

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

Name	Age	Team	Seed Time	Finals Time
1 Gonzalez, Ruby	22	Marin Aquatic Masters-38	24.29	26.64
2 Davison, Genna	20	Uc38	28.69	30.14
3 Cruse, Claire	23	Marin Aquatic Masters-38	28.88	30.76
4 Seden, Macayla	21	Marin Aquatic Masters-38	45.00	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 Masters-38	NT	2:12.58
	29.78	1:03.00 (33.22)	1:37.91 (34.91)	2:12.58 (34.67)
2 Davison, Genna	20	Uc38	2:22.72	2:41.09
	33.70	1:14.32 (40.62)	1:58.14 (43.82)	2:41.09 (42.95)
3 Seden, Macayla	21	Marin Aquatic Masters-38	3:01.00	3:01.19
	39.33	1:26.04 (46.71)	2:14.21 (48.17)	3:01.19 (46.98)

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 Masters-38	27.63	31.62
2 Seden, Macayla	21	Marin Aquatic Masters-38	45.00	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	2:20.00	2:14.70
	31.70	1:05.91 (34.21)	1:40.57 (34.66)	2:14.70 (34.13)
2 Gonzalez, Ruby	22	Marin Aquatic Masters-38	2:07.89	2:35.16
	35.02	1:13.68 (38.66)	1:54.26 (40.58)	2:35.16 (40.90)

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	2:50.00	2:38.86
	36.77	1:17.43 (40.66)	1:58.26 (40.83)	2:38.86 (40.60)

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	30.90	32.32
2 Cruse, Claire	23	Marin Aquatic Masters-38	31.02	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	2:25.00	2:16.52
	30.14	1:04.92 (34.78)	1:40.39 (35.47)	2:16.52 (36.13)

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	26.27	26.77
2 Nguyen, Salena	26	University of San Francisco Ma-38	28.99	29.97
3 Silva, Rayle	28	Marin Aquatic Masters-38	32.59	31.36

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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 Aquatics-38	2:04.78	2:04.80
	29.02	1:01.19 (32.17)	1:33.66 (32.47)	2:04.80 (31.14)	
2	Sanzi, Allie	29	Menlo Masters-38	2:06.89	2:09.17
	29.97	1:03.38 (33.41)	1:35.86 (32.48)	2:09.17 (33.31)	
3	Nguyen, Salena	26	University of San Francisco Ma-38	2:23.72	2:26.80
	32.33	1:08.74 (36.41)	1:47.15 (38.41)	2:26.80 (39.65)	
4	Schneider, Emilie Claire	25	Santa Cruz Masters Aquatics-38	3:00.00	2:26.91
	33.46	1:10.33 (36.87)	1:48.78 (38.45)	2:26.91 (38.13)	
5	Woo, Emily	29	Marcia's Enthusiastic Masters-38	2:32.04	2:30.23
	34.77	1:13.12 (38.35)	1:52.30 (39.18)	2:30.23 (37.93)	

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 Aquatics-38	5:35.00	5:41.08
	30.53	1:04.77 (34.24)	1:38.88 (34.11)	2:13.39 (34.51)	
	2:48.22 (34.83)	3:23.49 (35.27)	3:58.60 (35.11)	4:34.09 (35.49)	
	5:08.73 (34.64)	5:41.08 (32.35)			
2	Schneider, Emilie Claire	25	Santa Cruz Masters Aquatics-38	7:00.00	6:29.02
	34.51	1:12.00 (37.49)	1:51.10 (39.10)	2:30.52 (39.42)	
	3:10.67 (40.15)	3:51.00 (40.33)	4:30.63 (39.63)	5:10.96 (40.33)	
	5:51.02 (40.06)	6:29.02 (38.00)			
3	Woo, Emily	29	Marcia's Enthusiastic Masters-38	6:45.75	6:45.60
	36.77	1:17.32 (40.55)	1:58.85 (41.53)	2:40.51 (41.66)	
	3:22.58 (42.07)	4:04.11 (41.53)	4:45.55 (41.44)	5:26.57 (41.02)	
	6:06.99 (40.42)	6:45.60 (38.61)			
4	Silva, Rayle	28	Marin Aquatic Masters-38	7:09.07	7:01.20
	36.89	1:17.59 (40.70)	1:59.67 (42.08)	2:41.87 (42.20)	
	3:25.24 (43.37)	4:08.55 (43.31)	4:52.81 (44.26)	5:37.41 (44.60)	
	6:21.56 (44.15)	7:01.20 (39.64)			

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	31.44	30.93
2	Nguyen, Salena	26	University of San Francisco Ma-38	34.81	34.65
3	Woo, Emily	29	Marcia's Enthusiastic Masters-38	40.11	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 Aquatics-38	2:23.60	2:18.73
	33.15	1:08.43 (35.28)	1:44.11 (35.68)	2:18.73 (34.62)	

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 Enthusiastic Masters-38	38.84	38.94
2	Nguyen, Salena	26	University of San Francisco Ma-38	39.94	40.16
3	Silva, Rayle	28	Marin Aquatic Masters-38	41.12	40.31

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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 Aquatics-38	2:40.00	2:39.98
	35.83	1:16.23 (40.40)	1:58.64 (42.41)	2:39.98 (41.34)	

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	30.86	29.22
2	Nguyen, Salena	26	University of San Francisco Ma-38	31.53	32.07
3	Schneider, Emilie Claire	25	Santa Cruz Masters Aquatics-38	35.00	32.39
4	Silva, Rayle	28	Marin Aquatic Masters-38	35.67	34.85
5	Woo, Emily	29	Marcia's Enthusiastic Masters-38	34.91	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 Enthusiastic Masters-38	3:20.08	2:56.25
	38.93	1:24.22 (45.29)	2:11.16 (46.94)	2:56.25 (45.09)	

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	32.97	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 Master Swimmer-15	2:05.83	2:10.87
	28.88	1:02.04 (33.16)	1:37.05 (35.01)	2:10.87 (33.82)	

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 Masters-38	6:09.99	6:06.91
	33.47	1:09.36 (35.89)	1:46.42 (37.06)	2:23.86 (37.44)	
	3:01.45 (37.59)	3:38.87 (37.42)	4:16.61 (37.74)	4:54.67 (38.06)	
	5:32.32 (37.65)	6:06.91 (34.59)			

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	30.03	28.69
2	Gallagher, Kim	35	Uc38	41.58	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 Masters-38	2:42.99	2:40.17
	38.66	1:19.64 (40.98)	2:01.11 (41.47)	2:40.17 (39.06)	

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	33.09	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	26.69	26.95
2	Gallagher, Kim	35	Uc38	36.06	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 Masters-38	2:55.01	2:51.26
	37.87	1:22.34 (44.47)	2:08.62 (46.28)	2:51.26 (42.64)	

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 Masters-38	29.93	30.70
2	Keough, Emily	44	Menlo Masters-38	32.24	32.53
3	West, Meredith	40	Uc38	35.00	34.81
4	Morin, Sarah-Jane	42	Marin Aquatic Masters-38	56.00	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 Masters-38	2:22.30	2:21.18
	32.44	1:07.83 (35.39)	1:44.42 (36.59)	2:21.18 (36.76)	
2	Groskopf, Sarah	44	Club Hot Tub-38	2:29.73	2:28.04
	33.99	1:11.22 (37.23)	1:49.35 (38.13)	2:28.04 (38.69)	
3	Keough, Emily	44	Menlo Masters-38	2:31.95	2:30.08
	33.88	1:11.12 (37.24)	1:50.38 (39.26)	2:30.08 (39.70)	
4	West, Meredith	40	Uc38	2:46.33	2:47.14
	39.45	1:21.62 (42.17)	2:05.12 (43.50)	2:47.14 (42.02)	

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 Aquatics-38	5:34.39	5:37.09
	30.67	1:04.03 (33.36)	1:37.95 (33.92)	2:12.30 (34.35)	
	2:46.13 (33.83)	3:20.09 (33.96)	3:54.38 (34.29)	4:28.82 (34.44)	
	5:03.24 (34.42)	5:37.09 (33.85)			
2	Keough, Emily	44	Menlo Masters-38	7:30.00	6:55.09
	38.16	1:19.58 (41.42)	2:02.43 (42.85)	2:45.01 (42.58)	
	3:27.89 (42.88)	4:10.50 (42.61)	4:52.74 (42.24)	5:35.06 (42.32)	
	6:16.06 (41.00)	6:55.09 (39.03)			
3	West, Meredith	40	Uc38	7:08.51	7:08.01
	39.81	1:20.96 (41.15)	2:03.82 (42.86)	2:47.27 (43.45)	
	3:31.12 (43.85)	4:15.09 (43.97)	4:58.80 (43.71)	5:42.61 (43.81)	
	6:26.20 (43.59)	7:08.01 (41.81)			
4	Flecker, Donita	42	Sebastopol Masters Aquatic Clu-38	7:45.17	7:29.04
	39.05	1:22.06 (43.01)	2:07.31 (45.25)	2:53.09 (45.78)	
	3:39.36 (46.27)	4:25.33 (45.97)	5:11.63 (46.30)	5:58.47 (46.84)	
	6:45.03 (46.56)	7:29.04 (44.01)			
5	Lee, Jez	44	Sebastopol Masters Aquatic Clu-38	7:30.99	7:37.10
	39.51	1:23.56 (44.05)	2:09.51 (45.95)	2:57.11 (47.60)	
	3:44.93 (47.82)	4:32.60 (47.67)	5:20.76 (48.16)	6:08.24 (47.48)	
	6:55.59 (47.35)	7:37.10 (41.51)			

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(Women 40-44 500 Yard Freestyle)

---	Rempe, Rachel	41	Marin Aquatic Masters-38	6:20.20	DQ
	34.54	1:12.41 (37.87)	1:51.26 (38.85)	2:30.63 (39.37)	
	3:10.44 (39.81)	3:50.43 (39.99)	4:29.83 (39.40)	5:09.09 (39.26)	
	5:47.59 (38.50)	DQ (37.87)			

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 Masters-38	34.76	35.84		
2	Keough, Emily	44	Menlo Masters-38	36.64	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 Aquatics-38	2:34.00	2:22.96		
	33.54	1:09.40 (35.86)	1:46.00 (36.60)	2:22.96 (36.96)			
2	Groskopf, Sarah	44	Club Hot Tub-38	2:52.93	2:47.68		
	38.82	1:21.66 (42.84)	2:04.65 (42.99)	2:47.68 (43.03)			
3	Lacuesta Byrum, Natalie	43	Orinda Aquatic Masters-38	2:51.32	2:50.77		
	39.55	1:21.90 (42.35)	2:06.36 (44.46)	2:50.77 (44.41)			
4	Flecker, Donita	42	Sebastopol Masters Aquatic Clu-38	3:08.61	3:03.10		
	42.12	1:30.17 (48.05)	2:17.70 (47.53)	3:03.10 (45.40)			

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 Masters-38	51.00	47.58		

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 Masters Aquatic Clu-38	3:30.99	3:34.06		
	49.34	1:43.42 (54.08)	2:40.67 (57.25)	3:34.06 (53.39)			

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	37.66	35.61		
2	Lacuesta Byrum, Natalie	43	Orinda Aquatic Masters-38	34.82	37.11		
3	Keough, Emily	44	Menlo Masters-38	38.91	38.65		
4	West, Meredith	40	Uc38	40.28	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 Masters Aquatic Clu-38	3:32.89	3:27.47		
	45.91	1:36.70 (50.79)	2:32.61 (55.91)	3:27.47 (54.86)			

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	28.00	28.09		
2	Cairns, Christina	46	Marin Aquatic Masters-38	29.93	29.03		
3	King, Lanie	48	Tamalpais Aquatic Masters-38	35.00	32.53		

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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 Masters-38	2:17.30	2:18.24
	31.82	1:06.52 (34.70)	1:42.47 (35.95)	2:18.24 (35.77)	
2	King, Lanie	48	Tamalpais Aquatic Masters-38	3:00.00	2:33.48
	34.48	1:13.16 (38.68)	1:53.64 (40.48)	2:33.48 (39.84)	
3	Cheung, Ruth	45	Quicksilver Masters-38	3:10.00	2:59.99
	40.63	1:25.72 (45.09)	2:14.49 (48.77)	2:59.99 (45.50)	

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 Masters-38	6:15.05	6:11.07
	32.72	1:09.19 (36.47)	1:46.39 (37.20)	2:24.53 (38.14)	
	3:02.14 (37.61)	3:40.00 (37.86)	4:17.78 (37.78)	4:55.87 (38.09)	
	5:33.89 (38.02)	6:11.07 (37.18)			
2	Cairns, Christina	46	Marin Aquatic Masters-38	6:35.00	6:13.93
	34.09	1:11.32 (37.23)	1:49.64 (38.32)	2:27.83 (38.19)	
	3:05.60 (37.77)	3:43.59 (37.99)	4:21.43 (37.84)	4:59.45 (38.02)	
	5:37.07 (37.62)	6:13.93 (36.86)			
3	Nehrebecki, Helene	45	Davis Aquatic Masters-38	6:40.00	6:21.08
	33.91	1:11.25 (37.34)	1:50.01 (38.76)	2:29.23 (39.22)	
	3:08.55 (39.32)	3:47.66 (39.11)	4:27.01 (39.35)	5:06.28 (39.27)	
	5:44.25 (37.97)	6:21.08 (36.83)			
4	Cheung, Ruth	45	Quicksilver Masters-38	8:10.00	8:10.85
	42.67	1:29.06 (46.39)	2:18.41 (49.35)	3:09.94 (51.53)	
	4:00.22 (50.28)	4:50.25 (50.03)	5:42.52 (52.27)	6:31.73 (49.21)	
	7:22.87 (51.14)	8:10.85 (47.98)			

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 Masters-38	33.73	33.10
2	Smith, Carrie	48	Sacramento Masters-38	34.92	34.97
3	Woodard, Niki	48	Uc38	36.00	35.84
4	Cheung, Ruth	45	Quicksilver Masters-38	50.00	47.35

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 Masters-38	2:26.49	2:17.89
	32.02	1:06.19 (34.17)	1:41.71 (35.52)	2:17.89 (36.18)	
2	Cheung, Ruth	45	Quicksilver Masters-38	4:00.00	3:40.32
	53.45	1:49.30 (55.85)	2:45.88 (56.58)	3:40.32 (54.44)	

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 Masters-38	35.14	35.36
2	Smith, Carrie	48	Sacramento Masters-38	37.38	36.43
3	Cairns, Christina	46	Marin Aquatic Masters-38	37.79	37.39
4	Woodard, Niki	48	Uc38	39.00	37.71

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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	3:08.00	2:59.96
	41.42	1:26.46 (45.04)	2:13.62 (47.16)	2:59.96 (46.34)	

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 Masters-38	29.83	29.86
2	Smith, Carrie	48	Sacramento Masters-38	31.04	30.44
3	King, Lanie	48	Tamalpais Aquatic Masters-38	45.00	37.48
4	Cheung, Ruth	45	Quicksilver Masters-38	45.00	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 Masters-38	2:42.74	2:43.07
	36.11	1:17.44 (41.33)	2:01.73 (44.29)	2:43.07 (41.34)	
2	Belluomini, Melanie	47	Davis Aquatic Masters-38	3:20.00	3:05.86
	40.08	1:23.36 (43.28)	2:12.49 (49.13)	3:05.86 (53.37)	

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	32.00	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 Aquatics-38	2:07.24	2:08.38
	30.22	1:02.90 (32.68)	1:36.04 (33.14)	2:08.38 (32.34)	
2	O'Hanlon, Christine	54	Rolling Hills Mud Sharks-38	2:40.50	2:35.45
	37.26	1:17.18 (39.92)	1:58.12 (40.94)	2:35.45 (37.33)	
3	Singh, Jo	52	Menlo Masters-38	2:45.51	2:51.79
	40.37	1:23.36 (42.99)	2:08.04 (44.68)	2:51.79 (43.75)	
4	Peroni, Diana	52	Marin Aquatic Masters-38	2:58.00	2:58.89
	40.43	1:25.88 (45.45)	2:12.92 (47.04)	2:58.89 (45.97)	

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 Aquatics-38	5:44.35	5:41.30
	31.16	1:04.77 (33.61)	1:39.36 (34.59)	2:14.45 (35.09)	
	2:49.31 (34.86)	3:24.16 (34.85)	3:59.11 (34.95)	4:34.03 (34.92)	
	5:08.50 (34.47)	5:41.30 (32.80)			
2	Maze, Ghislaine	50	Richmond Plunge Masters-38	7:40.00	7:34.36
	41.74	1:27.68 (45.94)	2:14.05 (46.37)	3:00.97 (46.92)	
	3:47.61 (46.64)	4:33.75 (46.14)	5:19.96 (46.21)	6:05.83 (45.87)	
	6:51.50 (45.67)	7:34.36 (42.86)			
3	Singh, Jo	52	Menlo Masters-38	7:29.71	7:36.31
	42.14	1:27.34 (45.20)	2:13.67 (46.33)	3:00.39 (46.72)	
	3:47.44 (47.05)	4:34.52 (47.08)	5:21.46 (46.94)	6:08.00 (46.54)	
	6:53.76 (45.76)	7:36.31 (42.55)			

2025 Short and Sweet - 3/9/2025

Results - Sunday

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 Masters Swim T-38	29.84	30.54
2	Zamanian, Alison	54	Walnut Creek Masters-38	32.00	31.08
3	Gallagher, Hanna Alix	52	Menlo Masters-38	39.04	39.46
4	Singh, Jo	52	Menlo Masters-38	47.64	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 Mud Sharks-38	3:07.50	3:01.87
				43.76	1:29.96 (46.20)
					2:17.18 (47.22)
					3:01.87 (44.69)
2	Singh, Jo	52	Menlo Masters-38	3:51.60	3:58.93
				54.42	1:55.98 (1:01.56)
					2:59.72 (1:03.74)
					3:58.93 (59.21)

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 Masters Swim T-38	32.84	33.17
2	Zamanian, Alison	54	Walnut Creek Masters-38	35.50	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 Masters Swim T-38	2:38.91	2:39.04
				36.06	1:16.48 (40.42)
					1:57.64 (41.16)
					2:39.04 (41.40)
2	Zamanian, Alison	54	Walnut Creek Masters-38	2:45.00	2:44.27
				37.16	1:18.08 (40.92)
					2:00.10 (42.02)
					2:44.27 (44.17)
3	Nagaoka, Masako	50	Quicksilver Masters-38	2:47.41	2:50.83
				38.79	1:23.14 (44.35)
					2:06.41 (43.27)
					2:50.83 (44.42)
4	Gallagher, Hanna Alix	52	Menlo Masters-38	3:27.27	3:16.33
				46.04	1:36.91 (50.87)
					2:26.78 (49.87)
					3:16.33 (49.55)
5	Maze, Ghislaine	50	Richmond Plunge Masters-38	3:25.00	3:30.90
				47.25	1:40.40 (53.15)
					2:35.58 (55.18)
					3:30.90 (55.32)

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 Masters-38	29.98	29.59
2	Gallagher, Hanna Alix	52	Menlo Masters-38	36.79	37.37
3	Peroni, Diana	52	Marin Aquatic Masters-38	38.00	39.82
4	Singh, Jo	52	Menlo Masters-38	42.39	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 Masters-38	2:25.00	2:22.71
				31.36	1:07.26 (35.90)
					1:44.34 (37.08)
					2:22.71 (38.37)
2	Maze, Ghislaine	50	Richmond Plunge Masters-38	3:25.00	3:32.40
				47.62	1:42.16 (54.54)
					2:39.12 (56.96)
					3:32.40 (53.28)

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	29.04	29.11
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2025 Short and Sweet - 3/9/2025

Results - Sunday

(Women 55-59 50 Yard Freestyle)

2	Capen, Tasha	58	Menlo Masters-38	30.69	31.12
3	Bachtiger, Jasmine	55	Rolling Hills Mud Sharks-38	31.90	32.30
4	Wishovich, Shelley	58	Marin Aquatic Masters-38	31.90	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 Enthusiastic Masters-38	2:24.82	2:22.53
	33.94	1:09.84 (35.90)	1:46.12 (36.28)	2:22.53 (36.41)	
2	Attwell, Carrie	55	The Olympic Club-38	2:24.66	2:24.45
	32.98	1:08.97 (35.99)	1:46.66 (37.69)	2:24.45 (37.79)	
3	Hu, Qing	58	Walnut Creek Masters-38	4:10.83	4:18.59
	1:02.18	2:10.12 (1:07.94)	3:18.49 (1:08.37)	4:18.59 (1:00.10)	

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 Enthusiastic Masters-38	6:28.98	6:26.33
	36.85	1:15.90 (39.05)	1:54.78 (38.88)	2:33.56 (38.78)	
	3:12.31 (38.75)	3:51.77 (39.46)	4:30.40 (38.63)	5:09.29 (38.89)	
	5:48.31 (39.02)	6:26.33 (38.02)			
2	Jones, Sara	56	Santa Rosa Masters-38	6:35.00	6:34.70
	35.07	1:14.53 (39.46)	1:54.83 (40.30)	2:35.53 (40.70)	
	3:15.46 (39.93)	3:55.52 (40.06)	4:36.19 (40.67)	5:15.57 (39.38)	
	5:55.28 (39.71)	6:34.70 (39.42)			
3	Bachtiger, Jasmine	55	Rolling Hills Mud Sharks-38	7:30.00	7:25.36
	39.77	1:23.43 (43.66)	2:08.45 (45.02)	2:53.83 (45.38)	
	3:39.37 (45.54)	4:25.07 (45.70)	5:11.58 (46.51)	5:57.87 (46.29)	
	6:43.34 (45.47)	7:25.36 (42.02)			

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 Masters-38	35.68	37.51
2	Bachtiger, Jasmine	55	Rolling Hills Mud Sharks-38	45.00	40.97
3	Wishovich, Shelley	58	Marin Aquatic Masters-38	39.64	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 Masters-38	2:36.88	2:43.80
	39.69	1:20.49 (40.80)	2:02.51 (42.02)	2:43.80 (41.29)	
2	Shu, Vicki	56	Marcia's Enthusiastic Masters-38	2:52.36	2:50.23
	41.44	1:25.43 (43.99)	2:09.02 (43.59)	2:50.23 (41.21)	
3	Hu, Qing	58	Walnut Creek Masters-38	6:19.22	5:23.24
	1:18.08	2:42.85 (1:24.77)	4:06.07 (1:23.22)	5:23.24 (1:17.17)	

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	37.11	37.53
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2025 Short and Sweet - 3/9/2025

Results - Sunday

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	2:59.00	3:02.53
	41.38	1:28.13 (46.75)	2:15.18 (47.05)	3:02.53 (47.35)	
2	Shu, Vicki	56	Marcia's Enthusiastic Masters-38	3:14.57	3:15.47
	45.17	1:35.16 (49.99)	2:25.95 (50.79)	3:15.47 (49.52)	
3	Hu, Qing	58	Walnut Creek Masters-38	5:55.83	5:26.62
	1:16.73	2:39.96 (1:23.23)	4:06.69 (1:26.73)	5:26.62 (1:19.93)	

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	31.67	32.01
2	Bjerknes, Wendy	55	San Mateo Masters-38	32.11	33.08
3	Bachtiger, Jasmine	55	Rolling Hills Mud Sharks-38	35.59	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 Enthusiastic Masters-38	2:48.15	2:49.05
	38.19	1:21.13 (42.94)	2:04.56 (43.43)	2:49.05 (44.49)	
2	Bjerknes, Wendy	55	San Mateo Masters-38	2:47.11	2:50.66
	36.62	1:18.07 (41.45)	2:03.71 (45.64)	2:50.66 (46.95)	

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 Aquatics-38	26.41	26.83
2	Coffee, Cassandra	63	Tamalpais Aquatic Masters-38	37.50	35.54
3	Tonge, Jacqueline	62	Orinda Aquatic Masters-38	36.24	36.74
4	Carroll, Leah	63	Albany Armada Aquatics Masters-38	49.00	48.13
5	Kirsch, Eva	62	Cala Maritime Aquatics Masters-38	54.42	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 Aquatics-38	2:05.68	2:08.05
	29.97	1:01.89 (31.92)	1:34.85 (32.96)	2:08.05 (33.20)	
2	Salmi, Andrea	60	North Bay Aquatics-38	2:12.16	2:11.22
	31.65	1:04.33 (32.68)	1:37.84 (33.51)	2:11.22 (33.38)	
3	Walts, Merrie	64	Santa Rosa Masters-38	2:25.00	2:18.73
	31.51	1:06.51 (35.00)	1:42.62 (36.11)	2:18.73 (36.11)	
4	McHale, Carol	60	Santa Rosa Masters-38	3:00.00	2:58.83
	41.64	1:27.19 (45.55)	2:13.53 (46.34)	2:58.83 (45.30)	
5	Coffee, Cassandra	63	Tamalpais Aquatic Masters-38	3:28.29	3:03.90
	39.50	1:25.29 (45.79)	2:13.72 (48.43)	3:03.90 (50.18)	
6	Focha, Teresa	64	Albany Armada Aquatics Masters-38	3:28.27	3:36.01
	47.53	1:42.73 (55.20)	2:39.48 (56.75)	3:36.01 (56.53)	
7	Carroll, Leah	63	Albany Armada Aquatics Masters-38	3:46.76	3:40.74
	52.43	1:48.72 (56.29)	2:46.27 (57.55)	3:40.74 (54.47)	
8	Kirsch, Eva	62	Cala Maritime Aquatics Masters-38	5:19.85	4:28.74
	1:00.88	2:08.97 (1:08.09)	3:18.66 (1:09.69)	4:28.74 (1:10.08)	

2025 Short and Sweet - 3/9/2025

Results - Sunday

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 Aquatics-38	5:48.83	5:47.95
	31.47	1:05.52 (34.05)	1:40.11 (34.59)	2:15.27 (35.16)	
	2:50.73 (35.46)	3:26.06 (35.33)	4:02.58 (36.52)	4:38.48 (35.90)	
	5:13.84 (35.36)	5:47.95 (34.11)			
2	Salmi, Andrea	60	North Bay Aquatics-38	6:01.14	5:56.51
	32.44	1:07.26 (34.82)	1:42.94 (35.68)	2:19.17 (36.23)	
	2:55.34 (36.17)	3:31.72 (36.38)	4:08.06 (36.34)	4:44.77 (36.71)	
	5:21.58 (36.81)	5:56.51 (34.93)			
3	DiPrete, Catheryne	61	Tamalpais Aquatic Masters-38	6:27.21	6:02.22
	33.15	1:08.27 (35.12)	1:44.54 (36.27)	2:21.29 (36.75)	
	2:58.24 (36.95)	3:35.37 (37.13)	4:12.43 (37.06)	4:49.50 (37.07)	
	5:26.57 (37.07)	6:02.22 (35.65)			
4	Walts, Merrie	64	Santa Rosa Masters-38	6:24.00	6:06.49
	32.54	1:08.45 (35.91)	1:45.39 (36.94)	2:22.92 (37.53)	
	3:00.53 (37.61)	3:38.00 (37.47)	4:15.55 (37.55)	4:53.17 (37.62)	
	5:30.73 (37.56)	6:06.49 (35.76)			
5	Matena, Jana	62	Menlo Masters-38	6:06.73	6:06.55
	33.15	1:09.33 (36.18)	1:46.38 (37.05)	2:23.89 (37.51)	
	3:01.17 (37.28)	3:38.57 (37.40)	4:15.77 (37.20)	4:53.02 (37.25)	
	5:30.19 (37.17)	6:06.55 (36.36)			
6	Couch, Stephanie	60	Menlo Masters-38	6:22.06	6:17.49
	35.35	1:13.07 (37.72)	1:51.10 (38.03)	2:29.28 (38.18)	
	3:07.70 (38.42)	3:45.90 (38.20)	4:24.15 (38.25)	5:02.42 (38.27)	
	5:40.40 (37.98)	6:17.49 (37.09)			
7	Phalen, Jennifer	60	Davis Aquatic Masters-38	7:20.64	7:19.42
	39.11	1:21.55 (42.44)	2:04.97 (43.42)	2:49.20 (44.23)	
	3:34.17 (44.97)	4:18.56 (44.39)	5:03.68 (45.12)	5:49.13 (45.45)	
	6:35.27 (46.14)	7:19.42 (44.15)			
8	Focha, Teresa	64	Albany Armada Aquatics Masters-38	8:55.20	9:19.22
	50.67	1:46.76 (56.09)	2:43.08 (56.32)	3:40.01 (56.93)	
	4:37.18 (57.17)	5:33.79 (56.61)	6:30.63 (56.84)	7:26.89 (56.26)	
	8:23.83 (56.94)	9:19.22 (55.39)			
9	Carroll, Leah	63	Albany Armada Aquatics Masters-38	10:01.00	9:51.57
	53.98	1:55.33 (1:01.35)	2:55.25 (59.92)	3:56.98 (1:01.73)	
	4:56.10 (59.12)	5:56.63 (1:00.53)	6:57.51 (1:00.88)	7:56.91 (59.40)	
	8:57.36 (1:00.45)	9:51.57 (54.21)			
10	Kirsch, Eva	62	Cala Maritime Aquatics Masters-38	13:25.00	10:08.93
	59.35	1:57.80 (58.45)	2:57.84 (1:00.04)	3:59.97 (1:02.13)	
	5:03.13 (1:03.16)	6:05.64 (1:02.51)	7:07.54 (1:01.90)	8:08.66 (1:01.12)	
	9:11.42 (1:02.76)	10:08.93 (57.51)			

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 Masters-38	37.18	37.56
2	Tonge, Jacqueline	62	Orinda Aquatic Masters-38	41.44	43.75
3	Phalen, Jennifer	60	Davis Aquatic Masters-38	45.64	46.78
4	Focha, Teresa	64	Albany Armada Aquatics Masters-38	47.72	48.66
5	Carroll, Leah	63	Albany Armada Aquatics Masters-38	55.00	53.82

2025 Short and Sweet - 3/9/2025**Results - Sunday****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 Masters-38	2:35.00	2:30.12
	35.13	1:12.57 (37.44)	1:50.81 (38.24)	2:30.12 (39.31)	
2	Walts, Merrie	64	Santa Rosa Masters-38	2:36.53	2:37.50
	36.54	1:15.63 (39.09)	1:56.73 (41.10)	2:37.50 (40.77)	
3	Couch, Stephanie	60	Menlo Masters-38	2:45.61	2:42.67
	39.49	1:20.42 (40.93)	2:02.01 (41.59)	2:42.67 (40.66)	
4	Russell, Jane	61	Davis Aquatic Masters-38	2:58.19	2:54.58
	40.71	1:25.10 (44.39)	2:10.34 (45.24)	2:54.58 (44.24)	
5	Nowack, Susan	64	Santa Rosa Masters-38	3:08.00	3:06.46
	45.20	1:32.47 (47.27)	2:20.04 (47.57)	3:06.46 (46.42)	
6	Phalen, Jennifer	60	Davis Aquatic Masters-38	3:35.72	3:24.39
	48.27	1:40.55 (52.28)	2:33.21 (52.66)	3:24.39 (51.18)	
7	McHale, Carol	60	Santa Rosa Masters-38	3:15.00	3:31.37
	51.42	1:44.87 (53.45)	2:38.88 (54.01)	3:31.37 (52.49)	
8	Focha, Teresa	64	Albany Armada Aquatics Masters-38	3:44.61	3:45.86
	50.78	1:45.99 (55.21)	2:44.33 (58.34)	3:45.86 (1:01.53)	
9	Carroll, Leah	63	Albany Armada Aquatics Masters-38	4:03.00	3:52.18
	55.13	1:53.09 (57.96)	2:52.80 (59.71)	3:52.18 (59.38)	

Women 60-64 50 Yard BreaststrokePAC: 35.70 P 5/19/2024 **Kim E Oster**NATL: 33.79 N 5/7/2017 **MELINDA MANN**

1	Phalen, Jennifer	60	Davis Aquatic Masters-38	44.85	43.48
2	Couch, Stephanie	60	Menlo Masters-38	45.00	44.13
3	Tonge, Jacqueline	62	Orinda Aquatic Masters-38	45.40	46.34
4	Kirsch, Eva	62	Cala Maritime Aquatics Masters-38	56.27	50.96

Women 60-64 200 Yard BreaststrokePAC: 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 Masters-38	3:15.00	2:57.93
	40.95	1:25.92 (44.97)	2:11.89 (45.97)	2:57.93 (46.04)	
2	Walts, Merrie	64	Santa Rosa Masters-38	3:00.00	3:03.62
	40.29	1:26.68 (46.39)	2:16.03 (49.35)	3:03.62 (47.59)	
3	Russell, Jane	61	Davis Aquatic Masters-38	3:20.68	3:20.26
	45.05	1:35.51 (50.46)	2:27.80 (52.29)	3:20.26 (52.46)	
4	Phalen, Jennifer	60	Davis Aquatic Masters-38	3:15.64	3:21.29
	45.56	1:36.38 (50.82)	2:29.99 (53.61)	3:21.29 (51.30)	
5	Nowack, Susan	64	Santa Rosa Masters-38	3:25.00	3:22.83
	46.78	1:38.70 (51.92)	2:31.06 (52.36)	3:22.83 (51.77)	
6	Tonge, Jacqueline	62	Orinda Aquatic Masters-38	3:28.80	3:31.13
	48.66	1:41.62 (52.96)	2:36.76 (55.14)	3:31.13 (54.37)	
7	McHale, Carol	60	Santa Rosa Masters-38	3:25.00	3:40.35
	51.10	1:47.42 (56.32)	2:43.78 (56.36)	3:40.35 (56.57)	
8	Kirsch, Eva	62	Cala Maritime Aquatics Masters-38	4:37.17	3:57.29
	53.98	1:55.53 (1:01.55)	2:57.91 (1:02.38)	3:57.29 (59.38)	
9	Focha, Teresa	64	Albany Armada Aquatics Masters-38	4:01.74	4:17.61
	58.77	2:02.87 (1:04.10)	3:10.94 (1:08.07)	4:17.61 (1:06.67)	

2025 Short and Sweet - 3/9/2025

Results - Sunday

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 Masters-38	31.00	30.20
2	Quick, Sarah	61	North Bay Aquatics-38	30.67	30.34
3	Nowack, Susan	64	Santa Rosa Masters-38	37.00	36.11
4	Coffee, Cassandra	63	Tamalpais Aquatic Masters-38	44.50	40.95
5	Phalen, Jennifer	60	Davis Aquatic Masters-38	44.24	43.14
6	Carroll, Leah	63	Albany Armada Aquatics Masters-38	56.00	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 Masters-38	3:10.79	3:02.73
				39.66	1:25.93 (46.27)
					2:14.98 (49.05)
					3:02.73 (47.75)
2	Couch, Stephanie	60	Menlo Masters-38	3:05.05	3:03.83
				40.52	1:27.43 (46.91)
					2:16.42 (48.99)
					3:03.83 (47.41)
3	Focha, Teresa	64	Albany Armada Aquatics Masters-38	3:50.13	3:51.54
				52.21	1:51.11 (58.90)
					2:52.18 (1:01.07)
					3:51.54 (59.36)

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	32.03	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 Masters-44	3:00.00	2:49.67
				38.59	1:21.35 (42.76)
					2:05.84 (44.49)
					2:49.67 (43.83)
2	Basile, Katy	65	Menlo Masters-38	3:20.00	2:55.48
				42.39	1:27.41 (45.02)
					2:13.53 (46.12)
					2:55.48 (41.95)

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	7:19.53	6:54.88
				36.94	1:17.48 (40.54)
					1:59.47 (41.99)
					2:41.88 (42.41)
					3:24.55 (42.67)
					4:07.31 (42.76)
					4:50.25 (42.94)
					5:32.16 (41.91)
					6:14.79 (42.63)
					6:54.88 (40.09)
2	Quinn, Phyllis	69	The Olympic Club-38	8:50.77	7:55.62
				43.92	1:30.73 (46.81)
					2:19.10 (48.37)
					3:07.06 (47.96)
					3:55.12 (48.06)
					4:44.05 (48.93)
					5:32.47 (48.42)
					6:20.03 (47.56)
					7:08.23 (48.20)
					7:55.62 (47.39)
3	Basile, Katy	65	Menlo Masters-38	8:55.00	7:58.19
				44.56	1:31.65 (47.09)
					2:21.13 (49.48)
					3:10.21 (49.08)
					3:59.73 (49.52)
					4:48.97 (49.24)
					5:37.90 (48.93)
					6:25.77 (47.87)
					7:13.63 (47.86)
					7:58.19 (44.56)

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 Masters-44	4:20.00	3:32.51
				49.90	1:43.96 (54.06)
					2:38.68 (54.72)
					3:32.51 (53.83)

2025 Short and Sweet - 3/9/2025

Results - Sunday

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 49.09 42.84

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 Masters-44 4:45.00 4:19.53
1:00.87 2:06.64 (1:05.77) 3:13.13 (1:06.49) 4:19.53 (1:06.40)

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 45.00 38.81

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 3:30.00 3:17.64
46.90 1:37.59 (50.69) 2:28.46 (50.87) 3:17.64 (49.18)
2 Neville, Cathy 67 San Diego Swim Masters-44 4:10.00 3:46.16
50.55 1:50.27 (59.72) 2:49.55 (59.28) 3:46.16 (56.61)
3 Basile, Katy 65 Menlo Masters-38 4:15.00 4:07.76
55.23 1:55.74 (1:00.51) 2:59.94 (1:04.20) 4:07.76 (1:07.82)

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 Mud Sharks-38 36.28 35.92
2 Strauss, Judy 70 Menlo Masters-38 45.00 42.40
3 Gillon, Jean 73 Menlo Masters-38 45.00 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 Mud Sharks-38 2:54.86 2:56.04
41.33 1:25.92 (44.59) 2:11.04 (45.12) 2:56.04 (45.00)
2 Strauss, Judy 70 Menlo Masters-38 3:15.00 3:09.03
48.48 1:34.44 (45.96) 2:22.20 (47.76) 3:09.03 (46.83)
3 Thomas, Elaine 70 Mountain View Masters-38 3:40.00 3:21.81
47.96 1:38.00 (50.04) 2:29.85 (51.85) 3:21.81 (51.96)

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 8:20.00 7:51.02
43.20 1:28.81 (45.61) 2:16.43 (47.62) 3:04.13 (47.70)
3:51.98 (47.85) 4:39.92 (47.94) 5:27.59 (47.67) 6:15.83 (48.24)
7:04.02 (48.19) 7:51.02 (47.00)

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 Mud Sharks-38 43.52 42.69
2 Willard, Mimi 71 Tamalpais Aquatic Masters-38 46.15 44.61

2025 Short and Sweet - 3/9/2025**Results - Sunday****(Women 70-74 50 Yard Backstroke)**

3	Thomas, Elaine	70	Mountain View Masters-38	55.00	50.14
4	Gillon, Jean	73	Menlo Masters-38	54.40	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 Aquatic Masters-38	3:18.69	3:20.73
	47.38	1:37.34 (49.96)	2:28.52 (51.18)	3:20.73 (52.21)	
2	Hepworth, Linda	71	Rolling Hills Mud Sharks-38	3:17.59	3:23.32
	47.90	1:39.89 (51.99)	2:32.42 (52.53)	3:23.32 (50.90)	
3	Thomas, Elaine	70	Mountain View Masters-38	3:45.00	3:43.51
	54.09	1:50.82 (56.73)	2:48.75 (57.93)	3:43.51 (54.76)	
4	Gillon, Jean	73	Menlo Masters-38	4:00.00	4:14.47
	59.65	2:06.79 (1:07.14)	3:13.30 (1:06.51)	4:14.47 (1:01.17)	

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 Mud Sharks-38	53.25	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 Aquatic Masters-38	3:52.64	3:55.99
	54.38	1:53.25 (58.87)	2:54.02 (1:00.77)	3:55.99 (1:01.97)	

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 Mud Sharks-38	47.96	47.27
2	Ewing, Nancy	78	Albany Armada Aquatics Masters-38	48.31	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	3:24.00	3:18.83
	45.94	1:35.85 (49.91)	2:27.86 (52.01)	3:18.83 (50.97)	
2	Coholan, Annette	76	Rolling Hills Mud Sharks-38	3:40.57	3:49.91
	52.66	1:51.12 (58.46)	2:51.33 (1:00.21)	3:49.91 (58.58)	

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	9:00.00	8:39.33
	46.08	1:36.27 (50.19)	2:28.55 (52.28)	3:21.52 (52.97)	
	4:15.08 (53.56)	5:08.37 (53.29)	6:01.31 (52.94)	6:55.00 (53.69)	
	7:47.83 (52.83)	8:39.33 (51.50)			
2	Coholan, Annette	76	Rolling Hills Mud Sharks-38	9:44.17	9:45.57
	53.21	1:52.15 (58.94)	2:50.57 (58.42)	3:50.63 (1:00.06)	
	4:49.25 (58.62)	5:48.39 (59.14)	6:48.61 (1:00.22)	7:48.60 (59.99)	
	8:47.65 (59.05)	9:45.57 (57.92)			

2025 Short and Sweet - 3/9/2025

Results - Sunday

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	1:00.00	55.24
2	Ewing, Nancy	78	Albany Armada Aquatics Masters-38	58.42	1:00.18

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	55.00	52.18
2	Ewing, Nancy	78	Albany Armada Aquatics Masters-38	59.11	58.37
3	Coholan, Annette	76	Rolling Hills Mud Sharks-38	1:02.16	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	4:00.00	4:04.51
				56.17	1:56.72 (1:00.55)
				3:02.28 (1:05.56)	4:04.51 (1:02.23)
2	Ewing, Nancy	78	Albany Armada Aquatics Masters-38	4:38.25	4:31.76
				1:00.03	2:09.03 (1:09.00)
				3:21.04 (1:12.01)	4:31.76 (1:10.72)

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	52.00	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 Aquatic Masters-38	49.89	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	3:40.20	3:19.45
				43.70	1:35.69 (51.99)
				2:28.77 (53.08)	3:19.45 (50.68)

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	55.15	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	3:49.15	3:37.45
				52.72	1:47.84 (55.12)
				2:44.42 (56.58)	3:37.45 (53.03)

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	48.30	46.58
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2025 Short and Sweet - 3/9/2025

Results - Sunday

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	3:45.15	3:46.25
	53.37	1:51.43 (58.06)	2:50.33 (58.90)	3:46.25 (55.92)	

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	3:59.20	3:50.62
	53.08	1:51.77 (58.69)	2:52.59 (1:00.82)	3:50.62 (58.03)	

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	55.00	53.83
2	Flesh, Anice	88	Marin Aquatic Masters-38	55.00	54.86
3	Tegner, Thyra	89	Quicksilver Masters-38	1:09.34	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	4:30.00	3:57.41
	55.66	1:57.03 (1:01.37)	2:58.33 (1:01.30)	3:57.41 (59.08)	

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	1:05.00	59.34
2	Flesh, Anice	88	Marin Aquatic Masters-38	1:10.00	1:12.89
3	Tegner, Thyra	89	Quicksilver Masters-38	1:26.68	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	4:45.00	4:30.49
	1:05.04	2:13.54 (1:08.50)	3:22.67 (1:09.13)	4:30.49 (1:07.82)	

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	1:05.00	1:03.24
2	Flesh, Anice	88	Marin Aquatic Masters-38	1:12.00	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	4:45.00	4:55.74
	1:05.82	2:20.17 (1:14.35)	3:38.24 (1:18.07)	4:55.74 (1:17.50)	

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 Masters-38	1:14.00	1:19.42
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2025 Short and Sweet - 3/9/2025

Results - Sunday

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 23.20 24.16

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 2:05.00 2:08.91
28.06 59.68 (31.62) 1:33.84 (34.16) 2:08.91 (35.07)

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 26.80 26.78

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 Masters-38 27.45 27.46

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 Masters-38 2:13.90 2:12.47
31.29 1:05.15 (33.86) 1:39.09 (33.94) 2:12.47 (33.38)
2 Nuñez, Nick 30 Quicksilver Masters-38 2:19.54 2:16.13
31.53 1:06.44 (34.91) 1:42.17 (35.73) 2:16.13 (33.96)
3 Thomas, Michael 32 Mountain View Masters-38 2:17.11 2:25.46
32.85 1:10.60 (37.75) 1:48.50 (37.90) 2:25.46 (36.96)
4 Bautista, Jair 32 Sacramento Masters-38 2:21.62 2:27.86
33.67 1:11.04 (37.37) 1:50.31 (39.27) 2:27.86 (37.55)

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 Masters-38 5:55.55 6:22.75
35.46 1:13.51 (38.05) 1:53.26 (39.75) 2:32.32 (39.06)
3:11.60 (39.28) 3:50.56 (38.96) 4:29.54 (38.98) 5:08.64 (39.10)
5:46.64 (38.00) 6:22.75 (36.11)
2 Bautista, Jair 32 Sacramento Masters-38 6:28.51 6:46.54
35.39 1:14.85 (39.46) 1:55.69 (40.84) 2:36.91 (41.22)
3:18.03 (41.12) 3:59.85 (41.82) 4:42.38 (42.53) 5:25.27 (42.89)
6:07.51 (42.24) 6:46.54 (39.03)
3 Thomas, Michael 32 Mountain View Masters-38 6:22.41 7:08.08
33.89 1:13.19 (39.30) 1:53.76 (40.57) 2:36.21 (42.45)
3:20.63 (44.42) 4:07.44 (46.81) 4:54.40 (46.96) 5:40.65 (46.25)
6:25.51 (44.86) 7:08.08 (42.57)

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 Masters-38 2:34.28 2:46.47
39.16 1:22.49 (43.33) 2:05.37 (42.88) 2:46.47 (41.10)
2 Gu, Yue Shen 32 Walnut Creek Masters-38 3:22.52 2:50.75
40.49 1:24.27 (43.78) 2:08.62 (44.35) 2:50.75 (42.13)

2025 Short and Sweet - 3/9/2025

Results - Sunday

(Men 30-34 200 Yard Backstroke)

3	Bautista, Jair	32	Sacramento Masters-38	2:54.55	3:00.98
	42.44	1:28.70 (46.26)	2:15.87 (47.17)	3:00.98 (45.11)	

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 Masters-38	40.49	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 Masters-38	3:08.20	2:43.65
	38.02	1:20.52 (42.50)	2:02.99 (42.47)	2:43.65 (40.66)	
2	Thomas, Michael	32	Mountain View Masters-38	2:53.39	3:00.81
	41.58	1:27.62 (46.04)	2:14.88 (47.26)	3:00.81 (45.93)	
3	Bautista, Jair	32	Sacramento Masters-38	3:10.00	3:25.66
	46.93	1:38.72 (51.79)	2:31.80 (53.08)	3:25.66 (53.86)	

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 Masters-38	27.42	30.08
2	Nuñez, Nick	30	Quicksilver Masters-38	30.67	30.55
3	Bautista, Jair	32	Sacramento Masters-38	32.89	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 Masters-38	2:40.00	2:44.53
	36.80	1:16.30 (39.50)	2:01.48 (45.18)	2:44.53 (43.05)	
2	Gu, Yue Shen	32	Walnut Creek Masters-38	3:20.88	2:51.61
	36.09	1:21.16 (45.07)	2:08.00 (46.84)	2:51.61 (43.61)	
3	Thomas, Michael	32	Mountain View Masters-38	2:33.97	2:57.50
	37.71	1:23.70 (45.99)	2:11.07 (47.37)	2:57.50 (46.43)	

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	21.11	21.22
2	Swartz, Drew	36	Alameda Aquatic Masters-38	24.55	24.32
3	Zang, Qing	38	Menlo Masters-38	26.00	24.55
4	Calhoun, Jack	35	Santa Cruz Masters Aquatics-38	24.50	25.68
5	Lange, Austin	37	Sacramento Masters-38	28.13	27.80
6	McCormack, Jason	36	Marin Aquatic Masters-38	28.87	27.94
7	Swafford, David	39	Club Hot Tub-38	33.50	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 Masters Aquatics-38	1:57.00	1:58.91
	28.64	58.74 (30.10)	1:28.77 (30.03)	1:58.91 (30.14)	
2	Swafford, David	39	Club Hot Tub-38	2:38.00	2:40.09
	38.31	1:19.16 (40.85)	2:00.54 (41.38)	2:40.09 (39.55)	

2025 Short and Sweet - 3/9/2025**Results - Sunday****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	4:57.41	5:00.12
	26.61	56.55 (29.94)	1:26.86 (30.31)	1:57.24 (30.38)	
	2:27.81 (30.57)	2:58.76 (30.95)	3:29.28 (30.52)	3:59.93 (30.65)	
	4:30.53 (30.60)	5:00.12 (29.59)			
2	Calhoun, Jack	35	Santa Cruz Masters Aquatics-38	5:20.00	5:25.83
	30.56	1:04.14 (33.58)	1:37.93 (33.79)	2:11.33 (33.40)	
	2:44.31 (32.98)	3:17.24 (32.93)	3:49.92 (32.68)	4:22.48 (32.56)	
	4:54.86 (32.38)	5:25.83 (30.97)			
3	Swafford, David	39	Club Hot Tub-38	7:00.00	7:06.74
	41.20	1:22.84 (41.64)	2:05.28 (42.44)	2:48.72 (43.44)	
	3:32.12 (43.40)	4:15.54 (43.42)	4:59.47 (43.93)	5:41.88 (42.41)	
	6:24.59 (42.71)	7:06.74 (42.15)			

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 Masters-38	26.91	26.81
2	Lange, Austin	37	Sacramento Masters-38	33.88	34.39
3	McCormack, Jason	36	Marin Aquatic Masters-38	38.09	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 Masters-38	2:06.95	2:09.96
	30.83	1:04.25 (33.42)	1:37.41 (33.16)	2:09.96 (32.55)	

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 Aquatics Masters-38	24.44	25.44
2	Zang, Qing	38	Menlo Masters-38	35.00	32.54
3	Lange, Austin	37	Sacramento Masters-38	36.53	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 Aquatics Masters-38	1:52.08	2:02.70
	27.91	59.27 (31.36)	1:31.09 (31.82)	2:02.70 (31.61)	

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 Aquatics Masters-38	22.51	23.86
2	Swartz, Drew	36	Alameda Aquatic Masters-38	26.30	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 Aquatics Masters-38	1:52.88	2:10.00
	27.43	59.56 (32.13)	1:33.99 (34.43)	2:10.00 (36.01)	

2025 Short and Sweet - 3/9/2025

Results - Sunday

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	26.59	26.01
2	Radzik, Brett	40	Sacramento Masters-38	28.32	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 Enthusiastic Masters-38	6:15.77	6:20.24
				34.63	1:12.98 (38.35)
				1:51.45 (38.47)	2:30.14 (38.69)
				3:08.76 (38.62)	3:47.26 (38.50)
				4:25.29 (38.03)	5:03.36 (38.07)
				5:42.11 (38.75)	6:20.24 (38.13)

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	32.43	31.40
2	Radzik, Brett	40	Sacramento Masters-38	35.25	34.57
3	Song, Jimmy	41	Marcia's Enthusiastic Masters-38	35.99	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 Enthusiastic Masters-38	2:46.98	2:44.29
				39.43	1:21.16 (41.73)
				2:03.04 (41.88)	2:44.29 (41.25)

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	33.38	33.04
2	Song, Jimmy	41	Marcia's Enthusiastic Masters-38	34.13	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 Enthusiastic Masters-38	2:41.20	2:36.99
				36.62	1:16.62 (40.00)
				1:56.68 (40.06)	2:36.99 (40.31)

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	29.09	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 Enthusiastic Masters-38	2:45.32	2:41.75
				36.18	1:17.75 (41.57)
				1:59.99 (42.24)	2:41.75 (41.76)

Men 45-49 200 Yard Freestyle

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

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

1	Frazier, Michael	48	Sacramento Masters-38	2:08.76	2:12.59
				29.96	1:02.83 (32.87)
				1:37.85 (35.02)	2:12.59 (34.74)
2	Wada, Ellison	45	Walnut Creek Masters-38	2:28.50	2:28.19
				33.97	1:11.46 (37.49)
				1:50.04 (38.58)	2:28.19 (38.15)

2025 Short and Sweet - 3/9/2025

Results - Sunday

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 Masters-38	2:15.00	2:14.64
	32.37	1:06.18 (33.81)	1:40.47 (34.29)	2:14.64 (34.17)	
2	Wada, Ellison	45	Walnut Creek Masters-38	3:00.00	2:57.48
	40.24	1:25.62 (45.38)	2:11.45 (45.83)	2:57.48 (46.03)	

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 Masters-38	33.99	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 Masters-38	2:34.21	2:36.55
	35.67	1:14.77 (39.10)	1:55.48 (40.71)	2:36.55 (41.07)	
2	Wada, Ellison	45	Walnut Creek Masters-38	3:18.06	3:16.48
	43.29	1:31.55 (48.26)	2:23.89 (52.34)	3:16.48 (52.59)	

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 Masters-38	3:10.99	2:48.53
	35.79	1:19.52 (43.73)	2:05.05 (45.53)	2:48.53 (43.48)	
2	Wada, Ellison	45	Walnut Creek Masters-38	2:58.17	3:01.34
	40.23	1:26.95 (46.72)	2:15.31 (48.36)	3:01.34 (46.03)	

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	23.70	23.73
2	Lane, Will	54	Fresno Dolphins Masters Swim T-38	23.75	23.88
3	Rendic, Dikan	54	Google Masters Swimming-38	24.50	24.18
4	Sarrigeorgidis, Kostas	50	Stanford Masters Swimming-38	25.20	25.17
5	Saywell, Scott	51	Menlo Masters-38	25.63	25.96
6	Lau, Sam	53	Quicksilver Masters-38	30.00	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	1:57.00	1:56.12
	27.55	57.38 (29.83)	1:27.13 (29.75)	1:56.12 (28.99)	
2	Sarrigeorgidis, Kostas	50	Stanford Masters Swimming-38	2:02.50	2:01.94
	28.91	59.99 (31.08)	1:31.11 (31.12)	2:01.94 (30.83)	

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 Swimming-38	5:25.00	5:31.75
	30.63	1:04.20 (33.57)	1:38.08 (33.88)	2:11.77 (33.69)	
	2:45.35 (33.58)	3:19.06 (33.71)	3:52.67 (33.61)	4:26.25 (33.58)	
	4:59.43 (33.18)	5:31.75 (32.32)			

2025 Short and Sweet - 3/9/2025**Results - Sunday****(Men 50-54 500 Yard Freestyle)**

2	Rosales-Delmoral, Romer	52	Menlo Masters-38	5:36.39	5:40.12
	31.60	1:05.70 (34.10)	1:40.39 (34.69)	2:15.48 (35.09)	
	2:50.25 (34.77)	3:24.71 (34.46)	3:59.36 (34.65)	4:33.52 (34.16)	
	5:07.14 (33.62)	5:40.12 (32.98)			
3	Kneubuhler, Yann	52	Richmond Plunge Masters-38	6:09.99	5:52.92
	32.77	1:07.43 (34.66)	1:42.97 (35.54)	2:18.91 (35.94)	
	2:55.20 (36.29)	3:31.69 (36.49)	4:07.55 (35.86)	4:43.45 (35.90)	
	5:18.92 (35.47)	5:52.92 (34.00)			
4	Hertzer, Keith	51	Marcia's Enthusiastic Masters-38	5:59.00	6:13.00
	33.56	1:09.68 (36.12)	1:46.55 (36.87)	2:23.74 (37.19)	
	3:00.95 (37.21)	3:38.72 (37.77)	4:17.40 (38.68)	4:56.35 (38.95)	
	5:35.13 (38.78)	6:13.00 (37.87)			

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 Masters Swim T-38	26.80	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 Masters-38	2:42.00	2:34.67
	36.05	1:14.46 (38.41)	1:54.91 (40.45)	2:34.67 (39.76)	
2	Rosales-Delmoral, Romer	52	Menlo Masters-38	2:38.18	2:35.29
	37.97	1:17.06 (39.09)	1:56.84 (39.78)	2:35.29 (38.45)	

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 Swimming-38	31.31	30.29
2	Hertzer, Keith	51	Marcia's Enthusiastic Masters-38	34.73	35.22
3	Saywell, Scott	51	Menlo Masters-38	42.00	37.45
4	Lau, Sam	53	Quicksilver Masters-38	37.00	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 Enthusiastic Masters-38	2:51.65	2:53.07
	40.22	1:22.69 (42.47)	2:07.28 (44.59)	2:53.07 (45.79)	
2	Lau, Sam	53	Quicksilver Masters-38	3:00.00	3:05.90
	42.15	1:29.06 (46.91)	2:17.40 (48.34)	3:05.90 (48.50)	

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 Masters Swim T-38	24.50	25.16
2	Anderson, Kent	52	Club Hot Tub-38	25.50	25.40
3	Rendic, Dikan	54	Google Masters Swimming-38	25.37	25.52
4	Sarrigeorgidis, Kostas	50	Stanford Masters Swimming-38	28.00	28.16
5	Hertzer, Keith	51	Marcia's Enthusiastic Masters-38	31.61	32.55
6	Saywell, Scott	51	Menlo Masters-38	32.32	33.69

2025 Short and Sweet - 3/9/2025**Results - Sunday****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 Swimming-38	2:28.90	2:28.14
	34.32	1:13.25 (38.93)	1:51.39 (38.14)	2:28.14 (36.75)	
2	Kneubuhler, Yann	52	Richmond Plunge Masters-38	3:00.00	2:55.08
	38.48	1:22.40 (43.92)	2:09.05 (46.65)	2:55.08 (46.03)	

Men 55-59 50 Yard FreestylePAC: 22.79 P 5/4/2008 **Jim Griffith**NATL: 21.82 N 4/30/2000 **RICHARD ABRAHAMS**

1	Gorek, Thomas	56	Tamalpais Aquatic Masters-38	31.75	23.96
2	McCormick, Peter	55	Santa Rosa Masters-38	25.13	25.20
3	Kalas, Paul	57	Orinda Aquatic Masters-38	27.86	27.54
4	Barajas, Nick	59	Sacramento Masters-38	27.88	28.26
5	Cocca, Christopher	59	Menlo Masters-38	28.33	28.46
6	Wessel, Cameron	55	Menlo Masters-38	30.00	28.94
7	Marcus, Jono	58	Rolling Hills Mud Sharks-38	30.00	29.19
8	Migdal, Jim	59	Menlo Masters-38	31.00	32.21
9	Abegg, Michael	59	North Bay Aquatics-38	39.75	36.77

Men 55-59 200 Yard FreestylePAC: 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 Aquatics-38	2:06.00	2:08.92
	30.50	1:03.16 (32.66)	1:36.84 (33.68)	2:08.92 (32.08)	
2	Wessel, Cameron	55	Menlo Masters-38	2:12.00	2:12.24
	32.00	1:05.96 (33.96)	1:40.25 (34.29)	2:12.24 (31.99)	
3	Kalas, Paul	57	Orinda Aquatic Masters-38	2:20.31	2:17.81
	31.37	1:07.17 (35.80)	1:43.04 (35.87)	2:17.81 (34.77)	
4	Barajas, Nick	59	Sacramento Masters-38	2:24.35	2:23.72
	34.26	1:11.52 (37.26)	1:48.78 (37.26)	2:23.72 (34.94)	

Men 55-59 500 Yard FreestylePAC: 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 Aquatics-38	5:55.00	5:53.12
	32.15	1:07.07 (34.92)	1:42.87 (35.80)	2:19.10 (36.23)	
	2:55.29 (36.19)	3:31.60 (36.31)	4:07.90 (36.30)	4:44.21 (36.31)	
	5:19.26 (35.05)	5:53.12 (33.86)			
2	Wessel, Cameron	55	Menlo Masters-38	6:15.00	6:01.20
	33.74	1:10.02 (36.28)	1:47.17 (37.15)	2:24.44 (37.27)	
	3:01.21 (36.77)	3:37.99 (36.78)	4:14.33 (36.34)	4:50.83 (36.50)	
	5:26.94 (36.11)	6:01.20 (34.26)			
3	Langner, Mikael	56	University of San Francisco Ma-38	6:21.44	6:14.42
	34.72	1:11.69 (36.97)	1:50.46 (38.77)	2:29.14 (38.68)	
	3:07.77 (38.63)	3:45.99 (38.22)	4:23.97 (37.98)	5:01.18 (37.21)	
	5:38.07 (36.89)	6:14.42 (36.35)			
4	Marcus, Jono	58	Rolling Hills Mud Sharks-38	6:55.00	6:45.43
	36.38	1:17.08 (40.70)	1:59.30 (42.22)	2:42.55 (43.25)	
	3:24.60 (42.05)	4:06.51 (41.91)	4:47.88 (41.37)	5:28.92 (41.04)	
	6:08.99 (40.07)	6:45.43 (36.44)			
5	Cocca, Christopher	59	Menlo Masters-38	6:59.85	6:46.14
	37.33	1:17.24 (39.91)	1:58.73 (41.49)	2:40.80 (42.07)	
	3:22.99 (42.19)	4:04.44 (41.45)	4:46.56 (42.12)	5:27.67 (41.11)	
	6:08.44 (40.77)	6:46.14 (37.70)			

2025 Short and Sweet - 3/9/2025**Results - Sunday****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 Masters-38	31.15	30.98
2	Wessel, Cameron	55	Menlo Masters-38	34.00	34.57
3	Kalas, Paul	57	Orinda Aquatic Masters-38	35.60	37.78
4	Cocca, Christopher	59	Menlo Masters-38	37.18	38.33
5	Migdal, Jim	59	Menlo Masters-38	40.00	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	2:35.00	2:35.41
				37.57	1:17.14 (39.57)
				1:57.41 (40.27)	2:35.41 (38.00)

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 Masters-38	35.97	36.34
2	Migdal, Jim	59	Menlo Masters-38	41.02	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 San Francisco Ma-38	2:45.81	2:46.87
				37.09	1:18.47 (41.38)
				2:01.79 (43.32)	2:46.87 (45.08)
2	Langner, Mikael	56	University of San Francisco Ma-38	2:51.36	2:58.74
				38.93	1:23.13 (44.20)
				2:10.05 (46.92)	2:58.74 (48.69)

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 Masters-38	28.24	27.73
2	Engelskirchen, Adam	56	North Bay Aquatics-38	28.00	28.97
3	Kalas, Paul	57	Orinda Aquatic Masters-38	30.17	30.26
4	Marcus, Jono	58	Rolling Hills Mud Sharks-38	33.00	33.33
5	Cocca, Christopher	59	Menlo Masters-38	32.97	33.55
6	Barajas, Nick	59	Sacramento Masters-38	33.61	34.24
7	Migdal, Jim	59	Menlo Masters-38	39.00	38.92

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 Masters-38	3:06.79	2:55.56
				37.49	1:21.41 (43.92)
				2:08.19 (46.78)	2:55.56 (47.37)
2	Langner, Mikael	56	University of San Francisco Ma-38	3:06.28	3:09.19
				38.69	1:27.44 (48.75)
				2:17.62 (50.18)	3:09.19 (51.57)

Men 60-64 50 Yard Freestyle

PAC: 23.59 P 11/7/2021 David E Boatwright

NATL: 22.30 N 5/22/2005 RICHARD ABRAHAMS

1	Chao, Hector	60	Walnut Creek Masters-38	26.96	26.42
2	Keating, Kevin	61	Sebastopol Masters Aquatic Clu-38	26.30	26.93
3	Waters, Crick	63	Menlo Masters-38	29.50	29.84
4	Gustavson, Jeff	63	West Hollywood Aquatics-33	29.47	29.95
5	O'Brien, Brad	63	Rolling Hills Mud Sharks-38	32.00	30.57

2025 Short and Sweet - 3/9/2025**Results - Sunday****(Men 60-64 50 Yard Freestyle)**

6	Sheeper, Tim	61	Menlo Masters-38	32.00	32.09
7	Evans, Mark	62	Tamalpais Aquatic Masters-38	42.30	37.27
---	Hannibal, Walter	64	Marin Aquatic Masters-38	31.00	DQ

Men 60-64 200 Yard FreestylePAC: 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 Masters-38	2:10.01	2:06.84
	30.07	1:02.28 (32.21)	1:34.91 (32.63)	2:06.84 (31.93)	
2	Keating, Kevin	61	Sebastopol Masters Aquatic Clu-38	2:13.96	2:15.28
	32.22	1:06.66 (34.44)	1:41.41 (34.75)	2:15.28 (33.87)	
3	Hannibal, Walter	64	Marin Aquatic Masters-38	2:45.00	2:30.59
	34.29	1:12.60 (38.31)	1:51.53 (38.93)	2:30.59 (39.06)	
4	Sheeper, Tim	61	Menlo Masters-38	2:25.99	2:32.24
	36.84	1:15.53 (38.69)	1:54.96 (39.43)	2:32.24 (37.28)	
5	Suess, Bob	63	Rolling Hills Mud Sharks-38	2:50.00	2:41.64
	36.83	2:41.64 (2:04.81)			

Men 60-64 500 Yard FreestylePAC: 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	6:22.32	6:39.11
	37.51	1:17.79 (40.28)	1:59.20 (41.41)	2:40.04 (40.84)	
	3:20.15 (40.11)	4:00.22 (40.07)	4:40.55 (40.33)	5:20.59 (40.04)	
	6:00.49 (39.90)	6:39.11 (38.62)			
2	Burbage-Macaluso, Dan	61	Sacramento Masters-38	9:04.00	9:04.39
	44.51	1:35.81 (51.30)	2:31.14 (55.33)	3:25.73 (54.59)	
	4:22.34 (56.61)	5:19.65 (57.31)	6:18.02 (58.37)	7:16.54 (58.52)	
	8:12.79 (56.25)	9:04.39 (51.60)			

Men 60-64 50 Yard BackstrokePAC: 27.64 P 5/1/2011 **Hugh Wilder**NATL: 26.06 N 10/27/2024 **FRITZ BEDFORD**

1	Chao, Hector	60	Walnut Creek Masters-38	30.50	30.68
2	Laudenslager, Greg	63	Rolling Hills Mud Sharks-38	34.33	34.35
3	Keating, Kevin	61	Sebastopol Masters Aquatic Clu-38	32.84	36.26
4	Hannibal, Walter	64	Marin Aquatic Masters-38	40.00	39.14
5	Gustavson, Jeff	63	West Hollywood Aquatics-33	39.11	39.94
6	O'Brien, Brad	63	Rolling Hills Mud Sharks-38	NT	43.62

Men 60-64 200 Yard BackstrokePAC: 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 Masters-38	2:20.01	2:18.63
	32.95	1:07.74 (34.79)	1:43.55 (35.81)	2:18.63 (35.08)	
2	Laudenslager, Greg	63	Rolling Hills Mud Sharks-38	2:45.66	2:44.40
	40.36	1:21.68 (41.32)	2:03.73 (42.05)	2:44.40 (40.67)	
3	Keating, Kevin	61	Sebastopol Masters Aquatic Clu-38	2:45.00	2:46.18
	40.79	1:22.83 (42.04)	2:05.33 (42.50)	2:46.18 (40.85)	
4	Gustavson, Jeff	63	West Hollywood Aquatics-33	3:03.74	3:03.16
	43.91	1:30.72 (46.81)	2:17.79 (47.07)	3:03.16 (45.37)	

2025 Short and Sweet - 3/9/2025

Results - Sunday

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	31.36	30.78
2	Laudenslager, Greg	63	Rolling Hills Mud Sharks-38	33.85	34.27
3	Hannibal, Walter	64	Marin Aquatic Masters-38	45.00	39.15
4	Waters, Crick	63	Menlo Masters-38	41.00	40.25
5	O'Brien, Brad	63	Rolling Hills Mud Sharks-38	45.00	44.14

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 Mud Sharks-38	2:52.08	2:51.50
				39.55	1:24.08 (44.53)
					2:08.15 (44.07)
					2:51.50 (43.35)
2	Ewing, Jack	64	University of San Francisco Ma-38	3:15.00	3:14.69
				44.50	1:34.04 (49.54)
					2:24.01 (49.97)
					3:14.69 (50.68)
3	Suess, Bob	63	Rolling Hills Mud Sharks-38	3:48.00	3:27.72
				47.75	1:40.84 (53.09)
					2:36.08 (55.24)
					3:27.72 (51.64)
4	Burbage-Macaluso, Dan	61	Sacramento Masters-38	4:00.00	3:51.61
				48.92	1:46.50 (57.58)
					2:47.05 (1:00.55)
					3:51.61 (1:04.56)

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 Masters-38	27.80	27.66
2	Keating, Kevin	61	Sebastopol Masters Aquatic Clu-38	27.70	28.06
3	Tom, Daniel	61	Menlo Masters-38	30.57	29.14
4	Ewing, Jack	64	University of San Francisco Ma-38	38.01	39.59
5	Gustavson, Jeff	63	West Hollywood Aquatics-33	38.72	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	2:49.50	2:45.40
				34.87	1:16.81 (41.94)
					2:00.93 (44.12)
					2:45.40 (44.47)
2	Burbage-Macaluso, Dan	61	Sacramento Masters-38	3:45.00	4:03.48
				48.62	1:49.25 (1:00.63)
					3:00.12 (1:10.87)
					4:03.48 (1:03.36)

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 Masters-38	25.99	25.32
2	Cottingham, John	65	Los Gatos Swim And Racquet Clu-38	27.00	27.33
3	Spellberg, Geoff	69	North Bay Aquatics-38	28.10	28.30
4	St Marseille, Marc	65	Walnut Creek Masters-38	30.00	29.43
5	Cochrane, James	66	Rolling Hills Mud Sharks-38	33.00	30.98
6	Mascheroni, Andy	68	Tamalpais Aquatic Masters-38	31.00	31.86
7	Geisler, Maynard	65	Tamalpais Aquatic Masters-38	40.10	35.44
8	Goupil, Dominique	69	Fremont Hills Masters-38	40.00	35.70
9	Thompson, Jerry	66	Rolling Hills Mud Sharks-38	39.00	37.46
10	Hektner, Eric	67	Sebastopol Masters Aquatic Clu-38	36.01	37.50

2025 Short and Sweet - 3/9/2025

Results - Sunday

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 Masters-38	2:05.49	2:02.94
	29.05	1:00.06 (31.01)	1:31.80 (31.74)	2:02.94 (31.14)	
2	Morales, John	67	Santa Rosa Masters-38	2:10.00	2:08.79
	30.47	1:02.79 (32.32)	1:35.95 (33.16)	2:08.79 (32.84)	
3	Dunn, Joe	67	Santa Rosa Masters-38	2:20.00	2:14.24
	32.00	1:05.94 (33.94)	1:40.33 (34.39)	2:14.24 (33.91)	
4	Canales, Francisco	67	Santa Rosa Masters-38	2:19.00	2:17.37
	31.84	1:06.09 (34.25)	1:41.52 (35.43)	2:17.37 (35.85)	
5	Spellberg, Geoff	69	North Bay Aquatics-38	2:24.15	2:23.57
	34.59	1:12.08 (37.49)	1:49.11 (37.03)	2:23.57 (34.46)	
6	Pinto, Harlan	67	Menlo Masters-38	2:45.30	2:45.15
	38.64	1:20.21 (41.57)	2:03.03 (42.82)	2:45.15 (42.12)	

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 Aquatics-38	6:34.21	6:38.43
	36.95	1:17.07 (40.12)	1:57.87 (40.80)	2:38.33 (40.46)	
	3:18.66 (40.33)	3:58.94 (40.28)	4:39.53 (40.59)	5:20.20 (40.67)	
	6:00.37 (40.17)	6:38.43 (38.06)			
2	Kemler, David	66	Walnut Creek Masters-38	6:28.06	6:44.84
	36.84	1:16.21 (39.37)	1:56.82 (40.61)	2:37.94 (41.12)	
	3:19.25 (41.31)	4:00.74 (41.49)	4:42.19 (41.45)	5:23.73 (41.54)	
	6:04.91 (41.18)	6:44.84 (39.93)			
3	Anderson, Bob	69	Menlo Masters-38	7:15.00	7:11.75
	38.62	1:22.08 (43.46)	2:06.37 (44.29)	2:50.14 (43.77)	
	3:35.34 (45.20)	4:19.41 (44.07)	5:02.87 (43.46)	5:47.65 (44.78)	
	6:30.99 (43.34)	7:11.75 (40.76)			
4	Pinto, Harlan	67	Menlo Masters-38	7:30.64	7:45.26
	42.23	1:27.14 (44.91)	2:14.47 (47.33)	3:01.27 (46.80)	
	3:49.35 (48.08)	4:37.65 (48.30)	5:25.63 (47.98)	6:12.43 (46.80)	
	6:59.20 (46.77)	7:45.26 (46.06)			
5	Chew, Thomas	67	Marcia's Enthusiastic Masters-38	8:29.08	8:45.47
	46.89	1:36.99 (50.10)	2:29.04 (52.05)	3:22.02 (52.98)	
	4:15.58 (53.56)	5:09.68 (54.10)	6:03.38 (53.70)	6:57.91 (54.53)	
	7:52.26 (54.35)	8:45.47 (53.21)			

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 Masters-38	35.00	31.93
2	Cottingham, John	65	Los Gatos Swim And Racquet Clu-38	35.00	35.46
3	St Marseille, Marc	65	Walnut Creek Masters-38	39.00	37.85
4	Cochrane, James	66	Rolling Hills Mud Sharks-38	43.00	41.87
5	Thompson, Jerry	66	Rolling Hills Mud Sharks-38	41.00	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 Masters-38	2:35.00	2:25.95
	35.77	1:12.74 (36.97)	1:49.81 (37.07)	2:25.95 (36.14)	
2	Morales, John	67	Santa Rosa Masters-38	2:28.88	2:27.12
	35.07	1:12.23 (37.16)	1:49.62 (37.39)	2:27.12 (37.50)	

2025 Short and Sweet - 3/9/2025**Results - Sunday****(Men 65-69 200 Yard Backstroke)**

3	Canales, Francisco	67	Santa Rosa Masters-38	2:39.00	2:32.47
	37.81	1:16.64 (38.83)	1:55.46 (38.82)	2:32.47 (37.01)	
4	Kemler, David	66	Walnut Creek Masters-38	2:38.70	2:44.93
	38.68	1:19.10 (40.42)	2:02.61 (43.51)	2:44.93 (42.32)	
5	Pinto, Harlan	67	Menlo Masters-38	3:39.93	3:31.53
	49.45	1:42.03 (52.58)	2:36.74 (54.71)	3:31.53 (54.79)	

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 Masters-38	35.55	34.14
2	Tulin, Bill	66	Tamalpais Aquatic Masters-38	38.62	38.21
3	Anderson, Bob	69	Menlo Masters-38	38.00	38.30
4	St Marseille, Marc	65	Walnut Creek Masters-38	38.00	38.72
5	Cottingham, John	65	Los Gatos Swim And Racquet Clu-38	41.41	40.03
6	Mascheroni, Andy	68	Tamalpais Aquatic Masters-38	41.00	40.37
7	Hektner, Eric	67	Sebastopol Masters Aquatic Clu-38	40.96	41.38
8	Goupil, Dominique	69	Fremont Hills Masters-38	42.00	41.81
9	Geisler, Maynard	65	Tamalpais Aquatic Masters-38	48.10	43.67
10	Thompson, Jerry	66	Rolling Hills Mud Sharks-38	45.00	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 Masters-38	2:45.99	2:49.68
	37.50	1:20.08 (42.58)	2:04.50 (44.42)	2:49.68 (45.18)	
2	Anderson, Bob	69	Menlo Masters-38	3:20.00	3:20.81
	47.08	1:38.19 (51.11)	2:30.71 (52.52)	3:20.81 (50.10)	
3	Goupil, Dominique	69	Fremont Hills Masters-38	3:20.00	3:27.41
	47.21	1:39.97 (52.76)	2:33.43 (53.46)	3:27.41 (53.98)	
4	Pinto, Harlan	67	Menlo Masters-38	3:20.05	3:30.22
	45.58	1:37.45 (51.87)	2:33.38 (55.93)	3:30.22 (56.84)	
5	Hektner, Eric	67	Sebastopol Masters Aquatic Clu-38	3:29.85	3:35.96
	48.65	1:43.05 (54.40)	2:38.97 (55.92)	3:35.96 (56.99)	

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 Masters-38	28.49	28.40
2	Morales, John	67	Santa Rosa Masters-38	29.55	28.56
3	Cottingham, John	65	Los Gatos Swim And Racquet Clu-38	32.32	30.61
4	Spellberg, Geoff	69	North Bay Aquatics-38	30.95	31.08
5	St Marseille, Marc	65	Walnut Creek Masters-38	34.00	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	3:25.00	3:26.82
	46.53	1:39.22 (52.69)	2:34.16 (54.94)	3:26.82 (52.66)	
2	Pinto, Harlan	67	Menlo Masters-38	3:28.03	3:30.69
	44.96	1:36.61 (51.65)	2:33.74 (57.13)	3:30.69 (56.95)	

2025 Short and Sweet - 3/9/2025

Results - Sunday

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 Mud Sharks-38 27.00 27.07

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 Masters-38 2:11.99 2:20.34
32.60 1:07.76 (35.16) 1:43.84 (36.08) 2:20.34 (36.50)

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 Masters-38 6:30.00 6:15.08
33.75 1:10.94 (37.19) 1:48.81 (37.87) 2:27.01 (38.20)
3:05.34 (38.33) 3:43.33 (37.99) 4:21.56 (38.23) 4:59.94 (38.38)
5:38.01 (38.07) 6:15.08 (37.07)

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 Mud Sharks-38 33.00 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 Mud Sharks-38 2:50.00 2:41.78
36.69 1:17.04 (40.35) 1:59.18 (42.14) 2:41.78 (42.60)

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 Masters-38 2:50.59 2:50.29
39.61 1:23.30 (43.69) 2:07.28 (43.98) 2:50.29 (43.01)

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 Masters-38 31.99 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 Aquatics Masters-38 35.65 33.88
2 Sears, Tom 77 Marcia's Enthusiastic Masters-38 34.93 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 Masters Aquatics-38 2:21.00 2:21.05
34.38 1:10.47 (36.09) 1:46.03 (35.56) 2:21.05 (35.02)
2 Jochim, Christian 76 Quicksilver Masters-38 2:52.64 2:48.22
40.00 1:22.72 (42.72) 2:05.90 (43.18) 2:48.22 (42.32)
3 Crockett, Robert 76 Menlo Masters-38 3:29.17 3:33.09
50.59 1:44.11 (53.52) 2:38.95 (54.84) 3:33.09 (54.14)

2025 Short and Sweet - 3/9/2025

Results - Sunday

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 Masters Aquatics-38	6:30.00	6:13.20
	36.72	1:15.75 (39.03)	1:54.11 (38.36)	2:32.27 (38.16)	
	3:10.13 (37.86)	3:46.99 (36.86)	4:24.12 (37.13)	5:00.47 (36.35)	
	5:37.47 (37.00)	6:13.20 (35.73)			
2	Jochim, Christian	76	Quicksilver Masters-38	7:46.94	7:48.98
	44.92	1:31.61 (46.69)	2:20.55 (48.94)	3:09.10 (48.55)	
	3:56.87 (47.77)	4:44.47 (47.60)	5:32.71 (48.24)	6:20.40 (47.69)	
	7:05.97 (45.57)	7:48.98 (43.01)			
3	Firmin, Rob	76	Albany Armada Aquatics Masters-38	10:11.09	8:37.56
	43.02	1:32.23 (49.21)	2:25.45 (53.22)	3:19.57 (54.12)	
	4:13.26 (53.69)	5:08.07 (54.81)	6:01.68 (53.61)	6:55.38 (53.70)	
	7:49.19 (53.81)	8:37.56 (48.37)			
4	Crockett, Robert	76	Menlo Masters-38	9:17.10	9:13.05
	51.79	1:47.21 (55.42)	2:43.63 (56.42)	3:39.54 (55.91)	
	4:35.30 (55.76)	5:31.06 (55.76)	6:27.26 (56.20)	7:23.55 (56.29)	
	8:19.48 (55.93)	9:13.05 (53.57)			

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 Aquatics Masters-38	52.78	44.98
2	Sears, Tom	77	Marcia's Enthusiastic Masters-38	45.75	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 Masters Aquatics-38	2:40.00	2:43.80
	40.83	1:23.30 (42.47)	2:05.13 (41.83)	2:43.80 (38.67)	
2	Jochim, Christian	76	Quicksilver Masters-38	3:38.65	3:26.01
	48.93	1:41.64 (52.71)	2:35.04 (53.40)	3:26.01 (50.97)	
3	Sears, Tom	77	Marcia's Enthusiastic Masters-38	4:16.84	4:08.01
	53.38	1:55.11 (1:01.73)	4:08.01 (2:12.90)		
4	Rust, David	78	Santa Rosa Masters-38	4:10.91	4:11.55
	56.14	1:59.25 (1:03.11)	3:05.95 (1:06.70)	4:11.55 (1:05.60)	

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 Aquatics Masters-38	42.59	40.94
2	Sears, Tom	77	Marcia's Enthusiastic Masters-38	46.27	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 Masters Aquatics-38	3:05.00	3:02.57
	43.80	1:31.43 (47.63)	2:17.96 (46.53)	3:02.57 (44.61)	
2	Firmin, Rob	76	Albany Armada Aquatics Masters-38	3:29.78	3:36.59
	46.04	1:38.09 (52.05)	2:35.76 (57.67)	3:36.59 (1:00.83)	
3	Jochim, Christian	76	Quicksilver Masters-38	3:35.20	3:48.72
	52.52	1:51.11 (58.59)	2:51.07 (59.96)	3:48.72 (57.65)	

2025 Short and Sweet - 3/9/2025

Results - Sunday

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 Enthusiastic Masters-38 51.54 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 Aquatic Masters-38 32.00 29.94

2 Anderson, Fred 82 Rolling Hills Mud Sharks-38 40.73 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 Aquatic Masters-38 7:00.00 6:47.85

37.48 1:17.65 (40.17) 1:59.51 (41.86) 2:42.33 (42.82)

3:24.49 (42.16) 4:06.06 (41.57) 4:47.38 (41.32) 5:28.57 (41.19)

6:09.08 (40.51) 6:47.85 (38.77)

2 Anderson, Fred 82 Rolling Hills Mud Sharks-38 12:13.14 9:20.62

51.47 1:44.33 (52.86) 2:40.29 (55.96) 3:36.85 (56.56)

4:34.05 (57.20) 5:32.17 (58.12) 6:29.91 (57.74) 7:28.57 (58.66)

8:25.92 (57.35) 9:20.62 (54.70)

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 Aquatic Masters-38 35.00 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 Mud Sharks-38 1:02.51 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 Aquatic Masters-38 34.00 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 32.92 35.10

2 Fleming, Jack 89 University of San Francisco Ma-38 44.45 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 3:20.00 3:12.10

43.65 1:31.93 (48.28) 2:23.97 (52.04) 3:12.10 (48.13)

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 9:34.15 8:55.58

46.22 1:39.14 (52.92) 2:35.20 (56.06) 3:31.12 (55.92)

4:25.74 (54.62) 5:20.70 (54.96) 6:15.31 (54.61) 7:09.63 (54.32)

8:03.37 (53.74) 8:55.58 (52.21)

2025 Short and Sweet - 3/9/2025

Results - Sunday

(Men 85-89 500 Yard Freestyle)

2	Fleming, Jack	89	University of San Francisco Ma-38	11:21.07	11:58.95
	58.36	2:05.35 (1:06.99)	3:19.98 (1:14.63)	4:36.47 (1:16.49)	
	5:53.02 (1:16.55)	7:07.33 (1:14.31)	8:23.14 (1:15.81)	9:37.57 (1:14.43)	
	10:51.47 (1:13.90)	11:58.95 (1:07.48)			

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	41.10	44.46
2	Fleming, Jack	89	University of San Francisco Ma-38	58.27	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	50.06	53.17

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 San Francisco Ma-38	4:43.92	4:56.69
	1:03.94	2:17.56 (1:13.62)	3:37.39 (1:19.83)	4:56.69 (1:19.30)	

Women 18+ 200 Yard Freestyle Relay

	PAC: 1:35.70 P 5/3/2014	TOC			
	NATL: 1:35.66 N 4/30/2016	K C Kastes, Meg B Gill, O'Donnell-McCart, K CLUB TRIBE ALUM G MIZERAK, S SHANER, C HURTUBISE, K GRIER			
1	Marin Aquatic Masters-38	A		2:15.00	2:02.01
	1) Cairns, Christina W46	2) Silva, Rayle W28	3) Cruse, Claire W23	4) Rempe, Rachel W41	
	29.94	1:02.55 (32.61)	1:32.47 (29.92)	2:02.01 (29.54)	
2	Marin Aquatic Masters-38	B		4:00.00	3:28.90
	1) Leung, Grace W67	2) Leung, Elsa W69	3) Sedeno, Macayla W21	4) Gonzalez, Ruby W22	
		2:27.07 ()	3:01.95 (34.88)	3:28.90 (26.95)	

Women 18+ 200 Yard Medley Relay

	PAC: 1:45.34 P 4/24/2015	TOC			
	NATL: 1:44.29 N 4/29/2022	A Senko, K McGraw, K Kastes, K Murphy NEW YORK ATHLET B RYAN, B GARY, C GMELICH, N LARSON			
1	Marin Aquatic Masters-38	A		3:05.00	2:18.25
	1) Cairns, Christina W46	2) Silva, Rayle W28	3) Gonzalez, Ruby W22	4) Rempe, Rachel W41	
	35.34	1:49.00 ()	2:18.25 (29.25)		

Women 35+ 200 Yard Freestyle Relay

	PAC: 1:40.89 P 12/31/2004	MELO			
	NATL: 1:36.42 N 2/1/2015	Liernan, Jasek, Basile, Strauss NCMS K LINDAUER, A UHL, J STRINGER, E BRAUN			
1	Menlo Masters-38	A		1:56.00	2:10.29
	1) Keough, Emily W44	2) Gallagher, Hanna Alix W52	3) Couch, Stephanie W60	4) Capen, Tasha W58	
	32.20	1:04.98 (32.78)	1:38.89 (33.91)	2:10.29 (31.40)	

2025 Short and Sweet - 3/9/2025

Results - Sunday

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	2:59.00	3:11.01
	1) Gillon, Jean W73	2) Dutro, Cynthia W76	3) Singh, Jo W52	4) Strauss, Judy W70
	1:00.45	1:46.47 (46.02)	2:30.80 (44.33)	3:11.01 (40.21)

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	2:30.00	2:29.74
	1) Couch, Stephanie W60	2) Capen, Tasha W58	3) Reneau, Frances W65	4) Feeley, Louise W66
	38.46	1:19.98 (41.52)	2:00.75 (40.77)	2:29.74 (28.99)

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	2:22.00	2:26.75
	1) Strauss, Judy W70	2) Basile, Katy W65	3) Reneau, Frances W65	4) Feeley, Louise W66
	42.12	1:19.07 (36.95)	1:55.40 (36.33)	2:26.75 (31.35)

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 Masters-38	A	2:42.00	2:11.75
	1) Radzik, Brett M40	2) Bautista, Jair M32	3) Frazier, Michael M48	4) Lange, Austin M37
	35.26	1:15.20 (39.94)	1:44.59 (29.39)	2:11.75 (27.16)

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 Masters-38	A	2:06.00	1:50.25
	1) Radzik, Brett M40	2) Frazier, Michael M48	3) Lange, Austin M37	4) Barajas, Nick M59
	28.04	54.85 (26.81)	1:22.94 (28.09)	1:50.25 (27.31)

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	2:17.00	2:23.51
	1) Crockett, Robert M76	2) Sheeper, Tim M61	3) Migdal, Jim M59	4) Rosales-Delmoral, Romer M52
	47.26	1:20.22 (32.96)	2:23.51 (1:03.29)	

2025 Short and Sweet - 3/9/2025**Results - Sunday****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		1:51.00	1:51.58
	1) Wessel, Cameron M55		2) Waters, Crick M63	3) Cocca, Christopher M59	4) Tom, Daniel M61
	27.73		57.14 (29.41)	1:24.98 (27.84)	1:51.58 (26.60)
2	Tamalpais Aquatic Masters-38	A		NT	2:07.70
	1) Gorek, Thomas M56		2) Evans, Mark M62	3) Mascheroni, Andy M68	4) Geisler, Maynard M65
	24.10		1:32.43 ()	2:07.70 (35.27)	

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		2:07.00	2:09.98
	1) Wessel, Cameron M55		2) Tom, Daniel M61	3) Cocca, Christopher M59	4) Waters, Crick M63
	34.88		1:06.78 (31.90)	1:39.66 (32.88)	2:09.98 (30.32)

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 Masters-38	A		1:52.00	1:48.27
	1) Morales, John M67		2) Evans, Mark M66	3) Dunn, Joe M67	4) Canales, Francisco M67
	28.32		53.93 (25.61)	1:21.67 (27.74)	1:48.27 (26.60)

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		1:40.00	1:43.32
	1) Teng, Cathy W24		2) Zang, Qing M38	3) Saywell, Scott M51	4) Sanzi, Allie W29
	27.66		51.73 (24.07)	1:17.22 (25.49)	1:43.32 (26.10)

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		2:03.00	1:56.65
	1) Sanzi, Allie W29		2) Zang, Qing M38	3) Teng, Cathy W24	4) Saywell, Scott M51
	31.00		1:03.22 (32.22)	1:56.50 (53.28)	1:56.65 (0.15)
2	Marin Aquatic Masters-38	A		2:45.00	2:24.16
	1) McCormack, Jason M36		2) Hannibal, Walter M64	3) Cruse, Claire W23	4) Wishovich, Shelley W58
	38.21		1:17.64 (39.43)	1:51.21 (33.57)	2:24.16 (32.95)

2025 Short and Sweet - 3/9/2025

Results - Sunday

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 Masters Aquatic Club	A		2:07.90	2:08.92
	1) Flecker, Donita W42	2) Hektner, Eric M67	3) Lee, Jez W44	4) Keating, Kevin M61	
	33.26	1:08.40 (35.14)	1:41.03 (32.63)	2:08.92 (27.89)	
2	Marin Aquatic Masters-38	A		4:00.00	2:14.93
	1) Wishovich, Shelley W58	2) Hannibal, Walter M64	3) Morin, Sarah-Jane W42	4) McCormack, Jason M36	
	33.02	1:00.67 (27.65)	1:47.48 (46.81)	2:14.93 (27.45)	

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 Masters Aquatic Club	A		2:23.18	2:21.70
	1) Flecker, Donita W42	2) Hektner, Eric M67	3) Keating, Kevin M61	4) Lee, Jez W44	
	38.64	1:21.69 (43.05)	1:49.46 (27.77)	2:21.70 (32.24)	
2	Menlo Masters-38	A		2:25.00	2:24.62
	1) Keough, Emily W44	2) Rosales-Delmoral, Romer M52	3) Gallagher, Hanna Alix W52	4) Migdal, Jim M59	
	36.75	1:16.52 (39.77)	1:52.48 (35.96)	2:24.62 (32.14)	

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 Aquatic Masters-38	A		NT	2:37.59
	1) King, Lanie W48	2) Mascheroni, Andy M68	3) Geisler, Maynard M65	4) Coffee, Cassandra W63	
	43.80	1:26.11 (42.31)	2:02.54 (36.43)	2:37.59 (35.05)	

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 Masters-38	A		2:15.00	2:18.11
	1) Nowack, Susan W64	2) Rust, David M78	3) McHale, Carol W60	4) McCormick, Peter M55	
	34.11	52.65 (18.54)	1:52.85 (1:00.20)	2:18.11 (25.26)	

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		2:21.00	2:40.41
	1) Anderson, Bob M69	2) Gillon, Jean W73	3) Dutro, Cynthia W76	4) Pinto, Harlan M67	
	33.36	1:21.33 (47.97)	2:40.41 (1:19.08)		

2025 Short and Sweet - 3/9/2025

Results - Sunday

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	2:44.00	2:50.14
	1) Basile, Katy W65	2) Pinto, Harlan M67	3) Anderson, Bob M69	4) Barnea, Daniela W80
	45.81	1:27.69 (41.88)	2:05.98 (38.29)	2:50.14 (44.16)