

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 18-24 50 Yard Freestyle**

NATL: 22.21 ! 1/31/2015 VANDERPOOL-WALLAC
 PAC: 23.44 @ 12/31/2010 Fiona O'Donnell-M

Name	Age	Team	Seed Time	Finals Time	Points
1 Loya, Antoinette	24	Club Hot Tub-38	24.00	25.29	21
2 Smith, Ali	22	Club Hot Tub-38	30.99	27.19	19
3 Greenberg, Nicole	23	University of San Francisco Ma-38	28.00	27.76	18
4 Jegers, Jade Y	19	Marcia's Enthusiastic Masters-38	29.00	28.64	17
5 Davison, Genna	18	Uc38	27.96	29.33	16

Women 18-24 50 Yard Freestyle

NATL: 22.21 ! 1/31/2015 VANDERPOOL-WALLAC
 PAC: 23.44 @ 12/31/2010 Fiona O'Donnell-M

2 Jegers, Jade Y	19	Marcia's Enthusiastic Masters-38	NT	27.42	
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Women 18-24 100 Yard Freestyle

NATL: 48.18 ! 12/6/2014 KATIE MEILI
 PAC: 48.29 @ 12/31/2010 Dana Vollmer

1 Greenberg, Nicole	23	University of San Francisco Ma-38	59.00	59.71	21
				28.68 59.71 (31.03)	
2 Smith, Ali	22	Club Hot Tub-38	1:04.99	1:01.06	19
				28.87 1:01.06 (32.19)	
3 Gallahue, Caoimhe	24	Walnut Creek Masters-38	1:06.00	1:01.37	18
				30.11 1:01.37 (31.26)	
4 Jegers, Jade Y	19	Marcia's Enthusiastic Masters-38	1:10.00	1:04.27	17
				30.92 1:04.27 (33.35)	
5 Davison, Genna	18	Uc38	1:04.98	1:08.30	16
				30.77 1:08.30 (37.53)	

Women 18-24 200 Yard Freestyle

NATL: 1:43.28 ! 11/8/2009 DANA VOLLMER
 PAC: 1:43.28 @ 12/31/2010 Dana Vollmer

1 Larsen, Amy	23	Walnut Creek Masters-38	2:17.00	2:12.98	21
				31.60 1:05.36 (33.76) 1:39.78 (34.42) 2:12.98 (33.20)	

Women 18-24 500 Yard Freestyle

NATL: 4:49.97 ! 10/25/2003 JESSICA FOSCHI
 PAC: 4:52.59 @ 5/3/2014 Katie C Kastes

1 Larsen, Amy	23	Walnut Creek Masters-38	5:58.51	5:56.59	21
				32.84 1:08.08 (35.24) 1:43.90 (35.82) 2:19.66 (35.76)	
				2:55.72 (36.06) 3:31.99 (36.27) 4:08.42 (36.43) 4:44.82 (36.40)	
				5:21.06 (36.24) 5:56.59 (35.53)	

Women 18-24 50 Yard Backstroke

NATL: 25.47 ! 3/23/2019 C BARTHOLOMEW
 PAC: 25.95 @ 3/31/2019 Lindsey E Engel

1 Green, Lauren	24	The Olympic Club-38	28.01	27.36	21
2 Davison, Genna	18	Uc38	35.11	35.32	19

Women 18-24 50 Yard Breaststroke

NATL: 27.76 ! 12/5/2014 KATIE MEILI
 PAC: 29.52 @ 2/12/2011 Lauren A Beaudrea

1 Greenberg, Nicole	23	University of San Francisco Ma-38	36.00	36.49	21
2 Gallahue, Caoimhe	24	Walnut Creek Masters-38	38.00	37.52	19
3 Davison, Genna	18	Uc38	38.90	40.14	18

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NATL: 2:06.59 ! 12/6/2014 MICAH LAWRENCE

PAC: 2:18.76 @ 2/12/2011 Lauren A Beaudrea

1	Kukurugya, Hannah	24	The Olympic Club-38	2:30.00	2:34.81	21
	37.16	1:17.52 (40.36)	1:56.65 (39.13)	2:34.81 (38.16)		

Women 18-24 50 Yard Butterfly

NATL: 24.54 ! 11/8/2009 DANA VOLLMER

PAC: 24.54 @ 12/31/2010 Dana Vollmer

1	Green, Lauren	24	The Olympic Club-38	26.00	25.56	21
2	Loya, Antoinette	24	Club Hot Tub-38	25.00	26.94	19
3	Kukurugya, Hannah	24	The Olympic Club-38	26.07	27.25	18
4	Smith, Ali	22	Club Hot Tub-38	34.99	31.03	17
5	Davison, Genna	18	Uc38	31.04	31.04	16

Women 18-24 100 Yard Butterfly

NATL: 52.30 ! 11/8/2009 DANA VOLLMER

PAC: 52.30 @ 12/31/2010 Dana Vollmer

1	Green, Lauren	24	The Olympic Club-38	1:00.00	57.24	21
	26.60	57.24 (30.64)				
2	Kukurugya, Hannah	24	The Olympic Club-38	1:05.00	59.35	19
	28.12	59.35 (31.23)				
3	Larsen, Amy	23	Walnut Creek Masters-38	1:07.00	1:07.65	18
	32.07	1:07.65 (35.58)				
4	Smith, Ali	22	Club Hot Tub-38	1:15.99	1:14.29	17
	32.53	1:14.29 (41.76)				

Women 18-24 200 Yard Butterfly

NATL: 1:54.62 ! 4/28/2012 KATHERINE MILLS

PAC: 2:00.99 @ 5/3/2014 Katie C Kastes

1	Arteaga, Daniela	23	Richmond Plunge Masters-38	3:25.00	3:12.60	21
	41.29	1:29.98 (48.69)	2:21.56 (51.58)	3:12.60 (51.04)		

Women 18-24 100 Yard IM

NATL: 53.02 ! 12/21/2014 KATIE MEILI

PAC: 57.04 @ 5/3/2014 Penelope R Yamauc

1	Green, Lauren	24	The Olympic Club-38	1:03.00	1:02.62	21
	29.36	1:02.62 (33.26)				
2	Loya, Antoinette	24	Club Hot Tub-38	1:00.00	1:03.92	19
	28.83	1:03.92 (35.09)				
3	Kukurugya, Hannah	24	The Olympic Club-38	1:01.17	1:04.16	18
	29.77	1:04.16 (34.39)				
4	Gallahue, Caoimhe	24	Walnut Creek Masters-38	1:13.00	1:09.06	17
	32.77	1:09.06 (36.29)				
5	Davison, Genna	18	Uc38	1:15.21	1:15.16	16
	32.78	1:15.16 (42.38)				
6	Arteaga, Daniela	23	Richmond Plunge Masters-38	1:29.30	1:26.47	15
	40.34	1:26.47 (46.13)				

Women 18-24 200 Yard IM

NATL: 1:54.20 ! 12/4/2014 KATIE MEILI

PAC: 2:02.48 @ 12/31/2010 Dana Vollmer

1	Gallahue, Caoimhe	24	Walnut Creek Masters-38	2:35.00	2:31.70	21
	32.46	1:11.68 (39.22)	1:55.44 (43.76)	2:31.70 (36.26)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 18-24 400 Yard IM**NATL: **4:17.48** ! 3/27/2021 **DESTINY NELSON**PAC: **4:18.37** @ 12/31/2000 **Sarabeth Schweitz**

1	Larsen, Amy	23	Walnut Creek Masters-38	5:34.99	5:09.24	21
	32.68	1:09.41 (36.73)	1:50.38 (40.97)	2:31.80 (41.42)		
	3:15.51 (43.71)	3:59.70 (44.19)	4:34.71 (35.01)	5:09.24 (34.53)		

Women 25-29 50 Yard FreestyleNATL: **22.00** ! 4/27/2019 **KATARZYNA WILK**PAC: **23.20** @ 12/31/1992 **Anna Pettis-Scott**

1	Shanahan, Brenda	25	QuickSilver Masters-38	27.24	27.08	21
2	Schuler, Mackenzie	26	Walnut Creek Masters-38	26.56	27.57	19
3	Zoromski, Rachel	28	Menlo Masters-38	27.38	27.80	18
4	Roriz, Julia	29	Marcia's Enthusiastic Masters-38	29.00	30.24	17

Women 25-29 100 Yard FreestyleNATL: **48.58** ! 5/12/2018 **KATARZYNA WILK**PAC: **50.70** @ 5/12/2018 **Felicia Lee**

1	Wong, Lauren	28	Santa Clara Swim Club Masters-38	1:01.00	58.43	21
	28.40	58.43 (30.03)				
2	Shanahan, Brenda	25	QuickSilver Masters-38	1:01.86	59.70	19
	28.73	59.70 (30.97)				
3	Schuler, Mackenzie	26	Walnut Creek Masters-38	59.27	1:00.81	18
	28.01	1:00.81 (32.80)				
4	Zoromski, Rachel	28	Menlo Masters-38	1:03.01	1:01.39	17
	29.66	1:01.39 (31.73)				
5	Rodman, Tanya	28	University of San Francisco Ma-38	1:03.78	1:04.05	16
	30.55	1:04.05 (33.50)				
6	Morrice, Carolyn A	29	Walnut Creek Masters-38	1:06.12	1:06.05	15
	31.85	1:06.05 (34.20)				
7	Roriz, Julia	29	Marcia's Enthusiastic Masters-38	1:20.00	1:09.51	14
	33.70	1:09.51 (35.81)				

Women 25-29 200 Yard FreestyleNATL: **1:48.80** ! 5/20/2001 **LIMIN LIU**PAC: **1:48.80** @ 12/31/2001 **Limin Liu**

1	Bergman, Abigail	27	Menlo Masters-38	2:17.21	2:18.78	21
	32.14	1:07.97 (35.83)	1:43.60 (35.63)	2:18.78 (35.18)		

Women 25-29 500 Yard FreestyleNATL: **4:49.88** ! 1/3/1996 **SHEILA TAORMINA**PAC: **4:54.67** @ 4/7/2018 **Catherine Breed**

1	Lundblad, Hope	28	University of San Francisco Ma-38	5:45.00	5:36.78	21
	29.20	1:01.12 (31.92)	1:34.33 (33.21)	2:07.69 (33.36)		
	2:41.86 (34.17)	3:16.47 (34.61)	3:52.23 (35.76)	4:27.89 (35.66)		
	5:02.98 (35.09)	5:36.78 (33.80)				
2	Wong, Lauren	28	Santa Clara Swim Club Masters-38	5:50.00	5:48.78	19
	32.23	1:06.88 (34.65)	1:41.89 (35.01)	2:17.23 (35.34)		
	2:52.62 (35.39)	3:27.95 (35.33)	4:03.33 (35.38)	4:38.85 (35.52)		
	5:14.28 (35.43)	5:48.78 (34.50)				
3	Bergman, Abigail	27	Menlo Masters-38	5:47.09	5:50.20	18
	32.41	1:07.45 (35.04)	1:43.13 (35.68)	2:18.43 (35.30)		
	2:54.11 (35.68)	3:29.94 (35.83)	4:05.27 (35.33)	4:40.98 (35.71)		
	5:16.11 (35.13)	5:50.20 (34.09)				

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4	Lim, Aren	29	Club Hot Tub-38	7:58.00	7:00.84	17
	37.97	1:19.51 (41.54)	2:01.89 (42.38)	2:44.46 (42.57)		
	3:26.94 (42.48)	4:10.55 (43.61)	4:53.14 (42.59)	5:36.80 (43.66)		
	6:19.65 (42.85)	7:00.84 (41.19)				
5	Redor, Devin	27	Marcia's Enthusiastic Masters-38	10:30.00	8:31.37	16
	44.87	1:36.07 (51.20)	2:27.38 (51.31)	3:19.56 (52.18)		
	4:11.68 (52.12)	5:03.97 (52.29)	5:57.53 (53.56)	6:49.78 (52.25)		
	7:40.59 (50.81)	8:31.37 (50.78)				

Women 25-29 1650 Yard Freestyle**NATL: 16:50.17 ! 5/19/1991 KAREN BURTON****PAC: 16:56.13 @ 4/6/2018 Catherine Breed**

1	Bergman, Abigail	27	Menlo Masters-38	19:52.65	20:48.89	21
	33.84	1:11.27 (37.43)	1:49.09 (37.82)	2:26.67 (37.58)		
	3:04.33 (37.66)	3:41.77 (37.44)	4:19.29 (37.52)	4:56.34 (37.05)		
	5:33.71 (37.37)	6:11.52 (37.81)	6:48.87 (37.35)	7:26.20 (37.33)		
	8:03.74 (37.54)	8:41.01 (37.27)	9:18.70 (37.69)	9:56.38 (37.68)		
	10:34.20 (37.82)	11:12.16 (37.96)	11:50.06 (37.90)	12:28.29 (38.23)		
	13:06.49 (38.20)	13:44.45 (37.96)	14:22.75 (38.30)	15:01.06 (38.31)		
	15:39.89 (38.83)	16:18.75 (38.86)	16:57.52 (38.77)	17:35.85 (38.33)		
	18:15.08 (39.23)	18:54.14 (39.06)	19:33.01 (38.87)	20:11.66 (38.65)	20:48.89 (37.23)	

Women 25-29 50 Yard Backstroke**NATL: 25.26 ! 5/22/2010 TANICA JAMISON****PAC: 25.32 @ 5/13/2018 Felicia Lee**

1	Sturzenegger, Selby	26	The Olympic Club-38	27.38	27.37	21
2	Ladd, Catherine	26	The Olympic Club-38	29.29	27.92	19
3	Wong, Lauren	28	Santa Clara Swim Club Masters-38	29.00	29.46	18
4	Kronick, Katherine	28	The Olympic Club-38	30.20	30.44	17
5	Brunings, Kourtney	25	University of San Francisco Ma-38	31.18	31.77	16
6	Shanahan, Brenda	25	QuickSilver Masters-38	32.27	31.90	15
7	Le, Natalie	26	Club Hot Tub-38	35.00	34.74	14
8	Kolesar, Allisyn A	28	QuickSilver Masters-38	35.97	34.89	13
9	Rodman, Tanya	28	University of San Francisco Ma-38	38.00	35.51	12
10	Macabugao, Jam A	28	Uc38	37.01	35.69	11
11	Lim, Aren	29	Club Hot Tub-38	40.25	39.92	10

Women 25-29 100 Yard Backstroke**NATL: 54.06 ! 5/23/2010 TANICA JAMISON****PAC: 55.68 @ 5/11/2018 Felicia Lee**

1	Wong, Lauren	28	Santa Clara Swim Club Masters-38	1:05.00	1:02.77	21
	30.48	1:02.77 (32.29)				
2	Crow, Vivian A	25	Davis Aquatic Masters-38	1:15.07	1:09.05	19
	33.53	1:09.05 (35.52)				

Women 25-29 200 Yard Backstroke**NATL: 1:56.87 ! 2/28/2015 F PELLEGRINI****PAC: 2:04.28 @ 4/30/2022 Felicia Lee**

1	Ladd, Catherine	26	The Olympic Club-38	2:10.00	2:07.98	21
	29.98	1:01.86 (31.88)	1:34.92 (33.06)	2:07.98 (33.06)		
2	Wong, Lauren	28	Santa Clara Swim Club Masters-38	2:20.00	2:17.95	19
	33.01	1:07.78 (34.77)	1:43.19 (35.41)	2:17.95 (34.76)		

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1	Crow, Vivian A	25	Davis Aquatic Masters-38	37.12	35.21	21
2	Chu, Christine	29	University of San Francisco Ma-38	36.27	35.62	19
3	Shanahan, Brenda	25	QuickSilver Masters-38	36.44	36.56	18
4	Roriz, Julia	29	Marcia's Enthusiastic Masters-38	37.10	36.57	17
5	Zoromski, Rachel	28	Menlo Masters-38	38.00	37.36	16
6	Rodman, Tanya	28	University of San Francisco Ma-38	40.00	38.46	15

Women 25-29 200 Yard BreaststrokeNATL: 2:09.05 ! 2/6/2010 **MEGAN JENDRICK**PAC: 2:19.51 @ 4/26/2015 **Katy Houston**

1	Brunings, Kourtney	25	University of San Francisco Ma-38	2:45.00	2:42.04	21
				37.15	1:18.40 (41.25)	1:59.84 (41.44)
						2:42.04 (42.20)
2	Bergman, Abigail	27	Menlo Masters-38	2:46.05	2:45.55	19
				38.82	1:21.44 (42.62)	2:03.23 (41.79)
						2:45.55 (42.32)

Women 25-29 50 Yard ButterflyNATL: 24.19 ! 4/28/2017 **DANIELLE HERRMANN**PAC: 24.19 @ 4/28/2017 **Danielle M Herrma**

1	Sturzenegger, Selby	26	The Olympic Club-38	26.39	27.29	21
2	Ladd, Catherine	26	The Olympic Club-38	27.22	27.50	19
3	Kronick, Katherine	28	The Olympic Club-38	27.28	28.18	18
4	Wong, Lauren	28	Santa Clara Swim Club Masters-38	29.00	28.41	17
5	Brunings, Kourtney	25	University of San Francisco Ma-38	29.20	28.78	16
6	Lundblad, Hope	28	University of San Francisco Ma-38	32.00	28.98	15
7	Zoromski, Rachel	28	Menlo Masters-38	32.50	30.26	14
8	Shanahan, Brenda	25	QuickSilver Masters-38	29.66	30.32	13
9	Morrice, Carolyn A	29	Walnut Creek Masters-38	33.33	32.02	12
10	Macabugao, Jam A	28	Uc38	31.50	32.46	11
11	Roriz, Julia	29	Marcia's Enthusiastic Masters-38	33.19	34.50	10
12	Le, Natalie	26	Club Hot Tub-38	35.00	34.60	9
13	Kolesar, Allisyn A	28	QuickSilver Masters-38	35.94	35.20	8
14	Redor, Devin	27	Marcia's Enthusiastic Masters-38	41.30	41.02	7

Women 25-29 100 Yard ButterflyNATL: 53.20 ! 4/24/2015 **AMANDA SIMS**PAC: 53.20 @ 4/24/2015 **Amanda M Sims**

1	Sturzenegger, Selby	26	The Olympic Club-38	1:00.12	1:00.14	21
				27.84	1:00.14 (32.30)	
2	Kronick, Katherine	28	The Olympic Club-38	59.89	1:01.94	19
				29.02	1:01.94 (32.92)	
3	Bergman, Abigail	27	Menlo Masters-38	1:06.19	1:07.82	18
				32.85	1:07.82 (34.97)	
4	Morrice, Carolyn A	29	Walnut Creek Masters-38	1:10.33	1:12.07	17
				34.19	1:12.07 (37.88)	
5	Macabugao, Jam A	28	Uc38	1:17.66	1:15.60	16
				33.30	1:15.60 (42.30)	
---	Redor, Devin	27	Marcia's Enthusiastic Masters-38	1:45.10	DQ	
				44.48	DQ (1:02.09)	

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1	Chu, Christine	29	University of San Francisco Ma-38	2:45.00	2:35.81	21
	34.15	1:13.66 (39.51)	1:54.18 (40.52)	2:35.81 (41.63)		

Women 25-29 100 Yard IMNATL: **54.40** ! 4/29/2017 **DANIELLE HERRMANN**PAC: **54.40** @ 4/29/2017 **Danielle M Herrma**

1	Sturzenegger, Selby	26	The Olympic Club-38	1:01.57	1:01.19	21
	28.40	1:01.19 (32.79)				
2	Ladd, Catherine	26	The Olympic Club-38	1:04.62	1:02.98	19
	28.96	1:02.98 (34.02)				
3	Lundblad, Hope	28	University of San Francisco Ma-38	1:06.55	1:03.42	18
	30.22	1:03.42 (33.20)				
4	Kronick, Katherine	28	The Olympic Club-38	1:03.72	1:05.02	17
	30.34	1:05.02 (34.68)				
5	Brunings, Kourtney	25	University of San Francisco Ma-38	1:07.00	1:07.79	16
	32.01	1:07.79 (35.78)				
6	Shanahan, Brenda	25	QuickSilver Masters-38	1:06.53	1:08.03	15
	31.63	1:08.03 (36.40)				
7	Bergman, Abigail	27	Menlo Masters-38	1:09.35	1:10.73	14
	33.33	1:10.73 (37.40)				
8	Zoromski, Rachel	28	Menlo Masters-38	1:20.00	1:11.64	13
	33.24	1:11.64 (38.40)				
9	Rodman, Tanya	28	University of San Francisco Ma-38	1:16.06	1:13.64	12
	34.52	1:13.64 (39.12)				
10	Hamp, Elizabeth J	27	University of San Francisco Ma-38	1:18.39	1:14.49	11
	34.94	1:14.49 (39.55)				
11	Morrice, Carolyn A	29	Walnut Creek Masters-38	1:15.00	1:15.65	10
	35.12	1:15.65 (40.53)				
12	Le, Natalie	26	Club Hot Tub-38	1:15.00	1:15.98	9
	34.60	1:15.98 (41.38)				
13	Macabugao, Jam A	28	Uc38	1:15.99	1:18.48	8
	36.20	1:18.48 (42.28)				
14	Roriz, Julia	29	Marcia's Enthusiastic Masters-38	1:16.56	1:19.20	7
	38.56	1:19.20 (40.64)				
15	Kolesar, Allisyn A	28	QuickSilver Masters-38	1:21.86	1:20.32	6
	35.82	1:20.32 (44.50)				
16	Redor, Devin	27	Marcia's Enthusiastic Masters-38	3:40.25	1:31.46	5
	41.82	1:31.46 (49.64)				

Women 25-29 200 Yard IMNATL: **1:57.56** ! 12/5/2013 **JUSTINE MUELLER**PAC: **2:00.62** @ 4/28/2017 **Danielle M Herrma**

1	Wong, Lauren	28	Santa Clara Swim Club Masters-38	2:25.00	2:22.40	21
	31.33	1:06.95 (35.62)	1:49.81 (42.86)	2:22.40 (32.59)		
2	Shanahan, Brenda	25	QuickSilver Masters-38	2:32.50	2:26.36	19
	31.72	1:08.20 (36.48)	1:51.44 (43.24)	2:26.36 (34.92)		
3	Chu, Christine	29	University of San Francisco Ma-38	2:32.00	2:28.80	18
	32.18	1:11.18 (39.00)	1:53.53 (42.35)	2:28.80 (35.27)		
4	Morrice, Carolyn A	29	Walnut Creek Masters-38	2:30.25	2:42.03	17
	34.70	1:17.79 (43.09)	2:05.12 (47.33)	2:42.03 (36.91)		

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5	Le, Natalie	26	Club Hot Tub-38	2:35.00	2:47.66	16
	36.42	1:18.32 (41.90)	2:06.10 (47.78)	2:47.66 (41.56)		

Women 25-29 400 Yard IMNATL: **4:19.02** ! 2/22/2013 **JUSTINE MUELLER**PAC: **4:21.52** @ 12/31/2005 **Kasey Harris**

1	Bergman, Abigail	27	Menlo Masters-38	5:02.59	5:10.74	21
	32.77	1:09.41 (36.64)	1:51.30 (41.89)	2:31.33 (40.03)		
	3:16.10 (44.77)	4:00.76 (44.66)	4:36.15 (35.39)	5:10.74 (34.59)		

Women 30-34 50 Yard FreestyleNATL: **22.37** ! 4/7/2019 **MADISON KENNEDY**PAC: **23.24** @ 12/31/2009 **Keiko Price**

1	Waters, Megan	33	QuickSilver Masters-38	25.00	24.04	21
2	Sun, Tiffany	34	Club Hot Tub-38	28.00	26.56	19
3	Skoda, Anette	31	Uc38	25.92	26.91	18
4	Warner, Kate	32	Walnut Creek Masters-38	29.05	27.96	17
5	Archibald, Hannah	33	University of San Francisco Ma-38	31.00	28.45	16
6	Faber, Carey	33	University of San Francisco Ma-38	55.00	28.68	15
7	Phillips, Alexandra	31	University of San Francisco Ma-38	35.00	28.98	14
8	McCarthy, Alexandra	31	University of San Francisco Ma-38	28.32	29.37	13
9	Holloway, Jillian	31	Albany Armada Aquatics Masters-38	29.11	30.00	12
10	Versfeld, Rizmari	34	University of San Francisco Ma-38	30.14	30.28	11
11	Rodriguez, Julianne	34	University of San Francisco Ma-38	36.43	36.13	10
12	Cohen, Rivkah	34	Marcia's Enthusiastic Masters-38	40.00	36.93	9
13	Raviv, Rotem	32	Club Hot Tub-38	38.97	38.13	8
14	Camacho, Serena	30	Diamond Hills Masters-38	49.00	43.35	7

Women 30-34 100 Yard FreestyleNATL: **48.03** ! 2/23/2013 **ERIKA ERNDL**PAC: **50.92** @ 12/31/2004 **Katrina Radke**

1	Sun, Tiffany	34	Club Hot Tub-38	1:00.00	58.06	21
	27.30	58.06 (30.76)				
2	Skoda, Anette	31	Uc38	56.99	59.62	19
	27.76	59.62 (31.86)				
3	Warner, Kate	32	Walnut Creek Masters-38	1:06.24	1:01.45	18
	30.40	1:01.45 (31.05)				
4	Archibald, Hannah	33	University of San Francisco Ma-38	1:03.00	1:02.21	17
	29.23	1:02.21 (32.98)				
5	Greer, Margaret	34	East Bay Bat Rays Masters-38	1:02.50	1:02.63	16
	30.11	1:02.63 (32.52)				
6	Phillips, Alexandra	31	University of San Francisco Ma-38	1:20.00	1:03.05	15
	30.58	1:03.05 (32.47)				
7	Holloway, Jillian	31	Albany Armada Aquatics Masters-38	1:03.80	1:03.64	14
	30.76	1:03.64 (32.88)				
8	Faber, Carey	33	University of San Francisco Ma-38	1:15.00	1:04.19	13
	29.53	1:04.19 (34.66)				
9	McCarthy, Alexandra	31	University of San Francisco Ma-38	1:07.13	1:04.41	12
	30.46	1:04.41 (33.95)				
10	Versfeld, Rizmari	34	University of San Francisco Ma-38	1:08.62	1:06.84	11
	31.73	1:06.84 (35.11)				
11	Rudebusch, Jane	31	Santa Cruz Masters Aquatics-38	1:24.30	1:19.19	10
	37.74	1:19.19 (41.45)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 30-34 100 Yard Freestyle)**

12	Raviv, Rotem	32	Club Hot Tub-38	1:25.02	1:21.81	9
	40.03		1:21.81 (41.78)			
13	Rodriguez, Julianne	34	University of San Francisco Ma-38	1:21.29	1:22.19	8
	38.07		1:22.19 (44.12)			
14	Camacho, Serena	30	Diamond Hills Masters-38	1:55.00	1:37.97	7
	46.57		1:37.97 (51.40)			

Women 30-34 200 Yard Freestyle**NATL: 1:43.46 ! 11/30/2012 ERIKA ERNDL****PAC: 1:51.40 @ 12/31/2003 Katrina Radke**

1	Breed, Catherine	30	The Olympic Club-38	1:55.00	1:50.29@	21
	26.35		54.69 (28.34) 1:22.45 (27.76) 1:50.29 (27.84)			
2	Breuer, Lauren	30	Jellies Aquatic Masters of Mon-38	2:04.14	1:59.08	19
	27.31		57.28 (29.97) 1:28.38 (31.10) 1:59.08 (30.70)			
3	Sun, Tiffany	34	Club Hot Tub-38	2:12.00	2:06.98	18
	28.16		59.32 (31.16) 1:32.57 (33.25) 2:06.98 (34.41)			
4	Warner, Kate	32	Walnut Creek Masters-38	2:27.60	2:15.26	17
	31.58		1:06.40 (34.82) 1:40.81 (34.41) 2:15.26 (34.45)			
5	McBride, Beth	33	Marcia's Enthusiastic Masters-38	2:38.00	2:21.30	16
	34.09		1:09.43 (35.34) 1:45.69 (36.26) 2:21.30 (35.61)			
6	Murillo, Catherine	34	Marcia's Enthusiastic Masters-38	3:04.00	2:54.15	15
	40.28		1:25.00 (44.72) 2:11.43 (46.43) 2:54.15 (42.72)			
7	Lu, Jenny	31	Marcia's Enthusiastic Masters-38	2:55.52	2:55.56	14
	40.06		1:23.81 (43.75) 2:10.46 (46.65) 2:55.56 (45.10)			
8	Raviv, Rotem	32	Club Hot Tub-38	4:00.00	3:03.32	13
	41.36		1:27.17 (45.81) 2:15.48 (48.31) 3:03.32 (47.84)			

Women 30-34 500 Yard Freestyle**NATL: 4:46.92 ! 4/14/2012 DAWN HECKMAN****PAC: 5:03.04 @ 12/31/1996 Lisa A Hazen**

1	Breed, Catherine	30	The Olympic Club-38	5:05.04	4:58.86@	21
	26.83		56.15 (29.32) 1:25.90 (29.75) 1:55.91 (30.01)			
	2:26.22 (30.31)		2:56.45 (30.23) 3:27.04 (30.59) 3:57.69 (30.65)			
	4:28.49 (30.80)		4:58.86 (30.37)			
2	Monsees, Courtney	34	The Olympic Club-38	5:30.00	5:06.33	19
	26.92		57.91 (30.99) 1:29.04 (31.13) 2:00.47 (31.43)			
	2:31.75 (31.28)		3:03.01 (31.26) 3:34.05 (31.04) 4:05.01 (30.96)			
	4:35.73 (30.72)		5:06.33 (30.60)			
3	Alexander, Margaret	33	University of San Francisco Ma-38	5:38.77	5:36.18	18
	30.47		1:03.63 (33.16) 1:37.88 (34.25) 2:12.33 (34.45)			
	2:46.86 (34.53)		3:20.78 (33.92) 3:54.88 (34.10) 4:29.33 (34.45)			
	5:03.66 (34.33)		5:36.18 (32.52)			
4	McBride, Beth	33	Marcia's Enthusiastic Masters-38	6:34.00	6:14.50	17
	35.77		1:14.17 (38.40) 1:51.38 (37.21) 2:28.91 (37.53)			
	3:06.85 (37.94)		3:44.58 (37.73) 4:22.27 (37.69) 4:59.97 (37.70)			
	5:37.69 (37.72)		6:14.50 (36.81)			
5	De Barros, Carolina	33	Richmond Plunge Masters-38	6:25.00	6:25.10	16
	35.63		1:13.41 (37.78) 1:52.98 (39.57) 2:32.91 (39.93)			
	3:12.81 (39.90)		3:51.60 (38.79) 4:30.90 (39.30) 5:10.57 (39.67)			
	5:48.61 (38.04)		6:25.10 (36.49)			

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 30-34 500 Yard Freestyle)**

6	Diakite, Adriana R	31	University of San Francisco Ma-38	7:30.00	6:50.85	15
	35.23	1:13.82 (38.59)	1:55.83 (42.01)	2:38.07 (42.24)		
	3:20.69 (42.62)	4:04.09 (43.40)	4:46.22 (42.13)	5:28.73 (42.51)		
	6:11.77 (43.04)	6:50.85 (39.08)				
7	Rudebusch, Jane	31	Santa Cruz Masters Aquatics-38	7:20.00	7:08.41	14
	38.18	1:20.66 (42.48)	2:03.38 (42.72)	2:46.70 (43.32)		
	3:30.34 (43.64)	4:14.65 (44.31)	4:58.45 (43.80)	5:42.18 (43.73)		
	6:25.98 (43.80)	7:08.41 (42.43)				
8	Lu, Jenny	31	Marcia's Enthusiastic Masters-38	7:45.36	7:58.67	13
	41.79	1:27.20 (45.41)	2:15.15 (47.95)	3:04.20 (49.05)		
	3:53.67 (49.47)	4:43.16 (49.49)	5:32.81 (49.65)	6:22.71 (49.90)		
	7:11.84 (49.13)	7:58.67 (46.83)				

Women 30-34 1650 Yard Freestyle**NATL: 17:07.52 ! 5/23/1993 KAREN BURTON****PAC: 17:07.66 @ 12/31/1999 Lisa A Hazen**

1	Breed, Catherine	30	The Olympic Club-38	16:56.00	17:10.67	21
	28.05	59.12 (31.07)	1:30.51 (31.39)	2:01.43 (30.92)		
	2:32.80 (31.37)	3:03.26 (30.46)	3:33.73 (30.47)	4:04.59 (30.86)		
	4:35.38 (30.79)	5:06.44 (31.06)	5:37.18 (30.74)	6:08.18 (31.00)		
	6:39.09 (30.91)	7:10.28 (31.19)	7:41.24 (30.96)	8:12.43 (31.19)		
	8:43.61 (31.18)	9:14.90 (31.29)	9:46.21 (31.31)	10:17.36 (31.15)		
	10:48.80 (31.44)	11:20.57 (31.77)	11:52.19 (31.62)	12:23.82 (31.63)		
	12:55.64 (31.82)	13:27.61 (31.97)	13:59.71 (32.10)	14:31.48 (31.77)		
	15:03.09 (31.61)	15:34.73 (31.64)	16:06.75 (32.02)	16:38.89 (32.14)	17:10.67 (31.78)	
2	Lu, Jenny	31	Marcia's Enthusiastic Masters-38	26:17.80	27:26.00	19
	43.79	1:29.54 (45.75)	2:17.20 (47.66)	3:06.27 (49.07)		
	3:56.64 (50.37)	4:46.48 (49.84)	5:36.58 (50.10)	6:27.00 (50.42)		
	7:18.16 (51.16)	8:08.05 (49.89)	8:58.69 (50.64)	9:48.60 (49.91)		
	10:39.17 (50.57)	11:29.44 (50.27)	12:19.90 (50.46)	13:10.82 (50.92)		
	14:02.02 (51.20)	14:53.66 (51.64)	15:44.38 (50.72)	16:34.89 (50.51)		
	17:25.79 (50.90)	18:16.85 (51.06)	19:07.54 (50.69)	19:58.44 (50.90)		
	20:48.74 (50.30)	21:39.19 (50.45)	22:29.98 (50.79)	23:20.23 (50.25)		
	24:10.56 (50.33)	25:00.75 (50.19)	25:51.77 (51.02)	26:39.82 (48.05)	27:26.00 (46.18)	

Women 30-34 50 Yard Backstroke**NATL: 24.96 ! 5/1/2011 NORIKO INADA****PAC: 26.49 @ 4/26/2015 Sarah M Hernandez**

1	Pedote, Elyssa	30	The Olympic Club-38	28.87	29.23	21
2	Sun, Tiffany	34	Club Hot Tub-38	32.00	29.40	19
3	Clute, Deirdre	30	The Olympic Club-38	28.15	29.82	18
4	Greer, Margaret	34	East Bay Bat Rays Masters-38	31.90	31.54	17
5	Ferroggiaro, Alex	31	University of San Francisco Ma-38	38.00	32.89	16
6	Warner, Kate	32	Walnut Creek Masters-38	34.26	33.12	15
7	Petrakis, Kristina	33	University of San Francisco Ma-38	33.30	35.35	14
8	Diakite, Adriana R	31	University of San Francisco Ma-38	40.00	39.96	13
9	Rodriguez, Julianne	34	University of San Francisco Ma-38	40.00	44.19	12

Women 30-34 100 Yard Backstroke**NATL: 54.60 ! 4/30/2011 NORIKO INADA****PAC: 57.31 @ 4/24/2015 Sarah M Hernandez**

1	Sun, Tiffany	34	Club Hot Tub-38	1:08.00	1:04.23	21
	30.32	1:04.23 (33.91)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 30-34 100 Yard Backstroke)**

2	Alexander, Margaret	33	University of San Francisco Ma-38	1:05.50	1:05.13	19
	31.19				1:05.13 (33.94)	
3	Skoda, Anette	31	Uc38	1:05.57	1:08.13	18
	32.49				1:08.13 (35.64)	
4	Ferroggiaro, Alex	31	University of San Francisco Ma-38	1:20.00	1:13.33	17
	34.84				1:13.33 (38.49)	
5	Phillips, Alexandra	31	University of San Francisco Ma-38	1:30.00	1:16.33	16
	37.76				1:16.33 (38.57)	
6	Cohen, Rivkah	34	Marcia's Enthusiastic Masters-38	1:45.00	1:39.99	15
	46.46				1:39.99 (53.53)	

Women 30-34 200 Yard Backstroke**NATL: 1:59.93 ! 2/19/1996 K PIPES-NEILSEN****PAC: 2:01.54 @ 12/31/2009 Sarabeth Metzger**

1	Waters, Megan	33	QuickSilver Masters-38	2:20.00	2:14.49	21
	32.94				1:06.59 (33.65) 1:40.55 (33.96) 2:14.49 (33.94)	
2	Clute, Deirdre	30	The Olympic Club-38	2:15.00	2:15.81	19
	32.47				1:06.59 (34.12) 1:42.03 (35.44) 2:15.81 (33.78)	
3	Pedote, Elyssa	30	The Olympic Club-38	2:13.14	2:16.11	18
	32.00				1:06.91 (34.91) 1:42.18 (35.27) 2:16.11 (33.93)	
4	Thorp, Valerie	31	Santa Cruz Masters Aquatics-38	2:20.00	2:19.00	17
	33.22				1:08.19 (34.97) 1:43.64 (35.45) 2:19.00 (35.36)	
5	Alexander, Margaret	33	University of San Francisco Ma-38	2:21.00	2:23.05	16
	33.87				1:10.40 (36.53) 1:47.19 (36.79) 2:23.05 (35.86)	
6	De Barros, Carolina	33	Richmond Plunge Masters-38	2:46.00	2:42.99	15
	40.26				1:22.76 (42.50) 2:04.09 (41.33) 2:42.99 (38.90)	
7	McBride, Beth	33	Marcia's Enthusiastic Masters-38	2:48.00	2:43.27	14
	38.74				1:19.19 (40.45) 2:01.47 (42.28) 2:43.27 (41.80)	
8	Mah, Kimberly	33	Richmond Plunge Masters-38	3:00.00	2:51.75	13
	40.83				1:23.57 (42.74) 2:07.74 (44.17) 2:51.75 (44.01)	

Women 30-34 50 Yard Breaststroke**NATL: 28.48 ! 5/4/2008 KATIE MCCLELLAND****PAC: 30.29 @ 4/28/2017 Marie A Ballenger**

1	Greer, Margaret	34	East Bay Bat Rays Masters-38	36.00	36.45	21
2	Holloway, Jillian	31	Albany Armada Aquatics Masters-38	37.76	39.97	19
3	Versfeld, Rizmari	34	University of San Francisco Ma-38	39.92	40.08	18
4	Rodriguez, Julianne	34	University of San Francisco Ma-38	46.97	48.06	17
5	Camacho, Serena	30	Diamond Hills Masters-38	1:10.00	1:02.39	16

Women 30-34 200 Yard Breaststroke**NATL: 2:11.78 ! 12/19/2021 DANIELLE HERRMANN****PAC: 2:11.78 @ 12/19/2021 Danielle M Herrma**

1	Petrakis, Danae	30	University of San Francisco Ma-38	2:22.20	2:30.23	21
	32.83				1:09.69 (36.86) 1:48.84 (39.15) 2:30.23 (41.39)	
2	Waters, Megan	33	QuickSilver Masters-38	2:50.00	2:36.55	19
	34.55				1:13.51 (38.96) 1:54.34 (40.83) 2:36.55 (42.21)	
3	McBride, Beth	33	Marcia's Enthusiastic Masters-38	3:20.00	3:08.05	18
	44.37				1:32.02 (47.65) 2:19.87 (47.85) 3:08.05 (48.18)	
4	Diakite, Adriana R	31	University of San Francisco Ma-38	3:15.00	3:12.51	17
	42.19				1:31.14 (48.95) 2:22.54 (51.40) 3:12.51 (49.97)	
5	Mah, Kimberly	33	Richmond Plunge Masters-38	3:30.00	3:20.62	16
	46.53				1:37.67 (51.14) 2:28.91 (51.24) 3:20.62 (51.71)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 30-34 200 Yard Breaststroke)**

6	Lu, Jenny	49.81	1:41.60 (51.79)	31	Marcia's Enthusiastic Masters-38	4:00.00	3:24.90	15
						2:34.91 (53.31)	3:24.90 (49.99)	

Women 30-34 50 Yard ButterflyNATL: **24.18** ! 4/15/2000 **ANGEL MARTINO**PAC: **25.29** @ 4/28/2019 **Katherine Raatz**

1	Monsees, Courtney			34	The Olympic Club-38	26.43	26.37	21
2	Clute, Deirdre			30	The Olympic Club-38	28.28	27.80	19
3	Sun, Tiffany			34	Club Hot Tub-38	31.00	28.03	18
4	Pedote, Elyssa			30	The Olympic Club-38	28.22	28.16	17
5	Skoda, Anette			31	Uc38	28.70	28.66	16
6	Lewis, Nicole H			31	North Bay Aquatics-38	32.09	30.92	15
7	Warner, Kate			32	Walnut Creek Masters-38	32.34	31.12	14
8	Versfeld, Rizmari			34	University of San Francisco Ma-38	32.55	32.12	13
9	Zanotto, Khadija			30	Willow Glen Masters-38	31.00	32.68	12
10	Diakite, Adriana R			31	University of San Francisco Ma-38	34.00	34.21	11
11	Raviv, Rotem			32	Club Hot Tub-38	44.38	44.92	10

Women 30-34 100 Yard ButterflyNATL: **52.93** ! 3/5/2022 **DANIELLE HERRMANN**PAC: **52.93** @ 3/6/2022 **Danielle M Herrma**

1	Monsees, Courtney	27.89	58.66 (30.77)	34	The Olympic Club-38	1:00.05	58.66	21
2	Pedote, Elyssa	28.37	1:00.72 (32.35)	30	The Olympic Club-38	59.87	1:00.72	19
3	Clute, Deirdre	29.76	1:02.69 (32.93)	30	The Olympic Club-38	1:03.00	1:02.69	18
4	Thorp, Valerie	29.88	1:02.75 (32.87)	31	Santa Cruz Masters Aquatics-38	1:05.00	1:02.75	17
5	Petrakis, Danae	29.56	1:05.03 (35.47)	30	University of San Francisco Ma-38	1:00.20	1:05.03	16
6	Lewis, Nicole H	34.18	1:11.44 (37.26)	31	North Bay Aquatics-38	1:15.00	1:11.44	15
7	De Barros, Carolina	38.05	1:20.16 (42.11)	33	Richmond Plunge Masters-38	1:25.00	1:20.16	14
8	Diakite, Adriana R	54.98	1:43.39 (48.41)	31	University of San Francisco Ma-38	1:20.00	1:43.39	13
---	Raviv, Rotem	46.68	DQ (54.88)	32	Club Hot Tub-38	1:40.00	DQ	

Women 30-34 200 Yard ButterflyNATL: **2:03.46** ! 5/12/1996 **K PIPES-NEILSEN**PAC: **2:06.20** @ 12/31/1997 **Martie McKinney**

1	Waters, Megan	30.88	1:05.91 (35.03)	33	QuickSilver Masters-38	2:30.00	2:25.82	21
						1:44.25 (38.34)	2:25.82 (41.57)	
2	Mah, Kimberly	41.88	1:31.54 (49.66)	33	Richmond Plunge Masters-38	3:21.00	3:16.66	19
						2:23.54 (52.00)	3:16.66 (53.12)	

Women 30-34 100 Yard IMNATL: **57.01** ! 4/15/2000 **ANGEL MARTINO**PAC: **58.07** @ 12/31/2009 **Sarabeth Metzger**

1	Monsees, Courtney	28.00	59.52 (31.52)	34	The Olympic Club-38	58.28	59.52	21
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2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 30-34 100 Yard IM)**

2	Sun, Tiffany	34	Club Hot Tub-38	1:08.00	1:04.98	19
	28.89		1:04.98 (36.09)			
3	Skoda, Anette	31	Uc38	1:05.71	1:05.53	18
	29.54		1:05.53 (35.99)			
4	Greer, Margaret	34	East Bay Bat Rays Masters-38	1:08.50	1:08.16	17
5	Warner, Kate	32	Walnut Creek Masters-38	1:13.37	1:11.25	16
	33.34		1:11.25 (37.91)			
6	Zanotto, Khadija	30	Willow Glen Masters-38	1:20.00	1:14.27	15
	35.24		1:14.27 (39.03)			
7	Ferroggiaro, Alex	31	University of San Francisco Ma-38	1:22.00	1:14.97	14
	33.88		1:14.97 (41.09)			
8	Lewis, Nicole H	31	North Bay Aquatics-38	1:18.43	1:15.19	13
	35.55		1:15.19 (39.64)			
9	Versfeld, Rizmari	34	University of San Francisco Ma-38	1:19.22	1:16.53	12
	34.55		1:16.53 (41.98)			
10	Diakite, Adriana R	31	University of San Francisco Ma-38	1:15.00	1:20.67	11
	38.05		1:20.67 (42.62)			
11	Lu, Jenny	31	Marcia's Enthusiastic Masters-38	1:35.41	1:31.77	10
	45.47		1:31.77 (46.30)			
12	Raviv, Rotem	32	Club Hot Tub-38	1:43.46	1:39.43	9
	47.05		1:39.43 (52.38)			

Women 30-34 200 Yard IM**NATL: 1:58.80 ! 3/11/2009 ERIKA ERNDL****PAC: 2:04.85 @ 12/31/2009 Sarabeth Metzger**

1	Skoda, Anette	31	Uc38	2:21.40	2:27.43	21
	29.97		1:08.54 (38.57)	1:51.76 (43.22)	2:27.43 (35.67)	
2	Archibald, Hannah	33	University of San Francisco Ma-38	2:30.00	2:39.65	19
	32.78		1:12.61 (39.83)	2:01.27 (48.66)	2:39.65 (38.38)	
3	Holloway, Jillian	31	Albany Armada Aquatics Masters-38	3:00.00	2:43.71	18
	36.26		1:20.22 (43.96)	2:06.35 (46.13)	2:43.71 (37.36)	
4	Ferroggiaro, Alex	31	University of San Francisco Ma-38	3:00.00	2:48.88	17
	34.86		1:17.84 (42.98)	2:08.14 (50.30)	2:48.88 (40.74)	
5	Mah, Kimberly	33	Richmond Plunge Masters-38	2:50.00	2:57.53	16
	39.32		1:23.23 (43.91)	2:15.23 (52.00)	2:57.53 (42.30)	
6	Raviv, Rotem	32	Club Hot Tub-38	3:45.00	3:35.89	15
	51.07		1:46.94 (55.87)	2:51.37 (1:04.43)	3:35.89 (44.52)	

Women 30-34 400 Yard IM**NATL: 4:14.84 ! 1/20/2013 ERIKA ERNDL****PAC: 4:32.77 @ 12/31/1996 Sara Shand**

1	McBride, Beth	33	Marcia's Enthusiastic Masters-38	7:00.00	5:51.91	21
	40.11		1:26.11 (46.00)	2:10.47 (44.36)	2:54.29 (43.82)	
	3:43.92 (49.63)		4:35.22 (51.30)	5:14.67 (39.45)	5:51.91 (37.24)	
2	Lu, Jenny	31	Marcia's Enthusiastic Masters-38	8:00.00	6:52.85	19
	45.54		1:36.55 (51.01)	2:32.73 (56.18)	3:28.48 (55.75)	
	4:20.49 (52.01)		5:15.44 (54.95)	6:04.31 (48.87)	6:52.85 (48.54)	

Women 35-39 50 Yard Freestyle**NATL: 22.34 ! 2/25/2007 DARA TORRES****PAC: 24.04 @ 4/25/2015 Ericka L Richards**

1	Au Brinkmeyer, Lauren	38	Manatee Aquatic Masters Inc-38	26.97	27.37	21
2	Peterson, Meghan	39	Livermore Aquacowboys-38	40.00	32.91	19

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 35-39 50 Yard Freestyle)**

3	West, Meredith	38	San Mateo Masters-38	33.00	33.90	18
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Women 35-39 100 Yard Freestyle

NATL: 49.72 ! 2/25/2007 DARA TORRES

PAC: 52.21 @ 4/26/2015 Ericka L Richards

1	Radecke-Noble, Jennifer	38	Tri Valley Masters-38	56.00	54.75	21
	26.82		54.75 (27.93)			
2	Allen, Robyn	37	Stanford Masters Swimming-38	1:02.00	1:01.25	19
	29.69		1:01.25 (31.56)			
3	Au Brinkmeyer, Lauren	38	Manatee Aquatic Masters Inc-38	58.97	1:01.32	18
	28.53		1:01.32 (32.79)			
4	Seitel, Theresa A	38	Manatee Aquatic Masters Inc-38	1:15.00	1:07.76	17
	32.14		1:07.76 (35.62)			
5	Thompson, Meghan	39	Livermore Aquacowboys-38	1:10.30	1:08.46	16
	32.41		1:08.46 (36.05)			
6	West, Meredith	38	San Mateo Masters-38	1:13.20	1:13.33	15
	36.24		1:13.33 (37.09)			
7	Peterson, Meghan	39	Livermore Aquacowboys-38	1:25.00	1:13.70	14
	35.90		1:13.70 (37.80)			
8	Conrad, Jacquelyn	38	Livermore Aquacowboys-38	1:30.00	1:16.84	13
	36.44		1:16.84 (40.40)			

Women 35-39 200 Yard Freestyle

NATL: 1:51.55 ! 5/3/1997 K PIPES-NEILSEN

PAC: 1:53.33 @ 12/31/2002 Laureen K Welting

1	Marullo, Rachel	39	Club Hot Tub-38	2:16.97	2:14.07	21
	31.28		1:05.51 (34.23)	1:39.90 (34.39)	2:14.07 (34.17)	
2	West, Meredith	38	San Mateo Masters-38	2:40.29	2:41.96	19
	38.63		1:19.39 (40.76)	2:01.84 (42.45)	2:41.96 (40.12)	
3	Chien, Regina	36	Marcia's Enthusiastic Masters-38	2:58.36	2:59.75	18
	43.01		1:29.59 (46.58)	2:16.10 (46.51)	2:59.75 (43.65)	

Women 35-39 500 Yard Freestyle

NATL: 4:56.09 ! 5/3/1997 K PIPES-NEILSEN

PAC: 5:04.58 @ 12/31/2001 Lisa A Hazen

1	Marullo, Rachel	39	Club Hot Tub-38	6:06.06	6:07.56	21
	33.61		1:09.48 (35.87)	1:46.43 (36.95)	2:23.55 (37.12)	
	3:01.10 (37.55)		3:38.85 (37.75)	4:16.51 (37.66)	4:53.95 (37.44)	
	5:31.28 (37.33)		6:07.56 (36.28)			
2	West, Meredith	38	San Mateo Masters-38	7:07.52	7:08.61	19
	40.41		1:23.44 (43.03)	2:07.09 (43.65)	2:50.99 (43.90)	
	3:34.25 (43.26)		4:17.80 (43.55)	5:02.04 (44.24)	5:45.57 (43.53)	
	6:28.54 (42.97)		7:08.61 (40.07)			
3	Bosetti, Eva	38	The Olympic Club-38	8:40.00	12:03.15	18
	57.46		2:05.54 (1:08.08)	3:18.57 (1:13.03)	4:34.79 (1:16.22)	
	5:48.45 (1:13.66)		7:02.99 (1:14.54)	8:18.68 (1:15.69)	9:34.20 (1:15.52)	
	10:48.46 (1:14.26)		12:03.15 (1:14.69)			

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 35-39 1650 Yard Freestyle**NATL: **16:46.85** ! 11/15/2014 **HEIDI GEORGE**PAC: **16:46.85** @ 11/15/2014 **Heidi S George**

1	Marullo, Rachel	39	Club Hot Tub-38	21:40.11	21:04.27	21
	34.33	1:11.89 (37.56)	1:50.61 (38.72)	2:29.67 (39.06)		
	3:08.61 (38.94)	3:47.50 (38.89)	4:26.03 (38.53)	5:04.82 (38.79)		
	5:43.54 (38.72)	6:21.93 (38.39)	7:00.60 (38.67)	7:39.15 (38.55)		
	8:17.49 (38.34)	8:56.15 (38.66)	9:34.50 (38.35)	10:13.01 (38.51)		
	10:51.55 (38.54)	11:29.85 (38.30)	12:08.29 (38.44)	12:46.71 (38.42)		
	13:25.20 (38.49)	14:03.67 (38.47)	14:42.23 (38.56)	15:20.73 (38.50)		
	15:59.29 (38.56)	16:37.83 (38.54)	17:16.25 (38.42)	17:54.42 (38.17)		
	18:32.50 (38.08)	19:10.51 (38.01)	19:48.33 (37.82)	20:26.41 (38.08)	21:04.27 (37.86)	

Women 35-39 50 Yard BackstrokeNATL: **24.71** ! 4/29/2017 **NORIKO INADA**PAC: **27.16** @ 4/26/2019 **NWatanabe&NWatana**

1	Marullo, Rachel	39	Club Hot Tub-38	33.15	32.43	21
2	Watts, Katey	35	Willow Glen Masters-38	32.05	32.79	19
3	Allen, Robyn	37	Stanford Masters Swimming-38	33.50	33.11	18
4	Chien, Regina	36	Marcia's Enthusiastic Masters-38	39.87	38.98	17
5	Davis, Jessica A	35	University of San Francisco Ma-38	47.00	41.53	16
---	Bosetti, Eva	38	The Olympic Club-38	2:00.00	DQ	

Women 35-39 100 Yard BackstrokeNATL: **53.58** ! 4/30/2017 **NORIKO INADA**PAC: **57.77** @ 4/28/2019 **Naoko Watanabe**

1	Radecke-Noble, Jennifer	38	Tri Valley Masters-38	1:05.00	1:02.24	21
	30.83	1:02.24 (31.41)				
2	Huang, Jessica	38	University of San Francisco Ma-38	1:08.00	1:04.88	19
	31.16	1:04.88 (33.72)				
3	Marullo, Rachel	39	Club Hot Tub-38	1:08.28	1:09.00	18
	34.15	1:09.00 (34.85)				
4	Allen, Robyn	37	Stanford Masters Swimming-38	1:12.00	1:10.58	17
	34.18	1:10.58 (36.40)				
5	Thompson, Meghan	39	Livermore Aquacowboys-38	1:18.30	1:17.76	16
	37.84	1:17.76 (39.92)				
6	Conrad, Jacquelyn	38	Livermore Aquacowboys-38	1:40.00	1:22.91	15
	40.41	1:22.91 (42.50)				
7	Woodworth, Kathryn	36	Marcia's Enthusiastic Masters-38	1:15.00	1:24.69	14
	41.17	1:24.69 (43.52)				
8	Peterson, Meghan	39	Livermore Aquacowboys-38	1:40.00	1:30.44	13
	44.21	1:30.44 (46.23)				

Women 35-39 200 Yard BackstrokeNATL: **2:00.54** ! 3/14/1998 **K PIPES-NEILSEN**PAC: **2:06.44** @ 4/27/2019 **Naoko Watanabe**

1	Marullo, Rachel	39	Club Hot Tub-38	2:28.28	2:26.64	21
	34.71	1:11.62 (36.91)	1:49.30 (37.68)	2:26.64 (37.34)		
2	Allen, Robyn	37	Stanford Masters Swimming-38	2:28.00	2:32.46	19
	35.30	1:14.02 (38.72)	1:53.57 (39.55)	2:32.46 (38.89)		
3	Bosetti, Eva	38	The Olympic Club-38	4:00.00	5:07.57	18
	1:10.17	5:07.57 (3:57.40)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 35-39 50 Yard Breaststroke**

NATL: 28.51 ! 5/2/2014 KATIE GLENN

PAC: 28.55 @ 5/4/2014 Katie Glenn

1	Au Brinkmeyer, Lauren	38	Manatee Aquatic Masters Inc-38	34.15	34.93	21
2	Seitel, Theresa A	38	Manatee Aquatic Masters Inc-38	41.00	38.84	19
3	Conrad, Jacquelyn	38	Livermore Aquacowboys-38	52.00	44.72	18

Women 35-39 200 Yard Breaststroke

NATL: 2:17.51 ! 4/26/2015 KATIE GLENN

PAC: 2:17.51 @ 4/26/2015 Katie Glenn

1	Bosetti, Eva	38	The Olympic Club-38	4:00.00	5:11.82	21
				1:14.50	2:33.61 (1:19.11)	3:53.15 (1:19.54)
						5:11.82 (1:18.67)

Women 35-39 50 Yard Butterfly

NATL: 25.04 ! 4/28/2017 NORIKO INADA

PAC: 26.07 @ 4/13/2015 Ericka L Richards

1	Woodworth, Kathryn	36	Marcia's Enthusiastic Masters-38	38.00	36.63	21
2	Chien, Regina	36	Marcia's Enthusiastic Masters-38	43.82	45.04	19

Women 35-39 100 Yard Butterfly

NATL: 55.78 ! 5/18/2003 S VON DER LIPPE

PAC: 58.46 @ 12/31/2000 Jill S Hernandez

1	West, Meredith	38	San Mateo Masters-38	1:31.57	1:32.38	21
				44.39	1:32.38 (47.99)	
2	Chien, Regina	36	Marcia's Enthusiastic Masters-38	1:38.00	1:35.68	19
				45.19	1:35.68 (50.49)	

Women 35-39 100 Yard IM

NATL: 57.25 ! 4/29/2017 GABRIELLE CHANG

PAC: 59.62 @ 4/26/2019 Naoko Watanabe

1	Allen, Robyn	37	Stanford Masters Swimming-38	1:16.00	1:14.10	21
				33.12	1:14.10 (40.98)	
2	Woodworth, Kathryn	36	Marcia's Enthusiastic Masters-38	1:20.00	1:18.83	19
				36.98	1:18.83 (41.85)	
3	Chien, Regina	36	Marcia's Enthusiastic Masters-38	1:33.16	1:27.17	18
				41.12	1:27.17 (46.05)	
4	Davis, Jessica A	35	University of San Francisco Ma-38	1:31.23	1:29.98	17
				40.56	1:29.98 (49.42)	

Women 35-39 200 Yard IM

NATL: 2:05.24 ! 3/14/1998 K PIPES-NEILSEN

PAC: 2:09.51 @ 12/31/2000 Jill S Hernandez

1	Radecke-Noble, Jennifer	38	Tri Valley Masters-38	2:20.00	2:17.74	21
				30.97	1:06.21 (35.24)	1:48.19 (41.98)
						2:17.74 (29.55)
2	Huang, Jessica	38	University of San Francisco Ma-38	2:25.00	2:22.48	19
				31.12	1:07.11 (35.99)	1:48.81 (41.70)
						2:22.48 (33.67)
3	Marullo, Rachel	39	Club Hot Tub-38	2:36.21	2:35.09	18
				33.70	1:12.61 (38.91)	2:00.29 (47.68)
						2:35.09 (34.80)
4	Seitel, Theresa A	38	Manatee Aquatic Masters Inc-38	2:50.00	2:51.24	17
				38.94	1:25.16 (46.22)	2:13.43 (48.27)
						2:51.24 (37.81)
5	Thompson, Meghan	39	Livermore Aquacowboys-38	2:40.30	2:52.51	16
				39.45	1:22.68 (43.23)	2:14.25 (51.57)
						2:52.51 (38.26)
6	Woodworth, Kathryn	36	Marcia's Enthusiastic Masters-38	3:08.00	3:00.36	15
				42.45	1:28.52 (46.07)	2:19.48 (50.96)
						3:00.36 (40.88)

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 35-39 200 Yard IM)**

7	Conrad, Jacquelyn	38	Livermore Aquacowboys-38	3:45.00	3:13.91	14
	43.91	1:32.11 (48.20)	2:28.48 (56.37)	3:13.91 (45.43)		
8	West, Meredith	38	San Mateo Masters-38	3:18.55	3:15.81	13
	40.96	1:33.21 (52.25)	2:35.06 (1:01.85)	3:15.81 (40.75)		

Women 35-39 400 Yard IMNATL: **4:24.18** ! 3/14/1998 **K PIPES-NEILSEN**PAC: **4:34.77** @ 12/31/1999 **Jill S Hernandez**

1	Chien, Regina	36	Marcia's Enthusiastic Masters-38	7:10.97	6:46.78	21
	47.23	1:38.94 (51.71)	2:29.29 (50.35)	3:18.44 (49.15)		
	4:17.47 (59.03)	5:16.54 (59.07)	6:02.94 (46.40)	6:46.78 (43.84)		
2	West, Meredith	38	San Mateo Masters-38	6:53.99	6:49.34	19
	43.78	1:32.52 (48.74)	2:24.55 (52.03)	3:17.28 (52.73)		
	4:19.90 (1:02.62)	5:23.20 (1:03.30)	6:07.74 (44.54)	6:49.34 (41.60)		

Women 40-44 50 Yard FreestyleNATL: **21.91** ! 4/15/2007 **DARA TORRES**PAC: **24.68** @ 12/31/1994 **Laura B Val**

3	Nehrebecki, Helene	43	Davis Aquatic Masters-38	NT	27.57	
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Women 40-44 50 Yard FreestyleNATL: **21.91** ! 4/15/2007 **DARA TORRES**PAC: **24.68** @ 12/31/1994 **Laura B Val**

1	Nehrebecki, Helene	43	Davis Aquatic Masters-38	28.19	27.95	21
2	Schellenberg, Jamie	42	Livermore Aquacowboys-38	29.50	29.77	19
3	Clark, Cynthia A	42	Club Hot Tub-38	32.00	31.22	18
4	Chow, Jackie	44	Davis Aquatic Masters-38	31.64	31.45	17
5	Friedeman, Lauren	42	Santa Rosa Masters-38	42.00	32.97	16
6	Lee, Jez	42	Marcia's Enthusiastic Masters-38	36.87	33.66	15
7	Ludwig, Keri L	40	Diamond Hills Masters-38	39.00	35.72	14
8	Stankov-Hodge, Marina	42	Marcia's Enthusiastic Masters-38	50.00	39.92	13
9	Cheung, Ruth	43	QuickSilver Masters-38	41.66	41.17	12
10	Lapidario, Millie	42	Marcia's Enthusiastic Masters-38	43.00	42.19	11

Women 40-44 100 Yard FreestyleNATL: **48.34** ! 4/15/2007 **DARA TORRES**PAC: **53.30** @ 4/28/2017 **Katie Glenn**

1	Lawrence, Laura	43	Walnut Creek Masters-38	1:00.00	1:00.26	21
	29.06	1:00.26 (31.20)				
2	Hahnel, Carrie	44	Marcia's Enthusiastic Masters-38	1:02.00	1:01.13	19
	29.49	1:01.13 (31.64)				
3	Schellenberg, Jamie	42	Livermore Aquacowboys-38	1:05.00	1:04.55	18
	30.91	1:04.55 (33.64)				
4	Sitzmann, Amy	43	Tri Valley Masters-38	1:08.00	1:12.81	17
	34.47	1:12.81 (38.34)				
5	Ludwig, Keri L	40	Diamond Hills Masters-38	1:31.00	1:21.84	16
	39.39	1:21.84 (42.45)				
6	Stankov-Hodge, Marina	42	Marcia's Enthusiastic Masters-38	1:45.00	1:25.33	15
	40.34	1:25.33 (44.99)				
7	Cheung, Ruth	43	QuickSilver Masters-38	1:37.00	1:33.74	14

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 40-44 100 Yard Freestyle**

NATL: 48.34 ! 4/15/2007 DARA TORRES

PAC: 53.30 @ 4/28/2017 Katie Glenn

1 Hahnel, Carrie 44 Marcia's Enthusiastic Masters-38 NT 1:04.06

Women 40-44 200 Yard Freestyle

NATL: 1:51.06 ! 12/22/2002 K PIPES-NEILSEN

PAC: 1:54.53 @ 4/30/2017 Katie Glenn

1	Groskopf, Sarah	42	Club Hot Tub-38	2:24.95	2:22.35	21
	33.83	1:10.20 (36.37)	1:45.97 (35.77)	2:22.35 (36.38)		
2	Schley, Kelly	43	Marcia's Enthusiastic Masters-38	2:49.00	2:45.93	19
	38.04	1:20.13 (42.09)	2:03.77 (43.64)	2:45.93 (42.16)		
3	Cheung, Ruth	43	QuickSilver Masters-38	3:25.00	3:15.40	18
	43.03	1:32.02 (48.99)	2:23.83 (51.81)	3:15.40 (51.57)		

Women 40-44 500 Yard Freestyle

NATL: 4:58.98 ! 10/5/2002 K PIPES-NEILSEN

PAC: 5:06.99 @ 12/31/2012 Alison H Zamanian

3 Nehrebecki, Helene 43 Davis Aquatic Masters-38 NT 6:22.61

Women 40-44 500 Yard Freestyle

NATL: 4:58.98 ! 10/5/2002 K PIPES-NEILSEN

PAC: 5:06.99 @ 12/31/2012 Alison H Zamanian

1	Hahnel, Carrie	44	Marcia's Enthusiastic Masters-38	6:00.00	5:51.13	21
	32.67	1:06.88 (34.21)	1:41.63 (34.75)	2:17.24 (35.61)		
	2:52.93 (35.69)	3:28.22 (35.29)	4:03.95 (35.73)	4:39.90 (35.95)		
	5:15.77 (35.87)	5:51.13 (35.36)				
2	Rueda, Marcela	41	Santa Rosa Masters-38	6:35.44	6:15.75	19
	34.13	1:11.24 (37.11)	1:48.86 (37.62)	2:27.22 (38.36)		
	3:05.53 (38.31)	3:44.02 (38.49)	4:22.61 (38.59)	5:01.14 (38.53)		
	5:39.79 (38.65)	6:15.75 (35.96)				
3	Groskopf, Sarah	42	Club Hot Tub-38	6:35.19	6:18.34	18
	33.28	1:09.03 (35.75)	1:46.74 (37.71)	2:24.39 (37.65)		
	3:02.70 (38.31)	3:41.74 (39.04)	4:19.86 (38.12)	4:59.18 (39.32)		
	5:38.56 (39.38)	6:18.34 (39.78)				
4	Sitzmann, Amy	43	Tri Valley Masters-38	6:30.00	6:37.23	17
	35.82	1:14.95 (39.13)	1:54.55 (39.60)	2:34.23 (39.68)		
	3:14.09 (39.86)	3:54.45 (40.36)	4:35.25 (40.80)	5:16.24 (40.99)		
	5:56.91 (40.67)	6:37.23 (40.32)				
5	Schley, Kelly	43	Marcia's Enthusiastic Masters-38	8:00.00	7:17.90	16
	39.19	1:22.18 (42.99)	2:06.30 (44.12)	2:50.54 (44.24)		
	3:35.39 (44.85)	4:20.54 (45.15)	5:05.33 (44.79)	5:49.97 (44.64)		
	6:35.00 (45.03)	7:17.90 (42.90)				
6	Doyle, Nia	42	Marcia's Enthusiastic Masters-38	7:59.23	7:41.18	15
	43.17	1:26.84 (43.67)	2:11.27 (44.43)	2:59.23 (47.96)		
	3:46.08 (46.85)	4:33.49 (47.41)	5:20.54 (47.05)	6:07.71 (47.17)		
	6:54.73 (47.02)	7:41.18 (46.45)				

Women 40-44 1000 Yard Freestyle

NATL: 10:20.45 ! 12/21/2003 K PIPES-NEILSEN

PAC: 10:24.43 @ 12/31/2012 Alison H Zamanian

1 Nehrebecki, Helene 43 Davis Aquatic Masters-38 NT 12:49.82

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 40-44 1650 Yard Freestyle**

NATL: 17:06.37 ! 11/4/2018 HEIDI GEORGE

PAC: 17:06.37 @ 11/4/2018 Heidi S George

1	Nehrebecki, Helene	43	Davis Aquatic Masters-38	21:26.12	21:08.44	21
	34.36	1:12.41 (38.05)	1:50.88 (38.47)	2:29.26 (38.38)		
	3:08.13 (38.87)	3:47.02 (38.89)	4:25.91 (38.89)	5:04.89 (38.98)		
	5:43.47 (38.58)	6:22.61 (39.14)	7:01.31 (38.70)	7:40.51 (39.20)		
	8:19.12 (38.61)	8:57.71 (38.59)	9:36.61 (38.90)	10:15.37 (38.76)		
	10:53.90 (38.53)	11:32.71 (38.81)	12:11.30 (38.59)	12:49.82 (38.52)		
	13:28.51 (38.69)	14:07.07 (38.56)	14:45.38 (38.31)	15:24.02 (38.64)		
	16:02.35 (38.33)	16:41.25 (38.90)	17:19.66 (38.41)	17:58.09 (38.43)		
	18:36.83 (38.74)	19:15.20 (38.37)	19:54.02 (38.82)	20:32.18 (38.16)	21:08.44 (36.26)	
2	Rueda, Marcela	41	Santa Rosa Masters-38	22:07.68	21:40.58	19
	35.42	1:13.11 (37.69)	1:51.47 (38.36)	2:30.25 (38.78)		
	3:08.92 (38.67)	3:47.85 (38.93)	4:27.04 (39.19)	5:06.59 (39.55)		
	5:45.76 (39.17)	6:25.42 (39.66)	7:05.28 (39.86)	7:44.94 (39.66)		
	8:24.80 (39.86)	9:04.92 (40.12)	9:44.98 (40.06)	10:25.11 (40.13)		
	11:05.72 (40.61)	11:45.81 (40.09)	12:25.67 (39.86)	13:05.71 (40.04)		
	13:46.01 (40.30)	14:25.98 (39.97)	15:06.11 (40.13)	15:45.94 (39.83)		
	16:25.74 (39.80)	17:05.57 (39.83)	17:45.00 (39.43)	18:24.89 (39.89)		
	19:04.64 (39.75)	19:43.89 (39.25)	20:23.82 (39.93)	21:02.82 (39.00)	21:40.58 (37.76)	
3	Doyle, Nia	42	Marcia's Enthusiastic Masters-38	26:54.60	26:16.11	18
	43.70	1:27.68 (43.98)	2:13.73 (46.05)	3:00.45 (46.72)		
	3:47.74 (47.29)	4:34.80 (47.06)	5:22.53 (47.73)	6:11.40 (48.87)		
	7:00.37 (48.97)	7:49.41 (49.04)	8:38.59 (49.18)	9:27.88 (49.29)		
	10:16.42 (48.54)	11:04.67 (48.25)	11:52.88 (48.21)	12:40.42 (47.54)		
	13:28.45 (48.03)	14:16.41 (47.96)	15:04.28 (47.87)	15:52.78 (48.50)		
	16:39.86 (47.08)	17:26.95 (47.09)	18:13.71 (46.76)	19:01.02 (47.31)		
	19:48.77 (47.75)	20:38.39 (49.62)	21:27.59 (49.20)	22:16.41 (48.82)		
	23:04.67 (48.26)	23:53.00 (48.33)	24:42.21 (49.21)	25:30.50 (48.29)	26:16.11 (45.61)	
4	Lee, Jez	42	Marcia's Enthusiastic Masters-38	26:27.05	27:49.80	17
	42.13	1:29.87 (47.74)	2:20.15 (50.28)	3:10.91 (50.76)		
	4:01.84 (50.93)	4:53.42 (51.58)	5:46.01 (52.59)	6:38.23 (52.22)		
	7:28.94 (50.71)	8:20.33 (51.39)	9:11.33 (51.00)	10:02.91 (51.58)		
	10:54.32 (51.41)	11:45.70 (51.38)	12:36.98 (51.28)	13:27.78 (50.80)		
	14:17.37 (49.59)	15:07.56 (50.19)	15:59.04 (51.48)	16:50.51 (51.47)		
	17:41.35 (50.84)	18:32.26 (50.91)	19:23.10 (50.84)	20:13.57 (50.47)		
	21:03.63 (50.06)	21:54.15 (50.52)	22:44.10 (49.95)	23:35.41 (51.31)		
	24:27.73 (52.32)	25:19.88 (52.15)	25:40.92 (21.04)	27:03.31 (1:22.39)	27:49.80 (46.49)	
5	Cheung, Ruth	43	QuickSilver Masters-38	32:08.75	30:22.50	16
	48.72	1:41.63 (52.91)	2:36.69 (55.06)	3:34.15 (57.46)		
	4:30.25 (56.10)	5:28.07 (57.82)	6:26.16 (58.09)	7:22.97 (56.81)		
	8:19.15 (56.18)	9:14.52 (55.37)	10:09.62 (55.10)	11:05.41 (55.79)		
	12:00.32 (54.91)	12:55.12 (54.80)	13:49.60 (54.48)	14:46.24 (56.64)		
	15:40.93 (54.69)	16:39.07 (58.14)	17:35.08 (56.01)	18:28.45 (53.37)		
	19:22.09 (53.64)	20:16.13 (54.04)	21:09.86 (53.73)	22:06.50 (56.64)		
	23:02.53 (56.03)	23:59.44 (56.91)	24:54.05 (54.61)	25:49.63 (55.58)		
	26:44.97 (55.34)	27:39.90 (54.93)	28:34.49 (54.59)	29:30.36 (55.87)	30:22.50 (52.14)	

Women 40-44 50 Yard Backstroke

NATL: 26.12 ! 5/1/2011 SHERI HART

PAC: 27.83 @ 12/31/2009 Jody Smith

1	Nehrebecki, Helene	43	Davis Aquatic Masters-38	35.07	32.54	21
2	Clark, Cynthia A	42	Club Hot Tub-38	37.22	36.55	19
3	Stankov-Hodge, Marina	42	Marcia's Enthusiastic Masters-38	1:05.00	45.50	18

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 40-44 50 Yard Backstroke)**

4	Cheung, Ruth	43	QuickSilver Masters-38	51.44	48.33	17
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Women 40-44 100 Yard Backstroke

NATL: 56.03 ! 4/30/2011 SHERI HART

PAC: 59.89 @ 12/31/2009 Jody Smith

1	Lawrence, Laura	43	Walnut Creek Masters-38	1:12.00	1:09.64	21
	34.02		1:09.64 (35.62)			
2	Groskopf, Sarah	42	Club Hot Tub-38	1:16.83	1:15.38	19
	36.17		1:15.38 (39.21)			
3	Chow, Jackie	44	Davis Aquatic Masters-38	1:20.99	1:18.22	18
	38.16		1:18.22 (40.06)			
4	Sitzmann, Amy	43	Tri Valley Masters-38	1:20.00	1:24.37	17
	40.95		1:24.37 (43.42)			

Women 40-44 200 Yard Backstroke

NATL: 2:03.61 ! 7/25/2021 JENNIFER MIHALIK

PAC: 2:06.91 @ 12/31/2009 Jody Smith

1	Rueda, Marcela	41	Santa Rosa Masters-38	2:37.00	2:37.41	21
	37.93		1:18.13 (40.20) 1:58.22 (40.09)	2:37.41 (39.19)		
2	Groskopf, Sarah	42	Club Hot Tub-38	2:44.92	2:45.67	19
	38.24		1:20.37 (42.13) 2:02.65 (42.28)	2:45.67 (43.02)		
3	Sitzmann, Amy	43	Tri Valley Masters-38	2:50.00	2:51.28	18
	41.28		1:24.82 (43.54) 2:08.07 (43.25)	2:51.28 (43.21)		

Women 40-44 50 Yard Breaststroke

NATL: 28.71 ! 5/11/2018 KATIE GLENN

PAC: 29.51 @ 4/30/2017 Katie Glenn

1	Rueda, Marcela	41	Santa Rosa Masters-38	38.00	35.08	21
2	Lawrence, Laura	43	Walnut Creek Masters-38	40.00	37.49	19
3	Schellenberg, Jamie	42	Livermore Aquacowboys-38	35.00	38.92	18
4	Clark, Cynthia A	42	Club Hot Tub-38	39.78	40.23	17
5	Friedeman, Lauren	42	Santa Rosa Masters-38	50.00	41.35	16
6	Lee, Jez	42	Marcia's Enthusiastic Masters-38	42.63	45.08	15
7	Stankov-Hodge, Marina	42	Marcia's Enthusiastic Masters-38	1:15.00	49.25	14
8	Lapidario, Millie	42	Marcia's Enthusiastic Masters-38	54.00	50.95	13

Women 40-44 200 Yard Breaststroke

NATL: 2:17.06 ! 5/14/2006 S VON DER LIPPE

PAC: 2:22.21 @ 4/29/2017 Katie Glenn

1	Rueda, Marcela	41	Santa Rosa Masters-38	2:54.00	2:43.59	21
	37.40		1:18.68 (41.28) 2:01.23 (42.55)	2:43.59 (42.36)		
2	Hahnel, Carrie	44	Marcia's Enthusiastic Masters-38	2:55.00	2:52.40	19
	39.84		1:22.88 (43.04) 2:07.74 (44.86)	2:52.40 (44.66)		
3	McCullough, Juliette	41	Rolling Hills Mud Sharks-38	3:44.32	3:27.93	18
	47.67		1:42.22 (54.55) 2:36.29 (54.07)	3:27.93 (51.64)		

Women 40-44 50 Yard Butterfly

NATL: 25.14 ! 5/10/2009 S VON DER LIPPE

PAC: 26.46 @ 12/31/1994 Laura B Val

1	Nehrebecki, Helene	43	Davis Aquatic Masters-38	30.30	29.25	21
2	McCullough, Juliette	41	Rolling Hills Mud Sharks-38	39.33	36.29	19
3	Lee, Jez	42	Marcia's Enthusiastic Masters-38	36.51	38.74	18
4	Schley, Kelly	43	Marcia's Enthusiastic Masters-38	38.00	39.16	17

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 40-44 50 Yard Butterfly)**

5	Stankov-Hodge, Marina	42	Marcia's Enthusiastic Masters-38	1:10.00	44.02	16
6	Lapidario, Millie	42	Marcia's Enthusiastic Masters-38	56.00	49.12	15
7	Cheung, Ruth	43	QuickSilver Masters-38	56.30	52.68	14

Women 40-44 100 Yard Butterfly

NATL: 54.83 ! 5/10/2009 S VON DER LIPPE

PAC: 59.06 @ 12/31/2009 Laureen K Welting

1	McCullough, Juliette	41	Rolling Hills Mud Sharks-38	1:36.71	1:25.64	21
	41.81		1:25.64 (43.83)			
2	Schley, Kelly	43	Marcia's Enthusiastic Masters-38	1:28.00	1:28.27	19
3	Stankov-Hodge, Marina	42	Marcia's Enthusiastic Masters-38	2:10.00	1:47.50	18
	47.47		1:47.50 (1:00.03)			

Women 40-44 200 Yard Butterfly

NATL: 2:03.13 ! 5/4/2008 S VON DER LIPPE

PAC: 2:11.01 @ 12/31/2012 Alison H Zamanian

1	Lawrence, Laura	43	Walnut Creek Masters-38	2:45.00	2:38.61	21
	35.38		1:15.54 (40.16) 1:57.00 (41.46)	2:38.61 (41.61)		
2	Nehrebecki, Helene	43	Davis Aquatic Masters-38	2:40.97	2:40.02	19
	35.55		1:17.12 (41.57) 1:59.64 (42.52)	2:40.02 (40.38)		
3	Rueda, Marcela	41	Santa Rosa Masters-38	3:05.99	2:48.36	18
	37.00		1:18.73 (41.73) 2:02.76 (44.03)	2:48.36 (45.60)		

Women 40-44 100 Yard IM

NATL: 57.95 ! 4/28/2012 ERIKA BRAUN

PAC: 1:00.89 @ 4/29/2017 Katie Glenn

1	Nehrebecki, Helene	43	Davis Aquatic Masters-38	1:11.68	1:08.63	21
	32.13		1:08.63 (36.50)			
2	Hahnel, Carrie	44	Marcia's Enthusiastic Masters-38	1:13.42	1:12.99	19
	36.55		1:12.99 (36.44)			
3	McCullough, Juliette	41	Rolling Hills Mud Sharks-38	1:32.07	1:24.86	18
	39.94		1:24.86 (44.92)			
4	Schley, Kelly	43	Marcia's Enthusiastic Masters-38	1:27.00	1:26.31	17
	41.09		1:26.31 (45.22)			
5	Lee, Jez	42	Marcia's Enthusiastic Masters-38	1:25.08	1:32.44	16
	43.43		1:32.44 (49.01)			
6	Stankov-Hodge, Marina	42	Marcia's Enthusiastic Masters-38	2:10.00	1:38.17	15
	45.95		1:38.17 (52.22)			
7	Cheung, Ruth	43	QuickSilver Masters-38	1:53.56	1:48.71	14
	51.34		1:48.71 (57.37)			
8	Lapidario, Millie	42	Marcia's Enthusiastic Masters-38	2:04.00	1:49.21	13
	52.98		1:49.21 (56.23)			

Women 40-44 200 Yard IM

NATL: 2:04.85 ! 5/4/2008 S VON DER LIPPE

PAC: 2:10.62 @ 12/31/2003 Jill S Hernandez

1	Hahnel, Carrie	44	Marcia's Enthusiastic Masters-38	2:33.93	2:37.28	21
	34.17		1:18.03 (43.86) 2:02.56 (44.53)	2:37.28 (34.72)		
2	Groskopf, Sarah	42	Club Hot Tub-38	2:46.85	2:45.38	19
	35.52		1:17.73 (42.21) 2:07.04 (49.31)	2:45.38 (38.34)		
3	Schley, Kelly	43	Marcia's Enthusiastic Masters-38	3:07.00	3:03.97	18
	40.09		1:28.58 (48.49) 2:21.52 (52.94)	3:03.97 (42.45)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 40-44 400 Yard IM**NATL: **4:28.43** ! 5/4/2008 **S VON DER LIPPE**PAC: **4:37.83** @ 12/31/2001 **Jill S Hernandez**

1	Nehrebecki, Helene	43	Davis Aquatic Masters-38	5:36.45	5:32.41	21
	34.94	1:12.77 (37.83)	1:59.70 (46.93)	2:44.38 (44.68)		
	3:30.46 (46.08)	4:15.63 (45.17)	4:55.33 (39.70)	5:32.41 (37.08)		
2	Schley, Kelly	43	Marcia's Enthusiastic Masters-38	6:31.00	6:35.66	19
	42.81	1:31.23 (48.42)	2:24.47 (53.24)	3:14.38 (49.91)		
	4:09.39 (55.01)	5:04.63 (55.24)	5:51.86 (47.23)	6:35.66 (43.80)		
3	Lee, Jez	42	Marcia's Enthusiastic Masters-38	6:59.60	7:19.60	18
	40.93	1:32.99 (52.06)	2:38.16 (1:05.17)	3:43.56 (1:05.40)		
	4:39.18 (55.62)	5:38.56 (59.38)	6:29.85 (51.29)	7:19.60 (49.75)		

Women 45-49 50 Yard FreestyleNATL: **23.80** ! 4/8/2017 **ERIKA BRAUN**PAC: **25.10** @ 12/31/1999 **Laura B Val**

1	Richards, Ericka	45	Santa Rosa Masters-38	24.80	25.12	21
2	Schulz, Tara	46	Uc38	29.50	28.76	19
3	Davis, Taylor	46	University of San Francisco Ma-38	30.00	29.70	18
4	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	30.93	32.89	17
5	Rothschild, Beccah	49	Manatee Aquatic Masters Inc-38	32.16	33.30	16
6	Pankhurst, Carrie	48	Diamond Hills Masters-38	36.99	33.90	15

Women 45-49 100 Yard FreestyleNATL: **51.26** ! 3/12/2023 **GABRIELLE ROSE**PAC: **53.27** @ 12/31/2001 **Laura B Val**

1	Richards, Ericka	45	Santa Rosa Masters-38	55.40	55.09	21
	26.54	55.09 (28.55)				
2	Davis, Taylor	46	University of San Francisco Ma-38	1:11.00	1:06.17	19
	30.89	1:06.17 (35.28)				
3	Rothschild, Beccah	49	Manatee Aquatic Masters Inc-38	1:08.45	1:09.68	18
	33.46	1:09.68 (36.22)				
4	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	1:12.27	1:18.90	17
	37.26	1:18.90 (41.64)				

Women 45-49 200 Yard FreestyleNATL: **1:52.97** ! 3/12/2023 **GABRIELLE ROSE**PAC: **1:57.73** @ 4/7/2017 **Alison H Zamanian**

1	Rothschild, Beccah	49	Manatee Aquatic Masters Inc-38	2:24.00	2:26.98	21
	33.56	1:10.19 (36.63)	1:48.54 (38.35)	2:26.98 (38.44)		

Women 45-49 500 Yard FreestyleNATL: **5:03.45** ! 7/22/2021 **HEIDI GEORGE**PAC: **5:03.45** @ 7/22/2021 **Heidi S George**

1	Profumo, Tesla	46	Santa Cruz Masters Aquatics-38	5:35.81	5:45.95	21
	30.68	1:04.60 (33.92)	1:39.68 (35.08)	2:15.03 (35.35)		
	2:50.34 (35.31)	3:25.82 (35.48)	4:01.13 (35.31)	4:36.28 (35.15)		
	5:11.10 (34.82)	5:45.95 (34.85)				
2	Rothschild, Beccah	49	Manatee Aquatic Masters Inc-38	6:29.10	6:30.07	19
	36.18	1:14.93 (38.75)	1:54.37 (39.44)	2:33.98 (39.61)		
	3:07.57 (33.59)	3:49.86 (42.29)	4:33.34 (43.48)	5:12.87 (39.53)		
	5:51.98 (39.11)	6:30.07 (38.09)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 45-49 500 Yard Freestyle)**

3	Taylor, Opal	47	Marcia's Enthusiastic Masters-38	9:15.00	9:47.50	18
	50.38	1:47.21 (56.83)	2:46.92 (59.71)	3:49.03 (1:02.11)		
	4:50.67 (1:01.64)	5:52.75 (1:02.08)	6:54.99 (1:02.24)	7:55.73 (1:00.74)		
	8:56.21 (1:00.48)	9:47.50 (51.29)				

Women 45-49 1650 Yard Freestyle

NATL: 17:05.13 ! 7/21/2021 HEIDI GEORGE

PAC: 17:05.13 @ 7/21/2021 Heidi S George

1	Rothschild, Beccah	49	Manatee Aquatic Masters Inc-38	22:12.90	22:10.76	21
	38.17	1:18.14 (39.97)	1:58.31 (40.17)	2:38.27 (39.96)		
	3:18.36 (40.09)	3:58.89 (40.53)	4:39.41 (40.52)	5:19.30 (39.89)		
	5:59.21 (39.91)	6:39.26 (40.05)	7:19.19 (39.93)	7:59.21 (40.02)		
	8:39.35 (40.14)	9:19.47 (40.12)	10:00.08 (40.61)	10:40.44 (40.36)		
	11:20.78 (40.34)	12:00.87 (40.09)	12:41.27 (40.40)	13:21.65 (40.38)		
	14:02.46 (40.81)	14:43.48 (41.02)	15:24.03 (40.55)	16:04.86 (40.83)		
	16:45.94 (41.08)	17:27.07 (41.13)	18:08.11 (41.04)	18:49.35 (41.24)		
	19:30.29 (40.94)	20:11.04 (40.75)	20:52.05 (41.01)	21:32.30 (40.25)	22:10.76 (38.46)	

Women 45-49 50 Yard Backstroke

NATL: 27.35 ! 12/21/2008 K PIPES-NEILSEN

PAC: 28.26 @ 12/31/1997 Laura B Val

1	Richards, Ericka	45	Santa Rosa Masters-38	29.14	29.43	21
2	Davis, Taylor	46	University of San Francisco Ma-38	36.50	36.15	19
3	Nagaoka, Masako K	48	QuickSilver Masters-38	38.47	36.98	18
4	Taylor, Opal	47	Marcia's Enthusiastic Masters-38	54.00	50.59	17

Women 45-49 200 Yard Backstroke

NATL: 2:04.65 ! 4/19/2009 K PIPES-NEILSEN

PAC: 2:13.27 @ 12/31/2009 Lisa A Ward

1	Profumo, Tesla	46	Santa Cruz Masters Aquatics-38	2:30.00	2:31.50	21
	36.50	1:15.68 (39.18)	1:54.64 (38.96)	2:31.50 (36.86)		

Women 45-49 50 Yard Breaststroke

NATL: 29.00 ! 3/12/2023 GABRIELLE ROSE

PAC: 32.82 @ 12/31/1994 Susan Roy

1	Richards, Ericka	45	Santa Rosa Masters-38	33.07	32.60 @	21
2	Schulz, Tara	46	Uc38	37.71	37.17	19
3	Nagaoka, Masako K	48	QuickSilver Masters-38	40.58	39.55	18
4	Davis, Taylor	46	University of San Francisco Ma-38	44.00	41.71	17

Women 45-49 200 Yard Breaststroke

NATL: 2:22.76 ! 5/1/2011 S VON DER LIPPE

PAC: 2:35.57 @ 12/31/2004 Dea A Joslin

1	Richards, Ericka	45	Santa Rosa Masters-38	2:40.99	2:36.27	21
	33.96	1:12.59 (38.63)	1:53.70 (41.11)	2:36.27 (42.57)		

Women 45-49 50 Yard Butterfly

NATL: 25.64 ! 4/9/2017 ERIKA BRAUN

PAC: 27.02 @ 12/31/1998 Laura B Val

1	Davis, Taylor	46	University of San Francisco Ma-38	40.00	35.71	21
2	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	36.33	38.14	19
3	Taylor, Opal	47	Marcia's Enthusiastic Masters-38	56.00	56.69	18

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 45-49 100 Yard Butterfly**

NATL: 56.97 ! 5/1/2011 S VON DER LIPPE

PAC: 59.82 @ 12/31/2001 Laura B Val

1	Profumo, Tesla	46	Santa Cruz Masters Aquatics-38	1:07.54	1:09.06	21
	32.51		1:09.06 (36.55)			
2	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	1:24.27	1:28.46	19
	40.66		1:28.46 (47.80)			

Women 45-49 200 Yard Butterfly

NATL: 2:07.39 ! 12/26/2008 K PIPES-NEILSEN

PAC: 2:11.12 @ 12/31/2001 Laura B Val

1	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	3:19.66	3:29.04	21
	45.20		1:37.23 (52.03) 2:32.45 (55.22) 3:29.04 (56.59)			

Women 45-49 100 Yard IM

NATL: 59.39 ! 4/28/2012 FALL WILLEBOORDSE

PAC: 1:02.13 @ 12/31/2009 Lisa A Ward

1	Richards, Ericka	45	Santa Rosa Masters-38	1:05.76	1:03.62	21
	29.54		1:03.62 (34.08)			
2	Schulz, Tara	46	Uc38	1:19.00	1:14.41	19
	35.60		1:14.41 (38.81)			
3	Nagaoka, Masako K	48	QuickSilver Masters-38	1:19.14	1:16.27	18
	34.91		1:16.27 (41.36)			
4	Davis, Taylor	46	University of San Francisco Ma-38	1:19.00	1:17.72	17
	36.03		1:17.72 (41.69)			
5	Rothschild, Beccah	49	Manatee Aquatic Masters Inc-38	1:22.47	1:23.70	16
	40.24		1:23.70 (43.46)			
6	Ongerth, Ann Michelle	48	Walnut Creek Masters-38	1:27.19	1:27.78	15
	43.30		1:27.78 (44.48)			

Women 50-54 50 Yard Freestyle

NATL: 24.19 ! 4/30/2022 ERIKA BRAUN

PAC: 25.30 @ 12/31/2002 Laura B Val

1	Phelps, Sarah	53	Club Hot Tub-38	30.00	29.04	21
2	Frates, Carrie J	52	Club Hot Tub-38	31.88	29.05	19
3	Nelson, Sheila	54	Santa Rosa Masters-38	31.00	29.62	18
4	Moll, Jessica	50	Marcia's Enthusiastic Masters-38	35.00	30.97	17
5	La Voie, Caroline	52	Orinda Country Club Masters-38	31.00	31.66	16
6	Asplund, Elizabeth	54	Club Hot Tub-38	32.95	32.24	15
7	Singh, Jo	50	Menlo Masters-38	37.24	38.39	14
8	Salmon, Dori	54	Tri Valley Masters-38	43.05	41.99	13

Women 50-54 100 Yard Freestyle

NATL: 52.77 ! 5/1/2022 ERIKA BRAUN

PAC: 54.38 @ 12/31/2002 Laura B Val

1	Frates, Carrie J	52	Club Hot Tub-38	1:10.88	1:06.06	21
	31.42		1:06.06 (34.64)			
2	Voight, Tina M	53	Marcia's Enthusiastic Masters-38	1:20.50	1:10.71	19
	33.44		1:10.71 (37.27)			
3	Moll, Jessica	50	Marcia's Enthusiastic Masters-38	1:12.00	1:10.92	18
	33.97		1:10.92 (36.95)			
4	Koning, Patricia	53	Livermore Aquacowboys-38	1:31.00	1:19.27	17
	38.56		1:19.27 (40.71)			
5	Singh, Jo	50	Menlo Masters-38	1:24.53	1:21.23	16
	39.36		1:21.23 (41.87)			

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 50-54 100 Yard Freestyle)**

6	Salmon, Dori	54	Tri Valley Masters-38	1:44.20	1:34.67	15
	43.64		1:34.67 (51.03)			
7	Gimbel, Erika	53	Marcia's Enthusiastic Masters-38	1:42.73	1:37.13	14
	47.94		1:37.13 (49.19)			

Women 50-54 200 Yard FreestyleNATL: **1:57.96 !** 4/1/2022 **ALISON ZAMANIAN**PAC: **1:57.96 @** 4/1/2022 **Alison Zamanian**

1	Jones, Sara	54	Santa Rosa Masters-38	2:29.08	2:24.37	21
	33.27		1:09.93 (36.66) 1:47.89 (37.96)	2:24.37 (36.48)		
2	Frates, Carrie J	52	Club Hot Tub-38	2:48.00	2:26.40	19
	32.90		1:09.85 (36.95) 1:48.77 (38.92)	2:26.40 (37.63)		
3	Singh, Jo	50	Menlo Masters-38	3:07.72	3:04.14	18
	40.12		1:25.80 (45.68) 2:15.27 (49.47)	3:04.14 (48.87)		

Women 50-54 500 Yard FreestyleNATL: **5:14.56 !** 5/12/2013 **JILL HERNANDEZ**PAC: **5:14.56 @** 5/9/2013 **Jill S Hernandez**

1	Zamanian, Alison	52	Walnut Creek Masters-38	5:15.90	5:19.48	21
	28.26		59.15 (30.89) 1:30.43 (31.28)	2:02.35 (31.92)		
	2:34.62 (32.27)		3:07.30 (32.68) 3:40.34 (33.04)	4:14.07 (33.73)		
	4:47.25 (33.18)		5:19.48 (32.23)			
2	Hertzler, Cynthia	53	Santa Cruz Masters Aquatics-38	6:10.00	6:06.28	19
	34.41		1:11.10 (36.69) 1:48.37 (37.27)	2:25.00 (36.63)		
	3:01.97 (36.97)		3:38.59 (36.62) 4:15.21 (36.62)	4:52.55 (37.34)		
	5:29.63 (37.08)		6:06.28 (36.65)			
3	Goldberg, Michelle	54	Davis Aquatic Masters-38	6:24.46	6:11.51	18
	34.51		1:11.15 (36.64) 1:48.40 (37.25)	2:25.68 (37.28)		
	3:03.07 (37.39)		3:40.60 (37.53) 4:18.44 (37.84)	4:56.26 (37.82)		
	5:34.26 (38.00)		6:11.51 (37.25)			
4	Nelson, Sheila	54	Santa Rosa Masters-38	6:45.00	6:22.67	17
	34.21		1:12.11 (37.90) 1:50.98 (38.87)	2:30.06 (39.08)		
	3:09.24 (39.18)		3:48.53 (39.29) 4:27.65 (39.12)	5:06.60 (38.95)		
	5:45.65 (39.05)		6:22.67 (37.02)			
5	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	6:28.98	6:29.33	16
	36.46		1:15.44 (38.98) 1:54.64 (39.20)	2:33.80 (39.16)		
	3:13.84 (40.04)		3:53.67 (39.83) 4:33.29 (39.62)	5:12.88 (39.59)		
	5:51.53 (38.65)		6:29.33 (37.80)			
6	Voight, Tina M	53	Marcia's Enthusiastic Masters-38	8:14.99	7:26.67	15
	37.91		1:20.98 (43.07) 2:05.88 (44.90)	2:51.65 (45.77)		
	3:37.82 (46.17)		4:23.73 (45.91) 5:09.96 (46.23)	5:56.15 (46.19)		
	6:42.80 (46.65)		7:26.67 (43.87)			

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 50-54 1650 Yard Freestyle**

NATL: 17:44.64 ! 4/1/2022 ALISON ZAMANIAN

PAC: 17:44.64 @ 4/1/2022 Alison Zamanian

1	Goldberg, Michelle	54	Davis Aquatic Masters-38	21:45.27	21:02.79	21
	35.88	1:13.69 (37.81)	1:52.73 (39.04)	2:31.98 (39.25)		
	3:10.46 (38.48)	3:49.04 (38.58)	4:27.98 (38.94)	5:07.04 (39.06)		
	5:45.74 (38.70)	6:24.39 (38.65)	7:02.95 (38.56)	7:41.19 (38.24)		
	8:19.77 (38.58)	8:58.12 (38.35)	9:36.58 (38.46)	10:14.92 (38.34)		
	10:53.31 (38.39)	11:31.27 (37.96)	12:09.32 (38.05)	12:47.57 (38.25)		
	13:25.86 (38.29)	14:03.71 (37.85)	14:42.07 (38.36)	15:20.34 (38.27)		
	15:58.79 (38.45)	16:37.20 (38.41)	17:15.49 (38.29)	17:53.55 (38.06)		
	18:31.80 (38.25)	19:09.80 (38.00)	19:48.48 (38.68)	20:26.53 (38.05)	21:02.79 (36.26)	
2	Nelson, Sheila	54	Santa Rosa Masters-38	22:35.00	21:58.81	19
	35.26	1:13.77 (38.51)	1:53.29 (39.52)	2:32.72 (39.43)		
	3:12.44 (39.72)	3:52.07 (39.63)	4:31.81 (39.74)	5:11.69 (39.88)		
	5:51.65 (39.96)	6:31.77 (40.12)	7:11.90 (40.13)	7:52.19 (40.29)		
	8:32.72 (40.53)	9:13.09 (40.37)	9:53.59 (40.50)	10:34.41 (40.82)		
	11:14.95 (40.54)	11:55.46 (40.51)	12:35.98 (40.52)	13:16.42 (40.44)		
	13:57.06 (40.64)	14:37.50 (40.44)	15:18.01 (40.51)	15:58.59 (40.58)		
	16:38.87 (40.28)	17:19.50 (40.63)	17:59.99 (40.49)	18:40.17 (40.18)		
	19:20.94 (40.77)	20:01.29 (40.35)	20:41.44 (40.15)	21:21.44 (40.00)	21:58.81 (37.37)	
3	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	22:00.00	22:07.76	18
	37.98	1:18.28 (40.30)	1:58.95 (40.67)	2:39.25 (40.30)		
	3:19.66 (40.41)	4:00.01 (40.35)	4:40.24 (40.23)	5:20.63 (40.39)		
	6:00.79 (40.16)	6:40.96 (40.17)	7:21.05 (40.09)	8:01.41 (40.36)		
	8:41.64 (40.23)	9:21.77 (40.13)	10:02.02 (40.25)	10:42.63 (40.61)		
	11:22.45 (39.82)	12:01.88 (39.43)	12:42.43 (40.55)	13:22.82 (40.39)		
	14:03.11 (40.29)	14:43.65 (40.54)	15:24.12 (40.47)	16:04.75 (40.63)		
	16:45.95 (41.20)	17:26.94 (40.99)	18:08.18 (41.24)	18:49.39 (41.21)		
	19:30.40 (41.01)	20:11.54 (41.14)	20:51.10 (39.56)	21:30.31 (39.21)	22:07.76 (37.45)	
4	Santilhana, Michele	52	Menlo Masters-38	29:38.06	29:12.77	17
		1:39.83 ()	2:32.32 (52.49)	3:25.80 (53.48)		
	4:18.68 (52.88)	5:11.78 (53.10)	6:04.33 (52.55)	6:57.41 (53.08)		
	7:49.55 (52.14)	8:41.54 (51.99)	9:35.81 (54.27)	10:29.09 (53.28)		
	11:22.31 (53.22)	12:16.11 (53.80)	13:10.18 (54.07)	14:03.85 (53.67)		
	14:57.62 (53.77)	15:51.30 (53.68)	16:45.62 (54.32)	17:39.71 (54.09)		
	18:33.22 (53.51)	19:26.56 (53.34)	20:21.16 (54.60)	21:15.18 (54.02)		
	22:08.30 (53.12)	23:00.98 (52.68)	23:54.26 (53.28)	24:48.94 (54.68)		
	25:42.36 (53.42)	26:35.42 (53.06)	27:28.77 (53.35)	28:21.24 (52.47)	29:12.77 (51.53)	

Women 50-54 50 Yard Backstroke

NATL: 27.04 ! 5/10/2013 LESLIE LIVINGSTON

PAC: 29.35 @ 12/31/2005 Laura B Val

1	Duggan, Karen	52	Walnut Creek Masters-38	35.52	34.81	21
2	Thompson, Amy	52	North Bay Aquatics-38	33.83	34.85	19
3	Jones, Sara	54	Santa Rosa Masters-38	37.47	36.44	18
4	Chachkin, Myra	54	Manatee Aquatic Masters Inc-38	50.00	51.91	17

Women 50-54 100 Yard Backstroke

NATL: 59.19 ! 3/18/2016 FALL WILLEBOORDSE

PAC: 1:02.87 @ 4/3/2022 Alison Zamanian

1	Jones, Sara	54	Santa Rosa Masters-38	1:17.71	1:15.25	21
	36.59	1:15.25 (38.66)				
2	Thompson, Amy	52	North Bay Aquatics-38	1:15.63	1:15.49	19
	36.95	1:15.49 (38.54)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 50-54 100 Yard Backstroke)**

3	Salmon, Dori	54	Tri Valley Masters-38	1:48.22	1:52.33	18
	52.75		1:52.33 (59.58)			
4	Laszlo, Zsuzsanna	54	Marcia's Enthusiastic Masters-38	1:59.95	2:00.95	17
	56.42		2:00.95 (1:04.53)			

Women 50-54 100 Yard BackstrokeNATL: 59.19 ! 3/18/2016 **FALL WILLEBOORDSE**PAC: 1:02.87 @ 4/3/2022 **Alison Zamanian**

2	Thompson, Amy	52	North Bay Aquatics-38	NT	1:15.56	
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Women 50-54 200 Yard BackstrokeNATL: 2:07.51 ! 11/22/2014 **ELLEN REYNOLDS**PAC: 2:14.06 @ 4/2/2022 **Alison Zamanian**

1	Rublein, Susanne	52	Manatee Aquatic Masters Inc-38	2:35.00	2:39.83	21
	38.81		1:18.77 (39.96) 1:59.69 (40.92) 2:39.83 (40.14)			
2	Thompson, Amy	52	North Bay Aquatics-38	2:45.00	2:40.07	19
	37.91		1:18.29 (40.38) 1:59.09 (40.80) 2:40.07 (40.98)			
3	Jones, Sara	54	Santa Rosa Masters-38	2:43.39	2:40.71	18
	38.17		1:18.52 (40.35) 1:59.94 (41.42) 2:40.71 (40.77)			
4	Nelson, Sheila	54	Santa Rosa Masters-38	2:56.00	2:54.89	17
	42.32		1:26.88 (44.56) 2:11.97 (45.09) 2:54.89 (42.92)			

Women 50-54 50 Yard BreaststrokeNATL: 31.55 ! 4/1/2023 **ERIKA BRAUN**PAC: 32.84 @ 4/3/2022 **Tanya N Lane**

1	Nelson, Sheila	54	Santa Rosa Masters-38	40.00	38.23	21
2	Worthman, Catha	54	Marcia's Enthusiastic Masters-38	43.00	38.61	19
3	Goldberg, Michelle	54	Davis Aquatic Masters-38	40.84	39.27	18
4	de la Torre, Yasuko	52	Marcia's Enthusiastic Masters-38	45.00	40.86	17
5	Voight, Tina M	53	Marcia's Enthusiastic Masters-38	43.25	43.43	16
6	Asplund, Elizabeth	54	Club Hot Tub-38	43.45	43.54	15
7	Koning, Patricia	53	Livermore Aquacowboys-38	46.00	44.71	14
8	Salmon, Dori	54	Tri Valley Masters-38	48.13	49.31	13
9	Gimbel, Erika	53	Marcia's Enthusiastic Masters-38	59.96	53.02	12

Women 50-54 200 Yard BreaststrokeNATL: 2:29.92 ! 2/20/2012 **CAROLINE KRATTLI**PAC: 2:37.95 @ 4/13/2010 **Cokie Lepinski**

1	Zamanian, Alison	52	Walnut Creek Masters-38	2:50.00	2:46.10	21
	36.87		1:17.57 (40.70) 2:00.97 (43.40) 2:46.10 (45.13)			
2	Hertzer, Cynthia	53	Santa Cruz Masters Aquatics-38	2:50.00	2:50.10	19
	38.43		1:21.04 (42.61) 2:04.41 (43.37) 2:50.10 (45.69)			
3	Rublein, Susanne	52	Manatee Aquatic Masters Inc-38	2:48.15	2:54.26	18
	39.53		1:23.11 (43.58) 2:07.97 (44.86) 2:54.26 (46.29)			
4	Duggan, Karen	52	Walnut Creek Masters-38	3:05.81	3:00.02	17
	41.11		1:26.24 (45.13) 2:12.92 (46.68) 3:00.02 (47.10)			
5	Goldberg, Michelle	54	Davis Aquatic Masters-38	3:10.27	3:03.69	16
	43.26		1:30.08 (46.82) 2:17.42 (47.34) 3:03.69 (46.27)			
6	Nelson, Sheila	54	Santa Rosa Masters-38	3:15.00	3:08.12	15
	43.75		1:31.97 (48.22) 2:21.12 (49.15) 3:08.12 (47.00)			
7	Gimbel, Erika	53	Marcia's Enthusiastic Masters-38	4:20.00	4:00.24	14
	57.83		1:59.47 (1:01.64) 3:01.68 (1:02.21) 4:00.24 (58.56)			

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 50-54 50 Yard Butterfly**NATL: 25.70 ! 5/11/2013 **LESLIE LIVINGSTON**PAC: 27.81 @ 12/31/2002 **Laura B Val**

1	Yurch, Tricia T	50	North Bay Aquatics-38	34.43	31.45	21
2	Frates, Carrie J	52	Club Hot Tub-38	38.27	32.23	19
3	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	33.00	33.11	18
4	Voight, Tina M	53	Marcia's Enthusiastic Masters-38	40.15	38.05	17
5	Singh, Jo	50	Menlo Masters-38	43.15	43.32	16

Women 50-54 100 Yard ButterflyNATL: 1:00.13 ! 4/1/2023 **ERIKA BRAUN**PAC: 1:00.17 @ 5/9/2013 **Jill S Hernandez**

1	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	1:18.00	1:15.76	21
	36.22		1:15.76 (39.54)			
2	Chachkin, Myra	54	Manatee Aquatic Masters Inc-38	2:00.00	1:42.24	19
	49.63		1:42.24 (52.61)			
3	Singh, Jo	50	Menlo Masters-38	1:49.02	1:50.49	18
	47.86		1:50.49 (1:02.63)			
4	Gimbel, Erika	53	Marcia's Enthusiastic Masters-38	2:15.00	2:04.49	17
	57.90		2:04.49 (1:06.59)			

Women 50-54 200 Yard ButterflyNATL: 2:15.18 ! 5/17/2002 **LAURA VAL**PAC: 2:15.18 @ 12/31/2002 **Laura B Val**

1	Zamanian, Alison	52	Walnut Creek Masters-38	2:16.24	2:20.10	21
	30.69		1:05.27 (34.58) 1:41.45 (36.18) 2:20.10 (38.65)			
2	de la Torre, Yasuko	52	Marcia's Enthusiastic Masters-38	2:50.00	2:53.24	19
	40.31		1:25.90 (45.59) 2:09.64 (43.74) 2:53.24 (43.60)			
3	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	2:53.28	2:53.31	18
	39.01		1:23.58 (44.57) 2:09.40 (45.82) 2:53.31 (43.91)			
4	Attwell, Carrie	53	The Olympic Club-38	3:15.27	3:04.92	17
	39.78		1:29.39 (49.61) 2:19.77 (50.38) 3:04.92 (45.15)			

Women 50-54 100 Yard IMNATL: 1:00.21 ! 4/30/2022 **ERIKA BRAUN**PAC: 1:05.48 @ 12/31/2005 **TLane&LVal**

1	Zamanian, Alison	52	Walnut Creek Masters-38	1:06.38	1:06.33	21
	30.64		1:06.33 (35.69)			
2	Rublein, Susanne	52	Manatee Aquatic Masters Inc-38	1:08.04	1:12.05	19
	34.15		1:12.05 (37.90)			
3	Yurch, Tricia T	50	North Bay Aquatics-38	1:21.69	1:14.25	18
	35.65		1:14.25 (38.60)			
4	Thompson, Amy	52	North Bay Aquatics-38	1:13.53	1:14.63	17
	34.05		1:14.63 (40.58)			
5	Hertzer, Cynthia	53	Santa Cruz Masters Aquatics-38	1:15.00	1:15.82	16
	37.53		1:15.82 (38.29)			
6	Goldberg, Michelle	54	Davis Aquatic Masters-38	1:16.66	1:15.98	15
	35.73		1:15.98 (40.25)			
7	Duggan, Karen	52	Walnut Creek Masters-38	1:17.89	1:16.37	14
	35.61		1:16.37 (40.76)			
8	Jones, Sara	54	Santa Rosa Masters-38	1:19.49	1:18.95	13
	36.81		1:18.95 (42.14)			
9	Voight, Tina M	53	Marcia's Enthusiastic Masters-38	1:26.52	1:23.10	12
	40.29		1:23.10 (42.81)			

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 50-54 100 Yard IM)**

10	Singh, Jo	50	Menlo Masters-38	1:39.64	1:40.18	11
	47.42	1:40.18 (52.76)				
11	Gimbel, Erika	53	Marcia's Enthusiastic Masters-38	2:04.00	1:50.43	10
	54.17	1:50.43 (56.26)				

Women 50-54 200 Yard IMNATL: **2:12.57** ! 4/15/2018 **ELLEN REYNOLDS**PAC: **2:14.40** @ 5/9/2013 **Jill S Hernandez**

1	Zamanian, Alison	52	Walnut Creek Masters-38	2:18.02	2:19.34	21
	30.56	1:06.79 (36.23)	1:47.87 (41.08)	2:19.34 (31.47)		
2	Goldberg, Michelle	54	Davis Aquatic Masters-38	2:44.46	2:42.72	19
	35.15	1:17.20 (42.05)	2:05.21 (48.01)	2:42.72 (37.51)		
3	Attwell, Carrie	53	The Olympic Club-38	2:52.33	2:43.97	18
	34.79	1:18.94 (44.15)	2:06.59 (47.65)	2:43.97 (37.38)		
4	Jones, Sara	54	Santa Rosa Masters-38	2:48.38	2:45.21	17
	38.86	1:19.92 (41.06)	2:08.91 (48.99)	2:45.21 (36.30)		
5	Thompson, Amy	52	North Bay Aquatics-38	2:42.28	2:46.96	16
	37.15	1:18.20 (41.05)	2:08.34 (50.14)	2:46.96 (38.62)		
6	de la Torre, Yasuko	52	Marcia's Enthusiastic Masters-38	2:50.00	2:51.85	15
	35.38	1:20.85 (45.47)	2:10.49 (49.64)	2:51.85 (41.36)		
7	Singh, Jo	50	Menlo Masters-38	3:39.88	3:39.97	14
	47.86	1:49.51 (1:01.65)	2:52.23 (1:02.72)	3:39.97 (47.74)		
---	Gimbel, Erika	53	Marcia's Enthusiastic Masters-38	4:14.00	DNF	
	52.84	1:55.92 (1:03.08)	3:03.81 (1:07.89)			

Women 50-54 400 Yard IMNATL: **4:43.11** ! 4/9/2016 **ELLEN REYNOLDS**PAC: **4:44.38** @ 5/2/2014 **Jill S Hernandez**

1	Zamanian, Alison	52	Walnut Creek Masters-38	5:00.00	4:59.48	21
2	Hertzer, Cynthia	53	Santa Cruz Masters Aquatics-38	5:34.00	5:26.20	19
	36.39	1:18.16 (41.77)	2:01.29 (43.13)	2:42.58 (41.29)		
	3:26.48 (43.90)	4:11.29 (44.81)	4:50.14 (38.85)	5:26.20 (36.06)		
3	Jones, Sara	54	Santa Rosa Masters-38	5:47.72	5:37.78	18
	38.88	1:23.61 (44.73)	2:05.93 (42.32)	2:46.40 (40.47)		
	3:35.17 (48.77)	4:23.49 (48.32)	5:01.28 (37.79)	5:37.78 (36.50)		

Women 55-59 50 Yard FreestyleNATL: **25.16** ! 4/8/2017 **SUE WALSH**PAC: **25.29** @ 12/31/2009 **Laura B Val**

1	Asch, Jill	56	Oregon Masters-37	28.00	27.27	21
2	Coomber, Molly	57	North Bay Aquatics-38	29.69	29.70	19
3	Keighley, Carole	59	QuickSilver Masters-38	30.74	30.11	18
4	Capen, Tasha	56	Menlo Masters-38	32.00	30.69	17
5	Neoh, Sheree	58	Club Hot Tub-38	28.00	30.74	16
6	Beal, Laura	57	Santa Rosa Masters-38	30.75	32.06	15
7	Riley, Jayne	59	Club Hot Tub-38	32.06	32.10	14
8	Estrada, Kate	56	Club Hot Tub-38	33.10	32.61	13
9	Viscardi, Josie	58	Rolling Hills Mud Sharks-38	33.50	34.35	12
10	Kirk, Eleanore	58	Almaden Masters-38	42.00	35.36	11
11	Cervantes-Mui, Wendy	55	Ladera Oaks Masters-38	36.31	36.63	10
12	Macleod, Pascale I	58	University of San Francisco Ma-38	42.58	39.47	9
13	McCormick, Ann	59	Marcia's Enthusiastic Masters-38	52.00	50.89	8
14	Hu, Qing	56	Walnut Creek Masters-38	1:01.22	56.97	7

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 55-59 100 Yard Freestyle**

NATL: 54.72 ! 5/4/2008 LAURA VAL

PAC: 54.72 @ 12/31/2008 Laura B Val

1	Asch, Jill	56	Oregon Masters-37	1:02.00	1:00.92	21
	29.00				1:00.92 (31.92)	
2	Welting, Lauren	57	The Olympic Club-38	1:04.91	1:02.59	19
	29.60				1:02.59 (32.99)	
3	Jones, Tracey	55	Santa Rosa Masters-38	1:06.48	1:05.19	18
	31.58				1:05.19 (33.61)	
4	Lewis, Melissa	57	North Bay Aquatics-38	1:07.00	1:07.61	17
	32.80				1:07.61 (34.81)	
5	Keighley, Carole	59	QuickSilver Masters-38	1:06.74	1:08.13	16
	31.88				1:08.13 (36.25)	
6	Couch, Stephanie	58	Menlo Masters-38	1:10.00	1:10.22	15
	34.22				1:10.22 (36.00)	
7	Estrada, Kate	56	Club Hot Tub-38	1:15.00	1:11.78	14
	35.07				1:11.78 (36.71)	
8	Capen, Tasha	56	Menlo Masters-38	1:10.00	1:12.79	13
	34.99				1:12.79 (37.80)	
9	Viscardi, Josie	58	Rolling Hills Mud Sharks-38	1:20.00	1:15.06	12
	34.23				1:15.06 (40.83)	
10	Bechhoefer, Marta	55	Santa Cruz Masters Aquatics-38	1:16.82	1:15.07	11
	35.80				1:15.07 (39.27)	
11	Blok, Lori	55	Club Hot Tub-38	1:30.00	1:18.05	10
	36.95				1:18.05 (41.10)	
12	Cervantes-Mui, Wendy	55	Ladera Oaks Masters-38	1:23.44	1:23.51	9
	39.16				1:23.51 (44.35)	
13	McCormick, Ann	59	Marcia's Enthusiastic Masters-38	1:56.00	1:53.98	8
	53.87				1:53.98 (1:00.11)	
14	Hu, Qing	56	Walnut Creek Masters-38	2:29.52	2:06.23	7
	1:04.36				2:06.23 (1:01.87)	

Women 55-59 100 Yard Freestyle

NATL: 54.72 ! 5/4/2008 LAURA VAL

PAC: 54.72 @ 12/31/2008 Laura B Val

1	Salmi, Andrea	58	North Bay Aquatics-38	NT	59.43	
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Women 55-59 200 Yard Freestyle

NATL: 1:57.90 ! 4/30/2017 KARLYN PIPES

PAC: 1:59.02 @ 12/31/2009 Laura B Val

1	Quick, Sarah	59	North Bay Aquatics-38	2:06.01	2:06.37	21
	29.96				1:01.92 (31.96) 1:34.33 (32.41) 2:06.37 (32.04)	
2	Salmi, Andrea	58	North Bay Aquatics-38	2:06.47	2:07.47	19
	29.52				1:01.11 (31.59) 1:33.96 (32.85) 2:07.47 (33.51)	
3	Coomber, Molly	57	North Bay Aquatics-38	2:25.50	2:21.50	18
	33.50				1:09.36 (35.86) 1:45.77 (36.41) 2:21.50 (35.73)	
4	Riley, Jayne	59	Club Hot Tub-38	2:21.30	2:23.92	17
	33.84				1:10.22 (36.38) 1:47.47 (37.25) 2:23.92 (36.45)	
5	Lewis, Melissa	57	North Bay Aquatics-38	2:29.61	2:26.98	16
	33.08				1:09.17 (36.09) 1:47.89 (38.72) 2:26.98 (39.09)	
6	Estrada, Kate	56	Club Hot Tub-38	2:40.00	2:33.46	15
	36.39				1:15.29 (38.90) 1:54.91 (39.62) 2:33.46 (38.55)	
7	Schiffer, Gretchen	55	Willow Glen Masters-38	2:32.64	2:37.26	14
	36.12				1:14.89 (38.77) 1:56.34 (41.45) 2:37.26 (40.92)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 55-59 200 Yard Freestyle)**

8	Cavalli, Christina	55	Marcia's Enthusiastic Masters-38	2:34.36	2:38.47	13
	36.83	1:16.96 (40.13)	1:58.17 (41.21)	2:38.47 (40.30)		
9	Blok, Lori	55	Club Hot Tub-38	3:30.00	2:57.62	12
	39.94	1:24.92 (44.98)	2:12.22 (47.30)	2:57.62 (45.40)		
10	Cervantes-Mui, Wendy	55	Ladera Oaks Masters-38	3:07.41	3:09.16	11
	39.52	1:26.40 (46.88)	2:16.87 (50.47)	3:09.16 (52.29)		
11	McCormick, Ann	59	Marcia's Enthusiastic Masters-38	4:10.00	4:05.15	10
	55.16	1:58.00 (1:02.84)	3:03.17 (1:05.17)	4:05.15 (1:01.98)		

Women 55-59 500 Yard Freestyle**NATL: 5:20.68 ! 4/29/2017 JILL HERNANDEZ****PAC: 5:20.68 @ 4/29/2017 Jill S Hernandez**

1	Quick, Sarah	59	North Bay Aquatics-38	5:50.20	5:48.83	21
	31.59	1:05.85 (34.26)	1:41.16 (35.31)	2:17.15 (35.99)		
	2:53.16 (36.01)	3:29.04 (35.88)	4:04.97 (35.93)	4:40.71 (35.74)		
	5:15.10 (34.39)	5:48.83 (33.73)				
2	Salmi, Andrea	58	North Bay Aquatics-38	5:46.40	5:50.14	19
	31.90	1:05.77 (33.87)	1:40.80 (35.03)	2:16.67 (35.87)		
	2:52.62 (35.95)	3:28.48 (35.86)	4:04.16 (35.68)	4:39.90 (35.74)		
	5:15.30 (35.40)	5:50.14 (34.84)				
3	Couch, Stephanie	58	Menlo Masters-38	6:18.13	6:15.20	18
	35.18	1:12.45 (37.27)	1:50.31 (37.86)	2:28.29 (37.98)		
	3:06.25 (37.96)	3:44.13 (37.88)	4:22.05 (37.92)	5:00.15 (38.10)		
	5:38.07 (37.92)	6:15.20 (37.13)				
4	Riley, Jayne	59	Club Hot Tub-38	6:12.13	6:15.52	17
	33.88	1:10.75 (36.87)	1:48.29 (37.54)	2:26.31 (38.02)		
	3:04.38 (38.07)	3:42.46 (38.08)	4:20.58 (38.12)	4:59.10 (38.52)		
	5:37.92 (38.82)	6:15.52 (37.60)				
5	Coomber, Molly	57	North Bay Aquatics-38	6:25.50	6:16.78	16
	34.96	1:12.65 (37.69)	1:51.05 (38.40)	2:29.05 (38.00)		
	3:07.15 (38.10)	3:45.42 (38.27)	4:23.72 (38.30)	5:01.64 (37.92)		
	5:39.65 (38.01)	6:16.78 (37.13)				
6	Bulman, Robin	57	Santa Rosa Masters-38	6:37.70	6:31.33	15
	34.97	1:13.37 (38.40)	1:52.55 (39.18)	2:32.45 (39.90)		
	3:12.27 (39.82)	3:52.67 (40.40)	4:33.73 (41.06)	5:13.77 (40.04)		
	5:53.36 (39.59)	6:31.33 (37.97)				
7	Lewis, Melissa	57	North Bay Aquatics-38	6:45.31	6:45.91	14
	35.93	1:14.99 (39.06)	1:55.00 (40.01)	2:35.40 (40.40)		
	3:16.91 (41.51)	3:59.15 (42.24)	4:41.12 (41.97)	5:23.30 (42.18)		
	6:05.38 (42.08)	6:45.91 (40.53)				
8	Schiffer, Gretchen	55	Willow Glen Masters-38	7:15.00	6:54.51	13
	37.56	1:18.39 (40.83)	2:00.21 (41.82)	2:42.53 (42.32)		
	3:25.03 (42.50)	4:07.69 (42.66)	4:50.09 (42.40)	5:32.43 (42.34)		
	6:14.83 (42.40)	6:54.51 (39.68)				
9	Burger, Clare	55	Marcia's Enthusiastic Masters-38	7:30.00	7:15.16	12
	37.31	1:18.56 (41.25)	2:01.68 (43.12)	2:45.67 (43.99)		
	3:29.66 (43.99)	4:14.86 (45.20)	5:00.26 (45.40)	5:45.52 (45.26)		
	6:31.43 (45.91)	7:15.16 (43.73)				
10	Blok, Lori	55	Club Hot Tub-38	9:30.00	7:39.30	11
	40.47	1:24.65 (44.18)	2:10.93 (46.28)	2:58.26 (47.33)		
	3:46.29 (48.03)	4:33.79 (47.50)	5:21.25 (47.46)	6:08.95 (47.70)		
	6:55.54 (46.59)	7:39.30 (43.76)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 55-59 500 Yard Freestyle)**

11	McCormick, Ann	59	Marcia's Enthusiastic Masters-38	11:20.00	9:30.96	10
	54.94	1:56.98 (1:02.04)	2:24.39 (27.41)	3:02.17 (37.78)		
	4:07.44 (1:05.27)	5:13.20 (1:05.76)	6:17.85 (1:04.65)	7:22.65 (1:04.80)		
	8:27.44 (1:04.79)	9:30.96 (1:03.52)				

Women 55-59 1650 Yard Freestyle**NATL: 18:56.04 ! 4/16/2010 LAURA VAL****PAC: 18:56.04 @ 4/18/2010 Laura B Val**

1	Salmi, Andrea	58	North Bay Aquatics-38	20:18.74	20:14.46	21
	33.74	1:09.34 (35.60)	1:46.09 (36.75)	2:23.08 (36.99)		
	3:00.07 (36.99)	3:37.59 (37.52)	4:14.78 (37.19)	4:51.82 (37.04)		
	5:28.83 (37.01)	6:05.55 (36.72)	6:42.62 (37.07)	7:20.03 (37.41)		
	7:57.25 (37.22)	8:34.01 (36.76)	9:10.53 (36.52)	9:47.28 (36.75)		
	10:24.02 (36.74)	11:00.41 (36.39)	11:37.23 (36.82)	12:13.58 (36.35)		
	12:50.08 (36.50)	13:26.67 (36.59)	14:03.44 (36.77)	14:39.92 (36.48)		
	15:16.33 (36.41)	15:52.88 (36.55)	16:30.18 (37.30)	17:08.01 (37.83)		
	17:46.13 (38.12)	18:24.46 (38.33)	19:01.75 (37.29)	19:38.80 (37.05)	20:14.46 (35.66)	
2	Riley, Jayne	59	Club Hot Tub-38	20:52.62	21:15.15	19
	34.86	1:11.83 (36.97)	1:49.42 (37.59)	2:27.85 (38.43)		
	3:06.30 (38.45)	3:44.78 (38.48)	4:23.28 (38.50)	5:01.50 (38.22)		
	5:39.97 (38.47)	6:18.82 (38.85)	6:57.80 (38.98)	7:37.01 (39.21)		
	8:15.66 (38.65)	8:54.33 (38.67)	9:33.04 (38.71)	10:11.80 (38.76)		
	10:50.84 (39.04)	11:29.84 (39.00)	12:08.84 (39.00)	12:47.66 (38.82)		
	13:26.48 (38.82)	14:05.83 (39.35)	14:45.21 (39.38)	15:24.32 (39.11)		
	16:03.52 (39.20)	16:43.02 (39.50)	17:22.18 (39.16)	18:01.34 (39.16)		
	18:40.35 (39.01)	19:19.20 (38.85)	19:58.78 (39.58)	20:37.80 (39.02)	21:15.15 (37.35)	
3	Bulman, Robin	57	Santa Rosa Masters-38	22:27.16	22:48.28	18
	35.75	1:15.08 (39.33)	1:55.73 (40.65)	2:36.83 (41.10)		
	3:16.48 (39.65)	3:57.36 (40.88)	4:38.06 (40.70)	5:19.12 (41.06)		
	6:00.20 (41.08)	6:41.41 (41.21)	7:22.54 (41.13)	8:04.40 (41.86)		
	8:44.49 (40.09)	9:26.95 (42.46)	10:07.94 (40.99)	10:50.30 (42.36)		
	11:33.19 (42.89)	12:15.40 (42.21)	12:57.55 (42.15)	13:38.78 (41.23)		
	14:21.06 (42.28)	15:03.19 (42.13)	15:44.98 (41.79)	16:27.36 (42.38)		
	17:09.54 (42.18)	17:51.88 (42.34)	18:34.00 (42.12)	19:16.55 (42.55)		
	19:59.19 (42.64)	20:41.69 (42.50)	21:24.01 (42.32)	22:06.51 (42.50)	22:48.28 (41.77)	
4	Cavalli, Christina	55	Marcia's Enthusiastic Masters-38	24:12.82	24:28.41	17
	38.63	1:21.85 (43.22)	2:05.80 (43.95)	2:49.90 (44.10)		
	3:34.13 (44.23)	4:19.79 (45.66)	5:04.39 (44.60)	5:49.38 (44.99)		
	6:33.94 (44.56)	7:19.94 (46.00)	8:04.18 (44.24)	8:48.40 (44.22)		
	9:33.12 (44.72)	10:18.04 (44.92)	11:03.40 (45.36)	11:47.98 (44.58)		
	12:32.58 (44.60)	13:17.68 (45.10)	14:02.12 (44.44)	14:46.85 (44.73)		
	15:31.58 (44.73)	16:16.87 (45.29)	17:01.88 (45.01)	17:46.74 (44.86)		
	18:31.63 (44.89)	19:16.58 (44.95)	20:01.62 (45.04)	20:47.74 (46.12)		
	21:32.79 (45.05)	22:17.67 (44.88)	23:01.84 (44.17)	23:45.85 (44.01)	24:28.41 (42.56)	
5	McCormick, Ann	59	Marcia's Enthusiastic Masters-38	38:00.00	36:47.73	16
	56.84	2:00.33 (1:03.49)	3:05.97 (1:05.64)	4:12.70 (1:06.73)		
	5:19.14 (1:06.44)	6:25.40 (1:06.26)	7:31.45 (1:06.05)	8:38.04 (1:06.59)		
	9:44.52 (1:06.48)	10:51.08 (1:06.56)	11:58.32 (1:07.24)	13:04.45 (1:06.13)		
	14:10.90 (1:06.45)	15:18.41 (1:07.51)	16:27.70 (1:09.29)	17:33.21 (1:05.51)		
	18:41.24 (1:08.03)	19:48.53 (1:07.29)	20:56.82 (1:08.29)	22:04.79 (1:07.97)		
	23:13.06 (1:08.27)	24:21.02 (1:07.96)	25:29.24 (1:08.22)	26:36.50 (1:07.26)		
	27:43.34 (1:06.84)	28:50.94 (1:07.60)	30:00.55 (1:09.61)	31:10.63 (1:10.08)		
	32:18.92 (1:08.29)	33:28.64 (1:09.72)	34:37.01 (1:08.37)	35:43.60 (1:06.59)	36:47.73 (1:04.13)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 55-59 50 Yard Backstroke**NATL: **28.14** ! 10/30/2016 **LESLIE LIVINGSTON**PAC: **28.88** @ 3/28/2010 **Laura B Val**

1	Asch, Jill	56	Oregon Masters-37	33.00	32.94	21
2	Welting, Lauren	57	The Olympic Club-38	32.56	33.02	19
3	Russell, Jane	59	Davis Aquatic Masters-38	35.23	36.93	18
4	Keighley, Carole	59	QuickSilver Masters-38	39.47	38.06	17
5	Neoh, Sheree	58	Club Hot Tub-38	38.00	38.37	16
6	Estrada, Kate	56	Club Hot Tub-38	40.98	39.74	15
7	Burger, Clare	55	Marcia's Enthusiastic Masters-38	40.84	40.29	14
8	Capen, Tasha	56	Menlo Masters-38	42.00	42.51	13
9	Johnson, Carliane	58	Marcia's Enthusiastic Masters-38	1:06.00	48.58	12
10	McCormick, Ann	59	Marcia's Enthusiastic Masters-38	1:00.00	1:01.01	11

Women 55-59 100 Yard BackstrokeNATL: **1:00.80** ! 4/30/2017 **KARLYN PIPES**PAC: **1:04.13** @ 2/3/2018 **Bonnie M Bilich**

1	Asch, Jill	56	Oregon Masters-37	1:12.00	1:11.84	21
	34.76		1:11.84 (37.08)			
2	Couch, Stephanie	58	Menlo Masters-38	1:19.89	1:19.92	19
	39.38		1:19.92 (40.54)			
3	Beal, Laura	57	Santa Rosa Masters-38	1:29.99	1:23.47	18
	41.84		1:23.47 (41.63)			
4	Neoh, Sheree	58	Club Hot Tub-38	1:28.00	1:25.34	17
	40.59		1:25.34 (44.75)			
5	Cavalli, Christina	55	Marcia's Enthusiastic Masters-38	1:24.43	1:27.07	16
	43.48		1:27.07 (43.59)			
6	Anderson, Meredith	59	Marcia's Enthusiastic Masters-38	1:35.00	1:29.03	15
	43.36		1:29.03 (45.67)			
7	McCormick, Ann	59	Marcia's Enthusiastic Masters-38	2:15.00	2:05.85	14
	1:02.24		2:05.85 (1:03.61)			

Women 55-59 200 Yard BackstrokeNATL: **2:10.65** ! 11/23/2019 **ELLEN REYNOLDS**PAC: **2:12.87** @ 4/28/2017 **Jill S Hernandez**

1	Couch, Stephanie	58	Menlo Masters-38	2:44.69	2:44.39	21
	39.68		1:20.96 (41.28) 2:03.13 (42.17) 2:44.39 (41.26)			
2	Perry, Rebecca	58	Manatee Aquatic Masters Inc-38	2:36.00	2:44.46	19
	40.98		1:23.51 (42.53) 2:05.54 (42.03) 2:44.46 (38.92)			
3	Russell, Jane	59	Davis Aquatic Masters-38	2:55.19	2:56.44	18
	40.98		1:25.29 (44.31) 2:11.22 (45.93) 2:56.44 (45.22)			
4	Burger, Clare	55	Marcia's Enthusiastic Masters-38	3:30.00	3:17.45	17
	45.91		1:36.23 (50.32) 2:28.51 (52.28) 3:17.45 (48.94)			

Women 55-59 50 Yard BreaststrokeNATL: **31.83** ! 4/1/2023 **S VON DER LIPPE**PAC: **35.60** @ 12/31/2001 **Carolyn Boak**

1	Weiderman, Jennifer	56	Conejo Valley Masters-33	35.90	36.90	21
2	Bulman, Robin	57	Santa Rosa Masters-38	38.04	37.19	19
3	Esparza, Deena	58	Cal Lutheran Masters Swimming-33	38.00	37.36	18
4	Welting, Lauren	57	The Olympic Club-38	38.00	37.55	17
5	Jones, Tracey	55	Santa Rosa Masters-38	38.60	38.73	16
6	Capen, Tasha	56	Menlo Masters-38	42.00	40.19	15
7	Bechhoefer, Marta	55	Santa Cruz Masters Aquatics-38	42.33	42.64	14

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 55-59 50 Yard Breaststroke)**

8	Kirk, Eleanore	58	Almaden Masters-38	45.00	43.22	13
9	Lewis, Melissa	57	North Bay Aquatics-38	43.48	43.42	12
10	Phalen, Jennifer	58	Davis Aquatic Masters-38	43.96	44.39	11
11	Macleod, Pascale I	58	University of San Francisco Ma-38	50.10	47.93	10
12	Blok, Lori	55	Club Hot Tub-38	1:00.00	49.13	9
13	Hu, Qing	56	Walnut Creek Masters-38	1:12.03	1:10.21	8

Women 55-59 200 Yard Breaststroke**NATL: 2:36.82 ! 12/15/2019 ELLEN REYNOLDS****PAC: 2:50.21 @ 4/25/2019 Merrie E Walts**

1	Weiderman, Jennifer	56	Conejo Valley Masters-33	2:50.00	2:51.11	21
	38.85	1:21.30 (42.45)	2:05.40 (44.10)	2:51.11 (45.71)		
2	Esparza, Deena	58	Cal Lutheran Masters Swimming-33	2:58.00	2:54.07	19
	40.34	1:24.96 (44.62)	2:09.73 (44.77)	2:54.07 (44.34)		
3	Bulman, Robin	57	Santa Rosa Masters-38	3:05.24	3:00.53	18
	39.98	1:27.06 (47.08)	2:16.16 (49.10)	3:00.53 (44.37)		
4	Russell, Jane	59	Davis Aquatic Masters-38	3:25.42	3:13.68	17
	44.25	1:33.32 (49.07)	2:23.70 (50.38)	3:13.68 (49.98)		
5	Phalen, Jennifer	58	Davis Aquatic Masters-38	3:14.84	3:18.19	16
	44.96	1:34.06 (49.10)	2:24.85 (50.79)	3:18.19 (53.34)		
6	Couch, Stephanie	58	Menlo Masters-38	3:20.78	3:20.34	15
	45.89	1:36.66 (50.77)	2:28.30 (51.64)	3:20.34 (52.04)		

Women 55-59 50 Yard Butterfly**NATL: 27.04 ! 10/30/2016 LESLIE LIVINGSTON****PAC: 28.20 @ 4/10/2010 Laura B Val**

1	Nielsen, Natalie	56	Uc38	30.00	29.08	21
2	Quick, Sarah	59	North Bay Aquatics-38	29.16	29.67	19
3	Welting, Laureen	57	The Olympic Club-38	32.17	30.04	18
4	Asch, Jill	56	Oregon Masters-37	32.00	30.17	17
5	Coomber, Molly	57	North Bay Aquatics-38	32.29	31.45	16
6	Perry, Rebecca	58	Manatee Aquatic Masters Inc-38	31.20	31.68	15
7	Esparza, Deena	58	Cal Lutheran Masters Swimming-33	33.00	32.24	14
8	Neoh, Sheree	58	Club Hot Tub-38	32.81	35.43	13
9	Capen, Tasha	56	Menlo Masters-38	35.75	35.46	12
10	Lewis, Melissa	57	North Bay Aquatics-38	36.54	36.13	11
11	Phalen, Jennifer	58	Davis Aquatic Masters-38	41.40	41.93	10
12	Cervantes-Mui, Wendy	55	Ladera Oaks Masters-38	44.33	42.56	9

Women 55-59 100 Yard Butterfly**NATL: 1:00.41 ! 4/29/2017 KARLYN PIPES****PAC: 1:01.31 @ 12/31/2009 Laura B Val**

1	Nielsen, Natalie	56	Uc38	1:05.92	1:05.39	21
	31.76	1:05.39 (33.63)				
2	Welting, Laureen	57	The Olympic Club-38	1:08.83	1:08.98	19
	31.84	1:08.98 (37.14)				
3	Perry, Rebecca	58	Manatee Aquatic Masters Inc-38	1:12.00	1:11.95	18
	34.43	1:11.95 (37.52)				
4	Russell, Jane	59	Davis Aquatic Masters-38	1:20.98	1:17.67	17
	36.25	1:17.67 (41.42)				
5	Capen, Tasha	56	Menlo Masters-38	1:35.00	1:28.12	16
	41.46	1:28.12 (46.66)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 55-59 100 Yard Butterfly)**

6	Cervantes-Mui, Wendy	55	Ladera Oaks Masters-38	1:45.62	1:43.35	15
	46.07		1:43.35 (57.28)			

Women 55-59 200 Yard ButterflyNATL: **2:16.28** ! 5/10/2009 **LAURA VAL**PAC: **2:16.28** @ 12/31/2009 **Laura B Val**

1	Weiderman, Jennifer	56	Conejo Valley Masters-33	2:45.00	2:49.47	21
	36.08		1:17.56 (41.48) 2:02.47 (44.91)	2:49.47 (47.00)		
2	Perry, Rebecca	58	Manatee Aquatic Masters Inc-38	2:55.00	2:56.15	19
	40.40		1:26.48 (46.08) 2:12.67 (46.19)	2:56.15 (43.48)		
3	Bulman, Robin	57	Santa Rosa Masters-38	3:18.63	3:11.01	18
	40.36		1:29.34 (48.98) 2:21.75 (52.41)	3:11.01 (49.26)		

Women 55-59 100 Yard IMNATL: **1:02.34** ! 4/29/2017 **KARLYN PIPES**PAC: **1:05.21** @ 12/31/2007 **Laura B Val**

1	Asch, Jill	56	Oregon Masters-37	1:09.00	1:08.31	21
	31.96		1:08.31 (36.35)			
2	Welting, Laureen	57	The Olympic Club-38	1:10.63	1:09.00	19
	31.44		1:09.00 (37.56)			
3	Quick, Sarah	59	North Bay Aquatics-38	1:09.59	1:11.00	18
	33.21		1:11.00 (37.79)			
4	Weiderman, Jennifer	56	Conejo Valley Masters-33	1:12.50	1:12.37	17
	34.24		1:12.37 (38.13)			
5	Esparza, Deena	58	Cal Lutheran Masters Swimming-33	1:16.00	1:13.52	16
	35.26		1:13.52 (38.26)			
6	Keighley, Carole	59	QuickSilver Masters-38	1:25.74	1:19.74	15
	36.64		1:19.74 (43.10)			
7	Capen, Tasha	56	Menlo Masters-38	1:23.28	1:23.07	14
	39.91		1:23.07 (43.16)			
8	Phalen, Jennifer	58	Davis Aquatic Masters-38	1:29.41	1:28.09	13
	43.87		1:28.09 (44.22)			
9	Johnson, Carliane	58	Marcia's Enthusiastic Masters-38	1:56.00	1:42.06	12
	46.47		1:42.06 (55.59)			
10	Cervantes-Mui, Wendy	55	Ladera Oaks Masters-38	1:49.38	1:44.81	11
	48.72		1:44.81 (56.09)			

Women 55-59 200 Yard IMNATL: **2:13.92** ! 12/14/2019 **ELLEN REYNOLDS**PAC: **2:15.70** @ 4/28/2017 **Jill S Hernandez**

1	Nielsen, Natalie	56	Uc38	2:37.10	2:34.23	21
	31.94		1:13.07 (41.13) 1:59.00 (45.93)	2:34.23 (35.23)		
2	Welting, Laureen	57	The Olympic Club-38	2:45.00	2:36.13	19
	32.24		1:11.95 (39.71) 1:59.50 (47.55)	2:36.13 (36.63)		
3	Weiderman, Jennifer	56	Conejo Valley Masters-33	2:38.00	2:36.73	18
	34.97		1:16.16 (41.19) 1:59.82 (43.66)	2:36.73 (36.91)		
4	Esparza, Deena	58	Cal Lutheran Masters Swimming-33	2:50.00	2:39.48	17
	34.01		1:18.00 (43.99) 2:02.14 (44.14)	2:39.48 (37.34)		
5	Coomber, Molly	57	North Bay Aquatics-38	2:37.74	2:39.73	16
	33.63		1:16.05 (42.42) 2:03.06 (47.01)	2:39.73 (36.67)		
6	Perry, Rebecca	58	Manatee Aquatic Masters Inc-38	2:45.00	2:42.16	15
	33.15		1:15.99 (42.84) 2:03.88 (47.89)	2:42.16 (38.28)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 55-59 200 Yard IM)**

7	Couch, Stephanie	58	Menlo Masters-38	2:51.93	2:50.52	14
	40.64	1:22.25 (41.61)	2:13.37 (51.12)	2:50.52 (37.15)		
8	Jones, Tracey	55	Santa Rosa Masters-38	2:51.86	2:51.72	13
	36.01	1:25.64 (49.63)	2:14.56 (48.92)	2:51.72 (37.16)		
9	Phalen, Jennifer	58	Davis Aquatic Masters-38	3:08.32	3:13.99	12
	46.77	1:38.20 (51.43)	2:29.65 (51.45)	3:13.99 (44.34)		

Women 55-59 400 Yard IM

NATL: 4:45.55 ! 11/22/2019 ELLEN REYNOLDS

PAC: 4:49.56 @ 4/30/2017 Jill S Hernandez

1	Nielsen, Natalie	56	Uc38	5:39.51	5:26.62	21
	32.75	1:09.33 (36.58)	1:53.69 (44.36)	2:37.69 (44.00)		
	3:25.81 (48.12)	4:14.28 (48.47)	4:51.03 (36.75)	5:26.62 (35.59)		
2	Esparza, Deena	58	Cal Lutheran Masters Swimming-33	6:00.00	5:35.33	19
	35.94	1:17.46 (41.52)	2:02.81 (45.35)	2:47.56 (44.75)		
	3:32.89 (45.33)	4:18.59 (45.70)	4:58.08 (39.49)	5:35.33 (37.25)		
3	Weiderman, Jennifer	56	Conejo Valley Masters-33	5:37.00	5:38.55	18
	36.31	1:16.93 (40.62)	2:01.45 (44.52)	2:45.98 (44.53)		
	3:31.33 (45.35)	4:18.44 (47.11)	4:59.42 (40.98)	5:38.55 (39.13)		
4	Perry, Rebecca	58	Manatee Aquatic Masters Inc-38	5:50.00	5:50.49	17
		2:03.24 ()	2:46.93 (43.69)	3:37.85 (50.92)		
	4:29.86 (52.01)	5:10.69 (40.83)	5:50.49 (39.80)			
5	Bulman, Robin	57	Santa Rosa Masters-38	6:10.49	5:56.82	16
	39.92	1:27.48 (47.56)	2:15.87 (48.39)	3:02.86 (46.99)		
	3:50.18 (47.32)	4:37.13 (46.95)	5:18.38 (41.25)	5:56.82 (38.44)		

Women 60-64 50 Yard Freestyle

NATL: 26.20 ! 5/11/2018 PENNY NOYES

PAC: 26.48 @ 3/9/2014 Laura B Val

1	Cristea, Dea	60	North Bay Aquatics-38	27.69	28.16	21
2	Matena, Jana	60	Menlo Masters-38	29.10	28.46	19
3	Joyce, Martha	63	Tamalpais Aquatic Masters-38	30.00	29.33	18
4	Mammoser, Mary P	60	Rolling Hills Mud Sharks-38	30.83	29.84	17
5	Heim-Bowen, Suzanne	64	Walnut Creek Masters-38	29.80	30.34	16
6	Feeley, Louise	64	Menlo Masters-38	34.00	31.72	15
7	Kavalauskas, Alita	60	Jellies Aquatic Masters of Mon-38	35.85	33.56	14
8	Jansen, Mary-Kaye	63	Club Hot Tub-38	40.00	38.23	13
9	Tyler, Christine	60	QuickSilver Masters-38	35.68	38.42	12
10	Bennett, Sue	60	Marcia's Enthusiastic Masters-38	59.59	53.89	11

Women 60-64 100 Yard Freestyle

NATL: 56.45 ! 4/29/2012 LAURA VAL

PAC: 56.45 @ 12/31/2012 Laura B Val

1	Rieger, Amy	61	Davis Aquatic Masters-38	58.44	59.22	21
	28.96	59.22 (30.26)				
2	Matena, Jana	60	Menlo Masters-38	1:02.10	1:00.86	19
	29.49	1:00.86 (31.37)				
3	Cristea, Dea	60	North Bay Aquatics-38	1:01.45	1:01.37	18
	29.20	1:01.37 (32.17)				
4	Curry, Coleen	62	North Bay Aquatics-38	1:05.00	1:02.48	17
	30.16	1:02.48 (32.32)				
5	Heim-Bowen, Suzanne	64	Walnut Creek Masters-38	1:05.90	1:05.14	16
	31.42	1:05.14 (33.72)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 60-64 100 Yard Freestyle)**

6	Joyce, Martha	63	Tamalpais Aquatic Masters-38	1:05.00	1:06.36	15
	31.53	1:06.36 (34.83)				
7	Oliver, April A	61	North Bay Aquatics-38	1:10.54	1:07.48	14
	31.99	1:07.48 (35.49)				
8	Mammerer, Mary P	60	Rolling Hills Mud Sharks-38	1:09.33	1:08.55	13
	32.80	1:08.55 (35.75)				
9	Feeley, Louise	64	Menlo Masters-38	1:15.00	1:10.97	12
	34.25	1:10.97 (36.72)				
10	Kavalauskas, Alita	60	Jellies Aquatic Masters of Mon-38	1:25.00	1:16.97	11
	36.67	1:16.97 (40.30)				
11	Tyler, Christine	60	QuickSilver Masters-38	1:21.61	1:25.59	10
	39.56	1:25.59 (46.03)				
12	Bennett, Sue	60	Marcia's Enthusiastic Masters-38	1:57.57	2:02.20	9
	55.70	2:02.20 (1:06.50)				
13	Warnes, Graciela M	62	San Ramon Valley Aquatics Mast-38	2:22.00	2:09.55	8
	1:00.45	2:09.55 (1:09.10)				

Women 60-64 200 Yard Freestyle**NATL: 2:05.75 ! 5/22/2016 LAURA VAL****PAC: 2:05.75 @ 5/22/2016 Laura B Val**

1	Rieger, Amy	61	Davis Aquatic Masters-38	NT	2:08.84
2	Heim-Bowen, Suzanne	64	Walnut Creek Masters-38	NT	2:17.05

Women 60-64 200 Yard Freestyle**NATL: 2:05.75 ! 5/22/2016 LAURA VAL****PAC: 2:05.75 @ 5/22/2016 Laura B Val**

1	Curry, Coleen	62	North Bay Aquatics-38	2:28.00	2:14.82	21
	31.37	1:05.01 (33.64)	1:39.99 (34.98)	2:14.82 (34.83)		
2	Heim-Bowen, Suzanne	64	Walnut Creek Masters-38	2:14.00	2:15.79	19
	31.72	1:05.99 (34.27)	1:41.13 (35.14)	2:15.79 (34.66)		
3	Meyer, Marguerite	64	The Olympic Club-38	2:25.64	2:24.79	18
	33.41	1:09.35 (35.94)	1:46.90 (37.55)	2:24.79 (37.89)		
4	Servas, Karen A	61	Modesto Area Aquatic Club-38	2:50.00	2:37.38	17
	36.07	1:16.07 (40.00)	1:57.00 (40.93)	2:37.38 (40.38)		
5	Romine, Terri	62	Club Hot Tub-38	2:52.00	2:46.82	16
	38.34	1:20.70 (42.36)	2:04.00 (43.30)	2:46.82 (42.82)		
6	Carboni, Lisa	61	Marcia's Enthusiastic Masters-38	3:35.30	3:37.32	15
	51.35	1:46.70 (55.35)	2:43.50 (56.80)	3:37.32 (53.82)		
7	Aho, Kirsti	63	University of San Francisco Ma-38	7:00.00	4:32.51	14
	1:03.12	2:12.25 (1:09.13)	3:23.59 (1:11.34)	4:32.51 (1:08.92)		

Women 60-64 500 Yard Freestyle**NATL: 5:39.00 ! 1/26/2014 LAURA VAL****PAC: 5:39.00 @ 1/26/2014 Laura B Val**

1	Heim-Bowen, Suzanne	64	Walnut Creek Masters-38	6:01.27	5:54.01	21
	33.16	1:08.95 (35.79)	1:44.83 (35.88)	2:20.20 (35.37)		
	2:55.90 (35.70)	3:31.70 (35.80)	4:07.36 (35.66)	4:43.04 (35.68)		
	5:18.74 (35.70)	5:54.01 (35.27)				
2	Curry, Coleen	62	North Bay Aquatics-38	6:30.45	6:01.84	19
	31.99	1:06.74 (34.75)	1:43.14 (36.40)	2:20.21 (37.07)		
	2:57.65 (37.44)	3:35.27 (37.62)	4:12.63 (37.36)	4:49.77 (37.14)		
	5:26.66 (36.89)	6:01.84 (35.18)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 60-64 500 Yard Freestyle)**

3	Matena, Jana	60	Menlo Masters-38	6:10.10	6:06.73	18
	33.15	1:09.29 (36.14)	1:46.25 (36.96)	2:23.20 (36.95)		
	3:00.70 (37.50)	3:38.17 (37.47)	4:15.67 (37.50)	4:53.27 (37.60)		
	5:30.51 (37.24)	6:06.73 (36.22)				
4	Meyer, Marguerite	64	The Olympic Club-38	6:40.00	6:23.51	17
	34.88	1:12.69 (37.81)	1:51.61 (38.92)	2:30.96 (39.35)		
	3:10.39 (39.43)	3:49.51 (39.12)	4:28.38 (38.87)	5:07.59 (39.21)		
	5:46.38 (38.79)	6:23.51 (37.13)				
5	DeMasi, Amy	60	Santa Clara Swim Club Masters-38	7:15.00	6:43.55	16
	37.90	1:18.04 (40.14)	1:58.72 (40.68)	2:39.70 (40.98)		
	3:20.59 (40.89)	4:01.66 (41.07)	4:42.65 (40.99)	5:23.74 (41.09)		
	6:04.20 (40.46)	6:43.55 (39.35)				
6	Renner, Janet	61	Menlo Masters-38	6:40.00	6:59.33	15
	39.31	1:21.30 (41.99)	2:03.57 (42.27)	2:45.99 (42.42)		
	3:28.46 (42.47)	4:10.09 (41.63)	4:52.21 (42.12)	5:34.82 (42.61)		
	6:17.69 (42.87)	6:59.33 (41.64)				
7	Servas, Karen A	61	Modesto Area Aquatic Club-38	7:30.00	7:11.44	14
	38.14	1:19.76 (41.62)	2:03.24 (43.48)	2:47.43 (44.19)		
	3:32.36 (44.93)	4:17.06 (44.70)	5:01.35 (44.29)	5:45.48 (44.13)		
	6:29.43 (43.95)	7:11.44 (42.01)				
8	Hickel, Jessie	64	East Bay Bat Rays Masters-38	7:30.00	7:57.09	13
	42.66	1:29.73 (47.07)	2:17.60 (47.87)	3:07.03 (49.43)		
	3:56.14 (49.11)	4:44.62 (48.48)	5:33.42 (48.80)	6:22.17 (48.75)		
	7:10.43 (48.26)	7:57.09 (46.66)				
9	Carboni, Lisa	61	Marcia's Enthusiastic Masters-38	8:56.19	8:58.66	12
	49.84	1:43.30 (53.46)	2:37.97 (54.67)	3:32.98 (55.01)		
	4:27.51 (54.53)	5:22.62 (55.11)	6:18.37 (55.75)	7:14.15 (55.78)		
	8:07.95 (53.80)	8:58.66 (50.71)				
10	Warnes, Graciela M	62	San Ramon Valley Aquatics Mast-38	13:08.00	12:35.78	11
	1:00.52	2:15.20 (1:14.68)	3:34.26 (1:19.06)	4:50.14 (1:15.88)		
	6:08.57 (1:18.43)	7:26.23 (1:17.66)	8:44.42 (1:18.19)	10:02.41 (1:17.99)		
	11:20.70 (1:18.29)	12:35.78 (1:15.08)				

Women 60-64 500 Yard Freestyle

NATL: 5:39.00 ! 1/26/2014 LAURA VAL

PAC: 5:39.00 @ 1/26/2014 Laura B Val

2	Heim-Bowen, Suzanne	64	Walnut Creek Masters-38	NT	6:02.10	
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Women 60-64 1000 Yard Freestyle

NATL: 11:40.89 ! 5/19/2019 BONNIE SPIVEY

PAC: 11:41.77 @ 12/31/2012 Laura B Val

1	Heim-Bowen, Suzanne	64	Walnut Creek Masters-38	NT	12:09.80	
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2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 60-64 1650 Yard Freestyle**NATL: 19:37.27 ! 5/17/2019 **BONNIE SPIVEY**PAC: 19:42.01 @ 4/12/2019 **Suzanne M Heim-Bo**

1	Heim-Bowen, Suzanne	64	Walnut Creek Masters-38	20:06.46	20:13.29	21
	34.07	1:10.49 (36.42)	1:47.12 (36.63)	2:23.29 (36.17)		
	2:59.92 (36.63)	3:36.32 (36.40)	4:12.68 (36.36)	4:49.25 (36.57)		
	5:25.77 (36.52)	6:02.10 (36.33)	6:38.63 (36.53)	7:15.15 (36.52)		
	7:51.58 (36.43)	8:28.10 (36.52)	9:04.73 (36.63)	9:41.35 (36.62)		
	10:18.37 (37.02)	10:55.34 (36.97)	11:32.93 (37.59)	12:09.80 (36.87)		
	12:46.97 (37.17)	13:24.15 (37.18)	14:01.08 (36.93)	14:38.17 (37.09)		
	15:15.24 (37.07)	15:52.25 (37.01)	16:29.46 (37.21)	17:06.99 (37.53)		
	17:44.34 (37.35)	18:21.78 (37.44)	18:59.08 (37.30)	19:36.54 (37.46)	20:13.29 (36.75)	
2	Valderrama, Deborah	60	University of San Francisco Ma-38	45:00.00	30:13.06	19
	53.12	1:47.64 (54.52)	2:42.17 (54.53)	3:36.55 (54.38)		
	4:31.24 (54.69)	5:25.28 (54.04)	6:20.12 (54.84)	7:14.89 (54.77)		
	8:09.05 (54.16)	9:04.45 (55.40)	9:59.49 (55.04)	10:54.64 (55.15)		
	11:49.03 (54.39)	12:44.52 (55.49)	13:39.30 (54.78)	14:34.36 (55.06)		
	15:29.06 (54.70)	16:23.59 (54.53)	17:18.83 (55.24)	18:14.61 (55.78)		
	19:10.52 (55.91)	20:05.77 (55.25)	21:01.16 (55.39)	21:56.59 (55.43)		
	22:52.43 (55.84)	23:48.66 (56.23)	24:44.77 (56.11)	25:39.76 (54.99)		
	26:36.71 (56.95)	27:31.67 (54.96)	28:26.05 (54.38)	29:21.11 (55.06)	30:13.06 (51.95)	
3	Carboni, Lisa	61	Marcia's Enthusiastic Masters-38	29:59.94	31:16.01	18
	50.17	1:44.27 (54.10)	2:39.89 (55.62)	3:36.36 (56.47)		
	4:32.57 (56.21)	5:28.73 (56.16)	6:25.94 (57.21)	7:22.96 (57.02)		
	8:18.93 (55.97)	9:15.58 (56.65)	10:12.61 (57.03)	11:10.25 (57.64)		
	12:07.63 (57.38)	13:04.16 (56.53)	14:01.20 (57.04)	14:58.37 (57.17)		
	15:55.17 (56.80)	16:51.90 (56.73)	17:48.19 (56.29)	18:45.58 (57.39)		
	19:43.84 (58.26)	20:42.07 (58.23)	21:39.49 (57.42)	22:35.93 (56.44)		
	23:33.48 (57.55)	24:32.41 (58.93)	25:31.30 (58.89)	26:29.96 (58.66)		
	27:28.65 (58.69)	28:25.51 (56.86)	29:23.30 (57.79)	30:20.99 (57.69)	31:16.01 (55.02)	

Women 60-64 50 Yard BackstrokeNATL: 29.58 ! 4/26/2015 **LAURA VAL**PAC: 29.58 @ 4/26/2015 **Laura B Val**

1	Rieger, Amy	61	Davis Aquatic Masters-38	31.47	32.60	21
2	Heim-Bowen, Suzanne	64	Walnut Creek Masters-38	35.80	33.80	19
3	Oliver, April A	61	North Bay Aquatics-38	33.73	33.83	18
4	Cristea, Dea	60	North Bay Aquatics-38	34.22	34.76	17
5	Meyer, Marguerite	64	The Olympic Club-38	37.82	36.97	16
6	DeMasi, Amy	60	Santa Clara Swim Club Masters-38	37.37	37.44	15
7	Mammoser, Mary P	60	Rolling Hills Mud Sharks-38	39.34	40.15	14
8	Kavalauskas, Alita	60	Jellies Aquatic Masters of Mon-38	41.63	40.25	13
9	Scherr, Dove	62	Manatee Aquatic Masters Inc-38	45.00	41.49	12
10	Romine, Terri	62	Club Hot Tub-38	43.50	43.28	11
11	Hickel, Jessie	64	East Bay Bat Rays Masters-38	45.00	46.34	10
12	Carboni, Lisa	61	Marcia's Enthusiastic Masters-38	55.30	53.25	9
---	Warnes, Graciela M	62	San Ramon Valley Aquatics Mast-38	1:09.00	DQ	

Women 60-64 100 Yard BackstrokeNATL: 1:03.72 ! 5/12/2013 **LAURA VAL**PAC: 1:03.72 @ 5/9/2013 **Laura B Val**

1	Cristea, Dea	60	North Bay Aquatics-38	1:14.08	1:15.69	21
	36.62	1:15.69 (39.07)				
2	Mammoser, Mary P	60	Rolling Hills Mud Sharks-38	1:37.90	1:26.06	19
	41.09	1:26.06 (44.97)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 60-64 100 Yard Backstroke)**

3	Kavalauskas, Alita	60	Jellies Aquatic Masters of Mon-38	1:30.00	1:31.59	18
	43.85			1:31.59 (47.74)		
4	Romine, Terri	62	Club Hot Tub-38	1:36.00	1:37.37	17
	47.50			1:37.37 (49.87)		
5	Tyler, Christine	60	QuickSilver Masters-38	1:43.05	1:43.85	16
	50.27			1:43.85 (53.58)		
6	Carboni, Lisa	61	Marcia's Enthusiastic Masters-38	1:55.22	1:50.07	15
	54.44			1:50.07 (55.63)		
7	Bennett, Sue	60	Marcia's Enthusiastic Masters-38	2:29.29	2:41.76	14
	1:16.08			2:41.76 (1:25.68)		

Women 60-64 200 Yard BackstrokeNATL: **2:19.36 !** 4/7/2018 **BONNIE BILICH**PAC: **2:19.36 @** 4/7/2018 **Bonnie M Bilich**

1	DeMasi, Amy	60	Santa Clara Swim Club Masters-38	2:44.94	2:45.20	21
	40.07			1:20.93 (40.86)	2:03.26 (42.33)	2:45.20 (41.94)
2	Meyer, Marguerite	64	The Olympic Club-38	2:50.55	2:47.60	19
	40.65			1:22.28 (41.63)	2:05.10 (42.82)	2:47.60 (42.50)
3	Taylor, Catherine	60	Walnut Creek Masters-38	3:19.69	3:18.52	18
	50.16			1:41.10 (50.94)	2:31.10 (50.00)	3:18.52 (47.42)
4	Scherr, Dove	62	Manatee Aquatic Masters Inc-38	3:35.00	3:24.87	17
	45.21			1:35.87 (50.66)	2:29.65 (53.78)	3:24.87 (55.22)
5	Carroll, Leah	61	Albany Armada Aquatics Masters-38	3:29.30	3:42.07	16
	52.29			1:49.12 (56.83)	2:46.13 (57.01)	3:42.07 (55.94)
6	Focha, Teresa M	62	Albany Armada Aquatics Masters-38	3:48.77	3:52.44	15
	55.23			1:53.41 (58.18)	2:53.09 (59.68)	3:52.44 (59.35)
7	Carboni, Lisa	61	Marcia's Enthusiastic Masters-38	3:59.99	3:54.22	14
	56.24			1:55.00 (58.76)	2:56.98 (1:01.98)	3:54.22 (57.24)
---	Rieger, Amy	61	Davis Aquatic Masters-38	2:27.69	DQ	
	34.48			1:12.46 (37.98)	1:50.71 (38.25)	DQ (38.04)

Women 60-64 50 Yard BreaststrokeNATL: **33.79 !** 5/7/2017 **MELINDA MANN**PAC: **36.28 @** 4/27/2019 **Dea A Joslin**

1	Matena, Jana	60	Menlo Masters-38	39.10	39.04	21
2	Joyce, Martha	63	Tamalpais Aquatic Masters-38	40.00	40.07	19
3	Taylor, Catherine	60	Walnut Creek Masters-38	43.54	41.27	18
4	Hafner, Hilary	63	Santa Rosa Masters-38	42.17	42.67	17
5	Flynn, Beth	60	Rolling Hills Mud Sharks-38	46.00	45.53	16
6	Tyler, Christine	60	QuickSilver Masters-38	45.44	48.55	15
7	Jansen, Mary-Kaye	63	Club Hot Tub-38	55.00	53.30	14

Women 60-64 200 Yard BreaststrokeNATL: **2:44.73 !** 4/26/2015 **LO KNAPP**PAC: **2:50.61 @** 4/7/2018 **Bonnie M Bilich**

1	Renner, Janet	61	Menlo Masters-38	3:15.00	3:11.43	21
	44.72			1:33.29 (48.57)	2:22.47 (49.18)	3:11.43 (48.96)
2	Taylor, Catherine	60	Walnut Creek Masters-38	3:36.52	3:25.28	19
	46.73			1:39.58 (52.85)	2:32.08 (52.50)	3:25.28 (53.20)
3	Flynn, Beth	60	Rolling Hills Mud Sharks-38	3:50.00	3:36.28	18
	50.06			1:44.97 (54.91)	2:40.47 (55.50)	3:36.28 (55.81)
4	Carroll, Leah	61	Albany Armada Aquatics Masters-38	3:48.32	3:47.19	17
	53.86			1:51.49 (57.63)	2:50.22 (58.73)	3:47.19 (56.97)

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 60-64 200 Yard Breaststroke)**

5	Focha, Teresa M	62	Albany Armada Aquatics Masters-38	4:31.85	4:14.49	16
	59.64	2:02.45 (1:02.81)	3:08.39 (1:05.94)	4:14.49 (1:06.10)		

Women 60-64 50 Yard Butterfly

NATL: 27.93 ! 5/13/2018 **TRACI GRANGER**
PAC: 29.28 @ 2/9/2014 **Laura B Val**

1	Oliver, April A	61	North Bay Aquatics-38	30.70	30.84	21
2	Mammoser, Mary P	60	Rolling Hills Mud Sharks-38	32.30	32.82	19
3	Joyce, Martha	63	Tamalpais Aquatic Masters-38	35.00	33.08	18
4	Matena, Jana	60	Menlo Masters-38	36.10	33.28	17
5	Cristea, Dea	60	North Bay Aquatics-38	32.74	33.91	16
6	Kavalauskas, Alita	60	Jellies Aquatic Masters of Mon-38	36.30	35.94	15
7	Renner, Janet	61	Menlo Masters-38	41.00	37.80	14
8	Romine, Terri	62	Club Hot Tub-38	42.00	38.55	13
9	Flynn, Beth	60	Rolling Hills Mud Sharks-38	42.00	40.19	12
10	Scherr, Dove	62	Manatee Aquatic Masters Inc-38	50.00	46.72	11
11	Blatt, Lisa	61	University of San Francisco Ma-38	48.85	47.83	10

Women 60-64 100 Yard Butterfly

NATL: 1:03.59 ! 4/27/2019 **TRACI GRANGER**
PAC: 1:04.27 @ 12/31/2012 **Laura B Val**

1	Joyce, Martha	63	Tamalpais Aquatic Masters-38	1:25.00	1:18.42	21
	35.90	1:18.42 (42.52)				
2	Taylor, Catherine	60	Walnut Creek Masters-38	1:43.94	1:36.16	19
	45.06	1:36.16 (51.10)				
3	Carroll, Leah	61	Albany Armada Aquatics Masters-38	1:39.51	1:43.22	18
	48.58	1:43.22 (54.64)				
4	Focha, Teresa M	62	Albany Armada Aquatics Masters-38	1:46.66	1:50.48	17
	52.96	1:50.48 (57.52)				

Women 60-64 200 Yard Butterfly

NATL: 2:24.30 ! 5/10/2013 **LAURA VAL**
PAC: 2:24.30 @ 5/9/2013 **Laura B Val**

1	Carroll, Leah	61	Albany Armada Aquatics Masters-38	3:41.94	3:35.27	21
	50.39	1:45.22 (54.83)	2:40.51 (55.29)	3:35.27 (54.76)		
2	Focha, Teresa M	62	Albany Armada Aquatics Masters-38	3:50.13	4:06.21	19
	53.55	1:52.77 (59.22)	2:58.82 (1:06.05)	4:06.21 (1:07.39)		

Women 60-64 100 Yard IM

NATL: 1:05.01 ! 4/30/2022 **KARLYN PIPES**
PAC: 1:06.76 @ 4/2/2022 **Amy J Rieger**

1	Rieger, Amy	61	Davis Aquatic Masters-38	1:06.76	1:07.47	21
	31.18	1:07.47 (36.29)				
2	Matena, Jana	60	Menlo Masters-38	1:19.10	1:12.65	19
	34.45	1:12.65 (38.20)				
3	Joyce, Martha	63	Tamalpais Aquatic Masters-38	1:15.00	1:15.04	18
	35.00	1:15.04 (40.04)				
4	Cristea, Dea	60	North Bay Aquatics-38	1:13.28	1:15.24	17
	35.63	1:15.24 (39.61)				
5	Curry, Coleen	62	North Bay Aquatics-38	1:18.65	1:16.39	16
	37.04	1:16.39 (39.35)				
6	Mammoser, Mary P	60	Rolling Hills Mud Sharks-38	1:24.80	1:20.51	15
	36.78	1:20.51 (43.73)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 60-64 100 Yard IM)**

7	Renner, Janet	61	Menlo Masters-38	1:30.00	1:25.39	14
	41.27	1:25.39 (44.12)				
8	Kavalauskas, Alita	60	Jellies Aquatic Masters of Mon-38	1:30.00	1:27.69	13
	40.89	1:27.69 (46.80)				
9	Flynn, Beth	60	Rolling Hills Mud Sharks-38	1:35.00	1:28.88	12
	42.44	1:28.88 (46.44)				
10	Blatt, Lisa	61	University of San Francisco Ma-38	1:49.25	1:47.77	11
	51.63	1:47.77 (56.14)				
---	Hickel, Jessie	64	East Bay Bat Rays Masters-38	1:40.00	DQ	
	46.08	DQ (50.60)				

Women 60-64 200 Yard IM

NATL: 2:24.28 ! 4/3/2022 AMY RIEGER

PAC: 2:24.28 @ 4/3/2022 Amy J Rieger

1	Rieger, Amy	61	Davis Aquatic Masters-38	2:23.95	2:29.11	21
	31.29	1:07.80 (36.51)	1:53.39 (45.59)	2:29.11 (35.72)		
2	Taylor, Catherine	60	Walnut Creek Masters-38	3:12.34	3:07.74	19
	44.95	1:35.82 (50.87)	2:26.69 (50.87)	3:07.74 (41.05)		
3	Flynn, Beth	60	Rolling Hills Mud Sharks-38	3:32.00	3:21.99	18
	42.94	1:38.68 (55.74)	2:35.90 (57.22)	3:21.99 (46.09)		
4	Tyler, Christine	60	QuickSilver Masters-38	3:20.50	3:26.17	17
	43.84	1:38.83 (54.99)	2:38.04 (59.21)	3:26.17 (48.13)		
5	Carroll, Leah	61	Albany Armada Aquatics Masters-38	3:42.74	3:42.96	16
	49.90	1:46.80 (56.90)	2:48.17 (1:01.37)	3:42.96 (54.79)		
6	Focha, Teresa M	62	Albany Armada Aquatics Masters-38	3:49.18	3:57.75	15
	51.26	1:53.35 (1:02.09)	3:01.71 (1:08.36)	3:57.75 (56.04)		

Women 60-64 400 Yard IM

NATL: 5:07.38 ! 4/1/2022 AMY RIEGER

PAC: 5:07.38 @ 4/1/2022 Amy J Rieger

1	Rieger, Amy	61	Davis Aquatic Masters-38	5:07.38	5:15.96	21
	4:41.17	5:17.45 (36.28)	5:45.83 (28.38)	5:15.96 ()		
2	Servas, Karen A	61	Modesto Area Aquatic Club-38	6:30.00	6:46.19	19
	41.13	1:32.82 (51.69)	2:31.35 (58.53)	3:27.17 (55.82)		
	4:25.75 (58.58)	5:24.62 (58.87)	6:06.67 (42.05)	6:46.19 (39.52)		
3	Carroll, Leah	61	Albany Armada Aquatics Masters-38	7:52.20	7:29.54	18
	49.56	1:44.72 (55.16)	2:41.61 (56.89)	3:39.01 (57.40)		
	4:38.35 (59.34)	5:37.10 (58.75)	6:35.66 (58.56)	7:29.54 (53.88)		

Women 65-69 50 Yard Freestyle

NATL: 26.31 ! 3/7/2020 PENNY NOYES

PAC: 26.55 @ 5/13/2018 Laura B Val

1	Cericola, Patricia	66	University of San Francisco Ma-38	32.84	33.83	21
2	Kessinger, Katy	68	Swim Utah-34	35.66	34.94	19
3	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	35.42	35.02	18
4	Finch, Merry	68	Kona Aquatics-39	37.00	38.22	17
5	Niccolls, Dorothy	69	University of San Francisco Ma-38	51.51	50.54	16

Women 65-69 100 Yard Freestyle

NATL: 57.88 ! 5/12/2018 LAURA VAL

PAC: 57.88 @ 5/12/2018 Laura B Val

2	Helmrich, Susan	67	Streamliners-38	NT	1:19.61	
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2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 65-69 100 Yard Freestyle**

NATL: 57.88 ! 5/12/2018 LAURA VAL

PAC: 57.88 @ 5/12/2018 Laura B Val

1	Knapp, Lo D	68	Swim Utah-34	1:06.20	1:05.16	21
	31.50	1:05.16 (33.66)				
2	Kessinger, Katy	68	Swim Utah-34	1:13.14	1:15.15	19
3	Dobisz, Elizabeth	69	QuickSilver Masters-38	1:48.05	1:50.42	18
	53.55	1:50.42 (56.87)				
4	Niccolls, Dorothy	69	University of San Francisco Ma-38	1:57.00	1:53.41	17
	53.10	1:53.41 (1:00.31)				

Women 65-69 200 Yard Freestyle

NATL: 2:07.23 ! 5/11/2018 LAURA VAL

PAC: 2:07.23 @ 5/11/2018 Laura B Val

1	Bracken, Judy	65	San Ramon Valley Aquatics Mast-38	2:38.36	2:33.99	21
	36.04	1:15.58 (39.54)	1:56.27 (40.69)	2:33.99 (37.72)		
2	Kessinger, Katy	68	Swim Utah-34	2:39.69	2:38.44	19
	37.57	1:17.91 (40.34)	1:58.88 (40.97)	2:38.44 (39.56)		
3	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	2:51.50	2:49.86	18
	38.56	1:22.08 (43.52)	2:06.81 (44.73)	2:49.86 (43.05)		
4	Dunn, Audrey	69	University of San Francisco Ma-38	3:50.00	3:29.28	17
	49.72	1:43.42 (53.70)	2:37.54 (54.12)	3:29.28 (51.74)		
5	Niccolls, Dorothy	69	University of San Francisco Ma-38	4:10.00	3:56.58	16
	54.38	1:55.12 (1:00.74)	2:57.71 (1:02.59)	3:56.58 (58.87)		

Women 65-69 200 Yard Freestyle

NATL: 2:07.23 ! 5/11/2018 LAURA VAL

PAC: 2:07.23 @ 5/11/2018 Laura B Val

1	Helmrich, Susan	67	Streamliners-38	NT	2:44.89	
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Women 65-69 500 Yard Freestyle

NATL: 5:52.39 ! 5/21/2017 LAURA VAL

PAC: 5:52.39 @ 5/22/2017 Laura B Val

4	Helmrich, Susan	67	Streamliners-38	NT	6:57.99	
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Women 65-69 500 Yard Freestyle

NATL: 5:52.39 ! 5/21/2017 LAURA VAL

PAC: 5:52.39 @ 5/22/2017 Laura B Val

1	Kessinger, Katy	68	Swim Utah-34	7:13.94	6:47.71	21
	38.17	1:18.94 (40.77)	2:00.06 (41.12)	2:41.94 (41.88)		
	3:23.12 (41.18)	4:04.59 (41.47)	4:45.88 (41.29)	5:27.01 (41.13)		
	6:08.60 (41.59)	6:47.71 (39.11)				
2	Bracken, Judy	65	San Ramon Valley Aquatics Mast-38	7:05.59	7:07.53	19
	35.80	1:17.70 (41.90)	2:00.63 (42.93)	2:42.57 (41.94)		
	3:28.64 (46.07)	4:12.98 (44.34)	4:57.83 (44.85)	5:42.28 (44.45)		
	6:23.48 (41.20)	7:07.53 (44.05)				
3	Quinn, Phyllis	67	The Olympic Club-38	7:25.07	7:24.67	18
	39.95	1:24.42 (44.47)	2:10.03 (45.61)	2:56.20 (46.17)		
	3:42.02 (45.82)	4:27.22 (45.20)	5:12.22 (45.00)	5:57.11 (44.89)		
	6:41.61 (44.50)	7:24.67 (43.06)				
4	Finch, Merry	68	Kona Aquatics-39	7:30.00	7:34.84	17
	42.58	1:27.10 (44.52)	2:13.06 (45.96)	2:58.97 (45.91)		
	3:44.97 (46.00)	4:31.07 (46.10)	5:17.27 (46.20)	6:03.59 (46.32)		
	6:50.39 (46.80)	7:34.84 (44.45)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 65-69 500 Yard Freestyle)**

5	Pinto, Rebecca	68	Menlo Masters-38	7:30.00	8:00.29	16
	44.27	1:32.14 (47.87)	2:20.25 (48.11)	3:08.58 (48.33)		
	3:57.01 (48.43)	4:48.85 (51.84)	5:37.75 (48.90)	6:26.24 (48.49)		
	7:15.38 (49.14)	8:00.29 (44.91)				
6	Byrnes, Barbara	66	University of San Francisco Ma-38	8:30.00	8:14.84	15
	47.14	1:38.51 (51.37)	2:29.93 (51.42)	3:20.77 (50.84)		
	4:10.97 (50.20)	5:00.18 (49.21)	5:50.12 (49.94)	6:18.41 (28.29)		
	7:28.81 (1:10.40)	8:14.84 (46.03)				
7	Dunn, Audrey	69	University of San Francisco Ma-38	10:00.00	8:51.27	14
	49.94	1:44.00 (54.06)	2:38.11 (54.11)	3:31.94 (53.83)		
	4:25.90 (53.96)	5:19.01 (53.11)	6:13.24 (54.23)	7:06.79 (53.55)		
	8:00.61 (53.82)	8:51.27 (50.66)				
8	Niccolls, Dorothy	69	University of San Francisco Ma-38	11:00.00	10:28.11	13
	53.48	1:53.74 (1:00.26)	2:58.23 (1:04.49)	4:02.60 (1:04.37)		
	5:06.95 (1:04.35)	6:12.43 (1:05.48)	7:17.56 (1:05.13)	8:21.58 (1:04.02)		
	9:25.33 (1:03.75)	10:28.11 (1:02.78)				

Women 65-69 1000 Yard Freestyle

NATL: 11:59.50 ! 4/9/2017 LAURA VAL

PAC: 11:59.50 @ 4/9/2017 Laura B Val

1	Helmrich, Susan	67	Streamliners-38	NT	13:56.91	
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Women 65-69 1650 Yard Freestyle

NATL: 20:33.09 ! 7/21/2021 N STEADMAN MARTIN

PAC: 22:54.94 @ 4/1/2022 Susan P Helmrich

1	Knapp, Lo D	68	Swim Utah-34	22:28.50	21:49.44	21
	35.58	1:14.91 (39.33)	1:54.90 (39.99)	2:35.46 (40.56)		
	3:15.48 (40.02)	3:55.76 (40.28)	4:35.76 (40.00)	5:15.64 (39.88)		
	5:55.03 (39.39)	6:34.90 (39.87)	7:14.37 (39.47)	7:53.89 (39.52)		
	8:33.51 (39.62)	9:13.00 (39.49)	9:52.53 (39.53)	10:31.99 (39.46)		
	11:11.73 (39.74)	11:51.33 (39.60)	12:30.78 (39.45)	13:10.54 (39.76)		
	13:50.14 (39.60)	14:30.17 (40.03)	15:10.07 (39.90)	15:50.12 (40.05)		
	16:30.54 (40.42)	17:10.16 (39.62)	17:50.22 (40.06)	18:30.14 (39.92)		
	19:10.76 (40.62)	19:51.87 (41.11)	20:31.60 (39.73)	21:10.99 (39.39)	21:49.44 (38.45)	
2	Kessinger, Katy	68	Swim Utah-34	23:49.00	22:58.65	19
	39.35	1:21.39 (42.04)	2:03.97 (42.58)	2:46.74 (42.77)		
	3:28.75 (42.01)	4:10.79 (42.04)	4:52.61 (41.82)			
	17:25.79 ()	18:08.14 (42.35)	18:50.61 (42.47)	19:32.43 (41.82)		
	20:14.42 (41.99)	20:56.20 (41.78)	21:38.30 (42.10)	22:20.17 (41.87)	22:58.65 (38.48)	
3	Helmrich, Susan	67	Streamliners-38	23:16.50	23:00.12	18
	37.53	1:19.61 (42.08)	2:02.31 (42.70)	2:44.89 (42.58)		
	3:27.51 (42.62)	4:10.16 (42.65)	4:52.00 (41.84)	5:34.41 (42.41)		
	6:16.31 (41.90)	6:57.99 (41.68)	7:40.01 (42.02)	8:21.45 (41.44)		
	9:03.58 (42.13)	9:45.26 (41.68)	10:27.39 (42.13)	11:09.68 (42.29)		
	11:51.69 (42.01)	12:33.69 (42.00)	13:15.33 (41.64)	13:56.91 (41.58)		
	14:39.14 (42.23)	15:21.51 (42.37)	16:03.68 (42.17)	16:45.82 (42.14)		
	17:27.73 (41.91)	18:10.06 (42.33)	18:51.74 (41.68)	19:33.77 (42.03)		
	20:15.79 (42.02)	20:57.22 (41.43)	21:39.04 (41.82)	22:19.82 (40.78)	23:00.12 (40.30)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 65-69 1650 Yard Freestyle)**

4	Bracken, Judy	65	San Ramon Valley Aquatics Mast-38	24:50.00	23:49.51	17
	37.31	1:19.52 (42.21)	2:03.35 (43.83)	2:47.25 (43.90)		
	3:31.27 (44.02)	4:15.07 (43.80)	4:58.59 (43.52)	5:42.41 (43.82)		
	6:26.19 (43.78)	7:09.49 (43.30)	7:53.08 (43.59)	8:36.36 (43.28)		
	9:19.38 (43.02)	10:02.86 (43.48)	10:46.51 (43.65)	11:29.72 (43.21)		
	12:13.96 (44.24)	12:56.86 (42.90)	13:40.10 (43.24)	14:24.26 (44.16)		
	15:08.55 (44.29)	15:52.07 (43.52)	16:35.44 (43.37)	17:18.89 (43.45)		
	18:02.53 (43.64)	18:46.09 (43.56)	19:29.81 (43.72)	20:14.11 (44.30)		
	20:57.11 (43.00)	21:40.76 (43.65)	22:24.61 (43.85)	23:08.07 (43.46)	23:49.51 (41.44)	
5	Jaffer, Johanna	66	Almaden Masters-38	24:28.00	24:09.85	16
	37.84	1:19.96 (42.12)	2:03.35 (43.39)	2:47.18 (43.83)		
	3:30.64 (43.46)	4:14.05 (43.41)	4:57.79 (43.74)	5:41.45 (43.66)		
	6:25.72 (44.27)	7:10.11 (44.39)	7:54.03 (43.92)	8:38.14 (44.11)		
	9:21.95 (43.81)	10:06.28 (44.33)	10:50.34 (44.06)	11:34.02 (43.68)		
	12:18.65 (44.63)	13:03.05 (44.40)	13:47.67 (44.62)	14:31.63 (43.96)		
	15:16.12 (44.49)	16:00.61 (44.49)	16:45.11 (44.50)	17:28.68 (43.57)		
	18:12.90 (44.22)	18:57.07 (44.17)	19:42.12 (45.05)	20:26.40 (44.28)		
	21:11.17 (44.77)	21:55.87 (44.70)	22:41.85 (45.98)	23:26.10 (44.25)	24:09.85 (43.75)	
6	Quinn, Phyllis	67	The Olympic Club-38	25:29.71	24:38.30	15
	41.66	1:25.90 (44.24)	2:11.25 (45.35)	2:56.78 (45.53)		
	3:41.90 (45.12)	4:27.03 (45.13)	5:12.53 (45.50)	5:57.77 (45.24)		
	6:43.13 (45.36)	7:28.33 (45.20)	8:13.44 (45.11)	8:58.50 (45.06)		
	9:43.29 (44.79)	10:28.27 (44.98)	11:13.10 (44.83)	11:58.58 (45.48)		
	12:43.90 (45.32)	13:28.83 (44.93)	14:13.73 (44.90)	14:58.59 (44.86)		
	15:42.89 (44.30)	16:28.58 (45.69)	17:13.68 (45.10)	17:59.16 (45.48)		
	18:44.15 (44.99)	19:29.31 (45.16)	20:14.51 (45.20)	20:59.41 (44.90)		
	21:43.76 (44.35)	22:28.40 (44.64)	23:13.31 (44.91)	23:57.64 (44.33)	24:38.30 (40.66)	
7	Dunn, Audrey	69	University of San Francisco Ma-38	31:00.00	30:23.30	14
	56.06	1:49.92 (53.86)	2:44.36 (54.44)	3:38.29 (53.93)		
	4:32.50 (54.21)	5:27.49 (54.99)	6:22.47 (54.98)	7:16.67 (54.20)		
	8:11.44 (54.77)	9:06.71 (55.27)	10:01.76 (55.05)	10:56.69 (54.93)		
	11:51.85 (55.16)	12:46.66 (54.81)	13:41.91 (55.25)	14:36.47 (54.56)		
	15:31.32 (54.85)	16:26.85 (55.53)	17:22.40 (55.55)	18:17.77 (55.37)		
	19:13.69 (55.92)	20:08.65 (54.96)	21:04.48 (55.83)	21:59.40 (54.92)		
	22:55.67 (56.27)	23:52.28 (56.61)	24:48.16 (55.88)	25:44.71 (56.55)		
	26:41.73 (57.02)	27:38.42 (56.69)	28:34.44 (56.02)	29:29.97 (55.53)	30:23.30 (53.33)	
8	Niccolls, Dorothy	69	University of San Francisco Ma-38	37:30.00	35:10.87	13
	52.52	1:53.79 (1:01.27)	2:57.33 (1:03.54)	4:01.31 (1:03.98)		
	5:04.22 (1:02.91)	6:08.03 (1:03.81)	7:12.82 (1:04.79)	8:16.39 (1:03.57)		
	9:20.72 (1:04.33)	10:25.66 (1:04.94)	11:29.96 (1:04.30)	12:33.79 (1:03.83)		
	13:37.94 (1:04.15)	14:42.47 (1:04.53)	15:48.25 (1:05.78)	16:53.22 (1:04.97)		
	17:56.95 (1:03.73)	19:00.75 (1:03.80)	20:04.13 (1:03.38)	21:09.58 (1:05.45)		
	22:13.25 (1:03.67)	23:19.09 (1:05.84)	24:24.68 (1:05.59)	25:28.94 (1:04.26)		
	26:34.10 (1:05.16)	27:38.02 (1:03.92)	28:43.20 (1:05.18)	29:47.05 (1:03.85)		
	30:52.06 (1:05.01)	31:57.55 (1:05.49)	33:03.69 (1:06.14)	34:09.28 (1:05.59)	35:10.87 (1:01.59)	

Women 65-69 50 Yard Backstroke

NATL: 29.65 ! 5/12/2018 LAURA VAL

PAC: 29.65 @ 5/12/2018 Laura B Val

1	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	42.55	41.52	21
2	Gill, Kathy	69	Davis Aquatic Masters-38	47.99	46.90	19
3	Niccolls, Dorothy	69	University of San Francisco Ma-38	57.00	54.78	18
4	Dobisz, Elizabeth	69	QuickSilver Masters-38	1:00.90	1:02.03	17

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 65-69 100 Yard Backstroke**NATL: **1:03.96** ! 5/11/2018 **LAURA VAL**PAC: **1:03.96** @ 5/11/2018 **Laura B Val**

1	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	1:34.19	1:30.88	21
	44.73	1:30.88 (46.15)				
2	Gill, Kathy	69	Davis Aquatic Masters-38	1:43.99	1:42.69	19
	48.80	1:42.69 (53.89)				
3	Dunn, Audrey	69	University of San Francisco Ma-38	2:10.00	2:08.70	18
	1:05.26	2:08.70 (1:03.44)				
4	Dobisz, Elizabeth	69	QuickSilver Masters-38	2:20.00	2:13.16	17
	1:04.64	2:13.16 (1:08.52)				

Women 65-69 200 Yard BackstrokeNATL: **2:23.88** ! 5/13/2018 **LAURA VAL**PAC: **2:23.88** @ 5/13/2018 **Laura B Val**

1	O'Brien, Charlene	66	Walnut Creek Masters-38	2:50.46	2:48.04	21
	40.71	1:24.59 (43.88)	2:06.84 (42.25)	2:48.04 (41.20)		
2	Knapp, Lo D	68	Swim Utah-34	2:56.00	2:49.28	19
	40.27	1:23.16 (42.89)	2:06.73 (43.57)	2:49.28 (42.55)		
3	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	3:16.65	3:13.59	18
	45.50	1:34.19 (48.69)	2:24.11 (49.92)	3:13.59 (49.48)		
4	Quinn, Phyllis	67	The Olympic Club-38	3:18.12	3:19.66	17
	47.34	1:37.51 (50.17)	2:29.29 (51.78)	3:19.66 (50.37)		
5	Byrnes, Barbara	66	University of San Francisco Ma-38	3:50.00	3:37.89	16
	52.71	1:47.05 (54.34)	2:42.23 (55.18)	3:37.89 (55.66)		
6	Thomas, Elaine	68	Mountain View Masters-38	3:50.00	3:39.96	15
	52.62	1:48.16 (55.54)	2:45.06 (56.90)	3:39.96 (54.90)		
7	Gill, Kathy	69	Davis Aquatic Masters-38	3:50.99	3:44.03	14
	53.66	1:51.76 (58.10)	2:49.46 (57.70)	3:44.03 (54.57)		
8	Dunn, Audrey	69	University of San Francisco Ma-38	4:15.00	4:16.25	13
	1:04.57	2:08.82 (1:04.25)	3:13.90 (1:05.08)	4:16.25 (1:02.35)		

Women 65-69 50 Yard BreaststrokeNATL: **36.58** ! 5/11/2018 **MELINDA WOLFF**PAC: **38.56** @ 3/19/2017 **Laura B Val**

1	Knapp, Lo D	68	Swim Utah-34	40.50	39.10	21
2	Penney, Debra	65	Swim Utah-34	41.50	41.94	19
3	Cericola, Patricia	66	University of San Francisco Ma-38	44.05	44.09	18
4	Johnson, Julie	65	Marcia's Enthusiastic Masters-38	55.00	49.21	17
5	Finch, Merry	68	Kona Aquatics-39	50.00	49.71	16
6	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	52.83	51.63	15

Women 65-69 200 Yard BreaststrokeNATL: **2:56.56** ! 4/3/2022 **COLETTE CRABBE**PAC: **3:06.16** @ 12/31/2009 **Daniela Barnea**

1	Knapp, Lo D	68	Swim Utah-34	3:06.00	3:00.98	21
	41.18	1:26.60 (45.42)	2:13.39 (46.79)	3:00.98 (47.59)		
2	Penney, Debra	65	Swim Utah-34	3:10.00	3:13.56	19
	43.86	1:32.55 (48.69)	2:22.83 (50.28)	3:13.56 (50.73)		
3	Hepworth, Linda	69	Rolling Hills Mud Sharks-38	3:59.47	4:00.22	18
	55.18	1:56.19 (1:01.01)	2:57.74 (1:01.55)	4:00.22 (1:02.48)		
4	Dunn, Audrey	69	University of San Francisco Ma-38	4:45.00	4:34.61	17
	1:05.68	2:16.64 (1:10.96)	3:27.22 (1:10.58)	4:34.61 (1:07.39)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 65-69 50 Yard Butterfly**

NATL: 28.94 ! 9/14/2019 PENNY NOYES

PAC: 29.58 @ 3/19/2017 Laura B Val

1	O'Brien, Charlene	66	Walnut Creek Masters-38	34.80	32.10	21
2	Cericola, Patricia	66	University of San Francisco Ma-38	41.00	41.41	19
3	Pinto, Rebecca	68	Menlo Masters-38	37.88	43.08	18
4	Gill, Kathy	69	Davis Aquatic Masters-38	47.99	49.29	17
5	Dobisz, Elizabeth	69	QuickSilver Masters-38	58.17	1:01.67	16

Women 65-69 100 Yard Butterfly

NATL: 1:05.47 ! 2/2/2020 PENNY NOYES

PAC: 1:06.55 @ 2/29/2020 Laura B Val

1	O'Brien, Charlene	66	Walnut Creek Masters-38	1:17.95	1:13.34	21
				35.46	1:13.34 (37.88)	
2	Byrnes, Barbara	66	University of San Francisco Ma-38	2:00.00	1:52.81	19
				53.79	1:52.81 (59.02)	
3	Gill, Kathy	69	Davis Aquatic Masters-38	1:51.99	1:56.26	18
				53.98	1:56.26 (1:02.28)	

Women 65-69 200 Yard Butterfly

NATL: 2:29.12 ! 4/9/2017 LAURA VAL

PAC: 2:29.12 @ 4/9/2017 Laura B Val

1	Quinn, Phyllis	67	The Olympic Club-38	4:09.38	4:07.99	21
				54.84	2:00.23 (1:05.39)	
					3:06.33 (1:06.10)	
					4:07.99 (1:01.66)	

Women 65-69 100 Yard IM

NATL: 1:07.03 ! 2/1/2020 PENNY NOYES

PAC: 1:09.39 @ 2/11/2017 Laura B Val

1	Penney, Debra	65	Swim Utah-34	1:30.00	1:24.86	21
				42.36	1:24.86 (42.50)	
2	Cericola, Patricia	66	University of San Francisco Ma-38	1:30.00	1:29.13	19
				41.89	1:29.13 (47.24)	
3	Finch, Merry	68	Kona Aquatics-39	1:45.00	1:39.65	18
				49.73	1:39.65 (49.92)	
4	Pinto, Rebecca	68	Menlo Masters-38	1:33.43	1:39.99	17
				47.46	1:39.99 (52.53)	
5	Dobisz, Elizabeth	69	QuickSilver Masters-38	2:04.32	2:07.88	16
				1:01.45	2:07.88 (1:06.43)	

Women 65-69 200 Yard IM

NATL: 2:29.52 ! 12/7/2019 PENNY NOYES

PAC: 2:30.60 @ 5/22/2017 Laura B Val

1	Quinn, Phyllis	67	The Olympic Club-38	3:14.18	3:19.39	21
				48.23	1:38.91 (50.68)	
					2:35.90 (56.99)	
					3:19.39 (43.49)	
2	Gill, Kathy	69	Davis Aquatic Masters-38	3:55.99	4:00.52	19
				53.81	1:54.26 (1:00.45)	
					3:03.69 (1:09.43)	
					4:00.52 (56.83)	

Women 65-69 400 Yard IM

NATL: 5:21.70 ! 5/21/2017 LAURA VAL

PAC: 5:21.70 @ 5/22/2017 Laura B Val

1	Quinn, Phyllis	67	The Olympic Club-38	6:59.77	6:46.89	21
				51.77	1:50.28 (58.51)	
					2:40.38 (50.10)	
					3:30.98 (50.60)	
					4:24.35 (53.37)	
					5:20.54 (56.19)	
					6:05.86 (45.32)	
					6:46.89 (41.03)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 65-69 400 Yard IM)**

2	Byrnes, Barbara	66	University of San Francisco Ma-38	8:00.00	7:40.33	19
	53.69	1:56.20 (1:02.51)	2:53.92 (57.72)	3:50.49 (56.57)		
	4:55.89 (1:05.40)	5:59.18 (1:03.29)	6:49.11 (49.93)	7:40.33 (51.22)		
3	Palmer, Teddy	68	Walnut Creek Masters-38	8:50.43	8:51.13	18
	56.16	2:05.72 (1:09.56)	4:20.88 (2:15.16)	5:37.94 (1:17.06)		
	6:54.89 (1:16.95)	7:54.40 (59.51)	8:51.30 (56.90)	8:51.13 ()		

Women 70-74 50 Yard Freestyle

NATL: 27.10 ! 4/30/2022 LAURA VAL

PAC: 27.10 @ 4/30/2022 Laura B Val

1	Val, Laura	71	Tamalpais Aquatic Masters-38	28.50	28.23	21
2	Cohn, Darcy C	72	University of San Francisco Ma-38	50.00	41.62	19
3	Gillon, Jean	71	Menlo Masters-38	45.00	45.03	18

Women 70-74 100 Yard Freestyle

NATL: 59.11 ! 5/1/2022 LAURA VAL

PAC: 59.11 @ 5/1/2022 Laura B Val

1	Val, Laura	71	Tamalpais Aquatic Masters-38	1:04.00	1:00.46	21
	29.28	1:00.46 (31.18)				
2	Collins, Susan	73	Walnut Creek Masters-38	1:26.00	1:25.67	19
	41.29	1:25.67 (44.38)				
3	Coholan, Annette	74	Rolling Hills Mud Sharks-38	1:40.64	1:36.43	18
	46.41	1:36.43 (50.02)				
4	Cohn, Darcy C	72	University of San Francisco Ma-38	1:50.00	1:40.65	17
	47.50	1:40.65 (53.15)				
5	Beery, Barbara M	72	Albany Armada Aquatics Masters-38	1:48.63	1:53.62	16
	55.44	1:53.62 (58.18)				

Women 70-74 100 Yard Freestyle

NATL: 59.11 ! 5/1/2022 LAURA VAL

PAC: 59.11 @ 5/1/2022 Laura B Val

1	Guthrie, Sally	73	Davis Aquatic Masters-38	NT	1:15.92	
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Women 70-74 200 Yard Freestyle

NATL: 2:21.31 ! 6/6/2021 CHARLOTTE DAVIS

PAC: 2:35.85 @ 12/31/2000 Gail Roper

1	Val, Laura	71	Tamalpais Aquatic Masters-38	2:20.00	2:13.09!	21
	30.82	1:05.53 (34.71)	1:39.60 (34.07)	2:13.09 (33.49)		
2	Guthrie, Sally	73	Davis Aquatic Masters-38	2:44.82	2:42.59	19
	38.08	1:19.86 (41.78)	2:01.73 (41.87)	2:42.59 (40.86)		
3	Collins, Susan	73	Walnut Creek Masters-38	3:05.22	3:13.80	18
	43.18	1:31.89 (48.71)	3:13.80 (1:41.91)			
4	Coholan, Annette	74	Rolling Hills Mud Sharks-38	3:30.93	3:28.52	17
	49.41	1:42.69 (53.28)	2:36.81 (54.12)	3:28.52 (51.71)		
5	Cohn, Darcy C	72	University of San Francisco Ma-38	3:55.00	3:44.52	16
	49.12	1:46.70 (57.58)	2:46.71 (1:00.01)	3:44.52 (57.81)		

Women 70-74 500 Yard Freestyle

NATL: 6:16.06 ! 11/7/2021 CHARLOTTE DAVIS

PAC: 7:13.15 @ 12/31/2000 Gail Roper

1	Guthrie, Sally	73	Davis Aquatic Masters-38	7:20.50	7:23.37	21
	40.80	1:24.84 (44.04)	2:09.66 (44.82)	2:53.48 (43.82)		
	3:37.11 (43.63)	4:21.06 (43.95)	5:06.57 (45.51)	5:51.96 (45.39)		
	6:38.09 (46.13)	7:23.37 (45.28)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 70-74 500 Yard Freestyle)**

2	Collins, Susan	73	Walnut Creek Masters-38	8:25.00	8:13.72	19
	43.92	1:32.85 (48.93)	2:22.98 (50.13)	3:12.90 (49.92)		
	4:03.88 (50.98)	4:54.04 (50.16)	5:45.19 (51.15)	6:36.15 (50.96)		
	7:26.58 (50.43)	8:13.72 (47.14)				
3	Zlotoff, Mara	71	QuickSilver Masters-38	8:46.40	9:14.21	18
	48.70	1:43.23 (54.53)	2:38.33 (55.10)	3:35.51 (57.18)		
	4:34.16 (58.65)	5:30.62 (56.46)	6:27.18 (56.56)	7:23.76 (56.58)		
	8:21.19 (57.43)	9:14.21 (53.02)				
4	Coholan, Annette	74	Rolling Hills Mud Sharks-38	9:25.56	9:20.01	17
	49.29	1:43.16 (53.87)	2:39.03 (55.87)	3:35.86 (56.83)		
	4:33.86 (58.00)	5:32.28 (58.42)	6:30.58 (58.30)	7:28.06 (57.48)		
	8:25.60 (57.54)	9:20.01 (54.41)				

Women 70-74 1650 Yard Freestyle**NATL: 21:50.68 ! 2/11/2023 S LOFTUS-CHARLEY****PAC: 24:42.45 @ 2/26/2023 Sally K Guthrie**

1	Collins, Susan	73	Walnut Creek Masters-38	27:12.88	27:39.81	21
	44.45	1:33.30 (48.85)	2:22.72 (49.42)	3:12.44 (49.72)		
	4:03.10 (50.66)	4:53.47 (50.37)	5:43.42 (49.95)	6:33.76 (50.34)		
	7:24.43 (50.67)	8:14.36 (49.93)	9:04.42 (50.06)	9:54.55 (50.13)		
	10:44.62 (50.07)	11:35.41 (50.79)	12:26.31 (50.90)	13:16.83 (50.52)		
	14:07.87 (51.04)	14:59.01 (51.14)	15:49.82 (50.81)	16:40.86 (51.04)		
	17:31.46 (50.60)	18:22.18 (50.72)	19:12.71 (50.53)	20:03.14 (50.43)		
	20:53.92 (50.78)	21:44.56 (50.64)	22:35.61 (51.05)	23:26.37 (50.76)		
	24:17.65 (51.28)	25:08.76 (51.11)	26:00.09 (51.33)	26:51.10 (51.01)	27:39.81 (48.71)	
2	Zlotoff, Mara	71	QuickSilver Masters-38	32:32.00	30:23.41	19
	47.57	1:42.12 (54.55)	2:37.23 (55.11)	3:32.85 (55.62)		
	4:29.53 (56.68)	6:20.56 (1:51.03)	7:15.61 (55.05)	8:12.27 (56.66)		
	9:08.63 (56.36)	10:04.27 (55.64)	11:01.07 (56.80)	11:57.59 (56.52)		
	12:52.70 (55.11)	13:48.03 (55.33)	14:43.02 (54.99)	15:38.98 (55.96)		
	16:35.09 (56.11)	17:32.13 (57.04)		18:27.71 ()		
	19:22.53 (54.82)	20:16.54 (54.01)	21:12.26 (55.72)	22:07.51 (55.25)		
	23:03.92 (56.41)	23:58.88 (54.96)	24:54.29 (55.41)	25:51.22 (56.93)		
	26:45.91 (54.69)	27:41.14 (55.23)	28:35.09 (53.95)	29:29.80 (54.71)	30:23.41 (53.61)	
3	Coholan, Annette	74	Rolling Hills Mud Sharks-38	32:25.05	31:04.76	18
	49.75	1:43.52 (53.77)	2:38.95 (55.43)	3:34.79 (55.84)		
	4:30.48 (55.69)	5:27.00 (56.52)	6:23.24 (56.24)	7:19.54 (56.30)		
	8:15.57 (56.03)	9:12.01 (56.44)	10:08.04 (56.03)	11:04.33 (56.29)		
	12:00.77 (56.44)	12:57.80 (57.03)	13:54.28 (56.48)	14:50.90 (56.62)		
	15:47.27 (56.37)	16:44.04 (56.77)	17:41.37 (57.33)	18:38.94 (57.57)		
	19:36.59 (57.65)	20:34.27 (57.68)	21:31.68 (57.41)	22:29.51 (57.83)		
	23:27.35 (57.84)	24:24.52 (57.17)	25:22.32 (57.80)	26:19.71 (57.39)		
	27:17.63 (57.92)	28:14.84 (57.21)	29:12.55 (57.71)	30:10.66 (58.11)	31:04.76 (54.10)	

Women 70-74 50 Yard Backstroke**NATL: 30.49 ! 5/1/2022 LAURA VAL****PAC: 30.49 @ 5/1/2022 Laura B Val**

1	Val, Laura	71	Tamalpais Aquatic Masters-38	33.00	31.67	21
2	Gillon, Jean	71	Menlo Masters-38	53.00	51.44	19
3	Cohn, Darcy C	72	University of San Francisco Ma-38	58.00	56.39	18
4	Campbell, Martha	74	University of San Francisco Ma-38	1:30.00	1:04.99	17

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 70-74 100 Yard Backstroke**NATL: **1:05.60** ! 4/29/2022 **LAURA VAL**PAC: **1:05.60** @ 4/29/2022 **Laura B Val**

1	Val, Laura	71	Tamalpais Aquatic Masters-38	1:13.00	1:07.64	21
	32.44	1:07.64 (35.20)				
2	Gillon, Jean	71	Menlo Masters-38	1:50.00	1:57.55	19
	58.59	1:57.55 (58.96)				
3	Beery, Barbara M	72	Albany Armada Aquatics Masters-38	2:17.07	2:10.56	18
	1:04.64	2:10.56 (1:05.92)				

Women 70-74 200 Yard BackstrokeNATL: **2:26.53** ! 4/30/2022 **LAURA VAL**PAC: **2:26.53** @ 4/30/2022 **Laura B Val**

1	Gillon, Jean	71	Menlo Masters-38	4:00.00	3:56.14	21
	55.48	1:56.61 (1:01.13)	2:59.17 (1:02.56)	3:56.14 (56.97)		
2	Campbell, Martha	74	University of San Francisco Ma-38	6:00.00	4:47.35	19
	1:12.25	2:23.64 (1:11.39)	3:36.16 (1:12.52)	4:47.35 (1:11.19)		

Women 70-74 50 Yard BreaststrokeNATL: **38.35** ! 5/13/2022 **KATHLEEN LEWIS**PAC: **40.45** @ 4/24/2015 **Daniela Barnea**

1	Dutro, Cynthia	74	Menlo Masters-38	1:00.00	52.03	21
2	Cohn, Darcy C	72	University of San Francisco Ma-38	55.00	55.83	19
3	Coholan, Annette	74	Rolling Hills Mud Sharks-38	1:00.00	1:00.09	18
4	Beery, Barbara M	72	Albany Armada Aquatics Masters-38	1:06.66	1:04.68	17

Women 70-74 200 Yard BreaststrokeNATL: **3:07.28** ! 2/2/2009 **JOANN LEILICH**PAC: **3:13.58** @ 5/3/2014 **Daniela Barnea**

1	Dutro, Cynthia	74	Menlo Masters-38	3:45.00	3:56.98	21
	52.70	1:53.32 (1:00.62)	2:56.21 (1:02.89)	3:56.98 (1:00.77)		
2	Cohn, Darcy C	72	University of San Francisco Ma-38	4:25.09	4:28.11	19
	59.33	2:09.01 (1:09.68)	3:19.88 (1:10.87)	4:28.11 (1:08.23)		
3	Zlotoff, Mara	71	QuickSilver Masters-38	4:17.92	4:31.97	18
4	Campbell, Martha	74	University of San Francisco Ma-38	7:00.00	6:35.59	17
	1:29.84	3:08.57 (1:38.73)	4:54.69 (1:46.12)	6:35.59 (1:40.90)		

Women 70-74 50 Yard ButterflyNATL: **31.12** ! 4/2/2022 **LAURA VAL**PAC: **31.12** @ 4/2/2022 **Laura Val**

1	Val, Laura	71	Tamalpais Aquatic Masters-38	33.00	30.84!	21
2	Guthrie, Sally	73	Davis Aquatic Masters-38	41.03	40.45	19
3	Dutro, Cynthia	74	Menlo Masters-38	55.00	53.10	18

Women 70-74 100 Yard ButterflyNATL: **1:09.20** ! 4/29/2022 **LAURA VAL**PAC: **1:09.20** @ 4/29/2022 **Laura B Val**

1	Val, Laura	71	Tamalpais Aquatic Masters-38	1:15.00	1:09.87	21
	32.62	1:09.87 (37.25)				
2	Guthrie, Sally	73	Davis Aquatic Masters-38	1:39.78	1:35.24	19
	43.07	1:35.24 (52.17)				
3	Dutro, Cynthia	74	Menlo Masters-38	1:55.00	2:05.22	18
	58.14	2:05.22 (1:07.08)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 70-74 200 Yard Butterfly**NATL: **2:42.80** ! 2/5/2022 **LAURA VAL**PAC: **2:42.80** @ 2/5/2022 **Laura B Val**

1	Guthrie, Sally	73	Davis Aquatic Masters-38	3:50.82	4:01.67	21
	49.23	1:47.56 (58.33)	2:52.02 (1:04.46)	4:01.67 (1:09.65)		

Women 70-74 100 Yard IMNATL: **1:11.64** ! 4/2/2022 **LAURA VAL**PAC: **1:11.64** @ 4/2/2022 **Laura Val**

1	Dutro, Cynthia	74	Menlo Masters-38	2:00.00	1:49.41	21
	54.39	1:49.41 (55.02)				
2	Collins, Susan	73	Walnut Creek Masters-38	1:56.00	1:50.81	19
	55.47	1:50.81 (55.34)				
3	Cohn, Darcy C	72	University of San Francisco Ma-38	2:00.00	1:54.98	18
	56.86	1:54.98 (58.12)				

Women 70-74 200 Yard IMNATL: **2:35.20** ! 4/3/2022 **LAURA VAL**PAC: **2:35.20** @ 4/3/2022 **Laura B Val**

1	Guthrie, Sally	73	Davis Aquatic Masters-38	3:23.00	3:19.52	21
	44.78	1:38.09 (53.31)	2:36.69 (58.60)	3:19.52 (42.83)		
2	Collins, Susan	73	Walnut Creek Masters-38	4:05.00	3:55.96	19
	55.96	2:02.03 (1:06.07)	3:09.53 (1:07.50)	3:55.96 (46.43)		

Women 75-79 50 Yard FreestyleNATL: **30.53** ! 4/30/2022 **DIANN UUSTAL**PAC: **34.68** @ 4/30/2017 **Nancy J Ridout**

1	Jacobs, Lois	79	Marcia's Enthusiastic Masters-38	NT	34.45 @	
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Women 75-79 50 Yard FreestyleNATL: **30.53** ! 4/30/2022 **DIANN UUSTAL**PAC: **34.68** @ 4/30/2017 **Nancy J Ridout**

1	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	33.00	34.30 @	21
2	Prather, Mirjana	79	Oregon Masters-37	48.00	41.93	19
3	Caso, Susie	76	Manatee Aquatic Masters Inc-38	39.28	43.60	18
4	Pashelinsky, Erin	75	University of San Francisco Ma-38	48.00	44.56	17
5	Chaitkin, Lauren	78	University of San Francisco Ma-38	54.00	53.33	16
6	Jacobs, Lois	79	Marcia's Enthusiastic Masters-38	1:36.43	1:14.58	15

Women 75-79 100 Yard FreestyleNATL: **1:09.34** ! 5/1/2022 **DIANN UUSTAL**PAC: **1:20.83** @ 12/31/1998 **Margery Meyer**

1	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	1:15.00	1:15.33 @	21
	36.22	1:15.33 (39.11)				
2	Caso, Susie	76	Manatee Aquatic Masters Inc-38	1:38.00	1:38.98	19
	46.94	1:38.98 (52.04)				
3	Pashelinsky, Erin	75	University of San Francisco Ma-38	1:42.00	1:41.36	18
	48.80	1:41.36 (52.56)				
4	Chaitkin, Lauren	78	University of San Francisco Ma-38	1:56.00	1:56.71	17
	56.60	1:56.71 (1:00.11)				
5	Jacobs, Lois	79	Marcia's Enthusiastic Masters-38	3:58.00	2:45.93	16

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 75-79 200 Yard Freestyle**

NATL: 2:32.99 ! 4/29/2022 DIANN UUSTAL

PAC: 2:57.07 @ 5/4/2014 Susan L Munn

1	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	2:45.00	2:45.82 @	21
				37.09	1:18.34 (41.25)	
					2:02.53 (44.19)	
					2:45.82 (43.29)	
2	Scott, Stephanie	76	Walnut Creek Masters-38	3:17.00	3:24.15	19
				44.70	1:37.84 (53.14)	
					2:32.16 (54.32)	
					3:24.15 (51.99)	
3	Chaitkin, Lauren	78	University of San Francisco Ma-38	4:10.00	4:01.39	18
				57.98	1:59.12 (1:01.14)	
					3:00.80 (1:01.68)	
					4:01.39 (1:00.59)	

Women 75-79 500 Yard Freestyle

NATL: 7:10.67 ! 4/1/2023 CHRISTIE HAYES

PAC: 8:01.81 @ 12/31/1998 Margery Meyer

5	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	NT	7:26.90 @	
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Women 75-79 500 Yard Freestyle

NATL: 7:10.67 ! 4/1/2023 CHRISTIE HAYES

PAC: 8:01.81 @ 12/31/1998 Margery Meyer

1	Scott, Stephanie	76	Walnut Creek Masters-38	8:30.00	8:28.76	21
				43.09	1:32.72 (49.63)	
					2:24.76 (52.04)	
					3:17.53 (52.77)	
				4:09.21 (51.68)	5:01.42 (52.21)	
					5:53.73 (52.31)	
					6:45.55 (51.82)	
				7:37.96 (52.41)	8:28.76 (50.80)	

Women 75-79 1000 Yard Freestyle

NATL: 14:48.40 ! 3/31/2023 CHRISTIE HAYES

PAC: 16:27.17 @ 12/31/1999 Margery Meyer

1	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	NT	15:04.55 @	
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Women 75-79 1650 Yard Freestyle

NATL: 26:31.78 ! 1/29/2023 BEVERLY MONTRELLA

PAC: 27:33.86 @ 12/31/1999 Margery Meyer

1	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	27:00.00	25:04.25!	21
				2:08.54 ()	2:54.42 (45.88)	
				3:39.87 (45.45)	4:24.61 (44.74)	
				6:41.70 (45.08)	7:26.90 (45.20)	
				9:43.63 (45.76)	10:29.43 (45.80)	
				12:47.24 (45.85)	13:32.93 (45.69)	
				15:50.81 (46.26)	16:37.51 (46.70)	
				18:56.22 (46.19)	19:42.27 (46.05)	
				22:00.70 (45.82)	22:47.03 (46.33)	
					23:32.54 (45.51)	
					24:19.30 (46.76)	
					25:04.25 (44.95)	
2	Scott, Stephanie	76	Walnut Creek Masters-38	28:45.00	28:26.64	19
				46.66	1:39.33 (52.67)	
					2:32.21 (52.88)	
					3:24.84 (52.63)	
				4:16.78 (51.94)	5:10.15 (53.37)	
					6:01.98 (51.83)	
					6:54.46 (52.48)	
				7:47.96 (53.50)	8:40.25 (52.29)	
					9:31.39 (51.14)	
					10:23.64 (52.25)	
				11:15.29 (51.65)	12:07.77 (52.48)	
					13:00.11 (52.34)	
					13:51.94 (51.83)	
				14:43.01 (51.07)	15:34.00 (50.99)	
					16:25.51 (51.51)	
					17:17.93 (52.42)	
				18:09.27 (51.34)	19:01.40 (52.13)	
					19:53.48 (52.08)	
					20:44.18 (50.70)	
				21:36.20 (52.02)	22:27.92 (51.72)	
					23:20.20 (52.28)	
					24:13.00 (52.80)	
				25:03.96 (50.96)	25:55.30 (51.34)	
					26:46.48 (51.18)	
					27:37.94 (51.46)	
					28:26.64 (48.70)	

Women 75-79 50 Yard Backstroke

NATL: 36.68 ! 2/11/2023 DIANN UUSTAL

PAC: 41.40 @ 12/31/2009 Ann Kay

1	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	45.00	41.92	21
2	Prather, Mirjana	79	Oregon Masters-37	59.00	55.86	19
3	Pashelinsky, Erin	75	University of San Francisco Ma-38	59.00	59.78	18

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 75-79 50 Yard Backstroke)**

4	Chaitkin, Lauren	78	University of San Francisco Ma-38	1:06.00	1:01.90	17
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Women 75-79 100 Yard Backstroke

NATL: 1:19.70 ! 2/12/2023 DIANN UUSTAL

PAC: 1:30.69 @ 12/31/2009 Ann Kay

1	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	1:33.00	1:31.39	21
	44.41		1:31.39 (46.98)			
2	Chaitkin, Lauren	78	University of San Francisco Ma-38	2:25.00	2:12.15	19
	1:03.84		2:12.15 (1:08.31)			
3	Pashelinsky, Erin	75	University of San Francisco Ma-38	1:55.00	2:16.78	18

Women 75-79 200 Yard Backstroke

NATL: 2:53.97 ! 4/30/2022 DIANN UUSTAL

PAC: 3:20.52 @ 12/31/2009 Ann Kay

1	Shaps, Ruth	75	Manatee Aquatic Masters Inc-38	3:25.00	3:16.57@	21
	46.80		1:36.42 (49.62) 2:27.80 (51.38) 3:16.57 (48.77)			
2	Chaitkin, Lauren	78	University of San Francisco Ma-38	4:55.00	4:41.29	19
	1:08.51		2:18.12 (1:09.61) 3:31.09 (1:12.97) 4:41.29 (1:10.20)			

Women 75-79 50 Yard Breaststroke

NATL: 41.53 ! 4/13/2014 JOANN LEILICH

PAC: 41.76 @ 4/27/2019 Daniela Barnea

1	Barnea, Daniela	78	Menlo Masters-38	48.15	45.29	21
2	Prather, Mirjana	79	Oregon Masters-37	50.00	52.33	19
3	Caso, Susie	76	Manatee Aquatic Masters Inc-38	50.00	55.53	18
4	Jacobs, Lois	79	Marcia's Enthusiastic Masters-38	1:57.00	1:42.47	17

Women 75-79 200 Yard Breaststroke

NATL: 3:16.31 ! 4/5/2014 JOANN LEILICH

PAC: 3:19.57 @ 4/26/2019 Daniela Barnea

1	Barnea, Daniela	78	Menlo Masters-38	3:34.25	3:33.51	21
	49.01		1:43.58 (54.57) 2:40.02 (56.44) 3:33.51 (53.49)			
2	Scott, Stephanie	76	Walnut Creek Masters-38	4:20.00	4:18.78	19
	1:00.56		2:08.96 (1:08.40) 3:13.33 (1:04.37) 4:18.78 (1:05.45)			
3	Caso, Susie	76	Manatee Aquatic Masters Inc-38	4:11.65	4:29.15	18
	58.80		2:09.06 (1:10.26) 3:19.84 (1:10.78) 4:29.15 (1:09.31)			

Women 75-79 50 Yard Butterfly

NATL: 38.05 ! 4/26/2015 MARY ANN CASE

PAC: 40.95 @ 4/28/2019 Diana F Todd

1	Chaitkin, Lauren	78	University of San Francisco Ma-38	1:08.00	1:08.85	21
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Women 75-79 100 Yard Butterfly

NATL: 1:35.55 ! 4/24/2015 MARY ANN CASE

PAC: 1:35.67 @ 2/29/2020 Daniela Barnea

1	Barnea, Daniela	78	Menlo Masters-38	1:53.35	1:41.74	21
	48.93		1:41.74 (52.81)			

Women 75-79 200 Yard Butterfly

NATL: 3:36.66 ! 4/26/2019 DANIELA BARNEA

PAC: 3:36.66 @ 4/26/2019 Daniela Barnea

1	Barnea, Daniela	78	Menlo Masters-38	3:54.30	3:46.94	21
	49.96		1:47.65 (57.69) 2:47.65 (1:00.00) 3:46.94 (59.29)			

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 75-79 100 Yard IM**NATL: **1:20.26** ! 4/3/2022 **DIANN UUSTAL**PAC: **1:28.58** @ 2/29/2020 **Daniela Barnea**

1	Prather, Mirjana	79	Oregon Masters-37	2:01.00	1:43.11	21
	50.76	1:43.11 (52.35)				
---	Barnea, Daniela	78	Menlo Masters-38	1:42.25	DQ	
	46.42	DQ (49.98)				

Women 75-79 200 Yard IMNATL: **3:14.61** ! 4/27/2019 **DANIELA BARNEA**PAC: **3:14.61** @ 4/27/2019 **Daniela Barnea**

1	Barnea, Daniela	78	Menlo Masters-38	3:37.15	3:26.72	21
	49.53	1:44.42 (54.89)	2:39.30 (54.88)	3:26.72 (47.42)		
2	Scott, Stephanie	76	Walnut Creek Masters-38	3:58.00	4:00.95	19
	59.15	2:05.49 (1:06.34)	3:12.29 (1:06.80)	4:00.95 (48.66)		

Women 75-79 400 Yard IMNATL: **7:01.26** ! 4/2/2023 **CHRISTIE HAYES**PAC: **7:02.17** @ 4/28/2019 **Daniela Barnea**

1	Scott, Stephanie	76	Walnut Creek Masters-38	8:30.00	8:29.14	21
	1:03.31	2:22.20 (1:18.89)	3:26.49 (1:04.29)	4:33.48 (1:06.99)		
	5:41.33 (1:07.85)	6:47.39 (1:06.06)	7:38.99 (51.60)	8:29.14 (50.15)		

Women 80-84 50 Yard FreestyleNATL: **34.20** ! 12/13/2015 **JOHNNIE DETRICK**PAC: **37.11** @ 12/31/2003 **Margery Meyer**

1	Mc Partland, Peg	80	Manatee Aquatic Masters Inc-38	45.00	47.56	21
2	Westergaard, Leslie	80	Davis Aquatic Masters-38	50.69	51.82	19
3	Hagiwara, Tanako	84	University of San Francisco Ma-38	1:15.00	1:06.44	18

Women 80-84 100 Yard FreestyleNATL: **1:22.34** ! 12/13/2015 **JOHNNIE DETRICK**PAC: **1:24.09** @ 12/31/2003 **Margery Meyer**

1	Mc Partland, Peg	80	Manatee Aquatic Masters Inc-38	1:45.00	1:45.54	21
	50.16	1:45.54 (55.38)				
2	Hagiwara, Tanako	84	University of San Francisco Ma-38	2:45.00	2:33.88	19
	1:13.29	2:33.88 (1:20.59)				

Women 80-84 200 Yard FreestyleNATL: **3:08.41** ! 9/23/2018 **ANNE WILLIAMS**PAC: **3:10.14** @ 12/31/2003 **Margery Meyer**

1	Westergaard, Leslie	80	Davis Aquatic Masters-38	4:00.00	3:49.47	21
	54.28	1:51.52 (57.24)	2:49.66 (58.14)	3:49.47 (59.81)		
2	Hagiwara, Tanako	84	University of San Francisco Ma-38	5:30.00	5:03.52	19
	1:12.50	2:29.46 (1:16.96)	3:46.14 (1:16.68)	5:03.52 (1:17.38)		

Women 80-84 500 Yard FreestyleNATL: **8:19.98** ! 9/23/2018 **ANNE WILLIAMS**PAC: **8:33.61** @ 12/31/2003 **Margery Meyer**

1	Hagiwara, Tanako	84	University of San Francisco Ma-38	15:30.00	14:29.61	21
	1:16.79	2:40.96 (1:24.17)	4:07.56 (1:26.60)	5:35.70 (1:28.14)		
	7:04.62 (1:28.92)	8:34.02 (1:29.40)	10:07.62 (1:33.60)	11:34.04 (1:26.42)		
	13:04.40 (1:30.36)	14:29.61 (1:25.21)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 80-84 50 Yard Backstroke**NATL: 43.57 ! 4/19/2009 **BETTY LORENZI**PAC: 45.16 @ 12/31/2003 **Margery Meyer**

1	Mc Partland, Peg	80	Manatee Aquatic Masters Inc-38	50.00	51.00	21
2	Westergaard, Leslie	80	Davis Aquatic Masters-38	51.10	51.54	19

Women 80-84 100 Yard BackstrokeNATL: 1:32.37 ! 4/19/2009 **BETTY LORENZI**PAC: 1:42.14 @ 12/31/2003 **Margery Meyer**

1	Westergaard, Leslie	80	Davis Aquatic Masters-38	1:49.39	1:52.13	21
	55.14		1:52.13 (56.99)			
2	Mc Partland, Peg	80	Manatee Aquatic Masters Inc-38	1:50.00	1:52.90	19
	56.67		1:52.90 (56.23)			
3	Norris, Roswita D	80	Davis Aquatic Masters-38	2:55.00	2:28.77	18
	1:13.81		2:28.77 (1:14.96)			

Women 80-84 200 Yard BackstrokeNATL: 3:26.72 ! 4/19/2009 **BETTY LORENZI**PAC: 3:54.08 @ 12/31/1998 **Marjorie Sharpe**

1	Westergaard, Leslie	80	Davis Aquatic Masters-38	3:44.72	3:47.80 @	21
	54.36		1:51.36 (57.00) 2:50.41 (59.05) 3:47.80 (57.39)			
2	Mc Partland, Peg	80	Manatee Aquatic Masters Inc-38	4:05.00	4:05.83	19
	57.31		2:02.67 (1:05.36) 3:08.94 (1:06.27) 4:05.83 (56.89)			
3	Norris, Roswita D	80	Davis Aquatic Masters-38	5:56.00	5:00.02	18
	1:09.73		2:28.94 (1:19.21) 3:44.76 (1:15.82) 5:00.02 (1:15.26)			

Women 80-84 50 Yard BreaststrokeNATL: 45.10 ! 3/31/2019 **JOANN LEILICH**PAC: 48.29 @ 2/12/2011 **Ann M Hirsch**

1	Stretch, Nancy	83	The Olympic Club-38	1:10.00	1:00.92	21
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Women 80-84 200 Yard BreaststrokeNATL: 3:33.68 ! 4/13/2019 **JOANN LEILICH**PAC: 3:49.67 @ 2/12/2011 **Ann M Hirsch**

1	Stretch, Nancy	83	The Olympic Club-38	4:45.00	4:42.48	21
	1:03.04		2:19.87 (1:16.83) 3:35.18 (1:15.31) 4:42.48 (1:07.30)			
2	Norris, Roswita D	80	Davis Aquatic Masters-38	6:56.00	5:49.45	19
	1:31.54		2:57.93 (1:26.39) 4:24.73 (1:26.80) 5:49.45 (1:24.72)			

Women 80-84 50 Yard ButterflyNATL: 42.29 ! 10/3/2021 **MARY ANN CASE**PAC: 52.26 @ 4/3/2011 **Ann M Hirsch**

1	Stretch, Nancy	83	The Olympic Club-38	1:05.00	1:06.03	21
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Women 80-84 100 Yard IMNATL: 1:41.47 ! 4/30/2022 **SUSAN MEYERS**PAC: 1:46.52 @ 3/27/2011 **Ann M Hirsch**

1	Stretch, Nancy	83	The Olympic Club-38	2:05.00	2:06.55	21
	1:00.95		2:06.55 (1:05.60)			
2	Norris, Roswita D	80	Davis Aquatic Masters-38	3:55.00	2:45.39	19
	1:28.04		2:45.39 (1:17.35)			

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 80-84 200 Yard IM**

NATL: 3:46.16 ! 5/1/2022 SUSAN MEYERS

PAC: 3:53.17 @ 2/12/2011 Ann M Hirsch

1	Stretch, Nancy	83	The Olympic Club-38	4:30.00	4:31.33	21
	1:08.69	2:12.78 (1:04.09)	3:30.75 (1:17.97)	4:31.33 (1:00.58)		
2	Norris, Roswita D	80	Davis Aquatic Masters-38	7:25.00	5:42.58	19
	1:38.54	2:56.84 (1:18.30)	4:26.69 (1:29.85)	5:42.58 (1:15.89)		

Women 80-84 400 Yard IM

NATL: 7:59.82 ! 2/12/2022 SUSAN MEYERS

PAC: 8:29.69 @ 3/12/2011 Ann M Hirsch

1	Stretch, Nancy	83	The Olympic Club-38	9:30.00	9:07.76	21
	1:05.53	2:23.14 (1:17.61)	3:29.65 (1:06.51)	4:33.54 (1:03.89)		
	5:48.50 (1:14.96)	7:03.88 (1:15.38)	8:07.81 (1:03.93)	9:07.76 (59.95)		
2	Norris, Roswita D	80	Davis Aquatic Masters-38	13:45.00	10:44.79	19
	1:47.24	3:44.85 (1:57.61)	5:15.00 (1:30.15)	6:30.09 (1:15.09)		
	8:04.15 (1:34.06)	9:27.42 (1:23.27)	10:44.79 (1:17.37)			

Women 85-89 50 Yard Freestyle

NATL: 41.21 ! 3/9/2013 BETTY RUSS

PAC: 42.36 @ 12/31/2009 Margery Meyer

1	Tegner, Thyra	87	Almaden Masters-38	59.35	56.83	21
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Women 85-89 100 Yard Freestyle

NATL: 1:31.20 ! 4/12/2014 NAN BOHL

PAC: 1:35.48 @ 5/10/2009 Margery Meyer

1	Tegner, Thyra	87	Almaden Masters-38	2:18.21	2:18.69	21
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Women 85-89 50 Yard Backstroke

NATL: 46.77 ! 2/9/2013 BETTY LORENZI

PAC: 52.20 @ 4/13/2019 Ann Kay

1	Tegner, Thyra	87	Almaden Masters-38	1:18.57	1:14.92	21
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Women 85-89 100 Yard Backstroke

NATL: 1:40.00 ! 2/10/2013 BETTY LORENZI

PAC: 1:56.93 @ 4/14/2019 Ann Kay

1	Tegner, Thyra	87	Almaden Masters-38	2:54.10	2:54.44	21
	1:24.23	2:54.44 (1:30.21)				

Men 18-24 50 Yard Freestyle

NATL: 19.36 ! 4/28/2012 JOSH SCHNEIDER

PAC: 19.97 @ 5/2/2014 Christopher Peter

1	Perey, Trevor	23	University of San Francisco Ma-38	22.57	22.25	21
2	Song, Benjamin	23	Club Hot Tub-38	25.00	23.37	19
3	Cory, Nikolas	24	Club Hot Tub-38	22.19	23.42	18
4	Chan, Darien	24	Marcia's Enthusiastic Masters-38	24.50	23.64	17
5	Ciano, Robert	24	Uc38	23.97	24.67	16

Men 18-24 100 Yard Freestyle

NATL: 42.59 ! 12/1/2012 EUGENE GODSOE

PAC: 43.77 @ 12/31/2010 Andy Grant

1	Perey, Trevor	23	University of San Francisco Ma-38	50.82	49.29	21
	23.50	49.29 (25.79)				
2	Chan, Darien	24	Marcia's Enthusiastic Masters-38	55.00	51.88	19
	25.24	51.88 (26.64)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 18-24 100 Yard Freestyle)**

3	Song, Benjamin	23	Club Hot Tub-38	58.00	52.38	18
	25.24				52.38 (27.14)	
4	Cory, Nikolas	24	Club Hot Tub-38	1:00.00	53.19	17
	24.58				53.19 (28.61)	
5	Ciano, Robert	24	Uc38	52.54	55.67	16
	25.85				55.67 (29.82)	

Men 18-24 200 Yard Freestyle

NATL: 1:35.02 ! 11/8/2009 ANDY GRANT

PAC: 1:35.02 @ 12/31/2010 Andy Grant

1	Cory, Nikolas	24	Club Hot Tub-38	2:00.00	2:11.44	21
	26.19				58.17 (31.98) 1:34.21 (36.04) 2:11.44 (37.23)	

Men 18-24 500 Yard Freestyle

NATL: 4:24.81 ! 1/24/2010 ANDY GRANT

PAC: 4:24.81 @ 1/24/2010 Andy Grant

1	Teshima, Ryan	23	University of San Francisco Ma-38	5:35.00	5:19.02	21
	27.53				58.36 (30.83) 1:30.49 (32.13) 2:03.21 (32.72)	
	2:36.14 (32.93)				3:09.85 (33.71) 3:43.54 (33.69) 4:16.62 (33.08)	
	4:49.11 (32.49)				5:19.02 (29.91)	

Men 18-24 50 Yard Backstroke

NATL: 22.33 ! 5/10/2013 ANDREW ELLIOTT

PAC: 22.85 @ 4/26/2015 Andrew Saeta

1	Arvidsson, Karl	24	The Olympic Club-38	27.00	25.58	21
2	Song, Benjamin	23	Club Hot Tub-38	35.00	28.81	19
3	Berry-Weiss, Sky	23	University of San Francisco Ma-38	35.26	32.19	18

Men 18-24 100 Yard Backstroke

NATL: 45.36 ! 11/30/2012 EUGENE GODSOE

PAC: 50.01 @ 4/30/2016 Matthew R Murray

1	Chan, Darien	24	Marcia's Enthusiastic Masters-38	1:05.00	1:00.34	21
	29.42				1:00.34 (30.92)	
2	Song, Benjamin	23	Club Hot Tub-38	1:10.00	1:04.90	19
	32.00				1:04.90 (32.90)	

Men 18-24 50 Yard Breaststroke

NATL: 24.53 ! 2/1/2015 ROSTYSLAV FEDYNA

PAC: 24.98 @ 12/31/2009 Rick Eddy

1	Cory, Nikolas	24	Club Hot Tub-38	26.60	27.19	21
2	Perey, Trevor	23	University of San Francisco Ma-38	30.67	29.96	19

Men 18-24 200 Yard Breaststroke

NATL: 1:57.33 ! 5/12/2013 ELLIOT KEEFER

PAC: 1:58.34 @ 12/31/2006 Gary N Marshall

1	Poppe, Hank	24	The Olympic Club-38	2:15.00	2:09.98	21
	29.43				1:02.91 (33.48) 1:36.22 (33.31) 2:09.98 (33.76)	
2	Teshima, Ryan	23	University of San Francisco Ma-38	1:20.00	2:20.77	19
	31.64				1:07.68 (36.04) 1:44.45 (36.77) 2:20.77 (36.32)	

Men 18-24 50 Yard Butterfly

NATL: 21.13 ! 4/26/2015 HENRIK LINDAU

PAC: 22.50 @ 5/4/2014 Nolan Koon

1	Poppe, Hank	24	The Olympic Club-38	26.00	23.34	21
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2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 18-24 50 Yard Butterfly)**

2	Arvidsson, Karl	24	The Olympic Club-38	25.00	23.39	19
3	Perey, Trevor	23	University of San Francisco Ma-38	24.89	24.01	18
4	Cory, Nikolas	24	Club Hot Tub-38	25.28	25.62	17
5	Song, Benjamin	23	Club Hot Tub-38	33.00	26.47	16
6	Lopez, Samuel	22	University of San Francisco Ma-38	28.00	27.06	15

Men 18-24 100 Yard Butterfly

NATL: 46.65 ! 11/30/2012 EUGENE GODSOE

PAC: 49.03 @ 12/31/2010 Andy Grant

1	Perey, Trevor	23	University of San Francisco Ma-38	54.88	53.41	21
	25.01		53.41 (28.40)			
2	Teshima, Ryan	23	University of San Francisco Ma-38	57.78	57.37	19
	27.11		57.37 (30.26)			
3	Song, Benjamin	23	Club Hot Tub-38	1:05.00	59.40	18
	28.07		59.40 (31.33)			
4	Lopez, Samuel	22	University of San Francisco Ma-38	58.00	1:00.52	17

Men 18-24 100 Yard IM

NATL: 48.96 ! 4/26/2019 ANDREW APPLEBY

PAC: 49.52 @ 4/25/2015 Colin B Babcock

1	Poppe, Hank	24	The Olympic Club-38	1:00.00	53.77	21
	25.03		53.77 (28.74)			
2	Perey, Trevor	23	University of San Francisco Ma-38	59.69	57.01	19
	26.63		57.01 (30.38)			
*3	Teshima, Ryan	23	University of San Francisco Ma-38	1:00.71	58.48	17.50
	28.40		58.48 (30.08)			
*3	Cory, Nikolas	24	Club Hot Tub-38	1:00.00	58.48	17.50
	27.34		58.48 (31.14)			
5	Song, Benjamin	23	Club Hot Tub-38	1:10.00	1:04.44	16
	29.40		1:04.44 (35.04)			
6	Lopez, Samuel	22	University of San Francisco Ma-38	1:10.00	1:07.14	15
	31.67		1:07.14 (35.47)			
7	Berry-Weiss, Sky	23	University of San Francisco Ma-38	1:20.23	1:12.41	14
	33.12		1:12.41 (39.29)			

Men 25-29 50 Yard Freestyle

NATL: 18.67 ! 12/20/2014 BOUSQUET\ADRIAN

PAC: 18.67 @ 12/20/2014 Nathan Adrian

1	Chen, Richard	27	Uc38	23.00	23.62	21
2	Ip, Hermes	26	University of San Francisco Ma-38	26.28	24.16	19
3	Song, Andrew	28	Club Hot Tub-38	25.00	24.23	18
4	Meads, Sean	25	Diamond Hills Masters-38	25.00	24.47	17
5	Chen, Jacky	29	Marcia's Enthusiastic Masters-38	24.93	25.48	16
6	Gjerde, Thomas	25	Club Hot Tub-38	25.33	25.62	15
7	Koehl, Arthur	27	Davis Aquatic Masters-38	26.56	26.40	14

Men 25-29 100 Yard Freestyle

NATL: 41.13 ! 5/3/2014 NATHAN ADRIAN

PAC: 41.13 @ 5/3/2014 Nathan Adrian

1	Lawless, Ben	26	Uc38	48.00	46.83	21
	22.68		46.83 (24.15)			
2	Smith, Grayson	29	Santa Clara Swim Club Masters-38	52.00	50.25	19
	24.85		50.25 (25.40)			

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 25-29 100 Yard Freestyle)**

3	Kreher, Kevin	28	Stanford Masters Swimming-38	52.00	50.28	18
	24.49	50.28 (25.79)				
4	Rico, Daniel	26	Walnut Creek Masters-38	50.81	51.41	17
	24.54	51.41 (26.87)				
5	Rosati, Winston	25	University of San Francisco Ma-38	53.00	51.63	16
	24.89	51.63 (26.74)				
6	Rosati, Corso	29	University of San Francisco Ma-38	52.00	52.01	15
	25.17	52.01 (26.84)				
7	Song, Andrew	28	Club Hot Tub-38	58.00	53.52	14
	24.74	53.52 (28.78)				
8	Chen, Richard	27	Uc38	52.00	53.59	13
	25.94	53.59 (27.65)				
9	Meads, Sean	25	Diamond Hills Masters-38	55.00	55.27	12
	25.90	55.27 (29.37)				
10	Chen, Jacky	29	Marcia's Enthusiastic Masters-38	56.29	56.89	11
	27.50	56.89 (29.39)				
11	Koehl, Arthur	27	Davis Aquatic Masters-38	59.12	1:00.01	10
	28.47	1:00.01 (31.54)				

Men 25-29 500 Yard Freestyle**NATL: 4:20.82 ! 4/17/2010 ANDY GRANT****PAC: 4:20.82 @ 4/18/2010 Andy Grant**

1	Rico, Daniel	26	Walnut Creek Masters-38	5:15.00	5:04.09	21
	27.26	57.30 (30.04)	1:28.04 (30.74)	1:59.22 (31.18)		
	2:30.31 (31.09)	3:01.47 (31.16)	3:32.60 (31.13)	4:03.51 (30.91)		
	4:34.24 (30.73)	5:04.09 (29.85)				
2	Smith, Grayson	29	Santa Clara Swim Club Masters-38	5:30.00	5:11.38	19
	28.70	59.34 (30.64)	1:30.50 (31.16)	2:01.92 (31.42)		
	2:33.57 (31.65)	3:05.31 (31.74)	3:36.95 (31.64)	4:08.66 (31.71)		
	4:40.44 (31.78)	5:11.38 (30.94)				
3	Kreher, Kevin	28	Stanford Masters Swimming-38	5:35.00	5:25.34	18
	29.20	1:00.70 (31.50)	1:32.93 (32.23)	2:05.94 (33.01)		
	2:39.09 (33.15)	3:12.43 (33.34)	3:45.97 (33.54)	4:19.82 (33.85)		
	4:53.76 (33.94)	5:25.34 (31.58)				
4	Koehl, Arthur	27	Davis Aquatic Masters-38	6:15.00	6:17.43	17
	33.52	1:10.09 (36.57)	1:47.62 (37.53)	2:25.59 (37.97)		
	3:04.27 (38.68)	3:43.13 (38.86)	4:22.20 (39.07)	5:00.95 (38.75)		
	5:39.74 (38.79)	6:17.43 (37.69)				

Men 25-29 1650 Yard Freestyle**NATL: 15:44.70 ! 5/3/1998 ALEX KOSTICH****PAC: 15:51.43 @ 12/31/1985 Paul A Asmuth**

1	Averchenko, Aleksei	29	Menlo Masters-38	16:35.00	16:38.57	21
	26.98	55.79 (28.81)	1:25.41 (29.62)	1:56.06 (30.65)		
	2:26.59 (30.53)	2:57.54 (30.95)	3:28.55 (31.01)	3:59.14 (30.59)		
	4:29.87 (30.73)	5:00.91 (31.04)				
	10:34.10 ()	11:04.77 (30.67)	11:34.55 (29.78)	12:04.95 (30.40)		
	12:35.43 (30.48)	13:05.81 (30.38)	13:36.20 (30.39)	14:06.66 (30.46)		
	14:37.12 (30.46)	15:07.67 (30.55)	15:38.24 (30.57)	16:08.77 (30.53)	16:38.57 (29.80)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 25-29 50 Yard Backstroke**

NATL: 21.46 ! 4/16/2010 ADAM MANIA

PAC: 21.98 @ 5/1/2016 Andrew Saeta

1	Solaeche, Eduardo	29	The Olympic Club-38	24.62	25.40	21
2	LI, Lawrence	29	Club Hot Tub-38	27.00	26.80	19
3	Chen, Jacky	29	Marcia's Enthusiastic Masters-38	29.73	28.96	18
4	Jenstrom, Ian	29	Jellies Aquatic Masters of Mon-38	28.40	29.10	17

Men 25-29 100 Yard Backstroke

NATL: 45.95 ! 4/15/2010 ADAM MANIA

PAC: 48.50 @ 4/30/2016 Andrew Saeta

1	LI, Lawrence	29	Club Hot Tub-38	59.00	57.17	21
					27.82 57.17 (29.35)	
2	Rico, Daniel	26	Walnut Creek Masters-38	1:00.98	1:00.74	19
					29.50 1:00.74 (31.24)	
3	Ip, Hermes	26	University of San Francisco Ma-38	1:05.03	1:04.67	18
					31.57 1:04.67 (33.10)	
4	Koehl, Arthur	27	Davis Aquatic Masters-38	1:07.82	1:07.88	17
					33.34 1:07.88 (34.54)	

Men 25-29 200 Yard Backstroke

NATL: 1:45.77 ! 3/20/2016 DAVID RUSSELL

PAC: 1:50.37 @ 4/25/2015 Rob H Newell

1	Valentine, Matthew A	28	University of San Francisco Ma-38	2:08.14	2:02.90	21
					29.30 1:00.59 (31.29) 1:32.12 (31.53) 2:02.90 (30.78)	
2	Koehl, Arthur	27	Davis Aquatic Masters-38	2:30.00	2:26.71	19
					35.31 1:12.63 (37.32) 1:49.95 (37.32) 2:26.71 (36.76)	

Men 25-29 50 Yard Breaststroke

NATL: 23.87 ! 5/21/2010 MARK GANGLOFF

PAC: 24.86 @ 4/30/2016 Christopher Burck

1	Rico, Daniel	26	Walnut Creek Masters-38	28.15	29.40	21
2	Song, Andrew	28	Club Hot Tub-38	35.00	29.99	19
3	Ip, Hermes	26	University of San Francisco Ma-38	32.00	31.90	18
4	LI, Lawrence	29	Club Hot Tub-38	32.00	32.34	17
5	Chen, Jacky	29	Marcia's Enthusiastic Masters-38	31.15	32.54	16
6	Gjerde, Thomas	25	Club Hot Tub-38	31.00	33.71	15
7	Chen, Richard	27	Uc38	36.00	36.34	14
---	Meads, Sean	25	Diamond Hills Masters-38	33.00	DQ	

Men 25-29 200 Yard Breaststroke

NATL: 1:53.04 ! 12/21/2013 BJ JOHNSON

PAC: 1:53.04 @ 12/21/2013 BJ Johnson

1	Chen, Jacky	29	Marcia's Enthusiastic Masters-38	2:39.64	2:40.33	21
					35.99 1:17.68 (41.69) 1:59.13 (41.45) 2:40.33 (41.20)	

Men 25-29 50 Yard Butterfly

NATL: 20.99 ! 4/28/2019 MARCIN CIESLAK

PAC: 21.14 @ 5/1/2022 Josh C Prenot

1	Solaeche, Eduardo	29	The Olympic Club-38	21.77	22.03	21
2	Eckles, Ryan	25	Club Hot Tub-38	23.64	24.22	19
3	LI, Lawrence	29	Club Hot Tub-38	26.00	26.04	18
4	Jenstrom, Ian	29	Jellies Aquatic Masters of Mon-38	26.05	26.33	17
5	Song, Andrew	28	Club Hot Tub-38	30.00	27.02	16

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 25-29 50 Yard Butterfly)**

6	White, Myles J	26	Manatee Aquatic Masters Inc-38	35.00	29.49	15
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Men 25-29 100 Yard Butterfly

NATL:	45.32	!	11/30/2012	DAVIS TARWATER
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PAC:	48.06	@	4/29/2017	Nathan Adrian
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1	Solaeche, Eduardo	29	The Olympic Club-38	49.08	48.90	21
	23.02		48.90 (25.88)			
2	Rico, Daniel	26	Walnut Creek Masters-38	57.42	56.41	19
	26.04		56.41 (30.37)			
3	Koehl, Arthur	27	Davis Aquatic Masters-38	1:10.00	1:08.77	18
	31.51		1:08.77 (37.26)			

Men 25-29 200 Yard Butterfly

NATL:	1:47.62	!	5/20/2007	ERIK SCALISE
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PAC:	1:47.62	@	12/31/2007	Erik L Scalise
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1	Valentine, Matthew A	28	University of San Francisco Ma-38	1:56.51	1:57.79	21
	26.43		56.47 (30.04)	1:26.93 (30.46)	1:57.79 (30.86)	

Men 25-29 100 Yard IM

NATL:	47.77	!	5/3/2014	DARIAN TOWNSEND
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PAC:	48.84	@	4/30/2022	Josh C Prenot
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1	Solaeche, Eduardo	29	The Olympic Club-38	49.98	49.75	21
	22.98		49.75 (26.77)			
2	Rico, Daniel	26	Walnut Creek Masters-38	56.98	57.07	19
	26.71		57.07 (30.36)			
3	Kreher, Kevin	28	Stanford Masters Swimming-38	1:02.00	57.90	18
	27.90		57.90 (30.00)			
4	Eckles, Ryan	25	Club Hot Tub-38	1:03.00	59.86	17
	26.84		59.86 (33.02)			
5	Jenstrom, Ian	29	Jellies Aquatic Masters of Mon-38	59.94	1:00.76	16
	28.22		1:00.76 (32.54)			
6	Song, Andrew	28	Club Hot Tub-38	1:13.00	1:02.47	15
	30.02		1:02.47 (32.45)			
7	Chen, Jacky	29	Marcia's Enthusiastic Masters-38	1:04.79	1:05.39	14
	30.90		1:05.39 (34.49)			
8	Koehl, Arthur	27	Davis Aquatic Masters-38	1:10.00	1:08.45	13
	31.90		1:08.45 (36.55)			
9	White, Myles J	26	Manatee Aquatic Masters Inc-38	1:25.00	1:11.30	12
	32.98		1:11.30 (38.32)			

Men 25-29 200 Yard IM

NATL:	1:41.79	!	12/21/2013	DARIAN TOWNSEND
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PAC:	1:47.71	@	12/20/2014	Sean R Mahoney
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1	Valentine, Matthew A	28	University of San Francisco Ma-38	2:01.73	2:01.70	21
	25.79		57.57 (31.78)	1:33.09 (35.52)	2:01.70 (28.61)	
2	Rosati, Corso	29	University of San Francisco Ma-38	2:12.00	2:17.23	19
	27.53		1:05.53 (38.00)	1:46.04 (40.51)	2:17.23 (31.19)	
3	Rosati, Winston	25	University of San Francisco Ma-38	2:15.00	2:20.34	18
	27.60		1:06.11 (38.51)	1:46.64 (40.53)	2:20.34 (33.70)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 25-29 400 Yard IM**NATL: **3:41.85** ! 12/20/2013 **DARIAN TOWNSEND**PAC: **3:52.03** @ 12/19/2014 **Sean R Mahoney**

1	Valentine, Matthew A	28	University of San Francisco Ma-38	4:30.00	4:21.56	21
	27.74	59.44 (31.70)	1:33.77 (34.33)	2:07.70 (33.93)		
	2:44.46 (36.76)	3:21.57 (37.11)	3:52.21 (30.64)	4:21.56 (29.35)		

Men 30-34 50 Yard FreestyleNATL: **19.33** ! 5/3/2014 **ERVIN\ERVIN**PAC: **19.33** @ 5/4/2014 **Anthony L Ervin**

1	Korman, Matthew	30	The Olympic Club-38	21.79	22.22	21
2	Adams, Kyle	32	University of San Francisco Ma-38	23.50	22.63	19
3	Christensen, Jon	32	University of San Francisco Ma-38	24.00	22.73	18
4	Peterson, Anders	31	Mountain View Masters-38	26.00	25.24	17
5	Gu, Yue Shen	30	Walnut Creek Masters-38	25.73	25.79	16
6	Harding, Keevan	32	Marcia's Enthusiastic Masters-38	26.00	26.33	15
7	Schempp, Kyle	33	Tri Valley Masters-38	32.00	26.97	14
8	Oofosu, Mark	30	University of San Francisco Ma-38	29.00	28.78	13
9	Chien, Kendall	33	Club Hot Tub-38	34.00	29.79	12

Men 30-34 100 Yard FreestyleNATL: **42.75** ! 12/21/2014 **DARIAN TOWNSEND**PAC: **43.18** @ 5/3/2014 **Anthony L Ervin**

1	Greer, George	32	East Bay Bat Rays Masters-38	49.24	49.47	21
	24.09	49.47 (25.38)				
2	Adams, Kyle	32	University of San Francisco Ma-38	51.00	49.62	19
	23.87	49.62 (25.75)				
3	Peterson, Anders	31	Mountain View Masters-38	55.00	56.25	18
	26.73	56.25 (29.52)				
4	Schempp, Kyle	33	Tri Valley Masters-38	59.00	57.71	17
	27.42	57.71 (30.29)				
5	Harding, Keevan	32	Marcia's Enthusiastic Masters-38	1:00.00	59.50	16
	28.36	59.50 (31.14)				
6	Gu, Yue Shen	30	Walnut Creek Masters-38	57.93	59.77	15
	27.87	59.77 (31.90)				
7	Oofosu, Mark	30	University of San Francisco Ma-38	1:05.00	1:03.59	14
	31.08	1:03.59 (32.51)				

Men 30-34 200 Yard FreestyleNATL: **1:34.00** ! 12/19/2014 **DARIAN TOWNSEND**PAC: **1:39.59** @ 12/31/1997 **Franz Mortensen**

1	Greer, George	32	East Bay Bat Rays Masters-38	1:50.00	1:48.75	21
	25.41	53.19 (27.78)	1:20.55 (27.36)	1:48.75 (28.20)		
2	Adams, Kyle	32	University of San Francisco Ma-38	1:55.00	1:49.12	19
	24.78	51.78 (27.00)	1:20.00 (28.22)	1:49.12 (29.12)		
3	Rogers, Louis	34	Walnut Creek Masters-38	1:53.67	1:54.61	18
	25.94	54.87 (28.93)	1:24.75 (29.88)	1:54.61 (29.86)		
4	Calhoun, Jack	33	Santa Cruz Masters Aquatics-38	1:57.19	1:55.27	17
	27.43	56.72 (29.29)	1:26.16 (29.44)	1:55.27 (29.11)		
5	Christenson, Joel	31	East Bay Bat Rays Masters-38	1:56.99	1:55.56	16
	26.88	56.10 (29.22)	1:25.74 (29.64)	1:55.56 (29.82)		
6	Thomas, Michael	30	Mountain View Masters-38	2:10.83	2:22.61	15
	32.70	1:09.82 (37.12)	1:46.22 (36.40)	2:22.61 (36.39)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 30-34 200 Yard Freestyle)**

7	Chien, Kendall	33	Club Hot Tub-38	2:55.00	2:43.19	14
	37.18	1:17.64 (40.46)	2:00.53 (42.89)	2:43.19 (42.66)		

Men 30-34 500 Yard FreestyleNATL: 4:26.34 ! 2/19/2022 **DREW MODROV**PAC: 4:37.04 @ 12/31/1997 **Franz Mortensen**

1	Fischer, Brandon J	34	Golden Road Aquatics-33	4:49.42	4:37.67	21
	24.17	50.82 (26.65)	1:18.34 (27.52)	1:46.14 (27.80)		
	2:14.44 (28.30)	2:43.02 (28.58)	3:11.68 (28.66)	3:40.46 (28.78)		
	4:09.70 (29.24)	4:37.67 (27.97)				
2	Calhoun, Jack	33	Santa Cruz Masters Aquatics-38	5:15.00	5:17.33	19
	28.86	1:00.00 (31.14)	1:31.62 (31.62)	2:03.64 (32.02)		
	2:35.69 (32.05)	3:08.08 (32.39)	3:40.64 (32.56)	4:13.17 (32.53)		
	4:45.83 (32.66)	5:17.33 (31.50)				
3	Peterson, Anders	31	Mountain View Masters-38	6:00.00	5:41.18	18
	31.20	1:05.54 (34.34)	1:39.84 (34.30)	2:14.77 (34.93)		
	2:49.93 (35.16)	3:24.94 (35.01)	3:59.79 (34.85)	4:34.36 (34.57)		
	5:08.45 (34.09)	5:41.18 (32.73)				
4	Thomas, Michael	30	Mountain View Masters-38	5:58.43	6:27.25	17
	35.27	1:14.10 (38.83)	1:54.02 (39.92)	2:34.29 (40.27)		
	3:14.31 (40.02)	3:54.53 (40.22)	4:34.37 (39.84)	5:13.70 (39.33)		
	5:51.08 (37.38)	6:27.25 (36.17)				

Men 30-34 1650 Yard FreestyleNATL: 15:51.57 ! 5/12/1996 **JEFF ERWIN**PAC: 16:01.91 @ 12/31/1995 **Dan Veatch**

1	Calhoun, Jack	33	Santa Cruz Masters Aquatics-38	18:31.47	18:35.22	21
	31.66	1:06.19 (34.53)	1:40.91 (34.72)	2:15.44 (34.53)		
	2:50.43 (34.99)	3:25.53 (35.10)	4:00.07 (34.54)	4:34.54 (34.47)		
	5:09.19 (34.65)	5:43.39 (34.20)	6:17.15 (33.76)	6:50.76 (33.61)		
	7:24.67 (33.91)	7:58.34 (33.67)	8:32.02 (33.68)	9:05.89 (33.87)		
	9:39.99 (34.10)	10:13.85 (33.86)	10:47.44 (33.59)	11:21.43 (33.99)		
	11:54.85 (33.42)	12:28.67 (33.82)	13:02.81 (34.14)	13:36.47 (33.66)		
	14:09.88 (33.41)	14:43.20 (33.32)	15:16.71 (33.51)	15:50.49 (33.78)		
	16:24.41 (33.92)	16:57.97 (33.56)	17:31.28 (33.31)	18:04.20 (32.92)	18:35.22 (31.02)	
2	Santhanam, Karthick	34	QuickSilver Masters-38	35:59.99	34:03.54	19
	45.45	1:42.47 (57.02)	2:41.23 (58.76)	3:39.88 (58.65)		
	4:38.86 (58.98)	5:37.94 (59.08)	6:38.16 (1:00.22)	7:39.83 (1:01.67)		
	8:43.18 (1:03.35)	9:44.29 (1:01.11)	10:46.50 (1:02.21)	11:50.34 (1:03.84)		
	12:55.22 (1:04.88)	13:57.66 (1:02.44)	15:03.26 (1:05.60)	16:06.96 (1:03.70)		
	17:09.45 (1:02.49)	18:12.08 (1:02.63)	19:14.73 (1:02.65)	20:17.09 (1:02.36)		
	21:20.74 (1:03.65)	22:24.64 (1:03.90)	23:29.03 (1:04.39)	24:32.97 (1:03.94)		
	25:38.17 (1:05.20)	26:41.88 (1:03.71)	27:44.81 (1:02.93)	28:47.93 (1:03.12)		
	29:50.53 (1:02.60)	30:55.12 (1:04.59)	32:02.74 (1:07.62)	33:05.28 (1:02.54)	34:03.54 (58.26)	

Men 30-34 50 Yard BackstrokeNATL: 21.37 ! 4/26/2019 **MATT GREVERS**PAC: 23.10 @ 4/30/2017 **Matthew T Marshal**

1	Fischer, Brandon J	34	Golden Road Aquatics-33	24.48	25.47	21
2	Christensen, Jon	32	University of San Francisco Ma-38	29.00	26.38	19
3	Rogers, Louis	34	Walnut Creek Masters-38	28.08	29.12	18

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 30-34 100 Yard Backstroke**NATL: **46.34** ! 12/21/2013 **ADAM MANIA**PAC: **49.02** @ 4/24/2015 **Anthony L Ervin**

1	Fischer, Brandon J	34	Golden Road Aquatics-33	53.56	53.94	21
	26.85		53.94 (27.09)			
2	Greer, George	32	East Bay Bat Rays Masters-38	1:00.00	56.71	19
	27.80		56.71 (28.91)			
3	Rogers, Louis	34	Walnut Creek Masters-38	59.46	58.64	18
	28.66		58.64 (29.98)			
4	Peterson, Anders	31	Mountain View Masters-38	1:00.00	1:04.84	17
	30.90		1:04.84 (33.94)			
5	Ofosu, Mark	30	University of San Francisco Ma-38	1:16.00	1:27.06	16
	42.96		1:27.06 (44.10)			

Men 30-34 200 Yard BackstrokeNATL: **1:43.73** ! 12/21/2014 **ADAM MANIA**PAC: **1:48.04** @ 12/31/2009 **Erik L Scalise**

1	Rogers, Louis	34	Walnut Creek Masters-38	2:10.05	2:08.79	21
	30.19		1:02.79 (32.60)	1:36.16 (33.37)	2:08.79 (32.63)	
2	Peterson, Anders	31	Mountain View Masters-38	2:20.00	2:22.88	19
	34.07		1:10.69 (36.62)	1:47.33 (36.64)	2:22.88 (35.55)	
3	Green, Zachary Y	33	West Hollywood Aquatics-33	2:28.00	2:24.08	18
	32.96		1:09.02 (36.06)	1:47.05 (38.03)	2:24.08 (37.03)	
4	Thomas, Michael	30	Mountain View Masters-38	2:26.89	2:34.28	17
	36.11		1:15.78 (39.67)	1:55.28 (39.50)	2:34.28 (39.00)	

Men 30-34 50 Yard BreaststrokeNATL: **24.35** ! 4/24/2015 **MATT GREVERS**PAC: **25.78** @ 5/20/2007 **Jeff Commings**

1	Fischer, Brandon J	34	Golden Road Aquatics-33	24.93	25.31	21
2	Korman, Matthew	30	The Olympic Club-38	25.35	26.70	19
3	Christensen, Jon	32	University of San Francisco Ma-38	30.00	26.92	18
4	Schempp, Kyle	33	Tri Valley Masters-38	35.00	33.01	17
5	Harding, Keevan	32	Marcia's Enthusiastic Masters-38	31.93	33.66	16
6	Ofosu, Mark	30	University of San Francisco Ma-38	35.00	34.60	15
7	Gu, Yue Shen	30	Walnut Creek Masters-38	34.71	35.07	14
8	Chien, Kendall	33	Club Hot Tub-38	44.50	38.70	13

Men 30-34 200 Yard BreaststrokeNATL: **1:54.10** ! 12/8/2019 **BRANDON FISCHER**PAC: **1:54.10** @ 12/8/2019 **Brandon J Fischer**

1	Korman, Matthew	30	The Olympic Club-38	2:03.00	2:08.38	21
	28.76		1:01.87 (33.11)	1:34.84 (32.97)	2:08.38 (33.54)	
2	Hallman, Kevin	33	University of San Francisco Ma-38	2:29.99	2:31.43	19
	34.32		1:12.32 (38.00)	1:51.46 (39.14)	2:31.43 (39.97)	
3	Green, Zachary Y	33	West Hollywood Aquatics-33	2:38.00	2:36.75	18
	36.05		1:16.88 (40.83)	1:56.99 (40.11)	2:36.75 (39.76)	
4	Newman, Nicolas W	33	North Bay Aquatics-38	2:45.00	2:40.51	17
	35.49		1:15.85 (40.36)	1:57.39 (41.54)	2:40.51 (43.12)	
5	Thomas, Michael	30	Mountain View Masters-38	2:43.13	2:54.72	16
	38.67		1:23.13 (44.46)	2:08.39 (45.26)	2:54.72 (46.33)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 30-34 50 Yard Butterfly**NATL: 21.11 ! 4/26/2015 **MATT GREVERS**PAC: 21.90 @ 4/28/2017 **Matthew T Marshal**

1	Fischer, Brandon J	34	Golden Road Aquatics-33	22.51	23.26	21
2	Christensen, Jon	32	University of San Francisco Ma-38	27.00	24.07	19
3	Korman, Matthew	30	The Olympic Club-38	23.74	24.10	18
4	Newman, Nicolas W	33	North Bay Aquatics-38	29.99	27.18	17
5	Green, Zachary Y	33	West Hollywood Aquatics-33	35.00	29.72	16
6	Schempp, Kyle	33	Tri Valley Masters-38	37.00	31.69	15
7	Chien, Kendall	33	Club Hot Tub-38	39.60	36.42	14

Men 30-34 100 Yard ButterflyNATL: 47.28 ! 12/20/2013 **ADAM MANIA**PAC: 48.07 @ 12/16/2019 **Brandon J Fischer**

1	Christensen, Jon	32	University of San Francisco Ma-38	56.00	54.55	21
	25.50		54.55 (29.05)			
2	Hallman, Eric R	31	Stanford Masters Swimming-38	55.00	54.97	19
	25.27		54.97 (29.70)			
3	Newman, Nicolas W	33	North Bay Aquatics-38	1:08.75	1:01.91	18
	28.50		1:01.91 (33.41)			

Men 30-34 200 Yard ButterflyNATL: 1:45.01 ! 4/12/2015 **DARIAN TOWNSEND**PAC: 1:46.75 @ 12/16/2019 **Brandon J Fischer**

1	Thomas, Michael	30	Mountain View Masters-38	2:30.31	2:40.97	21
	34.77		1:16.07 (41.30) 1:58.36 (42.29) 2:40.97 (42.61)			

Men 30-34 100 Yard IMNATL: 47.71 ! 4/29/2017 **RYAN LOCHTE**PAC: 49.23 @ 4/25/2015 **Anthony L Ervin**

1	Fischer, Brandon J	34	Golden Road Aquatics-33	50.75	51.38	21
	23.98		51.38 (27.40)			
2	Christensen, Jon	32	University of San Francisco Ma-38	58.00	54.09	19
	26.34		54.09 (27.75)			
3	Korman, Matthew	30	The Olympic Club-38	51.58	57.14	18
	26.52		57.14 (30.62)			
4	Hallman, Eric R	31	Stanford Masters Swimming-38	58.00	58.22	17
	26.37		58.22 (31.85)			
5	Hallman, Kevin	33	University of San Francisco Ma-38	1:03.47	1:03.63	16
	29.60		1:03.63 (34.03)			
6	Newman, Nicolas W	33	North Bay Aquatics-38	1:06.92	1:04.07	15
	30.02		1:04.07 (34.05)			
7	Schempp, Kyle	33	Tri Valley Masters-38	1:09.00	1:06.11	14
	30.71		1:06.11 (35.40)			

Men 30-34 200 Yard IMNATL: 1:42.03 ! 12/20/2014 **DARIAN TOWNSEND**PAC: 1:47.82 @ 12/19/2021 **Brandon J Fischer**

1	Hallman, Eric R	31	Stanford Masters Swimming-38	2:04.00	2:07.22	21
	27.11		59.55 (32.44) 1:38.23 (38.68) 2:07.22 (28.99)			
2	Rogers, Louis	34	Walnut Creek Masters-38	2:14.59	2:15.57	19
	29.23		1:03.03 (33.80) 1:43.15 (40.12) 2:15.57 (32.42)			
3	Hallman, Kevin	33	University of San Francisco Ma-38	2:16.46	2:16.88	18
	29.27		1:04.76 (35.49) 1:44.49 (39.73) 2:16.88 (32.39)			

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 30-34 200 Yard IM)**

4	Harding, Keevan	32	Marcia's Enthusiastic Masters-38	2:23.00	2:29.98	17
	32.00	1:09.82 (37.82)	1:54.67 (44.85)	2:29.98 (35.31)		
5	Thomas, Michael	30	Mountain View Masters-38	2:25.40	2:31.99	16
	32.54	1:11.98 (39.44)	1:56.21 (44.23)	2:31.99 (35.78)		
6	Gu, Yue Shen	30	Walnut Creek Masters-38	2:40.00	2:41.40	15
	32.96	1:15.86 (42.90)	2:03.68 (47.82)	2:41.40 (37.72)		

Men 30-34 400 Yard IM**NATL: 3:40.98 ! 12/19/2014 DARIAN TOWNSEND****PAC: 3:54.11 @ 12/31/2009 Erik L Scalise**

1	Green, Zachary Y	33	West Hollywood Aquatics-33	5:30.00	5:20.21	21
	32.81	1:12.35 (39.54)	1:53.75 (41.40)	2:33.18 (39.43)		
	3:15.45 (42.27)	3:58.25 (42.80)	4:39.87 (41.62)	5:20.21 (40.34)		
2	Thomas, Michael	30	Mountain View Masters-38	5:15.61	5:41.37	19
	32.88	1:12.50 (39.62)	1:55.91 (43.41)	2:40.09 (44.18)		
	3:28.74 (48.65)	4:18.64 (49.90)	5:00.44 (41.80)	5:41.37 (40.93)		

Men 35-39 50 Yard Freestyle**NATL: 20.01 ! 3/25/2018 ROLAND SCHOEMAN****PAC: 20.69 @ 5/13/2018 Matthew T Marshal**

1	Savulich, Bobby	35	The Olympic Club-38	21.19	21.68	21
2	Warner, Jason	36	Walnut Creek Masters-38	23.60	24.04	19
3	Zachan, Matthew	37	Davis Aquatic Masters-38	26.10	25.22	18
4	Law, David	37	Manatee Aquatic Masters Inc-38	25.94	26.02	17
5	Ranahan, Darin	39	Marcia's Enthusiastic Masters-38	33.33	28.89	16

Men 35-39 100 Yard Freestyle**NATL: 44.24 ! 4/20/2009 VLAD PYSHNENKO****PAC: 45.59 @ 2/3/2018 Tamas Kerekjarto**

1	Savulich, Bobby	35	The Olympic Club-38	46.71	47.81	21
	23.29	47.81 (24.52)				
2	Chesson, Win	39	Team New York Aquatics-6	51.10	50.18	19
	24.12	50.18 (26.06)				
3	Warner, Jason	36	Walnut Creek Masters-38	51.87	52.06	18
	25.58	52.06 (26.48)				
4	Leimkuhler, Kyle	35	Menlo Masters-38	58.50	54.00	17
	26.31	54.00 (27.69)				
5	Zachan, Matthew	37	Davis Aquatic Masters-38	55.28	55.27	16
	26.92	55.27 (28.35)				
6	Law, David	37	Manatee Aquatic Masters Inc-38	56.29	56.75	15
	26.86	56.75 (29.89)				

Men 35-39 200 Yard Freestyle**NATL: 1:36.56 ! 5/4/2008 JOSH DAVIS****PAC: 1:41.20 @ 12/31/1999 Franz Mortensen**

1	Chesson, Win	39	Team New York Aquatics-6	1:52.57	1:50.19	21
	25.22	53.28 (28.06)	1:21.79 (28.51)	1:50.19 (28.40)		
2	Warner, Jason	36	Walnut Creek Masters-38	1:56.43	1:56.82	19
	25.61	53.94 (28.33)	1:24.31 (30.37)	1:56.82 (32.51)		
3	Law, David	37	Manatee Aquatic Masters Inc-38	2:05.73	2:06.79	18
	28.81	1:01.35 (32.54)	1:34.42 (33.07)	2:06.79 (32.37)		
4	Chien, Rex	35	Marcia's Enthusiastic Masters-38	2:30.30	2:27.26	17
	35.00	1:11.99 (36.99)	1:49.74 (37.75)	2:27.26 (37.52)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 35-39 500 Yard Freestyle**NATL: 4:33.97 ! 5/17/2002 **RONALD KARNAUGH**PAC: 4:36.80 @ 12/31/1999 **Franz Mortensen**

1	Chesson, Win	39	Team New York Aquatics-6	4:52.11	5:02.71	21
	24.24	55.08 (30.84)	1:25.82 (30.74)	1:56.86 (31.04)		
	2:28.10 (31.24)	2:59.43 (31.33)	3:30.90 (31.47)	4:01.83 (30.93)		
	4:32.52 (30.69)	5:02.71 (30.19)				
2	Leimkuhler, Kyle	35	Menlo Masters-38	5:17.92	5:15.97	19
	28.80	59.44 (30.64)	1:30.92 (31.48)	2:02.92 (32.00)		
	2:35.40 (32.48)	3:08.28 (32.88)	3:40.71 (32.43)	4:12.84 (32.13)		
	4:45.04 (32.20)	5:15.97 (30.93)				
3	Warner, Jason	36	Walnut Creek Masters-38	5:31.89	5:20.47	18
	27.88	59.34 (31.46)	1:32.12 (32.78)	2:05.05 (32.93)		
	2:37.91 (32.86)	3:10.67 (32.76)	3:43.42 (32.75)	4:16.43 (33.01)		
	4:49.73 (33.30)	5:20.47 (30.74)				
4	Chialvo, Federico	39	Menlo Masters-38	5:27.95	5:22.79	17
	29.97	1:02.07 (32.10)	1:34.88 (32.81)	2:08.02 (33.14)		
	2:40.42 (32.40)	3:13.25 (32.83)	3:45.45 (32.20)	4:18.41 (32.96)		
	4:51.13 (32.72)	5:22.79 (31.66)				
5	Zachan, Matthew	37	Davis Aquatic Masters-38	5:35.10	5:28.64	16
	29.87	1:02.56 (32.69)	1:36.40 (33.84)	2:10.19 (33.79)		
	2:43.94 (33.75)	3:17.70 (33.76)	3:51.73 (34.03)	4:24.70 (32.97)		
	4:57.44 (32.74)	5:28.64 (31.20)				
6	Law, David	37	Manatee Aquatic Masters Inc-38	5:49.86	5:53.55	15
	30.80	1:05.36 (34.56)	1:40.77 (35.41)	2:16.76 (35.99)		
	2:53.10 (36.34)	3:29.24 (36.14)	4:05.74 (36.50)	4:42.53 (36.79)		
	5:18.67 (36.14)	5:53.55 (34.88)				
7	Cettel, Stephen	36	Willow Glen Masters-38	12:00.00	7:46.80	14
	40.05	1:25.47 (45.42)	2:12.40 (46.93)	2:59.32 (46.92)		
	3:47.96 (48.64)	4:37.84 (49.88)	5:26.74 (48.90)	6:14.55 (47.81)		
	7:03.37 (48.82)	7:46.80 (43.43)				

Men 35-39 1000 Yard FreestyleNATL: 9:27.97 ! 5/20/2010 **ERIC CHRISTENSEN**PAC: 9:41.12 @ 12/31/1999 **Franz Mortensen**

1	Zachan, Matthew	37	Davis Aquatic Masters-38	NT	11:38.55	
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Men 35-39 1650 Yard FreestyleNATL: 15:53.88 ! 5/18/2003 **JEFF ERWIN**PAC: 16:34.36 @ 12/31/1991 **Tim Harvey**

1	Chialvo, Federico	39	Menlo Masters-38	19:15.00	18:41.05	21
	32.87	1:07.94 (35.07)	1:41.69 (33.75)	2:15.49 (33.80)		
	2:49.49 (34.00)	3:24.08 (34.59)	3:59.40 (35.32)	4:32.28 (32.88)		
	5:06.05 (33.77)	5:41.72 (35.67)	6:16.40 (34.68)	6:49.39 (32.99)		
	7:24.39 (35.00)	7:58.93 (34.54)	9:44.53 (1:45.60)	10:19.16 (34.63)		
	10:53.45 (34.29)	11:28.03 (34.58)	12:01.93 (33.90)	12:35.41 (33.48)		
	13:08.30 (32.89)	13:41.19 (32.89)	14:14.69 (33.50)	14:47.45 (32.76)		
	15:21.00 (33.55)	15:55.00 (34.00)	16:28.41 (33.41)	17:02.07 (33.66)		
	17:35.54 (33.47)	18:09.08 (33.54)	18:41.37 (32.29)	18:41.05 ()		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 35-39 1650 Yard Freestyle)**

2	Zachan, Matthew	37	Davis Aquatic Masters-38	19:10.10	19:00.55	19
	31.77	1:05.87 (34.10)	1:40.67 (34.80)	2:15.81 (35.14)		
	2:51.14 (35.33)	3:26.55 (35.41)	4:01.46 (34.91)	4:36.80 (35.34)		
	5:11.66 (34.86)	5:46.80 (35.14)	6:21.97 (35.17)	6:57.03 (35.06)		
	7:32.26 (35.23)	8:07.58 (35.32)	8:42.80 (35.22)	9:18.08 (35.28)		
	9:53.33 (35.25)	10:28.53 (35.20)	11:03.47 (34.94)	11:38.55 (35.08)		
	12:13.41 (34.86)	12:47.32 (33.91)	13:21.95 (34.63)	13:56.58 (34.63)		
	14:31.15 (34.57)	15:05.50 (34.35)	15:40.30 (34.80)	16:14.61 (34.31)		
	16:49.14 (34.53)	17:22.90 (33.76)	17:56.91 (34.01)	18:29.69 (32.78)	19:00.55 (30.86)	

Men 35-39 50 Yard Backstroke

NATL: 22.62 ! 4/29/2017 JEFF NATALIZIO

PAC: 22.97 @ 5/12/2018 Matthew T Marshal

1	Watts, Tim	36	Willow Glen Masters-38	24.00	24.26	21
2	Savulich, Bobby	35	The Olympic Club-38	26.40	26.64	19
3	Chien, Rex	35	Marcia's Enthusiastic Masters-38	35.35	34.12	18

Men 35-39 100 Yard Backstroke

NATL: 47.86 ! 4/30/2017 JEFF NATALIZIO

PAC: 51.81 @ 12/31/2002 John Keppeler

1	Horan, Kevin	38	Richmond Plunge Masters-38	1:02.81	1:02.23	21
	29.90	1:02.23 (32.33)				
2	Ranahan, Darin	39	Marcia's Enthusiastic Masters-38	1:30.09	1:27.44	19
	41.44	1:27.44 (46.00)				

Men 35-39 200 Yard Backstroke

NATL: 1:47.68 ! 4/30/2022 KEVIN NEAD

PAC: 1:54.18 @ 5/2/2014 Erik L Scalise

1	Horan, Kevin	38	Richmond Plunge Masters-38	2:18.18	2:19.12	21
	32.56	1:08.16 (35.60)	1:43.86 (35.70)	2:19.12 (35.26)		
2	Zachan, Matthew	37	Davis Aquatic Masters-38	2:26.10	2:28.46	19
	35.64	1:13.51 (37.87)	1:51.70 (38.19)	2:28.46 (36.76)		

Men 35-39 50 Yard Breaststroke

NATL: 25.03 ! 3/4/2021 JAMES FIKE

PAC: 26.99 @ 12/31/2000 Brian P Scottolin

1	Savulich, Bobby	35	The Olympic Club-38	27.14	29.53	21
2	Law, David	37	Manatee Aquatic Masters Inc-38	33.45	33.25	19
3	Hasani, Hamed	36	San Ramon Valley Aquatics Mast-38	35.00	38.27	18

Men 35-39 200 Yard Breaststroke

NATL: 1:58.71 ! 3/6/2021 JAMES FIKE

PAC: 2:00.56 @ 4/29/2017 Gary N Marshall

1	Law, David	37	Manatee Aquatic Masters Inc-38	2:44.84	2:48.73	21
	37.29	1:19.91 (42.62)	2:04.41 (44.50)	2:48.73 (44.32)		
2	Chua, Brendan	37	Richmond Plunge Masters-38	3:15.00	2:58.69	19
	42.57	1:26.24 (43.67)	2:11.42 (45.18)	2:58.69 (47.27)		

Men 35-39 50 Yard Butterfly

NATL: 21.24 ! 3/25/2018 ROLAND SCHOEMAN

PAC: 21.66 @ 5/13/2018 Matthew T Marshal

1	Watts, Tim	36	Willow Glen Masters-38	24.00	23.25	21
2	Savulich, Bobby	35	The Olympic Club-38	23.65	23.56	19
3	Taylor, Jonathan B	35	Menlo Masters-38	24.25	24.46	18

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 35-39 50 Yard Butterfly)**

4	Nagendraprasad, Siddarth	35	Club Hot Tub-38	28.00	26.02	17
5	Leimkuhler, Kyle	35	Menlo Masters-38	26.88	26.99	16
6	Torres, Emmanuel	36	Marcia's Enthusiastic Masters-38	28.27	28.93	15
7	Chien, Rex	35	Marcia's Enthusiastic Masters-38	33.33	29.20	14
8	Chua, Brendan	37	Richmond Plunge Masters-38	29.69	30.09	13

Men 35-39 100 Yard ButterflyNATL: 47.62 ! 3/25/2018 **ROLAND SCHOEMAN**PAC: 48.86 @ 5/11/2018 **Matthew T Marshal**

1	Watts, Tim	36	Willow Glen Masters-38	1:00.00	53.17	21
	24.61		53.17 (28.56)			
2	Chesson, Win	39	Team New York Aquatics-6	54.84	54.54	19
	25.59		54.54 (28.95)			
3	Zachan, Matthew	37	Davis Aquatic Masters-38	1:00.54	1:00.04	18
	28.71		1:00.04 (31.33)			
4	Chien, Rex	35	Marcia's Enthusiastic Masters-38	1:10.10	1:05.03	17
	30.83		1:05.03 (34.20)			
5	Torres, Emmanuel	36	Marcia's Enthusiastic Masters-38	1:04.77	1:07.88	16
	30.27		1:07.88 (37.61)			
6	Chua, Brendan	37	Richmond Plunge Masters-38	1:00.00	1:10.98	15
	33.21		1:10.98 (37.77)			

Men 35-39 200 Yard ButterflyNATL: 1:50.74 ! 5/16/1999 **BOBBY PATTEN**PAC: 1:51.09 @ 4/9/2017 **Tamas Kerekjarto**

1	Zachan, Matthew	37	Davis Aquatic Masters-38	2:29.10	2:25.38	21
	32.89		1:09.88 (36.99) 1:48.40 (38.52) 2:25.38 (36.98)			
2	Frink, Stephen	37	Richmond Plunge Masters-38	2:29.50	2:25.43	19
	31.14		1:07.41 (36.27) 1:44.96 (37.55) 2:25.43 (40.47)			
3	Torres, Emmanuel	36	Marcia's Enthusiastic Masters-38	2:31.57	2:36.46	18
	32.69		1:12.08 (39.39) 1:54.57 (42.49) 2:36.46 (41.89)			

Men 35-39 100 Yard IMNATL: 49.01 ! 4/29/2017 **JEFF NATALIZIO**PAC: 51.78 @ 12/31/2009 **Lee G Wanie**

1	Watts, Tim	36	Willow Glen Masters-38	1:00.00	53.25	21
	24.51		53.25 (28.74)			
2	Savulich, Bobby	35	The Olympic Club-38	54.15	53.74	19
	25.38		53.74 (28.36)			
3	Chesson, Win	39	Team New York Aquatics-6	57.64	57.87	18
	27.02		57.87 (30.85)			
4	Taylor, Jonathan B	35	Menlo Masters-38	1:03.00	1:02.25	17
	27.28		1:02.25 (34.97)			
5	Leimkuhler, Kyle	35	Menlo Masters-38	1:05.13	1:04.21	16
	29.52		1:04.21 (34.69)			
6	Law, David	37	Manatee Aquatic Masters Inc-38	1:09.12	1:08.61	15
	32.60		1:08.61 (36.01)			
7	Torres, Emmanuel	36	Marcia's Enthusiastic Masters-38	1:07.64	1:08.97	14
	30.98		1:08.97 (37.99)			
8	Chua, Brendan	37	Richmond Plunge Masters-38	1:10.56	1:09.27	13
	31.45		1:09.27 (37.82)			
9	Chien, Rex	35	Marcia's Enthusiastic Masters-38	1:13.13	1:10.26	12
	32.45		1:10.26 (37.81)			

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 35-39 100 Yard IM)**

---	Nagendraprasad, Siddarth	35	Club Hot Tub-38	1:12.00	DQ
	26.73		DQ (34.60)		

Men 35-39 200 Yard IM

NATL:	1:48.74	!	12/22/2002	RONALD KARNAUGH
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PAC:	1:52.21	@	9/16/2017	Tamas Kerekjarto
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1	Chesson, Win	39	Team New York Aquatics-6	2:06.05	2:04.99	21
	26.23		59.21 (32.98)	1:36.50 (37.29)	2:04.99 (28.49)	
2	Leimkuhler, Kyle	35	Menlo Masters-38	2:18.53	2:18.50	19
	28.70		1:04.33 (35.63)	1:48.18 (43.85)	2:18.50 (30.32)	
3	Torres, Emmanuel	36	Marcia's Enthusiastic Masters-38	2:29.47	2:30.75	18
	30.15		1:09.19 (39.04)	1:55.26 (46.07)	2:30.75 (35.49)	
4	Nagendraprasad, Siddarth	35	Club Hot Tub-38	2:28.00	2:44.91	17
	2:44.91		2:44.91 ()			

Men 35-39 400 Yard IM

NATL:	3:56.76	!	12/16/2001	RON KARNAUGH
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PAC:	4:04.90	@	4/9/2006	Roque J Santos
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1	Chesson, Win	39	Team New York Aquatics-6	4:27.31	4:20.96	21
	26.73		57.81 (31.08)	1:32.32 (34.51)	2:06.64 (34.32)	
	2:44.33 (37.69)		3:22.80 (38.47)	3:52.99 (30.19)	4:20.96 (27.97)	
2	Torres, Emmanuel	36	Marcia's Enthusiastic Masters-38	5:23.91	5:28.04	19
	32.59		1:12.79 (40.20)	1:54.77 (41.98)	2:38.22 (43.45)	
	3:25.24 (47.02)		4:12.25 (47.01)	4:50.93 (38.68)	5:28.04 (37.11)	
3	Chien, Rex	35	Marcia's Enthusiastic Masters-38	6:03.03	5:56.25	18
	36.50		1:18.43 (41.93)	2:05.38 (46.95)	2:54.73 (49.35)	
	3:44.46 (49.73)		4:33.69 (49.23)	5:14.37 (40.68)	5:56.25 (41.88)	

Men 40-44 50 Yard Freestyle

NATL:	20.67	!	12/20/2014	JOSH DAVIS
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PAC:	21.30	@	5/13/2018	Scott C Greenwood
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1	Wong, Eric K	42	Santa Rosa Masters-38	23.23	23.69	21
2	Petersen, Adam	41	Club Hot Tub-38	25.50	25.79	19
3	Ramirez, Brent	43	Marcia's Enthusiastic Masters-38	30.00	27.38	18
4	Wilson, Lee	41	North Bay Aquatics-38	28.80	28.00	17
5	Tofanelli, Chris	41	Club Hot Tub-38	27.50	28.46	16
6	Wada, Ellison	43	Marcia's Enthusiastic Masters-38	28.23	28.89	15
7	Kulkarni, Chetan	43	QuickSilver Masters-38	36.97	35.31	14
8	Rajput, Triloksingh	41	Livermore Aquacowboys-38	1:10.00	35.95	13
9	Perrone, Paul	40	Club Hot Tub-38	34.93	37.54	12

Men 40-44 100 Yard Freestyle

NATL:	45.15	!	5/3/2014	JOSH DAVIS
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PAC:	46.53	@	2/29/2020	Tamas Kerekjarto
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1	Valdivieso, Juan	42	The Olympic Club-38	47.96	49.74	21
	24.26		49.74 (25.48)			
2	Wong, Eric K	42	Santa Rosa Masters-38	51.36	52.65	19
	24.87		52.65 (27.78)			
3	Roper, Matt	42	Davis Aquatic Masters-38	54.00	55.98	18
	26.93		55.98 (29.05)			
4	Petersen, Adam	41	Club Hot Tub-38	59.50	57.78	17
	27.23		57.78 (30.55)			

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 40-44 100 Yard Freestyle)**

5	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	1:00.27	1:00.72	16
	29.49	1:00.72 (31.23)				
6	Wilson, Lee	41	North Bay Aquatics-38	1:02.12	1:02.44	15
	30.52	1:02.44 (31.92)				
7	Wada, Ellison	43	Marcia's Enthusiastic Masters-38	1:05.00	1:05.08	14
	30.95	1:05.08 (34.13)				
8	Bucy, John	44	University of San Francisco Ma-38	1:15.00	1:07.78	13
	32.48	1:07.78 (35.30)				
9	Perrone, Paul	40	Club Hot Tub-38	1:18.04	1:24.88	12
	42.02	1:24.88 (42.86)				
10	Rajput, Triloksingh	41	Livermore Aquacowboys-38	2:15.00	1:27.64	11
	41.57	1:27.64 (46.07)				

Men 40-44 200 Yard Freestyle**NATL: 1:38.23 ! 4/24/2015 JOSH DAVIS****PAC: 1:44.90 @ 12/31/2003 David E Boatwright**

1	Bott, Nick	40	Menlo Masters-38	1:48.00	1:47.37	21
	25.05	52.86 (27.81)	1:20.20 (27.34)	1:47.37 (27.17)		
2	Valdivieso, Juan	42	The Olympic Club-38	1:45.32	1:47.95	19
	25.47	53.27 (27.80)	1:20.75 (27.48)	1:47.95 (27.20)		
3	Roper, Matt	42	Davis Aquatic Masters-38	1:59.92	1:57.79	18
	27.45	57.80 (30.35)	1:27.76 (29.96)	1:57.79 (30.03)		
4	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	2:15.97	2:14.33	17
	31.24	1:04.98 (33.74)	1:39.86 (34.88)	2:14.33 (34.47)		
5	Wada, Ellison	43	Marcia's Enthusiastic Masters-38	2:26.34	2:28.50	16
	36.24	1:15.33 (39.09)	1:53.83 (38.50)	2:28.50 (34.67)		

Men 40-44 500 Yard Freestyle**NATL: 4:33.36 ! 4/25/2015 JOSH DAVIS****PAC: 4:39.86 @ 12/31/2010 Alex Kostich**

1	Valdivieso, Juan	42	The Olympic Club-38	4:49.43	4:54.23	21
	26.83	55.40 (28.57)	1:24.90 (29.50)	1:54.85 (29.95)		
	2:24.86 (30.01)	2:54.89 (30.03)	3:25.08 (30.19)	3:54.89 (29.81)		
	4:24.71 (29.82)	4:54.23 (29.52)				
2	Roper, Matt	42	Davis Aquatic Masters-38	5:20.59	5:32.10	19
	30.67	1:04.95 (34.28)	1:39.80 (34.85)	2:14.57 (34.77)		
	2:48.66 (34.09)	3:21.93 (33.27)	3:55.41 (33.48)	4:28.86 (33.45)		
	5:00.57 (31.71)	5:32.10 (31.53)				
3	La, Richard	40	Uc38	5:40.46	5:41.82	18
	31.57	1:04.60 (33.03)	1:38.52 (33.92)	2:12.56 (34.04)		
	2:46.67 (34.11)	3:21.19 (34.52)	3:55.72 (34.53)	4:30.71 (34.99)		
	5:06.37 (35.66)	5:41.82 (35.45)				
4	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	6:12.51	6:12.47	17
	34.64	1:12.38 (37.74)	1:50.32 (37.94)	2:28.13 (37.81)		
	3:05.63 (37.50)	3:43.08 (37.45)	4:20.66 (37.58)	4:58.40 (37.74)		
	5:35.74 (37.34)	6:12.47 (36.73)				
5	Tofanelli, Chris	41	Club Hot Tub-38	6:20.00	6:15.96	16
	34.03	1:10.71 (36.68)	1:48.73 (38.02)	2:26.82 (38.09)		
	3:04.64 (37.82)	3:42.93 (38.29)	4:21.82 (38.89)	5:00.18 (38.36)		
	5:38.38 (38.20)	6:15.96 (37.58)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 40-44 500 Yard Freestyle)**

6	Wada, Ellison	43	Marcia's Enthusiastic Masters-38	6:39.44	6:35.52	15
	36.83	1:16.28 (39.45)	1:56.49 (40.21)	2:36.53 (40.04)		
	3:16.79 (40.26)	3:56.99 (40.20)	4:36.81 (39.82)	5:16.83 (40.02)		
	5:56.68 (39.85)	6:35.52 (38.84)				
7	Ramirez, Brent	43	Marcia's Enthusiastic Masters-38	8:20.00	7:32.68	14
	38.42	1:21.21 (42.79)	2:05.93 (44.72)	2:51.71 (45.78)		
	3:37.46 (45.75)	4:24.79 (47.33)	5:11.51 (46.72)	5:59.74 (48.23)		
	6:48.15 (48.41)	7:32.68 (44.53)				
8	Perrone, Paul	40	Club Hot Tub-38	8:27.81	9:19.62	13
	47.32	1:40.59 (53.27)	2:37.29 (56.70)	3:34.90 (57.61)		
	4:33.88 (58.98)	5:32.99 (59.11)	6:32.45 (59.46)	7:32.15 (59.70)		
	8:30.40 (58.25)	9:19.62 (49.22)				

Men 40-44 1650 Yard Freestyle**NATL: 15:51.52 ! 5/9/2010 ALEX KOSTICH****PAC: 15:51.52 @ 12/31/2010 Alex Kostich**

1	Holbrook, Chad	43	Walnut Creek Masters-38	18:44.97	19:04.03	21
	31.09	1:04.64 (33.55)	1:38.46 (33.82)	2:12.50 (34.04)		
	2:47.13 (34.63)	3:21.67 (34.54)	3:55.90 (34.23)	4:30.33 (34.43)		
	5:04.85 (34.52)	5:39.12 (34.27)	6:13.50 (34.38)	6:47.95 (34.45)		
	7:22.64 (34.69)	7:57.22 (34.58)	8:31.84 (34.62)	9:06.69 (34.85)		
	9:41.76 (35.07)	10:16.47 (34.71)	10:51.85 (35.38)	11:27.24 (35.39)		
	12:02.22 (34.98)	12:37.29 (35.07)	13:12.47 (35.18)	13:47.56 (35.09)		
	14:22.99 (35.43)	14:58.26 (35.27)	15:33.57 (35.31)	16:09.10 (35.53)		
	16:44.65 (35.55)	17:19.68 (35.03)	17:54.65 (34.97)	18:29.77 (35.12)	19:04.03 (34.26)	
2	Donlon, Kevin	44	University of San Francisco Ma-38	20:00.00	19:54.96	19
	31.97	1:06.08 (34.11)	1:40.88 (34.80)	2:16.14 (35.26)		
	2:51.52 (35.38)	3:27.18 (35.66)	4:02.86 (35.68)	4:38.45 (35.59)		
	5:14.21 (35.76)	5:49.99 (35.78)	6:26.14 (36.15)	7:02.31 (36.17)		
	7:38.54 (36.23)	8:14.82 (36.28)	8:51.27 (36.45)	9:27.81 (36.54)		
	10:04.79 (36.98)	10:42.20 (37.41)	11:19.81 (37.61)	11:56.65 (36.84)		
	12:33.57 (36.92)	13:10.87 (37.30)	13:47.78 (36.91)	14:24.67 (36.89)		
	15:01.55 (36.88)	15:38.43 (36.88)	16:15.48 (37.05)	16:52.06 (36.58)		
	17:29.91 (37.85)	18:06.72 (36.81)	18:43.73 (37.01)	19:19.72 (35.99)	19:54.96 (35.24)	
3	Tofanelli, Chris	41	Club Hot Tub-38	23:30.00	21:43.91	18
	34.81	1:12.04 (37.23)	1:50.42 (38.38)	2:29.73 (39.31)		
	3:09.11 (39.38)	3:49.05 (39.94)	4:28.48 (39.43)	5:08.00 (39.52)		
	5:47.91 (39.91)	6:27.76 (39.85)	7:07.39 (39.63)	7:47.40 (40.01)		
	8:27.01 (39.61)	9:06.94 (39.93)	9:46.94 (40.00)	10:26.76 (39.82)		
	11:07.02 (40.26)	11:46.93 (39.91)	12:26.76 (39.83)	13:06.71 (39.95)		
	13:46.74 (40.03)	14:26.27 (39.53)	15:06.99 (40.72)	15:47.61 (40.62)		
	16:27.85 (40.24)	17:08.05 (40.20)	17:48.38 (40.33)	18:28.56 (40.18)		
	19:07.98 (39.42)	19:47.93 (39.95)	20:27.47 (39.54)	21:06.13 (38.66)	21:43.91 (37.78)	
4	Perrone, Paul	40	Club Hot Tub-38	32:00.71	32:45.85	17
	48.44	1:41.73 (53.29)		3:38.61 ()		
	4:38.08 (59.47)	5:37.59 (59.51)	6:37.53 (59.94)	7:39.14 (1:01.61)		
	8:39.57 (1:00.43)	9:41.42 (1:01.85)	10:42.37 (1:00.95)	11:43.91 (1:01.54)		
	12:46.11 (1:02.20)	13:48.07 (1:01.96)	14:49.29 (1:01.22)	15:50.50 (1:01.21)		
	16:52.39 (1:01.89)	17:53.99 (1:01.60)	18:55.47 (1:01.48)	19:57.19 (1:01.72)		
	20:58.95 (1:01.76)	21:58.24 (59.29)	22:58.46 (1:00.22)	23:58.92 (1:00.46)		
	24:59.18 (1:00.26)	25:58.32 (59.14)	26:58.64 (1:00.32)	27:59.29 (1:00.65)		
	29:00.39 (1:01.10)	30:01.24 (1:00.85)	31:00.06 (58.82)	31:57.44 (57.38)	32:45.85 (48.41)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 40-44 50 Yard Backstroke**

NATL: 22.77 ! 4/26/2009 MICHAEL ROSS

PAC: 23.93 @ 12/31/2009 Rick Gould

1	Fuzellier, Matthieu	43	University of San Francisco Ma-38	26.80	26.40	21
2	Wong, Eric K	42	Santa Rosa Masters-38	27.37	28.41	19
3	Tofanelli, Chris	41	Club Hot Tub-38	34.00	33.76	18

Men 40-44 100 Yard Backstroke

NATL: 48.49 ! 4/26/2009 MICHAEL ROSS

PAC: 51.87 @ 12/31/2009 Rick Gould

1	Bott, Nick	40	Menlo Masters-38	55.00	54.44	21
				26.79	54.44 (27.65)	
2	Roper, Matt	42	Davis Aquatic Masters-38	1:01.94	1:02.69	19
				30.07	1:02.69 (32.62)	
3	Raegen, Jeffrey	44	Almaden Masters-38	1:07.92	1:08.64	18
				33.74	1:08.64 (34.90)	
4	Wilson, Lee	41	North Bay Aquatics-38	1:14.51	1:15.56	17
				37.04	1:15.56 (38.52)	
5	Rajput, Triloksingh	41	Livermore Aquacowboys-38	3:30.00	1:46.74	16
				56.40	1:46.74 (50.34)	

Men 40-44 200 Yard Backstroke

NATL: 1:50.09 ! 5/4/2008 MICHAEL ROSS

PAC: 1:52.32 @ 12/31/2009 Rick Gould

1	Bott, Nick	40	Menlo Masters-38	1:55.00	1:58.71	21
				27.68	57.59 (29.91) 1:28.28 (30.69) 1:58.71 (30.43)	
2	Roper, Matt	42	Davis Aquatic Masters-38	2:17.15	2:12.59	19
				31.21	1:05.10 (33.89) 1:39.16 (34.06) 2:12.59 (33.43)	
3	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	2:52.67	2:47.49	18
				41.71	1:23.86 (42.15) 2:05.37 (41.51) 2:47.49 (42.12)	

Men 40-44 50 Yard Breaststroke

NATL: 24.19 ! 12/19/2021 JAMES FIKE

PAC: 26.67 @ 12/31/2010 Roque J Santos

1	Wilson, Lee	41	North Bay Aquatics-38	37.44	36.53	21
2	Ramirez, Brent	43	Marcia's Enthusiastic Masters-38	40.00	37.23	19
3	Wada, Ellison	43	Marcia's Enthusiastic Masters-38	39.81	40.61	18
4	Kulkarni, Chetan	43	QuickSilver Masters-38	44.57	42.91	17
---	Rajput, Triloksingh	41	Livermore Aquacowboys-38	1:30.00	DQ	

Men 40-44 200 Yard Breaststroke

NATL: 1:56.61 ! 3/3/2023 JAMES FIKE

PAC: 2:03.31 @ 12/31/2009 Roque J Santos

1	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	2:32.44	2:36.16	21
				37.56	1:16.76 (39.20) 1:56.72 (39.96) 2:36.16 (39.44)	

Men 40-44 50 Yard Butterfly

NATL: 22.52 ! 2/13/2022 DANIEL LOTANO

PAC: 23.69 @ 12/31/2010 Matt Jones

1	Bott, Nick	40	Menlo Masters-38	24.50	23.94	21
2	Fuzellier, Matthieu	43	University of San Francisco Ma-38	25.80	24.67	19
3	Samotyj, John	42	University of San Francisco Ma-38	30.00	25.22	18
4	Wong, Eric K	42	Santa Rosa Masters-38	25.16	25.54	17
5	Petersen, Adam	41	Club Hot Tub-38	29.50	28.60	16
6	Tofanelli, Chris	41	Club Hot Tub-38	29.00	29.44	15

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 40-44 50 Yard Butterfly)**

7	Ramirez, Brent	43	Marcia's Enthusiastic Masters-38	34.09	30.55	14
8	Wada, Ellison	43	Marcia's Enthusiastic Masters-38	30.87	31.76	13

Men 40-44 100 Yard ButterflyNATL: **49.27** ! 5/4/2008 **MICHAEL ROSS**PAC: **51.14** @ 4/29/2022 **Juan P Valdivieso**

1	Bott, Nick	40	Menlo Masters-38	53.00	52.25	21
	24.56		52.25 (27.69)			
2	Valdivieso, Juan	42	The Olympic Club-38	51.14	53.65	19
	24.72		53.65 (28.93)			
3	Wong, Eric K	42	Santa Rosa Masters-38	56.76	57.92	18
	26.47		57.92 (31.45)			
4	Fuzellier, Matthieu	43	University of San Francisco Ma-38	58.00	58.37	17
	25.77		58.37 (32.60)			
5	Roper, Matt	42	Davis Aquatic Masters-38	59.75	1:01.85	16
	28.32		1:01.85 (33.53)			

Men 40-44 200 Yard ButterflyNATL: **1:50.61** ! 4/14/2002 **DENNIS BAKER**PAC: **1:56.19** @ 4/30/2022 **Juan P Valdivieso**

1	Bott, Nick	40	Menlo Masters-38	1:56.25	1:54.49@	21
	25.35		53.83 (28.48)	1:22.89 (29.06)	1:54.49 (31.60)	
2	Valdivieso, Juan	42	The Olympic Club-38	1:56.19	2:06.08	19
	27.71		59.51 (31.80)	1:31.34 (31.83)	2:06.08 (34.74)	
3	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	2:49.27	2:53.65	18
	39.61		1:25.73 (46.12)	2:11.10 (45.37)	2:53.65 (42.55)	

Men 40-44 100 Yard IMNATL: **50.65** ! 4/30/2022 **JAMES FIKE**PAC: **52.58** @ 12/31/2010 **Roque J Santos**

1	Wong, Eric K	42	Santa Rosa Masters-38	58.33	58.39	21
	27.06		58.39 (31.33)			
2	Fuzellier, Matthieu	43	University of San Francisco Ma-38	59.00	59.89	19
	26.62		59.89 (33.27)			
3	Samotyj, John	42	University of San Francisco Ma-38	1:05.00	1:00.32	18
	28.19		1:00.32 (32.13)			
4	La, Richard	40	Uc38	1:02.25	1:03.25	17
	29.54		1:03.25 (33.71)			
5	Petersen, Adam	41	Club Hot Tub-38	1:10.00	1:06.13	16
	31.63		1:06.13 (34.50)			
6	Ramirez, Brent	43	Marcia's Enthusiastic Masters-38	1:11.38	1:14.15	15
	33.42		1:14.15 (40.73)			

Men 40-44 200 Yard IMNATL: **1:51.85** ! 4/26/2009 **MICHAEL ROSS**PAC: **1:53.59** @ 12/31/2009 **Roque J Santos**

1	Raegen, Jeffrey	44	Almaden Masters-38	2:28.24	2:28.52	21
	31.18		1:10.33 (39.15)	1:54.03 (43.70)	2:28.52 (34.49)	
2	Petersen, Adam	41	Club Hot Tub-38	2:25.00	2:29.50	19
	31.16		1:11.03 (39.87)	1:54.89 (43.86)	2:29.50 (34.61)	
3	Bucy, John	44	University of San Francisco Ma-38	3:00.00	3:03.85	18
	40.75		1:29.40 (48.65)	2:23.42 (54.02)	3:03.85 (40.43)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 40-44 400 Yard IM**NATL: **4:01.87** ! 4/19/2009 **ROQUE SANTOS**PAC: **4:01.87** @ 12/31/2009 **Roque J Santos**

1	Bott, Nick	40	Menlo Masters-38	4:20.00	4:13.30	21
	26.52	56.44 (29.92)	1:29.09 (32.65)	2:02.13 (33.04)		
	2:38.32 (36.19)	3:14.34 (36.02)	3:44.42 (30.08)	4:13.30 (28.88)		
2	Wada, Ellison	43	Marcia's Enthusiastic Masters-38	6:43.03	6:48.23	19
	44.22	1:33.11 (48.89)	2:32.56 (59.45)	3:26.67 (54.11)		
	4:23.72 (57.05)	5:21.57 (57.85)	6:06.47 (44.90)	6:48.23 (41.76)		

Men 45-49 50 Yard FreestyleNATL: **21.06** ! 5/21/2010 **RICHARD HUGHEY**PAC: **21.87** @ 12/31/2009 **David E Boatwright**

1	Kossow, Jon	48	Uc38	24.00	24.07	21
2	Slattengren, Cory	45	Club Hot Tub-38	25.20	24.49	19
3	Greene, Brett	45	Club Hot Tub-38	25.05	25.55	18
4	Saywell, Scott	49	Menlo Masters-38	25.97	26.14	17
5	Smith, Dustin	46	Uc37	28.25	27.30	16
6	Matsumura, Naoki	46	Santa Clara Swim Club Masters-38	27.38	27.93	15
7	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	28.74	28.75	14
8	Corpus, Dale	45	Club Hot Tub-38	26.70	28.86	13
9	Branson, Christopher	48	Club Hot Tub-38	30.00	28.96	12

Men 45-49 100 Yard FreestyleNATL: **46.21** ! 4/26/2015 **NICOLAS GRANGER**PAC: **46.72** @ 12/31/2009 **Rich Saeger**

1	Greene, Brett	45	Club Hot Tub-38	56.50	55.90	21
	26.79	55.90 (29.11)				
2	Sarrigeorgidis, Kostas	48	Stanford Masters Swimming-38	54.00	56.23	19
	26.90	56.23 (29.33)				
3	Dillon, Aaron	47	Club Hot Tub-38	1:00.00	57.54	18
	28.13	57.54 (29.41)				
4	Saywell, Scott	49	Menlo Masters-38	59.66	59.11	17
	28.46	59.11 (30.65)				
5	Smith, Dustin	46	Uc37	1:05.53	1:01.54	16
	28.28	1:01.54 (33.26)				
6	Branson, Christopher	48	Club Hot Tub-38	1:10.00	1:07.96	15
	33.75	1:07.96 (34.21)				

Men 45-49 200 Yard FreestyleNATL: **1:41.69** ! 5/21/2010 **DAVID SIMS**PAC: **1:45.35** @ 12/31/2009 **David E Boatwright**

1	Sarrigeorgidis, Kostas	48	Stanford Masters Swimming-38	2:00.00	2:00.86	21
	28.54	59.34 (30.80)	1:30.22 (30.88)	2:00.86 (30.64)		
2	Greene, Brett	45	Club Hot Tub-38	2:05.50	2:05.75	19
	29.24	1:01.06 (31.82)	1:33.68 (32.62)	2:05.75 (32.07)		
3	Brennan, Curtis	45	Walnut Creek Masters-38	2:14.00	2:14.30	18
	31.21	1:05.26 (34.05)	1:39.90 (34.64)	2:14.30 (34.40)		
4	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	2:20.14	2:23.77	17
	33.53	1:10.79 (37.26)	1:48.03 (37.24)	2:23.77 (35.74)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 45-49 500 Yard Freestyle**NATL: **4:39.10** ! 5/20/2007 **DENNIS BAKER**PAC: **4:54.53** @ 5/4/2014 **Chip L Hobson**

1	Sarrigeorgidis, Kostas	48	Stanford Masters Swimming-38	5:28.00	5:32.58	21
	29.57	1:02.22 (32.65)	1:35.85 (33.63)	2:09.79 (33.94)		
	2:44.05 (34.26)	3:17.82 (33.77)	3:51.73 (33.91)	4:25.84 (34.11)		
	4:59.78 (33.94)	5:32.58 (32.80)				
2	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	6:23.72	6:27.55	19
	35.27	1:14.60 (39.33)	1:54.76 (40.16)	2:35.09 (40.33)		
	3:15.25 (40.16)	3:55.02 (39.77)	4:34.19 (39.17)	5:12.92 (38.73)		
	5:51.35 (38.43)	6:27.55 (36.20)				
3	Hertzner, Keith	49	Marcia's Enthusiastic Masters-38	6:20.00	6:30.57	18
	35.49	1:12.80 (37.31)	1:51.48 (38.68)	2:31.01 (39.53)		
	3:10.23 (39.22)	3:50.53 (40.30)	4:30.88 (40.35)	5:11.07 (40.19)		
	5:51.33 (40.26)	6:30.57 (39.24)				
4	Rozendal, Michael A	49	Marcia's Enthusiastic Masters-38	7:45.00	7:42.47	17
	36.38	1:05.02 (28.64)	1:27.59 (22.57)	2:05.05 (37.46)		
	2:37.91 (32.86)	3:00.87 (22.96)		6:19.20 ()		
	7:42.47 (1:23.27)					

Men 45-49 1650 Yard FreestyleNATL: **16:08.05** ! 5/20/2010 **JEFF ERWIN**PAC: **16:51.00** @ 12/31/2006 **George F Tidmarsh**

1	Sarrigeorgidis, Kostas	48	Stanford Masters Swimming-38	19:10.07	19:15.27	21
	31.94	1:06.76 (34.82)	1:41.97 (35.21)	2:16.87 (34.90)		
	2:51.79 (34.92)	3:26.85 (35.06)	4:01.62 (34.77)	4:36.58 (34.96)		
	5:11.88 (35.30)	5:47.17 (35.29)	6:22.37 (35.20)	6:57.47 (35.10)		
	7:32.52 (35.05)	8:07.47 (34.95)	8:42.57 (35.10)	9:17.40 (34.83)		
	9:52.28 (34.88)	10:27.28 (35.00)	11:02.28 (35.00)	11:37.25 (34.97)		
	12:12.27 (35.02)	12:47.40 (35.13)	13:22.64 (35.24)	13:57.88 (35.24)		
	14:33.55 (35.67)	15:09.21 (35.66)	15:44.93 (35.72)	16:21.06 (36.13)		
	16:56.68 (35.62)	17:32.56 (35.88)	18:08.42 (35.86)	18:42.99 (34.57)	19:15.27 (32.28)	
2	Brennan, Curtis	45	Walnut Creek Masters-38	19:50.00	20:05.64	19
	32.28	1:07.37 (35.09)	1:43.05 (35.68)	2:18.93 (35.88)		
	2:54.80 (35.87)	3:30.92 (36.12)	4:07.25 (36.33)	4:43.83 (36.58)		
	5:19.84 (36.01)	5:55.99 (36.15)	6:32.44 (36.45)	7:08.83 (36.39)		
	7:45.41 (36.58)	8:21.79 (36.38)	8:58.41 (36.62)	9:35.25 (36.84)		
	10:12.12 (36.87)	10:48.96 (36.84)	11:25.93 (36.97)	12:02.91 (36.98)		
	12:39.62 (36.71)	13:16.59 (36.97)	13:53.91 (37.32)	14:31.62 (37.71)		
	15:09.23 (37.61)	15:46.50 (37.27)	16:24.69 (38.19)	17:01.96 (37.27)		
	17:39.30 (37.34)	18:16.27 (36.97)	18:53.21 (36.94)	19:29.93 (36.72)	20:05.64 (35.71)	
3	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	22:36.07	23:01.78	18
	37.74	1:20.22 (42.48)	2:03.57 (43.35)	2:46.62 (43.05)		
	3:29.00 (42.38)	4:11.35 (42.35)	4:54.01 (42.66)	5:36.29 (42.28)		
	6:19.45 (43.16)	7:01.82 (42.37)	7:44.53 (42.71)	8:26.90 (42.37)		
	9:09.02 (42.12)	9:50.51 (41.49)	10:33.08 (42.57)	11:15.59 (42.51)		
	11:57.21 (41.62)	12:38.79 (41.58)	13:20.56 (41.77)	14:03.04 (42.48)		
	14:46.27 (43.23)	15:28.51 (42.24)	16:10.40 (41.89)	16:52.53 (42.13)		
	17:35.04 (42.51)	18:16.95 (41.91)	18:58.75 (41.80)	19:40.05 (41.30)		
	20:22.17 (42.12)	21:02.73 (40.56)	21:44.17 (41.44)	22:24.37 (40.20)	23:01.78 (37.41)	

Men 45-49 50 Yard BackstrokeNATL: **23.58** ! 4/26/2015 **MICHAEL ROSS**PAC: **24.34** @ 5/4/2014 **Rick Gould**

1	Wolberg, Jay M	46	Walnut Creek Masters-38	27.00	27.29	21
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2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 45-49 50 Yard Backstroke)**

2	Copp, Justin	47	Willow Glen Masters-38	27.00	28.33	19
3	Slattengren, Cory	45	Club Hot Tub-38	28.50	28.67	18
4	Greene, Brett	45	Club Hot Tub-38	31.50	30.42	17
5	Smith, Dustin	46	Uc37	34.78	34.63	16
6	Rozendal, Michael A	49	Marcia's Enthusiastic Masters-38	38.50	37.49	15
7	Pomarici, Federico	45	Jellies Aquatic Masters of Mon-38	40.00	40.08	14

Men 45-49 200 Yard BackstrokeNATL: **1:51.82** ! 4/30/2022 **CHUCK BARNES**PAC: **1:55.35** @ 5/2/2014 **Rick Gould**

1	Rozendal, Michael A	49	Marcia's Enthusiastic Masters-38	3:07.00	3:02.18	21
				42.59	1:29.31 (46.72)	2:17.17 (47.86)
						3:02.18 (45.01)

Men 45-49 50 Yard BreaststrokeNATL: **25.66** ! 4/27/2019 **JEFF COMMINGS**PAC: **27.65** @ 12/31/2002 **Lee A Rider**

1	Greene, Brett	45	Club Hot Tub-38	36.20	34.56	21
2	Branson, Christopher	48	Club Hot Tub-38	40.00	35.21	19
3	Hertzer, Keith	49	Marcia's Enthusiastic Masters-38	38.00	35.71	18
4	Corpus, Dale	45	Club Hot Tub-38	34.32	36.00	17
5	Smith, Dustin	46	Uc37	40.00	40.78	16

Men 45-49 200 Yard BreaststrokeNATL: **2:02.42** ! 4/29/2017 **STEVE WEST**PAC: **2:11.89** @ 5/3/2014 **Sergey Mariniuk**

1	Corpus, Dale	45	Club Hot Tub-38	2:51.96	2:55.36	21
				38.35	1:21.17 (42.82)	2:08.43 (47.26)
						2:55.36 (46.93)
2	Hertzer, Keith	49	Marcia's Enthusiastic Masters-38	3:05.00	2:58.61	19
				41.53	1:26.09 (44.56)	2:12.49 (46.40)
						2:58.61 (46.12)
3	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	3:01.21	3:09.15	18
				43.96	1:33.21 (49.25)	2:22.18 (48.97)
						3:09.15 (46.97)
4	Branson, Christopher	48	Club Hot Tub-38	3:15.00	3:12.91	17
				45.19	1:33.67 (48.48)	2:23.60 (49.93)
						3:12.91 (49.31)

Men 45-49 50 Yard ButterflyNATL: **22.67** ! 5/4/2008 **PAUL SMITH**PAC: **24.00** @ 12/31/2012 **Matt Jones**

1	Wolberg, Jay M	46	Walnut Creek Masters-38	26.50	25.41	21
2	Slattengren, Cory	45	Club Hot Tub-38	27.50	25.69	19
3	Greene, Brett	45	Club Hot Tub-38	27.20	26.87	18
4	Copp, Justin	47	Willow Glen Masters-38	27.00	27.64	17
5	Matsumura, Naoki	46	Santa Clara Swim Club Masters-38	27.84	28.15	16
6	Corpus, Dale	45	Club Hot Tub-38	29.20	30.62	15
7	Hertzer, Keith	49	Marcia's Enthusiastic Masters-38	33.00	32.78	14
8	Branson, Christopher	48	Club Hot Tub-38	35.00	33.16	13
9	Smith, Dustin	46	Uc37	33.61	33.18	12
10	Lehnert, Ahren	49	Marcia's Enthusiastic Masters-38	34.55	34.83	11
11	Pomarici, Federico	45	Jellies Aquatic Masters of Mon-38	40.00	37.01	10
12	Rozendal, Michael A	49	Marcia's Enthusiastic Masters-38	40.00	39.38	9

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 45-49 100 Yard Butterfly**NATL: 50.20 ! 4/29/2022 **CHUCK BARNES**PAC: 52.96 @ 12/31/2012 **Matt Jones**

1	Wolberg, Jay M	46	Walnut Creek Masters-38	57.00	1:01.03	21
	28.09				1:01.03 (32.94)	
2	Matsumura, Naoki	46	Santa Clara Swim Club Masters-38	1:01.66	1:02.17	19
	29.33				1:02.17 (32.84)	
3	Sarrigeorgidis, Kostas	48	Stanford Masters Swimming-38	59.00	1:03.44	18

Men 45-49 200 Yard ButterflyNATL: 1:50.73 ! 12/6/2008 **DENNIS BAKER**PAC: 2:00.35 @ 5/3/2014 **Michael W De Bois**

1	Matsumura, Naoki	46	Santa Clara Swim Club Masters-38	2:34.15	2:35.87	21
	37.32				1:20.78 (43.46) 2:02.28 (41.50) 2:35.87 (33.59)	
2	Sarrigeorgidis, Kostas	48	Stanford Masters Swimming-38	2:20.00	2:37.10	19
	33.24				1:11.78 (38.54) 1:54.16 (42.38) 2:37.10 (42.94)	

Men 45-49 100 Yard IMNATL: 52.14 ! 5/23/2010 **RICHARD HUGHEY**PAC: 55.47 @ 5/3/2014 **Michael W De Bois**

1	Slattengren, Cory	45	Club Hot Tub-38	1:01.77	59.95	21
	27.70				59.95 (32.25)	
2	Wolberg, Jay M	46	Walnut Creek Masters-38	59.50	1:00.22	19
	26.46				1:00.22 (33.76)	
3	Greene, Brett	45	Club Hot Tub-38	1:03.90	1:03.94	18
	29.30				1:03.94 (34.64)	
4	Corpus, Dale	45	Club Hot Tub-38	1:08.44	1:12.08	17
	32.76				1:12.08 (39.32)	
5	Saywell, Scott	49	Menlo Masters-38	1:25.00	1:13.55	16
	36.43				1:13.55 (37.12)	
6	Hertzer, Keith	49	Marcia's Enthusiastic Masters-38	1:22.00	1:13.70	15
	36.75				1:13.70 (36.95)	
7	Smith, Dustin	46	Uc37	1:18.17	1:13.98	14
	33.25				1:13.98 (40.73)	
8	Branson, Christopher	48	Club Hot Tub-38	1:25.00	1:16.81	13
	39.68				1:16.81 (37.13)	
9	Pomarici, Federico	45	Jellies Aquatic Masters of Mon-38	1:18.20	1:19.26	12
	37.95				1:19.26 (41.31)	
10	Rozendal, Michael A	49	Marcia's Enthusiastic Masters-38	1:24.00	1:21.70	11
	38.18				1:21.70 (43.52)	

Men 45-49 200 Yard IMNATL: 1:51.44 ! 4/26/2015 **NICOLAS GRANGER**PAC: 1:58.59 @ 5/4/2014 **Sergey Mariniuk**

1	Hertzer, Keith	49	Marcia's Enthusiastic Masters-38	2:50.00	2:43.21	21
	35.40				1:21.02 (45.62) 2:05.32 (44.30) 2:43.21 (37.89)	

Men 50-54 50 Yard FreestyleNATL: 21.36 ! 4/29/2011 **ROWDY GAINES**PAC: 22.45 @ 12/31/2009 **John Oberto**

1	Wood, Brent	53	Uc38	24.67	24.75	21
2	Varellas, Jimmy	51	Walnut Creek Masters-38	24.62	25.11	19
3	Erickson, Douglas	51	Rolling Hills Mud Sharks-38	27.00	26.11	18
4	Jegers, Daniel	53	Marcia's Enthusiastic Masters-38	27.99	26.20	17
5	Langner, Mikael	54	University of San Francisco Ma-38	26.50	26.61	16

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 50-54 50 Yard Freestyle)**

6	Ishaug, Brian E	53	Club Hot Tub-38	27.37	26.75	15
7	De La Vega, Rafael	54	Menlo Masters-38	26.00	27.32	14
8	Nam, Jimmy	54	Rolling Hills Mud Sharks-38	27.45	28.00	13
9	Van Tuyl, Robert	54	Club Hot Tub-38	24.00	28.18	12
10	Friedman, Eric	52	Albany Armada Aquatics Masters-38	30.00	29.81	11
11	Wallace, Michael	54	Club Hot Tub-38	29.00	29.96	10
12	Hnatek, Jeff	53	QuickSilver Masters-38	32.00	30.84	9

Men 50-54 100 Yard FreestyleNATL: **46.59** ! 5/10/2009 **ROWDY GAINES**PAC: **49.08** @ 12/31/2008 **Peter Nunan**

1	Winsor, Brad	51	Davis Aquatic Masters-38	55.00	53.72	21
	25.88		53.72 (27.84)			
2	Wood, Brent	53	Uc38	54.26	55.79	19
	26.94		55.79 (28.85)			
3	Varellas, Jimmy	51	Walnut Creek Masters-38	57.50	57.27	18
	27.83		57.27 (29.44)			
4	Langner, Mikael	54	University of San Francisco Ma-38	58.50	58.37	17
	27.18		58.37 (31.19)			
5	Jegers, Daniel	53	Marcia's Enthusiastic Masters-38	59.19	59.12	16
	28.53		59.12 (30.59)			
6	Kneubuhler, Yann	50	Richmond Plunge Masters-38	59.00	1:00.27	15
	29.77		1:00.27 (30.50)			
7	Ishaug, Brian E	53	Club Hot Tub-38	1:03.02	1:01.08	14
	29.40		1:01.08 (31.68)			
8	Nam, Jimmy	54	Rolling Hills Mud Sharks-38	1:02.72	1:04.59	13
	31.68		1:04.59 (32.91)			
9	Friedman, Eric	52	Albany Armada Aquatics Masters-38	1:08.00	1:05.13	12
	30.76		1:05.13 (34.37)			
10	Wallace, Michael	54	Club Hot Tub-38	1:02.00	1:08.02	11
	31.97		1:08.02 (36.05)			
11	Hnatek, Jeff	53	QuickSilver Masters-38	1:12.99	1:09.27	10
	32.92		1:09.27 (36.35)			
12	Arias, Bernard	53	University of San Francisco Ma-38	1:10.53	1:09.49	9
	34.25		1:09.49 (35.24)			

Men 50-54 200 Yard FreestyleNATL: **1:43.76** ! 5/10/2009 **ROWDY GAINES**PAC: **1:48.26** @ 12/31/2008 **Peter Nunan**

1	Winsor, Brad	51	Davis Aquatic Masters-38	2:02.00	2:01.79	21
	26.95		58.06 (31.11) 1:29.93 (31.87)	2:01.79 (31.86)		
2	Rosales-Delmoral, Romer	50	Menlo Masters-38	2:06.20	2:05.77	19
	30.04		1:01.83 (31.79) 1:34.15 (32.32)	2:05.77 (31.62)		
3	Wehmann, Todd	50	Marcia's Enthusiastic Masters-38	2:14.00	2:11.17	18
	31.10		1:05.26 (34.16) 1:38.55 (33.29)	2:11.17 (32.62)		
4	Harrington, Matt	52	University of San Francisco Ma-38	2:22.00	2:13.08	17
	31.49		1:05.30 (33.81) 1:39.72 (34.42)	2:13.08 (33.36)		
5	Langner, Mikael	54	University of San Francisco Ma-38	2:10.00	2:13.67	16
	30.90		1:04.11 (33.21) 1:37.99 (33.88)	2:13.67 (35.68)		
7	Kinney, Eric	53	Menlo Masters-38	2:19.70	2:19.67	14
	31.96		1:05.89 (33.93) 2:19.67 (1:13.78)			
8	Dyer, Dean S	54	University of San Francisco Ma-38	2:30.00	2:22.78	13
	33.99		1:10.53 (36.54) 1:47.27 (36.74)	2:22.78 (35.51)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 50-54 200 Yard Freestyle**NATL: 1:43.76 ! 5/10/2009 **ROWDY GAINES**PAC: 1:48.26 @ 12/31/2008 **Peter Nunan**

1 Wehmann, Todd 50 Marcia's Enthusiastic Masters-38 NT 2:10.41

Men 50-54 500 Yard FreestyleNATL: 4:47.57 ! 5/20/2001 **JIM MCCONICA**PAC: 4:57.96 @ 5/4/2014 **Darren D Phalen**

1 Winsor, Brad	51	Davis Aquatic Masters-38	5:25.00	5:26.26	21
29.75	1:02.34 (32.59)	1:35.62 (33.28)	2:08.48 (32.86)		
2:41.58 (33.10)	3:14.79 (33.21)	3:47.85 (33.06)	4:20.57 (32.72)		
4:53.78 (33.21)	5:26.26 (32.48)				
2 Harrington, Matt	52	University of San Francisco Ma-38	5:55.00	5:52.09	19
32.41	1:06.63 (34.22)	1:41.64 (35.01)	2:16.96 (35.32)		
2:52.37 (35.41)	3:28.19 (35.82)	4:03.79 (35.60)	4:39.94 (36.15)		
5:16.17 (36.23)	5:52.09 (35.92)				
3 Wehmann, Todd	50	Marcia's Enthusiastic Masters-38	6:08.00	5:58.38	18
32.43	1:08.95 (36.52)	1:45.81 (36.86)	2:22.94 (37.13)		
2:59.78 (36.84)	3:36.21 (36.43)	4:12.61 (36.40)	4:49.07 (36.46)		
5:24.57 (35.50)	5:58.38 (33.81)				
4 Kneubuhler, Yann	50	Richmond Plunge Masters-38	6:00.00	5:59.64	17
32.81	1:08.05 (35.24)	1:43.74 (35.69)	2:20.20 (36.46)		
2:57.22 (37.02)	3:34.15 (36.93)	4:11.35 (37.20)	4:48.91 (37.56)		
5:25.39 (36.48)	5:59.64 (34.25)				
5 Kinney, Eric	53	Menlo Masters-38	6:00.00	5:59.93	16
32.36	1:06.67 (34.31)	1:42.63 (35.96)	2:19.25 (36.62)		
2:56.60 (37.35)	3:33.60 (37.00)	4:10.71 (37.11)	4:47.85 (37.14)		
5:24.71 (36.86)	5:59.93 (35.22)				
6 Dyer, Dean S	54	University of San Francisco Ma-38	6:56.00	6:31.73	15
35.60	1:15.16 (39.56)	1:56.22 (41.06)	2:37.78 (41.56)		
3:18.15 (40.37)	3:57.81 (39.66)	4:37.25 (39.44)	5:16.79 (39.54)		
5:55.21 (38.42)	6:31.73 (36.52)				
7 Ngo, Minh	51	Marcia's Enthusiastic Masters-38	8:20.26	8:01.45	14
45.59	1:33.27 (47.68)	2:22.33 (49.06)	3:10.99 (48.66)		
4:00.10 (49.11)	4:48.91 (48.81)	5:38.41 (49.50)	6:28.48 (50.07)		
7:16.75 (48.27)	8:01.45 (44.70)				

Men 50-54 1000 Yard FreestyleNATL: 9:55.84 ! 4/6/2013 **KEITH SWITZER**PAC: 10:22.62 @ 3/30/2014 **Darren D Phalen**

1 Winsor, Brad 51 Davis Aquatic Masters-38 NT 11:33.04

Men 50-54 1650 Yard FreestyleNATL: 16:28.77 ! 4/23/2015 **JEFF ERWIN**PAC: 17:15.00 @ 12/31/2002 **Jim Clemmons**

1 Winsor, Brad	51	Davis Aquatic Masters-38	19:20.00	19:06.13	21
31.24	1:05.70 (34.46)	1:40.79 (35.09)	2:15.93 (35.14)		
2:50.79 (34.86)	3:25.72 (34.93)	4:00.89 (35.17)	4:35.86 (34.97)		
5:10.58 (34.72)	5:45.17 (34.59)	6:19.82 (34.65)	6:54.51 (34.69)		
7:29.21 (34.70)	8:04.32 (35.11)	8:39.17 (34.85)	9:13.84 (34.67)		
9:48.58 (34.74)	10:23.50 (34.92)	10:58.30 (34.80)	11:33.04 (34.74)		
12:07.69 (34.65)	12:42.46 (34.77)	13:17.08 (34.62)	13:51.86 (34.78)		
14:26.75 (34.89)	15:01.75 (35.00)	15:36.78 (35.03)	16:12.03 (35.25)		
16:47.30 (35.27)	17:22.45 (35.15)	17:57.48 (35.03)	18:32.22 (34.74)	19:06.13 (33.91)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 50-54 1650 Yard Freestyle)**

2	Harrington, Matt	52	University of San Francisco Ma-38	20:00.00	20:28.02	19
	33.27	1:08.33 (35.06)	1:44.54 (36.21)	2:20.87 (36.33)		
	2:58.20 (37.33)	3:35.51 (37.31)	4:12.64 (37.13)	4:49.34 (36.70)		
	5:26.30 (36.96)	6:03.42 (37.12)	6:40.88 (37.46)	7:18.59 (37.71)		
	7:55.62 (37.03)	8:33.27 (37.65)	9:10.87 (37.60)	9:48.48 (37.61)		
	10:26.23 (37.75)	11:03.60 (37.37)	11:41.20 (37.60)	12:19.45 (38.25)		
	12:56.34 (36.89)	13:34.47 (38.13)	14:11.90 (37.43)	14:49.43 (37.53)		
	15:27.30 (37.87)	16:05.72 (38.42)	16:43.39 (37.67)	17:21.39 (38.00)		
	17:59.62 (38.23)	18:37.60 (37.98)	19:15.13 (37.53)	19:51.97 (36.84)	20:28.02 (36.05)	
3	Kinney, Eric	53	Menlo Masters-38	20:00.00	21:01.77	18
	34.89	1:13.07 (38.18)	1:50.49 (37.42)	2:28.28 (37.79)		
	3:05.84 (37.56)	3:43.03 (37.19)	4:20.17 (37.14)	4:57.72 (37.55)		
	5:35.33 (37.61)	6:13.09 (37.76)	6:50.37 (37.28)	7:27.64 (37.27)		
	8:05.18 (37.54)	8:43.29 (38.11)	9:21.27 (37.98)	9:59.17 (37.90)		
	10:37.19 (38.02)	11:15.54 (38.35)	11:54.24 (38.70)	12:32.98 (38.74)		
	13:12.20 (39.22)	13:51.48 (39.28)	14:30.62 (39.14)	15:09.87 (39.25)		
	15:49.28 (39.41)	16:27.79 (38.51)	17:07.59 (39.80)	17:47.04 (39.45)		
	18:26.01 (38.97)	19:05.11 (39.10)	19:44.44 (39.33)	20:23.70 (39.26)	21:01.77 (38.07)	
4	Dyer, Dean S	54	University of San Francisco Ma-38	21:30.00	22:20.41	17
	36.02		1:57.52 ()	2:39.15 (41.63)		
		4:00.96 ()	4:42.47 (41.51)	5:23.92 (41.45)		
	6:04.11 (40.19)	6:43.79 (39.68)	7:23.32 (39.53)	8:03.00 (39.68)		
	8:43.04 (40.04)	9:22.91 (39.87)	10:03.05 (40.14)	10:43.27 (40.22)		
	11:23.41 (40.14)	12:04.30 (40.89)	12:45.07 (40.77)	13:26.27 (41.20)		
	14:07.57 (41.30)	14:48.47 (40.90)	15:29.39 (40.92)	16:10.10 (40.71)		
	16:50.99 (40.89)	17:32.43 (41.44)	18:13.46 (41.03)	18:54.67 (41.21)		
	19:36.03 (41.36)	20:17.26 (41.23)	20:58.42 (41.16)	21:39.72 (41.30)	22:20.41 (40.69)	
5	Lawson, James	50	University of San Francisco Ma-38	35:00.00	29:41.22	16
	46.96	1:36.57 (49.61)	2:28.30 (51.73)	3:20.85 (52.55)		
	4:15.85 (55.00)	5:09.40 (53.55)	6:04.21 (54.81)	7:00.26 (56.05)		
	7:54.41 (54.15)	8:48.73 (54.32)	9:42.13 (53.40)	10:36.57 (54.44)		
	11:32.37 (55.80)	12:27.08 (54.71)	13:21.69 (54.61)	14:16.95 (55.26)		
	15:10.84 (53.89)	16:04.61 (53.77)	16:59.57 (54.96)	17:54.50 (54.93)		
	18:49.41 (54.91)	19:44.64 (55.23)	20:39.33 (54.69)	21:34.81 (55.48)		
	22:30.89 (56.08)	23:26.07 (55.18)	24:20.38 (54.31)	25:14.73 (54.35)		
	26:08.15 (53.42)	27:02.58 (54.43)	27:56.58 (54.00)	28:51.73 (55.15)	29:41.22 (49.49)	

Men 50-54 50 Yard Backstroke

NATL: 24.57 ! 5/4/2014 FRITZ BEDFORD

PAC: 24.75 @ 4/13/2019 Rick Gould

1	Burger, John	53	Club Hot Tub-38	32.10	31.30	21
2	Wehmann, Todd	50	Marcia's Enthusiastic Masters-38	33.50	32.85	19
3	Erickson, Douglas	51	Rolling Hills Mud Sharks-38	34.00	33.06	18
4	Van Tuyl, Robert	54	Club Hot Tub-38	27.00	34.04	17
5	Frakes, Page	51	Club Hot Tub-38	33.60	35.47	16

Men 50-54 100 Yard Backstroke

NATL: 52.72 ! 3/21/2015 FRITZ BEDFORD

PAC: 53.25 @ 4/14/2019 Rick Gould

1	Wehmann, Todd	50	Marcia's Enthusiastic Masters-38	1:12.50	1:11.00	21
	34.79	1:11.00 (36.21)				
2	Van Tuyl, Robert	54	Club Hot Tub-38	1:10.00	1:16.21	19
	36.20	1:16.21 (40.01)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 50-54 100 Yard Backstroke)**

3	Jegers, Daniel	53	Marcia's Enthusiastic Masters-38	1:14.31	1:16.78	18
	37.34				1:16.78 (39.44)	
4	Wallace, Michael	54	Club Hot Tub-38	1:20.00	1:19.73	17
	38.58				1:19.73 (41.15)	
5	Friedman, Eric	52	Albany Armada Aquatics Masters-38	1:25.00	1:22.69	16
	39.12				1:22.69 (43.57)	
6	Arias, Bernard	53	University of San Francisco Ma-38	1:20.00	1:31.39	15
	44.35				1:31.39 (47.04)	
7	Hnatek, Jeff	53	QuickSilver Masters-38	1:26.00	1:36.30	14
	46.21				1:36.30 (50.09)	

Men 50-54 200 Yard Backstroke**NATL: 1:56.18 ! 4/13/2019 RICK GOULD****PAC: 1:56.18 @ 4/13/2019 Rick Gould**

1	Wehmann, Todd	50	Marcia's Enthusiastic Masters-38	2:40.00	2:39.79	21
	37.63				1:18.10 (40.47) 2:00.03 (41.93) 2:39.79 (39.76)	
2	Harrington, Matt	52	University of San Francisco Ma-38	2:50.00	2:46.22	19
	38.68				1:20.58 (41.90) 2:03.09 (42.51) 2:46.22 (43.13)	
3	Frakes, Page	51	Club Hot Tub-38	2:45.90	2:56.27	18
	39.85				1:24.09 (44.24) 2:11.43 (47.34) 2:56.27 (44.84)	
4	Ngo, Minh	51	Marcia's Enthusiastic Masters-38	3:40.00	3:25.82	17
	52.63				1:44.01 (51.38) 2:35.83 (51.82) 3:25.82 (49.99)	

Men 50-54 50 Yard Breaststroke**NATL: 26.20 ! 4/29/2022 STEVE WEST****PAC: 27.82 @ 12/31/2010 Gary L Patterson**

1	Wood, Brent	53	Uc38	31.00	31.71	21
2	Erickson, Douglas	51	Rolling Hills Mud Sharks-38	33.00	32.25	19
3	De La Vega, Rafael	54	Menlo Masters-38	35.00	34.08	18
4	Langner, Mikael	54	University of San Francisco Ma-38	36.50	34.93	17
5	Nam, Jimmy	54	Rolling Hills Mud Sharks-38	35.92	35.69	16
6	Carter, Paul	54	Walnut Creek Masters-38	37.00	35.80	15
7	Jegers, Daniel	53	Marcia's Enthusiastic Masters-38	39.06	36.13	14

Men 50-54 200 Yard Breaststroke**NATL: 2:03.67 ! 5/1/2022 STEVE WEST****PAC: 2:17.16 @ 12/31/1996 Robert Strand**

1	Harrington, Matt	52	University of San Francisco Ma-38	2:50.00	2:52.82	21
	39.17				1:22.72 (43.55) 2:08.29 (45.57) 2:52.82 (44.53)	
2	Arias, Bernard	53	University of San Francisco Ma-38	3:21.43	3:26.75	19
	46.75				1:38.84 (52.09) 2:32.95 (54.11) 3:26.75 (53.80)	

Men 50-54 50 Yard Butterfly**NATL: 23.19 ! 4/25/2004 TRIP HEDRICK****PAC: 23.52 @ 12/31/2009 John Oberto**

1	Gibson, Ben	54	Almaden Masters-38	26.50	25.81	21
2	Ishaug, Brian E	53	Club Hot Tub-38	29.09	28.77	19
3	Erickson, Douglas	51	Rolling Hills Mud Sharks-38	31.00	29.73	18
4	Langner, Mikael	54	University of San Francisco Ma-38	29.90	30.40	17
5	Burger, John	53	Club Hot Tub-38	31.70	30.80	16
6	Kinney, Eric	53	Menlo Masters-38	31.79	31.50	15
7	Van Tuyl, Robert	54	Club Hot Tub-38	25.00	32.28	14
8	Kneubuhler, Yann	50	Richmond Plunge Masters-38	32.57	33.60	13

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 50-54 100 Yard Butterfly**NATL: **51.73 !** 5/12/2013 **DAVID SIMS**PAC: **51.93 @** 12/31/2008 **Paul V Carter**

1	Gibson, Ben	54	Almaden Masters-38	58.33	56.86	21
	26.57	56.86 (30.29)				
2	Winsor, Brad	51	Davis Aquatic Masters-38	1:02.00	1:02.50	19
	28.50	1:02.50 (34.00)				
3	Ishaug, Brian E	53	Club Hot Tub-38	1:07.42	1:04.41	18
4	Kinney, Eric	53	Menlo Masters-38	1:09.40	1:10.36	17
	32.79	1:10.36 (37.57)				
5	Kneubuhler, Yann	50	Richmond Plunge Masters-38	1:15.00	1:16.73	16
	35.96	1:16.73 (40.77)				
6	Arias, Bernard	53	University of San Francisco Ma-38	1:25.35	1:31.07	15
	41.66	1:31.07 (49.41)				

Men 50-54 200 Yard ButterflyNATL: **1:58.49 !** 4/29/2016 **DAVID SIMS**PAC: **2:00.77 @** 5/3/2014 **Darren D Phalen**

1	Gibson, Ben	54	Almaden Masters-38	2:18.00	2:19.21	21
	28.52	1:01.95 (33.43)	1:37.88 (35.93)	2:19.21 (41.33)		
2	Winsor, Brad	51	Davis Aquatic Masters-38	2:35.00	2:24.27	19
	33.17	1:10.53 (37.36)	1:48.23 (37.70)	2:24.27 (36.04)		

Men 50-54 100 Yard IMNATL: **53.60 !** 4/29/2017 **MIKE IRVIN**PAC: **55.82 @** 12/31/2009 **John Oberto**

1	Erickson, Douglas	51	Rolling Hills Mud Sharks-38	1:13.00	1:08.04	21
	32.45	1:08.04 (35.59)				
2	Roberts, David	51	Santa Cruz Masters Aquatics-38	1:07.13	1:08.18	19
	32.89	1:08.18 (35.29)				
3	Langner, Mikael	54	University of San Francisco Ma-38	1:10.00	1:08.25	18
	31.23	1:08.25 (37.02)				
4	Harrington, Matt	52	University of San Francisco Ma-38	1:11.00	1:09.07	17
	32.37	1:09.07 (36.70)				
5	Van Tuyl, Robert	54	Club Hot Tub-38	1:45.00	1:13.20	16
	33.04	1:13.20 (40.16)				
6	Dyer, Dean S	54	University of San Francisco Ma-38	1:16.00	1:14.77	15
	35.27	1:14.77 (39.50)				
7	Arias, Bernard	53	University of San Francisco Ma-38	1:25.13	1:27.00	14
	42.03	1:27.00 (44.97)				
8	Ngo, Minh	51	Marcia's Enthusiastic Masters-38	1:35.00	1:30.61	13
	44.39	1:30.61 (46.22)				

Men 50-54 200 Yard IMNATL: **1:58.19 !** 3/11/2017 **MIKE IRVIN**PAC: **2:00.66 @** 5/4/2014 **Darren D Phalen**

1	Wood, Brent	53	Uc38	2:17.58	2:19.63	21
	29.63	1:08.33 (38.70)	1:47.76 (39.43)	2:19.63 (31.87)		
2	Kneubuhler, Yann	50	Richmond Plunge Masters-38	2:35.00	2:33.38	19
			2:33.36 ()	2:33.38 (0.02)		
3	Jegers, Daniel	53	Marcia's Enthusiastic Masters-38	2:24.49	2:33.99	18
	31.61	1:13.60 (41.99)	2:00.06 (46.46)	2:33.99 (33.93)		
4	Wehmann, Todd	50	Marcia's Enthusiastic Masters-38	2:40.00	2:36.42	17
	33.51	1:15.96 (42.45)	2:02.07 (46.11)	2:36.42 (34.35)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 50-54 200 Yard IM)**

5	Langner, Mikael	54	University of San Francisco Ma-38	2:35.00	2:37.64	16
	30.41	1:10.77 (40.36)	1:57.75 (46.98)	2:37.64 (39.89)		
6	Carter, Paul	54	Walnut Creek Masters-38	2:49.18	2:49.36	15
	35.40	1:24.78 (49.38)	2:09.77 (44.99)	2:49.36 (39.59)		
7	Friedman, Eric	52	Albany Armada Aquatics Masters-38	3:15.00	2:59.97	14
	38.84	2:20.25 (1:41.41)	3:00.01 (39.76)	2:59.97 ()		
8	Arias, Bernard	53	University of San Francisco Ma-38	3:05.78	3:04.12	13
	40.40	1:29.08 (48.68)	2:23.10 (54.02)	3:04.12 (41.02)		

Men 50-54 400 Yard IMNATL: **4:16.57** ! 5/2/2014 **DARREN PHELAN**PAC: **4:16.57** @ 5/2/2014 **Darren D Phalen**

1	Gibson, Ben	54	Almaden Masters-38	4:57.53	4:50.20	21
	28.76	1:01.47 (32.71)	1:41.65 (40.18)	2:20.62 (38.97)		
	3:01.43 (40.81)	3:43.62 (42.19)	4:17.48 (33.86)	4:50.20 (32.72)		
2	De La Vega, Rafael	54	Menlo Masters-38	5:20.00	5:09.45	19
	32.38	1:12.32 (39.94)	1:53.99 (41.67)	2:35.21 (41.22)		
	3:16.92 (41.71)	4:01.20 (44.28)	4:36.23 (35.03)	5:09.45 (33.22)		
3	Harrington, Matt	52	University of San Francisco Ma-38	5:55.00	5:37.65	18
	36.90	1:18.79 (41.89)	2:04.86 (46.07)	2:49.43 (44.57)		
	3:35.70 (46.27)	4:23.24 (47.54)	5:00.68 (37.44)	5:37.65 (36.97)		
4	Ngo, Minh	51	Marcia's Enthusiastic Masters-38	7:40.00	7:12.56	17
	49.87	2:44.12 (1:54.25)		3:38.41 ()		
	4:36.03 (57.62)	5:33.10 (57.07)	6:24.65 (51.55)	7:12.56 (47.91)		

Men 55-59 50 Yard FreestyleNATL: **21.82** ! 4/30/2000 **RICHARD ABRAHAMS**PAC: **22.79** @ 5/4/2008 **Jim Griffith**

1	Boone, Jon	59	Walnut Creek Masters-38	25.95	25.19	21
2	Asplund, Terry	57	Club Hot Tub-38	25.84	25.28	19
3	Carpenter, Michael	58	Club Hot Tub-38	28.00	26.01	18
4	Chao, Hector	59	Walnut Creek Masters-38	25.84	26.25	17
5	Neidhoefer, Charles	56	Santa Rosa Masters-38	26.19	27.25	16
6	Travale, John	55	Walnut Creek Masters-38	28.00	28.06	15
7	Mangold, Paul	59	Tri Valley Masters-38	28.00	28.33	14
8	Reeves, Gevan	56	Club Hot Tub-38	29.90	28.63	13
9	Navarro II, Mario A	59	Club Hot Tub-38	30.00	29.33	12
10	Sylvester, David J	56	Club Hot Tub-38	32.00	29.68	11
11	Treman, Jim	58	Marcia's Enthusiastic Masters-38	34.00	30.83	10
12	Porat, Amir	58	Club Hot Tub-38	40.00	31.16	9
13	Holunga, Dean	56	Livermore Aquacowboys-38	31.69	33.61	8
14	Shalowitz, Jon	55	University of San Francisco Ma-38	45.00	40.12	7

Men 55-59 100 Yard FreestyleNATL: **48.37** ! 4/30/2000 **RICHARD ABRAHAMS**PAC: **50.21** @ 12/31/2008 **Jim Griffith**

1	Asplund, Terry	57	Club Hot Tub-38	58.16	56.21	21
	27.50	56.21 (28.71)				
2	Boone, Jon	59	Walnut Creek Masters-38	57.50	56.33	19
	27.25	56.33 (29.08)				
3	Eckert, Karl	55	Club Hot Tub-38	1:00.00	57.62	18
	28.50	57.62 (29.12)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 55-59 100 Yard Freestyle)**

4	Carpenter, Michael	58	Club Hot Tub-38	1:00.00	59.10	17
	28.73	59.10	(30.37)			
5	Neidhoefer, Charles	56	Santa Rosa Masters-38	1:01.00	1:00.44	16
	28.99	1:00.44	(31.45)			
6	Travale, John	55	Walnut Creek Masters-38	1:07.00	1:03.13	15
	29.34	1:03.13	(33.79)			
7	Sylvester, David J	56	Club Hot Tub-38	1:12.00	1:05.65	14
	32.71	1:05.65	(32.94)			
8	Navarro II, Mario A	59	Club Hot Tub-38	1:05.00	1:05.70	13
	32.08	1:05.70	(33.62)			
9	Porat, Amir	58	Club Hot Tub-38	1:15.00	1:09.42	12
	33.34	1:09.42	(36.08)			
10	Shalowitz, Jon	55	University of San Francisco Ma-38	1:40.00	1:30.28	11
	43.13	1:30.28	(47.15)			
---	Downey, Patrick	55	Marcia's Enthusiastic Masters-38	1:02.74	DQ	
	31.67	DQ	(33.97)			

Men 55-59 100 Yard Freestyle**NATL: 48.37 ! 4/30/2000 RICHARD ABRAHAMS****PAC: 50.21 @ 12/31/2008 Jim Griffith**

1	Shaffer, Mike G	57	Club Hot Tub-38	NT	54.30	
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Men 55-59 200 Yard Freestyle**NATL: 1:48.79 ! 4/10/2010 MICHAEL MANN****PAC: 1:51.58 @ 4/7/2017 David E Boatwright**

1	Eickhoff, Randy	57	Club Hot Tub-38	1:56.00	1:57.55	21
	27.78	57.66	(29.88)	1:27.64	(29.98)	1:57.55
2	Asplund, Terry	57	Club Hot Tub-38	2:05.01	2:14.80	19
	31.05	1:05.29	(34.24)	1:40.08	(34.79)	2:14.80
3	Travale, John	55	Walnut Creek Masters-38	2:23.33	2:15.52	18
	32.02	1:05.49	(33.47)	1:40.23	(34.74)	2:15.52
4	Sylvester, David J	56	Club Hot Tub-38	2:30.00	2:22.15	17
	33.95	1:10.17	(36.22)	1:46.35	(36.18)	2:22.15

Men 55-59 200 Yard Freestyle**NATL: 1:48.79 ! 4/10/2010 MICHAEL MANN****PAC: 1:51.58 @ 4/7/2017 David E Boatwright**

1	Shaffer, Mike G	57	Club Hot Tub-38	NT	1:55.65	
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Men 55-59 500 Yard Freestyle**NATL: 4:56.82 ! 4/11/2010 MICHAEL MANN****PAC: 5:09.01 @ 4/2/2022 Mike G Shaffer**

1	Eickhoff, Randy	57	Club Hot Tub-38	5:10.00	5:10.12	21
	28.67	59.63	(30.96)	1:30.92	(31.29)	2:02.23
	2:33.67	(31.44)	3:05.38	(31.71)	3:36.73	(31.35)
	4:39.48	(31.30)	5:10.12	(30.64)		
2	Eckert, Karl	55	Club Hot Tub-38	6:00.00	6:07.41	19
	34.85	1:10.87	(36.02)	1:46.80	(35.93)	2:23.22
	2:59.99	(36.77)	3:37.02	(37.03)	4:14.19	(37.17)
	5:30.33	(37.92)	6:07.41	(37.08)		
3	Sheeper, Tim	59	Menlo Masters-38	7:15.00	6:43.56	18
	37.39	1:17.33	(39.94)	1:58.59	(41.26)	2:40.19
	3:21.17	(40.98)	4:01.75	(40.58)	4:42.50	(40.75)
	6:04.42	(40.95)	6:43.56	(39.14)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 55-59 500 Yard Freestyle)**

4	Sylvester, David J	56	Club Hot Tub-38	6:30.00	6:45.55	17
	36.68	1:16.34 (39.66)	1:56.52 (40.18)	2:36.98 (40.46)		
	3:17.89 (40.91)	3:58.68 (40.79)	4:39.69 (41.01)	5:21.60 (41.91)		
	6:04.00 (42.40)	6:45.55 (41.55)				
5	Navarro II, Mario A	59	Club Hot Tub-38	7:05.00	7:09.11	16
	35.07	1:13.20 (38.13)	1:54.54 (41.34)	2:37.58 (43.04)		
	3:22.21 (44.63)	4:06.97 (44.76)	4:52.12 (45.15)	5:37.79 (45.67)		
	6:23.67 (45.88)	7:09.11 (45.44)				

Men 55-59 500 Yard FreestyleNATL: **4:56.82 !** 4/11/2010 **MICHAEL MANN**PAC: **5:09.01 @** 4/2/2022 **Mike G Shaffer**

1	Shaffer, Mike G	57	Club Hot Tub-38	NT	5:24.81	
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Men 55-59 1000 Yard FreestyleNATL: **10:07.36 !** 5/14/2006 **JIM MC CONICA**PAC: **10:31.84 @** 4/28/2022 **Mike G Shaffer**

1	Shaffer, Mike G	57	Club Hot Tub-38	NT	10:54.55	
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Men 55-59 1650 Yard FreestyleNATL: **17:11.12 !** 5/20/2007 **JIM MC CONICA**PAC: **17:37.07 @** 4/1/2022 **Mike G Shaffer**

1	Shaffer, Mike G	57	Club Hot Tub-38	18:17.85	17:53.22	21
	29.54	1:01.82 (32.28)	1:34.30 (32.48)	2:07.03 (32.73)		
	2:39.74 (32.71)	3:12.59 (32.85)	3:45.68 (33.09)	4:18.73 (33.05)		
	4:51.66 (32.93)	5:24.81 (33.15)	5:57.78 (32.97)	6:30.96 (33.18)		
	7:04.11 (33.15)	7:37.26 (33.15)	8:10.24 (32.98)	8:43.38 (33.14)		
	9:16.30 (32.92)	9:49.25 (32.95)	10:22.15 (32.90)	10:54.55 (32.40)		
	11:27.43 (32.88)	12:00.40 (32.97)	12:32.98 (32.58)	13:05.65 (32.67)		
	13:38.30 (32.65)	14:10.77 (32.47)	14:43.42 (32.65)	15:15.90 (32.48)		
	15:48.29 (32.39)	16:20.56 (32.27)	16:52.29 (31.73)	17:23.35 (31.06)	17:53.22 (29.87)	
2	Eickhoff, Randy	57	Club Hot Tub-38	18:09.00	18:01.26	19
	30.79	1:04.04 (33.25)	1:37.20 (33.16)	2:10.68 (33.48)		
	2:44.16 (33.48)	3:17.54 (33.38)	3:50.98 (33.44)	4:24.34 (33.36)		
	4:57.59 (33.25)	5:30.97 (33.38)	6:03.90 (32.93)	6:36.86 (32.96)		
	7:09.49 (32.63)	7:42.48 (32.99)	8:15.30 (32.82)	8:48.07 (32.77)		
	9:20.84 (32.77)	9:53.56 (32.72)	10:26.29 (32.73)	10:58.83 (32.54)		
	11:31.31 (32.48)	12:03.80 (32.49)	12:36.43 (32.63)	13:09.18 (32.75)		
	13:41.82 (32.64)	14:14.70 (32.88)	14:47.39 (32.69)	15:19.94 (32.55)		
	15:52.49 (32.55)	16:24.88 (32.39)	16:57.21 (32.33)	17:29.62 (32.41)	18:01.26 (31.64)	
3	Sheeper, Tim	59	Menlo Masters-38	25:00.00	22:48.17	18
	41.11	1:23.66 (42.55)	2:06.51 (42.85)	2:49.64 (43.13)		
	3:32.39 (42.75)	4:14.84 (42.45)	4:57.08 (42.24)	5:39.16 (42.08)		
	6:20.76 (41.60)	7:02.46 (41.70)	7:43.88 (41.42)	8:25.16 (41.28)		
	9:06.31 (41.15)	9:48.04 (41.73)	10:29.64 (41.60)	11:10.86 (41.22)		
	11:52.42 (41.56)	12:33.66 (41.24)	13:14.80 (41.14)	13:56.49 (41.69)		
	14:37.81 (41.32)	15:18.99 (41.18)	16:00.44 (41.45)	16:41.35 (40.91)		
	17:22.54 (41.19)	18:03.17 (40.63)	18:44.13 (40.96)	19:25.19 (41.06)		
	20:06.23 (41.04)	20:46.95 (40.72)	21:27.54 (40.59)	22:08.38 (40.84)	22:48.17 (39.79)	

Men 55-59 50 Yard BackstrokeNATL: **25.08 !** 3/17/2023 **MIKE IRVIN**PAC: **26.62 @** 6/30/2011 **Philipp Djang**

1	Shaffer, Mike G	57	Club Hot Tub-38	29.42	28.71	21
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2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 55-59 50 Yard Backstroke)**

2	Chao, Hector	59	Walnut Creek Masters-38	30.21	29.94	19
3	Smith, Bryan	55	Walnut Creek Masters-38	30.50	31.03	18
4	Boone, Jon	59	Walnut Creek Masters-38	37.49	31.62	17
5	Tom, Daniel	59	Menlo Masters-38	34.11	31.68	16
6	Reeves, Gevan	56	Club Hot Tub-38	34.00	34.27	15
7	Wu, Long	57	Marcia's Enthusiastic Masters-38	45.19	45.82	14

Men 55-59 100 Yard BackstrokeNATL: **53.81** ! 2/25/2017 **STEVE WOOD**PAC: **56.56** @ 7/24/2021 **Brian A Jones**

1	Shaffer, Mike G	57	Club Hot Tub-38	1:01.36	1:00.87	21
	30.14		1:00.87 (30.73)			
2	Chao, Hector	59	Walnut Creek Masters-38	1:03.52	1:03.50	19
	30.85		1:03.50 (32.65)			
3	Tom, Daniel	59	Menlo Masters-38	1:18.00	1:11.09	18
	35.11		1:11.09 (35.98)			
4	Wu, Long	57	Marcia's Enthusiastic Masters-38	1:38.04	1:36.29	17
	46.97		1:36.29 (49.32)			

Men 55-59 200 Yard BackstrokeNATL: **1:59.64** ! 3/19/2023 **MIKE IRVIN**PAC: **2:03.17** @ 7/25/2021 **Brian A Jones**

1	Shaffer, Mike G	57	Club Hot Tub-38	2:14.20	2:14.40	21
	32.56		1:07.23 (34.67) 1:42.47 (35.24) 2:14.40 (31.93)			
2	Chao, Hector	59	Walnut Creek Masters-38	2:27.21	2:18.73	19
	33.15		1:08.36 (35.21) 1:43.64 (35.28) 2:18.73 (35.09)			
3	Goode, John	56	Google Masters Swimming-38	2:45.00	2:42.85	18
	39.16		1:19.82 (40.66) 2:01.84 (42.02) 2:42.85 (41.01)			
---	Wu, Long	57	Marcia's Enthusiastic Masters-38	3:33.87	DQ	
	50.19		1:45.66 (55.47) 2:45.37 (59.71) DQ (57.20)			

Men 55-59 50 Yard BreaststrokeNATL: **26.32** ! 4/27/2019 **CARLO TRAVAINI**PAC: **28.71** @ 12/31/2003 **Don Mc Kenzie**

1	Tom, Daniel	59	Menlo Masters-38	31.21	30.48	21
2	Neidhoefer, Charles	56	Santa Rosa Masters-38	32.55	33.79	19
3	Boone, Jon	59	Walnut Creek Masters-38	36.78	35.52	18
4	Wu, Long	57	Marcia's Enthusiastic Masters-38	36.16	35.85	17
5	Mangold, Paul	59	Tri Valley Masters-38	36.56	36.23	16
6	Reeves, Gevan	56	Club Hot Tub-38	39.90	37.28	15
7	Navarro II, Mario A	59	Club Hot Tub-38	40.00	38.69	14
8	Holunga, Dean	56	Livermore Aquacowboys-38	42.77	41.19	13
9	Shalowitz, Jon	55	University of San Francisco Ma-38	55.00	50.13	12

Men 55-59 200 Yard BreaststrokeNATL: **2:07.80** ! 5/12/2018 **CARLO TRAVAINI**PAC: **2:20.49** @ 12/31/2001 **Robert Strand**

1	Tom, Daniel	59	Menlo Masters-38	2:43.97	2:32.67	21
	33.66		1:11.29 (37.63) 1:50.28 (38.99) 2:32.67 (42.39)			
2	Neidhoefer, Charles	56	Santa Rosa Masters-38	2:37.50	2:40.24	19
	35.08		1:14.81 (39.73) 1:56.30 (41.49) 2:40.24 (43.94)			
3	Goode, John	56	Google Masters Swimming-38	2:45.00	2:43.48	18
	38.81		1:21.22 (42.41) 2:02.92 (41.70) 2:43.48 (40.56)			

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 55-59 200 Yard Breaststroke)**

4	Wu, Long	41.10	1:25.19 (44.09)	57	Marcia's Enthusiastic Masters-38	2:57.84	2:57.55 (45.85)	2:57.55	17
5	Reeves, Gevan	42.50	1:29.35 (46.85)	56	Club Hot Tub-38	3:15.00	3:00.85 (43.82)	3:00.85	16
6	Navarro II, Mario A	40.83	1:25.80 (44.97)	59	Club Hot Tub-38	3:45.00	3:03.66 (49.00)	3:03.66	15

Men 55-59 50 Yard ButterflyNATL: **23.57** ! 7/25/2021 **STEVE HILTABIDDLE**PAC: **24.39** @ 5/1/2016 **Paul V Carter**

1	Boone, Jon			59	Walnut Creek Masters-38	27.50	26.65	26.65	21
2	Eickhoff, Randy			57	Club Hot Tub-38	25.54	26.79	26.79	19
3	Chao, Hector			59	Walnut Creek Masters-38	28.10	27.74	27.74	18
*4	Carpenter, Michael			58	Club Hot Tub-38	29.50	28.29	28.29	16.50
*4	Smith, Bryan			55	Walnut Creek Masters-38	28.00	28.29	28.29	16.50
6	Tom, Daniel			59	Menlo Masters-38	28.85	28.45	28.45	15
7	Asplund, Terry			57	Club Hot Tub-38	29.50	28.94	28.94	14
8	Bunch, Brian			55	Uc38	27.50	29.37	29.37	13
9	Sylvester, David J			56	Club Hot Tub-38	36.00	32.78	32.78	12
10	Treman, Jim			58	Marcia's Enthusiastic Masters-38	50.00	36.59	36.59	11
11	Porat, Amir			58	Club Hot Tub-38	45.00	38.82	38.82	10

Men 55-59 100 Yard ButterflyNATL: **53.32** ! 7/24/2021 **STEVE HILTABIDDLE**PAC: **53.90** @ 5/12/2013 **Paul V Carter**

1	Shaffer, Mike G	27.62	58.60 (30.98)	57	Club Hot Tub-38	59.03	58.60	58.60	21
2	Eickhoff, Randy			57	Club Hot Tub-38	1:02.05	58.84	58.84	19
3	Boone, Jon	28.44	1:01.32 (32.88)	59	Walnut Creek Masters-38	1:03.64	1:01.32	1:01.32	18
4	Chao, Hector	28.98	1:02.23 (33.25)	59	Walnut Creek Masters-38	1:03.21	1:02.23	1:02.23	17
5	Sylvester, David J	34.97	1:15.79 (40.82)	56	Club Hot Tub-38	1:25.00	1:15.79	1:15.79	16

Men 55-59 200 Yard ButterflyNATL: **2:01.59** ! 5/12/2018 **DAVID SIMS**PAC: **2:04.49** @ 4/30/2022 **Mike G Shaffer**

1	Shaffer, Mike G	29.72	1:02.97 (33.25)	57	Club Hot Tub-38	2:11.11	1:37.72 (34.75)	2:11.91 (34.19)	2:11.91	21
2	Goode, John	40.29	1:27.33 (47.04)	56	Google Masters Swimming-38	3:10.00	2:17.36 (50.03)	3:07.92 (50.56)	3:07.92	19

Men 55-59 100 Yard IMNATL: **55.09** ! 4/26/2019 **CARLO TRAVAINI**PAC: **58.23** @ 4/29/2017 **Paul V Carter**

1	Eickhoff, Randy	29.39	1:02.92 (33.53)	57	Club Hot Tub-38	1:01.25	1:02.92	1:02.92	21
2	Tom, Daniel	31.60	1:04.12 (32.52)	59	Menlo Masters-38	1:05.33	1:04.12	1:04.12	19
3	Carpenter, Michael	29.98	1:05.18 (35.20)	58	Club Hot Tub-38	1:11.00	1:05.18	1:05.18	18

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 55-59 100 Yard IM)**

4	Boone, Jon	29.88	59	Walnut Creek Masters-38	1:09.59	1:05.45	17
		1:05.45 (35.57)					
5	Smith, Bryan	30.35	55	Walnut Creek Masters-38	1:05.50	1:07.23	16
		1:07.23 (36.88)					
6	Bunch, Brian	32.29	55	Uc38	1:08.50	1:07.86	15
		1:07.86 (35.57)					
7	Eckert, Karl	32.91	55	Club Hot Tub-38	1:15.00	1:08.49	14
		1:08.49 (35.58)					
8	Asplund, Terry	31.11	57	Club Hot Tub-38	1:15.50	1:08.72	13
		1:08.72 (37.61)					
9	Reeves, Gevan	34.94	56	Club Hot Tub-38	1:12.00	1:15.37	12
		1:15.37 (40.43)					
10	Wu, Long	41.16	57	Marcia's Enthusiastic Masters-38	1:23.20	1:21.36	11
		1:21.36 (40.20)					
---	Neidhoefer, Charles	32.79	56	Santa Rosa Masters-38	1:09.00	DQ	
		DQ (34.10)					

Men 55-59 200 Yard IM**NATL: 2:00.19 ! 3/18/2023 MIKE IRVIN****PAC: 2:08.65 @ 4/28/2017 Paul V Carter**

1	Eickhoff, Randy		57	Club Hot Tub-38	2:15.44	2:18.69	21
2	Chao, Hector	30.67	59	Walnut Creek Masters-38	2:27.21	2:22.12	19
		1:07.50 (36.83)		1:47.56 (40.06)	2:22.12 (34.56)		
3	Eckert, Karl	31.29	55	Club Hot Tub-38	2:30.00	2:34.35	18
		1:13.84 (42.55)		1:59.38 (45.54)	2:34.35 (34.97)		
4	Downey, Patrick	39.45	55	Marcia's Enthusiastic Masters-38	2:40.33	3:01.51	17
		1:27.07 (47.62)		2:20.14 (53.07)	3:01.51 (41.37)		

Men 55-59 400 Yard IM**NATL: 4:28.66 ! 5/2/2014 JIM SAUER****PAC: 4:36.89 @ 4/29/2022 Mike G Shaffer**

1	Shaffer, Mike G	29.21	57	Club Hot Tub-38	4:50.00	4:41.85	21
		1:01.72 (32.51)		1:39.55 (37.83)	2:16.67 (37.12)		
		2:58.99 (42.32)		3:40.97 (41.98)	4:12.17 (31.20)	4:41.85 (29.68)	

Men 60-64 50 Yard Freestyle**NATL: 22.30 ! 5/22/2005 RICHARD ABRAHAMS****PAC: 23.59 @ 11/7/2021 David E Boatwright**

1	Boatwright, David E		61	Walnut Creek Masters-38	24.50	23.85	21
2	Remmert, Greg		60	Walnut Creek Masters-38	24.68	25.17	19
3	Samuels, Warren		62	Club Hot Tub-38	27.00	25.98	18
4	Anderson, Thomas		61	Menlo Masters-38	26.74	27.08	17
5	Gjerde, Anders		60	Club Hot Tub-38	26.47	27.20	16
6	Laudenslager, Greg		61	Rolling Hills Mud Sharks-38	27.22	27.23	15
7	Frydendahl, Jan		60	Club Hot Tub-38	27.50	27.46	14
8	Pettibone, Chip		61	Santa Rosa Masters-38	26.50	28.51	13
9	Horton, Tom		64	Temescal Aquatic Masters-38	29.64	30.78	12
10	Gustavson, Jeff A		61	Arizona Masters Swim Club Inc-48	33.01	32.04	11
11	Schapiro, Seth		62	Albany Armada Aquatics Masters-38	36.28	36.09	10
12	Rentschler, Randy		62	Marcia's Enthusiastic Masters-38	50.00	36.61	9

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 60-64 100 Yard Freestyle**

NATL: 49.14 ! 5/22/2005 RICHARD ABRAHAMAS

PAC: 50.92 @ 4/3/2022 Tom Harvill

1	Boatwright, David E	61	Walnut Creek Masters-38	55.00	53.01	21
	25.36	53.01 (27.65)				
2	Keighley, Tim	61	QuickSilver Masters-38	57.74	55.82	19
	26.96	55.82 (28.86)				
3	Boegman, John	60	Club Hot Tub-38	56.00	56.34	18
	27.27	56.34 (29.07)				
4	Samuels, Warren	62	Club Hot Tub-38	59.00	56.55	17
	27.73	56.55 (28.82)				
5	Remmert, Greg	60	Walnut Creek Masters-38	55.50	57.01	16
	26.98	57.01 (30.03)				
6	Justeson, Jeff	64	Club Hot Tub-38	1:01.88	58.66	15
	28.92	58.66 (29.74)				
7	Frydendahl, Jan	60	Club Hot Tub-38	58.99	59.60	14
	29.30	59.60 (30.30)				
8	Anderson, Thomas	61	Menlo Masters-38	57.83	59.96	13
	28.39	59.96 (31.57)				
9	Taylor, Ron	62	Richmond Plunge Masters-38	1:00.73	1:00.58	12
	28.98	1:00.58 (31.60)				
10	King, Ian	60	Walnut Creek Masters-38	1:00.08	1:02.12	11
	30.03	1:02.12 (32.09)				
11	Gjerde, Anders	60	Club Hot Tub-38	59.73	1:02.80	10
	30.25	1:02.80 (32.55)				
12	Gregor, Eugene	62	University of San Francisco Ma-38	1:02.00	1:04.14	9
	31.51	1:04.14 (32.63)				
13	Clabaugh, Rene	63	Santa Clara Swim Club Masters-38	1:02.61	1:04.40	8
	31.38	1:04.40 (33.02)				
14	Hamza, Alex	63	Livermore Aquacowboys-38	1:03.99	1:05.35	7
	31.66	1:05.35 (33.69)				
15	Horton, Tom	64	Temescal Aquatic Masters-38	1:07.40	1:09.52	6
	32.88	1:09.52 (36.64)				
16	Gustavson, Jeff A	61	Arizona Masters Swim Club Inc-48	1:14.84	1:17.95	5
	38.05	1:17.95 (39.90)				
17	Schapiro, Seth	62	Albany Armada Aquatics Masters-38	1:25.67	1:18.88	4
	38.36	1:18.88 (40.52)				

Men 60-64 200 Yard Freestyle

NATL: 1:51.08 ! 4/24/2015 RICK COLELLA

PAC: 1:55.25 @ 5/1/2011 Tim Broderick

1	Keighley, Tim	61	QuickSilver Masters-38	2:14.74	2:03.47	21
	28.74	59.59 (30.85)	1:31.28 (31.69)	2:03.47 (32.19)		
2	Boegman, John	60	Club Hot Tub-38	2:05.00	2:04.96	19
	29.91	1:02.06 (32.15)	1:33.87 (31.81)	2:04.96 (31.09)		
3	Frydendahl, Jan	60	Club Hot Tub-38	2:09.50	2:08.03	18
	30.38	1:02.21 (31.83)	1:35.43 (33.22)	2:08.03 (32.60)		
4	Samuels, Warren	62	Club Hot Tub-38	2:05.00	2:08.37	17
	31.02	1:03.05 (32.03)	1:35.39 (32.34)	2:08.37 (32.98)		
5	Anderson, Thomas	61	Menlo Masters-38	2:09.54	2:15.36	16
	31.28	1:04.18 (32.90)	1:39.63 (35.45)	2:15.36 (35.73)		
*6	Thomas, Ken	61	Club Hot Tub-38	2:16.00	2:13.81	15
	31.61	1:05.28 (33.67)	1:39.89 (34.61)	2:13.81 (33.92)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 60-64 200 Yard Freestyle)**

*6	Taylor, Ron	62	Richmond Plunge Masters-38	2:18.61	2:16.95	15
	31.97	1:07.58 (35.61)	1:42.66 (35.08)	2:16.95 (34.29)		
7	Clabaugh, Rene	63	Santa Clara Swim Club Masters-38	2:19.43	2:20.95	14
	32.84	1:08.66 (35.82)	1:45.26 (36.60)	2:20.95 (35.69)		
8	Fry, Laurence	62	Jellies Aquatic Masters of Mon-38	2:19.79	2:23.55	13
	32.81	1:09.04 (36.23)	1:46.28 (37.24)	2:23.55 (37.27)		
9	St Marseille, Marc	63	Walnut Creek Masters-38	2:29.99	2:26.05	12
	34.94	1:11.54 (36.60)	1:48.85 (37.31)	2:26.05 (37.20)		
10	Wagner, Chris	63	University of San Francisco Ma-38	2:40.00	2:28.72	11
	35.61	1:13.78 (38.17)	1:51.26 (37.48)	2:28.72 (37.46)		
11	Oneill, Dave	62	Club Hot Tub-38	2:40.00	2:32.07	10
	33.40	1:11.40 (38.00)	1:51.69 (40.29)	2:32.07 (40.38)		
12	Coombs, Craig	62	Marcia's Enthusiastic Masters-38	2:35.00	2:40.42	9
	35.99	1:16.10 (40.11)	1:59.17 (43.07)	2:40.42 (41.25)		
13	Horton, Tom	64	Temescal Aquatic Masters-38	2:35.00	2:45.23	8
	35.02	1:15.12 (40.10)	2:45.23 (1:30.11)			
14	Rentschler, Randy	62	Marcia's Enthusiastic Masters-38	3:50.00	3:26.50	7
	45.08	1:35.78 (50.70)	2:31.86 (56.08)	3:26.50 (54.64)		

Men 60-64 200 Yard Freestyle**NATL: 1:51.08 ! 4/24/2015 RICK COLELLA****PAC: 1:55.25 @ 5/1/2011 Tim Broderick**

1	Coombs, Craig	62	Marcia's Enthusiastic Masters-38	NT	2:36.62	
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Men 60-64 500 Yard Freestyle**NATL: 5:09.95 ! 5/1/2022 ARNALDO PEREZ****PAC: 5:13.68 @ 12/31/2010 Jim Clemmons**

1	Frydendahl, Jan	60	Club Hot Tub-38	5:59.50	5:46.39	21
	32.66	1:07.50 (34.84)	1:43.40 (35.90)	2:19.09 (35.69)		
	2:55.16 (36.07)	3:31.18 (36.02)	4:06.18 (35.00)	4:40.75 (34.57)		
	5:13.54 (32.79)	5:46.39 (32.85)				
2	King, Ian	60	Walnut Creek Masters-38	6:09.72	6:03.23	19
	31.51	1:06.82 (35.31)	1:42.88 (36.06)	2:19.82 (36.94)		
	2:57.17 (37.35)	3:34.66 (37.49)	4:12.35 (37.69)	4:49.95 (37.60)		
	5:26.95 (37.00)	6:03.23 (36.28)				
3	Boegman, John	60	Club Hot Tub-38	6:00.00	6:07.32	18
	31.86	1:07.10 (35.24)	1:42.93 (35.83)	2:18.64 (35.71)		
	2:55.12 (36.48)	3:32.50 (37.38)	4:10.72 (38.22)	4:49.74 (39.02)		
	5:29.13 (39.39)	6:07.32 (38.19)				
4	Koehler, Frederick	63	Santa Clara Swim Club Masters-38	7:00.00	6:18.27	17
	36.34	1:14.77 (38.43)	1:53.19 (38.42)	2:31.44 (38.25)		
	3:10.13 (38.69)	3:48.01 (37.88)	4:25.60 (37.59)	5:03.65 (38.05)		
	5:41.31 (37.66)	6:18.27 (36.96)				
5	Nagel, Roland	60	Santa Cruz Masters Aquatics-38	6:30.00	6:23.84	16
	35.05	1:12.46 (37.41)	1:49.80 (37.34)	2:27.77 (37.97)		
	3:06.47 (38.70)	3:45.61 (39.14)	4:25.10 (39.49)	5:04.92 (39.82)		
	5:44.82 (39.90)	6:23.84 (39.02)				
6	Taylor, Ron	62	Richmond Plunge Masters-38	6:19.94	6:29.74	15
	33.71	1:11.83 (38.12)	1:51.32 (39.49)	2:31.43 (40.11)		
	3:11.69 (40.26)	3:51.59 (39.90)	4:31.04 (39.45)	5:10.89 (39.85)		
	5:50.91 (40.02)	6:29.74 (38.83)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 60-64 500 Yard Freestyle)**

7	Wagner, Chris	63	University of San Francisco Ma-38	6:40.00	6:30.88	14
	36.86	1:19.79 (42.93)	1:57.00 (37.21)	2:37.40 (40.40)		
	3:17.14 (39.74)	3:57.17 (40.03)	4:36.50 (39.33)	5:15.94 (39.44)		
	5:46.50 (30.56)	6:30.88 (44.38)				
8	Coombs, Craig	62	Marcia's Enthusiastic Masters-38	7:15.00	7:13.42	13
	39.52	1:23.13 (43.61)	2:07.08 (43.95)	2:52.29 (45.21)		
	3:37.54 (45.25)	4:22.31 (44.77)	5:06.41 (44.10)	5:51.02 (44.61)		
	6:33.06 (42.04)	7:13.42 (40.36)				
9	Schapiro, Seth	62	Albany Armada Aquatics Masters-38	9:06.63	8:01.70	12
	43.54	1:29.88 (46.34)	2:18.13 (48.25)	3:07.71 (49.58)		
	3:57.69 (49.98)	4:47.31 (49.62)	5:36.42 (49.11)	6:25.92 (49.50)		
	7:15.58 (49.66)	8:01.70 (46.12)				

Men 60-64 1650 Yard Freestyle**NATL: 17:44.05 ! 4/28/2022 ARNALDO PEREZ****PAC: 17:59.55 @ 12/31/2010 Jim Clemmons**

1	Tainty, Chris	63	Santa Cruz Masters Aquatics-38	19:49.44	19:18.41	21
	33.32	1:08.38 (35.06)	1:43.48 (35.10)	2:18.51 (35.03)		
	2:53.71 (35.20)	3:29.24 (35.53)	4:04.08 (34.84)	4:38.95 (34.87)		
	5:13.72 (34.77)	5:48.68 (34.96)	6:23.44 (34.76)	6:58.57 (35.13)		
	7:33.45 (34.88)	8:08.62 (35.17)	8:43.60 (34.98)	9:18.67 (35.07)		
	9:53.67 (35.00)	10:28.82 (35.15)	11:03.95 (35.13)	11:39.06 (35.11)		
	12:14.40 (35.34)	12:49.80 (35.40)	13:25.13 (35.33)	14:00.91 (35.78)		
	14:36.43 (35.52)	15:11.98 (35.55)	15:47.27 (35.29)	16:22.80 (35.53)		
	16:58.43 (35.63)	17:34.03 (35.60)	18:09.59 (35.56)	18:44.70 (35.11)	19:18.41 (33.71)	
2	Koehler, Frederick	63	Santa Clara Swim Club Masters-38	24:00.00	22:20.48	19
	38.94	1:20.38 (41.44)	2:02.15 (41.77)	2:44.38 (42.23)		
	3:26.49 (42.11)	4:07.81 (41.32)	4:49.11 (41.30)	5:29.92 (40.81)		
	6:11.42 (41.50)	6:52.67 (41.25)	7:34.07 (41.40)	8:15.09 (41.02)		
	8:55.77 (40.68)	9:37.11 (41.34)	10:18.00 (40.89)	10:59.04 (41.04)		
	11:39.47 (40.43)	12:19.58 (40.11)	12:59.37 (39.79)	13:40.13 (40.76)		
	14:20.56 (40.43)	15:00.63 (40.07)	15:40.35 (39.72)	16:20.22 (39.87)		
	17:00.01 (39.79)	17:40.08 (40.07)	18:20.19 (40.11)	19:00.38 (40.19)		
	19:40.93 (40.55)	20:21.01 (40.08)	21:00.94 (39.93)	21:40.83 (39.89)	22:20.48 (39.65)	
3	Wagner, Chris	63	University of San Francisco Ma-38	24:00.00	22:22.63	18
	37.51	1:17.55 (40.04)	1:58.86 (41.31)	2:40.43 (41.57)		
	3:21.15 (40.72)	4:02.36 (41.21)	4:42.99 (40.63)	5:24.01 (41.02)		
	6:04.86 (40.85)	6:45.35 (40.49)	7:26.26 (40.91)	8:06.07 (39.81)		
	8:46.44 (40.37)	9:29.35 (42.91)	10:09.63 (40.28)	10:49.76 (40.13)		
	11:30.07 (40.31)	12:10.54 (40.47)	12:52.31 (41.77)	13:32.35 (40.04)		
	14:13.24 (40.89)	14:54.77 (41.53)	15:35.87 (41.10)	16:17.41 (41.54)		
	16:57.62 (40.21)	17:38.72 (41.10)	18:19.65 (40.93)	19:01.20 (41.55)		
	19:42.49 (41.29)	20:23.01 (40.52)	21:03.14 (40.13)	21:43.11 (39.97)	22:22.63 (39.52)	
4	Coombs, Craig	62	Marcia's Enthusiastic Masters-38	25:00.00	25:25.68	17
	40.14	1:23.42 (43.28)	2:08.06 (44.64)	2:53.39 (45.33)		
	3:38.86 (45.47)	4:24.52 (45.66)	5:10.07 (45.55)	5:55.34 (45.27)		
	6:41.10 (45.76)	7:27.17 (46.07)	8:12.57 (45.40)	8:57.34 (44.77)		
	9:43.23 (45.89)	10:28.73 (45.50)	11:14.91 (46.18)	12:01.13 (46.22)		
	12:47.24 (46.11)	13:33.96 (46.72)	14:21.06 (47.10)	15:55.74 (1:34.68)		
	16:42.88 (47.14)	17:29.64 (46.76)	18:17.98 (48.34)	19:06.46 (48.48)		
	19:55.11 (48.65)	20:42.38 (47.27)	21:30.06 (47.68)	22:17.81 (47.75)		
	23:05.65 (47.84)			24:38.10 ()	25:25.68 (47.58)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 60-64 1650 Yard Freestyle)**

5	Young, Stephen	64	University of San Francisco Ma-38	31:00.00	38:33.17	16
	51.74	1:53.90 (1:02.16)	2:59.71 (1:05.81)	4:06.65 (1:06.94)		
	5:13.34 (1:06.69)	6:20.59 (1:07.25)	7:27.69 (1:07.10)	8:37.02 (1:09.33)		
	9:49.56 (1:12.54)	10:59.64 (1:10.08)	12:09.94 (1:10.30)	13:19.41 (1:09.47)		
	14:30.17 (1:10.76)	15:44.10 (1:13.93)	16:54.19 (1:10.09)	18:04.43 (1:10.24)		
	19:16.89 (1:12.46)	20:26.48 (1:09.59)	21:38.53 (1:12.05)	22:50.04 (1:11.51)		
	24:01.74 (1:11.70)	25:17.15 (1:15.41)	26:29.89 (1:12.74)	27:45.66 (1:15.77)		
	28:58.91 (1:13.25)	30:12.58 (1:13.67)	31:24.48 (1:11.90)	32:36.67 (1:12.19)		
	33:45.98 (1:09.31)	34:59.08 (1:13.10)	36:11.31 (1:12.23)	37:24.17 (1:12.86)	38:33.17 (1:09.00)	

Men 60-64 50 Yard BackstrokeNATL: **26.60 !** 4/7/2018 **BRUCE KONE**PAC: **27.64 @** 5/1/2011 **Hugh Wilder**

1	Wagner, Chris	63	University of San Francisco Ma-38	40.00	35.49	21
2	St Marseille, Marc	63	Walnut Creek Masters-38	36.63	36.94	19
3	Gustavson, Jeff A	61	Arizona Masters Swim Club Inc-48	45.19	43.64	18
4	Rentschler, Randy	62	Marcia's Enthusiastic Masters-38	1:10.00	46.67	17
5	Schapiro, Seth	62	Albany Armada Aquatics Masters-38	51.74	52.01	16
---	Young, Stephen	64	University of San Francisco Ma-38	55.00	DQ	

Men 60-64 100 Yard BackstrokeNATL: **57.46 !** 4/30/2016 **TOM BARTON**PAC: **1:01.40 @** 12/31/2004 **Richard Burns**

1	Tainty, Chris	63	Santa Cruz Masters Aquatics-38	1:06.28	1:07.21	21
	33.64	1:07.21 (33.57)				
2	Justeson, Jeff	64	Club Hot Tub-38	1:12.88	1:11.93	19
	35.06	1:11.93 (36.87)				
3	King, Ian	60	Walnut Creek Masters-38	1:13.12	1:13.31	18
	36.27	1:13.31 (37.04)				
4	Gregor, Eugene	62	University of San Francisco Ma-38	1:13.00	1:16.35	17
	37.32	1:16.35 (39.03)				
5	Hamza, Alex	63	Livermore Aquacowboys-38	1:17.25	1:18.51	16
	38.82	1:18.51 (39.69)				
6	Schapiro, Seth	62	Albany Armada Aquatics Masters-38	1:53.00	1:50.34	15
	53.98	1:50.34 (56.36)				
7	Young, Stephen	64	University of San Francisco Ma-38	1:55.00	2:06.73	14
	59.36	2:06.73 (1:07.37)				

Men 60-64 200 Yard BackstrokeNATL: **2:07.91 !** 5/1/2016 **TOM BARTON**PAC: **2:11.57 @** 4/13/2019 **Joe S Dunn**

1	Keighley, Tim	61	QuickSilver Masters-38	2:24.74	2:20.13	21
	33.07	1:08.10 (35.03)	1:44.46 (36.36)	2:20.13 (35.67)		
2	Tainty, Chris	63	Santa Cruz Masters Aquatics-38	2:24.12	2:23.12	19
	34.37	1:11.04 (36.67)	1:47.54 (36.50)	2:23.12 (35.58)		
3	Boegman, John	60	Club Hot Tub-38	2:30.00	2:33.19	18
	36.87	1:15.81 (38.94)	1:54.58 (38.77)	2:33.19 (38.61)		
4	Justeson, Jeff	64	Club Hot Tub-38	2:40.88	2:34.87	17
	38.24	1:16.94 (38.70)	1:56.63 (39.69)	2:34.87 (38.24)		
5	Taylor, Ron	62	Richmond Plunge Masters-38	2:31.08	2:36.70	16
	38.10	1:18.89 (40.79)	1:59.30 (40.41)	2:36.70 (37.40)		
6	Laudenslager, Greg	61	Rolling Hills Mud Sharks-38	2:44.66	2:38.09	15
	38.75	1:19.27 (40.52)	1:59.20 (39.93)	2:38.09 (38.89)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 60-64 200 Yard Backstroke)**

7	King, Ian	60	Walnut Creek Masters-38	2:40.15	2:39.90	14
	38.05	1:19.02 (40.97)	1:59.83 (40.81)	2:39.90 (40.07)		
8	Wagner, Chris	63	University of San Francisco Ma-38	3:00.00	2:43.74	13
	40.00	1:22.02 (42.02)	2:04.14 (42.12)	2:43.74 (39.60)		
9	Young, Stephen	64	University of San Francisco Ma-38	3:45.00	4:34.09	12
	59.82	2:09.59 (1:09.77)	3:23.23 (1:13.64)	4:34.09 (1:10.86)		

Men 60-64 50 Yard BreaststrokeNATL: **28.20** ! 7/24/2021 **DAVID GUTHRIE**PAC: **29.32** @ 12/31/2006 **Robert Strand**

1	Laudenslager, Greg	61	Rolling Hills Mud Sharks-38	33.41	33.36	21
2	Keighley, Tim	61	QuickSilver Masters-38	35.74	34.10	19
3	Halbrecht, Kenneth	62	Walnut Creek Masters-38	34.50	34.40	18
4	Boegman, John	60	Club Hot Tub-38	36.00	34.53	17
5	Welton, Patrick L	62	Uc38	33.00	34.69	16
6	Pettibone, Chip	61	Santa Rosa Masters-38	35.00	34.95	15
7	Ewing, Jack	62	University of San Francisco Ma-38	34.45	36.00	14
8	Gregor, Eugene	62	University of San Francisco Ma-38	40.00	37.42	13
9	Frydendahl, Jan	60	Club Hot Tub-38	39.95	37.67	12
10	Yuen, Matt	63	QuickSilver Masters-38	36.88	37.88	11
11	Anderson, Thomas	61	Menlo Masters-38	39.37	38.87	10
12	Schapiro, Seth	62	Albany Armada Aquatics Masters-38	46.82	47.28	9
13	Rentschler, Randy	62	Marcia's Enthusiastic Masters-38	1:00.00	47.89	8

Men 60-64 200 Yard BreaststrokeNATL: **2:16.25** ! 5/1/2022 **DAVID GUTHRIE**PAC: **2:24.68** @ 12/31/2006 **Robert Strand**

1	Laudenslager, Greg	61	Rolling Hills Mud Sharks-38	2:44.81	2:43.42	21
	37.84	1:19.22 (41.38)	2:00.72 (41.50)	2:43.42 (42.70)		
2	Flegel, Michael	60	Livermore Aquacowboys-38	2:53.56	2:44.16	19
	36.97	1:17.40 (40.43)	2:00.71 (43.31)	2:44.16 (43.45)		
3	Yuen, Matt	63	QuickSilver Masters-38	2:56.88	2:55.20	18
	39.71	1:24.66 (44.95)	2:10.23 (45.57)	2:55.20 (44.97)		
4	Fry, Laurence	62	Jellies Aquatic Masters of Mon-38	2:58.47	3:02.66	17
	41.32	1:27.64 (46.32)	2:15.01 (47.37)	3:02.66 (47.65)		

Men 60-64 50 Yard ButterflyNATL: **24.36** ! 2/10/2018 **BRUCE KONE**PAC: **24.39** @ 5/13/2018 **Paul V Carter**

1	Harvill, Tom	61	Wildcat Alumni Masters-38	25.50	25.70	21
2	Keighley, Tim	61	QuickSilver Masters-38	29.47	27.98	19
3	Halbrecht, Kenneth	62	Walnut Creek Masters-38	30.00	28.30	18
4	Frydendahl, Jan	60	Club Hot Tub-38	28.85	28.99	17
5	Justeson, Jeff	64	Club Hot Tub-38	30.05	29.42	16
6	Clabaugh, Rene	63	Santa Clara Swim Club Masters-38	29.36	30.23	15
7	Dugan, Bob	61	Santa Clara Swim Club Masters-38	39.00	30.97	14
8	Flegel, Michael	60	Livermore Aquacowboys-38	32.61	31.42	13
9	Laudenslager, Greg	61	Rolling Hills Mud Sharks-38	30.56	31.57	12
10	Yuen, Matt	63	QuickSilver Masters-38	32.88	31.58	11
11	St Marseille, Marc	63	Walnut Creek Masters-38	30.96	31.67	10
12	Nagel, Roland	60	Santa Cruz Masters Aquatics-38	37.00	33.85	9
13	Fry, Laurence	62	Jellies Aquatic Masters of Mon-38	32.80	34.12	8

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 60-64 50 Yard Butterfly)**

14	Gustavson, Jeff A	61	Arizona Masters Swim Club Inc-48	42.55	44.26	7
15	Rentschler, Randy	62	Marcia's Enthusiastic Masters-38	1:10.00	45.82	6

Men 60-64 100 Yard Butterfly

NATL: 54.70 ! 5/11/2018 PAUL CARTER

PAC: 54.70 @ 5/11/2018 Paul V Carter

1	Harvill, Tom	61	Wildcat Alumni Masters-38	58.50	58.40	21
	26.82		58.40 (31.58)			
2	Keighley, Tim	61	QuickSilver Masters-38	1:04.74	1:01.55	19
	28.28		1:01.55 (33.27)			
3	Tainty, Chris	63	Santa Cruz Masters Aquatics-38	1:05.18	1:05.05	18
	30.87		1:05.05 (34.18)			
4	Frydendahl, Jan	60	Club Hot Tub-38	1:08.50	1:08.65	17
	31.91		1:08.65 (36.74)			
5	Clabaugh, Rene	63	Santa Clara Swim Club Masters-38	1:10.18	1:10.33	16
	32.07		1:10.33 (38.26)			
6	Dugan, Bob	61	Santa Clara Swim Club Masters-38	1:23.00	1:12.39	15
	34.52		1:12.39 (37.87)			
7	Meyers, Walter	61	Marcia's Enthusiastic Masters-38	1:45.00	1:51.00	14
	53.20		1:51.00 (57.80)			

Men 60-64 200 Yard Butterfly

NATL: 2:07.21 ! 3/28/2021 MIKE LAMONICA

PAC: 2:15.73 @ 12/31/2010 Jim Clemmons

1	Tainty, Chris	63	Santa Cruz Masters Aquatics-38	2:27.12	2:28.84	21
	33.18		1:10.80 (37.62) 1:49.44 (38.64) 2:28.84 (39.40)			
2	Ewing, Jack	62	University of San Francisco Ma-38	4:23.20	3:31.17	19
	54.23		1:52.93 (58.70) 2:46.25 (53.32) 3:31.17 (44.92)			
3	Meyers, Walter	61	Marcia's Enthusiastic Masters-38	4:10.00	4:10.94	18
	54.92		1:57.00 (1:02.08) 3:05.13 (1:08.13) 4:10.94 (1:05.81)			

Men 60-64 100 Yard IM

NATL: 57.23 ! 5/11/2013 RICK COLELLA

PAC: 58.73 @ 5/12/2018 Paul V Carter

1	Boegman, John	60	Club Hot Tub-38	1:10.00	1:04.92	21
	30.78		1:04.92 (34.14)			
2	Justeson, Jeff	64	Club Hot Tub-38	1:11.88	1:07.02	19
	31.76		1:07.02 (35.26)			
3	Laudenslager, Greg	61	Rolling Hills Mud Sharks-38	1:09.40	1:08.46	18
	33.31		1:08.46 (35.15)			
4	Halbrecht, Kenneth	62	Walnut Creek Masters-38	1:11.00	1:10.01	17
	33.02		1:10.01 (36.99)			
5	Yuen, Matt	63	QuickSilver Masters-38	1:14.88	1:10.46	16
	33.23		1:10.46 (37.23)			
6	Flegel, Michael	60	Livermore Aquacowboys-38	1:13.62	1:11.62	15
	33.87		1:11.62 (37.75)			
7	St Marseille, Marc	63	Walnut Creek Masters-38	1:16.58	1:13.32	14
	34.82		1:13.32 (38.50)			
8	Nagel, Roland	60	Santa Cruz Masters Aquatics-38	1:20.00	1:15.07	13
	35.13		1:15.07 (39.94)			
9	Dugan, Bob	61	Santa Clara Swim Club Masters-38	1:25.00	1:16.19	12
	36.51		1:16.19 (39.68)			

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 60-64 100 Yard IM)**

10	Braham, Bob	63	Los Gatos Masters-38	1:15.74	1:17.48	11
	38.07		1:17.48 (39.41)			
11	Fry, Laurence	62	Jellies Aquatic Masters of Mon-38	1:13.19	1:17.96	10
	37.70		1:17.96 (40.26)			
12	Coombs, Craig	62	Marcia's Enthusiastic Masters-38	1:30.00	1:19.04	9
	38.54		1:19.04 (40.50)			
13	Gustavson, Jeff A	61	Arizona Masters Swim Club Inc-48	1:30.00	1:37.55	8
	44.66		1:37.55 (52.89)			
14	Rentschler, Randy	62	Marcia's Enthusiastic Masters-38	2:20.00	1:44.90	7
	50.21		1:44.90 (54.69)			

Men 60-64 200 Yard IMNATL: **2:03.26** ! 5/4/2014 **RICK COLELLA**PAC: **2:10.85** @ 5/1/2011 **Tim Broderick**

1	Keighley, Tim	61	QuickSilver Masters-38	2:25.74	2:24.94	21
	28.71		1:07.85 (39.14) 1:51.24 (43.39) 2:24.94 (33.70)			
2	Tainty, Chris	63	Santa Cruz Masters Aquatics-38	2:25.69	2:26.46	19
3	Justeson, Jeff	64	Club Hot Tub-38	2:35.88	2:27.24	18
	30.97		1:10.65 (39.68) 1:53.67 (43.02) 2:27.24 (33.57)			
4	Gregor, Eugene	62	University of San Francisco Ma-38	2:55.00	2:43.56	17
	35.98		1:17.81 (41.83) 2:05.86 (48.05) 2:43.56 (37.70)			
5	Coombs, Craig	62	Marcia's Enthusiastic Masters-38	2:55.00	2:57.38	16
	40.59		1:29.08 (48.49) 2:18.78 (49.70) 2:57.38 (38.60)			

Men 60-64 400 Yard IMNATL: **4:24.24** ! 5/2/2014 **RICK COLELLA**PAC: **4:45.65** @ 12/31/2010 **Jim Clemmons**

1	Tainty, Chris	63	Santa Cruz Masters Aquatics-38	5:10.85	5:06.25	21
	32.10		1:08.21 (36.11) 1:47.80 (39.59) 2:26.43 (38.63)			
	3:11.02 (44.59)		3:56.82 (45.80) 4:32.43 (35.61) 5:06.25 (33.82)			

Men 65-69 50 Yard FreestyleNATL: **22.10** ! 5/23/2010 **RICHARD ABRAHAMS**PAC: **24.01** @ 12/31/2009 **James E Elder**

1	Evans, Mark	65	Santa Rosa Masters-38	NT	25.42	
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Men 65-69 50 Yard FreestyleNATL: **22.10** ! 5/23/2010 **RICHARD ABRAHAMS**PAC: **24.01** @ 12/31/2009 **James E Elder**

1	Van Boer, Eric	68	Rolling Hills Mud Sharks-38	26.50	26.98	21
2	Fama, Robert	65	University of San Francisco Ma-38	28.02	27.87	19
3	Musch, Kim	67	Santa Cruz Masters Aquatics-38	29.19	29.26	18
4	Ryerson, Douglas	69	Uc38	28.00	30.22	17
5	Lee, Stanley	66	Kona Aquatics-39	29.50	30.51	16
6	Boscacci, David	67	Santa Clara Swim Club Masters-38	37.00	31.80	15
7	Buchanan, David	67	QuickSilver Masters-38	45.00	39.78	14

Men 65-69 100 Yard FreestyleNATL: **49.42** ! 5/22/2010 **RICHARD ABRAHAMS**PAC: **53.66** @ 12/31/2009 **James E Elder**

1	Evans, Mark	65	Santa Rosa Masters-38	NT	55.73	
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2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 65-69 100 Yard Freestyle****NATL: 49.42 ! 5/22/2010 RICHARD ABRAHAMAS****PAC: 53.66 @ 12/31/2009 James E Elder**

1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	59.65	58.25	21
2	Van Boer, Eric	68	Rolling Hills Mud Sharks-38	1:00.00	1:00.88	19
	29.37				1:00.88 (31.51)	
3	Fama, Robert	65	University of San Francisco Ma-38	1:02.50	1:03.93	18
	30.22				1:03.93 (33.71)	
4	Musch, Kim	67	Santa Cruz Masters Aquatics-38	1:04.46	1:04.49	17
	31.49				1:04.49 (33.00)	
5	Woodruff, David	66	Davis Aquatic Masters-38	1:05.00	1:05.10	16
	32.57				1:05.10 (32.53)	
6	Boscacci, David	67	Santa Clara Swim Club Masters-38	1:15.00	1:06.79	15
	32.91				1:06.79 (33.88)	
7	Buchanan, David	67	QuickSilver Masters-38	1:34.92	1:33.17	14
	44.78				1:33.17 (48.39)	

Men 65-69 200 Yard Freestyle**NATL: 1:52.57 ! 4/30/2017 RICK COLELLA****PAC: 2:04.19 @ 12/31/2010 Richard Burns**

1	Evans, Mark	65	Santa Rosa Masters-38	2:03.79	2:05.30	21
	28.84				1:00.79 (31.95) 1:33.25 (32.46) 2:05.30 (32.05)	
2	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	2:10.65	2:08.18	19
	30.36				1:03.32 (32.96) 1:36.07 (32.75) 2:08.18 (32.11)	
3	Spellberg, Geoff	67	North Bay Aquatics-38	2:15.50	2:13.65	18
4	Fama, Robert	65	University of San Francisco Ma-38	2:30.00	2:22.35	17
	31.00				1:06.38 (35.38) 1:44.60 (38.22) 2:22.35 (37.75)	
5	Kemler, David	65	Walnut Creek Masters-38	2:27.00	2:25.40	16
	34.46				1:10.38 (35.92) 1:48.16 (37.78) 2:25.40 (37.24)	
6	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	2:28.99	2:28.41	15
	36.49				1:15.09 (38.60) 1:52.90 (37.81) 2:28.41 (35.51)	
7	Tsugawa, Peter	65	Marcia's Enthusiastic Masters-38	2:50.00	2:51.59	14
	39.03				1:23.07 (44.04) 2:09.10 (46.03) 2:51.59 (42.49)	
8	Goupil, Dominique	67	Fremont Hills Masters-38	3:00.00	2:53.25	13
	40.00				1:23.83 (43.83) 2:08.53 (44.70) 2:53.25 (44.72)	

Men 65-69 500 Yard Freestyle**NATL: 5:05.44 ! 4/9/2017 RICK COLELLA****PAC: 5:36.76 @ 4/23/2015 Jim Clemmons**

1	Evans, Mark	65	Santa Rosa Masters-38	5:36.88	5:38.66	21
	30.29				1:03.67 (33.38) 1:37.68 (34.01) 2:12.01 (34.33)	
	2:46.49 (34.48)				3:21.18 (34.69) 3:56.03 (34.85) 4:30.40 (34.37)	
	5:05.19 (34.79)				5:38.66 (33.47)	
2	Morales, John	65	Santa Rosa Masters-38	5:59.99	6:06.00	19
	34.07				1:10.05 (35.98) 1:47.14 (37.09) 2:24.54 (37.40)	
	3:01.89 (37.35)				3:38.68 (36.79) 4:15.88 (37.20) 4:53.00 (37.12)	
	5:29.79 (36.79)				6:06.00 (36.21)	
3	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	6:41.99	6:44.61	18
	37.18				1:17.28 (40.10) 1:58.44 (41.16) 2:39.76 (41.32)	
	3:20.98 (41.22)				4:02.25 (41.27) 4:43.87 (41.62) 5:25.82 (41.95)	
	6:06.14 (40.32)				6:44.61 (38.47)	
4	Anderson, Bob	67	Menlo Masters-38	6:40.00	7:09.03	17
	37.12				1:19.02 (41.90) 2:00.90 (41.88) 2:42.87 (41.97)	
	3:27.18 (44.31)				4:11.34 (44.16) 4:55.69 (44.35) 5:40.67 (44.98)	
	6:25.80 (45.13)				7:09.03 (43.23)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 65-69 500 Yard Freestyle)**

5	Lee, Stanley	66	Kona Aquatics-39	7:10.00	7:12.68	16
	37.37	1:19.27 (41.90)	2:03.21 (43.94)	2:47.62 (44.41)		
	3:32.04 (44.42)	4:17.22 (45.18)	5:02.05 (44.83)	5:46.50 (44.45)		
	6:30.85 (44.35)	7:12.68 (41.83)				
6	Pinto, Harlan	65	Menlo Masters-38	7:32.58	7:24.10	15
	36.26	1:16.51 (40.25)	2:00.59 (44.08)	2:45.89 (45.30)		
	4:18.28 (1:32.39)	5:04.31 (46.03)	5:50.54 (46.23)	6:36.48 (45.94)		
	7:23.57 (47.09)	7:24.10 (0.53)				

Men 65-69 1650 Yard Freestyle**NATL: 18:48.76 ! 5/15/2022 DOUG KAJIWARA****PAC: 19:07.81 @ 4/23/2015 Jim Clemmons**

1	Fama, Robert	65	University of San Francisco Ma-38	24:30.00	22:35.09	21
	36.78	1:17.39 (40.61)	1:59.15 (41.76)	2:41.74 (42.59)		
	3:22.98 (41.24)	4:05.14 (42.16)	4:46.97 (41.83)	5:29.03 (42.06)		
	6:10.52 (41.49)	6:51.91 (41.39)	7:33.19 (41.28)	8:14.44 (41.25)		
	8:55.32 (40.88)	9:36.38 (41.06)	10:17.53 (41.15)	10:59.21 (41.68)		
	11:39.72 (40.51)	12:21.39 (41.67)	13:02.82 (41.43)	13:43.97 (41.15)		
	14:25.01 (41.04)	15:06.22 (41.21)	15:47.64 (41.42)	16:28.85 (41.21)		
	17:10.13 (41.28)	17:51.58 (41.45)	18:32.84 (41.26)	19:13.59 (40.75)		
	19:54.60 (41.01)	20:36.18 (41.58)	21:17.12 (40.94)	21:57.49 (40.37)	22:35.09 (37.60)	
2	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	23:20.99	23:15.68	19
	39.31	1:21.57 (42.26)	2:04.46 (42.89)	2:47.30 (42.84)		
	3:29.86 (42.56)	4:12.49 (42.63)	4:54.96 (42.47)	5:37.70 (42.74)		
	6:20.55 (42.85)	7:02.99 (42.44)	7:45.44 (42.45)	8:27.94 (42.50)		
	9:11.15 (43.21)	9:54.36 (43.21)	10:36.43 (42.07)	11:19.07 (42.64)		
	12:01.94 (42.87)	12:44.48 (42.54)	13:27.77 (43.29)	14:10.30 (42.53)		
	14:53.00 (42.70)	15:35.61 (42.61)	16:18.32 (42.71)	17:01.00 (42.68)		
	17:43.32 (42.32)	18:25.92 (42.60)	19:09.12 (43.20)	19:51.81 (42.69)		
	20:34.41 (42.60)	21:16.89 (42.48)	21:57.60 (40.71)	22:38.01 (40.41)	23:15.68 (37.67)	

Men 65-69 50 Yard Backstroke**NATL: 27.74 ! 5/23/2010 RICHARD ABRAHAMS****PAC: 27.84 @ 12/31/2009 Richard Burns**

1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	32.65	31.79	21
2	Van Boer, Eric	68	Rolling Hills Mud Sharks-38	32.50	32.22	19
3	Fama, Robert	65	University of San Francisco Ma-38	35.65	36.66	18
4	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	37.60	37.47	17
5	Ryerson, Douglas	69	Uc38	38.00	38.18	16
6	Woodruff, David	66	Davis Aquatic Masters-38	42.00	39.74	15

Men 65-69 100 Yard Backstroke**NATL: 59.62 ! 5/12/2013 HUGH WILDER****PAC: 59.62 @ 5/9/2013 Hugh Wilder**

1	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	NT	1:13.30	
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Men 65-69 100 Yard Backstroke**NATL: 59.62 ! 5/12/2013 HUGH WILDER****PAC: 59.62 @ 5/9/2013 Hugh Wilder**

1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	1:09.65	1:07.14	21
	33.14	1:07.14 (34.00)				
2	Ferroggiaro, Fred	69	The Olympic Club-38	1:06.00	1:09.10	19
	34.06	1:09.10 (35.04)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 65-69 100 Yard Backstroke)**

3	Van Boer, Eric	68	Rolling Hills Mud Sharks-38	1:10.00	1:13.24	18
	34.67		1:13.24 (38.57)			

Men 65-69 200 Yard BackstrokeNATL: **2:11.06 !** 4/30/2022 **DAN STEPHENSON**PAC: **2:16.72 @** 5/9/2013 **Hugh Wilder**

1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	2:28.65	2:25.47	21
	35.57		1:12.61 (37.04)	1:49.56 (36.95)	2:25.47 (35.91)	
2	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	2:48.78	2:52.61	19
	40.91		1:23.77 (42.86)	2:08.15 (44.38)	2:52.61 (44.46)	
3	Woodruff, David	66	Davis Aquatic Masters-38	3:15.00	3:03.75	18
	44.68		1:30.14 (45.46)	2:18.31 (48.17)	3:03.75 (45.44)	
4	Anderson, Bob	67	Menlo Masters-38	3:20.00	3:32.84	17
	50.59		1:45.13 (54.54)	2:39.76 (54.63)	3:32.84 (53.08)	
5	Crankshaw, David	67	Menlo Masters-38	5:00.00	4:28.26	16
	1:03.92		2:15.61 (1:11.69)	3:25.47 (1:09.86)	4:28.26 (1:02.79)	

Men 65-69 50 Yard BreaststrokeNATL: **28.88 !** 5/11/2018 **RICK COLELLA**PAC: **31.32 @** 12/31/2009 **David R Gildea**

1	Van Boer, Eric	68	Rolling Hills Mud Sharks-38	34.00	35.75	21
2	Ryerson, Douglas	69	Uc38	38.00	37.14	19
3	Anderson, Bob	67	Menlo Masters-38	37.00	38.35	18
4	Woodruff, David	66	Davis Aquatic Masters-38	42.00	40.19	17
5	Lee, Stanley	66	Kona Aquatics-39	39.28	40.37	16
6	Buchanan, David	67	QuickSilver Masters-38	54.81	55.12	15

Men 65-69 200 Yard BreaststrokeNATL: **2:16.70 !** 4/29/2017 **RICK COLELLA**PAC: **2:34.01 @** 4/26/2015 **Jim Clemmons**

1	Ryerson, Douglas	69	Uc38	3:15.00	3:14.46	21
	45.84		1:35.50 (49.66)	2:25.98 (50.48)	3:14.46 (48.48)	
2	Anderson, Bob	67	Menlo Masters-38	3:10.00	3:17.19	19
	45.34		1:36.89 (51.55)	2:27.59 (50.70)	3:17.19 (49.60)	
3	Pinto, Harlan	65	Menlo Masters-38	3:20.05	3:24.02	18
	44.74		1:35.12 (50.38)	2:29.77 (54.65)	3:24.02 (54.25)	
4	Tsugawa, Peter	65	Marcia's Enthusiastic Masters-38	3:36.62	3:36.17	17
	48.63		1:43.53 (54.90)	2:39.89 (56.36)	3:36.17 (56.28)	
5	Crankshaw, David	67	Menlo Masters-38	5:00.00	5:05.30	16
	1:01.04		2:18.71 (1:17.67)	5:05.30 (2:46.59)		

Men 65-69 50 Yard ButterflyNATL: **24.94 !** 5/22/2010 **RICHARD ABRAHAMS**PAC: **26.65 @** 12/31/2009 **James E Elder**

1	Van Boer, Eric	68	Rolling Hills Mud Sharks-38	30.00	28.80	21
2	Morales, John	65	Santa Rosa Masters-38	29.99	29.78	19
3	Spellberg, Geoff	67	North Bay Aquatics-38	29.60	30.32	18
4	O'Brien, Kerry	66	Walnut Creek Masters-38	32.30	31.32	17
5	Fama, Robert	65	University of San Francisco Ma-38	32.31	31.51	16
6	Burnett, David	67	Walnut Creek Masters-38	34.00	34.20	15
7	Pinto, Harlan	65	Menlo Masters-38	38.42	38.58	14

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 65-69 100 Yard Butterfly**NATL: 56.36 ! 5/21/2010 **RICHARD ABRAHAMAS**PAC: 1:02.64 @ 12/31/2009 **Richard Burns**

1	Evans, Mark	65	Santa Rosa Masters-38	1:04.00	1:02.67	21
	29.49				1:02.67 (33.18)	
2	Spellberg, Geoff	67	North Bay Aquatics-38	1:08.50	1:08.78	19
	31.67				1:08.78 (37.11)	
3	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	1:09.65	1:09.38	18
	32.18				1:09.38 (37.20)	
4	Tsugawa, Peter	65	Marcia's Enthusiastic Masters-38	1:31.00	1:33.22	17
	44.78				1:33.22 (48.44)	
5	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	1:35.99	1:39.02	16
	45.16				1:39.02 (53.86)	

Men 65-69 200 Yard ButterflyNATL: 2:08.94 ! 4/9/2017 **RICK COLELLA**PAC: 2:32.39 @ 3/30/2014 **Alek I Shestakov**

1	Evans, Mark	65	Santa Rosa Masters-38	2:27.00	2:30.11 @	21
	31.52				1:07.51 (35.99) 1:48.50 (40.99) 2:30.11 (41.61)	
2	Guadagni, Peter	68	Walnut Creek Masters-38	2:35.50	2:33.59	19
	35.73				1:13.94 (38.21) 1:53.69 (39.75) 2:33.59 (39.90)	
3	Anderson, Bob	67	Menlo Masters-38	3:10.00	3:13.43	18
	44.44				1:35.92 (51.48) 2:26.91 (50.99) 3:13.43 (46.52)	
4	Woodruff, David	66	Davis Aquatic Masters-38	3:20.00	3:18.75	17
	44.45				1:35.09 (50.64) 2:26.67 (51.58) 3:18.75 (52.08)	
5	Pinto, Harlan	65	Menlo Masters-38	3:28.03	3:32.46	16
	42.31				1:33.74 (51.43) 2:31.23 (57.49) 3:32.46 (1:01.23)	
6	Tsugawa, Peter	65	Marcia's Enthusiastic Masters-38	3:38.74	3:51.23	15
	46.55				1:45.73 (59.18) 2:50.70 (1:04.97) 3:51.23 (1:00.53)	

Men 65-69 100 Yard IMNATL: 57.37 ! 4/26/2019 **RICK COLELLA**PAC: 1:02.26 @ 12/31/2009 **Richard Burns**

1	Evans, Mark	65	Santa Rosa Masters-38	1:04.87	1:05.20	21
	30.41				1:05.20 (34.79)	
2	Van Boer, Eric	68	Rolling Hills Mud Sharks-38	1:10.00	1:08.31	19
	31.41				1:08.31 (36.90)	
3	Morales, John	65	Santa Rosa Masters-38	1:09.88	1:10.46	18
	32.98				1:10.46 (37.48)	
4	Spellberg, Geoff	67	North Bay Aquatics-38	1:12.50	1:12.76	17
	33.31				1:12.76 (39.45)	
5	Lee, Stanley	66	Kona Aquatics-39	1:20.50	1:21.80	16
	39.07				1:21.80 (42.73)	
6	Pinto, Harlan	65	Menlo Masters-38	1:28.39	1:28.27	15
	43.18				1:28.27 (45.09)	
7	Crankshaw, David	67	Menlo Masters-38	2:15.00	2:11.45	14
	1:01.61				2:11.45 (1:09.84)	

Men 65-69 200 Yard IMNATL: 2:03.63 ! 4/28/2017 **RICK COLELLA**PAC: 2:17.03 @ 4/9/2016 **Tim Broderick**

1	Evans, Mark	65	Santa Rosa Masters-38	2:24.46	2:27.26	21
	30.78				1:10.21 (39.43) 1:54.52 (44.31) 2:27.26 (32.74)	
2	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	2:33.65	2:29.67	19
	32.34				1:10.77 (38.43) 1:56.04 (45.27) 2:29.67 (33.63)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 65-69 200 Yard IM)**

3	Woodruff, David	66	Davis Aquatic Masters-38	2:57.97	2:55.42	18
	41.14	1:27.67 (46.53)	2:17.82 (50.15)	2:55.42 (37.60)		
4	Tsugawa, Peter	65	Marcia's Enthusiastic Masters-38	3:18.50	3:20.33	17
	42.77	1:37.36 (54.59)	2:37.30 (59.94)	3:20.33 (43.03)		

Men 65-69 400 Yard IM

NATL: 4:30.64 ! 5/11/2018 RICK COLELLA

PAC: 4:57.17 @ 5/2/2014 Alek I Shestakov

1	Evans, Mark	65	Santa Rosa Masters-38	5:05.00	5:06.31	21
	30.85	1:07.40 (36.55)	1:47.40 (40.00)	2:26.54 (39.14)		
	3:11.41 (44.87)	3:57.06 (45.65)	4:32.54 (35.48)	5:06.31 (33.77)		
2	Guadagni, Peter	68	Walnut Creek Masters-38	5:30.00	5:21.61	19
	35.63	1:13.80 (38.17)	1:56.81 (43.01)	2:39.55 (42.74)		
	3:24.34 (44.79)	4:08.63 (44.29)	4:45.66 (37.03)	5:21.61 (35.95)		
3	Morales, John	65	Santa Rosa Masters-38	5:29.99	5:29.52	18
	36.13	1:16.08 (39.95)	1:59.72 (43.64)	2:41.95 (42.23)		
	3:28.67 (46.72)	4:15.65 (46.98)	4:53.38 (37.73)	5:29.52 (36.14)		
4	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	6:29.96	6:30.79	17
	46.13	1:41.19 (55.06)	2:29.91 (48.72)	3:16.54 (46.63)		
	4:13.15 (56.61)	5:10.56 (57.41)	5:52.02 (41.46)	6:30.79 (38.77)		
5	Tsugawa, Peter	65	Marcia's Enthusiastic Masters-38	7:15.00	7:00.65	16
	47.80	1:43.18 (55.38)	2:40.74 (57.56)	3:39.32 (58.58)		
	4:35.61 (56.29)	5:30.00 (54.39)	6:16.61 (46.61)	7:00.65 (44.04)		

Men 70-74 50 Yard Freestyle

NATL: 24.13 ! 5/4/2008 JEFF FARRELL

PAC: 24.81 @ 5/2/2014 James E Elder

1	Small, Stephen	70	Marcia's Enthusiastic Masters-38	NT	31.64	
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Men 70-74 50 Yard Freestyle

NATL: 24.13 ! 5/4/2008 JEFF FARRELL

PAC: 24.81 @ 5/2/2014 James E Elder

1	Bernard, Alan D	73	Tamalpais Aquatic Masters-38	28.99	28.22	21
2	Sapirstein, Julian	73	University of San Francisco Ma-38	29.00	30.19	19
3	Alderson, Tom	71	Manatee Aquatic Masters Inc-38	32.00	30.67	18
4	Small, Stephen	70	Marcia's Enthusiastic Masters-38	34.00	32.08	17
5	Senz, Doug E	70	Marcia's Enthusiastic Masters-38	49.90	43.20	16

Men 70-74 100 Yard Freestyle

NATL: 54.58 ! 4/26/2015 RICHARD ABRAHAMS

PAC: 56.42 @ 5/12/2018 Andrew M McPherso

1	Bernard, Alan D	73	Tamalpais Aquatic Masters-38	1:01.99	1:02.65	21
2	Sapirstein, Julian	73	University of San Francisco Ma-38	1:04.00	1:06.18	19
	32.36	1:06.18 (33.82)				
3	Alderson, Tom	71	Manatee Aquatic Masters Inc-38	1:12.00	1:09.99	18
	31.73	1:09.99 (38.26)				
4	Senz, Doug E	70	Marcia's Enthusiastic Masters-38	1:59.90	1:41.54	17

Men 70-74 100 Yard Freestyle

NATL: 54.58 ! 4/26/2015 RICHARD ABRAHAMS

PAC: 56.42 @ 5/12/2018 Andrew M McPherso

1	Small, Stephen	70	Marcia's Enthusiastic Masters-38	NT	1:09.09	
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2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 70-74 200 Yard Freestyle**

NATL: 1:56.50 ! 4/29/2022 RICK COLELLA

PAC: 2:12.26 @ 4/30/2017 James R DeLacy

1 Small, Stephen 70 Marcia's Enthusiastic Masters-38 NT 2:36.05

Men 70-74 200 Yard Freestyle

NATL: 1:56.50 ! 4/29/2022 RICK COLELLA

PAC: 2:12.26 @ 4/30/2017 James R DeLacy

1	Bernard, Alan D	73	Tamalpais Aquatic Masters-38	2:17.99	2:16.60	21
	30.71	1:04.96 (34.25)	1:40.96 (36.00)	2:16.60 (35.64)		
2	Wilson, Joel	74	Santa Cruz Masters Aquatics-38	2:21.56	2:16.69	19
	31.71	1:06.87 (35.16)	1:42.30 (35.43)	2:16.69 (34.39)		
3	Small, Stephen	70	Marcia's Enthusiastic Masters-38	2:45.00	2:36.91	18
	36.01	1:15.17 (39.16)	1:56.48 (41.31)	2:36.91 (40.43)		
4	Winterrowd, Dan	72	Marcia's Enthusiastic Masters-38	3:14.00	2:47.18	17
	40.18	1:24.39 (44.21)	2:06.36 (41.97)	2:47.18 (40.82)		

Men 70-74 500 Yard Freestyle

NATL: 5:11.03 ! 11/6/2022 RICK COLELLA

PAC: 5:50.88 @ 4/13/2019 Joel R Wilson

1	Wilson, Joel	74	Santa Cruz Masters Aquatics-38	6:15.17	6:02.45	21
	34.70	1:11.48 (36.78)	1:48.91 (37.43)	2:29.49 (40.58)		
	3:03.15 (33.66)	3:40.03 (36.88)	4:16.47 (36.44)	4:52.29 (35.82)		
	5:27.68 (35.39)	6:02.45 (34.77)				
2	Bell, Gordon	70	Walnut Creek Masters-38	6:20.00	6:18.81	19
	37.04	1:15.71 (38.67)	1:54.08 (38.37)	2:32.34 (38.26)		
	3:10.93 (38.59)	3:49.07 (38.14)	4:27.12 (38.05)	5:05.02 (37.90)		
	5:42.48 (37.46)	6:18.81 (36.33)				
3	Murray, Ed	73	University of San Francisco Ma-38	15:00.00	11:05.49	18
	1:11.12	2:21.95 (1:10.83)	2:59.38 (37.43)	3:46.26 (46.88)		
	4:38.10 (51.84)	5:03.52 (25.42)	8:01.64 (2:58.12)	9:14.55 (1:12.91)		
	10:34.94 (1:20.39)	11:05.49 (30.55)				

Men 70-74 1650 Yard Freestyle

NATL: 19:46.98 ! 5/17/2019 DAN KIRKLAND

PAC: 20:55.06 @ 2/26/2023 Joel R Wilson

1	Wilson, Joel	74	Santa Cruz Masters Aquatics-38	20:55.06	20:51.28@	21
	35.15	1:12.49 (37.34)	1:50.99 (38.50)	2:29.23 (38.24)		
	3:07.60 (38.37)	3:45.70 (38.10)	4:23.36 (37.66)	5:01.07 (37.71)		
	5:39.01 (37.94)	6:16.26 (37.25)	6:53.70 (37.44)	7:30.87 (37.17)		
	8:08.38 (37.51)	8:45.94 (37.56)	9:23.28 (37.34)	10:00.92 (37.64)		
	10:38.75 (37.83)	11:16.57 (37.82)	11:54.29 (37.72)	12:32.38 (38.09)		
	13:09.72 (37.34)	13:48.00 (38.28)	14:25.82 (37.82)	15:04.43 (38.61)		
	15:42.75 (38.32)	16:21.61 (38.86)	17:00.92 (39.31)	17:39.62 (38.70)		
	18:18.12 (38.50)	18:57.28 (39.16)	19:35.70 (38.42)	20:14.09 (38.39)	20:51.28 (37.19)	
2	Winterrowd, Dan	72	Marcia's Enthusiastic Masters-38	25:35.00	24:37.34	19
	40.99	1:25.41 (44.42)	2:11.19 (45.78)	2:56.41 (45.22)		
	3:42.06 (45.65)	4:27.43 (45.37)	5:12.97 (45.54)	5:58.28 (45.31)		
	6:44.06 (45.78)	7:29.06 (45.00)	8:13.94 (44.88)	8:59.02 (45.08)		
	9:44.36 (45.34)	10:30.00 (45.64)	11:15.37 (45.37)	12:00.78 (45.41)		
	12:46.15 (45.37)	13:31.14 (44.99)	14:15.91 (44.77)	15:00.55 (44.64)		
	15:44.78 (44.23)	16:29.93 (45.15)	17:15.31 (45.38)	18:00.00 (44.69)		
	18:44.90 (44.90)	19:29.84 (44.94)	20:15.29 (45.45)	20:59.49 (44.20)		
	21:44.89 (45.40)	22:29.33 (44.44)	23:13.20 (43.87)	23:56.35 (43.15)	24:37.34 (40.99)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 70-74 1650 Yard Freestyle)**

3	Crockett, Robert	74	Menlo Masters-38	30:53.98	30:46.67	18
	49.47	1:41.86 (52.39)	2:36.60 (54.74)	3:31.12 (54.52)		
	4:25.95 (54.83)	5:20.79 (54.84)	6:16.40 (55.61)	7:11.67 (55.27)		
	8:06.59 (54.92)	9:02.23 (55.64)	9:58.21 (55.98)	11:03.18 (1:04.97)		
	11:59.95 (56.77)	12:56.47 (56.52)	13:51.99 (55.52)	14:48.06 (56.07)		
	15:43.87 (55.81)	16:40.49 (56.62)	17:36.98 (56.49)	18:34.45 (57.47)		
	19:30.42 (55.97)	20:28.08 (57.66)	21:24.02 (55.94)	22:20.55 (56.53)		
	23:17.35 (56.80)	24:14.04 (56.69)	25:10.77 (56.73)	26:07.96 (57.19)		
	27:05.96 (58.00)	28:03.36 (57.40)	28:58.48 (55.12)	29:53.87 (55.39)	30:46.67 (52.80)	

Men 70-74 50 Yard BackstrokeNATL: **28.79** ! 11/6/2022 **RICK COLELLA**PAC: **29.72** @ 4/26/2015 **Richard Burns**

1	Bernard, Alan D	73	Tamalpais Aquatic Masters-38	33.99	33.64	21
2	Dahlin, Duke	74	University of San Francisco Ma-38	36.99	36.33	19
3	Durell, Robert	71	Albany Armada Aquatics Masters-38	41.00	40.61	18

Men 70-74 100 Yard BackstrokeNATL: **1:01.79** ! 11/6/2022 **RICK COLELLA**PAC: **1:05.42** @ 4/24/2015 **Richard Burns**

1	Dahlin, Duke	74	University of San Francisco Ma-38	1:40.99	1:24.43	21
	41.26	1:24.43 (43.17)				
2	Senz, Doug E	70	Marcia's Enthusiastic Masters-38	2:59.90	2:27.43	19
	1:12.68	2:27.43 (1:14.75)				

Men 70-74 200 Yard BackstrokeNATL: **2:19.00** ! 2/12/2022 **LAWRENCE DAY**PAC: **2:23.68** @ 5/2/2014 **Richard Burns**

1	Dahlin, Duke	74	University of San Francisco Ma-38	3:15.99	3:03.24	21
	42.95	1:30.30 (47.35)	2:19.04 (48.74)	3:03.24 (44.20)		
2	Small, Stephen	70	Marcia's Enthusiastic Masters-38	3:34.00	3:13.76	19
	45.90	1:34.32 (48.42)	2:24.86 (50.54)	3:13.76 (48.90)		
3	Benjamin, David	73	Marcia's Enthusiastic Masters-38	3:26.00	3:41.18	18
	52.38	1:49.63 (57.25)	2:46.21 (56.58)	3:41.18 (54.97)		

Men 70-74 50 Yard BreaststrokeNATL: **29.84** ! 4/29/2022 **RICK COLELLA**PAC: **32.86** @ 9/29/2013 **David R Gildea**

1	Varanasi, Sekhar	70	Santa Clara Swim Club Masters-38	40.00	36.88	21
2	Small, Stephen	70	Marcia's Enthusiastic Masters-38	46.00	40.97	19
3	Sapirstein, Julian	73	University of San Francisco Ma-38	48.00	44.11	18
4	Dahlin, Duke	74	University of San Francisco Ma-38	50.99	45.53	17

Men 70-74 200 Yard BreaststrokeNATL: **2:35.66** ! 4/29/2016 **ROBERT STRAND**PAC: **2:40.72** @ 4/13/2019 **Alek I Shestakov**

1	Wilson, Joel	74	Santa Cruz Masters Aquatics-38	3:01.00	3:02.41	21
	42.66	1:29.40 (46.74)	2:16.30 (46.90)	3:02.41 (46.11)		
2	Small, Stephen	70	Marcia's Enthusiastic Masters-38	3:41.00	3:18.15	19
	43.30	1:32.99 (49.69)	2:26.09 (53.10)	3:18.15 (52.06)		
3	Benjamin, David	73	Marcia's Enthusiastic Masters-38	3:55.00	3:49.07	18
	52.48	1:49.47 (56.99)	2:50.00 (1:00.53)	3:49.07 (59.07)		
---	Varanasi, Sekhar	70	Santa Clara Swim Club Masters-38	3:01.00	DQ	
	40.70	1:29.35 (48.65)	2:21.40 (52.05)	DQ (48.94)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 70-74 50 Yard Butterfly**

NATL: 26.92 ! 4/26/2015 RICHARD ABRAHAMAS

PAC: 27.69 @ 5/13/2018 Andrew M McPherso

1	Alderson, Tom	71	Manatee Aquatic Masters Inc-38	35.00	33.50	21
2	Durell, Robert	71	Albany Armada Aquatics Masters-38	37.00	35.08	19
3	Dahlin, Duke	74	University of San Francisco Ma-38	45.99	37.12	18
4	Kren, Alan	70	Manatee Aquatic Masters Inc-38	1:05.00	44.28	17
5	Murray, Ed	73	University of San Francisco Ma-38	1:25.00	1:00.13	16

Men 70-74 100 Yard Butterfly

NATL: 58.74 ! 11/6/2022 RICK COLELLA

PAC: 1:02.96 @ 4/30/2017 Andrew M McPherso

1	Bernard, Alan D	73	Tamalpais Aquatic Masters-38	1:13.99	1:11.71	21
					33.92 1:11.71 (37.79)	
2	Kren, Alan	70	Manatee Aquatic Masters Inc-38	2:20.00	1:52.13	19
					56.99 1:52.13 (55.14)	

Men 70-74 200 Yard Butterfly

NATL: 2:19.59 ! 2/12/2022 LAWRENCE DAY

PAC: 2:39.37 @ 5/3/2014 Paul Boggs

1	Bernard, Alan D	73	Tamalpais Aquatic Masters-38	2:51.99	2:51.41	21
					40.25 1:23.95 (43.70) 2:08.08 (44.13) 2:51.41 (43.33)	

Men 70-74 100 Yard IM

NATL: 59.97 ! 4/30/2022 RICK COLELLA

PAC: 1:04.77 @ 4/30/2017 Andrew M McPherso

1	Bernard, Alan D	73	Tamalpais Aquatic Masters-38	1:15.99	1:13.72	21
					33.86 1:13.72 (39.86)	
2	Small, Stephen	70	Marcia's Enthusiastic Masters-38	1:40.00	1:23.40	19
					39.92 1:23.40 (43.48)	
3	Alderson, Tom	71	Manatee Aquatic Masters Inc-38	1:30.00	1:23.80	18
					37.28 1:23.80 (46.52)	
4	Durell, Robert	71	Albany Armada Aquatics Masters-38	1:30.00	1:24.43	17
					38.90 1:24.43 (45.53)	
5	Dahlin, Duke	74	University of San Francisco Ma-38	1:40.99	1:25.56	16
					40.58 1:25.56 (44.98)	
6	Murray, Ed	73	University of San Francisco Ma-38	2:35.00	2:21.05	15
					1:10.51 2:21.05 (1:10.54)	

Men 70-74 200 Yard IM

NATL: 2:10.59 ! 5/1/2022 RICK COLELLA

PAC: 2:24.56 @ 4/13/2019 Alek I Shestakov

1	Wilson, Joel	74	Santa Cruz Masters Aquatics-38	2:39.41	2:34.74	21
					33.46 1:13.76 (40.30) 2:00.02 (46.26) 2:34.74 (34.72)	
2	Dahlin, Duke	74	University of San Francisco Ma-38	3:50.99	3:09.41	19
					41.33 1:30.12 (48.79) 2:24.28 (54.16) 3:09.41 (45.13)	
3	Varanasi, Sekhar	70	Santa Clara Swim Club Masters-38	3:05.00	3:16.97	18
					1:39.97 () 2:30.64 (50.67) 3:16.97 (46.33)	

Men 70-74 400 Yard IM

NATL: 4:43.56 ! 4/29/2022 RICK COLELLA

PAC: 5:09.21 @ 4/12/2019 Alek I Shestakov

1	Small, Stephen	70	Marcia's Enthusiastic Masters-38	7:00.00	6:47.36	21
					46.03 1:40.54 (54.51) 2:35.24 (54.70) 3:29.02 (53.78)	
					4:26.54 (57.52) 5:23.92 (57.38) 6:07.31 (43.39) 6:47.36 (40.05)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 75-79 50 Yard Freestyle**NATL: 25.58 ! 3/4/2012 **JEFF FARRELL**PAC: 26.36 @ 5/13/2018 **James E Elder**

1	DeLacy, James R	76	Walnut Creek Masters-38	29.00	28.57	21
2	Burns, Richard	79	Tamalpais Aquatic Masters-38	30.00	28.76	19
3	Lamothe, Howard	75	Uc38	34.01	31.36	18
4	Smith, Kirby	76	Tuolumne County Aquatic Master-38	35.73	39.35	17
5	Meyerhoff, Rick	76	Tamalpais Aquatic Masters-38	35.00	42.85	16
6	Ellis, Larry	76	University of San Francisco Ma-38	46.00	49.61	15

Men 75-79 100 Yard FreestyleNATL: 58.68 ! 5/10/2009 **DAVID RADCLIFF**PAC: 58.87 @ 4/26/2019 **Richard Burns**

1	Burns, Richard	79	Tamalpais Aquatic Masters-38	1:07.00	1:04.34	21
	31.18			1:04.34 (33.16)		
2	DeLacy, James R	76	Walnut Creek Masters-38	1:06.50	1:05.84	19
	30.72			1:05.84 (35.12)		
3	Lamothe, Howard	75	Uc38	1:13.65	1:11.20	18
	34.17			1:11.20 (37.03)		
4	Gildea, David	79	Menlo Masters-38	1:18.00	1:16.49	17
	36.61			1:16.49 (39.88)		
5	Fitschen, Gary	77	Manatee Aquatic Masters Inc-38	1:15.00	1:21.80	16
	39.31			1:21.80 (42.49)		
6	Ellis, Larry	76	University of San Francisco Ma-38	1:50.00	1:50.03	15
	50.23			1:50.03 (59.80)		

Men 75-79 200 Yard FreestyleNATL: 2:08.77 ! 5/10/2009 **DAVID RADCLIFF**PAC: 2:17.14 @ 4/12/2019 **Richard Burns**

1	Burns, Richard	79	Tamalpais Aquatic Masters-38	2:30.00	2:25.21	21
	33.76			1:10.63 (36.87)	1:48.21 (37.58)	2:25.21 (37.00)
2	DeLacy, James R	76	Walnut Creek Masters-38	2:30.00	2:27.65	19
	32.06			1:08.72 (36.66)	1:47.13 (38.41)	2:27.65 (40.52)
3	Frost, Kenneth	78	Tamalpais Aquatic Masters-38	2:50.00	2:34.07	18
	36.61			1:15.22 (38.61)	1:54.96 (39.74)	2:34.07 (39.11)

Men 75-79 500 Yard FreestyleNATL: 6:03.87 ! 5/8/2010 **DAVID RADCLIFF**PAC: 6:59.81 @ 5/22/2016 **Murray L McLachla**

1	Burns, Richard	79	Tamalpais Aquatic Masters-38	7:00.00	6:40.80@	21
	35.06			1:14.21 (39.15)	1:55.84 (41.63)	2:36.80 (40.96)
	3:17.41 (40.61)			3:58.09 (40.68)	4:39.15 (41.06)	5:20.22 (41.07)
	6:01.57 (41.35)			6:40.80 (39.23)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 75-79 1650 Yard Freestyle**

NATL: 20:25.49 ! 5/10/2009 DAVID RADCLIFF

PAC: 24:40.71 @ 12/31/1995 Ray Taft

1	Feiring, Keith	75	Walnut Creek Masters-38	33:30.00	31:23.99	21
	48.97	1:42.92 (53.95)	2:39.57 (56.65)	3:35.91 (56.34)		
	4:32.58 (56.67)	5:30.20 (57.62)	6:27.11 (56.91)	7:23.85 (56.74)		
	8:21.69 (57.84)	9:19.98 (58.29)	10:17.67 (57.69)	11:15.37 (57.70)		
	12:13.54 (58.17)	13:10.77 (57.23)	14:09.54 (58.77)	15:06.76 (57.22)		
	16:04.56 (57.80)	17:02.30 (57.74)	18:00.00 (57.70)	18:58.09 (58.09)		
	19:55.80 (57.71)	20:53.90 (58.10)	21:51.47 (57.57)	22:50.08 (58.61)		
	23:47.33 (57.25)	24:44.97 (57.64)	25:42.88 (57.91)	26:40.22 (57.34)		
	27:38.08 (57.86)	28:35.57 (57.49)	29:32.87 (57.30)	30:30.86 (57.99)	31:23.99 (53.13)	

Men 75-79 50 Yard Backstroke

NATL: 30.90 ! 4/26/2019 RICHARD BURNS

PAC: 30.90 @ 4/26/2019 Richard Burns

1	Knopf, Thomas	75	North Bay Aquatics-38	45.00	39.90	21
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Men 75-79 100 Yard Backstroke

NATL: 1:07.31 ! 4/28/2019 RICHARD BURNS

PAC: 1:07.31 @ 4/28/2019 Richard Burns

1	Burns, Richard	79	Tamalpais Aquatic Masters-38	1:16.00	1:15.29	21
	37.38	1:15.29 (37.91)				

Men 75-79 50 Yard Breaststroke

NATL: 33.89 ! 5/13/2022 DOUGLAS SPRINGER

PAC: 35.93 @ 3/24/2019 David R Gildea

1	Frost, Kenneth	78	Tamalpais Aquatic Masters-38	37.50	36.12	21
2	Gildea, David	79	Menlo Masters-38	42.00	39.04	19
3	Fitschen, Gary	77	Manatee Aquatic Masters Inc-38	42.00	39.79	18
4	DeLacy, James R	76	Walnut Creek Masters-38	41.00	40.72	17
5	Smith, Kirby	76	Tuolumne County Aquatic Master-38	39.99	41.05	16

Men 75-79 200 Yard Breaststroke

NATL: 2:45.33 ! 4/29/2016 MIKE FRESHLEY

PAC: 2:59.45 @ 4/8/2017 Richard T Todd

1	Frost, Kenneth	78	Tamalpais Aquatic Masters-38	3:10.00	2:59.22 @	21
	39.85	1:24.06 (44.21)	2:10.24 (46.18)	2:59.22 (48.98)		
2	Fitschen, Gary	77	Manatee Aquatic Masters Inc-38	3:24.00	3:08.25	19
	41.95	1:30.35 (48.40)	2:19.37 (49.02)	3:08.25 (48.88)		
3	Smith, Kirby	76	Tuolumne County Aquatic Master-38	3:19.55	3:30.38	18
	46.63	1:40.18 (53.55)	2:35.30 (55.12)	3:30.38 (55.08)		

Men 75-79 50 Yard Butterfly

NATL: 28.70 ! 7/25/2021 RICHARD ABRAHAMS

PAC: 28.95 @ 4/28/2019 Richard Burns

1	Burns, Richard	79	Tamalpais Aquatic Masters-38	32.50	31.33	21
2	DeLacy, James R	76	Walnut Creek Masters-38	36.60	31.91	19
3	Knopf, Thomas	75	North Bay Aquatics-38	34.00	33.21	18
4	Meyerhoff, Rick	76	Tamalpais Aquatic Masters-38	50.00	58.04	17

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 75-79 100 Yard IM**NATL: **1:08.23** ! 4/30/2022 **ANDREW MCPHERSON**PAC: **1:08.23** @ 4/30/2022 **Andrew M McPherso**

1	Burns, Richard	79	Tamalpais Aquatic Masters-38	1:18.00	1:15.75	21
	33.88	1:15.75 (41.87)				
2	DeLacy, James R	76	Walnut Creek Masters-38	1:22.00	1:18.39	19
	35.14	1:18.39 (43.25)				
3	Knopf, Thomas	75	North Bay Aquatics-38	1:30.00	1:21.76	18
	37.37	1:21.76 (44.39)				
4	Frost, Kenneth	78	Tamalpais Aquatic Masters-38	1:24.00	1:22.62	17
	42.05	1:22.62 (40.57)				
5	Fitschen, Gary	77	Manatee Aquatic Masters Inc-38	1:26.77	1:29.12	16
	44.49	1:29.12 (44.63)				

Men 75-79 200 Yard IMNATL: **2:35.33** ! 5/17/2019 **RICHARD BURNS**PAC: **2:35.33** @ 5/17/2019 **Richard Burns**

1	Fitschen, Gary	77	Manatee Aquatic Masters Inc-38	3:30.00	3:17.35	21
	44.86	2:30.24 (1:45.38)	3:17.30 (47.06)	3:17.35 (0.05)		

Men 75-79 400 Yard IMNATL: **5:43.80** ! 4/15/2016 **MIKE FRESHLEY**PAC: **5:47.05** @ 5/18/2019 **Richard Burns**

1	Meyerhoff, Rick	76	Tamalpais Aquatic Masters-38	8:30.00	7:35.74	21
	54.22	1:52.09 (57.87)	2:57.86 (1:05.77)	3:58.96 (1:01.10)		
	5:00.75 (1:01.79)	6:02.95 (1:02.20)	6:52.52 (49.57)	7:35.74 (43.22)		

Men 80-84 50 Yard FreestyleNATL: **28.68** ! 4/30/2017 **FARRELL\FARRELL**PAC: **31.28** @ 2/17/2019 **William G Van Hor**

1	Zuur, James	82	Tamalpais Aquatic Masters-38	45.00	40.19	21
2	Stewart, Jim M	81	Santa Rosa Masters-38	44.00	47.19	19
3	Norris, Robert	84	Davis Aquatic Masters-38	48.00	47.78	18

Men 80-84 100 Yard FreestyleNATL: **1:04.60** ! 5/3/2014 **DAVID RADCLIFF**PAC: **1:10.76** @ 12/31/2000 **Ray Taft**

1	Stewart, Jim M	81	Santa Rosa Masters-38	1:50.00	1:45.25	21
	49.59	1:45.25 (55.66)				
2	Norris, Robert	84	Davis Aquatic Masters-38	1:55.73	1:56.77	19
	56.78	1:56.77 (59.99)				

Men 80-84 200 Yard FreestyleNATL: **2:23.60** ! 4/12/2015 **DAVID RADCLIFF**PAC: **2:42.10** @ 12/31/2000 **Ray Taft**

1	Norris, Robert	84	Davis Aquatic Masters-38	4:03.00	4:10.42	21
	1:01.05	2:07.07 (1:06.02)	3:12.23 (1:05.16)	4:10.42 (58.19)		

Men 80-84 500 Yard FreestyleNATL: **6:27.81** ! 5/1/2014 **DAVID RADCLIFF**PAC: **7:20.34** @ 12/31/1999 **Ray Taft**

1	Norris, Robert	84	Davis Aquatic Masters-38	10:55.00	11:29.10	21
	1:03.68	2:14.52 (1:10.84)	3:25.81 (1:11.29)	4:36.51 (1:10.70)		
	5:48.26 (1:11.75)	6:58.24 (1:09.98)	8:09.91 (1:11.67)	9:21.31 (1:11.40)		
	10:25.90 (1:04.59)	11:29.10 (1:03.20)				

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 80-84 500 Yard Freestyle)**

2	Scovel, Tom	84	Walnut Creek Masters-38	12:30.00	12:58.48	19
	1:09.49	2:27.20 (1:17.71)	3:46.07 (1:18.87)	5:08.49 (1:22.42)		
	6:30.43 (1:21.94)	7:48.13 (1:17.70)	9:07.91 (1:19.78)	10:27.24 (1:19.33)		
	11:44.33 (1:17.09)	12:58.48 (1:14.15)				

Men 80-84 50 Yard BackstrokeNATL: **34.49** ! 4/29/2016 **YOSHI OYAKAWA**PAC: **37.39** @ 12/31/2000 **Ray Taft**

1	Zuur, James	82	Tamalpais Aquatic Masters-38	48.00	48.33	21
2	Norris, Robert	84	Davis Aquatic Masters-38	53.45	55.26	19
3	Stewart, Jim M	81	Santa Rosa Masters-38	1:05.00	1:03.10	18

Men 80-84 100 Yard BackstrokeNATL: **1:15.69** ! 3/11/2017 **DAVID COSTILL**PAC: **1:24.23** @ 12/31/2000 **Ray Taft**

1	Norris, Robert	84	Davis Aquatic Masters-38	1:58.00	2:00.20	21
	55.48	2:00.20 (1:04.72)				
2	Stewart, Jim M	81	Santa Rosa Masters-38	2:10.00	2:23.54	19
	1:09.19	2:23.54 (1:14.35)				

Men 80-84 200 Yard BackstrokeNATL: **2:48.59** ! 3/23/2013 **BURWELL JONES**PAC: **3:06.53** @ 12/31/2000 **Ray Taft**

1	Norris, Robert	84	Davis Aquatic Masters-38	4:15.50	4:20.92	21
	1:02.15	2:11.87 (1:09.72)	3:18.31 (1:06.44)	4:20.92 (1:02.61)		
2	Stewart, Jim M	81	Santa Rosa Masters-38	4:45.00	5:30.23	19
	1:12.47	2:34.24 (1:21.77)	4:09.43 (1:35.19)	5:30.23 (1:20.80)		

Men 80-84 50 Yard BreaststrokeNATL: **37.48** ! 5/1/2021 **MIKE FRESHLEY**PAC: **41.30** @ 12/31/1998 **Aldo da Rosa**

1	Zuur, James	82	Tamalpais Aquatic Masters-38	51.44	52.47	21
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Men 85-89 50 Yard FreestyleNATL: **31.04** ! 5/15/2022 **JEFF FARRELL**PAC: **35.77** @ 12/31/2004 **William Johnston**

1	Greve, Gordon	88	Colorado Masters Swimming-32	43.75	47.51	21
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Men 85-89 100 Yard FreestyleNATL: **1:10.92** ! 4/18/2010 **FRANK PIEMME**PAC: **1:29.20** @ 12/31/2004 **William Johnston**

1	Greve, Gordon	88	Colorado Masters Swimming-32	1:59.20	1:58.14	21
	50.09	1:58.14 (1:08.05)				

Men 85-89 50 Yard BackstrokeNATL: **36.72** ! 4/21/2018 **CLARKE MITCHELL**PAC: **43.82** @ 12/31/2003 **Aldo da Rosa**

1	Greve, Gordon	88	Colorado Masters Swimming-32	53.92	52.64	21
2	Grohe, William E	89	University of San Francisco Ma-38	3:21.93	1:23.49	19

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 85-89 100 Yard Backstroke**

NATL: 1:24.98 ! 4/22/2018 CLARKE MITCHELL

PAC: 1:36.99 @ 12/31/2003 Aldo da Rosa

1	Greve, Gordon	88	Colorado Masters Swimming-32	2:00.40	2:05.27	21
	58.06		2:05.27 (1:07.21)			

Women 18+ 200 Yard Freestyle Relay

NATL: 1:35.66 ! 4/30/2016 CLUB TRIBE ALUM

G MIZERAK, S SHANER, C HURTUBISE, K GRIER

PAC: 1:35.70 @ 5/3/2014 TOC

K C Kastes, Meg B Gill, O'Donnell-McCart, K

1	Marcia's Enthusiastic Masters-38	A		2:06.00	2:02.44	42
	1) Jegers, Jade Y W19	2) Roriz, Julia W29	3) McBride, Beth W33	4) Woodworth, Kathryn W36		
	28.59	58.91 (30.32)	1:30.07 (31.16)	2:02.44 (32.37)		
2	Club Hot Tub-38	A		2:11.50	2:02.51	38
	1) Smith, Ali W22	2) Groskopf, Sarah W42	3) Lin, Kristie W22	4) Raviv, Rotem W32		
	27.81	58.75 (30.94)	1:25.25 (26.50)	2:02.51 (37.26)		

Women 18+ 400 Yard Freestyle Relay

NATL: 3:35.45 ! 4/10/2016 CLUB TRIBE ALUM

C HURTUBISE, K GRIER, G MIZERAK, S SHANER

PAC: 3:41.06 @ 4/8/2017 MEMO

C Breed, P Yamauchi, T Choy, A Sims

1	Club Hot Tub-38	A		4:12.95	4:10.61	42
	1) Sun, Tiffany W34	2) Marullo, Rachel W39	3) Neoh, Sheree W58	4) Smith, Ali W22		
	27.64	57.92 (57.92)	1:28.18 (30.26)	2:00.85 (1:02.93)		
	2:32.72 (31.87)	3:09.13 (1:08.28)	3:37.16 (28.03)	4:10.61 (1:01.48)		

Women 18+ 400 Yard Medley Relay

NATL: 3:56.63 ! 4/8/2017 MARCIA'S ENTHUS

T CHOY, P YAMAUCHI, A SIMS, C BREED

PAC: 3:56.63 @ 4/8/2017 MEMO

T Choy, P Yamauchi, A Sims, C Breed

---	Club Hot Tub-38	A		4:54.80	DQ	
	1) Le, Natalie W26	2) Lim, Aren W29	3) Groskopf, Sarah W42	4) Cox, Kendalyn W23		
	37.49	1:16.23 (1:16.23)	2:00.88 (44.65)	2:53.73 (1:37.50)		
	3:25.90 (32.17)	4:08.46 (1:14.73)	4:35.94 (27.48)	DQ (59.22)		

Women 25+ 200 Yard Freestyle Relay

NATL: 1:34.62 ! 4/7/2019 NORTH CAROLINA

M KENNEDY, L SMITH, K LINDAUER, E BRAUN

PAC: 1:35.01 @ 4/25/2015 TOC

O'Donnell-McCarthy, K Kastes, M Gill, K Raatz

1	QuickSilver Masters-38	A		1:55.00	1:48.01	42
	1) Fontanilla, Shania W26	2) Shanahan, Brenda W25	3) Waters, Megan W33	4) Picciotto, Nicole W32		
	29.69	56.16 (26.47)	1:19.91 (23.75)	1:48.01 (28.10)		
2	Walnut Creek Masters-38	A		1:46.00	1:52.78	38
	1) Schuler, Mackenzie W26	2) Morrice, Carolyn A W29	3) Warner, Kate W32	4) Lawrence, Laura W43		
	27.55	57.30 (29.75)	1:24.99 (27.69)	1:52.78 (27.79)		
3	Club Hot Tub-38	A		1:52.99	1:53.82	36
	1) Sun, Tiffany W34	2) Phelps, Sarah W53	3) Marullo, Rachel W39	4) Neoh, Sheree W58		
	26.57	55.09 (28.52)	1:23.81 (28.72)	1:53.82 (30.01)		
4	University of San Francisco Ma-31	A		2:06.00	1:58.86	34
	1) Ferroggiaro, Alex W31	2) McCarthy, Alexandra W31	3) Phillips, Alexandra W31	4) Faber, Carey W33		
	29.13	59.76 (30.63)	1:29.61 (29.85)	1:58.86 (29.25)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 25+ 200 Yard Freestyle Relay)**

5	University of San Francisco Ma-31	B	2:06.00	2:08.80	32
	1) Cericola, Patricia W66	2) Rodriguez, Julianne W34	3) Versfeld, Rizmari W34	4) Davis, Taylor W46	
	35.89	1:09.26 (33.37)	1:39.23 (29.97)	2:08.80 (29.57)	
6	Marcia's Enthusiastic Masters-38	A	2:08.00	2:09.03	30
	1) Doyle, Nia W42	2) Hahnel, Carrie W44	3) Schley, Kelly W43	4) Cohen, Rivkah W34	
	31.00	59.84 (28.84)	1:32.20 (32.36)	2:09.03 (36.83)	
7	Diamond Hills Masters-38	A	2:36.00	2:23.25	28
	1) Pankhurst, Carrie W48	2) Camacho, Serena W30	3) Ludwig, Keri L W40	4) Henry, Jennifer W32	
	34.85	1:21.25 (46.40)	1:55.39 (34.14)	2:23.25 (27.86)	
8	Albany Armada Aquatics Masters	A	4:30.00	2:48.59	26
	1) Carroll, Leah W61	2) Beery, Barbara M W72	3) Focha, Teresa M W62	4) Holloway, Jillian W31	
	2:19.02	2:48.59 (29.57)	3:22.39 (33.80)	2:48.59 ()	

Women 25+ 400 Yard Freestyle Relay

NATL: 3:36.62 ! 4/15/2018

CLUB TRIBE

G MIZERAK, V MAQUEDA, K GRIER, S SHANER

PAC: 3:37.75 @ 12/31/1991

WCM

Lewis, Paula Roemer, Wendy Ingraham, Shaw

1	University of San Francisco Ma-31	A	4:40.00	4:02.82	42
	1) Hamp, Elizabeth J W27	2) Lundblad, Hope W28	3) Brunings, Kourtney W25	4) Ferroggiaro, Alex W31	
	28.28	59.60 (59.60)	1:29.92 (30.32)	2:02.69 (1:03.09)	
	2:33.65 (30.96)	3:08.28 (1:05.59)	3:34.33 (26.05)	4:02.82 (54.54)	
2	QuickSilver Masters-38	A	4:30.00	4:28.32	38
	1) Shanahan, Brenda W25	2) Cheung, Ruth W43	3) Fontanilla, Shania W26	4) Waters, Megan W33	
	28.33	59.76 (59.76)	1:40.85 (41.09)	2:29.20 (1:29.44)	
	2:59.54 (30.34)	3:33.14 (1:03.94)	3:59.47 (26.33)	4:28.32 (55.18)	
3	Walnut Creek Masters-38	A	4:30.00	4:34.62	36
	1) Morrice, Carolyn A W29	2) Warner, Kate W32	3) Duggan, Karen W52	4) Ongerth, Ann Michelle W48	
	32.23	1:08.11 (1:08.11)	1:36.99 (28.88)	2:08.71 (1:00.60)	
	2:42.09 (33.38)	3:18.34 (1:09.63)	3:54.53 (36.19)	4:34.62 (1:16.28)	
4	Club Hot Tub-38	A	4:51.50	4:40.14	34
	1) Riley, Jayne W59	2) Le, Natalie W26	3) Clark, Cynthia A W42	4) Lim, Aren W29	
	33.22	1:08.43 (1:08.43)	1:41.44 (33.01)	2:18.00 (1:09.57)	
	2:51.96 (33.96)	3:29.52 (1:11.52)	4:03.99 (34.47)	4:40.14 (1:10.62)	
5	University of San Francisco Ma-31	B	5:00.00	4:53.08	32
	1) Diakite, Adriana R W31	2) Davis, Jessica A W35	3) Rodriguez, Julianne W34	4) Versfeld, Rizmari W34	
	3:45.22 (34.76)	4:17.28 (1:06.82)	4:53.79 (36.51)	4:53.08 (35.80)	
				3:10.46 ()	
6	Marcia's Enthusiastic Masters-38	A	5:25.00	4:58.99	30
	1) Roriz, Julia W29	2) Redor, Devin W27	3) Lu, Jenny W31	4) McBride, Beth W33	
	33.59	1:09.40 (1:09.40)	1:48.42 (39.02)	2:33.24 (1:23.84)	
	3:11.41 (38.17)	3:53.35 (1:20.11)	4:24.94 (31.59)	4:58.99 (1:05.64)	
7	Menlo Masters-38	A	5:04.99	5:05.24	28
	1) Bergman, Abigail W27	2) Gillon, Jean W71	3) Singh, Jo W50	4) Zorowski, Rachel W28	
	30.97	1:04.66 (1:04.66)	1:50.21 (45.55)	2:41.04 (1:36.38)	
	3:21.48 (40.44)	4:04.84 (1:23.80)	4:33.74 (28.90)	5:05.24 (1:00.40)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 25+ 800 Yard Freestyle Relay**

NATL: 7:43.29 ! 2/23/2013

RED TIDE OF NYC

B O'CONNOR, W SPRAGUE, K GARY, K VANDENBERG

PAC: 7:59.38 @ 12/31/1996

WCM

L, W Ingraham, M Ghiggeri, S Shand

--- Club Hot Tub-38

A

12:40.00

DQ

1) Riley, Jayne W59

2) Frates, Carrie J W52

3) Jansen, Mary-Kaye W63

4) Raviv, Rotem W32

33.68

1:10.43 (1:10.43)

1:48.50 (1:48.50)

2:25.21 (2:25.21)

3:34.05 (1:08.84)

4:13.02 (1:47.81)

4:51.66 (2:26.45)

5:35.20 (3:09.99)

6:25.47 (50.27)

7:17.69 (1:42.49)

8:48.06 (3:12.86)

9:32.79 (3:57.59)

10:19.29 (46.50)

11:05.10 (1:32.31)

11:47.34 (2:14.55)

DQ (1:32.16)

Women 25+ 400 Yard Medley Relay

NATL: 3:59.64 ! 4/2/2023

NORTH CAROLINA

R MULLER, S TAYLOR, I HOLLAND, W HAUSER

PAC: 4:09.85 @ 12/31/1992

USF

J Rothkopf, B Lambert, L Soffe, K Asplund

1 University of San Francisco Ma-3

A

4:55.00

4:36.42

42

1) Hamp, Elizabeth J W27

2) Lundblad, Hope W28

3) Brunings, Kourtney W25

4) Ferroggiaro, Alex W31

34.94

1:13.08 (1:13.08)

1:47.41 (34.33)

2:25.85 (1:12.77)

2:56.75 (30.90)

3:33.25 (1:07.40)

4:03.49 (30.24)

4:36.42 (1:03.17)

2 QuickSilver Masters-38

A

5:00.00

4:37.41

38

1) Shanahan, Brenda W25

2) Fontanilla, Shania W26

3) Waters, Megan W33

4) Cheung, Ruth W43

32.85

1:08.37 (1:08.37)

1:47.75 (39.38)

2:31.65 (1:23.28)

2:59.38 (27.73)

3:31.37 (59.72)

4:02.09 (30.72)

4:37.41 (1:06.04)

3 Marcia's Enthusiastic Masters-38

A

6:40.00

6:01.88

36

1) Woodworth, Kathryn W36

2) Lu, Jenny W31

3) Chien, Regina W36

4) Redor, Devin W27

40.15

1:22.17 (1:22.17)

2:10.17 (48.00)

3:00.97 (1:38.80)

3:46.53 (45.56)

4:39.47 (1:38.50)

5:18.11 (38.64)

6:01.88 (1:22.41)

--- University of San Francisco Ma-3

B

6:55.00

DQ

1) Davis, Jessica A W35

2) Versfeld, Rizmari W34

3) Diakite, Adriana R W31

4) Rodriguez, Julianne W34

43.98

1:31.92 (1:31.92)

2:11.50 (39.58)

2:58.59 (1:26.67)

3:33.88 (35.29)

4:21.76 (1:23.17)

4:59.62 (37.86)

DQ (1:22.15)

Women 35+ 200 Yard Freestyle Relay

NATL: 1:36.42 ! 2/1/2015

NCMS

K LINDAUER, A UHL, J STRINGER, E BRAUN

PAC: 1:40.89 @ 12/31/2004

MELO

Liernan, Jasek, Basile, Strauss

1 Manatee Aquatic Masters Inc-38

A

2:03.99

2:00.58

42

1) Perry, Rebecca W58

2) Seitel, Theresa A W38

3) Rothschild, Beccah W49

4) Au Brinkmeyer, Lauren W38

30.63

1:01.19 (30.56)

1:32.92 (31.73)

2:00.58 (27.66)

2 Livermore Aquacowboys-38

A

2:40.00

2:12.74

38

1) Koning, Patricia W53

2) Conrad, Jacquelyn W38

3) Peterson, Meghan W39

4) Thompson, Meghan W39

36.76

1:10.77 (34.01)

1:43.44 (32.67)

2:12.74 (29.30)

3 Marcia's Enthusiastic Masters-38

A

2:50.00

3:11.67

36

1) Lapidario, Millie W42

2) Gimbel, Erika W53

3) Laszlo, Zsuzsanna W54

4) Bennett, Sue W60

44.25

1:25.89 (41.64)

2:16.11 (50.22)

3:11.67 (55.56)

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 35+ 400 Yard Freestyle Relay**

NATL: 3:34.28 ! 3/29/2014

NORTH CAROLINA

PAC: 3:47.02 @ 12/31/1999

K LINDAUER, J STRINGER, A UHL, E BRAUN

WCM

Caryn McNamara, Paula Roemer, Leach, Laura Vidal

1	Marcia's Enthusiastic Masters-38	A	5:45.00	5:04.74	42
	1) Woodworth, Kathryn W36	2) Lee, Jez W42	3) Chien, Regina W36	4) Doyle, Nia W42	
	34.62	1:10.84 (1:10.84)	1:47.93 (37.09)	2:29.67 (1:18.83)	
	3:09.76 (40.09)	3:51.07 (1:21.40)	4:26.40 (35.33)	5:04.74 (1:13.67)	
2	Marcia's Enthusiastic Masters-38	B	6:45.00	6:19.78	38
	1) Taylor, Opal W47	2) Gimbel, Erika W53	3) Lapidario, Millie W42	4) Stankov-Hodge, Marina W42	
	44.47	1:33.68 (1:33.68)	2:22.06 (48.38)	3:15.56 (1:41.88)	
	3:58.78 (43.22)	4:53.43 (1:37.87)	5:34.02 (40.59)	6:19.78 (1:26.35)	

Women 35+ 800 Yard Freestyle Relay

NATL: 7:58.40 ! 1/31/2015

NCMS

PAC: 8:29.55 @ 12/31/2012

E BRAUN, J STRINGER, A UHL, K LINDAUER

WCM

A Zamanian, S Coate, D Santos, A Salmeeen

1	Davis Aquatic Masters-38	A	9:30.10	9:41.89	42
	1) Rieger, Amy W61	2) Nehrebecki, Helene W43	3) Goldberg, Michelle W54	4) Guthrie, Sally W73	
	29.08	1:01.73 (1:01.73)	1:35.15 (1:35.15)	2:08.84 (2:08.84)	
	2:41.89 (33.05)	3:18.16 (1:09.32)	3:56.38 (1:47.54)	4:33.25 (2:24.41)	
	5:07.24 (33.99)	5:43.96 (1:10.71)	6:21.36 (1:48.11)	6:57.83 (2:24.58)	
	7:35.77 (37.94)	8:17.88 (1:20.05)	8:59.76 (2:01.93)	9:41.89 (2:44.06)	
2	Marcia's Enthusiastic Masters-38	A	11:45.00	11:08.98	38
	1) Schley, Kelly W43	2) Doyle, Nia W42	3) Chien, Regina W36	4) Woodworth, Kathryn W36	
	36.94	1:17.84 (1:17.84)	2:01.31 (2:01.31)	2:43.32 (2:43.32)	
	3:22.48 (39.16)	4:05.47 (1:22.15)	4:50.35 (2:07.03)	5:34.44 (2:51.12)	
	6:15.60 (41.16)	7:03.40 (1:28.96)	7:49.39 (2:14.95)	8:33.22 (2:58.78)	
	9:08.09 (34.87)	9:47.03 (1:13.81)	10:27.93 (1:54.71)	11:08.98 (2:35.76)	

Women 35+ 400 Yard Medley Relay

NATL: 4:04.48 ! 2/1/2015

NCMS

PAC: 4:21.26 @ 12/31/1996

J STRINGER, K LINDAUER, A UHL, E BRAUN

STAN

Kim Carlisle, Eileen Wall, Lloyd, Lewis

1	Davis Aquatic Masters-38	A	4:45.10	4:56.99	42
	1) Rieger, Amy W61	2) Goldberg, Michelle W54	3) Nehrebecki, Helene W43	4) Russell, Jane W59	
	32.91	1:08.06 (1:08.06)	1:49.99 (41.93)	2:34.80 (1:26.74)	
	3:10.01 (35.21)	3:48.60 (1:13.80)	4:21.59 (32.99)	4:56.99 (1:08.39)	
2	Santa Rosa Masters-38	A	5:09.99	5:04.80	38
	1) Jones, Sara W54	2) Bulman, Robin W57	3) Rueda, Marcela W41	4) Nelson, Sheila W54	
	38.34	1:18.93 (1:18.93)	1:56.84 (37.91)	2:41.47 (1:22.54)	
	3:16.45 (34.98)	3:57.42 (1:15.95)	4:29.91 (32.49)	5:04.80 (1:07.38)	
3	Marcia's Enthusiastic Masters-38	A	5:55.00	5:34.44	36
	1) Doyle, Nia W42	2) Hahnel, Carrie W44	3) Schley, Kelly W43	4) Burger, Clare W55	
	43.80	1:28.78 (1:28.78)	2:07.76 (38.98)	2:51.34 (1:22.56)	
	3:32.75 (41.41)	4:22.20 (1:30.86)	4:56.26 (34.06)	5:34.44 (1:12.24)	
4	Rolling Hills Mud Sharks-38	A	6:00.00	5:48.70	34
	1) Hepworth, Linda W69	2) Flynn, Beth W60	3) McCullough, Juliette W41	4) Mammoser, Mary P W60	
	44.97	1:32.17 (1:32.17)	2:19.51 (47.34)	3:12.17 (1:40.00)	
	3:53.47 (41.30)	5:10.95 ()	5:48.70 ()		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Women 35+ 400 Yard Medley Relay)**

5	Marcia's Enthusiastic Masters-38	B	7:20.00	7:21.29	32
	1) Taylor, Opal W47	2) Lee, Jez W42	3) Lapidario, Millie W42	4) Gimbel, Erika W53	
	1:01.93	2:02.67 (2:02.67)	2:50.40 (47.73)	3:45.34 (1:42.67)	
	4:40.29 (54.95)	5:44.67 (1:59.33)	6:31.36 (46.69)	7:21.29 (1:36.62)	

Women 45+ 200 Yard Freestyle Relay

NATL: 1:40.44 ! 4/30/2011 COLORADO MASTER
K GARNIER, C SAPPEY, A SCOTT-KUBE, S VON DER LIPPE
PAC: 1:47.42 @ 12/31/2007 WCM
Roemer, McNamara, Crittenden, O'Brien

1	Walnut Creek Masters-38	A	1:55.00	2:00.58	42
	1) Heim-Bowen, Suzanne W64	2) Ongerth, Ann Michelle W48	3) Duggan, Karen W52	4) Zamanian, Alison W52	
	29.86	1:04.82 (34.96)	1:38.41 (33.59)	2:00.58 (22.17)	
2	Marcia's Enthusiastic Masters-38	A	2:04.00	2:06.21	38
	1) Moll, Jessica W50	2) Worthman, Catha W54	3) de la Torre, Yasuko W52	4) Shu, Vicki W54	
	31.96	1:03.38 (31.42)	1:34.86 (31.48)	2:06.21 (31.35)	
3	QuickSilver Masters-38	A	2:12.00	2:09.60	36
	1) Keighley, Carole W59	2) Nagaoka, Masako K W48	3) Tyler, Christine W60	4) Sterzer, Robin W58	
	30.44	1:00.94 (30.50)	1:38.37 (37.43)	2:09.60 (31.23)	

Women 45+ 400 Yard Freestyle Relay

NATL: 3:47.01 ! 1/19/2019 NORTH CAROLINA
A HOLLAND, S DUNN, J BUCKLEY, E BRAUN
PAC: 4:05.51 @ 12/31/2005 WCM
S Heim-Bowen, O Moore, P Landers, C O'Brien

1	Manatee Aquatic Masters Inc-38	A	4:24.99	4:21.74	42
	1) Cox, Juliet W55	2) Rothschild, Beccah W49	3) Perry, Rebecca W58	4) Rublein, Susanne W52	
	31.96	1:05.19 (1:05.19)	1:37.54 (32.35)	2:13.85 (1:08.66)	
	2:45.36 (31.51)	3:20.06 (1:06.21)	3:49.59 (29.53)	4:21.74 (1:01.68)	
2	Davis Aquatic Masters-38	A	4:40.10	4:50.21	38
	1) Guthrie, Sally W73	2) Phalen, Jennifer W58	3) Russell, Jane W59	4) Goldberg, Michelle W54	
	36.23	1:15.92 (1:15.92)	1:52.13 (36.21)	2:32.68 (1:16.76)	
	3:06.13 (33.45)	3:42.42 (1:09.74)	4:15.79 (33.37)	4:50.21 (1:07.79)	
3	Marcia's Enthusiastic Masters-38	A	6:20.00	6:00.69	36
	1) Voight, Tina M W53	2) Johnson, Carliane W58	3) McCormick, Ann W59	4) Carboni, Lisa W61	
	32.83	1:45.28 (1:45.28)	3:05.16 (1:19.88)	3:43.60 (1:58.32)	
	5:10.99 (1:27.39)	6:00.72 (2:17.12)	6:00.69 ()		

Women 45+ 400 Yard Medley Relay

NATL: 4:12.53 ! 4/11/2010 OREGON REIGN MA
V JENKINS, C CRABBE, A DELMAGE, K ANDRUS-HUGHES
PAC: 4:26.14 @ 12/31/2008 WCM
L Vidal, S Sotelo-Osborne, S, P Roemer

1	Manatee Aquatic Masters Inc-38	A	4:46.99	4:53.44	42
	1) Cox, Juliet W55	2) Rublein, Susanne W52	3) Perry, Rebecca W58	4) Rothschild, Beccah W49	
	36.03	1:13.07 (1:13.07)	1:49.84 (36.77)	2:30.53 (1:17.46)	
	3:05.71 (35.18)	3:43.07 (1:12.54)	4:16.80 (33.73)	4:53.44 (1:10.37)	
2	Walnut Creek Masters-38	A	4:55.00	5:31.62	38
	1) Duggan, Karen W52	2) Taylor, Catherine W60	3) Ongerth, Ann Michelle W48	4) Heim-Bowen, Suzanne W64	
	38.21	1:19.57 (1:19.57)	2:06.80 (47.23)	2:56.24 (1:36.67)	
	3:36.82 (40.58)	4:09.79 (1:13.55)	4:57.18 (47.39)	5:31.62 (1:21.83)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 55+ 200 Yard Freestyle Relay****NATL: 1:45.60 ! 4/29/2017****PALM BEACH MAST****PAC: 1:53.82 @ 4/29/2017****K PIPES, E JONES, K TREIBLE SLATON, C WENZEL****TAM****L Val, J Eisenman, B Wheeler, M Joyce**

1	Menlo Masters-38	A	1:57.99	2:03.35	42
	1) Matena, Jana W60	2) Feeley, Louise W64	3) Couch, Stephanie W58	4) Capen, Tasha W56	
	28.70	1:00.10 (31.40)	1:32.90 (32.80)	2:03.35 (30.45)	
2	Rolling Hills Mud Sharks-38	A	2:17.00	2:15.26	38
	1) Mammoser, Mary P W60	2) Viscardi, Josie W58	3) Hepworth, Linda W69	4) Flynn, Beth W60	
	30.74	1:05.19 (34.45)	1:40.01 (34.82)	2:15.26 (35.25)	
3	Marcia's Enthusiastic Masters-38	A	2:55.00	3:03.85	36
	1) Jacobs, Lois W79	2) Johnson, Julie W65	3) Benjamin, Marcia W66	4) Cavalli, Christina W55	
	1:54.51	2:28.90 (34.39)	3:03.93 (35.03)	3:03.85 ()	
4	University of San Francisco Ma-38	A	2:59.00	3:05.03	34
	1) Dunn, Audrey W69	2) Cohn, Darcy C W72	3) Chaitkin, Lauren W78	4) Macleod, Pascale I W58	
	45.58	1:31.52 (45.94)	3:05.44 (1:33.92)	3:05.03 ()	

Women 55+ 400 Yard Freestyle Relay**NATL: 3:58.86 ! 4/2/2022****NORTH BAY AQUAT****PAC: 3:58.86 @ 4/2/2022****SARAH QUICK, ANDREA SALMI, DEA CRISTEA, KIM OSTER****NBA****S Quick, A Salmi, D Cristea, K Oster**

1	North Bay Aquatics-38	A	4:12.00	4:05.83	42
	1) Salmi, Andrea W58	2) Quick, Sarah W59	3) Lewis, Melissa W57	4) Curry, Coleen W62	
	29.07	59.43 (59.43)	1:27.26 (27.83)	1:57.67 (58.24)	
	2:29.38 (31.71)	3:03.53 (1:05.86)	3:33.55 (30.02)	4:05.83 (1:02.30)	
2	Menlo Masters-38	A	4:54.99	4:43.31	38
	1) Capen, Tasha W56	2) Couch, Stephanie W58	3) Renner, Janet W61	4) Matena, Jana W60	
	33.63	1:10.60 (1:10.60)	1:45.60 (35.00)	2:22.80 (1:12.20)	
	2:59.69 (36.89)	3:38.47 (1:15.67)	4:09.56 (31.09)	4:43.31 (1:04.84)	
3	Walnut Creek Masters-38	A	5:40.00	5:24.12	36
	1) Heim-Bowen, Suzanne W64	2) Scott, Stephanie W76	3) Taylor, Catherine W60	4) Collins, Susan W73	
	31.23	1:04.59 (1:04.59)	1:46.91 (42.32)	2:35.92 (1:31.33)	
	3:13.20 (37.28)	3:53.09 (1:17.17)	4:36.43 (43.34)	5:24.12 (1:31.03)	
4	Manatee Aquatic Masters Inc-38	A	6:02.99	5:56.21	34
	1) Scherr, Dove W62	2) Mc Partland, Peg W80	3) Caso, Susie W76	4) Shaps, Ruth W75	
	36.15	1:16.45 (1:16.45)	2:06.37 (49.92)	3:01.10 (1:44.65)	
	3:47.72 (46.62)	4:41.25 (1:40.15)	5:17.00 (35.75)	5:56.21 (1:14.96)	

Women 55+ 800 Yard Freestyle Relay**NATL: 8:43.94 ! 4/1/2022****NORTH BAY AQUAT****PAC: 8:43.94 @ 4/1/2022****ANDREA SALMI, SARAH QUICK, BRENDA LEIN, KIM OSTER****NBA****A Salmi, S Quick, B Lein, K Oster**

1	Marcia's Enthusiastic Masters-38	A	14:00.00	13:44.36	42
	1) Carboni, Lisa W61	2) Benjamin, Marcia W66	3) McCormick, Ann W59	4) Cavalli, Christina W55	
	49.11	1:44.17 (1:44.17)	2:41.05 (2:41.05)	3:34.97 (3:34.97)	
	4:15.41 (40.44)	4:58.79 (1:23.82)	5:43.88 (2:08.91)	7:25.70 (3:50.73)	
	8:31.79 (1:06.09)	9:38.01 (2:12.31)	10:43.19 (3:17.49)	11:20.84 (3:55.14)	
	12:02.45 (41.61)	12:45.05 (1:24.21)	13:26.61 (2:05.77)	13:44.36 (2:23.52)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 55+ 400 Yard Medley Relay**

NATL: 4:38.48 ! 4/26/2013

UCLA BRUIN MAST

PAC: 4:42.63 @ 4/2/2022

K EINSIDLER, J COOK, C CIRAULO, V HIBBEN

NBS

D Cristea, K Oster, S Quick, A Salmi

1	North Bay Aquatics-38	A	4:47.00	4:54.32	42
	1) Cristea, Dea W60	2) Coomber, Molly W57	3) Oliver, April A W61	4) Quick, Sarah W59	
	36.57	1:15.25 (1:15.25)	1:56.56 (41.31)	2:39.05 (1:23.80)	
	3:15.79 (36.74)	3:56.38 (1:17.33)	4:24.59 (28.21)	4:54.32 (57.94)	
2	Menlo Masters-38	A	5:14.99	5:22.21	38
	1) Couch, Stephanie W58	2) Matena, Jana W60	3) Renner, Janet W61	4) Capen, Tasha W56	
	39.15	1:19.59 (1:19.59)	1:58.08 (38.49)	2:42.28 (1:22.69)	
	3:24.42 (42.14)	4:10.55 (1:28.27)	4:44.72 (34.17)	5:22.21 (1:11.66)	
3	Davis Aquatic Masters-38	A	5:15.10	6:43.38	36
	1) Westergaard, Leslie W80	2) Phalen, Jennifer W58	3) Guthrie, Sally W73	4) Gill, Kathy W69	
		2:33.35 ()	3:23.13 ()		
	4:07.10 (43.97)	5:49.18 ()	6:43.38 ()		
4	Manatee Aquatic Masters Inc-38	A	7:04.99	7:15.68	34
	1) Shaps, Ruth W75	2) Caso, Susie W76	3) Scherr, Dove W62	4) Mc Partland, Peg W80	
	44.81	1:31.56 (1:31.56)	2:31.91 (1:00.35)	3:38.25 (2:06.69)	
	4:25.74 (47.49)	5:29.30 (1:51.05)	6:21.30 (52.00)	7:15.68 (1:46.38)	
5	Marcia's Enthusiastic Masters-38	A	7:30.00	7:21.44	32
	1) McCormick, Ann W59	2) Benjamin, Marcia W66	3) Johnson, Carliane W58	4) Carboni, Lisa W61	
	1:00.50	2:06.16 (2:06.16)	2:56.81 (50.65)	3:53.03 (1:46.87)	
	4:39.87 (46.84)	5:42.84 (1:49.81)	6:30.36 (47.52)	7:21.44 (1:38.60)	

Women 65+ 200 Yard Freestyle Relay

NATL: 1:57.98 ! 3/30/2019

NORTH TEXAS LON

PAC: 1:51.63 @ 4/26/2019

J COLE, J WOOLSLAYER, K MACCURDY, C MCKELVEY

TAM

R Burns, L Val, J Eisenman, A Bernard

1	Menlo Masters-38	A	2:24.99	2:42.97	42
	1) Strauss, Judy W68	2) Pinto, Rebecca W68	3) Schwartz, Judith W68	4) Gillon, Jean W71	
	41.08	1:17.84 (36.76)	1:57.97 (40.13)	2:42.97 (45.00)	
2	University of San Francisco Ma-38	A	3:50.00	3:45.09	38
	1) Pashelinsky, Erin W75	2) Niccolls, Dorothy W69	3) Gregor, Barbara W65	4) Hagiwara, Tanako W84	
	1:39.58	2:33.57 (53.99)	3:45.63 (1:12.06)	3:45.09 ()	

Women 65+ 400 Yard Freestyle Relay

NATL: 4:27.54 ! 3/31/2019

NORTH TEXAS LON

PAC: 5:38.60 @ 4/13/2015

J COLE, J WOOLSLAYER, K MACCURDY, C MCKELVEY

WCM

S Collins, S Scott, M Hill, M Alexander

1	University of San Francisco Ma-38	A	7:00.00	6:50.27	42
	1) Dunn, Audrey W69	2) Byrnes, Barbara W66	3) Chaitkin, Lauren W78	4) Cohn, Darcy C W72	
	49.05	1:41.25 (1:41.25)	2:29.05 (47.80)	3:23.62 (1:42.37)	
	4:19.33 (55.71)	5:18.22 (1:54.60)	6:03.20 (44.98)	6:50.27 (1:32.05)	
2	University of San Francisco Ma-38	B	8:00.00	7:15.64	38
	1) Niccolls, Dorothy W69	2) Cericola, Patricia W66	3) Pashelinsky, Erin W75	4) Hagiwara, Tanako W84	
	48.03	1:39.97 (1:39.97)	2:31.86 (51.89)	3:32.83 (1:52.86)	
	4:42.91 (1:10.08)	5:57.42 (2:24.59)	6:34.11 (36.69)	7:15.64 (1:18.22)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Women 65+ 800 Yard Freestyle Relay**

NATL: 9:55.65 ! 2/11/2023

SARASOTA SHARKS

N KRYKA, M EARLY, J GRAY, K EINSIDLER

PAC: 12:45.66 @ 12/31/1996

WCM

B McMillan, E Rogers, B Barabash, A Hirsch

1	University of San Francisco Ma-3:	A	14:59.00	14:31.45	42
	1) Byrnes, Barbara W66	2) Chaitkin, Lauren W78	3) Cohn, Darcy C W72	4) Dunn, Audrey W69	
	56.14	1:57.99 (1:57.99)	3:01.56 (3:01.56)	4:02.73 (4:02.73)	
	4:52.79 (50.06)	5:47.74 (1:45.01)	6:42.76 (2:40.03)	7:34.89 (3:32.16)	
	8:25.83 (50.94)	9:22.84 (1:47.95)	10:22.18 (2:47.29)	11:18.19 (3:43.30)	
	12:03.28 (45.09)	12:52.59 (1:34.40)	13:42.60 (2:24.41)	14:31.45 (3:13.26)	
2	University of San Francisco Ma-3:	B	15:59.00	17:40.37	38
	1) Niccolls, Dorothy W69	2) Hagiwara, Tanako W84	3) Campbell, Martha W74	4) Pashelinsky, Erin W75	
	56.14	2:00.68 (2:00.68)	3:04.31 (3:04.31)		
	5:16.09 ()	6:34.55 ()	7:54.88 ()	9:10.53 ()	
	10:21.22 (1:10.69)	11:35.24 (2:24.71)	12:50.13 (3:39.60)	14:05.95 (4:55.42)	
	14:53.63 (47.68)	15:49.51 (1:43.56)	16:46.46 (2:40.51)	17:40.37 (3:34.42)	

Women 65+ 400 Yard Medley Relay

NATL: 5:27.83 ! 5/6/2017

VIRGINIA MASTER

M BARRY, B BOSLEGO, S LOFTUS-CHARLEY, K UMBDENSTOC

PAC: 6:27.30 @ 12/31/2012

DAM

L Westergaard, T Davison, S Munn, Calnek-Morris

1	Menlo Masters-38	A	6:29.99	6:52.36	42
	1) Gillon, Jean W71	2) Barnea, Daniela W78	3) Pinto, Rebecca W68	4) Dutro, Cynthia W74	
	55.59	1:54.25 (1:54.25)	2:43.50 (49.25)	3:37.77 (1:43.52)	
	4:25.06 (47.29)	4:49.19 (1:11.42)	5:16.00 (26.81)	6:52.36 (2:03.17)	
2	University of San Francisco Ma-3:	A	8:15.00	7:58.06	38
	1) Dunn, Audrey W69	2) Byrnes, Barbara W66	3) Chaitkin, Lauren W78	4) Cohn, Darcy C W72	
	1:05.84	2:15.78 (2:15.78)	3:15.01 (59.23)	4:23.23 (2:07.45)	
	5:14.98 (51.75)	6:19.04 (1:55.81)	7:06.96 (47.92)	7:58.06 (1:39.02)	
3	University of San Francisco Ma-3:	B	9:59.00	8:50.28	36
	1) Niccolls, Dorothy W69	2) Cericola, Patricia W66	3) Pashelinsky, Erin W75	4) Hagiwara, Tanako W84	
	59.43	3:12.92 ()	5:18.50 ()		
	6:21.63 (1:03.13)	7:33.83 ()	8:50.28 ()		

Men 18+ 200 Yard Freestyle Relay

NATL: 1:18.32 ! 5/22/2010

NORTH CAROLINA

N BRUNELLI, C JONES, N WESTBY, J SKUBA

PAC: 1:19.37 @ 5/3/2014

TOC

A Ervin, W Copeland, Nolan Koon, K Ferguson

1	Marcia's Enthusiastic Masters-38	A	1:46.00	1:41.17	42
	1) Chan, Darien M24	2) Chen, Jacky M29	3) Torres, Emmanuel M36	4) Harding, Keevan M32	
	24.00	48.73 (24.73)	1:15.43 (26.70)	1:41.17 (25.74)	
2	Club Hot Tub-38	A	1:47.99	1:41.21	38
	1) Song, Benjamin M23	2) Song, Andrew M28	3) Petersen, Adam M41	4) Reeves, Gevan M56	
	23.59	47.09 (23.50)	1:12.59 (25.50)	1:41.21 (28.62)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 18+ 400 Yard Freestyle Relay**

NATL: 3:01.60 ! 2/13/2016

GOLDEN ROAD AQU

PAC: 3:12.89 @ 4/8/2017

M MARSHALL, N KORTH, M JABEN, T COX

MEMO

Q Cooper, Andrew Seitz, Ryan C Jones, T Greg

1	University of San Francisco Ma-3i	A	3:45.00	3:37.57	42
	1) Teshima, Ryan M23	2) Lopez, Samuel M22	3) Berry-Weiss, Sky M23	4) Perey, Trevor M23	
	25.39	51.78 (51.78)	1:17.97 (26.19)	1:47.60 (55.82)	
	2:16.23 (28.63)	2:48.39 (1:00.79)	3:11.60 (23.21)	3:37.57 (49.18)	
2	Club Hot Tub-38	A	3:59.90	3:45.28	38
	1) Burger, John M53	2) Song, Andrew M28	3) Song, Benjamin M23	4) Justeson, Jeff M64	
	29.40	1:01.06 (1:01.06)	1:26.47 (25.41)	1:55.14 (54.08)	
	2:20.10 (24.96)	2:47.19 (52.05)	3:15.25 (28.06)	3:45.28 (58.09)	

Men 18+ 400 Yard Medley Relay

NATL: 3:24.55 ! 4/2/2016

ARIZONA MASTERS

PAC: 3:34.08 @ 12/31/1992

D ADALSTEINSSON, D KNITTLE, B CREAGER, Z DALBY

USF

G Yang, J Harlow, M Fiorito, G Mackem

1	Club Hot Tub-38	A	3:51.50	3:52.81	42
	1) LI, Lawrence M29	2) Cory, Nikolas M24	3) Nagendraprasad, Siddarth M35	4) Eckles, Ryan M25	
	28.10	57.66 (57.66)	1:27.29 (29.63)	2:00.68 (1:03.02)	
	2:27.93 (27.25)	3:01.72 (1:01.04)	3:25.41 (23.69)	3:52.81 (51.09)	
2	University of San Francisco Ma-3i	A	4:20.00	4:03.81	38
	1) Berry-Weiss, Sky M23	2) Teshima, Ryan M23	3) Perey, Trevor M23	4) Lopez, Samuel M22	
	34.48	1:12.80 (1:12.80)	1:42.48 (29.68)	2:16.25 (1:03.45)	
	2:40.35 (24.10)	3:09.38 (53.13)	3:35.19 (25.81)	4:03.81 (54.43)	

Men 25+ 200 Yard Freestyle Relay

NATL: 1:19.71 ! 4/7/2018

RICE AQUATICS

PAC: 1:20.22 @ 4/30/2016

W WAGNER, A SURHOFF, D HILL, B COLLINS

TOC

J Leopold, S Greenwood, K Ferguson, A Saeta

1	University of San Francisco Ma-3i	A	1:45.00	1:32.28	42
	1) Rosati, Corso M29	2) Christensen, Jon M32	3) Hallman, Kevin M33	4) Adams, Kyle M32	
	23.68	46.79 (23.11)	1:10.52 (23.73)	1:32.28 (21.76)	
2	Walnut Creek Masters-38	A	1:40.00	1:36.71	38
	1) Warner, Jason M36	2) Rogers, Louis M34	3) Gu, Yue Shen M30	4) Rico, Daniel M26	
	24.28	47.80 (23.52)	1:13.68 (25.88)	1:36.71 (23.03)	
3	Club Hot Tub-38	A	1:58.90	1:56.62	36
	1) Branson, Christopher M48	2) Dillon, Aaron M47	3) Wallace, Michael M54	4) Chien, Kendall M33	
	30.20	56.64 (26.44)	1:27.15 (30.51)	1:56.62 (29.47)	

Men 25+ 400 Yard Freestyle Relay

NATL: 2:56.95 ! 4/8/2018

RICE AQUATICS

PAC: 3:12.22 @ 4/8/2017

W WAGNER, A SURHOFF, B COLLINS, D HILL

MEMO

P R Kline, David A Banks, Zachary Zlotoff, R

1	Club Hot Tub-38	A	3:48.50	3:39.88	42
	1) Slattengren, Cory M45	2) Samuels, Warren M62	3) Nagendraprasad, Siddarth M35	4) LI, Lawrence M29	
	26.49	55.55 (55.55)	1:22.32 (26.77)	1:50.65 (55.10)	
	2:16.52 (25.87)	2:45.32 (54.67)	3:11.27 (25.95)	3:39.88 (54.56)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 25+ 400 Yard Freestyle Relay)**

2	Marcia's Enthusiastic Masters-38	A	4:17.00	4:04.30	38
	1) Chen, Jacky M29	2) Wada, Ellison M43	3) Chien, Rex M35	4) Torres, Emmanuel M36	
	27.29	57.28 (57.28)	1:26.74 (29.46)	2:00.61 (1:03.33)	
	2:31.02 (30.41)	3:04.86 (1:04.25)	3:32.67 (27.81)	4:04.30 (59.44)	
3	Manatee Aquatic Masters Inc-38	A	4:46.99	4:38.73	36
	1) White, Myles J M26	2) Kren, Alan M70	3) Fitschen, Gary M77	4) Cutting, Steve M65	
	27.97	58.78 (58.78)	1:36.30 (37.52)	2:17.86 (1:19.08)	
	2:55.35 (37.49)	3:37.71 (1:19.85)	4:06.89 (29.18)	4:38.73 (1:01.02)	

Men 25+ 800 Yard Freestyle Relay**NATL: 6:33.89 ! 4/7/2018****RICE AQUATICS****B COLLINS, W WAGNER, D HILL, A SURHOFF****PAC: 7:35.30 @ 12/31/2010****DAM****M Callaghan, D Miller, M Roper, B Fell**

1	University of San Francisco Ma-31	A	7:59.00	8:07.79	42
	1) Valentine, Matthew A M28	2) Adams, Kyle M32	3) Salomaa, Jari M45	4) Donlon, Kevin M44	
	27.67	57.85 (57.85)	1:27.84 (1:27.84)	1:55.93 (1:55.93)	
	2:25.02 (29.09)	2:57.44 (1:01.51)	3:31.52 (1:35.59)	4:05.33 (2:09.40)	
	4:35.30 (29.97)	5:08.88 (1:03.55)	5:43.63 (1:38.30)	6:17.85 (2:12.52)	
	6:42.40 (24.55)	7:09.94 (52.09)	7:38.41 (1:20.56)	8:07.79 (1:49.94)	
2	Club Hot Tub-38	A	13:29.50	11:00.58	38
	1) Corpus, Dale M45	2) Oneill, Dave M62	3) Chien, Kendall M33	4) Perrone, Paul M40	
	33.59	1:11.45 (1:11.45)	1:51.54 (1:51.54)	2:30.36 (2:30.36)	
	3:43.34 (1:12.98)	4:24.32 (1:53.96)	5:11.95 (2:41.59)	5:27.06 (2:56.70)	
	6:22.81 (55.75)	7:04.30 (1:37.24)	7:47.39 (2:20.33)	8:30.49 (3:03.43)	
	9:20.83 (50.34)	10:14.54 (1:44.05)	11:00.95 (2:30.46)	11:00.58 (2:30.09)	

Men 25+ 400 Yard Medley Relay**NATL: 3:17.17 ! 4/7/2018****RICE AQUATICS****A SURHOFF, E FRIEDLAND, B COLLINS, W WAGNER****PAC: 3:33.48 @ 4/8/2017****MEMO****P Kline, R Ward, T Gregory, R Jones**

1	Club Hot Tub-38	A	4:24.50	4:27.27	42
	1) Burger, John M53	2) Song, Andrew M28	3) Slattengren, Cory M45	4) Chien, Kendall M33	
	34.32	1:12.50 (1:12.50)	1:43.95 (31.45)	2:18.65 (1:06.15)	
	2:45.65 (27.00)	3:18.39 (59.74)	3:52.07 (33.68)	4:27.27 (1:08.88)	
2	Marcia's Enthusiastic Masters-38	A	4:58.00	4:35.10	38
	1) Chen, Jacky M29	2) Song, Jimmy M40	3) Torres, Emmanuel M36	4) Chien, Rex M35	
	32.42	1:08.88 (1:08.88)	1:44.26 (35.38)	2:22.70 (1:13.82)	
	2:53.59 (30.89)	3:32.24 (1:09.54)	4:02.20 (29.96)	4:35.10 (1:02.86)	
3	Manatee Aquatic Masters Inc-38	A	4:44.99	4:54.84	36
	1) Cutting, Steve M65	2) Law, David M37	3) White, Myles J M26	4) Fitschen, Gary M77	
	33.89	1:08.55 (1:08.55)	1:43.67 (35.12)	2:24.57 (1:16.02)	
	2:55.47 (30.90)	3:34.06 (1:09.49)	4:12.08 (38.02)	4:54.84 (1:20.78)	

Men 35+ 200 Yard Freestyle Relay**NATL: 1:23.32 ! 5/29/2010****LONGHORN AQUATI****T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN****PAC: 1:24.59 @ 5/13/2018****TOC****T J Wang, T T Holsman, M T Marshall, S C Greenwood**

1	Menlo Masters-38	A	1:45.99	1:40.39	42
	1) Leimkuhler, Kyle M35	2) Tom, Daniel M59	3) Anderson, Thomas M61	4) Bott, Nick M40	
	24.98	50.53 (25.55)	1:17.76 (27.23)	1:40.39 (22.63)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 35+ 200 Yard Freestyle Relay)**

2	Club Hot Tub-38	A	1:53.45	1:50.03	38
	1) Samuels, Warren M62	2) Ishaug, Brian E M53	3) Navarro II, Mario A M59	4) Tofanelli, Chris M41	
	26.38	53.05 (26.67)	1:21.86 (28.81)	1:50.03 (28.17)	
3	Marcia's Enthusiastic Masters-38	A	1:52.00	1:55.14	36
	1) Downey, Patrick M55	2) Song, Jimmy M40	3) Ramirez, Brent M43	4) Wada, Ellison M43	
	29.19	58.06 (28.87)	1:25.56 (27.50)	1:55.14 (29.58)	
4	University of San Francisco Ma-38	A	1:59.00	2:06.70	34
	1) Arias, Bernard M53	2) Ewing, Jack M62	3) Bucy, John M44	4) Langner, Mikael M54	
	33.67	1:06.49 (32.82)	1:39.58 (33.09)	2:06.70 (27.12)	

Men 35+ 400 Yard Freestyle Relay**NATL: 3:06.12 ! 5/30/2010 LONGHORN AQUATI****T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN****PAC: 3:24.79 @ 12/31/1999 WCM****John Ring, Baker, Kerry O'Brien, Pat Duggan**

1	University of San Francisco Ma-38	A	5:15.00	3:44.35	42
	1) Salomaa, Jari M45	2) Samotyj, John M42	3) Harrington, Matt M52	4) Fuzellier, Matthieu M43	
	28.61	59.79 (59.79)	1:24.29 (24.50)	1:51.26 (51.47)	
	2:16.81 (25.55)	2:46.07 (54.81)	3:13.30 (27.23)	3:44.35 (58.28)	
2	Menlo Masters-38	A	3:59.99	3:47.26	38
	1) Saywell, Scott M49	2) Kinney, Eric M53	3) Leimkuhler, Kyle M35	4) Bott, Nick M40	
	27.86	58.83 (58.83)	1:30.65 (31.82)	2:04.24 (1:05.41)	
	2:29.19 (24.95)	2:56.92 (52.68)	3:20.95 (24.03)	3:47.26 (50.34)	
3	Club Hot Tub-38	A	4:11.90	4:17.06	36
	1) Branson, Christopher M48	2) Frakes, Page M51	3) Tofanelli, Chris M41	4) Petersen, Adam M41	
	33.38	1:08.52 (1:08.52)	1:38.99 (30.47)	2:14.71 (1:06.19)	
	2:45.39 (30.68)	3:19.80 (1:05.09)	3:46.54 (26.74)	4:17.06 (57.26)	

Men 35+ 800 Yard Freestyle Relay**NATL: 6:56.69 ! 5/4/2007 TEAM TYR****D WEGNER, S HUBBARD, C BEACH, E HOCHSTEIN****PAC: 7:35.96 @ 12/31/1998 USF****C Waters, Richard Garrett, Dean Panzica, T Harvey**

1	Marcia's Enthusiastic Masters-38	A	9:15.00	9:19.43	42
	1) Wehmann, Todd M50	2) Song, Jimmy M40	3) Chien, Rex M35	4) Torres, Emmanuel M36	
	30.38	1:03.23 (1:03.23)	1:36.58 (1:36.58)	2:10.41 (2:10.41)	
	2:26.87 (16.46)	2:43.04 (32.63)	3:20.32 (1:09.91)	3:58.94 (1:48.53)	
	4:37.38 (38.44)	5:09.44 (1:10.50)	5:44.45 (1:45.51)	6:23.28 (2:24.34)	
	7:02.13 (38.85)	7:32.97 (1:09.69)	8:07.23 (1:43.95)	9:19.43 (2:56.15)	
2	Club Hot Tub-38	A	9:37.50	9:33.43	38
	1) Sylvester, David J M56	2) Justeson, Jeff M64	3) Tofanelli, Chris M41	4) Frakes, Page M51	
	33.54	1:09.66 (1:09.66)	1:46.88 (1:46.88)	2:25.24 (2:25.24)	
	2:57.01 (31.77)	3:34.55 (1:09.31)	4:15.31 (1:50.07)	5:00.32 (2:35.08)	
	5:32.22 (31.90)	6:07.68 (1:07.36)	6:45.64 (1:45.32)	7:23.36 (2:23.04)	
	7:54.43 (31.07)	8:27.32 (1:03.96)	9:00.34 (1:36.98)	9:33.43 (2:10.07)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 35+ 400 Yard Medley Relay**

NATL: 3:28.46 ! 3/5/2009

LONGHORN AQUATI

PAC: 3:36.59 @ 4/18/2010

A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA

WCM

H Chao, R J Santos, K W Tittle, R Busquets

Rank	Team	Relay	Time	Points	
1	Menlo Masters-38	A	4:09.99	3:55.13	42
	1) Bott, Nick M40	2) Tom, Daniel M59	3) Taylor, Jonathan B M35	4) Leimkuhler, Kyle M35	
	27.51	56.32 (56.32)	1:28.13 (31.81)	2:03.94 (1:07.62)	
	2:30.98 (27.04)	3:03.03 (59.09)	3:27.87 (24.84)	3:55.13 (52.10)	
2	Davis Aquatic Masters-38	A	4:25.10	4:24.55	38
	1) Roper, Matt M42	2) Woodruff, David M66	3) Zachan, Matthew M37	4) Winsor, Brad M51	
	29.79	1:01.55 (1:01.55)	1:41.94 (40.39)	2:27.09 (1:25.54)	
	2:55.68 (28.59)	3:27.25 (1:00.16)	3:54.52 (27.27)	4:24.55 (57.30)	
3	University of San Francisco Ma-31	A	5:50.00	4:24.89	36
	1) Salomaa, Jari M45	2) Samotyj, John M42	3) Harrington, Matt M52	4) Fuzellier, Matthieu M43	
	28.20	58.67 (58.67)	1:31.18 (32.51)	2:06.98 (1:08.31)	
	2:42.28 (35.30)	3:24.83 (1:17.85)	3:53.41 (28.58)	4:24.89 (1:00.06)	
4	Santa Rosa Masters-38	A	4:36.99	4:34.39	34
	1) Wong, Eric K M42	2) Neidhoefer, Charles M56	3) Evans, Mark M65	4) Morales, John M65	
	31.30	1:05.67 (1:05.67)	1:41.51 (35.84)	2:20.42 (1:14.75)	
	2:52.39 (31.97)	3:28.47 (1:08.05)	4:01.36 (32.89)	4:34.39 (1:05.92)	
5	Club Hot Tub-38	A	5:15.55	5:03.71	32
	1) Frakes, Page M51	2) Corpus, Dale M45	3) Tofaneli, Chris M41	4) Perrone, Paul M40	
	35.83	1:15.77 (1:15.77)	1:52.56 (36.79)	2:34.79 (1:19.02)	
	3:05.30 (30.51)	3:40.88 (1:06.09)	4:20.68 (39.80)	5:03.71 (1:22.83)	

Men 45+ 200 Yard Freestyle Relay

NATL: 1:27.70 ! 5/4/2008

ARIZONA MASTERS

PAC: 1:31.58 @ 4/25/2015

JOHN SMITH, AL JAEGER, PAUL HAFNER, PAUL SMITH

WAMS

S Trimble, David S Cunniff, Mace P Volzing,

Rank	Team	Relay	Time	Points	
1	Rolling Hills Mud Sharks-38	A	1:50.00	1:48.31	42
	1) Erickson, Douglas M51	2) Van Boer, Eric M68	3) Laudenslager, Greg M61	4) Nam, Jimmy M54	
	26.37	52.90 (26.53)	1:20.29 (27.39)	1:48.31 (28.02)	
2	Santa Clara Swim Club Masters-3	A	2:02.20	1:49.92	38
	1) Koehler, Frederick M63	2) Matsumura, Naoki M46	3) Clabaugh, Rene M63	4) Dugan, Bob M61	
	23.67	51.28 (27.61)	1:20.29 (29.01)	1:49.92 (29.63)	
3	Marcia's Enthusiastic Masters-38	A	1:50.00	1:50.60	36
	1) Coombs, Craig M62	2) Lehnert, Ahren M49	3) Wehmann, Todd M50	4) Jegers, Daniel M53	
	29.57	57.82 (28.25)	1:24.70 (26.88)	1:50.60 (25.90)	
4	Club Hot Tub-38	A	1:53.50	1:52.78	34
	1) Sylvester, David J M56	2) Greene, Brett M45	3) Slattengren, Cory M45	4) Eickhoff, Randy M57	
	32.15	1:00.10 (27.95)	1:25.22 (25.12)	1:52.78 (27.56)	

Men 45+ 400 Yard Freestyle Relay

NATL: 3:18.25 ! 5/7/2010

WILDCAT ALUMNI

PAC: 3:18.25 @ 12/31/2010

A JAEGER, T HARVILL, M VOLZING, D CUNIFF

WAMS

A Jaegers, T Harvill, M Volzing, D Cunniff

Rank	Team	Relay	Time	Points	
1	Club Hot Tub-38	A	3:59.90	4:00.61	42
	1) Eckert, Karl M55	2) Frydendahl, Jan M60	3) Sylvester, David J M56	4) Greene, Brett M45	
	28.05	58.26 (58.26)	1:27.63 (29.37)	1:58.71 (1:00.45)	
	2:30.29 (31.58)	3:03.58 (1:04.87)	3:30.93 (27.35)	4:00.61 (57.03)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Men 45+ 400 Yard Freestyle Relay)**

2	Santa Clara Swim Club Masters-3	A		5:00.00	4:19.62	38
	1) Koehler, Frederick M63	2) Dugan, Bob M61	3) Matsumura, Naoki M46	4) Clabaugh, Rene M63		
	33.12	1:07.61 (1:07.61)	1:39.94 (32.33)	2:15.04 (1:07.43)		
	2:44.36 (29.32)	3:15.66 (1:00.62)	3:47.63 (31.97)	4:19.62 (1:03.96)		
3	Marcia's Enthusiastic Masters-38	A		4:55.00	4:39.18	36
	1) Hertzler, Keith M49	2) Ngo, Minh M51	3) Rozendal, Michael A M49	4) Coombs, Craig M62		
	30.39	1:04.06 (1:04.06)	1:41.76 (37.70)	2:21.32 (1:17.26)		
	2:55.91 (34.59)	3:32.35 (1:11.03)	4:05.06 (32.71)	4:39.18 (1:06.83)		

Men 45+ 800 Yard Freestyle Relay

NATL: 7:22.85 ! 5/8/2010

WILDCAT ALUMNI

A JAEGER, S TRIMBLE, M VOLZING, D CUNNIFF

PAC: 7:22.85 @ 12/31/2010

WAMS

A Jaegers, S Trimble, M Volzing, D Cunniff

1	Club Hot Tub-38	A		8:44.50	8:36.29	42
	1) Asplund, Terry M57	2) Frydendahl, Jan M60	3) Greene, Brett M45	4) Thomas, Ken M61		
	28.99	1:00.51 (1:00.51)	1:33.25 (1:33.25)	2:07.52 (2:07.52)		
	2:26.98 (19.46)	3:09.33 (1:01.81)	3:42.30 (1:34.78)	4:15.50 (2:07.98)		
	4:31.27 (15.77)	5:17.24 (1:01.74)	5:50.82 (1:35.32)	6:24.09 (2:08.59)		
	6:53.17 (29.08)	7:26.13 (1:02.04)	8:00.79 (1:36.70)	8:36.29 (2:12.20)		
2	Menlo Masters-38	A		11:29.99	8:47.09	38
	1) Anderson, Thomas M61	2) De La Vega, Rafael M54	3) Kinney, Eric M53	4) Rosales-Delmoral, Romer M50		
	30.26	1:03.84 (1:03.84)	1:39.73 (1:39.73)	2:15.70 (2:15.70)		
	2:44.59 (28.89)	3:16.91 (1:01.21)	3:49.71 (1:34.01)	4:22.35 (2:06.65)		
	4:54.31 (31.96)	5:28.91 (1:06.56)	6:03.99 (1:41.64)	6:39.59 (2:17.24)		
	7:10.22 (30.63)	7:42.48 (1:02.89)	8:15.02 (1:35.43)	8:47.09 (2:07.50)		
3	University of San Francisco Ma-38	A		8:59.00	9:52.49	36
	1) Fama, Robert M65	2) Dyer, Dean S M54	3) Harrington, Matt M52	4) Langner, Mikael M54		
	28.61	1:00.53 (1:00.53)	1:38.09 (1:38.09)	2:19.44 (2:19.44)		
	2:55.82 (36.38)	3:34.86 (1:15.42)	4:14.91 (1:55.47)	4:51.99 (2:32.55)		
	5:24.71 (32.72)	6:02.83 (1:10.84)	6:43.68 (1:51.69)	7:23.61 (2:31.62)		
	7:57.54 (33.93)	8:35.20 (1:11.59)	9:13.97 (1:50.36)	9:52.49 (2:28.88)		

Men 45+ 400 Yard Medley Relay

NATL: 3:38.41 ! 4/10/2010

TEXAS LONGHORN

N BREAZEALE, D GUTHRIE, A RASMUSSEN, M STINCHCOMBE

PAC: 3:44.04 @ 12/31/2010

WAMS

A Jaegers, S Trimble, T Harvill, D Cunniff

1	Santa Clara Swim Club Masters-3	A		5:05.50	5:01.50	42
	1) Clabaugh, Rene M63	2) Dugan, Bob M61	3) Matsumura, Naoki M46	4) Koehler, Frederick M63		
	40.00	1:21.61 (1:21.61)	2:02.63 (41.02)	2:47.85 (1:26.24)		
	3:18.03 (30.18)	3:51.51 (1:03.66)	4:25.82 (34.31)	5:01.50 (1:09.99)		
2	Menlo Masters-38	A		5:29.99	5:25.55	38
	1) Anderson, Bob M67	2) Saywell, Scott M49	3) Kinney, Eric M53	4) Sheeper, Tim M59		
	48.56	1:40.17 (1:40.17)	2:18.64 (38.47)	3:00.90 (1:20.73)		
	3:34.23 (33.33)		4:48.09 ()	5:25.55 ()		
3	Marcia's Enthusiastic Masters-38	A		6:30.00	5:35.40	36
	1) Ngo, Minh M51	2) Hertzler, Keith M49	3) Rozendal, Michael A M49	4) Treman, Jim M58		
	48.11	1:33.58 (1:33.58)	2:11.75 (38.17)	2:54.90 (1:21.32)		
	3:34.42 (39.52)	4:21.84 (1:26.94)	4:56.68 (34.84)	5:35.40 (1:13.56)		

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 55+ 200 Yard Freestyle Relay**

NATL: 1:32.18 ! 4/11/2009

OREGON MASTERS

PAC: 1:35.03 @ 4/14/2019

M TENNANT, D BROCKBANK, W EDWARDS, L PHILBRICK

WAMS

T Harvill, S Trimble, D Cunniff, A Jaegers

1	Walnut Creek Masters-38	A	1:45.00	1:48.91	42
	1) Remmert, Greg M60	2) Stahl, Stephen M58	3) Travale, John M55	4) Halbrecht, Kenneth M62	
	25.71	53.32 (27.61)	1:22.02 (28.70)	1:48.91 (26.89)	
2	Club Hot Tub-38	A	1:56.90	1:53.03	38
	1) Shaffer, Mike G M57	2) Frydendahl, Jan M60	3) Carpenter, Michael M58	4) Boegman, John M60	
	26.99	56.45 (29.46)	1:25.14 (28.69)	1:53.03 (27.89)	
3	Menlo Masters-38	A	2:09.99	2:23.42	36
	1) Crockett, Robert M74	2) Henig, Robert M66	3) Anderson, Bob M67	4) Hubbell, Robert M62	
	45.64	1:19.14 (33.50)	1:53.26 (34.12)	2:23.42 (30.16)	
4	University of San Francisco Ma-3	A	2:59.99	2:29.79	34
	1) Gregor, Eugene M62	2) Shalowitz, Jon M55	3) Wagner, Chris M63	4) Young, Stephen M64	
	42.00	1:26.29 (44.29)	2:00.44 (34.15)	2:29.79 (29.35)	

Men 55+ 400 Yard Freestyle Relay

NATL: 3:28.26 ! 3/28/2015

CMS

PAC: 3:28.57 @ 4/14/2019

K ANDERSON, M MANN, C PETERSEN, G SCOTT

WAMS

T Harvill, S Trimble, D Cunniff, A Jaegers

1	Club Hot Tub-38	A	3:47.70	3:47.32	42
	1) Shaffer, Mike G M57	2) Asplund, Terry M57	3) Eickhoff, Randy M57	4) Boegman, John M60	
	26.55	54.30 (54.30)	1:21.65 (27.35)	1:52.08 (57.78)	
	2:19.06 (26.98)	2:47.69 (55.61)	3:16.39 (28.70)	3:47.32 (59.63)	
2	Menlo Masters-38	A	5:14.99	5:28.89	38
	1) Sheeper, Tim M59	2) Crankshaw, David M67	3) Pinto, Harlan M65	4) Anderson, Bob M67	
	34.69	1:11.51 (1:11.51)	2:01.08 (49.57)	5:28.89 (1:52.07)	
	3:12.16 ()	3:36.82 ()	4:15.90 (39.08)		
3	Marcia's Enthusiastic Masters-38	A	6:40.00	5:35.70	36
	1) Wu, Long M57	2) Treman, Jim M58	3) Rentschler, Randy M62	4) Meyers, Walter M61	
	36.68	1:16.70 (1:16.70)	1:52.36 (35.66)	2:29.91 (1:13.21)	
	3:13.15 (43.24)	3:57.84 (1:27.93)	4:45.11 (47.27)	5:35.70 (1:37.86)	

Men 55+ 800 Yard Freestyle Relay

NATL: 7:42.24 ! 3/29/2015

CMS

PAC: 8:06.52 @ 4/12/2019

M MANN, C PETERSEN, G SCOTT, K ANDERSON

WAMS

A Jaegers, S Trimble, D Cunniff, T Pickett

1	Club Hot Tub-38	A	8:11.50	8:01.99@	42
	1) Shaffer, Mike G M57	2) Samuels, Warren M62	3) Eickhoff, Randy M57	4) Boegman, John M60	
	27.20	56.90 (56.90)	1:26.65 (1:26.65)	1:55.65 (1:55.65)	
	2:24.41 (28.76)	2:54.70 (59.05)	3:26.25 (1:30.60)	3:59.32 (2:03.67)	
	4:18.86 (19.54)	4:34.32 (35.00)	4:56.70 (57.38)	5:27.11 (1:27.79)	
	5:56.80 (29.69)	6:24.95 (57.84)	6:56.28 (1:29.17)	8:01.99 (2:34.88)	
2	Marcia's Enthusiastic Masters-38	A	13:20.00	12:44.38	38
	1) Coombs, Craig M62	2) Wu, Long M57	3) Rentschler, Randy M62	4) Meyers, Walter M61	
	34.71	1:13.95 (1:13.95)	1:55.20 (1:55.20)	2:36.62 (2:36.62)	
	3:16.55 (39.93)	4:00.67 (1:24.05)	4:44.84 (2:08.22)	5:27.68 (2:51.06)	
	6:13.01 (45.33)	7:05.31 (1:37.63)	8:04.77 (2:37.09)	8:58.53 (3:30.85)	
	9:50.75 (52.22)	10:52.05 (1:53.52)	11:49.38 (2:50.85)	12:44.38 (3:45.85)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010

Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023

Results

Men 55+ 400 Yard Medley Relay

NATL: 3:57.13 ! 3/28/2015 CMS

C PETERSEN, G SCOTT, M MANN, K ANDERSON

PAC: 4:02.91 @ 4/13/2019 WAMS

T Pickett, A Jaegers, T Harvill, D Cunniff

Rank	Club	Time	Relay	Time	Relay	Time	Relay	Time	Relay	Points
1	Club Hot Tub-38	B		4:18.95		4:22.52				42
	1) Reeves, Gevan M56		2) Samuels, Warren M62		3) Eickhoff, Randy M57		4) Boegman, John M60			
	35.42	1:12.37 (1:12.37)	1:47.34 (34.97)	2:26.61 (1:14.24)						
	2:54.06 (27.45)	3:25.60 (58.99)	3:52.55 (26.95)	4:22.52 (56.92)						
---	Club Hot Tub-38	A		4:12.50		DQ				
	1) Eckert, Karl M55		2) Navarro II, Mario A M59		3) Shaffer, Mike G M57		4) Asplund, Terry M57			
	36.88	1:17.20 (1:17.20)	1:55.62 (38.42)	2:39.36 (1:22.16)						
	3:07.65 (28.29)	3:39.35 (59.99)	4:12.56 (33.21)	DQ (1:10.08)						

Men 65+ 200 Yard Freestyle Relay

NATL: 1:37.90 ! 5/1/2022 LONE STAR MASTE

R NEVILLE, D HAGUE, J GOODING, B WILLIAMS

PAC: 1:41.41 @ 4/29/2017 TAM

R Burns, Alan D Bernard, John T Foote, Tate

Rank	Club	Time	Relay	Time	Relay	Time	Relay	Time	Relay	Points
1	Marcia's Enthusiastic Masters-38	A		2:35.00		2:22.93				42
	1) Small, Stephen M70		2) Benjamin, David M73		3) Senz, Doug E M70		4) Tsugawa, Peter M65			
	31.64	1:08.63 (36.99)	1:48.90 (40.27)	2:22.93 (34.03)						
2	University of San Francisco Ma-31	A		2:15.00		2:25.61				38
	1) Dahlin, Duke M74		2) Sapirstein, Julian M73		3) Ellis, Larry M76		4) Fama, Robert M65			
	34.82	1:04.86 (30.04)	1:57.21 (52.35)	2:25.61 (28.40)						

Men 65+ 400 Yard Freestyle Relay

NATL: 3:42.76 ! 4/1/2023 NORTH CAROLINA

J KLEIN, G SANCHEZ, J WASHBURN, P DENISON

PAC: 4:07.37 @ 4/5/2013 WCM

C Dennis, J Smyers, J DeLacy, M Piazza

Rank	Club	Time	Relay	Time	Relay	Time	Relay	Time	Relay	Points
1	Marcia's Enthusiastic Masters-38	A		5:20.00		5:00.64				42
	1) Small, Stephen M70		2) Benjamin, David M73		3) Tsugawa, Peter M65		4) Citron, Jeffrey M67			
	32.96	1:09.09 (1:09.09)	1:49.98 (40.89)	2:32.85 (1:23.76)						
	3:10.07 (37.22)	3:52.09 (1:19.24)	4:25.25 (33.16)	5:00.64 (1:08.55)						
2	University of San Francisco Ma-31	A		5:30.00		5:26.44				38
	1) Fama, Robert M65		2) Dahlin, Duke M74		3) Murray, Ed M73		4) Sapirstein, Julian M73			
	30.23	1:04.49 (1:04.49)	1:42.68 (38.19)	2:23.46 (1:18.97)						
	3:19.49 (56.03)	4:23.64 (2:00.18)	4:51.27 (27.63)	5:26.44 (1:02.80)						

Men 65+ 800 Yard Freestyle Relay

NATL: 8:26.49 ! 4/17/2021 SARASOTA SHARKS

J GROSELLE, R WALKER, K MCCORMACK, J BOATRIGHT

PAC: 10:42.09 @ 4/6/2018 USF

J Sapirstein, P Virtue, P Powers, D Dahlin

Rank	Club	Time	Relay	Time	Relay	Time	Relay	Time	Relay	Points
1	Marcia's Enthusiastic Masters-38	A		11:45.00		10:06.67 @				42
	1) Small, Stephen M70		2) Winterrowd, Dan M72		3) Tsugawa, Peter M65		4) Citron, Jeffrey M67			
	34.27	1:12.91 (1:12.91)	1:53.30 (1:53.30)	2:36.05 (2:36.05)						
	3:14.87 (38.82)	3:57.59 (1:21.54)	4:41.48 (2:05.43)	5:22.98 (2:46.93)						
	6:02.68 (39.70)	6:46.58 (1:23.60)	7:31.79 (2:08.81)	8:14.17 (2:51.19)						
	8:30.64 (16.47)	8:49.48 (35.31)	9:27.45 (1:13.28)	10:06.67 (1:52.50)						

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Men 65+ 400 Yard Medley Relay**

NATL: 4:07.24 ! 4/2/2022

LONE STAR MASTE

PAC: 4:42.13 @ 12/31/2012

T WOLF, R NEVILLE, J GOODING, B WILLIAMS

WCM

C Dennis, J Smyers, J DeLacy, R Olson

1	Marcia's Enthusiastic Masters-38	A	6:20.00	5:56.93	42
	1) Citron, Jeffrey M67	2) Benjamin, David M73	3) Tsugawa, Peter M65	4) Small, Stephen M70	
	40.92	1:22.89 (1:22.89)	2:11.29 (48.40)	3:06.47 (1:43.58)	
	3:50.43 (43.96)	4:43.63 (1:37.16)	5:18.95 (35.32)	5:56.93 (1:13.30)	
2	University of San Francisco Ma-3i	A	6:15.00	6:29.50	38
	1) Fama, Robert M65	2) Dahlin, Duke M74	3) Murray, Ed M73	4) Sapirstein, Julian M73	
	41.83	1:25.21 (1:25.21)	2:12.15 (46.94)	3:04.27 (1:39.06)	
	3:41.62 (37.35)	4:32.85 (1:28.58)	5:30.48 (57.63)	6:29.50 (1:56.65)	

Mixed 18+ 200 Yard Freestyle Relay

NATL: 1:24.76 ! 5/2/2014

THE OLYMPIC CLU

PAC: 1:24.76 @ 5/3/2014

N ADRIAN, K RAATZ, K KASTES, A ERVIN

TOC

N Adrian, K Raatz, K Kastes, A Ervin

1	University of San Francisco Ma-3i	A	1:50.00	1:40.30	42
	1) Huang, Jessica W38	2) Greenberg, Nicole W23	3) Perey, Trevor M23	4) Rosati, Winston M25	
	26.95	50.24 (23.29)	1:17.82 (27.58)	1:40.30 (22.48)	
2	Club Hot Tub-38	A	1:51.99	1:48.30	38
	1) Gjerde, Thomas M25	2) Cory, Nikolas M24	3) Loya, Antoinette W24	4) Romine, Terri W62	
	25.41	48.69 (23.28)	1:14.14 (25.45)	1:48.30 (34.16)	
3	QuickSilver Masters-38	A	2:30.00	2:29.09	36
	1) Kulkarni, Chetan M43	2) Garcia, Kathya W24	3) Buchanan, David M67	4) Cheung, Ruth W43	
	36.52	1:08.77 (32.25)	1:31.31 (22.54)	2:29.09 (57.78)	

Mixed 18+ 400 Yard Freestyle Relay

NATL: 3:14.92 ! 4/29/2016

CLUB TRIBE ALUM

PAC: 3:16.26 @ 4/29/2016

K GALLAGHER, K LOUGHRAN, K GRIER, G MIZERAK

TOC

C W Davis, Mikkel-Ane Stipe, M Ballenger, C

1	Club Hot Tub-38	A	3:48.50	3:37.29	42
	1) Eckles, Ryan M25	2) Cory, Nikolas M24	3) Loya, Antoinette W24	4) Cox, Kendalyn W23	
	23.90	50.55 (50.55)	1:13.96 (23.41)	1:41.28 (50.73)	
	2:08.88 (27.60)	2:37.97 (56.69)	3:05.36 (27.39)	3:37.29 (59.32)	
2	Walnut Creek Masters-38	A	3:40.00	3:43.61	38
	1) Zamanian, Alison W52	2) Larsen, Amy W23	3) Rogers, Louis M34	4) Warner, Jason M36	
	28.26	57.86 (57.86)	1:27.04 (29.18)	1:58.82 (1:00.96)	
	2:24.38 (25.56)	2:52.28 (53.46)	3:16.73 (24.45)	3:43.61 (51.33)	

Mixed 18+ 800 Yard Freestyle Relay

NATL: 7:21.24 ! 4/15/2018

CLUB TRIBE

PAC: 7:42.36 @ 12/31/2009

A GREENHALGH, E RYCZEK, J HENDERSON, A WUJCIAK

TVM

K Petersen, A Conway, C Droubay, L White

1	Walnut Creek Masters-38	A	8:45.00	9:04.53	42
	1) Heim-Bowen, Suzanne W64	2) Larsen, Amy W23	3) Stahl, Stephen M58	4) Brennan, Curtis M45	
	31.68	1:06.31 (1:06.31)	1:41.84 (1:41.84)	2:17.05 (2:17.05)	
	2:48.02 (30.97)	3:22.03 (1:04.98)	3:56.81 (1:39.76)	4:31.50 (2:14.45)	
	5:02.87 (31.37)	5:38.39 (1:06.89)	6:14.90 (1:43.40)	6:49.02 (2:17.52)	
	7:04.63 (15.61)	7:20.38 (31.36)	7:54.69 (1:05.67)	9:04.53 (2:15.51)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Mixed 18+ 800 Yard Freestyle Relay)**

2 Club Hot Tub-38	A	9:44.00	9:28.10	38
1) Cory, Nikolas M24	2) Petersen, Adam M41	3) Marullo, Rachel W39	4) Blok, Lori W55	
26.80	56.58 (56.58)	1:28.91 (1:28.91)	2:03.21 (2:03.21)	
2:32.65 (29.44)	3:06.66 (1:03.45)	3:42.59 (1:39.38)	4:18.34 (2:15.13)	
4:50.37 (32.03)	5:25.51 (1:07.17)	6:00.68 (1:42.34)	6:35.52 (2:17.18)	
7:13.42 (37.90)	7:56.62 (1:21.10)	8:42.90 (2:07.38)	9:28.10 (2:52.58)	

Mixed 18+ 400 Yard Medley Relay

NATL: 3:41.42 ! 4/15/2018 CLUB TRIBE
S GLASS, L SCHWARTZ, A GLASS, K GRIER
PAC: 3:51.46 @ 12/31/2009 TVM
C Droubay, M Stephens, A Conway, L White

1 Club Hot Tub-38	A	4:14.50	4:11.93	42
1) Sun, Tiffany W34	2) Song, Benjamin M23	3) Loya, Antoinette W24	4) Petersen, Adam M41	
30.65	1:04.83 (1:04.83)	1:38.65 (33.82)	2:18.08 (1:13.25)	
2:45.41 (27.33)	3:16.63 (58.55)	3:43.43 (26.80)	4:11.93 (55.30)	
2 Club Hot Tub-38	B	4:28.90	4:43.10	38
1) Marullo, Rachel W39	2) Greene, Brett M45	3) Smith, Ali W22	4) Frydendahl, Jan M60	
33.45	1:08.58 (1:08.58)	1:44.23 (35.65)	2:25.00 (1:16.42)	
2:58.55 (33.55)	3:43.10 (1:18.10)	4:12.16 (29.06)	4:43.10 (1:00.00)	
3 Richmond Plunge Masters-38	A	NT	4:54.75	36
1) Horan, Kevin M38	2) Chua, Brendan M37	3) Arteaga, Daniela W23	4) De Barros, Carolina W33	
31.22	1:03.68 (1:03.68)	1:42.02 (38.34)	2:23.42 (1:19.74)	
3:03.09 (39.67)	3:49.38 (1:25.96)	4:21.25 (31.87)	4:54.75 (1:05.37)	

Mixed 25+ 200 Yard Freestyle Relay

NATL: 1:27.70 ! 4/28/2017 THE OLYMPIC CLU
M BALLENGER, K RAATZ, M MARSHALL, S GREENWOOD
PAC: 1:27.70 @ 4/27/2017 TOC
M Ballenger, K Raatz, M Marshall, S Greenwood

1 University of San Francisco Ma-38	A	1:50.00	1:44.54	42
1) Chu, Christine W29	2) Ip, Hermes M26	3) Valentine, Matthew A M28	4) Rodman, Tanya W28	
28.98	52.31 (23.33)	1:16.12 (23.81)	1:44.54 (28.42)	
2 Davis Aquatic Masters-38	A	1:55.10	1:46.27	38
1) Nehrebecki, Helene W43	2) Koehl, Arthur M27	3) Crow, Vivian A W25	4) Zachan, Matthew M37	
27.57	53.49 (25.92)	1:21.13 (27.64)	1:46.27 (25.14)	
3 Tri Valley Masters-38	A	2:10.70	1:52.62	36
1) Schempp, Kyle M33	2) Mangold, Paul M59	3) Sitzmann, Amy W43	4) Radecke-Noble, Jennifer W38	
25.90	53.68 (27.78)	1:27.32 (33.64)	1:52.62 (25.30)	
4 Menlo Masters-38	A	1:55.99	1:57.41	34
1) De La Vega, Rafael M54	2) Singh, Jo W50	3) Zorowski, Rachel W28	4) Saywell, Scott M49	
27.65	1:05.04 (37.39)	1:31.73 (26.69)	1:57.41 (25.68)	
5 Club Hot Tub-38	A	2:12.98	1:59.28	32
1) Clark, Cynthia A W42	2) Le, Natalie W26	3) Corpus, Dale M45	4) Van Tuyl, Robert M54	
31.83	1:02.66 (30.83)	1:31.67 (29.01)	1:59.28 (27.61)	
6 Santa Cruz Masters Aquatics-38	A	2:16.00	2:08.46	30
1) Wilson, Joel M74	2) Bechhoefer, Marta W55	3) Rudebusch, Jane W31	4) Musch, Kim M67	
29.74	1:04.12 (34.38)	1:40.31 (36.19)	2:08.46 (28.15)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Mixed 25+ 400 Yard Freestyle Relay**

NATL: 3:16.12 ! 4/29/2016 THE OLYMPIC CLU

A SAETA, O'DONNELL-MCCARTH, K KASTES, C BURCKLE

PAC: 3:16.12 @ 4/29/2016 TOC

A Saeta, O'Donnell-McCart, K Kastes, C Burckle

1	University of San Francisco Ma-3!	A	3:55.00	3:41.66	42
	1) Petrakis, Danae W30	2) Valentine, Matthew A M28	3) Rodman, Tanya W28	4) Adams, Kyle M32	
	28.01	57.86 (57.86)	1:22.94 (25.08)	1:50.10 (52.24)	
	2:19.69 (29.59)	2:52.67 (1:02.57)	3:16.13 (23.46)	3:41.66 (48.99)	
2	Santa Cruz Masters Aquatics-38	A	3:48.80	3:46.68	38
	1) Thorp, Valerie W31	2) Hodges, Trent M36	3) Graeven, Rainey W34	4) Calhoun, Jack M33	
	28.39	58.75 (58.75)	1:26.05 (27.30)	1:57.80 (59.05)	
	2:23.96 (26.16)	2:53.45 (55.65)	3:19.51 (26.06)	3:46.68 (53.23)	
3	University of San Francisco Ma-3!	B	3:55.00	3:47.86	36
	1) Christensen, Jon M32	2) Hallman, Kevin M33	3) Petrakis, Kristina W33	4) Alexander, Margaret W33	
	26.84	56.57 (56.57)	1:24.66 (28.09)	1:55.52 (58.95)	
	2:25.73 (30.21)	2:59.12 (1:03.60)	3:22.84 (23.72)	3:47.86 (48.74)	
4	Santa Clara Swim Club Masters-3	A	4:04.40	4:03.96	34
	1) Smith, Grayson M29	2) DeMasi, Amy W60	3) Wong, Lauren W28	4) Boscacci, David M67	
	25.06	50.59 (50.59)	1:24.05 (33.46)	2:00.44 (1:09.85)	
	2:29.03 (28.59)	2:59.52 (59.08)	3:30.77 (31.25)	4:03.96 (1:04.44)	
5	Tri Valley Masters-38	A	4:41.50	4:17.24	32
	1) Burch, Katie W45	2) Mangold, Paul M59	3) Sitzmann, Amy W43	4) Schempp, Kyle M33	
	32.30	1:07.23 (1:07.23)	1:36.82 (29.59)	2:09.64 (1:02.41)	
	2:43.37 (33.73)	3:27.34 (1:17.70)	4:17.29 (49.95)	4:17.24 (49.90)	
6	Santa Cruz Masters Aquatics-38	B	4:37.00	4:35.10	30
	1) Wilson, Joel M74	2) Hertzler, Cynthia W53	3) Rudebusch, Jane W31	4) Nagel, Roland M60	
	31.07	1:04.68 (1:04.68)	1:36.73 (32.05)	2:11.10 (1:06.42)	
	2:47.26 (36.16)	3:28.43 (1:17.33)	4:00.01 (31.58)	4:35.10 (1:06.67)	
7	Willow Glen Masters-38	A	4:39.99	4:39.55	28
	1) Sargent, Margo W29	2) Cettel, Stephen M36	3) Schiffer, Gretchen W55	4) Zanotto, Khadija W30	
	31.71	1:07.11 (1:07.11)	1:42.59 (35.48)	2:22.00 (1:14.89)	
	2:56.21 (34.21)	3:34.45 (1:12.45)	4:05.47 (31.02)	4:39.55 (1:05.10)	
8	Club Hot Tub-38	A	4:51.50	4:43.31	26
	1) Groskopf, Sarah W42	2) Ishaug, Brian E M53	3) Raviv, Rotem W32	4) Chien, Kendall M33	
	32.60	1:07.97 (1:07.97)	1:37.66 (29.69)	2:09.38 (1:01.41)	
	2:51.37 (41.99)	3:35.34 (1:25.96)	4:07.76 (32.42)	4:43.31 (1:07.97)	

Mixed 25+ 800 Yard Freestyle Relay

NATL: 7:20.49 ! 4/9/2017 CLUB TRIBE

M FALCONE, K GRIER, L ROBBINS, K GALLAGHER

PAC: 7:41.32 @ 12/31/1991 WCM

J Boegman, K Cooley, S Shand, G Remmert

1	Marcia's Enthusiastic Masters-38	A	10:00.00	9:32.10	42
	1) Wada, Ellison M43	2) McBride, Beth W33	3) Roriz, Julia W29	4) Chen, Jacky M29	
	31.99	1:07.43 (1:07.43)	1:44.89 (1:44.89)	2:22.76 (2:22.76)	
	2:42.77 (20.01)	3:32.58 (1:09.82)	4:09.30 (1:46.54)	4:45.59 (2:22.83)	
	5:20.80 (35.21)	5:59.92 (1:14.33)	6:40.14 (1:54.55)	7:18.79 (2:33.20)	
	7:48.41 (29.62)	8:22.97 (1:04.18)	8:57.64 (1:38.85)	9:32.10 (2:13.31)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Mixed 25+ 400 Yard Medley Relay**

NATL: 3:45.13 ! 4/25/2010 RED TIDE OF NYC

K GARY, N WERNER, T SHPAIZER, D LIPPIN

PAC: 3:48.74 @ 12/31/1997 USF

Rothkoff, Mortenson, Cerivo, Matt Jones

1	University of San Francisco Ma-31	B	4:30.00	4:09.07	42
	1) Alexander, Margaret W33	2) Christensen, Jon M32	3) Hallman, Kevin M33	4) Petrakis, Kristina W33	
	31.76	1:05.56 (1:05.56)	1:32.33 (26.77)	2:04.11 (58.55)	
	2:32.98 (28.87)	3:06.55 (1:02.44)	3:36.13 (29.58)	4:09.07 (1:02.52)	
2	University of San Francisco Ma-31	A	4:30.00	4:10.47	38
	1) Valentine, Matthew A M28	2) Rodman, Tanya W28	3) Petrakis, Danae W30	4) Adams, Kyle M32	
	28.34	57.57 (57.57)	1:35.42 (37.85)	2:19.98 (1:22.41)	
	2:48.48 (28.50)	3:22.15 (1:02.17)	3:45.31 (23.16)	4:10.47 (48.32)	
3	Walnut Creek Masters-38	A	3:52.00	4:12.32	36
	1) Rogers, Louis M34	2) Rico, Daniel M26	3) Zamanian, Alison W52	4) Morrice, Carolyn A W29	
	29.34	59.83 (59.83)	1:28.42 (28.59)	2:01.29 (1:01.46)	
	2:31.48 (30.19)	3:06.72 (1:05.43)	3:37.17 (30.45)	4:12.32 (1:05.60)	
4	Santa Clara Swim Club Masters-3	A	5:05.50	4:17.18	34
	1) DeMasi, Amy W60	2) Boscacci, David M67	3) Wong, Lauren W28	4) Smith, Grayson M29	
	4:17.18	4:17.18 (4:17.18)			
5	Willow Glen Masters-38	A	4:49.99	4:21.73	32
	1) Watts, Katey W35	2) Watts, Tim M36	3) Copp, Justin M47	4) Sargent, Margo W29	
	34.02	1:10.36 (1:10.36)	1:39.54 (29.18)	2:12.47 (1:02.11)	
	2:41.13 (28.66)	3:14.81 (1:02.34)	3:46.92 (32.11)	4:21.73 (1:06.92)	
6	Santa Cruz Masters Aquatics-38	A	4:10.50	4:22.96	30
	1) Thorp, Valerie W31	2) Graeven, Rainey W34	3) Calhoun, Jack M33	4) Hodges, Trent M36	
	31.79	1:05.25 (1:05.25)	1:40.46 (35.21)	2:19.82 (1:14.57)	
	2:49.40 (29.58)	3:22.97 (1:03.15)	3:50.55 (27.58)	4:22.96 (59.99)	
7	North Bay Aquatics-38	A	4:47.00	4:44.52	28
	1) Thompson, Amy W52	2) Newman, Nicolas W M33	3) Spellberg, Geoff M67	4) Yurch, Tricia T W50	
	36.65	1:15.56 (1:15.56)	1:49.86 (34.30)	2:28.41 (1:12.85)	
	3:02.66 (34.25)	3:39.82 (1:11.41)	4:11.12 (31.30)	4:44.52 (1:04.70)	
8	Tri Valley Masters-38	A	5:10.33	5:01.13	26
	1) Burch, Katie W45	2) Mangold, Paul M59	3) Schempp, Kyle M33	4) Sitzmann, Amy W43	
	38.12	1:17.35 (1:17.35)	1:54.61 (37.26)	2:37.81 (1:20.46)	
	3:09.27 (31.46)	3:47.36 (1:09.55)	4:21.70 (34.34)	5:01.13 (1:13.77)	
9	Marcia's Enthusiastic Masters-38	A	5:45.00	5:11.43	24
	1) McBride, Beth W33	2) Roriz, Julia W29	3) Wada, Ellison M43	4) Ramirez, Brent M43	
	39.02	1:19.77 (1:19.77)	1:58.65 (38.88)	2:43.91 (1:24.14)	
	3:22.14 (38.23)	4:04.08 (1:20.17)	4:34.73 (30.65)	5:11.43 (1:07.35)	
10	Menlo Masters-38	A	6:14.99	6:27.54	22
	1) Zoromski, Rachel W28	2) Crankshaw, David M67	3) Pinto, Harlan M65	4) Singh, Jo W50	
	37.23	1:14.83 (1:14.83)	2:18.38 (1:03.55)	3:33.81 (2:18.98)	
	4:12.61 (38.80)	5:02.07 (1:28.26)	5:43.73 (41.66)	6:27.54 (1:25.47)	
---	Club Hot Tub-38	A	5:09.50	DQ	
	1) Blok, Lori W55	2) Porat, Amir M58	3) Raviv, Rotem W32	4) Van Tuyl, Robert M54	
	50.01	1:40.58 (1:40.58)	2:22.12 (41.54)	3:18.15 (1:37.57)	
	3:59.20 (41.05)	4:53.23 (1:35.08)	5:24.90 (31.67)	DQ (1:06.21)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Mixed 35+ 200 Yard Freestyle Relay**NATL: **1:30.17 ! 4/25/2004** **ROCKY MOUNTAIN****K GARNIER, S VON DER LIPPE, J SMITH, P SMITH**PAC: **1:32.51 @ 5/11/2018** **TOC****M T Marshall, N Watanabe, R V Shipp, S C Greenwood**

1	Santa Rosa Masters-38	A	1:53.99	1:54.35	42
	1) Evans, Mark M65	2) Wong, Eric K M42	3) Rueda, Marcela W41	4) Jones, Tracey W55	
	25.42	52.60 (27.18)	1:21.61 (29.01)	1:54.35 (32.74)	
2	Almaden Masters-38	A	1:50.00	1:58.53	38
	1) Gibson, Ben M54	2) Jaffer, Johanna W66	3) Kirk, Eleanore W58	4) Raegen, Jeffrey M44	
	25.48	59.64 (34.16)	1:22.15 (22.51)	1:58.53 (36.38)	
3	Livermore Aquacowboys-38	A	2:15.00	2:03.30	36
	1) Hamza, Alex M63	2) Holunga, Dean M56	3) Thompson, Meghan W39	4) Conrad, Jacquelyn W38	
	31.00	1:02.96 (31.96)	1:33.35 (30.39)	2:03.30 (29.95)	
4	Marcia's Enthusiastic Masters-38	A	2:26.00	2:23.28	34
	1) Ranahan, Darin M39	2) Lee, Jez W42	3) Stankov-Hodge, Marina W42	4) Ngo, Minh M51	
	28.35	1:01.26 (32.91)	1:40.38 (39.12)	2:23.28 (42.90)	
---	Davis Aquatic Masters-38	A	1:55.10	DQ	
	1) Roper, Matt M42	2) Chow, Jackie W44	3) Goldberg, Michelle W54	4) Winsor, Brad M51	
	25.28	56.58 (31.30)	1:27.34 (30.76)	DQ (24.69)	

Mixed 35+ 400 Yard Freestyle RelayNATL: **3:26.42 ! 4/29/2016** **NORTH CAROLINA****H STEWART, E BRAUN, K LINDAUER, V FLETCHER**PAC: **3:32.87 @ 4/18/2010** **WCM****D M Santos, A E Salmeen, G L Patterson, M Chen**

1	Davis Aquatic Masters-38	A	3:50.10	3:46.86	42
	1) Winsor, Brad M51	2) Nehrebecki, Helene W43	3) Rieger, Amy W61	4) Roper, Matt M42	
	26.00	54.03 (54.03)	1:22.97 (28.94)	1:54.41 (1:00.38)	
	2:22.22 (27.81)	2:52.76 (58.35)	3:18.38 (25.62)	3:46.86 (54.10)	
2	Marcia's Enthusiastic Masters-38	A	4:30.00	4:20.56	38
	1) Hahnel, Carrie W44	2) Ramirez, Brent M43	3) Schley, Kelly W43	4) Song, Jimmy M40	
	29.64	1:01.06 (1:01.06)	1:31.31 (30.25)	2:05.46 (1:04.40)	
	2:40.33 (34.87)	3:17.74 (1:12.28)	3:48.07 (30.33)	4:20.56 (1:02.82)	
3	Santa Rosa Masters-38	A	4:09.99	4:20.68	36
	1) Wong, Eric K M42	2) Morales, John M65	3) Nelson, Sheila W54	4) Rueda, Marcela W41	
	29.64	1:02.29 (1:02.29)	1:34.90 (32.61)	2:09.42 (1:07.13)	
	2:42.80 (33.38)	3:17.53 (1:08.11)	3:48.28 (30.75)	4:20.68 (1:03.15)	

Mixed 35+ 400 Yard Medley RelayNATL: **3:47.70 ! 2/9/2020** **NORTH CAROLINA****K LINDAUER, M DELLANOCE, S DALLAMURA, E BRAUN**PAC: **3:48.70 @ 12/31/2009** **WCM****D Santos, R Santos, A Zamanian, D Boatwright**

1	Club Hot Tub-38	A	4:43.50	5:05.93	42
	1) Clark, Cynthia A W42	2) Branson, Christopher M48	3) Justeson, Jeff M64	4) Neoh, Sheree W58	
	39.03	2:04.03 (2:04.03)	2:46.27 (42.24)		
	3:19.04 ()		4:28.75 ()	5:05.93 ()	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Mixed 45+ 200 Yard Freestyle Relay**

NATL: 1:34.48 ! 5/4/2008

ARIZONA MASTERS

J SMITH, M BAILEY, S ROLLINS, P SMITH

PAC: 1:38.30 @ 12/31/2010

WCM

G Remmert, Lisa Ward, BJ Henry, S Stahl

1	Club Hot Tub-38	A	1:58.80	1:57.64	42
	1) Eckert, Karl M55	2) Asplund, Terry M57	3) Asplund, Elizabeth W54	4) Estrada, Kate W56	
	27.42	52.72 (25.30)	1:24.47 (31.75)	1:57.64 (33.17)	
2	Club Hot Tub-38	B	2:05.50	2:07.09	38
	1) Blok, Lori W55	2) Porat, Amir M58	3) Frates, Carrie J W52	4) Oneill, Dave M62	
	35.96	1:06.22 (30.26)	1:36.78 (30.56)	2:07.09 (30.31)	
3	Marcia's Enthusiastic Masters-38	A	2:26.00	2:11.06	36
	1) Voight, Tina M W53	2) Anderson, Meredith W59	3) Hertzner, Keith M49	4) Treman, Jim M58	
	31.92	1:09.59 (37.67)	1:39.54 (29.95)	2:11.06 (31.52)	
4	Walnut Creek Masters-38	A	2:30.00	2:25.00	34
	1) Varellas, Jimmy M51	2) Taylor, Catherine W60	3) Carter, Paul M54	4) Hu, Qing W56	
	25.20	1:00.08 (34.88)	1:29.28 (29.20)	2:25.00 (55.72)	

Mixed 45+ 400 Yard Freestyle Relay

NATL: 3:33.11 ! 1/19/2019

NORTH CAROLINA

H STEWART, A HOLLAND, M ANDERSEN, E BRAUN

PAC: 3:34.92 @ 12/31/2008

WCM

G Remmert, V, C McNamara, D Boatwright

1	Santa Rosa Masters-38	A	4:26.99	4:13.01	42
	1) Evans, Mark M65	2) Neidhoefer, Charles M56	3) Jones, Sara W54	4) Bulman, Robin W57	
	26.96	55.73 (55.73)	1:24.60 (28.87)	1:56.13 (1:00.40)	
	2:29.37 (33.24)	3:05.64 (1:09.51)	3:37.74 (32.10)	4:13.01 (1:07.37)	
2	QuickSilver Masters-38	A	4:15.00	4:16.04	38
	1) Yuen, Matt M63	2) Keighley, Carole W59	3) Nagaoka, Masako K W48	4) Keighley, Tim M61	
	31.27	1:04.22 (1:04.22)	1:36.05 (31.83)	2:11.21 (1:06.99)	
	2:42.56 (31.35)	3:19.41 (1:08.20)	3:46.31 (26.90)	4:16.04 (56.63)	
3	Marcia's Enthusiastic Masters-38	A	4:30.00	4:23.99	36
	1) Lehnert, Ahren M49	2) Shu, Vicki W54	3) Burger, Clare W55	4) Wehmann, Todd M50	
	31.70	1:03.71 (1:03.71)	1:36.65 (32.94)	2:11.86 (1:08.15)	
	2:45.41 (33.55)	3:22.51 (1:10.65)	3:52.59 (30.08)	4:23.99 (1:01.48)	
4	Club Hot Tub-38	A	4:32.50	4:37.86	34
	1) Frates, Carrie J W52	2) Porat, Amir M58	3) Reeves, Gevan M56	4) Blok, Lori W55	
	31.26	1:05.02 (1:05.02)	1:38.02 (33.00)	2:13.70 (1:08.68)	
	2:45.95 (32.25)	3:21.31 (1:07.61)	3:57.98 (36.67)	4:37.86 (1:16.55)	
5	University of San Francisco Ma-38	A	5:45.00	4:45.54	32
	1) Davis, Taylor W46	2) Toussaint, Ignacio M47	3) Dyer, Dean S M54	4) Fukushi, Yoriko W53	
	40.71	1:27.08 (1:27.08)	1:50.10 (23.02)	2:40.42 (1:13.34)	
		3:36.97 (56.55)	4:09.28 (32.31)	4:45.54 (1:08.57)	

Mixed 45+ 800 Yard Freestyle Relay

NATL: 7:51.33 ! 4/17/2009

WALNUT CREEK MA

D BOATWRIGHT, C O'BRIEN, M CURRAN, B GOTHBERG

PAC: 7:51.33 @ 12/31/2009

WCM

D Boatwright, C O'Brien, M Curran, B Gothberg

1	Santa Rosa Masters-38	A	8:59.99	9:28.92	42
	1) Nelson, Sheila W54	2) Bulman, Robin W57	3) Morales, John M65	4) Evans, Mark M65	
	34.18	1:11.58 (1:11.58)	1:49.62 (1:49.62)	2:26.96 (2:26.96)	
	3:00.85 (33.89)	3:37.82 (1:10.86)	4:15.73 (1:48.77)	4:52.75 (2:25.79)	
	5:26.58 (33.83)	6:04.05 (1:11.30)	6:42.11 (1:49.36)	7:19.21 (2:26.46)	
	7:49.59 (30.38)	8:21.91 (1:02.70)	8:55.53 (1:36.32)	9:28.92 (2:09.71)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****(Mixed 45+ 800 Yard Freestyle Relay)**

2	Marcia's Enthusiastic Masters-38	A	11:00.00	10:23.90	38
	1) Shu, Vicki W54	2) Voight, Tina M W53	3) Lehnert, Ahren M49	4) Ngo, Minh M51	
	34.41	1:11.82 (1:11.82)	1:50.40 (1:50.40)	2:28.70 (2:28.70)	
	2:44.30 (15.60)	3:02.46 (33.76)	3:41.75 (1:13.05)	4:24.87 (1:56.17)	
	5:09.26 (44.39)	5:41.45 (1:16.58)	6:20.26 (1:55.39)	6:59.90 (2:35.03)	
	7:36.32 (36.42)	8:16.40 (1:16.50)	8:58.16 (1:58.26)	10:23.90 (3:24.00)	
3	Rolling Hills Mud Sharks-38	A	11:39.99	11:09.33	36
	1) Laudenslager, Greg M61	2) Erickson, Douglas M51	3) Hepworth, Linda W69	4) Coholan, Annette W74	
	33.73	1:09.56 (1:09.56)	1:45.99 (1:45.99)	2:21.08 (2:21.08)	
	2:54.32 (33.24)	3:31.92 (1:10.84)	4:09.84 (1:48.76)	4:47.52 (2:26.44)	
	5:27.91 (40.39)	6:12.40 (1:24.88)	6:57.01 (2:09.49)	7:40.02 (2:52.50)	
	8:28.79 (48.77)	9:22.21 (1:42.19)	10:17.23 (2:37.21)	11:09.33 (3:29.31)	

Mixed 45+ 400 Yard Medley Relay

NATL: 3:56.63 ! 4/3/2022

NORTH CAROLINA

G HIGSON, S DUNN, M ANDERSEN, E BRAUN

PAC: 4:14.07 @ 12/31/2009

SRM

J Morales, H Hafner, S Nowack, W Schenstrom

1	Santa Cruz Masters Aquatics-38	A	4:41.00	4:34.48	42
	1) Tainty, Chris M63	2) Roberts, David M51	3) Hertzner, Cynthia W53	4) Profumo, Tesla W46	
	32.04	1:06.22 (1:06.22)	1:38.68 (32.46)	2:15.17 (1:08.95)	
	2:51.92 (36.75)	3:34.23 (1:19.06)	4:02.69 (28.46)	4:34.48 (1:00.25)	
2	Marcia's Enthusiastic Masters-38	A	5:25.00	5:15.70	38
	1) Wehmann, Todd M50	2) Voight, Tina M W53	3) Shu, Vicki W54	4) Lehnert, Ahren M49	
	36.66	1:14.61 (1:14.61)	1:59.36 (44.75)	2:53.81 (1:39.20)	
	3:29.82 (36.01)	4:10.52 (1:16.71)	4:42.15 (31.63)	5:15.70 (1:05.18)	
---	University of San Francisco Ma-31	A	7:00.00	DQ	
	1) Davis, Taylor W46	2) Toussaint, Ignacio M47	3) Dyer, Dean S M54	4) Fukushi, Yoriko W53	
	37.17	1:18.98 (1:18.98)	2:01.57 (42.59)	2:48.00 (1:29.02)	
	3:25.54 (37.54)	4:10.90 (1:22.90)	4:54.48 (43.58)	DQ (1:29.18)	

Mixed 55+ 200 Yard Freestyle Relay

NATL: 1:38.64 ! 4/9/2017

NORTH CAROLINA

F MCEACHRAN, N CLARK, S WALSH, J KLEIN

PAC: 1:43.00 @ 12/31/2009

TAM

R Burns, J Eisenman, L Val, T Holt

1	Club Hot Tub-38	A	2:04.85	2:07.50	42
	1) Gjerde, Anders M60	2) Justeson, Jeff M64	3) Jansen, Mary-Kaye W63	4) Riley, Jayne W59	
	26.99	1:33.77 ()	2:07.50 (33.73)		
2	Santa Rosa Masters-38	A	2:19.99	2:19.62	38
	1) Bulman, Robin W57	2) Pettibone, Chip M61	3) Hafner, Hilary W63	4) Stewart, Jim M M81	
	31.29	1:01.41 (30.12)	1:33.19 (31.78)	2:19.62 (46.43)	
3	Marcia's Enthusiastic Masters-38	A	2:50.00	2:45.66	36
	1) Carboni, Lisa W61	2) Rentschler, Randy M62	3) McCormick, Ann W59	4) Wu, Long M57	
	43.69	1:22.49 (38.80)	2:13.27 (50.78)	2:45.66 (32.39)	

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Mixed 55+ 400 Yard Freestyle Relay**

NATL: 3:45.72 ! 4/28/2022

LONE STAR MASTE

D GUTHRIE, R VAN DYKE, S STONE, K HENDERSON

PAC: 3:57.45 @ 4/27/2017

WCM

B Bilich, C O'Brien, D Cool, L Druz

Rank	Team	Relay	Time	Score
1	Club Hot Tub-38	A	4:36.50	42
	1) Carpenter, Michael M58	2) Navarro II, Mario A M59	3) Estrada, Kate W56	4) Romine, Terri W62
	28.52	59.89 (59.89)	1:31.32 (31.43)	2:06.10 (1:06.21)
	2:41.09 (34.99)	3:17.31 (1:11.21)	3:53.10 (35.79)	4:32.29 (1:14.98)
2	Rolling Hills Mud Sharks-38	A	4:41.00	38
	1) Van Boer, Eric M68	2) Laudenslager, Greg M61	3) Mammoser, Mary P W60	4) Hepworth, Linda W69
	29.38	1:02.58 (1:02.58)	1:32.04 (29.46)	2:03.74 (1:01.16)
	2:36.92 (33.18)	3:13.73 (1:09.99)	3:51.97 (38.24)	4:33.14 (1:19.41)
3	Albany Armada Aquatics Masters	A	6:00.00	36
	1) Carroll, Leah W61	2) Focha, Teresa M W62	3) Durell, Robert M71	4) Schapiro, Seth M62
	46.76	1:40.25 (1:40.25)	2:26.67 (46.42)	3:18.83 (1:38.58)
	3:52.73 (33.90)	4:32.38 (1:13.55)	5:12.59 (40.21)	5:54.82 (1:22.44)

Mixed 55+ 800 Yard Freestyle Relay

NATL: 8:17.00 ! 4/28/2018

ILLINOIS MASTER

D SIMS, A BLOCK, H KAFKA, A SEIBT

PAC: 8:33.47 @ 4/1/2022

HTUB

A Godges, M Shaffer, J Boegman, J Riley

Rank	Team	Relay	Time	Score
1	Menlo Masters-38	B	10:59.99	42
	1) Crockett, Robert M74	2) Strauss, Judy W68	3) Sheeper, Tim M59	4) Capen, Tasha W56
	49.58	1:42.72 (1:42.72)	2:38.17 (2:38.17)	3:32.46 (3:32.46)
	4:14.78 (42.32)	5:00.89 (1:28.43)	5:48.96 (2:16.50)	6:36.12 (3:03.66)
	7:13.42 (37.30)	7:52.68 (1:16.56)	8:32.45 (1:56.33)	9:10.40 (2:34.28)
	9:46.34 (35.94)	10:25.91 (1:15.51)	11:05.37 (1:54.97)	11:43.44 (2:33.04)

Mixed 55+ 400 Yard Medley Relay

NATL: 4:12.46 ! 4/28/2018

ILLINOIS MASTER

D SIMS, A SEIBT, A BLOCK, H KAFKA

PAC: 4:22.67 @ 12/31/2009

TAM

R Burns, K Frost, L Val, J Eisenman

Rank	Team	Relay	Time	Score
1	Club Hot Tub-38	A	4:42.90	42
	1) Estrada, Kate W56	2) Carpenter, Michael M58	3) Sylvester, David J M56	4) Riley, Jayne W59
	42.08	1:24.15 (1:24.15)	2:00.61 (36.46)	2:42.12 (1:17.97)
	3:16.52 (34.40)	3:57.15 (1:15.03)	4:30.69 (33.54)	5:06.96 (1:09.81)
2	Walnut Creek Masters-38	A	5:50.00	38
	1) Halbrecht, Kenneth M62	2) Scott, Stephanie W76	3) DeLacy, James R M76	4) Collins, Susan W73
	34.80	1:13.30 (1:13.30)	2:11.80 (58.50)	3:21.33 (2:08.03)
	4:09.30 (47.97)	5:03.99 (1:42.66)	5:47.56 (43.57)	6:34.15 (1:30.16)
3	Albany Armada Aquatics Masters	A	8:00.00	36
	1) Focha, Teresa M W62	2) Schapiro, Seth M62	3) Carroll, Leah W61	4) Durell, Robert M71
	54.49	1:52.89 (1:52.89)	2:42.63 (49.74)	3:38.04 (1:45.15)
	4:27.61 (49.57)	5:20.92 (1:42.88)	5:57.63 (36.71)	6:38.10 (1:17.18)

2023 Pacific Masters Short Course Championships, Sanction #: 383-S010**Morgan Hill, CA | Friday April 14th - Sunday April 16th, 2023****Results****Mixed 65+ 200 Yard Freestyle Relay**

NATL: 1:45.58 ! 4/29/2022

LONE STAR MASTE

R NEVILLE, B WILLIAMS, L MORRISON, J WOOLSLAYER

PAC: 1:51.63 @ 4/26/2019

TAM

R Burns, L Val, J Eisenman, A Bernard

1	Manatee Aquatic Masters Inc-38	A	2:22.99	2:22.99	42
	1) Shaps, Ruth W75	2) Caso, Susie W76	3) Fitschen, Gary M77	4) Alderson, Tom M71	
	34.45	1:17.65 (43.20)	1:52.34 (34.69)	2:22.99 (30.65)	
2	Walnut Creek Masters-38	A	2:16.00	2:23.64	38
	1) Kemler, David M65	2) DeLacy, James R M76	3) Scott, Stephanie W76	4) Collins, Susan W73	
	31.07	1:00.17 (29.10)	1:41.42 (41.25)	2:23.64 (42.22)	
3	Menlo Masters-38	A	2:24.99	2:34.98	36
	1) Gildea, David M79	2) Barnea, Daniela W78	3) Dutro, Cynthia W74	4) Pinto, Harlan M65	
	34.11	1:15.94 (41.83)	1:59.61 (43.67)	2:34.98 (35.37)	

Mixed 65+ 800 Yard Freestyle Relay

NATL: 9:09.19 ! 4/3/2022

SARASOTA SHARKS

J GROSELLE, R WALKER, K EINSIDLER, N KRYKA

PAC: 9:30.28 @ 4/7/2017

TAM

R Burns, L Val, Shoenberger, A Bernard

1	Walnut Creek Masters-38	A	11:10.00	12:28.58	42
	1) Kemler, David M65	2) Collins, Susan W73	3) Feiring, Keith M75	4) Scott, Stephanie W76	
	47.12	1:40.68 (1:40.68)	2:36.50 (2:36.50)	3:30.07 (3:30.07)	
	4:15.66 (45.59)	5:05.08 (1:35.01)	5:54.78 (2:24.71)	7:17.90 (3:47.83)	
	7:54.10 (36.20)	8:32.57 (1:14.67)	9:10.46 (1:52.56)	9:52.47 (2:34.57)	
	10:43.37 (50.90)	11:36.84 (1:44.37)	12:28.58 (2:36.11)	12:28.58 (2:36.11)	