

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

Results

Women 18-24 50 LC Meter Freestyle

NATL: 25.72 N 6/19/2021 ALY TETZLOFF

PAC: 26.75 P 8/8/2015 Caitlin DeNise

Name	Age	Team	Seed Time	Finals Time
1 Teng, Cathy	24	Marcia's Enthusiastic Masters-38	31.00	28.04
2 O'Brien, Maeve	20	Rolling Hills Mud Sharks-38	40.00	31.48
3 Schwarzkopf, Sigrid	23	Jellies Aquatic Masters of Mon-38	35.35	33.68
4 Conley, Merete	22	Monterey Bay Masters Seaside A-38	40.00	36.16

Women 18-24 100 LC Meter Freestyle

NATL: 56.08 N 6/17/2021 ALY TETZLOFF

PAC: 57.05 P 6/30/2016 Elizabeth Pelton

1 Teng, Cathy	24	Marcia's Enthusiastic Masters-38	1:08.00	1:02.38
2 Magno, Lauryn	24	University of San Francisco Ma-38	1:10.00	1:09.68
3 Schwarzkopf, Sigrid	23	Jellies Aquatic Masters of Mon-38	1:25.18	1:14.96
4 Conley, Merete	22	Monterey Bay Masters Seaside A-38	1:40.00	1:18.09

Women 18-24 200 LC Meter Freestyle

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

PAC: 2:02.36 P 6/28/2016 Elizabeth Pelton

1 Teng, Cathy	24	Marcia's Enthusiastic Masters-38	2:30.00	2:19.47
			1:08.31	2:19.47 (1:11.16)
2 Karp, Juliana	21	University of San Francisco Ma-38	2:26.41	2:32.85
			1:12.77	2:32.85 (1:20.08)
3 Mi, Jessica	24	University of San Francisco Ma-38	2:35.00	2:34.30
			1:12.50	2:34.30 (1:21.80)

Women 18-24 800 LC Meter Freestyle

NATL: 9:11.32 N 8/9/2013 LUANE ROWE

PAC: 9:11.32 P 8/7/2013 Luane Rowe

1 Conley, Merete	22	Monterey Bay Masters Seaside A-38	13:00.00	12:14.71
			1:24.07	2:56.67 (1:32.60)
			7:39.97 (1:34.84)	9:12.42 (1:32.45)
			4:29.91 (1:33.24)	10:44.73 (1:32.31)
			6:05.13 (1:35.22)	12:14.71 (1:29.98)

Women 18-24 50 LC Meter Backstroke

NATL: 30.77 N 7/9/2022 ADELYN DIAZ

PAC: 31.29 P 8/2/2018 Kali L Conlon

1 O'Brien, Maeve	20	Rolling Hills Mud Sharks-38	40.00	37.86
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Women 18-24 100 LC Meter Backstroke

NATL: 1:04.67 N 7/20/2012 JENNY VON JOUANNE

PAC: 1:01.73 P 6/27/2016 Elizabeth Pelton

1 Karp, Juliana	21	University of San Francisco Ma-38	1:24.73	1:24.87
2 Mi, Jessica	24	University of San Francisco Ma-38	1:30.00	1:26.58

Women 18-24 200 LC Meter Backstroke

NATL: 2:19.70 N 8/20/2000 S SCHWEITZER

PAC: 2:15.69 P 7/1/2016 Elizabeth Pelton

1 Schwarzkopf, Sigrid	23	Jellies Aquatic Masters of Mon-38	3:16.08	2:59.99
			1:28.12	2:59.99 (1:31.87)

Women 18-24 50 LC Meter Breaststroke

NATL: 32.92 N 8/1/2015 LAUREN GREENBERG

PAC: 34.44 P 8/9/2019 Heaven Quintana

1 Gill, Alexandra	24	University of San Francisco Ma-38	33.00	35.28
2 Karp, Juliana	21	University of San Francisco Ma-38	41.90	41.26

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Women 18-24 100 LC Meter Breaststroke

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

PAC: 1:15.12 P 7/12/2013 Danae Petrakis

1	Magno, Lauryn	24	University of San Francisco Ma-38	2:00.00	1:40.35
2	Conley, Merete	22	Monterey Bay Masters Seaside A-38	1:50.00	1:44.82

Women 18-24 200 LC Meter Breaststroke

NATL: 2:35.23 N 4/22/2023 CAROLINE THEIL

PAC: 2:44.25 P 12/31/2006 Laura M Davis

1	Karp, Juliana	21	University of San Francisco Ma-38	3:18.69	3:15.07
				1:35.31	3:15.07 (1:39.76)

Women 18-24 50 LC Meter Butterfly

NATL: 27.83 N 8/4/2022 ALICIA CARDIE

PAC: 28.62 P 12/31/2009 Meg Gill

1	Gill, Alexandra	24	University of San Francisco Ma-38	30.00	29.90
2	Teng, Cathy	24	Marcia's Enthusiastic Masters-38	34.00	30.84
3	Mi, Jessica	24	University of San Francisco Ma-38	30.00	33.54
4	O'Brien, Maeve	20	Rolling Hills Mud Sharks-38	50.00	34.88
5	Karp, Juliana	21	University of San Francisco Ma-38	41.01	34.97

Women 18-24 100 LC Meter Butterfly

NATL: 58.21 N 6/13/2021 ALY TETZLOFF

PAC: 1:01.04 P 7/6/2008 Laura M Davis

1	Teng, Cathy	24	Marcia's Enthusiastic Masters-38	34.00	1:09.15
2	Schwarzkopf, Sigrid	23	Jellies Aquatic Masters of Mon-38	1:34.22	1:21.92

Women 18-24 200 LC Meter IM

NATL: 2:16.06 N 7/1/2008 LAURA DAVIS

PAC: 2:16.06 P 7/6/2008 Laura M Davis

1	Teng, Cathy	24	Marcia's Enthusiastic Masters-38	3:00.00	2:40.08
				1:16.97	2:40.08 (1:23.11)
2	Karp, Juliana	21	University of San Francisco Ma-38	2:47.13	2:53.30
				1:22.60	2:53.30 (1:30.70)
3	Mi, Jessica	24	University of San Francisco Ma-38	3:05.00	3:02.98
				1:26.63	3:02.98 (1:36.35)

Women 25-29 50 LC Meter Freestyle

NATL: 24.83 N 8/10/2014 MADISON KENNEDY

WORLD: 25.42 W 2/15/2004 Annabel KOSTEN

PAC: 26.64 P 8/9/2015 Marie A Ballenger

NED

1	Siebrand, Cynthia	28	North Bay Aquatics-38	28.91	28.40
2	Buell, Sierra	25	California Capital Aquatics Ma-38	30.27	29.97
3	Kroetz, Brigitte	29	Rolling Hills Mud Sharks-38	29.88	30.23
4	Wagner, Emma	25	University of San Francisco Ma-38	32.00	31.28
5	Nguyen, Salena	26	University of San Francisco Ma-38	32.97	33.59

Women 25-29 100 LC Meter Freestyle

NATL: 54.72 N 8/6/2014 MADISON KENNEDY

WORLD: 56.96 W 8/11/2015 Emma GAGE

PAC: 58.34 P 12/31/1989 Sara Shand

GBR

1	Siebrand, Cynthia	28	North Bay Aquatics-38	1:04.55	1:03.32
2	Buell, Sierra	25	California Capital Aquatics Ma-38	1:07.67	1:05.03
3	Kroetz, Brigitte	29	Rolling Hills Mud Sharks-38	1:07.00	1:06.58
4	Larsen, Amy	25	Walnut Creek Masters-38	1:07.00	1:08.63
5	Greco, Sophia	25	University of San Francisco Ma-38	1:14.00	1:11.18

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****(Women 25-29 100 LC Meter Freestyle)**

6	Garrett, Hope	28	Richmond Plunge Masters-38	1:10.00	1:11.21
7	Wagner, Emma	25	University of San Francisco Ma-38	1:11.00	1:11.54
8	Nguyen, Salena	26	University of San Francisco Ma-38	1:13.99	1:14.44
9	Sand, Cassie	26	East Bay Bat Rays Masters-38	1:15.00	1:16.18
10	Silva, Rayle	28	Marin Aquatic Masters-38	1:23.18	1:21.12
11	Woo, Emily	29	Marcia's Enthusiastic Masters-38	1:20.58	1:22.47
12	Polanco-Jimenez, Karina	29	North Bay Aquatics-38	1:38.00	1:35.64

Women 25-29 200 LC Meter Freestyle Splits

NATL: 2:02.06 N 12/2/1995 SHEILA TAORMINA

WORLD: 2:04.56 W 7/10/2010 Megan JENDRICK USA

PAC: 2:07.11 P 12/31/1989 Sara Shand

1	Woo, Emily	29	Marcia's Enthusiastic Masters-38	NT	3:08.87
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Women 25-29 200 LC Meter Freestyle

NATL: 2:02.06 N 12/2/1995 SHEILA TAORMINA

WORLD: 2:04.56 W 7/10/2010 Megan JENDRICK USA

PAC: 2:07.11 P 12/31/1989 Sara Shand

1	Orbach-Mandel, Hannah	27	University of San Francisco Ma-38	2:15.00	2:14.00
	1:06.48	2:14.00 (1:07.52)			
2	Orbach-Mandel, Natalia	25	University of San Francisco Ma-38	2:18.00	2:15.93
	1:07.04	2:15.93 (1:08.89)			
3	Blankley, Stephanie	26	University of San Francisco Ma-38	2:30.00	2:24.52
	1:09.53	2:24.52 (1:14.99)			
4	Buell, Sierra	25	California Capital Aquatics Ma-38	2:27.04	2:25.42
	1:11.43	2:25.42 (1:13.99)			
5	Greenberg, Nicole	25	University of San Francisco Ma-38	2:26.00	2:29.88
	1:10.20	2:29.88 (1:19.68)			
6	Wagner, Emma	25	University of San Francisco Ma-38	2:36.00	2:36.21
	1:17.84	2:36.21 (1:18.37)			
7	Polanco-Jimenez, Karina	29	North Bay Aquatics-38	2:32.00	3:06.11
	1:28.01	3:06.11 (1:38.10)			
8	Valencia, Juliana	26	Marcia's Enthusiastic Masters-38	3:00.00	4:03.00
	1:47.12	4:03.00 (2:15.88)			

Women 25-29 400 LC Meter Freestyle

NATL: 4:13.03 N 12/2/1995 SHEILA TAORMINA

WORLD: 4:18.62 W 6/18/2011 Sophie CASSON GBR

PAC: 4:23.62 P 7/31/2022 Catherine Breed

1	Blankley, Stephanie	26	University of San Francisco Ma-38	5:00.00	5:06.44
	1:11.09	2:29.56 (1:18.47)	3:49.04 (1:19.48)	5:06.44 (1:17.40)	
2	Woo, Emily	29	Marcia's Enthusiastic Masters-38	6:34.37	6:19.66
	1:30.78	3:08.87 (1:38.09)	4:45.85 (1:36.98)	6:19.66 (1:33.81)	
3	Polanco-Jimenez, Karina	29	North Bay Aquatics-38	6:51.90	6:39.59
	1:36.71	3:18.34 (1:41.63)	5:03.05 (1:44.71)	6:39.59 (1:36.54)	
4	Valencia, Juliana	26	Marcia's Enthusiastic Masters-38	8:00.00	8:24.50
	1:52.21	4:00.64 (2:08.43)	6:14.10 (2:13.46)	8:24.50 (2:10.40)	

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Results

Women 25-29 800 LC Meter Freestyle

NATL: 8:47.44		N 7/19/2001	RACHEL KOMISARZ		
WORLD: 8:45.89		W 3/10/2012	Swann OBERSON		SUI
PAC: 9:18.43		P 12/31/1989	Sara Shand		
1	Crow, Vivian	27	Davis Aquatic Masters-38	11:13.70	11:10.21
	1:19.26	2:43.18 (1:23.92)	4:07.03 (1:23.85)	5:32.02 (1:24.99)	
	6:57.55 (1:25.53)	8:23.10 (1:25.55)	9:47.97 (1:24.87)	11:10.21 (1:22.24)	
2	Woo, Emily	29	Marcia's Enthusiastic Masters-38	13:20.49	13:18.28
	1:34.75	3:15.91 (1:41.16)	4:56.81 (1:40.90)	6:38.79 (1:41.98)	
	8:19.88 (1:41.09)	10:01.65 (1:41.77)	11:41.79 (1:40.14)	13:18.28 (1:36.49)	
3	Silva, Rayle	28	Marin Aquatic Masters-38	14:20.72	13:59.67
	1:35.14	3:22.65 (1:47.51)	5:10.73 (1:48.08)	7:00.55 (1:49.82)	
	8:49.75 (1:49.20)	10:35.90 (1:46.15)	12:21.83 (1:45.93)	13:59.67 (1:37.84)	

Women 25-29 1500 LC Meter Freestyle

NATL: 16:39.77		N 7/19/2001	RACHEL KOMISARZ		
WORLD: 16:34.89		W 3/11/2012	Swann OBERSON		SUI
PAC: 17:41.64		P 12/31/2004	Linda Gallo		
1	Crow, Vivian	27	Davis Aquatic Masters-38	22:00.07	21:25.33
	1:18.99	2:43.89 (1:24.90)	4:09.57 (1:25.68)	5:36.15 (1:26.58)	
	7:03.03 (1:26.88)	8:29.81 (1:26.78)	9:57.44 (1:27.63)	11:23.74 (1:26.30)	
	12:50.48 (1:26.74)	14:17.42 (1:26.94)	15:44.00 (1:26.58)	17:10.83 (1:26.83)	
	18:37.58 (1:26.75)	20:01.85 (1:24.27)	21:25.33 (1:23.48)		
2	Silva, Rayle	28	Marin Aquatic Masters-38	27:18.00	26:49.74
	1:35.57	3:20.62 (1:45.05)	5:09.10 (1:48.48)	6:58.99 (1:49.89)	
	8:47.94 (1:48.95)	10:37.22 (1:49.28)	12:25.10 (1:47.88)	14:12.34 (1:47.24)	
	16:03.61 (1:51.27)	17:53.66 (1:50.05)	19:42.12 (1:48.46)	21:32.36 (1:50.24)	
	23:21.74 (1:49.38)	25:09.27 (1:47.53)	26:49.74 (1:40.47)		
3	Polanco-Jimenez, Karina	29	North Bay Aquatics-38	28:27.85	26:55.80
	1:40.22	3:26.33 (1:46.11)	5:13.31 (1:46.98)	7:01.17 (1:47.86)	
	8:49.54 (1:48.37)	10:39.07 (1:49.53)	12:27.01 (1:47.94)	14:16.81 (1:49.80)	
	16:05.16 (1:48.35)	17:55.62 (1:50.46)	19:44.57 (1:48.95)	21:35.41 (1:50.84)	
	23:25.30 (1:49.89)	25:14.89 (1:49.59)	26:55.80 (1:40.91)		

Women 25-29 50 LC Meter Backstroke

NATL: 28.39		N 8/2/2018	EMI MORONUKI		
WORLD: 28.39		W 8/2/2018	Emi MORONUKI		USA
PAC: 31.10		P 4/24/2017	Anna K Senko		
1	Wagner, Emma	25	University of San Francisco Ma-38	37.00	35.92
2	Greco, Sophia	25	University of San Francisco Ma-38	34.50	36.01
3	Kroetz, Brigitte	29	Rolling Hills Mud Sharks-38	39.00	38.28
4	Nguyen, Salena	26	University of San Francisco Ma-38	39.45	39.92
5	Silva, Rayle	28	Marin Aquatic Masters-38	48.32	43.56
6	Sand, Cassie	26	East Bay Bat Rays Masters-38	43.02	43.66

Women 25-29 50 LC Meter Backstroke Splits

NATL: 28.39		N 8/2/2018	EMI MORONUKI		
WORLD: 28.39		W 8/2/2018	Emi MORONUKI		USA
PAC: 31.10		P 4/24/2017	Anna K Senko		
3	Woo, Emily	29	Marcia's Enthusiastic Masters-38	NT	47.88

Women 25-29 100 LC Meter Backstroke

NATL: 1:01.60		N 7/31/2018	EMI MORONUKI		
WORLD: 1:01.60		W 7/31/2018	Emi MORONUKI		USA
PAC: 1:06.85		P 4/23/2017	Anna K Senko		
1	Siebrand, Cynthia	28	North Bay Aquatics-38	1:14.38	1:11.27

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2	Orbach-Mandel, Natalia	25	University of San Francisco Ma-38	1:18.00	1:16.49
3	Wagner, Emma	25	University of San Francisco Ma-38	1:18.00	1:18.45
4	Orbach-Mandel, Hannah	27	University of San Francisco Ma-38	1:17.00	1:18.64
5	Greco, Sophia	25	University of San Francisco Ma-38	1:19.50	1:19.02
6	Aguilera, Catherine	25	Marin Aquatic Masters-38	1:27.16	1:25.54
7	Larsen, Amy	25	Walnut Creek Masters-38	1:30.00	1:26.26
---	Garrett, Hope	28	Richmond Plunge Masters-38	1:20.00	DQ
---	Greenberg, Nicole	25	University of San Francisco Ma-38	1:26.00	DQ

Women 25-29 200 LC Meter Backstroke

NATL: 2:13.19 N 7/30/2018 EMI MORONUKI

WORLD: 2:13.19 W 7/30/2018 Emi MORONUKI USA

PAC: 2:26.62 P 12/31/1994 Martie McKinney

1	Crow, Vivian	27	Davis Aquatic Masters-38	2:50.68	2:49.72
	1:23.39	2:49.72 (1:26.33)			
2	Greco, Sophia	25	University of San Francisco Ma-38	2:54.00	2:52.92
	1:22.86	2:52.92 (1:30.06)			
3	Larsen, Amy	25	Walnut Creek Masters-38	3:10.00	3:02.41
	1:28.91	3:02.41 (1:33.50)			

Women 25-29 50 LC Meter Breaststroke

NATL: 30.82 N 6/27/2016 KATIE MEILI

WORLD: 31.60 W 7/10/2010 Megan JENDRICK USA

PAC: 33.39 P 8/9/2014 Marie A Ballenger

1	Siebrand, Cynthia	28	North Bay Aquatics-38	38.08	38.51
2	Greenberg, Nicole	25	University of San Francisco Ma-38	40.00	41.92
3	Kroetz, Brigitte	29	Rolling Hills Mud Sharks-38	43.65	43.86

Women 25-29 100 LC Meter Breaststroke

NATL: 1:06.07 N 6/28/2016 KATIE MEILI

WORLD: 1:10.56 W 7/10/2010 Megan JENDRICK USA

PAC: 1:13.69 P 6/7/2021 Claire Beaty

1	Buell, Sierra	25	California Capital Aquatics Ma-38	1:23.85	1:22.37
2	Crow, Vivian	27	Davis Aquatic Masters-38	1:32.13	1:29.40
3	Larsen, Amy	25	Walnut Creek Masters-38	1:30.00	1:32.03
4	Woo, Emily	29	Marcia's Enthusiastic Masters-38	1:40.97	1:40.76
5	Nguyen, Salena	26	University of San Francisco Ma-38	1:58.55	1:41.21
6	Silva, Rayle	28	Marin Aquatic Masters-38	2:11.15	1:48.32

Women 25-29 200 LC Meter Breaststroke

NATL: 2:29.90 N 6/26/2013 JUSTINE MUELLER

WORLD: 2:32.35 W 6/24/2023 Irina SHVAEVA RUS

PAC: 2:39.32 P 6/7/2021 Claire Beaty

1	Buell, Sierra	25	California Capital Aquatics Ma-38	3:03.18	3:03.56
	1:26.54	3:03.56 (1:37.02)			
2	Crow, Vivian	27	Davis Aquatic Masters-38	3:22.97	3:09.38
	1:33.10	3:09.38 (1:36.28)			
3	Woo, Emily	29	Marcia's Enthusiastic Masters-38	3:22.55	3:34.39
	1:42.79	3:34.39 (1:51.60)			

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Women 25-29 50 LC Meter Butterfly

NATL:		26.78	N	8/4/2022	AI SOMA		
WORLD:		26.32	W	6/16/2019	Masako KUROKI		JPN
PAC:		28.82	P	12/31/1992	Anna Pettis-Scott		
1	Siebrand, Cynthia			28	North Bay Aquatics-38	29.74	30.08
2	Orbach-Mandel, Hannah			27	University of San Francisco Ma-38	31.00	30.45
3	Orbach-Mandel, Natalia			25	University of San Francisco Ma-38	33.00	33.30
4	Garrett, Hope			28	Richmond Plunge Masters-38	34.00	33.54
*5	Kroetz, Brigitte			29	Rolling Hills Mud Sharks-38	36.16	33.99
*5	Wagner, Emma			25	University of San Francisco Ma-38	37.00	33.99
7	Greco, Sophia			25	University of San Francisco Ma-38	34.80	34.19
8	Greenberg, Nicole			25	University of San Francisco Ma-38	35.00	35.64
9	Aguilera, Catherine			25	Marin Aquatic Masters-38	41.20	39.96
10	Arteaga, Daniela			25	Richmond Plunge Masters-38	41.13	44.22

Women 25-29 100 LC Meter Butterfly

NATL:		59.74	N	8/4/2017	HANNAH SAIZ		
WORLD:		59.99	W	8/13/2015	Anna POLIAKOVA		RUS
PAC:		1:02.40	P	4/26/2017	Anna K Senko		
1	Siebrand, Cynthia			28	North Bay Aquatics-38	1:13.38	1:10.66
2	Garrett, Hope			28	Richmond Plunge Masters-38	1:15.00	1:15.59
3	Nguyen, Salena			26	University of San Francisco Ma-38	1:19.87	1:21.32
4	Arteaga, Daniela			25	Richmond Plunge Masters-38	1:31.29	1:33.87

Women 25-29 200 LC Meter Butterfly

NATL:		2:10.83	N	6/27/2017	HANNAH SAIZ		
WORLD:		2:15.02	W	5/20/2017	Hannah SAIZ		USA
PAC:		2:24.36	P	12/31/1989	Sara Shand		
1	Larsen, Amy			25	Walnut Creek Masters-38	2:40.00	2:52.39
		1:20.48					2:52.39 (1:31.91)

Women 25-29 200 LC Meter IM

NATL:		2:14.03	N	6/29/2013	JUSTINE MUELLER		
WORLD:		2:20.71	W	10/2/2005	Hitomi MATSUDA		JPN
PAC:		2:21.98	P	12/31/2005	Allison Wagner		
1	Larsen, Amy			25	Walnut Creek Masters-38	2:48.25	2:50.76
		1:19.73					2:50.76 (1:31.03)
2	Kroetz, Brigitte			29	Rolling Hills Mud Sharks-38	2:53.09	2:53.14
		1:19.87					2:53.14 (1:33.27)
3	Greenberg, Nicole			25	University of San Francisco Ma-38	3:02.00	2:55.87
		1:25.36					2:55.87 (1:30.51)
4	Greco, Sophia			25	University of San Francisco Ma-38	2:58.00	2:58.66
		1:20.91					2:58.66 (1:37.75)
5	Woo, Emily			29	Marcia's Enthusiastic Masters-38	3:18.05	3:12.79
		1:36.69					3:12.79 (1:36.10)
6	Silva, Rayle			28	Marin Aquatic Masters-38	4:15.15	3:39.38
		1:46.46					3:39.38 (1:52.92)
7	Valencia, Juliana			26	Marcia's Enthusiastic Masters-38	3:15.00	4:11.02
		1:55.87					4:11.02 (2:15.15)

Women 30-34 50 LC Meter Freestyle Splits

NATL:		25.57	N	8/8/2009	ERIKA ERNDL		
WORLD:		25.74	W	6/6/2008	Martina MORAVCOVA		USA
PAC:		26.16	P	6/18/2016	Marie A Ballenger		
2	Wilson, Kristin			32	Marcia's Enthusiastic Masters-38	NT	33.54

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

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Women 30-34 800 LC Meter Freestyle

NATL: 8:46.22		N	5/30/2010	DAWN HECKMAN		
WORLD: 8:46.47		W	7/14/2011	Dawn HECKMAN		USA
PAC: 9:07.46		P	12/31/2009	Heidi S George		
1	Alter, Anne		33	University of San Francisco Ma-38	11:11.00	11:05.43
	1:17.17			2:40.67 (1:23.50)	4:03.61 (1:22.94)	5:27.46 (1:23.85)
	6:51.66 (1:24.20)			8:16.16 (1:24.50)	9:40.98 (1:24.82)	11:05.43 (1:24.45)
2	McBride, Beth		34	Marcia's Enthusiastic Masters-38	13:30.00	12:09.76
	1:26.33			2:58.33 (1:32.00)	4:31.31 (1:32.98)	6:04.77 (1:33.46)
	7:38.01 (1:33.24)			9:10.00 (1:31.99)	10:41.43 (1:31.43)	12:09.76 (1:28.33)

Women 30-34 1500 LC Meter Freestyle

NATL: 17:07.54		N	4/25/2010	DAWN HECKMAN		
WORLD: 17:20.55		W	6/16/2017	Sophie CASSON		GBR
PAC: 17:11.25		P	12/31/2009	Heidi S George		
1	De Barros, Carolina		34	Richmond Plunge Masters-38	22:10.00	22:51.51
	1:23.64			2:54.43 (1:30.79)	4:27.09 (1:32.66)	5:58.89 (1:31.80)
	7:30.45 (1:31.56)			9:02.82 (1:32.37)	10:35.13 (1:32.31)	12:07.92 (1:32.79)
	13:41.05 (1:33.13)			15:14.24 (1:33.19)	16:46.91 (1:32.67)	18:19.97 (1:33.06)
	19:53.28 (1:33.31)			21:24.09 (1:30.81)	22:51.51 (1:27.42)	
2	McBride, Beth		34	Marcia's Enthusiastic Masters-38	25:00.00	23:39.91
	1:30.35			3:06.29 (1:35.94)	4:42.61 (1:36.32)	6:18.41 (1:35.80)
	7:54.83 (1:36.42)			9:29.66 (1:34.83)	11:04.52 (1:34.86)	12:39.04 (1:34.52)
	14:13.39 (1:34.35)			15:50.10 (1:36.71)	17:24.54 (1:34.44)	18:59.81 (1:35.27)
	20:34.45 (1:34.64)			22:08.05 (1:33.60)	23:39.91 (1:31.86)	

Women 30-34 50 LC Meter Backstroke

NATL: 28.57		N	7/8/2012	NORIKO INADA		
WORLD: 28.57		W	8/7/2012	Noriko INADA		USA
PAC: 30.98		P	7/30/2022	Lauren T Breuer		
1	Skoda, Anette		33	Uc38	35.15	35.18
2	Krovetz, Hannah		30	University of San Francisco Ma-38	36.00	36.42
3	DiBartolomeo, Renae		34	University of San Francisco Ma-38	37.07	36.65
4	Ferroggiaro, Alex		33	University of San Francisco Ma-38	39.00	37.43
5	Ming, Anna		30	University of San Francisco Ma-38	40.00	41.94
6	McBride, Beth		34	Marcia's Enthusiastic Masters-38	47.00	44.20
7	Kallenberger, Marisa		30	University of San Francisco Ma-38	1:15.00	48.98

Women 30-34 100 LC Meter Backstroke Splits

NATL: 1:01.78		N	8/6/2011	NORIKO INADA		
WORLD: 1:01.78		W	8/6/2011	Noriko INADA		USA
PAC: 1:03.78		P	12/31/2009	Sarabeth Metzger		
1	Wilson, Kristin		32	Marcia's Enthusiastic Masters-38	NT	1:34.15

Women 30-34 100 LC Meter Backstroke

NATL: 1:01.78		N	8/6/2011	NORIKO INADA		
WORLD: 1:01.78		W	8/6/2011	Noriko INADA		USA
PAC: 1:03.78		P	12/31/2009	Sarabeth Metzger		
1	Doi, Stephanie		30	University of San Francisco Ma-38	1:19.00	1:16.39
2	Ferroggiaro, Alex		33	University of San Francisco Ma-38	1:30.00	1:23.35

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Women 30-34 200 LC Meter Backstroke

NATL: 2:17.61 N 8/6/2009 SARABETH METZGER

WORLD: 2:17.61 W 8/6/2009 Sarabeth METZGER USA

PAC: 2:17.61 P 12/31/2009 Sarabeth Metzger

1	Alter, Anne	33	University of San Francisco Ma-38	2:45.00	2:45.32
				1:20.69	2:45.32 (1:24.63)
2	Krovetz, Hannah	30	University of San Francisco Ma-38	2:50.00	2:53.09
				1:24.32	2:53.09 (1:28.77)
3	McBride, Beth	34	Marcia's Enthusiastic Masters-38	3:28.00	3:18.33
				1:36.68	3:18.33 (1:41.65)

Women 30-34 50 LC Meter Breaststroke

NATL: 31.76 N 7/17/2021 DANIELLE HERRMANN

WORLD: 32.22 W 9/3/2013 Nicole HEIDEMANN GER

PAC: 34.84 P 8/3/2018 Kathleen E McGraw

1	DiBartolomeo, Renae	34	University of San Francisco Ma-38	39.89	38.86
2	Doi, Stephanie	30	University of San Francisco Ma-38	42.00	39.73
3	Knell, Lissi	30	Manatee Aquatic Masters Inc-38	38.99	40.52
4	McCarthy, Alexandra	32	University of San Francisco Ma-38	41.00	43.43
5	Walecka, Sallie	31	University of San Francisco Ma-38	47.50	45.77
6	Oehler, Stephanie	32	University of San Francisco Ma-38	50.00	46.32

Women 30-34 100 LC Meter Breaststroke

NATL: 1:10.18 N 6/12/2021 DANIELLE HERRMANN

WORLD: 1:10.10 W 10/3/2009 Hitomi MATSUDA JPN

PAC: 1:16.71 P 8/5/2017 Katy Houston

1	DiBartolomeo, Renae	34	University of San Francisco Ma-38	1:30.19	1:25.14
2	Skoda, Anette	33	Uc38	1:24.56	1:26.61
3	Hwang, Jenn	32	Walnut Creek Masters-38	1:33.22	1:31.75
4	McCarthy, Alexandra	32	University of San Francisco Ma-38	1:30.00	1:35.41
5	McBride, Beth	34	Marcia's Enthusiastic Masters-38	1:40.00	1:50.84

Women 30-34 200 LC Meter Breaststroke

NATL: 2:38.90 N 7/23/2017 MARISSA CLAPP

WORLD: 2:28.93 W 10/17/2009 Hitomi MATSUDA JPN

PAC: 2:43.26 P 4/27/2017 Katy Houston

1	DiBartolomeo, Renae	34	University of San Francisco Ma-38	3:16.64	3:15.11
				1:33.86	3:15.11 (1:41.25)
2	McCarthy, Alexandra	32	University of San Francisco Ma-38	3:00.00	3:29.90
				1:38.47	3:29.90 (1:51.43)
3	Oehler, Stephanie	32	University of San Francisco Ma-38	3:45.00	3:44.76
				1:45.20	3:44.76 (1:59.56)

Women 30-34 50 LC Meter Butterfly

NATL: 27.48 N 6/7/2008 MARTINA MORAVCOVA

WORLD: 27.48 W 6/7/2008 Martina MORAVCOVA USA

PAC: 29.27 P 3/8/2020 Marie A Ballenger

1	Doi, Stephanie	30	University of San Francisco Ma-38	34.00	30.65
2	Hwang, Jenn	32	Walnut Creek Masters-38	34.14	33.82
3	Arnold, Megan	34	Manatee Aquatic Masters Inc-38	40.00	35.40
4	Knell, Lissi	30	Manatee Aquatic Masters Inc-38	35.57	36.49

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Women 30-34 100 LC Meter Butterfly

NATL:	58.81	N	6/7/2008	MARTINA MORAVCOVA		
WORLD:	58.81	W	6/7/2008	Martina MORAVCOVA		USA
PAC:	1:04.67	P	12/31/2009	Sarabeth Metzger		
1	Petrakis, Danae			32 University of San Francisco Ma-38	1:15.50	1:13.70
2	Alter, Anne			33 University of San Francisco Ma-38	1:15.00	1:17.96
3	Ferroggiaro, Alex			33 University of San Francisco Ma-38	1:30.00	1:21.27

Women 30-34 200 LC Meter IM

NATL:	2:13.72	N	8/8/2009	ERIKA ERNDL		
WORLD:	2:13.89	W	7/7/2009	Erika ERNDL		USA
PAC:	2:23.50	P	12/31/2009	Sarabeth Metzger		
1	Doi, Stephanie			30 University of San Francisco Ma-38	2:40.00	2:42.97
	1:14.42			2:42.97 (1:28.55)		
2	DiBartolomeo, Renae			34 University of San Francisco Ma-38	2:54.15	2:52.13
	1:19.27			2:52.13 (1:32.86)		
3	Hwang, Jenn			32 Walnut Creek Masters-38	2:55.12	2:53.52
	1:25.22			2:53.52 (1:28.30)		
4	Ferroggiaro, Alex			33 University of San Francisco Ma-38	3:10.00	2:59.62
	1:23.64			2:59.62 (1:35.98)		
5	Akimoto, Reiko			32 Manatee Aquatic Masters Inc-38	2:12.00	3:00.34
	1:24.79			3:00.34 (1:35.55)		
6	McCarthy, Alexandra			32 University of San Francisco Ma-38	2:50.00	3:05.15
	1:27.91			3:05.15 (1:37.24)		
7	Oehler, Stephanie			32 University of San Francisco Ma-38	3:30.00	3:23.52
	1:35.18			3:23.52 (1:48.34)		

Women 30-34 400 LC Meter IM

NATL:	4:47.06	N	6/29/2008	ERIKA ERNDL		
WORLD:	4:56.08	W	11/8/2009	Hitomi MATSUDA		JPN
PAC:	5:13.97	P	12/31/1994	Susan Porter		
1	De Barros, Carolina			34 Richmond Plunge Masters-38	6:30.00	6:33.73
	1:29.34			3:12.12 (1:42.78)	5:06.12 (1:54.00)	6:33.73 (1:27.61)
2	McBride, Beth			34 Marcia's Enthusiastic Masters-38	7:15.00	7:00.67
	1:43.88			3:31.03 (1:47.15)	5:30.16 (1:59.13)	7:00.67 (1:30.51)

Women 35-39 50 LC Meter Freestyle

NATL:	25.52	N	6/29/2013	ERIKA ERNDL		
WORLD:	25.98	W	8/8/2006	Dara TORRES		USA
PAC:	26.89	P	12/31/1993	Sandy Neilson-Bel		
1	Ballenger, Marie			38 The Olympic Club-38	29.84	29.39
2	Greer, Margaret			36 East Bay Bat Rays Masters-38	31.50	31.46
3	Chien, Regina			38 Marcia's Enthusiastic Masters-38	40.20	40.12
4	Pinkston, Crystal			39 Marin Aquatic Masters-38	41.78	40.77
5	Dede, Elif			38 University of San Francisco Ma-38	1:05.00	54.70

Women 35-39 100 LC Meter Freestyle

NATL:	55.17	N	6/25/2013	ERIKA ERNDL		
WORLD:	57.38	W	12/1/2022	Veronica BALSANO		PAR
PAC:	1:00.31	P	12/31/2002	Laureen K Welting		
1	Ballenger, Marie			38 The Olympic Club-38	1:07.34	1:04.65
2	Pinkston, Crystal			39 Marin Aquatic Masters-38	1:30.59	1:30.84

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Women 35-39 200 LC Meter Freestyle

NATL: 2:00.04 N 6/26/2013 ERIKA ERNDL

WORLD: 2:05.50 W 12/2/2022 Veronica BALSANO PAR

PAC: 2:10.28 P 12/31/1999 Jill S Hernandez

1	Allen, Robyn	39	Central Alabama Master Swimmer-15	2:33.42	2:30.27
	1:10.76	2:30.27 (1:19.51)			
2	Pinkston, Crystal	39	Marin Aquatic Masters-38	3:25.71	3:21.03
	1:38.43	3:21.03 (1:42.60)			

Women 35-39 400 LC Meter Freestyle

NATL: 4:16.19 N 6/1/2012 DAWN HECKMAN

WORLD: 4:26.17 W 8/10/1997 K.PIPES-NEILSEN USA

PAC: 4:37.34 P 12/31/1999 Jill S Hernandez

1	Pinkston, Crystal	39	Marin Aquatic Masters-38	7:18.07	7:15.20
	1:41.56	3:33.40 (1:51.84)	5:26.88 (1:53.48)	7:15.20 (1:48.32)	

Women 35-39 800 LC Meter Freestyle Splits

NATL: 8:47.28 N 6/3/2012 DAWN HECKMAN

WORLD: 9:08.47 W 11/18/2012 Kirsten CAMERON AUS

PAC: 9:29.55 P 12/31/1999 Jill S Hernandez

1	Adams, Lindsey	35	Richmond Plunge Masters-38	NT	16:40.07
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Women 35-39 800 LC Meter Freestyle

NATL: 8:47.28 N 6/3/2012 DAWN HECKMAN

WORLD: 9:08.47 W 11/18/2012 Kirsten CAMERON AUS

PAC: 9:29.55 P 12/31/1999 Jill S Hernandez

1	Allen, Robyn	39	Central Alabama Master Swimmer-15	11:45.00	11:14.56
	1:20.69	2:45.52 (1:24.83)	4:10.74 (1:25.22)	5:36.83 (1:26.09)	
	7:03.39 (1:26.56)	8:30.01 (1:26.62)	9:55.85 (1:25.84)	11:14.56 (1:18.71)	

Women 35-39 1500 LC Meter Freestyle

NATL: 17:17.22 N 8/6/2015 HEIDI GEORGE

WORLD: 17:17.22 W 8/6/2015 Heidi GEORGE USA

PAC: 17:17.22 P 8/6/2015 Heidi S George

1	Adams, Lindsey	35	Richmond Plunge Masters-38	35:00.00	31:29.30
	1:57.34	4:03.61 (2:06.27)	6:08.92 (2:05.31)	8:14.63 (2:05.71)	
	10:20.81 (2:06.18)	12:27.07 (2:06.26)	14:32.79 (2:05.72)	16:40.07 (2:07.28)	
	18:48.46 (2:08.39)	20:55.09 (2:06.63)	23:02.81 (2:07.72)	25:12.50 (2:09.69)	
	27:21.51 (2:09.01)	29:29.06 (2:07.55)	31:29.30 (2:00.24)		

Women 35-39 50 LC Meter Backstroke

NATL: 28.63 N 8/18/2016 NORIKO INADA

WORLD: 28.63 W 8/18/2016 Noriko INADA USA

PAC: 31.71 P 12/31/2008 Jody Smith

1	Greer, Margaret	36	East Bay Bat Rays Masters-38	36.50	35.36
2	Ballenger, Marie	38	The Olympic Club-38	38.34	36.66
3	Petrakis, Kristina	35	University of San Francisco Ma-38	39.59	40.60
4	Chien, Regina	38	Marcia's Enthusiastic Masters-38	46.88	45.54
5	Dede, Elif	38	University of San Francisco Ma-38	1:10.00	1:11.49

Women 35-39 100 LC Meter Backstroke

NATL: 1:01.75 N 8/19/2017 NORIKO INADA

WORLD: 1:01.75 W 8/19/2017 Noriko INADA USA

PAC: 1:06.91 P 12/31/2008 Jody Smith

1	Greer, Margaret	36	East Bay Bat Rays Masters-38	1:20.50	1:18.85
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Women 35-39 200 LC Meter Backstroke

NATL: 2:18.20 N 8/10/1997 K PIPES-NEILSEN

WORLD: 2:18.20 W 8/10/1997 K.PIPES-NEILSEN USA

PAC: 2:22.07 P 12/31/2008 Jody Smith

1	Greer, Margaret	36	East Bay Bat Rays Masters-38	2:53.00	2:52.20
				1:22.01	2:52.20 (1:30.19)
2	Chien, Regina	38	Marcia's Enthusiastic Masters-38	3:55.45	3:41.79
				1:50.09	3:41.79 (1:51.70)

Women 35-39 100 LC Meter Breaststroke

NATL: 1:09.77 N 7/29/2022 DANIELLE HERRMANN

WORLD: 1:10.47 W 8/5/2022 Danielle HERRMANN USA

PAC: 1:09.77 P 7/30/2022 Danielle M Herrma

1	Ballenger, Marie	38	The Olympic Club-38	1:25.61	1:22.82
2	Allen, Robyn	39	Central Alabama Master Swimmer-15	1:44.43	1:33.90
---	Dede, Elif	38	University of San Francisco Ma-38	2:30.00	DQ

Women 35-39 200 LC Meter Breaststroke

NATL: 2:39.78 N 8/10/2013 KATIE GLENN

WORLD: 2:35.40 W 6/10/2012 Hitomi MATSUDA JPN

PAC: 2:39.78 P 8/7/2013 Katie Glenn

1	Allen, Robyn	39	Central Alabama Master Swimmer-15	3:52.20	3:33.21
				1:46.16	3:33.21 (1:47.05)

Women 35-39 50 LC Meter Butterfly

NATL: 27.46 N 8/5/2014 NORIKO INADA

WORLD: 27.46 W 8/5/2014 Noriko INADA USA

PAC: 29.24 P 4/3/2022 Danielle M Herrma

1	Greer, Margaret	36	East Bay Bat Rays Masters-38	35.50	34.14
2	Sue, Jennifer	35	Swim Fremont Glenmoor Gardens-38	45.83	49.97

Women 35-39 100 LC Meter Butterfly

NATL: 59.52 N 6/27/2013 ERIKA ERNDL

WORLD: 1:02.04 W 7/30/2022 C.ATHAYDE SARRUF BRA

PAC: 1:03.33 P 7/30/2022 Danielle M Herrma

1	Chien, Regina	38	Marcia's Enthusiastic Masters-38	1:56.90	1:48.60
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Women 35-39 200 LC Meter IM

NATL: 2:21.09 N 8/6/2022 DANIELLE HERRMANN

WORLD: 2:21.09 W 8/6/2022 Danielle HERRMANN USA

PAC: 2:21.09 P 8/6/2022 Danielle M Herrma

1	Allen, Robyn	39	Central Alabama Master Swimmer-15	3:09.40	3:00.46
				1:23.38	3:00.46 (1:37.08)

Women 40-44 50 LC Meter Freestyle

NATL: 24.25 N 7/6/2008 DARA TORRES

WORLD: 26.44 W 11/7/2009 Edith OTTERMANN RSA

PAC: 28.05 P 12/31/1992 Laura B Val

1	Louderback, Kelsey	41	Marin Aquatic Masters-38	35.00	31.73
2	Devine, Nora	42	University of San Francisco Ma-38	45.00	37.03

Women 40-44 100 LC Meter Freestyle Splits

NATL: 53.78 N 7/4/2008 DARA TORRES

WORLD: 58.04 W 6/8/2013 Erika BRAUN USA

PAC: 1:00.68 P 7/24/2016 Katie Glenn

1	Nehrebecki, Helene	44	Davis Aquatic Masters-38	NT	1:08.76
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Women 40-44 100 LC Meter Freestyle

NATL:	53.78	N	7/4/2008	DARA TORRES		
WORLD:	58.04	W	6/8/2013	Erika BRAUN		USA
PAC:	1:00.68	P	7/24/2016	Katie Glenn		
1	Louderback, Kelsey		41	Marin Aquatic Masters-38	1:20.00	1:10.66
2	Devine, Nora		42	University of San Francisco Ma-38	1:30.00	1:21.45

Women 40-44 200 LC Meter Freestyle Splits

NATL:	2:09.00	N	5/25/2003	K PIPES-NEILSEN		
WORLD:	2:09.28	W	8/15/2005	K.PIPES-NEILSEN		USA
PAC:	2:10.47	P	8/18/2016	Katie Glenn		
1	Nehrebecki, Helene		44	Davis Aquatic Masters-38	NT	2:51.18

Women 40-44 200 LC Meter Freestyle

NATL:	2:09.00	N	5/25/2003	K PIPES-NEILSEN		
WORLD:	2:09.28	W	8/15/2005	K.PIPES-NEILSEN		USA
PAC:	2:10.47	P	8/18/2016	Katie Glenn		
1	Radecke-Noble, Jennifer		40	Tvm Swimming-38	2:18.00	2:18.45
	1:07.45			2:18.45 (1:11.00)		
2	Huang, Jessica		40	University of San Francisco Ma-38	2:26.00	2:25.83
	1:09.21			2:25.83 (1:16.62)		
3	Groskopf, Sarah		44	Club Hot Tub-38	2:53.67	2:45.88
	1:20.34			2:45.88 (1:25.54)		
4	Lee, Robin		43	Marin Aquatic Masters-38	2:40.00	2:47.57
	1:18.12			2:47.57 (1:29.45)		
5	Murray, Tori		42	Rolling Hills Mud Sharks-38	2:49.49	2:54.66
	1:24.13			2:54.66 (1:30.53)		
6	Sitzmann, Amy		44	Tvm Swimming-38	2:53.00	2:58.43
	1:25.55			2:58.43 (1:32.88)		
7	Scott, Emily		44	Swim Fremont Glenmoor Gardens-38	3:04.00	3:00.96
	1:28.16			3:00.96 (1:32.80)		
8	Prichard, Amie		44	University of San Francisco Ma-38	3:14.54	3:07.66
	1:30.75			3:07.66 (1:36.91)		

Women 40-44 400 LC Meter Freestyle

NATL:	4:22.87	N	8/13/2011	JANET EVANS		
WORLD:	4:22.87	W	8/13/2011	Janet EVANS		USA
PAC:	4:34.33	P	12/31/2006	Susan H Preston		
1	Rempe, Rachel		41	Marin Aquatic Masters-38	5:50.30	5:38.10
	1:19.62			2:46.60 (1:26.98)	4:14.02 (1:27.42)	5:38.10 (1:24.08)
2	Louderback, Kelsey		41	Marin Aquatic Masters-38	6:00.00	5:43.97
	1:22.95			2:52.38 (1:29.43)	4:21.54 (1:29.16)	5:43.97 (1:22.43)
3	Lee, Robin		43	Marin Aquatic Masters-38	5:30.00	5:59.71
	1:20.94			2:52.73 (1:31.79)	4:26.54 (1:33.81)	5:59.71 (1:33.17)
4	Sitzmann, Amy		44	Tvm Swimming-38	6:05.00	6:12.19
	1:26.66			3:01.91 (1:35.25)	4:38.54 (1:36.63)	6:12.19 (1:33.65)
5	Prichard, Amie		44	University of San Francisco Ma-38	6:49.87	6:41.79
	1:36.71			3:19.65 (1:42.94)	5:00.89 (1:41.24)	6:41.79 (1:40.90)

Women 40-44 800 LC Meter Freestyle

NATL:	8:59.06	N	6/11/2011	JANET EVANS		
WORLD:	8:59.06	W	6/11/2011	Janet EVANS		USA
PAC:	9:18.17	P	7/11/2019	Heidi S George		
1	Rempe, Rachel		41	Marin Aquatic Masters-38	11:50.50	11:40.31
	1:20.79			2:49.69 (1:28.90)	4:18.89 (1:29.20)	5:47.35 (1:28.46)
	7:15.46 (1:28.11)			8:44.26 (1:28.80)	10:13.02 (1:28.76)	11:40.31 (1:27.29)

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2	Prichard, Amie	44	University of San Francisco Ma-38	14:00.00	13:47.03
	1:33.78	3:15.93 (1:42.15)	5:02.75 (1:46.82)	6:49.21 (1:46.46)	
	8:34.85 (1:45.64)	10:20.56 (1:45.71)	12:06.54 (1:45.98)	13:47.03 (1:40.49)	
3	Chaiyasane, Koung	40	Marcia's Enthusiastic Masters-38	16:45.00	15:37.28
	1:58.87	4:03.49 (2:04.62)	6:01.30 (1:57.81)	8:01.61 (2:00.31)	
	9:59.13 (1:57.52)	11:56.67 (1:57.54)	13:49.48 (1:52.81)	15:37.28 (1:47.80)	

Women 40-44 1500 LC Meter Freestyle

NATL: 17:17.59 N 4/30/2017 HEIDI GEORGE

WORLD: 17:29.43 W 6/30/2017 Heidi GEORGE USA

PAC: 17:29.43 P 6/30/2017 Heidi S George

1	Rempe, Rachel	41	Marin Aquatic Masters-38	22:45.78	22:32.11
	1:24.48	2:55.68 (1:31.20)	4:28.14 (1:32.46)	5:58.99 (1:30.85)	
	7:29.05 (1:30.06)	8:59.40 (1:30.35)	10:29.16 (1:29.76)	11:59.20 (1:30.04)	
	13:29.31 (1:30.11)	14:59.34 (1:30.03)	16:30.02 (1:30.68)	18:00.81 (1:30.79)	
	19:31.61 (1:30.80)	21:02.56 (1:30.95)	22:32.11 (1:29.55)		
2	West, Meredith	40	San Mateo Masters-38	24:27.44	24:25.38
	1:32.27	3:09.54 (1:37.27)	4:46.37 (1:36.83)	6:23.78 (1:37.41)	
	8:01.09 (1:37.31)	9:39.31 (1:38.22)	11:18.26 (1:38.95)	12:56.82 (1:38.56)	
	14:35.59 (1:38.77)	16:14.19 (1:38.60)	17:53.48 (1:39.29)	19:32.54 (1:39.06)	
	21:11.80 (1:39.26)	22:51.37 (1:39.57)	24:25.38 (1:34.01)		
3	Chaiyasane, Koung	40	Marcia's Enthusiastic Masters-38	32:55.00	30:04.08
	1:59.51	4:05.26 (2:05.75)	6:10.25 (2:04.99)	8:14.64 (2:04.39)	
	10:18.65 (2:04.01)	12:18.52 (1:59.87)	14:20.04 (2:01.52)	16:21.29 (2:01.25)	
	18:23.53 (2:02.24)	20:23.56 (2:00.03)	22:22.03 (1:58.47)	24:19.48 (1:57.45)	
	26:16.67 (1:57.19)	28:12.57 (1:55.90)	30:04.08 (1:51.51)		

Women 40-44 50 LC Meter Backstroke

NATL: 29.62 N 8/2/2018 NORIKO INADA

WORLD: 29.62 W 8/2/2018 Noriko INADA USA

PAC: 31.63 P 12/31/2009 Jody Smith

1	Louderback, Kelsey	41	Marin Aquatic Masters-38	42.50	35.82
2	Prichard, Amie	44	University of San Francisco Ma-38	46.59	45.78

Women 40-44 100 LC Meter Backstroke

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

WORLD: 1:04.70 W 7/31/2018 Noriko INADA USA

PAC: 1:07.21 P 12/31/2009 Jody Smith

1	Radecke-Noble, Jennifer	40	Tvm Swimming-38	1:13.00	1:12.83
2	Huang, Jessica	40	University of San Francisco Ma-38	1:18.00	1:15.74
3	Nehrebecki, Helene	44	Davis Aquatic Masters-38	1:26.25	1:23.99
4	Lee, Robin	43	Marin Aquatic Masters-38	1:30.00	1:31.17
5	Groskopf, Sarah	44	Club Hot Tub-38	1:39.25	1:31.42
6	Radimer, Kelly	42	Uc02	1:35.31	1:33.79
7	Sitzmann, Amy	44	Tvm Swimming-38	1:35.00	1:35.16
8	Murray, Tori	42	Rolling Hills Mud Sharks-38	1:28.49	1:36.98
9	Prichard, Amie	44	University of San Francisco Ma-38	1:41.26	1:43.44
10	Flecker, Donita	42	Sebastopol Masters Aquatic Clu-38	1:45.21	1:44.13

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Women 40-44 200 LC Meter Backstroke

NATL: 2:23.18 N 8/6/2009 JODY SMITH

WORLD: 2:23.18 W 8/6/2009 Jody SMITH USA

PAC: 2:23.18 P 12/31/2009 Jody Smith

1	Nehrebecki, Helene	44	Davis Aquatic Masters-38	3:05.36	3:07.15
	1:29.96		3:07.15 (1:37.19)		
2	Prichard, Amie	44	University of San Francisco Ma-38	3:39.98	3:35.78
	1:45.43		3:35.78 (1:50.35)		

Women 40-44 50 LC Meter Breaststroke

NATL: 32.47 N 8/19/2016 KATIE GLENN

WORLD: 32.42 W 9/2/2022 Nicole HEIDEMANN GER

PAC: 32.47 P 8/19/2016 Katie Glenn

1	Au Brinkmeyer, Lauren	40	Manatee Aquatic Masters Inc-38	38.90	38.39
2	Huang, Jessica	40	University of San Francisco Ma-38	42.00	38.45
3	Nehrebecki, Helene	44	Davis Aquatic Masters-38	40.98	39.68
4	Lee, Robin	43	Marin Aquatic Masters-38	45.00	43.97
5	Scott, Emily	44	Swim Fremont Glenmoor Gardens-38	42.00	44.77
6	Murray, Tori	42	Rolling Hills Mud Sharks-38	45.96	48.55
7	Lee, Jez	44	Sebastopol Masters Aquatic Clu-38	53.54	54.60

Women 40-44 100 LC Meter Breaststroke

NATL: 1:12.12 N 6/30/2008 S VON DER LIPPE

WORLD: 1:12.29 W 3/12/2022 Nicole HEIDEMANN GER

PAC: 1:13.57 P 8/18/2016 Katie Glenn

1	Nehrebecki, Helene	44	Davis Aquatic Masters-38	1:29.28	1:25.71
2	Devine, Nora	42	University of San Francisco Ma-38	2:00.00	1:51.61
---	Chaiyasane, Koung	40	Marcia's Enthusiastic Masters-38	2:45.00	DQ

Women 40-44 200 LC Meter Breaststroke

NATL: 2:38.44 N 8/9/2006 S VON DER LIPPE

WORLD: 2:38.44 W 8/9/2006 S.VON DER LIPPE USA

PAC: 2:47.92 P 7/24/2016 Katie Glenn

1	Au Brinkmeyer, Lauren	40	Manatee Aquatic Masters Inc-38	3:10.50	3:08.52
	1:32.38		3:08.52 (1:36.14)		
2	Murray, Tori	42	Rolling Hills Mud Sharks-38	3:45.49	3:45.59
	1:49.84		3:45.59 (1:55.75)		
3	Lee, Jez	44	Sebastopol Masters Aquatic Clu-38	4:25.99	4:12.64
	2:03.49		4:12.64 (2:09.15)		

Women 40-44 50 LC Meter Butterfly

NATL: 28.36 N 6/8/2013 ERIKA BRAUN

WORLD: 28.36 W 6/8/2013 Erika BRAUN USA

PAC: 29.89 P 12/31/1994 Laura B Val

1	Radecke-Noble, Jennifer	40	Tvm Swimming-38	34.00	30.62
2	Rempe, Rachel	41	Marin Aquatic Masters-38	34.72	34.77
3	Louderback, Kelsey	41	Marin Aquatic Masters-38	39.00	35.03
4	Au Brinkmeyer, Lauren	40	Manatee Aquatic Masters Inc-38	35.70	35.22
5	Radimer, Kelly	42	Uc02	40.04	37.12
6	Murray, Tori	42	Rolling Hills Mud Sharks-38	36.49	38.14
7	Lee, Robin	43	Marin Aquatic Masters-38	40.00	40.76
8	Groskopf, Sarah	44	Club Hot Tub-38	50.00	41.47
9	Flecker, Donita	42	Sebastopol Masters Aquatic Clu-38	53.57	51.07

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Women 40-44 100 LC Meter Butterfly

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

WORLD: 1:03.36 W 5/23/2009 S.VON DER LIPPE USA

PAC: 1:06.27 P 12/31/1992 Laura B Val

1 Rempe, Rachel 41 Marin Aquatic Masters-38 1:22.39 1:20.30

Women 40-44 200 LC Meter Butterfly

NATL: 2:24.77 N 8/17/2003 K PIPES-NEILSEN

WORLD: 2:24.78 W 7/23/2006 S.VON DER LIPPE USA

PAC: 2:25.15 P 12/31/2006 Susan H Preston

1 Flecker, Donita 42 Sebastopol Masters Aquatic Clu-38 3:58.90 4:16.86
2:04.76 4:16.86 (2:12.10)2 Lee, Jez 44 Sebastopol Masters Aquatic Clu-38 5:29.08 4:22.47
1:51.30 4:22.47 (2:31.17)

Women 40-44 200 LC Meter IM

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

WORLD: 2:25.03 W 8/5/2007 S.VON DER LIPPE USA

PAC: 2:30.96 P 12/31/2000 Jill S Hernandez

1 Radecke-Noble, Jennifer 40 Tvm Swimming-38 2:40.00 2:38.40
1:16.63 2:38.40 (1:21.77)2 Huang, Jessica 40 University of San Francisco Ma-38 2:50.00 2:40.54
1:17.00 2:40.54 (1:23.54)3 Nehrebecki, Helene 44 Davis Aquatic Masters-38 2:55.51 2:57.34
1:25.35 2:57.34 (1:31.99)4 Rempe, Rachel 41 Marin Aquatic Masters-38 3:03.00 3:01.97
1:24.65 3:01.97 (1:37.32)5 Groskopf, Sarah 44 Club Hot Tub-38 3:10.68 3:11.11
1:30.28 3:11.11 (1:40.83)6 Radimer, Kelly 42 Uc02 3:21.23 3:14.96
1:32.79 3:14.96 (1:42.17)7 Lee, Robin 43 Marin Aquatic Masters-38 3:45.00 3:16.32
1:31.97 3:16.32 (1:44.35)8 Murray, Tori 42 Rolling Hills Mud Sharks-38 3:06.49 3:18.70
1:34.90 3:18.70 (1:43.80)9 Sitzmann, Amy 44 Tvm Swimming-38 3:20.00 3:26.09
1:40.14 3:26.09 (1:45.95)10 Flecker, Donita 42 Sebastopol Masters Aquatic Clu-38 3:36.76 3:50.22
1:54.44 3:50.22 (1:55.78)

Women 40-44 400 LC Meter IM

NATL: 5:09.83 N 8/1/2004 K PIPES-NEILSEN

WORLD: 5:09.83 W 8/1/2004 K.PIPES-NEILSEN USA

PAC: 5:21.32 P 12/31/2000 Jill S Hernandez

1 Nehrebecki, Helene 44 Davis Aquatic Masters-38 6:23.84 6:24.70
1:26.90 3:10.74 (1:43.84) 4:56.56 (1:45.82) 6:24.70 (1:28.14)2 Chaiyasane, Koung 40 Marcia's Enthusiastic Masters-38 9:00.00 8:59.44
2:26.87 4:55.60 (2:28.73) 7:04.59 (2:08.99) 8:59.44 (1:54.85)

Women 45-49 50 LC Meter Freestyle

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

WORLD: 26.59 W 3/16/2011 Edith OTTERMANN RSA

PAC: 28.56 P 12/31/2006 Suzanne M Heim-Bo

1 Woodard, Niki 48 Park Terrace Masters Swimming-38 31.35 29.71

2 Rodde, Amy 45 Burlingame Aquatic Club-38 31.90 30.47

3 Bracco Comfort, Katie 48 Menlo Masters-38 32.32 31.55

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****(Women 45-49 50 LC Meter Freestyle)**

4	Cairns, Christina	46	Marin Aquatic Masters-38	36.00	32.37
5	Davis, Taylor	48	University of San Francisco Ma-38	34.37	33.50
6	Belluomini, Melanie	47	Davis Aquatic Masters-38	35.00	34.45
7	Avar, Traci	45	University of San Francisco Ma-38	41.00	39.29
8	Pyatt, Suzanne	49	University of San Francisco Ma-38	45.00	41.01
9	Sayed, Elizabeth	45	University of San Francisco Ma-38	45.00	48.31

Women 45-49 100 LC Meter Freestyle

NATL: 57.40 N 8/8/2015 **MELANIE THOMAS**

WORLD: 57.40 W 8/8/2015 **Melanie THOMAS** USA

PAC: 1:02.11 P 12/31/2003 **Suzanne M Heim-Bo**

1	Woodard, Niki	48	Park Terrace Masters Swimming-38	1:07.50	1:06.25
2	Bracco Comfort, Katie	48	Menlo Masters-38	1:10.28	1:08.62
3	Cairns, Christina	46	Marin Aquatic Masters-38	1:15.00	1:10.52
4	Davis, Taylor	48	University of San Francisco Ma-38	1:18.42	1:14.34
5	Pyatt, Suzanne	49	University of San Francisco Ma-38	1:35.00	1:28.08
6	Sayed, Elizabeth	45	University of San Francisco Ma-38	1:37.00	1:44.66

Women 45-49 200 LC Meter Freestyle

NATL: 2:10.09 N 6/13/2009 **K PIPES-NEILSEN**

WORLD: 2:10.09 W 6/13/2009 **K.PIPES-NEILSEN** USA

PAC: 2:12.57 P 8/8/2021 **Heidi S George**

1	Woodard, Niki	48	Park Terrace Masters Swimming-38	2:28.00	2:28.38
	1:10.82		2:28.38 (1:17.56)		
2	Bracco Comfort, Katie	48	Menlo Masters-38	2:31.28	2:33.15
	1:14.29		2:33.15 (1:18.86)		
3	Cairns, Christina	46	Marin Aquatic Masters-38	2:45.00	2:36.56
	1:16.24		2:36.56 (1:20.32)		
4	Davis, Taylor	48	University of San Francisco Ma-38	2:40.32	2:48.14
	1:17.96		2:48.14 (1:30.18)		
5	Bee, Vee	45	Richmond Plunge Masters-38	2:15.15	2:51.56
	1:20.27		2:51.56 (1:31.29)		
6	Cheung, Ruth	45	Quicksilver Masters-38	3:39.00	3:25.47
	1:37.88		3:25.47 (1:47.59)		
7	Alfieri, Susan	47	Marin Aquatic Masters-38	4:16.00	3:27.84
	1:37.53		3:27.84 (1:50.31)		
8	Silva, Teresa	48	Swim Fremont Glenmoor Gardens-38	4:00.00	3:28.60
	1:36.61		3:28.60 (1:51.99)		

Women 45-49 400 LC Meter Freestyle

NATL: 4:30.64 N 4/14/2023 **HEIDI GEORGE**

WORLD: 4:30.64 W 4/14/2023 **Heidi GEORGE** USA

PAC: 4:30.64 P 4/14/2023 **Heidi S George**

1	Bracco Comfort, Katie	48	Menlo Masters-38	5:10.25	5:22.59
	1:16.36		2:38.29 (1:21.93)	4:01.30 (1:23.01)	5:22.59 (1:21.29)
2	Cheung, Ruth	45	Quicksilver Masters-38	7:30.00	7:13.53
	1:37.50		3:28.37 (1:50.87)	5:23.71 (1:55.34)	7:13.53 (1:49.82)

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Women 45-49 800 LC Meter Freestyle

NATL: 9:11.47 N 6/27/2021 HEIDI GEORGE

WORLD: 9:11.47 W 6/27/2021 Heidi GEORGE USA

PAC: 9:11.47 P 6/27/2021 Heidi S George

1	Bee, Vee	45	Richmond Plunge Masters-38	12:12.46	12:57.03
				1:32.53	3:11.27 (1:38.74)
				4:49.64 (1:38.37)	6:26.79 (1:37.15)
				8:05.28 (1:38.49)	9:43.47 (1:38.19)
				11:21.14 (1:37.67)	12:57.03 (1:35.89)

Women 45-49 1500 LC Meter Freestyle

NATL: 17:26.47 N 12/2/2023 HEIDI GEORGE

WORLD: 17:27.11 W 4/13/2023 Heidi GEORGE USA

PAC: 17:26.47 P 12/2/2023 Heidi S George

1	Topping, Catherine	45	Marin Aquatic Masters-38	27:18.00	26:09.85
				1:40.36	3:25.33 (1:44.97)
				5:11.13 (1:45.80)	6:56.35 (1:45.22)
				8:41.81 (1:45.46)	10:26.22 (1:44.41)
				12:12.18 (1:45.96)	13:57.72 (1:45.54)
				15:42.39 (1:44.67)	17:27.73 (1:45.34)
				19:12.80 (1:45.07)	20:57.96 (1:45.16)
				22:44.30 (1:46.34)	24:28.37 (1:44.07)
				26:09.85 (1:41.48)	

Women 45-49 50 LC Meter Backstroke

NATL: 31.71 N 7/7/2012 JENKINS\REYNOLDS\

WORLD: 31.02 W 8/18/2016 Cindy MABEE CAN

PAC: 32.93 P 12/31/1997 Laura B Val

1	Cairns, Christina	46	Marin Aquatic Masters-38	46.00	36.72
2	Rodde, Amy	45	Burlingame Aquatic Club-38	37.69	36.83
3	Davis, Taylor	48	University of San Francisco Ma-38	42.73	41.30
4	Avar, Traci	45	University of San Francisco Ma-38	51.00	46.86
5	Pyatt, Suzanne	49	University of San Francisco Ma-38	55.00	52.01
6	Sayed, Elizabeth	45	University of San Francisco Ma-38	50.00	53.17

Women 45-49 100 LC Meter Backstroke

NATL: 1:07.45 N 5/19/2024 JENNIFER MIHALIK

WORLD: 1:07.04 W 6/14/2019 Joanna CORBEN GBR

PAC: 1:11.34 P 12/31/2009 Lisa A Ward

1	Cairns, Christina	46	Marin Aquatic Masters-38	1:30.00	1:20.97
2	Davis, Taylor	48	University of San Francisco Ma-38	1:33.06	1:32.31
---	Ferraris, Giulia	47	Modesto Area Aquatic Club-38	1:31.27	DQ
---	Cheung, Ruth	45	Quicksilver Masters-38	2:05.00	DQ

Women 45-49 200 LC Meter Backstroke

NATL: 2:26.06 N 5/22/2009 K PIPES-NEILSEN

WORLD: 2:24.06 W 5/28/2016 Joanna CORBEN GBR

PAC: 2:31.93 P 12/31/2009 Lisa A Ward

1	Sayed, Elizabeth	45	University of San Francisco Ma-38	3:55.00	3:58.84
				1:57.39	3:58.84 (2:01.45)

Women 45-49 50 LC Meter Breaststroke

NATL: 31.92 N 4/13/2024 GABRIELLE ROSE

WORLD: 33.56 W 8/20/2017 Linley FRAME AUS

PAC: 36.97 P 12/31/1994 Susan Roy

1	Ferraris, Giulia	47	Modesto Area Aquatic Club-38	1:02.32	49.72
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Women 45-49 100 LC Meter Breaststroke

NATL: 1:08.32 N 6/16/2024 GABRIELLE ROSE

WORLD: 1:12.34 W 8/14/2022 Gabrielle ROSE USA

PAC: 1:21.30 P 12/31/2009 Lisa A Ward

1	Rodde, Amy	45	Burlingame Aquatic Club-38	1:24.00	1:28.48
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(Women 45-49 100 LC Meter Breaststroke)

2	Cairns, Christina	46	Marin Aquatic Masters-38	1:50.00	1:36.66
3	Pyatt, Suzanne	49	University of San Francisco Ma-38	2:00.00	1:52.15

Women 45-49 200 LC Meter Breaststroke

NATL: 2:30.13 N 6/19/2024 GABRIELLE ROSE

WORLD: 2:39.95 W 6/24/2023 Gabrielle ROSE USA

PAC: 2:59.80 P 12/31/2009 Lisa A Ward

1	Alfieri, Susan	47	Marin Aquatic Masters-38	4:48.00	4:08.89
				1:58.57	4:08.89 (2:10.32)

Women 45-49 50 LC Meter Butterfly

NATL: 28.40 N 8/5/2017 ERIKA BRAUN

WORLD: 28.40 W 8/5/2017 Erika BRAUN USA

PAC: 30.01 P 12/31/2009 Lisa A Ward

1	Woodard, Niki	48	Park Terrace Masters Swimming-38	33.50	32.89
2	Bracco Comfort, Katie	48	Menlo Masters-38	29.59	33.33
3	Belluomini, Melanie	47	Davis Aquatic Masters-38	36.00	35.20
4	Ferraris, Giulia	47	Modesto Area Aquatic Club-38	47.83	38.82
5	Davis, Taylor	48	University of San Francisco Ma-38	42.56	41.58
6	Cheung, Ruth	45	Quicksilver Masters-38	55.00	58.06

Women 45-49 100 LC Meter Butterfly

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

WORLD: 1:04.96 W 8/6/2014 Wenke SEIDER USA

PAC: 1:07.30 P 12/31/2005 Jill S Hernandez

1	Woodard, Niki	48	Park Terrace Masters Swimming-38	1:20.00	1:16.48
2	Bracco Comfort, Katie	48	Menlo Masters-38	1:17.90	1:19.27
3	Belluomini, Melanie	47	Davis Aquatic Masters-38	1:28.00	1:28.85

Women 45-49 200 LC Meter IM

NATL: 2:20.41 N 7/9/2023 GABRIELLE ROSE

WORLD: 2:21.37 W 8/14/2022 Gabrielle ROSE USA

PAC: 2:32.46 P 12/31/2005 Jill S Hernandez

1	Woodard, Niki	48	Park Terrace Masters Swimming-38	2:53.00	2:53.80
				1:22.84	2:53.80 (1:30.96)
2	Belluomini, Melanie	47	Davis Aquatic Masters-38	3:19.00	3:22.50
				1:35.86	3:22.50 (1:46.64)

Women 45-49 400 LC Meter IM

NATL: 5:13.85 N 9/5/2008 K PIPES-NEILSEN

WORLD: 5:13.85 W 9/5/2008 K.PIPES-NEILSEN USA

PAC: 5:27.67 P 12/31/2005 Jill S Hernandez

1	Belluomini, Melanie	47	Davis Aquatic Masters-38	7:00.00	7:17.42
				1:30.23	3:33.72 (2:03.49)
				5:35.20 (2:01.48)	7:17.42 (1:42.22)

Women 50-54 50 LC Meter Freestyle

NATL: 27.13 N 6/17/2023 ERIKA BRAUN

WORLD: 27.09 W 6/28/2015 M.Therese FUZZATI FRA

PAC: 28.22 P 12/31/2001 Laura B Val

1	Mcclafferty, Christine	51	Oregon Masters-37	30.50	29.71
2	Attwell, Carrie	54	The Olympic Club-38	32.73	32.93
3	O'Hanlon, Christine	54	Rolling Hills Mud Sharks-38	34.55	35.14
4	Ongerth, Ann Michelle	50	Walnut Creek Masters-38	37.43	37.86

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Women 50-54 100 LC Meter Freestyle

NATL: 1:00.40 N 8/6/2023 ERIKA BRAUN

WORLD: 1:00.40 W 8/6/2023 Erika BRAUN USA

PAC: 1:01.13 P 12/31/2001 Laura B Val

1	Attwell, Carrie	54	The Olympic Club-38	1:19.00	1:14.77
2	O'Hanlon, Christine	54	Rolling Hills Mud Sharks-38	1:21.03	1:18.82
3	Koning, Patricia	54	Livermore Aquacowboys-38	1:31.42	1:30.78

Women 50-54 200 LC Meter Freestyle

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

WORLD: 2:13.18 W 8/8/2013 Jill HERNANDEZ USA

PAC: 2:13.18 P 8/7/2013 Jill S Hernandez

1	Zamanian, Alison	54	Walnut Creek Masters-38	2:19.00	2:20.10
	1:07.26	2:20.10 (1:12.84)			
2	O'Hanlon, Christine	54	Rolling Hills Mud Sharks-38	2:57.00	3:01.26
	1:28.79	3:01.26 (1:32.47)			
3	Singh, Jo	52	Menlo Masters-38	3:31.35	3:18.92
	1:40.24	3:18.92 (1:38.68)			

Women 50-54 400 LC Meter Freestyle

NATL: 4:40.66 N 8/11/2013 JILL HERNANDEZ

WORLD: 4:40.66 W 8/11/2013 Jill HERNANDEZ USA

PAC: 4:40.66 P 8/7/2013 Jill S Hernandez

1	Zamanian, Alison	54	Walnut Creek Masters-38	4:45.00	4:50.93
	1:08.65	2:22.10 (1:13.45)	3:37.07 (1:14.97)	4:50.93 (1:13.86)	
2	Darling, Colleen	50	Walnut Creek Masters-38	6:40.00	6:06.80
	1:23.16	2:58.07 (1:34.91)	4:33.91 (1:35.84)	6:06.80 (1:32.89)	
3	Singh, Jo	52	Menlo Masters-38	7:45.00	6:51.91
	1:39.73	3:26.75 (1:47.02)	5:11.98 (1:45.23)	6:51.91 (1:39.93)	

Women 50-54 800 LC Meter Freestyle

NATL: 9:34.12 N 7/23/2016 SUSAN PRESTON

WORLD: 9:34.12 W 7/23/2016 Susan PRESTON USA

PAC: 9:34.12 P 7/23/2016 Susan H Preston

1	Zamanian, Alison	54	Walnut Creek Masters-38	9:45.00	9:55.15
	1:09.36	2:23.68 (1:14.32)	3:39.25 (1:15.57)	4:55.49 (1:16.24)	
	6:11.22 (1:15.73)	7:27.04 (1:15.82)	8:42.78 (1:15.74)	9:55.15 (1:12.37)	
2	Darling, Colleen	50	Walnut Creek Masters-38	12:30.00	12:53.99
	1:27.27	3:03.60 (1:36.33)	4:41.52 (1:37.92)	6:20.46 (1:38.94)	
	7:59.75 (1:39.29)	9:39.43 (1:39.68)	11:18.82 (1:39.39)	12:53.99 (1:35.17)	
3	Koning, Patricia	54	Livermore Aquacowboys-38	14:46.41	13:47.90
	1:37.15	3:22.26 (1:45.11)	5:07.49 (1:45.23)	6:52.83 (1:45.34)	
	8:38.07 (1:45.24)	10:23.48 (1:45.41)	12:07.34 (1:43.86)	13:47.90 (1:40.56)	
4	Singh, Jo	52	Menlo Masters-38	14:30.00	14:15.93
	1:42.10	3:30.11 (1:48.01)	5:19.77 (1:49.66)	7:08.43 (1:48.66)	
	8:58.37 (1:49.94)	10:47.58 (1:49.21)	12:34.38 (1:46.80)	14:15.93 (1:41.55)	

Women 50-54 1500 LC Meter Freestyle

NATL: 18:15.80 N 7/29/2022 ALISON ZAMANIAN

WORLD: 18:15.80 W 7/29/2022 Alison ZAMANIAN USA

PAC: 18:15.80 P 7/29/2022 Alison Zamanian

1	Zamanian, Alison	54	Walnut Creek Masters-38	18:30.00	18:46.95
	1:09.99	2:24.28 (1:14.29)	3:39.58 (1:15.30)	4:55.32 (1:15.74)	
	6:11.60 (1:16.28)	7:27.32 (1:15.72)	8:43.10 (1:15.78)	9:58.56 (1:15.46)	
	11:14.24 (1:15.68)	12:29.85 (1:15.61)	13:45.92 (1:16.07)	15:01.90 (1:15.98)	
	16:17.70 (1:15.80)	17:33.50 (1:15.80)	18:46.95 (1:13.45)		

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

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(Women 50-54 1500 LC Meter Freestyle)

2	Darling, Colleen	50	Walnut Creek Masters-38	26:50.00	23:42.40
	1:25.36	3:00.44 (1:35.08)	4:34.77 (1:34.33)	6:09.68 (1:34.91)	
	7:45.50 (1:35.82)	9:20.93 (1:35.43)	10:55.91 (1:34.98)	12:30.99 (1:35.08)	
	14:06.77 (1:35.78)	15:43.52 (1:36.75)	17:19.72 (1:36.20)	18:55.70 (1:35.98)	
	20:32.81 (1:37.11)	22:09.77 (1:36.96)	23:42.40 (1:32.63)		
3	Singh, Jo	52	Menlo Masters-38	30:30.00	28:00.20
	1:44.63	3:35.95 (1:51.32)	5:28.25 (1:52.30)	7:20.81 (1:52.56)	
	9:13.51 (1:52.70)	11:06.57 (1:53.06)	13:01.65 (1:55.08)	14:57.32 (1:55.67)	
	16:52.14 (1:54.82)	18:45.26 (1:53.12)	20:40.07 (1:54.81)	22:32.66 (1:52.59)	
	24:26.88 (1:54.22)	26:17.42 (1:50.54)	28:00.20 (1:42.78)		

Women 50-54 50 LC Meter Backstroke

	NATL:	32.30	N	8/6/2022	ERIKA BRAUN	
	WORLD:	31.59	W	7/6/2019	Cindy MABEE	CAN
	PAC:	33.45	P	12/31/2009	Bonnie M Bilich	
1	O'Hanlon, Christine	54	Rolling Hills Mud Sharks-38	43.23	43.15	
2	Koning, Patricia	54	Livermore Aquacowboys-38	52.03	48.53	

Women 50-54 100 LC Meter Backstroke

	NATL:	1:09.28	N	8/8/2014	ELLEN REYNOLDS	
	WORLD:	1:07.87	W	1/21/2023	Jo CORBEN	GBR
	PAC:	1:13.76	P	12/31/2009	Bonnie M Bilich	
1	O'Hanlon, Christine	54	Rolling Hills Mud Sharks-38	1:37.76	1:36.34	

Women 50-54 200 LC Meter Backstroke

	NATL:	2:26.64	N	8/4/2014	ELLEN REYNOLDS	
	WORLD:	2:26.14	W	4/19/2024	Jo CORBEN	GBR
	PAC:	2:36.60	P	7/30/2022	Alison Zamanian	
1	Singh, Jo	52	Menlo Masters-38	4:30.00	4:21.89	
---	O'Hanlon, Christine	54	Rolling Hills Mud Sharks-38	3:33.59	DQ	
	1:42.31	DQ (1:49.57)				

Women 50-54 50 LC Meter Breaststroke

	NATL:	36.47	N	8/20/2022	ERIKA BRAUN	
	WORLD:	34.18	W	6/13/2012	Monica CORO	ITA
	PAC:	37.81	P	10/10/2021	Tanya N Lane	
1	Attwell, Carrie	54	The Olympic Club-38	43.00	42.62	

Women 50-54 100 LC Meter Breaststroke

	NATL:	1:21.34	N	7/8/2023	ERIKA BRAUN	
	WORLD:	1:15.44	W	6/4/2022	Helen GORMAN	GBR
	PAC:	1:23.72	P	10/8/2021	Tanya N Lane	
1	Mcclafferty, Christine	51	Oregon Masters-37	1:26.78	1:27.35	
2	Attwell, Carrie	54	The Olympic Club-38	1:32.91	1:33.73	
3	Koning, Patricia	54	Livermore Aquacowboys-38	1:47.01	1:46.93	
4	Ongerth, Ann Michelle	50	Walnut Creek Masters-38	1:49.00	1:53.66	

Women 50-54 200 LC Meter Breaststroke

	NATL:	2:54.00	N	8/6/2016	ELLEN REYNOLDS	
	WORLD:	2:44.66	W	6/17/2022	Helen GORMAN	GBR
	PAC:	3:05.00	P	10/9/2021	SWeiss&TLane	
1	Zamanian, Alison	54	Walnut Creek Masters-38	3:20.00	3:11.49	
	1:33.02	3:11.49 (1:38.47)				

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(Women 50-54 200 LC Meter Breaststroke)

2	Attwell, Carrie	54	The Olympic Club-38	3:43.00	3:28.29
	1:42.67	3:28.29	(1:45.62)		
---	Ongerth, Ann Michelle	50	Walnut Creek Masters-38	3:58.00	DQ
	2:06.68	DQ	(2:06.02)		

Women 50-54 50 LC Meter Butterfly

	NATL:	29.47	N	8/4/2022	ERIKA BRAUN	
	WORLD:	29.08	W	8/7/2023	Susan O'NEILL	AUS
	PAC:	30.72	P	12/31/2001	Laura B Val	
1	Mcclafferty, Christine	51	Oregon Masters-37	31.12	30.87	
2	Attwell, Carrie	54	The Olympic Club-38	34.82	35.24	
3	Singh, Jo	52	Menlo Masters-38	54.15	52.66	

Women 50-54 100 LC Meter Butterfly

	NATL:	1:07.80	N	8/13/2011	JILL HERNANDEZ	
	WORLD:	1:07.80	W	8/13/2011	Jill HERNANDEZ	USA
	PAC:	1:07.80	P	12/31/2011	Jill S Hernandez	
1	Mcclafferty, Christine	51	Oregon Masters-37	1:12.50	1:09.47	
2	Darling, Colleen	50	Walnut Creek Masters-38	1:40.00	1:25.96	
3	Ongerth, Ann Michelle	50	Walnut Creek Masters-38	1:43.71	1:45.66	

Women 50-54 200 LC Meter Butterfly

	NATL:	2:31.55	N	8/18/2001	LAURA VAL	
	WORLD:	2:30.66	W	4/13/2024	Kincso VENCZEL	HUN
	PAC:	2:31.55	P	12/31/2001	Laura B Val	
1	Mcclafferty, Christine	51	Oregon Masters-37	2:44.50	2:39.76	
	1:15.92	2:39.76	(1:23.84)			
2	Darling, Colleen	50	Walnut Creek Masters-38	3:40.00	3:20.35	
	1:33.21	3:20.35	(1:47.14)			
3	Ongerth, Ann Michelle	50	Walnut Creek Masters-38	3:57.07	4:06.89	
	1:55.63	4:06.89	(2:11.26)			

Women 50-54 400 LC Meter IM

	NATL:	5:20.68	N	8/5/2014	ELLEN REYNOLDS	
	WORLD:	5:20.68	W	8/5/2014	Ellen REYNOLDS	USA
	PAC:	5:30.32	P	8/10/2013	Jill S Hernandez	
1	Zamanian, Alison	54	Walnut Creek Masters-38	5:45.00	5:39.24	
	1:15.84	2:41.69	(1:25.85)	4:24.13	(1:42.44)	
				5:39.24	(1:15.11)	
2	Mcclafferty, Christine	51	Oregon Masters-37	5:55.00	5:51.07	
	1:13.40	2:46.29	(1:32.89)	4:28.94	(1:42.65)	
				5:51.07	(1:22.13)	
3	Rublein, Susanne	54	Manatee Aquatic Masters Inc-38	6:42.33	6:34.64	
	1:33.02	3:15.05	(1:42.03)	5:05.93	(1:50.88)	
				6:34.64	(1:28.71)	
4	Darling, Colleen	50	Walnut Creek Masters-38	7:20.00	6:53.29	
	1:30.16	3:22.62	(1:52.46)	5:19.44	(1:56.82)	
				6:53.29	(1:33.85)	

Women 55-59 50 LC Meter Freestyle

	NATL:	28.46	N	8/8/2019	HOLLY GREEN BLAIR	
	WORLD:	27.94	W	4/21/2023	Jennie BUCKNELL	AUS
	PAC:	28.69	P	12/31/2008	Laura B Val	
1	Jones, Tracey	56	Santa Rosa Masters-38	36.00	35.41	
2	Bachtiger, Jasmine	55	Rolling Hills Mud Sharks-38	40.00	35.70	
3	De Somma, Margaret	56	Marin Aquatic Masters-38	36.46	36.08	
4	Voight, Tina	55	Marcia's Enthusiastic Masters-38	36.60	36.93	
5	Alexander, Janet	57	Cala Maritime Aquatics Masters-38	36.00	38.06	

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(Women 55-59 50 LC Meter Freestyle)

6	Eng, Sherri	55	University of San Francisco Ma-38	1:11.00	48.29
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Women 55-59 100 LC Meter Freestyle

NATL:	1:02.02	N	8/13/2007	VAL\VAL
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WORLD:	1:01.87	W	4/20/2023	Jennie BUCKNELL	AUS
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PAC:	1:02.02	P	8/17/2008	LVal&LVal
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1	Jones, Tracey	56	Santa Rosa Masters-38	1:18.00	1:17.65
2	De Somma, Margaret	56	Marin Aquatic Masters-38	1:20.43	1:20.29
3	Voight, Tina	55	Marcia's Enthusiastic Masters-38	1:25.23	1:23.06
4	Eng, Sherri	55	University of San Francisco Ma-38	2:05.00	1:54.53

Women 55-59 200 LC Meter Freestyle

NATL:	2:16.28	N	8/11/2019	VAL\REYNOLDS
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WORLD:	2:16.28	W	8/11/2019	Ellen REYNOLDS	USA
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PAC:	2:16.28	P	12/31/2009	Laura B Val
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1	Ask, Julie	56	University of San Francisco Ma-38	2:55.00	3:03.59
	1:28.83	3:03.59 (1:34.76)			
2	Voight, Tina	55	Marcia's Enthusiastic Masters-38	4:50.00	3:07.17
	1:25.74	3:07.17 (1:41.43)			
3	Asta, Lisa	59	Walnut Creek Masters-38	4:21.15	4:46.40
	2:18.95	4:46.40 (2:27.45)			

Women 55-59 200 LC Meter Freestyle Splits

NATL:	2:16.28	N	8/11/2019	VAL\REYNOLDS
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WORLD:	2:16.28	W	8/11/2019	Ellen REYNOLDS	USA
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PAC:	2:16.28	P	12/31/2009	Laura B Val
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1	Goldberg, Michelle	56	Davis Aquatic Masters-38	NT	2:37.73
2	Shu, Vicki	56	Marcia's Enthusiastic Masters-38	NT	2:56.15

Women 55-59 400 LC Meter Freestyle

NATL:	4:46.49	N	8/10/2019	ELLEN REYNOLDS
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WORLD:	4:43.41	W	7/10/2016	Lynn MARSHALL	CAN
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PAC:	4:46.69	P	7/26/2015	Jill S Hernandez
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1	Goldberg, Michelle	56	Davis Aquatic Masters-38	5:30.00	5:35.26
	1:20.49	2:45.88 (1:25.39)	4:11.94 (1:26.06)	5:35.26 (1:23.32)	
2	Ask, Julie	56	University of San Francisco Ma-38	6:00.00	6:20.01
	1:30.86	3:08.41 (1:37.55)	4:46.11 (1:37.70)	6:20.01 (1:33.90)	
3	Voight, Tina	55	Marcia's Enthusiastic Masters-38	6:45.15	6:48.67
	1:32.40	3:17.50 (1:45.10)	5:04.23 (1:46.73)	6:48.67 (1:44.44)	

Women 55-59 800 LC Meter Freestyle

NATL:	9:46.56	N	7/25/2015	JILL HERNANDEZ
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WORLD:	9:44.76	W	2/25/2017	Lynn MARSHALL	CAN
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PAC:	9:46.56	P	7/25/2015	Jill S Hernandez
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1	Goldberg, Michelle	56	Davis Aquatic Masters-38	11:00.00	11:17.41
	1:19.52	2:45.06 (1:25.54)	4:10.95 (1:25.89)	5:36.99 (1:26.04)	
	7:02.93 (1:25.94)	8:28.91 (1:25.98)	9:54.15 (1:25.24)	11:17.41 (1:23.26)	
2	Shu, Vicki	56	Marcia's Enthusiastic Masters-38	12:15.35	11:41.94
	1:26.75	2:56.15 (1:29.40)	4:25.11 (1:28.96)	5:54.38 (1:29.27)	
	7:22.80 (1:28.42)	8:51.37 (1:28.57)	10:17.77 (1:26.40)	11:41.94 (1:24.17)	
3	Bjerknes, Wendy	55	San Mateo Masters-38	11:35.99	12:02.84
	1:26.25	2:55.34 (1:29.09)	4:25.59 (1:30.25)	5:57.31 (1:31.72)	
	7:28.53 (1:31.22)	9:00.69 (1:32.16)	10:33.05 (1:32.36)	12:02.84 (1:29.79)	

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(Women 55-59 800 LC Meter Freestyle)

4	Hu, Qing	58	Walnut Creek Masters-38	26:00.00	21:32.47
		5:19.65 ()	8:07.84 (2:48.19)	10:51.09 (2:43.25)	
		13:34.86 (2:43.77)	16:19.33 (2:44.47)	19:06.39 (2:47.06)	21:32.47 (2:26.08)

Women 55-59 1500 LC Meter Freestyle

	NATL: 18:36.30	N 8/7/2019	ELLEN REYNOLDS		
	WORLD: 18:36.30	W 8/7/2019	Ellen REYNOLDS		USA
	PAC: 19:14.70	P 12/31/2007	Laura B Val		
1	Goldberg, Michelle	56	Davis Aquatic Masters-38	21:00.00	21:45.53
		1:20.55	2:46.48 (1:25.93)	4:13.77 (1:27.29)	5:41.01 (1:27.24)
		7:08.27 (1:27.26)	8:35.72 (1:27.45)	10:03.61 (1:27.89)	11:30.86 (1:27.25)
		12:58.94 (1:28.08)	14:26.24 (1:27.30)	15:54.61 (1:28.37)	17:23.00 (1:28.39)
		18:51.50 (1:28.50)	20:19.91 (1:28.41)	21:45.53 (1:25.62)	
2	Cox, Juliet	56	Manatee Aquatic Masters Inc-38	21:55.00	21:58.55
		1:22.87	2:52.59 (1:29.72)	4:20.37 (1:27.78)	5:48.51 (1:28.14)
		7:16.76 (1:28.25)	8:45.71 (1:28.95)	10:13.92 (1:28.21)	11:42.91 (1:28.99)
		13:10.73 (1:27.82)	14:38.91 (1:28.18)	16:06.44 (1:27.53)	17:34.94 (1:28.50)
		19:03.47 (1:28.53)	20:32.15 (1:28.68)	21:58.55 (1:26.40)	
3	Voight, Tina	55	Marcia's Enthusiastic Masters-38	45:20.10	26:51.64
		1:41.21	3:31.91 (1:50.70)	5:22.08 (1:50.17)	7:11.37 (1:49.29)
		9:01.66 (1:50.29)	10:50.49 (1:48.83)	12:38.75 (1:48.26)	14:26.38 (1:47.63)
		16:12.76 (1:46.38)	17:59.24 (1:46.48)	19:46.56 (1:47.32)	21:33.34 (1:46.78)
		23:20.30 (1:46.96)	25:08.09 (1:47.79)	26:51.64 (1:43.55)	

Women 55-59 50 LC Meter Backstroke

	NATL: 31.99	N 8/2/2018	HOLLY GREEN BLAIR		
	WORLD: 31.99	W 8/2/2018	Holly GREEN BLAIR		USA
	PAC: 33.75	P 12/31/2010	Laura B Val		
1	Garforth, Emma	56	Davis Aquatic Masters-38	39.04	39.81
2	Jones, Sara	56	Santa Rosa Masters-38	42.61	41.62
3	Bachtiger, Jasmine	55	Rolling Hills Mud Sharks-38	55.00	45.53
4	Hu, Qing	58	Walnut Creek Masters-38	1:34.87	1:32.04

Women 55-59 100 LC Meter Backstroke Splits

	NATL: 1:09.69	N 8/11/2019	HOLLY GREEN BLAIR		
	WORLD: 1:09.69	W 8/11/2019	Holly GREEN BLAIR		USA
	PAC: 1:12.45	P 7/16/2017	Bonnie M Bilich		
1	Garforth, Emma	56	Davis Aquatic Masters-38	NT	1:26.39

Women 55-59 100 LC Meter Backstroke

	NATL: 1:09.69	N 8/11/2019	HOLLY GREEN BLAIR		
	WORLD: 1:09.69	W 8/11/2019	Holly GREEN BLAIR		USA
	PAC: 1:12.45	P 7/16/2017	Bonnie M Bilich		
1	Jones, Sara	56	Santa Rosa Masters-38	1:29.38	1:28.06
2	Welting, Laureen	59	The Olympic Club-38	1:30.00	1:29.76
3	Ask, Julie	56	University of San Francisco Ma-38	1:50.00	1:48.86
4	Asta, Lisa	59	Walnut Creek Masters-38	2:21.42	2:43.15

Women 55-59 200 LC Meter Backstroke

	NATL: 2:31.79	N 5/19/2019	ELLEN REYNOLDS		
	WORLD: 2:31.79	W 5/19/2019	Ellen REYNOLDS		USA
	PAC: 2:40.84	P 7/15/2017	Bonnie M Bilich		
1	Jones, Sara	56	Santa Rosa Masters-38	3:06.92	3:05.85
		1:30.61	3:05.85 (1:35.24)		

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(Women 55-59 200 LC Meter Backstroke)

2	Hu, Qing	58	Walnut Creek Masters-38	6:45.00	6:19.22
		3:11.00	6:19.22 (3:08.22)		

Women 55-59 50 LC Meter Breaststroke

	NATL:	37.13	N	7/16/2017	CAROLINE KRATTLI	
	WORLD:	35.59	W	8/11/2023	Andrea MULLER	CHI
	PAC:	41.31	P	7/16/2017	Jana Matena	
1	Garforth, Emma	56	Davis Aquatic Masters-38	43.35	43.51	
2	Voight, Tina	55	Marcia's Enthusiastic Masters-38	49.79	49.22	
3	Bachtiger, Jasmine	55	Rolling Hills Mud Sharks-38	1:00.00	50.29	
4	Glatter, Kathy	58	Uc38	49.12	51.05	
5	Eng, Sherri	55	University of San Francisco Ma-38	1:05.00	1:01.87	
6	Ask, Julie	56	University of San Francisco Ma-38	1:05.00	1:03.20	

Women 55-59 100 LC Meter Breaststroke

	NATL:	1:21.21	N	7/15/2017	CAROLINE KRATTLI	
	WORLD:	1:19.90	W	1/29/2017	Monica CORO	ITA
	PAC:	1:30.63	P	7/22/2023	Lisa A Ward	
1	Weiderman, Jennifer	58	Conejo Valley Masters-33	1:29.00	1:27.75 P	
2	Garforth, Emma	56	Davis Aquatic Masters-38	1:35.12	1:34.08	
3	Jones, Tracey	56	Santa Rosa Masters-38	1:40.00	1:40.41	
4	Eng, Sherri	55	University of San Francisco Ma-38	2:31.09	2:29.39	

Women 55-59 200 LC Meter Breaststroke

	NATL:	2:59.27	N	5/19/2019	ELLEN REYNOLDS	
	WORLD:	2:57.29	W	8/10/2023	Andrea MULLER	CHI
	PAC:	3:17.09	P	7/23/2023	Lisa A Ward	
1	Weiderman, Jennifer	58	Conejo Valley Masters-33	3:13.00	3:16.26 P	
		1:33.35	3:16.26 (1:42.91)			
2	Garforth, Emma	56	Davis Aquatic Masters-38	3:23.25	3:27.16	
		1:44.36	3:27.16 (1:42.80)			
3	Goldberg, Michelle	56	Davis Aquatic Masters-38	3:25.00	3:29.26	
		1:42.30	3:29.26 (1:46.96)			
4	Jones, Tracey	56	Santa Rosa Masters-38	3:40.00	3:31.01	
		1:43.10	3:31.01 (1:47.91)			
5	Glatter, Kathy	58	Uc38	3:54.38	3:56.97	
		1:53.89	3:56.97 (2:03.08)			
6	Eng, Sherri	55	University of San Francisco Ma-38	5:00.00	5:12.12	
		2:31.85	5:12.12 (2:40.27)			
7	Asta, Lisa	59	Walnut Creek Masters-38	5:40.73	5:36.44	
		2:43.24	5:36.44 (2:53.20)			

Women 55-59 50 LC Meter Butterfly

	NATL:	30.52	N	7/10/2016	LESLIE LIVINGSTON	
	WORLD:	30.43	W	8/7/2023	Andrea MULLER	CHI
	PAC:	31.42	P	12/31/2009	Laura B Val	
1	Welting, Laureen	59	The Olympic Club-38	38.00	38.16	
*2	De Somma, Margaret	56	Marin Aquatic Masters-38	38.63	39.30	
*2	Bachtiger, Jasmine	55	Rolling Hills Mud Sharks-38	50.00	39.30	
4	Jones, Tracey	56	Santa Rosa Masters-38	45.00	39.89	
5	Ask, Julie	56	University of San Francisco Ma-38	1:00.00	53.39	
6	Asta, Lisa	59	Walnut Creek Masters-38	1:10.00	1:11.65	

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Women 55-59 100 LC Meter Butterfly

NATL: 1:09.47 N 8/9/2009 LAURA VAL

WORLD: 1:07.55 W 8/8/2023 Franca BOSISIO ITA

PAC: 1:09.47 P 12/31/2009 Laura B Val

1	Shu, Vicki	56	Marcia's Enthusiastic Masters-38	1:29.42	1:21.19
2	Bjerknes, Wendy	55	San Mateo Masters-38	1:24.99	1:24.25
3	Goldberg, Michelle	56	Davis Aquatic Masters-38	1:28.00	1:25.25
4	Weiderman, Jennifer	58	Conejo Valley Masters-33	1:25.00	1:27.55
5	Alexander, Janet	57	Cala Maritime Aquatics Masters-38	1:45.00	1:46.47

Women 55-59 200 LC Meter Butterfly

NATL: 2:41.51 N 7/8/2007 LAURA VAL

WORLD: 2:36.33 W 8/10/2023 C.THIELEMANN GER

PAC: 2:41.51 P 12/31/2007 Laura B Val

1	Shu, Vicki	56	Marcia's Enthusiastic Masters-38	3:17.38	3:12.55
				1:29.50	3:12.55 (1:43.05)
2	Asta, Lisa	59	Walnut Creek Masters-38	5:08.46	5:43.74
				2:42.07	5:43.74 (3:01.67)

Women 55-59 200 LC Meter IM

NATL: 2:31.51 N 7/6/2019 ELLEN REYNOLDS

WORLD: 2:31.51 W 7/6/2019 Ellen REYNOLDS USA

PAC: 2:38.74 P 7/26/2015 Jill S Hernandez

1	Weiderman, Jennifer	58	Conejo Valley Masters-33	3:00.00	2:58.12
				1:26.43	2:58.12 (1:31.69)
2	Garforth, Emma	56	Davis Aquatic Masters-38	3:04.25	3:02.40
				1:30.24	3:02.40 (1:32.16)
3	Goldberg, Michelle	56	Davis Aquatic Masters-38	3:04.00	3:03.10
				1:28.00	3:03.10 (1:35.10)
4	Jones, Sara	56	Santa Rosa Masters-38	3:03.54	3:07.52
				1:30.37	3:07.52 (1:37.15)
5	Shu, Vicki	56	Marcia's Enthusiastic Masters-38	3:14.31	3:08.13
				1:27.32	3:08.13 (1:40.81)
6	Ask, Julie	56	University of San Francisco Ma-38	3:45.00	3:47.78
				1:57.34	3:47.78 (1:50.44)
7	Fukushi, Yoriko	55	University of San Francisco Ma-38	5:45.00	4:00.11
				2:03.65	4:00.11 (1:56.46)
8	Asta, Lisa	59	Walnut Creek Masters-38	4:50.56	5:08.20
				2:30.78	5:08.20 (2:37.42)

Women 55-59 400 LC Meter IM

NATL: 5:21.35 N 5/17/2019 ELLEN REYNOLDS

WORLD: 5:22.41 W 7/6/2019 Ellen REYNOLDS USA

PAC: 5:49.40 P 12/31/2009 Laura B Val

1	Weiderman, Jennifer	58	Conejo Valley Masters-33	6:30.00	6:22.29
				1:29.38	3:10.87 (1:41.49)
					4:53.27 (1:42.40)
					6:22.29 (1:29.02)
2	Garforth, Emma	56	Davis Aquatic Masters-38	6:29.76	6:26.28
				1:34.15	3:11.33 (1:37.18)
					4:59.25 (1:47.92)
					6:26.28 (1:27.03)
3	Shu, Vicki	56	Marcia's Enthusiastic Masters-38	6:52.76	6:34.29
				1:27.54	3:10.38 (1:42.84)
					5:08.28 (1:57.90)
					6:34.29 (1:26.01)
4	Jones, Sara	56	Santa Rosa Masters-38	6:30.20	6:35.26
				1:39.22	3:16.10 (1:36.88)
					5:09.58 (1:53.48)
					6:35.26 (1:25.68)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Women 60-64 50 LC Meter Freestyle**

NATL:		28.84	N	8/5/2023	HOLLY GREEN		
WORLD:		28.84	W	8/5/2023	Holly GREEN		USA
PAC:		29.31	P	12/31/2011	Laura B Val		
1	Quick, Sarah	60	North Bay Aquatics-38		31.00		30.63
2	Knight-Williams, Valerie	61	Sacramento Masters-38		35.90		35.51
3	Viscardi, Josie	60	Rolling Hills Mud Sharks-38		37.50		37.37
4	Coffee, Cassandra	63	Tamalpais Aquatic Masters-38		43.90		39.11
5	Macleod, Pascale	60	University of San Francisco Ma-38		48.90		49.12
6	Sampiere-Prochnow, Susie	61	Marin Aquatic Masters-38		53.19		50.56

Women 60-64 100 LC Meter Freestyle Splits

NATL:		1:03.83	N	8/5/2011	LAURA VAL		
WORLD:		1:03.83	W	8/5/2011	Laura VAL		USA
PAC:		1:03.83	P	12/31/2011	Laura B Val		
3	Focha, Teresa	63	Albany Armada Aquatics Masters-38		NT		1:57.68

Women 60-64 100 LC Meter Freestyle

NATL:		1:03.83	N	8/5/2011	LAURA VAL		
WORLD:		1:03.83	W	8/5/2011	Laura VAL		USA
PAC:		1:03.83	P	12/31/2011	Laura B Val		
1	Quick, Sarah	60	North Bay Aquatics-38		1:08.00		1:07.96
2	Carter, Monica	63	Sacramento Masters-38		1:20.46		1:16.81
3	Viscardi, Josie	60	Rolling Hills Mud Sharks-38		1:35.00		1:29.78
4	Coffee, Cassandra	63	Tamalpais Aquatic Masters-38		1:41.20		1:32.68
5	Valderrama, Deborah	61	University of San Francisco Ma-38		1:45.00		1:51.57
6	Field, Jean	62	University of San Francisco Ma-38		2:00.00		2:00.23
7	Cobble, Michele	62	University of San Francisco Ma-38		2:20.00		2:01.06
8	Sampiere-Prochnow, Susie	61	Marin Aquatic Masters-38		2:27.08		2:05.82
9	Kirsch, Eva	62	Cala Maritime Aquatics Masters-38		2:06.07		2:25.96

Women 60-64 200 LC Meter Freestyle Splits

NATL:		2:21.48	N	6/12/2012	LAURA VAL		
WORLD:		2:21.03	W	3/20/2019	Jenny WHITELEY		AUS
PAC:		2:21.48	P	12/31/2012	Laura B Val		
1	Couch, Stephanie	60	Menlo Masters-38		NT		2:49.93
2	Focha, Teresa	63	Albany Armada Aquatics Masters-38		NT		4:06.92

Women 60-64 200 LC Meter Freestyle

NATL:		2:21.48	N	6/12/2012	LAURA VAL		
WORLD:		2:21.03	W	3/20/2019	Jenny WHITELEY		AUS
PAC:		2:21.48	P	12/31/2012	Laura B Val		
1	Quick, Sarah	60	North Bay Aquatics-38		2:30.00		2:29.73
		1:13.75	2:29.73 (1:15.98)				
2	Couch, Stephanie	60	Menlo Masters-38		2:47.14		2:47.04
		1:22.05	2:47.04 (1:24.99)				
3	Haskell, Rocio	61	Manatee Aquatic Masters Inc-38		3:53.00		3:42.66
		1:47.23	3:42.66 (1:55.43)				
4	Kirsch, Eva	62	Cala Maritime Aquatics Masters-38		4:12.00		5:19.85
		2:38.60	5:19.85 (2:41.25)				

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Women 60-64 400 LC Meter Freestyle Splits

NATL: 4:59.82		N	8/12/2012	LAURA VAL		
WORLD: 4:53.58		W	6/11/2022	Lynn MARSHALL		CAN
PAC: 4:59.82		P	12/31/2012	Laura B Val		
1	Quick, Sarah		60	North Bay Aquatics-38		NT 5:31.29
*2	Couch, Stephanie		60	Menlo Masters-38		NT 5:44.63
*2	Focha, Teresa		63	Albany Armada Aquatics Masters-38		NT 8:20.38
3	Phalen, Jennifer		60	Davis Aquatic Masters-38		NT 6:54.71

Women 60-64 400 LC Meter Freestyle

NATL: 4:59.82		N	8/12/2012	LAURA VAL		
WORLD: 4:53.58		W	6/11/2022	Lynn MARSHALL		CAN
PAC: 4:59.82		P	12/31/2012	Laura B Val		
1	Carter, Monica		63	Sacramento Masters-38	6:40.00	5:52.87
	1:22.97			2:52.03 (1:29.06)	4:23.22 (1:31.19)	5:52.87 (1:29.65)
2	Focha, Teresa		63	Albany Armada Aquatics Masters-38	8:34.34	8:17.89
	1:58.00			4:05.85 (2:07.85)	6:13.13 (2:07.28)	8:17.89 (2:04.76)
3	Kirsch, Eva		62	Cala Maritime Aquatics Masters-38	10:00.00	9:37.10
	2:20.57			4:45.31 (2:24.74)	7:14.06 (2:28.75)	9:37.10 (2:23.04)

Women 60-64 800 LC Meter Freestyle Splits

NATL: 10:18.82		N	6/18/2022	LYNN MARSHALL		
WORLD: 10:06.23		W	2/11/2023	Lynn MARSHALL		CAN
PAC: 10:27.71		P	12/31/2011	Laura B Val		
1	Quick, Sarah		60	North Bay Aquatics-38		NT 11:10.41
2	Couch, Stephanie		60	Menlo Masters-38		NT 11:34.61
*3	Phalen, Jennifer		60	Davis Aquatic Masters-38		NT 14:07.43
*3	Focha, Teresa		63	Albany Armada Aquatics Masters-38		NT 16:50.43

Women 60-64 800 LC Meter Freestyle

NATL: 10:18.82		N	6/18/2022	LYNN MARSHALL		
WORLD: 10:06.23		W	2/11/2023	Lynn MARSHALL		CAN
PAC: 10:27.71		P	12/31/2011	Laura B Val		
1	Ward, Lisa		60	Walnut Creek Masters-38	12:00.00	11:07.86
	1:18.79			2:43.74 (1:24.95)	4:08.93 (1:25.19)	5:33.23 (1:24.30)
	6:58.23 (1:25.00)			8:22.77 (1:24.54)	9:46.13 (1:23.36)	11:07.86 (1:21.73)
2	Carter, Monica		63	Sacramento Masters-38	13:45.00	12:03.74
	1:25.16			2:55.27 (1:30.11)	4:26.21 (1:30.94)	5:58.05 (1:31.84)
	7:30.64 (1:32.59)			9:03.10 (1:32.46)	10:35.12 (1:32.02)	12:03.74 (1:28.62)
3	Taylor, Catherine		61	Walnut Creek Masters-38	13:50.02	13:11.15
	1:33.79			3:13.30 (1:39.51)	4:53.98 (1:40.68)	6:35.57 (1:41.59)
	8:16.26 (1:40.69)			9:57.40 (1:41.14)	11:36.38 (1:38.98)	13:11.15 (1:34.77)
4	Kirsch, Eva		62	Cala Maritime Aquatics Masters-38	20:00.00	19:27.29
	2:19.58			4:43.41 (2:23.83)	7:12.18 (2:28.77)	9:38.59 (2:26.41)
	12:08.42 (2:29.83)			14:36.27 (2:27.85)	17:04.34 (2:28.07)	19:27.29 (2:22.95)

Women 60-64 1500 LC Meter Freestyle

NATL: 19:23.70		N	6/18/2022	LYNN MARSHALL		
WORLD: 19:23.70		W	6/18/2022	Lynn MARSHALL		USA
PAC: 19:52.85		P	12/31/2011	Laura B Val		
1	Quick, Sarah		60	North Bay Aquatics-38	20:50.00	20:54.17
	1:19.19			2:44.14 (1:24.95)	4:09.36 (1:25.22)	5:33.73 (1:24.37)
	6:58.08 (1:24.35)			8:23.26 (1:25.18)	9:47.90 (1:24.64)	11:11.28 (1:23.38)
	12:35.71 (1:24.43)			13:58.75 (1:23.04)	15:22.15 (1:23.40)	16:45.93 (1:23.78)
	18:10.16 (1:24.23)			19:33.84 (1:23.68)	20:54.17 (1:20.33)	

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(Women 60-64 1500 LC Meter Freestyle)

2	Ward, Lisa	60	Walnut Creek Masters-38	22:00.00	21:10.55
	1:20.25	2:45.38 (1:25.13)	4:10.46 (1:25.08)	5:35.83 (1:25.37)	
	7:01.02 (1:25.19)	8:26.64 (1:25.62)	9:52.22 (1:25.58)	11:17.99 (1:25.77)	
	12:43.60 (1:25.61)	14:08.33 (1:24.73)	15:33.63 (1:25.30)	16:58.32 (1:24.69)	
	18:23.02 (1:24.70)	19:47.80 (1:24.78)	21:10.55 (1:22.75)		
3	Couch, Stephanie	60	Menlo Masters-38	21:26.68	21:39.56
	1:22.85	2:49.93 (1:27.08)	4:17.33 (1:27.40)	5:44.63 (1:27.30)	
	7:12.25 (1:27.62)	8:39.78 (1:27.53)	10:07.06 (1:27.28)	11:34.61 (1:27.55)	
	13:01.50 (1:26.89)	14:28.59 (1:27.09)	15:55.35 (1:26.76)	17:21.49 (1:26.14)	
	18:47.59 (1:26.10)	20:14.51 (1:26.92)	21:39.56 (1:25.05)		
4	Taylor, Catherine	61	Walnut Creek Masters-38	26:57.87	25:27.57
	1:33.97	3:14.51 (1:40.54)	4:56.31 (1:41.80)	6:38.32 (1:42.01)	
	8:19.61 (1:41.29)	10:01.81 (1:42.20)	11:44.28 (1:42.47)	13:27.33 (1:43.05)	
	15:10.58 (1:43.25)	16:53.78 (1:43.20)	18:37.14 (1:43.36)	20:20.80 (1:43.66)	
	22:03.55 (1:42.75)	23:46.17 (1:42.62)	25:27.57 (1:41.40)		
5	Phalen, Jennifer	60	Davis Aquatic Masters-38	25:03.64	27:04.56
	1:36.90	3:23.65 (1:46.75)	5:09.33 (1:45.68)	6:54.71 (1:45.38)	
	8:44.48 (1:49.77)	10:31.67 (1:47.19)	12:18.42 (1:46.75)	14:07.43 (1:49.01)	
	15:56.03 (1:48.60)	17:48.34 (1:52.31)	19:42.15 (1:53.81)	21:35.18 (1:53.03)	
	23:26.17 (1:50.99)	25:15.29 (1:49.12)	27:04.56 (1:49.27)		
6	Schaezlein, Mary	60	University of San Francisco Ma-38	29:00.00	29:07.44
	1:52.19	3:49.43 (1:57.24)	5:46.11 (1:56.68)	7:40.55 (1:54.44)	
	9:37.58 (1:57.03)	11:34.33 (1:56.75)	13:30.08 (1:55.75)	15:29.66 (1:59.58)	
	17:26.09 (1:56.43)	19:21.10 (1:55.01)	21:18.70 (1:57.60)	23:15.28 (1:56.58)	
	25:11.76 (1:56.48)	27:11.38 (1:59.62)	29:07.44 (1:56.06)		
7	Focha, Teresa	63	Albany Armada Aquatics Masters-38	33:56.30	32:00.94
	1:57.68	4:06.92 (2:09.24)	6:13.34 (2:06.42)	8:20.38 (2:07.04)	
	10:26.49 (2:06.11)	12:34.64 (2:08.15)	14:41.94 (2:07.30)	16:50.43 (2:08.49)	
	18:59.69 (2:09.26)	21:08.01 (2:08.32)	23:18.09 (2:10.08)	25:27.86 (2:09.77)	
	27:38.50 (2:10.64)	29:49.76 (2:11.26)	32:00.94 (2:11.18)		

Women 60-64 50 LC Meter Backstroke

	NATL:	33.38	N	8/5/2023	HOLLY GREEN		
	WORLD:	33.38	W	8/5/2023	Holly GREEN		USA
	PAC:	33.86	P	8/9/2015	Laura B Val		
1	Ward, Lisa	60	Walnut Creek Masters-38	36.69	36.94		
2	Oliver, April	63	North Bay Aquatics-38	41.74	40.50		
3	Russell, Jane	61	Davis Aquatic Masters-38	41.55	41.99		
4	Knight-Williams, Valerie	61	Sacramento Masters-38	42.00	42.90		
5	Nowack, Susan	64	Santa Rosa Masters-38	49.00	45.70		
6	Valderrama, Deborah	61	University of San Francisco Ma-38	50.00	56.91		
7	Cobble, Michele	62	University of San Francisco Ma-38	1:20.00	1:01.25		
8	Sampiere-Prochnow, Susie	61	Marin Aquatic Masters-38	1:11.43	1:15.49		

Women 60-64 100 LC Meter Backstroke Splits

	NATL:	1:10.22	N	2/28/2024	ELLEN REYNOLDS		
	WORLD:	1:10.22	W	2/28/2024	Ellen REYNOLDS		USA
	PAC:	1:14.50	P	7/11/2018	Bonnie M Bilich		
2	Couch, Stephanie	60	Menlo Masters-38	NT	1:32.83		

Women 60-64 100 LC Meter Backstroke

	NATL:	1:10.22	N	2/28/2024	ELLEN REYNOLDS		
	WORLD:	1:10.22	W	2/28/2024	Ellen REYNOLDS		USA
	PAC:	1:14.50	P	7/11/2018	Bonnie M Bilich		
1	Ward, Lisa	60	Walnut Creek Masters-38	1:18.00	1:18.69		

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(Women 60-64 100 LC Meter Backstroke)

2	Nowack, Susan	64	Santa Rosa Masters-38	1:46.00	1:39.83
3	Crow, Joan	60	Davis Aquatic Masters-38	1:45.60	1:54.98
4	Focha, Teresa	63	Albany Armada Aquatics Masters-38	2:03.94	2:01.31
5	Dunkle, Julie	63	Tvm Swimming-38	2:40.00	2:39.01
6	Sampiere-Prochnow, Susie	61	Marin Aquatic Masters-38	2:30.00	2:40.78

Women 60-64 200 LC Meter Backstroke

NATL: 2:30.58 N 2/27/2024 ELLEN REYNOLDS

WORLD: 2:30.58 W 2/27/2024 Ellen REYNOLDS USA

PAC: 2:41.57 P 8/8/2019 Bonnie M Bilich

1	Ward, Lisa	60	Walnut Creek Masters-38	2:47.00	2:47.67
	1:21.84		2:47.67 (1:25.83)		
2	Couch, Stephanie	60	Menlo Masters-38	3:05.32	3:08.09
	1:32.83		3:08.09 (1:35.26)		
3	Russell, Jane	61	Davis Aquatic Masters-38	3:21.92	3:20.61
	1:37.96		3:20.61 (1:42.65)		
4	Carter, Monica	63	Sacramento Masters-38	3:23.44	3:24.36
	1:39.40		3:24.36 (1:44.96)		
5	Nowack, Susan	64	Santa Rosa Masters-38	3:40.00	3:27.18
	1:42.61		3:27.18 (1:44.57)		
6	Taylor, Catherine	61	Walnut Creek Masters-38	3:50.60	3:40.50
	1:49.81		3:40.50 (1:50.69)		
7	Phalen, Jennifer	60	Davis Aquatic Masters-38	3:59.64	3:54.33
	1:59.03		3:54.33 (1:55.30)		
8	Focha, Teresa	63	Albany Armada Aquatics Masters-38	4:11.12	4:04.99
	2:01.60		4:04.99 (2:03.39)		
9	Carroll, Leah	63	Albany Armada Aquatics Masters-38	4:05.60	4:08.28
	2:02.59		4:08.28 (2:05.69)		

Women 60-64 50 LC Meter Breaststroke

NATL: 39.02 N 8/19/2016 BETH ESTEL

WORLD: 37.43 W 2/6/2022 Monica CORO' ITA

PAC: 42.57 P 7/11/2018 Barbara C Wheeler

1	LaBerge, Karin	60	Tvm Swimming-38	50.11	46.81
2	Knight-Williams, Valerie	61	Sacramento Masters-38	46.41	49.36
3	Crow, Joan	60	Davis Aquatic Masters-38	50.60	50.77
4	Coffee, Cassandra	63	Tamalpais Aquatic Masters-38	58.10	55.08
5	Macleod, Pascale	60	University of San Francisco Ma-38	55.06	1:00.65
6	Dunkle, Julie	63	Tvm Swimming-38	1:16.00	1:14.84

Women 60-64 100 LC Meter Breaststroke

NATL: 1:27.24 N 8/18/2016 BETH ESTEL

WORLD: 1:23.04 W 5/20/2022 Moncia CORO' ITA

PAC: 1:29.39 P 7/10/2018 Bonnie M Bilich

1	Knight-Williams, Valerie	61	Sacramento Masters-38	1:42.27	1:45.80
2	Taylor, Catherine	61	Walnut Creek Masters-38	1:49.61	1:47.25
3	Phalen, Jennifer	60	Davis Aquatic Masters-38	1:45.92	1:48.10
4	Viscardi, Josie	60	Rolling Hills Mud Sharks-38	2:20.00	2:02.48
5	Carroll, Leah	63	Albany Armada Aquatics Masters-38	2:05.19	2:04.56
6	Kirsch, Eva	62	Cala Maritime Aquatics Masters-38	1:58.09	2:09.72
7	Macleod, Pascale	60	University of San Francisco Ma-38	2:18.61	2:11.22
8	Cobble, Michele	62	University of San Francisco Ma-38	2:30.00	2:35.30

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Women 60-64 200 LC Meter Breaststroke**

	NATL:	3:00.11	N	3/2/2024	ELLEN REYNOLDS		
	WORLD:	3:00.11	W	3/2/2024	Ellen REYNOLDS	USA	
	PAC:	3:20.45	P	7/21/2019	Bonnie M Bilich		
1	LaBerge, Karin	60	Tvm Swimming-38	4:00.02	3:40.39		
	1:48.14	3:40.39 (1:52.25)					
2	Phalen, Jennifer	60	Davis Aquatic Masters-38	3:45.81	3:44.94		
	1:48.00	3:44.94 (1:56.94)					
3	Russell, Jane	61	Davis Aquatic Masters-38	3:50.69	3:48.54		
	1:49.44	3:48.54 (1:59.10)					
4	Taylor, Catherine	61	Walnut Creek Masters-38	3:56.76	4:05.13		
	2:00.59	4:05.13 (2:04.54)					
5	Carroll, Leah	63	Albany Armada Aquatics Masters-38	4:26.91	4:27.68		
	2:12.33	4:27.68 (2:15.35)					
6	Kirsch, Eva	62	Cala Maritime Aquatics Masters-38	4:12.00	4:37.17		
	2:16.34	4:37.17 (2:20.83)					
7	Macleod, Pascale	60	University of San Francisco Ma-38	4:44.57	4:57.24		
	2:23.71	4:57.24 (2:33.53)					
---	Knight-Williams, Valerie	61	Sacramento Masters-38	3:52.50	DQ		
	1:52.01	DQ (2:06.18)					

Women 60-64 50 LC Meter Butterfly

	NATL:	29.90	N	8/4/2023	HOLLY GREEN		
	WORLD:	29.90	W	8/4/2023	Holly GREEN	USA	
	PAC:	32.27	P	12/31/2012	Laura B Val		
1	Oliver, April	63	North Bay Aquatics-38	34.60	35.43		
2	Nowack, Susan	64	Santa Rosa Masters-38	45.00	39.35		
3	Knight-Williams, Valerie	61	Sacramento Masters-38	40.64	47.37		
4	Coffee, Cassandra	63	Tamalpais Aquatic Masters-38	52.10	47.96		
5	Haskell, Rocio	61	Manatee Aquatic Masters Inc-38	1:00.00	54.66		
6	Blatt, Lisa	62	University of San Francisco Ma-38	59.00	57.35		
7	Dunkle, Julie	63	Tvm Swimming-38	1:15.00	1:17.50		

Women 60-64 100 LC Meter Butterfly Splits

	NATL:	1:12.06	N	8/4/2011	LAURA VAL		
	WORLD:	1:12.06	W	8/4/2011	Laura VAL	USA	
	PAC:	1:12.06	P	12/31/2011	Laura B Val		
1	Focha, Teresa	63	Albany Armada Aquatics Masters-38	NT	2:03.53		

Women 60-64 100 LC Meter Butterfly

	NATL:	1:12.06	N	8/4/2011	LAURA VAL		
	WORLD:	1:12.06	W	8/4/2011	Laura VAL	USA	
	PAC:	1:12.06	P	12/31/2011	Laura B Val		
1	Ward, Lisa	60	Walnut Creek Masters-38	1:21.53	1:21.75		
2	Russell, Jane	61	Davis Aquatic Masters-38	1:28.41	1:28.44		
3	Nowack, Susan	64	Santa Rosa Masters-38	1:35.00	1:32.13		
4	Couch, Stephanie	60	Menlo Masters-38	1:34.69	1:34.01		
5	Valderrama, Deborah	61	University of San Francisco Ma-38	1:50.00	1:54.18		
*6	Viscardi, Josie	60	Rolling Hills Mud Sharks-38	2:02.00	1:57.80		
*6	Phalen, Jennifer	60	Davis Aquatic Masters-38	1:55.24	1:57.80		
8	Blatt, Lisa	62	University of San Francisco Ma-38	2:15.00	2:14.09		

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Women 60-64 200 LC Meter Butterfly**

NATL:		2:41.03	N	8/6/2011	LAURA VAL		
WORLD:		2:41.03	W	8/6/2011	Laura VAL	USA	
PAC:		2:41.03	P	12/31/2011	Laura B Val		
1	Russell, Jane	61	Davis Aquatic Masters-38	3:32.22	3:29.01		
	1:36.26	3:29.01 (1:52.75)					
2	Couch, Stephanie	60	Menlo Masters-38	3:23.64	3:37.53		
	1:44.01	3:37.53 (1:53.52)					
3	Carter, Monica	63	Sacramento Masters-38	3:40.50	3:40.17		
	1:39.56	3:40.17 (2:00.61)					
4	Carroll, Leah	63	Albany Armada Aquatics Masters-38	4:04.09	4:04.41		
	1:59.45	4:04.41 (2:04.96)					
5	Phalen, Jennifer	60	Davis Aquatic Masters-38	4:04.43	4:17.93		
	2:02.80	4:17.93 (2:15.13)					
6	Focha, Teresa	63	Albany Armada Aquatics Masters-38	4:39.48	4:39.32		
	2:06.56	4:39.32 (2:32.76)					

Women 60-64 200 LC Meter IM

NATL:		2:34.27	N	2/29/2024	ELLEN REYNOLDS		
WORLD:		2:34.27	W	2/29/2024	Ellen REYNOLDS	USA	
PAC:		2:47.99	P	7/12/2013	Laura B Val		
1	LaBerge, Karin	60	Tvm Swimming-38	3:25.09	3:10.28		
	1:33.10	3:10.28 (1:37.18)					
2	Russell, Jane	61	Davis Aquatic Masters-38	3:19.65	3:15.04		
	1:33.57	3:15.04 (1:41.47)					
3	Taylor, Catherine	61	Walnut Creek Masters-38	3:35.07	3:34.73		
	1:49.09	3:34.73 (1:45.64)					
4	Carroll, Leah	63	Albany Armada Aquatics Masters-38	4:11.88	4:10.76		
	2:01.12	4:10.76 (2:09.64)					
5	Blatt, Lisa	62	University of San Francisco Ma-38	4:00.00	4:26.91		
	2:11.88	4:26.91 (2:15.03)					

Women 60-64 400 LC Meter IM

NATL:		5:30.07	N	3/3/2024	ELLEN REYNOLDS		
WORLD:		5:30.07	W	3/3/2024	Ellen REYNOLDS	USA	
PAC:		5:56.27	P	12/31/2011	Laura B Val		
1	Couch, Stephanie	60	Menlo Masters-38	6:34.11	6:40.52		
	1:39.38	3:16.61 (1:37.23)	5:15.23 (1:58.62)	6:40.52 (1:25.29)			
2	Carter, Monica	63	Sacramento Masters-38	8:37.41	7:16.07		
	1:38.79	3:27.52 (1:48.73)	5:49.68 (2:22.16)	7:16.07 (1:26.39)			
3	Nichelman, Sherri	64	Walnut Creek Masters-38	7:16.13	7:32.47		
	1:43.54	3:36.86 (1:53.32)	5:52.45 (2:15.59)	7:32.47 (1:40.02)			
4	Carroll, Leah	63	Albany Armada Aquatics Masters-38	8:38.36	8:42.37		
	2:01.46	4:11.92 (2:10.46)	6:34.29 (2:22.37)	8:42.37 (2:08.08)			
5	Focha, Teresa	63	Albany Armada Aquatics Masters-38	9:18.14	8:48.23		
	2:03.53	4:14.07 (2:10.54)	6:38.19 (2:24.12)	8:48.23 (2:10.04)			

Women 65-69 50 LC Meter Freestyle

NATL:		29.10	N	8/3/2019	PENNY NOYES		
WORLD:		29.10	W	8/3/2019	Penny NOYES	USA	
PAC:		29.17	P	7/29/2018	Laura B Val		
1	Ogilvie, Carol	69	University of San Francisco Ma-38	37.00	36.71		
2	Buzolich, Marilyn	69	University of San Francisco Ma-38	52.50	47.76		
---	Hickel, Jessie	66	East Bay Bat Rays Masters-38	43.00	DQ		

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Women 65-69 100 LC Meter Freestyle

NATL: 1:04.89 N 7/30/2018 LAURA VAL

WORLD: 1:04.89 W 7/30/2018 Laura VAL USA

PAC: 1:04.89 P 7/30/2018 Laura B Val

1 Hickel, Jessie 66 East Bay Bat Rays Masters-38 1:39.00 1:35.12

Women 65-69 200 LC Meter Freestyle

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

WORLD: 2:25.29 W 8/18/2016 Laura VAL USA

PAC: 2:25.29 P 8/18/2016 Laura B Val

1 O'Brien, Charlene 68 Walnut Creek Masters-38 2:51.60 2:42.23
1:19.01 2:42.23 (1:23.22)2 Ogilvie, Carol 69 University of San Francisco Ma-38 3:02.00 3:03.20
1:28.75 3:03.20 (1:34.45)3 Kaiser, Amy 65 University of San Francisco Ma-38 3:35.00 3:21.42
1:38.95 3:21.42 (1:42.47)

Women 65-69 200 LC Meter Freestyle Splits

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

WORLD: 2:25.29 W 8/18/2016 Laura VAL USA

PAC: 2:25.29 P 8/18/2016 Laura B Val

1 Heim-Bowen, Suzanne 66 Walnut Creek Masters-38 NT 2:35.65

Women 65-69 400 LC Meter Freestyle

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

WORLD: 5:12.80 W 8/10/2019 Laura VAL USA

PAC: 5:12.80 P 8/10/2019 Laura B Val

1 Neville, Cathy 67 San Diego Swim Masters-44 6:30.00 6:27.71
1:31.81 3:10.81 (1:39.00) 4:49.76 (1:38.95) 6:27.71 (1:37.95)2 Ogilvie, Carol 69 University of San Francisco Ma-38 6:45.00 6:27.73
1:32.37 3:12.89 (1:40.52) 4:52.82 (1:39.93) 6:27.73 (1:34.91)3 Quinn, Phyllis 69 The Olympic Club-38 6:34.84 6:49.74
1:40.98 3:27.38 (1:46.40) 5:11.83 (1:44.45) 6:49.74 (1:37.91)4 Kaiser, Amy 65 University of San Francisco Ma-38 7:20.00 6:53.45
1:39.40 3:25.72 (1:46.32) 5:11.49 (1:45.77) 6:53.45 (1:41.96)

Women 65-69 400 LC Meter Freestyle Splits

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

WORLD: 5:12.80 W 8/10/2019 Laura VAL USA

PAC: 5:12.80 P 8/10/2019 Laura B Val

1 Heim-Bowen, Suzanne 66 Walnut Creek Masters-38 NT 5:32.15

Women 65-69 800 LC Meter Freestyle

NATL: 10:49.60 N 7/15/2017 LAURA VAL

WORLD: 10:49.60 W 7/15/2017 Laura VAL USA

PAC: 10:49.60 P 7/15/2017 Laura B Val

1 O'Brien, Charlene 68 Walnut Creek Masters-38 11:45.90 11:30.71
1:22.77 2:51.31 (1:28.54) 4:18.76 (1:27.45) 5:45.63 (1:26.87)
7:12.19 (1:26.56) 8:38.56 (1:26.37) 10:05.19 (1:26.63) 11:30.71 (1:25.52)2 Ogilvie, Carol 69 University of San Francisco Ma-38 13:45.00 13:20.68
1:34.31 3:15.46 (1:41.15) 4:56.97 (1:41.51) 6:38.48 (1:41.51)
8:20.43 (1:41.95) 10:02.68 (1:42.25) 11:44.02 (1:41.34) 13:20.68 (1:36.66)3 Quinn, Phyllis 69 The Olympic Club-38 13:30.02 13:57.86
1:37.09 3:22.86 (1:45.77) 5:09.20 (1:46.34) 6:55.32 (1:46.12)
8:42.02 (1:46.70) 10:28.27 (1:46.25) 12:14.18 (1:45.91) 13:57.86 (1:43.68)

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Women 65-69 800 LC Meter Freestyle Splits

NATL: 10:49.60		N	7/15/2017	LAURA VAL		
WORLD: 10:49.60		W	7/15/2017	Laura VAL		USA
PAC: 10:49.60		P	7/15/2017	Laura B Val		
1	Heim-Bowen, Suzanne	66	Walnut Creek Masters-38		NT	11:10.43
2	Neville, Cathy	67	San Diego Swim Masters-44		NT	13:25.81

Women 65-69 1500 LC Meter Freestyle

NATL: 20:41.53		N	7/21/2023	S HEIM-BOWEN		
WORLD: 20:41.53		W	7/21/2023	S.HEIM-BOWEN		USA
PAC: 20:41.53		P	7/21/2023	Suzanne M Heim-Bo		
1	Heim-Bowen, Suzanne	66	Walnut Creek Masters-38		21:10.00	21:07.86
	1:20.20		2:44.51 (1:24.31)		4:08.29 (1:23.78)	5:32.15 (1:23.86)
	6:56.34 (1:24.19)		8:20.27 (1:23.93)		9:44.93 (1:24.66)	11:10.43 (1:25.50)
	12:36.77 (1:26.34)		14:01.98 (1:25.21)		15:27.44 (1:25.46)	16:52.17 (1:24.73)
	18:17.78 (1:25.61)		19:43.31 (1:25.53)		21:07.86 (1:24.55)	
2	Neville, Cathy	67	San Diego Swim Masters-44		25:25.25	25:28.76
	1:33.10		3:13.34 (1:40.24)		4:54.21 (1:40.87)	6:36.59 (1:42.38)
	8:18.67 (1:42.08)		10:01.76 (1:43.09)		11:44.84 (1:43.08)	13:25.81 (1:40.97)
	15:09.46 (1:43.65)		16:53.42 (1:43.96)		18:38.58 (1:45.16)	20:22.15 (1:43.57)
	22:05.44 (1:43.29)		23:48.58 (1:43.14)		25:28.76 (1:40.18)	
3	Quinn, Phyllis	69	The Olympic Club-38		25:19.07	26:04.37
	1:39.61		3:24.46 (1:44.85)		5:09.54 (1:45.08)	6:53.87 (1:44.33)
	8:38.40 (1:44.53)		10:23.27 (1:44.87)		12:08.48 (1:45.21)	13:54.33 (1:45.85)
	15:38.95 (1:44.62)		17:23.24 (1:44.29)		19:07.51 (1:44.27)	20:52.74 (1:45.23)
	22:38.30 (1:45.56)		24:22.00 (1:43.70)		26:04.37 (1:42.37)	

Women 65-69 50 LC Meter Backstroke

NATL: 33.59		N	8/2/2018	LAURA VAL		
WORLD: 33.59		W	8/2/2018	Laura VAL		USA
PAC: 33.59		P	8/2/2018	Laura B Val		
1	Lepinski, Cokie	65	Marin Aquatic Masters-38		1:00.00	44.90
2	Hickel, Jessie	66	East Bay Bat Rays Masters-38		54.00	54.21
3	Buzolich, Marilyn	69	University of San Francisco Ma-38		55.00	1:00.29

Women 65-69 100 LC Meter Backstroke

NATL: 1:14.49		N	7/31/2018	LAURA VAL		
WORLD: 1:14.49		W	7/31/2018	Laura VAL		USA
PAC: 1:14.49		P	7/31/2018	Laura B Val		
1	O'Brien, Charlene	68	Walnut Creek Masters-38		1:31.50	1:33.45
2	Neville, Cathy	67	San Diego Swim Masters-44		1:56.60	1:50.05
3	Kaiser, Amy	65	University of San Francisco Ma-38		2:07.30	2:01.48

Women 65-69 200 LC Meter Backstroke

NATL: 2:47.70		N	8/8/2019	LAURA VAL		
WORLD: 2:47.70		W	8/8/2019	Laura VAL		USA
PAC: 2:47.70		P	8/8/2019	Laura B Val		
1	O'Brien, Charlene	68	Walnut Creek Masters-38		3:19.70	3:16.23
	1:35.98		3:16.23 (1:40.25)			
2	Quinn, Phyllis	69	The Olympic Club-38		3:33.46	3:40.75
	1:48.54		3:40.75 (1:52.21)			
3	Ogilvie, Carol	69	University of San Francisco Ma-38		3:45.00	3:42.99
	1:50.79		3:42.99 (1:52.20)			
4	Hickel, Jessie	66	East Bay Bat Rays Masters-38		3:50.00	3:45.38
	1:52.24		3:45.38 (1:53.14)			

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Women 65-69 100 LC Meter Breaststroke

NATL:	1:32.24	N	8/10/2019	LO KNAPP		
WORLD:	1:28.18	W	2/25/2023	Jenney WHITELEY	AUS	
PAC:	1:40.69	P	12/31/2009	Daniela Barnea		
1	Lepinski, Cokie	65	Marin Aquatic Masters-38	2:10.00		1:42.42
2	Hickel, Jessie	66	East Bay Bat Rays Masters-38	2:02.00		2:04.81
3	Marrocco, Judy	69	University of San Francisco Ma-38	3:10.00		2:58.33

Women 65-69 200 LC Meter Breaststroke

NATL:	3:19.03	N	8/4/2023	KAREN MAREB		
WORLD:	3:12.63	W	6/17/2022	Amanda HEATH	GBR	
PAC:	3:32.45	P	12/31/2009	Daniela Barnea		
1	Quinn, Phyllis	69	The Olympic Club-38	4:12.97		4:15.04
	2:03.56		4:15.04 (2:11.48)			

Women 65-69 50 LC Meter Butterfly

NATL:	32.36	N	8/7/2023	TRACI GRANGER		
WORLD:	32.36	W	8/7/2023	Traci GRANGER	USA	
PAC:	32.36	P	8/7/2023	Traci S Granger		
1	O'Brien, Charlene	68	Walnut Creek Masters-38	36.00		37.23
2	Neville, Cathy	67	San Diego Swim Masters-44	50.00		46.98
3	Kaiser, Amy	65	University of San Francisco Ma-38	57.30		54.80

Women 65-69 100 LC Meter Butterfly

NATL:	1:13.70	N	8/18/2016	LAURA VAL		
WORLD:	1:13.70	W	8/18/2016	Laura VAL	USA	
PAC:	1:13.70	P	8/18/2016	Laura B Val		
1	O'Brien, Charlene	68	Walnut Creek Masters-38	1:26.96		1:27.27

Women 65-69 200 LC Meter IM

NATL:	2:51.52	N	8/4/2019	PENNY NOYES		
WORLD:	2:51.52	W	8/4/2019	Penny NOYES	USA	
PAC:	2:54.16	P	7/24/2016	Laura B Val		
1	Ogilvie, Carol	69	University of San Francisco Ma-38	3:35.00		3:33.43
	1:46.60		3:33.43 (1:46.83)			
2	Neville, Cathy	67	San Diego Swim Masters-44	3:58.00		3:50.27
	1:51.71		3:50.27 (1:58.56)			

Women 65-69 400 LC Meter IM

NATL:	6:14.58	N	7/19/2019	PENNY NOYES		
WORLD:	6:14.58	W	7/19/2019	Penny NOYES	USA	
PAC:	6:15.15	P	7/19/2019	Laura B Val		
1	Quinn, Phyllis	69	The Olympic Club-38	7:50.72		7:51.05
	2:02.16		3:59.29 (1:57.13)	6:09.12 (2:09.83)		7:51.05 (1:41.93)
2	Neville, Cathy	67	San Diego Swim Masters-44	8:45.50		8:05.68
	1:54.73		4:00.16 (2:05.43)	6:26.33 (2:26.17)		8:05.68 (1:39.35)

Women 70-74 50 LC Meter Freestyle

NATL:	30.73	N	10/9/2021	LAURA VAL		
WORLD:	30.73	W	10/9/2021	Laura VAL	USA	
PAC:	30.73	P	10/10/2021	Laura B Val		
1	Val, Laura	73	Tamalpais Aquatic Masters-38	33.00		31.80
2	Knapp, Lo	70	Swim Utah-34	35.50		33.90
3	Hepworth, Linda	71	Rolling Hills Mud Sharks-38	42.59		38.97
4	Guthrie, Sally	74	Sacramento Masters-38	41.00		39.82
5	Stringer, Nanette	72	University of San Francisco Ma-38	43.00		40.18

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(Women 70-74 50 LC Meter Freestyle)

6	Gill, Kathy	70	Davis Aquatic Masters-38	45.00	48.49
7	Cohn, Darcy	73	University of San Francisco Ma-38	53.00	50.54
8	August, Susan	70	Marin Aquatic Masters-38	1:08.56	1:11.99

Women 70-74 100 LC Meter Freestyle

NATL: 1:06.68 N 8/6/2023 LAURA VAL

WORLD: 1:06.68 W 8/6/2023 Laura VAL USA

PAC: 1:06.68 P 8/6/2023 Laura B Val

1	Kessinger, Katy	70	Swim Utah-34	1:35.00	1:26.78
2	Stringer, Nanette	72	University of San Francisco Ma-38	1:33.00	1:29.13
3	Hepworth, Linda	71	Rolling Hills Mud Sharks-38	1:32.24	1:30.88
4	Cohn, Darcy	73	University of San Francisco Ma-38	1:55.00	2:02.21

Women 70-74 200 LC Meter Freestyle

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

WORLD: 2:29.72 W 8/14/2022 Laura VAL USA

PAC: 2:29.72 P 8/13/2022 Laura B Val

1	Kessinger, Katy	70	Swim Utah-34	3:05.01	3:08.25
	1:32.25		3:08.25 (1:36.00)		
2	Guthrie, Sally	74	Sacramento Masters-38	3:15.00	3:11.69
	1:35.15		3:11.69 (1:36.54)		
3	Hepworth, Linda	71	Rolling Hills Mud Sharks-38	3:20.81	3:17.74
	1:35.84		3:17.74 (1:41.90)		

Women 70-74 400 LC Meter Freestyle

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

WORLD: 5:21.19 W 8/13/2022 Laura VAL USA

PAC: 5:21.19 P 8/13/2022 Laura B Val

1	Val, Laura	73	Tamalpais Aquatic Masters-38	5:55.00	5:27.66
	1:16.05		2:40.77 (1:24.72)	4:05.17 (1:24.40)	5:27.66 (1:22.49)
2	Willard, Mimi	71	Tamalpais Aquatic Masters-38	7:03.23	6:57.85
	1:37.32		3:23.72 (1:46.40)	5:11.45 (1:47.73)	6:57.85 (1:46.40)

Women 70-74 400 LC Meter Freestyle Splits

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

WORLD: 5:21.19 W 8/13/2022 Laura VAL USA

PAC: 5:21.19 P 8/13/2022 Laura B Val

1	Kessinger, Katy	70	Swim Utah-34	NT	6:27.81
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Women 70-74 800 LC Meter Freestyle Splits

NATL: 11:04.90 N 6/3/2023 CHRISTIE CIRAULO

WORLD: 11:04.90 W 6/3/2023 Christie CIRAULO USA

PAC: 11:11.89 P 10/7/2021 Laura B Val

1	Kessinger, Katy	70	Swim Utah-34	NT	13:05.29
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Women 70-74 800 LC Meter Freestyle

NATL: 11:04.90 N 6/3/2023 CHRISTIE CIRAULO

WORLD: 11:04.90 W 6/3/2023 Christie CIRAULO USA

PAC: 11:11.89 P 10/7/2021 Laura B Val

1	Kessinger, Katy	70	Swim Utah-34	15:45.00	12:56.77
	1:32.79		3:11.50 (1:38.71)	4:50.42 (1:38.92)	6:27.81 (1:37.39)
	8:06.67 (1:38.86)		9:44.76 (1:38.09)	11:22.02 (1:37.26)	12:56.77 (1:34.75)
2	Willard, Mimi	71	Tamalpais Aquatic Masters-38	14:25.24	14:32.63
	1:40.12		3:29.29 (1:49.17)	5:20.11 (1:50.82)	7:10.26 (1:50.15)
	9:00.52 (1:50.26)		10:52.25 (1:51.73)	12:43.22 (1:50.97)	14:32.63 (1:49.41)

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Women 70-74 1500 LC Meter Freestyle

NATL: 21:02.79		N	8/2/2023	CHRISTIE CIRAULO		
WORLD: 21:02.79		W	8/2/2023	Christie CIRAULO		USA
PAC: 22:18.76		P	10/7/2021	Charlotte M Davis		
1	Knapp, Lo	70	Swim Utah-34	22:49.00		22:53.41
	1:25.12	2:58.33 (1:33.21)	4:31.20 (1:32.87)	6:04.10 (1:32.90)		
	7:36.00 (1:31.90)	9:07.85 (1:31.85)	10:39.10 (1:31.25)	12:11.39 (1:32.29)		
	13:43.80 (1:32.41)	15:16.60 (1:32.80)	16:47.92 (1:31.32)	18:21.04 (1:33.12)		
	19:53.51 (1:32.47)	21:24.72 (1:31.21)	22:53.41 (1:28.69)			
2	Kessinger, Katy	70	Swim Utah-34	26:01.01		24:33.82
	1:33.23	3:12.13 (1:38.90)	4:51.48 (1:39.35)	6:29.87 (1:38.39)		
	8:08.94 (1:39.07)	9:47.92 (1:38.98)	11:26.59 (1:38.67)	13:05.29 (1:38.70)		
	14:44.58 (1:39.29)	16:24.14 (1:39.56)	18:02.88 (1:38.74)	19:42.00 (1:39.12)		
	21:20.19 (1:38.19)	22:57.83 (1:37.64)	24:33.82 (1:35.99)			
3	Guthrie, Sally	74	Sacramento Masters-38	26:20.00		25:58.30
	1:36.42	3:19.22 (1:42.80)	5:01.78 (1:42.56)	6:45.34 (1:43.56)		
	8:29.09 (1:43.75)	10:14.46 (1:45.37)	12:00.27 (1:45.81)	13:44.45 (1:44.18)		
	15:29.76 (1:45.31)	17:14.16 (1:44.40)	18:58.82 (1:44.66)	20:44.01 (1:45.19)		
	22:29.19 (1:45.18)	24:15.99 (1:46.80)	25:58.30 (1:42.31)			

Women 70-74 50 LC Meter Backstroke

NATL: 34.65		N	10/10/2021	LAURA VAL		
WORLD: 34.65		W	10/10/2021	Laura VAL		USA
PAC: 34.65		P	10/10/2021	Laura B Val		
1	Val, Laura	73	Tamalpais Aquatic Masters-38	36.50		35.78
2	Hepworth, Linda	71	Rolling Hills Mud Sharks-38	52.25		48.45
3	Gill, Kathy	70	Davis Aquatic Masters-38	54.06		53.79

Women 70-74 100 LC Meter Backstroke

NATL: 1:16.27		N	8/4/2023	LAURA VAL		
WORLD: 1:16.27		W	8/4/2023	Laura VAL		USA
PAC: 1:16.27		P	8/4/2023	Laura B Val		
1	Val, Laura	73	Tamalpais Aquatic Masters-38	1:22.00		1:19.07
2	Willard, Mimi	71	Tamalpais Aquatic Masters-38	1:45.43		1:46.18
3	Hepworth, Linda	71	Rolling Hills Mud Sharks-38	1:52.18		1:48.91
4	Thomas, Elaine	70	Mountain View Masters-38	2:05.00		2:05.69

Women 70-74 200 LC Meter Backstroke

NATL: 2:49.43		N	10/8/2021	LAURA VAL		
WORLD: 2:49.43		W	10/8/2021	Laura VAL		USA
PAC: 2:49.43		P	10/8/2021	Laura B Val		
1	Taylor, Barbara	70	Kona Aquatics-39	4:16.00		3:36.61
	1:50.63	3:36.61 (1:45.98)				
2	Willard, Mimi	71	Tamalpais Aquatic Masters-38	3:50.63		3:43.13
	1:49.58	3:43.13 (1:53.55)				
3	Hepworth, Linda	71	Rolling Hills Mud Sharks-38	3:48.22		3:49.74
	1:53.71	3:49.74 (1:56.03)				
4	Gill, Kathy	70	Davis Aquatic Masters-38	4:18.46		4:18.93
	2:07.72	4:18.93 (2:11.21)				

Women 70-74 50 LC Meter Breaststroke

NATL: 43.19		N	8/3/2018	DANA BROWN		
WORLD: 41.67		W	6/22/2014	Monika SENFTLEBEN		GER
PAC: 45.45		P	10/10/2021	Charlotte M Davis		
1	Knapp, Lo	70	Swim Utah-34	45.96		45.80
2	Cohn, Darcy	73	University of San Francisco Ma-38	1:07.00		1:09.25

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Women 70-74 100 LC Meter Breaststroke

NATL: 1:36.91 N 7/31/2021		CHARLOTTE DAVIS			
WORLD: 1:35.93 W 10/2/2016		Nobuko YASUDA		JPN	
PAC: 1:38.04 P 10/8/2021		Charlotte M Davis			
1	Knapp, Lo	70	Swim Utah-34	1:38.10	1:36.97 P
2	Cohn, Darcy	73	University of San Francisco Ma-38	2:30.00	2:29.62

Women 70-74 200 LC Meter Breaststroke

NATL: 3:29.91 N 10/9/2021		CHARLOTTE DAVIS			
WORLD: 3:29.25 W 7/15/2017		Nobuko YASUDA		JPN	
PAC: 3:29.91 P 10/9/2021		Charlotte M Davis			
1	Knapp, Lo	70	Swim Utah-34	3:37.00	3:33.65
	1:44.59		3:33.65 (1:49.06)		
2	Kessinger, Katy	70	Swim Utah-34	4:20.20	4:13.35
	2:03.57		4:13.35 (2:09.78)		
3	Cohn, Darcy	73	University of San Francisco Ma-38	5:10.00	5:22.16
	2:38.67		5:22.16 (2:43.49)		

Women 70-74 50 LC Meter Butterfly

NATL: 34.43 N 1/19/2024		PENNY NOYES			
WORLD: 34.43 W 1/19/2024		Penny NOYES		USA	
PAC: 34.68 P 7/23/2023		Laura B Val			
1	Val, Laura	73	Tamalpais Aquatic Masters-38	35.50	35.82
2	Guthrie, Sally	74	Sacramento Masters-38	51.00	48.62
3	Palmer, Teddy	70	Walnut Creek Masters-38	1:10.20	1:01.43

Women 70-74 100 LC Meter Butterfly

NATL: 1:16.07 N 10/8/2021		LAURA VAL			
WORLD: 1:16.07 W 10/8/2021		Laura VAL		USA	
PAC: 1:16.07 P 10/8/2021		Laura B Val			
1	Val, Laura	73	Tamalpais Aquatic Masters-38	1:22.00	1:22.33
2	Taylor, Barbara	70	Kona Aquatics-39	1:47.56	1:49.76
3	Guthrie, Sally	74	Sacramento Masters-38	2:00.00	1:54.49

Women 70-74 200 LC Meter Butterfly

NATL: 3:12.76 N 1/19/2024		PENNY NOYES			
WORLD: 3:12.76 W 1/19/2024		Penny NOYES		USA	
PAC: 3:47.65 P 6/29/2014		Daniela Barnea			
1	Guthrie, Sally	74	Sacramento Masters-38	4:15.00	4:27.51
	2:08.19		4:27.51 (2:19.32)		

Women 70-74 200 LC Meter IM

NATL: 3:00.96 N 8/1/2021		LAURA VAL			
WORLD: 3:00.96 W 8/1/2021		Laura VAL		USA	
PAC: 3:00.96 P 7/31/2021		Laura B Val			
1	Willard, Mimi	71	Tamalpais Aquatic Masters-38	3:58.70	4:05.45
	2:02.27		4:05.45 (2:03.18)		
2	Cohn, Darcy	73	University of San Francisco Ma-38	5:12.00	5:13.64
	2:38.53		5:13.64 (2:35.11)		

Women 70-74 400 LC Meter IM

NATL: 6:57.34 N 8/7/2022		S LOFTUS-CHARLEY			
WORLD: 6:45.75 W 5/28/2023		Laura VACA		MEX	
PAC: 7:32.26 P 6/28/2014		Daniela Barnea			
1	Willard, Mimi	71	Tamalpais Aquatic Masters-38	8:42.83	8:46.89
	2:29.33		4:32.68 (2:03.35)	6:55.48 (2:22.80)	8:46.89 (1:51.41)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

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Women 75-79 50 LC Meter Freestyle

NATL:		34.11	N	10/8/2021	DIANN UUSTAL		
WORLD:		34.11	W	10/8/2021	Diann UUSTAL		USA
PAC:		36.17	P	8/8/2023	Ruth Y Shaps		
1	Reedy, Peggy			78	Davis Aquatic Masters-38	1:05.00	45.33
2	Caso, Susie			78	Manatee Aquatic Masters Inc-38	48.17	50.66
3	Pashelinsky, Erin			77	University of San Francisco Ma-38	52.42	54.78
4	Ewing, Nancy			77	Albany Armada Aquatics Masters-38	1:01.21	57.17
5	Campbell, Martha			76	University of San Francisco Ma-38	1:30.00	1:03.44

Women 75-79 100 LC Meter Freestyle

NATL:		1:17.38	N	10/9/2021	DIANN UUSTAL		
WORLD:		1:17.38	W	10/9/2021	Diann UUSTAL		USA
PAC:		1:21.75	P	8/6/2023	Ruth Y Shaps		
1	Shaps, Ruth			77	Manatee Aquatic Masters Inc-38	1:25.00	1:26.03
2	Pashelinsky, Erin			77	University of San Francisco Ma-38	1:55.56	1:58.06
3	Caso, Susie			78	Manatee Aquatic Masters Inc-38	1:50.97	1:58.64
4	Tevis, Maggie			76	Rolling Hills Mud Sharks-38	1:50.77	2:01.41

Women 75-79 200 LC Meter Freestyle

NATL:		2:56.07	N	8/6/2022	DIANN UUSTAL		
WORLD:		2:54.26	W	9/27/2013	Yoshiko OSAKI		JPN
PAC:		3:08.87	P	8/7/2023	Ruth Y Shaps		
1	Shaps, Ruth			77	Manatee Aquatic Masters Inc-38	3:12.00	3:15.46
		1:34.40				3:15.46 (1:41.06)	
2	Caso, Susie			78	Manatee Aquatic Masters Inc-38	3:00.00	4:24.73
		2:09.09				4:24.73 (2:15.64)	

Women 75-79 400 LC Meter Freestyle

NATL:		6:27.04	N	8/21/2021	DIANN UUSTAL		
WORLD:		6:12.25	W	7/12/2013	Yoshiko OSAKI		JPN
PAC:		6:37.57	P	6/17/2023	Ruth Y Shaps		
1	Pashelinsky, Erin			77	University of San Francisco Ma-38	8:20.00	9:18.11
		2:13.71				4:36.59 (2:22.88)	6:59.05 (2:22.46)
							9:18.11 (2:19.06)

Women 75-79 1500 LC Meter Freestyle

NATL:		26:00.10	N	8/2/2023	MARCIA BARRY		
WORLD:		24:41.76	W	3/3/2006	Jane ASHER		GBR
PAC:		28:09.74	P	7/29/2022	Stephanie I Scott		
1	Shaps, Ruth			77	Manatee Aquatic Masters Inc-38	26:30.00	25:55.26 N
		1:36.54				3:20.70 (1:44.16)	5:04.99 (1:44.29)
		8:33.03 (1:44.73)				10:17.95 (1:44.92)	12:02.00 (1:44.05)
		15:30.74 (1:44.71)				17:15.37 (1:44.63)	18:59.86 (1:44.49)
		22:28.85 (1:44.55)				24:12.92 (1:44.07)	25:55.26 (1:42.34)
2	Scott, Stephanie			77	Walnut Creek Masters-38	28:45.00	29:09.64
		1:46.85				3:45.56 (1:58.71)	5:44.50 (1:58.94)
		9:40.46 (1:56.97)				11:37.13 (1:56.67)	13:34.39 (1:57.26)
		17:29.12 (1:59.39)				19:25.89 (1:56.77)	21:23.65 (1:57.76)
		25:18.17 (1:57.17)				27:14.44 (1:56.27)	29:09.64 (1:55.20)
3	Dutro, Cynthia			76	Menlo Masters-38	31:00.00	30:02.68
		1:50.64				3:50.85 (2:00.21)	5:52.53 (2:01.68)
		9:52.99 (2:00.28)				11:52.71 (1:59.72)	13:53.34 (2:00.63)
		17:56.67 (2:01.84)				19:57.55 (2:00.88)	21:58.93 (2:01.38)
		26:02.78 (2:00.31)				28:05.32 (2:02.54)	30:02.68 (1:57.36)

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Women 75-79 50 LC Meter Backstroke

NATL:	40.08	N	10/9/2021	DIANN UUSTAL		
WORLD:	40.08	W	10/9/2021	Diann UUSTAL		USA
PAC:	49.98	P	12/31/1999	Margery Meyer		
1	Shaps, Ruth		77	Manatee Aquatic Masters Inc-38	50.00	47.74 P
2	Reedy, Peggy		78	Davis Aquatic Masters-38	1:15.00	1:03.16
3	Tevis, Maggie		76	Rolling Hills Mud Sharks-38	59.12	1:07.14
4	Pashelinsky, Erin		77	University of San Francisco Ma-38	1:06.00	1:11.54

Women 75-79 100 LC Meter Backstroke

NATL:	1:28.67	N	10/10/2021	DIANN UUSTAL		
WORLD:	1:28.67	W	10/10/2021	Diann UUSTAL		USA
PAC:	1:45.85	P	6/17/2023	Ruth Y Shaps		
1	Shaps, Ruth		77	Manatee Aquatic Masters Inc-38	1:47.00	1:46.07
2	Pashelinsky, Erin		77	University of San Francisco Ma-38	2:23.07	2:41.30

Women 75-79 50 LC Meter Breaststroke

NATL:	47.10	N	7/19/2014	JOANN LEILICH		
WORLD:	43.95	W	3/6/2010	Shoko YONEZAWA		JPN
PAC:	47.25	P	7/21/2019	Daniela Barnea		
1	Caso, Susie		78	Manatee Aquatic Masters Inc-38	1:01.83	1:02.91
2	Pashelinsky, Erin		77	University of San Francisco Ma-38	1:25.81	1:28.33

Women 75-79 100 LC Meter Breaststroke

NATL:	1:42.18	N	8/15/2014	JOANN LEILICH		
WORLD:	1:38.81	W	3/6/2010	Shoko YONEZAWA		JPN
PAC:	1:44.40	P	7/20/2019	Daniela Barnea		
1	Caso, Susie		78	Manatee Aquatic Masters Inc-38	2:16.52	2:22.70
---	Ewing, Nancy		77	Albany Armada Aquatics Masters-38	2:33.95	DQ

Women 75-79 200 LC Meter Breaststroke

NATL:	3:40.84	N	7/19/2014	JOANN LEILICH		
WORLD:	3:40.84	W	7/19/2014	Joann LEILICH		USA
PAC:	3:48.31	P	8/17/2019	Daniela Barnea		
1	Caso, Susie		78	Manatee Aquatic Masters Inc-38	4:00.00	5:12.01
					2:32.44	5:12.01 (2:39.57)

Women 75-79 400 LC Meter IM

NATL:	7:47.11	N	7/19/2019	DANIELA BARNEA		
WORLD:	7:35.32	W	3/3/2024	Brigette MERTEN		GER
PAC:	7:47.11	P	7/19/2019	Daniela Barnea		
1	Dutro, Cynthia		76	Menlo Masters-38	9:30.00	9:29.44
					2:19.09	4:59.74 (2:40.65)
					7:27.16 (2:27.42)	9:29.44 (2:02.28)
2	Scott, Stephanie		77	Walnut Creek Masters-38	10:20.00	9:42.32
					2:46.29	5:15.19 (2:28.90)
					7:48.30 (2:33.11)	9:42.32 (1:54.02)

Women 80-84 50 LC Meter Freestyle

NATL:	38.64	N	3/7/2009	GAIL ROPER		
WORLD:	36.61	W	7/15/2018	Yoshiko OSAKI		JPN
PAC:	42.29	P	12/31/2002	Margery Meyer		
1	Ridout, Nancy		82	Tamalpais Aquatic Masters-38	59.50	54.88
2	Chaitkin, Lauren		80	University of San Francisco Ma-38	1:03.00	1:03.41

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Women 80-84 100 LC Meter Freestyle Splits

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

WORLD: 1:23.16 W 7/14/2018 Yoshiko OSAKI JPN

PAC: 1:37.78 P 12/31/2002 Margery Meyer

1 Barnea, Daniela 80 Menlo Masters-38 NT 1:50.73

Women 80-84 100 LC Meter Freestyle

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

WORLD: 1:23.16 W 7/14/2018 Yoshiko OSAKI JPN

PAC: 1:37.78 P 12/31/2002 Margery Meyer

1 Mc Partland, Peg 82 Manatee Aquatic Masters Inc-38 2:00.00 2:04.84

2 Ridout, Nancy 82 Tamalpais Aquatic Masters-38 2:15.00 2:12.46

3 Chaitkin, Lauren 80 University of San Francisco Ma-38 2:15.00 2:17.23

Women 80-84 200 LC Meter Freestyle Splits

NATL: 3:27.26 N 6/10/2007 JEAN TROY

WORLD: 3:05.95 W 9/20/2019 Yoshiko OSAKI JPN

PAC: 3:37.14 P 12/31/2003 Margery Meyer

1 Barnea, Daniela 80 Menlo Masters-38 NT 3:49.84

Women 80-84 200 LC Meter Freestyle

NATL: 3:27.26 N 6/10/2007 JEAN TROY

WORLD: 3:05.95 W 9/20/2019 Yoshiko OSAKI JPN

PAC: 3:37.14 P 12/31/2003 Margery Meyer

1 Mc Partland, Peg 82 Manatee Aquatic Masters Inc-38 4:30.00 4:29.81

2:10.18 4:29.81 (2:19.63)

2 Chaitkin, Lauren 80 University of San Francisco Ma-38 4:40.00 4:48.38

2:20.45 4:48.38 (2:27.93)

Women 80-84 400 LC Meter Freestyle

NATL: 7:24.53 N 6/10/2007 JEAN TROY

WORLD: 6:39.90 W 5/5/2012 Jane ASHER GBR

PAC: 7:38.37 P 12/31/2002 Margery Meyer

1 Mc Partland, Peg 82 Manatee Aquatic Masters Inc-38 10:00.00 9:21.41

2:17.34 4:42.45 (2:25.11) 7:04.26 (2:21.81) 9:21.41 (2:17.15)

Women 80-84 50 LC Meter Backstroke

NATL: 46.39 N 3/29/2002 BUNNY CEDERLUND

WORLD: 43.04 W 3/11/2023 Satoko TAKEUJI JPN

PAC: 49.40 P 8/18/2002 Margery Meyer

1 Mc Partland, Peg 82 Manatee Aquatic Masters Inc-38 58.00 58.80

2 Chaitkin, Lauren 80 University of San Francisco Ma-38 1:15.00 1:09.07

Women 80-84 100 LC Meter Backstroke

NATL: 1:46.16 N 7/1/2023 JOY WARD

WORLD: 1:39.25 W 5/29/2023 E.KETELSEN DEN

PAC: 2:01.67 P 12/31/1999 Marjorie Sharpe

1 Chaitkin, Lauren 80 University of San Francisco Ma-38 2:35.00 2:33.62

--- Mc Partland, Peg 82 Manatee Aquatic Masters Inc-38 2:10.00 DQ

Women 80-84 200 LC Meter Backstroke

NATL: 3:51.50 N 6/12/2022 JOY WARD

WORLD: 3:32.61 W 6/4/2023 Noriko YOSHIDA JPN

PAC: 4:18.32 P 7/23/2016 Miek Mc Cubbin

1 Mc Partland, Peg 82 Manatee Aquatic Masters Inc-38 4:40.00 4:50.20

2:27.31 4:50.20 (2:22.89)

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(Women 80-84 200 LC Meter Backstroke)

2	Chaitkin, Lauren	80	University of San Francisco Ma-38	5:30.00	5:16.50
	2:36.33		5:16.50 (2:40.17)		

Women 80-84 50 LC Meter Breaststroke Splits

NATL:	51.37	N	8/11/2018	ANNE WILLIAMS	
WORLD:	46.94	W	6/2/2023	Diane FORD	GBR
PAC:	53.40	P	12/31/2011	Ann M Hirsch	

1	Barnea, Daniela	80	Menlo Masters-38	NT	53.68
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Women 80-84 100 LC Meter Breaststroke

NATL:	1:49.04	N	7/20/2019	JOANN LEILICH	
WORLD:	1:43.90	W	6/3/2023	Diane FORD	GBR
PAC:	1:57.17	P	12/31/2011	Ann M Hirsch	

1	Barnea, Daniela	80	Menlo Masters-38	1:57.17	1:54.65 P
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Women 80-84 200 LC Meter Breaststroke

NATL:	3:59.55	N	7/21/2019	JOANN LEILICH	
WORLD:	3:51.53	W	6/4/2023	Diane FORD	GBR
PAC:	4:17.64	P	12/31/2011	Ann M Hirsch	

1	Barnea, Daniela	80	Menlo Masters-38	4:17.67	4:14.99 P
	2:05.30		4:14.99 (2:09.69)		

Women 80-84 100 LC Meter Butterfly

NATL:	2:06.55	N	5/21/2004	LOIS NOCHMAN	
WORLD:	1:52.70	W	2/29/2024	Judy WILSON	FRA
PAC:	2:27.91	P	12/31/1994	Jean Durston	

1	Barnea, Daniela	80	Menlo Masters-38	2:27.91	1:53.99 N
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Women 80-84 200 LC Meter Butterfly

NATL:	4:34.86	N	5/22/2004	LOIS NOCHMAN	
WORLD:	4:15.19	W	7/14/2012	Judie OLIVER	CAN
PAC:	5:24.52	P	12/31/1994	Jean Durston	

1	Barnea, Daniela	80	Menlo Masters-38	5:24.52	4:14.92 W
	2:01.75		4:14.92 (2:13.17)		

Women 80-84 200 LC Meter IM

NATL:	4:05.75	N	5/27/2023	JOY WARD	
WORLD:	3:53.63	W	8/17/2017	Katharina FLORA	HUN
PAC:	4:18.27	P	12/31/2011	Ann M Hirsch	

1	Barnea, Daniela	80	Menlo Masters-38	4:18.27	3:48.17 W
	1:53.18		3:48.17 (1:54.99)		

Women 80-84 400 LC Meter IM

NATL:	9:12.87	N	7/1/2023	JOY WARD	
WORLD:	8:21.88	W	1/30/2011	Jane ASHER	GBR
PAC:	10:08.13	P	12/31/1995	Jean Durston	

1	Barnea, Daniela	80	Menlo Masters-38	9:45.13	8:11.16 W
	4:02.82		6:14.72 (2:11.90)	8:11.16 (1:56.44)	

2	Stretch, Nancy	84	The Olympic Club-38	10:35.00	10:54.85
	2:52.21		5:27.60 (2:35.39)	8:31.62 (3:04.02)	10:54.85 (2:23.23)

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Women 85-89 50 LC Meter Freestyle

NATL: 44.97 N 7/15/2012 JEAN TROY
 WORLD: 38.89 W 8/8/2023 Yoshiko OSAKI
 PAC: 46.72 P 12/31/2009 Margery Meyer

JPN

1 Hagiwara, Tanako 86 University of San Francisco Ma-38 1:30.00 1:16.80

Women 85-89 100 LC Meter Freestyle

NATL: 1:43.68 N 6/9/2012 JEAN TROY
 WORLD: 1:27.42 W 8/6/2023 Yoshiko OSAKI
 PAC: 1:48.02 P 12/31/2007 Margery Meyer

JPN

1 Hagiwara, Tanako 86 University of San Francisco Ma-38 3:15.00 2:57.59

Women 85-89 200 LC Meter Freestyle

NATL: 3:49.67 N 7/14/2012 JEAN TROY
 WORLD: 3:14.51 W 8/7/2023 Yoshiko OSAKI
 PAC: 3:56.11 P 12/31/2007 Margery Meyer

JPN

1 Morton, Judith 85 Walnut Creek Masters-38 5:30.00 6:16.31
 3:06.48 6:16.31 (3:09.83)

2 Hagiwara, Tanako 86 University of San Francisco Ma-38 6:40.00 6:16.34
 3:02.98 6:16.34 (3:13.36)

Women 85-89 400 LC Meter Freestyle

NATL: 8:06.04 N 7/15/2012 JEAN TROY
 WORLD: 7:03.60 W 10/15/2016 Jane ASHER
 PAC: 8:14.05 P 12/31/2007 Margery Meyer

GBR

1 Morton, Judith 85 Walnut Creek Masters-38 13:00.00 13:26.01
 3:13.49 6:37.34 (3:23.85) 10:02.40 (3:25.06) 13:26.01 (3:23.61)

Women 85-89 50 LC Meter Backstroke

NATL: 51.81 N 7/7/2012 BETTY LORENZI
 WORLD: 47.23 W 9/18/2023 Yoshiko OSAKI
 PAC: 58.34 P 12/31/2008 Margery Meyer

JPN

1 Hagiwara, Tanako 86 University of San Francisco Ma-38 2:15.00 1:46.69

Women 85-89 100 LC Meter Backstroke

NATL: 1:53.28 N 3/10/2012 BETTY LORENZI
 WORLD: 1:45.27 W 6/30/2019 Katharina FLORA
 PAC: 2:15.50 P 12/31/2002 Marjorie Sharpe

HUN

1 Morton, Judith 85 Walnut Creek Masters-38 3:01.53 3:11.53

Women 85-89 200 LC Meter Backstroke

NATL: 4:01.09 N 3/9/2013 BETTY LORENZI
 WORLD: 3:43.27 W 8/13/2019 Katharina FLORA
 PAC: 4:44.76 P 12/31/2002 Marjorie Sharpe

HUN

1 Morton, Judith 85 Walnut Creek Masters-38 6:13.93 6:42.59
 3:20.72 6:42.59 (3:21.87)

Women 85-89 100 LC Meter Butterfly

NATL: 2:20.89 N 2/29/2024 MARY ANN CASE
 WORLD: 2:01.26 W 11/9/2019 Katharina FLORA
 PAC: 2:39.43 P 12/31/2000 Jean Durston

HUN

1 Morton, Judith 85 Walnut Creek Masters-38 4:07.38 4:18.37

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Women 85-89 200 LC Meter Butterfly

NATL: 5:07.64 N 7/25/2009 LOIS KIVI NOCHMAN

WORLD: 5:07.64 W 7/25/2009 Lois Kivi NOCHMAN USA

PAC: 5:49.75 P 12/31/1999 Jean Durston

1	Morton, Judith	85	Walnut Creek Masters-38	8:29.21	8:59.15
	4:20.62		8:59.15 (4:38.53)		

Men 18-24 50 LC Meter Freestyle

NATL: 21.78 N 7/1/2012 JOSH SCHNEIDER

PAC: 23.62 P 8/3/2017 Alex Ngan

1	Southern, Drake	24	Tvm Swimming-38	24.50	24.82
2	Waterson, Alexander	19	Davis Aquatic Masters-38	26.50	26.91
3	Hernandez, Clapton	22	SF Tsunami Masters-38	31.35	30.56

Men 18-24 100 LC Meter Freestyle

NATL: 48.45 N 6/16/2021 COLEMAN STEWART

PAC: 53.35 P 8/7/2013 Kevin Ferguson

1	Waterson, Alexander	19	Davis Aquatic Masters-38	59.99	1:02.37
2	Hernandez, Clapton	22	SF Tsunami Masters-38	1:09.82	1:06.97
3	Lipina, Alexander	23	Walnut Creek Masters-38	59.00	1:13.31

Men 18-24 200 LC Meter Freestyle

NATL: 1:52.74 N 8/16/1998 JOE TRISTAN

PAC: 1:56.99 P 12/31/1989 Tony Batis

1	Weiderman, Cole	23	Conejo Valley Masters-33	2:04.00	2:03.49
	58.35		2:03.49 (1:05.14)		
2	Lopez, Samuel	24	University of San Francisco Ma-38	2:10.10	2:23.16
	1:08.45		2:23.16 (1:14.71)		

Men 18-24 400 LC Meter Freestyle Splits

NATL: 4:04.68 N 8/13/2007 HYUN SEUNG LEE

PAC: 4:08.73 P 12/31/1995 Brad Winsor

1	Weiderman, Cole	23	Conejo Valley Masters-33	NT	4:18.51
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Men 18-24 800 LC Meter Freestyle

NATL: 8:44.80 N 8/6/2015 RYAN ROSENBAUM

PAC: 8:47.65 P 12/31/1995 Brad Winsor

1	Ridosko, Nathanael	19	Tri Valley Aquatics Masters-38	8:31.68	8:35.60 N
	1:00.72		2:04.88 (1:04.16)	3:11.09 (1:06.21)	4:16.13 (1:05.04)
	5:21.80 (1:05.67)		6:27.64 (1:05.84)	7:32.87 (1:05.23)	8:35.60 (1:02.73)
2	Weiderman, Cole	23	Conejo Valley Masters-33	9:02.42	8:47.17 P
	59.26		2:04.80 (1:05.54)	3:11.57 (1:06.77)	4:18.51 (1:06.94)
	5:25.99 (1:07.48)		6:33.34 (1:07.35)	7:40.88 (1:07.54)	8:47.17 (1:06.29)

Men 18-24 1500 LC Meter Freestyle

NATL: 16:58.37 N 8/7/2013 JACOB JEZEK

PAC: 17:12.53 P 12/31/1995 Brad Winsor

1	Weiderman, Cole	23	Conejo Valley Masters-33	16:30.00	16:48.70 N
	1:02.04		2:08.57 (1:06.53)	3:16.47 (1:07.90)	4:24.75 (1:08.28)
	5:33.03 (1:08.28)		6:41.10 (1:08.07)	7:48.97 (1:07.87)	8:56.43 (1:07.46)
	10:04.47 (1:08.04)		11:12.10 (1:07.63)	12:19.69 (1:07.59)	13:27.58 (1:07.89)
	14:35.49 (1:07.91)		15:43.15 (1:07.66)	16:48.70 (1:05.55)	

Men 18-24 50 LC Meter Backstroke

NATL: 26.91 N 8/15/2005 DAVE ROLLINS

PAC: 27.51 P 12/31/2008 John McCallen

1	Waterson, Alexander	19	Davis Aquatic Masters-38	32.00	32.65
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2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Men 18-24 100 LC Meter Backstroke**

NATL: 53.61 N 6/27/2012 EUGENE GODSOE

PAC: 1:00.39 P 8/7/2013 Wilfred R Garcia

1	Southern, Drake	24	Tvm Swimming-38	1:00.00	1:05.85
2	Iacobacci, Raymond	21	Uc38	1:10.79	1:08.99

Men 18-24 50 LC Meter Breaststroke

NATL: 28.87 N 8/15/2005 DAVE ROLLINS

PAC: 30.60 P 12/31/2008 Rick Eddy

1	Waterson, Alexander	19	Davis Aquatic Masters-38	34.50	34.29
2	Sasano, Alec	22	Uc38	37.00	35.42

Men 18-24 100 LC Meter Breaststroke

NATL: 1:00.68 N 8/25/2016 JACOB MONTAGUE

PAC: 1:03.35 P 12/31/2012 BJ Johnson

---	Lipina, Alexander	23	Walnut Creek Masters-38	1:30.00	DQ
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Men 18-24 200 LC Meter Breaststroke

NATL: 2:11.10 N 6/29/2012 ELLIOT KEEFER

PAC: 2:18.83 P 11/17/2011 BJ Johnson

1	Lopez, Samuel	24	University of San Francisco Ma-38	2:50.50	3:15.50
				1:36.67	3:15.50 (1:38.83)

Men 18-24 50 LC Meter Butterfly

NATL: 24.20 N 8/8/2014 THOMAS SHIELDS

PAC: 24.20 P 8/10/2014 Thomas A Shields

1	Iacobacci, Raymond	21	Uc38	28.57	28.61
2	Waterson, Alexander	19	Davis Aquatic Masters-38	29.99	29.44
3	Sasano, Alec	22	Uc38	32.00	29.91
4	Lopez, Samuel	24	University of San Francisco Ma-38	29.00	30.25
5	Hernandez, Clapton	22	SF Tsunami Masters-38	34.28	32.31

Men 18-24 100 LC Meter Butterfly

NATL: 51.29 N 8/8/2014 THOMAS SHIELDS

PAC: 51.29 P 8/8/2014 Thomas A Shields

1	Scanlon, Luke	21	Tri Valley Aquatics Masters-38	59.88	1:02.29
---	Lipina, Alexander	23	Walnut Creek Masters-38	1:25.00	DQ

Men 18-24 200 LC Meter IM

NATL: 2:05.80 N 6/30/2016 JACOB MONTAGUE

PAC: 2:01.72 P 6/30/2016 Adam J Hinshaw

1	Weiderman, Cole	23	Conejo Valley Masters-33	2:18.00	2:22.17
				1:07.55	2:22.17 (1:14.62)
2	Iacobacci, Raymond	21	Uc38	2:17.75	2:27.63
				1:07.48	2:27.63 (1:20.15)
3	Sasano, Alec	22	Uc38	2:35.00	2:30.99
				1:13.42	2:30.99 (1:17.57)
4	Lopez, Samuel	24	University of San Francisco Ma-38	2:30.30	2:42.69
				1:16.41	2:42.69 (1:26.28)
5	Waterson, Alexander	19	Davis Aquatic Masters-38	2:30.00	2:46.01
				1:14.02	2:46.01 (1:31.99)

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Men 18-24 400 LC Meter IM

NATL: 4:44.53 N 8/21/2010 PETER GALAN

PAC: 4:48.56 P 12/31/1992 Greg Mackem

1	Xu, D Michael	23	Stanford Masters Swimming-38	7:00.00	6:20.88
	1:20.81	2:59.69 (1:38.88)	4:52.75 (1:53.06)	6:20.88 (1:28.13)	

Men 25-29 50 LC Meter Freestyle

NATL: 21.69 N 8/10/2014 NATHAN ADRIAN

WORLD: 22.30 W 2/18/2017 ALIUKKONEN FIN

PAC: 21.69 P 8/10/2014 Nathan Adrian

1	Poppe, Hank	26	The Olympic Club-38	25.76	25.51
2	Enright, Jackson	25	University of San Francisco Ma-38	26.50	26.41
3	Chow, Jonathan	29	SF Tsunami Masters-38	28.00	26.45
4	Chen, Richard	29	Uc38	27.50	27.10
5	Hayes, Andrew	29	SF Tsunami Masters-38	32.00	28.59
6	Dwarakanath, Surya	27	SF Tsunami Masters-38	31.00	31.10
7	Taniguchi, Marc	28	SF Tsunami Masters-38	32.34	32.74

Men 25-29 100 LC Meter Freestyle

NATL: 47.96 N 6/27/2017 NATHAN ADRIAN

WORLD: 48.72 W 5/26/2023 Vladislav GRINEV RUS

PAC: 47.96 P 7/1/2017 Nathan Adrian

1	Kubick, Dylan	29	University of San Francisco Ma-38	57.00	54.53
2	Enright, Jackson	25	University of San Francisco Ma-38	1:01.00	57.70
3	Whittle, Matthew	28	The Olympic Club-38	1:05.00	58.95
4	Chow, Jonathan	29	SF Tsunami Masters-38	1:02.00	59.45
5	Hayes, Andrew	29	SF Tsunami Masters-38	1:06.00	1:04.80
6	Yue, Justin	27	SF Tsunami Masters-38	1:20.00	1:09.65
7	Dwarakanath, Surya	27	SF Tsunami Masters-38	1:10.00	1:10.95
8	Taniguchi, Marc	28	SF Tsunami Masters-38	1:10.14	1:12.35

Men 25-29 200 LC Meter Freestyle

NATL: 1:50.69 N 6/26/2013 ALEX WOLD

WORLD: 1:50.76 W 8/16/2017 D.DURANGO ESP

PAC: 1:50.69 P 6/25/2013 Alex Wold

1	Kubick, Dylan	29	University of San Francisco Ma-38	2:05.50	2:02.09
	57.63	2:02.09 (1:04.46)			
2	Cho, Andrew	26	Swim Fremont Glenmoor Gardens-38	2:35.00	2:26.29
	1:10.31	2:26.29 (1:15.98)			

Men 25-29 400 LC Meter Freestyle Splits

NATL: 3:55.01 N 6/28/2013 ALEX WOLD

WORLD: 4:00.96 W 6/5/2022 Alexander FEDOROV RUS

PAC: 3:55.01 P 6/28/2013 Alex Wold

1	Dwarakanath, Surya	27	SF Tsunami Masters-38	NT	7:02.16
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Men 25-29 800 LC Meter Freestyle

NATL: 8:24.46 N 8/12/2022 DAVID HERON

WORLD: 8:24.46 W 8/12/2022 David HERON USA

PAC: 8:35.91 P 12/31/1994 Chip L Hobson

1	Dwarakanath, Surya	27	SF Tsunami Masters-38	13:20.00	14:17.46
	1:35.30	3:20.73 (1:45.43)	5:10.46 (1:49.73)	7:02.16 (1:51.70)	
	8:55.03 (1:52.87)	10:47.06 (1:52.03)	12:38.99 (1:51.93)	14:17.46 (1:38.47)	

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

Results

Men 25-29 1500 LC Meter Freestyle

NATL: 15:49.04 N 8/12/2022 DAVID HERON

WORLD: 15:49.04 W 8/12/2022 David HERON USA

PAC: 16:28.69 P 12/31/1987 Cameron D Reid

1	Goard, Andrew	29	University of San Francisco Ma-38	21:10.99	20:19.66
	1:14.03	2:35.66 (1:21.63)	3:57.82 (1:22.16)	5:18.83 (1:21.01)	
	6:40.76 (1:21.93)	8:02.73 (1:21.97)	9:25.05 (1:22.32)	10:46.74 (1:21.69)	
	12:08.96 (1:22.22)	13:31.21 (1:22.25)	14:53.58 (1:22.37)	16:15.56 (1:21.98)	
	17:38.15 (1:22.59)	18:59.72 (1:21.57)	20:19.66 (1:19.94)		

Men 25-29 50 LC Meter Backstroke

NATL: 26.05 N 5/22/2011 ADAM MANIA

WORLD: 25.44 W 4/3/2016 Anton BUTYMOV RUS

PAC: 27.34 P 4/24/2017 Andrew Saeta

1	Kubick, Dylan	29	University of San Francisco Ma-38	28.00	27.90
2	Poppe, Hank	26	The Olympic Club-38	27.50	30.03
3	Whittle, Matthew	28	The Olympic Club-38	40.00	31.93
4	Chow, Jonathan	29	SF Tsunami Masters-38	33.00	32.27
5	Hayes, Andrew	29	SF Tsunami Masters-38	32.00	34.40
6	Yue, Justin	27	SF Tsunami Masters-38	1:00.00	40.68

Men 25-29 100 LC Meter Backstroke

NATL: 55.15 N 8/3/2011 ADAM MANIA

WORLD: 55.09 W 11/21/2021 Ryota MAEJIMA JPN

PAC: 56.55 P 7/23/2023 Andy Song

1	Arvidsson, Karl	26	The Olympic Club-38	1:02.00	1:05.93
2	Ciano, Robert	25	Uc38	1:15.66	1:09.57

Men 25-29 200 LC Meter Backstroke

NATL: 2:03.61 N 6/24/2017 HAYES JOHNSON

WORLD: 2:02.76 W 4/26/2019 Dmitrii GORBUNOV RUS

PAC: 2:12.40 P 7/15/2017 Peter R Kline

1	Whittle, Matthew	28	The Olympic Club-38	2:55.00	2:36.78
	1:13.08	2:36.78 (1:23.70)			

Men 25-29 50 LC Meter Breaststroke

NATL: 27.83 N 8/13/2022 PAVEL ROMANOV

WORLD: 27.21 W 4/18/2021 Kirill STRELNIKOV RUS

PAC: 28.70 P 4/26/2017 Colin B Babcock

1	Arvidsson, Karl	26	The Olympic Club-38	31.00	31.16
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Men 25-29 100 LC Meter Breaststroke

NATL: 1:00.68 N 6/28/2013 BJ JOHNSON

WORLD: 1:00.39 W 4/16/2021 Kirill STRELNIKOV RUS

PAC: 1:00.68 P 6/25/2013 BJ Johnson

1	Poppe, Hank	26	The Olympic Club-38	1:06.00	1:09.25
2	Taniguchi, Marc	28	SF Tsunami Masters-38	1:23.36	1:25.31
3	Yue, Justin	27	SF Tsunami Masters-38	1:50.00	1:29.93

Men 25-29 50 LC Meter Butterfly

NATL: 23.71 N 8/16/2008 KOHEI KAWAMOTO

WORLD: 23.71 W 8/16/2008 Kohei KAWAMOTO USA

PAC: 23.90 P 7/1/2017 Thomas A Shields

1	Arvidsson, Karl	26	The Olympic Club-38	27.00	26.85
2	Ciano, Robert	25	Uc38	30.51	29.69
3	Dwarakanath, Surya	27	SF Tsunami Masters-38	40.00	40.97

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Men 25-29 100 LC Meter Butterfly

NATL:	51.20	N	7/2/2016	THOMAS SHIELDS		
WORLD:	53.09	W	8/15/2008	Kohei KAWAMOTO		USA
PAC:	51.20	P	7/2/2016	Thomas A Shields		
1	Poppe, Hank			26	The Olympic Club-38	1:00.00 1:00.32
2	Whittle, Matthew			28	The Olympic Club-38	1:10.00 1:04.34

Men 25-29 200 LC Meter IM

NATL:	2:04.40	N	7/14/2013	ADAM RITTER		
WORLD:	2:03.62	W	4/28/2019	Dmitrii GORBUNOV		RUS
PAC:	2:07.67	P	4/22/2017	Colin B Babcock		
1	Kubick, Dylan			29	University of San Francisco Ma-38	2:15.00 2:17.51
	1:03.76					2:17.51 (1:13.75)
2	Arvidsson, Karl			26	The Olympic Club-38	2:15.00 2:18.12
	1:05.92					2:18.12 (1:12.20)
3	Ciano, Robert			25	Uc38	2:38.41 2:31.99
	1:11.23					2:31.99 (1:20.76)
4	Dwarakanath, Surya			27	SF Tsunami Masters-38	3:00.00 3:21.89
	1:41.66					3:21.89 (1:40.23)

Men 30-34 50 LC Meter Freestyle

NATL:	21.55	N	8/10/2014	ANTHONY ERVIN		
WORLD:	22.13	W	7/13/2013	Roland SCHOEMAN		USA
PAC:	21.55	P	8/10/2014	Anthony L Ervin		
1	Tan, Daniel			32	SF Tsunami Masters-38	27.00 24.33
2	Shaffer, Luke			30	Davis Aquatic Masters-38	26.69 26.10
3	Christensen, Jon			34	University of San Francisco Ma-38	24.99 26.59
4	Barton, Andrew			31	University of San Francisco Ma-38	29.00 27.37
5	Jones, Austin			33	SF Tsunami Masters-38	30.00 28.48
6	Peacock, Kai			32	SF Tsunami Masters-38	40.00 28.97
7	Gu, Yue Shen			31	Walnut Creek Masters-38	30.09 29.20
8	Burlet, Edouard			31	SF Tsunami Masters-38	30.00 30.48
9	Ivan, David			32	University of San Francisco Ma-38	31.00 32.75

Men 30-34 100 LC Meter Freestyle

NATL:	48.71	N	8/6/2014	ANTHONY ERVIN		
WORLD:	49.80	W	7/23/2016	Darian TOWNSEND		USA
PAC:	48.71	P	8/6/2014	Anthony L Ervin		
1	Tan, Daniel			32	SF Tsunami Masters-38	58.00 54.76
2	Keshmiri, Armon			31	San Jose Clownfish-38	1:00.47 57.73
3	Shaffer, Luke			30	Davis Aquatic Masters-38	58.69 59.24
4	Barton, Andrew			31	University of San Francisco Ma-38	1:03.00 1:00.55
5	Jones, Austin			33	SF Tsunami Masters-38	1:06.00 1:03.12
6	Glomstad, William			30	Walnut Creek Masters-38	1:14.04 1:05.34
7	Peacock, Kai			32	SF Tsunami Masters-38	1:30.00 1:05.57
8	Kos, Ian			30	University of San Francisco Ma-38	1:04.87 1:06.82
9	Burlet, Edouard			31	SF Tsunami Masters-38	1:13.00 1:07.84
10	Ivan, David			32	University of San Francisco Ma-38	1:20.00 1:17.05

Men 30-34 100 LC Meter Freestyle Splits

NATL:	48.71	N	8/6/2014	ANTHONY ERVIN		
WORLD:	49.80	W	7/23/2016	Darian TOWNSEND		USA
PAC:	48.71	P	8/6/2014	Anthony L Ervin		
1	Gu, Yue Shen			31	Walnut Creek Masters-38	NT 1:06.86

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Men 30-34 200 LC Meter Freestyle

NATL: 1:49.34		N 8/7/2014	DARIAN TOWNSEND		
WORLD: 1:49.56		W 8/6/2016	Darian TOWNSEND		USA
PAC: 1:54.67		P 3/3/2024	Marcos Lavado		
1	Brodie, Jonathan	30	Swim Fremont Glenmoor Gardens-38	2:20.00	2:10.49
	1:03.50		2:10.49 (1:06.99)		
2	Shaffer, Luke	30	Davis Aquatic Masters-38	2:09.69	2:19.63
	1:04.14		2:19.63 (1:15.49)		
3	Ho, Marcus	31	University of San Francisco Ma-38	2:40.00	2:28.17
	1:07.60		2:28.17 (1:20.57)		
4	Thomas, Michael	32	Mountain View Masters-38	2:45.68	2:38.19
	1:14.74		2:38.19 (1:23.45)		

Men 30-34 400 LC Meter Freestyle

NATL: 3:58.12		N 7/23/2016	DARIAN TOWNSEND		
WORLD: 3:58.12		W 7/23/2016	Darian TOWNSEND		USA
PAC: 4:13.54		P 12/31/1993	Tom Fristoe		
1	Glomstad, William	30	Walnut Creek Masters-38	5:17.14	5:06.68
	1:12.22		2:30.88 (1:18.66)	3:50.70 (1:19.82)	5:06.68 (1:15.98)
2	Leber, Nathan	32	University of San Francisco Ma-38	5:18.03	5:30.89
	1:16.72		2:41.28 (1:24.56)	4:07.31 (1:26.03)	5:30.89 (1:23.58)

Men 30-34 800 LC Meter Freestyle

NATL: 8:28.76		N 8/7/2019	CHAD LA TOURETTE		
WORLD: 8:08.53		W 3/11/2012	Jan WOLFGARTEN		GER
PAC: 8:51.23		P 12/31/1992	Jeff Stiling		
1	Paz, Rodrigo	33	SF Tsunami Masters-38	9:49.00	9:45.68
	1:08.14		2:21.05 (1:12.91)	3:35.38 (1:14.33)	4:49.85 (1:14.47)
	6:04.46 (1:14.61)		7:19.54 (1:15.08)	8:33.74 (1:14.20)	9:45.68 (1:11.94)
2	Kos, Ian	30	University of San Francisco Ma-38	10:30.00	10:41.41
	1:14.58		2:35.19 (1:20.61)	3:57.17 (1:21.98)	5:18.77 (1:21.60)
	6:40.90 (1:22.13)		8:02.55 (1:21.65)	9:23.28 (1:20.73)	10:41.41 (1:18.13)
3	Glomstad, William	30	Walnut Creek Masters-38	10:40.00	10:44.51
	1:12.31		2:30.16 (1:17.85)	3:50.22 (1:20.06)	5:11.21 (1:20.99)
	6:33.28 (1:22.07)		7:57.84 (1:24.56)	9:22.92 (1:25.08)	10:44.51 (1:21.59)
4	Jones, Austin	33	SF Tsunami Masters-38	10:40.00	10:49.77
	1:15.79		2:37.22 (1:21.43)	4:00.27 (1:23.05)	5:23.09 (1:22.82)
	6:46.67 (1:23.58)		8:10.73 (1:24.06)	9:32.05 (1:21.32)	10:49.77 (1:17.72)
5	Leber, Nathan	32	University of San Francisco Ma-38	11:11.53	11:24.97
	1:18.67		2:45.67 (1:27.00)	4:14.80 (1:29.13)	5:43.76 (1:28.96)
	7:13.08 (1:29.32)		8:40.15 (1:27.07)	10:05.37 (1:25.22)	11:24.97 (1:19.60)
6	Shaffer, Luke	30	Davis Aquatic Masters-38	12:00.69	11:41.79
	1:21.54		2:51.50 (1:29.96)	4:22.57 (1:31.07)	5:53.82 (1:31.25)
	7:24.69 (1:30.87)		8:51.52 (1:26.83)	10:19.65 (1:28.13)	11:41.79 (1:22.14)
7	Gu, Yue Shen	31	Walnut Creek Masters-38	11:16.00	12:31.05
	1:23.02		2:57.04 (1:34.02)	4:34.04 (1:37.00)	6:11.43 (1:37.39)
	7:48.70 (1:37.27)		9:24.98 (1:36.28)	10:59.47 (1:34.49)	12:31.05 (1:31.58)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

Results

Men 30-34 1500 LC Meter Freestyle

NATL: 15:52.24		N	8/7/2019	CHAD LA TOURETTE		
WORLD: 15:25.79		W	3/11/2012	Jan WOLFGARTEN		GER
PAC: 15:52.24		P	8/7/2019	Chad E La Tourett		
1	Kos, Ian	30	University of San Francisco Ma-38	20:11.83		20:11.07
	1:13.99		2:34.37 (1:20.38)	3:54.92 (1:20.55)	5:15.41 (1:20.49)	
	6:35.94 (1:20.53)		7:56.78 (1:20.84)	9:17.47 (1:20.69)	10:39.20 (1:21.73)	
	12:01.49 (1:22.29)		13:23.38 (1:21.89)	14:45.25 (1:21.87)	16:08.03 (1:22.78)	
	17:30.30 (1:22.27)		18:51.51 (1:21.21)	20:11.07 (1:19.56)		
2	Leber, Nathan	32	University of San Francisco Ma-38	21:14.45		21:47.02
	1:17.31		2:40.84 (1:23.53)	4:07.44 (1:26.60)	5:36.10 (1:28.66)	
	7:03.88 (1:27.78)		8:31.55 (1:27.67)	9:59.91 (1:28.36)	11:28.87 (1:28.96)	
	12:57.18 (1:28.31)		14:26.58 (1:29.40)	15:56.35 (1:29.77)	17:25.70 (1:29.35)	
	18:54.48 (1:28.78)		20:20.69 (1:26.21)	21:47.02 (1:26.33)		
3	Shaffer, Luke	30	Davis Aquatic Masters-38	23:00.69		22:17.57
	1:22.12		2:48.68 (1:26.56)	4:17.50 (1:28.82)	5:46.86 (1:29.36)	
	7:15.09 (1:28.23)		8:44.67 (1:29.58)	10:15.02 (1:30.35)	11:45.97 (1:30.95)	
	13:16.98 (1:31.01)		14:47.02 (1:30.04)	16:17.05 (1:30.03)	17:48.22 (1:31.17)	
	19:18.67 (1:30.45)		20:49.08 (1:30.41)	22:17.57 (1:28.49)		
4	Farley, Patrick	33	University of San Francisco Ma-38	28:30.00		23:07.50
	1:21.88		2:52.09 (1:30.21)	4:25.00 (1:32.91)	5:59.04 (1:34.04)	
	7:33.18 (1:34.14)		9:07.83 (1:34.65)	10:42.86 (1:35.03)	12:17.84 (1:34.98)	
	13:53.69 (1:35.85)		15:27.31 (1:33.62)	17:01.92 (1:34.61)	18:35.85 (1:33.93)	
	20:09.76 (1:33.91)		21:40.41 (1:30.65)	23:07.50 (1:27.09)		

Men 30-34 50 LC Meter Backstroke

NATL: 24.67		N	6/29/2017	MATT GREVERS		
WORLD: 25.53		W	9/24/2023	Sergey FESIKOV		RUN
PAC: 27.26		P	12/31/1994	Sean Murphy		
1	Tan, Daniel	32	SF Tsunami Masters-38	33.00		30.20
2	Barton, Andrew	31	University of San Francisco Ma-38	32.00		35.08
3	Glomstad, William	30	Walnut Creek Masters-38	35.80		36.55
4	Gu, Yue Shen	31	Walnut Creek Masters-38	41.66		38.66
5	Peacock, Kai	32	SF Tsunami Masters-38	45.00		39.02
6	Kos, Ian	30	University of San Francisco Ma-38	40.00		41.48

Men 30-34 100 LC Meter Backstroke

NATL: 52.71		N	6/30/2017	MATT GREVERS		
WORLD: 55.93		W	7/13/2014	Darian TOWNSEND		USA
PAC: 58.66		P	12/31/1994	Sean Murphy		
1	Brodie, Jonathan	30	Swim Fremont Glenmoor Gardens-38	1:08.00		1:04.07
2	Christensen, Jon	34	University of San Francisco Ma-38	1:10.00		1:06.70
3	Glomstad, William	30	Walnut Creek Masters-38	1:19.00		1:18.46
4	Thomas, Michael	32	Mountain View Masters-38	1:23.18		1:24.19

Men 30-34 200 LC Meter Backstroke

NATL: 2:05.62		N	7/9/1994	SEAN MURPHY		
WORLD: 2:02.75		W	11/24/2000	Rogerio ROMERO		BRA
PAC: 2:05.62		P	12/31/1994	Sean Murphy		
1	Greer, George	34	East Bay Bat Rays Masters-38	2:25.00		2:25.23
	1:09.22		2:25.23 (1:16.01)			
2	Gu, Yue Shen	31	Walnut Creek Masters-38	3:00.00		3:22.52
	1:38.21		3:22.52 (1:44.31)			
---	Leber, Nathan	32	University of San Francisco Ma-38	2:51.17		DQ
	1:22.36		DQ (1:25.28)			

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Results

Men 30-34 50 LC Meter Breaststroke

NATL:		27.26	N	6/15/2019	BRANDON FISCHER		
WORLD:		27.74	W	3/12/2022	Kohhei TOMINAGA		JPN
PAC:		27.26	P	6/15/2019	Brandon J Fischer		
1	Christensen, Jon			34	University of San Francisco Ma-38	33.00	30.81
2	Paz, Rodrigo			33	SF Tsunami Masters-38	35.00	33.18
3	Devargas, Jaime			32	Swim Fremont Glenmoor Gardens-38	39.00	39.47
4	Thomas, Michael			32	Mountain View Masters-38	40.47	41.89
5	Burlet, Edouard			31	SF Tsunami Masters-38	38.00	42.74

Men 30-34 100 LC Meter Breaststroke

NATL:		59.86	N	6/13/2019	BRANDON FISCHER		
WORLD:		1:01.25	W	8/31/2019	Ryo KOBAYASHI		JPN
PAC:		59.86	P	6/15/2019	Brandon J Fischer		
1	Christensen, Jon			34	University of San Francisco Ma-38	1:12.00	1:10.36
2	Paz, Rodrigo			33	SF Tsunami Masters-38	1:15.00	1:12.59
3	Kos, Ian			30	University of San Francisco Ma-38	1:30.00	1:35.38
4	Peacock, Kai			32	SF Tsunami Masters-38	1:50.00	1:37.46

Men 30-34 200 LC Meter Breaststroke

NATL:		2:11.91	N	6/14/2019	BRANDON FISCHER		
WORLD:		2:16.79	W	8/10/2023	Shotaro SHIMAZAKI		JPN
PAC:		2:11.91	P	6/15/2019	Brandon J Fischer		
1	Christensen, Jon			34	University of San Francisco Ma-38	2:40.00	2:36.12
		1:15.65				2:36.12 (1:20.47)	
2	Paz, Rodrigo			33	SF Tsunami Masters-38	2:38.00	2:39.78
		1:17.25				2:39.78 (1:22.53)	
3	Thomas, Michael			32	Mountain View Masters-38	3:23.30	3:31.21
		1:41.46				3:31.21 (1:49.75)	

Men 30-34 50 LC Meter Butterfly

NATL:		23.26	N	7/13/2013	ROLAND SCHOEMAN		
WORLD:		23.16	W	5/26/2023	Oleg KOSTIN		RUS
PAC:		25.31	P	12/31/1988	Mike Bottom		
1	Grinich, Stephen			30	Swim Fremont Glenmoor Gardens-38	29.00	27.75
2	Shaffer, Luke			30	Davis Aquatic Masters-38	27.69	27.77
3	Brodie, Jonathan			30	Swim Fremont Glenmoor Gardens-38	30.00	28.44
4	Glomstad, William			30	Walnut Creek Masters-38	33.08	32.59
5	Devargas, Jaime			32	Swim Fremont Glenmoor Gardens-38	35.00	33.28
6	Burlet, Edouard			31	SF Tsunami Masters-38	35.00	36.68

Men 30-34 100 LC Meter Butterfly

NATL:		53.36	N	8/8/2014	DARIAN TOWNSEND		
WORLD:		53.10	W	4/8/2022	Henrique MARTINS		BRA
PAC:		55.23	P	3/3/2024	Marcos Lavado		
1	Keshmiri, Armon			31	San Jose Clownfish-38	1:07.46	1:05.77
2	Peacock, Kai			32	SF Tsunami Masters-38	1:40.00	1:18.80

Men 30-34 200 LC Meter Butterfly

NATL:		2:03.76	N	8/12/2010	MATT HAUPT		
WORLD:		2:03.43	W	8/17/2019	Takatsugu OGA		JPN
PAC:		2:07.71	P	3/3/2024	Marcos Lavado		
1	Leber, Nathan			32	University of San Francisco Ma-38	3:06.87	3:08.58
		1:24.34				3:08.58 (1:44.24)	

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2	Thomas, Michael	32	Mountain View Masters-38	3:10.79	3:24.65
	1:35.32		3:24.65 (1:49.33)		

Men 30-34 200 LC Meter IM

	NATL:	1:59.24	N	8/6/2017	RYAN LOCHTE	
	WORLD:	2:02.18	W	5/22/2016	Darian TOWNSEND	USA
	PAC:	2:07.47	P	7/6/2008	Erik L Scalise	
1	Christensen, Jon	34	University of San Francisco Ma-38	2:25.00	2:24.14	
	1:09.98		2:24.14 (1:14.16)			
2	Thomas, Michael	32	Mountain View Masters-38	3:01.57	3:00.73	
	1:28.27		3:00.73 (1:32.46)			

Men 30-34 400 LC Meter IM

	NATL:	4:20.81	N	7/23/2016	DARIAN TOWNSEND	
	WORLD:	4:20.81	W	7/23/2016	Darian TOWNSEND	USA
	PAC:	4:40.22	P	12/31/1994	Sean Murphy	
1	Leber, Nathan	32	University of San Francisco Ma-38	6:09.89	6:11.76	
	1:24.18		2:58.48 (1:34.30)	4:50.38 (1:51.90)	6:11.76 (1:21.38)	

Men 35-39 50 LC Meter Freestyle

	NATL:	22.98	N	6/19/2021	MATT GREVERS	
	WORLD:	22.76	W	8/20/2005	Mark FOSTER	GBR
	PAC:	23.95	P	8/7/2013	Mike Pyle	
1	Grant, Andy	39	Walnut Creek Masters-38	25.99	24.32	
2	Borr, Tony	35	Mesa Aquatics Club-Masters-48	27.62	27.70	
3	Tam, Billy	38	University of San Francisco Ma-38	29.80	28.17	
4	Lai, Kevin	36	Marcia's Enthusiastic Masters-38	29.00	29.00	
5	Schempp, Kyle	35	Tvm Swimming-38	34.34	31.20	
6	Kapustin, Yevgeniy	38	University of San Francisco Ma-38	32.00	33.02	

Men 35-39 100 LC Meter Freestyle Splits

	NATL:	51.45	N	10/9/2021	ADAM RITTER	
	WORLD:	50.78	W	9/27/2009	Hideaki HARA	JPN
	PAC:	53.51	P	6/30/2017	Tamas Kerekjarto	
1	Grant, Andy	39	Walnut Creek Masters-38	NT	53.03 P	
2	Lai, Kevin	36	Marcia's Enthusiastic Masters-38	NT	1:03.68	

Men 35-39 100 LC Meter Freestyle

	NATL:	51.45	N	10/9/2021	ADAM RITTER	
	WORLD:	50.78	W	9/27/2009	Hideaki HARA	JPN
	PAC:	53.51	P	6/30/2017	Tamas Kerekjarto	
1	Grant, Andy	39	Walnut Creek Masters-38	55.00	53.13 P	
2	Borr, Tony	35	Mesa Aquatics Club-Masters-48	58.97	59.47	
3	Rogers, Louis	35	Walnut Creek Masters-38	59.84	1:00.64	
4	Zachan, Matthew	38	Davis Aquatic Masters-38	1:01.50	1:01.16	
5	Leimkuhler, Kyle	37	Menlo Masters-38	1:01.42	1:01.31	
6	Lai, Kevin	36	Marcia's Enthusiastic Masters-38	1:03.50	1:03.44	
7	Murlas, Kyler	35	Albany Armada Aquatics Masters-38	1:07.00	1:04.44	
8	Tam, Billy	38	University of San Francisco Ma-38	1:07.80	1:05.62	
9	Schempp, Kyle	35	Tvm Swimming-38	1:11.91	1:09.88	
10	Kapustin, Yevgeniy	38	University of San Francisco Ma-38	1:14.00	1:15.17	

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Men 35-39 200 LC Meter Freestyle Splits

NATL: 1:49.23 N 6/14/2021 RYAN LOCHTE
 WORLD: 1:51.84 W 8/7/2023 Shogo HIRARA JPN
 PAC: 1:59.43 P 7/9/2018 Tamas Kerekjarto

1 Grant, Andy 39 Walnut Creek Masters-38 NT 1:57.14 P

Men 35-39 200 LC Meter Freestyle

NATL: 1:49.23 N 6/14/2021 RYAN LOCHTE
 WORLD: 1:51.84 W 8/7/2023 Shogo HIRARA JPN
 PAC: 1:59.43 P 7/9/2018 Tamas Kerekjarto

1 Grant, Andy 39 Walnut Creek Masters-38 2:00.00 1:57.34 P
 56.91 1:57.34 (1:00.43)
 2 Ortiz, Juan 37 Uc33 2:02.94 2:05.05
 1:00.79 2:05.05 (1:04.26)
 3 Savulich, Bobby 37 The Olympic Club-38 2:07.17 2:11.07
 1:00.47 2:11.07 (1:10.60)
 4 Borr, Tony 35 Mesa Aquatics Club-Masters-48 2:09.28 2:13.79
 1:02.35 2:13.79 (1:11.44)
 5 Leimkuhler, Kyle 37 Menlo Masters-38 2:22.80 2:18.40
 1:06.84 2:18.40 (1:11.56)
 6 Parasyris, Konstantinos 35 Tvm Swimming-38 2:30.00 2:29.46
 1:13.25 2:29.46 (1:16.21)
 7 Schempp, Kyle 35 Tvm Swimming-38 2:31.00 2:37.76
 1:11.85 2:37.76 (1:25.91)
 8 Lange, Austin 37 Sacramento Masters-38 2:46.00 2:51.70
 1:21.31 2:51.70 (1:30.39)
 9 Kapustin, Yevgeniy 38 University of San Francisco Ma-38 2:34.00 2:59.18
 1:20.40 2:59.18 (1:38.78)

Men 35-39 400 LC Meter Freestyle Splits

NATL: 4:07.64 N 7/16/1995 ROWDY GAINES
 WORLD: 4:00.78 W 2/28/2024 Irakli REVISHVILI UAE
 PAC: 4:16.20 P 12/31/2000 Dan Veatch

1 Grant, Andy 39 Walnut Creek Masters-38 NT 4:20.77

Men 35-39 400 LC Meter Freestyle

NATL: 4:07.64 N 7/16/1995 ROWDY GAINES
 WORLD: 4:00.78 W 2/28/2024 Irakli REVISHVILI UAE
 PAC: 4:16.20 P 12/31/2000 Dan Veatch

1 Ortiz, Juan 37 Uc33 4:20.00 4:23.32
 1:03.10 2:09.47 (1:06.37) 3:16.64 (1:07.17) 4:23.32 (1:06.68)
 2 Zachan, Matthew 38 Davis Aquatic Masters-38 5:00.10 4:53.48
 1:09.82 2:25.86 (1:16.04) 3:41.49 (1:15.63) 4:53.48 (1:11.99)

Men 35-39 800 LC Meter Freestyle

NATL: 8:38.73 N 11/12/1995 ROWDY GAINES
 WORLD: 8:17.65 W 2/26/2024 Irakli REVISHVILI UAE
 PAC: 8:56.10 P 12/31/2003 Dan Veatch

1 Grant, Andy 39 Walnut Creek Masters-38 9:30.00 9:45.28
 1:01.40 2:08.57 (1:07.17) 3:15.86 (1:07.29) 4:20.77 (1:04.91)
 5:53.86 (1:33.09) 7:16.50 (1:22.64) 8:34.83 (1:18.33) 9:45.28 (1:10.45)
 2 Leimkuhler, Kyle 37 Menlo Masters-38 10:18.35 10:08.73
 1:10.28 2:26.05 (1:15.77) 3:42.76 (1:16.71) 5:00.25 (1:17.49)
 6:18.44 (1:18.19) 7:36.96 (1:18.52) 8:54.90 (1:17.94) 10:08.73 (1:13.83)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

Results

(Men 35-39 800 LC Meter Freestyle)

3	Zachan, Matthew	38	Davis Aquatic Masters-38	10:59.10	10:13.92
	1:12.78	2:30.04 (1:17.26)	3:47.77 (1:17.73)	5:05.83 (1:18.06)	
	6:23.73 (1:17.90)	7:41.67 (1:17.94)	9:00.02 (1:18.35)	10:13.92 (1:13.90)	

Men 35-39 1500 LC Meter Freestyle

	NATL: 16:32.72	N 8/14/2008	CHRISTOPHER DERKS		
	WORLD: 16:00.04	W 3/11/2012	Petar STOYCHEV		BUL
	PAC: 16:59.46	P 12/31/2001	Dan Veatch		
1	Calhoun, Jack	35	Santa Cruz Masters Aquatics-38	19:00.00	19:07.21
	1:12.20	2:29.52 (1:17.32)	3:47.06 (1:17.54)	5:04.38 (1:17.32)	
	6:20.77 (1:16.39)	7:36.57 (1:15.80)	8:52.86 (1:16.29)	10:09.60 (1:16.74)	
	11:26.80 (1:17.20)	12:43.96 (1:17.16)	14:00.86 (1:16.90)	15:18.37 (1:17.51)	
	16:35.72 (1:17.35)	17:52.91 (1:17.19)	19:07.21 (1:14.30)		
2	Zachan, Matthew	38	Davis Aquatic Masters-38	20:20.01	19:33.90
	1:13.56	2:33.07 (1:19.51)	3:53.75 (1:20.68)	5:12.92 (1:19.17)	
	6:32.35 (1:19.43)	7:51.65 (1:19.30)	9:11.17 (1:19.52)	10:30.83 (1:19.66)	
	11:49.58 (1:18.75)	13:08.24 (1:18.66)	14:27.15 (1:18.91)	15:45.42 (1:18.27)	
	17:03.88 (1:18.46)	18:20.99 (1:17.11)	19:33.90 (1:12.91)		
3	Tam, Billy	38	University of San Francisco Ma-38	27:28.80	24:17.99
	1:23.57	2:54.86 (1:31.29)	4:29.43 (1:34.57)	6:06.61 (1:37.18)	
	7:43.73 (1:37.12)	9:22.51 (1:38.78)	11:01.74 (1:39.23)	12:40.34 (1:38.60)	
	14:18.60 (1:38.26)	15:58.08 (1:39.48)	17:38.17 (1:40.09)	19:18.60 (1:40.43)	
	20:58.10 (1:39.50)	22:38.72 (1:40.62)	24:17.99 (1:39.27)		

Men 35-39 50 LC Meter Backstroke

	NATL: 26.54	N 8/10/2019	JEFF NATALIZIO		
	WORLD: 26.04	W 3/1/2024	C.BRUSQUETTI		PAR
	PAC: 27.68	P 12/31/2006	Rick Gould		
1	Grant, Andy	39	Walnut Creek Masters-38	29.00	28.72
2	Rogers, Louis	35	Walnut Creek Masters-38	32.32	32.86
3	Lange, Austin	37	Sacramento Masters-38	38.60	38.31

Men 35-39 100 LC Meter Backstroke

	NATL: 53.18	N 6/14/2021	MATT GREVERS		
	WORLD: 56.59	W 2/28/2024	C.BRUSQUETTI		PAR
	PAC: 1:00.00	P 12/31/2006	Rick Gould		
1	Savulich, Bobby	37	The Olympic Club-38	1:05.83	1:09.72
2	Lange, Austin	37	Sacramento Masters-38	1:30.00	1:25.50

Men 35-39 200 LC Meter Backstroke

	NATL: 2:07.16	N 7/29/2001	RON KARNAUGH		
	WORLD: 2:01.71	W 3/24/2024	Junichi MORITA		JPN
	PAC: 2:09.26	P 12/31/2000	Dan Veatch		
1	Rogers, Louis	35	Walnut Creek Masters-38	2:32.76	2:32.91
	1:14.72	2:32.91 (1:18.19)			
2	Lange, Austin	37	Sacramento Masters-38	3:07.00	3:11.36
	1:32.19	3:11.36 (1:39.17)			

Men 35-39 50 LC Meter Breaststroke

	NATL: 28.53	N 5/25/2009	JEFF COMMINGS		
	WORLD: 27.83	W 8/11/2023	Ryouta NOMURA		JPN
	PAC: 28.65	P 4/13/2024	Brandon J Fischer		
1	Savulich, Bobby	37	The Olympic Club-38	34.82	33.60
2	Schempp, Kyle	35	Tvm Swimming-38	40.59	38.34
3	Parasyris, Konstantinos	35	Tvm Swimming-38	40.00	39.19

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Results

(Men 35-39 50 LC Meter Breaststroke)

4	Kapustin, Yevgeniy	38	University of San Francisco Ma-38	44.00	44.85
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Men 35-39 100 LC Meter Breaststroke

NATL:	1:01.54	N	6/15/2024	BRANDON FISCHER	
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WORLD:	1:02.40	W	2/11/2020	Ryo KOBAYASHI	JPN
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PAC:	1:01.54	P	6/23/2024	Brandon J Fischer	
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1	Lai, Kevin	36	Marcia's Enthusiastic Masters-38	1:16.50	1:18.52
2	Rogers, Louis	35	Walnut Creek Masters-38	1:22.00	1:24.93
3	Tam, Billy	38	University of San Francisco Ma-38	1:28.80	1:26.31

Men 35-39 200 LC Meter Breaststroke

NATL:	2:13.09	N	6/18/2024	BRANDON FISCHER	
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WORLD:	2:20.29	W	6/5/2004	Nick GILLINGHAM	GBR
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PAC:	2:13.09	P	6/23/2024	Brandon J Fischer	
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1	Zachan, Matthew	38	Davis Aquatic Masters-38	3:00.10	2:58.79
	1:27.52		2:58.79 (1:31.27)		

Men 35-39 50 LC Meter Butterfly

NATL:	24.14	N	8/15/2015	KOHEI KAWAMOTO	
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WORLD:	24.03	W	12/2/2022	Benjamin HOCKIN	PAR
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PAC:	25.77	P	6/29/2014	Adam M Conway	
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1	Savulich, Bobby	37	The Olympic Club-38	26.74	26.66
2	Nickell, Ryan	39	The Bay Club-38	28.93	29.27
3	Leimkuhler, Kyle	37	Menlo Masters-38	37.53	30.70
4	Parasyris, Konstantinos	35	Tvm Swimming-38	35.00	33.24
5	Torres, Emmanuel	38	Walnut Creek Masters-38	32.00	33.60
6	Kapustin, Yevgeniy	38	University of San Francisco Ma-38	37.14	36.65

Men 35-39 100 LC Meter Butterfly

NATL:	53.65	N	8/2/2018	KOHEI KAWAMOTO	
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WORLD:	53.65	W	8/2/2018	Kohei KAWAMOTO	USA
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PAC:	56.21	P	7/15/2017	Tamas Kerekjarto	
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1	Zachan, Matthew	38	Davis Aquatic Masters-38	1:07.10	1:06.67
2	Leimkuhler, Kyle	37	Menlo Masters-38	1:09.04	1:08.90
3	Tam, Billy	38	University of San Francisco Ma-38	1:14.80	1:18.50
4	Kapustin, Yevgeniy	38	University of San Francisco Ma-38	1:18.00	1:36.28

Men 35-39 200 LC Meter Butterfly

NATL:	2:04.76	N	8/1/2015	BRENT CREAGER	
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WORLD:	2:02.54	W	4/26/2019	Nikolay SKVORTSOV	RUS
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PAC:	2:09.28	P	6/30/2017	Tamas Kerekjarto	
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1	Torres, Emmanuel	38	Walnut Creek Masters-38	3:15.00	3:12.57
	1:26.68		3:12.57 (1:45.89)		

Men 35-39 200 LC Meter IM

NATL:	1:58.48	N	6/17/2021	RYAN LOCHTE	
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WORLD:	2:05.65	W	7/7/2019	Darian TOWNSEND	USA
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PAC:	2:14.87	P	12/31/2009	Derek Guffey	
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1	Savulich, Bobby	37	The Olympic Club-38	2:25.83	2:33.03
	1:10.16		2:33.03 (1:22.87)		
2	Borr, Tony	35	Mesa Aquatics Club-Masters-48	2:33.10	2:35.37
	1:13.26		2:35.37 (1:22.11)		
3	Torres, Emmanuel	38	Walnut Creek Masters-38	3:10.31	3:02.88
	1:21.69		3:02.88 (1:41.19)		

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Men 35-39 400 LC Meter IM

NATL: 4:34.10 N 7/29/2001		RON KARNAUGH			
WORLD: 4:36.66 W 8/14/2019		I.DRYMONAKOS		GRE	
PAC: 4:45.47 P 12/31/2009		Derek Guffey			
1	Ortiz, Juan	37	Uc33	4:57.39	4:57.22
	1:06.02	2:24.94 (1:18.92)	3:49.86 (1:24.92)	4:57.22 (1:07.36)	
2	Tam, Billy	38	University of San Francisco Ma-38	5:15.80	6:24.62
	1:21.06	3:03.42 (1:42.36)	4:57.65 (1:54.23)	6:24.62 (1:26.97)	
3	Torres, Emmanuel	38	Walnut Creek Masters-38	7:05.00	6:32.66
	1:26.55	3:08.32 (1:41.77)	5:05.34 (1:57.02)	6:32.66 (1:27.32)	

Men 40-44 50 LC Meter Freestyle

NATL: 22.61 N 6/19/2021		ANTHONY ERVIN			
WORLD: 23.14 W 8/8/2023		Andrei KURNOSOV		ESP	
PAC: 24.14 P 12/31/2003		David E Boatwright			
1	Samotyj, John	43	University of San Francisco Ma-38	28.00	26.16
2	Neuwirth, Benjamin	41	University of San Francisco Ma-38	28.00	27.48
3	Fuzellier, Matthieu	44	University of San Francisco Ma-38	26.82	27.62
4	Wu, Philip	41	Marin Aquatic Masters-38	30.00	30.31
5	Rajput, Triloksingh	43	Livermore Aquacowboys-38	55.00	42.69

Men 40-44 100 LC Meter Freestyle

NATL: 51.72 N 8/1/2010		VLAD PYSHNENKO			
WORLD: 50.73 W 6/30/2023		Filippo MAGNINI		ITA	
PAC: 54.26 P 12/31/2003		David E Boatwright			
1	Fuzellier, Matthieu	44	University of San Francisco Ma-38	1:03.00	1:02.39
2	Neuwirth, Benjamin	41	University of San Francisco Ma-38	1:02.00	1:02.75
3	Wu, Philip	41	Marin Aquatic Masters-38	1:10.00	1:09.51
4	Samotyj, John	43	University of San Francisco Ma-38	1:09.99	1:13.41
5	Rajput, Triloksingh	43	Livermore Aquacowboys-38	1:25.00	1:36.99

Men 40-44 200 LC Meter Freestyle

NATL: 1:53.65 N 8/2/2010		VLAD PYSHNENKO			
WORLD: 1:53.65 W 8/2/2010		Vladimir PYSHNENKO		USA	
PAC: 2:01.15 P 12/31/2003		David E Boatwright			
1	Lemke, Zebron	44	Alameda Aquatic Masters-38	2:20.00	2:17.99
	1:07.94	2:17.99 (1:10.05)			
2	Song, Jimmy	41	Marcia's Enthusiastic Masters-38	2:40.12	2:38.07
	1:15.64	2:38.07 (1:22.43)			

Men 40-44 400 LC Meter Freestyle

NATL: 4:06.74 N 7/24/2009		ERIK HOCHSTEIN			
WORLD: 4:06.74 W 7/24/2009		Erik HOCHSTEIN		USA	
PAC: 4:16.50 P 12/31/2010		Alex Kostich			
1	Pacheco, Franco	40	Monterey Bay Masters Seaside A-38	6:35.08	5:13.21
	1:10.94	2:30.12 (1:19.18)	3:52.24 (1:22.12)	5:13.21 (1:20.97)	

Men 40-44 1500 LC Meter Freestyle

NATL: 16:36.91 N 7/23/2010		ALEX KOSTICH			
WORLD: 16:24.76 W 4/7/2018		Nicola NISATO		ITA	
PAC: 16:36.91 P 12/31/2010		Alex Kostich			
1	Lemke, Zebron	44	Alameda Aquatic Masters-38	19:30.00	18:50.79
	1:11.04	2:27.66 (1:16.62)	3:44.86 (1:17.20)	5:02.56 (1:17.70)	
	6:19.89 (1:17.33)	7:36.42 (1:16.53)	8:52.46 (1:16.04)	10:08.46 (1:16.00)	
	11:24.00 (1:15.54)	12:39.51 (1:15.51)	13:54.90 (1:15.39)	15:09.92 (1:15.02)	
	16:24.32 (1:14.40)	17:38.48 (1:14.16)	18:50.79 (1:12.31)		

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(Men 40-44 1500 LC Meter Freestyle)

2	Pacheco, Franco	40	Monterey Bay Masters Seaside A-38	24:52.11	21:15.08
	1:13.67	2:36.14 (1:22.47)	4:01.37 (1:25.23)	5:27.22 (1:25.85)	
	6:54.04 (1:26.82)	8:20.75 (1:26.71)	9:47.29 (1:26.54)	11:14.68 (1:27.39)	
	12:40.83 (1:26.15)	14:06.85 (1:26.02)	15:33.33 (1:26.48)	16:59.70 (1:26.37)	
	18:26.10 (1:26.40)	19:51.88 (1:25.78)	21:15.08 (1:23.20)		

Men 40-44 50 LC Meter Backstroke

NATL:	27.47	N	8/23/2008	MICHAEL ROSS	
WORLD:	27.10	W	4/20/2024	Matthew CLAY	GBR
PAC:	28.59	P	12/31/2006	Sean Murphy	

1	Fuzellier, Matthieu	44	University of San Francisco Ma-38	30.75	32.03
2	Neuwirth, Benjamin	41	University of San Francisco Ma-38	32.00	32.49
3	Rajput, Triloksingh	43	Livermore Aquacowboys-38	1:00.00	56.39

Men 40-44 100 LC Meter Backstroke

NATL:	59.08	N	8/7/2009	MICHAEL ROSS	
WORLD:	58.38	W	2/3/2024	Enrico CATALANO	ITA
PAC:	1:00.95	P	12/31/2006	Sean Murphy	

1	Horan, Kevin	40	Richmond Plunge Masters-38	1:15.89	1:14.61
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Men 40-44 200 LC Meter Backstroke

NATL:	2:11.13	N	8/16/2014	FREDERIK HVIID	
WORLD:	2:08.06	W	8/13/2019	Nicholas NECKLES	BAR
PAC:	2:22.02	P	7/8/2007	Rick M Hamilton	

1	Fuzellier, Matthieu	44	University of San Francisco Ma-38	2:32.55	2:39.71
	1:18.47	2:39.71 (1:21.24)			
2	Rajput, Triloksingh	43	Livermore Aquacowboys-38	5:00.00	4:37.40
	2:19.48	4:37.40 (2:17.92)			

Men 40-44 50 LC Meter Breaststroke

NATL:	28.38	N	7/25/2024	JAMES FIKE	
WORLD:	28.84	W	9/16/2009	Alberto MONTINI	ITA
PAC:	30.78	P	12/31/2009	Jonathan T Manson	

1	Wu, Philip	41	Marin Aquatic Masters-38	42.00	42.28
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Men 40-44 100 LC Meter Breaststroke

NATL:	1:03.76	N	7/6/2012	STEVE WEST	
WORLD:	1:03.60	W	5/20/2012	Vladislav BRAGIN	RUS
PAC:	1:11.27	P	12/31/1997	Spencer Eldred	

1	Song, Jimmy	41	Marcia's Enthusiastic Masters-38	1:22.60	1:24.59
2	Wu, Philip	41	Marin Aquatic Masters-38	1:30.00	1:35.85
3	Rajput, Triloksingh	43	Livermore Aquacowboys-38	2:10.00	2:02.64

Men 40-44 200 LC Meter Breaststroke

NATL:	2:18.57	N	7/11/2015	STEVE WEST	
WORLD:	2:18.57	W	7/11/2015	Steve WEST	USA
PAC:	2:24.19	P	12/31/2008	Roque J Santos	

1	Song, Jimmy	41	Marcia's Enthusiastic Masters-38	2:55.86	3:05.25
	1:30.47	3:05.25 (1:34.78)			

Men 40-44 50 LC Meter Butterfly

NATL:	25.11	N	6/9/2018	JAMES ZENYUH	
WORLD:	24.11	W	8/7/2023	Andrejs DUDA	LAT
PAC:	26.41	P	12/31/2012	Greg Tull	

1	Wu, Philip	41	Marin Aquatic Masters-38	35.00	34.25
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Men 40-44 100 LC Meter Butterfly

NATL:	56.43	N	8/23/2008	MICHAEL ROSS		
WORLD:	55.29	W	5/20/2023	Carlos NASCIMENTO		BRA
PAC:	59.78	P	8/8/2023	Juan P Valdivieso		
1	Neuwirth, Benjamin		41	University of San Francisco Ma-38	1:15.00	1:11.17
2	Fuzellier, Matthieu		44	University of San Francisco Ma-38	1:10.00	1:16.37
3	Song, Jimmy		41	Marcia's Enthusiastic Masters-38	1:25.06	1:24.95

Men 40-44 200 LC Meter Butterfly

NATL:	2:05.55	N	7/11/2004	DENNIS BAKER		
WORLD:	2:05.55	W	7/11/2004	Dennis BAKER		USA
PAC:	2:19.18	P	12/31/2006	Darren D Phalen		
1	Song, Jimmy		41	Marcia's Enthusiastic Masters-38	3:25.81	3:11.05
	1:34.19			3:11.05 (1:36.86)		

Men 40-44 200 LC Meter IM

NATL:	2:08.63	N	5/27/2023	MARKUS ROGAN		
WORLD:	2:08.63	W	5/27/2023	Markus ROGAN		USA
PAC:	2:19.31	P	12/31/2006	Stephen M Smith		
1	Lemke, Zebron		44	Alameda Aquatic Masters-38	2:50.00	2:40.81
	1:18.91			2:40.81 (1:21.90)		
2	Pacheco, Franco		40	Monterey Bay Masters Seaside A-38	3:01.37	2:53.46
	1:19.76			2:53.46 (1:33.70)		
3	Wu, Philip		41	Marin Aquatic Masters-38	2:55.00	3:09.74
	1:22.49			3:09.74 (1:47.25)		

Men 40-44 400 LC Meter IM

NATL:	4:47.82	N	7/29/2018	ERIC CHRISTENSEN		
WORLD:	4:42.54	W	3/3/2024	IDRYMONAKOS		GRE
PAC:	4:56.57	P	8/7/2013	David A Sway		
1	Song, Jimmy		41	Marcia's Enthusiastic Masters-38	6:16.79	6:15.96
	1:27.41			3:09.95 (1:42.54)	4:48.86 (1:38.91)	6:15.96 (1:27.10)

Men 45-49 50 LC Meter Freestyle

NATL:	24.12	N	6/23/2018	BRIAN JACOBSON		
WORLD:	23.55	W	8/15/2019	Hideaki HARA		JPN
PAC:	24.69	P	8/7/2013	Greg Tull		
1	Pyle, Mike		49	Menlo Masters-38	26.45	25.73
2	Frazier, Michael		48	Sacramento Masters-38	29.26	29.67
3	Wada, Ellison		45	Walnut Creek Masters-38	32.00	32.75
4	Mustiazza, Oleg		46	Google Masters Swimming-38	32.76	33.16

Men 45-49 100 LC Meter Freestyle

NATL:	53.77	N	8/7/2016	NICOLAS GRANGER		
WORLD:	52.24	W	8/13/2019	Hideaki HARA		JPN
PAC:	54.83	P	12/31/2006	David E Boatwright		
1	Pyle, Mike		49	Menlo Masters-38	58.15	57.69
2	Sabatini, Greg		48	Richmond Plunge Masters-38	1:07.99	1:07.76
3	Frazier, Michael		48	Sacramento Masters-38	1:05.29	1:08.53
4	Pierce, Andrew		48	Walnut Creek Masters-38	1:12.12	1:10.69
5	Wada, Ellison		45	Walnut Creek Masters-38	1:13.00	1:14.26
6	Mustiazza, Oleg		46	Google Masters Swimming-38	1:15.06	1:16.46

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Men 45-49 200 LC Meter Freestyle

NATL: 1:57.89		N 8/6/2009	KEITH SWITZER			
WORLD: 1:55.39		W 11/25/2023	R.Rocha CASTRO			BRA
PAC: 2:03.71		P 12/31/1996	Tim Broderick			
1	Baristiran, Omer	45	University of San Francisco Ma-38	2:29.67		2:26.27
	1:09.33		2:26.27 (1:16.94)			
2	Wada, Ellison	45	Walnut Creek Masters-38	2:42.00		2:50.51
	1:18.59		2:50.51 (1:31.92)			
3	Bucy, John	46	University of San Francisco Ma-38	3:00.00		2:55.93
	1:27.48		2:55.93 (1:28.45)			

Men 45-49 400 LC Meter Freestyle

NATL: 4:09.20		N 7/19/2008	DENNIS BAKER			
WORLD: 4:09.66		W 11/24/2023	R.Rocha CASTRO			BRA
PAC: 4:23.49		P 12/31/2005	George F Tidmarsh			
1	Popko, David	47	Rose Bowl Masters-33	4:49.99		4:53.24
	1:07.97		2:23.72 (1:15.75)	3:39.52 (1:15.80)	4:53.24 (1:13.72)	
2	Bentley, Orin	47	Marcia's Enthusiastic Masters-38	5:40.00		5:35.31
	1:23.00		2:50.13 (1:27.13)	4:15.72 (1:25.59)	5:35.31 (1:19.59)	
3	Wada, Ellison	45	Walnut Creek Masters-38	6:07.00		6:20.45
	1:30.66		3:08.16 (1:37.50)	4:46.03 (1:37.87)	6:20.45 (1:34.42)	

Men 45-49 800 LC Meter Freestyle

NATL: 8:51.98		N 8/9/2010	JEFF ERWIN			
WORLD: 8:40.79		W 8/10/2015	Fabio CALMASINI			ITA
PAC: 9:07.99		P 12/31/2006	George F Tidmarsh			
1	Wada, Ellison	45	Walnut Creek Masters-38	12:15.00		12:42.23
	1:29.94		3:04.59 (1:34.65)	4:40.16 (1:35.57)	6:15.02 (1:34.86)	
	7:50.84 (1:35.82)		9:27.29 (1:36.45)	11:05.55 (1:38.26)	12:42.23 (1:36.68)	
2	Mustiazza, Oleg	46	Google Masters Swimming-38	15:00.00		14:00.82
	1:33.76		3:21.64 (1:47.88)	5:10.55 (1:48.91)	6:58.21 (1:47.66)	
	8:46.05 (1:47.84)		10:34.93 (1:48.88)	12:22.01 (1:47.08)	14:00.82 (1:38.81)	

Men 45-49 1500 LC Meter Freestyle

NATL: 16:38.81		N 8/10/2009	JEFF ERWIN			
WORLD: 16:38.81		W 8/10/2009	Jeff ERWIN			USA
PAC: 17:10.90		P 12/31/2005	George F Tidmarsh			
1	Wada, Ellison	45	Walnut Creek Masters-38	24:30.00		24:26.93
	1:29.64		3:05.08 (1:35.44)	4:42.45 (1:37.37)	6:20.51 (1:38.06)	
	7:58.09 (1:37.58)		9:35.78 (1:37.69)	11:14.96 (1:39.18)	12:54.82 (1:39.86)	
	14:35.16 (1:40.34)		16:16.01 (1:40.85)	17:56.15 (1:40.14)	19:37.18 (1:41.03)	
	21:18.93 (1:41.75)		22:54.58 (1:35.65)	24:26.93 (1:32.35)		

Men 45-49 50 LC Meter Backstroke

NATL: 27.73		N 8/4/2023	CHUCK BARNES			
WORLD: 27.56		W 6/4/2023	Marcin KACZMAREK			POL
PAC: 29.22		P 12/31/2008	John Ends			
1	Sabatini, Greg	48	Richmond Plunge Masters-38	38.47		37.60
2	Frazier, Michael	48	Sacramento Masters-38	37.36		39.10
3	Mustiazza, Oleg	46	Google Masters Swimming-38	47.12		47.29

Men 45-49 100 LC Meter Backstroke

NATL: 59.57		N 8/4/2023	CHUCK BARNES			
WORLD: 59.57		W 8/4/2023	Chuck BARNES			USA
PAC: 1:01.40		P 5/10/2015	Rick Gould			
1	Baristiran, Omer	45	University of San Francisco Ma-38	1:08.00		1:19.88

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Men 45-49 50 LC Meter Breaststroke

NATL: 29.29 N 8/13/2022 JEFF COMMINGS

WORLD: 29.22 W 9/8/2019 Hideaki TOGO JPN

PAC: 32.48 P 12/31/1994 Robert Strand

1 Frazier, Michael 48 Sacramento Masters-38 40.04 39.50

Men 45-49 100 LC Meter Breaststroke

NATL: 1:04.77 N 7/14/2019 STEVE WEST

WORLD: 1:04.77 W 7/14/2019 Steve WEST USA

PAC: 1:12.83 P 12/31/2001 Spencer Eldred

1 Pierce, Andrew 48 Walnut Creek Masters-38 1:23.14 1:24.66

2 Sabatini, Greg 48 Richmond Plunge Masters-38 1:26.99 1:29.36

Men 45-49 200 LC Meter Breaststroke

NATL: 2:19.44 N 6/22/2018 STEVE WEST

WORLD: 2:19.44 W 6/22/2018 Steve WEST USA

PAC: 2:35.26 P 6/29/2014 Sergey Mariniuk

1 Pierce, Andrew 48 Walnut Creek Masters-38 3:03.65 3:08.39

1:28.98 3:08.39 (1:39.41)

Men 45-49 50 LC Meter Butterfly

NATL: 25.24 N 10/10/2021 CHUCK BARNES

WORLD: 24.96 W 3/3/2024 Marc Kevin ALLAN RSA

PAC: 26.40 P 8/7/2013 Greg Tull

1 Baristiran, Omer 45 University of San Francisco Ma-38 34.00 32.04

Men 45-49 100 LC Meter Butterfly

NATL: 56.42 N 8/4/2002 PAUL CARTER

WORLD: 56.75 W 2/29/2024 Marc ALLAN RSA

PAC: 59.64 P 12/31/2008 John A Engs

1 Sabatini, Greg 48 Richmond Plunge Masters-38 1:21.99 1:24.26

Men 45-49 200 LC Meter Butterfly

NATL: 2:04.07 N 7/19/2008 DENNIS BAKER

WORLD: 2:06.94 W 8/9/2006 Dennis BAKER USA

PAC: 2:18.80 P 6/29/2014 Barton S Wells

1 Popko, David 47 Rose Bowl Masters-33 2:49.99 2:44.28

1:15.48 2:44.28 (1:28.80)

Men 45-49 200 LC Meter IM

NATL: 2:10.09 N 8/7/2016 NICOLAS GRANGER

WORLD: 2:10.09 W 8/7/2016 Nicolas GRANGER USA

PAC: 2:16.21 P 6/29/2014 Sergey Mariniuk

1 Popko, David 47 Rose Bowl Masters-33 2:39.99 2:39.61

1:14.46 2:39.61 (1:25.15)

2 Frazier, Michael 48 Sacramento Masters-38 2:34.15 2:56.13

1:22.51 2:56.13 (1:33.62)

3 Bentley, Orin 47 Marcia's Enthusiastic Masters-38 2:58.00 2:57.71

1:24.22 2:57.71 (1:33.49)

4 Waterson, Kevin 45 Davis Aquatic Masters-38 3:00.00 3:05.02

1:23.43 3:05.02 (1:41.59)

5 Bucy, John 46 University of San Francisco Ma-38 3:40.00 3:27.88

1:41.09 3:27.88 (1:46.79)

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Men 50-54 50 LC Meter Freestyle

NATL: 24.58 N 8/9/2009		ROWDY GAINES			
WORLD: 24.08 W 6/27/2009		Brent BARNES		JPN	
PAC: 25.57 P 12/31/2008		Paul V Carter			
1	Anderson, Kent	52	Davis Aquatic Masters-38	26.66	26.06
2	Flakoll, Jonathan	50	Walnut Creek Masters-38	28.00	27.84
3	Piland, Jon	53	Penguin Swim Club-38	28.79	28.52
4	Grisso, Mike	54	University of San Francisco Ma-38	30.00	29.00
5	Rogers, Matt	54	Marcia's Enthusiastic Masters-38	29.08	29.15
6	Erickson, Douglas	52	Rolling Hills Mud Sharks-38	29.45	29.43
7	Pickard, Justin	50	Marin Aquatic Masters-38	28.79	29.81
8	Fahlen, Mark	53	Modesto Area Aquatic Club-38	30.31	30.23
9	Lehnert, Ahren	51	Marcia's Enthusiastic Masters-38	32.08	32.50
10	Barros, Alexandre	54	University of San Francisco Ma-38	1:15.32	40.56

Men 50-54 50 LC Meter Freestyle Splits

NATL: 24.58 N 8/9/2009		ROWDY GAINES			
WORLD: 24.08 W 6/27/2009		Brent BARNES		JPN	
PAC: 25.57 P 12/31/2008		Paul V Carter			
1	Rogers, Matt	54	Marcia's Enthusiastic Masters-38	NT	29.48

Men 50-54 100 LC Meter Freestyle Splits

NATL: 54.18 N 8/4/2017		NICOLAS GRANGER			
WORLD: 54.15 W 6/30/2017		Nicolas GRANGER		FRA	
PAC: 55.93 P 12/31/2012		David E Boatwright			
1	Wehmann, Todd	52	Marcia's Enthusiastic Masters-38	NT	1:06.75
2	Rosales-Delmoral, Romer	51	Menlo Masters-38	NT	1:10.08

Men 50-54 100 LC Meter Freestyle

NATL: 54.18 N 8/4/2017		NICOLAS GRANGER			
WORLD: 54.15 W 6/30/2017		Nicolas GRANGER		FRA	
PAC: 55.93 P 12/31/2012		David E Boatwright			
1	Anderson, Kent	52	Davis Aquatic Masters-38	1:00.16	58.54
2	Flakoll, Jonathan	50	Walnut Creek Masters-38	1:00.45	1:00.09
3	Mc Donough, Patrick	51	Walnut Creek Masters-38	1:01.50	1:05.29
4	Grisso, Mike	54	University of San Francisco Ma-38	1:05.00	1:05.55
5	Fahlen, Mark	53	Modesto Area Aquatic Club-38	1:05.56	1:05.63
6	Rogers, Matt	54	Marcia's Enthusiastic Masters-38	1:05.61	1:06.05
7	Lehnert, Ahren	51	Marcia's Enthusiastic Masters-38	1:11.58	1:12.55
8	Barros, Alexandre	54	University of San Francisco Ma-38	1:30.25	1:34.12

Men 50-54 200 LC Meter Freestyle Splits

NATL: 2:00.34 N 8/13/2007		DAN STEPHENSON			
WORLD: 1:58.62 W 7/1/2017		Nicolas GRANGER		FRA	
PAC: 2:05.68 P 7/12/2013		Darren D Phalen			
1	Wehmann, Todd	52	Marcia's Enthusiastic Masters-38	NT	2:31.34

Men 50-54 200 LC Meter Freestyle

NATL: 2:00.34 N 8/13/2007		DAN STEPHENSON			
WORLD: 1:58.62 W 7/1/2017		Nicolas GRANGER		FRA	
PAC: 2:05.68 P 7/12/2013		Darren D Phalen			
1	Winsor, Brad	53	Davis Aquatic Masters-38	2:17.98	2:21.96
	1:08.78		2:21.96 (1:13.18)		
2	Rosales-Delmoral, Romer	51	Menlo Masters-38	2:22.89	2:23.84
	1:10.08		2:23.84 (1:13.76)		

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****(Men 50-54 200 LC Meter Freestyle)**

3	Fahlen, Mark	53	Modesto Area Aquatic Club-38	2:24.30	2:26.64
	1:10.48		2:26.64 (1:16.16)		
4	Grisso, Mike	54	University of San Francisco Ma-38	2:40.00	2:29.07
	1:10.63		2:29.07 (1:18.44)		
5	Lehnert, Ahren	51	Marcia's Enthusiastic Masters-38	2:37.43	2:41.95
	1:18.44		2:41.95 (1:23.51)		
6	Barros, Alexandre	54	University of San Francisco Ma-38	3:25.05	3:26.55
	1:34.69		3:26.55 (1:51.86)		
7	Serchia, Andrew	53	Marin Aquatic Masters-38	3:31.06	3:29.87
	1:37.24		3:29.87 (1:52.63)		

Men 50-54 400 LC Meter Freestyle

	NATL:	4:15.93	N	8/4/2017	NICOLAS GRANGER	
	WORLD:	4:15.93	W	8/4/2017	Nicolas GRANGER	USA
	PAC:	4:24.57	P	8/7/2013	Darren D Phalen	
1	Winsor, Brad	53	Davis Aquatic Masters-38	4:50.98	4:57.66	
	1:10.88		2:27.10 (1:16.22)	3:43.16 (1:16.06)	4:57.66 (1:14.50)	
2	Rosales-Delmoral, Romer	51	Menlo Masters-38	5:03.21	5:02.77	
	1:13.02		2:28.75 (1:15.73)	3:46.26 (1:17.51)	5:02.77 (1:16.51)	
3	Fahlen, Mark	53	Modesto Area Aquatic Club-38	5:15.52	5:15.73	
	1:14.93		2:35.88 (1:20.95)	3:56.49 (1:20.61)	5:15.73 (1:19.24)	
4	Harrington, Matt	53	University of San Francisco Ma-38	5:13.87	5:18.10	
	1:16.63		2:39.57 (1:22.94)	4:01.21 (1:21.64)	5:18.10 (1:16.89)	
5	Lehnert, Ahren	51	Marcia's Enthusiastic Masters-38	5:43.89	5:57.54	
	1:26.10		2:59.53 (1:33.43)	4:30.70 (1:31.17)	5:57.54 (1:26.84)	

Men 50-54 800 LC Meter Freestyle Splits

	NATL:	8:56.31	N	8/3/2014	RICARDO VALDIVIA	
	WORLD:	8:55.05	W	7/31/2010	Marcus MATTIOLI	BRA
	PAC:	9:21.11	P	7/8/2018	Barton S Wells	
1	Winsor, Brad	53	Davis Aquatic Masters-38	NT	10:15.37	

Men 50-54 800 LC Meter Freestyle

	NATL:	8:56.31	N	8/3/2014	RICARDO VALDIVIA	
	WORLD:	8:55.05	W	7/31/2010	Marcus MATTIOLI	BRA
	PAC:	9:21.11	P	7/8/2018	Barton S Wells	
1	Rosales-Delmoral, Romer	51	Menlo Masters-38	10:25.00	10:30.66	
	1:15.26		2:34.93 (1:19.67)	3:54.03 (1:19.10)	5:13.02 (1:18.99)	
	6:32.44 (1:19.42)		7:51.57 (1:19.13)	9:11.13 (1:19.56)	10:30.66 (1:19.53)	
2	Harrington, Matt	53	University of San Francisco Ma-38	10:50.00	11:02.72	
	1:17.47		2:40.74 (1:23.27)	4:05.52 (1:24.78)	5:31.25 (1:25.73)	
	6:55.89 (1:24.64)		8:20.38 (1:24.49)	9:44.35 (1:23.97)	11:02.72 (1:18.37)	
3	Wehmann, Todd	52	Marcia's Enthusiastic Masters-38	11:35.37	11:21.62	
	1:21.58		2:50.09 (1:28.51)	4:16.12 (1:26.03)	5:42.53 (1:26.41)	
	7:09.19 (1:26.66)		8:35.13 (1:25.94)	10:00.83 (1:25.70)	11:21.62 (1:20.79)	
4	Hertzer, Keith	51	Marcia's Enthusiastic Masters-38	11:07.00	11:30.07	
	1:20.25		2:46.54 (1:26.29)	4:15.51 (1:28.97)	5:43.20 (1:27.69)	
	7:10.96 (1:27.76)		8:39.01 (1:28.05)	10:05.74 (1:26.73)	11:30.07 (1:24.33)	
5	Lehnert, Ahren	51	Marcia's Enthusiastic Masters-38	12:17.85	12:27.70	
	1:30.13		3:05.65 (1:35.52)	4:40.85 (1:35.20)	6:17.26 (1:36.41)	
	7:51.86 (1:34.60)		9:26.40 (1:34.54)	10:58.58 (1:32.18)	12:27.70 (1:29.12)	

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

Results

Men 50-54 1500 LC Meter Freestyle

NATL: 17:08.33 N 8/20/2000 JIM MC CONICA

WORLD: 17:08.33 W 8/20/2000 Jim MCCONICA

USA

PAC: 17:50.94 P 8/2/2017 Barton S Wells

1	Winsor, Brad	53	Davis Aquatic Masters-38	19:10.00	19:28.43
	1:10.81	2:26.81 (1:16.00)	3:43.96 (1:17.15)	5:02.09 (1:18.13)	
	6:20.04 (1:17.95)	7:37.78 (1:17.74)	8:56.51 (1:18.73)	10:15.37 (1:18.86)	
	11:34.18 (1:18.81)	12:53.33 (1:19.15)	14:12.31 (1:18.98)	15:32.05 (1:19.74)	
	16:51.61 (1:19.56)	18:10.87 (1:19.26)	19:28.43 (1:17.56)		
2	Rosales-Delmoral, Romer	51	Menlo Masters-38	20:05.00	20:17.12
	1:16.91	2:37.53 (1:20.62)	3:58.28 (1:20.75)	5:19.12 (1:20.84)	
	6:40.22 (1:21.10)	8:01.79 (1:21.57)	9:23.52 (1:21.73)	10:45.62 (1:22.10)	
	12:07.54 (1:21.92)	13:29.41 (1:21.87)	14:51.82 (1:22.41)	16:13.97 (1:22.15)	
	17:36.22 (1:22.25)	18:57.42 (1:21.20)	20:17.12 (1:19.70)		
3	Harrington, Matt	53	University of San Francisco Ma-38	21:26.94	21:08.40
	1:18.43	2:43.74 (1:25.31)	4:10.06 (1:26.32)	5:37.88 (1:27.82)	
	7:06.07 (1:28.19)	8:31.85 (1:25.78)	9:56.88 (1:25.03)	11:21.18 (1:24.30)	
	12:45.19 (1:24.01)	14:08.69 (1:23.50)	15:33.34 (1:24.65)	16:57.73 (1:24.39)	
	18:22.79 (1:25.06)	19:46.86 (1:24.07)	21:08.40 (1:21.54)		
4	Wehmann, Todd	52	Marcia's Enthusiastic Masters-38	21:59.92	21:34.97
	1:23.06	2:51.29 (1:28.23)	4:19.53 (1:28.24)	5:46.83 (1:27.30)	
	7:14.86 (1:28.03)	8:42.36 (1:27.50)	10:09.86 (1:27.50)	11:36.31 (1:26.45)	
	13:03.25 (1:26.94)	14:29.89 (1:26.64)	15:56.49 (1:26.60)	17:22.32 (1:25.83)	
	18:48.58 (1:26.26)	20:13.89 (1:25.31)	21:34.97 (1:21.08)		
5	Kneubuhler, Yann	52	Richmond Plunge Masters-38	21:40.00	21:54.81
	1:22.95	2:51.20 (1:28.25)	4:19.15 (1:27.95)	5:47.02 (1:27.87)	
	7:15.24 (1:28.22)	8:43.26 (1:28.02)	10:11.17 (1:27.91)	11:38.25 (1:27.08)	
	13:05.81 (1:27.56)	14:33.73 (1:27.92)	16:02.83 (1:29.10)	17:31.69 (1:28.86)	
	19:00.69 (1:29.00)	20:29.56 (1:28.87)	21:54.81 (1:25.25)		
6	Lehnert, Ahren	51	Marcia's Enthusiastic Masters-38	23:40.64	23:39.78
	1:28.93	3:06.24 (1:37.31)	4:44.47 (1:38.23)	6:22.00 (1:37.53)	
	7:59.81 (1:37.81)	9:34.46 (1:34.65)	11:10.43 (1:35.97)	12:44.70 (1:34.27)	
	14:20.17 (1:35.47)	15:56.59 (1:36.42)	17:29.70 (1:33.11)	19:04.32 (1:34.62)	
	20:38.83 (1:34.51)	22:11.53 (1:32.70)	23:39.78 (1:28.25)		

Men 50-54 50 LC Meter Backstroke Splits

NATL: 28.58 N 7/14/2018 RICK GOULD

WORLD: 28.20 W 5/28/2023 M.GROMOV-IVANOV

RUS

PAC: 28.58 P 7/10/2018 Rick Gould

1	Wehmann, Todd	52	Marcia's Enthusiastic Masters-38	NT	38.16
2	Rosales-Delmoral, Romer	51	Menlo Masters-38	NT	40.32

Men 50-54 50 LC Meter Backstroke

NATL: 28.58 N 7/14/2018 RICK GOULD

WORLD: 28.20 W 5/28/2023 M.GROMOV-IVANOV

RUS

PAC: 28.58 P 7/10/2018 Rick Gould

1	Flakoll, Jonathan	50	Walnut Creek Masters-38	34.18	32.44
2	Pickard, Justin	50	Marin Aquatic Masters-38	37.55	36.15
3	Rogers, Matt	54	Marcia's Enthusiastic Masters-38	37.21	36.93
4	Wehmann, Todd	52	Marcia's Enthusiastic Masters-38	38.59	37.59
5	Mc Donough, Patrick	51	Walnut Creek Masters-38	37.00	37.90
6	Erickson, Douglas	52	Rolling Hills Mud Sharks-38	37.87	39.03
7	Harrington, Matt	53	University of San Francisco Ma-38	45.00	41.30
8	Rankin, Shane	50	University of San Francisco Ma-38	42.00	42.19

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Men 50-54 100 LC Meter Backstroke Splits**NATL: 1:01.57 N 8/6/2017 **NICOLAS GRANGER**WORLD: 1:01.57 W 8/6/2017 **Nicolas GRANGER****USA**PAC: 1:02.17 P 7/11/2018 **Rick Gould**

1 Rosales-Delmoral, Romer 51 Menlo Masters-38 NT 1:26.39

Men 50-54 100 LC Meter BackstrokeNATL: 1:01.57 N 8/6/2017 **NICOLAS GRANGER**WORLD: 1:01.57 W 8/6/2017 **Nicolas GRANGER****USA**PAC: 1:02.17 P 7/11/2018 **Rick Gould**

1	Pickard, Justin	50	Marin Aquatic Masters-38	1:14.86	1:18.01
2	Winsor, Brad	53	Davis Aquatic Masters-38	1:19.98	1:20.21
3	Wehmann, Todd	52	Marcia's Enthusiastic Masters-38	1:23.47	1:21.50
4	Rogers, Matt	54	Marcia's Enthusiastic Masters-38	1:20.66	1:21.79
5	Rankin, Shane	50	University of San Francisco Ma-38	1:32.00	1:32.97

Men 50-54 200 LC Meter BackstrokeNATL: 2:14.53 N 8/5/2017 **NICOLAS GRANGER**WORLD: 2:14.53 W 8/5/2017 **Nicolas GRANGER****USA**PAC: 2:16.79 P 7/10/2018 **Rick Gould**

1	Flakoll, Jonathan	50	Walnut Creek Masters-38	3:00.00	2:45.56
				1:22.70	2:45.56 (1:22.86)
2	Wehmann, Todd	52	Marcia's Enthusiastic Masters-38	3:08.64	2:58.92
				1:30.30	2:58.92 (1:28.62)
3	Fahlen, Mark	53	Modesto Area Aquatic Club-38	2:58.69	3:02.59
				1:30.62	3:02.59 (1:31.97)
4	Rosales-Delmoral, Romer	51	Menlo Masters-38	3:04.22	3:02.92
				1:30.00	3:02.92 (1:32.92)
5	Rankin, Shane	50	University of San Francisco Ma-38	3:19.00	3:23.91
				1:37.01	3:23.91 (1:46.90)

Men 50-54 50 LC Meter BreaststrokeNATL: 29.90 N 4/2/2022 **STEVE WEST**WORLD: 29.70 W 8/11/2023 **Hideaki TOGO****JPN**PAC: 30.97 P 12/31/2009 **Gary L Patterson**

1	Erickson, Douglas	52	Rolling Hills Mud Sharks-38	37.49	37.32
2	Hertzer, Keith	51	Marcia's Enthusiastic Masters-38	37.89	37.97
3	Grisso, Mike	54	University of San Francisco Ma-38	45.00	44.09
4	Barros, Alexandre	54	University of San Francisco Ma-38	1:50.30	50.99
5	Serchia, Andrew	53	Marin Aquatic Masters-38	55.32	52.46

Men 50-54 100 LC Meter BreaststrokeNATL: 1:06.12 N 7/10/2022 **STEVE WEST**WORLD: 1:06.12 W 7/10/2022 **Steve WEST****USA**PAC: 1:09.36 P 12/31/2009 **Gary L Patterson**

1	Piland, Jon	53	Penguin Swim Club-38	1:19.00	1:15.95
2	Flakoll, Jonathan	50	Walnut Creek Masters-38	1:25.00	1:22.26
3	Hertzer, Keith	51	Marcia's Enthusiastic Masters-38	1:25.90	1:26.82
4	Erickson, Douglas	52	Rolling Hills Mud Sharks-38	1:27.63	1:28.09
5	Barros, Alexandre	54	University of San Francisco Ma-38	3:25.04	2:00.23

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

Results

Men 50-54 200 LC Meter Breaststroke

NATL: 2:24.44 N 7/9/2022		STEVE WEST			
WORLD: 2:24.44 W 7/9/2022		Steve WEST		USA	
PAC: 2:40.57 P 12/31/1996		Robert Strand			
1	Piland, Jon	53	Penguin Swim Club-38	2:50.50	2:59.17
	1:24.30		2:59.17 (1:34.87)		
2	Hertzler, Keith	51	Marcia's Enthusiastic Masters-38	3:14.50	3:17.64
	1:36.13		3:17.64 (1:41.51)		
---	Barros, Alexandre	54	University of San Francisco Ma-38	3:56.05	DQ
	1:57.23		DQ (2:08.74)		

Men 50-54 50 LC Meter Butterfly

NATL: 25.88 N 8/16/2008		PAUL CARTER			
WORLD: 25.69 W 5/20/2023		Serkan ATASAY		TUR	
PAC: 25.88 P 12/31/2008		Paul V Carter			
1	Rendic, Dikan	53	Google Masters Swimming-38	28.89	28.08
2	Piland, Jon	53	Penguin Swim Club-38	32.46	30.47
3	Winsor, Brad	53	Davis Aquatic Masters-38	30.98	31.62
4	Rogers, Matt	54	Marcia's Enthusiastic Masters-38	33.21	31.67
5	Pickard, Justin	50	Marin Aquatic Masters-38	30.96	31.79
6	Erickson, Douglas	52	Rolling Hills Mud Sharks-38	33.49	34.07
7	Grisso, Mike	54	University of San Francisco Ma-38	40.00	34.08
8	Rankin, Shane	50	University of San Francisco Ma-38	43.00	41.92

Men 50-54 100 LC Meter Butterfly Splits

NATL: 57.23 N 8/15/2008		PAUL CARTER			
WORLD: 56.99 W 8/8/2023		Eiji NOMURA		JPN	
PAC: 57.23 P 12/31/2008		Paul V Carter			
1	Rosales-Delmoral, Romer	51	Menlo Masters-38	NT	1:21.35

Men 50-54 100 LC Meter Butterfly

NATL: 57.23 N 8/15/2008		PAUL CARTER			
WORLD: 56.99 W 8/8/2023		Eiji NOMURA		JPN	
PAC: 57.23 P 12/31/2008		Paul V Carter			
1	Anderson, Kent	52	Davis Aquatic Masters-38	1:04.46	1:04.04
2	Flakoll, Jonathan	50	Walnut Creek Masters-38	1:10.45	1:11.23
3	Mc Donough, Patrick	51	Walnut Creek Masters-38	1:20.00	1:20.59
4	Grisso, Mike	54	University of San Francisco Ma-38	1:45.00	1:22.15
5	Rogers, Matt	54	Marcia's Enthusiastic Masters-38	1:20.50	1:23.42
6	Hertzler, Keith	51	Marcia's Enthusiastic Masters-38	1:27.00	1:28.70
7	Rankin, Shane	50	University of San Francisco Ma-38	1:41.00	1:37.69

Men 50-54 200 LC Meter Butterfly

NATL: 2:13.80 N 7/9/2011		DENNIS BAKER			
WORLD: 2:13.26 W 11/6/2022		Eiji NOMURA		JPN	
PAC: 2:18.57 P 12/31/2008		Paul V Carter			
1	Winsor, Brad	53	Davis Aquatic Masters-38	2:45.98	2:44.83
	1:19.79		2:44.83 (1:25.04)		
2	Harrington, Matt	53	University of San Francisco Ma-38	3:25.00	2:56.08
	1:24.67		2:56.08 (1:31.41)		

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

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Men 50-54 200 LC Meter IM

NATL:		2:11.15	N	8/6/2017	NICOLAS GRANGER		
WORLD:		2:11.15	W	8/6/2017	Nicolas GRANGER	USA	
PAC:		2:19.45	P	8/7/2013	Darren D Phalen		
1	Wehmann, Todd	52	Marcia's Enthusiastic Masters-38	2:59.66	2:54.53		
	1:24.84	2:54.53 (1:29.69)					
2	Hertzner, Keith	51	Marcia's Enthusiastic Masters-38	2:55.50	2:55.00		
	1:28.28	2:55.00 (1:26.72)					
3	Fahlen, Mark	53	Modesto Area Aquatic Club-38	2:52.39	2:55.10		
	1:27.19	2:55.10 (1:27.91)					
4	Rankin, Shane	50	University of San Francisco Ma-38	3:27.00	3:24.88		
	1:36.02	3:24.88 (1:48.86)					

Men 50-54 400 LC Meter IM

NATL:		4:45.61	N	8/3/2017	NICOLAS GRANGER		
WORLD:		4:45.61	W	8/3/2017	Nicolas GRANGER	USA	
PAC:		4:57.93	P	8/7/2013	Darren D Phalen		
1	Rosales-Delmoral, Romer	51	Menlo Masters-38	6:01.00	6:09.02		
	1:21.35	3:03.45 (1:42.10)	4:52.60 (1:49.15)	6:09.02 (1:16.42)			
2	Harrington, Matt	53	University of San Francisco Ma-38	6:20.04	6:09.46		
	1:22.99	3:03.75 (1:40.76)	4:47.14 (1:43.39)	6:09.46 (1:22.32)			
3	Kneubuhler, Yann	52	Richmond Plunge Masters-38	6:30.00	6:29.92		
	1:40.62	3:23.21 (1:42.59)	5:08.55 (1:45.34)	6:29.92 (1:21.37)			

Men 55-59 50 LC Meter Freestyle

NATL:		25.01	N	6/7/2009	JACK GROSELLE		
WORLD:		24.45	W	7/19/2015	Brent BARNES	JPN	
PAC:		25.87	P	8/3/2016	David E Boatwright		
1	Langner, Mikael	56	University of San Francisco Ma-38	29.50	28.40		
2	Glasnapp, James	57	University of San Francisco Ma-38	31.16	30.14		
3	Neidhoefer, Charles	58	Santa Rosa Masters-38	31.30	30.15		
4	Barajas, Nick	58	Sacramento Masters-38	31.39	31.69		
5	Cocca, Christopher	59	Menlo Masters-38	31.39	32.09		
6	Marcus, Jono	58	Rolling Hills Mud Sharks-38	33.00	32.50		
7	Lingle, Gregory	59	Livermore Aquacowboys-38	35.91	32.53		
8	Geller, Jason	58	The Olympic Club-38	35.00	38.24		
9	Tajbaksh, Shervin	59	Marin Aquatic Masters-38	39.80	38.50		
10	Abegg, Michael	59	North Bay Aquatics-38	40.00	42.73		
11	Shalowitz, Jon	57	University of San Francisco Ma-38	45.00	48.05		

Men 55-59 100 LC Meter Freestyle

NATL:		56.07	N	7/10/2015	STEVE WOOD		
WORLD:		55.76	W	4/7/2024	Mark THOMPSON	AUS	
PAC:		56.96	P	7/16/2017	David E Boatwright		
1	Langner, Mikael	56	University of San Francisco Ma-38	1:01.01	1:05.31		
2	Neidhoefer, Charles	58	Santa Rosa Masters-38	1:05.50	1:06.21		
3	Lingle, Gregory	59	Livermore Aquacowboys-38	1:13.36	1:10.61		
4	Barajas, Nick	58	Sacramento Masters-38	1:11.85	1:11.15		
5	Marcus, Jono	58	Rolling Hills Mud Sharks-38	1:18.00	1:11.64		
6	Cocca, Christopher	59	Menlo Masters-38	1:11.30	1:12.83		
7	Arias, Bernard	55	University of San Francisco Ma-38	1:25.00	1:21.49		
8	Abegg, Michael	59	North Bay Aquatics-38	1:45.00	1:37.37		

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Men 55-59 100 LC Meter Freestyle Splits

NATL: 56.07 N 7/10/2015 STEVE WOOD
 WORLD: 55.76 W 4/7/2024 Mark THOMPSON AUS
 PAC: 56.96 P 7/16/2017 David E Boatwright

1 Wu, Long 59 Marcia's Enthusiastic Masters-38 NT 1:22.98

Men 55-59 200 LC Meter Freestyle

NATL: 2:04.01 N 7/26/2009 MICHAEL MANN
 WORLD: 2:04.01 W 7/26/2009 Michael MANN USA
 PAC: 2:05.88 P 8/3/2016 David E Boatwright

1 Neidhoefer, Charles 58 Santa Rosa Masters-38 2:26.40 2:29.02
 1:13.15 2:29.02 (1:15.87)
 2 Stegner, Jeff 59 Walnut Creek Masters-38 2:37.00 2:34.83
 1:13.09 2:34.83 (1:21.74)
 3 Kinney, Eric 55 Menlo Masters-38 2:25.00 2:42.28
 1:15.96 2:42.28 (1:26.32)
 4 Barajas, Nick 58 Sacramento Masters-38 2:46.17 2:45.60
 1:21.12 2:45.60 (1:24.48)
 5 Marcus, Jono 58 Rolling Hills Mud Sharks-38 2:52.00 2:46.70
 1:21.78 2:46.70 (1:24.92)
 6 Carter, Paul 56 Walnut Creek Masters-38 2:55.00 2:52.76
 1:23.94 2:52.76 (1:28.82)
 7 Todd, Mitchell 57 Marin Aquatic Masters-38 3:00.00 3:16.70
 1:30.67 3:16.70 (1:46.03)

Men 55-59 400 LC Meter Freestyle

NATL: 4:22.49 N 7/25/2009 MICHAEL MANN
 WORLD: 4:22.49 W 7/25/2009 Michael MANN USA
 PAC: 4:25.51 P 6/17/2023 Barton S Wells

1 Krovetz, Ted 58 Davis Aquatic Masters-38 5:15.71 5:18.63
 1:16.74 2:37.99 (1:21.25) 3:59.35 (1:21.36) 5:18.63 (1:19.28)
 2 Carter, Paul 56 Walnut Creek Masters-38 6:15.00 6:34.94
 1:32.60 3:14.59 (1:41.99) 4:57.68 (1:43.09) 6:34.94 (1:37.26)
 3 Todd, Mitchell 57 Marin Aquatic Masters-38 6:30.00 6:50.27
 1:34.19 3:20.65 (1:46.46) 5:09.01 (1:48.36) 6:50.27 (1:41.26)

Men 55-59 800 LC Meter Freestyle

NATL: 9:00.09 N 7/24/2009 MICHAEL MANN
 WORLD: 9:00.09 W 7/24/2009 Michael MANN USA
 PAC: 9:40.68 P 12/31/2003 R Tod Spieker

1 Krovetz, Ted 58 Davis Aquatic Masters-38 10:44.43 11:03.45
 1:22.27 2:47.58 (1:25.31) 4:12.60 (1:25.02) 5:36.33 (1:23.73)
 7:00.29 (1:23.96) 8:22.93 (1:22.64) 9:44.54 (1:21.61) 11:03.45 (1:18.91)
 2 Lingle, Gregory 59 Livermore Aquacowboys-38 12:16.35 12:04.98
 1:25.01 2:56.95 (1:31.94) 4:30.17 (1:33.22) 6:02.33 (1:32.16)
 7:33.88 (1:31.55) 9:05.80 (1:31.92) 10:36.43 (1:30.63) 12:04.98 (1:28.55)
 3 Cocca, Christopher 59 Menlo Masters-38 12:26.00 12:55.59
 1:29.85 3:08.72 (1:38.87) 4:49.30 (1:40.58) 6:30.97 (1:41.67)
 8:11.26 (1:40.29) 9:49.27 (1:38.01) 11:24.24 (1:34.97) 12:55.59 (1:31.35)
 4 Marcus, Jono 58 Rolling Hills Mud Sharks-38 11:55.00 13:30.75
 1:33.17 3:15.27 (1:42.10) 4:58.35 (1:43.08) 6:40.94 (1:42.59)
 8:24.06 (1:43.12) 10:06.45 (1:42.39) 11:50.49 (1:44.04) 13:30.75 (1:40.26)

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Men 55-59 800 LC Meter Freestyle Splits

NATL:		9:00.09	N	7/24/2009	MICHAEL MANN		
WORLD:		9:00.09	W	7/24/2009	Michael MANN	USA	
PAC:		9:40.68	P	12/31/2003	R Tod Spieker		
1	Shaffer, Mike			59	Club Hot Tub-38	NT	9:56.41
2	Wu, Long			59	Marcia's Enthusiastic Masters-38	NT	15:29.42

Men 55-59 1500 LC Meter Freestyle

NATL:		17:22.61	N	8/10/2009	MICHAEL MANN		
WORLD:		17:22.61	W	8/10/2009	Michael MANN	USA	
PAC:		18:05.27	P	9/11/2022	Barton S Wells		
1	Shaffer, Mike			59	Club Hot Tub-38	19:29.53	19:00.29
	1:09.97	2:24.48 (1:14.51)			3:40.11 (1:15.63)	4:56.09 (1:15.98)	
	6:12.05 (1:15.96)	7:28.36 (1:16.31)			8:43.22 (1:14.86)	9:56.41 (1:13.19)	
	11:20.71 (1:24.30)	12:38.95 (1:18.24)			13:56.58 (1:17.63)	15:13.91 (1:17.33)	
	16:31.49 (1:17.58)	17:47.33 (1:15.84)			19:00.29 (1:12.96)		
2	Todd, Mitchell			57	Marin Aquatic Masters-38	27:00.00	26:52.30
	1:34.43	3:23.73 (1:49.30)			5:15.57 (1:51.84)	7:04.76 (1:49.19)	
	8:56.68 (1:51.92)	10:45.04 (1:48.36)			12:35.56 (1:50.52)	14:25.32 (1:49.76)	
	16:12.35 (1:47.03)	18:01.43 (1:49.08)			19:47.20 (1:45.77)	21:35.61 (1:48.41)	
	23:23.36 (1:47.75)	25:10.02 (1:46.66)			26:52.30 (1:42.28)		
3	Wu, Long			59	Marcia's Enthusiastic Masters-38	30:00.00	28:42.90
	1:49.42	3:48.84 (1:59.42)			5:47.33 (1:58.49)	7:44.00 (1:56.67)	
	9:42.59 (1:58.59)	11:39.10 (1:56.51)			13:34.73 (1:55.63)	15:29.42 (1:54.69)	
	17:22.49 (1:53.07)	19:16.71 (1:54.22)			21:10.50 (1:53.79)	23:04.71 (1:54.21)	
	24:59.92 (1:55.21)	26:57.23 (1:57.31)			28:42.90 (1:45.67)		

Men 55-59 50 LC Meter Backstroke

NATL:		29.03	N	8/20/2016	STEVE WOOD		
WORLD:		29.03	W	8/20/2016	Steve WOOD	USA	
PAC:		29.54	P	7/22/2023	Rick Gould		
1	Langner, Mikael			56	University of San Francisco Ma-38	35.00	36.61
2	Glasnapp, James			57	University of San Francisco Ma-38	38.59	38.70
3	Lingle, Gregory			59	Livermore Aquacowboys-38	47.24	42.12

Men 55-59 100 LC Meter Backstroke

NATL:		1:03.50	N	6/21/2015	STEVE WOOD		
WORLD:		1:03.50	W	6/21/2015	Steve WOOD	USA	
PAC:		1:05.11	P	7/23/2023	Rick Gould		
1	Shaffer, Mike			59	Club Hot Tub-38	1:13.37	1:12.31
2	Langner, Mikael			56	University of San Francisco Ma-38	1:10.00	1:17.48
3	Stegner, Jeff			59	Walnut Creek Masters-38	1:30.00	1:30.84

Men 55-59 200 LC Meter Backstroke

NATL:		2:20.83	N	7/20/2019	RIP ESSELSTYN		
WORLD:		2:20.83	W	7/20/2019	Rip ESSELSTYN	USA	
PAC:		2:22.62	P	7/22/2023	Rick Gould		
1	Shaffer, Mike			59	Club Hot Tub-38	2:38.27	2:37.65
	1:17.18	2:37.65 (1:20.47)					
2	Lingle, Gregory			59	Livermore Aquacowboys-38	3:10.95	3:13.17
	1:36.92	3:13.17 (1:36.25)					
3	Krovetz, Ted			58	Davis Aquatic Masters-38	3:02.02	3:14.39
	1:35.28	3:14.39 (1:39.11)					
4	Cocca, Christopher			59	Menlo Masters-38	3:10.00	3:15.84
	1:39.61	3:15.84 (1:36.23)					

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Men 55-59 50 LC Meter Breaststroke

NATL: 30.56 N 8/6/2017		DAVID GUTHRIE			
WORLD: 30.02 W 6/2/2019		C.Arturo TRAVAINI		ITA	
PAC: 32.30 P 7/31/2022		Paul G Kraaijvang			
1	Neidhoefer, Charles	58	Santa Rosa Masters-38	36.75	36.74
2	Mc Bride, Patrick	55	University of San Francisco Ma-38	40.59	39.56
3	Wu, Long	59	Marcia's Enthusiastic Masters-38	40.34	40.99
4	Carter, Paul	56	Walnut Creek Masters-38	42.50	42.93
5	Barajas, Nick	58	Sacramento Masters-38	43.75	43.56

Men 55-59 100 LC Meter Breaststroke

NATL: 1:07.97 N 7/31/2015		DAVID GUTHRIE			
WORLD: 1:07.65 W 8/13/2019		C.Arturo TRAVAINI		ITA	
PAC: 1:13.13 P 7/30/2022		Paul G Kraaijvang			
1	Neidhoefer, Charles	58	Santa Rosa Masters-38	1:21.40	1:24.09
2	Wu, Long	59	Marcia's Enthusiastic Masters-38	1:32.34	1:35.13
3	Geller, Jason	58	The Olympic Club-38	1:50.00	1:42.73
4	Marcus, Jono	58	Rolling Hills Mud Sharks-38	1:47.00	1:43.33
5	Arias, Bernard	55	University of San Francisco Ma-38	2:00.00	1:53.23
6	Kwan, Thomas	59	Uc38	2:15.00	1:59.58
7	Shalowitz, Jon	57	University of San Francisco Ma-38	1:50.00	2:13.96

Men 55-59 200 LC Meter Breaststroke

NATL: 2:30.63 N 8/21/2016		DAVID GUTHRIE			
WORLD: 2:30.63 W 8/21/2016		David GUTHRIE		USA	
PAC: 2:46.31 P 12/31/2001		Robert Strand			
1	Neidhoefer, Charles	58	Santa Rosa Masters-38	2:57.50	3:06.68
	1:30.32		3:06.68 (1:36.36)		
2	Mc Bride, Patrick	55	University of San Francisco Ma-38	3:10.64	3:10.80
	1:31.32		3:10.80 (1:39.48)		
3	McAdam, Sam	59	Davis Aquatic Masters-38	3:13.00	3:10.89
	1:29.53		3:10.89 (1:41.36)		
4	Wu, Long	59	Marcia's Enthusiastic Masters-38	3:30.19	3:32.50
	1:41.96		3:32.50 (1:50.54)		
5	Kwan, Thomas	59	Uc38	4:45.00	4:29.29
	2:11.16		4:29.29 (2:18.13)		

Men 55-59 50 LC Meter Butterfly

NATL: 26.56 N 10/10/2021		STEVE HILTABIDDLE			
WORLD: 26.56 W 10/10/2021		Steve HILTABIDDLE		USA	
PAC: 27.31 P 12/31/2012		Paul V Carter			
1	Mc Bride, Patrick	55	University of San Francisco Ma-38	39.33	33.44
2	Marcus, Jono	58	Rolling Hills Mud Sharks-38	42.00	37.52
3	Barajas, Nick	58	Sacramento Masters-38	38.14	37.68

Men 55-59 100 LC Meter Butterfly

NATL: 1:00.56 N 8/11/2012		PAUL CARTER			
WORLD: 1:00.56 W 8/11/2012		Paul CARTER		USA	
PAC: 1:00.56 P 12/31/2012		Paul V Carter			
1	Shaffer, Mike	59	Club Hot Tub-38	1:08.02	1:08.41
2	Lingle, Gregory	59	Livermore Aquacowboys-38	1:32.22	1:31.35
---	Kwan, Thomas	59	Uc38	4:00.00	DQ

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Men 55-59 200 LC Meter Butterfly**

	NATL:	2:18.37	N	8/4/2017	DAVID SIMS		
	WORLD:	2:16.78	W	8/15/2015	Marcus MATTIOLI	BRA	
	PAC:	2:28.82	P	7/23/2023	Mike G Shaffer		
1	Shaffer, Mike			59	Club Hot Tub-38	2:31.07	2:31.91
		1:12.51					2:31.91 (1:19.40)
2	Kinney, Eric			55	Menlo Masters-38	2:40.00	3:17.35
		1:20.59					3:17.35 (1:56.76)
3	Wu, Long			59	Marcia's Enthusiastic Masters-38	4:30.00	4:36.04
		1:56.53					4:36.04 (2:39.51)

Men 55-59 200 LC Meter IM

	NATL:	2:20.67	N	2/22/2020	JEROME FRENTSOS		
	WORLD:	2:20.67	W	2/22/2020	Jerome FRENTSOS	USA	
	PAC:	2:27.18	P	12/31/2012	Paul V Carter		
1	Langner, Mikael			56	University of San Francisco Ma-38	2:36.00	2:53.01
		1:18.73					2:53.01 (1:34.28)
2	Stegner, Jeff			59	Walnut Creek Masters-38	2:45.00	2:53.14
		1:23.32					2:53.14 (1:29.82)
3	Mc Bride, Patrick			55	University of San Francisco Ma-38	2:59.93	2:57.96
		1:26.50					2:57.96 (1:31.46)
4	Krovetz, Ted			58	Davis Aquatic Masters-38	2:56.40	3:00.43
		1:24.67					3:00.43 (1:35.76)
5	Carter, Paul			56	Walnut Creek Masters-38	3:17.00	3:09.65
		1:34.15					3:09.65 (1:35.50)
6	Wu, Long			59	Marcia's Enthusiastic Masters-38	3:38.87	3:29.55
		1:46.03					3:29.55 (1:43.52)

Men 55-59 400 LC Meter IM

	NATL:	5:04.07	N	7/26/2009	MICHAEL MANN		
	WORLD:	4:57.55	W	4/2/2022	Brent FOSTER	NZL	
	PAC:	5:27.97	P	7/21/2023	Mike G Shaffer		
1	Shaffer, Mike			59	Club Hot Tub-38	5:37.01	5:33.10
		1:10.67					2:39.08 (1:28.41) 4:21.52 (1:42.44) 5:33.10 (1:11.58)
2	Langner, Mikael			56	University of San Francisco Ma-38	8:00.00	6:35.43
		1:30.69					3:15.18 (1:44.49) 5:11.86 (1:56.68) 6:35.43 (1:23.57)

Men 60-64 50 LC Meter Freestyle

	NATL:	25.23	N	8/10/2006	RICHARD ABRAHAMS		
	WORLD:	24.82	W	3/1/2024	Calvin MAUGHAN	RSA	
	PAC:	26.70	P	4/25/2021	David E Boatwright		
1	Manley, Kanui			60	Penguin Swim Club-38	29.33	28.70
2	Tom, Daniel			60	Menlo Masters-38	32.00	29.26
3	Nootbaar, Tom			61	Walnut Creek Masters-38	31.99	29.41
4	Keating, Kevin			61	Sebastopol Masters Aquatic Clu-38	30.39	30.30
5	Flegel, Michael			61	Livermore Aquacowboys-38	32.42	32.52
6	Suess, Robert			63	Rolling Hills Mud Sharks-38	33.00	32.98
7	Gustavson, Jeffrey			62	West Hollywood Aquatics-33	33.68	34.02
8	Prochnow, Kevin			62	Marin Aquatic Masters-38	34.55	34.37
9	Mallon, Ken			60	Quicksilver Masters-38	34.00	34.62
10	O'Brien, Brad			62	Rolling Hills Mud Sharks-38	45.00	35.93
11	Dapkewicz, Jack			64	Davis Aquatic Masters-38	45.00	36.15

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Men 60-64 100 LC Meter Freestyle

NATL: 57.39 N 5/18/2024		CALVIN MAUGHAN			
WORLD: 57.66 W 9/4/2022		Ahmet NAKKAS		TUR	
PAC: 58.98 P 6/13/2021		David E Boatwright			
1	Manley, Kanui	60	Penguin Swim Club-38	1:06.47	1:03.09
2	Nootbaar, Tom	61	Walnut Creek Masters-38	1:04.99	1:04.67
3	Keating, Kevin	61	Sebastopol Masters Aquatic Clu-38	1:08.00	1:08.87
4	Miller, Tim	61	Stanford Masters Swimming-38	1:10.64	1:10.66
5	Flegel, Michael	61	Livermore Aquacowboys-38	1:14.42	1:12.98
6	Gustavson, Jeffrey	62	West Hollywood Aquatics-33	1:18.31	1:17.80
7	Prochnow, Kevin	62	Marin Aquatic Masters-38	1:21.04	1:20.95
8	Mallon, Ken	60	Quicksilver Masters-38	1:25.00	1:21.54
9	Dapkewicz, Jack	64	Davis Aquatic Masters-38	1:55.00	1:25.30
10	O'Brien, Brad	62	Rolling Hills Mud Sharks-38	1:45.00	1:29.57

Men 60-64 200 LC Meter Freestyle

NATL: 2:07.68 N 8/6/2017		DAN STEPHENSON			
WORLD: 2:07.68 W 8/6/2017		Dan STEPHENSON		USA	
PAC: 2:13.12 P 5/23/2021		David E Boatwright			
1	Manley, Kanui	60	Penguin Swim Club-38	2:18.62	2:21.12
	1:06.69		2:21.12 (1:14.43)		
2	Hathaway, David	64	Oregon Masters-37	2:24.17	2:22.39
	1:10.11		2:22.39 (1:12.28)		
3	Spitzler, David	61	Burlingame Aquatic Club-38	2:28.00	2:30.60
	1:14.70		2:30.60 (1:15.90)		
4	Miller, Tim	61	Stanford Masters Swimming-38	2:41.25	2:36.50
	1:16.64		2:36.50 (1:19.86)		
5	Taylor, Ron	64	Richmond Plunge Masters-38	2:41.18	2:43.84
	1:17.93		2:43.84 (1:25.91)		
6	Flegel, Michael	61	Livermore Aquacowboys-38	2:41.52	2:46.93
	1:19.18		2:46.93 (1:27.75)		
7	Gustavson, Jeffrey	62	West Hollywood Aquatics-33	2:54.12	2:56.91
	1:27.52		2:56.91 (1:29.39)		

Men 60-64 400 LC Meter Freestyle

NATL: 4:35.36 N 2/28/2024		FRED SCHUSTER			
WORLD: 4:30.15 W 6/19/2023		J.Carlos VALLEJO		ESP	
PAC: 4:45.66 P 8/1/2021		David E Boatwright			
1	Hathaway, David	64	Oregon Masters-37	5:00.97	4:57.39
	1:12.33		2:27.46 (1:15.13)	3:43.30 (1:15.84)	4:57.39 (1:14.09)
2	Gustavson, Jeffrey	62	West Hollywood Aquatics-33	6:35.42	6:43.52
	1:32.51		3:18.72 (1:46.21)	5:02.95 (1:44.23)	6:43.52 (1:40.57)
3	Burbage-Macaluso, Dan	61	Sacramento Masters-38	8:30.00	8:12.80
	1:51.52		3:57.70 (2:06.18)	6:07.26 (2:09.56)	8:12.80 (2:05.54)
4	Smith, Matt	60	University of San Francisco Ma-38	14:38.32	8:36.50
	1:56.73		4:08.19 (2:11.46)	6:20.37 (2:12.18)	8:36.50 (2:16.13)

Men 60-64 800 LC Meter Freestyle

NATL: 9:29.70 N 8/12/2018		ANDREW BRAY			
WORLD: 9:21.08 W 5/20/2022		Arnaldo PEREZ		PUR	
PAC: 9:52.70 P 8/1/2021		David E Boatwright			
1	Spitzler, David	61	Burlingame Aquatic Club-38	10:35.00	10:20.70
	1:14.97		2:33.81 (1:18.84)	3:52.32 (1:18.51)	5:09.78 (1:17.46)
	6:27.71 (1:17.93)		7:45.92 (1:18.21)	9:04.46 (1:18.54)	10:20.70 (1:16.24)

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(Men 60-64 800 LC Meter Freestyle)

2	Hathaway, David	64	Oregon Masters-37	10:21.17	10:40.87
	1:14.66	2:33.96 (1:19.30)	3:54.52 (1:20.56)	5:15.98 (1:21.46)	
	6:38.43 (1:22.45)	8:00.78 (1:22.35)	9:23.28 (1:22.50)	10:40.87 (1:17.59)	
3	Taylor, Ron	64	Richmond Plunge Masters-38	12:12.44	11:54.22
	1:22.93	2:54.63 (1:31.70)	4:26.51 (1:31.88)	5:57.75 (1:31.24)	
	7:28.66 (1:30.91)	8:59.45 (1:30.79)	10:28.43 (1:28.98)	11:54.22 (1:25.79)	
4	Burbage-Macaluso, Dan	61	Sacramento Masters-38	17:45.00	16:07.18
	1:56.48	3:59.44 (2:02.96)	6:01.62 (2:02.18)	8:04.09 (2:02.47)	
	10:06.37 (2:02.28)	12:10.36 (2:03.99)	14:13.89 (2:03.53)	16:07.18 (1:53.29)	

Men 60-64 1500 LC Meter Freestyle

NATL: 17:55.91 N 8/3/2022 ARNALDO PEREZ

WORLD: 17:55.91 W 8/3/2022 Arnaldo PEREZ USA

PAC: 19:06.93 P 8/7/2013 Michael G McCaffe

1	Spitzler, David	61	Burlingame Aquatic Club-38	20:00.00	20:01.14
	1:17.03	2:38.94 (1:21.91)	4:00.11 (1:21.17)	5:19.87 (1:19.76)	
	6:39.66 (1:19.79)	7:59.37 (1:19.71)	9:18.48 (1:19.11)	10:37.68 (1:19.20)	
	11:58.52 (1:20.84)	13:19.48 (1:20.96)	14:40.35 (1:20.87)	16:01.23 (1:20.88)	
	17:22.35 (1:21.12)	18:43.13 (1:20.78)	20:01.14 (1:18.01)		
2	Hathaway, David	64	Oregon Masters-37	20:17.00	20:15.55
	1:15.92	2:35.61 (1:19.69)	3:55.53 (1:19.92)	5:16.66 (1:21.13)	
	6:38.25 (1:21.59)	8:00.39 (1:22.14)	9:23.39 (1:23.00)	10:45.96 (1:22.57)	
	12:08.58 (1:22.62)	13:31.39 (1:22.81)	14:55.10 (1:23.71)	16:17.73 (1:22.63)	
	17:39.95 (1:22.22)	19:00.35 (1:20.40)	20:15.55 (1:15.20)		
3	Tainty, Chris	64	Santa Cruz Masters Aquatics-38	20:03.44	20:27.60
	1:19.73	2:42.35 (1:22.62)	4:04.15 (1:21.80)	5:25.47 (1:21.32)	
	6:47.17 (1:21.70)	8:09.61 (1:22.44)	9:31.43 (1:21.82)	10:53.49 (1:22.06)	
	12:15.83 (1:22.34)	13:37.83 (1:22.00)	15:00.43 (1:22.60)	16:22.70 (1:22.27)	
	17:45.04 (1:22.34)	19:07.05 (1:22.01)	20:27.60 (1:20.55)		
4	Notaro, Michael	62	Manatee Aquatic Masters Inc-38	20:27.98	21:00.49
	1:19.13	2:42.19 (1:23.06)	4:06.01 (1:23.82)	5:31.29 (1:25.28)	
	6:56.24 (1:24.95)	8:21.20 (1:24.96)	9:46.04 (1:24.84)	11:10.41 (1:24.37)	
	12:35.48 (1:25.07)	14:00.07 (1:24.59)	15:25.31 (1:25.24)	16:49.88 (1:24.57)	
	18:14.22 (1:24.34)	19:38.08 (1:23.86)	21:00.49 (1:22.41)		
5	Taylor, Ron	64	Richmond Plunge Masters-38	22:29.99	23:03.98
	1:23.43	2:56.16 (1:32.73)	4:28.53 (1:32.37)	6:01.41 (1:32.88)	
	7:34.40 (1:32.99)	9:06.78 (1:32.38)	10:38.92 (1:32.14)	12:11.37 (1:32.45)	
	13:44.42 (1:33.05)	15:17.51 (1:33.09)	16:50.81 (1:33.30)	18:24.68 (1:33.87)	
	19:57.58 (1:32.90)	21:30.30 (1:32.72)	23:03.98 (1:33.68)		

Men 60-64 50 LC Meter Backstroke

NATL: 30.59 N 8/10/2019 JAMIE FOWLER

WORLD: 30.46 W 3/9/2024 Thomas DOCKHORN GER

PAC: 32.11 P 12/31/2003 Richard Burns

1	Chao, Hector	60	Walnut Creek Masters-38	34.70	33.55
2	Manley, Kanui	60	Penguin Swim Club-38	35.41	34.47
3	Taylor, Ron	64	Richmond Plunge Masters-38	34.92	35.09
4	Tom, Daniel	60	Menlo Masters-38	37.00	35.92
5	Smith, Curtice	60	University of San Francisco Ma-38	42.00	38.24
6	Nootbaar, Tom	61	Walnut Creek Masters-38	38.99	38.32
7	Laudenslager, Greg	63	Rolling Hills Mud Sharks-38	40.11	39.56
8	Prochnow, Kevin	62	Marin Aquatic Masters-38	44.49	43.99
9	Suess, Robert	63	Rolling Hills Mud Sharks-38	50.00	49.87

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Men 60-64 100 LC Meter Backstroke

NATL: 1:06.08 N 8/11/2019		JAMIE FOWLER			
WORLD: 1:06.08 W 8/11/2019		Jamie FOWLER		USA	
PAC: 1:11.48 P 8/7/2013		Fred Ferroggiaro			
1	Chao, Hector	60	Walnut Creek Masters-38	1:16.50	1:13.40
2	Tom, Daniel	60	Menlo Masters-38	1:25.00	1:18.13
3	Hathaway, David	64	Oregon Masters-37	1:18.67	1:18.24
4	Laudenslager, Greg	63	Rolling Hills Mud Sharks-38	1:26.78	1:25.33
5	Prochnow, Kevin	62	Marin Aquatic Masters-38	2:00.00	1:47.93

Men 60-64 200 LC Meter Backstroke

NATL: 2:26.12 N 8/8/2019		JAMIE FOWLER			
WORLD: 2:26.12 W 8/8/2019		Jamie FOWLER		USA	
PAC: 2:33.09 P 8/7/2013		Fred Ferroggiaro			
1	Chao, Hector	60	Walnut Creek Masters-38	2:47.20	2:39.88
	1:19.08		2:39.88 (1:20.80)		
2	Smith, Curtice	60	University of San Francisco Ma-38	2:50.00	3:07.55
	1:31.17		3:07.55 (1:36.38)		
3	Laudenslager, Greg	63	Rolling Hills Mud Sharks-38	3:08.32	3:08.07
	1:33.88		3:08.07 (1:34.19)		
4	Gustavson, Jeffrey	62	West Hollywood Aquatics-33	3:45.99	3:34.43
	1:46.23		3:34.43 (1:48.20)		

Men 60-64 50 LC Meter Breaststroke

NATL: 31.95 N 8/7/2022		DAVID GUTHRIE			
WORLD: 30.57 W 6/30/2023		C.Arturo TRAVAINI		ITA	
PAC: 33.41 P 12/31/2008		Robert Strand			
1	Tom, Daniel	60	Menlo Masters-38	36.00	34.89
2	Miller, Tim	61	Stanford Masters Swimming-38	36.17	36.47
3	Laudenslager, Greg	63	Rolling Hills Mud Sharks-38	38.81	38.08
4	Ewing, Jack	64	University of San Francisco Ma-38	40.15	42.11
5	Suess, Robert	63	Rolling Hills Mud Sharks-38	47.00	45.48
6	Mallon, Ken	60	Quicksilver Masters-38	49.00	47.83
7	Prochnow, Kevin	62	Marin Aquatic Masters-38	1:05.00	53.82

Men 60-64 100 LC Meter Breaststroke

NATL: 1:11.64 N 8/5/2022		DAVID GUTHRIE			
WORLD: 1:09.57 W 8/6/2023		C.Arturo TRAVAINI		ITA	
PAC: 1:15.42 P 12/31/2008		Robert Strand			
1	Tom, Daniel	60	Menlo Masters-38	1:23.00	1:20.29
2	Laudenslager, Greg	63	Rolling Hills Mud Sharks-38	1:26.72	1:28.16
---	Miller, Tim	61	Stanford Masters Swimming-38	1:21.00	DQ

Men 60-64 200 LC Meter Breaststroke

NATL: 2:39.49 N 8/6/2022		DAVID GUTHRIE			
WORLD: 2:33.57 W 6/29/2023		C.Arturo TRAVAINI		ITA	
PAC: 2:50.77 P 12/31/2008		Robert Strand			
1	Tom, Daniel	60	Menlo Masters-38	3:12.00	3:03.33
	1:27.30		3:03.33 (1:36.03)		
2	Miller, Tim	61	Stanford Masters Swimming-38	3:02.92	3:04.26
	1:32.30		3:04.26 (1:31.96)		
3	Laudenslager, Greg	63	Rolling Hills Mud Sharks-38	3:15.05	3:19.85
	1:37.14		3:19.85 (1:42.71)		

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

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Men 60-64 50 LC Meter Butterfly

NATL: 27.85 N 8/6/2017		TRIP HEDRICK			
WORLD: 27.57 W 6/4/2023		David EMERSON		GBR	
PAC: 28.37 P 8/3/2017		Paul V Carter			
1	Chao, Hector	60	Walnut Creek Masters-38	33.80	31.03
2	Manley, Kanui	60	Penguin Swim Club-38	31.72	31.23
3	Keating, Kevin	61	Sebastopol Masters Aquatic Clu-38	30.50	31.34
4	Smith, Curtice	60	University of San Francisco Ma-38	40.00	33.40
5	Suess, Robert	63	Rolling Hills Mud Sharks-38	45.00	41.25
6	Mallon, Ken	60	Quicksilver Masters-38	36.00	42.40
7	Gustavson, Jeffrey	62	West Hollywood Aquatics-33	44.47	44.95

Men 60-64 100 LC Meter Butterfly

NATL: 1:03.03 N 8/15/2005		RICHARD ABRAHAMS			
WORLD: 1:02.00 W 5/5/2018		Hugo BREGMAN		NED	
PAC: 1:07.28 P 7/22/2023		Kenneth W Tittle			
1	Chao, Hector	60	Walnut Creek Masters-38	1:17.50	1:09.37
2	Nootbaar, Tom	61	Walnut Creek Masters-38	1:14.99	1:15.00
3	Keating, Kevin	61	Sebastopol Masters Aquatic Clu-38	1:14.00	1:18.46
4	Hathaway, David	64	Oregon Masters-37	1:17.00	1:18.52
5	Smith, Curtice	60	University of San Francisco Ma-38	1:20.00	1:19.25

Men 60-64 200 LC Meter Butterfly

NATL: 2:27.05 N 6/8/2024		ARNALDO PEREZ			
WORLD: 2:23.52 W 5/4/2018		Hugo BREGMAN		NED	
PAC: 2:42.84 P 8/6/2016		Peter M Guadagni			
1	Taylor, Ron	64	Richmond Plunge Masters-38	3:16.31	3:21.27
	1:32.03		3:21.27 (1:49.24)		

Men 60-64 200 LC Meter IM

NATL: 2:21.99 N 8/17/2014		RICK COLELLA			
WORLD: 2:21.99 W 8/17/2014		Rick COLELLA		USA	
PAC: 2:32.63 P 12/31/2011		Tim Broderick			
1	Chao, Hector	60	Walnut Creek Masters-38	2:49.00	2:43.36
	1:15.20		2:43.36 (1:28.16)		
2	Smith, Curtice	60	University of San Francisco Ma-38	2:50.00	2:56.78
	1:23.53		2:56.78 (1:33.25)		
3	Ewing, Jack	64	University of San Francisco Ma-38	3:05.19	3:36.38
	1:48.61		3:36.38 (1:47.77)		
4	Burbage-Macaluso, Dan	61	Sacramento Masters-38	4:30.00	4:15.06
	2:02.40		4:15.06 (2:12.66)		

Men 60-64 400 LC Meter IM

NATL: 5:08.20 N 8/15/2014		RICK COLELLA			
WORLD: 5:08.20 W 8/15/2014		Rick COLELLA		USA	
PAC: 5:37.64 P 12/31/2010		Jim Clemmons			
1	Smith, Curtice	60	University of San Francisco Ma-38	6:15.00	6:16.31
	1:22.84		3:02.57 (1:39.73)	4:51.62 (1:49.05)	6:16.31 (1:24.69)
2	Coombs, Craig	64	University of San Francisco Ma-38	6:54.36	7:03.30
	1:40.78		3:35.49 (1:54.71)	5:29.50 (1:54.01)	7:03.30 (1:33.80)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

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Men 65-69 50 LC Meter Freestyle

NATL: 26.21 N 7/6/2018		DOUG MARTIN			
WORLD: 26.21 W 7/6/2018		Doug MARTIN		USA	
PAC: 27.38 P 7/23/2016		Tate Holt			
1	Spellberg, Geoff	68	North Bay Aquatics-38	31.50	30.65
2	Cochrane, James	66	Rolling Hills Mud Sharks-38	37.50	36.81
3	Goupil, Dominique	69	Fremont Hills Masters-38	50.00	41.13
4	Geisler, Maynard	65	Tamalpais Aquatic Masters-38	49.60	42.00
5	Thompson, Jerry	66	Rolling Hills Mud Sharks-38	45.00	42.89

Men 65-69 100 LC Meter Freestyle

NATL: 59.49 N 8/9/2019		JACK GROSELLE			
WORLD: 59.49 W 8/9/2019		Jack GROSELLE		USA	
PAC: 1:01.69 P 7/24/2016		Tate Holt			
1	Cutting, Steve	67	Manatee Aquatic Masters Inc-38	1:07.67	1:08.03
2	Spellberg, Geoff	68	North Bay Aquatics-38	1:12.59	1:11.49
3	Rock, Christopher	65	Davis Aquatic Masters-38	1:14.69	1:12.14
4	Citron, Jeffrey	69	Marcia's Enthusiastic Masters-38	1:16.81	1:15.52
5	Maritzen, Michael	68	Rolling Hills Mud Sharks-38	1:19.84	1:21.61
6	Diers, Phil	67	SF Tsunami Masters-38	2:09.44	2:01.78

Men 65-69 200 LC Meter Freestyle

NATL: 2:09.39 N 8/6/2017		RICK COLELLA			
WORLD: 2:09.39 W 8/6/2017		Rick COLELLA		USA	
PAC: 2:18.51 P 7/24/2016		Tim Broderick			
1	Cutting, Steve	67	Manatee Aquatic Masters Inc-38	2:37.67	2:37.26
	1:17.10		2:37.26 (1:20.16)		
2	O'Brien, Kerry	67	Walnut Creek Masters-38	2:45.00	2:43.70
	1:20.19		2:43.70 (1:23.51)		
3	Wagner, Chris	65	University of San Francisco Ma-38	2:45.00	2:45.57
	1:20.77		2:45.57 (1:24.80)		
4	Kemler, David	66	Walnut Creek Masters-38	2:42.31	2:46.29
	1:22.82		2:46.29 (1:23.47)		
5	Halsted, Lance	65	Davis Aquatic Masters-38	2:50.00	2:46.37
	1:21.63		2:46.37 (1:24.74)		
6	Schwartz, Mark	66	Davis Aquatic Masters-38	3:01.00	2:55.53
	1:24.83		2:55.53 (1:30.70)		
7	Maritzen, Michael	68	Rolling Hills Mud Sharks-38	4:00.00	3:11.94
	1:30.07		3:11.94 (1:41.87)		
8	Hektner, Eric	66	Sebastopol Masters Aquatic Clu-38	3:16.28	3:24.01
	1:35.61		3:24.01 (1:48.40)		
9	Williams, Syd	69	University of San Francisco Ma-38	4:02.00	3:46.69
	1:48.91		3:46.69 (1:57.78)		
10	Diers, Phil	67	SF Tsunami Masters-38	5:00.00	4:39.78
	2:16.04		4:39.78 (2:23.74)		

Men 65-69 400 LC Meter Freestyle

NATL: 4:37.70 N 8/4/2017		RICK COLELLA			
WORLD: 4:37.70 W 8/4/2017		Rick COLELLA		USA	
PAC: 5:05.03 P 7/23/2023		Mark Evans			
1	Wagner, Chris	65	University of San Francisco Ma-38	5:30.00	5:42.02
	1:22.34		2:51.07 (1:28.73)	4:18.84 (1:27.77)	5:42.02 (1:23.18)
2	Rock, Christopher	65	Davis Aquatic Masters-38	5:40.77	5:43.32
	1:22.81		2:51.28 (1:28.47)	4:19.21 (1:27.93)	5:43.32 (1:24.11)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

Results

(Men 65-69 400 LC Meter Freestyle)

3	Halsted, Lance	65	Davis Aquatic Masters-38	6:00.00	5:55.86
	1:24.72	2:54.72 (1:30.00)	4:25.77 (1:31.05)	5:55.86 (1:30.09)	
4	Kemler, David	66	Walnut Creek Masters-38	5:44.41	5:58.99
	1:26.88	2:58.90 (1:32.02)	4:30.34 (1:31.44)	5:58.99 (1:28.65)	
5	Young, Stephen	66	University of San Francisco Ma-38	9:46.91	9:06.72
	2:07.50	4:28.27 (2:20.77)	6:49.91 (2:21.64)	9:06.72 (2:16.81)	

Men 65-69 400 LC Meter Freestyle Splits

NATL: 4:37.70 N 8/4/2017 RICK COLELLA

WORLD: 4:37.70 W 8/4/2017 Rick COLELLA

USA

PAC: 5:05.03 P 7/23/2023 Mark Evans

1	Anderson, Bob	69	Menlo Masters-38	NT	6:46.19
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Men 65-69 800 LC Meter Freestyle

NATL: 10:01.92 N 8/4/2022 DAN STEPHENSON

WORLD: 9:48.95 W 8/3/2023 Djan MADRUGA

BRA

PAC: 10:31.70 P 7/28/2018 Fred Ferroggiaro

1	Kemler, David	66	Walnut Creek Masters-38	11:59.94	12:05.28
	1:27.73	3:00.91 (1:33.18)	4:33.12 (1:32.21)	6:05.04 (1:31.92)	
	7:36.80 (1:31.76)	9:08.37 (1:31.57)	10:39.03 (1:30.66)	12:05.28 (1:26.25)	
2	Wagner, Chris	65	University of San Francisco Ma-38	11:55.00	12:06.69
	1:25.87	2:58.05 (1:32.18)	4:29.42 (1:31.37)	5:59.62 (1:30.20)	
	7:30.77 (1:31.15)	9:03.05 (1:32.28)	10:35.04 (1:31.99)	12:06.69 (1:31.65)	
3	Spellberg, Geoff	68	North Bay Aquatics-38	12:30.00	12:36.45
	1:31.61	3:09.54 (1:37.93)	4:47.09 (1:37.55)	6:24.19 (1:37.10)	
	8:00.50 (1:36.31)	9:36.10 (1:35.60)	11:09.40 (1:33.30)	12:36.45 (1:27.05)	
4	Citron, Jeffrey	69	Marcia's Enthusiastic Masters-38	13:06.63	12:38.15
	1:31.65	3:09.86 (1:38.21)	4:48.30 (1:38.44)	6:26.36 (1:38.06)	
	8:03.21 (1:36.85)	9:37.87 (1:34.66)	11:11.58 (1:33.71)	12:38.15 (1:26.57)	
5	Anderson, Bob	69	Menlo Masters-38	13:00.00	13:34.07
	1:35.90	3:19.94 (1:44.04)	5:02.76 (1:42.82)	6:46.19 (1:43.43)	
	8:27.52 (1:41.33)	10:11.02 (1:43.50)	11:54.27 (1:43.25)	13:34.07 (1:39.80)	
6	Maritzen, Michael	68	Rolling Hills Mud Sharks-38	14:11.14	14:24.57
	1:39.20	3:28.74 (1:49.54)	5:19.40 (1:50.66)	7:10.49 (1:51.09)	
	9:00.88 (1:50.39)	10:50.69 (1:49.81)	12:40.48 (1:49.79)	14:24.57 (1:44.09)	
7	Young, Stephen	66	University of San Francisco Ma-38	20:01.84	19:24.66
	2:08.45	4:30.42 (2:21.97)	6:56.21 (2:25.79)	9:24.01 (2:27.80)	
	12:05.98 (2:41.97)	14:30.79 (2:24.81)	17:01.70 (2:30.91)	19:24.66 (2:22.96)	

Men 65-69 1500 LC Meter Freestyle

NATL: 19:28.61 N 6/17/2023 JAMES RITTER

WORLD: 18:43.53 W 10/15/2023 Paul BLACKBEARD

AUS

PAC: 20:19.61 P 7/21/2023 Mark Evans

1	Wagner, Chris	65	University of San Francisco Ma-38	22:45.00	22:47.68
	1:27.75	2:59.26 (1:31.51)	4:30.62 (1:31.36)	6:02.15 (1:31.53)	
	7:33.38 (1:31.23)	9:03.53 (1:30.15)	10:34.07 (1:30.54)	12:05.21 (1:31.14)	
	13:37.66 (1:32.45)	15:09.65 (1:31.99)	16:42.23 (1:32.58)	18:15.19 (1:32.96)	
	19:47.47 (1:32.28)	21:18.81 (1:31.34)	22:47.68 (1:28.87)		
2	Citron, Jeffrey	69	Marcia's Enthusiastic Masters-38	24:26.31	24:04.48
	1:33.06	3:12.47 (1:39.41)	4:51.58 (1:39.11)	6:30.53 (1:38.95)	
	8:08.95 (1:38.42)	9:46.75 (1:37.80)	11:23.84 (1:37.09)	13:01.13 (1:37.29)	
	14:38.05 (1:36.92)	16:16.65 (1:38.60)	17:53.66 (1:37.01)	19:29.52 (1:35.86)	
	21:03.99 (1:34.47)	22:35.98 (1:31.99)	24:04.48 (1:28.50)		

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****(Men 65-69 1500 LC Meter Freestyle)**

3	Woodruff, David	68	Davis Aquatic Masters-38	26:00.00	25:28.06
	1:36.33	3:18.46 (1:42.13)	5:01.51 (1:43.05)	6:44.72 (1:43.21)	
	8:26.98 (1:42.26)	10:09.69 (1:42.71)	11:52.96 (1:43.27)	13:35.46 (1:42.50)	
	15:16.64 (1:41.18)	16:58.02 (1:41.38)	18:40.30 (1:42.28)	20:22.03 (1:41.73)	
	22:04.38 (1:42.35)	23:45.69 (1:41.31)	25:28.06 (1:42.37)		
4	Maritzen, Michael	68	Rolling Hills Mud Sharks-38	27:03.35	27:23.22
	1:36.48	3:24.42 (1:47.94)	5:14.25 (1:49.83)	7:05.47 (1:51.22)	
	8:56.87 (1:51.40)	10:48.96 (1:52.09)	12:40.40 (1:51.44)	14:31.35 (1:50.95)	
	16:20.32 (1:48.97)	18:11.37 (1:51.05)	20:03.01 (1:51.64)	21:56.56 (1:53.55)	
	23:45.05 (1:48.49)	25:39.89 (1:54.84)	27:23.22 (1:43.33)		
5	Young, Stephen	66	University of San Francisco Ma-38	38:47.29	40:22.70
	2:14.23	4:43.37 (2:29.14)	7:16.06 (2:32.69)	9:52.88 (2:36.82)	
	12:29.23 (2:36.35)	15:10.19 (2:40.96)	17:51.60 (2:41.41)	20:35.86 (2:44.26)	
	23:24.21 (2:48.35)	26:12.19 (2:47.98)	29:01.44 (2:49.25)	31:55.63 (2:54.19)	
	34:47.24 (2:51.61)	37:38.82 (2:51.58)	40:22.70 (2:43.88)		

Men 65-69 50 LC Meter Backstroke

	NATL:	30.95	N	7/12/2012	HUGH WILDER	
	WORLD:	30.95	W	7/7/2012	Hugh WILDER	USA
	PAC:	30.95	P	12/31/2012	Hugh Wilder	
1	Cutting, Steve	67	Manatee Aquatic Masters Inc-38	36.67	37.41	
2	Woodruff, David	68	Davis Aquatic Masters-38	47.00	46.37	
3	Cochrane, James	66	Rolling Hills Mud Sharks-38	47.50	49.20	
4	Goupil, Dominique	69	Fremont Hills Masters-38	55.00	52.04	
5	Thompson, Jerry	66	Rolling Hills Mud Sharks-38	58.00	54.27	

Men 65-69 100 LC Meter Backstroke

	NATL:	1:09.79	N	7/8/2012	HUGH WILDER	
	WORLD:	1:08.15	W	4/22/2022	Vladimir GORKOV	RUS
	PAC:	1:09.79	P	12/31/2012	Hugh Wilder	
1	Cutting, Steve	67	Manatee Aquatic Masters Inc-38	1:20.67	1:20.15	
2	Wagner, Chris	65	University of San Francisco Ma-38	1:25.00	1:23.54	
3	Rock, Christopher	65	Davis Aquatic Masters-38	1:26.36	1:25.03	
4	Maritzen, Michael	68	Rolling Hills Mud Sharks-38	1:42.98	1:41.58	
5	Schwartz, Mark	66	Davis Aquatic Masters-38	1:44.00	1:43.05	
6	Cochrane, James	66	Rolling Hills Mud Sharks-38	1:46.00	1:54.04	
7	Goupil, Dominique	69	Fremont Hills Masters-38	2:00.00	1:55.73	

Men 65-69 200 LC Meter Backstroke

	NATL:	2:32.79	N	8/5/2022	DAN STEPHENSON	
	WORLD:	2:31.62	W	4/23/2022	Vladimir GORKOV	RUS
	PAC:	2:39.02	P	8/8/2019	Fred Ferroggiaro	
1	Cutting, Steve	67	Manatee Aquatic Masters Inc-38	2:56.67	2:53.39	
	1:25.15	2:53.39 (1:28.24)				
2	Kemler, David	66	Walnut Creek Masters-38	3:02.43	3:03.27	
	1:29.94	3:03.27 (1:33.33)				
3	Wagner, Chris	65	University of San Francisco Ma-38	2:58.00	3:04.36	
	1:30.89	3:04.36 (1:33.47)				
4	Rock, Christopher	65	Davis Aquatic Masters-38	3:06.45	3:07.60	
	1:33.67	3:07.60 (1:33.93)				
5	Citron, Jeffrey	69	Marcia's Enthusiastic Masters-38	3:27.42	3:22.69	
	1:39.15	3:22.69 (1:43.54)				
6	Young, Stephen	66	University of San Francisco Ma-38	4:58.68	4:56.60	
	2:25.36	4:56.60 (2:31.24)				

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Men 65-69 50 LC Meter Breaststroke

NATL:		33.30	N	8/19/2016	RICK COLELLA		
WORLD:		33.30	W	8/19/2016	Rick COLELLA		USA
PAC:		35.00	P	12/31/2009	Kenneth A Frost		
1	Tulin, Bill	66	Tamalpais Aquatic Masters-38	44.20		42.04	
2	Anderson, Bob	69	Menlo Masters-38	42.00		42.43	
3	Braham, Bob	65	The Bay Club-38	44.00		42.91	
4	Woodruff, David	68	Davis Aquatic Masters-38	45.00		45.47	
5	Cottingham, John	65	Los Gatos Swim And Racquet Clu-38	46.92		46.77	
6	Hektner, Eric	66	Sebastopol Masters Aquatic Clu-38	46.82		46.85	
7	Geisler, Maynard	65	Tamalpais Aquatic Masters-38	57.60		50.21	
8	Williams, Syd	69	University of San Francisco Ma-38	1:05.00		52.90	
9	Thompson, Jerry	66	Rolling Hills Mud Sharks-38	48.00		54.61	
10	Diers, Phil	67	SF Tsunami Masters-38	1:05.77		1:09.35	
---	Goupil, Dominique	69	Fremont Hills Masters-38	50.00		DQ	
---	Kalousek, Jakub	65	Uc38	1:45.44		DQ	

Men 65-69 100 LC Meter Breaststroke

NATL:		1:14.77	N	8/5/2017	RICK COLELLA		
WORLD:		1:14.77	W	8/5/2017	Rick COLELLA		USA
PAC:		1:18.11	P	12/31/2009	Kenneth A Frost		
1	Woodruff, David	68	Davis Aquatic Masters-38	1:40.00		1:41.92	
2	Anderson, Bob	69	Menlo Masters-38	1:40.00		1:42.68	
3	Goupil, Dominique	69	Fremont Hills Masters-38	1:50.00		1:48.98	
4	Diers, Phil	67	SF Tsunami Masters-38	2:27.82		2:34.20	
5	Young, Stephen	66	University of San Francisco Ma-38	2:49.64		2:47.71	

Men 65-69 200 LC Meter Breaststroke

NATL:		2:41.54	N	8/21/2016	RICK COLELLA		
WORLD:		2:41.54	W	8/21/2016	Rick COLELLA		USA
PAC:		2:59.54	P	12/31/2009	Kenneth A Frost		
1	Braham, Bob	65	The Bay Club-38	3:36.00		3:38.54	
		1:45.01	3:38.54 (1:53.53)				
2	Anderson, Bob	69	Menlo Masters-38	3:40.00		3:45.00	
		1:51.27	3:45.00 (1:53.73)				
3	Goupil, Dominique	69	Fremont Hills Masters-38	4:15.00		4:01.47	
		1:57.86	4:01.47 (2:03.61)				
4	Hektner, Eric	66	Sebastopol Masters Aquatic Clu-38	4:03.72		4:03.35	
		1:58.53	4:03.35 (2:04.82)				
5	Williams, Syd	69	University of San Francisco Ma-38	4:45.00		4:06.15	
		2:01.70	4:06.15 (2:04.45)				
6	Young, Stephen	66	University of San Francisco Ma-38	6:03.98		5:59.93	
		2:55.81	5:59.93 (3:04.12)				

Men 65-69 50 LC Meter Butterfly

NATL:		28.38	N	8/8/2021	TRIP HEDRICK		
WORLD:		28.26	W	8/7/2023	Dan THOMPSON		CAN
PAC:		29.36	P	8/13/2022	Paul V Carter		
1	O'Brien, Kerry	67	Walnut Creek Masters-38	35.10		36.40	
2	Cottingham, John	65	Los Gatos Swim And Racquet Clu-38	36.50		36.59	
3	Halsted, Lance	65	Davis Aquatic Masters-38	39.00		37.77	
4	Schwartz, Mark	66	Davis Aquatic Masters-38	45.10		39.93	
5	Woodruff, David	68	Davis Aquatic Masters-38	42.00		41.36	

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Men 65-69 100 LC Meter Butterfly

NATL:	1:05.83	N	8/6/2017	RICK COLELLA		
WORLD:	1:05.82	W	5/5/2023	Hugo BREGMAN		NED
PAC:	1:12.61	P	7/22/2023	Mark Evans		
1	Spellberg, Geoff		68	North Bay Aquatics-38	1:22.50	1:26.82
2	Anderson, Bob		69	Menlo Masters-38	1:40.00	1:39.65

Men 65-69 200 LC Meter Butterfly

NATL:	2:33.40	N	6/12/2016	LAWRENCE DAY		
WORLD:	2:32.00	W	5/7/2023	Hugo BREGMAN		NED
PAC:	2:49.73	P	7/26/2015	Joel R Wilson		
1	Anderson, Bob		69	Menlo Masters-38	3:40.00	3:46.75
	1:48.83			3:46.75 (1:57.92)		

Men 65-69 200 LC Meter IM

NATL:	2:25.22	N	8/19/2016	RICK COLELLA		
WORLD:	2:25.22	W	8/19/2016	Rick COLELLA		USA
PAC:	2:41.20	P	8/9/2014	Alek I Shestakov		
1	Cutting, Steve		67	Manatee Aquatic Masters Inc-38	2:56.67	2:56.51
	1:25.44			2:56.51 (1:31.07)		
2	Rock, Christopher		65	Davis Aquatic Masters-38	3:06.27	3:03.69
	1:26.70			3:03.69 (1:36.99)		
3	Kemler, David		66	Walnut Creek Masters-38	3:10.44	3:13.44
	1:33.20			3:13.44 (1:40.24)		
4	Diers, Phil		67	SF Tsunami Masters-38	5:33.89	5:29.24
	2:59.64			5:29.24 (2:29.60)		

Men 65-69 400 LC Meter IM

NATL:	5:13.36	N	8/3/2017	RICK COLELLA		
WORLD:	5:13.36	W	8/3/2017	Rick COLELLA		USA
PAC:	5:45.74	P	6/12/2016	Tim Broderick		
1	Kemler, David		66	Walnut Creek Masters-38	6:55.53	6:57.22
	1:41.47			3:26.39 (1:44.92)	5:27.21 (2:00.82)	6:57.22 (1:30.01)

Men 70-74 50 LC Meter Freestyle

NATL:	27.12	N	1/20/2023	DOUG MARTIN		
WORLD:	27.12	W	1/20/2023	Doug MARTIN		USA
PAC:	28.55	P	5/19/2013	James E Elder		
1	Van Boer, Eric		70	Rolling Hills Mud Sharks-38	30.30	30.37
2	Durell, Robert		73	Albany Armada Aquatics Masters-38	42.52	35.64
3	Au, Andre		71	Albany Armada Aquatics Masters-38	38.61	41.27

Men 70-74 100 LC Meter Freestyle

NATL:	1:03.32	N	8/8/2015	DAVID QUIGGIN		
WORLD:	1:03.32	W	8/8/2015	David QUIGGIN		USA
PAC:	1:04.85	P	8/7/2013	Richard Burns		
1	Durell, Robert		73	Albany Armada Aquatics Masters-38	1:28.20	1:29.13

Men 70-74 100 LC Meter Freestyle Splits

NATL:	1:03.32	N	8/8/2015	DAVID QUIGGIN		
WORLD:	1:03.32	W	8/8/2015	David QUIGGIN		USA
PAC:	1:04.85	P	8/7/2013	Richard Burns		
1	Small, Stephen		72	Marcia's Enthusiastic Masters-38	NT	1:18.70
2	Kahn, Stuart		71	Davis Aquatic Masters-38	NT	1:25.13

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Men 70-74 200 LC Meter Freestyle

NATL: 2:23.30		N	7/31/2018	FRED SCHLICHER		
WORLD: 2:22.88		W	2/11/2024	Akira HIDA		JPN
PAC: 2:27.26		P	8/14/2019	Alan D Bernard		
1	Van Boer, Eric	70	Rolling Hills Mud Sharks-38	2:40.00	2:42.02	
	1:18.76		2:42.02 (1:23.26)			
2	Bell, Gordon	72	Walnut Creek Masters-38	2:50.00	2:44.65	
	1:20.94		2:44.65 (1:23.71)			
3	Kahn, Stuart	71	Davis Aquatic Masters-38	2:56.00	2:53.56	
	1:25.13		2:53.56 (1:28.43)			
4	Virtue, Paul	73	University of San Francisco Ma-38	2:50.01	2:56.56	
	1:27.02		2:56.56 (1:29.54)			
5	Small, Stephen	72	Marcia's Enthusiastic Masters-38	3:00.00	2:57.28	
	1:25.02		2:57.28 (1:32.26)			
6	Senz, Doug	72	Marcia's Enthusiastic Masters-38	4:29.00	3:47.32	
	1:52.73		3:47.32 (1:54.59)			

Men 70-74 400 LC Meter Freestyle Splits

NATL: 4:57.84		N	7/1/2023	RICK COLELLA		
WORLD: 4:57.84		W	7/1/2023	Rick COLELLA		USA
PAC: 5:21.38		P	8/5/2023	Fred Ferroggiaro		
1	Small, Stephen	72	Marcia's Enthusiastic Masters-38	NT	6:25.68	

Men 70-74 400 LC Meter Freestyle

NATL: 4:57.84		N	7/1/2023	RICK COLELLA		
WORLD: 4:57.84		W	7/1/2023	Rick COLELLA		USA
PAC: 5:21.38		P	8/5/2023	Fred Ferroggiaro		
1	Bell, Gordon	72	Walnut Creek Masters-38	6:15.00	5:50.92	
	1:28.33		2:57.59 (1:29.26)	4:25.46 (1:27.87)	5:50.92 (1:25.46)	
2	Senz, Doug	72	Marcia's Enthusiastic Masters-38	9:59.00	7:52.14	
	1:58.79		3:56.85 (1:58.06)	5:54.34 (1:57.49)	7:52.14 (1:57.80)	

Men 70-74 800 LC Meter Freestyle

NATL: 10:12.57		N	7/1/2023	RICK COLELLA		
WORLD: 10:12.57		W	7/1/2023	Rick COLELLA		USA
PAC: 11:00.56		P	8/3/2023	Fred Ferroggiaro		
1	Bell, Gordon	72	Walnut Creek Masters-38	12:40.00	11:55.99	
	1:26.44		2:55.63 (1:29.19)	4:25.23 (1:29.60)	5:55.16 (1:29.93)	
	7:24.88 (1:29.72)		8:55.25 (1:30.37)	10:26.85 (1:31.60)	11:55.99 (1:29.14)	

Men 70-74 800 LC Meter Freestyle Splits

NATL: 10:12.57		N	7/1/2023	RICK COLELLA		
WORLD: 10:12.57		W	7/1/2023	Rick COLELLA		USA
PAC: 11:00.56		P	8/3/2023	Fred Ferroggiaro		
1	Small, Stephen	72	Marcia's Enthusiastic Masters-38	NT	12:58.51	
2	Kahn, Stuart	71	Davis Aquatic Masters-38	NT	13:01.93	

Men 70-74 1500 LC Meter Freestyle

NATL: 20:26.12		N	7/20/2018	DAN KIRKLAND		
WORLD: 20:26.12		W	7/20/2018	Dan KIRKLAND		USA
PAC: 22:08.38		P	8/2/2017	Edward Rudloff		
1	Bell, Gordon	72	Walnut Creek Masters-38	24:00.00	22:47.21	
	1:32.87		3:09.21 (1:36.34)	4:43.80 (1:34.59)	6:16.61 (1:32.81)	
	7:47.21 (1:30.60)		9:17.13 (1:29.92)	10:47.37 (1:30.24)	12:17.71 (1:30.34)	
	13:47.56 (1:29.85)		15:17.77 (1:30.21)	16:47.50 (1:29.73)	18:18.12 (1:30.62)	
	19:47.87 (1:29.75)		21:18.42 (1:30.55)	22:47.21 (1:28.79)		

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(Men 70-74 1500 LC Meter Freestyle)

2	Virtue, Paul	73	University of San Francisco Ma-38	23:15.72	23:46.24
	1:33.33	3:09.33 (1:36.00)	4:45.72 (1:36.39)	6:21.35 (1:35.63)	
	7:57.82 (1:36.47)	9:33.77 (1:35.95)	11:08.99 (1:35.22)	12:44.66 (1:35.67)	
	14:20.37 (1:35.71)	15:56.05 (1:35.68)	17:30.71 (1:34.66)	19:04.83 (1:34.12)	
	20:39.78 (1:34.95)	22:13.93 (1:34.15)	23:46.24 (1:32.31)		
3	Small, Stephen	72	Marcia's Enthusiastic Masters-38	25:00.00	24:12.45
	1:30.56	3:08.25 (1:37.69)	4:47.12 (1:38.87)	6:25.68 (1:38.56)	
	8:04.20 (1:38.52)	9:42.77 (1:38.57)	11:21.14 (1:38.37)	12:58.51 (1:37.37)	
	14:34.95 (1:36.44)	16:11.44 (1:36.49)	17:49.04 (1:37.60)	19:26.14 (1:37.10)	
	21:01.70 (1:35.56)	22:37.55 (1:35.85)	24:12.45 (1:34.90)		
4	Kahn, Stuart	71	Davis Aquatic Masters-38	25:30.00	24:22.59
	1:34.60	3:12.68 (1:38.08)	4:50.63 (1:37.95)	6:28.67 (1:38.04)	
	8:06.32 (1:37.65)	9:44.06 (1:37.74)	11:22.61 (1:38.55)	13:01.93 (1:39.32)	
	14:41.70 (1:39.77)	16:21.12 (1:39.42)	17:59.13 (1:38.01)	19:37.35 (1:38.22)	
	21:15.14 (1:37.79)	22:51.25 (1:36.11)	24:22.59 (1:31.34)		
5	Winterrowd, Dan	74	Marcia's Enthusiastic Masters-38	25:51.20	26:30.63
	1:42.38	3:28.46 (1:46.08)	5:14.13 (1:45.67)	7:00.14 (1:46.01)	
	8:45.80 (1:45.66)	10:31.09 (1:45.29)	12:16.86 (1:45.77)	14:01.67 (1:44.81)	
	15:48.20 (1:46.53)	17:35.28 (1:47.08)	19:22.15 (1:46.87)	21:10.07 (1:47.92)	
	22:57.23 (1:47.16)	24:45.22 (1:47.99)	26:30.63 (1:45.41)		
6	Senz, Doug	72	Marcia's Enthusiastic Masters-38	39:59.00	32:10.26
		4:23.39 ()			
		13:07.33 ()	15:15.15 (2:07.82)		
	19:31.48 ()	21:39.46 (2:07.98)	23:46.27 (2:06.81)		
		30:08.35 ()	32:10.26 (2:01.91)		

Men 70-74 50 LC Meter Backstroke

	NATL:	33.16	N	1/19/2024	TOM WOLF	
	WORLD:	33.16	W	1/19/2024	Tom WOLF	USA
	PAC:	33.59	P	8/7/2013	Richard Burns	
1	Van Boer, Eric	70	Rolling Hills Mud Sharks-38	36.00	36.61	
2	Durell, Robert	73	Albany Armada Aquatics Masters-38	49.29	48.83	
3	Au, Andre	71	Albany Armada Aquatics Masters-38	56.44	1:03.76	

Men 70-74 100 LC Meter Backstroke

	NATL:	1:13.49	N	8/6/2017	HUGH WILDER	
	WORLD:	1:13.49	W	8/6/2017	Hugh WILDER	USA
	PAC:	1:15.13	P	6/15/2013	Richard Burns	
1	Van Boer, Eric	70	Rolling Hills Mud Sharks-38	1:23.00	1:22.85	
2	Johanson, Jeff	70	Bret Harte Aquatic Masters-38	1:36.80	1:38.60	

Men 70-74 100 LC Meter Backstroke Splits

	NATL:	1:13.49	N	8/6/2017	HUGH WILDER	
	WORLD:	1:13.49	W	8/6/2017	Hugh WILDER	USA
	PAC:	1:15.13	P	6/15/2013	Richard Burns	
1	Small, Stephen	72	Marcia's Enthusiastic Masters-38	NT	1:40.84	

Men 70-74 200 LC Meter Backstroke

	NATL:	2:40.25	N	6/5/2021	LAWRENCE DAY	
	WORLD:	2:40.25	W	6/5/2021	Lawrence DAY	USA
	PAC:	2:44.16	P	8/6/2023	Fred Ferroggiaro	
1	Van Boer, Eric	70	Rolling Hills Mud Sharks-38	3:14.70	3:07.35	
	1:32.30	3:07.35 (1:35.05)				
2	Johanson, Jeff	70	Bret Harte Aquatic Masters-38	3:30.00	3:27.53	
	1:40.60	3:27.53 (1:46.93)				

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(Men 70-74 200 LC Meter Backstroke)

3	Small, Stephen	72	Marcia's Enthusiastic Masters-38	3:45.00	3:38.42
	1:44.94		3:38.42 (1:53.48)		

Men 70-74 50 LC Meter Breaststroke

	NATL:	34.69	N	7/1/2023	RICK COLELLA	
	WORLD:	34.69	W	7/1/2023	Rick COLELLA	USA
	PAC:	37.34	P	8/9/2014	Kenneth A Frost	
1	Ottersen, Craig	72	Park Terrace Masters Swimming-38	37.50	37.47	
2	Swenor, Gary	70	Longhorn Aquatics-43	42.89	42.29	
3	Johanson, Jeff	70	Bret Harte Aquatic Masters-38	45.10	47.17	
4	Au, Andre	71	Albany Armada Aquatics Masters-38	51.33	57.66	

Men 70-74 100 LC Meter Breaststroke

	NATL:	1:17.80	N	7/1/2023	RICK COLELLA	
	WORLD:	1:17.80	W	7/1/2023	Rick COLELLA	USA
	PAC:	1:23.65	P	8/9/2014	Kenneth A Frost	
1	Johanson, Jeff	70	Bret Harte Aquatic Masters-38	1:39.00	1:44.93	

Men 70-74 200 LC Meter Breaststroke

	NATL:	2:48.97	N	7/1/2023	RICK COLELLA	
	WORLD:	2:48.97	W	7/1/2023	Rick COLELLA	USA
	PAC:	3:07.93	P	8/9/2014	Kenneth A Frost	
1	Bell, Gordon	72	Walnut Creek Masters-38	3:50.00	3:46.27	
	1:47.57		3:46.27 (1:58.70)			
2	Swenor, Gary	70	Longhorn Aquatics-43	3:20.78	3:46.45	
	1:53.14		3:46.45 (1:53.31)			
3	Johanson, Jeff	70	Bret Harte Aquatic Masters-38	3:40.00	3:48.90	
	1:51.31		3:48.90 (1:57.59)			
4	Small, Stephen	72	Marcia's Enthusiastic Masters-38	4:00.00	4:01.14	
	1:56.16		4:01.14 (2:04.98)			

Men 70-74 50 LC Meter Butterfly

	NATL:	29.84	N	7/6/2024	FREDERICK EHMKE	
	WORLD:	29.98	W	10/10/2021	Lawrence DAY	USA
	PAC:	31.20	P	8/9/2015	Richard Burns	
1	Van Boer, Eric	70	Rolling Hills Mud Sharks-38	33.00	34.15	
2	Kahn, Stuart	71	Davis Aquatic Masters-38	35.00	35.34	
3	Bell, Gordon	72	Walnut Creek Masters-38	52.00	43.86	
---	Au, Andre	71	Albany Armada Aquatics Masters-38	1:00.00	DQ	

Men 70-74 100 LC Meter Butterfly Splits

	NATL:	1:07.40	N	10/8/2021	LAWRENCE DAY	
	WORLD:	1:07.40	W	10/8/2021	Lawrence DAY	USA
	PAC:	1:12.43	P	8/6/2017	Andrew M McPherso	
2	Small, Stephen	72	Marcia's Enthusiastic Masters-38	NT	3:57.24	

Men 70-74 200 LC Meter IM

	NATL:	2:35.97	N	7/1/2023	RICK COLELLA	
	WORLD:	2:35.97	W	7/1/2023	Rick COLELLA	USA
	PAC:	2:54.29	P	5/22/2022	Craig M Ottersen	
1	Ottersen, Craig	72	Park Terrace Masters Swimming-38	2:56.50	3:00.00	
	1:26.18		3:00.00 (1:33.82)			
2	Johanson, Jeff	70	Bret Harte Aquatic Masters-38	3:28.00	3:31.37	
	1:40.93		3:31.37 (1:50.44)			

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(Men 70-74 200 LC Meter IM)

3	Small, Stephen	72	Marcia's Enthusiastic Masters-38	3:40.00	3:31.58
	1:42.11		3:31.58 (1:49.47)		

Men 70-74 400 LC Meter IM

NATL:	5:55.97	N	6/6/2021	LAWRENCE DAY	
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WORLD:	5:55.97	W	6/6/2021	Lawrence DAY	USA
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PAC:	6:01.90	P	7/19/2019	Alek I Shestakov	
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1	Small, Stephen	72	Marcia's Enthusiastic Masters-38	8:00.00	7:38.02
	1:58.68		3:57.24 (1:58.56)	6:05.86 (2:08.62)	7:38.02 (1:32.16)

Men 75-79 50 LC Meter Freestyle

NATL:	29.19	N	8/25/2019	DAVID QUIGGIN	
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WORLD:	29.19	W	8/25/2019	David QUIGGIN	USA
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PAC:	29.60	P	8/11/2019	Richard Burns	
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1	Bernard, Alan	75	Tamalpais Aquatic Masters-38	32.99	32.27
2	Ashford, Wes	76	Penguin Swim Club-38	34.63	34.61
3	McPherson, Andrew	77	Davis Aquatic Masters-38	36.50	35.09
4	Firmin, Rob	76	Albany Armada Aquatics Masters-38	41.39	38.23
5	Fitschen, Gary	79	Manatee Aquatic Masters Inc-38	39.89	38.74
6	Wiscomb, Lance	79	University of San Francisco Ma-38	50.00	51.30
7	Pierce, Donald	79	Rolling Hills Mud Sharks-38	50.00	54.30
8	Wingerath, Michael	79	Cala Maritime Aquatics Masters-38	1:20.00	1:04.78

Men 75-79 100 LC Meter Freestyle

NATL:	1:06.55	N	8/9/2019	RICHARD BURNS	
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WORLD:	1:06.40	W	3/3/2018	Akira FUJIMAKI	JPN
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PAC:	1:06.55	P	8/9/2019	Richard Burns	
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1	Bernard, Alan	75	Tamalpais Aquatic Masters-38	1:13.99	1:11.24
2	Ashford, Wes	76	Penguin Swim Club-38	1:19.61	1:17.49
3	McPherson, Andrew	77	Davis Aquatic Masters-38	1:18.50	1:20.07
4	Wiscomb, Lance	79	University of San Francisco Ma-38	1:50.00	1:52.21
5	Murray, Ed	75	University of San Francisco Ma-38	2:10.00	2:15.34
6	Wingerath, Michael	79	Cala Maritime Aquatics Masters-38	2:30.00	2:33.68

Men 75-79 200 LC Meter Freestyle

NATL:	2:25.66	N	6/6/2009	DAVID RADCLIFF	
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WORLD:	2:25.66	W	6/6/2009	David RADCLIFF	USA
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PAC:	2:36.24	P	7/23/2023	Joel R Wilson	
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1	Bernard, Alan	75	Tamalpais Aquatic Masters-38	2:40.99	2:40.51
	1:18.46		2:40.51 (1:22.05)		

Men 75-79 200 LC Meter Freestyle Splits

NATL:	2:25.66	N	6/6/2009	DAVID RADCLIFF	
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WORLD:	2:25.66	W	6/6/2009	David RADCLIFF	USA
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PAC:	2:36.24	P	7/23/2023	Joel R Wilson	
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1	Benjamin, David	75	Marcia's Enthusiastic Masters-38	NT	3:44.90
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Men 75-79 400 LC Meter Freestyle

NATL:	5:17.77	N	3/7/2009	DAVID RADCLIFF	
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WORLD:	5:17.77	W	3/7/2009	David RADCLIFF	USA
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PAC:	5:19.10	P	7/23/2023	Joel R Wilson	
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1	Deacon, Ted	75	Davis Aquatic Masters-38	6:20.00	6:33.99
	1:35.49		3:16.25 (1:40.76)	4:56.76 (1:40.51)	6:33.99 (1:37.23)

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Men 75-79 800 LC Meter Freestyle

NATL: 11:01.70 N 8/11/2023 DAN KIRKLAND

WORLD: 11:01.70 W 8/11/2023 Dan KIRKLAND

USA

PAC: 12:58.14 P 12/31/1995 Ray Taft

1	Ashford, Wes	76	Penguin Swim Club-38	14:00.00	13:10.87
	1:37.90	3:19.45 (1:41.55)	5:00.44 (1:40.99)	6:42.79 (1:42.35)	
	8:23.75 (1:40.96)	10:03.68 (1:39.93)	11:41.42 (1:37.74)	13:10.87 (1:29.45)	
2	Jochim, Christian	76	Quicksilver Masters-38	15:00.00	14:57.56
	1:46.05	3:37.13 (1:51.08)	5:30.43 (1:53.30)	7:25.47 (1:55.04)	
	9:21.60 (1:56.13)	11:15.40 (1:53.80)	13:09.49 (1:54.09)	14:57.56 (1:48.07)	

Men 75-79 1500 LC Meter Freestyle

NATL: 21:02.80 N 8/11/2023 DAN KIRKLAND

WORLD: 21:02.80 W 8/11/2023 Dan KIRKLAND

USA

PAC: 24:53.76 P 12/31/1995 Ray Taft

1	Wilson, Joel	76	Santa Cruz Masters Aquatics-38	22:40.00	21:33.55 P
	1:23.14	2:51.61 (1:28.47)	4:20.14 (1:28.53)	5:47.90 (1:27.76)	
	7:15.06 (1:27.16)	8:41.38 (1:26.32)	10:08.11 (1:26.73)	11:34.41 (1:26.30)	
	13:00.64 (1:26.23)	14:27.19 (1:26.55)	15:52.63 (1:25.44)	17:18.28 (1:25.65)	
	18:44.02 (1:25.74)	20:09.94 (1:25.92)	21:33.55 (1:23.61)		
2	Jochim, Christian	76	Quicksilver Masters-38	30:00.00	28:46.68
	1:47.37	3:43.14 (1:55.77)	5:37.76 (1:54.62)	7:33.69 (1:55.93)	
	9:28.94 (1:55.25)	11:25.83 (1:56.89)	13:23.93 (1:58.10)	15:22.46 (1:58.53)	
	17:18.25 (1:55.79)	19:16.16 (1:57.91)	21:12.59 (1:56.43)	23:07.94 (1:55.35)	
	25:03.39 (1:55.45)	26:58.71 (1:55.32)	28:46.68 (1:47.97)		
3	Crockett, Robert	76	Menlo Masters-38	31:07.70	32:48.01
	1:57.14	4:04.75 (2:07.61)	6:15.54 (2:10.79)	8:26.38 (2:10.84)	
	10:37.95 (2:11.57)	12:50.58 (2:12.63)	15:03.81 (2:13.23)	17:15.93 (2:12.12)	
	19:28.35 (2:12.42)	21:41.70 (2:13.35)	23:56.46 (2:14.76)	26:09.75 (2:13.29)	
	28:23.50 (2:13.75)	30:37.71 (2:14.21)	32:48.01 (2:10.30)		

Men 75-79 50 LC Meter Backstroke

NATL: 34.45 N 8/2/2018 RICHARD BURNS

WORLD: 34.45 W 8/2/2018 Richard BURNS

USA

PAC: 34.45 P 8/2/2018 Richard Burns

1	Rust, David	78	Santa Rosa Masters-38	56.34	59.73
2	Pierce, Donald	79	Rolling Hills Mud Sharks-38	55.00	59.94
3	Wiscomb, Lance	79	University of San Francisco Ma-38	1:10.00	1:05.79

Men 75-79 100 LC Meter Backstroke

NATL: 1:17.17 N 7/31/2018 RICHARD BURNS

WORLD: 1:17.17 W 7/31/2018 Richard BURNS

USA

PAC: 1:17.17 P 7/31/2018 Richard Burns

1	Rust, David	78	Santa Rosa Masters-38	2:03.52	2:15.24
---	Jochim, Christian	76	Quicksilver Masters-38	2:00.00	DQ

Men 75-79 200 LC Meter Backstroke

NATL: 2:50.25 N 7/30/2018 RICHARD BURNS

WORLD: 2:50.25 W 7/30/2018 Richard BURNS

USA

PAC: 2:50.25 P 7/30/2018 Richard Burns

1	Rust, David	78	Santa Rosa Masters-38	4:48.46	4:50.43
	2:29.38	4:50.43 (2:21.05)			
2	Wiscomb, Lance	79	University of San Francisco Ma-38	5:45.00	5:36.00
	2:45.25	5:36.00 (2:50.75)			

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Men 75-79 50 LC Meter Breaststroke

NATL: 38.89 N 6/5/2016		MIKE FRESHLEY			
WORLD: 38.12 W 9/2/2022		Roberto RUGGIERI		ITA	
PAC: 41.60 P 7/31/2022		Kenneth Frost			
1	Fitschen, Gary	79	Manatee Aquatic Masters Inc-38	41.93	44.11
2	Meyerhoff, Rick	77	Tamalpais Aquatic Masters-38	42.15	47.27
3	McPherson, Andrew	77	Davis Aquatic Masters-38	45.50	50.15
4	Jochim, Christian	76	Quicksilver Masters-38	49.84	54.25
5	Rust, David	78	Santa Rosa Masters-38	1:03.06	1:02.48
6	Wingerath, Michael	79	Cala Maritime Aquatics Masters-38	1:30.00	1:31.31

Men 75-79 100 LC Meter Breaststroke

NATL: 1:27.74 N 8/18/2016		MIKE FRESHLEY			
WORLD: 1:27.74 W 8/18/2016		Mike FRESHLEY		USA	
PAC: 1:32.61 P 7/30/2022		Kenneth Frost			
1	Fitschen, Gary	79	Manatee Aquatic Masters Inc-38	1:32.72	1:35.78
2	Firmin, Rob	76	Albany Armada Aquatics Masters-38	1:52.44	1:47.64
3	Meyerhoff, Rick	77	Tamalpais Aquatic Masters-38	1:45.83	1:51.69
4	Jochim, Christian	76	Quicksilver Masters-38	2:00.97	2:00.11
5	Rust, David	78	Santa Rosa Masters-38	2:23.92	2:22.92
6	Wiscomb, Lance	79	University of San Francisco Ma-38	2:50.00	2:54.03
7	Murray, Ed	75	University of San Francisco Ma-38	3:00.00	3:02.58
8	Wingerath, Michael	79	Cala Maritime Aquatics Masters-38	4:00.00	3:32.38

Men 75-79 200 LC Meter Breaststroke

NATL: 3:13.93 N 8/21/2016		MIKE FRESHLEY			
WORLD: 3:13.93 W 8/21/2016		Mike FRESHLEY		USA	
PAC: 3:21.31 P 7/23/2023		Joel R Wilson			
1	Fitschen, Gary	79	Manatee Aquatic Masters Inc-38	3:29.13	3:33.87
	1:42.35		3:33.87 (1:51.52)		
2	Jochim, Christian	76	Quicksilver Masters-38	4:15.00	4:27.58
	2:11.06		4:27.58 (2:16.52)		

Men 75-79 50 LC Meter Butterfly

NATL: 31.75 N 8/21/2021		JOEL BURNS			
WORLD: 31.75 W 8/21/2021		Joel BURNS		USA	
PAC: 32.17 P 7/31/2018		Richard Burns			
1	Bernard, Alan	75	Tamalpais Aquatic Masters-38	35.99	35.38
2	McPherson, Andrew	77	Davis Aquatic Masters-38	45.50	40.06
3	Rust, David	78	Santa Rosa Masters-38	1:02.64	1:00.97
4	Murray, Ed	75	University of San Francisco Ma-38	1:30.00	1:12.10

Men 75-79 100 LC Meter Butterfly

NATL: 1:16.87 N 7/23/2023		FRED SCHLICHER			
WORLD: 1:16.87 W 7/23/2023		Fred SCHLICHER		USA	
PAC: 1:20.68 P 7/10/2018		Richard Burns			
1	Bernard, Alan	75	Tamalpais Aquatic Masters-38	1:24.22	1:23.39
2	Meyerhoff, Rick	77	Tamalpais Aquatic Masters-38	1:55.75	2:04.27
3	Murray, Ed	75	University of San Francisco Ma-38	3:00.00	2:44.20

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Men 75-79 200 LC Meter Butterfly

NATL:		3:08.54	N	7/22/2023	FRED SCHLICHER		
WORLD:		3:08.54	W	7/22/2023	Fred SCHLICHER		USA
PAC:		4:04.42	P	7/21/2019	David R Gildea		
1	Bernard, Alan			75	Tamalpais Aquatic Masters-38	3:14.98	3:22.87 P
		1:34.64					3:22.87 (1:48.23)
2	Meyerhoff, Rick			77	Tamalpais Aquatic Masters-38	5:27.17	4:46.50
		2:18.45					4:46.50 (2:28.05)

Men 75-79 200 LC Meter IM

NATL:		2:53.12	N	7/23/2023	JOEL WILSON		
WORLD:		2:53.12	W	7/23/2023	Joel WILSON		USA
PAC:		2:53.12	P	7/23/2023	Joel R Wilson		
1	Fitschen, Gary			79	Manatee Aquatic Masters Inc-38	3:29.93	3:37.37
		1:48.18					3:37.37 (1:49.19)
2	Murray, Ed			75	University of San Francisco Ma-38	6:00.00	5:52.20

Men 75-79 400 LC Meter IM

NATL:		6:34.91	N	8/5/2016	MIKE FRESHLEY		
WORLD:		6:34.91	W	8/5/2016	Mike FRESHLEY		USA
PAC:		7:21.75	P	12/31/1995	Ray Taft		
1	Fitschen, Gary			79	Manatee Aquatic Masters Inc-38	8:00.00	7:38.94
		1:53.34					3:52.09 (1:58.75) 5:46.82 (1:54.73) 7:38.94 (1:52.12)
2	Meyerhoff, Rick			77	Tamalpais Aquatic Masters-38	8:39.50	9:08.85
		2:14.64					4:53.45 (2:38.81) 7:13.48 (2:20.03) 9:08.85 (1:55.37)
3	Murray, Ed			75	University of San Francisco Ma-38	15:00.00	12:01.77
		2:42.49					6:00.88 (3:18.39) 9:23.90 (3:23.02) 12:01.77 (2:37.87)

Men 80-84 50 LC Meter Freestyle

NATL:		31.86	N	8/5/2023	RICHARD BURNS		
WORLD:		31.23	W	3/12/2023	Akira FUJIMAKI		JPN
PAC:		31.86	P	8/6/2023	Richard Burns		
1	Burns, Richard			81	Tamalpais Aquatic Masters-38	31.00	34.18
2	Gildea, David			81	Menlo Masters-38	36.88	38.94
3	Stewart, Jim			83	Santa Rosa Masters-38	58.00	57.77

Men 80-84 100 LC Meter Freestyle

NATL:		1:11.82	N	8/23/2014	DAVID RADCLIFF		
WORLD:		1:08.76	W	3/11/2023	Akira FUJIMAKI		JPN
PAC:		1:12.26	P	7/23/2023	Richard Burns		
1	Gildea, David			81	Menlo Masters-38	1:25.72	1:31.37
2	Stewart, Jim			83	Santa Rosa Masters-38	2:20.00	2:12.27

Men 80-84 400 LC Meter Freestyle

NATL:		5:45.21	N	8/23/2015	DAVID RADCLIFF		
WORLD:		5:45.21	W	8/23/2015	David RADCLIFF		USA
PAC:		6:19.45	P	8/6/2023	Tony Ralphs		
1	Burns, Richard			81	Tamalpais Aquatic Masters-38	6:30.00	6:16.09 P
		1:29.79					3:05.90 (1:36.11) 4:42.55 (1:36.65) 6:16.09 (1:33.54)

Men 80-84 50 LC Meter Backstroke

NATL:		36.83	N	8/4/2023	RICHARD BURNS		
WORLD:		36.83	W	8/4/2023	Richard BURNS		USA
PAC:		36.83	P	8/6/2023	Richard Burns		
1	Burns, Richard			81	Tamalpais Aquatic Masters-38	37.00	38.06
2	Stewart, Jim			83	Santa Rosa Masters-38	1:20.00	1:16.88

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Men 80-84 100 LC Meter Backstroke

NATL:	1:22.06	N	8/4/2023	RICHARD BURNS		
WORLD:	1:22.06	W	8/4/2023	Richard BURNS		USA
PAC:	1:22.06	P	8/4/2023	Richard Burns		
1	Gildea, David			81 Menlo Masters-38	1:49.00	1:52.20
2	Stewart, Jim			83 Santa Rosa Masters-38	2:50.00	2:58.89

Men 80-84 200 LC Meter Backstroke

NATL:	3:04.59	N	8/6/2023	RICHARD BURNS		
WORLD:	3:04.59	W	8/6/2023	Richard BURNS		USA
PAC:	3:04.59	P	8/6/2023	Richard Burns		
1	Burns, Richard			81 Tamalpais Aquatic Masters-38	3:10.00	3:07.27
	1:32.22		3:07.27 (1:35.05)			
2	Stewart, Jim			83 Santa Rosa Masters-38	6:00.00	6:49.54
	2:57.74		6:49.54 (3:51.80)			

Men 80-84 50 LC Meter Breaststroke

NATL:	42.84	N	6/6/2021	MIKE FRESHLEY		
WORLD:	41.68	W	9/18/2006	Toshio TAJIMA		JPN
PAC:	43.24	P	8/12/2023	Peter Andersen		
1	Gildea, David			81 Menlo Masters-38	43.23	45.50

Men 80-84 100 LC Meter Breaststroke

NATL:	1:38.19	N	8/21/2021	MIKE FRESHLEY		
WORLD:	1:34.41	W	8/1/2021	Masaru SHINKAI		JPN
PAC:	1:40.72	P	8/12/2023	Peter Andersen		
1	Gildea, David			81 Menlo Masters-38	1:40.71	1:45.55

Men 80-84 50 LC Meter Butterfly

NATL:	34.39	N	8/4/2023	RICHARD BURNS		
WORLD:	34.39	W	8/4/2023	Richard BURNS		USA
PAC:	34.39	P	8/4/2023	Richard Burns		
1	Gildea, David			81 Menlo Masters-38	43.23	46.64

Men 80-84 200 LC Meter IM

NATL:	3:15.52	N	6/17/2023	RICHARD BURNS		
WORLD:	3:15.52	W	6/17/2023	Richard BURNS		USA
PAC:	3:15.52	P	6/17/2023	Richard Burns		
1	Burns, Richard			81 Tamalpais Aquatic Masters-38	3:15.00	3:19.69
	1:29.78		3:19.69 (1:49.91)			

Men 80-84 400 LC Meter IM

NATL:	7:17.96	N	8/3/2017	DAVID COSTILL		
WORLD:	7:12.03	W	10/24/2021	Masaru SHINKAI		JPN
PAC:	7:38.09	P	8/6/2023	Ed Reed		
1	Burns, Richard			81 Tamalpais Aquatic Masters-38	7:15.00	7:22.88 P
	1:44.38		3:33.01 (1:48.63)	5:48.34 (2:15.33)	7:22.88 (1:34.54)	

Men 85-89 100 LC Meter Freestyle

NATL:	1:23.25	N	6/6/2010	FRANK PIEMME		
WORLD:	1:22.25	W	8/6/2023	Tohru FURUKAWA		JPN
PAC:	1:39.13	P	12/31/2003	William Johnston		
1	Smethurst, Everett			89 Novaquatics Masters-33	1:52.51	2:08.56

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Men 85-89 800 LC Meter Freestyle

NATL: 13:56.29 N 7/19/2019 DAVID RADCLIFF

WORLD: 13:56.29 W 7/19/2019 David RADCLIFF USA

PAC: 16:27.23 P 12/31/2002 Aldo da Rosa

1	Fleming, Jack	89	University of San Francisco Ma-38	22:33.44	22:46.79
	2:25.01	5:20.49 (2:55.48)	8:15.02 (2:54.53)	11:10.84 (2:55.82)	
	14:11.05 (3:00.21)	17:06.61 (2:55.56)	20:02.51 (2:55.90)	22:46.79 (2:44.28)	

Men 85-89 1500 LC Meter Freestyle

NATL: 26:18.37 N 7/19/2019 DAVID RADCLIFF

WORLD: 26:18.37 W 7/19/2019 David RADCLIFF USA

PAC: 31:17.64 P 12/31/2002 Aldo da Rosa

1	Fleming, Jack	89	University of San Francisco Ma-38	42:11.10	43:09.77
	2:23.23	5:13.47 (2:50.24)	8:06.00 (2:52.53)	10:58.00 (2:52.00)	
	13:51.26 (2:53.26)	16:48.07 (2:56.81)	19:44.05 (2:55.98)	22:38.85 (2:54.80)	
	25:34.08 (2:55.23)	28:29.17 (2:55.09)	31:29.75 (3:00.58)	34:29.99 (3:00.24)	
	37:27.35 (2:57.36)	40:24.12 (2:56.77)	43:09.77 (2:45.65)		

Men 85-89 50 LC Meter Backstroke

NATL: 40.50 N 8/2/2018 YOSHI OYAKAWA

WORLD: 39.89 W 7/18/2008 Keijiro NAKAMURA JPN

PAC: 44.52 P 12/31/2006 Fred Van Dyke

1	Smethurst, Everett	89	Novaquatics Masters-33	55.02	58.32
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Men 85-89 200 LC Meter Backstroke

NATL: 3:51.72 N 7/1/2017 CLARKE MITCHELL

WORLD: 3:28.59 W 7/19/2008 Keijiro NAKAMURA JPN

PAC: 4:07.72 P 12/31/2002 Aldo da Rosa

1	Fleming, Jack	89	University of San Francisco Ma-38	5:22.11	5:44.36
	2:48.52	5:44.36 (2:55.84)			

Men 85-89 100 LC Meter Butterfly

NATL: 1:55.18 N 8/3/2010 THOMAS MAINE

WORLD: 1:50.27 W 4/11/2021 John COCKS AUS

PAC: 2:20.76 P 12/31/2009 Frank R Grannis

1	Fleming, Jack	89	University of San Francisco Ma-38	2:25.11	2:44.09
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Men 90-94 50 LC Meter Freestyle

NATL: 39.19 N 6/23/2003 WOODY BOWERSOCK

WORLD: 38.64 W 6/24/2023 Reberto ALBERICHE ESP

PAC: 50.24 P 8/9/2014 Frank R Grannis

1	Mayo, Robert W	91	Walnut Creek Masters-38	57.00	59.76
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Men 90-94 100 LC Meter Freestyle

NATL: 1:41.87 N 5/31/2014 WILLARD LAMB

WORLD: 1:33.00 W 6/24/2023 Roberto ALBERICHE ESP

PAC: 1:54.47 P 8/9/2014 Frank R Grannis

1	Mayo, Robert W	91	Walnut Creek Masters-38	2:30.00	2:21.94
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Men 90-94 200 LC Meter Freestyle

NATL: 3:41.77 N 8/8/2013 WILLARD LAMB

WORLD: 3:33.64 W 12/12/2021 Katsura SUZUKI JPN

PAC: 4:29.52 P 8/9/2014 Frank R Grannis

1	Mayo, Robert W	91	Walnut Creek Masters-38	4:49.00	5:11.49
	2:31.69	5:11.49 (2:39.80)			

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

Results

Men 90-94 100 LC Meter Backstroke

NATL: 1:59.92 N 5/31/2014 WILLARD LAMB

WORLD: 1:45.46 W 8/9/2006 Goro KOBAYASHI JPN

PAC: 2:20.34 P 7/16/2017 August Motmans

1 Mayo, Robert W 91 Walnut Creek Masters-38 2:33.00 2:23.55

Men 90-94 200 LC Meter Backstroke

NATL: 4:20.06 N 5/31/2014 WILLARD LAMB

WORLD: 4:05.77 W 7/16/2007 Goro KOBAYASHI JPN

PAC: 5:08.35 P 6/29/2014 Frank R Grannis

1 Mayo, Robert W 91 Walnut Creek Masters-38 5:09.00 5:19.04
2:38.30 5:19.04 (2:40.74)

Women 72-99 200 LC Meter Freestyle Relay

NATL: 1:53.83 N 8/8/2009 FT LAUDERDALE AQUATICS

N PIKE, M BRESNAHAN, K ALYABYEVA, J MARTIN

PAC: 1:56.41 P 7/24/2016 SMM

A Chan, S Stretch, M Smith, M Waters

1 University of San Francisco Ma-3: A 2:15.00 2:02.60
1) Karp, Juliana W21 2) Gill, Alexandra W24 3) Mi, Jessica W24 4) Greco, Sophia W25
59.95 2:02.60 (1:02.65)

Women 100-119 400 LC Meter Freestyle Relay

NATL: 4:19.02 N 7/19/2009 WOODLANDS MASTERS SWIM TEAM

L KOCH DAVIS, J KENLINE, A BERGFELD, R ARMSTRONG

WORLD: 4:00.96 W 12/11/2021 LINX RACING TEAM -JPN

R TANIGUCHI, M MATSUKAWA, K MORI, N HASEGAWA

PAC: 4:09.42 P 7/11/2010 TOC

F O'Donnell-McCar, C L Reilly, C Davidoff, M Gi

1 University of San Francisco Ma-3: A 5:00.00 4:48.94
1) Wagner, Emma W25 2) Magno, Lauryn W24 3) Nguyen, Salena W26 4) Greco, Sophia W25
1:11.41 2:21.45 (1:10.04) 3:36.96 (1:15.51) 4:48.94 (1:11.98)

Women 100-119 200 LC Meter Medley Relay

NATL: 2:01.91 N 7/31/2011 ARIZONA MASTERS

K HARRIGAN, B LARSON, L URBATCHKA, H CALDAS

WORLD: 2:00.05 W 8/14/2015 NEVA STARS -RUS

E KARETINA, A KUZMICHEVA, A POLIAKOVA, E SHERSHEN

PAC: 2:05.68 P 12/31/2006 TOC

Diamond, von Hartitzsch, McCall Dorr, Katie Lyons

1 University of San Francisco Ma-3: A 2:45.00 2:27.32
1) Wagner, Emma W25 2) Magno, Lauryn W24 3) Nguyen, Salena W26 4) Greco, Sophia W25
1:21.27 2:27.32 (1:06.05)

Women 100-119 400 LC Meter Medley Relay

NATL: 4:49.16 N 8/8/2009 YMCA INDY SWIMFIT

B TAFLINGER, C HINE, J WEAVER, M SOBECKI

WORLD: 4:30.81 W 12/11/2021 LINX RACING TEAM -JPN

K MORI, M MATSUKAWA, R TANIGUCHI, N HASEGAWA

PAC: 4:55.59 P 12/31/1992 WCM

Boscovich, Tallman, Debbie Flansburg, Ingraham

1 University of San Francisco Ma-3: A 6:00.00 5:34.12
1) Wagner, Emma W25 2) Greco, Sophia W25 3) Walecka, Sallie W31 4) McCarthy, Alexandra W32
1:20.09 2:57.64 (1:37.55) 4:21.71 (1:24.07) 5:34.12 (1:12.41)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Women 120-159 200 LC Meter Freestyle Relay**

NATL: 1:50.53 N 6/9/2013 N CAROLINA MASTERS SWIMMING

RUTH JONES, CELIA WOLFF, ALICIA UHL, ERIKA BRAUN

WORLD: 1:49.03 W 8/14/2015 TSUNAMI -RUS

S KNYAGININA, A FEOKTISTOVA, L YUDINA, I SHLEMOVA

PAC: 1:55.13 P 12/31/2012 TOC

N Watanabe, L Welting, K Houston, M Gill

1	Manatee Aquatic Masters Inc-38	A	2:09.75	2:03.99
	1) Au Brinkmeyer, Lauren W40	2) Knell, Lissi W30	3) Arnold, Megan W34	4) Akimoto, Reiko W32
	1:02.09	2:03.99 (1:01.90)		
2	Rolling Hills Mud Sharks-38	A	2:14.00	2:09.30
	1) Kroetz, Brigitte W29	2) O'Brien, Maeve W20	3) Murray, Tori W42	4) O'Hanlon, Christine W54
	1:01.06	2:09.30 (1:08.24)		
3	University of San Francisco Ma-3:	A	2:50.00	2:30.28
	1) Greenberg, Nicole W25	2) Holmgren, Rachelle W30	3) Fukushi, Yoriko W55	4) Rodriguez, Julianne W36
	1:27.14	2:30.28 (1:03.14)		
4	Marcia's Enthusiastic Masters-38	A	2:45.00	2:32.95
	1) Wilson, Kristin W32	2) Leung, Michele W31	3) Valencia, Juliana W26	4) Voight, Tina W55
	1:14.15	2:32.95 (1:18.80)		

Women 120-159 400 LC Meter Freestyle Relay

NATL: 4:17.94 N 7/31/1994 STANFORD MASTERS SWIMMING

M MC KINNEY, C CHICHESTER, D OGIER, K SHIBUYA

WORLD: 4:04.10 W 6/15/2019 BIRMINGHAM MASTERS -GBR

K WALKER-STABELER, A LANE, A MCCALL, J CLARK

PAC: 4:17.94 P 12/31/1994 STAN

McKinney, Chichester, Danielle Ogier, Shibuya

1	University of San Francisco Ma-3:	A	4:45.00	4:39.06
	1) Alter, Anne W33	2) Petrakis, Danae W32	3) Krovetz, Hannah W30	4) Petrakis, Kristina W35
	1:09.65	2:15.59 (1:05.94)	3:26.42 (1:10.83)	4:39.06 (1:12.64)
2	Walnut Creek Masters-38	A	5:40.00	5:12.79
	1) Larsen, Amy W25	2) Darling, Colleen W50	3) Ongerth, Ann Michelle W50	4) Hwang, Jenn W32
	1:08.83	2:29.37 (1:20.54)	4:05.36 (1:35.99)	5:12.79 (1:07.43)

Women 120-159 400 LC Meter Medley Relay

NATL: 4:38.85 N 8/8/2009 ILLINOIS MASTERS

J RIDGE, N DAY, J IVARSON, K STEVENS

WORLD: 4:35.76 W 6/17/2017 BERLINER TSC -GER

A KUTZ, S KUTZ, N STRESING, J DUNGER

PAC: 4:58.90 P 12/31/1997 WCM

Lisa Ward, Osborn, Debbie Flansburg, Ghiggeri

1	Manatee Aquatic Masters Inc-38	A	5:30.50	5:23.09
	1) Akimoto, Reiko W32	2) Au Brinkmeyer, Lauren W40	3) Knell, Lissi W30	4) Arnold, Megan W34
	1:26.16	2:51.91 (1:25.75)	4:10.85 (1:18.94)	5:23.09 (1:12.24)
2	University of San Francisco Ma-3:	A	6:00.00	6:30.46
	1) Prichard, Amie W44	2) Davis, Taylor W48	3) Gill, Alexandra W24	4) Rodriguez, Julianne W36
	1:43.06	3:31.91 (1:48.85)	4:44.78 (1:12.87)	6:30.46 (1:45.68)
3	Marcia's Enthusiastic Masters-38	A	7:25.00	7:02.50
	1) Wilson, Kristin W32	2) Valencia, Juliana W26	3) Voight, Tina W55	4) Leung, Michele W31
	1:34.15	3:37.64 (2:03.49)	5:22.20 (1:44.56)	7:02.50 (1:40.30)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Women 160-199 200 LC Meter Freestyle Relay**

NATL: 1:48.44 N 8/8/2006 TEAM TYR

C HART, C SAPPEY, A PETTIS-SCOTT, S VON DER LIPPE

WORLD: 1:48.44 W 8/8/2006 TEAM TYR -USA

S HART, C SAPPEY, A PETTIS-SCOTT, S VON DER LIPPE

PAC: 1:55.89 P 12/31/2006 WCM

Hanley, Paula Roemer, McNamara, Alison Zamanian

1	Davis Aquatic Masters-38	A	2:17.00	2:15.02
	1) Goldberg, Michelle W56	2) Garforth, Emma W56	3) Belluomini, Melanie W47	4) Crow, Vivian W27
	1:08.69	2:15.02 (1:06.33)		
2	Marin Aquatic Masters-38	A	2:23.00	2:16.56
	1) Rempe, Rachel W41	2) Silva, Rayle W28	3) De Somma, Margaret W56	4) Louderback, Kelsey W41
	1:09.95	2:16.56 (1:06.61)		
3	Marin Aquatic Masters-38	B	2:55.00	2:48.50
	1) Aguilera, Catherine W25	2) Sampiere-Prochnow, Susie W613	3) Pinkston, Crystal W39	4) Alfieri, Susan W47
	1:24.56	2:48.50 (1:23.94)		

Women 160-199 400 LC Meter Freestyle Relay

NATL: 4:06.90 N 6/14/2015 NORTH CAROLINA MASTERS

E BRAUN, J STRINGER, A UHL, K LINDAUER

WORLD: 4:06.90 W 6/14/2015 NORTH CAROLINA MASTERS -USA

E BRAUN, J STRINGER, A UHL, K LINDAUER

PAC: 4:33.74 P 12/31/2006 WCM

D Santos, M Curran, C McNamara, P Roemer

1	Marin Aquatic Masters-38	A	5:50.00	5:32.80
	1) Rempe, Rachel W41	2) Silva, Rayle W28	3) Pinkston, Crystal W39	4) Lepinski, Cokie W65
	1:12.93	2:35.61 (1:22.68)	4:09.90 (1:34.29)	5:32.80 (1:22.90)
2	University of San Francisco Ma-38	A	7:00.00	6:00.39
	1) Kallenberger, Marisa W30	2) Devine, Nora W42	3) Pyatt, Suzanne W49	4) Avar, Traci W45
	1:34.53	3:03.26 (1:28.73)	4:36.81 (1:33.55)	6:00.39 (1:23.58)

Women 160-199 200 LC Meter Medley Relay

NATL: 2:02.92 N 8/4/2023 NORTH CAROLINA MASTERS

A FLANAGAN, E BRAUN, K STUMP, J MIHALIK

WORLD: 2:02.92 W 8/4/2023 NORTH CAROLINA MASTERS -USA

A FLANAGAN, E BRAUN, K STUMP, J MIHALIK

PAC: 2:09.95 P 12/31/2006 STAN

Jody Smith, Gelman, Jane Worden, Still

1	Davis Aquatic Masters-38	A	2:38.00	2:27.49
	1) Crow, Vivian W27	2) Garforth, Emma W56	3) Nehrebecki, Helene W44	4) Goldberg, Michelle W56
	1:21.27	2:27.49 (1:06.22)		
2	Marin Aquatic Masters-38	A	2:58.70	2:28.87
	1) Louderback, Kelsey W41	2) Cairns, Christina W46	3) Rempe, Rachel W41	4) De Somma, Margaret W56
	1:19.29	2:28.87 (1:09.58)		
3	Rolling Hills Mud Sharks-38	A	2:50.00	2:39.18
	1) O'Hanlon, Christine W54	2) Kroetz, Brigitte W29	3) O'Brien, Maeve W20	4) Viscardi, Josie W60
	1:26.30	2:39.18 (1:12.88)		
4	University of San Francisco Ma-38	A	3:50.00	3:16.86
	1) Macleod, Pascale W60	2) Devine, Nora W42	3) Pyatt, Suzanne W49	4) Avar, Traci W45

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

Results

Women 160-199 400 LC Meter Medley Relay

NATL: 4:40.42 N 8/20/2022 NORTH CAROLINA MASTERS
 K MAYBANK, S TAYLOR, I HOLLAND, E BRAUN
 WORLD: 4:36.25 W 4/19/2024 BASINGSTOKE -GBR
 E GODFREY, E ROBERTSON, F TURNER, S HUNT
 PAC: 4:56.95 P 12/31/2009 WCM
 Lisa Ward, Debbie Santos, Sandi Easton, BJ Henry

1 University of San Francisco Ma-38 A 7:00.00 5:50.24
 1) Mi, Jessica W24 2) Doi, Stephanie W30 3) Ogilvie, Carol W69 4) Eng, Sherri W55
 1:45.06 3:15.61 (1:30.55) 4:41.58 (1:25.97) 5:50.24 (1:08.66)

Women 200-239 200 LC Meter Freestyle Relay

NATL: 1:54.10 N 8/5/2023 NORTH CAROLINA MASTERS
 E BRAUN, K LINDAUER, C WOLFF, K STUMP
 WORLD: 1:54.10 W 8/5/2023 NORTH CAROLINA MASTERS -USA
 E BRAUN, K LINDAUER, C WOLFF, K STUMP
 PAC: 2:00.50 P 12/31/2006 WCM
 L Crittendem, R Brittingeham, C O'Brien, S Heim-Bo

1 Walnut Creek Masters-38 A 3:10.00 2:54.53
 1) Darling, Colleen W50 2) Asta, Lisa W59 3) Ongerth, Ann Michelle W50 4) Taylor, Catherine W61
 1:36.37 2:54.53 (1:18.16)

Women 200-239 400 LC Meter Freestyle Relay

NATL: 4:26.53 N 7/6/2014 UCLA BRUIN MASTERS
 E STEBBINS, C CIRAULO, V HIBBEN, L DODD
 WORLD: 4:20.68 W 3/14/2013 CAPE TOWN -RSA
 S KRUGER, C STANFORD, E OTTERMANN, P CADIZ
 PAC: 4:46.55 P 8/6/2016 DAM
 A Rieger, K Halsted, W Pratt, A Bell

1 Davis Aquatic Masters-38 A 5:15.00 5:16.04
 1) Goldberg, Michelle W56 2) Belluomini, Melanie W47 3) Russell, Jane W61 4) Garforth, Emma W56
 1:14.71 2:38.12 (1:23.41) 3:59.84 (1:21.72) 5:16.04 (1:16.20)

Women 200-239 800 LC Meter Freestyle Relay

NATL: 9:34.53 N 7/7/2019 CONEJO VALLEY MASTERS
 J GELLATLY, B CLEAVENGER, E MAIDENBERG, L DALAND-J
 WORLD: 9:34.53 W 7/7/2019 CONEJO VALLEY MASTERS -USA
 J GELLATLY, B CLEAVENGER, E MAIDENBERG, L DALAND-J
 PAC: 10:44.68 P 12/31/2009 TOC
 M Meyer, A Felton, P Quinn, L Welting

1 Davis Aquatic Masters-38 A 11:40.00 11:50.84
 1) Goldberg, Michelle W56 2) Belluomini, Melanie W47 3) Phalen, Jennifer W60 4) Garforth, Emma W56
 1:16.73 2:37.73 (2:37.73) 4:06.51 (1:28.78) 5:43.42 (3:05.69)
 7:19.78 (1:36.36) 9:05.38 (3:21.96) 10:27.18 (1:21.80) 11:50.84 (2:45.46)

Women 200-239 400 LC Meter Medley Relay

NATL: 4:58.86 N 7/30/2016 NORTH TEXAS LONESTARS
 S STONE, K MACCURDY, M REA, K HENDERSON
 WORLD: 4:54.41 W 1/25/2020 MASTERS SORLANDET -NOR
 L LOTHE, A SORENSEN, J THORSTENSEN, M FUGLESTVEIT
 PAC: 5:33.16 P 8/6/2016 DAM
 A Rieger, A Bell, W Pratt, K Halsted

1 Davis Aquatic Masters-38 A 6:30.00 6:17.98
 1) Garforth, Emma W56 2) Phalen, Jennifer W60 3) Russell, Jane W61 4) Crow, Joan W60
 1:26.30 3:15.39 (1:49.09) 4:48.17 (1:32.78) 6:17.98 (1:29.81)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

Results

(Women 200-239 400 LC Meter Medley Relay)

2	University of San Francisco Ma-3 ¹	A	8:00.00	8:48.99
	1) Pashelinsky, Erin W77	2) Cohn, Darcy W73	3) Karp, Juliana W21	4) Blatt, Lisa W62
	5:31.00 ()	6:54.44 (1:23.44)	8:48.99 (1:54.55)	

Women 240-279 200 LC Meter Freestyle Relay

NATL: 2:01.52 N 7/20/2019 NORTH TEXAS LONESTARS
 K HENDERSON, L MORRISON, C MCKELVEY, S STONE
 WORLD: 2:00.75 W 3/17/2018 CAPE TOWN MASTERS -RSA
 E OTTERMANN, S KRUGER, D COETZEE, C STANFORD
 PAC: 2:21.79 P 8/9/2014 TAM
 L Val, L Shoenberger, N Ridout, B Wheeler

1	University of San Francisco Ma-3 ¹	A	3:00.00	3:13.13
	1) Wistrom, Elizabeth W47	2) Ogilvie, Carol W69	3) Cohn, Darcy W73	4) Blatt, Lisa W62
	1:41.09	3:13.13 (1:32.04)		

Women 240-279 400 LC Meter Freestyle Relay

NATL: 4:36.74 N 7/21/2019 NORTH TEXAS LONESTARS
 S STONE, K HENDERSON, L MORRISON, J WOOLSLAYER
 WORLD: 4:36.74 W 7/21/2019 NORTH TEXAS LONESTAR -USA
 S STONE, K HENDERSON, L MORRISON, J WOOLSLAYER
 PAC: 5:14.66 P 7/22/2023 MELO
 T Capen, S Couch, L Feeley, J Matena

1	Santa Rosa Masters-38	A	5:20.00	5:20.26
	1) Nowack, Susan W64	2) Walts, Merrie W64	3) Jones, Sara W56	4) Jones, Tracey W56
	1:24.32	2:40.27 (1:15.95)	4:02.14 (1:21.87)	5:20.26 (1:18.12)
2	University of San Francisco Ma-3 ¹	A	8:45.00	7:48.07
	1) Valderrama, Deborah W61	2) Blatt, Lisa W62	3) Cobble, Michele W62	4) Eng, Sherri W55
	2:05.21	4:02.92 (1:57.71)	6:03.27 (2:00.35)	7:48.07 (1:44.80)

Women 240-279 800 LC Meter Freestyle Relay

NATL: 10:22.07 N 7/19/2019 NORTH TEXAS LONESTARS
 L MORRISON, M BAILEY, J WOOLSLAYER, S STONE
 WORLD: 10:10.40 W 3/9/2024 HARROGATE -GBR
 J HOYLE, J BEARDSWORTH, N MUIR-COCHRANE, K Elizabeth
 PAC: 13:22.27 P 7/29/2022 WCM
 A Dibley, S Scott, C Taylor, A Zamanian

1	Walnut Creek Masters-38	A	11:00.00	10:36.84 P
	1) Heim-Bowen, Suzanne W66	2) Nichelman, Sherri W64	3) Ward, Lisa W60	4) Zamanian, Alison W54
	1:16.33	2:35.65 (2:35.65)	3:59.89 (1:24.24)	5:41.00 (3:05.35)
	6:51.80 (1:10.80)	8:15.17 (2:34.17)	9:24.10 (1:08.93)	10:36.84 (2:21.67)

Women 240-279 200 LC Meter Medley Relay

NATL: 2:22.45 N 8/9/2019 OREGON MASTERS
 V JENKINS, C CRABBE, A DELMAGE, J GETTLING
 WORLD: 2:19.90 W 3/16/2018 CAPE TOWN MASTERS -RSA
 D COETZEE, C STANFORD, E OTTERMANN, S KRUGER
 PAC: 2:42.85 P 7/14/2018 WCM
 P K Newacheck, K Fox-Yoder, C O'Brien, C W Taylor

1	Santa Rosa Masters-38	A	2:45.00	2:45.02
	1) Jones, Sara W56	2) Nowack, Susan W64	3) Jones, Tracey W56	4) Walts, Merrie W64
	1:29.66	2:45.02 (1:15.36)		
2	Davis Aquatic Masters-38	A	3:25.00	2:56.45
	1) Russell, Jane W61	2) Phalen, Jennifer W60	3) Belluomini, Melanie W47	4) Reedy, Peggy W78
	1:34.34	2:56.45 (1:22.11)		

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****(Women 240-279 200 LC Meter Medley Relay)**

--- University of San Francisco Ma-3¹ A 4:45.00 DQ
 1) Valderrama, Deborah W61 2) Blatt, Lisa W62 3) Cobble, Michele W62 4) Eng, Sherri W55
 2:17.96 DQ (1:28.94)

Women 280-319 200 LC Meter Freestyle Relay

NATL: 2:14.99 N 1/20/2023 LONE STAR MASTERS
 L MORRISON, J COLE, K MACCUDY, J WOOLSLAYER
WORLD: 2:14.99 W 1/20/2023 LONE STAR MASTERS -USA
 L MORRISON, J COLE, K MACCUDY, J WOOLSLAYER
PAC: 2:24.42 P 8/1/2018 TAM
 L B Val, S Archer, N J Ridout, B C Wheeler

1 University of San Francisco Ma-3¹ A 4:55.00 4:06.67
 1) Eng, Sherri W55 2) Pashelinsky, Erin W77 3) Chaitkin, Lauren W80 4) Hagiwara, Tanako W86
 1:22.03 4:06.67 (2:44.64)

Women 280-319 400 LC Meter Freestyle Relay

NATL: 5:26.29 N 6/12/2022 SARASOTA SHARKS
 DIANN UUSTAL, SUE WATTS, JUNE CARSON, NANCY KRYKA
WORLD: 5:26.29 W 6/12/2022 SARASOTA SHARKS MASTERS -USA
 Diann UUSTAL, Sue WATTS, June CARSON, Nancy KRYKA
PAC: 6:35.43 P 7/22/2023 MELO
 C Dutro, J Strauss, R Pinto, J Schwartz

1 University of San Francisco Ma-3¹ A 8:45.00 7:44.53
 1) Buzolich, Marilyn W69 2) Marrocco, Judy W69 3) Pashelinsky, Erin W77 4) Stringer, Nanette W72
 1:57.17 7:44.53 (5:47.36)

Women 280-319 200 LC Meter Medley Relay

NATL: 2:34.78 N 1/20/2023 LONE STAR MASTERS
 J WOOLSLAYER, K MACCUDY, J COLE, L MORRISON
WORLD: 2:34.78 W 1/20/2023 LONE STAR MASTERS -USA
 J WOOLSLAYER, K MACCUDY, J COLE, L MORRISON
PAC: 2:48.41 P 8/1/2018 TAM
 L B Val, S Archer, B C Wheeler, N J Ridout

1 University of San Francisco Ma-3¹ A 4:45.00 4:20.43
 1) Pashelinsky, Erin W77 2) Marrocco, Judy W69 3) Buzolich, Marilyn W69 4) Stringer, Nanette W72
 2:34.60 4:20.43 (1:45.83)

Men 72-99 200 LC Meter Freestyle Relay

NATL: 1:35.48 N 8/11/2019 ROSE BOWL MASTERS
 W UBELLACKER, S UBELLACKER, R PORRAZZO, D JIMENEZ
PAC: 1:41.14 P 12/31/1993 TOC
 Antonick, Tarbell, Goth, Murray

1 Tri Valley Aquatics Masters-38 A 1:40.00 1:37.35 P
 1) Reznick, Cole M24 2) Ridosko, Nathanael M19 3) Fischer, Brandon M35 4) Ridosko, Ryan M21
 48.68 1:37.35 (48.67)

Men 72-99 400 LC Meter Freestyle Relay

NATL: 3:41.87 N 6/28/2014 SAN MATEO MASTER MARLINS
 E RENNSPIESS, A NAVARRO, C SANCHEZ, K TAN
PAC: 3:41.87 P 6/28/2014 SMM
 E Rennspiess, A Navarro, C Sanchez, K Tan

1 Tri Valley Aquatics Masters-38 A 3:40.00 3:36.86 N
 1) Ridosko, Nathanael M19 2) Fischer, Brandon M35 3) Scanlon, Luke M21 4) Ridosko, Ryan M21
 53.77 1:47.40 (53.63) 2:42.97 (55.57) 3:36.86 (53.89)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Men 72-99 800 LC Meter Freestyle Relay**

NATL: 8:12.62 N 8/6/2016

GOLDEN ROAD AQUATICS

A ACEINO, N KORTH, N POPOV, F WENDEL

PAC: 8:38.99 P 12/31/2003

WCM

Brown, Russell Mikuni, Aaron Mikuni, Andy Nonaka

1	Tri Valley Aquatics Masters-38	A	8:05.00	7:58.09 N
	1) Ridosko, Ryan M21	2) Fischer, Brandon M35	3) Scanlon, Luke M21	4) Ridosko, Nathanael M19
	57.53	1:57.91 (1:57.91)	2:54.81 (56.90)	3:57.47 (1:59.56)
	4:57.14 (59.67)	6:00.76 (2:03.29)	6:56.68 (55.92)	7:58.09 (1:57.33)

Men 72-99 200 LC Meter Medley Relay

NATL: 1:49.35 N 8/27/1995

THE OLYMPIC CLUB

M COLLEY, J PATRICK, B BUDNEY, G LARSON

PAC: 1:49.35 P 12/31/1996

TOC

Colley, Patrick, Budney, Gary Larson

1	Tri Valley Aquatics Masters-38	A	1:50.00	1:49.60
	1) Ridosko, Ryan M21	2) Fischer, Brandon M35	3) Scanlon, Luke M21	4) Ridosko, Nathanael M19
	58.51	1:49.60 (51.09)		

Men 72-99 400 LC Meter Medley Relay

NATL: 4:11.46 N 7/18/1999

GREATER INDIANA

D PETTE, B CHRISTOFFEL, G COMER, A DAWKINS

PAC: 4:14.28 P 7/12/2013

SMM

Alex Navarro, Al Andaluz, Masa Oto, Evan Navarro

1	Tri Valley Aquatics Masters-38	A	4:00.00	3:57.67 N
	1) Ridosko, Ryan M21	2) Fischer, Brandon M35	3) Scanlon, Luke M21	4) Ridosko, Nathanael M19
	1:02.76	2:05.74 (1:02.98)	3:04.54 (58.80)	3:57.67 (53.13)

Men 100-119 200 LC Meter Freestyle Relay

NATL: 1:34.09 N 8/5/2023

CLUB TRIBE

P BRUKX, S KETTLEWELL-SITES, M HEALEY, L BUREAU

WORLD: 1:31.95 W 11/29/2009

MAC-MINA -BRA

R LEITE, R TRIVINO, D BELINI, P RODIGHERI

PAC: 1:34.24 P 8/7/2013

TOC

K Ferguson, T Holsman, S Greenwood, C Talbott

1	Swim Fremont Glenmoor Garden	A	1:52.00	1:44.12
	1) LaFontaine, Joseph M21	2) Grinich, Stephen M30	3) Cho, Andrew M26	4) Brodie, Jonathan M30
	50.56	1:44.12 (53.56)		

Men 100-119 400 LC Meter Medley Relay

NATL: 4:06.58 N 8/8/2009

YMCA INDY SWIMFIT

G WIECZOREK, B CHRISTOFFEL, D MICHAEL, W MERKLE

WORLD: 3:46.80 W 9/19/2022

MITSUUROKO -JPN

H MATSUBARA, K KOHINATA, K FUKAZAWA, G OGINO

PAC: 4:11.09 P 7/12/2013

USF

D Rothberg, I Litvak, J Wang, N Vizcarra

1	SF Tsunami Masters-38	A	4:54.00	5:12.58
	1) Hernandez, Clapton M22	2) Dwarakanath, Surya M27	3) Paz, Rodrigo M33	4) Burlet, Edouard M31
	1:15.99	2:55.94 (1:39.95)	4:03.12 (1:07.18)	5:12.58 (1:09.46)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

Results

Men 120-159 200 LC Meter Freestyle Relay

NATL: 1:34.82 N 7/26/2009

SOUTHERN CAL AQUATIC MASTERS

WORLD: 1:32.84 W 7/8/2018

M CORNUE, E HOCHSTEIN, E TOLMACHOFF, C BEACH
GETXO -ESP

PAC: 1:37.49 P 12/31/1986

M BILDOSOLA, I BILDOSOLA, G ZUBIAUR, M DEBA
TOC

F Hubbell, B Barthold, B Placak, J Griffith

1	Davis Aquatic Masters-38	A	1:55.00	1:51.50
	1) Zachan, Matthew M38	2) Winsor, Brad M53	3) Waterson, Alexander M19	4) Shaffer, Luke M30
	57.91	1:51.50 (53.59)		

Men 120-159 400 LC Meter Freestyle Relay

NATL: 3:34.83 N 8/8/2009

MICHIGAN MASTERS

WORLD: 3:28.93 W 7/7/2018

K DOAK, A MULL, C MULL, P SAUCEDO
GETXO -ESP

PAC: 3:44.37 P 12/31/2006

M BILDOSOLA, I BILDOSOLA, G ZUBIAUR, M DEBA
TOC

Lee Wanie, Davie, Gaggero, Gary Larson

1	University of San Francisco Ma-31	A	4:15.00	4:00.88
	1) Kubick, Dylan M29	2) Barton, Andrew M31	3) Christensen, Jon M34	4) Tam, Billy M38
	53.87	1:54.13 (1:00.26)	2:57.02 (1:02.89)	4:00.88 (1:03.86)

Men 120-159 800 LC Meter Freestyle Relay

NATL: 8:03.21 N 7/25/2009

SOUTHERN CAL AQUATIC MASTERS

WORLD: 7:50.34 W 8/19/2017

D SCHLESINGER, D WEGNER, M HARRIGAN, E HOCHSTEIN
JFE -JPN

PAC: 8:13.69 P 12/31/2003

R TAGUCHI, T TAKEMOTO, S UCHIYAMA, T UEKI
TSUN

Terry Carlisle, Geoff Glaser, Robinson, Dan Veatch

1	University of San Francisco Ma-31	A	10:30.00	10:03.38
	1) Leber, Nathan M32	2) Farley, Patrick M33	3) Goard, Andrew M29	4) Kos, Ian M30
	1:13.42	2:30.89 (2:30.89)	3:44.78 (1:13.89)	5:10.49 (2:39.60)
	6:17.36 (1:06.87)	7:31.57 (2:21.08)	8:45.64 (1:14.07)	10:03.38 (2:31.81)

Men 120-159 200 LC Meter Medley Relay

NATL: 1:44.88 N 8/1/2018

PHOENIX SWIM CLUB MASTERS

WORLD: 1:42.06 W 5/27/2023

R FERREIRA, F DOS SANTOS, B DE PAULA, R FERREIRA
CSKA -RUS

PAC: 1:49.98 P 12/31/2006

D PAKHOMOV, A CHUPKOV, O KOSTIN, E LAGUNOV
WCM

Jones, Roque Santos, Rendick, Brown

1	SF Tsunami Masters-38	A	2:04.00	2:04.72
	1) Chow, Jonathan M29	2) Paz, Rodrigo M33	3) Hayes, Andrew M29	4) Jones, Austin M33
	1:05.47	2:04.72 (59.25)		
2	Davis Aquatic Masters-38	A	2:20.00	2:09.82
	1) Waterson, Kevin M45	2) Waterson, Alexander M19	3) Zachan, Matthew M38	4) Shaffer, Luke M30
	1:12.08	2:09.82 (57.74)		
3	Walnut Creek Masters-38	A	2:20.00	2:23.33
	1) Rogers, Louis M35	2) Lipina, Alexander M23	3) Gu, Yue Shen M31	4) Wada, Ellison M45
	1:22.89	2:23.33 (1:00.44)		

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

Results

Men 160-199 200 LC Meter Freestyle Relay

NATL: 1:36.28 N 8/8/2006

TEAM TYR

M EISENHUTH, J SMITH, R SAEGER, P SMITH

WORLD: 1:34.92 W 8/18/2017

NEVA STARS -RUS

A SHILIN, S MEDVEDEV, A MANZHULA, V PREDKIN

PAC: 1:40.32 P 12/31/1994

TOC

B Placak, B Barthold, J Griffith, K Vander Bogart

1	Menlo Masters-38	A	1:59.00	1:59.96
	1) Leimkuhler, Kyle M37	2) Rosales-Delmoral, Romer M51	3) Kinney, Eric M55	4) Pyle, Mike M49
	1:00.78	1:59.96 (59.18)		

Men 160-199 400 LC Meter Freestyle Relay

NATL: 3:38.60 N 7/3/2011

LONGHORN AQUATICS

T BLESSING, M VAROZZA, A RASMUSSEN, C ECKERMAN

WORLD: 3:38.60 W 7/3/2011

LONGHORN AQUATICS -USA

T BLESSING, M VAROZZA, A RASMUSSEN, C ECKERMAN

PAC: 3:52.36 P 12/31/2002

TSUN

Geoff Glaser, Fitzgibbons, McDermott, Oaks

1	University of San Francisco Ma-31	A	4:25.00	4:17.18
	1) Neuwirth, Benjamin M41	2) Samotyj, John M43	3) Fuzellier, Matthieu M44	4) Leber, Nathan M32
	58.22	2:04.75 (1:06.53)	3:08.08 (1:03.33)	4:17.18 (1:09.10)
2	Walnut Creek Masters-38	A	4:50.00	4:42.85
	1) Gu, Yue Shen M31	2) Mc Donough, Patrick M51	3) Chao, Hector M60	4) Wada, Ellison M45
	1:06.86	2:15.33 (1:08.47)	3:27.78 (1:12.45)	4:42.85 (1:15.07)

Men 160-199 200 LC Meter Medley Relay

NATL: 1:47.72 N 8/8/2006

TEAM TYR

R SAEGER, G RHODENBAUGH, P SMITH, J SMITH

WORLD: 1:45.47 W 8/18/2017

NEVA STARS -RUS

A SHILIN, G GOGOL, A MANZHULA, V PREDKIN

PAC: 1:52.30 P 12/31/2006

STAN

Rick Gould, Scottoline, Phelan, Lundberg

1	University of San Francisco Ma-31	A	2:20.00	2:10.15
	1) Neuwirth, Benjamin M41	2) Samotyj, John M43	3) Fuzellier, Matthieu M44	4) Leber, Nathan M32
	1:13.84	2:10.15 (56.31)		
2	SF Tsunami Masters-38	A	2:40.00	2:35.81
	1) Taniguchi, Marc M28	2) Burlet, Edouard M31	3) Yue, Justin M27	4) Dwarakanath, Surya M27
	1:28.53	2:35.81 (1:07.28)		

Men 200-239 200 LC Meter Freestyle Relay

NATL: 1:38.24 N 8/8/2006

COLORADO MASTERS

J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMMS

WORLD: 1:38.24 W 8/8/2006

COLORADO -USA

J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMMS

PAC: 1:44.06 P 12/31/2006

BAC

Whatley, McAweeney, Finch, Butler

1	Marcia's Enthusiastic Masters-38	A	2:09.00	2:04.13
	1) Rogers, Matt M54	2) Lehnert, Ahren M51	3) Hertzner, Keith M51	4) Wehmann, Todd M52
	1:02.06	2:04.13 (1:02.07)		
2	University of San Francisco Ma-31	A	2:15.00	2:09.93
	1) Rankin, Shane M50	2) Mc Bride, Patrick M55	3) Virtue, Paul M73	4) Langner, Mikael M56
	1:05.10	2:09.93 (1:04.83)		
3	Marin Aquatic Masters-38	A	2:34.00	2:22.14
	1) Wu, Philip M41	2) Todd, Mitchell M57	3) Serchia, Andrew M53	4) Prochnow, Kevin M62
	1:09.43	2:22.14 (1:12.71)		

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Men 200-239 400 LC Meter Freestyle Relay**

NATL: 3:52.34 N 8/12/2012 LONGHORN AQUATICS

WORLD: 3:46.05 W 5/14/2017 M VAROZZA, J SAUER, D GUTHRIE, A RASMUSSEN

PAC: 4:05.19 P 6/28/2014 BRESCIA ACQUARE MAFECO -ITA

M GIALDI, M TERSAR, R BRUNORI, M COLOMBO

SMM

M Coquillard, T Reudy, J Baker, M Kiedel

1	Marcia's Enthusiastic Masters-38	A	4:38.00	4:38.48
	1) Wehmann, Todd M52	2) Hertzner, Keith M51	3) Lehnert, Ahren M51	4) Rogers, Matt M54
	1:06.75	2:17.68 (1:10.93)	3:31.39 (1:13.71)	4:38.48 (1:07.09)
2	University of San Francisco Ma-3:	A	4:55.00	5:04.54
	1) Arias, Bernard M55	2) Glasnapp, James M57	3) Harrington, Matt M53	4) Rankin, Shane M50
	1:10.41	3:44.14 ()	5:04.54 (1:20.40)	

Men 200-239 800 LC Meter Freestyle Relay

NATL: 8:38.51 N 5/31/2019 ARIZONA MASTERS

WORLD: 8:38.24 W 7/6/2013 T DEBIASE, E KRATZ, K DICKSON, J UTSCHE

PAC: 9:22.12 P 12/31/2007 BRASIL MASTERS -BRA

H CELIDONIO, D Garrido MADRUGA, R Carlos CARVALHO,

WCM

R Santos, P Guadagni, D Galine, K O'Brien

1	Walnut Creek Masters-38	A	10:25.00	10:03.93
	1) Grant, Andy M39	2) Stahl, Stephen M59	3) Kemler, David M66	4) Bell, Gordon M72
	57.08	1:57.14 (1:57.14)	3:10.46 (1:13.32)	4:31.16 (2:34.02)
	5:53.03 (1:21.87)	7:18.02 (2:46.86)	8:37.98 (1:19.96)	10:03.93 (2:45.91)
2	University of San Francisco Ma-3:	A	11:30.00	10:19.47
	1) Tam, Billy M38	2) Dyer, Dean M56	3) Harrington, Matt M53	4) Langner, Mikael M56
	1:11.29	2:32.07 (2:32.07)	3:52.97 (1:20.90)	5:21.37 (2:49.30)
	6:30.12 (1:08.75)	7:47.29 (2:25.92)	8:59.59 (1:12.30)	10:19.47 (2:32.18)

Men 200-239 200 LC Meter Medley Relay

NATL: 1:50.83 N 8/8/2006 COLORADO MASTERS

WORLD: 1:50.83 W 8/8/2006 S WOOD, J GROSELLE, T HEDRICK, R ABRAHAMMS

PAC: 1:57.72 P 12/31/2005 COLORADO -USA

S WOOD, J GROSELLE, T HEDRICK, R ABRAHAMMS

RHMS

P Djang, L Rider, B Adkison, E van Boer

1	Marcia's Enthusiastic Masters-38	A	2:20.00	2:25.35
	1) Wehmann, Todd M52	2) Hertzner, Keith M51	3) Lehnert, Ahren M51	4) Rogers, Matt M54
	1:17.02	2:25.35 (1:08.33)		
2	University of San Francisco Ma-3:	A	2:45.00	2:39.22
	1) Arias, Bernard M55	2) Glasnapp, James M57	3) Rankin, Shane M50	4) Harrington, Matt M53
	1:32.40	2:39.22 (1:06.82)		

Men 200-239 400 LC Meter Medley Relay

NATL: 4:13.76 N 8/11/2012 LONGHORN AQUATICS

WORLD: 4:13.76 W 8/11/2012 A RASMUSSEN, D GUTHRIE, J SAUER, M VAROZZA

PAC: 4:38.46 P 12/31/1994 LONGHORN AQUATICS -USA

A RASMUSSEN, D GUTHRIE, J SAUER, M VAROZZA

TOC

Tim Birnie, Bob Strand, Rich Bassi, Jim Elder

1	University of San Francisco Ma-3:	A	6:15.00	5:08.46
	1) Rankin, Shane M50	2) Mc Bride, Patrick M55	3) Christensen, Jon M34	4) Langner, Mikael M56
	1:32.87	2:59.71 (1:26.84)	4:04.18 (1:04.47)	5:08.46 (1:04.28)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****(Men 200-239 400 LC Meter Medley Relay)**

2	Marcia's Enthusiastic Masters-38	A	5:20.00	5:31.12
	1) Wehmann, Todd M52	2) Hertzner, Keith M51	3) Bentley, Orin M47	4) Lehnert, Ahren M51
	1:24.73	2:54.19 (1:29.46)	4:16.55 (1:22.36)	5:31.12 (1:14.57)
3	Davis Aquatic Masters-38	A	6:00.00	5:47.88
	1) Waterson, Kevin M45	2) Woodruff, David M68	3) Krovetz, Ted M58	4) Schwartz, Mark M66
	1:23.69	3:00.20 (1:36.51)	4:25.61 (1:25.41)	5:47.88 (1:22.27)
---	Menlo Masters-38	A	5:03.00	DQ
	1) Rosales-Delmoral, Romer M51	2) Anderson, Bob M69	3) Leimkuhler, Kyle M37	4) Pyle, Mike M49
	1:26.39	3:09.26 (1:42.87)	4:20.12 (1:10.86)	DQ (58.16)

Men 240-279 200 LC Meter Freestyle Relay

NATL: 1:42.40 N 8/19/2016 SARASOTA Y SHARKS

S WOOD, D MARTIN, T HEDRICK, J GROSELLE

WORLD: 1:42.40 W 8/19/2016 SARASOTA Y SHARKS -USA

S WOOD, D MARTIN, T HEDRICK, J GROSELLE

PAC: 1:48.79 P 8/7/2013 TAM

Richard Burns, Alan Bernard, Tate Holt, Greg Tull

1	Rolling Hills Mud Sharks-38	A	2:07.00	2:04.81
	1) Van Boer, Eric M70	2) Erickson, Douglas M52	3) Laudenslager, Greg M63	4) Marcus, Jono M58
	1:00.96	2:04.81 (1:03.85)		
2	Walnut Creek Masters-38	A	2:27.00	2:09.56
	1) Stegner, Jeff M59	2) O'Brien, Kerry M67	3) Kemler, David M66	4) Stahl, Stephen M59
	1:04.71	2:09.56 (1:04.85)		
3	Davis Aquatic Masters-38	A	2:12.00	2:10.88
	1) Kahn, Stuart M71	2) Woodruff, David M68	3) Halsted, Lance M65	4) McAdam, Sam M59
	1:06.69	2:10.88 (1:04.19)		
4	University of San Francisco Ma-38	A	4:00.00	3:10.85
	1) Ewing, Jack M64	2) Barros, Alexandre M54	3) Young, Stephen M66	4) Murray, Ed M75
	1:43.60	3:10.85 (1:27.25)		

Men 240-279 400 LC Meter Freestyle Relay

NATL: 3:59.86 N 8/11/2018 COLORADO MASTERS

M MANN, C PETERSEN, G SCOTT, K ANDERSON

WORLD: 3:59.86 W 8/11/2018 COLORADO MASTERS -USA

M MANN, C PETERSEN, G SCOTT, K ANDERSON

PAC: 4:01.34 P 12/31/2012 SMM

J Sweeney, R Brown, S Finch, T Reudy

1	Davis Aquatic Masters-38	A	5:00.00	5:02.04
	1) Krovetz, Ted M58	2) Rock, Christopher M65	3) McPherson, Andrew M77	4) Waterson, Kevin M45
	1:11.27	2:26.01 (1:14.74)	3:48.74 (1:22.73)	5:02.04 (1:13.30)
2	Rolling Hills Mud Sharks-38	A	6:00.00	6:07.51
	1) Cochrane, James M66	2) O'Brien, Brad M62	3) Suess, Robert M63	4) Thompson, Jerry M66
	1:28.82	2:54.45 (1:25.63)	4:18.26 (1:23.81)	6:07.51 (1:49.25)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

Results

Men 240-279 800 LC Meter Freestyle Relay

NATL: 8:56.62 N 8/12/2018 COLORADO MASTERS

M MANN, C PETERSEN, G SCOTT, K ANDERSON

WORLD: 8:56.62 W 8/12/2018 COLORADO MASTERS -USA

M MANN, C PETERSEN, G SCOTT, K ANDERSON

PAC: 9:09.92 P 7/24/2016 STAN

T Broderick, S Strong, J Kemp, D Phelan

1	University of San Francisco Ma-31	A	11:30.00	11:23.81
	1) Smith, Curtice M60	2) Wagner, Chris M65	3) Coombs, Craig M64	4) Virtue, Paul M73
	1:17.41	2:38.19 (2:38.19)	4:00.60 (1:22.41)	5:28.55 (2:50.36)
	6:56.73 (1:28.18)	8:26.40 (2:57.85)	9:54.46 (1:28.06)	11:23.81 (2:57.41)
2	Rolling Hills Mud Sharks-38	A	11:10.00	11:24.55
	1) Laudenslager, Greg M63	2) Erickson, Douglas M52	3) Marcus, Jono M58	4) Maritzen, Michael M68
	1:19.63	2:45.29 (2:45.29)	4:05.03 (1:19.74)	5:28.67 (2:43.38)
	6:49.28 (1:20.61)	8:13.67 (2:45.00)	9:47.92 (1:34.25)	11:24.55 (3:10.88)

Men 240-279 200 LC Meter Medley Relay

NATL: 1:57.46 N 8/21/2016 SARASOTA Y SHARKS

S WOOD, J GROSELLE, T HEDRICK, D MARTIN

WORLD: 1:57.46 W 8/21/2016 SARASOTA Y SHARKS -USA

S WOOD, J GROSELLE, T HEDRICK, D MARTIN

PAC: 2:02.72 P 12/31/2012 TAM

Richard Burns, Kenneth Frost, Greg Tull, Tate Holt

1	Rolling Hills Mud Sharks-38	A	2:25.00	2:27.50
	1) Van Boer, Eric M70	2) Laudenslager, Greg M63	3) Erickson, Douglas M52	4) Marcus, Jono M58
	1:19.43	2:27.50 (1:08.07)		

Men 240-279 400 LC Meter Medley Relay

NATL: 4:32.15 N 8/10/2018 COLORADO MASTERS

C PETERSEN, G SCOTT, M MANN, K ANDERSON

WORLD: 4:32.15 W 8/10/2018 COLORADO MASTERS -USA

C PETERSEN, G SCOTT, M MANN, K ANDERSON

PAC: 5:11.83 P 8/8/2015 DAM

D S Vidmar, John B Thayer, Mark E Evans, Ted

1	Walnut Creek Masters-38	A	5:30.00	5:27.23
	1) Kemler, David M66	2) Carter, Paul M56	3) Stegner, Jeff M59	4) Stahl, Stephen M59
	1:26.47	3:01.36 (1:34.89)	4:17.78 (1:16.42)	5:27.23 (1:09.45)
2	Rolling Hills Mud Sharks-38	A	5:40.00	5:45.59
	1) Van Boer, Eric M70	2) Laudenslager, Greg M63	3) Erickson, Douglas M52	4) Marcus, Jono M58
	1:28.22	2:56.74 (1:28.52)	4:30.27 (1:33.53)	5:45.59 (1:15.32)
3	University of San Francisco Ma-31	A	7:50.00	9:06.67
	1) Young, Stephen M66	2) Murray, Ed M75	3) Ewing, Jack M64	4) Barros, Alexandre M54
	2:21.98	5:39.13 (3:17.15)	7:32.40 (1:53.27)	9:06.67 (1:34.27)

Men 280-319 200 LC Meter Freestyle Relay

NATL: 1:53.43 N 8/5/2023 SWIM FORT LAUDERDALE

A STEYNBERG, H KERNS, T SHEAD, B WILLIAMS

WORLD: 1:53.43 W 8/5/2023 SWIM FORT LAUDERDALE -USA

A STEYNBERG, H KERNS, T SHEAD, B WILLIAMS

PAC: 2:03.61 P 8/11/2019 TAM

R Burns, R Meyerhoff, M Sherrill, J Foote

1	Rolling Hills Mud Sharks-38	A	3:30.00	2:49.51
	1) Suess, Robert M63	2) Cochrane, James M66	3) Thompson, Jerry M66	4) Pierce, Donald M79
	1:10.57	2:49.51 (1:38.94)		

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

Results

Men 280-319 800 LC Meter Freestyle Relay

NATL: 10:05.76 N 6/9/2024 SARASOTA SHARKS

A PEREZ, L DAY, L CHILDS, R WALKER

WORLD: 10:15.72 W 6/6/2021 SARASOTA SHARKS MASTERS -USA

Jack GROSELLE, Jack MARTIN, Bob COUCH, Rick WALKER

PAC: 12:22.64 P 12/31/1994 SMMM

Ray Taft, Fred Taioli, Moran, Steuart

1	Davis Aquatic Masters-38	A	11:50.00	11:36.01 P
	1) Deacon, Ted M75	2) Woodruff, David M68	3) Henderson, William M68	4) Kahn, Stuart M71
	1:27.46	3:03.33 (3:03.33)	4:25.72 (1:22.39)	5:52.32 (2:48.99)
	7:14.53 (1:22.21)	8:46.56 (2:54.24)	10:08.73 (1:22.17)	11:36.01 (2:49.45)
2	Marcia's Enthusiastic Masters-38	A	12:10.00	13:24.14
	1) Benjamin, David M75	2) Wu, Long M59	3) Winterrowd, Dan M74	4) Small, Stephen M72
	1:48.61	3:44.90 (3:44.90)	5:21.16 (1:36.26)	7:03.36 (3:18.46)
	8:44.94 (1:41.58)	10:23.98 (3:20.62)	11:51.32 (1:27.34)	13:24.14 (3:00.16)

Mixed 100-119 200 LC Meter Freestyle Relay

NATL: 1:41.71 N 8/5/2022 CLUB TRIBE

L BUREAU, M HEALEY, A KENNA, G MIZERAK

WORLD: 1:38.55 W 6/24/2023 SWIM-EASY SPB -RUS

A FEDOROV, A PRIBYTOK, D USTINOVA, S CHIMROVA

PAC: 1:43.11 P 7/11/2010 TOC

F O'Donnell-McCar, T T Holsman, E P Reilly,

1	University of San Francisco Ma-3:	A	1:55.00	1:48.21
	1) Kubick, Dylan M29	2) Christensen, Jon M34	3) Orbach-Mandel, Natalia W25	4) Orbach-Mandel, Hannah W27
	51.05	1:48.21 (57.16)		
2	University of San Francisco Ma-3:	B	2:05.00	1:57.46
	1) Doi, Stephanie W30	2) Blankley, Stephanie W26	3) Ho, Marcus M31	4) Lopez, Samuel M24
	59.24	1:57.46 (58.22)		

Mixed 100-119 400 LC Meter Freestyle Relay

NATL: 3:54.81 N 7/25/2009 SOUTHERN CAL AQUATIC MASTERS

N JANOS, J CORCORAN, A YEARWOOD, E TOLMACHOFF

WORLD: 3:48.68 W 6/20/2014 W98 HANNOVER -GER

T GRABOWSKI, C DAHLE, A MARX, N WINTER

PAC: 3:50.59 P 7/23/2016 MEMO

T Gregory, R Ward, P Yamauchi, C Breed

1	University of San Francisco Ma-3:	A	5:00.00	4:40.14
	1) McCarthy, Alexandra W32	2) Kos, Ian M30	3) Enright, Jackson M25	4) Ming, Anna W30
	57.83	2:09.53 (1:11.70)	3:31.20 (1:21.67)	4:40.14 (1:08.94)

Mixed 100-119 200 LC Meter Medley Relay

NATL: 1:53.91 N 8/6/2022 CLUB TRIBE

A KENNA, L BUREAU, G MIZERAK, M HEALEY

WORLD: 1:47.29 W 6/25/2023 SWIM-EASY SPB -RUS

A ZOTOV, G IVASHINENKO, S CHIMROVA, D USTINOVA

PAC: 1:55.34 P 12/31/2011 TOC

F O'Donnell-McCar, J W Dorr, E P Reilly, S G

1	University of San Francisco Ma-3:	A	2:50.00	2:29.74
	1) McCarthy, Alexandra W32	2) Kos, Ian M30	3) Enright, Jackson M25	4) Ming, Anna W30
	1:28.00	2:29.74 (1:01.74)		

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Mixed 120-159 200 LC Meter Freestyle Relay**

NATL: 1:42.65 N 8/23/1998 GOLD COAST MASTERS

T PACE, T MOLL, J HERRINGTON, K WIENANTS

WORLD: 1:40.14 W 8/14/2015 TSUNAMI -RUS

A SATANOVSKIY, I SHLEMOVA, S KNYAGININA, A KRYLOV

PAC: 1:43.44 P 12/31/2008 TOC

T Holsman, S Guzman, L Welting, S Greenwood

2	Marcia's Enthusiastic Masters-38	A		2:10.00	2:07.36
	1) Bentley, Orin M47		2) Song, Jimmy M41	3) Woo, Emily W29	4) Teng, Cathy W24
	1:03.69		2:07.36 (1:03.67)		
3	University of San Francisco Ma-31	A		2:25.00	2:12.30
	1) Leber, Nathan M32		2) Oehler, Stephanie W32	3) Ferroggiaro, Alex W33	4) Kapustin, Yevgeniy M38
	1:09.21		2:12.30 (1:03.09)		
---	Swim Fremont Glenmoor Garden	A		2:10.00	DQ
	1) Sue, Jennifer W35		2) Xia, Alan M32	3) Devargas, Jaime M32	4) Scott, Emily W44
	1:04.20		DQ (1:03.87)		

Mixed 120-159 400 LC Meter Freestyle Relay

NATL: 3:56.36 N 3/5/2011 MOVY MASTERS

T STEWART, C FUCHS, J STOVER, A DIERS

WORLD: 3:49.88 W 10/7/2021 POTIGUAR MASTERS -BRA

J SANCHES, R TRIVINO, J SANTORO NAKAGAKI, K REGINA

PAC: 3:58.19 P 12/31/2009 TOC

K Lyons, M Gill, P Carter, S Greenwood

1	Davis Aquatic Masters-38	A		4:40.00	4:26.04
	1) Nehrebecki, Helene W44		2) Waterson, Alexander M19	3) Crow, Vivian W27	4) Shaffer, Luke M30
	1:08.76		2:12.91 (1:04.15)	3:23.23 (1:10.32)	4:26.04 (1:02.81)
2	Rolling Hills Mud Sharks-38	A		4:50.00	4:40.52
	1) Kroetz, Brigitte W29		2) Marcus, Jono M58	3) Erickson, Douglas M52	4) O'Brien, Maeve W20
	1:07.81		2:17.57 (1:09.76)	3:31.34 (1:13.77)	4:40.52 (1:09.18)
3	Marcia's Enthusiastic Masters-38	A		4:25.00	4:43.06
	1) Lai, Kevin M36		2) Song, Jimmy M41	3) Woo, Emily W29	4) Teng, Cathy W24
	1:03.68		2:16.01 (1:12.33)	3:39.89 (1:23.88)	4:43.06 (1:03.17)
4	University of San Francisco Ma-31	A		7:00.00	6:37.26
	1) Ivan, David M32		2) Dede, Elif W38	3) Sayed, Elizabeth W45	4) Kapustin, Yevgeniy M38
	2:19.08		3:35.54 (1:16.46)	5:21.64 (1:46.10)	6:37.26 (1:15.62)

Mixed 120-159 800 LC Meter Freestyle Relay

NATL: 8:41.82 N 3/9/2013 MOVY MASTERS

J STOVER, C PETERFISH, T STEWART, A DIERS

WORLD: 8:25.05 W 6/2/2023 TRAFFORD MET -GBR

P BARNARD, H BOOTH, V CUNNINGHAM, D MILLS

PAC: 9:16.50 P 12/31/1990 WCM

Paula Roemer, Barber, O'Brien, Wendy Ingraham

1	Davis Aquatic Masters-38	A		9:45.00	9:55.57
	1) Nehrebecki, Helene W44		2) Zachan, Matthew M38	3) Crow, Vivian W27	4) Shaffer, Luke M30
	1:15.20		2:38.41 (2:38.41)	3:44.21 (1:05.80)	4:53.35 (2:14.94)
	6:09.09 (1:15.74)		7:30.73 (2:37.38)	8:39.32 (1:08.59)	9:55.57 (2:24.84)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Mixed 120-159 200 LC Meter Medley Relay**

NATL: 1:50.77 N 7/8/2012

PHOENIX SWIM CLUB

N INADA, J COMMINGS, M HYMAN, J PONCE

WORLD: 1:49.61 W 5/28/2023

TSUNAMI -RUS

E IOGIN, A TISCHENKO, I SHELEMOVA, Y DROBYSHEVSAYA

PAC: 1:59.68 P 12/31/1997

WCM

Hartnett, Gary Patterson, Steve Stahl, Vidal

1	University of San Francisco Ma-3:	A	2:25.00	2:11.48
	1) Alter, Anne W33	2) Christensen, Jon M34	3) Krovetz, Hannah W30	4) Barton, Andrew M31
	1:09.69	2:11.48 (1:01.79)		
2	Marcia's Enthusiastic Masters-38	A	2:20.00	2:23.21
	1) McBride, Beth W34	2) Song, Jimmy M41	3) Teng, Cathy W24	4) Lai, Kevin M36
	1:24.26	2:23.21 (58.95)		
---	University of San Francisco Ma-3:	B	3:50.00	DQ
	1) Ivan, David M32	2) Dede, Elif W38	3) Sayed, Elizabeth W45	4) Kapustin, Yevgeniy M38
	1:56.40	DQ (1:06.26)		

Mixed 120-159 400 LC Meter Medley Relay

NATL: 4:29.03 N 8/8/2009

FORT LAUDERDALE AQUATICS

C FERNANDEZ, K LEGASPI, L GALVAN-SARABIA, J MARTIN

WORLD: 4:14.85 W 9/17/2022

FRONTIER RC -JPN

S TAKESHITA, R KOBAYASHI, M ITO, I MIYANAGI

PAC: 4:40.74 P 12/31/1992

RINC

Ken Fattler, Baxter, Kirk Koslowski, Elsbach

1	Davis Aquatic Masters-38	A	5:15.00	5:01.26
	1) Crow, Vivian W27	2) Waterson, Alexander M19	3) Nehrebecki, Helene W44	4) Shaffer, Luke M30
	1:18.76	2:40.42 (1:21.66)	3:59.52 (1:19.10)	5:01.26 (1:01.74)
2	Marcia's Enthusiastic Masters-38	A	5:25.00	5:18.55
	1) Rogers, Matt M54	2) Song, Jimmy M41	3) Teng, Cathy W24	4) Woo, Emily W29
	1:21.28	2:47.09 (1:25.81)	3:58.47 (1:11.38)	5:18.55 (1:20.08)
3	University of San Francisco Ma-3:	A	5:30.00	5:40.29
	1) Leber, Nathan M32	2) Oehler, Stephanie W32	3) Ferroggiaro, Alex W33	4) Kapustin, Yevgeniy M38
	1:17.71	3:00.40 (1:42.69)	4:23.68 (1:23.28)	5:40.29 (1:16.61)
---	Swim Fremont Glenmoor Garden	A	8:00.00	DQ
	1) Silva, Teresa W48	2) Scott, Emily W44	3) Grinich, Stephen M30	4) LaFontaine, Joseph M21
	1:51.13	3:29.62 (1:38.49)	4:35.58 (1:05.96)	DQ (58.93)

Mixed 160-199 200 LC Meter Freestyle Relay

NATL: 1:42.27 N 8/8/2006

TEAM TYR

J SMITH, R SAEGER, C SAPPEY, S HART

WORLD: 1:42.27 W 8/8/2006

TEAM TYR -USA

J SMITH, R SAEGER, C SAPPEY, S HART

PAC: 1:48.29 P 8/9/2013

TOC

M Meyer, L Welting, T Holsman, S Greenwood

*1	Marin Aquatic Masters-38	A	2:02.00	2:01.00
	1) Lee, Robin W43	2) Cruse, Nicholas M25	3) Pickard, Justin M50	4) Cairns, Christina W46
	59.93	2:01.00 (1:01.07)		
*1	Tvm Swimming-38	A	2:35.98	2:01.54
	1) Radecke-Noble, Jennifer W40	2) Schempp, Kyle M35	3) Parasyris, Konstantinos M35	4) LaBerge, Karin W60
	57.84	2:01.54 (1:03.70)		
2	University of San Francisco Ma-3:	A	2:15.00	2:01.99
	1) DiBartolomeo, Renae W34	2) Huang, Jessica W40	3) Baristiran, Omer M45	4) Harrington, Matt M53
	1:00.34	2:01.99 (1:01.65)		

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Mixed 160-199 400 LC Meter Freestyle Relay**

NATL: 3:57.18 N 8/6/2016

NORTH CAROLINA MASTERS

E BRAUN, S DALLAMURA, K LINDAUER, V FLETCHER

WORLD: 3:51.77 W 12/2/2022

CBH -PAR

V BALSANO, D DUQUE, B HOCKIN, A CARRILLO

PAC: 4:08.95 P 12/31/1995

TOC

B Strand, M Keck, M Meyer, D Ogier

1	Menlo Masters-38	A	4:33.20	4:28.25
	1) Pyle, Mike M49	2) Bracco Comfort, Katie W48	3) Couch, Stephanie W60	4) Leimkuhler, Kyle M37
	57.64	2:08.09 (1:10.45)	3:27.17 (1:19.08)	4:28.25 (1:01.08)
2	Marin Aquatic Masters-38	A	4:50.00	4:37.70
	1) Cruse, Nicholas M25	2) De Somma, Margaret W56	3) Cairns, Christina W46	4) Pickard, Justin M50
	59.58	2:20.93 (1:21.35)	3:32.55 (1:11.62)	4:37.70 (1:05.15)
3	University of San Francisco Ma-3:	A	7:00.00	6:46.80
	1) Ferroggiaro, Alex W33	2) DiBartolomeo, Renae W34	3) Murray, Ed M75	4) Young, Stephen M66
	1:12.25	3:07.95 (1:55.70)	5:31.44 (2:23.49)	6:46.80 (1:15.36)

Mixed 160-199 800 LC Meter Freestyle Relay

NATL: 8:50.20 N 8/15/2015

ROCKWELL AQUATIC MASTERS

S STONE, S CARPENTER, R ELDRIDGE, S CARROLL

WORLD: 8:43.94 W 11/11/2017

BP HONVED SE -HUN

M MAROSI, D CERVA, A SCHONEK, V KALAUS

PAC: 9:15.91 P 12/31/1995

TOC

M Keck, M Meyer, B Strand, D Ogier

1	Marcia's Enthusiastic Masters-38	A	10:55.00	10:49.33
	1) Wehmann, Todd M52	2) Shu, Vicki W56	3) McBride, Beth W34	4) Song, Jimmy M41
	1:14.10	2:31.34 (2:31.34)	3:51.53 (1:20.19)	5:15.66 (2:44.32)
	6:39.56 (1:23.90)	8:07.67 (2:52.01)	9:27.42 (1:19.75)	10:49.33 (2:41.66)
2	Walnut Creek Masters-38	A	13:00.00	11:28.89
	1) Torres, Emmanuel M38	2) Darling, Colleen W50	3) Taylor, Catherine W61	4) Wada, Ellison M45
	1:16.06	2:37.40 (2:37.40)	3:59.37 (1:21.97)	5:33.23 (2:55.83)
	7:04.60 (1:31.37)	8:40.56 (3:07.33)	9:59.92 (1:19.36)	11:28.89 (2:48.33)

Mixed 160-199 200 LC Meter Medley Relay

NATL: 1:56.34 N 8/10/2019

NOVAQUATICS MASTERS

J NATALIZIO, S WEST, S BENNETT, C BERTELINK

WORLD: 1:53.25 W 6/6/2021

MAD WAVE -RUS

A POVALIY, V BRAGIN, A POLIAKOVA, V PREDKIN

PAC: 2:00.53 P 12/31/2004

TOC

J Schriger, S Corliss, L Welting, M MacKay

1	Marin Aquatic Masters-38	A	2:55.00	2:26.56
	1) Pickard, Justin M50	2) Lepinski, Cokie W65	3) Cruse, Nicholas M25	4) Silva, Rayle W28
	1:22.15	2:26.56 (1:04.41)		
2	Marcia's Enthusiastic Masters-38	A	2:55.00	2:53.91
	1) Woo, Emily W29	2) Wu, Long M59	3) Chien, Regina W38	4) Wan, Danny M61
	1:31.07	2:53.91 (1:22.84)		
3	University of San Francisco Ma-3:	A	3:50.00	3:06.35
	1) Young, Stephen M66	2) DiBartolomeo, Renae W34	3) Ferroggiaro, Alex W33	4) Shalowitz, Jon M57
	1:45.62	3:06.35 (1:20.73)		

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Mixed 160-199 400 LC Meter Medley Relay**

NATL: 4:23.00 N 6/11/2022

NORTH CAROLINA MASTERS

G HIGSON, C THOMAS, I HOLLAND, E BRAUN

WORLD: 4:15.64 W 6/18/2022

JSS FUKAI -JPN

K MORIHISA, Y SAKAI, T NAKANO, A OKI

PAC: 4:30.50 P 12/31/2006

STAN

Jody Smith, Becker, Preston, Kemp

1	University of San Francisco Ma-38	A	5:15.00	5:09.44
	1) DiBartolomeo, Renae W34	2) Huang, Jessica W40	3) Baristiran, Omer M45	4) Harrington, Matt M53
	1:17.70	2:44.20 (1:26.50)	4:01.34 (1:17.14)	5:09.44 (1:08.10)
2	Tvm Swimming-38	A	5:25.00	5:25.97
	1) LaBerge, Karin W60	2) Parasyris, Konstantinos M35	3) Southern, Drake M24	4) Sitzmann, Amy W44
	1:32.43	2:58.46 (1:26.03)	4:02.51 (1:04.05)	5:25.97 (1:23.46)
3	Davis Aquatic Masters-38	A	5:32.00	5:29.51
	1) Zachan, Matthew M38	2) Goldberg, Michelle W56	3) Belluomini, Melanie W47	4) Winsor, Brad M53
	1:18.40	2:57.55 (1:39.15)	4:23.43 (1:25.88)	5:29.51 (1:06.08)

Mixed 200-239 200 LC Meter Freestyle Relay

NATL: 1:44.96 N 8/10/2006

COLORADO MASTERS

T HEDRICK, K CROUCH, K GARNIER, R ABRAHAMS

WORLD: 1:44.96 W 8/8/2006

COLORADO -USA

T HEDRICK, K CROUCH, K GARNIER, R ABRAHAMS

PAC: 1:48.33 P 12/31/2005

WCM

S Heim-Bowen, L Crittenden, J DeLacy, D Boatwright

1	Sacramento Masters-38	A	2:21.00	2:19.18
	1) Knight-Williams, Valerie W61	2) Lange, Austin M37	3) Guthrie, Sally W74	4) Barajas, Nick M58
	1:07.73	2:19.18 (1:11.45)		
2	Davis Aquatic Masters-38	A	2:27.00	2:21.39
	1) Waterson, Kevin M45	2) Crow, Joan W60	3) Schwartz, Mark M66	4) Russell, Jane W61
	1:09.74	2:21.39 (1:11.65)		
3	University of San Francisco Ma-38	A	2:30.00	2:23.12
	1) Bucy, John M46	2) Prichard, Amie W44	3) Grisso, Mike M54	4) Ask, Julie W56
	1:14.78	2:23.12 (1:08.34)		
4	Sebastopol Masters Aquatic Clu-38	A	2:47.00	2:29.46
	1) Flecker, Donita W42	2) Hektner, Eric M66	3) Lee, Jez W44	4) Keating, Kevin M61
	1:20.00	2:29.46 (1:09.46)		
5	Walnut Creek Masters-38	A	3:00.00	2:38.76
	1) Ward, Lisa W60	2) Larsen, Amy W25	3) Mayo, Robert W M91	4) Wada, Ellison M45
	1:05.13	2:38.76 (1:33.63)		

Mixed 200-239 400 LC Meter Freestyle Relay

NATL: 4:02.62 N 6/20/2015

ILLINOIS MASTERS

D SIMS, A BLOCK, L DILLMANN, J TUCHLER

WORLD: 3:57.74 W 5/7/2023

POWERPOINTS -AUS

J BUCKNELL, L MCDOWELL, G O'MARA, M THOMPSON

PAC: 4:25.37 P 12/31/2009

WCM

M Curran, C O'Brien, K O'Brien, L Druz

1	Walnut Creek Masters-38	A	4:39.00	4:09.69 P
	1) Grant, Andy M39	2) Zamanian, Alison W54	3) Ward, Lisa W60	4) Flakoll, Jonathan M50
	53.03	1:58.91 (1:05.88)	3:09.26 (1:10.35)	4:09.69 (1:00.43)
2	Sacramento Masters-38	A	5:20.00	5:17.23
	1) Knight-Williams, Valerie W61	2) Lange, Austin M37	3) Guthrie, Sally W74	4) Barajas, Nick M58
		2:37.22 ()	4:06.10 (1:28.88)	5:17.23 (1:11.13)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****(Mixed 200-239 400 LC Meter Freestyle Relay)**

3	University of San Francisco Ma-31	A	5:40.00	5:19.16
	1) Davis, Taylor W48	2) Prichard, Amie W44	3) Barros, Alexandre M54	4) Grisso, Mike M54
	1:15.35	2:40.76 (1:25.41)	4:14.02 (1:33.26)	5:19.16 (1:05.14)
4	Marcia's Enthusiastic Masters-38	A	6:24.00	5:47.37
	1) Wu, Long M59	2) Wan, Danny M61	3) Voight, Tina W55	4) Chien, Regina W38
	1:22.95	2:52.39 (1:29.44)	4:16.86 (1:24.47)	5:47.37 (1:30.51)

Mixed 200-239 800 LC Meter Freestyle Relay

NATL: 9:15.06 N 8/12/2018

CONEJO VALLEY MASTERS

WORLD: 8:55.03 W 3/3/2023

B CLEAVENGER, J GELLATLY, K KARREN, D KOEHLER

PAC: 9:34.66 P 7/14/2017

POWERPOINTS -AUS

L MCDOWELL, M THOMPSON, G O'MARA, J BUCKNELL

WCM

S. Heim-Bowen, S. Keeler, D. Sway, B. Volpp

1	Marcia's Enthusiastic Masters-38	A	12:15.00	12:05.51
	1) Citron, Jeffrey M69	2) Voight, Tina W55	3) Johnson, Carliane W59	4) Lehnert, Ahren M51
	1:17.24	2:44.76 (2:44.76)	4:13.85 (1:29.09)	6:00.44 (3:15.68)
	7:32.92 (1:32.48)	9:22.83 (3:22.39)	10:40.56 (1:17.73)	12:05.51 (2:42.68)

Mixed 200-239 200 LC Meter Medley Relay

NATL: 1:57.86 N 8/5/2023

NORTH CAROLINA MASTERS

WORLD: 1:57.86 W 8/5/2023

J MIHALIK, D DUNSON, M ANDERSEN, E BRAUN

PAC: 2:04.32 P 12/31/2009

NORTH CAROLINA MASTERS -USA

J MIHALIK, D DUNSON, M ANDERSEN, E BRAUN

WCM

Lisa Ward, Gary Patterson, Sandi Easton, Bob Olson

1	Menlo Masters-38	A	2:26.06	2:18.87
	1) Couch, Stephanie W60	2) Tom, Daniel M60	3) Bracco Comfort, Katie W48	4) Pyle, Mike M49
	1:20.30	2:18.87 (58.57)		
2	Walnut Creek Masters-38	A	2:20.00	2:27.54
	1) Chao, Hector M60	2) Nootbaar, Tom M61	3) Darling, Colleen W50	4) Ward, Lisa W60
	1:16.03	2:27.54 (1:11.51)		
3	Sacramento Masters-38	A	2:52.00	2:41.66
	1) Lange, Austin M37	2) Barajas, Nick M58	3) Carter, Monica W63	4) Guthrie, Sally W74
	1:22.40	2:41.66 (1:19.26)		
4	University of San Francisco Ma-31	A	2:55.00	2:45.93
	1) Davis, Taylor W48	2) Barros, Alexandre M54	3) Grisso, Mike M54	4) Prichard, Amie W44
	1:32.00	2:45.93 (1:13.93)		
5	Marin Aquatic Masters-38	A	3:50.00	3:38.78
	1) Sampiere-Prochnow, Susie W612	2) Prochnow, Kevin M62	3) Pinkston, Crystal W39	4) Tajbaksh, Shervin M59
	2:03.86	3:38.78 (1:34.92)		

Mixed 200-239 400 LC Meter Medley Relay

NATL: 4:30.56 N 8/20/2023

NORTH CAROLINA MASTERS

WORLD: 4:30.56 W 8/20/2023

W WEAVER, S TAYLOR, G SANCHEZ, E BRAUN

PAC: 4:51.55 P 12/31/1998

NORTH CAROLINA MASTERS -USA

W WEAVER, S TAYLOR, G SANCHEZ, E BRAUN

TAM

R Burns, P Jonckheer, L Val, N Ridout

1	University of San Francisco Ma-31	A	6:00.00	5:47.68
	1) Bucy, John M46	2) Blankley, Stephanie W26	3) Greenberg, Nicole W25	4) Wagner, Chris M65
	1:27.25	3:00.56 (1:33.31)	4:41.34 (1:40.78)	5:47.68 (1:06.34)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****(Mixed 200-239 400 LC Meter Medley Relay)**

2	Sebastopol Masters Aquatic Club	A	6:12.11	6:16.34
	1) Flecker, Donita W42	2) Hektner, Eric M66	3) Keating, Kevin M61	4) Lee, Jez W44
	1:42.18	3:32.20 (1:50.02)	4:49.50 (1:17.30)	6:16.34 (1:26.84)
3	Rolling Hills Mud Sharks-38	A	6:40.00	6:35.85
	1) Cochrane, James M66	2) Bachtiger, Jasmine W55	3) O'Brien, Maeve W20	4) O'Brien, Brad M62
	1:53.17	3:47.73 (1:54.56)	5:12.16 (1:24.43)	6:35.85 (1:23.69)
4	Rolling Hills Mud Sharks-38	B	6:50.00	7:07.45
	1) O'Hanlon, Christine W54	2) Thompson, Jerry M66	3) Kroetz, Brigitte W29	4) Pierce, Donald M79
	1:38.91	3:44.90 (2:05.99)	5:07.46 (1:22.56)	7:07.45 (1:59.99)

Mixed 240-279 200 LC Meter Freestyle Relay

NATL: 1:54.54 N 8/20/2016 SARASOTA Y SHARKS
D MARTIN, J GROSELLE, N KRYKA, L KIRKPATRICK
WORLD: 1:52.45 W 3/1/2024 CAPE TOWN MSC -RSA
C MAUGHAN, C STANFORD, T SHEAD, P CADIZ
PAC: 1:56.00 P 12/31/2011 TAM
R Burns, L Val, B Wheeler, T Holt

1	Rolling Hills Mud Sharks-38	A	2:33.00	2:27.15
	1) Maritzen, Michael M68	2) O'Brien, Brad M62	3) Bachtiger, Jasmine W55	4) Hepworth, Linda W71
	1:12.00	2:27.15 (1:15.15)		
2	University of San Francisco Ma-38	A	2:35.00	2:28.49
	1) Davis, Taylor W48	2) Williams, Syd M69	3) Kaiser, Amy W65	4) Smith, Curtice M60
	1:14.30	2:28.49 (1:14.19)		
3	Marcia's Enthusiastic Masters-38	A	2:48.00	2:28.90
	1) Shu, Vicki W56	2) Johnson, Carliane W59	3) Senz, Doug M72	4) Small, Stephen M72
	1:12.85	2:28.90 (1:16.05)		
4	Menlo Masters-38	A	2:36.00	2:40.32
	1) Anderson, Bob M69	2) Singh, Jo W52	3) Gildea, David M81	4) Bracco Comfort, Katie W48
	1:27.14	2:40.32 (1:13.18)		

Mixed 240-279 400 LC Meter Freestyle Relay

NATL: 4:22.80 N 7/9/2022 LONE STAR MASTERS
R VAN DYKE, D GUTHRIE, S STONE, L MORRISON
WORLD: 4:19.89 W 3/19/2015 CAPE TOWN MASTERS -RSA
C MAUGHAN, S KRUGER, D COETZEE, T SHEAD
PAC: 4:32.62 P 12/31/2011 TAM
Laura Val, Judy A Eisenman, Tate Holt, Rich Burns

1	Rolling Hills Mud Sharks-38	A	5:25.00	5:07.85
	1) Van Boer, Eric M70	2) Laudenslager, Greg M63	3) O'Hanlon, Christine W54	4) Bachtiger, Jasmine W55
	1:12.35	2:24.56 (1:12.21)	3:45.02 (1:20.46)	5:07.85 (1:22.83)
2	Marcia's Enthusiastic Masters-38	A	5:25.00	5:26.27
	1) Small, Stephen M72	2) Citron, Jeffrey M69	3) Johnson, Carliane W59	4) Shu, Vicki W56
	1:18.70	2:36.41 (1:17.71)	5:26.27 (2:49.86)	
3	University of San Francisco Ma-38	A	5:40.00	5:45.31
	1) Ogilvie, Carol W69	2) Smith, Curtice M60	3) Cohn, Darcy W73	4) Langner, Mikael M56
	1:12.76	2:37.13 (1:24.37)	4:36.36 (1:59.23)	5:45.31 (1:08.95)
4	Albany Armada Aquatics Masters	A	7:07.00	6:53.53
	1) Firmin, Rob M76	2) Carroll, Leah W63	3) Focha, Teresa W63	4) Durell, Robert M73
	1:33.43	3:26.76 (1:53.33)	5:25.15 (1:58.39)	6:53.53 (1:28.38)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Mixed 240-279 200 LC Meter Medley Relay**

NATL: 2:08.11 N 8/20/2016

PUGET SOUND MASTERS

L DAHL, R COLELLA, D GRAHAM, C DAVIS

WORLD: 2:07.56 W 3/1/2024

CAPE TOWN MSC -RSA

P CADIZ, T SHEAD, C STANFORD, C MAUGHAN

PAC: 2:09.06 P 12/31/2009

TAM

Rich Burns, Ken Frost, Laura Val, Barbara Wheeler

1	Marcia's Enthusiastic Masters-38	A		2:45.00	2:47.64
	1) Citron, Jeffrey M69		2) Small, Stephen M72	3) Shu, Vicki W56	4) Johnson, Carliane W59
	1:32.07		2:47.64 (1:15.57)		
2	University of San Francisco Ma-31	A		2:55.00	2:57.17
	1) Ogilvie, Carol W69		2) Smith, Curtice M60	3) Cohn, Darcy W73	4) Langner, Mikael M56
	1:47.09		2:57.17 (1:10.08)		
3	Menlo Masters-38	A		3:02.20	2:57.55
	1) Rosales-Delmoral, Romer M51		2) Barnea, Daniela W80	3) Singh, Jo W52	4) Cocca, Christopher M59
4	Rolling Hills Mud Sharks-38	A		3:05.00	2:59.69
	1) Hepworth, Linda W71		2) Thompson, Jerry M66	3) Bachtiger, Jasmine W55	4) O'Brien, Brad M62
	1:43.56		2:59.69 (1:16.13)		
5	Tamalpais Aquatic Masters-38	A		3:41.00	3:12.35
	1) Willard, Mimi W71		2) Geisler, Maynard M65	3) Meyerhoff, Rick M77	4) Coffee, Cassandra W63
	1:38.88		3:12.35 (1:33.47)		

Mixed 240-279 400 LC Meter Medley Relay

NATL: 4:44.76 N 7/9/2022

LONE STAR MASTERS

S STONE, D GUTHRIE, M CAMPBELL, L MORRISON

WORLD: 4:44.76 W 7/9/2022

LONE STAR MASTERS -USA

S STONE, D GUTHRIE, M CAMPBELL, L MORRISON

PAC: 4:51.95 P 12/31/2009

TAM

Rich Burns, Ken Frost, Laura Val, Barb Wheeler

1	Marcia's Enthusiastic Masters-38	A		6:20.00	6:20.21
	1) Small, Stephen M72		2) Wu, Long M59	3) Shu, Vicki W56	4) Johnson, Carliane W59
	1:40.84		3:18.18 (1:37.34)	4:50.07 (1:31.89)	6:20.21 (1:30.14)
2	Rolling Hills Mud Sharks-38	A		6:32.00	6:39.08
	1) Hepworth, Linda W71		2) Suess, Robert M63	3) Murray, Tori W42	4) Maritzen, Michael M68
	1:47.37		3:35.24 (1:47.87)	6:39.08 (3:03.84)	
3	University of San Francisco Ma-31	A		6:15.00	6:42.04
	1) Ask, Julie W56		2) Grisso, Mike M54	3) Kaiser, Amy W65	4) Williams, Syd M69
	2:01.53		3:54.53 (1:53.00)	5:16.95 (1:22.42)	6:42.04 (1:25.09)

Mixed 280-319 200 LC Meter Freestyle Relay

NATL: 2:01.22 N 1/19/2024

LONE STAR MASTERS

R NEVILLE, L MORRISON, J WOOLSLAYER, B WILLIAMS

WORLD: 2:01.22 W 1/19/2024

LONE STAR MASTERS -USA

R NEVILLE, L MORRISON, J WOOLSLAYER, B WILLIAMS

PAC: 2:05.58 P 8/20/2017

TAM

R Burns, Laura B Val, Nancy J Ridout, Tate H

1	Santa Rosa Masters-38	A		3:20.00	2:51.35
	1) Beal, Laura W59		2) Stewart, Jim M83	3) Nowack, Susan W64	4) Rust, David M78
	1:29.15		2:51.35 (1:22.20)		

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024

Results

Mixed 280-319 400 LC Meter Freestyle Relay

NATL: 4:45.34 N 7/9/2023 SARASOTA SHARKS

R WALKER, K EINSIDLER, J GRAY, L CHILDS

WORLD: 4:45.34 W 7/9/2023 SARASOTA SHARKS -USA

R WALKER, K EINSIDLER, J GRAY, L CHILDS

PAC: 4:50.97 P 7/30/2022 TAM

L Val, R Burns, M Joyce, A Bernard

1	Rolling Hills Mud Sharks-38	A	6:35.00	7:12.16
	1) Maritzen, Michael M68	2) Hepworth, Linda W71	3) Coholan, Annette W76	4) Pierce, Donald M79
	1:29.67	3:04.66 (1:34.99)	7:12.16 (4:07.50)	

Mixed 280-319 800 LC Meter Freestyle Relay

NATL: 10:37.37 N 7/29/2022 TAMALPAIS AQUATIC MASTERS

R BURNS, L VAL, M JOYCE, A BERNARD

WORLD: 10:37.37 W 7/29/2022 TAMALPAIS MASTERS -USA

R BURNS, L VAL, M JOYCE, A BERNARD

PAC: 10:37.37 P 7/29/2022 TAM

R Burns, L Val, M Joyce, A Bernard

1	Rolling Hills Mud Sharks-38	A	14:25.00	13:36.59
	1) Van Boer, Eric M70	2) Suess, Robert M63	3) Coholan, Annette W76	4) Hepworth, Linda W71
	1:22.44	2:51.18 (2:51.18)	4:25.37 (1:34.19)	5:59.84 (3:08.66)
	8:05.87 (2:06.03)	10:15.48 (4:15.64)	11:54.56 (1:39.08)	13:36.59 (3:21.11)
2	Menlo Masters-38	A	14:35.50	14:38.87
	1) Barnea, Daniela W80	2) Dutro, Cynthia W76	3) Crockett, Robert M76	4) Rosales-Delmoral, Romer M51
	1:50.73	3:49.84 (3:49.84)	5:37.88 (1:48.04)	7:20.98 (3:31.14)
	9:39.23 (2:18.25)	11:48.54 (4:27.56)	13:10.99 (1:22.45)	14:38.87 (2:50.33)

Mixed 280-319 200 LC Meter Medley Relay

NATL: 2:19.17 N 1/19/2024 LONE STAR MASTERS

J WOOLSLAYER, R NEVILLE, B WILLIAMS, L MORRISON

WORLD: 2:19.17 W 1/19/2024 LONE STAR MASTERS -USA

J WOOLSLAYER, R NEVILLE, B WILLIAMS, L MORRISON

PAC: 2:21.20 P 8/9/2015 TAM

L B Val, Kenneth A Frost, Richard Burns, Nan

1	Albany Armada Aquatics Masters	A	3:19.00	3:32.39
	1) Ewing, Nancy W77	2) Firmin, Rob M76	3) Carroll, Leah W63	4) Durell, Robert M73
	2:00.19	3:32.39 (1:32.20)		
2	Rolling Hills Mud Sharks-38	A	3:50.00	3:49.18
	1) Pierce, Donald M79	2) Coholan, Annette W76	3) Suess, Robert M63	4) Tevis, Maggie W76
	2:09.08	3:49.18 (1:40.10)		

Mixed 280-319 400 LC Meter Medley Relay

NATL: 5:28.17 N 5/10/2015 TAMALPAIS AQUATIC MASTERS

R BURNS, K FROST, L VAL, N RIDOUT

WORLD: 5:28.17 W 5/10/2015 TAMALPAIS MASTERS -USA

R BURNS, K FROST, L VAL, N RIDOUT

PAC: 5:28.17 P 5/10/2015 TAM

R Burns, K Frost, L Val, N Ridout

1	Menlo Masters-38	A	6:40.00	6:25.03
	1) Tom, Daniel M60	2) Barnea, Daniela W80	3) Couch, Stephanie W60	4) Gildea, David M81
	1:19.03	3:16.40 (1:57.37)	4:54.28 (1:37.88)	6:25.03 (1:30.75)

2024 Pacific Masters Swimming LC Championship - 8/2/2024 to 8/4/2024**Results****Mixed 320-359 400 LC Meter Freestyle Relay**

NATL: 6:07.33 N 8/26/2017 OREGON MASTERS

W LAMB, J WARD, J GETTLING, D RADCLIFF

WORLD: 6:07.33 W 8/26/2017 OREGON MASTERS -USA

W LAMB, J WARD, J GETTLING, D RADCLIFF

PAC: 7:40.34 P 12/31/1995 SMMM

Joe Kaufman, Zada Taft, Ray Taft, Audrey Etienne

1	University of San Francisco Ma-3:	A	9:55.00	9:18.27
	1) Fleming, Jack M89	2) Wiscomb, Lance M79	3) Chaitkin, Lauren W80	4) Hagiwara, Tanako W86
	2:12.41	4:46.28 (2:33.87)	9:18.27 (4:31.99)	

Mixed 320-359 200 LC Meter Medley Relay

NATL: 3:05.67 N 8/25/2019 OREGON MASTERS

J WARD, R NAKATA, M TOPPEL, W LAMB

WORLD: 2:55.98 W 7/20/2014 BIG S YOKOHAMA -JPN

S YONEZAWA, T NAKAMARU, H MAKIMOTO, M KAMOSHITA

PAC: 3:57.45 P 12/31/1994 SMMM

J Kaufman, H Roumasset, R Taft, A Etienne

---	University of San Francisco Ma-3:	A	4:55.00	DQ
	1) Fleming, Jack M89	2) Wiscomb, Lance M79	3) Chaitkin, Lauren W80	4) Hagiwara, Tanako W86
	2:22.09	DQ (2:32.28)		