

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 18-24 50 SC Meter Freestyle

NATL: 25.58 % 11/20/2010 J BECKBERGER

PAC: 26.33 # 12/31/2009 Meg Gill

Name	Age	Team	Seed Time	Finals Time	Points
1 Jegers, Jade	20	Marcia's Enthusiastic Masters-38	30.09	31.89	21
2 Smith, Ali	23	Club Hot Tub-38	30.99	32.02	19

Women 18-24 100 SC Meter Freestyle

NATL: 55.86 % 11/21/2010 J BECKBERGER

PAC: 57.99 # 10/9/2016 Catherine Breed

1 Greenberg, Nicole	24	University of San Francisco Ma-38	1:06.00	1:06.85	21
	32.19	1:06.85 (34.66)			
2 Greco, Sophia	24	University of San Francisco Ma-38	1:07.50	1:07.95	19
	33.15	1:07.95 (34.80)			
3 Larsen, Amy	24	Walnut Creek Masters-38	1:07.00	1:08.26	18
	32.68	1:08.26 (35.58)			
4 Smith, Ali	23	Club Hot Tub-38	1:05.99	1:09.06	17
	31.80	1:09.06 (37.26)			

Women 18-24 200 SC Meter Freestyle

NATL: 2:03.39 % 12/6/2009 ALEXANDRA LEE

PAC: 2:03.39 # 12/31/2009 Alexandra Lee

1 Smith, Ali	23	Club Hot Tub-38	2:35.99	2:34.06	21
	33.72	1:13.20 (39.48)	1:54.46 (41.26)	2:34.06 (39.60)	

Women 18-24 100 SC Meter Backstroke

NATL: 59.45 % 11/21/2009 PETRA KLOSOVA

PAC: 1:05.18 # 12/31/2009 Alexandra Lee

1 Greco, Sophia	24	University of San Francisco Ma-38	1:12.50	1:14.67	21
	35.36	1:14.67 (39.31)			

Women 18-24 50 SC Meter Breaststroke

NATL: 32.09 % 12/10/1995 BEATA KASZUBA

PAC: 33.66 # 9/22/2013 Penelope R Yamauc

1 Lam, Kenya	24	CoastSide Tiger Sharks-38	38.66	38.73	21
2 Greenberg, Nicole	24	University of San Francisco Ma-38	42.00	41.22	19

Women 18-24 100 SC Meter Breaststroke

NATL: 1:08.89 % 12/10/1995 BEATA KASZUBA

PAC: 1:16.74 # 10/12/2014 Hannah Curran

1 Lam, Kenya	24	CoastSide Tiger Sharks-38	1:24.12	1:22.19	21
	39.21	1:22.19 (42.98)			
2 Greenberg, Nicole	24	University of San Francisco Ma-38	1:35.00	1:27.60	19
	41.97	1:27.60 (45.63)			
3 Larsen, Amy	24	Walnut Creek Masters-38	1:31.00	1:28.66	18
	43.11	1:28.66 (45.55)			

Women 18-24 50 SC Meter Butterfly

NATL: 28.37 % 12/5/2009 MEG GILL

PAC: 28.23 # 10/4/2014 Caitlin DeNise

1 Lam, Kenya	24	CoastSide Tiger Sharks-38	31.89	30.56	21
2 Greco, Sophia	24	University of San Francisco Ma-38	34.50	33.33	19
3 Smith, Ali	23	Club Hot Tub-38	33.99	35.55	18
4 Arteaga, Daniela	24	Richmond Plunge Masters-38	42.75	43.13	17

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Women 18-24 100 SC Meter Butterfly**

NATL: 1:01.22 % 10/29/2011 KATHERINE MILLS

PAC: 1:03.67 # 10/21/2007 Laura M Davis

1	Larsen, Amy	24	Walnut Creek Masters-38	1:14.77	1:15.44	21
	35.89	1:15.44 (39.55)				
2	Smith, Ali	23	Club Hot Tub-38	1:25.99	1:24.42	19
	38.17	1:24.42 (46.25)				
3	Arteaga, Daniela	24	Richmond Plunge Masters-38	1:58.34	1:36.99	18
	45.49	1:36.99 (51.50)				

Women 18-24 200 SC Meter Butterfly

NATL: 2:19.83 % 10/29/2011 ALEXANDRA YOUNG

PAC: 2:20.03 # 10/21/2007 Laura M Davis

1	Arteaga, Daniela	24	Richmond Plunge Masters-38	3:33.78	3:34.73	21
	47.43	1:42.46 (55.03)	2:39.72 (57.26)	3:34.73 (55.01)		

Women 18-24 100 SC Meter IM

NATL: 1:01.74 % 12/6/2009 KARA DENBY

PAC: 1:05.34 # 9/22/2013 Penelope R Yamauc

1	Jegers, Jade	20	Marcia's Enthusiastic Masters-38	1:30.02	1:22.55	21
	37.69	1:22.55 (44.86)				

Women 18-24 200 SC Meter IM

NATL: 2:17.43 % 12/12/2020 DESTINY NELSON

PAC: 2:24.25 # 10/21/2007 Laura M Davis

1	Larsen, Amy	24	Walnut Creek Masters-38	2:45.00	2:44.24	21
	35.40	1:18.91 (43.51)	2:06.57 (47.66)	2:44.24 (37.67)		

Women 18-24 400 SC Meter IM

NATL: 4:50.84 % 10/29/2011 KATHERINE MILLS

PAC: 5:05.94 # 9/22/2013 Penelope R Yamauc

1	Larsen, Amy	24	Walnut Creek Masters-38	5:45.00	5:57.50	21
	36.74	1:18.36 (41.62)	2:05.77 (47.41)	2:53.79 (48.02)		
	3:45.16 (51.37)	4:36.33 (51.17)	5:17.03 (40.70)	5:57.50 (40.47)		
2	Jegers, Jade	20	Marcia's Enthusiastic Masters-38	6:45.49	6:40.27	19
	41.96	1:29.38 (47.42)	2:21.74 (52.36)	3:13.97 (52.23)		
	4:09.77 (55.80)	5:10.36 (1:00.59)	5:57.73 (47.37)	6:40.27 (42.54)		

Women 25-29 50 SC Meter Freestyle

NATL: 25.52 % 12/2/2017 L IBANEZ LOPEZ

PAC: 26.81 # 12/31/2012 Erin Reilly

WRL(4): 2:00.00 2000 M.LETANG

1	Schuler, Mackenzie	27	Walnut Creek Masters-38	30.83	30.11	21
2	Shanahan, Brenda	26	QuickSilver Masters-38	29.86	30.57	19
3	Knell, Lissi	29	Manatee Aquatic Masters Inc-38	30.00	30.88	18
4	Sand, Cassie	25	East Bay Bat Rays Masters-38	32.00	31.90	17
5	Eide, Miriam	25	Manatee Aquatic Masters Inc-38	36.50	32.01	16
6	Bindert, Kaitlin	29	Manatee Aquatic Masters Inc-38	36.10	33.01	15
7	Chiarelli, Juliana	29	Albany Armada Aquatics Masters-38	33.94	35.04	14
8	Faria, Kimberley	27	San Francisco Dragon Masters-38	1:30.00	1:06.50	13

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Women 25-29 100 SC Meter Freestyle**

NATL: 55.06 % 12/1/2017		L IBANEZ LOPEZ				
PAC: 59.01 # 12/31/2002		Liesl Taner				
WRL(4): 11:00.00		2000		Yayoi MATSUMOTO		
1	Meyer, Charlotte	28	Jellies Aquatic Masters of Mon-38	1:00.00	1:03.21	21
	30.87		1:03.21 (32.34)			
2	Sheeper, Sierra	27	Walnut Creek Masters-38	1:04.00	1:04.27	19
	30.91		1:04.27 (33.36)			
3	Riley, Kaitlyn	29	Walnut Creek Masters-38	1:12.00	1:08.19	18
	31.37		1:08.19 (36.82)			
4	Shanahan, Brenda	26	QuickSilver Masters-38	1:06.60	1:08.43	17
	33.12		1:08.43 (35.31)			
5	Nesbit, Meghan	28	Walnut Creek Masters-38	1:05.00	1:12.63	16
	33.54		1:12.63 (39.09)			
6	Bindert, Kaitlin	29	Manatee Aquatic Masters Inc-38	1:18.20	1:16.36	15
	34.99		1:16.36 (41.37)			
7	Sand, Cassie	25	East Bay Bat Rays Masters-38	1:20.00	1:16.42	14
	38.02		1:16.42 (38.40)			
8	Gross, Laura	28	Tamalpais Aquatic Masters-38	1:30.00	1:19.66	13
	38.54		1:19.66 (41.12)			
9	Valencia, Maria Juliana	25	Marcia's Enthusiastic Masters-38	1:45.00	1:55.85	12
	51.26		1:55.85 (1:04.59)			
10	Busatto, Katherine	25	CoastSide Tiger Sharks-38	2:05.00	2:07.45	11
	59.13		2:07.45 (1:08.32)			

Women 25-29 200 SC Meter Freestyle

NATL: 1:59.39 % 12/3/2017		L IBANEZ LOPEZ				
PAC: 2:10.96 # 12/31/2010		Erin Reilly				
WRL(4): 2:00.00		2000		Tessa VERMEULEN		
1	Woo, Emily	28	Marcia's Enthusiastic Masters-38	NT	2:53.79	

Women 25-29 200 SC Meter Freestyle

NATL: 1:59.39 % 12/3/2017		L IBANEZ LOPEZ				
PAC: 2:10.96 # 12/31/2010		Erin Reilly				
WRL(4): 2:00.00		2000		Tessa VERMEULEN		
1	Eide, Miriam	25	Manatee Aquatic Masters Inc-38	2:50.00	2:34.70	21
	35.05		1:14.03 (38.98)	1:54.29 (40.26)	2:34.70 (40.41)	

Women 25-29 400 SC Meter Freestyle

NATL: 4:24.18 % 3/31/1996		SHEILA TAORMINA				
PAC: 4:36.92 # 12/31/2012		Christina A McGow				
WRL(4): 2:00.00		2000		Tessa VERMEULEN		
1	Crow, Vivian	26	Davis Aquatic Masters-38	5:18.78	5:11.38	21
	36.33		1:16.00 (39.67)	1:56.33 (40.33)	2:36.51 (40.18)	
	3:15.84 (39.33)		3:54.59 (38.75)	4:33.46 (38.87)	5:11.38 (37.92)	
2	Gonzalez Ospina, Laura	29	Sacramento Masters-38	5:30.47	5:22.70	19
	36.88		1:16.06 (39.18)	1:56.32 (40.26)	2:37.21 (40.89)	
	3:18.53 (41.32)		4:00.43 (41.90)	4:42.17 (41.74)	5:22.70 (40.53)	

Women 25-29 800 SC Meter Freestyle

NATL: 8:51.18 % 3/31/1996		SHEILA TAORMINA				
PAC: 9:40.57 # 10/12/2019		Mackenzie M Leake				
WRL(4): 3:00.00		2000		Sheila TAORMINA		
1	Crow, Vivian	26	Davis Aquatic Masters-38	NT	10:44.01	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 25-29 1500 SC Meter Freestyle

NATL: 16:36.07 % 3/31/1996 SHEILA TAORMINA

PAC: 17:19.93 # 1/28/2017 Allison A Arnold

WRL(4): 3:00.00 2000 Sheila TAORMINA

1	Crow, Vivian	26	Davis Aquatic Masters-38	20:27.00	20:21.22	21
	36.27	1:16.03 (39.76)	1:56.76 (40.73)	2:37.12 (40.36)		
	3:17.43 (40.31)	3:58.30 (40.87)	4:38.80 (40.50)	5:19.48 (40.68)		
	6:00.60 (41.12)	6:40.84 (40.24)	7:21.36 (40.52)	8:01.96 (40.60)		
	8:42.22 (40.26)	9:22.98 (40.76)	10:03.67 (40.69)	10:44.01 (40.34)		
	11:25.54 (41.53)	12:07.22 (41.68)	12:48.09 (40.87)	13:29.95 (41.86)		
	14:11.84 (41.89)	14:53.04 (41.20)	15:35.06 (42.02)	16:16.61 (41.55)		
	16:58.11 (41.50)	17:39.38 (41.27)	18:20.26 (40.88)	19:01.08 (40.82)		
	19:41.61 (40.53)	20:21.22 (39.61)				
2	Morrice, Carolyn	29	Walnut Creek Masters-38	29:00.00	22:54.23	19
	40.21	1:24.36 (44.15)	2:10.29 (45.93)	2:55.76 (45.47)		
	3:41.11 (45.35)	4:26.50 (45.39)	5:12.20 (45.70)	5:58.53 (46.33)		
	6:45.16 (46.63)	7:31.41 (46.25)	8:17.90 (46.49)	9:03.80 (45.90)		
	9:50.34 (46.54)	10:37.03 (46.69)	11:23.56 (46.53)	12:10.21 (46.65)		
	12:56.97 (46.76)	13:43.38 (46.41)	14:29.94 (46.56)	15:16.72 (46.78)		
	16:02.90 (46.18)	16:49.57 (46.67)	17:35.79 (46.22)	18:21.62 (45.83)		
	19:07.74 (46.12)	19:54.22 (46.48)	20:40.52 (46.30)	21:26.19 (45.67)		
	22:11.86 (45.67)	22:54.23 (42.37)				

Women 25-29 50 SC Meter Backstroke

NATL: 28.40 % 11/18/2018 MARINA SPADONI

PAC: 31.48 # 10/14/2018 Anna K Senko

WRL(4): 6:00.00 2000 Yurie OGA

1	Garrett, Hope	27	Richmond Plunge Masters-38	35.00	35.38	21
2	Shanahan, Brenda	26	QuickSilver Masters-38	34.85	35.72	19
3	Bindert, Kaitlin	29	Manatee Aquatic Masters Inc-38	40.74	39.02	18
4	Chiarelli, Juliana	29	Albany Armada Aquatics Masters-38	45.00	40.16	17
5	Faria, Kimberley	27	San Francisco Dragon Masters-38	1:30.00	1:17.69	16

Women 25-29 100 SC Meter Backstroke

NATL: 1:01.76 % 11/18/2018 MARINA SPADONI

PAC: 1:03.93 # 12/2/2012 Fiona O'Donnell-M

WRL(4): 5:00.00 2000 Yurie OGA

1	Garrett, Hope	27	Richmond Plunge Masters-38	1:15.00	1:15.30	21
2	Shanahan, Brenda	26	QuickSilver Masters-38	1:13.64	1:17.10	19
	37.21	1:17.10 (39.89)				
3	Bindert, Kaitlin	29	Manatee Aquatic Masters Inc-38	1:30.00	1:29.76	18
	42.44	1:29.76 (47.32)				
4	Hernandez Michalski, A	25	Monterey Bay Masters Seaside A-38	2:00.00	1:45.92	17
	50.24	1:45.92 (55.68)				

Women 25-29 200 SC Meter Backstroke

NATL: 2:14.77 % 11/17/2001 LIA OBERSTAR

PAC: 2:30.60 # 10/11/2013 Alexandra Lee

WRL(4): 2:00.00 2000 Tessa VERMEULEN

1	Crow, Vivian	26	Davis Aquatic Masters-38	2:44.72	2:40.04	21
	38.12	1:18.55 (40.43)	2:00.22 (41.67)	2:40.04 (39.82)		
2	Chiarelli, Juliana	29	Albany Armada Aquatics Masters-38	3:08.08	3:19.77	19
	44.07	1:31.88 (47.81)	2:22.71 (50.83)	3:19.77 (57.06)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 25-29 50 SC Meter Breaststroke

NATL: 31.87 % 11/21/2010 MEGAN JENDRICK

PAC: 34.58 # 12/31/2012 Katy Houston

WRL(4): 6:00.00 2000 Petra CHOCOVA

1	Schuler, Mackenzie	27	Walnut Creek Masters-38	39.96	38.25	21
2	Crow, Vivian	26	Davis Aquatic Masters-38	41.77	38.31	19
3	Shanahan, Brenda	26	QuickSilver Masters-38	40.00	40.68	18
4	Bindert, Kaitlin	29	Manatee Aquatic Masters Inc-38	49.31	48.39	17
5	Busatto, Katherine	25	CoastSide Tiger Sharks-38	1:12.00	1:00.77	16
---	Valencia, Maria Juliana	25	Marcia's Enthusiastic Masters-38	1:10.00	DQ	

Women 25-29 100 SC Meter Breaststroke

NATL: 1:10.04 % 4/15/2012 MEGAN JENDRICK

PAC: 1:14.32 # 12/2/2012 Katy Houston

WRL(4): 6:00.00 2000 Petra CHOCOVA

1	Schuler, Mackenzie	27	Walnut Creek Masters-38	1:27.47	1:24.99	21
				39.30	1:24.99 (45.69)	
2	Crow, Vivian	26	Davis Aquatic Masters-38	1:29.77	1:25.08	19
				40.36	1:25.08 (44.72)	
3	Sheeper, Sierra	27	Walnut Creek Masters-38	1:30.50	1:28.16	18
				41.83	1:28.16 (46.33)	
4	Nesbit, Meghan	28	Walnut Creek Masters-38	1:25.00	1:35.91	17
				44.76	1:35.91 (51.15)	
5	Morrice, Carolyn	29	Walnut Creek Masters-38	1:45.45	1:42.29	16
				49.19	1:42.29 (53.10)	

Women 25-29 200 SC Meter Breaststroke

NATL: 2:29.80 % 4/14/2012 MEGAN JENDRICK

PAC: 2:44.19 # 12/31/2003 Helen Salcedo

WRL(4): 3:00.00 2000 Satori HOSOKOSHI

1	Crow, Vivian	26	Davis Aquatic Masters-38	3:10.17	2:59.60	21
				41.40	1:26.95 (45.55) 2:13.54 (46.59) 2:59.60 (46.06)	
2	Eggart, Ashley	25	Alameda Aquatic Masters-38	3:00.00	3:15.52	19
				45.00	1:33.92 (48.92) 2:24.89 (50.97) 3:15.52 (50.63)	

Women 25-29 50 SC Meter Butterfly

NATL: 26.31 % 10/11/2015 CLAIRE DONAHUE

PAC: 28.71 # 12/31/2010 Erin Reilly

WRL(4): 1:00.00 2000 Elinore DE JONG

1	Gonzalez Ospina, Laura	29	Sacramento Masters-38	32.88	32.19	21
2	Garrett, Hope	27	Richmond Plunge Masters-38	35.00	33.33	19
3	Schuler, Mackenzie	27	Walnut Creek Masters-38	34.54	34.03	18
4	Riley, Kaitlyn	29	Walnut Creek Masters-38	45.00	34.49	17
5	Sand, Cassie	25	East Bay Bat Rays Masters-38	36.00	36.40	16
6	Morrice, Carolyn	29	Walnut Creek Masters-38	45.45	36.69	15
7	Bindert, Kaitlin	29	Manatee Aquatic Masters Inc-38	38.09	37.24	14
8	Gross, Laura	28	Tamalpais Aquatic Masters-38	45.00	38.62	13
9	Hernandez Michalski, A	25	Monterey Bay Masters Seaside A-38	50.00	50.57	12

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Women 25-29 100 SC Meter Butterfly**NATL: 58.11 % 12/12/2015 **CLAIRE DONAHUE**PAC: 1:04.03 # 12/31/2010 **Erin Reilly**WRL(4): 12:00.00 2000 **Claire DONAHUE**

1	Gonzalez Ospina, Laura	29	Sacramento Masters-38	1:10.34	1:11.60	21
	33.21	1:11.60 (38.39)				
2	Knell, Lissi	29	Manatee Aquatic Masters Inc-38	1:13.00	1:14.02	19
	34.43	1:14.02 (39.59)				
3	Garrett, Hope	27	Richmond Plunge Masters-38	1:15.00	1:16.04	18
	36.07	1:16.04 (39.97)				
4	Bruno, Jessica	26	Alameda Aquatic Masters-38	1:20.00	1:19.12	17
	35.38	1:19.12 (43.74)				
5	Eide, Miriam	25	Manatee Aquatic Masters Inc-38	1:34.50	1:20.53	16
	36.04	1:20.53 (44.49)				

Women 25-29 100 SC Meter ButterflyNATL: 58.11 % 12/12/2015 **CLAIRE DONAHUE**PAC: 1:04.03 # 12/31/2010 **Erin Reilly**WRL(4): 12:00.00 2000 **Claire DONAHUE**

1	Woo, Emily	28	Marcia's Enthusiastic Masters-38	NT	1:37.35	
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Women 25-29 200 SC Meter ButterflyNATL: 2:17.83 % 10/10/2015 **CLAIRE DONAHUE**PAC: 2:19.51 # 10/12/2014 **Katie C Kastes**WRL(4): 5:00.00 2000 **Yuko NAKANISHI**

1	Meyer, Charlotte	28	Jellies Aquatic Masters of Mon-38	2:27.00	2:40.86	21
	33.89	1:12.83 (38.94)	1:55.09 (42.26)	2:40.86 (45.77)		
2	Bruno, Jessica	26	Alameda Aquatic Masters-38	2:45.00	3:06.80	19
	39.06	1:24.87 (45.81)	2:13.79 (48.92)	3:06.80 (53.01)		

Women 25-29 100 SC Meter IMNATL: 1:03.41 % 1/23/2011 **MEGAN JENDRICK**PAC: 1:06.99 # 12/31/2004 **Allison Wagner**WRL(4): 1:00.00 2000 **Masako KUROKI**

1	Knell, Lissi	29	Manatee Aquatic Masters Inc-38	1:16.00	1:16.18	21
	36.97	1:16.18 (39.21)				
2	Shanahan, Brenda	26	QuickSilver Masters-38	1:15.50	1:16.51	19
	35.70	1:16.51 (40.81)				
3	Schuler, Mackenzie	27	Walnut Creek Masters-38	1:19.51	1:18.06	18
	35.17	1:18.06 (42.89)				
4	Bruno, Jessica	26	Alameda Aquatic Masters-38	1:25.00	1:19.01	17
	35.98	1:19.01 (43.03)				
5	Eide, Miriam	25	Manatee Aquatic Masters Inc-38	1:30.00	1:19.40	16
	36.01	1:19.40 (43.39)				
6	Gonzalez Ospina, Laura	29	Sacramento Masters-38	1:20.43	1:22.00	15
	38.01	1:22.00 (43.99)				
7	Sand, Cassie	25	East Bay Bat Rays Masters-38	1:40.00	1:22.69	14
	40.73	1:22.69 (41.96)				
8	Eggart, Ashley	25	Alameda Aquatic Masters-38	1:30.00	1:24.95	13
	41.55	1:24.95 (43.40)				
9	Bindert, Kaitlin	29	Manatee Aquatic Masters Inc-38	1:31.26	1:27.58	12
	39.52	1:27.58 (48.06)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 25-29 200 SC Meter IM

NATL:		2:21.79	%	12/12/1998	WENKE HANSEN		
PAC:		2:26.38	#	10/13/2013	Lauren A Beaudrea		
WRL(4):		4:00.00		2000	Hitomi MATSUDA		
1	Shanahan, Brenda	26	QuickSilver Masters-38	2:43.61	2:47.63	21	
	36.36	1:18.92 (42.56)	2:07.97 (49.05)	2:47.63 (39.66)			
2	Bruno, Jessica	26	Alameda Aquatic Masters-38	2:55.00	2:52.03	19	
	36.77	1:20.29 (43.52)	2:14.11 (53.82)	2:52.03 (37.92)			
3	Gonzalez Ospina, Laura	29	Sacramento Masters-38	2:43.51	2:55.35	18	
	34.39	1:20.51 (46.12)	2:15.30 (54.79)	2:55.35 (40.05)			
4	Eggart, Ashley	25	Alameda Aquatic Masters-38	3:00.00	3:02.80	17	
	41.22	1:28.39 (47.17)	2:18.61 (50.22)	3:02.80 (44.19)			
5	Gross, Laura	28	Tamalpais Aquatic Masters-38	3:48.00	3:26.60	16	
	45.69	1:40.13 (54.44)	2:40.04 (59.91)	3:26.60 (46.56)			
6	Hernandez Michalski, A	25	Monterey Bay Masters Seaside A-38	4:00.00	4:14.75	15	
	53.29	2:02.04 (1:08.75)	3:13.99 (1:11.95)	4:14.75 (1:00.76)			

Women 25-29 400 SC Meter IM

NATL:		5:02.54	%	12/13/1998	WENKE HANSEN		
PAC:		5:16.49	#	9/23/2018	Mackenzie M Leake		
WRL(4):		9:00.00		2000	K.BARANOWSKA		
1	Woo, Emily	28	Marcia's Enthusiastic Masters-38	6:56.74	6:42.51	21	
	44.76	1:37.35 (52.59)	2:32.03 (54.68)	3:25.31 (53.28)			
	4:17.05 (51.74)	5:11.62 (54.57)	5:58.28 (46.66)	6:42.51 (44.23)			
---	Morrice, Carolyn	29	Walnut Creek Masters-38	8:08.08	DQ		
	40.08	1:26.42 (46.34)	2:19.86 (53.44)	3:10.11 (50.25)			
	4:08.58 (58.47)	5:05.98 (57.40)	5:50.86 (44.88)	DQ (42.26)			

Women 30-34 50 SC Meter Freestyle

NATL:		25.69	%	11/10/2012	ERIKA ERNDL		
PAC:		25.98	#	12/31/2004	Katrina Radke		
WRL(4):		11:00.00		2000	S.KNIAGININA		
1	Warner, Kate	33	Walnut Creek Masters-38	30.50	30.92	21	
2	Hwang, Jenn	31	Walnut Creek Masters-38	30.38	30.96	19	
3	Phillips, Alexandra	32	University of San Francisco Ma-38	35.00	31.45	18	
4	Miller-Charles, Morgan	30	Uc38	31.39	31.51	17	
5	Rosas, Rachel	30	Walnut Creek Masters-38	37.00	31.77	16	
6	Giuliano, Larissa	32	Diamond Hills Masters-38	33.00	32.71	15	
7	Camacho, Serena	31	Diamond Hills Masters-38	43.35	48.18	14	

Women 30-34 50 SC Meter Freestyle

NATL:		25.69	%	11/10/2012	ERIKA ERNDL		
PAC:		25.98	#	12/31/2004	Katrina Radke		
WRL(4):		11:00.00		2000	S.KNIAGININA		
2	Hwang, Jenn	31	Walnut Creek Masters-38	NT	31.25		

Women 30-34 100 SC Meter Freestyle

NATL:		54.75	%	10/13/2012	ERIKA ERNDL		
PAC:		57.46	#	12/31/2003	Katrina Radke		
WRL(4):		10:00.00		2000	Erika ERNDL		
1	Yamauchi, Penelope	33	Marcia's Enthusiastic Masters-38	NT	1:02.01		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Women 30-34 100 SC Meter Freestyle**NATL: 54.75 % 10/13/2012 **ERIKA ERNDL**PAC: 57.46 # 12/31/2003 **Katrina Radke**WRL(4): 10:00.00 2000 **Erika ERNDL**

1	Petrakis, Danae	31	University of San Francisco Ma-38	1:04.25	1:03.88	21
	30.51	1:03.88 (33.37)				
2	Bloch, Laurence	30	Walnut Creek Masters-38	1:05.85	1:05.24	19
	31.98	1:05.24 (33.26)				
3	Griffiths, Joanna	31	Davis Aquatic Masters-38	1:06.87	1:05.65	18
	31.80	1:05.65 (33.85)				
4	Skoda, Anette	32	Uc38	1:04.32	1:05.86	17
	31.10	1:05.86 (34.76)				
5	Warner, Kate	33	Walnut Creek Masters-38	1:07.00	1:07.46	16
	33.00	1:07.46 (34.46)				
6	Hwang, Jenn	31	Walnut Creek Masters-38	1:07.50	1:08.52	15
	32.36	1:08.52 (36.16)				
7	Phillips, Alexandra	32	University of San Francisco Ma-38	1:10.00	1:10.02	14
	33.74	1:10.02 (36.28)				
8	Rosas, Rachel	30	Walnut Creek Masters-38	1:10.00	1:10.37	13
	33.80	1:10.37 (36.57)				
9	Camacho, Serena	31	Diamond Hills Masters-38	1:37.97	1:47.35	12
	49.64	1:47.35 (57.71)				

Women 30-34 200 SC Meter FreestyleNATL: 2:04.64 % 12/15/1996 **K PIPES-NEILSEN**PAC: 2:06.24 # 12/7/2014 **Jennifer D Radeck**WRL(4): 11:00.00 2000 **Veronica BALSANO**

1	Bloch, Laurence	30	Walnut Creek Masters-38	2:27.03	2:23.30	21
	33.80	1:09.84 (36.04)	1:46.08 (36.24)	2:23.30 (37.22)		
2	Warner, Kate	33	Walnut Creek Masters-38	2:30.00	2:29.63	19
	35.63	1:14.15 (38.52)	1:52.07 (37.92)	2:29.63 (37.56)		
3	Hwang, Jenn	31	Walnut Creek Masters-38	2:36.63	2:41.10	18
	35.91	1:17.27 (41.36)	2:01.06 (43.79)	2:41.10 (40.04)		
4	Rosas, Rachel	30	Walnut Creek Masters-38	2:30.00	2:45.69	17
	36.58	1:16.83 (40.25)	2:01.13 (44.30)	2:45.69 (44.56)		
5	Leung, Michele	30	Marcia's Enthusiastic Masters-38	4:10.00	3:44.09	16
	50.48	1:48.89 (58.41)	2:47.41 (58.52)	3:44.09 (56.68)		

Women 30-34 400 SC Meter FreestyleNATL: 4:17.82 % 12/4/2011 **DAWN HECKMAN**PAC: 4:28.31 # 12/7/2014 **Jennifer D Radeck**WRL(4): 10:00.00 2000 **Sophie CASSON**

1	Bloch, Laurence	30	Walnut Creek Masters-38	5:21.94	5:13.43	21
	35.86	1:14.19 (38.33)	1:52.57 (38.38)	2:30.83 (38.26)		
	3:10.03 (39.20)	3:51.01 (40.98)	4:32.39 (41.38)	5:13.43 (41.04)		
2	Warner, Kate	33	Walnut Creek Masters-38	5:30.00	5:24.33	19
	37.10	1:17.26 (40.16)	1:58.62 (41.36)	2:40.08 (41.46)		
	3:21.57 (41.49)	4:02.60 (41.03)	4:43.93 (41.33)	5:24.33 (40.40)		
3	Gettel, Kaleena	34	Walnut Creek Masters-38	6:20.00	5:53.41	18
	40.37	1:24.57 (44.20)	2:09.23 (44.66)	2:54.07 (44.84)		
	3:39.25 (45.18)	4:25.13 (45.88)	5:10.89 (45.76)	5:53.41 (42.52)		
4	Leung, Michele	30	Marcia's Enthusiastic Masters-38	8:10.00	8:11.91	17
	51.85	1:51.93 (1:00.08)	2:53.56 (1:01.63)	3:57.54 (1:03.98)		
	5:01.79 (1:04.25)	6:06.87 (1:05.08)	7:11.92 (1:05.05)	8:11.91 (59.99)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Women 30-34 400 SC Meter Freestyle)

---	Camacho, Serena	31	Diamond Hills Masters-38	5:52.00	DNF
	53.86	1:55.81 (1:01.95)	3:02.92 (1:07.11)		
	5:22.15 ()	6:26.72 (1:04.57)			

Women 30-34 400 SC Meter Freestyle

NATL: 4:17.82 % 12/4/2011 DAWN HECKMAN

PAC: 4:28.31 # 12/7/2014 Jennifer D Radeck

WRL(4): 10:00.00 2000 Sophie CASSON

1	McBride, Beth	33	Marcia's Enthusiastic Masters-38	NT	5:57.65
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Women 30-34 800 SC Meter Freestyle

NATL: 8:38.58 % 12/4/2011 DAWN HECKMAN

PAC: 9:27.20 # 10/12/2014 Jennifer D Radeck

WRL(4): 12:00.00 2000 Dawn HECKMAN

1	McBride, Beth	33	Marcia's Enthusiastic Masters-38	NT	12:01.36
2	Lu, Jenny	32	Marcia's Enthusiastic Masters-38	NT	14:56.72

Women 30-34 1500 SC Meter Freestyle

NATL: 16:26.93 % 12/2/2011 DAWN HECKMAN

PAC: 17:16.22 # 1/28/2023 Catherine Breed

WRL(4): 12:00.00 2000 Dawn HECKMAN

1	McBride, Beth	33	Marcia's Enthusiastic Masters-38	23:01.00	22:39.67	21
	41.26	1:24.82 (43.56)	2:09.52 (44.70)	2:54.83 (45.31)		
	3:40.94 (46.11)	4:26.38 (45.44)	5:12.39 (46.01)	5:57.65 (45.26)		
	6:43.17 (45.52)	7:28.97 (45.80)	8:13.68 (44.71)	8:58.51 (44.83)		
	9:43.84 (45.33)	10:29.78 (45.94)	11:15.44 (45.66)	12:01.36 (45.92)		
	12:46.79 (45.43)	13:32.88 (46.09)	14:18.33 (45.45)	15:03.33 (45.00)		
	15:48.88 (45.55)	16:34.43 (45.55)	17:20.43 (46.00)	18:06.24 (45.81)		
	18:51.95 (45.71)	19:38.29 (46.34)	20:23.81 (45.52)	21:09.30 (45.49)		
	21:54.80 (45.50)	22:39.67 (44.87)				
2	Lu, Jenny	32	Marcia's Enthusiastic Masters-38	28:45.00	27:53.43	19
	50.45	1:44.16 (53.71)	2:40.13 (55.97)	3:36.34 (56.21)		
	4:32.21 (55.87)	5:28.66 (56.45)	6:25.45 (56.79)	7:22.17 (56.72)		
	8:18.45 (56.28)	9:15.12 (56.67)	10:11.13 (56.01)	11:07.92 (56.79)		
	12:04.20 (56.28)	13:02.51 (58.31)	13:59.94 (57.43)	14:56.72 (56.78)		
	15:53.62 (56.90)	16:50.09 (56.47)	17:45.61 (55.52)	18:41.15 (55.54)		
	19:36.47 (55.32)	20:32.12 (55.65)	21:29.37 (57.25)	22:26.42 (57.05)		
	23:23.01 (56.59)	24:17.30 (54.29)	25:12.74 (55.44)	26:08.04 (55.30)		
	27:02.30 (54.26)	27:53.43 (51.13)				

Women 30-34 50 SC Meter Backstroke

NATL: 27.61 % 11/21/2009 NORIKO INADA

PAC: 30.28 # 10/9/2022 Lauren T Breuer

WRL(4): 4:00.00 2000 Mai NAKAMURA

1	Choy, Tammy	33	Marcia's Enthusiastic Masters-38	NT	33.10
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Women 30-34 50 SC Meter Backstroke

NATL: 27.61 % 11/21/2009 NORIKO INADA

PAC: 30.28 # 10/9/2022 Lauren T Breuer

WRL(4): 4:00.00 2000 Mai NAKAMURA

1	Miller-Charles, Morgan	30	Uc38	35.87	35.17	21
2	Giuliano, Larissa	32	Diamond Hills Masters-38	38.00	37.38	19
3	Gettel, Kaleena	34	Walnut Creek Masters-38	39.00	37.89	18

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 30-34 100 SC Meter Backstroke

NATL: 59.53 %		11/22/2009	NORIKO INADA			
PAC: 1:05.05 #		10/8/2022	Lauren T Breuer			
WRL(4): 3:00.00		2000	Kana YAMAGUCHI			
1	Yamauchi, Penelope	33	Marcia's Enthusiastic Masters-38	1:10.00	1:10.11	21
	33.46	1:10.11 (36.65)				
2	Choy, Tammy	33	Marcia's Enthusiastic Masters-38	1:06.50	1:10.60	19
	33.99	1:10.60 (36.61)				
3	Bloch, Laurence	30	Walnut Creek Masters-38	1:18.11	1:15.91	18
4	Warner, Kate	33	Walnut Creek Masters-38	1:14.00	1:17.38	17
	37.09	1:17.38 (40.29)				
5	Griffiths, Joanna	31	Davis Aquatic Masters-38	1:18.60	1:17.60	16
	37.60	1:17.60 (40.00)				
6	Miller-Charles, Morgan	30	Uc38	1:16.16	1:18.36	15
7	Phillips, Alexandra	32	University of San Francisco Ma-38	1:24.72	1:22.08	14
	40.73	1:22.08 (41.35)				
8	Rosas, Rachel	30	Walnut Creek Masters-38	1:25.00	1:23.72	13
	40.02	1:23.72 (43.70)				
9	Giuliano, Larissa	32	Diamond Hills Masters-38	1:24.00	1:23.76	12
	39.54	1:23.76 (44.22)				

Women 30-34 200 SC Meter Backstroke

NATL: 2:12.47 %		11/22/2008	L OBERSTAR-BROWN			
PAC: 2:23.74 #		10/9/2022	Lauren T Breuer			
WRL(4): 4:00.00		2000	Kana YAMAGUCHI			
1	McBride, Beth	33	Marcia's Enthusiastic Masters-38	3:20.00	3:10.59	21
	45.75	1:33.76 (48.01)	2:22.46 (48.70)	3:10.59 (48.13)		
2	Mah, Kimberly	34	Richmond Plunge Masters-38	3:23.00	3:11.01	19
	46.79	1:35.57 (48.78)	2:24.41 (48.84)	3:11.01 (46.60)		

Women 30-34 50 SC Meter Breaststroke

NATL: 32.17 %		12/4/2011	HANNAH CALDAS			
PAC: 34.57 #		9/27/2015	Carly Geehr			
WRL(4): 11:00.00		2000	Nicole HEIDEMANN			
1	Yamauchi, Penelope	33	Marcia's Enthusiastic Masters-38	35.00	34.80	21
2	Skoda, Anette	32	Uc38	37.82	37.92	19
3	Hwang, Jenn	31	Walnut Creek Masters-38	40.01	39.41	18
4	Petrakis, Kristina	34	University of San Francisco Ma-38	39.13	41.71	17
5	Miller-Charles, Morgan	30	Uc38	43.72	43.54	16
6	Gettel, Kaleena	34	Walnut Creek Masters-38	46.00	44.90	15
7	Giuliano, Larissa	32	Diamond Hills Masters-38	46.00	46.36	14
8	Lu, Jenny	32	Marcia's Enthusiastic Masters-38	50.00	48.03	13
9	Mah, Kimberly	34	Richmond Plunge Masters-38	55.00	49.09	12
10	Leung, Michele	30	Marcia's Enthusiastic Masters-38	55.00	49.91	11
11	Camacho, Serena	31	Diamond Hills Masters-38	58.56	1:05.26	10

Women 30-34 100 SC Meter Breaststroke

NATL: 1:10.00 %		12/10/2000	WENKE HANSEN			
PAC: 1:15.57 #		12/1/2018	Sarah M Hernandez			
WRL(4): 4:00.00		2000	Hitomi MATSUDA			
1	Hwang, Jenn	31	Walnut Creek Masters-38	1:29.49	1:29.86	21
	42.36	1:29.86 (47.50)				
2	Griffiths, Joanna	31	Davis Aquatic Masters-38	1:29.24	1:29.98	19
	43.92	1:29.98 (46.06)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 30-34 100 SC Meter Breaststroke)**

3	Gettel, Kaleena	34	Walnut Creek Masters-38	1:37.00	1:36.42	18
	45.42				1:36.42 (51.00)	
4	McBride, Beth	33	Marcia's Enthusiastic Masters-38	1:45.00	1:43.34	17
	49.71				1:43.34 (53.63)	
5	Lu, Jenny	32	Marcia's Enthusiastic Masters-38	1:50.00	1:44.17	16
	50.91				1:44.17 (53.26)	
6	Mah, Kimberly	34	Richmond Plunge Masters-38	1:57.00	1:45.99	15
	50.82				1:45.99 (55.17)	
7	Camacho, Serena	31	Diamond Hills Masters-38	2:40.22	2:31.14	14
	1:09.50				2:31.14 (1:21.64)	

Women 30-34 200 SC Meter Breaststroke

NATL: 2:30.65 % 12/10/2000 WENKE HANSEN

PAC: 2:53.24 # 12/31/1986 Gayle Benty

WRL(4): 4:00.00 2000 Hitomi MATSUDA

1	Hwang, Jenn	31	Walnut Creek Masters-38	3:30.00	3:13.76	21
	44.24				1:32.53 (48.29)	
					2:23.38 (50.85)	
					3:13.76 (50.38)	
2	Phillips, Alexandra	32	University of San Francisco Ma-38	3:30.00	3:20.88	19
	45.84				1:36.94 (51.10)	
					2:28.34 (51.40)	
					3:20.88 (52.54)	
3	Gettel, Kaleena	34	Walnut Creek Masters-38	3:30.00	3:27.60	18
	47.41				1:40.20 (52.79)	
					2:33.87 (53.67)	
					3:27.60 (53.73)	
4	McBride, Beth	33	Marcia's Enthusiastic Masters-38	3:35.00	3:35.04	17
	50.93				1:45.12 (54.19)	
					2:39.95 (54.83)	
					3:35.04 (55.09)	
5	Mah, Kimberly	34	Richmond Plunge Masters-38	3:55.00	3:41.90	16
	52.35				1:48.58 (56.23)	
					2:44.21 (55.63)	
					3:41.90 (57.69)	
6	Leung, Michele	30	Marcia's Enthusiastic Masters-38	4:20.00	4:01.70	15
	52.52				1:54.44 (1:01.92)	
					3:00.90 (1:06.46)	
					4:01.70 (1:00.80)	

Women 30-34 50 SC Meter Butterfly

NATL: 27.53 % 3/18/2023 HANNAH CARON

PAC: 28.05 # 12/31/2004 Katrina Radke

WRL(4): 3:00.00 2000 Masako IDA

1	Choy, Tammy	33	Marcia's Enthusiastic Masters-38	33.50	31.46	21
2	Skoda, Anette	32	Uc38	31.81	31.87	19
3	Bloch, Laurence	30	Walnut Creek Masters-38	32.84	32.82	18
4	Giuliano, Larissa	32	Diamond Hills Masters-38	35.00	35.15	17
5	Camacho, Serena	31	Diamond Hills Masters-38	50.42	1:03.50	16

Women 30-34 100 SC Meter Butterfly

NATL: 1:00.34 % 10/13/2012 ERIKA ERNDL

PAC: 1:03.21 # 12/31/2003 Katrina Radke

WRL(4): 11:00.00 2000 Anna POLIAKOVA

1	McBride, Beth	33	Marcia's Enthusiastic Masters-38	NT	1:40.73	
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Women 30-34 100 SC Meter Butterfly

NATL: 1:00.34 % 10/13/2012 ERIKA ERNDL

PAC: 1:03.21 # 12/31/2003 Katrina Radke

WRL(4): 11:00.00 2000 Anna POLIAKOVA

1	Bloch, Laurence	30	Walnut Creek Masters-38	1:15.49	1:14.49	21
	35.22				1:14.49 (39.27)	
2	Giuliano, Larissa	32	Diamond Hills Masters-38	1:30.00	1:25.06	19
	37.66				1:25.06 (47.40)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Women 30-34 100 SC Meter Butterfly)

3	Gettel, Kaleena	34	Walnut Creek Masters-38	1:35.00	1:33.99	18
	43.31		1:33.99 (50.68)			

Women 30-34 200 SC Meter Butterfly

NATL: 2:19.34 % 10/5/2003 KATRINA RADKE

PAC: 2:19.34 # 12/31/2003 Katrina Radke

WRL(4): 5:00.00 2000 Hitomi MATSUDA

1	Bloch, Laurence	30	Walnut Creek Masters-38	2:57.93	2:56.74	21
	39.27		1:22.71 (43.44) 2:07.98 (45.27)	2:56.74 (48.76)		
2	Gettel, Kaleena	34	Walnut Creek Masters-38	3:30.00	3:29.96	19
	44.18		1:37.65 (53.47) 2:32.79 (55.14)	3:29.96 (57.17)		
3	McBride, Beth	33	Marcia's Enthusiastic Masters-38	3:25.00	3:36.80	18
	48.54		1:42.88 (54.34) 2:40.08 (57.20)	3:36.80 (56.72)		
4	Lu, Jenny	32	Marcia's Enthusiastic Masters-38	4:30.00	3:52.23	17
	54.80		1:53.89 (59.09) 2:54.16 (1:00.27)	3:52.23 (58.07)		

Women 30-34 100 SC Meter IM

NATL: 1:02.52 % 10/13/2012 ERIKA ERNDL

PAC: 1:06.85 # 10/14/2018 Sarah M Hernandez

WRL(4): 10:00.00 2000 Erika ERNDL

1	Phillips, Alexandra	32	University of San Francisco Ma-38	1:20.00	1:20.27	21
	36.69		1:20.27 (43.58)			
2	Miller-Charles, Morgan	30	Uc38	1:18.93	1:20.33	19
	37.41		1:20.33 (42.92)			
3	Giuliano, Larissa	32	Diamond Hills Masters-38	1:26.00	1:26.33	18
	37.54		1:26.33 (48.79)			

Women 30-34 200 SC Meter IM

NATL: 2:18.79 % 12/7/1996 K PIPES-NEILSEN

PAC: 2:22.72 # 12/31/2003 Katrina Radke

WRL(4): 11:00.00 2000 Hitomi MATSUDA

1	Choy, Tammy	33	Marcia's Enthusiastic Masters-38	2:26.50	2:35.20	21
	33.16		1:12.21 (39.05) 1:57.81 (45.60)	2:35.20 (37.39)		
2	Skoda, Anette	32	Uc38	2:43.64	2:44.79	19
	33.38		1:17.14 (43.76) 2:05.28 (48.14)	2:44.79 (39.51)		
3	Griffiths, Joanna	31	Davis Aquatic Masters-38	2:47.93	2:46.07	18
	35.93		1:18.03 (42.10) 2:08.09 (50.06)	2:46.07 (37.98)		
4	Phillips, Alexandra	32	University of San Francisco Ma-38	3:06.00	2:55.47	17
	36.65		1:21.85 (45.20) 2:14.40 (52.55)	2:55.47 (41.07)		
5	McBride, Beth	33	Marcia's Enthusiastic Masters-38	3:28.00	3:15.70	16
	47.51		1:36.79 (49.28) 2:32.98 (56.19)	3:15.70 (42.72)		
6	Lu, Jenny	32	Marcia's Enthusiastic Masters-38	4:00.00	3:39.61	15
	52.21		1:49.80 (57.59) 2:48.75 (58.95)	3:39.61 (50.86)		

Women 30-34 400 SC Meter IM

NATL: 4:51.23 % 10/11/2019 CHELSEA NAUTA

PAC: 5:15.90 # 12/31/2003 Jody Smith

WRL(4): 4:00.00 2000 Hitomi MATSUDA

1	Mah, Kimberly	34	Richmond Plunge Masters-38	7:05.00	6:49.48	21
	45.19		1:36.63 (51.44) 2:27.92 (51.29)	3:17.63 (49.71)		
	4:17.39 (59.76)		5:15.77 (58.38) 6:03.60 (47.83)	6:49.48 (45.88)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 30-34 400 SC Meter IM)**

2	McBride, Beth	33	Marcia's Enthusiastic Masters-38	6:59.00	6:53.35	19
	47.45	1:40.73 (53.28)	2:33.49 (52.76)	3:26.13 (52.64)		
	4:23.29 (57.16)	5:21.83 (58.54)	6:08.70 (46.87)	6:53.35 (44.65)		
3	Lu, Jenny	32	Marcia's Enthusiastic Masters-38	8:20.55	7:43.82	18
	53.70	1:52.03 (58.33)	2:52.58 (1:00.55)	3:54.87 (1:02.29)		
	4:54.94 (1:00.07)	5:54.40 (59.46)	6:49.66 (55.26)	7:43.82 (54.16)		

Women 35-39 50 SC Meter Freestyle

NATL: 25.10 % 12/3/2006 DARA TORRES
PAC: 26.49 # 12/7/2014 Ericka L Richards
WRL(4): 12:00.00 2000 Dara TORRES

1	Schmitz, Emily	35	Manatee Aquatic Masters Inc-38	34.50	30.08	21
2	Au Brinkmeyer, Lauren	39	Manatee Aquatic Masters Inc-38	30.55	30.39	19
3	Greer, Margaret	35	East Bay Bat Rays Masters-38	31.00	31.10	18
4	Westlake, Melanie	38	Walnut Creek Masters-38	35.00	34.65	17
5	Corwin, Stephanie	39	Livermore Aquacowboys-38	44.40	36.13	16
6	West, Meredith	39	San Mateo Masters-38	37.00	37.43	15
7	Johnson, Jacqueline	39	Marcia's Enthusiastic Masters-38	37.75	39.15	14
8	Chien, Regina	37	Marcia's Enthusiastic Masters-38	36.00	39.31	13
9	Gunn, Caitlyn	36	Walnut Creek Masters-38	45.01	45.29	12
10	Miazga-Chaffey, Grace	39	Walnut Creek Masters-38	50.00	46.69	11

Women 35-39 100 SC Meter Freestyle

NATL: 54.95 % 12/3/2006 DARA TORRES
PAC: 58.44 # 12/7/2014 Ericka L Richards
WRL(4): 12:00.00 2000 Dara TORRES

1	Ballenger, Marie	37	The Olympic Club-38	59.00	1:02.30	21
	30.16	1:02.30 (32.14)				
2	McGowan, Christina	36	Walnut Creek Masters-38	1:15.00	1:07.96	19
	33.39	1:07.96 (34.57)				
3	Schmitz, Emily	35	Manatee Aquatic Masters Inc-38	1:16.00	1:08.04	18
	33.46	1:08.04 (34.58)				
4	Allen, Robyn	38	Stanford Masters Swimming-38	1:09.17	1:08.12	17
	32.72	1:08.12 (35.40)				
5	Greer, Margaret	35	East Bay Bat Rays Masters-38	1:10.50	1:08.81	16
	32.77	1:08.81 (36.04)				
6	Rafalson, Sara	35	Marcia's Enthusiastic Masters-38	1:15.00	1:16.38	15
	35.56	1:16.38 (40.82)				
7	Westlake, Melanie	38	Walnut Creek Masters-38	1:05.00	1:16.75	14
	35.80	1:16.75 (40.95)				
8	Woodworth, Kathryn	37	Marcia's Enthusiastic Masters-38	1:17.00	1:18.31	13
	38.37	1:18.31 (39.94)				
9	Chan, Angela	35	Manatee Aquatic Masters Inc-38	1:26.31	1:22.46	12
	39.21	1:22.46 (43.25)				
10	Murillo, Catherine	35	Marcia's Enthusiastic Masters-38	1:31.29	1:24.70	11
	41.14	1:24.70 (43.56)				
11	Casagrande, Lisa	36	Davis Aquatic Masters-38	1:45.00	1:24.79	10
	41.11	1:24.79 (43.68)				
12	Miazga-Chaffey, Grace	39	Walnut Creek Masters-38	1:42.71	1:45.56	9
	50.58	1:45.56 (54.98)				
13	Gunn, Caitlyn	36	Walnut Creek Masters-38	1:40.00	1:48.34	8
	50.37	1:48.34 (57.97)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Women 35-39 200 SC Meter Freestyle**NATL: 2:03.56 % 12/14/1997 **K PIPES-NEILSEN**PAC: 2:06.86 # 12/31/1999 **Jill S Hernandez**WRL(4): 3:00.00 2000 **Hitomi MATSUDA**

1	Radecke-Noble, Jennifer	39	Tri Valley Masters-38	2:14.00	2:15.18	21
	32.01	1:06.27 (34.26)	1:40.77 (34.50)	2:15.18 (34.41)		
2	Schmitz, Emily	35	Manatee Aquatic Masters Inc-38	2:45.00	2:33.11	19
	35.37	1:13.97 (38.60)	1:53.76 (39.79)	2:33.11 (39.35)		
3	West, Meredith	39	San Mateo Masters-38	2:55.00	2:55.90	18
	41.61	1:26.31 (44.70)	2:12.00 (45.69)	2:55.90 (43.90)		
4	Chan, Angela	35	Manatee Aquatic Masters Inc-38	3:00.00	2:59.73	17
	41.40	1:27.30 (45.90)	2:13.42 (46.12)	2:59.73 (46.31)		
5	Corwin, Stephanie	39	Livermore Aquacowboys-38	3:32.01	3:02.36	16
	40.06	1:25.76 (45.70)	2:14.51 (48.75)	3:02.36 (47.85)		
6	Chien, Regina	37	Marcia's Enthusiastic Masters-38	3:17.75	3:14.34	15
	46.96	1:36.57 (49.61)	2:27.25 (50.68)	3:14.34 (47.09)		

Women 35-39 400 SC Meter FreestyleNATL: 4:22.56 % 12/12/1999 **K PIPES-NEILSEN**PAC: 4:26.57 # 12/31/1999 **Jill S Hernandez**WRL(4): 7:00.00 2000 **Sophie CASSON**

1	Thomas, Alexandra	35	Walnut Creek Masters-38	5:40.00	5:33.82	21
	38.86	1:20.49 (41.63)	2:03.20 (42.71)	2:46.48 (43.28)		
	3:29.04 (42.56)	4:11.95 (42.91)	4:54.39 (42.44)	5:33.82 (39.43)		
2	Woodworth, Kathryn	37	Marcia's Enthusiastic Masters-38	6:26.00	6:23.32	19
	44.28	1:33.68 (49.40)	2:23.47 (49.79)	3:13.38 (49.91)		
	4:03.46 (50.08)	4:53.68 (50.22)	5:40.74 (47.06)	6:23.32 (42.58)		
3	Chaiyasane, Koung	39	Marcia's Enthusiastic Masters-38	8:30.00	7:46.29	18
	55.81	1:54.63 (58.82)	2:54.32 (59.69)	3:53.65 (59.33)		
	4:53.16 (59.51)	5:52.38 (59.22)	6:50.66 (58.28)	7:46.29 (55.63)		

Women 35-39 50 SC Meter BackstrokeNATL: 27.63 % 11/13/2016 **NORIKO INADA**PAC: 32.02 # 10/12/2014 **Ericka L Richards**WRL(4): 11:00.00 2000 **Noriko INADA**

1	Radecke-Noble, Jennifer	39	Tri Valley Masters-38	32.20	31.89 #	21
2	Greer, Margaret	35	East Bay Bat Rays Masters-38	36.50	35.16	19
3	Allen, Robyn	38	Stanford Masters Swimming-38	36.84	37.05	18
4	Westlake, Melanie	38	Walnut Creek Masters-38	45.00	42.01	17
5	Chien, Regina	37	Marcia's Enthusiastic Masters-38	44.15	43.81	16
6	Rodriguez, Caylan	35	Marcia's Enthusiastic Masters-38	50.50	43.89	15
7	Johnson, Jacqueline	39	Marcia's Enthusiastic Masters-38	1:00.00	48.87	14
8	Gunn, Caitlyn	36	Walnut Creek Masters-38	55.04	55.14	13
9	Miazga-Chaffey, Grace	39	Walnut Creek Masters-38	1:10.00	55.25	12

Women 35-39 100 SC Meter BackstrokeNATL: 1:00.43 % 11/19/2017 **NORIKO INADA**PAC: 1:08.82 # 10/16/2021 **Jennifer D Radeck**WRL(4): 11:00.00 2000 **Noriko INADA**

1	Radecke-Noble, Jennifer	39	Tri Valley Masters-38	1:08.90	1:08.78 #	21
	33.86	1:08.78 (34.92)				
2	McGowan, Christina	36	Walnut Creek Masters-38	1:25.00	1:14.14	19
	36.20	1:14.14 (37.94)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 35-39 100 SC Meter Backstroke)**

3	Greer, Margaret	35	East Bay Bat Rays Masters-38	1:18.50	1:15.73	18
	35.77				1:15.73 (39.96)	
4	Allen, Robyn	38	Stanford Masters Swimming-38	1:20.31	1:20.46	17
	38.53				1:20.46 (41.93)	
5	Gunn, Caitlyn	36	Walnut Creek Masters-38	2:00.00	2:11.10	16
	1:00.13				2:11.10 (1:10.97)	
6	Dede, Elif	37	University of San Francisco Ma-38	2:40.00	2:39.82	15
	1:13.47				2:39.82 (1:26.35)	

Women 35-39 200 SC Meter Backstroke

NATL: 2:14.10 % 12/14/1997 K PIPES-NEILSEN

PAC: 2:29.14 # 12/31/2006 Alison H Zamanian

WRL(4): 11:00.00 2000 Kana OHASHI

1	Radecke-Noble, Jennifer	39	Tri Valley Masters-38	2:31.00	2:28.49 #	21
	36.44				1:14.51 (38.07)	
					1:52.51 (38.00)	
					2:28.49 (35.98)	
2	Thomas, Alexandra	35	Walnut Creek Masters-38	3:15.00	2:58.78	19
	43.34				1:28.80 (45.46)	
					2:14.61 (45.81)	
					2:58.78 (44.17)	
3	Chien, Regina	37	Marcia's Enthusiastic Masters-38	3:41.60	3:32.57	18
	49.86				1:43.66 (53.80)	
					2:39.33 (55.67)	
					3:32.57 (53.24)	

Women 35-39 50 SC Meter Breaststroke

NATL: 31.25 % 10/8/2022 DANIELLE HERRMANN

PAC: 31.25 # 10/8/2022 Danielle M Herrma

WRL(4): 10:00.00 2000 Danielle HERRMANN

1	Ballenger, Marie	37	The Olympic Club-38	34.00	35.86	21
2	Greer, Margaret	35	East Bay Bat Rays Masters-38	40.00	40.58	19
3	Allen, Robyn	38	Stanford Masters Swimming-38	48.67	44.17	18
4	McGowan, Christina	36	Walnut Creek Masters-38	55.00	44.83	17
5	Westlake, Melanie	38	Walnut Creek Masters-38	48.00	44.90	16
6	Rafalson, Sara	35	Marcia's Enthusiastic Masters-38	42.00	45.37	15
7	Murillo, Catherine	35	Marcia's Enthusiastic Masters-38	54.00	52.29	14
8	Miazga-Chaffey, Grace	39	Walnut Creek Masters-38	1:20.00	56.20	13
---	Dede, Elif	37	University of San Francisco Ma-38	1:10.00	DQ	

Women 35-39 100 SC Meter Breaststroke

NATL: 1:08.59 % 10/8/2022 DANIELLE HERRMANN

PAC: 1:08.59 # 10/8/2022 Danielle M Herrma

WRL(4): 10:00.00 2000 Danielle HERRMANN

1	Ballenger, Marie	37	The Olympic Club-38	1:18.00	1:20.81	21
	37.92				1:20.81 (42.89)	
2	Agostino, Kirsten	36	Walnut Creek Masters-38	1:15.00	1:21.51	19
	39.02				1:21.51 (42.49)	
3	Schmitz, Emily	35	Manatee Aquatic Masters Inc-38	1:55.00	1:34.94	18
	44.76				1:34.94 (50.18)	
4	Westlake, Melanie	38	Walnut Creek Masters-38	1:30.00	1:38.41	17
	45.79				1:38.41 (52.62)	

Women 35-39 200 SC Meter Breaststroke

NATL: 2:32.68 % 10/9/2022 DANIELLE HERRMANN

PAC: 2:32.68 # 10/9/2022 Danielle M Herrma

WRL(4): 3:00.00 2000 Hitomi MATSUDA

1	Au Brinkmeyer, Lauren	39	Manatee Aquatic Masters Inc-38	3:08.70	3:05.05	21
	42.24				1:28.10 (45.86)	
					2:15.81 (47.71)	
					3:05.05 (49.24)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Women 35-39 200 SC Meter Breaststroke)

2	Thomas, Alexandra	35	Walnut Creek Masters-38	3:30.00	3:19.01	19
	46.45	1:36.11 (49.66)	2:27.34 (51.23)	3:19.01 (51.67)		
3	Chaiyasane, Koung	39	Marcia's Enthusiastic Masters-38	4:31.46	4:08.78	18
	1:00.24	2:02.78 (1:02.54)	3:06.56 (1:03.78)	4:08.78 (1:02.22)		

Women 35-39 50 SC Meter Butterfly

NATL: 27.29 % 10/8/2022 DANIELLE HERRMANN

PAC: 27.29 # 10/8/2022 Danielle M Herrma

WRL(4): 10:00.00 2000 Danielle HERRMANN

1	Ballenger, Marie	37	The Olympic Club-38	30.00	31.33	21
2	McGowan, Christina	36	Walnut Creek Masters-38	40.00	33.53	19
3	Greer, Margaret	35	East Bay Bat Rays Masters-38	34.50	34.27	18
4	Schmitz, Emily	35	Manatee Aquatic Masters Inc-38	39.50	35.64	17
5	Rafalson, Sara	35	Marcia's Enthusiastic Masters-38	38.36	39.72	16
6	Murillo, Catherine	35	Marcia's Enthusiastic Masters-38	46.68	43.76	15
7	Miazga-Chaffey, Grace	39	Walnut Creek Masters-38	51.96	52.33	14

Women 35-39 100 SC Meter Butterfly

NATL: 1:01.98 % 10/9/2022 DANIELLE HERRMANN

PAC: 1:01.98 # 10/9/2022 Danielle M Herrma

WRL(4): 7:00.00 2000 C.ATHAYDE

1	West, Meredith	39	San Mateo Masters-38	1:40.00	1:39.63	21
	48.18	1:39.63 (51.45)				
2	Chien, Regina	37	Marcia's Enthusiastic Masters-38	1:45.00	1:42.06	19
	49.63	1:42.06 (52.43)				
3	Murillo, Catherine	35	Marcia's Enthusiastic Masters-38	1:54.07	1:42.79	18
	48.61	1:42.79 (54.18)				

Women 35-39 200 SC Meter Butterfly

NATL: 2:18.41 % 12/14/1997 K PIPES-NEILSEN

PAC: 2:25.06 # 12/31/1997 Jill S Hernandez

WRL(4): 7:00.00 2000 C.ATHAYDE

1	Thomas, Alexandra	35	Walnut Creek Masters-38	3:25.00	2:52.35	21
	39.54	1:23.57 (44.03)	2:09.13 (45.56)	2:52.35 (43.22)		
2	Murillo, Catherine	35	Marcia's Enthusiastic Masters-38	4:05.00	4:01.28	19
	53.40	1:55.92 (1:02.52)	3:00.26 (1:04.34)	4:01.28 (1:01.02)		

Women 35-39 100 SC Meter IM

NATL: 1:03.94 % 10/9/2022 DANIELLE HERRMANN

PAC: 1:03.94 # 10/9/2022 Danielle M Herrma

WRL(4): 3:00.00 2000 Hitomi MATSUDA

1	Greer, Margaret	35	East Bay Bat Rays Masters-38	1:16.50	1:17.34	21
	34.74	1:17.34 (42.60)				
2	Au Brinkmeyer, Lauren	39	Manatee Aquatic Masters Inc-38	1:19.36	1:17.61	19
	37.06	1:17.61 (40.55)				
3	Schmitz, Emily	35	Manatee Aquatic Masters Inc-38	1:47.00	1:20.13	18
	37.95	1:20.13 (42.18)				
4	Woodworth, Kathryn	37	Marcia's Enthusiastic Masters-38	1:32.00	1:28.77	17
	42.10	1:28.77 (46.67)				
5	Westlake, Melanie	38	Walnut Creek Masters-38	1:25.00	1:31.74	16
	43.21	1:31.74 (48.53)				
6	Corwin, Stephanie	39	Livermore Aquacowboys-38	1:56.55	1:35.23	15
	44.97	1:35.23 (50.26)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 35-39 100 SC Meter IM)**

7	Chien, Regina	37	Marcia's Enthusiastic Masters-38	1:44.95	1:39.35	14
	46.04	1:39.35 (53.31)				
8	Murillo, Catherine	35	Marcia's Enthusiastic Masters-38	1:45.00	1:39.50	13
	47.61	1:39.50 (51.89)				
9	Miazga-Chaffey, Grace	39	Walnut Creek Masters-38	2:30.00	1:55.09	12
	55.97	1:55.09 (59.12)				
10	Chaiyasane, Koung	39	Marcia's Enthusiastic Masters-38	2:03.64	1:58.11	11
	1:00.09	1:58.11 (58.02)				

Women 35-39 200 SC Meter IM

NATL: 2:19.08 % 12/10/2000 K PIPES-NEILSEN

PAC: 2:25.39 # 12/31/1997 Jill S Hernandez

WRL(4): 11:00.00 2000 Hitomi MATSUDA

1	Radecke-Noble, Jennifer	39	Tri Valley Masters-38	2:35.00	2:30.74	21
	33.98	1:12.53 (38.55)	1:58.03 (45.50)	2:30.74 (32.71)		
2	Ballenger, Marie	37	The Olympic Club-38	2:39.99	2:39.68	19
	33.76	1:17.28 (43.52)	2:01.07 (43.79)	2:39.68 (38.61)		
3	Agostino, Kirsten	36	Walnut Creek Masters-38	2:40.00	2:40.13	18
	34.82	1:18.16 (43.34)	2:02.31 (44.15)	2:40.13 (37.82)		
4	Thomas, Alexandra	35	Walnut Creek Masters-38	3:15.00	2:51.53	17
	37.79	1:22.05 (44.26)	2:13.19 (51.14)	2:51.53 (38.34)		
5	Schmitz, Emily	35	Manatee Aquatic Masters Inc-38	3:12.00	2:51.84	16
	37.33	1:21.49 (44.16)	2:12.50 (51.01)	2:51.84 (39.34)		
6	Rafalson, Sara	35	Marcia's Enthusiastic Masters-38	3:02.00	3:06.40	15
	39.24	1:27.53 (48.29)	2:23.44 (55.91)	3:06.40 (42.96)		
7	Woodworth, Kathryn	37	Marcia's Enthusiastic Masters-38	3:15.00	3:18.83	14
	47.07	1:37.27 (50.20)	2:33.99 (56.72)	3:18.83 (44.84)		

Women 35-39 400 SC Meter IM

NATL: 4:52.85 % 12/14/1997 K PIPES-NEILSEN

PAC: 5:10.43 # 12/31/1999 Jill S Hernandez

WRL(4): 12:00.00 2000 K.PIPES-NEILSEN

1	Radecke-Noble, Jennifer	39	Tri Valley Masters-38	5:25.00	5:21.90	21
	35.53	1:15.15 (39.62)	1:55.40 (40.25)	2:35.64 (40.24)		
	3:22.90 (47.26)	4:09.40 (46.50)	4:46.43 (37.03)	5:21.90 (35.47)		
2	Thomas, Alexandra	35	Walnut Creek Masters-38	6:45.00	6:05.21	19
	39.72	1:22.32 (42.60)	2:10.65 (48.33)	2:57.67 (47.02)		
	3:51.17 (53.50)	4:44.07 (52.90)	5:26.66 (42.59)	6:05.21 (38.55)		
3	Murillo, Catherine	35	Marcia's Enthusiastic Masters-38	8:25.00	7:47.56	18
	52.68	1:55.73 (1:03.05)	2:55.96 (1:00.23)	4:00.81 (1:04.85)		
	5:02.09 (1:01.28)	6:04.99 (1:02.90)	6:58.74 (53.75)	7:47.56 (48.82)		
4	West, Meredith	39	San Mateo Masters-38	7:00.00	7:50.79	17
	52.51	1:50.42 (57.91)	2:51.71 (1:01.29)	3:51.86 (1:00.15)		
	5:02.67 (1:10.81)	6:13.86 (1:11.19)	7:03.65 (49.79)	7:50.79 (47.14)		
5	Chaiyasane, Koung	39	Marcia's Enthusiastic Masters-38	9:00.00	9:13.16	16
	1:00.08	2:05.96 (1:05.88)	3:24.78 (1:18.82)	4:40.47 (1:15.69)		
	5:55.06 (1:14.59)	7:09.21 (1:14.15)	8:14.35 (1:05.14)	9:13.16 (58.81)		

Women 40-44 50 SC Meter Freestyle

NATL: 26.02 % 12/14/2014 ERIKA BRAUN

PAC: 27.54 # 12/31/2000 Jill S Hernandez

WRL(4): 12:00.00 2000 Erika BRAUN

1	Hooper, Lauren	44	Walnut Creek Masters-38	33.00	30.73	21
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2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Women 40-44 50 SC Meter Freestyle)

2	Tiernan, Heather	40	Walnut Creek Masters-38	36.00	32.27	19
3	Murray, Tori	41	Rolling Hills Mud Sharks-38	34.00	32.72	18
4	Lee, Jez	43	Marcia's Enthusiastic Masters-38	38.99	35.39	17
5	Sitzmann, Amy	43	Tri Valley Masters-38	36.00	35.74	16
6	Flecker, Donita	41	Sebastopol Masters Aquatic Clu-38	38.00	37.20	15
7	Cheung, Ruth	44	QuickSilver Masters-38	43.50	42.28	14
8	Vecchio, Mary	44	Walnut Creek Masters-38	45.00	42.38	13
9	Lapidario, Millie	42	Marcia's Enthusiastic Masters-38	44.58	46.87	12

Women 40-44 100 SC Meter Freestyle

NATL: 57.08 % 12/14/2014 ERIKA BRAUN

PAC: 58.81 # 12/31/2000 Jill S Hernandez

WRL(4): 12:00.00 2000 Erika BRAUN

1	Corwin, Elyse	41	Marcia's Enthusiastic Masters-38	NT	1:05.58	
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Women 40-44 100 SC Meter Freestyle

NATL: 57.08 % 12/14/2014 ERIKA BRAUN

PAC: 58.81 # 12/31/2000 Jill S Hernandez

WRL(4): 12:00.00 2000 Erika BRAUN

1	Corwin, Elyse	41	Marcia's Enthusiastic Masters-38	1:05.00	1:03.24	21
	30.27				1:03.24 (32.97)	
2	McMillan, Heidi	42	Walnut Creek Masters-38	1:03.00	1:04.78	19
	30.75				1:04.78 (34.03)	
3	Nehrebecki, Helene	43	Davis Aquatic Masters-38	1:08.12	1:07.46	18
	32.74				1:07.46 (34.72)	
4	Nelson, Danielle	44	Tamalpais Aquatic Masters-38	1:15.00	1:09.95	17
	33.53				1:09.95 (36.42)	
5	Merlo, Ashley	42	Walnut Creek Masters-38	1:11.50	1:11.31	16
	34.44				1:11.31 (36.87)	
6	Murray, Tori	41	Rolling Hills Mud Sharks-38	1:16.00	1:15.12	15
	35.83				1:15.12 (39.29)	
7	Lee, Jez	43	Marcia's Enthusiastic Masters-38	1:27.62	1:24.79	14
	39.56				1:24.79 (45.23)	
8	Stankov-Hodge, Marina	43	Marcia's Enthusiastic Masters-38	1:48.00	1:31.95	13
	42.73				1:31.95 (49.22)	
9	Ludwig, Keri	40	Diamond Hills Masters-38	1:40.00	1:34.04	12
	47.62				1:34.04 (46.42)	
10	Lapidario, Millie	42	Marcia's Enthusiastic Masters-38	1:44.68	1:47.67	11
	52.15				1:47.67 (55.52)	

Women 40-44 200 SC Meter Freestyle

NATL: 2:05.26 % 12/14/2003 K PIPES-NEILSEN

PAC: 2:06.81 # 12/31/2000 Jill S Hernandez

WRL(4): 12:00.00 2000 K.PIPES-NEILSEN

1	Nehrebecki, Helene	43	Davis Aquatic Masters-38	NT	2:32.52	
3	King, Sarah	40	Connecticut Masters-5	NT	4:43.98	

Women 40-44 200 SC Meter Freestyle

NATL: 2:05.26 % 12/14/2003 K PIPES-NEILSEN

PAC: 2:06.81 # 12/31/2000 Jill S Hernandez

WRL(4): 12:00.00 2000 K.PIPES-NEILSEN

1	Nehrebecki, Helene	43	Davis Aquatic Masters-38	2:35.86	2:30.84	21
	34.95				1:13.58 (38.63) 1:53.25 (39.67) 2:30.84 (37.59)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 40-44 200 SC Meter Freestyle)**

2	Merlo, Ashley	42	Walnut Creek Masters-38	2:32.00	2:35.81	19
	36.42	1:15.42 (39.00)	1:55.76 (40.34)	2:35.81 (40.05)		
3	Duby, Kristin	44	Davis Aquatic Masters-38	2:26.56	2:43.10	18
	37.32	1:18.54 (41.22)	2:01.24 (42.70)	2:43.10 (41.86)		
4	Bee, Vee	44	Richmond Plunge Masters-38	2:18.00	2:47.51	17
	37.75	1:20.30 (42.55)	2:04.67 (44.37)	2:47.51 (42.84)		
5	Sitzmann, Amy	43	Tri Valley Masters-38	2:43.00	2:50.33	16
	38.17	1:20.92 (42.75)	2:05.73 (44.81)	2:50.33 (44.60)		
6	Schley, Kelly	44	East Bay Bat Rays Masters-38	2:58.27	2:58.14	15
	40.43	1:25.06 (44.63)	2:12.42 (47.36)	2:58.14 (45.72)		

Women 40-44 400 SC Meter Freestyle

NATL: 4:21.75 % 12/14/2003 K PIPES-NEILSEN

PAC: 4:22.78 # 12/2/2017 Heidi S George

WRL(4): 12:00.00 2000 K.PIPES-NEILSEN

1	Duby, Kristin	44	Davis Aquatic Masters-38	5:20.32	5:32.92	21
	38.06	1:19.04 (40.98)	2:01.31 (42.27)	2:44.06 (42.75)		
	3:26.30 (42.24)	4:09.13 (42.83)	4:51.29 (42.16)	5:32.92 (41.63)		
2	Abbott, Bridget	42	Walnut Creek Masters-38	6:52.01	6:53.76	19
	47.19	1:38.97 (51.78)	2:31.41 (52.44)	3:24.11 (52.70)		
	4:16.90 (52.79)	5:10.55 (53.65)	6:03.96 (53.41)	6:53.76 (49.80)		
3	Doyle, Nia	42	Marcia's Enthusiastic Masters-38	7:55.34	7:17.39	18
	46.97	1:35.45 (48.48)	2:25.73 (50.28)	3:18.12 (52.39)		
	4:12.93 (54.81)	5:40.62 (1:27.69)	6:28.86 (48.24)	7:17.39 (48.53)		
4	Flecker, Donita	41	Sebastopol Masters Aquatic Clu-38	6:55.00	7:17.58	17
	46.03	1:38.20 (52.17)	2:33.62 (55.42)	3:30.51 (56.89)		
	4:26.81 (56.30)	5:23.89 (57.08)	6:21.18 (57.29)	7:17.58 (56.40)		

Women 40-44 400 SC Meter Freestyle

NATL: 4:21.75 % 12/14/2003 K PIPES-NEILSEN

PAC: 4:22.78 # 12/2/2017 Heidi S George

WRL(4): 12:00.00 2000 K.PIPES-NEILSEN

1	King, Sarah	40	Connecticut Masters-5	NT	9:43.68	
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Women 40-44 800 SC Meter Freestyle

NATL: 8:55.95 % 12/3/2017 HEIDI GEORGE

PAC: 8:55.95 # 12/3/2017 Heidi S George

WRL(4): 1:00.00 2000 Kirsten CAMERON

1	King, Sarah	40	Connecticut Masters-5	NT	20:00.03	
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Women 40-44 1500 SC Meter Freestyle

NATL: 16:50.92 % 12/1/2017 HEIDI GEORGE

PAC: 16:50.92 # 12/1/2017 Heidi S George

WRL(4): 12:00.00 2000 Heidi GEORGE

1	McMillan, Heidi	42	Walnut Creek Masters-38	25:00.00	20:58.05	21
	37.99	1:19.76 (41.77)	2:02.24 (42.48)	2:44.31 (42.07)		
	3:26.21 (41.90)	4:07.94 (41.73)	4:49.51 (41.57)	5:31.74 (42.23)		
	6:13.79 (42.05)	6:55.73 (41.94)	7:36.99 (41.26)	8:18.83 (41.84)		
	9:00.74 (41.91)	9:42.79 (42.05)	10:24.59 (41.80)	11:06.64 (42.05)		
	11:49.37 (42.73)	12:31.12 (41.75)	13:13.54 (42.42)	13:55.62 (42.08)		
	14:38.16 (42.54)	15:20.54 (42.38)	16:02.53 (41.99)	16:44.77 (42.24)		
	17:27.40 (42.63)	18:10.00 (42.60)	18:51.98 (41.98)	19:34.41 (42.43)		
	20:16.52 (42.11)	20:58.05 (41.53)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Women 40-44 1500 SC Meter Freestyle)

2	Abbott, Bridget	42	Walnut Creek Masters-38	27:42.96	27:35.49	19
	48.33	1:41.54 (53.21)	2:35.67 (54.13)	3:30.39 (54.72)		
	4:25.04 (54.65)	5:19.77 (54.73)	6:15.67 (55.90)	7:11.60 (55.93)		
	8:06.62 (55.02)	9:01.49 (54.87)	9:55.46 (53.97)	10:50.52 (55.06)		
	11:45.67 (55.15)	12:41.73 (56.06)	13:37.50 (55.77)	14:33.89 (56.39)		
	15:29.37 (55.48)	16:25.79 (56.42)	17:21.39 (55.60)	18:17.50 (56.11)		
	19:13.30 (55.80)	20:09.85 (56.55)	21:05.67 (55.82)	22:01.30 (55.63)		
	22:57.69 (56.39)	23:53.59 (55.90)	24:50.10 (56.51)	25:46.46 (56.36)		
	26:42.79 (56.33)	27:35.49 (52.70)				
3	King, Sarah	40	Connecticut Masters-5	40:00.00	38:40.26	18
	1:07.85	2:18.50 (1:10.65)	3:30.80 (1:12.30)	4:43.98 (1:13.18)		
	5:58.58 (1:14.60)	7:12.89 (1:14.31)	8:28.18 (1:15.29)	9:43.68 (1:15.50)		
	11:00.32 (1:16.64)	12:17.44 (1:17.12)	13:34.56 (1:17.12)	14:50.76 (1:16.20)		
	16:07.45 (1:16.69)	17:25.68 (1:18.23)	18:43.64 (1:17.96)	20:00.03 (1:16.39)		
	21:19.88 (1:19.85)	22:39.15 (1:19.27)	23:58.73 (1:19.58)	25:20.06 (1:21.33)		
	26:40.71 (1:20.65)	28:02.51 (1:21.80)	29:23.31 (1:20.80)	30:44.38 (1:21.07)		
	32:03.95 (1:19.57)	33:23.70 (1:19.75)	34:42.22 (1:18.52)	36:02.36 (1:20.14)		
	36:22.29 (19.93)	38:40.26 (2:17.97)				

Women 40-44 50 SC Meter Backstroke

NATL: 30.02 % 10/14/2012 SHERI HART

PAC: 30.72 # 12/31/2009 Jody Smith

WRL(4): 1:00.00 2000 Raakel LUOTO

1	Hooper, Lauren	44	Walnut Creek Masters-38	NT	33.54	
2	King, Sarah	40	Connecticut Masters-5	NT	1:22.18	

Women 40-44 50 SC Meter Backstroke

NATL: 30.02 % 10/14/2012 SHERI HART

PAC: 30.72 # 12/31/2009 Jody Smith

WRL(4): 1:00.00 2000 Raakel LUOTO

1	Hooper, Lauren	44	Walnut Creek Masters-38	40.00	33.99	21
2	Nehrebecki, Helene	43	Davis Aquatic Masters-38	37.20	36.97	19
3	Merlo, Ashley	42	Walnut Creek Masters-38	38.00	37.24	18
4	Murray, Tori	41	Rolling Hills Mud Sharks-38	42.00	39.96	17
5	Flecker, Donita	41	Sebastopol Masters Aquatic Clu-38	45.00	42.85	16
6	Cheung, Ruth	44	QuickSilver Masters-38	53.90	54.88	15

Women 40-44 100 SC Meter Backstroke

NATL: 1:03.48 % 10/29/2011 SHERI HART

PAC: 1:05.91 # 12/31/2009 Jody Smith

WRL(4): 3:00.00 2000 Raakel LUOTO

1	King, Sarah	40	Connecticut Masters-5	NT	2:47.69	
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Women 40-44 100 SC Meter Backstroke

NATL: 1:03.48 % 10/29/2011 SHERI HART

PAC: 1:05.91 # 12/31/2009 Jody Smith

WRL(4): 3:00.00 2000 Raakel LUOTO

1	Hooper, Lauren	44	Walnut Creek Masters-38	1:20.00	1:13.37	21
	34.74	1:13.37 (38.63)				
2	Corwin, Elyse	41	Marcia's Enthusiastic Masters-38	1:17.00	1:15.50	19
3	Merlo, Ashley	42	Walnut Creek Masters-38	1:21.00	1:17.35	18
	37.65	1:17.35 (39.70)				
4	Tiernan, Heather	40	Walnut Creek Masters-38	1:25.00	1:19.54	17
	39.22	1:19.54 (40.32)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Women 40-44 100 SC Meter Backstroke)

5	Clark, Acacia	39.68	1:22.88 (43.20)	41	Walnut Creek Masters-38	1:21.99	1:22.88	16
6	Murray, Tori	42.39	1:27.18 (44.79)	41	Rolling Hills Mud Sharks-38	1:34.00	1:27.18	15
---	Nehrebecki, Helene	38.30	DQ (40.68)	43	Davis Aquatic Masters-38	1:22.32	DQ	

Women 40-44 200 SC Meter Backstroke

NATL: 2:17.29 % 12/4/2021 JENNIFER MIHALIK

PAC: 2:19.06 # 12/31/2009 Jody Smith

WRL(4): 5:00.00 2000 Kana MORIHISA

1	Tiernan, Heather	43.07	1:27.93 (44.86)	40	Walnut Creek Masters-38	3:00.00	2:55.59	21
						2:12.94 (45.01)	2:55.59 (42.65)	
2	Clark, Acacia	40.43	1:25.38 (44.95)	41	Walnut Creek Masters-38	2:57.00	2:58.40	19
						2:12.09 (46.71)	2:58.40 (46.31)	
3	Bee, Vee	44.64	1:32.41 (47.77)	44	Richmond Plunge Masters-38	3:00.00	3:08.61	18
						2:21.04 (48.63)	3:08.61 (47.57)	
4	Sitzmann, Amy	45.46	1:33.49 (48.03)	43	Tri Valley Masters-38	3:08.72	3:10.26	17
						2:22.32 (48.83)	3:10.26 (47.94)	
5	Flecker, Donita	49.99	1:47.89 (57.90)	41	Sebastopol Masters Aquatic Clu-38	3:36.00	3:40.70	16
						2:46.04 (58.15)	3:40.70 (54.66)	
6	Cheung, Ruth	56.83	1:58.44 (1:01.61)	44	QuickSilver Masters-38	4:17.95	4:04.13	15
						3:01.99 (1:03.55)	4:04.13 (1:02.14)	
7	King, Sarah	1:22.18	2:47.69 (1:25.51)	40	Connecticut Masters-5	6:30.00	5:42.27	14
						4:13.54 (1:25.85)	5:42.27 (1:28.73)	

Women 40-44 50 SC Meter Breaststroke

NATL: 32.16 % 12/2/2018 KATIE GLENN

PAC: 34.79 # 9/25/2017 Katie Glenn

WRL(4): 12:00.00 2000 Katie GLENN

1	King, Sarah			40	Connecticut Masters-5	NT	2:11.60	
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Women 40-44 50 SC Meter Breaststroke

NATL: 32.16 % 12/2/2018 KATIE GLENN

PAC: 34.79 # 9/25/2017 Katie Glenn

WRL(4): 12:00.00 2000 Katie GLENN

1	McMillan, Heidi			42	Walnut Creek Masters-38	45.00	38.84	21
2	Nehrebecki, Helene			43	Davis Aquatic Masters-38	39.55	39.37	19
3	Rueda, Marcela			41	Santa Rosa Masters-38	39.27	39.42	18
4	Polcari, Emily			44	Walnut Creek Masters-38	41.50	39.63	17
5	Murray, Tori			41	Rolling Hills Mud Sharks-38	48.00	45.97	16
6	Lapidario, Millie			42	Marcia's Enthusiastic Masters-38	56.18	54.41	15
---	Ludwig, Keri			40	Diamond Hills Masters-38	1:15.00	DQ	

Women 40-44 100 SC Meter Breaststroke

NATL: 1:09.95 % 12/5/2015 CYNTHIA LEWIS

PAC: 1:19.61 # 12/31/2009 Debbie M Santos

WRL(4): 12:00.00 2000 Cynthia LEWIS

1	Rueda, Marcela	40.15	1:25.22 (45.07)	41	Santa Rosa Masters-38	1:23.12	1:25.22	21
2	Polcari, Emily	42.57	1:29.29 (46.72)	44	Walnut Creek Masters-38	1:26.50	1:29.29	19

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 40-44 100 SC Meter Breaststroke)**

3	Limon, Rachel	43	CoastSide Tiger Sharks-38	1:48.00	1:38.55	18
	47.65				1:38.55 (50.90)	
4	Lee, Jez	43	Marcia's Enthusiastic Masters-38	1:51.44	1:52.60	17
	53.34				1:52.60 (59.26)	
5	Lapidario, Millie	42	Marcia's Enthusiastic Masters-38	2:09.85	2:07.80	16
	1:01.38				2:07.80 (1:06.42)	

Women 40-44 100 SC Meter Breaststroke

NATL: 1:09.95 % 12/5/2015 CYNTHIA LEWIS

PAC: 1:19.61 # 12/31/2009 Debbie M Santos

WRL(4): 12:00.00 2000 Cynthia LEWIS

2	King, Sarah	40	Connecticut Masters-5	NT	4:26.48	
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Women 40-44 200 SC Meter Breaststroke

NATL: 2:32.37 % 11/16/2008 S VON DER LIPPE

PAC: 2:52.36 # 12/31/2009 Debbie M Santos

WRL(4): 11:00.00 2000 S.VON DER LIPPE

1	Rueda, Marcela	41	Santa Rosa Masters-38	2:59.21	3:04.18	21
	42.20				1:28.51 (46.31) 2:16.58 (48.07) 3:04.18 (47.60)	
2	Duby, Kristin	44	Davis Aquatic Masters-38	3:15.37	3:13.48	19
	43.92				1:32.26 (48.34) 2:22.66 (50.40) 3:13.48 (50.82)	
3	Bee, Vee	44	Richmond Plunge Masters-38	3:30.00	3:42.74	18
	52.50				1:49.67 (57.17) 2:46.54 (56.87) 3:42.74 (56.20)	
4	Abbott, Bridget	42	Walnut Creek Masters-38	4:00.57	4:00.19	17
	57.00				1:57.63 (1:00.63) 2:59.30 (1:01.67) 4:00.19 (1:00.89)	
5	Lapidario, Millie	42	Marcia's Enthusiastic Masters-38	4:29.14	4:32.30	16
	1:02.77				2:11.11 (1:08.34) 3:23.98 (1:12.87) 4:32.30 (1:08.32)	
6	King, Sarah	40	Connecticut Masters-5	8:00.00	8:57.52	15
	2:11.60				4:26.48 (2:14.88) 6:45.64 (2:19.16) 8:57.52 (2:11.88)	

Women 40-44 50 SC Meter Butterfly

NATL: 28.19 % 3/16/2013 ERIKA BRAUN

PAC: 29.86 # 12/31/2009 Jody Smith

WRL(4): 3:00.00 2000 Erika BRAUN

1	Corwin, Elyse	41	Marcia's Enthusiastic Masters-38	34.00	32.39	21
2	McMillan, Heidi	42	Walnut Creek Masters-38	35.00	32.86	19
3	Rempe, Rachel	40	Marin Aquatic Masters-38	36.40	35.15	18
4	Merlo, Ashley	42	Walnut Creek Masters-38	36.00	35.99	17
5	Tiernan, Heather	40	Walnut Creek Masters-38	38.00	36.02	16
6	Clark, Acacia	41	Walnut Creek Masters-38	35.99	36.34	15
7	Murray, Tori	41	Rolling Hills Mud Sharks-38	40.00	36.63	14
8	Bee, Vee	44	Richmond Plunge Masters-38	33.00	37.06	13
9	Rosenbaum, Dora Lisa	44	Jellies Aquatic Masters of Mon-38	35.52	37.76	12
10	Nelson, Danielle	44	Tamalpais Aquatic Masters-38	36.00	38.12	11
11	Lee, Jez	43	Marcia's Enthusiastic Masters-38	43.00	40.88	10
12	Stankov-Hodge, Marina	43	Marcia's Enthusiastic Masters-38	57.07	48.63	9
13	Ludwig, Keri	40	Diamond Hills Masters-38	1:05.00	49.16	8

Women 40-44 50 SC Meter Butterfly

NATL: 28.19 % 3/16/2013 ERIKA BRAUN

PAC: 29.86 # 12/31/2009 Jody Smith

WRL(4): 3:00.00 2000 Erika BRAUN

2	King, Sarah	40	Connecticut Masters-5	NT	1:33.08	
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2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Women 40-44 100 SC Meter Butterfly**

NATL: 1:01.70 % 11/21/2009 S VON DER LIPPE

PAC: 1:06.86 # 12/31/1993 Laura B Val

WRL(4): 11:00.00 2000 S.VON DER LIPPE

1	Tiernan, Heather	40	Walnut Creek Masters-38	1:30.00	1:19.10	21
	37.88	1:19.10 (41.22)				
2	Clark, Acacia	41	Walnut Creek Masters-38	1:19.99	1:29.42	19
	40.12	1:29.42 (49.30)				
3	Schley, Kelly	44	East Bay Bat Rays Masters-38	1:38.15	1:41.49	18
	47.82	1:41.49 (53.67)				
4	Flecker, Donita	41	Sebastopol Masters Aquatic Clu-38	1:52.00	1:51.34	17
	51.80	1:51.34 (59.54)				

Women 40-44 100 SC Meter Butterfly

NATL: 1:01.70 % 11/21/2009 S VON DER LIPPE

PAC: 1:06.86 # 12/31/1993 Laura B Val

WRL(4): 11:00.00 2000 S.VON DER LIPPE

1	King, Sarah	40	Connecticut Masters-5	NT	3:21.04	
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Women 40-44 200 SC Meter Butterfly

NATL: 2:20.66 % 11/19/2006 S VON DER LIPPE

PAC: 2:29.19 # 12/31/1993 Laura B Val

WRL(4): 11:00.00 2000 S.VON DER LIPPE

1	Rempe, Rachel	40	Marin Aquatic Masters-38	3:05.50	2:59.92	21
	39.26	1:22.66 (43.40)	2:09.54 (46.88)	2:59.92 (50.38)		
2	McMillan, Heidi	42	Walnut Creek Masters-38	2:50.00	3:07.22	19
	39.21	1:23.50 (44.29)	2:12.65 (49.15)	3:07.22 (54.57)		
3	Merlo, Ashley	42	Walnut Creek Masters-38	3:08.00	3:11.19	18
	41.94	1:29.70 (47.76)	2:20.74 (51.04)	3:11.19 (50.45)		
4	Bee, Vee	44	Richmond Plunge Masters-38	2:41.00	3:21.28	17
	41.21	1:30.61 (49.40)	2:25.74 (55.13)	3:21.28 (55.54)		
5	King, Sarah	40	Connecticut Masters-5	8:00.00	7:12.36	16
	1:35.59	3:26.10 (1:50.51)	5:19.43 (1:53.33)	7:12.36 (1:52.93)		

Women 40-44 100 SC Meter IM

NATL: 1:04.19 % 10/10/2015 LISA BLACKBURN

PAC: 1:08.91 # 12/31/2004 Jill S Hernandez

WRL(4): 10:00.00 2000 Lisa BLACKBURN

1	Hooper, Lauren	44	Walnut Creek Masters-38	1:20.00	1:16.19	21
	34.14	1:16.19 (42.05)				
2	Rueda, Marcela	41	Santa Rosa Masters-38	1:15.29	1:17.60	19
	36.68	1:17.60 (40.92)				
3	Tiernan, Heather	40	Walnut Creek Masters-38	1:25.00	1:18.83	18
	37.06	1:18.83 (41.77)				
4	Clark, Acacia	41	Walnut Creek Masters-38	1:17.99	1:20.31	17
	37.59	1:20.31 (42.72)				
5	Murray, Tori	41	Rolling Hills Mud Sharks-38	1:32.00	1:25.68	16
	40.15	1:25.68 (45.53)				
6	Schley, Kelly	44	East Bay Bat Rays Masters-38	1:30.68	1:36.23	15
	45.11	1:36.23 (51.12)				
7	Lee, Jez	43	Marcia's Enthusiastic Masters-38	1:39.65	1:38.94	14
	45.54	1:38.94 (53.40)				
8	Flecker, Donita	41	Sebastopol Masters Aquatic Clu-38	1:45.00	1:40.59	13
	46.85	1:40.59 (53.74)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 40-44 100 SC Meter IM)**

9	Cheung, Ruth	44	QuickSilver Masters-38	1:53.00	1:55.43	12
	51.83	1:55.43 (1:03.60)				
10	Lapidario, Millie	42	Marcia's Enthusiastic Masters-38	1:58.29	2:02.05	11
	58.65	2:02.05 (1:03.40)				

Women 40-44 200 SC Meter IM

NATL: 2:19.21 % 12/2/2007 S VON DER LIPPE

PAC: 2:22.51 # 12/31/2000 Jill S Hernandez

WRL(4): 12:00.00 2000 S.VON DER LIPPE

1	McMillan, Heidi	42	Walnut Creek Masters-38	2:50.00	2:46.13	21
	34.64	1:19.62 (44.98)	2:08.18 (48.56)	2:46.13 (37.95)		
2	Rueda, Marcela	41	Santa Rosa Masters-38	2:49.13	2:50.14	19
	37.37	1:23.06 (45.69)	2:10.62 (47.56)	2:50.14 (39.52)		
3	Tiernan, Heather	40	Walnut Creek Masters-38	3:00.00	2:51.34	18
	39.20	1:22.49 (43.29)	2:12.70 (50.21)	2:51.34 (38.64)		
4	Merlo, Ashley	42	Walnut Creek Masters-38	2:50.00	2:51.94	17
	37.45	1:19.98 (42.53)	2:11.50 (51.52)	2:51.94 (40.44)		
5	Polcari, Emily	44	Walnut Creek Masters-38	2:54.00	2:54.66	16
	37.73	1:23.50 (45.77)	2:13.84 (50.34)	2:54.66 (40.82)		
6	Rempe, Rachel	40	Marin Aquatic Masters-38	3:00.00	2:55.72	15
	37.10	1:23.38 (46.28)	2:14.59 (51.21)	2:55.72 (41.13)		
7	Clark, Acacia	41	Walnut Creek Masters-38	2:41.99	2:59.92	14
	41.34	1:27.36 (46.02)	2:19.62 (52.26)	2:59.92 (40.30)		
8	Bee, Vee	44	Richmond Plunge Masters-38	2:38.00	3:08.09	13
	38.19	1:26.42 (48.23)	2:27.15 (1:00.73)	3:08.09 (40.94)		
9	Lee, Jez	43	Marcia's Enthusiastic Masters-38	3:37.99	3:40.53	12
	43.45	1:47.54 (1:04.09)	2:49.91 (1:02.37)	3:40.53 (50.62)		
10	Stankov-Hodge, Marina	43	Marcia's Enthusiastic Masters-38	4:10.00	3:50.71	11
	51.91	1:48.25 (56.34)	2:55.63 (1:07.38)	3:50.71 (55.08)		
11	King, Sarah	40	Connecticut Masters-5	6:30.00	6:13.09	10
	1:33.08	3:03.03 (1:29.95)	5:05.42 (2:02.39)	6:13.09 (1:07.67)		

Women 40-44 400 SC Meter IM

NATL: 5:00.82 % 11/24/2002 K PIPES-NEILSEN

PAC: 5:02.17 # 12/31/2000 Jill S Hernandez

WRL(4): 11:00.00 2000 K.PIPES-NEILSEN

1	McMillan, Heidi	42	Walnut Creek Masters-38	6:30.00	6:05.43	21
	36.51	1:19.30 (42.79)	2:08.97 (49.67)	2:58.15 (49.18)		
	3:50.54 (52.39)	4:44.42 (53.88)	5:26.81 (42.39)	6:05.43 (38.62)		
2	Rueda, Marcela	41	Santa Rosa Masters-38	6:00.00	6:08.29	19
	40.06	1:27.44 (47.38)	2:16.77 (49.33)	3:05.84 (49.07)		
	3:54.64 (48.80)	4:44.66 (50.02)	5:27.20 (42.54)	6:08.29 (41.09)		
3	Nehrebecki, Helene	43	Davis Aquatic Masters-38	6:12.70	6:12.88	18
	39.90	1:24.26 (44.36)	2:16.25 (51.99)	3:08.76 (52.51)		
	3:59.01 (50.25)	4:49.71 (50.70)	5:32.98 (43.27)	6:12.88 (39.90)		
4	King, Sarah	40	Connecticut Masters-5	13:00.00	13:06.94	17
	1:31.21	3:21.04 (1:49.83)	4:58.85 (1:37.81)	6:32.36 (1:33.51)		
	8:30.54 (1:58.18)	10:43.91 (2:13.37)	11:53.92 (1:10.01)	13:06.94 (1:13.02)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Women 45-49 50 SC Meter Freestyle**

NATL: 26.29 % 10/13/2018 ERIKA BRAUN

PAC: 28.58 # 12/31/2000 Laura B Val

WRL(4): 10:00.00 2000 Erika BRAUN

3 Hahnel, Carrie 45 Marcia's Enthusiastic Masters-38 NT 32.20

Women 45-49 50 SC Meter Freestyle

NATL: 26.29 % 10/13/2018 ERIKA BRAUN

PAC: 28.58 # 12/31/2000 Laura B Val

WRL(4): 10:00.00 2000 Erika BRAUN

1	Towey, Rachel	49	Rolling Hills Mud Sharks-38	33.14	32.66	21
2	Nagaoka, Masako	49	QuickSilver Masters-38	33.00	33.24	19
3	Davis, Taylor	47	University of San Francisco Ma-38	34.37	33.89	18
4	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	35.04	36.98	17
5	Graham, Michelle	45	CoastSide Tiger Sharks-38	1:00.00	42.61	16
6	Johnston, Jessica	46	San Ramon Valley Aquatics Mast-38	47.80	42.92	15

Women 45-49 100 SC Meter Freestyle

NATL: 57.89 % 12/9/2018 ERIKA BRAUN

PAC: 1:02.00 # 12/31/1998 Laura B Val

WRL(4): 12:00.00 2000 Erika BRAUN

1	Lickwala, Holly	47	Puget Sound Masters-36	1:09.86	1:07.08	21
	32.60		1:07.08 (34.48)			
2	Hahnel, Carrie	45	Marcia's Enthusiastic Masters-38	1:07.49	1:07.65	19
	32.96		1:07.65 (34.69)			
3	Woodard, Niki	47	Park Terrace Masters Swimming-38	1:07.52	1:07.78	18
	32.29		1:07.78 (35.49)			
4	Davis, Taylor	47	University of San Francisco Ma-38	1:18.42	1:15.21	17
	35.00		1:15.21 (40.21)			
5	Towey, Rachel	49	Rolling Hills Mud Sharks-38	1:16.43	1:16.99	16
	35.43		1:16.99 (41.56)			
6	Lee, Caron	47	Albany Armada Aquatics Masters-38	1:15.32	1:17.04	15
	37.80		1:17.04 (39.24)			
7	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	1:20.75	1:25.15	14
	40.43		1:25.15 (44.72)			
8	Bailey, Jessica	45	Marcia's Enthusiastic Masters-38	1:35.00	1:30.78	13
	40.43		1:30.78 (50.35)			

Women 45-49 200 SC Meter Freestyle

NATL: 2:05.94 % 12/2/2007 K PIPES-NEILSEN

PAC: 2:10.91 # 12/31/2003 Suzanne M Heim-Bo

WRL(4): 12:00.00 2000 K.PIPES-NEILSEN

1 Hahnel, Carrie 45 Marcia's Enthusiastic Masters-38 NT 2:33.06

Women 45-49 200 SC Meter Freestyle

NATL: 2:05.94 % 12/2/2007 K PIPES-NEILSEN

PAC: 2:10.91 # 12/31/2003 Suzanne M Heim-Bo

WRL(4): 12:00.00 2000 K.PIPES-NEILSEN

1	Hahnel, Carrie	45	Marcia's Enthusiastic Masters-38	2:30.00	2:29.54	21
	36.15		1:14.29 (38.14)	1:52.38 (38.09)	2:29.54 (37.16)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Women 45-49 400 SC Meter Freestyle**NATL: 4:24.86 % 8/1/2021 **HEIDI GEORGE**PAC: 4:24.86 # 8/1/2021 **Heidi S George**WRL(4): 8:00.00 2000 **Heidi GEORGE**

1	Hahnel, Carrie	45	Marcia's Enthusiastic Masters-38	5:16.82	5:13.08	21
	36.70	1:15.96 (39.26)	1:56.11 (40.15)	2:35.79 (39.68)		
	3:15.38 (39.59)	3:55.05 (39.67)	4:34.63 (39.58)	5:13.08 (38.45)		
2	Keeler, Susan	45	Walnut Creek Masters-38	5:30.00	5:31.96	19
	37.21	1:17.34 (40.13)	1:59.02 (41.68)	2:41.11 (42.09)		
	3:23.68 (42.57)	4:06.51 (42.83)	4:48.99 (42.48)	5:31.96 (42.97)		
3	Maze, Ghislaine	49	Richmond Plunge Masters-38	6:37.77	6:37.23	18
	45.26	1:34.28 (49.02)	2:24.77 (50.49)	3:15.74 (50.97)		
	4:07.68 (51.94)	4:59.23 (51.55)	5:49.66 (50.43)	6:37.23 (47.57)		

Women 45-49 50 SC Meter BackstrokeNATL: 30.58 % 12/2/2007 **K PIPES-NEILSEN**PAC: 32.67 # 12/31/1999 **Laura B Val**WRL(4): 1:00.00 2000 **Raakel LUOTO**

1	Davis, Taylor	47	University of San Francisco Ma-38	42.73	40.60	21
2	Nagaoka, Masako	49	QuickSilver Masters-38	38.00	41.19	19
3	Wright, Erica	49	Davis Aquatic Masters-38	46.00	44.39	18
4	Vassallo, Roberta	49	Walnut Creek Masters-38	1:58.00	48.17	17
5	Graham, Michelle	45	CoastSide Tiger Sharks-38	2:00.00	1:00.85	16
6	De Oliveira, Isabel	48	Marcia's Enthusiastic Masters-38	1:08.00	1:02.61	15

Women 45-49 100 SC Meter BackstrokeNATL: 1:04.79 % 5/16/2009 **K PIPES-NEILSEN**PAC: 1:10.17 # 10/18/2009 **Lisa A Ward**WRL(4): 2:00.00 2000 **K.PIPES-NEILSEN**

1	Chow, Jackie	45	Davis Aquatic Masters-38	1:33.92	1:27.83	21
	42.04	1:27.83 (45.79)				
2	Lee, Caron	47	Albany Armada Aquatics Masters-38	1:37.68	1:28.80	19
	42.45	1:28.80 (46.35)				
3	Bailey, Jessica	45	Marcia's Enthusiastic Masters-38	1:42.00	1:44.22	18
	47.05	1:44.22 (57.17)				
4	De Oliveira, Isabel	48	Marcia's Enthusiastic Masters-38	2:14.00	2:36.16	17
	1:13.33	2:36.16 (1:22.83)				

Women 45-49 200 SC Meter BackstrokeNATL: 2:18.95 % 5/15/2009 **K PIPES-NEILSEN**PAC: 2:28.11 # 12/31/2009 **Lisa A Ward**WRL(4): 2:00.00 2000 **K.PIPES-NEILSEN**

1	Wright, Erica	49	Davis Aquatic Masters-38	3:19.00	3:16.42	21
	47.57	1:37.42 (49.85)	2:28.28 (50.86)	3:16.42 (48.14)		

Women 45-49 50 SC Meter BreaststrokeNATL: 33.82 % 10/10/2010 **S VON DER LIPPE**PAC: 37.32 # 12/31/2004 **Leianne S Critten**WRL(4): 7:00.00 2000 **Linley FRAME**

1	Woodard, Niki	47	Park Terrace Masters Swimming-38	42.55	42.71	21
2	Towey, Rachel	49	Rolling Hills Mud Sharks-38	44.98	46.03	19
3	Davis, Taylor	47	University of San Francisco Ma-38	48.76	46.82	18
4	Lee, Caron	47	Albany Armada Aquatics Masters-38	47.70	50.52	17
5	Bailey, Jessica	45	Marcia's Enthusiastic Masters-38	55.00	56.96	16

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Women 45-49 100 SC Meter Breaststroke**

NATL: 1:12.93 % 3/26/2017 LISA BLACKBURN

PAC: 1:20.45 # 10/18/2009 Lisa A Ward

WRL(4): 7:00.00 2000 Linley FRAME

1	Hahnel, Carrie	45	Marcia's Enthusiastic Masters-38	1:29.61	1:30.05	21
	43.69	1:30.05 (46.36)				
2	Woodard, Niki	47	Park Terrace Masters Swimming-38	1:33.45	1:32.60	19
	43.60	1:32.60 (49.00)				
3	Towey, Rachel	49	Rolling Hills Mud Sharks-38	1:40.46	1:40.63	18
	47.43	1:40.63 (53.20)				
4	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	1:48.00	1:48.26	17
	53.91	1:48.26 (54.35)				

Women 45-49 200 SC Meter Breaststroke

NATL: 2:34.77 % 12/2/2022 GABRIELLE ROSE

PAC: 2:51.75 # 10/18/2009 Lisa A Ward

WRL(4): 12:00.00 2000 Gabrielle ROSE

1	Hahnel, Carrie	45	Marcia's Enthusiastic Masters-38	3:17.36	3:16.81	21
	45.95	1:35.74 (49.79)	2:26.33 (50.59)	3:16.81 (50.48)		
2	Towey, Rachel	49	Rolling Hills Mud Sharks-38	3:36.54	3:35.74	19
	49.36	1:44.70 (55.34)	2:41.62 (56.92)	3:35.74 (54.12)		
3	Wright, Erica	49	Davis Aquatic Masters-38	3:30.00	3:44.21	18
	49.21	1:45.26 (56.05)	2:44.92 (59.66)	3:44.21 (59.29)		
4	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	3:45.00	3:59.26	17
	58.41	2:00.30 (1:01.89)	3:02.18 (1:01.88)	3:59.26 (57.08)		

Women 45-49 50 SC Meter Butterfly

NATL: 28.60 % 4/2/2017 ERIKA BRAUN

PAC: 30.78 # 12/31/2010 Laureen K Welting

WRL(4): 10:00.00 2000 Yuriko IKEDA

1	Woodard, Niki	47	Park Terrace Masters Swimming-38	34.47	34.19	21
2	Jack, Sarah	45	Marin Aquatic Masters-38	34.00	37.86	19
3	Towey, Rachel	49	Rolling Hills Mud Sharks-38	37.23	38.95	18
4	Davis, Taylor	47	University of San Francisco Ma-38	42.56	41.11	17
5	Bailey, Jessica	45	Marcia's Enthusiastic Masters-38	51.00	50.78	16
6	Vassallo, Roberta	49	Walnut Creek Masters-38	1:58.00	54.86	15
7	De Oliveira, Isabel	48	Marcia's Enthusiastic Masters-38	1:48.00	1:13.58	14

Women 45-49 100 SC Meter Butterfly

NATL: 1:03.47 % 11/20/2010 S VON DER LIPPE

PAC: 1:08.10 # 12/31/1999 Laura B Val

WRL(4): 11:00.00 2000 S.VON DER LIPPE

1	Lickwala, Holly	47	Puget Sound Masters-36	1:17.37	1:17.09	21
	34.89	1:17.09 (42.20)				
2	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	1:36.64	1:41.70	19
	47.64	1:41.70 (54.06)				

Women 45-49 200 SC Meter Butterfly

NATL: 2:23.18 % 12/13/2009 K PIPES-NEILSEN

PAC: 2:30.21 # 9/25/2017 Alison H Zamanian

WRL(4): 12:00.00 2000 K.PIPES-NEILSEN

1	Lickwala, Holly	47	Puget Sound Masters-36	3:30.11	2:57.30	21
	39.96	1:23.94 (43.98)	2:09.51 (45.57)	2:57.30 (47.79)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 45-49 200 SC Meter Butterfly)**

2	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	3:41.17	3:49.73	19
	51.67	1:49.51 (57.84)	2:49.53 (1:00.02)	3:49.73 (1:00.20)		

Women 45-49 100 SC Meter IM

NATL: 1:05.75 % 12/12/2009 K PIPES-NEILSEN

PAC: 1:10.77 # 10/18/2009 Lisa A Ward

WRL(4): 2:00.00 2000 K.PIPES-NEILSEN

1	Lickwala, Holly	47	Puget Sound Masters-36	1:19.47	1:18.06	21
	36.37	1:18.06 (41.69)				
2	Nagaoka, Masako	49	QuickSilver Masters-38	1:25.00	1:22.72	19
	37.90	1:22.72 (44.82)				
3	Davis, Taylor	47	University of San Francisco Ma-38	1:45.00	1:29.35	18
	40.20	1:29.35 (49.15)				
4	Towey, Rachel	49	Rolling Hills Mud Sharks-38	1:32.58	1:29.88	17
	41.07	1:29.88 (48.81)				
5	Wright, Erica	49	Davis Aquatic Masters-38	1:37.00	1:32.81	16
	44.08	1:32.81 (48.73)				
6	Maze, Ghislaine	49	Richmond Plunge Masters-38	1:37.64	1:34.52	15
	45.39	1:34.52 (49.13)				
7	Vassallo, Roberta	49	Walnut Creek Masters-38	2:10.00	1:47.41	14
	51.33	1:47.41 (56.08)				
8	Johnston, Jessica	46	San Ramon Valley Aquatics Mast-38	1:57.60	1:49.47	13
	53.73	1:49.47 (55.74)				
---	Graham, Michelle	45	CoastSide Tiger Sharks-38	3:00.00	DQ	
	58.95	DQ (1:13.30)				

Women 45-49 200 SC Meter IM

NATL: 2:19.30 % 12/2/2022 GABRIELLE ROSE

PAC: 2:31.27 # 12/31/2009 Lisa A Ward

WRL(4): 12:00.00 2000 Gabrielle ROSE

1	Jack, Sarah	45	Marin Aquatic Masters-38	2:30.00	3:17.87	21
	42.01	1:29.91 (47.90)	2:32.31 (1:02.40)	3:17.87 (45.56)		
2	Ongerth, Ann Michelle	49	Walnut Creek Masters-38	3:28.71	3:40.94	19
	49.99	1:50.67 (1:00.68)	2:52.25 (1:01.58)	3:40.94 (48.69)		

Women 45-49 400 SC Meter IM

NATL: 5:05.04 % 12/12/2009 K PIPES-NEILSEN

PAC: 5:20.17 # 10/9/2016 Alison H Zamanian

WRL(4): 2:00.00 2000 K.PIPES-NEILSEN

1	Lickwala, Holly	47	Puget Sound Masters-36	6:45.88	6:14.92	21
	40.70	1:26.03 (45.33)	2:14.23 (48.20)	3:02.49 (48.26)		
	3:55.86 (53.37)	4:49.95 (54.09)	5:32.96 (43.01)	6:14.92 (41.96)		
2	Hahnel, Carrie	45	Marcia's Enthusiastic Masters-38	6:45.00	6:20.06	19
	40.00	1:26.15 (46.15)	2:18.53 (52.38)	3:09.78 (51.25)		
	4:02.80 (53.02)	4:56.96 (54.16)	5:39.33 (42.37)	6:20.06 (40.73)		
3	Smith, Angela	49	San Ramon Valley Aquatics Mast-38	7:15.00	6:33.92	18
	40.09	1:29.55 (49.46)	2:21.35 (51.80)	3:10.77 (49.42)		
	4:06.41 (55.64)	5:03.01 (56.60)	5:49.51 (46.50)	6:33.92 (44.41)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 50-54 50 SC Meter Freestyle

NATL: 26.73 % 10/15/2022 ERIKA BRAUN

PAC: 28.11 # 12/31/2009 Suzanne M Heim-Bo

WRL(4): 3:00.00 2000 M.Therese FUZZATI

1	Mcclafferty, Christine	50	Oregon Masters-37	29.32	29.63	21
2	Hanley, Catherine	51	Walnut Creek Masters-38	30.87	29.97	19
3	Voight, Tina	54	Marcia's Enthusiastic Masters-38	35.50	35.17	18
4	Hajdu, Kelly	51	Walnut Creek Masters-38	45.00	37.22	17
5	Kercher, Jennifer	50	Ladera Oaks Masters-38	38.29	37.58	16
6	Singh, Jo	51	Menlo Masters-38	41.00	41.71	15
7	Fu, Sandra	52	Walnut Creek Masters-38	46.00	43.67	14
8	Shafa, Atossa	53	Mountain View Masters-38	55.00	58.69	13

Women 50-54 50 SC Meter Freestyle

NATL: 26.73 % 10/15/2022 ERIKA BRAUN

PAC: 28.11 # 12/31/2009 Suzanne M Heim-Bo

WRL(4): 3:00.00 2000 M.Therese FUZZATI

1	Zamanian, Alison	53	Walnut Creek Masters-38	NT	30.63	
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Women 50-54 100 SC Meter Freestyle

NATL: 58.44 % 5/21/2022 ERIKA BRAUN

PAC: 1:01.49 # 12/31/2001 Laura B Val

WRL(4): 5:00.00 2000 Erika BRAUN

1	Lugassy, Heather	53	Tamalpais Aquatic Masters-38	1:18.03	1:17.25	21
				37.02	1:17.25 (40.23)	
2	Moll, Jessica	51	Marcia's Enthusiastic Masters-38	1:18.63	1:17.49	19
				37.46	1:17.49 (40.03)	
3	Voight, Tina	54	Marcia's Enthusiastic Masters-38	1:23.20	1:19.46	18
				36.75	1:19.46 (42.71)	
4	Lowe, Tonia	52	Albany Armada Aquatics Masters-38	1:16.57	1:22.01	17
				39.21	1:22.01 (42.80)	
5	Kercher, Jennifer	50	Ladera Oaks Masters-38	1:27.84	1:26.36	16
				41.73	1:26.36 (44.63)	
6	Singh, Jo	51	Menlo Masters-38	1:30.00	1:30.74	15
				42.99	1:30.74 (47.75)	
7	Gimbel, Erika	53	Marcia's Enthusiastic Masters-38	1:45.65	1:49.28	14
				52.50	1:49.28 (56.78)	
8	Shafa, Atossa	53	Mountain View Masters-38	1:55.00	2:00.54	13
				53.85	2:00.54 (1:06.69)	

Women 50-54 100 SC Meter Freestyle

NATL: 58.44 % 5/21/2022 ERIKA BRAUN

PAC: 1:01.49 # 12/31/2001 Laura B Val

WRL(4): 5:00.00 2000 Erika BRAUN

1	Zamanian, Alison	53	Walnut Creek Masters-38	NT	1:05.48	
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Women 50-54 200 SC Meter Freestyle

NATL: 2:10.72 % 12/6/2009 S HEIM-BOWEN

PAC: 2:10.72 # 12/31/2009 Suzanne M Heim-Bo

WRL(4): 12:00.00 2000 S.HEIM-BOWEN

1	Hanley, Catherine	51	Walnut Creek Masters-38	2:31.00	2:23.04	21
				33.69	1:09.46 (35.77)	
					1:45.90 (36.44)	
					2:23.04 (37.14)	
2	Mcclafferty, Christine	50	Oregon Masters-37	2:22.66	2:23.87	19
				32.70	1:09.03 (36.33)	
					1:46.69 (37.66)	
					2:23.87 (37.18)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 50-54 200 SC Meter Freestyle)**

3	Hertzler, Cynthia	54	Santa Cruz Masters Aquatics-38	2:40.00	2:39.70	18
	38.52	1:18.80 (40.28)	1:59.96 (41.16)	2:39.70 (39.74)		
4	Voight, Tina	54	Marcia's Enthusiastic Masters-38	3:25.50	3:03.58	17
	38.97	1:24.20 (45.23)	2:13.54 (49.34)	3:03.58 (50.04)		
5	Kercher, Jennifer	50	Ladera Oaks Masters-38	3:18.50	3:14.79	16
	44.76	1:33.11 (48.35)	2:24.05 (50.94)	3:14.79 (50.74)		
6	Singh, Jo	51	Menlo Masters-38	3:23.00	3:24.20	15
	45.12	1:35.93 (50.81)	2:30.59 (54.66)	3:24.20 (53.61)		

Women 50-54 400 SC Meter Freestyle

NATL: 4:33.86 % 10/17/2021 ALISON ZAMANIAN

PAC: 4:33.86 # 10/17/2021 Alison Zamanian

WRL(4): 10:00.00 2000 Alison ZAMANIAN

1	Zamanian, Alison	53	Walnut Creek Masters-38	4:40.00	4:45.67	21
	33.33	1:08.79 (35.46)	1:45.01 (36.22)	2:21.27 (36.26)		
	2:57.73 (36.46)	3:34.19 (36.46)	4:10.53 (36.34)	4:45.67 (35.14)		
2	Hertzler, Cynthia	54	Santa Cruz Masters Aquatics-38	5:42.00	5:28.41	19
	39.62	1:20.84 (41.22)	2:01.93 (41.09)	2:43.63 (41.70)		
	3:25.37 (41.74)	4:06.62 (41.25)	4:48.24 (41.62)	5:28.41 (40.17)		
3	Bjerknes, Wendy	54	Uc38	5:30.00	5:51.98	18
	41.07	1:25.01 (43.94)	2:10.08 (45.07)	2:54.71 (44.63)		
	3:38.96 (44.25)	4:23.47 (44.51)	5:07.92 (44.45)	5:51.98 (44.06)		
4	Moll, Jessica	51	Marcia's Enthusiastic Masters-38	6:10.00	5:53.18	17
	40.70	1:24.38 (43.68)	2:10.23 (45.85)	2:55.30 (45.07)		
	3:41.36 (46.06)	4:26.94 (45.58)	5:11.20 (44.26)	5:53.18 (41.98)		
5	Voight, Tina	54	Marcia's Enthusiastic Masters-38	6:58.35	6:38.49	16
	42.62	1:30.85 (48.23)	2:22.03 (51.18)	3:13.46 (51.43)		
	4:05.54 (52.08)	4:57.10 (51.56)	5:48.90 (51.80)	6:38.49 (49.59)		

Women 50-54 800 SC Meter Freestyle

NATL: 9:23.30 % 10/16/2021 ALISON ZAMANIAN

PAC: 9:23.30 # 10/16/2021 Alison Zamanian

WRL(4): 10:00.00 2000 Alison ZAMANIAN

1	Zamanian, Alison	53	Walnut Creek Masters-38	NT	9:43.43	
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Women 50-54 1500 SC Meter Freestyle

NATL: 17:47.04 % 1/29/2022 ALISON ZAMANIAN

PAC: 17:47.04 # 1/29/2022 Alison Zamanian

WRL(4): 1:00.00 2000 Alison ZAMANIAN

1	Zamanian, Alison	53	Walnut Creek Masters-38	17:56.00	18:21.74	21
	32.97	1:09.02 (36.05)	1:45.34 (36.32)	2:21.81 (36.47)		
	2:58.24 (36.43)	3:34.72 (36.48)	4:11.37 (36.65)	4:48.21 (36.84)		
	5:24.96 (36.75)	6:01.75 (36.79)	6:38.61 (36.86)	7:15.38 (36.77)		
	7:52.44 (37.06)	8:29.46 (37.02)	9:06.57 (37.11)	9:43.43 (36.86)		
	10:20.68 (37.25)	10:58.00 (37.32)	11:35.27 (37.27)	12:12.20 (36.93)		
	12:49.18 (36.98)	13:26.28 (37.10)	14:03.52 (37.24)	14:40.44 (36.92)		
	15:17.65 (37.21)	15:54.78 (37.13)	16:32.10 (37.32)	17:09.36 (37.26)		
	17:46.24 (36.88)	18:21.74 (35.50)				

Women 50-54 50 SC Meter Backstroke

NATL: 30.27 % 12/13/2015 LESLIE LIVINGSTON

PAC: 32.72 # 12/31/2005 Laura B Val

WRL(4): 12:00.00 2000 Leslie LIVINGSTON

1	Hanley, Catherine	51	Walnut Creek Masters-38	36.66	35.25	21
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2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Women 50-54 50 SC Meter Backstroke)

2	Hajdu, Kelly	51	Walnut Creek Masters-38	55.00	41.82	19
---	Fu, Sandra	52	Walnut Creek Masters-38	53.00	DQ	

Women 50-54 50 SC Meter Backstroke

NATL: 30.27 % 12/13/2015 LESLIE LIVINGSTON

PAC: 32.72 # 12/31/2005 Laura B Val

WRL(4): 12:00.00 2000 Leslie LIVINGSTON

1	Zamanian, Alison	53	Walnut Creek Masters-38	NT	34.24	
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Women 50-54 100 SC Meter Backstroke

NATL: 1:05.89 % 3/8/2014 ELLEN REYNOLDS

PAC: 1:12.19 # 10/18/2009 Bonnie M Bilich

WRL(4): 3:00.00 2000 Ellen REYNOLDS

1	Zamanian, Alison	53	Walnut Creek Masters-38	1:14.00	1:13.18	21
2	Duggan, Karen	53	Walnut Creek Masters-38	1:31.61	1:28.91	19
				43.10	1:28.91 (45.81)	

Women 50-54 200 SC Meter Backstroke

NATL: 2:22.37 % 3/8/2014 ELLEN REYNOLDS

PAC: 2:31.81 # 10/17/2021 Alison Zamanian

WRL(4): 3:00.00 2000 Ellen REYNOLDS

1	Hanley, Catherine	51	Walnut Creek Masters-38	2:50.00	2:38.87	21
				37.99	1:17.40 (39.41)	1:58.59 (41.19)
						2:38.87 (40.28)
2	Mcclafferty, Christine	50	Oregon Masters-37	2:48.69	2:45.95	19
				39.17	1:21.15 (41.98)	2:04.05 (42.90)
						2:45.95 (41.90)

Women 50-54 50 SC Meter Breaststroke

NATL: 35.14 % 3/18/2023 ERIKA BRAUN

PAC: 35.61 # 10/21/2007 Patty L Harris

WRL(4): 11:00.00 2000 Monica CORO

1	Attwell, Carrie	53	The Olympic Club-38	43.95	42.87	21
2	Duggan, Karen	53	Walnut Creek Masters-38	45.29	43.08	19
3	Moll, Jessica	51	Marcia's Enthusiastic Masters-38	47.00	45.27	18
4	Lugassy, Heather	53	Tamalpais Aquatic Masters-38	47.50	46.05	17
5	Voight, Tina	54	Marcia's Enthusiastic Masters-38	46.50	46.63	16
6	Kercher, Jennifer	50	Ladera Oaks Masters-38	52.20	51.45	15
7	Gimbel, Erika	53	Marcia's Enthusiastic Masters-38	57.01	57.49	14
8	Shafa, Atossa	53	Mountain View Masters-38	55.00	1:00.29	13

Women 50-54 100 SC Meter Breaststroke

NATL: 1:17.58 % 12/3/2022 SARA DUNN

PAC: 1:22.11 # 10/8/2022 Alison Zamanian

WRL(4): 7:00.00 2000 Helen GORMAN

1	Duggan, Karen	53	Walnut Creek Masters-38	1:34.14	1:32.74	21
				44.43	1:32.74 (48.31)	
2	Attwell, Carrie	53	The Olympic Club-38	1:33.50	1:33.00	19
				45.14	1:33.00 (47.86)	
3	de la Torre, Yasuko	53	Marcia's Enthusiastic Masters-38	1:38.00	1:39.03	18
				47.80	1:39.03 (51.23)	
4	Gallagher, Hanna Alix	50	Menlo Masters-38	1:35.01	1:45.14	17
				51.56	1:45.14 (53.58)	
5	Voight, Tina	54	Marcia's Enthusiastic Masters-38	1:45.30	1:46.58	16
				48.91	1:46.58 (57.67)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Women 50-54 100 SC Meter Breaststroke)

6	Gimbel, Erika	53	Marcia's Enthusiastic Masters-38	2:13.06	2:08.85	15
	1:03.92		2:08.85 (1:04.93)			
7	Shafa, Atossa	53	Mountain View Masters-38	1:55.00	2:09.96	14
	1:01.54		2:09.96 (1:08.42)			

Women 50-54 200 SC Meter Breaststroke

NATL: 2:50.36 % 12/4/2016 ELLEN REYNOLDS

PAC: 2:57.30 # 12/31/2009 Cokie Lepinski

WRL(4): 10:00.00 2000 Helen GORMAN

1	Zamanian, Alison	53	Walnut Creek Masters-38	3:00.00	3:02.19	21
	42.27		1:27.72 (45.45) 2:14.88 (47.16) 3:02.19 (47.31)			
2	Hertzler, Cynthia	54	Santa Cruz Masters Aquatics-38	3:16.00	3:16.91	19
	49.33		1:39.48 (50.15) 2:28.27 (48.79) 3:16.91 (48.64)			
3	Gimbel, Erika	53	Marcia's Enthusiastic Masters-38	4:14.24	4:27.65	18
	1:04.80		2:13.43 (1:08.63) 3:23.42 (1:09.99) 4:27.65 (1:04.23)			

Women 50-54 50 SC Meter Butterfly

NATL: 29.14 % 10/16/2022 ERIKA BRAUN

PAC: 31.16 # 12/31/2001 Laura B Val

WRL(4): 6:00.00 2000 Susie O'NEILL

1	Mcclafferty, Christine	50	Oregon Masters-37	30.61	30.93 #	21
2	Attwell, Carrie	53	The Olympic Club-38	37.87	35.37	19
3	de la Torre, Yasuko	53	Marcia's Enthusiastic Masters-38	36.41	37.83	18
4	Peroni, Diana	51	Marin Aquatic Masters-38	42.00	41.47	17
5	Kercher, Jennifer	50	Ladera Oaks Masters-38	1:00.00	48.75	16
6	Singh, Jo	51	Menlo Masters-38	48.75	50.18	15
7	Lowe, Tonia	52	Albany Armada Aquatics Masters-38	56.00	52.71	14
8	Shafa, Atossa	53	Mountain View Masters-38	55.00	1:04.60	13

Women 50-54 100 SC Meter Butterfly

NATL: 1:07.72 % 12/4/2022 ERIKA BRAUN

PAC: 1:08.91 # 10/11/2013 Jill S Hernandez

WRL(4): 9:00.00 2000 Yuriko IKEDA

1	Mcclafferty, Christine	50	Oregon Masters-37	1:08.15	1:07.79 #	21
	32.27		1:07.79 (35.52)			
2	de la Torre, Yasuko	53	Marcia's Enthusiastic Masters-38	1:26.34	1:26.32	19
	42.67		1:26.32 (43.65)			
3	Singh, Jo	51	Menlo Masters-38	2:02.00	2:00.59	18
	53.43		2:00.59 (1:07.16)			

Women 50-54 200 SC Meter Butterfly

NATL: 2:32.29 % 12/9/2012 KARLYN PIPES

PAC: 2:33.24 # 10/8/2022 Alison Zamanian

WRL(4): 5:00.00 2000 Lynn MARSHALL

1	Mcclafferty, Christine	50	Oregon Masters-37	2:33.89	2:34.52	21
	35.61		1:15.31 (39.70) 1:54.70 (39.39) 2:34.52 (39.82)			
2	de la Torre, Yasuko	53	Marcia's Enthusiastic Masters-38	3:25.00	3:11.76	19
	45.82		1:35.86 (50.04) 2:27.14 (51.28) 3:11.76 (44.62)			
3	Gallagher, Hanna Alix	50	Menlo Masters-38	3:18.01	3:44.27	18
	48.19		1:43.45 (55.26) 2:44.23 (1:00.78) 3:44.27 (1:00.04)			

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 50-54 100 SC Meter IM

NATL: 1:07.04 % 10/15/2022 ERIKA BRAUN

PAC: 1:13.92 # 12/31/2002 Laura B Val

WRL(4): 10:00.00 2000 Erika BRAUN

1	Zamanian, Alison	53	Walnut Creek Masters-38	1:15.00	1:14.35	21
	35.11	1:14.35 (39.24)				
2	Hanley, Catherine	51	Walnut Creek Masters-38	1:18.00	1:14.40	19
	34.51	1:14.40 (39.89)				
3	Hertzler, Cynthia	54	Santa Cruz Masters Aquatics-38	1:24.00	1:24.11	18
	41.63	1:24.11 (42.48)				
4	de la Torre, Yasuko	53	Marcia's Enthusiastic Masters-38	1:27.00	1:26.43	17
	40.00	1:26.43 (46.43)				
5	Voight, Tina	54	Marcia's Enthusiastic Masters-38	1:35.50	1:33.44	16
	44.76	1:33.44 (48.68)				
6	Kercher, Jennifer	50	Ladera Oaks Masters-38	2:00.00	1:46.99	15
	51.65	1:46.99 (55.34)				
7	Singh, Jo	51	Menlo Masters-38	1:55.00	1:49.74	14
	52.13	1:49.74 (57.61)				
8	Gimbel, Erika	53	Marcia's Enthusiastic Masters-38	1:57.43	2:01.03	13
	58.66	2:01.03 (1:02.37)				

Women 50-54 200 SC Meter IM

NATL: 2:27.39 % 11/17/2018 ELLEN REYNOLDS

PAC: 2:31.96 # 10/11/2013 Jill S Hernandez

WRL(4): 11:00.00 2000 Ellen REYNOLDS

1	Zamanian, Alison	53	Walnut Creek Masters-38	2:38.00	2:37.96	21
	34.49	1:14.10 (39.61)	2:02.02 (47.92)	2:37.96 (35.94)		
2	de la Torre, Yasuko	53	Marcia's Enthusiastic Masters-38	3:05.43	3:08.68	19
	39.27	1:29.18 (49.91)	2:23.90 (54.72)	3:08.68 (44.78)		
3	Moll, Jessica	51	Marcia's Enthusiastic Masters-38	3:20.90	3:15.90	18
	43.66	1:34.93 (51.27)	2:30.35 (55.42)	3:15.90 (45.55)		
4	Gallagher, Hanna Alix	50	Menlo Masters-38	3:01.01	3:22.41	17
	44.03	1:38.39 (54.36)	2:35.96 (57.57)	3:22.41 (46.45)		
5	Lowe, Tonia	52	Albany Armada Aquatics Masters-38	3:23.64	3:33.80	16
	52.38	1:48.27 (55.89)	2:47.81 (59.54)	3:33.80 (45.99)		
6	Peroni, Diana	51	Marin Aquatic Masters-38	3:30.00	3:41.19	15
	42.96	1:39.80 (56.84)	2:49.11 (1:09.31)	3:41.19 (52.08)		
7	Singh, Jo	51	Menlo Masters-38	4:03.00	4:13.44	14
	50.29	2:02.22 (1:11.93)	3:19.40 (1:17.18)	4:13.44 (54.04)		
8	Gimbel, Erika	53	Marcia's Enthusiastic Masters-38	4:12.83	4:23.36	13
	58.95	2:09.50 (1:10.55)	3:21.38 (1:11.88)	4:23.36 (1:01.98)		

Women 50-54 400 SC Meter IM

NATL: 5:10.96 % 9/26/2014 ELLEN REYNOLDS

PAC: 5:26.50 # 10/15/2021 Alison Zamanian

WRL(4): 9:00.00 2000 Ellen REYNOLDS

1	de la Torre, Yasuko	53	Marcia's Enthusiastic Masters-38	6:52.00	6:38.15	21
	44.12	1:32.50 (48.38)	2:27.23 (54.73)	3:19.53 (52.30)		
	4:14.00 (54.47)	5:08.29 (54.29)	5:54.49 (46.20)	6:38.15 (43.66)		
2	Gimbel, Erika	53	Marcia's Enthusiastic Masters-38	9:00.00	8:42.07	19
	1:05.70	2:20.72 (1:15.02)	3:30.28 (1:09.56)	4:39.83 (1:09.55)		
	5:42.51 (1:02.68)	6:45.44 (1:02.93)	7:45.20 (59.76)	8:42.07 (56.87)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Women 55-59 50 SC Meter Freestyle**NATL: 27.81 % 3/5/2016 **LESLIE LIVINGSTON**PAC: 28.49 # 12/31/2009 **Laura B Val**WRL(4): 3:00.00 2000 **M.FUZZATI**

1 Phalen, Jennifer 59 Davis Aquatic Masters-38 NT 39.68

Women 55-59 50 SC Meter FreestyleNATL: 27.81 % 3/5/2016 **LESLIE LIVINGSTON**PAC: 28.49 # 12/31/2009 **Laura B Val**WRL(4): 3:00.00 2000 **M.FUZZATI**

1	Zuppan-Hood, Patricia	59	Walnut Creek Masters-38	33.74	33.20	21
2	Boone, Danielle	58	Walnut Creek Masters-38	33.58	33.22	19
3	Garforth, Emma	55	Davis Aquatic Masters-38	34.00	33.41	18
4	Brown, Trish (Patricia)	56	Walnut Creek Masters-38	27.75	34.66	17
5	Viscardi, Josie	59	Rolling Hills Mud Sharks-38	37.60	35.80	16
6	Cannon, Lindsey	57	Walnut Creek Masters-38	34.56	35.82	15
7	Alexander, Janet	56	Vallejo Aquatic Club-38	39.00	38.22	14
8	Freeman, Tammy	55	Walnut Creek Masters-38	43.40	40.11	13
9	Cervantes-Mui, Wendy	56	Ladera Oaks Masters-38	41.14	40.61	12
10	Dolan, Janette	58	CoastSide Tiger Sharks-38	45.00	42.99	11
11	Cavano, Jeanette	56	CoastSide Tiger Sharks-38	1:00.00	47.56	10
12	De Naissance, C.A.	59	San Francisco Dragon Masters-38	1:15.00	56.65	9

Women 55-59 100 SC Meter FreestyleNATL: 1:00.61 % 1/20/2017 **KARLYN PIPES**PAC: 1:01.33 # 12/31/2009 **Laura B Val**WRL(4): 1:00.00 2000 **Karlyn PIPES**

4	Garforth, Emma	55	Davis Aquatic Masters-38	NT	1:14.39	
5	Shu, Vicki	55	Marcia's Enthusiastic Masters-38	NT	1:14.48	
6	Phalen, Jennifer	59	Davis Aquatic Masters-38	NT	1:26.95	

Women 55-59 100 SC Meter FreestyleNATL: 1:00.61 % 1/20/2017 **KARLYN PIPES**PAC: 1:01.33 # 12/31/2009 **Laura B Val**WRL(4): 1:00.00 2000 **Karlyn PIPES**

1	Cox, Juliet	55	Manatee Aquatic Masters Inc-38	1:13.60	1:12.52	21
	34.62				1:12.52 (37.90)	
2	Boone, Danielle	58	Walnut Creek Masters-38	1:13.78	1:12.70	19
	35.06				1:12.70 (37.64)	
3	Welting, Lauren	58	The Olympic Club-38	1:07.89	1:12.72	18
	33.95				1:12.72 (38.77)	
4	Brown, Trish (Patricia)	56	Walnut Creek Masters-38	1:23.00	1:16.39	17
	36.41				1:16.39 (39.98)	
5	Zuppan-Hood, Patricia	59	Walnut Creek Masters-38	1:17.69	1:17.01	16
	36.16				1:17.01 (40.85)	
6	Burger, Clare	56	Marcia's Enthusiastic Masters-38	1:16.99	1:19.96	15
	38.46				1:19.96 (41.50)	
7	Cavalli, Christina	55	East Bay Bat Rays Masters-38	1:19.66	1:20.45	14
	38.92				1:20.45 (41.53)	
8	Capen, Tasha	57	Menlo Masters-38	1:15.00	1:21.12	13
	38.10				1:21.12 (43.02)	
9	Viscardi, Josie	59	Rolling Hills Mud Sharks-38	1:25.00	1:25.49	12
	39.46				1:25.49 (46.03)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 55-59 100 SC Meter Freestyle)**

10	Gray, Kara	40.86	1:26.09 (45.23)	58	Walnut Creek Masters-38	1:26.00	1:26.09	11
11	Asmus, Paula	41.64	1:29.70 (48.06)	58	Walnut Creek Masters-38	1:55.00	1:29.70	10
12	Cervantes-Mui, Wendy	43.90	1:32.42 (48.52)	56	Ladera Oaks Masters-38	1:33.87	1:32.42	9
13	Johnson, Carliane	44.79	1:36.88 (52.09)	58	Marcia's Enthusiastic Masters-38	1:30.00	1:36.88	8
14	Dolan, Janette	46.33	1:39.90 (53.57)	58	CoastSide Tiger Sharks-38	1:50.00	1:39.90	7
15	Chachkin, Myra	47.28	1:40.67 (53.39)	55	Manatee Aquatic Masters Inc-38	1:41.00	1:40.67	6
16	Pritchard, Sarah	51.83	1:54.32 (1:02.49)	57	Albany Armada Aquatics Masters-38	1:54.78	1:54.32	5
17	Hu, Qing	1:06.57	2:14.35 (1:07.78)	57	Walnut Creek Masters-38	3:04.43	2:14.35	4

Women 55-59 200 SC Meter Freestyle

NATL: 2:12.03 % 12/8/2019 ELLEN REYNOLDS

PAC: 2:14.45 # 12/31/2009 Laura B Val

WRL(4): 2:00.00 2000 Lynn MARSHALL

1	Shu, Vicki	55	Marcia's Enthusiastic Masters-38	NT	2:50.22
2	Phalen, Jennifer	59	Davis Aquatic Masters-38	NT	3:05.87

Women 55-59 200 SC Meter Freestyle

NATL: 2:12.03 % 12/8/2019 ELLEN REYNOLDS

PAC: 2:14.45 # 12/31/2009 Laura B Val

WRL(4): 2:00.00 2000 Lynn MARSHALL

1	Ward, Lisa	34.81	1:12.10 (37.29)	59	Walnut Creek Masters-38	2:32.35	2:29.37	21
						1:50.07 (37.97)	2:29.37 (39.30)	
2	Goldberg, Michelle	35.49	1:14.02 (38.53)	55	Davis Aquatic Masters-38	2:40.00	2:32.62	19
						1:53.77 (39.75)	2:32.62 (38.85)	
3	Cox, Juliet	35.49	1:15.17 (39.68)	55	Manatee Aquatic Masters Inc-38	2:38.50	2:34.22	18
						1:55.71 (40.54)	2:34.22 (38.51)	
4	Friedlander, Rebecca	37.13	1:16.68 (39.55)	57	Sierra Nevada Masters-38	2:40.94	2:35.70	17
						1:56.57 (39.89)	2:35.70 (39.13)	
5	Jones, Sara	38.03	1:18.68 (40.65)	55	Santa Rosa Masters-38	2:42.24	2:42.19	16
						2:00.86 (42.18)	2:42.19 (41.33)	
6	Brown, Trish (Patricia)	37.73	1:20.30 (42.57)	56	Walnut Creek Masters-38	2:55.00	2:48.75	15
						2:05.26 (44.96)	2:48.75 (43.49)	
7	Burger, Clare	39.78	1:23.36 (43.58)	56	Marcia's Enthusiastic Masters-38	2:47.20	2:53.10	14
						2:08.92 (45.56)	2:53.10 (44.18)	
8	Zuppan-Hood, Patricia	38.00	1:21.94 (43.94)	59	Walnut Creek Masters-38	3:12.00	2:58.44	13
						2:09.89 (47.95)	2:58.44 (48.55)	
9	Cavalli, Christina	41.55	1:27.64 (46.09)	55	East Bay Bat Rays Masters-38	2:50.01	2:59.89	12
						2:13.86 (46.22)	2:59.89 (46.03)	
10	Cervantes-Mui, Wendy	46.08	1:37.54 (51.46)	56	Ladera Oaks Masters-38	3:28.02	3:21.90	11
						2:29.78 (52.24)	3:21.90 (52.12)	
11	Alexander, Janet	44.33	1:32.99 (48.66)	56	Vallejo Aquatic Club-38	2:48.00	3:25.76	10
						2:27.34 (54.35)	3:25.76 (58.42)	
12	Anderson, Kirsten	50.48	1:45.30 (54.82)	59	Walnut Creek Masters-38	3:42.00	3:31.17	9
						2:38.97 (53.67)	3:31.17 (52.20)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 55-59 400 SC Meter Freestyle

NATL: 4:42.97		%	10/4/2009	LAURA VAL			
PAC: 4:42.97		#	12/31/2009	Laura B Val			
WRL(4): 1:00.00			2000	Lynn MARSHALL			
1	Ward, Lisa		59	Walnut Creek Masters-38	5:40.28	5:17.33	21
	36.22	1:15.28 (39.06)		1:54.90 (39.62)	2:34.87 (39.97)		
	3:15.42 (40.55)	3:55.92 (40.50)		4:36.95 (41.03)	5:17.33 (40.38)		
2	Friedlander, Rebecca		57	Sierra Nevada Masters-38	5:17.47	5:18.66	19
	37.01	1:16.72 (39.71)		1:57.04 (40.32)	2:37.91 (40.87)		
	3:18.40 (40.49)	3:58.72 (40.32)		4:38.93 (40.21)	5:18.66 (39.73)		
3	Couch, Stephanie		59	Menlo Masters-38	5:30.92	5:28.74	18
	38.82	1:20.04 (41.22)		2:01.53 (41.49)	2:43.03 (41.50)		
	3:24.82 (41.79)	4:06.52 (41.70)		4:48.40 (41.88)	5:28.74 (40.34)		
4	Shu, Vicki		55	Marcia's Enthusiastic Masters-38	5:45.60	5:52.30	17
	40.64	1:24.55 (43.91)		2:08.86 (44.31)	2:53.66 (44.80)		
	3:38.44 (44.78)	4:23.34 (44.90)		5:08.01 (44.67)	5:52.30 (44.29)		
5	Burger, Clare		56	Marcia's Enthusiastic Masters-38	5:56.38	6:04.28	16
	41.64	1:26.90 (45.26)		2:13.56 (46.66)	3:00.21 (46.65)		
	3:47.52 (47.31)	4:34.34 (46.82)		5:21.14 (46.80)	6:04.28 (43.14)		
6	Phalen, Jennifer		59	Davis Aquatic Masters-38	6:19.33	6:25.75	15
	42.40	1:29.92 (47.52)		2:18.17 (48.25)	3:07.37 (49.20)		
	3:57.45 (50.08)	4:49.87 (52.42)		5:39.63 (49.76)	6:25.75 (46.12)		
7	Viscardi, Josie		59	Rolling Hills Mud Sharks-38	7:15.00	6:56.80	14
	43.38	1:33.51 (50.13)		2:25.77 (52.26)	3:19.35 (53.58)		
	4:13.60 (54.25)	5:08.72 (55.12)		6:03.84 (55.12)	6:56.80 (52.96)		
8	Herhold, Pamela		55	Marcia's Enthusiastic Masters-38	7:30.00	7:10.28	13
	45.97	1:38.43 (52.46)		2:33.15 (54.72)	3:28.76 (55.61)		
	4:24.92 (56.16)	5:21.59 (56.67)		6:18.09 (56.50)	7:10.28 (52.19)		

Women 55-59 400 SC Meter Freestyle

NATL: 4:42.97		%	10/4/2009	LAURA VAL			
PAC: 4:42.97		#	12/31/2009	Laura B Val			
WRL(4): 1:00.00			2000	Lynn MARSHALL			
1	Ward, Lisa		59	Walnut Creek Masters-38	NT	5:19.65	
2	Goldberg, Michelle		55	Davis Aquatic Masters-38	NT	5:25.89	
3	Phalen, Jennifer		59	Davis Aquatic Masters-38	NT	6:22.87	

Women 55-59 800 SC Meter Freestyle

NATL: 9:46.35		%	10/13/2018	JILL HERNANDEZ			
PAC: 9:46.35		#	10/13/2018	Jill S Hernandez			
WRL(4): 4:00.00			2000	Lynn MARSHALL			
1	Ward, Lisa		59	Walnut Creek Masters-38	NT	10:45.38	
*2	Goldberg, Michelle		55	Davis Aquatic Masters-38	NT	10:56.41	
*2	Couch, Stephanie		59	Menlo Masters-38	NT	11:10.17	
3	Shu, Vicki		55	Marcia's Enthusiastic Masters-38	NT	12:11.78	
4	Phalen, Jennifer		59	Davis Aquatic Masters-38	NT	12:59.63	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 55-59 1500 SC Meter Freestyle

NATL: 18:43.73 % 1/16/2010 LAURA VAL		PAC: 18:43.73 # 12/31/2010 Laura B Val		WRL(4): 4:00.00 2000 Lynn MARSHALL		
1	Ward, Lisa	59	Walnut Creek Masters-38	23:00.00	20:18.23	21
	36.62	1:16.45 (39.83)	1:56.62 (40.17)	2:36.95 (40.33)		
	3:17.25 (40.30)	3:58.08 (40.83)	4:38.72 (40.64)	5:19.65 (40.93)		
	6:00.50 (40.85)	6:41.23 (40.73)	7:21.75 (40.52)	8:02.61 (40.86)		
	8:43.22 (40.61)	9:24.25 (41.03)	10:04.85 (40.60)	10:45.38 (40.53)		
	11:26.17 (40.79)	12:07.00 (40.83)	12:47.90 (40.90)	13:28.90 (41.00)		
	14:09.82 (40.92)	14:50.74 (40.92)	15:31.57 (40.83)	16:12.62 (41.05)		
	16:53.72 (41.10)	17:35.10 (41.38)	18:16.63 (41.53)	18:57.76 (41.13)		
	19:38.54 (40.78)	20:18.23 (39.69)				
2	Goldberg, Michelle	55	Davis Aquatic Masters-38	21:37.00	20:29.23	19
	37.41	1:17.77 (40.36)	1:59.12 (41.35)	2:40.30 (41.18)		
	3:21.67 (41.37)	4:03.21 (41.54)	4:44.64 (41.43)	5:25.89 (41.25)		
	6:07.38 (41.49)	6:48.61 (41.23)	7:29.86 (41.25)	8:11.16 (41.30)		
	8:52.64 (41.48)	9:33.70 (41.06)	10:15.07 (41.37)	10:56.41 (41.34)		
	11:37.55 (41.14)	12:18.99 (41.44)	13:00.25 (41.26)	13:41.63 (41.38)		
	14:22.65 (41.02)	15:03.75 (41.10)	15:44.50 (40.75)	16:25.76 (41.26)		
	17:06.75 (40.99)	17:47.80 (41.05)	18:29.01 (41.21)	19:09.91 (40.90)		
	19:50.80 (40.89)	20:29.23 (38.43)				
3	Couch, Stephanie	59	Menlo Masters-38	20:54.25	21:00.23	18
	39.30	1:21.27 (41.97)	2:03.76 (42.49)	2:46.02 (42.26)		
	3:28.12 (42.10)	4:10.50 (42.38)	4:52.53 (42.03)	5:34.67 (42.14)		
	6:16.64 (41.97)	6:58.48 (41.84)	7:40.26 (41.78)	8:22.28 (42.02)		
	9:04.29 (42.01)	9:46.24 (41.95)	10:28.32 (42.08)	11:10.17 (41.85)		
	11:52.59 (42.42)	12:34.92 (42.33)	13:16.86 (41.94)	13:59.00 (42.14)		
	14:41.15 (42.15)	15:23.07 (41.92)	16:05.12 (42.05)	16:47.80 (42.68)		
	17:30.09 (42.29)	18:12.35 (42.26)	18:54.47 (42.12)	19:36.72 (42.25)		
	20:18.83 (42.11)	21:00.23 (41.40)				
4	Cox, Juliet	55	Manatee Aquatic Masters Inc-38	21:30.00	21:08.83	17
	38.10	1:19.71 (41.61)	2:02.59 (42.88)	2:45.50 (42.91)		
	3:28.05 (42.55)	4:10.48 (42.43)	4:52.71 (42.23)	5:35.17 (42.46)		
	6:17.62 (42.45)	6:59.77 (42.15)	7:42.00 (42.23)	8:24.41 (42.41)		
	9:06.67 (42.26)	9:49.10 (42.43)	10:31.70 (42.60)	11:13.97 (42.27)		
	11:56.44 (42.47)	12:39.03 (42.59)	13:21.51 (42.48)	14:03.73 (42.22)		
	14:46.45 (42.72)	15:28.67 (42.22)	16:11.21 (42.54)	16:53.78 (42.57)		
	17:36.74 (42.96)	18:19.18 (42.44)	19:02.59 (43.41)	19:45.05 (42.46)		
	20:28.17 (43.12)	21:08.83 (40.66)				
5	Shu, Vicki	55	Marcia's Enthusiastic Masters-38	22:30.30	22:56.00	16
	41.74	1:26.80 (45.06)	2:12.01 (45.21)	2:57.25 (45.24)		
	3:43.21 (45.96)	4:29.31 (46.10)	5:15.20 (45.89)	6:01.24 (46.04)		
	6:47.29 (46.05)	7:33.60 (46.31)	8:20.07 (46.47)	9:06.71 (46.64)		
	9:53.08 (46.37)	10:39.31 (46.23)	11:25.60 (46.29)	12:11.78 (46.18)		
	12:58.02 (46.24)	13:44.66 (46.64)	14:31.87 (47.21)	15:18.48 (46.61)		
	16:04.31 (45.83)	16:50.81 (46.50)	17:37.81 (47.00)	18:23.16 (45.35)		
	19:08.89 (45.73)	19:54.95 (46.06)	20:40.64 (45.69)	21:26.29 (45.65)		
	22:11.96 (45.67)	22:56.00 (44.04)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 55-59 1500 SC Meter Freestyle)**

6	Phalen, Jennifer	59	Davis Aquatic Masters-38	24:32.17	24:26.91	15
	42.53	1:29.08 (46.55)	2:17.22 (48.14)	3:05.87 (48.65)		
	3:54.20 (48.33)	4:43.77 (49.57)	5:33.27 (49.50)	6:22.87 (49.60)		
	7:12.22 (49.35)	8:02.29 (50.07)	8:52.43 (50.14)	9:41.45 (49.02)		
	10:31.02 (49.57)	11:19.60 (48.58)	12:09.31 (49.71)	12:59.63 (50.32)		
	13:49.45 (49.82)	14:38.27 (48.82)	15:28.61 (50.34)	16:17.79 (49.18)		
	17:07.21 (49.42)	17:57.14 (49.93)	18:46.69 (49.55)	19:35.25 (48.56)		
	20:25.02 (49.77)	21:14.12 (49.10)	22:03.25 (49.13)	22:52.04 (48.79)		
	23:40.63 (48.59)	24:26.91 (46.28)				

Women 55-59 50 SC Meter BackstrokeNATL: 30.12 % 3/5/2016 **LESLIE LIVINGSTON**PAC: 32.62 # 12/31/2009 **Laura B Val**WRL(4): 3:00.00 2000 **Leslie LIVINGSTON**

1	Ward, Lisa	59	Walnut Creek Masters-38	37.25	36.18	21
2	Cox, Juliet	55	Manatee Aquatic Masters Inc-38	38.10	36.85	19
3	Jones, Sara	55	Santa Rosa Masters-38	45.43	40.05	18
4	Perry, Rebecca	59	Manatee Aquatic Masters Inc-38	42.00	42.21	17
5	Burger, Clare	56	Marcia's Enthusiastic Masters-38	46.22	43.70	16
6	Cannon, Lindsey	57	Walnut Creek Masters-38	44.25	43.81	15
7	Zuppan-Hood, Patricia	59	Walnut Creek Masters-38	50.00	44.49	14
8	Cavalli, Christina	55	East Bay Bat Rays Masters-38	44.99	45.89	13
9	Piantidosi, Robin	59	Walnut Creek Masters-38	1:01.00	52.32	12
10	Cavano, Jeanette	56	CoastSide Tiger Sharks-38	1:08.00	54.69	11
11	Laszlo, Zsuzsanna	55	Marcia's Enthusiastic Masters-38	1:05.00	59.99	10

Women 55-59 50 SC Meter BackstrokeNATL: 30.12 % 3/5/2016 **LESLIE LIVINGSTON**PAC: 32.62 # 12/31/2009 **Laura B Val**WRL(4): 3:00.00 2000 **Leslie LIVINGSTON**

1	Santos, Debbie	55	Walnut Creek Masters-38	NT	44.13	
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Women 55-59 100 SC Meter BackstrokeNATL: 1:07.17 % 12/7/2019 **ELLEN REYNOLDS**PAC: 1:12.23 # 12/31/2008 **Laura B Val**WRL(4): 12:00.00 2000 **Ellen REYNOLDS**

1	Cox, Juliet	55	Manatee Aquatic Masters Inc-38	1:22.40	1:21.82	21
	39.13	1:21.82 (42.69)				
2	Garforth, Emma	55	Davis Aquatic Masters-38	1:25.00	1:23.96	19
	41.64	1:23.96 (42.32)				
3	Jones, Sara	55	Santa Rosa Masters-38	1:29.56	1:24.16	18
	41.20	1:24.16 (42.96)				
4	Friedlander, Rebecca	57	Sierra Nevada Masters-38	1:27.95	1:25.62	17
	42.32	1:25.62 (43.30)				
5	Perry, Rebecca	59	Manatee Aquatic Masters Inc-38	1:25.00	1:27.81	16
	42.61	1:27.81 (45.20)				
6	Burger, Clare	56	Marcia's Enthusiastic Masters-38	1:36.99	1:33.64	15
	44.00	1:33.64 (49.64)				
7	Santos, Debbie	55	Walnut Creek Masters-38	1:38.00	1:34.85	14
	45.81	1:34.85 (49.04)				
8	Cavalli, Christina	55	East Bay Bat Rays Masters-38	1:34.84	1:35.09	13
	46.78	1:35.09 (48.31)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 55-59 100 SC Meter Backstroke)**

9	Piantidosi, Robin	59	Walnut Creek Masters-38	2:02.00	1:48.19	12
	52.79	1:48.19 (55.40)				
10	Johnson, Carliane	58	Marcia's Enthusiastic Masters-38	1:48.00	1:51.59	11
	52.89	1:51.59 (58.70)				
11	Laszlo, Zsuzsanna	55	Marcia's Enthusiastic Masters-38	2:10.00	2:12.56	10
	1:05.32	2:12.56 (1:07.24)				
12	Hu, Qing	57	Walnut Creek Masters-38	3:15.00	3:13.52	9
	1:39.61	3:13.52 (1:33.91)				

Women 55-59 200 SC Meter Backstroke

NATL: 2:25.27 % 12/8/2019 ELLEN REYNOLDS

PAC: 2:32.58 # 10/14/2018 Jill S Hernandez

WRL(4): 12:00.00 2000 Ellen REYNOLDS

1	Ward, Lisa	59	Walnut Creek Masters-38	2:49.87	2:47.82	21
	40.64	1:21.94 (41.30)	2:04.84 (42.90)	2:47.82 (42.98)		
2	Friedlander, Rebecca	57	Sierra Nevada Masters-38	3:02.84	2:58.23	19
	43.62	1:28.71 (45.09)	2:13.91 (45.20)	2:58.23 (44.32)		
3	Couch, Stephanie	59	Menlo Masters-38	3:01.33	2:59.87	18
	43.90	1:28.90 (45.00)	2:14.78 (45.88)	2:59.87 (45.09)		
4	Jones, Sara	55	Santa Rosa Masters-38	3:02.29	2:59.98	17
	42.41	1:27.99 (45.58)	2:14.52 (46.53)	2:59.98 (45.46)		
5	Garforth, Emma	55	Davis Aquatic Masters-38	3:04.10	3:00.71	16
	44.43	1:31.58 (47.15)	2:17.26 (45.68)	3:00.71 (43.45)		
6	Cox, Juliet	55	Manatee Aquatic Masters Inc-38	2:57.00	3:01.57	15
	41.74	1:28.07 (46.33)	2:15.80 (47.73)	3:01.57 (45.77)		
7	Perry, Rebecca	59	Manatee Aquatic Masters Inc-38	3:06.00	3:02.38	14
	44.98	1:31.03 (46.05)	2:17.23 (46.20)	3:02.38 (45.15)		
8	Burger, Clare	56	Marcia's Enthusiastic Masters-38	3:25.00	3:27.48	13
	47.87	1:41.01 (53.14)	2:35.59 (54.58)	3:27.48 (51.89)		

Women 55-59 50 SC Meter Breaststroke

NATL: 36.47 % 11/5/2017 CAROLINE KRATTLI

PAC: 40.27 # 12/31/2001 Carolyn Boak

WRL(4): 4:00.00 2000 Monica CORO

1	Welting, Laureen	58	The Olympic Club-38	40.40	41.73	21
2	Goldberg, Michelle	55	Davis Aquatic Masters-38	45.44	42.57	19
3	Garforth, Emma	55	Davis Aquatic Masters-38	42.53	43.04	18
4	Freeman, Tammy	55	Walnut Creek Masters-38	48.60	46.54	17
5	Capen, Tasha	57	Menlo Masters-38	50.00	47.24	16
6	Santos, Debbie	55	Walnut Creek Masters-38	49.00	47.81	15
7	Phalen, Jennifer	59	Davis Aquatic Masters-38	47.09	49.61	14
8	Asmus, Paula	58	Walnut Creek Masters-38	55.00	49.93	13
9	Cavalli, Christina	55	East Bay Bat Rays Masters-38	49.53	50.47	12
10	Glatter, Kathy	57	Uc38	52.94	52.08	11
11	Viscardi, Josie	59	Rolling Hills Mud Sharks-38	48.00	52.38	10
12	Dolan, Janette	58	CoastSide Tiger Sharks-38	54.00	52.72	9
13	Pritchard, Sarah	57	Albany Armada Aquatics Masters-38	1:05.00	1:05.70	8
14	Cervantes-Mui, Wendy	56	Ladera Oaks Masters-38	1:17.70	1:12.16	7
15	Hu, Qing	57	Walnut Creek Masters-38	1:18.73	1:18.69	6

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 55-59 100 SC Meter Breaststroke

NATL: 1:21.18 % 11/18/2017 CAROLINE KRATTLI

PAC: 1:29.06 # 10/13/2018 Merrie E Walts

WRL(4): 1:00.00 2000 Marzena KULIS

1	Garforth, Emma	55	Davis Aquatic Masters-38	1:33.12	1:32.76	21
	45.68	1:32.76 (47.08)				
2	Freeman, Tammy	55	Walnut Creek Masters-38	1:52.05	1:43.86	19
	48.93	1:43.86 (54.93)				
3	Phalen, Jennifer	59	Davis Aquatic Masters-38	1:44.29	1:43.91	18
	48.95	1:43.91 (54.96)				
4	Glatter, Kathy	57	Uc38	2:00.00	1:53.73	17
	54.87	1:53.73 (58.86)				
5	Hu, Qing	57	Walnut Creek Masters-38	3:18.61	2:56.46	16
	1:25.70	2:56.46 (1:30.76)				

Women 55-59 200 SC Meter Breaststroke

NATL: 3:00.66 % 3/16/2019 CORRIN BUCK

PAC: 3:07.11 # 9/23/2018 Lucille R Glassma

WRL(4): 1:00.00 2000 Marzena KULIS

1	Garforth, Emma	55	Davis Aquatic Masters-38	3:19.25	3:17.91	21
	46.44	1:37.37 (50.93)	2:27.65 (50.28)	3:17.91 (50.26)		
2	Phalen, Jennifer	59	Davis Aquatic Masters-38	3:40.67	3:40.26	19
	49.94	1:44.75 (54.81)	2:40.88 (56.13)	3:40.26 (59.38)		
3	Viscardi, Josie	59	Rolling Hills Mud Sharks-38	4:00.00	4:06.02	18
	57.25	1:58.44 (1:01.19)	3:02.32 (1:03.88)	4:06.02 (1:03.70)		

Women 55-59 50 SC Meter Butterfly

NATL: 29.39 % 3/5/2016 LESLIE LIVINGSTON

PAC: 31.13 # 10/18/2009 Laura B Val

WRL(4): 3:00.00 2000 Leslie LIVINGSTON

1	Perry, Rebecca	59	Manatee Aquatic Masters Inc-38	36.00	34.98	21
2	Welting, Laureen	58	The Olympic Club-38	33.02	35.51	19
3	Friedlander, Rebecca	57	Sierra Nevada Masters-38	36.12	35.87	18
4	Boone, Danielle	58	Walnut Creek Masters-38	38.18	37.15	17
5	Zuppan-Hood, Patricia	59	Walnut Creek Masters-38	46.00	41.00	16
6	Capen, Tasha	57	Menlo Masters-38	40.00	43.26	15
7	Viscardi, Josie	59	Rolling Hills Mud Sharks-38	41.00	44.11	14
8	Freeman, Tammy	55	Walnut Creek Masters-38	49.90	47.36	13
9	Glatter, Kathy	57	Uc38	49.48	47.75	12
10	Chachkin, Myra	55	Manatee Aquatic Masters Inc-38	49.00	47.78	11
11	Cervantes-Mui, Wendy	56	Ladera Oaks Masters-38	53.34	52.61	10
12	Dolan, Janette	58	CoastSide Tiger Sharks-38	56.00	55.77	9

Women 55-59 100 SC Meter Butterfly

NATL: 1:08.15 % 1/21/2017 KARLYN PIPES

PAC: 1:09.23 # 12/31/2009 Laura B Val

WRL(4): 1:00.00 2000 Karlyn PIPES

1	Couch, Stephanie	59	Menlo Masters-38	NT	1:38.01	
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2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Women 55-59 100 SC Meter Butterfly**

NATL:		1:08.15	%	1/21/2017	KARLYN PIPES			
PAC:		1:09.23	#	12/31/2009	Laura B Val			
WRL(4):		1:00.00		2000	Karlyn PIPES			
1	Ward, Lisa			59	Walnut Creek Masters-38	1:22.89	1:19.31	21
		37.74					1:19.31 (41.57)	
2	Perry, Rebecca			59	Manatee Aquatic Masters Inc-38	1:25.00	1:22.06	19
		38.44					1:22.06 (43.62)	
3	Goldberg, Michelle			55	Davis Aquatic Masters-38	1:27.00	1:22.31	18
		39.94					1:22.31 (42.37)	
4	Shu, Vicki			55	Marcia's Enthusiastic Masters-38	1:26.85	1:25.70	17
		40.83					1:25.70 (44.87)	
5	Boone, Danielle			58	Walnut Creek Masters-38	1:29.66	1:27.52	16
		42.16					1:27.52 (45.36)	
6	Cervantes-Mui, Wendy			56	Ladera Oaks Masters-38	1:54.71	2:03.30	15
		55.05					2:03.30 (1:08.25)	

Women 55-59 200 SC Meter Butterfly

NATL:		2:31.13	%	9/14/2008	LAURA VAL			
PAC:		2:31.13	#	12/31/2008	Laura B Val			
WRL(4):		9:00.00		2000	Laura VAL			
1	Shu, Vicki			55	Marcia's Enthusiastic Masters-38	3:11.64	3:13.54	21
		43.35					1:32.42 (49.07) 2:22.99 (50.57) 3:13.54 (50.55)	
2	Couch, Stephanie			59	Menlo Masters-38	3:18.59	3:25.40	19
		46.08					1:38.01 (51.93) 2:32.26 (54.25) 3:25.40 (53.14)	
3	Chachkin, Myra			55	Manatee Aquatic Masters Inc-38	4:26.17	4:23.36	18
		55.53					2:00.30 (1:04.77) 3:10.91 (1:10.61) 4:23.36 (1:12.45)	

Women 55-59 100 SC Meter IM

NATL:		1:09.08	%	1/21/2017	KARLYN PIPES			
PAC:		1:12.90	#	12/31/2009	Laura B Val			
WRL(4):		1:00.00		2000	Karlyn PIPES			
1	Goldberg, Michelle			55	Davis Aquatic Masters-38	1:26.75	1:21.41	21
		38.58					1:21.41 (42.83)	
2	Jones, Sara			55	Santa Rosa Masters-38	1:31.45	1:26.48	19
		41.07					1:26.48 (45.41)	
3	Cannon, Lindsey			57	Walnut Creek Masters-38	1:31.48	1:31.87	18
		42.46					1:31.87 (49.41)	
4	Freeman, Tammy			55	Walnut Creek Masters-38	1:49.04	1:38.19	17
		46.65					1:38.19 (51.54)	
5	Viscardi, Josie			59	Rolling Hills Mud Sharks-38	2:00.00	1:39.95	16
		45.86					1:39.95 (54.09)	
6	Alexander, Janet			56	Vallejo Aquatic Club-38	1:30.00	1:45.45	15
		49.73					1:45.45 (55.72)	
7	Dolan, Janette			58	CoastSide Tiger Sharks-38	1:58.00	1:50.17	14
		55.37					1:50.17 (54.80)	
8	Cervantes-Mui, Wendy			56	Ladera Oaks Masters-38	2:00.68	2:06.44	13
		58.58					2:06.44 (1:07.86)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 55-59 200 SC Meter IM

	NATL:	2:27.78	%	11/24/2019	ELLEN REYNOLDS			
	PAC:	2:33.57	#	10/13/2018	Jill S Hernandez			
	WRL(4):	1:00.00		2000	Ellen REYNOLDS			
1	Goldberg, Michelle			55	Davis Aquatic Masters-38	3:04.02	2:56.12	21
	38.44	1:24.32 (45.88)			2:16.21 (51.89)	2:56.12 (39.91)		
2	Garforth, Emma			55	Davis Aquatic Masters-38	3:02.04	2:59.63	19
	42.64	1:28.15 (45.51)			2:18.67 (50.52)	2:59.63 (40.96)		
3	Perry, Rebecca			59	Manatee Aquatic Masters Inc-38	3:08.00	3:03.89	18
	37.65	1:25.90 (48.25)			2:20.57 (54.67)	3:03.89 (43.32)		
4	Jones, Sara			55	Santa Rosa Masters-38	3:03.66	3:03.99	17
	44.23	1:29.74 (45.51)			2:22.91 (53.17)	3:03.99 (41.08)		
5	Couch, Stephanie			59	Menlo Masters-38	3:10.31	3:08.58	16
	43.93	1:29.91 (45.98)			2:26.18 (56.27)	3:08.58 (42.40)		
6	Welting, Laureen			58	The Olympic Club-38	2:52.30	3:10.97	15
	37.08	1:25.64 (48.56)			2:26.84 (1:01.20)	3:10.97 (44.13)		
7	Shu, Vicki			55	Marcia's Enthusiastic Masters-38	3:12.60	3:15.01	14
	41.04	1:32.22 (51.18)			2:31.69 (59.47)	3:15.01 (43.32)		
8	Burger, Clare			56	Marcia's Enthusiastic Masters-38	3:18.13	3:24.41	13
	49.95	1:42.62 (52.67)			2:39.46 (56.84)	3:24.41 (44.95)		
9	Phalen, Jennifer			59	Davis Aquatic Masters-38	3:29.51	3:34.18	12
	52.91	1:50.72 (57.81)			2:45.78 (55.06)	3:34.18 (48.40)		
10	Johnson, Carliane			58	Marcia's Enthusiastic Masters-38	3:50.00	3:58.58	11
	50.91	1:49.66 (58.75)			2:59.58 (1:09.92)	3:58.58 (59.00)		

Women 55-59 400 SC Meter IM

	NATL:	5:15.72	%	11/24/2019	ELLEN REYNOLDS			
	PAC:	5:39.30	#	12/31/2009	Laura B Val			
	WRL(4):	11:00.00		2000	Ellen REYNOLDS			
1	Nielsen, Natalie			57	Uc38	6:14.99	6:23.24	21
	37.72	1:20.49 (42.77)			2:11.50 (51.01)	3:02.48 (50.98)		
	3:58.06 (55.58)	4:55.65 (57.59)			5:40.04 (44.39)	6:23.24 (43.20)		
2	Jones, Sara			55	Santa Rosa Masters-38	6:24.99	6:23.87	19
	46.42	1:39.17 (52.75)			2:26.70 (47.53)	3:12.35 (45.65)		
	4:06.44 (54.09)	5:00.65 (54.21)			5:42.53 (41.88)	6:23.87 (41.34)		
3	Couch, Stephanie			59	Menlo Masters-38	6:26.99	6:27.88	18
	44.81	1:34.52 (49.71)			2:21.89 (47.37)	3:08.79 (46.90)		
	4:05.27 (56.48)	5:03.13 (57.86)			5:46.35 (43.22)	6:27.88 (41.53)		
4	Shu, Vicki			55	Marcia's Enthusiastic Masters-38	6:33.72	6:34.48	17
	41.16	1:27.17 (46.01)			2:18.95 (51.78)	3:08.78 (49.83)		
	4:07.24 (58.46)	5:05.35 (58.11)			5:51.18 (45.83)	6:34.48 (43.30)		
5	Phalen, Jennifer			59	Davis Aquatic Masters-38	7:37.30	7:35.44	16
	52.00	1:53.81 (1:01.81)			2:55.59 (1:01.78)	3:55.53 (59.94)		
	4:52.20 (56.67)	5:52.47 (1:00.27)			6:45.55 (53.08)	7:35.44 (49.89)		

Women 60-64 50 SC Meter Freestyle

	NATL:	29.23	%	12/7/2019	VAL\GRANGER			
	PAC:	29.23	#	12/6/2013	Laura B Val			
	WRL(4):	5:00.00		2000	Jenny WHITELEY			
1	Matena, Jana			61	Menlo Masters-38	31.59	30.99	21
2	Cagigas, Debbie			62	East Bay Bat Rays Masters-38	32.38	32.07	19
3	Knight-Williams, Valerie			60	Sacramento Masters-38	41.00	36.04	18
4	Carter, Monica			62	Sacramento Masters-38	48.00	36.71	17
5	McCormick, Ann			60	Marcia's Enthusiastic Masters-38	54.27	54.38	16

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 60-64 50 SC Meter Freestyle)**

6	Dunkle, Julie	62	Tri Valley Masters-38	1:00.60	1:01.30	15
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Women 60-64 100 SC Meter Freestyle

NATL:	1:03.48	%	12/5/2014	LAURA VAL
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PAC:	1:03.48	#	12/7/2014	Laura B Val
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WRL(4):	10:00.00	2000	Jenny WHITELEY
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1	Matena, Jana	61	Menlo Masters-38	1:10.00	1:07.27	21
	32.17		1:07.27 (35.10)			
2	Cagigas, Debbie	62	East Bay Bat Rays Masters-38	1:12.70	1:11.23	19
	34.48		1:11.23 (36.75)			
3	Nichelman, Sherri	63	Walnut Creek Masters-38	1:15.09	1:15.68	18
	36.46		1:15.68 (39.22)			
4	Carter, Monica	62	Sacramento Masters-38	1:20.00	1:19.74	17
	38.53		1:19.74 (41.21)			
5	Knight-Williams, Valerie	60	Sacramento Masters-38	1:29.00	1:22.91	16
	38.72		1:22.91 (44.19)			
6	McCormick, Ann	60	Marcia's Enthusiastic Masters-38	2:04.67	1:55.85	15
	55.41		1:55.85 (1:00.44)			
7	Bustamante, Ximena	63	Davis Aquatic Masters-38	1:58.77	1:57.13	14
	55.28		1:57.13 (1:01.85)			
8	Bennett, Sue	61	Marcia's Enthusiastic Masters-38	2:14.26	2:15.87	13
	1:02.67		2:15.87 (1:13.20)			

Women 60-64 200 SC Meter Freestyle

NATL:	2:20.16	%	12/4/2011	LAURA VAL
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PAC:	2:20.16	#	12/4/2014	Laura B Val
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WRL(4):	10:00.00	2000	Jenny WHITELEY
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1	Matena, Jana	61	Menlo Masters-38	2:33.00	2:29.89	21
	34.64		1:12.12 (37.48)	1:50.81 (38.69)	2:29.89 (39.08)	
2	Khoury, Carola	61	Stanford Masters Swimming-38	2:45.00	2:42.14	19
	37.54		1:18.80 (41.26)	2:00.73 (41.93)	2:42.14 (41.41)	
3	Nichelman, Sherri	63	Walnut Creek Masters-38	2:51.69	2:49.36	18
	38.46		1:21.34 (42.88)	2:05.45 (44.11)	2:49.36 (43.91)	
4	Carter, Monica	62	Sacramento Masters-38	3:00.00	2:56.89	17
	40.63		1:25.28 (44.65)	2:12.55 (47.27)	2:56.89 (44.34)	
5	Flynn, Beth	61	Rolling Hills Mud Sharks-38	3:20.00	3:18.21	16
	45.19		1:35.88 (50.69)	2:27.87 (51.99)	3:18.21 (50.34)	
6	Carboni, Lisa	62	Marcia's Enthusiastic Masters-38	3:59.98	3:51.32	15
	53.32		1:52.60 (59.28)	2:53.64 (1:01.04)	3:51.32 (57.68)	

Women 60-64 400 SC Meter Freestyle

NATL:	4:53.24	%	8/24/2013	LAURA VAL
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PAC:	4:53.24	#	8/24/2013	Laura B Val
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WRL(4):	3:00.00	2000	Lynn MARSHALL
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1	Matena, Jana	61	Menlo Masters-38	5:25.00	5:19.68	21
	36.60		1:16.64 (40.04)	1:57.79 (41.15)	2:38.66 (40.87)	
	3:19.15 (40.49)		3:59.53 (40.38)	4:40.02 (40.49)	5:19.68 (39.66)	
2	Nichelman, Sherri	63	Walnut Creek Masters-38	6:07.71	6:00.96	19
	40.74		1:25.76 (45.02)	2:11.82 (46.06)	2:58.32 (46.50)	
	3:44.47 (46.15)		4:30.89 (46.42)	5:17.19 (46.30)	6:00.96 (43.77)	
3	Taylor, Catherine	60	Walnut Creek Masters-38	6:16.42	6:15.28	18
	42.57		1:29.82 (47.25)	2:17.73 (47.91)	3:05.52 (47.79)	
	3:53.17 (47.65)		4:40.89 (47.72)	5:28.73 (47.84)	6:15.28 (46.55)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Women 60-64 400 SC Meter Freestyle)

4	Focha, Teresa	62	Albany Armada Aquatics Masters-38	7:50.32	8:33.18	17
	56.03	1:59.70 (1:03.67)	3:05.33 (1:05.63)	4:10.83 (1:05.50)		
	5:15.96 (1:05.13)	6:21.30 (1:05.34)	7:27.82 (1:06.52)	8:33.18 (1:05.36)		

Women 60-64 1500 SC Meter Freestyle

NATL: 19:35.32 % 1/18/2020 S HEIM-BOWEN

PAC: 19:35.32 # 1/18/2020 Suzanne M Heim-Bo

WRL(4): 1:00.00 2000 Lynn MARSHALL

1	Taylor, Catherine	60	Walnut Creek Masters-38	24:58.65	24:27.07	21
	43.10	1:29.48 (46.38)	2:17.64 (48.16)	3:06.08 (48.44)		
	3:54.98 (48.90)	4:44.38 (49.40)	5:33.64 (49.26)	6:23.29 (49.65)		
	7:12.78 (49.49)	8:02.26 (49.48)	8:52.47 (50.21)	9:41.98 (49.51)		
	10:31.31 (49.33)	11:20.15 (48.84)	12:10.11 (49.96)	12:59.86 (49.75)		
	13:49.69 (49.83)	14:39.23 (49.54)	15:28.77 (49.54)	16:18.51 (49.74)		
	17:07.66 (49.15)	17:57.33 (49.67)	18:46.92 (49.59)	19:36.03 (49.11)		
	20:25.78 (49.75)	21:14.76 (48.98)	22:04.06 (49.30)	22:53.01 (48.95)		
	23:41.48 (48.47)	24:27.07 (45.59)				
2	Carboni, Lisa	62	Marcia's Enthusiastic Masters-38	32:09.49	31:39.43	19
	57.70	2:00.07 (1:02.37)	3:04.87 (1:04.80)	4:07.71 (1:02.84)		
	5:12.07 (1:04.36)	6:14.61 (1:02.54)	7:19.20 (1:04.59)	8:22.86 (1:03.66)		
	9:26.63 (1:03.77)	10:31.65 (1:05.02)	11:35.57 (1:03.92)	12:38.79 (1:03.22)		
	13:40.39 (1:01.60)	14:43.04 (1:02.65)	15:46.47 (1:03.43)	16:50.52 (1:04.05)		
	17:54.04 (1:03.52)	18:57.31 (1:03.27)	20:01.84 (1:04.53)	21:05.38 (1:03.54)		
	22:10.47 (1:05.09)	23:14.34 (1:03.87)	24:19.58 (1:05.24)	25:24.67 (1:05.09)		
	26:28.12 (1:03.45)	27:31.79 (1:03.67)	28:35.20 (1:03.41)	29:39.16 (1:03.96)		
	30:40.43 (1:01.27)	31:39.43 (59.00)				
3	McCormick, Ann	60	Marcia's Enthusiastic Masters-38	37:14.98	34:16.11	18
	1:02.49	2:10.87 (1:08.38)	3:18.70 (1:07.83)	4:28.62 (1:09.92)		
	5:37.57 (1:08.95)	6:46.77 (1:09.20)	7:56.06 (1:09.29)	9:05.43 (1:09.37)		
	10:14.19 (1:08.76)	11:22.43 (1:08.24)	12:32.41 (1:09.98)	13:42.77 (1:10.36)		
	14:51.40 (1:08.63)	16:01.67 (1:10.27)	17:10.76 (1:09.09)	18:20.15 (1:09.39)		
	19:30.00 (1:09.85)	20:39.50 (1:09.50)	21:48.86 (1:09.36)	22:58.21 (1:09.35)		
	24:07.64 (1:09.43)	25:16.01 (1:08.37)	26:24.56 (1:08.55)	27:33.26 (1:08.70)		
	28:42.01 (1:08.75)	29:50.97 (1:08.96)	30:58.49 (1:07.52)	32:05.59 (1:07.10)		
	33:12.51 (1:06.92)	34:16.11 (1:03.60)				
4	Bennett, Sue	61	Marcia's Enthusiastic Masters-38	39:49.85	41:56.78	17
	1:11.43	2:28.85 (1:17.42)	3:48.47 (1:19.62)	5:10.95 (1:22.48)		
	6:32.36 (1:21.41)	7:54.19 (1:21.83)	9:17.75 (1:23.56)	10:43.90 (1:26.15)		
	12:17.58 (1:33.68)	13:46.08 (1:28.50)	15:14.52 (1:28.44)	16:41.58 (1:27.06)		
	18:06.64 (1:25.06)	19:30.04 (1:23.40)	20:53.89 (1:23.85)	22:18.73 (1:24.84)		
	23:44.99 (1:26.26)	25:11.44 (1:26.45)	26:33.36 (1:21.92)	27:56.82 (1:23.46)		
	29:21.83 (1:25.01)	30:48.02 (1:26.19)	32:16.24 (1:28.22)	33:40.03 (1:23.79)		
	35:07.67 (1:27.64)	36:29.69 (1:22.02)	37:53.06 (1:23.37)	39:17.59 (1:24.53)		
	40:38.67 (1:21.08)	41:56.78 (1:18.11)				

Women 60-64 50 SC Meter Backstroke

NATL: 32.91 % 4/23/2022 KARLYN PIPES

PAC: 33.01 # 12/6/2013 Laura B Val

WRL(4): 4:00.00 2000 Karlyn PIPES

1	Cagigas, Debbie	62	East Bay Bat Rays Masters-38	39.94	39.58	21
2	Russell, Jane	60	Davis Aquatic Masters-38	40.87	40.65	19
3	Laudenslager, Sherri	61	Rolling Hills Mud Sharks-38	44.86	44.86	18
4	Carboni, Lisa	62	Marcia's Enthusiastic Masters-38	59.99	57.90	17
5	McCormick, Ann	60	Marcia's Enthusiastic Masters-38	1:05.67	1:03.50	16

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Women 60-64 50 SC Meter Backstroke)

6	Dunkle, Julie	62	Tri Valley Masters-38	1:02.10	1:19.21	15
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Women 60-64 100 SC Meter Backstroke

NATL:	1:12.39	%	10/13/2018	BONNIE BILICH
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PAC:	1:12.39	#	10/13/2018	Bonnie M Bilich
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WRL(4):	10:00.00	2000	Bonnie BILICH
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1	Carter, Monica	62	Sacramento Masters-38	1:40.00	1:36.14	21
2	Laudenslager, Sherri	61	Rolling Hills Mud Sharks-38	1:37.37	1:36.35	19
	46.90		1:36.35 (49.45)			
3	Anderson, Meredith	60	Marcia's Enthusiastic Masters-38	1:39.00	1:37.43	18
	47.72		1:37.43 (49.71)			
4	Focha, Teresa	62	Albany Armada Aquatics Masters-38	2:10.05	2:01.07	17
	58.45		2:01.07 (1:02.62)			
5	Carboni, Lisa	62	Marcia's Enthusiastic Masters-38	2:07.99	2:01.85	16
	1:01.04		2:01.85 (1:00.81)			
6	McCormick, Ann	60	Marcia's Enthusiastic Masters-38	2:17.48	2:18.40	15
	1:08.22		2:18.40 (1:10.18)			
7	Bennett, Sue	61	Marcia's Enthusiastic Masters-38	2:31.66	3:06.04	14
	1:26.22		3:06.04 (1:39.82)			
---	Bustamante, Ximena	63	Davis Aquatic Masters-38	2:05.65	DQ	
	1:01.37		DQ (1:03.69)			

Women 60-64 200 SC Meter Backstroke

NATL:	2:34.31	%	8/24/2022	KARLYN PIPES
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PAC:	2:35.84	#	10/14/2018	Bonnie M Bilich
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WRL(4):	4:00.00	2000	Karlyn PIPES
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1	Russell, Jane	60	Davis Aquatic Masters-38	3:20.72	3:14.85	21
	46.77		1:36.71 (49.94)	2:27.16 (50.45)	3:14.85 (47.69)	
2	Laudenslager, Sherri	61	Rolling Hills Mud Sharks-38	3:23.58	3:29.71	19
	50.71		1:43.70 (52.99)	2:37.34 (53.64)	3:29.71 (52.37)	
3	Taylor, Catherine	60	Walnut Creek Masters-38	3:47.60	3:31.84	18
	52.06		1:46.85 (54.79)	2:40.67 (53.82)	3:31.84 (51.17)	
4	Flynn, Beth	61	Rolling Hills Mud Sharks-38	3:58.00	3:57.15	17
	58.74		1:58.50 (59.76)	2:58.01 (59.51)	3:57.15 (59.14)	
5	Carroll, Leah	62	Albany Armada Aquatics Masters-38	4:02.02	4:03.24	16
	57.30		2:00.54 (1:03.24)	3:02.38 (1:01.84)	4:03.24 (1:00.86)	
6	Carboni, Lisa	62	Marcia's Enthusiastic Masters-38	4:43.78	4:30.06	15
	1:05.26		2:14.90 (1:09.64)	3:25.33 (1:10.43)	4:30.06 (1:04.73)	
7	McCormick, Ann	60	Marcia's Enthusiastic Masters-38	4:40.00	4:40.37	14
	1:08.95		2:20.57 (1:11.62)	3:31.75 (1:11.18)	4:40.37 (1:08.62)	

Women 60-64 50 SC Meter Breaststroke

NATL:	38.87	%	12/4/2016	COLETTE CRABBE
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PAC:	40.75	#	10/16/2021	Amy J Rieger
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WRL(4):	5:00.00	2000	Jenny WHITELEY
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1	Matena, Jana	61	Menlo Masters-38	43.50	41.95	21
2	Cagigas, Debbie	62	East Bay Bat Rays Masters-38	44.30	44.51	19
3	Nichelman, Sherri	63	Walnut Creek Masters-38	45.90	46.45	18
4	Knight-Williams, Valerie	60	Sacramento Masters-38	50.00	48.20	17

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Women 60-64 100 SC Meter Breaststroke**

NATL: 1:24.39 % 12/3/2016 COLETTE CRABBE

PAC: 1:26.83 # 12/5/2021 Amy J Rieger

WRL(4): 5:00.00 2000 Jenny WHITELEY

1	Matena, Jana	61	Menlo Masters-38	1:35.00	1:30.67	21
	43.24	1:30.67 (47.43)				
2	Russell, Jane	60	Davis Aquatic Masters-38	1:50.00	1:41.74	19
	48.66	1:41.74 (53.08)				
3	Laudenslager, Sherri	61	Rolling Hills Mud Sharks-38	1:45.08	1:46.56	18
	51.00	1:46.56 (55.56)				
4	Carroll, Leah	62	Albany Armada Aquatics Masters-38	2:04.61	2:06.90	17
	1:01.50	2:06.90 (1:05.40)				

Women 60-64 200 SC Meter Breaststroke

NATL: 3:04.70 % 12/4/2016 LO KNAPP

PAC: 3:05.92 # 12/4/2021 Amy J Rieger

WRL(4): 5:00.00 2000 Jenny WHITELEY

1	Taylor, Catherine	60	Walnut Creek Masters-38	3:51.82	3:52.09	21
	54.09	1:54.21 (1:00.12)	2:54.44 (1:00.23)	3:52.09 (57.65)		
2	Laudenslager, Sherri	61	Rolling Hills Mud Sharks-38	3:49.61	3:57.38	19
	55.19	1:55.55 (1:00.36)	2:56.70 (1:01.15)	3:57.38 (1:00.68)		
3	Flynn, Beth	61	Rolling Hills Mud Sharks-38	3:55.00	4:02.64	18
	56.39	1:57.90 (1:01.51)	3:00.24 (1:02.34)	4:02.64 (1:02.40)		
4	Carroll, Leah	62	Albany Armada Aquatics Masters-38	4:17.70	4:28.05	17
	1:01.76	2:10.93 (1:09.17)	3:20.76 (1:09.83)	4:28.05 (1:07.29)		

Women 60-64 50 SC Meter Butterfly

NATL: 31.24 % 12/7/2019 TRACI GRANGER

PAC: 32.42 # 10/6/2013 Laura B Val

WRL(4): 12:00.00 2000 Traci GRANGER

1	Cagigas, Debbie	62	East Bay Bat Rays Masters-38	36.50	36.38	21
2	Russell, Jane	60	Davis Aquatic Masters-38	39.84	37.85	19
3	Carter, Monica	62	Sacramento Masters-38	49.00	41.03	18

Women 60-64 100 SC Meter Butterfly

NATL: 1:10.97 % 4/23/2022 KARLYN PIPES

PAC: 1:11.47 # 12/6/2013 Laura B Val

WRL(4): 4:00.00 2000 Karlyn PIPES

1	Russell, Jane	60	Davis Aquatic Masters-38	1:30.35	1:27.65	21
	40.42	1:27.65 (47.23)				
2	Carter, Monica	62	Sacramento Masters-38	1:45.00	1:37.33	19
	44.91	1:37.33 (52.42)				
3	Carroll, Leah	62	Albany Armada Aquatics Masters-38	1:50.75	1:55.56	18
	54.21	1:55.56 (1:01.35)				
4	Focha, Teresa	62	Albany Armada Aquatics Masters-38	2:03.58	2:08.21	17
	1:01.53	2:08.21 (1:06.68)				

Women 60-64 200 SC Meter Butterfly

NATL: 2:41.25 % 12/3/2011 LAURA VAL

PAC: 2:41.25 # 12/31/2011 Laura B Val

WRL(4): 12:00.00 2000 Laura VAL

1	Russell, Jane	60	Davis Aquatic Masters-38	3:40.24	3:22.89	21
	43.11	1:32.94 (49.83)	2:28.91 (55.97)	3:22.89 (53.98)		
2	Carroll, Leah	62	Albany Armada Aquatics Masters-38	3:57.60	4:14.57	19
	58.03	2:02.24 (1:04.21)	3:09.66 (1:07.42)	4:14.57 (1:04.91)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 60-64 200 SC Meter Butterfly)**

3	Focha, Teresa	62	Albany Armada Aquatics Masters-38	4:15.60	4:23.56	18
	1:00.48	2:07.58 (1:07.10)	3:17.91 (1:10.33)	4:23.56 (1:05.65)		

Women 60-64 100 SC Meter IM

NATL:	1:12.08	%	4/24/2022	KARLYN PIPES
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PAC:	1:14.74	#	12/5/2021	Amy J Rieger
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WRL(4):	4:00.00	2000	Karlyn PIPES
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1	Matena, Jana	61	Menlo Masters-38	1:23.00	1:21.98	21
	39.18	1:21.98 (42.80)				
2	Cagigas, Debbie	62	East Bay Bat Rays Masters-38	1:24.97	1:26.26	19
	41.04	1:26.26 (45.22)				
3	Nichelman, Sherri	63	Walnut Creek Masters-38	1:32.29	1:31.49	18
	43.28	1:31.49 (48.21)				
4	Carter, Monica	62	Sacramento Masters-38	1:42.00	1:35.84	17
	44.60	1:35.84 (51.24)				
5	Laudenslager, Sherri	61	Rolling Hills Mud Sharks-38	1:37.40	1:38.21	16
	47.56	1:38.21 (50.65)				
6	Knight-Williams, Valerie	60	Sacramento Masters-38	1:59.00	1:38.85	15
	48.66	1:38.85 (50.19)				
7	Flynn, Beth	61	Rolling Hills Mud Sharks-38	1:40.00	1:44.05	14
	50.36	1:44.05 (53.69)				
8	Focha, Teresa	62	Albany Armada Aquatics Masters-38	2:04.32	2:10.40	13
	1:02.19	2:10.40 (1:08.21)				
9	Dunkle, Julie	62	Tri Valley Masters-38	2:03.90	3:00.75	12
	1:30.73	3:00.75 (1:30.02)				

Women 60-64 200 SC Meter IM

NATL:	2:41.53	%	12/6/2013	LAURA VAL
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PAC:	2:41.53	#	12/6/2013	Laura B Val
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WRL(4):	10:00.00	2000	Jenny WHITELEY
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1	Nichelman, Sherri	63	Walnut Creek Masters-38	3:23.37	3:16.16	21
	39.68	1:32.34 (52.66)	2:32.97 (1:00.63)	3:16.16 (43.19)		
2	Taylor, Catherine	60	Walnut Creek Masters-38	3:28.91	3:28.23	19
	47.40	1:43.44 (56.04)	2:40.94 (57.50)	3:28.23 (47.29)		
3	Anderson, Meredith	60	Marcia's Enthusiastic Masters-38	3:41.00	3:34.28	18
	49.65	1:42.63 (52.98)	2:45.60 (1:02.97)	3:34.28 (48.68)		
4	Laudenslager, Sherri	61	Rolling Hills Mud Sharks-38	3:43.91	3:38.86	17
	52.08	1:48.51 (56.43)	2:50.05 (1:01.54)	3:38.86 (48.81)		
5	Carroll, Leah	62	Albany Armada Aquatics Masters-38	4:09.85	4:14.11	16
	57.08	2:02.05 (1:04.97)	3:12.41 (1:10.36)	4:14.11 (1:01.70)		
6	Focha, Teresa	62	Albany Armada Aquatics Masters-38	4:37.14	4:20.67	15
	1:00.38	2:06.50 (1:06.12)	3:19.07 (1:12.57)	4:20.67 (1:01.60)		

Women 60-64 400 SC Meter IM

NATL:	5:50.34	%	12/2/2017	COLETTE CRABBE
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PAC:	5:51.81	#	9/25/2011	Laura B Val
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WRL(4):	3:00.00	2000	Lynn MARSHALL
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1	Russell, Jane	60	Davis Aquatic Masters-38	7:11.49	6:45.28	21
	41.79	1:31.74 (49.95)	2:24.59 (52.85)	3:16.93 (52.34)		
	4:15.43 (58.50)	5:15.63 (1:00.20)	6:01.21 (45.58)	6:45.28 (44.07)		
2	Nichelman, Sherri	63	Walnut Creek Masters-38	7:20.00	7:09.73	19
	42.45	1:36.00 (53.55)	2:32.77 (56.77)	3:27.91 (55.14)		
	4:31.94 (1:04.03)	5:34.86 (1:02.92)	6:24.17 (49.31)	7:09.73 (45.56)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Women 60-64 400 SC Meter IM)

3	Taylor, Catherine	60	Walnut Creek Masters-38	7:31.33	7:26.18	18
	50.30	1:49.39 (59.09)	2:47.75 (58.36)	3:44.23 (56.48)		
	4:45.75 (1:01.52)	5:48.97 (1:03.22)	6:38.66 (49.69)	7:26.18 (47.52)		
4	Carroll, Leah	62	Albany Armada Aquatics Masters-38	8:25.01	8:46.75	17
	59.34	2:03.33 (1:03.99)	3:08.15 (1:04.82)	4:13.31 (1:05.16)		
	5:25.21 (1:11.90)	6:37.49 (1:12.28)	7:43.97 (1:06.48)	8:46.75 (1:02.78)		
5	Focha, Teresa	62	Albany Armada Aquatics Masters-38	8:45.98	9:23.81	16
	59.69	2:06.05 (1:06.36)	3:13.53 (1:07.48)	4:21.94 (1:08.41)		
	5:42.59 (1:20.65)	7:07.99 (1:25.40)	8:16.48 (1:08.49)	9:23.81 (1:07.33)		

Women 65-69 50 SC Meter Freestyle

NATL: 29.30 % 11/19/2016 LAURA VAL

PAC: 29.30 # 11/19/2016 Laura B Val

WRL(4): 11:00.00 2000 Laura VAL

1	Bracken, Judy	66	San Ramon Valley Aquatics Mast-38	35.02	34.48	21
2	Helmrich, Susan	68	Streamliners-38	39.80	36.61	19
3	Ryner, Lisa	66	CoastSide Tiger Sharks-38	38.85	36.83	18
4	Sprouse, Cecily	67	Davis Aquatic Masters-38	37.35	41.28	17
5	Johnson, Julie	66	Marcia's Enthusiastic Masters-38	47.00	44.51	16

Women 65-69 100 SC Meter Freestyle

NATL: 1:04.40 % 12/1/2017 LAURA VAL

PAC: 1:04.40 # 12/1/2017 Laura B Val

WRL(4): 12:00.00 2000 Laura VAL

1	Terhorst, Hermine	65	Uc38	1:28.99	1:21.70	21
	39.07	1:21.70 (42.63)				
2	Hayes-Rupp, Cynthia	66	Rolling Hills Mud Sharks-38	1:24.38	1:26.91	19
	41.63	1:26.91 (45.28)				
3	Hickel, Jessie	65	East Bay Bat Rays Masters-38	1:28.80	1:34.00	18
	45.33	1:34.00 (48.67)				
4	Christensen, Pamela	67	Rocklin Aquatics Masters-38	1:36.19	1:37.37	17
	47.25	1:37.37 (50.12)				
5	Johnson, Julie	66	Marcia's Enthusiastic Masters-38	1:40.00	1:38.34	16
	47.66	1:38.34 (50.68)				
6	Nip, Carol	66	Albany Armada Aquatics Masters-38	2:00.00	1:48.05	15
	50.42	1:48.05 (57.63)				

Women 65-69 200 SC Meter Freestyle

NATL: 2:23.26 % 11/18/2017 LAURA VAL

PAC: 2:23.26 # 11/18/2017 Laura B Val

WRL(4): 11:00.00 2000 Laura VAL

1	Sprouse, Cecily	67	Davis Aquatic Masters-38	3:52.35	3:26.83	21
	49.77	1:41.98 (52.21)	2:35.79 (53.81)	3:26.83 (51.04)		
2	Nip, Carol	66	Albany Armada Aquatics Masters-38	4:00.00	3:50.96	19
	56.46	1:58.20 (1:01.74)	2:54.67 (56.47)	3:50.96 (56.29)		

Women 65-69 400 SC Meter Freestyle

NATL: 5:02.08 % 9/24/2017 LAURA VAL

PAC: 5:02.08 # 9/25/2017 Laura B Val

WRL(4): 9:00.00 2000 Laura VAL

1	Helmrich, Susan	68	Streamliners-38	6:10.20	5:53.95	21
	39.99	1:24.22 (44.23)	2:09.60 (45.38)	2:55.31 (45.71)		
	3:40.37 (45.06)	4:25.51 (45.14)	5:10.77 (45.26)	5:53.95 (43.18)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Women 65-69 400 SC Meter Freestyle)

2	Bracken, Judy	66	San Ramon Valley Aquatics Mast-38	5:55.07	6:03.51	19
	40.69	1:26.05 (45.36)	2:12.58 (46.53)	2:59.82 (47.24)		
	3:47.77 (47.95)	4:34.70 (46.93)	5:21.32 (46.62)	6:03.51 (42.19)		
3	Johnson, Julie	66	Marcia's Enthusiastic Masters-38	7:46.00	7:23.05	18
	50.76	1:45.02 (54.26)	2:40.57 (55.55)	3:37.08 (56.51)		
	4:33.50 (56.42)	5:31.22 (57.72)	6:28.97 (57.75)	7:23.05 (54.08)		

Women 65-69 1500 SC Meter Freestyle

NATL: 20:05.72 % 1/28/2023 S HEIM-BOWEN

PAC: 20:05.72 # 1/28/2023 Suzanne M Heim-Bo

WRL(4): 1:00.00 2000 Suzanne HEIM

1	Singer, Molly	69	Marcia's Enthusiastic Masters-38	30:30.00	30:38.38	21
	55.07	1:57.28 (1:02.21)	3:01.78 (1:04.50)	4:04.58 (1:02.80)		
	5:07.63 (1:03.05)	6:10.76 (1:03.13)	7:12.82 (1:02.06)	8:15.37 (1:02.55)		
	9:17.11 (1:01.74)	10:19.97 (1:02.86)	11:22.36 (1:02.39)	12:24.05 (1:01.69)		
	13:25.84 (1:01.79)	14:28.21 (1:02.37)	15:30.12 (1:01.91)	16:32.21 (1:02.09)		
	17:34.57 (1:02.36)	18:36.64 (1:02.07)	19:38.99 (1:02.35)	20:40.92 (1:01.93)		
	21:42.83 (1:01.91)	22:44.41 (1:01.58)	23:46.19 (1:01.78)	24:46.47 (1:00.28)		
	25:47.29 (1:00.82)	26:47.33 (1:00.04)	27:47.00 (59.67)	28:47.35 (1:00.35)		
	29:45.50 (58.15)	30:38.38 (52.88)				

Women 65-69 50 SC Meter Backstroke

NATL: 33.41 % 9/22/2019 LAURA VAL

PAC: 33.41 # 9/22/2019 Laura B Val

WRL(4): 9:00.00 2000 Laura VAL

1	Helmrich, Susan	68	Streamliners-38	46.80	43.86	21
2	Gill, Kathy	69	Davis Aquatic Masters-38	52.32	51.96	19
3	Johnson, Julie	66	Marcia's Enthusiastic Masters-38	56.00	53.99	18
4	Nip, Carol	66	Albany Armada Aquatics Masters-38	1:00.00	59.42	17

Women 65-69 100 SC Meter Backstroke

NATL: 1:13.08 % 12/1/2018 LAURA VAL

PAC: 1:13.08 # 12/1/2018 Laura B Val

WRL(4): 12:00.00 2000 Laura VAL

1	Hickel, Jessie	65	East Bay Bat Rays Masters-38	1:53.00	1:47.89	21
	52.69	1:47.89 (55.20)				
2	Christensen, Pamela	67	Rocklin Aquatics Masters-38	1:51.97	1:56.94	19
	56.55	1:56.94 (1:00.39)				
3	Gill, Kathy	69	Davis Aquatic Masters-38	1:59.86	1:58.21	18
	54.74	1:58.21 (1:03.47)				

Women 65-69 200 SC Meter Backstroke

NATL: 2:42.87 % 12/1/2017 LAURA VAL

PAC: 2:42.87 # 12/1/2017 Laura B Val

WRL(4): 12:00.00 2000 Laura VAL

1	Thomas, Elaine	69	Mountain View Masters-38	4:10.00	4:07.12	21
	1:00.52	2:02.97 (1:02.45)	3:05.06 (1:02.09)	4:07.12 (1:02.06)		

Women 65-69 50 SC Meter Breaststroke

NATL: 41.16 % 12/3/2022 MELINDA MANN

PAC: 42.13 # 11/20/2016 Laura B Val

WRL(4): 11:00.00 2000 Dagmar FRESE

1	Terhorst, Hermine	65	Uc38	55.99	47.15	21
2	Hayes-Rupp, Cynthia	66	Rolling Hills Mud Sharks-38	46.21	47.42	19

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Women 65-69 50 SC Meter Breaststroke)

3	Johnson, Julie	66	Marcia's Enthusiastic Masters-38	56.00	54.17	18
4	Nip, Carol	66	Albany Armada Aquatics Masters-38	1:00.00	54.24	17
5	Hickel, Jessie	65	East Bay Bat Rays Masters-38	58.83	57.46	16

Women 65-69 100 SC Meter Breaststroke

NATL: 1:28.94 % 11/12/2022 COLETTE CRABBE

PAC: 1:34.92 # 10/9/2016 Laura B Val

WRL(4): 12:00.00 2000 Amanda HEATH

1	Hayes-Rupp, Cynthia	66	Rolling Hills Mud Sharks-38	1:45.48	1:49.59	21
					51.51 1:49.59 (58.08)	
2	Johnson, Julie	66	Marcia's Enthusiastic Masters-38	2:04.23	2:03.89	19
					59.99 2:03.89 (1:03.90)	

Women 65-69 200 SC Meter Breaststroke

NATL: 3:10.94 % 4/14/2019 LO KNAPP

PAC: 3:31.96 # 12/31/2009 Daniela Barnea

WRL(4): 10:00.00 2000 Amanda HEATH

1	Nip, Carol	66	Albany Armada Aquatics Masters-38	4:15.00	4:16.89	21
					59.83 2:06.95 (1:07.12) 3:13.76 (1:06.81) 4:16.89 (1:03.13)	
2	Sprouse, Cecily	67	Davis Aquatic Masters-38	3:56.56	4:20.06	19
					58.52 2:02.49 (1:03.97) 3:10.30 (1:07.81) 4:20.06 (1:09.76)	

Women 65-69 50 SC Meter Butterfly

NATL: 32.57 % 11/23/2019 PENNY NOYES

PAC: 33.06 # 11/19/2017 Laura B Val

WRL(4): 11:00.00 2000 Penny NOYES

1	Terhorst, Hermine	65	Uc38	52.01	44.65	21
2	Hickel, Jessie	65	East Bay Bat Rays Masters-38	57.72	56.08	19
3	Gill, Kathy	69	Davis Aquatic Masters-38	55.57	57.36	18
4	Palmer, Teddy	69	Walnut Creek Masters-38	55.10	1:03.98	17

Women 65-69 100 SC Meter Butterfly

NATL: 1:13.47 % 12/8/2019 LAURA VAL

PAC: 1:13.47 # 12/8/2019 Laura B Val

WRL(4): 12:00.00 2000 Laura VAL

1	Sprouse, Cecily	67	Davis Aquatic Masters-38	1:45.01	1:56.78	21
					54.53 1:56.78 (1:02.25)	

Women 65-69 100 SC Meter IM

NATL: 1:15.65 % 11/23/2019 PENNY NOYES

PAC: 1:16.42 # 12/8/2019 Laura B Val

WRL(4): 11:00.00 2000 Penny NOYES

1	Helmrich, Susan	68	Streamliners-38	1:32.60	1:31.38	21
					43.03 1:31.38 (48.35)	
2	Bracken, Judy	66	San Ramon Valley Aquatics Mast-38	1:31.20	1:36.58	19
					45.36 1:36.58 (51.22)	
3	Sprouse, Cecily	67	Davis Aquatic Masters-38	1:46.20	1:50.04	18
					55.99 1:50.04 (54.05)	
4	Nip, Carol	66	Albany Armada Aquatics Masters-38	2:00.00	1:59.89	17
					1:01.54 1:59.89 (58.35)	
5	Gill, Kathy	69	Davis Aquatic Masters-38	2:01.00	2:04.18	16
					57.35 2:04.18 (1:06.83)	
6	Palmer, Teddy	69	Walnut Creek Masters-38	2:04.10	2:17.51	15

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 65-69 200 SC Meter IM

NATL: 2:46.04 % 12/6/2019 LAURA VAL

PAC: 2:46.04 # 12/6/2019 Laura B Val

WRL(4): 12:00.00 2000 Laura VAL

1	Hickel, Jessie	65	East Bay Bat Rays Masters-38	4:06.42	3:52.04	21
	57.68	1:55.63 (57.95)	3:02.11 (1:06.48)	3:52.04 (49.93)		
2	Gill, Kathy	69	Davis Aquatic Masters-38	4:20.00	4:28.24	19
	1:00.18	2:08.32 (1:08.14)	3:25.34 (1:17.02)	4:28.24 (1:02.90)		

Women 65-69 400 SC Meter IM

NATL: 5:55.00 % 9/18/2016 LAURA VAL

PAC: 5:55.00 # 9/18/2016 Laura B Val

WRL(4): 9:00.00 2000 Laura VAL

1	Gill, Kathy	69	Davis Aquatic Masters-38	9:20.00	9:21.02	21
	1:02.67	2:17.97 (1:15.30)	3:28.94 (1:10.97)	4:36.99 (1:08.05)		
	5:53.25 (1:16.26)	7:09.37 (1:16.12)	8:16.82 (1:07.45)	9:21.02 (1:04.20)		

Women 70-74 50 SC Meter Freestyle

NATL: 30.55 % 12/3/2022 LAURA VAL

PAC: 30.55 # 12/3/2022 Laura B Val

WRL(4): 12:00.00 2000 Laura VAL

1	Val, Laura	72	Tamalpais Aquatic Masters-38	33.00	30.80	21
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Women 70-74 100 SC Meter Freestyle

NATL: 1:06.61 % 12/2/2022 LAURA VAL

PAC: 1:06.61 # 12/2/2022 Laura B Val

WRL(4): 12:00.00 2000 Laura VAL

1	Hepworth, Linda	70	Rolling Hills Mud Sharks-38	1:30.86	1:29.42	21
	43.69	1:29.42 (45.73)				

Women 70-74 200 SC Meter Freestyle

NATL: 2:27.89 % 10/9/2022 LAURA VAL

PAC: 2:27.89 # 10/9/2022 Laura B Val

WRL(4): 10:00.00 2000 Laura VAL

1	Guthrie, Sally	73	Davis Aquatic Masters-38	3:10.00	3:07.03	21
	42.52	1:29.48 (46.96)	2:17.84 (48.36)	3:07.03 (49.19)		
2	Hepworth, Linda	70	Rolling Hills Mud Sharks-38	3:14.81	3:13.45	19
	44.73	1:34.47 (49.74)	2:25.76 (51.29)	3:13.45 (47.69)		

Women 70-74 400 SC Meter Freestyle

NATL: 5:18.26 % 2/26/2023 LAURA VAL

PAC: 5:18.26 # 2/26/2023 Laura B Val

WRL(4): 2:00.00 2000 Laura VAL

1	Willard, Mimi	70	Tamalpais Aquatic Masters-38	NT	7:05.33	
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Women 70-74 400 SC Meter Freestyle

NATL: 5:18.26 % 2/26/2023 LAURA VAL

PAC: 5:18.26 # 2/26/2023 Laura B Val

WRL(4): 2:00.00 2000 Laura VAL

1	Guthrie, Sally	73	Davis Aquatic Masters-38	6:35.00	6:28.21	21
	45.50	1:34.81 (49.31)	2:24.28 (49.47)	3:13.18 (48.90)		
	4:02.47 (49.29)	4:52.02 (49.55)	5:40.77 (48.75)	6:28.21 (47.44)		
2	Hepworth, Linda	70	Rolling Hills Mud Sharks-38	6:44.81	6:47.73	19
	46.51	1:37.67 (51.16)	2:30.15 (52.48)	3:22.38 (52.23)		
	4:14.15 (51.77)	5:06.33 (52.18)	5:58.68 (52.35)	6:47.73 (49.05)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 70-74 800 SC Meter Freestyle

NATL: 11:54.61 % 1/18/2020 CECILIA MCCLOSKEY

PAC: 12:43.75 # 1/26/2019 Ruth Y Shaps

WRL(4): 1:00.00 2000 Cecilia MCCLOSKEY

1 Willard, Mimi 70 Tamalpais Aquatic Masters-38 NT 14:21.51

Women 70-74 1500 SC Meter Freestyle

NATL: 22:06.78 % 1/18/2020 CECILIA MCCLOSKEY

PAC: 24:02.08 # 1/29/2022 Sally K Guthrie

WRL(4): 1:00.00 2000 Cecilia MCCLOSKEY

1	Willard, Mimi	70	Tamalpais Aquatic Masters-38	26:25.70	27:07.22	21
	48.12	1:40.71 (52.59)	2:34.53 (53.82)	3:28.72 (54.19)		
	4:22.70 (53.98)	5:16.77 (54.07)	6:11.12 (54.35)	7:05.33 (54.21)		
	8:00.34 (55.01)	8:55.06 (54.72)	9:49.34 (54.28)	10:43.98 (54.64)		
	11:38.36 (54.38)	12:32.92 (54.56)	13:27.32 (54.40)	14:21.51 (54.19)		
	15:16.01 (54.50)	16:10.36 (54.35)	17:04.64 (54.28)	17:59.65 (55.01)		
	18:54.16 (54.51)	19:49.02 (54.86)	20:44.10 (55.08)	21:38.55 (54.45)		
	22:33.41 (54.86)	23:27.98 (54.57)	24:23.24 (55.26)	25:18.43 (55.19)		
	26:13.47 (55.04)	27:07.22 (53.75)				

Women 70-74 50 SC Meter Backstroke

NATL: 33.80 % 12/4/2022 LAURA VAL

PAC: 33.80 # 12/4/2022 Laura B Val

WRL(4): 12:00.00 2000 Laura VAL

1	Val, Laura	72	Tamalpais Aquatic Masters-38	36.00	34.27	21
2	Hepworth, Linda	70	Rolling Hills Mud Sharks-38	50.25	48.67	19

Women 70-74 100 SC Meter Backstroke

NATL: 1:13.66 % 12/3/2022 LAURA VAL

PAC: 1:13.66 # 12/3/2022 Laura B Val

WRL(4): 12:00.00 2000 Laura VAL

1	Hepworth, Linda	70	Rolling Hills Mud Sharks-38	1:49.18	1:42.78	21
	49.16	1:42.78 (53.62)				
2	Willard, Mimi	70	Tamalpais Aquatic Masters-38	1:41.04	1:44.45	19
	50.64	1:44.45 (53.81)				

Women 70-74 200 SC Meter Backstroke

NATL: 2:47.56 % 10/17/2021 LAURA VAL

PAC: 2:47.56 # 10/17/2021 Laura B Val

WRL(4): 10:00.00 2000 Laura VAL

1	Hepworth, Linda	70	Rolling Hills Mud Sharks-38	3:46.22	3:42.10	21
	52.62	1:50.85 (58.23)	2:48.18 (57.33)	3:42.10 (53.92)		

Women 70-74 50 SC Meter Breaststroke

NATL: 43.64 % 10/15/2022 KATHLEEN LEWIS

PAC: 47.10 # 10/13/2018 Daniela Barnea

WRL(4): 4:00.00 2000 C.Wendy SMITH

1	Val, Laura	72	Tamalpais Aquatic Masters-38	50.00	44.89 #	21
2	Hepworth, Linda	70	Rolling Hills Mud Sharks-38	1:00.21	58.15	19
3	Holland, Jenny	73	Albany Armada Aquatics Masters-38	55.00	1:02.85	18

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 70-74 50 SC Meter Butterfly

NATL: 34.14 % 2/25/2023 LAURA VAL

PAC: 34.14 # 2/25/2023 Laura B Val

WRL(4): 2:00.00 2000 Laura VAL

1	Val, Laura	72	Tamalpais Aquatic Masters-38	36.00	35.00	21
2	Guthrie, Sally	73	Davis Aquatic Masters-38	50.00	47.19	19
3	Holland, Jenny	73	Albany Armada Aquatics Masters-38	55.00	56.12	18

Women 70-74 100 SC Meter Butterfly

NATL: 1:15.46 % 10/17/2021 LAURA VAL

PAC: 1:15.46 # 10/17/2021 Laura B Val

WRL(4): 10:00.00 2000 Laura VAL

1	Guthrie, Sally	73	Davis Aquatic Masters-38	1:55.00	1:51.22	21
				50.77	1:51.22 (1:00.45)	

Women 70-74 200 SC Meter Butterfly

NATL: 3:20.57 % 4/2/2022 S LOFTUS-CHARLEY

PAC: 3:42.68 # 9/28/2014 Daniela Barnea

WRL(4): 4:00.00 2000 S.LOFTUS-CHARLIE

1	Val, Laura	72	Tamalpais Aquatic Masters-38	3:20.00	2:57.32 %	21
				38.07	1:21.82 (43.75) 2:08.80 (46.98) 2:57.32 (48.52)	
2	Guthrie, Sally	73	Davis Aquatic Masters-38	4:20.00	4:16.26	19
				51.30	1:56.05 (1:04.75) 3:06.24 (1:10.19) 4:16.26 (1:10.02)	

Women 70-74 100 SC Meter IM

NATL: 1:18.81 % 12/4/2022 LAURA VAL

PAC: 1:18.81 # 12/4/2022 Laura B Val

WRL(4): 12:00.00 2000 Laura VAL

1	Val, Laura	72	Tamalpais Aquatic Masters-38	1:25.00	1:19.08	21
				35.51	1:19.08 (43.57)	

Women 70-74 200 SC Meter IM

NATL: 2:52.19 % 10/16/2021 LAURA VAL

PAC: 2:52.19 # 10/16/2021 Laura B Val

WRL(4): 10:00.00 2000 Laura VAL

1	Guthrie, Sally	73	Davis Aquatic Masters-38	3:52.00	3:44.34	21
				50.08	1:49.14 (59.06) 2:58.25 (1:09.11) 3:44.34 (46.09)	
2	Willard, Mimi	70	Tamalpais Aquatic Masters-38	3:50.25	4:00.78	19
				1:03.02	2:02.83 (59.81) 3:07.52 (1:04.69) 4:00.78 (53.26)	

Women 70-74 400 SC Meter IM

NATL: 6:12.45 % 2/25/2023 LAURA VAL

PAC: 6:12.45 # 2/25/2023 Laura B Val

WRL(4): 2:00.00 2000 Laura VAL

1	Val, Laura	72	Tamalpais Aquatic Masters-38	7:00.00	6:07.14 %	21
				37.05	1:20.46 (43.41) 2:06.06 (45.60) 2:50.73 (44.67)	
				3:48.14 (57.41)	4:47.04 (58.90) 5:27.90 (40.86) 6:07.14 (39.24)	
2	Guthrie, Sally	73	Davis Aquatic Masters-38	8:00.00	7:54.61	19
				54.42	1:57.57 (1:03.15) 2:58.60 (1:01.03) 4:00.06 (1:01.46)	
				5:06.08 (1:06.02)	6:14.08 (1:08.00) 7:05.91 (51.83) 7:54.61 (48.70)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 75-79 50 SC Meter Freestyle

NATL: 34.04 % 10/15/2022 DIANN UUSTAL

PAC: 38.67 # 12/2/2017 Nancy J Ridout

WRL(4): 10:00.00 2000 Diann UUSTAL

1	Shaps, Ruth	76	Manatee Aquatic Masters Inc-38	36.00	36.45 #	21
2	Armstrong, Judy	76	Marcia's Enthusiastic Masters-38	1:00.11	1:02.70	19
3	Weinstock, Diana	77	Walnut Creek Masters-38	2:20.00	1:58.71	18

Women 75-79 100 SC Meter Freestyle

NATL: 1:15.87 % 10/17/2021 DIANN UUSTAL

PAC: 1:22.95 # 10/8/2022 Ruth Y Shaps

WRL(4): 10:00.00 2000 Diann UUSTAL

1	Shaps, Ruth	76	Manatee Aquatic Masters Inc-38	1:20.00	1:22.24 #	21
	38.82				1:22.24 (43.42)	
2	Coholan, Annette	75	Rolling Hills Mud Sharks-38	1:51.81	1:45.43	19
	51.14				1:45.43 (54.29)	
3	Caso, Susie	77	Manatee Aquatic Masters Inc-38	1:50.00	1:50.95	18
	51.67				1:50.95 (59.28)	
4	Armstrong, Judy	76	Marcia's Enthusiastic Masters-38	2:15.00	2:17.01	17
	1:04.14				2:17.01 (1:12.87)	
5	Hackett-Evans, Penny	77	Walnut Creek Masters-38	2:30.00	2:21.56	16
	1:06.64				2:21.56 (1:14.92)	

Women 75-79 100 SC Meter Freestyle

NATL: 1:15.87 % 10/17/2021 DIANN UUSTAL

PAC: 1:22.95 # 10/8/2022 Ruth Y Shaps

WRL(4): 10:00.00 2000 Diann UUSTAL

1	Armstrong, Judy	76	Marcia's Enthusiastic Masters-38	NT	2:16.96	
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Women 75-79 200 SC Meter Freestyle

NATL: 2:51.46 % 10/14/2022 DIANN UUSTAL

PAC: 3:08.78 # 10/9/2022 Ruth Y Shaps

WRL(4): 10:00.00 2000 Diann UUSTAL

1	Shaps, Ruth	76	Manatee Aquatic Masters Inc-38	3:10.00	3:11.73	21
	41.46				1:29.18 (47.72) 2:20.56 (51.38) 3:11.73 (51.17)	
2	Scott, Stephanie	76	Walnut Creek Masters-38	3:35.00	3:33.00	19
	46.66				1:40.45 (53.79) 2:36.94 (56.49) 3:33.00 (56.06)	
3	Coholan, Annette	75	Rolling Hills Mud Sharks-38	4:06.16	3:50.39	18
	54.11				1:52.55 (58.44) 2:52.71 (1:00.16) 3:50.39 (57.68)	

Women 75-79 400 SC Meter Freestyle

NATL: 6:17.67 % 11/13/2021 CAROLYN BOAK

PAC: 6:32.27 # 10/9/2022 Ruth Y Shaps

WRL(4): 4:00.00 2000 Yoshiko OSAKI

1	Shaps, Ruth	76	Manatee Aquatic Masters Inc-38	NT	6:30.40 #	
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Women 75-79 400 SC Meter Freestyle

NATL: 6:17.67 % 11/13/2021 CAROLYN BOAK

PAC: 6:32.27 # 10/9/2022 Ruth Y Shaps

WRL(4): 4:00.00 2000 Yoshiko OSAKI

1	Shaps, Ruth	76	Manatee Aquatic Masters Inc-38	6:35.00	6:30.04 #	21
	43.39				1:31.14 (47.75) 2:20.06 (48.92) 3:10.14 (50.08)	
	4:00.33 (50.19)				4:50.99 (50.66) 5:40.98 (49.99) 6:30.04 (49.06)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Women 75-79 400 SC Meter Freestyle)

2	Scott, Stephanie	76	Walnut Creek Masters-38	7:35.00	7:30.95	19
	48.41	1:43.71 (55.30)	2:42.66 (58.95)	3:40.48 (57.82)		
	4:38.78 (58.30)	5:36.99 (58.21)	6:34.50 (57.51)	7:30.95 (56.45)		
3	Coholan, Annette	75	Rolling Hills Mud Sharks-38	8:09.74	7:53.08	18
	54.55	1:53.81 (59.26)	2:53.52 (59.71)	3:53.78 (1:00.26)		
	4:53.93 (1:00.15)	5:54.71 (1:00.78)	6:54.55 (59.84)	7:53.08 (58.53)		

Women 75-79 800 SC Meter Freestyle

NATL: 13:05.40 % 11/14/2021 CAROLYN BOAK

PAC: 13:11.76 # 10/8/2022 Ruth Y Shaps

WRL(4): 5:00.00 2000 Yoshiko OSAKI

1	Shaps, Ruth	76	Manatee Aquatic Masters Inc-38	NT	13:19.88	
2	Coholan, Annette	75	Rolling Hills Mud Sharks-38	NT	16:59.15	

Women 75-79 1500 SC Meter Freestyle

NATL: 25:25.42 % 1/22/2023 JOANNE MENARD

PAC: 25:26.12 # 10/7/2022 Ruth Y Shaps

WRL(4): 11:00.00 2000 Jane ASHER

1	Shaps, Ruth	76	Manatee Aquatic Masters Inc-38	25:27.00	25:27.74	21
	43.17	1:30.87 (47.70)	2:20.00 (49.13)	3:09.79 (49.79)		
	3:59.47 (49.68)	4:49.54 (50.07)	5:40.33 (50.79)	6:30.40 (50.07)		
	7:22.96 (52.56)	8:14.13 (51.17)	9:05.62 (51.49)	9:56.97 (51.35)		
	10:48.38 (51.41)	11:39.25 (50.87)	12:29.60 (50.35)	13:19.88 (50.28)		
	14:17.70 (57.82)	15:11.71 (54.01)	16:04.01 (52.30)	16:55.67 (51.66)		
	17:47.01 (51.34)	18:38.42 (51.41)	19:29.39 (50.97)	20:21.19 (51.80)		
	21:12.57 (51.38)	22:03.73 (51.16)	22:54.88 (51.15)	23:46.46 (51.58)		
	24:38.05 (51.59)	25:27.74 (49.69)				
2	Scott, Stephanie	76	Walnut Creek Masters-38	28:10.00	29:03.31	19
	51.78	1:51.23 (59.45)	2:50.73 (59.50)	3:51.18 (1:00.45)		
	4:50.37 (59.19)	5:49.55 (59.18)	6:47.35 (57.80)	7:45.15 (57.80)		
	8:42.47 (57.32)	9:41.43 (58.96)	10:39.88 (58.45)	11:38.39 (58.51)		
	12:36.04 (57.65)	13:33.86 (57.82)	14:30.97 (57.11)	15:29.43 (58.46)		
	16:27.31 (57.88)	17:26.11 (58.80)	18:25.75 (59.64)	19:24.53 (58.78)		
	20:23.35 (58.82)	21:21.24 (57.89)	22:18.87 (57.63)	23:16.71 (57.84)		
	24:15.29 (58.58)	25:12.49 (57.20)	26:10.45 (57.96)	27:08.28 (57.83)		
	28:06.09 (57.81)	29:03.31 (57.22)				
3	Coholan, Annette	75	Rolling Hills Mud Sharks-38	32:36.93	32:27.83	18
	57.41	1:59.38 (1:01.97)	3:02.27 (1:02.89)	4:04.99 (1:02.72)		
	5:07.87 (1:02.88)	6:11.86 (1:03.99)	7:15.27 (1:03.41)	8:18.91 (1:03.64)		
	9:23.51 (1:04.60)	10:28.35 (1:04.84)	11:32.71 (1:04.36)	12:36.83 (1:04.12)		
	13:42.29 (1:05.46)	14:48.12 (1:05.83)	15:53.98 (1:05.86)	16:59.15 (1:05.17)		
	18:05.58 (1:06.43)	19:11.17 (1:05.59)	20:18.27 (1:07.10)	21:24.99 (1:06.72)		
	22:32.65 (1:07.66)	23:39.16 (1:06.51)	24:45.64 (1:06.48)	25:53.32 (1:07.68)		
	27:00.00 (1:06.68)	28:06.44 (1:06.44)	29:12.21 (1:05.77)	30:19.11 (1:06.90)		
	31:24.86 (1:05.75)	32:27.83 (1:02.97)				

Women 75-79 50 SC Meter Backstroke

NATL: 40.00 % 3/18/2023 DIANN UUSTAL

PAC: 47.01 # 10/9/2022 Ruth Y Shaps

WRL(4): 7:00.00 2000 Clary MUNNS

1	Shaps, Ruth	76	Manatee Aquatic Masters Inc-38	48.00	47.18	21
2	Armstrong, Judy	76	Marcia's Enthusiastic Masters-38	1:00.33	1:06.24	19

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results**Women 75-79 100 SC Meter Backstroke**

NATL: 1:26.40 % 10/15/2022 DIANN UUSTAL

PAC: 1:49.38 # 10/12/2019 Daniela Barnea

WRL(4): 10:00.00 2000 Diann UUSTAL

1	Armstrong, Judy	76	Marcia's Enthusiastic Masters-38	2:24.46	2:24.37	21
	1:09.66		2:24.37 (1:14.71)			

Women 75-79 50 SC Meter Breaststroke

NATL: 46.20 % 3/15/2014 JOANN LEILICH

PAC: 47.97 # 10/12/2019 Daniela Barnea

WRL(4): 2:00.00 2000 Shoko YONEZAWA

1	Barnea, Daniela	79	Menlo Masters-38	54.30	52.07	21
2	Caso, Susie	77	Manatee Aquatic Masters Inc-38	55.81	59.62	19
3	Hackett-Evans, Penny	77	Walnut Creek Masters-38	1:05.00	1:04.05	18
4	Coholan, Annette	75	Rolling Hills Mud Sharks-38	1:03.46	1:04.70	17

Women 75-79 100 SC Meter Breaststroke

NATL: 1:40.82 % 3/15/2014 JOANN LEILICH

PAC: 1:43.58 # 10/10/2019 Daniela Barnea

WRL(4): 3:00.00 2000 Shoko YONEZAWA

1	Barnea, Daniela	79	Menlo Masters-38	1:55.20	1:53.75	21
	55.22		1:53.75 (58.53)			
2	Caso, Susie	77	Manatee Aquatic Masters Inc-38	2:10.00	2:19.14	19
	1:05.96		2:19.14 (1:13.18)			
3	Coholan, Annette	75	Rolling Hills Mud Sharks-38	2:10.18	2:19.36	18
	1:07.05		2:19.36 (1:12.31)			

Women 75-79 200 SC Meter Breaststroke

NATL: 3:36.56 % 3/15/2014 JOANN LEILICH

PAC: 3:45.84 # 9/22/2019 Daniela Barnea

WRL(4): 4:00.00 2000 Shoko YONEZAWA

1	Barnea, Daniela	79	Menlo Masters-38	3:57.10	4:05.83	21
	55.89		2:00.00 (1:04.11)	3:04.39 (1:04.39)	4:05.83 (1:01.44)	
2	Scott, Stephanie	76	Walnut Creek Masters-38	4:55.00	4:46.20	19
	1:04.06		2:17.47 (1:13.41)	3:33.52 (1:16.05)	4:46.20 (1:12.68)	
3	Hackett-Evans, Penny	77	Walnut Creek Masters-38	5:20.00	5:21.24	18
	1:15.44		2:38.15 (1:22.71)	5:21.24 (2:43.09)		

Women 75-79 100 SC Meter Butterfly

NATL: 1:46.04 % 10/13/2019 DANIELA BARNEA

PAC: 1:46.04 # 10/13/2019 Daniela Barnea

WRL(4): 3:00.00 2000 Judy WILSON

1	Barnea, Daniela	79	Menlo Masters-38	1:57.15	1:57.21	21
	55.52		1:57.21 (1:01.69)			

Women 75-79 200 SC Meter Butterfly

NATL: 3:57.22 % 9/22/2019 DANIELA BARNEA

PAC: 3:57.22 # 9/22/2019 Daniela Barnea

WRL(4): 5:00.00 2000 Clary MUNNS

1	Barnea, Daniela	79	Menlo Masters-38	3:59.30	4:17.91	21
	54.98		2:00.38 (1:05.40)	3:09.42 (1:09.04)	4:17.91 (1:08.49)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 75-79 100 SC Meter IM

NATL: 1:29.53 % 11/5/2022 DIANN UUSTAL

PAC: 1:38.99 # 10/13/2019 Daniela Barnea

WRL(4): 5:00.00 2000 Clary MUNNS

1	Barnea, Daniela	79	Menlo Masters-38	1:48.20	1:44.98	21
	50.86	1:44.98 (54.12)				
2	Hackett-Evans, Penny	77	Walnut Creek Masters-38	2:39.49	2:32.45	19
	1:17.14	2:32.45 (1:15.31)				

Women 75-79 200 SC Meter IM

NATL: 3:32.91 % 11/13/2021 CAROLYN BOAK

PAC: 3:34.05 # 10/12/2019 Daniela Barnea

WRL(4): 11:00.00 2000 Kira MAKAROVA

1	Barnea, Daniela	79	Menlo Masters-38	3:53.15	3:51.90	21
	1:53.96	2:58.39 (1:04.43)	3:51.90 (53.51)			
2	Scott, Stephanie	76	Walnut Creek Masters-38	4:30.00	4:29.23	19
	1:07.72	2:18.57 (1:10.85)	3:34.11 (1:15.54)	4:29.23 (55.12)		

Women 75-79 400 SC Meter IM

NATL: 7:27.94 % 11/14/2021 CAROLYN BOAK

PAC: 7:42.05 # 9/22/2019 Daniela Barnea

WRL(4): 5:00.00 2000 Yoshiko OSAKI

1	Scott, Stephanie	76	Walnut Creek Masters-38	9:18.00	9:20.92	21
	1:10.40	2:32.26 (1:21.86)	3:43.56 (1:11.30)	4:54.42 (1:10.86)		
	6:11.06 (1:16.64)	7:29.84 (1:18.78)	8:26.21 (56.37)	9:20.92 (54.71)		

Women 80-84 50 SC Meter Freestyle

NATL: 38.03 % 1/25/2009 GAIL ROPER

PAC: 41.34 # 12/31/2002 Margery Meyer

WRL(4): 5:00.00 2000 Yoshiko OSAKI

1	Westergaard, Leslie	80	Davis Aquatic Masters-38	58.00	59.27	21
2	Jacobs, Lois	80	Marcia's Enthusiastic Masters-38	1:19.95	1:25.80	19

Women 80-84 50 SC Meter Freestyle

NATL: 38.03 % 1/25/2009 GAIL ROPER

PAC: 41.34 # 12/31/2002 Margery Meyer

WRL(4): 5:00.00 2000 Yoshiko OSAKI

1	Jacobs, Lois	80	Marcia's Enthusiastic Masters-38	NT	1:24.18	
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Women 80-84 100 SC Meter Freestyle

NATL: 1:26.23 % 1/25/2009 GAIL ROPER

PAC: 1:34.45 # 12/31/2002 Margery Meyer

WRL(4): 5:00.00 2000 Yoshiko OSAKI

1	Westergaard, Leslie	80	Davis Aquatic Masters-38	1:59.00	2:04.22	21
	1:01.10	2:04.22 (1:03.12)				
2	Stretch, Nancy	83	The Olympic Club-38	2:20.00	2:07.90	19
	1:01.91	2:07.90 (1:05.99)				

Women 80-84 200 SC Meter Freestyle

NATL: 3:18.57 % 1/25/2009 GAIL ROPER

PAC: 3:27.57 # 12/31/2002 Margery Meyer

WRL(4): 2:00.00 2000 Yoshiko OSAKI

1	Westergaard, Leslie	80	Davis Aquatic Masters-38	4:10.00	4:22.64	21
	1:02.07	2:07.08 (1:05.01)	3:15.63 (1:08.55)	4:22.64 (1:07.01)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Women 80-84 200 SC Meter Freestyle)

2	Jacobs, Lois	80	Marcia's Enthusiastic Masters-38	6:11.87	6:46.31	19
	1:32.97	3:19.61 (1:46.64)	5:05.34 (1:45.73)	6:46.31 (1:40.97)		

Women 80-84 200 SC Meter Freestyle

NATL: 3:18.57 % 1/25/2009 GAIL ROPER
 PAC: 3:27.57 # 12/31/2002 Margery Meyer
 WRL(4): 2:00.00 2000 Yoshiko OSAKI

1	Jacobs, Lois	80	Marcia's Enthusiastic Masters-38	NT	6:35.33	
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Women 80-84 400 SC Meter Freestyle

NATL: 7:20.96 % 11/11/2007 JEAN TROY
 PAC: 7:22.84 # 12/31/2002 Margery Meyer
 WRL(4): 10:00.00 2000 Yoshiko OSAKI

1	Morton, Judith	84	Walnut Creek Masters-38	12:40.82	12:54.25	21
	1:27.83	3:04.40 (1:36.57)	4:40.86 (1:36.46)	6:19.56 (1:38.70)		
	7:58.91 (1:39.35)	9:41.40 (1:42.49)	11:17.54 (1:36.14)	12:54.25 (1:36.71)		
2	Jacobs, Lois	80	Marcia's Enthusiastic Masters-38	12:36.66	13:48.79	19
	1:32.16	3:18.18 (1:46.02)	8:38.22 ()			
		10:25.86 ()	12:10.73 (1:44.87)	13:48.79 (1:38.06)		

Women 80-84 1500 SC Meter Freestyle

NATL: 28:07.36 % 11/3/2019 ANNE WILLIAMS
 PAC: 29:39.08 # 12/31/2002 Margery Meyer
 WRL(4): 6:00.00 2000 Jane ASHER

1	Jacobs, Lois	80	Marcia's Enthusiastic Masters-38	48:18.76	52:57.55	21
	1:36.91	3:23.95 (1:47.04)	5:07.85 (1:43.90)	6:56.06 (1:48.21)		
	8:39.92 (1:43.86)	10:25.66 (1:45.74)	12:11.70 (1:46.04)	13:55.30 (1:43.60)		
	15:41.29 (1:45.99)	17:26.88 (1:45.59)	19:11.12 (1:44.24)	20:58.11 (1:46.99)		
	22:44.71 (1:46.60)	24:32.01 (1:47.30)	26:16.19 (1:44.18)	28:00.94 (1:44.75)		
	29:48.21 (1:47.27)	31:36.10 (1:47.89)	33:23.26 (1:47.16)	35:10.18 (1:46.92)		
	36:56.61 (1:46.43)	38:42.69 (1:46.08)	40:29.81 (1:47.12)	42:17.95 (1:48.14)		
	44:08.57 (1:50.62)	45:55.59 (1:47.02)	47:42.34 (1:46.75)	49:29.75 (1:47.41)		
	51:16.65 (1:46.90)	52:57.55 (1:40.90)				

Women 80-84 50 SC Meter Backstroke

NATL: 48.91 % 12/10/2022 JOY WARD
 PAC: 50.03 # 12/31/2002 Margery Meyer
 WRL(4): 5:00.00 2000 Satoko TAKEUJI

1	Westergaard, Leslie	80	Davis Aquatic Masters-38	59.00	59.83	21
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Women 80-84 100 SC Meter Backstroke

NATL: 1:46.73 % 11/12/2022 JOY WARD
 PAC: 1:55.79 # 12/31/2002 Margery Meyer
 WRL(4): 5:00.00 2000 Noriko YOSHIDA

1	Westergaard, Leslie	80	Davis Aquatic Masters-38	2:03.00	2:08.31	21
	1:02.04	2:08.31 (1:06.27)				
2	Stretch, Nancy	83	The Olympic Club-38	2:30.00	2:20.96	19
	1:10.37	2:20.96 (1:10.59)				
3	Norris, Roswita	81	Davis Aquatic Masters-38	3:02.73	2:51.86	18
	1:24.32	2:51.86 (1:27.54)				
4	Morton, Judith	84	Walnut Creek Masters-38	2:39.85	3:00.83	17
	1:27.41	3:00.83 (1:33.42)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 80-84 200 SC Meter Backstroke

NATL: 3:44.82 % 3/13/2022 JOY WARD

PAC: 4:14.53 # 12/31/2003 Margery Meyer

WRL(4): 3:00.00 2000 Noriko YOSHIDA

1	Westergaard, Leslie	80	Davis Aquatic Masters-38	4:17.00	4:29.63	21
	1:04.94	2:14.08 (1:09.14)	3:24.22 (1:10.14)	4:29.63 (1:05.41)		
2	Norris, Roswita	81	Davis Aquatic Masters-38	6:06.20	5:56.77	19
	1:21.48	2:55.03 (1:33.55)	4:26.82 (1:31.79)	5:56.77 (1:29.95)		
3	Morton, Judith	84	Walnut Creek Masters-38	5:29.20	6:22.64	18
	1:32.84	3:09.28 (1:36.44)	4:45.67 (1:36.39)	6:22.64 (1:36.97)		

Women 80-84 50 SC Meter Breaststroke

NATL: 50.49 % 11/9/2019 JOANN LEILICH

PAC: 53.62 # 10/16/2011 Ann M Hirsch

WRL(4): 3:00.00 2000 Shoko YONEZAWA

1	Stretch, Nancy	83	The Olympic Club-38	1:15.00	1:07.44	21
2	Norris, Roswita	81	Davis Aquatic Masters-38	1:37.49	1:33.91	19

Women 80-84 100 SC Meter Breaststroke

NATL: 1:50.15 % 11/10/2019 JOANN LEILICH

PAC: 1:57.31 # 8/20/2011 Ann M Hirsch

WRL(4): 6:00.00 2000 Diane FORD

1	Stretch, Nancy	83	The Olympic Club-38	2:30.00	2:36.25	21
	1:15.20	2:36.25 (1:21.05)				
2	Norris, Roswita	81	Davis Aquatic Masters-38	3:28.48	3:26.74	19
	1:44.07	3:26.74 (1:42.67)				

Women 80-84 200 SC Meter Breaststroke

NATL: 4:01.34 % 11/9/2019 JOANN LEILICH

PAC: 4:16.16 # 9/25/2011 Ann M Hirsch

WRL(4): 2:00.00 2000 Shoko YONEZAWA

1	Norris, Roswita	81	Davis Aquatic Masters-38	7:22.71	6:45.19	21
	1:38.45	3:19.78 (1:41.33)	5:03.27 (1:43.49)	6:45.19 (1:41.92)		
2	Jacobs, Lois	80	Marcia's Enthusiastic Masters-38	7:14.63	8:25.53	19
	2:00.20	4:07.87 (2:07.67)	6:18.89 (2:11.02)	8:25.53 (2:06.64)		

Women 80-84 50 SC Meter Butterfly

NATL: 48.85 % 5/16/2009 GAIL ROPER

PAC: 58.34 # 8/20/2011 Ann M Hirsch

WRL(4): 4:00.00 2000 Jane ASHER

1	Stretch, Nancy	83	The Olympic Club-38	1:23.00	1:14.29	21
2	Morton, Judith	84	Walnut Creek Masters-38	1:48.99	1:51.97	19

Women 80-84 100 SC Meter Butterfly

NATL: 1:58.02 % 11/21/2009 GAIL ROPER

PAC: 2:28.34 # 12/31/1994 Jean Durston

WRL(4): 4:00.00 2000 Judie OLIVER

1	Morton, Judith	84	Walnut Creek Masters-38	3:51.15	3:52.68	21
	1:52.87	3:52.68 (1:59.81)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 80-84 200 SC Meter Butterfly

NATL: 4:35.51 % 10/28/2007 LOIS KIVI NOCHMAN

PAC: 5:24.06 # 12/31/2002 Jae Howell

WRL(4): 3:00.00 2000 Judie OLIVER

1	Morton, Judith	84	Walnut Creek Masters-38	8:19.59	8:12.61	21
				3:59.28 ()	6:05.18 (2:05.90)	8:12.61 (2:07.43)

Women 80-84 200 SC Meter IM

NATL: 3:55.51 % 6/17/2009 GAIL ROPER

PAC: 4:25.53 # 12/31/2012 Ann M Hirsch

WRL(4): 6:00.00 2000 Jane ASHER

1	Stretch, Nancy	83	The Olympic Club-38	4:50.00	5:04.43	21
				1:14.00	2:27.57 (1:13.57)	3:52.81 (1:25.24)
						5:04.43 (1:11.62)
2	Morton, Judith	84	Walnut Creek Masters-38	6:48.61	7:13.36	19
						3:29.88 ()
						5:40.34 (2:10.46)
						7:13.36 (1:33.02)
---	Norris, Roswita	81	Davis Aquatic Masters-38	7:15.00	DQ	
						1:57.91
						3:41.27 (1:43.36)

Women 85-89 50 SC Meter Freestyle

NATL: 46.01 % 12/6/2014 NAN BOHL

PAC: 48.10 # 12/31/2008 Margery Meyer

WRL(4): 4:00.00 2000 Jane ASHER

1	Tegner, Thyra	88	Almaden Masters-38	1:06.86	1:05.24	21
2	Wood, Caroline	88	Walnut Creek Masters-38	1:00.57	1:06.83	19

Women 85-89 100 SC Meter Freestyle

NATL: 1:43.97 % 10/13/2012 JEAN TROY

PAC: 1:46.95 # 12/31/2008 Margery Meyer

WRL(4): 4:00.00 2000 Yoshiko OSAKI

1	Tegner, Thyra	88	Almaden Masters-38	2:25.51	2:37.77	21
				1:09.10	2:37.77 (1:28.67)	
2	Wood, Caroline	88	Walnut Creek Masters-38	2:34.83	2:45.43	19
				1:19.17	2:45.43 (1:26.26)	

Women 85-89 50 SC Meter Backstroke

NATL: 51.75 % 10/13/2012 BETTY LORENZI

PAC: 59.11 # 9/14/2008 Margery Meyer

WRL(4): 5:00.00 2000 Yoshiko OSAKI

1	Wood, Caroline	88	Walnut Creek Masters-38	1:16.81	1:20.34	21
2	Tegner, Thyra	88	Almaden Masters-38	1:25.00	1:26.00	19

Women 85-89 100 SC Meter Backstroke

NATL: 1:52.21 % 10/14/2012 BETTY LORENZI

PAC: 2:16.59 # 12/31/2002 Marjorie Sharpe

WRL(4): 7:00.00 2000 Yoshiko OSAKI

1	Tegner, Thyra	88	Almaden Masters-38	2:59.00	3:22.97	21
				1:33.74	3:22.97 (1:49.23)	

Men 18-24 50 SC Meter Freestyle

NATL: 21.38 % 12/11/2005 NICK BRUNELLI

PAC: 23.00 # 10/12/2014 Kevin Ferguson

1	Duggan, Carrick	19	Walnut Creek Masters-38	26.00	25.88	21
2	Boyle, Jackson	19	Sacramento Masters-38	24.50	26.84	19
3	Polakoff, Taras	24	Beaver Swim Club-33	26.97	26.95	18
4	Guidi, Christopher	21	San Ramon Valley Aquatics Mast-38	26.76	27.22	17

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Men 18-24 100 SC Meter Freestyle**NATL: 48.00 % 12/11/2005 **NICK BRUNELLI**PAC: 51.76 # 10/12/2014 **Kevin Ferguson**

1	Duggan, Carrick	19	Walnut Creek Masters-38	56.00	56.47	21
	27.27	56.47 (29.20)				
2	Ogle-Sporer, Paul	24	Marcia's Enthusiastic Masters-38	55.30	57.25	19
	27.06	57.25 (30.19)				
3	Zhang, Frederick	24	Google Masters Swimming-38	1:10.60	1:10.23	18
	32.61	1:10.23 (37.62)				

Men 18-24 200 SC Meter FreestyleNATL: 1:47.32 % 12/11/2005 **NICK BRUNELLI**PAC: 1:54.23 # 12/31/1995 **Brad Winsor**

1	Guidi, Christopher	21	San Ramon Valley Aquatics Mast-38	2:03.68	2:01.60	21
	28.22	58.77 (30.55)	1:30.04 (31.27)	2:01.60 (31.56)		
2	Polakoff, Taras	24	Beaver Swim Club-33	2:16.93	2:11.10	19
	31.08	1:04.53 (33.45)	1:38.41 (33.88)	2:11.10 (32.69)		

Men 18-24 100 SC Meter BackstrokeNATL: 51.91 % 10/29/2011 **EUGENE GODSOE**PAC: 58.17 # 12/31/2010 **Matt Scanlan**

1	Polakoff, Taras	24	Beaver Swim Club-33	1:06.55	1:04.79	21
	31.58	1:04.79 (33.21)				
2	Ogle-Sporer, Paul	24	Marcia's Enthusiastic Masters-38	1:06.65	1:09.08	19
	32.56	1:09.08 (36.52)				
3	Duggan, Carrick	19	Walnut Creek Masters-38	1:05.00	1:10.04	18
	33.77	1:10.04 (36.27)				

Men 18-24 50 SC Meter BreaststrokeNATL: 27.83 % 11/21/2009 **GREGOR PLEVELJ**PAC: 28.79 # 11/23/2013 **Robert Lovelace**

1	Welsh, Cole	23	Walnut Creek Masters-38	30.00	30.61	21
2	Zhang, Frederick	24	Google Masters Swimming-38	36.00	35.45	19
3	Boyle, Jackson	19	Sacramento Masters-38	33.00	36.99	18

Men 18-24 100 SC Meter BreaststrokeNATL: 59.96 % 11/18/2017 **THIBAUT CAPITAINE**PAC: 1:03.84 # 10/9/2016 **Darren Chan Chin**

1	Welsh, Cole	23	Walnut Creek Masters-38	1:06.00	1:07.26	21
	31.05	1:07.26 (36.21)				
2	Zhang, Frederick	24	Google Masters Swimming-38	1:16.98	1:20.40	19
	37.92	1:20.40 (42.48)				

Men 18-24 50 SC Meter ButterflyNATL: 23.96 % 11/6/2016 **RUNAR BORGEN**PAC: 22.57 # 12/7/2004 **Thomas A Shields**

1	Zhang, Frederick	24	Google Masters Swimming-38	35.40	34.31	21
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Men 18-24 100 SC Meter ButterflyNATL: 52.25 % 10/29/2011 **EUGENE GODSOE**PAC: 48.99 # 12/7/2004 **Thomas A Shields**

1	Guidi, Christopher	21	San Ramon Valley Aquatics Mast-38	1:01.51	59.32	21
	27.72	59.32 (31.60)				
2	Polakoff, Taras	24	Beaver Swim Club-33	1:10.00	1:04.97	19
	29.66	1:04.97 (35.31)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 18-24 100 SC Meter IM

NATL: 55.71 % 10/29/2011 EUGENE GODSOE

PAC: 56.82 # 11/24/2013 Robert Lovelace

1	Welsh, Cole	23	Walnut Creek Masters-38	1:02.00	1:01.21	21
	28.94	1:01.21 (32.27)				

Men 18-24 200 SC Meter IM

NATL: 2:00.32 % 12/11/2005 NICK BRUNELLI

PAC: 2:08.44 # 11/23/2013 Robert Lovelace

1	Polakoff, Taras	24	Beaver Swim Club-33	2:40.00	2:32.60	21
	31.64	1:09.17 (37.53)	1:58.68 (49.51)	2:32.60 (33.92)		
2	Zhang, Frederick	24	Google Masters Swimming-38	2:48.84	2:47.42	19
	36.36	1:23.93 (47.57)	2:08.91 (44.98)	2:47.42 (38.51)		

Men 25-29 50 SC Meter Freestyle

NATL: 21.28 % 11/20/2021 RYAN HELD

PAC: 22.81 # 12/31/2002 Scott C Greenwood

WRL(4): 11:00.00 2000 Ryan HELD

1	Henry, Christian	27	Golden Road Aquatics-33	22.50	23.41	21
2	Shaffer, Luke	29	Davis Aquatic Masters-38	28.04	26.19	19
3	Pendergraft, Adam	29	Walnut Creek Masters-38	28.30	27.44	18
4	Jalihai, Aditya	28	Marcia's Enthusiastic Masters-38	27.27	28.66	17

Men 25-29 100 SC Meter Freestyle

NATL: 47.43 % 11/16/2014 CESAR CIELO

PAC: 51.94 # 9/22/2013 Tim R Watts

WRL(4): 11:00.00 2000 Cesar CIELO

1	Henry, Christian	27	Golden Road Aquatics-33	52.99	54.35	21
	25.18	54.35 (29.17)				
2	Chow, Jonathan	28	SF Tsunami Masters-38	59.00	57.74	19
	27.84	57.74 (29.90)				
3	Mueller, Eric	29	Uc38	1:00.00	59.55	18
	29.05	59.55 (30.50)				
4	Shaffer, Luke	29	Davis Aquatic Masters-38	1:06.04	1:00.13	17
	27.99	1:00.13 (32.14)				
5	Pendergraft, Adam	29	Walnut Creek Masters-38	1:04.42	1:00.79	16
	28.10	1:00.79 (32.69)				
6	Goard, Andrew	28	University of San Francisco Ma-38	56.00	1:01.67	15
	29.86	1:01.67 (31.81)				
7	Jalihai, Aditya	28	Marcia's Enthusiastic Masters-38	1:00.00	1:03.31	14
	29.43	1:03.31 (33.88)				
8	Ganesh, Prashanth	25	Walnut Creek Masters-38	1:04.00	1:04.07	13
	31.61	1:04.07 (32.46)				
9	MacDonald, Patrick	28	SF Tsunami Masters-38	1:07.00	1:05.22	12
	30.60	1:05.22 (34.62)				
10	Glomstad, William	29	Walnut Creek Masters-38	1:08.00	1:05.27	11
	32.08	1:05.27 (33.19)				
11	Ko, Ming	27	Uc38	1:15.00	1:06.93	10
	30.82	1:06.93 (36.11)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 25-29 200 SC Meter Freestyle

NATL: 1:44.90 % 11/3/2013 DARIAN TOWNSEND

PAC: 1:48.81 # 12/31/1995 John Keppeler

WRL(4): 11:00.00 2000 Darian TOWNSEND

1	Mueller, Eric	29	Uc38	2:15.19	2:13.64	21
	30.34	1:04.10 (33.76)	1:39.37 (35.27)	2:13.64 (34.27)		
2	Shaffer, Luke	29	Davis Aquatic Masters-38	2:20.04	2:19.67	19
	31.65	1:07.36 (35.71)	1:42.63 (35.27)	2:19.67 (37.04)		
3	Ganesh, Prashanth	25	Walnut Creek Masters-38	2:25.00	2:20.95	18
	33.88	1:09.40 (35.52)	1:45.71 (36.31)	2:20.95 (35.24)		
4	Glomstad, William	29	Walnut Creek Masters-38	2:20.00	2:22.74	17
	32.71	1:07.82 (35.11)	1:45.10 (37.28)	2:22.74 (37.64)		

Men 25-29 400 SC Meter Freestyle

NATL: 3:52.83 % 12/9/2018 DREW MODROV

PAC: 4:04.26 # 12/31/2002 Nate Moore

WRL(4): 12:00.00 2000 Drew MODROV

1	Ganesh, Prashanth	25	Walnut Creek Masters-38	5:10.00	4:52.38	21
	35.19	1:12.37 (37.18)	1:49.63 (37.26)	2:26.78 (37.15)		
	3:03.72 (36.94)	3:40.99 (37.27)	4:17.86 (36.87)	4:52.38 (34.52)		
2	Glomstad, William	29	Walnut Creek Masters-38	5:10.00	5:10.75	19
	35.20	1:12.93 (37.73)	1:51.40 (38.47)	2:30.66 (39.26)		
	3:11.08 (40.42)	3:52.01 (40.93)	4:32.59 (40.58)	5:10.75 (38.16)		

Men 25-29 50 SC Meter Backstroke

NATL: 23.70 % 11/21/2021 RYAN HELD

PAC: 24.87 # 10/13/2019 Iskender Baslakov

WRL(4): 11:00.00 2000 Ryan HELD

1	Valentine, Matthew	29	University of San Francisco Ma-38	30.00	30.72	21
2	Remmert, Kyle	27	Walnut Creek Masters-38	33.00	32.46	19

Men 25-29 100 SC Meter Backstroke

NATL: 52.99 % 12/3/2016 TONY COX

PAC: 55.20 # 10/12/2019 Iskender Baslakov

WRL(4): 1:00.00 2000 Ryota MAEJIMA

1	Chow, Jonathan	28	SF Tsunami Masters-38	1:15.00	1:08.25	21
	32.98	1:08.25 (35.27)				
2	Goard, Andrew	28	University of San Francisco Ma-38	1:02.00	1:11.28	19
	34.01	1:11.28 (37.27)				
3	Shaffer, Luke	29	Davis Aquatic Masters-38	1:20.04	1:12.09	18
	34.23	1:12.09 (37.86)				
4	MacDonald, Patrick	28	SF Tsunami Masters-38	1:14.00	1:18.12	17
	37.97	1:18.12 (40.15)				

Men 25-29 200 SC Meter Backstroke

NATL: 2:01.34 % 11/13/2016 JAN KONARZEWSKI

PAC: 2:02.63 # 12/31/1995 John Keppeler

WRL(4): 1:00.00 2000 Ryota MAEJIMA

1	Valentine, Matthew	29	University of San Francisco Ma-38	2:25.00	2:24.03	21
	34.00	1:10.87 (36.87)	1:47.99 (37.12)	2:24.03 (36.04)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 25-29 50 SC Meter Breaststroke

NATL: 27.31 % 11/23/2013 EETU KARVONEN

PAC: 28.66 # 10/12/2019 Hunter Cobleigh

WRL(4): 10:00.00 2000 Lawrence PALMER

1	Cono, Benjamin	27	The Olympic Club-38	27.00	27.64 #	21
2	Henry, Christian	27	Golden Road Aquatics-33	30.58	30.38	19
3	Pendergraft, Adam	29	Walnut Creek Masters-38	38.85	33.40	18
4	Chow, Jonathan	28	SF Tsunami Masters-38	35.00	33.99	17
5	Remmert, Kyle	27	Walnut Creek Masters-38	36.50	36.22	16
6	Ko, Ming	27	Uc38	36.00	36.29	15
7	Goard, Andrew	28	University of San Francisco Ma-38	33.00	37.92	14
8	Naidu, Dharma	26	Google Masters Swimming-38	35.00	38.78	13
9	MacDonald, Patrick	28	SF Tsunami Masters-38	39.99	39.75	12

Men 25-29 100 SC Meter Breaststroke

NATL: 59.21 % 11/23/2013 EETU KARVONEN

PAC: 1:00.83 # 12/7/2014 BJ Johnson

WRL(4): 11:00.00 2000 Shotaro SHIMAZAKI

1	Rico, Daniel	27	Walnut Creek Masters-38	1:11.36	1:09.36	21
				32.59	1:09.36 (36.77)	
2	Ko, Ming	27	Uc38	1:15.00	1:20.47	19
				37.83	1:20.47 (42.64)	

Men 25-29 200 SC Meter Breaststroke

NATL: 2:07.55 % 10/14/2018 JOSH PRENOT

PAC: 2:06.24 # 12/7/2014 BJ Johnson

WRL(4): 10:00.00 2000 Josh PRENOT

1	Rico, Daniel	27	Walnut Creek Masters-38	2:31.73	2:30.42	21
				33.64	1:11.77 (38.13)	
					1:50.47 (38.70)	
					2:30.42 (39.95)	

Men 25-29 50 SC Meter Butterfly

NATL: 23.15 % 11/21/2021 RYAN HELD

PAC: 25.06 # 12/31/2007 Adam M Conway

WRL(4): 11:00.00 2000 Ryan HELD

1	Henry, Christian	27	Golden Road Aquatics-33	26.32	26.50	21
2	Valentine, Matthew	29	University of San Francisco Ma-38	28.50	28.33	19
3	Chow, Jonathan	28	SF Tsunami Masters-38	29.00	28.87	18
4	Pendergraft, Adam	29	Walnut Creek Masters-38	31.11	29.57	17
5	Jalihai, Aditya	28	Marcia's Enthusiastic Masters-38	30.00	30.07	16
6	Goard, Andrew	28	University of San Francisco Ma-38	29.00	32.43	15

Men 25-29 100 SC Meter Butterfly

NATL: 52.45 % 11/3/2013 DARIAN TOWNSEND

PAC: 55.97 # 12/31/2007 Adam M Conway

WRL(4): 10:00.00 2000 Adam BARRETT

1	Valentine, Matthew	29	University of San Francisco Ma-38	1:00.00	1:02.18	21
				28.92	1:02.18 (33.26)	
2	Mueller, Eric	29	Uc38	1:03.20	1:04.21	19
				30.18	1:04.21 (34.03)	
3	Holm, Jacob	26	Uc38	1:12.00	1:11.30	18
				32.17	1:11.30 (39.13)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 25-29 200 SC Meter Butterfly

NATL: 2:02.97 % 12/10/2017 DREW MODROV

PAC: 2:13.42 # 9/23/2018 Brandon J Fischer

WRL(4): 3:00.00 2000 Shun WATARAI

1	Mueller, Eric	29	Uc38	2:26.65	2:25.20	21
	31.04	1:06.39 (35.35)	1:43.77 (37.38)	2:25.20 (41.43)		

Men 25-29 100 SC Meter IM

NATL: 52.78 % 11/21/2021 RYAN HELD

PAC: 56.39 # 9/25/2011 FRANK ZIO

WRL(4): 11:00.00 2000 Ryan HELD

1	Gilchrist, Alexander	26	Tri Valley Masters-38	1:04.50	1:00.66	21
	27.98	1:00.66 (32.68)				
2	Henry, Christian	27	Golden Road Aquatics-33	59.90	1:03.64	19
	29.05	1:03.64 (34.59)				
3	Rico, Daniel	27	Walnut Creek Masters-38	1:04.83	1:05.43	18
	30.55	1:05.43 (34.88)				
4	Pendergraft, Adam	29	Walnut Creek Masters-38	1:10.00	1:08.98	17
	32.94	1:08.98 (36.04)				
5	Shaffer, Luke	29	Davis Aquatic Masters-38	1:20.04	1:09.45	16
	31.15	1:09.45 (38.30)				

Men 25-29 200 SC Meter IM

NATL: 1:59.79 % 10/13/2013 ADAM RITTER

PAC: 2:05.93 # 12/31/1995 Jon Keppeler

WRL(4): 10:00.00 2000 Ken KUWAYAMA

1	Rico, Daniel	27	Walnut Creek Masters-38	2:25.00	2:22.08	21
	30.19	1:08.74 (38.55)	1:48.21 (39.47)	2:22.08 (33.87)		
2	Shaffer, Luke	29	Davis Aquatic Masters-38	2:40.04	2:36.02	19
	30.99	1:10.43 (39.44)	1:57.69 (47.26)	2:36.02 (38.33)		
3	Holm, Jacob	26	Uc38	2:40.00	2:37.69	18
	32.15	1:13.52 (41.37)	1:59.44 (45.92)	2:37.69 (38.25)		
4	MacDonald, Patrick	28	SF Tsunami Masters-38	2:45.00	2:47.44	17
	36.13	1:19.25 (43.12)	2:09.19 (49.94)	2:47.44 (38.25)		
5	Naidu, Dharmma	26	Google Masters Swimming-38	2:40.00	2:48.08	16
	31.91	1:15.18 (43.27)	2:05.05 (49.87)	2:48.08 (43.03)		

Men 25-29 400 SC Meter IM

NATL: 4:26.79 % 12/10/1995 JOHN KEPPELER

PAC: 4:26.79 # 12/31/1995 John Keppeler

WRL(4): 11:00.00 2000 Ikumi HASEGAWA

1	Rico, Daniel	27	Walnut Creek Masters-38	5:08.75	5:06.33	21
	32.24	1:10.30 (38.06)	1:52.98 (42.68)	2:35.58 (42.60)		
	3:15.57 (39.99)	3:56.22 (40.65)	4:31.91 (35.69)	5:06.33 (34.42)		

Men 30-34 50 SC Meter Freestyle

NATL: 21.91 % 11/13/2016 DARIAN TOWNSEND

PAC: 22.39 # 10/16/2011 Anthony L Ervin

WRL(4): 12:00.00 2000 FROSA MESSIAS

1	Greer, George	33	East Bay Bat Rays Masters-38	25.00	25.45	21
2	Keshmiri, Armon	30	Uc38	26.99	25.94	19
3	Rogers, Chasen	33	Marcia's Enthusiastic Masters-38	27.10	27.77	18
4	Chen, Jacky	30	Marcia's Enthusiastic Masters-38	27.19	28.10	17
5	Pine, Justin	31	Marcia's Enthusiastic Masters-38	28.84	28.31	16

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 30-34 50 SC Meter Freestyle)**

6	Schempp, Kyle	34	Tri Valley Masters-38	30.00	29.49	15
7	Burns, Gregory	34	Walnut Creek Masters-38	32.00	30.84	14
8	Volz, Justin	34	Marcia's Enthusiastic Masters-38	59.00	41.05	13

Men 30-34 100 SC Meter FreestyleNATL: 48.08 % 9/27/2014 **DARIAN TOWNSEND**PAC: 50.35 # 9/25/2011 **Anthony L Ervin**WRL(4): 11:00.00 2000 **Evgeniy LAGUNOV**

1	Lavado, Marcos	32	Walnut Creek Masters-38	51.76	50.97	21
	24.76		50.97 (26.21)			
2	Ward, Lee	30	Walnut Creek Masters-38	53.55	53.04	19
	25.16		53.04 (27.88)			
3	Tan, Daniel	31	SF Tsunami Masters-38	57.00	53.35	18
	26.11		53.35 (27.24)			
4	Greer, George	33	East Bay Bat Rays Masters-38	55.00	56.99	17
	27.30		56.99 (29.69)			
5	McCarty, William	34	Jellies Aquatic Masters of Mon-38	55.00	57.21	16
	27.28		57.21 (29.93)			
6	Dorn, Kevin	30	Uc38	1:05.25	59.62	15
	28.40		59.62 (31.22)			
7	Boone, Matt	34	Walnut Creek Masters-38	59.61	1:00.15	14
	28.28		1:00.15 (31.87)			
8	Rogers, Chasen	33	Marcia's Enthusiastic Masters-38	1:00.41	1:01.77	13
	29.93		1:01.77 (31.84)			
9	Chen, Jacky	30	Marcia's Enthusiastic Masters-38	1:01.28	1:02.79	12
	29.77		1:02.79 (33.02)			
10	Pine, Justin	31	Marcia's Enthusiastic Masters-38	1:04.66	1:04.11	11
	30.25		1:04.11 (33.86)			
11	Schempp, Kyle	34	Tri Valley Masters-38	1:37.00	1:06.59	10
	32.41		1:06.59 (34.18)			
12	Elnaggar, Mahmoud	34	Uc38	1:13.00	1:11.49	9
	34.81		1:11.49 (36.68)			
13	Burns, Gregory	34	Walnut Creek Masters-38	1:27.00	1:14.11	8
	35.14		1:14.11 (38.97)			
14	Bautista, Jair	31	Sacramento Masters-38	1:06.00	1:14.92	7
	35.67		1:14.92 (39.25)			
15	Arias, Armando	34	Uc38	1:24.00	1:17.32	6
	36.15		1:17.32 (41.17)			
16	Volz, Justin	34	Marcia's Enthusiastic Masters-38	1:58.00	1:35.65	5
	42.73		1:35.65 (52.92)			

Men 30-34 200 SC Meter FreestyleNATL: 1:46.12 % 9/27/2014 **DARIAN TOWNSEND**PAC: 1:52.04 # 12/31/1999 **John Keppeler**WRL(4): 9:00.00 2000 **Darian TOWNSEND**

1	Rogers, Chasen	33	Marcia's Enthusiastic Masters-38	NT	2:21.28	
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Men 30-34 200 SC Meter FreestyleNATL: 1:46.12 % 9/27/2014 **DARIAN TOWNSEND**PAC: 1:52.04 # 12/31/1999 **John Keppeler**WRL(4): 9:00.00 2000 **Darian TOWNSEND**

1	Harding, Keevan	32	Marcia's Enthusiastic Masters-38	2:29.00	2:22.19	21
	32.90		1:08.10 (35.20)	1:45.01 (36.91)	2:22.19 (37.18)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 30-34 200 SC Meter Freestyle)**

2	Pine, Justin	31	Marcia's Enthusiastic Masters-38	2:37.00	2:31.27	19
	34.77	1:13.37 (38.60)	1:52.75 (39.38)	2:31.27 (38.52)		

Men 30-34 400 SC Meter FreestyleNATL: 3:53.95 % 12/14/2019 **DREW MODROV**PAC: 4:11.37 # 10/18/2009 **Clayton P Jones**WRL(4): 11:00.00 2000 **Yury UFIMTSEV**

1	Rogers, Chasen	33	Marcia's Enthusiastic Masters-38	5:08.00	5:06.47	21
	34.78	1:13.07 (38.29)	1:51.33 (38.26)	2:30.06 (38.73)		
	3:09.89 (39.83)	3:50.44 (40.55)	4:30.59 (40.15)	5:06.47 (35.88)		
2	Thomas, Michael	31	Mountain View Masters-38	5:30.00	5:37.13	19
	39.11	1:22.73 (43.62)	2:07.46 (44.73)	2:51.73 (44.27)		
	3:35.42 (43.69)	4:18.65 (43.23)	4:58.96 (40.31)	5:37.13 (38.17)		

Men 30-34 1500 SC Meter FreestyleNATL: 15:30.92 % 1/26/2019 **CHAD LA TOURETTE**PAC: 15:30.92 # 1/26/2019 **Chad E La Tourett**WRL(4): 1:00.00 2000 **Chad LA TOURETTE**

1	Thomas, Michael	31	Mountain View Masters-38	23:00.00	23:55.76	21
	41.90	1:28.76 (46.86)	2:15.25 (46.49)	3:02.65 (47.40)		
	3:50.18 (47.53)	4:37.97 (47.79)	5:25.71 (47.74)	6:13.36 (47.65)		
	7:00.67 (47.31)	7:47.96 (47.29)	8:35.62 (47.66)	9:23.48 (47.86)		
	10:11.50 (48.02)	11:00.03 (48.53)	11:49.27 (49.24)	12:37.66 (48.39)		
	13:26.13 (48.47)	14:14.03 (47.90)	15:02.82 (48.79)	15:52.47 (49.65)		
	16:42.69 (50.22)	17:32.86 (50.17)	18:22.17 (49.31)	19:11.79 (49.62)		
	20:01.21 (49.42)	20:50.06 (48.85)	21:38.42 (48.36)	22:26.60 (48.18)		
	23:12.32 (45.72)	23:55.76 (43.44)				

Men 30-34 50 SC Meter BackstrokeNATL: 24.75 % 11/12/2016 **DARIAN TOWNSEND**PAC: 25.54 # 10/13/2019 **Peter R Kline**WRL(4): 5:00.00 2000 **Nelson SILVA Jr.**

1	Boone, Matt	34	Walnut Creek Masters-38	31.46	30.56	21
2	Rogers, Chasen	33	Marcia's Enthusiastic Masters-38	34.00	32.37	19
3	Keshmiri, Armon	30	Uc38	33.99	32.50	18
4	Pine, Justin	31	Marcia's Enthusiastic Masters-38	37.00	38.17	17
---	Volz, Justin	34	Marcia's Enthusiastic Masters-38	58.00	DQ	

Men 30-34 100 SC Meter BackstrokeNATL: 52.68 % 10/24/2009 **DERYA BUYUKUNCU**PAC: 56.12 # 10/12/2019 **Peter R Kline**WRL(4): 2:00.00 2000 **Junichi MORITA**

1	Boone, Matt	34	Walnut Creek Masters-38	1:07.30	1:07.72	21
	31.94	1:07.72 (35.78)				
2	Chen, Jacky	30	Marcia's Enthusiastic Masters-38	1:12.60	1:12.72	19
	34.18	1:12.72 (38.54)				
3	Rogers, Chasen	33	Marcia's Enthusiastic Masters-38	1:10.00	1:14.16	18
4	Gu, Yue Shen	30	Walnut Creek Masters-38	1:25.40	1:26.71	17
	41.69	1:26.71 (45.02)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 30-34 200 SC Meter Backstroke

NATL: 1:55.46 % 11/1/2009 DERYA BUYUKUNCU

PAC: 2:02.91 # 12/31/1999 John Keppeler

WRL(4): 2:00.00 2000 Junichi MORITA

1	Thomas, Michael	31	Mountain View Masters-38	2:50.00	2:50.72	21
	40.02	1:23.24 (43.22)	2:06.77 (43.53)	2:50.72 (43.95)		

Men 30-34 50 SC Meter Breaststroke

NATL: 27.60 % 10/8/2022 BRANDON FISCHER

PAC: 27.60 # 10/8/2022 Brandon J Fischer

WRL(4): 5:00.00 2000 Felipe LIMA

1	Fischer, Brandon	34	Uc38	27.60	27.37%	21
2	Lavado, Marcos	32	Walnut Creek Masters-38	30.99	30.62	19
3	Tan, Daniel	31	SF Tsunami Masters-38	34.00	32.40	18
4	McCarty, William	34	Jellies Aquatic Masters of Mon-38	32.00	34.90	17
5	Dorn, Kevin	30	Uc38	38.00	35.02	16
6	Harding, Keevan	32	Marcia's Enthusiastic Masters-38	35.79	36.00	15
7	Chen, Jacky	30	Marcia's Enthusiastic Masters-38	35.05	36.12	14
8	Schempp, Kyle	34	Tri Valley Masters-38	40.00	36.71	13
9	Keshmiri, Armon	30	Uc38	37.99	36.75	12
10	Gu, Yue Shen	30	Walnut Creek Masters-38	38.24	37.80	11
11	Burns, Gregory	34	Walnut Creek Masters-38	39.00	39.66	10
12	Pine, Justin	31	Marcia's Enthusiastic Masters-38	42.00	42.81	9
13	Bautista, Jair	31	Sacramento Masters-38	48.00	47.21	8
14	Volz, Justin	34	Marcia's Enthusiastic Masters-38	1:02.00	49.63	7

Men 30-34 100 SC Meter Breaststroke

NATL: 59.42 % 10/8/2022 BRANDON FISCHER

PAC: 59.42 # 10/8/2022 Brandon J Fischer

WRL(4): 11:00.00 2000 Kohhei TOMINAGA

1	Fischer, Brandon	34	Uc38	59.42	59.72	21
	28.41	59.72 (31.31)				
2	Harding, Keevan	32	Marcia's Enthusiastic Masters-38	1:17.83	1:19.18	19
	38.71	1:19.18 (40.47)				
3	Dorn, Kevin	30	Uc38	1:31.00	1:20.08	18
	38.54	1:20.08 (41.54)				
4	Chen, Jacky	30	Marcia's Enthusiastic Masters-38	1:19.26	1:21.39	17
	38.06	1:21.39 (43.33)				
5	Schempp, Kyle	34	Tri Valley Masters-38	1:20.00	1:21.65	16
	37.92	1:21.65 (43.73)				
6	Burns, Gregory	34	Walnut Creek Masters-38	1:37.00	1:32.50	15
	45.39	1:32.50 (47.11)				
7	Arias, Armando	34	Uc38	1:45.00	1:44.96	14
	49.95	1:44.96 (55.01)				

Men 30-34 200 SC Meter Breaststroke

NATL: 2:11.44 % 10/9/2022 BRANDON FISCHER

PAC: 2:11.44 # 10/9/2022 Brandon J Fischer

WRL(4): 11:00.00 2000 Dmitrii GORBUNOV

1	Fischer, Brandon	34	Uc38	2:11.44	2:09.93%	21
	29.63	1:03.06 (33.43)	1:36.59 (33.53)	2:09.93 (33.34)		
2	Harding, Keevan	32	Marcia's Enthusiastic Masters-38	3:02.00	3:00.78	19
	42.26	1:27.92 (45.66)	2:14.69 (46.77)	3:00.78 (46.09)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Men 30-34 200 SC Meter Breaststroke)

3	Thomas, Michael	31	Mountain View Masters-38	3:10.00	3:14.67	18
	45.35	1:35.09 (49.74)	2:24.49 (49.40)	3:14.67 (50.18)		

Men 30-34 50 SC Meter Butterfly

NATL: 24.14 % 12/14/2019 DREW MODROV

PAC: 25.06 # 12/31/1989 Mike Bottom

WRL(4): 5:00.00 2000 Thomas RUPPRATH

1	Fischer, Brandon	34	Uc38	26.96	25.60	21
2	Tan, Daniel	31	SF Tsunami Masters-38	30.00	27.38	19
3	Keshmiri, Armon	30	Uc38	28.99	28.92	18
4	Boone, Matt	34	Walnut Creek Masters-38	29.97	28.97	17
5	Dorn, Kevin	30	Uc38	35.50	30.10	16
6	Rogers, Chasen	33	Marcia's Enthusiastic Masters-38	30.50	30.97	15
7	Gu, Yue Shen	30	Walnut Creek Masters-38	34.64	32.01	14
8	Pine, Justin	31	Marcia's Enthusiastic Masters-38	36.00	32.50	13
9	Schempp, Kyle	34	Tri Valley Masters-38	35.00	34.51	12
10	Bautista, Jair	31	Sacramento Masters-38	38.00	38.17	11
11	Elnaggar, Mahmoud	34	Uc38	40.00	38.49	10
12	Arias, Armando	34	Uc38	50.00	41.43	9

Men 30-34 100 SC Meter Butterfly

NATL: 52.44 % 11/12/2016 DARIAN TOWNSEND

PAC: 54.71 # 10/9/2022 Marcos Lavado

WRL(4): 4:00.00 2000 Ko FUKAYA

1	Fischer, Brandon	34	Uc38	58.00	56.50	21
	26.49	56.50 (30.01)				
2	Boone, Matt	34	Walnut Creek Masters-38	1:07.20	1:04.49	19
	29.85	1:04.49 (34.64)				
3	Keshmiri, Armon	30	Uc38	1:05.99	1:05.45	18
	30.43	1:05.45 (35.02)				
4	Chen, Jacky	30	Marcia's Enthusiastic Masters-38	1:17.00	1:16.26	17
	35.22	1:16.26 (41.04)				
5	Schempp, Kyle	34	Tri Valley Masters-38	1:20.90	1:19.51	16
	34.13	1:19.51 (45.38)				

Men 30-34 200 SC Meter Butterfly

NATL: 1:57.41 % 9/24/2016 DARIAN TOWNSEND

PAC: 2:02.73 # 10/8/2022 Marcos Lavado

WRL(4): 11:00.00 2000 Nikolay SKVORTSOV

1	Lavado, Marcos	32	Walnut Creek Masters-38	2:05.15	2:05.28	21
	27.38	58.40 (31.02)	1:31.00 (32.60)	2:05.28 (34.28)		
2	Thomas, Michael	31	Mountain View Masters-38	2:55.00	3:04.78	19
	37.50	1:22.85 (45.35)	2:12.64 (49.79)	3:04.78 (52.14)		

Men 30-34 100 SC Meter IM

NATL: 53.28 % 11/13/2016 DARIAN TOWNSEND

PAC: 56.65 # 10/9/2022 Brandon J Fischer

WRL(4): 11:00.00 2000 Darian TOWNSEND

1	Fischer, Brandon	34	Uc38	56.65	57.29	21
	27.19	57.29 (30.10)				
2	Chen, Jacky	30	Marcia's Enthusiastic Masters-38	1:10.86	1:11.05	19
	33.08	1:11.05 (37.97)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Men 30-34 100 SC Meter IM)

3	Harding, Keevan	32	Marcia's Enthusiastic Masters-38	1:11.93	1:11.80	18
	33.86			1:11.80 (37.94)		
4	Rogers, Chasen	33	Marcia's Enthusiastic Masters-38	1:11.00	1:12.47	17
	32.75			1:12.47 (39.72)		
5	Pine, Justin	31	Marcia's Enthusiastic Masters-38	1:17.43	1:16.18	16
	35.39			1:16.18 (40.79)		

Men 30-34 200 SC Meter IM

NATL: 1:56.96 % 11/13/2016 DARIAN TOWNSEND

PAC: 2:06.01 # 10/12/2019 Peter R Kline

WRL(4): 11:00.00 2000 Darian TOWNSEND

1	Fischer, Brandon	34	Uc38	2:10.00	2:04.79 #	21
	27.25			1:00.26 (33.01)	1:35.33 (35.07)	2:04.79 (29.46)
2	Christensen, Jon	33	University of San Francisco Ma-38	2:20.00	2:15.54	19
	29.19			1:03.83 (34.64)	1:43.00 (39.17)	2:15.54 (32.54)
3	Keshmiri, Armon	30	Uc38	2:39.99	2:30.48	18
	30.37			1:09.41 (39.04)	1:55.90 (46.49)	2:30.48 (34.58)
4	Harding, Keevan	32	Marcia's Enthusiastic Masters-38	2:42.00	2:39.80	17
	34.93			1:15.74 (40.81)	2:02.66 (46.92)	2:39.80 (37.14)
5	Gu, Yue Shen	30	Walnut Creek Masters-38	2:59.15	2:51.74	16
	35.79			1:23.68 (47.89)	2:14.56 (50.88)	2:51.74 (37.18)
6	Bautista, Jair	31	Sacramento Masters-38	2:53.00	3:18.26	15
	39.08			1:30.72 (51.64)	2:31.27 (1:00.55)	3:18.26 (46.99)

Men 30-34 400 SC Meter IM

NATL: 4:13.68 % 10/31/2015 DARIAN TOWNSEND

PAC: 4:26.74 # 12/31/1999 Roque J Santos

WRL(4): 11:00.00 2000 Darian TOWNSEND

1	Harding, Keevan	32	Marcia's Enthusiastic Masters-38	6:00.00	5:49.40	21
	36.94			1:20.58 (43.64)	2:05.91 (45.33)	2:50.55 (44.64)
	3:40.85 (50.30)			4:30.27 (49.42)	5:11.92 (41.65)	5:49.40 (37.48)
---	Thomas, Michael	31	Mountain View Masters-38	6:00.00	DQ	
	39.83			1:27.66 (47.83)	2:16.76 (49.10)	3:05.88 (49.12)
	3:59.88 (54.00)			4:54.56 (54.68)	5:38.85 (44.29)	DQ (43.93)

Men 35-39 50 SC Meter Freestyle

NATL: 21.81 % 9/22/2018 ROLAND SCHOEMAN

PAC: 23.54 # 12/2/2012 Scott C Greenwood

WRL(4): 10:00.00 2000 Mark FOSTER

1	Grant, Andy	38	Walnut Creek Masters-38	25.00	23.53 #	21
2	Frink, Stephen	38	Richmond Plunge Masters-38	25.88	25.78	19
3	Stinson, Ian	37	Uc38	26.90	26.68	18
4	Lai, Kevin	35	Marcia's Enthusiastic Masters-38	30.00	27.64	17
5	Coin, Jake	37	Uc38	40.00	28.46	16
6	Acholonu, Chiedozi	39	Marin Aquatic Masters-38	55.00	50.53	15

Men 35-39 100 SC Meter Freestyle

NATL: 47.70 % 11/18/2018 ROLAND SCHOEMAN

PAC: 53.62 # 12/31/2003 John Keppeler

WRL(4): 11:00.00 2000 Roland SCHOEMAN

1	Grant, Andy	38	Walnut Creek Masters-38	50.00	51.30 #	21
	24.77			51.30 (26.53)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 35-39 100 SC Meter Freestyle)**

2	Savulich, Bobby	36	The Olympic Club-38	53.83	53.85	19
	25.48	53.85	(28.37)			
3	Zachan, Matthew	37	Davis Aquatic Masters-38	1:00.26	59.23	18
	29.09	59.23	(30.14)			
4	Stinson, Ian	37	Uc38	1:02.81	1:00.70	17
	28.69	1:00.70	(32.01)			
5	Horan, Kevin	39	Richmond Plunge Masters-38	1:02.81	1:03.72	16
	30.82	1:03.72	(32.90)			
6	Chua, Brendan	38	Richmond Plunge Masters-38	1:05.00	1:09.80	15
	34.38	1:09.80	(35.42)			
7	McCormack, Jason	35	Marin Aquatic Masters-38	1:15.00	1:12.41	14
	33.05	1:12.41	(39.36)			
8	Gettel, Douglas	38	Walnut Creek Masters-38	1:40.00	1:24.50	13
	38.73	1:24.50	(45.77)			

Men 35-39 100 SC Meter FreestyleNATL: 47.70 % 11/18/2018 **ROLAND SCHOEMAN**PAC: 53.62 # 12/31/2003 **John Keppeler**WRL(4): 11:00.00 2000 **Roland SCHOEMAN**

*1	Grant, Andy	38	Walnut Creek Masters-38	NT	51.37 #	
*1	Zachan, Matthew	37	Davis Aquatic Masters-38	NT	59.25	

Men 35-39 200 SC Meter FreestyleNATL: 1:51.31 % 12/14/2003 **ERIK HOCHSTEIN**PAC: 1:54.82 # 10/14/2018 **Tamas Kerekjarto**WRL(4): 12:00.00 2000 **Benjamin HOCKIN**

1	Grant, Andy	38	Walnut Creek Masters-38	1:52.50	1:51.99 #	21
	25.87	54.20	(28.33)	1:22.72	(28.52)	1:51.99
				2:10.37	(33.33)	
2	Zachan, Matthew	37	Davis Aquatic Masters-38	2:14.32	2:10.37	19
	30.72	1:03.72	(33.00)	1:37.04	(33.32)	2:10.37
				2:26.85	(41.23)	
3	Lai, Kevin	35	Marcia's Enthusiastic Masters-38	2:27.00	2:26.85	18
	32.51	1:07.36	(34.85)	1:45.62	(38.26)	2:26.85
				2:29.56	(39.77)	
4	Stinson, Ian	37	Uc38	2:29.56	2:26.99	17
	31.71	1:08.07	(36.36)	1:47.22	(39.15)	2:26.99

Men 35-39 400 SC Meter FreestyleNATL: 3:57.77 % 12/14/2003 **ERIK HOCHSTEIN**PAC: 4:05.29 # 12/31/2009 **Alex Kostich**WRL(4): 12:00.00 2000 **Erik HOCHSTEIN**

1	Stinson, Ian	37	Uc38	6:04.22	5:45.12	21
	36.16	1:16.98	(40.82)	1:59.24	(42.26)	2:43.51
				2:43.51	(44.27)	
	3:29.46	(45.95)	4:15.69	(46.23)	5:01.95	(46.26)
				5:01.95	(46.26)	5:45.12
				5:45.12	(43.17)	

Men 35-39 50 SC Meter BackstrokeNATL: 25.57 % 10/27/2019 **DARIAN TOWNSEND**PAC: 27.87 # 10/17/2021 **Ian Powell**WRL(4): 11:00.00 2000 **Stefano RAZETO**

1	Powell, Ian	38	Walnut Creek Masters-38	29.00	28.72	21
2	Horan, Kevin	39	Richmond Plunge Masters-38	33.51	31.65	19
3	Frink, Stephen	38	Richmond Plunge Masters-38	33.48	31.95	18
4	Coin, Jake	37	Uc38	45.00	36.72	17

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Men 35-39 100 SC Meter Backstroke**NATL: 54.66 % 10/26/2019 **DARIAN TOWNSEND**PAC: 59.56 # 12/31/2003 **John Keppeler**WRL(4): 2:00.00 2000 **Carlos REQUENO**

1	Horan, Kevin	39	Richmond Plunge Masters-38	1:13.63	1:10.92	21
	34.14	1:10.92 (36.78)				
2	Chua, Brendan	38	Richmond Plunge Masters-38	1:21.00	1:26.45	19
	39.57	1:26.45 (46.88)				
3	Chien, Rex	35	Marcia's Enthusiastic Masters-38	1:28.21	1:29.43	18
	42.95	1:29.43 (46.48)				

Men 35-39 200 SC Meter BackstrokeNATL: 2:00.34 % 12/8/2002 **RON KARNAUGH**PAC: 2:08.57 # 12/31/2003 **John Keppeler**WRL(4): 12:00.00 2000 **Ron KARNAUGH**

1	Frink, Stephen	38	Richmond Plunge Masters-38	2:44.92	2:39.15	21
	36.55	1:16.03 (39.48)	1:57.44 (41.41)	2:39.15 (41.71)		

Men 35-39 50 SC Meter BreaststrokeNATL: 26.66 % 11/17/2018 **ROLAND SCHOEMAN**PAC: 30.70 # 12/31/2008 **Jonathan T Manson**WRL(4): 11:00.00 2000 **Roland SCHOEMAN**

1	Savulich, Bobby	36	The Olympic Club-38	35.83	33.46	21
2	Stinson, Ian	37	Uc38	39.38	34.15	19
3	Chua, Brendan	38	Richmond Plunge Masters-38	40.00	39.62	18
4	Chien, Rex	35	Marcia's Enthusiastic Masters-38	41.14	41.91	17
5	Gettel, Douglas	38	Walnut Creek Masters-38	55.00	45.96	16

Men 35-39 100 SC Meter BreaststrokeNATL: 1:00.21 % 10/16/2021 **ADAM RITTER**PAC: 1:07.28 # 12/31/2005 **Roque J Santos**WRL(4): 3:00.00 2000 **Ryo KOBAYASHI**

1	Zaich, Paul	37	Walnut Creek Masters-38	1:08.86	1:13.46	21
	32.73	1:13.46 (40.73)				
2	Zachan, Matthew	37	Davis Aquatic Masters-38	1:22.10	1:18.14	19
	38.10	1:18.14 (40.04)				
3	Chua, Brendan	38	Richmond Plunge Masters-38	1:30.00	1:27.72	18
	42.83	1:27.72 (44.89)				
4	Chien, Rex	35	Marcia's Enthusiastic Masters-38	1:35.33	1:30.62	17
	43.78	1:30.62 (46.84)				

Men 35-39 200 SC Meter BreaststrokeNATL: 2:15.64 % 12/4/2011 **STEVE WEST**PAC: 2:24.58 # 12/31/2002 **Roque J Santos**WRL(4): 3:00.00 2000 **Kazuya KOIKE**

1	Lai, Kevin	35	Marcia's Enthusiastic Masters-38	2:53.00	2:52.81	21
	39.18	1:21.65 (42.47)	2:06.67 (45.02)	2:52.81 (46.14)		

Men 35-39 50 SC Meter ButterflyNATL: 23.12 % 11/18/2018 **ROLAND SCHOEMAN**PAC: 25.82 # 12/31/2009 **Lee G Wanie**WRL(4): 11:00.00 2000 **Roland SCHOEMAN**

1	Grant, Andy	38	Walnut Creek Masters-38	28.00	26.40	21
2	Savulich, Bobby	36	The Olympic Club-38	26.83	27.00	19
3	Zachan, Matthew	37	Davis Aquatic Masters-38	30.10	29.54	18

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Men 35-39 50 SC Meter Butterfly)

4	Frink, Stephen	38	Richmond Plunge Masters-38	30.48	30.17	17
5	Chua, Brendan	38	Richmond Plunge Masters-38	35.00	32.27	16
6	Chien, Rex	35	Marcia's Enthusiastic Masters-38	34.43	33.02	15

Men 35-39 100 SC Meter Butterfly

NATL: 54.27 % 12/4/2011 IGOR MARCHENKO

PAC: 57.65 # 10/13/2019 Juan P Valdivieso

WRL(4): 1:00.00 2000 Takuya HASEGAWA

1	Zachan, Matthew	37	Davis Aquatic Masters-38	1:07.39	1:04.76	21
				31.19	1:04.76 (33.57)	
2	Horan, Kevin	39	Richmond Plunge Masters-38	1:10.29	1:12.13	19
				34.27	1:12.13 (37.86)	

Men 35-39 200 SC Meter Butterfly

NATL: 2:02.98 % 11/15/2014 BRENT CREAGER

PAC: 2:11.41 # 10/12/2019 Juan P Valdivieso

WRL(4): 5:00.00 2000 Tatsuya ITO

1	Chien, Rex	35	Marcia's Enthusiastic Masters-38	3:08.88	2:57.79	21
				41.28	1:28.43 (47.15) 2:17.53 (49.10) 2:57.79 (40.26)	

Men 35-39 100 SC Meter IM

NATL: 54.91 % 10/27/2019 DARIAN TOWNSEND

PAC: 1:01.59 # 10/21/2007 Roque J Santos

WRL(4): 12:00.00 2000 P.KORZENIOWSKI

1	Grant, Andy	38	Walnut Creek Masters-38	1:00.00	59.48 #	21
				27.13	59.48 (32.35)	
2	Zachan, Matthew	37	Davis Aquatic Masters-38	1:10.10	1:08.59	19
				32.82	1:08.59 (35.77)	
3	Lai, Kevin	35	Marcia's Enthusiastic Masters-38	1:17.00	1:11.97	18
				34.06	1:11.97 (37.91)	
4	Coin, Jake	37	Uc38	2:00.00	1:16.58	17
				36.72	1:16.58 (39.86)	

Men 35-39 200 SC Meter IM

NATL: 1:59.85 % 10/27/2019 DARIAN TOWNSEND

PAC: 2:05.79 # 10/13/2018 Tamas Kerekjarto

WRL(4): 10:00.00 2000 Darian TOWNSEND

1	Chien, Rex	35	Marcia's Enthusiastic Masters-38	3:00.03	3:04.14	21
				35.50	1:26.28 (50.78) 2:20.72 (54.44) 3:04.14 (43.42)	

Men 35-39 400 SC Meter IM

NATL: 4:19.79 % 10/26/2019 DARIAN TOWNSEND

PAC: 4:36.05 # 10/12/2018 Tamas Kerekjarto

WRL(4): 10:00.00 2000 Darian TOWNSEND

1	Zachan, Matthew	37	Davis Aquatic Masters-38	5:35.28	5:24.12	21
				34.40	1:12.52 (38.12) 1:56.92 (44.40) 2:40.89 (43.97)	
				3:26.37 (45.48)	4:11.94 (45.57) 4:48.61 (36.67) 5:24.12 (35.51)	
2	Chien, Rex	35	Marcia's Enthusiastic Masters-38	6:59.56	6:43.35	19
				40.50	1:28.78 (48.28) 2:20.01 (51.23) 3:13.71 (53.70)	
				4:10.44 (56.73)	5:08.48 (58.04) 5:55.49 (47.01) 6:43.35 (47.86)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 40-44 50 SC Meter Freestyle

NATL:		23.13	%	8/15/2013	BRIAN JACOBSON			
PAC:		24.58	#	12/31/2003	David E Boatwright			
WRL(4):		2:00.00		2000	Mikel BILDOSOLA			
1	Nonaka, Andy			44	Walnut Creek Masters-38	26.30	26.32	21
2	Wu, Philip			40	Marin Aquatic Masters-38	39.16	29.97	19
3	Ramirez, Brent			43	Marcia's Enthusiastic Masters-38	32.00	30.23	18
4	Florencio Jr, Sergio			40	Walnut Creek Masters-38	33.09	33.84	17
5	Thomas, Peter			41	Walnut Creek Masters-38	45.00	34.84	16
6	Ranahan, Darin			40	Marcia's Enthusiastic Masters-38	34.80	35.04	15

Men 40-44 100 SC Meter Freestyle

NATL:		50.43	%	12/6/2008	MICHAEL ROSS			
PAC:		53.46	#	12/31/2003	David E Boatwright			
WRL(4):		6:00.00		2000	Hideaki HARA			
1	Valdivieso, Juan			42	The Olympic Club-38	53.84	56.81	21
		27.02				56.81 (29.79)		
2	Nonaka, Andy			44	Walnut Creek Masters-38	58.01	58.75	19
		28.61				58.75 (30.14)		
3	Phipps, Benjamin			44	Uc38	58.00	59.22	18
		28.23				59.22 (30.99)		
4	Rogers, Matthew			40	Walnut Creek Masters-38	1:03.00	59.64	17
		28.89				59.64 (30.75)		
5	Fuzellier, Matthieu			43	University of San Francisco Ma-38	59.00	1:01.28	16
		28.21				1:01.28 (33.07)		
6	Wu, Philip			40	Marin Aquatic Masters-38	1:21.76	1:07.62	15
		31.62				1:07.62 (36.00)		
7	Samotyj, John			42	University of San Francisco Ma-38	1:05.00	1:07.71	14
		32.54				1:07.71 (35.17)		
8	Thomas, Peter			41	Walnut Creek Masters-38	1:40.00	1:17.97	13
		36.13				1:17.97 (41.84)		
9	Newton, Matthew			44	Albany Armada Aquatics Masters-38	1:20.00	1:19.63	12
		37.08				1:19.63 (42.55)		
10	Florencio Jr, Sergio			40	Walnut Creek Masters-38	1:12.63	1:19.92	11
		36.59				1:19.92 (43.33)		

Men 40-44 200 SC Meter Freestyle

NATL:		1:50.08	%	12/6/2008	MICHAEL ROSS			
PAC:		1:57.32	#	10/13/2019	Tamas Kerekjarto			
WRL(4):		12:00.00		2000	Michael ROSS			
1	Rogers, Matthew			40	Walnut Creek Masters-38	2:18.00	2:13.66	21
		31.49				1:05.15 (33.66)	1:39.51 (34.36)	2:13.66 (34.15)

Men 40-44 400 SC Meter Freestyle

NATL:		4:01.32	%	10/4/2009	ERIK HOCHSTEIN			
PAC:		4:13.84	#	10/11/2004	Geoff Glaser			
WRL(4):		11:00.00		2000	Kai DITZEL			
1	Tiernan, Robert			40	Walnut Creek Masters-38	4:30.97	4:42.46	21
		33.49				1:09.57 (36.08)	1:45.79 (36.22)	2:21.90 (36.11)
		2:57.90 (36.00)				3:33.78 (35.88)	4:09.68 (35.90)	4:42.46 (32.78)
2	Holbrook, Chad			44	Walnut Creek Masters-38	4:53.28	4:52.02	19
		33.71				1:09.22 (35.51)	1:45.71 (36.49)	2:22.93 (37.22)
		3:00.31 (37.38)				3:37.81 (37.50)	4:15.35 (37.54)	4:52.02 (36.67)

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 40-44 400 SC Meter Freestyle)**

3	Roper, Matt	42	Davis Aquatic Masters-38	4:57.56	5:07.29	18
	35.29	1:14.56 (39.27)	1:54.19 (39.63)	2:33.62 (39.43)		
	3:12.44 (38.82)	3:51.02 (38.58)	4:29.99 (38.97)	5:07.29 (37.30)		
4	Ramirez, Brent	43	Marcia's Enthusiastic Masters-38	6:30.00	6:08.67	17
	41.09	1:26.19 (45.10)	2:12.70 (46.51)	2:59.52 (46.82)		
	3:46.43 (46.91)	4:34.64 (48.21)	5:22.29 (47.65)	6:08.67 (46.38)		

Men 40-44 800 SC Meter Freestyle

NATL: 8:21.78 % 12/4/2011 ALEX KOSTICH

PAC: 8:21.78 # 12/31/2011 Alex Kostich

WRL(4): 2:00.00 2000 Samuele PAMPANA

1	Holbrook, Chad	44	Walnut Creek Masters-38	NT	10:12.55	
2	Roper, Matt	42	Davis Aquatic Masters-38	NT	10:30.65	

Men 40-44 1500 SC Meter Freestyle

NATL: 16:09.32 % 12/4/2009 MIKE SHAFFER

PAC: 16:34.84 # 12/5/2010 Alex Kostich

WRL(4): 2:00.00 2000 Samuele PAMPANA

1	Holbrook, Chad	44	Walnut Creek Masters-38	18:47.31	19:11.23	21
	35.00	1:12.13 (37.13)	1:50.01 (37.88)	2:28.33 (38.32)		
	3:06.82 (38.49)	3:45.28 (38.46)	4:24.06 (38.78)	5:02.79 (38.73)		
	5:41.59 (38.80)	6:20.17 (38.58)	6:58.86 (38.69)	7:37.62 (38.76)		
	8:16.20 (38.58)	8:55.02 (38.82)	9:33.73 (38.71)	10:12.55 (38.82)		
	10:51.59 (39.04)	11:30.29 (38.70)	12:08.83 (38.54)	12:47.27 (38.44)		
	13:25.67 (38.40)	14:04.06 (38.39)	14:42.48 (38.42)	15:20.96 (38.48)		
	15:59.69 (38.73)	16:38.38 (38.69)	17:17.06 (38.68)	17:55.79 (38.73)		
	18:33.90 (38.11)	19:11.23 (37.33)				
2	Roper, Matt	42	Davis Aquatic Masters-38	20:02.65	19:42.80	19
	36.14	1:15.94 (39.80)	1:56.30 (40.36)	2:36.87 (40.57)		
	3:17.54 (40.67)	3:57.79 (40.25)	4:37.78 (39.99)	5:17.09 (39.31)		
	5:56.07 (38.98)	6:35.19 (39.12)	7:14.42 (39.23)	7:54.19 (39.77)		
	8:33.62 (39.43)	9:12.70 (39.08)	9:51.71 (39.01)	10:30.65 (38.94)		
	11:09.91 (39.26)	11:49.02 (39.11)	12:28.79 (39.77)	13:08.73 (39.94)		
	13:48.27 (39.54)	14:28.09 (39.82)	15:07.77 (39.68)	15:47.57 (39.80)		
	16:27.60 (40.03)	17:08.11 (40.51)	17:47.93 (39.82)	18:27.38 (39.45)		
	19:06.42 (39.04)	19:42.80 (36.38)				

Men 40-44 50 SC Meter Backstroke

NATL: 25.53 % 12/12/2009 MICHAEL ROSS

PAC: 28.50 # 10/11/2008 Rick Gould

WRL(4): 3:00.00 2000 M.WAKABAYASHI

1	Roper, Matt	42	Davis Aquatic Masters-38	32.49	33.29	21
2	Holbrook, Chad	44	Walnut Creek Masters-38	32.30	33.50	19
3	Ramirez, Brent	43	Marcia's Enthusiastic Masters-38	39.00	41.35	18
4	Ranahan, Darin	40	Marcia's Enthusiastic Masters-38	44.87	44.30	17

Men 40-44 100 SC Meter Backstroke

NATL: 54.85 % 12/7/2008 MICHAEL ROSS

PAC: 1:00.48 # 10/11/2008 Roque J Santos

WRL(4): 12:00.00 2000 Michael ROSS

1	Fuzellier, Matthieu	43	University of San Francisco Ma-38	1:05.00	1:06.72	21
	32.25	1:06.72 (34.47)				
2	Roper, Matt	42	Davis Aquatic Masters-38	1:09.53	1:09.29	19
3	Holbrook, Chad	44	Walnut Creek Masters-38	1:07.34	1:09.97	18

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Men 40-44 100 SC Meter Backstroke)

4	Mikuni, Russell	41	Walnut Creek Masters-38	1:30.00	1:19.61	17
	38.11		1:19.61 (41.50)			

Men 40-44 200 SC Meter Backstroke

NATL: 2:03.84 % 12/14/2008 MICHAEL ROSS

PAC: 2:10.20 # 10/18/2009 Roque J Santos

WRL(4): 12:00.00 2000 Michael ROSS

1	Roper, Matt	42	Davis Aquatic Masters-38	2:30.83	2:27.24	21
	34.34		1:11.54 (37.20) 1:49.29 (37.75)	2:27.24 (37.95)		
2	Tiernan, Robert	40	Walnut Creek Masters-38	2:20.00	2:29.55	19
	36.92		1:15.72 (38.80) 1:54.16 (38.44)	2:29.55 (35.39)		
3	Holbrook, Chad	44	Walnut Creek Masters-38	2:31.02	2:30.18	18
	36.30		1:14.40 (38.10) 1:52.94 (38.54)	2:30.18 (37.24)		
4	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	3:03.86	3:10.84	17
	45.43		1:34.14 (48.71) 2:23.05 (48.91)	3:10.84 (47.79)		

Men 40-44 50 SC Meter Breaststroke

NATL: 28.21 % 11/17/2018 JEFF COMMINGS

PAC: 29.22 # 12/31/2009 Roque J Santos

WRL(4): 5:00.00 2000 Ryosuke IMAI

1	Nonaka, Andy	44	Walnut Creek Masters-38	34.80	34.23	21
2	Mikuni, Russell	41	Walnut Creek Masters-38	36.00	35.59	19
3	Roper, Matt	42	Davis Aquatic Masters-38	36.79	36.50	18
4	Lee, Brian	41	SF Tsunami Masters-38	37.00	36.58	17
5	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	35.82	37.17	16
6	Ramirez, Brent	43	Marcia's Enthusiastic Masters-38	42.00	40.46	15
7	Wu, Philip	40	Marin Aquatic Masters-38	46.29	42.45	14
8	Newton, Matthew	44	Albany Armada Aquatics Masters-38	45.00	44.66	13
9	Florencio Jr, Sergio	40	Walnut Creek Masters-38	36.06	46.20	12

Men 40-44 100 SC Meter Breaststroke

NATL: 1:01.42 % 12/6/2014 STEVE WEST

PAC: 1:03.33 # 12/31/2009 Roque J Santos

WRL(4): 12:00.00 2000 Steve WEST

1	Nonaka, Andy	44	Walnut Creek Masters-38	1:18.21	1:17.65	21
	37.50		1:17.65 (40.15)			
2	Rogers, Matthew	40	Walnut Creek Masters-38	1:18.00	1:21.31	19
	38.29		1:21.31 (43.02)			
3	Lee, Brian	41	SF Tsunami Masters-38	1:25.00	1:23.01	18
	39.96		1:23.01 (43.05)			
4	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	1:17.84	1:23.86	17
	40.43		1:23.86 (43.43)			
5	Ramirez, Brent	43	Marcia's Enthusiastic Masters-38	1:40.00	1:32.79	16
	43.30		1:32.79 (49.49)			
6	Newton, Matthew	44	Albany Armada Aquatics Masters-38	1:40.00	1:35.43	15
	45.12		1:35.43 (50.31)			
---	Florencio Jr, Sergio	40	Walnut Creek Masters-38	1:36.79	DQ	
	50.60		DQ (54.06)			

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Men 40-44 200 SC Meter Breaststroke**NATL: 2:13.72 % 12/7/2014 **STEVE WEST**PAC: 2:16.03 # 12/31/2009 **Roque J Santos**WRL(4): 12:00.00 2000 **Steve WEST**

1	Nonaka, Andy	44	Walnut Creek Masters-38	3:05.00	2:51.18	21
	40.46	1:24.29 (43.83)	2:08.22 (43.93)	2:51.18 (42.96)		
2	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	2:50.26	2:57.77	19
	40.84	1:25.69 (44.85)	2:11.71 (46.02)	2:57.77 (46.06)		

Men 40-44 50 SC Meter ButterflyNATL: 24.91 % 12/6/2008 **MICHAEL ROSS**PAC: 27.06 # 10/11/2005 **Roger Brisbane**WRL(4): 3:00.00 2000 **Lars FROLANDER**

1	Valdivieso, Juan	42	The Olympic Club-38	26.65	27.37	21
2	Fuzellier, Matthieu	43	University of San Francisco Ma-38	28.00	28.49	19
3	Tiernan, Robert	40	Walnut Creek Masters-38	29.00	29.63	18
4	Lee, Brian	41	SF Tsunami Masters-38	32.00	31.39	17
5	Ramirez, Brent	43	Marcia's Enthusiastic Masters-38	34.00	33.74	16

Men 40-44 100 SC Meter ButterflyNATL: 55.82 % 12/14/2008 **MICHAEL ROSS**PAC: 59.77 # 10/17/2021 **Juan P Valdivieso**WRL(4): 3:00.00 2000 **Lars FROLANDER**

---	Ranahan, Darin	40	Marcia's Enthusiastic Masters-38	1:56.44	DQ	
	53.52	DQ (1:20.07)				

Men 40-44 200 SC Meter ButterflyNATL: 2:02.97 % 10/11/1998 **WILLIAM SPECHT**PAC: 2:12.56 # 10/16/2021 **Juan P Valdivieso**WRL(4): 10:00.00 2000 **William SPECHT**

1	Valdivieso, Juan	42	The Olympic Club-38	2:11.41	2:18.29	21
	31.05	1:05.46 (34.41)	1:40.87 (35.41)	2:18.29 (37.42)		
2	Phipps, Benjamin	44	Uc38	2:35.00	2:30.09	19
	32.54	1:10.73 (38.19)	1:50.61 (39.88)	2:30.09 (39.48)		

Men 40-44 100 SC Meter IMNATL: 57.19 % 11/16/2014 **JEFF COMMINGS**PAC: 58.94 # 11/16/2008 **Roque J Santos**WRL(4): 3:00.00 2000 **Daisuke HOSOKAWA**

1	Ignatov, Alex	42	Temescal Aquatic Masters-38	1:07.41	1:08.14	21
	31.76	1:08.14 (36.38)				
2	Tiernan, Robert	40	Walnut Creek Masters-38	1:08.00	1:08.68	19
	32.23	1:08.68 (36.45)				
3	Nonaka, Andy	44	Walnut Creek Masters-38	1:07.75	1:08.80	18
	33.29	1:08.80 (35.51)				
4	Rogers, Matthew	40	Walnut Creek Masters-38	1:10.00	1:10.94	17
	33.51	1:10.94 (37.43)				
5	Song, Jimmy	40	Marcia's Enthusiastic Masters-38	1:16.85	1:20.59	16
	38.86	1:20.59 (41.73)				
6	Wu, Philip	40	Marin Aquatic Masters-38	1:39.00	1:20.96	15
	36.07	1:20.96 (44.89)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Men 40-44 200 SC Meter IM**

NATL:		2:03.45	%	12/2/2022	MARKUS ROGAN		
PAC:		2:05.46	#	12/31/2009	Roque J Santos		
WRL(4):		12:00.00		2000	Markus ROGAN		
1	Phipps, Benjamin	44	Uc38		2:39.00	2:32.56	21
	30.88	1:12.11 (41.23)	1:57.89 (45.78)	2:32.56 (34.67)			
2	Tiernan, Robert	40	Walnut Creek Masters-38		2:35.00	2:33.35	19
	32.76	1:12.37 (39.61)	1:57.70 (45.33)	2:33.35 (35.65)			
3	Holbrook, Chad	44	Walnut Creek Masters-38		2:29.91	2:36.56	18
	33.88	1:12.62 (38.74)	1:59.76 (47.14)	2:36.56 (36.80)			
4	Fuzellier, Matthieu	43	University of San Francisco Ma-38		2:30.00	2:39.44	17
	32.74	1:13.96 (41.22)	2:01.59 (47.63)	2:39.44 (37.85)			
5	Lee, Brian	41	SF Tsunami Masters-38		2:37.00	2:43.27	16
	32.90	1:14.85 (41.95)	2:02.95 (48.10)	2:43.27 (40.32)			
6	Song, Jimmy	40	Marcia's Enthusiastic Masters-38		2:48.79	2:56.60	15
	39.38	1:27.80 (48.42)	2:15.00 (47.20)	2:56.60 (41.60)			

Men 40-44 400 SC Meter IM

NATL:		4:30.68	%	10/10/2014	ERIC CHRISTENSEN		
PAC:		4:32.05	#	11/16/2008	Roque J Santos		
WRL(4):		10:00.00		2000	Eric CHRISTENSEN		
1	Nonaka, Andy	44	Walnut Creek Masters-38		5:50.00	5:39.75	21
	36.95	1:17.99 (41.04)	2:03.01 (45.02)	2:48.85 (45.84)			
	3:33.15 (44.30)	4:21.02 (47.87)	5:00.94 (39.92)	5:39.75 (38.81)			
2	Song, Jimmy	40	Marcia's Enthusiastic Masters-38		6:01.98	6:11.27	19
	41.35	1:26.51 (45.16)	2:17.79 (51.28)	3:06.70 (48.91)			
	3:54.12 (47.42)	4:42.62 (48.50)	5:27.48 (44.86)	6:11.27 (43.79)			

Men 45-49 50 SC Meter Freestyle

NATL:		23.58	%	11/13/2016	SIPHIWE BALEKA		
PAC:		24.62	#	10/17/2021	Peter S Moore		
WRL(4):		6:00.00		2000	Hideaki HARA		
1	Wolberg, Jay	47	Walnut Creek Masters-38		26.10	26.45	21
2	McFarland, Bryan	47	Santa Cruz Masters Aquatics-38		26.75	28.53	19
3	Ulbrich, Chris	48	Walnut Creek Masters-38		29.50	28.81	18
4	Merlo, Mark	45	Walnut Creek Masters-38		28.00	29.26	17
5	Vecchio, Matthew	48	Walnut Creek Masters-38		36.00	30.44	16
6	Lucchese, Jon	47	Walnut Creek Masters-38		35.50	33.24	15
7	Cacananta, Oliver	49	Marcia's Enthusiastic Masters-38		1:00.00	48.83	14

Men 45-49 100 SC Meter Freestyle

NATL:		52.54	%	12/2/2007	PAUL SMITH		
PAC:		53.76	#	12/31/2006	David E Boatwrigth		
WRL(4):		6:00.00		2000	Hideaki HARA		
1	Krauss, Trentin	46	Walnut Creek Masters-38		1:00.00	1:00.92	21
	29.50	1:00.92 (31.42)					
2	Merlo, Mark	45	Walnut Creek Masters-38		1:01.00	1:04.43	19
	30.81	1:04.43 (33.62)					
3	Ulbrich, Chris	48	Walnut Creek Masters-38		1:05.49	1:05.57	18
	31.17	1:05.57 (34.40)					
4	Vecchio, Matthew	48	Walnut Creek Masters-38		1:13.00	1:06.40	17
	31.95	1:06.40 (34.45)					
5	Pickard, Justin	49	Marin Aquatic Masters-38		1:12.23	1:06.50	16
	31.48	1:06.50 (35.02)					

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 45-49 100 SC Meter Freestyle)**

6	Calhoun, Matthew	48	Albany Armada Aquatics Masters-38	55.30	1:07.60	15
	30.98				1:07.60 (36.62)	
7	Madsen, Benjamin	45	Walnut Creek Masters-38	1:14.50	1:14.41	14
	34.83				1:14.41 (39.58)	
8	Lucchese, Jon	47	Walnut Creek Masters-38	1:12.25	1:14.64	13
	35.83				1:14.64 (38.81)	
9	McMillan, Daniel	45	Walnut Creek Masters-38	1:16.19	1:14.75	12
	35.62				1:14.75 (39.13)	
10	Willis, Steve	47	Walnut Creek Masters-38	1:18.00	1:20.16	11
	36.08				1:20.16 (44.08)	

Men 45-49 100 SC Meter Freestyle

NATL: 52.54 % 12/2/2007 **PAUL SMITH**
PAC: 53.76 # 12/31/2006 **David E Boatwright**
WRL(4): 6:00.00 2000 **Hideaki HARA**

2	Bentley, Orin	46	Marcia's Enthusiastic Masters-38	NT	1:07.04	
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Men 45-49 200 SC Meter Freestyle

NATL: 1:56.00 % 12/2/2007 **PAUL SMITH**
PAC: 2:00.13 # 12/31/1996 **Tim Broderick**
WRL(4): 6:00.00 2000 **Rodrigo CASTRO**

1	Flakoll, Jonathan	49	Walnut Creek Masters-38	2:15.00	2:13.33	21
	30.55			1:38.98 (34.94)	2:13.33 (34.35)	
2	McFarland, Bryan	47	Santa Cruz Masters Aquatics-38	2:11.00	2:17.10	19
	32.09			1:41.52 (35.60)	2:17.10 (35.58)	
3	Lucchese, Jon	47	Walnut Creek Masters-38	2:33.00	2:43.66	18
	36.42			2:01.06 (43.22)	2:43.66 (42.60)	

Men 45-49 400 SC Meter Freestyle

NATL: 4:09.19 % 11/1/2009 **KEITH SWITZER**
PAC: 4:18.44 # 12/31/1996 **Tim Broderick**
WRL(4): 4:00.00 2000 **Fabio CALMASINI**

1	Hatch, Eric	49	Sierra Nevada Masters-38	5:22.50	5:15.96	21
	36.48			1:58.19 (40.99)	2:39.18 (40.99)	
	3:19.16 (39.98)			4:38.56 (39.02)	5:15.96 (37.40)	

Men 45-49 1500 SC Meter Freestyle

NATL: 16:37.25 % 10/15/2011 **KEITH SWITZER**
PAC: 17:13.99 # 10/5/2014 **Barton S Wells**
WRL(4): 2:00.00 2000 **Nicola NISATO**

1	Brennan, Curtis	45	Walnut Creek Masters-38	20:00.00	20:16.39	21
	36.41			1:56.56 (40.30)	2:36.76 (40.20)	
	3:17.54 (40.78)			4:38.86 (40.88)	5:19.09 (40.23)	
	5:59.95 (40.86)			7:22.03 (41.47)	8:02.91 (40.88)	
	8:43.64 (40.73)			10:05.42 (40.68)	10:46.68 (41.26)	
	11:27.51 (40.83)			12:49.25 (40.84)	13:30.29 (41.04)	
	14:11.41 (41.12)			15:33.76 (41.29)	16:15.01 (41.25)	
	16:55.97 (40.96)			18:17.93 (41.07)	18:58.60 (40.67)	
	19:38.44 (39.84)			20:16.39 (37.95)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Men 45-49 1500 SC Meter Freestyle)

2	Pierce, Andrew A	47	Walnut Creek Masters-38	21:00.09	20:36.44	19
	34.56	1:12.53 (37.97)	1:52.14 (39.61)	2:31.94 (39.80)		
	3:12.49 (40.55)	3:54.08 (41.59)	4:35.54 (41.46)	5:16.44 (40.90)		
	5:57.50 (41.06)	6:39.15 (41.65)	7:20.35 (41.20)	8:01.77 (41.42)		
	8:43.39 (41.62)	9:25.16 (41.77)	10:07.08 (41.92)	10:49.17 (42.09)		
	11:31.35 (42.18)	12:13.31 (41.96)	12:55.50 (42.19)	13:38.03 (42.53)		
	14:19.93 (41.90)	15:03.11 (43.18)	15:44.67 (41.56)	16:26.27 (41.60)		
	17:07.89 (41.62)	17:48.86 (40.97)	18:31.65 (42.79)	19:13.61 (41.96)		
	19:55.51 (41.90)	20:36.44 (40.93)				

Men 45-49 50 SC Meter Backstroke

NATL: 27.02 % 12/12/2009 CHRIS STEVENSON

PAC: 27.76 # 10/17/2021 Peter S Moore

WRL(4): 12:00.00 2000 Marcin KACZMAREK

1	Wolberg, Jay	47	Walnut Creek Masters-38	29.90	30.64	21
2	Flakoll, Jonathan	49	Walnut Creek Masters-38	33.00	32.72	19
3	Ulbrich, Chris	48	Walnut Creek Masters-38	39.96	34.77	18
4	Su, Alex	47	Walnut Creek Masters-38	47.00	36.07	17
5	Pickard, Justin	49	Marin Aquatic Masters-38	43.21	36.55	16
6	Vecchio, Matthew	48	Walnut Creek Masters-38	39.00	37.03	15
7	Lucchese, Jon	47	Walnut Creek Masters-38	41.15	40.15	14
8	Rankin, Shane	49	University of San Francisco Ma-38	41.00	42.32	13

Men 45-49 100 SC Meter Backstroke

NATL: 57.00 % 12/13/2009 CHRIS STEVENSON

PAC: 1:02.26 # 12/6/2015 Rick M Hamilton

WRL(4): 12:00.00 2000 Chris STEVENSON

1	Hatch, Eric	49	Sierra Nevada Masters-38	1:20.05	1:18.83	21
	38.60	1:18.83 (40.23)				
2	Pickard, Justin	49	Marin Aquatic Masters-38	1:27.69	1:19.36	19
	38.25	1:19.36 (41.11)				
3	Su, Alex	47	Walnut Creek Masters-38	1:45.00	1:21.97	18
4	Vecchio, Matthew	48	Walnut Creek Masters-38	1:21.00	1:24.02	17
	41.02	1:24.02 (43.00)				
5	Lucchese, Jon	47	Walnut Creek Masters-38	1:22.45	1:26.13	16
	41.47	1:26.13 (44.66)				
6	Rankin, Shane	49	University of San Francisco Ma-38	1:30.00	1:31.01	15
	43.62	1:31.01 (47.39)				

Men 45-49 200 SC Meter Backstroke

NATL: 2:05.54 % 12/12/2009 CHRIS STEVENSON

PAC: 2:16.75 # 10/10/2015 Rick M Hamilton

WRL(4): 12:00.00 2000 Chris STEVENSON

1	Wolberg, Jay	47	Walnut Creek Masters-38	2:35.00	2:29.36	21
	32.67	1:09.77 (37.10)	1:50.25 (40.48)	2:29.36 (39.11)		
2	Su, Alex	47	Walnut Creek Masters-38	3:35.00	3:01.78	19
	44.28	1:30.74 (46.46)	2:18.85 (48.11)	3:01.78 (42.93)		

Men 45-49 50 SC Meter Breaststroke

NATL: 28.65 % 10/26/2019 JEFF COMMINGS

PAC: 31.24 # 12/31/2001 Lee A Rider

WRL(4): 10:00.00 2000 Jeff COMMINGS

1	Ein, Harry	45	Walnut Creek Masters-38	33.00	33.59	21
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2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 45-49 50 SC Meter Breaststroke)**

2	Flakoll, Jonathan	49	Walnut Creek Masters-38	36.92	35.99	19
3	Casaes, Raphael	49	Alameda Aquatic Masters-38	36.50	36.88	18
4	Krauss, Trentin	46	Walnut Creek Masters-38	39.00	40.39	17
5	Su, Alex	47	Walnut Creek Masters-38	50.00	40.54	16
6	Madsen, Benjamin	45	Walnut Creek Masters-38	43.00	41.81	15
7	Willis, Steve	47	Walnut Creek Masters-38	46.00	43.46	14
8	Pomarici, Federico	46	Jellies Aquatic Masters of Mon-38	47.00	44.65	13

Men 45-49 100 SC Meter Breaststroke

NATL: 1:02.22 % 11/17/2018 STEVE WEST

PAC: 1:08.09 # 12/31/2001 Lee A Rider

WRL(4): 11:00.00 2000 Steve WEST

1	Flakoll, Jonathan	49	Walnut Creek Masters-38	1:20.00	1:19.78	21
	38.61	1:19.78 (41.17)				
2	Casaes, Raphael	49	Alameda Aquatic Masters-38	1:20.50	1:20.21	19
	37.78	1:20.21 (42.43)				
3	Merlo, Mark	45	Walnut Creek Masters-38	1:25.00	1:20.81	18
	38.58	1:20.81 (42.23)				
4	Graves, Trent	48	Walnut Creek Masters-38	1:32.00	1:26.02	17
	41.56	1:26.02 (44.46)				
5	Madsen, Benjamin	45	Walnut Creek Masters-38	1:31.00	1:30.57	16
	43.70	1:30.57 (46.87)				
6	Pomarici, Federico	46	Jellies Aquatic Masters of Mon-38	1:43.65	1:38.56	15
	47.05	1:38.56 (51.51)				

Men 45-49 200 SC Meter Breaststroke

NATL: 2:15.45 % 11/30/2018 STEVE WEST

PAC: 2:33.54 # 10/10/2015 Roque J Santos

WRL(4): 11:00.00 2000 Steve WEST

1	Pierce, Andrew A	47	Walnut Creek Masters-38	3:03.00	2:59.25	21
	38.45	1:22.24 (43.79)	2:08.66 (46.42)	2:59.25 (50.59)		
2	McFarland, Bryan	47	Santa Cruz Masters Aquatics-38	2:50.00	2:59.40	19
	39.68	1:23.47 (43.79)	2:11.12 (47.65)	2:59.40 (48.28)		
3	Hatch, Eric	49	Sierra Nevada Masters-38	3:37.01	3:23.43	18
	45.07	1:36.83 (51.76)	2:30.46 (53.63)	3:23.43 (52.97)		

Men 45-49 50 SC Meter Butterfly

NATL: 25.44 % 12/10/2022 CHUCK BARNES

PAC: 26.46 # 10/16/2021 Peter S Moore

WRL(4): 3:00.00 2000 Eiji NOMURA

1	Wolberg, Jay	47	Walnut Creek Masters-38	28.50	29.04	21
2	Krauss, Trentin	46	Walnut Creek Masters-38	30.50	29.44	19
3	Flakoll, Jonathan	49	Walnut Creek Masters-38	29.87	29.99	18
4	Ulbrich, Chris	48	Walnut Creek Masters-38	34.19	32.32	17
5	Bentley, Orin	46	Marcia's Enthusiastic Masters-38	31.35	32.62	16
6	Calhoun, Matthew	48	Albany Armada Aquatics Masters-38	41.40	32.75	15
7	Vecchio, Matthew	48	Walnut Creek Masters-38	38.50	33.73	14
8	Rankin, Shane	49	University of San Francisco Ma-38	42.00	40.05	13
9	Pomarici, Federico	46	Jellies Aquatic Masters of Mon-38	42.70	41.39	12
10	Lucchese, Jon	47	Walnut Creek Masters-38	44.50	41.50	11

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Men 45-49 100 SC Meter Butterfly**NATL: 57.00 % 12/10/2022 **CHUCK BARNES**PAC: 1:00.71 # 10/16/2011 **Kenneth W Tittle**WRL(4): 3:00.00 2000 **Eiji NOMURA**

1	Bentley, Orin	46	Marcia's Enthusiastic Masters-38	1:12.30	1:14.42	21
	34.65		1:14.42 (39.77)			
2	Merlo, Mark	45	Walnut Creek Masters-38	1:18.00	1:15.21	19
	35.85		1:15.21 (39.36)			
3	Rankin, Shane	49	University of San Francisco Ma-38	1:39.22	1:35.79	18
	43.59		1:35.79 (52.20)			

Men 45-49 200 SC Meter ButterflyNATL: 2:06.40 % 11/19/2006 **DENNIS BAKER**PAC: 2:19.44 # 10/18/2009 **John A Engs**WRL(4): 1:00.00 2000 **Eiji NOMURA**

1	Bentley, Orin	46	Marcia's Enthusiastic Masters-38	2:48.07	2:59.27	21
	35.78		1:17.87 (42.09) 2:07.35 (49.48) 2:59.27 (51.92)			

Men 45-49 100 SC Meter IMNATL: 58.18 % 11/21/2021 **JEFF COMMINGS**PAC: 1:03.29 # 10/10/2015 **Roque J Santos**WRL(4): 3:00.00 2000 **Nicolas GRANGER**

1	McFarland, Bryan	47	Santa Cruz Masters Aquatics-38	1:06.00	1:08.41	21
	32.68		1:08.41 (35.73)			
2	Flakoll, Jonathan	49	Walnut Creek Masters-38	1:10.00	1:09.77	19
	32.49		1:09.77 (37.28)			
3	Merlo, Mark	45	Walnut Creek Masters-38	1:15.00	1:14.14	18
	35.47		1:14.14 (38.67)			
4	Pickard, Justin	49	Marin Aquatic Masters-38	1:30.31	1:16.64	17
	34.78		1:16.64 (41.86)			
5	Ulbrich, Chris	48	Walnut Creek Masters-38	1:15.00	1:17.68	16
	35.72		1:17.68 (41.96)			
6	Hatch, Eric	49	Sierra Nevada Masters-38	1:19.73	1:20.53	15
	38.08		1:20.53 (42.45)			
7	Lucchese, Jon	47	Walnut Creek Masters-38	1:30.00	1:27.33	14
	41.66		1:27.33 (45.67)			
8	Rankin, Shane	49	University of San Francisco Ma-38	1:39.00	1:31.70	13
	42.49		1:31.70 (49.21)			

Men 45-49 200 SC Meter IMNATL: 2:09.71 % 3/20/2010 **JEROME FRENTSOS**PAC: 2:17.74 # 12/6/2015 **Rick M Hamilton**WRL(4): 3:00.00 2000 **Nicolas GRANGER**

1	Flakoll, Jonathan	49	Walnut Creek Masters-38	2:36.56	2:31.97	21
	32.15		1:12.40 (40.25) 1:57.62 (45.22) 2:31.97 (34.35)			
2	Merlo, Mark	45	Walnut Creek Masters-38	2:40.00	2:41.04	19
	34.76		1:15.47 (40.71) 2:01.75 (46.28) 2:41.04 (39.29)			
3	Hatch, Eric	49	Sierra Nevada Masters-38	2:50.28	2:53.92	18
	37.53		1:21.77 (44.24) 2:13.35 (51.58) 2:53.92 (40.57)			
4	Rankin, Shane	49	University of San Francisco Ma-38	3:18.00	3:21.82	17
	43.92		1:33.15 (49.23) 2:35.95 (1:02.80) 3:21.82 (45.87)			

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Men 45-49 400 SC Meter IM**

NATL:		4:43.64	%	9/26/2010	JEROME FRENTSOS			
PAC:		4:55.44	#	12/31/2008	Darren D Phalen			
WRL(4):		4:00.00		2000	Nicolas GRANGER			
1	Merlo, Mark			45	Walnut Creek Masters-38	5:50.00	5:53.61	21
		38.27				1:21.47 (43.20)	2:08.54 (47.07)	2:54.20 (45.66)
		3:43.93 (49.73)				4:33.54 (49.61)	5:14.29 (40.75)	5:53.61 (39.32)
2	Bentley, Orin			46	Marcia's Enthusiastic Masters-38	6:10.00	6:03.76	19
		35.49				1:17.81 (42.32)	2:05.01 (47.20)	2:51.03 (46.02)
		3:43.03 (52.00)				4:36.69 (53.66)	5:21.45 (44.76)	6:03.76 (42.31)
3	Madsen, Benjamin			45	Walnut Creek Masters-38	6:30.00	6:52.82	18
		42.31				1:35.41 (53.10)	2:32.58 (57.17)	3:28.33 (55.75)
		4:24.02 (55.69)				5:19.80 (55.78)	6:52.86 (1:33.06)	6:52.82 ()
4	Castillo-McIntyre, Nery			46	Albany Armada Aquatics Masters-38	9:39.42	9:03.01	17
		56.68				2:04.06 (1:07.38)	3:18.46 (1:14.40)	4:32.41 (1:13.95)
		5:44.58 (1:12.17)				6:57.75 (1:13.17)	8:01.60 (1:03.85)	9:03.01 (1:01.41)

Men 50-54 50 SC Meter Freestyle

NATL:		23.38	%	10/18/2009	ROWDY GAINES			
PAC:		25.53	#	12/31/2003	Thomas W Whatley			
WRL(4):		5:00.00		2000	Chris FYDLER			
1	Anderson, Kent			51	Davis Aquatic Masters-38	27.00	26.64	21
2	Mc Donough, Patrick			50	Walnut Creek Masters-38	33.00	28.71	19
3	Rogers, Matt			53	Marcia's Enthusiastic Masters-38	29.07	28.76	18
4	Selinger, Ili			50	Walnut Creek Masters-38	27.54	28.93	17
5	Fahlen, Mark			52	Modesto Area Aquatic Club-38	29.50	29.30	16
6	Jegers, Daniel			54	Marcia's Enthusiastic Masters-38	30.55	29.52	15
7	Friedman, Eric			53	Albany Armada Aquatics Masters-38	32.46	32.73	14
8	Claassen, John			54	Walnut Creek Masters-38	45.00	33.13	13

Men 50-54 50 SC Meter Freestyle

NATL:		23.38	%	10/18/2009	ROWDY GAINES			
PAC:		25.53	#	12/31/2003	Thomas W Whatley			
WRL(4):		5:00.00		2000	Chris FYDLER			
1	Winsor, Brad			52	Davis Aquatic Masters-38	NT	27.94	

Men 50-54 100 SC Meter Freestyle

NATL:		51.61	%	10/17/2009	ROWDY GAINES			
PAC:		56.67	#	12/31/2003	Richard S Garrett			
WRL(4):		3:00.00		2000	Nicolas GRANGER			
1	Anderson, Kent			51	Davis Aquatic Masters-38	1:00.00	58.52	21
		28.23					58.52 (30.29)	
2	Winsor, Brad			52	Davis Aquatic Masters-38	1:00.42	1:00.64	19
		29.41					1:00.64 (31.23)	
3	Fahlen, Mark			52	Modesto Area Aquatic Club-38	1:02.50	1:04.52	18
		31.11					1:04.52 (33.41)	
4	Rogers, Matt			53	Marcia's Enthusiastic Masters-38	1:05.97	1:05.72	17
		31.58					1:05.72 (34.14)	
5	Zajonc, Jason			50	Marin Aquatic Masters-38	1:06.20	1:06.12	16
		31.19					1:06.12 (34.93)	
6	Kneubuhler, Yann			51	Richmond Plunge Masters-38	1:06.00	1:06.81	15
		32.54					1:06.81 (34.27)	
7	Webster, Mike			54	CoastSide Tiger Sharks-38	1:02.56	1:09.79	14
		32.97					1:09.79 (36.82)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 50-54 100 SC Meter Freestyle)**

8	Sanders, Drew	53	Walnut Creek Masters-38	1:10.00	1:10.44	13
	34.09				1:10.44 (36.35)	
9	Friedman, Eric	53	Albany Armada Aquatics Masters-38	1:13.73	1:13.96	12
	34.40				1:13.96 (39.56)	
10	Claassen, John	54	Walnut Creek Masters-38	1:24.00	1:21.00	11
	39.13				1:21.00 (41.87)	
---	Andren, Joel	51	Uc38	1:30.00	DQ	
	39.20				DQ (44.45)	

Men 50-54 200 SC Meter FreestyleNATL: 1:54.61 % 10/14/2011 **ROWDY GAINES**PAC: 2:05.03 # 3/9/2014 **Darren D Phalen**WRL(4): 10:00.00 2000 **Rowdy GAINES**

1	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	NT	2:26.80	
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Men 50-54 200 SC Meter FreestyleNATL: 1:54.61 % 10/14/2011 **ROWDY GAINES**PAC: 2:05.03 # 3/9/2014 **Darren D Phalen**WRL(4): 10:00.00 2000 **Rowdy GAINES**

1	Winsor, Brad	52	Davis Aquatic Masters-38	2:14.42	2:12.53	21
	31.03				1:04.28 (33.25)	
					1:38.14 (33.86)	
					2:12.53 (34.39)	
2	Anderson, Kent	51	Davis Aquatic Masters-38	2:16.00	2:14.72	19
	30.85				1:04.76 (33.91)	
					1:40.03 (35.27)	
					2:14.72 (34.69)	
3	Rosales-Delmoral, Romer	50	Menlo Masters-38	2:21.00	2:21.32	18
	33.69				1:08.96 (35.27)	
					1:44.92 (35.96)	
					2:21.32 (36.40)	
4	Fahlen, Mark	52	Modesto Area Aquatic Club-38	2:20.00	2:22.54	17
	33.43				1:09.08 (35.65)	
					1:45.70 (36.62)	
					2:22.54 (36.84)	
5	Kneubuhler, Yann	51	Richmond Plunge Masters-38	2:19.50	2:30.13	16
	34.49				1:11.98 (37.49)	
					1:50.90 (38.92)	
					2:30.13 (39.23)	
6	Jegers, Daniel	54	Marcia's Enthusiastic Masters-38	2:29.98	2:32.40	15
	35.64				1:14.74 (39.10)	
					1:54.33 (39.59)	
					2:32.40 (38.07)	
7	Hertzler, Keith	50	Marcia's Enthusiastic Masters-38	2:36.00	2:34.19	14
	36.03				1:13.96 (37.93)	
					1:53.76 (39.80)	
					2:34.19 (40.43)	
8	Clifford, Dan	53	Marcia's Enthusiastic Masters-38	3:53.00	3:57.60	13
	55.23				1:59.95 (1:04.72)	
					3:00.46 (1:00.51)	
					3:57.60 (57.14)	

Men 50-54 400 SC Meter FreestyleNATL: 4:07.99 % 12/10/2000 **JIM MCCONICA**PAC: 4:16.37 # 10/14/2017 **Barton S Wells**WRL(4): 1:00.00 2000 **Nicolas GRANGER**

1	Winsor, Brad	52	Davis Aquatic Masters-38	4:45.42	4:42.43	21
	33.80				1:09.55 (35.75)	
					1:45.66 (36.11)	
					2:21.98 (36.32)	
					3:34.86 (36.52)	
					4:10.13 (35.27)	
					4:42.43 (32.30)	
2	Rosales-Delmoral, Romer	50	Menlo Masters-38	4:57.00	4:57.40	19
	34.74				1:11.93 (37.19)	
					1:48.81 (36.88)	
					2:26.13 (37.32)	
					3:41.87 (38.00)	
					4:20.01 (38.14)	
					4:57.40 (37.39)	
3	Fahlen, Mark	52	Modesto Area Aquatic Club-38	5:05.00	5:06.23	18
	35.82				1:14.33 (38.51)	
					1:53.26 (38.93)	
					2:32.39 (39.13)	
					3:50.84 (39.07)	
					4:29.04 (38.20)	
					5:06.23 (37.19)	
4	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	5:17.90	5:15.83	17
	37.22				1:16.34 (39.12)	
					1:56.78 (40.44)	
					2:37.35 (40.57)	
					3:57.67 (39.92)	
					4:38.04 (40.37)	
					5:15.83 (37.79)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 50-54 400 SC Meter Freestyle)**

5	Hertzer, Keith	50	Marcia's Enthusiastic Masters-38	5:42.00	5:23.15	16
	36.50	1:15.35 (38.85)	1:55.61 (40.26)	2:36.44 (40.83)		
	3:17.82 (41.38)	3:59.91 (42.09)	4:42.11 (42.20)	5:23.15 (41.04)		

Men 50-54 800 SC Meter Freestyle

NATL: 8:44.51 % 12/10/2000 JIM MCCONICA

PAC: 8:54.56 # 12/3/2017 Barton S Wells

WRL(4): 11:00.00 2000 Fabio CALMASINI

1	Winsor, Brad	52	Davis Aquatic Masters-38	NT	9:56.53	
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Men 50-54 1500 SC Meter Freestyle

NATL: 16:33.02 % 12/10/2000 JIM MCCONICA

PAC: 17:11.44 # 12/1/2017 Barton S Wells

WRL(4): 2:00.00 2000 Fabio CALMASINI

1	Winsor, Brad	52	Davis Aquatic Masters-38	18:59.42	18:42.83	21
	33.48	1:09.92 (36.44)	1:47.63 (37.71)	2:25.59 (37.96)		
	3:03.74 (38.15)	3:41.66 (37.92)	4:19.07 (37.41)	4:56.29 (37.22)		
	5:33.78 (37.49)	6:11.20 (37.42)	6:48.71 (37.51)	7:26.20 (37.49)		
	8:03.73 (37.53)	8:41.43 (37.70)	9:18.87 (37.44)	9:56.53 (37.66)		
	10:34.11 (37.58)	11:11.82 (37.71)	11:49.43 (37.61)	12:27.36 (37.93)		
	13:05.45 (38.09)	13:43.49 (38.04)	14:21.29 (37.80)	14:59.21 (37.92)		
	15:36.80 (37.59)	16:14.57 (37.77)	16:52.08 (37.51)	17:29.58 (37.50)		
	18:06.68 (37.10)	18:42.83 (36.15)				
2	Sanders, Drew	53	Walnut Creek Masters-38	22:45.00	21:52.42	19
	40.88	1:24.36 (43.48)	2:08.87 (44.51)	2:54.29 (45.42)		
	3:38.88 (44.59)	4:23.64 (44.76)	5:08.17 (44.53)	5:52.57 (44.40)		
	6:37.16 (44.59)	7:21.84 (44.68)	8:06.92 (45.08)	8:51.58 (44.66)		
	9:35.83 (44.25)	10:20.06 (44.23)	11:04.20 (44.14)	11:48.05 (43.85)		
	12:31.78 (43.73)	13:15.77 (43.99)	13:59.53 (43.76)	14:43.07 (43.54)		
	15:26.32 (43.25)	16:10.15 (43.83)	16:53.83 (43.68)	17:37.52 (43.69)		
	18:20.99 (43.47)	19:04.41 (43.42)	19:47.72 (43.31)	20:30.65 (42.93)		
	21:12.49 (41.84)	21:52.42 (39.93)				

Men 50-54 50 SC Meter Backstroke

NATL: 26.69 % 10/24/2015 FRITZ BEDFORD

PAC: 29.22 # 12/8/2019 Rick M Hamilton

WRL(4): 10:00.00 2000 Fritz BEDFORD

1	Selinger, Ili	50	Walnut Creek Masters-38	33.00	35.87	21
2	Mc Donough, Patrick	50	Walnut Creek Masters-38	38.00	35.92	19
3	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	36.35	36.55	18
4	Rogers, Matt	53	Marcia's Enthusiastic Masters-38	36.66	36.84	17
5	Jegers, Daniel	54	Marcia's Enthusiastic Masters-38	36.03	38.01	16
6	Friedman, Eric	53	Albany Armada Aquatics Masters-38	40.72	39.98	15
7	Clifford, Dan	53	Marcia's Enthusiastic Masters-38	57.00	1:01.55	14

Men 50-54 100 SC Meter Backstroke

NATL: 58.47 % 10/24/2015 FRITZ BEDFORD

PAC: 1:02.52 # 12/2/2017 Rick M Hamilton

WRL(4): 3:00.00 2000 Nicolas GRANGER

1	Rogers, Matt	53	Marcia's Enthusiastic Masters-38	1:30.00	1:19.73	21
	38.93	1:19.73 (40.80)				
2	Fahlen, Mark	52	Modesto Area Aquatic Club-38	1:20.00	1:21.66	19
	40.37	1:21.66 (41.29)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 50-54 100 SC Meter Backstroke)**

3	Rosales-Delmoral, Romer	50	Menlo Masters-38	1:26.00	1:22.30	18
	41.28	1:22.30 (41.02)				
4	Friedman, Eric	53	Albany Armada Aquatics Masters-38	1:31.29	1:31.65	17

Men 50-54 200 SC Meter BackstrokeNATL: 2:11.84 % 12/4/2009 **JAMIE FOWLER**PAC: 2:16.82 # 12/1/2017 **Rick M Hamilton**WRL(4): 5:00.00 2000 **Nicolas GRANGER**

1	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	2:54.19	2:54.12	21
	40.28	1:24.34 (44.06)	2:09.33 (44.99)	2:54.12 (44.79)		
2	Fahlen, Mark	52	Modesto Area Aquatic Club-38	2:53.75	2:56.23	19
	42.51	1:27.39 (44.88)	2:12.54 (45.15)	2:56.23 (43.69)		
3	Mc Donough, Patrick	50	Walnut Creek Masters-38	3:00.00	2:56.99	18
	41.27	1:26.27 (45.00)	2:13.14 (46.87)	2:56.99 (43.85)		
4	Rosales-Delmoral, Romer	50	Menlo Masters-38	3:00.00	2:58.84	17
	44.06	1:29.08 (45.02)	2:13.84 (44.76)	2:58.84 (45.00)		
5	Rogers, Matt	53	Marcia's Enthusiastic Masters-38	2:59.53	3:04.66	16
	43.01	1:30.28 (47.27)	2:19.51 (49.23)	3:04.66 (45.15)		
---	Jegers, Daniel	54	Marcia's Enthusiastic Masters-38	3:15.59	DQ	
	46.89	1:37.31 (50.42)	2:28.47 (51.16)	DQ (48.09)		

Men 50-54 50 SC Meter BreaststrokeNATL: 29.84 % 12/8/2013 **DAVID GUTHRIE**PAC: 31.10 # 10/18/2009 **Gary L Patterson**WRL(4): 2:00.00 2000 **Hideaki TOGO**

1	Dunson, David	51	North Carolina Masters Swimmin-13	30.96	31.58	21
2	Selinger, Ili	50	Walnut Creek Masters-38	36.00	36.14	19
3	Hertzer, Keith	50	Marcia's Enthusiastic Masters-38	37.00	38.19	18
4	Andren, Joel	51	Uc38	55.00	45.46	17
5	Claassen, John	54	Walnut Creek Masters-38	46.00	45.59	16

Men 50-54 100 SC Meter BreaststrokeNATL: 1:04.54 % 12/7/2013 **DAVID GUTHRIE**PAC: 1:08.95 # 10/18/2009 **Gary L Patterson**WRL(4): 2:00.00 2000 **Hideaki TOGO**

1	Dunson, David	51	North Carolina Masters Swimmin-13	1:09.59	1:11.44	21
	33.70	1:11.44 (37.74)				
2	Kneubuhler, Yann	51	Richmond Plunge Masters-38	1:24.00	1:23.83	19
	39.92	1:23.83 (43.91)				
3	Hertzer, Keith	50	Marcia's Enthusiastic Masters-38	1:26.00	1:26.25	18
	40.68	1:26.25 (45.57)				
4	Claassen, John	54	Walnut Creek Masters-38	2:00.00	1:47.00	17
	48.93	1:47.00 (58.07)				

Men 50-54 200 SC Meter BreaststrokeNATL: 2:21.65 % 12/8/2013 **DAVID GUTHRIE**PAC: 2:34.71 # 12/31/1996 **Robert Strand**WRL(4): 3:00.00 2000 **Nicolas GRANGER**

1	Kneubuhler, Yann	51	Richmond Plunge Masters-38	3:00.00	3:07.51	21
	42.60	1:30.13 (47.53)	2:19.33 (49.20)	3:07.51 (48.18)		
2	Hertzer, Keith	50	Marcia's Enthusiastic Masters-38	3:16.00	3:15.27	19
	46.14	1:36.66 (50.52)	2:26.38 (49.72)	3:15.27 (48.89)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 50-54 200 SC Meter Breaststroke)**

3	Jegers, Daniel	54	Marcia's Enthusiastic Masters-38	3:35.27	3:23.32	18
	49.43	1:42.63 (53.20)	2:33.93 (51.30)	3:23.32 (49.39)		
4	Clifford, Dan	53	Marcia's Enthusiastic Masters-38	4:07.00	4:03.82	17
	55.21	1:56.77 (1:01.56)	3:02.69 (1:05.92)	4:03.82 (1:01.13)		

Men 50-54 50 SC Meter Butterfly

NATL: 25.74 % 12/8/2018 STEVE HILTABIDDLE

PAC: 26.12 # 12/31/2007 Paul V Carter

WRL(4): 11:00.00 2000 Eiji NOMURA

1	Rendic, Dikan	52	Google Masters Swimming-38	26.58	28.70	21
2	Anderson, Kent	51	Davis Aquatic Masters-38	29.00	29.35	19
3	Selinger, Ili	50	Walnut Creek Masters-38	32.00	31.08	18
4	Zajonc, Jason	50	Marin Aquatic Masters-38	31.38	31.38	17
5	Rogers, Matt	53	Marcia's Enthusiastic Masters-38	34.11	33.43	16
6	Rosales-Delmoral, Romer	50	Menlo Masters-38	34.00	34.47	15
7	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	34.19	34.49	14
8	Webster, Mike	54	CoastSide Tiger Sharks-38	31.46	35.74	13
9	Andren, Joel	51	Uc38	55.00	43.59	12

Men 50-54 100 SC Meter Butterfly

NATL: 57.29 % 12/2/2007 PAUL CARTER

PAC: 57.29 # 12/2/2007 Paul V Carter

WRL(4): 1:00.00 2000 Eiji NOMURA

1	Winsor, Brad	52	Davis Aquatic Masters-38	1:09.42	1:08.14	21
	32.40	1:08.14 (35.74)				

Men 50-54 200 SC Meter Butterfly

NATL: 2:10.52 % 5/21/2016 MIKE SHAFFER

PAC: 2:21.84 # 3/9/2014 Darren D Phalen

WRL(4): 1:00.00 2000 Eiji NOMURA

1	Winsor, Brad	52	Davis Aquatic Masters-38	2:45.42	2:39.83	21
	36.38	1:18.07 (41.69)	1:59.42 (41.35)	2:39.83 (40.41)		

Men 50-54 100 SC Meter IM

NATL: 1:00.57 % 12/10/2016 SCOTT HEBER

PAC: 1:02.51 # 12/31/2008 Ken Shilling

WRL(4): 3:00.00 2000 Nicolas GRANGER

1	Selinger, Ili	50	Walnut Creek Masters-38	1:09.04	1:13.13	21
	34.64	1:13.13 (38.49)				
2	Mc Donough, Patrick	50	Walnut Creek Masters-38	1:25.00	1:17.49	19
	34.96	1:17.49 (42.53)				
3	Rogers, Matt	53	Marcia's Enthusiastic Masters-38	1:19.13	1:18.99	18
	36.00	1:18.99 (42.99)				
4	Jegers, Daniel	54	Marcia's Enthusiastic Masters-38	1:21.40	1:19.15	17
	36.85	1:19.15 (42.30)				
5	Friedman, Eric	53	Albany Armada Aquatics Masters-38	1:40.00	1:30.96	16
	41.82	1:30.96 (49.14)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Men 50-54 200 SC Meter IM**NATL: 2:12.85 % 5/17/2015 **JEROME FRENTSOS**PAC: 2:14.53 # 12/31/2008 **Ken Shilling**WRL(4): 1:00.00 2000 **Nicolas GRANGER**

1	Selinger, Ili	50	Walnut Creek Masters-38	2:35.00	2:43.29	21
	34.27	1:16.81 (42.54)	2:05.38 (48.57)	2:43.29 (37.91)		
2	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	2:45.38	2:48.58	19
	35.13	1:21.23 (46.10)	2:10.13 (48.90)	2:48.58 (38.45)		
3	Fahlen, Mark	52	Modesto Area Aquatic Club-38	2:50.00	2:48.90	18
	36.98	1:22.11 (45.13)	2:12.16 (50.05)	2:48.90 (36.74)		
4	Rosales-Delmoral, Romer	50	Menlo Masters-38	2:52.00	2:50.14	17
	36.49	1:22.54 (46.05)	2:13.66 (51.12)	2:50.14 (36.48)		
5	Hertzer, Keith	50	Marcia's Enthusiastic Masters-38	2:54.00	2:55.69	16
	37.48	1:26.86 (49.38)	2:14.61 (47.75)	2:55.69 (41.08)		

Men 50-54 400 SC Meter IMNATL: 4:45.15 % 5/18/2015 **JEROME FRENTSOS**PAC: 5:02.72 # 3/9/2013 **Darren D Phalen**WRL(4): 3:00.00 2000 **Nicolas GRANGER**

1	Wehmann, Todd	51	Marcia's Enthusiastic Masters-38	6:10.00	6:11.40	21
	39.82	1:23.54 (43.72)	2:14.09 (50.55)	3:03.85 (49.76)		
	3:54.92 (51.07)	4:49.44 (54.52)	5:32.44 (43.00)	6:11.40 (38.96)		
2	Jegers, Daniel	54	Marcia's Enthusiastic Masters-38	6:54.95	6:51.60	19
	43.41	1:32.16 (48.75)	2:25.54 (53.38)	3:20.42 (54.88)		
	4:22.55 (1:02.13)	5:22.16 (59.61)	6:09.34 (47.18)	6:51.60 (42.26)		

Men 55-59 50 SC Meter FreestyleNATL: 24.66 % 10/10/2015 **STEVE WOOD**PAC: 26.15 # 12/31/2009 **Eric D van Boer**WRL(4): 3:00.00 2000 **Calvin MAUGHAN**

1	Wu, Long	58	Marcia's Enthusiastic Masters-38	NT	37.91	
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Men 55-59 50 SC Meter FreestyleNATL: 24.66 % 10/10/2015 **STEVE WOOD**PAC: 26.15 # 12/31/2009 **Eric D van Boer**WRL(4): 3:00.00 2000 **Calvin MAUGHAN**

1	Gorek, Thomas	55	Tamalpais Aquatic Masters-38	29.39	27.82	21
2	Alzate, Juan	55	Clovis Swim Club Masters-38	29.00	28.09	19
3	Langner, Mikael	55	University of San Francisco Ma-38	30.00	28.90	18
4	Smith, Bryan	56	Walnut Creek Masters-38	27.84	29.07	17
5	Gardner, William	59	Manatee Aquatic Masters Inc-38	28.60	29.18	16
6	Gronert, Karsten	58	Walnut Creek Masters-38	32.00	30.91	15
7	Travale, John	55	Walnut Creek Masters-38	36.37	30.98	14
8	Barajas, Nick	57	Sacramento Masters-38	31.14	31.46	13
9	Dooley, Paul	55	Marcia's Enthusiastic Masters-38	33.00	33.03	12
10	France, Kermit	57	Walnut Creek Masters-38	37.00	36.66	11
11	Barnes, Brent	55	Puget Sound Masters-36	36.82	37.31	10

Men 55-59 100 SC Meter FreestyleNATL: 54.50 % 4/5/2009 **JACK GROSELLE**PAC: 58.66 # 12/31/2000 **Tim A Birnie**WRL(4): 3:00.00 2000 **Calvin MAUGHAN**

1	Alzate, Juan	55	Clovis Swim Club Masters-38	1:08.00	1:04.00	21
	30.35	1:04.00 (33.65)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 55-59 100 SC Meter Freestyle)**

2	Manley, Kanui	59	Penguin Swim Club-38	1:05.53	1:05.11	19
	31.08				1:05.11 (34.03)	
3	Langner, Mikael	55	University of San Francisco Ma-38	1:03.00	1:05.51	18
	31.23				1:05.51 (34.28)	
4	Stahl, Stephen	58	Walnut Creek Masters-38	1:10.00	1:07.12	17
	32.15				1:07.12 (34.97)	
5	Goode, John	56	Google Masters Swimming-38	1:10.00	1:09.55	16
	34.20				1:09.55 (35.35)	
6	Barajas, Nick	57	Sacramento Masters-38	1:10.97	1:10.62	15
	33.92				1:10.62 (36.70)	
7	Dooley, Paul	55	Marcia's Enthusiastic Masters-38	1:12.00	1:12.54	14
	35.44				1:12.54 (37.10)	
8	France, Kermit	57	Walnut Creek Masters-38	1:18.00	1:17.25	13
	38.31				1:17.25 (38.94)	
9	Geller, Jason	57	The Olympic Club-38	1:40.00	1:19.47	12
	39.26				1:19.47 (40.21)	
10	Kilmartin, Philip	57	East Bay Bat Rays Masters-38	1:12.00	1:19.76	11
	37.68				1:19.76 (42.08)	
11	Barnes, Brent	55	Puget Sound Masters-36	1:19.50	1:20.53	10
	38.41				1:20.53 (42.12)	
12	Makani, Gautam	57	Orinda Aquatic Masters-38	1:27.93	1:28.52	9
	42.48				1:28.52 (46.04)	

Men 55-59 100 SC Meter Freestyle

NATL: 54.50 % 4/5/2009 JACK GROSELLE

PAC: 58.66 # 12/31/2000 Tim A Birnie

WRL(4): 3:00.00 2000 Calvin MAUGHAN

1 Stegner, Jeff 58 Walnut Creek Masters-38 NT 1:07.29

Men 55-59 200 SC Meter Freestyle

NATL: 1:59.08 % 11/21/2009 MICHAEL MANN

PAC: 2:06.20 # 12/31/2003 R Tod Spieker

WRL(4): 11:00.00 2000 Michael MANN

1	Gardner, William	59	Manatee Aquatic Masters Inc-38	2:21.60	2:26.61	21
	33.28				1:09.81 (36.53) 1:47.88 (38.07) 2:26.61 (38.73)	
2	Dooley, Paul	55	Marcia's Enthusiastic Masters-38	2:38.00	2:42.52	19
	36.87				1:18.36 (41.49) 2:01.73 (43.37) 2:42.52 (40.79)	
3	Barajas, Nick	57	Sacramento Masters-38	2:45.35	2:44.80	18
	39.01				1:20.24 (41.23) 2:02.97 (42.73) 2:44.80 (41.83)	
4	Kilmartin, Philip	57	East Bay Bat Rays Masters-38	2:35.00	2:54.02	17
	38.93				1:22.52 (43.59) 2:08.22 (45.70) 2:54.02 (45.80)	
5	France, Kermit	57	Walnut Creek Masters-38	2:54.00	2:54.22	16
	41.47				1:26.63 (45.16) 2:11.91 (45.28) 2:54.22 (42.31)	
6	Downey, Patrick	56	Marcia's Enthusiastic Masters-38	2:48.67	2:55.17	15
	40.52				1:25.99 (45.47) 2:10.63 (44.64) 2:55.17 (44.54)	
7	Barnes, Brent	55	Puget Sound Masters-36	3:01.49	3:03.76	14
	41.65				1:27.73 (46.08) 2:15.39 (47.66) 3:03.76 (48.37)	
---	Travale, John	55	Walnut Creek Masters-38	2:44.34	DQ	
	34.21				1:11.39 (37.18)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 55-59 400 SC Meter Freestyle

NATL: 4:16.03 % 11/22/2009 MICHAEL MANN

PAC: 4:21.72 # 10/29/2022 Barton S Wells

WRL(4): 11:00.00 2000 Michael MANN

1	Chao, Hector	59	Walnut Creek Masters-38	5:15.00	5:03.27	21
	35.43	1:13.36 (37.93)	1:51.84 (38.48)	2:30.58 (38.74)		
	3:09.50 (38.92)	3:48.32 (38.82)	4:26.43 (38.11)	5:03.27 (36.84)		
2	Travale, John	55	Walnut Creek Masters-38	5:15.00	5:35.67	19
	38.60	1:18.16 (39.56)	1:59.46 (41.30)	2:43.02 (43.56)		
	3:26.05 (43.03)	4:09.92 (43.87)	4:54.09 (44.17)	5:35.67 (41.58)		

Men 55-59 800 SC Meter Freestyle

NATL: 8:51.34 % 11/21/2009 MICHAEL MANN

PAC: 9:01.47 # 10/28/2022 Barton S Wells

WRL(4): 11:00.00 2000 Michael MANN

1	Shaffer, Mike	58	Club Hot Tub-38	NT	9:27.67	
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Men 55-59 1500 SC Meter Freestyle

NATL: 17:14.15 % 10/2/2005 JIM MC CONICA

PAC: 17:21.15 # 12/2/2022 Barton S Wells

WRL(4): 6:00.00 2000 Brent FOSTER

1	Shaffer, Mike	58	Club Hot Tub-38	18:17.80	18:04.31	21
	32.34	1:06.95 (34.61)	1:42.56 (35.61)	2:18.28 (35.72)		
	2:54.14 (35.86)	3:29.77 (35.63)	4:05.64 (35.87)	4:41.57 (35.93)		
	5:17.58 (36.01)	5:53.91 (36.33)	6:30.13 (36.22)	7:06.32 (36.19)		
	7:42.59 (36.27)	8:18.67 (36.08)	8:53.94 (35.27)	9:27.67 (33.73)		
	10:13.67 (46.00)	10:50.73 (37.06)	11:27.35 (36.62)	12:04.01 (36.66)		
	12:40.69 (36.68)	13:17.29 (36.60)	13:53.95 (36.66)	14:30.28 (36.33)		
	15:06.66 (36.38)	15:43.13 (36.47)	16:19.17 (36.04)	16:55.10 (35.93)		
	17:30.27 (35.17)	18:04.31 (34.04)				
2	Heaney, Michael	57	Walnut Creek Masters-38	25:20.00	23:48.21	19
	43.69	1:30.31 (46.62)	2:17.79 (47.48)	3:05.48 (47.69)		
	3:53.19 (47.71)	4:41.12 (47.93)	5:29.44 (48.32)	6:16.85 (47.41)		
	7:03.98 (47.13)	7:50.89 (46.91)	8:38.53 (47.64)	9:26.54 (48.01)		
	10:14.18 (47.64)	11:02.50 (48.32)	11:49.68 (47.18)	12:37.48 (47.80)		
	13:25.13 (47.65)	14:13.36 (48.23)	15:01.54 (48.18)	15:49.11 (47.57)		
	16:37.14 (48.03)	17:25.24 (48.10)	18:13.55 (48.31)	19:01.57 (48.02)		
	19:49.81 (48.24)	20:37.89 (48.08)	21:26.12 (48.23)	22:13.77 (47.65)		
	23:01.97 (48.20)	23:48.21 (46.24)				

Men 55-59 50 SC Meter Backstroke

NATL: 27.62 % 10/10/2015 STEVE WOOD

PAC: 29.95 # 10/13/2019 Steven V Ennis

WRL(4): 12:00.00 2000 Fritz BEDFORD

1	Dooley, Paul	55	Marcia's Enthusiastic Masters-38	NT	40.90	
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Men 55-59 50 SC Meter Backstroke

NATL: 27.62 % 10/10/2015 STEVE WOOD

PAC: 29.95 # 10/13/2019 Steven V Ennis

WRL(4): 12:00.00 2000 Fritz BEDFORD

1	Shaffer, Mike	58	Club Hot Tub-38	31.83	31.91	21
2	Chao, Hector	59	Walnut Creek Masters-38	33.50	33.07	19
3	Smith, Bryan	56	Walnut Creek Masters-38	33.24	34.43	18
4	Barajas, Nick	57	Sacramento Masters-38	42.49	42.50	17

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Men 55-59 100 SC Meter Backstroke**NATL: 1:00.78 % 10/20/2018 **FRITZ BEDFORD**PAC: 1:04.89 # 12/31/2000 **Tim A Birnie**WRL(4): 10:00.00 2000 **Fritz BEDFORD**

1	Shaffer, Mike	58	Club Hot Tub-38	1:08.47	1:08.08	21
2	Chao, Hector	59	Walnut Creek Masters-38	1:11.00	1:11.19	19
	34.23		1:11.19 (36.96)			
3	Manley, Kanui	59	Penguin Swim Club-38	1:18.86	1:18.37	18
	36.93		1:18.37 (41.44)			
4	Stahl, Stephen	58	Walnut Creek Masters-38	1:25.00	1:19.16	17
	38.42		1:19.16 (40.74)			
5	Goode, John	56	Google Masters Swimming-38	1:20.00	1:26.47	16
	42.56		1:26.47 (43.91)			
6	Kilmartin, Philip	57	East Bay Bat Rays Masters-38	1:29.00	1:30.72	15
	43.33		1:30.72 (47.39)			
7	Wu, Long	58	Marcia's Enthusiastic Masters-38	1:46.84	1:50.85	14

Men 55-59 200 SC Meter BackstrokeNATL: 2:15.37 % 12/2/2018 **LEN GUSHE**PAC: 2:21.80 # 12/31/2003 **Tim Spieker**WRL(4): 4:00.00 2000 **Alessio GERMANI**

1	Chao, Hector	59	Walnut Creek Masters-38	2:50.00	2:37.69	21
	37.17		1:16.75 (39.58)	1:57.27 (40.52)	2:37.69 (40.42)	
2	Langner, Mikael	55	University of San Francisco Ma-38	2:59.00	2:50.79	19
	39.58		1:22.71 (43.13)	2:07.34 (44.63)	2:50.79 (43.45)	

Men 55-59 50 SC Meter BreaststrokeNATL: 30.37 % 12/17/2016 **DAVID GUTHRIE**PAC: 32.18 # 12/31/2001 **Robert Strand**WRL(4): 2:00.00 2000 **C.Arturo TRAVAINI**

1	Alzate, Juan	55	Clovis Swim Club Masters-38	35.00	36.58	21
2	Stahl, Stephen	58	Walnut Creek Masters-38	40.00	38.06	19
3	Goode, John	56	Google Masters Swimming-38	38.05	38.72	18
4	Gronert, Karsten	58	Walnut Creek Masters-38	39.00	39.04	17
5	Barnes, Brent	55	Puget Sound Masters-36	39.70	39.56	16
6	Wu, Long	58	Marcia's Enthusiastic Masters-38	39.47	40.30	15
7	Geller, Jason	57	The Olympic Club-38	50.00	42.69	14
8	Barajas, Nick	57	Sacramento Masters-38	43.45	43.22	13
9	Lentz, Mark	59	Walnut Creek Masters-38	42.00	43.79	12

Men 55-59 100 SC Meter BreaststrokeNATL: 1:06.80 % 12/18/2016 **DAVID GUTHRIE**PAC: 1:11.53 # 12/31/2001 **Robert Strand**WRL(4): 2:00.00 2000 **C.Arturo TRAVAINI**

1	Gronert, Karsten	58	Walnut Creek Masters-38	1:24.00	1:24.63	21
	40.59		1:24.63 (44.04)			
2	Stegner, Jeff	58	Walnut Creek Masters-38	1:20.00	1:25.30	19
	41.04		1:25.30 (44.26)			
3	Stahl, Stephen	58	Walnut Creek Masters-38	1:36.00	1:28.16	18
	42.04		1:28.16 (46.12)			
4	Goode, John	56	Google Masters Swimming-38	1:30.00	1:28.64	17
	42.79		1:28.64 (45.85)			
5	Langner, Mikael	55	University of San Francisco Ma-38	1:27.00	1:30.36	16
	42.92		1:30.36 (47.44)			

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 55-59 100 SC Meter Breaststroke)**

6	Barnes, Brent	42.81	1:30.52 (47.71)	55	Puget Sound Masters-36	1:30.08	1:30.52	15
7	Wu, Long	44.12	1:31.38 (47.26)	58	Marcia's Enthusiastic Masters-38	1:29.77	1:31.38	14
8	Geller, Jason	45.18	1:37.27 (52.09)	57	The Olympic Club-38	2:00.00	1:37.27	13
9	Makani, Gautam	50.38	1:44.58 (54.20)	57	Orinda Aquatic Masters-38	1:46.31	1:44.58	12
10	Kwan, Thomas	54.43	1:55.66 (1:01.23)	58	Uc38	2:00.00	1:55.66	11

Men 55-59 200 SC Meter Breaststroke

NATL: 2:27.00 % 11/8/2015 DAVID GUTHRIE

PAC: 2:38.76 # 12/31/2001 Robert Strand

WRL(4): 4:00.00 2000 C.Arturo TRAVAINI

1	Wu, Long	45.40	1:35.58 (50.18)	58	Marcia's Enthusiastic Masters-38	3:15.53	3:19.43	21
						2:28.37 (52.79)	3:19.43 (51.06)	
2	Barnes, Brent	44.33	1:35.47 (51.14)	55	Puget Sound Masters-36	3:19.90	3:21.38	19
						2:29.44 (53.97)	3:21.38 (51.94)	
3	France, Kermit	54.24	1:51.12 (56.88)	57	Walnut Creek Masters-38	3:46.00	3:46.99	18
						2:51.36 (1:00.24)	3:46.99 (55.63)	
4	Kwan, Thomas	56.34	2:00.74 (1:04.40)	58	Uc38	4:40.00	4:32.60	17
						3:13.35 (1:12.61)	4:32.60 (1:19.25)	

Men 55-59 50 SC Meter Butterfly

NATL: 26.43 % 12/12/2021 STEVE HILTABIDDLE

PAC: 27.16 # 10/4/2014 Paul V Carter

WRL(4): 12:00.00 2000 Steve HILTABIDDLE

1	Chao, Hector			59	Walnut Creek Masters-38	31.20	30.32	21
2	Alzate, Juan			55	Clovis Swim Club Masters-38	30.00	31.29	19
3	Stegner, Jeff			58	Walnut Creek Masters-38	30.00	31.93	18
4	Stahl, Stephen			58	Walnut Creek Masters-38	36.00	32.47	17
5	Manley, Kanui			59	Penguin Swim Club-38	32.29	32.72	16
6	Langner, Mikael			55	University of San Francisco Ma-38	35.00	33.98	15
7	Travale, John			55	Walnut Creek Masters-38	37.36	34.96	14
8	Goode, John			56	Google Masters Swimming-38	35.00	37.82	13
9	Barajas, Nick			57	Sacramento Masters-38	38.71	37.99	12
10	Makani, Gautam			57	Orinda Aquatic Masters-38	52.15	53.96	11

Men 55-59 100 SC Meter Butterfly

NATL: 1:00.10 % 12/1/2017 DAVID SIMS

PAC: 1:00.98 # 10/12/2014 Paul V Carter

WRL(4): 4:00.00 2000 Nicolas GRANGER

1	Shaffer, Mike	31.21	1:05.89 (34.68)	58	Club Hot Tub-38	1:06.49	1:05.89	21
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Men 55-59 200 SC Meter Butterfly

NATL: 2:16.86 % 12/2/2017 DAVID SIMS

PAC: 2:32.24 # 12/31/2012 Kerry L O'Brien

WRL(4): 1:00.00 2000 Hugo BREGMAN

1	Shaffer, Mike	33.64	1:11.73 (38.09)	58	Club Hot Tub-38	2:25.91	2:27.99 #	21
						1:50.18 (38.45)	2:27.99 (37.81)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 55-59 100 SC Meter IM

	NATL:	1:01.28	%	12/4/2021	JEROME FRENTSOS			
	PAC:	1:05.29	#	10/4/2014	Paul V Carter			
	WRL(4):	6:00.00		2000	Michael HODGSON			
1	Chao, Hector			59	Walnut Creek Masters-38	1:13.20	1:11.25	21
		32.97						
							1:11.25 (38.28)	
2	Alzate, Juan			55	Clovis Swim Club Masters-38	1:10.00	1:13.77	19
		35.28						
							1:13.77 (38.49)	
3	Langner, Mikael			55	University of San Francisco Ma-38	1:18.00	1:15.98	18
		34.18						
							1:15.98 (41.80)	
4	Gardner, William			59	Manatee Aquatic Masters Inc-38	1:15.00	1:17.61	17
		35.63						
							1:17.61 (41.98)	
5	Downey, Patrick			56	Marcia's Enthusiastic Masters-38	1:24.73	1:25.60	16
		40.58						
							1:25.60 (45.02)	
6	Barajas, Nick			57	Sacramento Masters-38	1:25.28	1:27.35	15
		41.81						
							1:27.35 (45.54)	
7	Kilmartin, Philip			57	East Bay Bat Rays Masters-38	1:25.00	1:27.60	14
		42.67						
							1:27.60 (44.93)	

Men 55-59 200 SC Meter IM

	NATL:	2:14.60	%	2/29/2020	JEROME FRENTSOS			
	PAC:	2:25.63	#	12/31/2008	Jim Clemmons			
	WRL(4):	4:00.00		2000	Nicolas GRANGER			
1	Chao, Hector			59	Walnut Creek Masters-38	2:40.00	2:34.93	21
		32.87						
							1:12.94 (40.07)	
							1:57.62 (44.68)	
							2:34.93 (37.31)	
2	Stegner, Jeff			58	Walnut Creek Masters-38	3:00.00	2:44.93	19
		33.58						
							1:18.46 (44.88)	
							2:06.49 (48.03)	
							2:44.93 (38.44)	
3	Langner, Mikael			55	University of San Francisco Ma-38	2:59.00	2:52.45	18
		37.73						
							1:21.05 (43.32)	
							2:14.78 (53.73)	
							2:52.45 (37.67)	
4	Goode, John			56	Google Masters Swimming-38	3:10.00	2:57.20	17
		41.17						
							1:28.09 (46.92)	
							2:18.44 (50.35)	
							2:57.20 (38.76)	
5	Downey, Patrick			56	Marcia's Enthusiastic Masters-38	3:14.31	3:12.29	16
		39.32						
							1:29.12 (49.80)	
							2:26.44 (57.32)	
							3:12.29 (45.85)	
6	Wu, Long			58	Marcia's Enthusiastic Masters-38	4:00.00	3:34.75	15
		46.86						
							1:44.86 (58.00)	
							2:43.54 (58.68)	
							3:34.75 (51.21)	

Men 55-59 400 SC Meter IM

	NATL:	4:51.97	%	11/21/2009	MICHAEL MANN			
	PAC:	5:13.29	#	12/31/2003	R Tod Spieker			
	WRL(4):	7:00.00		2000	Brent FOSTER			
1	Shaffer, Mike			58	Club Hot Tub-38	5:17.55	5:18.05	21
		32.78						
							1:09.75 (36.97)	
							1:52.48 (42.73)	
							2:34.34 (41.86)	
		3:22.18 (47.84)					4:09.88 (47.70)	
							4:44.78 (34.90)	
							5:18.05 (33.27)	
2	Trutane, Steve			58	Albany Armada Aquatics Masters-38	7:20.00	8:10.58	19
		49.00						
							1:51.14 (1:02.14)	
							2:55.82 (1:04.68)	
							3:58.76 (1:02.94)	
		5:13.30 (1:14.54)					6:27.94 (1:14.64)	
							7:20.70 (52.76)	
							8:10.58 (49.88)	
3	Wu, Long			58	Marcia's Enthusiastic Masters-38	10:00.00	8:14.62	18
		52.16						
							2:16.09 (1:23.93)	
							3:27.28 (1:11.19)	
							4:38.27 (1:10.99)	
		5:35.84 (57.57)					6:33.75 (57.91)	
							7:25.68 (51.93)	
							8:14.62 (48.94)	

Men 60-64 50 SC Meter Freestyle

	NATL:	24.90	%	12/3/2006	RICHARD ABRAHAMS			
	PAC:	26.56	#	10/9/2016	Loren Druz			
	WRL(4):	12:00.00		2000	Richard ABRAHAMS			
1	Boone, Jon			60	Walnut Creek Masters-38	NT	30.08	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 60-64 50 SC Meter Freestyle

	NATL:	24.90	%	12/3/2006	RICHARD ABRAHAMS			
	PAC:	26.56	#	10/9/2016	Loren Druz			
	WRL(4):	12:00.00		2000	Richard ABRAHAMS			
1	Boone, Jon			60	Walnut Creek Masters-38	27.45	27.81	21
2	Keighley, Tim			62	QuickSilver Masters-38	30.74	29.34	19
3	Keating, Kevin			60	Sebastopol Masters Aquatic Clu-38	29.50	29.73	18
4	Hathaway, David			63	Oregon Masters-37	29.98	29.98	17
5	Laudenslager, Greg			62	Rolling Hills Mud Sharks-38	30.80	31.02	16
6	Suess, Robert			62	Rolling Hills Mud Sharks-38	33.00	32.01	15
7	St Marseille, Marc			63	Walnut Creek Masters-38	37.65	32.28	14
8	McKinnon, Christopher			62	Uc38	33.00	32.58	13
9	Levy, Sid			60	Manatee Aquatic Masters Inc-38	31.62	32.83	12
10	Schapiro, Seth			63	Albany Armada Aquatics Masters-38	39.58	42.01	11
11	Talbert, John Ell			64	San Francisco Dragon Masters-38	1:30.00	1:13.15	10

Men 60-64 100 SC Meter Freestyle

	NATL:	55.87	%	5/17/2014	JACK GROSELLE			
	PAC:	57.97	#	10/16/2021	David E Boatwriugh			
	WRL(4):	5:00.00		2000	Jack GROSELLE			
1	Boone, Jon			60	Walnut Creek Masters-38	1:02.50	1:01.83	21
		29.47					1:01.83 (32.36)	
2	Hathaway, David			63	Oregon Masters-37	1:07.00	1:05.09	19
		31.82					1:05.09 (33.27)	
3	King, Ian			61	Walnut Creek Masters-38	1:07.28	1:08.19	18
		32.97					1:08.19 (35.22)	
4	Thomas, Ken			62	CoastSide Tiger Sharks-38	1:12.00	1:09.07	17
		33.61					1:09.07 (35.46)	
5	Edgerton, Karl			61	Off Piste Aquatics-32	1:09.26	1:09.30	16
		33.71					1:09.30 (35.59)	
6	Keating, Kevin			60	Sebastopol Masters Aquatic Clu-38	1:07.00	1:09.87	15
		33.29					1:09.87 (36.58)	
7	Levy, Sid			60	Manatee Aquatic Masters Inc-38	1:12.20	1:12.36	14
		35.64					1:12.36 (36.72)	
8	St Marseille, Marc			63	Walnut Creek Masters-38	1:17.72	1:13.32	13
		35.75					1:13.32 (37.57)	
9	McKinnon, Christopher			62	Uc38	1:13.00	1:14.25	12
		35.57					1:14.25 (38.68)	
10	Suess, Robert			62	Rolling Hills Mud Sharks-38	1:18.00	1:15.28	11
		36.57					1:15.28 (38.71)	
11	Coombs, Craig			63	University of San Francisco Ma-38	1:10.74	1:15.56	10
		36.37					1:15.56 (39.19)	
12	Culp, John			64	Albany Armada Aquatics Masters-38	1:38.30	1:29.85	9
		42.13					1:29.85 (47.72)	
13	Schapiro, Seth			63	Albany Armada Aquatics Masters-38	1:28.61	1:31.66	8
		44.34					1:31.66 (47.32)	
---	Stein, Todd			63	Park Terrace Masters Swimming-38	1:20.00	DQ	
		36.38					DQ (41.89)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 60-64 200 SC Meter Freestyle

NATL: 2:01.65 % 11/21/2015 RICK COLELLA

PAC: 2:13.48 # 10/17/2021 David E Boatwright

WRL(4): 11:00.00 2000 Rick COLELLA

1	Boone, Jon	60	Walnut Creek Masters-38	2:27.44	2:21.89	21
	32.72	1:09.36 (36.64)	1:46.65 (37.29)	2:21.89 (35.24)		
2	Hathaway, David	63	Oregon Masters-37	2:21.32	2:22.36	19
	33.16	1:09.40 (36.24)	1:46.25 (36.85)	2:22.36 (36.11)		
3	Edgerton, Karl	61	Off Piste Aquatics-32	2:25.00	2:23.91	18
	33.62	1:09.95 (36.33)	1:46.71 (36.76)	2:23.91 (37.20)		
4	King, Ian	61	Walnut Creek Masters-38	2:31.68	2:35.87	17
	36.45	1:15.99 (39.54)	1:56.26 (40.27)	2:35.87 (39.61)		
5	Taylor, Ron	63	Richmond Plunge Masters-38	2:34.88	2:38.45	16
	35.99	1:16.81 (40.82)	1:57.86 (41.05)	2:38.45 (40.59)		
6	Coombs, Craig	63	University of San Francisco Ma-38	2:44.57	2:49.47	15
	39.15	1:22.00 (42.85)	2:05.67 (43.67)	2:49.47 (43.80)		
7	Schapiro, Seth	63	Albany Armada Aquatics Masters-38	3:55.32	3:26.53	14
	49.10	1:40.45 (51.35)	2:34.48 (54.03)	3:26.53 (52.05)		
8	Culp, John	64	Albany Armada Aquatics Masters-38	3:31.50	3:28.24	13
	45.12	1:37.52 (52.40)	2:33.22 (55.70)	3:28.24 (55.02)		

Men 60-64 400 SC Meter Freestyle

NATL: 4:29.92 % 12/2/2017 DAN STEPHENSON

PAC: 4:42.39 # 12/31/2010 Jim Clemmons

WRL(4): 10:00.00 2000 Arnaldo PEREZ

1	Hathaway, David	63	Oregon Masters-37	5:06.39	4:55.41	21
	35.35	1:12.70 (37.35)	1:50.56 (37.86)	2:28.27 (37.71)		
	3:05.90 (37.63)	3:43.16 (37.26)	4:19.88 (36.72)	4:55.41 (35.53)		
2	Boone, Jon	60	Walnut Creek Masters-38	5:25.69	5:06.89	19
	33.92	1:13.45 (39.53)	1:54.14 (40.69)	2:34.35 (40.21)		
	3:14.03 (39.68)	3:53.54 (39.51)	4:31.59 (38.05)	5:06.89 (35.30)		
3	Taylor, Ron	63	Richmond Plunge Masters-38	5:39.81	5:37.01	18
	38.44	1:21.29 (42.85)	2:04.64 (43.35)	2:48.55 (43.91)		
	3:32.09 (43.54)	4:14.84 (42.75)	4:57.22 (42.38)	5:37.01 (39.79)		
4	Schapiro, Seth	63	Albany Armada Aquatics Masters-38	7:30.00	7:14.50	17
	49.08	1:43.21 (54.13)	2:39.89 (56.68)	3:36.06 (56.17)		
	4:31.59 (55.53)	5:27.52 (55.93)	6:23.83 (56.31)	7:14.50 (50.67)		

Men 60-64 800 SC Meter Freestyle

NATL: 9:14.50 % 12/2/2018 ANDREW BRAY

PAC: 9:43.24 # 12/31/2010 Jim Clemmons

WRL(4): 10:00.00 2000 Arnaldo PEREZ

1	Notaro, Michael	61	Manatee Aquatic Masters Inc-38	NT	10:45.15	
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2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 60-64 1500 SC Meter Freestyle

NATL: 17:34.51 % 1/29/2022 ARNALDO PEREZ

PAC: 18:28.64 # 12/31/2010 Jim Clemmons

WRL(4): 1:00.00 2000 Arnaldo PEREZ

1	Notaro, Michael	61	Manatee Aquatic Masters Inc-38	20:16.40	20:09.32	21
	36.41	1:16.04 (39.63)	1:56.65 (40.61)	2:37.84 (41.19)		
	3:18.83 (40.99)	4:00.02 (41.19)	4:40.94 (40.92)	5:21.42 (40.48)		
	6:02.19 (40.77)	6:42.75 (40.56)	7:23.07 (40.32)	8:03.65 (40.58)		
	8:44.00 (40.35)	9:24.00 (40.00)	10:04.36 (40.36)	10:45.15 (40.79)		
	11:25.63 (40.48)	12:06.16 (40.53)	12:46.79 (40.63)	13:27.05 (40.26)		
	14:07.55 (40.50)	14:48.06 (40.51)	15:28.38 (40.32)	16:08.55 (40.17)		
	16:48.90 (40.35)	17:28.93 (40.03)	18:08.97 (40.04)	18:49.06 (40.09)		
	19:29.64 (40.58)	20:09.32 (39.68)				
2	Gothberg, Bradley	61	Walnut Creek Masters-38	20:00.00	21:23.82	19
	38.43	1:19.09 (40.66)	2:01.58 (42.49)	2:44.29 (42.71)		
	3:26.68 (42.39)	4:08.96 (42.28)	4:51.02 (42.06)	5:32.94 (41.92)		
	6:15.19 (42.25)	6:56.95 (41.76)	7:39.35 (42.40)	8:21.55 (42.20)		
	9:03.39 (41.84)	9:45.12 (41.73)	10:27.09 (41.97)	11:09.16 (42.07)		
	11:51.47 (42.31)	12:33.51 (42.04)	13:15.74 (42.23)	13:57.93 (42.19)		
	14:40.39 (42.46)	15:22.96 (42.57)	16:05.26 (42.30)	16:47.59 (42.33)		
	17:29.67 (42.08)	18:11.61 (41.94)	18:53.18 (41.57)	19:34.62 (41.44)		
	20:15.07 (40.45)	21:23.82 (1:08.75)				
3	Ottati, Dean	63	Walnut Creek Masters-38	22:30.00	21:33.23	18
	41.45	1:25.08 (43.63)	2:09.00 (43.92)	2:52.91 (43.91)		
	3:36.51 (43.60)	4:19.97 (43.46)	5:03.27 (43.30)	5:46.76 (43.49)		
	6:30.14 (43.38)	7:13.52 (43.38)	7:56.69 (43.17)	8:40.44 (43.75)		
	9:24.04 (43.60)	10:07.40 (43.36)	10:50.68 (43.28)	11:34.02 (43.34)		
	12:17.27 (43.25)	13:00.24 (42.97)	13:42.96 (42.72)	14:25.96 (43.00)		
	15:08.66 (42.70)	15:51.34 (42.68)	16:33.77 (42.43)	17:16.27 (42.50)		
	17:59.12 (42.85)	18:41.99 (42.87)	19:24.66 (42.67)	20:07.43 (42.77)		
	20:50.19 (42.76)	21:33.23 (43.04)				
4	King, Ian	61	Walnut Creek Masters-38	21:34.06	21:37.53	17
	37.58	1:19.58 (42.00)	2:02.37 (42.79)	2:45.70 (43.33)		
	3:29.45 (43.75)	4:13.94 (44.49)	4:58.96 (45.02)	5:43.03 (44.07)		
	6:26.53 (43.50)	7:09.83 (43.30)	7:53.32 (43.49)	8:37.16 (43.84)		
	9:20.80 (43.64)	10:04.64 (43.84)	10:48.42 (43.78)	11:32.43 (44.01)		
	12:15.76 (43.33)	12:59.39 (43.63)	13:43.44 (44.05)	14:26.96 (43.52)		
	15:10.23 (43.27)	15:53.96 (43.73)	16:37.90 (43.94)	17:21.96 (44.06)		
	18:04.79 (42.83)	18:48.12 (43.33)	19:31.27 (43.15)	20:14.04 (42.77)		
	20:56.56 (42.52)	21:37.53 (40.97)				
5	Treiman, Gerald	63	Uc34	22:48.00	23:25.19	16
	42.39	1:27.38 (44.99)	2:14.12 (46.74)	3:01.49 (47.37)		
	3:49.06 (47.57)	4:36.83 (47.77)	5:24.16 (47.33)	6:11.68 (47.52)		
	6:58.86 (47.18)	7:46.31 (47.45)	8:33.75 (47.44)	9:21.24 (47.49)		
	10:08.62 (47.38)	10:55.69 (47.07)	11:42.58 (46.89)	12:29.57 (46.99)		
	13:16.37 (46.80)	14:03.09 (46.72)	14:50.05 (46.96)	15:37.29 (47.24)		
	16:24.26 (46.97)	17:11.25 (46.99)	17:58.46 (47.21)	18:45.70 (47.24)		
	19:33.04 (47.34)	20:20.08 (47.04)	21:06.78 (46.70)	21:53.53 (46.75)		
	22:40.12 (46.59)	23:25.19 (45.07)				

Men 60-64 50 SC Meter Backstroke

NATL: 29.44 % 12/7/2019 JAMIE FOWLER

PAC: 31.59 # 12/31/2010 Hugh Wilder

WRL(4): 12:00.00 2000 Jamie FOWLER

1	Ennis, Steven	60	Walnut Creek Masters-38	33.32	31.92	21
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2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 60-64 50 SC Meter Backstroke)**

2	Frentsos, Paul	62	SF Tsunami Masters-38	34.00	33.59	19
3	Keighley, Tim	62	QuickSilver Masters-38	36.23	34.26	18
4	Keating, Kevin	60	Sebastopol Masters Aquatic Clu-38	36.50	37.03	17
5	St Marseille, Marc	63	Walnut Creek Masters-38	45.29	40.13	16
---	Suess, Robert	62	Rolling Hills Mud Sharks-38	50.00	DQ	

Men 60-64 100 SC Meter BackstrokeNATL: 1:03.15 % 12/7/2019 **JAMIE FOWLER**PAC: 1:08.49 # 12/6/2013 **Fred Ferroggiaro**WRL(4): 12:00.00 2000 **Jamie FOWLER**

1	Ennis, Steven	60	Walnut Creek Masters-38	1:10.20	1:11.50	21
2	Frentsos, Paul	62	SF Tsunami Masters-38	1:12.50	1:13.20	19
	35.85		1:13.20 (37.35)			
3	Keighley, Tim	62	QuickSilver Masters-38	1:12.63	1:14.83	18
	36.33		1:14.83 (38.50)			
4	Taylor, Ron	63	Richmond Plunge Masters-38	1:15.07	1:15.99	17
	36.44		1:15.99 (39.55)			
5	King, Ian	61	Walnut Creek Masters-38	1:19.99	1:21.97	16
	39.85		1:21.97 (42.12)			
6	Laudenslager, Greg	62	Rolling Hills Mud Sharks-38	1:22.59	1:22.12	15
	39.63		1:22.12 (42.49)			
7	Keating, Kevin	60	Sebastopol Masters Aquatic Clu-38	1:20.00	1:24.50	14
	41.00		1:24.50 (43.50)			
8	Rentschler, Randy	63	Marcia's Enthusiastic Masters-38	2:05.00	2:07.16	13
	1:02.42		2:07.16 (1:04.74)			

Men 60-64 200 SC Meter BackstrokeNATL: 2:17.15 % 12/8/2019 **JAMIE FOWLER**PAC: 2:27.91 # 5/20/2018 **Joe S Dunn**WRL(4): 12:00.00 2000 **Jamie FOWLER**

1	Laudenslager, Greg	62	Rolling Hills Mud Sharks-38	2:59.19	2:58.20	21
	44.11		1:29.89 (45.78) 2:14.87 (44.98) 2:58.20 (43.33)			
2	King, Ian	61	Walnut Creek Masters-38	2:58.74	3:04.03	19
	44.81		1:32.01 (47.20) 2:18.75 (46.74) 3:04.03 (45.28)			
3	Tittle, Kenneth	60	Walnut Creek Masters-38	2:55.45	3:13.10	18
	42.45		1:32.68 (50.23) 2:23.25 (50.57) 3:13.10 (49.85)			

Men 60-64 50 SC Meter BreaststrokeNATL: 31.51 % 11/21/2015 **RICK COLELLA**PAC: 32.31 # 12/31/2009 **Robert Strand**WRL(4): 4:00.00 2000 **C.Arturo TRAVAINI**

1	Tittle, Kenneth	60	Walnut Creek Masters-38	45.00	36.58	21
2	Laudenslager, Greg	62	Rolling Hills Mud Sharks-38	37.65	37.45	19
3	Duggan, Patrick	60	Walnut Creek Masters-38	39.90	38.68	18
4	Halbrecht, Kenneth	63	Walnut Creek Masters-38	42.00	39.25	17
5	Thomas, Ken	62	CoastSide Tiger Sharks-38	48.50	41.84	16
6	St Marseille, Marc	63	Walnut Creek Masters-38	46.75	42.40	15
7	Fry, Laurence	62	Jellies Aquatic Masters of Mon-38	41.62	42.65	14
8	Suess, Robert	62	Rolling Hills Mud Sharks-38	47.00	44.40	13
9	Edgerton, Karl	61	Off Piste Aquatics-32	45.00	45.05	12
10	Coombs, Craig	63	University of San Francisco Ma-38	40.86	45.65	11
11	Stein, Todd	63	Park Terrace Masters Swimming-38	45.00	48.37	10

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 60-64 50 SC Meter Breaststroke)**

12	Culp, John	64	Albany Armada Aquatics Masters-38	52.30	53.58	9
13	Rentschler, Randy	63	Marcia's Enthusiastic Masters-38	58.00	55.98	8

Men 60-64 100 SC Meter Breaststroke

NATL: 1:08.24 % 11/13/2022 DAVID GUTHRIE

PAC: 1:12.09 # 12/31/2009 Robert Strand

WRL(4): 2:00.00 2000 C.Arturo TRAVAINI

1	Tittle, Kenneth	60	Walnut Creek Masters-38	1:28.88	1:19.93	21
	38.21		1:19.93 (41.72)			
2	Frentsos, Paul	62	SF Tsunami Masters-38	1:20.00	1:20.96	19
	38.68		1:20.96 (42.28)			
3	Laudenslager, Greg	62	Rolling Hills Mud Sharks-38	1:23.39	1:23.82	18
	39.83		1:23.82 (43.99)			
4	Hathaway, David	63	Oregon Masters-37	1:31.07	1:29.06	17
	43.20		1:29.06 (45.86)			
5	Fry, Laurence	62	Jellies Aquatic Masters of Mon-38	1:33.49	1:33.79	16
	44.74		1:33.79 (49.05)			
6	Coombs, Craig	63	University of San Francisco Ma-38	1:31.31	1:34.01	15
	45.86		1:34.01 (48.15)			
7	Suess, Robert	62	Rolling Hills Mud Sharks-38	1:40.00	1:41.35	14
	47.66		1:41.35 (53.69)			
8	Culp, John	64	Albany Armada Aquatics Masters-38	2:12.00	1:59.05	13
	55.51		1:59.05 (1:03.54)			
9	Wan, Danny	60	Marcia's Enthusiastic Masters-38	1:54.00	2:00.93	12
	57.94		2:00.93 (1:02.99)			
10	Rentschler, Randy	63	Marcia's Enthusiastic Masters-38	2:20.00	2:16.03	11
	1:02.42		2:16.03 (1:13.61)			

Men 60-64 200 SC Meter Breaststroke

NATL: 2:32.34 % 7/31/2021 DAVID GUTHRIE

PAC: 2:40.76 # 12/31/2009 Robert Strand

WRL(4): 4:00.00 2000 C.Arturo TRAVAINI

1	Frentsos, Paul	62	SF Tsunami Masters-38	2:58.00	2:57.61	21
	40.79		1:26.25 (45.46) 2:12.41 (46.16)	2:57.61 (45.20)		
2	Duggan, Patrick	60	Walnut Creek Masters-38	3:30.00	3:06.31	19
	41.39		1:28.93 (47.54) 2:17.84 (48.91)	3:06.31 (48.47)		
3	Laudenslager, Greg	62	Rolling Hills Mud Sharks-38	3:08.13	3:07.48	18
	44.35		1:32.58 (48.23) 2:20.07 (47.49)	3:07.48 (47.41)		
4	Coombs, Craig	63	University of San Francisco Ma-38	3:19.02	3:27.71	17
	47.70		1:39.71 (52.01) 2:33.84 (54.13)	3:27.71 (53.87)		

Men 60-64 50 SC Meter Butterfly

NATL: 27.40 % 5/25/2019 BRUCE KONE

PAC: 29.18 # 10/16/2021 Paul J Frentsos

WRL(4): 5:00.00 2000 Dan THOMPSON

1	Tittle, Kenneth	60	Walnut Creek Masters-38	29.37	29.00 #	21
2	Ennis, Steven	60	Walnut Creek Masters-38	30.57	29.13 #	19
3	Boone, Jon	60	Walnut Creek Masters-38	29.16	29.30	18
4	Keating, Kevin	60	Sebastopol Masters Aquatic Clu-38	30.00	30.74	17
5	Taylor, Ron	63	Richmond Plunge Masters-38	31.42	31.55	16
6	Keighley, Tim	62	QuickSilver Masters-38	32.12	31.59	15
7	Halbrecht, Kenneth	63	Walnut Creek Masters-38	36.00	32.26	14
8	Duggan, Patrick	60	Walnut Creek Masters-38	33.00	33.57	13

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 60-64 50 SC Meter Butterfly)**

9	King, Ian	61	Walnut Creek Masters-38	35.96	34.77	12
10	Levy, Sid	60	Manatee Aquatic Masters Inc-38	34.90	35.53	11
11	St Marseille, Marc	63	Walnut Creek Masters-38	40.43	36.35	10
12	Fry, Laurence	62	Jellies Aquatic Masters of Mon-38	39.79	36.61	9
13	Stein, Todd	63	Park Terrace Masters Swimming-38	40.03	37.05	8
14	Suess, Robert	62	Rolling Hills Mud Sharks-38	45.00	40.36	7
15	Rentschler, Randy	63	Marcia's Enthusiastic Masters-38	1:00.00	53.69	6

Men 60-64 100 SC Meter Butterfly

NATL: 1:03.38 % 12/12/2020 MIKE LAMONICA

PAC: 1:08.72 # 5/24/2019 John R Morales

WRL(4): 5:00.00 2000 Dan THOMPSON

1	Tittle, Kenneth	60	Walnut Creek Masters-38	1:04.34	1:04.63 #	21
	30.76		1:04.63 (33.87)			
2	Boone, Jon	60	Walnut Creek Masters-38	1:08.62	1:08.75	19
	31.10		1:08.75 (37.65)			
3	Keating, Kevin	60	Sebastopol Masters Aquatic Clu-38	1:11.99	1:17.51	18
	35.14		1:17.51 (42.37)			
4	Edgerton, Karl	61	Off Piste Aquatics-32	1:18.00	1:20.57	17
	38.96		1:20.57 (41.61)			
5	Levy, Sid	60	Manatee Aquatic Masters Inc-38	1:17.00	1:21.55	16
	37.82		1:21.55 (43.73)			
6	Candelaria, James	64	Santa Clara Swim Club Masters-38	1:19.10	1:23.89	15
	38.24		1:23.89 (45.65)			
7	Meyers, Walter	62	Marcia's Enthusiastic Masters-38	1:59.00	2:03.33	14
	59.46		2:03.33 (1:03.87)			

Men 60-64 200 SC Meter Butterfly

NATL: 2:23.29 % 11/22/2015 RICK COLELLA

PAC: 2:37.76 # 10/10/2015 Peter M Guadagni

WRL(4): 1:00.00 2000 Hugo BREGMAN

1	Tittle, Kenneth	60	Walnut Creek Masters-38	2:38.13	2:39.16	21
	37.41		1:19.72 (42.31) 2:01.05 (41.33) 2:39.16 (38.11)			
2	Hathaway, David	63	Oregon Masters-37	3:15.00	3:13.59	19
	37.65		1:27.06 (49.41) 2:21.52 (54.46) 3:13.59 (52.07)			
3	Meyers, Walter	62	Marcia's Enthusiastic Masters-38	4:15.00	4:43.41	18
	58.57		2:05.08 (1:06.51) 3:19.84 (1:14.76) 4:43.41 (1:23.57)			

Men 60-64 100 SC Meter IM

NATL: 1:04.23 % 3/21/2015 RICK COLELLA

PAC: 1:07.98 # 12/31/2009 Robert Strand

WRL(4): 4:00.00 2000 C.Arturo TRAVAINI

1	Ennis, Steven	60	Walnut Creek Masters-38	1:10.24	1:10.13	21
	32.11		1:10.13 (38.02)			
2	Tittle, Kenneth	60	Walnut Creek Masters-38	1:10.76	1:11.04	19
	32.32		1:11.04 (38.72)			
3	Keighley, Tim	62	QuickSilver Masters-38	1:12.80	1:13.78	18
	34.00		1:13.78 (39.78)			
4	Taylor, Ron	63	Richmond Plunge Masters-38	1:19.46	1:17.47	17
	34.44		1:17.47 (43.03)			
5	Laudenslager, Greg	62	Rolling Hills Mud Sharks-38	1:18.68	1:17.48	16
	37.85		1:17.48 (39.63)			

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Men 60-64 100 SC Meter IM)

6	Edgerton, Karl	61	Off Piste Aquatics-32	1:20.00	1:20.32	15
	38.58	1:20.32	(41.74)			
7	Keating, Kevin	60	Sebastopol Masters Aquatic Clu-38	1:20.00	1:21.32	14
	37.18	1:21.32	(44.14)			
8	Halbrecht, Kenneth	63	Walnut Creek Masters-38	1:40.00	1:21.53	13
	37.76	1:21.53	(43.77)			
9	Levy, Sid	60	Manatee Aquatic Masters Inc-38	1:22.22	1:23.29	12
	38.84	1:23.29	(44.45)			
10	Suess, Robert	62	Rolling Hills Mud Sharks-38	1:35.00	1:36.73	11
	44.45	1:36.73	(52.28)			

Men 60-64 200 SC Meter IM

NATL: 2:19.96 % 3/21/2015 RICK COLELLA

PAC: 2:28.47 # 10/16/2011 Tim Broderick

WRL(4): 2:00.00 2000 C.Arturo TRAVAINI

1	Frentsos, Paul	62	SF Tsunami Masters-38	2:35.50	2:37.59	21
	33.53	1:14.35	(40.82)	2:00.83 (46.48)	2:37.59 (36.76)	
2	Keighley, Tim	62	QuickSilver Masters-38	2:45.30	2:41.30	19
	33.03	1:14.43	(41.40)	2:03.03 (48.60)	2:41.30 (38.27)	
3	Duggan, Patrick	60	Walnut Creek Masters-38	3:00.00	2:43.78	18
	35.29	1:18.95	(43.66)	2:06.43 (47.48)	2:43.78 (37.35)	
4	Edgerton, Karl	61	Off Piste Aquatics-32	2:45.62	2:45.62	17
	36.73	1:19.32	(42.59)	2:09.11 (49.79)	2:45.62 (36.51)	
5	Taylor, Ron	63	Richmond Plunge Masters-38	2:52.25	2:54.59	16
	34.92	1:19.01	(44.09)	2:12.90 (53.89)	2:54.59 (41.69)	
6	Coombs, Craig	63	University of San Francisco Ma-38	3:12.78	3:09.14	15
	42.92	1:35.11	(52.19)	2:27.43 (52.32)	3:09.14 (41.71)	
7	Wan, Danny	60	Marcia's Enthusiastic Masters-38	4:00.00	3:47.75	14
	50.76	1:56.24	(1:05.48)	2:59.83 (1:03.59)	3:47.75 (47.92)	
8	Rentschler, Randy	63	Marcia's Enthusiastic Masters-38	4:20.00	4:30.15	13
	57.54	2:07.89	(1:10.35)	3:32.37 (1:24.48)	4:30.15 (57.78)	

Men 60-64 400 SC Meter IM

NATL: 5:04.54 % 11/13/2011 RICK COLELLA

PAC: 5:22.86 # 12/31/2010 Jim Clemmons

WRL(4): 11:00.00 2000 Rick COLELLA

1	Frentsos, Paul	62	SF Tsunami Masters-38	5:45.00	5:44.66	21
	37.07	1:20.10	(43.03)	2:04.66 (44.56)	2:47.77 (43.11)	
	3:36.28 (48.51)	4:26.34 (50.06)	5:06.56 (40.22)	5:44.66 (38.10)		
2	Edgerton, Karl	61	Off Piste Aquatics-32	5:56.25	5:52.76	19
	39.00	1:23.77	(44.77)	2:09.27 (45.50)	2:54.26 (44.99)	
	3:46.38 (52.12)	4:38.78 (52.40)	5:16.80 (38.02)	5:52.76 (35.96)		
3	Duggan, Patrick	60	Walnut Creek Masters-38	6:00.00	5:54.99	18
	38.84	1:27.71	(48.87)	2:16.82 (49.11)	3:03.94 (47.12)	
	3:50.85 (46.91)	4:38.64 (47.79)	5:18.60 (39.96)	5:54.99 (36.39)		
4	Nootbaar, Tom	60	Walnut Creek Masters-38	5:59.99	5:55.77	17
	37.64	1:19.19	(41.55)	2:07.16 (47.97)	2:54.39 (47.23)	
	3:45.74 (51.35)	4:39.04 (53.30)	5:18.31 (39.27)	5:55.77 (37.46)		
5	Hathaway, David	63	Oregon Masters-37	6:07.50	5:56.92	16
	38.17	1:21.48	(43.31)	2:09.12 (47.64)	2:55.39 (46.27)	
	3:48.90 (53.51)	4:41.74 (52.84)	5:20.28 (38.54)	5:56.92 (36.64)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Men 60-64 400 SC Meter IM)

6	Coombs, Craig	63	University of San Francisco Ma-38	6:45.00	6:54.36	15
	45.81	1:36.72 (50.91)	2:34.09 (57.37)	3:29.30 (55.21)		
	4:25.61 (56.31)	5:21.65 (56.04)	6:09.38 (47.73)	6:54.36 (44.98)		
---	Notaro, Michael	61	Manatee Aquatic Masters Inc-38	6:07.40	DQ	
	38.33	1:22.27 (43.94)	2:11.92 (49.65)	2:59.75 (47.83)		
	3:52.40 (52.65)	4:45.42 (53.02)	5:25.75 (40.33)	DQ (37.69)		

Men 65-69 50 SC Meter Freestyle

	NATL:	25.42	%	3/3/2018	DOUG MARTIN		
	PAC:	26.85	#	9/18/2016	Tate Holt		
	WRL(4):	3:00.00		2000	Doug MARTIN		
1	Druz, Loren	67	Walnut Creek Masters-38	32.50	28.34	21	
2	Evans, Mark	65	Santa Rosa Masters-38	29.99	28.73	19	
3	Van Boer, Eric	69	Rolling Hills Mud Sharks-38	29.50	29.89	18	
4	Burnett, David	68	Walnut Creek Masters-38	34.00	32.97	17	
5	Hektner, Eric	65	Sebastopol Masters Aquatic Clu-38	37.03	37.60	16	

Men 65-69 100 SC Meter Freestyle

	NATL:	57.78	%	5/26/2019	JACK GROSELLE		
	PAC:	1:01.13	#	12/31/2008	Richard Burns		
	WRL(4):	5:00.00		2000	Jack GROSELLE		
1	Evans, Mark	65	Santa Rosa Masters-38	1:03.99	1:02.60	21	
	29.77	1:02.60 (32.83)					
2	Druz, Loren	67	Walnut Creek Masters-38	1:12.00	1:08.71	19	
	31.90	1:08.71 (36.81)					
3	Anderson, David	65	Tuolumne County Aquatic Master-38	1:07.00	1:10.95	18	
	33.85	1:10.95 (37.10)					
4	Burnett, David	68	Walnut Creek Masters-38	1:10.00	1:13.70	17	
	36.24	1:13.70 (37.46)					
5	Citron, Jeffrey	68	Marcia's Enthusiastic Masters-38	1:11.98	1:15.01	16	
	35.57	1:15.01 (39.44)					
6	Gass, Matthew	66	Tuolumne County Aquatic Master-38	1:13.39	1:17.09	15	
	36.67	1:17.09 (40.42)					
7	Webster, Russell	66	Tuolumne County Aquatic Master-38	1:40.00	1:26.95	14	
	42.21	1:26.95 (44.74)					
8	Chew, Thomas	66	Marcia's Enthusiastic Masters-38	1:59.99	1:32.64	13	
	42.22	1:32.64 (50.42)					
9	Jimenez, Jerry	67	Walnut Creek Masters-38	1:42.73	1:38.05	12	
	48.69	1:38.05 (49.36)					
10	Stone, Steven	69	Walnut Creek Masters-38	1:52.00	1:42.83	11	
	49.10	1:42.83 (53.73)					
11	Diers, Phil	66	SF Tsunami Masters-38	1:55.27	2:03.91	10	
	1:00.27	2:03.91 (1:03.64)					

Men 65-69 200 SC Meter Freestyle

	NATL:	2:07.46	%	10/2/2022	DAN STEPHENSON		
	PAC:	2:14.82	#	9/18/2016	Tim Broderick		
	WRL(4):	10:00.00		2000	Dan STEPHENSON		
1	Evans, Mark	65	Santa Rosa Masters-38	2:22.51	2:20.24	21	
	33.45	1:08.65 (35.20)	1:45.23 (36.58)	2:20.24 (35.01)			
2	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	2:36.66	2:29.18	19	
	34.65	1:12.42 (37.77)	1:50.72 (38.30)	2:29.18 (38.46)			

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Men 65-69 200 SC Meter Freestyle)

3	O'Brien, Kerry	66	Walnut Creek Masters-38	2:43.50	2:39.06	18
	38.56	1:20.46 (41.90)	2:01.77 (41.31)	2:39.06 (37.29)		
4	Kemler, David	65	Walnut Creek Masters-38	2:43.20	2:45.06	17
	38.63	1:20.18 (41.55)	2:03.29 (43.11)	2:45.06 (41.77)		
5	Woodruff, David	67	Davis Aquatic Masters-38	2:52.38	2:50.39	16
	41.80	1:25.04 (43.24)	2:08.17 (43.13)	2:50.39 (42.22)		
6	Citron, Jeffrey	68	Marcia's Enthusiastic Masters-38	2:43.51	2:50.68	15
	39.58	1:22.71 (43.13)	2:06.93 (44.22)	2:50.68 (43.75)		
7	Hektner, Eric	65	Sebastopol Masters Aquatic Clu-38	2:58.61	3:02.52	14
	42.32	1:28.44 (46.12)	2:15.58 (47.14)	3:02.52 (46.94)		
8	Anderson, Bob	68	Menlo Masters-38	2:50.00	3:05.45	13
	41.65	1:28.32 (46.67)	2:17.84 (49.52)	3:05.45 (47.61)		
9	Tsugawa, Peter	65	Albany Armada Aquatics Masters-38	3:15.00	3:14.72	12
	45.14	1:35.01 (49.87)	2:26.05 (51.04)	3:14.72 (48.67)		

Men 65-69 400 SC Meter Freestyle

NATL: 4:27.91 % 11/19/2017 RICK COLELLA

PAC: 4:59.42 # 10/10/2015 Jim Clemmons

WRL(4): 11:00.00 2000 Rick COLELLA

1	Morales, John	65	Santa Rosa Masters-38	5:10.22	5:08.24	21
	36.66	1:15.99 (39.33)	1:55.42 (39.43)	2:34.36 (38.94)		
	3:13.17 (38.81)	3:52.03 (38.86)	4:30.57 (38.54)	5:08.24 (37.67)		
2	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	5:38.66	5:24.98	19
	37.01	1:17.53 (40.52)	1:59.03 (41.50)	2:40.71 (41.68)		
	3:22.41 (41.70)	4:04.23 (41.82)	4:45.71 (41.48)	5:24.98 (39.27)		
3	Guadagni, Peter	68	Walnut Creek Masters-38	5:30.38	5:26.63	18
	37.31	1:17.56 (40.25)	1:58.96 (41.40)	2:40.71 (41.75)		
	3:22.53 (41.82)	4:04.23 (41.70)	4:45.91 (41.68)	5:26.63 (40.72)		
4	Shaker, Amin	69	Walnut Creek Masters-38	6:10.00	5:40.51	17
	40.93	1:24.42 (43.49)	2:08.43 (44.01)	2:52.24 (43.81)		
	3:35.31 (43.07)	4:18.61 (43.30)	5:01.02 (42.41)	5:40.51 (39.49)		
5	Kemler, David	65	Walnut Creek Masters-38	5:43.76	5:43.13	16
	39.77	1:22.38 (42.61)	2:05.73 (43.35)	2:49.35 (43.62)		
	3:33.04 (43.69)	4:16.86 (43.82)	5:00.76 (43.90)	5:43.13 (42.37)		
6	Citron, Jeffrey	68	Marcia's Enthusiastic Masters-38	5:59.25	5:56.10	15
	41.37	1:27.07 (45.70)	2:13.62 (46.55)	3:00.46 (46.84)		
	3:46.64 (46.18)	4:31.52 (44.88)	5:14.66 (43.14)	5:56.10 (41.44)		
7	Hektner, Eric	65	Sebastopol Masters Aquatic Clu-38	6:30.29	6:26.80	14
	43.82	1:30.52 (46.70)	2:19.20 (48.68)	3:07.52 (48.32)		
	3:57.34 (49.82)	4:47.19 (49.85)	5:37.62 (50.43)	6:26.80 (49.18)		
8	Kubokawa, Jon	68	Walnut Creek Masters-38	7:25.00	7:09.39	13
	46.60	1:38.46 (51.86)	2:32.87 (54.41)	3:27.63 (54.76)		
	4:22.76 (55.13)	5:18.33 (55.57)	6:14.35 (56.02)	7:09.39 (55.04)		

Men 65-69 800 SC Meter Freestyle

NATL: 9:26.94 % 11/24/2019 RICK COLELLA

PAC: 10:20.63 # 1/24/2015 Jim Clemmons

WRL(4): 11:00.00 2000 Rick COLELLA

1	Citron, Jeffrey	68	Marcia's Enthusiastic Masters-38	NT	12:37.19	
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2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 65-69 1500 SC Meter Freestyle

NATL: 18:53.75 % 4/2/2015 JIM MC CONICA

PAC: 19:31.11 # 1/24/2015 Jim Clemmons

WRL(4): 39:43.00 2000 Djan MADRUGA

1	Guadagni, Peter	68	Walnut Creek Masters-38	21:59.50	21:48.98	21
	39.08	1:21.16 (42.08)	2:04.14 (42.98)	2:47.51 (43.37)		
	3:30.80 (43.29)	4:13.71 (42.91)	4:56.72 (43.01)	5:39.77 (43.05)		
	6:23.12 (43.35)	7:06.62 (43.50)	7:49.76 (43.14)	8:33.33 (43.57)		
	9:17.06 (43.73)	10:00.43 (43.37)	10:44.27 (43.84)	11:27.94 (43.67)		
	12:11.67 (43.73)	12:55.93 (44.26)	13:40.21 (44.28)	14:24.59 (44.38)		
	15:08.88 (44.29)	15:53.55 (44.67)	16:38.47 (44.92)	17:23.07 (44.60)		
	18:08.46 (45.39)	18:53.03 (44.57)	19:37.66 (44.63)	20:22.20 (44.54)		
	21:06.31 (44.11)	21:48.98 (42.67)				
2	Citron, Jeffrey	68	Marcia's Enthusiastic Masters-38	23:27.09	23:32.86	19
	42.09	1:28.68 (46.59)	2:15.59 (46.91)	3:02.95 (47.36)		
	3:50.44 (47.49)	4:38.49 (48.05)	5:26.05 (47.56)	6:13.84 (47.79)		
	7:01.29 (47.45)	7:48.49 (47.20)	8:36.30 (47.81)	9:24.48 (48.18)		
	10:12.71 (48.23)	11:00.78 (48.07)	11:49.33 (48.55)	12:37.19 (47.86)		
	13:25.21 (48.02)	14:13.54 (48.33)	15:01.94 (48.40)	15:49.84 (47.90)		
	16:36.14 (46.30)	17:23.09 (46.95)	18:09.85 (46.76)	18:56.75 (46.90)		
	19:43.58 (46.83)	20:31.01 (47.43)	21:18.12 (47.11)	22:04.67 (46.55)		
	22:50.15 (45.48)	23:32.86 (42.71)				
3	Chew, Thomas	66	Marcia's Enthusiastic Masters-38	31:59.99	31:59.39	18
	52.23	1:50.04 (57.81)	2:51.72 (1:01.68)	3:53.69 (1:01.97)		
	4:55.27 (1:01.58)	5:57.91 (1:02.64)	7:02.66 (1:04.75)	8:07.45 (1:04.79)		
	9:12.57 (1:05.12)	10:17.33 (1:04.76)	11:21.57 (1:04.24)	12:25.15 (1:03.58)		
	13:29.80 (1:04.65)	14:34.91 (1:05.11)	15:40.45 (1:05.54)	16:46.13 (1:05.68)		
	17:51.81 (1:05.68)	18:57.94 (1:06.13)	20:03.30 (1:05.36)	21:09.01 (1:05.71)		
	22:14.48 (1:05.47)	23:20.32 (1:05.84)	24:26.99 (1:06.67)	25:33.28 (1:06.29)		
	26:39.76 (1:06.48)	27:44.57 (1:04.81)	28:49.85 (1:05.28)	29:54.62 (1:04.77)		
	30:58.93 (1:04.31)	31:59.39 (1:00.46)				

Men 65-69 50 SC Meter Backstroke

NATL: 30.34 % 12/2/2012 HUGH WILDER

PAC: 30.34 # 12/31/2012 Hugh Wilder

WRL(4): 12:00.00 2000 Hugh WILDER

1	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	37.66	35.71	21
2	Van Boer, Eric	69	Rolling Hills Mud Sharks-38	37.00	36.80	19
3	Hanna, Donald	65	Walnut Creek Masters-38	39.09	39.38	18
4	O'Brien, Kerry	66	Walnut Creek Masters-38	41.70	40.39	17
5	Burnett, David	68	Walnut Creek Masters-38	40.00	48.56	16

Men 65-69 100 SC Meter Backstroke

NATL: 1:07.09 % 11/12/2022 JONATHAN KLEIN

PAC: 1:07.69 # 12/31/2012 Hugh Wilder

WRL(4): 11:00.00 2000 Jonathan KLEIN

1	Van Boer, Eric	69	Rolling Hills Mud Sharks-38	1:20.00	1:20.23	21
	38.76	1:20.23 (41.47)				
2	Hanna, Donald	65	Walnut Creek Masters-38	1:22.04	1:24.23	19
	41.47	1:24.23 (42.76)				
3	Kemler, David	65	Walnut Creek Masters-38	1:24.38	1:24.35	18
	40.88	1:24.35 (43.47)				
4	Gass, Matthew	66	Tuolumne County Aquatic Master-38	1:22.41	1:24.93	17
	41.14	1:24.93 (43.79)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Men 65-69 100 SC Meter Backstroke)

5	Citron, Jeffrey	68	Marcia's Enthusiastic Masters-38	1:30.26	1:33.14	16
	44.47		1:33.14 (48.67)			
6	Burnett, David	68	Walnut Creek Masters-38	1:40.00	1:38.48	15
7	Chew, Thomas	66	Marcia's Enthusiastic Masters-38	1:59.99	1:51.92	14

Men 65-69 200 SC Meter Backstroke

NATL: 2:28.43 % 4/2/2022 DAN STEPHENSON

PAC: 2:34.93 # 10/12/2014 Alek I Shestakov

WRL(4): 4:00.00 2000 Dan STEPHENSON

1	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	2:53.66	2:45.46	21
	40.22		1:22.23 (42.01) 2:04.59 (42.36)	2:45.46 (40.87)		
2	Kemler, David	65	Walnut Creek Masters-38	3:01.00	2:57.70	19
	42.31		1:27.15 (44.84) 2:13.76 (46.61)	2:57.70 (43.94)		
3	Hanna, Donald	65	Walnut Creek Masters-38	2:59.79	3:04.70	18
	43.26		1:29.97 (46.71) 2:17.93 (47.96)	3:04.70 (46.77)		
4	Citron, Jeffrey	68	Marcia's Enthusiastic Masters-38	3:11.97	3:19.43	17
	46.28		1:35.44 (49.16) 2:28.78 (53.34)	3:19.43 (50.65)		

Men 65-69 50 SC Meter Breaststroke

NATL: 32.50 % 11/20/2016 RICK COLELLA

PAC: 34.92 # 10/18/2009 David R Gildea

WRL(4): 11:00.00 2000 Rick COLELLA

1	Van Boer, Eric	69	Rolling Hills Mud Sharks-38	38.00	38.49	21
2	Evans, Mark	65	Santa Rosa Masters-38	42.10	39.45	19
3	Tulin, Bill	65	Tamalpais Aquatic Masters-38	45.02	41.36	18
4	Anderson, Bob	68	Menlo Masters-38	42.00	44.03	17
5	Gass, Matthew	66	Tuolumne County Aquatic Master-38	42.01	44.07	16
6	Johanson, Jeff	69	Bret Harte Aquatic Masters-38	43.00	46.20	15
7	Goupil, Dominique	68	Fremont Hills Masters-38	52.00	46.51	14
8	Chew, Thomas	66	Marcia's Enthusiastic Masters-38	55.59	50.90	13
9	Diers, Phil	66	SF Tsunami Masters-38	1:07.40	1:08.42	12
---	Stone, Steven	69	Walnut Creek Masters-38	1:40.00	DQ	

Men 65-69 100 SC Meter Breaststroke

NATL: 1:11.82 % 11/24/2019 RICK COLELLA

PAC: 1:17.01 # 12/31/2008 David R Gildea

WRL(4): 11:00.00 2000 Rick COLELLA

1	Anderson, Bob	68	Menlo Masters-38	1:40.00	1:42.31	21
	49.00		1:42.31 (53.31)			
2	Tsugawa, Peter	65	Albany Armada Aquatics Masters-38	1:52.00	1:47.08	19
	51.83		1:47.08 (55.25)			
3	Chew, Thomas	66	Marcia's Enthusiastic Masters-38	2:00.00	1:57.70	18
	54.35		1:57.70 (1:03.35)			

Men 65-69 200 SC Meter Breaststroke

NATL: 2:36.85 % 11/19/2017 RICK COLELLA

PAC: 2:54.15 # 10/10/2015 Jim Clemmons

WRL(4): 11:00.00 2000 Rick COLELLA

1	Guadagni, Peter	68	Walnut Creek Masters-38	3:03.40	3:05.75	21
	42.86		1:29.65 (46.79) 2:17.50 (47.85)	3:05.75 (48.25)		
2	Hektner, Eric	65	Sebastopol Masters Aquatic Clu-38	3:40.39	3:42.32	19
	51.26		1:47.13 (55.87) 2:44.28 (57.15)	3:42.32 (58.04)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Men 65-69 200 SC Meter Breaststroke)

3	Goupil, Dominique	68	Fremont Hills Masters-38	3:56.00	3:49.50	18
	49.35	1:46.49 (57.14)	2:47.89 (1:01.40)	3:49.50 (1:01.61)		
4	Anderson, Bob	68	Menlo Masters-38	3:45.00	3:53.36	17
	55.19	1:56.63 (1:01.44)	2:57.61 (1:00.98)	3:53.36 (55.75)		
5	Tsugawa, Peter	65	Albany Armada Aquatics Masters-38	3:58.00	3:57.12	16
	53.19	1:52.87 (59.68)	2:54.77 (1:01.90)	3:57.12 (1:02.35)		

Men 65-69 50 SC Meter Butterfly

NATL: 28.58 % 1/21/2023 BRUCE KONE

PAC: 30.66 # 12/31/2012 Hugh Wilder

WRL(4): 5:00.00 2000 Dan THOMPSON

1	Morales, John	65	Santa Rosa Masters-38	32.55	31.63	21
2	Evans, Mark	65	Santa Rosa Masters-38	31.99	31.94	19
3	Van Boer, Eric	69	Rolling Hills Mud Sharks-38	32.00	33.17	18
4	Druz, Loren	67	Walnut Creek Masters-38	37.50	34.48	17
5	Washburn, Stephen	65	Albany Armada Aquatics Masters-38	35.00	35.00	16
6	O'Brien, Kerry	66	Walnut Creek Masters-38	36.01	35.17	15
7	Gass, Matthew	66	Tuolumne County Aquatic Master-38	36.75	38.47	14
8	Mascheroni, Andy	66	Tamalpais Aquatic Masters-38	37.00	39.40	13
9	Burnett, David	68	Walnut Creek Masters-38	40.00	40.49	12
---	Diers, Phil	66	SF Tsunami Masters-38	1:06.00	DQ	

Men 65-69 100 SC Meter Butterfly

NATL: 1:05.37 % 7/22/2016 LAWRENCE DAY

PAC: 1:10.25 # 12/31/2008 Richard Burns

WRL(4): 2:00.00 2000 Hugo BREGMAN

1	Morales, John	65	Santa Rosa Masters-38	1:12.99	1:12.22	21
	34.50	1:12.22 (37.72)				
2	Evans, Mark	65	Santa Rosa Masters-38	1:12.10	1:12.35	19
	33.53	1:12.35 (38.82)				

Men 65-69 100 SC Meter Butterfly

NATL: 1:05.37 % 7/22/2016 LAWRENCE DAY

PAC: 1:10.25 # 12/31/2008 Richard Burns

WRL(4): 2:00.00 2000 Hugo BREGMAN

*1	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	NT	1:23.83	
*1	Anderson, Bob	68	Menlo Masters-38	NT	1:50.02	

Men 65-69 200 SC Meter Butterfly

NATL: 2:25.35 % 11/18/2017 RICK COLELLA

PAC: 2:58.21 # 10/12/2014 Alan D Bernard

WRL(4): 2:00.00 2000 Hugo BREGMAN

1	Guadagni, Peter	68	Walnut Creek Masters-38	2:53.50	2:57.92 #	21
	39.59	1:23.61 (44.02)	2:09.75 (46.14)	2:57.92 (48.17)		
2	Anderson, Bob	68	Menlo Masters-38	3:45.00	3:56.92	19
	51.02	1:50.08 (59.06)	2:54.87 (1:04.79)	3:56.92 (1:02.05)		
3	Tsugawa, Peter	65	Albany Armada Aquatics Masters-38	4:15.00	4:15.53	18
	52.48	1:58.18 (1:05.70)	3:10.16 (1:11.98)	4:15.53 (1:05.37)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 65-69 100 SC Meter IM

NATL: 1:05.43 %		11/19/2016	RICK COLELLA			
PAC: 1:10.67 #		12/31/2008	Richard Burns			
WRL(4): 11:00.00		2000	Rick COLELLA			
1	Evans, Mark	65	Santa Rosa Masters-38	1:14.55	1:14.89	21
	34.85	1:14.89 (40.04)				
2	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	1:22.66	1:16.80	19
	34.84	1:16.80 (41.96)				
3	Van Boer, Eric	69	Rolling Hills Mud Sharks-38	1:15.00	1:19.88	18
	37.01	1:19.88 (42.87)				
4	Woodruff, David	67	Davis Aquatic Masters-38	1:25.00	1:27.82	17
	42.92	1:27.82 (44.90)				
5	Tsugawa, Peter	65	Albany Armada Aquatics Masters-38	1:50.00	1:44.80	16
	49.84	1:44.80 (54.96)				
6	Jimenez, Jerry	67	Walnut Creek Masters-38	2:14.00	1:53.98	15
	53.03	1:53.98 (1:00.95)				

Men 65-69 200 SC Meter IM

NATL: 2:20.35 %		11/17/2018	RICK COLELLA			
PAC: 2:34.64 #		10/12/2014	Alek I Shestakov			
WRL(4): 11:00.00		2000	Rick COLELLA			
1	Morales, John	65	Santa Rosa Masters-38	2:45.00	2:41.20	21
	34.16	1:16.84 (42.68)	2:03.54 (46.70)	2:41.20 (37.66)		
2	Guadagni, Peter	68	Walnut Creek Masters-38	2:52.69	2:51.44	19
	37.48	1:24.48 (47.00)	2:12.95 (48.47)	2:51.44 (38.49)		
3	Hanna, Donald	65	Walnut Creek Masters-38	3:10.30	3:15.32	18
	46.54	1:33.74 (47.20)	2:31.55 (57.81)	3:15.32 (43.77)		
4	Tsugawa, Peter	65	Albany Armada Aquatics Masters-38	3:45.00	3:47.15	17
	51.82	1:54.07 (1:02.25)	2:57.53 (1:03.46)	3:47.15 (49.62)		
5	Diers, Phil	66	SF Tsunami Masters-38	5:25.98	5:28.07	16
	1:13.64	2:51.58 (1:37.94)	4:18.00 (1:26.42)	5:28.07 (1:10.07)		

Men 65-69 400 SC Meter IM

NATL: 5:03.34 %		11/18/2017	RICK COLELLA			
PAC: 5:34.91 #		10/12/2014	Alek I Shestakov			
WRL(4): 11:00.00		2000	Rick COLELLA			
1	Morales, John	65	Santa Rosa Masters-38	5:50.00	5:50.91	21
	38.15	1:20.26 (42.11)	2:06.35 (46.09)	2:51.92 (45.57)		
	3:42.45 (50.53)	4:33.31 (50.86)	5:13.27 (39.96)	5:50.91 (37.64)		
2	Cutting, Steve	66	Manatee Aquatic Masters Inc-38	6:10.66	6:01.63	19
	38.90	1:23.83 (44.93)	2:10.55 (46.72)	2:55.69 (45.14)		
	3:47.86 (52.17)	4:40.41 (52.55)	5:22.64 (42.23)	6:01.63 (38.99)		
3	Guadagni, Peter	68	Walnut Creek Masters-38	6:04.50	6:02.23	18
	38.37	1:20.38 (42.01)	2:08.32 (47.94)	2:56.08 (47.76)		
	3:45.96 (49.88)	4:37.40 (51.44)	5:19.86 (42.46)	6:02.23 (42.37)		
4	Kemler, David	65	Walnut Creek Masters-38	6:55.53	6:48.63	17
	43.85	1:36.50 (52.65)	2:26.85 (50.35)	3:17.50 (50.65)		
	4:16.66 (59.16)	5:18.26 (1:01.60)	6:04.81 (46.55)	6:48.63 (43.82)		
5	Woodruff, David	67	Davis Aquatic Masters-38	6:55.00	7:00.76	16
	50.73	1:45.48 (54.75)	2:43.33 (57.85)	3:38.16 (54.83)		
	4:36.02 (57.86)	5:30.92 (54.90)	6:18.19 (47.27)	7:00.76 (42.57)		
6	Anderson, Bob	68	Menlo Masters-38	7:30.00	7:34.77	15
	50.24	1:50.02 (59.78)	2:53.15 (1:03.13)	3:51.89 (58.74)		
	4:54.98 (1:03.09)	5:56.63 (1:01.65)	6:46.79 (50.16)	7:34.77 (47.98)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Men 65-69 400 SC Meter IM)

7	Tsugawa, Peter	65	Albany Armada Aquatics Masters-38	7:55.00	7:49.83	14
	52.90	1:52.91 (1:00.01)	2:56.52 (1:03.61)	4:01.51 (1:04.99)		
	5:06.18 (1:04.67)	6:07.80 (1:01.62)	7:00.22 (52.42)	7:49.83 (49.61)		

Men 70-74 50 SC Meter Freestyle

	NATL:	26.88	%	10/10/2015	RICHARD ABRAHAMS		
	PAC:	28.54	#	12/2/2017	Andrew M McPherso		
	WRL(4):	10:00.00		2000	Richard ABRAHAMS		
1	Bernard, Alan	74	Tamalpais Aquatic Masters-38	31.49	32.15	21	
2	Winterrowd, Dan	73	Marcia's Enthusiastic Masters-38	41.64	38.83	19	
3	Senz, Doug	71	Marcia's Enthusiastic Masters-38	45.71	43.64	18	

Men 70-74 50 SC Meter Freestyle

	NATL:	26.88	%	10/10/2015	RICHARD ABRAHAMS		
	PAC:	28.54	#	12/2/2017	Andrew M McPherso		
	WRL(4):	10:00.00		2000	Richard ABRAHAMS		
1	Kennedy, James	72	Marcia's Enthusiastic Masters-38	NT	38.61		

Men 70-74 100 SC Meter Freestyle

	NATL:	1:01.70	%	1/22/2023	ABRAHAMS\WILLIAMS		
	PAC:	1:04.17	#	12/1/2017	Andrew M McPherso		
	WRL(4):	1:00.00		2000	Bruce WILLIAMS		
1	Kahn, Stuart	70	Davis Aquatic Masters-38	NT	1:10.65		
7	Kennedy, James	72	Marcia's Enthusiastic Masters-38	NT	1:27.08		

Men 70-74 100 SC Meter Freestyle

	NATL:	1:01.70	%	1/22/2023	ABRAHAMS\WILLIAMS		
	PAC:	1:04.17	#	12/1/2017	Andrew M McPherso		
	WRL(4):	1:00.00		2000	Bruce WILLIAMS		
1	Bernard, Alan	74	Tamalpais Aquatic Masters-38	1:10.47	1:10.12	21	
	34.04	1:10.12 (36.08)					
*2	Winterrowd, Dan	73	Marcia's Enthusiastic Masters-38	1:26.65	1:24.46	18.50	
	40.59	1:24.46 (43.87)					
*2	Tull, James	70	Tamalpais Aquatic Masters-38	1:21.00	1:24.46	18.50	
	38.49	1:24.46 (45.97)					
4	Gloystein, James	72	Marcia's Enthusiastic Masters-38	1:45.41	1:36.80	17	
	48.15	1:36.80 (48.65)					
5	Senz, Doug	71	Marcia's Enthusiastic Masters-38	1:59.00	1:50.94	16	
	55.99	1:50.94 (54.95)					

Men 70-74 200 SC Meter Freestyle

	NATL:	2:10.97	%	12/4/2021	RICK COLELLA		
	PAC:	2:25.01	#	9/22/2013	Richard Burns		
	WRL(4):	12:00.00		2000	Rick COLELLA		
1	Kahn, Stuart	70	Davis Aquatic Masters-38	2:44.00	2:37.42	21	
	38.08	1:19.81 (41.73)	1:59.82 (40.01)	2:37.42 (37.60)			
2	Bernard, Alan	74	Tamalpais Aquatic Masters-38	2:36.69	2:39.88	19	
	37.05	1:18.01 (40.96)	1:59.75 (41.74)	2:39.88 (40.13)			
3	Thompson, Frank	72	Michigan Masters-19	3:08.55	3:04.01	18	
	41.69	1:29.39 (47.70)	2:18.27 (48.88)	3:04.01 (45.74)			
4	Terusaki, Steven	70	Albany Armada Aquatics Masters-38	3:50.00	3:37.45	17	
	50.06	1:45.66 (55.60)	2:42.30 (56.64)	3:37.45 (55.15)			

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Men 70-74 200 SC Meter Freestyle)

5	Senz, Doug	71	Marcia's Enthusiastic Masters-38	4:16.85	4:17.33	16	
				4:18.22 ()	4:17.33 ()		
6	Moore, Michael	73	Sierra Nevada Masters-38	3:59.59	4:33.40	15	
	1:00.37	2:11.89	(1:11.52)	3:24.22	(1:12.33)	4:33.40	(1:09.18)

Men 70-74 200 SC Meter Freestyle

NATL: 2:10.97 % 12/4/2021 RICK COLELLA

PAC: 2:25.01 # 9/22/2013 Richard Burns

WRL(4): 12:00.00 2000 Rick COLELLA

1	Small, Stephen	71	Marcia's Enthusiastic Masters-38	NT	2:54.93
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Men 70-74 400 SC Meter Freestyle

NATL: 4:46.78 % 1/30/2022 RICK COLELLA

PAC: 5:30.46 # 10/13/2019 Alan D Bernard

WRL(4): 1:00.00 2000 Rick COLELLA

1	Small, Stephen	71	Marcia's Enthusiastic Masters-38	NT	6:32.18
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Men 70-74 400 SC Meter Freestyle

NATL: 4:46.78 % 1/30/2022 RICK COLELLA

PAC: 5:30.46 # 10/13/2019 Alan D Bernard

WRL(4): 1:00.00 2000 Rick COLELLA

1	Kahn, Stuart	70	Davis Aquatic Masters-38	5:40.00	5:32.96	21		
	39.26	1:21.06	(41.80)	2:03.24	(42.18)	2:45.65	(42.41)	
	3:28.56	(42.91)	4:10.94	(42.38)	4:52.60	(41.66)	5:32.96	(40.36)
2	Clemmons, Jim	73	Sawtooth Masters-59	5:27.50	5:34.98	19		
	38.38	1:19.75	(41.37)	2:02.21	(42.46)	2:45.12	(42.91)	
	3:28.04	(42.92)	4:10.88	(42.84)	4:53.79	(42.91)	5:34.98	(41.19)
3	Winterrowd, Dan	73	Marcia's Enthusiastic Masters-38	6:35.11	6:23.98	18		
	44.69	1:32.94	(48.25)	2:22.16	(49.22)	3:12.14	(49.98)	
	4:01.15	(49.01)	4:50.22	(49.07)	5:39.20	(48.98)	6:23.98	(44.78)
4	Thompson, Frank	72	Michigan Masters-19	7:11.00	6:40.00	17		
	43.48	1:33.24	(49.76)	2:24.61	(51.37)	3:16.32	(51.71)	
	4:08.25	(51.93)	5:00.31	(52.06)	5:51.65	(51.34)	6:40.00	(48.35)
5	Terusaki, Steven	70	Albany Armada Aquatics Masters-38	8:10.00	8:02.91	16		
	52.93	1:52.64	(59.71)	2:53.14	(1:00.50)	3:53.74	(1:00.60)	
	4:57.54	(1:03.80)	6:03.15	(1:05.61)	7:04.56	(1:01.41)	8:02.91	(58.35)
6	Senz, Doug	71	Marcia's Enthusiastic Masters-38	9:00.49	8:58.10	15		
	59.59	3:17.04	(2:17.45)	6:45.97	(3:28.93)			
	7:53.48	()	8:58.10	(1:04.62)				

Men 70-74 800 SC Meter Freestyle

NATL: 9:36.64 % 1/30/2022 RICK COLELLA

PAC: 11:18.10 # 10/8/2022 Gordon E Bell

WRL(4): 1:00.00 2000 Rick COLELLA

1	Small, Stephen	71	Marcia's Enthusiastic Masters-38	NT	13:09.07
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2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 70-74 1500 SC Meter Freestyle

NATL: 18:29.71 % 1/30/2022 RICK COLELLA

PAC: 21:02.57 # 1/28/2023 Fred Ferroggiaro

WRL(4): 1:00.00 2000 Rick COLELLA

1	Virtue, Paul	72	University of San Francisco Ma-38	22:32.00	22:59.10	21
	42.69	1:27.72 (45.03)	2:13.13 (45.41)	2:59.05 (45.92)		
	3:44.97 (45.92)	4:30.81 (45.84)	5:16.90 (46.09)	6:03.06 (46.16)		
	6:49.32 (46.26)	7:36.58 (47.26)	8:22.66 (46.08)	9:09.12 (46.46)		
	9:55.50 (46.38)	10:42.96 (47.46)	11:29.36 (46.40)	12:15.80 (46.44)		
	13:01.68 (45.88)	13:47.76 (46.08)	14:33.78 (46.02)	15:19.73 (45.95)		
	16:05.89 (46.16)	16:51.90 (46.01)	17:38.05 (46.15)	18:24.26 (46.21)		
	19:10.33 (46.07)	19:56.42 (46.09)	20:42.59 (46.17)	21:28.52 (45.93)		
	22:14.30 (45.78)	22:59.10 (44.80)				
2	Small, Stephen	71	Marcia's Enthusiastic Masters-38	25:00.00	24:27.19	19
	42.40	1:30.72 (48.32)	2:20.05 (49.33)	3:09.99 (49.94)		
	4:00.38 (50.39)	4:51.13 (50.75)	5:41.71 (50.58)	6:32.18 (50.47)		
	7:22.60 (50.42)	8:12.67 (50.07)	9:02.50 (49.83)	9:52.11 (49.61)		
	10:41.01 (48.90)	11:30.05 (49.04)	12:19.39 (49.34)	13:09.07 (49.68)		
	13:57.83 (48.76)	14:46.99 (49.16)	15:35.94 (48.95)	16:24.89 (48.95)		
	17:13.69 (48.80)	18:03.75 (50.06)	18:52.07 (48.32)	19:40.87 (48.80)		
	20:29.91 (49.04)	21:17.86 (47.95)	22:06.34 (48.48)	22:55.60 (49.26)		
	23:42.35 (46.75)	24:27.19 (44.84)				
3	Winterrowd, Dan	73	Marcia's Enthusiastic Masters-38	25:35.20	25:36.51	18
	47.33	1:37.57 (50.24)	2:28.60 (51.03)	3:20.15 (51.55)		
	4:11.23 (51.08)	5:04.14 (52.91)	5:57.14 (53.00)	6:49.62 (52.48)		
	7:41.83 (52.21)	8:34.05 (52.22)	9:25.74 (51.69)	10:17.34 (51.60)		
	11:10.02 (52.68)	12:01.76 (51.74)	12:53.45 (51.69)	13:43.57 (50.12)		
	14:34.21 (50.64)	15:25.17 (50.96)	16:15.96 (50.79)	17:06.37 (50.41)		
	17:57.81 (51.44)	18:49.92 (52.11)	19:41.18 (51.26)	20:32.49 (51.31)		
	21:23.62 (51.13)	22:15.11 (51.49)	23:06.28 (51.17)	23:57.65 (51.37)		
	24:48.67 (51.02)	25:36.51 (47.84)				
4	Thompson, Frank	72	Michigan Masters-19	27:33.00	26:09.58	17
	46.73	1:38.70 (51.97)	2:31.99 (53.29)	3:24.47 (52.48)		
	4:17.50 (53.03)	5:09.86 (52.36)	6:03.06 (53.20)	6:56.26 (53.20)		
	7:50.36 (54.10)	8:43.33 (52.97)	9:36.11 (52.78)	10:29.17 (53.06)		
	11:22.94 (53.77)	12:15.40 (52.46)	13:07.88 (52.48)	14:00.39 (52.51)		
	14:53.44 (53.05)	15:46.87 (53.43)	16:39.89 (53.02)	17:33.47 (53.58)		
	18:26.80 (53.33)	19:20.13 (53.33)	20:13.23 (53.10)	21:05.67 (52.44)		
	21:57.54 (51.87)	22:49.87 (52.33)	23:41.36 (51.49)	24:32.08 (50.72)		
	25:21.77 (49.69)	26:09.58 (47.81)				

Men 70-74 50 SC Meter Backstroke

NATL: 32.57 % 1/21/2023 BRUCE WILLIAMS

PAC: 33.51 # 12/6/2013 Richard Burns

WRL(4): 1:00.00 2000 Bruce WILLIAMS

1	Winterrowd, Dan	73	Marcia's Enthusiastic Masters-38	50.12	57.59	21
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Men 70-74 100 SC Meter Backstroke

NATL: 1:11.49 % 11/13/2021 LAWRENCE DAY

PAC: 1:12.09 # 12/6/2013 Richard Burns

WRL(4): 11:00.00 2000 Lawrence DAY

1	Kahn, Stuart	70	Davis Aquatic Masters-38	1:30.00	1:23.56	21
	40.81	1:23.56 (42.75)				
2	Senz, Doug	71	Marcia's Enthusiastic Masters-38	2:59.00	2:33.76	19
	1:21.84	2:33.76 (1:11.92)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 70-74 200 SC Meter Backstroke

NATL: 2:34.96 % 11/14/2021 LAWRENCE DAY

PAC: 2:38.01 # 12/6/2013 Richard Burns

WRL(4): 11:00.00 2000 Lawrence DAY

1	Kahn, Stuart	70	Davis Aquatic Masters-38	3:20.00	3:03.66	21
	45.32	1:31.92 (46.60)	2:18.83 (46.91)	3:03.66 (44.83)		
2	Clemmons, Jim	73	Sawtooth Masters-59	3:09.50	3:06.12	19
	44.26	1:31.19 (46.93)	2:19.25 (48.06)	3:06.12 (46.87)		
3	Small, Stephen	71	Marcia's Enthusiastic Masters-38	3:35.00	3:41.19	18
	51.22	1:46.47 (55.25)	2:43.58 (57.11)	3:41.19 (57.61)		

Men 70-74 50 SC Meter Breaststroke

NATL: 33.54 % 12/4/2021 RICK COLELLA

PAC: 36.16 # 8/24/2013 David R Gildea

WRL(4): 12:00.00 2000 Rick COLELLA

1	Ottersen, Craig	71	Park Terrace Masters Swimming-38	37.20	36.44	21
2	Gloystein, James	72	Marcia's Enthusiastic Masters-38	59.76	56.93	19
---	Pence, Brad	72	CoastSide Tiger Sharks-38	50.00	DQ	

Men 70-74 100 SC Meter Breaststroke

NATL: 1:13.04 % 12/4/2021 RICK COLELLA

PAC: 1:21.41 # 8/24/2013 David R Gildea

WRL(4): 12:00.00 2000 Rick COLELLA

1	Kahn, Stuart	70	Davis Aquatic Masters-38	NT	1:43.91	
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Men 70-74 100 SC Meter Breaststroke

NATL: 1:13.04 % 12/4/2021 RICK COLELLA

PAC: 1:21.41 # 8/24/2013 David R Gildea

WRL(4): 12:00.00 2000 Rick COLELLA

1	Ottersen, Craig	71	Park Terrace Masters Swimming-38	1:22.50	1:21.59	21
	37.70	1:21.59 (43.89)				
2	Clemmons, Jim	73	Sawtooth Masters-59	1:37.50	1:32.21	19
	44.12	1:32.21 (48.09)				
3	Kennedy, James	72	Marcia's Enthusiastic Masters-38	1:46.60	1:52.63	18
	55.15	1:52.63 (57.48)				

Men 70-74 200 SC Meter Breaststroke

NATL: 2:55.87 % 3/5/2016 ROBERT STRAND

PAC: 3:04.51 # 9/22/2013 David R Gildea

WRL(4): 3:00.00 2000 Robert STRAND

1	Clemmons, Jim	73	Sawtooth Masters-59	3:17.50	3:18.73	21
	45.15	1:36.06 (50.91)	2:28.11 (52.05)	3:18.73 (50.62)		
2	Kahn, Stuart	70	Davis Aquatic Masters-38	3:40.00	3:35.75	19
	50.44	1:43.91 (53.47)	2:39.70 (55.79)	3:35.75 (56.05)		
3	Small, Stephen	71	Marcia's Enthusiastic Masters-38	3:45.00	3:44.62	18
	49.34	1:46.61 (57.27)	2:47.00 (1:00.39)	3:44.62 (57.62)		
4	Kennedy, James	72	Marcia's Enthusiastic Masters-38	3:45.00	3:57.23	17
	56.86	1:56.12 (59.26)	2:56.38 (1:00.26)	3:57.23 (1:00.85)		

Men 70-74 50 SC Meter Butterfly

NATL: 29.52 % 10/11/2015 RICHARD ABRAHAMS

PAC: 31.13 # 12/2/2017 Andrew M McPherso

WRL(4): 10:00.00 2000 Richard ABRAHAMS

1	Small, Stephen	71	Marcia's Enthusiastic Masters-38	NT	47.22	
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2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 70-74 50 SC Meter Butterfly

NATL: 29.52 % 10/11/2015 RICHARD ABRAHAMS

PAC: 31.13 # 12/2/2017 Andrew M McPherso

WRL(4): 10:00.00 2000 Richard ABRAHAMS

1	Kahn, Stuart	70	Davis Aquatic Masters-38	40.00	34.11	21
2	Bernard, Alan	74	Tamalpais Aquatic Masters-38	35.71	35.43	19
3	Pence, Brad	72	CoastSide Tiger Sharks-38	36.00	37.17	18
4	Kennedy, James	72	Marcia's Enthusiastic Masters-38	45.00	45.09	17
5	Gloystein, James	72	Marcia's Enthusiastic Masters-38	55.99	59.96	16

Men 70-74 100 SC Meter Butterfly

NATL: 1:06.54 % 10/17/2021 LAWRENCE DAY

PAC: 1:13.49 # 12/3/2017 Andrew M McPherso

WRL(4): 10:00.00 2000 Lawrence DAY

1	Bernard, Alan	74	Tamalpais Aquatic Masters-38	1:25.11	1:24.57	21
				38.94	1:24.57 (45.63)	
2	Kennedy, James	72	Marcia's Enthusiastic Masters-38	1:49.38	1:47.73	19
				51.20	1:47.73 (56.53)	

Men 70-74 100 SC Meter Butterfly

NATL: 1:06.54 % 10/17/2021 LAWRENCE DAY

PAC: 1:13.49 # 12/3/2017 Andrew M McPherso

WRL(4): 10:00.00 2000 Lawrence DAY

2	Clemmons, Jim	73	Sawtooth Masters-59	NT	1:30.93	
3	Small, Stephen	71	Marcia's Enthusiastic Masters-38	NT	1:54.42	

Men 70-74 200 SC Meter Butterfly

NATL: 2:45.30 % 11/14/2021 LAWRENCE DAY

PAC: 3:04.94 # 10/12/2019 Alan D Bernard

WRL(4): 11:00.00 2000 Lawrence DAY

1	Bernard, Alan	74	Tamalpais Aquatic Masters-38	3:16.71	3:17.41	21
				44.71	1:35.21 (50.50) 2:26.62 (51.41) 3:17.41 (50.79)	
2	Small, Stephen	71	Marcia's Enthusiastic Masters-38	4:05.30	4:26.42	19
				53.11	2:00.29 (1:07.18) 3:16.82 (1:16.53) 4:26.42 (1:09.60)	
---	Kennedy, James	72	Marcia's Enthusiastic Masters-38	4:21.59	DQ	
				53.97	1:56.04 (1:02.07) 2:59.21 (1:03.17) DQ (1:04.53)	

Men 70-74 100 SC Meter IM

NATL: 1:06.98 % 12/4/2021 RICK COLELLA

PAC: 1:14.40 # 10/6/2013 Richard Burns

WRL(4): 12:00.00 2000 Rick COLELLA

1	Clemmons, Jim	73	Sawtooth Masters-59	1:22.50	1:22.47	21
				38.82	1:22.47 (43.65)	
2	Bernard, Alan	74	Tamalpais Aquatic Masters-38	1:23.66	1:22.91	19
				39.05	1:22.91 (43.86)	
3	Small, Stephen	71	Marcia's Enthusiastic Masters-38	1:55.00	1:32.28	18
				44.26	1:32.28 (48.02)	
4	Kennedy, James	72	Marcia's Enthusiastic Masters-38	1:55.00	1:39.83	17
				48.13	1:39.83 (51.70)	
5	Terusaki, Steven	70	Albany Armada Aquatics Masters-38	2:15.00	2:05.09	16
				1:01.03	2:05.09 (1:04.06)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Men 70-74 200 SC Meter IM**

NATL: 2:27.07 % 12/4/2021 RICK COLELLA

PAC: 2:41.76 # 5/24/2019 Alek I Shestakov

WRL(4): 12:00.00 2000 Rick COLELLA

1	Ottersen, Craig	71	Park Terrace Masters Swimming-38	2:47.50	2:48.21	21
	34.82	1:21.69 (46.87)	2:09.75 (48.06)	2:48.21 (38.46)		
2	Clemmons, Jim	73	Sawtooth Masters-59	2:59.50	3:00.37	19
	39.04	1:26.33 (47.29)	2:19.24 (52.91)	3:00.37 (41.13)		
3	Kahn, Stuart	70	Davis Aquatic Masters-38	3:22.00	3:10.64	18
	41.57	1:31.62 (50.05)	2:29.05 (57.43)	3:10.64 (41.59)		
4	Small, Stephen	71	Marcia's Enthusiastic Masters-38	3:30.00	3:31.28	17
	47.22	1:41.72 (54.50)	2:44.99 (1:03.27)	3:31.28 (46.29)		
5	Kennedy, James	72	Marcia's Enthusiastic Masters-38	3:35.00	3:40.61	16
	52.66	1:51.43 (58.77)	2:53.19 (1:01.76)	3:40.61 (47.42)		

Men 70-74 400 SC Meter IM

NATL: 5:47.41 % 11/5/2022 LAWRENCE DAY

PAC: 5:48.15 # 9/22/2019 Alek I Shestakov

WRL(4): 3:00.00 2000 Patrick MOREAU

1	Clemmons, Jim	73	Sawtooth Masters-59	6:18.50	6:23.85	21
	41.83	1:30.93 (49.10)	2:22.76 (51.83)	3:12.55 (49.79)		
	4:05.28 (52.73)	4:58.81 (53.53)	5:42.38 (43.57)	6:23.85 (41.47)		
2	Small, Stephen	71	Marcia's Enthusiastic Masters-38	7:45.00	7:47.77	19
	49.64	1:54.42 (1:04.78)	2:54.86 (1:00.44)	3:55.72 (1:00.86)		
	5:02.07 (1:06.35)	6:10.48 (1:08.41)	6:59.46 (48.98)	7:47.77 (48.31)		
---	Thompson, Frank	72	Michigan Masters-19	8:17.70	DQ	
	52.38	1:54.81 (1:02.43)	2:56.27 (1:01.46)	3:56.32 (1:00.05)		
	5:13.04 (1:16.72)	6:26.89 (1:13.85)	7:23.65 (56.76)	DQ (49.04)		

Men 75-79 50 SC Meter Freestyle

NATL: 28.70 % 11/21/2021 RICHARD ABRAHAMS

PAC: 30.53 # 10/14/2018 Richard Burns

WRL(4): 11:00.00 2000 Richard ABRAHAMS

1	Sears, Richard	76	Marcia's Enthusiastic Masters-38	NT	40.77	
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Men 75-79 50 SC Meter Freestyle

NATL: 28.70 % 11/21/2021 RICHARD ABRAHAMS

PAC: 30.53 # 10/14/2018 Richard Burns

WRL(4): 11:00.00 2000 Richard ABRAHAMS

1	DeLacy, James	77	Walnut Creek Masters-38	31.90	32.10	21
2	Sears, Richard	76	Marcia's Enthusiastic Masters-38	59.00	41.20	19

Men 75-79 100 SC Meter Freestyle

NATL: 1:04.80 % 10/13/2019 DAVID QUIGGIN

PAC: 1:07.75 # 10/12/2019 Richard Burns

WRL(4): 10:00.00 2000 David QUIGGIN

1	DeLacy, James	77	Walnut Creek Masters-38	1:13.00	1:13.18	21
	34.35	1:13.18 (38.83)				
2	Frost, Kenneth	79	Tamalpais Aquatic Masters-38	1:23.50	1:22.98	19
	40.53	1:22.98 (42.45)				

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 75-79 200 SC Meter Freestyle

NATL: 2:26.94 % 10/12/2019 DAVID QUIGGIN

PAC: 2:46.19 # 10/9/2022 James R DeLacy

WRL(4): 10:00.00 2000 David QUIGGIN

1	Wilson, Joel	75	Santa Cruz Masters Aquatics-38	2:35.00	2:33.70 #	21
	36.82	1:15.81 (38.99)	1:55.06 (39.25)	2:33.70 (38.64)		

Men 75-79 400 SC Meter Freestyle

NATL: 5:09.95 % 3/11/2023 DAN KIRKLAND

PAC: 6:02.95 # 12/31/1995 Ray Taft

WRL(4): 3:00.00 2000 Dan KIRKLAND

1	Wilson, Joel	75	Santa Cruz Masters Aquatics-38	5:19.00	5:16.91 #	21
	37.85	1:18.54 (40.69)	1:59.84 (41.30)	2:40.53 (40.69)		
	3:20.67 (40.14)	3:59.94 (39.27)	4:38.86 (38.92)	5:16.91 (38.05)		

Men 75-79 1500 SC Meter Freestyle

NATL: 20:18.58 % 2/5/2023 DAN KIRKLAND

PAC: 23:37.09 # 1/29/2022 Edward Rudloff

WRL(4): 2:00.00 2000 Dan KIRKLAND

1	Feiring, Keith	76	Walnut Creek Masters-38	34:20.00	33:31.99	21
	59.97	2:04.10 (1:04.13)	3:09.61 (1:05.51)	4:14.45 (1:04.84)		
	5:21.39 (1:06.94)	6:27.95 (1:06.56)	7:34.70 (1:06.75)	8:41.19 (1:06.49)		
	9:48.81 (1:07.62)	10:55.92 (1:07.11)	12:02.62 (1:06.70)	13:10.03 (1:07.41)		
	14:17.58 (1:07.55)	15:26.23 (1:08.65)	16:33.92 (1:07.69)	17:41.06 (1:07.14)		
	18:48.05 (1:06.99)	19:57.06 (1:09.01)	21:05.96 (1:08.90)	22:13.49 (1:07.53)		
	23:21.24 (1:07.75)	24:31.10 (1:09.86)	25:39.30 (1:08.20)	26:48.68 (1:09.38)		
	27:57.04 (1:08.36)	29:06.04 (1:09.00)	30:15.14 (1:09.10)	31:24.40 (1:09.26)		
	32:28.21 (1:03.81)	33:31.99 (1:03.78)				

Men 75-79 50 SC Meter Backstroke

NATL: 33.87 % 12/2/2018 RICHARD BURNS

PAC: 33.87 # 12/2/2018 Richard Burns

WRL(4): 12:00.00 2000 Richard BURNS

1	Sears, Richard	76	Marcia's Enthusiastic Masters-38	53.23	53.20	21
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Men 75-79 100 SC Meter Backstroke

NATL: 1:14.03 % 12/7/2019 RICHARD BURNS

PAC: 1:14.03 # 12/7/2019 Richard Burns

WRL(4): 12:00.00 2000 Richard BURNS

1	Sears, Richard	76	Marcia's Enthusiastic Masters-38	2:02.36	2:00.08	21
	58.39	2:00.08 (1:01.69)				
---	Piazza, Michael	77	Walnut Creek Masters-38	1:50.00	DQ	
	54.13	DQ (1:00.86)				

Men 75-79 50 SC Meter Breaststroke

NATL: 38.35 % 7/24/2016 MIKE FRESHLEY

PAC: 40.24 # 10/12/2019 David R Gildea

WRL(4): 2:00.00 2000 Roberto RUGGIERI

1	Frost, Kenneth	79	Tamalpais Aquatic Masters-38	41.50	42.01	21
2	Meyerhoff, Rick	76	Tamalpais Aquatic Masters-38	44.00	44.22	19
3	Smith, Kirby	77	Tuolumne County Aquatic Master-38	43.25	45.27	18
4	Smyers, Jesse	77	Walnut Creek Masters-38	45.01	48.67	17
5	Sears, Richard	76	Marcia's Enthusiastic Masters-38	54.01	53.96	16

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 75-79 100 SC Meter Breaststroke

NATL: 1:24.27 % 12/3/2022 DOUGLAS SPRINGER

PAC: 1:30.21 # 10/12/2019 Kenneth A Frost

WRL(4): 12:00.00 2000 Douglas SPRINGER

1	Frost, Kenneth	79	Tamalpais Aquatic Masters-38	1:32.00	1:33.61	21
	45.17	1:33.61 (48.44)				
2	Meyerhoff, Rick	76	Tamalpais Aquatic Masters-38	1:55.00	1:45.70	19
	50.75	1:45.70 (54.95)				
3	Smith, Kirby	77	Tuolumne County Aquatic Master-38	1:44.88	1:46.77	18
	52.19	1:46.77 (54.58)				
4	Sears, Richard	76	Marcia's Enthusiastic Masters-38	2:09.25	2:07.68	17
	59.11	2:07.68 (1:08.57)				

Men 75-79 200 SC Meter Breaststroke

NATL: 3:06.82 % 7/23/2016 MIKE FRESHLEY

PAC: 3:22.10 # 10/9/2022 Gary T Fitschen

WRL(4): 7:00.00 2000 Mike FRESHLEY

1	Wilson, Joel	75	Santa Cruz Masters Aquatics-38	3:20.00	3:19.73 #	21
	46.99	1:38.57 (51.58)	2:29.84 (51.27)	3:19.73 (49.89)		
2	Smith, Kirby	77	Tuolumne County Aquatic Master-38	3:40.96	3:57.34	19
	53.46	1:53.68 (1:00.22)	2:56.64 (1:02.96)	3:57.34 (1:00.70)		

Men 75-79 50 SC Meter Butterfly

NATL: 32.09 % 11/21/2021 RICHARD ABRAHAMS

PAC: 32.41 # 12/1/2018 Richard Burns

WRL(4): 11:00.00 2000 Richard ABRAHAMS

1	DeLacy, James	77	Walnut Creek Masters-38	34.00	38.60	21
2	Meyerhoff, Rick	76	Tamalpais Aquatic Masters-38	40.00	43.99	19

Men 75-79 100 SC Meter Butterfly

NATL: 1:17.51 % 10/29/2022 RICHARD ABRAHAMS

PAC: 1:17.59 # 12/8/2019 Richard Burns

WRL(4): 10:00.00 2000 Richard ABRAHAMS

1	Meyerhoff, Rick	76	Tamalpais Aquatic Masters-38	1:55.00	1:58.42	21
	56.54	1:58.42 (1:01.88)				

Men 75-79 100 SC Meter IM

NATL: 1:17.58 % 7/23/2016 MIKE FRESHLEY

PAC: 1:17.89 # 12/2/2018 Richard Burns

WRL(4): 7:00.00 2000 Mike FRESHLEY

1	Sears, Richard	76	Marcia's Enthusiastic Masters-38	1:55.53	1:55.60	21
	55.46	1:55.60 (1:00.14)				

Men 75-79 400 SC Meter IM

NATL: 6:26.09 % 9/22/2019 RICHARD BURNS

PAC: 6:26.09 # 9/22/2019 Richard Burns

WRL(4): 9:00.00 2000 Richard BURNS

1	Meyerhoff, Rick	76	Tamalpais Aquatic Masters-38	9:00.00	8:23.47	21
	56.17	2:01.44 (1:05.27)	3:13.34 (1:11.90)	4:23.73 (1:10.39)		
	5:28.15 (1:04.42)	6:34.87 (1:06.72)	7:30.75 (55.88)	8:23.47 (52.72)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 80-84 50 SC Meter Freestyle

NATL: 31.25 % 12/2/2017 JEFF FARRELL

PAC: 35.32 # 10/13/2019 William G Van Hor

WRL(4): 12:00.00 2000 Jeff FARRELL

4 Burns, Richard 80 Tamalpais Aquatic Masters-38 NT 32.29 #

Men 80-84 50 SC Meter Freestyle

NATL: 31.25 % 12/2/2017 JEFF FARRELL

PAC: 35.32 # 10/13/2019 William G Van Hor

WRL(4): 12:00.00 2000 Jeff FARRELL

1 Andersen, Peter 80 Tamalpais Aquatic Masters-38 33.85 34.28 # 21

2 Anderson, Fred 81 Rolling Hills Mud Sharks-38 40.80 47.13 19

--- Ralphs, Tony 80 Tamalpais Aquatic Masters-38 32.97 DQ

Men 80-84 100 SC Meter Freestyle

NATL: 1:11.26 % 9/27/2014 DAVID RADCLIFF

PAC: 1:20.97 # 10/9/2022 Richard Todd

WRL(4): 2:00.00 2000 Akira FUJIMAKI

1 Anderson, Fred 81 Rolling Hills Mud Sharks-38 1:40.35 1:52.54 21

52.65 1:52.54 (59.89)

Men 80-84 100 SC Meter Freestyle

NATL: 1:11.26 % 9/27/2014 DAVID RADCLIFF

PAC: 1:20.97 # 10/9/2022 Richard Todd

WRL(4): 2:00.00 2000 Akira FUJIMAKI

3 Burns, Richard 80 Tamalpais Aquatic Masters-38 NT 1:10.64 %

Men 80-84 200 SC Meter Freestyle

NATL: 2:38.25 % 9/28/2014 DAVID RADCLIFF

PAC: 2:43.60 # 2/26/2023 Richard Burns

WRL(4): 9:00.00 2000 David RADCLIFF

1 Silvey, Rick 81 Walnut Creek Masters-38 4:15.46 4:38.79 21

1:05.86 2:17.05 (1:11.19) 3:30.16 (1:13.11) 4:38.79 (1:08.63)

Men 80-84 400 SC Meter Freestyle

NATL: 5:39.27 % 3/9/2014 DAVID RADCLIFF

PAC: 6:27.60 # 12/31/1999 Ray Taft

WRL(4): 3:00.00 2000 David RADCLIFF

1 Shaw, James 82 Alpine Hills Swimming Masters-38 8:30.00 8:10.22 21

56.64 1:58.35 (1:01.71) 3:00.87 (1:02.52) 4:01.79 (1:00.92)

5:05.71 (1:03.92) 6:09.53 (1:03.82) 7:09.90 (1:00.37) 8:10.22 (1:00.32)

Men 80-84 1500 SC Meter Freestyle

NATL: 21:59.53 % 9/26/2014 DAVID RADCLIFF

PAC: 25:35.01 # 12/31/1999 Ray Taft

WRL(4): 9:00.00 2000 David RADCLIFF

1 Gildea, David 80 Menlo Masters-38 34:30.00 29:37.48 21

52.60 1:50.78 (58.18) 2:51.82 (1:01.04) 3:52.48 (1:00.66)

4:53.42 (1:00.94) 5:54.83 (1:01.41) 6:55.64 (1:00.81) 7:56.44 (1:00.80)

8:56.00 (59.56) 9:54.72 (58.72) 10:53.08 (58.36) 11:51.23 (58.15)

12:51.10 (59.87) 13:50.94 (59.84) 14:50.65 (59.71) 15:50.09 (59.44)

16:48.96 (58.87) 17:47.62 (58.66) 18:47.38 (59.76) 19:46.77 (59.39)

20:47.16 (1:00.39) 21:46.93 (59.77) 22:46.96 (1:00.03) 23:46.82 (59.86)

24:48.37 (1:01.55) 25:49.50 (1:01.13) 26:48.48 (58.98) 27:47.62 (59.14)

28:44.62 (57.00) 29:37.48 (52.86)

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 80-84 50 SC Meter Backstroke

NATL: 36.01 % 2/26/2023 RICHARD BURNS

PAC: 36.01 # 2/26/2023 Richard Burns

WRL(4): 2:00.00 2000 Richard BURNS

1 Burns, Richard 80 Tamalpais Aquatic Masters-38 NT 37.09

Men 80-84 50 SC Meter Backstroke

NATL: 36.01 % 2/26/2023 RICHARD BURNS

PAC: 36.01 # 2/26/2023 Richard Burns

WRL(4): 2:00.00 2000 Richard BURNS

1 Burns, Richard 80 Tamalpais Aquatic Masters-38 36.50 36.96 21

2 Shaw, James 82 Alpine Hills Swimming Masters-38 52.00 55.95 19

Men 80-84 100 SC Meter Backstroke

NATL: 1:20.70 % 2/26/2023 RICHARD BURNS

PAC: 1:20.70 # 2/26/2023 Richard Burns

WRL(4): 2:00.00 2000 Richard BURNS

1 Burns, Richard 80 Tamalpais Aquatic Masters-38 1:25.00 1:21.81 21

40.12 1:21.81 (41.69)

2 Reed, Ed 80 Tamalpais Aquatic Masters-38 1:35.87 1:33.85 19

Men 80-84 200 SC Meter Backstroke

NATL: 2:56.75 % 2/25/2023 RICHARD BURNS

PAC: 2:56.75 # 2/25/2023 Richard Burns

WRL(4): 2:00.00 2000 Richard BURNS

1 Leuten, Bob 80 San Mateo Masters-38 3:59.90 3:55.65 21

55.87 1:55.44 (59.57) 2:56.55 (1:01.11) 3:55.65 (59.10)

Men 80-84 50 SC Meter Breaststroke

NATL: 42.41 % 10/28/2017 DAVID COSTILL

PAC: 45.57 # 10/8/2022 Richard Todd

WRL(4): 5:00.00 2000 Toshio TAJIMA

1 Gildea, David 80 Menlo Masters-38 44.00 42.57 # 21

Men 80-84 100 SC Meter Breaststroke

NATL: 1:36.56 % 1/21/2023 DAVE NOBLE

PAC: 1:39.86 # 10/8/2022 Richard Todd

WRL(4): 2:00.00 2000 Masaru SHINKAI

--- Gildea, David 80 Menlo Masters-38 1:39.00 DQ

Men 80-84 50 SC Meter Butterfly

NATL: 34.92 % 2/25/2023 RICHARD BURNS

PAC: 34.92 # 2/25/2023 Richard Burns

WRL(4): 2:00.00 2000 Richard BURNS

1 Burns, Richard 80 Tamalpais Aquatic Masters-38 36.00 35.98 21

2 Shaw, James 82 Alpine Hills Swimming Masters-38 49.00 47.65 19

3 Anderson, Fred 81 Rolling Hills Mud Sharks-38 59.20 1:42.69 18

Men 80-84 100 SC Meter Butterfly

NATL: 1:35.58 % 12/17/2016 DAVID COSTILL

PAC: 1:53.80 # 12/31/1999 Ray Taft

WRL(4): 10:00.00 2000 Masaru SHINKAI

1 Shaw, James 82 Alpine Hills Swimming Masters-38 2:00.00 2:23.96 21

1:02.71 2:23.96 (1:21.25)

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 80-84 100 SC Meter IM

NATL: 1:23.73 % 2/26/2023		RICHARD BURNS					
PAC: 1:23.73 # 2/26/2023		Richard Burns					
WRL(4): 2:00.00 2000		Richard BURNS					
1	Burns, Richard	80	Tamalpais Aquatic Masters-38	1:26.00	1:26.55	21	
	39.80		1:26.55 (46.75)				
2	Anderson, Fred	81	Rolling Hills Mud Sharks-38	2:05.45	2:34.93	19	
	1:14.76		2:34.93 (1:20.17)				

Men 85-89 50 SC Meter Freestyle

NATL: 34.48 % 12/3/2022		JEFF FARRELL					
PAC: 37.96 # 12/31/2003		William Johnston					
WRL(4): 1:00.00 2000		Roberto ALBERICHE					
1	Norris, Robert	85	Davis Aquatic Masters-38	1:01.35	53.18	21	

Men 85-89 100 SC Meter Freestyle

NATL: 1:20.73 % 12/2/2022		JEFF FARRELL					
PAC: 1:35.43 # 12/31/2002		Aldo da Rosa					
WRL(4): 1:00.00 2000		Roberto ALBERICHE					
1	Fleming, Jack	88	University of San Francisco Ma-38	2:12.70	1:59.71	21	
	55.75		1:59.71 (1:03.96)				
2	Norris, Robert	85	Davis Aquatic Masters-38	2:19.26	2:10.09	19	
	1:03.48		2:10.09 (1:06.61)				

Men 85-89 200 SC Meter Freestyle

NATL: 3:03.23 % 4/14/2019		DAVID RADCLIFF					
PAC: 3:42.64 # 12/31/2006		Steve P Carlson					
WRL(4): 1:00.00 2000		Roberto ALBERICHE					
1	Fleming, Jack	88	University of San Francisco Ma-38	5:20.50	4:25.78	21	
	58.50		2:06.37 (1:07.87)	3:17.98 (1:11.61)	4:25.78 (1:07.80)		
2	Norris, Robert	85	Davis Aquatic Masters-38	5:17.75	4:45.14	19	
	1:07.06		2:21.92 (1:14.86)	4:45.14 (2:23.22)			

Men 85-89 400 SC Meter Freestyle

NATL: 6:27.44 % 4/13/2019		DAVID RADCLIFF					
PAC: 7:47.75 # 12/31/2002		Aldo da Rosa					
WRL(4): 4:00.00 2000		David RADCLIFF					
1	Fleming, Jack	88	University of San Francisco Ma-38	10:26.20	9:51.81	21	
	1:04.43		2:16.70 (1:12.27)	3:32.50 (1:15.80)	4:50.33 (1:17.83)		
	6:08.16 (1:17.83)		7:24.44 (1:16.28)	8:41.00 (1:16.56)	9:51.81 (1:10.81)		
2	Norris, Robert	85	Davis Aquatic Masters-38	11:05.50	10:06.03	19	
	1:10.86		2:30.32 (1:19.46)	3:49.40 (1:19.08)	5:08.43 (1:19.03)		
	6:25.08 (1:16.65)		7:41.11 (1:16.03)	8:58.09 (1:16.98)	10:06.03 (1:07.94)		

Men 85-89 50 SC Meter Backstroke

NATL: 41.75 % 12/3/2017		CLARKE MITCHELL					
PAC: 47.34 # 12/31/2002		Aldo da Rosa					
WRL(4): 4:00.00 2000		Keiji NAKAMURA					
1	Smethurst, Everett	88	Novaquatics Masters-33	52.44	57.67	21	
2	Norris, Robert	85	Davis Aquatic Masters-38	1:03.95	1:01.77	19	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Men 85-89 100 SC Meter Backstroke**

NATL: 1:32.98 % 12/2/2017 CLARKE MITCHELL

PAC: 1:48.79 # 12/31/2002 Aldo da Rosa

WRL(4): 5:00.00 2000 Keijiro NAKAMURA

1	Norris, Robert	85	Davis Aquatic Masters-38	2:22.35	2:14.51	21
	1:05.15	2:14.51 (1:09.36)				
2	Fleming, Jack	88	University of San Francisco Ma-38	2:22.20	2:18.33	19
	1:06.79	2:18.33 (1:11.54)				

Men 85-89 200 SC Meter Backstroke

NATL: 3:40.17 % 12/11/2021 DAVID COSTILL

PAC: 4:00.80 # 12/31/2002 Aldo da Rosa

WRL(4): 4:00.00 2000 Keijiro NAKAMURA

1	Norris, Robert	85	Davis Aquatic Masters-38	5:19.75	5:06.49	21
	1:08.36	2:27.20 (1:18.84)	3:49.46 (1:22.26)	5:06.49 (1:17.03)		

Men 85-89 50 SC Meter Breaststroke

NATL: 47.24 % 10/8/2010 FRANK PIEMME

PAC: 52.34 # 12/31/2002 Aldo da Rosa

WRL(4): 6:00.00 2000 Toshio TAJIMA

1	Fleming, Jack	88	University of San Francisco Ma-38	51.60	56.91	21
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Men 85-89 200 SC Meter Breaststroke

NATL: 4:05.91 % 12/5/2010 FRANK PIEMME

PAC: 4:16.20 # 12/31/2002 Aldo da Rosa

WRL(4): 6:00.00 2000 Tony GOODWIN

1	Fleming, Jack	88	University of San Francisco Ma-38	5:32.90	5:02.37	21
	1:06.00	2:22.48 (1:16.48)	3:44.54 (1:22.06)	5:02.37 (1:17.83)		

Men 90-94 50 SC Meter Freestyle

NATL: 41.07 % 12/14/2003 WOODROW BOWERSOCK

PAC: 45.58 # 10/9/2009 Steve P Carlson

WRL(4): 2:00.00 2000 Toshimi INATOMI

1	Mayo, Robert	90	Walnut Creek Masters-38	59.90	58.78	21
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Men 90-94 100 SC Meter Freestyle

NATL: 1:39.26 % 12/14/2003 WOODROW BOWERSOCK

PAC: 1:47.70 # 12/31/2009 Steve P Carlson

WRL(4): 10:00.00 2000 Karl HAUTER

1	Mayo, Robert	90	Walnut Creek Masters-38	2:15.00	2:12.42	21
	1:03.66	2:12.42 (1:08.76)				

Men 90-94 200 SC Meter Freestyle

NATL: 3:46.17 % 11/15/2014 WILLARD LAMB

PAC: 4:03.31 # 12/31/2009 Steve P Carlson

WRL(4): 11:00.00 2000 Karl HAUTER

1	Mayo, Robert	90	Walnut Creek Masters-38	5:30.00	4:55.71	21
	1:06.28	2:23.82 (1:17.54)	3:41.65 (1:17.83)	4:55.71 (1:14.06)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 90-94 400 SC Meter Freestyle

NATL: 7:44.83 % 9/28/2014 WILLARD LAMB

PAC: 8:52.99 # 12/31/2009 Steve P Carlson

WRL(4): 10:00.00 2000 Katsura SUZUKI

1	Mayo, Robert	90	Walnut Creek Masters-38	10:36.00	10:58.51	21
	1:13.60	2:34.66 (1:21.06)	3:58.66 (1:24.00)	5:21.98 (1:23.32)		
	6:49.57 (1:27.59)	8:16.40 (1:26.83)	9:45.24 (1:28.84)	10:58.51 (1:13.27)		

Men 90-94 50 SC Meter Backstroke

NATL: 55.25 % 10/20/2007 JOHN MERRILL

PAC: 56.58 # 12/31/2009 Steve P Carlson

WRL(4): 5:00.00 2000 Mampei SEINO

1	Mayo, Robert	90	Walnut Creek Masters-38	1:06.00	1:02.77	21
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Men 90-94 100 SC Meter Backstroke

NATL: 1:59.76 % 4/28/2013 WILLARD LAMB

PAC: 2:31.93 # 12/31/2004 Jim Triolo

WRL(4): 5:00.00 2000 Goro KOBAYASHI

1	Mayo, Robert	90	Walnut Creek Masters-38	2:25.00	2:12.53 #	21
	1:06.42	2:12.53 (1:06.11)				

Men 90-94 200 SC Meter Backstroke

NATL: 4:17.86 % 3/9/2014 WILLARD LAMB

PAC: 5:18.95 # 12/31/2004 Jim Triolo

WRL(4): 5:00.00 2000 Goro KOBAYASHI

1	Mayo, Robert	90	Walnut Creek Masters-38	5:12.00	5:16.49 #	21
	1:11.49	2:33.80 (1:22.31)	3:56.16 (1:22.36)	5:16.49 (1:20.33)		

Men 95-99 50 SC Meter Freestyle

NATL: 45.47 % 11/18/2017 WILLARD LAMB

PAC: 1:20.38 # 10/17/2021 Albert Edgerton

WRL(4): 11:00.00 2000 Willard LAMB

1	Edgerton, Albert	98	Uc38	1:06.16	1:25.48	21
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Women 100-119 400 SC Meter Freestyle Relay

NATL: 4:04.38 % 12/13/2014 BOSTON UNIVERSITY MASTERS

K WILSON, K ROGGENSACK, I SZEKELY, E MANCUSO

PAC: 4:18.58 # 10/21/2007 WCM

K Harris, S D Strong, K M Price, S Marshall

WRL(4): 3:55.76 11/17/2019 SEN-SWIM -JPN

R NAKAGAMI, K TAYAMA, M HATANAKA, M KASHIWAZAKI

1	Walnut Creek Masters-38	A	4:40.00	4:38.72	42
	1) Morrice, Carolyn W29	2) Nesbit, Meghan W28	3) Riley, Kaitlyn W29	4) Sheeper, Sierra W27	
	35.55	1:13.95 (1:13.95)	1:48.26 (34.31)	2:27.81 (1:13.86)	
	2:59.03 (31.22)	3:35.43 (1:07.62)	4:05.66 (30.23)	4:38.72 (1:03.29)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 100-119 800 SC Meter Freestyle Relay

NATL: 8:58.27 % 9/24/2011 ARIZONA MASTERS
H CALDAS, S NELSON, L URBATCHKA, K HARRIGAN

PAC: 11:16.32 # 10/15/2021 MEMO

E Grant, M Benjamin, J Roriz, S Rafalson

WRL(4): 8:53.34 10/28/2017 SILVER CITY -GBR
R KEIR, L KENNEDY, K MCINTOSH, L ROBERTSON

1	Marcia's Enthusiastic Masters-38	A	13:15.00	11:51.46	42
	1) Woo, Emily W28	2) Lu, Jenny W32	3) Woodworth, Kathryn W37	4) Jegers, Jade W20	
	39.54	1:24.35 (1:24.35)	2:09.92 (2:09.92)	2:53.79 (2:53.79)	
	3:40.67 (46.88)	4:30.79 (1:37.00)	5:23.36 (2:29.57)	6:15.77 (3:21.98)	
	6:53.59 (37.82)	7:37.26 (1:21.49)	8:23.48 (2:07.71)	9:08.90 (2:53.13)	
	9:46.80 (37.90)	10:27.76 (1:18.86)	11:09.81 (2:00.91)	11:51.46 (2:42.56)	

Women 100-119 200 SC Meter Medley Relay

NATL: 2:02.98 % 12/1/2012 THE OLYMPIC CLUB
O'DONNELL-MCCARTH, K HOUSTON, E REILLY, C DAVIDOFF

PAC: 2:02.46 # 10/21/2007 WCM

S Marshall, K Harris, L M Davis, K M Price

WRL(4): 1:54.05 5/21/2023 QUEENDOM -JPN
R KIZAWA, Y TAKASAKI, E HARA, M IDA

1	Walnut Creek Masters-38	A	2:08.00	2:19.70	42
	1) Morrice, Carolyn W29	2) Sheeper, Sierra W27	3) Schuler, Mackenzie W27	4) Larsen, Amy W24	
	34.98	1:13.36 (38.38)	1:48.85 (35.49)	2:19.70 (30.85)	

Women 120-159 200 SC Meter Freestyle Relay

NATL: 1:51.23 % 12/10/2022 OREGON MASTERS
A HIGLETT, J STACY, I FEIERABEND, M VEITH

PAC: 1:57.59 # 12/31/1995 TOC

Rowell, Seibt, Danielle Ogier, Jolly

WRL(4): 1:44.88 11/30/2014 TSUNAMI -RUS
I SHLEMOVA, L YUDINA, E YUDINA, S KNIAGININA

1	Manatee Aquatic Masters Inc-38	A	2:08.00	2:05.14	42
	1) Knell, Lissi W29	2) Bindert, Kaitlin W29	3) Eide, Miriam W25	4) Schmitz, Emily W35	
	30.68	1:03.33 (32.65)	1:34.67 (31.34)	2:05.14 (30.47)	
2	Walnut Creek Masters-38	A	2:05.00	2:11.68	38
	1) Hwang, Jenn W31	2) Warner, Kate W33	3) Merlo, Ashley W42	4) Ongerth, Ann Michelle W49	
	31.25	1:01.87 (30.62)	1:34.32 (32.45)	2:11.68 (37.36)	
3	Marcia's Enthusiastic Masters-38	A	2:48.00	2:29.08	36
	1) Woodworth, Kathryn W37	2) Murillo, Catherine W35	3) Rodriguez, Caylan W35	4) Lee, Jez W43	
	35.70	1:14.94 (39.24)	1:53.73 (38.79)	2:29.08 (35.35)	

Women 120-159 400 SC Meter Freestyle Relay

NATL: 4:08.59 % 11/12/2022 OREGON MASTERS
A HIGLETT, J STACY, I FEIERABEND, M VEITH

PAC: 4:30.66 # 10/16/2021 WCM

L Lawrence, L Bloch, B Shanahan, V Taylor

WRL(4): 3:56.12 12/17/2021 BRABO -BEL
K CALUWAERTS, L CALUWAERTS, W V.D.ZANDEN, K BUYS

1	Walnut Creek Masters-38	A	4:45.00	4:41.81	42
	1) McGowan, Christina W36	2) Warner, Kate W33	3) Hwang, Jenn W31	4) Gettel, Kaleena W34	
	32.26	1:07.29 (1:07.29)	1:40.98 (33.69)	2:16.39 (1:09.10)	
	2:49.15 (32.76)	3:25.99 (1:09.60)	4:02.23 (36.24)	4:41.81 (1:15.82)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 120-159 400 SC Meter Freestyle Relay)**

2	Davis Aquatic Masters-38	A	4:32.10	4:43.69	38
	1) Nehrebecki, Helene W43	2) Goldberg, Michelle W55	3) Griffiths, Joanna W31	4) Crow, Vivian W26	
	36.11	1:14.39 (1:14.39)	1:49.43 (35.04)	2:27.92 (1:13.53)	
	2:55.36 (27.44)	3:34.94 (1:07.02)	4:07.84 (32.90)	4:43.69 (1:08.75)	
3	Marcia's Enthusiastic Masters-38	A	5:15.00	5:07.27	36
	1) Corwin, Elyse W41	2) McBride, Beth W33	3) Murillo, Catherine W35	4) Rafalson, Sara W35	
	31.03	1:05.58 (1:05.58)	1:42.38 (36.80)	2:23.13 (1:17.55)	
	3:03.99 (40.86)	3:49.23 (1:26.10)	4:25.40 (36.17)	5:07.27 (1:18.04)	
4	Richmond Plunge Masters-38	A	5:55.00	5:16.48	34
	1) Garrett, Hope W27	2) Arteaga, Daniela W24	3) Bee, Vee W44	4) Mah, Kimberly W34	
	33.80	1:09.98 (1:09.98)	1:52.33 (42.35)	2:39.08 (1:29.10)	
	3:14.40 (35.32)	3:53.30 (1:14.22)	4:31.23 (37.93)	5:16.48 (1:23.18)	
5	Marcia's Enthusiastic Masters-38	B	7:10.00	6:42.06	32
	1) Leung, Michele W30	2) Valencia, Maria Juliana W25	3) Bailey, Jessica W45	4) Cohen, Rivkah W35	
	48.63	1:49.39 (1:49.39)	2:39.24 (49.85)	3:43.42 (1:54.03)	
	4:25.76 (42.34)	5:16.53 (1:33.11)	5:58.62 (42.09)	6:42.06 (1:25.53)	

Women 120-159 200 SC Meter Medley Relay

NATL: 2:04.31 % 12/13/2009 RED TIDE OF NYC
K GARY, T SHPAIZER, F WILLEBOORDSE, S WAGER
PAC: 2:03.95 # 12/31/2009 TOC
S Guzman, K Lyons, M Gill, L Welting
WRL(4): 1:54.21 4/17/2022 TEAM GO MAI WAY -JPN
M TAKEMURA, K ISHIDA, H HAYASHI, Y MATSUMOTO

1	Walnut Creek Masters-38	A	2:12.00	2:24.50	42
	1) McGowan, Christina W36	2) Hwang, Jenn W31	3) Gettel, Kaleena W34	4) Warner, Kate W33	
	34.13	1:15.46 (41.33)	1:54.14 (38.68)	2:24.50 (30.36)	
2	University of San Francisco Ma-38	A	2:16.00	2:25.51	38
	1) Phillips, Alexandra W32	2) Petrakis, Kristina W34	3) Petrakis, Danae W31	4) Davis, Taylor W47	
	37.96	1:19.70 (41.74)	1:51.96 (32.26)	2:25.51 (33.55)	
3	Walnut Creek Masters-38	B	2:25.00	2:42.53	36
	1) Rosas, Rachel W30	2) Westlake, Melanie W38	3) Thomas, Alexandra W35	4) Miazga-Chaffey, Grace W39	
	37.21	1:21.95 (44.74)	1:56.59 (34.64)	2:42.53 (45.94)	
4	Marcia's Enthusiastic Masters-38	A	2:42.00	2:46.37	34
	1) Bailey, Jessica W45	2) Rafalson, Sara W35	3) Corwin, Elyse W41	4) McBride, Beth W33	
	50.64	1:37.36 (46.72)	2:10.37 (33.01)	2:46.37 (36.00)	
5	Marcia's Enthusiastic Masters-38	B	3:50.00	3:31.12	32
	1) Leung, Michele W30	2) Valencia, Maria Juliana W25	3) Lapidario, Millie W42	4) Cohen, Rivkah W35	
	59.86	1:57.43 (57.57)	2:52.19 (54.76)	3:31.12 (38.93)	
---	Manatee Aquatic Masters Inc-38	A	2:55.00	DQ	
	1) Bindert, Kaitlin W29	2) Schmitz, Emily W35	3) Chachkin, Myra W55	4) Chan, Angela W35	
	39.87	1:23.40 (43.53)	2:10.29 (46.89)	DQ (37.93)	

Women 160-199 200 SC Meter Freestyle Relay

NATL: 1:48.08 % 11/10/2013 NORTH CAROLINA MASTERS
S WALSH, J STRINGER, A UHL, E BRAUN
PAC: 1:56.03 # 12/31/2008 WCM
D Santos, P Roemer, L Ward, A Zamanian
WRL(4): 1:47.58 11/24/2019 TSUNAMI -RUS
I SHLEMOVA, L YUDINA, E YUDINA, O BORISOVA

1	East Bay Bat Rays Masters-38	A	2:44.50	2:17.15	42
	1) Sand, Cassie W25	2) Cavalli, Christina W55	3) Schley, Kelly W44	4) Cagigas, Debbie W62	
	32.03	1:09.34 (37.31)	1:45.08 (35.74)	2:17.15 (32.07)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 160-199 200 SC Meter Freestyle Relay)**

2	Walnut Creek Masters-38	A		2:12.00	2:29.42	38
	1) Gettel, Kaleena W34	2) Thomas, Alexandra W35	3) Miazga-Chaffey, Grace W39	4) Santos, Debbie W55		
	33.90	1:06.50 (32.60)	1:51.53 (45.03)	2:29.42 (37.89)		
3	Walnut Creek Masters-38	B		2:18.00	2:35.31	36
	1) Abbott, Bridget W42	2) Freeman, Tammy W55	3) Rezaee, Lily W42	4) Vassallo, Roberta W49		
	41.56	1:20.38 (38.82)	1:56.43 (36.05)	2:35.31 (38.88)		
4	Marcia's Enthusiastic Masters-38	A		3:30.00	3:13.01	34
	1) De Oliveira, Isabel W48	2) Gimbel, Erika W53	3) Chien, Regina W37	4) Lapidario, Millie W42		
	56.78	1:47.36 (50.58)	2:23.78 (36.42)	3:13.01 (49.23)		

Women 160-199 400 SC Meter Freestyle Relay**NATL: 4:03.25 % 12/13/2009 RED TIDE OF NYC****F WILLEBOORDSE, J KELSEY, S WAGER, K GARY****PAC: 4:19.95 # 10/10/2015 MEMO****C Johnson, J Moll, Y de la Toree, C Worthman****WRL(4): 4:03.25 12/13/2009 RED TIDE OF NYC -USA****F WILLEBOORDSE, J KELSEY, S WAGER, K GARY**

1	Walnut Creek Masters-38	B		4:48.00	4:57.62	42
	1) Polcari, Emily W44	2) Tiernan, Heather W40	3) Ward, Lisa W59	4) Ongerth, Ann Michelle W49		
	35.02	1:12.23 (1:12.23)	1:48.15 (35.92)	2:24.71 (1:12.48)		
	2:56.32 (31.61)	3:30.20 (1:05.49)	4:12.27 (42.07)	4:57.62 (1:27.42)		
2	Walnut Creek Masters-38	A		4:30.00	5:01.92	38
	1) Clark, Acacia W41	2) Lawrence, Laura W43	3) Merlo, Ashley W42	4) McMillan, Heidi W42		
	40.95	1:27.25 (1:27.25)	2:00.54 (33.29)	2:36.73 (1:09.48)		
	2:55.78 (19.05)	3:51.06 (1:14.33)	4:25.21 (34.15)	5:01.92 (1:10.86)		
3	Manatee Aquatic Masters Inc-38	A		5:00.00	5:02.39	36
	1) Schmitz, Emily W35	2) Shaps, Ruth W76	3) Bindert, Kaitlin W29	4) Cox, Juliet W55		
	33.40	1:09.36 (1:09.36)	1:48.45 (39.09)	2:33.83 (1:24.47)		
	3:08.96 (35.13)	4:24.47 (1:50.64)	5:02.39 (37.92)			
4	Marcia's Enthusiastic Masters-38	A		6:10.00	5:37.70	34
	1) Doyle, Nia W42	2) Anderson, Meredith W60	3) Lee, Jez W43	4) Moll, Jessica W51		
	40.58	1:21.33 (1:21.33)	2:06.80 (45.47)	2:56.44 (1:35.11)		
	3:33.58 (37.14)	4:19.05 (1:22.61)	4:57.41 (38.36)	5:37.70 (1:18.65)		
5	Albany Armada Aquatics Masters	A		5:50.00	6:22.18	32
	1) Lee, Caron W47	2) Galasso, Marisa W32	3) Lowe, Tonia W52	4) Focha, Teresa W62		
	36.80	1:15.34 (1:15.34)	1:54.06 (38.72)	2:39.31 (1:23.97)		
	3:29.14 (49.83)	4:25.73 (1:46.42)	5:17.75 (52.02)	6:22.18 (1:56.45)		
6	Marcia's Enthusiastic Masters-38	B		7:05.00	6:52.19	30
	1) Lu, Jenny W32	2) Woodworth, Kathryn W37	3) Stankov-Hodge, Marina W43	4) De Oliveira, Isabel W48		
	42.66	1:32.46 (1:32.46)	2:10.84 (38.38)	2:51.72 (1:19.26)		
	3:35.11 (43.39)	4:23.73 (1:32.01)	5:30.86 (1:07.13)	6:52.19 (2:28.46)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 160-199 800 SC Meter Freestyle Relay

NATL: 8:56.55 % 12/13/2009 RED TIDE OF NYC

J KELSEY, F WILLEBOORDSE, S WAGER, K GARY

PAC: 9:36.44 # 10/18/2009 WCM

D M Santos, B J. R Henry, L A Ward, S M Heim-Bowen

WRL(4): 8:56.55 12/13/2009 RED TIDE OF NYC -USA

J KELSEY, F WILLEBOORDSE, S WAGER, K GARY

1	Marcia's Enthusiastic Masters-38	A	15:15.00	13:19.98	42
	1) Williams, Leah W42	2) Stankov-Hodge, Marina W43	3) Murillo, Catherine W35	4) Voight, Tina W54	
	46.16	1:37.64 (1:37.64)	2:37.42 (2:37.42)	3:39.05 (3:39.05)	
	4:23.61 (44.56)	5:15.69 (1:36.64)	6:10.63 (2:31.58)	7:02.98 (3:23.93)	
	7:48.81 (45.83)	8:40.52 (1:37.54)	9:31.08 (2:28.10)	10:17.08 (3:14.10)	
	10:55.21 (38.13)	11:40.25 (1:23.17)	12:29.61 (2:12.53)	13:19.98 (3:02.90)	

Women 160-199 200 SC Meter Medley Relay

NATL: 1:59.33 % 3/18/2023 NORTH CAROLINA MASTERS

I HOLLAND, S TAYLOR, H CARON, E BRAUN

PAC: 2:04.87 # 10/2/2011 MPM

C P Pinkston, J Mothersill, K Thorp, E Sutherland

WRL(4): 1:59.33 3/18/2023 NORTH CAROLINA MASTERS -USA

I HOLLAND, S TAYLOR, H CARON, E BRAUN

1	Walnut Creek Masters-38	A	2:06.00	2:24.28	42
	1) Clark, Acacia W41	2) Lawrence, Laura W43	3) McMillan, Heidi W42	4) Tiernan, Heather W40	
	37.61	1:20.53 (42.92)	1:52.28 (31.75)	2:24.28 (32.00)	
2	Walnut Creek Masters-38	B	2:18.00	2:26.77	38
	1) La Pointe, Jann W42	2) Merlo, Ashley W42	3) Polcari, Emily W44	4) Hooper, Lauren W44	
	33.54	1:17.23 (43.69)	1:52.33 (35.10)	2:26.77 (34.44)	
3	Marin Aquatic Masters-38	A	NT	2:44.05	36
	1) Jack, Sarah W45	2) Silva, Rayle W27	3) Rempe, Rachel W40	4) Peroni, Diana W51	
	40.38	1:27.03 (46.65)	2:02.69 (35.66)	2:44.05 (41.36)	
4	Marcia's Enthusiastic Masters-38	B	3:20.00	2:56.95	34
	1) Woodworth, Kathryn W37	2) Lu, Jenny W32	3) Stankov-Hodge, Marina W43	4) Herhold, Pamela W55	
	42.20	1:29.87 (47.67)	2:17.34 (47.47)	2:56.95 (39.61)	
5	Marcia's Enthusiastic Masters-38	A	3:50.00	3:58.97	32
	1) McCormick, Ann W60	2) De Oliveira, Isabel W48	3) Murillo, Catherine W35	4) Laszlo, Zsuzsanna W55	
	1:05.90	2:16.55 (1:10.65)	3:03.89 (47.34)	3:58.97 (55.08)	

Women 200-239 200 SC Meter Freestyle Relay

NATL: 1:54.26 % 2/29/2020 CLUB TRIBE

M RESTREPO, F WILLEBOORDSE, S WILLIAMS, M CONZE

PAC: 2:01.33 # 10/11/2014 WCM

V Dewey, M Curran, C McNamara, A Zamanian

WRL(4): 1:54.26 2/29/2020 CLUB TRIBE ALUMN -USA

M RESTREPO, F WILLEBOORDSE, S WILLIAMS, M CONZE

1	Marcia's Enthusiastic Masters-38	A	2:35.00	2:18.88	42
	1) Moll, Jessica W51	2) de la Torre, Yasuko W53	3) Voight, Tina W54	4) Burger, Clare W56	
	34.30	1:08.47 (34.17)	1:44.82 (36.35)	2:18.88 (34.06)	
2	Walnut Creek Masters-38	A	2:39.00	2:23.42	38
	1) Taylor, Catherine W60	2) Brown, Trish (Patricia) W56	3) Nichelman, Sherri W63	4) Hajdu, Kelly W51	
	37.12	1:45.21 ()	2:23.42 (38.21)		
3	Rolling Hills Mud Sharks-38	A	2:37.00	2:29.05	36
	1) Murray, Tori W41	2) Viscardi, Josie W59	3) Laudenslager, Sherri W61	4) Flynn, Beth W61	
	33.52	1:09.86 (36.34)	1:49.43 (39.57)	2:29.05 (39.62)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Women 200-239 200 SC Meter Freestyle Relay)**

4	CoastSide Tiger Sharks-38	A		3:00.00	2:50.54	34
	1) Dolan, Janette W58	2) Cavano, Jeanette W56	3) Graham, Michelle W45	4) Ryner, Lisa W66		
		1:32.93 ()	2:14.37 (41.44)	2:50.54 (36.17)		
5	Albany Armada Aquatics Masters	A		3:15.00	3:06.02	32
	1) Chiarelli, Juliana W29	2) Nip, Carol W66	3) Carroll, Leah W62	4) Focha, Teresa W62		
	35.01	1:23.65 (48.64)	2:13.53 (49.88)	3:06.02 (52.49)		

Women 200-239 400 SC Meter Freestyle Relay

NATL: 4:20.42 % 12/7/2019 CONEJO VALLEY MASTERS
A GODGES, B CLEAVENGER, E MAIDENBERG, J GELLATLY
PAC: 4:30.09 # 10/9/2016 WCM
E Richards, C O'Brien, D Boone, L Ward
WRL(4): 4:17.02 4/23/2022 TOROKBALIN -HUN
L ASZTALOS, C CSIKANY, A HEGEDUS, I SIMON

1	Walnut Creek Masters-38	A		4:50.00	4:52.26	42
	1) Zamanian, Alison W53	2) Boone, Danielle W58	3) Duggan, Karen W53	4) Brown, Trish (Patricia) W56		
	31.59	1:05.48 (1:05.48)	1:40.35 (34.87)	2:18.78 (1:13.30)		
	2:56.07 (37.29)	3:36.54 (1:17.76)	4:12.24 (35.70)	4:52.26 (1:15.72)		
2	Marcia's Enthusiastic Masters-38	A		5:05.00	5:03.41	38
	1) Shu, Vicki W55	2) Burger, Clare W56	3) Hahnel, Carrie W45	4) de la Torre, Yasuko W53		
	36.64	1:16.36 (1:16.36)	1:54.19 (37.83)	2:35.77 (1:19.41)		
	3:09.07 (33.30)	3:44.65 (1:08.88)	4:22.39 (37.74)	5:03.41 (1:18.76)		
3	Davis Aquatic Masters-38	A		6:20.10	6:44.36	36
	1) Phalen, Jennifer W59	2) Casagrande, Lisa W36	3) Gill, Kathy W69	4) Guthrie, Sally W73		
	40.56	1:26.95 (1:26.95)	2:07.29 (40.34)	2:51.83 (1:24.88)		
	3:45.76 (53.93)	4:50.01 (1:58.18)	5:44.23 (54.22)	6:44.36 (1:54.35)		
---	Rolling Hills Mud Sharks-38	A		5:42.00	DQ	
	1) Murray, Tori W41	2) Towey, Rachel W49	3) Hayes-Rupp, Cynthia W66	4) Viscardi, Josie W59		
	36.84	1:17.77 (1:17.77)	1:55.28 (37.51)			
	3:18.18 ()	4:04.45 ()	4:44.63 (40.18)	DQ (1:26.38)		

Women 200-239 800 SC Meter Freestyle Relay

NATL: 9:29.43 % 12/6/2013 UCLA BRUIN MASTERS
V HIBBEN, C CIRAULO, L DODD, E STEBBINS
PAC: 10:50.44 # 10/15/2021 WCM
L Lawrence, C Taylor, L Ward, A Zamanian
WRL(4): 9:18.55 12/4/2022 PSV MASTERS -NED
K CAMERON, S PHAFF, L JOLING, C GEURTS

1	Davis Aquatic Masters-38	A		11:01.10	11:14.45	42
	1) Nehrebecki, Helene W43	2) Guthrie, Sally W73	3) Phalen, Jennifer W59	4) Crow, Vivian W26		
	35.51	1:14.93 (1:14.93)	1:55.06 (1:55.06)	2:32.52 (2:32.52)		
	3:15.64 (43.12)	4:02.37 (1:29.85)	4:49.81 (2:17.29)	5:40.25 (3:07.73)		
	6:19.21 (38.96)	7:07.68 (1:27.43)	7:57.39 (2:17.14)	8:46.79 (3:06.54)		
	9:20.51 (33.72)	9:58.16 (1:11.37)	10:36.78 (1:49.99)	11:14.45 (2:27.66)		
2	Marcia's Enthusiastic Masters-38	A		15:40.00	14:58.27	38
	1) Carboni, Lisa W62	2) Singer, Molly W69	3) Martin, Brieanne W43	4) Chaiyasane, Koung W39		
	50.76	1:47.95 (1:47.95)	2:48.26 (2:48.26)	4:37.39 (4:37.39)		
	5:35.40 (58.01)	6:35.53 (1:58.14)	6:58.06 (2:20.67)	7:32.48 (2:55.09)		
	8:25.98 (53.50)	9:23.30 (1:50.82)	10:23.42 (2:50.94)	11:19.14 (3:46.66)		
	12:11.13 (51.99)	13:06.74 (1:47.60)	14:03.10 (2:43.96)	14:58.27 (3:39.13)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 200-239 200 SC Meter Medley Relay

NATL: 2:06.51 % 12/4/2021 CLUB TRIBE

S WILLIAMS, K HARRIS, M CONZE, F WILLEBOORDSE

PAC: 2:17.90 # 10/21/2007 WCM

P Landers, L Crittenden, D Swigert, P J Roemer

WRL(4): 2:06.51 12/4/2021 CLUB TRIBE -USA

S WILLIAMS, K HARRIS, M CONZE, F WILLEBOORDSE

1	Walnut Creek Masters-38	A	2:16.00	2:31.97	42
	1) Zamanian, Alison W53	2) Duggan, Karen W53	3) Boone, Danielle W58	4) Gray, Kara W58	
	34.24	1:15.78 (41.54)	1:52.90 (37.12)	2:31.97 (39.07)	
2	Marcia's Enthusiastic Masters-38	A	2:38.00	2:36.47	38
	1) Burger, Clare W56	2) Hahnel, Carrie W45	3) Shu, Vicki W55	4) de la Torre, Yasuko W53	
	42.72	1:24.79 (42.07)	2:01.83 (37.04)	2:36.47 (34.64)	
3	East Bay Bat Rays Masters-38	A	3:00.00	2:44.18	36
	1) Greer, Margaret W35	2) Cavalli, Christina W55	3) Cagigas, Debbie W62	4) Hickel, Jessie W65	
	35.20	1:25.27 (50.07)	2:00.97 (35.70)	2:44.18 (43.21)	
4	Walnut Creek Masters-38	B	2:28.00	3:14.44	34
	1) Piantidosi, Robin W59	2) Luttrell, Tracey W55	3) Zuppan-Hood, Patricia W59	4) Freeman, Tammy W55	
	51.85	1:55.10 (1:03.25)	2:39.84 (44.74)	3:14.44 (34.60)	
5	Albany Armada Aquatics Masters	A	2:55.00	3:24.45	32
	1) Focha, Teresa W62	2) Libina, Nataliya W52	3) Carroll, Leah W62	4) Galasso, Marisa W32	
	22.86	1:54.16 (1:31.30)	2:47.92 (53.76)	3:24.45 (36.53)	

Women 240-279 200 SC Meter Freestyle Relay

NATL: 2:02.15 % 3/5/2016 UCLA

J HIRSTY, C CIRAULO, J COOK, V HIBBEN

PAC: 2:17.06 # 10/10/2015 TAM

M Joyce, L Shoenberger, J Eisenman, B Wheeler

WRL(4): 2:02.15 11/11/2017 NORTH TEXAS LONESTARS -USA

K HENDERSON, L MORRISON, C MCKELVEY, M BAILEY

1	Davis Aquatic Masters-38	A	2:59.10	2:49.10	42
	1) Phalen, Jennifer W59	2) Gill, Kathy W69	3) Sprouse, Cecily W67	4) Guthrie, Sally W73	
	39.68	1:27.39 (47.71)	2:09.87 (42.48)	2:49.10 (39.23)	
2	Marcia's Enthusiastic Masters-38	A	4:40.00	3:46.80	38
	1) Jacobs, Lois W80	2) McCormick, Ann W60	3) Carboni, Lisa W62	4) Herhold, Pamela W55	
	1:24.18	2:17.33 (53.15)	3:05.91 (48.58)	3:46.80 (40.89)	

Women 240-279 400 SC Meter Freestyle Relay

NATL: 4:30.74 % 3/6/2016 UCLA

J HIRSTY, C CIRAULO, J COOK, V HIBBEN

PAC: 4:56.63 # 10/18/2009 TAM

L B Val, J A Eisenman, N J Ridout, L R Shoenberger

WRL(4): 4:30.74 3/6/2016 UCLA -USA

J HIRSTY, C CIRANLO, J COOK, V HIBBEN

1	Walnut Creek Masters-38	A	5:10.00	5:22.36	42
	1) Heim, Suzanne W65	2) Nichelman, Sherri W63	3) Taylor, Catherine W60	4) Gray, Kara W58	
	36.92	1:18.03 (1:18.03)	1:55.37 (37.34)	2:35.09 (1:17.06)	
	3:13.90 (38.81)	3:57.49 (1:22.40)	4:38.09 (40.60)	5:22.36 (1:24.87)	
2	Marcia's Enthusiastic Masters-38	A	8:00.00	8:04.15	38
	1) Armstrong, Judy W76	2) McCormick, Ann W60	3) Lapidario, Millie W42	4) Carboni, Lisa W62	
	1:02.33	2:16.96 (2:16.96)	3:11.77 (54.81)	4:13.85 (1:56.89)	
	5:10.25 (56.40)	6:07.29 (1:53.44)	7:02.14 (54.85)	8:04.15 (1:56.86)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Women 240-279 800 SC Meter Freestyle Relay

NATL: 10:22.22 % 10/14/2022 SWIM MELBOURNE MASTERS

K PARKER PALACE, Z COURTNEY, S DYKSTRA, J WHEELER

PAC: 10:58.88 # 12/31/2009 TAM

J Eisenman, L Val, N Ridout, L Shoenberger

WRL(4): 10:20.47 5/20/2023 TOKYO BEANS FARM MARKET -JPN

Junko SHIMOJO, Kayo HATADA, Naoko SHINO, Yuko HOKI

1	Rolling Hills Mud Sharks-38	A	13:35.00	13:14.84	42
	1) Towey, Rachel W49	2) Hepworth, Linda W70	3) Laudenslager, Sherri W61	4) Coholan, Annette W75	
	38.80	1:23.83 (1:23.83)	2:11.51 (2:11.51)	2:58.03 (2:58.03)	
	3:42.37 (44.34)	4:32.41 (1:34.38)	5:22.79 (2:24.76)	6:11.54 (3:13.51)	
	6:54.01 (42.47)	7:40.58 (1:29.04)	8:29.08 (2:17.54)	9:18.63 (3:07.09)	
	10:14.10 (55.47)	11:14.28 (1:55.65)	12:15.07 (2:56.44)	13:14.84 (3:56.21)	
2	Marcia's Enthusiastic Masters-38	A	18:15.00	19:30.30	38
	1) Jacobs, Lois W80	2) Bennett, Sue W61	3) Gimbel, Erika W53	4) McCormick, Ann W60	
	1:27.02	3:08.27 (3:08.27)	4:53.05 (4:53.05)	6:35.33 (6:35.33)	
	7:40.16 (1:04.83)	8:52.46 (2:17.13)	10:07.39 (3:32.06)	11:20.55 (4:45.22)	
	12:18.31 (57.76)	13:21.88 (2:01.33)	14:24.11 (3:03.56)	16:19.34 (4:58.79)	
		17:23.57 (1:04.23)	18:27.70 (2:08.36)	19:30.30 (3:10.96)	

Women 240-279 200 SC Meter Medley Relay

NATL: 2:18.74 % 3/13/2022 OREGON MASTERS

V JENKINS, C CRABBE, A DELMAGE, K ANDRUS-HUGHES

PAC: 2:54.85 # 10/8/2022 DAM

S Guthrie, J Crow, J Russell, J Phalen

WRL(4): 2:18.74 3/13/2022 OREGON MASTERS -USA

V JENKINS, C CRABBE, A DELMAGE, K ANDRUS-HUGHES

1	Walnut Creek Masters-38	A	2:32.00	2:46.90 #	42
	1) Heim, Suzanne W65	2) Taylor, Catherine W60	3) Nichelman, Sherri W63	4) Albertson, Nay W69	
	41.20	1:27.39 (46.19)	2:07.33 (39.94)	2:46.90 (39.57)	
2	Manatee Aquatic Masters Inc-38	A	2:55.00	2:49.94 #	38
	1) Cox, Juliet W55	2) Caso, Susie W77	3) Perry, Rebecca W59	4) Shaps, Ruth W76	
	36.85	1:36.37 (59.52)	2:11.89 (35.52)	2:49.94 (38.05)	
3	Marcia's Enthusiastic Masters-38	A	3:40.00	3:43.31	36
	1) Carboni, Lisa W62	2) Anderson, Meredith W60	3) Johnson, Carliane W58	4) Bennett, Sue W61	
	59.91	1:59.00 (59.09)	2:43.11 (44.11)	3:43.31 (1:00.20)	

Women 280-319 200 SC Meter Medley Relay

NATL: 2:32.54 % 1/22/2023 LONE STAR MASTERS

J WOOLSLAYER, K MACCURDY, J COLE, L MORRISON

PAC: 3:01.72 # 10/13/2018 MAM

P McPartland, S Caso, C Donaldson, R Shaps

WRL(4): 2:32.54 1/22/2023 LONE STAR MASTERS -USA

J WOOLSLAYER, K MACCURDY, J COLE, L MORRISON

1	Davis Aquatic Masters-38	A	3:00.10	3:40.19	42
	1) Westergaard, Leslie W80	2) Bustamante, Ximena W63	3) Guthrie, Sally W73	4) Gill, Kathy W69	
		2:05.34 ()	3:40.19 (1:34.85)		
2	Walnut Creek Masters-38	A	3:15.00	4:08.31	38
	1) Scott, Stephanie W76	2) Hackett-Evans, Penny W77	3) Collins, Susan W74	4) Wood, Caroline W88	
		3:03.63 ()	4:08.31 (1:04.68)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 72-99 200 SC Meter Freestyle Relay

NATL: 1:36.70 % 11/19/2017 PHOENIX SWIM CLUB
 E WONG, K BARCINAS, S SAIKO, G GAMROTH
 PAC: 1:39.63 # 12/31/1995 DAM
 John Keppeler, Slakiss, Brad Winsor, Grahn

1	Walnut Creek Masters-38	A	1:53.00	1:41.56	42
	1) Duggan, Carrick M19	2) Welsh, Cole M23	3) Rico, Daniel M27	4) Cooper, Corbin M27	
	26.16	50.52 (24.36)	1:17.41 (26.89)	1:41.56 (24.15)	

Men 100-119 400 SC Meter Freestyle Relay

NATL: 3:24.61 % 12/5/2015 GOLDEN ROAD AQUATICS
 A ACEINO, N POPOV, M MARSHALL, D COLUPAEV
 PAC: 3:40.94 # 10/12/2019 WCM
 L Ward, J Medford, M Lutzker, P Kline
 WRL(4): 3:24.53 10/27/2019 EAST LEEDS SWIM CLUB -GBR
 A CRAWFORD, R JAGGER, R AYRE, R FLANAGAN

1	Walnut Creek Masters-38	A	3:50.00	4:04.85	42
	1) Ganesh, Prashanth M25	2) Remmert, Kyle M27	3) Rico, Daniel M27	4) Welsh, Cole M23	
	32.21	1:05.11 (1:05.11)	1:34.79 (29.68)	2:09.39 (1:04.28)	
	2:37.73 (28.34)	3:09.65 (1:00.26)	3:36.04 (26.39)	4:04.85 (55.20)	
---	Marcia's Enthusiastic Masters-38	A	4:25.00	DQ	
	1) Manheimer, Alex M23	2) Chen, Jacky M30	3) Pine, Justin M31	4) Harding, Keevan M32	
	30.04	1:04.06 (1:04.06)	1:34.13 (30.07)	2:08.51 (1:04.45)	
	2:39.20 (30.69)	3:13.59 (1:05.08)	3:45.10 (31.51)	DQ (1:05.26)	

Men 100-119 200 SC Meter Medley Relay

NATL: 1:39.29 % 12/3/2016 GOLDEN ROAD AQUATICS
 T COX, N KORTH, M MARSHALL, L PECHMANN
 PAC: 1:44.87 # 12/31/2012 TOC
 M A Eckert, J W Dorr, J Taylor, C Talbott
 WRL(4): 1:38.97 9/25/2021 KALEVI IJUMISKOOL -EST
 R TRIBUNTSOV, M ALJAND, F KARU, P DEGTJARJOV

1	Marcia's Enthusiastic Masters-38	A	2:15.00	2:10.25	42
	1) Chen, Jacky M30	2) Harding, Keevan M32	3) Pine, Justin M31	4) Manheimer, Alex M23	
	36.52	1:12.32 (35.80)	1:41.59 (29.27)	2:10.25 (28.66)	

Men 120-159 200 SC Meter Freestyle Relay

NATL: 1:32.97 % 10/24/2009 SOUTHERN CAL AQUATIC MASTERS
 M CORNUE, M MCGINNIS, P FORD, D WEGNER
 PAC: 1:36.45 # 10/13/2019 USF
 C Owen, A Gouvea, A Brilhante, J Samotyj
 WRL(4): 1:30.83 11/24/2019 TSUNAMI -RUS
 A GETMANENKO, A SATANOVSKIY, S MUKHIN, A KURNOSOV

1	Marcia's Enthusiastic Masters-38	A	2:05.00	1:52.76	42
	1) Chen, Jacky M30	2) Pine, Justin M31	3) Harding, Keevan M32	4) Rogers, Chasen M33	
	27.52	55.73 (28.21)	1:25.08 (29.35)	1:52.76 (27.68)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 120-159 400 SC Meter Freestyle Relay

NATL: 3:23.69 % 12/5/2009

SOUTHERN CAL AQUATIC MASTERS

PAC: 3:33.42 # 10/12/2019

D WEGNER, E HOCHSTEIN, E TOLMACHOFF, M MCGINNIS

WRL(4): 3:23.55 5/20/2018

USF

C Owen, A Gouvea, A Brilhante, J Samotyj

JFE KEIHIN -JPN

R TAGUCHI, T TAKEMOTO, T UEKI, S UCHIYAMA

1	Walnut Creek Masters-38	A	3:52.00	3:44.99	42
	1) Grant, Andy M38	2) Lavado, Marcos M32	3) Tiernan, Robert M40	4) Rogers, Matthew M40	
	25.10	51.37 (51.37)	1:18.00 (26.63)	1:46.82 (55.45)	
	2:14.59 (27.77)	2:45.01 (58.19)	3:13.48 (28.47)	3:44.99 (59.98)	
2	Uc38	A	4:20.69	4:14.92	38
	1) Keshmiri, Armon M30	2) Arias, Armando M34	3) Dorn, Kevin M30	4) Phipps, Benjamin M44	
	27.56	57.11 (57.11)	1:34.67 (37.56)	2:16.98 (1:19.87)	
	2:45.59 (28.61)	3:16.89 (59.91)	3:44.23 (27.34)	4:14.92 (58.03)	
3	Marcia's Enthusiastic Masters-38	A	4:53.00	4:35.70	36
	1) Rogers, Chasen M33	2) Chien, Rex M35	3) Song, Jimmy M40	4) Hertzner, Keith M50	
	30.33	1:02.42 (1:02.42)	1:36.42 (34.00)	2:14.23 (1:11.81)	
	2:49.54 (35.31)	3:26.45 (1:12.22)	3:59.56 (33.11)	4:35.70 (1:09.25)	

Men 120-159 800 SC Meter Freestyle Relay

NATL: 7:44.51 % 12/4/2009

SOUTHERN CAL AQUATICS MASTERS

PAC: 8:26.89 # 12/31/2006

D SCHLESINGER, D WEGNER, E TOLMACHOFF, E HOCHSTEIN

TSUN

Hise, Froehlich, Martel, Chung

WRL(4): 7:30.89 4/9/2017

BLUE CORSAIRS -JPN

R TAGUCHI, T TAKEMOTO, S UCHIYAMA, T UEKI

1	Walnut Creek Masters-38	A	7:30.88	7:46.50 #	42
	1) Grant, Andy M38	2) Cooper, Corbin M27	3) Harper, Gregory M31	4) Ward, Lee M30	
	26.86	55.92 (55.92)	1:26.25 (1:26.25)	1:56.92 (1:56.92)	
	2:22.29 (25.37)	2:50.12 (53.20)	3:19.03 (1:22.11)	3:48.78 (1:51.86)	
	4:15.05 (26.27)	4:43.32 (54.54)	5:13.37 (1:24.59)	5:45.50 (1:56.72)	
	6:12.41 (26.91)	6:43.13 (57.63)	7:15.06 (1:29.56)	7:46.50 (2:01.00)	

Men 120-159 200 SC Meter Medley Relay

NATL: 1:45.01 % 4/16/1994

BAYLOR / LONE STAR

PAC: 1:45.06 # 12/31/2009

J YARID, G RHODENBAUGH, B PATTEN, M RHODENBAUGH

TOC

L Wanie, G Marshall, T Holsman, S Greenwood

WRL(4): 1:38.46 3/18/2018

JFE KEIHIN -JPN

T TAKEMOTO, Y KANAYA, R TAGUCHI, S UCHIYAMA

1	Walnut Creek Masters-38	A	1:54.00	1:53.35	42
	1) Boone, Matt M34	2) Welsh, Cole M23	3) Grant, Andy M38	4) Remmert, Kyle M27	
	30.16	1:00.29 (30.13)	1:25.86 (25.57)	1:53.35 (27.49)	
2	University of San Francisco Ma-3	A	1:58.00	1:55.60	38
	1) Fuzellier, Matthieu M43	2) Christensen, Jon M33	3) Valentine, Matthew M29	4) Samotyj, John M42	
	30.46	1:00.77 (30.31)	1:28.88 (28.11)	1:55.60 (26.72)	
3	Walnut Creek Masters-38	B	1:56.00	2:02.69	36
	1) Ward, Lee M30	2) Rico, Daniel M27	3) Warner, Jason M37	4) Gu, Yue Shen M30	
	30.19	1:01.76 (31.57)	1:34.92 (33.16)	2:02.69 (27.77)	
4	SF Tsunami Masters-38	A	2:03.00	2:03.22	34
	1) Chow, Jonathan M28	2) Lee, Brian M41	3) MacDonald, Patrick M28	4) Tan, Daniel M31	
	30.84	1:06.71 (35.87)	1:39.43 (32.72)	2:03.22 (23.79)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Men 120-159 200 SC Meter Medley Relay)

5	Marcia's Enthusiastic Masters-38	A		2:25.00	2:17.93	32
	1) Rogers, Chasen M33	2) Song, Jimmy M40	3) Hertzner, Keith M50	4) Chien, Rex M35		
	33.75	1:11.56 (37.81)	1:46.66 (35.10)	2:17.93 (31.27)		

Men 160-199 200 SC Meter Freestyle Relay

NATL: 1:35.44 % 11/16/2008 LONGHORN AQUATICS

T BLESSING, M VAROZZA, A RASMUSSEN, M STINCHCOMBE

PAC: 1:39.11 # 12/31/2003 BAC

Garrett, McAweeney, Whatley, Robert Mackenzie

WRL(4): 1:32.77 2/18/2023 S.C. GETXO -ESP

M BILDOSOLA, I BILDOSOLA, M DEBA, E DE MIGUEL

1	Walnut Creek Masters-38	A		1:56.00	1:48.93	42
	1) Rogers, Matthew M40	2) Nonaka, Andy M44	3) Merlo, Mark M45	4) Wolberg, Jay M47		
	27.77	54.20 (26.43)	1:23.46 (29.26)	1:48.93 (25.47)		
2	Marcia's Enthusiastic Masters-38	A		2:06.00	1:58.05	38
	1) Lai, Kevin M35	2) Song, Jimmy M40	3) Ramirez, Brent M43	4) Bentley, Orin M46		
	27.79	1:00.03 (32.24)	1:28.45 (28.42)	1:58.05 (29.60)		

Men 160-199 400 SC Meter Freestyle Relay

NATL: 3:32.44 % 12/5/2009 LONGHORN AQUATICS

A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA

PAC: 3:51.22 # 12/31/2011 WAMS

B Bergen, D S Cuniff, T Harvill, M P Volzing

WRL(4): 3:27.42 3/23/2019 MOZKA -BEL

F TONUS, R CUYVERS, M VAN THIELEN, S VERACHTEN

1	Walnut Creek Masters-38	A		3:54.00	4:00.45	42
	1) Holbrook, Chad M44	2) Nonaka, Andy M44	3) Ein, Harry M45	4) Flakoll, Jonathan M49		
	29.71	1:02.56 (1:02.56)	1:31.22 (28.66)	2:02.60 (1:00.04)		
	2:28.67 (26.07)	2:59.04 (56.44)	3:29.21 (30.17)	4:00.45 (1:01.41)		
2	Davis Aquatic Masters-38	A		4:10.10	4:01.59	38
	1) Zachan, Matthew M37	2) Shaffer, Luke M29	3) Roper, Matt M42	4) Winsor, Brad M52		
	29.04	59.25 (59.25)	1:27.43 (28.18)	1:59.87 (1:00.62)		
	2:28.77 (28.90)	3:01.92 (1:02.05)	3:30.62 (28.70)	4:01.59 (59.67)		
3	Richmond Plunge Masters-38	A		4:49.00	4:21.67	36
	1) Taylor, Ron M63	2) Horan, Kevin M39	3) Chua, Brendan M38	4) Frink, Stephen M38		
	33.59	1:09.86 (1:09.86)	1:41.45 (31.59)	2:16.78 (1:06.92)		
	2:49.38 (32.60)	3:23.79 (1:07.01)	3:51.69 (27.90)	4:21.67 (57.88)		
4	Walnut Creek Masters-38	B		4:00.00	4:26.61	34
	1) Krauss, Trentin M46	2) Merlo, Mark M45	3) Wolberg, Jay M47	4) Madsen, Benjamin M45		
	32.20	1:07.53 (1:07.53)	1:38.92 (31.39)	2:14.27 (1:06.74)		
	2:41.73 (27.46)	3:11.88 (57.61)	3:46.78 (34.90)	4:26.61 (1:14.73)		
5	Marcia's Enthusiastic Masters-38	A		4:50.00	4:39.35	32
	1) Bentley, Orin M46	2) Downey, Patrick M56	3) Wehmann, Todd M51	4) Ramirez, Brent M43		
	31.80	1:07.04 (1:07.04)	1:42.58 (35.54)	2:22.80 (1:15.76)		
	2:55.57 (32.77)	3:29.45 (1:06.65)	4:02.06 (32.61)	4:39.35 (1:09.90)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 160-199 800 SC Meter Freestyle Relay

NATL: 7:52.82 % 12/4/2009 LONGHORN AQUATICS

PAC: 8:29.70 # 12/31/2006

T BLESSING, M VAROZZA, T BARTEE, A RASMUSSEN
FIRE

WRL(4): 7:48.49 8/8/2021

Steiner, Barnell, Czekala, Scollon

JSS FUKAI -JPN

M TOJO, K KANAZAWA, K KUGA, T NAMANO

1	Davis Aquatic Masters-38	A	9:15.10	9:08.43	42
	1) Zachan, Matthew M37	2) Roper, Matt M42	3) Shaffer, Luke M29	4) Winsor, Brad M52	
	31.45	1:05.63 (1:05.63)	1:39.12 (1:39.12)	2:11.77 (2:11.77)	
	2:41.71 (29.94)	3:15.85 (1:04.08)	3:51.80 (1:40.03)	4:28.35 (2:16.58)	
	4:56.86 (28.51)	5:29.67 (1:01.32)	6:07.68 (1:39.33)	6:49.46 (2:21.11)	
	7:21.12 (31.66)	7:56.68 (1:07.22)	8:32.93 (1:43.47)	9:08.43 (2:18.97)	
2	Marcia's Enthusiastic Masters-38	A	10:00.00	10:11.25	38
	1) Wehmann, Todd M51	2) Song, Jimmy M40	3) Jegers, Daniel M54	4) Harding, Keevan M32	
	35.37	1:12.52 (1:12.52)	1:50.22 (1:50.22)	2:26.80 (2:26.80)	
	3:03.99 (37.19)	3:45.46 (1:18.66)	4:26.74 (1:59.94)	5:05.67 (2:38.87)	
	5:41.65 (35.98)	6:22.43 (1:16.76)	7:04.27 (1:58.60)	7:43.84 (2:38.17)	
	8:18.45 (34.61)	8:56.10 (1:12.26)	9:34.22 (1:50.38)	10:11.25 (2:27.41)	

Men 160-199 200 SC Meter Medley Relay

NATL: 1:45.13 % 11/16/2008 LONGHORN AQUATICS

PAC: 1:56.44 # 10/16/2011

A RASMUSSEN, T BARTEE, T BLESSING, M VAROZZA

WCM

H Chao, R J Santos, K Tittle, S A Stahl

WRL(4): 1:42.90 2/11/2023

DIABLO -JPN

K KANEKO, T OGA, T KOGA, N HIRANO

1	Walnut Creek Masters-38	B	1:58.00	2:00.93	42
	1) Wolberg, Jay M47	2) Merlo, Mark M45	3) Rogers, Matthew M40	4) Ein, Harry M45	
	30.47	1:06.64 (36.17)	1:36.02 (29.38)	2:00.93 (24.91)	
2	Walnut Creek Masters-38	A	1:57.00	2:04.01	38
	1) Holbrook, Chad M44	2) Nonaka, Andy M44	3) Tiernan, Robert M40	4) Flakoll, Jonathan M49	
	33.39	1:07.23 (33.84)	1:36.78 (29.55)	2:04.01 (27.23)	
3	Marcia's Enthusiastic Masters-38	A	2:35.00	2:18.31	36
	1) Wehmann, Todd M51	2) Wu, Long M58	3) Bentley, Orin M46	4) Ramirez, Brent M43	
	35.91	1:15.96 (40.05)	1:48.17 (32.21)	2:18.31 (30.14)	
4	Marin Aquatic Masters-38	A	2:30.00	2:20.76	34
	1) Pickard, Justin M49	2) Wu, Philip M40	3) Zajonc, Jason M50	4) McCormack, Jason M35	
	37.15	1:19.09 (41.94)	1:50.50 (31.41)	2:20.76 (30.26)	

Men 200-239 200 SC Meter Freestyle Relay

NATL: 1:38.79 % 10/16/2010 BLU FROG TEAM

PAC: 1:44.19 # 12/6/2013

A GAINES, K SWITZER, M MIDDLETON, S WEISS

WAMS

A Jaegers, S Trimble, M Volzing, T Harvill

WRL(4): 1:37.35 5/28/2022

TATTERSALLS MASTERS -AUS

C FYDLER, P THIEL, G FARROW, J HICKMAN

1	Davis Aquatic Masters-38	A	2:00.10	1:52.99	42
	1) Winsor, Brad M52	2) Kahn, Stuart M70	3) Roper, Matt M42	4) Anderson, Kent M51	
	27.94	58.78 (30.84)	1:26.67 (27.89)	1:52.99 (26.32)	
2	Walnut Creek Masters-38	A	1:53.00	1:53.18	38
	1) Flakoll, Jonathan M49	2) Selinger, Ili M50	3) Chao, Hector M59	4) Holbrook, Chad M44	
	27.42	56.35 (28.93)	1:25.28 (28.93)	1:53.18 (27.90)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Men 200-239 200 SC Meter Freestyle Relay)

3	Marcia's Enthusiastic Masters-38	A	2:10.00	1:58.21	36
	1) Wehmann, Todd M51	2) Rogers, Matt M53	3) Dooley, Paul M55	4) Jegers, Daniel M54	
	28.96	57.01 (28.05)	1:29.20 (32.19)	1:58.21 (29.01)	
4	Walnut Creek Masters-38	B	2:15.00	2:11.71	34
	1) Smith, Bryan M56	2) Su, Alex M47	3) France, Kermit M57	4) Claassen, John M54	
	29.26	1:01.11 (31.85)	1:37.95 (36.84)	2:11.71 (33.76)	

Men 200-239 400 SC Meter Freestyle Relay

NATL: 3:40.26 % 10/15/2011 BLU FROG TEAM
C LYDECKER, R BOHLKEN, K SWITZER, A GAINES
PAC: 3:55.72 # 12/6/2013 WAMS
A Jaegers, S Trimble, M Volzing, T Harvill
WRL(4): 3:40.26 10/15/2011 BLU FROG TEAM -USA
C LYDECKER, R BOHLKEN, K SWITZER, A GAINES

1	Walnut Creek Masters-38	A	4:10.00	4:28.70	42
	1) Chao, Hector M59	2) Selinger, Ili M50	3) Travale, John M55	4) Stegner, Jeff M58	
	32.02	1:07.29 (1:07.29)	1:37.75 (30.46)	2:12.24 (1:04.95)	
	2:43.92 (31.68)	3:18.54 (1:06.30)	3:50.87 (32.33)	4:28.70 (1:10.16)	
2	Albany Armada Aquatics Masters	A	4:35.00	4:55.63	38
	1) Calhoun, Matthew M48	2) Newton, Matthew M44	3) Friedman, Eric M53	4) Washburn, Stephen M65	
	35.80	1:14.22 (1:14.22)	1:51.00 (36.78)	2:32.28 (1:18.06)	
	3:06.89 (34.61)	3:46.69 (1:14.41)	4:17.88 (31.19)	4:55.63 (1:08.94)	
3	Marcia's Enthusiastic Masters-38	A	6:55.00	5:49.24	36
	1) Dooley, Paul M55	2) Wu, Long M58	3) Chew, Thomas M66	4) Volz, Justin M34	
	35.27	1:13.92 (1:13.92)	1:55.24 (41.32)	2:38.64 (1:24.72)	
	3:23.80 (45.16)	4:12.26 (1:33.62)	4:56.31 (44.05)	5:49.24 (1:36.98)	

Men 200-239 200 SC Meter Medley Relay

NATL: 1:49.42 % 12/1/2012 LONGHORN AQUATICS
A RASMUSSEN, D GUTHRIE, J SAUER, M VAROZZA
PAC: 1:58.75 # 12/7/2013 WAMS
S Trimble, A Jaegers, T Harvill, M Volzing
WRL(4): 1:48.40 5/7/2022 MTR -JPN
Y MARUI, H MORIMOTO, K YAMAKAWA, S KITADA

1	Walnut Creek Masters-38	A	2:05.00	2:18.50	42
	1) Selinger, Ili M50	2) Gronert, Karsten M58	3) Travale, John M55	4) Sanders, Drew M53	
	35.22	1:13.67 (38.45)	1:47.73 (34.06)	2:18.50 (30.77)	
2	Albany Armada Aquatics Masters	A	2:50.00	2:40.90	38
	1) Calhoun, Matthew M48	2) Culp, John M64	3) Washburn, Stephen M65	4) Newton, Matthew M44	
	38.22	1:30.39 (52.17)	2:05.15 (34.76)	2:40.90 (35.75)	

Men 240-279 200 SC Meter Freestyle Relay

NATL: 1:43.21 % 10/14/2012 BLU FROG TEAM
R ABRAHAMS, M MIDDLETON, L MEISENHEIMER, R BOHLKEN
PAC: 1:55.68 # 10/9/2022 WCM
G Remmert, S Stahl, K Gronert, L Druz
WRL(4): 1:43.21 10/14/2012 BLU FROG TEAM -USA
R ABRAHAMS, M MIDDLETON, L MEISENHEIMER, R BOGLKEN

1	Walnut Creek Masters-38	A	1:58.00	1:56.69	42
	1) Stahl, Stephen M58	2) Tittle, Kenneth M60	3) Boone, Jon M60	4) Druz, Loren M67	
	30.08	59.29 (29.21)	1:27.87 (28.58)	1:56.69 (28.82)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****(Men 240-279 200 SC Meter Freestyle Relay)**

2	Walnut Creek Masters-38	B	2:10.00	2:05.96	38
	1) Duggan, Patrick M60	2) Burnett, David M68	3) Guadagni, Peter M68	4) Gronert, Karsten M58	
	30.76	1:02.59 (31.83)	1:34.75 (32.16)	2:05.96 (31.21)	
3	Albany Armada Aquatics Masters	A	2:44.00	2:35.70	36
	1) Friedman, Eric M53	2) Terusaki, Steven M70	3) Schapiro, Seth M63	4) Trutane, Steve M58	
	32.54	1:18.18 (45.64)	1:36.99 (18.81)	2:35.70 (58.71)	
4	Marcia's Enthusiastic Masters-38	A	3:05.00	2:47.59	34
	1) Wu, Long M58	2) Meyers, Walter M62	3) Senz, Doug M71	4) Clifford, Dan M53	
	37.91	1:16.33 (38.42)	2:06.88 (50.55)	2:47.59 (40.71)	

Men 240-279 400 SC Meter Freestyle Relay**NATL: 3:56.97 % 10/14/2012 BLU FROG TEAM****R BOHLKEN, M MIDDLETON, L MEISENHEIMER, R ABRAHAMS****PAC: 4:14.97 # 10/16/2011 WCM****C M Daniels, J R De Lacy, J B Smyers, L Druz****WRL(4): 3:56.97 10/14/2012 BLU FROG TEAM -USA****R BOHLKEN, M MIDDLETON, L MEISENHEIMER, R ABRAHAMS**

1	Walnut Creek Masters-38	A	4:15.00	4:19.59	42
	1) Tittle, Kenneth M60	2) Duggan, Patrick M60	3) Ennis, Steven M60	4) Boone, Jon M60	
	31.49	1:05.93 (1:05.93)	1:38.24 (32.31)	2:13.60 (1:07.67)	
	2:44.23 (30.63)	3:17.63 (1:04.03)	3:46.82 (29.19)	4:19.59 (1:01.96)	
2	Walnut Creek Masters-38	B	4:25.00	4:48.50	38
	1) Kemler, David M65	2) Burnett, David M68	3) Druz, Loren M67	4) Ottati, Dean M63	
	35.95	1:14.43 (1:14.43)	1:49.58 (35.15)	2:27.76 (1:13.33)	
	3:02.22 (34.46)	3:38.88 (1:11.12)	4:11.72 (32.84)	4:48.50 (1:09.62)	
3	Walnut Creek Masters-38	C	4:40.00	x5:20.98	
	1) Guadagni, Peter M68	2) King, Ian M61	3) King, John M69	4) Hanna, Donald M65	
	34.63	1:12.16 (1:12.16)	1:46.56 (34.40)	2:23.97 (1:11.81)	
	3:11.73 (47.76)	4:07.45 (1:43.48)	4:42.84 (35.39)	5:20.98 (1:13.53)	

Men 240-279 800 SC Meter Freestyle Relay**NATL: 8:50.43 % 12/4/2015 VENTURA COUNTY MASTERS****J MC CONICA, G GRUBER, M BLATT, M SHAFFER****PAC: 9:51.58 # 10/15/2021 WCM****B Gothberg, J Boone, L Druz, I King****WRL(4): 8:50.43 12/4/2015 VENTURA COUNTY MASTERS -USA****J MCCONICA, G GRUBER, M BLATT, M SHAFFER**

1	Walnut Creek Masters-38	A	9:30.00	9:23.97 #	42
	1) Rimmert, Greg M61	2) Gothberg, Bradley M61	3) Chao, Hector M59	4) Boone, Jon M60	
	31.24	1:05.70 (1:05.70)	1:41.03 (1:41.03)	2:17.00 (2:17.00)	
	2:49.67 (32.67)	3:25.83 (1:08.83)	4:03.94 (1:46.94)	4:44.12 (2:27.12)	
	5:14.88 (30.76)	5:49.68 (1:05.56)	6:25.70 (1:41.58)	7:01.78 (2:17.66)	
	7:32.83 (31.05)	8:08.76 (1:06.98)	8:46.18 (1:44.40)	9:23.97 (2:22.19)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 240-279 200 SC Meter Medley Relay

NATL: 1:54.15 % 11/10/2018 RICE AQUATIC MASTERS
J YARID, D GUTHRIE, J FIELDS, B WILLIAMS

PAC: 2:10.85 # 10/2/2016 DAM

S Kahn, S McAdam, A McPherson, S Keegan

WRL(4): 1:54.15 11/10/2018 RICE AQUATIC MASTERS -USA
J YARID, D GUTHRIE, J FIELDS, B WILLIAMS

1	Walnut Creek Masters-38	A	2:04.00	2:10.67 #	42
	1) Duggan, Patrick M60	2) Halbrecht, Kenneth M63	3) Tittle, Kenneth M60	4) Boone, Jon M60	
	36.06	1:14.20 (38.14)	1:43.56 (29.36)	2:10.67 (27.11)	
2	Walnut Creek Masters-38	B	2:15.00	2:27.62	38
	1) Kemler, David M65	2) Guadagni, Peter M68	3) Burnett, David M68	4) Druz, Loren M67	
	39.39	1:18.98 (39.59)	1:56.80 (37.82)	2:27.62 (30.82)	
3	Tuolumne County Aquatic Master	A	2:40.01	2:44.44	36
	1) Gass, Matthew M66	2) Smith, Kirby M77	3) Webster, Russell M66	4) Anderson, David M65	
	38.36	1:24.09 (45.73)	2:11.46 (47.37)	2:44.44 (32.98)	
4	Marcia's Enthusiastic Masters-38	A	3:48.00	3:23.06	34
	1) Rentschler, Randy M63	2) Wan, Danny M60	3) Meyers, Walter M62	4) Chew, Thomas M66	
	53.69	1:48.13 (54.44)	2:42.93 (54.80)	3:23.06 (40.13)	

Men 280-319 200 SC Meter Freestyle Relay

NATL: 1:54.44 % 10/11/2015 GOLD COAST MASTERS
K LODWIG, J SODERSTROM, L CHILDS, D QUIGGIN

PAC: 2:11.11 # 10/9/2022 DAM

D Woodruff, T Deacon, S Kahn, A McPherson

WRL(4): 1:54.44 10/11/2015 GOLD COAST MASTERS -USA
K LODWIG, J SODERSTROM, L CHILDS, D QUIGGIN

1	Marcia's Enthusiastic Masters-38	A	2:45.00	2:27.68	42
	1) Kennedy, James M72	2) Small, Stephen M71	3) Winterrowd, Dan M73	4) Citron, Jeffrey M68	
	38.61	1:14.61 (36.00)	1:53.95 (39.34)	2:27.68 (33.73)	

Men 280-319 400 SC Meter Freestyle Relay

NATL: 4:19.08 % 11/13/2021 SARASOTA SHARKS
J GROSELLE, J BOATRIGHT, B COUCH, R WALKER

PAC: 5:38.23 # 10/21/2007 WCM

A Emory Haworth, N E Stupfel, R W Mayo, M S Piazza

WRL(4): 4:19.08 11/13/2021 SARASOTA SHARKS MASTERS -USA
J GROSELLE, J BOATRIGHT, B COUCH, R WALKER

1	Marcia's Enthusiastic Masters-38	A	6:10.00	5:31.87 #	42
	1) Kennedy, James M72	2) Small, Stephen M71	3) Winterrowd, Dan M73	4) Citron, Jeffrey M68	
	41.90	1:27.08 (1:27.08)	2:04.69 (37.61)	2:47.23 (1:20.15)	
	3:32.19 (44.96)	4:15.46 (1:28.23)	4:51.39 (35.93)	5:31.87 (1:16.41)	
2	Walnut Creek Masters-38	A	6:00.00	6:58.43	38
	1) Jimenez, Jerry M67	2) Kubokawa, Jon M68	3) Smyers, Jesse M77	4) Silvey, Rick M81	
	47.91	1:37.62 (1:37.62)	2:23.57 (45.95)	3:15.10 (1:37.48)	
	3:57.23 (42.13)	4:46.13 (1:31.03)	5:51.40 (1:05.27)	6:58.43 (2:12.30)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 280-319 800 SC Meter Freestyle Relay

NATL: 9:45.48 % 11/6/2022

SARASOTA SHARKS

PAC: 11:49.29 # 9/22/2013

B BRACKETT, L DAY, L CHILDS, R WALKER

WRL(4): 9:45.48 11/6/2022

MELO

M McLachlan, M Michael, B Dawson, D Gildea

SARASOTA SHARKS MASTERS -USA

B BRACKETT, L DAY, L CHILDS, R WALKER

1	Marcia's Enthusiastic Masters-38	A	12:40.00	12:31.86	42
	1) Small, Stephen M71	2) Winterrowd, Dan M73	3) Benjamin, David M74	4) Citron, Jeffrey M68	
	39.80	1:24.08 (1:24.08)	2:10.09 (2:10.09)	2:54.93 (2:54.93)	
	3:40.05 (45.12)	4:31.17 (1:36.24)	5:21.64 (2:26.71)	6:09.79 (3:14.86)	
	6:58.84 (49.05)	7:51.41 (1:41.62)	8:46.80 (2:37.01)	9:39.74 (3:29.95)	
	10:20.16 (40.42)	11:03.03 (1:23.29)	11:47.12 (2:07.38)	12:31.86 (2:52.12)	
2	Walnut Creek Masters-38	B	13:00.00	12:32.71	38
	1) Ottati, Dean M63	2) Hanna, Donald M65	3) Piazza, Michael M77	4) Feiring, Keith M76	
	53.00	1:52.73 (1:52.73)	2:56.20 (2:56.20)	3:58.03 (3:58.03)	
	4:35.67 (37.64)	5:16.92 (1:18.89)	5:58.57 (2:00.54)	6:39.59 (2:41.56)	
	7:25.04 (45.45)	8:15.84 (1:36.25)	9:08.41 (2:28.82)	10:00.52 (3:20.93)	
	10:37.57 (37.05)	11:16.29 (1:15.77)	11:55.01 (1:54.49)	12:32.71 (2:32.19)	
3	Walnut Creek Masters-38	A	12:30.00	12:36.46	36
	1) Druz, Loren M67	2) Guadagni, Peter M68	3) Kemler, David M65	4) Silvey, Rick M81	
	35.68	1:14.37 (1:14.37)	1:55.47 (1:55.47)	2:37.42 (2:37.42)	
	3:13.93 (36.51)	3:54.05 (1:16.63)	4:34.83 (1:57.41)	5:15.53 (2:38.11)	
	5:53.60 (38.07)	6:34.77 (1:19.24)	7:17.36 (2:01.83)	7:59.33 (2:43.80)	
	9:02.80 (1:03.47)	10:14.84 (2:15.51)	11:28.81 (3:29.48)	12:36.46 (4:37.13)	

Men 280-319 200 SC Meter Medley Relay

NATL: 2:10.97 % 11/5/2022

SARASOTA SHARKS

PAC: 2:41.32 # 10/8/2022

J BOATRIGHT, J GROSELLE, L DAY, L CHILDS

WRL(4): 2:10.97 11/5/2022

TCAM

R Todd, K Smith, M Gass, L Daniels

SARASOTA SHARKS MASTERS -USA

J BOATRIGHT, J GROSELLE, L DAY, L CHILDS

1	Marcia's Enthusiastic Masters-38	A	3:10.00	2:50.87	42
	1) Citron, Jeffrey M68	2) Small, Stephen M71	3) Kennedy, James M72	4) Winterrowd, Dan M73	
	42.72	1:28.55 (45.83)	2:12.33 (43.78)	2:50.87 (38.54)	

Men 320-359 200 SC Meter Freestyle Relay

NATL: 2:25.21 % 12/3/2006

SAN DIEGO SWIM MASTERS

PAC: 2:53.97 # 10/10/2010

F PIEMME, J SCHMIDT, D WEBSTER, K KIMBALL

WRL(4): 2:20.42 3/12/2023

AAM

H Goldsmith, P Hathaway, A Motmans, A Jones

ESPORTE CLUBE PINHEIROS -BRA

P MOTA, N CAMPELO FILHO, D ALPINO, J ORLANDO LORO

1	Tamalpais Aquatic Masters-38	A	2:15.00	2:12.76%	42
	1) Burns, Richard M80	2) Andersen, Peter M80	3) Reed, Ed M80	4) Ralphy, Tony M80	
	32.29	1:06.12 (33.83)	1:39.40 (33.28)	2:12.76 (33.36)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Men 320-359 400 SC Meter Freestyle Relay

NATL: 5:40.37 % 12/2/2007

SAN DIEGO SWIM MASTERS

F PIEMME, D WEBSTER, J SCHMIDT, B BEST

WRL(4): 5:27.63 5/13/2023

EIAI CLUB -JPN

K NAKASHIMA, H MIZUNO, S OGASAWARA, A HIDA

1	Tamalpais Aquatic Masters-38	A	5:15.00	5:00.23%	42
	1) Burns, Richard M80	2) Andersen, Peter M80	3) Reed, Ed M80	4) Ralphps, Tony M80	
	34.02	1:10.64 (1:10.64)	1:47.40 (36.76)	2:28.30 (1:17.66)	
	3:05.49 (37.19)	3:43.86 (1:15.56)	4:19.81 (35.95)	5:00.23 (1:16.37)	

Men 320-359 800 SC Meter Freestyle Relay

NATL: 12:15.50 % 3/19/2016

MICHIGAN MASTERS

W JEFFRIES, J LOCKWOOD, R MARTIN, E LOKENSGARD

PAC: 15:58.06 # 10/16/2011

AAM

A O Jones, A Motmans, H S Goldsmith, P Hathaway

WRL(4): 12:15.50 3/19/2016

MICHIGAN MASTERS -USA

W JEFFRIES, J LOCKWOOD, R MARTIN, E LOKENSGARD

1	Tamalpais Aquatic Masters-38	A	11:55.00	11:23.16%	42
	1) Burns, Richard M80	2) Andersen, Peter M80	3) Reed, Ed M80	4) Ralphps, Tony M80	
	36.68	1:17.77 (1:17.77)	2:00.17 (2:00.17)		
	3:21.20 ()	4:08.02 ()	4:56.03 ()	5:44.09 ()	
	6:23.86 (39.77)	7:07.64 (1:23.55)	7:51.88 (2:07.79)	8:33.18 (2:49.09)	
	9:10.93 (37.75)	9:54.68 (1:21.50)	10:39.28 (2:06.10)	11:23.16 (2:49.98)	

Men 320-359 200 SC Meter Medley Relay

NATL: 2:48.29 % 1/25/2014

GEORGIA MASTERS

C MITCHELL, A WOODS, H STOLZ, D MILLER

WRL(4): 2:39.05 3/24/2019

HELLAS SIMKLUBB -SWE

E FORSLUND, M KRONER, L MALK, P BERGENGREN

1	Tamalpais Aquatic Masters-38	A	2:38.00	2:37.06%	42
	1) Burns, Richard M80	2) Andersen, Peter M80	3) Reed, Ed M80	4) Ralphps, Tony M80	
	37.09	1:18.43 (41.34)	2:02.96 (44.53)	2:37.06 (34.10)	
2	Walnut Creek Masters-38	A	3:00.00	3:43.58	38
	1) Mayo, Robert M90	2) Silvey, Rick M81	3) Smyers, Jesse M77	4) Piazza, Michael M77	
	1:03.11	1:51.51 (48.40)	3:43.58 (1:52.07)		

Mixed 100-119 400 SC Meter Freestyle Relay

NATL: 3:41.64 % 12/2/2017

GOLDEN ROAD AQUATICS

L IBANEZ LOPEZ, A ACEINO, M JEX, M MARSHALL

PAC: 3:44.43 # 12/31/2009

TOC

Meg Gill, Trent Holsman, Katie Lyons, Lee Wanie

WRL(4): 3:40.20 1/26/2020

VZC -NED

M DELNO, O ACHTERBERG, J NAP, S DE JONGE

1	Marcia's Enthusiastic Masters-38	A	4:15.00	4:06.45	42
	1) Yamauchi, Penelope W33	2) Jalihal, Aditya M28	3) Choy, Tammy W33	4) Ogle-Sporer, Paul M24	
	30.23	1:02.01 (1:02.01)	1:30.87 (28.86)	2:03.82 (1:01.81)	
	2:34.05 (30.23)	3:07.95 (1:04.13)	3:35.43 (27.48)	4:06.45 (58.50)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Mixed 100-119 800 SC Meter Freestyle Relay

NATL: 8:29.16 % 12/17/2006 NEW ENGLAND MASTERS
A FERGUSON, D MILLER, A YTTRE, R CARDOSO

PAC: 9:09.77 # 9/23/2018 MVM

WRL(4): 8:14.19 2/26/2022 A Schmitz, A Wrist, W Garcia, C Harris
TRAFFORD METRO -GBR
J GIBSON, M THURINGER, D MILLS, V CUNNINGHAM

1	Walnut Creek Masters-38	A	9:20.50	9:29.13	42
	1) Welsh, Cole M23	2) Larsen, Amy W24	3) Tiernan, Heather W40	4) Rico, Daniel M27	
	28.68	1:00.40 (1:00.40)	1:34.07 (1:34.07)	2:07.85 (2:07.85)	
	2:41.71 (33.86)	3:19.08 (1:11.23)	3:57.75 (1:49.90)	4:35.96 (2:28.11)	
	5:13.11 (37.15)	5:54.24 (1:18.28)	6:36.56 (2:00.60)	7:19.00 (2:43.04)	
	7:47.85 (28.85)	8:21.41 (1:02.41)	8:55.50 (1:36.50)	9:29.13 (2:10.13)	

Mixed 100-119 200 SC Meter Medley Relay

NATL: 1:48.37 % 12/2/2017 GOLDEN ROAD AQUATICS
M ACEINO, L PECHMANN, A ACEINO, L IBANEZ LOPEZ

PAC: 1:51.60 # 10/10/2010 TOC

WRL(4): 1:45.63 5/21/2023 F O'Donnell-McCar, G N Marshall, E P Reilly,
QUEENDOM -JPN
T YAMAMOTO, Y TAKASAKI, R KIZAWA, T ITO

1	Marcia's Enthusiastic Masters-38	A	2:12.00	2:03.41	42
	1) Choy, Tammy W33	2) Yamauchi, Penelope W33	3) Jalihal, Aditya M28	4) Ogle-Sporer, Paul M24	
	33.10	1:08.35 (35.25)	1:38.35 (30.00)	2:03.41 (25.06)	

Mixed 120-159 200 SC Meter Freestyle Relay

NATL: 1:41.37 % 12/10/2000 EL SEGUNDO MASTERS
B BERGEN, P FRANCIS, D GRANER-GALLAS, D ROBINSON

PAC: 1:46.89 # 10/18/2009 WCM

WRL(4): 1:37.51 11/22/2019 A K Lee, R R Tukua, S A Stahl, A J Nonaka
TSUNAMI -RUS
A KURNOSOV, A GETMANENKO, E YUDINA, I SHLEMOVA

1	Davis Aquatic Masters-38	A	2:10.10	1:56.96	42
	1) Shaffer, Luke M29	2) Crow, Vivian W26	3) DUBY, Kristin W44	4) Zachan, Matthew M37	
	26.49	57.81 (31.32)	1:29.80 (31.99)	1:56.96 (27.16)	
2	Tri Valley Masters-38	A	2:05.00	1:57.04	38
	1) Schempp, Kyle M34	2) Radecke-Noble, Jennifer W39	3) Sitzmann, Amy W43	4) Gilchrist, Alexander M26	
	29.50	57.40 (27.90)	1:31.90 (34.50)	1:57.04 (25.14)	
3	Walnut Creek Masters-38	A	1:58.00	1:58.75	36
	1) Rogers, Louis M34	2) Schuler, Mackenzie W27	3) Westlake, Melanie W38	4) Boone, Matt M34	
	27.63	57.41 (29.78)	1:31.75 (34.34)	1:58.75 (27.00)	
4	Walnut Creek Masters-38	B	2:00.00	2:08.26	34
	1) Glomstad, William M29	2) Clark, Acacia W41	3) Rosas, Rachel W30	4) Florencio Jr, Sergio M40	
	29.62	1:02.77 (33.15)	1:34.77 (32.00)	2:08.26 (33.49)	
5	Marcia's Enthusiastic Masters-38	A	3:10.00	2:38.00	32
	1) Chaiyasane, Koung W39	2) Johnson, Jacqueline W39	3) Ranahan, Darin M40	4) Volz, Justin M34	
		1:24.46 ()	1:58.16 (33.70)	2:38.00 (39.84)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Mixed 120-159 400 SC Meter Freestyle Relay

NATL: 3:48.17 % 12/1/2018 GOLDEN ROAD AQUATICS

MEGAN MELGAARD, MEGAN JEX, LUKE PECHMANN, TONY COX

PAC: 3:51.21 # 12/31/2009 TOC

C Hessler, L Welting, S Guzman, S Greenwood

WRL(4): 3:39.02 2/11/2023 ASOKAIKEI -JPN

Y ASO, T KAKIZOE, E KOBAYASHI, S MATSUDA

1	Walnut Creek Masters-38	A	5:15.00	5:25.38	42
	1) Gu, Yue Shen M30	2) Gettel, Douglas M38	3) Miazga-Chaffey, Grace W39	4) Thomas, Alexandra W35	
	31.83	1:46.71 (1:46.71)	2:31.31 (44.60)		
	3:20.47 (49.16)	4:14.07 (1:42.76)	4:48.62 (34.55)	5:25.38 (1:11.31)	

Mixed 120-159 800 SC Meter Freestyle Relay

NATL: 8:25.57 % 11/30/2012 NOVAQUATICS MASTERS

C LEWIS, E KRAUS, A COLLINS, D FERNANDEZ

PAC: 8:28.22 # 10/16/2011 WCM

R J Santos, A H Zamanian, L A Beaudreau, A J Nonak

WRL(4): 8:07.91 10/30/2022 TRAFFORD METRO -GBR

J GIBSON, H BOOTH, V CUNNINGHAM, D MILLS

1	Walnut Creek Masters-38	A	10:10.10	10:37.08	42
	1) Brennan, Curtis M45	2) Hwang, Jenn W31	3) Thomas, Alexandra W35	4) Madsen, Benjamin M45	
	34.42	1:11.81 (1:11.81)	1:50.95 (1:50.95)	2:30.55 (2:30.55)	
	3:04.29 (33.74)	3:44.09 (1:13.54)	4:27.40 (1:56.85)	5:08.88 (2:38.33)	
	5:44.89 (36.01)	6:24.95 (1:16.07)	7:05.95 (1:57.07)	7:47.70 (2:38.82)	
	8:23.86 (36.16)	9:07.22 (1:19.52)	9:53.68 (2:05.98)	10:37.08 (2:49.38)	
2	Marcia's Enthusiastic Masters-38	A	10:55.00	10:43.20	38
	1) Rogers, Chasen M33	2) Chien, Rex M35	3) McBride, Beth W33	4) Rafalson, Sara W35	
	32.05	1:07.49 (1:07.49)	1:44.28 (1:44.28)	2:21.28 (2:21.28)	
	2:59.99 (38.71)	3:42.73 (1:21.45)	4:27.13 (2:05.85)	5:10.19 (2:48.91)	
	5:48.91 (38.72)	6:30.91 (1:20.72)	7:14.57 (2:04.38)	7:57.58 (2:47.39)	
	8:34.68 (37.10)	9:16.67 (1:19.09)	10:00.70 (2:03.12)	10:43.20 (2:45.62)	

Mixed 120-159 200 SC Meter Medley Relay

NATL: 1:47.51 % 11/23/2013 PHOENIX SWIM CLUB

N INADA, J COMMINGS, E CAMPBELL, J KONARZEWSKI

PAC: 1:42.97 # 10/2/2011 VACA

N Lillard, D M Stewart, J A Rondoni, K Jensen

WRL(4): 1:47.26 5/26/2023 WILD ROSE SWIM CLUB -CAN

J BYRAM, J BLOCK, L LE ROUX, E MORNGINGTON

1	Davis Aquatic Masters-38	A	2:19.10	2:09.13	42
	1) Griffiths, Joanna W31	2) Crow, Vivian W26	3) Zachan, Matthew M37	4) Shaffer, Luke M29	
	35.11	1:14.29 (39.18)	1:43.71 (29.42)	2:09.13 (25.42)	
2	University of San Francisco Ma-38	A	2:08.00	2:20.32	38
	1) Goard, Andrew M28	2) Greenberg, Nicole W24	3) Greco, Sophia W24	4) Rankin, Shane M49	
	33.36	1:14.26 (40.90)	1:48.52 (34.26)	2:20.32 (31.80)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Mixed 160-199 200 SC Meter Freestyle Relay

NATL: 1:42.03 % 11/22/2009 COLORADO MASTERS SWIMMING
R ABRAHAMS, S VON DER LIPPE, S HART, C O'SULLIVAN

PAC: 1:47.35 # 10/9/2016 WCM

WRL(4): 1:40.07 11/11/2022 TSUNAMI -RUS
A Nonaka, E Richards, A Zamanian, J Flakoll

A KURNOSOV, S MUKHIN, E YUDINA, I SHLEMOVA

1	Walnut Creek Masters-38	A	1:52.00	1:50.28	42
	1) Zamanian, Alison W53	2) Powell, Ian M38	3) Lawrence, Laura W43	4) Grant, Andy M38	
	30.63	55.77 (25.14)	1:26.91 (31.14)	1:50.28 (23.37)	
2	Sacramento Masters-38	A	2:18.37	2:09.88	38
	1) Boyle, Jackson M19	2) Knight-Williams, Valerie W60	3) Carter, Monica W62	4) Barajas, Nick M57	
	27.53	1:03.68 (36.15)	1:39.20 (35.52)	2:09.88 (30.68)	
3	Get Fit Davis Swim Masters-38	A	5:00.00	3:03.94	36
	1) Sands, Bob M59	2) Casterline, Michael M53	3) Stormberg, Teresa W49	4) Angell, Tanya W32	
	48.08	1:06.67 (18.59)	1:28.41 (21.74)	3:03.94 (1:35.53)	
4	Marin Aquatic Masters-38	A	5:00.00	4:31.22	34
	1) Raju, Arivuchelvi W49	2) Razo, Rafael M48	3) Hurtado, Janet W34	4) Acholonu, Chiedozi M39	
	1:28.40	1:56.33 (27.93)	2:36.53 (40.20)	4:31.22 (1:54.69)	

Mixed 160-199 400 SC Meter Freestyle Relay

NATL: 3:46.01 % 11/21/2009 COLORADO MASTERS SWIMMING
C O'SULLIVAN, R ABRAHAMS, S VON DER LIPPE, S HART

PAC: 4:04.88 # 12/31/2004 BAC

WRL(4): 3:46.01 11/21/2009 COLORADO MASTERS SWIMMING-USA
Chalmers, McAweeney, Ferrara, Miller

C O'SULLIVAN, R ABRAHAMS, S VON DER LIPPE, S HART

1	CoastSide Tiger Sharks-38	A	4:50.00	4:46.23	42
	1) Lam, Kenya W24	2) Thomas, Ken M62	3) Limon, Rachel W43	4) Webster, Mike M54	
	30.18	1:04.67 (1:04.67)	1:37.97 (33.30)	2:13.53 (1:08.86)	
	2:52.43 (38.90)	3:37.89 (1:24.36)	4:08.87 (30.98)	4:46.23 (1:08.34)	
2	Walnut Creek Masters-38	A	5:20.00	5:30.64	38
	1) Rezaee, Lily W42	2) Luttrell, Tracey W55	3) Lucchese, Jon M47	4) Sanders, Drew M53	
	35.84	1:14.48 (1:14.48)	2:06.29 (51.81)	3:04.88 (1:50.40)	
	3:39.72 (34.84)	4:18.46 (1:13.58)	4:52.40 (33.94)	5:30.64 (1:12.18)	

Mixed 160-199 800 SC Meter Freestyle Relay

NATL: 8:26.62 % 10/16/2009 WALNUT CREEK MASTERS
J SORENSEN, A ZAMANIAN, M CURRAN, R SANTOS

PAC: 8:26.62 # 10/18/2009 WCM

WRL(4): 8:19.38 3/12/2023 J G Sorensen, A H Zamanian, M M Curran, R J Santos
CC ANIENE -ITA

R FERRANTE, T SPICOLA, S ALFONSI, M TERSAR

1	Walnut Creek Masters-38	A	9:20.49	9:18.19	42
	1) Holbrook, Chad M44	2) McMillan, Heidi W42	3) Zamanian, Alison W53	4) Nonaka, Andy M44	
	31.74	1:06.45 (1:06.45)	1:42.52 (1:42.52)	2:18.82 (2:18.82)	
	2:51.29 (32.47)	3:27.66 (1:08.84)	4:05.74 (1:46.92)	4:44.37 (2:25.55)	
	5:15.61 (31.24)	5:50.10 (1:05.73)	6:25.68 (1:41.31)	7:01.35 (2:16.98)	
	7:32.31 (30.96)	8:07.23 (1:05.88)	8:42.28 (1:40.93)	9:18.19 (2:16.84)	
2	Marcia's Enthusiastic Masters-38	A	10:00.00	9:57.70	38
	1) Hahnel, Carrie W45	2) Chen, Jacky M30	3) Bentley, Orin M46	4) Corwin, Elyse W41	
	34.45	1:12.59 (1:12.59)	1:52.26 (1:52.26)	2:33.06 (2:33.06)	
	3:05.56 (32.50)	3:42.55 (1:09.49)	4:20.90 (1:47.84)	5:01.33 (2:28.27)	
	5:35.02 (33.69)	6:13.24 (1:11.91)	6:54.34 (1:53.01)	7:32.97 (2:31.64)	
	8:06.74 (33.77)	8:42.38 (1:09.41)	9:19.25 (1:46.28)	9:57.70 (2:24.73)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Mixed 160-199 200 SC Meter Medley Relay

NATL: 1:53.38 % 11/21/2009

COLORADO MASTERS SWIMMING

PAC: 2:04.64 # 10/9/2016

S HART, S VON DER LIPPE, C O'SULLIVAN, R ABRAHAMS

WRL(4): 1:50.35 11/14/2021

WCM

H Chao, A Nonaka, A Zamanian, E Richards

MAD WAVE -RUS

A POVALII, V BRAGIN, A POLIAKOVA, V PREDKIN

1	Davis Aquatic Masters-38	A	2:23.10	2:15.66	42
	1) Roper, Matt M42	2) Goldberg, Michelle W55	3) Nehrebecki, Helene W43	4) Anderson, Kent M51	
	32.30	1:14.97 (42.67)	1:48.75 (33.78)	2:15.66 (26.91)	
2	Jellies Aquatic Masters of Mon-38	A	2:12.00	2:16.80	38
	1) Meyer, Charlotte W28	2) Fry, Laurence M62	3) Rosenbaum, Dora Lisa W44	4) McCarty, William M34	
	33.56	1:14.73 (41.17)	1:51.52 (36.79)	2:16.80 (25.28)	
3	Sacramento Masters-38	A	2:27.40	2:25.56	36
	1) Carter, Monica W62	2) Barajas, Nick M57	3) Gonzalez Ospina, Laura W29	4) Boyle, Jackson M19	
	44.04	1:26.02 (41.98)	1:58.68 (32.66)	2:25.56 (26.88)	
4	CoastSide Tiger Sharks-38	A	3:30.00	2:40.74	34
	1) Lam, Kenya W24	2) Busatto, Katherine W25	3) Webster, Mike M54	4) Thomas, Ken M62	
	32.99	1:32.82 (59.83)	2:09.64 (36.82)	2:40.74 (31.10)	
5	Walnut Creek Masters-38	B	2:30.00	2:51.16	32
	1) Vassallo, Roberta W49	2) Burns, Gregory M34	3) Rezaee, Lily W42	4) Claassen, John M54	
	48.89	1:35.04 (46.15)	2:19.37 (44.33)	2:51.16 (31.79)	
6	Walnut Creek Masters-38	A	2:20.00	2:59.41	30
	1) Gunn, Caitlyn W36	2) Gettel, Douglas M38	3) Ongerth, Ann Michelle W49	4) Su, Alex M47	
	58.05	1:42.46 (44.41)	2:27.56 (45.10)	2:59.41 (31.85)	

Mixed 200-239 200 SC Meter Freestyle Relay

NATL: 1:46.08 % 3/15/2014

N CAROLINA MASTERS SWIMMING

PAC: 1:54.66 # 10/16/2011

ERIKA BRAUN, SUE WALSH, JON BLANK, JONATHAN KLEIN

WRL(4): 1:45.30 4/16/2023

WCM

S A Stahl, K A Halbrecht, K Murphey, A Sue M Osbor

EDGE -JPN

M IKEDA, T TAKUBO, Y IKEDA, K KOBAYASHI

1	Manatee Aquatic Masters Inc-38	A	2:02.00	2:04.07	42
	1) Au Brinkmeyer, Lauren W39	2) Cox, Juliet W55	3) Cutting, Steve M66	4) Gardner, William M59	
	30.70	1:03.77 (33.07)	1:34.31 (30.54)	2:04.07 (29.76)	
2	Walnut Creek Masters-38	A	2:00.00	2:06.81	38
	1) Heim, Suzanne W65	2) King, Ian M61	3) Boone, Danielle W58	4) Tiernan, Robert M40	
	34.96	1:12.39 (37.43)	1:39.91 (27.52)	2:06.81 (26.90)	
3	Marcia's Enthusiastic Masters-38	A	2:26.00	2:12.08	36
	1) Hahnel, Carrie W45	2) Shu, Vicki W55	3) Hertzner, Keith M50	4) Downey, Patrick M56	
	32.20	1:06.39 (34.19)	1:39.29 (32.90)	2:12.08 (32.79)	
4	Walnut Creek Masters-38	B	2:33.00	2:21.08	34
	1) Vecchio, Mary W44	2) Ward, Lisa W59	3) Hanna, Donald M65	4) Vecchio, Matthew M48	
	45.42	1:16.91 (31.49)	1:49.91 (33.00)	2:21.08 (31.17)	
5	Marin Aquatic Masters-38	A	5:00.00	5:33.39	32
	1) Leung, Grace W65	2) Paczka, Ferenc M45	3) Leung, Elsa W68	4) Isang, Moses M33	
	1:35.50	2:11.10 (35.60)	3:10.13 (59.03)	5:33.39 (2:23.26)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023**Sanction #: 383-S015****Results****Mixed 200-239 400 SC Meter Freestyle Relay****NATL: 3:56.10 % 12/14/2014 NORTH CAROLINA MASTERS****E BRAUN, H STEWART, S WALSH, J KLEIN****PAC: 4:18.80 # 10/10/2010 WCM****L Druz, P M Guadagni, B J R Henry, L A Ward****WRL(4): 3:56.10 12/14/2014 NORTH CAROLINA MASTERS -USA****E BRAUN, H STEWART, S WALSH, J KLEIN**

1	Walnut Creek Masters-38	A	4:35.00	4:55.73	42
	1) Agostino, Kirsten W36	2) Wickes, Mary Ann W69	3) Harper, Dean M70	4) Harper, Gregory M31	
	32.41	1:07.97 (1:07.97)	1:53.20 (45.23)	2:45.83 (1:37.86)	
		4:02.07 (1:16.24)	4:27.73 (25.66)	4:55.73 (53.66)	
2	Tamalpais Aquatic Masters-38	A	5:20.00	5:16.34	38
	1) Gross, Laura W28	2) Mascheroni, Andy M66	3) Nelson, Danielle W44	4) Tull, James M70	
	38.83	1:22.21 (1:22.21)	1:58.37 (36.16)	2:39.35 (1:17.14)	
	3:19.73 (40.38)	4:06.45 (1:27.10)	4:39.03 (32.58)	5:16.34 (1:09.89)	
3	Marcia's Enthusiastic Masters-38	A	6:50.00	5:58.54	36
	1) Wan, Danny M60	2) Voight, Tina W54	3) Herhold, Pamela W55	4) Rentschler, Randy M63	
	42.34	1:26.99 (1:26.99)	2:03.86 (36.87)	2:48.12 (1:21.13)	
	3:31.46 (43.34)	4:21.14 (1:33.02)	5:09.26 (48.12)	5:58.54 (1:37.40)	
4	Walnut Creek Masters-38	B	5:50.00	6:18.44	34
	1) Claassen, John M54	2) Freeman, Tammy W55	3) Stone, Steven M69	4) Vassallo, Roberta W49	
	40.95	1:22.53 (1:22.53)	2:05.77 (43.24)	2:56.24 (1:33.71)	
	3:45.50 (49.26)	4:42.31 (1:46.07)	5:27.92 (45.61)	6:18.44 (1:36.13)	

Mixed 200-239 800 SC Meter Freestyle Relay**NATL: 8:36.91 % 10/11/2015 ILLINOIS MASTERS****L DILLMANN, D SIMS, A BLOCK, J TUCHLER****PAC: 9:40.55 # 10/16/2011 WCM****L Druz, A Sue M Osborn, L A Ward, B D Volpp****WRL(4): 8:36.91 10/11/2015 ILLINOIS MASTERS -USA****L DILLMANN, D SIMS, A BLOCK, J TUCHLER**

1	Walnut Creek Masters-38	A	10:45.11	10:59.16	42
	1) Santos, Debbie W55	2) Ward, Lisa W59	3) Mikuni, Russell M41	4) Duggan, Patrick M60	
	35.62	1:14.52 (1:14.52)	1:54.13 (1:54.13)	2:33.22 (2:33.22)	
	3:14.51 (41.29)	4:01.75 (1:28.53)	4:52.83 (2:19.61)	5:44.83 (3:11.61)	
	6:22.13 (37.30)	7:02.88 (1:18.05)	7:44.14 (1:59.31)	8:25.84 (2:41.01)	
	9:00.08 (34.24)	9:38.07 (1:12.23)	10:17.94 (1:52.10)	10:59.16 (2:33.32)	
2	Walnut Creek Masters-38	B	12:00.00	12:05.89	38
	1) Claassen, John M54	2) Abbott, Bridget W42	3) Gray, Kara W58	4) Carter, Paul M55	
	40.43	1:26.64 (1:26.64)	2:14.66 (2:14.66)	3:04.59 (3:04.59)	
	3:48.44 (43.85)	4:36.82 (1:32.23)	5:27.03 (2:22.44)	6:18.16 (3:13.57)	
	6:58.75 (40.59)	7:44.73 (1:26.57)	8:32.41 (2:14.25)	9:19.51 (3:01.35)	
	9:56.81 (37.30)	10:39.18 (1:19.67)	11:21.99 (2:02.48)	12:05.89 (2:46.38)	
3	Marcia's Enthusiastic Masters-38	A	12:05.00	12:36.65	36
	1) Shu, Vicki W55	2) de la Torre, Yasuko W53	3) Clifford, Dan M53	4) Wu, Long M58	
	40.57	1:24.10 (1:24.10)	2:07.70 (2:07.70)	2:50.22 (2:50.22)	
	3:32.33 (42.11)	4:18.81 (1:28.59)	5:05.96 (2:15.74)	5:49.09 (2:58.87)	
	6:32.95 (43.86)	7:24.89 (1:35.80)	8:20.85 (2:31.76)	9:17.00 (3:27.91)	
	10:03.25 (46.25)	10:55.38 (1:38.38)	11:49.53 (2:32.53)	12:36.65 (3:19.65)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Mixed 200-239 200 SC Meter Medley Relay

NATL: 1:57.65 % 10/10/2012

BLU FROG TEAM

PAC: 2:11.24 # 10/9/2016

S HART, D CHANCE, M MIDDLETON, R ABRAHAMS

WRL(4): 1:55.87 4/16/2023

WCM

L Ward, I Selinger, J Boone, A Cook

EDGE -JPN

Y IKEDA, T TAKUBO, M IKEDA, K KOBAYASHI

1	Tamalpais Aquatic Masters-38	A		2:45.00	2:41.85	42
	1) Tull, James M70		2) Mascheroni, Andy M66	3) Nelson, Danielle W44	4) Gross, Laura W28	
			1:29.71 ()	2:06.52 (36.81)	2:41.85 (35.33)	
2	Marcia's Enthusiastic Masters-38	A		3:05.00	2:49.65	38
	1) Dooley, Paul M55		2) Gimbel, Erika W53	3) Lee, Jez W43	4) Rogers, Matt M53	
	40.90		2:20.91 ()	2:49.65 (28.74)		
3	Albany Armada Aquatics Masters	A		3:10.00	2:58.80	36
	1) Lee, Caron W47		2) Lowe, Tonia W52	3) Tsugawa, Peter M65	4) Schapiro, Seth M63	
	40.37	1:31.80 (51.43)	2:16.57 (44.77)	2:58.80 (42.23)		

Mixed 240-279 200 SC Meter Freestyle Relay

NATL: 1:52.68 % 11/14/2015

NORTH TEXAS LONESTARS

PAC: 1:57.60 # 12/31/2009

DOUG MARTIN, TOM BARTON, C MCKELVEY, LYNN MORRISON

WRL(4): 1:52.68 11/14/2015

TAM

R Burns, L Val, B Wheeler, K Frost

NORTH TEXAS LONESTARS -USA

D MARTIN, T BARTON, C MCKELVEY, L MORRISON

1	Rolling Hills Mud Sharks-38	A		2:16.00	2:13.32	42
	1) Van Boer, Eric M69		2) Laudenslager, Greg M62	3) Towey, Rachel W49	4) Hepworth, Linda W70	
	30.68	1:09.30 (38.62)	1:33.80 (24.50)	2:13.32 (39.52)		
2	Davis Aquatic Masters-38	A		2:35.10	2:32.68	38
	1) Wright, Erica W49		2) Goldberg, Michelle W55	3) Stoner, Gregory M71	4) Woodruff, David M67	
	36.14	1:11.08 (34.94)	1:59.10 (48.02)	2:32.68 (33.58)		
3	Walnut Creek Masters-38	A		2:44.00	2:44.62	36
	1) Zuppan-Hood, Patricia W59		2) King, John M69	3) Kubokawa, Jon M68	4) Piantidosi, Robin W59	
	33.79	1:15.73 (41.94)	1:59.03 (43.30)	2:44.62 (45.59)		

Mixed 240-279 400 SC Meter Freestyle Relay

NATL: 4:16.39 % 11/20/2016

PUGET SOUND MASTERS

PAC: 4:22.24 # 12/31/2012

R COLELLA, C DAVIS, D HANNULA, L DAHL

WRL(4): 4:13.40 2/19/2023

TAM

R Burns, L Val, B Wheeler, T Holt

ZPC AMERSFOORT -NED

M REMMITS-DE LANGE, A PIJTAK-RADERSMA, E VAN NORDE

1	Davis Aquatic Masters-38	A		4:45.10	4:55.20	42
	1) Garforth, Emma W55		2) Russell, Jane W60	3) Woodruff, David M67	4) Kahn, Stuart M70	
	34.90	1:10.65 (1:10.65)	1:51.74 (41.09)	2:36.84 (1:26.19)		
	3:14.70 (37.86)	3:56.13 (1:19.29)	4:24.61 (28.48)	4:55.20 (59.07)		
2	Tamalpais Aquatic Masters-38	A		5:45.00	6:04.87	38
	1) King, Lanie W47		2) Lugassy, Heather W53	3) Curtin, Timothy M65	4) Meyerhoff, Rick M76	
	37.03	1:17.85 (1:17.85)	1:36.87 (19.02)	2:35.12 (1:17.27)		
	3:27.26 (52.14)	4:39.92 (2:04.80)	4:58.82 (18.90)	6:04.87 (1:24.95)		
3	Marcia's Enthusiastic Masters-38	A		7:30.00	6:52.93	36
	1) Senz, Doug M71		2) Johnson, Carliane W58	3) Gimbel, Erika W53	4) Gloystein, James M72	
		1:46.01 (1:46.01)	2:30.22 (44.21)	3:21.64 (1:35.63)		
	4:15.27 (53.63)		6:01.39 ()	6:52.93 ()		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Mixed 240-279 800 SC Meter Freestyle Relay

NATL: 9:31.20 % 11/9/2019 SARASOTA SHARKS MASTERS

J GROSELLE, R WALKER, K EINSIDLER, R ATEN

PAC: 9:34.91 # 12/31/2009 TAM

R Burns, L Val, B Wheeler, K Frost

WRL(4): 9:25.75 2/17/2023 ZPC AMERSFOORT -NED

C MARSMAN, A PIJTAK-RADERSMA, M REMMITS-DE LANGE,

1	Walnut Creek Masters-38	A	10:30.00	10:30.16	42
	1) Heim, Suzanne W65	2) Sanders, Drew M53	3) Nichelman, Sherri W63	4) Nootbaar, Tom M60	
	37.34	1:18.15 (1:18.15)	2:00.00 (2:00.00)	2:41.02 (2:41.02)	
	3:18.01 (36.99)	3:58.33 (1:17.31)	4:39.00 (1:57.98)	5:57.97 (3:16.95)	
		6:41.56 (43.59)	7:25.14 (1:27.17)	8:12.75 (2:14.78)	
	8:41.89 (29.14)	9:17.84 (1:05.09)	9:54.52 (1:41.77)	10:30.16 (2:17.41)	
2	Albany Armada Aquatics Masters	A	13:55.00	14:47.16	38
	1) Trutane, Steve M58	2) Carroll, Leah W62	3) Focha, Teresa W62	4) Tsugawa, Peter M65	
	44.26	1:34.12 (1:34.12)	2:26.49 (2:26.49)	3:15.81 (3:15.81)	
	4:15.53 (59.72)	5:17.42 (2:01.61)	6:21.93 (3:06.12)	7:25.43 (4:09.62)	
	8:20.40 (54.97)	9:23.17 (1:57.74)	10:26.50 (3:01.07)	11:29.86 (4:04.43)	
	12:14.57 (44.71)	13:03.63 (1:33.77)	13:55.62 (2:25.76)	14:47.16 (3:17.30)	

Mixed 240-279 200 SC Meter Medley Relay

NATL: 2:04.82 % 12/7/2019 NOVAQUATICS MASTERS

J FOWLER, H VEHOVEC, K OSBORNE, V HIBBEN

PAC: 2:10.34 # 12/31/2009 TAM

R Burns, K Frost, L Val, B Wheeler

WRL(4): 2:04.82 12/7/2019 NOVAQUATICS MASTERS -USA

J FOWLER, H VEHOVEC, K OSBORNE, V HIBBEN

1	Rolling Hills Mud Sharks-38	A	2:35.00	2:30.18	42
	1) Van Boer, Eric M69	2) Laudenslager, Greg M62	3) Towey, Rachel W49	4) Hayes-Rupp, Cynthia W66	
	37.01	1:14.07 (37.06)	2:30.60 (1:16.53)	2:30.18 ()	
2	Davis Aquatic Masters-38	A	2:30.10	2:32.06	38
	1) Russell, Jane W60	2) Phalen, Jennifer W59	3) Winsor, Brad M52	4) Kahn, Stuart M70	
	42.45	1:30.00 (47.55)	2:00.34 (30.34)	2:32.06 (31.72)	
3	Tamalpais Aquatic Masters-38	A	2:45.00	2:50.68	36
	1) Lugassy, Heather W53	2) Tulin, Bill M65	3) King, Lanie W47	4) Meyerhoff, Rick M76	
	41.39	1:25.47 (44.08)	2:04.25 (38.78)	2:50.68 (46.43)	
4	Marcia's Enthusiastic Masters-38	A	3:25.00	3:04.06	34
	1) Sears, Richard M76	2) Voight, Tina W54	3) Moll, Jessica W51	4) Gloystein, James M72	
	56.32	1:43.47 (47.15)	2:23.00 (39.53)	3:04.06 (41.06)	
5	Walnut Creek Masters-38	A	2:45.00	3:09.67	32
	1) Santos, Debbie W55	2) Harms, Kildine W69	3) King, Ian M61	4) Stone, Steven M69	
	44.13	2:22.95 ()	3:09.67 (46.72)		

Mixed 280-319 200 SC Meter Freestyle Relay

NATL: 2:07.33 % 10/9/2022 TAMALPAIS AQUATIC MASTERS

A BERNARD, M JOYCE, L VAL, R BURNS

PAC: 2:07.33 # 10/9/2022 TAM

A Bernard, M Joyce, L Val, R Burns

WRL(4): 2:07.33 10/9/2022 TAMALPAIS MASTERS -USA

A BERNARD, M JOYCE, L VAL, R BURNS

1	Walnut Creek Masters-38	A	2:47.00	2:38.37	42
	1) O'Brien, Kerry M66	2) Shaker, Amin M69	3) Collins, Susan W74	4) Scott, Stephanie W76	
	34.58	1:06.81 (32.23)	1:52.53 (45.72)	2:38.37 (45.84)	

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

(Mixed 280-319 200 SC Meter Freestyle Relay)

2	Marcia's Enthusiastic Masters-38	A		3:15.00	3:07.76	38
	1) Sears, Richard M76		2) Benjamin, David M74	3) Johnson, Julie W66	4) Armstrong, Judy W76	
	40.77	1:22.24 (41.47)	2:06.55 (44.31)	3:07.76 (1:01.21)		

Mixed 280-319 400 SC Meter Freestyle Relay

NATL: 4:40.10 % 10/8/2022 TAMALPAIS AQUATIC MASTERS
R BURNS, L VAL, M JOYCE, A BERNARD

PAC: 4:40.10 # 10/8/2022 TAM

R Burns, L Val, M Joyce, A Bernard

WRL(4): 4:40.10 10/8/2022 TAMALPAIS MASTERS -USA
R BURNS, L VAL, M JOYCE, A BERNARD

1	Rolling Hills Mud Sharks-38	A		6:40.00	6:27.54	42
	1) Suess, Robert M62		2) Hepworth, Linda W70	3) Coholan, Annette W75	4) Anderson, Fred M81	
	38.32	1:16.97 (1:16.97)	2:00.82 (43.85)	2:47.37 (1:30.40)		
	3:40.66 (53.29)		5:27.59 ()	6:27.54 ()		
2	Marcia's Enthusiastic Masters-38	A		7:15.00	6:28.30	38
	1) Benjamin, Marcia W67		2) Benjamin, David M74	3) Johnson, Julie W66	4) Sears, Richard M76	
	44.51	1:30.63 (1:30.63)	2:17.86 (47.23)	3:08.83 (1:38.20)		
	3:57.09 (48.26)	4:48.87 (1:40.04)	5:37.20 (48.33)	6:28.30 (1:39.43)		

Mixed 280-319 800 SC Meter Freestyle Relay

NATL: 10:45.17 % 10/12/2019 SARASOTA SHARKS MASTERS
J CARSON, J GROSELLE, B COUCH, J HOLBROOK

PAC: 10:54.11 # 9/27/2015 TAM

L Val, K Frost, N Ridout, R Burns

WRL(4): 10:54.11 9/27/2015 TAMALPAIS AQUATIC MASTERS-USA
L VAL, K FROST, N RIDOUT, R BURNS

1	Walnut Creek Masters-38	A		13:30.50	12:38.85	42
	1) King, Ian M61		2) Shaker, Amin M69	3) Collins, Susan W74	4) Scott, Stephanie W76	
	36.14	1:17.85 (1:17.85)	2:02.59 (2:02.59)	2:45.34 (2:45.34)		
	3:20.19 (34.85)	3:58.99 (1:13.65)	4:40.46 (1:55.12)	5:20.90 (2:35.56)		
	6:11.67 (50.77)	7:06.86 (1:45.96)	8:06.28 (2:45.38)			
	9:53.58 ()	10:47.96 ()	11:44.08 ()	12:38.85 ()		

Mixed 280-319 200 SC Meter Medley Relay

NATL: 2:22.04 % 9/27/2015 TAMALPAIS AQUATIC MASTERS
L VAL, K FROST, R BURNS, N RIDOUT

PAC: 2:22.04 # 9/27/2015 TAM

L Val, K Frost, R Burns, N Ridout

WRL(4): 2:22.04 9/27/2015 TAMALPAIS AQUATIC MASTERS-USA
L VAL, K FROST, R BURNS, N RIDOUT

1	Rolling Hills Mud Sharks-38	A		3:35.00	3:20.96	42
	1) Hepworth, Linda W70		2) Coholan, Annette W75	3) Suess, Robert M62	4) Anderson, Fred M81	
	48.54	1:53.56 (1:05.02)	2:33.95 (40.39)	3:20.96 (47.01)		
2	Marcia's Enthusiastic Masters-38	A		4:10.00	3:46.15	38
	1) Johnson, Julie W66		2) Senz, Doug M71	3) Benjamin, David M74	4) Armstrong, Judy W76	
	56.95	1:49.94 (52.99)	2:46.43 (56.49)	3:46.15 (59.72)		
---	Tamalpais Aquatic Masters-38	A		2:30.00	DQ	
	1) Val, Laura W72		2) Frost, Kenneth M79	3) Bernard, Alan M74	4) Brisson, Karen Simontacchi W51	
	34.50	1:15.45 (40.95)	1:50.46 (35.01)	DQ (1:06.68)		

2023 Pacific Masters SCM Championship - 10/6/2023 to 10/8/2023

Sanction #: 383-S015

Results

Mixed 320-359 200 SC Meter Freestyle Relay

NATL: 2:35.65 % 3/9/2019 OREGON MASTERS

W LAMB, D RADCLIFF, J GETTLING, M TOPPEL

PAC: 3:20.17 # 10/16/2011 WCM

F B Nieman, B R Owens, A M Hirsch, N E Stupfel

WRL(4): 2:26.62 1/27/2019 ST KANSAI -JPN

F HIROOKA, Y OSAKI, C KONISHI, Y FUNAHASHI

1	Walnut Creek Masters-38	A	3:20.00	3:56.71	42
	1) Mayo, Robert M90	2) Harms, Kildine W69	3) Silvey, Rick M81	4) Wood, Caroline W88	
	1:04.30	1:56.09 (51.79)	2:51.01 (54.92)	3:56.71 (1:05.70)	