

## AAA Masters Splash &amp; Dash Sprint Pentathlon - 2/24/2024

Sanction #: 384-S007

## Results - Saturday

## Women 18-24 50 Yard Freestyle

PAC: 23.44 P 12/31/2010 FIONA O'DONNELL-M  
 NATL: 22.21 N 1/31/2015 VANDERPOOL-WALLAC

1	Zhao, Grace	24	The Olympic Club-38	25.01
2	Teng, Cathy	23	Marcia's Entusi-38	25.22
3	Webb, Melina	24	Richmond Plunge-38	30.48
4	Wood, Bethany	24	UC38	30.76
5	Arteaga, Daniela	24	Richmond Plunge-38	35.24

## Women 18-24 50 Yard Backstroke

PAC: 25.95 P 3/31/2019 LINDSEY E ENGEL  
 NATL: 25.47 N 3/23/2019 C BARTHOLOMEW

1	Zhao, Grace	24	The Olympic Club-38	28.44
2	Teng, Cathy	23	Marcia's Entusi-38	29.04
3	Wood, Bethany	24	UC38	35.46
4	Webb, Melina	24	Richmond Plunge-38	36.89
5	Arteaga, Daniela	24	Richmond Plunge-38	41.84

## Women 18-24 50 Yard Breaststroke

PAC: 29.52 P 2/12/2011 LAUREN A BEAUDREA  
 NATL: 27.76 N 12/5/2014 KATIE MEILI

1	Zhao, Grace	24	The Olympic Club-38	31.02
2	Teng, Cathy	23	Marcia's Entusi-38	33.77
3	Page, Elena	24	Temescal Aquatic-38	33.78
4	Webb, Melina	24	Richmond Plunge-38	38.99
5	Arteaga, Daniela	24	Richmond Plunge-38	45.26
---	Wood, Bethany	24	UC38	DQ

## Women 18-24 50 Yard Butterfly

PAC: 24.54 P 12/31/2010 DANA VOLLMER  
 NATL: 24.54 N 11/8/2009 DANA VOLLMER

1	Zhao, Grace	24	The Olympic Club-38	27.24
2	Teng, Cathy	23	Marcia's Entusi-38	27.59
3	Page, Elena	24	Temescal Aquatic-38	28.98
4	Wood, Bethany	24	UC38	35.40
5	Arteaga, Daniela	24	Richmond Plunge-38	37.28
6	Webb, Melina	24	Richmond Plunge-38	39.41

## Women 18-24 100 Yard IM

PAC: 57.04 P 5/3/2014 PENELOPE R YAMAUC  
 NATL: 53.02 N 12/21/2014 KATIE MEILI

1	Zhao, Grace	24	The Olympic Club-38	1:01.90
2	Page, Elena	24	Temescal Aquatic-38	1:06.88
3	Webb, Melina	24	Richmond Plunge-38	1:23.50
4	Arteaga, Daniela	24	Richmond Plunge-38	1:27.56
---	Teng, Cathy	23	Marcia's Entusi-38	DQ
---	Wood, Bethany	24	UC38	DQ

## Women 25-29 50 Yard Freestyle

PAC: 23.20 P 12/31/1992 ANNA PETTIS-SCOTT  
 NATL: 22.00 N 4/27/2019 KATARZYNA WILK

1	Green, Lauren	25	The Olympic Club-38	24.33
2	Bird, Annabel	28	Walnut Creek Mas-38	25.31
3	Sturzenegger, Selby	27	The Olympic Club-38	25.40
4	Ladd, Catherine	27	The Olympic Club-38	25.67
5	Hamza, Haley	28	Sacramento Maste-38	26.20
6	Devine, Chenoa	25	Manatee Aquatic-38	26.33
7	Kronick, Katherine	28	The Olympic Club-38	27.00
8	Kukurugya, Hannah	25	The Olympic Club-38	27.59

9	McFarland, Kristen	27	Walnut Creek Mas-38	28.00
10	Knell, Lissi	29	Manatee Aquatic-38	28.19
11	Bindert, Kaitlin	29	Manatee Aquatic-38	29.63
12	Eggart, Ashley	25	Alameda Aquatic-38	31.10
13	Heckmann, Cassidy	26	Sacramento Maste-38	31.81
14	Karimi, Golsa	25	Albany Armada Aq-38	35.11

## Women 25-29 50 Yard Backstroke

PAC: 25.32 P 5/13/2018 FELICIA LEE  
 NATL: 25.26 N 5/22/2010 TANICA JAMISON

1	Sturzenegger, Selby	27	The Olympic Club-38	27.62
2	Green, Lauren	25	The Olympic Club-38	28.05
3	Ladd, Catherine	27	The Olympic Club-38	28.65
4	Hamza, Haley	28	Sacramento Maste-38	29.46
5	Devine, Chenoa	25	Manatee Aquatic-38	30.15
6	Kronick, Katherine	28	The Olympic Club-38	30.66
7	Kukurugya, Hannah	25	The Olympic Club-38	30.84
8	Garrett, Hope	27	Richmond Plunge-38	31.75
9	McFarland, Kristen	27	Walnut Creek Mas-38	34.67
10	Chiarelli, Juliana	29	Albany Armada Aq-38	35.08
11	Bindert, Kaitlin	29	Manatee Aquatic-38	35.77
12	Knell, Lissi	29	Manatee Aquatic-38	35.96
13	Heckmann, Cassidy	26	Sacramento Maste-38	36.52
14	Eggart, Ashley	25	Alameda Aquatic-38	37.38

## Women 25-29 50 Yard Breaststroke

PAC: 27.12 P 4/30/2017 DANIELLE M HERRMA  
 NATL: 27.10 N 4/30/2016 KATIE MEILI

1	Sturzenegger, Selby	27	The Olympic Club-38	32.64
2	Devine, Chenoa	25	Manatee Aquatic-38	33.16
3	Knell, Lissi	29	Manatee Aquatic-38	33.85
4	Kukurugya, Hannah	25	The Olympic Club-38	34.63
5	Green, Lauren	25	The Olympic Club-38	34.65
6	Hamza, Haley	28	Sacramento Maste-38	34.77
7	Kronick, Katherine	28	The Olympic Club-38	34.88
8	Ladd, Catherine	27	The Olympic Club-38	36.24
9	Eggart, Ashley	25	Alameda Aquatic-38	38.38
10	Heckmann, Cassidy	26	Sacramento Maste-38	40.22
11	McFarland, Kristen	27	Walnut Creek Mas-38	41.50
12	Chiarelli, Juliana	29	Albany Armada Aq-38	41.65
13	Bindert, Kaitlin	29	Manatee Aquatic-38	42.25

## Women 25-29 50 Yard Butterfly

PAC: 24.19 P 4/28/2017 DANIELLE M HERRMA  
 NATL: 24.19 N 4/28/2017 DANIELLE HERRMANN

1	Green, Lauren	25	The Olympic Club-38	25.66
2	Sturzenegger, Selby	27	The Olympic Club-38	27.52
3	Kukurugya, Hannah	25	The Olympic Club-38	27.65
4	Ladd, Catherine	27	The Olympic Club-38	27.71
5	Kronick, Katherine	28	The Olympic Club-38	27.82
6	Devine, Chenoa	25	Manatee Aquatic-38	28.55
7	Hamza, Haley	28	Sacramento Maste-38	28.88
8	Garrett, Hope	27	Richmond Plunge-38	29.63
9	McFarland, Kristen	27	Walnut Creek Mas-38	29.79
10	Eide, Miriam	25	Manatee Aquatic-38	30.15
11	Knell, Lissi	29	Manatee Aquatic-38	30.42
12	Bindert, Kaitlin	29	Manatee Aquatic-38	32.81
13	Eggart, Ashley	25	Alameda Aquatic-38	34.74

## AAA Masters Splash &amp; Dash Sprint Pentathlon - 2/24/2024

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**(Women 25-29 50 Yard Butterfly)**

14 Heckmann, Kassidy	26 Sacramento Maste-38	35.25
15 Karimi, Golsa	25 Albany Armada Aq-38	44.07

**Women 25-29 100 Yard IM**

PAC: 54.40 P 4/29/2017 DANIELLE M HERRMA  
NATL: 54.40 N 4/29/2017 DANIELLE HERRMANN

1 Sturzenegger, Selby	27 The Olympic Club-38	1:01.47
2 Green, Lauren	25 The Olympic Club-38	1:03.40
3 Ladd, Catherine	27 The Olympic Club-38	1:03.94
4 Kukurugya, Hannah	25 The Olympic Club-38	1:04.30
5 Devine, Chenoa	25 Manatee Aquatic-38	1:04.39
6 Hamza, Haley	28 Sacramento Maste-38	1:04.95
7 Kronick, Katherine	28 The Olympic Club-38	1:04.98
8 Eide, Miriam	25 Manatee Aquatic-38	1:11.14
9 McFarland, Kristen	27 Walnut Creek Mas-38	1:13.41
10 Garrett, Hope	27 Richmond Plunge-38	1:13.77
11 Eggart, Ashley	25 Alameda Aquatic-38	1:14.72
12 Bindert, Kaitlin	29 Manatee Aquatic-38	1:17.88
13 Heckmann, Kassidy	26 Sacramento Maste-38	1:18.20
14 Chiarelli, Juliana	29 Albany Armada Aq-38	1:20.47
--- Knell, Lissi	29 Manatee Aquatic-38	DQ

**Women 30-34 50 Yard Freestyle**

PAC: 23.24 P 12/31/2009 KEIKO PRICE  
NATL: 22.37 N 4/7/2019 MADISON KENNEDY

1 Lee, Felicia	31 The Olympic Club-38	24.79
2 Clute, Deirdre	31 The Olympic Club-38	25.35
3 Pedote, Elyssa	31 The Olympic Club-38	26.84
4 Bloch, Laurence	30 Walnut Creek Mas-38	26.94
5 De Barros, Carolina	34 Richmond Plunge-38	29.11
6 Giuliano, Larissa	33 Diamond Hills Ma-38	29.40
7 Finnigan, Franchesca	30 Sacramento Maste-38	32.39
8 Sue, Jennifer	34 Swim Fremont Gle-38	32.60
9 Fogelson, Julia	34 Temescal Aquatic-38	34.31
10 Adams, Lindsey	34 Richmond Plunge-38	43.37

**Women 30-34 50 Yard Backstroke**

PAC: 26.49 P 4/26/2015 SARAH M HERNANDEZ  
NATL: 24.96 N 5/1/2011 NORIKO INADA

1 Lee, Felicia	31 The Olympic Club-38	26.65
2 Clute, Deirdre	31 The Olympic Club-38	28.93
3 Pedote, Elyssa	31 The Olympic Club-38	30.19
4 Bloch, Laurence	30 Walnut Creek Mas-38	31.23
5 Giuliano, Larissa	33 Diamond Hills Ma-38	33.11
6 De Barros, Carolina	34 Richmond Plunge-38	35.12
7 Finnigan, Franchesca	30 Sacramento Maste-38	37.39
8 Sue, Jennifer	34 Swim Fremont Gle-38	41.72
9 Adams, Lindsey	34 Richmond Plunge-38	58.95

**Women 30-34 50 Yard Breaststroke**

PAC: 30.29 P 4/28/2017 MARIE A BALLENGER  
NATL: 28.48 N 5/4/2008 KATIE MCCLELLAND

1 Lee, Felicia	31 The Olympic Club-38	33.44
2 Pedote, Elyssa	31 The Olympic Club-38	36.41
3 Giuliano, Larissa	33 Diamond Hills Ma-38	39.89
4 Levinson, Robyn	31 Manatee Aquatic-38	40.07
5 De Barros, Carolina	34 Richmond Plunge-38	40.73

6 Finnigan, Franchesca	30 Sacramento Maste-38	43.19
7 Adams, Lindsey	34 Richmond Plunge-38	50.83

**Women 30-34 50 Yard Butterfly**

PAC: 25.29 P 4/28/2019 KATHERINE RAATZ  
NATL: 24.18 N 4/15/2000 ANGEL MARTINO

1 Lee, Felicia	31 The Olympic Club-38	25.83
2 Clute, Deirdre	31 The Olympic Club-38	27.82
3 Pedote, Elyssa	31 The Olympic Club-38	28.55
4 Bloch, Laurence	30 Walnut Creek Mas-38	29.06
5 Giuliano, Larissa	33 Diamond Hills Ma-38	31.08
6 De Barros, Carolina	34 Richmond Plunge-38	33.35
7 Finnigan, Franchesca	30 Sacramento Maste-38	34.42
8 Levinson, Robyn	31 Manatee Aquatic-38	36.03
9 Sue, Jennifer	34 Swim Fremont Gle-38	40.66
10 Adams, Lindsey	34 Richmond Plunge-38	46.92

**Women 30-34 100 Yard IM**

PAC: 58.07 P 12/31/2009 SARABETH METZGER  
NATL: 57.01 N 4/15/2000 ANGEL MARTINO

1 Lee, Felicia	31 The Olympic Club-38	59.91
2 Pedote, Elyssa	31 The Olympic Club-38	1:05.06
3 Clute, Deirdre	31 The Olympic Club-38	1:06.42
4 Bloch, Laurence	30 Walnut Creek Mas-38	1:06.65
5 Giuliano, Larissa	33 Diamond Hills Ma-38	1:14.65
6 De Barros, Carolina	34 Richmond Plunge-38	1:14.80
7 Finnigan, Franchesca	30 Sacramento Maste-38	1:18.77
8 Levinson, Robyn	31 Manatee Aquatic-38	1:22.56
9 Adams, Lindsey	34 Richmond Plunge-38	1:48.31

**Women 35-39 50 Yard Freestyle**

PAC: 24.04 P 4/25/2015 ERICKA L RICHARDS  
NATL: 22.34 N 2/25/2007 DARA TORRES

1 Ballenger, Marie	37 The Olympic Club-38	26.67
2 Schmitz, Emily	35 Manatee Aquatic-38	26.95
3 Au Brinkmeyer, Lauren	39 Manatee Aquatic-38	27.17
4 Greer, Margaret	35 East Bay Bat Ray-38	27.51
5 Simonds, Shannon	36 Sacramento Maste-38	27.54
6 Allen, Robyn	38 UC38	27.59
7 Riley, Catherine	37 Manatee Aquatic-38	28.28
8 Bacharach, Mindy	35 The Olympic Club-38	28.35
9 Ramsey, Anna	35 UC38	29.70
10 Wyman, Alexa	36 Temescal Aquatic-38	31.78
11 Chien, Regina	37 Marcia's Enthusi-38	33.57
12 Pressman, Erin	37 Temescal Aquatic-38	35.16

**Women 35-39 50 Yard Backstroke**

PAC: 27.16 P 5/13/2018 NWATANABE&NWATANA  
NATL: 24.71 N 4/29/2017 NORIKO INADA

1 Schreer, Erica	36 The Olympic Club-38	30.07
2 Simonds, Shannon	36 Sacramento Maste-38	30.93
3 Greer, Margaret	35 East Bay Bat Ray-38	30.96
4 Ballenger, Marie	37 The Olympic Club-38	32.53
5 Allen, Robyn	38 UC38	32.85
*6 Schmitz, Emily	35 Manatee Aquatic-38	33.65
*6 Au Brinkmeyer, Lauren	39 Manatee Aquatic-38	33.65
8 Ramsey, Anna	35 UC38	35.82
9 Riley, Catherine	37 Manatee Aquatic-38	35.88
10 Bacharach, Mindy	35 The Olympic Club-38	36.40

## AAA Masters Splash &amp; Dash Sprint Pentathlon - 2/24/2024

Sanction #: 384-S007

## Results - Saturday

**(Women 35-39 50 Yard Backstroke)**

11	Chien, Regina	37	Marcia's Entusi-38	38.65
12	Wyman, Alexa	36	Temescal Aquatic-38	38.84

**Women 35-39 50 Yard Breaststroke**

PAC: 28.55 P 5/4/2014 KATIE GLENN

NATL: 28.51 N 5/2/2014 KATIE GLENN

1	Ballenger, Marie	37	The Olympic Club-38	33.09
2	Au Brinkmeyer, Lauren	39	Manatee Aquatic-38	33.67
3	Greer, Margaret	35	East Bay Bat Ray-38	35.50
4	Simonds, Shannon	36	Sacramento Maste-38	35.54
5	Schmitz, Emily	35	Manatee Aquatic-38	38.37
6	Allen, Robyn	38	UC38	38.40
7	Riley, Catherine	37	Manatee Aquatic-38	40.21
8	Bacharach, Mindy	35	The Olympic Club-38	41.11
9	Pressman, Erin	37	Temescal Aquatic-38	43.20
10	Chien, Regina	37	Marcia's Entusi-38	49.05

**Women 35-39 50 Yard Butterfly**

PAC: 26.07 P 4/13/2015 ERICKA L RICHARDS

NATL: 25.04 N 4/28/2017 NORIKO INADA

1	Ballenger, Marie	37	The Olympic Club-38	29.18
2	Simonds, Shannon	36	Sacramento Maste-38	29.41
3	Greer, Margaret	35	East Bay Bat Ray-38	29.82
4	Au Brinkmeyer, Lauren	39	Manatee Aquatic-38	30.65
5	Schmitz, Emily	35	Manatee Aquatic-38	31.00
6	Riley, Catherine	37	Manatee Aquatic-38	31.50
7	Bacharach, Mindy	35	The Olympic Club-38	33.10
8	Ramsey, Anna	35	UC38	35.40
9	Chien, Regina	37	Marcia's Entusi-38	40.76

**Women 35-39 100 Yard IM**

PAC: 59.62 P 4/26/2019 NAOKO WATANABE

NATL: 57.25 N 4/29/2017 GABRIELLE CHANG

1	Ballenger, Marie	37	The Olympic Club-38	1:06.45
2	Simonds, Shannon	36	Sacramento Maste-38	1:07.12
3	Greer, Margaret	35	East Bay Bat Ray-38	1:08.39
4	Au Brinkmeyer, Lauren	39	Manatee Aquatic-38	1:09.14
5	Schmitz, Emily	35	Manatee Aquatic-38	1:09.94
6	Bacharach, Mindy	35	The Olympic Club-38	1:15.08
7	Riley, Catherine	37	Manatee Aquatic-38	1:15.48
8	Ramsey, Anna	35	UC38	1:20.85
9	Pressman, Erin	37	Temescal Aquatic-38	1:26.54
10	Chien, Regina	37	Marcia's Entusi-38	1:27.85

**Women 40-44 50 Yard Freestyle**

PAC: 24.68 P 12/31/1994 LAURA B VAL

NATL: 21.91 N 4/15/2007 DARA TORRES

1	Herson, Julie	41	UC38	27.39
2	Nehrebecki, Helene	44	Davis Aquatic Ma-38	27.58
3	Anderson, Lorissa	42	Walnut Creek Mas-38	28.50
4	Cheung, Ruth	44	Quicksilver Mast-38	37.01
5	Ludwig, Keri	40	Diamond Hills Ma-38	37.04

**Women 40-44 50 Yard Backstroke**

PAC: 27.83 P 12/31/2009 JODY SMITH

NATL: 26.12 N 5/1/2011 SHERI HART

1	Herson, Julie	41	UC38	33.19
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2	Nehrebecki, Helene	44	Davis Aquatic Ma-38	33.40
3	Anderson, Lorissa	42	Walnut Creek Mas-38	34.75
4	Ludwig, Keri	40	Diamond Hills Ma-38	46.93
5	Cheung, Ruth	44	Quicksilver Mast-38	48.08

**Women 40-44 50 Yard Breaststroke**

PAC: 29.51 P 4/30/2017 KATIE GLENN

NATL: 28.71 N 5/11/2018 KATIE GLENN

1	Nehrebecki, Helene	44	Davis Aquatic Ma-38	36.02
2	Herson, Julie	41	UC38	36.61
3	Anderson, Lorissa	42	Walnut Creek Mas-38	40.45
---	Ludwig, Keri	40	Diamond Hills Ma-38	DQ

**Women 40-44 50 Yard Butterfly**

PAC: 26.46 P 12/31/1994 LAURA B VAL

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

1	Nehrebecki, Helene	44	Davis Aquatic Ma-38	29.72
2	Herson, Julie	41	UC38	30.52
3	Anderson, Lorissa	42	Walnut Creek Mas-38	31.24
4	Ludwig, Keri	40	Diamond Hills Ma-38	43.17
5	Cheung, Ruth	44	Quicksilver Mast-38	43.40

**Women 40-44 100 Yard IM**

PAC: 1:00.89 P 4/29/2017 KATIE GLENN

NATL: 57.95 N 4/28/2012 ERIKA BRAUN

1	Herson, Julie	41	UC38	1:08.91
2	Nehrebecki, Helene	44	Davis Aquatic Ma-38	1:10.09
3	Anderson, Lorissa	42	Walnut Creek Mas-38	1:12.59
4	Ludwig, Keri	40	Diamond Hills Ma-38	1:40.62
---	Cheung, Ruth	44	Quicksilver Mast-38	DQ

**Women 45-49 50 Yard Freestyle**

PAC: 25.10 P 12/31/1999 LAURA B VAL

NATL: 23.80 N 4/8/2017 ERIKA BRAUN

1	Richards, Ericka	46	Santa Rosa Maste-38	25.69
2	Spohn, Gina	48	Walnut Creek Mas-38	26.88
3	Woodard, Niki	47	Park Terrace Mas-38	27.45
4	Peritore, Carina	46	Sacramento Maste-38	29.79
5	Kory, Deborah	49	Manatee Aquatic-38	29.85
6	Nagaoka, Masako	49	Quicksilver Mast-38	30.88
7	Lo, Theresa	48	Temescal Aquatic-38	31.55
8	Ongerth, Ann Michelle	49	Walnut Creek Mas-38	32.66
9	Darling, Colleen	49	Walnut Creek Mas-38	33.34
10	Vassallo, Roberta	49	Walnut Creek Mas-38	37.26

**Women 45-49 50 Yard Backstroke**

PAC: 28.26 P 12/31/1997 LAURA B VAL

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

1	Richards, Ericka	46	Santa Rosa Maste-38	31.19
2	Kory, Deborah	49	Manatee Aquatic-38	33.81
3	Woodard, Niki	47	Park Terrace Mas-38	34.04
4	Spohn, Gina	48	Walnut Creek Mas-38	35.04
5	Peritore, Carina	46	Sacramento Maste-38	36.44
6	Darling, Colleen	49	Walnut Creek Mas-38	38.90
7	Lo, Theresa	48	Temescal Aquatic-38	39.11
8	Ongerth, Ann Michelle	49	Walnut Creek Mas-38	44.72
9	Vassallo, Roberta	49	Walnut Creek Mas-38	47.46

## AAA Masters Splash &amp; Dash Sprint Pentathlon - 2/24/2024

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## Results - Saturday

**Women 45-49 50 Yard Breaststroke**

**PAC:** 32.82 P 12/31/1994 SUSAN ROY  
**NATL:** 30.17 N 5/20/2007 CAROLINE KRATTLI

1	Richards, Ericka	46	Santa Rosa Maste-38	33.01
2	Spohn, Gina	48	Walnut Creek Mas-38	35.86
3	Woodard, Niki	47	Park Terrace Mas-38	37.22
4	Nagaoka, Masako	49	Quicksilver Mast-38	37.98
5	Smith, Carrie	47	Sacramento Maste-38	38.00
6	Kory, Deborah	49	Manatee Aquatic-38	39.29
7	Peritore, Carina	46	Sacramento Maste-38	40.23
8	Ongerth, Ann Michelle	49	Walnut Creek Mas-38	43.97
9	Darling, Colleen	49	Walnut Creek Mas-38	45.35

**Women 45-49 50 Yard Butterfly**

**PAC:** 27.02 P 12/31/1998 LAURA B VAL  
**NATL:** 25.64 N 4/9/2017 ERIKA BRAUN

1	Richards, Ericka	46	Santa Rosa Maste-38	29.34
2	Woodard, Niki	47	Park Terrace Mas-38	30.04
3	Smith, Carrie	47	Sacramento Maste-38	31.18
4	Spohn, Gina	48	Walnut Creek Mas-38	31.72
5	Nagaoka, Masako	49	Quicksilver Mast-38	31.89
6	Kory, Deborah	49	Manatee Aquatic-38	32.04
7	Peritore, Carina	46	Sacramento Maste-38	34.57
8	Darling, Colleen	49	Walnut Creek Mas-38	36.54
9	Lo, Theresa	48	Temescal Aquatic-38	37.14
10	Ongerth, Ann Michelle	49	Walnut Creek Mas-38	38.18
11	Vassallo, Roberta	49	Walnut Creek Mas-38	46.49

**Women 45-49 100 Yard IM**

**PAC:** 1:02.13 P 12/31/2009 LISA A WARD  
**NATL:** 59.39 N 4/28/2012 FALL WILLEBOORDSE

1	Richards, Ericka	46	Santa Rosa Maste-38	1:05.14
2	Spohn, Gina	48	Walnut Creek Mas-38	1:10.13
3	Woodard, Niki	47	Park Terrace Mas-38	1:10.50
4	Kory, Deborah	49	Manatee Aquatic-38	1:12.28
5	Nagaoka, Masako	49	Quicksilver Mast-38	1:14.38
6	Smith, Carrie	47	Sacramento Maste-38	1:15.28
7	Peritore, Carina	46	Sacramento Maste-38	1:16.12
8	Darling, Colleen	49	Walnut Creek Mas-38	1:23.95
9	Ongerth, Ann Michelle	49	Walnut Creek Mas-38	1:29.18
10	Vassallo, Roberta	49	Walnut Creek Mas-38	1:39.04

**Women 50-54 50 Yard Freestyle**

**PAC:** 25.30 P 12/31/2002 LAURA B VAL  
**NATL:** 24.53 N 3/18/2016 FALL WILLEBOORDSE

1	Zamanian, Alison	53	Walnut Creek Mas-38	27.17
2	Attwell, Carrie	54	The Olympic Club-38	29.06
3	Thompson, Amy	53	North Bay Aquati-38	29.74
4	Rothschild, Beccah	50	Manatee Aquatic-38	32.23
5	Singh, Jo	51	Menlo Masters-38	37.24

**Women 50-54 50 Yard Backstroke**

**PAC:** 29.35 P 12/31/2005 LAURA B VAL  
**NATL:** 27.04 N 5/10/2013 LESLIE LIVINGSTON

1	Zamanian, Alison	53	Walnut Creek Mas-38	31.26
2	Thompson, Amy	53	North Bay Aquati-38	34.69
3	Attwell, Carrie	54	The Olympic Club-38	37.45
4	Croteau, Dominique	50	Temescal Aquatic-38	38.46

5	Rothschild, Beccah	50	Manatee Aquatic-38	41.39
6	Singh, Jo	51	Menlo Masters-38	50.57

**Women 50-54 50 Yard Breaststroke**

**PAC:** 33.12 P 4/30/2017 KATHRYN E GELMAN  
**NATL:** 31.61 N 4/14/2018 S VON DER LIPPE

1	Zamanian, Alison	53	Walnut Creek Mas-38	35.07
2	Attwell, Carrie	54	The Olympic Club-38	37.32
3	Thompson, Amy	53	North Bay Aquati-38	39.43
4	Rothschild, Beccah	50	Manatee Aquatic-38	42.37
5	Singh, Jo	51	Menlo Masters-38	48.94

**Women 50-54 50 Yard Butterfly**

**PAC:** 27.81 P 12/31/2002 LAURA B VAL  
**NATL:** 25.70 N 5/11/2013 LESLIE LIVINGSTON

1	Zamanian, Alison	53	Walnut Creek Mas-38	30.14
2	Attwell, Carrie	54	The Olympic Club-38	31.36
3	Thompson, Amy	53	North Bay Aquati-38	32.75
4	Croteau, Dominique	50	Temescal Aquatic-38	37.23
5	Rothschild, Beccah	50	Manatee Aquatic-38	37.50
6	Singh, Jo	51	Menlo Masters-38	43.81

**Women 50-54 100 Yard IM**

**PAC:** 1:05.48 P 12/31/2005 LAURA B VAL  
**NATL:** 1:01.28 N 4/29/2016 FALL WILLEBOORDSE

1	Zamanian, Alison	53	Walnut Creek Mas-38	1:06.79
2	Attwell, Carrie	54	The Olympic Club-38	1:13.95
3	Thompson, Amy	53	North Bay Aquati-38	1:15.95
4	Croteau, Dominique	50	Temescal Aquatic-38	1:20.72
5	Rothschild, Beccah	50	Manatee Aquatic-38	1:22.40
6	Singh, Jo	51	Menlo Masters-38	1:38.49

**Women 55-59 50 Yard Freestyle**

**PAC:** 25.29 P 12/31/2009 LAURA B VAL  
**NATL:** 25.16 N 4/8/2017 SUE WALSH

1	Chessen, Christine	57	North Bay Aquati-38	28.52
2	Welting, Lauren	58	The Olympic Club-38	28.88
3	Nelson, Sheila	55	Santa Rosa Maste-38	30.33
4	Perry, Rebecca	59	Manatee Aquatic-38	30.52
5	Bulman, Robin	58	Santa Rosa Maste-38	31.19
6	Burger, Clare	56	Marcia's Enthusi-38	31.60
7	Boyd, Erika	56	Temescal Aquatic-38	31.69
8	Shu, Vicki	55	Marcia's Enthusi-38	31.94
9	Phalen, Jennifer	59	Davis Aquatic Ma-38	36.55
10	Chachkin, Myra	55	Manatee Aquatic-38	41.59
11	Hsieh, Ling	56	Richmond Plunge-38	47.45
12	Asta, Lisa	58	Walnut Creek Mas-38	51.34

**Women 55-59 50 Yard Backstroke**

**PAC:** 28.88 P 3/28/2010 LAURA B VAL  
**NATL:** 28.14 N 10/30/2016 LESLIE LIVINGSTON

1	Welting, Lauren	58	The Olympic Club-38	33.01
2	Perry, Rebecca	59	Manatee Aquatic-38	35.03
3	Boyd, Erika	56	Temescal Aquatic-38	36.84
4	Nelson, Sheila	55	Santa Rosa Maste-38	37.88
5	Shu, Vicki	55	Marcia's Enthusi-38	38.02
6	Chessen, Christine	57	North Bay Aquati-38	38.16
7	Burger, Clare	56	Marcia's Enthusi-38	39.01
8	Bulman, Robin	58	Santa Rosa Maste-38	40.31

## AAA Masters Splash &amp; Dash Sprint Pentathlon - 2/24/2024

Sanction #: 384-S007

## Results - Saturday

**(Women 55-59 50 Yard Backstroke)**

9	Phalen, Jennifer	59	Davis Aquatic Ma-38	46.92
10	Chachkin, Myra	55	Manatee Aquatic-38	53.78
11	Hsieh, Ling	56	Richmond Plunge-38	55.99
12	Asta, Lisa	58	Walnut Creek Mas-38	1:00.62

**Women 55-59 50 Yard Breaststroke**

PAC: 35.60 P 12/31/2001 CAROLYN BOAK

NATL: 32.13 N 4/30/2017 CAROLINE KRATTLI

1	Chessen, Christine	57	North Bay Aquati-38	36.84
2	Bulman, Robin	58	Santa Rosa Maste-38	37.00
3	Welting, Laureen	58	The Olympic Club-38	38.57
4	Nelson, Sheila	55	Santa Rosa Maste-38	39.10
5	Perry, Rebecca	59	Manatee Aquatic-38	40.13
6	Boyd, Erika	56	Temescal Aquatic-38	40.72
7	Burger, Clare	56	Marcia's Enthusi-38	43.23
8	Shu, Vicki	55	Marcia's Enthusi-38	43.51
9	Phalen, Jennifer	59	Davis Aquatic Ma-38	44.99
10	Hsieh, Ling	56	Richmond Plunge-38	56.88
11	Asta, Lisa	58	Walnut Creek Mas-38	1:02.28

**Women 55-59 50 Yard Butterfly**

PAC: 28.20 P 4/10/2010 LAURA B VAL

NATL: 27.04 N 10/30/2016 LESLIE LIVINGSTON

1	Welting, Laureen	58	The Olympic Club-38	30.65
2	Perry, Rebecca	59	Manatee Aquatic-38	31.64
3	Chessen, Christine	57	North Bay Aquati-38	32.48
4	Shu, Vicki	55	Marcia's Enthusi-38	33.45
5	Nelson, Sheila	55	Santa Rosa Maste-38	33.86
6	Bulman, Robin	58	Santa Rosa Maste-38	36.45
7	Burger, Clare	56	Marcia's Enthusi-38	37.54
8	Chachkin, Myra	55	Manatee Aquatic-38	42.00
9	Phalen, Jennifer	59	Davis Aquatic Ma-38	42.95
10	Asta, Lisa	58	Walnut Creek Mas-38	59.43

**Women 55-59 100 Yard IM**

PAC: 1:05.21 P 12/31/2007 LAURA B VAL

NATL: 1:02.34 N 4/29/2017 KARLYN PIPES

1	Welting, Laureen	58	The Olympic Club-38	1:11.92
2	Chessen, Christine	57	North Bay Aquati-38	1:13.54
3	Perry, Rebecca	59	Manatee Aquatic-38	1:14.74
4	Nelson, Sheila	55	Santa Rosa Maste-38	1:17.79
5	Bulman, Robin	58	Santa Rosa Maste-38	1:18.32
6	Burger, Clare	56	Marcia's Enthusi-38	1:20.46
7	Phalen, Jennifer	59	Davis Aquatic Ma-38	1:29.37
8	Hsieh, Ling	56	Richmond Plunge-38	1:57.96
9	Asta, Lisa	58	Walnut Creek Mas-38	2:04.98
---	Shu, Vicki	55	Marcia's Enthusi-38	DQ

**Women 60-64 50 Yard Freestyle**

PAC: 26.48 P 3/9/2014 LAURA B VAL

NATL: 26.20 N 5/11/2018 PENNY NOYES

1	Rainer, Anna	62	Manatee Aquatic-38	29.70
2	Knight-Williams, Valerie	60	Sacramento Maste-38	31.36
3	Russell, Jane	60	Davis Aquatic Ma-38	32.02
4	Carter, Monica	62	Sacramento Maste-38	32.64
5	Taylor, Catherine	61	Walnut Creek Mas-38	35.25
6	Tyler, Christine	61	Quicksilver Mast-38	35.64

7	Haskell, Rocio	61	Manatee Aquatic-38	39.77
8	Carroll, Leah	62	Albany Armada Aq-38	41.75
9	Berg, Joanna	63	Manatee Aquatic-38	43.24
10	Bowden, Melanie	60	Temescal Aquatic-38	43.80
11	Focha, Teresa	63	Albany Armada Aq-38	48.03
12	Dunkle, Julie	63	Tri Valley Maste-38	55.98

**Women 60-64 50 Yard Backstroke**

PAC: 29.58 P 4/26/2015 LAURA B VAL

NATL: 29.58 N 4/26/2015 LAURA VAL

1	Rainer, Anna	62	Manatee Aquatic-38	34.84
2	Russell, Jane	60	Davis Aquatic Ma-38	36.71
3	Knight-Williams, Valerie	60	Sacramento Maste-38	38.72
4	Carter, Monica	62	Sacramento Maste-38	39.69
5	Taylor, Catherine	61	Walnut Creek Mas-38	41.23
6	Tyler, Christine	61	Quicksilver Mast-38	44.47
7	Carroll, Leah	62	Albany Armada Aq-38	49.74
8	Focha, Teresa	63	Albany Armada Aq-38	51.80
---	Dunkle, Julie	63	Tri Valley Maste-38	DQ

**Women 60-64 50 Yard Breaststroke**

PAC: 36.28 P 4/27/2019 DEA A JOSLIN

NATL: 33.79 N 5/7/2017 MELINDA MANN

1	Rainer, Anna	62	Manatee Aquatic-38	38.57
2	Taylor, Catherine	61	Walnut Creek Mas-38	42.00
3	Knight-Williams, Valerie	60	Sacramento Maste-38	42.10
4	Russell, Jane	60	Davis Aquatic Ma-38	42.26
5	Tyler, Christine	61	Quicksilver Mast-38	45.50
6	Carter, Monica	62	Sacramento Maste-38	47.79
7	Carroll, Leah	62	Albany Armada Aq-38	49.19
8	Haskell, Rocio	61	Manatee Aquatic-38	50.03
9	Berg, Joanna	63	Manatee Aquatic-38	51.26
10	Bowden, Melanie	60	Temescal Aquatic-38	53.76
11	Focha, Teresa	63	Albany Armada Aq-38	58.16
12	Dunkle, Julie	63	Tri Valley Maste-38	1:07.47

**Women 60-64 50 Yard Butterfly**

PAC: 29.28 P 2/9/2014 LAURA B VAL

NATL: 27.93 N 5/13/2018 TRACI GRANGER

1	Rainer, Anna	62	Manatee Aquatic-38	33.14
2	Russell, Jane	60	Davis Aquatic Ma-38	33.53
3	Carter, Monica	62	Sacramento Maste-38	36.16
4	Knight-Williams, Valerie	60	Sacramento Maste-38	38.63
5	Tyler, Christine	61	Quicksilver Mast-38	39.27
6	Taylor, Catherine	61	Walnut Creek Mas-38	40.49
7	Carroll, Leah	62	Albany Armada Aq-38	45.29
8	Haskell, Rocio	61	Manatee Aquatic-38	48.90
9	Berg, Joanna	63	Manatee Aquatic-38	50.45
10	Focha, Teresa	63	Albany Armada Aq-38	50.82
11	Dunkle, Julie	63	Tri Valley Maste-38	1:13.15

**Women 60-64 100 Yard IM**

PAC: 1:07.08 P 5/17/2015 LAURA B VAL

NATL: 1:06.74 N 9/15/2018 PENNY NOYES

1	Rainer, Anna	62	Manatee Aquatic-38	1:12.43
2	Russell, Jane	60	Davis Aquatic Ma-38	1:13.39
3	Knight-Williams, Valerie	60	Sacramento Maste-38	1:24.12
4	Carter, Monica	62	Sacramento Maste-38	1:25.43
5	Taylor, Catherine	61	Walnut Creek Mas-38	1:25.81

## AAA Masters Splash &amp; Dash Sprint Pentathlon - 2/24/2024

Sanction #: 384-S007

Results - Saturday

**Women 60-64 100 Yard IM**

6 Tyler, Christine	61 Quicksilver Mast-38	1:28.72
7 Carroll, Leah	62 Albany Armada Aq-38	1:41.85
8 Haskell, Rocio	61 Manatee Aquatic-38	1:47.58
9 Berg, Joanna	63 Manatee Aquatic-38	1:51.64
10 Focha, Teresa	63 Albany Armada Aq-38	1:53.04
11 Dunkle, Julie	63 Tri Valley Maste-38	2:28.92

**Women 65-69 50 Yard Freestyle**

PAC: 26.55 P 5/13/2018 LAURA B VAL  
 NATL: 26.34 N 2/1/2020 PENNY NOYES

1 Rafkin, Louise	65 Marcia's Enthusi-38	31.70
2 Welland, Laura	65 Albany Armada Aq-38	35.05
3 Albertson, Nay	69 Walnut Creek Mas-38	35.68
4 Quinn, Phyllis	68 The Olympic Club-38	36.55
5 Hickel, Jessie	65 East Bay Bat Ray-38	37.43

**Women 65-69 50 Yard Backstroke**

PAC: 29.65 P 5/12/2018 LAURA B VAL  
 NATL: 29.65 N 5/12/2018 LAURA VAL

1 Rafkin, Louise	65 Marcia's Enthusi-38	41.42
2 Quinn, Phyllis	68 The Olympic Club-38	44.06
3 Albertson, Nay	69 Walnut Creek Mas-38	46.75
4 Hickel, Jessie	65 East Bay Bat Ray-38	47.44

**Women 65-69 50 Yard Breaststroke**

PAC: 38.56 P 3/19/2017 LAURA B VAL  
 NATL: 36.58 N 5/11/2018 MELINDA WOLFF

1 Rafkin, Louise	65 Marcia's Enthusi-38	43.73
2 Albertson, Nay	69 Walnut Creek Mas-38	48.11
3 Hickel, Jessie	65 East Bay Bat Ray-38	49.08
4 Quinn, Phyllis	68 The Olympic Club-38	50.79

**Women 65-69 50 Yard Butterfly**

PAC: 29.58 P 3/19/2017 LAURA B VAL  
 NATL: 28.94 N 9/14/2019 PENNY NOYES

1 Rafkin, Louise	65 Marcia's Enthusi-38	37.50
2 Quinn, Phyllis	68 The Olympic Club-38	41.24
3 Albertson, Nay	69 Walnut Creek Mas-38	42.23
4 Welland, Laura	65 Albany Armada Aq-38	42.45
5 Hickel, Jessie	65 East Bay Bat Ray-38	47.92

**Women 65-69 100 Yard IM**

PAC: 1:09.39 P 2/11/2017 LAURA B VAL  
 NATL: 1:07.03 N 2/1/2020 PENNY NOYES

1 Rafkin, Louise	65 Marcia's Enthusi-38	1:25.17
2 Albertson, Nay	69 Walnut Creek Mas-38	1:31.78
3 Quinn, Phyllis	68 The Olympic Club-38	1:34.97
4 Welland, Laura	65 Albany Armada Aq-38	1:35.15
5 Hickel, Jessie	65 East Bay Bat Ray-38	1:38.22

**Women 70-74 50 Yard Freestyle**

PAC: 30.23 P 4/27/2019 RUTH Y SHAPS  
 NATL: 28.72 N 5/11/2018 MARGARET TOPPEL

1 Val, Laura	72 Tamalpais Aquati-38	28.45N
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**Women 70-74 50 Yard Backstroke**

PAC: 38.49 P 4/13/2019 RUTH Y SHAPS  
 NATL: 32.57 N 2/8/2020 CECILIA MCCLOSKEY

1 Val, Laura	72 Tamalpais Aquati-38	32.35N
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**Women 70-74 50 Yard Breaststroke**

PAC: 40.45 P 4/24/2015 DANIELA BARNEA  
 NATL: 39.44 N 9/16/2017 DALE BARNHARD

1 Val, Laura	72 Tamalpais Aquati-38	42.05
2 Guthrie, Sally	73 Sacramento Maste-38	49.82

**Women 70-74 50 Yard Butterfly**

PAC: 35.06 P 12/31/2000 GAIL ROPER  
 NATL: 31.61 N 2/9/2020 CECILIA MCCLOSKEY

1 Val, Laura	72 Tamalpais Aquati-38	32.61P
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**Women 70-74 100 Yard IM**

PAC: 1:21.97 P 12/31/2000 GAIL ROPER  
 NATL: 1:13.33 N 2/8/2020 CECILIA MCCLOSKEY

1 Val, Laura	72 Tamalpais Aquati-38	1:13.89P
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**Women 75-79 50 Yard Freestyle**

PAC: 34.68 P 4/30/2017 NANCY J RIDOUT  
 NATL: 33.87 N 4/3/2005 GAIL ROPER

1 Scott, Stephanie	76 Walnut Creek Mas-38	41.46
2 Barnea, Daniela	79 Menlo Masters-38	41.94

**Women 75-79 50 Yard Backstroke**

PAC: 41.40 P 12/31/2009 ANN KAY  
 NATL: 40.25 N 4/30/2000 DORIS STEADMAN

1 Scott, Stephanie	76 Walnut Creek Mas-38	47.95
2 Barnea, Daniela	79 Menlo Masters-38	48.66

**Women 75-79 50 Yard Breaststroke**

PAC: 41.76 P 4/27/2019 DANIELA BARNEA  
 NATL: 41.53 N 4/13/2014 JOANN LEILICH

1 Barnea, Daniela	79 Menlo Masters-38	47.42
2 Scott, Stephanie	76 Walnut Creek Mas-38	53.40

**Women 75-79 50 Yard Butterfly**

PAC: 40.95 P 4/28/2019 DIANA F TODD  
 NATL: 38.05 N 4/26/2015 MARY ANN CASE

1 Barnea, Daniela	79 Menlo Masters-38	46.77
2 Scott, Stephanie	76 Walnut Creek Mas-38	54.13

**Women 75-79 100 Yard IM**

PAC: 1:35.11 P 12/31/2009 ANN KAY  
 NATL: 1:27.31 N 4/24/2005 GAIL ROPER

1 Barnea, Daniela	79 Menlo Masters-38	1:38.14
2 Scott, Stephanie	76 Walnut Creek Mas-38	1:53.59

**Women 80-84 50 Yard Freestyle**

PAC: 37.11 P 12/31/2003 MARGERY MEYER  
 NATL: 34.20 N 12/13/2015 JOHNNIE DETRICK

1 Stretch, Nancy	84 The Olympic Club-38	51.75
2 Morton, Judith	84 Walnut Creek Mas-38	1:17.80

**Women 80-84 50 Yard Backstroke**

PAC: 45.16 P 12/31/2003 MARGERY MEYER  
 NATL: 43.57 N 4/19/2009 BETTY LORENZI

1 Stretch, Nancy	84 The Olympic Club-38	1:00.54
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## AAA Masters Splash &amp; Dash Sprint Pentathlon - 2/24/2024

Sanction #: 384-S007

## Results - Saturday

**(Women 80-84 50 Yard Backstroke)**

2 Morton, Judith 84 Walnut Creek Mas-38 1:19.16

**Women 80-84 50 Yard Breaststroke**

PAC: 48.29 P 2/12/2011 ANN M HIRSCH

NATL: 45.10 N 3/31/2019 JOANN LEILICH

1 Stretch, Nancy 84 The Olympic Club-38 1:01.63

2 Morton, Judith 84 Walnut Creek Mas-38 1:45.18

**Women 80-84 50 Yard Butterfly**

PAC: 52.26 P 4/3/2011 ANN M HIRSCH

NATL: 50.10 N 4/15/2007 LOIS KIVI NOCHMAN

1 Stretch, Nancy 84 The Olympic Club-38 1:05.26

2 Morton, Judith 84 Walnut Creek Mas-38 1:39.48

**Women 80-84 100 Yard IM**

PAC: 1:46.52 P 3/27/2011 ANN M HIRSCH

NATL: 1:42.51 N 4/29/2016 JOHNNIE DETRICK

1 Stretch, Nancy 84 The Olympic Club-38 2:10.06

2 Morton, Judith 84 Walnut Creek Mas-38 3:10.83

**Men 18-24 50 Yard Freestyle**

PAC: 19.97 P 5/2/2014 CHRISTOPHER PETER

NATL: 19.36 N 4/28/2012 JOSH SCHNEIDER

1 Millis, Kyle 24 The Olympic Club-38 22.56

2 Freiwald, Owen 24 Sacramento Maste-38 25.10

**Men 18-24 50 Yard Backstroke**

PAC: 22.85 P 4/26/2015 ANDREW SAETA

NATL: 22.33 N 5/10/2013 ANDREW ELLIOTT

1 Millis, Kyle 24 The Olympic Club-38 23.58

**Men 18-24 50 Yard Breaststroke**

PAC: 24.98 P 12/31/2009 RICK EDDY

NATL: 24.53 N 2/1/2015 ROSTYSLAV FEDYNA

1 Millis, Kyle 24 The Olympic Club-38 29.94

**Men 18-24 50 Yard Butterfly**

PAC: 22.50 P 5/4/2014 NOLAN KOON

NATL: 21.13 N 4/26/2015 HENRIK LINDAU

1 Millis, Kyle 24 The Olympic Club-38 23.20

2 Freiwald, Owen 24 Sacramento Maste-38 28.10

**Men 18-24 100 Yard IM**

PAC: 49.52 P 4/25/2015 COLIN B BABCOCK

NATL: 48.96 N 4/26/2019 ANDREW APPLEBY

1 Millis, Kyle 24 The Olympic Club-38 54.16

**Men 25-29 50 Yard Freestyle**

PAC: 18.67 P 12/20/2014 NATHAN ADRIAN

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

1 Mackrel, Julian 28 The Olympic Club-38 20.99

2 Cono, Benjamin 27 The Olympic Club-38 21.86

3 DeVine, Abrahm 27 The Olympic Club-38 22.03

4 Poppe, Hank 25 The Olympic Club-38 22.49

5 Whittle, Matthew 28 The Olympic Club-38 23.03

6 Brodie, Jonathan 29 Swim Fremont Gle-38 23.46

7 Chow, Jonathan 28 SF Tsunami Maste-38 23.59

8 Gleason, Sam 27 Albany Armada Aq-38 24.22

9 Cho, Andrew 26 Swim Fremont Gle-38 24.81

10 Jalihal, Aditya 28 Marcia's Enthusi-38 25.33

11 Huynh, Vincent 26 Sacramento Maste-38 27.66

**Men 25-29 50 Yard Backstroke**

PAC: 21.98 P 5/1/2016 ANDREW SAETA

NATL: 21.46 N 4/16/2010 ADAM MANIA

1 DeVine, Abrahm 27 The Olympic Club-38 23.71

2 Brodie, Jonathan 29 Swim Fremont Gle-38 25.26

3 Poppe, Hank 25 The Olympic Club-38 25.66

4 Whittle, Matthew 28 The Olympic Club-38 25.83

5 Cono, Benjamin 27 The Olympic Club-38 27.09

6 Chow, Jonathan 28 SF Tsunami Maste-38 28.16

7 Gleason, Sam 27 Albany Armada Aq-38 28.99

8 Cho, Andrew 26 Swim Fremont Gle-38 29.81

9 Jalihal, Aditya 28 Marcia's Enthusi-38 31.18

10 Chavez, Liam 26 Temescal Aquatic-38 32.61

**Men 25-29 50 Yard Breaststroke**

PAC: 24.86 P 4/30/2016 CHRISTOPHER BURCK

NATL: 23.87 N 5/21/2010 MARK GANGLOFF

1 Cono, Benjamin 27 The Olympic Club-38 24.94

2 Mackrel, Julian 28 The Olympic Club-38 26.37

3 Poppe, Hank 25 The Olympic Club-38 26.48

4 Whittle, Matthew 28 The Olympic Club-38 27.71

5 Chow, Jonathan 28 SF Tsunami Maste-38 31.28

6 Jalihal, Aditya 28 Marcia's Enthusi-38 34.07

7 Huynh, Vincent 26 Sacramento Maste-38 37.84

--- Gleason, Sam 27 Albany Armada Aq-38 DQ

--- DeVine, Abrahm 27 The Olympic Club-38 DQ

**Men 25-29 50 Yard Butterfly**

PAC: 21.73 P 5/4/2014 WILLIAM COPELAND

NATL: 20.99 N 4/28/2019 MARCIN CIESLAK

1 DeVine, Abrahm 27 The Olympic Club-38 22.97

2 Cono, Benjamin 27 The Olympic Club-38 23.45

3 Poppe, Hank 25 The Olympic Club-38 23.50

4 Mackrel, Julian 28 The Olympic Club-38 23.57

5 Whittle, Matthew 28 The Olympic Club-38 23.76

6 Brodie, Jonathan 29 Swim Fremont Gle-38 24.96

7 Fedorov, Brian 28 Sacramento Maste-38 26.03

8 Chow, Jonathan 28 SF Tsunami Maste-38 26.30

9 Gleason, Sam 27 Albany Armada Aq-38 26.87

10 Jalihal, Aditya 28 Marcia's Enthusi-38 27.45

11 Cho, Andrew 26 Swim Fremont Gle-38 28.27

12 Chavez, Liam 26 Temescal Aquatic-38 31.03

13 Huynh, Vincent 26 Sacramento Maste-38 32.16

**Men 25-29 100 Yard IM**

PAC: 48.99 P 4/29/2017 NATHAN ADRIAN

NATL: 47.77 N 5/3/2014 DARIAN TOWNSEND

1 Mackrel, Julian 28 The Olympic Club-38 52.78

2 DeVine, Abrahm 27 The Olympic Club-38 54.38

3 Whittle, Matthew 28 The Olympic Club-38 55.07

4 Poppe, Hank 25 The Olympic Club-38 55.71

5 Chow, Jonathan 28 SF Tsunami Maste-38 1:00.03

6 Gleason, Sam 27 Albany Armada Aq-38 1:03.54

7 Jalihal, Aditya 28 Marcia's Enthusi-38 1:07.13

8 Chavez, Liam 26 Temescal Aquatic-38 1:11.75

--- Cono, Benjamin 27 The Olympic Club-38 DQ

## AAA Masters Splash &amp; Dash Sprint Pentathlon - 2/24/2024

Sanction #: 384-S007

## Results - Saturday

## Men 30-34 50 Yard Freestyle

PAC: 19.33 P 5/4/2014 ANTHONY L ERVIN

NATL: 19.33 N 5/3/2014 ERVIN\ERVIN

1	Solaeche, Eduardo	30	The Olympic Club-38	21.09
2	Greer, George	33	East Bay Bat Ray-38	22.19
3	Thomson, Daniel	30	SF Tsunami Maste-38	22.97
4	Murlas, Kyler	34	Albany Armada Aq-38	24.15
5	Crooks, Kevin	30	SF Tsunami Maste-38	24.75
6	Lee, Raymond	33	Temescal Aquatic-38	25.18
7	Jones, Austin	32	SF Tsunami Maste-38	25.50
8	Duncan, Jacob	34	East Bay Bat Ray-38	25.93
9	Thomas, Michael	31	Mountain View Ma-38	26.41
10	Freiwald, Andrew	31	Sacramento Maste-38	26.64
11	Bardales, Christopher	33	SF Tsunami Maste-38	28.71
12	Bautista, Jair	31	Sacramento Maste-38	29.03
13	Xia, Alan	31	Swim Fremont Gle-38	30.37

## Men 30-34 50 Yard Backstroke

PAC: 23.10 P 4/30/2017 MATTHEW T MARSHAL

NATL: 21.37 N 4/26/2019 MATT GREVERS

1	Solaeche, Eduardo	30	The Olympic Club-38	23.84
2	Thomson, Daniel	30	SF Tsunami Maste-38	26.25
3	Crooks, Kevin	30	SF Tsunami Maste-38	28.68
4	Murlas, Kyler	34	Albany Armada Aq-38	30.34
5	Jones, Austin	32	SF Tsunami Maste-38	31.45
6	Bardales, Christopher	33	SF Tsunami Maste-38	32.11
7	Lee, Raymond	33	Temescal Aquatic-38	32.27
8	Thomas, Michael	31	Mountain View Ma-38	32.79
9	Freiwald, Andrew	31	Sacramento Maste-38	32.82
10	Xia, Alan	31	Swim Fremont Gle-38	36.29
11	Bautista, Jair	31	Sacramento Maste-38	36.54

## Men 30-34 50 Yard Breaststroke

PAC: 24.52 P 12/16/2019 BRANDON J FISCHER

NATL: 24.35 N 4/24/2015 MATT GREVERS

1	Solaeche, Eduardo	30	The Olympic Club-38	25.15
2	Thomson, Daniel	30	SF Tsunami Maste-38	28.01
3	Lee, Raymond	33	Temescal Aquatic-38	30.84
4	Crooks, Kevin	30	SF Tsunami Maste-38	30.96
5	Murlas, Kyler	34	Albany Armada Aq-38	34.23
6	Jones, Austin	32	SF Tsunami Maste-38	34.72
7	Xia, Alan	31	Swim Fremont Gle-38	35.58
8	Freiwald, Andrew	31	Sacramento Maste-38	35.80
9	Thomas, Michael	31	Mountain View Ma-38	36.06
10	Bardales, Christopher	33	SF Tsunami Maste-38	39.25
11	Bautista, Jair	31	Sacramento Maste-38	41.21

## Men 30-34 50 Yard Butterfly

PAC: 21.90 P 4/28/2017 MATTHEW T MARSHAL

NATL: 21.11 N 4/26/2015 MATT GREVERS

1	Solaeche, Eduardo	30	The Olympic Club-38	22.08
2	Greer, George	33	East Bay Bat Ray-38	23.84
3	Thomson, Daniel	30	SF Tsunami Maste-38	25.19
4	Crooks, Kevin	30	SF Tsunami Maste-38	26.22
5	Lee, Raymond	33	Temescal Aquatic-38	26.32
6	Murlas, Kyler	34	Albany Armada Aq-38	27.30
7	Thomas, Michael	31	Mountain View Ma-38	28.48
8	Jones, Austin	32	SF Tsunami Maste-38	29.31

9	Duncan, Jacob	34	East Bay Bat Ray-38	30.34
10	Bardales, Christopher	33	SF Tsunami Maste-38	31.30
11	Bautista, Jair	31	Sacramento Maste-38	33.33
12	Xia, Alan	31	Swim Fremont Gle-38	34.11

## Men 30-34 100 Yard IM

PAC: 49.23 P 4/25/2015 ANTHONY L ERVIN

NATL: 47.71 N 4/29/2017 RYAN LOCHTE

1	Solaeche, Eduardo	30	The Olympic Club-38	49.88
2	Greer, George	33	East Bay Bat Ray-38	57.87
3	Crooks, Kevin	30	SF Tsunami Maste-38	1:01.05
4	Lee, Raymond	33	Temescal Aquatic-38	1:01.36
5	Jones, Austin	32	SF Tsunami Maste-38	1:05.59
6	Murlas, Kyler	34	Albany Armada Aq-38	1:06.11
7	Thomas, Michael	31	Mountain View Ma-38	1:07.77
8	Duncan, Jacob	34	East Bay Bat Ray-38	1:09.26
9	Bardales, Christopher	33	SF Tsunami Maste-38	1:12.04
10	Xia, Alan	31	Swim Fremont Gle-38	1:17.14
11	Bautista, Jair	31	Sacramento Maste-38	1:18.03
---	Thomson, Daniel	30	SF Tsunami Maste-38	DQ

## Men 35-39 50 Yard Freestyle

PAC: 20.69 P 5/13/2018 MATTHEW T MARSHAL

NATL: 20.01 N 3/25/2018 ROLAND SCHOEMAN

1	Grant, Andy	39	Walnut Creek Mas-38	21.64
2	Savulich, Bobby	36	The Olympic Club-38	21.67
3	La Tourette, Chad	35	The Olympic Club-38	22.77
4	Nickell, Ryan	39	The Bay Club-38	23.99
5	Uras, Onur	39	Walnut Creek Mas-38	24.44
6	Wong, Lawrence	39	SF Tsunami Maste-38	30.77
7	Alexander, James	39	SF Tsunami Maste-38	33.88
8	Ravipati, Pavan	35	Richmond Plunge-38	34.45

## Men 35-39 50 Yard Backstroke

PAC: 22.97 P 5/12/2018 MATTHEW T MARSHAL

NATL: 22.62 N 4/29/2017 JEFF NATALIZIO

1	Grant, Andy	39	Walnut Creek Mas-38	24.70
*2	La Tourette, Chad	35	The Olympic Club-38	25.93
*2	Savulich, Bobby	36	The Olympic Club-38	25.93
4	Wong, Lawrence	39	SF Tsunami Maste-38	34.90
5	Alexander, James	39	SF Tsunami Maste-38	41.37
6	Ravipati, Pavan	35	Richmond Plunge-38	45.45

## Men 35-39 50 Yard Breaststroke

PAC: 26.99 P 12/31/2000 BRIAN P SCOTTOLIN

NATL: 25.35 N 5/21/2010 STEVE WEST

1	Savulich, Bobby	36	The Olympic Club-38	27.51
2	Grant, Andy	39	Walnut Creek Mas-38	28.06
3	La Tourette, Chad	35	The Olympic Club-38	29.81
4	Alexander, James	39	SF Tsunami Maste-38	43.85

## Men 35-39 50 Yard Butterfly

PAC: 21.66 P 5/13/2018 MATTHEW T MARSHAL

NATL: 21.24 N 3/25/2018 ROLAND SCHOEMAN

1	Savulich, Bobby	36	The Olympic Club-38	23.41
2	Grant, Andy	39	Walnut Creek Mas-38	23.69
3	La Tourette, Chad	35	The Olympic Club-38	26.01
4	Uras, Onur	39	Walnut Creek Mas-38	26.44
5	Nickell, Ryan	39	The Bay Club-38	26.65



## AAA Masters Splash &amp; Dash Sprint Pentathlon - 2/24/2024

Sanction #: 384-S007

## Results - Saturday

**(Men 35-39 50 Yard Butterfly)**

---	Alexander, James	39	SF Tsunami Maste-38	DQ
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**Men 35-39 100 Yard IM**

<b>PAC:</b>	<b>51.78 P 12/31/2009</b>	<b>LEE G WANIE</b>
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<b>NATL:</b>	<b>49.01 N 4/29/2017</b>	<b>JEFF NATALIZIO</b>
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1	Grant, Andy	39	Walnut Creek Mas-38	53.40
2	Savulich, Bobby	36	The Olympic Club-38	54.49
3	La Tourette, Chad	35	The Olympic Club-38	56.60
4	Alexander, James	39	SF Tsunami Maste-38	1:23.08

**Men 40-44 50 Yard Freestyle**

<b>PAC:</b>	<b>21.30 P 5/13/2018</b>	<b>SCOTT C GREENWOOD</b>
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<b>NATL:</b>	<b>20.67 N 12/20/2014</b>	<b>JOSH DAVIS</b>
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1	Valdivieso, Juan	42	The Olympic Club-38	23.25
2	Wong, Eric	43	Santa Rosa Maste-38	23.64
3	Holbrook, Chad	44	Walnut Creek Mas-38	25.33
4	Baristiran, Omer	44	UC38	25.44
5	Song, Daniel	42	Manatee Aquatic-38	25.70
6	Rinehart, Billy	41	The Olympic Club-38	25.99
7	Lee, Brian	41	SF Tsunami Maste-38	26.07
8	Wada, Ellison	44	Marcia's Enthusi-38	28.32
9	Nourbakhsh, Mehdi	40	Richmond Plunge-38	34.16

**Men 40-44 50 Yard Backstroke**

<b>PAC:</b>	<b>23.93 P 12/31/2009</b>	<b>RICK GOULD</b>
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<b>NATL:</b>	<b>22.77 N 4/26/2009</b>	<b>MICHAEL ROSS</b>
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1	Valdivieso, Juan	42	The Olympic Club-38	27.56
2	Wong, Eric	43	Santa Rosa Maste-38	27.60
3	Baristiran, Omer	44	UC38	30.21
4	Holbrook, Chad	44	Walnut Creek Mas-38	30.54
5	Lee, Brian	41	SF Tsunami Maste-38	31.53
6	Song, Daniel	42	Manatee Aquatic-38	31.71
7	Rinehart, Billy	41	The Olympic Club-38	35.33
8	Wada, Ellison	44	Marcia's Enthusi-38	36.33
9	Nourbakhsh, Mehdi	40	Richmond Plunge-38	43.47

**Men 40-44 50 Yard Breaststroke**

<b>PAC:</b>	<b>26.67 P 12/31/2010</b>	<b>ROQUE J SANTOS</b>
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<b>NATL:</b>	<b>25.02 N 3/12/2016</b>	<b>JARROD MARRS</b>
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1	Wong, Eric	43	Santa Rosa Maste-38	29.11
2	Valdivieso, Juan	42	The Olympic Club-38	29.81
3	Lee, Brian	41	SF Tsunami Maste-38	32.08
4	Holbrook, Chad	44	Walnut Creek Mas-38	33.22
5	Baristiran, Omer	44	UC38	34.19
6	Song, Daniel	42	Manatee Aquatic-38	34.95
7	Rinehart, Billy	41	The Olympic Club-38	39.90
8	Wada, Ellison	44	Marcia's Enthusi-38	40.41
---	Nourbakhsh, Mehdi	40	Richmond Plunge-38	DQ

**Men 40-44 50 Yard Butterfly**

<b>PAC:</b>	<b>23.69 P 12/31/2010</b>	<b>MATT JONES</b>
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<b>NATL:</b>	<b>22.60 N 4/14/2018</b>	<b>JAMES ZENYUH</b>
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1	Valdivieso, Juan	42	The Olympic Club-38	24.32
2	Wong, Eric	43	Santa Rosa Maste-38	25.59
3	Song, Daniel	42	Manatee Aquatic-38	28.07
4	Lee, Brian	41	SF Tsunami Maste-38	28.12
5	Baristiran, Omer	44	UC38	28.32

6	Holbrook, Chad	44	Walnut Creek Mas-38	29.91
7	Nourbakhsh, Mehdi	40	Richmond Plunge-38	37.75

**Men 40-44 100 Yard IM**

<b>PAC:</b>	<b>52.58 P 12/31/2010</b>	<b>ROQUE J SANTOS</b>
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<b>NATL:</b>	<b>51.07 N 4/25/2015</b>	<b>JEFF COMMINGS</b>
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1	Valdivieso, Juan	42	The Olympic Club-38	57.51
2	Wong, Eric	43	Santa Rosa Maste-38	58.21
3	Baristiran, Omer	44	UC38	1:05.15
4	Holbrook, Chad	44	Walnut Creek Mas-38	1:05.29
5	Lee, Brian	41	SF Tsunami Maste-38	1:05.30
6	Song, Daniel	42	Manatee Aquatic-38	1:05.88
7	Rinehart, Billy	41	The Olympic Club-38	1:10.00
8	Nourbakhsh, Mehdi	40	Richmond Plunge-38	1:30.44
9	Wada, Ellison	44	Marcia's Enthusi-38	1:34.14

**Men 45-49 50 Yard Freestyle**

<b>PAC:</b>	<b>21.87 P 12/31/2009</b>	<b>DAVID E BOATWRIGHT</b>
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<b>NATL:</b>	<b>21.06 N 5/21/2010</b>	<b>RICHARD HUGHEY</b>
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1	Nisenbaum, Adam	46	Manatee Aquatic-38	24.20
2	Ward, Matthew	46	Manatee Aquatic-38	24.69
*3	You, Tsan	45	Sacramento Maste-38	25.52
*3	Mak, Timothy	46	Stanford Masters-38	25.52
5	Frazier, Michael	47	Sacramento Maste-38	26.46
6	Sabatini, Greg	48	Richmond Plunge-38	27.18

**Men 45-49 50 Yard Backstroke**

<b>PAC:</b>	<b>24.34 P 5/4/2014</b>	<b>RICK GOULD</b>
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<b>NATL:</b>	<b>23.58 N 4/26/2015</b>	<b>MICHAEL ROSS</b>
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1	Nisenbaum, Adam	46	Manatee Aquatic-38	29.18
2	Mak, Timothy	46	Stanford Masters-38	29.40
3	Sabatini, Greg	48	Richmond Plunge-38	31.48
4	Frazier, Michael	47	Sacramento Maste-38	33.12

**Men 45-49 50 Yard Breaststroke**

<b>PAC:</b>	<b>27.65 P 12/31/2002</b>	<b>LEE A RIDER</b>
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<b>NATL:</b>	<b>25.66 N 4/27/2019</b>	<b>JEFF COMMINGS</b>
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1	Nisenbaum, Adam	46	Manatee Aquatic-38	31.22
2	Mak, Timothy	46	Stanford Masters-38	33.71
3	Sabatini, Greg	48	Richmond Plunge-38	33.99
4	Frazier, Michael	47	Sacramento Maste-38	36.30

**Men 45-49 50 Yard Butterfly**

<b>PAC:</b>	<b>24.00 P 12/31/2012</b>	<b>MATT JONES</b>
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<b>NATL:</b>	<b>22.67 N 5/4/2008</b>	<b>PAUL SMITH</b>
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1	Nisenbaum, Adam	46	Manatee Aquatic-38	25.48
2	Mak, Timothy	46	Stanford Masters-38	27.19
3	You, Tsan	45	Sacramento Maste-38	29.77
4	Sabatini, Greg	48	Richmond Plunge-38	30.19
5	Frazier, Michael	47	Sacramento Maste-38	30.61
---	Ward, Matthew	46	Manatee Aquatic-38	DQ

**Men 45-49 100 Yard IM**

<b>PAC:</b>	<b>55.47 P 5/3/2014</b>	<b>MICHAEL W DE BOIS</b>
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<b>NATL:</b>	<b>52.14 N 5/23/2010</b>	<b>RICHARD HUGHEY</b>
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1	Nisenbaum, Adam	46	Manatee Aquatic-38	1:01.94
2	Mak, Timothy	46	Stanford Masters-38	1:06.52
3	Sabatini, Greg	48	Richmond Plunge-38	1:07.43
4	Frazier, Michael	47	Sacramento Maste-38	1:08.45

## AAA Masters Splash &amp; Dash Sprint Pentathlon - 2/24/2024

Sanction #: 384-S007

## Results - Saturday

## Men 50-54 50 Yard Freestyle

PAC: 22.45 P 12/31/2009 JOHN OBERTO  
 NATL: 21.36 N 4/29/2011 ROWDY GAINES

1	Wood, Brent	54 UC38	24.72
2	Francis, Matthew	51 SF Tsunami Maste-38	27.56
3	Kneubuhler, Yann	51 Richmond Plunge-38	27.65
4	Lehnert, Ahren	50 Marcia's Enthusi-38	28.22
5	Meeker, Michael	50 Richmond Plunge-38	29.49
6	Claassen, John	54 Walnut Creek Mas-38	31.50
7	Green, Joel	53 Temescal Aquatic-38	31.73
8	Polos, John	50 Richmond Plunge-38	36.55

## Men 50-54 50 Yard Backstroke

PAC: 24.75 P 4/13/2019 RICK GOULD  
 NATL: 24.57 N 5/4/2014 FRITZ BEDFORD

1	Wood, Brent	54 UC38	30.97
2	Kneubuhler, Yann	51 Richmond Plunge-38	35.32
3	Francis, Matthew	51 SF Tsunami Maste-38	36.50
4	Lehnert, Ahren	50 Marcia's Enthusi-38	41.84
5	Polos, John	50 Richmond Plunge-38	49.36

## Men 50-54 50 Yard Breaststroke

PAC: 27.82 P 12/31/2010 GARY L PATTERSON  
 NATL: 26.45 N 3/30/2014 DAVID GUTHRIE

1	Wood, Brent	54 UC38	31.44
2	Francis, Matthew	51 SF Tsunami Maste-38	32.98
3	Kneubuhler, Yann	51 Richmond Plunge-38	35.33
4	Lehnert, Ahren	50 Marcia's Enthusi-38	37.04
5	Claassen, John	54 Walnut Creek Mas-38	44.79

## Men 50-54 50 Yard Butterfly

PAC: 23.52 P 12/31/2009 JOHN OBERTO  
 NATL: 23.19 N 4/25/2004 TRIP HEDRICK

1	Wood, Brent	54 UC38	28.18
2	Francis, Matthew	51 SF Tsunami Maste-38	32.21
3	Meeker, Michael	50 Richmond Plunge-38	33.35
4	Lehnert, Ahren	50 Marcia's Enthusi-38	34.20
5	Kneubuhler, Yann	51 Richmond Plunge-38	34.44
6	Green, Joel	53 Temescal Aquatic-38	35.81
7	Claassen, John	54 Walnut Creek Mas-38	40.86
8	Polos, John	50 Richmond Plunge-38	48.10

## Men 50-54 100 Yard IM

PAC: 55.82 P 12/31/2009 JOHN OBERTO  
 NATL: 53.60 N 4/29/2017 MIKE IRVIN

1	Wood, Brent	54 UC38	1:03.93
2	Francis, Matthew	51 SF Tsunami Maste-38	1:11.11
3	Kneubuhler, Yann	51 Richmond Plunge-38	1:11.53
4	Green, Joel	53 Temescal Aquatic-38	1:20.10
5	Lehnert, Ahren	50 Marcia's Enthusi-38	1:20.24
6	Meeker, Michael	50 Richmond Plunge-38	1:23.75
7	Polos, John	50 Richmond Plunge-38	1:43.83

## Men 55-59 50 Yard Freestyle

PAC: 22.79 P 5/4/2008 JIM GRIFFITH  
 NATL: 21.82 N 4/30/2000 RICHARD ABRAHAMS

1	Langner, Mikael	55 University of Sa-38	26.27
2	Gardner, William	59 Manatee Aquatic-38	26.79
3	Travale, John	56 Walnut Creek Mas-38	28.00

4	Beale, James	58 Park Terrace Mas-38	28.62
5	Barajas, Nick	58 Sacramento Maste-38	28.86
6	Mallon, Ken	59 Quicksilver Mast-38	30.26
7	Geller, Jason	57 The Olympic Club-38	31.48
8	Trutane, Steve	58 Albany Armada Aq-38	32.30
9	Wu, Long	58 Marcia's Enthusi-38	32.93

## Men 55-59 50 Yard Backstroke

PAC: 26.62 P 6/30/2011 PHILIPP DJANG  
 NATL: 25.30 N 3/23/2019 FRITZ BEDFORD

1	Langner, Mikael	55 University of Sa-38	32.22
2	Gardner, William	59 Manatee Aquatic-38	34.17
3	Beale, James	58 Park Terrace Mas-38	37.49
4	Barajas, Nick	58 Sacramento Maste-38	37.97
5	Trutane, Steve	58 Albany Armada Aq-38	41.21
6	Mallon, Ken	59 Quicksilver Mast-38	45.90
7	Wu, Long	58 Marcia's Enthusi-38	47.39
---	Travale, John	56 Walnut Creek Mas-38	DQ

## Men 55-59 50 Yard Breaststroke

PAC: 28.71 P 12/31/2003 DON MC KENZIE  
 NATL: 26.32 N 4/27/2019 CARLO TRAVAINI

1	Langner, Mikael	55 University of Sa-38	35.78
2	Wu, Long	58 Marcia's Enthusi-38	36.45
3	Gardner, William	59 Manatee Aquatic-38	36.69
4	Geller, Jason	57 The Olympic Club-38	37.90
5	Barajas, Nick	58 Sacramento Maste-38	38.31
6	Mallon, Ken	59 Quicksilver Mast-38	41.62
---	Trutane, Steve	58 Albany Armada Aq-38	DQ

## Men 55-59 50 Yard Butterfly

PAC: 24.39 P 5/1/2016 PAUL V CARTER  
 NATL: 24.00 N 5/1/2016 BRUCE KONE

1	Gardner, William	59 Manatee Aquatic-38	28.89
2	Langner, Mikael	55 University of Sa-38	30.34
3	Travale, John	56 Walnut Creek Mas-38	31.45
4	Beale, James	58 Park Terrace Mas-38	31.80
5	Barajas, Nick	58 Sacramento Maste-38	33.81
6	Mallon, Ken	59 Quicksilver Mast-38	34.43
7	Trutane, Steve	58 Albany Armada Aq-38	36.50
8	Wu, Long	58 Marcia's Enthusi-38	42.67

## Men 55-59 100 Yard IM

PAC: 58.23 P 4/29/2017 PAUL V CARTER  
 NATL: 55.09 N 4/26/2019 CARLO TRAVAINI

1	Langner, Mikael	55 University of Sa-38	1:08.50
2	Gardner, William	59 Manatee Aquatic-38	1:08.63
3	Beale, James	58 Park Terrace Mas-38	1:14.14
4	Travale, John	56 Walnut Creek Mas-38	1:14.55
5	Barajas, Nick	58 Sacramento Maste-38	1:15.86
6	Wu, Long	58 Marcia's Enthusi-38	1:25.16
7	Mallon, Ken	59 Quicksilver Mast-38	1:25.41
8	Trutane, Steve	58 Albany Armada Aq-38	1:27.86

## Men 60-64 50 Yard Freestyle

PAC: 23.66 P 4/27/2019 PAUL V CARTER  
 NATL: 22.30 N 5/22/2005 RICHARD ABRAHAMS

1	Boone, Jon	60 Walnut Creek Mas-38	25.37
2	Tom, Daniel	60 Menlo Masters-38	26.61

## AAA Masters Splash &amp; Dash Sprint Pentathlon - 2/24/2024

Sanction #: 384-S007

## Results - Saturday

**(Men 60-64 50 Yard Freestyle)**

3	Taylor, Ron	63	Richmond Plunge-38	27.69
4	King, Ian	61	Walnut Creek Mas-38	27.81
5	St Marseille, Marc	64	Walnut Creek Mas-38	29.64
6	Levy, Sid	60	Manatee Aquatic-38	30.28
7	Gustavson, Jeffrey	62	West Hollywood A-33	30.89
8	Braham, Bob	64	The Bay Club-38	31.01
9	Curran, Patrick	62	North Bay Aquati-38	31.03
10	Stein, Todd	63	Park Terrace Mas-38	31.66
---	Chessen, Kevin	60	North Bay Aquati-38	DQ

**Men 60-64 50 Yard Backstroke**

PAC: 27.64 P 5/1/2011 HUGH WILDER

NATL: 26.60 N 4/7/2018 BRUCE KONE

1	Taylor, Ron	63	Richmond Plunge-38	30.13
2	Tom, Daniel	60	Menlo Masters-38	32.05
3	Boone, Jon	60	Walnut Creek Mas-38	32.46
4	King, Ian	61	Walnut Creek Mas-38	33.41
5	Levy, Sid	60	Manatee Aquatic-38	37.44
6	St Marseille, Marc	64	Walnut Creek Mas-38	37.71
7	Curran, Patrick	62	North Bay Aquati-38	38.13
8	Stein, Todd	63	Park Terrace Mas-38	40.20
9	Gustavson, Jeffrey	62	West Hollywood A-33	42.47
10	Ewing, Jack	63	University of Sa-38	42.58

**Men 60-64 50 Yard Breaststroke**

PAC: 29.32 P 12/31/2006 ROBERT STRAND

NATL: 28.30 N 2/11/2018 BRUCE KONE

1	Tom, Daniel	60	Menlo Masters-38	30.64
2	Boone, Jon	60	Walnut Creek Mas-38	34.43
3	Taylor, Ron	63	Richmond Plunge-38	37.32
4	Ewing, Jack	63	University of Sa-38	37.66
5	St Marseille, Marc	64	Walnut Creek Mas-38	37.90
6	Braham, Bob	64	The Bay Club-38	38.18
7	King, Ian	61	Walnut Creek Mas-38	39.54
8	Curran, Patrick	62	North Bay Aquati-38	40.12
9	Gustavson, Jeffrey	62	West Hollywood A-33	44.84
---	Chessen, Kevin	60	North Bay Aquati-38	DQ

**Men 60-64 50 Yard Butterfly**

PAC: 24.39 P 5/13/2018 PAUL V CARTER

NATL: 24.36 N 2/10/2018 BRUCE KONE

1	Boone, Jon	60	Walnut Creek Mas-38	26.73
2	Taylor, Ron	63	Richmond Plunge-38	28.38
3	Tom, Daniel	60	Menlo Masters-38	28.80
4	King, Ian	61	Walnut Creek Mas-38	31.07
5	Levy, Sid	60	Manatee Aquatic-38	31.60
6	St Marseille, Marc	64	Walnut Creek Mas-38	31.77
7	Stein, Todd	63	Park Terrace Mas-38	33.45
8	Curran, Patrick	62	North Bay Aquati-38	34.27
9	Gustavson, Jeffrey	62	West Hollywood A-33	39.33

**Men 60-64 100 Yard IM**

PAC: 58.73 P 5/12/2018 PAUL V CARTER

NATL: 57.23 N 5/11/2013 RICK COLELLA

1	Tom, Daniel	60	Menlo Masters-38	1:04.91
2	Boone, Jon	60	Walnut Creek Mas-38	1:06.09
3	Taylor, Ron	63	Richmond Plunge-38	1:08.81

4	King, Ian	61	Walnut Creek Mas-38	1:14.76
5	Levy, Sid	60	Manatee Aquatic-38	1:16.74
6	Braham, Bob	64	The Bay Club-38	1:18.79
7	Curran, Patrick	62	North Bay Aquati-38	1:21.43
8	Stein, Todd	63	Park Terrace Mas-38	1:23.56
9	Gustavson, Jeffrey	62	West Hollywood A-33	1:34.19
---	St Marseille, Marc	64	Walnut Creek Mas-38	DQ

**Men 65-69 50 Yard Freestyle**

PAC: 24.01 P 12/31/2009 JAMES E ELDER

NATL: 22.10 N 5/23/2010 RICHARD ABRAHAMS

1	Morales, John	66	Santa Rosa Maste-38	26.19
2	Cutting, Steve	66	Manatee Aquatic-38	26.58
3	Spellberg, Geoff	68	North Bay Aquati-38	28.00
4	Horton, Tom	65	Temescal Aquatic-38	31.49
5	Tsugawa, Peter	66	Albany Armada Aq-38	32.75
6	Anderson, Bob	68	Menlo Masters-38	34.15
7	Johanson, Jeff	69	Bret Harte Aquat-38	37.91
8	Diers, Phil	67	SF Tsunami Maste-38	49.01

**Men 65-69 50 Yard Backstroke**

PAC: 27.84 P 12/31/2009 RICHARD BURNS

NATL: 27.74 N 5/23/2010 RICHARD ABRAHAMS

1	Cutting, Steve	66	Manatee Aquatic-38	31.43
2	Morales, John	66	Santa Rosa Maste-38	31.75
3	Spellberg, Geoff	68	North Bay Aquati-38	38.07
4	Anderson, Bob	68	Menlo Masters-38	43.99
5	Tsugawa, Peter	66	Albany Armada Aq-38	45.29
6	Diers, Phil	67	SF Tsunami Maste-38	1:12.95
---	Johanson, Jeff	69	Bret Harte Aquat-38	DQ

**Men 65-69 50 Yard Breaststroke**

PAC: 31.32 P 12/31/2009 DAVID R GILDEA

NATL: 28.88 N 5/11/2018 RICK COLELLA

1	Morales, John	66	Santa Rosa Maste-38	34.26
2	Cutting, Steve	66	Manatee Aquatic-38	36.66
3	Spellberg, Geoff	68	North Bay Aquati-38	39.19
4	Anderson, Bob	68	Menlo Masters-38	39.30
5	Johanson, Jeff	69	Bret Harte Aquat-38	42.48
6	Tsugawa, Peter	66	Albany Armada Aq-38	43.92
7	Diers, Phil	67	SF Tsunami Maste-38	1:07.41

**Men 65-69 50 Yard Butterfly**

PAC: 26.65 P 12/31/2009 JAMES E ELDER

NATL: 24.94 N 5/22/2010 RICHARD ABRAHAMS

1	Morales, John	66	Santa Rosa Maste-38	27.91
2	Cutting, Steve	66	Manatee Aquatic-38	30.44
3	Spellberg, Geoff	68	North Bay Aquati-38	31.32
4	Tsugawa, Peter	66	Albany Armada Aq-38	37.59
5	Anderson, Bob	68	Menlo Masters-38	38.48
6	Johanson, Jeff	69	Bret Harte Aquat-38	39.21
7	Diers, Phil	67	SF Tsunami Maste-38	1:11.07

**Men 65-69 100 Yard IM**

PAC: 1:02.26 P 12/31/2009 RICHARD BURNS

NATL: 57.37 N 4/26/2019 RICK COLELLA

1	Morales, John	66	Santa Rosa Maste-38	1:07.07
2	Cutting, Steve	66	Manatee Aquatic-38	1:08.46
3	Anderson, Bob	68	Menlo Masters-38	1:25.28

## AAA Masters Splash &amp; Dash Sprint Pentathlon - 2/24/2024

Sanction #: 384-S007

Results - Saturday

**(Men 65-69 100 Yard IM)**

4	Tsugawa, Peter	66	Albany Armada Aq-38	1:27.47
5	Johanson, Jeff	69	Bret Harte Aquat-38	1:29.27
6	Diers, Phil	67	SF Tsunami Maste-38	2:20.37

**Men 75-79 50 Yard Freestyle**

PAC: 26.36 P 5/13/2018 JAMES E ELDER  
 NATL: 25.58 N 3/4/2012 JEFF FARRELL

1	Selna, Mike	75	Cmac Masters-33	29.85
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**Men 75-79 50 Yard Backstroke**

PAC: 30.90 P 4/26/2019 RICHARD BURNS  
 NATL: 30.90 N 4/26/2019 RICHARD BURNS

1	Selna, Mike	75	Cmac Masters-33	35.26
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**Men 75-79 50 Yard Breaststroke**

PAC: 35.93 P 3/24/2019 DAVID R GILDEA  
 NATL: 34.58 N 3/5/2017 MIKE FRESHLEY

1	Selna, Mike	75	Cmac Masters-33	42.34
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**Men 75-79 50 Yard Butterfly**

PAC: 28.95 P 4/28/2019 RICHARD BURNS  
 NATL: 28.95 N 4/28/2019 RICHARD BURNS

1	Selna, Mike	75	Cmac Masters-33	37.43
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**Men 75-79 100 Yard IM**

PAC: 1:10.17 P 4/14/2019 RICHARD BURNS  
 NATL: 1:08.68 N 9/18/2016 MIKE FRESHLEY

1	Selna, Mike	75	Cmac Masters-33	1:17.75
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**Men 80-84 50 Yard Freestyle**

PAC: 31.28 P 2/17/2019 WILLIAM G VAN HOR  
 NATL: 28.68 N 4/30/2017 FARRELL\FARRELL

1	Burns, Richard	80	Tamalpais Aquati-38	29.41P
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**Men 80-84 50 Yard Backstroke**

PAC: 37.39 P 12/31/2000 RAY TAFT  
 NATL: 34.49 N 4/29/2016 YOSHI OYAKAWA

1	Burns, Richard	80	Tamalpais Aquati-38	34.14N
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**Men 80-84 50 Yard Breaststroke**

PAC: 41.30 P 12/31/1998 ALDO DA ROSA  
 NATL: 37.74 N 3/12/2016 DAVID COSTILL

1	Burns, Richard	80	Tamalpais Aquati-38	44.35
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**Men 80-84 50 Yard Butterfly**

PAC: 36.97 P 12/31/2012 ASHLEY K JONES  
 NATL: 33.32 N 3/11/2017 DAVID COSTILL

1	Burns, Richard	80	Tamalpais Aquati-38	32.14N
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**Men 80-84 100 Yard IM**

PAC: 1:24.24 P 12/31/2000 RAY TAFT  
 NATL: 1:14.86 N 4/16/2016 DAVID COSTILL

1	Burns, Richard	80	Tamalpais Aquati-38	1:17.69P
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**Men 85-89 50 Yard Freestyle**

PAC: 35.77 P 12/31/2004 WILLIAM JOHNSTON  
 NATL: 31.92 N 3/7/2010 FRANK PIEMME

1	Young, Ronald	86	Tamalpais Aquati-38	52.96
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**Mixed 18+ 200 Yard Freestyle Relay**

PAC: 1:24.76 P 5/3/2014 TOC

N Adrian, K Raatz, K Kastes, A Ervin

NATL: 1:24.76 N 5/2/2014 THE OLYMPIC CLU

N ADRIAN, K RAATZ, K KASTES, A ERVIN

1	Sacramento Maste-38	D	1:42.06
	1) Fedorov, Brian M28	2) Simonds, Shannon W36	
	3) Freiwald, Owen M24	4) Hamza, Haley W28	
2	Temescal Aquatic-38	C	1:58.88
	1) Boyd, Erika W56	2) McFerrin, Bryce M29	
	3) Page, Elena W24	4) Green, Joel M53	
3	Richmond Plunge-38	A	2:20.51
	1) Adams, Lindsey W34	2) Webb, Melina W24	
	3) Nourbakhsh, Mehdi M40	4) Meeker, Michael M50	

**Mixed 18+ 200 Yard Medley Relay**

PAC: 1:35.89 P 4/30/2016 TOC

A Saeta, C Babcock, A Senko, M Stipe

NATL: 1:35.89 N 4/30/2016 THE OLYMPIC CLU

A SAETA, C BABCOCK, A SENKO, M STIPE

1	Sacramento Maste-38	D	2:15.12
	1) Freiwald, Owen M24	2) Peritore, Carina W46	
	3) Heckmann, Cassidy W26	4) Barajas, Nick M58	
2	Temescal Aquatic-38	A	2:25.11
	1) Lo, Theresa W48	2) Page, Elena W24	
	3) Levitt, Richard M63	4) Green, Joel M53	
3	Albany Armada Aq-38	A	2:37.78
	1) Gleason, Sam M27	2) Carroll, Leah W62	
	3) Karimi, Golsa W25	4) Tsugawa, Peter M66	

**Mixed 25+ 200 Yard Freestyle Relay**

PAC: 1:27.70 P 4/27/2017 TOC

M Ballenger, K Raatz, M Marshall, S Greenwood

NATL: 1:27.70 N 4/28/2017 THE OLYMPIC CLU

M BALLENGER, K RAATZ, M MARSHALL, S GREENWOOD

1	Walnut Creek Mas-38	A	1:38.97
	1) Holbrook, Chad M44	2) Zamanian, Alison W53	
	3) Grant, Andy M39	4) Bird, Annabel W28	
2	Walnut Creek Mas-38	B	1:43.78
	1) Bloch, Laurence W30	2) McFarland, Kristen W27	
	3) Uras, Onur M39	4) Boone, Jon M60	
3	Sacramento Maste-38	B	1:58.81
	1) Huynh, Vincent M26	2) Bautista, Jair M31	
	3) Knight-Williams, Valerie W60	4) Lytvynova, Iuliia W41	
4	Temescal Aquatic-38	B	2:01.77
	1) Fogelson, Julia W34	2) Levitt, Richard M63	
	3) Croteau, Dominique W50	4) Lopez, Marco M47	
5	Albany Armada Aq-38	A	2:02.16
	1) Trutane, Steve M58	2) Chiarelli, Juliana W29	
	3) Welland, Laura W65	4) Gleason, Sam M27	
6	Sacramento Maste-38	A	2:02.39
	1) Freiwald, Andrew M31	2) Finnigan, Franchesca W30	
	3) Frazier, Michael M47	4) Carter, Monica W62	
---	Temescal Aquatic-38	A	DQ
	1) Lo, Theresa W48	2) Horton, Tom M65	
	3) Wyman, Alexa W36	4) Chavez, Liam M26	

## AAA Masters Splash &amp; Dash Sprint Pentathlon - 2/24/2024

Sanction #: 384-S007

## Results - Saturday

**Mixed 25+ 200 Yard Medley Relay**

PAC: 1:35.76 P 4/30/2016 TOC

O'Donnell-McCarthy, C Burckle, J Dunford, M B

NATL: 1:35.20 N 4/26/2015 ARIZONA MASTERS

M GREVERS, A GREVERS, T DEBERRY, C VORRASI

1	Walnut Creek Mas-38	A	1:54.53
	1) Holbrook, Chad M44	2) Zamanian, Alison W53	
	3) Grant, Andy M39	4) Bird, Annabel W28	
2	Walnut Creek Mas-38	B	1:58.40
	1) Bloch, Laurence W30	2) Boone, Jon M60	
	3) Uras, Onur M39	4) McFarland, Kristen W27	
3	Manatee Aquatic-38	A	2:01.50
	1) Cutting, Steve M66	2) Au Brinkmeyer, Lauren W39	
	3) Devine, Chenoa W25	4) Gardner, William M59	
4	Richmond Plunge-38	A	2:01.72
	1) Taylor, Ron M63	2) Sabatini, Greg M48	
	3) Garrett, Hope W27	4) De Barros, Carolina W34	
5	Sacramento Maste-38	C	2:17.18
	1) Freiwald, Andrew M31	2) Fitzgerald, Nicole W50	
	3) You, Tsan M45	4) Smith, Carrie W47	
6	Temescal Aquatic-38	C	2:17.56
	1) Pressman, Erin W37	2) Croteau, Dominique W50	
	3) Chavez, Liam M26	4) Lopez, Marco M47	
7	Sacramento Maste-38	B	2:23.11
	1) Bautista, Jair M31	2) Simonds, Shannon W36	
	3) Guthrie, Sally W73	4) Huynh, Vincent M26	
8	Temescal Aquatic-38	B	2:26.86
	1) Horton, Tom M65	2) Boyd, Erika W56	
	3) Lee, Raymond M33	4) Fogelson, Julia W34	
---	Sacramento Maste-38	A	DQ
	1) Frazier, Michael M47	2) Fedorov, Brian M28	
	3) Finnigan, Franchesca W30	4) Hamza, Haley W28	

**Mixed 35+ 200 Yard Freestyle Relay**

PAC: 1:32.51 P 5/11/2018 TOC

M T Marshall, N Watanabe, R V Shipp, S C Greenwood

NATL: 1:30.17 N 4/25/2004 ROCKY MOUNTAIN

K GARNIER, S VON DER LIPPE, J SMITH, P SMITH

1	Manatee Aquatic-38	B	1:47.67
	1) Song, Daniel M42	2) Au Brinkmeyer, Lauren W39	
	3) Schmitz, Emily W35	4) Gardner, William M59	
2	Walnut Creek Mas-38	C	1:51.07
	1) Anderson, Lorissa W42	2) Spohn, Gina W48	
	3) Travale, John M56	4) King, Ian M61	
3	Walnut Creek Mas-38	D	2:09.18
		2) Taylor, Catherine W61	
	3) Ongerth, Ann Michelle W49	4) St Marseille, Marc M64	
4	Walnut Creek Mas-38	E	2:21.19
	1) Claassen, John M54	2) Darling, Colleen W49	
	3) Vassallo, Roberta W49	4) Miazga-Chaffey, Grace W39	

**Mixed 35+ 200 Yard Medley Relay**

PAC: 1:42.15 P 5/11/2018 TOC

N Watanabe, T T Holsman, M T Marshall, R V Shipp

NATL: 1:39.85 N 5/22/2010 COLORADO MASTER

S HART, M EISENHUTH, C O'SULLIVAN, C SAPPEY

1	Walnut Creek Mas-38	C	2:10.60
	1) King, Ian M61	2) Spohn, Gina W48	
	3) Travale, John M56	4) Anderson, Lorissa W42	
2	Manatee Aquatic-38	B	2:12.11
	1) Rainer, Anna W62	2) Kory, Deborah W49	
	3) Song, Daniel M42	4) Levy, Sid M60	
3	Walnut Creek Mas-38	D	2:29.40
		2) Taylor, Catherine W61	
	3) Ongerth, Ann Michelle W49	4) St Marseille, Marc M64	
4	Walnut Creek Mas-38	E	2:40.37
	1) Claassen, John M54	2) Darling, Colleen W49	
	3) Vassallo, Roberta W49	4) Miazga-Chaffey, Grace W39	

**Mixed 45+ 200 Yard Freestyle Relay**

PAC: 1:38.30 P 12/31/2010 WCM

G Remmert, Lisa Ward, BJ Henry, S Stahl

NATL: 1:34.48 N 5/4/2008 ARIZONA MASTERS

J SMITH, M BAILEY, S ROLLINS, P SMITH

1	Manatee Aquatic-38	A	1:54.19
	1) Kory, Deborah W49	2) Levy, Sid M60	
	3) Ward, Matthew M46	4) Rainer, Anna W62	
2	Sacramento Maste-38	C	1:59.16
	1) You, Tsan M45	2) Guthrie, Sally W73	
	3) Barajas, Nick M58	4) Peritore, Carina W46	
3	Menlo Masters-38	A	2:21.06
	1) Tom, Daniel M60	2) Barnea, Daniela W79	
	3) Singh, Jo W51	4) Anderson, Bob M68	

**Mixed 45+ 200 Yard Medley Relay**

PAC: 1:50.35 P 12/31/2009 WCM

H Chao, L Ward, T Nootbaar, P Roemer

NATL: 1:44.02 N 5/4/2008 ARIZONA MASTERS

J SMITH, G MILLS, S ROLLINS, M BAILEY

1	Menlo Masters-38	A	2:42.31
	1) Tom, Daniel M60	2) Barnea, Daniela W79	
	3) Singh, Jo W51	4) Anderson, Bob M68	

**Mixed 55+ 200 Yard Freestyle Relay**

PAC: 1:43.00 P 12/31/2009 TAM

R Burns, J Eisenman, L Val, T Holt

NATL: 1:38.64 N 4/9/2017 NORTH CAROLINA

F MCEACHRAN, N CLARK, S WALSH, J KLEIN

1	Walnut Creek Mas-38	F	2:46.41
	1) Albertson, Nay W69	2) Scott, Stephanie W76	
	3) Asta, Lisa W58	4) Morton, Judith W84	

**Mixed 55+ 200 Yard Medley Relay**

PAC: 1:56.64 P 12/31/2009 TAM

R Burns, K Frost, L Val, J Eisenman

NATL: 1:50.70 N 4/8/2017 NORTH CAROLINA

F MCEACHRAN, N VESTAL, J KLEIN, S WALSH

---	Walnut Creek Mas-38	F	DQ
	1) Asta, Lisa W58	2) Scott, Stephanie W76	
	3) Albertson, Nay W69	4) Morton, Judith W84	