS, N RIDOUT

1 Tamalpais Aquatic Masters-38 A 2:24.11

1) Val, Laura W71

2) Frost, Kenneth A M78

3) Burns, Richard M79

4) Joyce, Martha W62

1:16.72 2:24.11 (1:07.39)

--- Manatee Aquatic Masters Inc-38 A DQ

1) Mc Partland, Peg W80

2) Caso, Susie W76

3) Fitschen, Gary M77

4) Cutting, Steve M65

2:00.25