

## 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

Name	Age	Team	Seed Time	Finals Time	Points
1 Kawamura, Caitlin	21	Tamalpais Aquatic Masters-38	32.50	30.85 P	20
2 Mi, Jessica Z	23	University of San Francisco Ma-38	30.00	31.53 P	17
3 Larsen, Amy	24	Walnut Creek Masters-38	32.02	31.56 P	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	University of San Francisco Ma-38	1:05.00	1:08.37 P	20
2 Greco, Sophia	24	University of San Francisco Ma-38	1:08.20	1:09.53 P	17
3 Kawamura, Caitlin	21	Tamalpais Aquatic Masters-38	1:11.00	1:10.10 P	16
4 Lewis, Alisha	24	University of San Francisco Ma-38	1:35.00	1:15.59 P	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	University of San Francisco Ma-38	2:30.00	2:26.41	20
			1:10.79	2:26.41 (1:15.62)	
2 Larsen, Amy	24	Walnut Creek Masters-38	2:33.27	2:31.12	17
			1:13.05	2:31.12 (1:18.07)	

## 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	University of San Francisco Ma-38	1:12.00	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	University of San Francisco Ma-38	2:35.50	2:47.58	20
			1:22.03	2:47.58 (1:25.55)	
2 Lewis, Alisha	24	University of San Francisco Ma-38	4:00.00	3:23.98	17
			1:40.51	3:23.98 (1:43.47)	

## 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	University of San Francisco Ma-38	40.00	41.90 P	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	Walnut Creek Masters-38	1:32.97	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	Walnut Creek Masters-38	3:02.00	3:09.94	20
			1:31.33	3:09.94 (1:38.61)	

## 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	University of San Francisco Ma-38	35.00	33.32 P	20
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## Results

**(Women 18-24 50 LC Meter Butterfly)**

2	Kawamura, Caitlin	21	Tamalpais Aquatic Masters-38	35.50	33.59 P	17
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**Women 18-24 100 LC Meter Butterfly**

NATL:	58.21	N	6/13/2021	ALY TETZLOFF
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PAC:	1:01.04	P	7/6/2008	Laura M Davis
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1	Larsen, Amy	24	Walnut Creek Masters-38	1:15.76	1:14.23	20
2	Greco, Sophia	24	University of San Francisco Ma-38	1:12.50	1:16.54	17
3	Mi, Jessica Z	23	University of San Francisco Ma-38	1:15.00	1:18.98	16

**Women 18-24 200 LC Meter Butterfly**

NATL:	2:12.75	N	7/2/2008	LAURA DAVIS
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PAC:	2:12.75	P	7/6/2008	Laura M Davis
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1	Karp, Juliana S	20	University of San Francisco Ma-38	3:00.00	2:59.14	20
				1:22.52	2:59.14 (1:36.62)	

**Women 18-24 200 LC Meter IM**

NATL:	2:16.06	N	7/1/2008	LAURA DAVIS
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PAC:	2:16.06	P	7/6/2008	Laura M Davis
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1	Karp, Juliana S	20	University of San Francisco Ma-38	3:00.00	2:47.13	20
				1:20.97	2:47.13 (1:26.16)	
2	Larsen, Amy	24	Walnut Creek Masters-38	2:38.59	2:48.25	17
				1:21.42	2:48.25 (1:26.83)	
3	Greco, Sophia	24	University of San Francisco Ma-38	2:47.00	2:51.87	16
				1:18.46	2:51.87 (1:33.41)	

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

NATL:	24.83	N	8/10/2014	MADISON KENNEDY
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WORLD:	25.42	W	2/15/2004	Annabel KOSTEN	NED
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PAC:	26:26.64	P	8/9/2015	Marie A Ballenger
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1	Lundblad, Hope C	29	University of San Francisco Ma-38	28.50	28.73 P	20
2	Siebrand, Cynthia J	27	North Bay Aquatics-38	28.60	28.91 P	17
3	Gastaldi, Martina	25	University of San Francisco Ma-38	30.05	30.13 P	16
4	Kroetz, Brigitte	28	Rolling Hills Mud Sharks-38	30.50	30.24 P	15
5	Shanahan, Brenda	26	QuickSilver Masters-38	30.50	30.61 P	14
6	Zoromski, Rachel	29	Menlo Masters-38	31.43	30.71 P	13
7	Heah, Rachel	26	University of San Francisco Ma-38	32.00	31.61 P	12
8	Brunings, Kourtney	26	University of San Francisco Ma-38	31.22	32.15 P	11
9	Gonzalez Ospina, Laura	29	Sacramento Masters-38	33.57	32.67 P	9
10	Woo, Emily	28	Marcia's Enthusiastic Masters-38	35.10	35.40 P	7
11	Chiarelli, Juliana	29	Albany Armada Aquatics Masters-38	40.00	35.73 P	6
12	Silva, Rayle	27	Marin Aquatic Masters-38	35.55	37.56 P	5

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

NATL:	54.72	N	8/6/2014	MADISON KENNEDY
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WORLD:	56.96	W	8/11/2015	Emma GAGE	GBR
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PAC:	58:58.34	P	12/31/1989	Sara Shand
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1	Lundblad, Hope C	29	University of San Francisco Ma-38	1:02.00	1:04.25 P	20
2	Siebrand, Cynthia J	27	North Bay Aquatics-38	1:03.82	1:04.55 P	17
3	Shanahan, Brenda	26	QuickSilver Masters-38	1:07.70	1:09.05 P	16
4	Heah, Rachel	26	University of San Francisco Ma-38	1:06.50	1:09.94 P	15
5	Gonzalez Ospina, Laura	29	Sacramento Masters-38	1:10.68	1:10.20 P	14
6	Zoromski, Rachel	29	Menlo Masters-38	1:09.86	1:10.50 P	13
7	Woo, Emily	28	Marcia's Enthusiastic Masters-38	1:19.59	1:20.58 P	12
8	Lantto, Katherine	25	Dolphins of the Desert Masters-48	1:20.00	1:20.86 P	11

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

## Results

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

9	Silva, Rayle	27	Marin Aquatic Masters-38	1:27.55	1:23.18P	9
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**Women 25-29 200 LC Meter Freestyle Splits**

NATL:	2:02.06	N	12/2/1995	SHEILA TAORMINA	
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WORLD:	2:04.56	W	7/10/2010	Megan JENDRICK	USA
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PAC:	2:07.11	P	12/31/1989	Sara Shand	
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1	Woo, Emily	28	Marcia's Enthusiastic Masters-38	NT	2:58.58	
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**Women 25-29 200 LC Meter Freestyle**

NATL:	2:02.06	N	12/2/1995	SHEILA TAORMINA	
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WORLD:	2:04.56	W	7/10/2010	Megan JENDRICK	USA
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PAC:	2:07.11	P	12/31/1989	Sara Shand	
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1	Crow, Vivian A	26	Davis Aquatic Masters-38	2:38.17	2:35.14	20
	1:14.22	2:35.14 (1:20.92)				
2	Gonzalez Ospina, Laura	29	Sacramento Masters-38	2:30.74	2:39.05	17
	1:15.68	2:39.05 (1:23.37)				
3	Lantto, Katherine	25	Dolphins of the Desert Masters-48	2:55.00	2:54.34	16
	1:24.40	2:54.34 (1:29.94)				
4	Woo, Emily	28	Marcia's Enthusiastic Masters-38	3:00.03	3:00.11	15
	1:27.08	3:00.11 (1:33.03)				
5	Sand, Cassie	25	East Bay Bat Rays Masters-38	2:45.00	3:02.58	14
	1:26.08	3:02.58 (1:36.50)				
6	Silva, Rayle	27	Marin Aquatic Masters-38	3:15.05	3:05.39	13
	1:28.11	3:05.39 (1:37.28)				

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

NATL:	4:13.03	N	12/2/1995	SHEILA TAORMINA	
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WORLD:	4:18.62	W	6/18/2011	Sophie CASSON	GBR
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PAC:	4:23.62	P	7/31/2022	Catherine Breed	
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1	Crow, Vivian A	26	Davis Aquatic Masters-38	5:20.17	5:24.04	20
	1:17.73	2:41.40 (1:23.67)	4:04.37 (1:22.97)	5:24.04 (1:19.67)		
2	Hamp, Elizabeth J	28	University of San Francisco Ma-38	5:34.00	5:55.28	17
	1:17.74	2:47.64 (1:29.90)	4:22.23 (1:34.59)	5:55.28 (1:33.05)		
3	Lantto, Katherine	25	Dolphins of the Desert Masters-48	5:35.00	6:09.11	16
	1:28.82	3:03.76 (1:34.94)	4:37.49 (1:33.73)	6:09.11 (1:31.62)		

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

NATL:	4:13.03	N	12/2/1995	SHEILA TAORMINA	
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WORLD:	4:18.62	W	6/18/2011	Sophie CASSON	GBR
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PAC:	4:23.62	P	7/31/2022	Catherine Breed	
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1	Woo, Emily	28	Marcia's Enthusiastic Masters-38	NT	6:34.37	
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**Women 25-29 800 LC Meter Freestyle Splits**

NATL:	8:47.44	N	7/19/2001	RACHEL KOMISARZ	
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WORLD:	8:45.89	W	3/10/2012	Swann OBERSON	SUI
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PAC:	9:18.43	P	12/31/1989	Sara Shand	
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1	Woo, Emily	28	Marcia's Enthusiastic Masters-38	NT	13:20.49	
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**Women 25-29 800 LC Meter Freestyle**

NATL:	8:47.44	N	7/19/2001	RACHEL KOMISARZ	
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WORLD:	8:45.89	W	3/10/2012	Swann OBERSON	SUI
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PAC:	9:18.43	P	12/31/1989	Sara Shand	
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1	Lundblad, Hope C	29	University of San Francisco Ma-38	10:40.00	10:39.68	20
	1:15.10	2:35.16 (1:20.06)	3:56.94 (1:21.78)	5:19.92 (1:22.98)		
	6:42.12 (1:22.20)	8:04.56 (1:22.44)	9:25.62 (1:21.06)	10:39.68 (1:14.06)		

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

## Results

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

2	Crow, Vivian A	26	Davis Aquatic Masters-38	10:40.17	11:00.70	17
	1:16.91	2:39.87 (1:22.96)	4:03.51 (1:23.64)	5:28.20 (1:24.69)		
	6:53.49 (1:25.29)	8:18.05 (1:24.56)	9:40.72 (1:22.67)	11:00.70 (1:19.98)		
3	Lantto, Katherine	25	Dolphins of the Desert Masters-48	13:00.00	12:45.52	16
	1:31.55	3:10.26 (1:38.71)	4:49.26 (1:39.00)	6:27.35 (1:38.09)		
	8:04.82 (1:37.47)	9:41.93 (1:37.11)	11:17.01 (1:35.08)	12:45.52 (1:28.51)		
4	Silva, Rayle	27	Marin Aquatic Masters-38	12:15.30	14:20.72	15
	1:31.00	3:19.13 (1:48.13)	5:10.73 (1:51.60)	7:04.24 (1:53.51)		
	8:55.73 (1:51.49)	10:45.28 (1:49.55)	12:35.20 (1:49.92)	14:20.72 (1:45.52)		

**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 SUI

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

1	Crow, Vivian A	26	Davis Aquatic Masters-38	20:37.17	21:33.08	20
	1:17.89	2:41.35 (1:23.46)	4:05.65 (1:24.30)	5:30.41 (1:24.76)		
	6:56.55 (1:26.14)	8:22.96 (1:26.41)	9:49.93 (1:26.97)	11:17.25 (1:27.32)		
	12:44.62 (1:27.37)	14:12.03 (1:27.41)	15:39.73 (1:27.70)	17:07.53 (1:27.80)		
	18:36.20 (1:28.67)	20:04.89 (1:28.69)	21:33.08 (1:28.19)			
2	Woo, Emily	28	Marcia's Enthusiastic Masters-38	24:39.86	25:11.08	17
	1:32.37	3:12.33 (1:39.96)	4:52.92 (1:40.59)	6:34.37 (1:41.45)		
	8:15.87 (1:41.50)	9:57.13 (1:41.26)	11:38.78 (1:41.65)	13:20.49 (1:41.71)		
	15:01.95 (1:41.46)	16:43.52 (1:41.57)	18:26.54 (1:43.02)	20:09.44 (1:42.90)		
	21:53.30 (1:43.86)	23:33.51 (1:40.21)	25:11.08 (1:37.57)			
3	Silva, Rayle	27	Marin Aquatic Masters-38	26:15.20	27:17.52	16
	1:32.74	3:17.49 (1:44.75)	5:05.81 (1:48.32)	6:54.43 (1:48.62)		
	8:45.12 (1:50.69)	10:36.22 (1:51.10)	12:24.95 (1:48.73)	14:16.24 (1:51.29)		
	16:08.42 (1:52.18)	18:01.53 (1:53.11)	19:55.03 (1:53.50)	21:49.09 (1:54.06)		
	23:39.59 (1:50.50)	25:32.86 (1:53.27)	27:17.52 (1:44.66)			

**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 USA

PAC: 31:31.10 P 4/24/2017 Anna K Senko

1	Gastaldi, Martina	25	University of San Francisco Ma-38	34.89	34.10 P	20
2	Brunings, Kourtney	26	University of San Francisco Ma-38	35.16	36.69 P	17
3	Shanahan, Brenda	26	QuickSilver Masters-38	39.22	37.12 P	16
4	Kroetz, Brigitte	28	Rolling Hills Mud Sharks-38	41.00	38.41 P	15
5	Chiarelli, Juliana	29	Albany Armada Aquatics Masters-38	50.00	40.51 P	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 USA

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

1	Copp, Rachel	26	University of San Francisco Ma-38	1:23.00	1:22.42	20
2	Korabik, Angela	28	Albany Armada Aquatics Masters-38	2:00.00	1:29.52	17
3	Chiarelli, Juliana	29	Albany Armada Aquatics Masters-38	1:31.08	1:30.09	16
4	Lantto, Katherine	25	Dolphins of the Desert Masters-48	1:45.00	1:33.09	15
5	Woo, Emily	28	Marcia's Enthusiastic Masters-38	1:47.67	1:42.54	14

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

## Results

## 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		USA		
PAC: 2:26.62 P 12/31/1994		Martie McKinney				
1	Crow, Vivian A	26	Davis Aquatic Masters-38	2:43.68	2:50.66	20
	1:24.27		2:50.66 (1:26.39)			
2	Lantto, Katherine	25	Dolphins of the Desert Masters-48	3:00.00	3:16.93	17
	1:37.13		3:16.93 (1:39.80)			

## 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		USA		
PAC: 33:33.39 P 8/9/2014		Marie A Ballenger				
1	Copp, Rachel	26	University of San Francisco Ma-38	40.00	40.78 P	20
2	Shanahan, Brenda	26	QuickSilver Masters-38	40.51	40.93 P	17
3	Kroetz, Brigitte	28	Rolling Hills Mud Sharks-38	46.00	43.65 P	16
4	Silva, Rayle	27	Marin Aquatic Masters-38	47.55	49.16 P	15
5	Chiarelli, Juliana	29	Albany Armada Aquatics Masters-38	51.23	49.39 P	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		USA		
PAC: 1:13.69 P 6/7/2021		Claire Beaty				
1	Lundblad, Hope C	29	University of San Francisco Ma-38	1:23.80	1:24.18	20
2	Gastaldi, Martina	25	University of San Francisco Ma-38	1:27.07	1:27.64	17
3	Brunings, Kourtney	26	University of San Francisco Ma-38	1:21.41	1:27.84	16
4	Shanahan, Brenda	26	QuickSilver Masters-38	1:26.71	1:30.99	15
5	Crow, Vivian A	26	Davis Aquatic Masters-38	1:31.13	1:31.50	14
6	Woo, Emily	28	Marcia's Enthusiastic Masters-38	1:39.68	1:40.97	13
7	Chiarelli, Juliana	29	Albany Armada Aquatics Masters-38	2:00.00	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		JPN		
PAC: 2:39.32 P 6/7/2021		Claire Beaty				
1	Crow, Vivian A	26	Davis Aquatic Masters-38	3:08.30	3:09.95	20
	1:33.00		3:09.95 (1:36.95)			

## 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		JPN		
PAC: 28:28.82 P 12/31/1992		Anna Pettis-Scott				
1	Gonzalez Ospina, Laura	29	Sacramento Masters-38	33.40	32.28 P	20
2	Shanahan, Brenda	26	QuickSilver Masters-38	35.13	34.06 P	17
3	Sand, Cassie	25	East Bay Bat Rays Masters-38	38.78	36.10 P	16
4	Kroetz, Brigitte	28	Rolling Hills Mud Sharks-38	41.00	36.16 P	15
5	Silva, Rayle	27	Marin Aquatic Masters-38	50.00	41.13 P	14
6	Korabik, Angela	28	Albany Armada Aquatics Masters-38	1:00.00	43.26 P	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		RUS		
PAC: 1:02.40 P 4/26/2017		Anna K Senko				
1	Siebrand, Cynthia J	27	North Bay Aquatics-38	1:10.04	1:13.38	20
2	Gonzalez Ospina, Laura	29	Sacramento Masters-38	1:10.83	1:14.10	17

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

## Results

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

3	Brunings, Kourtney	26	University of San Francisco Ma-38	1:13.08	1:19.16	16
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**Women 25-29 200 LC Meter Butterfly**

NATL:	2:10.83	N	6/27/2017	HANNAH SAIZ	
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WORLD:	2:15.02	W	5/20/2017	Hannah SAIZ	USA
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PAC:	2:24.36	P	12/31/1989	Sara Shand	
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1	Gonzalez Ospina, Laura	29	Sacramento Masters-38	2:48.30	2:53.47	20
				1:17.76	2:53.47 (1:35.71)	

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

NATL:	2:14.03	N	6/29/2013	JUSTINE MUELLER	
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WORLD:	2:20.71	W	10/2/2005	Hitomi MATSUDA	JPN
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PAC:	2:21.98	P	12/31/2005	Allison Wagner	
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1	Shanahan, Brenda	26	QuickSilver Masters-38	2:50.69	2:50.05	20
				1:19.19	2:50.05 (1:30.86)	
2	Sand, Cassie	25	East Bay Bat Rays Masters-38	3:00.00	3:17.42	17
				1:36.22	3:17.42 (1:41.20)	
3	Woo, Emily	28	Marcia's Enthusiastic Masters-38	3:13.59	3:18.05	16
				1:39.11	3:18.05 (1:38.94)	
4	Korabik, Angela	28	Albany Armada Aquatics Masters-38	4:00.00	3:32.80	15
				1:35.63	3:32.80 (1:57.17)	

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

NATL:	25.57	N	8/8/2009	ERIKA ERNDL	
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WORLD:	25.74	W	6/6/2008	Martina MORAVCOVA	USA
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PAC:	26:26.16	P	6/18/2016	Marie A Ballenger	
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1	Skoda, Anette	32	Uc38	29.62	29.63 P	20
2	Giuliano, Larissa J	32	Diamond Hills Masters-38	34.00	33.41 P	17
3	Versfeld, Rizmari	34	University of San Francisco Ma-38	34.17	33.74 P	16
4	Diakite, Adriana R	32	University of San Francisco Ma-38	31.00	33.96 P	15
5	McBride, Beth	33	Marcia's Enthusiastic Masters-38	40.00	35.26 P	14
6	Lutsky, Abby	31	University of San Francisco Ma-38	36.04	37.32 P	13
7	Camacho, Serena	31	Diamond Hills Masters-38	49.00	52.21 P	12

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

NATL:	54.59	N	8/5/2009	ERIKA ERNDL	
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WORLD:	55.24	W	7/11/2009	Erika ERNDL	USA
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PAC:	59:59.76	P	4/16/2016	Marie A Ballenger	
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1	Skoda, Anette	32	Uc38	1:05.01	1:05.92 P	20
2	Archibald, Hannah	33	University of San Francisco Ma-38	1:12.00	1:11.80 P	17
3	McBride, Beth	33	Marcia's Enthusiastic Masters-38	1:17.00	1:14.69 P	16
4	Diakite, Adriana R	32	University of San Francisco Ma-38	1:08.00	1:16.66 P	15
5	Lutsky, Abby	31	University of San Francisco Ma-38	1:18.53	1:20.11 P	14
6	Camacho, Serena	31	Diamond Hills Masters-38	1:55.00	1:56.38 P	13

**Women 30-34 200 LC Meter Freestyle Splits**

NATL:	1:58.92	N	8/7/2009	ERIKA ERNDL	
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WORLD:	2:02.35	W	8/14/2019	N.JUNKRAJANG	THA
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PAC:	2:10.99	P	6/18/1994	Susan Porter	
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1	De Barros, Carolina	33	Richmond Plunge Masters-38	NT	2:41.27	
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## 2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023

## Results

## 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	THA			
PAC:		2:10.99	P	6/18/1994	Susan Porter				
1	Arnold, Allison			31	The Olympic Club-38		2:17.00	2:11.74	20
		1:04.17						2:11.74 (1:07.57)	
2	Alexander, Margaret			33	University of San Francisco Ma-38		2:19.03	2:20.76	17
		1:08.33						2:20.76 (1:12.43)	
3	McBride, Beth			33	Marcia's Enthusiastic Masters-38		3:00.00	2:44.68	16
		1:20.00						2:44.68 (1:24.68)	
4	Lewis, Nicole			32	North Bay Aquatics-38		3:10.00	2:50.41	15
		1:22.50						2:50.41 (1:27.91)	

## 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	USA			
PAC:		4:31.93	P	12/31/1994	Susan Porter				
1	McBride, Beth			33	Marcia's Enthusiastic Masters-38	NT		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	USA			
PAC:		9:07.46	P	12/31/2009	Heidi S George				
1	McBride, Beth			33	Marcia's Enthusiastic Masters-38	NT		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	USA			
PAC:		9:07.46	P	12/31/2009	Heidi S George				
1	Diakite, Adriana R			32	University of San Francisco Ma-38		12:00.00	12:37.02	20
		1:27.33						3:02.76 (1:35.43)	
		7:49.75 (1:35.62)						4:38.44 (1:35.68)	
								6:14.13 (1:35.69)	
								11:03.27 (1:34.95)	
								12:37.02 (1:33.75)	

## 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	GBR			
PAC:		17:11.25	P	12/31/2009	Heidi S George				
1	McBride, Beth			33	Marcia's Enthusiastic Masters-38		25:00.00	22:46.61	20
		1:23.65						2:54.25 (1:30.60)	
		7:29.67 (1:32.24)						4:25.39 (1:31.14)	
								5:57.43 (1:32.04)	
		13:36.77 (1:31.88)						10:32.97 (1:31.79)	
								12:04.89 (1:31.92)	
		19:45.98 (1:31.32)						16:42.09 (1:31.96)	
								18:14.66 (1:32.57)	
								22:46.61 (1:29.16)	

## 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	USA			
PAC:		30:30.98	P	7/30/2022	Lauren T Breuer				
1	Skoda, Anette			32	Uc38		33.75	35.15 P	20
2	Ferroggiaro, Alex			32	University of San Francisco Ma-38		38.00	37.61 P	17
3	Giuliano, Larissa J			32	Diamond Hills Masters-38		38.00	38.28 P	16
4	Petrakis, Kristina			34	University of San Francisco Ma-38		39.64	39.59 P	15
5	McBride, Beth			33	Marcia's Enthusiastic Masters-38		44.00	42.26 P	14
6	Diakite, Adriana R			32	University of San Francisco Ma-38		40.00	44.51 P	13
7	Lutsky, Abby			31	University of San Francisco Ma-38		45.00	46.00 P	12

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

## Results

## 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 USA

PAC: 1:03.78 P 12/31/2009 Sarabeth Metzger

1	Alexander, Margaret	33	University of San Francisco Ma-38	1:15.23	1:17.36	20
2	Giuliano, Larissa J	32	Diamond Hills Masters-38	1:26.00	1:22.53	17
3	Ferroggiaro, Alex	32	University of San Francisco Ma-38	1:30.00	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 USA

PAC: 2:17.61 P 12/31/2009 Sarabeth Metzger

1	Mah, Kimberly	34	Richmond Plunge Masters-38	3:20.00	3:18.50	20
				1:37.54	3:18.50 (1:40.96)	
---	Diakite, Adriana R	32	University of San Francisco Ma-38	3:20.00	DQ	
				1:46.00	DQ (1:55.68)	

## 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 GER

PAC: 34:34.84 P 8/3/2018 Kathleen E McGraw

1	Curran, Hannah	32	University of San Francisco Ma-38	38.00	39.05 P	20
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## 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 JPN

PAC: 1:16.71 P 8/5/2017 Katy Houston

1	Petrakis, Danae	31	University of San Francisco Ma-38	1:20.50	1:18.37	20
2	Skoda, Anette	32	Uc38	1:24.48	1:27.51	17
3	Diakite, Adriana R	32	University of San Francisco Ma-38	1:31.00	1:40.66	16
4	Lutsky, Abby	31	University of San Francisco Ma-38	1:43.88	1:43.15	15
5	Camacho, Serena	31	Diamond Hills Masters-38	2:36.00	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 JPN

PAC: 2:43.26 P 4/27/2017 Katy Houston

1	Arnold, Allison	31	The Olympic Club-38	3:15.00	2:47.21	20
				1:20.32	2:47.21 (1:26.89)	
2	Curran, Hannah	32	University of San Francisco Ma-38	2:57.00	2:58.55	17
				1:27.96	2:58.55 (1:30.59)	
3	Mah, Kimberly	34	Richmond Plunge Masters-38	3:52.00	3:51.15	16
				1:51.69	3:51.15 (1:59.46)	

## 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 USA

PAC: 29:29.27 P 3/8/2020 Marie A Ballenger

1	Arnold, Allison	31	The Olympic Club-38	39.00	31.95 P	20
2	Lewis, Nicole	32	North Bay Aquatics-38	35.00	33.60 P	17
3	Alexander, Margaret	33	University of San Francisco Ma-38	36.23	33.92 P	16
4	Giuliano, Larissa J	32	Diamond Hills Masters-38	36.00	34.36 P	15



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

## Results

## 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 USA

PAC: 1:04.67 P 12/31/2009 Sarabeth Metzger

1 McBride, Beth 33 Marcia's Enthusiastic Masters-38 NT 1:38.45

## 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 USA

PAC: 1:04.67 P 12/31/2009 Sarabeth Metzger

1	Petrakis, Danae	31	University of San Francisco Ma-38	1:10.50	1:11.85	20
2	Archibald, Hannah	33	University of San Francisco Ma-38	1:20.00	1:25.87	17
3	Mah, Kimberly	34	Richmond Plunge Masters-38	1:45.00	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 USA

PAC: 2:23.50 P 12/31/2009 Sarabeth Metzger

1	Arnold, Allison	31	The Olympic Club-38	2:55.00	2:32.09	20
				1:14.51	2:32.09 (1:17.58)	
2	Curran, Hannah	32	University of San Francisco Ma-38	2:48.00	2:45.73	17
				1:19.40	2:45.73 (1:26.33)	
3	Ferroggiaro, Alex	32	University of San Francisco Ma-38	3:10.00	3:04.09	16
				1:25.51	3:04.09 (1:38.58)	

## 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 JPN

PAC: 5:13.97 P 12/31/1994 Susan Porter

1	McBride, Beth	33	Marcia's Enthusiastic Masters-38	7:45.00	6:43.33	20
				1:38.45	3:18.68 (1:40.23)	
					5:11.02 (1:52.34)	
					6:43.33 (1:32.31)	
---	Mah, Kimberly	34	Richmond Plunge Masters-38	7:32.00	DQ	
				1:38.24	3:21.29 (1:43.05)	
					5:23.90 (2:02.61)	
					DQ (1:39.72)	

## 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 USA

PAC: 26:26.89 P 12/31/1993 Sandy Neilson-Bell

1 Buford, Mary 39 Sacramento Masters-38 34.10 37.19P 20

## 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 PAR

PAC: 1:00.31 P 12/31/2002 Laureen K Welting

1 Buford, Mary 39 Sacramento Masters-38 1:30.40 1:21.94 20

## 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 PAR

PAC: 2:10.28 P 12/31/1999 Jill S Hernandez

1	Radecke-Noble, Jennifer	39	Tri Valley Masters-38	2:18.00	2:17.54	20
				1:07.25	2:17.54 (1:10.29)	
2	Chien, Regina	37	Marcia's Enthusiastic Masters-38	3:35.16	3:44.32	17
				1:48.02	3:44.32 (1:56.30)	
3	Chaiyasane, Koung	39	Marcia's Enthusiastic Masters-38	5:00.00	4:04.21	16
				2:00.14	4:04.21 (2:04.07)	

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

## Results

## 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		USA		
PAC: 17:17.22		P	8/6/2015	Heidi S George				
1	West, Meredith	39	San Mateo Masters-38	24:30.00	24:27.44			20
	1:31.58		3:09.54 (1:37.96)	4:48.47 (1:38.93)	6:27.01 (1:38.54)			
	8:05.65 (1:38.64)		9:44.55 (1:38.90)	11:22.63 (1:38.08)	13:01.48 (1:38.85)			
	14:39.70 (1:38.22)		16:18.74 (1:39.04)	17:57.81 (1:39.07)	19:36.48 (1:38.67)			
	21:14.89 (1:38.41)		22:52.37 (1:37.48)	24:27.44 (1:35.07)				
2	Murillo, Catherine	35	Marcia's Enthusiastic Masters-38	28:30.00	28:06.47			17
	1:38.98		3:27.73 (1:48.75)	5:18.75 (1:51.02)	7:12.08 (1:53.33)			
	9:04.67 (1:52.59)		10:59.67 (1:55.00)	12:53.66 (1:53.99)	14:50.15 (1:56.49)			
	16:41.41 (1:51.26)		18:36.00 (1:54.59)	20:31.63 (1:55.63)	22:26.58 (1:54.95)			
	24:20.19 (1:53.61)		26:17.10 (1:56.91)	28:06.47 (1:49.37)				
3	Chaiyasane, Koung	39	Marcia's Enthusiastic Masters-38	45:00.00	32:16.88			16
	2:02.29		4:11.02 (2:08.73)	6:21.89 (2:10.87)	8:33.93 (2:12.04)			
	10:45.77 (2:11.84)		12:56.90 (2:11.13)	15:07.34 (2:10.44)	17:18.60 (2:11.26)			
	19:30.52 (2:11.92)		21:40.09 (2:09.57)	23:50.59 (2:10.50)	25:59.04 (2:08.45)			
	28:07.16 (2:08.12)		30:14.76 (2:07.60)	32:16.88 (2:02.12)				

## 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		USA		
PAC: 31:31.71		P	12/31/2008	Jody Smith				
1	Huang, Jessica	39	University of San Francisco Ma-38	37.00	34.66 P			20
2	Greer, Margaret	35	East Bay Bat Rays Masters-38	37.50	37.16 P			17
3	Buford, Mary	39	Sacramento Masters-38	41.31	43.51 P			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		USA		
PAC: 1:06.91		P	12/31/2008	Jody Smith				
1	Radecke-Noble, Jennifer	39	Tri Valley Masters-38	1:14.00	1:13.17			20
2	Buford, Mary	39	Sacramento Masters-38	1:52.20	1:34.76			17
3	Chien, Regina	37	Marcia's Enthusiastic Masters-38	1:58.22	1:54.35			16
4	Chaiyasane, Koung	39	Marcia's Enthusiastic Masters-38	3:00.00	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		USA		
PAC: 2:22.07		P	12/31/2008	Jody Smith				
1	Huang, Jessica	39	University of San Francisco Ma-38	2:40.00	2:41.84			20
	1:18.76		2:41.84 (1:23.08)					

## 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		USA		
PAC: 31:31.06		P	4/30/2022	Danielle M Herrmann				
1	Ballenger, Marie A	37	The Olympic Club-38	39.00	36.83 P			20
2	Buford, Mary	39	Sacramento Masters-38	45.40	53.11 P			17
3	Chien, Regina	37	Marcia's Enthusiastic Masters-38	1:10.00	1:04.88 P			16

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

## Results

## 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 USA

PAC: 1:09.77 P 7/30/2022 Danielle M Herrmann

1 Huang, Jessica 39 University of San Francisco Ma-38 1:27.00 1:25.23 20

## 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 JPN

PAC: 2:39.78 P 8/7/2013 Katie Glenn

1 Thomas, Alexandra 35 Walnut Creek Masters-38 3:47.00 3:31.78 20  
1:42.44 3:31.78 (1:49.34)

## 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 USA

PAC: 29:29.24 P 4/3/2022 Danielle M Herrmann

1 Ballenger, Marie A 37 The Olympic Club-38 35.00 33.17P 20  
2 Buford, Mary 39 Sacramento Masters-38 39.55 39.57P 17  
3 Chien, Regina 37 Marcia's Enthusiastic Masters-38 55.11 52.73P 16

## 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 BRA

PAC: 1:03.33 P 7/30/2022 Danielle M Herrmann

1 Chien, Regina 37 Marcia's Enthusiastic Masters-38 NT 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 USA

PAC: 2:26.38 P 12/31/1989 Laura B Val

1 Thomas, Alexandra 35 Walnut Creek Masters-38 4:03.00 3:08.17 20  
1:29.67 3:08.17 (1:38.50)  
2 Chien, Regina 37 Marcia's Enthusiastic Masters-38 4:15.22 4:13.82 17  
2:01.92 4:13.82 (2:11.90)

## 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 USA

PAC: 2:21.09 P 8/6/2022 Danielle M Herrmann

1 Radecke-Noble, Jennifer 39 Tri Valley Masters-38 2:40.00 2:40.29 20  
1:16.21 2:40.29 (1:24.08)  
2 Greer, Margaret 35 East Bay Bat Rays Masters-38 3:00.50 2:58.66 17  
1:22.68 2:58.66 (1:35.98)  
3 Chien, Regina 37 Marcia's Enthusiastic Masters-38 3:54.21 3:55.03 16  
1:52.17 3:55.03 (2:02.86)  
4 Chaiyasane, Koung 39 Marcia's Enthusiastic Masters-38 5:00.00 4:22.78 15  
2:19.49 4:22.78 (2:03.29)

## 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 JPN

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

1 West, Meredith 39 San Mateo Masters-38 7:45.00 8:05.90 20  
1:52.86 3:59.92 (2:07.06) 6:28.85 (2:28.93) 8:05.90 (1:37.05)

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

## Results

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

2	Chien, Regina	37	Marcia's Enthusiastic Masters-38	8:28.13	8:14.37	17
	1:56.90	3:56.38 (1:59.48)	6:21.08 (2:24.70)	8:14.37 (1:53.29)		
3	Murillo, Catherine	35	Marcia's Enthusiastic Masters-38	9:00.00	8:25.84	16
	2:03.80	4:21.62 (2:17.82)	6:38.31 (2:16.69)	8:25.84 (1:47.53)		

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

	<b>NATL:</b>	<b>24.25</b>	<b>N</b>	<b>7/6/2008</b>	<b>DARA TORRES</b>		
	<b>WORLD:</b>	<b>26.44</b>	<b>W</b>	<b>11/7/2009</b>	<b>Edith OTTERMANN</b>	<b>RSA</b>	
	<b>PAC:</b>	<b>28:28.05</b>	<b>P</b>	<b>12/31/1992</b>	<b>Laura B Val</b>		
1	Murray, Tori	41	Rolling Hills Mud Sharks-38	38.00	34.87P	20	
2	Lee, Jez	43	Marcia's Enthusiastic Masters-38	43.00	37.02P	17	
3	Cheung, Ruth	44	QuickSilver Masters-38	44.80	45.70P	16	
4	Govender, Christine	43	Marin Aquatic Masters-38	58.70	46.62P	15	

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

	<b>NATL:</b>	<b>53.78</b>	<b>N</b>	<b>7/4/2008</b>	<b>DARA TORRES</b>		
	<b>WORLD:</b>	<b>58.04</b>	<b>W</b>	<b>6/8/2013</b>	<b>Erika BRAUN</b>	<b>USA</b>	
	<b>PAC:</b>	<b>1:00.68</b>	<b>P</b>	<b>7/24/2016</b>	<b>Katie Glenn</b>		
1	Flecker, Donita	41	Sebastopol Masters Aquatic Clu-38	NT	1:40.59		

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

	<b>NATL:</b>	<b>53.78</b>	<b>N</b>	<b>7/4/2008</b>	<b>DARA TORRES</b>		
	<b>WORLD:</b>	<b>58.04</b>	<b>W</b>	<b>6/8/2013</b>	<b>Erika BRAUN</b>	<b>USA</b>	
	<b>PAC:</b>	<b>1:00.68</b>	<b>P</b>	<b>7/24/2016</b>	<b>Katie Glenn</b>		
1	Rempe, Rachel	40	Marin Aquatic Masters-38	1:20.00	1:12.94	20	
2	Murray, Tori	41	Rolling Hills Mud Sharks-38	1:22.00	1:17.96	17	
3	Groskopf, Sarah	43	Club Hot Tub-38	1:33.89	1:18.14	16	
4	Prichard, Amie	43	University of San Francisco Ma-38	1:40.00	1:27.35	15	
5	Cheung, Ruth	44	QuickSilver Masters-38	1:44.82	1:39.64	14	

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

	<b>NATL:</b>	<b>2:09.00</b>	<b>N</b>	<b>5/25/2003</b>	<b>K PIPES-NEILSEN</b>		
	<b>WORLD:</b>	<b>2:09.28</b>	<b>W</b>	<b>8/15/2005</b>	<b>K.PIPES-NEILSEN</b>	<b>USA</b>	
	<b>PAC:</b>	<b>2:10.47</b>	<b>P</b>	<b>8/18/2016</b>	<b>Katie Glenn</b>		
1	Rempe, Rachel	40	Marin Aquatic Masters-38	2:54.00	2:40.54	20	
	1:18.11	2:40.54 (1:22.43)					
2	Murray, Tori	41	Rolling Hills Mud Sharks-38	2:50.00	2:59.01	17	
	1:24.35	2:59.01 (1:34.66)					
3	Prichard, Amie	43	University of San Francisco Ma-38	3:30.00	3:14.54	16	
	1:33.85	3:14.54 (1:40.69)					

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

	<b>NATL:</b>	<b>2:09.00</b>	<b>N</b>	<b>5/25/2003</b>	<b>K PIPES-NEILSEN</b>		
	<b>WORLD:</b>	<b>2:09.28</b>	<b>W</b>	<b>8/15/2005</b>	<b>K.PIPES-NEILSEN</b>	<b>USA</b>	
	<b>PAC:</b>	<b>2:10.47</b>	<b>P</b>	<b>8/18/2016</b>	<b>Katie Glenn</b>		
1	Flecker, Donita	41	Sebastopol Masters Aquatic Clu-38	NT	3:32.59		

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

	<b>NATL:</b>	<b>4:22.87</b>	<b>N</b>	<b>8/13/2011</b>	<b>JANET EVANS</b>		
	<b>WORLD:</b>	<b>4:22.87</b>	<b>W</b>	<b>8/13/2011</b>	<b>Janet EVANS</b>	<b>USA</b>	
	<b>PAC:</b>	<b>4:34.33</b>	<b>P</b>	<b>12/31/2006</b>	<b>Susan H Preston</b>		
1	Topping, Catherine	44	Marin Aquatic Masters-38	7:00.00	6:42.09	20	
	1:35.77	3:18.03 (1:42.26)	5:01.29 (1:43.26)	6:42.09 (1:40.80)			

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

## Results

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

2	Prichard, Amie	43	University of San Francisco Ma-38	6:45.00	6:49.87	17
	1:36.31	3:21.01 (1:44.70)	5:06.19 (1:45.18)	6:49.87 (1:43.68)		
3	Flecker, Donita	41	Sebastopol Masters Aquatic Clu-38	6:59.00	7:20.95	16
	1:40.59	3:32.59 (1:52.00)	5:27.11 (1:54.52)	7:20.95 (1:53.84)		

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

	<b>NATL:</b>	<b>8:59.06</b>	<b>N</b>	<b>6/11/2011</b>	<b>JANET EVANS</b>	
	<b>WORLD:</b>	<b>8:59.06</b>	<b>W</b>	<b>6/11/2011</b>	<b>Janet EVANS</b>	<b>USA</b>
	<b>PAC:</b>	<b>9:18.17</b>	<b>P</b>	<b>7/11/2019</b>	<b>Heidi S George</b>	
1	Topping, Catherine	44	Marin Aquatic Masters-38	15:00.00	13:59.52	20
	1:38.94	3:23.55 (1:44.61)	5:09.04 (1:45.49)	6:54.79 (1:45.75)		
	8:41.59 (1:46.80)	10:29.23 (1:47.64)	12:16.46 (1:47.23)	13:59.52 (1:43.06)		

**Women 40-44 800 LC Meter Freestyle Splits**

	<b>NATL:</b>	<b>8:59.06</b>	<b>N</b>	<b>6/11/2011</b>	<b>JANET EVANS</b>	
	<b>WORLD:</b>	<b>8:59.06</b>	<b>W</b>	<b>6/11/2011</b>	<b>Janet EVANS</b>	<b>USA</b>
	<b>PAC:</b>	<b>9:18.17</b>	<b>P</b>	<b>7/11/2019</b>	<b>Heidi S George</b>	
1	Rueda, Marcela	41	Santa Rosa Masters-38	NT	12:02.34	

**Women 40-44 1500 LC Meter Freestyle**

	<b>NATL:</b>	<b>17:17.59</b>	<b>N</b>	<b>4/30/2017</b>	<b>HEIDI GEORGE</b>	
	<b>WORLD:</b>	<b>17:29.43</b>	<b>W</b>	<b>6/30/2017</b>	<b>Heidi GEORGE</b>	<b>USA</b>
	<b>PAC:</b>	<b>17:29.43</b>	<b>P</b>	<b>6/30/2017</b>	<b>Heidi S George</b>	
1	Rueda, Marcela	41	Santa Rosa Masters-38	22:00.00	22:37.57	20
	1:23.06	2:52.20 (1:29.14)	4:24.34 (1:32.14)	5:56.14 (1:31.80)		
	7:28.20 (1:32.06)	8:59.62 (1:31.42)	10:31.12 (1:31.50)	12:02.34 (1:31.22)		
	13:33.75 (1:31.41)	15:05.28 (1:31.53)	16:37.06 (1:31.78)	18:08.57 (1:31.51)		
	19:40.13 (1:31.56)	21:10.33 (1:30.20)	22:37.57 (1:27.24)			
2	Rempe, Rachel	40	Marin Aquatic Masters-38	23:50.00	22:45.78	17
	1:24.99	2:56.87 (1:31.88)	4:29.76 (1:32.89)	6:02.42 (1:32.66)		
	7:32.99 (1:30.57)	9:04.81 (1:31.82)	10:36.22 (1:31.41)	12:07.36 (1:31.14)		
	13:38.65 (1:31.29)	15:09.93 (1:31.28)	16:41.57 (1:31.64)	18:13.10 (1:31.53)		
	19:45.07 (1:31.97)	21:17.19 (1:32.12)	22:45.78 (1:28.59)			
3	McCullough, Juliette	42	Rolling Hills Mud Sharks-38	27:30.99	28:08.10	16
	1:41.31	3:32.68 (1:51.37)	5:24.44 (1:51.76)	7:17.16 (1:52.72)		
	9:09.76 (1:52.60)	11:04.78 (1:55.02)	13:00.15 (1:55.37)	14:53.85 (1:53.70)		
	16:49.03 (1:55.18)	18:43.60 (1:54.57)	20:38.40 (1:54.80)	22:33.68 (1:55.28)		
	24:26.27 (1:52.59)	26:20.41 (1:54.14)	28:08.10 (1:47.69)			

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

	<b>NATL:</b>	<b>29.62</b>	<b>N</b>	<b>8/2/2018</b>	<b>NORIKO INADA</b>	
	<b>WORLD:</b>	<b>29.62</b>	<b>W</b>	<b>8/2/2018</b>	<b>Noriko INADA</b>	<b>USA</b>
	<b>PAC:</b>	<b>31:31.63</b>	<b>P</b>	<b>12/31/2009</b>	<b>Jody Smith</b>	
1	Rueda, Marcela	41	Santa Rosa Masters-38	38.00	38.43 P	20
2	Rempe, Rachel	40	Marin Aquatic Masters-38	45.00	39.96 P	17
3	Groskopf, Sarah	43	Club Hot Tub-38	52.40	41.77 P	16
4	Murray, Tori	41	Rolling Hills Mud Sharks-38	48.00	42.87 P	15
5	Prichard, Amie	43	University of San Francisco Ma-38	55.00	46.59 P	14
6	Cheung, Ruth	44	QuickSilver Masters-38	55.87	56.23 P	13
7	Govender, Christine	43	Marin Aquatic Masters-38	1:02.00	58.32 P	12

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

## Results

## 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 USA

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

1	Sweeney, Megan	43	University of San Francisco Ma-38	1:35.00	1:32.26	20
2	Murray, Tori	41	Rolling Hills Mud Sharks-38	1:45.00	1:35.55	17
3	Prichard, Amie	43	University of San Francisco Ma-38	1:55.00	1:41.26	16
4	Flecker, Donita	41	Sebastopol Masters Aquatic Clu-38	1:45.00	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 USA

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

1	Groskopf, Sarah	43	Club Hot Tub-38	3:27.45	3:17.03	20
				1:37.96	3:17.03 (1:39.07)	
2	Prichard, Amie	43	University of San Francisco Ma-38	3:55.00	3:39.98	17
				1:47.07	3:39.98 (1:52.91)	
3	Cheung, Ruth	44	QuickSilver Masters-38	4:14.40	4:20.35	16
				2:07.63	4:20.35 (2:12.72)	

## 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 GER

PAC: 32:32.47 P 8/19/2016 Katie Glenn

1	Rueda, Marcela	41	Santa Rosa Masters-38	40.05	40.41 P	20
2	Murray, Tori	41	Rolling Hills Mud Sharks-38	52.00	49.54 P	17
3	Sweeney, Megan	43	University of San Francisco Ma-38	53.00	51.23 P	16
4	Lee, Jez	43	Marcia's Enthusiastic Masters-38	58.00	53.54 P	15
5	Govender, Christine	43	Marin Aquatic Masters-38	1:05.40	58.34 P	14
6	Flecker, Donita	41	Sebastopol Masters Aquatic Clu-38	56.50	59.04 P	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 GER

PAC: 1:13.57 P 8/18/2016 Katie Glenn

1	Rueda, Marcela	41	Santa Rosa Masters-38	1:25.50	1:32.20	20
2	McCullough, Juliette	42	Rolling Hills Mud Sharks-38	1:59.58	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 USA

PAC: 2:47.92 P 7/24/2016 Katie Glenn

1	Rueda, Marcela	41	Santa Rosa Masters-38	3:15.00	3:21.71	20
				1:35.00	3:21.71 (1:46.71)	
2	McCullough, Juliette	42	Rolling Hills Mud Sharks-38	4:12.12	4:04.12	17
				2:02.40	4:04.12 (2:01.72)	
3	Lee, Jez	43	Marcia's Enthusiastic Masters-38	4:00.00	4:25.99	16
				2:05.63	4:25.99 (2:20.36)	

## 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 USA

PAC: 29:29.89 P 12/31/1994 Laura B Val

1	Rempe, Rachel	40	Marin Aquatic Masters-38	44.00	34.72 P	20
2	Sweeney, Megan	43	University of San Francisco Ma-38	36.50	36.04 P	17

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

## Results

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

3	Murray, Tori	41	Rolling Hills Mud Sharks-38	48.00	40.19 P	16
4	McCullough, Juliette	42	Rolling Hills Mud Sharks-38	45.45	42.51 P	15
5	Flecker, Donita	41	Sebastopol Masters Aquatic Clu-38	56.00	53.57 P	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 USA

PAC: 1:06.27 P 12/31/1992 Laura B Val

1	Rempe, Rachel	40	Marin Aquatic Masters-38	1:30.00	1:22.39	20
2	Groskopf, Sarah	43	Club Hot Tub-38	1:42.86	1:30.11	17
3	McCullough, Juliette	42	Rolling Hills Mud Sharks-38	1:59.58	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 USA

PAC: 2:30.96 P 12/31/2000 Jill S Hernandez

1	Rueda, Marcela	41	Santa Rosa Masters-38	3:00.00	3:02.06	20
	1:29.89		3:02.06 (1:32.17)			
2	Rempe, Rachel	40	Marin Aquatic Masters-38	3:12.00	3:02.99	17
	1:26.50		3:02.99 (1:36.49)			
3	Sweeney, Megan	43	University of San Francisco Ma-38	3:11.00	3:08.10	16
	1:26.27		3:08.10 (1:41.83)			
4	McCullough, Juliette	42	Rolling Hills Mud Sharks-38	3:46.84	3:44.58	15
	1:47.47		3:44.58 (1:57.11)			

**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 USA

PAC: 5:21.32 P 12/31/2000 Jill S Hernandez

1	Rueda, Marcela	41	Santa Rosa Masters-38	6:20.00	6:30.56	20
	1:31.48		3:15.94 (1:44.46)	5:05.27 (1:49.33)	6:30.56 (1:25.29)	
2	McCullough, Juliette	42	Rolling Hills Mud Sharks-38	7:55.55	7:59.80	17
	1:49.19		3:56.93 (2:07.74)	6:10.29 (2:13.36)	7:59.80 (1:49.51)	

**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 RSA

PAC: 28:28.56 P 12/31/2006 Suzanne M Heim-Bowen

1	Hahnel, Carrie	45	Marcia's Enthusiastic Masters-38	NT	31.46 P	
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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 RSA

PAC: 28:28.56 P 12/31/2006 Suzanne M Heim-Bowen

1	Richards, Ericka	45	Santa Rosa Masters-38	29.09	28.72 P	20
2	Glenn, Katie	47	Off Piste Aquatics-32	30.64	29.16 P	17
3	Towey, Rachel	49	Rolling Hills Mud Sharks-38	34.83	34.20 P	16
4	Davis, Taylor	47	University of San Francisco Ma-38	36.52	34.37 P	15
5	Belluomini, Melanie	46	Davis Aquatic Masters-38	32.67	35.12 P	14
6	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	37.01	37.47 P	13

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

## Results

## 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 USA

PAC: 1:02.11 P 12/31/2003 Suzanne M Heim-Bowen

1 Hahnel, Carrie 45 Marcia's Enthusiastic Masters-38 NT 1:11.63

## 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 USA

PAC: 1:02.11 P 12/31/2003 Suzanne M Heim-Bowen

1	Glenn, Katie	47	Off Piste Aquatics-32	1:03.50	1:02.98	20
2	Richards, Ericka	45	Santa Rosa Masters-38	1:04.67	1:04.04	17
3	Davis, Taylor	47	University of San Francisco Ma-38	1:20.36	1:18.42	16
4	Towey, Rachel	49	Rolling Hills Mud Sharks-38	1:20.59	1:18.58	15
5	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	1:30.65	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 USA

PAC: 2:12.57 P 8/8/2021 Heidi S George

1	Glenn, Katie	47	Off Piste Aquatics-32	2:18.00	2:19.19	20
	1:07.63		2:19.19 (1:11.56)			
2	Richards, Ericka	45	Santa Rosa Masters-38	2:28.03	2:26.25	17
	1:09.67		2:26.25 (1:16.58)			
3	Hahnel, Carrie	45	Marcia's Enthusiastic Masters-38	2:26.00	2:33.97	16
	1:11.63		2:33.97 (1:22.34)			
4	Towey, Rachel	49	Rolling Hills Mud Sharks-38	2:50.59	2:59.21	15
	1:24.47		2:59.21 (1:34.74)			
5	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	3:21.28	3:25.95	14
	1:42.52		3:25.95 (1:43.43)			

## 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 USA

PAC: 4:30.64 P 4/14/2023 Heidi S George

1	Hahnel, Carrie	45	Marcia's Enthusiastic Masters-38	5:10.00	5:26.40	20
	1:17.34		2:39.92 (1:22.58)	4:03.71 (1:23.79)	5:26.40 (1:22.69)	

## 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 CAN

PAC: 32:32.93 P 12/31/1997 Laura B Val

1	Richards, Ericka	45	Santa Rosa Masters-38	36.25	35.82 P	20
2	Davis, Taylor	47	University of San Francisco Ma-38	40.72	42.73 P	17
3	Towey, Rachel	49	Rolling Hills Mud Sharks-38	48.43	44.89 P	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 GBR

PAC: 1:11.34 P 12/31/2009 Lisa A Ward

1	Davis, Taylor	47	University of San Francisco Ma-38	1:24.78	1:33.06	20
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## 2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023

## Results

## 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 AUS

PAC: 36:36.97 P 12/31/1994 Susan Roy

1	Glenn, Katie	47	Off Piste Aquatics-32	35.74	34.57 P	20
2	Richards, Ericka	45	Santa Rosa Masters-38	40.15	37.42 P	17
3	Hahnel, Carrie	45	Marcia's Enthusiastic Masters-38	42.00	42.98 P	16
4	Towey, Rachel	49	Rolling Hills Mud Sharks-38	50.65	47.24 P	15
5	Davis, Taylor	47	University of San Francisco Ma-38	49.84	48.76 P	14
6	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	51.18	50.56 P	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 USA

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

1	Glenn, Katie	47	Off Piste Aquatics-32	1:19.00	1:17.95 P	20
2	Towey, Rachel	49	Rolling Hills Mud Sharks-38	1:39.17	1:44.50	17
3	Davis, Taylor	47	University of San Francisco Ma-38	1:50.41	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 RSA

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

1	Glenn, Katie	47	Off Piste Aquatics-32	2:57.00	2:50.95 P	20
				1:22.24	2:50.95 (1:28.71)	
2	Richards, Ericka	45	Santa Rosa Masters-38	3:06.99	3:06.88	17
				1:32.17	3:06.88 (1:34.71)	
3	Towey, Rachel	49	Rolling Hills Mud Sharks-38	3:46.54	3:38.46	16
				1:46.13	3:38.46 (1:52.33)	

## 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 USA

PAC: 30:30.01 P 12/31/2009 Lisa A Ward

1	Belluomini, Melanie	46	Davis Aquatic Masters-38	33.62	36.28 P	20
2	Davis, Taylor	47	University of San Francisco Ma-38	47.27	42.56 P	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 USA

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

1	Belluomini, Melanie	46	Davis Aquatic Masters-38	1:20.20	1:31.79	20
2	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	1:43.71	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 USA

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

1	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	3:57.07	3:58.60	20
				1:52.85	3:58.60 (2:05.75)	

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

## Results

## Women 45-49 200 LC Meter IM

NATL: 2:21.37		N	8/14/2022	<b>GABRIELLE ROSE</b>			
WORLD: 2:21.37		W	8/14/2022	<b>Gabrielle ROSE</b>			<b>USA</b>
PAC: 2:32.46		P	12/31/2005	<b>Jill S Hernandez</b>			
1	Richards, Ericka	45	Santa Rosa Masters-38	2:52.90	2:49.72		20
	1:19.46		2:49.72 (1:30.26)				
2	Hahnel, Carrie	45	Marcia's Enthusiastic Masters-38	2:55.00	3:02.32		17
	1:30.12		3:02.32 (1:32.20)				
3	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	3:44.00	3:48.39		16
	1:53.41		3:48.39 (1:54.98)				

## Women 50-54 50 LC Meter Freestyle

NATL: 27.13		N	6/17/2023	<b>ERIKA BRAUN</b>			
WORLD: 27.09		W	6/28/2015	<b>M.Therese FUZZATI</b>			<b>FRA</b>
PAC: 28:28.22		P	12/31/2001	<b>Laura B Val</b>			
1	Mcclafferty, Christine	50	Oregon Masters-37	29.90	29.88 P		20
2	Attwell, Carrie	53	The Olympic Club-38	35.50	33.09 P		17
3	Lugassy, Heather	53	Tamalpais Aquatic Masters-38	34.50	33.33 P		16
4	Thompson, Amy	52	North Bay Aquatics-38	34.00	33.67 P		15
5	O'Hanlon, Christine	53	Rolling Hills Mud Sharks-38	40.00	34.55 P		14
6	Voight, Tina	54	Marcia's Enthusiastic Masters-38	35.50	36.54 P		13

## Women 50-54 100 LC Meter Freestyle

NATL: 1:00.53		N	8/20/2022	<b>ERIKA BRAUN</b>			
WORLD: 1:00.42		W	6/27/2015	<b>M.Therese FUZZATI</b>			<b>FRA</b>
PAC: 1:01.13		P	12/31/2001	<b>Laura B Val</b>			
1	Lugassy, Heather	53	Tamalpais Aquatic Masters-38	1:16.75	1:18.03		20
2	O'Hanlon, Christine	53	Rolling Hills Mud Sharks-38	1:30.00	1:21.03		17
3	Voight, Tina	54	Marcia's Enthusiastic Masters-38	1:25.05	1:22.93		16

## Women 50-54 200 LC Meter Freestyle Splits

NATL: 2:13.18		N	8/8/2013	<b>JILL HERNANDEZ</b>			
WORLD: 2:13.18		W	8/8/2013	<b>Jill HERNANDEZ</b>			<b>USA</b>
PAC: 2:13.18		P	8/7/2013	<b>Jill S Hernandez</b>			
1	Zamanian, Alison	53	Walnut Creek Masters-38	NT	2:20.28		

## Women 50-54 400 LC Meter Freestyle

NATL: 4:40.66		N	8/11/2013	<b>JILL HERNANDEZ</b>			
WORLD: 4:40.66		W	8/11/2013	<b>Jill HERNANDEZ</b>			<b>USA</b>
PAC: 4:40.66		P	8/7/2013	<b>Jill S Hernandez</b>			
1	Mcclafferty, Christine	50	Oregon Masters-37	5:16.74	5:11.42		20
	1:16.04		2:35.79 (1:19.75)	3:54.89 (1:19.10)	5:11.42 (1:16.53)		
2	Voight, Tina	54	Marcia's Enthusiastic Masters-38	7:15.10	6:34.12		17
	1:30.26		3:11.31 (1:41.05)	4:53.98 (1:42.67)	6:34.12 (1:40.14)		

## Women 50-54 800 LC Meter Freestyle

NATL: 9:34.12		N	7/23/2016	<b>SUSAN PRESTON</b>			
WORLD: 9:34.12		W	7/23/2016	<b>Susan PRESTON</b>			<b>USA</b>
PAC: 9:34.12		P	7/23/2016	<b>Susan H Preston</b>			
1	Zamanian, Alison	53	Walnut Creek Masters-38	9:39.96	9:50.59		20
	1:10.86		2:26.34 (1:15.48)	3:42.24 (1:15.90)	4:57.31 (1:15.07)		
	6:11.38 (1:14.07)		7:24.90 (1:13.52)	8:38.97 (1:14.07)	9:50.59 (1:11.62)		

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

## Results

## 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				CAN
PAC: 33:33.45 P 12/31/2009		Bonnie M Bilich				
1	Thompson, Amy	52	North Bay Aquatics-38	40.00	39.28 P	20
2	Lugassy, Heather	53	Tamalpais Aquatic Masters-38	42.50	41.54 P	17
3	O'Hanlon, Christine	53	Rolling Hills Mud Sharks-38	55.00	43.23 P	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				USA
PAC: 2:36.60 P 7/30/2022		Alison Zamanian				
1	Zamanian, Alison	53	Walnut Creek Masters-38	2:40.00	2:42.00	20
	1:19.90		2:42.00 (1:22.10)			
2	Thompson, Amy	52	North Bay Aquatics-38	3:10.00	3:02.85	17
	1:28.67		3:02.85 (1:34.18)			

## 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				ITA
PAC: 37:37.81 P 10/10/2021		Tanya N Lane				
1	Mcclafferty, Christine	50	Oregon Masters-37	40.32	40.54 P	20
2	Yurch, Tricia	50	North Bay Aquatics-38	42.07	41.68 P	17
3	Voight, Tina	54	Marcia's Enthusiastic Masters-38	49.15	50.99 P	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				GBR
PAC: 1:23.72 P 10/8/2021		Tanya N Lane				
1	Attwell, Carrie	53	The Olympic Club-38	1:42.35	1:34.89	20
2	Lugassy, Heather	53	Tamalpais Aquatic Masters-38	1:40.42	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				USA
PAC: 30:30.72 P 12/31/2001		Laura B Val				
1	Attwell, Carrie	53	The Olympic Club-38	37.50	34.82 P	20
2	Yurch, Tricia	50	North Bay Aquatics-38	35.60	38.07 P	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				USA
PAC: 1:07.80 P 12/31/2011		Jill S Hernandez				
1	Mcclafferty, Christine	50	Oregon Masters-37	1:09.11	1:09.44	20
2	Zamanian, Alison	53	Walnut Creek Masters-38	1:13.54	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				USA
PAC: 2:36.05 P 7/24/2016		Susan H Preston				
1	Mcclafferty, Christine	50	Oregon Masters-37	2:44.98	2:45.28	20
	1:18.17		2:45.28 (1:27.11)			
2	Attwell, Carrie	53	The Olympic Club-38	3:07.50	3:06.18	17
	1:30.78		3:06.18 (1:35.40)			

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

## Results

## 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 USA

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

1	Zamanian, Alison	53	Walnut Creek Masters-38	5:40.00	5:40.88	20
	1:14.44	2:39.61 (1:25.17)	4:25.68 (1:46.07)	5:40.88 (1:15.20)		
2	Mcclafferty, Christine	50	Oregon Masters-37	5:55.09	5:44.50	17
	1:15.20	2:48.63 (1:33.43)	4:27.45 (1:38.82)	5:44.50 (1:17.05)		

## 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 AUS

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

1	Phalen, Jennifer	59	Davis Aquatic Masters-38	NT	41.49 P	
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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 AUS

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

1	Coomber, Molly	58	North Bay Aquatics-38	33.60	33.33 P	20
2	Boone, Danielle	58	Walnut Creek Masters-38	35.29	33.37 P	17
3	Welting, Laureen	58	The Olympic Club-38	31.00	33.49 P	16
4	Nelson, Sheila	55	Santa Rosa Masters-38	35.00	33.91 P	15
5	Lewis, Melissa D	57	North Bay Aquatics-38	36.50	34.93 P	14
6	De Somma, Margaret	55	Marin Aquatic Masters-38	33.00	36.46 P	13
7	Capen, Tasha	57	Menlo Masters-38	34.90	36.93 P	12
8	Viscardi, Josie	59	Rolling Hills Mud Sharks-38	38.88	37.66 P	11
9	Bryant, Patricia	58	Davis Aquatic Masters-38	56.00	1:00.51 P	9

## 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 AUS

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

1	Welting, Laureen	58	The Olympic Club-38	1:14.00	1:11.31	20
2	Coomber, Molly	58	North Bay Aquatics-38	1:10.96	1:14.68	17
3	Boone, Danielle	58	Walnut Creek Masters-38	1:16.42	1:14.82	16
4	Lewis, Melissa D	57	North Bay Aquatics-38	1:15.00	1:16.29	15
5	De Somma, Margaret	55	Marin Aquatic Masters-38	1:20.00	1:20.43	14
6	Capen, Tasha	57	Menlo Masters-38	1:24.05	1:22.82	13
7	Viscardi, Josie	59	Rolling Hills Mud Sharks-38	1:40.00	1:33.38	12
8	Bryant, Patricia	58	Davis Aquatic Masters-38	2:15.00	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 USA

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

1	Jones, Sara	55	Santa Rosa Masters-38	2:46.63	2:40.79	20
	1:18.08	2:40.79 (1:22.71)				
2	Welting, Laureen	58	The Olympic Club-38	2:37.00	2:41.27	17
	1:16.50	2:41.27 (1:24.77)				
3	Nelson, Sheila	55	Santa Rosa Masters-38	2:48.95	2:41.96	16
	1:18.88	2:41.96 (1:23.08)				
4	Bulman, Robin	58	Santa Rosa Masters-38	2:59.40	2:48.13	15
	1:21.07	2:48.13 (1:27.06)				

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

## Results

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

5	Chachkin, Myra	55	Manatee Aquatic Masters Inc-38	3:42.00	3:44.70	14
	1:45.62		3:44.70 (1:59.08)			

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

<b>NATL:</b>	<b>2:16.28</b>	<b>N</b>	<b>8/11/2019</b>	<b>VAL\REYNOLDS</b>	
<b>WORLD:</b>	<b>2:16.28</b>	<b>W</b>	<b>8/11/2019</b>	<b>Ellen REYNOLDS</b>	<b>USA</b>
<b>PAC:</b>	<b>2:16.28</b>	<b>P</b>	<b>12/31/2009</b>	<b>Laura B Val</b>	

1	Garforth, Emma	55	Davis Aquatic Masters-38	NT	2:44.95	
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**Women 55-59 400 LC Meter Freestyle Splits**

<b>NATL:</b>	<b>4:46.49</b>	<b>N</b>	<b>8/10/2019</b>	<b>ELLEN REYNOLDS</b>	
<b>WORLD:</b>	<b>4:43.41</b>	<b>W</b>	<b>7/10/2016</b>	<b>Lynn MARSHALL</b>	<b>CAN</b>
<b>PAC:</b>	<b>4:46.69</b>	<b>P</b>	<b>7/26/2015</b>	<b>Jill S Hernandez</b>	

1	Nelson, Sheila	55	Santa Rosa Masters-38	NT	5:55.72	
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**Women 55-59 400 LC Meter Freestyle**

<b>NATL:</b>	<b>4:46.49</b>	<b>N</b>	<b>8/10/2019</b>	<b>ELLEN REYNOLDS</b>	
<b>WORLD:</b>	<b>4:43.41</b>	<b>W</b>	<b>7/10/2016</b>	<b>Lynn MARSHALL</b>	<b>CAN</b>
<b>PAC:</b>	<b>4:46.69</b>	<b>P</b>	<b>7/26/2015</b>	<b>Jill S Hernandez</b>	

1	Shu, Vicki	55	Marcia's Enthusiastic Masters-38	5:54.15	5:50.85	20
	1:27.32		2:57.63 (1:30.31)	4:26.52 (1:28.89)	5:50.85 (1:24.33)	
2	Capen, Tasha	57	Menlo Masters-38	6:15.00	6:22.58	17
	1:32.92		3:12.29 (1:39.37)	4:49.89 (1:37.60)	6:22.58 (1:32.69)	
3	Phalen, Jennifer	59	Davis Aquatic Masters-38	6:20.92	6:41.75	16
	1:33.47		3:12.89 (1:39.42)	4:57.79 (1:44.90)	6:41.75 (1:43.96)	

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

<b>NATL:</b>	<b>9:46.56</b>	<b>N</b>	<b>7/25/2015</b>	<b>JILL HERNANDEZ</b>	
<b>WORLD:</b>	<b>9:44.76</b>	<b>W</b>	<b>2/25/2017</b>	<b>Lynn MARSHALL</b>	<b>CAN</b>
<b>PAC:</b>	<b>9:46.56</b>	<b>P</b>	<b>7/25/2015</b>	<b>Jill S Hernandez</b>	

1	Couch, Stephanie	59	Menlo Masters-38	11:21.81	11:28.93	20
	1:23.17		2:49.82 (1:26.65)	4:16.94 (1:27.12)	5:43.90 (1:26.96)	
	7:11.32 (1:27.42)		8:38.31 (1:26.99)	10:04.79 (1:26.48)	11:28.93 (1:24.14)	
2	Bulman, Robin	58	Santa Rosa Masters-38	12:35.90	12:15.89	17
	1:26.44		2:58.38 (1:31.94)	4:31.26 (1:32.88)	6:04.00 (1:32.74)	
	7:37.70 (1:33.70)		9:11.38 (1:33.68)	10:44.69 (1:33.31)	12:15.89 (1:31.20)	
3	Phalen, Jennifer	59	Davis Aquatic Masters-38	15:00.00	13:32.87	16
	1:36.80		3:19.19 (1:42.39)	5:03.07 (1:43.88)	6:47.33 (1:44.26)	
	8:31.36 (1:44.03)		10:14.12 (1:42.76)	11:54.51 (1:40.39)	13:32.87 (1:38.36)	

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

<b>NATL:</b>	<b>9:46.56</b>	<b>N</b>	<b>7/25/2015</b>	<b>JILL HERNANDEZ</b>	
<b>WORLD:</b>	<b>9:44.76</b>	<b>W</b>	<b>2/25/2017</b>	<b>Lynn MARSHALL</b>	<b>CAN</b>
<b>PAC:</b>	<b>9:46.56</b>	<b>P</b>	<b>7/25/2015</b>	<b>Jill S Hernandez</b>	

1	Nelson, Sheila	55	Santa Rosa Masters-38	NT	12:02.03	
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**Women 55-59 1500 LC Meter Freestyle**

<b>NATL:</b>	<b>18:36.30</b>	<b>N</b>	<b>8/7/2019</b>	<b>ELLEN REYNOLDS</b>	
<b>WORLD:</b>	<b>18:36.30</b>	<b>W</b>	<b>8/7/2019</b>	<b>Ellen REYNOLDS</b>	<b>USA</b>
<b>PAC:</b>	<b>19:14.70</b>	<b>P</b>	<b>12/31/2007</b>	<b>Laura B Val</b>	

1	Couch, Stephanie	59	Menlo Masters-38	21:35.96	21:26.68	20
	1:22.35		2:47.99 (1:25.64)	4:13.94 (1:25.95)	5:40.21 (1:26.27)	
	7:06.94 (1:26.73)		8:33.22 (1:26.28)	9:59.68 (1:26.46)	11:25.73 (1:26.05)	
	12:51.86 (1:26.13)		14:18.02 (1:26.16)	15:44.89 (1:26.87)	17:10.99 (1:26.10)	
	18:36.99 (1:26.00)		20:02.83 (1:25.84)	21:26.68 (1:23.85)		

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

## Results

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

2	Coomber, Molly	58	North Bay Aquatics-38	22:45.50	22:13.86	17
	1:23.61	2:51.55 (1:27.94)	4:19.78 (1:28.23)	5:48.81 (1:29.03)		
	7:17.34 (1:28.53)	8:45.49 (1:28.15)	10:14.57 (1:29.08)	11:43.47 (1:28.90)		
	13:12.97 (1:29.50)	14:42.87 (1:29.90)	16:12.53 (1:29.66)	17:44.20 (1:31.67)		
	19:15.21 (1:31.01)	20:44.60 (1:29.39)	22:13.86 (1:29.26)			
3	Nelson, Sheila	55	Santa Rosa Masters-38	23:30.00	22:38.46	16
	1:24.97	2:55.39 (1:30.42)	4:25.20 (1:29.81)	5:55.72 (1:30.52)		
	7:26.98 (1:31.26)	8:58.68 (1:31.70)	10:30.68 (1:32.00)	12:02.03 (1:31.35)		
	13:33.59 (1:31.56)	15:05.40 (1:31.81)	16:36.80 (1:31.40)	18:08.55 (1:31.75)		
	19:40.41 (1:31.86)	21:11.00 (1:30.59)	22:38.46 (1:27.46)			
4	Bulman, Robin	58	Santa Rosa Masters-38	23:30.40	23:30.78	15
	1:27.57	2:59.71 (1:32.14)	4:32.54 (1:32.83)	6:07.31 (1:34.77)		
	7:41.38 (1:34.07)	9:17.41 (1:36.03)	10:51.49 (1:34.08)	12:26.75 (1:35.26)		
	14:01.64 (1:34.89)	15:36.62 (1:34.98)	17:10.62 (1:34.00)	18:45.02 (1:34.40)		
	20:19.79 (1:34.77)	21:55.22 (1:35.43)	23:30.78 (1:35.56)			
5	Musser, Elizabeth	59	Tamalpais Aquatic Masters-38	23:00.00	24:05.32	14
	1:26.90	3:03.36 (1:36.46)	4:40.71 (1:37.35)	6:17.02 (1:36.31)		
	7:54.20 (1:37.18)	9:31.98 (1:37.78)	11:09.47 (1:37.49)	12:47.39 (1:37.92)		
	14:25.54 (1:38.15)	16:02.62 (1:37.08)	17:40.09 (1:37.47)	19:18.02 (1:37.93)		
	20:55.12 (1:37.10)	22:30.88 (1:35.76)	24:05.32 (1:34.44)			

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

	<b>NATL:</b>	<b>31.99</b>	<b>N</b>	<b>8/2/2018</b>	<b>HOLLY GREEN BLAIR</b>		
	<b>WORLD:</b>	<b>31.99</b>	<b>W</b>	<b>8/2/2018</b>	<b>Holly GREEN BLAIR</b>	<b>USA</b>	
	<b>PAC:</b>	<b>33:33.75</b>	<b>P</b>	<b>12/31/2010</b>	<b>Laura B Val</b>		
1	Ward, Lisa	59	Walnut Creek Masters-38	38.00	36.69P	20	
2	Welting, Laureen	58	The Olympic Club-38	39.00	38.69P	17	
3	Garforth, Emma	55	Davis Aquatic Masters-38	41.00	39.04P	16	
4	Jones, Sara	55	Santa Rosa Masters-38	42.04	40.61P	15	
5	Nelson, Sheila	55	Santa Rosa Masters-38	45.00	42.70P	14	
6	Lewis, Melissa D	57	North Bay Aquatics-38	41.00	44.98P	13	
7	Phalen, Jennifer	59	Davis Aquatic Masters-38	49.57	56.70P	12	

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

	<b>NATL:</b>	<b>1:09.69</b>	<b>N</b>	<b>8/11/2019</b>	<b>HOLLY GREEN BLAIR</b>		
	<b>WORLD:</b>	<b>1:09.69</b>	<b>W</b>	<b>8/11/2019</b>	<b>Holly GREEN BLAIR</b>	<b>USA</b>	
	<b>PAC:</b>	<b>1:12.45</b>	<b>P</b>	<b>7/16/2017</b>	<b>Bonnie M Bilich</b>		
1	Ward, Lisa	59	Walnut Creek Masters-38	1:21.00	1:18.36	20	
2	Jones, Sara	55	Santa Rosa Masters-38	1:28.97	1:27.30	17	
3	Couch, Stephanie	59	Menlo Masters-38	1:32.00	1:30.92	16	

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

	<b>NATL:</b>	<b>2:31.79</b>	<b>N</b>	<b>5/19/2019</b>	<b>ELLEN REYNOLDS</b>		
	<b>WORLD:</b>	<b>2:31.79</b>	<b>W</b>	<b>5/19/2019</b>	<b>Ellen REYNOLDS</b>	<b>USA</b>	
	<b>PAC:</b>	<b>2:40.84</b>	<b>P</b>	<b>7/15/2017</b>	<b>Bonnie M Bilich</b>		
1	Ward, Lisa	59	Walnut Creek Masters-38	2:45.61	2:46.95	20	
	1:21.52	2:46.95 (1:25.43)					
2	Jones, Sara	55	Santa Rosa Masters-38	3:07.52	3:03.76	17	
	1:30.42	3:03.76 (1:33.34)					
3	Couch, Stephanie	59	Menlo Masters-38	3:10.14	3:05.32	16	
	1:32.19	3:05.32 (1:33.13)					
4	Garforth, Emma	55	Davis Aquatic Masters-38	2:59.93	3:06.51	15	
	1:31.78	3:06.51 (1:34.73)					

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

## Results

## 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			ITA	
PAC: 41:41.31 P 7/16/2017		Jana Matena				
1	Garforth, Emma	55	Davis Aquatic Masters-38	43.22	43.35 P	20
2	Bulman, Robin	58	Santa Rosa Masters-38	44.26	43.36 P	17
3	Nelson, Sheila	55	Santa Rosa Masters-38	45.75	44.02 P	16
4	Jones, Sara	55	Santa Rosa Masters-38	49.90	47.95 P	15
5	Capen, Tasha	57	Menlo Masters-38	50.00	48.24 P	14
6	Glatter, Kathy	57	Uc38	55.42	52.94 P	13
7	Macleod, Pascale	59	University of San Francisco Ma-38	53.20	55.06 P	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			ITA	
PAC: 1:31.50 P 7/30/2022		Robin A Bulman				
1	Ward, Lisa	59	Walnut Creek Masters-38	1:32.85	1:30.63 P	20
2	Garforth, Emma	55	Davis Aquatic Masters-38	1:33.48	1:35.12	17
3	Nelson, Sheila	55	Santa Rosa Masters-38	1:40.91	1:40.78	16
4	Phalen, Jennifer	59	Davis Aquatic Masters-38	1:45.92	1:45.75	15
5	Capen, Tasha	57	Menlo Masters-38	1:50.00	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			JPN	
PAC: 3:20.11 P 7/11/2018		Merrie E Walts				
1	Ward, Lisa	59	Walnut Creek Masters-38	3:25.00	3:17.09 P	20
	1:35.23		3:17.09 (1:41.86)			
2	Garforth, Emma	55	Davis Aquatic Masters-38	3:22.00	3:23.25	17
	1:41.57		3:23.25 (1:41.68)			
3	Bulman, Robin	58	Santa Rosa Masters-38	3:37.73	3:32.05	16
	1:42.22		3:32.05 (1:49.83)			
4	Phalen, Jennifer	59	Davis Aquatic Masters-38	3:47.81	3:42.47	15
	1:47.48		3:42.47 (1:54.99)			
5	Macleod, Pascale	59	University of San Francisco Ma-38	4:33.56	4:44.57	14
	2:15.91		4:44.57 (2:28.66)			

## 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			USA	
PAC: 31:31.42 P 12/31/2009		Laura B Val				
1	Ward, Lisa	59	Walnut Creek Masters-38	35.00	33.17 P	20
2	Nelson, Sheila	55	Santa Rosa Masters-38	40.31	37.79 P	17
3	De Somma, Margaret	55	Marin Aquatic Masters-38	35.00	38.63 P	16
4	Capen, Tasha	57	Menlo Masters-38	40.00	42.82 P	15
5	Viscardi, Josie	59	Rolling Hills Mud Sharks-38	45.00	44.34 P	14
6	Glatter, Kathy	57	Uc38	51.31	49.48 P	13
7	Phalen, Jennifer	59	Davis Aquatic Masters-38	49.67	50.19 P	12
8	Chachkin, Myra	55	Manatee Aquatic Masters Inc-38	48.30	51.33 P	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			CHI	
PAC: 1:09.47 P 12/31/2009		Laura B Val				
1	Welting, Laureen	58	The Olympic Club-38	1:21.00	1:22.71	20

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

## Results

**(Women 55-59 100 LC Meter Butterfly)**

2	Coomber, Molly	58	North Bay Aquatics-38	1:26.50	1:24.60	17
3	Boone, Danielle	58	Walnut Creek Masters-38	1:30.46	1:27.70	16
4	Couch, Stephanie	59	Menlo Masters-38	1:38.94	1:34.69	15
5	Capen, Tasha	57	Menlo Masters-38	1:40.00	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 AUS

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

1	Shu, Vicki	55	Marcia's Enthusiastic Masters-38	3:15.36	3:17.38	20
	1:33.46	3:17.38 (1:43.92)				
2	Chachkin, Myra	55	Manatee Aquatic Masters Inc-38	3:48.00	4:28.97	17
	2:00.62	4:28.97 (2:28.35)				

**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 USA

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

1	Ward, Lisa	59	Walnut Creek Masters-38	2:49.25	2:54.25	20
	1:20.65	2:54.25 (1:33.60)				
2	Welting, Laureen	58	The Olympic Club-38	2:55.00	3:00.05	17
	1:27.04	3:00.05 (1:33.01)				
3	Garforth, Emma	55	Davis Aquatic Masters-38	3:04.43	3:04.25	16
	1:30.54	3:04.25 (1:33.71)				
4	Jones, Sara	55	Santa Rosa Masters-38	3:07.20	3:04.26	15
	1:30.96	3:04.26 (1:33.30)				
5	Shu, Vicki	55	Marcia's Enthusiastic Masters-38	3:14.13	3:10.51	14
	1:30.81	3:10.51 (1:39.70)				
6	Couch, Stephanie	59	Menlo Masters-38	3:10.00	3:14.80	13
	1:32.95	3:14.80 (1:41.85)				

**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 USA

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

1	Garforth, Emma	55	Davis Aquatic Masters-38	6:27.95	6:29.76	20
	1:37.11	3:17.20 (1:40.09)	5:05.82 (1:48.62)	6:29.76 (1:23.94)		
2	Couch, Stephanie	59	Menlo Masters-38	6:44.04	6:34.11	17
	1:36.44	3:12.69 (1:36.25)	5:10.60 (1:57.91)	6:34.11 (1:23.51)		
3	Jones, Sara	55	Santa Rosa Masters-38	6:20.20	6:35.28	16
	1:38.64	3:15.55 (1:36.91)	5:08.05 (1:52.50)	6:35.28 (1:27.23)		
4	Bulman, Robin	58	Santa Rosa Masters-38	7:15.33	7:07.91	15
	1:42.10	3:35.83 (1:53.73)	5:30.34 (1:54.51)	7:07.91 (1:37.57)		
5	Phalen, Jennifer	59	Davis Aquatic Masters-38	7:46.27	7:48.51	14
	2:01.66	4:11.53 (2:09.87)	6:06.98 (1:55.45)	7:48.51 (1:41.53)		
6	Viscardi, Josie	59	Rolling Hills Mud Sharks-38	10:00.00	8:48.27	13
	2:11.14	4:33.12 (2:21.98)	6:50.81 (2:17.69)	8:48.27 (1:57.46)		

**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 AUS

PAC: 29:29.31 P 12/31/2011 Laura B Val

1	Matena, Jana	61	Menlo Masters-38	34.30	32.88 P	20
2	Curry, Coleen	63	North Bay Aquatics-38	35.00	32.95 P	17



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

## Results

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

3	Joyce, Martha	63	Tamalpais Aquatic Masters-38	33.50	33.03 P	16
4	Nichelman, Sherri	63	Walnut Creek Masters-38	37.50	35.23 P	15
5	Feeley, Louise	64	Menlo Masters-38	38.32	35.34 P	14
6	Lantto, Victoria	64	Dolphins of the Desert Masters-48	35.26	36.57 P	13
7	Dodd, Dina	60	Uc38	45.00	36.78 P	12
8	Ross, June	64	Marin Aquatic Masters-38	59.00	50.54 P	11
9	Sampiere-Prochnow, Susie	60	Marin Aquatic Masters-38	57.44	53.19 P	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 USA

PAC: 1:03.83 P 12/31/2011 Laura B Val

1	Carroll, Leah	62	Albany Armada Aquatics Masters-38	NT	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 USA

PAC: 1:03.83 P 12/31/2011 Laura B Val

1	Matena, Jana	61	Menlo Masters-38	1:11.30	1:08.03	20
2	Curry, Coleen	63	North Bay Aquatics-38	1:14.00	1:12.21	17
3	Joyce, Martha	63	Tamalpais Aquatic Masters-38	1:15.00	1:15.79	16
4	Nichelman, Sherri	63	Walnut Creek Masters-38	1:23.32	1:16.69	15
5	Feeley, Louise	64	Menlo Masters-38	1:23.63	1:19.46	14
6	Dodd, Dina	60	Uc38	1:25.00	1:24.90	13
7	Lantto, Victoria	64	Dolphins of the Desert Masters-48	1:28.23	1:26.54	12
8	Flynn, Beth	61	Rolling Hills Mud Sharks-38	1:42.00	1:30.68	11
9	Seaver-Forse, Lynn M	61	Marin Aquatic Masters-38	2:15.00	1:50.28	9
10	Sampiere-Prochnow, Susie	60	Marin Aquatic Masters-38	2:08.00	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 AUS

PAC: 2:21.48 P 12/31/2012 Laura B Val

1	Matena, Jana	61	Menlo Masters-38	2:39.30	2:34.32	20
				1:13.28	2:34.32 (1:21.04)	
2	Nichelman, Sherri	63	Walnut Creek Masters-38	2:59.29	2:54.89	17
				1:25.14	2:54.89 (1:29.75)	

**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 AUS

PAC: 2:21.48 P 12/31/2012 Laura B Val

1	Carroll, Leah	62	Albany Armada Aquatics Masters-38	NT	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 CAN

PAC: 4:59.82 P 12/31/2012 Laura B Val

1	Carroll, Leah	62	Albany Armada Aquatics Masters-38	NT	8:41.98	
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## 2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023

## Results

## 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 CAN

PAC: 4:59.82 P 12/31/2012 Laura B Val

1	Nichelman, Sherri	63	Walnut Creek Masters-38	6:19.96	6:14.11	20
	1:27.64	3:05.23 (1:37.59)	4:41.81 (1:36.58)	6:14.11 (1:32.30)		

## 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 CAN

PAC: 10:27.71 P 12/31/2011 Laura B Val

1	Curry, Coleen	63	North Bay Aquatics-38	11:50.00	11:12.91	20
	1:20.79	2:45.52 (1:24.73)	4:09.92 (1:24.40)	5:34.35 (1:24.43)		
	6:58.98 (1:24.63)	8:24.67 (1:25.69)	9:50.53 (1:25.86)	11:12.91 (1:22.38)		
2	Gerhan, Martha	62	University of San Francisco Ma-38	14:00.00	13:04.89	17
	1:32.12	3:10.98 (1:38.86)	4:49.97 (1:38.99)	6:30.21 (1:40.24)		
	8:09.12 (1:38.91)	9:49.28 (1:40.16)	11:28.60 (1:39.32)	13:04.89 (1:36.29)		
3	Taylor, Catherine	60	Walnut Creek Masters-38	14:00.00	13:30.02	16
	1:36.34	3:19.18 (1:42.84)	5:02.12 (1:42.94)	6:45.57 (1:43.45)		
	8:28.55 (1:42.98)	10:11.50 (1:42.95)	11:53.51 (1:42.01)	13:30.02 (1:36.51)		

## 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 CAN

PAC: 10:27.71 P 12/31/2011 Laura B Val

1	Carroll, Leah	62	Albany Armada Aquatics Masters-38	NT	17:40.04
2	Focha, Teresa	62	Albany Armada Aquatics Masters-38	NT	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 USA

PAC: 19:52.85 P 12/31/2011 Laura B Val

1	Khouri, Carola P	61	Stanford Masters Swimming-38	22:22.14	20:27.98	20
	1:16.13	2:38.87 (1:22.74)	4:01.02 (1:22.15)	5:23.27 (1:22.25)		
	6:45.83 (1:22.56)	8:07.80 (1:21.97)	9:30.24 (1:22.44)	10:52.43 (1:22.19)		
	12:14.99 (1:22.56)	13:37.46 (1:22.47)	15:00.00 (1:22.54)	16:22.68 (1:22.68)		
	17:45.08 (1:22.40)	19:07.61 (1:22.53)	20:27.98 (1:20.37)			
2	Curry, Coleen	63	North Bay Aquatics-38	22:15.00	21:49.48	17
	1:19.18	2:45.56 (1:26.38)	4:12.53 (1:26.97)	5:40.46 (1:27.93)		
	7:10.34 (1:29.88)	8:39.70 (1:29.36)	10:06.15 (1:26.45)	11:32.77 (1:26.62)		
	13:00.80 (1:28.03)	14:29.84 (1:29.04)	15:58.19 (1:28.35)	17:27.73 (1:29.54)		
	18:55.70 (1:27.97)	20:23.00 (1:27.30)	21:49.48 (1:26.48)			
3	Gerhan, Martha	62	University of San Francisco Ma-38	27:35.50	24:55.20	16
	1:33.92	3:15.48 (1:41.56)	4:56.64 (1:41.16)	6:37.21 (1:40.57)		
	8:16.87 (1:39.66)	9:56.70 (1:39.83)	11:36.95 (1:40.25)	13:17.24 (1:40.29)		
	14:57.19 (1:39.95)	16:36.89 (1:39.70)	18:16.88 (1:39.99)	19:57.05 (1:40.17)		
	21:36.65 (1:39.60)	23:17.31 (1:40.66)	24:55.20 (1:37.89)			
4	Reneau, Frances	64	Menlo Masters-38	26:30.00	26:29.69	15
	1:43.11	3:30.63 (1:47.52)	5:18.98 (1:48.35)	7:06.54 (1:47.56)		
	8:53.12 (1:46.58)	10:38.53 (1:45.41)	12:24.02 (1:45.49)	14:09.93 (1:45.91)		
	15:56.26 (1:46.33)	17:42.45 (1:46.19)	19:28.58 (1:46.13)	21:13.73 (1:45.15)		
	22:59.46 (1:45.73)	24:45.32 (1:45.86)	26:29.69 (1:44.37)			

**2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023****Results****(Women 60-64 1500 LC Meter Freestyle)**

5	Basile, Katy	64	Menlo Masters-38	30:00.00	28:59.29	14
	1:44.47	3:39.15 (1:54.68)	5:36.38 (1:57.23)	7:34.24 (1:57.86)		
	9:30.83 (1:56.59)	11:29.34 (1:58.51)	13:28.27 (1:58.93)	15:25.99 (1:57.72)		
	17:23.88 (1:57.89)	19:21.81 (1:57.93)	21:16.83 (1:55.02)	23:14.01 (1:57.18)		
	25:09.93 (1:55.92)	27:09.17 (1:59.24)	28:59.29 (1:50.12)			
6	Carroll, Leah	62	Albany Armada Aquatics Masters-38	33:34.96	33:20.43	13
	2:01.75	4:15.07 (2:13.32)	6:28.61 (2:13.54)	8:41.98 (2:13.37)		
	10:56.54 (2:14.56)	13:10.70 (2:14.16)	15:25.65 (2:14.95)	17:40.04 (2:14.39)		
	19:53.59 (2:13.55)	22:09.37 (2:15.78)	24:24.75 (2:15.38)	26:38.67 (2:13.92)		
	28:54.05 (2:15.38)	31:09.66 (2:15.61)	33:20.43 (2:10.77)			
7	Focha, Teresa	62	Albany Armada Aquatics Masters-38	30:45.05	33:56.30	12
	2:02.76	4:16.61 (2:13.85)	6:33.14 (2:16.53)	8:48.37 (2:15.23)		
	11:05.41 (2:17.04)	13:22.03 (2:16.62)	15:38.13 (2:16.10)	17:54.09 (2:15.96)		
	20:10.30 (2:16.21)	22:26.46 (2:16.16)	24:42.45 (2:15.99)	26:59.75 (2:17.30)		
	29:18.04 (2:18.29)	31:36.97 (2:18.93)	33:56.30 (2:19.33)			

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

	<b>NATL:</b>	<b>33.82</b>	<b>N</b>	<b>5/12/2022</b>	<b>KARLYN PIPES</b>		
	<b>WORLD:</b>	<b>33.82</b>	<b>W</b>	<b>5/12/2022</b>	<b>Karlyn PIPES</b>	<b>USA</b>	
	<b>PAC:</b>	<b>33:33.86</b>	<b>P</b>	<b>8/9/2015</b>	<b>Laura B Val</b>		
1	Russell, Jane	60	Davis Aquatic Masters-38	40.72	41.55 P	20	
2	Joyce, Martha	63	Tamalpais Aquatic Masters-38	43.00	43.04 P	17	
3	Laudenslager, Sherri	61	Rolling Hills Mud Sharks-38	47.70	45.46 P	16	
4	Lantto, Victoria	64	Dolphins of the Desert Masters-48	44.78	45.63 P	15	
5	Flynn, Beth	61	Rolling Hills Mud Sharks-38	52.00	53.71 P	14	
6	Seaver-Forshey, Lynn M	61	Marin Aquatic Masters-38	1:14.80	59.00 P	13	
7	Sampiere-Prochnow, Susie	60	Marin Aquatic Masters-38	1:07.00	1:11.43 P	12	

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

	<b>NATL:</b>	<b>1:14.28</b>	<b>N</b>	<b>8/13/2022</b>	<b>KARLYN PIPES</b>		
	<b>WORLD:</b>	<b>1:14.28</b>	<b>W</b>	<b>8/13/2022</b>	<b>Karlyn PIPES</b>	<b>USA</b>	
	<b>PAC:</b>	<b>1:14.50</b>	<b>P</b>	<b>7/11/2018</b>	<b>Bonnie M Bilich</b>		
1	Lantto, Victoria	64	Dolphins of the Desert Masters-48	1:37.17	1:38.50	20	
2	Laudenslager, Sherri	61	Rolling Hills Mud Sharks-38	1:41.38	1:42.36	17	

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

	<b>NATL:</b>	<b>2:41.38</b>	<b>N</b>	<b>5/13/2022</b>	<b>KARLYN PIPES</b>		
	<b>WORLD:</b>	<b>2:41.38</b>	<b>W</b>	<b>5/13/2022</b>	<b>Karlyn PIPES</b>	<b>USA</b>	
	<b>PAC:</b>	<b>2:41.57</b>	<b>P</b>	<b>8/8/2019</b>	<b>Bonnie M Bilich</b>		
1	Russell, Jane	60	Davis Aquatic Masters-38	3:40.29	3:21.92	20	
	1:39.31	3:21.92 (1:42.61)					
2	Laudenslager, Sherri	61	Rolling Hills Mud Sharks-38	3:28.50	3:35.17	17	
	1:44.26	3:35.17 (1:50.91)					
3	Taylor, Catherine	60	Walnut Creek Masters-38	3:44.67	3:47.60	16	
	1:56.34	3:47.60 (1:51.26)					
4	Carroll, Leah	62	Albany Armada Aquatics Masters-38	4:09.07	4:15.11	15	
	2:04.69	4:15.11 (2:10.42)					
5	Focha, Teresa	62	Albany Armada Aquatics Masters-38	4:41.84	4:42.14	14	
	2:16.98	4:42.14 (2:25.16)					

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

## Results

## Women 60-64 50 LC Meter Breaststroke

NATL: 39.02 N 8/19/2016 BETH ESTEL  
 WORLD: 37.43 W 2/6/2022 Monica CORO' ITA  
 PAC: 42:42.57 P 7/11/2018 Barbara C Wheeler

1	Matena, Jana	61	Menlo Masters-38	47.30	43.71 P	20
2	Laudenslager, Sherri	61	Rolling Hills Mud Sharks-38	48.27	49.91 P	17
3	Flynn, Beth	61	Rolling Hills Mud Sharks-38	54.00	51.90 P	16

## Women 60-64 100 LC Meter Breaststroke

NATL: 1:27.24 N 8/18/2016 BETH ESTEL  
 WORLD: 1:23.04 W 5/20/2022 Moncia CORO' ITA  
 PAC: 1:29.39 P 7/10/2018 Bonnie M Bilich

1	Matena, Jana	61	Menlo Masters-38	1:39.30	1:35.55	20
2	Russell, Jane	60	Davis Aquatic Masters-38	1:48.28	1:47.30	17
3	Laudenslager, Sherri	61	Rolling Hills Mud Sharks-38	1:50.77	1:50.17	16
4	Dodd, Dina	60	Uc38	2:00.00	1:52.35	15
5	Gerhan, Martha	62	University of San Francisco Ma-38	2:11.00	1:54.94	14
6	Flynn, Beth	61	Rolling Hills Mud Sharks-38	1:53.00	1:58.78	13
7	Carroll, Leah	62	Albany Armada Aquatics Masters-38	2:05.19	2:08.84	12

## Women 60-64 200 LC Meter Breaststroke

NATL: 3:08.07 N 6/29/2014 LO KNAPP  
 WORLD: 3:04.15 W 3/18/2018 Jenny WHITELEY AUS  
 PAC: 3:20.45 P 7/21/2019 Bonnie M Bilich

1	Russell, Jane	60	Davis Aquatic Masters-38	3:50.82	3:50.69	20
	1:50.48		3:50.69 (2:00.21)			
2	Laudenslager, Sherri	61	Rolling Hills Mud Sharks-38	3:58.87	4:03.12	17
	1:58.29		4:03.12 (2:04.83)			
3	Flynn, Beth	61	Rolling Hills Mud Sharks-38	4:10.00	4:18.32	16
	2:09.11		4:18.32 (2:09.21)			
4	Carroll, Leah	62	Albany Armada Aquatics Masters-38	4:34.08	4:26.91	15
	2:12.33		4:26.91 (2:14.58)			
5	Focha, Teresa	62	Albany Armada Aquatics Masters-38	5:18.85	5:07.05	14
	2:31.76		5:07.05 (2:35.29)			

## Women 60-64 50 LC Meter Butterfly

NATL: 31.11 N 8/11/2019 TRACI GRANGER  
 WORLD: 31.11 W 8/11/2019 Traci GRANGER USA  
 PAC: 32:32.27 P 12/31/2012 Laura B Val

1	Russell, Jane	60	Davis Aquatic Masters-38	40.28	37.49 P	20
2	Joyce, Martha	63	Tamalpais Aquatic Masters-38	38.00	38.07 P	17
3	Matena, Jana	61	Menlo Masters-38	39.30	40.95 P	16
4	Coffee, Cassandra	62	Tamalpais Aquatic Masters-38	51.80	48.59 P	15

## Women 60-64 100 LC Meter Butterfly Splits

NATL: 1:12.06 N 8/4/2011 LAURA VAL  
 WORLD: 1:12.06 W 8/4/2011 Laura VAL USA  
 PAC: 1:12.06 P 12/31/2011 Laura B Val

1	Focha, Teresa	62	Albany Armada Aquatics Masters-38	NT	2:08.30	
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## Women 60-64 100 LC Meter Butterfly

NATL: 1:12.06 N 8/4/2011 LAURA VAL  
 WORLD: 1:12.06 W 8/4/2011 Laura VAL USA  
 PAC: 1:12.06 P 12/31/2011 Laura B Val

1	Russell, Jane	60	Davis Aquatic Masters-38	1:30.28	1:28.41	20
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## 2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023

## Results

**(Women 60-64 100 LC Meter Butterfly)**

2	Joyce, Martha	63	Tamalpais Aquatic Masters-38	1:30.00	1:39.06	17
3	Taylor, Catherine	60	Walnut Creek Masters-38	1:49.76	1:50.02	16
4	Carroll, Leah	62	Albany Armada Aquatics Masters-38	1:54.19	1:55.66	15
5	Focha, Teresa	62	Albany Armada Aquatics Masters-38	2:09.06	2:19.52	14

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

NATL: 2:41.03 N 8/6/2011 LAURA VAL

WORLD: 2:41.03 W 8/6/2011 Laura VAL USA

PAC: 2:41.03 P 12/31/2011 Laura B Val

1	Carroll, Leah	62	Albany Armada Aquatics Masters-38	4:19.05	4:09.39	20
				2:02.61	4:09.39 (2:06.78)	
2	Focha, Teresa	62	Albany Armada Aquatics Masters-38	4:39.68	4:40.32	17
				2:14.05	4:40.32 (2:26.27)	

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

NATL: 2:47.99 N 7/14/2013 LAURA VAL

WORLD: 2:44.62 W 3/20/2019 Jenny WHITELEY AUS

PAC: 2:47.99 P 7/12/2013 Laura B Val

1	Matena, Jana	61	Menlo Masters-38	3:12.30	3:08.59	20
				1:31.79	3:08.59 (1:36.80)	
2	Russell, Jane	60	Davis Aquatic Masters-38	3:38.27	3:19.65	17
				1:33.79	3:19.65 (1:45.86)	
3	Nichelman, Sherri	63	Walnut Creek Masters-38	3:33.44	3:26.57	16
				1:34.30	3:26.57 (1:52.27)	
4	Laudenslager, Sherri	61	Rolling Hills Mud Sharks-38	4:00.00	3:43.91	15
				1:51.10	3:43.91 (1:52.81)	
5	Flynn, Beth	61	Rolling Hills Mud Sharks-38	3:55.00	4:00.29	14
				1:51.13	4:00.29 (2:09.16)	
6	Carroll, Leah	62	Albany Armada Aquatics Masters-38	4:13.36	4:11.88	13
				2:01.72	4:11.88 (2:10.16)	
7	Focha, Teresa	62	Albany Armada Aquatics Masters-38	4:33.92	4:37.65	12
				2:11.75	4:37.65 (2:25.90)	

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

NATL: 5:49.08 N 8/12/2022 KARLYN PIPES

WORLD: 5:48.88 W 6/11/2022 Lynn MARSHALL CAN

PAC: 5:56.27 P 12/31/2011 Laura B Val

1	Collins, Helen	61	Uc38	6:46.00	6:35.42	20
				1:25.68	3:10.74 (1:45.06)	
					5:09.26 (1:58.52)	
					6:35.42 (1:26.16)	
2	Basile, Katy	64	Menlo Masters-38	8:44.00	8:41.41	17
				2:12.30	4:22.28 (2:09.98)	
					6:48.62 (2:26.34)	
					8:41.41 (1:52.79)	
3	Focha, Teresa	62	Albany Armada Aquatics Masters-38	9:25.37	9:18.14	16
				2:08.30	4:29.40 (2:21.10)	
					7:00.18 (2:30.78)	
					9:18.14 (2:17.96)	

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

NATL: 29.10 N 8/3/2019 PENNY NOYES

WORLD: 29.10 W 8/3/2019 Penny NOYES USA

PAC: 29:29.17 P 7/29/2018 Laura B Val

1	Helmrich, Susan	68	Streamliners-38	36.20	36.99 P	20
2	Pinto, Rebecca	68	Menlo Masters-38	48.66	41.46 P	17
3	Strauss, Judy	69	Menlo Masters-38	50.00	46.59 P	16
4	August, Susan	69	Marin Aquatic Masters-38	1:11.00	1:08.56 P	15

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

## Results

## Women 65-69 100 LC Meter Freestyle

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

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

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

1	Bilich, Bonnie	65	San Ramon Valley Aquatics Mast-38	1:12.00	1:10.73	20
2	Strauss, Judy	69	Menlo Masters-38	1:45.00	1:43.05	17

## Women 65-69 200 LC Meter Freestyle

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

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

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

1	Helmrich, Susan	68	Streamliners-38	3:10.80	2:54.60	20
				1:24.33	2:54.60 (1:30.27)	
2	Pinto, Rebecca	68	Menlo Masters-38	3:35.79	3:22.49	17
				1:39.40	3:22.49 (1:43.09)	

## Women 65-69 400 LC Meter Freestyle Splits

NATL: 5:12.80 N 8/10/2019 LAURA VAL

WORLD: 5:12.80 W 8/10/2019 Laura VAL USA

PAC: 5:12.80 P 8/10/2019 Laura B Val

1	Heim-Bowen, Suzanne	65	Walnut Creek Masters-38	NT	5:29.34	
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## Women 65-69 400 LC Meter Freestyle

NATL: 5:12.80 N 8/10/2019 LAURA VAL

WORLD: 5:12.80 W 8/10/2019 Laura VAL USA

PAC: 5:12.80 P 8/10/2019 Laura B Val

1	Helmrich, Susan	68	Streamliners-38	6:25.60	6:01.12	20
				1:26.80	2:59.77 (1:32.97)	
					4:32.44 (1:32.67)	
					6:01.12 (1:28.68)	
2	Quinn, Phyllis	68	The Olympic Club-38	6:34.94	6:41.72	17
				1:37.72	3:20.71 (1:42.99)	
					5:03.33 (1:42.62)	
					6:41.72 (1:38.39)	
3	Pinto, Rebecca	68	Menlo Masters-38	7:27.54	7:05.16	16
				1:41.77	3:31.67 (1:49.90)	
					5:21.88 (1:50.21)	
					7:05.16 (1:43.28)	
4	Miller, Vicky	68	North Bay Aquatics-38	9:23.95	8:26.76	15
				2:03.07	4:13.11 (2:10.04)	
					6:22.29 (2:09.18)	
					8:26.76 (2:04.47)	

## 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 USA

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

1	Helmrich, Susan	68	Streamliners-38	12:55.50	12:19.41	20
				1:27.07	3:01.07 (1:34.00)	
					4:35.75 (1:34.68)	
					6:09.46 (1:33.71)	
					7:44.33 (1:34.87)	
					9:17.02 (1:32.69)	
					10:49.41 (1:32.39)	
					12:19.41 (1:30.00)	
2	Quinn, Phyllis	68	The Olympic Club-38	13:44.39	13:30.02	17
				1:39.53	3:23.01 (1:43.48)	
					5:04.37 (1:41.36)	
					6:46.98 (1:42.61)	
					8:29.03 (1:42.05)	
					10:10.20 (1:41.17)	
					11:51.91 (1:41.71)	
					13:30.02 (1:38.11)	
3	Schwartz, Judith	69	Menlo Masters-38	16:00.00	14:36.91	16
				1:47.84	3:39.85 (1:52.01)	
					5:31.69 (1:51.84)	
					7:23.12 (1:51.43)	
					9:13.69 (1:50.57)	
					11:03.77 (1:50.08)	
					12:52.70 (1:48.93)	
					14:36.91 (1:44.21)	
4	Pinto, Rebecca	68	Menlo Masters-38	15:06.00	14:46.13	15
				1:45.53	3:39.32 (1:53.79)	
					5:32.07 (1:52.75)	
					7:24.49 (1:52.42)	
					9:16.86 (1:52.37)	
					11:08.55 (1:51.69)	
					13:00.29 (1:51.74)	
					14:46.13 (1:45.84)	
5	Strauss, Judy	69	Menlo Masters-38	14:45.00	15:43.15	14
				1:47.88	3:46.32 (1:58.44)	
					5:45.99 (1:59.67)	
					7:44.30 (1:58.31)	
					9:45.27 (2:00.97)	
					11:44.08 (1:58.81)	
					13:45.01 (2:00.93)	
					15:43.15 (1:58.14)	

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

## Results

## 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 USA

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

1 Heim-Bowen, Suzanne 65 Walnut Creek Masters-38 NT 11:00.80

## 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 USA

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

1 Heim-Bowen, Suzanne 65 Walnut Creek Masters-38 20:47.84 20:41.53 N 20

1:20.34 2:43.25 (1:22.91) 4:06.43 (1:23.18) 5:29.34 (1:22.91)

6:51.80 (1:22.46) 8:14.92 (1:23.12) 9:37.79 (1:22.87) 11:00.80 (1:23.01)

12:24.06 (1:23.26) 13:47.07 (1:23.01) 15:10.16 (1:23.09) 16:33.27 (1:23.11)

17:56.26 (1:22.99) 19:19.37 (1:23.11) 20:41.53 (1:22.16)

2 Helmrich, Susan 68 Streamliners-38 23:56.50 23:09.44 17

1:26.92 2:59.86 (1:32.94) 4:32.37 (1:32.51) 6:04.10 (1:31.73)

7:36.62 (1:32.52) 9:09.12 (1:32.50) 10:42.41 (1:33.29) 12:16.10 (1:33.69)

13:49.18 (1:33.08) 15:22.83 (1:33.65) 16:57.11 (1:34.28) 18:31.25 (1:34.14)

20:05.71 (1:34.46) 21:38.67 (1:32.96) 23:09.44 (1:30.77)

3 Ogilvie, Carol M 68 University of San Francisco Ma-38 26:30.00 25:53.90 16

1:37.02 3:20.08 (1:43.06) 5:05.81 (1:45.73) 6:51.00 (1:45.19)

8:35.97 (1:44.97) 10:20.56 (1:44.59) 12:06.33 (1:45.77) 13:52.07 (1:45.74)

15:36.37 (1:44.30) 17:20.20 (1:43.83) 19:04.99 (1:44.79) 20:48.99 (1:44.00)

22:32.94 (1:43.95) 24:16.71 (1:43.77) 25:53.90 (1:37.19)

4 Quinn, Phyllis 68 The Olympic Club-38 25:54.23 25:56.48 15

1:40.50 3:24.47 (1:43.97) 5:07.71 (1:43.24) 6:52.05 (1:44.34)

8:35.22 (1:43.17) 10:19.48 (1:44.26) 12:02.46 (1:42.98) 13:45.86 (1:43.40)

15:30.15 (1:44.29) 17:14.47 (1:44.32) 18:58.56 (1:44.09) 20:43.80 (1:45.24)

22:28.95 (1:45.15) 24:14.05 (1:45.10) 25:56.48 (1:42.43)

5 Strauss, Judy 69 Menlo Masters-38 27:00.00 29:17.44 14

1:46.53 3:41.38 (1:54.85) 5:36.84 (1:55.46) 7:34.45 (1:57.61)

9:31.42 (1:56.97) 11:28.81 (1:57.39) 13:26.12 (1:57.31) 15:24.36 (1:58.24)

17:22.84 (1:58.48) 19:23.05 (2:00.21) 21:20.88 (1:57.83) 23:20.22 (1:59.34)

25:19.29 (1:59.07) 27:19.48 (2:00.19) 29:17.44 (1:57.96)

## 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 USA

PAC: 33:33.59 P 8/2/2018 Laura B Val

1 Bilich, Bonnie 65 San Ramon Valley Aquatics Mast-38 36.00 36.29 P 20

2 Helmrich, Susan 68 Streamliners-38 47.80 44.21 P 17

3 Gill, Kathy 69 Davis Aquatic Masters-38 53.12 54.06 P 16

4 Pinto, Rebecca 68 Menlo Masters-38 59.00 54.09 P 15

5 Thomas, Elaine 69 Mountain View Masters-38 52.56 57.22 P 14

6 Strauss, Judy 69 Menlo Masters-38 1:05.00 58.92 P 13

7 Miller, Vicky 68 North Bay Aquatics-38 1:04.76 1:04.26 P 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 USA

PAC: 1:14.49 P 7/31/2018 Laura B Val

1 Helmrich, Susan 68 Streamliners-38 1:46.60 1:38.72 20

2 Thomas, Elaine 69 Mountain View Masters-38 1:57.50 2:01.78 17

3 Miller, Vicky 68 North Bay Aquatics-38 2:21.95 2:18.18 16

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

## Results

## 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		USA	
PAC:		2:47.70	P	8/8/2019	Laura B Val			
1	Bilich, Bonnie	65	San Ramon Valley Aquatics Mast-38	2:50.00	2:49.62	20		
	1:23.01	2:49.62 (1:26.61)						
2	Quinn, Phyllis	68	The Olympic Club-38	3:33.46	3:42.21	17		
	1:51.84	3:42.21 (1:50.37)						
3	Thomas, Elaine	69	Mountain View Masters-38	4:09.12	4:16.49	16		
	2:06.51	4:16.49 (2:09.98)						
4	Gill, Kathy	69	Davis Aquatic Masters-38	4:11.00	4:18.46	15		
	2:10.19	4:18.46 (2:08.27)						
5	Miller, Vicky	68	North Bay Aquatics-38	4:46.48	4:53.02	14		
	2:25.17	4:53.02 (2:27.85)						

## 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		AUS	
PAC:		43:43.95	P	12/31/2009	Daniela Barnea			
1	Jakobi, Jessica	65	Tamalpais Aquatic Masters-38	54.00	49.81 P	20		
2	Palmer, Teddy	69	Walnut Creek Masters-38	1:21.34	1:17.20 P	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		AUS	
PAC:		1:40.69	P	12/31/2009	Daniela Barnea			
1	Marrocco, Judy	68	University of San Francisco Ma-38	3:10.00	3:08.43	20		

## 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		GBR	
PAC:		3:32.45	P	12/31/2009	Daniela Barnea			
1	Quinn, Phyllis	68	The Olympic Club-38	4:31.77	4:12.97	20		
	2:03.42	4:12.97 (2:09.55)						

## 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		USA	
PAC:		33:33.34	P	7/11/2018	Laura B Val			
1	Palmer, Teddy	69	Walnut Creek Masters-38	1:09.14	1:05.20 P	20		

## 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		USA	
PAC:		1:13.70	P	8/18/2016	Laura B Val			
1	Gill, Kathy	69	Davis Aquatic Masters-38	2:05.00	2:13.13	20		

## 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		USA	
PAC:		3:17.25	P	5/27/2023	Traci S Granger			
1	Quinn, Phyllis	68	The Olympic Club-38	4:49.95	4:58.35	20		
	2:27.76	4:58.35 (2:30.59)						



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

## Results

## 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 USA

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

1	Miller, Vicky	68	North Bay Aquatics-38	4:58.06	4:41.92	20
				2:27.06	4:41.92 (2:14.86)	

## 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 USA

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

1	Quinn, Phyllis	68	The Olympic Club-38	7:55.95	7:50.72	20
				2:09.24	4:03.71 (1:54.47)	
					6:12.77 (2:09.06)	
					7:50.72 (1:37.95)	

## 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 USA

PAC: 30:30.73 P 10/10/2021 Laura B Val

1	Val, Laura	72	Tamalpais Aquatic Masters-38	33.50	31.36P	20
2	Guthrie, Sally	73	Davis Aquatic Masters-38	40.00	38.78P	17
3	Hepworth, Linda	70	Rolling Hills Mud Sharks-38	37.15	39.59P	16
4	Cohn, Darcy C	72	University of San Francisco Ma-38	55.00	48.76P	15
5	Niccolls, Dorothy	70	University of San Francisco Ma-38	55.27	55.21P	14
6	Leva, Nina	72	North Bay Aquatics-38	1:12.43	1:07.12P	13

## 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 USA

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

1	Guthrie, Sally	73	Davis Aquatic Masters-38	1:27.00	1:27.32	20
2	Hepworth, Linda	70	Rolling Hills Mud Sharks-38	1:26.38	1:29.86	17
3	Cohn, Darcy C	72	University of San Francisco Ma-38	1:55.00	1:51.86	16
4	Leva, Nina	72	North Bay Aquatics-38	2:49.32	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 USA

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

1	Hepworth, Linda	70	Rolling Hills Mud Sharks-38	3:09.47	3:14.81	20
				1:35.56	3:14.81 (1:39.25)	
2	Guthrie, Sally	73	Davis Aquatic Masters-38	3:09.02	3:15.06	17
				1:32.27	3:15.06 (1:42.79)	
3	Willard, Mimi C	70	Tamalpais Aquatic Masters-38	3:31.50	3:18.80	16
				1:36.86	3:18.80 (1:41.94)	
4	Dunn, Audrey	70	University of San Francisco Ma-38	3:49.93	3:58.69	15
				1:57.62	3:58.69 (2:01.07)	
5	Niccolls, Dorothy	70	University of San Francisco Ma-38	4:00.00	4:34.44	14
				2:11.11	4:34.44 (2:23.33)	
6	Leva, Nina	72	North Bay Aquatics-38	5:44.07	5:47.19	13
				2:50.34	5:47.19 (2:56.85)	

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

## Results

## 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 USA

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

1	Willard, Mimi C	70	Tamalpais Aquatic Masters-38	7:05.10	6:59.66	20
	1:39.68	3:27.51 (1:47.83)	5:14.83 (1:47.32)	6:59.66 (1:44.83)		
2	Dunn, Audrey	70	University of San Francisco Ma-38	8:20.00	8:03.05	17
	1:57.73	3:59.65 (2:01.92)	6:02.36 (2:02.71)	8:03.05 (2:00.69)		
3	Niccolls, Dorothy	70	University of San Francisco Ma-38	9:20.00	9:50.54	16
	2:19.61	4:48.83 (2:29.22)	7:22.12 (2:33.29)	9:50.54 (2:28.42)		
4	Leva, Nina	72	North Bay Aquatics-38	11:44.15	11:49.91	15
	2:54.83	5:56.64 (3:01.81)	8:54.57 (2:57.93)	11:49.91 (2:55.34)		

## 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 USA

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

1	Dunn, Audrey	70	University of San Francisco Ma-38	16:41.55	16:36.70	20
	1:58.28	4:01.21 (2:02.93)	6:05.33 (2:04.12)	8:10.28 (2:04.95)		
	10:17.15 (2:06.87)	12:23.87 (2:06.72)	14:30.78 (2:06.91)	16:36.70 (2:05.92)		
2	Niccolls, Dorothy	70	University of San Francisco Ma-38	19:40.00	19:47.86	17
	2:15.84	4:45.48 (2:29.64)	7:16.38 (2:30.90)	9:47.41 (2:31.03)		
	12:17.85 (2:30.44)	14:51.02 (2:33.17)	17:20.06 (2:29.04)	19:47.86 (2:27.80)		
3	Leva, Nina	72	North Bay Aquatics-38	32:32.00	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 USA

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

1	Guthrie, Sally	73	Davis Aquatic Masters-38	NT	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 USA

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

1	Guthrie, Sally	73	Davis Aquatic Masters-38	25:50.19	26:19.57	20
	1:36.96	3:20.46 (1:43.50)	5:04.78 (1:44.32)	6:49.34 (1:44.56)		
	8:34.68 (1:45.34)	10:19.47 (1:44.79)	12:05.39 (1:45.92)	13:50.08 (1:44.69)		
	15:37.76 (1:47.68)	17:25.95 (1:48.19)	19:13.94 (1:47.99)	21:02.20 (1:48.26)		
	22:50.17 (1:47.97)	24:36.49 (1:46.32)	26:19.57 (1:43.08)			
2	Willard, Mimi C	70	Tamalpais Aquatic Masters-38	27:26.30	28:03.39	17
	1:41.38	3:32.57 (1:51.19)	5:25.59 (1:53.02)	7:20.03 (1:54.44)		
	9:14.31 (1:54.28)	11:07.78 (1:53.47)	13:01.70 (1:53.92)	14:55.73 (1:54.03)		
	16:47.93 (1:52.20)	18:41.51 (1:53.58)	20:34.97 (1:53.46)	22:28.47 (1:53.50)		
	24:21.50 (1:53.03)	26:14.07 (1:52.57)	28:03.39 (1:49.32)			
3	Dunn, Audrey	70	University of San Francisco Ma-38	32:00.00	31:02.64	16
	1:56.66	3:57.99 (2:01.33)	6:01.11 (2:03.12)	8:04.79 (2:03.68)		
	10:09.21 (2:04.42)	12:14.38 (2:05.17)	14:19.60 (2:05.22)	16:24.85 (2:05.25)		
	18:29.74 (2:04.89)	20:35.24 (2:05.50)	22:41.65 (2:06.41)	24:48.38 (2:06.73)		
	26:55.35 (2:06.97)	29:00.71 (2:05.36)	31:02.64 (2:01.93)			
4	Niccolls, Dorothy	70	University of San Francisco Ma-38	39:00.00	37:08.31	15
	2:12.17	4:38.11 (2:25.94)	7:05.24 (2:27.13)	9:33.09 (2:27.85)		
	11:58.23 (2:25.14)	14:28.10 (2:29.87)	16:55.89 (2:27.79)	19:25.93 (2:30.04)		
	21:57.35 (2:31.42)	24:28.33 (2:30.98)	26:58.23 (2:29.90)	29:30.91 (2:32.68)		
	32:03.40 (2:32.49)	34:39.06 (2:35.66)	37:08.31 (2:29.25)			

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

## Results

**(Women 70-74 1500 LC Meter Freestyle)**

5	Leva, Nina	72	North Bay Aquatics-38	54:34.85	45:43.61	14
				11:55.62 ( )		
	14:58.13 (3:02.51)		21:05.32 ( )			
			33:24.50 ( )	36:31.75 ( )		
			42:44.47 ( )	45:43.61 (2:59.14)		

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

	<b>NATL:</b>	<b>34.65</b>	<b>N</b>	<b>10/10/2021</b>	<b>LAURA VAL</b>		
	<b>WORLD:</b>	<b>34.65</b>	<b>W</b>	<b>10/10/2021</b>	<b>Laura VAL</b>	<b>USA</b>	
	<b>PAC:</b>	<b>34:34.65</b>	<b>P</b>	<b>10/10/2021</b>	<b>Laura B Val</b>		
1	Val, Laura	72	Tamalpais Aquatic Masters-38	36.50	35.47 P	20	
2	Hepworth, Linda	70	Rolling Hills Mud Sharks-38	47.24	50.25 P	17	
3	Cohn, Darcy C	72	University of San Francisco Ma-38	1:07.00	1:00.50 P	16	
4	Niccolls, Dorothy	70	University of San Francisco Ma-38	1:05.00	1:02.29 P	15	

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

	<b>NATL:</b>	<b>1:17.26</b>	<b>N</b>	<b>7/31/2022</b>	<b>LAURA VAL</b>		
	<b>WORLD:</b>	<b>1:17.26</b>	<b>W</b>	<b>7/31/2022</b>	<b>Laura VAL</b>	<b>USA</b>	
	<b>PAC:</b>	<b>1:17.26</b>	<b>P</b>	<b>7/31/2022</b>	<b>Laura B Val</b>		
1	Val, Laura	72	Tamalpais Aquatic Masters-38	1:25.00	1:17.72	20	
2	Willard, Mimi C	70	Tamalpais Aquatic Masters-38	1:58.10	1:48.28	17	
3	Hepworth, Linda	70	Rolling Hills Mud Sharks-38	1:45.56	1:49.00	16	
4	Niccolls, Dorothy	70	University of San Francisco Ma-38	2:23.00	2:20.29	15	
5	Dunn, Audrey	70	University of San Francisco Ma-38	2:18.86	2:28.00	14	

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

	<b>NATL:</b>	<b>2:49.43</b>	<b>N</b>	<b>10/8/2021</b>	<b>LAURA VAL</b>		
	<b>WORLD:</b>	<b>2:49.43</b>	<b>W</b>	<b>10/8/2021</b>	<b>Laura VAL</b>	<b>USA</b>	
	<b>PAC:</b>	<b>2:49.43</b>	<b>P</b>	<b>10/8/2021</b>	<b>Laura B Val</b>		
1	Val, Laura	72	Tamalpais Aquatic Masters-38	3:06.00	2:49.46	20	
	1:21.40		2:49.46 (1:28.06)				
2	Hepworth, Linda	70	Rolling Hills Mud Sharks-38	3:40.06	3:46.22	17	
	1:52.27		3:46.22 (1:53.95)				
3	Willard, Mimi C	70	Tamalpais Aquatic Masters-38	3:55.00	3:49.88	16	
	1:52.60		3:49.88 (1:57.28)				
4	Dunn, Audrey	70	University of San Francisco Ma-38	5:20.00	5:01.67	15	
	2:31.95		5:01.67 (2:29.72)				

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

	<b>NATL:</b>	<b>43.19</b>	<b>N</b>	<b>8/3/2018</b>	<b>DANA BROWN</b>		
	<b>WORLD:</b>	<b>41.67</b>	<b>W</b>	<b>6/22/2014</b>	<b>Monika SENFTLEBEN</b>	<b>GER</b>	
	<b>PAC:</b>	<b>45:45.45</b>	<b>P</b>	<b>10/10/2021</b>	<b>Charlotte M Davis</b>		
1	Val, Laura	72	Tamalpais Aquatic Masters-38	50.00	46.59 P	20	
2	Hepworth, Linda	70	Rolling Hills Mud Sharks-38	59.84	1:00.21 P	17	
3	Cohn, Darcy C	72	University of San Francisco Ma-38	1:05.00	1:02.91 P	16	

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

	<b>NATL:</b>	<b>1:36.91</b>	<b>N</b>	<b>7/31/2021</b>	<b>CHARLOTTE DAVIS</b>		
	<b>WORLD:</b>	<b>1:35.93</b>	<b>W</b>	<b>10/2/2016</b>	<b>Nobuko YASUDA</b>	<b>JPN</b>	
	<b>PAC:</b>	<b>1:38.04</b>	<b>P</b>	<b>10/8/2021</b>	<b>Charlotte M Davis</b>		
1	Cohn, Darcy C	72	University of San Francisco Ma-38	2:25.00	2:25.23	20	

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

## Results

## 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 JPN

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

1	Guthrie, Sally	73	Davis Aquatic Masters-38	4:25.00	4:29.92	20
	2:11.01		4:29.92 (2:18.91)			
2	Cohn, Darcy C	72	University of San Francisco Ma-38	5:00.00	5:05.35	17
	2:28.49		5:05.35 (2:36.86)			
3	Dunn, Audrey	70	University of San Francisco Ma-38	5:19.71	5:20.72	16
	2:37.30		5:20.72 (2:43.42)			

## 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 USA

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

1	Val, Laura	72	Tamalpais Aquatic Masters-38	35.50	34.68N	20
2	Guthrie, Sally	73	Davis Aquatic Masters-38	48.00	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 USA

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

1	Guthrie, Sally	73	Davis Aquatic Masters-38	1:50.00	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 USA

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

1	Cohn, Darcy C	72	University of San Francisco Ma-38	5:07.00	5:08.24	20
	2:42.04		5:08.24 (2:26.20)			

## 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 USA

PAC: 38:38.23 P 6/17/2023 Ruth Y Shaps

1	Gettling, Janet	75	Oregon Masters-37	40.00	38.02P	20
2	Caso, Susie	77	Manatee Aquatic Masters Inc-38	48.17	48.47P	17
3	Pashelinsky, Erin	76	University of San Francisco Ma-38	53.00	57.37P	16
4	Chaitkin, Lauren	79	University of San Francisco Ma-38	1:02.00	1:01.32P	15
5	Allen, Susan	79	University of San Francisco Ma-38	1:30.00	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 USA

PAC: 1:27.08 P 6/17/2023 Ruth Y Shaps

1	Gettling, Janet	75	Oregon Masters-37	1:32.00	1:30.17	20
2	Coholan, Annette	75	Rolling Hills Mud Sharks-38	1:53.00	1:49.17	17
3	Caso, Susie	77	Manatee Aquatic Masters Inc-38	1:53.45	1:50.97	16
4	Pashelinsky, Erin	76	University of San Francisco Ma-38	1:56.00	2:04.56	15
5	Chaitkin, Lauren	79	University of San Francisco Ma-38	2:15.00	2:09.68	14
6	Lardelli, Diane	79	Davis Aquatic Masters-38	2:40.00	2:12.69	13
7	Allen, Susan	79	University of San Francisco Ma-38	2:45.00	2:36.30	12

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

## Results

## 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 JPN

PAC: 3:10.69 P 6/17/2023 Ruth Y Shaps

1 Barnea, Daniela 79 Menlo Masters-38 NT 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 JPN

PAC: 3:10.69 P 6/17/2023 Ruth Y Shaps

1 Scott, Stephanie 76 Walnut Creek Masters-38 3:38.00 3:39.86 20  
1:43.35 3:39.86 (1:56.51)2 Coholan, Annette 75 Rolling Hills Mud Sharks-38 4:08.22 3:57.49 17  
1:57.23 3:57.49 (2:00.26)3 Chaitkin, Lauren 79 University of San Francisco Ma-38 4:45.00 4:32.81 16  
2:15.60 4:32.81 (2:17.21)

## 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 JPN

PAC: 6:37.57 P 6/17/2023 Ruth Y Shaps

1 Scott, Stephanie 76 Walnut Creek Masters-38 7:17.00 7:41.28 20  
1:48.41 3:50.44 (2:02.03) 5:47.67 (1:57.23) 7:41.28 (1:53.61)2 Coholan, Annette 75 Rolling Hills Mud Sharks-38 8:23.42 8:25.31 17  
2:03.53 4:13.12 (2:09.59) 6:22.18 (2:09.06) 8:25.31 (2:03.13)

## 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 GBR

PAC: 14:55.99 P 7/30/2022 Stephanie I Scott

1 Scott, Stephanie 76 Walnut Creek Masters-38 14:55.00 15:13.38 20  
1:46.14 3:44.02 (1:57.88) 5:40.58 (1:56.56) 7:36.81 (1:56.23)  
9:32.80 (1:55.99) 11:27.84 (1:55.04) 13:22.07 (1:54.23) 15:13.38 (1:51.31)2 Dutro, Cynthia 75 Menlo Masters-38 16:00.00 15:54.76 17  
1:51.82 3:52.36 (2:00.54) 5:51.45 (1:59.09) 7:52.46 (2:01.01)  
9:53.83 (2:01.37) 11:55.20 (2:01.37) 13:56.53 (2:01.33) 15:54.76 (1:58.23)3 Coholan, Annette 75 Rolling Hills Mud Sharks-38 17:04.78 17:09.43 16  
2:00.52 4:08.87 (2:08.35) 6:18.00 (2:09.13) 8:27.72 (2:09.72)  
10:37.40 (2:09.68) 12:49.09 (2:11.69) 15:00.94 (2:11.85) 17:09.43 (2:08.49)

## 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 GBR

PAC: 28:09.74 P 7/29/2022 Stephanie I Scott

1 Dutro, Cynthia 75 Menlo Masters-38 33:00.00 30:30.12 20  
1:51.41 3:51.30 (1:59.89) 5:52.44 (2:01.14) 7:53.19 (2:00.75)  
9:53.98 (2:00.79) 11:55.92 (2:01.94) 13:58.32 (2:02.40) 16:00.94 (2:02.62)  
18:05.03 (2:04.09) 20:09.98 (2:04.95) 22:15.55 (2:05.57) 24:20.01 (2:04.46)  
26:25.55 (2:05.54) 28:30.87 (2:05.32) 30:30.12 (1:59.25)2 Coholan, Annette 75 Rolling Hills Mud Sharks-38 32:00.00 32:14.91 17  
1:58.54 4:03.42 (2:04.88) 6:10.26 (2:06.84) 8:18.13 (2:07.87)  
10:25.91 (2:07.78) 12:35.53 (2:09.62) 14:45.45 (2:09.92) 16:56.55 (2:11.10)  
19:07.04 (2:10.49) 21:18.39 (2:11.35) 23:30.11 (2:11.72) 25:42.09 (2:11.98)  
27:53.67 (2:11.58) 30:06.79 (2:13.12) 32:14.91 (2:08.12)

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

## Results

**(Women 75-79 1500 LC Meter Freestyle)**

---	Scott, Stephanie	76	Walnut Creek Masters-38	28:10.00		DNF
	1:47.59	3:48.17 (2:00.58)	5:47.12 (1:58.95)	7:45.35 (1:58.23)		
	9:44.27 (1:58.92)	11:40.14 (1:55.87)	13:37.90 (1:57.76)	15:35.15 (1:57.25)		
	17:30.86 (1:55.71)	19:27.91 (1:57.05)	21:24.29 (1:56.38)	23:19.90 (1:55.61)		
	25:16.05 (1:56.15)					

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

	<b>NATL:</b>	<b>40.08</b>	<b>N</b>	<b>10/9/2021</b>	<b>DIANN UUSTAL</b>		
	<b>WORLD:</b>	<b>40.08</b>	<b>W</b>	<b>10/9/2021</b>	<b>Diann UUSTAL</b>	<b>USA</b>	
	<b>PAC:</b>	<b>49:49.98</b>	<b>P</b>	<b>12/31/1999</b>	<b>Margery Meyer</b>		
1	Chaitkin, Lauren	79	University of San Francisco Ma-38	1:12.00	1:11.42 P	20	
2	Pashelinsky, Erin	76	University of San Francisco Ma-38	1:06.00	1:17.87 P	17	

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

	<b>NATL:</b>	<b>1:28.67</b>	<b>N</b>	<b>10/10/2021</b>	<b>DIANN UUSTAL</b>		
	<b>WORLD:</b>	<b>1:28.67</b>	<b>W</b>	<b>10/10/2021</b>	<b>Diann UUSTAL</b>	<b>USA</b>	
	<b>PAC:</b>	<b>1:45.85</b>	<b>P</b>	<b>6/17/2023</b>	<b>Ruth Y Shaps</b>		
1	Chaitkin, Lauren	79	University of San Francisco Ma-38	2:30.00	2:33.76	20	
2	Pashelinsky, Erin	76	University of San Francisco Ma-38	2:23.00	2:44.72	17	

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

	<b>NATL:</b>	<b>3:17.63</b>	<b>N</b>	<b>8/5/2022</b>	<b>DIANN UUSTAL</b>		
	<b>WORLD:</b>	<b>3:16.80</b>	<b>W</b>	<b>4/28/2019</b>	<b>Clary MUNNS</b>	<b>AUS</b>	
	<b>PAC:</b>	<b>4:02.85</b>	<b>P</b>	<b>7/20/2019</b>	<b>Leslie M Westergaard</b>		
1	Chaitkin, Lauren	79	University of San Francisco Ma-38	5:20.00	5:20.74	20	
	2:39.34	5:20.74 (2:41.40)					

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

	<b>NATL:</b>	<b>47.10</b>	<b>N</b>	<b>7/19/2014</b>	<b>JOANN LEILICH</b>		
	<b>WORLD:</b>	<b>43.95</b>	<b>W</b>	<b>3/6/2010</b>	<b>Shoko YONEZAWA</b>	<b>JPN</b>	
	<b>PAC:</b>	<b>47:47.25</b>	<b>P</b>	<b>7/21/2019</b>	<b>Daniela Barnea</b>		
1	Barnea, Daniela	79	Menlo Masters-38	55.15	51.96 P	20	
2	Coholan, Annette	75	Rolling Hills Mud Sharks-38	1:00.00	1:08.33 P	17	
3	Allen, Susan	79	University of San Francisco Ma-38	2:00.00	1:24.06 P	16	
4	Pashelinsky, Erin	76	University of San Francisco Ma-38	1:15.00	1:25.81 P	15	

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

	<b>NATL:</b>	<b>1:42.18</b>	<b>N</b>	<b>8/15/2014</b>	<b>JOANN LEILICH</b>		
	<b>WORLD:</b>	<b>1:38.81</b>	<b>W</b>	<b>3/6/2010</b>	<b>Shoko YONEZAWA</b>	<b>JPN</b>	
	<b>PAC:</b>	<b>1:44.40</b>	<b>P</b>	<b>7/20/2019</b>	<b>Daniela Barnea</b>		
1	Barnea, Daniela	79	Menlo Masters-38	1:56.20	1:49.72	20	
2	Dutro, Cynthia	75	Menlo Masters-38	2:10.00	2:03.46	17	
3	Caso, Susie	77	Manatee Aquatic Masters Inc-38	2:17.27	2:16.52	16	
4	Lardelli, Diane	79	Davis Aquatic Masters-38	2:50.00	2:26.68	15	
5	Coholan, Annette	75	Rolling Hills Mud Sharks-38	2:25.12	2:29.52	14	
6	Pashelinsky, Erin	76	University of San Francisco Ma-38	2:20.00	3:26.34	13	
7	Allen, Susan	79	University of San Francisco Ma-38	3:45.00	3:26.65	12	

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

	<b>NATL:</b>	<b>3:40.84</b>	<b>N</b>	<b>7/19/2014</b>	<b>JOANN LEILICH</b>		
	<b>WORLD:</b>	<b>3:40.84</b>	<b>W</b>	<b>7/19/2014</b>	<b>Joann LEILICH</b>	<b>USA</b>	
	<b>PAC:</b>	<b>3:48.31</b>	<b>P</b>	<b>8/17/2019</b>	<b>Daniela Barnea</b>		
1	Barnea, Daniela	79	Menlo Masters-38	3:58.30	4:02.00	20	
	1:58.76	4:02.00 (2:03.24)					

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

## Results

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

2	Dutro, Cynthia	75	Menlo Masters-38	4:30.00	4:37.97	17
	2:13.66	4:37.97 (2:24.31)				
3	Scott, Stephanie	76	Walnut Creek Masters-38	5:08.00	4:50.37	16
	2:23.52	4:50.37 (2:26.85)				

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

	<b>NATL:</b>	<b>44.95</b>	<b>N</b>	<b>8/1/2004</b>	<b>GAIL ROPER</b>	
	<b>WORLD:</b>	<b>38.93</b>	<b>W</b>	<b>5/25/2019</b>	<b>Judy WILSON</b>	<b>FRA</b>
	<b>PAC:</b>	<b>50:50.37</b>	<b>P</b>	<b>4/25/2008</b>	<b>Barbara F Callison</b>	
1	Gettling, Janet	75	Oregon Masters-37	50.00	45.97 P	20

**Women 75-79 50 LC Meter Butterfly Splits**

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

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

	<b>NATL:</b>	<b>1:50.84</b>	<b>N</b>	<b>7/20/2019</b>	<b>DANIELA BARNEA</b>	
	<b>WORLD:</b>	<b>1:34.88</b>	<b>W</b>	<b>6/23/2019</b>	<b>Judy WILSON</b>	<b>FRA</b>
	<b>PAC:</b>	<b>1:50.84</b>	<b>P</b>	<b>7/20/2019</b>	<b>Daniela Barnea</b>	
1	Barnea, Daniela	79	Menlo Masters-38	1:57.20	1:51.98	20
2	Gettling, Janet	75	Oregon Masters-37	1:56.00	1:54.47	17
3	Dutro, Cynthia	75	Menlo Masters-38	2:30.00	2:03.29	16

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

	<b>NATL:</b>	<b>4:00.75</b>	<b>N</b>	<b>7/21/2019</b>	<b>DANIELA BARNEA</b>	
	<b>WORLD:</b>	<b>3:44.93</b>	<b>W</b>	<b>4/28/2019</b>	<b>Clary MUNNS</b>	<b>AUS</b>
	<b>PAC:</b>	<b>4:00.75</b>	<b>P</b>	<b>7/21/2019</b>	<b>Daniela Barnea</b>	
1	Gettling, Janet	75	Oregon Masters-37	4:10.00	4:09.15	20
	2:03.14	4:09.15 (2:06.01)				
2	Barnea, Daniela	79	Menlo Masters-38	4:09.10	4:18.97	17
	2:05.36	4:18.97 (2:13.61)				

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

	<b>NATL:</b>	<b>3:38.23</b>	<b>N</b>	<b>7/21/2019</b>	<b>DANIELA BARNEA</b>	
	<b>WORLD:</b>	<b>3:21.84</b>	<b>W</b>	<b>4/22/2022</b>	<b>Kira MAKAROVA</b>	<b>RUS</b>
	<b>PAC:</b>	<b>3:38.23</b>	<b>P</b>	<b>7/21/2019</b>	<b>Daniela Barnea</b>	
1	Barnea, Daniela	79	Menlo Masters-38	3:59.15	3:49.14	20
	1:52.54	3:49.14 (1:56.60)				
2	Dutro, Cynthia	75	Menlo Masters-38	5:00.00	4:19.04	17
	2:03.50	4:19.04 (2:15.54)				
3	Scott, Stephanie	76	Walnut Creek Masters-38	4:40.00	4:35.53	16
	2:25.13	4:35.53 (2:10.40)				

**Women 75-79 400 LC Meter IM**

	<b>NATL:</b>	<b>7:47.11</b>	<b>N</b>	<b>7/19/2019</b>	<b>DANIELA BARNEA</b>	
	<b>WORLD:</b>	<b>7:39.96</b>	<b>W</b>	<b>3/3/2006</b>	<b>Jane ASHER</b>	<b>GBR</b>
	<b>PAC:</b>	<b>7:47.11</b>	<b>P</b>	<b>7/19/2019</b>	<b>Daniela Barnea</b>	
1	Barnea, Daniela	79	Menlo Masters-38	8:09.25	8:01.59	20
	1:55.65	3:58.62 (2:02.97)		6:07.93 (2:09.31)	8:01.59 (1:53.66)	
2	Gettling, Janet	75	Oregon Masters-37	8:05.00	8:21.31	17
	1:59.89	4:16.48 (2:16.59)		6:30.69 (2:14.21)	8:21.31 (1:50.62)	
---	Scott, Stephanie	76	Walnut Creek Masters-38	9:39.00	DQ	
	2:47.43	5:24.79 (2:37.36)		8:04.67 (2:39.88)	DQ (1:58.86)	

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

## Results

## 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		JPN		
PAC: 42:42.29 P 12/31/2002		Margery Meyer				
1	Mc Partland, Peg	81	Manatee Aquatic Masters Inc-38	54.00	53.60 P	20
2	Westergaard, Leslie	80	Davis Aquatic Masters-38	1:00.00	56.63 P	17
3	Dugan, Betty L	82	Davis Aquatic Masters-38	1:10.00	56.70 P	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		JPN		
PAC: 1:37.78 P 12/31/2002		Margery Meyer				
1	Mc Partland, Peg	81	Manatee Aquatic Masters Inc-38	1:58.00	1:59.44	20
2	Dugan, Betty L	82	Davis Aquatic Masters-38	2:40.00	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		JPN		
PAC: 3:37.14 P 12/31/2003		Margery Meyer				
1	Westergaard, Leslie	80	Davis Aquatic Masters-38	4:20.00	4:22.81	20
	2:08.37		4:22.81 (2:14.44)			

## 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		JPN		
PAC: 49:49.40 P 8/18/2002		Margery Meyer				
1	Mc Partland, Peg	81	Manatee Aquatic Masters Inc-38	58.00	56.80 P	20
2	Westergaard, Leslie	80	Davis Aquatic Masters-38	1:05.00	59.76 P	17
3	Dugan, Betty L	82	Davis Aquatic Masters-38	1:20.00	1:11.30 P	16
4	Norris, Roswita	81	Davis Aquatic Masters-38	1:26.00	1:21.95 P	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		JPN		
PAC: 2:01.67 P 12/31/1999		Marjorie Sharpe				
1	Mc Partland, Peg	81	Manatee Aquatic Masters Inc-38	2:07.00	2:04.46	20
2	Westergaard, Leslie	80	Davis Aquatic Masters-38	2:05.00	2:05.23	17
3	Norris, Roswita	81	Davis Aquatic Masters-38	2:56.00	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		JPN		
PAC: 4:18.32 P 7/23/2016		Miek Mc Cubbin				
1	Westergaard, Leslie	80	Davis Aquatic Masters-38	4:20.00	4:21.53	20
	2:08.25		4:21.53 (2:13.28)			
2	Mc Partland, Peg	81	Manatee Aquatic Masters Inc-38	4:28.00	4:36.40	17
	2:17.94		4:36.40 (2:18.46)			
3	Norris, Roswita	81	Davis Aquatic Masters-38	5:45.00	6:06.20	16
	2:56.40		6:06.20 (3:09.80)			
4	Morton, Judith	84	Walnut Creek Masters-38	6:15.28	6:13.93	15
	3:06.36		6:13.93 (3:07.57)			



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

## Results

**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			GBR	
PAC: 53:53.40 P 12/31/2011		Ann M Hirsch				
1	Norris, Roswita	81	Davis Aquatic Masters-38	1:45.00	1:37.49 P	20
2	Morton, Judith	84	Walnut Creek Masters-38	2:07.00	2:00.13 P	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			GBR	
PAC: 1:57.17 P 12/31/2011		Ann M Hirsch				
1	Norris, Roswita	81	Davis Aquatic Masters-38	3:23.00	3:28.48	20
2	Morton, Judith	84	Walnut Creek Masters-38	4:14.00	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			GBR	
PAC: 4:17.64 P 12/31/2011		Ann M Hirsch				
1	Stretch, Nancy	83	The Olympic Club-38	5:30.00	5:34.73	20
	2:43.36		5:34.73 (2:51.37)			
2	Norris, Roswita	81	Davis Aquatic Masters-38	6:49.00	7:22.71	17
	3:37.17		7:22.71 (3:45.54)			

**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			GBR	
PAC: 57:57.63 P 12/31/2012		Ann M Hirsch				
1	Stretch, Nancy	83	The Olympic Club-38	1:15.00	1:15.15 P	20
2	Morton, Judith	84	Walnut Creek Masters-38	1:58.83	1:56.92 P	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			CAN	
PAC: 2:27.91 P 12/31/1994		Jean Durston				
1	Morton, Judith	84	Walnut Creek Masters-38	4:07.38	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			CAN	
PAC: 5:24.52 P 12/31/1994		Jean Durston				
1	Morton, Judith	84	Walnut Creek Masters-38	8:29.89	8:29.21	20
	4:09.87		8:29.21 (4:19.34)			

**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			HUN	
PAC: 4:18.27 P 12/31/2011		Ann M Hirsch				
1	Stretch, Nancy	83	The Olympic Club-38	5:20.00	5:11.83	20
	2:31.30		5:11.83 (2:40.53)			
2	Morton, Judith	84	Walnut Creek Masters-38	6:59.00	7:26.24	17
	3:36.23		7:26.24 (3:50.01)			

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

## Results

## 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

GBR

PAC: 10:08.13 P 12/31/1995 Jean Durston

1	Norris, Roswita	81	Davis Aquatic Masters-38	14:55.00	14:49.21	20
	4:05.24	7:56.28 (3:51.04)	11:44.61 (3:48.33)	14:49.21 (3:04.60)		

## 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

GBR

PAC: 46:46.72 P 12/31/2009 Margery Meyer

1	Norstad, Kristin	85	Dolphins of the Desert Masters-48	50.53	53.88 P	20
2	Flesh, Anice	87	Marin Aquatic Masters-38	1:15.00	58.07 P	17
3	Wood, Caroline W	88	Walnut Creek Masters-38	1:08.88	1:06.72 P	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

GBR

PAC: 1:48.02 P 12/31/2007 Margery Meyer

1	Wood, Caroline W	88	Walnut Creek Masters-38	2:48.94	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

JPN

PAC: 3:56.11 P 12/31/2007 Margery Meyer

1	Hagiwara, Tanako	85	University of San Francisco Ma-38	6:00.00	6:02.99	20
	2:58.80	6:02.99 (3:04.19)				

## 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

HUN

PAC: 58:58.34 P 12/31/2008 Margery Meyer

1	Norstad, Kristin	85	Dolphins of the Desert Masters-48	53.95	1:00.04 P	20
2	Wood, Caroline W	88	Walnut Creek Masters-38	1:17.34	1:21.56 P	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

BEL

PAC: 1:03.35 P 8/19/2016 Ann M Hirsch

1	Norstad, Kristin	85	Dolphins of the Desert Masters-48	58.43	59.82 P	20
2	Flesh, Anice	87	Marin Aquatic Masters-38	1:20.00	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

BEL

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

1	Norstad, Kristin	85	Dolphins of the Desert Masters-48	2:20.01	2:23.38 P	20
2	Flesh, Anice	87	Marin Aquatic Masters-38	2:45.00	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

BEL

PAC: 5:04.17 P 8/6/2016 Ann M Hirsch

1	Norstad, Kristin	85	Dolphins of the Desert Masters-48	5:10.94	5:22.00	20
	2:42.04	5:22.00 (2:39.96)				

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

## Results

**(Women 85-89 200 LC Meter Breaststroke)**

2	Flesh, Anice	87	Marin Aquatic Masters-38	5:45.00	6:42.52	17
	3:17.50		6:42.52 (3:25.02)			

**Women 85-89 200 LC Meter IM**

NATL:	5:00.53	N	8/6/2016	ANN HIRSCH	
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WORLD:	3:54.86	W	8/15/2019	Katharina FLORA	HUN
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PAC:	5:00.53	P	8/6/2016	Ann M Hirsch	
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1	Flesh, Anice	87	Marin Aquatic Masters-38	5:45.00	6:08.92	20
	3:16.07		6:08.92 (2:52.85)			

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

NATL:	21.78	N	7/1/2012	JOSH SCHNEIDER	
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PAC:	23:23.62	P	8/3/2017	Alex Ngan	
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1	Boyle, Jackson M	19	Sacramento Masters-38	30.00	27.41 P	20
2	Lopez, Samuel	23	University of San Francisco Ma-38	28.00	27.59 P	17

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

NATL:	48.45	N	6/16/2021	COLEMAN STEWART	
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PAC:	53:53.35	P	8/7/2013	Kevin Ferguson	
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1	Lopez, Samuel	23	University of San Francisco Ma-38	59.00	1:01.36 P	20
2	Lin, Alan	24	University of San Francisco Ma-38	1:10.00	1:05.52 P	17

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

NATL:	53.61	N	6/27/2012	EUGENE GODSOE	
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PAC:	1:00.39	P	8/7/2013	Wilfred R Garcia	
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1	Ciano, Robert	24	Uc38	1:07.19	1:15.66	20
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**Men 18-24 50 LC Meter Breaststroke**

NATL:	28.87	N	8/15/2005	DAVE ROLLINS	
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PAC:	30:30.60	P	12/31/2008	Rick Eddy	
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1	Vaishnav, Shaan	21	East Bay Bat Rays Masters-38	37.85	36.93 P	20
2	Boyle, Jackson M	19	Sacramento Masters-38	40.00	37.89 P	17

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

NATL:	1:00.68	N	8/25/2016	JACOB MONTAGUE	
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PAC:	1:03.35	P	12/31/2012	BJ Johnson	
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1	Lin, Alan	24	University of San Francisco Ma-38	1:20.00	1:27.29	20
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**Men 18-24 50 LC Meter Butterfly**

NATL:	24.20	N	8/8/2014	THOMAS SHIELDS	
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PAC:	24:24.20	P	8/10/2014	Thomas A Shields	
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1	Vaishnav, Shaan	21	East Bay Bat Rays Masters-38	30.21	30.32 P	20
2	Ciano, Robert	24	Uc38	30.00	30.51 P	17
3	Boyle, Jackson M	19	Sacramento Masters-38	33.00	31.13 P	16

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

NATL:	51.29	N	8/8/2014	THOMAS SHIELDS	
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PAC:	51:51.29	P	8/8/2014	Thomas A Shields	
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1	Lopez, Samuel	23	University of San Francisco Ma-38	1:04.00	1:06.76 P	20
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**Men 18-24 200 LC Meter IM**

NATL:	2:05.80	N	6/30/2016	JACOB MONTAGUE	
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PAC:	2:01.72	P	6/30/2016	Adam J Hinshaw	
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1	Ciano, Robert	24	Uc38	2:36.24	2:38.41	20
	1:12.83		2:38.41 (1:25.58)			

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

## Results

## 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		USA		
PAC: 47:47.96 P 7/1/2017		Nathan Adrian				
1	Mueller, Eric	29	Uc38	1:04.00	1:00.75 P	20
2	Goard, Andrew M	28	University of San Francisco Ma-38	1:10.00	1:02.50 P	17

## 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		ESP		
PAC: 1:50.69 P 6/25/2013		Alex Wold				
1	Goard, Andrew M	28	University of San Francisco Ma-38	2:22.00	2:19.64	20
	1:06.60		2:19.64 (1:13.04)			

## 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		USA		
PAC: 16:28.69 P 12/31/1987		Cameron D Reid				
1	Kos, Ian	29	University of San Francisco Ma-38	22:57.00	20:11.83	20
	1:13.70		2:34.78 (1:21.08)	3:57.25 (1:22.47)	5:19.35 (1:22.10)	
	6:42.13 (1:22.78)		8:03.34 (1:21.21)	9:27.02 (1:23.68)	10:48.55 (1:21.53)	
	12:09.54 (1:20.99)		13:30.96 (1:21.42)	14:52.86 (1:21.90)	16:13.66 (1:20.80)	
	17:34.01 (1:20.35)		18:53.40 (1:19.39)	20:11.83 (1:18.43)		

## 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		JPN		
PAC: 1:00.02 P 8/20/2016		Benjamin S Hinshaw				
1	Song, Andy	25	The Olympic Club-38	1:00.00	56.55 P	20
2	Goard, Andrew M	28	University of San Francisco Ma-38	1:20.00	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		Dmitrii GORBUNOV		RUS		
PAC: 2:12.40 P 7/15/2017		Peter R Kline				
1	Mueller, Eric	29	Uc38	2:45.00	2:44.43	20
	1:20.63		2:44.43 (1:23.80)			

## 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		USA		
PAC: 51:51.20 P 7/2/2016		Thomas A Shields				
1	Mueller, Eric	29	Uc38	1:07.04	1:05.85 P	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		RUS		
PAC: 1:55.81 P 6/29/2016		Thomas A Shields				
1	Valentine, Matthew	29	University of San Francisco Ma-38	2:25.00	2:26.81	20
	1:09.84		2:26.81 (1:16.97)			
2	Mueller, Eric	29	Uc38	2:30.00	2:39.15	17
	1:11.52		2:39.15 (1:27.63)			

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

## Results

## Men 25-29 200 LC Meter IM

	<b>NATL:</b>	<b>2:04.40</b>	<b>N</b>	<b>7/14/2013</b>	<b>ADAM RITTER</b>			
	<b>WORLD:</b>	<b>2:03.62</b>	<b>W</b>	<b>4/28/2019</b>	<b>DmitriI GORBUNOV</b>	<b>RUS</b>		
	<b>PAC:</b>	<b>2:07.67</b>	<b>P</b>	<b>4/22/2017</b>	<b>Colin B Babcock</b>			
1	Valentine, Matthew			29	University of San Francisco Ma-38	2:30.00	2:26.75	20
		1:08.95					2:26.75 (1:17.80)	
2	Mueller, Eric			29	Uc38	2:39.91	2:37.79	17
		1:15.15					2:37.79 (1:22.64)	

## Men 30-34 50 LC Meter Freestyle

	<b>NATL:</b>	<b>21.55</b>	<b>N</b>	<b>8/10/2014</b>	<b>ANTHONY ERVIN</b>			
	<b>WORLD:</b>	<b>22.13</b>	<b>W</b>	<b>7/13/2013</b>	<b>Roland SCHOEMAN</b>	<b>USA</b>		
	<b>PAC:</b>	<b>21:21.55</b>	<b>P</b>	<b>8/10/2014</b>	<b>Anthony L Ervin</b>			
1	Boone, Matt			34	Walnut Creek Masters-38	27.50	27.05 P	20
2	Tomlinson, Bill			30	Uc38	29.04	27.97 P	17
3	Schempp, Kyle			34	Tri Valley Masters-38	1:40.00	34.34 P	16

## Men 30-34 100 LC Meter Freestyle

	<b>NATL:</b>	<b>48.71</b>	<b>N</b>	<b>8/6/2014</b>	<b>ANTHONY ERVIN</b>			
	<b>WORLD:</b>	<b>49.80</b>	<b>W</b>	<b>7/23/2016</b>	<b>Darian TOWNSEND</b>	<b>USA</b>		
	<b>PAC:</b>	<b>48:48.71</b>	<b>P</b>	<b>8/6/2014</b>	<b>Anthony L Ervin</b>			
1	Christensen, Jon			33	University of San Francisco Ma-38	58.00	57.31 P	20
2	Rogers, Louis			34	Walnut Creek Masters-38	59.84	1:00.61 P	17
3	Boone, Matt			34	Walnut Creek Masters-38	59.50	1:01.22 P	16
4	Schempp, Kyle			34	Tri Valley Masters-38	3:50.00	1:11.91 P	15
5	Artunian, Taylor			31	University of San Francisco Ma-38	2:00.00	1:14.97 P	14

## Men 30-34 200 LC Meter Freestyle

	<b>NATL:</b>	<b>1:49.34</b>	<b>N</b>	<b>8/7/2014</b>	<b>DARIAN TOWNSEND</b>			
	<b>WORLD:</b>	<b>1:49.56</b>	<b>W</b>	<b>8/6/2016</b>	<b>Darian TOWNSEND</b>	<b>USA</b>		
	<b>PAC:</b>	<b>1:56.57</b>	<b>P</b>	<b>6/25/2022</b>	<b>Marcos Lavado</b>			
1	Greer, George			33	East Bay Bat Rays Masters-38	2:08.00	2:10.33	20
		1:03.19					2:10.33 (1:07.14)	
2	Dowley, Thomas			32	The Olympic Club-38	2:15.00	2:11.94	17
		1:05.28					2:11.94 (1:06.66)	
3	Murlas, Kyler			34	Albany Armada Aquatics Masters-38	2:43.00	2:30.51	16
		1:10.83					2:30.51 (1:19.68)	

## Men 30-34 800 LC Meter Freestyle

	<b>NATL:</b>	<b>8:28.76</b>	<b>N</b>	<b>8/7/2019</b>	<b>CHAD LA TOURETTE</b>			
	<b>WORLD:</b>	<b>8:08.53</b>	<b>W</b>	<b>3/11/2012</b>	<b>Jan WOLFGARTEN</b>	<b>GER</b>		
	<b>PAC:</b>	<b>8:51.23</b>	<b>P</b>	<b>12/31/1992</b>	<b>Jeff Stiling</b>			
1	Rogers, Louis			34	Walnut Creek Masters-38	10:45.00	10:36.32	20
		1:11.84					2:32.29 (1:20.45)	
		6:37.51 (1:21.56)					3:53.92 (1:21.63)	
							5:15.95 (1:22.03)	
							9:18.88 (1:20.29)	
							10:36.32 (1:17.44)	
2	Tomlinson, Bill			30	Uc38	12:00.00	12:16.77	17
		1:20.34					2:51.60 (1:31.26)	
		7:40.96 (1:37.86)					4:25.90 (1:34.30)	
							6:03.10 (1:37.20)	
							10:48.90 (1:32.12)	
							12:16.77 (1:27.87)	
3	Thomas, Michael			31	Mountain View Masters-38	12:46.43	12:38.73	16
		1:27.41					3:02.31 (1:34.90)	
		7:53.82 (1:36.82)					4:38.52 (1:36.21)	
							6:17.00 (1:38.48)	
							11:08.32 (1:36.59)	
							12:38.73 (1:30.41)	

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

## Results

## 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		USA		
PAC: 27:27.26 P 12/31/1994		Sean Murphy				
1	Putnam, Charlie	31	University of San Francisco Ma-38	30.50	30.00 P	20
2	Boone, Matt	34	Walnut Creek Masters-38	34.22	32.06 P	17
3	Rogers, Louis	34	Walnut Creek Masters-38	33.75	32.32 P	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		USA		
PAC: 58:58.66 P 12/31/1994		Sean Murphy				
1	Rogers, Louis	34	Walnut Creek Masters-38	1:09.46	1:09.03 P	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		BRA		
PAC: 2:05.62 P 12/31/1994		Sean Murphy				
1	Putnam, Charlie	31	University of San Francisco Ma-38	2:25.00	2:28.38	20
	1:11.47		2:28.38 (1:16.91)			
2	Rogers, Louis	34	Walnut Creek Masters-38	2:34.25	2:32.76	17
	1:15.04		2:32.76 (1:17.72)			
3	Artunian, Taylor	31	University of San Francisco Ma-38	4:00.00	3:25.87	16
	1:41.56		3:25.87 (1:44.31)			

## 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		JPN		
PAC: 27:27.26 P 6/15/2019		Brandon J Fischer				
1	Christensen, Jon	33	University of San Francisco Ma-38	32.00	32.60 P	20
2	Fischer, Brandon J	34	Uc38	27.26	36.92 P	17
3	Hallman, Kevin	34	University of San Francisco Ma-38	37.00	38.26 P	16
4	Thomas, Michael	31	Mountain View Masters-38	42.00	40.47 P	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		JPN		
PAC: 59:59.86 P 6/15/2019		Brandon J Fischer				
1	Fischer, Brandon J	34	Uc38	59.86	1:03.08 P	20
2	Christensen, Jon	33	University of San Francisco Ma-38	1:15.00	1:10.97 P	17
3	Schempp, Kyle	34	Tri Valley Masters-38	4:20.00	1:24.83 P	16
4	Thomas, Michael	31	Mountain View Masters-38	1:32.93	1:32.97 P	15

## 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		USA		
PAC: 2:11.91 P 6/15/2019		Brandon J Fischer				
1	Fischer, Brandon J	34	Uc38	2:11.91	2:18.53	20
	1:07.26		2:18.53 (1:11.27)			
2	Dowley, Thomas	32	The Olympic Club-38	3:15.00	2:50.95	17
	1:23.34		2:50.95 (1:27.61)			
3	Hallman, Kevin	34	University of San Francisco Ma-38	2:58.00	3:02.83	16
	1:29.01		3:02.83 (1:33.82)			
4	Thomas, Michael	31	Mountain View Masters-38	3:20.00	3:25.69	15
	1:38.67		3:25.69 (1:47.02)			

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

## Results

## 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		USA		
PAC: 25:25.31 P 12/31/1988		Mike Bottom				
1	Fischer, Brandon J	34	Uc38	26.57	25.96 P	20
2	Christensen, Jon	33	University of San Francisco Ma-38	28.00	27.69 P	17
3	Dowley, Thomas	32	The Olympic Club-38	32.00	29.32 P	16
4	Thomas, Michael	31	Mountain View Masters-38	32.07	30.99 P	15
5	Hallman, Kevin	34	University of San Francisco Ma-38	32.00	31.39 P	14
6	Rogers, Louis	34	Walnut Creek Masters-38	33.00	31.52 P	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		BRA		
PAC: 55:55.49 P 7/6/2008		Erik L Scalise				
1	Fischer, Brandon J	34	Uc38	57.00	58.28 P	20
2	Boone, Matt	34	Walnut Creek Masters-38	1:05.44	1:09.35 P	17
3	Thomas, Michael	31	Mountain View Masters-38	1:19.59	1:17.63 P	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		JPN		
PAC: 2:09.37 P 12/31/1994		Sean Murphy				
1	Thomas, Michael	31	Mountain View Masters-38	3:00.00	3:10.46	20
	1:29.59		3:10.46 (1:40.87)			

## 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		USA		
PAC: 2:07.47 P 7/6/2008		Erik L Scalise				
1	Dowley, Thomas	32	The Olympic Club-38	2:30.00	2:28.98	20
	1:10.57		2:28.98 (1:18.41)			
2	Rogers, Louis	34	Walnut Creek Masters-38	2:34.00	2:34.08	17
	1:12.32		2:34.08 (1:21.76)			
3	Hallman, Kevin	34	University of San Francisco Ma-38	2:37.00	2:42.97	16
	1:16.85		2:42.97 (1:26.12)			
4	Murlas, Kyler	34	Albany Armada Aquatics Masters-38	3:10.00	3:02.03	15
	1:24.59		3:02.03 (1:37.44)			

## 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		GBR		
PAC: 23:23.95 P 8/7/2013		Mike Pyle				
1	Frink, Stephen	38	Richmond Plunge Masters-38	26.35	25.81 P	20
2	Arrigo, Nicholas J	38	Rolling Hills Mud Sharks-38	30.00	27.95 P	17
3	Law, David	38	Manatee Aquatic Masters Inc-38	29.80	29.69 P	16
4	Gallagher, Nathan C	36	University of San Francisco Ma-38	34.00	30.61 P	15
5	McCormack, Jason M	35	Marin Aquatic Masters-38	34.00	31.00 P	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		JPN		
PAC: 53:53.51 P 6/30/2017		Tamas Kerekjarto				
1	Zachan, Matthew	37	Davis Aquatic Masters-38	1:01.51	1:00.30 P	20
2	Leimkuhler, Kyle	36	Menlo Masters-38	1:02.54	1:01.42 P	17

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

## Results

**(Men 35-39 100 LC Meter Freestyle)**

3	Arrigo, Nicholas J	38	Rolling Hills Mud Sharks-38	1:00.00	1:01.84 P	16
4	Law, David	38	Manatee Aquatic Masters Inc-38	1:04.90	1:05.28 P	15
5	Adrian, Nathan	35	The Olympic Club-38	55.00	1:09.42 P	14
6	Gallagher, Nathan C	36	University of San Francisco Ma-38	1:05.25	1:09.58 P	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 USA

PAC: 1:59.43 P 7/9/2018 Tamas Kerekjarto

1	Zachan, Matthew	37	Davis Aquatic Masters-38	2:16.14	2:11.47	20
	1:03.73		2:11.47 (1:07.74)			
2	Frink, Stephen	38	Richmond Plunge Masters-38	2:16.50	2:13.06	17
	1:03.81		2:13.06 (1:09.25)			
3	Savulich, Bobby	36	The Olympic Club-38	2:09.83	2:14.36	16
	1:01.33		2:14.36 (1:13.03)			
4	Law, David	38	Manatee Aquatic Masters Inc-38	2:26.12	2:28.98	15
	1:11.01		2:28.98 (1:17.97)			
5	Gallagher, Nathan C	36	University of San Francisco Ma-38	2:25.00	2:49.69	14
	1:18.53		2:49.69 (1:31.16)			

**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 BUL

PAC: 4:16.20 P 12/31/2000 Dan Veatch

1	Zachan, Matthew	37	Davis Aquatic Masters-38	4:57.76	4:48.24	20
	1:08.83		2:22.74 (1:13.91)	3:37.27 (1:14.53)	4:48.24 (1:10.97)	
2	Law, David	38	Manatee Aquatic Masters Inc-38	5:29.42	5:21.26	17
	1:15.68		2:37.62 (1:21.94)	4:00.45 (1:22.83)	5:21.26 (1:20.81)	

**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 BUL

PAC: 8:56.10 P 12/31/2003 Dan Veatch

1	Zachan, Matthew	37	Davis Aquatic Masters-38	NT	10:38.59
2	Frink, Stephen	38	Richmond Plunge Masters-38	NT	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 BUL

PAC: 8:56.10 P 12/31/2003 Dan Veatch

1	Leimkuhler, Kyle	36	Menlo Masters-38	9:31.45	10:11.35	20
	1:10.35		2:26.62 (1:16.27)	3:43.89 (1:17.27)	5:01.71 (1:17.82)	
	6:20.04 (1:18.33)		7:38.34 (1:18.30)	8:56.15 (1:17.81)	10:11.35 (1:15.20)	

**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 BUL

PAC: 16:59.46 P 12/31/2001 Dan Veatch

1	Frink, Stephen	38	Richmond Plunge Masters-38	20:15.00	19:53.22	20
			3:57.26 ( )	5:18.90 (1:21.64)		
	6:39.57 (1:20.67)		8:00.49 (1:20.92)	9:21.26 (1:20.77)	10:41.91 (1:20.65)	
	12:01.47 (1:19.56)		13:21.87 (1:20.40)	14:41.83 (1:19.96)	16:01.88 (1:20.05)	
	17:22.07 (1:20.19)		18:41.31 (1:19.24)	19:53.22 (1:11.91)		



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

## Results

**(Men 35-39 1500 LC Meter Freestyle)**

2	Zachan, Matthew	37	Davis Aquatic Masters-38	20:10.10	19:55.29	17
	1:14.16	2:33.63 (1:19.47)	3:53.96 (1:20.33)	5:14.53 (1:20.57)		
	6:34.62 (1:20.09)	7:55.83 (1:21.21)	9:17.01 (1:21.18)	10:38.59 (1:21.58)		
	12:00.35 (1:21.76)	13:20.70 (1:20.35)	14:40.64 (1:19.94)	16:01.46 (1:20.82)		
	17:21.09 (1:19.63)	18:40.11 (1:19.02)	19:55.29 (1:15.18)			

**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 GER  
 PAC: 27:27.68 P 12/31/2006 Rick Gould

1	Frink, Stephen	38	Richmond Plunge Masters-38	33.97	32.55 P	20
2	Gallagher, Nathan C	36	University of San Francisco Ma-38	37.00	38.43 P	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 PNG  
 PAC: 1:00.00 P 12/31/2006 Rick Gould

1	Horan, Kevin	39	Richmond Plunge Masters-38	1:15.89	1:13.83	20
2	Chua, Brendan	38	Richmond Plunge Masters-38	1:20.00	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 ITA  
 PAC: 2:09.26 P 12/31/2000 Dan Veatch

1	Frink, Stephen	38	Richmond Plunge Masters-38	2:50.00	2:44.92	20
	1:19.01	2:44.92 (1:25.91)				

**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 JPN  
 PAC: 30:30.47 P 12/31/1998 David Lundberg

1	Savulich, Bobby	36	The Olympic Club-38	33.83	34.82 P	20
2	Law, David	38	Manatee Aquatic Masters Inc-38	38.75	37.82 P	17
3	Horan, Kevin	39	Richmond Plunge Masters-38	38.99	38.49 P	16
4	Chua, Brendan	38	Richmond Plunge Masters-38	41.89	41.34 P	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 JPN  
 PAC: 1:07.52 P 12/31/1998 David Lundberg

1	Arrigo, Nicholas J	38	Rolling Hills Mud Sharks-38	1:10.00	1:21.42	20
2	Law, David	38	Manatee Aquatic Masters Inc-38	1:27.60	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 GBR  
 PAC: 2:27.55 P 12/31/2006 Roque J Santos

1	Horan, Kevin	39	Richmond Plunge Masters-38	3:10.61	3:12.17	20
	1:34.40	3:12.17 (1:37.77)				

**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 PAR  
 PAC: 25:25.77 P 6/29/2014 Adam M Conway

1	Savulich, Bobby	36	The Olympic Club-38	26.83	27.94 P	20
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## 2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023

## Results

**(Men 35-39 50 LC Meter Butterfly)**

2	Zachan, Matthew	37	Davis Aquatic Masters-38	30.94	29.52 P	17
3	Frink, Stephen	38	Richmond Plunge Masters-38	30.72	30.26 P	16
4	Law, David	38	Manatee Aquatic Masters Inc-38	33.50	32.69 P	15
5	Chua, Brendan	38	Richmond Plunge Masters-38	35.34	34.00 P	14
6	Gallagher, Nathan C	36	University of San Francisco Ma-38	39.00	35.87 P	13

**Men 35-39 100 LC Meter Butterfly**

<b>NATL:</b> 53.65 N 8/2/2018		<b>KOHEI KAWAMOTO</b>				
<b>WORLD:</b> 53.65 W 8/2/2018		<b>Kohei KAWAMOTO</b>		<b>USA</b>		
<b>PAC:</b> 56:56.21 P 7/15/2017		<b>Tamas Kerekjarto</b>				
1	Zachan, Matthew	37	Davis Aquatic Masters-38	1:08.95	1:05.87 P	20
2	Leimkuhler, Kyle	36	Menlo Masters-38	1:11.50	1:09.04 P	17

**Men 35-39 200 LC Meter Butterfly**

<b>NATL:</b> 2:04.76 N 8/1/2015		<b>BRENT CREAGER</b>				
<b>WORLD:</b> 2:02.54 W 4/26/2019		<b>Nikolay SKVORTSOV</b>		<b>RUS</b>		
<b>PAC:</b> 2:09.28 P 6/30/2017		<b>Tamas Kerekjarto</b>				
1	Zachan, Matthew	37	Davis Aquatic Masters-38	2:59.10	2:41.82	20
	1:18.05		2:41.82 (1:23.77)			
2	Frink, Stephen	38	Richmond Plunge Masters-38	2:55.00	2:56.64	17
	1:21.50		2:56.64 (1:35.14)			

**Men 35-39 200 LC Meter IM**

<b>NATL:</b> 1:58.48 N 6/17/2021		<b>RYAN LOCHTE</b>				
<b>WORLD:</b> 2:05.65 W 7/7/2019		<b>Darian TOWNSEND</b>		<b>USA</b>		
<b>PAC:</b> 2:14.87 P 12/31/2009		<b>Derek Guffey</b>				
1	Leimkuhler, Kyle	36	Menlo Masters-38	2:36.67	2:38.81	20
	1:13.03		2:38.81 (1:25.78)			
2	Gallagher, Nathan C	36	University of San Francisco Ma-38	2:35.00	3:18.49	17
	1:28.71		3:18.49 (1:49.78)			
---	Chua, Brendan	38	Richmond Plunge Masters-38	2:50.00	DQ	
	1:22.40		DQ (1:37.52)			

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

<b>NATL:</b> 4:34.10 N 7/29/2001		<b>RON KARNAUGH</b>				
<b>WORLD:</b> 4:36.66 W 8/14/2019		<b>I.DRYMONAKOS</b>		<b>GRE</b>		
<b>PAC:</b> 4:45.47 P 12/31/2009		<b>Derek Guffey</b>				
1	Horan, Kevin	39	Richmond Plunge Masters-38	6:19.43	6:00.73	20
	1:20.99		2:52.96 (1:31.97)		4:39.89 (1:46.93)	6:00.73 (1:20.84)

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

<b>NATL:</b> 22.61 N 6/19/2021		<b>ANTHONY ERVIN</b>				
<b>WORLD:</b> 23.20 W 9/2/2022		<b>Andrejs DUDA</b>		<b>LAT</b>		
<b>PAC:</b> 24:24.14 P 12/31/2003		<b>David E Boatwright</b>				
1	Fuzellier, Matthieu	43	University of San Francisco Ma-38	26.50	26.82 P	20
2	Neuwirth, Benjamin	40	University of San Francisco Ma-38	31.00	27.67 P	17
3	Chialvo, Federico	40	Menlo Masters-38	28.50	28.79 P	16

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

<b>NATL:</b> 51.72 N 8/1/2010		<b>VLAD PYSHNENKO</b>				
<b>WORLD:</b> 51.21 W 7/14/2018		<b>Hideaki HARA</b>		<b>JPN</b>		
<b>PAC:</b> 54:54.26 P 12/31/2003		<b>David E Boatwright</b>				
1	Valdivieso, Juan	42	The Olympic Club-38	54.83	57.58 P	20
2	Neuwirth, Benjamin	40	University of San Francisco Ma-38	1:05.00	1:01.70 P	17

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

## Results

**(Men 40-44 100 LC Meter Freestyle)**

3	Chialvo, Federico	40	Menlo Masters-38	1:01.00	1:03.55 P	16
4	Roper, Matt	42	Davis Aquatic Masters-38	1:03.69	1:04.06 P	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 Vladimir PYSHNENKO USA  
 PAC: 2:01.15 P 12/31/2003 David E Boatwright

1	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	NT	2:40.42	
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**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 Vladimir PYSHNENKO USA  
 PAC: 2:01.15 P 12/31/2003 David E Boatwright

1	Valdivieso, Juan	42	The Olympic Club-38	2:00.10	2:06.02	20
	1:01.14		2:06.02 (1:04.88)			
2	Roper, Matt	42	Davis Aquatic Masters-38	2:15.41	2:25.57	17
	1:10.50		2:25.57 (1:15.07)			

**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 USA  
 PAC: 4:16.50 P 12/31/2010 Alex Kostich

1	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	NT	6:16.34	
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**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 ITA  
 PAC: 8:37.81 P 12/31/2010 Alex Kostich

1	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	NT	12:31.66	
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**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 ITA  
 PAC: 8:37.81 P 12/31/2010 Alex Kostich

1	Roper, Matt	42	Davis Aquatic Masters-38	10:32.79	10:39.49	20
	1:16.12		2:37.67 (1:21.55)	4:00.15 (1:22.48)	5:24.10 (1:23.95)	
	6:45.59 (1:21.49)		8:05.37 (1:19.78)	9:24.90 (1:19.53)	10:39.49 (1:14.59)	

**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 ITA  
 PAC: 16:36.91 P 12/31/2010 Alex Kostich

1	Chialvo, Federico	40	Menlo Masters-38	19:00.00	19:29.92	20
	1:12.74		2:30.78 (1:18.04)	3:48.65 (1:17.87)	5:07.35 (1:18.70)	
	6:25.84 (1:18.49)		7:44.39 (1:18.55)	9:02.70 (1:18.31)	10:21.62 (1:18.92)	
	11:40.01 (1:18.39)		12:59.60 (1:19.59)	14:17.60 (1:18.00)	15:36.90 (1:19.30)	
	16:55.15 (1:18.25)		18:14.49 (1:19.34)	19:29.92 (1:15.43)		
2	Holbrook, Chad	44	Walnut Creek Masters-38	20:16.18	19:54.25	17
	1:15.30		2:35.40 (1:20.10)	3:56.05 (1:20.65)	5:16.20 (1:20.15)	
	6:36.39 (1:20.19)		7:57.10 (1:20.71)	9:17.50 (1:20.40)	10:38.13 (1:20.63)	
	11:58.22 (1:20.09)		13:18.20 (1:19.98)	14:37.66 (1:19.46)	15:57.16 (1:19.50)	
	17:17.08 (1:19.92)		18:36.49 (1:19.41)	19:54.25 (1:17.76)		

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

## Results

**(Men 40-44 1500 LC Meter Freestyle)**

3	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	22:26.70	23:15.02	16
	1:29.57	3:04.33 (1:34.76)	4:39.98 (1:35.65)	6:16.34 (1:36.36)		
	7:51.67 (1:35.33)	9:25.53 (1:33.86)	10:59.06 (1:33.53)	12:31.66 (1:32.60)		
	14:06.13 (1:34.47)	15:40.94 (1:34.81)	17:14.57 (1:33.63)	18:47.81 (1:33.24)		
	20:19.67 (1:31.86)	21:49.68 (1:30.01)	23:15.02 (1:25.34)			

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

<b>NATL:</b>	<b>27.47</b>	<b>N</b>	<b>8/23/2008</b>	<b>MICHAEL ROSS</b>		
<b>WORLD:</b>	<b>27.13</b>	<b>W</b>	<b>8/18/2019</b>	<b>Nicholas NECKLES</b>	<b>BAR</b>	
<b>PAC:</b>	<b>28:28.59</b>	<b>P</b>	<b>12/31/2006</b>	<b>Sean Murphy</b>		

1	Fuzellier, Matthieu	43	University of San Francisco Ma-38	31.00	30.75 P	20
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**Men 40-44 100 LC Meter Backstroke**

<b>NATL:</b>	<b>59.08</b>	<b>N</b>	<b>8/7/2009</b>	<b>MICHAEL ROSS</b>		
<b>WORLD:</b>	<b>58.45</b>	<b>W</b>	<b>8/17/2019</b>	<b>Nicholas NECKLES</b>	<b>BAR</b>	
<b>PAC:</b>	<b>1:00.95</b>	<b>P</b>	<b>12/31/2006</b>	<b>Sean Murphy</b>		

1	Fuzellier, Matthieu	43	University of San Francisco Ma-38	1:04.00	1:07.65	20
2	Roper, Matt	42	Davis Aquatic Masters-38	1:11.91	1:13.51	17

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

<b>NATL:</b>	<b>2:11.13</b>	<b>N</b>	<b>8/16/2014</b>	<b>FREDERIK HVIID</b>		
<b>WORLD:</b>	<b>2:08.06</b>	<b>W</b>	<b>8/13/2019</b>	<b>Nicholas NECKLES</b>	<b>BAR</b>	
<b>PAC:</b>	<b>2:22.02</b>	<b>P</b>	<b>7/8/2007</b>	<b>Rick M Hamilton</b>		

1	Fuzellier, Matthieu	43	University of San Francisco Ma-38	2:30.00	2:32.55	20
	1:15.26	2:32.55 (1:17.29)				
2	Roper, Matt	42	Davis Aquatic Masters-38	2:35.55	2:36.28	17
	1:16.88	2:36.28 (1:19.40)				
3	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	3:19.99	3:12.20	16
	1:35.46	3:12.20 (1:36.74)				

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

<b>NATL:</b>	<b>29.02</b>	<b>N</b>	<b>7/27/2014</b>	<b>JEFF COMMINGS</b>		
<b>WORLD:</b>	<b>28.84</b>	<b>W</b>	<b>9/16/2009</b>	<b>Alberto MONTINI</b>	<b>ITA</b>	
<b>PAC:</b>	<b>30:30.78</b>	<b>P</b>	<b>12/31/2009</b>	<b>Jonathan T Manson</b>		

1	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	36.70	37.57 P	20
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**Men 40-44 100 LC Meter Breaststroke**

<b>NATL:</b>	<b>1:03.76</b>	<b>N</b>	<b>7/6/2012</b>	<b>STEVE WEST</b>		
<b>WORLD:</b>	<b>1:03.60</b>	<b>W</b>	<b>5/20/2012</b>	<b>Vladislav BRAGIN</b>	<b>RUS</b>	
<b>PAC:</b>	<b>1:11.27</b>	<b>P</b>	<b>12/31/1997</b>	<b>Spencer Eldred</b>		

1	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	1:22.60	1:23.14	20
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**Men 40-44 200 LC Meter Breaststroke**

<b>NATL:</b>	<b>2:18.57</b>	<b>N</b>	<b>7/11/2015</b>	<b>STEVE WEST</b>		
<b>WORLD:</b>	<b>2:18.57</b>	<b>W</b>	<b>7/11/2015</b>	<b>Steve WEST</b>	<b>USA</b>	
<b>PAC:</b>	<b>2:24.19</b>	<b>P</b>	<b>12/31/2008</b>	<b>Roque J Santos</b>		

1	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	2:55.86	3:03.46	20
	1:30.80	3:03.46 (1:32.66)				

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

<b>NATL:</b>	<b>25.11</b>	<b>N</b>	<b>6/9/2018</b>	<b>JAMES ZENYUH</b>		
<b>WORLD:</b>	<b>24.32</b>	<b>W</b>	<b>9/1/2022</b>	<b>Andrejs DUDA</b>	<b>LAT</b>	
<b>PAC:</b>	<b>26:26.41</b>	<b>P</b>	<b>12/31/2012</b>	<b>Greg Tull</b>		

1	Fuzellier, Matthieu	43	University of San Francisco Ma-38	28.00	28.29 P	20
2	Neuwirth, Benjamin	40	University of San Francisco Ma-38	32.00	28.68 P	17

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

## Results

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

3	Roper, Matt	42	Davis Aquatic Masters-38	31.55	31.15 P	16
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**Men 40-44 100 LC Meter Butterfly**

NATL:	56.43	N	8/23/2008	MICHAEL ROSS	
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WORLD:	56.17	W	9/6/2011	Serkan ATASAY	TUR
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PAC:	1:00.72	P	12/31/2005	Roger Brisbane	
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1	Valdivieso, Juan	42	The Olympic Club-38	58.19	1:01.09	20
2	Neuwirth, Benjamin	40	University of San Francisco Ma-38	1:15.00	1:11.29	17

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

NATL:	2:05.55	N	7/11/2004	DENNIS BAKER	
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WORLD:	2:05.55	W	7/11/2004	Dennis BAKER	USA
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PAC:	2:19.18	P	12/31/2006	Darren D Phalen	
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1	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	3:19.99	3:25.81	20
				1:43.34	3:25.81 (1:42.47)	

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

NATL:	4:47.82	N	7/29/2018	ERIC CHRISTENSEN	
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WORLD:	4:43.00	W	6/12/2012	Uwe VOLK	GER
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PAC:	4:56.57	P	8/7/2013	David A Sway	
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1	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	6:16.79	6:17.41	20
				1:30.29	3:12.50 (1:42.21)	
				4:49.74 (1:37.24)	6:17.41 (1:27.67)	

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

NATL:	24.12	N	6/23/2018	BRIAN JACOBSON	
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WORLD:	23.55	W	8/15/2019	Hideaki HARA	JPN
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PAC:	24:24.69	P	8/7/2013	Greg Tull	
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1	Pyle, Mike	48	Menlo Masters-38	26.98	25.53 P	20
2	Salomaa, Jari	45	University of San Francisco Ma-38	29.00	28.85 P	17
3	Popko, David	46	Rose Bowl Masters-33	29.99	29.07 P	16
4	Mackey, Theral E	46	University of San Francisco Ma-38	29.04	30.54 P	15
5	Mustiazza, Oleg	45	Google Masters Swimming-38	33.57	32.76 P	14
6	Paczka, Ferenc	45	Marin Aquatic Masters-38	1:30.30	1:10.13 P	13

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

NATL:	53.77	N	8/7/2016	NICOLAS GRANGER	
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WORLD:	52.24	W	8/13/2019	Hideaki HARA	JPN
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PAC:	54:54.83	P	12/31/2006	David E Boatwright	
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1	Pyle, Mike	48	Menlo Masters-38	58.95	57.98 P	20
2	Popko, David	46	Rose Bowl Masters-33	1:03.03	1:02.55 P	17
3	Sarrigeorgidis, Kostas	49	Stanford Masters Swimming-38	1:01.00	1:03.26 P	16
4	Salomaa, Jari	45	University of San Francisco Ma-38	1:00.00	1:04.22 P	15
5	Lucchese, Jon	47	Walnut Creek Masters-38	1:15.00	1:12.81 P	14
6	Mustiazza, Oleg	45	Google Masters Swimming-38	1:18.80	1:15.06 P	13

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

NATL:	1:57.89	N	8/6/2009	KEITH SWITZER	
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WORLD:	1:57.75	W	8/5/2014	Nicolas GRANGER	FRA
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PAC:	2:03.71	P	12/31/1996	Tim Broderick	
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1	Pyle, Mike	48	Menlo Masters-38	2:14.75	2:12.49	20
				1:01.32	2:12.49 (1:11.17)	
2	Sarrigeorgidis, Kostas	49	Stanford Masters Swimming-38	2:18.00	2:21.81	17
				1:10.81	2:21.81 (1:11.00)	

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

## Results

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

3	Bucy, John	45	University of San Francisco Ma-38	3:10.00	2:54.95	16
	1:25.48	2:54.95 (1:29.47)				

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

<b>NATL:</b>	<b>4:09.20</b>	<b>N</b>	<b>7/19/2008</b>	<b>DENNIS BAKER</b>	
<b>WORLD:</b>	<b>4:11.07</b>	<b>W</b>	<b>8/9/2009</b>	<b>Keith SWITZER</b>	<b>USA</b>
<b>PAC:</b>	<b>4:23.49</b>	<b>P</b>	<b>12/31/2005</b>	<b>George F Tidmarsh</b>	

1	Sarrigeorgidis, Kostas	49	Stanford Masters Swimming-38	4:47.00	4:55.18	20
	1:11.66	2:27.00 (1:15.34)	3:41.81 (1:14.81)	4:55.18 (1:13.37)		

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

<b>NATL:</b>	<b>8:51.98</b>	<b>N</b>	<b>8/9/2010</b>	<b>JEFF ERWIN</b>	
<b>WORLD:</b>	<b>8:40.79</b>	<b>W</b>	<b>8/10/2015</b>	<b>Fabio CALMASINI</b>	<b>ITA</b>
<b>PAC:</b>	<b>9:07.99</b>	<b>P</b>	<b>12/31/2006</b>	<b>George F Tidmarsh</b>	

1	Salomaa, Jari	45	University of San Francisco Ma-38	10:00.00	10:35.68	20
	1:14.40	2:34.69 (1:20.29)	3:55.10 (1:20.41)	5:15.87 (1:20.77)		
	6:36.74 (1:20.87)	7:57.44 (1:20.70)	9:17.46 (1:20.02)	10:35.68 (1:18.22)		
2	Hannan, Zachary	45	Vacaville Swim Club-38	12:00.00	12:04.39	17
	1:25.25	2:55.30 (1:30.05)	4:26.50 (1:31.20)	5:58.83 (1:32.33)		
	7:30.72 (1:31.89)	9:02.98 (1:32.26)	10:35.80 (1:32.82)	12:04.39 (1:28.59)		

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

<b>NATL:</b>	<b>16:38.81</b>	<b>N</b>	<b>8/10/2009</b>	<b>JEFF ERWIN</b>	
<b>WORLD:</b>	<b>16:38.81</b>	<b>W</b>	<b>8/10/2009</b>	<b>Jeff ERWIN</b>	<b>USA</b>
<b>PAC:</b>	<b>17:10.90</b>	<b>P</b>	<b>12/31/2005</b>	<b>George F Tidmarsh</b>	

1	Sarrigeorgidis, Kostas	49	Stanford Masters Swimming-38	19:20.00	19:32.49	20
	1:14.67	2:33.68 (1:19.01)	3:52.10 (1:18.42)	5:10.60 (1:18.50)		
	6:28.63 (1:18.03)	7:46.52 (1:17.89)	9:04.83 (1:18.31)	10:23.35 (1:18.52)		
	11:41.81 (1:18.46)	13:00.48 (1:18.67)	14:19.60 (1:19.12)	15:38.90 (1:19.30)		
	16:58.08 (1:19.18)	18:16.33 (1:18.25)	19:32.49 (1:16.16)			
2	Popko, David	46	Rose Bowl Masters-33	26:30.00	19:54.95	17
	1:12.56	2:32.01 (1:19.45)	3:52.48 (1:20.47)	5:13.82 (1:21.34)		
	6:33.98 (1:20.16)	7:54.65 (1:20.67)	9:15.28 (1:20.63)	10:36.05 (1:20.77)		
	11:56.51 (1:20.46)	13:17.53 (1:21.02)	14:38.05 (1:20.52)	15:58.50 (1:20.45)		
	17:19.78 (1:21.28)	18:39.49 (1:19.71)	19:54.95 (1:15.46)			

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

<b>NATL:</b>	<b>28.01</b>	<b>N</b>	<b>8/6/2022</b>	<b>CHUCK BARNES</b>	
<b>WORLD:</b>	<b>27.62</b>	<b>W</b>	<b>6/6/2021</b>	<b>Aleksandr SHILIN</b>	<b>RUS</b>
<b>PAC:</b>	<b>29:29.22</b>	<b>P</b>	<b>12/31/2008</b>	<b>John Ends</b>	

1	Rankin, Shane I	49	University of San Francisco Ma-38	47.20	41.99 P	20
2	Mustiazza, Oleg	45	Google Masters Swimming-38	45.00	47.12 P	17

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

<b>NATL:</b>	<b>1:00.13</b>	<b>N</b>	<b>6/8/2008</b>	<b>STEVE WOOD</b>	
<b>WORLD:</b>	<b>1:00.13</b>	<b>W</b>	<b>6/8/2008</b>	<b>Steve WOOD</b>	<b>USA</b>
<b>PAC:</b>	<b>1:01.40</b>	<b>P</b>	<b>5/10/2015</b>	<b>Rick Gould</b>	

1	Rankin, Shane I	49	University of San Francisco Ma-38	1:35.00	1:31.67	20
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**Men 45-49 200 LC Meter Backstroke**

<b>NATL:</b>	<b>2:13.21</b>	<b>N</b>	<b>8/5/2022</b>	<b>CHUCK BARNES</b>	
<b>WORLD:</b>	<b>2:11.56</b>	<b>W</b>	<b>6/7/2013</b>	<b>Eduardo MAROCCO</b>	<b>BRA</b>
<b>PAC:</b>	<b>2:18.66</b>	<b>P</b>	<b>12/31/2008</b>	<b>John A Engs</b>	

1	Popko, David	46	Rose Bowl Masters-33	2:43.43	2:46.32	20
	1:20.69	2:46.32 (1:25.63)				

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

## Results

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

2	Rankin, Shane I	49	University of San Francisco Ma-38	3:24.00	3:18.67	17
	1:36.17		3:18.67 (1:42.50)			
3	Lucchese, Jon	47	Walnut Creek Masters-38	2:55.00	3:21.50	16
	1:35.68		3:21.50 (1:45.82)			

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

	<b>NATL:</b>	<b>29.29</b>	<b>N</b>	<b>8/13/2022</b>	<b>JEFF COMMINGS</b>		
	<b>WORLD:</b>	<b>29.22</b>	<b>W</b>	<b>9/8/2019</b>	<b>Hideaki TOGO</b>	<b>JPN</b>	
	<b>PAC:</b>	<b>32:32.48</b>	<b>P</b>	<b>12/31/1994</b>	<b>Robert Strand</b>		
1	Mackey, Theral E	46	University of San Francisco Ma-38	34.03	34.39 P	20	
2	Hannan, Zachary	45	Vacaville Swim Club-38	40.00	41.63 P	17	
3	Mustiazza, Oleg	45	Google Masters Swimming-38	50.00	43.16 P	16	

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

	<b>NATL:</b>	<b>1:04.77</b>	<b>N</b>	<b>7/14/2019</b>	<b>STEVE WEST</b>		
	<b>WORLD:</b>	<b>1:04.77</b>	<b>W</b>	<b>7/14/2019</b>	<b>Steve WEST</b>	<b>USA</b>	
	<b>PAC:</b>	<b>1:12.83</b>	<b>P</b>	<b>12/31/2001</b>	<b>Spencer Eldred</b>		
1	Mackey, Theral E	46	University of San Francisco Ma-38	1:17.01	1:16.92	20	
2	Popko, David	46	Rose Bowl Masters-33	1:25.55	1:28.23	17	
3	Hannan, Zachary	45	Vacaville Swim Club-38	1:28.00	1:31.49	16	

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

	<b>NATL:</b>	<b>2:19.44</b>	<b>N</b>	<b>6/22/2018</b>	<b>STEVE WEST</b>		
	<b>WORLD:</b>	<b>2:19.44</b>	<b>W</b>	<b>6/22/2018</b>	<b>Steve WEST</b>	<b>USA</b>	
	<b>PAC:</b>	<b>2:35.26</b>	<b>P</b>	<b>6/29/2014</b>	<b>Sergey Mariniuk</b>		
1	Mackey, Theral E	46	University of San Francisco Ma-38	2:45.02	2:55.16	20	
	1:21.99		2:55.16 (1:33.17)				
2	Hannan, Zachary	45	Vacaville Swim Club-38	3:10.00	3:19.07	17	
	1:36.77		3:19.07 (1:42.30)				

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

	<b>NATL:</b>	<b>25.24</b>	<b>N</b>	<b>10/10/2021</b>	<b>CHUCK BARNES</b>		
	<b>WORLD:</b>	<b>25.24</b>	<b>W</b>	<b>10/10/2021</b>	<b>Chuck BARNES</b>	<b>USA</b>	
	<b>PAC:</b>	<b>26:26.40</b>	<b>P</b>	<b>8/7/2013</b>	<b>Greg Tull</b>		
1	Rankin, Shane I	49	University of San Francisco Ma-38	45.00	42.16 P	20	

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

	<b>NATL:</b>	<b>56.42</b>	<b>N</b>	<b>8/4/2002</b>	<b>PAUL CARTER</b>		
	<b>WORLD:</b>	<b>56.85</b>	<b>W</b>	<b>8/11/2002</b>	<b>Paul CARTER</b>	<b>USA</b>	
	<b>PAC:</b>	<b>59:59.64</b>	<b>P</b>	<b>12/31/2008</b>	<b>John A Engs</b>		
1	Popko, David	46	Rose Bowl Masters-33	1:15.15	1:12.64 P	20	
2	Sarrigeorgidis, Kostas	49	Stanford Masters Swimming-38	1:09.00	1:14.59 P	17	
3	Salomaa, Jari	45	University of San Francisco Ma-38	1:10.00	1:19.11 P	16	
4	Rankin, Shane I	49	University of San Francisco Ma-38	1:34.60	1:40.52 P	15	

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

	<b>NATL:</b>	<b>2:10.09</b>	<b>N</b>	<b>8/7/2016</b>	<b>NICOLAS GRANGER</b>		
	<b>WORLD:</b>	<b>2:10.09</b>	<b>W</b>	<b>8/7/2016</b>	<b>Nicolas GRANGER</b>	<b>USA</b>	
	<b>PAC:</b>	<b>2:16.21</b>	<b>P</b>	<b>6/29/2014</b>	<b>Sergey Mariniuk</b>		
1	Sabatini, Greg	47	Richmond Plunge Masters-38	2:57.50	2:53.26	20	
	1:25.67		2:53.26 (1:27.59)				
2	Rankin, Shane I	49	University of San Francisco Ma-38	3:59.00	3:26.60	17	
	1:37.01		3:26.60 (1:49.59)				

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

## Results

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

3	Bucy, John	45	University of San Francisco Ma-38	3:30.00	3:30.83	16
	1:42.63		3:30.83 (1:48.20)			

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

	<b>NATL:</b>	<b>4:46.41</b>	<b>N</b>	<b>8/5/2016</b>	<b>NICOLAS GRANGER</b>		
	<b>WORLD:</b>	<b>4:43.83</b>	<b>W</b>	<b>8/5/2014</b>	<b>Nicolas GRANGER</b>	<b>FRA</b>	
	<b>PAC:</b>	<b>4:55.26</b>	<b>P</b>	<b>6/29/2014</b>	<b>Sergey Mariniuk</b>		
1	Popko, David	46	Rose Bowl Masters-33	5:59.99	5:43.96	20	
	1:18.32		2:48.40 (1:30.08)	4:29.89 (1:41.49)	5:43.96 (1:14.07)		

**Men 50-54 50 LC Meter Freestyle**

	<b>NATL:</b>	<b>24.58</b>	<b>N</b>	<b>8/9/2009</b>	<b>ROWDY GAINES</b>		
	<b>WORLD:</b>	<b>24.08</b>	<b>W</b>	<b>6/27/2009</b>	<b>Brent BARNES</b>	<b>JPN</b>	
	<b>PAC:</b>	<b>25:25.57</b>	<b>P</b>	<b>12/31/2008</b>	<b>Paul V Carter</b>		
1	Anderson, Kent	51	Davis Aquatic Masters-38	28.55	27.05 P	20	
2	Winsor, Brad	52	Davis Aquatic Masters-38	28.42	27.73 P	17	
3	McCormick, Peter	54	Santa Rosa Masters-38	30.56	28.70 P	16	
4	Erickson, Douglas	51	Rolling Hills Mud Sharks-38	31.30	29.45 P	15	
5	Fahlen, Mark	52	Modesto Area Aquatic Club-38	29.53	30.42 P	14	
6	Lehnert, Ahren	50	Marcia's Enthusiastic Masters-38	33.08	32.08 P	13	

**Men 50-54 100 LC Meter Freestyle**

	<b>NATL:</b>	<b>54.18</b>	<b>N</b>	<b>8/4/2017</b>	<b>NICOLAS GRANGER</b>		
	<b>WORLD:</b>	<b>54.15</b>	<b>W</b>	<b>6/30/2017</b>	<b>Nicolas GRANGER</b>	<b>FRA</b>	
	<b>PAC:</b>	<b>55:55.93</b>	<b>P</b>	<b>12/31/2012</b>	<b>David E Boatwright</b>		
1	Anderson, Kent	51	Davis Aquatic Masters-38	1:00.00	1:00.50 P	20	
2	Winsor, Brad	52	Davis Aquatic Masters-38	1:02.42	1:00.78 P	17	
3	Fahlen, Mark	52	Modesto Area Aquatic Club-38	1:03.58	1:05.61 P	16	
4	McCormick, Peter	54	Santa Rosa Masters-38	1:10.12	1:07.16 P	15	
5	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	1:07.60	1:07.75 P	14	
6	Lehnert, Ahren	50	Marcia's Enthusiastic Masters-38	1:12.35	1:11.58 P	13	
7	Meeker, Michael	50	Richmond Plunge Masters-38	1:25.00	1:17.17 P	12	

**Men 50-54 200 LC Meter Freestyle Splits**

	<b>NATL:</b>	<b>2:00.34</b>	<b>N</b>	<b>8/13/2007</b>	<b>DAN STEPHENSON</b>		
	<b>WORLD:</b>	<b>1:58.62</b>	<b>W</b>	<b>7/1/2017</b>	<b>Nicolas GRANGER</b>	<b>FRA</b>	
	<b>PAC:</b>	<b>2:05.68</b>	<b>P</b>	<b>7/12/2013</b>	<b>Darren D Phalen</b>		
1	Winsor, Brad	52	Davis Aquatic Masters-38	NT	2:16.41		

**Men 50-54 200 LC Meter Freestyle**

	<b>NATL:</b>	<b>2:00.34</b>	<b>N</b>	<b>8/13/2007</b>	<b>DAN STEPHENSON</b>		
	<b>WORLD:</b>	<b>1:58.62</b>	<b>W</b>	<b>7/1/2017</b>	<b>Nicolas GRANGER</b>	<b>FRA</b>	
	<b>PAC:</b>	<b>2:05.68</b>	<b>P</b>	<b>7/12/2013</b>	<b>Darren D Phalen</b>		
1	Rosales-Delmoral, Romer	50	Menlo Masters-38	2:25.90	2:22.89	20	
	1:09.70		2:22.89 (1:13.19)				
2	Fahlen, Mark	52	Modesto Area Aquatic Club-38	2:22.50	2:25.75	17	
	1:11.65		2:25.75 (1:14.10)				
3	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	2:31.69	2:32.14	16	
	1:14.40		2:32.14 (1:17.74)				
4	Lehnert, Ahren	50	Marcia's Enthusiastic Masters-38	2:46.45	2:37.43	15	
	1:16.61		2:37.43 (1:20.82)				
5	Zajonc, Jason	50	Marin Aquatic Masters-38	2:59.99	2:38.51	14	
	1:18.78		2:38.51 (1:19.73)				



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

## Results

**(Men 50-54 200 LC Meter Freestyle)**

6	Meeker, Michael	50	Richmond Plunge Masters-38	3:00.00	2:54.90	13
	1:27.14		2:54.90 (1:27.76)			

**Men 50-54 400 LC Meter Freestyle**

	<b>NATL: 4:15.93</b>	<b>N</b>	<b>8/4/2017</b>	<b>NICOLAS GRANGER</b>		
	<b>WORLD: 4:15.93</b>	<b>W</b>	<b>8/4/2017</b>	<b>Nicolas GRANGER</b>	<b>USA</b>	
	<b>PAC: 4:24.57</b>	<b>P</b>	<b>8/7/2013</b>	<b>Darren D Phalen</b>		

1	Winsor, Brad	52	Davis Aquatic Masters-38	4:50.42	4:45.03	20
	1:07.96		2:20.61 (1:12.65)	3:34.20 (1:13.59)	4:45.03 (1:10.83)	
2	Rosales-Delmoral, Romer	50	Menlo Masters-38	5:12.00	5:03.21	17
	1:13.90		2:30.88 (1:16.98)	3:48.00 (1:17.12)	5:03.21 (1:15.21)	
3	Fahlen, Mark	52	Modesto Area Aquatic Club-38	5:15.79	5:15.52	16
	1:16.15		2:36.25 (1:20.10)	3:56.33 (1:20.08)	5:15.52 (1:19.19)	
4	Lehnert, Ahren	50	Marcia's Enthusiastic Masters-38	5:56.20	5:43.89	15
	1:23.24		2:53.31 (1:30.07)	4:21.72 (1:28.41)	5:43.89 (1:22.17)	
5	Hertzner, Keith	50	Marcia's Enthusiastic Masters-38	5:37.00	5:50.21	14
	1:22.23		2:49.69 (1:27.46)	4:20.51 (1:30.82)	5:50.21 (1:29.70)	
6	Meeker, Michael	50	Richmond Plunge Masters-38	6:30.00	6:15.53	13
	1:30.45		3:07.36 (1:36.91)	4:44.58 (1:37.22)	6:15.53 (1:30.95)	

**Men 50-54 800 LC Meter Freestyle**

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

1	Winsor, Brad	52	Davis Aquatic Masters-38	10:00.42	9:58.79	20
	1:10.79		2:26.46 (1:15.67)	3:42.08 (1:15.62)	4:57.91 (1:15.83)	
	6:13.15 (1:15.24)		7:29.23 (1:16.08)	8:45.09 (1:15.86)	9:58.79 (1:13.70)	
2	Rosales-Delmoral, Romer	50	Menlo Masters-38	10:28.00	10:27.60	17
	1:15.02		2:34.13 (1:19.11)	3:53.68 (1:19.55)	5:13.23 (1:19.55)	
	6:32.23 (1:19.00)		7:50.93 (1:18.70)	9:09.72 (1:18.79)	10:27.60 (1:17.88)	
3	Fahlen, Mark	52	Modesto Area Aquatic Club-38	10:45.00	10:59.86	16
	1:19.91		2:44.51 (1:24.60)	4:08.02 (1:23.51)	5:31.13 (1:23.11)	
	6:54.34 (1:23.21)		8:16.92 (1:22.58)	9:39.24 (1:22.32)	10:59.86 (1:20.62)	
4	Hertzner, Keith	50	Marcia's Enthusiastic Masters-38	12:01.00	12:09.63	15
	1:22.30		2:53.22 (1:30.92)	4:27.22 (1:34.00)	6:01.03 (1:33.81)	
	7:34.05 (1:33.02)		9:06.77 (1:32.72)	10:39.48 (1:32.71)	12:09.63 (1:30.15)	
5	Lehnert, Ahren	50	Marcia's Enthusiastic Masters-38	12:30.10	12:17.85	14
	1:29.73		3:05.90 (1:36.17)	4:41.66 (1:35.76)	6:17.38 (1:35.72)	
	7:50.36 (1:32.98)		9:23.04 (1:32.68)	10:54.34 (1:31.30)	12:17.85 (1:23.51)	

**Men 50-54 1500 LC Meter Freestyle**

	<b>NATL: 17:08.33</b>	<b>N</b>	<b>8/20/2000</b>	<b>JIM MC CONICA</b>		
	<b>WORLD: 17:08.33</b>	<b>W</b>	<b>8/20/2000</b>	<b>Jim MCCONICA</b>	<b>USA</b>	
	<b>PAC: 17:50.94</b>	<b>P</b>	<b>8/2/2017</b>	<b>Barton S Wells</b>		

1	Winsor, Brad	52	Davis Aquatic Masters-38	19:00.42	19:22.36	20
	1:12.65		2:30.86 (1:18.21)	3:49.03 (1:18.17)	5:07.27 (1:18.24)	
	6:24.62 (1:17.35)		7:41.83 (1:17.21)	8:59.71 (1:17.88)	10:17.30 (1:17.59)	
	11:35.14 (1:17.84)		12:53.22 (1:18.08)	14:11.17 (1:17.95)	15:28.80 (1:17.63)	
	16:47.21 (1:18.41)		18:04.97 (1:17.76)	19:22.36 (1:17.39)		
2	Rosales-Delmoral, Romer	50	Menlo Masters-38	20:32.00	20:12.31	17
	1:17.43		2:37.76 (1:20.33)	3:58.33 (1:20.57)	5:19.66 (1:21.33)	
	6:39.86 (1:20.20)		8:00.51 (1:20.65)	9:21.94 (1:21.43)	10:43.12 (1:21.18)	
	12:04.90 (1:21.78)		13:26.83 (1:21.93)	14:48.31 (1:21.48)	16:10.10 (1:21.79)	
	17:31.16 (1:21.06)		18:52.19 (1:21.03)	20:12.31 (1:20.12)		

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

## Results

**(Men 50-54 1500 LC Meter Freestyle)**

3	Wright, Eric	50	California Gold Masters-38	21:30.00	20:56.49	16
	1:18.19	2:41.96 (1:23.77)	4:06.02 (1:24.06)	5:30.97 (1:24.95)		
	6:55.19 (1:24.22)	8:20.56 (1:25.37)	9:45.24 (1:24.68)	11:10.05 (1:24.81)		
	12:34.79 (1:24.74)	13:59.30 (1:24.51)	15:24.30 (1:25.00)	16:49.00 (1:24.70)		
	18:14.01 (1:25.01)	19:38.05 (1:24.04)	20:56.49 (1:18.44)			
4	Kneubuhler, Yann	51	Richmond Plunge Masters-38	21:30.00	21:37.56	15
	1:20.47	2:47.13 (1:26.66)	4:14.37 (1:27.24)	5:42.57 (1:28.20)		
	7:10.87 (1:28.30)	8:38.86 (1:27.99)	10:06.58 (1:27.72)	11:33.93 (1:27.35)		
	13:00.35 (1:26.42)	14:27.66 (1:27.31)	15:54.56 (1:26.90)	17:21.10 (1:26.54)		
	18:48.56 (1:27.46)	20:15.08 (1:26.52)	21:37.56 (1:22.48)			
5	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	22:00.72	21:59.92	14
	1:24.51	2:54.58 (1:30.07)	4:24.91 (1:30.33)	5:54.61 (1:29.70)		
	7:24.19 (1:29.58)	8:53.04 (1:28.85)	10:21.04 (1:28.00)	11:49.57 (1:28.53)		
	13:18.90 (1:29.33)	14:47.58 (1:28.68)	16:14.77 (1:27.19)	17:42.24 (1:27.47)		
	19:10.00 (1:27.76)	20:36.31 (1:26.31)	21:59.92 (1:23.61)			
6	Lehnert, Ahren	50	Marcia's Enthusiastic Masters-38	23:58.22	23:40.64	13
	1:31.91	3:08.19 (1:36.28)	4:44.89 (1:36.70)	6:22.41 (1:37.52)		
	7:58.88 (1:36.47)	9:35.06 (1:36.18)	11:11.15 (1:36.09)	12:47.80 (1:36.65)		
	14:24.46 (1:36.66)	16:00.20 (1:35.74)	17:35.74 (1:35.54)	19:10.24 (1:34.50)		
	20:44.25 (1:34.01)	22:15.16 (1:30.91)	23:40.64 (1:25.48)			

**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 USA  
 PAC: 28:28.58 P 7/10/2018 Rick Gould

1	Erickson, Douglas	51	Rolling Hills Mud Sharks-38	39.91	37.87 P	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 USA  
 PAC: 1:02.17 P 7/11/2018 Rick Gould

1	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	1:27.80	1:23.47	20
2	Rosales-Delmoral, Romer	50	Menlo Masters-38	1:27.04	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 USA  
 PAC: 2:16.79 P 7/10/2018 Rick Gould

1	Fahlen, Mark	52	Modesto Area Aquatic Club-38	2:51.51	2:58.69	20
	1:28.69	2:58.69 (1:30.00)				
2	Rosales-Delmoral, Romer	50	Menlo Masters-38	3:00.00	3:04.22	17
	1:32.45	3:04.22 (1:31.77)				
3	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	3:09.17	3:08.64	16
	1:33.85	3:08.64 (1:34.79)				

**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 USA  
 PAC: 30:30.97 P 12/31/2009 Gary L Patterson

1	Erickson, Douglas	51	Rolling Hills Mud Sharks-38	38.00	37.49 P	20
2	Hertzer, Keith	50	Marcia's Enthusiastic Masters-38	39.00	37.89 P	17
3	Mc Bride, Patrick	54	University of San Francisco Ma-38	42.19	40.59 P	16
4	Lehnert, Ahren	50	Marcia's Enthusiastic Masters-38	49.00	44.31 P	15

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

## Results

## 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 USA

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

1	Erickson, Douglas	51	Rolling Hills Mud Sharks-38	1:27.00	1:27.63	20
2	Hertzner, Keith	50	Marcia's Enthusiastic Masters-38	1:28.00	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 USA

PAC: 2:40.57 P 12/31/1996 Robert Strand

1	Mc Bride, Patrick	54	University of San Francisco Ma-38	3:15.15	3:14.20	20
				1:33.37	3:14.20 (1:40.83)	
2	Hertzner, Keith	50	Marcia's Enthusiastic Masters-38	3:20.00	3:21.48	17
				1:36.33	3:21.48 (1:45.15)	

## 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 JPN

PAC: 25:25.88 P 12/31/2008 Paul V Carter

1	Rendic, Dikan	52	Google Masters Swimming-38	28.58	29.07 P	20
2	Winsor, Brad	52	Davis Aquatic Masters-38	31.42	30.22 P	17
3	Zajonc, Jason	50	Marin Aquatic Masters-38	32.09	31.08 P	16
4	Erickson, Douglas	51	Rolling Hills Mud Sharks-38	35.00	33.49 P	15
5	Rosales-Delmoral, Romer	50	Menlo Masters-38	34.00	34.99 P	14
6	Hertzner, Keith	50	Marcia's Enthusiastic Masters-38	37.00	35.87 P	13
7	Mc Bride, Patrick	54	University of San Francisco Ma-38	35.50	39.33 P	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 USA

PAC: 57:57.23 P 12/31/2008 Paul V Carter

1	Winsor, Brad	52	Davis Aquatic Masters-38	1:10.42	1:08.64 P	20
2	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	1:25.00	1:22.35 P	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 USA

PAC: 2:19.45 P 8/7/2013 Darren D Phalen

1	Fahlen, Mark	52	Modesto Area Aquatic Club-38	2:52.39	2:54.32	20
				1:27.06	2:54.32 (1:27.26)	
2	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	3:15.00	2:59.66	17
				1:27.07	2:59.66 (1:32.59)	
3	Mc Bride, Patrick	54	University of San Francisco Ma-38	3:10.05	2:59.93	16
				1:28.72	2:59.93 (1:31.21)	
4	Hertzner, Keith	50	Marcia's Enthusiastic Masters-38	3:01.00	3:00.63	15
				1:29.16	3:00.63 (1:31.47)	

## 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 JPN

PAC: 25:25.87 P 8/3/2016 David E Boatwright

1	Sellers, Christian L	59	Oregon Masters-37	37.56	28.95 P	20
2	Langner, Mikael	55	University of San Francisco Ma-38	30.00	29.86 P	17
3	Barajas, Nick	57	Sacramento Masters-38	31.90	31.39 P	16

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

## Results

**(Men 55-59 50 LC Meter Freestyle)**

4	O'Rourke, Rick	58	University of San Francisco Ma-38	35.00	31.97 P	15
5	Wu, Long	58	Marcia's Enthusiastic Masters-38	37.52	36.42 P	14
6	Fedyk, Yurii	56	University of San Francisco Ma-38	1:10.00	47.65 P	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

RSA

PAC: 56:56.96 P 7/16/2017 David E Boatwright

1	Sellers, Christian L	59	Oregon Masters-37	1:03.02	1:07.45 P	20
2	O'Rourke, Rick	58	University of San Francisco Ma-38	1:15.00	1:12.58 P	17
3	Barajas, Nick	57	Sacramento Masters-38	1:11.85	1:12.75 P	16
4	Nam, Jimmy	55	Rolling Hills Mud Sharks-38	1:10.00	1:13.50 P	15
5	Carter, Paul	55	Walnut Creek Masters-38	1:14.49	1:15.91 P	14
6	Wu, Long	58	Marcia's Enthusiastic Masters-38	1:25.19	1:21.11 P	13
7	Robinson, John S	58	University of San Francisco Ma-38	1:40.00	1:48.66 P	12
8	Fedyk, Yurii	56	University of San Francisco Ma-38	2:15.00	2:02.57 P	11

**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

USA

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

1	Craven, Rob	58	Manatee Aquatic Masters Inc-38	2:40.58	2:41.64	20
	1:17.90	2:41.64 (1:23.74)				
2	Barajas, Nick	57	Sacramento Masters-38	2:46.17	2:46.51	17
	1:20.57	2:46.51 (1:25.94)				
3	Nam, Jimmy	55	Rolling Hills Mud Sharks-38	2:33.00	2:53.15	16
	1:24.22	2:53.15 (1:28.93)				

**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

USA

PAC: 4:25.51 P 6/17/2023 Barton S Wells

1	Krovetz, Ted	57	Davis Aquatic Masters-38	5:12.22	5:15.71	20
	1:14.56	2:35.44 (1:20.88)	3:56.91 (1:21.47)	5:15.71 (1:18.80)		
2	Craven, Rob	58	Manatee Aquatic Masters Inc-38	6:05.58	5:50.34	17
	1:26.87	2:57.09 (1:30.22)	4:26.29 (1:29.20)	5:50.34 (1:24.05)		
3	Wu, Long	58	Marcia's Enthusiastic Masters-38	6:30.00	7:22.48	16
	1:40.33	3:35.89 (1:55.56)	5:33.69 (1:57.80)	7:22.48 (1:48.79)		

**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

USA

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

1	Shaffer, Mike G	58	Club Hot Tub-38	NT	9:50.65	
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**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

USA

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

1	Krovetz, Ted	57	Davis Aquatic Masters-38	10:41.28	10:44.43	20
	1:19.61	2:41.58 (1:21.97)	4:02.90 (1:21.32)	5:23.64 (1:20.74)		
	6:44.61 (1:20.97)	8:05.57 (1:20.96)	9:25.93 (1:20.36)	10:44.43 (1:18.50)		

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

## Results

## 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 USA

PAC: 18:05.27 P 9/11/2022 Barton S Wells

1	Shaffer, Mike G	58	Club Hot Tub-38	19:20.00	19:09.53	20
	1:09.35	2:24.23 (1:14.88)	3:40.47 (1:16.24)	4:55.92 (1:15.45)		
	6:11.24 (1:15.32)	7:26.77 (1:15.53)	8:41.11 (1:14.34)	9:50.65 (1:09.54)		
	11:29.37 (1:38.72)	12:48.35 (1:18.98)	14:06.79 (1:18.44)	15:24.62 (1:17.83)		
	16:41.06 (1:16.44)	17:57.16 (1:16.10)	19:09.53 (1:12.37)			
2	Langner, Mikael	55	University of San Francisco Ma-38	23:00.00	24:01.10	17
	1:34.04	3:11.39 (1:37.35)	4:48.95 (1:37.56)	6:26.45 (1:37.50)		
	8:04.28 (1:37.83)	9:41.77 (1:37.49)	11:18.73 (1:36.96)	12:54.74 (1:36.01)		
	14:31.66 (1:36.92)	16:06.71 (1:35.05)	17:42.22 (1:35.51)	19:17.71 (1:35.49)		
	20:53.15 (1:35.44)	22:28.15 (1:35.00)	24:01.10 (1:32.95)			

## 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 USA

PAC: 31:31.18 P 7/10/2018 Jean-Philippe M Riblet

1	Gould, Rick	55	Stanford Masters Swimming-38	29.00	29.54 P	20
2	Shaffer, Mike G	58	Club Hot Tub-38	32.67	32.56 P	17
3	Chao, Hector	59	Walnut Creek Masters-38	34.50	34.55 P	16
4	Fedyk, Yurii	56	University of San Francisco Ma-38	1:50.00	1:19.70 P	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 USA

PAC: 1:08.10 P 7/31/2022 Rick Hamilton

1	Gould, Rick	55	Stanford Masters Swimming-38	1:03.00	1:05.11 P	20
2	Chao, Hector	59	Walnut Creek Masters-38	1:16.20	1:13.07	17
3	Craven, Rob	58	Manatee Aquatic Masters Inc-38	1:24.58	1:23.05	16
4	Robinson, John S	58	University of San Francisco Ma-38	1:55.00	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 USA

PAC: 2:27.49 P 12/31/2008 Fred Ferroggiaro

1	Gould, Rick	55	Stanford Masters Swimming-38	2:20.00	2:22.62 P	20
	1:10.44	2:22.62 (1:12.18)				
2	Shaffer, Mike G	58	Club Hot Tub-38	2:37.49	2:33.27	17
	1:16.11	2:33.27 (1:17.16)				
3	Chao, Hector	59	Walnut Creek Masters-38	2:44.50	2:39.83	16
	1:17.76	2:39.83 (1:22.07)				
4	Langner, Mikael	55	University of San Francisco Ma-38	3:00.00	2:56.80	15
	1:27.39	2:56.80 (1:29.41)				
5	Wu, Long	58	Marcia's Enthusiastic Masters-38	4:00.00	4:11.29	14
	2:00.59	4:11.29 (2:10.70)				
6	Robinson, John S	58	University of San Francisco Ma-38	4:55.00	4:34.68	13
	2:16.10	4:34.68 (2:18.58)				

## 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 ITA

PAC: 32:32.30 P 7/31/2022 Paul G Kraaijvanger

1	Sellers, Christian L	59	Oregon Masters-37	36.04	38.19 P	20
2	Chao, Hector	59	Walnut Creek Masters-38	40.30	38.34 P	17

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

## Results

**(Men 55-59 50 LC Meter Breaststroke)**

3	Nam, Jimmy	55	Rolling Hills Mud Sharks-38	38.00	40.89 P	16
4	Langner, Mikael	55	University of San Francisco Ma-38	40.00	41.48 P	15
5	Carter, Paul	55	Walnut Creek Masters-38	40.00	41.92 P	14
6	Craven, Rob	58	Manatee Aquatic Masters Inc-38	42.58	43.70 P	13
7	Barajas, Nick	57	Sacramento Masters-38	43.84	43.75 P	12
8	Galvin, Patrick	58	Marcia's Enthusiastic Masters-38	55.00	45.32 P	11
9	Galvin, Jeffrey S	57	Marcia's Enthusiastic Masters-38	45.00	46.75 P	9
10	Kwan, Thomas	58	Uc38	1:15.00	49.97 P	7
11	Robinson, John S	58	University of San Francisco Ma-38	46.00	52.24 P	6
12	Shalowitz, Jon	56	University of San Francisco Ma-38	55.00	55.91 P	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 ITA

PAC: 1:13.13 P 7/30/2022 Paul G Kraaijvanger

1	Chao, Hector	59	Walnut Creek Masters-38	1:30.50	1:25.18	20
2	Sellers, Christian L	59	Oregon Masters-37	1:20.79	1:28.23	17
3	Nam, Jimmy	55	Rolling Hills Mud Sharks-38	1:23.00	1:31.62	16
4	Carter, Paul	55	Walnut Creek Masters-38	1:42.00	1:33.07	15
5	Langner, Mikael	55	University of San Francisco Ma-38	1:40.00	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 USA

PAC: 2:46.31 P 12/31/2001 Robert Strand

1	Wu, Long	58	Marcia's Enthusiastic Masters-38	3:29.14	3:39.76	20
				1:46.95	3:39.76 (1:52.81)	
2	Carter, Paul	55	Walnut Creek Masters-38	3:30.00	3:40.34	17
				1:44.52	3:40.34 (1:55.82)	

**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 USA

PAC: 27:27.31 P 12/31/2012 Paul V Carter

1	Sellers, Christian L	59	Oregon Masters-37	44.59	33.43 P	20
2	Craven, Rob	58	Manatee Aquatic Masters Inc-38	37.58	36.06 P	17
3	Barajas, Nick	57	Sacramento Masters-38	47.00	38.14 P	16
4	Galvin, Patrick	58	Marcia's Enthusiastic Masters-38	1:00.00	47.59 P	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 USA

PAC: 1:00.56 P 12/31/2012 Paul V Carter

1	Shaffer, Mike G	58	Club Hot Tub-38	1:06.02	1:05.82	20
2	Fishman, Harvey	55	Menlo Masters-38	1:14.00	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 BRA

PAC: 2:34.89 P 12/31/2012 Kerry L O'Brien

1	Shaffer, Mike G	58	Club Hot Tub-38	2:34.89	2:28.82 P	20
				1:11.35	2:28.82 (1:17.47)	
2	Langner, Mikael	55	University of San Francisco Ma-38	3:30.00	3:57.75	17
				1:52.09	3:57.75 (2:05.66)	

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

## Results

## Men 55-59 200 LC Meter IM

	<b>NATL:</b>	<b>2:20.67</b>	<b>N</b>	<b>2/22/2020</b>	<b>JEROME FRENTSOS</b>			
	<b>WORLD:</b>	<b>2:20.67</b>	<b>W</b>	<b>2/22/2020</b>	<b>Jerome FRENTSOS</b>	<b>USA</b>		
	<b>PAC:</b>	<b>2:27.18</b>	<b>P</b>	<b>12/31/2012</b>	<b>Paul V Carter</b>			
1	Chao, Hector			59	Walnut Creek Masters-38	2:49.50	2:40.50	20
		1:14.92			2:40.50 (1:25.58)			
2	Krovetz, Ted			57	Davis Aquatic Masters-38	3:02.76	2:56.40	17
		1:23.07			2:56.40 (1:33.33)			
3	Craven, Rob			58	Manatee Aquatic Masters Inc-38	3:08.58	3:05.18	16
		1:25.88			3:05.18 (1:39.30)			
4	Sellers, Christian L			59	Oregon Masters-37	2:50.29	3:09.94	15
		1:34.57			3:09.94 (1:35.37)			
5	Carter, Paul			55	Walnut Creek Masters-38	3:17.71	3:15.68	14
		1:34.50			3:15.68 (1:41.18)			
6	Treman, Jim			58	University of San Francisco Ma-38	4:00.00	3:37.49	13
		1:44.42			3:37.49 (1:53.07)			
7	Wu, Long			58	Marcia's Enthusiastic Masters-38	3:50.00	3:38.87	12
		1:53.03			3:38.87 (1:45.84)			

## Men 55-59 400 LC Meter IM

	<b>NATL:</b>	<b>5:04.07</b>	<b>N</b>	<b>7/26/2009</b>	<b>MICHAEL MANN</b>			
	<b>WORLD:</b>	<b>4:57.55</b>	<b>W</b>	<b>4/2/2022</b>	<b>Brent FOSTER</b>	<b>NZL</b>		
	<b>PAC:</b>	<b>5:30.36</b>	<b>P</b>	<b>7/13/2009</b>	<b>Jim Clemmons</b>			
1	Shaffer, Mike G			58	Club Hot Tub-38	5:37.01	5:27.97 P	20
		1:09.14			2:37.10 (1:27.96) 4:18.90 (1:41.80) 5:27.97 (1:09.07)			
2	Krovetz, Ted			57	Davis Aquatic Masters-38	6:37.54	6:18.60	17
		1:21.45			3:01.89 (1:40.44) 4:54.39 (1:52.50) 6:18.60 (1:24.21)			
3	Sellers, Christian L			59	Oregon Masters-37	7:10.79	6:47.48	16
		1:32.75			3:28.77 (1:56.02) 5:23.37 (1:54.60) 6:47.48 (1:24.11)			
4	Langner, Mikael			55	University of San Francisco Ma-38	7:00.00	6:49.16	15
		1:41.48			3:23.91 (1:42.43) 5:21.53 (1:57.62) 6:49.16 (1:27.63)			
5	Wu, Long			58	Marcia's Enthusiastic Masters-38	9:15.00	9:08.39	14
		2:21.36			5:12.35 (2:50.99) 7:17.20 (2:04.85) 9:08.39 (1:51.19)			
---	Carter, Paul			55	Walnut Creek Masters-38	7:55.00	DQ	
		1:37.06			3:36.07 (1:59.01) 5:28.50 (1:52.43) DQ (1:36.93)			

## Men 60-64 50 LC Meter Freestyle

	<b>NATL:</b>	<b>25.23</b>	<b>N</b>	<b>8/10/2006</b>	<b>RICHARD ABRAHAMS</b>			
	<b>WORLD:</b>	<b>25.23</b>	<b>W</b>	<b>8/7/2006</b>	<b>Richard ABRAHAMS</b>	<b>USA</b>		
	<b>PAC:</b>	<b>26:26.70</b>	<b>P</b>	<b>4/25/2021</b>	<b>David E Boatwright</b>			
1	Boatwright, David			62	Walnut Creek Masters-38	27.00	27.46 P	20
2	Boone, Jon			60	Walnut Creek Masters-38	29.75	28.41 P	17
3	Tittle, Kenneth			60	Walnut Creek Masters-38	29.10	29.35 P	16
4	Nootbaar, Tom			60	Walnut Creek Masters-38	29.99	29.38 P	15
5	Keating, Kevin			60	Sebastopol Masters Aquatic Clu-38	29.70	30.39 P	14
6	Suess, Robert			62	Rolling Hills Mud Sharks-38	36.00	32.70 P	13
7	Pettibone, Chip			61	Santa Rosa Masters-38	31.50	32.80 P	12
8	Prochnow, Kevin K			61	Marin Aquatic Masters-38	45.79	34.55 P	11
9	Gustavson, Jeff A			61	Arizona Masters Swim Club Inc-48	32.60	36.68 P	9

## Men 60-64 100 LC Meter Freestyle

	<b>NATL:</b>	<b>57.79</b>	<b>N</b>	<b>6/14/2014</b>	<b>JACK GROSELLE</b>			
	<b>WORLD:</b>	<b>57.66</b>	<b>W</b>	<b>9/4/2022</b>	<b>Ahmet NAKKAS</b>	<b>TUR</b>		
	<b>PAC:</b>	<b>58:58.98</b>	<b>P</b>	<b>6/13/2021</b>	<b>David E Boatwright</b>			
1	Boatwright, David			62	Walnut Creek Masters-38	59.00	1:01.51 P	20

**2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023****Results****(Men 60-64 100 LC Meter Freestyle)**

2	Nootbaar, Tom	60	Walnut Creek Masters-38	1:02.49	1:03.45 P	17
3	Boone, Jon	60	Walnut Creek Masters-38	1:03.65	1:03.97 P	16
4	Hathaway, David	63	Oregon Masters-37	1:07.01	1:06.80 P	15
5	Keighley, Tim	62	QuickSilver Masters-38	1:07.74	1:07.02 P	14
6	Keating, Kevin	60	Sebastopol Masters Aquatic Clu-38	1:07.50	1:09.73 P	13
7	King, Ian	61	Walnut Creek Masters-38	1:10.34	1:09.83 P	12
8	Miller, Tim	60	Stanford Masters Swimming-38	1:15.88	1:10.64 P	11
9	Prochnow, Kevin K	61	Marin Aquatic Masters-38	1:31.00	1:21.04 P	9
10	Gustavson, Jeff A	61	Arizona Masters Swim Club Inc-48	1:14.56	1:26.22 P	7
11	Inchausti, Robert	61	Marcia's Enthusiastic Masters-38	1:35.00	1:30.26 P	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 USA

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

1	Hathaway, David	63	Oregon Masters-37	2:22.27	2:21.84	20
	1:10.12	2:21.84 (1:11.72)				
2	Remmert, Greg A	61	Walnut Creek Masters-38	2:19.00	2:23.43	17
	1:09.79	2:23.43 (1:13.64)				
3	Nootbaar, Tom	60	Walnut Creek Masters-38	2:18.99	2:23.61	16
	1:10.07	2:23.61 (1:13.54)				
4	Boone, Jon	60	Walnut Creek Masters-38	2:28.49	2:27.14	15
	1:13.27	2:27.14 (1:13.87)				
5	Holtzman, Steven	60	Streamliners-38	2:35.00	2:27.99	14
	1:11.15	2:27.99 (1:16.84)				
6	Taylor, Ron	63	Richmond Plunge Masters-38	2:47.85	2:41.18	13
	1:17.84	2:41.18 (1:23.34)				
7	Miller, Tim	60	Stanford Masters Swimming-38	2:40.88	2:41.25	12
	1:17.71	2:41.25 (1:23.54)				
8	Curran, Patrick	62	North Bay Aquatics-38	2:55.00	3:00.30	11
	1:27.80	3:00.30 (1:32.50)				
9	Gustavson, Jeff A	61	Arizona Masters Swim Club Inc-48	2:44.65	3:14.91	9
	1:33.38	3:14.91 (1:41.53)				
10	Gendreau, David	63	University of San Francisco Ma-38	5:00.00	4:45.55	7
	2:11.92	4:45.55 (2:33.63)				

**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 PUR

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

1	Hathaway, David	63	Oregon Masters-37	5:07.10	5:03.04	20
	1:12.53	2:31.46 (1:18.93)	3:48.62 (1:17.16)	5:03.04 (1:14.42)		
2	Tainty, Chris	63	Santa Cruz Masters Aquatics-38	5:14.81	5:08.19	17
	1:16.46	2:35.68 (1:19.22)	3:53.17 (1:17.49)	5:08.19 (1:15.02)		
3	Remmert, Greg A	61	Walnut Creek Masters-38	5:15.00	5:11.60	16
	1:15.49	2:35.04 (1:19.55)	3:54.12 (1:19.08)	5:11.60 (1:17.48)		
4	Holtzman, Steven	60	Streamliners-38	5:50.00	5:18.27	15
	1:18.51	2:40.23 (1:21.72)	4:01.43 (1:21.20)	5:18.27 (1:16.84)		
5	Boone, Jon	60	Walnut Creek Masters-38	5:20.00	5:21.05	14
	1:16.29	2:40.07 (1:23.78)	4:04.69 (1:24.62)	5:21.05 (1:16.36)		
6	Sheeper, Tim	60	Menlo Masters-38	5:54.32	5:52.25	13
	1:26.05	2:55.77 (1:29.72)	4:24.95 (1:29.18)	5:52.25 (1:27.30)		



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

## Results

## 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			PUR	
		PAC: 9:52.70	P 8/1/2021	David E Boatwright				
1	Hathaway, David	63	Oregon Masters-37	10:37.01	10:21.16	20		
	1:14.86	2:33.68 (1:18.82)	3:52.03 (1:18.35)	5:10.72 (1:18.69)				
	6:29.44 (1:18.72)	7:48.29 (1:18.85)	9:06.21 (1:17.92)	10:21.16 (1:14.95)				
2	Holtzman, Steven	60	Streamliners-38	11:55.00	10:48.74	17		
	1:20.08	2:42.95 (1:22.87)	4:05.86 (1:22.91)	5:28.94 (1:23.08)				
	6:49.25 (1:20.31)	8:10.36 (1:21.11)	9:30.59 (1:20.23)	10:48.74 (1:18.15)				
3	Taylor, Ron	63	Richmond Plunge Masters-38	12:18.94	11:59.27	16		
	1:25.07	2:57.98 (1:32.91)	4:29.74 (1:31.76)	6:01.06 (1:31.32)				
	7:32.44 (1:31.38)	9:03.51 (1:31.07)	10:32.99 (1:29.48)	11:59.27 (1:26.28)				
4	Sheeper, Tim	60	Menlo Masters-38	11:45.07	12:11.96	15		
	1:27.46	2:59.66 (1:32.20)	4:32.77 (1:33.11)	6:06.11 (1:33.34)				
	7:38.30 (1:32.19)	9:11.27 (1:32.97)	10:42.94 (1:31.67)	12:11.96 (1:29.02)				
5	Prochnow, Kevin K	61	Marin Aquatic Masters-38	19:00.00	14:24.61	14		
	1:39.10	3:30.27 (1:51.17)	5:24.19 (1:53.92)	7:17.05 (1:52.86)				
	9:07.10 (1:50.05)	10:57.64 (1:50.54)	12:44.44 (1:46.80)	14:24.61 (1:40.17)				

## 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			USA	
		PAC: 19:06.93	P 8/7/2013	Michael G McCaffery				
1	Hathaway, David	63	Oregon Masters-37	20:25.70	20:03.91	20		
	1:16.38	2:36.14 (1:19.76)	3:57.00 (1:20.86)	5:17.17 (1:20.17)				
	6:38.14 (1:20.97)	7:59.65 (1:21.51)	9:21.39 (1:21.74)	10:43.68 (1:22.29)				
	12:05.33 (1:21.65)	13:27.60 (1:22.27)	14:49.20 (1:21.60)	16:09.94 (1:20.74)				
	17:29.11 (1:19.17)	18:48.32 (1:19.21)	20:03.91 (1:15.59)					
2	Notaro, Michael	61	Manatee Aquatic Masters Inc-38	20:35.00	20:27.98	17		
	1:16.86	2:39.60 (1:22.74)	4:02.51 (1:22.91)	5:24.54 (1:22.03)				
	6:47.01 (1:22.47)	8:09.20 (1:22.19)	9:31.50 (1:22.30)	10:54.27 (1:22.77)				
	12:16.98 (1:22.71)	13:39.62 (1:22.64)	15:01.37 (1:21.75)	16:23.44 (1:22.07)				
	17:45.56 (1:22.12)	19:07.13 (1:21.57)	20:27.98 (1:20.85)					
3	Holtzman, Steven	60	Streamliners-38	23:00.00	21:08.75	16		
	1:23.65	2:51.91 (1:28.26)	4:19.17 (1:27.26)	5:45.20 (1:26.03)				
	7:11.02 (1:25.82)	8:37.06 (1:26.04)	10:02.94 (1:25.88)	11:28.48 (1:25.54)				
	12:52.91 (1:24.43)	14:17.24 (1:24.33)	15:40.48 (1:23.24)	17:03.96 (1:23.48)				
	18:26.64 (1:22.68)	19:48.66 (1:22.02)	21:08.75 (1:20.09)					
4	King, Ian	61	Walnut Creek Masters-38	21:58.00	22:02.59	15		
	1:23.88	2:55.23 (1:31.35)	4:25.92 (1:30.69)	5:55.38 (1:29.46)				
	7:23.53 (1:28.15)	8:50.75 (1:27.22)	10:18.92 (1:28.17)	11:46.07 (1:27.15)				
	13:14.09 (1:28.02)	14:42.73 (1:28.64)	16:11.54 (1:28.81)	17:39.52 (1:27.98)				
	19:07.20 (1:27.68)	20:35.33 (1:28.13)	22:02.59 (1:27.26)					
5	Sheeper, Tim	60	Menlo Masters-38	22:41.70	23:13.16	14		
	1:30.03	3:04.71 (1:34.68)	4:39.30 (1:34.59)	6:13.88 (1:34.58)				
	7:47.99 (1:34.11)	9:21.66 (1:33.67)	10:55.71 (1:34.05)	12:29.93 (1:34.22)				
	14:03.44 (1:33.51)	15:37.38 (1:33.94)	17:09.87 (1:32.49)	18:41.23 (1:31.36)				
	20:13.30 (1:32.07)	21:45.13 (1:31.83)	23:13.16 (1:28.03)					
6	Inchausti, Robert	61	Marcia's Enthusiastic Masters-38	26:00.00	27:46.55	13		
	1:47.52	3:41.40 (1:53.88)	5:37.43 (1:56.03)	7:33.48 (1:56.05)				
	9:28.93 (1:55.45)	11:20.81 (1:51.88)	13:10.92 (1:50.11)	15:03.36 (1:52.44)				
	16:55.55 (1:52.19)	18:46.61 (1:51.06)	20:35.07 (1:48.46)	22:23.55 (1:48.48)				
	24:12.47 (1:48.92)	26:00.38 (1:47.91)	27:46.55 (1:46.17)					

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

## Results

## 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		USA		
PAC: 32:32.11 P 12/31/2003		Richard Burns				
1	Lincoln, Todd	61	Stanford Masters Swimming-38	34.50	32.99 P	20
2	Frentsos, Paul	62	SF Tsunami Masters-38	34.54	34.81 P	17
3	Taylor, Ron	63	Richmond Plunge Masters-38	35.25	34.92 P	16
4	Nootbaar, Tom	60	Walnut Creek Masters-38	39.99	36.61 P	15
5	Laudenslager, Greg	62	Rolling Hills Mud Sharks-38	41.11	39.37 P	14
6	Prochnow, Kevin K	61	Marin Aquatic Masters-38	1:05.87	44.49 P	13
7	Gustavson, Jeff A	61	Arizona Masters Swim Club Inc-48	46.69	47.98 P	12
8	Suess, Robert	62	Rolling Hills Mud Sharks-38	50.00	53.73 P	11
9	Rentschler, Randy	63	Marcia's Enthusiastic Masters-38	53.00	56.88 P	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		USA		
PAC: 1:11.48 P 8/7/2013		Fred Ferroggiaro				
1	Frentsos, Paul	62	SF Tsunami Masters-38	1:16.12	1:15.50	20
2	Tainty, Chris	63	Santa Cruz Masters Aquatics-38	1:16.94	1:17.07	17
3	Keighley, Tim	62	QuickSilver Masters-38	1:17.74	1:17.38	16
4	Hathaway, David	63	Oregon Masters-37	1:17.80	1:19.12	15
5	Laudenslager, Greg	62	Rolling Hills Mud Sharks-38	1:27.50	1:24.78	14
6	Curran, Patrick	62	North Bay Aquatics-38	1:40.00	1:36.82	13
7	Gustavson, Jeff A	61	Arizona Masters Swim Club Inc-48	1:44.21	1:45.70	12
8	Gendreau, David	63	University of San Francisco Ma-38	2:40.00	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		USA		
PAC: 2:33.09 P 8/7/2013		Fred Ferroggiaro				
1	Lincoln, Todd	61	Stanford Masters Swimming-38	2:38.00	2:33.61	20
	1:15.86		2:33.61 (1:17.75)			
2	Keighley, Tim	62	QuickSilver Masters-38	2:50.74	2:53.44	17
	1:24.62		2:53.44 (1:28.82)			
3	King, Ian	61	Walnut Creek Masters-38	3:09.25	3:07.86	16
	1:33.40		3:07.86 (1:34.46)			
4	Laudenslager, Greg	62	Rolling Hills Mud Sharks-38	3:07.50	3:08.32	15
	1:34.00		3:08.32 (1:34.32)			
5	Inchausti, Robert	61	Marcia's Enthusiastic Masters-38	3:52.24	3:53.84	14
	1:57.03		3:53.84 (1:56.81)			
6	Rentschler, Randy	63	Marcia's Enthusiastic Masters-38	3:50.00	4:32.92	13
	2:17.60		4:32.92 (2:15.32)			

## 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		ITA		
PAC: 33:33.41 P 12/31/2008		Robert Strand				
1	Miller, Tim	60	Stanford Masters Swimming-38	35.88	36.17 P	20
2	Laudenslager, Greg	62	Rolling Hills Mud Sharks-38	38.80	38.43 P	17
3	Frentsos, Paul	62	SF Tsunami Masters-38	37.50	38.46 P	16
4	Boone, Jon	60	Walnut Creek Masters-38	42.75	40.72 P	15
5	Ewing, Jack	63	University of San Francisco Ma-38	40.13	41.61 P	14
6	Suess, Robert	62	Rolling Hills Mud Sharks-38	48.00	46.21 P	13
7	Gendreau, David	63	University of San Francisco Ma-38	1:30.00	1:05.60 P	12

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

## Results

## Men 60-64 100 LC Meter Breaststroke

<b>NATL:</b> 1:11.64 N 8/5/2022		<b>DAVID GUTHRIE</b>				
<b>WORLD:</b> 1:11.64 W 8/5/2022		<b>David GUTHRIE</b>		<b>USA</b>		
<b>PAC:</b> 1:15.42 P 12/31/2008		<b>Robert Strand</b>				
1	Miller, Tim	60	Stanford Masters Swimming-38	1:23.57	1:21.00	20
2	Frentsos, Paul	62	SF Tsunami Masters-38	1:22.82	1:25.12	17
3	Laudenslager, Greg	62	Rolling Hills Mud Sharks-38	1:27.50	1:25.93	16
4	Tittle, Kenneth	60	Walnut Creek Masters-38	1:22.23	1:27.47	15
5	Keighley, Tim	62	QuickSilver Masters-38	1:27.94	1:28.78	14
6	Nootbaar, Tom	60	Walnut Creek Masters-38	1:39.99	1:30.03	13
7	Pettibone, Chip	61	Santa Rosa Masters-38	1:26.00	1:31.03	12
8	Taylor, Ron	63	Richmond Plunge Masters-38	1:36.15	1:40.23	11
9	Inchausti, Robert	61	Marcia's Enthusiastic Masters-38	1:50.37	1:58.10	9

## Men 60-64 200 LC Meter Breaststroke

<b>NATL:</b> 2:39.49 N 8/6/2022		<b>DAVID GUTHRIE</b>				
<b>WORLD:</b> 2:35.08 W 2/4/2023		<b>C.Arturo TRAVAINI</b>		<b>ITA</b>		
<b>PAC:</b> 2:50.77 P 12/31/2008		<b>Robert Strand</b>				
1	Miller, Tim	60	Stanford Masters Swimming-38	3:02.88	3:02.92	20
	1:30.34		3:02.92 (1:32.58)			
2	Laudenslager, Greg	62	Rolling Hills Mud Sharks-38	3:10.50	3:13.32	17
	1:36.70		3:13.32 (1:36.62)			
3	Pettibone, Chip	61	Santa Rosa Masters-38	3:15.00	3:20.20	16
	1:36.65		3:20.20 (1:43.55)			
4	Taylor, Ron	63	Richmond Plunge Masters-38	3:44.80	3:40.61	15
	1:48.39		3:40.61 (1:52.22)			
5	Curran, Patrick	62	North Bay Aquatics-38	3:50.00	3:41.11	14
	1:49.09		3:41.11 (1:52.02)			
6	Gendreau, David	63	University of San Francisco Ma-38	5:00.00	5:40.52	13
	2:42.24		5:40.52 (2:58.28)			

## Men 60-64 50 LC Meter Butterfly

<b>NATL:</b> 27.85 N 8/6/2017		<b>TRIP HEDRICK</b>				
<b>WORLD:</b> 27.65 W 5/6/2018		<b>Hugo BREGMAN</b>		<b>NED</b>		
<b>PAC:</b> 28:28.37 P 8/3/2017		<b>Paul V Carter</b>				
1	Boone, Jon	60	Walnut Creek Masters-38	30.95	29.89P	20
2	Frentsos, Paul	62	SF Tsunami Masters-38	32.00	30.70P	17
3	Keating, Kevin	60	Sebastopol Masters Aquatic Clu-38	30.05	30.94P	16
4	Taylor, Ron	63	Richmond Plunge Masters-38	35.10	31.74P	15
5	Suess, Robert	62	Rolling Hills Mud Sharks-38	46.00	44.22P	14
6	Gustavson, Jeff A	61	Arizona Masters Swim Club Inc-48	44.47	48.03P	13
7	Gendreau, David	63	University of San Francisco Ma-38	1:40.00	1:08.01P	12

## Men 60-64 100 LC Meter Butterfly

<b>NATL:</b> 1:03.03 N 8/15/2005		<b>RICHARD ABRAHAMS</b>				
<b>WORLD:</b> 1:02.00 W 5/5/2018		<b>Hugo BREGMAN</b>		<b>NED</b>		
<b>PAC:</b> 1:09.11 P 12/31/2006		<b>James R DeLacy</b>				
1	Tittle, Kenneth	60	Walnut Creek Masters-38	1:07.10	1:07.28P	20
2	Nootbaar, Tom	60	Walnut Creek Masters-38	1:12.99	1:12.61	17
3	Keighley, Tim	62	QuickSilver Masters-38	1:12.74	1:12.62	16
4	Boone, Jon	60	Walnut Creek Masters-38	1:12.95	1:12.79	15
5	Frentsos, Paul	62	SF Tsunami Masters-38	1:15.01	1:16.22	14
6	Hathaway, David	63	Oregon Masters-37	1:17.51	1:16.34	13
7	Keating, Kevin	60	Sebastopol Masters Aquatic Clu-38	1:11.77	1:17.19	12
8	Inchausti, Robert	61	Marcia's Enthusiastic Masters-38	2:00.00	1:55.89	11

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

## Results

**(Men 60-64 100 LC Meter Butterfly)**

9	Gustavson, Jeff A	61	Arizona Masters Swim Club Inc-48	2:16.99	2:16.49	9
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**Men 60-64 200 LC Meter Butterfly**

<b>NATL:</b>	<b>2:29.05</b>	<b>N</b>	<b>8/6/2011</b>	<b>LAWRENCE DAY</b>	
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<b>WORLD:</b>	<b>2:23.52</b>	<b>W</b>	<b>5/4/2018</b>	<b>Hugo BREGMAN</b>	<b>NED</b>
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<b>PAC:</b>	<b>2:42.84</b>	<b>P</b>	<b>8/6/2016</b>	<b>Peter M Guadagni</b>	
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1	Tainty, Chris	63	Santa Cruz Masters Aquatics-38	2:52.00	2:48.47	20
	1:21.44		2:48.47 (1:27.03)			

**Men 60-64 200 LC Meter IM**

<b>NATL:</b>	<b>2:21.99</b>	<b>N</b>	<b>8/17/2014</b>	<b>RICK COLELLA</b>	
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<b>WORLD:</b>	<b>2:21.99</b>	<b>W</b>	<b>8/17/2014</b>	<b>Rick COLELLA</b>	<b>USA</b>
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<b>PAC:</b>	<b>2:32.63</b>	<b>P</b>	<b>12/31/2011</b>	<b>Tim Broderick</b>	
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1	Frentsos, Paul	62	SF Tsunami Masters-38	2:40.39	2:43.46	20
	1:17.00		2:43.46 (1:26.46)			
2	Nootbaar, Tom	60	Walnut Creek Masters-38	2:59.99	2:44.76	17
	1:19.78		2:44.76 (1:24.98)			
3	Keighley, Tim	62	QuickSilver Masters-38	2:50.74	2:46.04	16
	1:15.91		2:46.04 (1:30.13)			
4	Tainty, Chris	63	Santa Cruz Masters Aquatics-38	2:51.39	2:47.43	15
	1:19.32		2:47.43 (1:28.11)			
5	Laudenslager, Greg	62	Rolling Hills Mud Sharks-38	3:07.50	3:05.02	14
	1:31.90		3:05.02 (1:33.12)			
6	Gendreau, David	63	University of San Francisco Ma-38	5:00.00	5:26.44	13
	2:44.63		5:26.44 (2:41.81)			

**Men 60-64 400 LC Meter IM**

<b>NATL:</b>	<b>5:08.20</b>	<b>N</b>	<b>8/15/2014</b>	<b>RICK COLELLA</b>	
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<b>WORLD:</b>	<b>5:08.20</b>	<b>W</b>	<b>8/15/2014</b>	<b>Rick COLELLA</b>	<b>USA</b>
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<b>PAC:</b>	<b>5:37.64</b>	<b>P</b>	<b>12/31/2010</b>	<b>Jim Clemmons</b>	
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---	Inchausti, Robert	61	Marcia's Enthusiastic Masters-38	8:00.00	DQ	
	1:55.52		3:57.43 (2:01.91)	6:12.00 (2:14.57)	DQ (1:44.05)	

**Men 65-69 50 LC Meter Freestyle**

<b>NATL:</b>	<b>26.21</b>	<b>N</b>	<b>7/6/2018</b>	<b>DOUG MARTIN</b>	
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<b>WORLD:</b>	<b>26.21</b>	<b>W</b>	<b>7/6/2018</b>	<b>Doug MARTIN</b>	<b>USA</b>
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<b>PAC:</b>	<b>27:27.38</b>	<b>P</b>	<b>7/23/2016</b>	<b>Tate Holt</b>	
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1	Blatt, Michael	68	Ventura County Masters-33	30.50	29.10 P	20
2	Van Boer, Eric D	69	Rolling Hills Mud Sharks-38	29.50	30.28 P	17
3	Henderson, William	67	Davis Aquatic Masters-38	38.00	32.70 P	16
4	Gass, Matthew	66	Tuolumne County Aquatic Master-38	31.99	34.07 P	15
5	Horton, Tom	65	Temescal Aquatic Masters-38	31.00	34.31 P	14
6	Cochrane, James	65	Rolling Hills Mud Sharks-38	36.00	34.96 P	13

**Men 65-69 100 LC Meter Freestyle**

<b>NATL:</b>	<b>59.49</b>	<b>N</b>	<b>8/9/2019</b>	<b>JACK GROSELLE</b>	
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<b>WORLD:</b>	<b>59.49</b>	<b>W</b>	<b>8/9/2019</b>	<b>Jack GROSELLE</b>	<b>USA</b>
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<b>PAC:</b>	<b>1:01.69</b>	<b>P</b>	<b>7/24/2016</b>	<b>Tate Holt</b>	
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1	Evans, Mark	65	Santa Rosa Masters-38	1:03.49	1:03.56	20
2	Blatt, Michael	68	Ventura County Masters-33	1:09.00	1:06.21	17
3	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	1:08.01	1:07.52	16
4	Van Boer, Eric D	69	Rolling Hills Mud Sharks-38	1:10.00	1:11.97	15
5	Henderson, William	67	Davis Aquatic Masters-38	1:24.00	1:16.21	14
6	Horton, Tom	65	Temescal Aquatic Masters-38	1:09.00	1:18.94	13

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

## Results

**(Men 65-69 100 LC Meter Freestyle)**

7	Maritzen, Michael	67	Rolling Hills Mud Sharks-38	1:20.44	1:19.84	12
8	Pinto, Harlan A	66	Menlo Masters-38	1:30.64	1:22.20	11
9	Somers, Doug	67	Marin Aquatic Masters-38	2:00.00	1:33.34	9
10	Young, Stephen L	65	University of San Francisco Ma-38	2:10.00	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 USA

PAC: 2:18.51 P 7/24/2016 Tim Broderick

1	Evans, Mark	65	Santa Rosa Masters-38	2:23.30	2:20.97	20
	1:08.29	2:20.97 (1:12.68)				
2	Blatt, Michael	68	Ventura County Masters-33	2:41.77	2:30.68	17
	1:14.77	2:30.68 (1:15.91)				
3	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	2:33.66	2:35.07	16
	1:16.35	2:35.07 (1:18.72)				
4	Maritzen, Michael	67	Rolling Hills Mud Sharks-38	2:58.00	3:00.00	15
	1:28.50	3:00.00 (1:31.50)				
5	Pinto, Harlan A	66	Menlo Masters-38	3:10.22	3:10.14	14
6	Hektner, Eric	65	Sebastopol Masters Aquatic Clu-38	2:59.01	3:16.28	13
	1:34.00	3:16.28 (1:42.28)				

**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 USA

PAC: 5:06.67 P 6/29/2014 Joel R Wilson

1	Evans, Mark	65	Santa Rosa Masters-38	5:07.72	5:05.03 P	20
	1:12.41	2:30.61 (1:18.20)	3:49.02 (1:18.41)	5:05.03 (1:16.01)		
2	Blatt, Michael	68	Ventura County Masters-33	5:55.00	5:32.12	17
	1:20.77	2:45.87 (1:25.10)	4:10.70 (1:24.83)	5:32.12 (1:21.42)		
3	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	5:42.66	5:38.73	16
	1:22.87	2:50.46 (1:27.59)	4:17.07 (1:26.61)	5:38.73 (1:21.66)		
4	Kemler, David	65	Walnut Creek Masters-38	5:44.41	5:47.65	15
	1:23.23	2:52.42 (1:29.19)	4:22.21 (1:29.79)	5:47.65 (1:25.44)		
5	Pinto, Harlan A	66	Menlo Masters-38	7:05.98	7:02.31	14
	1:36.48	3:25.25 (1:48.77)	5:15.84 (1:50.59)	7:02.31 (1:46.47)		
6	Anderson, Bob	68	Menlo Masters-38	6:30.00	7:03.77	13
	1:36.81	3:30.82 (1:54.01)	5:21.22 (1:50.40)	7:03.77 (1:42.55)		
7	Hektner, Eric	65	Sebastopol Masters Aquatic Clu-38	6:58.01	7:16.34	12
	1:39.64	3:32.15 (1:52.51)	5:26.37 (1:54.22)	7:16.34 (1:49.97)		
8	Young, Stephen L	65	University of San Francisco Ma-38	8:35.00	9:46.91	11
	2:20.61	4:53.06 (2:32.45)	7:26.80 (2:33.74)	9:46.91 (2:20.11)		

**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 AUS

PAC: 10:31.70 P 7/28/2018 Fred Ferroggiaro

1	Kemler, David	65	Walnut Creek Masters-38	12:15.01	11:59.94	20
	1:25.05	2:55.67 (1:30.62)	4:27.86 (1:32.19)	5:59.23 (1:31.37)		
	7:29.61 (1:30.38)	9:01.62 (1:32.01)	10:32.13 (1:30.51)	11:59.94 (1:27.81)		
2	Maritzen, Michael	67	Rolling Hills Mud Sharks-38	13:00.00	14:11.14	17
	1:33.31	3:20.08 (1:46.77)	5:08.72 (1:48.64)	6:59.04 (1:50.32)		
	8:49.09 (1:50.05)	10:40.62 (1:51.53)	12:29.02 (1:48.40)	14:11.14 (1:42.12)		

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

## Results

**(Men 65-69 800 LC Meter Freestyle)**

3	Pinto, Harlan A	66	Menlo Masters-38	13:49.73	14:24.38	16
	1:35.23	3:21.39 (1:46.16)	5:09.63 (1:48.24)	6:59.83 (1:50.20)		
	8:49.46 (1:49.63)	10:42.35 (1:52.89)	12:34.44 (1:52.09)	14:24.38 (1:49.94)		
4	Young, Stephen L	65	University of San Francisco Ma-38	23:00.00	20:01.84	15
	2:20.49	4:53.79 (2:33.30)	7:26.39 (2:32.60)	10:00.52 (2:34.13)		
	12:35.39 (2:34.87)	15:06.37 (2:30.98)	17:36.52 (2:30.15)	20:01.84 (2:25.32)		

**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 AUS

PAC: 10:31.70 P 7/28/2018 Fred Ferroggiaro

1	Evans, Mark	65	Santa Rosa Masters-38	NT	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 USA

PAC: 20:21.11 P 8/7/2019 Fred Ferroggiaro

1	Evans, Mark	65	Santa Rosa Masters-38	20:45.00	20:19.61 P	20
	1:17.22	2:40.30 (1:23.08)	4:03.26 (1:22.96)	5:25.77 (1:22.51)		
	6:48.39 (1:22.62)	8:10.93 (1:22.54)	9:32.85 (1:21.92)	10:54.68 (1:21.83)		
	12:16.06 (1:21.38)	13:36.65 (1:20.59)	14:57.86 (1:21.21)	16:19.82 (1:21.96)		
	17:41.40 (1:21.58)	19:01.88 (1:20.48)	20:19.61 (1:17.73)			
2	Maritzen, Michael	67	Rolling Hills Mud Sharks-38	27:00.00	27:03.35	17
	1:36.33	3:22.67 (1:46.34)	5:11.12 (1:48.45)	7:02.18 (1:51.06)		
	8:52.32 (1:50.14)	10:42.01 (1:49.69)	12:32.09 (1:50.08)	14:23.13 (1:51.04)		
	16:14.64 (1:51.51)	18:03.51 (1:48.87)	19:53.64 (1:50.13)	21:44.61 (1:50.97)		
	23:34.05 (1:49.44)	25:21.61 (1:47.56)	27:03.35 (1:41.74)			
3	Young, Stephen L	65	University of San Francisco Ma-38	44:00.00	38:47.29	16
	2:13.52	4:46.78 (2:33.26)	7:23.17 (2:36.39)	9:58.23 (2:35.06)		
	12:31.65 (2:33.42)	15:03.63 (2:31.98)	17:41.76 (2:38.13)	20:20.18 (2:38.42)		
	22:56.82 (2:36.64)	25:36.95 (2:40.13)	28:18.52 (2:41.57)	30:58.14 (2:39.62)		
	33:39.33 (2:41.19)	36:17.44 (2:38.11)	38:47.29 (2:29.85)			

**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 USA

PAC: 30:30.95 P 12/31/2012 Hugh Wilder

1	Van Boer, Eric D	69	Rolling Hills Mud Sharks-38	35.02	37.00 P	20
2	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	36.54	37.07 P	17
3	Gass, Matthew	66	Tuolumne County Aquatic Master-38	39.90	39.84 P	16
4	Maritzen, Michael	67	Rolling Hills Mud Sharks-38	43.16	45.23 P	15
5	Cochrane, James	65	Rolling Hills Mud Sharks-38	45.00	45.43 P	14
6	Anderson, Bob	68	Menlo Masters-38	50.00	48.87 P	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 RUS

PAC: 1:09.79 P 12/31/2012 Hugh Wilder

1	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	1:18.92	1:19.21	20
2	Van Boer, Eric D	69	Rolling Hills Mud Sharks-38	1:22.00	1:23.93	17
3	Maritzen, Michael	67	Rolling Hills Mud Sharks-38	2:00.00	1:42.98	16
4	Somers, Doug	67	Marin Aquatic Masters-38	2:30.00	1:52.98	15

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

## Results

## Men 65-69 200 LC Meter Backstroke

<b>NATL:</b> 2:32.79		<b>N</b> 8/5/2022	<b>DAN STEPHENSON</b>				
<b>WORLD:</b> 2:31.62		<b>W</b> 4/23/2022	<b>Vladimir GORKOV</b>			<b>RUS</b>	
<b>PAC:</b> 2:39.02		<b>P</b> 8/8/2019	<b>Fred Ferroggiaro</b>				
1	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	2:52.66	2:55.18		20
	1:26.69		2:55.18 (1:28.49)				
2	Kemler, David	65	Walnut Creek Masters-38	3:02.43	3:03.61		17
	1:29.62		3:03.61 (1:33.99)				
3	Van Boer, Eric D	69	Rolling Hills Mud Sharks-38	3:15.00	3:14.70		16
	1:36.72		3:14.70 (1:37.98)				
4	Gass, Matthew	66	Tuolumne County Aquatic Master-38	3:10.00	3:19.08		15
	1:39.82		3:19.08 (1:39.26)				
5	Young, Stephen L	65	University of San Francisco Ma-38	6:00.00	4:58.68		14
	2:24.76		4:58.68 (2:33.92)				

## Men 65-69 50 LC Meter Breaststroke

<b>NATL:</b> 33.30		<b>N</b> 8/19/2016	<b>RICK COLELLA</b>				
<b>WORLD:</b> 33.30		<b>W</b> 8/19/2016	<b>Rick COLELLA</b>			<b>USA</b>	
<b>PAC:</b> 35:35.00		<b>P</b> 12/31/2009	<b>Kenneth A Frost</b>				
1	Van Boer, Eric D	69	Rolling Hills Mud Sharks-38	38.00	39.50 P		20
2	Blatt, Michael	68	Ventura County Masters-33	43.50	40.16 P		17
3	Seligmann, William	67	Santa Cruz Masters Aquatics-38	40.71	40.34 P		16
4	Tulin, Bill	65	Tamalpais Aquatic Masters-38	45.02	43.10 P		15
5	Anderson, Bob	68	Menlo Masters-38	45.00	43.92 P		14
6	Pinto, Harlan A	66	Menlo Masters-38	44.00	44.73 P		13
7	Hektner, Eric	65	Sebastopol Masters Aquatic Clu-38	49.01	46.82 P		12
8	Cochrane, James	65	Rolling Hills Mud Sharks-38	47.00	50.11 P		11

## Men 65-69 100 LC Meter Breaststroke

<b>NATL:</b> 1:14.77		<b>N</b> 8/5/2017	<b>RICK COLELLA</b>				
<b>WORLD:</b> 1:14.77		<b>W</b> 8/5/2017	<b>Rick COLELLA</b>			<b>USA</b>	
<b>PAC:</b> 1:18.11		<b>P</b> 12/31/2009	<b>Kenneth A Frost</b>				
1	Blatt, Michael	68	Ventura County Masters-33	1:37.99	1:32.65		20
2	Anderson, Bob	68	Menlo Masters-38	1:43.00	1:41.97		17
3	Pinto, Harlan A	66	Menlo Masters-38	1:40.00	1:43.44		16
4	Somers, Doug	67	Marin Aquatic Masters-38	2:40.00	1:53.20		15
5	Young, Stephen L	65	University of San Francisco Ma-38	3:00.00	2:49.64		14

## Men 65-69 200 LC Meter Breaststroke

<b>NATL:</b> 2:41.54		<b>N</b> 8/21/2016	<b>RICK COLELLA</b>				
<b>WORLD:</b> 2:41.54		<b>W</b> 8/21/2016	<b>Rick COLELLA</b>			<b>USA</b>	
<b>PAC:</b> 2:59.54		<b>P</b> 12/31/2009	<b>Kenneth A Frost</b>				
1	Blatt, Michael	68	Ventura County Masters-33	3:30.00	3:22.74		20
	1:38.40		3:22.74 (1:44.34)				
2	Anderson, Bob	68	Menlo Masters-38	5:00.00	3:50.26		17
	1:54.66		3:50.26 (1:55.60)				
3	Hektner, Eric	65	Sebastopol Masters Aquatic Clu-38	3:50.01	4:03.72		16
	1:58.91		4:03.72 (2:04.81)				
4	Young, Stephen L	65	University of San Francisco Ma-38	7:00.00	6:03.98		15
	2:57.39		6:03.98 (3:06.59)				

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

## Results

## 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		USA		
PAC: 29:29.36 P 8/13/2022		Paul V Carter				
1	Evans, Mark	65	Santa Rosa Masters-38	31.35	31.35 P	20
2	Van Boer, Eric D	69	Rolling Hills Mud Sharks-38	33.00	32.76 P	17
3	Spellberg, Geoff	67	North Bay Aquatics-38	32.95	34.57 P	16
4	Seligmann, William	67	Santa Cruz Masters Aquatics-38	36.73	35.32 P	15
5	Maritzen, Michael	67	Rolling Hills Mud Sharks-38	39.78	42.37 P	14
6	Anderson, Bob	68	Menlo Masters-38	43.00	47.91 P	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		USA		
PAC: 1:13.29 P 8/9/2014		Alek I Shestakov				
1	Evans, Mark	65	Santa Rosa Masters-38	1:13.49	1:12.61 P	20
2	Gass, Matthew	66	Tuolumne County Aquatic Master-38	1:26.00	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		USA		
PAC: 2:49.73 P 7/26/2015		Joel R Wilson				
1	Anderson, Bob	68	Menlo Masters-38	3:36.06	4:09.21	20
	2:01.45		4:09.21 (2:07.76)			

## 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		USA		
PAC: 2:41.20 P 8/9/2014		Alek I Shestakov				
1	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	2:55.66	2:55.20	20
	1:24.06		2:55.20 (1:31.14)			
2	Kemler, David	65	Walnut Creek Masters-38	3:10.44	3:11.03	17
	1:31.13		3:11.03 (1:39.90)			
3	Pinto, Harlan A	66	Menlo Masters-38	3:43.26	3:53.89	16
	1:56.83		3:53.89 (1:57.06)			

## 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		USA		
PAC: 5:45.74 P 6/12/2016		Tim Broderick				
1	Evans, Mark	65	Santa Rosa Masters-38	6:15.00	5:58.43	20
	1:17.77		2:52.24 (1:34.47)	4:38.75 (1:46.51)	5:58.43 (1:19.68)	
2	Kemler, David	65	Walnut Creek Masters-38	6:29.00	6:55.53	17
	1:39.34		3:22.04 (1:42.70)	5:22.32 (2:00.28)	6:55.53 (1:33.21)	
3	Woodruff, David	67	Davis Aquatic Masters-38	6:48.60	7:30.67	16
	1:48.48		3:54.22 (2:05.74)	5:58.05 (2:03.83)	7:30.67 (1:32.62)	

## 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		USA		
PAC: 28:28.55 P 5/19/2013		James E Elder				
1	Ryerson, Douglas	70	Uc38	36.00	34.11 P	20
2	Winterrowd, Dan	73	Marcia's Enthusiastic Masters-38	43.35	40.39 P	17
3	Murray, Ed	74	University of San Francisco Ma-38	1:15.00	59.25 P	16



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

## Results

## 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 USA

PAC: 28:28.55 P 5/19/2013 James E Elder

1 Kennedy, James 72 Marcia's Enthusiastic Masters-38 NT 39.14 P

## 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 USA

PAC: 1:04.85 P 8/7/2013 Richard Burns

1 Murray, Ed 74 University of San Francisco Ma-38 2:25.00 2:08.90 20

## 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 USA

PAC: 2:27.26 P 8/14/2019 Alan D Bernard

1 Ferroggiaro, Fred 70 The Olympic Club-38 2:34.00 2:35.37 20  
1:16.69 2:35.37 (1:18.68)2 Small, Stephen 71 Marcia's Enthusiastic Masters-38 3:12.12 3:00.42 17  
1:24.66 3:00.42 (1:35.76)

## 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 USA

PAC: 5:28.21 P 8/4/2017 Edward Rudloff

1 Small, Stephen 71 Marcia's Enthusiastic Masters-38 NT 6:34.82

## 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 USA

PAC: 5:28.21 P 8/4/2017 Edward Rudloff

1 Ferroggiaro, Fred 70 The Olympic Club-38 5:20.00 5:25.44 P 20  
1:19.14 2:42.79 (1:23.65) 4:05.56 (1:22.77) 5:25.44 (1:19.88)2 Winterrowd, Dan 73 Marcia's Enthusiastic Masters-38 6:39.00 6:38.38 17  
1:38.85 3:21.34 (1:42.49) 5:01.88 (1:40.54) 6:38.38 (1:36.50)3 Murray, Ed 74 University of San Francisco Ma-38 11:00.00 10:07.80 16  
2:33.74 5:07.97 (2:34.23) 7:41.82 (2:33.85) 10:07.80 (2:25.98)

## 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 USA

PAC: 11:27.87 P 4/21/2017 Edward Rudloff

1 Ferroggiaro, Fred 70 The Olympic Club-38 10:58.00 11:06.82 P 20  
1:21.75 2:45.75 (1:24.00) 4:10.12 (1:24.37) 5:34.86 (1:24.74)

6:59.02 (1:24.16) 8:23.14 (1:24.12) 9:46.13 (1:22.99) 11:06.82 (1:20.69)

2 Virtue, Paul 72 University of San Francisco Ma-38 12:10.70 12:24.91 17  
1:30.74 3:03.82 (1:33.08) 4:38.08 (1:34.26) 6:11.38 (1:33.30)

7:45.04 (1:33.66) 9:19.02 (1:33.98) 10:52.97 (1:33.95) 12:24.91 (1:31.94)

3 Winterrowd, Dan 73 Marcia's Enthusiastic Masters-38 13:57.00 14:06.32 16  
1:41.38 3:28.79 (1:47.41) 5:16.20 (1:47.41) 7:03.54 (1:47.34)

8:48.75 (1:45.21) 10:35.18 (1:46.43) 12:23.19 (1:48.01) 14:06.32 (1:43.13)

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

## Results

## 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 USA

PAC: 11:27.87 P 4/21/2017 Edward Rudloff

1 Small, Stephen 71 Marcia's Enthusiastic Masters-38 NT 13:19.96

## 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 USA

PAC: 22:08.38 P 8/2/2017 Edward Rudloff

1 Small, Stephen 71 Marcia's Enthusiastic Masters-38 25:41.00 25:02.46 20

1:32.01 3:12.67 (1:40.66) 4:53.60 (1:40.93) 6:34.82 (1:41.22)

8:17.03 (1:42.21) 9:58.80 (1:41.77) 11:39.55 (1:40.75) 13:19.96 (1:40.41)

14:59.03 (1:39.07) 16:40.11 (1:41.08) 18:21.19 (1:41.08) 20:02.39 (1:41.20)

21:44.18 (1:41.79) 23:24.83 (1:40.65) 25:02.46 (1:37.63)

2 Winterrowd, Dan 73 Marcia's Enthusiastic Masters-38 26:12.17 26:28.69 17

1:40.04 3:25.96 (1:45.92) 5:10.58 (1:44.62) 6:57.61 (1:47.03)

8:44.08 (1:46.47) 10:27.85 (1:43.77) 12:11.38 (1:43.53) 13:58.96 (1:47.58)

15:46.22 (1:47.26) 17:32.40 (1:46.18) 19:21.62 (1:49.22) 21:10.46 (1:48.84)

22:59.10 (1:48.64) 24:45.48 (1:46.38) 26:28.69 (1:43.21)

3 Murray, Ed 74 University of San Francisco Ma-38 45:00.00 37:02.03 16

2:25.77 4:54.34 (2:28.57) 7:23.99 (2:29.65) 9:50.81 (2:26.82)

12:19.24 (2:28.43) 14:48.78 (2:29.54) 17:19.51 (2:30.73) 19:47.24 (2:27.73)

22:16.22 (2:28.98) 24:45.29 (2:29.07) 27:14.07 (2:28.78) 29:42.20 (2:28.13)

32:10.41 (2:28.21) 34:38.76 (2:28.35) 37:02.03 (2:23.27)

## 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 USA

PAC: 33:33.59 P 8/7/2013 Richard Burns

1 Ferroggiaro, Fred 70 The Olympic Club-38 37.00 36.80 P 20

2 Winterrowd, Dan 73 Marcia's Enthusiastic Masters-38 57.00 57.43 P 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 USA

PAC: 1:15.13 P 6/15/2013 Richard Burns

1 Ferroggiaro, Fred 70 The Olympic Club-38 1:16.00 1:18.39 20

2 Winterrowd, Dan 73 Marcia's Enthusiastic Masters-38 1:57.00 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 USA

PAC: 2:44.59 P 8/7/2013 Richard Burns

1 Ferroggiaro, Fred 70 The Olympic Club-38 2:45.00 2:47.43 20

1:22.38 2:47.43 (1:25.05)

2 Small, Stephen 71 Marcia's Enthusiastic Masters-38 3:55.30 3:41.84 17

1:47.48 3:41.84 (1:54.36)

## 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 AUS

PAC: 37:37.34 P 8/9/2014 Kenneth A Frost

1 Ryerson, Douglas 70 Uc38 43.00 42.66 P 20

2 Varanasi, Sekhar 71 Santa Clara Swim Club Masters-38 43.00 42.73 P 17

3 Kennedy, James 72 Marcia's Enthusiastic Masters-38 49.00 47.27 P 16

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

## Results

**(Men 70-74 50 LC Meter Breaststroke)**

4	Winterrowd, Dan	73	Marcia's Enthusiastic Masters-38	56.00	56.73 P	15
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**Men 70-74 100 LC Meter Breaststroke**

NATL:	1:17.80	N	7/1/2023	RICK COLELLA	
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WORLD:	1:21.26	W	4/1/2023	Stuart ELLICOTT	AUS
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PAC:	1:23.65	P	8/9/2014	Kenneth A Frost	
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1	Ryerson, Douglas	70	Uc38	1:35.00	1:41.28	20
2	Small, Stephen	71	Marcia's Enthusiastic Masters-38	1:45.30	1:44.96	17
3	Bortman, Henry (Camo)	73	University of San Francisco Ma-38	5:00.00	2:52.60	16

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

NATL:	2:48.97	N	7/1/2023	RICK COLELLA	
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WORLD:	3:04.79	W	3/14/2009	Michael MALONEY	AUS
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PAC:	3:07.93	P	8/9/2014	Kenneth A Frost	
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1	Varanasi, Sekhar	71	Santa Clara Swim Club Masters-38	3:30.00	3:40.70	20
	1:46.38				3:40.70 (1:54.32)	
2	Ryerson, Douglas	70	Uc38	3:14.00	3:48.32	17
	1:48.05				3:48.32 (2:00.27)	
3	Small, Stephen	71	Marcia's Enthusiastic Masters-38	4:01.10	3:54.55	16
	1:53.64				3:54.55 (2:00.91)	

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

NATL:	29.98	N	10/10/2021	LAWRENCE DAY	
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WORLD:	29.98	W	10/10/2021	Lawrence DAY	USA
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PAC:	31:31.20	P	8/9/2015	Richard Burns	
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1	Kennedy, James	72	Marcia's Enthusiastic Masters-38	47.00	45.64 P	20
2	Murray, Ed	74	University of San Francisco Ma-38	1:15.00	1:12.36 P	17

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

NATL:	1:07.40	N	10/8/2021	LAWRENCE DAY	
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WORLD:	1:07.40	W	10/8/2021	Lawrence DAY	USA
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PAC:	1:12.43	P	8/6/2017	Andrew M McPherson	
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1	Murray, Ed	74	University of San Francisco Ma-38	2:45.00	2:47.48	20
2	Bortman, Henry (Camo)	73	University of San Francisco Ma-38	5:00.00	3:07.87	17

**Men 70-74 200 LC Meter Butterfly**

NATL:	2:47.17	N	10/9/2021	LAWRENCE DAY	
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WORLD:	2:47.17	W	10/9/2021	Lawrence DAY	USA
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PAC:	3:14.98	P	8/17/2019	Alan D Bernard	
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1	Andow, Larry	70	North Bay Aquatics-38	3:55.00	3:52.60	20
	1:51.99				3:52.60 (2:00.61)	
2	Kennedy, James	72	Marcia's Enthusiastic Masters-38	3:55.00	4:10.17	17

**Men 70-74 200 LC Meter IM**

NATL:	2:35.97	N	7/1/2023	RICK COLELLA	
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WORLD:	2:42.94	W	10/10/2021	Lawrence DAY	USA
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PAC:	2:54.29	P	5/22/2022	Craig M Ottersen	
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1	Kennedy, James	72	Marcia's Enthusiastic Masters-38	3:40.00	3:34.74	20
	1:44.08				3:34.74 (1:50.66)	
2	Small, Stephen	71	Marcia's Enthusiastic Masters-38	3:45.30	3:39.51	17
	1:47.51				3:39.51 (1:52.00)	
3	Varanasi, Sekhar	71	Santa Clara Swim Club Masters-38	3:34.00	3:48.14	16
	1:55.92				3:48.14 (1:52.22)	
4	Murray, Ed	74	University of San Francisco Ma-38	5:55.00	5:49.20	15
	3:02.16				5:49.20 (2:47.04)	

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

## Results

## 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 USA

PAC: 6:01.90 P 7/19/2019 Alek I Shestakov

1	Small, Stephen	71	Marcia's Enthusiastic Masters-38	8:30.30	7:53.08	20
				2:03.23	4:10.82 (2:07.59)	
				6:19.96 (2:09.14)	7:53.08 (1:33.12)	
2	Bortman, Henry (Camo)	73	University of San Francisco Ma-38	10:00.00	13:09.33	17
				7:01.67 ( )	10:29.97 (3:28.30)	
					13:09.33 (2:39.36)	

## 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 USA

PAC: 29:29.60 P 8/11/2019 Richard Burns

1	McPherson, Andrew	76	Davis Aquatic Masters-38	36.00	33.99 P	20
2	Daniels, Larry N	78	Tuolumne County Aquatic Master-38	37.50	38.13 P	17
3	Fitschen, Gary	78	Manatee Aquatic Masters Inc-38	40.00	39.89 P	16
4	Smith, Kirby	77	Tuolumne County Aquatic Master-38	39.16	46.79 P	15
5	Ellis, Larry	77	University of San Francisco Ma-38	54.00	52.54 P	14
6	Wiscomb, Lance	78	University of San Francisco Ma-38	2:00.00	55.48 P	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 JPN

PAC: 1:06.55 P 8/9/2019 Richard Burns

1	McPherson, Andrew	76	Davis Aquatic Masters-38	1:20.00	1:18.25	20
2	Daniels, Larry N	78	Tuolumne County Aquatic Master-38	1:25.00	1:23.97	17
3	Wiscomb, Lance	78	University of San Francisco Ma-38	4:00.00	1:58.88	16
4	Ellis, Larry	77	University of San Francisco Ma-38	1:55.00	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 USA

PAC: 2:36.32 P 6/17/2023 Joel R Wilson

1	Wilson, Joel	75	Santa Cruz Masters Aquatics-38	2:37.00	2:36.24 P	20
				1:17.69	2:36.24 (1:18.55)	
2	Kirkland, Dan	75	Oregon Masters-37	2:32.49	2:36.42	17
				1:15.30	2:36.42 (1:21.12)	
3	Bruce, Bob A	75	Oregon Masters-37	2:56.01	2:44.59	16
				1:19.80	2:44.59 (1:24.79)	
4	Daniels, Larry N	78	Tuolumne County Aquatic Master-38	3:20.00	3:24.82	15
				1:31.43	3:24.82 (1:53.39)	

## 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 USA

PAC: 2:36.32 P 6/17/2023 Joel R Wilson

1	Bruce, Bob A	75	Oregon Masters-37	NT	2:54.21	
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## 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 USA

PAC: 5:26.98 P 6/17/2023 Joel R Wilson

1	Bruce, Bob A	75	Oregon Masters-37	NT	5:48.47	
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## 2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023

## Results

## 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 USA  
 PAC: 5:26.98 P 6/17/2023 Joel R Wilson

1	Wilson, Joel	75	Santa Cruz Masters Aquatics-38	5:27.00	5:19.10 P	20
	1:18.48	2:40.73 (1:22.25)	4:00.95 (1:20.22)	5:19.10 (1:18.15)		
2	Kirkland, Dan	75	Oregon Masters-37	5:22.17	5:23.46 P	17
	1:16.80	2:38.95 (1:22.15)	4:02.16 (1:23.21)	5:23.46 (1:21.30)		
3	Daniels, Larry N	78	Tuolumne County Aquatic Master-38	7:20.00	7:38.93	16
	1:46.63	3:44.43 (1:57.80)	5:44.64 (2:00.21)	7:38.93 (1:54.29)		

## 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 USA  
 PAC: 12:58.14 P 12/31/1995 Ray Taft

1	Kirkland, Dan	75	Oregon Masters-37	11:12.97	11:12.32 P	20
	1:18.27	2:42.09 (1:23.82)	4:06.61 (1:24.52)	5:32.05 (1:25.44)		
	6:57.44 (1:25.39)	8:23.54 (1:26.10)	9:49.51 (1:25.97)	11:12.32 (1:22.81)		
2	Bruce, Bob A	75	Oregon Masters-37	12:45.01	12:31.59 P	17
	1:23.77	2:54.21 (1:30.44)	4:22.68 (1:28.47)	5:48.47 (1:25.79)		
	7:41.50 (1:53.03)	9:17.74 (1:36.24)	10:52.95 (1:35.21)	12:31.59 (1:38.64)		
3	Daniels, Larry N	78	Tuolumne County Aquatic Master-38	15:15.00	16:10.05	16
	1:46.81	3:50.05 (2:03.24)	5:52.36 (2:02.31)	7:55.31 (2:02.95)		
	10:00.50 (2:05.19)	12:05.61 (2:05.11)	14:12.05 (2:06.44)	16:10.05 (1:58.00)		

## 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 USA  
 PAC: 12:58.14 P 12/31/1995 Ray Taft

1	Bruce, Bob A	75	Oregon Masters-37	NT	12:11.28 P	
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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 USA  
 PAC: 24:53.76 P 12/31/1995 Ray Taft

1	Kirkland, Dan	75	Oregon Masters-37	21:03.05	21:50.84 P	20
	1:21.39	2:47.96 (1:26.57)	4:14.89 (1:26.93)	5:42.29 (1:27.40)		
	7:09.92 (1:27.63)	8:38.04 (1:28.12)	10:06.40 (1:28.36)	11:34.54 (1:28.14)		
	13:03.08 (1:28.54)	14:31.52 (1:28.44)	15:59.42 (1:27.90)	17:27.76 (1:28.34)		
	18:56.07 (1:28.31)	20:24.43 (1:28.36)	21:50.84 (1:26.41)			
2	Bruce, Bob A	75	Oregon Masters-37	22:45.01	22:48.17 P	17
	1:24.43	2:57.15 (1:32.72)	4:29.88 (1:32.73)	6:02.33 (1:32.45)		
	7:35.28 (1:32.95)	9:07.62 (1:32.34)	10:39.39 (1:31.77)	12:11.28 (1:31.89)		
	13:43.62 (1:32.34)	15:15.12 (1:31.50)	16:47.46 (1:32.34)	18:19.63 (1:32.17)		
	19:50.03 (1:30.40)	21:21.01 (1:30.98)	22:48.17 (1:27.16)			
3	Crockett, Robert	75	Menlo Masters-38	32:46.39	31:07.70	16
	1:55.94	3:58.08 (2:02.14)	6:01.65 (2:03.57)	8:06.90 (2:05.25)		
	10:11.94 (2:05.04)	12:17.33 (2:05.39)	14:23.11 (2:05.78)	16:30.38 (2:07.27)		
	18:35.06 (2:04.68)	20:41.31 (2:06.25)	22:46.53 (2:05.22)	24:52.04 (2:05.51)		
	26:58.70 (2:06.66)	29:05.53 (2:06.83)	31:07.70 (2:02.17)			
4	Feiring, Keith	76	Walnut Creek Masters-38	33:06.33	34:34.43	15
	2:01.73	4:19.25 (2:17.52)	6:37.47 (2:18.22)	8:56.22 (2:18.75)		
	11:15.68 (2:19.46)	13:34.56 (2:18.88)	15:54.81 (2:20.25)	18:15.37 (2:20.56)		
	20:33.71 (2:18.34)	22:54.95 (2:21.24)	25:15.96 (2:21.01)	27:36.15 (2:20.19)		
	29:57.18 (2:21.03)	32:18.18 (2:21.00)	34:34.43 (2:16.25)			

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

## Results

## 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 USA

PAC: 34:34.45 P 8/2/2018 Richard Burns

1	Wiscomb, Lance	78	University of San Francisco Ma-38	3:00.00	1:15.51 P	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 USA

PAC: 2:50.25 P 7/30/2018 Richard Burns

1	Kirkland, Dan	75	Oregon Masters-37	3:03.31	2:56.39	20
	1:27.58		2:56.39 (1:28.81)			
2	Bruce, Bob A	75	Oregon Masters-37	3:18.01	3:22.56	17
	1:39.72		3:22.56 (1:42.84)			
3	Wiscomb, Lance	78	University of San Francisco Ma-38	8:00.00	5:42.86	16
	2:51.06		5:42.86 (2:51.80)			

## 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 ITA

PAC: 41:41.60 P 7/31/2022 Kenneth Frost

1	Fitschen, Gary	78	Manatee Aquatic Masters Inc-38	41.59	44.73 P	20
2	Meyerhoff, Rick	76	Tamalpais Aquatic Masters-38	42.15	44.89 P	17
3	Smith, Kirby	77	Tuolumne County Aquatic Master-38	46.17	46.74 P	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 USA

PAC: 1:32.61 P 7/30/2022 Kenneth Frost

1	Fitschen, Gary	78	Manatee Aquatic Masters Inc-38	1:32.58	1:36.70	20
2	Smith, Kirby	77	Tuolumne County Aquatic Master-38	1:40.76	1:52.19	17
3	Wiscomb, Lance	78	University of San Francisco Ma-38	6:00.00	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 USA

PAC: 3:29.90 P 7/31/2022 Kenneth Frost

1	Wilson, Joel	75	Santa Cruz Masters Aquatics-38	3:32.00	3:21.31 P	20
	1:39.74		3:21.31 (1:41.57)			
2	Fitschen, Gary	78	Manatee Aquatic Masters Inc-38	3:20.15	3:36.93	17
	1:46.59		3:36.93 (1:50.34)			
3	Bruce, Bob A	75	Oregon Masters-37	3:39.01	3:48.79	16
	1:50.58		3:48.79 (1:58.21)			
4	Smith, Kirby	77	Tuolumne County Aquatic Master-38	4:03.16	4:05.30	15
	1:57.70		4:05.30 (2:07.60)			

## 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 USA

PAC: 1:20.68 P 7/10/2018 Richard Burns

1	Meyerhoff, Rick	76	Tamalpais Aquatic Masters-38	1:49.68	1:55.75	20
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## 2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023

## Results

## 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				USA
PAC: 2:57.48 P 6/17/2023		Joel R Wilson				
1	Wilson, Joel	75	Santa Cruz Masters Aquatics-38	2:57.00	2:53.12 N	20
	1:23.97		2:53.12 (1:29.15)			
2	Fitschen, Gary	78	Manatee Aquatic Masters Inc-38	3:29.93	3:40.08	17
	1:49.08		3:40.08 (1:51.00)			

## 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				USA
PAC: 7:21.75 P 12/31/1995		Ray Taft				
1	Meyerhoff, Rick	76	Tamalpais Aquatic Masters-38	8:36.26	8:44.65	20
			4:41.44 ( )	6:57.21 (2:15.77)	8:44.65 (1:47.44)	
---	Bruce, Bob A	75	Oregon Masters-37	7:08.01	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				JPN
PAC: 33:33.13 P 7/1/2023		Tony Ralphs				
1	Todd, Richard	81	Tuolumne County Aquatic Master-38	40.00	38.35 P	20
2	Anderson, Fred	81	Rolling Hills Mud Sharks-38	1:02.03	47.07 P	17
3	Stewart, Jim	82	Santa Rosa Masters-38	53.00	1:00.47 P	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				JPN
PAC: 1:18.69 P 7/1/2023		Tony Ralphs				
1	Todd, Richard	81	Tuolumne County Aquatic Master-38	1:22.00	1:26.16	20
2	Anderson, Fred	81	Rolling Hills Mud Sharks-38	2:32.21	1:50.00	17
3	Stewart, Jim	82	Santa Rosa Masters-38	1:50.00	2:01.28	16
4	Snape, William	80	University of San Francisco Ma-38	3:30.00	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				JPN
PAC: 1:18.69 P 7/1/2023		Tony Ralphs				
1	Burns, Richard	80	Tamalpais Aquatic Masters-38	NT	1:12.26 P	

## 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				USA
PAC: 2:58.55 P 7/1/2023		Tony Ralphs				
1	Burns, Richard	80	Tamalpais Aquatic Masters-38	NT	2:43.47 P	

## 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				USA
PAC: 14:14.22 P 8/8/2019		William G Van Horn				
1	Fairfield, David	84	Tuolumne County Aquatic Master-38	17:30.05	16:59.00	20
	2:03.93		4:12.29 (2:08.36)	6:21.10 (2:08.81)	8:29.75 (2:08.65)	
	10:37.87 (2:08.12)		12:46.76 (2:08.89)	14:53.91 (2:07.15)	16:59.00 (2:05.09)	

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

## Results

## 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

USA

1	Brott, Ralph	84	North Bay Aquatics-38	28:40.49	31:25.16	20
	1:59.55	4:03.40 (2:03.85)	6:06.62 (2:03.22)	8:11.04 (2:04.42)		
	10:15.60 (2:04.56)	12:21.10 (2:05.50)	14:26.76 (2:05.66)	16:33.13 (2:06.37)		
	18:40.03 (2:06.90)	20:47.33 (2:07.30)	22:53.73 (2:06.40)	25:00.95 (2:07.22)		
	27:08.99 (2:08.04)	29:15.30 (2:06.31)	31:25.16 (2:09.86)			

## 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

JPN

1	Burns, Richard	80	Tamalpais Aquatic Masters-38	38.00	37.76 N	20
2	Stewart, Jim	82	Santa Rosa Masters-38	1:10.00	1:10.49 P	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

HUN

1	Burns, Richard	80	Tamalpais Aquatic Masters-38	1:30.00	1:25.11 N	20
2	Todd, Richard	81	Tuolumne County Aquatic Master-38	1:33.00	1:36.56	17
3	Stewart, Jim	82	Santa Rosa Masters-38	2:40.00	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

HUN

1	Stewart, Jim	82	Santa Rosa Masters-38	5:40.00	6:28.99	20
	3:04.90	6:28.99 (3:24.09)				

## 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

JPN

1	Todd, Richard	81	Tuolumne County Aquatic Master-38	43.00	47.63 P	20
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## 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

JPN

1	Todd, Richard	81	Tuolumne County Aquatic Master-38	1:39.00	1:44.98 P	20
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## 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

JPN

1	Burns, Richard	80	Tamalpais Aquatic Masters-38	36.00	34.74 W	20
2	Anderson, Fred	81	Rolling Hills Mud Sharks-38	1:10.23	1:27.19 P	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

JPN

1	Norris, Robert	85	Davis Aquatic Masters-38	58.30	1:00.97 P	20
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## 2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023

## Results

## 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 JPN

PAC: 1:39.13 P 12/31/2003 William Johnston

1 Norris, Robert 85 Davis Aquatic Masters-38 2:10.64 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 ESP

PAC: 3:35.73 P 12/31/2002 Aldo da Rosa

1 Van Horn, William 85 The Olympic Club-38 3:21.00 3:23.62 P 20

1:39.89 3:23.62 (1:43.73)

2 Norris, Robert 85 Davis Aquatic Masters-38 4:49.34 5:18.70 17

2:38.95 5:18.70 (2:39.75)

## 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 USA

PAC: 7:59.07 P 12/31/2003 Aldo da Rosa

1 Fleming, Jack C 88 University of San Francisco Ma-38 8:25.22 10:16.17 20

2:20.60 5:02.77 (2:42.17) 7:44.00 (2:41.23) 10:16.17 (2:32.17)

2 Norris, Robert 85 Davis Aquatic Masters-38 9:41.81 11:06.37 17

2:44.05 5:40.11 (2:56.06) 8:31.66 (2:51.55) 11:06.37 (2:34.71)

## 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 JPN

PAC: 44:44.52 P 12/31/2006 Fred Van Dyke

1 Van Horn, William 85 The Olympic Club-38 53.00 45.18 P 20

2 Norris, Robert 85 Davis Aquatic Masters-38 59.49 1:02.96 P 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 JPN

PAC: 1:49.54 P 12/31/2002 Aldo da Rosa

1 Norris, Robert 85 Davis Aquatic Masters-38 2:11.64 2:22.35 20

2 Fleming, Jack C 88 University of San Francisco Ma-38 2:30.22 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 JPN

PAC: 4:07.72 P 12/31/2002 Aldo da Rosa

1 Van Horn, William 85 The Olympic Club-38 4:30.00 4:18.81 20

2:10.30 4:18.81 (2:08.51)

2 Norris, Robert 85 Davis Aquatic Masters-38 4:50.79 5:18.73 17

2:35.30 5:18.73 (2:43.43)

## 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 AUS

PAC: 2:00.89 P 12/31/2003 Aldo da Rosa

1 Van Horn, William 85 The Olympic Club-38 2:14.00 2:14.45 20

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

## Results

**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 ESP

PAC: 57:57.66 P 7/31/2022 Jack C Fleming

1 Van Horn, William 85 The Olympic Club-38 59.00 54.43 P 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 AUS

PAC: 4:16.31 P 12/31/2003 Aldo da Rosa

1 Van Horn, William 85 The Olympic Club-38 4:20.00 4:27.85 20  
2:12.21 4:27.85 (2:15.64)**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 AUS

PAC: 11:23.79 P 12/31/2003 William Johnston

1 Fleming, Jack C 88 University of San Francisco Ma-38 8:30.22 11:27.61 20  
2:46.85 5:44.15 (2:57.30) 8:38.76 (2:54.61) 11:27.61 (2:48.85)**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 USA

PAC: 50:50.24 P 8/9/2014 Frank R Grannis

1 Mayo, Robert W 90 Walnut Creek Masters-38 57.00 59.55 P 20

**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 JPN

PAC: 1:54.47 P 8/9/2014 Frank R Grannis

1 Mayo, Robert W 90 Walnut Creek Masters-38 2:25.00 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 JPN

PAC: 4:29.52 P 8/9/2014 Frank R Grannis

1 Mayo, Robert W 90 Walnut Creek Masters-38 5:10.00 5:16.26 20  
2:36.58 5:16.26 (2:39.68)**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 JPN

PAC: 1:02.95 P 7/15/2017 August Motmans

1 Mayo, Robert W 90 Walnut Creek Masters-38 1:05.00 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 JPN

PAC: 2:20.34 P 7/16/2017 August Motmans

1 Mayo, Robert W 90 Walnut Creek Masters-38 2:23.00 2:21.34 20

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

## Results

## 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 JPN

PAC: 5:08.35 P 6/29/2014 Frank R Grannis

1 Mayo, Robert W 90 Walnut Creek Masters-38 5:17.00 5:11.53 20  
 2:34.10 5:11.53 (2:37.43)

## 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 USA

PAC: 1:06.67 P 7/20/2019 Frank R Grannis

1 Edgerton, Albert 98 Uc38 1:33.00 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 University of San Francisco Ma-3: A 2:10.00 2:04.68 40  
 1) Karp, Juliana S W20 2) Greco, Sophia W24 3) Copp, Rachel W26 4) Hamp, Elizabeth J W28  
 1:02.73 2:04.68 (1:01.95)

## 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 University of San Francisco Ma-3: A 4:55.00 4:43.80 40  
 1) Lewis, Alisha W24 2) Mi, Jessica Z W23 3) Gastaldi, Martina W25 4) Wagner, Emma W24  
 1:14.24 2:23.85 (1:09.61) 3:32.15 (1:08.30) 4:43.80 (1:11.65)

## 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 University of San Francisco Ma-3: A 4:55.00 2:28.25 40  
 1) Lewis, Alisha W24 2) Mi, Jessica Z W23 3) Gastaldi, Martina W25 4) Wagner, Emma W24  
 1:22.80 2:28.25 (1:05.45)

## Women 120-159 200 LC Meter Freestyle Relay

NATL: 1:50.53 N 6/9/2013 N CAROLINA MASTERS SWIMMING

RUTH JONES, CELIA WOLFF, ALICIA UHL, ERIKA BRAUN

WORLD: 1:49.03 W 8/14/2015 TSUNAMI -RUS

S KNYAGININA, A FEOKTISTOVA, L YUDINA, I SHLEMOVA

PAC: 1:55.13 P 12/31/2012 TOC

N Watanabe, L Welting, K Houston, M Gill

1 University of San Francisco Ma-3: A 2:10.00 2:08.26 40  
 1) Curran, Hannah W32 2) Ferroggiaro, Alex W32 3) Davis, Taylor W47 4) Alexander, Margaret W33  
 1:04.36 2:08.26 (1:03.90)

2 Marcia's Enthusiastic Masters-38 A 2:27.00 2:22.93 34  
 1) Hahnel, Carrie W45 2) Woo, Emily W28 3) Chien, Regina W37 4) McBride, Beth W33  
 1:06.66 2:22.93 (1:16.27)

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

## Results

## Women 120-159 400 LC Meter Freestyle Relay

NATL: 4:17.94 N 7/31/1994 STANFORD MASTERS SWIMMING

WORLD: 4:04.10 W 6/15/2019 M MC KINNEY, C CHICHESTER, D OGIER, K SHIBUYA  
BIRMINGHAM MASTERS -GBRPAC: 4:17.94 P 12/31/1994 K WALKER-STABELER, A LANE, A MCCALL, J CLARK  
STAN

McKinney, Chichester, Danielle Ogier, Shibuya

1	University of San Francisco Ma-3:	A	4:55.00	4:58.32	40
	1) Diakite, Adriana R W32	2) Ferroggiaro, Alex W32	3) Archibald, Hannah W33	4) Versfeld, Rizmari W34	
	1:17.04	2:31.94 (1:14.90)	3:46.06 (1:14.12)	4:58.32 (1:12.26)	

## Women 120-159 800 LC Meter Freestyle Relay

NATL: 9:41.97 N 7/24/1999 GOLD COAST MASTERS

WORLD: 9:10.37 W 11/2/2022 T MOLL, G DERKS-GARDNER, J HERRINGTON, C VICTORIA  
POTIGUAR/TNT MASTERS -BRAPAC: 9:43.49 P 12/31/1997 F TURINI, M Santoro NAKAGAKI, N Goncalves LEIT, J  
WCM

Thompson, Vidal, Lisa Ward, Leach

1	Marcia's Enthusiastic Masters-38	A	13:25.00	12:36.14	40
	1) Woo, Emily W28	2) Lee, Jez W43	3) Murillo, Catherine W35	4) McBride, Beth W33	
	1:25.91	2:58.58 (2:58.58)	4:31.55 (4:31.55)	6:19.02 (6:19.02)	
	7:59.82 (1:40.80)		11:09.22 (4:50.20)	12:36.14 (6:17.12)	
	12:36.14 ( )				

## Women 120-159 200 LC Meter Medley Relay

NATL: 2:04.19 N 8/23/1998 GOLD COAST MASTERS

WORLD: 2:02.35 W 12/15/2019 B GARDNER, S GEYER, T MOLL, J HERRINGTON  
DIABLO -JPNPAC: 2:10.15 P 12/31/2010 S KOGA, A KITAGAWA, R SHIMIZU, Y ONOGUCHI  
TOC

J Schriger, L Welting, M Gill, E Reilly

1	University of San Francisco Ma-3:	A	4:55.00	2:31.46	40
	1) Diakite, Adriana R W32	2) Ferroggiaro, Alex W32	3) Archibald, Hannah W33	4) Versfeld, Rizmari W34	
	1:22.06	2:31.46 (1:09.40)			

## Women 120-159 400 LC Meter Medley Relay

NATL: 4:38.85 N 8/8/2009 ILLINOIS MASTERS

WORLD: 4:35.76 W 6/17/2017 J RIDGE, N DAY, J IVARSON, K STEVENS  
BERLINER TSC -GERPAC: 4:58.90 P 12/31/1997 A KUTZ, S KUTZ, N STRESING, J DUNGER  
WCM

Lisa Ward, Osborn, Debbie Flansburg, Ghiggeri

1	University of San Francisco Ma-3:	A	5:30.00	5:38.02	40
	1) Hamp, Elizabeth J W28	2) Curran, Hannah W32	3) Karp, Juliana S W20	4) Davis, Taylor W47	
	1:28.50	2:53.09 (1:24.59)	4:18.43 (1:25.34)	5:38.02 (1:19.59)	

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

## Results

## 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	Rolling Hills Mud Sharks-38	A	2:32.00	2:15.62	40
	1) Kroetz, Brigitte W28	2) Murray, Tori W41	3) Towey, Rachel W49	4) McCullough, Juliette W42	
	1:05.80	2:15.62 (1:09.82)			
2	Marin Aquatic Masters-38	A	2:53.33	2:19.14	34
	1) Rempe, Rachel W40	2) Silva, Rayle W27	3) Ellison, Stacey W58	4) De Somma, Margaret W55	
	1:09.02	2:19.14 (1:10.12)			
3	Marcia's Enthusiastic Masters-38	A	2:38.00	2:31.56	32
	1) Shu, Vicki W55	2) Lee, Jez W43	3) Chaiyasane, Koung W39	4) Voight, Tina W54	
	1:21.09	2:31.56 (1:10.47)			

## 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 -USA

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	Marin Aquatic Masters-38	A	5:32.00	5:17.01	40
	1) Rempe, Rachel W40	2) Silva, Rayle W27	3) Ellison, Stacey W58	4) De Somma, Margaret W55	
	1:14.41	2:38.49 (1:24.08)	3:55.96 (1:17.47)	5:17.01 (1:21.05)	

## 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 -USA

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	Marcia's Enthusiastic Masters-38	A	5:35.00	5:52.74	40
	1) McBride, Beth W33	2) Hahnel, Carrie W45	3) Shu, Vicki W55	4) Woo, Emily W28	
	1:29.61	3:08.98 (1:39.37)	4:33.50 (1:24.52)	5:52.74 (1:19.24)	
2	Rolling Hills Mud Sharks-38	A	6:40.00	6:04.76	34
	1) Murray, Tori W41	2) Towey, Rachel W49	3) Kroetz, Brigitte W28	4) O'Hanlon, Christine W53	
	1:37.22	3:22.36 (1:45.14)	4:45.96 (1:23.60)	6:04.76 (1:18.80)	

## 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	Santa Rosa Masters-38	A	2:21.00	2:19.25	40
	1) Rueda, Marcela W41	2) Jones, Sara W55	3) Bulman, Robin W58	4) Nelson, Sheila W55	
	1:08.49	2:19.25 (1:10.76)			
2	Walnut Creek Masters-38	A	2:15.00	2:29.07	34
	1) Nichelman, Sherri W63	2) Ongerth, Ann Michelle W49	3) Thomas, Alexandra W35	4) Ward, Lisa W59	
	1:16.58	2:29.07 (1:12.49)			

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

## Results

**(Women 200-239 200 LC Meter Freestyle Relay)**

3	Davis Aquatic Masters-38	A	2:31.10	2:33.28	32
	1) Phalen, Jennifer W59	2) Belluomini, Melanie W46	3) Russell, Jane W60	4) Guthrie, Sally W73	
	1:16.95	2:33.28 (1:16.33)			
4	Marin Aquatic Masters-38	A	3:42.00	2:55.99	30
	1) Seaver-Forse, Lynn M W61	2) Powers, Terry W60	3) Leinsteiner, Terri W65	4) Topping, Catherine W44	
	1:30.77	2:55.99 (1:25.22)			

**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	Walnut Creek Masters-38	A	5:10.00	5:19.43	40
	1) Zamanian, Alison W53	2) Taylor, Catherine W60	3) Nichelman, Sherri W63	4) Ongerth, Ann Michelle W49	
	1:06.94	2:30.82 (1:23.88)	3:48.67 (1:17.85)	5:19.43 (1:30.76)	
2	Davis Aquatic Masters-38	A	5:15.10	5:23.63	34
	1) Crow, Vivian A W26	2) Belluomini, Melanie W46	3) Guthrie, Sally W73	4) Russell, Jane W60	
	1:11.66	2:34.52 (1:22.86)	4:02.88 (1:28.36)	5:23.63 (1:20.75)	
3	University of San Francisco Ma-38	A	5:30.00	6:06.22	32
	1) Prichard, Amie W43	2) Dunn, Audrey W70	3) Gerhan, Martha W62	4) Davis, Taylor W47	
	1:26.62	3:18.20 (1:51.58)	4:46.25 (1:28.05)	6:06.22 (1:19.97)	

**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 -USA

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	Rolling Hills Mud Sharks-38	A	12:45.00	13:15.90	40
	1) Towey, Rachel W49	2) Laudenslager, Sherri W61	3) Viscardi, Josie W59	4) Flynn, Beth W61	
	1:24.36	4:30.67 ( )	6:11.27 ( )		
	7:56.84 (1:45.57)	9:50.43 (3:39.16)	11:28.95 (1:38.52)	13:15.90 (3:25.47)	

**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	University of San Francisco Ma-38	A	5:30.00	3:20.67	40
	1) Prichard, Amie W43	2) Dunn, Audrey W70	3) Gerhan, Martha W62	4) Davis, Taylor W47	

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

## Results

## Women 200-239 400 LC Meter Medley Relay

NATL: 4:58.86 N 7/30/2016

NORTH TEXAS LONESTARS

WORLD: 4:54.41 W 1/25/2020

S STONE, K MACCUDY, M REA, K HENDERSON

PAC: 5:33.16 P 8/6/2016

MASTERS SORLANDET -NOR

L LOTHE, A SORENSEN, J THORSTENSEN, M FUGLESTVEIT

DAM

A Rieger, A Bell, W Pratt, K Halsted

1	Santa Rosa Masters-38	A	5:50.00	5:52.74	40
	1) Jones, Sara W55	2) Bulman, Robin W58	3) Rueda, Marcela W41	4) Nelson, Sheila W55	
	1:32.27	3:06.37 (1:34.10)	4:37.26 (1:30.89)	5:52.74 (1:15.48)	
2	Davis Aquatic Masters-38	A	6:10.10	6:11.56	34
	1) Garforth, Emma W55	2) Phalen, Jennifer W59	3) Belluomini, Melanie W46	4) Guthrie, Sally W73	
	1:26.34	4:41.81 ( )	6:11.56 (1:29.75)		

## Women 240-279 200 LC Meter Freestyle Relay

NATL: 2:01.52 N 7/20/2019

NORTH TEXAS LONESTARS

WORLD: 2:00.75 W 3/17/2018

K HENDERSON, L MORRISON, C MCKELVEY, S STONE

CAPE TOWN MASTERS -RSA

PAC: 2:21.79 P 8/9/2014

E OTTERMANN, S KRUGER, D COETZEE, C STANFORD

TAM

L Val, L Shoenberger, N Ridout, B Wheeler

1	Rolling Hills Mud Sharks-38	A	2:40.00	2:32.69	40
	1) O'Hanlon, Christine W53	2) Hepworth, Linda W70	3) Laudenslager, Sherri W61	4) Viscardi, Josie W59	
	1:13.86	2:32.69 (1:18.83)			
2	Menlo Masters-38	A	2:35.00	2:53.24	34
	1) Pinto, Rebecca W68	2) Strauss, Judy W69	3) Dutro, Cynthia W75	4) Capen, Tasha W57	
	1:28.95	2:53.24 (1:24.29)			

## Women 240-279 400 LC Meter Freestyle Relay

NATL: 4:36.74 N 7/21/2019

NORTH TEXAS LONESTARS

WORLD: 4:36.74 W 7/21/2019

S STONE, K HENDERSON, L MORRISON, J WOOLSLAYER

NORTH TEXAS LONESTAR -USA

PAC: 5:17.41 P 7/2019

S STONE, K HENDERSON, L MORRISON, J WOOLSLAYER

DAM

J Roberts, J Russell, C Sprouse, S Guthrie

1	Menlo Masters-38	A	5:35.00	5:14.66 P	40
	1) Capen, Tasha W57	2) Couch, Stephanie W59	3) Feeley, Louise W64	4) Matena, Jana W61	
	1:23.89	2:45.13 (1:21.24)	4:05.02 (1:19.89)	5:14.66 (1:09.64)	
2	Rolling Hills Mud Sharks-38	A	6:00.00	5:54.77	34
	1) O'Hanlon, Christine W53	2) Hepworth, Linda W70	3) Laudenslager, Sherri W61	4) Viscardi, Josie W59	
	1:21.44	2:52.21 (1:30.77)	4:21.40 (1:29.19)	5:54.77 (1:33.37)	

## Women 240-279 800 LC Meter Freestyle Relay

NATL: 10:22.07 N 7/19/2019

NORTH TEXAS LONESTARS

WORLD: 10:13.61 W 2/21/2016

L MORRISON, M BAILEY, J WOOLSLAYER, S STONE

CAPE TOWN MASTERS -RSA

PAC: 13:22.27 P 7/9/2022

C STANFORD, G MCCARNEY, D COETZEE, S KRUGER

WCM

A Dibley, S Scott, C Taylor, A Zamanian

1	Davis Aquatic Masters-38	A	11:55.10	15:04.44	40
	1) Garforth, Emma W55	2) Goldberg, Michelle W55	3) Phalen, Jennifer W59	4) Guthrie, Sally W73	
	1:20.81	2:44.95 (2:44.95)	4:18.64 (1:33.69)	5:58.62 (3:13.67)	
	8:48.24 (2:49.62)	11:51.14 (5:52.52)	13:25.04 (1:33.90)	15:04.44 (3:13.30)	

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

## Results

## 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	Menlo Masters-38	A	2:45.00	2:45.60	40
	1) Couch, Stephanie W59	2) Matena, Jana W61	3) Capen, Tasha W57	4) Feeley, Louise W64	
	1:27.00	2:45.60 (1:18.60)			
2	Davis Aquatic Masters-38	A	2:58.10	2:46.36	34
	1) Garforth, Emma W55	2) Phalen, Jennifer W59	3) Russell, Jane W60	4) Guthrie, Sally W73	
	1:29.98	2:46.36 (1:16.38)			
3	Rolling Hills Mud Sharks-38	A	3:05.00	3:04.47	32
	1) Hepworth, Linda W70	2) Laudenslager, Sherri W61	3) Flynn, Beth W61	4) O'Hanlon, Christine W53	
	1:41.36	3:04.47 (1:23.11)			
4	Walnut Creek Masters-38	A	3:00.00	3:37.57	30
	1) Nichelman, Sherri W63	2) Taylor, Catherine W60	3) Ongerth, Ann Michelle W49	4) Wood, Caroline W W88	
	1:36.01	3:37.57 (2:01.56)			

## 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	Menlo Masters-38	A	7:00.00	6:53.15	40
	1) Couch, Stephanie W59	2) Barnea, Daniela W79	3) Capen, Tasha W57	4) Pinto, Rebecca W68	
	1:31.13	3:31.21 (2:00.08)	5:19.25 (1:48.04)	6:53.15 (1:33.90)	
2	University of San Francisco Ma-38	A	7:30.00	8:35.14	34
	1) Chaitkin, Lauren W79	2) Dunn, Audrey W70	3) Sweeney, Megan W43	4) Pashelinsky, Erin W76	
	2:32.44	6:30.89 ( )	8:35.14 (2:04.25)		

## Women 280-319 200 LC Meter Freestyle Relay

NATL: 2:14.99 N 1/20/2023 LONE STAR MASTERS

L MORRISON, J COLE, K MACCURDY, J WOOLSLAYER

WORLD: 2:14.99 W 1/20/2023 LONE STAR MASTERS -USA

L MORRISON, J COLE, K MACCURDY, J WOOLSLAYER

PAC: 2:24.42 P 8/1/2018 TAM

L B Val, S Archer, N J Ridout, B C Wheeler

1	Rolling Hills Mud Sharks-38	A	3:35.00	3:23.42	40
	1) Flynn, Beth W61	2) Tevis, Maggie W75	3) Coholan, Annette W75	4) Madison, Carolyn W77	
	1:37.29	3:23.42 (1:46.13)			
2	Marin Aquatic Masters-38	A	3:56.00	3:46.44	34
	1) August, Susan W69	2) Flesh, Anice W87	3) Sampiere-Prochnow, Susie W60	4) Ross, June W64	
	2:04.47	3:46.44 (1:41.97)			
3	University of San Francisco Ma-38	A	3:55.00	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

## Results

## 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 -USA

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	Menlo Masters-38	A	6:35.00	6:35.43 P	40
	1) Dutro, Cynthia W75	2) Strauss, Judy W69	3) Pinto, Rebecca W68	4) Schwartz, Judith W69	
	1:41.55	3:24.97 (1:43.42)	4:56.75 (1:31.78)	6:35.43 (1:38.68)	
2	University of San Francisco Ma-31	A	7:55.00	8:47.65	34
	1) Cohn, Darcy C W72	2) Pashelinsky, Erin W76	3) Chaitkin, Lauren W79	4) Allen, Susan W79	
		4:40.83 ( )	8:47.65 (4:06.82)		

## Women 280-319 800 LC Meter Freestyle Relay

NATL: 12:40.22 N 7/31/2021 MISSION VIEJO MASTERS

B MONTRELLA, 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	Menlo Masters-38	A	14:45.00	14:41.59 P	40
	1) Barnea, Daniela W79	2) Basile, Katy W64	3) Dutro, Cynthia W75	4) Strauss, Judy W69	
	1:50.03	3:47.41 (3:47.41)	5:34.29 (1:46.88)	7:22.31 (3:34.90)	
	9:08.17 (1:45.86)		12:47.84 ( )	14:41.59 ( )	
2	University of San Francisco Ma-31	A	14:30.00	15:56.21 P	34
	1) Ogilvie, Carol M W68	2) Niccolls, Dorothy W70	3) Dunn, Audrey W70	4) Pashelinsky, Erin W76	
	1:30.42	3:05.24 (3:05.24)	5:17.24 (2:12.00)	7:38.27 (4:33.03)	
	9:31.35 (1:53.08)		13:35.84 ( )	15:56.21 ( )	

## 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	Menlo Masters-38	A	3:30.00	3:22.85	40
	1) Dutro, Cynthia W75	2) Barnea, Daniela W79	3) Pinto, Rebecca W68	4) Schwartz, Judith W69	
	1:49.41	3:22.85 (1:33.44)			
2	University of San Francisco Ma-31	A	7:55.00	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 TEAM

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	Davis Aquatic Masters-38	A	5:20.10	5:02.01	40
	1) Westergaard, Leslie W80	2) Lardelli, Diane W79	3) Norris, Roswita W81	4) Dugan, Betty L W82	
	2:08.04	5:02.01 (2:53.97)			

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

## Results

## Men 120-159 200 LC Meter Freestyle Relay

NATL: 1:34.82 N 7/26/2009 SOUTHERN CAL AQUATIC MASTERS  
 M CORNUE, E HOCHSTEIN, E TOLMACHOFF, C BEACH  
 WORLD: 1:32.84 W 7/8/2018 GETXO -ESP  
 M BILDOSOLA, I BILDOSOLA, G ZUBIAUR, M DEBA  
 PAC: 1:37.49 P 12/31/1986 TOC  
 F Hubbell, B Barthold, B Placak, J Griffith

1	University of San Francisco Ma-3:	A	1:54.00	1:50.62	40
	1) Valentine, Matthew M29	2) Christensen, Jon M33	3) Hallman, Kevin M34	4) Neuwirth, Benjamin M40	
	55.49	1:50.62 (55.13)			

## 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	Richmond Plunge Masters-38	A	2:18.00	1:56.93	40
	1) Sabatini, Greg M47	2) Chua, Brendan M38	3) Horan, Kevin M39	4) Frink, Stephen M38	
	1:02.18	1:56.93 (54.75)			
2	Marcia's Enthusiastic Masters-38	A	2:12.00	2:05.85	34
	1) Song, Jimmy M40	2) Hertzner, Keith M50	3) Lehnert, Ahren M50	4) Wehmann, Todd M51	
	1:05.18	2:05.85 (1:00.67)			

## 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	Menlo Masters-38	A	4:35.00	4:10.20	40
	1) Chialvo, Federico M40	2) Rosales-Delmoral, Romer M50	3) Leimkuhler, Kyle M36	4) Pyle, Mike M48	
	1:04.58	2:12.46 (1:07.88)	3:13.37 (1:00.91)	4:10.20 (56.83)	
2	Davis Aquatic Masters-38	A	4:12.10	4:11.66	34
	1) Anderson, Kent M51	2) Zachan, Matthew M37	3) Winsor, Brad M52	4) Krovetz, Ted M57	
	1:00.63	2:01.70 (1:01.07)	3:02.86 (1:01.16)	4:11.66 (1:08.80)	
---	University of San Francisco Ma-3:	A	4:30.00	DQ	
	1) Neuwirth, Benjamin M40	2) Fuzellier, Matthieu M43	3) Rankin, Shane I M49	4) Artunian, Taylor M31	
	1:03.69	2:07.41 (1:03.72)	3:19.96 (1:12.55)	DQ (1:17.32)	

## 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	Marcia's Enthusiastic Masters-38	A	11:35.00	11:39.49	40
	1) Song, Jimmy M40	2) Lehnert, Ahren M50	3) Wu, Long M58	4) Wehmann, Todd M51	
	1:18.77	2:40.12 (2:40.12)	4:01.93 (1:21.81)	5:27.25 (2:47.13)	
	7:07.08 (1:39.83)	8:58.63 (3:31.38)	10:17.87 (1:19.24)	11:39.49 (2:40.86)	

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

## Results

## Men 160-199 200 LC Meter Medley Relay

NATL: 1:47.72 N 8/8/2006

TEAM TYR

WORLD: 1:45.47 W 8/18/2017

R SAEGER, G RHODENBAUGH, P SMITH, J SMITH

PAC: 1:52.30 P 12/31/2006

NEVA STARS -RUS

A SHILIN, G GOGOL, A MANZHULA, V PREDKIN

STAN

Rick Gould, Scottoline, Phelan, Lundberg

1	Menlo Masters-38	A	2:07.00	2:12.57	40
	1) Chialvo, Federico M40	2) Pyle, Mike M48	3) Leimkuhler, Kyle M36	4) Rosales-Delmoral, Romer M50	
	1:09.66	2:12.57 (1:02.91)			
2	University of San Francisco Ma-31	A	4:30.00	2:33.79	34
	1) Neuwirth, Benjamin M40	2) Fuzellier, Matthieu M43	3) Rankin, Shane I M49	4) Artunian, Taylor M31	
	1:21.94	2:33.79 (1:11.85)			

## Men 160-199 400 LC Meter Medley Relay

NATL: 4:02.07 N 5/10/2015

STAN

WORLD: 4:01.27 W 3/12/2022

RICK GOULD, BJ JOHNSON, DARREN PHELAN, MIKE PYLE

PAC: 4:02.07 P 5/2015

DIABLO -JPN

T YAMAOKA, S ASAHI, N HIRANO, T KOGA

STAN

R Gould, BJ Johnson, D Phelan, M Pyle

1	University of San Francisco Ma-31	A	5:55.00	5:44.66	40
	1) Goard, Andrew M M28	2) Mackey, Theral E M46	3) Hallman, Kevin M34	4) Young, Stephen L M65	
	1:13.23	2:30.59 (1:17.36)	3:46.25 (1:15.66)	5:44.66 (1:58.41)	
2	Marcia's Enthusiastic Masters-38	A	5:55.00	6:00.88	34
	1) Song, Jimmy M40	2) Galvin, Jeffrey S M57	3) Hertzner, Keith M50	4) Lehnert, Ahren M50	
	1:31.33	3:15.51 (1:44.18)	4:44.30 (1:28.79)	6:00.88 (1:16.58)	

## Men 200-239 200 LC Meter Freestyle Relay

NATL: 1:38.24 N 8/8/2006

COLORADO MASTERS

WORLD: 1:38.24 W 8/8/2006

J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMAS

PAC: 1:44.06 P 12/31/2006

COLORADO -USA

J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMAS

BAC

Whatley, McAweeney, Finch, Butler

1	Menlo Masters-38	A	2:05.00	2:03.41	40
	1) Leimkuhler, Kyle M36	2) Rosales-Delmoral, Romer M50	3) Pinto, Harlan A M66	4) Pyle, Mike M48	
	59.78	2:03.41 (1:03.63)			
2	University of San Francisco Ma-31	A	2:15.00	2:05.77	34
	1) Bucy, John M45	2) Mackey, Theral E M46	3) Mc Bride, Patrick M54	4) Langner, Mikael M55	
	1:04.97	2:05.77 (1:00.80)			
3	University of San Francisco Ma-31	B	3:00.00	2:53.06	32
	1) Fuzellier, Matthieu M43	2) Young, Stephen L M65	3) Murray, Ed M74	4) Rankin, Shane I M49	
	1:17.21	2:53.06 (1:35.85)			

## Men 200-239 400 LC Meter Freestyle Relay

NATL: 3:52.34 N 8/12/2012

LONGHORN AQUATICS

WORLD: 3:46.05 W 5/14/2017

M VAROZZA, J SAUER, D GUTHRIE, A RASMUSSEN

PAC: 4:05.19 P 6/8/2014

BRESCIA ACQUARE MAFECO -ITA

M GIALDI, M TERSAR, R BRUNORI, M COLOMBO

SMM

M Coquillard, T Reudy, J Baker, M Kiedel

1	Marcia's Enthusiastic Masters-38	A	5:05.00	4:56.93	40
	1) Wehmann, Todd M51	2) Hertzner, Keith M50	3) Small, Stephen M71	4) Lehnert, Ahren M50	
	1:09.28	2:20.89 (1:11.61)	3:41.17 (1:20.28)	4:56.93 (1:15.76)	

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

## Results

**(Men 200-239 400 LC Meter Freestyle Relay)**

2	University of San Francisco Ma-31	A	5:20.00	5:23.65	34
	1) Robinson, John S M58	2) Langner, Mikael M55	3) O'Rourke, Rick M58	4) Mackey, Theral E M46	
	1:49.14	3:00.46 (1:11.32)	4:15.12 (1:14.66)	5:23.65 (1:08.53)	

**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 UTSCH

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	Davis Aquatic Masters-38	A	9:50.10	9:47.61	40
	1) Winsor, Brad M52	2) Woodruff, David M67	3) Zachan, Matthew M37	4) Krovetz, Ted M57	
	1:05.72	2:16.41 (2:16.41)	3:36.95 (1:20.54)	5:03.34 (2:46.93)	
	6:09.14 (1:05.80)	7:17.53 (2:14.19)	8:31.08 (1:13.55)	9:47.61 (2:30.08)	

**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 ABRAHAMMS

WORLD: 1:50.83 W 8/8/2006 COLORADO -USA

S WOOD, J GROSELLE, T HEDRICK, R ABRAHAMMS

PAC: 1:57.72 P 12/31/2005 RHMS

P Djang, L Rider, B Adkison, E van Boer

1	University of San Francisco Ma-31	A	5:20.00	2:46.44	40
	1) Robinson, John S M58	2) Langner, Mikael M55	3) O'Rourke, Rick M58	4) Mackey, Theral E M46	
	1:35.94	2:46.44 (1:10.50)			

**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	University of San Francisco Ma-31	A	5:55.00	6:14.98	40
	1) Mc Bride, Patrick M54	2) Langner, Mikael M55	3) Christensen, Jon M33	4) Gendreau, David M63	
	1:25.64	2:54.87 (1:29.23)	4:04.27 (1:09.40)	6:14.98 (2:10.71)	

**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	Walnut Creek Masters-38	A	2:00.00	2:04.23	40
	1) Boone, Jon M60	2) Carter, Paul M55	3) Kemler, David M65	4) Remmert, Greg A M61	
	1:02.55	2:04.23 (1:01.68)			
2	Rolling Hills Mud Sharks-38	A	2:15.00	2:07.20	34
	1) Erickson, Douglas M51	2) Van Boer, Eric D M69	3) Laudenslager, Greg M62	4) Maritzen, Michael M67	
	1:01.07	2:07.20 (1:06.13)			
3	University of San Francisco Ma-31	A	3:45.00	2:50.24	32
	1) Robinson, John S M58	2) Treman, Jim M58	3) Ewing, Jack M63	4) Gendreau, David M63	
	1:18.56	2:50.24 (1:31.68)			

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

## Results

**(Men 240-279 200 LC Meter Freestyle Relay)**

4	Marcia's Enthusiastic Masters-38	A	3:45.00	3:01.17	30
	1) Galvin, Jeffrey S M57	2) Galvin, Chris M53	3) Galvin, Patrick M58	4) Galvin, Barry M90	
	1:05.63	3:01.17 (1:55.54)			

**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	Walnut Creek Masters-38	A	4:15.00	4:45.76	40
	1) Nootbaar, Tom M60	2) Carter, Paul M55	3) Kemler, David M65	4) Tittle, Kenneth M60	
	1:04.41	2:21.20 (1:16.79)	3:36.00 (1:14.80)	4:45.76 (1:09.76)	
2	Menlo Masters-38	A	6:30.00	5:52.59	34
	1) Fishman, Harvey M55	2) Crockett, Robert M75	3) Pinto, Harlan A M66	4) Anderson, Bob M68	
	52.95	3:00.76 (2:07.81)	4:27.15 (1:26.39)	5:52.59 (1:25.44)	

**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	Rolling Hills Mud Sharks-38	A	11:25.00	11:38.95	40
	1) Erickson, Douglas M51	2) Laudenslager, Greg M62	3) Van Boer, Eric D M69	4) Maritzen, Michael M67	
	1:18.67	2:46.14 (2:46.14)	4:11.10 (1:24.96)	5:37.10 (2:50.96)	
	7:03.72 (1:26.62)	8:34.66 (2:57.56)	10:07.69 (1:33.03)	11:38.95 (3:04.29)	
2	Marcia's Enthusiastic Masters-38	A	12:45.00	13:45.05	34
	1) Small, Stephen M71	2) Winterrowd, Dan M73	3) Benjamin, David M74	4) Inchausti, Robert M61	
	1:28.56	3:04.70 (3:04.70)	4:48.64 (1:43.94)	6:32.24 (3:27.54)	
	8:20.19 (1:47.95)	10:13.32 (3:41.08)	11:57.30 (1:43.98)	13:45.05 (3:31.73)	

**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	Walnut Creek Masters-38	A	2:05.00	2:18.02	40
	1) Chao, Hector M59	2) King, Ian M61	3) Tittle, Kenneth M60	4) Boone, Jon M60	
	1:20.32	2:18.02 (57.70)			
2	Menlo Masters-38	A	3:20.00	2:59.58	34
	1) Fishman, Harvey M55	2) Pinto, Harlan A M66	3) Anderson, Bob M68	4) Crockett, Robert M75	
	1:25.49	2:59.58 (1:34.09)			
3	Marcia's Enthusiastic Masters-38	A	3:20.00	3:06.09	32
	1) Rentschler, Randy M63	2) Wu, Long M58	3) Inchausti, Robert M61	4) Benjamin, David M74	
	1:36.36	3:06.09 (1:29.73)			

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

## Results

## 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	Menlo Masters-38	A	NT	6:48.03	40
	1) Rosales-Delmoral, Romer M50	2) Pinto, Harlan A M66	3) Anderson, Bob M68	4) Sheeper, Tim M60	
	1:40.82	3:34.84 (1:54.02)	5:25.35 (1:50.51)	6:48.03 (1:22.68)	
2	University of San Francisco Ma-31	A	6:55.00	8:35.75	34
	1) Wagner, Chris M64	2) Shalowitz, Jon M56	3) Murray, Ed M74	4) Ellis, Larry M77	
	1:29.14	3:43.23 (2:14.09)	6:30.13 (2:46.90)	8:35.75 (2:05.62)	

## 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	Marcia's Enthusiastic Masters-38	A	2:40.00	2:39.10	40
	1) Kennedy, James M72	2) Winterrowd, Dan M73	3) Benjamin, David M74	4) Small, Stephen M71	
	1:17.90	2:39.10 (1:21.20)			
2	Rolling Hills Mud Sharks-38	A	3:40.00	3:05.13	34
	1) Nam, Jimmy M55	2) Madison, John M78	3) Anderson, Fred M81	4) Ciampi, Norman M84	
	1:14.81	3:05.13 (1:50.32)			

## 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	Rolling Hills Mud Sharks-38	A	6:25.00	5:54.74	40
	1) Van Boer, Eric D M69	2) Maritzen, Michael M67	3) Cochrane, James M65	4) Anderson, Fred M81	
	1:14.35	2:37.70 (1:23.35)	4:05.69 (1:27.99)	5:54.74 (1:49.05)	
2	University of San Francisco Ma-31	A	7:55.00	9:42.19	34
	1) Murray, Ed M74	2) Wiscomb, Lance M78	3) Young, Stephen L M65	4) Snape, William M80	
	3:22.91	5:35.81 (2:12.90)	7:41.27 (2:05.46)	9:42.19 (2:00.92)	

## 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 -USA

Jack GROSELLE, Jack MARTIN, Bob COUCH, Rick WALKER

PAC: 12:22.64 P 12/31/1994

SMMM

Ray Taft, Fred Taioli, Moran, Steuart

1	University of San Francisco Ma-31	A	14:30.00	17:19.38	40
	1) Young, Stephen L M65	2) Bortman, Henry (Camo) M73	3) Murray, Ed M74	4) Fleming, Jack C M88	
	1:19.79	2:42.59 (2:42.59)	5:03.96 (5:03.96)		
	9:51.47 ( )	12:12.20 ( )	14:39.84 ( )		
	17:19.38 (2:39.54)				

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

## Results

## 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 -USA

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	Rolling Hills Mud Sharks-38	A		3:55.00	2:58.87	40
	1) Van Boer, Eric D M69		2) Cochrane, James M65		4) Anderson, Fred M81	
	1:30.74		2:58.87 (1:28.13)			
2	University of San Francisco Ma-31	A		7:55.00	4:55.53	34
	1) Murray, Ed M74		2) Wiscomb, Lance M78		4) Snape, William M80	
	2:16.74		4:55.53 (2:38.79)			

## 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	Marcia's Enthusiastic Masters-38	A		6:45.00	7:21.09	40
	1) Benjamin, David M74		2) Small, Stephen M71		4) Winterrowd, Dan M73	
	2:01.02		3:49.36 (1:48.34)	5:40.30 (1:50.94)	7:21.09 (1:40.79)	
2	Rolling Hills Mud Sharks-38	A		6:20.00	7:22.15	34
	1) Maritzen, Michael M67		2) Cochrane, James M65		4) Anderson, Fred M81	
	1:43.68		3:41.46 (1:57.78)	5:33.99 (1:52.53)	7:22.15 (1:48.16)	

## 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	Tamalpais Aquatic Masters-38	A		2:20.00	2:12.73 W	40
	1) Burns, Richard M80		2) Andersen, Peter M80		4) Ralphps, Tony M80	
	1:06.26		2:12.73 (1:06.47)			

## 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

EIJU -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	Tamalpais Aquatic Masters-38	A		5:05.00	5:05.88 W	40
	1) Burns, Richard M80		2) Andersen, Peter M80		4) Ralphps, Tony M80	
	1:12.26		2:32.43 (1:20.17)	3:49.78 (1:17.35)	5:05.88 (1:16.10)	
2	Tuolumne County Aquatic Master	A		5:59.00	6:25.96 P	34
	1) Daniels, Larry N M78		2) Smith, Kirby M77		4) Fairfield, David M84	
	1:26.09		3:10.80 (1:44.71)	4:38.89 (1:28.09)	6:25.96 (1:47.07)	

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

## Results

**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	Tamalpais Aquatic Masters-38	A	11:45.00	11:38.85 N	40
	1) Burns, Richard M80	2) Andersen, Peter M80	3) Reed, Ed M80	4) Ralphps, Tony M80	
	1:19.42	2:43.47 (2:43.47)	4:10.12 (1:26.65)	5:50.12 (3:06.65)	
	7:17.29 (1:27.17)	8:45.49 (2:55.37)	10:06.63 (1:21.14)	11:38.85 (2:53.36)	

**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	Tamalpais Aquatic Masters-38	A	2:55.00	2:37.00 W	40
	1) Reed, Ed M80	2) Andersen, Peter M80	3) Burns, Richard M80	4) Ralphps, Tony M80	
	1:27.86	2:37.00 (1:09.14)			
2	Tuolumne County Aquatic Master	A	2:59.00	3:14.13 P	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 BARDOCZ

1	Tamalpais Aquatic Masters-38	A	6:10.00	6:14.23 W	40
	1) Reed, Ed M80	2) Andersen, Peter M80	3) Burns, Richard M80	4) Ralphps, Tony M80	
	1:35.19	3:15.21 (1:40.02)	4:56.95 (1:41.74)	6:14.23 (1:17.28)	

**Mixed 72-99 400 LC Meter Freestyle Relay**

NATL: 3:56.54 N 7/25/2009

CONEJO SIMI AQUATIC MASTERS

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	University of San Francisco Ma-3:	A	4:35.00	4:31.56	40
	1) Lin, Alan M24	2) Brunings, Kourtney W26	3) Heah, Rachel W26	4) Lopez, Samuel M23	
	1:06.48	2:16.42 (1:09.94)	4:31.56 (2:15.14)		

**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	University of San Francisco Ma-3:	A	4:35.00	2:13.25	40
	1) Lin, Alan M24	2) Brunings, Kourtney W26	3) Heah, Rachel W26	4) Lopez, Samuel M23	
	1:15.50	2:13.25 (57.75)			



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

## Results

## Mixed 100-119 400 LC Meter Freestyle Relay

NATL: 3:54.81 N 7/25/2009 SOUTHERN CAL AQUATIC MASTERS

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	University of San Francisco Ma-3:	A	4:35.00	4:48.22	40
	1) Lutsky, Abby W31	2) Goard, Andrew M M28	3) Gallagher, Nathan C M36	4) Greco, Sophia W24	
	1:20.25	2:22.84 (1:02.59)	3:36.52 (1:13.68)	4:48.22 (1:11.70)	

## 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 IDA

PAC: 1:55.34 P 12/31/2011 TOC

F O'Donnell-McCarthy, J W Dorr, E P Reilly, S Gree

1	University of San Francisco Ma-3:	A	4:35.00	2:25.91	40
	1) Lutsky, Abby W31	2) Goard, Andrew M M28	3) Gallagher, Nathan C M36	4) Greco, Sophia W24	
	1:20.98	2:25.91 (1:04.93)			

## 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	Sacramento Masters-38	A	2:15.00	2:08.38	40
	1) Boyle, Jackson M M19	2) Buford, Mary W39	3) Gonzalez Ospina, Laura W29	4) Barajas, Nick M57	
	1:03.58	2:08.38 (1:04.80)			
2	University of San Francisco Ma-3:	A	2:12.00	2:13.02	34
	1) Gallagher, Nathan C M36	2) Prichard, Amie W43	3) Sweeney, Megan W43	4) Goard, Andrew M M28	
	1:10.08	2:13.02 (1:02.94)			

## 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	University of San Francisco Ma-3:	A	4:10.00	4:07.63	40
	1) Putnam, Charlie M31	2) Petrakis, Danae W31	3) Lundblad, Hope C W29	4) Christensen, Jon M33	
	1:00.01	2:04.95 (1:04.94)	3:09.43 (1:04.48)	4:07.63 (58.20)	
2	Rolling Hills Mud Sharks-38	A	5:00.00	4:40.10	34
	1) Arrigo, Nicholas J M38	2) Erickson, Douglas M51	3) Kroetz, Brigitte W28	4) Murray, Tori W41	
	1:02.36	2:12.69 (1:10.33)	3:21.84 (1:09.15)	4:40.10 (1:18.26)	
3	Menlo Masters-38	A	5:15.00	4:57.43	32
	1) Zorowski, Rachel W29	2) Smith, Justin M28	3) Sheeper, Tim M60	4) Eastman, Rebecca W35	
	1:11.50	2:20.78 (1:09.28)	3:39.92 (1:19.14)	4:57.43 (1:17.51)	
4	Marcia's Enthusiastic Masters-38	A	5:20.00	5:13.51	30
	1) McBride, Beth W33	2) Woo, Emily W28	3) Wu, Long M58	4) Song, Jimmy M40	
	1:15.04	2:36.92 (1:21.88)	4:01.25 (1:24.33)	5:13.51 (1:12.26)	

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

## Results

## 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	University of San Francisco Ma-38	A	4:10.00	2:04.19	40
	1) Putnam, Charlie M31	2) Petrakis, Danae W31	3) Lundblad, Hope C W29	4) Christensen, Jon M33	
	1:01.75	2:04.19 (1:02.44)			
2	Sacramento Masters-38	A	2:30.00	2:24.21	34
	1) Buford, Mary W39	2) Boyle, Jackson M M19	3) Gonzalez Ospina, Laura W29	4) Barajas, Nick M57	
	1:19.83	2:24.21 (1:04.38)			
3	Rolling Hills Mud Sharks-38	A	2:40.00	2:26.92	32
	1) Murray, Tori W41	2) Erickson, Douglas M51	3) Kroetz, Brigitte W28	4) Arrigo, Nicholas J M38	
	1:22.17	2:26.92 (1:04.75)			
4	Marcia's Enthusiastic Masters-38	A	2:45.00	2:33.01	30
	1) McBride, Beth W33	2) Song, Jimmy M40	3) Woo, Emily W28	4) Lehnert, Ahren M50	
	1:19.63	2:33.01 (1:13.38)			
5	Menlo Masters-38	A	2:45.00	2:35.21	28
	1) Smith, Justin M28	2) Zoromski, Rachel W29	3) Eastman, Rebecca W35	4) Sheeper, Tim M60	
	1:20.69	2:35.21 (1:14.52)			

## 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	University of San Francisco Ma-38	A	5:30.00	5:43.98	40
	1) Copp, Rachel W26	2) Gallagher, Nathan C M36	3) Greco, Sophia W24	4) Treman, Jim M58	
	1:23.99	3:06.97 (1:42.98)	4:24.31 (1:17.34)	5:43.98 (1:19.67)	

## 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	Davis Aquatic Masters-38	A	2:03.10	2:01.75	40
	1) Zachan, Matthew M37	2) Garforth, Emma W55	3) Winsor, Brad M52	4) Crow, Vivian A W26	
	1:01.16	2:01.75 (1:00.59)			
2	Richmond Plunge Masters-38	A	2:29.50	2:14.97	34
	1) De Barros, Carolina W33	2) Meeker, Michael M50	3) Mah, Kimberly W34	4) Taylor, Ron M63	
	1:06.08	2:14.97 (1:08.89)			

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

## Results

## 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	University of San Francisco Ma-31	A	4:20.00	4:20.03	40
	1) Salomaa, Jari M45	2) Huang, Jessica W39	3) Samotyj, John M42	4) Petrakis, Kristina W34	
	1:11.28	2:16.44 (1:05.16)	3:15.01 (58.57)	4:20.03 (1:05.02)	

## 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	Richmond Plunge Masters-38	A	10:59.00	10:42.94	40
	1) De Barros, Carolina W33	2) Taylor, Ron M63	3) Frink, Stephen M38	4) Mah, Kimberly W34	
	1:18.01	2:41.27 (2:41.27)	3:57.62 (1:16.35)	5:21.36 (2:40.09)	
	6:28.95 (1:07.59)	7:41.26 (2:19.90)	9:10.76 (1:29.50)	10:42.94 (3:01.68)	

## 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	University of San Francisco Ma-31	A	4:20.00	2:16.11	40
	1) Salomaa, Jari M45	2) Huang, Jessica W39	3) Samotyj, John M42	4) Petrakis, Kristina W34	
	1:19.16	2:16.11 (56.95)			
2	Davis Aquatic Masters-38	A	2:24.10	2:21.98	34
	1) Crow, Vivian A W26	2) Zachan, Matthew M37	3) Belluomini, Melanie W46	4) Winsor, Brad M52	
	1:17.10	2:21.98 (1:04.88)			

## 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	Richmond Plunge Masters-38	A	5:59.00	5:39.10	40
	1) Taylor, Ron M63	2) Mah, Kimberly W34	3) De Barros, Carolina W33	4) Frink, Stephen M38	
	1:19.89	3:08.15 (1:48.26)	4:37.57 (1:29.42)	5:39.10 (1:01.53)	
2	University of San Francisco Ma-31	A	5:30.00	5:56.82	34
	1) Ferroggiaro, Alex W32	2) Robinson, John S M58	3) Alexander, Margaret W33	4) Bucy, John M45	
	1:23.82	3:17.28 (1:53.46)	4:37.63 (1:20.35)	5:56.82 (1:19.19)	
3	Marcia's Enthusiastic Masters-38	A	6:50.00	7:11.05	32
	1) Wu, Long M58	2) Lee, Jez W43	3) Chien, Regina W37	4) Galvin, Patrick M58	
	1:51.59	3:56.28 (2:04.69)	5:53.49 (1:57.21)	7:11.05 (1:17.56)	

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

## Results

## 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	Sebastopol Masters Aquatic Club	A	2:20.00	2:33.11	40
	1) Mills, Robin W61	2) Hektner, Eric M65	3) Flecker, Donita W41	4) Keating, Kevin M60	
	1:19.92	2:33.11 (1:13.19)			

## 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	Walnut Creek Masters-38	A	4:35.00	4:42.46	40
	1) Ward, Lisa W59	2) Boone, Danielle W58	3) Boone, Matt M34	4) Boone, Jon M60	
	1:04.52	2:19.79 (1:15.27)	3:33.98 (1:14.19)	4:42.46 (1:08.48)	
2	Rolling Hills Mud Sharks-38	A	5:20.00	5:28.13	34
	1) Laudenslager, Greg M62	2) Towey, Rachel W49	3) Suess, Robert M62	4) McCullough, Juliette W42	
	1:12.07	2:34.93 (1:22.86)	3:54.88 (1:19.95)	5:28.13 (1:33.25)	
3	Marcia's Enthusiastic Masters-38	A	6:30.00	6:10.24	32
	1) Voight, Tina W54	2) Lee, Jez W43	3) Rentschler, Randy M63	4) Inchausti, Robert M61	
	1:23.67	2:52.38 (1:28.71)	4:32.50 (1:40.12)	6:10.24 (1:37.74)	

## 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	Menlo Masters-38	A	11:00.00	10:42.00	40
	1) Couch, Stephanie W59	2) Chialvo, Federico M40	3) Reneau, Frances W64	4) Rosales-Delmoral, Romer M50	
	1:21.38	2:45.55 (2:45.55)	3:52.49 (1:06.94)	5:04.87 (2:19.32)	
	6:39.68 (1:34.81)	8:16.90 (3:12.03)	9:28.72 (1:11.82)	10:42.00 (2:25.10)	
2	University of San Francisco Ma-38	A	10:55.00	10:46.48	34
	1) Schallert, Lia W33	2) Gerhan, Martha W62	3) Ewing, Jack M63	4) Wagner, Chris M64	
	1:11.89	2:30.26 (2:30.26)	4:00.50 (1:30.24)	5:37.39 (3:07.13)	
	6:00.96 (23.57)	8:03.20 (2:25.81)	9:20.69 (1:17.49)	10:46.48 (2:43.28)	

## 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 -GBR

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	Walnut Creek Masters-38	A	2:06.00	2:19.04	40
	1) Rogers, Louis M34	2) Nootbaar, Tom M60	3) Zamanian, Alison W53	4) Boone, Danielle W58	
	1:13.44	2:19.04 (1:05.60)			

**2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023****Results****(Mixed 200-239 200 LC Meter Medley Relay)**

2	Santa Rosa Masters-38	A	2:30.00	2:25.90	34
	1) Richards, Ericka W45	2) Pettibone, Chip M61	3) McCormick, Peter M54	4) Nelson, Sheila W55	
	1:17.20	2:25.90 (1:08.70)			
3	Rolling Hills Mud Sharks-38	A	2:56.00	2:44.01	32
	1) Laudenslager, Greg M62	2) McCullough, Juliette W42	3) Towey, Rachel W49	4) Suess, Robert M62	
4	Marcia's Enthusiastic Masters-38	A	3:20.00	2:48.05	30
	1) Hertzler, Keith M50	2) Voight, Tina W54	3) Lee, Jez W43	4) Winterrowd, Dan M73	
	1:28.98	2:48.05 (1:19.07)			

**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	Sebastopol Masters Aquatic Clu-3	A	5:50.00	6:24.60	40
	1) Flecker, Donita W41	2) Hektner, Eric M65	3) Keating, Kevin M60	4) Mills, Robin W61	
	1:43.74	3:38.74 (1:55.00)	4:57.74 (1:19.00)	6:24.60 (1:26.86)	
2	University of San Francisco Ma-38	A	6:30.00	6:58.49	34
	1) Niccolls, Dorothy W70	2) Ewing, Jack M63	3) Valentine, Matthew M29	4) Macleod, Pascale W59	
	2:23.87	3:59.91 (1:36.04)	5:04.85 (1:04.94)	6:58.49 (1:53.64)	

**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	Menlo Masters-38	A	2:30.00	2:25.58	40
	1) Couch, Stephanie W59	2) Anderson, Bob M68	3) Sheeper, Tim M60	4) Matena, Jana W61	
	1:16.05	2:25.58 (1:09.53)			
2	University of San Francisco Ma-38	A	3:45.00	3:10.64	34
	1) Shalowitz, Jon M56	2) Wagner, Chris M64	3) Macleod, Pascale W59	4) Niccolls, Dorothy W70	
	1:23.66	3:10.64 (1:46.98)			

**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	Walnut Creek Masters-38	A	13:00.00	13:04.30	40
	1) Zamanian, Alison W53	2) Scott, Stephanie W76	3) Feiring, Keith M76	4) Kemler, David M65	
	1:07.51	2:20.28 (2:20.28)	4:06.23 (1:45.95)	5:27.73 (3:07.45)	
	8:07.94 (2:40.21)	10:19.58 (4:51.85)	11:39.26 (1:19.68)	13:04.30 (2:44.72)	

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

## Results

## 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	Rolling Hills Mud Sharks-38	A	6:35.00	6:42.29	40
	1) Hepworth, Linda W70	2) Laudenslager, Sherri W61	3) Laudenslager, Greg M62	4) Nam, Jimmy M55	
	1:50.06	3:44.44 (1:54.38)	5:27.58 (1:43.14)	6:42.29 (1:14.71)	

## 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	Rolling Hills Mud Sharks-38	A	7:20.00	7:39.88	40
	1) Nam, Jimmy M55	2) Coholan, Annette W75	3) Tevis, Maggie W75	4) Ciampi, Norman M84	
	1:13.69	5:21.61 ( )	7:39.88 (2:18.27)		
2	University of San Francisco Ma-31	A	7:55.00	8:09.70	34
	1) Niccolls, Dorothy W70	2) Bortman, Henry (Camo) M73	3) Marrocco, Judy W68	4) Virtue, Paul M72	
	2:05.56	4:32.75 (2:27.19)	6:44.15 (2:11.40)	8:09.70 (1:25.55)	

## 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	Rolling Hills Mud Sharks-38	A	15:00.00	14:12.16	40
	1) Nam, Jimmy M55	2) Hepworth, Linda W70	3) Anderson, Fred M81	4) Coholan, Annette W75	
	1:19.25	2:47.64 (2:47.64)	4:23.28 (1:35.64)	6:04.50 (3:16.86)	
	8:05.63 (2:01.13)	10:13.33 (4:08.83)	12:11.36 (1:58.03)	14:12.16 (3:58.83)	

## 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-USA  
 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	Rolling Hills Mud Sharks-38	A	4:00.00	4:04.40	40
	1) Tevis, Maggie W75	2) Coholan, Annette W75	3) Nam, Jimmy M55	4) Ciampi, Norman M84	
	2:19.29	4:04.40 (1:45.11)			
2	University of San Francisco Ma-31	A	7:55.00	4:33.69	34
	1) Niccolls, Dorothy W70	2) Bortman, Henry (Camo) M73	3) Marrocco, Judy W68	4) Virtue, Paul M72	
	2:33.13	4:33.69 (2:00.56)			

**2023 Pacific Masters Swimming LC Championship - 7/21/2023 to 7/23/2023****Results****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	Rolling Hills Mud Sharks-38	A	7:40.00	9:16.96	40
	1) Tevis, Maggie W75	2) Coholan, Annette W75	3) Erickson, Douglas M51	4) Ciampi, Norman M84	
	2:38.91	6:43.38 ( )	9:16.96 (2:33.58)		
---	University of San Francisco Ma-31	A	7:30.00	DQ	
	1) Prichard, Amie W43	2) Fleming, Jack C M88	3) Rankin, Shane I M49	4) Cohn, Darcy C W72	
	1:42.83	3:58.80 (2:15.97)	5:37.99 (1:39.19)	DQ (1:59.88)	