

2024 Short and Sweet - 4/14/2024

Results - Sunday

Women 18-24 50 Yard Freestyle

| Name | Age | Team | Seed Time | Finals Time |
|----------------------|-----|-----------------------------------|-----------|-------------|
| 1 Mi, Jessica | 24 | University of San Francisco Ma-38 | 28.00 | 27.85 |
| 2 Cardenas, Julianna | 23 | Marcia's Enthusiastic Masters-38 | 36.00 | 28.97 |
| 3 Klingelhofer, Meri | 22 | Swim Fremont Glenmoor Gardens-38 | 29.00 | 32.07 |

Women 18-24 200 Yard Freestyle

| | | | | |
|----------------------|-------|-----------------------------------|-----------------|-----------------|
| 1 Mi, Jessica | 24 | University of San Francisco Ma-38 | 2:15.00 | 2:11.72 |
| | 29.48 | 1:02.70 (33.22) | 1:36.92 (34.22) | 2:11.72 (34.80) |
| 2 Klingelhofer, Meri | 22 | Swim Fremont Glenmoor Gardens-38 | 2:28.00 | 2:29.03 |
| | 32.54 | 1:08.61 (36.07) | 1:47.87 (39.26) | 2:29.03 (41.16) |

Women 18-24 50 Yard Backstroke

| | | | | |
|----------------------|----|----------------------------------|-------|-------|
| 1 Cardenas, Julianna | 23 | Marcia's Enthusiastic Masters-38 | 40.00 | 33.94 |
|----------------------|----|----------------------------------|-------|-------|

Women 18-24 50 Yard Breaststroke

| | | | | |
|----------------------|----|-----------------------------------|-------|-------|
| 1 Cardenas, Julianna | 23 | Marcia's Enthusiastic Masters-38 | 42.00 | 37.93 |
| 2 Mi, Jessica | 24 | University of San Francisco Ma-38 | 40.00 | 39.15 |
| 3 Klingelhofer, Meri | 22 | Swim Fremont Glenmoor Gardens-38 | 38.00 | 40.16 |

Women 18-24 50 Yard Butterfly

| | | | | |
|----------------------|----|-----------------------------------|-------|-------|
| 1 Mi, Jessica | 24 | University of San Francisco Ma-38 | 32.00 | 29.50 |
| 2 Cardenas, Julianna | 23 | Marcia's Enthusiastic Masters-38 | 40.00 | 30.85 |

Women 25-29 50 Yard Freestyle

| | | | | |
|----------------------------|----|-----------------------------------|-------|-------|
| 1 Siebrand, Cynthia | 27 | North Bay Aquatics-38 | 25.05 | 25.18 |
| 2 Bird, Annabel | 28 | Walnut Creek Masters-38 | 25.31 | 25.52 |
| 3 Hamza, Haley | 28 | Sacramento Masters-38 | 26.20 | 26.57 |
| 4 Crow, Vivian | 26 | Davis Aquatic Masters-38 | 28.77 | 28.82 |
| 5 Bindert, Kaitlin | 29 | Manatee Aquatic Masters Inc-38 | 29.63 | 30.30 |
| 6 Woo, Emily | 28 | Marcia's Enthusiastic Masters-38 | 30.96 | 30.56 |
| 7 DeFilippis, Rachel | 27 | Marin Aquatic Masters-38 | 34.00 | 30.91 |
| 8 Mistry, Shivana | 28 | University of San Francisco Ma-38 | 30.99 | 31.82 |
| 9 Silva, Rayle | 27 | Marin Aquatic Masters-38 | 32.60 | 32.59 |
| 10 Polanco-Jimenez, Karina | 29 | North Bay Aquatics-38 | 36.93 | 34.43 |
| 11 Bergman, Abigail | 28 | Menlo Masters-38 | 40.00 | 34.44 |

Women 25-29 200 Yard Freestyle

| | | | | |
|---------------------------|-------|----------------------------------|-----------------|-----------------|
| 1 Hamza, Haley | 28 | Sacramento Masters-38 | 2:06.00 | 2:04.03 |
| | 28.53 | 59.75 (31.22) | 1:31.72 (31.97) | 2:04.03 (32.31) |
| 2 Bird, Annabel | 28 | Walnut Creek Masters-38 | 2:10.00 | 2:04.49 |
| | 28.55 | 1:00.15 (31.60) | 1:32.76 (32.61) | 2:04.49 (31.73) |
| 3 McFarland, Kristen | 27 | Walnut Creek Masters-38 | 2:10.00 | 2:15.22 |
| | 30.57 | 1:03.73 (33.16) | 1:38.89 (35.16) | 2:15.22 (36.33) |
| 4 Crow, Vivian | 26 | Davis Aquatic Masters-38 | 2:18.67 | 2:15.33 |
| | 31.15 | 1:05.76 (34.61) | 1:40.59 (34.83) | 2:15.33 (34.74) |
| 5 Woo, Emily | 28 | Marcia's Enthusiastic Masters-38 | 2:44.99 | 2:32.04 |
| | 34.66 | 1:13.43 (38.77) | 1:53.08 (39.65) | 2:32.04 (38.96) |
| 6 DeFilippis, Rachel | 27 | Marin Aquatic Masters-38 | 2:40.00 | 2:32.90 |
| | 33.19 | 1:10.94 (37.75) | 1:51.08 (40.14) | 2:32.90 (41.82) |
| 7 Silva, Rayle | 27 | Marin Aquatic Masters-38 | 2:59.59 | 2:33.10 |
| | 33.90 | 1:12.24 (38.34) | 1:53.23 (40.99) | 2:33.10 (39.87) |
| 8 Bergman, Abigail | 28 | Menlo Masters-38 | 2:30.00 | 2:36.88 |
| | 33.65 | 1:14.27 (40.62) | 1:56.08 (41.81) | 2:36.88 (40.80) |
| 9 Polanco-Jimenez, Karina | 29 | North Bay Aquatics-38 | 3:02.86 | 2:37.69 |
| | 36.10 | 1:14.51 (38.41) | 1:57.16 (42.65) | 2:37.69 (40.53) |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Women 25-29 200 Yard Freestyle)**

| | | | | | |
|----|------------------|-----------------|--------------------------------|-----------------|---------|
| 10 | Bindert, Kaitlin | 29 | Manatee Aquatic Masters Inc-38 | 2:30.00 | 2:38.83 |
| | 32.15 | 1:11.33 (39.18) | 1:55.40 (44.07) | 2:38.83 (43.43) | |

Women 25-29 500 Yard Freestyle

| | | | | | |
|---|-----------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Knell, Lissi | 29 | Manatee Aquatic Masters Inc-38 | 5:41.93 | 5:39.69 |
| | 31.44 | 1:05.83 (34.39) | 1:40.91 (35.08) | 2:15.29 (34.38) | |
| | 2:49.49 (34.20) | 3:23.92 (34.43) | 3:58.58 (34.66) | 4:32.72 (34.14) | |
| | 5:06.83 (34.11) | 5:39.69 (32.86) | | | |
| 2 | Eggart, Ashley | 25 | Alameda Aquatic Masters-38 | 7:00.00 | 6:35.23 |
| | 35.10 | 1:13.71 (38.61) | 1:53.15 (39.44) | 2:33.14 (39.99) | |
| | 3:13.77 (40.63) | 3:54.08 (40.31) | 4:34.45 (40.37) | 5:14.80 (40.35) | |
| | 5:55.34 (40.54) | 6:35.23 (39.89) | | | |
| 3 | Woo, Emily | 28 | Marcia's Enthusiastic Masters-38 | 7:21.87 | 6:45.75 |
| | 36.24 | 1:17.29 (41.05) | 1:59.81 (42.52) | 2:41.09 (41.28) | |
| | 3:22.16 (41.07) | 4:03.45 (41.29) | 4:44.74 (41.29) | 5:26.10 (41.36) | |
| | 6:06.92 (40.82) | 6:45.75 (38.83) | | | |
| 4 | Silva, Rayle | 27 | Marin Aquatic Masters-38 | 7:30.00 | 7:09.07 |
| | 37.21 | 1:19.25 (42.04) | 2:03.40 (44.15) | 2:47.49 (44.09) | |
| | 3:31.75 (44.26) | 4:16.70 (44.95) | 5:01.29 (44.59) | 5:46.04 (44.75) | |
| | 6:30.04 (44.00) | 7:09.07 (39.03) | | | |

Women 25-29 50 Yard Backstroke

| | | | | | |
|---|-------------------|----|--------------------------------|-------|-------|
| 1 | Siebrand, Cynthia | 27 | North Bay Aquatics-38 | 28.96 | 29.68 |
| 2 | Bindert, Kaitlin | 29 | Manatee Aquatic Masters Inc-38 | 35.77 | 36.37 |
| 3 | Silva, Rayle | 27 | Marin Aquatic Masters-38 | 45.00 | 39.05 |

Women 25-29 200 Yard Backstroke

| | | | | | |
|---|------------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Hamza, Haley | 28 | Sacramento Masters-38 | 2:20.00 | 2:18.60 |
| | 31.61 | 1:06.67 (35.06) | 1:43.15 (36.48) | 2:18.60 (35.45) | |
| 2 | Crow, Vivian | 26 | Davis Aquatic Masters-38 | 2:24.17 | 2:27.03 |
| | 34.86 | 1:12.47 (37.61) | 1:50.60 (38.13) | 2:27.03 (36.43) | |
| 3 | Bindert, Kaitlin | 29 | Manatee Aquatic Masters Inc-38 | 2:35.00 | 2:55.83 |
| | 38.92 | 1:23.31 (44.39) | 2:09.30 (45.99) | 2:55.83 (46.53) | |
| 4 | Woo, Emily | 28 | Marcia's Enthusiastic Masters-38 | 3:10.45 | 2:57.83 |
| | 42.63 | 1:26.88 (44.25) | 2:12.34 (45.46) | 2:57.83 (45.49) | |

Women 25-29 50 Yard Breaststroke

| | | | | | |
|---|-------------------|----|-----------------------------------|-------|-------|
| 1 | Knell, Lissi | 29 | Manatee Aquatic Masters Inc-38 | 33.85 | 34.31 |
| 2 | Bergman, Abigail | 28 | Menlo Masters-38 | 40.00 | 37.52 |
| 3 | Woo, Emily | 28 | Marcia's Enthusiastic Masters-38 | 39.29 | 38.84 |
| 4 | Eggart, Ashley | 25 | Alameda Aquatic Masters-38 | 38.38 | 38.93 |
| 5 | Gallahue, Caoimhe | 25 | Walnut Creek Masters-38 | 37.52 | 40.01 |
| 6 | Silva, Rayle | 27 | Marin Aquatic Masters-38 | 42.16 | 41.12 |
| 7 | Mistry, Shivana | 28 | University of San Francisco Ma-38 | 41.95 | 42.13 |
| 8 | Bindert, Kaitlin | 29 | Manatee Aquatic Masters Inc-38 | 42.25 | 43.75 |

Women 25-29 200 Yard Breaststroke

| | | | | | |
|---|------------------|-----------------|--------------------------------|-----------------|---------|
| 1 | Knell, Lissi | 29 | Manatee Aquatic Masters Inc-38 | 2:50.00 | 2:39.18 |
| | 37.24 | 1:19.05 (41.81) | 1:59.99 (40.94) | 2:39.18 (39.19) | |
| 2 | Crow, Vivian | 26 | Davis Aquatic Masters-38 | 3:00.07 | 2:47.00 |
| | 37.05 | 1:19.48 (42.43) | 2:02.93 (43.45) | 2:47.00 (44.07) | |
| 3 | Bergman, Abigail | 28 | Menlo Masters-38 | 2:45.55 | 2:49.73 |
| | 39.38 | 1:22.92 (43.54) | 2:07.10 (44.18) | 2:49.73 (42.63) | |
| 4 | Eggart, Ashley | 25 | Alameda Aquatic Masters-38 | 3:00.00 | 2:57.77 |
| | 41.10 | 1:26.78 (45.68) | 2:12.41 (45.63) | 2:57.77 (45.36) | |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Women 25-29 200 Yard Breaststroke)**

| | | | | | |
|---|-------------------|-----------------|-------------------------|-----------------|---------|
| 5 | Gallahue, Caoimhe | 25 | Walnut Creek Masters-38 | 2:50.00 | 2:57.84 |
| | 40.45 | 1:24.75 (44.30) | 2:11.36 (46.61) | 2:57.84 (46.48) | |

Women 25-29 50 Yard Butterfly

| | | | | | |
|-----|-------------------------|----|-----------------------------------|-------|-------|
| 1 | Siebrand, Cynthia | 27 | North Bay Aquatics-38 | 26.17 | 26.34 |
| 2 | McFarland, Kristen | 27 | Walnut Creek Masters-38 | 29.79 | 29.10 |
| 3 | Crow, Vivian | 26 | Davis Aquatic Masters-38 | 32.37 | 29.82 |
| 4 | Knell, Lissi | 29 | Manatee Aquatic Masters Inc-38 | 30.42 | 30.23 |
| 5 | Woo, Emily | 28 | Marcia's Enthusiastic Masters-38 | 35.53 | 34.91 |
| 6 | Bindert, Kaitlin | 29 | Manatee Aquatic Masters Inc-38 | 32.81 | 35.27 |
| 7 | Silva, Rayle | 27 | Marin Aquatic Masters-38 | 50.15 | 35.67 |
| 8 | Mistry, Shivana | 28 | University of San Francisco Ma-38 | 35.19 | 38.39 |
| 9 | Gallahue, Caoimhe | 25 | Walnut Creek Masters-38 | 32.00 | 39.23 |
| --- | Polanco-Jimenez, Karina | 29 | North Bay Aquatics-38 | 46.81 | DQ |

Women 25-29 200 Yard Butterfly

| | | | | | |
|---|--------------------|-----------------|-------------------------|-----------------|---------|
| 1 | Siebrand, Cynthia | 27 | North Bay Aquatics-38 | 2:21.21 | 2:23.20 |
| | 30.64 | 1:05.59 (34.95) | 1:42.18 (36.59) | 2:23.20 (41.02) | |
| 2 | McFarland, Kristen | 27 | Walnut Creek Masters-38 | 2:25.00 | 2:52.57 |
| | 33.15 | 1:12.59 (39.44) | 1:58.47 (45.88) | 2:52.57 (54.10) | |

Women 30-34 50 Yard Freestyle

| | | | | | |
|---|------------------|----|-----------------------------------|-------|-------|
| 1 | Arnold, Allison | 31 | The Olympic Club-38 | 26.50 | 25.86 |
| 2 | Akimoto, Reiko | 31 | Manatee Aquatic Masters Inc-38 | 26.25 | 27.74 |
| 3 | Stephensen, Kate | 34 | Davis Aquatic Masters-38 | 30.00 | 27.78 |
| 4 | Lewis, Nicole | 32 | North Bay Aquatics-38 | 31.42 | 28.92 |
| 5 | Palacios, Sierra | 34 | Sebastopol Masters Aquatic Clu-38 | 29.56 | 29.78 |
| 6 | Sue, Jennifer | 34 | Swim Fremont Glenmoor Gardens-38 | 32.60 | 31.40 |

Women 30-34 200 Yard Freestyle

| | | | | | |
|---|------------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Arnold, Allison | 31 | The Olympic Club-38 | 2:00.00 | 1:56.25 |
| | 27.06 | 56.41 (29.35) | 1:26.38 (29.97) | 1:56.25 (29.87) | |
| 2 | Bloch, Laurence | 30 | Walnut Creek Masters-38 | 2:08.56 | 2:09.61 |
| | 30.80 | 1:03.36 (32.56) | 1:36.06 (32.70) | 2:09.61 (33.55) | |
| 3 | Akimoto, Reiko | 31 | Manatee Aquatic Masters Inc-38 | 2:28.00 | 2:19.09 |
| | 31.10 | 1:06.19 (35.09) | 1:42.98 (36.79) | 2:19.09 (36.11) | |
| 4 | Palacios, Sierra | 34 | Sebastopol Masters Aquatic Clu-38 | 2:15.00 | 2:19.84 |
| | 31.65 | 1:06.31 (34.66) | 1:43.09 (36.78) | 2:19.84 (36.75) | |
| 5 | Lewis, Nicole | 32 | North Bay Aquatics-38 | 2:32.30 | 2:28.16 |
| | 32.69 | 1:09.68 (36.99) | 1:48.47 (38.79) | 2:28.16 (39.69) | |

Women 30-34 50 Yard Backstroke

| | | | | | |
|---|---------------|----|----------------------------------|-------|-------|
| 1 | Sue, Jennifer | 34 | Swim Fremont Glenmoor Gardens-38 | 41.72 | 43.15 |
|---|---------------|----|----------------------------------|-------|-------|

Women 30-34 200 Yard Backstroke

| | | | | | |
|---|------------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Bloch, Laurence | 30 | Walnut Creek Masters-38 | 2:35.32 | 2:32.70 |
| | 34.69 | 1:12.40 (37.71) | 1:52.08 (39.68) | 2:32.70 (40.62) | |
| 2 | Palacios, Sierra | 34 | Sebastopol Masters Aquatic Clu-38 | 2:25.00 | 2:35.01 |
| | 36.94 | 1:16.03 (39.09) | 1:55.83 (39.80) | 2:35.01 (39.18) | |

Women 30-34 50 Yard Breaststroke

| | | | | | |
|---|--------------------|----|----------------------------------|-------|-------|
| 1 | Arnold, Allison | 31 | The Olympic Club-38 | 33.50 | 31.88 |
| 2 | Limcolioc, Jessica | 32 | Swim Fremont Glenmoor Gardens-38 | 45.00 | 39.39 |

2024 Short and Sweet - 4/14/2024**Results - Sunday****Women 30-34 50 Yard Butterfly**

| | | | | | |
|---|------------------|----|----------------------------------|-------|-------|
| 1 | Arnold, Allison | 31 | The Olympic Club-38 | 29.50 | 28.34 |
| 2 | Stephensen, Kate | 34 | Davis Aquatic Masters-38 | 33.00 | 29.44 |
| 3 | Akimoto, Reiko | 31 | Manatee Aquatic Masters Inc-38 | 33.70 | 30.69 |
| 4 | Lewis, Nicole | 32 | North Bay Aquatics-38 | 30.38 | 30.99 |
| 5 | Sue, Jennifer | 34 | Swim Fremont Glenmoor Gardens-38 | 40.66 | 41.17 |

Women 35-39 50 Yard Freestyle

| | | | | | |
|---|-----------------------|----|--------------------------------|-------|-------|
| 1 | Schmitz, Emily | 35 | Manatee Aquatic Masters Inc-38 | 26.95 | 26.71 |
| 2 | Au Brinkmeyer, Lauren | 39 | Manatee Aquatic Masters Inc-38 | 27.17 | 27.36 |
| 3 | Marwell, Haley | 38 | Streamliners-38 | 31.27 | 30.77 |
| 4 | Hannigan, Edith | 36 | Sacramento Masters-38 | 39.42 | 39.59 |

Women 35-39 200 Yard Freestyle

| | | | | | |
|---|-------------------|-----------------|--------------------------------|-----------------|---------|
| 1 | Schmitz, Emily | 35 | Manatee Aquatic Masters Inc-38 | 2:11.00 | 2:10.45 |
| | 28.99 | 1:00.86 (31.87) | 1:35.01 (34.15) | 2:10.45 (35.44) | |
| 2 | Schiano, Chelsea | 39 | Davis Aquatic Masters-38 | 2:17.38 | 2:16.53 |
| | 31.53 | 1:06.30 (34.77) | 1:42.30 (36.00) | 2:16.53 (34.23) | |
| 3 | Marwell, Haley | 38 | Streamliners-38 | 2:10.00 | 2:44.68 |
| | 35.57 | 1:17.87 (42.30) | 2:01.69 (43.82) | 2:44.68 (42.99) | |
| 4 | Pinkston, Crystal | 38 | Marin Aquatic Masters-38 | 3:30.00 | 2:55.73 |
| | 41.24 | 1:26.09 (44.85) | 2:12.26 (46.17) | 2:55.73 (43.47) | |
| 5 | Hannigan, Edith | 36 | Sacramento Masters-38 | 3:10.70 | 3:10.84 |
| | 41.63 | 1:29.94 (48.31) | 2:20.72 (50.78) | 3:10.84 (50.12) | |

Women 35-39 500 Yard Freestyle

| | | | | | |
|---|-----------------------|-----------------|--------------------------------|-----------------|---------|
| 1 | Au Brinkmeyer, Lauren | 39 | Manatee Aquatic Masters Inc-38 | 5:52.00 | 6:05.59 |
| | 32.97 | 1:08.71 (35.74) | 1:45.32 (36.61) | 2:22.33 (37.01) | |
| | 2:59.66 (37.33) | 3:37.07 (37.41) | 4:14.74 (37.67) | 4:52.57 (37.83) | |
| | 5:29.98 (37.41) | 6:05.59 (35.61) | | | |
| 2 | Schiano, Chelsea | 39 | Davis Aquatic Masters-38 | 6:13.73 | 6:14.55 |
| | 34.37 | 1:11.71 (37.34) | 1:49.24 (37.53) | 2:26.94 (37.70) | |
| | 3:04.86 (37.92) | 3:43.95 (39.09) | 4:22.95 (39.00) | 5:00.80 (37.85) | |
| | 5:38.51 (37.71) | 6:14.55 (36.04) | | | |
| 3 | Pinkston, Crystal | 38 | Marin Aquatic Masters-38 | 8:00.00 | 8:04.38 |
| | 41.99 | 1:30.21 (48.22) | 2:19.23 (49.02) | 3:09.11 (49.88) | |
| | 3:59.07 (49.96) | 4:48.63 (49.56) | 5:38.47 (49.84) | 6:29.11 (50.64) | |
| | 7:18.57 (49.46) | 8:04.38 (45.81) | | | |
| 4 | Hannigan, Edith | 36 | Sacramento Masters-38 | 8:00.00 | 8:52.23 |
| | 44.09 | 1:35.37 (51.28) | 2:29.25 (53.88) | 3:23.70 (54.45) | |
| | 4:18.43 (54.73) | 5:14.21 (55.78) | 6:11.01 (56.80) | 7:07.68 (56.67) | |
| | 8:02.46 (54.78) | 8:52.23 (49.77) | | | |

Women 35-39 50 Yard Backstroke

| | | | | | |
|---|----------------|----|--------------------------------|-------|-------|
| 1 | Schmitz, Emily | 35 | Manatee Aquatic Masters Inc-38 | 33.65 | 32.75 |
|---|----------------|----|--------------------------------|-------|-------|

Women 35-39 50 Yard Breaststroke

| | | | | | |
|---|-----------------------|----|--------------------------------|-------|-------|
| 1 | Au Brinkmeyer, Lauren | 39 | Manatee Aquatic Masters Inc-38 | 33.67 | 33.39 |
| 2 | Greer, Margaret | 35 | East Bay Bat Rays Masters-38 | 35.50 | 35.55 |
| 3 | Schmitz, Emily | 35 | Manatee Aquatic Masters Inc-38 | 38.37 | 39.18 |

Women 35-39 200 Yard Breaststroke

| | | | | | |
|---|-----------------------|-----------------|--------------------------------|-----------------|---------|
| 1 | Au Brinkmeyer, Lauren | 39 | Manatee Aquatic Masters Inc-38 | 2:46.71 | 2:41.98 |
| | 37.20 | 1:18.73 (41.53) | 2:00.74 (42.01) | 2:41.98 (41.24) | |
| 2 | Schiano, Chelsea | 39 | Davis Aquatic Masters-38 | 3:00.00 | 2:59.17 |
| | 41.24 | 1:26.51 (45.27) | 2:14.00 (47.49) | 2:59.17 (45.17) | |

2024 Short and Sweet - 4/14/2024**Results - Sunday****Women 35-39 50 Yard Butterfly**

| | | | | | |
|---|------------------|----|--------------------------------|-------|-------|
| 1 | Ballenger, Marie | 37 | The Olympic Club-38 | 28.69 | 29.09 |
| 2 | Greer, Margaret | 35 | East Bay Bat Rays Masters-38 | 29.90 | 29.72 |
| 3 | Schmitz, Emily | 35 | Manatee Aquatic Masters Inc-38 | 31.00 | 30.91 |

Women 40-44 50 Yard Freestyle

| | | | | | |
|----|-------------------------|----|-----------------------------------|-------|-------|
| 1 | Holt, Vanessa | 41 | Santa Rosa Masters-38 | 27.00 | 26.78 |
| 2 | Nehrebecki, Helene | 44 | Davis Aquatic Masters-38 | 27.58 | 27.66 |
| 3 | Rodde, Amy | 44 | Burlingame Aquatic Club-38 | 29.00 | 28.45 |
| 4 | Louderback, Kelsey | 40 | Marin Aquatic Masters-38 | 29.00 | 28.86 |
| 5 | Murray, Tori | 41 | Rolling Hills Mud Sharks-38 | 30.50 | 29.43 |
| 6 | Lee, Robin | 43 | Marin Aquatic Masters-38 | 32.00 | 30.09 |
| 7 | Scott, Emily | 44 | Swim Fremont Glenmoor Gardens-38 | 32.00 | 30.23 |
| 8 | Lacuesta Byrum, Natalie | 42 | Orinda Aquatic Masters-38 | 32.09 | 31.90 |
| 9 | Keough, Emily | 43 | Menlo Masters-38 | 33.80 | 32.24 |
| 10 | Flecker, Donita | 41 | Sebastopol Masters Aquatic Clu-38 | 33.25 | 33.68 |
| 11 | Cheung, Ruth | 44 | Quicksilver Masters-38 | 37.01 | 36.21 |
| 12 | Govender, Christine | 43 | Marin Aquatic Masters-38 | 59.03 | 42.64 |

Women 40-44 200 Yard Freestyle

| | | | | | |
|---|-------------------------|-----------------|-----------------------------|-----------------|---------|
| 1 | Nehrebecki, Helene | 44 | Davis Aquatic Masters-38 | 2:19.27 | 2:15.89 |
| | 32.01 | 1:07.16 (35.15) | 1:42.41 (35.25) | 2:15.89 (33.48) | |
| 2 | Rempe, Rachel | 41 | Marin Aquatic Masters-38 | 2:27.00 | 2:18.19 |
| | 32.66 | 1:07.68 (35.02) | 1:42.35 (34.67) | 2:18.19 (35.84) | |
| 3 | Lee, Robin | 43 | Marin Aquatic Masters-38 | 2:45.00 | 2:26.98 |
| | 32.07 | 1:08.05 (35.98) | 1:46.94 (38.89) | 2:26.98 (40.04) | |
| 4 | Groskopf, Sarah | 43 | Club Hot Tub-38 | 2:21.65 | 2:28.06 |
| | 35.59 | 1:12.31 (36.72) | 1:49.62 (37.31) | 2:28.06 (38.44) | |
| 5 | Murray, Tori | 41 | Rolling Hills Mud Sharks-38 | 2:55.50 | 2:29.54 |
| | 34.37 | 1:12.85 (38.48) | 1:52.66 (39.81) | 2:29.54 (36.88) | |
| 6 | Keough, Emily | 43 | Menlo Masters-38 | 2:35.00 | 2:31.95 |
| | 34.85 | 1:12.84 (37.99) | 1:52.31 (39.47) | 2:31.95 (39.64) | |
| 7 | Lacuesta Byrum, Natalie | 42 | Orinda Aquatic Masters-38 | 2:30.00 | 2:35.18 |
| | 31.73 | 1:08.94 (37.21) | 1:51.32 (42.38) | 2:35.18 (43.86) | |
| 8 | Topping, Catherine | 44 | Marin Aquatic Masters-38 | 3:10.00 | 2:50.80 |
| | 39.74 | 1:22.74 (43.00) | 2:07.23 (44.49) | 2:50.80 (43.57) | |
| 9 | Cheung, Ruth | 44 | Quicksilver Masters-38 | 3:05.00 | 2:57.88 |
| | 38.73 | 1:22.38 (43.65) | 2:08.83 (46.45) | 2:57.88 (49.05) | |

Women 40-44 500 Yard Freestyle

| | | | | | |
|---|--------------------|-----------------|--------------------------|-----------------|---------|
| 1 | Rempe, Rachel | 41 | Marin Aquatic Masters-38 | 6:32.00 | 6:14.17 |
| | 33.95 | 1:11.36 (37.41) | 1:49.54 (38.18) | 2:28.17 (38.63) | |
| | 3:06.87 (38.70) | 3:45.49 (38.62) | 4:23.90 (38.41) | 5:01.79 (37.89) | |
| | 5:38.49 (36.70) | 6:14.17 (35.68) | | | |
| 2 | Topping, Catherine | 44 | Marin Aquatic Masters-38 | 7:30.00 | 7:24.42 |
| | 40.45 | 1:23.71 (43.26) | 2:09.15 (45.44) | 2:54.86 (45.71) | |
| | 3:40.31 (45.45) | 4:25.55 (45.24) | 5:10.69 (45.14) | 5:55.56 (44.87) | |
| | 6:40.54 (44.98) | 7:24.42 (43.88) | | | |
| 3 | Cheung, Ruth | 44 | Quicksilver Masters-38 | 8:50.00 | 7:51.23 |
| | 41.72 | 1:27.06 (45.34) | 2:14.71 (47.65) | 3:02.83 (48.12) | |
| | 3:50.49 (47.66) | 4:39.04 (48.55) | 5:27.29 (48.25) | 6:16.15 (48.86) | |
| | 7:05.68 (49.53) | 7:51.23 (45.55) | | | |

Women 40-44 50 Yard Backstroke

| | | | | | |
|---|--------------------|----|--------------------------|-------|-------|
| 1 | Rohr, Meredith | 41 | Menlo Masters-38 | 33.00 | 30.42 |
| 2 | Nehrebecki, Helene | 44 | Davis Aquatic Masters-38 | 33.02 | 32.42 |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Women 40-44 50 Yard Backstroke)**

| | | | | | |
|----|-------------------------|----|-----------------------------------|-------|-------|
| 3 | Rodde, Amy | 44 | Burlingame Aquatic Club-38 | 34.00 | 33.42 |
| 4 | Louderback, Kelsey | 40 | Marin Aquatic Masters-38 | 34.00 | 33.62 |
| 5 | Murray, Tori | 41 | Rolling Hills Mud Sharks-38 | 37.50 | 36.55 |
| 6 | Keough, Emily | 43 | Menlo Masters-38 | 39.04 | 36.64 |
| 7 | Lee, Robin | 43 | Marin Aquatic Masters-38 | 40.00 | 37.16 |
| 8 | Lacuesta Byrum, Natalie | 42 | Orinda Aquatic Masters-38 | 37.84 | 37.93 |
| 9 | Flecker, Donita | 41 | Sebastopol Masters Aquatic Clu-38 | 38.78 | 38.29 |
| 10 | Cheung, Ruth | 44 | Quicksilver Masters-38 | 47.78 | 46.97 |

Women 40-44 200 Yard Backstroke

| | | | | | |
|---|-------------------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Groskopf, Sarah | 43 | Club Hot Tub-38 | 2:42.43 | 2:50.12 |
| | 39.44 | 1:22.71 (43.27) | 2:06.81 (44.10) | 2:50.12 (43.31) | |
| 2 | Lacuesta Byrum, Natalie | 42 | Orinda Aquatic Masters-38 | 3:00.00 | 2:53.72 |
| | | 1:23.50 () | 2:08.61 (45.11) | 2:53.72 (45.11) | |
| 3 | Flecker, Donita | 41 | Sebastopol Masters Aquatic Clu-38 | 3:10.00 | 3:08.61 |
| | 42.74 | 1:30.16 (47.42) | 2:19.48 (49.32) | 3:08.61 (49.13) | |

Women 40-44 50 Yard Breaststroke

| | | | | | |
|---|---------------------|----|----------------------------------|-------|-------|
| 1 | Holt, Vanessa | 41 | Santa Rosa Masters-38 | 34.00 | 33.68 |
| 2 | Nehrebecki, Helene | 44 | Davis Aquatic Masters-38 | 36.02 | 35.48 |
| 3 | Rodde, Amy | 44 | Burlingame Aquatic Club-38 | 36.50 | 36.34 |
| 4 | Scott, Emily | 44 | Swim Fremont Glenmoor Gardens-38 | 40.00 | 37.92 |
| 5 | Lee, Robin | 43 | Marin Aquatic Masters-38 | 45.00 | 39.55 |
| 6 | Murray, Tori | 41 | Rolling Hills Mud Sharks-38 | 45.50 | 40.51 |
| 7 | Keough, Emily | 43 | Menlo Masters-38 | 47.87 | 45.49 |
| 8 | Govender, Christine | 43 | Marin Aquatic Masters-38 | 59.10 | 52.98 |

Women 40-44 200 Yard Breaststroke

| | | | | | |
|---|----------------|-----------------|------------------|-----------------|---------|
| 1 | Rohr, Meredith | 41 | Menlo Masters-38 | 2:50.00 | 2:52.82 |
| | 40.10 | 1:24.12 (44.02) | 2:08.41 (44.29) | 2:52.82 (44.41) | |

Women 40-44 50 Yard Butterfly

| | | | | | |
|----|-------------------------|----|-----------------------------------|-------|-------|
| 1 | Holt, Vanessa | 41 | Santa Rosa Masters-38 | 30.00 | 29.25 |
| 2 | Nehrebecki, Helene | 44 | Davis Aquatic Masters-38 | 29.72 | 29.82 |
| 3 | Rempe, Rachel | 41 | Marin Aquatic Masters-38 | 32.50 | 31.03 |
| 4 | Rodde, Amy | 44 | Burlingame Aquatic Club-38 | 32.00 | 31.28 |
| 5 | Louderback, Kelsey | 40 | Marin Aquatic Masters-38 | 33.50 | 32.28 |
| 6 | Murray, Tori | 41 | Rolling Hills Mud Sharks-38 | 34.50 | 32.80 |
| 7 | Groskopf, Sarah | 43 | Club Hot Tub-38 | 34.97 | 35.33 |
| 8 | Lee, Robin | 43 | Marin Aquatic Masters-38 | 39.00 | 36.08 |
| 9 | Lacuesta Byrum, Natalie | 42 | Orinda Aquatic Masters-38 | 37.29 | 38.32 |
| 10 | Keough, Emily | 43 | Menlo Masters-38 | 41.75 | 38.91 |
| 11 | Cheung, Ruth | 44 | Quicksilver Masters-38 | 45.00 | 42.16 |
| 12 | Flecker, Donita | 41 | Sebastopol Masters Aquatic Clu-38 | 41.24 | 43.20 |

Women 40-44 200 Yard Butterfly

| | | | | | |
|---|-----------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Flecker, Donita | 41 | Sebastopol Masters Aquatic Clu-38 | 3:50.00 | 3:34.57 |
| | 47.38 | 1:43.63 (56.25) | 2:38.67 (55.04) | 3:34.57 (55.90) | |

Women 45-49 50 Yard Freestyle

| | | | | | |
|---|-------------------|----|--------------------------|-------|-------|
| 1 | Nagaoka, Masako | 49 | Quicksilver Masters-38 | 29.90 | 29.74 |
| 2 | Cairns, Christina | 45 | Marin Aquatic Masters-38 | 27.00 | 29.93 |
| 3 | Piniella, Monica | 47 | Streamliners-38 | 29.88 | 30.57 |
| 4 | Peritore, Carina | 46 | Sacramento Masters-38 | 29.00 | 30.62 |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Women 45-49 50 Yard Freestyle)**

| | | | | | |
|---|-------------------|----|-----------------------------------|-------|-------|
| 5 | Davis, Taylor | 47 | University of San Francisco Ma-38 | 29.70 | 30.65 |
| 6 | Nishimoto, Amber | 45 | University of San Francisco Ma-38 | 38.00 | 32.26 |
| 7 | Vassallo, Roberta | 49 | Walnut Creek Masters-38 | 40.00 | 36.82 |

Women 45-49 200 Yard Freestyle

| | | | | | |
|---|-----------------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Cairns, Christina | 45 | Marin Aquatic Masters-38 | 2:12.00 | 2:17.30 |
| | 31.77 | 1:05.94 (34.17) | 1:41.36 (35.42) | 2:17.30 (35.94) | |
| 2 | Peritore, Carina | 46 | Sacramento Masters-38 | 2:30.00 | 2:30.35 |
| | 33.10 | 1:10.80 (37.70) | 1:50.45 (39.65) | 2:30.35 (39.90) | |
| 3 | Piniella, Monica | 47 | Streamliners-38 | 3:05.00 | 2:30.76 |
| | 34.32 | 1:12.13 (37.81) | 1:51.52 (39.39) | 2:30.76 (39.24) | |
| 4 | Nishimoto, Amber | 45 | University of San Francisco Ma-38 | 2:55.00 | 2:40.48 |
| | 36.28 | 1:17.15 (40.87) | 1:59.19 (42.04) | 2:40.48 (41.29) | |
| 5 | Ongerth, Ann Michelle | 49 | Walnut Creek Masters-38 | 3:00.00 | 3:00.49 |
| | 41.93 | 1:27.98 (46.05) | 2:15.62 (47.64) | 3:00.49 (44.87) | |

Women 45-49 500 Yard Freestyle

| | | | | | |
|---|------------------|-----------------|--------------------------|-----------------|---------|
| 1 | Taylor, Cornelia | 47 | Marin Aquatic Masters-38 | 9:45.00 | 8:33.44 |
| | 46.89 | 1:38.76 (51.87) | 2:31.60 (52.84) | 3:24.27 (52.67) | |
| | 4:16.48 (52.21) | 5:08.80 (52.32) | 6:01.28 (52.48) | 6:53.58 (52.30) | |
| | 7:44.62 (51.04) | 8:33.44 (48.82) | | | |

Women 45-49 50 Yard Backstroke

| | | | | | |
|---|-------------------|----|-----------------------------------|-------|-------|
| 1 | Cairns, Christina | 45 | Marin Aquatic Masters-38 | 35.00 | 33.73 |
| 2 | Davis, Taylor | 47 | University of San Francisco Ma-38 | 36.15 | 37.02 |
| 3 | Piniella, Monica | 47 | Streamliners-38 | 38.00 | 38.06 |
| 4 | Vassallo, Roberta | 49 | Walnut Creek Masters-38 | 48.00 | 44.79 |

Women 45-49 200 Yard Backstroke

| | | | | | |
|---|-------------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Cairns, Christina | 45 | Marin Aquatic Masters-38 | 2:25.00 | 2:36.69 |
| | 36.58 | 1:16.42 (39.84) | 1:56.87 (40.45) | 2:36.69 (39.82) | |
| 2 | Nishimoto, Amber | 45 | University of San Francisco Ma-38 | 3:30.00 | 3:10.19 |
| | 44.22 | 1:34.50 (50.28) | 2:24.53 (50.03) | 3:10.19 (45.66) | |

Women 45-49 50 Yard Breaststroke

| | | | | | |
|---|-------------------|----|-----------------------------------|-------|-------|
| 1 | Nagaoka, Masako | 49 | Quicksilver Masters-38 | 37.98 | 36.83 |
| 2 | Cairns, Christina | 45 | Marin Aquatic Masters-38 | 45.00 | 37.79 |
| 3 | Nishimoto, Amber | 45 | University of San Francisco Ma-38 | 50.00 | 40.65 |
| 4 | Davis, Taylor | 47 | University of San Francisco Ma-38 | 41.71 | 42.18 |

Women 45-49 200 Yard Breaststroke

| | | | | | |
|---|-----------------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Nagaoka, Masako | 49 | Quicksilver Masters-38 | 2:59.00 | 2:50.36 |
| | 39.10 | 1:22.23 (43.13) | 2:06.08 (43.85) | 2:50.36 (44.28) | |
| 2 | Cairns, Christina | 45 | Marin Aquatic Masters-38 | 2:55.00 | 3:00.35 |
| | 40.38 | 1:25.89 (45.51) | 2:13.33 (47.44) | 3:00.35 (47.02) | |
| 3 | Nishimoto, Amber | 45 | University of San Francisco Ma-38 | 3:40.00 | 3:09.15 |
| | 43.70 | 1:32.09 (48.39) | 2:20.77 (48.68) | 3:09.15 (48.38) | |
| 4 | Ongerth, Ann Michelle | 49 | Walnut Creek Masters-38 | 3:35.00 | 3:30.19 |
| | 49.60 | 1:44.65 (55.05) | 2:38.48 (53.83) | 3:30.19 (51.71) | |

Women 45-49 50 Yard Butterfly

| | | | | | |
|---|-----------------------|----|-----------------------------------|-------|-------|
| 1 | Peritore, Carina | 46 | Sacramento Masters-38 | 34.00 | 35.79 |
| 2 | Davis, Taylor | 47 | University of San Francisco Ma-38 | 35.71 | 37.53 |
| 3 | Nishimoto, Amber | 45 | University of San Francisco Ma-38 | 40.00 | 37.77 |
| 4 | Ongerth, Ann Michelle | 49 | Walnut Creek Masters-38 | 36.63 | 39.33 |

2024 Short and Sweet - 4/14/2024

Results - Sunday

(Women 45-49 50 Yard Butterfly)

| | | | | | |
|---|-------------------|----|--------------------------|---------|-------|
| 5 | Vassallo, Roberta | 49 | Walnut Creek Masters-38 | 50.00 | 44.00 |
| 6 | Taylor, Cornelia | 47 | Marin Aquatic Masters-38 | 1:10.00 | 44.26 |

Women 45-49 200 Yard Butterfly

| | | | | | |
|---|-----------------------|-------------------|--------------------------|-------------------|---------|
| 1 | Ongerth, Ann Michelle | 49 | Walnut Creek Masters-38 | 3:22.04 | 3:26.77 |
| | 45.67 | 1:37.02 (51.35) | 2:31.17 (54.15) | 3:26.77 (55.60) | |
| 2 | Taylor, Cornelia | 47 | Marin Aquatic Masters-38 | 4:00.00 | 3:58.69 |
| | 52.60 | 1:54.04 (1:01.44) | 2:57.45 (1:03.41) | 3:58.69 (1:01.24) | |

Women 50-54 50 Yard Freestyle

| | | | | | |
|---|---------------------|----|-----------------------------------|-------|-------|
| 1 | Lugassy, Heather | 53 | Tamalpais Aquatic Masters-38 | 29.50 | 29.70 |
| 2 | O'Hanlon, Christine | 53 | Rolling Hills Mud Sharks-38 | 32.00 | 30.89 |
| 3 | Kercher, Jennifer | 50 | Ladera Oaks Masters-38 | 33.64 | 33.35 |
| 4 | Motoyama, Shima | 54 | Cala Maritime Aquatics Masters-38 | 40.00 | 37.58 |

Women 50-54 200 Yard Freestyle

| | | | | | |
|---|---------------------|-------------------|-----------------------------------|-------------------|---------|
| 1 | Attwell, Carrie | 54 | The Olympic Club-38 | 2:42.00 | 2:24.66 |
| | 33.62 | 1:10.37 (36.75) | 1:47.89 (37.52) | 2:24.66 (36.77) | |
| 2 | O'Hanlon, Christine | 53 | Rolling Hills Mud Sharks-38 | 2:40.00 | 2:34.62 |
| | 37.07 | 1:16.33 (39.26) | 1:56.13 (39.80) | 2:34.62 (38.49) | |
| 3 | de la Torre, Yasuko | 53 | Marcia's Enthusiastic Masters-38 | 2:45.00 | 2:35.38 |
| | 37.37 | 1:17.84 (40.47) | 1:57.30 (39.46) | 2:35.38 (38.08) | |
| 4 | Kercher, Jennifer | 50 | Ladera Oaks Masters-38 | 2:46.58 | 2:42.46 |
| | 38.15 | 1:19.24 (41.09) | 2:01.03 (41.79) | 2:42.46 (41.43) | |
| 5 | Singh, Jo | 51 | Menlo Masters-38 | 2:55.93 | 2:47.97 |
| | 39.06 | 1:20.94 (41.88) | 2:04.35 (43.41) | 2:47.97 (43.62) | |
| 6 | Peroni, Diana | 51 | Marin Aquatic Masters-38 | 2:54.00 | 2:57.95 |
| | 41.02 | 1:26.13 (45.11) | 2:12.32 (46.19) | 2:57.95 (45.63) | |
| 7 | Motoyama, Shima | 54 | Cala Maritime Aquatics Masters-38 | 3:00.00 | 3:01.62 |
| | 42.34 | 1:28.63 (46.29) | 2:16.33 (47.70) | 3:01.62 (45.29) | |
| 8 | Geary, Deirdre | 54 | Marin Aquatic Masters-38 | 4:30.00 | 4:06.09 |
| | 55.06 | 1:57.23 (1:02.17) | 3:02.39 (1:05.16) | 4:06.09 (1:03.70) | |

Women 50-54 500 Yard Freestyle

| | | | | | |
|---|-----------------|-----------------|-----------------------|-----------------|---------|
| 1 | Thompson, Amy | 53 | North Bay Aquatics-38 | 6:40.00 | 6:36.84 |
| | 35.04 | 1:14.24 (39.20) | 1:54.53 (40.29) | 2:35.01 (40.48) | |
| | 3:15.72 (40.71) | 3:56.26 (40.54) | 4:36.87 (40.61) | 5:17.70 (40.83) | |
| | 5:58.13 (40.43) | 6:36.84 (38.71) | | | |
| 2 | Singh, Jo | 51 | Menlo Masters-38 | 8:45.00 | 7:36.04 |
| | 43.01 | 1:28.34 (45.33) | 2:14.20 (45.86) | 3:01.00 (46.80) | |
| | 3:48.64 (47.64) | 4:35.05 (46.41) | 5:21.62 (46.57) | 6:07.53 (45.91) | |
| | 6:53.44 (45.91) | 7:36.04 (42.60) | | | |

Women 50-54 50 Yard Backstroke

| | | | | | |
|---|---------------------|----|------------------------------|---------|-------|
| 1 | Thompson, Amy | 53 | North Bay Aquatics-38 | 34.50 | 34.08 |
| 2 | Lugassy, Heather | 53 | Tamalpais Aquatic Masters-38 | 36.00 | 36.62 |
| 3 | O'Hanlon, Christine | 53 | Rolling Hills Mud Sharks-38 | 35.00 | 37.59 |
| 4 | Kercher, Jennifer | 50 | Ladera Oaks Masters-38 | 1:00.00 | 46.77 |

Women 50-54 200 Yard Backstroke

| | | | | | |
|---|------------------|-----------------|-------------------------|-----------------|---------|
| 1 | Zamanian, Alison | 53 | Walnut Creek Masters-38 | 2:25.00 | 2:20.22 |
| | 33.27 | 1:08.76 (35.49) | 1:44.79 (36.03) | 2:20.22 (35.43) | |
| 2 | Thompson, Amy | 53 | North Bay Aquatics-38 | 2:45.00 | 2:40.24 |
| | 36.80 | 1:17.01 (40.21) | 1:58.36 (41.35) | 2:40.24 (41.88) | |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Women 50-54 200 Yard Backstroke)**

| | | | | | |
|---|-----------|-----------------|-------------------|---------|---------|
| 3 | Singh, Jo | 51 | Menlo Masters-38 | 4:00.00 | 3:51.60 |
| | 52.39 | 1:52.30 (59.91) | 3:51.60 (1:59.30) | | |

Women 50-54 50 Yard Breaststroke

| | | | | | |
|---|---------------------|----|----------------------------------|-------|-------|
| 1 | Attwell, Carrie | 54 | The Olympic Club-38 | 38.00 | 36.88 |
| 2 | de la Torre, Yasuko | 53 | Marcia's Enthusiastic Masters-38 | 41.00 | 40.65 |
| 3 | Lugassy, Heather | 53 | Tamalpais Aquatic Masters-38 | 40.25 | 41.09 |
| 4 | Kercher, Jennifer | 50 | Ladera Oaks Masters-38 | 46.16 | 44.77 |
| 5 | Singh, Jo | 51 | Menlo Masters-38 | 48.94 | 47.79 |

Women 50-54 200 Yard Breaststroke

| | | | | | |
|-----|------------------|-----------------|-------------------------|-----------------|---------|
| 1 | Zamanian, Alison | 53 | Walnut Creek Masters-38 | 2:55.00 | 2:41.38 |
| | 37.90 | 1:19.05 (41.15) | 2:00.11 (41.06) | 2:41.38 (41.27) | |
| 2 | Singh, Jo | 51 | Menlo Masters-38 | 4:00.00 | 3:49.22 |
| | 53.53 | 1:50.79 (57.26) | 2:50.75 (59.96) | 3:49.22 (58.47) | |
| --- | Attwell, Carrie | 54 | The Olympic Club-38 | 3:07.00 | DQ |
| | 41.90 | 1:28.60 (46.70) | 2:16.56 (47.96) | DQ (46.66) | |

Women 50-54 50 Yard Butterfly

| | | | | | |
|---|---------------------|----|-----------------------------------|-------|-------|
| 1 | Attwell, Carrie | 54 | The Olympic Club-38 | 32.00 | 32.16 |
| 2 | Lugassy, Heather | 53 | Tamalpais Aquatic Masters-38 | 32.50 | 33.33 |
| 3 | de la Torre, Yasuko | 53 | Marcia's Enthusiastic Masters-38 | 33.00 | 33.63 |
| 4 | Peroni, Diana | 51 | Marin Aquatic Masters-38 | 36.00 | 38.22 |
| 5 | Kercher, Jennifer | 50 | Ladera Oaks Masters-38 | 44.87 | 40.43 |
| 6 | Motoyama, Shima | 54 | Cala Maritime Aquatics Masters-38 | 55.00 | 41.15 |
| 7 | Singh, Jo | 51 | Menlo Masters-38 | 43.20 | 42.64 |

Women 50-54 200 Yard Butterfly

| | | | | | |
|---|---------------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Zamanian, Alison | 53 | Walnut Creek Masters-38 | 2:30.00 | 2:21.81 |
| | 32.41 | 1:08.13 (35.72) | 1:45.22 (37.09) | 2:21.81 (36.59) | |
| 2 | de la Torre, Yasuko | 53 | Marcia's Enthusiastic Masters-38 | 2:55.00 | 2:57.24 |
| | 42.11 | 1:27.09 (44.98) | 2:14.26 (47.17) | 2:57.24 (42.98) | |

Women 55-59 50 Yard Freestyle

| | | | | | |
|----|----------------------|----|-----------------------------------|-------|-------|
| 1 | Nelson, Sheila | 55 | Santa Rosa Masters-38 | 30.33 | 29.35 |
| 2 | Welting, Laureen | 58 | The Olympic Club-38 | 27.88 | 29.58 |
| 3 | Jones, Tracey | 56 | Santa Rosa Masters-38 | 29.41 | 30.27 |
| 4 | Lewis, Melissa | 58 | North Bay Aquatics-38 | 30.55 | 30.43 |
| 5 | Capen, Tasha | 57 | Menlo Masters-38 | 30.69 | 31.35 |
| 6 | Sheeper, Lisa | 59 | Menlo Masters-38 | 31.30 | 31.72 |
| 7 | De Somma, Margaret | 56 | Marin Aquatic Masters-38 | 31.50 | 32.32 |
| 8 | Wishovich, Shelley | 57 | Marin Aquatic Masters-38 | 38.00 | 32.61 |
| 9 | Alexander, Janet | 56 | Cala Maritime Aquatics Masters-38 | 34.47 | 33.35 |
| 10 | Viscardi, Josie | 59 | Rolling Hills Mud Sharks-38 | 34.30 | 33.70 |
| 11 | Crow, Joan | 59 | Davis Aquatic Masters-38 | 33.91 | 34.66 |
| 12 | Cervantes-Mui, Wendy | 56 | Ladera Oaks Masters-38 | 36.11 | 35.64 |
| 13 | Freeman, Tammy | 55 | Walnut Creek Masters-38 | 32.12 | 35.86 |
| 14 | Bryant, Patricia | 58 | Davis Aquatic Masters-38 | 58.00 | 54.41 |

Women 55-59 200 Yard Freestyle

| | | | | | |
|---|--------------------|-----------------|--------------------------|-----------------|---------|
| 1 | Goldberg, Michelle | 55 | Davis Aquatic Masters-38 | 2:23.11 | 2:19.56 |
| | 32.70 | 1:08.09 (35.39) | 1:43.93 (35.84) | 2:19.56 (35.63) | |
| 2 | Welting, Laureen | 58 | The Olympic Club-38 | 2:25.55 | 2:22.17 |
| | 32.41 | 1:08.77 (36.36) | 1:46.20 (37.43) | 2:22.17 (35.97) | |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Women 55-59 200 Yard Freestyle)**

| | | | | | |
|----|----------------------|-----------------|-----------------------------------|-----------------|---------|
| 3 | Coomber, Molly | 58 | North Bay Aquatics-38 | 2:21.50 | 2:24.51 |
| | 32.98 | 1:09.18 (36.20) | 1:46.80 (37.62) | 2:24.51 (37.71) | |
| 4 | Couch, Stephanie | 59 | Menlo Masters-38 | 2:25.99 | 2:24.71 |
| | 34.41 | 1:11.08 (36.67) | 1:48.05 (36.97) | 2:24.71 (36.66) | |
| 5 | Shu, Vicki | 55 | Marcia's Enthusiastic Masters-38 | 2:28.67 | 2:24.82 |
| | 34.03 | 1:10.17 (36.14) | 1:47.48 (37.31) | 2:24.82 (37.34) | |
| 6 | Cox, Juliet | 56 | Manatee Aquatic Masters Inc-38 | 2:24.00 | 2:24.89 |
| | 32.74 | 1:09.13 (36.39) | 1:47.04 (37.91) | 2:24.89 (37.85) | |
| 7 | Jones, Sara | 55 | Santa Rosa Masters-38 | 2:34.37 | 2:25.26 |
| | 33.65 | 1:10.48 (36.83) | 1:48.82 (38.34) | 2:25.26 (36.44) | |
| 8 | Sheeper, Lisa | 59 | Menlo Masters-38 | 2:25.95 | 2:26.29 |
| | 33.23 | 1:09.87 (36.64) | 1:48.29 (38.42) | 2:26.29 (38.00) | |
| 9 | Lewis, Melissa | 58 | North Bay Aquatics-38 | 2:25.61 | 2:30.79 |
| | 34.82 | 1:12.32 (37.50) | 1:51.52 (39.20) | 2:30.79 (39.27) | |
| 10 | Cervantes-Mui, Wendy | 56 | Ladera Oaks Masters-38 | 3:00.98 | 2:51.84 |
| | 39.04 | 1:22.42 (43.38) | 2:06.69 (44.27) | 2:51.84 (45.15) | |
| 11 | Alexander, Janet | 56 | Cala Maritime Aquatics Masters-38 | 3:20.00 | 2:55.28 |
| | 39.40 | 1:22.23 (42.83) | 2:08.34 (46.11) | 2:55.28 (46.94) | |
| 12 | Viscardi, Josie | 59 | Rolling Hills Mud Sharks-38 | 3:00.00 | 2:58.30 |
| | 37.78 | 1:22.07 (44.29) | 2:09.96 (47.89) | 2:58.30 (48.34) | |

Women 55-59 500 Yard Freestyle

| | | | | | |
|---|-----------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Nelson, Sheila | 55 | Santa Rosa Masters-38 | 6:30.01 | 6:20.44 |
| | 34.39 | 1:11.82 (37.43) | 1:50.14 (38.32) | 2:28.22 (38.08) | |
| | 3:06.87 (38.65) | 3:45.91 (39.04) | 4:24.89 (38.98) | 5:03.77 (38.88) | |
| | 5:42.90 (39.13) | 6:20.44 (37.54) | | | |
| 2 | Coomber, Molly | 58 | North Bay Aquatics-38 | 6:16.78 | 6:22.23 |
| | 34.88 | 1:13.66 (38.78) | 1:52.79 (39.13) | 2:31.80 (39.01) | |
| | 3:11.42 (39.62) | 3:49.92 (38.50) | 4:28.33 (38.41) | 5:07.05 (38.72) | |
| | 5:45.28 (38.23) | 6:22.23 (36.95) | | | |
| 3 | Cox, Juliet | 56 | Manatee Aquatic Masters Inc-38 | 6:25.00 | 6:23.71 |
| | 35.33 | 1:14.31 (38.98) | 1:53.88 (39.57) | 2:32.88 (39.00) | |
| | 3:11.44 (38.56) | 3:49.73 (38.29) | 4:28.21 (38.48) | 5:07.56 (39.35) | |
| | 5:46.65 (39.09) | 6:23.71 (37.06) | | | |
| 4 | Shu, Vicki | 55 | Marcia's Enthusiastic Masters-38 | 6:29.33 | 6:36.38 |
| | 37.82 | 1:17.00 (39.18) | 1:56.54 (39.54) | 2:36.94 (40.40) | |
| | 3:16.96 (40.02) | 3:57.18 (40.22) | 4:37.06 (39.88) | 5:16.84 (39.78) | |
| | 5:56.90 (40.06) | 6:36.38 (39.48) | | | |
| 5 | Sheeper, Lisa | 59 | Menlo Masters-38 | 6:28.78 | 6:38.31 |
| | 35.45 | 1:14.59 (39.14) | 1:54.62 (40.03) | 2:35.17 (40.55) | |
| | 3:16.01 (40.84) | 3:56.94 (40.93) | 4:37.53 (40.59) | 5:18.43 (40.90) | |
| | 5:58.75 (40.32) | 6:38.31 (39.56) | | | |

Women 55-59 50 Yard Backstroke

| | | | | | |
|-----|----------------------|----|--------------------------------|---------|-------|
| 1 | Cox, Juliet | 56 | Manatee Aquatic Masters Inc-38 | 33.50 | 32.97 |
| 2 | Welting, Laureen | 58 | The Olympic Club-38 | 31.40 | 34.02 |
| 3 | Jones, Sara | 55 | Santa Rosa Masters-38 | 37.68 | 36.27 |
| 4 | Couch, Stephanie | 59 | Menlo Masters-38 | 38.41 | 37.82 |
| 5 | Wishovich, Shelley | 57 | Marin Aquatic Masters-38 | 46.00 | 40.75 |
| 6 | Freeman, Tammy | 55 | Walnut Creek Masters-38 | 40.00 | 45.29 |
| 7 | Phalen, Jennifer | 59 | Davis Aquatic Masters-38 | 46.49 | 46.26 |
| 8 | Cervantes-Mui, Wendy | 56 | Ladera Oaks Masters-38 | 49.32 | 48.52 |
| --- | Bryant, Patricia | 58 | Davis Aquatic Masters-38 | 1:15.00 | DQ |

2024 Short and Sweet - 4/14/2024**Results - Sunday****Women 55-59 200 Yard Backstroke**

| | | | | | | | | | |
|---|------------------|-------|-----------------|----|----------------------------------|-----------------|-----------------|---------|---------|
| 1 | Jones, Sara | 38.29 | 1:18.85 (40.56) | 55 | Santa Rosa Masters-38 | 1:59.98 (41.13) | 2:40.83 (40.85) | 2:48.88 | 2:40.83 |
| 2 | Cox, Juliet | 38.13 | 1:20.25 (42.12) | 56 | Manatee Aquatic Masters Inc-38 | 2:02.40 (42.15) | 2:42.35 (39.95) | 2:42.00 | 2:42.35 |
| 3 | Couch, Stephanie | 39.74 | 1:20.64 (40.90) | 59 | Menlo Masters-38 | 2:02.26 (41.62) | 2:43.71 (41.45) | 2:44.12 | 2:43.71 |
| 4 | Shu, Vicki | 42.04 | 1:25.93 (43.89) | 55 | Marcia's Enthusiastic Masters-38 | 2:09.96 (44.03) | 2:52.36 (42.40) | 2:57.26 | 2:52.36 |
| 5 | Phalen, Jennifer | 48.73 | 1:38.36 (49.63) | 59 | Davis Aquatic Masters-38 | 2:29.39 (51.03) | 3:17.72 (48.33) | 3:39.65 | 3:17.72 |

Women 55-59 50 Yard Breaststroke

| | | | | | | | | | |
|----|--------------------|--|--|----|--------------------------|--|--|---------|---------|
| 1 | Goldberg, Michelle | | | 55 | Davis Aquatic Masters-38 | | | 37.99 | 38.87 |
| 2 | Coomber, Molly | | | 58 | North Bay Aquatics-38 | | | 39.28 | 39.34 |
| 3 | Nelson, Sheila | | | 55 | Santa Rosa Masters-38 | | | 40.10 | 39.54 |
| 4 | Jones, Tracey | | | 56 | Santa Rosa Masters-38 | | | 38.26 | 39.61 |
| 5 | Welting, Laureen | | | 58 | The Olympic Club-38 | | | 36.25 | 39.86 |
| 6 | Sheeper, Lisa | | | 59 | Menlo Masters-38 | | | 44.50 | 41.53 |
| 7 | Freeman, Tammy | | | 55 | Walnut Creek Masters-38 | | | 41.00 | 41.56 |
| 8 | Phalen, Jennifer | | | 59 | Davis Aquatic Masters-38 | | | 44.29 | 43.44 |
| 9 | Crow, Joan | | | 59 | Davis Aquatic Masters-38 | | | 44.57 | 43.47 |
| 10 | Bryant, Patricia | | | 58 | Davis Aquatic Masters-38 | | | 1:15.00 | 1:05.46 |

Women 55-59 200 Yard Breaststroke

| | | | | | | | | | |
|---|--------------------|-------|-----------------|----|----------------------------------|-----------------|-----------------|---------|---------|
| 1 | Goldberg, Michelle | 41.80 | 1:27.06 (45.26) | 55 | Davis Aquatic Masters-38 | 2:13.20 (46.14) | 2:57.75 (44.55) | 3:03.69 | 2:57.75 |
| 2 | Welting, Laureen | 41.98 | 1:29.30 (47.32) | 58 | The Olympic Club-38 | 2:17.65 (48.35) | 3:05.69 (48.04) | 3:10.00 | 3:05.69 |
| 3 | Phalen, Jennifer | 43.53 | 1:31.08 (47.55) | 59 | Davis Aquatic Masters-38 | 2:20.00 (48.92) | 3:11.09 (51.09) | 3:16.84 | 3:11.09 |
| 4 | Sheeper, Lisa | 44.48 | 1:33.12 (48.64) | 59 | Menlo Masters-38 | 2:22.65 (49.53) | 3:11.12 (48.47) | 3:05.68 | 3:11.12 |
| 5 | Shu, Vicki | 45.44 | 1:34.58 (49.14) | 55 | Marcia's Enthusiastic Masters-38 | 2:25.03 (50.45) | 3:14.57 (49.54) | 3:20.23 | 3:14.57 |
| 6 | Freeman, Tammy | 45.29 | 1:34.57 (49.28) | 55 | Walnut Creek Masters-38 | 2:26.14 (51.57) | 3:17.21 (51.07) | 3:15.55 | 3:17.21 |
| 7 | Couch, Stephanie | 45.86 | 1:37.16 (51.30) | 59 | Menlo Masters-38 | 2:29.51 (52.35) | 3:22.37 (52.86) | 3:20.34 | 3:22.37 |

Women 55-59 50 Yard Butterfly

| | | | | | | | | | |
|----|----------------------|--|--|----|-----------------------------------|--|--|-------|-------|
| 1 | Welting, Laureen | | | 58 | The Olympic Club-38 | | | 29.17 | 31.73 |
| 2 | Goldberg, Michelle | | | 55 | Davis Aquatic Masters-38 | | | 33.83 | 32.49 |
| 3 | Coomber, Molly | | | 58 | North Bay Aquatics-38 | | | 31.45 | 32.91 |
| 4 | De Somma, Margaret | | | 56 | Marin Aquatic Masters-38 | | | 33.00 | 33.38 |
| 5 | Jones, Tracey | | | 56 | Santa Rosa Masters-38 | | | 33.48 | 33.97 |
| 6 | Capen, Tasha | | | 57 | Menlo Masters-38 | | | 35.46 | 37.51 |
| 7 | Alexander, Janet | | | 56 | Cala Maritime Aquatics Masters-38 | | | 38.56 | 38.40 |
| 8 | Freeman, Tammy | | | 55 | Walnut Creek Masters-38 | | | 42.15 | 39.56 |
| 9 | Viscardi, Josie | | | 59 | Rolling Hills Mud Sharks-38 | | | 37.00 | 40.68 |
| 10 | Phalen, Jennifer | | | 59 | Davis Aquatic Masters-38 | | | 42.44 | 42.35 |
| 11 | Cervantes-Mui, Wendy | | | 56 | Ladera Oaks Masters-38 | | | 42.56 | 50.67 |

2024 Short and Sweet - 4/14/2024**Results - Sunday****Women 55-59 200 Yard Butterfly**

| | | | | | |
|---|------------------|-----------------|----------------------------------|-------------------|---------|
| 1 | Shu, Vicki | 55 | Marcia's Enthusiastic Masters-38 | 2:53.10 | 2:54.16 |
| | 37.81 | 1:21.34 (43.53) | 2:06.96 (45.62) | 2:54.16 (47.20) | |
| 2 | Phalen, Jennifer | 59 | Davis Aquatic Masters-38 | 3:51.82 | 3:53.29 |
| | 48.20 | 1:43.63 (55.43) | 2:47.14 (1:03.51) | 3:53.29 (1:06.15) | |

Women 60-64 50 Yard Freestyle

| | | | | | |
|----|--------------------------|----|-----------------------------------|---------|-------|
| 1 | Quick, Sarah | 60 | North Bay Aquatics-38 | 26.02 | 26.80 |
| 2 | Cristea, Dea | 61 | North Bay Aquatics-38 | 28.00 | 28.82 |
| 3 | Curry, Coleen | 63 | North Bay Aquatics-38 | 29.00 | 30.32 |
| 4 | Knight-Williams, Valerie | 60 | Sacramento Masters-38 | 31.36 | 31.60 |
| 5 | Coffee, Cassandra | 62 | Tamalpais Aquatic Masters-38 | 36.80 | 34.57 |
| 6 | Fredericks, Barbara | 62 | Cala Maritime Aquatics Masters-38 | 42.90 | 38.24 |
| 7 | Carrade, Christine | 61 | Tamalpais Aquatic Masters-38 | 49.00 | 39.06 |
| 8 | Leslie, Kimberley | 63 | Cala Maritime Aquatics Masters-38 | 40.41 | 39.36 |
| 9 | Warford, Bernie | 61 | Cala Maritime Aquatics Masters-38 | 40.18 | 40.32 |
| 10 | Berg, Joanna | 64 | Manatee Aquatic Masters Inc-38 | 43.24 | 45.95 |
| 11 | Sampiere-Prochnow, Susie | 60 | Marin Aquatic Masters-38 | 55.00 | 46.23 |
| 12 | Focha, Teresa | 63 | Albany Armada Aquatics Masters-38 | 48.03 | 48.13 |
| 13 | Gaylord, Sue | 62 | Burlingame Aquatic Club-38 | 1:00.00 | 55.70 |

Women 60-64 200 Yard Freestyle

| | | | | | |
|-----|---------------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Quick, Sarah | 60 | North Bay Aquatics-38 | 2:04.68 | 2:09.61 |
| | 30.54 | 1:03.45 (32.91) | 1:36.54 (33.09) | 2:09.61 (33.07) | |
| 2 | Ward, Lisa | 60 | Walnut Creek Masters-38 | 2:16.00 | 2:10.74 |
| | 31.14 | 1:04.18 (33.04) | 1:37.38 (33.20) | 2:10.74 (33.36) | |
| 3 | Matena, Jana | 61 | Menlo Masters-38 | 2:12.01 | 2:14.22 |
| | 30.32 | 1:03.61 (33.29) | 1:38.62 (35.01) | 2:14.22 (35.60) | |
| 4 | Curry, Coleen | 63 | North Bay Aquatics-38 | 2:15.00 | 2:18.34 |
| | 32.75 | 1:07.39 (34.64) | 1:42.83 (35.44) | 2:18.34 (35.51) | |
| 5 | Cristea, Dea | 61 | North Bay Aquatics-38 | 2:22.00 | 2:30.41 |
| | 33.24 | 1:10.69 (37.45) | 1:49.99 (39.30) | 2:30.41 (40.42) | |
| 6 | Carter, Monica | 62 | Sacramento Masters-38 | 2:45.00 | 2:36.32 |
| | 35.51 | 1:14.71 (39.20) | 1:56.38 (41.67) | 2:36.32 (39.94) | |
| 7 | Taylor, Catherine | 61 | Walnut Creek Masters-38 | 2:42.18 | 2:38.57 |
| | 37.20 | 1:17.75 (40.55) | 1:59.01 (41.26) | 2:38.57 (39.56) | |
| 8 | Tonge, Jacqueline | 61 | Orinda Aquatic Masters-38 | 2:51.36 | 2:50.24 |
| | 39.19 | 1:21.57 (42.38) | 2:06.08 (44.51) | 2:50.24 (44.16) | |
| 9 | Coffee, Cassandra | 62 | Tamalpais Aquatic Masters-38 | 3:19.50 | 2:59.29 |
| | 42.71 | 1:29.30 (46.59) | 2:13.84 (44.54) | 2:59.29 (45.45) | |
| 10 | Carrade, Christine | 61 | Tamalpais Aquatic Masters-38 | 3:25.00 | 3:02.93 |
| | 41.38 | 1:27.27 (45.89) | 2:14.78 (47.51) | 3:02.93 (48.15) | |
| 11 | Valderrama, Deborah | 61 | University of San Francisco Ma-38 | 3:30.00 | 3:15.76 |
| | 45.31 | 1:36.15 (50.84) | 2:26.69 (50.54) | 3:15.76 (49.07) | |
| 12 | Haskell, Rocio | 61 | Manatee Aquatic Masters Inc-38 | 3:15.00 | 3:19.23 |
| | 42.81 | 1:31.74 (48.93) | 2:24.80 (53.06) | 3:19.23 (54.43) | |
| 13 | Leslie, Kimberley | 63 | Cala Maritime Aquatics Masters-38 | 3:31.25 | 3:30.64 |
| | 45.42 | 1:06.04 (20.62) | 2:36.11 (1:30.07) | 3:30.64 (54.53) | |
| 14 | Warford, Bernie | 61 | Cala Maritime Aquatics Masters-38 | 3:35.00 | 3:34.12 |
| | 47.61 | 1:40.60 (52.99) | 2:38.15 (57.55) | 3:34.12 (55.97) | |
| 15 | Berg, Joanna | 64 | Manatee Aquatic Masters Inc-38 | 4:10.00 | 3:37.63 |
| | 48.75 | 1:43.17 (54.42) | 2:41.92 (58.75) | 3:37.63 (55.71) | |
| 16 | Focha, Teresa | 63 | Albany Armada Aquatics Masters-38 | 3:41.43 | 3:38.86 |
| | 49.56 | 1:45.34 (55.78) | 2:42.23 (56.89) | 3:38.86 (56.63) | |
| --- | Fredericks, Barbara | 62 | Cala Maritime Aquatics Masters-38 | 3:26.40 | DNF |

2024 Short and Sweet - 4/14/2024**Results - Sunday****Women 60-64 500 Yard Freestyle**

| | | | | | |
|---|-------------------|-----------------|-------------------------|-----------------|---------|
| 1 | Quick, Sarah | 60 | North Bay Aquatics-38 | 5:48.83 | 5:55.35 |
| | 32.89 | 1:08.44 (35.55) | 1:43.98 (35.54) | 2:19.22 (35.24) | |
| | 2:54.75 (35.53) | 3:30.18 (35.43) | 4:06.36 (36.18) | 4:42.21 (35.85) | |
| | 5:18.85 (36.64) | 5:55.35 (36.50) | | | |
| 2 | Ward, Lisa | 60 | Walnut Creek Masters-38 | 6:25.00 | 5:58.10 |
| | 32.32 | 1:07.42 (35.10) | 1:43.80 (36.38) | 2:20.45 (36.65) | |
| | 2:56.98 (36.53) | 3:33.75 (36.77) | 4:10.33 (36.58) | 4:46.66 (36.33) | |
| | 5:22.79 (36.13) | 5:58.10 (35.31) | | | |
| 3 | Matena, Jana | 61 | Menlo Masters-38 | 6:14.95 | 6:09.34 |
| | 33.87 | 1:10.99 (37.12) | 1:48.93 (37.94) | 2:26.83 (37.90) | |
| | 3:04.79 (37.96) | 3:42.24 (37.45) | 4:19.80 (37.56) | 4:56.97 (37.17) | |
| | 5:33.75 (36.78) | 6:09.34 (35.59) | | | |
| 4 | Curry, Coleen | 63 | North Bay Aquatics-38 | 6:05.00 | 6:13.23 |
| | 34.42 | 1:10.91 (36.49) | 1:48.85 (37.94) | 2:26.59 (37.74) | |
| | 3:04.90 (38.31) | 3:42.87 (37.97) | 4:20.33 (37.46) | 4:58.28 (37.95) | |
| | 5:36.33 (38.05) | 6:13.23 (36.90) | | | |
| 5 | Taylor, Catherine | 61 | Walnut Creek Masters-38 | 6:56.46 | 7:15.72 |
| | 40.05 | 1:24.44 (44.39) | 2:08.40 (43.96) | 2:52.58 (44.18) | |
| | 3:36.59 (44.01) | 4:20.38 (43.79) | 5:03.84 (43.46) | 5:47.42 (43.58) | |
| | 6:32.02 (44.60) | 7:15.72 (43.70) | | | |

Women 60-64 50 Yard Backstroke

| | | | | | |
|----|--------------------------|----|-----------------------------------|---------|---------|
| 1 | Ward, Lisa | 60 | Walnut Creek Masters-38 | 34.00 | 32.32 |
| 2 | Oliver, April | 62 | North Bay Aquatics-38 | 33.73 | 35.18 |
| 3 | Cristea, Dea | 61 | North Bay Aquatics-38 | 35.00 | 36.14 |
| 4 | Donahue, Jane | 60 | San Mateo Masters-38 | 40.00 | 37.77 |
| 5 | Knight-Williams, Valerie | 60 | Sacramento Masters-38 | 38.72 | 38.23 |
| 6 | Taylor, Catherine | 61 | Walnut Creek Masters-38 | 42.49 | 42.36 |
| 7 | Tonge, Jacqueline | 61 | Orinda Aquatic Masters-38 | 41.44 | 43.69 |
| 8 | Coffee, Cassandra | 62 | Tamalpais Aquatic Masters-38 | 47.10 | 44.92 |
| 9 | Focha, Teresa | 63 | Albany Armada Aquatics Masters-38 | 51.80 | 51.62 |
| 10 | Sampiere-Prochnow, Susie | 60 | Marin Aquatic Masters-38 | 1:20.00 | 1:05.57 |
| 11 | Gaylord, Sue | 62 | Burlingame Aquatic Club-38 | 1:00.00 | 1:15.38 |

Women 60-64 200 Yard Backstroke

| | | | | | |
|---|---------------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Ward, Lisa | 60 | Walnut Creek Masters-38 | 2:30.00 | 2:27.78 |
| | 35.60 | 1:12.75 (37.15) | 1:50.19 (37.44) | 2:27.78 (37.59) | |
| 2 | Carter, Monica | 62 | Sacramento Masters-38 | 3:30.00 | 3:02.08 |
| | 42.02 | 1:27.55 (45.53) | 2:15.20 (47.65) | 3:02.08 (46.88) | |
| 3 | Taylor, Catherine | 61 | Walnut Creek Masters-38 | 3:22.52 | 3:11.95 |
| | 48.82 | 1:37.77 (48.95) | 2:25.71 (47.94) | 3:11.95 (46.24) | |
| 4 | Valderrama, Deborah | 61 | University of San Francisco Ma-38 | 4:00.00 | 3:39.02 |
| | 53.07 | 1:49.29 (56.22) | 2:45.13 (55.84) | 3:39.02 (53.89) | |
| 5 | Focha, Teresa | 63 | Albany Armada Aquatics Masters-38 | 4:04.76 | 3:44.61 |
| | 53.98 | 1:50.81 (56.83) | 2:48.23 (57.42) | 3:44.61 (56.38) | |

Women 60-64 50 Yard Breaststroke

| | | | | | |
|---|--------------------------|----|-----------------------------------|-------|-------|
| 1 | Donahue, Jane | 60 | San Mateo Masters-38 | 45.00 | 40.22 |
| 2 | Taylor, Catherine | 61 | Walnut Creek Masters-38 | 42.87 | 41.46 |
| 3 | Knight-Williams, Valerie | 60 | Sacramento Masters-38 | 42.10 | 42.04 |
| 4 | Tonge, Jacqueline | 61 | Orinda Aquatic Masters-38 | 45.40 | 46.02 |
| 5 | Warford, Bernie | 61 | Cala Maritime Aquatics Masters-38 | 46.94 | 48.42 |
| 6 | Leslie, Kimberley | 63 | Cala Maritime Aquatics Masters-38 | 48.22 | 48.68 |
| 7 | Valderrama, Deborah | 61 | University of San Francisco Ma-38 | 55.00 | 49.04 |
| 8 | Berg, Joanna | 64 | Manatee Aquatic Masters Inc-38 | 51.26 | 49.44 |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Women 60-64 50 Yard Breaststroke)**

| | | | | | |
|----|---------------------|----|-----------------------------------|-------|-------|
| 9 | Haskell, Rocio | 61 | Manatee Aquatic Masters Inc-38 | 55.00 | 50.26 |
| 10 | Fredericks, Barbara | 62 | Cala Maritime Aquatics Masters-38 | 57.50 | 51.23 |

Women 60-64 200 Yard Breaststroke

| | | | | | |
|-----|-------------------|-------------------|-----------------------------------|-------------------|---------|
| 1 | Taylor, Catherine | 61 | Walnut Creek Masters-38 | 3:34.52 | 3:27.78 |
| | 47.93 | 1:41.02 (53.09) | 2:35.16 (54.14) | 3:27.78 (52.62) | |
| 2 | Tonge, Jacqueline | 61 | Orinda Aquatic Masters-38 | 3:40.00 | 3:29.42 |
| | 49.68 | 1:42.52 (52.84) | 2:36.01 (53.49) | 3:29.42 (53.41) | |
| 3 | Berg, Joanna | 64 | Manatee Aquatic Masters Inc-38 | 4:20.00 | 3:48.05 |
| | 52.87 | 1:50.73 (57.86) | 2:48.90 (58.17) | 3:48.05 (59.15) | |
| 4 | Focha, Teresa | 63 | Albany Armada Aquatics Masters-38 | 4:30.00 | 4:16.44 |
| | 1:01.03 | 2:06.47 (1:05.44) | 3:12.23 (1:05.76) | 4:16.44 (1:04.21) | |
| --- | Haskell, Rocio | 61 | Manatee Aquatic Masters Inc-38 | 3:30.00 | DNF |

Women 60-64 50 Yard Butterfly

| | | | | | |
|----|--------------------------|----|-----------------------------------|-------|-------|
| 1 | Ward, Lisa | 60 | Walnut Creek Masters-38 | 31.00 | 29.81 |
| 2 | Oliver, April | 62 | North Bay Aquatics-38 | 30.67 | 31.13 |
| 3 | Cristea, Dea | 61 | North Bay Aquatics-38 | 34.00 | 34.56 |
| 4 | Donahue, Jane | 60 | San Mateo Masters-38 | 38.00 | 35.41 |
| 5 | Knight-Williams, Valerie | 60 | Sacramento Masters-38 | 38.63 | 37.38 |
| 6 | Coffee, Cassandra | 62 | Tamalpais Aquatic Masters-38 | 46.50 | 40.87 |
| 7 | Valderrama, Deborah | 61 | University of San Francisco Ma-38 | 50.00 | 42.02 |
| 8 | Carrade, Christine | 61 | Tamalpais Aquatic Masters-38 | 55.00 | 45.19 |
| 9 | Leslie, Kimberley | 63 | Cala Maritime Aquatics Masters-38 | 50.26 | 48.76 |
| 10 | Haskell, Rocio | 61 | Manatee Aquatic Masters Inc-38 | 45.00 | 48.90 |
| 11 | Tonge, Jacqueline | 61 | Orinda Aquatic Masters-38 | 45.00 | 51.01 |
| 12 | Berg, Joanna | 64 | Manatee Aquatic Masters Inc-38 | 50.45 | 53.06 |

Women 60-64 200 Yard Butterfly

| | | | | | |
|---|-------------------|-------------------|-----------------------------------|-------------------|---------|
| 1 | Ward, Lisa | 60 | Walnut Creek Masters-38 | 3:00.00 | 2:40.16 |
| | 34.61 | 1:13.37 (38.76) | 1:56.62 (43.25) | 2:40.16 (43.54) | |
| 2 | Carter, Monica | 62 | Sacramento Masters-38 | 3:40.19 | 3:16.59 |
| | 40.51 | 1:29.41 (48.90) | 2:23.18 (53.77) | 3:16.59 (53.41) | |
| 3 | Focha, Teresa | 63 | Albany Armada Aquatics Masters-38 | 4:01.97 | 3:52.62 |
| | 53.08 | 1:51.96 (58.88) | 2:52.31 (1:00.35) | 3:52.62 (1:00.31) | |
| 4 | Basile, Katherine | 64 | Menlo Masters-38 | 3:55.00 | 4:13.93 |
| | 52.30 | 1:55.45 (1:03.15) | 3:02.75 (1:07.30) | 4:13.93 (1:11.18) | |

Women 65-69 50 Yard Freestyle

| | | | | | |
|---|----------------|----|-----------------------------------|-------|-------|
| 1 | Feeley, Louise | 65 | Menlo Masters-38 | 33.25 | 32.09 |
| 2 | Ogilvie, Carol | 68 | University of San Francisco Ma-38 | 35.00 | 32.43 |
| 3 | Hickel, Jessie | 65 | East Bay Bat Rays Masters-38 | 37.00 | 38.60 |
| 4 | Pinto, Rebecca | 69 | Menlo Masters-38 | 44.50 | 38.61 |

Women 65-69 200 Yard Freestyle

| | | | | | |
|---|----------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Feeley, Louise | 65 | Menlo Masters-38 | 3:02.00 | 2:37.84 |
| | 37.35 | 1:17.70 (40.35) | 1:58.79 (41.09) | 2:37.84 (39.05) | |
| 2 | Ogilvie, Carol | 68 | University of San Francisco Ma-38 | 2:55.00 | 2:39.17 |
| | 36.92 | 1:17.37 (40.45) | 1:59.46 (42.09) | 2:39.17 (39.71) | |
| 3 | Hickel, Jessie | 65 | East Bay Bat Rays Masters-38 | 3:15.00 | 3:01.48 |
| | 41.51 | 1:26.98 (45.47) | 2:15.12 (48.14) | 3:01.48 (46.36) | |
| 4 | Pinto, Rebecca | 69 | Menlo Masters-38 | 3:26.26 | 3:05.37 |
| | 44.10 | 1:32.71 (48.61) | 2:20.89 (48.18) | 3:05.37 (44.48) | |

2024 Short and Sweet - 4/14/2024**Results - Sunday****Women 65-69 50 Yard Backstroke**

| | | | | | |
|---|----------------|----|---------------------|-------|-------|
| 1 | Quinn, Phyllis | 68 | The Olympic Club-38 | 44.06 | 45.59 |
| 2 | Pinto, Rebecca | 69 | Menlo Masters-38 | 52.45 | 50.65 |

Women 65-69 200 Yard Backstroke

| | | | | | |
|---|----------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Ogilvie, Carol | 68 | University of San Francisco Ma-38 | 3:55.00 | 3:15.23 |
| | 45.75 | 1:34.98 (49.23) | 2:25.95 (50.97) | 3:15.23 (49.28) | |
| 2 | Quinn, Phyllis | 68 | The Olympic Club-38 | 3:20.77 | 3:20.78 |
| | 47.88 | 1:38.70 (50.82) | 2:30.32 (51.62) | 3:20.78 (50.46) | |
| 3 | Thomas, Elaine | 69 | Mountain View Masters-38 | 3:40.00 | 3:42.30 |
| | 54.64 | 1:49.68 (55.04) | 2:46.35 (56.67) | 3:42.30 (55.95) | |

Women 65-69 50 Yard Breaststroke

| | | | | | |
|---|----------------|----|------------------------------|---------|---------|
| 1 | Hickel, Jessie | 65 | East Bay Bat Rays Masters-38 | 50.00 | 49.41 |
| 2 | Quinn, Phyllis | 68 | The Olympic Club-38 | 50.79 | 49.47 |
| 3 | Palmer, Teddy | 69 | Walnut Creek Masters-38 | 1:05.10 | 1:07.52 |

Women 65-69 200 Yard Breaststroke

| | | | | | |
|---|----------------|-----------------|------------------------------|-------------------|---------|
| 1 | Hickel, Jessie | 65 | East Bay Bat Rays Masters-38 | 3:47.00 | 3:49.91 |
| | 54.31 | 1:53.73 (59.42) | 2:53.15 (59.42) | 3:49.91 (56.76) | |
| 2 | Quinn, Phyllis | 68 | The Olympic Club-38 | 3:40.77 | 3:54.32 |
| | 54.34 | 1:54.28 (59.94) | 2:54.31 (1:00.03) | 3:54.32 (1:00.01) | |

Women 65-69 50 Yard Butterfly

| | | | | | |
|---|----------------|----|-----------------------------------|-------|-------|
| 1 | Ogilvie, Carol | 68 | University of San Francisco Ma-38 | 39.50 | 38.07 |
| 2 | Pinto, Rebecca | 69 | Menlo Masters-38 | 45.15 | 43.34 |
| 3 | Hickel, Jessie | 65 | East Bay Bat Rays Masters-38 | 46.00 | 49.93 |
| 4 | Palmer, Teddy | 69 | Walnut Creek Masters-38 | 52.04 | 56.30 |

Women 70-74 50 Yard Freestyle

| | | | | | |
|---|-----------------|----|-----------------------------|-------|-------|
| 1 | Guthrie, Sally | 74 | Sacramento Masters-38 | 35.95 | 34.93 |
| 2 | Hepworth, Linda | 70 | Rolling Hills Mud Sharks-38 | 36.05 | 36.24 |
| 3 | Collins, Susan | 74 | Walnut Creek Masters-38 | 41.77 | 40.29 |

Women 70-74 200 Yard Freestyle

| | | | | | |
|---|-----------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Hepworth, Linda | 70 | Rolling Hills Mud Sharks-38 | 2:52.81 | 2:54.83 |
| | 40.20 | 1:24.55 (44.35) | 2:10.08 (45.53) | 2:54.83 (44.75) | |
| 2 | Willard, Mimi | 70 | Tamalpais Aquatic Masters-38 | 3:00.10 | 2:59.71 |
| | 41.71 | 1:27.57 (45.86) | 2:14.22 (46.65) | 2:59.71 (45.49) | |
| 3 | Collins, Susan | 74 | Walnut Creek Masters-38 | 3:14.00 | 3:14.91 |
| | 45.42 | 1:33.86 (48.44) | 2:24.48 (50.62) | 3:14.91 (50.43) | |
| 4 | Singer, Molly | 70 | Marcia's Enthusiastic Masters-38 | 3:27.00 | 3:24.53 |
| | 45.49 | 1:37.55 (52.06) | 2:32.33 (54.78) | 3:24.53 (52.20) | |

Women 70-74 500 Yard Freestyle

| | | | | | |
|---|-----------------|-----------------|------------------------------|-----------------|---------|
| 1 | Willard, Mimi | 70 | Tamalpais Aquatic Masters-38 | 8:05.15 | 7:46.51 |
| | 42.20 | 1:28.58 (46.38) | 2:16.21 (47.63) | 3:04.21 (48.00) | |
| | 3:52.30 (48.09) | 4:40.26 (47.96) | 5:27.59 (47.33) | 6:14.67 (47.08) | |
| | 7:01.35 (46.68) | 7:46.51 (45.16) | | | |
| 2 | Hepworth, Linda | 70 | Rolling Hills Mud Sharks-38 | 8:37.19 | 7:47.71 |
| | 41.41 | 1:28.39 (46.98) | 2:15.68 (47.29) | 3:03.62 (47.94) | |
| | 3:51.86 (48.24) | 4:39.61 (47.75) | 5:27.50 (47.89) | 6:14.95 (47.45) | |
| | 7:01.46 (46.51) | 7:47.71 (46.25) | | | |

Women 70-74 50 Yard Backstroke

| | | | | | |
|---|-----------------|----|-----------------------------|-------|-------|
| 1 | Guthrie, Sally | 74 | Sacramento Masters-38 | 43.21 | 40.81 |
| 2 | Hepworth, Linda | 70 | Rolling Hills Mud Sharks-38 | 42.51 | 43.72 |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Women 70-74 50 Yard Backstroke)**

| | | | | | |
|---|--------------|----|------------------|-------|-------|
| 3 | Gillon, Jean | 72 | Menlo Masters-38 | 54.50 | 50.62 |
|---|--------------|----|------------------|-------|-------|

Women 70-74 200 Yard Backstroke

| | | | | | |
|---|-----------------|----|------------------------------|-------------------|-------------------|
| 1 | Willard, Mimi | 70 | Tamalpais Aquatic Masters-38 | 3:37.10 | 3:16.69 |
| | 47.09 | | 1:36.48 (49.39) | 2:27.31 (50.83) | 3:16.69 (49.38) |
| 2 | Hepworth, Linda | 70 | Rolling Hills Mud Sharks-38 | 3:16.65 | 3:20.31 |
| | 46.74 | | 1:37.90 (51.16) | 2:30.04 (52.14) | 3:20.31 (50.27) |
| 3 | Guthrie, Sally | 74 | Sacramento Masters-38 | 3:20.00 | 3:23.41 |
| | 46.23 | | 2:32.15 () | 3:23.41 (51.26) | |
| 4 | Gillon, Jean | 72 | Menlo Masters-38 | 3:05.08 | 4:08.09 |
| | 58.12 | | 2:01.96 (1:03.84) | 3:06.78 (1:04.82) | 4:08.09 (1:01.31) |

Women 70-74 50 Yard Breaststroke

| | | | | | |
|---|----------------|----|-------------------------|-------|-------|
| 1 | Collins, Susan | 74 | Walnut Creek Masters-38 | 57.34 | 56.37 |
|---|----------------|----|-------------------------|-------|-------|

Women 70-74 200 Yard Breaststroke

| | | | | | |
|---|---------------|----|------------------------------|-----------------|-----------------|
| 1 | Willard, Mimi | 70 | Tamalpais Aquatic Masters-38 | 3:50.38 | 3:45.53 |
| | 53.54 | | 1:50.16 (56.62) | 2:47.72 (57.56) | 3:45.53 (57.81) |

Women 70-74 50 Yard Butterfly

| | | | | | |
|---|----------------|----|-------------------------|-------|-------|
| 1 | Collins, Susan | 74 | Walnut Creek Masters-38 | 57.09 | 57.50 |
|---|----------------|----|-------------------------|-------|-------|

Women 75-79 50 Yard Freestyle

| | | | | | |
|---|------------------|----|--------------------------------|-------|-------|
| 1 | Barnea, Daniela | 79 | Menlo Masters-38 | 46.30 | 41.09 |
| 2 | Caso, Susie | 77 | Manatee Aquatic Masters Inc-38 | 43.50 | 43.00 |
| 3 | Coholan, Annette | 75 | Rolling Hills Mud Sharks-38 | 45.97 | 45.43 |

Women 75-79 200 Yard Freestyle

| | | | | | |
|---|------------------|----|--------------------------------|-----------------|-----------------|
| 1 | Scott, Stephanie | 77 | Walnut Creek Masters-38 | 3:14.00 | 3:13.82 |
| | 42.57 | | 1:31.94 (49.37) | 2:23.17 (51.23) | 3:13.82 (50.65) |
| 2 | Dutro, Cynthia | 75 | Menlo Masters-38 | 3:40.00 | 3:14.81 |
| | 44.06 | | 1:33.19 (49.13) | 2:24.00 (50.81) | 3:14.81 (50.81) |
| 3 | Barnea, Daniela | 79 | Menlo Masters-38 | 3:44.20 | 3:24.59 |
| | 45.82 | | 1:38.50 (52.68) | 2:33.25 (54.75) | 3:24.59 (51.34) |
| 4 | Coholan, Annette | 75 | Rolling Hills Mud Sharks-38 | 3:34.94 | 3:35.25 |
| | 49.35 | | 1:43.66 (54.31) | 2:39.45 (55.79) | 3:35.25 (55.80) |
| 5 | Caso, Susie | 77 | Manatee Aquatic Masters Inc-38 | 3:55.00 | 3:43.09 |
| | 51.01 | | 1:47.97 (56.96) | 2:46.92 (58.95) | 3:43.09 (56.17) |

Women 75-79 500 Yard Freestyle

| | | | | | |
|---|------------------|----|-----------------------------|-----------------|-----------------|
| 1 | Coholan, Annette | 75 | Rolling Hills Mud Sharks-38 | 9:20.01 | 9:25.54 |
| | 51.70 | | 1:49.26 (57.56) | 2:46.99 (57.73) | 3:44.24 (57.25) |
| | 4:41.24 (57.00) | | 5:39.01 (57.77) | 6:36.12 (57.11) | 7:33.53 (57.41) |
| | 8:30.56 (57.03) | | 9:25.54 (54.98) | | |

Women 75-79 50 Yard Backstroke

| | | | | | |
|---|------------------|----|-------------------------|-------|-------|
| 1 | Scott, Stephanie | 77 | Walnut Creek Masters-38 | 47.95 | 48.90 |
|---|------------------|----|-------------------------|-------|-------|

Women 75-79 200 Yard Backstroke

| | | | | | |
|---|-------------------|----|-----------------------------------|-------------------|-------------------|
| 1 | Scott, Stephanie | 77 | Walnut Creek Masters-38 | 4:16.00 | 4:06.84 |
| | 59.39 | | 2:02.98 (1:03.59) | 3:07.03 (1:04.05) | 4:06.84 (59.81) |
| 2 | Pashelinsky, Erin | 76 | University of San Francisco Ma-38 | 4:18.00 | 4:40.91 |
| | 1:07.40 | | 2:16.85 (1:09.45) | 3:30.18 (1:13.33) | 4:40.91 (1:10.73) |

Women 75-79 50 Yard Breaststroke

| | | | | | |
|---|------------------|----|-------------------------|-------|-------|
| 1 | Barnea, Daniela | 79 | Menlo Masters-38 | 47.35 | 46.63 |
| 2 | Scott, Stephanie | 77 | Walnut Creek Masters-38 | 53.40 | 54.39 |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Women 75-79 50 Yard Breaststroke)**

| | | | | | |
|---|------------------|----|--------------------------------|---------|-------|
| 3 | Caso, Susie | 77 | Manatee Aquatic Masters Inc-38 | 55.53 | 55.34 |
| 4 | Coholan, Annette | 75 | Rolling Hills Mud Sharks-38 | 1:01.03 | 58.97 |

Women 75-79 200 Yard Breaststroke

| | | | | | |
|---|------------------|-------------------|--------------------------------|-------------------|---------|
| 1 | Barnea, Daniela | 79 | Menlo Masters-38 | 3:45.10 | 3:40.29 |
| | 51.06 | 1:47.94 (56.88) | 2:45.73 (57.79) | 3:40.29 (54.56) | |
| 2 | Scott, Stephanie | 77 | Walnut Creek Masters-38 | 4:18.00 | 4:18.00 |
| | 59.82 | 2:04.32 (1:04.50) | 3:12.97 (1:08.65) | 4:18.00 (1:05.03) | |
| 3 | Caso, Susie | 77 | Manatee Aquatic Masters Inc-38 | 4:35.00 | 4:28.67 |
| | 1:00.88 | 2:10.48 (1:09.60) | 3:21.96 (1:11.48) | 4:28.67 (1:06.71) | |
| 4 | Coholan, Annette | 75 | Rolling Hills Mud Sharks-38 | 4:30.29 | 4:32.77 |
| | 1:02.59 | 2:11.37 (1:08.78) | 3:22.00 (1:10.63) | 4:32.77 (1:10.77) | |
| 5 | Florig, Doris | 75 | Uc38 | 6:00.00 | 5:22.12 |
| | 1:14.57 | 2:36.17 (1:21.60) | 4:03.18 (1:27.01) | 5:22.12 (1:18.94) | |

Women 75-79 50 Yard Butterfly

| | | | | | |
|---|------------------|----|-------------------------|-------|-------|
| 1 | Dutro, Cynthia | 75 | Menlo Masters-38 | 50.29 | 49.88 |
| 2 | Scott, Stephanie | 77 | Walnut Creek Masters-38 | 54.13 | 58.97 |

Women 75-79 200 Yard Butterfly

| | | | | | |
|---|-----------------|-----------------|------------------|-----------------|---------|
| 1 | Barnea, Daniela | 79 | Menlo Masters-38 | 4:10.30 | 3:44.04 |
| | 49.42 | 1:45.94 (56.52) | 2:45.38 (59.44) | 3:44.04 (58.66) | |

Women 80-84 50 Yard Freestyle

| | | | | | |
|---|---------------------|----|------------------------------|---------|-------|
| 1 | Ridout, Nancy | 82 | Tamalpais Aquatic Masters-38 | 55.00 | 46.11 |
| 2 | Stretch, Nancy | 84 | The Olympic Club-38 | 1:00.00 | 54.03 |
| 3 | Westergaard, Leslie | 81 | Davis Aquatic Masters-38 | 50.00 | 54.66 |

Women 80-84 200 Yard Freestyle

| | | | | | |
|---|---------------|-------------------|------------------------------|-------------------|---------|
| 1 | Ridout, Nancy | 82 | Tamalpais Aquatic Masters-38 | 5:30.00 | 4:21.53 |
| | 55.88 | 1:57.00 (1:01.12) | 3:16.13 (1:19.13) | 4:21.53 (1:05.40) | |

Women 80-84 50 Yard Backstroke

| | | | | | |
|---|---------------------|----|--------------------------|---------|-------|
| 1 | Westergaard, Leslie | 81 | Davis Aquatic Masters-38 | 52.00 | 54.53 |
| 2 | Stretch, Nancy | 84 | The Olympic Club-38 | 1:08.00 | 59.68 |

Women 80-84 200 Yard Backstroke

| | | | | | |
|---|---------------------|-----------------|--------------------------|-------------------|---------|
| 1 | Westergaard, Leslie | 81 | Davis Aquatic Masters-38 | 4:00.00 | 3:59.04 |
| | 57.00 | 1:56.59 (59.59) | 2:58.29 (1:01.70) | 3:59.04 (1:00.75) | |

Women 80-84 50 Yard Breaststroke

| | | | | | |
|---|----------------|----|---------------------|---------|---------|
| 1 | Stretch, Nancy | 84 | The Olympic Club-38 | 1:05.00 | 1:02.94 |
|---|----------------|----|---------------------|---------|---------|

Women 80-84 200 Yard Breaststroke

| | | | | | |
|---|----------------|-------------------|---------------------|-------------------|---------|
| 1 | Stretch, Nancy | 84 | The Olympic Club-38 | 4:30.00 | 4:54.13 |
| | 1:07.73 | 2:23.60 (1:15.87) | 3:39.92 (1:16.32) | 4:54.13 (1:14.21) | |

Women 80-84 50 Yard Butterfly

| | | | | | |
|---|----------------|----|---------------------|---------|---------|
| 1 | Stretch, Nancy | 84 | The Olympic Club-38 | 1:10.00 | 1:05.95 |
|---|----------------|----|---------------------|---------|---------|

Women 85-89 50 Yard Freestyle

| | | | | | |
|---|----------------|----|--------------------------|---------|---------|
| 1 | Flesh, Anice | 87 | Marin Aquatic Masters-38 | 57.00 | 52.12 |
| 2 | Tegner, Thyra | 88 | Almaden Masters-38 | 1:01.77 | 59.29 |
| 3 | Morton, Judith | 85 | Walnut Creek Masters-38 | 1:17.00 | 1:13.48 |

2024 Short and Sweet - 4/14/2024

Results - Sunday

Women 85-89 200 Yard Freestyle

| | | | |
|------------------|----------------------------|-------------------|-------------------|
| 1 Morton, Judith | 85 Walnut Creek Masters-38 | 5:30.00 | 5:33.28 |
| 1:17.41 | 2:41.30 (1:23.89) | 4:08.03 (1:26.73) | 5:33.28 (1:25.25) |

Women 85-89 50 Yard Backstroke

| | | | |
|------------------|-----------------------------|---------|---------|
| 1 Flesh, Anice | 87 Marin Aquatic Masters-38 | 1:15.00 | 1:12.63 |
| 2 Tegner, Thyra | 88 Almaden Masters-38 | 1:17.46 | 1:19.71 |
| 3 Morton, Judith | 85 Walnut Creek Masters-38 | 1:20.00 | 1:20.90 |

Women 85-89 200 Yard Backstroke

| | | | |
|------------------|----------------------------|-------------------|-------------------|
| 1 Morton, Judith | 85 Walnut Creek Masters-38 | 5:50.00 | 5:41.29 |
| 1:23.28 | 2:49.41 (1:26.13) | 4:16.88 (1:27.47) | 5:41.29 (1:24.41) |

Women 85-89 50 Yard Breaststroke

| | | | |
|----------------|-----------------------------|---------|---------|
| 1 Flesh, Anice | 87 Marin Aquatic Masters-38 | 1:15.00 | 1:08.01 |
|----------------|-----------------------------|---------|---------|

Women 85-89 200 Yard Breaststroke

| | | | |
|----------------|-----------------------------|-------------------|-------------------|
| 1 Flesh, Anice | 87 Marin Aquatic Masters-38 | 5:10.00 | 5:48.48 |
| 1:15.39 | 2:41.40 (1:26.01) | 4:17.40 (1:36.00) | 5:48.48 (1:31.08) |

Women 85-89 50 Yard Butterfly

| | | | |
|------------------|-----------------------------|---------|---------|
| 1 Flesh, Anice | 87 Marin Aquatic Masters-38 | 1:15.00 | 1:16.61 |
| 2 Morton, Judith | 85 Walnut Creek Masters-38 | 1:45.00 | 1:43.38 |

Women 85-89 200 Yard Butterfly

| | | | |
|------------------|----------------------------|-------------------|---------|
| 1 Morton, Judith | 85 Walnut Creek Masters-38 | 8:30.00 | 7:54.28 |
| 3:49.20 () | 5:53.73 (2:04.53) | 7:54.28 (2:00.55) | |

Men 18-24 50 Yard Freestyle

| | | | |
|------------------|----------------------------|-------|-------|
| 1 Brown, Cal | 23 Walnut Creek Masters-38 | 21.85 | 21.75 |
| 2 Ireland, Jacob | 24 Uc38 | 23.80 | 24.69 |

Men 18-24 50 Yard Breaststroke

| | | | |
|------------------|----------------------------|-------|-------|
| 1 Ireland, Jacob | 24 Uc38 | 29.50 | 28.13 |
| 2 Brown, Cal | 23 Walnut Creek Masters-38 | 29.99 | 28.26 |

Men 18-24 200 Yard Breaststroke

| | | | |
|------------------|-----------------|-----------------|-----------------|
| 1 Ireland, Jacob | 24 Uc38 | 2:23.84 | 2:24.93 |
| 31.24 | 1:07.37 (36.13) | 1:45.16 (37.79) | 2:24.93 (39.77) |

Men 18-24 50 Yard Butterfly

| | | | |
|------------------|----------------------------|-------|-------|
| 1 Brown, Cal | 23 Walnut Creek Masters-38 | 25.50 | 23.92 |
| 2 Ireland, Jacob | 24 Uc38 | 25.61 | 25.12 |

Men 25-29 50 Yard Freestyle

| | | | |
|--------------------|-------------------------------------|-------|-------|
| 1 Axelsson, Mikael | 25 Alameda Aquatic Masters-38 | 23.77 | 24.40 |
| 2 Cho, Andrew | 26 Swim Fremont Glenmoor Gardens-38 | 24.81 | 24.95 |
| 3 Miura, Jasper | 27 Burlingame Aquatic Club-38 | 28.00 | 25.44 |
| 4 Huynh, Vincent | 27 Sacramento Masters-38 | 27.66 | 27.21 |

Men 25-29 200 Yard Freestyle

| | | | |
|--------------------|-------------------------------|-----------------|-----------------|
| 1 Fedorov, Brian | 28 Sacramento Masters-38 | 2:00.00 | 1:55.16 |
| 27.09 | 56.32 (29.23) | 1:25.46 (29.14) | 1:55.16 (29.70) |
| 2 Axelsson, Mikael | 25 Alameda Aquatic Masters-38 | 1:53.73 | 1:57.47 |
| 26.12 | 55.62 (29.50) | 1:26.57 (30.95) | 1:57.47 (30.90) |
| 3 Niles, Jack | 26 Santa Rosa Masters-38 | 2:06.11 | 1:59.83 |
| 27.42 | 57.38 (29.96) | 1:28.41 (31.03) | 1:59.83 (31.42) |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Men 25-29 200 Yard Freestyle)**

| | | | | | |
|---|-------------------|-----------------|----------------------------|-----------------|---------|
| 4 | Miura, Jasper | 27 | Burlingame Aquatic Club-38 | 2:20.00 | 2:04.45 |
| | 27.10 | 57.66 (30.56) | 1:30.63 (32.97) | 2:04.45 (33.82) | |
| 5 | Glomstad, William | 29 | Walnut Creek Masters-38 | 2:06.00 | 2:07.41 |
| | 29.41 | 1:01.20 (31.79) | 1:34.33 (33.13) | 2:07.41 (33.08) | |

Men 25-29 500 Yard Freestyle

| | | | | | |
|---|------------------|-----------------|----------------------------|-----------------|---------|
| 1 | Niles, Jack | 26 | Santa Rosa Masters-38 | 5:50.00 | 5:28.93 |
| | 28.50 | 59.90 (31.40) | 1:32.47 (32.57) | 2:05.60 (33.13) | |
| | 2:38.87 (33.27) | 3:12.56 (33.69) | 3:46.84 (34.28) | 4:21.26 (34.42) | |
| | 4:55.15 (33.89) | 5:28.93 (33.78) | | | |
| 2 | Axelsson, Mikael | 25 | Alameda Aquatic Masters-38 | 5:07.11 | 5:32.47 |
| | 30.05 | 1:03.56 (33.51) | 1:38.05 (34.49) | 2:12.10 (34.05) | |
| | 2:46.75 (34.65) | 3:20.90 (34.15) | 3:54.59 (33.69) | 4:27.87 (33.28) | |
| | 5:00.91 (33.04) | 5:32.47 (31.56) | | | |

Men 25-29 50 Yard Backstroke

| | | | | | |
|---|---------------|----|----------------------------------|-------|-------|
| 1 | Cho, Andrew | 26 | Swim Fremont Glenmoor Gardens-38 | 29.81 | 30.04 |
| 2 | Miura, Jasper | 27 | Burlingame Aquatic Club-38 | 32.00 | 32.22 |

Men 25-29 50 Yard Breaststroke

| | | | | | |
|---|----------------|----|----------------------------|-------|-------|
| 1 | Malone, Reed | 29 | The Olympic Club-38 | 30.50 | 29.69 |
| 2 | Miura, Jasper | 27 | Burlingame Aquatic Club-38 | 32.00 | 34.67 |
| 3 | Huynh, Vincent | 27 | Sacramento Masters-38 | 37.84 | 38.79 |

Men 25-29 200 Yard Breaststroke

| | | | | | |
|---|-------------|-----------------|-----------------------|-----------------|---------|
| 1 | Niles, Jack | 26 | Santa Rosa Masters-38 | 2:30.00 | 2:27.00 |
| | 32.38 | 1:10.19 (37.81) | 1:48.62 (38.43) | 2:27.00 (38.38) | |

Men 25-29 50 Yard Butterfly

| | | | | | |
|---|------------------|----|----------------------------------|-------|-------|
| 1 | Malone, Reed | 29 | The Olympic Club-38 | 24.50 | 23.91 |
| 2 | Axelsson, Mikael | 25 | Alameda Aquatic Masters-38 | 24.83 | 25.69 |
| 3 | Miura, Jasper | 27 | Burlingame Aquatic Club-38 | 30.00 | 27.14 |
| 4 | Cho, Andrew | 26 | Swim Fremont Glenmoor Gardens-38 | 28.27 | 28.51 |
| 5 | Huynh, Vincent | 27 | Sacramento Masters-38 | 32.16 | 32.11 |

Men 25-29 200 Yard Butterfly

| | | | | | |
|---|----------------|-----------------|-----------------------|-----------------|---------|
| 1 | Fedorov, Brian | 28 | Sacramento Masters-38 | 2:30.00 | 2:13.67 |
| | 29.20 | 1:01.70 (32.50) | 1:35.42 (33.72) | 2:13.67 (38.25) | |

Men 30-34 50 Yard Freestyle

| | | | | | |
|---|--------------------|----|-----------------------------------|---------|-------|
| 1 | Cleavenger, Dillon | 31 | Humboldt Masters Swimming-38 | 23.00 | 23.10 |
| 2 | Dowley, Thomas | 32 | The Olympic Club-38 | 23.50 | 23.50 |
| 3 | Xia, Alan | 31 | Swim Fremont Glenmoor Gardens-38 | 28.10 | 29.61 |
| 4 | Raskin, Max | 31 | Oakland Barracuda Aquatic Club-38 | 1:04.00 | 30.51 |

Men 30-34 200 Yard Freestyle

| | | | | | |
|---|--------------------|---------------|------------------------------|-----------------|---------|
| 1 | Greer, George | 33 | East Bay Bat Rays Masters-38 | 1:48.75 | 1:50.12 |
| | 25.03 | 52.89 (27.86) | 1:21.12 (28.23) | 1:50.12 (29.00) | |
| 2 | Keshmiri, Armon | 30 | San Jose Clownfish-38 | 1:54.99 | 1:52.27 |
| | 26.06 | 54.17 (28.11) | 1:23.12 (28.95) | 1:52.27 (29.15) | |
| 3 | Cleavenger, Dillon | 31 | Humboldt Masters Swimming-38 | 1:56.00 | 1:56.21 |
| | 27.12 | 56.96 (29.84) | 1:26.74 (29.78) | 1:56.21 (29.47) | |
| 4 | Dowley, Thomas | 32 | The Olympic Club-38 | 1:55.99 | 1:56.71 |
| | 27.22 | 57.20 (29.98) | 1:27.82 (30.62) | 1:56.71 (28.89) | |
| 5 | Christenson, Joel | 32 | East Bay Bat Rays Masters-38 | 1:55.56 | 1:58.84 |
| | 26.83 | 55.99 (29.16) | 1:26.33 (30.34) | 1:58.84 (32.51) | |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Men 30-34 200 Yard Freestyle)**

| | | | | | |
|---|-----------------|-----------------|-----------------------------------|-----------------|---------|
| 6 | Thomas, Michael | 31 | Mountain View Masters-38 | 2:13.88 | 2:17.11 |
| | 30.36 | 1:05.39 (35.03) | 1:41.13 (35.74) | 2:17.11 (35.98) | |
| 7 | Bautista, Jair | 31 | Sacramento Masters-38 | 2:36.00 | 2:24.67 |
| | 33.06 | 1:08.83 (35.77) | 1:46.88 (38.05) | 2:24.67 (37.79) | |
| 8 | Raskin, Max | 31 | Oakland Barracuda Aquatic Club-38 | 3:01.00 | 2:52.57 |
| | 38.12 | 1:21.12 (43.00) | 2:08.02 (46.90) | 2:52.57 (44.55) | |

Men 30-34 500 Yard Freestyle

| | | | | | |
|---|--------------------|-----------------|------------------------------|-----------------|---------|
| 1 | Cleavenger, Dillon | 31 | Humboldt Masters Swimming-38 | 5:30.00 | 5:44.56 |
| | 30.18 | 1:03.85 (33.67) | 1:38.49 (34.64) | 2:13.77 (35.28) | |
| | 2:49.02 (35.25) | 3:24.28 (35.26) | 3:59.81 (35.53) | 4:34.57 (34.76) | |
| | 5:09.72 (35.15) | 5:44.56 (34.84) | | | |
| 2 | Thomas, Michael | 31 | Mountain View Masters-38 | 6:27.25 | 6:37.46 |
| | 35.10 | 1:15.09 (39.99) | 1:56.17 (41.08) | 2:37.72 (41.55) | |
| | 3:18.94 (41.22) | 4:00.65 (41.71) | 4:41.43 (40.78) | 5:22.68 (41.25) | |
| | 6:01.42 (38.74) | 6:37.46 (36.04) | | | |
| 3 | Bautista, Jair | 31 | Sacramento Masters-38 | 6:45.00 | 6:40.47 |
| | 34.61 | 1:13.79 (39.18) | 1:54.23 (40.44) | 2:35.30 (41.07) | |
| | 3:16.61 (41.31) | 3:58.37 (41.76) | 4:39.81 (41.44) | 5:21.49 (41.68) | |
| | 6:01.61 (40.12) | 6:40.47 (38.86) | | | |

Men 30-34 50 Yard Backstroke

| | | | | | |
|-----|----------------|----|-----------------------------------|---------|-------|
| 1 | Bautista, Jair | 31 | Sacramento Masters-38 | 35.00 | 36.54 |
| --- | Raskin, Max | 31 | Oakland Barracuda Aquatic Club-38 | 1:05.00 | DQ |

Men 30-34 200 Yard Backstroke

| | | | | | |
|---|-----------------|-----------------|--------------------------|-----------------|---------|
| 1 | Thomas, Michael | 31 | Mountain View Masters-38 | 2:31.78 | 2:34.59 |
| | 36.26 | 1:16.08 (39.82) | 1:56.05 (39.97) | 2:34.59 (38.54) | |

Men 30-34 50 Yard Breaststroke

| | | | | | |
|---|-----------------|----|----------------------------------|-------|-------|
| 1 | Dowley, Thomas | 32 | The Olympic Club-38 | 32.99 | 31.09 |
| 2 | Devargas, Jaime | 31 | Swim Fremont Glenmoor Gardens-38 | 35.50 | 32.63 |
| 3 | Xia, Alan | 31 | Swim Fremont Glenmoor Gardens-38 | 34.10 | 35.61 |
| 4 | Bautista, Jair | 31 | Sacramento Masters-38 | 39.00 | 40.49 |

Men 30-34 200 Yard Breaststroke

| | | | | | |
|---|-----------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Dowley, Thomas | 32 | The Olympic Club-38 | 2:35.00 | 2:26.70 |
| | 33.19 | 1:11.33 (38.14) | 1:49.64 (38.31) | 2:26.70 (37.06) | |
| 2 | Thomas, Michael | 31 | Mountain View Masters-38 | 2:48.50 | 2:56.69 |
| | 40.25 | 1:25.27 (45.02) | 2:10.83 (45.56) | 2:56.69 (45.86) | |
| 3 | Xia, Alan | 31 | Swim Fremont Glenmoor Gardens-38 | 3:00.00 | 3:02.46 |
| | 39.55 | 1:24.29 (44.74) | 2:11.97 (47.68) | 3:02.46 (50.49) | |

Men 30-34 50 Yard Butterfly

| | | | | | |
|---|-----------------|----|----------------------------------|-------|-------|
| 1 | Dowley, Thomas | 32 | The Olympic Club-38 | 25.99 | 25.52 |
| 2 | Keshmiri, Armon | 30 | San Jose Clownfish-38 | 26.19 | 26.13 |
| 3 | Thomas, Michael | 31 | Mountain View Masters-38 | 27.34 | 28.48 |
| 4 | Devargas, Jaime | 31 | Swim Fremont Glenmoor Gardens-38 | 31.00 | 29.06 |
| 5 | Bautista, Jair | 31 | Sacramento Masters-38 | 32.00 | 32.89 |

Men 30-34 200 Yard Butterfly

| | | | | | |
|---|-----------------|-----------------|--------------------------|-----------------|---------|
| 1 | Keshmiri, Armon | 30 | San Jose Clownfish-38 | 2:14.99 | 2:15.47 |
| | 29.79 | 1:03.96 (34.17) | 1:39.68 (35.72) | 2:15.47 (35.79) | |
| 2 | Thomas, Michael | 31 | Mountain View Masters-38 | 2:33.97 | 2:48.70 |
| | 37.27 | 1:19.77 (42.50) | 2:03.95 (44.18) | 2:48.70 (44.75) | |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Men 30-34 200 Yard Butterfly)**

| | | | | | |
|---|----------------|-----------------|-----------------------|-----------------|---------|
| 3 | Bautista, Jair | 31 | Sacramento Masters-38 | 2:50.00 | 3:01.58 |
| | 37.78 | 1:23.03 (45.25) | 2:12.16 (49.13) | 3:01.58 (49.42) | |

Men 35-39 50 Yard Freestyle

| | | | | | |
|----|--------------------|----|------------------------------|-------|-------|
| 1 | Grant, Andy | 39 | Walnut Creek Masters-38 | 21.64 | 21.31 |
| 2 | Taylor, Russell | 38 | Humboldt Masters Swimming-38 | 23.97 | 23.73 |
| 3 | Kemp, Nikkolas | 39 | Humboldt Masters Swimming-38 | 24.08 | 24.13 |
| 4 | Zang, Qing | 37 | Menlo Masters-38 | 26.00 | 24.79 |
| 5 | Leimkuhler, Kyle | 36 | Menlo Masters-38 | 26.50 | 24.95 |
| 6 | Borchard, Adam | 35 | Clovis Swim Club Masters-38 | 23.98 | 25.02 |
| 7 | Fox, Collin | 37 | Burlingame Aquatic Club-38 | 25.38 | 25.12 |
| 8 | Chua, Brendan | 38 | Richmond Plunge Masters-38 | 27.62 | 27.90 |
| 9 | Lange, Austin | 37 | Sacramento Masters-38 | 29.83 | 28.64 |
| 10 | McCormack, Jason | 35 | Marin Aquatic Masters-38 | 31.00 | 28.87 |
| 11 | Acholonu, Chiedozi | 39 | Marin Aquatic Masters-38 | 45.00 | 40.44 |

Men 35-39 200 Yard Freestyle

| | | | | | |
|---|-----------------|-----------------|------------------------------|-----------------|---------|
| 1 | Grant, Andy | 39 | Walnut Creek Masters-38 | 1:42.29 | 1:41.20 |
| | 24.02 | 49.44 (25.42) | 1:15.38 (25.94) | 1:41.20 (25.82) | |
| 2 | Taylor, Russell | 38 | Humboldt Masters Swimming-38 | 1:58.37 | 1:56.41 |
| | 27.35 | 57.50 (30.15) | 1:27.65 (30.15) | 1:56.41 (28.76) | |
| 3 | Borchard, Adam | 35 | Clovis Swim Club Masters-38 | 2:00.55 | 1:56.69 |
| | 26.88 | 56.29 (29.41) | 1:26.12 (29.83) | 1:56.69 (30.57) | |
| 4 | Kemp, Nikkolas | 39 | Humboldt Masters Swimming-38 | 1:59.00 | 1:57.75 |
| | 27.17 | 56.66 (29.49) | 1:26.66 (30.00) | 1:57.75 (31.09) | |
| 5 | Fox, Collin | 37 | Burlingame Aquatic Club-38 | 2:06.01 | 2:05.54 |
| | 29.91 | 1:02.00 (32.09) | 1:34.10 (32.10) | 2:05.54 (31.44) | |
| 6 | Lange, Austin | 37 | Sacramento Masters-38 | 2:40.00 | 2:26.36 |
| | 33.13 | 1:10.34 (37.21) | 1:49.03 (38.69) | 2:26.36 (37.33) | |

Men 35-39 500 Yard Freestyle

| | | | | | |
|---|-----------------|-----------------|------------------------------|-----------------|---------|
| 1 | Taylor, Russell | 38 | Humboldt Masters Swimming-38 | 5:35.00 | 5:21.93 |
| | 29.98 | 1:02.70 (32.72) | 1:35.80 (33.10) | 2:08.67 (32.87) | |
| | 2:41.53 (32.86) | 3:13.94 (32.41) | 3:46.47 (32.53) | 4:19.17 (32.70) | |
| | 4:51.54 (32.37) | 5:21.93 (30.39) | | | |
| 2 | Kemp, Nikkolas | 39 | Humboldt Masters Swimming-38 | 5:30.00 | 5:37.09 |
| | 30.26 | 1:04.33 (34.07) | 1:38.37 (34.04) | 2:12.35 (33.98) | |
| | 2:46.77 (34.42) | 3:21.06 (34.29) | 3:55.12 (34.06) | 4:29.63 (34.51) | |
| | 5:04.29 (34.66) | 5:37.09 (32.80) | | | |

Men 35-39 50 Yard Backstroke

| | | | | | |
|---|------------------|----|----------------------------|-------|-------|
| 1 | Grant, Andy | 39 | Walnut Creek Masters-38 | 24.70 | 24.93 |
| 2 | Fox, Collin | 37 | Burlingame Aquatic Club-38 | 31.05 | 30.12 |
| 3 | Zang, Qing | 37 | Menlo Masters-38 | 30.00 | 31.57 |
| 4 | Chua, Brendan | 38 | Richmond Plunge Masters-38 | 35.54 | 32.05 |
| 5 | Lange, Austin | 37 | Sacramento Masters-38 | 33.14 | 33.88 |
| 6 | McCormack, Jason | 35 | Marin Aquatic Masters-38 | 35.00 | 38.09 |

Men 35-39 200 Yard Backstroke

| | | | | | |
|---|----------------|-----------------|-----------------------------|-----------------|---------|
| 1 | Borchard, Adam | 35 | Clovis Swim Club Masters-38 | 2:40.00 | 2:21.63 |
| | 34.43 | 1:10.90 (36.47) | 1:46.92 (36.02) | 2:21.63 (34.71) | |
| 2 | Lange, Austin | 37 | Sacramento Masters-38 | 3:00.00 | 2:44.96 |
| | 37.20 | 1:18.30 (41.10) | 2:02.48 (44.18) | 2:44.96 (42.48) | |

2024 Short and Sweet - 4/14/2024**Results - Sunday****Men 35-39 50 Yard Breaststroke**

| | | | | | |
|---|------------------|----|----------------------------|-------|-------|
| 1 | Grant, Andy | 39 | Walnut Creek Masters-38 | 28.06 | 28.79 |
| 2 | Zang, Qing | 37 | Menlo Masters-38 | 37.00 | 33.59 |
| 3 | Leimkuhler, Kyle | 36 | Menlo Masters-38 | 39.60 | 34.94 |
| 4 | Fox, Collin | 37 | Burlingame Aquatic Club-38 | 40.05 | 35.62 |
| 5 | Lange, Austin | 37 | Sacramento Masters-38 | 36.81 | 36.53 |
| 6 | Chua, Brendan | 38 | Richmond Plunge Masters-38 | 37.80 | 37.83 |
| 7 | McCormack, Jason | 35 | Marin Aquatic Masters-38 | 40.00 | 41.56 |

Men 35-39 200 Yard Breaststroke

| | | | | | |
|---|----------------|----|-----------------------------|-----------------|-----------------|
| 1 | Borchard, Adam | 35 | Clovis Swim Club Masters-38 | 3:00.00 | 2:41.01 |
| | 34.86 | | 1:16.54 (41.68) | 1:59.58 (43.04) | 2:41.01 (41.43) |

Men 35-39 50 Yard Butterfly

| | | | | | |
|---|------------------|----|-----------------------------|-------|-------|
| 1 | Grant, Andy | 39 | Walnut Creek Masters-38 | 23.69 | 23.75 |
| 2 | Borchard, Adam | 35 | Clovis Swim Club Masters-38 | 26.14 | 26.56 |
| 3 | Leimkuhler, Kyle | 36 | Menlo Masters-38 | 28.50 | 26.74 |
| 4 | Fox, Collin | 37 | Burlingame Aquatic Club-38 | 28.52 | 28.26 |
| 5 | Chua, Brendan | 38 | Richmond Plunge Masters-38 | 29.67 | 29.60 |
| 6 | Lange, Austin | 37 | Sacramento Masters-38 | 33.75 | 35.35 |

Men 35-39 200 Yard Butterfly

| | | | | | |
|---|----------------|----|-----------------------------|-----------------|-----------------|
| 1 | Borchard, Adam | 35 | Clovis Swim Club Masters-38 | 2:30.00 | 2:19.56 |
| | 30.21 | | 1:05.82 (35.61) | 1:43.10 (37.28) | 2:19.56 (36.46) |

Men 40-44 50 Yard Freestyle

| | | | | | |
|---|--------------------|----|----------------------------------|-------|-------|
| 1 | Press, Christopher | 41 | Santa Rosa Masters-38 | 22.60 | 22.93 |
| 2 | Phipps, Benjamin | 44 | San Jose Clownfish-38 | 23.51 | 23.30 |
| 3 | Wu, Philip | 40 | Marin Aquatic Masters-38 | 30.00 | 27.53 |
| 4 | Lamm, Frederick | 40 | Alameda Aquatic Masters-38 | 30.00 | 28.07 |
| 5 | Song, Jimmy | 41 | Marcia's Enthusiastic Masters-38 | 28.06 | 31.78 |

Men 40-44 200 Yard Freestyle

| | | | | | |
|---|------------------|----|----------------------------|-----------------|-----------------|
| 1 | Wong, Eric | 43 | Santa Rosa Masters-38 | 1:55.04 | 1:56.59 |
| | 26.36 | | 55.75 (29.39) | 1:25.58 (29.83) | 1:56.59 (31.01) |
| 2 | Phipps, Benjamin | 44 | San Jose Clownfish-38 | 1:57.37 | 1:56.72 |
| | 27.06 | | 57.26 (30.20) | 1:27.99 (30.73) | 1:56.72 (28.73) |
| 3 | Lamm, Frederick | 40 | Alameda Aquatic Masters-38 | 2:50.00 | 2:21.07 |
| | 29.55 | | 1:02.57 (33.02) | 1:39.24 (36.67) | 2:21.07 (41.83) |

Men 40-44 500 Yard Freestyle

| | | | | | |
|---|-----------------|----|----------------------------------|-----------------|-----------------|
| 1 | Song, Jimmy | 41 | Marcia's Enthusiastic Masters-38 | 6:12.47 | 6:12.24 |
| | 34.00 | | 1:11.65 (37.65) | 1:49.61 (37.96) | 2:27.79 (38.18) |
| | 3:06.04 (38.25) | | 3:43.81 (37.77) | 4:21.40 (37.59) | 4:58.81 (37.41) |
| | 5:36.01 (37.20) | | 6:12.24 (36.23) | | |

Men 40-44 50 Yard Backstroke

| | | | | | |
|---|-----------------|----|----------------------------|-------|-------|
| 1 | Wong, Eric | 43 | Santa Rosa Masters-38 | 27.37 | 27.42 |
| 2 | Lamm, Frederick | 40 | Alameda Aquatic Masters-38 | 40.00 | 32.11 |

Men 40-44 200 Yard Backstroke

| | | | | | |
|---|-----------------|----|----------------------------------|-----------------|-----------------|
| 1 | Lamm, Frederick | 40 | Alameda Aquatic Masters-38 | 3:00.00 | 2:41.11 |
| | 37.17 | | 1:17.06 (39.89) | 1:59.23 (42.17) | 2:41.11 (41.88) |
| 2 | Song, Jimmy | 41 | Marcia's Enthusiastic Masters-38 | 2:47.49 | 2:46.98 |
| | 40.41 | | 1:21.70 (41.29) | 2:04.78 (43.08) | 2:46.98 (42.20) |

2024 Short and Sweet - 4/14/2024**Results - Sunday****Men 40-44 50 Yard Breaststroke**

| | | | | | |
|---|--------------------|----|----------------------------------|-------|-------|
| 1 | Wong, Eric | 43 | Santa Rosa Masters-38 | 29.11 | 29.04 |
| 2 | Press, Christopher | 41 | Santa Rosa Masters-38 | 32.00 | 29.97 |
| 3 | Song, Jimmy | 41 | Marcia's Enthusiastic Masters-38 | 32.88 | 34.22 |
| 4 | Wu, Philip | 40 | Marin Aquatic Masters-38 | 41.00 | 39.40 |

Men 40-44 200 Yard Breaststroke

| | | | | | |
|---|-------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Wong, Eric | 43 | Santa Rosa Masters-38 | 2:22.22 | 2:20.91 |
| | 31.72 | 1:08.14 (36.42) | 1:44.78 (36.64) | 2:20.91 (36.13) | |
| 2 | Song, Jimmy | 41 | Marcia's Enthusiastic Masters-38 | 2:34.20 | 2:42.27 |
| | 37.21 | 1:18.72 (41.51) | 2:00.93 (42.21) | 2:42.27 (41.34) | |

Men 40-44 50 Yard Butterfly

| | | | | | |
|---|--------------------|----|----------------------------|-------|-------|
| 1 | Press, Christopher | 41 | Santa Rosa Masters-38 | 24.25 | 24.71 |
| 2 | Phipps, Benjamin | 44 | San Jose Clownfish-38 | 25.34 | 25.17 |
| 3 | Wong, Eric | 43 | Santa Rosa Masters-38 | 25.16 | 25.63 |
| 4 | Wu, Philip | 40 | Marin Aquatic Masters-38 | 35.00 | 30.73 |
| 5 | Lamm, Frederick | 40 | Alameda Aquatic Masters-38 | 45.00 | 33.99 |

Men 40-44 200 Yard Butterfly

| | | | | | |
|---|------------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Phipps, Benjamin | 44 | San Jose Clownfish-38 | 2:12.50 | 2:09.51 |
| | 29.80 | 1:02.60 (32.80) | 1:35.94 (33.34) | 2:09.51 (33.57) | |
| 2 | Song, Jimmy | 41 | Marcia's Enthusiastic Masters-38 | 2:53.65 | 2:50.93 |
| | 39.38 | 1:24.08 (44.70) | 2:08.40 (44.32) | 2:50.93 (42.53) | |

Men 45-49 50 Yard Freestyle

| | | | | | |
|---|------------------------|----|------------------------------|-------|-------|
| 1 | Sarrigeorgidis, Kostas | 49 | Stanford Masters Swimming-38 | 25.00 | 25.40 |
| 2 | Frazier, Michael | 47 | Sacramento Masters-38 | 26.46 | 26.22 |
| 3 | Terry, David | 47 | Humboldt Masters Swimming-38 | 27.52 | 27.77 |
| 4 | Prost, Adam | 48 | Richmond Plunge Masters-38 | 30.00 | 28.49 |
| 5 | Carrillo, Mario | 46 | Marin Aquatic Masters-38 | 39.00 | 33.66 |

Men 45-49 200 Yard Freestyle

| | | | | | |
|---|------------------------|-----------------|------------------------------|-----------------|---------|
| 1 | Sarrigeorgidis, Kostas | 49 | Stanford Masters Swimming-38 | 2:01.00 | 2:04.07 |
| | 28.82 | 1:00.16 (31.34) | 1:32.43 (32.27) | 2:04.07 (31.64) | |
| 2 | Pickard, Justin | 49 | Marin Aquatic Masters-38 | 2:10.00 | 2:06.22 |
| | 28.92 | 1:00.13 (31.21) | 1:32.21 (32.08) | 2:06.22 (34.01) | |
| 3 | Frazier, Michael | 47 | Sacramento Masters-38 | 2:14.00 | 2:08.76 |
| | 29.42 | 1:01.22 (31.80) | 1:34.76 (33.54) | 2:08.76 (34.00) | |
| 4 | Sabatini, Greg | 48 | Richmond Plunge Masters-38 | 2:14.03 | 2:10.76 |
| | 30.52 | 1:04.08 (33.56) | 1:37.50 (33.42) | 2:10.76 (33.26) | |
| 5 | Terry, David | 47 | Humboldt Masters Swimming-38 | 2:10.00 | 2:16.35 |
| | 30.12 | 1:03.12 (33.00) | 1:38.92 (35.80) | 2:16.35 (37.43) | |
| 6 | Prost, Adam | 48 | Richmond Plunge Masters-38 | 2:24.00 | 2:24.67 |
| | 32.54 | 1:07.91 (35.37) | 1:46.10 (38.19) | 2:24.67 (38.57) | |

Men 45-49 500 Yard Freestyle

| | | | | | |
|---|------------------|-----------------|-----------------------|-----------------|---------|
| 1 | Frazier, Michael | 47 | Sacramento Masters-38 | 6:30.00 | 6:02.13 |
| | 32.64 | 1:08.47 (35.83) | 1:45.06 (36.59) | 2:23.06 (38.00) | |
| | 3:00.74 (37.68) | 3:37.83 (37.09) | 4:15.18 (37.35) | 4:53.03 (37.85) | |
| | 5:28.56 (35.53) | 6:02.13 (33.57) | | | |

Men 45-49 50 Yard Backstroke

| | | | | | |
|---|-----------------|----|--------------------------|-------|-------|
| 1 | Pickard, Justin | 49 | Marin Aquatic Masters-38 | 32.89 | 31.98 |
|---|-----------------|----|--------------------------|-------|-------|

2024 Short and Sweet - 4/14/2024**Results - Sunday****Men 45-49 200 Yard Backstroke**

| | | | | | |
|---|------------------------|-----------------|------------------------------|-----------------|---------|
| 1 | Sarrigeorgidis, Kostas | 49 | Stanford Masters Swimming-38 | 2:32.00 | 2:24.60 |
| | 34.78 | 1:11.79 (37.01) | 1:48.67 (36.88) | 2:24.60 (35.93) | |
| 2 | Sabatini, Greg | 48 | Richmond Plunge Masters-38 | 2:35.99 | 2:33.82 |
| | 36.34 | 1:15.68 (39.34) | 1:55.11 (39.43) | 2:33.82 (38.71) | |

Men 45-49 50 Yard Breaststroke

| | | | | | |
|---|------------------|----|------------------------------|-------|-------|
| 1 | Menna, Greg | 46 | Davis Aquatic Masters-38 | 31.00 | 31.35 |
| 2 | Terry, David | 47 | Humboldt Masters Swimming-38 | 36.17 | 35.14 |
| 3 | Frazier, Michael | 47 | Sacramento Masters-38 | 36.30 | 35.18 |

Men 45-49 200 Yard Breaststroke

| | | | | | |
|---|----------------|-----------------|------------------------------|-----------------|---------|
| 1 | Menna, Greg | 46 | Davis Aquatic Masters-38 | 2:35.00 | 2:37.58 |
| | 35.30 | 1:16.61 (41.31) | 1:58.48 (41.87) | 2:37.58 (39.10) | |
| 2 | Sabatini, Greg | 48 | Richmond Plunge Masters-38 | 2:45.99 | 2:54.65 |
| | 38.96 | 1:23.82 (44.86) | 2:09.45 (45.63) | 2:54.65 (45.20) | |
| 3 | Terry, David | 47 | Humboldt Masters Swimming-38 | 2:50.00 | 3:01.22 |
| | 38.79 | 1:25.01 (46.22) | 2:13.07 (48.06) | 3:01.22 (48.15) | |

Men 45-49 50 Yard Butterfly

| | | | | | |
|---|------------------------|----|------------------------------|-------|-------|
| 1 | Sarrigeorgidis, Kostas | 49 | Stanford Masters Swimming-38 | 27.50 | 27.98 |
| 2 | Pickard, Justin | 49 | Marin Aquatic Masters-38 | 32.78 | 28.46 |
| 3 | Frazier, Michael | 47 | Sacramento Masters-38 | 30.61 | 30.05 |
| 4 | Prost, Adam | 48 | Richmond Plunge Masters-38 | 34.00 | 32.81 |

Men 45-49 200 Yard Butterfly

| | | | | | |
|---|------------------------|-----------------|------------------------------|-----------------|---------|
| 1 | Sarrigeorgidis, Kostas | 49 | Stanford Masters Swimming-38 | 2:26.00 | 2:26.58 |
| | 32.29 | 1:10.26 (37.97) | 1:48.38 (38.12) | 2:26.58 (38.20) | |

Men 50-54 50 Yard Freestyle

| | | | | | |
|---|-------------------|----|----------------------------------|-------|-------|
| 1 | Anderson, Kent | 51 | Davis Aquatic Masters-38 | 23.70 | 23.76 |
| 2 | McCormick, Peter | 54 | Santa Rosa Masters-38 | 25.74 | 25.76 |
| 3 | Rogers, Matt | 53 | Marcia's Enthusiastic Masters-38 | 25.90 | 26.01 |
| 4 | Lehnert, Ahren | 50 | Marcia's Enthusiastic Masters-38 | 28.22 | 27.89 |
| 5 | Kaloust, Scott | 54 | Menlo Masters-38 | 27.69 | 28.58 |
| 6 | Rozendal, Michael | 50 | Marcia's Enthusiastic Masters-38 | 32.00 | 30.13 |

Men 50-54 200 Yard Freestyle

| | | | | | |
|---|-------------------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Anderson, Kent | 51 | Davis Aquatic Masters-38 | 2:00.00 | 1:54.57 |
| | 27.14 | 57.01 (29.87) | 1:26.40 (29.39) | 1:54.57 (28.17) | |
| 2 | Rosales-Delmoral, Romer | 51 | Menlo Masters-38 | 2:05.77 | 2:07.05 |
| | 29.69 | 1:01.74 (32.05) | 1:34.44 (32.70) | 2:07.05 (32.61) | |
| 3 | Wessel, Cameron | 54 | Menlo Masters-38 | 2:20.00 | 2:12.03 |
| | 31.40 | 1:04.91 (33.51) | 1:39.29 (34.38) | 2:12.03 (32.74) | |
| 4 | Kaloust, Scott | 54 | Menlo Masters-38 | 2:11.25 | 2:14.89 |
| | 30.96 | 1:05.40 (34.44) | 1:40.32 (34.92) | 2:14.89 (34.57) | |
| 5 | Hertzer, Keith | 50 | Marcia's Enthusiastic Masters-38 | 2:17.25 | 2:16.19 |
| | 31.84 | 1:04.68 (32.84) | 1:39.59 (34.91) | 2:16.19 (36.60) | |
| 6 | Rogers, Matt | 53 | Marcia's Enthusiastic Masters-38 | 2:20.00 | 2:18.89 |
| | 33.75 | 1:09.97 (36.22) | 1:45.25 (35.28) | 2:18.89 (33.64) | |
| 7 | Lehnert, Ahren | 50 | Marcia's Enthusiastic Masters-38 | 2:17.28 | 2:19.82 |
| | 33.34 | 1:08.86 (35.52) | 1:45.19 (36.33) | 2:19.82 (34.63) | |
| 8 | Rozendal, Michael | 50 | Marcia's Enthusiastic Masters-38 | 2:56.00 | 2:43.17 |
| | 36.45 | 1:17.87 (41.42) | 2:01.51 (43.64) | 2:43.17 (41.66) | |

2024 Short and Sweet - 4/14/2024**Results - Sunday****Men 50-54 500 Yard Freestyle**

| | | | | | |
|---|-------------------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Rosales-Delmoral, Romer | 51 | Menlo Masters-38 | 5:43.12 | 5:36.39 |
| | 31.99 | 1:05.91 (33.92) | 1:40.36 (34.45) | 2:14.56 (34.20) | |
| | 2:48.83 (34.27) | 3:23.00 (34.17) | 3:57.31 (34.31) | 4:31.09 (33.78) | |
| | 5:04.10 (33.01) | 5:36.39 (32.29) | | | |
| 2 | Hertzner, Keith | 50 | Marcia's Enthusiastic Masters-38 | 6:10.00 | 6:11.72 |
| | 33.63 | 1:11.07 (37.44) | 1:49.04 (37.97) | 2:26.64 (37.60) | |
| | 3:04.73 (38.09) | 3:42.48 (37.75) | 4:19.95 (37.47) | 4:57.33 (37.38) | |
| | 5:34.96 (37.63) | 6:11.72 (36.76) | | | |
| 3 | Lehnert, Ahren | 50 | Marcia's Enthusiastic Masters-38 | 6:23.72 | 6:25.28 |
| | 35.00 | 1:14.07 (39.07) | 1:53.34 (39.27) | 2:32.62 (39.28) | |
| | 3:12.28 (39.66) | 3:52.23 (39.95) | 4:31.55 (39.32) | 5:10.50 (38.95) | |
| | 5:48.92 (38.42) | 6:25.28 (36.36) | | | |

Men 50-54 50 Yard Backstroke

| | | | | | |
|---|-------------------|----|----------------------------------|-------|-------|
| 1 | Rogers, Matt | 53 | Marcia's Enthusiastic Masters-38 | 33.18 | 32.99 |
| 2 | Wessel, Cameron | 54 | Menlo Masters-38 | 45.00 | 33.48 |
| 3 | Kaloust, Scott | 54 | Menlo Masters-38 | 33.33 | 35.08 |
| 4 | Rozendal, Michael | 50 | Marcia's Enthusiastic Masters-38 | 38.00 | 37.19 |

Men 50-54 200 Yard Backstroke

| | | | | | |
|---|-------------------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Wessel, Cameron | 54 | Menlo Masters-38 | 3:00.00 | 2:35.25 |
| | 37.66 | 1:16.95 (39.29) | 1:56.96 (40.01) | 2:35.25 (38.29) | |
| 2 | Rosales-Delmoral, Romer | 51 | Menlo Masters-38 | 2:39.99 | 2:38.18 |
| | 39.46 | 1:19.44 (39.98) | 1:59.74 (40.30) | 2:38.18 (38.44) | |
| 3 | Rozendal, Michael | 50 | Marcia's Enthusiastic Masters-38 | 3:03.00 | 2:57.03 |
| | 42.44 | 1:27.60 (45.16) | 2:13.49 (45.89) | 2:57.03 (43.54) | |

Men 50-54 50 Yard Breaststroke

| | | | | | |
|---|-----------------|----|----------------------------------|-------|-------|
| 1 | Hertzner, Keith | 50 | Marcia's Enthusiastic Masters-38 | 34.99 | 34.83 |
| 2 | Lehnert, Ahren | 50 | Marcia's Enthusiastic Masters-38 | 36.30 | 37.51 |
| 3 | Rogers, Matt | 53 | Marcia's Enthusiastic Masters-38 | 55.55 | 40.10 |

Men 50-54 200 Yard Breaststroke

| | | | | | |
|---|-----------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Hertzner, Keith | 50 | Marcia's Enthusiastic Masters-38 | 2:54.00 | 2:57.85 |
| | 40.97 | 1:26.04 (45.07) | 2:12.80 (46.76) | 2:57.85 (45.05) | |
| 2 | Lehnert, Ahren | 50 | Marcia's Enthusiastic Masters-38 | 3:01.21 | 3:11.86 |
| | 42.90 | 1:32.75 (49.85) | 2:23.68 (50.93) | 3:11.86 (48.18) | |

Men 50-54 50 Yard Butterfly

| | | | | | |
|-----|-------------------------|----|----------------------------------|-------|-------|
| 1 | Anderson, Kent | 51 | Davis Aquatic Masters-38 | 27.02 | 25.00 |
| 2 | McCormick, Peter | 54 | Santa Rosa Masters-38 | 31.88 | 28.36 |
| 3 | Rogers, Matt | 53 | Marcia's Enthusiastic Masters-38 | 30.11 | 30.21 |
| 4 | Rosales-Delmoral, Romer | 51 | Menlo Masters-38 | 32.10 | 31.15 |
| 5 | Hertzner, Keith | 50 | Marcia's Enthusiastic Masters-38 | 31.61 | 32.00 |
| 6 | Kinney, Eric | 54 | Menlo Masters-38 | 31.50 | 32.17 |
| 7 | Rozendal, Michael | 50 | Marcia's Enthusiastic Masters-38 | 39.00 | 36.43 |
| 8 | Kaloust, Scott | 54 | Menlo Masters-38 | 34.25 | 36.47 |
| --- | Rendic, Dikan | 53 | Google Masters Swimming-38 | 25.49 | DQ |

Men 50-54 200 Yard Butterfly

| | | | | | |
|---|--------------|-----------------|------------------|-----------------|---------|
| 1 | Kinney, Eric | 54 | Menlo Masters-38 | 2:30.00 | 2:40.84 |
| | 34.31 | 1:12.33 (38.02) | 1:54.21 (41.88) | 2:40.84 (46.63) | |

Men 55-59 50 Yard Freestyle

| | | | | | |
|---|----------------|----|-----------------------------|-------|-------|
| 1 | McCarthy, John | 58 | Streamliners-38 | 29.00 | 27.71 |
| 2 | Nam, Jimmy | 55 | Rolling Hills Mud Sharks-38 | 29.00 | 28.61 |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Men 55-59 50 Yard Freestyle)**

| | | | | | |
|---|--------------------|----|-----------------------|-------|-------|
| 3 | Cocca, Christopher | 58 | Menlo Masters-38 | 28.80 | 28.62 |
| 4 | Barajas, Nick | 58 | Sacramento Masters-38 | 28.78 | 28.79 |
| 5 | Higgins, John | 56 | Menlo Masters-38 | 29.00 | 29.40 |
| 6 | Migdal, James | 58 | Menlo Masters-38 | 36.00 | 32.62 |

Men 55-59 200 Yard Freestyle

| | | | | | |
|---|--------------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Monroe, Nicholas | 59 | Uc38 | 2:10.00 | 2:11.08 |
| | 31.41 | 1:05.63 (34.22) | 1:38.47 (32.84) | 2:11.08 (32.61) | |
| 2 | Higgins, John | 56 | Menlo Masters-38 | 2:15.00 | 2:20.04 |
| | 31.79 | 1:06.25 (34.46) | 1:42.35 (36.10) | 2:20.04 (37.69) | |
| 3 | McCarthy, John | 58 | Streamliners-38 | 2:21.00 | 2:20.77 |
| | 32.72 | 1:08.00 (35.28) | 1:45.05 (37.05) | 2:20.77 (35.72) | |
| 4 | Nam, Jimmy | 55 | Rolling Hills Mud Sharks-38 | 2:30.00 | 2:24.26 |
| | 34.37 | 1:11.40 (37.03) | 1:48.69 (37.29) | 2:24.26 (35.57) | |
| 5 | Cocca, Christopher | 58 | Menlo Masters-38 | 2:27.00 | 2:24.28 |
| | 33.95 | 1:11.11 (37.16) | 1:47.34 (36.23) | 2:24.28 (36.94) | |
| 6 | Barajas, Nick | 58 | Sacramento Masters-38 | 2:30.00 | 2:24.35 |
| | 33.19 | 1:10.00 (36.81) | 1:48.03 (38.03) | 2:24.35 (36.32) | |
| 7 | Wu, Long | 58 | Marcia's Enthusiastic Masters-38 | 3:01.83 | 2:50.23 |
| | 38.67 | 1:22.32 (43.65) | 2:07.09 (44.77) | 2:50.23 (43.14) | |

Men 55-59 500 Yard Freestyle

| | | | | | |
|---|-----------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Langner, Mikael | 55 | University of San Francisco Ma-38 | 6:38.00 | 6:21.44 |
| | 33.80 | 1:11.75 (37.95) | 1:50.68 (38.93) | 2:29.72 (39.04) | |
| | 3:09.47 (39.75) | 3:49.53 (40.06) | 4:29.22 (39.69) | 5:09.23 (40.01) | |
| | 5:47.36 (38.13) | 6:21.44 (34.08) | | | |

Men 55-59 50 Yard Backstroke

| | | | | | |
|---|--------------------|----|------------------|-------|-------|
| 1 | Fishman, Harvey | 56 | Menlo Masters-38 | 31.68 | 32.95 |
| 2 | McCarthy, John | 58 | Streamliners-38 | 35.00 | 35.11 |
| 3 | Cocca, Christopher | 58 | Menlo Masters-38 | 36.00 | 37.18 |
| 4 | Higgins, John | 56 | Menlo Masters-38 | 39.00 | 38.80 |

Men 55-59 200 Yard Backstroke

| | | | | | |
|---|--------------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Langner, Mikael | 55 | University of San Francisco Ma-38 | 2:45.00 | 2:31.77 |
| | 35.65 | 1:12.99 (37.34) | 1:52.54 (39.55) | 2:31.77 (39.23) | |
| 2 | Cocca, Christopher | 58 | Menlo Masters-38 | 2:53.00 | 2:47.91 |
| | 41.15 | 1:23.80 (42.65) | 2:07.78 (43.98) | 2:47.91 (40.13) | |
| 3 | Wu, Long | 58 | Marcia's Enthusiastic Masters-38 | 3:33.87 | 3:37.79 |
| | 49.78 | 1:43.84 (54.06) | 2:43.28 (59.44) | 3:37.79 (54.51) | |

Men 55-59 50 Yard Breaststroke

| | | | | | |
|---|---------------|----|----------------------------------|-------|-------|
| 1 | Wu, Long | 58 | Marcia's Enthusiastic Masters-38 | 35.56 | 36.20 |
| 2 | Nam, Jimmy | 55 | Rolling Hills Mud Sharks-38 | 38.00 | 36.50 |
| 3 | Higgins, John | 56 | Menlo Masters-38 | 37.00 | 38.54 |
| 4 | Barajas, Nick | 58 | Sacramento Masters-38 | 38.31 | 38.74 |
| 5 | Migdal, James | 58 | Menlo Masters-38 | 40.00 | 41.02 |

Men 55-59 200 Yard Breaststroke

| | | | | | |
|---|-----------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Langner, Mikael | 55 | University of San Francisco Ma-38 | 3:05.00 | 2:51.36 |
| | 36.77 | 1:19.87 (43.10) | 2:05.33 (45.46) | 2:51.36 (46.03) | |
| 2 | Nam, Jimmy | 55 | Rolling Hills Mud Sharks-38 | 2:59.00 | 2:58.49 |
| | 40.97 | 1:26.41 (45.44) | 2:12.75 (46.34) | 2:58.49 (45.74) | |
| 3 | Wu, Long | 58 | Marcia's Enthusiastic Masters-38 | 2:57.55 | 3:03.43 |
| | 41.75 | 1:27.96 (46.21) | 2:17.53 (49.57) | 3:03.43 (45.90) | |

2024 Short and Sweet - 4/14/2024**Results - Sunday****Men 55-59 50 Yard Butterfly**

| | | | | | |
|---|--------------------|----|-----------------------|-------|-------|
| 1 | Monroe, Nicholas | 59 | Uc38 | 30.00 | 29.10 |
| 2 | McCarthy, John | 58 | Streamliners-38 | 33.00 | 32.59 |
| 3 | Cocca, Christopher | 58 | Menlo Masters-38 | 33.00 | 32.97 |
| 4 | Barajas, Nick | 58 | Sacramento Masters-38 | 33.81 | 35.23 |
| 5 | Higgins, John | 56 | Menlo Masters-38 | 32.00 | 35.35 |

Men 55-59 200 Yard Butterfly

| | | | | | |
|---|-----------------|-----------------|-----------------------------------|-------------------|---------|
| 1 | Fishman, Harvey | 56 | Menlo Masters-38 | 2:30.00 | 2:34.56 |
| | 35.43 | 1:13.87 (38.44) | 1:54.33 (40.46) | 2:34.56 (40.23) | |
| 2 | Langner, Mikael | 55 | University of San Francisco Ma-38 | 3:04.00 | 3:06.28 |
| | 39.22 | 1:26.04 (46.82) | 2:16.07 (50.03) | 3:06.28 (50.21) | |
| 3 | Kalas, Paul | 56 | Orinda Aquatic Masters-38 | 3:20.00 | 3:24.87 |
| | 35.62 | 1:19.93 (44.31) | 2:15.15 (55.22) | 3:24.87 (1:09.72) | |

Men 60-64 50 Yard Freestyle

| | | | | | |
|-----|-----------------------|----|-----------------------------------|-------|-------|
| 1 | Keating, Kevin | 60 | Sebastopol Masters Aquatic Clu-38 | 25.95 | 26.29 |
| 2 | Tom, Daniel | 60 | Menlo Masters-38 | 26.08 | 26.55 |
| 3 | Keighley, Tim | 62 | Quicksilver Masters-38 | 26.47 | 26.99 |
| 4 | Spitzler, David | 60 | Burlingame Aquatic Club-38 | 28.12 | 27.11 |
| 5 | Holtzman, Steven | 60 | Streamliners-38 | 28.50 | 27.57 |
| 6 | Cottingham, John | 64 | Los Gatos Swim And Racquet Clu-38 | 27.00 | 27.73 |
| 7 | Waters, Crick | 62 | Menlo Masters-38 | 31.00 | 28.75 |
| 8 | Laudenslager, Greg | 62 | Rolling Hills Mud Sharks-38 | 28.21 | 28.88 |
| *9 | Hannibal, Walter | 63 | Marin Aquatic Masters-38 | 36.00 | 29.31 |
| *9 | Long, Jeffrey | 63 | Sacramento Masters-38 | 26.00 | 29.31 |
| 11 | Gustavson, Jeffrey | 62 | West Hollywood Aquatics-33 | 29.58 | 29.97 |
| 12 | Prochnow, Kevin | 61 | Marin Aquatic Masters-38 | 35.00 | 30.57 |
| 13 | Hooper, David | 62 | San Mateo Masters-38 | 34.00 | 30.70 |
| *14 | Ewing, Jack | 63 | University of San Francisco Ma-38 | 32.29 | 31.82 |
| *14 | Duke, William | 63 | Marin Aquatic Masters-38 | 35.00 | 31.82 |
| 16 | Burbage-Macaluso, Dan | 60 | Sacramento Masters-38 | 40.00 | 35.25 |

Men 60-64 200 Yard Freestyle

| | | | | | |
|----|--------------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Spitzler, David | 60 | Burlingame Aquatic Club-38 | 2:08.95 | 2:07.34 |
| | 29.17 | 1:01.38 (32.21) | 1:34.59 (33.21) | 2:07.34 (32.75) | |
| 2 | Keighley, Tim | 62 | Quicksilver Masters-38 | 2:11.47 | 2:08.50 |
| | 29.05 | 1:00.87 (31.82) | 1:34.73 (33.86) | 2:08.50 (33.77) | |
| 3 | Holtzman, Steven | 60 | Streamliners-38 | 2:20.00 | 2:12.05 |
| | 30.54 | 1:03.54 (33.00) | 1:37.73 (34.19) | 2:12.05 (34.32) | |
| 4 | King, Ian | 61 | Walnut Creek Masters-38 | 2:14.98 | 2:14.11 |
| | 31.04 | 1:05.03 (33.99) | 1:39.59 (34.56) | 2:14.11 (34.52) | |
| 5 | Notaro, Michael | 61 | Manatee Aquatic Masters Inc-38 | 2:18.00 | 2:14.67 |
| | 31.18 | 1:05.78 (34.60) | 1:40.78 (35.00) | 2:14.67 (33.89) | |
| 6 | Keating, Kevin | 60 | Sebastopol Masters Aquatic Clu-38 | 2:14.00 | 2:15.29 |
| | 31.47 | 1:04.26 (32.79) | 1:39.33 (35.07) | 2:15.29 (35.96) | |
| 7 | Long, Jeffrey | 63 | Sacramento Masters-38 | 2:10.00 | 2:21.94 |
| | 30.73 | 1:05.25 (34.52) | 1:43.08 (37.83) | 2:21.94 (38.86) | |
| 8 | Sheeper, Tim | 60 | Menlo Masters-38 | 2:35.00 | 2:25.99 |
| | 34.82 | 1:11.59 (36.77) | 1:49.54 (37.95) | 2:25.99 (36.45) | |
| 9 | Hooper, David | 62 | San Mateo Masters-38 | 2:42.00 | 2:29.42 |
| | 35.24 | 1:12.15 (36.91) | 1:50.94 (38.79) | 2:29.42 (38.48) | |
| 10 | Gustavson, Jeffrey | 62 | West Hollywood Aquatics-33 | 2:45.00 | 2:36.10 |
| | 37.24 | 1:16.47 (39.23) | 1:56.06 (39.59) | 2:36.10 (40.04) | |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Men 60-64 200 Yard Freestyle)**

| | | | | | |
|----|------------------|-----------------|--------------------------|-----------------|---------|
| 11 | Hannibal, Walter | 63 | Marin Aquatic Masters-38 | 3:25.00 | 2:38.27 |
| | 35.12 | 1:14.59 (39.47) | 1:55.62 (41.03) | 2:38.27 (42.65) | |
| 12 | Duke, William | 63 | Marin Aquatic Masters-38 | 2:40.00 | 2:40.24 |
| | 34.87 | 1:13.89 (39.02) | 1:56.35 (42.46) | 2:40.24 (43.89) | |
| 13 | Prochnow, Kevin | 61 | Marin Aquatic Masters-38 | 2:30.00 | 2:41.76 |
| | 35.05 | 1:15.37 (40.32) | 1:57.86 (42.49) | 2:41.76 (43.90) | |

Men 60-64 500 Yard Freestyle

| | | | | | |
|---|-----------------------|-----------------|--------------------------------|-----------------|---------|
| 1 | Chao, Hector | 60 | Walnut Creek Masters-38 | 5:45.59 | 5:38.96 |
| | 31.76 | 1:05.99 (34.23) | 1:40.25 (34.26) | 2:15.27 (35.02) | |
| | 2:49.70 (34.43) | 3:24.35 (34.65) | 3:58.63 (34.28) | 4:32.82 (34.19) | |
| | 5:06.69 (33.87) | 5:38.96 (32.27) | | | |
| 2 | Notaro, Michael | 61 | Manatee Aquatic Masters Inc-38 | 5:49.00 | 5:51.11 |
| | 32.38 | 1:07.58 (35.20) | 1:43.03 (35.45) | 2:18.21 (35.18) | |
| | 2:53.60 (35.39) | 3:29.43 (35.83) | 4:04.88 (35.45) | 4:40.63 (35.75) | |
| | 5:16.48 (35.85) | 5:51.11 (34.63) | | | |
| 3 | Holtzman, Steven | 60 | Streamliners-38 | 6:10.00 | 6:03.95 |
| | 34.20 | 1:11.17 (36.97) | 1:48.31 (37.14) | 2:25.25 (36.94) | |
| | 3:02.70 (37.45) | 3:38.56 (35.86) | 4:15.24 (36.68) | 4:52.25 (37.01) | |
| | 5:28.74 (36.49) | 6:03.95 (35.21) | | | |
| 4 | King, Ian | 61 | Walnut Creek Masters-38 | 6:03.23 | 6:18.32 |
| | 33.82 | 1:11.73 (37.91) | 1:50.55 (38.82) | 2:29.16 (38.61) | |
| | 3:07.82 (38.66) | 3:46.60 (38.78) | 4:25.11 (38.51) | 5:02.70 (37.59) | |
| | 5:40.99 (38.29) | 6:18.32 (37.33) | | | |
| 5 | Sheeper, Tim | 60 | Menlo Masters-38 | 6:50.17 | 6:22.32 |
| | 35.74 | 1:13.66 (37.92) | 1:51.91 (38.25) | 2:30.18 (38.27) | |
| | 3:09.24 (39.06) | 3:48.41 (39.17) | 4:27.77 (39.36) | 5:06.78 (39.01) | |
| | 5:45.54 (38.76) | 6:22.32 (36.78) | | | |
| 6 | Hannibal, Walter | 63 | Marin Aquatic Masters-38 | 8:00.00 | 7:03.34 |
| | 37.47 | 1:18.67 (41.20) | 2:00.68 (42.01) | 2:44.51 (43.83) | |
| | 3:27.89 (43.38) | 4:11.33 (43.44) | 4:55.46 (44.13) | 5:39.47 (44.01) | |
| | 6:22.94 (43.47) | 7:03.34 (40.40) | | | |
| 7 | Burbage-Macaluso, Dan | 60 | Sacramento Masters-38 | 8:30.00 | 9:00.58 |
| | 45.71 | 1:37.58 (51.87) | 2:32.47 (54.89) | 3:27.82 (55.35) | |
| | 4:23.79 (55.97) | 5:20.82 (57.03) | 6:16.74 (55.92) | 7:14.32 (57.58) | |
| | 9:00.58 (1:46.26) | | | | |
| 8 | Bradley, Bill | 63 | Marin Aquatic Masters-38 | 10:00.00 | 9:32.90 |
| | 50.96 | | 2:39.89 () | 3:39.49 (59.60) | |
| | 4:39.09 (59.60) | 5:38.44 (59.35) | 6:37.62 (59.18) | 7:37.52 (59.90) | |
| | 8:36.62 (59.10) | 9:32.90 (56.28) | | | |

Men 60-64 50 Yard Backstroke

| | | | | | |
|----|--------------------|----|-----------------------------------|-------|-------|
| 1 | Chao, Hector | 60 | Walnut Creek Masters-38 | 30.99 | 30.10 |
| 2 | Keighley, Tim | 62 | Quicksilver Masters-38 | 31.74 | 31.68 |
| 3 | Keating, Kevin | 60 | Sebastopol Masters Aquatic Clu-38 | 33.00 | 32.84 |
| 4 | Tom, Daniel | 60 | Menlo Masters-38 | 31.68 | 32.86 |
| 5 | Laudenslager, Greg | 62 | Rolling Hills Mud Sharks-38 | 34.44 | 34.34 |
| 6 | Cottingham, John | 64 | Los Gatos Swim And Racquet Clu-38 | 35.00 | 35.92 |
| 7 | Waters, Crick | 62 | Menlo Masters-38 | 42.30 | 38.18 |
| 8 | Duke, William | 63 | Marin Aquatic Masters-38 | 45.00 | 39.03 |
| 9 | Hannibal, Walter | 63 | Marin Aquatic Masters-38 | 40.00 | 39.55 |
| 10 | Prochnow, Kevin | 61 | Marin Aquatic Masters-38 | 42.00 | 39.87 |
| 11 | Gustavson, Jeffrey | 62 | West Hollywood Aquatics-33 | 40.34 | 41.41 |
| 12 | Ewing, Jack | 63 | University of San Francisco Ma-38 | 39.78 | 42.86 |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Men 60-64 50 Yard Backstroke)**

| | | | | | |
|----|-----------------------|----|-----------------------------|-------|-------|
| 13 | Suess, Robert | 62 | Rolling Hills Mud Sharks-38 | 45.00 | 43.20 |
| 14 | Burbage-Macaluso, Dan | 60 | Sacramento Masters-38 | 55.00 | 48.64 |

Men 60-64 200 Yard Backstroke

| | | | | | |
|---|--------------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Chao, Hector | 60 | Walnut Creek Masters-38 | 2:25.01 | 2:17.88 |
| | 33.04 | 1:07.38 (34.34) | 1:42.79 (35.41) | 2:17.88 (35.09) | |
| 2 | Holtzman, Steven | 60 | Streamliners-38 | 2:45.00 | 2:36.98 |
| | 38.21 | 1:18.24 (40.03) | 1:58.53 (40.29) | 2:36.98 (38.45) | |
| 3 | Keating, Kevin | 60 | Sebastopol Masters Aquatic Clu-38 | 2:44.00 | 2:39.04 |
| | 39.25 | 1:19.96 (40.71) | 2:00.43 (40.47) | 2:39.04 (38.61) | |
| 4 | Laudenslager, Greg | 62 | Rolling Hills Mud Sharks-38 | 2:45.66 | 2:41.80 |
| | 39.48 | 1:20.14 (40.66) | 2:01.06 (40.92) | 2:41.80 (40.74) | |
| 5 | Gustavson, Jeffrey | 62 | West Hollywood Aquatics-33 | 3:30.00 | 3:12.22 |
| | 47.63 | 1:36.70 (49.07) | 2:25.42 (48.72) | 3:12.22 (46.80) | |

Men 60-64 50 Yard Breaststroke

| | | | | | |
|----|-----------------------|----|-----------------------------------|---------|-------|
| 1 | Tom, Daniel | 60 | Menlo Masters-38 | 29.88 | 30.78 |
| 2 | Laudenslager, Greg | 62 | Rolling Hills Mud Sharks-38 | 34.49 | 33.85 |
| 3 | Keighley, Tim | 62 | Quicksilver Masters-38 | 35.74 | 34.47 |
| 4 | Ewing, Jack | 63 | University of San Francisco Ma-38 | 34.53 | 36.50 |
| 5 | Long, Jeffrey | 63 | Sacramento Masters-38 | 32.50 | 39.20 |
| 6 | Waters, Crick | 62 | Menlo Masters-38 | 44.00 | 39.25 |
| 7 | Suess, Robert | 62 | Rolling Hills Mud Sharks-38 | 41.00 | 40.86 |
| 8 | Hannibal, Walter | 63 | Marin Aquatic Masters-38 | 48.00 | 41.54 |
| 9 | Gustavson, Jeffrey | 62 | West Hollywood Aquatics-33 | 44.84 | 42.75 |
| 10 | Burbage-Macaluso, Dan | 60 | Sacramento Masters-38 | 1:10.00 | 43.98 |
| 11 | Prochnow, Kevin | 61 | Marin Aquatic Masters-38 | 55.00 | 45.27 |

Men 60-64 200 Yard Breaststroke

| | | | | | |
|---|--------------------|-----------------|--------------------------------|-----------------|---------|
| 1 | Tom, Daniel | 60 | Menlo Masters-38 | 2:32.67 | 2:36.32 |
| | 35.05 | 1:14.02 (38.97) | 1:55.02 (41.00) | 2:36.32 (41.30) | |
| 2 | Keighley, Tim | 62 | Quicksilver Masters-38 | 2:51.74 | 2:47.71 |
| | 37.04 | 1:19.28 (42.24) | 2:03.10 (43.82) | 2:47.71 (44.61) | |
| 3 | Laudenslager, Greg | 62 | Rolling Hills Mud Sharks-38 | 2:48.29 | 2:52.08 |
| | 39.44 | 1:23.26 (43.82) | 2:07.49 (44.23) | 2:52.08 (44.59) | |
| 4 | Notaro, Michael | 61 | Manatee Aquatic Masters Inc-38 | 3:04.00 | 3:07.63 |
| | 41.61 | 1:29.15 (47.54) | 2:18.36 (49.21) | 3:07.63 (49.27) | |
| 5 | Hannibal, Walter | 63 | Marin Aquatic Masters-38 | 4:24.00 | 3:36.91 |
| | 44.81 | 1:39.13 (54.32) | 2:40.47 (1:01.34) | 3:36.91 (56.44) | |

Men 60-64 50 Yard Butterfly

| | | | | | |
|----|-----------------------|----|-----------------------------------|-------|-------|
| 1 | Keating, Kevin | 60 | Sebastopol Masters Aquatic Clu-38 | 27.10 | 27.38 |
| 2 | Chao, Hector | 60 | Walnut Creek Masters-38 | 29.99 | 27.70 |
| 3 | Keighley, Tim | 62 | Quicksilver Masters-38 | 29.47 | 28.43 |
| 4 | Tom, Daniel | 60 | Menlo Masters-38 | 28.45 | 28.80 |
| 5 | Spitzler, David | 60 | Burlingame Aquatic Club-38 | 31.35 | 30.75 |
| 6 | Cottingham, John | 64 | Los Gatos Swim And Racquet Clu-38 | 31.00 | 31.34 |
| 7 | Long, Jeffrey | 63 | Sacramento Masters-38 | 28.50 | 32.44 |
| 8 | Waters, Crick | 62 | Menlo Masters-38 | 39.00 | 33.25 |
| 9 | Ewing, Jack | 63 | University of San Francisco Ma-38 | 34.90 | 35.25 |
| 10 | Ryan, Kevin | 62 | San Ramon Valley Aquatics Mast-38 | 35.60 | 36.69 |
| 11 | Gustavson, Jeffrey | 62 | West Hollywood Aquatics-33 | 39.33 | 38.72 |
| 12 | Duke, William | 63 | Marin Aquatic Masters-38 | 45.00 | 40.86 |
| 13 | Burbage-Macaluso, Dan | 60 | Sacramento Masters-38 | 50.00 | 41.03 |

2024 Short and Sweet - 4/14/2024**Results - Sunday****Men 60-64 200 Yard Butterfly**

| | | | |
|-------------|---------------------------------|-----------------|---------|
| 1 King, Ian | 61 Walnut Creek Masters-38 | 3:00.00 | 3:05.97 |
| 39.06 | 1:25.15 (46.09) 2:14.63 (49.48) | 3:05.97 (51.34) | |

Men 65-69 50 Yard Freestyle

| | | | |
|------------------------|--------------------------------------|-------|-------|
| 1 Cutting, Steve | 66 Manatee Aquatic Masters Inc-38 | 26.41 | 26.76 |
| 2 Spellberg, Geoff | 68 North Bay Aquatics-38 | 27.50 | 28.07 |
| 3 Mascheroni, Andy | 67 Tamalpais Aquatic Masters-38 | 30.99 | 30.41 |
| 4 Fero, Michael | 65 Menlo Masters-38 | 33.00 | 30.81 |
| 5 Cochran, James | 65 Rolling Hills Mud Sharks-38 | 30.50 | 30.88 |
| 6 Pheffer, Joe | 66 Wine Country Masters-38 | 34.00 | 34.37 |
| 7 Deltorchio, Fred | 67 Cala Maritime Aquatics Masters-38 | 35.00 | 34.81 |
| 8 Chew, Thomas | 66 Marcia's Enthusiastic Masters-38 | 34.88 | 35.30 |
| 9 Pinto, Harlan | 66 Menlo Masters-38 | 34.00 | 36.11 |
| 10 Hektner, Eric | 66 Sebastopol Masters Aquatic Clu-38 | 36.70 | 36.56 |
| 11 Thompson, Jerry | 65 Rolling Hills Mud Sharks-38 | 45.00 | 38.42 |
| 12 Louderback, Charles | 69 Marin Aquatic Masters-38 | 50.00 | 54.50 |

Men 65-69 200 Yard Freestyle

| | | | |
|--------------------|--------------------------------------|-----------------|---------|
| 1 Morales, John | 66 Santa Rosa Masters-38 | 2:08.55 | 2:07.02 |
| 30.49 | 1:03.09 (32.60) 1:35.31 (32.22) | 2:07.02 (31.71) | |
| 2 Spellberg, Geoff | 68 North Bay Aquatics-38 | 2:24.00 | 2:23.33 |
| 34.17 | 1:11.50 (37.33) 1:48.78 (37.28) | 2:23.33 (34.55) | |
| 3 Citron, Jeffrey | 68 Marcia's Enthusiastic Masters-38 | 2:19.01 | 2:26.29 |
| 34.38 | 1:11.89 (37.51) 1:49.13 (37.24) | 2:26.29 (37.16) | |
| 4 Tsugawa, Peter | 66 Albany Armada Aquatics Masters-38 | 2:52.00 | 2:50.59 |
| 38.85 | 1:22.39 (43.54) 2:07.05 (44.66) | 2:50.59 (43.54) | |
| 5 Pinto, Harlan | 66 Menlo Masters-38 | 2:43.30 | 2:50.76 |
| 37.28 | 1:18.88 (41.60) 2:04.34 (45.46) | 2:50.76 (46.42) | |
| 6 Pheffer, Joe | 66 Wine Country Masters-38 | 3:15.00 | 2:52.13 |
| 38.97 | 1:22.34 (43.37) 2:08.73 (46.39) | 2:52.13 (43.40) | |
| 7 Hektner, Eric | 66 Sebastopol Masters Aquatic Clu-38 | 2:53.94 | 2:56.23 |
| 39.02 | 1:21.68 (42.66) 2:07.16 (45.48) | 2:56.23 (49.07) | |
| 8 Deltorchio, Fred | 67 Cala Maritime Aquatics Masters-38 | 3:00.00 | 3:06.29 |
| 40.73 | 1:27.36 (46.63) 2:15.94 (48.58) | 3:06.29 (50.35) | |

Men 65-69 500 Yard Freestyle

| | | | |
|--------------------|-------------------------------------|-----------------|---------|
| 1 Morales, John | 66 Santa Rosa Masters-38 | 5:45.00 | 5:50.83 |
| 32.82 | 1:08.07 (35.25) 1:43.20 (35.13) | 2:18.52 (35.32) | |
| 2:53.94 (35.42) | 3:29.41 (35.47) 4:04.86 (35.45) | 4:40.49 (35.63) | |
| 5:16.02 (35.53) | 5:50.83 (34.81) | | |
| 2 Spellberg, Geoff | 68 North Bay Aquatics-38 | 6:40.00 | 6:36.15 |
| 35.73 | 1:15.85 (40.12) 1:56.60 (40.75) | 2:37.44 (40.84) | |
| 3:18.57 (41.13) | 3:59.26 (40.69) 4:39.59 (40.33) | 5:19.82 (40.23) | |
| 5:59.13 (39.31) | 6:36.15 (37.02) | | |
| 3 Citron, Jeffrey | 68 Marcia's Enthusiastic Masters-38 | 6:32.78 | 6:44.51 |
| 37.22 | 1:17.24 (40.02) 1:58.44 (41.20) | 2:40.41 (41.97) | |
| 3:21.83 (41.42) | 4:04.39 (42.56) 4:46.27 (41.88) | 5:28.16 (41.89) | |
| 6:07.98 (39.82) | 6:44.51 (36.53) | | |
| 4 Chew, Thomas | 66 Marcia's Enthusiastic Masters-38 | 9:59.98 | 8:32.84 |
| 46.38 | 1:37.97 (51.59) 2:31.41 (53.44) | 3:24.10 (52.69) | |
| 4:16.80 (52.70) | 5:08.59 (51.79) 6:00.77 (52.18) | 6:53.08 (52.31) | |
| 7:44.02 (50.94) | 8:32.84 (48.82) | | |

Men 65-69 50 Yard Backstroke

| | | | |
|------------------|-----------------------------------|-------|-------|
| 1 Cutting, Steve | 66 Manatee Aquatic Masters Inc-38 | 31.65 | 31.99 |
|------------------|-----------------------------------|-------|-------|

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Men 65-69 50 Yard Backstroke)**

| | | | | | |
|---|-----------------|----|----------------------------------|-------|-------|
| 2 | Cochrane, James | 65 | Rolling Hills Mud Sharks-38 | 38.00 | 41.68 |
| 3 | Pheffer, Joe | 66 | Wine Country Masters-38 | 42.00 | 43.82 |
| 4 | Anderson, Bob | 68 | Menlo Masters-38 | 44.00 | 44.72 |
| 5 | Chew, Thomas | 66 | Marcia's Enthusiastic Masters-38 | 44.88 | 45.28 |

Men 65-69 200 Yard Backstroke

| | | | | | |
|---|-----------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Cutting, Steve | 66 | Manatee Aquatic Masters Inc-38 | 2:30.14 | 2:28.14 |
| | 34.58 | 1:12.45 (37.87) | 1:50.89 (38.44) | 2:28.14 (37.25) | |
| 2 | Citron, Jeffrey | 68 | Marcia's Enthusiastic Masters-38 | 2:48.78 | 2:50.30 |
| | 40.83 | 1:24.15 (43.32) | 2:08.08 (43.93) | 2:50.30 (42.22) | |
| 3 | Waters, Steven | 66 | San Ramon Valley Aquatics Mast-38 | 3:06.00 | 3:07.05 |
| | 43.29 | 1:28.72 (45.43) | 2:18.06 (49.34) | 3:07.05 (48.99) | |
| 4 | Tsugawa, Peter | 66 | Albany Armada Aquatics Masters-38 | 3:55.33 | 3:43.11 |
| | 50.56 | 1:47.18 (56.62) | 2:45.61 (58.43) | 3:43.11 (57.50) | |

Men 65-69 50 Yard Breaststroke

| | | | | | |
|---|------------------|----|-----------------------------------|-------|-------|
| 1 | Guadagni, Peter | 69 | Walnut Creek Masters-38 | 36.00 | 36.35 |
| 2 | Anderson, Bob | 68 | Menlo Masters-38 | 38.00 | 38.05 |
| 3 | Tulin, Bill | 65 | Tamalpais Aquatic Masters-38 | 39.02 | 38.09 |
| 4 | Mascheroni, Andy | 67 | Tamalpais Aquatic Masters-38 | 44.00 | 41.21 |
| 5 | Hektner, Eric | 66 | Sebastopol Masters Aquatic Clu-38 | 40.96 | 41.98 |
| 6 | Pinto, Harlan | 66 | Menlo Masters-38 | 40.30 | 42.32 |
| 7 | Thompson, Jerry | 65 | Rolling Hills Mud Sharks-38 | 50.00 | 44.08 |
| 8 | Cochrane, James | 65 | Rolling Hills Mud Sharks-38 | 44.00 | 44.77 |
| 9 | Deltorchio, Fred | 67 | Cala Maritime Aquatics Masters-38 | 52.00 | 56.65 |

Men 65-69 200 Yard Breaststroke

| | | | | | |
|---|-----------------|-----------------|-----------------------------------|-----------------|---------|
| 1 | Morales, John | 66 | Santa Rosa Masters-38 | 2:45.55 | 2:44.42 |
| | 37.17 | 1:18.76 (41.59) | 2:01.24 (42.48) | 2:44.42 (43.18) | |
| 2 | Anderson, Bob | 68 | Menlo Masters-38 | 3:20.00 | 3:14.25 |
| | 45.54 | 1:35.54 (50.00) | 2:25.52 (49.98) | 3:14.25 (48.73) | |
| 3 | Hektner, Eric | 66 | Sebastopol Masters Aquatic Clu-38 | 3:08.43 | 3:29.85 |
| | 48.20 | 1:40.64 (52.44) | 2:34.42 (53.78) | 3:29.85 (55.43) | |
| 4 | Citron, Jeffrey | 68 | Marcia's Enthusiastic Masters-38 | 4:00.00 | 3:30.90 |
| | 47.28 | 1:42.94 (55.66) | 2:38.63 (55.69) | 3:30.90 (52.27) | |
| 5 | Pinto, Harlan | 66 | Menlo Masters-38 | 3:30.00 | 3:33.68 |
| | 46.90 | 1:42.15 (55.25) | 2:38.92 (56.77) | 3:33.68 (54.76) | |
| 6 | Tsugawa, Peter | 66 | Albany Armada Aquatics Masters-38 | 3:36.17 | 3:33.70 |
| | 46.90 | 1:39.47 (52.57) | 2:36.17 (56.70) | 3:33.70 (57.53) | |
| 7 | Chew, Thomas | 66 | Marcia's Enthusiastic Masters-38 | 4:16.88 | 3:45.97 |
| | 51.38 | 1:49.75 (58.37) | 2:49.43 (59.68) | 3:45.97 (56.54) | |

Men 65-69 50 Yard Butterfly

| | | | | | |
|---|------------------|----|------------------------------|-------|-------|
| 1 | Morales, John | 66 | Santa Rosa Masters-38 | 28.00 | 28.62 |
| 2 | Spellberg, Geoff | 68 | North Bay Aquatics-38 | 31.00 | 30.89 |
| 3 | Fero, Michael | 65 | Menlo Masters-38 | 45.00 | 34.87 |
| 4 | Mascheroni, Andy | 67 | Tamalpais Aquatic Masters-38 | 44.00 | 35.18 |

Men 65-69 200 Yard Butterfly

| | | | | | |
|---|-----------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Guadagni, Peter | 69 | Walnut Creek Masters-38 | 2:33.49 | 2:40.33 |
| | 36.76 | 1:16.66 (39.90) | 1:57.73 (41.07) | 2:40.33 (42.60) | |
| 2 | Anderson, Bob | 68 | Menlo Masters-38 | 3:20.00 | 3:19.52 |
| | 44.96 | 1:36.15 (51.19) | 2:28.17 (52.02) | 3:19.52 (51.35) | |
| 3 | Citron, Jeffrey | 68 | Marcia's Enthusiastic Masters-38 | 3:37.00 | 3:38.22 |
| | 47.42 | 1:44.51 (57.09) | 2:41.43 (56.92) | 3:38.22 (56.79) | |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Men 65-69 200 Yard Butterfly)**

| | | | | | |
|---|----------------|-------------------|-----------------------------------|-----------------|---------|
| 4 | Tsugawa, Peter | 66 | Albany Armada Aquatics Masters-38 | 3:38.74 | 3:55.99 |
| | 50.07 | 1:53.96 (1:03.89) | 2:59.87 (1:05.91) | 3:55.99 (56.12) | |

Men 70-74 50 Yard Freestyle

| | | | | | |
|---|---------------|----|-----------------------------------|-------|-------|
| 1 | Goines, Bruce | 72 | Marin Aquatic Masters-38 | 35.00 | 34.51 |
| 2 | Au, Andre | 70 | Albany Armada Aquatics Masters-38 | 35.37 | 37.29 |

Men 70-74 200 Yard Freestyle

| | | | | | |
|---|----------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Small, Stephen | 71 | Marcia's Enthusiastic Masters-38 | 2:36.00 | 2:33.86 |
| | 33.71 | 1:11.74 (38.03) | 1:52.48 (40.74) | 2:33.86 (41.38) | |

Men 70-74 50 Yard Backstroke

| | | | | | |
|---|----------------|----|-------------------------------|-------|-------|
| 1 | Johanson, Jeff | 70 | Bret Harte Aquatic Masters-38 | 41.00 | 41.14 |
|---|----------------|----|-------------------------------|-------|-------|

Men 70-74 200 Yard Backstroke

| | | | | | |
|---|----------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Johanson, Jeff | 70 | Bret Harte Aquatic Masters-38 | 3:20.00 | 3:03.22 |
| | 43.12 | 1:29.28 (46.16) | 2:16.08 (46.80) | 3:03.22 (47.14) | |
| 2 | Small, Stephen | 71 | Marcia's Enthusiastic Masters-38 | 3:14.00 | 3:06.61 |
| | 43.86 | 1:30.70 (46.84) | 2:19.14 (48.44) | 3:06.61 (47.47) | |

Men 70-74 50 Yard Breaststroke

| | | | | | |
|---|----------------|----|-------------------------------|-------|-------|
| 1 | Johanson, Jeff | 70 | Bret Harte Aquatic Masters-38 | 42.48 | 40.63 |
| 2 | Goines, Bruce | 72 | Marin Aquatic Masters-38 | 40.00 | 45.06 |

Men 70-74 200 Yard Breaststroke

| | | | | | |
|---|----------------|-----------------|----------------------------------|-----------------|---------|
| 1 | Johanson, Jeff | 70 | Bret Harte Aquatic Masters-38 | 3:25.00 | 3:17.71 |
| | 45.29 | 1:35.79 (50.50) | 2:26.99 (51.20) | 3:17.71 (50.72) | |
| 2 | Small, Stephen | 71 | Marcia's Enthusiastic Masters-38 | 3:18.00 | 3:24.20 |
| | 44.48 | 1:36.79 (52.31) | 2:31.64 (54.85) | 3:24.20 (52.56) | |

Men 70-74 50 Yard Butterfly

| | | | | | |
|---|----------------|----|-----------------------------------|-------|-------|
| 1 | Johanson, Jeff | 70 | Bret Harte Aquatic Masters-38 | 39.21 | 38.40 |
| 2 | Small, Stephen | 71 | Marcia's Enthusiastic Masters-38 | 40.00 | 38.77 |
| 3 | Ruff, Gary | 70 | North Bay Aquatics-38 | 40.00 | 43.12 |
| 4 | Au, Andre | 70 | Albany Armada Aquatics Masters-38 | 49.74 | 56.93 |

Men 75-79 50 Yard Freestyle

| | | | | | |
|---|----------------------|----|------------------------------|-------|-------|
| 1 | Clancy, Dennis | 75 | Uc32 | 35.00 | 33.45 |
| 2 | Moskovits, Alexander | 75 | Tamalpais Aquatic Masters-38 | 29.73 | 35.40 |
| 3 | Rust, David | 77 | Santa Rosa Masters-38 | 41.35 | 40.26 |
| 4 | Pierce, Donald | 78 | Rolling Hills Mud Sharks-38 | 45.00 | 44.55 |

Men 75-79 200 Yard Freestyle

| | | | | | |
|---|------------------|-----------------|------------------|-----------------|---------|
| 1 | Crockett, Robert | 75 | Menlo Masters-38 | 3:50.02 | 3:29.17 |
| | 49.10 | 1:41.55 (52.45) | 2:35.71 (54.16) | 3:29.17 (53.46) | |

Men 75-79 500 Yard Freestyle

| | | | | | |
|---|------------------|-----------------|-----------------------|-----------------|---------|
| 1 | Crockett, Robert | 75 | Menlo Masters-38 | 9:50.01 | 9:17.10 |
| | 53.63 | 1:49.47 (55.84) | 2:45.46 (55.99) | 3:41.74 (56.28) | |
| | 4:38.14 (56.40) | 5:34.89 (56.75) | 6:32.23 (57.34) | 7:27.45 (55.22) | |
| | 8:23.40 (55.95) | 9:17.10 (53.70) | | | |
| 2 | Rust, David | 77 | Santa Rosa Masters-38 | 10:17.00 | 9:26.48 |
| | 50.80 | 1:46.03 (55.23) | 2:42.76 (56.73) | 3:42.26 (59.50) | |
| | 4:40.36 (58.10) | 5:39.63 (59.27) | 6:38.38 (58.75) | 7:36.60 (58.22) | |
| | 8:34.45 (57.85) | 9:26.48 (52.03) | | | |

2024 Short and Sweet - 4/14/2024**Results - Sunday****Men 75-79 50 Yard Backstroke**

| | | | | | |
|---|----------------|----|-----------------------------|-------|-------|
| 1 | Pierce, Donald | 78 | Rolling Hills Mud Sharks-38 | 50.00 | 51.32 |
|---|----------------|----|-----------------------------|-------|-------|

Men 75-79 50 Yard Breaststroke

| | | | | | |
|---|----------------------|----|------------------------------|-------|-------|
| 1 | Moskovits, Alexander | 75 | Tamalpais Aquatic Masters-38 | 34.60 | 39.50 |
| 2 | Clancy, Dennis | 75 | Uc32 | 45.00 | 42.41 |

Men 75-79 200 Yard Breaststroke

| | | | | | |
|---|----------------|-----------------|-----------------|-----------------|---------|
| 1 | Clancy, Dennis | 75 | Uc32 | 3:30.00 | 3:29.59 |
| | 47.57 | 1:40.33 (52.76) | 2:35.37 (55.04) | 3:29.59 (54.22) | |

Men 80-84 50 Yard Freestyle

| | | | | | |
|---|--------------|----|-----------------------|-------|-------|
| 1 | Stewart, Jim | 82 | Santa Rosa Masters-38 | 50.00 | 52.11 |
|---|--------------|----|-----------------------|-------|-------|

Men 80-84 50 Yard Backstroke

| | | | | | |
|---|--------------|----|-----------------------|-------|---------|
| 1 | Stewart, Jim | 82 | Santa Rosa Masters-38 | 55.00 | 1:05.75 |
|---|--------------|----|-----------------------|-------|---------|

Men 80-84 200 Yard Backstroke

| | | | | | |
|---|--------------|-------------------|-----------------------|-------------------|---------|
| 1 | Stewart, Jim | 82 | Santa Rosa Masters-38 | 5:40.00 | 5:29.67 |
| | 1:10.22 | 2:34.08 (1:23.86) | 4:01.63 (1:27.55) | 5:29.67 (1:28.04) | |

Men 85-89 50 Yard Freestyle

| | | | | | |
|---|---------------|----|-----------------------------------|-------|-------|
| 1 | Fleming, Jack | 88 | University of San Francisco Ma-38 | 47.90 | 44.45 |
|---|---------------|----|-----------------------------------|-------|-------|

Men 85-89 500 Yard Freestyle

| | | | | | |
|---|--------------------|--------------------|-----------------------------------|-------------------|----------|
| 1 | Fleming, Jack | 88 | University of San Francisco Ma-38 | 9:42.03 | 11:21.07 |
| | 57.38 | 2:03.17 (1:05.79) | 3:13.76 (1:10.59) | 4:24.49 (1:10.73) | |
| | 5:36.82 (1:12.33) | 6:49.44 (1:12.62) | 7:57.06 (1:07.62) | 9:07.98 (1:10.92) | |
| | 10:18.34 (1:10.36) | 11:21.07 (1:02.73) | | | |

Men 85-89 50 Yard Backstroke

| | | | | | |
|---|---------------|----|-----------------------------------|---------|-------|
| 1 | Fleming, Jack | 88 | University of San Francisco Ma-38 | 1:02.36 | 58.27 |
|---|---------------|----|-----------------------------------|---------|-------|

Men 85-89 200 Yard Butterfly

| | | | | | |
|---|---------------|-------------------|-----------------------------------|-------------------|---------|
| 1 | Fleming, Jack | 88 | University of San Francisco Ma-38 | 5:58.75 | 5:36.26 |
| | 1:08.61 | 2:32.47 (1:23.86) | 4:04.61 (1:32.14) | 5:36.26 (1:31.65) | |

Men 90-94 50 Yard Freestyle

| | | | | | |
|---|--------------|----|-------------------------|-------|-------|
| 1 | Mayo, Robert | 90 | Walnut Creek Masters-38 | 59.00 | 53.60 |
|---|--------------|----|-------------------------|-------|-------|

Men 90-94 200 Yard Freestyle

| | | | | | |
|---|--------------|-------------------|-------------------------|-------------------|---------|
| 1 | Mayo, Robert | 90 | Walnut Creek Masters-38 | 5:10.00 | 4:45.96 |
| | 1:02.92 | 2:19.13 (1:16.21) | 3:34.84 (1:15.71) | 4:45.96 (1:11.12) | |

Men 90-94 50 Yard Backstroke

| | | | | | |
|---|--------------|----|-------------------------|---------|---------|
| 1 | Mayo, Robert | 90 | Walnut Creek Masters-38 | 1:06.00 | 1:01.34 |
|---|--------------|----|-------------------------|---------|---------|

Men 90-94 200 Yard Backstroke

| | | | | | |
|---|--------------|-------------------|-------------------------|-------------------|---------|
| 1 | Mayo, Robert | 90 | Walnut Creek Masters-38 | 5:20.20 | 4:43.72 |
| | 1:08.30 | 2:19.95 (1:11.65) | 3:33.89 (1:13.94) | 4:43.72 (1:09.83) | |

Women 18+ 200 Yard Freestyle Relay

| | | | | |
|---|-----------------------------------|---------------------------|-----------------------|---------------------------|
| 1 | University of San Francisco Ma-38 | A | 2:05.00 | 1:46.53 |
| | 1) Mi, Jessica W24 | 2) Mistry, Shivana W28 | 3) Ogilvie, Carol W68 | 4) Davis, Taylor W47 |
| | 27.20 | 58.44 (31.24) | 1:31.25 (32.81) | 1:46.53 (15.28) |
| 2 | Swim Fremont Glenmoor Garden | A | 2:07.00 | 2:04.79 |
| | 1) Sue, Jennifer W34 | 2) Limcolioc, Jessica W32 | 3) Scott, Emily W44 | 4) Klingelhofer, Meri W22 |
| | 30.97 | 1:06.26 (35.29) | 1:33.44 (27.18) | 2:04.79 (31.35) |

2024 Short and Sweet - 4/14/2024**Results - Sunday****Women 25+ 200 Yard Freestyle Relay**

| | | | | |
|---|--------------------------------|-------------------------|--------------------------|---------------------------|
| 1 | Walnut Creek Masters-38 | A | 1:48.00 | 1:50.58 |
| | 1) Bird, Annabel W28 | 2) Bloch, Laurence W30 | 3) Gallahue, Caoimhe W25 | 4) McFarland, Kristen W27 |
| | 25.77 | 53.00 (27.23) | 1:29.64 (36.64) | 1:50.58 (20.94) |
| 2 | Manatee Aquatic Masters Inc-38 | A | 1:50.93 | 1:53.14 |
| | 1) Au Brinkmeyer, Lauren W39 | 2) Bindert, Kaitlin W29 | 3) Knell, Lissi W29 | 4) Akimoto, Reiko W31 |
| | 27.30 | 58.11 (30.81) | 1:25.87 (27.76) | 1:53.14 (27.27) |
| 3 | Menlo Masters-38 | C | NT | 2:22.79 |
| | 1) Bergman, Abigail W28 | 2) Keough, Emily W43 | 3) Lauderman, Ashley W43 | 4) Singh, Jo W51 |
| | 34.85 | 1:06.33 (31.48) | 1:46.39 (40.06) | 2:22.79 (36.40) |

Women 25+ 200 Yard Medley Relay

| | | | | |
|---|--------------------------------|------------------------------|------------------------|----------------------------|
| 1 | Manatee Aquatic Masters Inc-38 | A | 2:04.60 | 2:04.99 |
| | 1) Cox, Juliet W56 | 2) Au Brinkmeyer, Lauren W39 | 3) Akimoto, Reiko W31 | 4) Schmitz, Emily W35 |
| | 34.27 | 1:07.65 (33.38) | 1:38.17 (30.52) | 2:04.99 (26.82) |
| 2 | Marin Aquatic Masters-38 | B | 2:22.00 | 2:15.86 |
| | 1) Cairns, Christina W45 | 2) Silva, Rayle W27 | 3) Rempe, Rachel W41 | 4) Lee, Robin W43 |
| | 33.91 | 1:15.62 (41.71) | 1:46.53 (30.91) | 2:15.86 (29.33) |
| 3 | Rolling Hills Mud Sharks-38 | A | 2:37.00 | 2:37.64 |
| | 1) Hepworth, Linda W70 | 2) Murray, Tori W41 | 3) Viscardi, Josie W59 | 4) O'Hanlon, Christine W53 |
| | 44.72 | 1:25.18 (40.46) | 2:06.20 (41.02) | 2:37.64 (31.44) |
| 4 | Marin Aquatic Masters-38 | C | 2:38.00 | 2:48.36 |
| | 1) DeFilippis, Rachel W27 | 2) Pinkston, Crystal W38 | 3) Peroni, Diana W51 | 4) Topping, Catherine W44 |
| | 37.11 | 2:48.36 (2:11.25) | | |

Women 35+ 200 Yard Freestyle Relay

| | | | | |
|---|---------------------------------|---------------------------------|---------------------------|-------------------------|
| 1 | Marin Aquatic Masters-38 | A | 2:02.50 | 2:00.26 |
| | 1) Cairns, Christina W45 | 2) Lee, Robin W43 | 3) De Somma, Margaret W56 | 4) Rempe, Rachel W41 |
| | 29.77 | 59.61 (29.84) | 1:31.20 (31.59) | 2:00.26 (29.06) |
| 2 | Sacramento Masters-38 | A | 2:22.00 | 2:18.98 |
| | 1) Knight-Williams, Valerie W60 | 2) Carter, Monica W62 | 3) Guthrie, Sally W74 | 4) Hannigan, Edith W36 |
| | 31.82 | 1:04.32 (32.50) | 1:39.07 (34.75) | 2:18.98 (39.91) |
| 3 | Davis Aquatic Masters-38 | A | NT | 2:24.66 |
| | 1) Phalen, Jennifer W59 | 2) Nehrebecki, Helene W44 | 3) Bryant, Patricia W58 | 4) Schiano, Chelsea W39 |
| | 34.80 | 1:03.46 (28.66) | 2:24.66 (1:21.20) | |
| 4 | Marin Aquatic Masters-38 | B | 2:37.00 | 2:32.42 |
| | 1) Wishovich, Shelley W57 | 2) Sampiere-Prochnow, Susie W60 | 3) Pinkston, Crystal W38 | 4) Peroni, Diana W51 |
| | 32.24 | 1:18.18 (45.94) | 2:32.42 (1:14.24) | |

Women 35+ 200 Yard Medley Relay

| | | | | |
|---|---------------------------|----------------------------|---------------------------------|-------------------------|
| 1 | Davis Aquatic Masters-38 | A | NT | 2:18.60 |
| | 1) Nehrebecki, Helene W44 | 2) Phalen, Jennifer W59 | 3) Goldberg, Michelle W55 | 4) Schiano, Chelsea W39 |
| | 33.04 | 1:16.59 (43.55) | 1:49.24 (32.65) | 2:18.60 (29.36) |
| 2 | Menlo Masters-38 | A | 2:38.00 | 2:37.59 |
| | 1) Lauderman, Ashley W43 | 2) Rohr, Meredith W41 | 3) Singh, Jo W51 | 4) Keough, Emily W43 |
| | 47.13 | 1:21.48 (34.35) | 2:06.13 (44.65) | 2:37.59 (31.46) |
| 3 | Sacramento Masters-38 | A | 2:41.00 | 2:40.11 |
| | 1) Carter, Monica W62 | 2) Guthrie, Sally W74 | 3) Knight-Williams, Valerie W60 | 4) Hannigan, Edith W36 |
| | 41.23 | 1:24.49 (43.26) | 2:00.60 (36.11) | 2:40.11 (39.51) |
| 4 | Marin Aquatic Masters-38 | A | 2:51.00 | 3:07.02 |
| | 1) Wishovich, Shelley W57 | 2) Govender, Christine W43 | 3) Taylor, Cornelia W47 | 4) Ross, June W64 |
| | 41.32 | 1:33.48 (52.16) | 2:21.22 (47.74) | 3:07.02 (45.80) |

Women 45+ 200 Yard Freestyle Relay

| | | | | |
|---|-----------------------------------|----------------------------|------------------------|--------------------------|
| 1 | Cala Maritime Aquatics Masters-38 | A | 3:00.00 | 2:36.45 |
| | 1) Warford, Bernie W61 | 2) Fredericks, Barbara W62 | 3) Motoyama, Shima W54 | 4) Leslie, Kimberley W63 |
| | 42.36 | 1:23.15 (40.79) | 1:57.32 (34.17) | 2:36.45 (39.13) |

2024 Short and Sweet - 4/14/2024**Results - Sunday****Women 45+ 200 Yard Medley Relay**

| | | | | | | |
|-----|-----------------------------------|-----------------|---------------------|------------|---------------------|-------------------------|
| --- | Cala Maritime Aquatics Masters-38 | A | | 3:00.00 | DQ | |
| 1) | Alexander, Janet W56 | 2) | Warford, Bernie W61 | 3) | Motoyama, Shima W54 | |
| | 45.24 | 1:33.52 (48.28) | 2:15.01 (41.49) | DQ (37.14) | 4) | Fredericks, Barbara W62 |

Women 55+ 200 Yard Freestyle Relay

| | | | | | | |
|----|------------------|-----------------|-------------------|-----------------|----------------------|--------------------|
| 1 | Menlo Masters-38 | B | | 2:05.00 | 2:05.94 | |
| 1) | Capen, Tasha W57 | 2) | Sheeper, Lisa W59 | 3) | Couch, Stephanie W59 | |
| | 30.82 | 1:01.41 (30.59) | 1:35.02 (33.61) | 2:05.94 (30.92) | 4) | Feeley, Louise W65 |

Women 55+ 200 Yard Medley Relay

| | | | | | | |
|----|----------------------|-----------------|-------------------|-----------------|------------------|------------------|
| 1 | Menlo Masters-38 | A | | 2:20.00 | 2:22.87 | |
| 1) | Couch, Stephanie W59 | 2) | Sheeper, Lisa W59 | 3) | Matena, Jana W61 | |
| | 37.85 | 1:18.80 (40.95) | 1:51.92 (33.12) | 2:22.87 (30.95) | 4) | Capen, Tasha W57 |

Women 65+ 200 Yard Freestyle Relay

| | | | | | | |
|----|---------------------|----|--------------------|-----------------|------------------|--------------------|
| 1 | Menlo Masters-38 | A | | 2:40.00 | 2:42.34 | |
| 1) | Barnea, Daniela W79 | 2) | Dutro, Cynthia W75 | 3) | Moreno, Dede W68 | |
| | 40.16 | | 2:02.66 () | 2:42.34 (39.68) | 4) | Pinto, Rebecca W69 |

Women 65+ 200 Yard Medley Relay

| | | | | | | |
|----|------------------|-------------|------------------|-----------------|--------------------|--------------------|
| 1 | Menlo Masters-38 | A | | 2:58.00 | 2:54.36 | |
| 1) | Gillon, Jean W72 | 2) | Moreno, Dede W68 | 3) | Pinto, Rebecca W69 | |
| | | 1:37.97 () | 2:22.46 (44.49) | 2:54.36 (31.90) | 4) | Feeley, Louise W65 |

Men 18+ 200 Yard Freestyle Relay

| | | | | | |
|-----|------------------------------|---------------|--------------------|-----------------|------------------------|
| --- | Humboldt Masters Swimming-38 | A | | 1:41.00 | X1:34.14 |
| 1) | Taylor, Russell M38 | 2) | Kemp, Nikkolas M39 | 3) | Cleavenger, Dillon M31 |
| | 23.41 | 47.03 (23.62) | 1:09.87 (22.84) | 1:34.14 (24.27) | |

Men 18+ 200 Yard Medley Relay

| | | | | | | |
|-----|------------------------------|---------------|-----------------|-----------------|---------------------|------------------------|
| --- | Humboldt Masters Swimming-38 | A | | 1:50.00 | X1:47.48 | |
| 1) | Kemp, Nikkolas M39 | | | 3) | Taylor, Russell M38 | |
| | 28.61 | 57.81 (29.20) | 1:23.61 (25.80) | 1:47.48 (23.87) | 4) | Cleavenger, Dillon M31 |

Men 25+ 200 Yard Freestyle Relay

| | | | | | | |
|----|------------------------------|-----------------|----------------------|-----------------|---------------------|--------------------|
| 1 | Swim Fremont Glenmoor Garden | A | | 1:47.00 | 1:43.90 | |
| 1) | Cho, Andrew M26 | 2) | Brodie, Jonathan M29 | 3) | Devargas, Jaime M31 | |
| | 25.13 | 47.37 (22.24) | 1:15.40 (28.03) | 1:43.90 (28.50) | 4) | Xia, Alan M31 |
| 2 | Sacramento Masters-38 | A | | 2:10.00 | 2:00.82 | |
| 1) | Burbage-Macaluso, Dan M60 | 2) | Long, Jeffrey M63 | 3) | Lange, Austin M37 | |
| | 36.04 | 1:04.94 (28.90) | 1:33.26 (28.32) | 2:00.82 (27.56) | 4) | Huynh, Vincent M27 |

Men 25+ 200 Yard Medley Relay

| | | | | | | |
|----|-----------------------|-----------------|-------------------|-----------------|--------------------|--------------------|
| 1 | Sacramento Masters-38 | A | | 2:15.00 | 2:14.34 | |
| 1) | Lange, Austin M37 | 2) | Barajas, Nick M58 | 3) | Bautista, Jair M31 | |
| | 34.19 | 1:12.89 (38.70) | 1:46.99 (34.10) | 2:14.34 (27.35) | 4) | Huynh, Vincent M27 |

Men 35+ 200 Yard Freestyle Relay

| | | | | | | |
|----|--------------------------|-----------------|---------------------|-----------------|----------------------|----------------|
| 1 | Marin Aquatic Masters-38 | A | | 2:15.00 | 2:00.00 | |
| 1) | Prochnow, Kevin M61 | 2) | Carrillo, Mario M46 | 3) | McCormack, Jason M35 | |
| | 30.11 | 1:03.80 (33.69) | 1:32.08 (28.28) | 2:00.00 (27.92) | 4) | Wu, Philip M40 |

Men 35+ 200 Yard Medley Relay

| | | | | | | |
|----|------------------|-----------------|-----------------|-----------------|----------------------|--------------------|
| 1 | Menlo Masters-38 | D | | 1:53.00 | 2:02.48 | |
| 1) | Zang, Qing M37 | 2) | Tom, Daniel M60 | 3) | Leimkuhler, Kyle M36 | |
| | 32.39 | 1:07.23 (34.84) | 1:34.07 (26.84) | 2:02.48 (28.41) | 4) | Kaloust, Scott M54 |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Men 35+ 200 Yard Medley Relay)**

| | | | | |
|---|--------------------------|----------------------|----------------------|---------------------------|
| 2 | Marin Aquatic Masters-38 | B | 2:43.00 | 2:46.39 |
| | 1) McCormack, Jason M35 | 2) Goines, Bruce M72 | 3) Duke, William M63 | 4) Acholonu, Chiedozi M39 |
| | 39.15 | 1:23.03 (43.88) | 2:04.27 (41.24) | 2:46.39 (42.12) |

Men 45+ 200 Yard Freestyle Relay

| | | | | |
|---|----------------------|-----------------------|------------------------|--------------------------------|
| 1 | Menlo Masters-38 | A | 1:50.00 | 1:52.00 |
| | 1) Higgins, John M56 | 2) Kaloust, Scott M54 | 3) Wessel, Cameron M54 | 4) Rosales-Delmoral, Romer M51 |
| | 29.25 | 57.78 (28.53) | 1:24.17 (26.39) | 1:52.00 (27.83) |

Men 45+ 200 Yard Medley Relay

| | | | | |
|-----|--------------------------------|-------------------------|------------------------|------------------------|
| 1 | Marin Aquatic Masters-38 | A | 2:47.00 | 2:30.25 |
| | 1) Prochnow, Kevin M61 | 2) Hannibal, Walter M63 | 3) O'Hare, Shannon M46 | 4) Carrillo, Mario M46 |
| | 39.57 | 1:22.13 (42.56) | 1:56.73 (34.60) | 2:30.25 (33.52) |
| --- | Menlo Masters-38 | B | 2:14.00 | DQ |
| | 1) Rosales-Delmoral, Romer M51 | 2) Migdal, James M58 | 3) Kinney, Eric M54 | 4) Wessel, Cameron M54 |
| | 35.92 | 1:13.96 (38.04) | 1:46.55 (32.59) | DQ (26.88) |

Men 55+ 200 Yard Freestyle Relay

| | | | | |
|---|-------------------------|----------------------|----------------------|---------------------------|
| 1 | Menlo Masters-38 | C | NT | 1:51.50 |
| | 1) Fishman, Harvey M56 | 2) Tom, Daniel M60 | 3) Waters, Crick M62 | 4) Cocca, Christopher M58 |
| | 27.05 | 1:23.48 (56.43) | 1:41.14 (17.66) | 1:51.50 (10.36) |
| 2 | Menlo Masters-38 | B | 2:22.00 | 2:30.10 |
| | 1) Crockett, Robert M75 | 2) Pinto, Harlan M66 | 3) Anderson, Bob M68 | 4) Fero, Michael M65 |
| | 50.43 | 1:23.55 (33.12) | 1:59.11 (35.56) | 2:30.10 (30.99) |

Men 55+ 200 Yard Medley Relay

| | | | | |
|---|-----------------------------|---------------------------|------------------------|--------------------------|
| 1 | Menlo Masters-38 | C | 2:11.00 | 2:15.55 |
| | 1) Cocca, Christopher M58 | 2) Higgins, John M56 | 3) Fishman, Harvey M56 | 4) Waters, Crick M62 |
| | 36.92 | 1:15.87 (38.95) | 1:46.00 (30.13) | 2:15.55 (29.55) |
| 2 | Rolling Hills Mud Sharks-38 | A | 2:15.00 | 2:20.75 |
| | 1) Cochrane, James M65 | 2) Laudenslager, Greg M62 | 3) Nam, Jimmy M55 | 4) Maritzen, Michael M68 |
| | 42.44 | 1:17.56 (35.12) | 1:49.84 (32.28) | 2:20.75 (30.91) |

Men 65+ 200 Yard Medley Relay

| | | | | |
|---|----------------------|----------------------|----------------------|-------------------------|
| 1 | Menlo Masters-38 | A | 2:50.00 | 2:53.90 |
| | 1) Fero, Michael M65 | 2) Anderson, Bob M68 | 3) Pinto, Harlan M66 | 4) Crockett, Robert M75 |
| | 43.40 | 1:22.31 (38.91) | 1:46.39 (24.08) | 2:53.90 (1:07.51) |

Mixed 18+ 200 Yard Freestyle Relay

| | | | | |
|---|----------------------------|---------------------------|---------------------|-----------------------|
| 1 | Walnut Creek Masters-38 | B | 1:38.00 | 1:43.71 |
| | 1) Zamanian, Alison W53 | 2) Grant, Andy M39 | 3) Brown, Cal M23 | 4) Freeman, Tammy W55 |
| | 26.79 | 47.59 (20.80) | 1:08.65 (21.06) | 1:43.71 (35.06) |
| 2 | Marin Aquatic Masters-38 | A | 2:49.00 | 2:26.85 |
| | 1) Louderback, Charles M69 | 2) Louderback, Kelsey W40 | 3) Stone, Cathy W68 | 4) Stone, Jon M42 |
| | | 1:15.16 (1:15.16) | 1:35.67 (20.51) | 2:02.17 (47.01) |
| | | | | 2:26.85 (24.68) |

Mixed 18+ 200 Yard Medley Relay

| | | | | |
|---|------------------------------|------------------------|---------------------------|---------------------|
| 1 | Swim Fremont Glenmoor Garden | A | 2:00.00 | 2:10.15 |
| | 1) Brodie, Jonathan M29 | 2) Devargas, Jaime M31 | 3) Klingelhofer, Meri W22 | 4) Scott, Emily W44 |
| | 25.45 | 58.55 (33.10) | 1:31.41 (32.86) | 2:10.15 (38.74) |

Mixed 25+ 200 Yard Freestyle Relay

| | | | | |
|---|-------------------------|-----------------------|-------------------------|-----------------------|
| 1 | Streamliners-38 | A | 1:59.00 | 1:56.65 |
| | 1) Holtzman, Steven M60 | 2) Marwell, Haley W38 | 3) Piniella, Monica W47 | 4) McCarthy, John M58 |
| | 27.67 | 58.70 (31.03) | 1:29.14 (30.44) | 1:56.65 (27.51) |

2024 Short and Sweet - 4/14/2024**Results - Sunday****(Mixed 25+ 200 Yard Freestyle Relay)**

| | | | | | |
|-----|---------------------------|----------------------|-------------------|--------------------------|--------------------------|
| 2 | Walnut Creek Masters-38 | A | | 2:08.00 | 2:06.76 |
| | 1) Glomstad, William M29 | 2) King, Ian M61 | | 3) Vassallo, Roberta W49 | 4) Taylor, Catherine W61 |
| | 26.75 | 56.07 (29.32) | 1:30.70 (34.63) | 2:06.76 (36.06) | |
| 3 | Marin Aquatic Masters-38 | B | | 2:31.00 | 2:12.46 |
| | 1) Topping, Catherine W44 | 2) Duke, William M63 | | 3) Silva, Rayle W27 | 4) O'Hare, Shannon M46 |
| | 41.22 | 1:09.04 (27.82) | 2:12.46 (1:03.42) | | |
| --- | Sacramento Masters-38 | A | | 1:48.00 | DQ |
| | 1) Fedorov, Brian M28 | 2) Hamza, Haley W28 | | 3) Frazier, Michael M47 | 4) Peritore, Carina W46 |
| | 23.81 | 52.56 (28.75) | 1:18.83 (26.27) | DQ (27.00) | |

Mixed 25+ 200 Yard Medley Relay

| | | | | | |
|---|----------------------------------|----------------------|-----------------|-----------------------|-------------------------|
| 1 | Sebastopol Masters Aquatic Clu-3 | A | | 2:14.00 | 2:15.30 |
| | 1) Flecker, Donita W41 | 2) Hektner, Eric M66 | | 3) Keating, Kevin M60 | 4) Palacios, Sierra W34 |
| | 38.47 | 1:19.15 (40.68) | 1:46.37 (27.22) | 2:15.30 (28.93) | |
| 2 | Swim Fremont Glenmoor Garden | A | | 2:15.00 | 2:21.72 |
| | 1) Limcolioc, Jessica W32 | 2) Xia, Alan M31 | | 3) Cho, Andrew M26 | 4) Sue, Jennifer W34 |
| | 43.35 | 1:22.92 (39.57) | 1:51.07 (28.15) | 2:21.72 (30.65) | |

Mixed 35+ 200 Yard Freestyle Relay

| | | | | | |
|---|--------------------------------|-------------------------|-----------------|-----------------------------|-------------------------|
| 1 | Manatee Aquatic Masters Inc-38 | A | | 1:52.30 | 1:52.58 |
| | 1) Schmitz, Emily W35 | 2) Cox, Juliet W56 | | 3) Notaro, Michael M61 | 4) Cutting, Steve M66 |
| | 26.90 | 57.94 (31.04) | 1:25.99 (28.05) | 1:52.58 (26.59) | |
| 2 | Menlo Masters-38 | B | | 1:48.00 | 2:02.66 |
| | 1) Zang, Qing M37 | 2) Rohr, Meredith W41 | | 3) Matena, Jana W61 | 4) Leimkuhler, Kyle M36 |
| | 25.48 | 52.04 (26.56) | 1:46.01 (53.97) | 2:02.66 (16.65) | |
| 3 | Tamalpais Aquatic Masters-38 | A | | 2:18.00 | 2:02.90 |
| | 1) Lugassy, Heather W53 | 2) Mascheroni, Andy M67 | | 3) Nelson, Danielle W44 | 4) Tull, James M70 |
| | 31.38 | 1:01.96 (30.58) | 1:34.99 (33.03) | 2:02.90 (27.91) | |
| 4 | Marin Aquatic Masters-38 | D | | 2:31.00 | 2:22.66 |
| | 1) Acholonu, Chiedozi M39 | 2) Taylor, Cornelia W47 | | 3) Schroeder, Elizabeth W47 | 4) Pickard, Justin M49 |
| | 40.88 | 1:19.95 (39.07) | 1:57.05 (37.10) | 2:22.66 (25.61) | |

Mixed 35+ 200 Yard Medley Relay

| | | | | | |
|---|------------------------------|-------------------------|-----------------|---------------------------|---------------------------|
| 1 | Marin Aquatic Masters-38 | A | | 2:16.00 | 2:13.51 |
| | 1) Pickard, Justin M49 | 2) Wu, Philip M40 | | 3) De Somma, Margaret W56 | 4) Louderback, Kelsey W40 |
| | 32.59 | 1:11.13 (38.54) | 1:44.89 (33.76) | 2:13.51 (28.62) | |
| 2 | Tamalpais Aquatic Masters-38 | A | | 2:04.00 | 2:20.22 |
| | 1) Lugassy, Heather W53 | 2) Mascheroni, Andy M67 | | 3) Tull, James M70 | 4) Nelson, Danielle W44 |
| | 36.12 | 1:14.99 (38.87) | 1:47.69 (32.70) | 2:20.22 (32.53) | |
| 3 | Santa Rosa Masters-38 | A | | 2:13.00 | 2:33.69 |
| | 1) Jones, Sara W55 | 2) Jones, Tracey W56 | | 3) Wong, Eric M43 | 4) McCormick, Peter M54 |
| | 36.98 | 1:16.63 (39.65) | 1:41.91 (25.28) | 2:33.69 (51.78) | |

Mixed 45+ 200 Yard Freestyle Relay

| | | | | | |
|---|-----------------------------|--------------------------|-----------------|----------------------------|------------------------|
| 1 | Rolling Hills Mud Sharks-38 | B | | 2:10.00 | 2:04.04 |
| | 1) Nam, Jimmy M55 | 2) Suess, Robert M62 | | 3) O'Hanlon, Christine W53 | 4) Viscardi, Josie W59 |
| | 28.55 | 58.67 (30.12) | 1:30.19 (31.52) | 2:04.04 (33.85) | |
| 2 | Menlo Masters-38 | A | | 2:23.00 | 2:23.95 |
| | 1) Migdal, James M58 | 2) Basile, Katherine W64 | | 3) Gillon, Jean W72 | 4) Kinney, Eric M54 |
| | 40.64 | 1:17.81 (37.17) | 1:48.69 (30.88) | 2:23.95 (35.26) | |

Mixed 55+ 200 Yard Freestyle Relay

| | | | | | |
|---|--------------------------|---------------------|-------------------|-------------------|-------------------------|
| 1 | Marin Aquatic Masters-38 | C | | 2:53.00 | 2:39.26 |
| | 1) Goines, Bruce M72 | 2) Flesh, Anice W87 | | 3) Ross, June W64 | 4) Hannibal, Walter M63 |
| | | 34.57 () | 2:39.26 (2:04.69) | | |

2024 Short and Sweet - 4/14/2024

Results - Sunday

Mixed 65+ 200 Yard Freestyle Relay

| | | | | |
|---|-----------------------------|------------------------|-----------------------|-------------------------|
| 1 | Rolling Hills Mud Sharks-38 | A | 2:40.00 | 2:42.17 |
| | 1) Hepworth, Linda W70 | 2) Thompson, Jerry M65 | 3) Pierce, Donald M78 | 4) Coholan, Annette W75 |
| | 35.98 | 1:13.93 (37.95) | 1:57.72 (43.79) | 2:42.17 (44.45) |