

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****Women 25-29 100 Yard Freestyle**

	Name	Age	Team	Seed Time	Finals Time	Points
1	Shanahan, Brenda	25	QuickSilver Masters-38	1:01.86	1:00.53	
	29.07	1:00.53 (31.46)				
2	Gonzalez Ospina, Laura	28	Sacramento Masters-38	1:12.00	1:03.55	
	30.70	1:03.55 (32.85)				
3	Finnigan, Franchesca	29	Sacramento Masters-38	1:20.00	1:14.29	
	35.26	1:14.29 (39.03)				

Women 25-29 100 Yard Backstroke

1	Shanahan, Brenda	25	QuickSilver Masters-38	1:09.55	1:09.43	
	33.56	1:09.43 (35.87)				
2	Crow, Vivian A	25	Davis Aquatic Masters-38	1:20.17	1:09.68	
	33.84	1:09.68 (35.84)				
3	Gonzalez Ospina, Laura	28	Sacramento Masters-38	1:25.00	1:18.60	
	39.30	1:18.60 (39.30)				
4	Finnigan, Franchesca	29	Sacramento Masters-38	1:20.00	1:23.92	
	40.78	1:23.92 (43.14)				

Women 25-29 100 Yard Breaststroke

1	Shanahan, Brenda	25	QuickSilver Masters-38	1:16.31	1:19.06	
	37.54	1:19.06 (41.52)				
2	Crow, Vivian A	25	Davis Aquatic Masters-38	1:27.40	1:20.65	
	38.33	1:20.65 (42.32)				
3	Gonzalez Ospina, Laura	28	Sacramento Masters-38	1:45.00	1:30.95	
	42.79	1:30.95 (48.16)				
4	Finnigan, Franchesca	29	Sacramento Masters-38	NT	1:38.71	
	47.47	1:38.71 (51.24)				

Women 25-29 100 Yard Butterfly

1	Gonzalez Ospina, Laura	28	Sacramento Masters-38	1:15.00	1:06.91	
	31.39	1:06.91 (35.52)				
2	Shanahan, Brenda	25	QuickSilver Masters-38	1:06.73	1:11.69	
	32.23	1:11.69 (39.46)				
3	Finnigan, Franchesca	29	Sacramento Masters-38	1:30.00	1:24.02	
	36.47	1:24.02 (47.55)				

Women 25-29 200 Yard IM

1	Shanahan, Brenda	25	QuickSilver Masters-38	2:32.50	2:28.74	
	33.15	1:10.82 (37.67)	1:53.93 (43.11)	2:28.74 (34.81)		
2	Gonzalez Ospina, Laura	28	Sacramento Masters-38	2:35.00	2:43.19	
	31.09	1:12.68 (41.59)	2:05.10 (52.42)	2:43.19 (38.09)		
3	Finnigan, Franchesca	29	Sacramento Masters-38	3:10.00	3:01.36	
	37.83	1:24.06 (46.23)	2:17.51 (53.45)	3:01.36 (43.85)		

Women 30-34 100 Yard Freestyle

1	Waters, Megan	33	QuickSilver Masters-38	58.00	55.76	
	27.49	55.76 (28.27)				
2	DeShane, Lynden	30	Sacramento Masters-38	1:03.00	1:00.95	
	28.99	1:00.95 (31.96)				
3	Griffiths, Joanna	30	Davis Aquatic Masters-38	1:06.87	1:02.21	
	30.21	1:02.21 (32.00)				
4	Ip, Peggy	30	Sacramento Masters-38	1:03.00	1:02.42	
	29.44	1:02.42 (32.98)				
5	Devoto, Cecily	33	Santa Rosa Masters-38	1:10.00	1:04.10	
	31.30	1:04.10 (32.80)				
6	Innes, Emily	30	Elk Grove Piranhas Aquatic Clu-38	1:05.83	1:05.26	
	31.35	1:05.26 (33.91)				

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****(Women 30-34 100 Yard Freestyle)**

7	McBride, Beth	33	Marcia's Enthusiastic Masters-38	1:05.60	1:06.75
	32.22		1:06.75 (34.53)		
8	Lewis, Nicole	31	North Bay Aquatics-38	1:07.74	1:08.61
	32.48		1:08.61 (36.13)		
9	Gregory, Allison M	33	Sacramento Masters-38	1:20.00	1:17.62
	36.13		1:17.62 (41.49)		
10	Camacho, Adrienne	32	Sacramento Masters-38	1:20.00	1:24.48
	39.33		1:24.48 (45.15)		

Women 30-34 100 Yard Backstroke

1	Waters, Megan	33	QuickSilver Masters-38	1:04.00	1:02.98
	30.77		1:02.98 (32.21)		
2	Ip, Peggy	30	Sacramento Masters-38	1:10.00	1:11.97
	34.19		1:11.97 (37.78)		
3	DeShane, Lynden	30	Sacramento Masters-38	1:20.00	1:12.52
	34.75		1:12.52 (37.77)		
4	Devoto, Cecily	33	Santa Rosa Masters-38	1:20.00	1:13.01
	35.74		1:13.01 (37.27)		
5	Griffiths, Joanna	30	Davis Aquatic Masters-38	1:18.60	1:13.25
	34.97		1:13.25 (38.28)		
6	Innes, Emily	30	Elk Grove Piranhas Aquatic Clu-38	1:11.87	1:13.82
	35.91		1:13.82 (37.91)		
7	McBride, Beth	33	Marcia's Enthusiastic Masters-38	1:17.92	1:20.55
	38.63		1:20.55 (41.92)		

Women 30-34 100 Yard Breaststroke

1	Waters, Megan	33	QuickSilver Masters-38	1:16.00	1:14.13
	34.88		1:14.13 (39.25)		
2	Devoto, Cecily	33	Santa Rosa Masters-38	1:20.00	1:20.28
	37.80		1:20.28 (42.48)		
3	Griffiths, Joanna	30	Davis Aquatic Masters-38	1:29.24	1:21.39
	38.96		1:21.39 (42.43)		
4	DeShane, Lynden	30	Sacramento Masters-38	1:25.00	1:21.71
	39.21		1:21.71 (42.50)		
5	Innes, Emily	30	Elk Grove Piranhas Aquatic Clu-38	1:20.11	1:22.48
	38.81		1:22.48 (43.67)		
6	McBride, Beth	33	Marcia's Enthusiastic Masters-38	1:30.00	1:35.60
	46.36		1:35.60 (49.24)		
7	Gregory, Allison M	33	Sacramento Masters-38	1:40.00	1:38.43
	46.12		1:38.43 (52.31)		

Women 30-34 100 Yard Butterfly

1	Waters, Megan	33	QuickSilver Masters-38	1:04.00	1:01.99
	28.85		1:01.99 (33.14)		
2	DeShane, Lynden	30	Sacramento Masters-38	1:10.00	1:08.43
	31.63		1:08.43 (36.80)		
3	Griffiths, Joanna	30	Davis Aquatic Masters-38	1:20.00	1:09.19
	32.26		1:09.19 (36.93)		
4	Innes, Emily	30	Elk Grove Piranhas Aquatic Clu-38	1:05.83	1:09.71
	31.32		1:09.71 (38.39)		
5	Lewis, Nicole	31	North Bay Aquatics-38	1:15.00	1:16.82
	35.12		1:16.82 (41.70)		
6	McBride, Beth	33	Marcia's Enthusiastic Masters-38	1:20.00	1:25.42
	39.18		1:25.42 (46.24)		

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****Women 30-34 200 Yard IM**

1	Waters, Megan	33	QuickSilver Masters-38	2:30.00	2:19.72
	29.98	1:05.83 (35.85)	1:46.96 (41.13)	2:19.72 (32.76)	
2	Griffiths, Joanna	30	Davis Aquatic Masters-38	2:47.93	2:33.94
	32.71	1:12.78 (40.07)	1:58.38 (45.60)	2:33.94 (35.56)	
3	DeShane, Lynden	30	Sacramento Masters-38	2:30.00	2:35.30
	31.53	1:11.83 (40.30)	1:58.29 (46.46)	2:35.30 (37.01)	
4	Innes, Emily	30	Elk Grove Piranhas Aquatic Clu-38	2:31.06	2:38.17
	32.66	1:14.74 (42.08)	2:00.90 (46.16)	2:38.17 (37.27)	
5	Ip, Peggy	30	Sacramento Masters-38	2:45.00	2:46.53
	33.63	1:14.53 (40.90)	2:06.47 (51.94)	2:46.53 (40.06)	
6	McBride, Beth	33	Marcia's Enthusiastic Masters-38	2:45.00	2:51.32
	39.76	1:22.33 (42.57)	2:13.48 (51.15)	2:51.32 (37.84)	
7	Lewis, Nicole	31	North Bay Aquatics-38	2:51.19	2:55.57
	36.17	1:22.62 (46.45)	2:14.19 (51.57)	2:55.57 (41.38)	
8	Gregory, Allison M	33	Sacramento Masters-38	3:30.00	3:18.81
	46.29	1:36.89 (50.60)	2:33.76 (56.87)	3:18.81 (45.05)	

Women 35-39 100 Yard Freestyle

1	Anderson, Erica	36	Sacramento Masters-38	1:10.00	1:02.81
	30.25	1:02.81 (32.56)			
2	West, Meredith	38	San Mateo Masters-38	1:13.20	1:16.83
	37.75	1:16.83 (39.08)			
3	Somboonsook, Natalie	38	Tuolumne County Aquatic Master-38	1:55.00	1:28.63
	42.32	1:28.63 (46.31)			

Women 35-39 100 Yard Backstroke

1	Simonds, Shannon	35	Sacramento Masters-38	1:15.00	1:08.66
	34.27	1:08.66 (34.39)			
2	Anderson, Erica	36	Sacramento Masters-38	1:30.00	1:16.47
	37.43	1:16.47 (39.04)			
3	Somboonsook, Natalie	38	Tuolumne County Aquatic Master-38	1:57.00	1:45.99
	50.04	1:45.99 (55.95)			

Women 35-39 100 Yard Breaststroke

1	Simonds, Shannon	35	Sacramento Masters-38	1:25.00	1:18.53
	37.57	1:18.53 (40.96)			
2	Buford, Mary	38	Sacramento Masters-38	1:50.00	1:30.84
	43.26	1:30.84 (47.58)			
3	Anderson, Erica	36	Sacramento Masters-38	2:00.00	1:32.78
	46.31	1:32.78 (46.47)			
4	Somboonsook, Natalie	38	Tuolumne County Aquatic Master-38	2:05.00	1:48.12
	52.12	1:48.12 (56.00)			

Women 35-39 100 Yard Butterfly

1	Anderson, Erica	36	Sacramento Masters-38	1:35.00	1:20.16
	36.23	1:20.16 (43.93)			
2	West, Meredith	38	San Mateo Masters-38	1:31.57	1:31.72
	44.69	1:31.72 (47.03)			

Women 35-39 200 Yard IM

1	Simonds, Shannon	35	Sacramento Masters-38	2:40.00	2:31.51
	32.33	1:11.64 (39.31)	1:54.58 (42.94)	2:31.51 (36.93)	
2	Anderson, Erica	36	Sacramento Masters-38	3:05.00	2:43.04
	35.83	1:17.19 (41.36)	2:08.76 (51.57)	2:43.04 (34.28)	
3	Buford, Mary	38	Sacramento Masters-38	3:05.00	2:51.43
	35.44	1:19.54 (44.10)	2:10.06 (50.52)	2:51.43 (41.37)	

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****(Women 35-39 200 Yard IM)**

4	West, Meredith	38	San Mateo Masters-38	3:18.55	3:22.61
	43.77	1:36.54 (52.77)	2:40.32 (1:03.78)	3:22.61 (42.29)	

Women 40-44 100 Yard Freestyle

1	Hardt, Julie	41	Sierra Nevada Masters-38	58.00	59.76
	28.55	59.76 (31.21)			
2	Nehrebecki, Helene	43	Davis Aquatic Masters-38	1:01.72	1:01.48
	30.11	1:01.48 (31.37)			
3	Rueda, Marcela	41	Santa Rosa Masters-38	1:06.00	1:05.06
	31.39	1:05.06 (33.67)			
4	Chow, Jackie	44	Davis Aquatic Masters-38	1:25.99	1:13.43
	34.42	1:13.43 (39.01)			
5	Cheung, Ruth	43	QuickSilver Masters-38	1:37.00	1:30.16
	42.20	1:30.16 (47.96)			

Women 40-44 100 Yard Backstroke

1	Hardt, Julie	41	Sierra Nevada Masters-38	1:08.04	1:08.90
	33.44	1:08.90 (35.46)			
2	Nehrebecki, Helene	43	Davis Aquatic Masters-38	1:14.70	1:13.55
	35.99	1:13.55 (37.56)			
3	Rueda, Marcela	41	Santa Rosa Masters-38	1:19.00	1:14.89
	36.73	1:14.89 (38.16)			
4	Chow, Jackie	44	Davis Aquatic Masters-38	1:39.99	1:20.08
	38.31	1:20.08 (41.77)			
5	Cheung, Ruth	43	QuickSilver Masters-38	2:10.00	1:46.72
	50.51	1:46.72 (56.21)			

Women 40-44 100 Yard Breaststroke

1	Nehrebecki, Helene	43	Davis Aquatic Masters-38	1:16.34	1:16.36
	36.33	1:16.36 (40.03)			
2	Hardt, Julie	41	Sierra Nevada Masters-38	1:14.19	1:17.03
	36.28	1:17.03 (40.75)			
3	Rueda, Marcela	41	Santa Rosa Masters-38	1:18.00	1:18.82
	37.63	1:18.82 (41.19)			

Women 40-44 100 Yard Butterfly

1	Hardt, Julie	41	Sierra Nevada Masters-38	1:08.00	1:06.68
	31.21	1:06.68 (35.47)			
2	Nehrebecki, Helene	43	Davis Aquatic Masters-38	1:08.58	1:07.94
	31.57	1:07.94 (36.37)			
3	Rueda, Marcela	41	Santa Rosa Masters-38	1:20.00	1:17.54
	35.42	1:17.54 (42.12)			

Women 40-44 200 Yard IM

1	Hardt, Julie	41	Sierra Nevada Masters-38	2:20.61	2:27.64
	32.10	1:10.13 (38.03)	1:52.46 (42.33)	2:27.64 (35.18)	
2	Nehrebecki, Helene	43	Davis Aquatic Masters-38	2:35.08	2:35.15
	33.36	1:15.02 (41.66)	1:59.37 (44.35)	2:35.15 (35.78)	
3	Rueda, Marcela	41	Santa Rosa Masters-38	2:44.00	2:36.62
	35.55	1:17.05 (41.50)	2:00.88 (43.83)	2:36.62 (35.74)	

Women 45-49 100 Yard Freestyle

1	Richards, Ericka	45	Santa Rosa Masters-38	55.46	55.40
	27.09	55.40 (28.31)			

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****Women 45-49 100 Yard Backstroke**

1	Richards, Ericka	45	Santa Rosa Masters-38	1:06.61	1:06.08
	32.19		1:06.08 (33.89)		

Women 45-49 100 Yard Breaststroke

1	Richards, Ericka	45	Santa Rosa Masters-38	1:12.46	1:11.79
	34.41		1:11.79 (37.38)		
2	Woodard, Niki	46	Park Terrace Masters Swimming-38	1:25.00	1:23.96
	39.50		1:23.96 (44.46)		

Women 45-49 100 Yard Butterfly

1	Richards, Ericka	45	Santa Rosa Masters-38	1:04.93	1:03.75
	29.44		1:03.75 (34.31)		
2	Woodard, Niki	46	Park Terrace Masters Swimming-38	1:16.00	1:11.67
	33.17		1:11.67 (38.50)		

Women 45-49 200 Yard IM

1	Richards, Ericka	45	Santa Rosa Masters-38	2:23.22	2:21.80
	29.98		1:06.89 (36.91) 1:48.13 (41.24) 2:21.80 (33.67)		
2	Woodard, Niki	46	Park Terrace Masters Swimming-38	2:40.00	2:39.24
	33.90		1:17.04 (43.14) 2:03.54 (46.50) 2:39.24 (35.70)		

Women 50-54 100 Yard Freestyle

1	Nelson, Sheila	54	Santa Rosa Masters-38	1:09.00	1:08.35
	33.03		1:08.35 (35.32)		
2	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	1:09.28	1:11.01
	34.18		1:11.01 (36.83)		
3	Lo, Yvonne	52	Sacramento Masters-38	1:18.00	1:14.72
	35.77		1:14.72 (38.95)		
4	Singh, Jo	50	Menlo Masters-38	1:26.60	1:24.53
	39.92		1:24.53 (44.61)		

Women 50-54 100 Yard Backstroke

1	Nelson, Sheila	54	Santa Rosa Masters-38	1:25.00	1:23.34
	41.20		1:23.34 (42.14)		
2	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	1:25.32	1:28.88
	43.70		1:28.88 (45.18)		
3	Lo, Yvonne	52	Sacramento Masters-38	1:30.00	1:34.21
	43.95		1:34.21 (50.26)		

Women 50-54 100 Yard Breaststroke

1	Nelson, Sheila	54	Santa Rosa Masters-38	1:30.00	1:29.55
	41.78		1:29.55 (47.77)		
2	Lo, Yvonne	52	Sacramento Masters-38	1:30.00	1:30.54
	44.13		1:30.54 (46.41)		
3	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	1:35.07	1:37.99
	47.61		1:37.99 (50.38)		

Women 50-54 100 Yard Butterfly

1	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	1:18.55	1:19.63
	38.07		1:19.63 (41.56)		
2	Lo, Yvonne	52	Sacramento Masters-38	1:30.00	1:30.54
	40.20		1:30.54 (50.34)		
3	Singh, Jo	50	Menlo Masters-38	2:00.00	1:49.02
	47.17		1:49.02 (1:01.85)		

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****Women 50-54 200 Yard IM**

1	Shu, Vicki	54	Marcia's Enthusiastic Masters-38	2:55.04	2:59.51
	38.18	1:26.17 (47.99)	2:19.43 (53.26)	2:59.51 (40.08)	
2	Lo, Yvonne	52	Sacramento Masters-38	3:00.00	3:02.27
	39.52	1:29.19 (49.67)	2:19.74 (50.55)	3:02.27 (42.53)	
3	Singh, Jo	50	Menlo Masters-38	3:46.56	3:39.88
	45.83	1:47.72 (1:01.89)	2:52.71 (1:04.99)	3:39.88 (47.17)	

Women 55-59 100 Yard Freestyle

1	Friedlander, Rebecca	56	Sierra Nevada Masters-38	1:10.11	1:08.85
	33.42	1:08.85 (35.43)			
2	Keighley, Carole	59	QuickSilver Masters-38	1:15.47	1:09.72
	33.05	1:09.72 (36.67)			
3	Bulman, Robin	57	Santa Rosa Masters-38	1:10.42	1:10.19
	33.85	1:10.19 (36.34)			
4	Couch, Stephanie	58	Menlo Masters-38	1:10.00	1:10.82
	34.43	1:10.82 (36.39)			
5	Knight-Williams, Vickie	59	Sacramento Masters-38	1:26.00	1:14.47
	34.38	1:14.47 (40.09)			
6	Phalen, Jennifer	58	Davis Aquatic Masters-38	1:15.64	1:17.90
	37.41	1:17.90 (40.49)			
7	Darden, Brenda	58	Sierra Nevada Masters-38	1:45.00	1:32.68
	45.12	1:32.68 (47.56)			
8	Bryant, Patricia	57	Davis Aquatic Masters-38	2:12.00	1:59.65
	54.62	1:59.65 (1:05.03)			

Women 55-59 100 Yard Backstroke

1	Friedlander, Rebecca	56	Sierra Nevada Masters-38	1:21.42	1:20.01
	39.92	1:20.01 (40.09)			
2	Couch, Stephanie	58	Menlo Masters-38	1:20.17	1:20.88
	39.75	1:20.88 (41.13)			
3	Keighley, Carole	59	QuickSilver Masters-38	1:29.87	1:25.49
	41.16	1:25.49 (44.33)			
4	Bulman, Robin	57	Santa Rosa Masters-38	1:26.63	1:26.13
	42.66	1:26.13 (43.47)			
5	Phalen, Jennifer	58	Davis Aquatic Masters-38	1:42.64	1:37.57
	48.92	1:37.57 (48.65)			

Women 55-59 100 Yard Breaststroke

1	Bulman, Robin	57	Santa Rosa Masters-38	1:20.95	1:25.83
	40.16	1:25.83 (45.67)			
2	Phalen, Jennifer	58	Davis Aquatic Masters-38	1:31.64	1:34.10
	45.48	1:34.10 (48.62)			
3	Couch, Stephanie	58	Menlo Masters-38	1:33.92	1:35.72
	45.98	1:35.72 (49.74)			
4	Darden, Brenda	58	Sierra Nevada Masters-38	1:50.00	1:44.56
	50.72	1:44.56 (53.84)			

Women 55-59 100 Yard Butterfly

1	Friedlander, Rebecca	56	Sierra Nevada Masters-38	1:12.99	1:10.73
	33.39	1:10.73 (37.34)			
2	Couch, Stephanie	58	Menlo Masters-38	1:23.75	1:23.33
	39.10	1:23.33 (44.23)			
3	Bulman, Robin	57	Santa Rosa Masters-38	1:24.45	1:25.61
	39.72	1:25.61 (45.89)			

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****(Women 55-59 100 Yard Butterfly)**

4	Phalen, Jennifer	58	Davis Aquatic Masters-38	1:43.64	1:39.94
	48.00				1:39.94 (51.94)

Women 55-59 200 Yard IM

1	Couch, Stephanie	58	Menlo Masters-38	2:51.25	2:51.12
	41.40				1:24.15 (42.75) 2:13.75 (49.60) 2:51.12 (37.37)
2	Bulman, Robin	57	Santa Rosa Masters-38	2:49.59	2:52.33
	40.44				1:28.27 (47.83) 2:14.12 (45.85) 2:52.33 (38.21)
3	Phalen, Jennifer	58	Davis Aquatic Masters-38	3:14.64	3:07.61
	47.13				1:37.89 (50.76) 2:27.81 (49.92) 3:07.61 (39.80)

Women 60-64 100 Yard Freestyle

1	Joyce, Martha	63	Tamalpais Aquatic Masters-38	1:10.00	1:07.95
	32.71				1:07.95 (35.24)
2	Carter, Monica A	61	Sacramento Masters-38	1:18.00	1:11.50
	34.71				1:11.50 (36.79)
3	Doberneck, Susan A	64	Sierra Nevada Masters-38	1:16.00	1:13.59
	35.06				1:13.59 (38.53)
4	Taylor, Catherine W	60	Walnut Creek Masters-38	1:15.87	1:13.88
	36.41				1:13.88 (37.47)
5	McCormick, Babe	60	Sacramento Masters-38	1:15.00	1:20.42
	38.58				1:20.42 (41.84)
6	Steelman, Heidi	61	Tuolumne County Aquatic Master-38	1:26.00	1:22.03
	39.63				1:22.03 (42.40)
7	Verplanck, Mary	62	Tuolumne County Aquatic Master-38	1:26.00	1:23.87
	39.24				1:23.87 (44.63)
8	Michaels, Paula	61	Tuolumne County Aquatic Master-38	1:45.00	1:32.42
	44.51				1:32.42 (47.91)
9	Focha, Teresa	62	Albany Armada Aquatics Masters-38	1:38.75	1:37.86
	46.10				1:37.86 (51.76)
10	Carroll, Leah	61	Albany Armada Aquatics Masters-38	1:39.51	1:44.11
	49.04				1:44.11 (55.07)

Women 60-64 100 Yard Backstroke

1	Carter, Monica A	61	Sacramento Masters-38	1:36.00	1:27.36
	42.62				1:27.36 (44.74)
2	Doberneck, Susan A	64	Sierra Nevada Masters-38	1:35.00	1:27.76
	43.27				1:27.76 (44.49)
3	Taylor, Catherine W	60	Walnut Creek Masters-38	1:35.23	1:29.99
	44.68				1:29.99 (45.31)
4	Steelman, Heidi	61	Tuolumne County Aquatic Master-38	1:44.00	1:34.73
	46.49				1:34.73 (48.24)
5	McCormick, Babe	60	Sacramento Masters-38	1:45.00	1:38.36
	48.18				1:38.36 (50.18)
6	Carroll, Leah	61	Albany Armada Aquatics Masters-38	1:42.33	1:45.59
	50.99				1:45.59 (54.60)
7	Focha, Teresa	62	Albany Armada Aquatics Masters-38	1:51.84	1:50.13
	53.93				1:50.13 (56.20)
8	Michaels, Paula	61	Tuolumne County Aquatic Master-38	2:15.00	1:57.16
	56.61				1:57.16 (1:00.55)
---	Verplanck, Mary	62	Tuolumne County Aquatic Master-38	1:50.00	DQ
	46.90				DQ (51.07)

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****Women 60-64 100 Yard Breaststroke**

1	Doberneck, Susan A	64	Sierra Nevada Masters-38	1:44.00	1:31.12
	43.44				1:31.12 (47.68)
2	Taylor, Catherine W	60	Walnut Creek Masters-38	1:38.24	1:33.85
	44.98				1:33.85 (48.87)
3	McCormick, Babe	60	Sacramento Masters-38	1:50.00	1:39.46
	48.47				1:39.46 (50.99)
4	Carter, Monica A	61	Sacramento Masters-38	1:54.00	1:43.75
	49.79				1:43.75 (53.96)
5	Carroll, Leah	61	Albany Armada Aquatics Masters-38	1:48.63	1:49.36
	53.58				1:49.36 (55.78)
6	Focha, Teresa	62	Albany Armada Aquatics Masters-38	2:00.42	2:00.85
	57.83				2:00.85 (1:03.02)
7	Michaels, Paula	61	Tuolumne County Aquatic Master-38	2:20.00	2:04.71
	58.22				2:04.71 (1:06.49)

Women 60-64 100 Yard Butterfly

1	Joyce, Martha	63	Tamalpais Aquatic Masters-38	1:25.00	1:21.34
	37.54				1:21.34 (43.80)
2	Carter, Monica A	61	Sacramento Masters-38	1:40.00	1:29.96
	39.76				1:29.96 (50.20)
3	McCormick, Babe	60	Sacramento Masters-38	1:35.00	1:31.61
	42.87				1:31.61 (48.74)
4	Taylor, Catherine W	60	Walnut Creek Masters-38	1:43.94	1:38.72
	45.63				1:38.72 (53.09)
5	Carroll, Leah	61	Albany Armada Aquatics Masters-38	1:39.51	1:43.55
	48.60				1:43.55 (54.95)
6	Focha, Teresa	62	Albany Armada Aquatics Masters-38	1:44.66	1:48.11
	51.76				1:48.11 (56.35)
7	Michaels, Paula	61	Tuolumne County Aquatic Master-38	2:05.00	1:58.19
	53.99				1:58.19 (1:04.20)

Women 60-64 200 Yard IM

1	Joyce, Martha	63	Tamalpais Aquatic Masters-38	3:00.00	2:45.39
	36.92				1:20.29 (43.37) 2:08.02 (47.73) 2:45.39 (37.37)
2	Taylor, Catherine W	60	Walnut Creek Masters-38	3:05.12	3:06.22
	42.72				1:32.76 (50.04) 2:25.27 (52.51) 3:06.22 (40.95)
3	Carter, Monica A	61	Sacramento Masters-38	2:24.00	3:09.02
	40.19				1:27.51 (47.32) 2:28.82 (1:01.31) 3:09.02 (40.20)
4	McCormick, Babe	60	Sacramento Masters-38	2:45.00	3:14.08
	40.44				1:33.50 (53.06) 2:27.06 (53.56) 3:14.08 (47.02)
5	Carroll, Leah	61	Albany Armada Aquatics Masters-38	3:42.74	3:46.37
	53.53				1:50.63 (57.10) 2:51.53 (1:00.90) 3:46.37 (54.84)
6	Focha, Teresa	62	Albany Armada Aquatics Masters-38	3:49.18	3:46.90
	50.92				1:51.74 (1:00.82) 2:56.24 (1:04.50) 3:46.90 (50.66)
7	Michaels, Paula	61	Tuolumne County Aquatic Master-38	4:15.00	3:57.29
	53.29				1:56.19 (1:02.90) 3:05.07 (1:08.88) 3:57.29 (52.22)
---	Verplanck, Mary	62	Tuolumne County Aquatic Master-38	3:40.00	DQ
	49.88				1:45.71 (55.83) 2:47.80 (1:02.09) DQ (47.09)

Women 65-69 100 Yard Freestyle

1	Christensen, Pamela A	66	Rocklin Aquatics Masters-38	1:35.00	1:26.51
	41.27				1:26.51 (45.24)
2	Roddy, Nancy	66	Tuolumne County Aquatic Master-38	2:20.00	1:54.33
	54.82				1:54.33 (59.51)

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****Women 65-69 100 Yard Backstroke**

1	Christensen, Pamela A	66	Rocklin Aquatics Masters-38	1:42.00	1:40.79
	47.78				1:40.79 (53.01)
2	Gill, Kathy	69	Davis Aquatic Masters-38	1:50.00	1:45.83
	51.82				1:45.83 (54.01)
3	Roddy, Nancy	66	Tuolumne County Aquatic Master-38	3:00.00	2:39.34
	1:20.19				2:39.34 (1:19.15)

Women 65-69 100 Yard Breaststroke

1	Roddy, Nancy	66	Tuolumne County Aquatic Master-38	2:45.00	2:03.84
	59.56				2:03.84 (1:04.28)

Women 65-69 100 Yard Butterfly

1	Gill, Kathy	69	Davis Aquatic Masters-38	1:50.00	1:53.76
	51.99				1:53.76 (1:01.77)
2	Roddy, Nancy	66	Tuolumne County Aquatic Master-38	3:00.00	2:18.23
	1:03.63				2:18.23 (1:14.60)

Women 65-69 200 Yard IM

1	Roddy, Nancy	66	Tuolumne County Aquatic Master-38	5:50.00	4:36.67
	59.78				2:25.09 (1:25.31) 3:33.58 (1:08.49) 4:36.67 (1:03.09)

Women 70-74 100 Yard Freestyle

1	Guthrie, Sally	73	Davis Aquatic Masters-38	1:18.00	1:18.72
	36.80				1:18.72 (41.92)

Women 70-74 100 Yard Butterfly

1	Guthrie, Sally	73	Davis Aquatic Masters-38	1:35.00	1:39.77
	45.89				1:39.77 (53.88)

Women 75-79 100 Yard Freestyle

---	Wood, Diana C	78	Uc38	2:45.00	DNF
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Men 18-24 100 Yard Freestyle

1	Howland, Casper J	20	Sacramento Masters-38	54.40	54.11
	25.60				54.11 (28.51)
2	Freiwald, Owen	23	Sacramento Masters-38	1:00.00	56.83
	26.77				56.83 (30.06)

Men 18-24 100 Yard Backstroke

1	Howland, Casper J	20	Sacramento Masters-38	59.99	1:08.46
	33.26				1:08.46 (35.20)

Men 18-24 100 Yard Breaststroke

1	Howland, Casper J	20	Sacramento Masters-38	1:06.99	1:08.36
	33.18				1:08.36 (35.18)

Men 18-24 100 Yard Butterfly

1	Howland, Casper J	20	Sacramento Masters-38	56.50	1:02.04
	27.95				1:02.04 (34.09)
2	Freiwald, Owen	23	Sacramento Masters-38	1:10.00	1:05.78
	29.58				1:05.78 (36.20)

Men 18-24 200 Yard IM

1	Howland, Casper J	20	Sacramento Masters-38	2:20.00	2:26.81
	29.44				1:10.87 (41.43) 1:52.31 (41.44) 2:26.81 (34.50)

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****Men 25-29 100 Yard Freestyle**

1	Krovetz, Avery	26	Southern California Aquatics	55.00	51.97
	25.26				51.97 (26.71)
2	Gleason, Sam	26	Albany Armada Aquatics Masters-38	53.09	53.61
	25.76				53.61 (27.85)
3	Cecchetti, Zachary	27	QuickSilver Masters-38	55.07	54.07
	25.93				54.07 (28.14)
4	Magee, Michael	27	Sacramento Masters-38	59.00	55.55
	26.30				55.55 (29.25)

Men 25-29 100 Yard Backstroke

1	Gleason, Sam	26	Albany Armada Aquatics Masters-38	1:11.95	1:06.95
	32.18				1:06.95 (34.77)

Men 25-29 100 Yard Breaststroke

1	Gleason, Sam	26	Albany Armada Aquatics Masters-38	1:23.71	1:21.92
	38.57				1:21.92 (43.35)

Men 25-29 100 Yard Butterfly

1	Cecchetti, Zachary	27	QuickSilver Masters-38	1:01.00	58.28
	26.27				58.28 (32.01)
2	Gleason, Sam	26	Albany Armada Aquatics Masters-38	1:02.52	1:02.29
	28.34				1:02.29 (33.95)
3	Krovetz, Avery	26	Southern California Aquatics	1:05.00	1:06.41
	28.53				1:06.41 (37.88)

Men 25-29 200 Yard IM

1	Gleason, Sam	26	Albany Armada Aquatics Masters-38	2:24.89	2:28.87
	29.28				1:08.57 (39.29) 1:57.46 (48.89) 2:28.87 (31.41)

Men 30-34 100 Yard Freestyle

1	Higginson, Sean	32	Sacramento Masters-38	59.99	57.34
	27.60				57.34 (29.74)
2	Thomas, Michael	30	Mountain View Masters-38	57.17	59.88
	28.36				59.88 (31.52)
3	Freiwald, Andrew	30	Sacramento Masters-38	1:10.00	1:01.76
	28.77				1:01.76 (32.99)
4	Bautista, Jair	30	Sacramento Masters-38	1:13.00	1:06.65
	31.38				1:06.65 (35.27)

Men 30-34 100 Yard Backstroke

1	Higginson, Sean	32	Sacramento Masters-38	1:15.00	1:07.36
	32.22				1:07.36 (35.14)
2	Thomas, Michael	30	Mountain View Masters-38	1:06.43	1:11.72
	34.82				1:11.72 (36.90)

Men 30-34 100 Yard Breaststroke

1	Thomas, Michael	30	Mountain View Masters-38	1:14.92	1:19.78
	38.27				1:19.78 (41.51)
2	Bautista, Jair	30	Sacramento Masters-38	1:35.00	1:32.01
	43.85				1:32.01 (48.16)

Men 30-34 100 Yard Butterfly

1	Thomas, Michael	30	Mountain View Masters-38	1:01.78	1:06.32
	29.91				1:06.32 (36.41)
2	Bautista, Jair	30	Sacramento Masters-38	1:28.00	1:16.51
	34.90				1:16.51 (41.61)

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****Men 30-34 200 Yard IM**

1	Thomas, Michael	30	Mountain View Masters-38	2:25.40	2:31.89
	33.21	1:13.09 (39.88)	1:56.92 (43.83)	2:31.89 (34.97)	
2	Bautista, Jair	30	Sacramento Masters-38	3:12.00	2:52.94
	36.39	1:21.52 (45.13)	2:11.89 (50.37)	2:52.94 (41.05)	

Men 35-39 100 Yard Freestyle

1	Zachan, Matthew T	37	Davis Aquatic Masters-38	55.28	55.30
	27.16	55.30 (28.14)			
2	Law, David	37	Manatee Aquatic Masters Inc-38	57.00	57.16
	27.24	57.16 (29.92)			
3	Smарkel, Augie	39	Sacramento Masters-38	1:10.00	1:06.59
	31.77	1:06.59 (34.82)			

Men 35-39 100 Yard Backstroke

1	Smарkel, Augie	39	Sacramento Masters-38	1:40.00	1:17.97
	38.55	1:17.97 (39.42)			
2	Law, David	37	Manatee Aquatic Masters Inc-38	1:16.00	1:18.38
	37.56	1:18.38 (40.82)			

Men 35-39 100 Yard Breaststroke

1	Law, David	37	Manatee Aquatic Masters Inc-38	1:13.50	1:13.29
	34.35	1:13.29 (38.94)			
2	Smарkel, Augie	39	Sacramento Masters-38	1:40.00	1:22.67
	39.50	1:22.67 (43.17)			

Men 35-39 100 Yard Butterfly

1	Zachan, Matthew T	37	Davis Aquatic Masters-38	1:00.54	1:01.48
	29.07	1:01.48 (32.41)			
2	Law, David	37	Manatee Aquatic Masters Inc-38	1:07.00	1:07.37
	31.16	1:07.37 (36.21)			
---	Smарkel, Augie	39	Sacramento Masters-38	1:30.00	DQ
	33.22	DQ (46.50)			

Men 35-39 200 Yard IM

1	Zachan, Matthew T	37	Davis Aquatic Masters-38	2:22.22	2:21.39
	30.44	1:09.55 (39.11)	1:50.57 (41.02)	2:21.39 (30.82)	
2	Smарkel, Augie	39	Sacramento Masters-38	2:40.00	2:45.22
	34.13	1:18.12 (43.99)	2:06.78 (48.66)	2:45.22 (38.44)	

Men 40-44 100 Yard Freestyle

1	Worley, Austin	44	Sacramento Masters-38	53.00	53.41
	25.81	53.41 (27.60)			
2	Wong, Eric	42	Uc38	52.00	53.49
	25.61	53.49 (27.88)			
3	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	59.77	1:02.88
	30.76	1:02.88 (32.12)			
4	Mustiazza, Oleg	44	San Mateo Masters-38	1:06.00	1:05.70
	31.18	1:05.70 (34.52)			

Men 40-44 100 Yard Backstroke

1	Holbrook, Chad	43	Walnut Creek Masters-38	1:03.50	1:03.09
	31.03	1:03.09 (32.06)			
2	Wong, Eric	42	Uc38	1:00.22	1:03.40
	30.90	1:03.40 (32.50)			
3	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	1:18.90	1:20.55
	39.38	1:20.55 (41.17)			

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****(Men 40-44 100 Yard Backstroke)**

4	Hickey, John Caelin	41	Sierra Marlins Masters-38	1:50.00	1:32.66
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Men 40-44 100 Yard Breaststroke

1	Wong, Eric	42	Uc38	1:08.00	1:07.03
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32.46	1:07.03 (34.57)
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2	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	1:09.65	1:13.99
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35.56	1:13.99 (38.43)
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Men 40-44 100 Yard Butterfly

1	Wong, Eric	42	Uc38	58.00	57.50
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26.89	57.50 (30.61)
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2	Worley, Austin	44	Sacramento Masters-38	1:00.00	1:02.18
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28.76	1:02.18 (33.42)
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3	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	1:12.72	1:14.96
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34.37	1:14.96 (40.59)
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4	Hickey, John Caelin	41	Sierra Marlins Masters-38	1:50.00	1:42.64
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44.53	1:42.64 (58.11)
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Men 40-44 200 Yard IM

1	Wong, Eric	42	Uc38	2:10.00	2:14.01
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28.13	1:04.66 (36.53)	1:43.23 (38.57)	2:14.01 (30.78)
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2	Holbrook, Chad	43	Walnut Creek Masters-38	2:16.50	2:17.30
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29.76	1:03.99 (34.23)	1:45.05 (41.06)	2:17.30 (32.25)
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3	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	2:30.17	2:39.06
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36.25	1:19.90 (43.65)	2:02.94 (43.04)	2:39.06 (36.12)
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4	Mustiazza, Oleg	44	San Mateo Masters-38	3:20.00	3:11.16
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40.77	1:31.25 (50.48)	2:26.80 (55.55)	3:11.16 (44.36)
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Men 45-49 100 Yard Freestyle

1	Sabatini, Greg	47	Richmond Plunge Masters-38	58.99	58.61
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28.28	58.61 (30.33)
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2	Hatch, Eric	48	Sierra Nevada Masters-38	1:02.32	1:00.95
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29.34	1:00.95 (31.61)
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3	Hannan, Zachary	45	Vacaville Swim Club-38	1:08.00	1:04.25
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31.76	1:04.25 (32.49)
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4	Meeker, Michael	49	Richmond Plunge Masters-38	1:20.00	1:11.50
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35.32	1:11.50 (36.18)
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Men 45-49 100 Yard Backstroke

1	Sabatini, Greg	47	Richmond Plunge Masters-38	1:12.99	1:09.16
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33.29	1:09.16 (35.87)
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2	Hannan, Zachary	45	Vacaville Swim Club-38	1:20.00	1:19.47
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39.98	1:19.47 (39.49)
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3	Meeker, Michael	49	Richmond Plunge Masters-38	1:40.00	1:34.04
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46.03	1:34.04 (48.01)
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Men 45-49 100 Yard Breaststroke

1	Hannan, Zachary	45	Vacaville Swim Club-38	1:18.70	1:19.11
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38.25	1:19.11 (40.86)
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Men 45-49 100 Yard Butterfly

1	Hatch, Eric	48	Sierra Nevada Masters-38	1:16.35	1:15.10
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35.41	1:15.10 (39.69)
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---	Hannan, Zachary	45	Vacaville Swim Club-38	1:20.00	1:35.29
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40.00	1:35.29 (55.29)
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2023 Sprint Pentathlon - 3/26/2023**Results - timed events****Men 45-49 200 Yard IM**

1	Hatch, Eric	48	Sierra Nevada Masters-38	2:40.17	2:34.80
	36.07	1:15.24 (39.17)	2:00.80 (45.56)	2:34.80 (34.00)	
2	Hannan, Zachary	45	Vacaville Swim Club-38	2:35.00	2:43.20
	38.60	1:23.11 (44.51)	2:07.73 (44.62)	2:43.20 (35.47)	

Men 50-54 100 Yard Freestyle

1	Winsor, Brad	51	Davis Aquatic Masters-38	56.00	54.54
	26.29	54.54 (28.25)			
2	Buffleben, Matthew	53	Sacramento Masters-38	1:07.00	1:04.72
	32.11	1:04.72 (32.61)			

Men 50-54 100 Yard Backstroke

1	Winsor, Brad	51	Davis Aquatic Masters-38	1:15.00	1:09.47
	33.89	1:09.47 (35.58)			
2	Buffleben, Matthew	53	Sacramento Masters-38	1:15.00	1:13.30
	36.79	1:13.30 (36.51)			
3	Ericson, Douglas	51	Rolling Hills	1:14.00	1:16.36
	37.21	1:16.36 (39.15)			

Men 50-54 100 Yard Breaststroke

1	Ericson, Douglas	51	Rolling Hills	1:14.00	1:17.92
	36.92	1:17.92 (41.00)			
2	Buffleben, Matthew	53	Sacramento Masters-38	1:22.00	1:24.93
	41.45	1:24.93 (43.48)			

Men 50-54 100 Yard Butterfly

1	Winsor, Brad	51	Davis Aquatic Masters-38	1:05.00	1:03.47
	29.85	1:03.47 (33.62)			
2	Buffleben, Matthew	53	Sacramento Masters-38	1:15.00	1:16.08
	35.86	1:16.08 (40.22)			
3	Ericson, Douglas	51	Rolling Hills	1:10.00	1:19.47
	33.74	1:19.47 (45.73)			

Men 50-54 200 Yard IM

1	Buffleben, Matthew	53	Sacramento Masters-38	2:45.00	2:43.50
	36.37	1:19.11 (42.74)	2:06.39 (47.28)	2:43.50 (37.11)	

Men 55-59 100 Yard Freestyle

1	Smith, Stephen	56	Sacramento Masters-38	1:01.53	1:01.49
	28.76	1:01.49 (32.73)			
2	Barajas, Nick	57	Sacramento Masters-38	1:05.97	1:03.07
	30.63	1:03.07 (32.44)			
3	Yerby, Michael	58	Sacramento Masters-38	1:07.00	1:08.13
	32.22	1:08.13 (35.91)			

Men 55-59 100 Yard Backstroke

1	Smith, Stephen	56	Sacramento Masters-38	1:09.14	1:11.72
	34.75	1:11.72 (36.97)			

Men 55-59 100 Yard Breaststroke

1	Smith, Stephen	56	Sacramento Masters-38	1:16.15	1:17.11
	36.99	1:17.11 (40.12)			

Men 55-59 100 Yard Butterfly

1	Smith, Stephen	56	Sacramento Masters-38	1:05.06	1:06.30
	31.48	1:06.30 (34.82)			

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****(Men 55-59 100 Yard Butterfly)**

2	Yerby, Michael	58	Sacramento Masters-38	1:25.00	1:21.84
	37.01				1:21.84 (44.83)

Men 55-59 200 Yard IM

1	Smith, Stephen	56	Sacramento Masters-38	2:25.66	2:27.65
	32.02				1:09.86 (37.84) 1:53.40 (43.54) 2:27.65 (34.25)
2	Yerby, Michael	58	Sacramento Masters-38	3:10.00	2:57.34
	36.57				1:26.32 (49.75) 2:19.57 (53.25) 2:57.34 (37.77)

Men 60-64 100 Yard Freestyle

1	Keighley, Tim D	61	QuickSilver Masters-38	57.74	56.36
	27.17				56.36 (29.19)
2	King, Ian	60	Walnut Creek Masters-38	58.68	1:01.02
	29.35				1:01.02 (31.67)
3	Laudenslager, Greg	61	Rolling Hills	1:02.50	1:01.50
	30.15				1:01.50 (31.35)
4	Stein, Todd	62	Park Terrace Masters Swimming-38	1:30.00	1:11.52
	33.85				1:11.52 (37.67)
5	Curran, Barry I	61	Uc38	1:20.00	1:13.29
	36.11				1:13.29 (37.18)

Men 60-64 100 Yard Backstroke

1	Keighley, Tim D	61	QuickSilver Masters-38	1:06.74	1:07.14
	32.10				1:07.14 (35.04)
2	Taylor, Ron	62	Richmond Plunge Masters-38	1:06.94	1:07.75
	32.72				1:07.75 (35.03)
3	Laudenslager, Greg	61	Rolling Hills	1:14.50	1:13.64
	35.49				1:13.64 (38.15)

Men 60-64 100 Yard Breaststroke

1	Laudenslager, Greg	61	Rolling Hills	1:14.00	1:14.76
	35.47				1:14.76 (39.29)
2	Curran, Barry I	61	Uc38	1:25.00	1:24.47
	39.50				1:24.47 (44.97)

Men 60-64 100 Yard Butterfly

1	King, Ian	60	Walnut Creek Masters-38	1:10.01	1:12.62
	33.78				1:12.62 (38.84)
2	Stein, Todd	62	Park Terrace Masters Swimming-38	1:30.00	1:28.89
	37.44				1:28.89 (51.45)

Men 60-64 200 Yard IM

1	Keighley, Tim D	61	QuickSilver Masters-38	2:27.74	2:24.07
	30.05				1:06.30 (36.25) 1:49.55 (43.25) 2:24.07 (34.52)
2	Taylor, Ron	62	Richmond Plunge Masters-38	2:32.36	2:35.72
	33.14				1:11.28 (38.14) 1:59.10 (47.82) 2:35.72 (36.62)
3	Curran, Barry I	61	Uc38	2:55.30	3:01.62
	39.23				1:26.97 (47.74) 2:16.35 (49.38) 3:01.62 (45.27)

Men 65-69 100 Yard Freestyle

1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	1:01.65	1:01.55
	30.15				1:01.55 (31.40)
2	Gass, Matthew	65	Tuolumne County Aquatic Master-38	1:07.01	1:07.76
	32.78				1:07.76 (34.98)
3	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	1:04.78	1:08.45
	32.71				1:08.45 (35.74)

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****(Men 65-69 100 Yard Freestyle)**

4	Woodruff, David	66	Davis Aquatic Masters-38	1:15.00	1:10.68
	34.82				1:10.68 (35.86)
5	Anderson, Bob	67	Menlo Masters-38	1:10.00	1:11.86
	35.01				1:11.86 (36.85)
6	Tsugawa, Peter	65	Marcia's Enthusiastic Masters-38	1:15.00	1:13.82
	35.58				1:13.82 (38.24)
7	Pinto, Harlan	65	Menlo Masters-38	1:18.63	1:15.11
	36.72				1:15.11 (38.39)

Men 65-69 100 Yard Backstroke

1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	1:10.65	1:09.54
	34.36				1:09.54 (35.18)
2	Gass, Matthew	65	Tuolumne County Aquatic Master-38	1:17.01	1:17.37
	37.08				1:17.37 (40.29)
3	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	1:20.65	1:21.54
	40.11				1:21.54 (41.43)
4	Woodruff, David	66	Davis Aquatic Masters-38	1:30.00	1:26.43
	42.89				1:26.43 (43.54)
5	Anderson, Bob	67	Menlo Masters-38	1:35.00	1:38.11
	49.37				1:38.11 (48.74)
6	Tsugawa, Peter	65	Marcia's Enthusiastic Masters-38	1:40.00	1:41.94
7	Pinto, Harlan	65	Menlo Masters-38	1:37.18	1:45.26
	51.23				1:45.26 (54.03)

Men 65-69 100 Yard Breaststroke

1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	1:22.65	1:22.43
	39.00				1:22.43 (43.43)
2	Anderson, Bob	67	Menlo Masters-38	1:24.00	1:25.98
	41.43				1:25.98 (44.55)
3	Pinto, Harlan	65	Menlo Masters-38	1:34.53	1:29.32
	42.40				1:29.32 (46.92)
4	Gass, Matthew	65	Tuolumne County Aquatic Master-38	1:28.01	1:30.12
	42.53				1:30.12 (47.59)
5	Woodruff, David	66	Davis Aquatic Masters-38	1:35.00	1:30.45
	44.88				1:30.45 (45.57)
6	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	1:42.54	1:37.28
	44.37				1:37.28 (52.91)
7	Tsugawa, Peter	65	Marcia's Enthusiastic Masters-38	1:37.00	1:38.84
	47.79				1:38.84 (51.05)

Men 65-69 100 Yard Butterfly

1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	1:10.65	1:10.82
	32.78				1:10.82 (38.04)
2	Gass, Matthew	65	Tuolumne County Aquatic Master-38	1:18.01	1:20.90
	36.18				1:20.90 (44.72)
3	Anderson, Bob	67	Menlo Masters-38	1:25.00	1:25.21
	39.78				1:25.21 (45.43)
4	Woodruff, David	66	Davis Aquatic Masters-38	1:20.00	1:27.84
	39.23				1:27.84 (48.61)
5	Pinto, Harlan	65	Menlo Masters-38	1:35.02	1:30.70
	40.20				1:30.70 (50.50)
6	Tsugawa, Peter	65	Marcia's Enthusiastic Masters-38	1:31.00	1:39.38
	41.08				1:39.38 (58.30)
7	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	1:36.00	1:39.77
	44.90				1:39.77 (54.87)

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****Men 65-69 200 Yard IM**

1	Cutting, Steve	65	Manatee Aquatic Masters Inc-38	2:35.65	2:33.77
	33.55	1:13.27 (39.72)	1:58.84 (45.57)	2:33.77 (34.93)	
2	Gass, Matthew	65	Tuolumne County Aquatic Master-38	2:51.00	2:54.89
	38.30	1:23.31 (45.01)	2:17.55 (54.24)	2:54.89 (37.34)	
3	Woodruff, David	66	Davis Aquatic Masters-38	3:00.00	2:57.97
	41.90	1:29.02 (47.12)	2:21.50 (52.48)	2:57.97 (36.47)	
4	Anderson, Bob	67	Menlo Masters-38	3:02.00	3:04.30
	43.07	1:34.00 (50.93)	2:25.32 (51.32)	3:04.30 (38.98)	
5	Citron, Jeffrey	67	Marcia's Enthusiastic Masters-38	3:15.41	3:06.58
	44.65	1:30.87 (46.22)	2:26.81 (55.94)	3:06.58 (39.77)	
6	Tsugawa, Peter	65	Marcia's Enthusiastic Masters-38	3:19.00	3:12.76
	44.02	1:35.06 (51.04)	2:31.01 (55.95)	3:12.76 (41.75)	
7	Pinto, Harlan	65	Menlo Masters-38	3:14.53	3:18.26
	41.93	1:40.07 (58.14)	2:32.34 (52.27)	3:18.26 (45.92)	

Men 70-74 100 Yard Freestyle

1	Small, Stephen	70	Marcia's Enthusiastic Masters-38	1:23.65	1:12.00
	34.62	1:12.00 (37.38)			
2	Kaiser, Steven	70	Sacramento Masters-38	2:00.00	1:39.40
	47.58	1:39.40 (51.82)			

Men 70-74 100 Yard Backstroke

1	Small, Stephen	70	Marcia's Enthusiastic Masters-38	1:41.08	1:28.59
	43.54	1:28.59 (45.05)			
2	Kaiser, Steven	70	Sacramento Masters-38	2:15.00	1:45.85
	52.03	1:45.85 (53.82)			

Men 70-74 100 Yard Breaststroke

1	Ottersen, Craig	70	Park Terrace Masters Swimming-38	1:16.50	1:14.13
	33.98	1:14.13 (40.15)			
2	Small, Stephen	70	Marcia's Enthusiastic Masters-38	1:39.93	1:32.67
	44.28	1:32.67 (48.39)			

Men 70-74 100 Yard Butterfly

1	Small, Stephen	70	Marcia's Enthusiastic Masters-38	1:33.65	1:46.56
	46.77	1:46.56 (59.79)			

Men 70-74 200 Yard IM

1	Ottersen, Craig	70	Park Terrace Masters Swimming-38	2:33.00	2:33.52
	31.73	1:17.19 (45.46)	2:00.56 (43.37)	2:33.52 (32.96)	
2	Small, Stephen	70	Marcia's Enthusiastic Masters-38	3:25.18	3:11.98
	46.09	1:35.79 (49.70)	2:30.69 (54.90)	3:11.98 (41.29)	

Men 75-79 100 Yard Freestyle

1	Jochim, Christian	75	QuickSilver Masters-38	1:15.00	1:17.42
	37.52	1:17.42 (39.90)			
2	Sears, Richard T	75	Marcia's Enthusiastic Masters-38	1:40.00	1:36.02
	44.65	1:36.02 (51.37)			

Men 75-79 100 Yard Backstroke

1	Sears, Richard T	75	Marcia's Enthusiastic Masters-38	1:47.54	1:45.22
	47.99	1:45.22 (57.23)			

Men 75-79 100 Yard Breaststroke

1	Smith, Kirby	76	Tuolumne County Aquatic Master-38	1:29.69	1:32.54
	42.53	1:32.54 (50.01)			

2023 Sprint Pentathlon - 3/26/2023**Results - timed events****(Men 75-79 100 Yard Breaststroke)**

2	Jochim, Christian	75	QuickSilver Masters-38	1:32.95	1:42.36
	47.22		1:42.36 (55.14)		
3	Sears, Richard T	75	Marcia's Enthusiastic Masters-38	1:52.75	1:56.86
	54.88		1:56.86 (1:01.98)		

Men 75-79 200 Yard IM

1	Sears, Richard T	75	Marcia's Enthusiastic Masters-38	5:00.00	4:22.79
	55.77		2:09.18 (1:13.41)	4:22.79 (2:13.61)	

Women 18+ 200 Yard Medley Relay

1	Santa Rosa Masters-38	A	2:30.00	2:15.49
	1) Devoto, Cecily W33	2) Bulman, Robin W57	3) Rueda, Marcela W41	4) Nelson, Sheila W54
	34.11	1:12.46 (38.35)	1:44.52 (32.06)	2:15.49 (30.97)
2	Sacramento Masters-38	B	2:45.00	2:15.76
	1) Finnigan, Franchesca W29	2) Ip, Peggy W30	3) Gonzalez Ospina, Laura W28	4) Simonds, Shannon W35
	39.43	1:18.73 (39.30)	1:48.56 (29.83)	2:15.76 (27.20)
3	Davis Aquatic Masters-38	A	NT	2:29.87
	1) Nehrebecki, Helene W43	2) Phalen, Jennifer W58	3) Guthrie, Sally W73	4) Griffiths, Joanna W30
	35.42	1:19.72 (44.30)	2:01.60 (41.88)	2:29.87 (28.27)
4	Sacramento Masters-38	A	2:09.00	2:41.19
	1) McCormick, Babe W60	2) Gregory, Allison M W33	3) Carter, Monica A W61	4) Knight-Williams, Vickie W59
	44.65	1:30.43 (45.78)	2:08.49 (38.06)	2:41.19 (32.70)
5	Tuolumne County Aquatic Master	A	4:50.00	3:22.90
	1) Michaels, Paula W61	2) Roddy, Nancy W66	3) Somboonsook, Natalie W38	4) Verplanck, Mary W62
	54.56	1:58.85 (1:04.29)	2:43.18 (44.33)	3:22.90 (39.72)

Men 18+ 200 Yard Medley Relay

1	Sacramento Masters-38	A	2:13.00	2:01.57
	1) Freiwald, Owen M23	2) Freiwald, Andrew M30	3) Worley, Austin M44	4) Barajas, Nick M57
	31.61	1:07.25 (35.64)	1:33.77 (26.52)	2:01.57 (27.80)
2	Sacramento Masters-38	B	2:24.00	2:08.40
	1) Higginson, Sean M32	2) Magee, Michael M27	3) Smarkel, Augie M39	4) Bautista, Jair M30
	30.17	1:06.24 (36.07)	1:38.71 (32.47)	2:08.40 (29.69)

Mixed 18+ 200 Yard Medley Relay

1	Sacramento Masters-38	B	NT	2:03.48
	1) Smith, Stephen M56	2) Howland, Casper J M20	3) DeShane, Lynden W30	4) Anderson, Erica W36
	31.90	1:04.08 (32.18)	1:33.46 (29.38)	2:03.48 (30.02)
2	Sacramento Masters-38	A	2:55.00	2:20.95
	1) Buford, Mary W38	2) Lo, Yvonne W52	3) Buffleben, Matthew M53	4) Yerby, Michael M58
	36.68	1:17.39 (40.71)	1:49.81 (32.42)	2:20.95 (31.14)

Mixed 55+ 200 Yard Medley Relay

1	Menlo Masters-38	A	2:40.00	2:35.79
	1) Couch, Stephanie W58	2) Anderson, Bob M67	3) Singh, Jo W50	4) Pinto, Harlan M65
	39.53	1:17.84 (38.31)	2:00.99 (43.15)	2:35.79 (34.80)
2	Tuolumne County Aquatic Master	A	2:46.00	2:39.62
	1) Steelman, Heidi W61	2) Gass, Matthew M65	3) Smith, Kirby M76	4) Verplanck, Mary W62
	44.69	2:01.37 ()	2:39.62 (38.25)	