

2005 USMS National Short Course Championships, Sanction #: 505-001

Fort Lauderdale Aquatic Complex

Results

RESULTS USMS SCY NATIONALS May 19-22, 2005 - PNA SWIMMERS

Women 18-24 50 Yard Freestyle

Name	Age	Team	Finals Time	Points
13 Jacobson, Erin	20	Pacific Northwest Aquatics	26.67	
14 Sullivan, Ashley	21	Pacific Northwest Aquatics	27.11	
18 Jacobson, Naomi	21	Pacific Northwest Aquatics	27.48	
20 Dowd, Laura	21	Pacific Northwest Aquatics	27.62	
21 Salman, Erin	21	Pacific Northwest Aquatics	27.87	
25 Spruance, Laurel	18	Pacific Northwest Aquatics	29.83	
26 Jurick, Sarah	18	Pacific Northwest Aquatics	30.02	
27 Hunter, Erin	19	Pacific Northwest Aquatics	30.86	
31 Jones, Riley	19	Pacific Northwest Aquatics	32.96	

Women 18-24 100 Yard Freestyle

11 Jacobson, Erin	20	Pacific Northwest Aquatics	57.31	
27.09	57.31 (30.22)			
16 Sullivan, Ashley	21	Pacific Northwest Aquatics	59.28	
28.00	59.28 (31.28)			
17 Jacobson, Naomi	21	Pacific Northwest Aquatics	59.32	
28.41	59.32 (30.91)			
23 Salman, Erin	21	Pacific Northwest Aquatics	1:03.79	
30.13	1:03.79 (33.66)			
25 Morales, Sofina	19	Pacific Northwest Aquatics	1:04.71	
31.59	1:04.71 (33.12)			
27 Hunter, Erin	19	Pacific Northwest Aquatics	1:08.29	
33.27	1:08.29 (35.02)			
28 Jurick, Sarah	18	Pacific Northwest Aquatics	1:08.32	
31.44	1:08.32 (36.88)			
30 Spruance, Laurel	18	Pacific Northwest Aquatics	1:09.58	
33.10	1:09.58 (36.48)			
32 Jones, Riley	19	Pacific Northwest Aquatics	1:13.42	
34.88	1:13.42 (38.54)			

Women 18-24 200 Yard Freestyle

12 Jacobson, Naomi	21	Pacific Northwest Aquatics	2:09.15	
30.10	1:02.43 (32.33)	1:36.05 (33.62)	2:09.15 (33.10)	
13 Sullivan, Ashley	21	Pacific Northwest Aquatics	2:10.23	
28.86	1:00.87 (32.01)	1:35.20 (34.33)	2:10.23 (35.03)	
25 Morales, Sofina	19	Pacific Northwest Aquatics	2:22.67	
33.24	1:09.20 (35.96)	1:45.83 (36.63)	2:22.67 (36.84)	
27 Spruance, Laurel	18	Pacific Northwest Aquatics	2:47.36	
33.09	1:12.76 (39.67)	2:47.36 (1:34.60)		

Women 18-24 500 Yard Freestyle

17 Morales, Sofina	19	Pacific Northwest Aquatics	6:33.26	
35.38	1:13.79 (38.41)	1:53.13 (39.34)	2:32.86 (39.73)	
3:12.94 (40.08)	3:52.72 (39.78)	4:32.82 (40.10)	5:13.25 (40.43)	
5:53.59 (40.34)	6:33.26 (39.67)			

Women 18-24 50 Yard Backstroke

7 Jacobson, Erin	20	Pacific Northwest Aquatics	31.42	4
10 Dowd, Laura	21	Pacific Northwest Aquatics	34.17	1
13 Jones, Riley	19	Pacific Northwest Aquatics	37.92	

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14	Hunter, Erin	19	Pacific Northwest Aquatics		37.99	
Women 18-24 100 Yard Backstroke						
8	Stewart, Kasey	21	Pacific Northwest Aquatics		1:15.85	3
	37.21		1:15.85 (38.64)			
Women 18-24 200 Yard Backstroke						
5	Stewart, Kasey	21	Pacific Northwest Aquatics		2:36.83	6
	37.07		1:17.28 (40.21) 1:57.99 (40.71) 2:36.83 (38.84)			
Women 18-24 50 Yard Breaststroke						
8	Dowd, Laura	21	Pacific Northwest Aquatics		35.79	3
14	Jurick, Sarah	18	Pacific Northwest Aquatics		39.24	
16	Salman, Erin	21	Pacific Northwest Aquatics		39.35	
Women 18-24 50 Yard Butterfly						
8	Sullivan, Ashley	21	Pacific Northwest Aquatics		28.85	3
14	Jacobson, Naomi	21	Pacific Northwest Aquatics		30.56	
16	Dowd, Laura	21	Pacific Northwest Aquatics		30.76	
Women 18-24 100 Yard IM						
17	Jacobson, Erin	20	Pacific Northwest Aquatics		1:08.67	
	31.25		1:08.67 (37.42)			
19	Sullivan, Ashley	21	Pacific Northwest Aquatics		1:09.51	
	31.91		1:09.51 (37.60)			
21	Jacobson, Naomi	21	Pacific Northwest Aquatics		1:09.88	
	32.68		1:09.88 (37.20)			
22	Dowd, Laura	21	Pacific Northwest Aquatics		1:09.97	
	32.79		1:09.97 (37.18)			
26	Salman, Erin	21	Pacific Northwest Aquatics		1:12.93	
	34.79		1:12.93 (38.14)			
29	Stewart, Kasey	21	Pacific Northwest Aquatics		1:18.00	
	36.07		1:18.00 (41.93)			
Women 18-24 200 Yard IM						
12	Jacobson, Naomi	21	Pacific Northwest Aquatics		2:31.35	
	31.92		1:10.87 (38.95) 1:56.48 (45.61) 2:31.35 (34.87)			
Women 35-39 50 Yard Freestyle						
12	Simsak, Tara	35	Pacific Northwest Aquatics		26.60	
Women 35-39 100 Yard Freestyle						
10	Simsak, Tara	35	Pacific Northwest Aquatics		57.37	50
	27.61		57.37 (29.76)			
Women 35-39 50 Yard Backstroke						
8	Simsak, Tara	35	Pacific Northwest Aquatics		30.40	3
Women 35-39 50 Yard Butterfly						
6	Simsak, Tara	35	Pacific Northwest Aquatics		28.14	5
Women 35-39 100 Yard Butterfly						
6	Simsak, Tara	35	Pacific Northwest Aquatics		1:02.72	5
	29.09		1:02.72 (33.63)			

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Women 40-44 50 Yard Freestyle

10	Dahl, Lisa	44	Pacific Northwest Aquatics	25.67	1
11	Pace, Lisa	43	Pacific Northwest Aquatics	25.77	

Women 40-44 100 Yard Freestyle

33	Whitney, Jamie	40	Pacific Northwest Aquatics	1:02.47	
	30.12		1:02.47 (32.35)		

Women 40-44 1000 Yard Freestyle

5	Pace, Lisa	43	Pacific Northwest Aquatics	11:37.25	6
	30.86		1:03.90 (33.04) 1:37.22 (33.32) 2:11.11 (33.89)		
	2:44.98 (33.87)		3:19.09 (34.11) 3:53.37 (34.28) 4:27.79 (34.42)		
	5:02.01 (34.22)		5:36.90 (34.89) 6:11.83 (34.93) 6:47.25 (35.42)		
	7:22.66 (35.41)		7:58.59 (35.93) 8:34.45 (35.86) 9:11.39 (36.94)		
	9:48.48 (37.09)		10:24.86 (36.38) 11:01.46 (36.60) 11:37.25 (35.79)		

Women 40-44 100 Yard Backstroke

5	Pace, Lisa	43	Pacific Northwest Aquatics	1:06.73	6
	32.94		1:06.73 (33.79)		

Women 40-44 50 Yard Breaststroke

15	Whitney, Jamie	40	Pacific Northwest Aquatics	37.44	
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Women 40-44 200 Yard Breaststroke

15	Whitney, Jamie	40	Pacific Northwest Aquatics	3:07.34	
	40.58		1:28.09 (47.51) 2:17.53 (49.44) 3:07.34 (49.81)		

Women 40-44 100 Yard IM

8	Pace, Lisa	43	Pacific Northwest Aquatics	1:05.27	3
	29.93		1:05.27 (35.34)		

Women 40-44 200 Yard IM

4	Pace, Lisa	43	Pacific Northwest Aquatics	2:20.17	7
	30.27		1:06.21 (35.94) 1:48.21 (42.00) 2:20.17 (31.96)	ZONE RECORD	

Women 40-44 400 Yard IM

2	Pace, Lisa	43	Pacific Northwest Aquatics	5:04.88	9
	30.93		1:07.08 (36.15) 1:45.99 (38.91) 2:24.60 (38.61)		
	3:09.16 (44.56)		3:54.60 (45.44) 4:29.44 (34.84) 5:04.88 (35.44)		

Women 45-49 50 Yard Freestyle

3	Lippold, Mary	49	Pacific Northwest Aquatics	26.37	8
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Women 45-49 100 Yard Freestyle

4	Lippold, Mary	49	Pacific Northwest Aquatics	57.99	7
	28.63		57.99 (29.36)		

Women 45-49 200 Yard Freestyle

4	Lippold, Mary	49	Pacific Northwest Aquatics	2:07.76	7
	30.58		1:02.75 (32.17) 1:35.27 (32.52) 2:07.76 (32.49)		

Women 45-49 1000 Yard Freestyle

4	Lippold, Mary	49	Pacific Northwest Aquatics	11:49.94	7
	31.81		1:06.24 (34.43) 1:40.98 (34.74) 2:16.21 (35.23)		

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2:51.61 (35.40)	3:26.83 (35.22)	4:02.35 (35.52)	4:38.00 (35.65)
5:13.48 (35.48)	5:48.91 (35.43)	6:24.54 (35.63)	7:00.47 (35.93)
7:36.46 (35.99)	8:12.50 (36.04)	8:48.82 (36.32)	9:25.52 (36.70)
10:01.77 (36.25)	10:38.05 (36.28)	11:14.21 (36.16)	11:49.94 (35.73)

Women 45-49 200 Yard Backstroke

3 Cooley, Cathy	47 Pacific Northwest Aquatics	2:29.60	8
35.51	1:12.33 (36.82)	1:50.21 (37.88)	2:29.60 (39.39)

Women 45-49 50 Yard Breaststroke

7 Berg, Tonya	46 Pacific Northwest Aquatics	36.45	4
12 Hawksworth, Judy	45 Pacific Northwest Aquatics	37.77	

Women 45-49 100 Yard Breaststroke

6 Berg, Tonya	46 Pacific Northwest Aquatics	1:17.69	5
36.93	1:17.69 (40.76)		
9 Hawksworth, Judy	45 Pacific Northwest Aquatics	1:20.80	2
38.48	1:20.80 (42.32)		

Women 45-49 200 Yard Breaststroke

4 Berg, Tonya	46 Pacific Northwest Aquatics	2:46.64	7
37.74	1:19.55 (41.81)	2:03.18 (43.63)	2:46.64 (43.46)
6 Cooley, Cathy	47 Pacific Northwest Aquatics	2:50.69	5
40.27	1:24.13 (43.86)	2:07.37 (43.24)	2:50.69 (43.32)
9 Hawksworth, Judy	45 Pacific Northwest Aquatics	2:57.41	2
39.86	1:23.57 (43.71)	2:09.77 (46.20)	2:57.41 (47.64)

Women 45-49 100 Yard Butterfly

6 Lippold, Mary	49 Pacific Northwest Aquatics	1:04.75	5
30.70	1:04.75 (34.05)	PNA RECORD	
9 O'Leary, Robin	48 Pacific Northwest Aquatics	1:09.19	2
34.40	1:09.19 (34.79)		

Women 45-49 200 Yard Butterfly

6 Lippold, Mary	49 Pacific Northwest Aquatics	2:32.10	5
33.76	1:12.91 (39.15)	1:53.57 (40.66)	2:32.10 (38.53)
9 O'Leary, Robin	48 Pacific Northwest Aquatics	2:36.19	2
36.42	1:13.97 (37.55)	1:54.64 (40.67)	2:36.19 (41.55)

Women 45-49 100 Yard IM

7 Cooley, Cathy	47 Pacific Northwest Aquatics	1:09.15	4
32.44	1:09.15 (36.71)	PNA RECORD	

Women 45-49 200 Yard IM

8 Cooley, Cathy	47 Pacific Northwest Aquatics	2:29.62	3
32.98	1:11.11 (38.13)	1:54.63 (43.52)	2:29.62 (34.99)
16 Hawksworth, Judy	45 Pacific Northwest Aquatics	2:38.79	
34.57	1:15.83 (41.26)	2:00.83 (45.00)	2:38.79 (37.96)

Women 45-49 400 Yard IM

7 Hawksworth, Judy	45 Pacific Northwest Aquatics	5:42.44	4
37.61	1:20.94 (43.33)	2:04.25 (43.31)	2:48.24 (43.99)
3:35.04 (46.80)	4:22.21 (47.17)	5:02.81 (40.60)	5:42.44 (39.63)

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Women 50-54 50 Yard Freestyle

18 Johnson, Janet 50 Pacific Northwest Aquatics 32.20

Women 50-54 100 Yard Freestyle

9 Townsend, Nancy 50 Pacific Northwest Aquatics 1:04.01 2
30.45 1:04.01 (33.56)

Women 50-54 200 Yard Freestyle

7 Townsend, Nancy 50 Pacific Northwest Aquatics 2:20.96 4
32.31 1:08.26 (35.95) 1:45.80 (37.54) 2:20.96 (35.16)

Women 50-54 500 Yard Freestyle

4 Townsend, Nancy 50 Pacific Northwest Aquatics 6:19.49 7
31.99 1:08.11 (36.12) 1:46.24 (38.13) 2:24.48 (38.24)
3:03.38 (38.90) 3:42.70 (39.32) 4:21.77 (39.07) 5:01.11 (39.34)
5:41.26 (40.15) 6:19.49 (38.23)

Women 50-54 1000 Yard Freestyle

6 Townsend, Nancy 50 Pacific Northwest Aquatics 12:53.18 5
33.50 1:10.61 (37.11) 1:49.33 (38.72) 2:29.04 (39.71)
3:08.26 (39.22) 3:47.62 (39.36) 4:27.37 (39.75) 5:07.47 (40.10)
5:46.76 (39.29) 6:25.86 (39.10) 7:05.09 (39.23) 7:44.88 (39.79)
8:24.33 (39.45) 9:03.16 (38.83) 9:41.35 (38.19) 10:19.73 (38.38)
10:58.69 (38.96) 11:37.55 (38.86) 12:16.69 (39.14) 12:53.18 (36.49)

Women 50-54 100 Yard Backstroke

9 Townsend, Nancy 50 Pacific Northwest Aquatics 1:16.79 2
37.07 1:16.79 (39.72)

Women 50-54 50 Yard Breaststroke

21 Johnson, Janet 50 Pacific Northwest Aquatics 42.53

Women 50-54 100 Yard Breaststroke

17 Johnson, Janet 50 Pacific Northwest Aquatics 1:33.38
44.65 1:33.38 (48.73)

Women 50-54 200 Yard Breaststroke

15 Johnson, Janet 50 Pacific Northwest Aquatics 3:25.88
47.44 1:38.07 (50.63) 2:32.03 (53.96) 3:25.88 (53.85)

Women 50-54 200 Yard IM

4 Townsend, Nancy 50 Pacific Northwest Aquatics 2:38.95 7
33.34 1:14.19 (40.85) 2:02.51 (48.32) 2:38.95 (36.44)

Women 55-59 50 Yard Freestyle

1 Davis, Charlotte 55 Pacific Northwest Aquatics 27.20 11
NATIONAL RECORD

Women 55-59 100 Yard Freestyle

1 Davis, Charlotte 55 Pacific Northwest Aquatics 59.08 11
29.70 59.08 (29.38)
NATIONAL RECORD

Women 55-59 200 Yard Freestyle

12 Welch, Sarah 58 Pacific Northwest Aquatics 2:41.01
37.80 1:19.42 (41.62) 2:01.91 (42.49) 2:41.01 (39.10)

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Women 55-59 500 Yard Freestyle

12	Welch, Sarah	58	Pacific Northwest Aquatics		7:17.29
	37.63	1:19.50 (41.87)	2:02.44 (42.94)	2:47.06 (44.62)	
	3:32.21 (45.15)	4:17.96 (45.75)	5:04.48 (46.52)	5:50.16 (45.68)	
	6:35.42 (45.26)	7:17.29 (41.87)			

Women 55-59 1650 Yard Freestyle

9	Sutherland, Kate	57	Pacific Northwest Aquatics		32:24.35	2
	45.75	1:41.18 (55.43)	2:38.21 (57.03)	3:37.26 (59.05)		
	4:36.20 (58.94)	5:35.23 (59.03)	6:34.77 (59.54)	7:34.08 (59.31)		
	8:33.37 (59.29)	9:32.53 (59.16)	10:32.78 (1:00.25)	11:33.75 (1:00.97)		
	12:33.33 (59.58)	13:32.51 (59.18)	14:32.82 (1:00.31)	15:31.84 (59.02)		
	16:30.68 (58.84)	17:30.94 (1:00.26)	18:31.16 (1:00.22)	19:30.86 (59.70)		
	20:30.65 (59.79)	21:29.95 (59.30)	22:30.43 (1:00.48)	23:30.04 (59.61)		
	24:29.58 (59.54)	25:29.04 (59.46)	26:29.73 (1:00.69)	27:29.53 (59.80)		
	28:28.99 (59.46)	29:27.80 (58.81)	30:26.64 (58.84)	31:25.68 (59.04)	32:24.35 (58.67)	

Women 55-59 200 Yard Breaststroke

8	Sutherland, Kate	57	Pacific Northwest Aquatics		3:57.17	3
	52.14	1:53.16 (1:01.02)	2:55.67 (1:02.51)	3:57.17 (1:01.50)		

Women 55-59 50 Yard Butterfly

1	Davis, Charlotte	55	Pacific Northwest Aquatics		29.96	11
					ZONE RECORD	
10	Welch, Sarah	58	Pacific Northwest Aquatics		37.99	1

Women 55-59 100 Yard Butterfly

11	Welch, Sarah	58	Pacific Northwest Aquatics		1:27.24
	41.30	1:27.24 (45.94)			

Women 55-59 100 Yard IM

1	Davis, Charlotte	55	Pacific Northwest Aquatics		1:09.27	11
	31.96	1:09.27 (37.31)			NATIONAL RECORD	

Women 55-59 200 Yard IM

1	Davis, Charlotte	55	Pacific Northwest Aquatics		2:29.14	11
	32.25	1:11.06 (38.81)	1:55.53 (44.47)	2:29.14 (33.61)	NATIONAL RECORD	
7	Welch, Sarah	58	Pacific Northwest Aquatics		3:07.24	4
	39.97	1:31.69 (51.72)	2:27.84 (56.15)	3:07.24 (39.40)		
10	Sutherland, Kate	57	Pacific Northwest Aquatics		3:53.79	1
	52.22	1:54.91 (1:02.69)	2:59.88 (1:04.97)	3:53.79 (53.91)		

Women 55-59 400 Yard IM

1	Davis, Charlotte	55	Pacific Northwest Aquatics		5:24.43	11
	33.43	1:12.14 (38.71)	1:55.33 (43.19)	2:38.03 (42.70)	NATIONAL RECORD	
	3:25.73 (47.70)	4:12.91 (47.18)	4:50.14 (37.23)	5:24.43 (34.29)		
5	Welch, Sarah	58	Pacific Northwest Aquatics		6:44.75	6
	42.59	1:35.25 (52.66)	2:29.32 (54.07)	3:22.82 (53.50)		
	4:19.79 (56.97)	5:18.05 (58.26)	6:02.06 (44.01)	6:44.75 (42.69)		

Women 80-84 200 Yard Freestyle

2	Chadwick, Marion	83	Pacific Northwest Aquatics		5:30.28	9
	1:13.34	4:05.94 (2:52.60)	5:30.28 (1:24.34)			

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Women 80-84 500 Yard Freestyle

2	Chadwick, Marion	83	Pacific Northwest Aquatics	15:05.03	9
	1:15.32	2:47.10 (1:31.78)	4:18.76 (1:31.66)	5:51.14 (1:32.38)	
	7:24.67 (1:33.53)	8:58.03 (1:33.36)	10:29.85 (1:31.82)	12:01.88 (1:32.03)	
	13:35.67 (1:33.79)	15:05.03 (1:29.36)			

Women 80-84 1000 Yard Freestyle

2	Chadwick, Marion	83	Pacific Northwest Aquatics	31:41.37	9
	1:18.67	2:48.21 (1:29.54)	4:22.31 (1:34.10)	5:56.12 (1:33.81)	
	7:29.92 (1:33.80)	9:03.44 (1:33.52)	10:43.17 (1:39.73)	12:16.90 (1:33.73)	
	13:51.70 (1:34.80)	15:27.87 (1:36.17)	17:06.29 (1:38.42)	18:45.15 (1:38.86)	
		22:01.52 ()	23:38.69 (1:37.17)	25:17.03 (1:38.34)	
	26:54.99 (1:37.96)	28:33.65 (1:38.66)	30:09.01 (1:35.36)	31:41.37 (1:32.36)	

Women 80-84 100 Yard Backstroke

5	Chadwick, Marion	83	Pacific Northwest Aquatics	3:06.59	6
	1:25.36	3:06.59 (1:41.23)			

Women 80-84 200 Yard Backstroke

6	Chadwick, Marion	83	Pacific Northwest Aquatics	6:28.12	5
	1:27.47	3:06.68 (1:39.21)	4:50.54 (1:43.86)	6:28.12 (1:37.58)	

Men 18-24 50 Yard Freestyle

8	Merrifield, Jason	19	Pacific Northwest Aquatics	22.96	3
9	Kroll, Alden	22	Pacific Northwest Aquatics	23.03	2

Men 18-24 100 Yard Freestyle

4	Kroll, Alden	22	Pacific Northwest Aquatics	50.13	7
	23.75	50.13 (26.38)			
6	Merrifield, Jason	19	Pacific Northwest Aquatics	50.71	5
	24.02	50.71 (26.69)			

Men 18-24 100 Yard Backstroke

2	Kroll, Alden	22	Pacific Northwest Aquatics	56.58	9
	27.35	56.58 (29.23)			

Men 18-24 200 Yard Backstroke

1	Kroll, Alden	22	Pacific Northwest Aquatics	2:05.72	11
	29.30	1:01.34 (32.04)	1:33.80 (32.46)	2:05.72 (31.92)	

Men 18-24 50 Yard Breaststroke

1	Merrifield, Jason	19	Pacific Northwest Aquatics	29.17	11
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Men 18-24 100 Yard Breaststroke

1	Kroll, Alden	22	Pacific Northwest Aquatics	1:02.00	11
	28.88	1:02.00 (33.12)			

Men 18-24 100 Yard Butterfly

5	Kroll, Alden	22	Pacific Northwest Aquatics	55.93	6
	25.75	55.93 (30.18)			

Men 18-24 100 Yard IM

5	Merrifield, Jason	19	Pacific Northwest Aquatics	57.89	6
	27.40	57.89 (30.49)			

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Men 25-29 50 Yard Breaststroke

8 Sayah, George 26 Pacific Northwest Aquatics 30.16 3

Men 25-29 200 Yard Breaststroke

11 Sayah, George 26 Pacific Northwest Aquatics 2:29.87

33.40 1:10.91 (37.51) 1:50.69 (39.78) 2:29.87 (39.18)

Men 25-29 100 Yard IM

18 Sayah, George 26 Pacific Northwest Aquatics 1:00.86

29.35 1:00.86 (31.51)

Men 25-29 200 Yard IM

8 Sayah, George 26 Pacific Northwest Aquatics 2:14.43 3

28.81 1:04.60 (35.79) 1:42.39 (37.79) 2:14.43 (32.04)

Men 30-34 100 Yard Freestyle

13 Arnold, Mark 30 Pacific Northwest Aquatics 49.86

24.11 49.86 (25.75)

Men 30-34 100 Yard Backstroke

3 Arnold, Mark 30 Pacific Northwest Aquatics 55.48 8

27.25 55.48 (28.23)

Men 30-34 200 Yard Backstroke

7 Arnold, Mark 30 Pacific Northwest Aquatics 2:04.25 4

29.12 1:00.52 (31.40) 1:32.61 (32.09) 2:04.25 (31.64)

Men 30-34 50 Yard Butterfly

10 Arnold, Mark 30 Pacific Northwest Aquatics 24.57 1

Men 30-34 100 Yard IM

19 Arnold, Mark 30 Pacific Northwest Aquatics 58.41

26.25 58.41 (32.16)

Men 35-39 100 Yard Freestyle

28 Nelson, Kirk 35 Pacific Northwest Aquatics 50.72

24.74 50.72 (25.98)

Men 35-39 200 Yard Freestyle

10 Nelson, Kirk 35 Pacific Northwest Aquatics 1:50.18 1

26.29 54.16 (27.87) 1:22.16 (28.00) 1:50.18 (28.02)

Men 35-39 500 Yard Freestyle

5 Nelson, Kirk 35 Pacific Northwest Aquatics 5:01.77 6

27.22 56.66 (29.44) 1:26.69 (30.03) 1:57.02 (30.33)

2:27.58 (30.56) 2:58.31 (30.73) 3:29.03 (30.72) 4:00.03 (31.00)

4:31.24 (31.21) 5:01.77 (30.53)

PNA RECORD

10 Kays, David 37 Pacific Northwest Aquatics 5:10.10 1

28.67 59.41 (30.74) 1:30.89 (31.48) 2:02.58 (31.69)

2:34.12 (31.54) 3:05.56 (31.44) 3:37.15 (31.59) 4:08.47 (31.32)

4:39.87 (31.40) 5:10.10 (30.23)

Men 35-39 1650 Yard Freestyle

3 Kays, David 37 Pacific Northwest Aquatics 17:59.94 8

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	30.05	1:02.21 (32.16)	1:34.69 (32.48)	2:07.26 (32.57)		
	2:39.89 (32.63)	3:12.67 (32.78)	3:45.60 (32.93)	4:18.75 (33.15)		
	4:51.65 (32.90)	5:24.79 (33.14)	5:57.89 (33.10)	6:31.01 (33.12)		
	7:03.96 (32.95)	7:37.01 (33.05)	8:09.94 (32.93)	8:42.45 (32.51)		
	9:15.34 (32.89)	9:48.18 (32.84)	10:20.86 (32.68)	10:53.64 (32.78)		
	11:26.80 (33.16)	11:59.77 (32.97)	12:32.22 (32.45)	13:04.54 (32.32)		
	13:36.99 (32.45)	14:09.78 (32.79)	14:43.02 (33.24)	15:15.80 (32.78)		
	15:48.63 (32.83)	16:21.44 (32.81)	16:54.48 (33.04)	17:27.78 (33.30)	17:59.94 (32.16)	
(Men 35-39 1650 Yard Freestyle)						
4	Nelson, Kirk	35	Pacific Northwest Aquatics		18:05.33	7
	29.89	1:02.02 (32.13)	1:34.41 (32.39)	2:07.29 (32.88)		
	2:40.48 (33.19)	3:13.86 (33.38)	3:47.31 (33.45)	4:20.80 (33.49)		
	4:54.24 (33.44)	5:27.80 (33.56)	6:01.45 (33.65)	6:35.18 (33.73)		
	7:08.80 (33.62)	7:42.50 (33.70)	8:15.74 (33.24)	8:49.14 (33.40)		
	9:22.35 (33.21)	9:55.58 (33.23)	10:28.75 (33.17)	11:01.91 (33.16)		
	11:34.99 (33.08)	12:08.06 (33.07)	12:41.06 (33.00)	13:14.01 (32.95)		
	13:46.87 (32.86)	14:19.57 (32.70)	14:52.25 (32.68)	15:24.84 (32.59)		
	15:57.22 (32.38)	16:29.81 (32.59)	17:02.42 (32.61)	17:34.58 (32.16)	18:05.33 (30.75)	
Men 35-39 100 Yard Breaststroke						
12	Kays, David	37	Pacific Northwest Aquatics		1:05.59	
	31.54	1:05.59 (34.05)				
Men 35-39 200 Yard Breaststroke						
9	Kays, David	37	Pacific Northwest Aquatics		2:23.74	2
	33.17	1:09.65 (36.48)	1:46.54 (36.89)	2:23.74 (37.20)		
Men 35-39 50 Yard Butterfly						
30	Kays, David	37	Pacific Northwest Aquatics		26.73	
Men 35-39 200 Yard Butterfly						
8	Nelson, Kirk	35	Pacific Northwest Aquatics		2:07.39	3
	28.33	1:00.13 (31.80)	1:33.50 (33.37)	2:07.39 (33.89)		
Men 35-39 200 Yard IM						
10	Nelson, Kirk	35	Pacific Northwest Aquatics		2:09.77	1
	27.52	1:01.75 (34.23)	1:40.50 (38.75)	2:09.77 (29.27)		
Men 35-39 400 Yard IM						
5	Kays, David	37	Pacific Northwest Aquatics		4:38.41	6
	30.13	1:03.92 (33.79)	1:42.89 (38.97)	2:20.76 (37.87)		
	2:59.39 (38.63)	3:37.17 (37.78)	4:08.67 (31.50)	4:38.41 (29.74)		
Men 40-44 100 Yard Freestyle						
36	Gaspar, Joe	43	Pacific Northwest Aquatics		54.77	
	26.46	54.77 (28.31)				
Men 40-44 100 Yard Breaststroke						
19	Gaspar, Joe	43	Pacific Northwest Aquatics		1:07.80	
	32.43	1:07.80 (35.37)				
Men 40-44 200 Yard Breaststroke						
13	Gaspar, Joe	43	Pacific Northwest Aquatics		2:31.57	
	34.31	1:11.75 (37.44)	1:51.29 (39.54)	2:31.57 (40.28)		

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Men 40-44 100 Yard Butterfly

25	Gaspar, Joe	43	Pacific Northwest Aquatics	59.68
	28.56	59.68 (31.12)		

Men 40-44 400 Yard IM

11	Gaspar, Joe	43	Pacific Northwest Aquatics	5:02.97
	31.60	1:06.16 (34.56)	1:47.26 (41.10)	2:27.97 (40.71)
	3:10.93 (42.96)	3:53.90 (42.97)	4:29.44 (35.54)	5:02.97 (33.53)

Men 45-49 50 Yard Freestyle

20	Littlefield, James	45	Pacific Northwest Aquatics	24.56
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Men 45-49 100 Yard Freestyle

29	Littlefield, James	45	Pacific Northwest Aquatics	54.30
	26.12	54.30 (28.18)		

Men 45-49 200 Yard Freestyle

29	Littlefield, James	45	Pacific Northwest Aquatics	2:02.68
	26.94	58.16 (31.22)	1:30.64 (32.48)	2:02.68 (32.04)
32	Graham, Frederick	48	Pacific Northwest Aquatics	2:03.62
	29.23	1:00.02 (30.79)	1:31.93 (31.91)	2:03.62 (31.69)

Men 45-49 500 Yard Freestyle

23	Graham, Frederick	48	Pacific Northwest Aquatics	5:47.42
	29.89	1:02.65 (32.76)	1:36.98 (34.33)	2:12.25 (35.27)
	2:47.55 (35.30)	3:23.62 (36.07)	3:59.33 (35.71)	4:36.01 (36.68)
	5:12.18 (36.17)	5:47.42 (35.24)		

Men 45-49 1000 Yard Freestyle

16	Russell, Brian	48	Pacific Northwest Aquatics	11:47.19
	32.70	1:07.87 (35.17)	1:43.28 (35.41)	2:19.08 (35.80)
	2:54.85 (35.77)	3:30.78 (35.93)	4:06.51 (35.73)	4:42.16 (35.65)
	5:17.64 (35.48)	5:53.08 (35.44)	6:28.45 (35.37)	7:03.91 (35.46)
	7:39.48 (35.57)	8:15.20 (35.72)	8:50.95 (35.75)	9:27.09 (36.14)
	10:03.14 (36.05)	10:38.63 (35.49)	11:13.76 (35.13)	11:47.19 (33.43)

Men 45-49 1650 Yard Freestyle

12	Graham, Frederick	48	Pacific Northwest Aquatics	20:34.43
	32.05	1:07.16 (35.11)	1:43.18 (36.02)	2:20.29 (37.11)
	2:56.90 (36.61)	3:33.61 (36.71)	4:10.59 (36.98)	4:47.16 (36.57)
	5:24.00 (36.84)	6:00.80 (36.80)	6:37.43 (36.63)	7:13.74 (36.31)
	7:50.97 (37.23)	8:28.18 (37.21)	9:05.68 (37.50)	9:43.51 (37.83)
	10:22.44 (38.93)	10:59.88 (37.44)	11:37.68 (37.80)	12:53.51 (1:15.83)
	13:32.64 (39.13)	14:10.30 (37.66)	14:49.21 (38.91)	15:28.43 (39.22)
	16:07.42 (38.99)	16:45.16 (37.74)	17:23.74 (38.58)	18:02.75 (39.01)
	18:41.34 (38.59)	19:19.69 (38.35)	19:57.61 (37.92)	20:34.43 (36.82)
				20:34.43 ()

Men 45-49 50 Yard Backstroke

18	Littlefield, James	45	Pacific Northwest Aquatics	29.01
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Men 45-49 200 Yard Backstroke

13	Littlefield, James	45	Pacific Northwest Aquatics	2:19.72
	31.08	1:05.18 (34.10)	1:41.63 (36.45)	2:19.72 (38.09)

Men 45-49 100 Yard Butterfly

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19	Russell, Brian	48	Pacific Northwest Aquatics	1:00.48
	28.11	1:00.48 (32.37)		

Men 45-49 200 Yard IM

21	Russell, Brian	48	Pacific Northwest Aquatics	2:17.53
	28.71	1:03.22 (34.51)	1:44.16 (40.94)	2:17.53 (33.37)

Men 50-54 50 Yard Freestyle

15	Graham, Donald	50	Pacific Northwest Aquatics	23.88
16	Jacobs, Ronald	53	Pacific Northwest Aquatics	24.12
42	Leonard, Frank	50	Pacific Northwest Aquatics	25.95

Men 50-54 100 Yard Freestyle

19	Jacobs, Ronald	53	Pacific Northwest Aquatics	52.96
	25.37	52.96 (27.59)		
44	Leonard, Frank	50	Pacific Northwest Aquatics	57.92
	27.99	57.92 (29.93)		

Men 50-54 200 Yard Freestyle

12	Lautman, Scott	52	Pacific Northwest Aquatics	1:55.48
	28.03	57.61 (29.58)	1:26.95 (29.34)	1:55.48 (28.53)
22	Jacobs, Ronald	53	Pacific Northwest Aquatics	2:00.33
	27.39	58.18 (30.79)	1:29.60 (31.42)	2:00.33 (30.73)

Men 50-54 50 Yard Backstroke

7	Graham, Donald	50	Pacific Northwest Aquatics	28.05	4
13	Jacobs, Ronald	53	Pacific Northwest Aquatics	28.82	

Men 50-54 100 Yard Backstroke

13	Jacobs, Ronald	53	Pacific Northwest Aquatics	1:03.51
	30.67	1:03.51 (32.84)		

Men 50-54 200 Yard Backstroke

10	Jacobs, Ronald	53	Pacific Northwest Aquatics	2:18.82	1
	32.53	1:07.26 (34.73)	1:42.90 (35.64)	2:18.82 (35.92)	

Men 50-54 50 Yard Breaststroke

22	Reeder, Bill	52	Pacific Northwest Aquatics	33.88
25	Leonard, Frank	50	Pacific Northwest Aquatics	35.37

Men 50-54 100 Yard Breaststroke

23	Reeder, Bill	52	Pacific Northwest Aquatics	1:14.93
	35.09	1:14.93 (39.84)		

Men 50-54 50 Yard Butterfly

4	Graham, Donald	50	Pacific Northwest Aquatics	25.14	7
9	Lautman, Scott	52	Pacific Northwest Aquatics	26.00	2
28	Reeder, Bill	52	Pacific Northwest Aquatics	29.84	
29	Leonard, Frank	50	Pacific Northwest Aquatics	30.71	

Men 50-54 100 Yard Butterfly

2	Lautman, Scott	52	Pacific Northwest Aquatics	55.62	9
	26.43	55.62 (29.19)			
3	Graham, Donald	50	Pacific Northwest Aquatics	56.18	8

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26.02 56.18 (30.16)

Men 50-54 200 Yard Butterfly

1 Lautman, Scott 52 Pacific Northwest Aquatics 2:05.60 11
 28.79 1:01.30 (32.51) 1:33.64 (32.34) 2:05.60 (31.96)

Men 50-54 100 Yard IM

3 Graham, Donald 50 Pacific Northwest Aquatics 59.16 8
 27.26 59.16 (31.90) **PNA RECORD**

35 Reeder, Bill 52 Pacific Northwest Aquatics 1:09.04
 32.23 1:09.04 (36.81)

Men 50-54 200 Yard IM

17 Reeder, Bill 52 Pacific Northwest Aquatics 2:28.96
 31.33 1:10.71 (39.38) 1:55.48 (44.77) 2:28.96 (33.48)

Men 50-54 400 Yard IM

5 Lautman, Scott 52 Pacific Northwest Aquatics 4:54.27 6
 29.38 1:02.42 (33.04) 1:44.53 (42.11) 2:25.43 (40.90)
 3:08.35 (42.92) 3:51.51 (43.16) 4:24.10 (32.59) 4:54.27 (30.17)

Men 55-59 50 Yard Freestyle

25 Anderson, John 56 Pacific Northwest Aquatics 35.60

Men 55-59 100 Yard Freestyle

21 Norris, James 57 Pacific Northwest Aquatics 1:04.65
 30.80 1:04.65 (33.85)

Men 55-59 500 Yard Freestyle

8 McColly, Michael 59 Pacific Northwest Aquatics 5:48.45 3
 31.48 1:05.73 (34.25) 1:40.32 (34.59) 2:15.91 (35.59)
 2:51.30 (35.39) 3:26.69 (35.39) 4:02.32 (35.63) 4:38.10 (35.78)
 5:14.02 (35.92) 5:48.45 (34.43)
 11 Norris, James 57 Pacific Northwest Aquatics 6:11.01
 33.08 1:10.06 (36.98) 1:48.07 (38.01) 2:25.85 (37.78)
 3:03.15 (37.30) 3:40.42 (37.27) 4:18.28 (37.86) 4:56.76 (38.48)
 5:34.48 (37.72) 6:11.01 (36.53)

Men 55-59 1000 Yard Freestyle

4 McColly, Michael 59 Pacific Northwest Aquatics 12:02.66 7
 32.20 1:07.26 (35.06) 1:43.51 (36.25) 2:19.67 (36.16)
 3:32.34 (1:12.67) 4:09.00 (36.66) 5:22.23 (1:13.23) 5:59.10 (36.87)
 6:35.55 () 7:12.05 (36.50)
 7:48.32 (36.27) 8:24.83 (36.51) 9:00.95 (36.12) 9:37.18 (36.23)
 10:13.81 (36.63) 10:50.85 (37.04) 11:27.25 (36.40) 12:02.66 (35.41)
 7 Norris, James 57 Pacific Northwest Aquatics 12:28.98 4
 33.73 1:10.45 (36.72) 1:48.58 (38.13) 2:26.87 (38.29)
 3:04.65 (37.78) 3:42.52 (37.87) 4:20.83 (38.31) 4:59.11 (38.28)
 5:37.02 (37.91) 6:14.64 (37.62) 6:51.87 (37.23) 7:29.14 (37.27)
 8:06.85 (37.71) 8:44.85 (38.00) 9:22.91 (38.06) 10:00.78 (37.87)
 10:38.53 (37.75) 11:16.09 (37.56) 11:53.20 (37.11) 12:28.98 (35.78)

Men 55-59 100 Yard Backstroke

10 McColly, Michael 59 Pacific Northwest Aquatics 1:09.67 1

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33.88 1:09.67 (35.79)

Men 55-59 200 Yard Backstroke

6	McColly, Michael	59	Pacific Northwest Aquatics	2:27.31	5
	34.08	1:11.32 (37.24)	1:49.36 (38.04)	2:27.31 (37.95)	

Men 55-59 50 Yard Breaststroke

17	Anderson, John	56	Pacific Northwest Aquatics	44.67
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Men 55-59 100 Yard Breaststroke

13	Anderson, John	56	Pacific Northwest Aquatics	1:44.62
	48.94	1:44.62 (55.68)		

Men 55-59 200 Yard IM

14	McColly, Michael	59	Pacific Northwest Aquatics	2:29.75
	32.47	1:10.99 (38.52)	1:55.54 (44.55)	2:29.75 (34.21)

Men 55-59 400 Yard IM

6	McColly, Michael	59	Pacific Northwest Aquatics	5:18.66	5
	33.66	1:18.80 (45.14)	1:59.17 (40.37)	2:39.21 (40.04)	
	3:24.30 (45.09)	4:09.67 (45.37)	4:45.31 (35.64)	5:18.66 (33.35)	

Men 60-64 50 Yard Freestyle

19	Sawyer, Dennis	61	Pacific Northwest Aquatics	30.06
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Men 60-64 100 Yard Freestyle

16	Sawyer, Dennis	61	Pacific Northwest Aquatics	1:07.52
	31.61	1:07.52 (35.91)		

Men 60-64 50 Yard Backstroke

11	Reid, Walt	64	Pacific Northwest Aquatics	35.94
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Men 60-64 100 Yard Backstroke

7	Reid, Walt	64	Pacific Northwest Aquatics	1:20.56	4
	39.34	1:20.56 (41.22)			

Men 60-64 50 Yard Breaststroke

16	Reid, Walt	64	Pacific Northwest Aquatics	37.14
17	Sawyer, Dennis	61	Pacific Northwest Aquatics	37.25

Men 60-64 100 Yard Breaststroke

15	Sawyer, Dennis	61	Pacific Northwest Aquatics	1:21.18
18	Reid, Walt	64	Pacific Northwest Aquatics	1:23.22
	39.88	1:23.22 (43.34)		
19	Nordby, Michael	64	Pacific Northwest Aquatics	1:23.96
	40.27	1:23.96 (43.69)		

Men 60-64 100 Yard IM

14	Nordby, Michael	64	Pacific Northwest Aquatics	1:19.41
	36.76	1:19.41 (42.65)		
15	Sawyer, Dennis	61	Pacific Northwest Aquatics	1:25.99
	43.65	1:25.99 (42.34)		

Men 60-64 200 Yard IM

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9	Nordby, Michael	64	Pacific Northwest Aquatics	2:52.32	2
	35.94	1:21.36 (45.42)	2:12.54 (51.18)	2:52.32 (39.78)	
Men 65-69 50 Yard Backstroke					
1	Chase, Gary	65	Pacific Northwest Aquatics	30.94	11
Men 65-69 100 Yard Backstroke					
1	Chase, Gary	65	Pacific Northwest Aquatics	1:10.24	11
	34.22	1:10.24 (36.02)			
Men 65-69 200 Yard Backstroke					
1	Chase, Gary	65	Pacific Northwest Aquatics	2:36.56	11
	37.57	1:17.60 (40.03)	1:58.29 (40.69)	2:36.56 (38.27)	
Men 65-69 50 Yard Breaststroke					
1	Chase, Gary	65	Pacific Northwest Aquatics	34.51	11
Men 65-69 100 Yard Breaststroke					
1	Chase, Gary	65	Pacific Northwest Aquatics	1:14.78	11
	35.76	1:14.78 (39.02)			
Men 65-69 200 Yard Breaststroke					
1	Chase, Gary	65	Pacific Northwest Aquatics	2:49.68	11
	37.81	1:21.33 (43.52)	2:06.76 (45.43)	2:49.68 (42.92)	
Women 18+ 200 Yard Freestyle Relay					
6	Pacific Northwest Aquatics	A		1:47.70	10
	1) Dowd, Laura 21	2) Salman, Erin 21	3) Jacobson, Naomi 21	4) Jacobson, Erin 20	
	27.98	55.42 (27.44)	1:21.97 (26.55)	1:47.70 (25.73)	
11	Pacific Northwest Aquatics	B		1:53.67	
	1) Jurick, Sarah 18	2) Sullivan, Ashley 21	3) Morales, Sofina 19	4) Cooley, Cathy 47	
	29.33	49.44 (20.11)	1:25.57 (36.13)	1:53.67 (28.10)	
16	Pacific Northwest Aquatics	C		2:05.65	
	1) Jones, Riley 19	2) Stewart, Kasey 21	3) Hunter, Erin 19	4) Spruance, Laurel 18	
	33.22	1:04.42 (31.20)	1:35.59 (31.17)	2:05.65 (30.06)	
Women 18+ 200 Yard Medley Relay					
9	Pacific Northwest Aquatics	A		2:05.35	4
	1) Jacobson, Erin 20	2) Dowd, Laura 21	3) Jacobson, Naomi 21	4) Salman, Erin 21	
	32.19	1:07.70 (35.51)	1:37.77 (30.07)	2:05.35 (27.58)	
19	Pacific Northwest Aquatics	B		2:15.64	
	1) Morales, Sofina 19	2) Sullivan, Ashley 21	3) Jurick, Sarah 18	4) Stewart, Kasey 21	
	37.28	1:15.01 (37.73)	1:43.57 (28.56)	2:15.64 (32.07)	
Women 35+ 200 Yard Freestyle Relay					
5	Pacific Northwest Aquatics	A		1:49.31	12
	1) Dahl, Lisa 44	2) Berg, Tonya 46	3) Lippold, Mary 49	4) Simsak, Tara 35	
	25.56	55.76 (30.20)	1:22.69 (26.93)	1:49.31 (26.62)	
Women 35+ 200 Yard Medley Relay					
10	Pacific Northwest Aquatics	A		2:05.72	2
	1) Whitney, Jamie 40	2) Pace, Lisa 43	3) Simsak, Tara 35	4) Dahl, Lisa 44	
	37.57	1:12.77 (35.20)	1:40.57 (27.80)	2:05.72 (25.15)	
Women 45+ 200 Yard Freestyle Relay					

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7	Pacific Northwest Aquatics	A			2:00.38	8
	1) O'Leary, Robin 48	2) Hawksworth, Judy 45	3) Welch, Sarah 58	4) Townsend, Nancy 50		
	29.37	58.21 (28.84)	1:30.92 (32.71)	2:00.38 (29.46)		

Women 45+ 200 Yard Medley Relay

2	Pacific Northwest Aquatics	A			2:04.50	18
	1) Cooley, Cathy 47	2) Berg, Tonya 46	3) Davis, Charlotte 55	4) Lippold, Mary 49		
	33.52	1:09.37 (35.85)	1:38.82 (29.45)	2:04.50 (25.68)		
10	Pacific Northwest Aquatics	B			2:30.75	2
	1) Townsend, Nancy 50	2) O'Leary, Robin 48	3) Welch, Sarah 58	4) Sutherland, Kate 57		
	35.19	1:12.64 (37.45)	1:50.76 (38.12)	2:30.75 (39.99)		

Men 18+ 200 Yard Freestyle Relay

5	Pacific Northwest Aquatics	A			1:31.42	12
	1) Kroll, Alden 22	2) Arnold, Mark 30	3) Jacobs, Ronald 53	4) Merrifield, Jason 19		
	23.03	45.34 (22.31)	1:09.05 (23.71)	1:31.42 (22.37)		

Men 18+ 200 Yard Medley Relay

6	Pacific Northwest Aquatics	A			1:44.29	10
	1) Arnold, Mark 30	2) Kays, David 37	3) Kroll, Alden 22	4) Merrifield, Jason 19		
	26.34	56.64 (30.30)	1:21.87 (25.23)	1:44.29 (22.42)		

Men 45+ 200 Yard Freestyle Relay

10	Pacific Northwest Aquatics	A			1:38.81	2
	1) Graham, Donald 50	2) Graham, Frederick 48	3) Leonard, Frank 50	4) Littlefield, James 45		
	23.93	49.16 (25.23)	1:14.52 (25.36)	1:38.81 (24.29)		

Men 45+ 200 Yard Medley Relay

12	Pacific Northwest Aquatics	A			1:49.55	
	1) Littlefield, James 45	2) Graham, Frederick 48	3) Lautman, Scott 52	4) Jacobs, Ronald 53		
	28.80	1:00.33 (31.53)	1:26.22 (25.89)	1:49.55 (23.33)		

Mixed 18+ 200 Yard Freestyle Relay

10	Pacific Northwest Aquatics	A			1:39.19	2
	1) Merrifield, Jason 19	2) Jacobson, Naomi 21	3) Jacobson, Erin 20	4) Kroll, Alden 22		
	23.35	50.29 (26.94)	1:16.37 (26.08)	1:39.19 (22.82)		

Mixed 18+ 200 Yard Medley Relay

6	Pacific Northwest Aquatics	B			1:52.48	9
	1) Arnold, Mark 30	2) Kays, David 37	3) Jacobson, Naomi 21	4) Dowd, Laura 21		
	26.21	55.92 (29.71)	1:25.85 (29.93)	1:52.48 (26.63)		
9	Pacific Northwest Aquatics	A			1:52.86	4
	1) Salman, Erin 21	2) Kroll, Alden 22	3) Merrifield, Jason 19	4) Jacobson, Erin 20		
	32.01	1:00.29 (28.28)	1:25.54 (25.25)	1:52.86 (27.32)		

Mixed 35+ 200 Yard Freestyle Relay

11	Pacific Northwest Aquatics	A			1:39.44	
	1) Nelson, Kirk 35	2) Simsak, Tara 35	3) Gasper, Joe 43	4) Dahl, Lisa 44		
	23.73	49.60 (25.87)	1:14.12 (24.52)	1:39.44 (25.32)		

Mixed 35+ 200 Yard Medley Relay

13	Pacific Northwest Aquatics	A			1:58.48	
	1) Simsak, Tara 35	2) Leonard, Frank 50	3) Dahl, Lisa 44	4) Graham, Frederick 48		
	30.50	1:05.51 (35.01)	1:33.26 (27.75)	1:58.48 (25.22)		

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Mixed 45+ 200 Yard Freestyle Relay

3	Pacific Northwest Aquatics	A			1:40.84	16
	1) Davis, Charlotte 55	2) Graham, Donald 50	3) Jacobs, Ronald 53	4) Lippold, Mary 49		
	27.08	51.01 (23.93)	1:14.56 (23.55)	1:40.84 (26.28)		
10	Pacific Northwest Aquatics	B			1:45.56	2
	1) Littlefield, James 45	2) Townsend, Nancy 50	3) Cooley, Cathy 47	4) Lautman, Scott 52		
	24.48	53.18 (28.70)	1:21.99 (28.81)	1:45.56 (23.57)		
19	Pacific Northwest Aquatics	C			1:51.50	
	1) Reeder, Bill 52	2) Hawksworth, Judy 45	3) O'Leary, Robin 48	4) Russell, Brian 48		
	27.94	58.04 (30.10)	1:26.45 (28.41)	1:51.50 (25.05)		

Mixed 45+ 200 Yard Medley Relay

6	Pacific Northwest Aquatics	A			1:56.85	10
	1) Jacobs, Ronald 53	2) Graham, Donald 50	3) O'Leary, Robin 48	4) Lippold, Mary 49		
	29.30	1:00.63 (31.33)	1:30.52 (29.89)	1:56.85 (26.33)		
14	Pacific Northwest Aquatics	B			2:01.77	
	1) Townsend, Nancy 50	2) Berg, Tonya 46	3) Lautman, Scott 52	4) Littlefield, James 45		
	35.59	1:11.19 (35.60)	1:37.70 (26.51)	2:01.77 (24.07)		

Mixed 55+ 200 Yard Freestyle Relay

12	Pacific Northwest Aquatics	A			2:11.16	
	1) Chase, Gary 65	2) Welch, Sarah 58	3) Sutherland, Kate 57	4) Norris, James 57		
	29.25	1:01.65 (32.40)	1:43.15 (41.50)	2:11.16 (28.01)		