

2025 Short and Sweet - 3/9/2025

Results - Sunday

Women 18-24 50 Yard Freestyle

PAC: 22.89 P 4/30/2023 Lauren K Green
 NATL: 22.21 N 1/31/2015 VANDERPOOL-WALLAC

1	Gonzalez, Ruby	22	Marin Aquatic Ma-38	26.64
2	Davison, Genna	20	UC38	30.14
3	Cruse, Claire	23	Marin Aquatic Ma-38	30.76
4	Sedeno, Macayla	21	Marin Aquatic Ma-38	34.52

Women 18-24 200 Yard Freestyle

PAC: 1:43.28 P 12/31/2010 Dana Vollmer
 NATL: 1:43.28 N 11/8/2009 DANA VOLLMER

1	Gonzalez, Ruby	22	Marin Aquatic Ma-38	2:12.58
2	Davison, Genna	20	UC38	2:41.09
3	Sedeno, Macayla	21	Marin Aquatic Ma-38	3:01.19

Women 18-24 50 Yard Backstroke

PAC: 25.95 P 3/31/2019 Lindsey E Engel
 NATL: 24.83 N 4/29/2023 CAROLINE GMELICH

1	Gonzalez, Ruby	22	Marin Aquatic Ma-38	31.62
2	Sedeno, Macayla	21	Marin Aquatic Ma-38	40.85

Women 18-24 200 Yard Backstroke

PAC: 1:59.22 P 12/31/2000 Sarabeth Schweitz
 NATL: 1:59.22 N 4/30/2000 SARA SCHWEITZER

1	Teng, Cathy	24	Menlo Masters-38	2:14.70
2	Gonzalez, Ruby	22	Marin Aquatic Ma-38	2:35.16

Women 18-24 200 Yard Breaststroke

PAC: 2:18.76 P 2/12/2011 Lauren A Beaudrea
 NATL: 2:06.59 N 12/6/2014 MICAH LAWRENCE

1	Teng, Cathy	24	Menlo Masters-38	2:38.86
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Women 18-24 50 Yard Butterfly

PAC: 24.53 P 4/28/2023 Lauren K Green
 NATL: 24.51 N 4/28/2023 CAROLINE GMELICH

1	Davison, Genna	20	UC38	32.32
2	Cruse, Claire	23	Marin Aquatic Ma-38	32.72

Women 18-24 200 Yard Butterfly

PAC: 2:00.99 P 5/3/2014 Katie C Kastes
 NATL: 1:54.62 N 4/28/2012 KATHERINE MILLS

1	Teng, Cathy	24	Menlo Masters-38	2:16.52
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Women 25-29 50 Yard Freestyle

PAC: 23.20 P 12/31/1992 Anna Pettis-Scott
 NATL: 22.00 N 4/27/2019 KATARZYNA WILK

1	Sanzi, Allie	29	Menlo Masters-38	26.77
2	Nguyen, Salena	26	University of Sa-38	29.97
3	Silva, Rayle	28	Marin Aquatic Ma-38	31.36

Women 25-29 200 Yard Freestyle

PAC: 1:48.80 P 12/31/2001 Limin Liu
 NATL: 1:47.88 N 4/30/2023 JENNA CAMPBELL

1	Siebrand, Cynthia	28	North Bay Aquati-38	2:04.80
2	Sanzi, Allie	29	Menlo Masters-38	2:09.17
3	Nguyen, Salena	26	University of Sa-38	2:26.80
4	Schneider, Emilie Claire	25	Santa Cruz Maste-38	2:26.91
5	Woo, Emily	29	Marcia's Enthusi-38	2:30.23

Women 25-29 500 Yard Freestyle

PAC: 4:54.67 P 4/7/2018 Catherine Breed
 NATL: 4:48.88 N 4/29/2023 JENNA CAMPBELL

1	Siebrand, Cynthia	28	North Bay Aquati-38	5:41.08
2	Schneider, Emilie Claire	25	Santa Cruz Maste-38	6:29.02
3	Woo, Emily	29	Marcia's Enthusi-38	6:45.60
4	Silva, Rayle	28	Marin Aquatic Ma-38	7:01.20

Women 25-29 50 Yard Backstroke

PAC: 25.32 P 5/13/2018 Felicia Lee
 NATL: 24.70 N 6/20/2024 ALLY HOWE

1	Sanzi, Allie	29	Menlo Masters-38	30.93
2	Nguyen, Salena	26	University of Sa-38	34.65
3	Woo, Emily	29	Marcia's Enthusi-38	40.02

Women 25-29 200 Yard Backstroke

PAC: 2:04.28 P 4/30/2022 Felicia Lee
 NATL: 1:55.90 N 6/23/2024 ALLY HOWE

1	Siebrand, Cynthia	28	North Bay Aquati-38	2:18.73
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Women 25-29 50 Yard Breaststroke

PAC: 27.12 P 4/30/2017 Danielle M Herrma
 NATL: 27.10 N 4/30/2016 KATIE MEILI

1	Woo, Emily	29	Marcia's Enthusi-38	38.94
2	Nguyen, Salena	26	University of Sa-38	40.16
3	Silva, Rayle	28	Marin Aquatic Ma-38	40.31

Women 25-29 200 Yard Breaststroke

PAC: 2:19.51 P 4/26/2015 Katy Houston
 NATL: 2:09.05 N 2/6/2010 MEGAN JENDRICK

1	Siebrand, Cynthia	28	North Bay Aquati-38	2:39.98
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Women 25-29 50 Yard Butterfly

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

1	Sanzi, Allie	29	Menlo Masters-38	29.22
2	Nguyen, Salena	26	University of Sa-38	32.07
3	Schneider, Emilie Claire	25	Santa Cruz Maste-38	32.39
4	Silva, Rayle	28	Marin Aquatic Ma-38	34.85
5	Woo, Emily	29	Marcia's Enthusi-38	34.96

Women 25-29 200 Yard Butterfly

PAC: 1:57.84 P 12/31/2001 Limin Liu
 NATL: 1:57.48 N 12/2/2017 HANNAH SAIZ

1	Woo, Emily	29	Marcia's Enthusi-38	2:56.25
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Women 35-39 50 Yard Freestyle

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

1	Gallagher, Kim	35	UC38	35.18
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Women 35-39 200 Yard Freestyle

PAC: 1:53.33 P 12/31/2002 Laureen K Welting
 NATL: 1:51.55 N 5/3/1997 K PIPES-NEILSEN

1	Allen, Robyn	39	Central Alabama-15	2:10.87
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Women 35-39 500 Yard Freestyle

PAC: 5:04.58 P 12/31/2001 Lisa A Hazen
 NATL: 4:56.09 N 5/3/1997 K PIPES-NEILSEN

1	De Barros, Carolina	35	Richmond Plunge-38	6:06.91
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Women 35-39 50 Yard Backstroke

PAC: 27.16 P 4/26/2019 NWatanabe&NWatana

NATL: 24.71 N 4/29/2017 NORIKO INADA

1	Ballenger, Marie	38	The Olympic Club-38	28.69
2	Gallagher, Kim	35	UC38	44.36

Women 35-39 200 Yard Backstroke

PAC: 2:06.44 P 4/27/2019 Naoko Watanabe

NATL: 2:00.54 N 3/14/1998 K PIPES-NEILSEN

1	De Barros, Carolina	35	Richmond Plunge-38	2:40.17
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Women 35-39 50 Yard Breaststroke

PAC: 28.55 P 5/4/2014 Katie Glenn

NATL: 28.51 N 5/2/2014 KATIE GLENN

1	Ballenger, Marie	38	The Olympic Club-38	30.78
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Women 35-39 50 Yard Butterfly

PAC: 26.07 P 4/13/2015 Ericka L Richards

NATL: 25.04 N 4/28/2017 NORIKO INADA

1	Ballenger, Marie	38	The Olympic Club-38	26.95
2	Gallagher, Kim	35	UC38	37.31

Women 35-39 200 Yard Butterfly

PAC: 2:08.54 P 12/31/2009 Alison H Zamanian

NATL: 2:03.48 N 5/22/2005 S VON DER LIPPE

1	De Barros, Carolina	35	Richmond Plunge-38	2:51.26
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Women 40-44 50 Yard Freestyle

PAC: 24.68 P 12/31/1994 Laura B Val

NATL: 21.91 N 4/15/2007 DARA TORRES

1	Lacuesta Byrum, Natalie	43	Orinda Aquatic M-38	30.70
2	Keough, Emily	44	Menlo Masters-38	32.53
3	West, Meredith	40	UC38	34.81
4	Morin, Sarah-Jane	42	Marin Aquatic Ma-38	47.14

Women 40-44 200 Yard Freestyle

PAC: 1:54.53 P 4/30/2017 Katie Glenn

NATL: 1:51.06 N 12/22/2002 K PIPES-NEILSEN

1	Rempe, Rachel	41	Marin Aquatic Ma-38	2:21.18
2	Groskopf, Sarah	44	Club Hot Tub-38	2:28.04
3	Keough, Emily	44	Menlo Masters-38	2:30.08
4	West, Meredith	40	UC38	2:47.14

Women 40-44 500 Yard Freestyle

PAC: 5:06.99 P 12/31/2012 Alison H Zamanian

NATL: 4:58.98 N 10/5/2002 K PIPES-NEILSEN

1	Hardin, Meghan	43	North Bay Aquati-38	5:37.09
2	Keough, Emily	44	Menlo Masters-38	6:55.09
3	West, Meredith	40	UC38	7:08.01
4	Flecker, Donita	42	Sebastopol Maste-38	7:29.04
5	Lee, Jez	44	Sebastopol Maste-38	7:37.10
---	Rempe, Rachel	41	Marin Aquatic Ma-38	DQ

Women 40-44 50 Yard Backstroke

PAC: 27.83 P 12/31/2009 Jody Smith

NATL: 26.12 N 5/1/2011 SHERI HART

1	Lacuesta Byrum, Natalie	43	Orinda Aquatic M-38	35.84
2	Keough, Emily	44	Menlo Masters-38	37.37

Women 40-44 200 Yard Backstroke

PAC: 2:06.91 P 12/31/2009 Jody Smith

NATL: 2:03.61 N 7/25/2021 JENNIFER MIHALIK

1	Hardin, Meghan	43	North Bay Aquati-38	2:22.96
2	Groskopf, Sarah	44	Club Hot Tub-38	2:47.68
3	Lacuesta Byrum, Natalie	43	Orinda Aquatic M-38	2:50.77
4	Flecker, Donita	42	Sebastopol Maste-38	3:03.10

Women 40-44 50 Yard Breaststroke

PAC: 29.51 P 4/30/2017 Katie Glenn

NATL: 28.71 N 5/11/2018 KATIE GLENN

1	Springer, Kimberly	42	Marin Aquatic Ma-38	47.58
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Women 40-44 200 Yard Breaststroke

PAC: 2:22.21 P 4/29/2017 Katie Glenn

NATL: 2:17.06 N 5/14/2006 S VON DER LIPPE

1	Lee, Jez	44	Sebastopol Maste-38	3:34.06
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Women 40-44 50 Yard Butterfly

PAC: 26.46 P 12/31/1994 Laura B Val

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

1	Groskopf, Sarah	44	Club Hot Tub-38	35.61
2	Lacuesta Byrum, Natalie	43	Orinda Aquatic M-38	37.11
3	Keough, Emily	44	Menlo Masters-38	38.65
4	West, Meredith	40	UC38	41.61

Women 40-44 200 Yard Butterfly

PAC: 2:11.01 P 12/31/2012 Alison H Zamanian

NATL: 2:03.13 N 5/4/2008 S VON DER LIPPE

1	Flecker, Donita	42	Sebastopol Maste-38	3:27.47
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Women 45-49 50 Yard Freestyle

PAC: 25.10 P 12/31/1999 Laura B Val

NATL: 23.71 N 3/8/2024 JENNIFER MIHALIK

1	Woodard, Niki	48	UC38	28.09
2	Cairns, Christina	46	Marin Aquatic Ma-38	29.03
3	King, Lanie	48	Tamalpais Aquati-38	32.53

Women 45-49 200 Yard Freestyle

PAC: 1:57.73 P 4/7/2017 Alison H Zamanian

NATL: 1:52.97 N 3/12/2023 GABRIELLE ROSE

1	Cairns, Christina	46	Marin Aquatic Ma-38	2:18.24
2	King, Lanie	48	Tamalpais Aquati-38	2:33.48
3	Cheung, Ruth	45	Quicksilver Mast-38	2:59.99

Women 45-49 500 Yard Freestyle

PAC: 5:03.45 P 7/22/2021 Heidi S George

NATL: 5:03.45 N 7/22/2021 HEIDI GEORGE

1	Smith, Carrie	48	Sacramento Maste-38	6:11.07
2	Cairns, Christina	46	Marin Aquatic Ma-38	6:13.93
3	Nehrebecki, Helene	45	Davis Aquatic Ma-38	6:21.08
4	Cheung, Ruth	45	Quicksilver Mast-38	8:10.85

Women 45-49 50 Yard Backstroke

PAC: 28.26 P 12/31/1997 Laura B Val

NATL: 27.01 N 6/22/2024 JENNIFER MIHALIK

1	Cairns, Christina	46	Marin Aquatic Ma-38	33.10
2	Smith, Carrie	48	Sacramento Maste-38	34.97
3	Woodard, Niki	48	UC38	35.84
4	Cheung, Ruth	45	Quicksilver Mast-38	47.35

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Women 45-49 200 Yard Backstroke

PAC: 2:13.27 P 12/31/2009 Lisa A Ward
 NATL: 2:04.65 N 4/19/2009 K PIPES-NEILSEN

1	Hooper, Lauren	46	Walnut Creek Mas-38	2:17.89
2	Cheung, Ruth	45	Quicksilver Mast-38	3:40.32

Women 45-49 50 Yard Breaststroke

PAC: 32.60 P 4/16/2023 Ericka L Richards
 NATL: 28.54 N 4/30/2023 GABRIELLE ROSE

1	Nehrebecki, Helene	45	Davis Aquatic Ma-38	35.36
2	Smith, Carrie	48	Sacramento Maste-38	36.43
3	Cairns, Christina	46	Marin Aquatic Ma-38	37.39
4	Woodard, Niki	48	UC38	37.71

Women 45-49 200 Yard Breaststroke

PAC: 2:35.57 P 12/31/2004 Dea A Joslin
 NATL: 2:15.71 N 4/29/2023 GABRIELLE ROSE

1	Woodard, Niki	48	UC38	2:59.96
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Women 45-49 50 Yard Butterfly

PAC: 27.02 P 12/31/1998 Laura B Val
 NATL: 25.27 N 6/23/2024 J BROOKS CROZIER

1	Nehrebecki, Helene	45	Davis Aquatic Ma-38	29.86
2	Smith, Carrie	48	Sacramento Maste-38	30.44
3	King, Lanie	48	Tamalpais Aquati-38	37.48
4	Cheung, Ruth	45	Quicksilver Mast-38	49.60

Women 45-49 200 Yard Butterfly

PAC: 2:11.12 P 12/31/2001 Laura B Val
 NATL: 2:07.39 N 12/26/2008 K PIPES-NEILSEN

1	Nehrebecki, Helene	45	Davis Aquatic Ma-38	2:43.07
2	Belluomini, Melanie	47	Davis Aquatic Ma-38	3:05.86

Women 50-54 50 Yard Freestyle

PAC: 25.30 P 12/31/2002 Laura B Val
 NATL: 23.75 N 4/30/2023 JENNY THOMPSON

1	Gallagher, Hanna Alix	52	Menlo Masters-38	33.16
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Women 50-54 200 Yard Freestyle

PAC: 1:57.96 P 4/1/2022 Alison Zamanian
 NATL: 1:57.96 N 4/1/2022 ALISON ZAMANIAN

1	Pledger, Abby	50	North Bay Aquati-38	2:08.38
2	O'Hanlon, Christine	54	Rolling Hills Mu-38	2:35.45
3	Singh, Jo	52	Menlo Masters-38	2:51.79
4	Peroni, Diana	52	Marin Aquatic Ma-38	2:58.89

Women 50-54 500 Yard Freestyle

PAC: 5:12.67 P 4/29/2023 Alison Zamanian
 NATL: 5:12.67 N 4/29/2023 ALISON ZAMANIAN

1	Pledger, Abby	50	North Bay Aquati-38	5:41.30
2	Maze, Ghislaine	50	Richmond Plunge-38	7:34.36
3	Singh, Jo	52	Menlo Masters-38	7:36.31

Women 50-54 50 Yard Backstroke

PAC: 29.35 P 12/31/2005 Laura B Val
 NATL: 27.04 N 5/10/2013 LESLIE LIVINGSTON

1	Lane, Tanya	53	Fresno Dolphins-38	30.54
2	Zamanian, Alison	54	Walnut Creek Mas-38	31.08
3	Gallagher, Hanna Alix	52	Menlo Masters-38	39.46
4	Singh, Jo	52	Menlo Masters-38	49.92

Women 50-54 200 Yard Backstroke

PAC: 2:14.06 P 4/2/2022 Alison Zamanian
 NATL: 2:07.51 N 11/22/2014 ELLEN REYNOLDS

1	O'Hanlon, Christine	54	Rolling Hills Mu-38	3:01.87
2	Singh, Jo	52	Menlo Masters-38	3:58.93

Women 50-54 50 Yard Breaststroke

PAC: 32.84 P 4/3/2022 Tanya N Lane
 NATL: 31.55 N 4/1/2023 ERIKA BRAUN

1	Lane, Tanya	53	Fresno Dolphins-38	33.17
2	Zamanian, Alison	54	Walnut Creek Mas-38	34.90

Women 50-54 200 Yard Breaststroke

PAC: 2:36.91 P 5/18/2024 Tanya N Lane
 NATL: 2:29.92 N 2/20/2012 CAROLINE KRATTLI

1	Lane, Tanya	53	Fresno Dolphins-38	2:39.04
2	Zamanian, Alison	54	Walnut Creek Mas-38	2:44.27
3	Nagaoka, Masako	50	Quicksilver Mast-38	2:50.83
4	Gallagher, Hanna Alix	52	Menlo Masters-38	3:16.33
5	Maze, Ghislaine	50	Richmond Plunge-38	3:30.90

Women 50-54 50 Yard Butterfly

PAC: 27.81 P 12/31/2002 Laura B Val
 NATL: 25.70 N 4/28/2023 LIVINGSTON\THOMPS

1	Zamanian, Alison	54	Walnut Creek Mas-38	29.59
2	Gallagher, Hanna Alix	52	Menlo Masters-38	37.37
3	Peroni, Diana	52	Marin Aquatic Ma-38	39.82
4	Singh, Jo	52	Menlo Masters-38	44.03

Women 50-54 200 Yard Butterfly

PAC: 2:15.18 P 12/31/2002 Laura B Val
 NATL: 2:15.18 N 5/17/2002 LAURA VAL

1	Zamanian, Alison	54	Walnut Creek Mas-38	2:22.71
2	Maze, Ghislaine	50	Richmond Plunge-38	3:32.40

Women 55-59 50 Yard Freestyle

PAC: 25.29 P 12/31/2009 Laura B Val
 NATL: 25.16 N 4/8/2017 SUE WALSH

1	Attwell, Carrie	55	The Olympic Club-38	29.11
2	Capen, Tasha	58	Menlo Masters-38	31.12
3	Bachtiger, Jasmine	55	Rolling Hills Mu-38	32.30
4	Wishovich, Shelley	58	Marin Aquatic Ma-38	33.43

Women 55-59 200 Yard Freestyle

PAC: 1:59.02 P 12/31/2009 Laura B Val
 NATL: 1:57.90 N 4/30/2017 KARLYN PIPES

1	Shu, Vicki	56	Marcia's Enthusi-38	2:22.53
2	Attwell, Carrie	55	The Olympic Club-38	2:24.45
3	Hu, Qing	58	Walnut Creek Mas-38	4:18.59

Women 55-59 500 Yard Freestyle

PAC: 5:20.68 P 4/29/2017 Jill S Hernandez
 NATL: 5:20.68 N 4/29/2017 JILL HERNANDEZ

1	Shu, Vicki	56	Marcia's Enthusi-38	6:26.33
2	Jones, Sara	56	Santa Rosa Maste-38	6:34.70
3	Bachtiger, Jasmine	55	Rolling Hills Mu-38	7:25.36

Women 55-59 50 Yard Backstroke

PAC: 28.88 P 3/28/2010 Laura B Val
 NATL: 28.14 N 10/30/2016 LESLIE LIVINGSTON

1	Jones, Sara	56	Santa Rosa Maste-38	37.51
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(Women 55-59 50 Yard Backstroke)

2	Bachtiger, Jasmine	55	Rolling Hills Mu-38	40.97
3	Wishovich, Shelley	58	Marin Aquatic Ma-38	42.18

Women 55-59 200 Yard Backstroke

PAC: 2:12.87 P 4/28/2017 Jill S Hernandez
NATL: 2:10.65 N 11/23/2019 ELLEN REYNOLDS

1	Jones, Sara	56	Santa Rosa Maste-38	2:43.80
2	Shu, Vicki	56	Marcia's Enthusi-38	2:50.23
3	Hu, Qing	58	Walnut Creek Mas-38	5:23.24

Women 55-59 50 Yard Breaststroke

PAC: 35.60 P 12/31/2001 Carolyn Boak
NATL: 31.83 N 4/1/2023 S VON DER LIPPE

1	Attwell, Carrie	55	The Olympic Club-38	37.53
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Women 55-59 200 Yard Breaststroke

PAC: 2:50.21 P 4/25/2019 Merrie E Walts
NATL: 2:36.82 N 12/15/2019 ELLEN REYNOLDS

1	Attwell, Carrie	55	The Olympic Club-38	3:02.53
2	Shu, Vicki	56	Marcia's Enthusi-38	3:15.47
3	Hu, Qing	58	Walnut Creek Mas-38	5:26.62

Women 55-59 50 Yard Butterfly

PAC: 28.20 P 4/10/2010 Laura B Val
NATL: 27.04 N 10/30/2016 LESLIE LIVINGSTON

1	Attwell, Carrie	55	The Olympic Club-38	32.01
2	Bjerknes, Wendy	55	San Mateo Master-38	33.08
3	Bachtiger, Jasmine	55	Rolling Hills Mu-38	36.08

Women 55-59 200 Yard Butterfly

PAC: 2:16.28 P 12/31/2009 Laura B Val
NATL: 2:16.28 N 5/10/2009 LAURA VAL

1	Shu, Vicki	56	Marcia's Enthusi-38	2:49.05
2	Bjerknes, Wendy	55	San Mateo Master-38	2:50.66

Women 60-64 50 Yard Freestyle

PAC: 26.48 P 3/9/2014 Laura B Val
NATL: 25.88 N 1/25/2025 COLLETTE SAPPEY

1	Quick, Sarah	61	North Bay Aquati-38	26.83
2	Coffee, Cassandra	63	Tamalpais Aquati-38	35.54
3	Tonge, Jacqueline	62	Orinda Aquatic M-38	36.74
4	Carroll, Leah	63	Albany Armada Aq-38	48.13
5	Kirsch, Eva	62	Cala Maritime Aq-38	53.16

Women 60-64 200 Yard Freestyle

PAC: 2:05.75 P 5/22/2016 Laura B Val
NATL: 2:05.75 N 5/22/2016 LAURA VAL

1	Quick, Sarah	61	North Bay Aquati-38	2:08.05
2	Salmi, Andrea	60	North Bay Aquati-38	2:11.22
3	Walts, Merrie	64	Santa Rosa Maste-38	2:18.73
4	McHale, Carol	60	Santa Rosa Maste-38	2:58.83
5	Coffee, Cassandra	63	Tamalpais Aquati-38	3:03.90
6	Focha, Teresa	64	Albany Armada Aq-38	3:36.01
7	Carroll, Leah	63	Albany Armada Aq-38	3:40.74
8	Kirsch, Eva	62	Cala Maritime Aq-38	4:28.74

Women 60-64 500 Yard Freestyle

PAC: 5:39.00 P 1/26/2014 Laura B Val
NATL: 5:30.31 N 12/14/2024 ELLEN REYNOLDS

1	Quick, Sarah	61	North Bay Aquati-38	5:47.95
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2	Salmi, Andrea	60	North Bay Aquati-38	5:56.51
3	DiPrete, Catheryne	61	Tamalpais Aquati-38	6:02.22
4	Walts, Merrie	64	Santa Rosa Maste-38	6:06.49
5	Matena, Jana	62	Menlo Masters-38	6:06.55
6	Couch, Stephanie	60	Menlo Masters-38	6:17.49
7	Phalen, Jennifer	60	Davis Aquatic Ma-38	7:19.42
8	Focha, Teresa	64	Albany Armada Aq-38	9:19.22
9	Carroll, Leah	63	Albany Armada Aq-38	9:51.57
10	Kirsch, Eva	62	Cala Maritime Aq-38	10:08.93

Women 60-64 50 Yard Backstroke

PAC: 29.58 P 4/26/2015 Laura B Val
NATL: 28.15 N 12/14/2024 ELLEN REYNOLDS

1	Russell, Jane	61	Davis Aquatic Ma-38	37.56
2	Tonge, Jacqueline	62	Orinda Aquatic M-38	43.75
3	Phalen, Jennifer	60	Davis Aquatic Ma-38	46.78
4	Focha, Teresa	64	Albany Armada Aq-38	48.66
5	Carroll, Leah	63	Albany Armada Aq-38	53.82

Women 60-64 200 Yard Backstroke

PAC: 2:19.36 P 4/7/2018 Bonnie M Bilich
NATL: 2:10.24 N 12/14/2024 ELLEN REYNOLDS

1	Ward, Lisa	61	Walnut Creek Mas-38	2:30.12
2	Walts, Merrie	64	Santa Rosa Maste-38	2:37.50
3	Couch, Stephanie	60	Menlo Masters-38	2:42.67
4	Russell, Jane	61	Davis Aquatic Ma-38	2:54.58
5	Nowack, Susan	64	Santa Rosa Maste-38	3:06.46
6	Phalen, Jennifer	60	Davis Aquatic Ma-38	3:24.39
7	McHale, Carol	60	Santa Rosa Maste-38	3:31.37
8	Focha, Teresa	64	Albany Armada Aq-38	3:45.86
9	Carroll, Leah	63	Albany Armada Aq-38	3:52.18

Women 60-64 50 Yard Breaststroke

PAC: 35.70 P 5/19/2024 Kim E Oster
NATL: 33.79 N 5/7/2017 MELINDA MANN

1	Phalen, Jennifer	60	Davis Aquatic Ma-38	43.48
2	Couch, Stephanie	60	Menlo Masters-38	44.13
3	Tonge, Jacqueline	62	Orinda Aquatic M-38	46.34
4	Kirsch, Eva	62	Cala Maritime Aq-38	50.96

Women 60-64 200 Yard Breaststroke

PAC: 2:50.61 P 4/7/2018 Bonnie M Bilich
NATL: 2:37.56 N 12/15/2024 ELLEN REYNOLDS

1	Ward, Lisa	61	Walnut Creek Mas-38	2:57.93
2	Walts, Merrie	64	Santa Rosa Maste-38	3:03.62
3	Russell, Jane	61	Davis Aquatic Ma-38	3:20.26
4	Phalen, Jennifer	60	Davis Aquatic Ma-38	3:21.29
5	Nowack, Susan	64	Santa Rosa Maste-38	3:22.83
6	Tonge, Jacqueline	62	Orinda Aquatic M-38	3:31.13
7	McHale, Carol	60	Santa Rosa Maste-38	3:40.35
8	Kirsch, Eva	62	Cala Maritime Aq-38	3:57.29
9	Focha, Teresa	64	Albany Armada Aq-38	4:17.61

Women 60-64 50 Yard Butterfly

PAC: 29.28 P 2/9/2014 Laura B Val
NATL: 27.93 N 5/13/2018 TRACI GRANGER

1	Ward, Lisa	61	Walnut Creek Mas-38	30.20
2	Quick, Sarah	61	North Bay Aquati-38	30.34
3	Nowack, Susan	64	Santa Rosa Maste-38	36.11
4	Coffee, Cassandra	63	Tamalpais Aquati-38	40.95

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(Women 60-64 50 Yard Butterfly)

5	Phalen, Jennifer	60	Davis Aquatic Ma-38	43.14
6	Carroll, Leah	63	Albany Armada Aq-38	54.44

Women 60-64 200 Yard Butterfly

PAC: 2:24.30 P 5/9/2013 Laura B Val
NATL: 2:24.30 N 5/10/2013 LAURA VAL

1	Russell, Jane	61	Davis Aquatic Ma-38	3:02.73
2	Couch, Stephanie	60	Menlo Masters-38	3:03.83
3	Focha, Teresa	64	Albany Armada Aq-38	3:51.54

Women 65-69 50 Yard Freestyle

PAC: 26.55 P 5/13/2018 Laura B Val
NATL: 26.31 N 3/7/2020 PENNY NOYES

1	Feeley, Louise	66	Menlo Masters-38	31.69
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Women 65-69 200 Yard Freestyle

PAC: 2:07.23 P 5/11/2018 Laura B Val
NATL: 2:07.23 N 5/11/2018 LAURA VAL

1	Neville, Cathy	67	San Diego Swim M-44	2:49.67
2	Basile, Katy	65	Menlo Masters-38	2:55.48

Women 65-69 500 Yard Freestyle

PAC: 5:52.39 P 5/22/2017 Laura B Val
NATL: 5:52.39 N 5/21/2017 LAURA VAL

1	Feeley, Louise	66	Menlo Masters-38	6:54.88
2	Quinn, Phyllis	69	The Olympic Club-38	7:55.62
3	Basile, Katy	65	Menlo Masters-38	7:58.19

Women 65-69 200 Yard Backstroke

PAC: 2:23.88 P 5/13/2018 Laura B Val
NATL: 2:23.88 N 5/13/2018 LAURA VAL

1	Neville, Cathy	67	San Diego Swim M-44	3:32.51
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Women 65-69 50 Yard Breaststroke

PAC: 38.56 P 3/19/2017 Laura B Val
NATL: 35.79 N 6/20/2024 JANE ROBIE

1	Feeley, Louise	66	Menlo Masters-38	42.84
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Women 65-69 200 Yard Breaststroke

PAC: 3:06.16 P 12/31/2009 Daniela Barnea
NATL: 2:53.25 N 6/22/2024 KAREN MAREB

1	Neville, Cathy	67	San Diego Swim M-44	4:19.53
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Women 65-69 50 Yard Butterfly

PAC: 28.79 P 4/28/2023 Traci S Granger
NATL: 28.79 N 4/28/2023 TRACI GRANGER

1	Reneau, Frances	65	Menlo Masters-38	38.81
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Women 65-69 200 Yard Butterfly

PAC: 2:29.12 P 4/9/2017 Laura B Val
NATL: 2:29.12 N 4/9/2017 LAURA VAL

1	Reneau, Frances	65	Menlo Masters-38	3:17.64
2	Neville, Cathy	67	San Diego Swim M-44	3:46.16
3	Basile, Katy	65	Menlo Masters-38	4:07.76

Women 70-74 50 Yard Freestyle

PAC: 27.10 P 4/30/2022 Laura B Val
NATL: 27.10 N 4/30/2022 LAURA VAL

1	Hepworth, Linda	71	Rolling Hills Mu-38	35.92
2	Strauss, Judy	70	Menlo Masters-38	42.40
3	Gillon, Jean	73	Menlo Masters-38	49.96

Women 70-74 200 Yard Freestyle

PAC: 2:12.26 P 4/30/2023 Laura B Val
NATL: 2:12.26 N 4/30/2023 LAURA VAL

1	Hepworth, Linda	71	Rolling Hills Mu-38	2:56.04
2	Strauss, Judy	70	Menlo Masters-38	3:09.03
3	Thomas, Elaine	70	Mountain View Ma-38	3:21.81

Women 70-74 500 Yard Freestyle

PAC: 6:13.73 P 4/21/2024 Laura B Val
NATL: 6:13.73 N 4/21/2024 LAURA VAL

1	Strauss, Judy	70	Menlo Masters-38	7:51.02
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Women 70-74 50 Yard Backstroke

PAC: 30.49 P 5/1/2022 Laura B Val
NATL: 30.49 N 5/1/2022 LAURA VAL

1	Hepworth, Linda	71	Rolling Hills Mu-38	42.69
2	Willard, Mimi	71	Tamalpais Aquati-38	44.61
3	Thomas, Elaine	70	Mountain View Ma-38	50.14
4	Gillon, Jean	73	Menlo Masters-38	54.98

Women 70-74 200 Yard Backstroke

PAC: 2:25.22 P 6/23/2024 Laura B Val
NATL: 2:25.22 N 6/23/2024 LAURA VAL

1	Willard, Mimi	71	Tamalpais Aquati-38	3:20.73
2	Hepworth, Linda	71	Rolling Hills Mu-38	3:23.32
3	Thomas, Elaine	70	Mountain View Ma-38	3:43.51
4	Gillon, Jean	73	Menlo Masters-38	4:14.47

Women 70-74 50 Yard Breaststroke

PAC: 40.45 P 4/24/2015 Daniela Barnea
NATL: 38.35 N 5/13/2022 KATHLEEN LEWIS

1	Hepworth, Linda	71	Rolling Hills Mu-38	54.42
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Women 70-74 200 Yard Breaststroke

PAC: 3:13.58 P 5/3/2014 Daniela Barnea
NATL: 3:07.28 N 2/2/2009 JOANN LEILICH

1	Willard, Mimi	71	Tamalpais Aquati-38	3:55.99
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Women 75-79 50 Yard Freestyle

PAC: 32.59 P 4/30/2023 Ruth Y Shaps
NATL: 30.53 N 4/30/2022 DIANN UUSTAL

1	Coholan, Annette	76	Rolling Hills Mu-38	47.27
2	Ewing, Nancy	78	Albany Armada Aq-38	50.50

Women 75-79 200 Yard Freestyle

PAC: 2:41.80 P 4/30/2023 Ruth Y Shaps
NATL: 2:32.99 N 4/29/2022 DIANN UUSTAL

1	Dutro, Cynthia	76	Menlo Masters-38	3:18.83
2	Coholan, Annette	76	Rolling Hills Mu-38	3:49.91

Women 75-79 500 Yard Freestyle

PAC: 7:26.90 P 4/16/2023 Ruth Y Shaps
NATL: 6:48.71 N 2/8/2025 CECILIA MCCLOSKEY

1	Dutro, Cynthia	76	Menlo Masters-38	8:39.33
2	Coholan, Annette	76	Rolling Hills Mu-38	9:45.57

Women 75-79 50 Yard Backstroke

PAC: 41.14 P 4/30/2023 Ruth Y Shaps
NATL: 36.68 N 2/11/2023 DIANN UUSTAL

1	Dutro, Cynthia	76	Menlo Masters-38	55.24
2	Ewing, Nancy	78	Albany Armada Aq-38	1:00.18

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Women 75-79 50 Yard Breaststroke

PAC: 41.76 P 4/27/2019 Daniela Barnea

NATL: 41.53 N 4/13/2014 JOANN LEILICH

1	Dutro, Cynthia	76	Menlo Masters-38	52.18
2	Ewing, Nancy	78	Albany Armada Aq-38	58.37
3	Coholan, Annette	76	Rolling Hills Mu-38	1:00.57

Women 75-79 200 Yard Breaststroke

PAC: 3:19.57 P 4/26/2019 Daniela Barnea

NATL: 3:16.31 N 4/5/2014 JOANN LEILICH

1	Dutro, Cynthia	76	Menlo Masters-38	4:04.51
2	Ewing, Nancy	78	Albany Armada Aq-38	4:31.76

Women 75-79 50 Yard Butterfly

PAC: 40.95 P 4/28/2019 Diana F Todd

NATL: 33.93 N 4/28/2023 MARGARET TOPPEL

1	Dutro, Cynthia	76	Menlo Masters-38	52.78
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Women 80-84 50 Yard Freestyle

PAC: 37.11 P 12/31/2003 Margery Meyer

NATL: 34.20 N 12/13/2015 JOHNNIE DETRICK

1	Ridout, Nancy	83	Tamalpais Aquati-38	45.84
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Women 80-84 200 Yard Freestyle

PAC: 3:10.14 P 12/31/2003 Margery Meyer

NATL: 3:08.41 N 9/23/2018 ANNE WILLIAMS

1	Barnea, Daniela	80	Menlo Masters-38	3:19.45
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Women 80-84 50 Yard Backstroke

PAC: 45.16 P 12/31/2003 Margery Meyer

NATL: 42.56 N 4/29/2023 JOY WARD

1	Barnea, Daniela	80	Menlo Masters-38	49.64
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Women 80-84 200 Yard Backstroke

PAC: 3:38.25 P 12/7/2024 Daniela Barnea

NATL: 3:26.72 N 4/19/2009 BETTY LORENZI

1	Barnea, Daniela	80	Menlo Masters-38	3:37.45
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Women 80-84 50 Yard Breaststroke

PAC: 43.68 P 6/20/2024 Daniela Barnea

NATL: 43.68 N 6/20/2024 DANIELA BARNEA

1	Barnea, Daniela	80	Menlo Masters-38	46.58
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Women 80-84 200 Yard Breaststroke

PAC: 3:34.85 P 6/22/2024 Daniela Barnea

NATL: 3:33.68 N 4/13/2019 JOANN LEILICH

1	Barnea, Daniela	80	Menlo Masters-38	3:46.25
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Women 80-84 200 Yard Butterfly

PAC: 3:43.59 P 6/20/2024 Daniela Barnea

NATL: 3:43.59 N 6/20/2024 DANIELA BARNEA

1	Barnea, Daniela	80	Menlo Masters-38	3:50.62
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Women 85-89 50 Yard Freestyle

PAC: 42.36 P 12/31/2009 Margery Meyer

NATL: 41.21 N 3/9/2013 BETTY RUSS

1	Stretch, Nancy	85	The Olympic Club-38	53.83
2	Flesh, Anice	88	Marin Aquatic Ma-38	54.86
3	Tegner, Thyra	89	Quicksilver Mast-38	1:10.22

Women 85-89 200 Yard Freestyle

PAC: 3:29.82 P 12/31/2009 Margery Meyer

NATL: 3:26.89 N 3/23/2013 JEAN TROY

1	Stretch, Nancy	85	The Olympic Club-38	3:57.41
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Women 85-89 50 Yard Backstroke

PAC: 52.20 P 4/13/2019 Ann Kay

NATL: 46.77 N 2/9/2013 BETTY LORENZI

1	Stretch, Nancy	85	The Olympic Club-38	59.34
2	Flesh, Anice	88	Marin Aquatic Ma-38	1:12.89
3	Tegner, Thyra	89	Quicksilver Mast-38	1:29.01

Women 85-89 200 Yard Backstroke

PAC: 4:07.66 P 12/31/2002 Marjorie Sharpe

NATL: 3:34.09 N 2/9/2013 BETTY LORENZI

1	Stretch, Nancy	85	The Olympic Club-38	4:30.49
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Women 85-89 50 Yard Breaststroke

PAC: 50.28 P 3/18/2023 Kristin N Jaffe

NATL: 47.34 N 5/12/2024 JOANN LEILICH

1	Stretch, Nancy	85	The Olympic Club-38	1:03.24
2	Flesh, Anice	88	Marin Aquatic Ma-38	1:09.53

Women 85-89 200 Yard Breaststroke

PAC: 4:20.23 P 3/12/2016 Ann M Hirsch

NATL: 3:53.82 N 5/11/2024 JOANN LEILICH

1	Stretch, Nancy	85	The Olympic Club-38	4:55.74
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Women 85-89 50 Yard Butterfly

PAC: 1:00.88 P 12/31/2000 Jean Durston

NATL: 52.53 N 4/27/2024 JANE OBERG

1	Flesh, Anice	88	Marin Aquatic Ma-38	1:19.42
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Men 25-29 50 Yard Freestyle

PAC: 18.67 P 12/20/2014 Nathan Adrian

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

1	Chen, Richard	29	UC38	24.16
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Men 25-29 200 Yard Freestyle

PAC: 1:32.83 P 12/5/2014 Nathan Adrian

NATL: 1:31.93 N 12/6/2013 DARIAN TOWNSEND

1	Chen, Richard	29	UC38	2:08.91
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Men 25-29 50 Yard Butterfly

PAC: 21.14 P 5/1/2022 Josh C Prenot

NATL: 20.99 N 4/28/2019 MARCIN CIESLAK

1	Chen, Richard	29	UC38	26.78
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Men 30-34 50 Yard Freestyle

PAC: 19.33 P 5/4/2014 Anthony L Ervin

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

1	Nuñez, Nick	30	Quicksilver Mast-38	27.46
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Men 30-34 200 Yard Freestyle

PAC: 1:39.59 P 12/31/1997 Franz Mortensen

NATL: 1:34.00 N 12/19/2014 DARIAN TOWNSEND

1	Gu, Yue Shen	32	Walnut Creek Mas-38	2:12.47
2	Nuñez, Nick	30	Quicksilver Mast-38	2:16.13
3	Thomas, Michael	32	Mountain View Ma-38	2:25.46
4	Bautista, Jair	32	Sacramento Maste-38	2:27.86

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Men 30-34 500 Yard Freestyle

PAC: 4:37.04 P 12/31/1997 Franz Mortensen

NATL: 4:26.34 N 2/19/2022 DREW MODROV

1	Nuñez, Nick	30	Quicksilver Mast-38	6:22.75
2	Bautista, Jair	32	Sacramento Maste-38	6:46.54
3	Thomas, Michael	32	Mountain View Ma-38	7:08.08

Men 30-34 200 Yard Backstroke

PAC: 1:48.04 P 12/31/2009 Erik L Scalise

NATL: 1:43.73 N 12/21/2014 ADAM MANIA

1	Thomas, Michael	32	Mountain View Ma-38	2:46.47
2	Gu, Yue Shen	32	Walnut Creek Mas-38	2:50.75
3	Bautista, Jair	32	Sacramento Maste-38	3:00.98

Men 30-34 50 Yard Breaststroke

PAC: 24.44 P 12/15/2023 Brandon J Fischer

NATL: 24.35 N 4/24/2015 MATT GREVERS

1	Bautista, Jair	32	Sacramento Maste-38	41.59
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Men 30-34 200 Yard Breaststroke

PAC: 1:52.08 P 12/16/2023 Brandon J Fischer

NATL: 1:52.08 N 12/16/2023 BRANDON FISCHER

1	Gu, Yue Shen	32	Walnut Creek Mas-38	2:43.65
2	Thomas, Michael	32	Mountain View Ma-38	3:00.81
3	Bautista, Jair	32	Sacramento Maste-38	3:25.66

Men 30-34 50 Yard Butterfly

PAC: 21.32 P 4/28/2023 Nathan G Adrian

NATL: 21.11 N 4/26/2015 MATT GREVERS

1	Thomas, Michael	32	Mountain View Ma-38	30.08
2	Nuñez, Nick	30	Quicksilver Mast-38	30.55
3	Bautista, Jair	32	Sacramento Maste-38	35.60

Men 30-34 200 Yard Butterfly

PAC: 1:46.75 P 12/16/2019 Brandon J Fischer

NATL: 1:45.01 N 4/12/2015 DARIAN TOWNSEND

1	Nuñez, Nick	30	Quicksilver Mast-38	2:44.53
2	Gu, Yue Shen	32	Walnut Creek Mas-38	2:51.61
3	Thomas, Michael	32	Mountain View Ma-38	2:57.50

Men 35-39 50 Yard Freestyle

PAC: 20.69 P 5/13/2018 Matthew T Marshal

NATL: 20.01 N 3/25/2018 ROLAND SCHOEMAN

1	Wall, Daniel	35	The Olympic Club-38	21.22
2	Swartz, Drew	36	Alameda Aquatic-38	24.32
3	Zang, Qing	38	Menlo Masters-38	24.55
4	Calhoun, Jack	35	Santa Cruz Maste-38	25.68
5	Lange, Austin	37	Sacramento Maste-38	27.80
6	McCormack, Jason	36	Marin Aquatic Ma-38	27.94
7	Swafford, David	39	Club Hot Tub-38	36.09

Men 35-39 200 Yard Freestyle

PAC: 1:38.34 P 5/17/2024 Andy Grant

NATL: 1:36.56 N 5/4/2008 JOSH DAVIS

1	Calhoun, Jack	35	Santa Cruz Maste-38	1:58.91
2	Swafford, David	39	Club Hot Tub-38	2:40.09

Men 35-39 500 Yard Freestyle

PAC: 4:36.80 P 12/31/1999 Franz Mortensen

NATL: 4:33.97 N 5/17/2002 RONALD KARNAUGH

1	Wall, Daniel	35	The Olympic Club-38	5:00.12
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2	Calhoun, Jack	35	Santa Cruz Maste-38	5:25.83
3	Swafford, David	39	Club Hot Tub-38	7:06.74

Men 35-39 50 Yard Backstroke

PAC: 22.97 P 5/12/2018 Matthew T Marshal

NATL: 22.62 N 4/29/2017 JEFF NATALIZIO

1	Swartz, Drew	36	Alameda Aquatic-38	26.81
2	Lange, Austin	37	Sacramento Maste-38	34.39
3	McCormack, Jason	36	Marin Aquatic Ma-38	38.65

Men 35-39 200 Yard Backstroke

PAC: 1:54.18 P 5/2/2014 Erik L Scalise

NATL: 1:47.29 N 4/1/2023 KEVIN NEAD

1	Rogers, Louis	36	Walnut Creek Mas-38	2:09.96
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Men 35-39 50 Yard Breaststroke

PAC: 25.45 P 1/28/2024 Brandon J Fischer

NATL: 25.03 N 3/4/2021 JAMES FIKE

1	Fischer, Brandon	36	Tri Valley Aquat-38	25.44
2	Zang, Qing	38	Menlo Masters-38	32.54
3	Lange, Austin	37	Sacramento Maste-38	36.97

Men 35-39 200 Yard Breaststroke

PAC: 1:58.68 P 6/22/2024 Brandon J Fischer

NATL: 1:58.68 N 6/22/2024 BRANDON FISCHER

1	Fischer, Brandon	36	Tri Valley Aquat-38	2:02.70
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Men 35-39 50 Yard Butterfly

PAC: 21.66 P 5/13/2018 Matthew T Marshal

NATL: 21.24 N 3/25/2018 ROLAND SCHOEMAN

1	Fischer, Brandon	36	Tri Valley Aquat-38	23.86
2	Swartz, Drew	36	Alameda Aquatic-38	25.89

Men 35-39 200 Yard Butterfly

PAC: 1:51.09 P 4/9/2017 Tamas Kerekjarto

NATL: 1:50.74 N 5/16/1999 BOBBY PATTEN

1	Fischer, Brandon	36	Tri Valley Aquat-38	2:10.00
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Men 40-44 50 Yard Freestyle

PAC: 21.30 P 5/13/2018 Scott C Greenwood

NATL: 20.67 N 12/20/2014 JOSH DAVIS

1	Greiner, Chris	43	Club Hot Tub-38	26.01
2	Radzik, Brett	40	Sacramento Maste-38	27.94

Men 40-44 500 Yard Freestyle

PAC: 4:39.86 P 12/31/2010 Alex Kostich

NATL: 4:33.36 N 4/25/2015 JOSH DAVIS

1	Song, Jimmy	41	Marcia's Enthusi-38	6:20.24
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Men 40-44 50 Yard Backstroke

PAC: 23.93 P 12/31/2009 Rick Gould

NATL: 22.77 N 4/26/2009 MICHAEL ROSS

1	Greiner, Chris	43	Club Hot Tub-38	31.40
2	Radzik, Brett	40	Sacramento Maste-38	34.57
3	Song, Jimmy	41	Marcia's Enthusi-38	36.05

Men 40-44 200 Yard Backstroke

PAC: 1:52.32 P 12/31/2009 Rick Gould

NATL: 1:50.09 N 5/4/2008 MICHAEL ROSS

1	Song, Jimmy	41	Marcia's Enthusi-38	2:44.29
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Men 40-44 50 Yard Breaststroke

PAC: 26.67 P 12/31/2010 Roque J Santos

NATL: 24.19 N 12/19/2021 JAMES FIKE

1	Greiner, Chris	43	Club Hot Tub-38	33.04
2	Song, Jimmy	41	Marcia's Enthusi-38	33.96

Men 40-44 200 Yard Breaststroke

PAC: 2:03.31 P 12/31/2009 Roque J Santos

NATL: 1:56.61 N 3/3/2023 JAMES FIKE

1	Song, Jimmy	41	Marcia's Enthusi-38	2:36.99
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Men 40-44 50 Yard Butterfly

PAC: 23.69 P 12/31/2010 Matt Jones

NATL: 22.06 N 3/16/2024 ANDREJS DUDA

1	Greiner, Chris	43	Club Hot Tub-38	28.25
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Men 40-44 200 Yard Butterfly

PAC: 1:52.93 P 4/30/2023 Nick Bott

NATL: 1:50.61 N 4/14/2002 DENNIS BAKER

1	Song, Jimmy	41	Marcia's Enthusi-38	2:41.75
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Men 45-49 200 Yard Freestyle

PAC: 1:45.35 P 12/31/2009 David E Boatwrigth

NATL: 1:41.69 N 5/21/2010 DAVID SIMS

1	Frazier, Michael	48	Sacramento Maste-38	2:12.59
2	Wada, Ellison	45	Walnut Creek Mas-38	2:28.19

Men 45-49 200 Yard Backstroke

PAC: 1:55.35 P 5/2/2014 Rick Gould

NATL: 1:51.82 N 4/30/2022 CHUCK BARNES

1	Holbrook, Chad	45	Walnut Creek Mas-38	2:14.64
2	Wada, Ellison	45	Walnut Creek Mas-38	2:57.48

Men 45-49 50 Yard Breaststroke

PAC: 27.65 P 12/31/2002 Lee A Rider

NATL: 25.66 N 4/27/2019 JEFF COMMINGS

1	Sabatini, Greg	49	Richmond Plunge-38	34.61
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Men 45-49 200 Yard Breaststroke

PAC: 2:11.89 P 5/3/2014 Sergey Mariniuk

NATL: 2:02.42 N 4/29/2017 STEVE WEST

1	Holbrook, Chad	45	Walnut Creek Mas-38	2:36.55
2	Wada, Ellison	45	Walnut Creek Mas-38	3:16.48

Men 45-49 200 Yard Butterfly

PAC: 2:00.35 P 5/3/2014 Michael W De Bois

NATL: 1:50.73 N 12/6/2008 DENNIS BAKER

1	Sabatini, Greg	49	Richmond Plunge-38	2:48.53
2	Wada, Ellison	45	Walnut Creek Mas-38	3:01.34

Men 50-54 50 Yard Freestyle

PAC: 22.45 P 12/31/2009 John Oberto

NATL: 21.36 N 4/29/2011 ROWDY GAINES

1	Anderson, Kent	52	Club Hot Tub-38	23.73
2	Lane, Will	54	Fresno Dolphins-38	23.88
3	Rendic, Dikan	54	Google Masters S-38	24.18
4	Sarrigeorgidis, Kostas	50	Stanford Masters-38	25.17
5	Saywell, Scott	51	Menlo Masters-38	25.96
6	Lau, Sam	53	Quicksilver Mast-38	32.06

Men 50-54 200 Yard Freestyle

PAC: 1:48.26 P 12/31/2008 Peter Nunan

NATL: 1:43.76 N 5/10/2009 ROWDY GAINES

1	Anderson, Kent	52	Club Hot Tub-38	1:56.12
2	Sarrigeorgidis, Kostas	50	Stanford Masters-38	2:01.94

Men 50-54 500 Yard Freestyle

PAC: 4:57.96 P 5/4/2014 Darren D Phalen

NATL: 4:47.57 N 5/20/2001 JIM MCCONICA

1	Sarrigeorgidis, Kostas	50	Stanford Masters-38	5:31.75
2	Rosales-Delmoral, Romer	52	Menlo Masters-38	5:40.12
3	Kneubuhler, Yann	52	Richmond Plunge-38	5:52.92
4	Hertzer, Keith	51	Marcia's Enthusi-38	6:13.00

Men 50-54 50 Yard Backstroke

PAC: 24.75 P 4/13/2019 Rick Gould

NATL: 24.24 N 1/13/2024 PETER MOORE

1	Lane, Will	54	Fresno Dolphins-38	26.83
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Men 50-54 200 Yard Backstroke

PAC: 1:56.18 P 4/13/2019 Rick Gould

NATL: 1:53.63 N 4/20/2024 JEFF COMMINGS

1	Kneubuhler, Yann	52	Richmond Plunge-38	2:34.67
2	Rosales-Delmoral, Romer	52	Menlo Masters-38	2:35.29

Men 50-54 50 Yard Breaststroke

PAC: 27.82 P 12/31/2010 Gary L Patterson

NATL: 25.77 N 2/2/2025 JEFF COMMINGS

1	Rendic, Dikan	54	Google Masters S-38	30.29
2	Hertzer, Keith	51	Marcia's Enthusi-38	35.22
3	Saywell, Scott	51	Menlo Masters-38	37.45
4	Lau, Sam	53	Quicksilver Mast-38	38.96

Men 50-54 200 Yard Breaststroke

PAC: 2:17.16 P 12/31/1996 Robert Strand

NATL: 2:03.67 N 5/1/2022 STEVE WEST

1	Hertzer, Keith	51	Marcia's Enthusi-38	2:53.07
2	Lau, Sam	53	Quicksilver Mast-38	3:05.90

Men 50-54 50 Yard Butterfly

PAC: 23.52 P 12/31/2009 John Oberto

NATL: 23.19 N 4/25/2004 TRIP HEDRICK

1	Lane, Will	54	Fresno Dolphins-38	25.16
2	Anderson, Kent	52	Club Hot Tub-38	25.40
3	Rendic, Dikan	54	Google Masters S-38	25.52
4	Sarrigeorgidis, Kostas	50	Stanford Masters-38	28.16
5	Hertzer, Keith	51	Marcia's Enthusi-38	32.55
6	Saywell, Scott	51	Menlo Masters-38	33.69

Men 50-54 200 Yard Butterfly

PAC: 2:00.77 P 5/3/2014 Darren D Phalen

NATL: 1:58.49 N 4/29/2016 DAVID SIMS

1	Sarrigeorgidis, Kostas	50	Stanford Masters-38	2:28.14
2	Kneubuhler, Yann	52	Richmond Plunge-38	2:55.08

Men 55-59 50 Yard Freestyle

PAC: 22.79 P 5/4/2008 Jim Griffith

NATL: 21.82 N 4/30/2000 RICHARD ABRAHAMS

1	Gorek, Thomas	56	Tamalpais Aquati-38	23.96
2	McCormick, Peter	55	Santa Rosa Maste-38	25.20
3	Kalas, Paul	57	Orinda Aquatic M-38	27.54

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(Men 55-59 50 Yard Freestyle)

4	Barajas, Nick	59	Sacramento Maste-38	28.26
5	Cocca, Christopher	59	Menlo Masters-38	28.46
6	Wessel, Cameron	55	Menlo Masters-38	28.94
7	Marcus, Jono	58	Rolling Hills Mu-38	29.19
8	Migdal, Jim	59	Menlo Masters-38	32.21
9	Abegg, Michael	59	North Bay Aquati-38	36.77

Men 55-59 200 Yard Freestyle

PAC: 1:51.58 P 4/7/2017 David E Boatwright
NATL: 1:48.79 N 4/10/2010 MICHAEL MANN

1	Engelskirchen, Adam	56	North Bay Aquati-38	2:08.92
2	Wessel, Cameron	55	Menlo Masters-38	2:12.24
3	Kalas, Paul	57	Orinda Aquatic M-38	2:17.81
4	Barajas, Nick	59	Sacramento Maste-38	2:23.72

Men 55-59 500 Yard Freestyle

PAC: 5:09.01 P 4/2/2022 Mike G Shaffer
NATL: 4:56.82 N 4/11/2010 MICHAEL MANN

1	Engelskirchen, Adam	56	North Bay Aquati-38	5:53.12
2	Wessel, Cameron	55	Menlo Masters-38	6:01.20
3	Langner, Mikael	56	University of Sa-38	6:14.42
4	Marcus, Jono	58	Rolling Hills Mu-38	6:45.43
5	Cocca, Christopher	59	Menlo Masters-38	6:46.14

Men 55-59 50 Yard Backstroke

PAC: 25.77 P 5/18/2024 Rick Gould
NATL: 25.08 N 3/17/2023 MIKE IRVIN

1	McCormick, Peter	55	Santa Rosa Maste-38	30.98
2	Wessel, Cameron	55	Menlo Masters-38	34.57
3	Kalas, Paul	57	Orinda Aquatic M-38	37.78
4	Cocca, Christopher	59	Menlo Masters-38	38.33
5	Migdal, Jim	59	Menlo Masters-38	44.40

Men 55-59 200 Yard Backstroke

PAC: 2:01.31 P 5/18/2024 Rick Gould
NATL: 1:59.64 N 3/19/2023 MIKE IRVIN

1	Wessel, Cameron	55	Menlo Masters-38	2:35.41
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Men 55-59 50 Yard Breaststroke

PAC: 28.71 P 12/31/2003 Don Mc Kenzie
NATL: 26.32 N 4/27/2019 CARLO TRAVAINI

1	Kalas, Paul	57	Orinda Aquatic M-38	36.34
2	Migdal, Jim	59	Menlo Masters-38	39.59

Men 55-59 200 Yard Breaststroke

PAC: 2:20.49 P 12/31/2001 Robert Strand
NATL: 2:07.80 N 5/12/2018 CARLO TRAVAINI

1	Mc Bride, Patrick	55	University of Sa-38	2:46.87
2	Langner, Mikael	56	University of Sa-38	2:58.74

Men 55-59 50 Yard Butterfly

PAC: 24.39 P 5/1/2016 Paul V Carter
NATL: 23.57 N 7/25/2021 STEVE HILTABIDDLE

1	McCormick, Peter	55	Santa Rosa Maste-38	27.73
2	Engelskirchen, Adam	56	North Bay Aquati-38	28.97
3	Kalas, Paul	57	Orinda Aquatic M-38	30.26
4	Marcus, Jono	58	Rolling Hills Mu-38	33.33
5	Cocca, Christopher	59	Menlo Masters-38	33.55
6	Barajas, Nick	59	Sacramento Maste-38	34.24

7	Migdal, Jim	59	Menlo Masters-38	38.92
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Men 55-59 200 Yard Butterfly

PAC: 2:04.49 P 4/30/2022 Mike G Shaffer
NATL: 2:01.59 N 5/12/2018 DAVID SIMS

1	Kalas, Paul	57	Orinda Aquatic M-38	2:55.56
2	Langner, Mikael	56	University of Sa-38	3:09.19

Men 60-64 50 Yard Freestyle

PAC: 23.59 P 11/7/2021 David E Boatwright
NATL: 22.30 N 5/22/2005 RICHARD ABRAHAM

1	Chao, Hector	60	Walnut Creek Mas-38	26.42
2	Keating, Kevin	61	Sebastopol Maste-38	26.93
3	Waters, Crick	63	Menlo Masters-38	29.84
4	Gustavson, Jeff	63	West Hollywood A-33	29.95
5	O'Brien, Brad	63	Rolling Hills Mu-38	30.57
6	Sheeper, Tim	61	Menlo Masters-38	32.09
7	Evans, Mark	62	Tamalpais Aquati-38	37.27
---	Hannibal, Walter	64	Marin Aquatic Ma-38	DQ

Men 60-64 200 Yard Freestyle

PAC: 1:55.25 P 5/1/2011 Tim Broderick
NATL: 1:51.08 N 4/24/2015 RICK COLELLA

1	Chao, Hector	60	Walnut Creek Mas-38	2:06.84
2	Keating, Kevin	61	Sebastopol Maste-38	2:15.28
3	Hannibal, Walter	64	Marin Aquatic Ma-38	2:30.59
4	Sheeper, Tim	61	Menlo Masters-38	2:32.24
5	Suess, Bob	63	Rolling Hills Mu-38	2:41.64

Men 60-64 500 Yard Freestyle

PAC: 5:13.68 P 12/31/2010 Jim Clemmons
NATL: 5:02.69 N 6/21/2024 FRED SCHUSTER

1	Sheeper, Tim	61	Menlo Masters-38	6:39.11
2	Burbage-Macaluso, Dan	61	Sacramento Maste-38	9:04.39

Men 60-64 50 Yard Backstroke

PAC: 27.64 P 5/1/2011 Hugh Wilder
NATL: 26.06 N 10/27/2024 FRITZ BEDFORD

1	Chao, Hector	60	Walnut Creek Mas-38	30.68
2	Laudenslager, Greg	63	Rolling Hills Mu-38	34.35
3	Keating, Kevin	61	Sebastopol Maste-38	36.26
4	Hannibal, Walter	64	Marin Aquatic Ma-38	39.14
5	Gustavson, Jeff	63	West Hollywood A-33	39.94
6	O'Brien, Brad	63	Rolling Hills Mu-38	43.62

Men 60-64 200 Yard Backstroke

PAC: 2:11.57 P 4/13/2019 Joe S Dunn
NATL: 2:07.91 N 5/1/2016 TOM BARTON

1	Chao, Hector	60	Walnut Creek Mas-38	2:18.63
2	Laudenslager, Greg	63	Rolling Hills Mu-38	2:44.40
3	Keating, Kevin	61	Sebastopol Maste-38	2:46.18
4	Gustavson, Jeff	63	West Hollywood A-33	3:03.16

Men 60-64 50 Yard Breaststroke

PAC: 29.32 P 12/31/2006 Robert Strand
NATL: 26.87 N 6/20/2024 CARLO TRAVAINI

1	Tom, Daniel	61	Menlo Masters-38	30.78
2	Laudenslager, Greg	63	Rolling Hills Mu-38	34.27
3	Hannibal, Walter	64	Marin Aquatic Ma-38	39.15
4	Waters, Crick	63	Menlo Masters-38	40.25
5	O'Brien, Brad	63	Rolling Hills Mu-38	44.14

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Men 60-64 200 Yard Breaststroke

PAC: 2:24.68 P 12/31/2006 Robert Strand

NATL: 2:10.01 N 6/22/2024 CARLO TRAVAINI

1	Laudenslager, Greg	63	Rolling Hills Mu-38	2:51.50
2	Ewing, Jack	64	University of Sa-38	3:14.69
3	Suess, Bob	63	Rolling Hills Mu-38	3:27.72
4	Burbage-Macaluso, Dan	61	Sacramento Maste-38	3:51.61

Men 60-64 50 Yard Butterfly

PAC: 24.39 P 5/13/2018 Paul V Carter

NATL: 24.36 N 2/10/2018 BRUCE KONE

1	Chao, Hector	60	Walnut Creek Mas-38	27.66
2	Keating, Kevin	61	Sebastopol Maste-38	28.06
3	Tom, Daniel	61	Menlo Masters-38	29.14
4	Ewing, Jack	64	University of Sa-38	39.59
5	Gustavson, Jeff	63	West Hollywood A-33	39.85

Men 60-64 200 Yard Butterfly

PAC: 2:15.73 P 12/31/2010 Jim Clemmons

NATL: 2:07.21 N 3/28/2021 MIKE LAMONICA

1	Tom, Daniel	61	Menlo Masters-38	2:45.40
2	Burbage-Macaluso, Dan	61	Sacramento Maste-38	4:03.48

Men 65-69 50 Yard Freestyle

PAC: 24.01 P 12/31/2009 James E Elder

NATL: 22.10 N 5/23/2010 RICHARD ABRAHAMS

1	Evans, Mark	66	Santa Rosa Maste-38	25.32
2	Cottingham, John	65	Los Gatos Swim A-38	27.33
3	Spellberg, Geoff	69	North Bay Aquati-38	28.30
4	St Marseille, Marc	65	Walnut Creek Mas-38	29.43
5	Cochrane, James	66	Rolling Hills Mu-38	30.98
6	Mascheroni, Andy	68	Tamalpais Aquati-38	31.86
7	Geisler, Maynard	65	Tamalpais Aquati-38	35.44
8	Goupil, Dominique	69	Fremont Hills Ma-38	35.70
9	Thompson, Jerry	66	Rolling Hills Mu-38	37.46
10	Hektner, Eric	67	Sebastopol Maste-38	37.50

Men 65-69 200 Yard Freestyle

PAC: 2:03.05 P 4/30/2023 Mark Evans

NATL: 1:52.57 N 4/30/2017 RICK COLELLA

1	Evans, Mark	66	Santa Rosa Maste-38	2:02.94
2	Morales, John	67	Santa Rosa Maste-38	2:08.79
3	Dunn, Joe	67	Santa Rosa Maste-38	2:14.24
4	Canales, Francisco	67	Santa Rosa Maste-38	2:17.37
5	Spellberg, Geoff	69	North Bay Aquati-38	2:23.57
6	Pinto, Harlan	67	Menlo Masters-38	2:45.15

Men 65-69 500 Yard Freestyle

PAC: 5:30.52 P 4/28/2023 Mark Evans

NATL: 5:05.44 N 4/9/2017 RICK COLELLA

1	Spellberg, Geoff	69	North Bay Aquati-38	6:38.43
2	Kemler, David	66	Walnut Creek Mas-38	6:44.84
3	Anderson, Bob	69	Menlo Masters-38	7:11.75
4	Pinto, Harlan	67	Menlo Masters-38	7:45.26
5	Chew, Thomas	67	Marcia's Enthusi-38	8:45.47

Men 65-69 50 Yard Backstroke

PAC: 27.84 P 12/31/2009 Richard Burns

NATL: 27.74 N 5/23/2010 RICHARD ABRAHAMS

1	Dunn, Joe	67	Santa Rosa Maste-38	31.93
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2	Cottingham, John	65	Los Gatos Swim A-38	35.46
3	St Marseille, Marc	65	Walnut Creek Mas-38	37.85
4	Cochrane, James	66	Rolling Hills Mu-38	41.87
5	Thompson, Jerry	66	Rolling Hills Mu-38	50.10

Men 65-69 200 Yard Backstroke

PAC: 2:16.72 P 5/9/2013 Hugh Wilder

NATL: 2:09.34 N 5/4/2024 DAVID BISHOP

1	Dunn, Joe	67	Santa Rosa Maste-38	2:25.95
2	Morales, John	67	Santa Rosa Maste-38	2:27.12
3	Canales, Francisco	67	Santa Rosa Maste-38	2:32.47
4	Kemler, David	66	Walnut Creek Mas-38	2:44.93
5	Pinto, Harlan	67	Menlo Masters-38	3:31.53

Men 65-69 50 Yard Breaststroke

PAC: 31.32 P 12/31/2009 David R Gildea

NATL: 28.88 N 5/11/2018 RICK COLELLA

1	Morales, John	67	Santa Rosa Maste-38	34.14
2	Tulin, Bill	66	Tamalpais Aquati-38	38.21
3	Anderson, Bob	69	Menlo Masters-38	38.30
4	St Marseille, Marc	65	Walnut Creek Mas-38	38.72
5	Cottingham, John	65	Los Gatos Swim A-38	40.03
6	Mascheroni, Andy	68	Tamalpais Aquati-38	40.37
7	Hektner, Eric	67	Sebastopol Maste-38	41.38
8	Goupil, Dominique	69	Fremont Hills Ma-38	41.81
9	Geisler, Maynard	65	Tamalpais Aquati-38	43.67
10	Thompson, Jerry	66	Rolling Hills Mu-38	47.18

Men 65-69 200 Yard Breaststroke

PAC: 2:34.01 P 4/26/2015 Jim Clemmons

NATL: 2:16.70 N 4/29/2017 RICK COLELLA

1	Morales, John	67	Santa Rosa Maste-38	2:49.68
2	Anderson, Bob	69	Menlo Masters-38	3:20.81
3	Goupil, Dominique	69	Fremont Hills Ma-38	3:27.41
4	Pinto, Harlan	67	Menlo Masters-38	3:30.22
5	Hektner, Eric	67	Sebastopol Maste-38	3:35.96

Men 65-69 50 Yard Butterfly

PAC: 26.65 P 12/31/2009 James E Elder

NATL: 24.94 N 5/22/2010 RICHARD ABRAHAMS

1	Evans, Mark	66	Santa Rosa Maste-38	28.40
2	Morales, John	67	Santa Rosa Maste-38	28.56
3	Cottingham, John	65	Los Gatos Swim A-38	30.61
4	Spellberg, Geoff	69	North Bay Aquati-38	31.08
5	St Marseille, Marc	65	Walnut Creek Mas-38	33.56

Men 65-69 200 Yard Butterfly

PAC: 2:30.11 P 4/16/2023 Mark Evans

NATL: 2:08.94 N 4/9/2017 RICK COLELLA

1	Anderson, Bob	69	Menlo Masters-38	3:26.82
2	Pinto, Harlan	67	Menlo Masters-38	3:30.69

Men 70-74 50 Yard Freestyle

PAC: 24.81 P 5/2/2014 James E Elder

NATL: 24.01 N 5/20/2023 DOUG MARTIN

1	Van Boer, Eric	70	Rolling Hills Mu-38	27.07
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Men 70-74 200 Yard Freestyle

PAC: 2:12.26 P 4/30/2017 James R DeLacy

NATL: 1:56.50 N 4/29/2022 RICK COLELLA

1	Guadagni, Peter	70	Walnut Creek Mas-38	2:20.34
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Men 70-74 500 Yard Freestyle

PAC: 5:50.88 P 4/13/2019 Joel R Wilson
 NATL: 5:11.03 N 11/6/2022 RICK COLELLA

1 Guadagni, Peter 70 Walnut Creek Mas-38 6:15.08

Men 70-74 50 Yard Backstroke

PAC: 29.72 P 4/26/2015 Richard Burns
 NATL: 28.79 N 11/6/2022 RICK COLELLA

1 Van Boer, Eric 70 Rolling Hills Mu-38 32.76

Men 70-74 200 Yard Backstroke

PAC: 2:23.68 P 5/2/2014 Richard Burns
 NATL: 2:12.65 N 4/15/2023 RICK COLELLA

1 Van Boer, Eric 70 Rolling Hills Mu-38 2:41.78

Men 70-74 200 Yard Breaststroke

PAC: 2:40.72 P 4/13/2019 Alek I Shestakov
 NATL: 2:21.03 N 4/29/2023 RICK COLELLA

1 Guadagni, Peter 70 Walnut Creek Mas-38 2:50.29

Men 70-74 50 Yard Butterfly

PAC: 27.69 P 5/13/2018 Andrew M McPherso
 NATL: 26.30 N 4/15/2023 RICK COLELLA

1 Guadagni, Peter 70 Walnut Creek Mas-38 32.64

Men 75-79 50 Yard Freestyle

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

1 Firmin, Rob 76 Albany Armada Aq-38 33.88
 2 Sears, Tom 77 Marcia's Enthusi-38 36.57

Men 75-79 200 Yard Freestyle

PAC: 2:17.14 P 4/12/2019 Richard Burns
 NATL: 2:08.77 N 5/10/2009 DAVID RADCLIFF

1 Wilson, Joel 76 Santa Cruz Maste-38 2:21.05
 2 Jochim, Christian 76 Quicksilver Mast-38 2:48.22
 3 Crockett, Robert 76 Menlo Masters-38 3:33.09

Men 75-79 500 Yard Freestyle

PAC: 6:40.80 P 4/15/2023 Richard Burns
 NATL: 5:55.81 N 11/5/2023 DAN KIRKLAND

1 Wilson, Joel 76 Santa Cruz Maste-38 6:13.20
 2 Jochim, Christian 76 Quicksilver Mast-38 7:48.98
 3 Firmin, Rob 76 Albany Armada Aq-38 8:37.56
 4 Crockett, Robert 76 Menlo Masters-38 9:13.05

Men 75-79 50 Yard Backstroke

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

1 Firmin, Rob 76 Albany Armada Aq-38 44.98
 2 Sears, Tom 77 Marcia's Enthusi-38 45.68

Men 75-79 200 Yard Backstroke

PAC: 2:27.48 P 4/27/2019 Richard Burns
 NATL: 2:27.48 N 4/27/2019 RICHARD BURNS

1 Wilson, Joel 76 Santa Cruz Maste-38 2:43.80
 2 Jochim, Christian 76 Quicksilver Mast-38 3:26.01
 3 Sears, Tom 77 Marcia's Enthusi-38 4:08.01
 4 Rust, David 78 Santa Rosa Maste-38 4:11.55

Men 75-79 50 Yard Breaststroke

PAC: 35.67 P 4/30/2023 Kenneth A Frost
 NATL: 33.89 N 5/13/2022 DOUGLAS SPRINGER

1 Firmin, Rob 76 Albany Armada Aq-38 40.94
 2 Sears, Tom 77 Marcia's Enthusi-38 46.95

Men 75-79 200 Yard Breaststroke

PAC: 2:57.64 P 4/29/2023 Kenneth A Frost
 NATL: 2:45.33 N 4/29/2016 MIKE FRESHLEY

1 Wilson, Joel 76 Santa Cruz Maste-38 3:02.57
 2 Firmin, Rob 76 Albany Armada Aq-38 3:36.59
 3 Jochim, Christian 76 Quicksilver Mast-38 3:48.72

Men 75-79 50 Yard Butterfly

PAC: 28.95 P 4/28/2019 Richard Burns
 NATL: 28.70 N 7/25/2021 RICHARD ABRAHAMS

1 Sears, Tom 77 Marcia's Enthusi-38 1:00.91

Men 80-84 50 Yard Freestyle

PAC: 29.13 P 6/24/2024 Richard Burns
 NATL: 28.68 N 4/30/2017 FARRELL\FARRELL

1 Burns, Richard 81 Tamalpais Aquati-38 29.94
 2 Anderson, Fred 82 Rolling Hills Mu-38 39.54

Men 80-84 500 Yard Freestyle

PAC: 7:09.38 P 6/21/2024 Ed Reed
 NATL: 6:27.81 N 5/1/2014 DAVID RADCLIFF

1 Burns, Richard 81 Tamalpais Aquati-38 6:47.85
 2 Anderson, Fred 82 Rolling Hills Mu-38 9:20.62

Men 80-84 50 Yard Backstroke

PAC: 32.59 P 5/18/2024 Richard Burns
 NATL: 32.59 N 5/18/2024 RICHARD BURNS

1 Burns, Richard 81 Tamalpais Aquati-38 33.76

Men 80-84 50 Yard Breaststroke

PAC: 38.43 P 5/19/2024 David R Gildea
 NATL: 37.48 N 5/1/2021 MIKE FRESHLEY

1 Anderson, Fred 82 Rolling Hills Mu-38 1:01.42

Men 80-84 50 Yard Butterfly

PAC: 32.12 P 5/18/2024 RBurns&RBurns
 NATL: 32.08 N 5/19/2024 JIM DRAGON

1 Burns, Richard 81 Tamalpais Aquati-38 33.08

Men 85-89 50 Yard Freestyle

PAC: 34.49 P 6/21/2024 William Van Horn
 NATL: 31.04 N 5/15/2022 JEFF FARRELL

1 Van Horn, William 86 The Olympic Club-38 35.10
 2 Fleming, Jack 89 University of Sa-38 51.80

Men 85-89 200 Yard Freestyle

PAC: 3:19.24 P 12/31/2004 Aldo da Rosa
 NATL: 2:42.78 N 5/19/2019 DAVID RADCLIFF

1 Van Horn, William 86 The Olympic Club-38 3:12.10

Men 85-89 500 Yard Freestyle

PAC: 9:37.15 P 12/31/2005 Richard T Smith
 NATL: 7:37.32 N 5/17/2019 DAVID RADCLIFF

1 Van Horn, William 86 The Olympic Club-38 8:55.58
 2 Fleming, Jack 89 University of Sa-38 11:58.95

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Men 85-89 50 Yard Backstroke

PAC: 41.10 P 1/13/2024 William Van Horn
 NATL: 36.72 N 4/21/2018 CLARKE MITCHELL

1	Van Horn, William	86	The Olympic Club-38	44.46
2	Fleming, Jack	89	University of Sa-38	1:06.08

Men 85-89 50 Yard Breaststroke

PAC: 43.56 P 12/31/2003 Aldo da Rosa
 NATL: 42.72 N 3/7/2010 FRANK PIEMME

1	Van Horn, William	86	The Olympic Club-38	53.17
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Men 85-89 200 Yard Breaststroke

PAC: 3:55.05 P 12/31/2003 Aldo da Rosa
 NATL: 3:46.18 N 3/20/2010 FRANK PIEMME

1	Fleming, Jack	89	University of Sa-38	4:56.69
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Women 18+ 200 Yard Freestyle Relay

PAC: 1:35.70 P 5/3/2014 TOC

K C Kastes, Meg B Gill, O'Donnell-McCart, K
 NATL: 1:35.66 N 4/30/2016 CLUB TRIBE ALUM

G MIZERAK, S SHANER, C HURTUBISE, K GRIER

1	Marin Aquatic Ma-38	A		2:02.01
	1) Cairns, Christina W46	2) Silva, Rayle W28		
	3) Cruse, Claire W23	4) Rempe, Rachel W41		
2	Marin Aquatic Ma-38	B		3:28.90
	1) Leung, Grace W67	2) Leung, Elsa W69		
	3) Sedeno, Macayla W21	4) Gonzalez, Ruby W22		

Women 18+ 200 Yard Medley Relay

PAC: 1:45.34 P 4/24/2015 TOC

A Senko, K McGraw, K Kastes, K Murphy
 NATL: 1:44.29 N 4/29/2022 NEW YORK ATHLET

B RYAN, B GARY, C GMELICH, N LARSON

1	Marin Aquatic Ma-38	A		2:18.25
	1) Cairns, Christina W46	2) Silva, Rayle W28		
	3) Gonzalez, Ruby W22	4) Rempe, Rachel W41		

Women 35+ 200 Yard Freestyle Relay

PAC: 1:40.89 P 12/31/2004 MELO

Liernan, Jasek, Basile, Strauss
 NATL: 1:36.42 N 2/1/2015 NCMS

K LINDAUER, A UHL, J STRINGER, E BRAUN

1	Menlo Masters-38	A		2:10.29
	1) Keough, Emily W44	2) Gallagher, Hanna Alix W52		
	3) Couch, Stephanie W60	4) Capen, Tasha W58		

Women 45+ 200 Yard Medley Relay

PAC: 1:58.18 P 12/31/2009 WCM

P Roemer, S Sotelo-Osborne, S Heim-Bowen, M Curran
 NATL: 1:49.40 N 6/20/2024 NORTH CAROLINA

J MIHALIK, E BRAUN, K STUMP, K LINDAUER

1	Menlo Masters-38	A		3:11.01
	1) Gillon, Jean W73	2) Dutro, Cynthia W76		
	3) Singh, Jo W52	4) Strauss, Judy W70		

Women 55+ 200 Yard Medley Relay

PAC: 2:08.58 P 4/29/2017 TAM

L Val, B Wheeler, M Joyce, J Eisenman
 NATL: 1:59.24 N 4/29/2017 PALM BEACH MAST

K PIPES, C WENZEL, E JONES, K TREIBLE SLATON

1	Menlo Masters-38	A		2:29.74
	1) Couch, Stephanie W60	2) Capen, Tasha W58		
	3) Reneau, Frances W65	4) Feeley, Louise W66		

Women 65+ 200 Yard Freestyle Relay

PAC: 1:51.63 P 4/26/2019 TAM

R Burns, L Val, J Eisenman, A Bernard
 NATL: 1:56.21 N 4/21/2023 SARASOTA SHARKS

J GRAY, K EINSIDLER, N KRYKA, M EARLY

1	Menlo Masters-38	A		2:26.75
	1) Strauss, Judy W70	2) Basile, Katy W65		
	3) Reneau, Frances W65	4) Feeley, Louise W66		

Men 25+ 200 Yard Medley Relay

PAC: 1:28.48 P 5/1/2016 TOC

A Saeta, J Leopold, J Dunford, K Ferguson
 NATL: 1:27.81 N 4/29/2017 GOLDEN ROAD AQU

R LOCHTE, M ALEXANDROV, T COX, L PECHMANN

1	Sacramento Maste-38	A		2:11.75
	1) Radzik, Brett M40	2) Bautista, Jair M32		
	3) Frazier, Michael M48	4) Lange, Austin M37		

Men 35+ 200 Yard Freestyle Relay

PAC: 1:24.59 P 5/13/2018 TOC

T J Wang, T T Holsman, M T Marshall, S C Greenwood
 NATL: 1:23.32 N 5/29/2010 LONGHORN AQUATI

T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN

1	Sacramento Maste-38	A		1:50.25
	1) Radzik, Brett M40	2) Frazier, Michael M48		
	3) Lange, Austin M37	4) Barajas, Nick M59		

Men 45+ 200 Yard Freestyle Relay

PAC: 1:31.58 P 4/25/2015 WAMS

S Trimble, David S Cunniff, Mace P Volzing,
 NATL: 1:27.70 N 5/4/2008 ARIZONA MASTERS

JOHN SMITH, AL JAEGER, PAUL HAFNER, PAUL SMITH

1	Menlo Masters-38	A		2:23.51
	1) Crockett, Robert M76	2) Sheeper, Tim M61		
	3) Migdal, Jim M59	4) Rosales-Delmoral, Romer M52		

Men 55+ 200 Yard Freestyle Relay

PAC: 1:35.03 P 4/14/2019 WAMS

T Harvill, S Trimble, D Cunniff, A Jaegers
 NATL: 1:32.18 N 4/11/2009 OREGON MASTERS

M TENNANT, D BROCKBANK, W EDWARDS, L PHILBRICK

1	Menlo Masters-38	A		1:51.58
	1) Wessel, Cameron M55	2) Waters, Crick M63		
	3) Cocca, Christopher M59	4) Tom, Daniel M61		
2	Tamalpais Aquati-38	A		2:07.70
	1) Gorek, Thomas M56	2) Evans, Mark M62		
	3) Mascheroni, Andy M68	4) Geisler, Maynard M65		

2025 Short and Sweet - 3/9/2025

Results - Sunday

Men 55+ 200 Yard Medley Relay

PAC: 1:45.68 P 4/13/2019 WAMS

A Jaegers, S Trimble, T Harvill, D Cunniff

NATL: 1:45.05 N 4/28/2019 PUGET SOUND MAS

C HAYNIE, D PHILLIPS, B HERING, B SOUVIRAA-LABASTI

1	Menlo Masters-38	A	2:09.98
	1) Wessel, Cameron M55	2) Tom, Daniel M61	
	3) Cocca, Christopher M59	4) Waters, Crick M63	

Men 65+ 200 Yard Freestyle Relay

PAC: 1:41.41 P 4/29/2017 TAM

R Burns, Alan D Bernard, John T Foote, Tate

NATL: 1:37.90 N 5/1/2022 LONE STAR MASTE

R NEVILLE, D HAGUE, J GOODING, B WILLIAMS

1	Santa Rosa Maste-38	A	1:48.27
	1) Morales, John M67	2) Evans, Mark M66	
	3) Dunn, Joe M67	4) Canales, Francisco M67	

Mixed 18+ 200 Yard Freestyle Relay

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

N Adrian, K Raatz, K Kastes, A Ervin

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

N ADRIAN, K RAATZ, K KASTES, A ERVIN

1	Menlo Masters-38	A	1:43.32
	1) Teng, Cathy W24	2) Zang, Qing M38	
	3) Saywell, Scott M51	4) Sanzi, Allie W29	

Mixed 18+ 200 Yard Medley Relay

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

A Saeta, C Babcock, A Senko, M Stipe

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

A SAETA, C BABCOCK, A SENKO, M STIPE

1	Menlo Masters-38	A	1:56.65
	1) Sanzi, Allie W29	2) Zang, Qing M38	
	3) Teng, Cathy W24	4) Saywell, Scott M51	
2	Marin Aquatic Ma-38	A	2:24.16
	1) McCormack, Jason M36	2) Hannibal, Walter M64	
	3) Cruse, Claire W23	4) Wishovich, Shelley W58	

Mixed 35+ 200 Yard Freestyle Relay

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

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

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

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

1	Sebastopol Maste-38	A	2:08.92
	1) Flecker, Donita W42	2) Hektner, Eric M67	
	3) Lee, Jez W44	4) Keating, Kevin M61	
2	Marin Aquatic Ma-38	A	2:14.93
	1) Wishovich, Shelley W58	2) Hannibal, Walter M64	
	3) Morin, Sarah-Jane W42	4) McCormack, Jason M36	

Mixed 35+ 200 Yard Medley Relay

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

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

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

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

1	Sebastopol Maste-38	A	2:21.70
	1) Flecker, Donita W42	2) Hektner, Eric M67	
	3) Keating, Kevin M61	4) Lee, Jez W44	

2	Menlo Masters-38	A	2:24.62
	1) Keough, Emily W44	2) Rosales-Delmoral, Romer M52	
	3) Gallagher, Hanna Alix W52	4) Migdal, Jim M59	

Mixed 45+ 200 Yard Medley Relay

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

H Chao, L Ward, T Nootbaar, P Roemer

NATL: 1:42.92 N 1/20/2024 NORTH CAROLINA

W WEAVER, D DUNSON, E BRAUN, J MIHALIK

1	Tamalpais Aquati-38	A	2:37.59
	1) King, Lanie W48	2) Mascheroni, Andy M68	
	3) Geisler, Maynard M65	4) Coffee, Cassandra W63	

Mixed 55+ 200 Yard Freestyle Relay

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

R Burns, J Eisenman, L Val, T Holt

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

F MCEACHRAN, N CLARK, S WALSH, J KLEIN

1	Santa Rosa Maste-38	A	2:18.11
	1) Nowack, Susan W64	2) Rust, David M78	
	3) McHale, Carol W60	4) McCormick, Peter M55	

Mixed 65+ 200 Yard Freestyle Relay

PAC: 1:50.98 P 4/28/2023 TAM

A Bernard, L Val, R Burns, T Granger

NATL: 1:45.58 N 4/29/2022 LONE STAR MASTE

R NEVILLE, B WILLIAMS, L MORRISON, J WOOLSLAYER

1	Menlo Masters-38	A	2:40.41
	1) Anderson, Bob M69	2) Gillon, Jean W73	
	3) Dutro, Cynthia W76	4) Pinto, Harlan M67	

Mixed 65+ 200 Yard Medley Relay

PAC: 2:03.72 P 4/30/2023 TAM

L Val, K Frost, T Granger, A Bernard

NATL: 1:58.70 N 4/30/2022 LONE STAR MASTE

T WOLF, R NEVILLE, J WOOLSLAYER, L MORRISON

1	Menlo Masters-38	A	2:50.14
	1) Basile, Katy W65	2) Pinto, Harlan M67	
	3) Anderson, Bob M69	4) Barnea, Daniela W80	