

2026 City Mile Swim Meet - copied - 2/22/2026

Results - City Mile

Women 25-29 1000 Yard Freestyle

PAC: 10:12.34 * 12/31/1994 Lisa A Hazen

NATL: 10:07.39 N 4/1/2023 BECCA MANN

1 Blankley, Stephanie 27 USF-38 11:12.59

Women 25-29 1650 Yard Freestyle

PAC: 16:56.13 * 4/6/2018 Catherine Breed

NATL: 16:50.17 N 5/19/1991 KAREN BURTON

1 Blankley, Stephanie 27 USF-38 18:40.13

2 Dearborn, Laurel 29 BAC-38 21:55.67

Women 30-34 1000 Yard Freestyle

PAC: 10:16.36 * 12/31/1999 Lisa A Hazen

NATL: 9:51.93 N 4/15/2012 DAWN HECKMAN

1 Niemira, Rebecca 30 BAC-38 13:09.80

Women 30-34 1650 Yard Freestyle

PAC: 17:07.66 * 12/31/1999 Lisa A Hazen

NATL: 17:07.52 N 5/23/1993 KAREN BURTON

1 Lee, Sabrina 32 BAC-38 21:29.98

2 Koepke, Kristina 34 BAC-38 21:32.85

3 Niemira, Rebecca 30 BAC-38 21:56.08

4 Odena, Amy 34 USF-38 22:15.95

Women 35-39 1000 Yard Freestyle

PAC: 10:11.23 * 11/15/2014 Heidi S George

NATL: 10:11.23 N 11/15/2014 HEIDI GEORGE

1 Li, Jing 37 SMM-38 11:53.41

Women 35-39 1650 Yard Freestyle

PAC: 16:46.85 * 11/15/2014 Heidi S George

NATL: 16:46.85 N 11/15/2014 HEIDI GEORGE

1 Li, Jing 37 SMM-38 19:47.69

2 McBride, Beth 36 MEMO-38 21:54.32

Women 40-44 1650 Yard Freestyle

PAC: 17:06.37 * 11/4/2018 Heidi S George

NATL: 17:06.37 N 11/4/2018 HEIDI GEORGE

1 Rueda, Marcela 44 SRM-38 22:14.33

Women 45-49 1650 Yard Freestyle

PAC: 17:02.48 * 4/27/2023 Heidi S George

NATL: 17:02.48 N 4/27/2023 HEIDI GEORGE

1 Smith, Carrie 49 SACMA-38 21:38.06

2 Groskopf, Sarah 45 HTUB-38 22:24.98

3 Davis, Taylor 49 USF-38 24:00.79

4 Akers, Amanda 47 SMM-38 26:11.34

Women 50-54 500 Yard Freestyle

PAC: 5:12.67 * 4/29/2023 Alison Zamanian

NATL: 5:12.67 N 4/29/2023 ALISON ZAMANIAN

1 Singh, Jo 53 MELO-38 7:38.60

Women 50-54 1000 Yard Freestyle

PAC: 10:38.07 * 2/22/2026 Heidi George

NATL: 10:38.07 N 2/22/2026 Heidi George

1 George, Heidi 50 UC38 10:38.07*

2 Singh, Jo 53 MELO-38 15:23.24

Women 50-54 1650 Yard Freestyle

PAC: 17:29.07 * 2/22/2026 Heidi George

NATL: 17:29.07 N 2/22/2026 Heidi George

1 George, Heidi 50 UC38 17:29.07*

2 Edelmann, Friederike 54 MEMO-38 24:02.35

3 Singh, Jo 53 MELO-38 25:26.02

4 Maze, Ghislaine 51 RPM-38 25:41.73

5 Pyatt, Suzanne 50 USF-38 27:16.84

6 Watson, Secil 54 CUDA-38 28:47.13

Women 55-59 100 Yard Freestyle

PAC: 54.72 * 12/31/2008 Laura B Val

NATL: 54.72 N 5/4/2008 LAURA VAL

1 Ferguson, Michelle 58 ALB-38 1:18.63

Women 55-59 1000 Yard Freestyle

PAC: 11:04.38 * 2/22/2026 Alison Zamanian

NATL: 11:04.38 N 2/22/2026 Alison Zamanian

1 Zamanian, Alison 55 WCM-38 11:04.38*

Women 55-59 1650 Yard Freestyle

PAC: 18:22.32 * 2/22/2026 Alison Zamanian

NATL: 18:22.32 N 2/22/2026 Alison Zamanian

1 Zamanian, Alison 55 WCM-38 18:22.32*

2 Hertzler, Cynthia 56 CRUZ-38 21:27.05

3 Ferguson, Michelle 58 ALB-38 23:10.26

4 Kruidering, Marieke 58 TSUN-38 28:52.86

Women 60-64 500 Yard Freestyle

PAC: 5:39.00 * 1/26/2014 Laura B Val

NATL: 5:30.31 N 12/14/2024 ELLEN REYNOLDS

1 Couch, Stephanie 61 MELO-38 6:13.46

2 Russell, Jane 62 DAM-38 6:43.64

3 Phalen, Jennifer 61 DAM-38 7:33.52

4 Carroll, Leah 64 ALB-38 9:33.15

Women 60-64 1000 Yard Freestyle

PAC: 11:41.77 * 12/31/2012 Laura B Val

NATL: 11:31.05 N 11/10/2023 K PARKER PALACE

1 Couch, Stephanie 61 MELO-38 12:30.34

2 Russell, Jane 62 DAM-38 13:32.21

3 Phalen, Jennifer 61 DAM-38 15:23.02

4 Carroll, Leah 64 ALB-38 19:04.52

Women 60-64 1650 Yard Freestyle

PAC: 19:42.01 * 4/12/2019 Suzanne M Heim-Bo

NATL: 19:24.90 N 11/5/2023 K PARKER PALACE

1 Couch, Stephanie 61 MELO-38 20:37.45

2 Sepulvado, Patricia 61 DAM-38 21:06.11

3 Russell, Jane 62 DAM-38 22:25.80

4 Bulman, Robin 60 SRM-38 22:38.03

5 Phalen, Jennifer 61 DAM-38 25:20.58

6 Carroll, Leah 64 ALB-38 31:25.60

Women 65-69 100 Yard Freestyle

PAC: 57.88 * 5/12/2018 Laura B Val

NATL: 57.88 N 5/12/2018 LAURA VAL

1 Focha, Teresa 65 ALB-38 1:38.56

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Women 65-69 200 Yard Freestyle

PAC: 2:07.23 * 5/11/2018 Laura B Val

NATL: 2:07.23 N 5/11/2018 LAURA VAL

1 Focha, Teresa 65 ALB-38 3:23.06

Women 65-69 500 Yard Freestyle

PAC: 5:52.39 * 5/22/2017 Laura B Val

NATL: 5:52.39 N 5/21/2017 LAURA VAL

1 Focha, Teresa 65 ALB-38 8:42.93

2 Queirolo Nee, Vivian 65 BAC-38 9:52.09

Women 65-69 1000 Yard Freestyle

PAC: 11:59.50 * 4/9/2017 Laura B Val

NATL: 11:59.50 N 4/9/2017 LAURA VAL

1 Heim-Bowen, Suzanne 67 WCM-38 12:35.16

2 Walts, Merrie 65 SRM-38 12:50.43

3 Focha, Teresa 65 ALB-38 17:37.43

Women 65-69 1650 Yard Freestyle

PAC: 20:50.08 * 2/22/2026 Suzanne Heim-Bowen

NATL: 20:33.09 N 7/21/2021 N STEADMAN MARTIN

1 Heim-Bowen, Suzanne 67 WCM-38 20:50.08*

2 Walts, Merrie 65 SRM-38 21:31.11

3 Meyer, Marguerite 66 TOC-38 22:32.98

4 Boyer, Karen 69 PCCM-38 26:45.00

5 Focha, Teresa 65 ALB-38 29:11.82

6 Queirolo Nee, Vivian 65 BAC-38 33:50.84

Women 70-74 100 Yard Freestyle

PAC: 59.11 * 5/1/2022 Laura B Val

NATL: 59.11 N 5/1/2022 LAURA VAL

1 Helmrich, Susan 70 LNRS-38 1:21.50

Women 70-74 200 Yard Freestyle

PAC: 2:12.26 * 4/30/2023 Laura B Val

NATL: 2:12.26 N 4/30/2023 LAURA VAL

1 Helmrich, Susan 70 LNRS-38 2:49.03

Women 70-74 500 Yard Freestyle

PAC: 6:13.73 * 4/21/2024 Laura B Val

NATL: 6:04.49 N 5/11/2025 JOAN PFINGSGRAFF

1 Helmrich, Susan 70 LNRS-38 7:10.82

Women 70-74 1000 Yard Freestyle

PAC: 14:24.53 * 2/22/2026 Susan Helmrich

NATL: 12:32.21 N 5/8/2025 N STEADMAN MARTIN

1 Helmrich, Susan 70 LNRS-38 14:24.53*

Women 70-74 1650 Yard Freestyle

PAC: 23:45.58 * 2/22/2026 Susan Helmrich

NATL: 21:13.48 N 5/8/2025 N STEADMAN MARTIN

1 Helmrich, Susan 70 LNRS-38 23:45.58*

2 DeRousseau, Hannah 71 SRM-38 25:42.09

3 Teeter, Diana 72 SRM-38 33:34.56

Women 75-79 1000 Yard Freestyle

PAC: 14:48.64 * 4/27/2023 Ruth Y Shaps

NATL: 14:48.40 N 3/31/2023 CHRISTIE HAYES

1 Guthrie, Sally 75 SACMA-38 16:29.02

Women 75-79 1650 Yard Freestyle

PAC: 25:04.25 * 4/14/2023 Ruth Y Shaps

NATL: 24:36.58 N 4/14/2023 CHRISTIE HAYES

1 Guthrie, Sally 75 SACMA-38 26:10.14

Men 18-24 1650 Yard Freestyle

PAC: 16:14.23 * 2/22/2015 Andrew Gyenis

NATL: 15:42.49 N 6/24/2024 COLE WEIDERMAN

1 Xu, Michael 24 STAN-38 23:41.67

Men 25-29 1650 Yard Freestyle

PAC: 15:51.43 * 12/31/1985 Paul A Asmuth

NATL: 15:44.70 N 5/3/1998 ALEX KOSTICH

1 Enright, Jackson 26 USF-38 18:59.03

2 Olson, Blake 26 USF-38 19:24.13

Men 30-34 500 Yard Freestyle

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

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

1 Becker, Edward 33 UC38 10:39.42

Men 30-34 1000 Yard Freestyle

PAC: 9:38.13 * 12/31/1991 Cameron D Reid

NATL: 9:17.76 N 4/24/2025 ANTON IPSEN

1 Kwan, Harrison 31 BAC-38 12:34.53

Men 30-34 1650 Yard Freestyle

PAC: 16:01.91 * 12/31/1995 Dan Veatch

NATL: 15:51.57 N 5/12/1996 JEFF ERWIN

1 Becker, Edward 33 UC38 17:46.85

2 Goard, Andrew 30 USF-38 19:08.30

3 Kwan, Harrison 31 BAC-38 21:21.58

4 Bautista, Jair 33 SACMA-38 22:06.56

5 Kroeger, Alexander 33 TSUN-38 22:48.11

6 Thomas, Michael 33 UC38 25:39.85

Men 35-39 1650 Yard Freestyle

PAC: 16:34.36 * 12/31/1991 Tim Harvey

NATL: 15:53.88 N 5/18/2003 JEFF ERWIN

1 Darling, Kalen 38 UC38 19:29.98

2 Clay, Matthew 39 USF-38 21:20.41

Men 40-44 1000 Yard Freestyle

PAC: 9:32.66 * 12/31/2010 Alex Kostich

NATL: 9:32.66 N 5/7/2010 ALEX KOSTICH

1 Hivert, Christophe 42 UC38 13:30.99

Men 40-44 1650 Yard Freestyle

PAC: 15:51.52 * 12/31/2010 Alex Kostich

NATL: 15:51.52 N 5/9/2010 ALEX KOSTICH

1 Sakamoto, Noa 40 UC38 18:38.42

2 Gawlick, Craig 44 TSUN-38 20:29.59

3 Hivert, Christophe 42 UC38 22:34.90

4 Dumont, Joseph 42 USF-38 24:34.02

Men 45-49 1000 Yard Freestyle

PAC: 10:06.08 * 5/1/2014 Chip L Hobson

NATL: 9:43.93 N 5/20/2010 KEITH SWITZER

1 Gini, Mario 46 BAC-38 11:21.14

--- Franks, Derrick 45 SJCF-38 DQ

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Results - City Mile

Men 45-49 1650 Yard Freestyle

PAC: 16:51.00 * 12/31/2006 George F Tidmarsh

NATL: 16:08.05 N 5/20/2010 JEFF ERWIN

1	Lemke, Zebron	45	AAM-38	18:15.79
2	Gini, Mario	46	BAC-38	18:53.79
3	Frazier, Michael	49	SACMA-38	22:04.32
4	Locke, Michael	47	TSUN-38	29:50.85
---	Franks, Derrick	45	SJCF-38	DNF

Men 50-54 500 Yard Freestyle

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

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

1	Guarraci, Brian	54	BAC-38	7:23.83
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Men 50-54 1000 Yard Freestyle

PAC: 10:22.62 * 3/30/2014 Darren D Phalen

NATL: 9:55.84 N 4/6/2013 KEITH SWITZER

1	Sarrigeorgidis, Kostas	51	STAN-38	11:35.20
2	Rosales-Delmoral, Romer	53	MELO-38	12:00.28
3	Stipinovich, Nick	53	BAC-38	14:55.90

Men 50-54 1650 Yard Freestyle

PAC: 17:15.00 * 12/31/2002 Jim Clemmons

NATL: 16:28.77 N 4/23/2015 JEFF ERWIN

1	Sarrigeorgidis, Kostas	51	STAN-38	19:07.61
2	Rosales-Delmoral, Romer	53	MELO-38	19:54.51
3	Stipinovich, Nick	53	BAC-38	24:13.61
4	Guarraci, Brian	54	BAC-38	24:52.65

Men 55-59 1650 Yard Freestyle

PAC: 17:22.41 * 4/27/2023 Barton S Wells

NATL: 17:11.12 N 5/20/2007 JIM MC CONICA

1	Langner, Mikael	57	USF-38	22:30.07
2	Mascaro, Pedro	57	USF-38	24:58.50
3	Devlin, Patrick	59	TOC-38	28:34.62

Men 60-64 500 Yard Freestyle

PAC: 5:13.68 * 12/31/2010 Jim Clemmons

NATL: 5:02.69 N 6/21/2024 FRED SCHUSTER

1	Tom, Daniel	62	MELO-38	6:19.56
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Men 60-64 1000 Yard Freestyle

PAC: 10:48.43 * 12/31/2010 Jim Clemmons

NATL: 10:42.16 N 4/23/2015 MICHAEL MANN

1	Spitzler, David	62	BAC-38	12:03.55
2	Tom, Daniel	62	MELO-38	12:49.36
3	Wu, Long	60	UC38	17:45.00
4	Burbage-Macaluso, Dan	62	SACMA-38	19:01.78

Men 60-64 1650 Yard Freestyle

PAC: 17:59.55 * 12/31/2010 Jim Clemmons

NATL: 17:44.05 N 4/28/2022 ARNALDO PEREZ

1	Spitzler, David	62	BAC-38	20:00.67
2	Tom, Daniel	62	MELO-38	21:18.63
3	White, Mark	63	TSUN-38	21:30.48
4	Blankley, Stephen	63	USF-38	26:54.18
5	Wu, Long	60	UC38	29:50.94
6	Burbage-Macaluso, Dan	62	SACMA-38	31:07.74
7	deBenedetti, John	63	TOC-38	31:23.13

Men 65-69 1650 Yard Freestyle

PAC: 19:07.81 * 4/23/2015 Jim Clemmons

NATL: 18:48.76 N 5/15/2022 DOUG KAJIWARA

1	Kajiwar, Doug	68	CCAM-33	19:44.47
2	Taylor, Ron	65	RPM-38	22:54.42
3	Singer, Robert	68	USF-38	26:34.19
4	Hern, Steve	66	DAM-38	28:09.19

Men 70-74 1000 Yard Freestyle

PAC: 12:28.53 * 4/3/2022 Joel R Wilson

NATL: 11:05.03 N 4/16/2023 RICK COLELLA

1	Citron, Jeffrey	70	MEMO-38	15:20.77
2	Small, Stephen	73	MEMO-38	16:15.53

Men 70-74 1650 Yard Freestyle

PAC: 20:51.28 * 4/14/2023 Joel R Wilson

NATL: 18:30.92 N 4/16/2023 RICK COLELLA

1	Citron, Jeffrey	70	MEMO-38	25:32.81
2	Small, Stephen	73	MEMO-38	27:08.72

Men 75-79 500 Yard Freestyle

PAC: 6:06.99 * 4/12/2025 Joel R Wilson

NATL: 5:55.81 N 11/5/2023 DAN KIRKLAND

1	Winterrowd, Dan	75	MEMO-38	7:54.12
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Men 75-79 1000 Yard Freestyle

PAC: 14:14.46 * 12/31/1995 Ray Taft

NATL: 12:17.18 N 4/13/2024 DAN KIRKLAND

1	Winterrowd, Dan	75	MEMO-38	15:54.51
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Men 75-79 1650 Yard Freestyle

PAC: 20:47.94 * 2/25/2024 Joel R Wilson

NATL: 20:25.49 N 5/10/2009 DAVID RADCLIFF

1	Wilson, Joel	77	CRUZ-38	20:58.86
2	Winterrowd, Dan	75	MEMO-38	26:16.26
3	Kight, Chuck	78	UC38	27:32.18
4	Crockett, Robert	77	MELO-38	32:08.85