

QSS Masters Fast and Free Long Course Meet - 6/17/2023

Results - All Events

Women 18-24 50 LC Meter Freestyle

Pacific: 26.75 L 8/8/2015 Caitlin DeNise

National: 25.72 N 6/19/2021 ALY TETZLOFF

Name	Age	Team	Seed Time	Finals Time
1 Larsen, Amy	24	Walnut Creek Masters-38	32.99	32.02
2 Guberman, Esther	23	QuickSilver Masters-38	35.19	33.38

Women 18-24 100 LC Meter Freestyle

Pacific: 57.05 L 6/30/2016 Elizabeth Pelton

National: 56.08 N 6/17/2021 ALY TETZLOFF

1 Mose, Jacqueline	24	Uc38	1:27.00	1:15.39
	37.14	1:15.39 (38.25)		

Women 18-24 200 LC Meter Freestyle

Pacific: 2:02.36 L 6/28/2016 Elizabeth Pelton

National: 2:03.06 N 8/17/2003 JESSICA FOSCHI

1 Larsen, Amy	24	Walnut Creek Masters-38	2:35.00	2:33.27
	34.93	1:13.59 (38.66) 1:53.71 (40.12)	2:33.27 (39.56)	

Women 18-24 400 LC Meter Freestyle

Pacific: 4:29.57 L 12/31/2012 Luane Rowe

National: 4:16.72 N 7/5/2003 JULIA STOWERS

1 Larsen, Amy	24	Walnut Creek Masters-38	5:19.99	5:21.42
	36.76	1:16.21 (39.45) 1:57.76 (41.55)	2:38.63 (40.87)	
	3:19.11 (40.48)	3:59.76 (40.65) 4:41.31 (41.55)	5:21.42 (40.11)	

Women 18-24 50 LC Meter Backstroke

Pacific: 31.29 L 8/2/2018 Kali L Conlon

National: 30.77 N 7/9/2022 ADELYN DIAZ

1 Cruz, Ricki	24	QuickSilver Masters-38	50.00	43.75
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Women 18-24 50 LC Meter Breaststroke

Pacific: 34.44 L 8/9/2019 Heaven Quintana

National: 32.92 N 8/1/2015 LAUREN GREENBERG

1 Mose, Jacqueline	24	Uc38	45.00	42.80
2 Guberman, Esther	23	QuickSilver Masters-38	48.71	43.70

Women 18-24 100 LC Meter Breaststroke

Pacific: 1:15.12 L 7/12/2013 Danae Petrakis

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

1 Larsen, Amy	24	Walnut Creek Masters-38	1:30.80	1:32.97
	45.30	1:32.97 (47.67)		

Women 18-24 50 LC Meter Butterfly

Pacific: 28.62 L 12/31/2009 Meg Gill

National: 27.83 N 8/4/2022 ALICIA CARDIE

1 Guberman, Esther	23	QuickSilver Masters-38	39.06	34.67
2 Cruz, Ricki	24	QuickSilver Masters-38	50.00	39.84

Women 18-24 100 LC Meter Butterfly

Pacific: 1:01.04 L 7/6/2008 Laura M Davis

National: 58.21 N 6/13/2021 ALY TETZLOFF

1 Larsen, Amy	24	Walnut Creek Masters-38	1:16.50	1:15.76
	36.31	1:15.76 (39.45)		

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Women 18-24 200 LC Meter IM****Pacific: 2:16.06 L 7/6/2008 Laura M Davis****National: 2:16.06 N 7/1/2008 LAURA DAVIS**

1	Cruz, Ricki	24	QuickSilver Masters-38	3:45.00	3:19.63
	42.59	1:34.59 (52.00)	2:33.31 (58.72)	3:19.63 (46.32)	

Women 25-29 50 LC Meter Freestyle**Pacific: 26.64 L 8/9/2015 Marie A Ballenger****National: 24.83 N 8/10/2014 MADISON KENNEDY**

1	Shanahan, Brenda	26	QuickSilver Masters-38	30.50	30.82
2	Fantuzzi, Lauren	27	QuickSilver Masters-38	33.00	30.83
3	Sand, Cassie	25	East Bay Bat Rays Masters-38	35.00	32.21
4	Fontanilla, Shania	26	QuickSilver Masters-38	40.00	34.32
5	Macabugao, Jam	29	Jellies Aquatic Masters of Mon-38	38.25	35.22
6	Kobertz, Bridget	28	QuickSilver Masters-38	1:00.00	38.92
7	Khadka, Anjali	25	Almaden Masters-38	46.00	46.56
8	Ichinose, Rika	25	West Hollywood Aquatics-33	1:00.00	52.35

Women 25-29 100 LC Meter Freestyle**Pacific: 58.34 L 12/31/1989 Sara Shand****National: 54.72 N 8/6/2014 MADISON KENNEDY**

1	Fantuzzi, Lauren	27	QuickSilver Masters-38	1:17.00	1:07.76
	32.64	1:07.76 (35.12)			
2	Shanahan, Brenda	26	QuickSilver Masters-38	1:07.70	1:08.05
	31.98	1:08.05 (36.07)			
3	Crow, Vivian	26	Davis Aquatic Masters-38	1:20.27	1:13.50
	35.60	1:13.50 (37.90)			
4	Fontanilla, Shania	26	QuickSilver Masters-38	1:15.00	1:16.46
	35.62	1:16.46 (40.84)			
5	Crowley, Alexandra	27	Uc36	1:28.00	1:22.23
	39.53	1:22.23 (42.70)			
6	Macabugao, Jam	29	Jellies Aquatic Masters of Mon-38	1:16.77	1:24.14
	38.95	1:24.14 (45.19)			
7	Khadka, Anjali	25	Almaden Masters-38	1:34.00	1:47.20

Women 25-29 200 LC Meter Freestyle**Pacific: 2:07.11 L 12/31/1989 Sara Shand****National: 2:02.06 N 12/2/1995 SHEILA TAORMINA**

1	Fantuzzi, Lauren	27	QuickSilver Masters-38	2:50.00	2:30.22
	35.04	1:13.68 (38.64)	1:52.61 (38.93)	2:30.22 (37.61)	
2	Shanahan, Brenda	26	QuickSilver Masters-38	2:20.63	2:33.03
	33.96	1:12.62 (38.66)	1:53.38 (40.76)	2:33.03 (39.65)	
3	Crow, Vivian	26	Davis Aquatic Masters-38	2:45.17	2:40.22
	36.90	1:17.40 (40.50)	1:59.33 (41.93)	2:40.22 (40.89)	
4	Crowley, Alexandra	27	Uc36	3:02.00	2:56.91
	41.37	1:26.92 (45.55)	2:13.07 (46.15)	2:56.91 (43.84)	

Women 25-29 400 LC Meter Freestyle**Pacific: 4:23.62 L 7/31/2022 Catherine Breed****National: 4:13.03 N 12/2/1995 SHEILA TAORMINA**

1	Fantuzzi, Lauren	27	QuickSilver Masters-38	5:42.00	5:22.54
	36.53	1:16.97 (40.44)	1:57.99 (41.02)	2:39.78 (41.79)	
	3:20.45 (40.67)	4:01.54 (41.09)	4:42.69 (41.15)	5:22.54 (39.85)	
2	Shanahan, Brenda	26	QuickSilver Masters-38	5:11.41	5:25.52
	34.92	1:14.72 (39.80)	1:56.31 (41.59)	2:38.10 (41.79)	
	3:19.69 (41.59)	4:01.48 (41.79)	4:44.23 (42.75)	5:25.52 (41.29)	

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****(Women 25-29 400 LC Meter Freestyle)**

3	Crow, Vivian	26	Davis Aquatic Masters-38	5:33.57	5:32.65
	37.20	1:18.18 (40.98)	2:00.96 (42.78)	2:43.54 (42.58)	
	3:26.35 (42.81)	4:08.75 (42.40)	4:51.21 (42.46)	5:32.65 (41.44)	
4	Graham, Annie	28	Santa Barbara Masters Swimming-33	6:00.00	5:38.18
	36.27	1:16.95 (40.68)	1:59.81 (42.86)	2:42.97 (43.16)	
	3:27.13 (44.16)	4:10.96 (43.83)	4:54.91 (43.95)	5:38.18 (43.27)	
5	Fontanilla, Shania	26	QuickSilver Masters-38	6:00.00	5:51.60
	38.07	1:20.09 (42.02)	2:04.29 (44.20)	2:49.12 (44.83)	
	3:34.63 (45.51)	4:20.69 (46.06)	5:06.69 (46.00)	5:51.60 (44.91)	
6	Crowley, Alexandra	27	Uc36	6:10.00	6:08.00
	39.93	1:26.07 (46.14)	2:12.84 (46.77)	3:00.09 (47.25)	
	3:47.26 (47.17)	4:34.52 (47.26)	5:21.39 (46.87)	6:08.00 (46.61)	

Women 25-29 50 LC Meter Backstroke

Pacific: 31.10 L 4/24/2017 **Anna K Senko**

National: 28.39 N 8/2/2018 **EMI MORONUKI**

1	Crowley, Alexandra	27	Uc36	42.00	42.49
2	Sand, Cassie	25	East Bay Bat Rays Masters-38	45.00	43.02
3	Macabugao, Jam	29	Jellies Aquatic Masters of Mon-38	42.47	44.98

Women 25-29 50 LC Meter Breaststroke

Pacific: 33.39 L 8/9/2014 **Marie A Ballenger**

National: 30.82 N 6/27/2016 **KATIE MEILI**

1	Shanahan, Brenda	26	QuickSilver Masters-38	39.30	40.51
2	Crow, Vivian	26	Davis Aquatic Masters-38	40.47	42.79
3	Sand, Cassie	25	East Bay Bat Rays Masters-38	45.00	44.17
4	Macabugao, Jam	29	Jellies Aquatic Masters of Mon-38	49.59	47.41
5	Crowley, Alexandra	27	Uc36	42.00	47.82
6	Ichinose, Rika	25	West Hollywood Aquatics-33	54.28	54.39

Women 25-29 100 LC Meter Breaststroke

Pacific: 1:13.69 L 6/7/2021 **Claire Beaty**

National: 1:06.07 N 6/28/2016 **KATIE MEILI**

1	Crow, Vivian	26	Davis Aquatic Masters-38	1:39.13	1:31.98
	42.83	1:31.98 (49.15)			
2	Ichinose, Rika	25	West Hollywood Aquatics-33	1:56.23	1:55.78
	56.71	1:55.78 (59.07)			

Women 25-29 50 LC Meter Butterfly

Pacific: 28.82 L 12/31/1992 **Anna Pettis-Scott**

National: 26.78 N 8/4/2022 **AI SOMA**

1	Fontanilla, Shania	26	QuickSilver Masters-38	45.00	36.30
2	Macabugao, Jam	29	Jellies Aquatic Masters of Mon-38	36.33	36.78
3	Fantuzzi, Lauren	27	QuickSilver Masters-38	37.00	37.17
4	Sand, Cassie	25	East Bay Bat Rays Masters-38	45.00	38.78
---	Khadka, Anjali	25	Almaden Masters-38	1:10.00	DQ

Women 25-29 200 LC Meter IM

Pacific: 2:21.98 L 12/31/2005 **Allison Wagner**

National: 2:14.03 N 6/29/2013 **JUSTINE MUELLER**

1	Shanahan, Brenda	26	QuickSilver Masters-38	2:41.69	2:50.69
	36.02	1:21.13 (45.11)	2:10.81 (49.68)	2:50.69 (39.88)	
2	Fantuzzi, Lauren	27	QuickSilver Masters-38	2:55.00	3:06.52
	40.10	1:29.50 (49.40)	2:23.75 (54.25)	3:06.52 (42.77)	

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3	Crowley, Alexandra	27	Uc36	3:30.00	3:18.84
	42.94	1:35.85 (52.91)	2:33.29 (57.44)	3:18.84 (45.55)	
4	Fontanilla, Shania	26	QuickSilver Masters-38	3:10.00	3:19.21
	40.90	1:34.91 (54.01)	2:32.60 (57.69)	3:19.21 (46.61)	

Women 30-34 50 LC Meter Freestyle

Pacific: 26.16 L 6/18/2016 **Marie A Ballenger**
National: 25.57 N 8/8/2009 **ERIKA ERNDL**

1	Leake, Mackenzie	30	Stanford Masters Swimming-38	29.22	29.70
2	Skoda, Anette	32	Uc38	29.62	30.03
3	Hwang, Jenn	31	Uc38	30.47	30.99
4	Finn, Chelsea	31	Stanford Masters Swimming-38	32.39	31.30
5	Van Damme, Amanda	33	QuickSilver Masters-38	39.00	37.36

Women 30-34 100 LC Meter Freestyle

Pacific: 59.76 L 4/16/2016 **Marie A Ballenger**
National: 54.59 N 8/5/2009 **ERIKA ERNDL**

1	Leake, Mackenzie	30	Stanford Masters Swimming-38	1:06.00	1:05.33
	31.28	1:05.33 (34.05)			
2	Van Damme, Amanda	33	QuickSilver Masters-38	2:10.00	1:27.10
	41.55	1:27.10 (45.55)			

Women 30-34 200 LC Meter Freestyle

Pacific: 2:10.99 L 6/18/1994 **Susan Porter**
National: 1:58.92 N 8/7/2009 **ERIKA ERNDL**

1	Leake, Mackenzie	30	Stanford Masters Swimming-38	2:18.00	2:21.29
	32.44	1:08.47 (36.03)	1:45.37 (36.90)	2:21.29 (35.92)	

Women 30-34 400 LC Meter Freestyle

Pacific: 4:31.93 L 12/31/1994 **Susan Porter**
National: 4:17.52 N 8/3/2010 **DAWN HECKMAN**

1	Leake, Mackenzie	30	Stanford Masters Swimming-38	4:50.43	4:52.39
	32.99	1:08.88 (35.89)	1:45.79 (36.91)	2:22.81 (37.02)	
	3:00.52 (37.71)	3:38.32 (37.80)	4:16.24 (37.92)	4:52.39 (36.15)	

Women 30-34 50 LC Meter Backstroke

Pacific: 30.98 L 7/30/2022 **Lauren T Breuer**
National: 28.57 N 7/8/2012 **NORIKO INADA**

1	Skoda, Anette	32	Uc38	33.75	35.34
2	Mah, Kimberly	34	Richmond Plunge Masters-38	43.00	43.01

Women 30-34 100 LC Meter Backstroke

Pacific: 1:03.78 L 12/31/2009 **Sarabeth Metzger**
National: 1:01.78 N 8/6/2011 **NORIKO INADA**

1	Mah, Kimberly	34	Richmond Plunge Masters-38	1:30.00	1:33.09
	45.41	1:33.09 (47.68)			

Women 30-34 50 LC Meter Breaststroke

Pacific: 34.84 L 8/3/2018 **Kathleen E McGraw**
National: 31.76 N 7/17/2021 **DANIELLE HERRMANN**

1	Skoda, Anette	32	Uc38	36.62	40.26
2	Van Damme, Amanda	33	QuickSilver Masters-38	1:00.00	50.64
3	Mah, Kimberly	34	Richmond Plunge Masters-38	52.00	52.72

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Women 30-34 100 LC Meter Breaststroke****Pacific: 1:16.71 L 8/5/2017 Katy Houston****National: 1:10.18 N 6/12/2021 DANIELLE HERRMANN**

1	Finn, Chelsea	31	Stanford Masters Swimming-38	1:24.47	1:23.86
				38.95	1:23.86 (44.91)
2	Van Damme, Amanda	33	QuickSilver Masters-38	2:15.00	1:47.90
				51.67	1:47.90 (56.23)
3	Mah, Kimberly	34	Richmond Plunge Masters-38	1:50.00	1:52.57
				54.61	1:52.57 (57.96)

Women 30-34 50 LC Meter Butterfly**Pacific: 29.27 L 3/8/2020 Marie A Ballenger****National: 27.48 N 6/7/2008 MARTINA MORAVCOVA**

1	Skoda, Anette	32	Uc38	31.75	32.59
2	Hwang, Jenn	31	Uc38	34.14	34.24

Women 30-34 100 LC Meter Butterfly**Pacific: 1:04.67 L 12/31/2009 Sarabeth Metzger****National: 58.81 N 6/7/2008 MARTINA MORAVCOVA**

1	Leake, Mackenzie	30	Stanford Masters Swimming-38	1:08.98	1:10.21
				32.51	1:10.21 (37.70)

Women 30-34 200 LC Meter IM**Pacific: 2:23.50 L 12/31/2009 Sarabeth Metzger****National: 2:13.72 N 8/8/2009 ERIKA ERNDL**

1	Leake, Mackenzie	30	Stanford Masters Swimming-38	2:35.00	2:34.78
				33.08	1:14.14 (41.06) 2:00.10 (45.96) 2:34.78 (34.68)
2	Mah, Kimberly	34	Richmond Plunge Masters-38	3:22.00	3:20.78
				45.05	1:33.63 (48.58) 2:33.36 (59.73) 3:20.78 (47.42)

Women 35-39 50 LC Meter Freestyle**Pacific: 26.89 L 12/31/1993 Sandy Neilson-Bel****National: 25.52 N 6/29/2013 ERIKA ERNDL**

1	Greer, Margaret	35	East Bay Bat Rays Masters-38	32.00	31.61
2	West, Meredith	39	San Mateo Masters-38	37.00	37.75
3	Chien, Regina	37	Marcia's Enthusiastic Masters-38	42.20	41.69

Women 35-39 100 LC Meter Freestyle**Pacific: 1:00.31 L 12/31/2002 Lauren K Welting****National: 55.17 N 6/25/2013 ERIKA ERNDL**

1	West, Meredith	39	San Mateo Masters-38	1:22.00	1:28.02
				42.70	1:28.02 (45.32)
2	Chien, Regina	37	Marcia's Enthusiastic Masters-38	1:43.00	1:35.36
				46.18	1:35.36 (49.18)

Women 35-39 200 LC Meter Freestyle**Pacific: 2:10.28 L 12/31/1999 Jill S Hernandez****National: 2:00.04 N 6/26/2013 ERIKA ERNDL**

1	Allen, Robyn	38	Stanford Masters Swimming-38	2:27.00	2:33.42
				33.78	1:12.46 (38.68) 1:53.84 (41.38) 2:33.42 (39.58)
2	West, Meredith	39	San Mateo Masters-38	3:00.00	3:04.04
				42.08	1:28.47 (46.39) 2:17.05 (48.58) 3:04.04 (46.99)
3	Chien, Regina	37	Marcia's Enthusiastic Masters-38	3:45.00	3:35.16
				50.01	1:45.27 (55.26) 2:42.81 (57.54) 3:35.16 (52.35)

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Women 35-39 400 LC Meter Freestyle****Pacific: 4:37.34 L 12/31/1999 Jill S Hernandez****National: 4:16.19 N 6/1/2012 DAWN HECKMAN**

1	West, Meredith	39	San Mateo Masters-38	6:10.00	6:20.19
	43.24	1:30.59 (47.35)	2:19.67 (49.08)	3:08.25 (48.58)	
	3:57.61 (49.36)	4:46.76 (49.15)	5:34.87 (48.11)	6:20.19 (45.32)	
2	Chien, Regina	37	Marcia's Enthusiastic Masters-38	8:00.00	7:40.94
	50.49	1:47.36 (56.87)	2:47.11 (59.75)	3:46.29 (59.18)	
	4:46.17 (59.88)	5:46.08 (59.91)	6:45.90 (59.82)	7:40.94 (55.04)	

Women 35-39 50 LC Meter Backstroke**Pacific: 31.71 L 12/31/2008 Jody Smith****National: 28.63 N 8/18/2016 NORIKO INADA**

1	Allen, Robyn	38	Stanford Masters Swimming-38	38.06	37.58
2	Greer, Margaret	35	East Bay Bat Rays Masters-38	36.50	38.64

Women 35-39 100 LC Meter Backstroke**Pacific: 1:06.91 L 12/31/2008 Jody Smith****National: 1:01.75 N 8/19/2017 NORIKO INADA**

1	Allen, Robyn	38	Stanford Masters Swimming-38	1:25.00	1:23.01
	40.19	1:23.01 (42.82)			

Women 35-39 50 LC Meter Butterfly**Pacific: 29.24 L 4/3/2022 Danielle M Herrma****National: 27.46 N 8/5/2014 NORIKO INADA**

1	West, Meredith	39	San Mateo Masters-38	45.00	45.88
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Women 35-39 200 LC Meter IM**Pacific: 2:21.09 L 8/6/2022 Danielle M Herrma****National: 2:21.09 N 8/6/2022 DANIELLE HERRMANN**

1	Chien, Regina	37	Marcia's Enthusiastic Masters-38	4:10.00	3:54.21
	55.45	1:51.32 (55.87)	3:02.03 (1:10.71)	3:54.21 (52.18)	

Women 40-44 50 LC Meter Freestyle**Pacific: 28.05 L 12/31/1992 Laura B Val****National: 24.25 N 7/6/2008 DARA TORRES**

1	Nehrebecki, Helene	43	Davis Aquatic Masters-38	31.66	31.28
2	Rueda, Marcela	41	Santa Rosa Masters-38	34.99	33.20
3	Stankov-Hodge, Marina	43	Marcia's Enthusiastic Masters-38	45.00	42.46
4	Cheung, Ruth	44	QuickSilver Masters-38	46.75	44.78

Women 40-44 100 LC Meter Freestyle**Pacific: 1:00.68 L 7/24/2016 Katie Glenn****National: 53.78 N 7/4/2008 DARA TORRES**

1	Rueda, Marcela	41	Santa Rosa Masters-38	1:20.00	1:12.05
	34.79	1:12.05 (37.26)			

Women 40-44 200 LC Meter Freestyle**Pacific: 2:10.47 L 8/18/2016 Katie Glenn****National: 2:09.00 N 5/25/2003 K PIPES-NEILSEN**

1	Rueda, Marcela	41	Santa Rosa Masters-38	2:50.00	2:43.27
	37.74	1:19.98 (42.24)	2:02.29 (42.31)	2:43.27 (40.98)	
2	Cheung, Ruth	44	QuickSilver Masters-38	3:40.14	3:38.57
	48.03	1:41.63 (53.60)	2:40.32 (58.69)	3:38.57 (58.25)	
3	Stankov-Hodge, Marina	43	Marcia's Enthusiastic Masters-38	3:55.00	3:45.59
	49.30	1:46.84 (57.54)	2:46.79 (59.95)	3:45.59 (58.80)	

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Pacific: 4:34.33 L 12/31/2006 Susan H Preston

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

1	Stankov-Hodge, Marina	43	Marcia's Enthusiastic Masters-38	7:58.22	7:49.42
	50.68	1:46.63 (55.95)	2:44.08 (57.45)	3:44.88 (1:00.80)	
	4:42.31 (57.43)	5:44.45 (1:02.14)	6:46.18 (1:01.73)	7:49.42 (1:03.24)	

Women 40-44 50 LC Meter Backstroke

Pacific: 31.63 L 12/31/2009 Jody Smith

National: 29.62 N 8/2/2018 NORIKO INADA

1	Cheung, Ruth	44	QuickSilver Masters-38	54.26	55.87
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Women 40-44 100 LC Meter Backstroke

Pacific: 1:07.21 L 12/31/2009 Jody Smith

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

1	Nehrebecki, Helene	43	Davis Aquatic Masters-38	1:28.73	1:26.25
	41.79	1:26.25 (44.46)			
2	Cheung, Ruth	44	QuickSilver Masters-38	1:59.97	1:59.29

Women 40-44 50 LC Meter Breaststroke

Pacific: 32.47 L 8/19/2016 Katie Glenn

National: 32.47 N 8/19/2016 KATIE GLENN

1	Nehrebecki, Helene	43	Davis Aquatic Masters-38	40.28	41.63
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Women 40-44 50 LC Meter Butterfly

Pacific: 29.89 L 12/31/1994 Laura B Val

National: 28.36 N 6/8/2013 ERIKA BRAUN

1	Rueda, Marcela	41	Santa Rosa Masters-38	40.00	36.12
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Women 40-44 100 LC Meter Butterfly

Pacific: 1:06.27 L 12/31/1992 Laura B Val

National: 1:02.47 N 6/29/2008 S VON DER LIPPE

1	Nehrebecki, Helene	43	Davis Aquatic Masters-38	1:22.01	1:20.20
2	Rueda, Marcela	41	Santa Rosa Masters-38	1:30.00	1:28.48
	40.58	1:28.48 (47.90)			
3	Stankov-Hodge, Marina	43	Marcia's Enthusiastic Masters-38	2:05.00	2:03.48
	56.39	2:03.48 (1:07.09)			

Women 40-44 200 LC Meter IM

Pacific: 2:30.96 L 12/31/2000 Jill S Hernandez

National: 2:25.03 N 8/5/2007 S VON DER LIPPE

1	Nehrebecki, Helene	43	Davis Aquatic Masters-38	2:55.51	2:58.95
	37.79	1:28.59 (50.80)	2:20.36 (51.77)	2:58.95 (38.59)	
2	Stankov-Hodge, Marina	43	Marcia's Enthusiastic Masters-38	4:05.00	4:22.37
	57.73	2:02.20 (1:04.47)	3:20.08 (1:17.88)	4:22.37 (1:02.29)	

Women 45-49 50 LC Meter Freestyle

Pacific: 28.56 L 12/31/2006 Suzanne M Heim-Bo

National: 27.09 N 8/5/2017 THOMAS\BRAUN

1	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	35.96	39.06
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Women 45-49 400 LC Meter Freestyle

Pacific: 4:30.64 L 4/14/2023 Heidi S George

National: 4:30.64 N 4/14/2023 HEIDI GEORGE

1	George, Heidi	47	Uc38	4:30.64	4:35.54
	33.28	1:07.36 (34.08)	1:42.03 (34.67)	2:16.75 (34.72)	
	2:51.74 (34.99)	3:26.46 (34.72)	4:01.50 (35.04)	4:35.54 (34.04)	

QSS Masters Fast and Free Long Course Meet - 6/17/2023

Results - All Events

Women 45-49 50 LC Meter Breaststroke

Pacific: 36.97 L 12/31/1994 Susan Roy

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

1	Nagaoka, Masako	49	QuickSilver Masters-38	39.00	44.13
2	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	51.18	52.22
3	Aracic, Elizabeth	46	Uc38	1:05.59	1:01.11

Women 45-49 50 LC Meter Butterfly

Pacific: 30.01 L 12/31/2009 Lisa A Ward

National: 28.40 N 8/5/2017 ERIKA BRAUN

1	Nagaoka, Masako	49	QuickSilver Masters-38	33.00	37.04
2	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	42.39	46.24
3	Aracic, Elizabeth	46	Uc38	52.95	54.19

Women 45-49 100 LC Meter Butterfly

Pacific: 1:07.30 L 12/31/2005 Jill S Hernandez

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

1	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	1:41.37	1:48.94
	51.23		1:48.94 (57.71)		

Women 45-49 200 LC Meter IM

Pacific: 2:32.46 L 12/31/2005 Jill S Hernandez

National: 2:21.37 N 8/14/2022 GABRIELLE ROSE

1	Nagaoka, Masako	49	QuickSilver Masters-38	2:50.00	3:05.19
	38.50		1:28.49 (49.99) 2:20.17 (51.68)	3:05.19 (45.02)	
2	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	3:29.62	3:53.79
	49.86		1:58.05 (1:08.19) 3:03.32 (1:05.27)	3:53.79 (50.47)	
3	Aracic, Elizabeth	46	Uc38	4:18.19	4:25.12
	57.54		2:10.20 (1:12.66) 3:21.26 (1:11.06)	4:25.12 (1:03.86)	

Women 50-54 50 LC Meter Freestyle

Pacific: 28.22 L 12/31/2001 Laura B Val

National: 27.38 N 8/6/2022 ERIKA BRAUN

1	Dussliere, Julie	51	Swim Fort Lauderdale-50	33.50	34.50
2	Kercher, Jennifer	50	Ladera Oaks Masters-38	52.98	38.29
3	Singh, Jo	51	Menlo Masters-38	43.00	42.63

Women 50-54 100 LC Meter Freestyle

Pacific: 1:01.13 L 12/31/2001 Laura B Val

National: 1:00.53 N 8/20/2022 ERIKA BRAUN

1	Zamanian, Alison	53	Walnut Creek Masters-38	1:07.00	1:06.29
	31.83		1:06.29 (34.46)		
2	Dussliere, Julie	51	Swim Fort Lauderdale-50	1:12.50	1:12.52
	34.64		1:12.52 (37.88)		
3	Kercher, Jennifer	50	Ladera Oaks Masters-38	1:40.00	1:27.84
	42.33		1:27.84 (45.51)		
4	Singh, Jo	51	Menlo Masters-38	1:35.00	1:36.41
	48.31		1:36.41 (48.10)		

Women 50-54 200 LC Meter Freestyle

Pacific: 2:13.18 L 8/7/2013 Jill S Hernandez

National: 2:13.18 N 8/8/2013 JILL HERNANDEZ

1	Dussliere, Julie	51	Swim Fort Lauderdale-50	2:40.00	2:40.11
	36.66		1:16.58 (39.92) 1:58.42 (41.84)	2:40.11 (41.69)	
2	Kercher, Jennifer	50	Ladera Oaks Masters-38	3:30.00	3:18.50
	46.10		1:36.84 (50.74) 2:28.53 (51.69)	3:18.50 (49.97)	

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****(Women 50-54 200 LC Meter Freestyle)**

3	Singh, Jo	51	Menlo Masters-38	3:25.00	3:31.35
	49.79	1:45.42 (55.63)	2:41.05 (55.63)	3:31.35 (50.30)	

Women 50-54 400 LC Meter Freestyle

Pacific: 4:40.66 L 8/7/2013 **Jill S Hernandez**

National: 4:40.66 N 8/11/2013 **JILL HERNANDEZ**

1	Dussliere, Julie	51	Swim Fort Lauderdale-50	6:30.00	5:34.84
	38.31	1:19.56 (41.25)	2:01.74 (42.18)	2:43.90 (42.16)	
	3:26.25 (42.35)	4:09.33 (43.08)	4:51.89 (42.56)	5:34.84 (42.95)	
2	Broadnax, Brenna	53	QuickSilver Masters-38	7:28.00	7:13.55
		1:39.96 ()		3:31.78 ()	
	4:28.35 (56.57)	5:23.73 (55.38)	7:13.55 (1:49.82)		

Women 50-54 100 LC Meter Backstroke

Pacific: 1:13.76 L 12/31/2009 **Bonnie M Bilich**

National: 1:09.28 N 8/8/2014 **ELLEN REYNOLDS**

1	Zamanian, Alison	53	Walnut Creek Masters-38	1:15.00	1:16.11
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Women 50-54 50 LC Meter Breaststroke

Pacific: 37.81 L 10/10/2021 **Tanya N Lane**

National: 36.47 N 8/20/2022 **ERIKA BRAUN**

1	Kercher, Jennifer	50	Ladera Oaks Masters-38	47.52	52.20
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Women 50-54 100 LC Meter Breaststroke

Pacific: 1:23.72 L 10/8/2021 **Tanya N Lane**

National: 1:22.09 N 8/5/2022 **SARA DUNN**

1	Zamanian, Alison	53	Walnut Creek Masters-38	1:40.00	1:28.97
	43.18	1:28.97 (45.79)			

Women 50-54 50 LC Meter Butterfly

Pacific: 30.72 L 12/31/2001 **Laura B Val**

National: 29.47 N 8/4/2022 **ERIKA BRAUN**

1	Singh, Jo	51	Menlo Masters-38	55.00	54.15
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Women 50-54 100 LC Meter Butterfly

Pacific: 1:07.80 L 12/31/2011 **Jill S Hernandez**

National: 1:07.80 N 8/13/2011 **JILL HERNANDEZ**

1	Zamanian, Alison	53	Walnut Creek Masters-38	1:15.00	1:13.54
	34.35	1:13.54 (39.19)			

Women 50-54 200 LC Meter IM

Pacific: 2:36.05 L 7/24/2016 **Susan H Preston**

National: 2:31.02 N 8/7/2016 **ELLEN REYNOLDS**

1	Zamanian, Alison	53	Walnut Creek Masters-38	2:53.00	2:41.12
	34.60	1:15.39 (40.79)	2:04.16 (48.77)	2:41.12 (36.96)	
2	Dussliere, Julie	51	Swim Fort Lauderdale-50	3:05.00	3:02.35
	41.23	1:30.13 (48.90)	2:22.48 (52.35)	3:02.35 (39.87)	
3	Broadnax, Brenna	53	QuickSilver Masters-38	4:05.00	3:56.24
		1:57.38 ()	3:03.87 (1:06.49)	3:56.24 (52.37)	

Women 55-59 50 LC Meter Freestyle

Pacific: 28.69 L 12/31/2008 **Laura B Val**

National: 28.46 N 8/8/2019 **HOLLY GREEN BLAIR**

1	Nelson, Sheila	55	Santa Rosa Masters-38	35.00	33.86
2	Couch, Stephanie	59	Menlo Masters-38	37.90	37.59

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****(Women 55-59 50 LC Meter Freestyle)**

3	Cervantes-Mui, Wendy	56	Ladera Oaks Masters-38	41.09	41.58
4	Phalen, Jennifer	59	Davis Aquatic Masters-38	44.49	42.73
5	Hu, Qing	57	Walnut Creek Masters-38	1:05.92	1:04.77

Women 55-59 100 LC Meter Freestyle

Pacific: 1:02.02 L 8/17/2008 LVal&LVal

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

1	Ward, Lisa	59	Walnut Creek Masters-38	1:13.00	1:11.27
	34.58	1:11.27 (36.69)			
2	Cox, Juliet	55	Manatee Aquatic Masters Inc-38	1:16.00	1:16.00
	36.98	1:16.00 (39.02)			
3	Couch, Stephanie	59	Menlo Masters-38	1:21.21	1:21.13
	39.72	1:21.13 (41.41)			
4	Phalen, Jennifer	59	Davis Aquatic Masters-38	1:32.45	1:31.86
	44.37	1:31.86 (47.49)			
5	Cervantes-Mui, Wendy	56	Ladera Oaks Masters-38	1:35.02	1:35.01
	44.39	1:35.01 (50.62)			
6	Hu, Qing	57	Walnut Creek Masters-38	2:21.71	2:33.49

Women 55-59 200 LC Meter Freestyle

Pacific: 2:16.28 L 12/31/2009 Laura B Val

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

1	Ward, Lisa	59	Walnut Creek Masters-38	2:32.00	2:36.03
	36.75	1:16.83 (40.08)	1:57.04 (40.21)	2:36.03 (38.99)	
2	Cox, Juliet	55	Manatee Aquatic Masters Inc-38	2:45.00	2:42.49
	38.57	1:20.56 (41.99)	2:03.24 (42.68)	2:42.49 (39.25)	
3	Couch, Stephanie	59	Menlo Masters-38	2:50.00	2:47.14
	39.33	1:22.84 (43.51)	2:05.13 (42.29)	2:47.14 (42.01)	
4	Phalen, Jennifer	59	Davis Aquatic Masters-38	3:09.60	3:21.02
	44.36	1:34.58 (50.22)	2:29.32 (54.74)	3:21.02 (51.70)	

Women 55-59 400 LC Meter Freestyle

Pacific: 4:46.69 L 7/26/2015 Jill S Hernandez

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

1	Ward, Lisa	59	Walnut Creek Masters-38	5:45.00	5:20.43
	37.27	1:17.69 (40.42)	1:58.61 (40.92)	2:39.65 (41.04)	
	3:20.27 (40.62)	4:01.03 (40.76)	4:41.02 (39.99)	5:20.43 (39.41)	
2	Couch, Stephanie	59	Menlo Masters-38	5:50.00	5:35.93
	40.00	1:22.82 (42.82)	2:05.11 (42.29)	2:47.85 (42.74)	
	3:30.00 (42.15)	4:12.70 (42.70)	4:55.25 (42.55)	5:35.93 (40.68)	
3	Cox, Juliet	55	Manatee Aquatic Masters Inc-38	5:50.00	5:36.27
	38.77	1:21.09 (42.32)	2:04.51 (43.42)	2:48.20 (43.69)	
	3:30.65 (42.45)	4:12.83 (42.18)	4:55.40 (42.57)	5:36.27 (40.87)	
4	Bulman, Robin	58	Santa Rosa Masters-38	6:01.74	5:53.66
	39.67	1:23.85 (44.18)	2:09.22 (45.37)	2:54.11 (44.89)	
	3:39.99 (45.88)	4:25.37 (45.38)	5:10.57 (45.20)	5:53.66 (43.09)	
5	Shu, Vicki	55	Marcia's Enthusiastic Masters-38	5:57.44	5:54.15
	43.14	1:29.16 (46.02)	2:14.91 (45.75)	3:00.30 (45.39)	
	3:45.88 (45.58)	4:30.07 (44.19)	5:13.82 (43.75)	5:54.15 (40.33)	
6	Phalen, Jennifer	59	Davis Aquatic Masters-38	6:38.91	7:04.00
	47.70	1:38.83 (51.13)	2:31.92 (53.09)	3:27.36 (55.44)	
	4:22.97 (55.61)	5:17.95 (54.98)	6:12.57 (54.62)	7:04.00 (51.43)	

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Women 55-59 50 LC Meter Backstroke****Pacific: 33.75 L 12/31/2010 Laura B Val****National: 31.99 N 8/2/2018 HOLLY GREEN BLAIR**

1	Cox, Juliet	55	Manatee Aquatic Masters Inc-38	38.50	39.09
2	Hu, Qing	57	Walnut Creek Masters-38	1:39.77	1:34.87

Women 55-59 100 LC Meter Backstroke**Pacific: 1:12.45 L 7/16/2017 Bonnie M Bilich****National: 1:09.69 N 8/11/2019 HOLLY GREEN BLAIR**

1	Cox, Juliet	55	Manatee Aquatic Masters Inc-38	1:25.00	1:27.87
				44.09	1:27.87 (43.78)
2	Couch, Stephanie	59	Menlo Masters-38	1:29.83	1:30.35
				45.29	1:30.35 (45.06)
3	Nelson, Sheila	55	Santa Rosa Masters-38	1:35.00	1:34.65
				46.90	1:34.65 (47.75)

Women 55-59 50 LC Meter Breaststroke**Pacific: 41.31 L 7/16/2017 Jana Matena****National: 37.13 N 7/16/2017 CAROLINE KRATTLI**

1	Bulman, Robin	58	Santa Rosa Masters-38	42.31	44.26
2	Nelson, Sheila	55	Santa Rosa Masters-38	47.50	45.88
3	Shu, Vicki	55	Marcia's Enthusiastic Masters-38	49.84	52.40
4	Hu, Qing	57	Walnut Creek Masters-38	1:28.15	1:21.91

Women 55-59 100 LC Meter Breaststroke**Pacific: 1:31.50 L 7/30/2022 Robin A Bulman****National: 1:21.21 N 7/15/2017 CAROLINE KRATTLI**

1	Ward, Lisa	59	Walnut Creek Masters-38	1:38.00	1:33.63
				46.16	1:33.63 (47.47)
2	Bulman, Robin	58	Santa Rosa Masters-38	1:34.64	1:37.28
				45.68	1:37.28 (51.60)
3	Nelson, Sheila	55	Santa Rosa Masters-38	1:43.00	1:40.91
				48.15	1:40.91 (52.76)

Women 55-59 50 LC Meter Butterfly**Pacific: 31.42 L 12/31/2009 Laura B Val****National: 30.52 N 7/10/2016 LESLIE LIVINGSTON**

1	Ward, Lisa	59	Walnut Creek Masters-38	35.00	34.97
2	Shu, Vicki	55	Marcia's Enthusiastic Masters-38	37.32	39.15
3	Cervantes-Mui, Wendy	56	Ladera Oaks Masters-38	56.84	49.98

Women 55-59 100 LC Meter Butterfly**Pacific: 1:09.47 L 12/31/2009 Laura B Val****National: 1:09.47 N 8/9/2009 LAURA VAL**

1	Ward, Lisa	59	Walnut Creek Masters-38	1:25.00	1:21.53
				38.55	1:21.53 (42.98)
2	Shu, Vicki	55	Marcia's Enthusiastic Masters-38	1:28.20	1:29.42
				42.72	1:29.42 (46.70)
3	Phalen, Jennifer	59	Davis Aquatic Masters-38	1:54.19	1:55.24
				53.67	1:55.24 (1:01.57)
4	Cervantes-Mui, Wendy	56	Ladera Oaks Masters-38	2:19.85	2:03.41

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Women 55-59 200 LC Meter IM**

	Pacific:	2:38.74	L	7/26/2015	Jill S Hernandez		
	National:	2:31.51	N	7/6/2019	ELLEN REYNOLDS		
1	Couch, Stephanie	59	Menlo Masters-38	3:09.67	3:12.18		
	46.31	1:34.27 (47.96)	2:31.20 (56.93)	3:12.18 (40.98)			
2	Shu, Vicki	55	Marcia's Enthusiastic Masters-38	3:22.45	3:14.13		
	41.48	1:32.48 (51.00)	2:31.82 (59.34)	3:14.13 (42.31)			
3	Bulman, Robin	58	Santa Rosa Masters-38	3:19.38	3:18.97		
	46.08	1:43.02 (56.94)	2:35.12 (52.10)	3:18.97 (43.85)			
4	Phalen, Jennifer	59	Davis Aquatic Masters-38	3:43.77	3:40.12		
	52.89	1:53.57 (1:00.68)	2:48.73 (55.16)	3:40.12 (51.39)			
5	Cervantes-Mui, Wendy	56	Ladera Oaks Masters-38	4:39.95	4:37.79		
	51.12	2:21.15 (1:30.03)	3:48.56 (1:27.41)	4:37.79 (49.23)			

Women 60-64 50 LC Meter Freestyle

	Pacific:	29.31	L	12/31/2011	Laura B Val		
	National:	29.21	N	8/4/2018	PENNY NOYES		
1	Matena, Jana	61	Menlo Masters-38	35.50	32.39		
2	Meyer, Marguerite	64	The Olympic Club-38	37.00	34.34		
3	Nichelman, Sherri	63	Walnut Creek Masters-38	38.44	37.50		
4	Focha, Teresa	62	Albany Armada Aquatics Masters-38	57.46	55.74		

Women 60-64 100 LC Meter Freestyle

	Pacific:	1:03.83	L	12/31/2011	Laura B Val		
	National:	1:03.83	N	8/5/2011	LAURA VAL		
1	Matena, Jana	61	Menlo Masters-38	1:16.00	1:09.41		
	33.38	1:09.41 (36.03)					
2	Meyer, Marguerite	64	The Olympic Club-38	1:19.00	1:16.69		
	36.72	1:16.69 (39.97)					
3	Nichelman, Sherri	63	Walnut Creek Masters-38	1:24.07	1:23.32		
	39.77	1:23.32 (43.55)					
4	Adler, Felicia	61	Walnut Creek Masters-38	1:50.00	1:45.54		
	50.35	1:45.54 (55.19)					
5	Focha, Teresa	62	Albany Armada Aquatics Masters-38	2:02.33	2:01.34		
	56.17	2:01.34 (1:05.17)					

Women 60-64 200 LC Meter Freestyle

	Pacific:	2:21.48	L	12/31/2012	Laura B Val		
	National:	2:21.48	N	6/12/2012	LAURA VAL		
1	Matena, Jana	61	Menlo Masters-38	2:45.00	2:35.77		
	34.96	1:14.24 (39.28)	1:55.22 (40.98)	2:35.77 (40.55)			
2	Meyer, Marguerite	64	The Olympic Club-38	2:50.00	2:47.63		
	37.97	1:19.99 (42.02)	2:04.26 (44.27)	2:47.63 (43.37)			
3	Nichelman, Sherri	63	Walnut Creek Masters-38	2:58.55	2:59.29		
	40.90	1:26.92 (46.02)	2:14.32 (47.40)	2:59.29 (44.97)			
4	Taylor, Catherine	60	Walnut Creek Masters-38	3:11.72	3:06.72		
	43.64	1:32.44 (48.80)	2:20.78 (48.34)	3:06.72 (45.94)			
5	Adler, Felicia	61	Walnut Creek Masters-38	3:45.00	3:41.40		
	50.67	1:46.25 (55.58)	2:44.03 (57.78)	3:41.40 (57.37)			
6	Focha, Teresa	62	Albany Armada Aquatics Masters-38	4:13.89	4:12.74		
	57.42	2:01.79 (1:04.37)	3:07.51 (1:05.72)	4:12.74 (1:05.23)			

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Women 60-64 400 LC Meter Freestyle**

	Pacific:	4:59.82	L	12/31/2012	Laura B Val		
	National:	4:59.82	N	8/12/2012	LAURA VAL		
1	Meyer, Marguerite	64	The Olympic Club-38	5:50.00	5:41.47		
	39.39	1:21.87 (42.48)	2:05.72 (43.85)	2:49.13 (43.41)			
	3:32.80 (43.67)	4:16.56 (43.76)	5:00.45 (43.89)	5:41.47 (41.02)			
2	Matena, Jana	61	Menlo Masters-38	6:35.00	5:42.17		
	39.74	1:21.15 (41.41)	2:03.94 (42.79)	2:47.60 (43.66)			
	3:31.67 (44.07)	4:15.61 (43.94)	4:59.77 (44.16)	5:42.17 (42.40)			
3	Nichelman, Sherri	63	Walnut Creek Masters-38	6:15.80	6:19.96		
	42.52		2:19.25 ()				
	3:57.50 ()	4:45.98 (48.48)	5:33.98 (48.00)	6:19.96 (45.98)			
4	Taylor, Catherine	60	Walnut Creek Masters-38	6:30.23	6:21.70		
	45.00	1:33.81 (48.81)	2:22.68 (48.87)	3:10.91 (48.23)			
	3:59.69 (48.78)	4:47.61 (47.92)	5:35.67 (48.06)	6:21.70 (46.03)			
5	Tyler, Christine	61	QuickSilver Masters-38	7:00.46	7:20.97		
	47.86	1:42.79 (54.93)	2:39.80 (57.01)	3:36.45 (56.65)			
		5:30.65 ()	6:27.20 (56.55)	7:20.97 (53.77)			
6	Adler, Felicia	61	Walnut Creek Masters-38	7:30.00	7:34.00		
	51.13	1:51.31 (1:00.18)	2:47.70 (56.39)	3:46.15 (58.45)			
	4:43.94 (57.79)	5:40.83 (56.89)	6:37.52 (56.69)	7:34.00 (56.48)			
7	Focha, Teresa	62	Albany Armada Aquatics Masters-38	8:35.96	8:34.34		
	56.67	1:59.41 (1:02.74)	3:04.72 (1:05.31)	4:10.56 (1:05.84)			
	5:17.15 (1:06.59)	6:22.98 (1:05.83)	7:29.17 (1:06.19)	8:34.34 (1:05.17)			
8	Carroll, Leah	62	Albany Armada Aquatics Masters-38	8:46.95	8:46.83		
	1:01.32	2:06.86 (1:05.54)	3:14.46 (1:07.60)	4:21.33 (1:06.87)			
	5:28.03 (1:06.70)	6:32.72 (1:04.69)	7:41.69 (1:08.97)	8:46.83 (1:05.14)			

Women 60-64 50 LC Meter Backstroke

	Pacific:	33.86	L	8/9/2015	Laura B Val		
	National:	33.82	N	5/12/2022	KARLYN PIPES		
1	Meyer, Marguerite	64	The Olympic Club-38	45.00	42.77		
2	Tyler, Christine	61	QuickSilver Masters-38	52.00	52.37		

Women 60-64 100 LC Meter Backstroke

	Pacific:	1:14.50	L	7/11/2018	Bonnie M Bilich		
	National:	1:14.28	N	8/13/2022	KARLYN PIPES		
1	Meyer, Marguerite	64	The Olympic Club-38	1:37.00	1:32.74		
	45.77	1:32.74 (46.97)					
2	Taylor, Catherine	60	Walnut Creek Masters-38	1:55.78	1:53.77		
	56.80	1:53.77 (56.97)					
3	Tyler, Christine	61	QuickSilver Masters-38	2:00.00	1:56.36		
	58.35	1:56.36 (58.01)					
4	Carroll, Leah	62	Albany Armada Aquatics Masters-38	1:59.04	2:06.48		
5	Focha, Teresa	62	Albany Armada Aquatics Masters-38	2:17.02	2:12.80		
	1:05.65	2:12.80 (1:07.15)					

Women 60-64 50 LC Meter Breaststroke

	Pacific:	42.57	L	7/11/2018	Barbara C Wheeler		
	National:	39.02	N	8/19/2016	BETH ESTEL		
1	Taylor, Catherine	60	Walnut Creek Masters-38	51.45	51.10		
2	Tyler, Christine	61	QuickSilver Masters-38	50.00	51.11		

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Women 60-64 100 LC Meter Breaststroke****Pacific: 1:29.39 L 7/10/2018 Bonnie M Bilich****National: 1:27.24 N 8/18/2016 BETH ESTEL**

1	Taylor, Catherine	60	Walnut Creek Masters-38	1:52.43	1:49.61
	53.12	1:49.61 (56.49)			
2	Tyler, Christine	61	QuickSilver Masters-38	1:52.56	1:51.29
	52.63	1:51.29 (58.66)			
3	Adler, Felicia	61	Walnut Creek Masters-38	2:20.00	2:03.92
	58.78	2:03.92 (1:05.14)			
4	Carroll, Leah	62	Albany Armada Aquatics Masters-38	2:10.18	2:05.19
	1:01.36	2:05.19 (1:03.83)			

Women 60-64 50 LC Meter Butterfly**Pacific: 32.27 L 12/31/2012 Laura B Val****National: 31.11 N 8/11/2019 TRACI GRANGER**

1	Carroll, Leah	62	Albany Armada Aquatics Masters-38	54.01	52.45
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Women 60-64 100 LC Meter Butterfly**Pacific: 1:12.06 L 12/31/2011 Laura B Val****National: 1:12.06 N 8/4/2011 LAURA VAL**

1	Carroll, Leah	62	Albany Armada Aquatics Masters-38	1:57.67	1:54.19
	55.13	1:54.19 (59.06)			

Women 60-64 200 LC Meter IM**Pacific: 2:47.99 L 7/12/2013 Laura B Val****National: 2:47.99 N 7/14/2013 LAURA VAL**

1	Matena, Jana	61	Menlo Masters-38	3:15.25	3:06.68
	41.33	1:32.87 (51.54)	2:26.13 (53.26)	3:06.68 (40.55)	
2	Nichelman, Sherri	63	Walnut Creek Masters-38	3:32.33	3:33.44
	42.85	1:43.34 (1:00.49)	2:45.15 (1:01.81)	3:33.44 (48.29)	
3	Taylor, Catherine	60	Walnut Creek Masters-38	3:36.34	3:35.07
	50.27	1:49.93 (59.66)	2:47.98 (58.05)	3:35.07 (47.09)	
4	Tyler, Christine	61	QuickSilver Masters-38	3:45.00	3:46.50
	49.41	1:51.13 (1:01.72)	2:53.27 (1:02.14)	3:46.50 (53.23)	
5	Carroll, Leah	62	Albany Armada Aquatics Masters-38	4:13.36	4:19.41
	57.13	2:05.04 (1:07.91)	3:14.87 (1:09.83)	4:19.41 (1:04.54)	
6	Focha, Teresa	62	Albany Armada Aquatics Masters-38	4:41.92	4:33.92
	1:02.34	2:12.96 (1:10.62)	3:28.60 (1:15.64)	4:33.92 (1:05.32)	

Women 65-69 50 LC Meter Freestyle**Pacific: 29.17 L 7/29/2018 Laura B Val****National: 29.10 N 8/3/2019 PENNY NOYES**

1	Bracken, Judy	66	San Ramon Valley Aquatics Mast-38	36.63	35.53
2	Heim-Bowen, Suzanne	65	Walnut Creek Masters-38	35.40	35.78
3	Jaffer, Johanna	67	Almaden Masters-38	42.98	39.20
4	Christensen, Pamela	67	Rocklin Aquatics Masters-38	42.98	41.81
5	Hickel, Jessie	65	East Bay Bat Rays Masters-38	44.00	42.52
6	Pinto, Rebecca	68	Menlo Masters-38	48.00	43.68

Women 65-69 100 LC Meter Freestyle**Pacific: 1:04.89 L 7/30/2018 Laura B Val****National: 1:04.89 N 7/30/2018 LAURA VAL**

1	Heim-Bowen, Suzanne	65	Walnut Creek Masters-38	1:18.00	1:18.03
	38.19	1:18.03 (39.84)			
2	Bracken, Judy	66	San Ramon Valley Aquatics Mast-38	1:18.99	1:18.86
	37.68	1:18.86 (41.18)			

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****(Women 65-69 100 LC Meter Freestyle)**

3	Jaffer, Johanna	67	Almaden Masters-38	1:28.00	1:24.73
	40.23	1:24.73 (44.50)			
4	Christensen, Pamela	67	Rocklin Aquatics Masters-38	1:37.62	1:37.45
	46.13	1:37.45 (51.32)			
5	Pinto, Rebecca	68	Menlo Masters-38	1:30.00	1:40.15
	47.61	1:40.15 (52.54)			

Women 65-69 200 LC Meter Freestyle

Pacific: 2:25.29 L 8/18/2016 Laura B Val

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

1	Heim-Bowen, Suzanne	65	Walnut Creek Masters-38	2:40.00	2:42.67
	38.98	1:20.50 (41.52)	2:02.26 (41.76)	2:42.67 (40.41)	
2	Bracken, Judy	66	San Ramon Valley Aquatics Mast-38	2:55.12	2:56.39
	39.72	1:25.16 (45.44)	2:12.47 (47.31)	2:56.39 (43.92)	
3	Jaffer, Johanna	67	Almaden Masters-38	3:10.64	3:06.28
	41.19	1:28.10 (46.91)	2:18.05 (49.95)	3:06.28 (48.23)	
4	Quinn, Phyllis	68	The Olympic Club-38	3:14.56	3:09.69
	43.51	1:32.36 (48.85)	2:22.48 (50.12)	3:09.69 (47.21)	
5	Hickel, Jessie	65	East Bay Bat Rays Masters-38	3:25.00	3:24.39
	46.79	1:38.08 (51.29)	2:32.72 (54.64)	3:24.39 (51.67)	
6	Pinto, Rebecca	68	Menlo Masters-38	3:30.00	3:35.79
	51.92	1:48.97 (57.05)	2:44.38 (55.41)	3:35.79 (51.41)	

Women 65-69 400 LC Meter Freestyle

Pacific: 5:12.80 L 8/10/2019 Laura B Val

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

1	Heim-Bowen, Suzanne	65	Walnut Creek Masters-38	5:40.39	5:33.76
	38.09	1:20.37 (42.28)	2:03.03 (42.66)	2:45.86 (42.83)	
	3:27.90 (42.04)	4:10.57 (42.67)	4:52.60 (42.03)	5:33.76 (41.16)	
2	Bracken, Judy	66	San Ramon Valley Aquatics Mast-38	6:21.57	6:14.23
	41.68	1:27.84 (46.16)	2:16.23 (48.39)	3:04.36 (48.13)	
	3:53.71 (49.35)	4:41.78 (48.07)	5:29.76 (47.98)	6:14.23 (44.47)	
3	Jaffer, Johanna	67	Almaden Masters-38	6:33.57	6:26.85
	42.69	1:30.90 (48.21)	2:19.88 (48.98)	3:09.07 (49.19)	
	3:58.41 (49.34)	4:48.82 (50.41)	5:38.16 (49.34)	6:26.85 (48.69)	
4	Quinn, Phyllis	68	The Olympic Club-38	6:26.06	6:34.84
	46.07	1:36.25 (50.18)	2:27.06 (50.81)	3:17.77 (50.71)	
	4:08.10 (50.33)	4:57.95 (49.85)	5:47.62 (49.67)	6:34.84 (47.22)	
5	Hickel, Jessie	65	East Bay Bat Rays Masters-38	6:52.00	7:01.88
	48.79	1:41.59 (52.80)	2:35.37 (53.78)	3:28.97 (53.60)	
	4:23.28 (54.31)	5:17.15 (53.87)	6:11.11 (53.96)	7:01.88 (50.77)	
6	Pinto, Rebecca	68	Menlo Masters-38	8:00.30	7:27.54
	53.28	1:51.44 (58.16)	2:49.22 (57.78)	3:45.54 (56.32)	
	4:43.41 (57.87)	5:39.76 (56.35)	6:35.28 (55.52)	7:27.54 (52.26)	
7	Thomas, Elaine	69	Mountain View Masters-38	8:00.00	7:54.60
	56.25	1:57.13 (1:00.88)	2:57.55 (1:00.42)	3:58.48 (1:00.93)	
	4:58.99 (1:00.51)	5:58.63 (59.64)	6:59.09 (1:00.46)	7:54.60 (55.51)	

Women 65-69 50 LC Meter Backstroke

Pacific: 33.59 L 8/2/2018 Laura B Val

National: 33.59 N 8/2/2018 LAURA VAL

1	Heim-Bowen, Suzanne	65	Walnut Creek Masters-38	38.80	39.90
2	Hickel, Jessie	65	East Bay Bat Rays Masters-38	53.00	53.93
3	Christensen, Pamela	67	Rocklin Aquatics Masters-38	49.44	56.52

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Women 65-69 100 LC Meter Backstroke**

Pacific: 1:14.49 L 7/31/2018 Laura B Val

National: 1:14.49 N 7/31/2018 LAURA VAL

1	Quinn, Phyllis	68	The Olympic Club-38	1:41.69	1:45.80
	53.06				1:45.80 (52.74)
2	Hickel, Jessie	65	East Bay Bat Rays Masters-38	1:49.00	1:52.36
	56.59				1:52.36 (55.77)
3	Christensen, Pamela	67	Rocklin Aquatics Masters-38	1:40.79	1:58.23
	57.43				1:58.23 (1:00.80)

Women 65-69 100 LC Meter Breaststroke

Pacific: 1:40.69 L 12/31/2009 Daniela Barnea

National: 1:32.24 N 8/10/2019 LO KNAPP

1	Quinn, Phyllis	68	The Olympic Club-38	1:58.20	2:00.23
2	Hickel, Jessie	65	East Bay Bat Rays Masters-38	1:59.00	2:01.26
	58.20				2:01.26 (1:03.06)

Women 65-69 50 LC Meter Butterfly

Pacific: 33.34 L 7/11/2018 Laura B Val

National: 32.93 N 8/4/2019 PENNY NOYES

1	Pinto, Rebecca	68	Menlo Masters-38	45.00	49.67
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Women 65-69 200 LC Meter IM

Pacific: 2:54.16 L 7/24/2016 Laura B Val

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

1	Quinn, Phyllis	68	The Olympic Club-38	3:32.69	3:39.11
	52.09				1:47.97 (55.88) 2:51.41 (1:03.44) 3:39.11 (47.70)

Women 70-74 50 LC Meter Freestyle

Pacific: 30.73 L 10/10/2021 Laura B Val

National: 30.73 N 10/9/2021 LAURA VAL

1	Dobisz, Elizabeth	70	QuickSilver Masters-38	55.59	59.92
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Women 70-74 100 LC Meter Freestyle

Pacific: 1:06.90 L 10/9/2021 Laura B Val

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

1	Dobisz, Elizabeth	70	QuickSilver Masters-38	2:06.65	2:09.90
	1:02.56				2:09.90 (1:07.34)

Women 70-74 200 LC Meter Freestyle

Pacific: 2:29.72 L 8/13/2022 Laura B Val

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

1	Guthrie, Sally	73	Davis Aquatic Masters-38	3:10.00	3:09.02
	43.83				1:31.50 (47.67) 2:20.05 (48.55) 3:09.02 (48.97)
2	Zlotoff, Mara	71	QuickSilver Masters-38	3:47.00	3:53.59
	51.34				1:51.06 (59.72) 2:54.50 (1:03.44) 3:53.59 (59.09)

Women 70-74 400 LC Meter Freestyle

Pacific: 5:21.19 L 8/13/2022 Laura B Val

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

1	Guthrie, Sally	73	Davis Aquatic Masters-38	6:40.92	6:40.96
	45.72				1:35.39 (49.67) 2:25.47 (50.08) 3:16.94 (51.47)
	4:08.32 (51.38)				4:59.92 (51.60) 5:51.49 (51.57) 6:40.96 (49.47)

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Women 70-74 50 LC Meter Backstroke**

Pacific: 34.65 L 10/10/2021 Laura B Val

National: 34.65 N 10/10/2021 LAURA VAL

1	Guthrie, Sally	73	Davis Aquatic Masters-38	50.00	48.09
2	Dobisz, Elizabeth	70	QuickSilver Masters-38	1:08.62	1:08.62

Women 70-74 100 LC Meter Backstroke

Pacific: 1:17.26 L 7/31/2022 Laura B Val

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

1	Dobisz, Elizabeth	70	QuickSilver Masters-38	2:30.00	2:34.26
	1:17.43		2:34.26 (1:16.83)		

Women 70-74 50 LC Meter Breaststroke

Pacific: 45.45 L 10/10/2021 Charlotte M Davis

National: 43.19 N 8/3/2018 DANA BROWN

1	Zlotoff, Mara	71	QuickSilver Masters-38	1:20.00	1:03.64
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Women 70-74 100 LC Meter Breaststroke

Pacific: 1:38.04 L 10/8/2021 Charlotte M Davis

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

1	Zlotoff, Mara	71	QuickSilver Masters-38	2:27.86	2:17.54
	1:04.90		2:17.54 (1:12.64)		

Women 70-74 50 LC Meter Butterfly

Pacific: 34.93 L 7/31/2022 LVal&LVal

National: 34.93 N 7/31/2022 LAURA VAL

1	Dobisz, Elizabeth	70	QuickSilver Masters-38	1:10.00	1:10.25
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Women 75-79 50 LC Meter Freestyle

Pacific: 39.61 L 7/10/2018 Nancy J Ridout

National: 34.11 N 10/8/2021 DIANN UUSTAL

1	Shaps, Ruth	76	Manatee Aquatic Masters Inc-38	37.00	38.23L
2	Barnea, Daniela	79	Menlo Masters-38	46.30	45.35
3	Caso, Susie	77	Manatee Aquatic Masters Inc-38	48.00	48.17

Women 75-79 100 LC Meter Freestyle

Pacific: 1:33.25 L 12/31/1998 Margery Meyer

National: 1:17.38 N 10/9/2021 DIANN UUSTAL

1	Shaps, Ruth	76	Manatee Aquatic Masters Inc-38	1:25.00	1:27.08L
	41.62		1:27.08 (45.46)		
2	Caso, Susie	77	Manatee Aquatic Masters Inc-38	1:55.00	1:57.20
	54.42		1:57.20 (1:02.78)		

Women 75-79 200 LC Meter Freestyle

Pacific: 3:24.84 L 12/31/1998 Margery Meyer

National: 2:56.07 N 8/6/2022 DIANN UUSTAL

1	Shaps, Ruth	76	Manatee Aquatic Masters Inc-38	3:16.00	3:10.69L
	44.05		1:33.74 (49.69) 2:23.12 (49.38) 3:10.69 (47.57)		
2	Barnea, Daniela	79	Menlo Masters-38	4:08.15	4:10.09
	55.72		2:01.00 (1:05.28) 3:06.37 (1:05.37) 4:10.09 (1:03.72)		

Women 75-79 400 LC Meter Freestyle

Pacific: 7:16.82 L 12/31/1998 Margery Meyer

National: 6:27.04 N 8/21/2021 DIANN UUSTAL

1	Shaps, Ruth	76	Manatee Aquatic Masters Inc-38	6:45.00	6:37.57L
	42.56		1:32.04 (49.48) 2:23.46 (51.42) 3:14.09 (50.63)		
	4:05.52 (51.43)		4:56.29 (50.77) 5:47.72 (51.43) 6:37.57 (49.85)		

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Women 75-79 50 LC Meter Backstroke**

Pacific: 49.98 L 12/31/1999 Margery Meyer

National: 40.08 N 10/9/2021 DIANN UUSTAL

1 Greer, Marcia 75 Uc38 1:05.50 57.31

Women 75-79 100 LC Meter Backstroke

Pacific: 1:55.08 L 12/31/2008 Ann M Hirsch

National: 1:28.67 N 10/10/2021 DIANN UUSTAL

1 Shaps, Ruth 76 Manatee Aquatic Masters Inc-38 1:55.00 1:45.85 L
52.98 1:45.85 (52.87)**Women 75-79 50 LC Meter Breaststroke**

Pacific: 47.25 L 7/21/2019 Daniela Barnea

National: 47.10 N 7/19/2014 JOANN LEILICH

1 Barnea, Daniela 79 Menlo Masters-38 NT 53.19
2 Caso, Susie 77 Manatee Aquatic Masters Inc-38 1:00.00 1:01.83**Women 75-79 100 LC Meter Breaststroke**

Pacific: 1:44.40 L 7/20/2019 Daniela Barnea

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

1 Barnea, Daniela 79 Menlo Masters-38 1:56.30 1:56.28
57.77 1:56.28 (58.51)
2 Caso, Susie 77 Manatee Aquatic Masters Inc-38 2:14.00 2:17.27
1:05.48 2:17.27 (1:11.79)**Women 75-79 100 LC Meter Butterfly**

Pacific: 1:50.84 L 7/20/2019 Daniela Barnea

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

1 Barnea, Daniela 79 Menlo Masters-38 1:54.20 1:57.25

Women 75-79 200 LC Meter IM

Pacific: 3:38.23 L 7/21/2019 Daniela Barnea

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

1 Barnea, Daniela 79 Menlo Masters-38 3:55.15 3:59.52
58.41 2:00.29 (1:01.88) 3:05.68 (1:05.39) 3:59.52 (53.84)**Women 80-84 50 LC Meter Freestyle**

Pacific: 42.29 L 12/31/2002 Margery Meyer

National: 38.64 N 3/7/2009 GAIL ROPER

1 Mc Partland, Peg 81 Manatee Aquatic Masters Inc-38 51.00 53.65
2 Stretch, Nancy 83 The Olympic Club-38 2:30.00 58.27**Women 80-84 100 LC Meter Freestyle**

Pacific: 1:37.78 L 12/31/2002 Margery Meyer

National: 1:27.55 N 3/7/2009 GAIL ROPER

1 Mc Partland, Peg 81 Manatee Aquatic Masters Inc-38 1:56.00 1:59.72
56.79 1:59.72 (1:02.93)**Women 80-84 50 LC Meter Backstroke**

Pacific: 49.40 L 8/18/2002 Margery Meyer

National: 46.39 N 3/29/2002 BUNNY CEDERLUND

1 Mc Partland, Peg 81 Manatee Aquatic Masters Inc-38 56.00 57.73
2 Stretch, Nancy 83 The Olympic Club-38 3:00.00 1:09.17

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Women 80-84 100 LC Meter Backstroke**

Pacific: 2:01.67 L 12/31/1999 Marjorie Sharpe

National: 1:47.29 N 8/7/2009 BETTY LORENZI

1	Mc Partland, Peg	81	Manatee Aquatic Masters Inc-38	2:07.00	2:07.34
	1:03.92		2:07.34 (1:03.42)		

Women 80-84 50 LC Meter Breaststroke

Pacific: 53.40 L 12/31/2011 Ann M Hirsch

National: 51.37 N 8/11/2018 ANNE WILLIAMS

1	Stretch, Nancy	83	The Olympic Club-38	3:30.00	1:12.50
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Women 80-84 50 LC Meter Butterfly

Pacific: 57.63 L 12/31/2012 Ann M Hirsch

National: 47.37 N 3/7/2009 GAIL ROPER

1	Stretch, Nancy	83	The Olympic Club-38	4:00.00	1:10.43
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Women 80-84 200 LC Meter IM

Pacific: 4:18.27 L 12/31/2011 Ann M Hirsch

National: 4:05.75 N 5/27/2023 JOY WARD

1	Stretch, Nancy	83	The Olympic Club-38	10:00.00	5:05.92
	1:13.29		2:30.07 (1:16.78)	3:54.87 (1:24.80)	5:05.92 (1:11.05)

Women 85-89 50 LC Meter Freestyle

Pacific: 46.72 L 12/31/2009 Margery Meyer

National: 44.97 N 7/15/2012 JEAN TROY

1	Tegner, Thyra	88	Almaden Masters-38	1:06.86	1:04.18
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Women 85-89 100 LC Meter Freestyle

Pacific: 1:48.02 L 12/31/2007 Margery Meyer

National: 1:43.68 N 6/9/2012 JEAN TROY

1	Tegner, Thyra	88	Almaden Masters-38	2:18.89	2:33.20
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Women 85-89 50 LC Meter Backstroke

Pacific: 58.34 L 12/31/2008 Margery Meyer

National: 51.81 N 7/7/2012 BETTY LORENZI

1	Tegner, Thyra	88	Almaden Masters-38	1:23.53	1:33.87
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Women 85-89 100 LC Meter Backstroke

Pacific: 2:15.50 L 12/31/2002 Marjorie Sharpe

National: 1:53.28 N 3/10/2012 BETTY LORENZI

---	Tegner, Thyra	88	Almaden Masters-38	2:54.10	DQ
	1:33.18		DQ (1:38.43)		

Men 18-24 50 LC Meter Freestyle

Pacific: 23.62 L 8/3/2017 Alex Ngan

National: 21.78 N 7/1/2012 JOSH SCHNEIDER

1	Robles, Cesar	22	Marcia's Enthusiastic Masters-38	28.00	28.86
2	Erlandson, Curtis	23	Almaden Masters-38	37.00	29.35
3	Zhang, Frederick	24	Google Masters Swimming-38	32.22	32.34

Men 18-24 100 LC Meter Freestyle

Pacific: 53.35 L 8/7/2013 Kevin Ferguson

National: 48.45 N 6/16/2021 COLEMAN STEWART

1	Zhang, Frederick	24	Google Masters Swimming-38	1:12.36	1:13.31
	34.13		1:13.31 (39.18)		

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Men 18-24 50 LC Meter Breaststroke****Pacific: 30.60 L 12/31/2008 Rick Eddy****National: 28.87 N 8/15/2005 DAVE ROLLINS**

1	Robles, Cesar	22	Marcia's Enthusiastic Masters-38	32.00	33.10
2	Zhang, Frederick	24	Google Masters Swimming-38	34.98	36.61
3	Erlandson, Curtis	23	Almaden Masters-38	57.00	40.07

Men 18-24 100 LC Meter Breaststroke**Pacific: 1:03.35 L 12/31/2012 BJ Johnson****National: 1:00.68 N 8/25/2016 JACOB MONTAGUE**

1	Robles, Cesar	22	Marcia's Enthusiastic Masters-38	1:10.00	1:17.10
2	Zhang, Frederick	24	Google Masters Swimming-38	1:22.18	1:22.84
	38.13		1:22.84 (44.71)		

Men 18-24 50 LC Meter Butterfly**Pacific: 24.20 L 8/10/2014 Thomas A Shields****National: 24.20 N 8/8/2014 THOMAS SHIELDS**

1	Zhang, Frederick	24	Google Masters Swimming-38	33.33	35.40
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Men 25-29 50 LC Meter Freestyle**Pacific: 21.69 L 8/10/2014 Nathan Adrian****National: 21.69 N 8/10/2014 NATHAN ADRIAN**

1	Frye, Thomas	25	East Bay Bat Rays Masters-38	25.53	26.33
2	Selfridge, Zach	29	Uc38	27.99	26.56
3	Chen, Richard	28	Uc38	27.50	26.78
4	Calleja-Harris, Skylar	27	QuickSilver Masters-38	30.00	26.94
5	Shao, Andrew	27	Google Masters Swimming-38	32.00	27.59
6	Mueller, Eric	29	Uc38	30.00	28.44
7	Bethel, Kyle	27	QuickSilver Masters-38	45.00	33.15

Men 25-29 100 LC Meter Freestyle**Pacific: 47.96 L 7/1/2017 Nathan Adrian****National: 47.96 N 6/27/2017 NATHAN ADRIAN**

1	Bondarenko, Nikita	28	West Hollywood Aquatics-33	56.04	54.53
	26.58		54.53 (27.95)		
2	Zyla, Michal	27	QuickSilver Masters-38	56.00	54.57
	26.81		54.57 (27.76)		
3	Selfridge, Zach	29	Uc38	59.99	58.63
	28.75		58.63 (29.88)		
4	Chen, Richard	28	Uc38	1:02.00	1:00.97
	28.47		1:00.97 (32.50)		
5	Bethel, Kyle	27	QuickSilver Masters-38	1:45.00	1:20.74
	37.98		1:20.74 (42.76)		

Men 25-29 200 LC Meter Freestyle**Pacific: 1:50.69 L 6/25/2013 Alex Wold****National: 1:50.69 N 6/26/2013 ALEX WOLD**

1	Selfridge, Zach	29	Uc38	2:12.99	2:09.10
	30.99		1:03.86 (32.87)	1:36.68 (32.82)	2:09.10 (32.42)

Men 25-29 400 LC Meter Freestyle**Pacific: 3:55.01 L 6/28/2013 Alex Wold****National: 3:55.01 N 6/28/2013 ALEX WOLD**

1	Bondarenko, Nikita	28	West Hollywood Aquatics-33	4:29.74	4:25.37
	31.14		1:03.34 (32.20)	1:37.05 (33.71)	2:10.82 (33.77)
	2:44.70 (33.88)		3:18.75 (34.05)	3:53.55 (34.80)	4:25.37 (31.82)

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****(Men 25-29 400 LC Meter Freestyle)**

2	Selfridge, Zach	29	Uc38	4:39.99	4:39.68
	32.14	1:06.27 (34.13)	1:41.26 (34.99)	2:16.31 (35.05)	
	2:51.52 (35.21)	3:27.59 (36.07)	4:04.33 (36.74)	4:39.68 (35.35)	

Men 25-29 50 LC Meter Backstroke

	Pacific: 27.34	L 4/24/2017	Andrew Saeta		
	National: 26.05	N 5/22/2011	ADAM MANIA		
1	Frye, Thomas	25	East Bay Bat Rays Masters-38	31.57	32.72
2	Calleja-Harris, Skylar	27	QuickSilver Masters-38	35.00	33.16
3	Shao, Andrew	27	Google Masters Swimming-38	38.00	37.01
4	Bethel, Kyle	27	QuickSilver Masters-38	1:00.00	47.69

Men 25-29 100 LC Meter Backstroke

	Pacific: 1:00.02	L 8/20/2016	Benjamin S Hinsha		
	National: 55.15	N 8/3/2011	ADAM MANIA		
1	Zyla, Michal	27	QuickSilver Masters-38	1:05.00	1:04.83
	31.55	1:04.83 (33.28)			
2	Shao, Andrew	27	Google Masters Swimming-38	1:20.00	1:22.42
	40.61	1:22.42 (41.81)			

Men 25-29 50 LC Meter Breaststroke

	Pacific: 28.70	L 4/26/2017	Colin B Babcock		
	National: 27.83	N 8/13/2022	PAVEL ROMANOV		
1	Shao, Andrew	27	Google Masters Swimming-38	36.00	36.57

Men 25-29 100 LC Meter Breaststroke

	Pacific: 1:00.68	L 6/25/2013	BJ Johnson		
	National: 1:00.68	N 6/28/2013	BJ JOHNSON		
1	Shao, Andrew	27	Google Masters Swimming-38	1:17.00	1:17.52
	37.42	1:17.52 (40.10)			
2	Mueller, Eric	29	Uc38	1:20.00	1:23.02
	39.38	1:23.02 (43.64)			

Men 25-29 50 LC Meter Butterfly

	Pacific: 23.90	L 7/1/2017	Thomas A Shields		
	National: 23.71	N 8/16/2008	KOHEI KAWAMOTO		
1	Bondarenko, Nikita	28	West Hollywood Aquatics-33	26.95	26.77
2	Calleja-Harris, Skylar	27	QuickSilver Masters-38	35.00	29.29
3	Mueller, Eric	29	Uc38	29.36	30.06
4	Chen, Richard	28	Uc38	32.00	30.24
5	Shao, Andrew	27	Google Masters Swimming-38	37.00	34.74

Men 25-29 100 LC Meter Butterfly

	Pacific: 51.20	L 7/2/2016	Thomas A Shields		
	National: 51.20	N 7/2/2016	THOMAS SHIELDS		
1	Bondarenko, Nikita	28	West Hollywood Aquatics-33	59.87	1:00.34
	27.93	1:00.34 (32.41)			
2	Zyla, Michal	27	QuickSilver Masters-38	1:05.00	1:01.49
	28.61	1:01.49 (32.88)			

Men 25-29 200 LC Meter IM

	Pacific: 2:07.67	L 4/22/2017	Colin B Babcock		
	National: 2:04.40	N 7/14/2013	ADAM RITTER		
1	Zyla, Michal	27	QuickSilver Masters-38	2:25.00	2:24.87
	29.01	1:07.28 (38.27)	1:53.07 (45.79)	2:24.87 (31.80)	

QSS Masters Fast and Free Long Course Meet - 6/17/2023

Results - All Events

Men 30-34 50 LC Meter Freestyle

	Pacific:	21.55	L	8/10/2014	Anthony L Ervin		
	National:	21.55	N	8/10/2014	ANTHONY ERVIN		
1	Lavado, Marcos			32	Walnut Creek Masters-38	24.99	24.08
2	Greer, George			33	East Bay Bat Rays Masters-38	25.11	25.76
3	McKinnon, Aaron			33	QuickSilver Masters-38	26.00	26.69
4	Keshmiri, Armon			30	Uc38	27.00	26.93
5	Dorn, Kevin			30	Uc38	29.99	27.46
6	Tomlinson, Bill			30	Uc38	30.50	29.04
7	Gu, Yue Shen			30	Walnut Creek Masters-38	30.29	30.09
8	Skarzynske, Michael			34	Mountain View Masters-38	30.00	31.66

Men 30-34 100 LC Meter Freestyle

	Pacific:	48.71	L	8/6/2014	Anthony L Ervin		
	National:	48.71	N	8/6/2014	ANTHONY ERVIN		
1	Lavado, Marcos			32	Walnut Creek Masters-38	52.60	53.11
	25.94				53.11 (27.17)		
2	McKinnon, Aaron			33	QuickSilver Masters-38	58.00	1:00.19
	28.27				1:00.19 (31.92)		
3	Keshmiri, Armon			30	Uc38	1:00.00	1:00.47
	28.65				1:00.47 (31.82)		
4	Calhoun, Jack			34	Santa Cruz Masters Aquatics-38	1:05.00	1:02.35
	30.44				1:02.35 (31.91)		
5	Dorn, Kevin			30	Uc38	1:08.20	1:05.33
	31.40				1:05.33 (33.93)		

Men 30-34 200 LC Meter Freestyle

	Pacific:	1:56.57	L	6/25/2022	Marcos Lavado		
	National:	1:49.34	N	8/7/2014	DARIAN TOWNSEND		
1	Calhoun, Jack			34	Santa Cruz Masters Aquatics-38	2:20.00	2:16.98
	33.20				2:16.98 (1:43.78)		
2	Keshmiri, Armon			30	Uc38	2:12.00	2:20.25
	31.84				1:06.73 (34.89)	1:43.71 (36.98)	2:20.25 (36.54)
3	Christenson, Joel			32	East Bay Bat Rays Masters-38	2:11.00	2:22.03
	31.68				1:06.62 (34.94)	1:43.62 (37.00)	2:22.03 (38.41)
4	Dorn, Kevin			30	Uc38	2:27.50	2:35.44
	35.81				1:15.65 (39.84)	1:58.00 (42.35)	2:35.44 (37.44)
5	Tomlinson, Bill			30	Uc38	2:20.00	2:38.97
	33.63				1:13.08 (39.45)	1:56.73 (43.65)	2:38.97 (42.24)
6	Thomas, Michael			31	Mountain View Masters-38	2:42.98	2:45.68
	38.17				1:21.35 (43.18)	2:05.69 (44.34)	2:45.68 (39.99)

Men 30-34 400 LC Meter Freestyle

	Pacific:	4:13.54	L	12/31/1993	Tom Fristoe		
	National:	3:58.12	N	7/23/2016	DARIAN TOWNSEND		
1	Greer, George			33	East Bay Bat Rays Masters-38	4:45.00	4:48.62
	32.13				1:07.80 (35.67)	1:44.18 (36.38)	2:20.95 (36.77)
	2:57.75 (36.80)				3:34.65 (36.90)	4:11.43 (36.78)	4:48.62 (37.19)
2	Calhoun, Jack			34	Santa Cruz Masters Aquatics-38	5:00.00	4:56.83
	35.11				1:13.73 (38.62)	1:52.15 (38.42)	2:30.18 (38.03)
	3:07.77 (37.59)				3:44.90 (37.13)	4:21.66 (36.76)	4:56.83 (35.17)
3	Graham, Derrick			32	Santa Barbara Masters Swimming-33	5:30.00	5:13.04
	35.34				1:13.33 (37.99)	1:53.20 (39.87)	2:33.69 (40.49)
	3:14.31 (40.62)				3:54.78 (40.47)	4:34.27 (39.49)	5:13.04 (38.77)

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****(Men 30-34 400 LC Meter Freestyle)**

4	Christenson, Joel	32	East Bay Bat Rays Masters-38	5:00.00	5:14.22
	33.67	1:11.29 (37.62)	1:50.25 (38.96)	2:30.83 (40.58)	
	3:11.15 (40.32)	3:52.50 (41.35)	4:33.30 (40.80)	5:14.22 (40.92)	
5	Tomlinson, Bill	30	Uc38	5:12.00	5:49.88
	36.17	1:18.20 (42.03)	2:02.67 (44.47)	2:46.92 (44.25)	
	3:32.84 (45.92)	4:18.78 (45.94)	5:05.77 (46.99)	5:49.88 (44.11)	
6	Thomas, Michael	31	Mountain View Masters-38	5:47.30	5:56.40
	39.02	1:23.70 (44.68)	2:10.80 (47.10)	2:57.77 (46.97)	
	3:44.22 (46.45)	4:30.27 (46.05)	5:16.03 (45.76)	5:56.40 (40.37)	

Men 30-34 50 LC Meter Backstroke

Pacific: 27.26 L 12/31/1994 **Sean Murphy**
National: 24.67 N 6/29/2017 **MATT GREVERS**

1	Green, Zachary	34	West Hollywood Aquatics-33	40.00	38.16
2	Gu, Yue Shen	30	Walnut Creek Masters-38	41.66	42.59

Men 30-34 50 LC Meter Breaststroke

Pacific: 27.26 L 6/15/2019 **Brandon J Fischer**
National: 27.26 N 6/15/2019 **BRANDON FISCHER**

1	Lavado, Marcos	32	Walnut Creek Masters-38	31.00	31.37
2	Dorn, Kevin	30	Uc38	39.85	36.97
3	Gu, Yue Shen	30	Walnut Creek Masters-38	42.28	40.81

Men 30-34 100 LC Meter Breaststroke

Pacific: 59.86 L 6/15/2019 **Brandon J Fischer**
National: 59.86 N 6/13/2019 **BRANDON FISCHER**

1	Lavado, Marcos	32	Walnut Creek Masters-38	1:10.33	1:11.32
	34.08	1:11.32 (37.24)			
2	Skarzynske, Michael	34	Mountain View Masters-38	1:33.02	1:34.48
	42.84	1:34.48 (51.64)			
3	Gu, Yue Shen	30	Walnut Creek Masters-38	1:32.69	1:47.20
	50.07	1:47.20 (57.13)			

Men 30-34 50 LC Meter Butterfly

Pacific: 25.31 L 12/31/1988 **Mike Bottom**
National: 23.26 N 7/13/2013 **ROLAND SCHOEMAN**

1	Lavado, Marcos	32	Walnut Creek Masters-38	26.00	26.58
2	Thomas, Michael	31	Mountain View Masters-38	31.24	32.07
3	Gu, Yue Shen	30	Walnut Creek Masters-38	34.12	34.68

Men 30-34 100 LC Meter Butterfly

Pacific: 55.49 L 7/6/2008 **Erik L Scalise**
National: 53.36 N 8/8/2014 **DARIAN TOWNSEND**

1	Lavado, Marcos	32	Walnut Creek Masters-38	56.17	56.86
	26.55	56.86 (30.31)			
2	Keshmiri, Armon	30	Uc38	1:10.00	1:07.46
	30.53	1:07.46 (36.93)			
3	Dorn, Kevin	30	Uc38	1:24.65	1:11.77
	32.02	1:11.77 (39.75)			
4	Graham, Derrick	32	Santa Barbara Masters Swimming-33	1:15.00	1:14.96
	35.39	1:14.96 (39.57)			
5	Calhoun, Jack	34	Santa Cruz Masters Aquatics-38	1:20.00	1:18.00
	38.49	1:18.00 (39.51)			
6	Thomas, Michael	31	Mountain View Masters-38	1:15.61	1:19.89
	35.59	1:19.89 (44.30)			

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****(Men 30-34 100 LC Meter Butterfly)**

7	Gu, Yue Shen	30	Walnut Creek Masters-38	1:28.63	1:27.46
	38.93	1:27.46 (48.53)			

Men 30-34 200 LC Meter IM

Pacific: 2:07.47 L 7/6/2008 **Erik L Scalise**

National: 1:59.24 N 8/6/2017 **RYAN LOCHTE**

1	Thomas, Michael	31	Mountain View Masters-38	2:55.55	3:01.57
	37.51	1:26.75 (49.24)	2:20.55 (53.80)	3:01.57 (41.02)	

Men 35-39 50 LC Meter Freestyle

Pacific: 23.95 L 8/7/2013 **Mike Pyle**

National: 22.98 N 6/19/2021 **MATT GREVERS**

1	Zhang, Chi	35	Stanford Masters Swimming-38	26.00	26.69
2	Chua, Brendan	38	Richmond Plunge Masters-38	37.00	31.65

Men 35-39 100 LC Meter Freestyle

Pacific: 53.51 L 6/30/2017 **Tamas Kerekjarto**

National: 51.45 N 10/9/2021 **ADAM RITTER**

1	Frink, Stephen	38	Richmond Plunge Masters-38	58.95	59.04
	28.32	59.04 (30.72)			
2	Zhang, Chi	35	Stanford Masters Swimming-38	1:00.50	1:00.37
	29.19	1:00.37 (31.18)			
3	Law, David	38	Manatee Aquatic Masters Inc-38	1:05.00	1:04.90
	30.55	1:04.90 (34.35)			
4	Cirone, Nicholas	35	Uc38	1:30.00	1:17.68
	38.03	1:17.68 (39.65)			

Men 35-39 200 LC Meter Freestyle

Pacific: 1:59.43 L 7/9/2018 **Tamas Kerekjarto**

National: 1:49.23 N 6/14/2021 **RYAN LOCHTE**

1	Zhang, Chi	35	Stanford Masters Swimming-38	2:18.00	2:13.59
	30.10	1:03.29 (33.19)	1:38.25 (34.96)	2:13.59 (35.34)	
2	Chua, Brendan	38	Richmond Plunge Masters-38	3:10.00	2:47.34
	39.30	1:21.22 (41.92)	2:05.63 (44.41)	2:47.34 (41.71)	

Men 35-39 400 LC Meter Freestyle

Pacific: 4:16.20 L 12/31/2000 **Dan Veatch**

National: 4:07.64 N 7/16/1995 **ROWDY GAINES**

1	Zhang, Chi	35	Stanford Masters Swimming-38	5:00.00	4:50.39
	32.52	1:07.68 (35.16)	1:43.91 (36.23)	2:20.42 (36.51)	
	2:57.36 (36.94)	3:34.88 (37.52)	4:12.65 (37.77)	4:50.39 (37.74)	
2	Frink, Stephen	38	Richmond Plunge Masters-38	4:49.97	4:56.08
	33.21	1:09.05 (35.84)	1:46.15 (37.10)	2:24.25 (38.10)	
	3:03.03 (38.78)	3:41.85 (38.82)	4:19.71 (37.86)	4:56.08 (36.37)	
3	Law, David	38	Manatee Aquatic Masters Inc-38	5:17.08	5:29.42
	35.11	1:15.36 (40.25)	1:58.22 (42.86)	2:40.43 (42.21)	
	3:22.81 (42.38)	4:05.89 (43.08)	4:48.70 (42.81)	5:29.42 (40.72)	
4	Chua, Brendan	38	Richmond Plunge Masters-38	6:20.00	6:18.44
	42.51	1:28.62 (46.11)	2:15.47 (46.85)	3:04.37 (48.90)	
	3:54.91 (50.54)	4:46.22 (51.31)	5:36.81 (50.59)	6:18.44 (41.63)	
5	Cirone, Nicholas	35	Uc38	7:00.00	6:25.51
	43.67	1:31.84 (48.17)	2:20.58 (48.74)	3:09.85 (49.27)	
	3:59.65 (49.80)	4:49.13 (49.48)	5:38.43 (49.30)	6:25.51 (47.08)	

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Men 35-39 50 LC Meter Backstroke**

Pacific: 27.68 L 12/31/2006 Rick Gould

National: 26.54 N 8/10/2019 JEFF NATALIZIO

1 Chua, Brendan 38 Richmond Plunge Masters-38 43.00 38.70

Men 35-39 50 LC Meter Breaststroke

Pacific: 30.47 L 12/31/1998 David Lundberg

National: 28.53 N 5/25/2009 JEFF COMMINGS

1 Zhang, Chi 35 Stanford Masters Swimming-38 33.00 34.62

2 Chua, Brendan 38 Richmond Plunge Masters-38 45.00 41.89

Men 35-39 100 LC Meter Breaststroke

Pacific: 1:07.52 L 12/31/1998 David Lundberg

National: 1:03.76 N 7/14/2013 JEFF COMMINGS

1 Law, David 38 Manatee Aquatic Masters Inc-38 1:24.63 1:27.60

40.91 1:27.60 (46.69)

Men 35-39 50 LC Meter Butterfly

Pacific: 25.77 L 6/29/2014 Adam M Conway

National: 24.14 N 8/15/2015 KOHEI KAWAMOTO

1 Frink, Stephen 38 Richmond Plunge Masters-38 30.86 30.72

2 Chua, Brendan 38 Richmond Plunge Masters-38 38.00 35.34

Men 35-39 100 LC Meter Butterfly

Pacific: 56.21 L 7/15/2017 Tamas Kerekjarto

National: 53.65 N 8/2/2018 KOHEI KAWAMOTO

1 Frink, Stephen 38 Richmond Plunge Masters-38 1:13.86 1:11.38

33.81 1:11.38 (37.57)

Men 35-39 200 LC Meter IM

Pacific: 2:14.87 L 12/31/2009 Derek Guffey

National: 1:58.48 N 6/17/2021 RYAN LOCHTE

1 Zhang, Chi 35 Stanford Masters Swimming-38 2:30.00 2:34.18

31.26 1:13.88 (42.62) 1:57.70 (43.82) 2:34.18 (36.48)

Men 40-44 50 LC Meter Freestyle

Pacific: 24.14 L 12/31/2003 David E Boatwright

National: 22.61 N 6/19/2021 ANTHONY ERVIN

1 Phipps, Benjamin 44 Uc38 24.80 26.46

2 Salles-Cunha, Lucas 43 QuickSilver Masters-38 29.00 27.59

3 Wans, David 43 Santa Clara Swim Club Masters-38 30.57 29.90

4 Baristiran, Omer 44 Uc38 32.00 29.94

5 Song, Jimmy 40 Marcia's Enthusiastic Masters-38 31.34 39.54

Men 40-44 100 LC Meter Freestyle

Pacific: 54.26 L 12/31/2003 David E Boatwright

National: 51.72 N 8/1/2010 VLAD PYSHNENKO

1 Salles-Cunha, Lucas 43 QuickSilver Masters-38 1:05.00 1:00.75

28.76 1:00.75 (31.99)

2 Phipps, Benjamin 44 Uc38 1:01.54 1:01.46

29.67 1:01.46 (31.79)

3 Baristiran, Omer 44 Uc38 1:10.00 1:05.00

32.20 1:05.00 (32.80)

4 Wans, David 43 Santa Clara Swim Club Masters-38 1:08.29 1:07.63

32.25 1:07.63 (35.38)

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Men 40-44 200 LC Meter Freestyle**

Pacific: 2:01.15 L 12/31/2003 David E Boatwright

National: 1:53.65 N 8/2/2010 VLAD PYSHNENKO

1	Baristiran, Omer	44	Uc38	2:40.00	2:29.67
				34.23	1:12.30 (38.07)
				1:51.43 (39.13)	2:29.67 (38.24)

Men 40-44 400 LC Meter Freestyle

Pacific: 4:16.50 L 12/31/2010 Alex Kostich

National: 4:06.74 N 7/24/2009 ERIK HOCHSTEIN

1	Baristiran, Omer	44	Uc38	5:40.00	5:32.70
				37.95	1:18.62 (40.67)
				2:01.68 (43.06)	2:44.31 (42.63)
				3:27.03 (42.72)	4:09.27 (42.24)
				4:51.78 (42.51)	5:32.70 (40.92)

Men 40-44 50 LC Meter Backstroke

Pacific: 28.59 L 12/31/2006 Sean Murphy

National: 27.47 N 8/23/2008 MICHAEL ROSS

1	Wans, David	43	Santa Clara Swim Club Masters-38	36.61	38.83
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Men 40-44 100 LC Meter Backstroke

Pacific: 1:00.95 L 12/31/2006 Sean Murphy

National: 59.08 N 8/7/2009 MICHAEL ROSS

1	Wans, David	43	Santa Clara Swim Club Masters-38	1:20.56	1:27.26
				43.49	1:27.26 (43.77)
2	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	1:32.28	1:36.15
				47.72	1:36.15 (48.43)

Men 40-44 50 LC Meter Breaststroke

Pacific: 30.78 L 12/31/2009 Jonathan T Manson

National: 29.02 N 7/27/2014 JEFF COMMINGS

1	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	36.70	39.37
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Men 40-44 100 LC Meter Breaststroke

Pacific: 1:11.27 L 12/31/1997 Spencer Eldred

National: 1:03.76 N 7/6/2012 STEVE WEST

1	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	1:22.60	1:26.73
				41.26	1:26.73 (45.47)

Men 40-44 100 LC Meter Butterfly

Pacific: 1:00.72 L 12/31/2005 Roger Brisbane

National: 56.43 N 8/23/2008 MICHAEL ROSS

1	Phipps, Benjamin	44	Uc38	1:10.22	1:06.93
				32.08	1:06.93 (34.85)
2	Salles-Cunha, Lucas	43	QuickSilver Masters-38	1:10.00	1:10.42
				31.34	1:10.42 (39.08)

Men 40-44 200 LC Meter IM

Pacific: 2:19.31 L 12/31/2006 Stephen M Smith

National: 2:08.63 N 5/27/2023 MARKUS ROGAN

1	Phipps, Benjamin	44	Uc38	2:34.50	2:42.64
				32.66	1:15.43 (42.77)
				2:04.23 (48.80)	2:42.64 (38.41)

Men 45-49 50 LC Meter Freestyle

Pacific: 24.69 L 8/7/2013 Greg Tull

National: 24.12 N 6/23/2018 BRIAN JACOBSON

1	Wolberg, Jay	47	Walnut Creek Masters-38	27.00	26.72
2	Mustiazza, Oleg	45	Google Masters Swimming-38	35.00	33.57
3	Wong, Kevin	45	QuickSilver Masters-38	1:15.00	46.22

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Men 45-49 100 LC Meter Freestyle**

Pacific: 54.83 L 12/31/2006 David E Boatwright

National: 53.77 N 8/7/2016 NICOLAS GRANGER

1	Mustiazza, Oleg	45	Google Masters Swimming-38	1:15.00	1:18.80
	37.13				1:18.80 (41.67)

Men 45-49 50 LC Meter Backstroke

Pacific: 29.22 L 12/31/2008 John Ends

National: 28.01 N 8/6/2022 CHUCK BARNES

1	Wolberg, Jay	47	Walnut Creek Masters-38	31.00	31.51
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Men 45-49 50 LC Meter Breaststroke

Pacific: 32.48 L 12/31/1994 Robert Strand

National: 29.29 N 8/13/2022 JEFF COMMINGS

1	Wong, Kevin	45	QuickSilver Masters-38	1:15.00	53.74
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Men 45-49 50 LC Meter Butterfly

Pacific: 26.40 L 8/7/2013 Greg Tull

National: 25.24 N 10/10/2021 CHUCK BARNES

1	Wolberg, Jay	47	Walnut Creek Masters-38	31.00	28.54
2	Matsumura, Naoki	46	Santa Clara Swim Club Masters-38	31.00	30.05

Men 45-49 100 LC Meter Butterfly

Pacific: 59.64 L 12/31/2008 John A Engs

National: 56.42 N 8/4/2002 PAUL CARTER

1	Matsumura, Naoki	46	Santa Clara Swim Club Masters-38	1:10.00	1:11.38
	34.38				1:11.38 (37.00)

Men 50-54 50 LC Meter Freestyle

Pacific: 25.57 L 12/31/2008 Paul V Carter

National: 24.58 N 8/9/2009 ROWDY GAINES

1	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	30.01	30.16
2	Wright, Eric	50	California Gold Masters-38	30.53	30.76
3	Rosales-Delmoral, Romer	50	Menlo Masters-38	31.00	32.13
4	Lehnert, Ahren	50	Marcia's Enthusiastic Masters-38	33.08	33.83

Men 50-54 100 LC Meter Freestyle

Pacific: 55.93 L 12/31/2012 David E Boatwright

National: 54.18 N 8/4/2017 NICOLAS GRANGER

1	Wright, Eric	50	California Gold Masters-38	1:06.75	1:08.04
	32.15				1:08.04 (35.89)
2	Rosales-Delmoral, Romer	50	Menlo Masters-38	1:07.00	1:08.66
	33.42				1:08.66 (35.24)
3	Lehnert, Ahren	50	Marcia's Enthusiastic Masters-38	1:12.35	1:14.80
	35.89				1:14.80 (38.91)

Men 50-54 200 LC Meter Freestyle

Pacific: 2:05.68 L 7/12/2013 Darren D Phalen

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

1	Rosales-Delmoral, Romer	50	Menlo Masters-38	2:28.00	2:25.90
	34.79				1:11.65 (36.86) 1:49.12 (37.47) 2:25.90 (36.78)
2	Wright, Eric	50	California Gold Masters-38	2:27.80	2:26.72
	34.01				1:11.40 (37.39) 1:49.77 (38.37) 2:26.72 (36.95)
3	Hertzner, Keith	50	Marcia's Enthusiastic Masters-38	2:39.40	2:45.10
	38.53				1:20.31 (41.78) 2:02.11 (41.80) 2:45.10 (42.99)

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****(Men 50-54 200 LC Meter Freestyle)**

4	Lehnert, Ahren	50	Marcia's Enthusiastic Masters-38	2:46.45	2:45.98
	39.37	1:21.87 (42.50)	2:05.46 (43.59)	2:45.98 (40.52)	

Men 50-54 400 LC Meter Freestyle

Pacific: 4:24.57 L 8/7/2013 **Darren D Phalen**
National: 4:15.93 N 8/4/2017 **NICOLAS GRANGER**

1	Wright, Eric	50	California Gold Masters-38	5:17.56	5:13.26
	36.36	1:15.75 (39.39)	1:56.00 (40.25)	2:36.35 (40.35)	
	3:16.80 (40.45)	3:56.98 (40.18)	4:36.36 (39.38)	5:13.26 (36.90)	
2	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	5:40.00	5:28.12
	37.84	1:19.36 (41.52)	2:01.29 (41.93)	2:44.04 (42.75)	
	3:26.15 (42.11)	4:08.15 (42.00)	4:49.19 (41.04)	5:28.12 (38.93)	
3	Lehnert, Ahren	50	Marcia's Enthusiastic Masters-38	5:56.20	5:52.54
	41.85	1:27.03 (45.18)	2:13.03 (46.00)	2:58.95 (45.92)	
	3:44.15 (45.20)	4:29.18 (45.03)	5:12.81 (43.63)	5:52.54 (39.73)	

Men 50-54 50 LC Meter Backstroke

Pacific: 28.58 L 7/10/2018 **Rick Gould**
National: 28.58 N 7/14/2018 **RICK GOULD**

1	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	38.73	38.59
2	Rosales-Delmoral, Romer	50	Menlo Masters-38	39.00	41.31

Men 50-54 100 LC Meter Backstroke

Pacific: 1:02.17 L 7/11/2018 **Rick Gould**
National: 1:01.57 N 8/6/2017 **NICOLAS GRANGER**

1	Rosales-Delmoral, Romer	50	Menlo Masters-38	1:28.00	1:27.04
	43.53	1:27.04 (43.51)			

Men 50-54 50 LC Meter Breaststroke

Pacific: 30.97 L 12/31/2009 **Gary L Patterson**
National: 29.90 N 4/2/2022 **STEVE WEST**

1	Hertzer, Keith	50	Marcia's Enthusiastic Masters-38	38.71	42.39
2	Lehnert, Ahren	50	Marcia's Enthusiastic Masters-38	45.00	44.86

Men 50-54 100 LC Meter Breaststroke

Pacific: 1:09.36 L 12/31/2009 **Gary L Patterson**
National: 1:06.12 N 7/10/2022 **STEVE WEST**

1	Hertzer, Keith	50	Marcia's Enthusiastic Masters-38	1:27.25	1:31.97
	42.92	1:31.97 (49.05)			
2	Lehnert, Ahren	50	Marcia's Enthusiastic Masters-38	1:37.60	1:41.90
	48.81	1:41.90 (53.09)			

Men 50-54 50 LC Meter Butterfly

Pacific: 25.88 L 12/31/2008 **Paul V Carter**
National: 25.88 N 8/16/2008 **PAUL CARTER**

1	Hertzer, Keith	50	Marcia's Enthusiastic Masters-38	35.17	39.52
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Men 50-54 100 LC Meter Butterfly

Pacific: 57.23 L 12/31/2008 **Paul V Carter**
National: 57.23 N 8/15/2008 **PAUL CARTER**

1	Hertzer, Keith	50	Marcia's Enthusiastic Masters-38	1:27.00	1:31.78
	39.06	1:31.78 (52.72)			

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1	Hertzer, Keith	50	Marcia's Enthusiastic Masters-38	3:04.00	3:12.81
	41.89	1:37.11 (55.22)	2:28.22 (51.11)	3:12.81 (44.59)	

Men 55-59 100 LC Meter Freestyle**Pacific: 56.96 L 7/16/2017 David E Boatwrigth****National: 56.07 N 7/10/2015 STEVE WOOD**

1	Fishman, Harvey	55	Menlo Masters-38	NT	1:15.28
	34.86	1:15.28 (40.42)			

Men 55-59 400 LC Meter Freestyle**Pacific: 4:28.78 L 8/5/2022 Barton S Wells****National: 4:22.49 N 7/25/2009 MICHAEL MANN**

1	Wells, Barton	56	Uc38	4:28.59	4:25.51
	31.88	1:04.99 (33.11)	1:38.74 (33.75)	2:12.49 (33.75)	
	2:46.40 (33.91)	3:20.08 (33.68)	3:53.54 (33.46)	4:25.51 (31.97)	
2	Chao, Hector	59	Walnut Creek Masters-38	6:00.10	5:20.78
	37.02	1:16.53 (39.51)	1:57.44 (40.91)	2:38.54 (41.10)	
	3:19.79 (41.25)	4:00.78 (40.99)	4:41.92 (41.14)	5:20.78 (38.86)	
3	Goode, John	56	Google Masters Swimming-38	5:20.00	5:28.09
	37.56	1:18.78 (41.22)	2:00.66 (41.88)	2:43.07 (42.41)	
	3:24.71 (41.64)	4:06.69 (41.98)	4:48.24 (41.55)	5:28.09 (39.85)	

Men 55-59 50 LC Meter Backstroke**Pacific: 31.18 L 7/10/2018 Jean-Philippe M R****National: 29.03 N 8/20/2016 STEVE WOOD**

1	Chao, Hector	59	Walnut Creek Masters-38	36.01	34.61
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Men 55-59 100 LC Meter Backstroke**Pacific: 1:08.10 L 7/31/2022 Rick Hamilton****National: 1:03.50 N 6/21/2015 STEVE WOOD**

1	Chao, Hector	59	Walnut Creek Masters-38	1:20.01	1:16.21
	37.64	1:16.21 (38.57)			
2	Fishman, Harvey	55	Menlo Masters-38	1:23.00	1:22.47
	40.70	1:22.47 (41.77)			
3	Goode, John	56	Google Masters Swimming-38	1:22.00	1:29.95
	44.25	1:29.95 (45.70)			

Men 55-59 50 LC Meter Breaststroke**Pacific: 32.30 L 7/31/2022 Paul G Kraaijvang****National: 30.56 N 8/6/2017 DAVID GUTHRIE**

1	Goode, John	56	Google Masters Swimming-38	36.50	39.54
2	Chao, Hector	59	Walnut Creek Masters-38	41.01	40.30

Men 55-59 100 LC Meter Breaststroke**Pacific: 1:13.13 L 7/30/2022 Paul G Kraaijvang****National: 1:07.97 N 7/31/2015 DAVID GUTHRIE**

1	Goode, John	56	Google Masters Swimming-38	1:25.00	1:32.31
	45.25	1:32.31 (47.06)			

Men 55-59 50 LC Meter Butterfly**Pacific: 27.31 L 12/31/2012 Paul V Carter****National: 26.56 N 10/10/2021 STEVE HILTABIDDLE**

1	Gibson, Ben	55	Almaden Masters-38	29.34	29.42
2	Chao, Hector	59	Walnut Creek Masters-38	35.01	31.69

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****(Men 55-59 50 LC Meter Butterfly)**

3	Fishman, Harvey	55	Menlo Masters-38	31.00	32.85
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Men 55-59 100 LC Meter Butterfly

Pacific: 1:00.56 L 12/31/2012 **Paul V Carter**

National: 1:00.56 N 8/11/2012 **PAUL CARTER**

1	Gibson, Ben	55	Almaden Masters-38	1:04.53	1:08.05
	30.96		1:08.05 (37.09)		
2	Goode, John	56	Google Masters Swimming-38	1:35.00	1:36.76
	42.09		1:36.76 (54.67)		

Men 55-59 200 LC Meter IM

Pacific: 2:27.18 L 12/31/2012 **Paul V Carter**

National: 2:20.67 N 2/22/2020 **JEROME FRENTSOS**

1	Chao, Hector	59	Walnut Creek Masters-38	2:50.01	2:49.67
	34.87		1:19.93 (45.06) 2:07.70 (47.77) 2:49.67 (41.97)		
2	Goode, John	56	Google Masters Swimming-38	3:00.00	3:09.32
	43.53		1:35.87 (52.34) 2:28.13 (52.26) 3:09.32 (41.19)		

Men 60-64 50 LC Meter Freestyle

Pacific: 26.70 L 4/25/2021 **David E Boatwright**

National: 25.23 N 8/10/2006 **RICHARD ABRAHAMS**

1	Keighley, Tim	62	QuickSilver Masters-38	32.00	30.38
2	Deming, James	64	Los Gatos Swim And Racquet Clu-38	34.00	32.45
3	Miller, Tim	60	Stanford Masters Swimming-38	36.88	36.96

Men 60-64 100 LC Meter Freestyle

Pacific: 58.98 L 6/13/2021 **David E Boatwright**

National: 57.79 N 6/14/2014 **JACK GROSELLE**

1	Deming, James	64	Los Gatos Swim And Racquet Clu-38	1:11.50	1:09.88
	33.63		1:09.88 (36.25)		

Men 60-64 200 LC Meter Freestyle

Pacific: 2:13.12 L 5/23/2021 **David E Boatwright**

National: 2:07.68 N 8/6/2017 **DAN STEPHENSON**

1	Deming, James	64	Los Gatos Swim And Racquet Clu-38	2:38.00	2:32.14
	35.95		2:32.14 (1:56.19)		
2	Miller, Tim	60	Stanford Masters Swimming-38	3:04.88	3:06.22
	43.40		1:32.80 (49.40) 2:21.67 (48.87) 3:06.22 (44.55)		

Men 60-64 400 LC Meter Freestyle

Pacific: 4:45.66 L 8/1/2021 **David E Boatwright**

National: 4:36.85 N 8/4/2017 **DAN STEPHENSON**

1	Tainty, Chris	63	Santa Cruz Masters Aquatics-38	5:20.00	5:14.81
	37.49		1:17.64 (40.15) 1:57.81 (40.17) 2:37.87 (40.06)		
	3:17.29 (39.42)		3:56.66 (39.37) 4:35.95 (39.29) 5:14.81 (38.86)		
2	Deming, James	64	Los Gatos Swim And Racquet Clu-38	5:30.00	5:17.06
	37.19		1:17.59 (40.40) 1:58.36 (40.77) 2:39.02 (40.66)		
	3:19.16 (40.14)		3:59.38 (40.22) 4:38.87 (39.49) 5:17.06 (38.19)		

Men 60-64 50 LC Meter Backstroke

Pacific: 32.11 L 12/31/2003 **Richard Burns**

National: 30.59 N 8/10/2019 **JAMIE FOWLER**

1	Keighley, Tim	62	QuickSilver Masters-38	38.00	36.20
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QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Men 60-64 100 LC Meter Backstroke****Pacific: 1:11.48 L 8/7/2013 Fred Ferroggiaro****National: 1:06.08 N 8/11/2019 JAMIE FOWLER**

1	Tainty, Chris	63	Santa Cruz Masters Aquatics-38	1:15.80	1:16.94
	37.89		1:16.94 (39.05)		

Men 60-64 50 LC Meter Breaststroke**Pacific: 33.41 L 12/31/2008 Robert Strand****National: 31.95 N 8/7/2022 DAVID GUTHRIE**

1	Keighley, Tim	62	QuickSilver Masters-38	45.74	39.86
2	Ewing, Jack	63	University of San Francisco Ma-38	41.06	40.64

Men 60-64 100 LC Meter Breaststroke**Pacific: 1:15.42 L 12/31/2008 Robert Strand****National: 1:11.64 N 8/5/2022 DAVID GUTHRIE**

1	Miller, Tim	60	Stanford Masters Swimming-38	1:22.88	1:23.57
	40.58		1:23.57 (42.99)		
2	Ewing, Jack	63	University of San Francisco Ma-38	1:38.45	1:37.58
	46.18		1:37.58 (51.40)		

Men 60-64 50 LC Meter Butterfly**Pacific: 28.37 L 8/3/2017 Paul V Carter****National: 27.85 N 8/6/2017 TRIP HEDRICK**

1	Keighley, Tim	62	QuickSilver Masters-38	34.00	31.45
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Men 60-64 100 LC Meter Butterfly**Pacific: 1:09.11 L 12/31/2006 James R DeLacy****National: 1:03.03 N 8/15/2005 RICHARD ABRAHAMS**

1	Tainty, Chris	63	Santa Cruz Masters Aquatics-38	1:13.60	1:16.36
	35.79		1:16.36 (40.57)		

Men 60-64 200 LC Meter IM**Pacific: 2:32.63 L 12/31/2011 Tim Broderick****National: 2:21.99 N 8/17/2014 RICK COLELLA**

1	Tainty, Chris	63	Santa Cruz Masters Aquatics-38	2:45.77	2:51.39
	36.09		1:21.20 (45.11)	2:12.71 (51.51)	2:51.39 (38.68)

Men 65-69 50 LC Meter Freestyle**Pacific: 27.38 L 7/23/2016 Tate Holt****National: 26.21 N 7/6/2018 DOUG MARTIN**

1	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	31.66	30.75
2	Peters, Kevin	66	Walnut Creek Masters-38	38.00	35.15
3	Anderson, Bob	68	Menlo Masters-38	33.00	37.96
4	Pinto, Harlan	66	Menlo Masters-38	36.81	39.78

Men 65-69 100 LC Meter Freestyle**Pacific: 1:01.69 L 7/24/2016 Tate Holt****National: 59.49 N 8/9/2019 JACK GROSELE**

1	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	1:09.66	1:08.01
	33.54		1:08.01 (34.47)		
2	Citron, Jeffrey	68	Marcia's Enthusiastic Masters-38	1:14.17	1:16.81
	36.43		1:16.81 (40.38)		
3	Fouts, Kurt	65	Santa Cruz Masters Aquatics-38	1:19.00	1:18.18
	38.48		1:18.18 (39.70)		
4	Anderson, Bob	68	Menlo Masters-38	1:17.00	1:23.57
	39.40		1:23.57 (44.17)		

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5	Pinto, Harlan	66	Menlo Masters-38	1:25.36	1:31.71
	43.75		1:31.71 (47.96)		

Men 65-69 200 LC Meter Freestyle

Pacific: 2:18.51 L 7/24/2016 **Tim Broderick**
National: 2:09.39 N 8/6/2017 **RICK COLELLA**

1	Kemler, David	65	Walnut Creek Masters-38	2:44.60	2:42.31
	38.35		2:42.31 (2:03.96)		
2	Citron, Jeffrey	68	Marcia's Enthusiastic Masters-38	2:41.83	2:48.02
	38.31		1:21.13 (42.82) 2:05.28 (44.15) 2:48.02 (42.74)		

Men 65-69 400 LC Meter Freestyle

Pacific: 5:06.67 L 6/29/2014 **Joel R Wilson**
National: 4:37.70 N 8/4/2017 **RICK COLELLA**

1	Kemler, David	65	Walnut Creek Masters-38	5:49.48	5:44.41
	40.38		1:22.97 (42.59) 2:07.35 (44.38) 2:51.71 (44.36)		
	3:35.90 (44.19)		4:19.69 (43.79) 5:02.77 (43.08) 5:44.41 (41.64)		
2	Citron, Jeffrey	68	Marcia's Enthusiastic Masters-38	5:50.35	6:05.01
	41.83		1:28.43 (46.60) 2:14.13 (45.70) 3:01.14 (47.01)		
	3:47.15 (46.01)		5:20.42 () 6:05.01 (44.59)		

Men 65-69 50 LC Meter Backstroke

Pacific: 30.95 L 12/31/2012 **Hugh Wilder**
National: 30.95 N 7/12/2012 **HUGH WILDER**

1	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	36.66	36.54
2	Pinto, Harlan	66	Menlo Masters-38	53.96	53.34
	52.59		53.34 (0.75)		
3	Fouts, Kurt	65	Santa Cruz Masters Aquatics-38	45.00	54.25

Men 65-69 100 LC Meter Backstroke

Pacific: 1:09.79 L 12/31/2012 **Hugh Wilder**
National: 1:09.79 N 7/8/2012 **HUGH WILDER**

1	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	1:19.66	1:18.92
	39.16		1:18.92 (39.76)		
2	Citron, Jeffrey	68	Marcia's Enthusiastic Masters-38	1:33.94	1:31.63
	45.45		1:31.63 (46.18)		
3	Fouts, Kurt	65	Santa Cruz Masters Aquatics-38	1:36.00	1:42.10
	50.12		1:42.10 (51.98)		

Men 65-69 50 LC Meter Breaststroke

Pacific: 35.00 L 12/31/2009 **Kenneth A Frost**
National: 33.30 N 8/19/2016 **RICK COLELLA**

1	Anderson, Bob	68	Menlo Masters-38	42.00	44.83
2	Pinto, Harlan	66	Menlo Masters-38	42.85	49.82

Men 65-69 100 LC Meter Breaststroke

Pacific: 1:18.11 L 12/31/2009 **Kenneth A Frost**
National: 1:14.77 N 8/5/2017 **RICK COLELLA**

1	Pinto, Harlan	66	Menlo Masters-38	1:37.90	1:48.55
2	Anderson, Bob	68	Menlo Masters-38	1:40.00	1:50.56
	51.44		1:50.56 (59.12)		

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1	Citron, Jeffrey	68	Marcia's Enthusiastic Masters-38	38.59	46.30
2	Pinto, Harlan	66	Menlo Masters-38	45.12	47.10

Men 65-69 100 LC Meter Butterfly**Pacific: 1:13.29 L 8/9/2014 Alek I Shestakov****National: 1:05.83 N 8/6/2017 RICK COLELLA**

1	Anderson, Bob	68	Menlo Masters-38	1:40.00	1:41.96
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Men 65-69 200 LC Meter IM**Pacific: 2:41.20 L 8/9/2014 Alek I Shestakov****National: 2:25.22 N 8/19/2016 RICK COLELLA**

1	Kemler, David	65	Walnut Creek Masters-38	3:12.60	3:10.44
				44.08	1:31.36 (47.28)
					2:28.38 (57.02)
					3:10.44 (42.06)
2	Citron, Jeffrey	68	Marcia's Enthusiastic Masters-38	3:19.85	3:36.77
				51.84	1:47.54 (55.70)
					2:51.16 (1:03.62)
					3:36.77 (45.61)
3	Anderson, Bob	68	Menlo Masters-38	3:25.00	3:46.55
				50.93	1:54.69 (1:03.76)
					2:57.28 (1:02.59)
					3:46.55 (49.27)

Men 70-74 50 LC Meter Freestyle**Pacific: 28.55 L 5/19/2013 James E Elder****National: 27.12 N 1/20/2023 DOUG MARTIN**

1	Bernard, Alan	74	Tamalpais Aquatic Masters-38	32.99	32.50
2	Alderson, Tom	72	Manatee Aquatic Masters Inc-38	34.65	34.51
3	Ryerson, Douglas	70	Uc38	33.00	34.66
4	Terribilini, Phil	72	Uc38	29.00	40.83

Men 70-74 100 LC Meter Freestyle**Pacific: 1:04.85 L 8/7/2013 Richard Burns****National: 1:03.32 N 8/8/2015 DAVID QUIGGIN**

1	Bernard, Alan	74	Tamalpais Aquatic Masters-38	1:12.99	1:11.47
				34.54	1:11.47 (36.93)
2	Alderson, Tom	72	Manatee Aquatic Masters Inc-38	1:17.63	1:19.67
				37.86	1:19.67 (41.81)
3	Small, Stephen	71	Marcia's Enthusiastic Masters-38	1:32.00	1:23.09
				38.67	1:23.09 (44.42)

Men 70-74 200 LC Meter Freestyle**Pacific: 2:27.26 L 8/14/2019 Alan D Bernard****National: 2:23.30 N 7/31/2018 FRED SCHLICHER**

1	Bernard, Alan	74	Tamalpais Aquatic Masters-38	2:39.99	2:42.35
				37.98	1:20.24 (42.26)
					2:02.78 (42.54)
					2:42.35 (39.57)

Men 70-74 400 LC Meter Freestyle**Pacific: 5:28.21 L 8/4/2017 Edward Rudloff****National: 5:03.56 N 8/4/2018 DAN KIRKLAND**

1	Bernard, Alan	74	Tamalpais Aquatic Masters-38	5:49.99	5:55.21
				41.21	1:26.19 (44.98)
					2:12.63 (46.44)
					2:59.48 (46.85)
				3:46.30 (46.82)	4:32.59 (46.29)
					5:16.76 (44.17)
					5:55.21 (38.45)
2	Small, Stephen	71	Marcia's Enthusiastic Masters-38	6:41.00	6:31.30
				41.76	1:28.91 (47.15)
					2:17.73 (48.82)
					3:08.88 (51.15)
				3:59.43 (50.55)	4:50.55 (51.12)
					5:41.98 (51.43)
					6:31.30 (49.32)

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3	Terribilini, Phil	72	Uc38	5:30.00	7:40.43
	46.94	1:40.31 (53.37)	2:39.12 (58.81)	3:38.98 (59.86)	
	4:41.48 (1:02.50)	5:42.52 (1:01.04)	6:42.60 (1:00.08)	7:40.43 (57.83)	

Men 70-74 50 LC Meter Backstroke

Pacific: 33.59 L 8/7/2013 **Richard Burns**
National: 33.51 N 1/20/2023 **BRUCE WILLIAMS**

1	Bernard, Alan	74	Tamalpais Aquatic Masters-38	40.99	41.34
2	Ryerson, Douglas	70	Uc38	42.00	46.85
3	Small, Stephen	71	Marcia's Enthusiastic Masters-38	47.00	48.12
4	Terribilini, Phil	72	Uc38	37.00	53.69

Men 70-74 100 LC Meter Backstroke

Pacific: 1:15.13 L 6/15/2013 **Richard Burns**
National: 1:13.49 N 8/6/2017 **HUGH WILDER**

1	Small, Stephen	71	Marcia's Enthusiastic Masters-38	1:45.00	1:46.59
	52.21	1:46.59 (54.38)			

Men 70-74 50 LC Meter Breaststroke

Pacific: 37.34 L 8/9/2014 **Kenneth A Frost**
National: 36.21 N 10/10/2021 **ROBERT WRIGHT**

1	Ryerson, Douglas	70	Uc38	40.00	43.22
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Men 70-74 100 LC Meter Breaststroke

Pacific: 1:23.65 L 8/9/2014 **Kenneth A Frost**
National: 1:21.98 N 6/15/2019 **PEDER DAHLBERG**

1	Ryerson, Douglas	70	Uc38	1:40.00	1:41.93
	48.91	1:41.93 (53.02)			
2	Small, Stephen	71	Marcia's Enthusiastic Masters-38	1:45.00	1:45.34
	50.96	1:45.34 (54.38)			
3	Terribilini, Phil	72	Uc38	1:17.00	2:03.36
	55.62	2:03.36 (1:07.74)			

Men 70-74 50 LC Meter Butterfly

Pacific: 31.20 L 8/9/2015 **Richard Burns**
National: 29.98 N 10/10/2021 **LAWRENCE DAY**

1	Bernard, Alan	74	Tamalpais Aquatic Masters-38	36.99	35.95
2	Alderson, Tom	72	Manatee Aquatic Masters Inc-38	34.88	37.12

Men 70-74 200 LC Meter IM

Pacific: 2:54.29 L 5/22/2022 **Craig M Ottersen**
National: 2:42.94 N 10/10/2021 **LAWRENCE DAY**

1	Small, Stephen	71	Marcia's Enthusiastic Masters-38	3:37.00	3:41.81
	52.66	1:52.88 (1:00.22)	2:54.64 (1:01.76)	3:41.81 (47.17)	

Men 75-79 50 LC Meter Freestyle

Pacific: 29.60 L 8/11/2019 **Richard Burns**
National: 29.19 N 8/25/2019 **DAVID QUIGGIN**

1	DeLacy, James	77	Walnut Creek Masters-38	33.00	33.45
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Men 75-79 100 LC Meter Freestyle

Pacific: 1:06.55 L 8/9/2019 **Richard Burns**
National: 1:06.55 N 8/9/2019 **RICHARD BURNS**

1	Wilson, Joel	75	Santa Cruz Masters Aquatics-38	1:19.00	1:13.69
	36.19	1:13.69 (37.50)			

QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****(Men 75-79 100 LC Meter Freestyle)**

2	DeLacy, James	77	Walnut Creek Masters-38	1:18.00	1:15.80
	36.11		1:15.80 (39.69)		

Men 75-79 200 LC Meter Freestyle

Pacific: 2:43.92 L 7/21/2019 **Richard Burns**

National: 2:25.66 N 6/6/2009 **DAVID RADCLIFF**

1	Wilson, Joel	75	Santa Cruz Masters Aquatics-38	2:45.00	2:36.32L
	37.98		1:17.75 (39.77) 1:57.98 (40.23) 2:36.32 (38.34)		
2	DeLacy, James	77	Walnut Creek Masters-38	3:00.00	2:54.97
	40.17		1:25.09 (44.92) 2:11.55 (46.46) 2:54.97 (43.42)		

Men 75-79 400 LC Meter Freestyle

Pacific: 5:46.08 L 7/19/2019 **Richard Burns**

National: 5:17.77 N 3/7/2009 **DAVID RADCLIFF**

1	Wilson, Joel	75	Santa Cruz Masters Aquatics-38	5:35.00	5:26.98L
	40.45		1:21.69 (41.24) 2:03.61 (41.92) 2:44.68 (41.07)		
	3:26.09 (41.41)		4:06.92 (40.83) 4:47.71 (40.79) 5:26.98 (39.27)		
2	DeLacy, James	77	Walnut Creek Masters-38	7:00.00	6:22.71
	45.84		1:34.66 (48.82) 2:24.76 (50.10) 3:13.68 (48.92)		
	4:01.03 (47.35)		4:48.75 (47.72) 5:36.37 (47.62) 6:22.71 (46.34)		
3	Jochim, Christian	75	QuickSilver Masters-38	7:00.00	7:00.66
	48.04		1:41.87 (53.83) 2:36.28 (54.41) 3:31.27 (54.99)		
	4:25.19 (53.92)		5:19.31 (54.12) 6:12.53 (53.22) 7:00.66 (48.13)		

Men 75-79 50 LC Meter Breaststroke

Pacific: 41.60 L 7/31/2022 **Kenneth Frost**

National: 38.89 N 6/5/2016 **MIKE FRESHLEY**

1	Meyerhoff, Rick	76	Tamalpais Aquatic Masters-38	42.15	47.95
2	Jochim, Christian	75	QuickSilver Masters-38	50.00	52.86

Men 75-79 100 LC Meter Breaststroke

Pacific: 1:32.61 L 7/30/2022 **Kenneth Frost**

National: 1:27.74 N 8/18/2016 **MIKE FRESHLEY**

1	Meyerhoff, Rick	76	Tamalpais Aquatic Masters-38	1:50.00	1:54.97
	55.85		1:54.97 (59.12)		
2	Jochim, Christian	75	QuickSilver Masters-38	1:56.00	2:00.97
	56.58		2:00.97 (1:04.39)		

Men 75-79 200 LC Meter IM

Pacific: 2:57.66 L 8/10/2019 **Richard Burns**

National: 2:57.66 N 8/10/2019 **RICHARD BURNS**

1	Wilson, Joel	75	Santa Cruz Masters Aquatics-38	3:20.00	2:57.48L
	39.31		1:27.19 (47.88) 2:18.66 (51.47) 2:57.48 (38.82)		
2	Meyerhoff, Rick	76	Tamalpais Aquatic Masters-38	3:54.53	4:10.48
	59.11		3:19.55 () 4:10.48 (50.93)		

Men 80-84 50 LC Meter Backstroke

Pacific: 42.49 L 12/31/1999 **Ray Taft**

National: 39.18 N 8/8/2015 **YOSHI OYAKAWA**

1	Burns, Richard	80	Tamalpais Aquatic Masters-38	38.50	37.76N
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QSS Masters Fast and Free Long Course Meet - 6/17/2023**Results - All Events****Men 80-84 100 LC Meter Backstroke****Pacific: 1:35.36 L 12/31/1999 Ray Taft****National: 1:29.06 N 8/6/2017 DAVID COSTILL**

1	Burns, Richard	80	Tamalpais Aquatic Masters-38	1:26.80	1:25.57 N
	43.40		1:25.57 (42.17)		

Men 80-84 200 LC Meter IM**Pacific: 3:42.16 L 8/10/2019 William G Van Hor****National: 3:24.82 N 6/17/2017 DAVID COSTILL**

1	Burns, Richard	80	Tamalpais Aquatic Masters-38	3:20.00	3:15.52 N
	39.74		1:30.99 (51.25) 2:33.17 (1:02.18)	3:15.52 (42.35)	