

2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023

Results

Women 18-24 50 LC Meter Freestyle

NATL: 25.72 N 6/19/2021 ALY TETZLOFF
 PAC: 26:26.75 P 8/8/2015 Caitlin DeNise

1	Kawamura, Caitlin	21	TAM-38	30.85P	20
2	Mi, Jessica Z	23	USF-38	31.53P	17
3	Larsen, Amy	24	WCM-38	31.56P	16

Women 18-24 100 LC Meter Freestyle

NATL: 56.08 N 6/17/2021 ALY TETZLOFF
 PAC: 57:57.05 P 6/30/2016 Elizabeth Pelton

1	Mi, Jessica Z	23	USF-38	1:08.37P	20
2	Greco, Sophia	24	USF-38	1:09.53P	17
3	Kawamura, Caitlin	21	TAM-38	1:10.10P	16
4	Lewis, Alisha	24	USF-38	1:15.59P	15

Women 18-24 200 LC Meter Freestyle

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

1	Karp, Juliana S	20	USF-38	2:26.41	20
2	Larsen, Amy	24	WCM-38	2:31.12	17

Women 18-24 100 LC Meter Backstroke

NATL: 1:04.67 N 7/20/2012 JENNY VON JOUANNE
 PAC: 1:01.73 P 6/27/2016 Elizabeth Pelton

1	Greco, Sophia	24	USF-38	1:16.65	20
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Women 18-24 200 LC Meter Backstroke

NATL: 2:19.70 N 8/20/2000 S SCHWEITZER
 PAC: 2:15.69 P 7/1/2016 Elizabeth Pelton

1	Greco, Sophia	24	USF-38	2:47.58	20
2	Lewis, Alisha	24	USF-38	3:23.98	17

Women 18-24 50 LC Meter Breaststroke

NATL: 32.92 N 8/1/2015 LAUREN GREENBERG
 PAC: 34:34.44 P 8/9/2019 Heaven Quintana

1	Karp, Juliana S	20	USF-38	41.90P	20
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Women 18-24 100 LC Meter Breaststroke

NATL: 1:10.32 N 7/30/2011 BREEJA LARSON
 PAC: 1:15.12 P 7/12/2013 Danae Petrakis

1	Larsen, Amy	24	WCM-38	1:30.00	20
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Women 18-24 200 LC Meter Breaststroke

NATL: 2:35.23 N 4/22/2023 CAROLINE THEIL
 PAC: 2:44.25 P 12/31/2006 Laura M Davis

1	Larsen, Amy	24	WCM-38	3:09.94	20
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Women 18-24 50 LC Meter Butterfly

NATL: 27.83 N 8/4/2022 ALICIA CARDIE
 PAC: 28:28.62 P 12/31/2009 Meg Gill

1	Greco, Sophia	24	USF-38	33.32P	20
2	Kawamura, Caitlin	21	TAM-38	33.59P	17

Women 18-24 100 LC Meter Butterfly

NATL: 58.21 N 6/13/2021 ALY TETZLOFF
 PAC: 1:01.04 P 7/6/2008 Laura M Davis

1	Larsen, Amy	24	WCM-38	1:14.23	20
2	Greco, Sophia	24	USF-38	1:16.54	17
3	Mi, Jessica Z	23	USF-38	1:18.98	16

Women 18-24 200 LC Meter Butterfly

NATL: 2:12.75 N 7/2/2008 LAURA DAVIS
 PAC: 2:12.75 P 7/6/2008 Laura M Davis

1	Karp, Juliana S	20	USF-38	2:59.14	20
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Women 18-24 200 LC Meter IM

NATL: 2:16.06 N 7/1/2008 LAURA DAVIS
 PAC: 2:16.06 P 7/6/2008 Laura M Davis

1	Karp, Juliana S	20	USF-38	2:47.13	20
2	Larsen, Amy	24	WCM-38	2:48.25	17
3	Greco, Sophia	24	USF-38	2:51.87	16

Women 25-29 50 LC Meter Freestyle

NATL: 24.83 N 8/10/2014 MADISON KENNEDY
 WORLD: 25.42 W 2/15/2004 Annabel KOSTEN
 PAC: 26:26.64 P 8/9/2015 Marie A Ballenger

1	Lundblad, Hope C	29	USF-38	28.73P	20
2	Siebrand, Cynthia J	27	NBA-38	28.91P	17
3	Gastaldi, Martina	25	USF-38	30.13P	16
4	Kroetz, Brigitte	28	RHMS-38	30.24P	15
5	Shanahan, Brenda	26	QSSSJ-38	30.61P	14
6	Zoromski, Rachel	29	MELO-38	30.71P	13
7	Heah, Rachel	26	USF-38	31.61P	12
8	Brunings, Kourtney	26	USF-38	32.15P	11
9	Gonzalez Ospina, Laura	29	SACMA-38	32.67P	9
10	Woo, Emily	28	MEMO-38	35.40P	7
11	Chiarelli, Juliana	29	ALB-38	35.73P	6
12	Silva, Rayle	27	MAQ-38	37.56P	5

Women 25-29 100 LC Meter Freestyle

NATL: 54.72 N 8/6/2014 MADISON KENNEDY
 WORLD: 56.96 W 8/11/2015 Emma GAGE
 PAC: 58:58.34 P 12/31/1989 Sara Shand

1	Lundblad, Hope C	29	USF-38	1:04.25P	20
2	Siebrand, Cynthia J	27	NBA-38	1:04.55P	17
3	Shanahan, Brenda	26	QSSSJ-38	1:09.05P	16
4	Heah, Rachel	26	USF-38	1:09.94P	15
5	Gonzalez Ospina, Laura	29	SACMA-38	1:10.20P	14
6	Zoromski, Rachel	29	MELO-38	1:10.50P	13
7	Woo, Emily	28	MEMO-38	1:20.58P	12
8	Lantto, Katherine	25	DDSA-48	1:20.86P	11
9	Silva, Rayle	27	MAQ-38	1:23.18P	9

Women 25-29 200 LC Meter Freestyle Splits

NATL: 2:02.06 N 12/2/1995 SHEILA TAORMINA
 WORLD: 2:04.56 W 7/10/2010 Megan JENDRICK
 PAC: 2:07.11 P 12/31/1989 Sara Shand

1	Woo, Emily	28	MEMO-38	2:58.58
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Women 25-29 200 LC Meter Freestyle

NATL: 2:02.06 N 12/2/1995 SHEILA TAORMINA
 WORLD: 2:04.56 W 7/10/2010 Megan JENDRICK
 PAC: 2:07.11 P 12/31/1989 Sara Shand

1	Crow, Vivian A	26	DAM-38	2:35.14	20
2	Gonzalez Ospina, Laura	29	SACMA-38	2:39.05	17
3	Lantto, Katherine	25	DDSA-48	2:54.34	16
4	Woo, Emily	28	MEMO-38	3:00.11	15
5	Sand, Cassie	25	EBAT-38	3:02.58	14
6	Silva, Rayle	27	MAQ-38	3:05.39	13

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Women 25-29 400 LC Meter Freestyle

NATL: 4:13.03 N 12/2/1995		SHEILA TAORMINA	
WORLD: 4:18.62 W 6/18/2011		Sophie CASSON	
PAC: 4:23.62 P 7/31/2022		Catherine Breed	
1	Crow, Vivian A	26 DAM-38	5:24.04 20
2	Hamp, Elizabeth J	28 USF-38	5:55.28 17
3	Lantto, Katherine	25 DDSA-48	6:09.11 16

Women 25-29 400 LC Meter Freestyle Splits

NATL: 4:13.03 N 12/2/1995		SHEILA TAORMINA	
WORLD: 4:18.62 W 6/18/2011		Sophie CASSON	
PAC: 4:23.62 P 7/31/2022		Catherine Breed	
1	Woo, Emily	28 MEMO-38	6:34.37

Women 25-29 800 LC Meter Freestyle Splits

NATL: 8:47.44 N 7/19/2001		RACHEL KOMISARZ	
WORLD: 8:45.89 W 3/10/2012		Swann OBERSON	
PAC: 9:18.43 P 12/31/1989		Sara Shand	
1	Woo, Emily	28 MEMO-38	13:20.49

Women 25-29 800 LC Meter Freestyle

NATL: 8:47.44 N 7/19/2001		RACHEL KOMISARZ	
WORLD: 8:45.89 W 3/10/2012		Swann OBERSON	
PAC: 9:18.43 P 12/31/1989		Sara Shand	
1	Lundblad, Hope C	29 USF-38	10:39.68 20
2	Crow, Vivian A	26 DAM-38	11:00.70 17
3	Lantto, Katherine	25 DDSA-48	12:45.52 16
4	Silva, Rayle	27 MAQ-38	14:20.72 15

Women 25-29 1500 LC Meter Freestyle

NATL: 16:39.77 N 7/19/2001		RACHEL KOMISARZ	
WORLD: 16:34.89 W 3/11/2012		Swann OBERSON	
PAC: 17:41.64 P 12/31/2004		Linda Gallo	
1	Crow, Vivian A	26 DAM-38	21:33.08 20
2	Woo, Emily	28 MEMO-38	25:11.08 17
3	Silva, Rayle	27 MAQ-38	27:17.52 16

Women 25-29 50 LC Meter Backstroke

NATL: 28.39 N 8/2/2018		EMI MORONUKI	
WORLD: 28.39 W 8/2/2018		Emi MORONUKI	
PAC: 31:31.10 P 4/24/2017		Anna K Senko	
1	Gastaldi, Martina	25 USF-38	34.10P 20
2	Brunings, Kourtney	26 USF-38	36.69P 17
3	Shanahan, Brenda	26 QSSSJ-38	37.12P 16
4	Kroetz, Brigitte	28 RHMS-38	38.41P 15
5	Chiarelli, Juliana	29 ALB-38	40.51P 14

Women 25-29 100 LC Meter Backstroke

NATL: 1:01.60 N 7/31/2018		EMI MORONUKI	
WORLD: 1:01.60 W 7/31/2018		Emi MORONUKI	
PAC: 1:06.85 P 4/23/2017		Anna K Senko	
1	Copp, Rachel	26 USF-38	1:22.42 20
2	Korabik, Angela	28 ALB-38	1:29.52 17
3	Chiarelli, Juliana	29 ALB-38	1:30.09 16
4	Lantto, Katherine	25 DDSA-48	1:33.09 15
5	Woo, Emily	28 MEMO-38	1:42.54 14

Women 25-29 200 LC Meter Backstroke

NATL: 2:13.19 N 7/30/2018		EMI MORONUKI	
WORLD: 2:13.19 W 7/30/2018		Emi MORONUKI	
PAC: 2:26.62 P 12/31/1994		Martie McKinney	
1	Crow, Vivian A	26 DAM-38	2:50.66 20
2	Lantto, Katherine	25 DDSA-48	3:16.93 17

Women 25-29 50 LC Meter Breaststroke

NATL: 30.82 N 6/27/2016		KATIE MEILI	
WORLD: 31.60 W 7/10/2010		Megan JENDRICK	
PAC: 33:33.39 P 8/9/2014		Marie A Ballenger	
1	Copp, Rachel	26 USF-38	40.78P 20
2	Shanahan, Brenda	26 QSSSJ-38	40.93P 17
3	Kroetz, Brigitte	28 RHMS-38	43.65P 16
4	Silva, Rayle	27 MAQ-38	49.16P 15
5	Chiarelli, Juliana	29 ALB-38	49.39P 14

Women 25-29 100 LC Meter Breaststroke

NATL: 1:06.07 N 6/28/2016		KATIE MEILI	
WORLD: 1:10.56 W 7/10/2010		Megan JENDRICK	
PAC: 1:13.69 P 6/7/2021		Claire Beaty	
1	Lundblad, Hope C	29 USF-38	1:24.18 20
2	Gastaldi, Martina	25 USF-38	1:27.64 17
3	Brunings, Kourtney	26 USF-38	1:27.84 16
4	Shanahan, Brenda	26 QSSSJ-38	1:30.99 15
5	Crow, Vivian A	26 DAM-38	1:31.50 14
6	Woo, Emily	28 MEMO-38	1:40.97 13
7	Chiarelli, Juliana	29 ALB-38	1:48.83 12

Women 25-29 200 LC Meter Breaststroke

NATL: 2:29.90 N 6/26/2013		JUSTINE MUELLER	
WORLD: 2:34.46 W 9/3/2022		Satori HOSOKOSHI	
PAC: 2:39.32 P 6/7/2021		Claire Beaty	
1	Crow, Vivian A	26 DAM-38	3:09.95 20

Women 25-29 50 LC Meter Butterfly

NATL: 26.78 N 8/4/2022		AI SOMA	
WORLD: 26.32 W 6/16/2019		Masako KUROKI	
PAC: 28:28.82 P 12/31/1992		Anna Pettis-Scott	
1	Gonzalez Ospina, Laura	29 SACMA-38	32.28P 20
2	Shanahan, Brenda	26 QSSSJ-38	34.06P 17
3	Sand, Cassie	25 EBAT-38	36.10P 16
4	Kroetz, Brigitte	28 RHMS-38	36.16P 15
5	Silva, Rayle	27 MAQ-38	41.13P 14
6	Korabik, Angela	28 ALB-38	43.26P 13

Women 25-29 100 LC Meter Butterfly

NATL: 59.74 N 8/4/2017		HANNAH SAIZ	
WORLD: 59.99 W 8/13/2015		Anna POLIAKOVA	
PAC: 1:02.40 P 4/26/2017		Anna K Senko	
1	Siebrand, Cynthia J	27 NBA-38	1:13.38 20
2	Gonzalez Ospina, Laura	29 SACMA-38	1:14.10 17
3	Brunings, Kourtney	26 USF-38	1:19.16 16

Women 25-29 200 LC Meter Butterfly

NATL: 2:10.83 N 6/27/2017		HANNAH SAIZ	
WORLD: 2:15.02 W 5/20/2017		Hannah SAIZ	
PAC: 2:24.36 P 12/31/1989		Sara Shand	
1	Gonzalez Ospina, Laura	29 SACMA-38	2:53.47 20

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Women 25-29 200 LC Meter IM

NATL: 2:14.03 N 6/29/2013		JUSTINE MUELLER			
WORLD: 2:20.71 W 10/2/2005		Hitomi MATSUDA			
PAC: 2:21.98 P 12/31/2005		Allison Wagner			
1	Shanahan, Brenda	26	QSSSJ-38	2:50.05	20
2	Sand, Cassie	25	EBAT-38	3:17.42	17
3	Woo, Emily	28	MEMO-38	3:18.05	16
4	Korabik, Angela	28	ALB-38	3:32.80	15

Women 30-34 50 LC Meter Freestyle

NATL: 25.57 N 8/8/2009		ERIKA ERNDL			
WORLD: 25.74 W 6/6/2008		Martina MORAVCOVA			
PAC: 26:26.16 P 6/18/2016		Marie A Ballenger			
1	Skoda, Anette	32	UC38	29.63P	20
2	Giuliano, Larissa J	32	DHM-38	33.41P	17
3	Versfeld, Rizmari	34	USF-38	33.74P	16
4	Diakite, Adriana R	32	USF-38	33.96P	15
5	McBride, Beth	33	MEMO-38	35.26P	14
6	Lutsky, Abby	31	USF-38	37.32P	13
7	Camacho, Serena	31	DHM-38	52.21P	12

Women 30-34 100 LC Meter Freestyle

NATL: 54.59 N 8/5/2009		ERIKA ERNDL			
WORLD: 55.24 W 7/11/2009		Erika ERNDL			
PAC: 59:59.76 P 4/16/2016		Marie A Ballenger			
1	Skoda, Anette	32	UC38	1:05.92P	20
2	Archibald, Hannah	33	USF-38	1:11.80P	17
3	McBride, Beth	33	MEMO-38	1:14.69P	16
4	Diakite, Adriana R	32	USF-38	1:16.66P	15
5	Lutsky, Abby	31	USF-38	1:20.11P	14
6	Camacho, Serena	31	DHM-38	1:56.38P	13

Women 30-34 200 LC Meter Freestyle Splits

NATL: 1:58.92 N 8/7/2009		ERIKA ERNDL		
WORLD: 2:02.35 W 8/14/2019		N.JUNKRAJANG		
PAC: 2:10.99 P 6/18/1994		Susan Porter		
1	De Barros, Carolina	33	RPM-38	2:41.27

Women 30-34 200 LC Meter Freestyle

NATL: 1:58.92 N 8/7/2009		ERIKA ERNDL			
WORLD: 2:02.35 W 8/14/2019		N.JUNKRAJANG			
PAC: 2:10.99 P 6/18/1994		Susan Porter			
1	Arnold, Allison	31	TOC-38	2:11.74	20
2	Alexander, Margaret	33	USF-38	2:20.76	17
3	McBride, Beth	33	MEMO-38	2:44.68	16
4	Lewis, Nicole	32	NBA-38	2:50.41	15

Women 30-34 400 LC Meter Freestyle Splits

NATL: 4:17.52 N 8/3/2010		DAWN HECKMAN		
WORLD: 4:18.63 W 7/16/2011		Dawn HECKMAN		
PAC: 4:31.93 P 12/31/1994		Susan Porter		
1	McBride, Beth	33	MEMO-38	5:57.43

Women 30-34 800 LC Meter Freestyle Splits

NATL: 8:46.22 N 5/30/2010		DAWN HECKMAN		
WORLD: 8:46.47 W 7/14/2011		Dawn HECKMAN		
PAC: 9:07.46 P 12/31/2009		Heidi S George		
1	McBride, Beth	33	MEMO-38	12:04.89

Women 30-34 800 LC Meter Freestyle

NATL: 8:46.22 N 5/30/2010		DAWN HECKMAN			
WORLD: 8:46.47 W 7/14/2011		Dawn HECKMAN			
PAC: 9:07.46 P 12/31/2009		Heidi S George			
1	Diakite, Adriana R	32	USF-38	12:37.02	20

Women 30-34 1500 LC Meter Freestyle

NATL: 17:07.54 N 4/25/2010		DAWN HECKMAN			
WORLD: 17:20.55 W 6/16/2017		Sophie CASSON			
PAC: 17:11.25 P 12/31/2009		Heidi S George			
1	McBride, Beth	33	MEMO-38	22:46.61	20

Women 30-34 50 LC Meter Backstroke

NATL: 28.57 N 7/8/2012		NORIKO INADA			
WORLD: 28.57 W 8/7/2012		Noriko INADA			
PAC: 30:30.98 P 7/30/2022		Lauren T Breuer			
1	Skoda, Anette	32	UC38	35.15P	20
2	Ferroggiaro, Alex	32	USF-38	37.61P	17
3	Giuliano, Larissa J	32	DHM-38	38.28P	16
4	Petrakis, Kristina	34	USF-38	39.59P	15
5	McBride, Beth	33	MEMO-38	42.26P	14
6	Diakite, Adriana R	32	USF-38	44.51P	13
7	Lutsky, Abby	31	USF-38	46.00P	12

Women 30-34 100 LC Meter Backstroke

NATL: 1:01.78 N 8/6/2011		NORIKO INADA			
WORLD: 1:01.78 W 8/6/2011		Noriko INADA			
PAC: 1:03.78 P 12/31/2009		Sarabeth Metzger			
1	Alexander, Margaret	33	USF-38	1:17.36	20
2	Giuliano, Larissa J	32	DHM-38	1:22.53	17
3	Ferroggiaro, Alex	32	USF-38	1:24.79	16

Women 30-34 200 LC Meter Backstroke

NATL: 2:17.61 N 8/6/2009		SARABETH METZGER			
WORLD: 2:17.61 W 8/6/2009		Sarabeth METZGER			
PAC: 2:17.61 P 12/31/2009		Sarabeth Metzger			
1	Mah, Kimberly	34	RPM-38	3:18.50	20
---	Diakite, Adriana R	32	USF-38	DQ	

Women 30-34 50 LC Meter Breaststroke

NATL: 31.76 N 7/17/2021		DANIELLE HERRMANN			
WORLD: 32.22 W 9/3/2013		Nicole HEIDEMANN			
PAC: 34:34.84 P 8/3/2018		Kathleen E McGraw			
1	Curran, Hannah	32	USF-38	39.05P	20

Women 30-34 100 LC Meter Breaststroke

NATL: 1:10.18 N 6/12/2021		DANIELLE HERRMANN			
WORLD: 1:10.10 W 10/3/2009		Hitomi MATSUDA			
PAC: 1:16.71 P 8/5/2017		Katy Houston			
1	Petrakis, Danae	31	USF-38	1:18.37	20
2	Skoda, Anette	32	UC38	1:27.51	17
3	Diakite, Adriana R	32	USF-38	1:40.66	16
4	Lutsky, Abby	31	USF-38	1:43.15	15
5	Camacho, Serena	31	DHM-38	2:40.22	14

Women 30-34 200 LC Meter Breaststroke

NATL: 2:38.90 N 7/23/2017		MARISSA CLAPP			
WORLD: 2:28.93 W 10/17/2009		Hitomi MATSUDA			
PAC: 2:43.26 P 4/27/2017		Katy Houston			
1	Arnold, Allison	31	TOC-38	2:47.21	20
2	Curran, Hannah	32	USF-38	2:58.55	17

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(Women 30-34 200 LC Meter Breaststroke)

3 Mah, Kimberly	34 RPM-38	3:51.15	16
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Women 30-34 50 LC Meter Butterfly

NATL:	27.48 N 6/7/2008	MARTINA MORAVCOVA
WORLD:	27.48 W 6/7/2008	Martina MORAVCOVA
PAC:	29:29.27 P 3/8/2020	Marie A Ballenger

1 Arnold, Allison	31 TOC-38	31.95P	20
2 Lewis, Nicole	32 NBA-38	33.60P	17
3 Alexander, Margaret	33 USF-38	33.92P	16
4 Giuliano, Larissa J	32 DHM-38	34.36P	15

Women 30-34 100 LC Meter Butterfly Splits

NATL:	58.81 N 6/7/2008	MARTINA MORAVCOVA
WORLD:	58.81 W 6/7/2008	Martina MORAVCOVA
PAC:	1:04.67 P 12/31/2009	Sarabeth Metzger

1 McBride, Beth	33 MEMO-38	1:38.45
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Women 30-34 100 LC Meter Butterfly

NATL:	58.81 N 6/7/2008	MARTINA MORAVCOVA
WORLD:	58.81 W 6/7/2008	Martina MORAVCOVA
PAC:	1:04.67 P 12/31/2009	Sarabeth Metzger

1 Petrakis, Danae	31 USF-38	1:11.85	20
2 Archibald, Hannah	33 USF-38	1:25.87	17
3 Mah, Kimberly	34 RPM-38	1:39.05	16

Women 30-34 200 LC Meter IM

NATL:	2:13.72 N 8/8/2009	ERIKA ERNDL
WORLD:	2:13.89 W 7/7/2009	Erika ERNDL
PAC:	2:23.50 P 12/31/2009	Sarabeth Metzger

1 Arnold, Allison	31 TOC-38	2:32.09	20
2 Curran, Hannah	32 USF-38	2:45.73	17
3 Ferroggiaro, Alex	32 USF-38	3:04.09	16

Women 30-34 400 LC Meter IM

NATL:	4:47.06 N 6/29/2008	ERIKA ERNDL
WORLD:	4:56.08 W 11/8/2009	Hitomi MATSUDA
PAC:	5:13.97 P 12/31/1994	Susan Porter

1 McBride, Beth	33 MEMO-38	6:43.33	20
--- Mah, Kimberly	34 RPM-38	DQ	

Women 35-39 50 LC Meter Freestyle

NATL:	25.52 N 6/29/2013	ERIKA ERNDL
WORLD:	25.98 W 8/8/2006	Dara TORRES
PAC:	26:26.89 P 12/31/1993	Sandy Neilson-Bell

1 Buford, Mary	39 SACMA-38	37.19P	20
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Women 35-39 100 LC Meter Freestyle

NATL:	55.17 N 6/25/2013	ERIKA ERNDL
WORLD:	57.38 W 12/1/2022	Veronica BALSANO
PAC:	1:00.31 P 12/31/2002	Laureen K Welting

1 Buford, Mary	39 SACMA-38	1:21.94	20
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Women 35-39 200 LC Meter Freestyle

NATL:	2:00.04 N 6/26/2013	ERIKA ERNDL
WORLD:	2:05.50 W 12/2/2022	Veronica BALSANO
PAC:	2:10.28 P 12/31/1999	Jill S Hernandez

1 Radecke-Noble, Jennifer	39 TVM-38	2:17.54	20
2 Chien, Regina	37 MEMO-38	3:44.32	17
3 Chaiyasane, Koung	39 MEMO-38	4:04.21	16

Women 35-39 1500 LC Meter Freestyle

NATL:	17:17.22 N 8/6/2015	HEIDI GEORGE
WORLD:	17:17.22 W 8/6/2015	Heidi GEORGE
PAC:	17:17.22 P 8/6/2015	Heidi S George

1 West, Meredith	39 SMM-38	24:27.44	20
2 Murillo, Catherine	35 MEMO-38	28:06.47	17
3 Chaiyasane, Koung	39 MEMO-38	32:16.88	16

Women 35-39 50 LC Meter Backstroke

NATL:	28.63 N 8/18/2016	NORIKO INADA
WORLD:	28.63 W 8/18/2016	Noriko INADA
PAC:	31:31.71 P 12/31/2008	Jody Smith

1 Huang, Jessica	39 USF-38	34.66P	20
2 Greer, Margaret	35 EBAT-38	37.16P	17
3 Buford, Mary	39 SACMA-38	43.51P	16

Women 35-39 100 LC Meter Backstroke

NATL:	1:01.75 N 8/19/2017	NORIKO INADA
WORLD:	1:01.75 W 8/19/2017	Noriko INADA
PAC:	1:06.91 P 12/31/2008	Jody Smith

1 Radecke-Noble, Jennifer	39 TVM-38	1:13.17	20
2 Buford, Mary	39 SACMA-38	1:34.76	17
3 Chien, Regina	37 MEMO-38	1:54.35	16
4 Chaiyasane, Koung	39 MEMO-38	2:15.89	15

Women 35-39 200 LC Meter Backstroke

NATL:	2:18.20 N 8/10/1997	K PIPES-NEILSEN
WORLD:	2:18.20 W 8/10/1997	K.PIPES-NEILSEN
PAC:	2:22.07 P 12/31/2008	Jody Smith

1 Huang, Jessica	39 USF-38	2:41.84	20
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Women 35-39 50 LC Meter Breaststroke

NATL:	31.06 N 4/28/2022	DANIELLE HERRMANN
WORLD:	31.35 W 8/7/2022	Danielle HERRMANN
PAC:	31:31.06 P 4/30/2022	Danielle M Herrmann

1 Ballenger, Marie A	37 TOC-38	36.83P	20
2 Buford, Mary	39 SACMA-38	53.11P	17
3 Chien, Regina	37 MEMO-38	1:04.88P	16

Women 35-39 100 LC Meter Breaststroke

NATL:	1:09.77 N 7/29/2022	DANIELLE HERRMANN
WORLD:	1:10.47 W 8/5/2022	Danielle HERRMANN
PAC:	1:09.77 P 7/30/2022	Danielle M Herrmann

1 Huang, Jessica	39 USF-38	1:25.23	20
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Women 35-39 200 LC Meter Breaststroke

NATL:	2:39.78 N 8/10/2013	KATIE GLENN
WORLD:	2:35.40 W 6/10/2012	Hitomi MATSUDA
PAC:	2:39.78 P 8/7/2013	Katie Glenn

1 Thomas, Alexandra	35 WCM-38	3:31.78	20
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Women 35-39 50 LC Meter Butterfly

NATL:	27.46 N 8/5/2014	NORIKO INADA
WORLD:	27.46 W 8/5/2014	Noriko INADA
PAC:	29:29.24 P 4/3/2022	Danielle M Herrmann

1 Ballenger, Marie A	37 TOC-38	33.17P	20
2 Buford, Mary	39 SACMA-38	39.57P	17
3 Chien, Regina	37 MEMO-38	52.73P	16

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Women 35-39 100 LC Meter Butterfly Splits

NATL: 59.52 N 6/27/2013 ERIKA ERNDL
 WORLD: 1:02.04 W 7/30/2022 Carolina SARRUF
 PAC: 1:03.33 P 7/30/2022 Danielle M Herrmann

1 Chien, Regina 37 MEMO-38 1:56.90

Women 35-39 200 LC Meter Butterfly

NATL: 2:20.21 N 8/10/1997 K PIPES-NEILSEN
 WORLD: 2:20.21 W 8/10/1997 K.PIPES-NEILSEN
 PAC: 2:26.38 P 12/31/1989 Laura B Val

1 Thomas, Alexandra 35 WCM-38 3:08.17 20
 2 Chien, Regina 37 MEMO-38 4:13.82 17

Women 35-39 200 LC Meter IM

NATL: 2:21.09 N 8/6/2022 DANIELLE HERRMANN
 WORLD: 2:21.09 W 8/6/2022 Danielle HERRMANN
 PAC: 2:21.09 P 8/6/2022 Danielle M Herrmann

1 Radecke-Noble, Jennifer 39 TVM-38 2:40.29 20
 2 Greer, Margaret 35 EBAT-38 2:58.66 17
 3 Chien, Regina 37 MEMO-38 3:55.03 16
 4 Chaiyasane, Koung 39 MEMO-38 4:22.78 15

Women 35-39 400 LC Meter IM

NATL: 5:02.67 N 8/15/1998 K PIPES-NEILSEN
 WORLD: 4:59.59 W 6/16/2012 Hitomi MATSUDA
 PAC: 5:18.43 P 12/31/1989 Jill S Hernandez

1 West, Meredith 39 SMM-38 8:05.90 20
 2 Chien, Regina 37 MEMO-38 8:14.37 17
 3 Murillo, Catherine 35 MEMO-38 8:25.84 16

Women 40-44 50 LC Meter Freestyle

NATL: 24.25 N 7/6/2008 DARA TORRES
 WORLD: 26.44 W 11/7/2009 Edith OTTERMANN
 PAC: 28:28.05 P 12/31/1992 Laura B Val

1 Murray, Tori 41 RHMS-38 34.87P 20
 2 Lee, Jez 43 MEMO-38 37.02P 17
 3 Cheung, Ruth 44 QSSSJ-38 45.70P 16
 4 Govender, Christine 43 MAQ-38 46.62P 15

Women 40-44 100 LC Meter Freestyle Splits

NATL: 53.78 N 7/4/2008 DARA TORRES
 WORLD: 58.04 W 6/8/2013 Erika BRAUN
 PAC: 1:00.68 P 7/24/2016 Katie Glenn

1 Flecker, Donita 41 SMAC-38 1:40.59

Women 40-44 100 LC Meter Freestyle

NATL: 53.78 N 7/4/2008 DARA TORRES
 WORLD: 58.04 W 6/8/2013 Erika BRAUN
 PAC: 1:00.68 P 7/24/2016 Katie Glenn

1 Rempe, Rachel 40 MAQ-38 1:12.94 20
 2 Murray, Tori 41 RHMS-38 1:17.96 17
 3 Groskopf, Sarah 43 HTUB-38 1:18.14 16
 4 Prichard, Amie 43 USF-38 1:27.35 15
 5 Cheung, Ruth 44 QSSSJ-38 1:39.64 14

Women 40-44 200 LC Meter Freestyle

NATL: 2:09.00 N 5/25/2003 K PIPES-NEILSEN
 WORLD: 2:09.28 W 8/15/2005 K.PIPES-NEILSEN
 PAC: 2:10.47 P 8/18/2016 Katie Glenn

1 Rempe, Rachel 40 MAQ-38 2:40.54 20
 2 Murray, Tori 41 RHMS-38 2:59.01 17

3 Prichard, Amie 43 USF-38 3:14.54 16

Women 40-44 200 LC Meter Freestyle Splits

NATL: 2:09.00 N 5/25/2003 K PIPES-NEILSEN
 WORLD: 2:09.28 W 8/15/2005 K.PIPES-NEILSEN
 PAC: 2:10.47 P 8/18/2016 Katie Glenn

1 Flecker, Donita 41 SMAC-38 3:32.59

Women 40-44 400 LC Meter Freestyle

NATL: 4:22.87 N 8/13/2011 JANET EVANS
 WORLD: 4:22.87 W 8/13/2011 Janet EVANS
 PAC: 4:34.33 P 12/31/2006 Susan H Preston

1 Topping, Catherine 44 MAQ-38 6:42.09 20
 2 Prichard, Amie 43 USF-38 6:49.87 17
 3 Flecker, Donita 41 SMAC-38 7:20.95 16

Women 40-44 800 LC Meter Freestyle

NATL: 8:59.06 N 6/11/2011 JANET EVANS
 WORLD: 8:59.06 W 6/11/2011 Janet EVANS
 PAC: 9:18.17 P 7/11/2019 Heidi S George

1 Topping, Catherine 44 MAQ-38 13:59.52 20

Women 40-44 800 LC Meter Freestyle Splits

NATL: 8:59.06 N 6/11/2011 JANET EVANS
 WORLD: 8:59.06 W 6/11/2011 Janet EVANS
 PAC: 9:18.17 P 7/11/2019 Heidi S George

1 Rueda, Marcela 41 SRM-38 12:02.34

Women 40-44 1500 LC Meter Freestyle

NATL: 17:17.59 N 4/30/2017 HEIDI GEORGE
 WORLD: 17:29.43 W 6/30/2017 Heidi GEORGE
 PAC: 17:29.43 P 6/30/2017 Heidi S George

1 Rueda, Marcela 41 SRM-38 22:37.57 20
 2 Rempe, Rachel 40 MAQ-38 22:45.78 17
 3 McCullough, Juliette 42 RHMS-38 28:08.10 16

Women 40-44 50 LC Meter Backstroke

NATL: 29.62 N 8/2/2018 NORIKO INADA
 WORLD: 29.62 W 8/2/2018 Noriko INADA
 PAC: 31:31.63 P 12/31/2009 Jody Smith

1 Rueda, Marcela 41 SRM-38 38.43P 20
 2 Rempe, Rachel 40 MAQ-38 39.96P 17
 3 Groskopf, Sarah 43 HTUB-38 41.77P 16
 4 Murray, Tori 41 RHMS-38 42.87P 15
 5 Prichard, Amie 43 USF-38 46.59P 14
 6 Cheung, Ruth 44 QSSSJ-38 56.23P 13
 7 Govender, Christine 43 MAQ-38 58.32P 12

Women 40-44 100 LC Meter Backstroke

NATL: 1:04.70 N 7/31/2018 NORIKO INADA
 WORLD: 1:04.70 W 7/31/2018 Noriko INADA
 PAC: 1:07.21 P 12/31/2009 Jody Smith

1 Sweeney, Megan 43 USF-38 1:32.26 20
 2 Murray, Tori 41 RHMS-38 1:35.55 17
 3 Prichard, Amie 43 USF-38 1:41.26 16
 4 Flecker, Donita 41 SMAC-38 1:45.21 15

Women 40-44 200 LC Meter Backstroke

NATL: 2:23.18 N 8/6/2009 JODY SMITH
 WORLD: 2:23.18 W 8/6/2009 Jody SMITH
 PAC: 2:23.18 P 12/31/2009 Jody Smith

1 Groskopf, Sarah 43 HTUB-38 3:17.03 20

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(Women 40-44 200 LC Meter Backstroke)

2	Prichard, Amie	43	USF-38	3:39.98	17
3	Cheung, Ruth	44	QSSSJ-38	4:20.35	16

Women 40-44 50 LC Meter Breaststroke

NATL: 32.47 N 8/19/2016 KATIE GLENN
 WORLD: 32.42 W 9/2/2022 Nicole HEIDEMANN
 PAC: 32:32.47 P 8/19/2016 Katie Glenn

1	Rueda, Marcela	41	SRM-38	40.41P	20
2	Murray, Tori	41	RHMS-38	49.54P	17
3	Sweeney, Megan	43	USF-38	51.23P	16
4	Lee, Jez	43	MEMO-38	53.54P	15
5	Govender, Christine	43	MAQ-38	58.34P	14
6	Flecker, Donita	41	SMAC-38	59.04P	13

Women 40-44 100 LC Meter Breaststroke

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

1	Rueda, Marcela	41	SRM-38	1:32.20	20
2	McCullough, Juliette	42	RHMS-38	1:56.23	17

Women 40-44 200 LC Meter Breaststroke

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

1	Rueda, Marcela	41	SRM-38	3:21.71	20
2	McCullough, Juliette	42	RHMS-38	4:04.12	17
3	Lee, Jez	43	MEMO-38	4:25.99	16

Women 40-44 50 LC Meter Butterfly

NATL: 28.36 N 6/8/2013 ERIKA BRAUN
 WORLD: 28.36 W 6/8/2013 Erika BRAUN
 PAC: 29:29.89 P 12/31/1994 Laura B Val

1	Rempe, Rachel	40	MAQ-38	34.72P	20
2	Sweeney, Megan	43	USF-38	36.04P	17
3	Murray, Tori	41	RHMS-38	40.19P	16
4	McCullough, Juliette	42	RHMS-38	42.51P	15
5	Flecker, Donita	41	SMAC-38	53.57P	14

Women 40-44 100 LC Meter Butterfly

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

1	Rempe, Rachel	40	MAQ-38	1:22.39	20
2	Groskopf, Sarah	43	HTUB-38	1:30.11	17
3	McCullough, Juliette	42	RHMS-38	1:38.09	16

Women 40-44 200 LC Meter IM

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

1	Rueda, Marcela	41	SRM-38	3:02.06	20
2	Rempe, Rachel	40	MAQ-38	3:02.99	17
3	Sweeney, Megan	43	USF-38	3:08.10	16
4	McCullough, Juliette	42	RHMS-38	3:44.58	15

Women 40-44 400 LC Meter IM

NATL: 5:09.83 N 8/1/2004 K PIPES-NEILSEN
 WORLD: 5:09.83 W 8/1/2004 K.PIPES-NEILSEN
 PAC: 5:21.32 P 12/31/2000 Jill S Hernandez

1	Rueda, Marcela	41	SRM-38	6:30.56	20
2	McCullough, Juliette	42	RHMS-38	7:59.80	17

Women 45-49 50 LC Meter Freestyle Splits

NATL: 27.09 N 8/5/2017 THOMAS\BRAUN
 WORLD: 26.59 W 3/16/2011 Edith OTTERMANN
 PAC: 28:28.56 P 12/31/2006 Suzanne M Heim-Bowen

1	Hahnel, Carrie	45	MEMO-38	31.46P
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Women 45-49 50 LC Meter Freestyle

NATL: 27.09 N 8/5/2017 THOMAS\BRAUN
 WORLD: 26.59 W 3/16/2011 Edith OTTERMANN
 PAC: 28:28.56 P 12/31/2006 Suzanne M Heim-Bowen

1	Richards, Ericka	45	SRM-38	28.72P	20
2	Glenn, Katie	47	OPA-32	29.16P	17
3	Towey, Rachel	49	RHMS-38	34.20P	16
4	Davis, Taylor	47	USF-38	34.37P	15
5	Belluomini, Melanie	46	DAM-38	35.12P	14
6	Ongerth, Ann Michelle	49	WCM-38	37.47P	13

Women 45-49 100 LC Meter Freestyle Splits

NATL: 57.40 N 8/8/2015 MELANIE THOMAS
 WORLD: 57.40 W 8/8/2015 Melanie THOMAS
 PAC: 1:02.11 P 12/31/2003 Suzanne M Heim-Bowen

1	Hahnel, Carrie	45	MEMO-38	1:11.63
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Women 45-49 100 LC Meter Freestyle

NATL: 57.40 N 8/8/2015 MELANIE THOMAS
 WORLD: 57.40 W 8/8/2015 Melanie THOMAS
 PAC: 1:02.11 P 12/31/2003 Suzanne M Heim-Bowen

1	Glenn, Katie	47	OPA-32	1:02.98	20
2	Richards, Ericka	45	SRM-38	1:04.04	17
3	Davis, Taylor	47	USF-38	1:18.42	16
4	Towey, Rachel	49	RHMS-38	1:18.58	15
5	Ongerth, Ann Michelle	49	WCM-38	1:29.79	14

Women 45-49 200 LC Meter Freestyle

NATL: 2:10.09 N 6/13/2009 K PIPES-NEILSEN
 WORLD: 2:10.09 W 6/13/2009 K.PIPES-NEILSEN
 PAC: 2:12.57 P 8/8/2021 Heidi S George

1	Glenn, Katie	47	OPA-32	2:19.19	20
2	Richards, Ericka	45	SRM-38	2:26.25	17
3	Hahnel, Carrie	45	MEMO-38	2:33.97	16
4	Towey, Rachel	49	RHMS-38	2:59.21	15
5	Ongerth, Ann Michelle	49	WCM-38	3:25.95	14

Women 45-49 400 LC Meter Freestyle

NATL: 4:30.64 N 4/14/2023 HEIDI GEORGE
 WORLD: 4:30.64 W 4/14/2023 Heidi GEORGE
 PAC: 4:30.64 P 4/14/2023 Heidi S George

1	Hahnel, Carrie	45	MEMO-38	5:26.40	20
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Women 45-49 50 LC Meter Backstroke

NATL: 31.71 N 7/7/2012 JENKINS\REYNOLDS\
 WORLD: 31.02 W 8/18/2016 Cindy MABEE
 PAC: 32:32.93 P 12/31/1997 Laura B Val

1	Richards, Ericka	45	SRM-38	35.82P	20
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2	Davis, Taylor	47	USF-38	42.73P	17
3	Towey, Rachel	49	RHMS-38	44.89P	16

Women 45-49 100 LC Meter Backstroke

NATL: 1:08.11 N 5/24/2009 K PIPES-NEILSEN
 WORLD: 1:07.04 W 6/14/2019 Joanna CORBEN
 PAC: 1:11.34 P 12/31/2009 Lisa A Ward

1	Davis, Taylor	47	USF-38	1:33.06	20
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Women 45-49 50 LC Meter Breaststroke

NATL: 33.66 N 7/17/2010 S VON DER LIPPE
 WORLD: 33.56 W 8/20/2017 Linley FRAME
 PAC: 36:36.97 P 12/31/1994 Susan Roy

1	Glenn, Katie	47	OPA-32	34.57P	20
2	Richards, Ericka	45	SRM-38	37.42P	17
3	Hahnel, Carrie	45	MEMO-38	42.98P	16
4	Towey, Rachel	49	RHMS-38	47.24P	15
5	Davis, Taylor	47	USF-38	48.76P	14
6	Ongerth, Ann Michelle	49	WCM-38	50.56P	13

Women 45-49 100 LC Meter Breaststroke

NATL: 1:11.68 N 5/26/2023 GABRIELLE ROSE
 WORLD: 1:12.34 W 8/14/2022 Gabrielle ROSE
 PAC: 1:21.30 P 12/31/2009 Lisa A Ward

1	Glenn, Katie	47	OPA-32	1:17.95P	20
2	Towey, Rachel	49	RHMS-38	1:44.50	17
3	Davis, Taylor	47	USF-38	1:46.77	16

Women 45-49 200 LC Meter Breaststroke

NATL: 2:32.86 N 5/28/2023 GABRIELLE ROSE
 WORLD: 2:43.73 W 3/15/2013 H.MORRIS-EYTON
 PAC: 2:59.80 P 12/31/2009 Lisa A Ward

1	Glenn, Katie	47	OPA-32	2:50.95P	20
2	Richards, Ericka	45	SRM-38	3:06.88	17
3	Towey, Rachel	49	RHMS-38	3:38.46	16

Women 45-49 50 LC Meter Butterfly

NATL: 28.40 N 8/5/2017 ERIKA BRAUN
 WORLD: 28.40 W 8/5/2017 Erika BRAUN
 PAC: 30:30.01 P 12/31/2009 Lisa A Ward

1	Belluomini, Melanie	46	DAM-38	36.28P	20
2	Davis, Taylor	47	USF-38	42.56P	17

Women 45-49 100 LC Meter Butterfly

NATL: 1:04.96 N 8/6/2014 WENKE SEIDER
 WORLD: 1:04.96 W 8/6/2014 Wenke SEIDER
 PAC: 1:07.30 P 12/31/2005 Jill S Hernandez

1	Belluomini, Melanie	46	DAM-38	1:31.79	20
2	Ongerth, Ann Michelle	49	WCM-38	1:47.30	17

Women 45-49 200 LC Meter Butterfly

NATL: 2:24.34 N 6/20/2009 K PIPES-NEILSEN
 WORLD: 2:24.34 W 6/20/2009 K.PIPES-NEILSEN
 PAC: 2:31.37 P 12/31/1998 Laura B Val

1	Ongerth, Ann Michelle	49	WCM-38	3:58.60	20
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Women 45-49 200 LC Meter IM

NATL: 2:21.37 N 8/14/2022 GABRIELLE ROSE
 WORLD: 2:21.37 W 8/14/2022 Gabrielle ROSE
 PAC: 2:32.46 P 12/31/2005 Jill S Hernandez

1	Richards, Ericka	45	SRM-38	2:49.72	20
2	Hahnel, Carrie	45	MEMO-38	3:02.32	17
3	Ongerth, Ann Michelle	49	WCM-38	3:48.39	16

Women 50-54 50 LC Meter Freestyle

NATL: 27.13 N 6/17/2023 ERIKA BRAUN
 WORLD: 27.09 W 6/28/2015 M.Therese FUZZATI
 PAC: 28:28.22 P 12/31/2001 Laura B Val

1	Mcclafferty, Christine	50	OREG-37	29.88P	20
2	Attwell, Carrie	53	TOC-38	33.09P	17
3	Lugassy, Heather	53	TAM-38	33.33P	16
4	Thompson, Amy	52	NBA-38	33.67P	15
5	O'Hanlon, Christine	53	RHMS-38	34.55P	14
6	Voight, Tina	54	MEMO-38	36.54P	13

Women 50-54 100 LC Meter Freestyle

NATL: 1:00.53 N 8/20/2022 ERIKA BRAUN
 WORLD: 1:00.42 W 6/27/2015 M.Therese FUZZATI
 PAC: 1:01.13 P 12/31/2001 Laura B Val

1	Lugassy, Heather	53	TAM-38	1:18.03	20
2	O'Hanlon, Christine	53	RHMS-38	1:21.03	17
3	Voight, Tina	54	MEMO-38	1:22.93	16

Women 50-54 200 LC Meter Freestyle Splits

NATL: 2:13.18 N 8/8/2013 JILL HERNANDEZ
 WORLD: 2:13.18 W 8/8/2013 Jill HERNANDEZ
 PAC: 2:13.18 P 8/7/2013 Jill S Hernandez

1	Zamania, Alison	53	WCM-38	2:20.28
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Women 50-54 400 LC Meter Freestyle

NATL: 4:40.66 N 8/11/2013 JILL HERNANDEZ
 WORLD: 4:40.66 W 8/11/2013 Jill HERNANDEZ
 PAC: 4:40.66 P 8/7/2013 Jill S Hernandez

1	Mcclafferty, Christine	50	OREG-37	5:11.42	20
2	Voight, Tina	54	MEMO-38	6:34.12	17

Women 50-54 800 LC Meter Freestyle

NATL: 9:34.12 N 7/23/2016 SUSAN PRESTON
 WORLD: 9:34.12 W 7/23/2016 Susan PRESTON
 PAC: 9:34.12 P 7/23/2016 Susan H Preston

1	Zamania, Alison	53	WCM-38	9:50.59	20
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Women 50-54 50 LC Meter Backstroke

NATL: 32.30 N 8/6/2022 ERIKA BRAUN
 WORLD: 31.59 W 7/6/2019 Cindy MABEE
 PAC: 33:33.45 P 12/31/2009 Bonnie M Bilich

1	Thompson, Amy	52	NBA-38	39.28P	20
2	Lugassy, Heather	53	TAM-38	41.54P	17
3	O'Hanlon, Christine	53	RHMS-38	43.23P	16

Women 50-54 200 LC Meter Backstroke

NATL: 2:26.64 N 8/4/2014 ELLEN REYNOLDS
 WORLD: 2:26.64 W 8/4/2014 Ellen REYNOLDS
 PAC: 2:36.60 P 7/30/2022 Alison Zamania

1	Zamania, Alison	53	WCM-38	2:42.00	20
2	Thompson, Amy	52	NBA-38	3:02.85	17

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Women 50-54 50 LC Meter Breaststroke

NATL: 36.47 N 8/20/2022 ERIKA BRAUN

WORLD: 34.18 W 6/13/2012 Monica CORO

PAC: 37:37.81 P 10/10/2021 Tanya N Lane

1	Mcclafferty, Christine	50 OREG-37	40.54P	20
2	Yurch, Tricia	50 NBA-38	41.68P	17
3	Voight, Tina	54 MEMO-38	50.99P	16

Women 50-54 100 LC Meter Breaststroke

NATL: 1:21.34 N 7/8/2023 ERIKA BRAUN

WORLD: 1:15.44 W 6/4/2022 Helen GORMAN

PAC: 1:23.72 P 10/8/2021 Tanya N Lane

1	Attwell, Carrie	53 TOC-38	1:34.89	20
2	Lugassy, Heather	53 TAM-38	1:46.69	17

Women 50-54 50 LC Meter Butterfly

NATL: 29.47 N 8/4/2022 ERIKA BRAUN

WORLD: 29.47 W 8/4/2022 Erika BRAUN

PAC: 30:30.72 P 12/31/2001 Laura B Val

1	Attwell, Carrie	53 TOC-38	34.82P	20
2	Yurch, Tricia	50 NBA-38	38.07P	17

Women 50-54 100 LC Meter Butterfly

NATL: 1:07.80 N 8/13/2011 JILL HERNANDEZ

WORLD: 1:07.80 W 8/13/2011 Jill HERNANDEZ

PAC: 1:07.80 P 12/31/2011 Jill S Hernandez

1	Mcclafferty, Christine	50 OREG-37	1:09.44	20
2	Zamanian, Alison	53 WCM-38	1:14.21	17

Women 50-54 200 LC Meter IM

NATL: 2:31.02 N 8/7/2016 ELLEN REYNOLDS

WORLD: 2:31.02 W 8/7/2016 Ellen REYNOLDS

PAC: 2:36.05 P 7/24/2016 Susan H Preston

1	Mcclafferty, Christine	50 OREG-37	2:45.28	20
2	Attwell, Carrie	53 TOC-38	3:06.18	17

Women 50-54 400 LC Meter IM

NATL: 5:20.68 N 8/5/2014 ELLEN REYNOLDS

WORLD: 5:20.68 W 8/5/2014 Ellen REYNOLDS

PAC: 5:30.32 P 8/10/2013 Jill S Hernandez

1	Zamanian, Alison	53 WCM-38	5:40.88	20
2	Mcclafferty, Christine	50 OREG-37	5:44.50	17

Women 55-59 50 LC Meter Freestyle Splits

NATL: 28.46 N 8/8/2019 HOLLY GREEN BLAIR

WORLD: 27.94 W 4/21/2023 Jennie BUCKNELL

PAC: 28:28.69 P 12/31/2008 Laura B Val

1	Phalen, Jennifer	59 DAM-38	41.49P	
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Women 55-59 50 LC Meter Freestyle

NATL: 28.46 N 8/8/2019 HOLLY GREEN BLAIR

WORLD: 27.94 W 4/21/2023 Jennie BUCKNELL

PAC: 28:28.69 P 12/31/2008 Laura B Val

1	Coomber, Molly	58 NBA-38	33.33P	20
2	Boone, Danielle	58 WCM-38	33.37P	17
3	Welting, Laureen	58 TOC-38	33.49P	16
4	Nelson, Sheila	55 SRM-38	33.91P	15
5	Lewis, Melissa D	57 NBA-38	34.93P	14
6	De Somma, Margaret	55 MAQ-38	36.46P	13
7	Capen, Tasha	57 MELO-38	36.93P	12
8	Viscardi, Josie	59 RHMS-38	37.66P	11

9	Bryant, Patricia	58 DAM-38	1:00.51P	9
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Women 55-59 100 LC Meter Freestyle

NATL: 1:02.02 N 8/13/2007 VAL\VAL

WORLD: 1:01.87 W 4/20/2023 Jennie BUCKNELL

PAC: 1:02.02 P 12/31/2007 Laura B Val

1	Welting, Laureen	58 TOC-38	1:11.31	20
2	Coomber, Molly	58 NBA-38	1:14.68	17
3	Boone, Danielle	58 WCM-38	1:14.82	16
4	Lewis, Melissa D	57 NBA-38	1:16.29	15
5	De Somma, Margaret	55 MAQ-38	1:20.43	14
6	Capen, Tasha	57 MELO-38	1:22.82	13
7	Viscardi, Josie	59 RHMS-38	1:33.38	12
8	Bryant, Patricia	58 DAM-38	2:16.11	11

Women 55-59 200 LC Meter Freestyle

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

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

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

1	Jones, Sara	55 SRM-38	2:40.79	20
2	Welting, Laureen	58 TOC-38	2:41.27	17
3	Nelson, Sheila	55 SRM-38	2:41.96	16
4	Bulman, Robin	58 SRM-38	2:48.13	15
5	Chachkin, Myra	55 MAM-38	3:44.70	14

Women 55-59 200 LC Meter Freestyle Splits

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

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

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

1	Garforth, Emma	55 DAM-38	2:44.95	
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Women 55-59 400 LC Meter Freestyle Splits

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

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

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

1	Nelson, Sheila	55 SRM-38	5:55.72	
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Women 55-59 400 LC Meter Freestyle

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

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

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

1	Shu, Vicki	55 MEMO-38	5:50.85	20
2	Capen, Tasha	57 MELO-38	6:22.58	17
3	Phalen, Jennifer	59 DAM-38	6:41.75	16

Women 55-59 800 LC Meter Freestyle

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

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

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

1	Couch, Stephanie	59 MELO-38	11:28.93	20
2	Bulman, Robin	58 SRM-38	12:15.89	17
3	Phalen, Jennifer	59 DAM-38	13:32.87	16

Women 55-59 800 LC Meter Freestyle Splits

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

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

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

1	Nelson, Sheila	55 SRM-38	12:02.03	
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Women 55-59 1500 LC Meter Freestyle

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

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

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

1	Couch, Stephanie	59	MELO-38	21:26.68	20
2	Coomber, Molly	58	NBA-38	22:13.86	17
3	Nelson, Sheila	55	SRM-38	22:38.46	16
4	Bulman, Robin	58	SRM-38	23:30.78	15
5	Musser, Elizabeth	59	TAM-38	24:05.32	14

Women 55-59 50 LC Meter Backstroke

NATL: 31.99 N 8/2/2018 HOLLY GREEN BLAIR

WORLD: 31.99 W 8/2/2018 Holly GREEN BLAIR

PAC: 33:33.75 P 12/31/2010 Laura B Val

1	Ward, Lisa	59	WCM-38	36.69P	20
2	Welting, Laureen	58	TOC-38	38.69P	17
3	Garforth, Emma	55	DAM-38	39.04P	16
4	Jones, Sara	55	SRM-38	40.61P	15
5	Nelson, Sheila	55	SRM-38	42.70P	14
6	Lewis, Melissa D	57	NBA-38	44.98P	13
7	Phalen, Jennifer	59	DAM-38	56.70P	12

Women 55-59 100 LC Meter Backstroke

NATL: 1:09.69 N 8/11/2019 HOLLY GREEN BLAIR

WORLD: 1:09.69 W 8/11/2019 Holly GREEN BLAIR

PAC: 1:12.45 P 7/16/2017 Bonnie M Bilich

1	Ward, Lisa	59	WCM-38	1:18.36	20
2	Jones, Sara	55	SRM-38	1:27.30	17
3	Couch, Stephanie	59	MELO-38	1:30.92	16

Women 55-59 200 LC Meter Backstroke

NATL: 2:31.79 N 5/19/2019 ELLEN REYNOLDS

WORLD: 2:31.79 W 5/19/2019 Ellen REYNOLDS

PAC: 2:40.84 P 7/15/2017 Bonnie M Bilich

1	Ward, Lisa	59	WCM-38	2:46.95	20
2	Jones, Sara	55	SRM-38	3:03.76	17
3	Couch, Stephanie	59	MELO-38	3:05.32	16
4	Garforth, Emma	55	DAM-38	3:06.51	15

Women 55-59 50 LC Meter Breaststroke

NATL: 37.13 N 7/16/2017 CAROLINE KRATTLI

WORLD: 35.94 W 5/20/2017 Monica CORO

PAC: 41:41.31 P 7/16/2017 Jana Matena

1	Garforth, Emma	55	DAM-38	43.35P	20
2	Bulman, Robin	58	SRM-38	43.36P	17
3	Nelson, Sheila	55	SRM-38	44.02P	16
4	Jones, Sara	55	SRM-38	47.95P	15
5	Capen, Tasha	57	MELO-38	48.24P	14
6	Glatter, Kathy	57	UC38	52.94P	13
7	Macleod, Pascale	59	USF-38	55.06P	12

Women 55-59 100 LC Meter Breaststroke

NATL: 1:21.21 N 7/15/2017 CAROLINE KRATTLI

WORLD: 1:19.90 W 1/29/2017 Monica CORO

PAC: 1:31.50 P 7/30/2022 Robin A Bulman

1	Ward, Lisa	59	WCM-38	1:30.63P	20
2	Garforth, Emma	55	DAM-38	1:35.12	17
3	Nelson, Sheila	55	SRM-38	1:40.78	16
4	Phalen, Jennifer	59	DAM-38	1:45.75	15
5	Capen, Tasha	57	MELO-38	1:47.04	14

Women 55-59 200 LC Meter Breaststroke

NATL: 2:59.27 N 5/19/2019 ELLEN REYNOLDS

WORLD: 2:58.77 W 3/11/2023 Chie MIYAMOTO

PAC: 3:20.11 P 7/11/2018 Merrie E Walts

1	Ward, Lisa	59	WCM-38	3:17.09P	20
2	Garforth, Emma	55	DAM-38	3:23.25	17
3	Bulman, Robin	58	SRM-38	3:32.05	16
4	Phalen, Jennifer	59	DAM-38	3:42.47	15
5	Macleod, Pascale	59	USF-38	4:44.57	14

Women 55-59 50 LC Meter Butterfly

NATL: 30.52 N 7/10/2016 LESLIE LIVINGSTON

WORLD: 30.52 W 7/10/2016 Leslie LIVINGSTON

PAC: 31:31.42 P 12/31/2009 Laura B Val

1	Ward, Lisa	59	WCM-38	33.17P	20
2	Nelson, Sheila	55	SRM-38	37.79P	17
3	De Somma, Margaret	55	MAQ-38	38.63P	16
4	Capen, Tasha	57	MELO-38	42.82P	15
5	Viscardi, Josie	59	RHMS-38	44.34P	14
6	Glatter, Kathy	57	UC38	49.48P	13
7	Phalen, Jennifer	59	DAM-38	50.19P	12
8	Chachkin, Myra	55	MAM-38	51.33P	11

Women 55-59 100 LC Meter Butterfly

NATL: 1:09.47 N 8/9/2009 LAURA VAL

WORLD: 1:08.81 W 7/24/2022 Andrea MULLER

PAC: 1:09.47 P 12/31/2009 Laura B Val

1	Welting, Laureen	58	TOC-38	1:22.71	20
2	Coomber, Molly	58	NBA-38	1:24.60	17
3	Boone, Danielle	58	WCM-38	1:27.70	16
4	Couch, Stephanie	59	MELO-38	1:34.69	15
5	Capen, Tasha	57	MELO-38	1:43.61	14

Women 55-59 200 LC Meter Butterfly

NATL: 2:41.51 N 7/8/2007 LAURA VAL

WORLD: 2:36.49 W 3/22/2019 S.PALMER-WHITE

PAC: 2:41.51 P 12/31/2007 Laura B Val

1	Shu, Vicki	55	MEMO-38	3:17.38	20
2	Chachkin, Myra	55	MAM-38	4:28.97	17

Women 55-59 200 LC Meter IM

NATL: 2:31.51 N 7/6/2019 ELLEN REYNOLDS

WORLD: 2:31.51 W 7/6/2019 Ellen REYNOLDS

PAC: 2:38.74 P 7/26/2015 Jill S Hernandez

1	Ward, Lisa	59	WCM-38	2:54.25	20
2	Welting, Laureen	58	TOC-38	3:00.05	17
3	Garforth, Emma	55	DAM-38	3:04.25	16
4	Jones, Sara	55	SRM-38	3:04.26	15
5	Shu, Vicki	55	MEMO-38	3:10.51	14
6	Couch, Stephanie	59	MELO-38	3:14.80	13

Women 55-59 400 LC Meter IM

NATL: 5:21.35 N 5/17/2019 ELLEN REYNOLDS

WORLD: 5:22.41 W 7/6/2019 Ellen REYNOLDS

PAC: 5:49.40 P 12/31/2009 Laura B Val

1	Garforth, Emma	55	DAM-38	6:29.76	20
2	Couch, Stephanie	59	MELO-38	6:34.11	17
3	Jones, Sara	55	SRM-38	6:35.28	16
4	Bulman, Robin	58	SRM-38	7:07.91	15
5	Phalen, Jennifer	59	DAM-38	7:48.51	14

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(Women 55-59 400 LC Meter IM)

6	Viscardi, Josie	59	RHMS-38	8:48.27	13
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Women 60-64 50 LC Meter Freestyle

NATL:	29.21	N 8/4/2018	PENNY NOYES
WORLD:	28.90	W 3/17/2018	Jenny WHITELEY
PAC:	29:29.31	P 12/31/2011	Laura B Val

1	Matena, Jana	61	MELO-38	32.88P	20
2	Curry, Coleen	63	NBA-38	32.95P	17
3	Joyce, Martha	63	TAM-38	33.03P	16
4	Nichelman, Sherri	63	WCM-38	35.23P	15
5	Feeley, Louise	64	MELO-38	35.34P	14
6	Lantto, Victoria	64	DDSA-48	36.57P	13
7	Dodd, Dina	60	UC38	36.78P	12
8	Ross, June	64	MAQ-38	50.54P	11
9	Sampiere-Prochnow, Susie	60	MAQ-38	53.19P	9

Women 60-64 100 LC Meter Freestyle Splits

NATL:	1:03.83	N 8/5/2011	LAURA VAL
WORLD:	1:03.83	W 8/5/2011	Laura VAL
PAC:	1:03.83	P 12/31/2011	Laura B Val

1	Carroll, Leah	62	ALB-38	2:01.75
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Women 60-64 100 LC Meter Freestyle

NATL:	1:03.83	N 8/5/2011	LAURA VAL
WORLD:	1:03.83	W 8/5/2011	Laura VAL
PAC:	1:03.83	P 12/31/2011	Laura B Val

1	Matena, Jana	61	MELO-38	1:08.03	20
2	Curry, Coleen	63	NBA-38	1:12.21	17
3	Joyce, Martha	63	TAM-38	1:15.79	16
4	Nichelman, Sherri	63	WCM-38	1:16.69	15
5	Feeley, Louise	64	MELO-38	1:19.46	14
6	Dodd, Dina	60	UC38	1:24.90	13
7	Lantto, Victoria	64	DDSA-48	1:26.54	12
8	Flynn, Beth	61	RHMS-38	1:30.68	11
9	Seaver-Forshey, Lynn M	61	MAQ-38	1:50.28	9
10	Sampiere-Prochnow, Susie	60	MAQ-38	2:27.08	7

Women 60-64 200 LC Meter Freestyle

NATL:	2:21.48	N 6/12/2012	LAURA VAL
WORLD:	2:21.03	W 3/20/2019	Jenny WHITELEY
PAC:	2:21.48	P 12/31/2012	Laura B Val

1	Matena, Jana	61	MELO-38	2:34.32	20
2	Nichelman, Sherri	63	WCM-38	2:54.89	17

Women 60-64 200 LC Meter Freestyle Splits

NATL:	2:21.48	N 6/12/2012	LAURA VAL
WORLD:	2:21.03	W 3/20/2019	Jenny WHITELEY
PAC:	2:21.48	P 12/31/2012	Laura B Val

1	Carroll, Leah	62	ALB-38	4:15.07
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Women 60-64 400 LC Meter Freestyle Splits

NATL:	4:59.82	N 8/12/2012	LAURA VAL
WORLD:	4:53.58	W 6/11/2022	Lynn MARSHALL
PAC:	4:59.82	P 12/31/2012	Laura B Val

1	Carroll, Leah	62	ALB-38	8:41.98
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Women 60-64 400 LC Meter Freestyle

NATL:	4:59.82	N 8/12/2012	LAURA VAL
WORLD:	4:53.58	W 6/11/2022	Lynn MARSHALL
PAC:	4:59.82	P 12/31/2012	Laura B Val

1	Nichelman, Sherri	63	WCM-38	6:14.11	20
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Women 60-64 800 LC Meter Freestyle

NATL:	10:18.82	N 6/18/2022	LYNN MARSHALL
WORLD:	10:06.23	W 2/11/2023	Lynn MARSHALL
PAC:	10:27.71	P 12/31/2011	Laura B Val

1	Curry, Coleen	63	NBA-38	11:12.91	20
2	Gerhan, Martha	62	USF-38	13:04.89	17
3	Taylor, Catherine	60	WCM-38	13:30.02	16

Women 60-64 800 LC Meter Freestyle Splits

NATL:	10:18.82	N 6/18/2022	LYNN MARSHALL
WORLD:	10:06.23	W 2/11/2023	Lynn MARSHALL
PAC:	10:27.71	P 12/31/2011	Laura B Val

1	Carroll, Leah	62	ALB-38	17:40.04
2	Focha, Teresa	62	ALB-38	17:54.09

Women 60-64 1500 LC Meter Freestyle

NATL:	19:23.70	N 6/18/2022	LYNN MARSHALL
WORLD:	19:23.70	W 6/18/2022	Lynn MARSHALL
PAC:	19:52.85	P 12/31/2011	Laura B Val

1	Khuri, Carola P	61	STAN-38	20:27.98	20
2	Curry, Coleen	63	NBA-38	21:49.48	17
3	Gerhan, Martha	62	USF-38	24:55.20	16
4	Reneau, Frances	64	MELO-38	26:29.69	15
5	Basile, Katy	64	MELO-38	28:59.29	14
6	Carroll, Leah	62	ALB-38	33:20.43	13
7	Focha, Teresa	62	ALB-38	33:56.30	12

Women 60-64 50 LC Meter Backstroke

NATL:	33.82	N 5/12/2022	KARLYN PIPES
WORLD:	33.82	W 5/12/2022	Karlyn PIPES
PAC:	33:33.86	P 8/9/2015	Laura B Val

1	Russell, Jane	60	DAM-38	41.55P	20
2	Joyce, Martha	63	TAM-38	43.04P	17
3	Laudenslager, Sherri	61	RHMS-38	45.46P	16
4	Lantto, Victoria	64	DDSA-48	45.63P	15
5	Flynn, Beth	61	RHMS-38	53.71P	14
6	Seaver-Forshey, Lynn M	61	MAQ-38	59.00P	13
7	Sampiere-Prochnow, Susie	60	MAQ-38	1:11.43P	12

Women 60-64 100 LC Meter Backstroke

NATL:	1:14.28	N 8/13/2022	KARLYN PIPES
WORLD:	1:14.28	W 8/13/2022	Karlyn PIPES
PAC:	1:14.50	P 7/11/2018	Bonnie M Bilich

1	Lantto, Victoria	64	DDSA-48	1:38.50	20
2	Laudenslager, Sherri	61	RHMS-38	1:42.36	17

Women 60-64 200 LC Meter Backstroke

NATL:	2:41.38	N 5/13/2022	KARLYN PIPES
WORLD:	2:41.38	W 5/13/2022	Karlyn PIPES
PAC:	2:41.57	P 8/8/2019	Bonnie M Bilich

1	Russell, Jane	60	DAM-38	3:21.92	20
2	Laudenslager, Sherri	61	RHMS-38	3:35.17	17
3	Taylor, Catherine	60	WCM-38	3:47.60	16
4	Carroll, Leah	62	ALB-38	4:15.11	15

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(Women 60-64 200 LC Meter Backstroke)

5	Focha, Teresa	62	ALB-38	4:42.14	14
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Women 60-64 50 LC Meter Breaststroke

NATL:	39.02	N	8/19/2016	BETH ESTEL
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WORLD:	37.43	W	2/6/2022	Monica CORO'
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PAC:	42:42.57	P	7/11/2018	Barbara C Wheeler
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1	Matena, Jana	61	MELO-38	43.71P	20
2	Laudenslager, Sherri	61	RHMS-38	49.91P	17
3	Flynn, Beth	61	RHMS-38	51.90P	16

Women 60-64 100 LC Meter Breaststroke

NATL:	1:27.24	N	8/18/2016	BETH ESTEL
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WORLD:	1:23.04	W	5/20/2022	Moncia CORO'
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PAC:	1:29.39	P	7/10/2018	Bonnie M Bilich
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1	Matena, Jana	61	MELO-38	1:35.55	20
2	Russell, Jane	60	DAM-38	1:47.30	17
3	Laudenslager, Sherri	61	RHMS-38	1:50.17	16
4	Dodd, Dina	60	UC38	1:52.35	15
5	Gerhan, Martha	62	USF-38	1:54.94	14
6	Flynn, Beth	61	RHMS-38	1:58.78	13
7	Carroll, Leah	62	ALB-38	2:08.84	12

Women 60-64 200 LC Meter Breaststroke

NATL:	3:08.07	N	6/29/2014	LO KNAPP
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WORLD:	3:04.15	W	3/18/2018	Jenny WHITELEY
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PAC:	3:20.45	P	7/21/2019	Bonnie M Bilich
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1	Russell, Jane	60	DAM-38	3:50.69	20
2	Laudenslager, Sherri	61	RHMS-38	4:03.12	17
3	Flynn, Beth	61	RHMS-38	4:18.32	16
4	Carroll, Leah	62	ALB-38	4:26.91	15
5	Focha, Teresa	62	ALB-38	5:07.05	14

Women 60-64 50 LC Meter Butterfly

NATL:	31.11	N	8/11/2019	TRACI GRANGER
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WORLD:	31.11	W	8/11/2019	Traci GRANGER
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PAC:	32:32.27	P	12/31/2012	Laura B Val
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1	Russell, Jane	60	DAM-38	37.49P	20
2	Joyce, Martha	63	TAM-38	38.07P	17
3	Matena, Jana	61	MELO-38	40.95P	16
4	Coffee, Cassandra	62	TAM-38	48.59P	15

Women 60-64 100 LC Meter Butterfly Splits

NATL:	1:12.06	N	8/4/2011	LAURA VAL
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WORLD:	1:12.06	W	8/4/2011	Laura VAL
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PAC:	1:12.06	P	12/31/2011	Laura B Val
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1	Focha, Teresa	62	ALB-38	2:08.30
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Women 60-64 100 LC Meter Butterfly

NATL:	1:12.06	N	8/4/2011	LAURA VAL
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WORLD:	1:12.06	W	8/4/2011	Laura VAL
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PAC:	1:12.06	P	12/31/2011	Laura B Val
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1	Russell, Jane	60	DAM-38	1:28.41	20
2	Joyce, Martha	63	TAM-38	1:39.06	17
3	Taylor, Catherine	60	WCM-38	1:50.02	16
4	Carroll, Leah	62	ALB-38	1:55.66	15
5	Focha, Teresa	62	ALB-38	2:19.52	14

Women 60-64 200 LC Meter Butterfly

NATL:	2:41.03	N	8/6/2011	LAURA VAL
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WORLD:	2:41.03	W	8/6/2011	Laura VAL
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PAC:	2:41.03	P	12/31/2011	Laura B Val
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1	Carroll, Leah	62	ALB-38	4:09.39	20
2	Focha, Teresa	62	ALB-38	4:40.32	17

Women 60-64 200 LC Meter IM

NATL:	2:47.99	N	7/14/2013	LAURA VAL
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WORLD:	2:44.62	W	3/20/2019	Jenny WHITELEY
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PAC:	2:47.99	P	7/12/2013	Laura B Val
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1	Matena, Jana	61	MELO-38	3:08.59	20
2	Russell, Jane	60	DAM-38	3:19.65	17
3	Nichelman, Sherri	63	WCM-38	3:26.57	16
4	Laudenslager, Sherri	61	RHMS-38	3:43.91	15
5	Flynn, Beth	61	RHMS-38	4:00.29	14
6	Carroll, Leah	62	ALB-38	4:11.88	13
7	Focha, Teresa	62	ALB-38	4:37.65	12

Women 60-64 400 LC Meter IM

NATL:	5:49.08	N	8/12/2022	KARLYN PIPES
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WORLD:	5:48.88	W	6/11/2022	Lynn MARSHALL
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PAC:	5:56.27	P	12/31/2011	Laura B Val
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1	Collins, Helen	61	UC38	6:35.42	20
2	Basile, Katy	64	MELO-38	8:41.41	17
3	Focha, Teresa	62	ALB-38	9:18.14	16

Women 65-69 50 LC Meter Freestyle

NATL:	29.10	N	8/3/2019	PENNY NOYES
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WORLD:	29.10	W	8/3/2019	Penny NOYES
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PAC:	29:29.17	P	7/29/2018	Laura B Val
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1	Helmrich, Susan	68	LNRS-38	36.99P	20
2	Pinto, Rebecca	68	MELO-38	41.46P	17
3	Strauss, Judy	69	MELO-38	46.59P	16
4	August, Susan	69	MAQ-38	1:08.56P	15

Women 65-69 100 LC Meter Freestyle

NATL:	1:04.89	N	7/30/2018	LAURA VAL
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WORLD:	1:04.89	W	7/30/2018	Laura VAL
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PAC:	1:04.89	P	7/30/2018	Laura B Val
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1	Bilich, Bonnie	65	SRVM-38	1:10.73	20
2	Strauss, Judy	69	MELO-38	1:43.05	17

Women 65-69 200 LC Meter Freestyle

NATL:	2:25.29	N	8/18/2016	LAURA VAL
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WORLD:	2:25.29	W	8/18/2016	Laura VAL
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PAC:	2:25.29	P	8/18/2016	Laura B Val
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1	Helmrich, Susan	68	LNRS-38	2:54.60	20
2	Pinto, Rebecca	68	MELO-38	3:22.49	17

Women 65-69 400 LC Meter Freestyle Splits

NATL:	5:12.80	N	8/10/2019	LAURA VAL
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WORLD:	5:12.80	W	8/10/2019	Laura VAL
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PAC:	5:12.80	P	8/10/2019	Laura B Val
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1	Heim-Bowen, Suzanne	65	WCM-38	5:29.34
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Women 65-69 400 LC Meter Freestyle

NATL:	5:12.80	N	8/10/2019	LAURA VAL
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WORLD:	5:12.80	W	8/10/2019	Laura VAL
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PAC:	5:12.80	P	8/10/2019	Laura B Val
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1	Helmrich, Susan	68	LNRS-38	6:01.12	20
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(Women 65-69 400 LC Meter Freestyle)

2	Quinn, Phyllis	68	TOC-38	6:41.72	17
3	Pinto, Rebecca	68	MELO-38	7:05.16	16
4	Miller, Vicky	68	NBA-38	8:26.76	15

Women 65-69 800 LC Meter Freestyle

NATL: 10:49.60 N 7/15/2017 LAURA VAL
 WORLD: 10:49.60 W 7/15/2017 Laura VAL
 PAC: 10:49.60 P 7/15/2017 Laura B Val

1	Helmrich, Susan	68	LNRS-38	12:19.41	20
2	Quinn, Phyllis	68	TOC-38	13:30.02	17
3	Schwartz, Judith	69	MELO-38	14:36.91	16
4	Pinto, Rebecca	68	MELO-38	14:46.13	15
5	Strauss, Judy	69	MELO-38	15:43.15	14

Women 65-69 800 LC Meter Freestyle Splits

NATL: 10:49.60 N 7/15/2017 LAURA VAL
 WORLD: 10:49.60 W 7/15/2017 Laura VAL
 PAC: 10:49.60 P 7/15/2017 Laura B Val

1	Heim-Bowen, Suzanne	65	WCM-38	11:00.80	
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Women 65-69 1500 LC Meter Freestyle

NATL: 21:00.15 N 7/22/2016 LAURA VAL
 WORLD: 21:00.15 W 7/22/2016 Laura VAL
 PAC: 21:00.15 P 7/22/2016 Laura B Val

1	Heim-Bowen, Suzanne	65	WCM-38	20:41.53N	20
2	Helmrich, Susan	68	LNRS-38	23:09.44	17
3	Ogilvie, Carol M	68	USF-38	25:53.90	16
4	Quinn, Phyllis	68	TOC-38	25:56.48	15
5	Strauss, Judy	69	MELO-38	29:17.44	14

Women 65-69 50 LC Meter Backstroke

NATL: 33.59 N 8/2/2018 LAURA VAL
 WORLD: 33.59 W 8/2/2018 Laura VAL
 PAC: 33:33.59 P 8/2/2018 Laura B Val

1	Bilich, Bonnie	65	SRVM-38	36.29P	20
2	Helmrich, Susan	68	LNRS-38	44.21P	17
3	Gill, Kathy	69	DAM-38	54.06P	16
4	Pinto, Rebecca	68	MELO-38	54.09P	15
5	Thomas, Elaine	69	MVM-38	57.22P	14
6	Strauss, Judy	69	MELO-38	58.92P	13
7	Miller, Vicky	68	NBA-38	1:04.26P	12

Women 65-69 100 LC Meter Backstroke

NATL: 1:14.49 N 7/31/2018 LAURA VAL
 WORLD: 1:14.49 W 7/31/2018 Laura VAL
 PAC: 1:14.49 P 7/31/2018 Laura B Val

1	Helmrich, Susan	68	LNRS-38	1:38.72	20
2	Thomas, Elaine	69	MVM-38	2:01.78	17
3	Miller, Vicky	68	NBA-38	2:18.18	16

Women 65-69 200 LC Meter Backstroke

NATL: 2:47.70 N 8/8/2019 LAURA VAL
 WORLD: 2:47.70 W 8/8/2019 Laura VAL
 PAC: 2:47.70 P 8/8/2019 Laura B Val

1	Bilich, Bonnie	65	SRVM-38	2:49.62	20
2	Quinn, Phyllis	68	TOC-38	3:42.21	17
3	Thomas, Elaine	69	MVM-38	4:16.49	16
4	Gill, Kathy	69	DAM-38	4:18.46	15
5	Miller, Vicky	68	NBA-38	4:53.02	14

Women 65-69 50 LC Meter Breaststroke

NATL: 41.80 N 7/1/2023 COLETTE CRABBE
 WORLD: 39.91 W 4/2/2023 Jenny WHITELEY
 PAC: 43:43.95 P 12/31/2009 Daniela Barnea

1	Jakobi, Jessica	65	TAM-38	49.81P	20
2	Palmer, Teddy	69	WCM-38	1:17.20P	17

Women 65-69 100 LC Meter Breaststroke

NATL: 1:32.24 N 8/10/2019 LO KNAPP
 WORLD: 1:28.18 W 2/25/2023 Jenney WHITELEY
 PAC: 1:40.69 P 12/31/2009 Daniela Barnea

1	Marrocco, Judy	68	USF-38	3:08.43	20
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Women 65-69 200 LC Meter Breaststroke

NATL: 3:19.08 N 7/21/2019 LO KNAPP
 WORLD: 3:12.63 W 6/17/2022 Amanda HEATH
 PAC: 3:32.45 P 12/31/2009 Daniela Barnea

1	Quinn, Phyllis	68	TOC-38	4:12.97	20
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Women 65-69 50 LC Meter Butterfly

NATL: 32.93 N 8/4/2019 PENNY NOYES
 WORLD: 32.93 W 8/4/2019 Penny NOYES
 PAC: 33:33.34 P 7/11/2018 Laura B Val

1	Palmer, Teddy	69	WCM-38	1:05.20P	20
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Women 65-69 100 LC Meter Butterfly

NATL: 1:13.70 N 8/18/2016 LAURA VAL
 WORLD: 1:13.70 W 8/18/2016 Laura VAL
 PAC: 1:13.70 P 8/18/2016 Laura B Val

1	Gill, Kathy	69	DAM-38	2:13.13	20
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Women 65-69 200 LC Meter Butterfly

NATL: 2:57.26 N 7/20/2019 PENNY NOYES
 WORLD: 2:57.26 W 7/20/2019 Penny NOYES
 PAC: 3:17.25 P 5/27/2023 Traci S Granger

1	Quinn, Phyllis	68	TOC-38	4:58.35	20
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Women 65-69 200 LC Meter IM

NATL: 2:51.52 N 8/4/2019 PENNY NOYES
 WORLD: 2:51.52 W 8/4/2019 Penny NOYES
 PAC: 2:54.16 P 7/24/2016 Laura B Val

1	Miller, Vicky	68	NBA-38	4:41.92	20
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Women 65-69 400 LC Meter IM

NATL: 6:14.58 N 7/19/2019 PENNY NOYES
 WORLD: 6:14.58 W 7/19/2019 Penny NOYES
 PAC: 6:15.15 P 7/19/2019 Laura B Val

1	Quinn, Phyllis	68	TOC-38	7:50.72	20
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Women 70-74 50 LC Meter Freestyle

NATL: 30.73 N 10/9/2021 LAURA VAL
 WORLD: 30.73 W 10/9/2021 Laura VAL
 PAC: 30:30.73 P 10/10/2021 Laura B Val

1	Val, Laura	72	TAM-38	31.36P	20
2	Guthrie, Sally	73	DAM-38	38.78P	17
3	Hepworth, Linda	70	RHMS-38	39.59P	16
4	Cohn, Darcy C	72	USF-38	48.76P	15
5	Niccolls, Dorothy	70	USF-38	55.21P	14
6	Leva, Nina	72	NBA-38	1:07.12P	13

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Women 70-74 100 LC Meter Freestyle

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

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

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

1	Guthrie, Sally	73	DAM-38	1:27.32	20
2	Hepworth, Linda	70	RHMS-38	1:29.86	17
3	Cohn, Darcy C	72	USF-38	1:51.86	16
4	Leva, Nina	72	NBA-38	2:35.06	15

Women 70-74 200 LC Meter Freestyle

NATL: 2:29.72 N 8/14/2022 LAURA VAL

WORLD: 2:29.72 W 8/14/2022 Laura VAL

PAC: 2:29.72 P 8/13/2022 Laura B Val

1	Hepworth, Linda	70	RHMS-38	3:14.81	20
2	Guthrie, Sally	73	DAM-38	3:15.06	17
3	Willard, Mimi C	70	TAM-38	3:18.80	16
4	Dunn, Audrey	70	USF-38	3:58.69	15
5	Niccolls, Dorothy	70	USF-38	4:34.44	14
6	Leva, Nina	72	NBA-38	5:47.19	13

Women 70-74 400 LC Meter Freestyle

NATL: 5:21.19 N 8/13/2022 LAURA VAL

WORLD: 5:21.19 W 8/13/2022 Laura VAL

PAC: 5:21.19 P 8/13/2022 Laura B Val

1	Willard, Mimi C	70	TAM-38	6:59.66	20
2	Dunn, Audrey	70	USF-38	8:03.05	17
3	Niccolls, Dorothy	70	USF-38	9:50.54	16
4	Leva, Nina	72	NBA-38	11:49.91	15

Women 70-74 800 LC Meter Freestyle

NATL: 11:04.90 N 6/3/2023 CHRISTIE CIRAULO

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

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

1	Dunn, Audrey	70	USF-38	16:36.70	20
2	Niccolls, Dorothy	70	USF-38	19:47.86	17
3	Leva, Nina	72	NBA-38	23:11.50	16

Women 70-74 800 LC Meter Freestyle Splits

NATL: 11:04.90 N 6/3/2023 CHRISTIE CIRAULO

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

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

1	Guthrie, Sally	73	DAM-38	13:50.08	
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Women 70-74 1500 LC Meter Freestyle

NATL: 21:26.25 N 5/28/2023 CHRISTIE CIRAULO

WORLD: 22:17.49 W 8/3/2022 S.LOFTUS-CHARLEY

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

1	Guthrie, Sally	73	DAM-38	26:19.57	20
2	Willard, Mimi C	70	TAM-38	28:03.39	17
3	Dunn, Audrey	70	USF-38	31:02.64	16
4	Niccolls, Dorothy	70	USF-38	37:08.31	15
5	Leva, Nina	72	NBA-38	45:43.61	14

Women 70-74 50 LC Meter Backstroke

NATL: 34.65 N 10/10/2021 LAURA VAL

WORLD: 34.65 W 10/10/2021 Laura VAL

PAC: 34:34.65 P 10/10/2021 Laura B Val

1	Val, Laura	72	TAM-38	35.47P	20
2	Hepworth, Linda	70	RHMS-38	50.25P	17
3	Cohn, Darcy C	72	USF-38	1:00.50P	16

4	Niccolls, Dorothy	70	USF-38	1:02.29P	15
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Women 70-74 100 LC Meter Backstroke

NATL: 1:17.26 N 7/31/2022 LAURA VAL

WORLD: 1:17.26 W 7/31/2022 Laura VAL

PAC: 1:17.26 P 7/31/2022 Laura B Val

1	Val, Laura	72	TAM-38	1:17.72	20
2	Willard, Mimi C	70	TAM-38	1:48.28	17
3	Hepworth, Linda	70	RHMS-38	1:49.00	16
4	Niccolls, Dorothy	70	USF-38	2:20.29	15
5	Dunn, Audrey	70	USF-38	2:28.00	14

Women 70-74 200 LC Meter Backstroke

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

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

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

1	Val, Laura	72	TAM-38	2:49.46	20
2	Hepworth, Linda	70	RHMS-38	3:46.22	17
3	Willard, Mimi C	70	TAM-38	3:49.88	16
4	Dunn, Audrey	70	USF-38	5:01.67	15

Women 70-74 50 LC Meter Breaststroke

NATL: 43.19 N 8/3/2018 DANA BROWN

WORLD: 41.67 W 6/22/2014 Monika SENFTLEBEN

PAC: 45:45.45 P 10/10/2021 Charlotte M Davis

1	Val, Laura	72	TAM-38	46.59P	20
2	Hepworth, Linda	70	RHMS-38	1:00.21P	17
3	Cohn, Darcy C	72	USF-38	1:02.91P	16

Women 70-74 100 LC Meter Breaststroke

NATL: 1:36.91 N 7/31/2021 CHARLOTTE DAVIS

WORLD: 1:35.93 W 10/2/2016 Nobuko YASUDA

PAC: 1:38.04 P 10/8/2021 Charlotte M Davis

1	Cohn, Darcy C	72	USF-38	2:25.23	20
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Women 70-74 200 LC Meter Breaststroke

NATL: 3:29.91 N 10/9/2021 CHARLOTTE DAVIS

WORLD: 3:29.25 W 7/15/2017 Nobuko YASUDA

PAC: 3:29.91 P 10/9/2021 Charlotte M Davis

1	Guthrie, Sally	73	DAM-38	4:29.92	20
2	Cohn, Darcy C	72	USF-38	5:05.35	17
3	Dunn, Audrey	70	USF-38	5:20.72	16

Women 70-74 50 LC Meter Butterfly

NATL: 34.93 N 7/31/2022 LAURA VAL

WORLD: 34.93 W 7/31/2022 Laura VAL

PAC: 34:34.93 P 8/13/2022 Laura B Val

1	Val, Laura	72	TAM-38	34.68N	20
2	Guthrie, Sally	73	DAM-38	48.17P	17

Women 70-74 100 LC Meter Butterfly

NATL: 1:16.07 N 10/8/2021 LAURA VAL

WORLD: 1:16.07 W 10/8/2021 Laura VAL

PAC: 1:16.07 P 10/8/2021 Laura B Val

1	Guthrie, Sally	73	DAM-38	1:58.46	20
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Women 70-74 200 LC Meter IM

NATL: 3:00.96 N 8/1/2021 LAURA VAL

WORLD: 3:00.96 W 8/1/2021 Laura VAL

PAC: 3:00.96 P 7/31/2021 Laura B Val

1	Cohn, Darcy C	72	USF-38	5:08.24	20
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Women 75-79 50 LC Meter Freestyle

NATL: 34.11 N 10/8/2021		DIANN UUSTAL	
WORLD: 34.11 W 10/8/2021		Diann UUSTAL	
PAC: 38:38.23 P 6/17/2023		Ruth Y Shaps	
1	Gettling, Janet	75 OREG-37	38.02P 20
2	Caso, Susie	77 MAM-38	48.47P 17
3	Pashelinsky, Erin	76 USF-38	57.37P 16
4	Chaitkin, Lauren	79 USF-38	1:01.32P 15
5	Allen, Susan	79 USF-38	1:13.05P 14

Women 75-79 100 LC Meter Freestyle

NATL: 1:17.38 N 10/9/2021		DIANN UUSTAL	
WORLD: 1:17.38 W 10/9/2021		Diann UUSTAL	
PAC: 1:27.08 P 6/17/2023		Ruth Y Shaps	
1	Gettling, Janet	75 OREG-37	1:30.17 20
2	Coholan, Annette	75 RHMS-38	1:49.17 17
3	Caso, Susie	77 MAM-38	1:50.97 16
4	Pashelinsky, Erin	76 USF-38	2:04.56 15
5	Chaitkin, Lauren	79 USF-38	2:09.68 14
6	Lardelli, Diane	79 DAM-38	2:12.69 13
7	Allen, Susan	79 USF-38	2:36.30 12

Women 75-79 200 LC Meter Freestyle Splits

NATL: 2:56.07 N 8/6/2022		DIANN UUSTAL	
WORLD: 2:54.26 W 9/27/2013		Yoshiko OSAKI	
PAC: 3:10.69 P 6/17/2023		Ruth Y Shaps	
1	Barnea, Daniela	79 MELO-38	3:47.41

Women 75-79 200 LC Meter Freestyle

NATL: 2:56.07 N 8/6/2022		DIANN UUSTAL	
WORLD: 2:54.26 W 9/27/2013		Yoshiko OSAKI	
PAC: 3:10.69 P 6/17/2023		Ruth Y Shaps	
1	Scott, Stephanie	76 WCM-38	3:39.86 20
2	Coholan, Annette	75 RHMS-38	3:57.49 17
3	Chaitkin, Lauren	79 USF-38	4:32.81 16

Women 75-79 400 LC Meter Freestyle

NATL: 6:27.04 N 8/21/2021		DIANN UUSTAL	
WORLD: 6:12.25 W 7/12/2013		Yoshiko OSAKI	
PAC: 6:37.57 P 6/17/2023		Ruth Y Shaps	
1	Scott, Stephanie	76 WCM-38	7:41.28 20
2	Coholan, Annette	75 RHMS-38	8:25.31 17

Women 75-79 800 LC Meter Freestyle

NATL: 13:22.23 N 10/7/2021		CAROLYN BOAK	
WORLD: 12:58.94 W 10/22/2006		Jane ASHER	
PAC: 14:55.99 P 7/30/2022		Stephanie I Scott	
1	Scott, Stephanie	76 WCM-38	15:13.38 20
2	Dutro, Cynthia	75 MELO-38	15:54.76 17
3	Coholan, Annette	75 RHMS-38	17:09.43 16

Women 75-79 1500 LC Meter Freestyle

NATL: 26:48.86 N 7/30/2021		BEVERLY MONTRELLA	
WORLD: 24:41.76 W 3/3/2006		Jane ASHER	
PAC: 28:09.74 P 7/29/2022		Stephanie I Scott	
1	Dutro, Cynthia	75 MELO-38	30:30.12 20
2	Coholan, Annette	75 RHMS-38	32:14.91 17
---	Scott, Stephanie	76 WCM-38	DNF

Women 75-79 50 LC Meter Backstroke

NATL: 40.08 N 10/9/2021		DIANN UUSTAL	
WORLD: 40.08 W 10/9/2021		Diann UUSTAL	
PAC: 49:49.98 P 12/31/1999		Margery Meyer	
1	Chaitkin, Lauren	79 USF-38	1:11.42P 20
2	Pashelinsky, Erin	76 USF-38	1:17.87P 17

Women 75-79 100 LC Meter Backstroke

NATL: 1:28.67 N 10/10/2021		DIANN UUSTAL	
WORLD: 1:28.67 W 10/10/2021		Diann UUSTAL	
PAC: 1:45.85 P 6/17/2023		Ruth Y Shaps	
1	Chaitkin, Lauren	79 USF-38	2:33.76 20
2	Pashelinsky, Erin	76 USF-38	2:44.72 17

Women 75-79 200 LC Meter Backstroke

NATL: 3:17.63 N 8/5/2022		DIANN UUSTAL	
WORLD: 3:16.80 W 4/28/2019		Clary MUNNS	
PAC: 4:02.85 P 7/20/2019		Leslie M Westergaard	
1	Chaitkin, Lauren	79 USF-38	5:20.74 20

Women 75-79 50 LC Meter Breaststroke

NATL: 47.10 N 7/19/2014		JOANN LEILICH	
WORLD: 43.95 W 3/6/2010		Shoko YONEZAWA	
PAC: 47:47.25 P 7/21/2019		Daniela Barnea	
1	Barnea, Daniela	79 MELO-38	51.96P 20
2	Coholan, Annette	75 RHMS-38	1:08.33P 17
3	Allen, Susan	79 USF-38	1:24.06P 16
4	Pashelinsky, Erin	76 USF-38	1:25.81P 15

Women 75-79 100 LC Meter Breaststroke

NATL: 1:42.18 N 8/15/2014		JOANN LEILICH	
WORLD: 1:38.81 W 3/6/2010		Shoko YONEZAWA	
PAC: 1:44.40 P 7/20/2019		Daniela Barnea	
1	Barnea, Daniela	79 MELO-38	1:49.72 20
2	Dutro, Cynthia	75 MELO-38	2:03.46 17
3	Caso, Susie	77 MAM-38	2:16.52 16
4	Lardelli, Diane	79 DAM-38	2:26.68 15
5	Coholan, Annette	75 RHMS-38	2:29.52 14
6	Pashelinsky, Erin	76 USF-38	3:26.34 13
7	Allen, Susan	79 USF-38	3:26.65 12

Women 75-79 200 LC Meter Breaststroke

NATL: 3:40.84 N 7/19/2014		JOANN LEILICH	
WORLD: 3:40.84 W 7/19/2014		Joann LEILICH	
PAC: 3:48.31 P 8/17/2019		Daniela Barnea	
1	Barnea, Daniela	79 MELO-38	4:02.00 20
2	Dutro, Cynthia	75 MELO-38	4:37.97 17
3	Scott, Stephanie	76 WCM-38	4:50.37 16

Women 75-79 50 LC Meter Butterfly

NATL: 44.95 N 8/1/2004		GAIL ROPER	
WORLD: 38.93 W 5/25/2019		Judy WILSON	
PAC: 50:50.37 P 4/25/2008		Barbara F Callison	
1	Gettling, Janet	75 OREG-37	45.97P 20

Women 75-79 50 LC Meter Butterfly Splits

NATL: 44.95 N 8/1/2004		GAIL ROPER	
WORLD: 38.93 W 5/25/2019		Judy WILSON	
PAC: 50:50.37 P 4/25/2008		Barbara F Callison	
1	Barnea, Daniela	79 MELO-38	50.88P

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Women 75-79 100 LC Meter Butterfly

NATL: 1:50.84 N 7/20/2019		DANIELA BARNEA	
WORLD: 1:34.88 W 6/23/2019		Judy WILSON	
PAC: 1:50.84 P 7/20/2019		Daniela Barnea	
1	Barnea, Daniela	79 MELO-38	1:51.98 20
2	Gettling, Janet	75 OREG-37	1:54.47 17
3	Dutro, Cynthia	75 MELO-38	2:03.29 16

Women 75-79 200 LC Meter Butterfly

NATL: 4:00.75 N 7/21/2019		DANIELA BARNEA	
WORLD: 3:44.93 W 4/28/2019		Clary MUNNS	
PAC: 4:00.75 P 7/21/2019		Daniela Barnea	
1	Gettling, Janet	75 OREG-37	4:09.15 20
2	Barnea, Daniela	79 MELO-38	4:18.97 17

Women 75-79 200 LC Meter IM

NATL: 3:38.23 N 7/21/2019		DANIELA BARNEA	
WORLD: 3:21.84 W 4/22/2022		Kira MAKAROVA	
PAC: 3:38.23 P 7/21/2019		Daniela Barnea	
1	Barnea, Daniela	79 MELO-38	3:49.14 20
2	Dutro, Cynthia	75 MELO-38	4:19.04 17
3	Scott, Stephanie	76 WCM-38	4:35.53 16

Women 75-79 400 LC Meter IM

NATL: 7:47.11 N 7/19/2019		DANIELA BARNEA	
WORLD: 7:39.96 W 3/3/2006		Jane ASHER	
PAC: 7:47.11 P 7/19/2019		Daniela Barnea	
1	Barnea, Daniela	79 MELO-38	8:01.59 20
2	Gettling, Janet	75 OREG-37	8:21.31 17
---	Scott, Stephanie	76 WCM-38	DQ

Women 80-84 50 LC Meter Freestyle

NATL: 38.64 N 3/7/2009		GAIL ROPER	
WORLD: 36.61 W 7/15/2018		Yoshiko OSAKI	
PAC: 42:42.29 P 12/31/2002		Margery Meyer	
1	Mc Partland, Peg	81 MAM-38	53.60P 20
2	Westergaard, Leslie	80 DAM-38	56.63P 17
3	Dugan, Betty L	82 DAM-38	56.70P 16

Women 80-84 100 LC Meter Freestyle

NATL: 1:27.55 N 3/7/2009		GAIL ROPER	
WORLD: 1:23.16 W 7/14/2018		Yoshiko OSAKI	
PAC: 1:37.78 P 12/31/2002		Margery Meyer	
1	Mc Partland, Peg	81 MAM-38	1:59.44 20
2	Dugan, Betty L	82 DAM-38	2:25.89 17

Women 80-84 200 LC Meter Freestyle

NATL: 3:27.26 N 6/10/2007		JEAN TROY	
WORLD: 3:05.95 W 9/20/2019		Yoshiko OSAKI	
PAC: 3:37.14 P 12/31/2003		Margery Meyer	
1	Westergaard, Leslie	80 DAM-38	4:22.81 20

Women 80-84 50 LC Meter Backstroke

NATL: 46.39 N 3/29/2002		BUNNY CEDERLUND	
WORLD: 43.04 W 3/11/2023		Satoko TAKEUJI	
PAC: 49:49.40 P 8/18/2002		Margery Meyer	
1	Mc Partland, Peg	81 MAM-38	56.80P 20
2	Westergaard, Leslie	80 DAM-38	59.76P 17
3	Dugan, Betty L	82 DAM-38	1:11.30P 16
4	Norris, Roswita	81 DAM-38	1:21.95P 15

Women 80-84 100 LC Meter Backstroke

NATL: 1:46.16 N 7/1/2023		JOY WARD	
WORLD: 1:41.18 W 8/1/2021		Yoshiko OSAKI	
PAC: 2:01.67 P 12/31/1999		Marjorie Sharpe	
1	Mc Partland, Peg	81 MAM-38	2:04.46 20
2	Westergaard, Leslie	80 DAM-38	2:05.23 17
3	Norris, Roswita	81 DAM-38	3:02.73 16

Women 80-84 200 LC Meter Backstroke

NATL: 3:51.50 N 6/12/2022		JOY WARD	
WORLD: 3:36.91 W 1/15/2023		Satoko TAKEUJI	
PAC: 4:18.32 P 7/23/2016		Miek Mc Cubbin	
1	Westergaard, Leslie	80 DAM-38	4:21.53 20
2	Mc Partland, Peg	81 MAM-38	4:36.40 17
3	Norris, Roswita	81 DAM-38	6:06.20 16
4	Morton, Judith	84 WCM-38	6:13.93 15

Women 80-84 50 LC Meter Breaststroke

NATL: 51.37 N 8/11/2018		ANNE WILLIAMS	
WORLD: 47.17 W 3/4/2023		Diane FORD	
PAC: 53:53.40 P 12/31/2011		Ann M Hirsch	
1	Norris, Roswita	81 DAM-38	1:37.49P 20
2	Morton, Judith	84 WCM-38	2:00.13P 17

Women 80-84 100 LC Meter Breaststroke

NATL: 1:49.04 N 7/20/2019		JOANN LEILICH	
WORLD: 1:45.19 W 1/21/2023		Diane FORD	
PAC: 1:57.17 P 12/31/2011		Ann M Hirsch	
1	Norris, Roswita	81 DAM-38	3:28.48 20
2	Morton, Judith	84 WCM-38	4:19.99 17

Women 80-84 200 LC Meter Breaststroke

NATL: 3:59.55 N 7/21/2019		JOANN LEILICH	
WORLD: 3:53.21 W 3/5/2023		Diane FORD	
PAC: 4:17.64 P 12/31/2011		Ann M Hirsch	
1	Stretch, Nancy	83 TOC-38	5:34.73 20
2	Norris, Roswita	81 DAM-38	7:22.71 17

Women 80-84 50 LC Meter Butterfly

NATL: 47.37 N 3/7/2009		GAIL ROPER	
WORLD: 46.21 W 6/17/2011		Jane ASHER	
PAC: 57:57.63 P 12/31/2012		Ann M Hirsch	
1	Stretch, Nancy	83 TOC-38	1:15.15P 20
2	Morton, Judith	84 WCM-38	1:56.92P 17

Women 80-84 100 LC Meter Butterfly

NATL: 2:06.55 N 5/21/2004		LOIS NOCHMAN	
WORLD: 1:54.93 W 4/21/2012		Judie OLIVER	
PAC: 2:27.91 P 12/31/1994		Jean Durston	
1	Morton, Judith	84 WCM-38	4:09.67 20

Women 80-84 200 LC Meter Butterfly

NATL: 4:34.86 N 5/22/2004		LOIS NOCHMAN	
WORLD: 4:15.19 W 7/14/2012		Judie OLIVER	
PAC: 5:24.52 P 12/31/1994		Jean Durston	
1	Morton, Judith	84 WCM-38	8:29.21 20

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Women 80-84 200 LC Meter IM

NATL: 4:05.75 N 5/27/2023 JOY WARD
 WORLD: 3:53.63 W 8/17/2017 Katharina FLORA
 PAC: 4:18.27 P 12/31/2011 Ann M Hirsch

1	Stretch, Nancy	83	TOC-38	5:11.83	20
2	Morton, Judith	84	WCM-38	7:26.24	17

Women 80-84 400 LC Meter IM

NATL: 9:12.87 N 7/1/2023 JOY WARD
 WORLD: 8:21.88 W 1/30/2011 Jane ASHER
 PAC: 10:08.13 P 12/31/1995 Jean Durston

1	Norris, Roswita	81	DAM-38	14:49.21	20
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Women 85-89 50 LC Meter Freestyle

NATL: 44.97 N 7/15/2012 JEAN TROY
 WORLD: 38.98 W 5/26/2016 Jane ASHER
 PAC: 46:46.72 P 12/31/2009 Margery Meyer

1	Norstad, Kristin	85	DDSA-48	53.88P	20
2	Flesh, Anice	87	MAQ-38	58.07P	17
3	Wood, Caroline W	88	WCM-38	1:06.72P	16

Women 85-89 100 LC Meter Freestyle

NATL: 1:43.68 N 6/9/2012 JEAN TROY
 WORLD: 1:29.29 W 5/7/2016 Jane ASHER
 PAC: 1:48.02 P 12/31/2007 Margery Meyer

1	Wood, Caroline W	88	WCM-38	2:37.24	20
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Women 85-89 200 LC Meter Freestyle

NATL: 3:49.67 N 7/14/2012 JEAN TROY
 WORLD: 3:18.23 W 2/18/2023 Yoshiko OSAKI
 PAC: 3:56.11 P 12/31/2007 Margery Meyer

1	Hagiwara, Tanako	85	USF-38	6:02.99	20
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Women 85-89 50 LC Meter Backstroke

NATL: 51.81 N 7/7/2012 BETTY LORENZI
 WORLD: 48.85 W 6/29/2019 Katharina FLORA
 PAC: 58:58.34 P 12/31/2008 Margery Meyer

1	Norstad, Kristin	85	DDSA-48	1:00.04P	20
2	Wood, Caroline W	88	WCM-38	1:21.56P	17

Women 85-89 50 LC Meter Breaststroke

NATL: 58.57 N 5/27/2023 ANNE WILLIAMS
 WORLD: 51.83 W 5/6/2016 A.VAN OBBERGHEN
 PAC: 1:03.35 P 8/19/2016 Ann M Hirsch

1	Norstad, Kristin	85	DDSA-48	59.82P	20
2	Flesh, Anice	87	MAQ-38	1:24.60	17

Women 85-89 100 LC Meter Breaststroke

NATL: 2:20.49 N 7/12/2014 NAN BOHL
 WORLD: 1:54.96 W 5/6/2016 A.VAN OBBERGHEN
 PAC: 2:25.44 P 7/23/2016 Ann M Hirsch

1	Norstad, Kristin	85	DDSA-48	2:23.38P	20
2	Flesh, Anice	87	MAQ-38	3:05.18	17

Women 85-89 200 LC Meter Breaststroke

NATL: 5:04.17 N 8/6/2016 ANN HIRSCH
 WORLD: 4:18.23 W 5/8/2016 A.VAN OBBERGHEN
 PAC: 5:04.17 P 8/6/2016 Ann M Hirsch

1	Norstad, Kristin	85	DDSA-48	5:22.00	20
2	Flesh, Anice	87	MAQ-38	6:42.52	17

Women 85-89 200 LC Meter IM

NATL: 5:00.53 N 8/6/2016 ANN HIRSCH
 WORLD: 3:54.86 W 8/15/2019 Katharina FLORA
 PAC: 5:00.53 P 8/6/2016 Ann M Hirsch

1	Flesh, Anice	87	MAQ-38	6:08.92	20
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Men 18-24 50 LC Meter Freestyle

NATL: 21.78 N 7/1/2012 JOSH SCHNEIDER
 PAC: 23:23.62 P 8/3/2017 Alex Ngan

1	Boyle, Jackson M	19	SACMA-38	27.41P	20
2	Lopez, Samuel	23	USF-38	27.59P	17

Men 18-24 100 LC Meter Freestyle

NATL: 48.45 N 6/16/2021 COLEMAN STEWART
 PAC: 53:53.35 P 8/7/2013 Kevin Ferguson

1	Lopez, Samuel	23	USF-38	1:01.36P	20
2	Lin, Alan	24	USF-38	1:05.52P	17

Men 18-24 100 LC Meter Backstroke

NATL: 53.61 N 6/27/2012 EUGENE GODSOE
 PAC: 1:00.39 P 8/7/2013 Wilfred R Garcia

1	Ciano, Robert	24	UC38	1:15.66	20
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Men 18-24 50 LC Meter Breaststroke

NATL: 28.87 N 8/15/2005 DAVE ROLLINS
 PAC: 30:30.60 P 12/31/2008 Rick Eddy

1	Vaishnav, Shaan	21	EBAT-38	36.93P	20
2	Boyle, Jackson M	19	SACMA-38	37.89P	17

Men 18-24 100 LC Meter Breaststroke

NATL: 1:00.68 N 8/25/2016 JACOB MONTAGUE
 PAC: 1:03.35 P 12/31/2012 BJ Johnson

1	Lin, Alan	24	USF-38	1:27.29	20
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Men 18-24 50 LC Meter Butterfly

NATL: 24.20 N 8/8/2014 THOMAS SHIELDS
 PAC: 24:24.20 P 8/10/2014 Thomas A Shields

1	Vaishnav, Shaan	21	EBAT-38	30.32P	20
2	Ciano, Robert	24	UC38	30.51P	17
3	Boyle, Jackson M	19	SACMA-38	31.13P	16

Men 18-24 100 LC Meter Butterfly

NATL: 51.29 N 8/8/2014 THOMAS SHIELDS
 PAC: 51:51.29 P 8/8/2014 Thomas A Shields

1	Lopez, Samuel	23	USF-38	1:06.76P	20
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Men 18-24 200 LC Meter IM

NATL: 2:05.80 N 6/30/2016 JACOB MONTAGUE
 PAC: 2:01.72 P 6/30/2016 Adam J Hinshaw

1	Ciano, Robert	24	UC38	2:38.41	20
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Men 25-29 100 LC Meter Freestyle

NATL: 47.96 N 6/27/2017 NATHAN ADRIAN
 WORLD: 50.45 W 6/7/2013 Matthew MCGINNIS
 PAC: 47:47.96 P 7/1/2017 Nathan Adrian

1	Mueller, Eric	29	UC38	1:00.75P	20
2	Goard, Andrew M	28	USF-38	1:02.50P	17

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Men 25-29 200 LC Meter Freestyle

NATL: 1:50.69 N 6/26/2013 ALEX WOLD
 WORLD: 1:50.76 W 8/16/2017 D.DURANGO
 PAC: 1:50.69 P 6/25/2013 Alex Wold

1 Goard, Andrew M 28 USF-38 2:19.64 20

Men 25-29 1500 LC Meter Freestyle

NATL: 15:49.04 N 8/12/2022 DAVID HERON
 WORLD: 15:49.04 W 8/12/2022 David HERON
 PAC: 16:28.69 P 12/31/1987 Cameron D Reid

1 Kos, Ian 29 USF-38 20:11.83 20

Men 25-29 100 LC Meter Backstroke

NATL: 55.15 N 8/3/2011 ADAM MANIA
 WORLD: 55.09 W 11/21/2021 Ryota MAEJIMA
 PAC: 1:00.02 P 8/20/2016 Benjamin S Hinshaw

1 Song, Andy 25 TOC-38 56.55P 20

2 Goard, Andrew M 28 USF-38 1:12.81 17

Men 25-29 200 LC Meter Backstroke

NATL: 2:03.61 N 6/24/2017 HAYES JOHNSON
 WORLD: 2:02.76 W 4/26/2019 Dmitril GORBUNOV
 PAC: 2:12.40 P 7/15/2017 Peter R Kline

1 Mueller, Eric 29 UC38 2:44.43 20

Men 25-29 100 LC Meter Butterfly

NATL: 51.20 N 7/2/2016 THOMAS SHIELDS
 WORLD: 53.09 W 8/15/2008 Kohei KAWAMOTO
 PAC: 51:51.20 P 7/2/2016 Thomas A Shields

1 Mueller, Eric 29 UC38 1:05.85P 20

Men 25-29 200 LC Meter Butterfly

NATL: 1:55.81 N 6/29/2016 THOMAS SHIELDS
 WORLD: 2:00.74 W 6/5/2022 A.PRIBYTOK
 PAC: 1:55.81 P 6/29/2016 Thomas A Shields

1 Valentine, Matthew 29 USF-38 2:26.81 20

2 Mueller, Eric 29 UC38 2:39.15 17

Men 25-29 200 LC Meter IM

NATL: 2:04.40 N 7/14/2013 ADAM RITTER
 WORLD: 2:03.62 W 4/28/2019 Dmitril GORBUNOV
 PAC: 2:07.67 P 4/22/2017 Colin B Babcock

1 Valentine, Matthew 29 USF-38 2:26.75 20

2 Mueller, Eric 29 UC38 2:37.79 17

Men 30-34 50 LC Meter Freestyle

NATL: 21.55 N 8/10/2014 ANTHONY ERVIN
 WORLD: 22.13 W 7/13/2013 Roland SCHOEMAN
 PAC: 21:21.55 P 8/10/2014 Anthony L Ervin

1 Boone, Matt 34 WCM-38 27.05P 20

2 Tomlinson, Bill 30 UC38 27.97P 17

3 Schempp, Kyle 34 TVM-38 34.34P 16

Men 30-34 100 LC Meter Freestyle

NATL: 48.71 N 8/6/2014 ANTHONY ERVIN
 WORLD: 49.80 W 7/23/2016 Darian TOWNSEND
 PAC: 48:48.71 P 8/6/2014 Anthony L Ervin

1 Christensen, Jon 33 USF-38 57.31P 20

2 Rogers, Louis 34 WCM-38 1:00.61P 17

3 Boone, Matt 34 WCM-38 1:01.22P 16

4 Schempp, Kyle 34 TVM-38 1:11.91P 15

5 Artunian, Taylor 31 USF-38 1:14.97P 14

Men 30-34 200 LC Meter Freestyle

NATL: 1:49.34 N 8/7/2014 DARIAN TOWNSEND
 WORLD: 1:49.56 W 8/6/2016 Darian TOWNSEND
 PAC: 1:56.57 P 6/25/2022 Marcos Lavado

1 Greer, George 33 EBAT-38 2:10.33 20

2 Dowley, Thomas 32 TOC-38 2:11.94 17

3 Murlas, Kyle 34 ALB-38 2:30.51 16

Men 30-34 800 LC Meter Freestyle

NATL: 8:28.76 N 8/7/2019 CHAD LA TOURETTE
 WORLD: 8:08.53 W 3/11/2012 Jan WOLFGARTEN
 PAC: 8:51.23 P 12/31/1992 Jeff Stiling

1 Rogers, Louis 34 WCM-38 10:36.32 20

2 Tomlinson, Bill 30 UC38 12:16.77 17

3 Thomas, Michael 31 MVM-38 12:38.73 16

Men 30-34 50 LC Meter Backstroke

NATL: 24.67 N 6/29/2017 MATT GREVERS
 WORLD: 25.97 W 8/6/2016 Darian TOWNSEND
 PAC: 27:27.26 P 12/31/1994 Sean Murphy

1 Putnam, Charlie 31 USF-38 30.00P 20

2 Boone, Matt 34 WCM-38 32.06P 17

3 Rogers, Louis 34 WCM-38 32.32P 16

Men 30-34 100 LC Meter Backstroke

NATL: 52.71 N 6/30/2017 MATT GREVERS
 WORLD: 55.93 W 7/13/2014 Darian TOWNSEND
 PAC: 58:58.66 P 12/31/1994 Sean Murphy

1 Rogers, Louis 34 WCM-38 1:09.03P 20

Men 30-34 200 LC Meter Backstroke

NATL: 2:05.62 N 7/9/1994 SEAN MURPHY
 WORLD: 2:02.75 W 11/24/2000 Rogerio ROMERO
 PAC: 2:05.62 P 12/31/1994 Sean Murphy

1 Putnam, Charlie 31 USF-38 2:28.38 20

2 Rogers, Louis 34 WCM-38 2:32.76 17

3 Artunian, Taylor 31 USF-38 3:25.87 16

Men 30-34 50 LC Meter Breaststroke

NATL: 27.26 N 6/15/2019 BRANDON FISCHER
 WORLD: 27.74 W 3/12/2022 Kohhei TOMINAGA
 PAC: 27:27.26 P 6/15/2019 Brandon J Fischer

1 Christensen, Jon 33 USF-38 32.60P 20

2 Fischer, Brandon J 34 UC38 36.92P 17

3 Hallman, Kevin 34 USF-38 38.26P 16

4 Thomas, Michael 31 MVM-38 40.47P 15

Men 30-34 100 LC Meter Breaststroke

NATL: 59.86 N 6/13/2019 BRANDON FISCHER
 WORLD: 1:01.25 W 8/31/2019 Ryo KOBAYASHI
 PAC: 59:59.86 P 6/15/2019 Brandon J Fischer

1 Fischer, Brandon J 34 UC38 1:03.08P 20

2 Christensen, Jon 33 USF-38 1:10.97P 17

3 Schempp, Kyle 34 TVM-38 1:24.83P 16

4 Thomas, Michael 31 MVM-38 1:32.97P 15

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Men 30-34 200 LC Meter Breaststroke

NATL: 2:11.91 N 6/14/2019 **BRANDON FISCHER**
 WORLD: 2:18.04 W 7/7/2012 **Gary MARSHALL**
 PAC: 2:11.91 P 6/15/2019 **Brandon J Fischer**

1	Fischer, Brandon J	34 UC38	2:18.53	20
2	Dowley, Thomas	32 TOC-38	2:50.95	17
3	Hallman, Kevin	34 USF-38	3:02.83	16
4	Thomas, Michael	31 MVM-38	3:25.69	15

Men 30-34 50 LC Meter Butterfly

NATL: 23.26 N 7/13/2013 **ROLAND SCHOEMAN**
 WORLD: 23.26 W 7/13/2013 **Roland SCHOEMAN**
 PAC: 25:25.31 P 12/31/1988 **Mike Bottom**

1	Fischer, Brandon J	34 UC38	25.96P	20
2	Christensen, Jon	33 USF-38	27.69P	17
3	Dowley, Thomas	32 TOC-38	29.32P	16
4	Thomas, Michael	31 MVM-38	30.99P	15
5	Hallman, Kevin	34 USF-38	31.39P	14
6	Rogers, Louis	34 WCM-38	31.52P	13

Men 30-34 100 LC Meter Butterfly

NATL: 53.36 N 8/8/2014 **DARIAN TOWNSEND**
 WORLD: 53.10 W 4/8/2022 **Henrique MARTINS**
 PAC: 55:55.49 P 7/6/2008 **Erik L Scalise**

1	Fischer, Brandon J	34 UC38	58.28P	20
2	Boone, Matt	34 WCM-38	1:09.35P	17
3	Thomas, Michael	31 MVM-38	1:17.63P	16

Men 30-34 200 LC Meter Butterfly

NATL: 2:03.76 N 8/12/2010 **MATT HAUPT**
 WORLD: 2:03.43 W 8/17/2019 **Takatsugu OGA**
 PAC: 2:09.37 P 12/31/1994 **Sean Murphy**

1	Thomas, Michael	31 MVM-38	3:10.46	20
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Men 30-34 200 LC Meter IM

NATL: 1:59.24 N 8/6/2017 **RYAN LOCHTE**
 WORLD: 2:02.18 W 5/22/2016 **Darian TOWNSEND**
 PAC: 2:07.47 P 7/6/2008 **Erik L Scalise**

1	Dowley, Thomas	32 TOC-38	2:28.98	20
2	Rogers, Louis	34 WCM-38	2:34.08	17
3	Hallman, Kevin	34 USF-38	2:42.97	16
4	Murlas, Kyler	34 ALB-38	3:02.03	15

Men 35-39 50 LC Meter Freestyle

NATL: 22.98 N 6/19/2021 **MATT GREVERS**
 WORLD: 22.76 W 8/20/2005 **Mark FOSTER**
 PAC: 23:23.95 P 8/7/2013 **Mike Pyle**

1	Frink, Stephen	38 RPM-38	25.81P	20
2	Arrigo, Nicholas J	38 RHMS-38	27.95P	17
3	Law, David	38 MAM-38	29.69P	16
4	Gallagher, Nathan C	36 USF-38	30.61P	15
5	McCormack, Jason M	35 MAQ-38	31.00P	14

Men 35-39 100 LC Meter Freestyle

NATL: 51.45 N 10/9/2021 **ADAM RITTER**
 WORLD: 50.78 W 9/27/2009 **Hideaki HARA**
 PAC: 53:53.51 P 6/30/2017 **Tamas Kerekjarto**

1	Zachan, Matthew	37 DAM-38	1:00.30P	20
2	Leimkuhler, Kyle	36 MELO-38	1:01.42P	17
3	Arrigo, Nicholas J	38 RHMS-38	1:01.84P	16

4	Law, David	38 MAM-38	1:05.28P	15
5	Adrian, Nathan	35 TOC-38	1:09.42P	14
6	Gallagher, Nathan C	36 USF-38	1:09.58P	13

Men 35-39 200 LC Meter Freestyle

NATL: 1:49.23 N 6/14/2021 **RYAN LOCHTE**
 WORLD: 1:52.84 W 8/6/2006 **Vladmir PYSHNENKO**
 PAC: 1:59.43 P 7/9/2018 **Tamas Kerekjarto**

1	Zachan, Matthew	37 DAM-38	2:11.47	20
2	Frink, Stephen	38 RPM-38	2:13.06	17
3	Savulich, Bobby	36 TOC-38	2:14.36	16
4	Law, David	38 MAM-38	2:28.98	15
5	Gallagher, Nathan C	36 USF-38	2:49.69	14

Men 35-39 400 LC Meter Freestyle

NATL: 4:07.64 N 7/16/1995 **ROWDY GAINES**
 WORLD: 4:05.91 W 3/10/2012 **Petar STOYCHEV**
 PAC: 4:16.20 P 12/31/2000 **Dan Veatch**

1	Zachan, Matthew	37 DAM-38	4:48.24	20
2	Law, David	38 MAM-38	5:21.26	17

Men 35-39 800 LC Meter Freestyle Splits

NATL: 8:38.73 N 11/12/1995 **ROWDY GAINES**
 WORLD: 8:18.44 W 3/10/2012 **Petar STOYCHEV**
 PAC: 8:56.10 P 12/31/2003 **Dan Veatch**

1	Zachan, Matthew	37 DAM-38	10:38.59
2	Frink, Stephen	38 RPM-38	10:41.91

Men 35-39 800 LC Meter Freestyle

NATL: 8:38.73 N 11/12/1995 **ROWDY GAINES**
 WORLD: 8:18.44 W 3/10/2012 **Petar STOYCHEV**
 PAC: 8:56.10 P 12/31/2003 **Dan Veatch**

1	Leimkuhler, Kyle	36 MELO-38	10:11.35	20
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Men 35-39 1500 LC Meter Freestyle

NATL: 16:32.72 N 8/14/2008 **CHRISTOPHER DERKS**
 WORLD: 16:00.04 W 3/11/2012 **Petar STOYCHEV**
 PAC: 16:59.46 P 12/31/2001 **Dan Veatch**

1	Frink, Stephen	38 RPM-38	19:53.22	20
2	Zachan, Matthew	37 DAM-38	19:55.29	17

Men 35-39 50 LC Meter Backstroke

NATL: 26.54 N 8/10/2019 **JEFF NATALIZIO**
 WORLD: 26.18 W 5/7/2022 **Stefano RAZETO**
 PAC: 27:27.68 P 12/31/2006 **Rick Gould**

1	Frink, Stephen	38 RPM-38	32.55P	20
2	Gallagher, Nathan C	36 USF-38	38.43P	17

Men 35-39 100 LC Meter Backstroke

NATL: 53.18 N 6/14/2021 **MATT GREVERS**
 WORLD: 57.91 W 8/19/2017 **Ryan PINI**
 PAC: 1:00.00 P 12/31/2006 **Rick Gould**

1	Horan, Kevin	39 RPM-38	1:13.83	20
2	Chua, Brendan	38 RPM-38	1:24.79	17

Men 35-39 200 LC Meter Backstroke

NATL: 2:07.16 N 7/29/2001 **RON KARNAUGH**
 WORLD: 2:07.97 W 6/22/2016 **Marco MACCIANTI**
 PAC: 2:09.26 P 12/31/2000 **Dan Veatch**

1	Frink, Stephen	38 RPM-38	2:44.92	20
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Men 35-39 50 LC Meter Breaststroke

NATL:	28.53 N 5/25/2009	JEFF COMMINGS	
WORLD:	28.35 W 7/31/2022	Ryo KOBAYASHI	
PAC:	30:30.47 P 12/31/1998	David Lundberg	
1	Savulich, Bobby	36 TOC-38	34.82P 20
2	Law, David	38 MAM-38	37.82P 17
3	Horan, Kevin	39 RPM-38	38.49P 16
4	Chua, Brendan	38 RPM-38	41.34P 15

Men 35-39 100 LC Meter Breaststroke

NATL:	1:03.76 N 7/14/2013	JEFF COMMINGS	
WORLD:	1:02.40 W 2/11/2020	Ryo KOBAYASHI	
PAC:	1:07.52 P 12/31/1998	David Lundberg	
1	Arrigo, Nicholas J	38 RHMS-38	1:21.42 20
2	Law, David	38 MAM-38	1:26.93 17

Men 35-39 200 LC Meter Breaststroke

NATL:	2:20.34 N 8/6/2011	STEVE WEST	
WORLD:	2:20.29 W 6/5/2004	Nick GILLINGHAM	
PAC:	2:27.55 P 12/31/2006	Roque J Santos	
1	Horan, Kevin	39 RPM-38	3:12.17 20

Men 35-39 50 LC Meter Butterfly

NATL:	24.14 N 8/15/2015	KOHEI KAWAMOTO	
WORLD:	24.03 W 12/2/2022	Benjamin HOCKIN	
PAC:	25:25.77 P 6/29/2014	Adam M Conway	
1	Savulich, Bobby	36 TOC-38	27.94P 20
2	Zachan, Matthew	37 DAM-38	29.52P 17
3	Frink, Stephen	38 RPM-38	30.26P 16
4	Law, David	38 MAM-38	32.69P 15
5	Chua, Brendan	38 RPM-38	34.00P 14
6	Gallagher, Nathan C	36 USF-38	35.87P 13

Men 35-39 100 LC Meter Butterfly

NATL:	53.65 N 8/2/2018	KOHEI KAWAMOTO	
WORLD:	53.65 W 8/2/2018	Kohei KAWAMOTO	
PAC:	56:56.21 P 7/15/2017	Tamas Kerekjarto	
1	Zachan, Matthew	37 DAM-38	1:05.87P 20
2	Leimkuhler, Kyle	36 MELO-38	1:09.04P 17

Men 35-39 200 LC Meter Butterfly

NATL:	2:04.76 N 8/1/2015	BRENT CREAGER	
WORLD:	2:02.54 W 4/26/2019	Nikolay SKVORTSOV	
PAC:	2:09.28 P 6/30/2017	Tamas Kerekjarto	
1	Zachan, Matthew	37 DAM-38	2:41.82 20
2	Frink, Stephen	38 RPM-38	2:56.64 17

Men 35-39 200 LC Meter IM

NATL:	1:58.48 N 6/17/2021	RYAN LOCHTE	
WORLD:	2:05.65 W 7/7/2019	Darian TOWNSEND	
PAC:	2:14.87 P 12/31/2009	Derek Guffey	
1	Leimkuhler, Kyle	36 MELO-38	2:38.81 20
2	Gallagher, Nathan C	36 USF-38	3:18.49 17
---	Chua, Brendan	38 RPM-38	DQ

Men 35-39 400 LC Meter IM

NATL:	4:34.10 N 7/29/2001	RON KARNAUGH	
WORLD:	4:36.66 W 8/14/2019	I.DRYMONAKOS	
PAC:	4:45.47 P 12/31/2009	Derek Guffey	
1	Horan, Kevin	39 RPM-38	6:00.73 20

Men 40-44 50 LC Meter Freestyle

NATL:	22.61 N 6/19/2021	ANTHONY ERVIN	
WORLD:	23.20 W 9/2/2022	Andrejs DUDA	
PAC:	24:24.14 P 12/31/2003	David E Boatwright	
1	Fuzellier, Matthieu	43 USF-38	26.82P 20
2	Neuwirth, Benjamin	40 USF-38	27.67P 17
3	Chialvo, Federico	40 MELO-38	28.79P 16

Men 40-44 100 LC Meter Freestyle

NATL:	51.72 N 8/1/2010	VLAD PYSHNENKO	
WORLD:	51.21 W 7/14/2018	Hideaki HARA	
PAC:	54:54.26 P 12/31/2003	David E Boatwright	
1	Valdivieso, Juan	42 TOC-38	57.58P 20
2	Neuwirth, Benjamin	40 USF-38	1:01.70P 17
3	Chialvo, Federico	40 MELO-38	1:03.55P 16
4	Roper, Matt	42 DAM-38	1:04.06P 15

Men 40-44 200 LC Meter Freestyle Splits

NATL:	1:53.65 N 8/2/2010	VLAD PYSHNENKO	
WORLD:	1:53.65 W 8/2/2010	Vladmir PYSHNENKO	
PAC:	2:01.15 P 12/31/2003	David E Boatwright	
1	Song, Jimmy	40 MEMO-38	2:40.42

Men 40-44 200 LC Meter Freestyle

NATL:	1:53.65 N 8/2/2010	VLAD PYSHNENKO	
WORLD:	1:53.65 W 8/2/2010	Vladmir PYSHNENKO	
PAC:	2:01.15 P 12/31/2003	David E Boatwright	
1	Valdivieso, Juan	42 TOC-38	2:06.02 20
2	Roper, Matt	42 DAM-38	2:25.57 17

Men 40-44 400 LC Meter Freestyle Splits

NATL:	4:06.74 N 7/24/2009	ERIK HOCHSTEIN	
WORLD:	4:06.74 W 7/24/2009	Erik HOCHSTEIN	
PAC:	4:16.50 P 12/31/2010	Alex Kostich	
1	Song, Jimmy	40 MEMO-38	6:16.34

Men 40-44 800 LC Meter Freestyle Splits

NATL:	8:37.81 N 7/25/2010	ALEX KOSTICH	
WORLD:	8:35.85 W 8/12/2019	Nicola NISATO	
PAC:	8:37.81 P 12/31/2010	Alex Kostich	
1	Song, Jimmy	40 MEMO-38	12:31.66

Men 40-44 800 LC Meter Freestyle

NATL:	8:37.81 N 7/25/2010	ALEX KOSTICH	
WORLD:	8:35.85 W 8/12/2019	Nicola NISATO	
PAC:	8:37.81 P 12/31/2010	Alex Kostich	
1	Roper, Matt	42 DAM-38	10:39.49 20

Men 40-44 1500 LC Meter Freestyle

NATL:	16:36.91 N 7/23/2010	ALEX KOSTICH	
WORLD:	16:24.76 W 4/7/2018	Nicola NISATO	
PAC:	16:36.91 P 12/31/2010	Alex Kostich	
1	Chialvo, Federico	40 MELO-38	19:29.92 20
2	Holbrook, Chad	44 WCM-38	19:54.25 17
3	Song, Jimmy	40 MEMO-38	23:15.02 16

Men 40-44 50 LC Meter Backstroke

NATL:	27.47 N 8/23/2008	MICHAEL ROSS	
WORLD:	27.13 W 8/18/2019	Nicholas NECKLES	
PAC:	28:28.59 P 12/31/2006	Sean Murphy	
1	Fuzellier, Matthieu	43 USF-38	30.75P 20

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Men 40-44 100 LC Meter Backstroke

NATL:	59.08 N 8/7/2009	MICHAEL ROSS
WORLD:	58.45 W 8/17/2019	Nicholas NECKLES
PAC:	1:00.95 P 12/31/2006	Sean Murphy
1	Fuzellier, Matthieu	43 USF-38 1:07.65 20
2	Roper, Matt	42 DAM-38 1:13.51 17

Men 40-44 200 LC Meter Backstroke

NATL:	2:11.13 N 8/16/2014	FREDERIK HVIID
WORLD:	2:08.06 W 8/13/2019	Nicholas NECKLES
PAC:	2:22.02 P 7/8/2007	Rick M Hamilton
1	Fuzellier, Matthieu	43 USF-38 2:32.55 20
2	Roper, Matt	42 DAM-38 2:36.28 17
3	Song, Jimmy	40 MEMO-38 3:12.20 16

Men 40-44 50 LC Meter Breaststroke

NATL:	29.02 N 7/27/2014	JEFF COMMINGS
WORLD:	28.84 W 9/16/2009	Alberto MONTINI
PAC:	30:30.78 P 12/31/2009	Jonathan T Manson
1	Song, Jimmy	40 MEMO-38 37.57P 20

Men 40-44 100 LC Meter Breaststroke

NATL:	1:03.76 N 7/6/2012	STEVE WEST
WORLD:	1:03.60 W 5/20/2012	Vladislav BRAGIN
PAC:	1:11.27 P 12/31/1997	Spencer Eldred
1	Song, Jimmy	40 MEMO-38 1:23.14 20

Men 40-44 200 LC Meter Breaststroke

NATL:	2:18.57 N 7/11/2015	STEVE WEST
WORLD:	2:18.57 W 7/11/2015	Steve WEST
PAC:	2:24.19 P 12/31/2008	Roque J Santos
1	Song, Jimmy	40 MEMO-38 3:03.46 20

Men 40-44 50 LC Meter Butterfly

NATL:	25.11 N 6/9/2018	JAMES ZENYUH
WORLD:	24.32 W 9/1/2022	Andrejs DUDA
PAC:	26:26.41 P 12/31/2012	Greg Tull
1	Fuzellier, Matthieu	43 USF-38 28.29P 20
2	Neuwirth, Benjamin	40 USF-38 28.68P 17
3	Roper, Matt	42 DAM-38 31.15P 16

Men 40-44 100 LC Meter Butterfly

NATL:	56.43 N 8/23/2008	MICHAEL ROSS
WORLD:	56.17 W 9/6/2011	Serkan ATASAY
PAC:	1:00.72 P 12/31/2005	Roger Brisbane
1	Valdivieso, Juan	42 TOC-38 1:01.09 20
2	Neuwirth, Benjamin	40 USF-38 1:11.29 17

Men 40-44 200 LC Meter Butterfly

NATL:	2:05.55 N 7/11/2004	DENNIS BAKER
WORLD:	2:05.55 W 7/11/2004	Dennis BAKER
PAC:	2:19.18 P 12/31/2006	Darren D Phalen
1	Song, Jimmy	40 MEMO-38 3:25.81 20

Men 40-44 400 LC Meter IM

NATL:	4:47.82 N 7/29/2018	ERIC CHRISTENSEN
WORLD:	4:43.00 W 6/12/2012	Uwe VOLK
PAC:	4:56.57 P 8/7/2013	David A Sway
1	Song, Jimmy	40 MEMO-38 6:17.41 20

Men 45-49 50 LC Meter Freestyle

NATL:	24.12 N 6/23/2018	BRIAN JACOBSON
WORLD:	23.55 W 8/15/2019	Hideaki HARA
PAC:	24:24.69 P 8/7/2013	Greg Tull
1	Pyle, Mike	48 MELO-38 25.53P 20
2	Salomaa, Jari	45 USF-38 28.85P 17
3	Popko, David	46 ROSE-33 29.07P 16
4	Mackey, Theral E	46 USF-38 30.54P 15
5	Mustiazza, Oleg	45 GOOG-38 32.76P 14
6	Paczka, Ferenc	45 MAQ-38 1:10.13P 13

Men 45-49 100 LC Meter Freestyle

NATL:	53.77 N 8/7/2016	NICOLAS GRANGER
WORLD:	52.24 W 8/13/2019	Hideaki HARA
PAC:	54:54.83 P 12/31/2006	David E Boatwright
1	Pyle, Mike	48 MELO-38 57.98P 20
2	Popko, David	46 ROSE-33 1:02.55P 17
3	Sarrigeorgidis, Kostas	49 STAN-38 1:03.26P 16
4	Salomaa, Jari	45 USF-38 1:04.22P 15
5	Lucchese, Jon	47 WCM-38 1:12.81P 14
6	Mustiazza, Oleg	45 GOOG-38 1:15.06P 13

Men 45-49 200 LC Meter Freestyle

NATL:	1:57.89 N 8/6/2009	KEITH SWITZER
WORLD:	1:57.75 W 8/5/2014	Nicolas GRANGER
PAC:	2:03.71 P 12/31/1996	Tim Broderick
1	Pyle, Mike	48 MELO-38 2:12.49 20
2	Sarrigeorgidis, Kostas	49 STAN-38 2:21.81 17
3	Bucy, John	45 USF-38 2:54.95 16

Men 45-49 400 LC Meter Freestyle

NATL:	4:09.20 N 7/19/2008	DENNIS BAKER
WORLD:	4:11.07 W 8/9/2009	Keith SWITZER
PAC:	4:23.49 P 12/31/2005	George F Tidmarsh
1	Sarrigeorgidis, Kostas	49 STAN-38 4:55.18 20

Men 45-49 800 LC Meter Freestyle

NATL:	8:51.98 N 8/9/2010	JEFF ERWIN
WORLD:	8:40.79 W 8/10/2015	Fabio CALMASINI
PAC:	9:07.99 P 12/31/2006	George F Tidmarsh
1	Salomaa, Jari	45 USF-38 10:35.68 20
2	Hannan, Zachary	45 VACA-38 12:04.39 17

Men 45-49 1500 LC Meter Freestyle

NATL:	16:38.81 N 8/10/2009	JEFF ERWIN
WORLD:	16:38.81 W 8/10/2009	Jeff ERWIN
PAC:	17:10.90 P 12/31/2005	George F Tidmarsh
1	Sarrigeorgidis, Kostas	49 STAN-38 19:32.49 20
2	Popko, David	46 ROSE-33 19:54.95 17

Men 45-49 50 LC Meter Backstroke

NATL:	28.01 N 8/6/2022	CHUCK BARNES
WORLD:	27.62 W 6/6/2021	Aleksandr SHILIN
PAC:	29:29.22 P 12/31/2008	John Ends
1	Rankin, Shane I	49 USF-38 41.99P 20
2	Mustiazza, Oleg	45 GOOG-38 47.12P 17

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Men 45-49 100 LC Meter Backstroke

NATL: 1:00.13 N 6/8/2008 STEVE WOOD

WORLD: 1:00.13 W 6/8/2008 Steve WOOD

PAC: 1:01.40 P 5/10/2015 Rick Gould

1 Rankin, Shane I 49 USF-38 1:31.67 20

Men 45-49 200 LC Meter Backstroke

NATL: 2:13.21 N 8/5/2022 CHUCK BARNES

WORLD: 2:11.56 W 6/7/2013 Eduardo MAROCCO

PAC: 2:18.66 P 12/31/2008 John A Engs

1 Popko, David 46 ROSE-33 2:46.32 20

2 Rankin, Shane I 49 USF-38 3:18.67 17

3 Lucchese, Jon 47 WCM-38 3:21.50 16

Men 45-49 50 LC Meter Breaststroke

NATL: 29.29 N 8/13/2022 JEFF COMMINGS

WORLD: 29.22 W 9/8/2019 Hideaki TOGO

PAC: 32:32.48 P 12/31/1994 Robert Strand

1 Mackey, Theral E 46 USF-38 34.39P 20

2 Hannan, Zachary 45 VACA-38 41.63P 17

3 Mustiazza, Oleg 45 GOOG-38 43.16P 16

Men 45-49 100 LC Meter Breaststroke

NATL: 1:04.77 N 7/14/2019 STEVE WEST

WORLD: 1:04.77 W 7/14/2019 Steve WEST

PAC: 1:12.83 P 12/31/2001 Spencer Eldred

1 Mackey, Theral E 46 USF-38 1:16.92 20

2 Popko, David 46 ROSE-33 1:28.23 17

3 Hannan, Zachary 45 VACA-38 1:31.49 16

Men 45-49 200 LC Meter Breaststroke

NATL: 2:19.44 N 6/22/2018 STEVE WEST

WORLD: 2:19.44 W 6/22/2018 Steve WEST

PAC: 2:35.26 P 6/29/2014 Sergey Mariniuk

1 Mackey, Theral E 46 USF-38 2:55.16 20

2 Hannan, Zachary 45 VACA-38 3:19.07 17

Men 45-49 50 LC Meter Butterfly

NATL: 25.24 N 10/10/2021 CHUCK BARNES

WORLD: 25.24 W 10/10/2021 Chuck BARNES

PAC: 26:26.40 P 8/7/2013 Greg Tull

1 Rankin, Shane I 49 USF-38 42.16P 20

Men 45-49 100 LC Meter Butterfly

NATL: 56.42 N 8/4/2002 PAUL CARTER

WORLD: 56.85 W 8/11/2002 Paul CARTER

PAC: 59:59.64 P 12/31/2008 John A Engs

1 Popko, David 46 ROSE-33 1:12.64P 20

2 Sarrigeorgidis, Kostas 49 STAN-38 1:14.59P 17

3 Salomaa, Jari 45 USF-38 1:19.11P 16

4 Rankin, Shane I 49 USF-38 1:40.52P 15

Men 45-49 200 LC Meter IM

NATL: 2:10.09 N 8/7/2016 NICOLAS GRANGER

WORLD: 2:10.09 W 8/7/2016 Nicolas GRANGER

PAC: 2:16.21 P 6/29/2014 Sergey Mariniuk

1 Sabatini, Greg 47 RPM-38 2:53.26 20

2 Rankin, Shane I 49 USF-38 3:26.60 17

3 Bucy, John 45 USF-38 3:30.83 16

Men 45-49 400 LC Meter IM

NATL: 4:46.41 N 8/5/2016 NICOLAS GRANGER

WORLD: 4:43.83 W 8/5/2014 Nicolas GRANGER

PAC: 4:55.26 P 6/29/2014 Sergey Mariniuk

1 Popko, David 46 ROSE-33 5:43.96 20

Men 50-54 50 LC Meter Freestyle

NATL: 24.58 N 8/9/2009 ROWDY GAINES

WORLD: 24.08 W 6/27/2009 Brent BARNES

PAC: 25:25.57 P 12/31/2008 Paul V Carter

1 Anderson, Kent 51 DAM-38 27.05P 20

2 Winsor, Brad 52 DAM-38 27.73P 17

3 McCormick, Peter 54 SRM-38 28.70P 16

4 Erickson, Douglas 51 RHMS-38 29.45P 15

5 Fahlen, Mark 52 MAAC-38 30.42P 14

6 Lehnert, Ahren 50 MEMO-38 32.08P 13

Men 50-54 100 LC Meter Freestyle

NATL: 54.18 N 8/4/2017 NICOLAS GRANGER

WORLD: 54.15 W 6/30/2017 Nicolas GRANGER

PAC: 55:55.93 P 12/31/2012 David E Boatwright

1 Anderson, Kent 51 DAM-38 1:00.50P 20

2 Winsor, Brad 52 DAM-38 1:00.78P 17

3 Fahlen, Mark 52 MAAC-38 1:05.61P 16

4 McCormick, Peter 54 SRM-38 1:07.16P 15

5 Wehmann, Todd 51 MEMO-38 1:07.75P 14

6 Lehnert, Ahren 50 MEMO-38 1:11.58P 13

7 Meeker, Michael 50 RPM-38 1:17.17P 12

Men 50-54 200 LC Meter Freestyle Splits

NATL: 2:00.34 N 8/13/2007 DAN STEPHENSON

WORLD: 1:58.62 W 7/1/2017 Nicolas GRANGER

PAC: 2:05.68 P 7/12/2013 Darren D Phalen

1 Winsor, Brad 52 DAM-38 2:16.41

Men 50-54 200 LC Meter Freestyle

NATL: 2:00.34 N 8/13/2007 DAN STEPHENSON

WORLD: 1:58.62 W 7/1/2017 Nicolas GRANGER

PAC: 2:05.68 P 7/12/2013 Darren D Phalen

1 Rosales-Delmoral, Romer 50 MELO-38 2:22.89 20

2 Fahlen, Mark 52 MAAC-38 2:25.75 17

3 Wehmann, Todd 51 MEMO-38 2:32.14 16

4 Lehnert, Ahren 50 MEMO-38 2:37.43 15

5 Zajonc, Jason 50 MAQ-38 2:38.51 14

6 Meeker, Michael 50 RPM-38 2:54.90 13

Men 50-54 400 LC Meter Freestyle

NATL: 4:15.93 N 8/4/2017 NICOLAS GRANGER

WORLD: 4:15.93 W 8/4/2017 Nicolas GRANGER

PAC: 4:24.57 P 8/7/2013 Darren D Phalen

1 Winsor, Brad 52 DAM-38 4:45.03 20

2 Rosales-Delmoral, Romer 50 MELO-38 5:03.21 17

3 Fahlen, Mark 52 MAAC-38 5:15.52 16

4 Lehnert, Ahren 50 MEMO-38 5:43.89 15

5 Hertzner, Keith 50 MEMO-38 5:50.21 14

6 Meeker, Michael 50 RPM-38 6:15.53 13

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Men 50-54 800 LC Meter Freestyle

NATL: 8:56.31 N 8/3/2014 RICARDO VALDIVIA
 WORLD: 8:55.05 W 7/31/2010 Marcus MATTIOLI
 PAC: 9:21.11 P 7/8/2018 Barton S Wells

1	Winsor, Brad	52	DAM-38	9:58.79	20
2	Rosales-Delmoral, Romer	50	MELO-38	10:27.60	17
3	Fahlen, Mark	52	MAAC-38	10:59.86	16
4	Hertzner, Keith	50	MEMO-38	12:09.63	15
5	Lehnert, Ahren	50	MEMO-38	12:17.85	14

Men 50-54 1500 LC Meter Freestyle

NATL: 17:08.33 N 8/20/2000 JIM MC CONICA
 WORLD: 17:08.33 W 8/20/2000 Jim MCONICA
 PAC: 17:50.94 P 8/2/2017 Barton S Wells

1	Winsor, Brad	52	DAM-38	19:22.36	20
2	Rosales-Delmoral, Romer	50	MELO-38	20:12.31	17
3	Wright, Eric	50	CALGM-38	20:56.49	16
4	Kneubuhler, Yann	51	RPM-38	21:37.56	15
5	Wehmann, Todd	51	MEMO-38	21:59.92	14
6	Lehnert, Ahren	50	MEMO-38	23:40.64	13

Men 50-54 50 LC Meter Backstroke

NATL: 28.58 N 7/14/2018 RICK GOULD
 WORLD: 28.58 W 7/14/2018 Rick GOULD
 PAC: 28:28.58 P 7/10/2018 Rick Gould

1	Erickson, Douglas	51	RHMS-38	37.87P	20
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Men 50-54 100 LC Meter Backstroke

NATL: 1:01.57 N 8/6/2017 NICOLAS GRANGER
 WORLD: 1:01.57 W 8/6/2017 Nicolas GRANGER
 PAC: 1:02.17 P 7/11/2018 Rick Gould

1	Wehmann, Todd	51	MEMO-38	1:23.47	20
2	Rosales-Delmoral, Romer	50	MELO-38	1:27.69	17

Men 50-54 200 LC Meter Backstroke

NATL: 2:14.53 N 8/5/2017 NICOLAS GRANGER
 WORLD: 2:14.53 W 8/5/2017 Nicolas GRANGER
 PAC: 2:16.79 P 7/10/2018 Rick Gould

1	Fahlen, Mark	52	MAAC-38	2:58.69	20
2	Rosales-Delmoral, Romer	50	MELO-38	3:04.22	17
3	Wehmann, Todd	51	MEMO-38	3:08.64	16

Men 50-54 50 LC Meter Breaststroke

NATL: 29.90 N 4/2/2022 STEVE WEST
 WORLD: 29.90 W 4/2/2022 Steve WEST
 PAC: 30:30.97 P 12/31/2009 Gary L Patterson

1	Erickson, Douglas	51	RHMS-38	37.49P	20
2	Hertzner, Keith	50	MEMO-38	37.89P	17
3	Mc Bride, Patrick	54	USF-38	40.59P	16
4	Lehnert, Ahren	50	MEMO-38	44.31P	15

Men 50-54 100 LC Meter Breaststroke

NATL: 1:06.12 N 7/10/2022 STEVE WEST
 WORLD: 1:06.12 W 7/10/2022 Steve WEST
 PAC: 1:09.36 P 12/31/2009 Gary L Patterson

1	Erickson, Douglas	51	RHMS-38	1:27.63	20
2	Hertzner, Keith	50	MEMO-38	1:28.07	17

Men 50-54 200 LC Meter Breaststroke

NATL: 2:24.44 N 7/9/2022 STEVE WEST
 WORLD: 2:24.44 W 7/9/2022 Steve WEST
 PAC: 2:40.57 P 12/31/1996 Robert Strand

1	Mc Bride, Patrick	54	USF-38	3:14.20	20
2	Hertzner, Keith	50	MEMO-38	3:21.48	17

Men 50-54 50 LC Meter Butterfly

NATL: 25.88 N 8/16/2008 PAUL CARTER
 WORLD: 25.87 W 3/12/2023 Eiji NOMURA
 PAC: 25:25.88 P 12/31/2008 Paul V Carter

1	Rendic, Dikan	52	GOOG-38	29.07P	20
2	Winsor, Brad	52	DAM-38	30.22P	17
3	Zajonc, Jason	50	MAQ-38	31.08P	16
4	Erickson, Douglas	51	RHMS-38	33.49P	15
5	Rosales-Delmoral, Romer	50	MELO-38	34.99P	14
6	Hertzner, Keith	50	MEMO-38	35.87P	13
7	Mc Bride, Patrick	54	USF-38	39.33P	12

Men 50-54 100 LC Meter Butterfly

NATL: 57.23 N 8/15/2008 PAUL CARTER
 WORLD: 57.23 W 8/15/2008 Paul CARTER
 PAC: 57:57.23 P 12/31/2008 Paul V Carter

1	Winsor, Brad	52	DAM-38	1:08.64P	20
2	Wehmann, Todd	51	MEMO-38	1:22.35P	17

Men 50-54 200 LC Meter IM

NATL: 2:11.15 N 8/6/2017 NICOLAS GRANGER
 WORLD: 2:11.15 W 8/6/2017 Nicolas GRANGER
 PAC: 2:19.45 P 8/7/2013 Darren D Phalen

1	Fahlen, Mark	52	MAAC-38	2:54.32	20
2	Wehmann, Todd	51	MEMO-38	2:59.66	17
3	Mc Bride, Patrick	54	USF-38	2:59.93	16
4	Hertzner, Keith	50	MEMO-38	3:00.63	15

Men 55-59 50 LC Meter Freestyle

NATL: 25.01 N 6/7/2009 JACK GROSELLE
 WORLD: 24.45 W 7/19/2015 Brent BARNES
 PAC: 25:25.87 P 8/3/2016 David E Boatwright

1	Sellers, Christian L	59	OREG-37	28.95P	20
2	Langner, Mikael	55	USF-38	29.86P	17
3	Barajas, Nick	57	SACMA-38	31.39P	16
4	O'Rourke, Rick	58	USF-38	31.97P	15
5	Wu, Long	58	MEMO-38	36.42P	14
6	Fedyk, Yurii	56	USF-38	47.65P	13

Men 55-59 100 LC Meter Freestyle

NATL: 56.07 N 7/10/2015 STEVE WOOD
 WORLD: 56.00 W 2/24/2019 Calvin MAUGHAN
 PAC: 56:56.96 P 7/16/2017 David E Boatwright

1	Sellers, Christian L	59	OREG-37	1:07.45P	20
2	O'Rourke, Rick	58	USF-38	1:12.58P	17
3	Barajas, Nick	57	SACMA-38	1:12.75P	16
4	Nam, Jimmy	55	RHMS-38	1:13.50P	15
5	Carter, Paul	55	WCM-38	1:15.91P	14
6	Wu, Long	58	MEMO-38	1:21.11P	13
7	Robinson, John S	58	USF-38	1:48.66P	12
8	Fedyk, Yurii	56	USF-38	2:02.57P	11

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Men 55-59 200 LC Meter Freestyle

NATL: 2:04.01 N 7/26/2009 MICHAEL MANN				
WORLD: 2:04.01 W 7/26/2009 Michael MANN				
PAC: 2:05.88 P 8/3/2016 David E Boatwright				
1	Craven, Rob	58	MAM-38	2:41.64 20
2	Barajas, Nick	57	SACMA-38	2:46.51 17
3	Nam, Jimmy	55	RHMS-38	2:53.15 16

Men 55-59 400 LC Meter Freestyle

NATL: 4:22.49 N 7/25/2009 MICHAEL MANN				
WORLD: 4:22.49 W 7/25/2009 Michael MANN				
PAC: 4:25.51 P 6/17/2023 Barton S Wells				
1	Krovetz, Ted	57	DAM-38	5:15.71 20
2	Craven, Rob	58	MAM-38	5:50.34 17
3	Wu, Long	58	MEMO-38	7:22.48 16

Men 55-59 800 LC Meter Freestyle Splits

NATL: 9:00.09 N 7/24/2009 MICHAEL MANN				
WORLD: 9:00.09 W 7/24/2009 Michael MANN				
PAC: 9:40.68 P 12/31/2003 R Tod Spieker				
1	Shaffer, Mike G	58	HTUB-38	9:50.65

Men 55-59 800 LC Meter Freestyle

NATL: 9:00.09 N 7/24/2009 MICHAEL MANN				
WORLD: 9:00.09 W 7/24/2009 Michael MANN				
PAC: 9:40.68 P 12/31/2003 R Tod Spieker				
1	Krovetz, Ted	57	DAM-38	10:44.43 20

Men 55-59 1500 LC Meter Freestyle

NATL: 17:22.61 N 8/10/2009 MICHAEL MANN				
WORLD: 17:22.61 W 8/10/2009 Michael MANN				
PAC: 18:05.27 P 9/11/2022 Barton S Wells				
1	Shaffer, Mike G	58	HTUB-38	19:09.53 20
2	Langner, Mikael	55	USF-38	24:01.10 17

Men 55-59 50 LC Meter Backstroke

NATL: 29.03 N 8/20/2016 STEVE WOOD				
WORLD: 29.03 W 8/20/2016 Steve WOOD				
PAC: 31:31.18 P 7/10/2018 Jean-Philippe M Riblet				
1	Gould, Rick	55	STAN-38	29.54P 20
2	Shaffer, Mike G	58	HTUB-38	32.56P 17
3	Chao, Hector	59	WCM-38	34.55P 16
4	Fedyk, Yurii	56	USF-38	1:19.70P 15

Men 55-59 100 LC Meter Backstroke

NATL: 1:03.50 N 6/21/2015 STEVE WOOD				
WORLD: 1:03.50 W 6/21/2015 Steve WOOD				
PAC: 1:08.10 P 7/31/2022 Rick Hamilton				
1	Gould, Rick	55	STAN-38	1:05.11P 20
2	Chao, Hector	59	WCM-38	1:13.07 17
3	Craven, Rob	58	MAM-38	1:23.05 16
4	Robinson, John S	58	USF-38	2:08.30 15

Men 55-59 200 LC Meter Backstroke

NATL: 2:20.83 N 7/20/2019 RIP ESSELSTYN				
WORLD: 2:20.83 W 7/20/2019 Rip ESSELSTYN				
PAC: 2:27.49 P 12/31/2008 Fred Ferrogiaro				
1	Gould, Rick	55	STAN-38	2:22.62P 20
2	Shaffer, Mike G	58	HTUB-38	2:33.27 17
3	Chao, Hector	59	WCM-38	2:39.83 16
4	Langner, Mikael	55	USF-38	2:56.80 15

5	Wu, Long	58	MEMO-38	4:11.29 14
6	Robinson, John S	58	USF-38	4:34.68 13

Men 55-59 50 LC Meter Breaststroke

NATL: 30.56 N 8/6/2017 DAVID GUTHRIE				
WORLD: 30.02 W 6/2/2019 C.Arturo TRAVAINI				
PAC: 32:32.30 P 7/31/2022 Paul G Kraaijvanger				
1	Sellers, Christian L	59	OREG-37	38.19P 20
2	Chao, Hector	59	WCM-38	38.34P 17
3	Nam, Jimmy	55	RHMS-38	40.89P 16
4	Langner, Mikael	55	USF-38	41.48P 15
5	Carter, Paul	55	WCM-38	41.92P 14
6	Craven, Rob	58	MAM-38	43.70P 13
7	Barajas, Nick	57	SACMA-38	43.75P 12
8	Galvin, Patrick	58	MEMO-38	45.32P 11
9	Galvin, Jeffrey S	57	MEMO-38	46.75P 9
10	Kwan, Thomas	58	UC38	49.97P 7
11	Robinson, John S	58	USF-38	52.24P 6
12	Shalowitz, Jon	56	USF-38	55.91P 5

Men 55-59 100 LC Meter Breaststroke

NATL: 1:07.97 N 7/31/2015 DAVID GUTHRIE				
WORLD: 1:07.65 W 8/13/2019 C.Arturo TRAVAINI				
PAC: 1:13.13 P 7/30/2022 Paul G Kraaijvanger				
1	Chao, Hector	59	WCM-38	1:25.18 20
2	Sellers, Christian L	59	OREG-37	1:28.23 17
3	Nam, Jimmy	55	RHMS-38	1:31.62 16
4	Carter, Paul	55	WCM-38	1:33.07 15
5	Langner, Mikael	55	USF-38	1:33.21 14

Men 55-59 200 LC Meter Breaststroke

NATL: 2:30.63 N 8/21/2016 DAVID GUTHRIE				
WORLD: 2:30.63 W 8/21/2016 David GUTHRIE				
PAC: 2:46.31 P 12/31/2001 Robert Strand				
1	Wu, Long	58	MEMO-38	3:39.76 20
2	Carter, Paul	55	WCM-38	3:40.34 17

Men 55-59 50 LC Meter Butterfly

NATL: 26.56 N 10/10/2021 STEVE HILTABIDDLE				
WORLD: 26.56 W 10/10/2021 Steve HILTABIDDLE				
PAC: 27:27.31 P 12/31/2012 Paul V Carter				
1	Sellers, Christian L	59	OREG-37	33.43P 20
2	Craven, Rob	58	MAM-38	36.06P 17
3	Barajas, Nick	57	SACMA-38	38.14P 16
4	Galvin, Patrick	58	MEMO-38	47.59P 15

Men 55-59 100 LC Meter Butterfly

NATL: 1:00.56 N 8/11/2012 PAUL CARTER				
WORLD: 1:00.56 W 8/11/2012 Paul CARTER				
PAC: 1:00.56 P 12/31/2012 Paul V Carter				
1	Shaffer, Mike G	58	HTUB-38	1:05.82 20
2	Fishman, Harvey	55	MELO-38	1:12.90 17

Men 55-59 200 LC Meter Butterfly

NATL: 2:18.37 N 8/4/2017 DAVID SIMS				
WORLD: 2:16.78 W 8/15/2015 Marcus MATTIOLI				
PAC: 2:34.89 P 12/31/2012 Kerry L O'Brien				
1	Shaffer, Mike G	58	HTUB-38	2:28.82P 20
2	Langner, Mikael	55	USF-38	3:57.75 17

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Men 55-59 200 LC Meter IM

NATL: 2:20.67 N 2/22/2020 JEROME FRENTSOS

WORLD: 2:20.67 W 2/22/2020 Jerome FRENTSOS

PAC: 2:27.18 P 12/31/2012 Paul V Carter

1	Chao, Hector	59	WCM-38	2:40.50	20
2	Krovetz, Ted	57	DAM-38	2:56.40	17
3	Craven, Rob	58	MAM-38	3:05.18	16
4	Sellers, Christian L	59	OREG-37	3:09.94	15
5	Carter, Paul	55	WCM-38	3:15.68	14
6	Treman, Jim	58	USF-38	3:37.49	13
7	Wu, Long	58	MEMO-38	3:38.87	12

Men 55-59 400 LC Meter IM

NATL: 5:04.07 N 7/26/2009 MICHAEL MANN

WORLD: 4:57.55 W 4/2/2022 Brent FOSTER

PAC: 5:30.36 P 7/13/2009 Jim Clemmons

1	Shaffer, Mike G	58	HTUB-38	5:27.97P	20
2	Krovetz, Ted	57	DAM-38	6:18.60	17
3	Sellers, Christian L	59	OREG-37	6:47.48	16
4	Langner, Mikael	55	USF-38	6:49.16	15
5	Wu, Long	58	MEMO-38	9:08.39	14
---	Carter, Paul	55	WCM-38	DQ	

Men 60-64 50 LC Meter Freestyle

NATL: 25.23 N 8/10/2006 RICHARD ABRAHAMS

WORLD: 25.23 W 8/7/2006 Richard ABRAHAMS

PAC: 26:26.70 P 4/25/2021 David E Boatwright

1	Boatwright, David	62	WCM-38	27.46P	20
2	Boone, Jon	60	WCM-38	28.41P	17
3	Tittle, Kenneth	60	WCM-38	29.35P	16
4	Nootbaar, Tom	60	WCM-38	29.38P	15
5	Keating, Kevin	60	SMAC-38	30.39P	14
6	Suess, Robert	62	RHMS-38	32.70P	13
7	Pettibone, Chip	61	SRM-38	32.80P	12
8	Prochnow, Kevin K	61	MAQ-38	34.55P	11
9	Gustavson, Jeff A	61	ARIZ-48	36.68P	9

Men 60-64 100 LC Meter Freestyle

NATL: 57.79 N 6/14/2014 JACK GROSELLE

WORLD: 57.66 W 9/4/2022 Ahmet NAKKAS

PAC: 58:58.98 P 6/13/2021 David E Boatwright

1	Boatwright, David	62	WCM-38	1:01.51P	20
2	Nootbaar, Tom	60	WCM-38	1:03.45P	17
3	Boone, Jon	60	WCM-38	1:03.97P	16
4	Hathaway, David	63	OREG-37	1:06.80P	15
5	Keighley, Tim	62	QSSS-38	1:07.02P	14
6	Keating, Kevin	60	SMAC-38	1:09.73P	13
7	King, Ian	61	WCM-38	1:09.83P	12
8	Miller, Tim	60	STAN-38	1:10.64P	11
9	Prochnow, Kevin K	61	MAQ-38	1:21.04P	9
10	Gustavson, Jeff A	61	ARIZ-48	1:26.22P	7
11	Inchausti, Robert	61	MEMO-38	1:30.26P	6

Men 60-64 200 LC Meter Freestyle

NATL: 2:07.68 N 8/6/2017 DAN STEPHENSON

WORLD: 2:07.68 W 8/6/2017 Dan STEPHENSON

PAC: 2:13.12 P 5/23/2021 David E Boatwright

1	Hathaway, David	63	OREG-37	2:21.84	20
2	Remmert, Greg A	61	WCM-38	2:23.43	17

3	Nootbaar, Tom	60	WCM-38	2:23.61	16
4	Boone, Jon	60	WCM-38	2:27.14	15
5	Holtzman, Steven	60	LNRS-38	2:27.99	14
6	Taylor, Ron	63	RPM-38	2:41.18	13
7	Miller, Tim	60	STAN-38	2:41.25	12
8	Curran, Patrick	62	NBA-38	3:00.30	11
9	Gustavson, Jeff A	61	ARIZ-48	3:14.91	9
10	Gendreau, David	63	USF-38	4:45.55	7

Men 60-64 400 LC Meter Freestyle

NATL: 4:36.85 N 8/4/2017 DAN STEPHENSON

WORLD: 4:34.89 W 5/21/2022 Arnaldo PEREZ

PAC: 4:45.66 P 8/1/2021 David E Boatwright

1	Hathaway, David	63	OREG-37	5:03.04	20
2	Tainty, Chris	63	CRUZ-38	5:08.19	17
3	Remmert, Greg A	61	WCM-38	5:11.60	16
4	Holtzman, Steven	60	LNRS-38	5:18.27	15
5	Boone, Jon	60	WCM-38	5:21.05	14
6	Sheeper, Tim	60	MELO-38	5:52.25	13

Men 60-64 800 LC Meter Freestyle

NATL: 9:29.70 N 8/12/2018 ANDREW BRAY

WORLD: 9:21.08 W 5/20/2022 Arnaldo PEREZ

PAC: 9:52.70 P 8/1/2021 David E Boatwright

1	Hathaway, David	63	OREG-37	10:21.16	20
2	Holtzman, Steven	60	LNRS-38	10:48.74	17
3	Taylor, Ron	63	RPM-38	11:59.27	16
4	Sheeper, Tim	60	MELO-38	12:11.96	15
5	Prochnow, Kevin K	61	MAQ-38	14:24.61	14

Men 60-64 1500 LC Meter Freestyle

NATL: 17:55.91 N 8/3/2022 ARNALDO PEREZ

WORLD: 17:55.91 W 8/3/2022 Arnaldo PEREZ

PAC: 19:06.93 P 8/7/2013 Michael G McCaffery

1	Hathaway, David	63	OREG-37	20:03.91	20
2	Notaro, Michael	61	MAM-38	20:27.98	17
3	Holtzman, Steven	60	LNRS-38	21:08.75	16
4	King, Ian	61	WCM-38	22:02.59	15
5	Sheeper, Tim	60	MELO-38	23:13.16	14
6	Inchausti, Robert	61	MEMO-38	27:46.55	13

Men 60-64 50 LC Meter Backstroke

NATL: 30.59 N 8/10/2019 JAMIE FOWLER

WORLD: 30.59 W 8/10/2019 Jamie FOWLER

PAC: 32:32.11 P 12/31/2003 Richard Burns

1	Lincoln, Todd	61	STAN-38	32.99P	20
2	Frentsos, Paul	62	TSUN-38	34.81P	17
3	Taylor, Ron	63	RPM-38	34.92P	16
4	Nootbaar, Tom	60	WCM-38	36.61P	15
5	Laudenslager, Greg	62	RHMS-38	39.37P	14
6	Prochnow, Kevin K	61	MAQ-38	44.49P	13
7	Gustavson, Jeff A	61	ARIZ-48	47.98P	12
8	Suess, Robert	62	RHMS-38	53.73P	11
9	Rentschler, Randy	63	MEMO-38	56.88P	9

Men 60-64 100 LC Meter Backstroke

NATL: 1:06.08 N 8/11/2019 JAMIE FOWLER

WORLD: 1:06.08 W 8/11/2019 Jamie FOWLER

PAC: 1:11.48 P 8/7/2013 Fred Ferrogiario

1	Frentsos, Paul	62	TSUN-38	1:15.50	20
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(Men 60-64 100 LC Meter Backstroke)

2	Tainty, Chris	63	CRUZ-38	1:17.07	17
3	Keighley, Tim	62	QSSSJ-38	1:17.38	16
4	Hathaway, David	63	OREG-37	1:19.12	15
5	Laudenslager, Greg	62	RHMS-38	1:24.78	14
6	Curran, Patrick	62	NBA-38	1:36.82	13
7	Gustavson, Jeff A	61	ARIZ-48	1:45.70	12
8	Gendreau, David	63	USF-38	2:39.25	11

Men 60-64 200 LC Meter Backstroke

NATL: 2:26.12 N 8/8/2019 **JAMIE FOWLER**
WORLD: 2:26.12 W 8/8/2019 **Jamie FOWLER**
PAC: 2:33.09 P 8/7/2013 **Fred Ferroggiaro**

1	Lincoln, Todd	61	STAN-38	2:33.61	20
2	Keighley, Tim	62	QSSSJ-38	2:53.44	17
3	King, Ian	61	WCM-38	3:07.86	16
4	Laudenslager, Greg	62	RHMS-38	3:08.32	15
5	Inchausti, Robert	61	MEMO-38	3:53.84	14
6	Rentschler, Randy	63	MEMO-38	4:32.92	13

Men 60-64 50 LC Meter Breaststroke

NATL: 31.95 N 8/7/2022 **DAVID GUTHRIE**
WORLD: 31.54 W 2/5/2023 **C.Arturo TRAVAINI**
PAC: 33:33.41 P 12/31/2008 **Robert Strand**

1	Miller, Tim	60	STAN-38	36.17P	20
2	Laudenslager, Greg	62	RHMS-38	38.43P	17
3	Frentsos, Paul	62	TSUN-38	38.46P	16
4	Boone, Jon	60	WCM-38	40.72P	15
5	Ewing, Jack	63	USF-38	41.61P	14
6	Suess, Robert	62	RHMS-38	46.21P	13
7	Gendreau, David	63	USF-38	1:05.60P	12

Men 60-64 100 LC Meter Breaststroke

NATL: 1:11.64 N 8/5/2022 **DAVID GUTHRIE**
WORLD: 1:11.64 W 8/5/2022 **David GUTHRIE**
PAC: 1:15.42 P 12/31/2008 **Robert Strand**

1	Miller, Tim	60	STAN-38	1:21.00	20
2	Frentsos, Paul	62	TSUN-38	1:25.12	17
3	Laudenslager, Greg	62	RHMS-38	1:25.93	16
4	Tittle, Kenneth	60	WCM-38	1:27.47	15
5	Keighley, Tim	62	QSSSJ-38	1:28.78	14
6	Nootbaar, Tom	60	WCM-38	1:30.03	13
7	Pettibone, Chip	61	SRM-38	1:31.03	12
8	Taylor, Ron	63	RPM-38	1:40.23	11
9	Inchausti, Robert	61	MEMO-38	1:58.10	9

Men 60-64 200 LC Meter Breaststroke

NATL: 2:39.49 N 8/6/2022 **DAVID GUTHRIE**
WORLD: 2:35.08 W 2/4/2023 **C.Arturo TRAVAINI**
PAC: 2:50.77 P 12/31/2008 **Robert Strand**

1	Miller, Tim	60	STAN-38	3:02.92	20
2	Laudenslager, Greg	62	RHMS-38	3:13.32	17
3	Pettibone, Chip	61	SRM-38	3:20.20	16
4	Taylor, Ron	63	RPM-38	3:40.61	15
5	Curran, Patrick	62	NBA-38	3:41.11	14
6	Gendreau, David	63	USF-38	5:40.52	13

Men 60-64 50 LC Meter Butterfly

NATL: 27.85 N 8/6/2017 **TRIP HEDRICK**
WORLD: 27.65 W 5/6/2018 **Hugo BREGMAN**
PAC: 28:28.37 P 8/3/2017 **Paul V Carter**

1	Boone, Jon	60	WCM-38	29.89P	20
2	Frentsos, Paul	62	TSUN-38	30.70P	17
3	Keating, Kevin	60	SMAC-38	30.94P	16
4	Taylor, Ron	63	RPM-38	31.74P	15
5	Suess, Robert	62	RHMS-38	44.22P	14
6	Gustavson, Jeff A	61	ARIZ-48	48.03P	13
7	Gendreau, David	63	USF-38	1:08.01P	12

Men 60-64 100 LC Meter Butterfly

NATL: 1:03.03 N 8/15/2005 **RICHARD ABRAHAMS**
WORLD: 1:02.00 W 5/5/2018 **Hugo BREGMAN**
PAC: 1:09.11 P 12/31/2006 **James R DeLacy**

1	Tittle, Kenneth	60	WCM-38	1:07.28P	20
2	Nootbaar, Tom	60	WCM-38	1:12.61	17
3	Keighley, Tim	62	QSSSJ-38	1:12.62	16
4	Boone, Jon	60	WCM-38	1:12.79	15
5	Frentsos, Paul	62	TSUN-38	1:16.22	14
6	Hathaway, David	63	OREG-37	1:16.34	13
7	Keating, Kevin	60	SMAC-38	1:17.19	12
8	Inchausti, Robert	61	MEMO-38	1:55.89	11
9	Gustavson, Jeff A	61	ARIZ-48	2:16.49	9

Men 60-64 200 LC Meter Butterfly

NATL: 2:29.05 N 8/6/2011 **LAWRENCE DAY**
WORLD: 2:23.52 W 5/4/2018 **Hugo BREGMAN**
PAC: 2:42.84 P 8/6/2016 **Peter M Guadagni**

1	Tainty, Chris	63	CRUZ-38	2:48.47	20
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Men 60-64 200 LC Meter IM

NATL: 2:21.99 N 8/17/2014 **RICK COLELLA**
WORLD: 2:21.99 W 8/17/2014 **Rick COLELLA**
PAC: 2:32.63 P 12/31/2011 **Tim Broderick**

1	Frentsos, Paul	62	TSUN-38	2:43.46	20
2	Nootbaar, Tom	60	WCM-38	2:44.76	17
3	Keighley, Tim	62	QSSSJ-38	2:46.04	16
4	Tainty, Chris	63	CRUZ-38	2:47.43	15
5	Laudenslager, Greg	62	RHMS-38	3:05.02	14
6	Gendreau, David	63	USF-38	5:26.44	13

Men 60-64 400 LC Meter IM

NATL: 5:08.20 N 8/15/2014 **RICK COLELLA**
WORLD: 5:08.20 W 8/15/2014 **Rick COLELLA**
PAC: 5:37.64 P 12/31/2010 **Jim Clemmons**

--- Inchausti, Robert 61 MEMO-38 DQ

Men 65-69 50 LC Meter Freestyle

NATL: 26.21 N 7/6/2018 **DOUG MARTIN**
WORLD: 26.21 W 7/6/2018 **Doug MARTIN**
PAC: 27:27.38 P 7/23/2016 **Tate Holt**

1	Blatt, Michael	68	VCM-33	29.10P	20
2	Van Boer, Eric D	69	RHMS-38	30.28P	17
3	Henderson, William	67	DAM-38	32.70P	16
4	Gass, Matthew	66	TCAM-38	34.07P	15
5	Horton, Tom	65	TEME-38	34.31P	14
6	Cochrane, James	65	RHMS-38	34.96P	13

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Men 65-69 100 LC Meter Freestyle

NATL: 59.49 N 8/9/2019 **JACK GROSELLE**
WORLD: 59.49 W 8/9/2019 **Jack GROSELLE**
PAC: 1:01.69 P 7/24/2016 **Tate Holt**

1	Evans, Mark	65	SRM-38	1:03.56	20
2	Blatt, Michael	68	VCM-33	1:06.21	17
3	Cutting, Steve	66	MAM-38	1:07.52	16
4	Van Boer, Eric D	69	RHMS-38	1:11.97	15
5	Henderson, William	67	DAM-38	1:16.21	14
6	Horton, Tom	65	TEME-38	1:18.94	13
7	Maritzen, Michael	67	RHMS-38	1:19.84	12
8	Pinto, Harlan A	66	MELO-38	1:22.20	11
9	Somers, Doug	67	MAQ-38	1:33.34	9
10	Young, Stephen L	65	USF-38	1:57.88	7

Men 65-69 200 LC Meter Freestyle

NATL: 2:09.39 N 8/6/2017 **RICK COLELLA**
WORLD: 2:09.39 W 8/6/2017 **Rick COLELLA**
PAC: 2:18.51 P 7/24/2016 **Tim Broderick**

1	Evans, Mark	65	SRM-38	2:20.97	20
2	Blatt, Michael	68	VCM-33	2:30.68	17
3	Cutting, Steve	66	MAM-38	2:35.07	16
4	Maritzen, Michael	67	RHMS-38	3:00.00	15
5	Pinto, Harlan A	66	MELO-38	3:10.14	14
6	Hektner, Eric	65	SMAC-38	3:16.28	13

Men 65-69 400 LC Meter Freestyle

NATL: 4:37.70 N 8/4/2017 **RICK COLELLA**
WORLD: 4:37.70 W 8/4/2017 **Rick COLELLA**
PAC: 5:06.67 P 6/29/2014 **Joel R Wilson**

1	Evans, Mark	65	SRM-38	5:05.03P	20
2	Blatt, Michael	68	VCM-33	5:32.12	17
3	Cutting, Steve	66	MAM-38	5:38.73	16
4	Kemler, David	65	WCM-38	5:47.65	15
5	Pinto, Harlan A	66	MELO-38	7:02.31	14
6	Anderson, Bob	68	MELO-38	7:03.77	13
7	Hektner, Eric	65	SMAC-38	7:16.34	12
8	Young, Stephen L	65	USF-38	9:46.91	11

Men 65-69 800 LC Meter Freestyle

NATL: 10:01.92 N 8/4/2022 **DAN STEPHENSON**
WORLD: 9:53.52 W 4/18/2023 **Paul BLACKBEARD**
PAC: 10:31.70 P 7/28/2018 **Fred Ferroggiaro**

1	Kemler, David	65	WCM-38	11:59.94	20
2	Maritzen, Michael	67	RHMS-38	14:11.14	17
3	Pinto, Harlan A	66	MELO-38	14:24.38	16
4	Young, Stephen L	65	USF-38	20:01.84	15

Men 65-69 800 LC Meter Freestyle Splits

NATL: 10:01.92 N 8/4/2022 **DAN STEPHENSON**
WORLD: 9:53.52 W 4/18/2023 **Paul BLACKBEARD**
PAC: 10:31.70 P 7/28/2018 **Fred Ferroggiaro**

1	Evans, Mark	65	SRM-38	10:54.68	
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Men 65-69 1500 LC Meter Freestyle

NATL: 19:28.61 N 6/17/2023 **JAMES RITTER**
WORLD: 19:33.36 W 6/14/2015 **Jim MCCONICA**
PAC: 20:21.11 P 8/7/2019 **Fred Ferroggiaro**

1	Evans, Mark	65	SRM-38	20:19.61P	20
2	Maritzen, Michael	67	RHMS-38	27:03.35	17

3	Young, Stephen L	65	USF-38	38:47.29	16
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Men 65-69 50 LC Meter Backstroke

NATL: 30.95 N 7/12/2012 **HUGH WILDER**
WORLD: 30.95 W 7/7/2012 **Hugh WILDER**
PAC: 30:30.95 P 12/31/2012 **Hugh Wilder**

1	Van Boer, Eric D	69	RHMS-38	37.00P	20
2	Cutting, Steve	66	MAM-38	37.07P	17
3	Gass, Matthew	66	TCAM-38	39.84P	16
4	Maritzen, Michael	67	RHMS-38	45.23P	15
5	Cochrane, James	65	RHMS-38	45.43P	14
6	Anderson, Bob	68	MELO-38	48.87P	13

Men 65-69 100 LC Meter Backstroke

NATL: 1:09.79 N 7/8/2012 **HUGH WILDER**
WORLD: 1:08.15 W 4/22/2022 **Vladimir GORKOV**
PAC: 1:09.79 P 12/31/2012 **Hugh Wilder**

1	Cutting, Steve	66	MAM-38	1:19.21	20
2	Van Boer, Eric D	69	RHMS-38	1:23.93	17
3	Maritzen, Michael	67	RHMS-38	1:42.98	16
4	Somers, Doug	67	MAQ-38	1:52.98	15

Men 65-69 200 LC Meter Backstroke

NATL: 2:32.79 N 8/5/2022 **DAN STEPHENSON**
WORLD: 2:31.62 W 4/23/2022 **Vladimir GORKOV**
PAC: 2:39.02 P 8/8/2019 **Fred Ferroggiaro**

1	Cutting, Steve	66	MAM-38	2:55.18	20
2	Kemler, David	65	WCM-38	3:03.61	17
3	Van Boer, Eric D	69	RHMS-38	3:14.70	16
4	Gass, Matthew	66	TCAM-38	3:19.08	15
5	Young, Stephen L	65	USF-38	4:58.68	14

Men 65-69 50 LC Meter Breaststroke

NATL: 33.30 N 8/19/2016 **RICK COLELLA**
WORLD: 33.30 W 8/19/2016 **Rick COLELLA**
PAC: 35:35.00 P 12/31/2009 **Kenneth A Frost**

1	Van Boer, Eric D	69	RHMS-38	39.50P	20
2	Blatt, Michael	68	VCM-33	40.16P	17
3	Seligmann, William	67	CRUZ-38	40.34P	16
4	Tulin, Bill	65	TAM-38	43.10P	15
5	Anderson, Bob	68	MELO-38	43.92P	14
6	Pinto, Harlan A	66	MELO-38	44.73P	13
7	Hektner, Eric	65	SMAC-38	46.82P	12
8	Cochrane, James	65	RHMS-38	50.11P	11

Men 65-69 100 LC Meter Breaststroke

NATL: 1:14.77 N 8/5/2017 **RICK COLELLA**
WORLD: 1:14.77 W 8/5/2017 **Rick COLELLA**
PAC: 1:18.11 P 12/31/2009 **Kenneth A Frost**

1	Blatt, Michael	68	VCM-33	1:32.65	20
2	Anderson, Bob	68	MELO-38	1:41.97	17
3	Pinto, Harlan A	66	MELO-38	1:43.44	16
4	Somers, Doug	67	MAQ-38	1:53.20	15
5	Young, Stephen L	65	USF-38	2:49.64	14

Men 65-69 200 LC Meter Breaststroke

NATL: 2:41.54 N 8/21/2016 **RICK COLELLA**
WORLD: 2:41.54 W 8/21/2016 **Rick COLELLA**
PAC: 2:59.54 P 12/31/2009 **Kenneth A Frost**

1	Blatt, Michael	68	VCM-33	3:22.74	20
2	Anderson, Bob	68	MELO-38	3:50.26	17

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(Men 65-69 200 LC Meter Breaststroke)

3	Hektner, Eric	65	SMAC-38	4:03.72	16
4	Young, Stephen L	65	USF-38	6:03.98	15

Men 65-69 50 LC Meter Butterfly

NATL: 28.38 N 8/8/2021 TRIP HEDRICK
 WORLD: 28.38 W 8/8/2021 Trip HEDRICK
 PAC: 29:29.36 P 8/13/2022 Paul V Carter

1	Evans, Mark	65	SRM-38	31.35P	20
2	Van Boer, Eric D	69	RHMS-38	32.76P	17
3	Spellberg, Geoff	67	NBA-38	34.57P	16
4	Seligmann, William	67	CRUZ-38	35.32P	15
5	Maritzen, Michael	67	RHMS-38	42.37P	14
6	Anderson, Bob	68	MELO-38	47.91P	13

Men 65-69 100 LC Meter Butterfly

NATL: 1:05.83 N 8/6/2017 RICK COLELLA
 WORLD: 1:05.83 W 8/6/2017 Rick COLELLA
 PAC: 1:13.29 P 8/9/2014 Alek I Shestakov

1	Evans, Mark	65	SRM-38	1:12.61P	20
2	Gass, Matthew	66	TCAM-38	1:33.29	17

Men 65-69 200 LC Meter Butterfly

NATL: 2:33.40 N 6/12/2016 LAWRENCE DAY
 WORLD: 2:33.40 W 6/12/2016 Lawrence DAY
 PAC: 2:49.73 P 7/26/2015 Joel R Wilson

1	Anderson, Bob	68	MELO-38	4:09.21	20
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Men 65-69 200 LC Meter IM

NATL: 2:25.22 N 8/19/2016 RICK COLELLA
 WORLD: 2:25.22 W 8/19/2016 Rick COLELLA
 PAC: 2:41.20 P 8/9/2014 Alek I Shestakov

1	Cutting, Steve	66	MAM-38	2:55.20	20
2	Kemler, David	65	WCM-38	3:11.03	17
3	Pinto, Harlan A	66	MELO-38	3:53.89	16

Men 65-69 400 LC Meter IM

NATL: 5:13.36 N 8/3/2017 RICK COLELLA
 WORLD: 5:13.36 W 8/3/2017 Rick COLELLA
 PAC: 5:45.74 P 6/12/2016 Tim Broderick

1	Evans, Mark	65	SRM-38	5:58.43	20
2	Kemler, David	65	WCM-38	6:55.53	17
3	Woodruff, David	67	DAM-38	7:30.67	16

Men 70-74 50 LC Meter Freestyle

NATL: 27.12 N 1/20/2023 DOUG MARTIN
 WORLD: 27.12 W 1/20/2023 Doug MARTIN
 PAC: 28:28.55 P 5/19/2013 James E Elder

1	Ryerson, Douglas	70	UC38	34.11P	20
2	Winterrowd, Dan	73	MEMO-38	40.39P	17
3	Murray, Ed	74	USF-38	59.25P	16

Men 70-74 50 LC Meter Freestyle Splits

NATL: 27.12 N 1/20/2023 DOUG MARTIN
 WORLD: 27.12 W 1/20/2023 Doug MARTIN
 PAC: 28:28.55 P 5/19/2013 James E Elder

1	Kennedy, James	72	MEMO-38	39.14P	
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Men 70-74 100 LC Meter Freestyle

NATL: 1:03.32 N 8/8/2015 DAVID QUIGGIN
 WORLD: 1:03.32 W 8/8/2015 David QUIGGIN
 PAC: 1:04.85 P 8/7/2013 Richard Burns

1	Murray, Ed	74	USF-38	2:08.90	20
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Men 70-74 200 LC Meter Freestyle

NATL: 2:23.30 N 7/31/2018 FRED SCHLICHER
 WORLD: 2:23.30 W 7/31/2018 Fred SCHLICHER
 PAC: 2:27.26 P 8/14/2019 Alan D Bernard

1	Ferroggiaro, Fred	70	TOC-38	2:35.37	20
2	Small, Stephen	71	MEMO-38	3:00.42	17

Men 70-74 400 LC Meter Freestyle Splits

NATL: 4:57.84 N 7/1/2023 RICK COLELLA
 WORLD: 5:03.56 W 8/4/2018 Dan KIRKLAND
 PAC: 5:28.21 P 8/4/2017 Edward Rudloff

1	Small, Stephen	71	MEMO-38	6:34.82	
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Men 70-74 400 LC Meter Freestyle

NATL: 4:57.84 N 7/1/2023 RICK COLELLA
 WORLD: 5:03.56 W 8/4/2018 Dan KIRKLAND
 PAC: 5:28.21 P 8/4/2017 Edward Rudloff

1	Ferroggiaro, Fred	70	TOC-38	5:25.44P	20
2	Winterrowd, Dan	73	MEMO-38	6:38.38	17
3	Murray, Ed	74	USF-38	10:07.80	16

Men 70-74 800 LC Meter Freestyle

NATL: 10:12.57 N 7/1/2023 RICK COLELLA
 WORLD: 10:37.71 W 7/28/2018 Dan KIRKLAND
 PAC: 11:27.87 P 4/21/2017 Edward Rudloff

1	Ferroggiaro, Fred	70	TOC-38	11:06.82P	20
2	Virtue, Paul	72	USF-38	12:24.91	17
3	Winterrowd, Dan	73	MEMO-38	14:06.32	16

Men 70-74 800 LC Meter Freestyle Splits

NATL: 10:12.57 N 7/1/2023 RICK COLELLA
 WORLD: 10:37.71 W 7/28/2018 Dan KIRKLAND
 PAC: 11:27.87 P 4/21/2017 Edward Rudloff

1	Small, Stephen	71	MEMO-38	13:19.96	
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Men 70-74 1500 LC Meter Freestyle

NATL: 20:26.12 N 7/20/2018 DAN KIRKLAND
 WORLD: 20:26.12 W 7/20/2018 Dan KIRKLAND
 PAC: 22:08.38 P 8/2/2017 Edward Rudloff

1	Small, Stephen	71	MEMO-38	25:02.46	20
2	Winterrowd, Dan	73	MEMO-38	26:28.69	17
3	Murray, Ed	74	USF-38	37:02.03	16

Men 70-74 50 LC Meter Backstroke

NATL: 33.51 N 1/20/2023 BRUCE WILLIAMS
 WORLD: 33.51 W 1/20/2023 Bruce WILLIAMS
 PAC: 33:33.59 P 8/7/2013 Richard Burns

1	Ferroggiaro, Fred	70	TOC-38	36.80P	20
2	Winterrowd, Dan	73	MEMO-38	57.43P	17

Men 70-74 100 LC Meter Backstroke

NATL: 1:13.49 N 8/6/2017 HUGH WILDER
 WORLD: 1:13.49 W 8/6/2017 Hugh WILDER
 PAC: 1:15.13 P 6/15/2013 Richard Burns

1	Ferroggiaro, Fred	70	TOC-38	1:18.39	20
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(Men 70-74 100 LC Meter Backstroke)

2 Winterrowd, Dan 73 MEMO-38 1:57.38 17

Men 70-74 200 LC Meter Backstroke

NATL: 2:40.25 N 6/5/2021 LAWRENCE DAY

WORLD: 2:40.25 W 6/5/2021 Lawrence DAY

PAC: 2:44.59 P 8/7/2013 Richard Burns

1 Ferroggiaro, Fred 70 TOC-38 2:47.43 20

2 Small, Stephen 71 MEMO-38 3:41.84 17

Men 70-74 50 LC Meter Breaststroke

NATL: 34.69 N 7/1/2023 RICK COLELLA

WORLD: 35.26 W 4/2/2023 Stuart ELLICOTT

PAC: 37:37.34 P 8/9/2014 Kenneth A Frost

1 Ryerson, Douglas 70 UC38 42.66P 20

2 Varanasi, Sekhar 71 SCSC-38 42.73P 17

3 Kennedy, James 72 MEMO-38 47.27P 16

4 Winterrowd, Dan 73 MEMO-38 56.73P 15

Men 70-74 100 LC Meter Breaststroke

NATL: 1:17.80 N 7/1/2023 RICK COLELLA

WORLD: 1:21.26 W 4/1/2023 Stuart ELLICOTT

PAC: 1:23.65 P 8/9/2014 Kenneth A Frost

1 Ryerson, Douglas 70 UC38 1:41.28 20

2 Small, Stephen 71 MEMO-38 1:44.96 17

3 Bortman, Henry (Camo) 73 USF-38 2:52.60 16

Men 70-74 200 LC Meter Breaststroke

NATL: 2:48.97 N 7/1/2023 RICK COLELLA

WORLD: 3:04.79 W 3/14/2009 Michael MALONEY

PAC: 3:07.93 P 8/9/2014 Kenneth A Frost

1 Varanasi, Sekhar 71 SCSC-38 3:40.70 20

2 Ryerson, Douglas 70 UC38 3:48.32 17

3 Small, Stephen 71 MEMO-38 3:54.55 16

Men 70-74 50 LC Meter Butterfly

NATL: 29.98 N 10/10/2021 LAWRENCE DAY

WORLD: 29.98 W 10/10/2021 Lawrence DAY

PAC: 31:31.20 P 8/9/2015 Richard Burns

1 Kennedy, James 72 MEMO-38 45.64P 20

2 Murray, Ed 74 USF-38 1:12.36P 17

Men 70-74 100 LC Meter Butterfly

NATL: 1:07.40 N 10/8/2021 LAWRENCE DAY

WORLD: 1:07.40 W 10/8/2021 Lawrence DAY

PAC: 1:12.43 P 8/6/2017 Andrew M McPherson

1 Murray, Ed 74 USF-38 2:47.48 20

2 Bortman, Henry (Camo) 73 USF-38 3:07.87 17

Men 70-74 200 LC Meter Butterfly

NATL: 2:47.17 N 10/9/2021 LAWRENCE DAY

WORLD: 2:47.17 W 10/9/2021 Lawrence DAY

PAC: 3:14.98 P 8/17/2019 Alan D Bernard

1 Andow, Larry 70 NBA-38 3:52.60 20

2 Kennedy, James 72 MEMO-38 4:10.17 17

Men 70-74 200 LC Meter IM

NATL: 2:35.97 N 7/1/2023 RICK COLELLA

WORLD: 2:42.94 W 10/10/2021 Lawrence DAY

PAC: 2:54.29 P 5/22/2022 Craig M Ottersen

1 Kennedy, James 72 MEMO-38 3:34.74 20

2 Small, Stephen 71 MEMO-38 3:39.51 17
3 Varanasi, Sekhar 71 SCSC-38 3:48.14 16
4 Murray, Ed 74 USF-38 5:49.20 15**Men 70-74 400 LC Meter IM**

NATL: 5:55.97 N 6/6/2021 LAWRENCE DAY

WORLD: 5:55.97 W 6/6/2021 Lawrence DAY

PAC: 6:01.90 P 7/19/2019 Alek I Shestakov

1 Small, Stephen 71 MEMO-38 7:53.08 20

2 Bortman, Henry (Camo) 73 USF-38 13:09.33 17

Men 75-79 50 LC Meter Freestyle

NATL: 29.19 N 8/25/2019 DAVID QUIGGIN

WORLD: 29.19 W 8/25/2019 David QUIGGIN

PAC: 29:29.60 P 8/11/2019 Richard Burns

1 McPherson, Andrew 76 DAM-38 33.99P 20

2 Daniels, Larry N 78 TCAM-38 38.13P 17

3 Fitschen, Gary 78 MAM-38 39.89P 16

4 Smith, Kirby 77 TCAM-38 46.79P 15

5 Ellis, Larry 77 USF-38 52.54P 14

6 Wiscomb, Lance 78 USF-38 55.48P 13

Men 75-79 100 LC Meter Freestyle

NATL: 1:06.55 N 8/9/2019 RICHARD BURNS

WORLD: 1:06.40 W 3/3/2018 Akira FUJIMAKI

PAC: 1:06.55 P 8/9/2019 Richard Burns

1 McPherson, Andrew 76 DAM-38 1:18.25 20

2 Daniels, Larry N 78 TCAM-38 1:23.97 17

3 Wiscomb, Lance 78 USF-38 1:58.88 16

4 Ellis, Larry 77 USF-38 2:05.65 15

Men 75-79 200 LC Meter Freestyle

NATL: 2:25.66 N 6/6/2009 DAVID RADCLIFF

WORLD: 2:25.66 W 6/6/2009 David RADCLIFF

PAC: 2:36.32 P 6/17/2023 Joel R Wilson

1 Wilson, Joel 75 CRUZ-38 2:36.24P 20

2 Kirkland, Dan 75 OREG-37 2:36.42 17

3 Bruce, Bob A 75 OREG-37 2:44.59 16

4 Daniels, Larry N 78 TCAM-38 3:24.82 15

Men 75-79 200 LC Meter Freestyle Splits

NATL: 2:25.66 N 6/6/2009 DAVID RADCLIFF

WORLD: 2:25.66 W 6/6/2009 David RADCLIFF

PAC: 2:36.32 P 6/17/2023 Joel R Wilson

1 Bruce, Bob A 75 OREG-37 2:54.21

Men 75-79 400 LC Meter Freestyle Splits

NATL: 5:17.77 N 3/7/2009 DAVID RADCLIFF

WORLD: 5:17.77 W 3/7/2009 David RADCLIFF

PAC: 5:26.98 P 6/17/2023 Joel R Wilson

1 Bruce, Bob A 75 OREG-37 5:48.47

Men 75-79 400 LC Meter Freestyle

NATL: 5:17.77 N 3/7/2009 DAVID RADCLIFF

WORLD: 5:17.77 W 3/7/2009 David RADCLIFF

PAC: 5:26.98 P 6/17/2023 Joel R Wilson

1 Wilson, Joel 75 CRUZ-38 5:19.10P 20

2 Kirkland, Dan 75 OREG-37 5:23.46P 17

3 Daniels, Larry N 78 TCAM-38 7:38.93 16

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Men 75-79 800 LC Meter Freestyle

NATL: 11:07.90 N 7/10/2009 DAVID RADCLIFF

WORLD: 11:07.90 W 7/10/2009 David RADCLIFF

PAC: 12:58.14 P 12/31/1995 Ray Taft

1	Kirkland, Dan	75 OREG-37	11:12.32P	20
2	Bruce, Bob A	75 OREG-37	12:31.59P	17
3	Daniels, Larry N	78 TCAM-38	16:10.05	16

Men 75-79 800 LC Meter Freestyle Splits

NATL: 11:07.90 N 7/10/2009 DAVID RADCLIFF

WORLD: 11:07.90 W 7/10/2009 David RADCLIFF

PAC: 12:58.14 P 12/31/1995 Ray Taft

1	Bruce, Bob A	75 OREG-37	12:11.28P	
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Men 75-79 1500 LC Meter Freestyle

NATL: 21:03.06 N 7/10/2009 DAVID RADCLIFF

WORLD: 21:03.06 W 7/10/2009 David RADCLIFF

PAC: 24:53.76 P 12/31/1995 Ray Taft

1	Kirkland, Dan	75 OREG-37	21:50.84P	20
2	Bruce, Bob A	75 OREG-37	22:48.17P	17
3	Crockett, Robert	75 MELO-38	31:07.70	16
4	Feiring, Keith	76 WCM-38	34:34.43	15

Men 75-79 50 LC Meter Backstroke

NATL: 34.45 N 8/2/2018 RICHARD BURNS

WORLD: 34.45 W 8/2/2018 Richard BURNS

PAC: 34:34.45 P 8/2/2018 Richard Burns

1	Wiscomb, Lance	78 USF-38	1:15.51P	20
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Men 75-79 200 LC Meter Backstroke

NATL: 2:50.25 N 7/30/2018 RICHARD BURNS

WORLD: 2:50.25 W 7/30/2018 Richard BURNS

PAC: 2:50.25 P 7/30/2018 Richard Burns

1	Kirkland, Dan	75 OREG-37	2:56.39	20
2	Bruce, Bob A	75 OREG-37	3:22.56	17
3	Wiscomb, Lance	78 USF-38	5:42.86	16

Men 75-79 50 LC Meter Breaststroke

NATL: 38.89 N 6/5/2016 MIKE FRESHLEY

WORLD: 38.12 W 9/2/2022 Roberto RUGGIERI

PAC: 41:41.60 P 7/31/2022 Kenneth Frost

1	Fitschen, Gary	78 MAM-38	44.73P	20
2	Meyerhoff, Rick	76 TAM-38	44.89P	17
3	Smith, Kirby	77 TCAM-38	46.74P	16

Men 75-79 100 LC Meter Breaststroke

NATL: 1:27.74 N 8/18/2016 MIKE FRESHLEY

WORLD: 1:27.74 W 8/18/2016 Mike FRESHLEY

PAC: 1:32.61 P 7/30/2022 Kenneth Frost

1	Fitschen, Gary	78 MAM-38	1:36.70	20
2	Smith, Kirby	77 TCAM-38	1:52.19	17
3	Wiscomb, Lance	78 USF-38	2:53.50	16

Men 75-79 200 LC Meter Breaststroke

NATL: 3:13.93 N 8/21/2016 MIKE FRESHLEY

WORLD: 3:13.93 W 8/21/2016 Mike FRESHLEY

PAC: 3:29.90 P 7/31/2022 Kenneth Frost

1	Wilson, Joel	75 CRUZ-38	3:21.31P	20
2	Fitschen, Gary	78 MAM-38	3:36.93	17
3	Bruce, Bob A	75 OREG-37	3:48.79	16
4	Smith, Kirby	77 TCAM-38	4:05.30	15

Men 75-79 100 LC Meter Butterfly

NATL: 1:19.93 N 6/4/2023 FRED SCHLICHER

WORLD: 1:20.68 W 7/14/2018 Richard BURNS

PAC: 1:20.68 P 7/10/2018 Richard Burns

1	Meyerhoff, Rick	76 TAM-38	1:55.75	20
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Men 75-79 200 LC Meter IM

NATL: 2:57.48 N 6/17/2023 JOEL WILSON

WORLD: 2:57.66 W 8/10/2019 Richard BURNS

PAC: 2:57.48 P 6/17/2023 Joel R Wilson

1	Wilson, Joel	75 CRUZ-38	2:53.12N	20
2	Fitschen, Gary	78 MAM-38	3:40.08	17

Men 75-79 400 LC Meter IM

NATL: 6:34.91 N 8/5/2016 MIKE FRESHLEY

WORLD: 6:34.91 W 8/5/2016 Mike FRESHLEY

PAC: 7:21.75 P 12/31/1995 Ray Taft

1	Meyerhoff, Rick	76 TAM-38	8:44.65	20
---	Bruce, Bob A	75 OREG-37	DNF	

Men 80-84 50 LC Meter Freestyle

NATL: 32.18 N 7/1/2017 JEFF FARRELL

WORLD: 31.23 W 3/12/2023 Akira FUJIMAKI

PAC: 33:33.13 P 7/1/2023 Tony Ralphps

1	Todd, Richard	81 TCAM-38	38.35P	20
2	Anderson, Fred	81 RHMS-38	47.07P	17
3	Stewart, Jim	82 SRM-38	1:00.47P	16

Men 80-84 100 LC Meter Freestyle

NATL: 1:11.82 N 8/23/2014 DAVID RADCLIFF

WORLD: 1:08.76 W 3/11/2023 Akira FUJIMAKI

PAC: 1:18.69 P 7/1/2023 Tony Ralphps

1	Todd, Richard	81 TCAM-38	1:26.16	20
2	Anderson, Fred	81 RHMS-38	1:50.00	17
3	Stewart, Jim	82 SRM-38	2:01.28	16
4	Snape, William	80 USF-38	3:24.89	15

Men 80-84 100 LC Meter Freestyle Splits

NATL: 1:11.82 N 8/23/2014 DAVID RADCLIFF

WORLD: 1:08.76 W 3/11/2023 Akira FUJIMAKI

PAC: 1:18.69 P 7/1/2023 Tony Ralphps

1	Burns, Richard	80 TAM-38	1:12.26P	
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Men 80-84 200 LC Meter Freestyle Splits

NATL: 2:40.22 N 8/24/2014 DAVID RADCLIFF

WORLD: 2:40.22 W 8/24/2014 David RADCLIFF

PAC: 2:58.55 P 7/1/2023 Tony Ralphps

1	Burns, Richard	80 TAM-38	2:43.47P	
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Men 80-84 800 LC Meter Freestyle

NATL: 11:49.29 N 8/22/2014 DAVID RADCLIFF

WORLD: 11:49.29 W 8/22/2014 David RADCLIFF

PAC: 14:14.22 P 8/8/2019 William G Van Horn

1	Fairfield, David	84 TCAM-38	16:59.00	20
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Men 80-84 1500 LC Meter Freestyle

NATL: 22:16.90 N 5/31/2014 DAVID RADCLIFF

WORLD: 22:16.90 W 5/31/2014 David RADCLIFF

PAC: 26:52.93 P 12/31/1999 Ray Taft

1	Brott, Ralph	84 NBA-38	31:25.16	20
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Results

Men 80-84 50 LC Meter Backstroke

NATL:	37.76 N 6/17/2023	RICHARD BURNS	
WORLD:	38.16 W 1/20/2013	S.SEKIKAWA	
PAC:	37:37.76 P 6/17/2023	Richard Burns	
1	Burns, Richard	80 TAM-38	37.76N 20
2	Stewart, Jim	82 SRM-38	1:10.49P 17

Men 80-84 100 LC Meter Backstroke

NATL:	1:25.57 N 6/17/2023	RICHARD BURNS	
WORLD:	1:26.31 W 4/15/2023	Jozsef CSIKANY	
PAC:	1:25.57 P 6/17/2023	Richard Burns	
1	Burns, Richard	80 TAM-38	1:25.11N 20
2	Todd, Richard	81 TCAM-38	1:36.56 17
3	Stewart, Jim	82 SRM-38	2:51.44 16

Men 80-84 200 LC Meter Backstroke

NATL:	3:15.04 N 8/5/2017	DAVID COSTILL	
WORLD:	3:11.43 W 1/28/2023	Jozsef CSIKANY	
PAC:	3:31.36 P 12/31/1999	Ray Taft	
1	Stewart, Jim	82 SRM-38	6:28.99 20

Men 80-84 50 LC Meter Breaststroke

NATL:	42.84 N 6/6/2021	MIKE FRESHLEY	
WORLD:	41.68 W 9/18/2006	Toshio TAJIMA	
PAC:	44:44.42 P 5/27/2023	Peter Andersen	
1	Todd, Richard	81 TCAM-38	47.63P 20

Men 80-84 100 LC Meter Breaststroke

NATL:	1:38.19 N 8/21/2021	MIKE FRESHLEY	
WORLD:	1:34.41 W 8/1/2021	Masaru SHINKAI	
PAC:	1:45.93 P 5/28/2023	Peter Andersen	
1	Todd, Richard	81 TCAM-38	1:44.98P 20

Men 80-84 50 LC Meter Butterfly

NATL:	38.65 N 7/1/2023	ROBERT PILGER	
WORLD:	34.75 W 7/3/2016	Hiroshi MATSUMOTO	
PAC:	42:42.89 P 12/31/1999	Ray Taft	
1	Burns, Richard	80 TAM-38	34.74W 20
2	Anderson, Fred	81 RHMS-38	1:27.19P 17

Men 85-89 50 LC Meter Freestyle

NATL:	35.23 N 8/13/2022	JEFF FARRELL	
WORLD:	33.94 W 3/2/2008	Keijiro NAKAMURA	
PAC:	40:40.28 P 12/31/2003	William Johnston	
1	Norris, Robert	85 DAM-38	1:00.97P 20

Men 85-89 100 LC Meter Freestyle

NATL:	1:23.25 N 6/6/2010	FRANK PIEMME	
WORLD:	1:22.55 W 11/21/2021	Hiroshi MATSUMOTO	
PAC:	1:39.13 P 12/31/2003	William Johnston	
1	Norris, Robert	85 DAM-38	2:18.26 20

Men 85-89 200 LC Meter Freestyle

NATL:	3:07.03 N 6/26/2016	GRAHAM JOHNSTON	
WORLD:	3:03.50 W 7/1/2017	Roberto ALBERICHE	
PAC:	3:35.73 P 12/31/2002	Aldo da Rosa	
1	Van Horn, William	85 TOC-38	3:23.62P 20
2	Norris, Robert	85 DAM-38	5:18.70 17

Men 85-89 400 LC Meter Freestyle

NATL:	6:38.87 N 6/26/2016	GRAHAM JOHNSTON	
WORLD:	6:38.87 W 6/26/2016	Graham JOHNSTON	
PAC:	7:59.07 P 12/31/2003	Aldo da Rosa	
1	Fleming, Jack C	88 USF-38	10:16.17 20
2	Norris, Robert	85 DAM-38	11:06.37 17

Men 85-89 50 LC Meter Backstroke

NATL:	40.50 N 8/2/2018	YOSHI OYAKAWA	
WORLD:	39.89 W 7/18/2008	Keijiro NAKAMURA	
PAC:	44:44.52 P 12/31/2006	Fred Van Dyke	
1	Van Horn, William	85 TOC-38	45.18P 20
2	Norris, Robert	85 DAM-38	1:02.96P 17

Men 85-89 100 LC Meter Backstroke

NATL:	1:38.07 N 6/17/2017	CLARKE MITCHELL	
WORLD:	1:31.65 W 3/2/2008	Keijiro NAKAMURA	
PAC:	1:49.54 P 12/31/2002	Aldo da Rosa	
1	Norris, Robert	85 DAM-38	2:22.35 20
2	Fleming, Jack C	88 USF-38	2:24.38 17

Men 85-89 200 LC Meter Backstroke

NATL:	3:51.72 N 7/1/2017	CLARKE MITCHELL	
WORLD:	3:28.59 W 7/19/2008	Keijiro NAKAMURA	
PAC:	4:07.72 P 12/31/2002	Aldo da Rosa	
1	Van Horn, William	85 TOC-38	4:18.81 20
2	Norris, Robert	85 DAM-38	5:18.73 17

Men 85-89 100 LC Meter Breaststroke

NATL:	1:51.79 N 7/24/2010	FRANK PIEMME	
WORLD:	1:43.68 W 10/15/2022	Tony GOODWIN	
PAC:	2:00.89 P 12/31/2003	Aldo da Rosa	
1	Van Horn, William	85 TOC-38	2:14.45 20

Men 85-89 50 LC Meter Butterfly

NATL:	45.31 N 7/2/2017	CLARKE MITCHELL	
WORLD:	43.62 W 7/1/2017	Roberto ALBERICHE	
PAC:	57:57.66 P 7/31/2022	Jack C Fleming	
1	Van Horn, William	85 TOC-38	54.43P 20

Men 85-89 200 LC Meter IM

NATL:	3:51.20 N 8/3/2010	THOMAS MAINE	
WORLD:	3:39.66 W 3/21/2021	John COCKS	
PAC:	4:16.31 P 12/31/2003	Aldo da Rosa	
1	Van Horn, William	85 TOC-38	4:27.85 20

Men 85-89 400 LC Meter IM

NATL:	8:21.81 N 7/11/2010	THOMAS MAINE	
WORLD:	7:56.23 W 3/20/2021	John COCKS	
PAC:	11:23.79 P 12/31/2003	William Johnston	
1	Fleming, Jack C	88 USF-38	11:27.61 20

Men 90-94 50 LC Meter Freestyle

NATL:	39.19 N 6/23/2003	WOODY BOWERSOCK	
WORLD:	40.72 W 8/11/2003	Woody BOWERSOCK	
PAC:	50:50.24 P 8/9/2014	Frank R Grannis	
1	Mayo, Robert W	90 WCM-38	59.55P 20

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Men 90-94 100 LC Meter Freestyle

NATL: 1:41.87 N 5/31/2014 WILLARD LAMB
 WORLD: 1:36.05 W 6/26/2022 Katsura SUZUKI
 PAC: 1:54.47 P 8/9/2014 Frank R Grannis
 1 Mayo, Robert W 90 WCM-38 2:15.91 20

Men 90-94 200 LC Meter Freestyle

NATL: 3:41.77 N 8/8/2013 WILLARD LAMB
 WORLD: 3:33.64 W 12/12/2021 Katsura SUZUKI
 PAC: 4:29.52 P 8/9/2014 Frank R Grannis
 1 Mayo, Robert W 90 WCM-38 5:16.26 20

Men 90-94 50 LC Meter Backstroke

NATL: 51.94 N 8/15/2014 ALAN WEEDEN
 WORLD: 46.82 W 7/17/2006 Goro KOBAYASHI
 PAC: 1:02.95 P 7/15/2017 August Motmans
 1 Mayo, Robert W 90 WCM-38 1:05.09 20

Men 90-94 100 LC Meter Backstroke

NATL: 1:59.92 N 5/31/2014 WILLARD LAMB
 WORLD: 1:45.46 W 8/9/2006 Goro KOBAYASHI
 PAC: 2:20.34 P 7/16/2017 August Motmans
 1 Mayo, Robert W 90 WCM-38 2:21.34 20

Men 90-94 200 LC Meter Backstroke

NATL: 4:20.06 N 5/31/2014 WILLARD LAMB
 WORLD: 4:05.77 W 7/16/2007 Goro KOBAYASHI
 PAC: 5:08.35 P 6/29/2014 Frank R Grannis
 1 Mayo, Robert W 90 WCM-38 5:11.53 20

Men 95-99 50 LC Meter Freestyle

NATL: 45.71 N 8/6/2017 WILLARD LAMB
 WORLD: 45.71 W 8/6/2017 Willard LAMB
 PAC: 1:06.67 P 7/20/2019 Frank R Grannis
 1 Edgerton, Albert 98 UC38 1:23.99 20

Women 72-99 200 LC Meter Freestyle Relay

NATL: 1:53.83 N 8/8/2009 FT LAUDERDALE AQUATICS
 N PIKE, M BRESNAHAN, K ALYABYEVA, J MARTIN
 PAC: 1:56.41 P 7/4/2016 SMM

A Chan, S Stretch, M Smith, M Waters

1 USF-38 A 2:04.68 40
 1) Karp, Juliana S W20 2) Greco, Sophia W24
 3) Copp, Rachel W26 4) Hamp, Elizabeth J W28

Women 72-99 400 LC Meter Freestyle Relay

NATL: 4:19.34 N 7/24/2010 LAS VEGAS MASTERS
 S COLAVITO, C SMITH, M KELLEY, S PEARSON
 PAC: 4:28.22 P 8/8/2015 DAM

Feeney, Benefield, Fascella, Crow

1 USF-38 A 4:43.80 40
 1) Lewis, Alisha W24 2) Mi, Jessica Z W23
 3) Gastaldi, Martina W25 4) Wagner, Emma W24

Women 72-99 200 LC Meter Medley Relay

NATL: 2:08.86 N 8/8/2009 FT LAUDERDALE AQUATICS
 N PIKE, M BRESNAHAN, K ALYABYEVA, J MARTIN
 PAC: 2:10.24 P 7/1/2010 TOC
 F McCarthy, C Davidoff, M Gill, E P Reilly

1 USF-38 A 2:28.25 40
 1) Lewis, Alisha W24 2) Mi, Jessica Z W23
 3) Gastaldi, Martina W25 4) Wagner, Emma W24

Women 120-159 200 LC Meter Freestyle Relay

NATL: 1:50.53 N 6/9/2013 N CAROLINA MASTERS SWIMMI
 RUTH JONES, CELIA WOLFE, ALICIA UHL, ERIKA BRAUN
 WORLD: 1:49.03 W 8/14/2015 TSUNAMI -RUS
 S KNYAGININA, A FEOKTISTOVA, L YUDINA, I SHLEMOVA
 PAC: 1:55.13 P 12/31/2012 TOC

N Watanabe, L Welting, K Houston, M Gill

1 USF-38 A 2:08.26 40
 1) Curran, Hannah W32 2) Ferroggiaro, Alex W32
 3) Davis, Taylor W47 4) Alexander, Margaret W33
 2 MEMO-38 A 2:22.93 34
 1) Hahnel, Carrie W45 2) Woo, Emily W28
 3) Chien, Regina W37 4) McBride, Beth W33

Women 120-159 400 LC Meter Freestyle Relay

NATL: 4:17.94 N 7/31/1994 STANFORD MASTERS SWIMMIN
 M MC KINNEY, C CHICHESTER, D OGIER, K SHIBUYA
 WORLD: 4:04.10 W 6/15/2019 BIRMINGHAM MASTERS -GB
 K WALKER-STABELER, A LANE, A MCCALL, J CLARK
 PAC: 4:17.94 P 12/31/1994 STAN

McKinney, Chichester, Danielle Ogier, Shibuya

1 USF-38 A 4:58.32 40
 1) Diakite, Adriana R W32 2) Ferroggiaro, Alex W32
 3) Archibald, Hannah W33 4) Versfeld, Rizmari W34

Women 120-159 800 LC Meter Freestyle Relay

NATL: 9:41.97 N 7/24/1999 GOLD COAST MASTERS
 T MOLL, G DERKS-GARDNER, J HERRINGTON, C VICTORIA
 WORLD: 9:10.37 W 11/2/2022 POTIGUAR/TNT MASTERS -B
 F TURINI, M Santoro NAKAGAKI, N Goncalves LEIT, J
 PAC: 9:43.49 P 12/31/1997 WCM

Thompson, Vidal, Lisa Ward, Leach

1 MEMO-38 A 12:36.14 40
 1) Woo, Emily W28 2) Lee, Jez W43
 3) Murillo, Catherine W35 4) McBride, Beth W33

Women 120-159 200 LC Meter Medley Relay

NATL: 2:04.19 N 8/23/1998 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
 PAC: 2:10.15 P 12/31/2010 TOC

J Schriger, L Welting, M Gill, E Reilly

1 USF-38 A 2:31.46 40
 1) Diakite, Adriana R W32 2) Ferroggiaro, Alex W32
 3) Archibald, Hannah W33 4) Versfeld, Rizmari W34

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Women 120-159 400 LC Meter Medley Relay

NATL: 4:38.85 N 8/8/2009 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

PAC: 4:58.90 P 12/31/1997 WCM

Lisa Ward, Osborn, Debbie Flansburg, Ghiggeri

1	USF-38	A	5:38.02	40
	1) Hamp, Elizabeth J W28	2) Curran, Hannah W32		
	3) Karp, Juliana S W20	4) Davis, Taylor W47		

Women 160-199 200 LC Meter Freestyle Relay

NATL: 1:48.44 N 8/8/2006 TEAM TYR

C HART, C SAPPEY, A PETTIS-SCOTT, S VON DER LIPPE

WORLD: 1:48.44 W 8/8/2006 TEAM TYR -USA

S HART, C SAPPEY, A PETTIS-SCOTT, S VON DER LIPPE

PAC: 1:55.89 P 12/31/2006 WCM

Hanley, Paula Roemer, McNamara, Alison Zamanian

1	RHMS-38	A	2:15.62	40
	1) Kroetz, Brigitte W28	2) Murray, Tori W41		
	3) Towey, Rachel W49	4) McCullough, Juliette W42		
2	MAQ-38	A	2:19.14	34
	1) Rempe, Rachel W40	2) Silva, Rayle W27		
	3) Ellison, Stacey W58	4) De Somma, Margaret W55		
3	MEMO-38	A	2:31.56	32
	1) Shu, Vicki W55	2) Lee, Jez W43		
	3) Chaiyasane, Koung W39	4) Voight, Tina W54		

Women 160-199 400 LC Meter Freestyle Relay

NATL: 4:06.90 N 6/14/2015 NORTH CAROLINA MASTERS

E BRAUN, J STRINGER, A UHL, K LINDAUER

WORLD: 4:06.90 W 6/14/2015 NORTH CAROLINA MASTERS -

E BRAUN, J STRINGER, A UHL, K LINDAUER

PAC: 4:33.74 P 12/31/2006 WCM

D Santos, M Curran, C McNamara, P Roemer

1	MAQ-38	A	5:17.01	40
	1) Rempe, Rachel W40	2) Silva, Rayle W27		
	3) Ellison, Stacey W58	4) De Somma, Margaret W55		

Women 160-199 400 LC Meter Medley Relay

NATL: 4:40.42 N 8/20/2022 NORTH CAROLINA MASTERS

K MAYBANK, S TAYLOR, I HOLLAND, E BRAUN

WORLD: 4:40.42 W 8/20/2022 NORTH CAROLINA MASTERS -

K MAYBANK, S TAYLOR, I HOLLAND, E BRAUN

PAC: 4:56.95 P 12/31/2009 WCM

Lisa Ward, Debbie Santos, Sandi Easton, BJ Henry

1	MEMO-38	A	5:52.74	40
	1) McBride, Beth W33	2) Hahnel, Carrie W45		
	3) Shu, Vicki W55	4) Woo, Emily W28		
2	RHMS-38	A	6:04.76	34
	1) Murray, Tori W41	2) Towey, Rachel W49		
	3) Kroetz, Brigitte W28	4) O'Hanlon, Christine W53		

Women 200-239 200 LC Meter Freestyle Relay

NATL: 1:54.72 N 8/7/2022 CLUB TRIBE

F WILLEBOORDSE, C HURTUBISE, S WILLIAMS, M CONZE

WORLD: 1:54.72 W 8/7/2022 CLUB TRIBE -USA

F WILLEBOORDSE, C HURTUBISE, S WILLIAMS, M CONZE

PAC: 2:00.50 P 12/31/2006 WCM

L Crittendem, R Brittingeham, C O'Brien, S Heim-Bo

1	SRM-38	A	2:19.25	40
	1) Rueda, Marcela W41	2) Jones, Sara W55		
	3) Bulman, Robin W58	4) Nelson, Sheila W55		
2	WCM-38	A	2:29.07	34
	1) Nichelman, Sherri W63	2) Ongerth, Ann Michelle W49		
	3) Thomas, Alexandra W35	4) Ward, Lisa W59		
3	DAM-38	A	2:33.28	32
	1) Phalen, Jennifer W59	2) Belluomini, Melanie W46		
	3) Russell, Jane W60	4) Guthrie, Sally W73		
4	MAQ-38	A	2:55.99	30
	1) Seaver-Forse, Lynn M W61	2) Powers, Terry W60		
	3) Leinsteiner, Terri W65	4) Topping, Catherine W44		

Women 200-239 400 LC Meter Freestyle Relay

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

PAC: 4:46.55 P 8/6/2016 DAM

A Rieger, K Halsted, W Pratt, A Bell

1	WCM-38	A	5:19.43	40
	1) Zamanian, Alison W53	2) Taylor, Catherine W60		
	3) Nichelman, Sherri W63	4) Ongerth, Ann Michelle W49		
2	DAM-38	A	5:23.63	34
	1) Crow, Vivian A W26	2) Belluomini, Melanie W46		
	3) Guthrie, Sally W73	4) Russell, Jane W60		
3	USF-38	A	6:06.22	32
	1) Prichard, Amie W43	2) Dunn, Audrey W70		
	3) Gerhan, Martha W62	4) Davis, Taylor W47		

Women 200-239 800 LC Meter Freestyle Relay

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 -US

J GELLATLY, B CLEAVENGER, E MAIDENBERG, L DALAND-J

PAC: 10:44.68 P 12/31/2009 TOC

M Meyer, A Felton, P Quinn, L Welting

1	RHMS-38	A	13:15.90	40
	1) Towey, Rachel W49	2) Laudenslager, Sherri W61		
	3) Viscardi, Josie W59	4) Flynn, Beth W61		

Women 200-239 200 LC Meter Medley Relay

NATL: 2:08.87 N 8/4/2022 CLUB TRIBE

S WILLIAMS, K HARRIS, M CONZE, F WILLEBOORDSE

WORLD: 2:08.87 W 8/4/2022 CLUB TRIBE -USA

S WILLIAMS, K HARRIS, M CONZE, F WILLEBOORDSE

PAC: 2:15.21 P 12/31/2006 WCM

P Landers, L Crittenden, S Heim-Bowen, T

1	USF-38	A	3:20.67	40
	1) Prichard, Amie W43	2) Dunn, Audrey W70		
	3) Gerhan, Martha W62	4) Davis, Taylor W47		

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Women 200-239 400 LC Meter Medley Relay

NATL: 4:58.86 N 7/30/2016 NORTH TEXAS LONESTARS

S STONE, K MACCUDY, M REA, K HENDERSON

WORLD: 4:54.41 W 1/25/2020 MASTERS SORLANDET -NOI

L LOTHE, A SORENSEN, J THORSTENSEN, M FUGLESTVEIT

PAC: 5:33.16 P 8/6/2016 DAM

A Rieger, A Bell, W Pratt, K Halsted

1	SRM-38	A	5:52.74	40
	1) Jones, Sara W55	2) Bulman, Robin W58		
	3) Rueda, Marcela W41	4) Nelson, Sheila W55		
2	DAM-38	A	6:11.56	34
	1) Garforth, Emma W55	2) Phalen, Jennifer W59		
	3) Belluomini, Melanie W46	4) Guthrie, Sally W73		

Women 240-279 200 LC Meter Freestyle Relay

NATL: 2:01.52 N 7/20/2019 NORTH TEXAS LONESTARS

K HENDERSON, L MORRISON, C MCKELVEY, S STONE

WORLD: 2:00.75 W 3/17/2018 CAPE TOWN MASTERS -RSA

E OTTERMANN, S KRUGER, D COETZEE, C STANFORD

PAC: 2:21.79 P 8/9/2014 TAM

L Val, L Shoenberger, N Ridout, B Wheeler

1	RHMS-38	A	2:32.69	40
	1) O'Hanlon, Christine W53	2) Hepworth, Linda W70		
	3) Laudenslager, Sherri W61	4) Viscardi, Josie W59		
2	MELO-38	A	2:53.24	34
	1) Pinto, Rebecca W68	2) Strauss, Judy W69		
	3) Dutro, Cynthia W75	4) Capen, Tasha W57		

Women 240-279 400 LC Meter Freestyle Relay

NATL: 4:36.74 N 7/21/2019 NORTH TEXAS LONESTARS

S STONE, K HENDERSON, L MORRISON, J WOOLSLAYER

WORLD: 4:36.74 W 7/21/2019 NORTH TEXAS LONESTAR -US

S STONE, K HENDERSON, L MORRISON, J WOOLSLAYER

PAC: 5:17.41 P 7/2019 DAM

J Roberts, J Russell, C Sprouse, S Guthrie

1	MELO-38	A	5:14.66P	40
	1) Capen, Tasha W57	2) Couch, Stephanie W59		
	3) Feeley, Louise W64	4) Matena, Jana W61		
2	RHMS-38	A	5:54.77	34
	1) O'Hanlon, Christine W53	2) Hepworth, Linda W70		
	3) Laudenslager, Sherri W61	4) Viscardi, Josie W59		

Women 240-279 800 LC Meter Freestyle Relay

NATL: 10:22.07 N 7/19/2019 NORTH TEXAS LONESTARS

L MORRISON, M BAILEY, J WOOLSLAYER, S STONE

WORLD: 10:13.61 W 2/21/2016 CAPE TOWN MASTERS -RSA

C STANFORD, G MCCARNEY, D COETZEE, S KRUGER

PAC: 13:22.27 P 7/9/2022 WCM

A Dibley, S Scott, C Taylor, A Zamanian

1	DAM-38	A	15:04.44	40
	1) Garforth, Emma W55	2) Goldberg, Michelle W55		
	3) Phalen, Jennifer W59	4) Guthrie, Sally W73		

Women 240-279 200 LC Meter Medley Relay

NATL: 2:22.45 N 8/9/2019 OREGON MASTERS

V JENKINS, C CRABBE, A DELMAGE, J GETTLING

WORLD: 2:19.90 W 3/16/2018 CAPE TOWN MASTERS -RSA

D COETZEE, C STANFORD, E OTTERMANN, S KRUGER

PAC: 2:42.85 P 7/4/2018 WCM

P K Newacheck, K Fox-Yoder, C O'Brien, C W Taylor

1	MELO-38	A	2:45.60	40
	1) Couch, Stephanie W59	2) Matena, Jana W61		
	3) Capen, Tasha W57	4) Feeley, Louise W64		
2	DAM-38	A	2:46.36	34
	1) Garforth, Emma W55	2) Phalen, Jennifer W59		
	3) Russell, Jane W60	4) Guthrie, Sally W73		
3	RHMS-38	A	3:04.47	32
	1) Hepworth, Linda W70	2) Laudenslager, Sherri W61		
	3) Flynn, Beth W61	4) O'Hanlon, Christine W53		
4	WCM-38	A	3:37.57	30
	1) Nichelman, Sherri W63	2) Taylor, Catherine W60		
	3) Ongerth, Ann Michelle W49	4) Wood, Caroline W W88		

Women 240-279 400 LC Meter Medley Relay

NATL: 5:33.65 N 7/9/2011 OREGON MASTERS

J WARD, G PIERSON, C CRABBE, K ANDRUS-HUGHES

WORLD: 5:19.05 W 2/27/2016 CAPE TOWN MASTERS -RSA

D COETZEE, G MCCARNEY, C STANFORD, S KRUGER

PAC: 6:16.36 P 7/1/2019 DAM

M Kahn, C Sprouse, J Russell, S Guthrie

1	MELO-38	A	6:53.15	40
	1) Couch, Stephanie W59	2) Barnea, Daniela W79		
	3) Capen, Tasha W57	4) Pinto, Rebecca W68		
2	USF-38	A	8:35.14	34
	1) Chaitkin, Lauren W79	2) Dunn, Audrey W70		
	3) Sweeney, Megan W43	4) Pashelinsky, Erin W76		

Women 280-319 200 LC Meter Freestyle Relay

NATL: 2:14.99 N 1/20/2023 LONE STAR MASTERS

L MORRISON, J COLE, K MACCUDY, J WOOLSLAYER

WORLD: 2:14.99 W 1/20/2023 LONE STAR MASTERS -USA

L MORRISON, J COLE, K MACCUDY, J WOOLSLAYER

PAC: 2:24.42 P 8/1/2018 TAM

L B Val, S Archer, N J Ridout, B C Wheeler

1	RHMS-38	A	3:23.42	40
	1) Flynn, Beth W61	2) Tevis, Maggie W75		
	3) Coholan, Annette W75	4) Madison, Carolyn W77		
2	MAQ-38	A	3:46.44	34
	1) August, Susan W69	2) Flesh, Anice W87		
	3) Sampiere-Prochnow, Susie W60	4) Ross, June W64		
3	USF-38	A	3:48.73	32
	1) Dunn, Audrey W70	2) Cohn, Darcy C W72		
	3) Pashelinsky, Erin W76	4) Allen, Susan W79		

2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023

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Women 280-319 400 LC Meter Freestyle Relay

NATL: 5:26.29 N 6/12/2022 SARASOTA SHARKS

DIANN UUSTAL, SUE WATTS, JUNE CARSON, NANCY KRYKA

WORLD: 5:26.29 W 6/12/2022 SARASOTA SHARKS MASTERS

Diann UUSTAL, Sue WATTS, June CARSON, Nancy KRYKA

PAC: 6:52.14 P 7/4/2018 MAM

S A Caso, S G Stanton, P K McPartland, R Y Shaps

1	MELO-38	A	6:35.43P	40
	1) Dutro, Cynthia W75	2) Strauss, Judy W69		
	3) Pinto, Rebecca W68	4) Schwartz, Judith W69		
2	USF-38	A	8:47.65	34
	1) Cohn, Darcy C W72	2) Pashelinsky, Erin W76		
	3) Chaitkin, Lauren W79	4) Allen, Susan W79		

Women 280-319 800 LC Meter Freestyle Relay

NATL: 12:40.22 N 7/31/2021 MISSION VIEJO MASTERS

B MONTELLA, J LEVINRAD, G UTHUS, D DOLAN LAMAR

WORLD: 12:25.08 W 5/3/2019 PSV -NED

I WEEKERS, L GEURTS, C VERHOEVEN, E van LOHUIZEN

PAC: 16:17.09 P 12/31/1992 WCM

J Durston, M Jane Reeves, J Howell, D Monroe

1	MELO-38	A	14:41.59P	40
	1) Barnea, Daniela W79	2) Basile, Katy W64		
	3) Dutro, Cynthia W75	4) Strauss, Judy W69		
2	USF-38	A	15:56.21P	34
	1) Ogilvie, Carol M W68	2) Niccolls, Dorothy W70		
	3) Dunn, Audrey W70	4) Pashelinsky, Erin W76		

Women 280-319 200 LC Meter Medley Relay

NATL: 2:34.78 N 1/20/2023 LONE STAR MASTERS

J WOOLSLAYER, K MACCURDY, J COLE, L MORRISON

WORLD: 2:34.78 W 1/20/2023 LONE STAR MASTERS -USA

J WOOLSLAYER, K MACCURDY, J COLE, L MORRISON

PAC: 2:48.41 P 8/1/2018 TAM

L B Val, S Archer, B C Wheeler, N J Ridout

1	MELO-38	A	3:22.85	40
	1) Dutro, Cynthia W75	2) Barnea, Daniela W79		
	3) Pinto, Rebecca W68	4) Schwartz, Judith W69		
2	USF-38	A	5:19.49	34
	1) Cohn, Darcy C W72	2) Pashelinsky, Erin W76		
	3) Chaitkin, Lauren W79	4) Allen, Susan W79		

Women 320-359 200 LC Meter Medley Relay

NATL: 3:47.69 N 3/21/2009 FLORIDA AQUATIC COMBINED

B LORENZI, S EISELE, N DURSTEIN, J CAMPBELL

WORLD: 3:23.94 W 6/4/2022 ST KANSAI -JPN

Y OSAKI, K YONEDA, N YASUDA, F HIROOKA

PAC: 4:15.82 P 7/2022 TAM

M Alexandre, K Jaffe, G Carroll, N Ridout

1	DAM-38	A	5:02.01	40
	1) Westergaard, Leslie W80	2) Lardelli, Diane W79		
	3) Norris, Roswita W81	4) Dugan, Betty L W82		

Men 120-159 200 LC Meter Freestyle Relay

NATL: 1:34.82 N 7/26/2009 SOUTHERN CAL AQUATIC MAST

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

PAC: 1:37.49 P 12/31/1986 TOC

F Hubbell, B Barthold, B Placak, J Griffith

1	USF-38	A	1:50.62	40
	1) Valentine, Matthew M29	2) Christensen, Jon M33		
	3) Hallman, Kevin M34	4) Neuwirth, Benjamin M40		

Men 160-199 200 LC Meter Freestyle Relay

NATL: 1:36.28 N 8/8/2006 TEAM TYR

M EISENHUTH, J SMITH, R SAEGER, P SMITH

WORLD: 1:34.92 W 8/18/2017 NEVA STARS -RUS

A SHILIN, S MEDVEDEV, A MANZHULA, V PREDKIN

PAC: 1:40.32 P 12/31/1994 TOC

B Placak, B Barthold, J Griffith, K Vander Bogart

1	RPM-38	A	1:56.93	40
	1) Sabatini, Greg M47	2) Chua, Brendan M38		
	3) Horan, Kevin M39	4) Frink, Stephen M38		
2	MEMO-38	A	2:05.85	34
	1) Song, Jimmy M40	2) Hertzner, Keith M50		
	3) Lehnert, Ahren M50	4) Wehmann, Todd M51		

Men 160-199 400 LC Meter Freestyle Relay

NATL: 3:38.60 N 7/3/2011 LONGHORN AQUATICS

T BLESSING, M VAROZZA, A RASMUSSEN, C ECKERMAN

WORLD: 3:38.60 W 7/3/2011 LONGHORN AQUATICS -USA

T BLESSING, M VAROZZA, A RASMUSSEN, C ECKERMAN

PAC: 3:52.36 P 12/31/2002 TSUN

Geoff Glaser, Fitzgibbons, McDermott, Oaks

1	MELO-38	A	4:10.20	40
	1) Chialvo, Federico M40	2) Rosales-Delmoral, Romer M50		
	3) Leimkuhler, Kyle M36	4) Pyle, Mike M48		
2	DAM-38	A	4:11.66	34
	1) Anderson, Kent M51	2) Zachan, Matthew M37		
	3) Winsor, Brad M52	4) Krovetz, Ted M57		
---	USF-38	A	DQ	
	1) Neuwirth, Benjamin M40	2) Fuzellier, Matthieu M43		
	3) Rankin, Shane I M49	4) Artunian, Taylor M31		

Men 160-199 800 LC Meter Freestyle Relay

NATL: 8:15.15 N 7/16/2006 TEAM TYR

R SAEGER, P SMITH, M RUFFNER, D WEGNER

WORLD: 8:12.71 W 10/24/2021 JSS FUKAI -JPN

M TOJO, K KANAZAWA, K KUGA, T NAKANO

PAC: 8:46.21 P 12/31/2005 STAN

Kemp, Matt Kanzler, Tim Broderick, Ken Shilling

1	MEMO-38	A	11:39.49	40
	1) Song, Jimmy M40	2) Lehnert, Ahren M50		
	3) Wu, Long M58	4) Wehmann, Todd M51		

2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023

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Men 160-199 200 LC Meter Medley Relay

NATL: 1:47.72 N 8/8/2006 TEAM TYR

R SAEGER, G RHODENBAUGH, P SMITH, J SMITH

WORLD: 1:45.47 W 8/18/2017 NEVA STARS -RUS

A SHILIN, G GOGOL, A MANZHULA, V PREDKIN

PAC: 1:52.30 P 12/31/2006 STAN

Rick Gould, Scottoline, Phelan, Lundberg

1	MELO-38	A	2:12.57	40
	1) Chialvo, Federico M40		2) Pyle, Mike M48	
	3) Leimkuhler, Kyle M36		4) Rosales-Delmoral, Romer M50	
2	USF-38	A	2:33.79	34
	1) Neuwirth, Benjamin M40		2) Fuzellier, Matthieu M43	
	3) Rankin, Shane I M49		4) Artunian, Taylor M31	

Men 160-199 400 LC Meter Medley Relay

NATL: 4:02.07 N 5/10/2015 STAN

RICK GOULD, BJ JOHNSON, DARREN PHELAN, MIKE PYLE

WORLD: 4:01.27 W 3/12/2022 DIABLO -JPN

T YAMAOKA, S ASAH, N HIRANO, T KOGA

PAC: 4:02.07 P 5/2015 STAN

R Gould, BJ Johnson, D Phelan, M Pyle

1	USF-38	A	5:44.66	40
	1) Goard, Andrew M M28		2) Mackey, Theral E M46	
	3) Hallman, Kevin M34		4) Young, Stephen L M65	
2	MEMO-38	A	6:00.88	34
	1) Song, Jimmy M40		2) Galvin, Jeffrey S M57	
	3) Hertzler, Keith M50		4) Lehnert, Ahren M50	

Men 200-239 200 LC Meter Freestyle Relay

NATL: 1:38.24 N 8/8/2006 COLORADO MASTERS

J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMS

WORLD: 1:38.24 W 8/8/2006 COLORADO -USA

J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMS

PAC: 1:44.06 P 12/31/2006 BAC

Whatley, McAweeney, Finch, Butler

1	MELO-38	A	2:03.41	40
	1) Leimkuhler, Kyle M36		2) Rosales-Delmoral, Romer M50	
	3) Pinto, Harlan A M66		4) Pyle, Mike M48	
2	USF-38	A	2:05.77	34
	1) Bucy, John M45		2) Mackey, Theral E M46	
	3) Mc Bride, Patrick M54		4) Langner, Mikael M55	
3	USF-38	B	2:53.06	32
	1) Fuzellier, Matthieu M43		2) Young, Stephen L M65	
	3) Murray, Ed M74		4) Rankin, Shane I M49	

Men 200-239 400 LC Meter Freestyle Relay

NATL: 3:52.34 N 8/12/2012 LONGHORN AQUATICS

M VAROZZA, J SAUER, D GUTHRIE, A RASMUSSEN

WORLD: 3:46.05 W 5/14/2017 BRESCIA ACQUARE MAFECO -I

M GIALDI, M TERSAR, R BRUNORI, M COLOMBO

PAC: 4:05.19 P 6/8/2014 SMM

M Coquillard, T Reudy, J Baker, M Kiedel

1	MEMO-38	A	4:56.93	40
	1) Wehmann, Todd M51		2) Hertzler, Keith M50	
	3) Small, Stephen M71		4) Lehnert, Ahren M50	
2	USF-38	A	5:23.65	34
	1) Robinson, John S M58		2) Langner, Mikael M55	
	3) O'Rourke, Rick M58		4) Mackey, Theral E M46	

Men 200-239 800 LC Meter Freestyle Relay

NATL: 8:38.51 N 5/31/2019 ARIZONA MASTERS

T DEBIASE, E KRATZ, K DICKSON, J UTSCHE

WORLD: 8:38.24 W 7/6/2013 BRASIL MASTERS -BRA

H CELIDONIO, D Garrido MADRUGA, R Carlos CARVALHO,

PAC: 9:22.12 P 12/31/2007 WCM

R Santos, P Guadagni, D Galine, K O'Brien

1	DAM-38	A	9:47.61	40
	1) Winsor, Brad M52		2) Woodruff, David M67	
	3) Zachan, Matthew M37		4) Krovetz, Ted M57	

Men 200-239 200 LC Meter Medley Relay

NATL: 1:50.83 N 8/8/2006 COLORADO MASTERS

S WOOD, J GROSELLE, T HEDRICK, R ABRAHAMS

WORLD: 1:50.83 W 8/8/2006 COLORADO -USA

S WOOD, J GROSELLE, T HEDRICK, R ABRAHAMS

PAC: 1:57.72 P 12/31/2005 RHMS

P Djang, L Rider, B Adkison, E van Boer

1	USF-38	A	2:46.44	40
	1) Robinson, John S M58		2) Langner, Mikael M55	
	3) O'Rourke, Rick M58		4) Mackey, Theral E M46	

Men 200-239 400 LC Meter Medley Relay

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

PAC: 4:38.46 P 12/31/1994 TOC

Tim Birnie, Bob Strand, Rich Bassi, Jim Elder

1	USF-38	A	6:14.98	40
	1) Mc Bride, Patrick M54		2) Langner, Mikael M55	
	3) Christensen, Jon M33		4) Gendreau, David M63	

Men 240-279 200 LC Meter Freestyle Relay

NATL: 1:42.40 N 8/19/2016 SARASOTA Y SHARKS

S WOOD, D MARTIN, T HEDRICK, J GROSELLE

WORLD: 1:42.40 W 8/19/2016 SARASOTA Y SHARKS -USA

S WOOD, D MARTIN, T HEDRICK, J GROSELLE

PAC: 1:48.79 P 8/7/2013 TAM

Richard Burns, Alan Bernard, Tate Holt, Greg Tull

1	WCM-38	A	2:04.23	40
	1) Boone, Jon M60		2) Carter, Paul M55	
	3) Kemler, David M65		4) Remmert, Greg A M61	
2	RHMS-38	A	2:07.20	34
	1) Erickson, Douglas M51		2) Van Boer, Eric D M69	
	3) Laudenslager, Greg M62		4) Maritzen, Michael M67	
3	USF-38	A	2:50.24	32
	1) Robinson, John S M58		2) Treman, Jim M58	
	3) Ewing, Jack M63		4) Gendreau, David M63	
4	MEMO-38	A	3:01.17	30
	1) Galvin, Jeffrey S M57		2) Galvin, Chris M53	
	3) Galvin, Patrick M58		4) Galvin, Barry M90	

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Men 240-279 400 LC Meter Freestyle Relay

NATL: 3:59.86 N 8/11/2018 COLORADO MASTERS

M MANN, C PETERSEN, G SCOTT, K ANDERSON

WORLD: 3:59.86 W 8/11/2018 COLORADO MASTERS -USA

M MANN, C PETERSEN, G SCOTT, K ANDERSON

PAC: 4:01.34 P 12/31/2012 SMM

J Sweeney, R Brown, S Finch, T Reudy

1	WCM-38	A	4:45.76	40
	1) Nootbaar, Tom M60	2) Carter, Paul M55		
	3) Kemler, David M65	4) Tittle, Kenneth M60		
2	MELO-38	A	5:52.59	34
	1) Fishman, Harvey M55	2) Crockett, Robert M75		
	3) Pinto, Harlan A M66	4) Anderson, Bob M68		

Men 240-279 800 LC Meter Freestyle Relay

NATL: 8:56.62 N 8/12/2018 COLORADO MASTERS

M MANN, C PETERSEN, G SCOTT, K ANDERSON

WORLD: 8:56.62 W 8/12/2018 COLORADO MASTERS -USA

M MANN, C PETERSEN, G SCOTT, K ANDERSON

PAC: 9:09.92 P 7/4/2016 STAN

T Broderick, S Strong, J Kemp, D Phelan

1	RHMS-38	A	11:38.95	40
	1) Erickson, Douglas M51	2) Laudenslager, Greg M62		
	3) Van Boer, Eric D M69	4) Maritzen, Michael M67		
2	MEMO-38	A	13:45.05	34
	1) Small, Stephen M71	2) Winterrowd, Dan M73		
	3) Benjamin, David M74	4) Inchausti, Robert M61		

Men 240-279 200 LC Meter Medley Relay

NATL: 1:57.46 N 8/21/2016 SARASOTA Y SHARKS

S WOOD, J GROSELLE, T HEDRICK, D MARTIN

WORLD: 1:57.46 W 8/21/2016 SARASOTA Y SHARKS -USA

S WOOD, J GROSELLE, T HEDRICK, D MARTIN

PAC: 2:02.72 P 12/31/2012 TAM

Richard Burns, Kenneth Frost, Greg Tull, Tate Holt

1	WCM-38	A	2:18.02	40
	1) Chao, Hector M59	2) King, Ian M61		
	3) Tittle, Kenneth M60	4) Boone, Jon M60		
2	MELO-38	A	2:59.58	34
	1) Fishman, Harvey M55	2) Pinto, Harlan A M66		
	3) Anderson, Bob M68	4) Crockett, Robert M75		
3	MEMO-38	A	3:06.09	32
	1) Rentschler, Randy M63	2) Wu, Long M58		
	3) Inchausti, Robert M61	4) Benjamin, David M74		

Men 240-279 400 LC Meter Medley Relay

NATL: 4:32.15 N 8/10/2018 COLORADO MASTERS

C PETERSEN, G SCOTT, M MANN, K ANDERSON

WORLD: 4:32.15 W 8/10/2018 COLORADO MASTERS -USA

C PETERSEN, G SCOTT, M MANN, K ANDERSON

PAC: 5:11.83 P 8/8/2015 DAM

D S Vidmar, J B Thayer, M E Evans, T S Deacon

1	MELO-38	A	6:48.03	40
	1) Rosales-Delmoral, Romer M50	2) Pinto, Harlan A M66		
	3) Anderson, Bob M68	4) Sheeper, Tim M60		
2	USF-38	A	8:35.75	34
	1) Wagner, Chris M64	2) Shalowitz, Jon M56		
	3) Murray, Ed M74	4) Ellis, Larry M77		

Men 280-319 200 LC Meter Freestyle Relay

NATL: 1:56.91 N 8/15/2014 GOLD COAST MASTERS

D QUIGGIN, D PAINTER, K LODWIG, L CHILDS

WORLD: 1:56.91 W 8/15/2014 GOLD COAST MASTERS -USA

D QUIGGIN, D PAINTER, K LODWIG, L CHILDS

PAC: 2:03.61 P 8/1/2019 TAM

R Burns, R Meyerhoff, M Sherrill, J Foote

1	MEMO-38	A	2:39.10	40
	1) Kennedy, James M72	2) Winterrowd, Dan M73		
	3) Benjamin, David M74	4) Small, Stephen M71		
2	RHMS-38	A	3:05.13	34
	1) Nam, Jimmy M55	2) Madison, John M78		
	3) Anderson, Fred M81	4) Ciampi, Norman M84		

Men 280-319 400 LC Meter Freestyle Relay

NATL: 4:27.17 N 6/18/2017 PALM BEACH MASTERS

L CHILDS, K LODWIG, G SCHMIDT, D QUIGGIN

WORLD: 4:27.17 W 6/18/2017 PALM BEACH MASTERS -USA

L CHILDS, K LODWIG, G SCHMIDT, D QUIGGIN

PAC: 5:15.43 P 7/4/2018 WCM

Bob Upshaw, Mal Jester, Craig Dennis, J R DeLacy

1	RHMS-38	A	5:54.74	40
	1) Van Boer, Eric D M69	2) Maritzen, Michael M67		
	3) Cochrane, James M65	4) Anderson, Fred M81		
2	USF-38	A	9:42.19	34
	1) Murray, Ed M74	2) Wiscomb, Lance M78		
	3) Young, Stephen L M65	4) Snape, William M80		

Men 280-319 800 LC Meter Freestyle Relay

NATL: 10:15.72 N 6/6/2021 SARASOTA SHARKS

JACK GROSELLE, JACK MARTIN, BOB COUCH, RICK WALKER

WORLD: 10:15.72 W 6/6/2021 SARASOTA SHARKS MASTERS -

Jack GROSELLE, Jack MARTIN, Bob COUCH, Rick WALKER

PAC: 12:22.64 P 12/31/1994 SMMM

Ray Taft, Fred Taioli, Moran, Steuart

1	USF-38	A	17:19.38	40
	1) Young, Stephen L M65	2) Bortman, Henry (Camo) M73		
	3) Murray, Ed M74	4) Fleming, Jack C M88		

Men 280-319 200 LC Meter Medley Relay

NATL: 2:15.24 N 8/4/2022 SARASOTA SHARKS

J BOATRIGHT, R WALKER, R KAHN, L CHILDS

WORLD: 2:15.24 W 8/4/2022 SARASOTA SHARKS MASTERS -

J BOATRIGHT, R WALKER, R KAHN, L CHILDS

PAC: 2:19.72 P 8/9/2019 TAM

R Burns, A Moskovits, J Foote, R Meyerhoff

1	RHMS-38	A	2:58.87	40
	1) Van Boer, Eric D M69	2) Cochrane, James M65		
	3) Maritzen, Michael M67	4) Anderson, Fred M81		
2	USF-38	A	4:55.53	34
	1) Murray, Ed M74	2) Wiscomb, Lance M78		
	3) Young, Stephen L M65	4) Snape, William M80		

2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023

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Men 280-319 400 LC Meter Medley Relay

NATL: 5:07.90 N 7/8/2023 SARASOTA SHARKS

B BRACKETT, R WALKER, J BOATRIGHT, L CHILDS

WORLD: 5:14.37 W 7/31/2022 BIG WEDNESDAY -JPN

H KAWAGUCHI, M MARUTAMA, S SAKAMOTO, H YOBIKO

PAC: 6:31.65 P 12/31/2005 WCM

B Mayo, N Stupfel, J Perilman, E Haworth

1	MEMO-38	A	7:21.09	40
	1) Benjamin, David M74	2) Small, Stephen M71		
	3) Kennedy, James M72	4) Winterrowd, Dan M73		
2	RHMS-38	A	7:22.15	34
	1) Maritzen, Michael M67	2) Cochrane, James M65		
	3) Van Boer, Eric D M69	4) Anderson, Fred M81		

Men 320-359 200 LC Meter Freestyle Relay

NATL: 2:24.56 N 8/19/2016 OREGON MASTERS

J FERRAZ, W LAMB, F PHILIPPS, D RADCLIFF

WORLD: 2:20.89 W 7/21/2003 JUEI CLUB -JPN

S SHIDA, K NAKAMURA, K SHIRAYAMA, I TAMURA

PAC: 2:59.22 P 7/6/2015 WCM

E V Lane, N E Stupfel, R W Mayo, S F Morner

1	TAM-38	A	2:12.73W	40
	1) Burns, Richard M80	2) Andersen, Peter M80		
	3) Reed, Ed M80	4) Ralphs, Tony M80		

Men 320-359 400 LC Meter Freestyle Relay

NATL: 5:43.81 N 7/30/2017 MICHIGAN MASTERS

J LOCKWOOD, K OLZMANN, R MARTIN, W JEFFRIES

WORLD: 5:36.25 W 3/12/2023 EIJI -JPN

K NAKASHIMA, H MIZUNO, S OGASAWARA, A IIDA

PAC: 7:11.40 P 7/1/2010 AAM

H S Goldsmith, A Motmans, P Hathaway, A O Jones

1	TAM-38	A	5:05.88W	40
	1) Burns, Richard M80	2) Andersen, Peter M80		
	3) Reed, Ed M80	4) Ralphs, Tony M80		
2	TCAM-38	A	6:25.96P	34
	1) Daniels, Larry N M78	2) Smith, Kirby M77		
	3) Todd, Richard M81	4) Fairfield, David M84		

Men 320-359 800 LC Meter Freestyle Relay

NATL: 13:00.32 N 7/30/2017 MICHIGAN MASTERS

W JEFFRIES, R MARTIN, J LOCKWOOD, K OLZMANN

WORLD: 13:00.32 W 7/30/2017 MICHIGAN MASTERS -USA

W JEFFRIES, R MARTIN, J LOCKWOOD, K OLZMANN

1	TAM-38	A	11:38.85N	40
	1) Burns, Richard M80	2) Andersen, Peter M80		
	3) Reed, Ed M80	4) Ralphs, Tony M80		

Men 320-359 200 LC Meter Medley Relay

NATL: 2:56.04 N 8/1/2018 SAN DIEGO SWIM MASTERS

B BEST, P ANDERSEN, M FRESHLEY, T MITCHELL

WORLD: 2:45.04 W 10/2/2022 TOTO DOLOHIN -JPN

K IKEDA, M SHINKAI, K IWAMOTO, S USUI

PAC: 3:16.51 P 7/1/2010 AAM

P Hathaway, A Motmans, A O Jones, H S Goldsmith

1	TAM-38	A	2:37.00W	40
	1) Reed, Ed M80	2) Andersen, Peter M80		
	3) Burns, Richard M80	4) Ralphs, Tony M80		

2	TCAM-38	A	3:14.13P	34
	1) Todd, Richard M81	2) Daniels, Larry N M78		
	3) Smith, Kirby M77	4) Fairfield, David M84		

Men 320-359 400 LC Meter Medley Relay

NATL: 7:01.64 N 7/30/2017 MICHIGAN MASTERS

A CHARLTON, R MARTIN, E LOKENSGARD, W JEFFRIES

WORLD: 6:40.23 W 4/15/2023 TOROKBALINTI SC -HUN

J CSIKANY, M KOVATS, L CSABA, L BARDOZ

1	TAM-38	A	6:14.23W	40
	1) Reed, Ed M80	2) Andersen, Peter M80		
	3) Burns, Richard M80	4) Ralphs, Tony M80		

Mixed 72-99 400 LC Meter Freestyle Relay

NATL: 3:56.54 N 7/25/2009 CONEJO SIMI AQUATIC MASTER

W FEDERER, L HANCOCK, C RAMOS, K DENBY

PAC: 3:55.60 P 7/2/2013 SMM

A Chan, J Oto, C Sanchez, A Navarro

1	USF-38	A	4:31.56	40
	1) Lin, Alan M24	2) Brunings, Kourtney W26		
	3) Heah, Rachel W26	4) Lopez, Samuel M23		

Mixed 72-99 200 LC Meter Medley Relay

NATL: 1:55.58 N 8/10/2019 SWIM FORT LAUDERDALE

E PAZOS, Y RUBIN, E ZUBERO, J LORDA TAYLOR

PAC: 2:02.00 P 7/2/2013 SMM

A Navarro, C Sanchez, A Chang, J Oto

1	USF-38	A	2:13.25	40
	1) Lin, Alan M24	2) Brunings, Kourtney W26		
	3) Heah, Rachel W26	4) Lopez, Samuel M23		

Mixed 100-119 400 LC Meter Freestyle Relay

NATL: 3:54.81 N 7/25/2009 SOUTHERN CAL AQUATIC MAST

N JANOS, J CORCORAN, A YEARWOOD, E TOLMACHOFF

WORLD: 3:48.68 W 6/20/2014 W98 HANNOVER -GER

T GRABOWSKI, C DAHLE, A MARX, N WINTER

PAC: 3:50.59 P 7/3/2016 MEMO

T Gregory, R Ward, P Yamauchi, C Breed

1	USF-38	A	4:48.22	40
	1) Lutsky, Abby W31	2) Goard, Andrew M M28		
	3) Gallagher, Nathan C M36	4) Greco, Sophia W24		

Mixed 100-119 200 LC Meter Medley Relay

NATL: 1:53.91 N 8/6/2022 CLUB TRIBE

A KENNA, L BUREAU, G MIZERAK, M HEALEY

WORLD: 1:48.98 W 3/12/2023 QUEENDOM -JPN

T YAMAMOTO, Y TAKASAKI, T ITO, M IIDA

PAC: 1:55.34 P 12/31/2011 TOC

F O'Donnell-McCarthy, J W Dorr, E P Reilly, S Gree

1	USF-38	A	2:25.91	40
	1) Lutsky, Abby W31	2) Goard, Andrew M M28		
	3) Gallagher, Nathan C M36	4) Greco, Sophia W24		

2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023

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Mixed 120-159 200 LC Meter Freestyle Relay

NATL: 1:42.65 N 8/23/1998 GOLD COAST MASTERS

T PACE, T MOLL, J HERRINGTON, K WIENANTS

WORLD: 1:40.14 W 8/14/2015 TSUNAMI -RUS

A SATANOVSKIY, I SHLEMOVA, S KNYAGININA, A KRYLOV

PAC: 1:43.44 P 12/31/2008 TOC

T Holsman, S Guzman, L Welting, S Greenwood

1	SACMA-38	A	2:08.38	40
	1) Boyle, Jackson M M19	2) Buford, Mary W39		
	3) Gonzalez Ospina, Laura W29	4) Barajas, Nick M57		
2	USF-38	A	2:13.02	34
	1) Gallagher, Nathan C M36	2) Prichard, Amie W43		
	3) Sweeney, Megan W43	4) Goard, Andrew M M28		

Mixed 120-159 400 LC Meter Freestyle Relay

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

PAC: 3:58.19 P 12/31/2009 TOC

K Lyons, M Gill, P Carter, S Greenwood

1	USF-38	A	4:07.63	40
	1) Putnam, Charlie M31	2) Petrakis, Danae W31		
	3) Lundblad, Hope C W29	4) Christensen, Jon M33		
2	RHMS-38	A	4:40.10	34
	1) Arrigo, Nicholas J M38	2) Erickson, Douglas M51		
	3) Kroetz, Brigitte W28	4) Murray, Tori W41		
3	MELO-38	A	4:57.43	32
	1) Zoromski, Rachel W29	2) Smith, Justin M28		
	3) Sheeper, Tim M60	4) Eastman, Rebecca W35		
4	MEMO-38	A	5:13.51	30
	1) McBride, Beth W33	2) Woo, Emily W28		
	3) Wu, Long M58	4) Song, Jimmy M40		

Mixed 120-159 200 LC Meter Medley Relay

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

PAC: 1:59.68 P 12/31/1997 WCM

Hartnett, Gary Patterson, Steve Stahl, Vidal

1	USF-38	A	2:04.19	40
	1) Putnam, Charlie M31	2) Petrakis, Danae W31		
	3) Lundblad, Hope C W29	4) Christensen, Jon M33		
2	SACMA-38	A	2:24.21	34
	1) Buford, Mary W39	2) Boyle, Jackson M M19		
	3) Gonzalez Ospina, Laura W29	4) Barajas, Nick M57		
3	RHMS-38	A	2:26.92	32
	1) Murray, Tori W41	2) Erickson, Douglas M51		
	3) Kroetz, Brigitte W28	4) Arrigo, Nicholas J M38		
4	MEMO-38	A	2:33.01	30
	1) McBride, Beth W33	2) Song, Jimmy M40		
	3) Woo, Emily W28	4) Lehnert, Ahren M50		
5	MELO-38	A	2:35.21	28
	1) Smith, Justin M28	2) Zoromski, Rachel W29		
	3) Eastman, Rebecca W35	4) Sheeper, Tim M60		

Mixed 120-159 400 LC Meter Medley Relay

NATL: 4:29.03 N 8/8/2009 FORT LAUDERDALE AQUATICS

C FERNANDEZ, K LEGASPI, L GALVAN-SARABIA, J MARTIN

WORLD: 4:14.85 W 9/17/2022 FRONTIER RC -JPN

S TAKESHITA, R KOBAYASHI, M ITO, I MIYANAGI

PAC: 4:40.74 P 12/31/1992 RINC

Ken Fattler, Baxter, Kirk Koslowski, Elsbach

1	USF-38	A	5:43.98	40
	1) Copp, Rachel W26	2) Gallagher, Nathan C M36		
	3) Greco, Sophia W24	4) Treman, Jim M58		

Mixed 160-199 200 LC Meter Freestyle Relay

NATL: 1:42.27 N 8/8/2006 TEAM TYR

J SMITH, R SAEGER, C SAPPEY, S HART

WORLD: 1:42.27 W 8/8/2006 TEAM TYR -USA

J SMITH, R SAEGER, C SAPPEY, S HART

PAC: 1:48.29 P 8/9/2013 TOC

M Meyer, L Welting, T Holsman, S Greenwood

1	DAM-38	A	2:01.75	40
	1) Zachan, Matthew M37	2) Garforth, Emma W55		
	3) Winsor, Brad M52	4) Crow, Vivian A W26		
2	RPM-38	A	2:14.97	34
	1) De Barros, Carolina W33	2) Meeker, Michael M50		
	3) Mah, Kimberly W34	4) Taylor, Ron M63		

Mixed 160-199 400 LC Meter Freestyle Relay

NATL: 3:57.18 N 8/6/2016 NORTH CAROLINA MASTERS

E BRAUN, S DALLAMURA, K LINDAUER, V FLETCHER

WORLD: 3:51.77 W 12/2/2022 CBH -PAR

V BALSANO, D DUQUE, B HOCKIN, A CARRILLO

PAC: 4:08.95 P 12/31/1995 TOC

B Strand, M Keck, M Meyer, D Ogier

1	USF-38	A	4:20.03	40
	1) Salomaa, Jari M45	2) Huang, Jessica W39		
	3) Samotyj, John M42	4) Petrakis, Kristina W34		

Mixed 160-199 800 LC Meter Freestyle Relay

NATL: 8:50.20 N 8/15/2015 ROCKWELL AQUATIC MASTERS

S STONE, S CARPENTER, R ELDRIDGE, S CARROLL

WORLD: 8:43.94 W 11/11/2017 BP HONVED SE -HUN

M MAROSI, D CERVA, A SCHONEK, V KALAUS

PAC: 9:15.91 P 12/31/1995 TOC

M Keck, M Meyer, B Strand, D Ogier

1	RPM-38	A	10:42.94	40
	1) De Barros, Carolina W33	2) Taylor, Ron M63		
	3) Frink, Stephen M38	4) Mah, Kimberly W34		

Mixed 160-199 200 LC Meter Medley Relay

NATL: 1:56.34 N 8/10/2019 NOVAQUATICS MASTERS

J NATALIZIO, S WEST, S BENNETT, C BERTELINK

WORLD: 1:53.25 W 6/6/2021 MAD WAVE -RUS

A POVALIY, V BRAGIN, A POLIAKOVA, V PREDKIN

PAC: 2:00.53 P 12/31/2004 TOC

J Schriger, S Corliss, L Welting, M MacKay

1	USF-38	A	2:16.11	40
	1) Salomaa, Jari M45	2) Huang, Jessica W39		
	3) Samotyj, John M42	4) Petrakis, Kristina W34		
2	DAM-38	A	2:21.98	34
	1) Crow, Vivian A W26	2) Zachan, Matthew M37		
	3) Belluomini, Melanie W46	4) Winsor, Brad M52		

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Mixed 160-199 400 LC Meter Medley Relay

NATL: 4:23.00 N 6/11/2022 NORTH CAROLINA MASTERS

G HIGSON, C THOMAS, I HOLLAND, E BRAUN

WORLD: 4:15.64 W 6/18/2022 JSS FUKAI -JPN

K MORIHISA, Y SAKAI, T NAKANO, A OKI

PAC: 4:30.50 P 12/31/2006 STAN

Jody Smith, Becker, Preston, Kemp

1	RPM-38	A	5:39.10	40
	1) Taylor, Ron M63	2) Mah, Kimberly W34		
	3) De Barros, Carolina W33	4) Frink, Stephen M38		
2	USF-38	A	5:56.82	34
	1) Ferroggiaro, Alex W32	2) Robinson, John S M58		
	3) Alexander, Margaret W33	4) Bucy, John M45		
3	MEMO-38	A	7:11.05	32
	1) Wu, Long M58	2) Lee, Jez W43		
	3) Chien, Regina W37	4) Galvin, Patrick M58		

Mixed 200-239 200 LC Meter Freestyle Relay

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

PAC: 1:48.33 P 12/31/2005 WCM

S Heim-Bowen, L Crittenden, J DeLacy, D Boatwright

1	SMAC-38	A	2:33.11	40
	1) Mills, Robin W61	2) Hektner, Eric M65		
	3) Flecker, Donita W41	4) Keating, Kevin M60		

Mixed 200-239 400 LC Meter Freestyle Relay

NATL: 4:02.62 N 6/20/2015 ILLINOIS MASTERS

D SIMS, A BLOCK, L DILLMANN, J TUCHLER

WORLD: 4:02.62 W 6/20/2015 ILLINOIS MASTERS -USA

D SIMS, A BLOCK, L DILLMANN, J TUCHLER

PAC: 4:25.37 P 12/31/2009 WCM

M Curran, C O'Brien, K O'Brien, L Druz

1	WCM-38	A	4:42.46	40
	1) Ward, Lisa W59	2) Boone, Danielle W58		
	3) Boone, Matt M34	4) Boone, Jon M60		
2	RHMS-38	A	5:28.13	34
	1) Laudenslager, Greg M62	2) Towey, Rachel W49		
	3) Suess, Robert M62	4) McCullough, Juliette W42		
3	MEMO-38	A	6:10.24	32
	1) Voight, Tina W54	2) Lee, Jez W43		
	3) Rentschler, Randy M63	4) Inchausti, Robert M61		

Mixed 200-239 800 LC Meter Freestyle Relay

NATL: 9:15.06 N 8/12/2018 CONEJO VALLEY MASTERS

B CLEAVENGER, J GELLATLY, K KARREN, D KOEHLER

WORLD: 8:55.03 W 3/3/2023 POWERPOINTS -AUS

L MCDOWELL, M THOMPSON, G O'MARA, J BUCKNELL

PAC: 9:34.66 P 7/4/2017 WCM

S. Heim-Bowen, S. Keeler, D. Sway, B. Volpp

1	MELO-38	A	10:42.00	40
	1) Couch, Stephanie W59	2) Chialvo, Federico M40		
	3) Reneau, Frances W64	4) Rosales-Delmoral, Romer M50		
2	USF-38	A	10:46.48	34
	1) Schallert, Lia W33	2) Gerhan, Martha W62		
	3) Ewing, Jack M63	4) Wagner, Chris M64		

Mixed 200-239 200 LC Meter Medley Relay

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 -

M WARE, D BRYANT, M HODGSON, L COGGINS

PAC: 2:04.32 P 12/31/2009 WCM

Lisa Ward, Gary Patterson, Sandi Easton, Bob Olson

1	WCM-38	A	2:19.04	40
	1) Rogers, Louis M34	2) Nootbaar, Tom M60		
	3) Zamanian, Alison W53	4) Boone, Danielle W58		
2	SRM-38	A	2:25.90	34
	1) Richards, Ericka W45	2) Pettibone, Chip M61		
	3) McCormick, Peter M54	4) Nelson, Sheila W55		
3	RHMS-38	A	2:44.01	32
	1) Laudenslager, Greg M62	2) McCullough, Juliette W42		
	3) Towey, Rachel W49	4) Suess, Robert M62		
4	MEMO-38	A	2:48.05	30
	1) Hertzner, Keith M50	2) Voight, Tina W54		
	3) Lee, Jez W43	4) Winterrowd, Dan M73		

Mixed 200-239 400 LC Meter Medley Relay

NATL: 4:33.17 N 6/20/2015 ILLINOIS MASTERS

J TUCHLER, D SIMS, A BLOCK, L DILLMANN

WORLD: 4:32.42 W 3/12/2023 EDGE -JPN

Y IKEDA, T TAKUBO, M IKEDA, K KOBAYASHI

PAC: 4:51.55 P 12/31/1998 TAM

R Burns, P Jonckheer, L Val, N Ridout

1	SMAC-38	A	6:24.60	40
	1) Flecker, Donita W41	2) Hektner, Eric M65		
	3) Keating, Kevin M60	4) Mills, Robin W61		
2	USF-38	A	6:58.49	34
	1) Niccolls, Dorothy W70	2) Ewing, Jack M63		
	3) Valentine, Matthew M29	4) Macleod, Pascale W59		

Mixed 240-279 200 LC Meter Freestyle Relay

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

PAC: 1:56.00 P 12/31/2011 TAM

R Burns, L Val, B Wheeler, T Holt

1	MELO-38	A	2:25.58	40
	1) Couch, Stephanie W59	2) Anderson, Bob M68		
	3) Sheeper, Tim M60	4) Matena, Jana W61		
2	USF-38	A	3:10.64	34
	1) Shalowitz, Jon M56	2) Wagner, Chris M64		
	3) Macleod, Pascale W59	4) Niccolls, Dorothy W70		

Mixed 240-279 800 LC Meter Freestyle Relay

NATL: 9:54.42 N 6/11/2017 SARASOTA Y SHARKS

J GROSELLE, R WALKER, L GROSELLE, K PARKER PALACE

WORLD: 9:49.76 W 6/18/2022 HARROGATE -GBR

S ALLEN, J HOYLE, K GRAHAM, N PARKES

PAC: 10:09.67 P 7/1/2010 TAM

R Burns, B C Wheeler, L B Val, K A Frost Jr

1	WCM-38	A	13:04.30	40
	1) Zamanian, Alison W53	2) Scott, Stephanie W76		
	3) Feiring, Keith M76	4) Kemler, David M65		

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Mixed 240-279 400 LC Meter Medley Relay

NATL: 4:44.76 N 7/9/2022 LONE STAR MASTERS

S STONE, D GUTHRIE, M CAMPBELL, L MORRISON

WORLD: 4:44.76 W 7/9/2022 LONE STAR MASTERS -USA

S STONE, D GUTHRIE, M CAMPBELL, L MORRISON

PAC: 4:51.95 P 12/31/2009 TAM

Rich Burns, Ken Frost, Laura Val, Barb Wheeler

1	RHMS-38	A	6:42.29	40
	1) Hepworth, Linda W70	2) Laudenslager, Sherri W61		
	3) Laudenslager, Greg M62	4) Nam, Jimmy M55		

--- USF-38

A

DQ

1) Prichard, Amie W43

2) Fleming, Jack C M88

3) Rankin, Shane I M49

4) Cohn, Darcy C W72

Mixed 280-319 400 LC Meter Freestyle Relay

NATL: 4:45.34 N 7/9/2023 SARASOTA SHARKS

R WALKER, K EINSIDLER, J GRAY, L CHILDS

WORLD: 4:50.97 W 7/30/2022 TAMALPAIS MASTERS -USA

R BURNS, L VAL, M JOYCE, A BERNARD

PAC: 4:50.97 P 7/2022 TAM

L Val, R Burns, M Joyce, A Bernard

1	RHMS-38	A	7:39.88	40
	1) Nam, Jimmy M55	2) Coholan, Annette W75		
	3) Tevis, Maggie W75	4) Ciampi, Norman M84		
2	USF-38	A	8:09.70	34
	1) Niccolls, Dorothy W70	2) Bortman, Henry (Camo) M73		
	3) Marrocco, Judy W68	4) Virtue, Paul M72		

Mixed 280-319 800 LC Meter Freestyle Relay

NATL: 10:37.37 N 7/29/2022 TAMALPAIS AQUATIC MASTERS

R BURNS, L VAL, M JOYCE, A BERNARD

WORLD: 10:37.37 W 7/29/2022 TAMALPAIS MASTERS -USA

R BURNS, L VAL, M JOYCE, A BERNARD

PAC: 10:37.37 P 7/9/2022 TAM

R Burns, L Val, M Joyce, A Bernard

1	RHMS-38	A	14:12.16	40
	1) Nam, Jimmy M55	2) Hepworth, Linda W70		
	3) Anderson, Fred M81	4) Coholan, Annette W75		

Mixed 280-319 200 LC Meter Medley Relay

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

L VAL, K FROST, R BURNS, N RIDOUT

PAC: 2:21.20 P 8/9/2015 TAM

L B Val, K A Frost, R Burns, N J Ridout

1	RHMS-38	A	4:04.40	40
	1) Tevis, Maggie W75	2) Coholan, Annette W75		
	3) Nam, Jimmy M55	4) Ciampi, Norman M84		
2	USF-38	A	4:33.69	34
	1) Niccolls, Dorothy W70	2) Bortman, Henry (Camo) M73		
	3) Marrocco, Judy W68	4) Virtue, Paul M72		

Mixed 280-319 400 LC Meter Medley Relay

NATL: 5:28.17 N 5/10/2015 TAMALPAIS AQUATIC MASTERS

R BURNS, K FROST, L VAL, N RIDOUT

WORLD: 5:28.17 W 5/10/2015 TAMALPAIS MASTERS -USA

R BURNS, K FROST, L VAL, N RIDOUT

PAC: 5:28.17 P 5/2015 TAM

R Burns, K Frost, L Val, N Ridout

1	RHMS-38	A	9:16.96	40
	1) Tevis, Maggie W75	2) Coholan, Annette W75		
	3) Erickson, Douglas M51	4) Ciampi, Norman M84		