

**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
Results**

Women 18-24 50 Yard Freestyle

Name	Age	Team	Seed Time	Finals Time
1 Switaj, Caitlin	19	Western WA U Masters	28.89	28.41
2 Dowdle, Angela	20	Western WA U Masters	28.00	28.47
3 Wenner, Marissa	20	Western WA U Masters	29.00	30.31
--- Dvenas, Cecilia	19	Monroe YMCA Masters	40.00	NS

Women 18-24 100 Yard Freestyle

1 Braggin, Jaki	22	Husky Masters	1:01.00	1:00.99
	29.59	1:00.99 (31.40)		
2 Dowdle, Angela	20	Western WA U Masters	58.00	1:01.11
	29.45	1:01.11 (31.66)		
3 Switaj, Caitlin	19	Western WA U Masters	NT	1:01.41
	29.13	1:01.41 (32.28)		
4 Man, Mary-Jane	22	Western WA U Masters	1:05.00	1:05.33
	31.78	1:05.33 (33.55)		
5 Mazer, Samantha	23	Federal Way Masters	1:08.00	1:06.31
	31.55	1:06.31 (34.76)		
6 Wenner, Marissa	20	Western WA U Masters	1:10.00	1:06.63
	31.59	1:06.63 (35.04)		
7 De Sitter, Sara	20	Western WA U Masters	NT	1:07.89
	31.92	1:07.89 (35.97)		

Women 18-24 200 Yard Freestyle

1 Cox, Allison	24	Bellevue Eastside Masters	2:05.19	2:04.45
	28.96	1:00.77 (31.81) 1:33.34 (32.57)	2:04.45 (31.11)	
2 Dowdle, Angela	20	Western WA U Masters	2:11.00	2:11.19
	31.20	1:04.00 (32.80) 1:38.01 (34.01)	2:11.19 (33.18)	
3 Banashak, Madeline	18	Western WA U Masters	2:16.00	2:19.50
	32.54	1:07.87 (35.33) 1:44.26 (36.39)	2:19.50 (35.24)	
4 Mazer, Samantha	23	Federal Way Masters	2:22.00	2:23.21
	32.66	1:08.75 (36.09) 1:46.40 (37.65)	2:23.21 (36.81)	
5 Coulson, Emma	24	Federal Way Masters	2:20.00	2:26.18
	33.39	1:10.64 (37.25) 1:48.67 (38.03)	2:26.18 (37.51)	
6 Man, Mary-Jane	22	Western WA U Masters	2:25.00	2:26.41
	34.60	1:12.58 (37.98) 1:50.99 (38.41)	2:26.41 (35.42)	

Women 18-24 500 Yard Freestyle

1 Cox, Allison	24	Bellevue Eastside Masters	5:56.00	5:32.64
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	30.03	1:03.27 (33.24)	1:36.85 (33.58)	2:10.62 (33.77)	
	2:44.64 (34.02)	3:18.73 (34.09)	3:52.73 (34.00)	4:27.33 (34.60)	
	5:00.60 (33.27)	5:32.64 (32.04)			
2 Dowdle, Angela		20 Western WA U Masters		6:05.00	5:54.80
	33.95	1:11.07 (37.12)	1:47.95 (36.88)	2:24.06 (36.11)	
	2:59.85 (35.79)	3:35.32 (35.47)	4:10.48 (35.16)	4:45.72 (35.24)	
	5:20.73 (35.01)	5:54.80 (34.07)			
3 Banashak, Madeline		18 Western WA U Masters		6:20.00	6:10.94
	33.65	1:10.65 (37.00)	1:48.71 (38.06)	2:26.64 (37.93)	
	3:04.65 (38.01)	3:42.17 (37.52)	4:19.77 (37.60)	4:58.17 (38.40)	
	5:35.38 (37.21)	6:10.94 (35.56)			

Women 18-24 1000 Yard Freestyle

1 Switaj, Caitlin		19 Western WA U Masters		NT	12:27.66
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Women 18-24 1650 Yard Freestyle

1 Banashak, Madeline		18 Western WA U Masters		21:42.00	21:14.58
	33.91	1:10.67 (36.76)	1:48.44 (37.77)	2:26.56 (38.12)	
	3:04.90 (38.34)	3:43.28 (38.38)	4:21.68 (38.40)	5:00.58 (38.90)	
	5:39.65 (39.07)	6:19.17 (39.52)	6:58.33 (39.16)	7:37.80 (39.47)	
	8:17.19 (39.39)	8:56.44 (39.25)	9:35.42 (38.98)	10:14.78 (39.36)	
	10:53.77 (38.99)	11:32.82 (39.05)	12:11.48 (38.66)	12:50.65 (39.17)	
	13:30.07 (39.42)	14:09.87 (39.80)	14:49.31 (39.44)	15:28.20 (38.89)	
	16:07.00 (38.80)	16:46.11 (39.11)	17:25.03 (38.92)	18:03.13 (38.10)	
	18:41.92 (38.79)	19:20.46 (38.54)	19:59.63 (39.17)	20:37.94 (38.31)	21:14.58 (36.64)
2 Mazer, Samantha		23 Federal Way Masters		22:00.00	21:23.62
	34.97	1:13.16 (38.19)	1:51.76 (38.60)	2:30.33 (38.57)	
	3:08.98 (38.65)	3:47.56 (38.58)	4:26.44 (38.88)	5:05.59 (39.15)	
	5:44.83 (39.24)	6:23.59 (38.76)	7:03.19 (39.60)	7:42.22 (39.03)	
	8:21.36 (39.14)	9:00.59 (39.23)	9:39.58 (38.99)	10:18.48 (38.90)	
	10:57.57 (39.09)	11:36.33 (38.76)	12:15.27 (38.94)	12:54.26 (38.99)	
	13:33.26 (39.00)	14:12.47 (39.21)	14:51.32 (38.85)	15:30.26 (38.94)	
	16:09.23 (38.97)	16:48.14 (38.91)	17:27.54 (39.40)	18:06.65 (39.11)	
	18:46.18 (39.53)	19:25.71 (39.53)	20:05.24 (39.53)	20:44.91 (39.67)	21:23.62 (38.71)
3 Coulson, Emma		24 Federal Way Masters		22:53.00	22:52.90
	35.73	1:15.56 (39.83)	1:56.57 (41.01)	2:38.35 (41.78)	
	3:20.86 (42.51)	4:03.04 (42.18)	4:45.13 (42.09)	5:26.97 (41.84)	
	6:09.07 (42.10)	6:50.90 (41.83)	7:32.65 (41.75)	8:14.55 (41.90)	
	8:56.46 (41.91)	9:38.57 (42.11)	10:20.66 (42.09)	11:02.48 (41.82)	
	11:44.16 (41.68)	12:26.25 (42.09)	13:08.04 (41.79)	13:49.86 (41.82)	
	14:31.31 (41.45)	15:13.16 (41.85)	15:54.74 (41.58)	16:36.50 (41.76)	
	17:18.42 (41.92)	18:00.33 (41.91)	18:42.72 (42.39)	19:24.91 (42.19)	
	20:06.95 (42.04)	20:48.90 (41.95)	21:31.07 (42.17)	22:12.38 (41.31)	22:52.90 (40.52)

Women 18-24 50 Yard Backstroke

1 Cox, Allison		24 Bellevue Eastside Masters		30.46	30.11
2 Silver, Bailey		20 Bellevue Eastside Masters		31.68	31.83
3 Bonar, Heather		19 Gig Harbor YMCA		NT	35.15
4 Wenner, Marissa		20 Western WA U Masters		39.00	37.69
5 Wagster, Emily		18 Monroe YMCA Masters		NT	46.38

**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
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Women 18-24 100 Yard Backstroke

1	Mooney, Bryn	23	Husky Masters	1:03.43	1:00.46
	29.31		1:00.46 (31.15)		
2	Cox, Allison	24	Bellevue Eastside Masters	1:06.42	1:06.01
	31.76		1:06.01 (34.25)		

Women 18-24 200 Yard Backstroke

1	Mooney, Bryn	23	Husky Masters	2:18.88	2:12.89
	32.05		1:06.10 (34.05) 1:39.98 (33.88)	2:12.89 (32.91)	
2	Coulson, Emma	24	Federal Way Masters	2:25.00	2:32.63
	36.66		1:15.92 (39.26) 1:54.92 (39.00)	2:32.63 (37.71)	

Women 18-24 50 Yard Breaststroke

1	Shtikel, Liliya	19	North End Otters	37.00	35.40
2	Braggin, Jaki	22	Husky Masters	36.00	36.70
3	Bonar, Heather	19	Gig Harbor YMCA	50.00	38.77
4	Purbaugh, Emily	23	Gig Harbor YMCA	39.71	39.36
5	Wagster, Emily	18	Monroe YMCA Masters	NT	50.89
---	Riordan, Anne	21	Western WA U Masters	45.00	NS
---	Dvenas, Cecilia	19	Monroe YMCA Masters	40.00	NS

Women 18-24 100 Yard Breaststroke

1	Shtikel, Liliya	19	North End Otters	1:16.00	1:15.20
	35.29		1:15.20 (39.91)		
2	De Sitter, Sara	20	Western WA U Masters	1:23.00	1:23.52
	39.67		1:23.52 (43.85)		
3	Purbaugh, Emily	23	Gig Harbor YMCA	1:27.37	1:26.29
	40.46		1:26.29 (45.83)		
4	Wagster, Emily	18	Monroe YMCA Masters	NT	1:49.22
	50.77		1:49.22 (58.45)		
---	Riordan, Anne	21	Western WA U Masters	1:30.00	NS
---	Dvenas, Cecilia	19	Monroe YMCA Masters	1:30.00	NS

Women 18-24 200 Yard Breaststroke

1	Braggin, Jaki	22	Husky Masters	2:40.00	2:46.20
	38.12		1:20.32 (42.20) 2:03.45 (43.13)	2:46.20 (42.75)	
---	Riordan, Anne	21	Western WA U Masters	3:10.00	NS
			3:10.45 ()		

**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
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Women 18-24 50 Yard Butterfly

1	Mooney, Bryn	23	Husky Masters	28.70	27.01
2	Switaj, Caitlin	19	Western WA U Masters	29.89	30.00
3	Bonar, Heather	19	Gig Harbor YMCA	34.00	32.88

Women 18-24 100 Yard Butterfly

1	Switaj, Caitlin	19	Western WA U Masters	1:07.00	1:05.59
	30.85		1:05.59 (34.74)		
2	Silver, Bailey	20	Bellevue Eastside Masters	1:07.21	1:08.62
	31.64		1:08.62 (36.98)		

Women 18-24 100 Yard IM

1	Shtikel, Liliya	19	North End Otters	1:13.00	1:07.97
	31.87		1:07.97 (36.10)		
2	Dowdle, Angela	20	Western WA U Masters	1:15.00	1:15.48
	35.55		1:15.48 (39.93)		
3	De Sitter, Sara	20	Western WA U Masters	1:17.00	1:17.83
	36.58		1:17.83 (41.25)		
---	Wenner, Marissa	20	Western WA U Masters	1:20.00	NS

Women 18-24 200 Yard IM

1	Mooney, Bryn	23	Husky Masters	2:19.79	2:16.17 Z
	28.28		1:02.28 (34.00) 1:44.66 (42.38)	2:16.17 (31.51)	
2	Shtikel, Liliya	19	North End Otters	2:30.00	2:27.81
	33.34		1:10.24 (36.90) 1:52.59 (42.35)	2:27.81 (35.22)	
3	Coulson, Emma	24	Federal Way Masters	2:25.00	2:38.84
	35.46		1:13.71 (38.25) 2:00.58 (46.87)	2:38.84 (38.26)	
4	Bonar, Heather	19	Gig Harbor YMCA	2:50.00	2:44.24
	33.78		1:15.38 (41.60) 2:03.21 (47.83)	2:44.24 (41.03)	
5	Man, Mary-Jane	22	Western WA U Masters	2:51.00	2:49.98
	36.63		1:17.82 (41.19) 2:10.30 (52.48)	2:49.98 (39.68)	

Women 18-24 400 Yard IM

1	Shtikel, Liliya	19	North End Otters	5:35.00	5:22.93
	34.48		1:15.26 (40.78) 1:54.81 (39.55)	2:33.73 (38.92)	
	3:19.04 (45.31)		4:04.94 (45.90) 4:43.60 (38.66)	5:22.93 (39.33)	

Women 25-29 50 Yard Freestyle

1	Reichmann, Heather	28	Husky Masters	27.50	27.34
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(Women 25-29 50 Yard Freestyle)

2	Shafer, Sarah	28	Monroe YMCA Masters	31.00	28.94
3	Prendergast, Emily	27	South Whidbey Island Masters	31.00	30.87

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4	Burrow, Bethany	27	Ohana Swim Team	35.00	31.14
5	Trettevik, Kate	29	North End Otters	35.40	32.83
6	Bacon, Devan	29	Monroe YMCA Masters	35.00	36.60
7	Gilbert, Helen	29	Bainbridge Area Masters	NT	39.26
---	Heath, Kristen	26	Inland Northwest Masters	28.96	X29.30

Women 25-29 100 Yard Freestyle

1	Forinash, Debra	26	Husky Masters	57.50	54.73
	26.35	54.73 (28.38)			
2	O'Meara, Laura	26	Pna Unattached	59.00	1:00.14
	28.90	1:00.14 (31.24)			
3	Reichmann, Heather	28	Husky Masters	58.00	1:00.49
	28.43	1:00.49 (32.06)			
4	Olson, Abigail	29	Columbia Aquatic Masters	1:10.00	1:00.95
	29.78	1:00.95 (31.17)			
5	Shafer, Sarah	28	Monroe YMCA Masters	1:15.00	1:06.18
	31.00	1:06.18 (35.18)			
6	Prendergast, Emily	27	South Whidbey Island Masters	1:07.00	1:09.98
	33.71	1:09.98 (36.27)			
7	Bacon, Devan	29	Monroe YMCA Masters	1:25.00	1:18.63
	37.30	1:18.63 (41.33)			
8	Gilbert, Helen	29	Bainbridge Area Masters	NT	1:27.06
	41.87	1:27.06 (45.19)			

Women 25-29 200 Yard Freestyle

1	Forinash, Debra	26	Husky Masters	2:00.00	1:57.55P
	27.51	57.16 (29.65)	1:27.84 (30.68)	1:57.55 (29.71)	
2	DeVries, Becki	29	South Whidbey Island Masters	NT	2:35.30
	35.18	1:14.33 (39.15)	1:56.24 (41.91)	2:35.30 (39.06)	
3	Bacon, Devan	29	Monroe YMCA Masters	3:10.00	3:01.23
	40.19	1:27.83 (47.64)	2:15.80 (47.97)	3:01.23 (45.43)	

Women 25-29 500 Yard Freestyle

1	Chamberlin, Melissa	28	Downtown Seattle YMCA Masters	5:30.55	5:27.86
	29.78	1:02.42 (32.64)	1:35.55 (33.13)	2:08.33 (32.78)	
	2:41.26 (32.93)	3:14.36 (33.10)	3:47.86 (33.50)	4:21.81 (33.95)	
	4:55.56 (33.75)	5:27.86 (32.30)			
2	Foley, Jacquelyn	27	Columbia Aquatic Masters	5:30.00	5:38.37
	29.58	1:02.25 (32.67)	1:36.31 (34.06)	2:10.54 (34.23)	
	2:44.97 (34.43)	3:19.86 (34.89)	3:54.47 (34.61)	4:29.69 (35.22)	

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	5:04.32 (34.63)	5:38.37 (34.05)	
3 O'Meara, Laura		26 Pna Unattached	6:00.00 6:02.02

	30.67	1:04.53 (33.86)	1:39.95 (35.42)	2:16.53 (36.58)
	2:53.46 (36.93)	3:31.00 (37.54)	4:09.05 (38.05)	4:47.10 (38.05)
	5:25.17 (38.07)	6:02.02 (36.85)		

--- Heath, Kristen		26 Inland Northwest Masters	6:45.96	X6:37.24
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	34.11	1:12.00 (37.89)	1:51.00 (39.00)	2:30.07 (39.07)
	3:09.88 (39.81)	3:50.30 (40.42)	4:31.33 (41.03)	5:13.55 (42.22)
	5:56.09 (42.54)	6:37.24 (41.15)		

Women 25-29 1000 Yard Freestyle

1 Olson, Abigail		29 Columbia Aquatic Masters	13:20.00	12:20.26
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(Women 25-29 1000 Yard Freestyle)

2 Dunn, Suzanna		26 Bellevue Eastside Masters	16:00.00	13:55.79
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	35.22	1:14.11 (38.89)	1:54.13 (40.02)	2:35.51 (41.38)
	3:17.55 (42.04)	3:59.96 (42.41)	4:42.93 (42.97)	5:26.01 (43.08)
	6:08.45 (42.44)	6:51.57 (43.12)	7:34.30 (42.73)	8:17.18 (42.88)
	9:00.60 (43.42)	9:43.96 (43.36)	10:27.40 (43.44)	11:09.75 (42.35)
	11:52.33 (42.58)	12:34.91 (42.58)	13:15.95 (41.04)	13:55.79 (39.84)

3 DeVries, Becki		29 South Whidbey Island Masters	NT	14:31.57
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--- Zagelow, Joanna		28 Skagit Valley Masters Swimming	18:00.00	SCR
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Women 25-29 1650 Yard Freestyle

1 Foley, Jacquelyn		27 Columbia Aquatic Masters	18:40.00	18:41.72
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	1:15.38	1:15.70 (0.32)	1:37.29 (21.59)	2:10.56 (33.27)
	2:43.89 (33.33)	3:18.00 (34.11)	3:52.22 (34.22)	4:25.92 (33.70)
	5:00.23 (34.31)	5:34.57 (34.34)	6:08.61 (34.04)	6:42.74 (34.13)
	7:16.98 (34.24)	7:51.46 (34.48)	8:26.33 (34.87)	9:00.46 (34.13)
	9:34.76 (34.30)	10:08.87 (34.11)	10:42.96 (34.09)	11:17.48 (34.52)
	11:51.82 (34.34)	12:26.01 (34.19)	13:00.15 (34.14)	13:34.41 (34.26)
	14:09.20 (34.79)	14:43.42 (34.22)	15:17.65 (34.23)	15:51.81 (34.16)
	16:25.76 (33.95)	16:59.74 (33.98)	17:34.00 (34.26)	18:07.91 (33.91)
				18:41.72 (33.81)

--- Heath, Kristen		26 Inland Northwest Masters	22:57.75	X23:02.46
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	35.26	1:13.73 (38.47)	1:52.65 (38.92)	2:32.90 (40.25)
	3:13.09 (40.19)	3:53.75 (40.66)	4:34.56 (40.81)	5:16.42 (41.86)
	5:58.03 (41.61)	6:40.06 (42.03)	7:22.20 (42.14)	8:03.84 (41.64)
	8:46.20 (42.36)	9:27.48 (41.28)	10:09.79 (42.31)	10:52.65 (42.86)
	11:35.45 (42.80)	12:18.32 (42.87)	13:01.20 (42.88)	13:43.91 (42.71)
	14:26.88 (42.97)	15:10.29 (43.41)	15:53.48 (43.19)	16:35.43 (41.95)
	17:17.94 (42.51)	18:01.91 (43.97)	18:45.89 (43.98)	19:29.38 (43.49)
	20:12.21 (42.83)	20:55.52 (43.31)	21:38.96 (43.44)	22:20.54 (41.58)
				23:02.46 (41.92)

Women 25-29 50 Yard Backstroke

--- Heath, Kristen		26 Inland Northwest Masters	37.39	X39.95
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--- Burrow, Bethany		27 Ohana Swim Team	40.00	DQ
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Shoulders past vertical toward breast

Women 25-29 100 Yard Backstroke

1 DeVries, Becki		29 South Whidbey Island Masters	NT	1:19.00
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	38.42	1:19.00 (40.58)	
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Women 25-29 200 Yard Backstroke

1	Foley, Jacquelyn	27	Columbia Aquatic Masters	2:16.00	2:19.10
	32.73	1:07.50 (34.77)	1:43.02 (35.52)	2:19.10 (36.08)	

Women 25-29 50 Yard Breaststroke

1	Kunze, Brittany	25	Greenlake Aquaducks	33.90	34.19
2	Dunn, Suzanna	26	Bellevue Eastside Masters	40.00	37.33
3	Shafer, Sarah	28	Monroe YMCA Masters	39.00	37.65
4	Trettevik, Kate	29	North End Otters	45.18	41.86
---	Heath, Kristen	26	Inland Northwest Masters	38.96	XNS

Women 25-29 100 Yard Breaststroke

1	Chamberlin, Melissa	28	Downtown Seattle YMCA Masters	1:12.92	1:09.35
	33.62	1:09.35 (35.73)			
2	Kunze, Brittany	25	Greenlake Aquaducks	1:09.60	1:11.45
	33.89	1:11.45 (37.56)			
3	O'Meara, Laura	26	Pna Unattached	1:12.00	1:14.03
	34.73	1:14.03 (39.30)			

(Women 25-29 100 Yard Breaststroke)

4	Dunn, Suzanna	26	Bellevue Eastside Masters	1:26.00	1:20.81
	38.41	1:20.81 (42.40)			
5	Trettevik, Kate	29	North End Otters	1:37.89	1:33.95
	45.13	1:33.95 (48.82)			

Women 25-29 200 Yard Breaststroke

1	Chamberlin, Melissa	28	Downtown Seattle YMCA Masters	2:29.41	2:25.13Z
	34.34	1:10.76 (36.42)	1:47.77 (37.01)	2:25.13 (37.36)	
2	Kunze, Brittany	25	Greenlake Aquaducks	2:28.67	2:34.22
	34.99	1:13.56 (38.57)	1:53.33 (39.77)	2:34.22 (40.89)	

Women 25-29 50 Yard Butterfly

1	Olson, Abigail	29	Columbia Aquatic Masters	33.30	30.25
2	Shafer, Sarah	28	Monroe YMCA Masters	33.00	31.59
3	Reichmann, Heather	28	Husky Masters	32.00	33.11
4	DeVries, Becki	29	South Whidbey Island Masters	NT	33.87
5	Prendergast, Emily	27	South Whidbey Island Masters	33.00	33.88
6	Burrow, Bethany	27	Ohana Swim Team	35.75	35.55
7	Gilbert, Helen	29	Bainbridge Area Masters	NT	48.81

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Results**

Women 25-29 100 Yard Butterfly

1	Kunze, Brittany	25	Greenlake Aquaducks	1:06.41	1:04.34
	30.39	1:04.34 (33.95)			
2	Forinash, Debra	26	Husky Masters	1:03.00	1:04.60
	30.15	1:04.60 (34.45)			
---	Gilbert, Helen	29	Bainbridge Area Masters	NT	NS
---	Prendergast, Emily	27	South Whidbey Island Masters	1:18.00	NS

Women 25-29 200 Yard Butterfly

1	Kunze, Brittany	25	Greenlake Aquaducks	2:21.11	2:22.73
	31.65	1:07.85 (36.20)	1:45.11 (37.26)	2:22.73 (37.62)	

Women 25-29 100 Yard IM

1	Chamberlin, Melissa	28	Downtown Seattle YMCA Masters	1:09.17	1:05.11
	32.35	1:05.11 (32.76)			
2	Reichmann, Heather	28	Husky Masters	1:10.00	1:11.35
	32.87	1:11.35 (38.48)			
3	Olson, Abigail	29	Columbia Aquatic Masters	1:20.00	1:11.95
	33.08	1:11.95 (38.87)			
4	Dunn, Suzanna	26	Bellevue Eastside Masters	1:22.00	1:16.84
	36.99	1:16.84 (39.85)			
5	Shafer, Sarah	28	Monroe YMCA Masters	1:20.00	1:16.87
	34.95	1:16.87 (41.92)			
6	Burrow, Bethany	27	Ohana Swim Team	1:18.87	1:19.50
	36.64	1:19.50 (42.86)			
7	Trettevik, Kate	29	North End Otters	1:40.31	1:30.26
	43.79	1:30.26 (46.47)			
---	Gilbert, Helen	29	Bainbridge Area Masters	NT	NS

Women 25-29 200 Yard IM

1	Chamberlin, Melissa	28	Downtown Seattle YMCA Masters	2:20.78	2:16.78
	31.49	1:08.81 (37.32)	1:45.78 (36.97)	2:16.78 (31.00)	
2	Foley, Jacquelyn	27	Columbia Aquatic Masters	2:30.00	2:22.67
	31.01	1:06.04 (35.03)	1:49.85 (43.81)	2:22.67 (32.82)	

(Women 25-29 200 Yard IM)

3	O'Meara, Laura	26	Pna Unattached	2:25.00	2:26.88
	30.22	1:09.65 (39.43)	1:51.91 (42.26)	2:26.88 (34.97)	
4	Olson, Abigail	29	Columbia Aquatic Masters	2:30.00	2:30.17
	31.02	1:10.28 (39.26)	1:56.06 (45.78)	2:30.17 (34.11)	

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Women 25-29 400 Yard IM

1	Chamberlin, Melissa	28	Downtown Seattle YMCA Masters	4:59.03	4:53.55
	31.32	1:07.11 (35.79)	1:45.75 (38.64)	2:23.56 (37.81)	
	3:03.25 (39.69)	3:43.74 (40.49)	4:19.35 (35.61)	4:53.55 (34.20)	

Women 30-34 50 Yard Freestyle

1	Coulter, Tamara	32	Olympic Aquatic Club	27.32	26.15
2	Maschman Morrissey, Tracy	34	Husky Masters	28.50	28.09
3	Rhoades-Payne, Rhonda	33	Federal Way Masters	30.00	29.98
4	Lesh, Robin	31	North End Otters	33.90	32.27

Women 30-34 100 Yard Freestyle

1	Philipps, Colleen	32	Little Lebowski Urban Achiever	57.00	55.59
	26.67	55.59 (28.92)			
2	Maschman Morrissey, Tracy	34	Husky Masters	59.70	1:00.79
	29.49	1:00.79 (31.30)			
3	Alkezweeny, Tina	34	Federal Way Masters	1:11.20	1:09.80
	33.07	1:09.80 (36.73)			
4	Lesh, Robin	31	North End Otters	1:15.00	1:12.31
	33.46	1:12.31 (38.85)			
5	Simmons, Michelle	34	Federal Way Masters	1:15.94	1:20.48
	37.87	1:20.48 (42.61)			
---	Coulter, Tamara	32	Olympic Aquatic Club	59.88	NS

Women 30-34 200 Yard Freestyle

1	Alkezweeny, Tina	34	Federal Way Masters	2:38.50	2:37.64
	35.75	1:15.77 (40.02)	1:57.66 (41.89)	2:37.64 (39.98)	
2	Simmons, Michelle	34	Federal Way Masters	3:08.05	3:05.06
	41.57	1:28.30 (46.73)	2:17.78 (49.48)	3:05.06 (47.28)	
---	Maschman Morrissey, Tracy	34	Husky Masters	2:08.10	NS
---	Philipps, Colleen	32	Little Lebowski Urban Achiever	2:10.00	NS

Women 30-34 500 Yard Freestyle

1	Philipps, Colleen	32	Little Lebowski Urban Achiever	5:50.00	5:30.30
	29.98	1:02.32 (32.34)	1:36.37 (34.05)	2:10.15 (33.78)	
	2:43.76 (33.61)	3:17.14 (33.38)	3:50.43 (33.29)	4:23.66 (33.23)	
	4:57.24 (33.58)	5:30.30 (33.06)			
2	Nordberg, Carrie	33	Bellevue Eastside Masters	5:46.00	5:39.91
	30.35	1:03.73 (33.38)	1:37.49 (33.76)	2:11.98 (34.49)	
	2:46.58 (34.60)	3:21.34 (34.76)	3:56.04 (34.70)	4:30.94 (34.90)	
	5:05.83 (34.89)	5:39.91 (34.08)			
3	Casey, Shannon	31	Federal Way Masters	6:00.00	6:06.92

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	31.72	1:06.66 (34.94)	1:43.24 (36.58)	2:20.36 (37.12)	
	2:58.16 (37.80)	3:35.91 (37.75)	4:14.45 (38.54)	4:52.56 (38.11)	
	5:30.55 (37.99)	6:06.92 (36.37)			
4 Rhoades-Payne, Rhonda		33 Federal Way Masters		7:30.00	6:47.49

	34.13	1:11.70 (37.57)	1:50.87 (39.17)	2:31.44 (40.57)	
	3:12.95 (41.51)	3:55.49 (42.54)	4:38.45 (42.96)	5:21.38 (42.93)	
	6:05.48 (44.10)	6:47.49 (42.01)			

(Women 30-34 500 Yard Freestyle)

5 Lesh, Robin		31 North End Otters		7:42.00	6:59.45
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	38.11	1:19.34 (41.23)	2:01.64 (42.30)	2:43.91 (42.27)	
	3:26.59 (42.68)	4:09.35 (42.76)	4:52.43 (43.08)	5:35.65 (43.22)	
	6:18.14 (42.49)	6:59.45 (41.31)			

Women 30-34 1000 Yard Freestyle

1 Casey, Shannon		31 Federal Way Masters		12:15.00	12:26.02
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Women 30-34 1650 Yard Freestyle

1 Simmons, Michelle		34 Federal Way Masters		29:31.42	28:02.92
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	41.24	1:28.24 (47.00)	2:17.24 (49.00)	3:07.35 (50.11)	
	3:57.62 (50.27)	4:48.09 (50.47)	5:39.32 (51.23)	6:30.62 (51.30)	
	7:21.54 (50.92)	8:12.74 (51.20)	9:03.98 (51.24)	9:55.79 (51.81)	
	10:47.04 (51.25)	11:37.97 (50.93)	12:29.46 (51.49)	13:20.69 (51.23)	
	14:11.84 (51.15)	15:03.20 (51.36)	15:53.85 (50.65)	16:44.79 (50.94)	
	17:36.06 (51.27)	18:27.57 (51.51)	19:19.49 (51.92)	20:11.55 (52.06)	
	21:04.38 (52.83)	21:57.19 (52.81)	22:50.40 (53.21)	23:43.96 (53.56)	
	24:36.99 (53.03)	25:29.32 (52.33)	26:21.65 (52.33)	27:14.18 (52.53)	28:02.92 (48.74)

Women 30-34 50 Yard Backstroke

1 Coulter, Tamara		32 Olympic Aquatic Club		30.24	29.02P
2 Alkezweeny, Tina		34 Federal Way Masters		37.11	36.59
3 Bork, Holly		32 Federal Way Masters		44.37	45.84

Women 30-34 100 Yard Backstroke

1 Coulter, Tamara		32 Olympic Aquatic Club		1:05.44	1:01.62
	29.73	1:01.62 (31.89)			
2 Alkezweeny, Tina		34 Federal Way Masters		1:23.80	1:22.17
	39.00	1:22.17 (43.17)			

Women 30-34 50 Yard Breaststroke

1 Rhoades-Payne, Rhonda		33 Federal Way Masters		40.00	36.63
2 Bork, Holly		32 Federal Way Masters		43.55	44.76

Women 30-34 100 Yard Breaststroke

1 Nordberg, Carrie		33 Bellevue Eastside Masters		1:14.60	1:13.74
	35.51	1:13.74 (38.23)			
2 Simmons, Michelle		34 Federal Way Masters		1:38.09	1:41.64

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47.41 1:41.64 (54.23)

Women 30-34 200 Yard Breaststroke

1	Bork, Holly	32	Federal Way Masters	3:30.00	3:40.98
	48.06	1:42.30 (54.24)	2:41.25 (58.95)	3:40.98 (59.73)	

Women 30-34 50 Yard Butterfly

1	Coulter, Tamara	32	Olympic Aquatic Club	29.28	27.48
2	Maschman Morrissey, Tracy	34	Husky Masters	31.10	30.03
3	Alkezweeny, Tina	34	Federal Way Masters	38.86	36.94
4	Lesh, Robin	31	North End Otters	41.00	38.62

Women 30-34 100 Yard Butterfly

1	Maschman Morrissey, Tracy	34	Husky Masters	1:06.40	1:06.98
	31.63	1:06.98 (35.35)			

Women 30-34 100 Yard IM

1	Nordberg, Carrie	33	Bellevue Eastside Masters	1:06.60	1:06.82
	32.23	1:06.82 (34.59)			

(Women 30-34 100 Yard IM)

2	Rhoades-Payne, Rhonda	33	Federal Way Masters	1:55.00	1:15.56
	35.72	1:15.56 (39.84)			
3	Lesh, Robin	31	North End Otters	1:28.50	1:25.20
	39.46	1:25.20 (45.74)			
---	Philipps, Colleen	32	Little Lebowski Urban Achiever	1:06.50	NS

Women 30-34 200 Yard IM

1	Philipps, Colleen	32	Little Lebowski Urban Achiever	2:20.00	2:19.44
	29.83	1:05.54 (35.71)	1:48.08 (42.54)	2:19.44 (31.36)	
2	Nordberg, Carrie	33	Bellevue Eastside Masters	2:23.00	2:21.89
	30.20	1:08.91 (38.71)	1:49.52 (40.61)	2:21.89 (32.37)	

Women 35-39 50 Yard Freestyle

1	Jeter, Kimberly	37	Pna Unattached	26.00	25.38
2	Roberts, Taunya	35	Federal Way Masters	26.00	27.34
3	Barashkoff, Julie	37	Swim Seattle Redhawk Masters	27.52	27.96
4	Kempf, Annette	37	Bellevue Eastside Masters	29.00	29.05
5	Kim, Nellis	38	Federal Way Masters	29.69	30.08
6	Clarke, Nancy	36	Monroe YMCA Masters	33.00	31.78
7	Bohannon, Jennifer	38	Skagit Valley Masters Swimming	35.00	32.32

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8	Cullen, Tamara	38	West Seattle YMCA Dolphins	32.53	32.45
9	Ellringer, Meredith	36	Olympic Aquatic Club	33.50	34.72
---	Poehlman, Yuriko	39	Tigers	32.00	NS

Women 35-39 100 Yard Freestyle

1	Jeter, Kimberly	37	Pna Unattached	56.57	54.06P
	26.42		54.06 (27.64)		
2	Cullen, Tamara	38	West Seattle YMCA Dolphins	1:14.64	1:12.91
	34.97		1:12.91 (37.94)		
3	Faulds, Leonore	35	Swim Seattle Redhawk Masters	1:40.00	1:13.17
	35.04		1:13.17 (38.13)		
4	Loercher, Krista	38	South Whidbey Island Masters	1:15.72	1:14.34
	35.97		1:14.34 (38.37)		
5	Clarke, Nancy	36	Monroe YMCA Masters	1:16.00	1:16.24
	37.90		1:16.24 (38.34)		
6	Bohannon, Jennifer	38	Skagit Valley Masters Swimming	1:20.00	1:16.81
	36.03		1:16.81 (40.78)		
7	Montiel, Julie	39	Federal Way Masters	1:19.31	1:21.50
	38.39		1:21.50 (43.11)		
---	Lassen, Megan	38	Oregon Masters	1:00.90	X57.61
	28.01		57.61 (29.60)		
---	Barashkoff, Julie	37	Swim Seattle Redhawk Masters	1:00.98	DQ
	False start				
---	Ellringer, Meredith	36	Olympic Aquatic Club	1:16.00	NS

Women 35-39 200 Yard Freestyle

1	Jeter, Kimberly	37	Pna Unattached	2:04.93	2:00.79
	28.91		59.87 (30.96) 1:30.89 (31.02) 2:00.79 (29.90)		
2	Eager, Kristi	36	South Whidbey Island Masters	2:35.00	2:34.83
	35.29		1:13.77 (38.48) 1:53.85 (40.08) 2:34.83 (40.98)		
3	Singer, Shannon	39	Skagit Valley Masters Swimming	2:38.00	2:46.99
	37.35		1:19.78 (42.43) 2:04.62 (44.84) 2:46.99 (42.37)		
4	Clarke, Nancy	36	Monroe YMCA Masters	2:40.00	2:53.35
	39.33		1:22.90 (43.57) 2:09.01 (46.11) 2:53.35 (44.34)		

(Women 35-39 200 Yard Freestyle)

5	Bohannon, Jennifer	38	Skagit Valley Masters Swimming	3:03.00	3:05.17
	39.64		1:24.53 (44.89) 2:14.95 (50.42) 3:05.17 (50.22)		
---	Faulds, Leonore	35	Swim Seattle Redhawk Masters	3:20.00	NS

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Women 35-39 500 Yard Freestyle

1	Jeter, Kimberly	37	Pna Unattached	5:30.18	5:23.90
	30.76	1:03.89 (33.13)	1:36.76 (32.87)	2:10.32 (33.56)	
	2:42.96 (32.64)	3:15.97 (33.01)	3:48.65 (32.68)	4:21.01 (32.36)	
	4:53.10 (32.09)	5:23.90 (30.80)			
2	Roberts, Taunya	35	Federal Way Masters	5:30.00	5:46.47
	30.81	1:04.91 (34.10)	1:39.40 (34.49)	2:14.31 (34.91)	
	2:49.19 (34.88)	3:24.68 (35.49)	3:59.95 (35.27)	4:35.45 (35.50)	
	5:10.88 (35.43)	5:46.47 (35.59)			
3	Behrens, Michelle	36	Gig Harbor YMCA	6:55.00	6:45.74
	37.40	1:17.36 (39.96)	1:58.48 (41.12)	2:39.74 (41.26)	
	3:20.85 (41.11)	4:02.16 (41.31)	4:43.36 (41.20)	5:24.78 (41.42)	
	6:06.27 (41.49)	6:45.74 (39.47)			
4	Mesler, Jennifer	38	Federal Way Masters	6:31.00	6:48.13
	33.93	1:11.46 (37.53)	1:51.37 (39.91)	2:32.42 (41.05)	
	3:14.31 (41.89)	3:56.88 (42.57)	4:40.33 (43.45)	5:23.26 (42.93)	
	6:06.72 (43.46)	6:48.13 (41.41)			
5	Singer, Shannon	39	Skagit Valley Masters Swimming	7:30.00	7:23.30
	37.85	1:21.42 (43.57)	2:06.53 (45.11)	2:53.88 (47.35)	
	3:40.37 (46.49)	4:26.61 (46.24)	5:11.58 (44.97)	5:56.41 (44.83)	
	6:42.74 (46.33)	7:23.30 (40.56)			
6	Faulds, Leonore	35	Swim Seattle Redhawk Masters	8:00.00	7:37.01
	41.04	1:25.54 (44.50)	2:11.66 (46.12)	2:57.50 (45.84)	
	3:44.96 (47.46)	4:31.81 (46.85)	5:18.45 (46.64)	6:04.89 (46.44)	
	6:51.79 (46.90)	7:37.01 (45.22)			
7	Montiel, Julie	39	Federal Way Masters	7:44.75	7:59.13
	41.21	1:28.60 (47.39)	2:16.82 (48.22)	3:05.54 (48.72)	
	3:54.22 (48.68)	4:43.63 (49.41)	5:32.64 (49.01)	6:21.92 (49.28)	
	7:11.90 (49.98)	7:59.13 (47.23)			
---	Lassen, Megan	38	Oregon Masters	5:55.00	X5:43.63
	30.94	1:04.34 (33.40)	1:38.88 (34.54)	2:13.73 (34.85)	
	2:49.35 (35.62)	3:24.67 (35.32)	4:00.01 (35.34)	4:35.25 (35.24)	
	5:10.07 (34.82)	5:43.63 (33.56)			

Women 35-39 1000 Yard Freestyle

1	Kim, Nellis	38	Federal Way Masters	15:30.00	13:38.68
	35.56	1:15.79 (40.23)	1:58.13 (42.34)	2:40.02 (41.89)	
	3:21.57 (41.55)	4:03.70 (42.13)	4:45.82 (42.12)	5:27.92 (42.10)	
	6:09.93 (42.01)	6:51.56 (41.63)	7:33.37 (41.81)	8:14.79 (41.42)	
	8:56.46 (41.67)	9:38.14 (41.68)	10:20.08 (41.94)	11:01.57 (41.49)	
	11:42.00 (40.43)	12:22.63 (40.63)	13:02.49 (39.86)	13:38.68 (36.19)	
2	Eager, Kristi	36	South Whidbey Island Masters	14:35.00	14:31.19
	40.42	1:23.98 (43.56)	2:07.79 (43.81)	2:52.07 (44.28)	
	3:36.42 (44.35)	4:20.83 (44.41)	5:04.80 (43.97)	5:48.98 (44.18)	
	6:33.02 (44.04)	7:16.91 (43.89)	8:00.03 (43.12)	8:43.89 (43.86)	
	9:28.10 (44.21)	10:12.10 (44.00)	10:56.46 (44.36)	11:40.22 (43.76)	
	12:23.98 (43.76)	13:07.16 (43.18)	13:50.37 (43.21)	14:31.19 (40.82)	

(Women 35-39 1000 Yard Freestyle)

3	Singer, Shannon	39	Skagit Valley Masters Swimming	15:30.00	15:18.85
	41.23	1:24.33 (43.10)	2:09.88 (45.55)	2:54.83 (44.95)	

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3:40.52 (45.69)	4:26.69 (46.17)	5:13.52 (46.83)	6:00.21 (46.69)	
6:47.25 (47.04)	7:33.59 (46.34)	8:20.29 (46.70)	9:07.33 (47.04)	
9:54.40 (47.07)	10:42.12 (47.72)	11:29.24 (47.12)	12:16.48 (47.24)	
13:04.24 (47.76)	13:51.37 (47.13)	14:37.67 (46.30)	15:18.85 (41.18)	
--- Lassen, Megan	38 Oregon Masters		12:22.00	X11:50.84
--- Mesler, Jennifer	38 Federal Way Masters		13:45.00	SCR

Women 35-39 1650 Yard Freestyle

1 Kabacy, Jennifer	38 Federal Way Masters		21:33.00	22:10.65
34.96	1:14.02 (39.06)	1:54.63 (40.61)	2:35.29 (40.66)	
3:16.51 (41.22)	3:57.71 (41.20)	4:38.64 (40.93)	5:20.01 (41.37)	
6:01.33 (41.32)	6:42.02 (40.69)	7:22.95 (40.93)	8:03.80 (40.85)	
8:44.56 (40.76)	9:24.90 (40.34)	10:05.17 (40.27)	10:45.58 (40.41)	
11:26.11 (40.53)	12:06.92 (40.81)	12:47.22 (40.30)	13:27.48 (40.26)	
14:07.87 (40.39)	14:48.46 (40.59)	15:28.37 (39.91)	16:08.54 (40.17)	
16:48.48 (39.94)	17:28.87 (40.39)	18:09.23 (40.36)	18:49.45 (40.22)	
19:29.84 (40.39)	20:10.09 (40.25)	20:50.62 (40.53)	21:30.97 (40.35)	22:10.65 (39.68)
2 Faulds, Leonore	35 Swim Seattle Redhawk Masters		28:00.00	26:27.46
46.53	2:20.84 (1:34.31)	3:09.41 (48.57)	3:58.18 (48.77)	
4:46.73 (48.55)	5:35.12 (48.39)	6:23.31 (48.19)	7:12.43 (49.12)	
8:01.99 (49.56)	8:50.94 (48.95)	9:39.73 (48.79)	10:27.51 (47.78)	
11:16.05 (48.54)	12:04.36 (48.31)	12:52.09 (47.73)	13:40.05 (47.96)	
14:28.08 (48.03)	15:15.18 (47.10)	16:03.82 (48.64)	16:51.60 (47.78)	
17:38.67 (47.07)	18:25.67 (47.00)	19:13.51 (47.84)	20:00.79 (47.28)	
20:48.41 (47.62)	21:36.46 (48.05)	22:25.28 (48.82)	23:13.99 (48.71)	
24:03.02 (49.03)	24:51.40 (48.38)	25:40.01 (48.61)	26:27.46 (47.45)	26:27.46 ()

Women 35-39 50 Yard Backstroke

1 Roberts, Taunya	35 Federal Way Masters		29.50	32.10
2 Kim, Nellis	38 Federal Way Masters		39.00	38.30
3 Ellringer, Meredith	36 Olympic Aquatic Club		37.82	38.61
4 Singer, Shannon	39 Skagit Valley Masters Swimming		41.00	40.01
5 Clarke, Nancy	36 Monroe YMCA Masters		39.00	41.09
6 Tulou, Tamara	35 Bainbridge Area Masters		47.00	43.75

Women 35-39 100 Yard Backstroke

1 Eager, Kristi	36 South Whidbey Island Masters		1:30.00	1:23.50
40.80	1:23.50 (42.70)			
2 Young, Kirsten	38 Skagit Valley Masters Swimming		1:26.00	1:25.28
40.61	1:25.28 (44.67)			
3 Clarke, Nancy	36 Monroe YMCA Masters		1:31.00	1:29.72
44.51	1:29.72 (45.21)			
4 Tulou, Tamara	35 Bainbridge Area Masters		1:45.00	1:38.39
47.78	1:38.39 (50.61)			
--- Strelkaskas, Jennifer	37 Oregon Masters		1:55.00	XNS

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Results**

Women 35-39 200 Yard Backstroke

1	Roberts, Taunya	35	Federal Way Masters	2:19.00	2:27.55
	34.70	1:11.81 (37.11)	1:49.88 (38.07)	2:27.55 (37.67)	
2	Behrens, Michelle	36	Gig Harbor YMCA	2:55.00	2:56.99
	42.83	1:27.75 (44.92)	2:12.98 (45.23)	2:56.99 (44.01)	
3	Loercher, Krista	38	South Whidbey Island Masters	3:05.00	3:09.31
	45.94	1:33.52 (47.58)	2:22.30 (48.78)	3:09.31 (47.01)	

(Women 35-39 200 Yard Backstroke)

---	Lassen, Megan	38	Oregon Masters	2:33.00	X2:27.64
	34.75	1:12.41 (37.66)	1:50.86 (38.45)	2:27.64 (36.78)	

Women 35-39 50 Yard Breaststroke

1	Kim, Nellis	38	Federal Way Masters	40.41	39.69
---	Strelkauskas, Jennifer	37	Oregon Masters	55.00	XNS
---	Young, Kirsten	38	Skagit Valley Masters Swimming	41.00	NS

Women 35-39 100 Yard Breaststroke

1	Kim, Nellis	38	Federal Way Masters	NT	1:27.76
	41.49	1:27.76 (46.27)			
2	Singer, Shannon	39	Skagit Valley Masters Swimming	1:45.00	1:41.20
	48.19	1:41.20 (53.01)			
---	Strelkauskas, Jennifer	37	Oregon Masters	2:00.00	XNS

Women 35-39 200 Yard Breaststroke

1	Young, Kirsten	38	Skagit Valley Masters Swimming	3:30.00	3:17.20
	43.71	1:32.77 (49.06)	2:25.10 (52.33)	3:17.20 (52.10)	

Women 35-39 50 Yard Butterfly

1	Roberts, Taunya	35	Federal Way Masters	29.50	29.61
2	Kempf, Annette	37	Bellevue Eastside Masters	32.00	31.02
3	Young, Kirsten	38	Skagit Valley Masters Swimming	35.00	36.18
4	Tulou, Tamara	35	Bainbridge Area Masters	45.00	45.12

Women 35-39 100 Yard Butterfly

1	Jeter, Kimberly	37	Pna Unattached	1:05.64	1:05.55
	30.45	1:05.55 (35.10)			

Women 35-39 100 Yard IM

1	Kim, Nellis	38	Federal Way Masters	1:18.55	1:17.46
	36.57	1:17.46 (40.89)			

2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009**Results**

2	Behrens, Michelle	36	Gig Harbor YMCA	1:22.00	1:21.78
	39.57	1:21.78 (42.21)			
3	Eager, Kristi	36	South Whidbey Island Masters	1:24.00	1:22.82
	39.10	1:22.82 (43.72)			
4	Loercher, Krista	38	South Whidbey Island Masters	1:25.41	1:25.39
	40.15	1:25.39 (45.24)			
5	Singer, Shannon	39	Skagit Valley Masters Swimming	1:31.00	1:30.09
	41.35	1:30.09 (48.74)			
6	Montiel, Julie	39	Federal Way Masters	1:34.07	1:37.06
	46.79	1:37.06 (50.27)			
---	Tulou, Tamara	35	Bainbridge Area Masters	1:50.00	NS
---	Lassen, Megan	38	Oregon Masters	1:14.00	XNS
---	Strelkauskas, Jennifer	37	Oregon Masters	1:55.00	XNS

Women 35-39 200 Yard IM

1	Loercher, Krista	38	South Whidbey Island Masters	3:03.47	3:03.91
	41.15	1:29.07 (47.92)	2:22.66 (53.59)	3:03.91 (41.25)	
---	Lassen, Megan	38	Oregon Masters	2:43.00	X2:27.59
	32.53	1:09.29 (36.76)	1:53.13 (43.84)	2:27.59 (34.46)	

Women 40-44 50 Yard Freestyle

1	Armstrong, Mary	41	Monroe YMCA Masters	26.20	25.37
2	Strom, Deena	41	Skagit Valley Masters Swimming	31.50	30.05
3	Antilla, Kristine	40	Ohana Swim Team	32.40	32.47

(Women 40-44 50 Yard Freestyle)

---	Moore, Kathy	42	Nonscoring	31.12	X32.87
---	Sieber, Emma	41	West Seattle YMCA Dolphins	NT	NS
---	Townsend, Susan	42	Olympic Aquatic Club	30.96	NS

Women 40-44 100 Yard Freestyle

1	Vanderhaegen, Geraldine	41	Briggs YMCA Master Swim	1:04.00	1:03.91
	31.22	1:03.91 (32.69)			
2	Strom, Deena	41	Skagit Valley Masters Swimming	1:14.00	1:06.90
	32.59	1:06.90 (34.31)			
3	Schuster, Belinda	44	Skagit Valley Masters Swimming	1:15.00	1:09.63
	33.41	1:09.63 (36.22)			
4	Magee, Katy	43	Middle Aged Marlins	1:12.00	1:13.78
	34.87	1:13.78 (38.91)			
5	Antilla, Kristine	40	Ohana Swim Team	1:18.30	1:14.58

**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
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6	Huntamer, Nancy	34.88	1:14.58 (39.70)	44 North End Otters	1:25.00	1:19.06
7	Burris, Mary	37.03	1:19.06 (42.03)	43 North End Otters	1:40.00	1:31.12
---	Sieber, Emma	43.58	1:31.12 (47.54)	41 West Seattle YMCA Dolphins	NT	NS
---	Townsend, Susan			42 Olympic Aquatic Club	1:19.96	NS

Women 40-44 200 Yard Freestyle

1	Strom, Deena			41 Skagit Valley Masters Swimming	2:38.00	2:32.02
2	Schuster, Belinda	34.34	1:11.70 (37.36)	44 Skagit Valley Masters Swimming	3:00.00	2:46.41
					1:51.48 (39.78)	2:32.02 (40.54)
3	Huntamer, Nancy	38.86	1:21.03 (42.17)	44 North End Otters	3:00.00	2:53.47
					2:05.22 (44.19)	2:46.41 (41.19)
		39.79	1:23.64 (43.85)			2:53.47 (43.99)

Women 40-44 500 Yard Freestyle

1	Vanderhaegen, Geraldine			41 Briggs YMCA Master Swim	6:15.00	6:18.19
		34.18	1:10.90 (36.72)			2:27.46 (38.55)
		3:06.03 (38.57)	3:44.47 (38.44)			5:02.07 (38.61)
		5:40.55 (38.48)	6:18.19 (37.64)			
2	Rogers, Katherine			42 South Whidbey Island Masters	7:15.00	7:20.26
		39.05	1:22.08 (43.03)			2:51.30 (44.64)
		3:36.21 (44.91)	4:20.72 (44.51)			5:52.00 (45.97)
		6:36.64 (44.64)	7:20.26 (43.62)			
3	Huntamer, Nancy			44 North End Otters	8:00.00	7:58.13
		42.79	1:30.37 (47.58)			3:05.68 (47.68)
		3:53.66 (47.98)	4:42.46 (48.80)			6:19.25 (48.42)
		7:04.81 (45.56)	7:58.13 (53.32)			
4	Forsyth, Teresa			41 South Whidbey Island Masters	NT	8:46.00
		44.80	1:34.69 (49.89)			3:21.35 (54.13)
		4:16.97 (55.62)	5:12.73 (55.76)			7:02.80 (54.26)
		7:56.66 (53.86)	8:46.00 (49.34)			
5	Sieber, Emma			41 West Seattle YMCA Dolphins	NT	8:46.22
		44.08	1:35.26 (51.18)			3:21.84 (53.51)
		4:16.05 (54.21)	5:10.40 (54.35)			6:58.95 (54.29)
		7:51.99 (53.04)	8:46.22 (54.23)			

Women 40-44 1000 Yard Freestyle

1	Vanderhaegen, Geraldine			41 Briggs YMCA Master Swim	13:00.00	12:57.75
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(Women 40-44 1000 Yard Freestyle)

2	Rogers, Katherine			42 South Whidbey Island Masters	15:00.00	14:56.12
		40.12	1:23.69 (43.57)			2:53.67 (45.07)
		3:38.81 (45.14)	4:24.19 (45.38)			5:55.21 (45.41)
		6:41.15 (45.94)	7:26.70 (45.55)			8:56.80 (45.00)
						2:08.60 (44.91)
						5:09.80 (45.61)
						8:11.80 (45.10)

2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009

Results

9:42.74 (45.94)	10:28.39 (45.65)	11:13.63 (45.24)	11:58.51 (44.88)
12:43.30 (44.79)	13:27.92 (44.62)	14:12.49 (44.57)	14:56.12 (43.63)

Women 40-44 1650 Yard Freestyle

1	North, Donnie	43	North End Otters	26:00.00	27:31.84
	42.99	1:29.81 (46.82)	2:19.13 (49.32)	3:08.61 (49.48)	
	3:58.84 (50.23)	4:49.04 (50.20)	5:39.45 (50.41)	6:30.19 (50.74)	
	7:21.36 (51.17)	8:12.18 (50.82)	9:02.01 (49.83)	9:52.53 (50.52)	
	10:43.33 (50.80)	11:33.61 (50.28)	12:25.21 (51.60)	13:15.86 (50.65)	
	14:07.36 (51.50)	14:57.38 (50.02)	15:48.53 (51.15)	16:39.05 (50.52)	
	17:30.20 (51.15)	18:22.00 (51.80)	19:11.93 (49.93)	20:02.43 (50.50)	
	20:52.85 (50.42)	21:43.15 (50.30)	22:34.04 (50.89)	23:24.84 (50.80)	
	24:15.60 (50.76)	25:04.83 (49.23)	25:54.78 (49.95)	26:43.48 (48.70)	27:31.84 (48.36)

Women 40-44 50 Yard Backstroke

1	Armstrong, Mary	41	Monroe YMCA Masters	32.51	30.96
---	Moore, Kathy	42	Nonscoring	37.40	X39.11

Women 40-44 100 Yard Backstroke

1	North, Donnie	43	North End Otters	1:40.00	1:29.56
	43.93	1:29.56 (45.63)			

Women 40-44 50 Yard Breaststroke

1	Armstrong, Mary	41	Monroe YMCA Masters	33.32	32.07Z
2	Antilla, Kristine	40	Ohana Swim Team	40.47	40.66
3	Delaney, Julie	42	Middle Aged Marlins	46.49	47.57
4	Burris, Mary	43	North End Otters	53.00	48.83
---	Moore, Kathy	42	Nonscoring	43.75	X45.41
---	Thill, Marcelle	41	Middle Aged Marlins	NT	NS

Women 40-44 100 Yard Breaststroke

1	Armstrong, Mary	41	Monroe YMCA Masters	1:13.12	1:10.52Z
	32.88	1:10.52 (37.64)			
2	Werner, Haleigh	40	Pna Unattached	1:35.00	1:17.54
	37.10	1:17.54 (40.44)			
3	Antilla, Kristine	40	Ohana Swim Team	1:28.99	1:30.13
	42.93	1:30.13 (47.20)			
4	Forsyth, Teresa	41	South Whidbey Island Masters	NT	1:38.19
	46.60	1:38.19 (51.59)			
5	Delaney, Julie	42	Middle Aged Marlins	1:39.17	1:42.38
	49.23	1:42.38 (53.15)			
6	Burris, Mary	43	North End Otters	1:50.00	1:50.91
	52.69	1:50.91 (58.22)			

2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009

Results

---	Thill, Marcelle	41	Middle Aged Marlins	NT	NS
---	North, Donnie	43	North End Otters	1:40.00	NS

Women 40-44 200 Yard Breaststroke

1	Delaney, Julie	42	Middle Aged Marlins	NT	3:51.88
	52.14	1:49.83 (57.69)	2:51.35 (1:01.52)	3:51.88 (1:00.53)	
2	Burris, Mary	43	North End Otters	3:55.00	3:57.62
	52.72	1:53.88 (1:01.16)	2:56.64 (1:02.76)	3:57.62 (1:00.98)	

Women 40-44 50 Yard Butterfly

1	Strom, Deena	41	Skagit Valley Masters Swimming	35.00	35.09
2	Rogers, Katherine	42	South Whidbey Island Masters	43.00	40.01
---	Moore, Kathy	42	Nonscoring	36.05	X38.54
---	Townsend, Susan	42	Olympic Aquatic Club	NT	NS

Women 40-44 100 Yard Butterfly

1	Schuster, Belinda	44	Skagit Valley Masters Swimming	1:30.00	1:29.88
	42.52	1:29.88 (47.36)			
---	North, Donnie	43	North End Otters	1:40.00	NS

Women 40-44 200 Yard Butterfly

1	Werner, Haleigh	40	Pna Unattached	2:45.00	2:30.04
	33.57	1:10.80 (37.23)	1:49.13 (38.33)	2:30.04 (40.91)	

Women 40-44 100 Yard IM

1	Armstrong, Mary	41	Monroe YMCA Masters	1:05.64	1:06.54
	32.16	1:06.54 (34.38)			
2	Antilla, Kristine	40	Ohana Swim Team	1:23.81	1:24.36
	40.10	1:24.36 (44.26)			
3	Rogers, Katherine	42	South Whidbey Island Masters	1:26.00	1:30.52
	41.99	1:30.52 (48.53)			
4	Forsyth, Teresa	41	South Whidbey Island Masters	NT	1:34.06
	45.55	1:34.06 (48.51)			
5	Huntamer, Nancy	44	North End Otters	1:35.00	1:34.77
	46.55	1:34.77 (48.22)			
6	Delaney, Julie	42	Middle Aged Marlins	1:31.30	1:38.28
	47.99	1:38.28 (50.29)			
7	Burris, Mary	43	North End Otters	1:49.00	1:47.21
	50.90	1:47.21 (56.31)			
---	Magee, Katy	43	Middle Aged Marlins	1:25.00	DQ

2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009

Results

Shoulders past vertical toward breast - back

	40.36	DQ (45.51)			
---	Thill, Marcelle	41	Middle Aged Marlins	1:47.00	NS
---	Moore, Kathy	42	Nonscoring	1:25.24	XNS
---	North, Donnie	43	North End Otters	1:30.00	NS

Women 40-44 200 Yard IM

1	Werner, Haleigh	40	Pna Unattached	2:45.00	2:27.74
	32.06	1:10.85 (38.79)	1:53.60 (42.75)	2:27.74 (34.14)	
2	Magee, Katy	43	Middle Aged Marlins	3:00.00	3:10.31
	40.50	1:30.01 (49.51)	2:26.28 (56.27)	3:10.31 (44.03)	
3	Schuster, Belinda	44	Skagit Valley Masters Swimming	3:18.00	3:16.79
	40.96	1:32.32 (51.36)	2:35.20 (1:02.88)	3:16.79 (41.59)	
4	Huntamer, Nancy	44	North End Otters	3:45.00	3:22.12
	46.51	1:40.45 (53.94)	2:36.36 (55.91)	3:22.12 (45.76)	

Women 40-44 400 Yard IM

1	Armstrong, Mary	41	Monroe YMCA Masters	6:00.00	5:09.93
	31.88	1:06.72 (34.84)	1:50.78 (44.06)	2:33.75 (42.97)	
	3:16.80 (43.05)	4:00.05 (43.25)	4:35.44 (35.39)	5:09.93 (34.49)	

Women 45-49 50 Yard Freestyle

1	Dahl, Lisa	47	Central Area Aquatics Team	28.50	25.46
2	Spenser, Tracey	48	Pna Unattached	31.40	29.54
3	Pearson McJunkin, Jill	45	Pna Unattached	34.00	32.93
4	Way, Suzanne	45	Lynnwood Sharks	33.20	33.33

(Women 45-49 50 Yard Freestyle)

5	Spencer, Lee	48	Federal Way Masters	34.00	34.63
6	Peterson, Terrie	46	Monroe YMCA Masters	34.00	35.26
7	Kuykendall, Karen	45	Federal Way Masters	37.00	37.49
8	Christen, Lisa	49	Olympic Aquatic Club	45.00	38.61
9	Turley, Angela	45	Federal Way Masters	NT	39.62
10	Henriot, Kelly	48	South Whidbey Island Masters	50.00	50.09
---	Vesper, Tina	48	Federal Way Masters	1:10.00	NS

Women 45-49 100 Yard Freestyle

1	Speir, Kris	45	Ohana Swim Team	1:06.00	1:05.71
	31.21	1:05.71 (34.50)			
2	Way, Suzanne	45	Lynnwood Sharks	1:12.00	1:13.73

**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
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3	Spencer, Lee	35.80	1:13.73 (37.93)	48 Federal Way Masters	1:22.00	1:19.19
4	Christen, Lisa	37.36	1:19.19 (41.83)	49 Olympic Aquatic Club	1:20.00	1:26.65
5	Henriot, Kelly	41.07	1:26.65 (45.58)	48 South Whidbey Island Masters	2:05.00	1:46.06
---	Caswell, MJ	53.55	1:46.06 (52.51)	48 Oregon Masters	1:01.01	X59.81
---	Vesper, Tina	28.56	59.81 (31.25)	48 Federal Way Masters	2:35.00	NS

Women 45-49 200 Yard Freestyle

1	Rust, Lib			49 North End Otters	3:00.00	2:45.97
2	Kuykendall, Karen	38.66	1:20.12 (41.46)	45 Federal Way Masters	2:03.87 (43.75) 3:10.00	2:45.97 (42.10) 3:03.58
3	Turley, Angela	40.72	1:27.51 (46.79)	45 Federal Way Masters	2:17.01 (49.50) NT	3:03.58 (46.57) 3:12.76
		43.56	1:31.56 (48.00)		2:21.63 (50.07)	3:12.76 (51.13)

Women 45-49 500 Yard Freestyle

1	Rust, Lib			49 North End Otters	7:30.00	7:08.53
2	Way, Suzanne	39.34	1:22.34 (43.00)	45 Lynnwood Sharks	2:06.61 (44.27) 7:20.00	2:50.16 (43.55) 7:24.00
		3:33.87 (43.71)	4:17.38 (43.51)		5:00.56 (43.18)	5:43.83 (43.27)
		6:26.84 (43.01)	7:08.53 (41.69)			
3	Christen, Lisa	41.64	1:25.63 (43.99)	49 Olympic Aquatic Club	2:10.19 (44.56) 6:00.00	2:55.77 (45.58) 8:37.38
		3:41.68 (45.91)	4:27.26 (45.58)		5:12.46 (45.20)	5:57.20 (44.74)
		6:42.23 (45.03)	7:24.00 (41.77)			
4	Henriot, Kelly	41.29	1:28.02 (46.73)	48 South Whidbey Island Masters	2:21.73 (53.71) 10:13.00	3:17.69 (55.96) 9:59.95
		4:13.36 (55.67)	5:08.12 (54.76)		6:02.26 (54.14)	6:54.15 (51.89)
		7:46.94 (52.79)	8:37.38 (50.44)			
---	Krass, Cynthia	1:00.98	1:58.81 (57.83)	45 Columbia Aquatic Masters	2:58.66 (59.85) 6:35.00	4:01.71 (1:03.05) SCR
		5:02.45 (1:00.74)	6:04.01 (1:01.56)		7:04.47 (1:00.46)	8:04.32 (59.85)
		9:03.17 (58.85)	9:59.95 (56.78)			

Women 45-49 1000 Yard Freestyle

1	Foster, Mary			49 Pna Unattached	20:00.00	18:56.87
		45.83	1:37.47 (51.64)		2:31.48 (54.01)	3:27.80 (56.32)
		4:25.18 (57.38)	5:23.15 (57.97)		6:21.64 (58.49)	7:19.60 (57.96)
		8:16.72 (57.12)	9:14.88 (58.16)		10:14.30 (59.42)	11:15.22 (1:00.92)
		12:14.67 (59.45)	13:15.87 (1:01.20)		14:15.98 (1:00.11)	15:15.75 (59.77)
		16:12.62 (56.87)	17:08.92 (56.30)		18:04.16 (55.24)	18:56.87 (52.71)

**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
Results**

Women 45-49 1650 Yard Freestyle

1	Courtney, Zena	49	Federal Way Masters	20:10.00	20:06.10
	31.71	1:06.77 (35.06)	1:42.70 (35.93)	2:19.06 (36.36)	
	2:54.78 (35.72)	3:31.04 (36.26)	4:07.58 (36.54)	4:44.28 (36.70)	
	5:21.07 (36.79)	5:57.86 (36.79)	6:34.58 (36.72)	7:11.49 (36.91)	
	7:48.42 (36.93)	8:25.62 (37.20)	9:02.88 (37.26)	9:40.03 (37.15)	
	10:17.22 (37.19)	10:54.15 (36.93)	11:31.52 (37.37)	12:08.56 (37.04)	
	12:45.27 (36.71)	13:22.44 (37.17)	13:59.49 (37.05)	14:36.67 (37.18)	
	15:13.82 (37.15)	15:50.98 (37.16)	16:27.86 (36.88)	17:04.56 (36.70)	
	17:41.36 (36.80)	18:17.95 (36.59)	18:54.35 (36.40)	19:30.64 (36.29)	20:06.10 (35.46)
2	Boyer, Diane	48	Federal Way Masters	24:45.00	23:32.01
	37.52	1:17.81 (40.29)	1:59.26 (41.45)	2:41.11 (41.85)	
	3:22.90 (41.79)	4:05.06 (42.16)	4:47.52 (42.46)	5:30.32 (42.80)	
	6:13.29 (42.97)	6:57.14 (43.85)	7:40.12 (42.98)	8:23.14 (43.02)	
	9:06.39 (43.25)	9:49.95 (43.56)	10:33.27 (43.32)	11:16.74 (43.47)	
	11:59.46 (42.72)	12:42.75 (43.29)	13:26.04 (43.29)	14:09.78 (43.74)	
	14:53.25 (43.47)	15:36.68 (43.43)	16:20.04 (43.36)	17:02.56 (42.52)	
	17:45.22 (42.66)	18:28.03 (42.81)	19:11.96 (43.93)	19:56.04 (44.08)	
	20:40.07 (44.03)	21:23.30 (43.23)	22:07.23 (43.93)	22:50.90 (43.67)	23:32.01 (41.11)
3	Spencer, Lee	48	Federal Way Masters	30:00.00	27:17.81
	40.17	1:26.90 (46.73)	2:16.54 (49.64)	3:05.57 (49.03)	
	3:55.89 (50.32)	4:45.53 (49.64)	5:35.27 (49.74)	6:25.26 (49.99)	
	7:15.37 (50.11)	8:04.74 (49.37)	8:54.82 (50.08)	9:44.40 (49.58)	
	10:35.03 (50.63)	11:26.28 (51.25)	12:17.62 (51.34)	13:07.97 (50.35)	
	13:58.66 (50.69)	14:48.64 (49.98)	15:39.80 (51.16)	16:33.04 (53.24)	
	17:21.84 (48.80)	18:13.05 (51.21)	19:01.73 (48.68)	19:52.29 (50.56)	
	20:42.81 (50.52)	21:35.57 (52.76)	22:25.27 (49.70)	23:16.15 (50.88)	
	24:06.48 (50.33)	24:57.02 (50.54)	25:45.58 (48.56)	26:33.88 (48.30)	27:17.81 (43.93)
4	Kuykendall, Karen	45	Federal Way Masters	29:30.00	29:20.49
	40.46	1:27.81 (47.35)	2:19.05 (51.24)	3:11.58 (52.53)	
	4:04.82 (53.24)	4:57.49 (52.67)	5:50.18 (52.69)	6:42.71 (52.53)	
	7:37.91 (55.20)	8:32.35 (54.44)	9:25.87 (53.52)	10:19.65 (53.78)	
	11:13.61 (53.96)	12:07.12 (53.51)	13:01.50 (54.38)	13:55.44 (53.94)	
	14:49.40 (53.96)	15:44.28 (54.88)	16:38.20 (53.92)	17:32.46 (54.26)	
	18:27.39 (54.93)	19:21.59 (54.20)	20:16.44 (54.85)	21:11.41 (54.97)	
	22:06.35 (54.94)	23:00.73 (54.38)	23:56.50 (55.77)	24:51.72 (55.22)	
	25:44.78 (53.06)	26:38.95 (54.17)	27:34.31 (55.36)	28:28.61 (54.30)	29:20.49 (51.88)

Women 45-49 50 Yard Backstroke

1	Dahl, Lisa	47	Central Area Aquatics Team	31.50	30.58P
2	Spenser, Tracey	48	Pna Unattached	34.09	33.67
3	Fordham, Jennifer	45	Monroe YMCA Masters	36.00	35.18
4	Diddams, Margaret	47	North End Otters	36.00	35.95
5	Peterson, Terrie	46	Monroe YMCA Masters	46.00	42.04
6	Christen, Lisa	49	Olympic Aquatic Club	55.00	52.27

Women 45-49 100 Yard Backstroke

1	Spenser, Tracey	48	Pna Unattached	1:17.50	1:13.86
	36.96	1:13.86 (36.90)			

**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
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(Women 45-49 100 Yard Backstroke)

2	Fordham, Jennifer	45	Monroe YMCA Masters	1:17.00	1:16.46
	37.59		1:16.46 (38.87)		
3	Diddams, Margaret	47	North End Otters	1:18.02	1:17.84
	38.46		1:17.84 (39.38)		
4	Way, Suzanne	45	Lynnwood Sharks	1:31.00	1:35.95
	47.42		1:35.95 (48.53)		
---	Christen, Lisa	49	Olympic Aquatic Club	1:40.00	NS

Women 45-49 50 Yard Breaststroke

1	Dahl, Lisa	47	Central Area Aquatics Team	33.50	34.41
2	Speir, Kris	45	Ohana Swim Team	38.00	38.64
3	Courtney, Zena	49	Federal Way Masters	38.00	39.27
4	Diddams, Margaret	47	North End Otters	40.11	39.64
5	Boyer, Diane	48	Federal Way Masters	41.48	40.37
6	Spenser, Tracey	48	Pna Unattached	NT	40.84
7	Fordham, Jennifer	45	Monroe YMCA Masters	45.00	41.07
8	Coleman, Jan	48	Middle Aged Marlins	45.25	44.60

Women 45-49 100 Yard Breaststroke

1	Speir, Kris	45	Ohana Swim Team	1:25.00	1:24.00
	39.67		1:24.00 (44.33)		
2	Courtney, Zena	49	Federal Way Masters	1:21.30	1:24.38
	39.54		1:24.38 (44.84)		
3	Diddams, Margaret	47	North End Otters	1:26.82	1:28.77
	42.58		1:28.77 (46.19)		
4	Fordham, Jennifer	45	Monroe YMCA Masters	1:30.00	1:29.08
	42.09		1:29.08 (46.99)		
5	Boyer, Diane	48	Federal Way Masters	1:27.71	1:29.12
	43.64		1:29.12 (45.48)		
6	Peterson, Terrie	46	Monroe YMCA Masters	1:43.00	1:41.68
	47.87		1:41.68 (53.81)		

Women 45-49 200 Yard Breaststroke

1	Courtney, Zena	49	Federal Way Masters	2:52.90	2:59.27
	41.31		1:27.11 (45.80) 2:13.08 (45.97) 2:59.27 (46.19)		
2	Boyer, Diane	48	Federal Way Masters	3:10.00	3:08.14
3	Coleman, Jan	48	Middle Aged Marlins	3:30.08	3:36.16

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Results

48.94 1:44.86 (55.92) 2:40.68 (55.82) 3:36.16 (55.48)

Women 45-49 50 Yard Butterfly

1	Speir, Kris	45	Ohana Swim Team	33.00	33.89
2	Pearson McJunkin, Jill	45	Pna Unattached	38.00	36.95
3	Peterson, Terrie	46	Monroe YMCA Masters	45.00	44.88
---	Caswell, MJ	48	Oregon Masters	29.00	X29.04
---	Spencer, Lee	48	Federal Way Masters	NT	NS
---	Dahl, Lisa	47	Central Area Aquatics Team	27.50	NS

Women 45-49 100 Yard Butterfly

1	Krass, Cynthia	45	Columbia Aquatic Masters	1:20.00	1:13.85
				34.83	1:13.85 (39.02)
---	Caswell, MJ	48	Oregon Masters	1:05.60	X1:05.95
				30.83	1:05.95 (35.12)

Women 45-49 200 Yard Butterfly

1	Courtney, Zena	49	Federal Way Masters	2:29.50	2:39.77
				33.27	1:13.19 (39.92) 1:54.87 (41.68) 2:39.77 (44.90)

Women 45-49 100 Yard IM

1	Dahl, Lisa	47	Central Area Aquatics Team	1:04.50	1:05.93
				30.44	1:05.93 (35.49)
2	Courtney, Zena	49	Federal Way Masters	1:15.00	1:09.91
				31.48	1:09.91 (38.43)
3	Spenser, Tracey	48	Pna Unattached	1:17.74	1:14.92
				34.04	1:14.92 (40.88)
4	Speir, Kris	45	Ohana Swim Team	1:17.00	1:17.90
				37.74	1:17.90 (40.16)
5	Diddams, Margaret	47	North End Otters	1:18.35	1:18.86
				37.03	1:18.86 (41.83)
6	Fordham, Jennifer	45	Monroe YMCA Masters	1:20.00	1:24.63
				38.35	1:24.63 (46.28)
7	Coleman, Jan	48	Middle Aged Marlins	1:32.12	1:32.75
				46.60	1:32.75 (46.15)
8	Peterson, Terrie	46	Monroe YMCA Masters	1:45.00	1:33.24
				45.12	1:33.24 (48.12)
---	Spencer, Lee	48	Federal Way Masters	NT	NS
---	Pearson McJunkin, Jill	45	Pna Unattached	1:28.00	NS

**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
Results**

Women 45-49 400 Yard IM

1	Hoffman, Wendy	46	Mercer Island Country Club	6:25.00	6:20.07
	39.14	1:26.76 (47.62)	2:16.71 (49.95)	3:04.89 (48.18)	
	3:58.03 (53.14)	4:52.46 (54.43)	5:35.93 (43.47)	6:20.07 (44.14)	
2	Fordham, Jennifer	45	Monroe YMCA Masters	NT	6:20.18

Women 50-54 50 Yard Freestyle

1	Lippold, Mary	53	North End Otters	28.50	27.83
2	Menkins, Michelle	52	Federal Way Masters	30.00	29.46
3	Abrams, Kathy	53	Greenlake Aquaducks	32.00	30.34
4	Weintraub, Cynthia	51	Greenlake Aquaducks	NT	38.15
5	Kittleman, Erin	50	Greenlake Aquaducks	NT	42.57
6	Parnell, Coleen	51	Briggs YMCA Master Swim	47.80	44.10
7	Speedy, Sandi	50	Skagit Valley Masters Swimming	55.00	47.13
---	Brown, Caroline	51	Phinney Ridge Swim Club	32.00	NS
---	Williams-Judge, Sue	50	Husky Masters	NT	NS

Women 50-54 100 Yard Freestyle

1	Lippold, Mary	53	North End Otters	1:02.00	1:00.40
	29.20	1:00.40 (31.20)			
2	Hickel, Jessie	50	Federal Way Masters	1:09.00	1:06.19
	32.56	1:06.19 (33.63)			
3	Hall, Robin	54	Greenlake Aquaducks	1:30.00	1:12.71
	34.77	1:12.71 (37.94)			
4	Daniel, Sharan	50	North End Otters	1:35.00	1:29.04
	42.24	1:29.04 (46.80)			
5	Kittleman, Erin	50	Greenlake Aquaducks	NT	1:38.48
	45.74	1:38.48 (52.74)			
6	Speedy, Sandi	50	Skagit Valley Masters Swimming	1:55.00	1:49.13
	51.83	1:49.13 (57.30)			
---	Brown, Caroline	51	Phinney Ridge Swim Club	1:07.00	NS
---	Severin, Jenni	54	North End Otters	1:22.00	NS

Women 50-54 200 Yard Freestyle

1	Speedy, Sandi	50	Skagit Valley Masters Swimming	4:15.00	3:58.29
	53.00	1:53.26 (1:00.26)	2:58.39 (1:05.13)	3:58.29 (59.90)	
2	Kittleman, Erin	50	Greenlake Aquaducks	NT	4:00.14
	47.02	1:47.55 (1:00.53)	2:55.13 (1:07.58)	4:00.14 (1:05.01)	

2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009

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--- Sullivan, Linda 52 Federal Way Masters 3:10.00 NS

Women 50-54 500 Yard Freestyle

1 Lippold, Mary 53 North End Otters 6:15.00 6:04.51

33.18 1:09.15 (35.97) 1:46.41 (37.26) 2:24.01 (37.60)
 3:01.50 (37.49) 3:39.15 (37.65) 4:15.83 (36.68) 4:52.80 (36.97)
 5:28.95 (36.15) 6:04.51 (35.56)

2 Abrams, Kathy 53 Greenlake Aquaducks 6:00.00 6:24.38

34.46 1:12.48 (38.02) 1:52.15 (39.67) 2:31.69 (39.54)
 3:11.17 (39.48) 3:50.66 (39.49) 4:29.82 (39.16) 5:08.48 (38.66)
 5:47.03 (38.55) 6:24.38 (37.35)

3 Menkins, Michelle 52 Federal Way Masters 7:00.00 6:24.62

34.08 1:11.77 (37.69) 1:50.11 (38.34) 2:29.18 (39.07)
 3:08.70 (39.52) 3:48.22 (39.52) 4:27.19 (38.97) 5:06.50 (39.31)
 5:45.49 (38.99) 6:24.62 (39.13)

4 Brown, Caroline 51 Phinney Ridge Swim Club 6:25.00 6:53.44

36.74 1:18.18 (41.44) 2:00.16 (41.98) 2:42.16 (42.00)
 3:25.26 (43.10) 4:08.45 (43.19) 4:50.38 (41.93) 5:32.03 (41.65)
 6:13.35 (41.32) 6:53.44 (40.09)

5 Hall, Robin 54 Greenlake Aquaducks 7:25.00 7:14.45

38.67 1:21.45 (42.78) 2:05.03 (43.58) 2:49.83 (44.80)
 3:34.55 (44.72) 4:19.46 (44.91) 5:03.50 (44.04) 5:47.68 (44.18)
 6:32.41 (44.73) 7:14.45 (42.04)

6 Kittleman, Erin 50 Greenlake Aquaducks NT 9:54.43

48.48 1:44.32 (55.84) 2:47.62 (1:03.30) 3:50.52 (1:02.90)
 4:52.33 (1:01.81) 5:53.33 (1:01.00) 6:58.02 (1:04.69) 7:59.38 (1:01.36)
 8:59.97 (1:00.59) 9:54.43 (54.46)

Women 50-54 1000 Yard Freestyle

1 Kittleman, Erin 50 Greenlake Aquaducks NT 20:13.85

2 Morris, Kathy 53 Briggs YMCA Master Swim 20:00.00 20:30.41

47.11 1:46.41 (59.30) 2:52.30 (1:05.89) 3:54.13 (1:01.83)
 4:56.18 (1:02.05) 6:02.77 (1:06.59) 7:04.85 (1:02.08) 8:10.20 (1:05.35)
 9:15.67 (1:05.47) 10:24.03 (1:08.36) 11:24.96 (1:00.93) 12:27.21 (1:02.25)
 13:28.29 (1:01.08) 14:30.27 (1:01.98) 15:30.56 (1:00.29) 16:31.14 (1:00.58)
 17:31.20 (1:00.06) 18:32.73 (1:01.53) 19:32.41 (59.68) 20:30.41 (58.00)

3 Speedy, Sandi 50 Skagit Valley Masters Swimming 22:00.00 20:48.00

54.52 1:56.26 (1:01.74) 2:59.72 (1:03.46) 4:02.41 (1:02.69)
 5:06.23 (1:03.82) 6:08.83 (1:02.60) 7:13.62 (1:04.79) 8:16.04 (1:02.42)
 9:20.50 (1:04.46) 10:22.86 (1:02.36) 11:25.01 (1:02.15) 12:30.71 (1:05.70)
 13:33.98 (1:03.27) 14:36.45 (1:02.47) 15:40.33 (1:03.88) 16:41.77 (1:01.44)
 17:43.22 (1:01.45) 18:45.56 (1:02.34) 19:47.56 (1:02.00) 20:48.00 (1:00.44)

Women 50-54 1650 Yard Freestyle

1 Abrams, Kathy 53 Greenlake Aquaducks 21:00.00 21:14.97

34.24 1:11.72 (37.48) 1:51.27 (39.55) 2:31.38 (40.11)
 3:11.56 (40.18) 3:50.75 (39.19) 4:30.15 (39.40) 5:09.33 (39.18)
 5:48.65 (39.32) 6:27.65 (39.00) 7:06.51 (38.86) 7:45.18 (38.67)
 8:23.94 (38.76) 9:02.83 (38.89) 9:41.48 (38.65) 10:20.00 (38.52)
 10:59.17 (39.17) 11:38.14 (38.97) 12:17.26 (39.12) 12:56.09 (38.83)

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Results

	13:35.12 (39.03)	14:13.92 (38.80)	14:52.48 (38.56)	15:31.60 (39.12)	
	16:10.46 (38.86)	16:49.76 (39.30)	17:28.07 (38.31)	18:06.68 (38.61)	
	18:44.88 (38.20)	19:22.32 (37.44)	20:00.45 (38.13)	20:38.16 (37.71)	21:14.97 (36.81)
2 Hickel, Jessie		50 Federal Way Masters		28:00.00	22:05.42
	36.45	1:16.08 (39.63)	1:56.92 (40.84)	2:37.98 (41.06)	
	3:18.18 (40.20)	3:59.77 (41.59)	4:40.70 (40.93)	5:21.59 (40.89)	
	6:02.20 (40.61)	6:43.18 (40.98)	7:24.25 (41.07)	8:04.91 (40.66)	
	8:45.57 (40.66)	9:26.33 (40.76)	10:06.98 (40.65)	10:47.63 (40.65)	
	11:28.20 (40.57)	12:08.74 (40.54)	12:48.96 (40.22)	13:29.22 (40.26)	
	14:09.64 (40.42)	14:49.64 (40.00)	15:30.53 (40.89)	29:46.58 (14:16.05)	
	29:52.01 (5.43)	29:52.30 (0.29)	29:52.55 (0.25)	29:52.78 (0.23)	
	29:53.02 (0.24)	29:53.26 (0.24)	29:53.50 (0.24)	29:53.78 (0.28)	22:05.42 ()
3 Muir, Guila		54 Pna Unattached		35:00.00	30:45.52
	42.85	1:35.19 (52.34)	2:30.21 (55.02)	3:26.85 (56.64)	
	4:22.72 (55.87)	5:20.43 (57.71)	6:17.42 (56.99)	7:13.61 (56.19)	
	8:10.01 (56.40)	9:06.13 (56.12)	10:02.29 (56.16)	10:58.83 (56.54)	
	11:55.41 (56.58)	12:52.00 (56.59)	13:49.39 (57.39)	14:47.18 (57.79)	
	15:44.34 (57.16)	16:41.39 (57.05)	17:36.99 (55.60)	18:33.68 (56.69)	
	19:29.15 (55.47)	20:24.89 (55.74)	21:21.45 (56.56)	22:18.68 (57.23)	
	23:18.75 (1:00.07)	24:15.01 (56.26)	25:11.17 (56.16)	26:07.00 (55.83)	
	27:04.29 (57.29)	28:00.76 (56.47)	28:56.51 (55.75)	29:52.24 (55.73)	30:45.52 (53.28)
4 Rabitz, Miriam		53 North End Otters		35:00.00	43:47.28
	1:15.68	2:34.07 (1:18.39)	3:55.03 (1:20.96)	5:13.71 (1:18.68)	
	6:33.24 (1:19.53)	7:54.19 (1:20.95)	9:13.95 (1:19.76)	10:33.40 (1:19.45)	
	11:52.96 (1:19.56)	13:11.54 (1:18.58)	14:30.81 (1:19.27)	15:49.90 (1:19.09)	
	17:10.65 (1:20.75)	18:30.26 (1:19.61)	19:48.51 (1:18.25)	21:07.43 (1:18.92)	
	22:26.60 (1:19.17)	23:45.30 (1:18.70)	25:05.90 (1:20.60)	26:26.08 (1:20.18)	
	27:46.24 (1:20.16)	29:06.51 (1:20.27)	30:26.50 (1:19.99)	31:47.48 (1:20.98)	
	33:07.32 (1:19.84)	34:26.18 (1:18.86)	35:46.82 (1:20.64)	37:06.78 (1:19.96)	
	38:27.48 (1:20.70)	39:48.05 (1:20.57)	41:08.62 (1:20.57)	42:28.20 (1:19.58)	43:47.28 (1:19.08)
--- Sullivan, Linda		52 Federal Way Masters		28:00.00	SCR

Women 50-54 50 Yard Backstroke

1 Hickel, Jessie		50 Federal Way Masters		39.40	39.54
2 Rabitz, Miriam		53 North End Otters		1:10.00	1:04.56
--- Andrus-Hughes, Karen		51 Oregon Masters		30.50	X29.31
--- Williams-Judge, Sue		50 Husky Masters		NT	NS
--- Severin, Jenni		54 North End Otters		45.00	NS

Women 50-54 100 Yard Backstroke

1 Hickel, Jessie		50 Federal Way Masters		1:25.00	1:20.69
	40.32	1:20.69 (40.37)			
2 Morris, Kathy		53 Briggs YMCA Master Swim		1:50.00	2:01.29
	55.07	2:01.29 (1:06.22)			
3 Rabitz, Miriam		53 North End Otters		2:30.00	2:15.47
	1:06.45	2:15.47 (1:09.02)			
--- Andrus-Hughes, Karen		51 Oregon Masters		1:05.00	X1:04.10
	31.82	1:04.10 (32.28)			

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Women 50-54 200 Yard Backstroke

1	Abrams, Kathy	53	Greenlake Aquaducks	2:50.00	2:59.36
	41.42	1:27.26 (45.84)	2:14.55 (47.29)	2:59.36 (44.81)	
2	Morris, Kathy	53	Briggs YMCA Master Swim	4:00.00	4:20.39
	57.59	2:05.80 (1:08.21)	3:13.43 (1:07.63)	4:20.39 (1:06.96)	
3	Rabitz, Miriam	53	North End Otters	5:20.00	4:49.85
	1:12.09	2:24.26 (1:12.17)	3:37.86 (1:13.60)	4:49.85 (1:11.99)	
---	Andrus-Hughes, Karen	51	Oregon Masters	2:23.00	XNS

Women 50-54 50 Yard Breaststroke

1	Berg, Tonya	50	Greenlake Aquaducks	37.00	37.83
2	Ball, Laurie	51	Federal Way Masters	43.00	39.21
3	Johnson, Janet	54	Port Townsend Master Swimmers	43.00	42.18
4	Weintraub, Cynthia	51	Greenlake Aquaducks	NT	46.30
5	Daniel, Sharan	50	North End Otters	48.07	48.15
6	Adkins-Narte, Heather	54	Bainbridge Area Masters	51.31	52.95
7	Speedy, Sandi	50	Skagit Valley Masters Swimming	1:00.00	1:01.45
---	Williams-Judge, Sue	50	Husky Masters	NT	NS
---	Severin, Jenni	54	North End Otters	53.00	NS

Women 50-54 100 Yard Breaststroke

1	Berg, Tonya	50	Greenlake Aquaducks	1:20.00	1:20.80
	38.70	1:20.80 (42.10)			
2	Ball, Laurie	51	Federal Way Masters	1:33.00	1:24.81
	40.29	1:24.81 (44.52)			
3	Johnson, Janet	54	Port Townsend Master Swimmers	1:33.00	1:31.81
	43.70	1:31.81 (48.11)			
4	Hall, Robin	54	Greenlake Aquaducks	1:39.00	1:36.91
	45.75	1:36.91 (51.16)			
5	Weintraub, Cynthia	51	Greenlake Aquaducks	NT	1:41.15
	48.45	1:41.15 (52.70)			
6	Adkins-Narte, Heather	54	Bainbridge Area Masters	1:50.38	1:52.97
	54.00	1:52.97 (58.97)			
7	Rabitz, Miriam	53	North End Otters	2:40.00	2:27.56
	1:10.23	2:27.56 (1:17.33)			

Women 50-54 200 Yard Breaststroke

1	Berg, Tonya	50	Greenlake Aquaducks	3:00.00	2:54.52
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**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
Results**

2	Johnson, Janet	54	Port Townsend Master Swimmers	3:24.00	3:24.06
	47.48	1:40.10 (52.62)	2:33.43 (53.33)	3:24.06 (50.63)	
3	Daniel, Sharan	50	North End Otters	3:55.00	3:39.69
	51.86	1:47.18 (55.32)	2:43.22 (56.04)	3:39.69 (56.47)	
---	Adkins-Narte, Heather	54	Bainbridge Area Masters	3:52.34	DQ
	56.41	1:57.32 (1:00.91)	2:59.01 (1:01.69)	DQ (1:00.92)	
---	Utgard-Rathburn, Terry	51	Pna Unattached	3:05.00	NS
				3:24.26 ()	

Women 50-54 50 Yard Butterfly

1	Menkins, Michelle	52	Federal Way Masters	36.00	33.67
2	Bailey, Ann	53	Port Townsend Master Swimmers	36.00	36.60
3	Morris, Kathy	53	Briggs YMCA Master Swim	52.00	49.77
4	Adkins-Narte, Heather	54	Bainbridge Area Masters	1:00.18	58.73

Women 50-54 100 Yard Butterfly

1	Lippold, Mary	53	North End Otters	1:10.00	1:10.70
	33.92	1:10.70 (36.78)			

(Women 50-54 100 Yard Butterfly)

2	Bailey, Ann	53	Port Townsend Master Swimmers	1:24.00	1:24.01
	38.82	1:24.01 (45.19)			

Women 50-54 200 Yard Butterfly

1	Bailey, Ann	53	Port Townsend Master Swimmers	3:30.00	3:08.73
	40.50	1:27.45 (46.95)	2:18.59 (51.14)	3:08.73 (50.14)	
2	Hickel, Jessie	50	Federal Way Masters	3:14.00	3:11.60
	41.91	1:31.77 (49.86)	2:21.23 (49.46)	3:11.60 (50.37)	

Women 50-54 100 Yard IM

1	Berg, Tonya	50	Greenlake Aquaducks	1:20.00	1:17.06
	36.83	1:17.06 (40.23)			
2	Hall, Robin	54	Greenlake Aquaducks	1:30.00	1:26.68
	40.41	1:26.68 (46.27)			
3	Abrams, Kathy	53	Greenlake Aquaducks	1:18.00	1:30.95
	42.81	1:30.95 (48.14)			
4	Johnson, Janet	54	Port Townsend Master Swimmers	1:34.00	1:32.47
	47.69	1:32.47 (44.78)			
5	Daniel, Sharan	50	North End Otters	1:55.00	1:45.27
	53.00	1:45.27 (52.27)			
---	Adkins-Narte, Heather	54	Bainbridge Area Masters	1:59.85	DQ

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Results

	1:00.04		DQ (58.01)		
---	Sullivan, Linda	52	Federal Way Masters	1:34.00	NS
---	Severin, Jenni	54	North End Otters	1:35.00	NS

Women 50-54 200 Yard IM

1	Berg, Tonya	50	Greenlake Aquaducks	2:50.00	2:43.62
---	Abrams, Kathy	53	Greenlake Aquaducks	2:45.00	DQ
	Arms underwater recovery - fly				
---	Sullivan, Linda	52	Federal Way Masters	3:20.00	NS
---	Severin, Jenni	54	North End Otters	3:40.00	NS

Women 50-54 400 Yard IM

1	Hickel, Jessie	50	Federal Way Masters	6:15.00	5:57.63
2	Rabitz, Miriam	53	North End Otters	11:00.00	10:36.95

Women 55-59 50 Yard Freestyle

1	Davis, Charlotte	58	North End Otters	30.00	28.11
2	Blackburn, Jean	57	Federal Way Masters	34.04	33.38
3	Wigney, Wendy	58	Monroe YMCA Masters	39.22	36.63
4	Cunningham, Patti	55	Federal Way Masters	35.66	37.47
5	Logsdon, Rebecca	55	Seattle Athletic Club	50.00	48.60
6	Duggan, Pat	55	Federal Way Masters	45.00	50.66
7	Smith, Sandra	56	Skagit Valley Masters Swimming	55.71	55.98

Women 55-59 100 Yard Freestyle

1	Davis, Charlotte	58	North End Otters	1:03.00	1:00.63
2	Blackburn, Jean	57	Federal Way Masters	1:18.18	1:16.44

(Women 55-59 100 Yard Freestyle)

3	Duggan, Pat	55	Federal Way Masters	1:40.00	1:47.90
4	Logsdon, Rebecca	55	Seattle Athletic Club	1:50.00	1:49.63
5	Smith, Sandra	56	Skagit Valley Masters Swimming	2:05.75	2:12.42

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Results

	1:01.58	2:12.42 (1:10.84)			
---	Gray, Jane	57 Oregon Masters		1:20.00	X1:17.68
	36.41	1:17.68 (41.27)			
---	Kassen, Elizabeth	57 Briggs YMCA Master Swim		1:10.01	NS

Women 55-59 200 Yard Freestyle

1	McCue, Shelia	56 South Whidbey Island Masters		NT	2:55.98
	39.28	1:24.17 (44.89)	2:11.09 (46.92)	2:55.98 (44.89)	
2	Moore, Jane	58 Ohana Swim Team		3:15.00	3:18.98
	45.89	1:37.94 (52.05)	2:31.17 (53.23)	3:18.98 (47.81)	
3	Duggan, Pat	55 Federal Way Masters		3:39.00	3:43.70
	50.99	1:47.29 (56.30)	2:46.44 (59.15)	3:43.70 (57.26)	
---	Gray, Jane	57 Oregon Masters		2:50.00	X2:57.43
	41.49	1:26.39 (44.90)	2:12.43 (46.04)	2:57.43 (45.00)	
---	Kassen, Elizabeth	57 Briggs YMCA Master Swim		2:34.11	NS

Women 55-59 500 Yard Freestyle

1	Moore, Jane	58 Ohana Swim Team		9:16.00	8:33.87
	47.96	1:40.31 (52.35)	2:35.03 (54.72)	3:26.85 (51.82)	
	4:19.14 (52.29)	5:10.82 (51.68)	6:03.03 (52.21)	6:55.79 (52.76)	
	7:46.12 (50.33)	8:33.87 (47.75)			
2	Duggan, Pat	55 Federal Way Masters		9:05.00	9:24.49
	53.90	1:50.69 (56.79)	2:48.39 (57.70)	3:45.72 (57.33)	
	4:43.76 (58.04)	5:40.12 (56.36)	6:36.30 (56.18)	7:32.22 (55.92)	
	8:28.91 (56.69)	9:24.49 (55.58)			
3	Smith, Sandra	56 Skagit Valley Masters Swimming		12:00.00	12:17.00
	59.36	2:13.11 (1:13.75)	3:30.40 (1:17.29)	4:50.78 (1:20.38)	
	6:06.93 (1:16.15)	7:24.26 (1:17.33)	8:40.09 (1:15.83)	9:54.09 (1:14.00)	
	11:07.01 (1:12.92)	12:17.00 (1:09.99)			
---	Gray, Jane	57 Oregon Masters		7:47.00	X7:40.07
	39.85	1:24.30 (44.45)	2:10.74 (46.44)	2:58.00 (47.26)	
	3:45.14 (47.14)	4:32.04 (46.90)	5:19.89 (47.85)	6:07.34 (47.45)	
	6:54.47 (47.13)	7:40.07 (45.60)			

Women 55-59 1000 Yard Freestyle

1	Marquart, Lois	59 Ft Steliacoom		17:15.00	17:35.37
	45.20	1:33.64 (48.44)	2:24.48 (50.84)	3:16.66 (52.18)	
	4:09.43 (52.77)	5:03.56 (54.13)	5:57.39 (53.83)	6:51.83 (54.44)	
	7:44.78 (52.95)	8:38.25 (53.47)	9:33.32 (55.07)	10:28.04 (54.72)	
	11:22.12 (54.08)	12:16.66 (54.54)	13:10.05 (53.39)	14:04.13 (54.08)	
	14:57.27 (53.14)	15:50.23 (52.96)	16:43.74 (53.51)	17:35.37 (51.63)	
2	Moore, Jane	58 Ohana Swim Team		18:45.00	17:52.46
	47.98	1:39.37 (51.39)	2:32.55 (53.18)	3:25.27 (52.72)	
	4:18.23 (52.96)	5:11.40 (53.17)	6:06.71 (55.31)	7:01.19 (54.48)	
	7:54.83 (53.64)	8:48.47 (53.64)	9:41.83 (53.36)	10:36.34 (54.51)	
	11:31.21 (54.87)	12:25.07 (53.86)	13:21.28 (56.21)	14:16.25 (54.97)	
	15:11.61 (55.36)	16:06.95 (55.34)	17:02.30 (55.35)	17:52.46 (50.16)	

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(Women 55-59 1000 Yard Freestyle)

---	Gray, Jane	57	Oregon Masters	16:01.00	X15:47.17
	40.86	1:25.51 (44.65)	2:11.78 (46.27)	2:58.15 (46.37)	
	3:45.06 (46.91)	4:32.65 (47.59)	5:20.57 (47.92)	6:08.69 (48.12)	
	6:56.67 (47.98)	7:45.23 (48.56)	8:33.54 (48.31)	9:21.69 (48.15)	
	10:09.94 (48.25)	10:57.94 (48.00)	11:46.65 (48.71)	12:35.84 (49.19)	
	13:25.00 (49.16)	14:13.78 (48.78)	15:02.21 (48.43)	15:47.17 (44.96)	

Women 55-59 50 Yard Backstroke

1	Wigney, Wendy	58	Monroe YMCA Masters	55.69	49.13
2	Moore, Jane	58	Ohana Swim Team	54.29	51.15
3	Logsdon, Rebecca	55	Seattle Athletic Club	53.00	53.68
4	Duggan, Pat	55	Federal Way Masters	1:05.00	1:13.42
---	Layman, Janie	59	North End Otters	55.00	NS

Women 55-59 100 Yard Backstroke

1	Logsdon, Rebecca	55	Seattle Athletic Club	2:00.00	1:58.17
	57.01	1:58.17 (1:01.16)			
---	Layman, Janie	59	North End Otters	1:55.00	NS

Women 55-59 200 Yard Backstroke

1	Moore, Jane	58	Ohana Swim Team	4:07.00	3:59.76
	58.03	1:59.87 (1:01.84)	3:02.04 (1:02.17)	3:59.76 (57.72)	

Women 55-59 50 Yard Breaststroke

1	Wigney, Wendy	58	Monroe YMCA Masters	51.41	45.13
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Women 55-59 200 Yard Breaststroke

1	Moore, Jane	58	Ohana Swim Team	4:36.00	4:39.99
	1:06.51	2:22.14 (1:15.63)	3:32.33 (1:10.19)	4:39.99 (1:07.66)	

Women 55-59 50 Yard Butterfly

1	Davis, Charlotte	58	North End Otters	32.00	30.66
2	Blackburn, Jean	57	Federal Way Masters	38.48	38.27

Women 55-59 100 Yard IM

1	Davis, Charlotte	58	North End Otters	1:13.00	1:10.22
	33.19	1:10.22 (37.03)			
2	Blackburn, Jean	57	Federal Way Masters	1:29.29	1:25.65
	40.45	1:25.65 (45.20)			
3	Cunningham, Patti	55	Federal Way Masters	1:34.28	1:35.79
	46.38	1:35.79 (49.41)			
4	Wigney, Wendy	58	Monroe YMCA Masters	2:45.00	1:50.08

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50.49	1:50.08 (59.59)			
--- Kassen, Elizabeth	57	Briggs YMCA Master Swim	1:19.46	NS

Women 55-59 200 Yard IM

--- Davis, Charlotte	58	North End Otters	2:40.00	NS
--- Kassen, Elizabeth	57	Briggs YMCA Master Swim	2:54.92	NS

Women 55-59 400 Yard IM

1 Davis, Charlotte	58	North End Otters	5:45.00	5:28.86
34.70	1:13.86 (39.16)	1:57.92 (44.06)	2:40.90 (42.98)	
3:28.58 (47.68)	4:15.62 (47.04)	4:53.12 (37.50)	5:28.86 (35.74)	
--- Kassen, Elizabeth	57	Briggs YMCA Master Swim	6:16.59	NS

Women 60-64 50 Yard Freestyle

1 Dillon, Sally	62	North Whidbey Masters	31.82	32.68
(Women 60-64 50 Yard Freestyle)				
2 Ensign, Jeanne	62	Greenlake Aquaducks	49.00	43.23
--- Rousseau, Sandi	61	Oregon Masters	33.50	X33.17

Women 60-64 100 Yard Freestyle

1 Dillon, Sally	62	North Whidbey Masters	1:10.27	1:11.71
35.40	1:11.71 (36.31)			
2 Williams, Judy	60	Federal Way Masters	1:22.00	1:26.56
40.40	1:26.56 (46.16)			
3 Ensign, Jeanne	62	Greenlake Aquaducks	1:43.00	1:35.12
46.01	1:35.12 (49.11)			
--- Rousseau, Sandi	61	Oregon Masters	1:13.00	X1:13.50
35.26	1:13.50 (38.24)			

Women 60-64 200 Yard Freestyle

1 Dillon, Sally	62	North Whidbey Masters	2:37.80	2:37.66
36.86	1:16.76 (39.90)	1:57.20 (40.44)	2:37.66 (40.46)	
2 Johnson, M. Leigh	60	North End Otters	3:00.00	2:46.79
39.03	1:21.68 (42.65)	2:04.73 (43.05)	2:46.79 (42.06)	
3 Bent, Julia	61	North End Otters	2:55.00	2:52.50
42.08	1:26.49 (44.41)	2:10.01 (43.52)	2:52.50 (42.49)	

Women 60-64 500 Yard Freestyle

1 Bent, Julia	61	North End Otters	8:00.00	7:38.54
43.34	1:29.94 (46.60)	2:15.69 (45.75)	3:02.54 (46.85)	
3:48.17 (45.63)	4:34.48 (46.31)	5:20.86 (46.38)	6:07.36 (46.50)	
6:53.62 (46.26)	7:38.54 (44.92)			

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Women 60-64 1000 Yard Freestyle

1	Dillon, Sally	62	North Whidbey Masters	14:52.17	14:36.19
	37.92	1:19.00 (41.08)	2:01.67 (42.67)	2:44.68 (43.01)	
	3:28.83 (44.15)	4:13.44 (44.61)	4:57.72 (44.28)	5:42.20 (44.48)	
	6:26.94 (44.74)	7:11.29 (44.35)	7:55.69 (44.40)	8:40.28 (44.59)	
	9:25.64 (45.36)	10:10.11 (44.47)	10:54.66 (44.55)	11:39.25 (44.59)	
	12:24.00 (44.75)	13:09.03 (45.03)	13:53.31 (44.28)	14:36.19 (42.88)	
2	La Porte, Helene	60	Federal Way Masters	NT	24:08.38
	56.79	2:17.39 (1:20.60)	3:38.37 (1:20.98)	4:59.69 (1:21.32)	
	6:18.22 (1:18.53)	7:35.25 (1:17.03)	8:50.38 (1:15.13)	10:02.24 (1:11.86)	
	11:14.58 (1:12.34)	12:26.60 (1:12.02)	13:35.15 (1:08.55)	14:46.37 (1:11.22)	
	15:57.45 (1:11.08)	17:08.27 (1:10.82)	18:19.94 (1:11.67)	19:29.28 (1:09.34)	
	20:39.52 (1:10.24)	21:50.05 (1:10.53)	22:58.82 (1:08.77)	24:08.38 (1:09.56)	
---	Ensign, Jeanne	62	Greenlake Aquaducks	17:32.00	SCR

Women 60-64 1650 Yard Freestyle

1	Williams, Judy	60	Federal Way Masters	30:00.00	27:46.46
	45.81	1:34.94 (49.13)	2:26.13 (51.19)	3:17.40 (51.27)	
	4:08.09 (50.69)	4:58.33 (50.24)	5:49.48 (51.15)	6:40.47 (50.99)	
	7:30.73 (50.26)	8:20.97 (50.24)	9:11.56 (50.59)	10:02.28 (50.72)	
	10:52.81 (50.53)	11:43.39 (50.58)	12:33.87 (50.48)	13:24.28 (50.41)	
	14:14.63 (50.35)	15:04.74 (50.11)	15:54.78 (50.04)	16:44.55 (49.77)	
	17:34.94 (50.39)	18:25.81 (50.87)	19:16.38 (50.57)	20:07.53 (51.15)	
	20:59.13 (51.60)	21:50.75 (51.62)	22:42.37 (51.62)	23:33.98 (51.61)	
	24:25.61 (51.63)	25:16.94 (51.33)	26:08.49 (51.55)	26:59.64 (51.15)	27:46.46 (46.82)
---	Casey, Katherine	60	Ft Steliacoom	29:22.50	SCR

Women 60-64 50 Yard Backstroke

1	Johnson, M. Leigh	60	North End Otters	50.00	41.50
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(Women 60-64 50 Yard Backstroke)

---	Casey, Katherine	60	Ft Steliacoom	46.20	NS
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Women 60-64 100 Yard Backstroke

1	Bent, Julia	61	North End Otters	1:30.00	1:28.80
	44.35	1:28.80 (44.45)			
2	Johnson, M. Leigh	60	North End Otters	1:45.00	1:31.25
	44.68	1:31.25 (46.57)			
3	Ensign, Jeanne	62	Greenlake Aquaducks	1:57.00	1:54.75
	56.80	1:54.75 (57.95)			
---	Casey, Katherine	60	Ft Steliacoom	1:38.83	NS

Women 60-64 200 Yard Backstroke

1	Bent, Julia	61	North End Otters	3:15.00	3:10.36
	46.35	1:35.10 (48.75)	2:24.11 (49.01)	3:10.36 (46.25)	
---	Casey, Katherine	60	Ft Steliacoom	3:31.08	NS
---	Johnson, M. Leigh	60	North End Otters	3:30.00	NS

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Women 60-64 50 Yard Breaststroke

1	Williams, Judy	60	Federal Way Masters	45.00	46.37
---	Pierson, Ginger	63	Oregon Masters	40.00	X40.24

Women 60-64 100 Yard Breaststroke

1	Dillon, Sally	62	North Whidbey Masters	1:38.13	1:36.38
	45.88		1:36.38 (50.50)		
---	Pierson, Ginger	63	Oregon Masters	1:35.00	X1:26.60
	41.00		1:26.60 (45.60)		

Women 60-64 200 Yard Breaststroke

---	Pierson, Ginger	63	Oregon Masters	3:10.00	X3:06.33
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Women 60-64 50 Yard Butterfly

1	Welch, Sarah	62	Central Area Aquatics Team	35.20	35.48
---	Rousseau, Sandi	61	Oregon Masters	35.00	X35.13

Women 60-64 100 Yard Butterfly

1	Welch, Sarah	62	Central Area Aquatics Team	1:19.50	1:21.57
	38.51		1:21.57 (43.06)		
---	Rousseau, Sandi	61	Oregon Masters	1:30.00	X1:30.79
	41.94		1:30.79 (48.85)		

Women 60-64 200 Yard Butterfly

1	Welch, Sarah	62	Central Area Aquatics Team	3:02.50	3:02.99
	41.93		1:29.09 (47.16) 2:16.37 (47.28) 3:02.99 (46.62)		

Women 60-64 100 Yard IM

1	Bent, Julia	61	North End Otters	1:35.00	1:30.77
	44.04		1:30.77 (46.73)		
2	Williams, Judy	60	Federal Way Masters	1:37.00	1:41.03
	49.35		1:41.03 (51.68)		
---	Pierson, Ginger	63	Oregon Masters	1:35.00	X1:30.11
	44.21		1:30.11 (45.90)		

Women 60-64 200 Yard IM

1	Welch, Sarah	62	Central Area Aquatics Team	2:55.20	2:56.41
	38.21		1:25.30 (47.09) 2:17.17 (51.87) 2:56.41 (39.24)		
---	Casey, Katherine	60	Ft Steliacoom	3:20.05	NS
	3:35.01				

Women 60-64 400 Yard IM

2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009

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1	Welch, Sarah	62	Central Area Aquatics Team	6:18.50	6:15.31P
	39.26	1:25.40 (46.14)	2:16.30 (50.90)	3:06.53 (50.23)	
	3:58.84 (52.31)	4:51.77 (52.93)	5:34.67 (42.90)	6:15.31 (40.64)	
Women 65-69 50 Yard Freestyle					
---	Walker, Pinky	66	Thunderbird Aquatic Masters	33.00	NS
Women 65-69 100 Yard Freestyle					
---	Walker, Pinky	66	Thunderbird Aquatic Masters	1:13.00	NS
Women 65-69 200 Yard Freestyle					
---	Walker, Pinky	66	Thunderbird Aquatic Masters	2:45.00	NS
Women 65-69 500 Yard Freestyle					
---	Walker, Pinky	66	Thunderbird Aquatic Masters	7:25.00	SCR
Women 65-69 50 Yard Backstroke					
---	Ward, Joy	66	Oregon Masters	38.00	X37.47Z
---	Walker, Pinky	66	Thunderbird Aquatic Masters	39.00	NS
Women 65-69 100 Yard Backstroke					
---	Ward, Joy	66	Oregon Masters	1:26.00	X1:22.25Z
	40.80	1:22.25 (41.45)			
Women 65-69 200 Yard Backstroke					
---	Ward, Joy	66	Oregon Masters	3:05.00	X2:56.80
	42.89	1:29.20 (46.31)	2:14.41 (45.21)	2:56.80 (42.39)	
---	Walker, Pinky	66	Thunderbird Aquatic Masters	3:17.00	SCR
Women 65-69 50 Yard Butterfly					
---	Ward, Joy	66	Oregon Masters	35.00	X35.33
Women 70-74 50 Yard Freestyle					
1	Cloutier, Peg	74	Briggs YMCA Master Swim	44.00	43.41
Women 70-74 100 Yard Freestyle					
1	Cloutier, Peg	74	Briggs YMCA Master Swim	1:37.70	1:36.09
	46.20	1:36.09 (49.89)			
Women 70-74 200 Yard Freestyle					
---	Cloutier, Peg	74	Briggs YMCA Master Swim	NT	NS
Women 75-79 50 Yard Freestyle					
1	Sisco, Marilyn	75	Briggs YMCA Master Swim	49.04	50.38

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2 Gladwell, Gail 77 Bellevue Club 59.00 1:00.10

Women 75-79 100 Yard Freestyle

1 Bryce, Karen 75 Greenlake Aquaducks 2:04.77 2:00.20
 57.32 2:00.20 (1:02.88)
 2 Sisco, Marilyn 75 Briggs YMCA Master Swim 2:05.03 2:02.72
 58.03 2:02.72 (1:04.69)
 3 Gladwell, Gail 77 Bellevue Club 2:14.00 2:14.56
 1:01.45 2:14.56 (1:13.11)

Women 75-79 500 Yard Freestyle

1 Kavadas, Janet 78 North End Otters 11:15.00 11:37.81
 1:03.14 2:13.07 (1:09.93) 3:24.18 (1:11.11) 4:34.84 (1:10.66)
 5:45.40 (1:10.56) 6:55.46 (1:10.06) 8:07.15 (1:11.69) 9:18.36 (1:11.21)
 10:28.39 (1:10.03) 11:37.81 (1:09.42)

Women 75-79 1650 Yard Freestyle

1 Allen, Barbara 75 Pna Unattached 40:45.00 40:07.21
 1:02.76 2:13.10 (1:10.34) 3:22.74 (1:09.64) 4:34.75 (1:12.01)
 5:45.72 (1:10.97) 6:57.93 (1:12.21) 8:11.21 (1:13.28) 9:21.61 (1:10.40)
 10:33.10 (1:11.49) 11:43.97 (1:10.87) 12:54.09 (1:10.12) 14:06.74 (1:12.65)
 15:19.83 (1:13.09) 16:32.86 (1:13.03) 17:44.89 (1:12.03) 19:00.56 (1:15.67)
 20:11.61 (1:11.05) 21:25.73 (1:14.12) 22:41.61 (1:15.88) 23:55.01 (1:13.40)
 25:06.57 (1:11.56) 26:19.55 (1:12.98) 27:34.47 (1:14.92) 28:49.90 (1:15.43)
 30:05.68 (1:15.78) 31:22.16 (1:16.48) 32:39.66 (1:17.50) 33:54.18 (1:14.52)
 35:09.71 (1:15.53) 36:25.41 (1:15.70) 37:39.26 (1:13.85) 38:54.23 (1:14.97) 40:07.21 (1:12.98)

Women 75-79 50 Yard Backstroke

1 Allen, Barbara 75 Pna Unattached 58.00 53.76
 2 Sisco, Marilyn 75 Briggs YMCA Master Swim 1:05.00 59.53
 3 Bryce, Karen 75 Greenlake Aquaducks 1:03.85 1:01.50
 4 Gladwell, Gail 77 Bellevue Club 1:12.00 1:09.65

Women 75-79 100 Yard Backstroke

1 Allen, Barbara 75 Pna Unattached 2:05.00 2:00.48
 58.21 2:00.48 (1:02.27)
 2 Kavadas, Janet 78 North End Otters 2:30.00 2:12.11
 1:06.45 2:12.11 (1:05.66)

Women 75-79 200 Yard Backstroke

1 Kavadas, Janet 78 North End Otters 4:50.00 4:44.05
 1:08.52 2:21.96 (1:13.44) 3:33.28 (1:11.32) 4:44.05 (1:10.77)
 --- Allen, Barbara 75 Pna Unattached 4:40.00 NS

**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
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Women 75-79 50 Yard Breaststroke

1	Bryce, Karen	75	Greenlake Aquaducks	1:05.35	1:05.83
2	Gladwell, Gail	77	Bellevue Club	1:10.00	1:06.98
3	Sisco, Marilyn	75	Briggs YMCA Master Swim	1:12.80	1:09.79

Women 75-79 100 Yard Breaststroke

1	Kavadas, Janet	78	North End Otters	2:30.00	2:07.31
---	Gladwell, Gail	77	Bellevue Club	2:32.00	NS

1:14.81 2:07.31 (52.50)

Women 75-79 100 Yard IM

1	Gladwell, Gail	77	Bellevue Club	2:39.00	2:40.03
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1:19.77 2:40.03 (1:20.26)

Women 80-84 50 Yard Backstroke

---	Phillips, Bernice	81	Bainbridge Area Masters	56.76	NS
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Women 80-84 100 Yard Backstroke

---	Phillips, Bernice	81	Bainbridge Area Masters	2:02.12	NS
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Women 80-84 200 Yard Backstroke

---	Phillips, Bernice	81	Bainbridge Area Masters	4:53.11	NS
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Women 80-84 50 Yard Breaststroke

1	Walters, Ilse	81	Pna Unattached	1:18.00	1:16.97
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Women 80-84 100 Yard IM

---	Phillips, Bernice	81	Bainbridge Area Masters	2:35.88	NS
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Men 18-24 50 Yard Freestyle

1	Goldman, Brian	23	Western WA U Masters	21.04	21.09
2	Ansell, William	24	Downtown Seattle YMCA Masters	24.10	23.02
3	Fanning, Mark	23	Western WA U Masters	24.00	23.57
4	Rice, Jordan	24	North End Otters	23.24	23.59
5	Schalyman, James	21	Central Area Aquatics Team	25.50	23.81
6	Schaufler, Klayton	18	Western WA U Masters	24.95	24.12
7	Phillips, Brooks	21	Central Area Aquatics Team	27.50	25.89
8	Whitefield, Benjamin	19	Western WA U Masters	25.04	26.03
9	Sage, Andrew	19	Western WA U Masters	26.01	26.09

**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
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10	Dibble, Richard	20	Monroe YMCA Masters	26.00	26.74
11	Dewey, Ryan	19	Western WA U Masters	30.09	27.18
12	Wanzek, Paul	19	Western WA U Masters	31.00	29.53
13	Pablo, Hamber	23	Monroe YMCA Masters	30.40	29.87

Men 18-24 100 Yard Freestyle

1	Whitefield, Benjamin	19	Western WA U Masters	57.00	56.71
	27.00		56.71 (29.71)		
2	Grigas, Garrett	18	Pna Unattached	1:00.00	58.65
	27.34		58.65 (31.31)		
3	Dewey, Ryan	19	Western WA U Masters	59.50	59.40
	28.84		59.40 (30.56)		
4	Dibble, Richard	20	Monroe YMCA Masters	59.00	59.73
	28.98		59.73 (30.75)		
5	Sage, Andrew	19	Western WA U Masters	57.53	59.79
	28.22		59.79 (31.57)		
6	Pablo, Hamber	23	Monroe YMCA Masters	1:09.58	1:07.67
	32.66		1:07.67 (35.01)		

Men 18-24 200 Yard Freestyle

1	Grigas, Garrett	18	Pna Unattached	2:15.00	2:18.26
	30.46		1:05.80 (35.34) 1:42.58 (36.78) 2:18.26 (35.68)		
2	Sage, Andrew	19	Western WA U Masters	NT	2:21.63
	32.06		1:07.44 (35.38) 1:44.11 (36.67) 2:21.63 (37.52)		
3	Dibble, Richard	20	Monroe YMCA Masters	2:15.00	2:23.80
	31.51		1:06.50 (34.99) 1:44.74 (38.24) 2:23.80 (39.06)		

Men 18-24 500 Yard Freestyle

1	Switaj, Eddie	24	Western WA U Masters	4:55.00	4:51.28
	25.75		54.49 (28.74) 1:23.66 (29.17) 1:53.34 (29.68)		
	2:23.35 (30.01)		2:53.38 (30.03) 3:23.26 (29.88) 3:53.03 (29.77)		
	4:22.60 (29.57)		4:51.28 (28.68)		
2	Sage, Andrew	19	Western WA U Masters	6:18.49	6:09.39
	31.50		1:08.38 (36.88) 1:44.38 (36.00) 2:21.92 (37.54)		
	3:00.13 (38.21)		3:38.78 (38.65) 4:15.81 (37.03) 4:54.39 (38.58)		
	5:33.91 (39.52)		6:09.39 (35.48)		

Men 18-24 1000 Yard Freestyle

1	Switaj, Eddie	24	Western WA U Masters	10:00.00	9:59.78Z
	25.93		54.58 (28.65) 1:24.10 (29.52) 1:53.90 (29.80)		
	2:23.71 (29.81)		2:53.62 (29.91) 3:23.75 (30.13) 3:54.14 (30.39)		
	4:24.79 (30.65)		4:55.61 (30.82) 5:26.27 (30.66) 5:56.86 (30.59)		
	6:27.56 (30.70)		6:58.38 (30.82) 7:29.29 (30.91) 8:00.13 (30.84)		

2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009

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8:30.51 (30.38) 9:01.16 (30.65) 9:31.26 (30.10) 9:59.78 (28.52)

Men 18-24 50 Yard Backstroke

1	Fanning, Mark	23	Western WA U Masters	27.50	26.93
2	Schalyman, James	21	Central Area Aquatics Team	29.50	27.22
3	Dewey, Ryan	19	Western WA U Masters	34.50	32.34

Men 18-24 100 Yard Backstroke

1	Fanning, Mark	23	Western WA U Masters	1:00.00	59.37
				28.50	59.37 (30.87)

Men 18-24 50 Yard Breaststroke

1	Schaufler, Klayton	18	Western WA U Masters	29.98	30.18
2	Rice, Jordan	24	North End Otters	29.99	30.61
---	Phillips, Brooks	21	Central Area Aquatics Team	34.00	NS

Men 18-24 100 Yard Breaststroke

1	Schaufler, Klayton	18	Western WA U Masters	1:09.56	1:07.12
				31.29	1:07.12 (35.83)
2	Rice, Jordan	24	North End Otters	1:07.50	1:08.22
				31.84	1:08.22 (36.38)
3	Phillips, Brooks	21	Central Area Aquatics Team	1:12.50	1:18.26
				37.29	1:18.26 (40.97)
4	Pablo, Hamber	23	Monroe YMCA Masters	1:21.73	1:23.12
5	Wanzek, Paul	19	Western WA U Masters	1:32.00	1:29.13
				41.42	1:29.13 (47.71)
---	Nelson, Matt	18	Nonscoring	1:07.50	X1:07.93
				32.05	1:07.93 (35.88)

Men 18-24 200 Yard Breaststroke

1	Schaufler, Klayton	18	Western WA U Masters	2:40.00	2:31.00
				33.06	1:11.49 (38.43) 1:50.99 (39.50) 2:31.00 (40.01)
2	Gosciewski, Tom	19	Western WA U Masters	NT	3:28.37
				45.95	1:39.78 (53.83) 2:35.10 (55.32) 3:28.37 (53.27)
---	Nelson, Matt	18	Nonscoring	2:32.99	X2:27.05
				32.80	1:10.35 (37.55) 1:48.58 (38.23) 2:27.05 (38.47)

Men 18-24 50 Yard Butterfly

1	Goldman, Brian	23	Western WA U Masters	23.21	23.19Z
2	Schalyman, James	21	Central Area Aquatics Team	27.90	25.21
3	Fanning, Mark	23	Western WA U Masters	26.50	26.71

**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
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4	Rice, Jordan	24	North End Otters	27.50	28.34
5	Gosciewski, Tom	19	Western WA U Masters	38.00	39.58

Men 18-24 100 Yard Butterfly

1	Switaj, Eddie	24	Western WA U Masters	54.80	53.13P
				25.22	53.13 (27.91)
2	Grigas, Garrett	18	Pna Unattached	1:10.00	1:09.13
				32.24	1:09.13 (36.89)
3	Gosciewski, Tom	19	Western WA U Masters	NT	1:32.90
				42.73	1:32.90 (50.17)

Men 18-24 200 Yard Butterfly

1	Switaj, Eddie	24	Western WA U Masters	2:00.00	1:58.30
				26.24	56.53 (30.29) 1:27.41 (30.88) 1:58.30 (30.89)
2	Gosciewski, Tom	19	Western WA U Masters	3:30.00	3:29.46
				41.83	1:35.95 (54.12) 2:34.65 (58.70) 3:29.46 (54.81)

Men 18-24 100 Yard IM

1	Rice, Jordan	24	North End Otters	1:00.50	1:01.55
				29.32	1:01.55 (32.23)
2	Fanning, Mark	23	Western WA U Masters	57.00	1:03.01
				27.36	1:03.01 (35.65)
3	Schaufler, Klayton	18	Western WA U Masters	1:02.01	1:03.03
				29.27	1:03.03 (33.76)
4	Whitefield, Benjamin	19	Western WA U Masters	1:09.00	1:07.21
				30.92	1:07.21 (36.29)
5	Wanzek, Paul	19	Western WA U Masters	1:23.00	1:15.66
				34.53	1:15.66 (41.13)
6	Pablo, Hamber	23	Monroe YMCA Masters	1:21.58	1:19.36
				39.04	1:19.36 (40.32)
---	Nelson, Matt	18	Nonscoring	1:03.50	X1:03.95
				30.25	1:03.95 (33.70)

Men 18-24 200 Yard IM

1	Grigas, Garrett	18	Pna Unattached	2:40.00	2:35.22
				31.46	1:14.69 (43.23) 1:59.02 (44.33) 2:35.22 (36.20)
2	Pablo, Hamber	23	Monroe YMCA Masters	2:39.58	3:05.10
				40.51	1:30.51 (50.00) 2:20.00 (49.49) 3:05.10 (45.10)

Men 18-24 400 Yard IM

1	Schaufler, Klayton	18	Western WA U Masters	6:00.00	5:02.87
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2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009

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30.58	1:06.42 (35.84)	1:47.92 (41.50)	2:29.08 (41.16)
3:09.71 (40.63)	3:50.62 (40.91)	4:27.31 (36.69)	5:02.87 (35.56)

Men 25-29 50 Yard Freestyle

1	Kroll, Alden	26	Husky Masters	22.46	22.62
2	Tourigny, David	29	Greenlake Aquaducks	25.90	25.58

Men 25-29 100 Yard Freestyle

1	Polucha, Steve	27	Husky Masters	51.50	49.54
2	Kroll, Alden	26	Husky Masters	51.16	51.44
3	Tourigny, David	29	Greenlake Aquaducks	58.86	57.13
				26.96	57.13 (30.17)

Men 25-29 200 Yard Freestyle

1	Polucha, Steve	27	Husky Masters	1:54.00	1:50.82
				25.41	52.88 (27.47)
				1:21.70 (28.82)	1:50.82 (29.12)

Men 25-29 100 Yard Backstroke

1	Gregory, Jason	26	West Seattle YMCA Dolphins	1:08.00	1:05.15
				31.22	1:05.15 (33.93)

Men 25-29 50 Yard Breaststroke

1	Wills, Lucas	29	Pna Unattached	33.99	34.24
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Men 25-29 200 Yard Breaststroke

1	Wills, Lucas	29	Pna Unattached	2:50.00	2:48.14
				37.05	1:18.46 (41.41)
				2:02.53 (44.07)	2:48.14 (45.61)

Men 25-29 50 Yard Butterfly

1	Kroll, Alden	26	Husky Masters	27.18	26.04
2	Tourigny, David	29	Greenlake Aquaducks	30.07	28.56
3	Wills, Lucas	29	Pna Unattached	31.99	29.97

Men 25-29 100 Yard Butterfly

1	Kroll, Alden	26	Husky Masters	53.93	57.58
---	Cleary, Kevin	25	Oregon Masters	59.00	X57.49
				26.52	57.49 (30.97)

Men 25-29 100 Yard IM

1	Polucha, Steve	27	Husky Masters	58.50	57.61
				26.24	57.61 (31.37)

**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
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	29.24	1:03.87 (34.63)	1:41.04 (37.17)	2:15.89 (34.85)	
3	Kelley, Eric		31 Downtown Seattle YMCA Masters	2:30.00	2:24.43
	31.73	1:09.95 (38.22)	1:48.14 (38.19)	2:24.43 (36.29)	
---	Adams, James		31 Inland Northwest Masters	2:05.00	X2:01.68
	27.88	58.68 (30.80)	1:30.32 (31.64)	2:01.68 (31.36)	
---	Durkin, Chris		34 Nonscoring	2:48.46	X2:46.52
	35.21	1:17.40 (42.19)	2:03.16 (45.76)	2:46.52 (43.36)	

Men 30-34 500 Yard Freestyle

---	Adams, James		31 Inland Northwest Masters	5:48.00	X5:36.08
	28.47	1:00.31 (31.84)	1:33.23 (32.92)	2:07.15 (33.92)	
	2:41.46 (34.31)	3:15.86 (34.40)	3:50.67 (34.81)	4:25.81 (35.14)	
	5:01.35 (35.54)	5:36.08 (34.73)			

Men 30-34 50 Yard Backstroke

1	Bacon, Evan		30 Monroe YMCA Masters	33.00	31.70
2	Kelley, Eric		31 Downtown Seattle YMCA Masters	37.00	34.87

Men 30-34 100 Yard Backstroke

1	Wisniewski, Brian		31 Husky Masters	53.00	54.01P
	26.48	54.01 (27.53)			
2	Arnold, Mark		34 Husky Masters	57.80	58.53
	28.79	58.53 (29.74)			
3	Bacon, Evan		30 Monroe YMCA Masters	1:10.00	1:11.68
	35.59	1:11.68 (36.09)			

Men 30-34 200 Yard Backstroke

1	Wisniewski, Brian		31 Husky Masters	1:53.00	1:56.33Z
	26.60	55.42 (28.82)	1:26.13 (30.71)	1:56.33 (30.20)	

Men 30-34 50 Yard Breaststroke

1	Paramonov, Dmitri		30 Husky Masters	31.00	30.37
2	Morris, A. Jason		32 Federal Way Masters	35.00	32.21

Men 30-34 100 Yard Breaststroke

1	Morris, A. Jason		32 Federal Way Masters	1:15.00	1:10.01
	33.44	1:10.01 (36.57)			
---	Durkin, Chris		34 Nonscoring	1:32.03	X1:31.66
	44.13	1:31.66 (47.53)			

Men 30-34 200 Yard Breaststroke

---	Durkin, Chris		34 Nonscoring	3:17.08	X3:14.10
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**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
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Men 30-34 50 Yard Butterfly

1	Arnold, Mark	34	Husky Masters	25.80	26.11
2	Kelley, Eric	31	Downtown Seattle YMCA Masters	37.00	32.53
---	Bacon, Evan	30	Monroe YMCA Masters	30.00	DQ
	False start				

Men 30-34 100 Yard Butterfly

---	Adams, James	31	Inland Northwest Masters	1:03.00	X1:03.70
	29.10		1:03.70 (34.60)		

Men 30-34 100 Yard IM

---	Durkin, Chris	34	Nonscoring	1:28.00	X1:31.17
	47.15		1:31.17 (44.02)		

(Men 30-34 100 Yard IM)

---	Morris, A. Jason	32	Federal Way Masters	1:08.00	NS
---	Arnold, Mark	34	Husky Masters	59.50	NS

Men 30-34 200 Yard IM

1	Kelley, Eric	31	Downtown Seattle YMCA Masters	3:00.00	2:48.49
	32.38		1:14.08 (41.70) 2:08.41 (54.33) 2:48.49 (40.08)		
---	Adams, James	31	Inland Northwest Masters	2:14.00	X2:16.54
	29.25		1:05.47 (36.22) 1:45.10 (39.63) 2:16.54 (31.44)		

Men 35-39 50 Yard Freestyle

1	Kabacy, Greg	36	Federal Way Masters	23.07	22.84
2	Montgomery, Zac	37	Gold's Aquatic Masters	23.59	23.58
3	Nelson, Kirk	38	Husky Masters	24.00	23.77
4	Margrave, David	38	Husky Masters	25.01	24.73
5	Clarke, Brian	36	Monroe YMCA Masters	26.44	26.19
6	Bruhn, Christian	36	Seattle Athletic Club	29.00	26.36
---	Christman, Joe	37	Pna Unattached	27.00	NS

Men 35-39 100 Yard Freestyle

1	Kabacy, Greg	36	Federal Way Masters	50.29	49.85
	23.80		49.85 (26.05)		
2	Montgomery, Zac	37	Gold's Aquatic Masters	52.22	52.08
	24.27		52.08 (27.81)		
3	Dunn, Erin	38	Bellevue Eastside Masters	54.75	54.61
	26.36		54.61 (28.25)		

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4	Martin, Dan	37	Pna Unattached	55.10	55.06
	26.58	55.06	(28.48)		
5	Clarke, Brian	36	Monroe YMCA Masters	57.82	56.78
	26.88	56.78	(29.90)		
6	Bruhn, Christian	36	Seattle Athletic Club	1:05.00	1:00.37
	29.06	1:00.37	(31.31)		
7	Brittle, Zach	35	North End Otters	1:03.00	1:01.37
	28.81	1:01.37	(32.56)		
8	Diaz, Luis	37	Federal Way Masters	1:15.00	1:09.21
	32.80	1:09.21	(36.41)		
---	Lassen, Jason	36	Oregon Masters	1:07.00	X1:07.29
	32.87	1:07.29	(34.42)		
---	Christman, Joe	37	Pna Unattached	58.00	NS

Men 35-39 200 Yard Freestyle

1	Nelson, Kirk	38	Husky Masters	1:54.29	1:49.72
	26.36	54.46	(28.10)	1:22.57 (28.11)	1:49.72 (27.15)
2	Dunn, Erin	38	Bellevue Eastside Masters	2:01.00	2:00.34
	28.46	59.24	(30.78)	1:29.97 (30.73)	2:00.34 (30.37)
3	Martin, Dan	37	Pna Unattached	2:01.00	2:00.59
	28.06	58.98	(30.92)	1:30.15 (31.17)	2:00.59 (30.44)
4	Clarke, Brian	36	Monroe YMCA Masters	2:08.00	2:12.54
	30.40	1:03.81	(33.41)	1:37.27 (33.46)	2:12.54 (35.27)
---	Lassen, Jason	36	Oregon Masters	2:30.00	X2:32.06
	36.32	1:14.51	(38.19)	1:53.80 (39.29)	2:32.06 (38.26)

Men 35-39 500 Yard Freestyle

1	Nelson, Kirk	38	Husky Masters	5:01.18	4:54.76
	26.91	55.78	(28.87)	1:25.35 (29.57)	1:55.03 (29.68)
	2:24.69 (29.66)	2:54.64 (29.95)	3:24.75 (30.11)	3:55.08 (30.33)	
	4:25.26 (30.18)	4:54.76 (29.50)			
2	Martin, Dan	37	Pna Unattached	5:28.00	5:25.37
	29.40	1:02.48	(33.08)	1:35.74 (33.26)	2:09.18 (33.44)
	2:42.45 (33.27)	3:15.50 (33.05)	3:49.06 (33.56)	4:22.26 (33.20)	
	4:54.28 (32.02)	5:25.37 (31.09)			
3	Cuthbert, David	35	Bainbridge Area Masters	NT	7:07.78
	37.85	1:21.71	(43.86)	2:06.80 (45.09)	2:50.96 (44.16)
	3:35.48 (44.52)	4:20.62 (45.14)	5:05.92 (45.30)	5:48.87 (42.95)	
	6:29.74 (40.87)	7:07.78 (38.04)			
4	Diaz, Luis	37	Federal Way Masters	7:30.00	7:17.58
	36.18	1:15.39	(39.21)	1:57.09 (41.70)	2:40.88 (43.79)
	3:26.29 (45.41)	4:12.90 (46.61)	4:59.72 (46.82)	5:46.74 (47.02)	
	6:33.69 (46.95)	7:17.58 (43.89)			
---	Lassen, Jason	36	Oregon Masters	6:40.00	X6:48.26

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36.06	1:15.53 (39.47)	1:56.71 (41.18)	2:38.24 (41.53)
3:20.55 (42.31)	4:03.02 (42.47)	4:45.11 (42.09)	5:27.39 (42.28)
6:09.57 (42.18)	6:48.26 (38.69)		

Men 35-39 1000 Yard Freestyle

1	Nelson, Kirk	38	Husky Masters	10:30.00	10:13.00P
	28.00	57.76 (29.76)	1:28.02 (30.26)	1:58.53 (30.51)	
	2:29.22 (30.69)	2:59.96 (30.74)	3:31.28 (31.32)	4:01.96 (30.68)	
	4:32.90 (30.94)	5:04.03 (31.13)	5:35.16 (31.13)	6:06.49 (31.33)	
	6:37.92 (31.43)	7:09.13 (31.21)	7:40.24 (31.11)	8:11.46 (31.22)	
	8:42.44 (30.98)	9:13.26 (30.82)	9:43.80 (30.54)	10:13.00 (29.20)	
2	Martin, Dan	37	Pna Unattached	11:25.50	11:16.30
	29.27	1:02.09 (32.82)	1:35.70 (33.61)	2:09.44 (33.74)	
	2:43.42 (33.98)	3:17.01 (33.59)	3:51.14 (34.13)	4:25.16 (34.02)	
	4:59.43 (34.27)	5:33.56 (34.13)	6:07.75 (34.19)	6:41.95 (34.20)	
	7:16.47 (34.52)	7:51.07 (34.60)	8:25.92 (34.85)	9:00.40 (34.48)	
	9:35.25 (34.85)	10:09.44 (34.19)	10:43.13 (33.69)	11:16.30 (33.17)	
3	Margrave, David	38	Husky Masters	12:22.04	12:03.05
4	Ness, Kerry	39	Skagit Valley Masters Swimming	NT	14:48.41
5	Diaz, Luis	37	Federal Way Masters	15:00.00	15:26.69
	38.97	1:21.82 (42.85)	2:06.65 (44.83)	2:50.79 (44.14)	
	3:36.43 (45.64)	4:24.14 (47.71)	5:10.92 (46.78)	5:57.49 (46.57)	
	6:44.35 (46.86)	7:31.64 (47.29)	8:19.62 (47.98)	9:06.81 (47.19)	
	9:53.72 (46.91)	10:41.07 (47.35)	11:29.76 (48.69)	12:18.31 (48.55)	
	13:06.09 (47.78)	13:53.49 (47.40)	14:41.26 (47.77)	15:26.69 (45.43)	
---	Lassen, Jason	36	Oregon Masters	14:00.00	X14:12.97

Men 35-39 1650 Yard Freestyle

1	Cuthbert, David	35	Bainbridge Area Masters	25:03.30	26:26.07
	37.07	1:21.03 (43.96)	2:07.75 (46.72)	2:56.04 (48.29)	
	3:46.38 (50.34)	4:35.34 (48.96)	5:23.54 (48.20)	6:11.61 (48.07)	
	6:59.16 (47.55)	7:46.64 (47.48)	8:35.46 (48.82)	9:25.33 (49.87)	
	10:12.78 (47.45)	11:02.38 (49.60)	11:51.65 (49.27)	12:40.15 (48.50)	
	13:28.61 (48.46)	14:17.10 (48.49)	15:06.04 (48.94)	15:55.58 (49.54)	
	16:43.82 (48.24)	17:32.93 (49.11)	18:23.65 (50.72)	19:11.33 (47.68)	
	20:01.11 (49.78)	20:49.70 (48.59)	21:39.08 (49.38)	22:28.28 (49.20)	
	23:18.94 (50.66)	24:08.47 (49.53)	24:56.42 (47.95)	25:45.41 (48.99)	26:26.07 (40.66)

Men 35-39 50 Yard Backstroke

1	Margrave, David	38	Husky Masters	32.40	31.64
2	Ness, Kerry	39	Skagit Valley Masters Swimming	43.00	42.33
---	Christman, Joe	37	Pna Unattached	30.00	NS

Men 35-39 100 Yard Backstroke

1	Jelen, Doug	35	Pna Unattached	1:00.69	58.10
	28.43	58.10 (29.67)			
2	Schutte, Tom	39	Greenlake Aquaducks	1:02.00	1:03.34

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---	30.49	1:03.34 (32.85)			
Denton, Joe			37 Orca Swim Club	1:10.00	NS

Men 35-39 200 Yard Backstroke

1	Kabacy, Greg		36 Federal Way Masters	2:02.17	2:02.72
2	Jelen, Doug	29.49	1:00.39 (30.90)	1:31.64 (31.25)	2:02.72 (31.08)
			35 Pna Unattached	2:09.95	2:06.96
3	Schutte, Tom	30.63	1:02.58 (31.95)	1:35.22 (32.64)	2:06.96 (31.74)
			39 Greenlake Aquaducks	2:16.00	2:22.33
		33.24	1:09.10 (35.86)	1:45.93 (36.83)	2:22.33 (36.40)

Men 35-39 50 Yard Breaststroke

1	Montgomery, Zac		37 Gold's Aquatic Masters	31.00	31.16
2	Margrave, David		38 Husky Masters	35.04	32.89
3	Brittle, Zach		35 North End Otters	37.00	32.95
4	Ness, Kerry		39 Skagit Valley Masters Swimming	39.00	36.85

Men 35-39 100 Yard Breaststroke

1	Schutte, Tom		39 Greenlake Aquaducks	1:08.40	1:10.14
2	Brittle, Zach	32.41	1:10.14 (37.73)		
			35 North End Otters	1:17.00	1:11.50
3	Clarke, Brian	33.95	1:11.50 (37.55)		
			36 Monroe YMCA Masters	1:20.00	1:19.09
4	Ness, Kerry	37.26	1:19.09 (41.83)		
			39 Skagit Valley Masters Swimming	1:28.00	1:22.70
---	Denton, Joe	39.15	1:22.70 (43.55)		
			37 Orca Swim Club	1:15.00	NS

Men 35-39 200 Yard Breaststroke

1	Schutte, Tom		39 Greenlake Aquaducks	2:29.57	2:32.28
2	Ness, Kerry	34.06	1:12.76 (38.70)	1:52.13 (39.37)	2:32.28 (40.15)
			39 Skagit Valley Masters Swimming	3:11.00	3:01.83
---	Lassen, Jason		36 Oregon Masters	2:51.00	XDQ
	Non-simultaneous arms				
		41.15	1:24.79 (43.64)	2:08.67 (43.88)	DQ (44.15)

Men 35-39 50 Yard Butterfly

1	Kabacy, Greg		36 Federal Way Masters	24.88	24.39
2	Montgomery, Zac		37 Gold's Aquatic Masters	26.00	26.60
3	Margrave, David		38 Husky Masters	27.53	27.41

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4	Brittle, Zach	35	North End Otters	33.00	29.68
---	Christman, Joe	37	Pna Unattached	29.00	NS

Men 35-39 100 Yard Butterfly

1	Kabacy, Greg	36	Federal Way Masters	55.10	55.67
				25.98	55.67 (29.69)
---	Christman, Joe	37	Pna Unattached	1:10.00	NS
---	Lassen, Jason	36	Oregon Masters	1:27.00	XNS

(Men 35-39 100 Yard Butterfly)

---	Denton, Joe	37	Orca Swim Club	1:07.00	NS
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Men 35-39 200 Yard Butterfly

1	Jelen, Doug	35	Pna Unattached	2:04.56	2:07.20
				29.05	1:01.69 (32.64) 1:34.53 (32.84) 2:07.20 (32.67)

Men 35-39 100 Yard IM

1	Jelen, Doug	35	Pna Unattached	1:02.04	1:02.79
				28.21	1:02.79 (34.58)
2	Montgomery, Zac	37	Gold's Aquatic Masters	NT	1:02.86
				30.02	1:02.86 (32.84)
3	Margrave, David	38	Husky Masters	1:04.50	1:04.43
				29.89	1:04.43 (34.54)
4	Martin, Dan	37	Pna Unattached	1:03.80	1:06.16
				31.03	1:06.16 (35.13)
5	Clarke, Brian	36	Monroe YMCA Masters	1:10.00	1:12.14
				35.43	1:12.14 (36.71)
6	Ness, Kerry	39	Skagit Valley Masters Swimming	1:22.00	1:19.33
				37.52	1:19.33 (41.81)
7	Diaz, Luis	37	Federal Way Masters	1:30.00	1:24.55
				37.98	1:24.55 (46.57)
---	Brittle, Zach	35	North End Otters	1:13.00	DQ

False start - Misc

Men 35-39 200 Yard IM

1	Nelson, Kirk	38	Husky Masters	2:10.00	2:08.95
				27.64	1:02.01 (34.37) 1:40.13 (38.12) 2:08.95 (28.82)
2	Jelen, Doug	35	Pna Unattached	2:09.28	2:12.73
				27.87	1:00.87 (33.00) 1:42.18 (41.31) 2:12.73 (30.55)
3	Schutte, Tom	39	Greenlake Aquaducks	2:16.77	2:15.53
				27.83	1:02.80 (34.97) 1:42.20 (39.40) 2:15.53 (33.33)
4	Dunn, Erin	38	Bellevue Eastside Masters	2:20.00	2:18.21

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5	Diaz, Luis	29.58	1:07.99 (38.41)	1:48.47 (40.48)	2:18.21 (29.74)	
			37	Federal Way Masters	NT	3:11.00
---	Denton, Joe	39.49	1:25.74 (46.25)	2:27.21 (1:01.47)	3:11.00 (43.79)	
			37	Orca Swim Club	2:25.00	NS

Men 35-39 400 Yard IM

1	Jelen, Doug		35	Pna Unattached	4:35.29	4:41.46
		28.98	1:01.36 (32.38)	1:38.18 (36.82)	2:13.19 (35.01)	
---	Denton, Joe	2:55.75 (42.56)	3:38.13 (42.38)	4:10.60 (32.47)	4:41.46 (30.86)	
			37	Orca Swim Club	5:15.00	NS

Men 40-44 50 Yard Freestyle

1	Roberts, Scott		41	Pna Unattached	28.00	23.61
2	Williams, John		40	Federal Way Masters	24.80	23.90
3	Seibert, Richard		44	Olympic Aquatic Club	24.24	23.95
4	Schmidt, Vladimir		40	Husky Masters	25.83	25.58
5	Dunlop, Rob		41	Greenlake Aquaducks	30.00	25.80
6	Hamilton, Ed		43	Olympic Aquatic Club	27.64	26.28
7	Nelson, Todd		42	North Whidbey Masters	27.46	26.29
8	Preston, Patrick		42	Pna Unattached	26.60	26.87
9	Jas, Daniel		44	Gold's Aquatic Masters	32.72	31.96
10	Garceau, Michael		43	Pro Sports Club	39.00	34.75
---	Bockius, Edward		42	New England Masters	22.97	XNS

Men 40-44 100 Yard Freestyle

1	Williams, John		40	Federal Way Masters	54.10	51.25
2	Seibert, Richard	24.66	51.25 (26.59)	44	Olympic Aquatic Club	53.15
3	Roberts, Scott	25.02	52.10 (27.08)	41	Pna Unattached	55.00
4	Schmidt, Vladimir	25.32	52.33 (27.01)	40	Husky Masters	56.16
5	Dunlop, Rob	27.71	56.64 (28.93)	41	Greenlake Aquaducks	1:00.00
6	Nelson, Todd	27.27	56.74 (29.47)	42	North Whidbey Masters	58.14
		28.14	57.34 (29.20)			

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7	Hamilton, Ed	43	Olympic Aquatic Club	1:03.00	58.87
	27.70	58.87 (31.17)			
8	Preston, Patrick	42	Pna Unattached	1:00.21	1:00.89
	27.62	1:00.89 (33.27)			
9	Collins, Peter	44	Monroe YMCA Masters	1:04.60	1:04.28
	31.57	1:04.28 (32.71)			
10	Jas, Daniel	44	Gold's Aquatic Masters	1:16.72	1:14.62
	35.05	1:14.62 (39.57)			
---	Bockius, Edward	42	New England Masters	49.94	XNS

Men 40-44 200 Yard Freestyle

1	Williams, John	40	Federal Way Masters	1:57.00	1:55.90
	26.52	55.19 (28.67)	1:25.19 (30.00)	1:55.90 (30.71)	
2	Hamilton, Ed	43	Olympic Aquatic Club	NT	2:23.89
	31.15	1:07.28 (36.13)	1:45.26 (37.98)	2:23.89 (38.63)	
3	Collins, Peter	44	Monroe YMCA Masters	2:25.00	2:24.74
	33.94	1:09.86 (35.92)	1:47.94 (38.08)	2:24.74 (36.80)	
---	Bockius, Edward	42	New England Masters	1:50.78	XNS

Men 40-44 500 Yard Freestyle

1	Williams, John	40	Federal Way Masters	5:25.00	5:11.18
	26.79	56.50 (29.71)	1:27.12 (30.62)	1:58.36 (31.24)	
	2:29.88 (31.52)	3:01.89 (32.01)	3:34.16 (32.27)	4:06.62 (32.46)	
	4:39.01 (32.39)	5:11.18 (32.17)			
2	Dunlop, Rob	41	Greenlake Aquaducks	6:00.00	5:50.47
	29.78	1:03.02 (33.24)	1:37.74 (34.72)	2:13.36 (35.62)	
	2:49.34 (35.98)	3:25.54 (36.20)	4:01.99 (36.45)	4:38.35 (36.36)	
	5:15.17 (36.82)	5:50.47 (35.30)			
3	Collins, Peter	44	Monroe YMCA Masters	6:44.00	6:30.60
	35.07	1:12.31 (37.24)	1:51.64 (39.33)	2:31.77 (40.13)	
	3:11.74 (39.97)	3:51.92 (40.18)	4:31.77 (39.85)	5:11.55 (39.78)	
	5:51.57 (40.02)	6:30.60 (39.03)			
---	Bockius, Edward	42	New England Masters	5:09.55	SCR
---	Schmidt, Vladimir	40	Husky Masters	6:00.00	SCR

Men 40-44 1000 Yard Freestyle

1	Williams, John	40	Federal Way Masters	11:40.00	10:57.87
	28.06	58.42 (30.36)	1:29.82 (31.40)	2:01.40 (31.58)	
	2:34.10 (32.70)	3:06.63 (32.53)	3:39.40 (32.77)	4:12.40 (33.00)	
	4:45.56 (33.16)	5:18.88 (33.32)	5:52.21 (33.33)	6:26.30 (34.09)	
	7:00.26 (33.96)	7:34.18 (33.92)	8:08.53 (34.35)	8:42.88 (34.35)	
	9:16.98 (34.10)	9:51.18 (34.20)	10:24.95 (33.77)	10:57.87 (32.92)	
2	Clifford, Christopher	44	Federal Way Masters	NT	20:27.10

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Men 40-44 1650 Yard Freestyle

1	Collins, Peter	44	Monroe YMCA Masters	24:00.00	23:09.58
	6:52.94	8:17.13 (1:24.19)	9:41.65 (1:24.52)	11:06.45 (1:24.80)	
	12:31.69 (1:25.24)	13:57.11 (1:25.42)	14:39.67 (42.56)	16:47.74 (2:08.07)	
	19:38.39 (2:50.65)	20:21.40 (43.01)	23:30.10 (3:08.70)	23:30.31 (0.21)	
	23:30.50 (0.19)	23:30.69 (0.19)	23:30.87 (0.18)	23:31.04 (0.17)	
	23:31.22 (0.18)	23:31.39 (0.17)	23:31.54 (0.15)	23:31.71 (0.17)	
	23:31.87 (0.16)	23:32.03 (0.16)	23:32.21 (0.18)	23:32.39 (0.18)	
	23:32.55 (0.16)	23:32.72 (0.17)	23:32.90 (0.18)	23:33.07 (0.17)	
	23:33.25 (0.18)	23:33.43 (0.18)	23:33.59 (0.16)	23:33.76 (0.17)	23:09.58 ()
2	Garceau, Michael	43	Pro Sports Club	26:00.00	26:01.16
	40.74	1:25.35 (44.61)	2:12.01 (46.66)	3:00.51 (48.50)	
	3:47.41 (46.90)	4:34.30 (46.89)	5:21.75 (47.45)	6:08.60 (46.85)	
	6:56.19 (47.59)	7:43.55 (47.36)	8:31.26 (47.71)	9:18.58 (47.32)	
	10:06.05 (47.47)	10:53.39 (47.34)	11:41.15 (47.76)	12:28.82 (47.67)	
	13:16.38 (47.56)	14:03.48 (47.10)	14:52.00 (48.52)	15:40.04 (48.04)	
	16:28.44 (48.40)	17:16.08 (47.64)	18:04.16 (48.08)	18:52.21 (48.05)	
	19:40.10 (47.89)	20:28.05 (47.95)	21:15.82 (47.77)	22:04.10 (48.28)	
	22:52.03 (47.93)	23:38.80 (46.77)	24:26.34 (47.54)	25:14.28 (47.94)	26:01.16 (46.88)

Men 40-44 50 Yard Backstroke

1	Roberts, Scott	41	Pna Unattached	28.00	27.56
2	Seibert, Richard	44	Olympic Aquatic Club	30.40	29.15
3	Garceau, Michael	43	Pro Sports Club	47.00	39.94

Men 40-44 100 Yard Backstroke

---	Roberts, Scott	41	Pna Unattached	1:00.00	NS
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Men 40-44 50 Yard Breaststroke

1	Preston, Patrick	42	Pna Unattached	36.42	35.79
---	Corbeau, James	44	Oregon Masters	28.00	X27.88
---	Burnham, Jay	40	Federal Way Masters	34.50	NS

Men 40-44 100 Yard Breaststroke

1	Collins, Peter	44	Monroe YMCA Masters	1:25.00	1:25.06
	41.26	1:25.06 (43.80)			
---	Corbeau, James	44	Oregon Masters	1:02.00	X1:01.01
	28.45	1:01.01 (32.56)			

Men 40-44 50 Yard Butterfly

1	Schmidt, Vladimir	40	Husky Masters	28.36	28.04
2	Burnham, Jay	40	Federal Way Masters	28.50	28.20
3	Garceau, Michael	43	Pro Sports Club	40.00	38.42
---	Bockius, Edward	42	New England Masters	27.81	XNS

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Men 40-44 100 Yard Butterfly

1	Williams, John	40	Federal Way Masters	1:01.00	59.01
	27.39	59.01	(31.62)		
2	Seibert, Richard	44	Olympic Aquatic Club	1:04.74	1:00.10
	28.43	1:00.10	(31.67)		
3	Schmidt, Vladimir	40	Husky Masters	1:03.56	1:01.86
	29.11	1:01.86	(32.75)		
4	Nelson, Todd	42	North Whidbey Masters	1:10.00	1:12.31
	33.25	1:12.31	(39.06)		

Men 40-44 100 Yard IM

1	Seibert, Richard	44	Olympic Aquatic Club	1:03.68	1:01.28
	29.02	1:01.28	(32.26)		
2	Garceau, Michael	43	Pro Sports Club	1:40.00	1:26.82
	40.92	1:26.82	(45.90)		
---	Burnham, Jay	40	Federal Way Masters	1:07.50	NS
---	Roberts, Scott	41	Pna Unattached	1:15.00	NS

Men 40-44 200 Yard IM

1	Nelson, Todd	42	North Whidbey Masters	2:30.00	2:33.53
	32.32	1:12.62	(40.30)	1:58.85	(46.23)
2	Collins, Peter	44	Monroe YMCA Masters	2:33.53	(34.68)
				NT	2:56.64
	39.94	1:25.71	(45.77)	2:16.42	(50.71)
				2:56.64	(40.22)

Men 40-44 400 Yard IM

1	Garceau, Michael	43	Pro Sports Club	7:00.00	6:35.68
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Men 45-49 50 Yard Freestyle

1	Louden, Rich	48	Pna Unattached	24.20	23.83
2	Ferrero, Rick	45	South Whidbey Island Masters	27.00	25.80
3	Jones, Michael	48	Mercer Island Redwoods	27.00	25.91
4	Gevers, Willy	49	Samena Club	26.90	25.94
5	Schaufler, Kirby	49	Middle Aged Marlins	29.99	26.06
6	Stolmeier, Tim	46	Gold's Aquatic Masters	25.61	26.14
7	Lahaie, Steve	46	Olympic Aquatic Club	26.95	26.92
8	Johnson, Paul	46	Bellevue Eastside Masters	27.00	27.18
9	Kohnke, Jim	46	Olympic Aquatic Club	27.00	27.59

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10	Kennedy, Keith	46	Federal Way Masters	27.20	28.02
11	Dean, Robert	49	Federal Way Masters	27.00	28.58
12	Havick, Paul	48	Federal Way Masters	30.00	28.59
13	Kreer, Kenneth	45	Federal Way Masters	40.00	37.31
---	Summerfield, Bill	48	Oregon Masters	24.25	X24.85
---	Velling, Mike	46	Pna Unattached	25.00	NS

Men 45-49 100 Yard Freestyle

1	Colbeck, Pete	47	North End Otters	52.00	52.00
	25.04	52.00	(26.96)		
2	Valley, Eric	47	Pna Unattached	53.51	54.65
	26.71	54.65	(27.94)		
3	Smith, Dan	46	Federal Way Masters	55.30	54.79
	26.30	54.79	(28.49)		
4	Ferrero, Rick	45	South Whidbey Island Masters	58.00	57.68
	27.36	57.68	(30.32)		
5	Jones, Michael	48	Mercer Island Redwoods	1:00.00	58.11
	28.06	58.11	(30.05)		
6	Stolmeier, Tim	46	Gold's Aquatic Masters	56.47	58.41
	28.26	58.41	(30.15)		
7	Davies, Richard	46	Port Townsend Master Swimmers	59.30	58.87
	28.03	58.87	(30.84)		
8	Johnson, Paul	46	Bellevue Eastside Masters	1:00.00	58.88
	28.28	58.88	(30.60)		
9	Lahaie, Steve	46	Olympic Aquatic Club	1:02.00	1:00.22
	28.99	1:00.22	(31.23)		
10	Kohnke, Jim	46	Olympic Aquatic Club	1:00.00	1:00.83
	29.79	1:00.83	(31.04)		

(Men 45-49 100 Yard Freestyle)

11	Tacke, John	45	Federal Way Masters	59.50	1:01.33
	29.47	1:01.33	(31.86)		
12	Farrell, Thomas	49	Downtown Seattle YMCA Masters	1:10.00	1:01.85
	29.05	1:01.85	(32.80)		
13	Kennedy, Keith	46	Federal Way Masters	1:01.00	1:02.18
	29.10	1:02.18	(33.08)		
14	Havick, Paul	48	Federal Way Masters	1:03.00	1:03.44
	30.27	1:03.44	(33.17)		
15	Lavalley, Chris	47	Bellevue Eastside Masters	1:04.00	1:04.99

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16	Dean, Robert	31.81	1:04.99 (33.18)	49 Federal Way Masters	1:25.00	1:05.62
17	Kreer, Kenneth	30.73	1:05.62 (34.89)	45 Federal Way Masters	1:30.00	1:23.61
---	Summerfield, Bill	38.58	1:23.61 (45.03)	48 Oregon Masters	55.00	X54.27
---	Hathaway, David	26.49	54.27 (27.78)	48 Oregon Masters	54.03	X54.53
---	Velling, Mike	26.21	54.53 (28.32)	46 Pna Unattached	59.00	NS

Men 45-49 200 Yard Freestyle

1	Valley, Eric			47 Pna Unattached	1:57.21	2:00.22
2	Schaufler, Kirby	29.21	1:00.04 (30.83)	49 Middle Aged Marlins	1:30.34 (30.30)	2:00.22 (29.88)
					2:19.99	2:09.60
3	Davies, Richard	30.60	1:03.28 (32.68)	46 Port Townsend Master Swimmers	1:36.59 (33.31)	2:09.60 (33.01)
					2:05.10	2:13.20
4	Loziere, Francis	30.23	1:03.16 (32.93)	46 Husky Masters	1:37.77 (34.61)	2:13.20 (35.43)
					2:05.00	2:13.52
5	Kennedy, Keith	29.74	1:02.85 (33.11)	46 Federal Way Masters	1:37.83 (34.98)	2:13.52 (35.69)
					2:20.00	2:22.28
6	Louden, Rich	31.44	1:07.17 (35.73)	48 Pna Unattached	1:44.96 (37.79)	2:22.28 (37.32)
					2:10.10	2:29.59
7	Dean, Robert	26.33	54.23 (27.90)	49 Federal Way Masters	1:43.99 (49.76)	2:29.59 (45.60)
					2:45.00	2:38.19
---	Summerfield, Bill	34.38	1:12.49 (38.11)	48 Oregon Masters	1:54.67 (42.18)	2:38.19 (43.52)
					2:02.00	XNS

Men 45-49 500 Yard Freestyle

1	Colbeck, Pete			47 North End Otters	5:08.00	5:05.62
		28.19	58.82 (30.63)		1:29.21 (30.39)	2:00.04 (30.83)
		2:30.71 (30.67)	3:01.60 (30.89)		3:32.26 (30.66)	4:03.24 (30.98)
		4:34.47 (31.23)	5:05.62 (31.15)			
2	Vela, Steve			48 Queen Anne Swim Club	5:19.00	5:21.24
		28.74	59.59 (30.85)		1:31.44 (31.85)	2:03.61 (32.17)
		2:36.03 (32.42)	3:08.87 (32.84)		3:42.00 (33.13)	4:15.30 (33.30)
		4:48.53 (33.23)	5:21.24 (32.71)			
3	Valley, Eric			47 Pna Unattached	5:19.99	5:24.03
		30.50	1:03.63 (33.13)		1:36.76 (33.13)	2:09.77 (33.01)
		2:42.57 (32.80)	3:15.47 (32.90)		3:47.99 (32.52)	4:20.42 (32.43)
		4:52.69 (32.27)	5:24.03 (31.34)			
4	Jones, Michael			48 Mercer Island Redwoods	6:15.00	5:56.55
		32.72	1:07.90 (35.18)		1:43.51 (35.61)	2:19.86 (36.35)

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	2:56.30 (36.44)	3:32.64 (36.34)	4:09.21 (36.57)	4:45.66 (36.45)	
	5:21.41 (35.75)	5:56.55 (35.14)			
(Men 45-49 500 Yard Freestyle)					
5	Espinosa, Leo	48	Downtown Seattle YMCA Masters	6:30.00	5:58.78
	32.72	1:07.68 (34.96)	1:43.57 (35.89)	2:19.47 (35.90)	
	2:56.07 (36.60)	3:32.33 (36.26)	4:09.21 (36.88)	4:46.19 (36.98)	
	5:23.11 (36.92)	5:58.78 (35.67)			
6	Farrell, Thomas	49	Downtown Seattle YMCA Masters	6:30.00	5:59.01
	32.92	1:07.42 (34.50)	1:43.39 (35.97)	2:19.87 (36.48)	
	2:56.54 (36.67)	3:33.22 (36.68)	4:10.24 (37.02)	4:47.07 (36.83)	
	5:23.80 (36.73)	5:59.01 (35.21)			
7	Loziere, Francis	46	Husky Masters	5:35.00	6:07.69
	31.50	1:06.64 (35.14)	1:42.60 (35.96)	2:19.33 (36.73)	
	2:56.22 (36.89)	3:33.33 (37.11)	4:11.09 (37.76)	4:49.78 (38.69)	
	5:28.81 (39.03)	6:07.69 (38.88)			
8	Kennedy, Keith	46	Federal Way Masters	6:30.00	6:23.97
	31.91	1:07.94 (36.03)	1:45.69 (37.75)	2:24.19 (38.50)	
	3:03.73 (39.54)	3:43.43 (39.70)	4:23.04 (39.61)	5:03.34 (40.30)	
	5:43.67 (40.33)	6:23.97 (40.30)			
---	Hathaway, David	48	Oregon Masters	5:35.80	X5:28.75
	30.49	1:03.98 (33.49)	1:37.51 (33.53)	2:10.99 (33.48)	
	2:44.03 (33.04)	3:17.32 (33.29)	3:50.73 (33.41)	4:23.66 (32.93)	
	4:56.96 (33.30)	5:28.75 (31.79)			
---	Dybdahl, Eric	49	Greenlake Aquaducks	6:00.00	SCR
Men 45-49 1000 Yard Freestyle					
1	Colbeck, Pete	47	North End Otters	10:45.00	10:37.84
	28.65	1:00.33 (31.68)	1:32.41 (32.08)	2:04.55 (32.14)	
	2:36.55 (32.00)	3:08.36 (31.81)	3:40.22 (31.86)	4:12.31 (32.09)	
	4:44.30 (31.99)	5:16.57 (32.27)	5:48.31 (31.74)	6:20.32 (32.01)	
	6:52.58 (32.26)	7:24.63 (32.05)	7:56.83 (32.20)	8:29.09 (32.26)	
	9:01.61 (32.52)	9:34.02 (32.41)	10:06.05 (32.03)	10:37.84 (31.79)	
2	Valley, Eric	47	Pna Unattached	11:21.63	11:25.10
	31.93	1:06.89 (34.96)	1:41.92 (35.03)	2:16.99 (35.07)	
	2:51.71 (34.72)	3:26.03 (34.32)	3:59.68 (33.65)	4:33.73 (34.05)	
	5:07.16 (33.43)	5:40.80 (33.64)	6:14.86 (34.06)	6:49.36 (34.50)	
	7:23.61 (34.25)	7:58.74 (35.13)	8:34.26 (35.52)	9:09.84 (35.58)	
	9:44.69 (34.85)	10:17.57 (32.88)	10:53.21 (35.64)	11:25.10 (31.89)	
3	Musiak, Jeff	45	Federal Way Masters	NT	16:27.49
---	Hathaway, David	48	Oregon Masters	11:38.80	X11:26.15
	31.67	1:05.68 (34.01)	1:40.05 (34.37)	2:14.46 (34.41)	
	2:49.16 (34.70)	3:23.71 (34.55)	3:58.31 (34.60)	4:32.74 (34.43)	
	5:07.01 (34.27)	5:41.49 (34.48)	6:16.16 (34.67)	6:51.38 (35.22)	
	7:26.57 (35.19)	8:01.69 (35.12)	8:37.04 (35.35)	9:11.66 (34.62)	
	9:46.11 (34.45)	10:20.15 (34.04)	10:54.18 (34.03)	11:26.15 (31.97)	
---	Summerfield, Bill	48	Oregon Masters	12:10.00	X11:47.97
	32.85	1:08.14 (35.29)	1:43.70 (35.56)	2:19.70 (36.00)	
	2:55.10 (35.40)	3:30.87 (35.77)	4:06.59 (35.72)	4:42.02 (35.43)	
	5:17.43 (35.41)	5:53.16 (35.73)	6:28.20 (35.04)	7:03.35 (35.15)	
	7:38.67 (35.32)	8:14.32 (35.65)	8:50.14 (35.82)	9:25.87 (35.73)	

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10:01.77 (35.90)	10:37.73 (35.96)	11:13.60 (35.87)	11:47.97 (34.37)	
--- Jones, Michael	48 Mercer Island Redwoods		13:20.00	SCR

Men 45-49 1650 Yard Freestyle

1 Smith, Dan	46 Federal Way Masters		18:42.66	18:35.70
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29.48	1:01.95 (32.47)	1:35.26 (33.31)	2:08.82 (33.56)	
2:42.30 (33.48)	3:15.78 (33.48)	3:48.98 (33.20)	4:22.22 (33.24)	
4:55.49 (33.27)	5:29.07 (33.58)	6:02.55 (33.48)	6:36.17 (33.62)	
7:09.95 (33.78)	7:43.40 (33.45)	8:17.64 (34.24)	8:51.90 (34.26)	
9:25.98 (34.08)	10:00.28 (34.30)	10:34.45 (34.17)	11:08.87 (34.42)	
11:43.12 (34.25)	12:17.32 (34.20)	12:51.51 (34.19)	13:25.54 (34.03)	
14:00.29 (34.75)	14:35.03 (34.74)	15:09.60 (34.57)	15:44.46 (34.86)	
16:18.85 (34.39)	16:53.73 (34.88)	17:28.57 (34.84)	18:03.34 (34.77)	18:35.70 (32.36)

2 Schlemmer, Bob	49 Greenlake Aquaducks		20:15.00	19:28.72
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32.69	1:08.18 (35.49)	1:44.07 (35.89)	2:20.15 (36.08)	
2:56.38 (36.23)	3:32.52 (36.14)	4:08.68 (36.16)	4:44.96 (36.28)	
5:21.13 (36.17)	5:57.01 (35.88)	6:32.95 (35.94)	7:08.96 (36.01)	
7:44.70 (35.74)	8:20.40 (35.70)	8:56.17 (35.77)	9:31.70 (35.53)	
10:07.24 (35.54)	10:42.52 (35.28)	11:18.10 (35.58)	11:53.51 (35.41)	
12:28.76 (35.25)	13:04.21 (35.45)	13:39.47 (35.26)	14:14.74 (35.27)	
14:49.94 (35.20)	15:25.03 (35.09)	16:00.49 (35.46)	16:35.65 (35.16)	
17:11.02 (35.37)	17:46.21 (35.19)	18:20.98 (34.77)	18:55.88 (34.90)	19:28.72 (32.84)

3 Ferrero, Rick	45 South Whidbey Island Masters		20:20.00	20:09.98
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32.08	1:08.01 (35.93)	1:43.89 (35.88)	2:20.74 (36.85)	
2:56.99 (36.25)	3:33.31 (36.32)	4:09.62 (36.31)	4:46.37 (36.75)	
5:22.81 (36.44)	5:59.54 (36.73)	6:36.33 (36.79)	7:12.74 (36.41)	
7:49.02 (36.28)	8:25.60 (36.58)	9:02.07 (36.47)	9:39.05 (36.98)	
10:15.95 (36.90)	10:53.02 (37.07)	11:30.48 (37.46)	12:07.76 (37.28)	
12:45.07 (37.31)	13:22.50 (37.43)	13:59.91 (37.41)	14:37.32 (37.41)	
15:14.98 (37.66)	15:51.81 (36.83)	16:29.52 (37.71)	17:06.80 (37.28)	
17:43.84 (37.04)	18:20.91 (37.07)	18:57.87 (36.96)	19:34.69 (36.82)	20:09.98 (35.29)

4 Dybdahl, Eric	49 Greenlake Aquaducks		21:30.00	23:17.52
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35.22	1:15.21 (39.99)	1:56.53 (41.32)	2:38.28 (41.75)	
3:20.59 (42.31)	4:02.35 (41.76)	4:45.16 (42.81)	5:27.02 (41.86)	
6:09.89 (42.87)	6:53.08 (43.19)	7:35.43 (42.35)	8:17.17 (41.74)	
8:59.05 (41.88)	9:41.28 (42.23)	10:24.58 (43.30)	11:07.08 (42.50)	
11:50.84 (43.76)	12:33.57 (42.73)	13:17.34 (43.77)	14:00.35 (43.01)	
14:44.29 (43.94)	15:28.60 (44.31)	16:12.15 (43.55)	16:55.40 (43.25)	
17:38.93 (43.53)	18:21.21 (42.28)	19:04.26 (43.05)	19:46.73 (42.47)	
20:29.75 (43.02)	21:12.35 (42.60)	21:55.76 (43.41)	22:38.13 (42.37)	23:17.52 (39.39)

Men 45-49 50 Yard Backstroke

1 Harrylock, Tom	47 Greenlake Aquaducks		35.00	33.11
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2 deGroen, Larry	47 Greenlake Aquaducks		32.00	33.62
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3 Farrell, Thomas	49 Downtown Seattle YMCA Masters		40.00	35.71
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4 Stolmeier, Tim	46 Gold's Aquatic Masters		32.00	37.01
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--- Butcher, Gano	45 Oregon Masters		27.50	X28.14
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--- Washburne, Brent	47 Oregon Masters		27.53	X29.20
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--- Moore, Robert	48 Logger Masters		30.00	NS
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Men 45-49 100 Yard Backstroke

1	Haynie, Carl	48	Columbia Aquatic Masters	1:01.16	1:01.51
	29.76			1:01.51 (31.75)	
2	Espinosa, Leo	48	Downtown Seattle YMCA Masters	1:25.00	1:09.88
	34.32			1:09.88 (35.56)	
3	deGroen, Larry	47	Greenlake Aquaducks	1:09.00	1:10.12
	34.36			1:10.12 (35.76)	
4	Harrylock, Tom	47	Greenlake Aquaducks	1:12.00	1:12.10
	35.41			1:12.10 (36.69)	

(Men 45-49 100 Yard Backstroke)

5	Dybdahl, Eric	49	Greenlake Aquaducks	1:15.00	1:17.38
	38.26			1:17.38 (39.12)	
---	Butcher, Gano	45	Oregon Masters	59.99	X1:01.32
	29.60			1:01.32 (31.72)	

Men 45-49 200 Yard Backstroke

1	deGroen, Larry	47	Greenlake Aquaducks	2:24.00	2:27.64
	34.74			1:11.20 (36.46)	1:49.73 (38.53)
2	Harrylock, Tom	47	Greenlake Aquaducks	2:50.00	2:42.93
	38.05			1:19.59 (41.54)	2:02.56 (42.97)
---	Butcher, Gano	45	Oregon Masters	2:12.00	XNS
				2:42.93 (40.37)	

Men 45-49 50 Yard Breaststroke

1	Smith, Dan	46	Federal Way Masters	31.25	31.65
2	Haynie, Carl	48	Columbia Aquatic Masters	33.00	32.10
3	Gevers, Willy	49	Samena Club	34.27	32.76
---	Washburne, Brent	47	Oregon Masters	31.50	X31.44
---	Hathaway, David	48	Oregon Masters	33.90	X33.50
---	Kreer, Kenneth	45	Federal Way Masters	59.00	DQ
---	Velling, Mike	46	Pna Unattached	31.00	NS
---	Kohnke, Jim	46	Olympic Aquatic Club	31.50	NS

Men 45-49 100 Yard Breaststroke

1	Smith, Dan	46	Federal Way Masters	1:08.05	1:08.87
	32.43			1:08.87 (36.44)	
2	Haynie, Carl	48	Columbia Aquatic Masters	1:12.00	1:11.36
	33.88			1:11.36 (37.48)	
3	Gevers, Willy	49	Samena Club	1:15.50	1:13.11

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	34.53	1:13.11 (38.58)			
4	Larrivee, Francois	46	Bellevue Eastside Masters	1:15.00	1:18.02
	37.55	1:18.02 (40.47)			
5	Loziere, Francis	46	Husky Masters	1:20.00	1:19.40
	37.54	1:19.40 (41.86)			
6	Lahaie, Steve	46	Olympic Aquatic Club	1:22.00	1:22.70
	39.37	1:22.70 (43.33)			
---	Washburne, Brent	47	Oregon Masters	1:06.28	X1:08.93
	32.92	1:08.93 (36.01)			
---	Summerfield, Bill	48	Oregon Masters	1:11.50	X1:11.28
	34.44	1:11.28 (36.84)			

Men 45-49 200 Yard Breaststroke

1	Smith, Dan	46	Federal Way Masters	2:29.33	2:32.96
	33.83	1:12.96 (39.13)	1:52.91 (39.95)	2:32.96 (40.05)	
2	Larrivee, Francois	46	Bellevue Eastside Masters	2:40.00	2:47.95
	38.52	1:20.63 (42.11)	2:03.67 (43.04)	2:47.95 (44.28)	
3	deGroen, Larry	47	Greenlake Aquaducks	2:50.00	2:49.94
	37.89	1:21.00 (43.11)	2:05.25 (44.25)	2:49.94 (44.69)	
---	Espinosa, Leo	48	Downtown Seattle YMCA Masters	3:20.00	NS

Men 45-49 50 Yard Butterfly

1	Vela, Steve	48	Queen Anne Swim Club	25.50	25.91
2	Stoermer, Paul	48	Federal Way Masters	28.50	28.40
3	Jones, Michael	48	Mercer Island Redwoods	30.00	28.66
4	Loziere, Francis	46	Husky Masters	28.00	28.70
5	Johnson, Paul	46	Bellevue Eastside Masters	29.00	29.16

(Men 45-49 50 Yard Butterfly)

6	Ferrero, Rick	45	South Whidbey Island Masters	31.00	29.85
7	Dybdahl, Eric	49	Greenlake Aquaducks	35.00	30.92
8	Tacke, John	45	Federal Way Masters	33.50	31.30
9	Lavalley, Chris	47	Bellevue Eastside Masters	32.00	32.03
10	Havick, Paul	48	Federal Way Masters	35.00	32.23
11	Kohnke, Jim	46	Olympic Aquatic Club	32.18	32.41
12	Dean, Robert	49	Federal Way Masters	33.00	34.66
---	Butcher, Gano	45	Oregon Masters	26.00	X25.69
---	Velling, Mike	46	Pna Unattached	30.00	NS

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	36.59	1:16.23 (39.64)			
---	Washburne, Brent	47 Oregon Masters		1:00.14	X1:00.00
	27.71	1:00.00 (32.29)			
---	Hathaway, David	48 Oregon Masters		1:03.89	X1:03.89
	29.60	1:03.89 (34.29)			
(Men 45-49 100 Yard IM)					
---	Summerfield, Bill	48 Oregon Masters		1:08.00	X1:08.24
	34.21	1:08.24 (34.03)			
---	Kohnke, Jim	46 Olympic Aquatic Club		1:12.17	NS
---	Valley, Eric	47 Pna Unattached		1:02.69	NS
---	Velling, Mike	46 Pna Unattached		1:05.00	NS

Men 45-49 200 Yard IM

1	Loziere, Francis	46 Husky Masters		2:30.00	2:28.25
	30.09	1:09.40 (39.31)	1:52.62 (43.22)	2:28.25 (35.63)	
2	Ferrero, Rick	45 South Whidbey Island Masters		2:34.00	2:29.43
	32.61	1:13.55 (40.94)	1:56.92 (43.37)	2:29.43 (32.51)	
3	deGroen, Larry	47 Greenlake Aquaducks		2:25.00	2:32.21
	33.72	1:12.17 (38.45)	1:56.10 (43.93)	2:32.21 (36.11)	
4	Schaufler, Kirby	49 Middle Aged Marlins		2:44.44	2:32.60
	31.25	1:12.01 (40.76)	1:57.49 (45.48)	2:32.60 (35.11)	
5	Harrylock, Tom	47 Greenlake Aquaducks		2:50.00	2:41.60
	35.50	1:18.33 (42.83)	2:05.82 (47.49)	2:41.60 (35.78)	
6	Lloyd, Howard	48 Briggs YMCA Master Swim		2:52.30	2:42.99
	34.31	1:17.81 (43.50)	2:04.07 (46.26)	2:42.99 (38.92)	
---	Hathaway, David	48 Oregon Masters		2:18.66	X2:20.37
	30.12	1:07.32 (37.20)	1:49.27 (41.95)	2:20.37 (31.10)	
---	Tacke, John	45 Federal Way Masters		2:43.50	NS
---	Moore, Robert	48 Logger Masters		2:16.00	NS

Men 45-49 400 Yard IM

1	deGroen, Larry	47 Greenlake Aquaducks		5:10.00	5:19.30
	34.10	1:13.55 (39.45)	1:54.22 (40.67)	2:34.60 (40.38)	
	3:19.25 (44.65)	4:06.04 (46.79)	4:43.42 (37.38)	5:19.30 (35.88)	
2	Dybdahl, Eric	49 Greenlake Aquaducks		6:00.00	6:17.18
	35.01	1:16.19 (41.18)	2:03.69 (47.50)	2:50.41 (46.72)	
	3:52.56 (1:02.15)	4:51.36 (58.80)	5:34.91 (43.55)	6:17.18 (42.27)	
---	Washburne, Brent	47 Oregon Masters		4:46.92	XNS

Men 50-54 50 Yard Freestyle

1	Appleby, Mark	50 Federal Way Masters		23.00	24.61
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2	Neuhaus, Scott	54	Lynnwood Sharks	27.80	26.34
3	Nuttman, John Mark	54	Olympic Aquatic Club	26.74	26.85
4	Orr, James	50	Gold's Aquatic Masters	27.00	26.97
5	Rhinehart, Ron	50	North Whidbey Masters	26.70	27.11
6	Morrison, Jeff	54	Thunderbird Aquatic Masters	27.31	27.51
7	Metzler, Gregg	50	Federal Way Masters	30.00	29.35
8	Dalton, Tyler	54	Bellingham Masters Swim Team	29.61	29.89
9	Raynolds, Bill	52	North End Otters	35.00	30.73
10	Stewart, Dave	53	Federal Way Masters	31.00	32.27
11	Huckabee, John	50	North End Otters	33.00	32.30
---	McGoorty, Mike	50	Logger Masters	25.50	NS
---	Hackett, Ted	54	Pna Unattached	27.00	NS
---	Sylvester, John	52	Greenlake Aquaducks	26.00	NS

Men 50-54 100 Yard Freestyle

1	Appleby, Mark	50	Federal Way Masters	50.00	54.41
	25.60		54.41 (28.81)		
2	Durban, Lars	51	Monroe YMCA Masters	57.00	57.12
	27.34		57.12 (29.78)		

(Men 50-54 100 Yard Freestyle)

3	Parnell, Rick	50	Thurston Olympic Swim Club	56.69	57.38
	27.70		57.38 (29.68)		
4	Orr, James	50	Gold's Aquatic Masters	59.53	59.03
	28.03		59.03 (31.00)		
5	Rhinehart, Ron	50	North Whidbey Masters	1:00.60	59.50
	28.86		59.50 (30.64)		
6	Neuhaus, Scott	54	Lynnwood Sharks	1:02.50	59.95
	29.23		59.95 (30.72)		
7	Smith, Matthew	52	Bellevue Eastside Masters	1:03.00	1:01.82
	29.53		1:01.82 (32.29)		
8	Morrison, Jeff	54	Thunderbird Aquatic Masters	1:02.41	1:02.00
	29.35		1:02.00 (32.65)		
9	Wellman, Keith	51	South Whidbey Island Masters	57.00	1:03.31
	28.53		1:03.31 (34.78)		
10	Dalton, Tyler	54	Bellingham Masters Swim Team	1:05.94	1:03.84

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Results

---	30.55	1:03.84 (33.29)			
Hefflinger, Dean		50	Lynnwood Sharks	1:01.00	DQ

---	False start				
Sylvester, John		52	Greenlake Aquaducks	56.00	NS

Men 50-54 200 Yard Freestyle

1	Appleby, Mark		50	Federal Way Masters	2:00.00	2:07.07
2	Durban, Lars	29.76	1:01.15 (31.39)	1:33.42 (32.27)	2:07.07 (33.65)	2:08.14
			51	Monroe YMCA Masters	2:04.00	
3	Parnell, Rick	29.71	1:02.70 (32.99)	1:35.57 (32.87)	2:08.14 (32.57)	2:08.56
			50	Thurston Olympic Swim Club	2:08.71	
4	Hefflinger, Dean	30.17	1:02.60 (32.43)	1:35.73 (33.13)	2:08.56 (32.83)	2:15.52
			50	Lynnwood Sharks	2:18.00	
5	Rhinehart, Ron	31.05	1:04.50 (33.45)	1:39.96 (35.46)	2:15.52 (35.56)	2:18.80
			50	North Whidbey Masters	2:07.50	
---	Boleda, Orlando	31.46	1:05.79 (34.33)	1:42.53 (36.74)	2:18.80 (36.27)	NS
			54	Bainbridge Area Masters	2:14.00	
---	Rogers, Randy			50	Bainbridge Area Masters	2:00.00
						NS

Men 50-54 500 Yard Freestyle

1	Durban, Lars		51	Monroe YMCA Masters	5:40.00	5:34.95
		29.75	1:02.52 (32.77)	1:36.14 (33.62)	2:10.10 (33.96)	
		2:44.46 (34.36)	3:18.09 (33.63)	3:52.78 (34.69)	4:27.08 (34.30)	
		5:01.65 (34.57)	5:34.95 (33.30)			
2	Parnell, Rick		50	Thurston Olympic Swim Club	6:04.26	5:57.20
		31.48	1:05.62 (34.14)	1:40.51 (34.89)	2:16.35 (35.84)	
		2:52.53 (36.18)	3:28.70 (36.17)	4:04.50 (35.80)	4:41.17 (36.67)	
		5:19.25 (38.08)	5:57.20 (37.95)			
3	Smith, Matthew		52	Bellevue Eastside Masters	6:05.00	6:05.53
		33.93	1:10.76 (36.83)	1:47.89 (37.13)	2:25.13 (37.24)	
		3:02.35 (37.22)	3:39.36 (37.01)	4:16.32 (36.96)	4:53.13 (36.81)	
		5:29.76 (36.63)	6:05.53 (35.77)			
4	Freeborn, Stephen		53	Federal Way Masters	6:22.00	6:11.79
		31.47	1:07.59 (36.12)	1:45.61 (38.02)	2:24.39 (38.78)	
		3:02.86 (38.47)	3:41.32 (38.46)	4:19.35 (38.03)	4:57.57 (38.22)	
		5:35.47 (37.90)	6:11.79 (36.32)			

(Men 50-54 500 Yard Freestyle)

5	Rhinehart, Ron		50	North Whidbey Masters	5:55.00	6:11.95
		30.32	1:04.01 (33.69)	1:39.97 (35.96)	2:17.99 (38.02)	
		2:56.81 (38.82)	3:36.43 (39.62)	4:15.93 (39.50)	4:56.09 (40.16)	
		5:34.89 (38.80)	6:11.95 (37.06)			
6	Huckabee, John		50	North End Otters	8:30.00	8:02.93
		38.77	1:25.37 (46.60)	2:14.94 (49.57)	3:05.43 (50.49)	
		3:55.77 (50.34)	4:46.37 (50.60)	5:37.53 (51.16)	6:28.32 (50.79)	
		7:19.08 (50.76)	8:02.93 (43.85)			

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---	Hackett, Ted	54	Pna Unattached	6:05.00	SCR
---	Morrison, Jeff	54	Thunderbird Aquatic Masters	7:15.00	SCR
---	Boleda, Orlando	54	Bainbridge Area Masters	6:04.00	SCR

Men 50-54 1000 Yard Freestyle

1	Rhinehart, Ron	50	North Whidbey Masters	12:30.00	12:34.44
---	Boleda, Orlando	54	Bainbridge Area Masters	12:22.00	SCR
---	Parnell, Rick	50	Thurston Olympic Swim Club	12:22.40	SCR

Men 50-54 1650 Yard Freestyle

1	Huckabee, John	50	North End Otters	30:00.00	27:36.11
	40.05	1:26.75 (46.70)	2:15.49 (48.74)	3:04.83 (49.34)	
	3:54.70 (49.87)	4:46.18 (51.48)	5:35.80 (49.62)	6:26.05 (50.25)	
	7:16.13 (50.08)	8:07.42 (51.29)	8:57.59 (50.17)	9:47.59 (50.00)	
	10:38.52 (50.93)	11:28.82 (50.30)	12:18.60 (49.78)	13:09.46 (50.86)	
	14:00.13 (50.67)	14:49.97 (49.84)	15:40.66 (50.69)	16:32.01 (51.35)	
	17:23.41 (51.40)	18:15.61 (52.20)	19:05.84 (50.23)	19:57.44 (51.60)	
	20:50.20 (52.76)	21:41.35 (51.15)	22:33.18 (51.83)	23:25.17 (51.99)	
	24:15.83 (50.66)	25:06.05 (50.22)	25:58.42 (52.37)	26:48.25 (49.83)	27:36.11 (47.86)

Men 50-54 50 Yard Backstroke

1	Wellman, Keith	51	South Whidbey Island Masters	31.00	31.78
2	Baker, Loren	54	Bellevue Eastside Masters	32.00	32.51
3	Nuttman, John Mark	54	Olympic Aquatic Club	36.88	36.17
---	Sylvester, John	52	Greenlake Aquaducks	33.00	NS
---	McGoorty, Mike	50	Logger Masters	27.90	NS

Men 50-54 100 Yard Backstroke

1	Smith, Matthew	52	Bellevue Eastside Masters	1:15.00	1:13.06
	35.82	1:13.06 (37.24)			

Men 50-54 200 Yard Backstroke

1	Smith, Matthew	52	Bellevue Eastside Masters	2:35.00	2:34.67
	36.66	1:15.41 (38.75)	1:55.66 (40.25)	2:34.67 (39.01)	
2	Orr, James	50	Gold's Aquatic Masters	2:30.00	2:35.94
	35.36	1:14.32 (38.96)	1:55.24 (40.92)	2:35.94 (40.70)	

Men 50-54 50 Yard Breaststroke

1	Baker, Loren	54	Bellevue Eastside Masters	35.00	33.92
2	Adcock, Richard	53	Gig Harbor YMCA	37.00	34.44
3	Raynolds, Bill	52	North End Otters	40.00	36.98

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4	Huckabee, John	50	North End Otters	39.00	37.36
5	Nuttman, John Mark	54	Olympic Aquatic Club	38.05	37.64
6	Morrison, Jeff	54	Thunderbird Aquatic Masters	39.58	38.47
7	Metzler, Gregg	50	Federal Way Masters	45.00	39.64
---	Dowd, Mike	50	Oregon Masters	35.00	X33.24
---	Sylvester, John	52	Greenlake Aquaducks	35.60	NS

Men 50-54 100 Yard Breaststroke

1	Adcock, Richard	53	Gig Harbor YMCA	1:22.00	1:17.23
	36.73		1:17.23 (40.50)		
2	Raynolds, Bill	52	North End Otters	1:15.00	1:23.16
	38.42		1:23.16 (44.74)		
---	Dowd, Mike	50	Oregon Masters	1:14.90	X1:11.93
	34.02		1:11.93 (37.91)		

Men 50-54 200 Yard Breaststroke

1	Raynolds, Bill	52	North End Otters	3:15.00	3:01.51
---	Dowd, Mike	50	Oregon Masters	2:38.00	X2:37.54
	36.11		1:14.85 (38.74)	1:55.46 (40.61)	2:37.54 (42.08)

Men 50-54 50 Yard Butterfly

1	Freeborn, Stephen	53	Federal Way Masters	28.20	27.76
2	Wellman, Keith	51	South Whidbey Island Masters	29.80	30.88
3	Nuttman, John Mark	54	Olympic Aquatic Club	33.13	32.36
4	Dalton, Tyler	54	Bellingham Masters Swim Team	36.00	36.62
---	Hackett, Ted	54	Pna Unattached	29.50	NS
---	Raynolds, Bill	52	North End Otters	40.00	NS
---	McGoorty, Mike	50	Logger Masters	26.00	NS
---	Neuhaus, Scott	54	Lynnwood Sharks	29.00	NS
---	Sylvester, John	52	Greenlake Aquaducks	32.40	NS

Men 50-54 100 Yard Butterfly

1	Durban, Lars	51	Monroe YMCA Masters	1:12.00	1:07.93
	31.64		1:07.93 (36.29)		
2	Freeborn, Stephen	53	Federal Way Masters	1:07.00	1:08.07
	30.90		1:08.07 (37.17)		

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---	Dowd, Mike	50	Oregon Masters	1:15.00	X1:13.92
	34.38	1:13.92 (39.54)			
---	Rogers, Randy	50	Bainbridge Area Masters	1:00.00	NS

Men 50-54 200 Yard Butterfly

---	Rogers, Randy	50	Bainbridge Area Masters	2:15.00	NS
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Men 50-54 100 Yard IM

1	Wellman, Keith	51	South Whidbey Island Masters	1:08.00	1:08.34
	32.63	1:08.34 (35.71)			
2	Hefflinger, Dean	50	Lynnwood Sharks	1:15.00	1:10.17
	32.61	1:10.17 (37.56)			
3	Freeborn, Stephen	53	Federal Way Masters	1:09.00	1:10.25
	31.82	1:10.25 (38.43)			
4	Adcock, Richard	53	Gig Harbor YMCA	1:17.00	1:12.08
	35.40	1:12.08 (36.68)			
5	Nuttman, John Mark	54	Olympic Aquatic Club	1:13.78	1:13.73
	34.20	1:13.73 (39.53)			
6	Moore, Hugh	54	Federal Way Masters	1:16.00	1:15.22
	34.52	1:15.22 (40.70)			
7	Morrison, Jeff	54	Thunderbird Aquatic Masters	1:18.00	1:20.18
	38.06	1:20.18 (42.12)			
8	Dalton, Tyler	54	Bellingham Masters Swim Team	1:18.85	1:21.37
	38.68	1:21.37 (42.69)			
---	Dowd, Mike	50	Oregon Masters	1:15.00	X1:11.98
	36.12	1:11.98 (35.86)			
---	Hackett, Ted	54	Pna Unattached	1:11.00	NS

Men 50-54 200 Yard IM

1	Baker, Loren	54	Bellevue Eastside Masters	2:34.00	2:29.48
	33.21	1:12.92 (39.71)	1:55.60 (42.68)	2:29.48 (33.88)	
2	Freeborn, Stephen	53	Federal Way Masters	2:32.00	2:38.57
	31.42	1:12.67 (41.25)	2:02.78 (50.11)	2:38.57 (35.79)	

Men 50-54 400 Yard IM

1	Moore, Hugh	54	Federal Way Masters	5:45.00	5:52.21
	34.10	1:13.50 (39.40)	2:01.35 (47.85)	2:49.19 (47.84)	
	3:37.61 (48.42)	4:27.29 (49.68)	5:09.18 (41.89)	5:52.21 (43.03)	

Men 55-59 50 Yard Freestyle

1	Jacobs, Ronald	57	Greenlake Aquaducks	24.90	25.45
2	Kendrick, James	56	Skagit Valley Masters Swimming	26.84	26.66

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3	Schlimmeyer, Roger	55	Pna Unattached	26.00	26.67
4	McCleery, Scott	56	Pna Unattached	30.00	28.94
5	Mattens, Dave	58	South Whidbey Island Masters	36.00	35.75
---	Brockbank, Doug	55	Oregon Masters	24.90	X23.88
---	Philbrick, Larry	56	Oregon Masters	24.80	X24.61
---	Sherwood, Reggie	57	Oregon Masters	27.13	X27.48
---	Tennant, Mike	55	Oregon Masters	23.60	XNS

Men 55-59 100 Yard Freestyle

1	Jacobs, Ronald	57	Greenlake Aquaducks	54.50	55.95
	26.77	55.95 (29.18)			
2	Kendrick, James	56	Skagit Valley Masters Swimming	1:00.50	58.69
	28.12	58.69 (30.57)			
3	Knowlton, Bill	56	West Seattle YMCA Dolphins	59.00	59.21
	28.44	59.21 (30.77)			
4	McCleery, Scott	56	Pna Unattached	1:04.00	1:03.40
	31.26	1:03.40 (32.14)			
5	Thorpe, Allan	59	Bainbridge Area Masters	1:10.00	1:07.91
	32.96	1:07.91 (34.95)			
6	Burge, John	58	Husky Masters	NT	1:10.00
	33.69	1:10.00 (36.31)			
7	Mattens, Dave	58	South Whidbey Island Masters	NT	1:25.73
	39.93	1:25.73 (45.80)			
---	Tennant, Mike	55	Oregon Masters	53.50	X51.21Z
	24.33	51.21 (26.88)			
---	Sherwood, Reggie	57	Oregon Masters	1:04.12	X1:01.37
	29.08	1:01.37 (32.29)			
---	Brockbank, Doug	55	Oregon Masters	56.00	XNS
---	Johnson, Kurt	55	South Whidbey Island Masters	1:13.00	NS

Men 55-59 200 Yard Freestyle

1	Penn, William	57	Pna Unattached	2:12.00	2:11.67
	30.81	1:05.51 (34.70)	1:39.57 (34.06)	2:11.67 (32.10)	
2	deWit, John	56	South Whidbey Island Masters	2:16.00	2:16.74
	31.65	1:05.95 (34.30)	1:41.56 (35.61)	2:16.74 (35.18)	
3	Kendrick, James	56	Skagit Valley Masters Swimming	2:23.00	2:20.70
	33.07	1:09.03 (35.96)	1:45.95 (36.92)	2:20.70 (34.75)	

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4	McCleery, Scott	56	Pna Unattached	2:20.00	2:23.68
	33.20	1:09.04 (35.84)	1:46.88 (37.84)	2:23.68 (36.80)	
5	Burge, John	58	Husky Masters	NT	2:42.37
	38.45	1:18.92 (40.47)	2:02.08 (43.16)	2:42.37 (40.29)	
(Men 55-59 200 Yard Freestyle)					
---	Tennant, Mike	55	Oregon Masters	2:01.00	X1:58.62
	28.01	58.27 (30.26)	1:28.41 (30.14)	1:58.62 (30.21)	
---	Thorpe, Allan	59	Bainbridge Area Masters	2:38.00	NS

Men 55-59 500 Yard Freestyle

1	Bell, Alan	59	Pna Unattached	5:33.00	5:25.77P
	28.95	1:00.80 (31.85)	1:33.44 (32.64)	2:06.70 (33.26)	
	2:40.40 (33.70)	3:14.11 (33.71)	3:47.54 (33.43)	4:21.17 (33.63)	
	4:54.58 (33.41)	5:25.77 (31.19)			
2	Penn, William	57	Pna Unattached	5:45.00	5:46.54
	32.48	1:07.61 (35.13)	1:43.16 (35.55)	2:18.55 (35.39)	
	2:53.90 (35.35)	3:29.20 (35.30)	4:04.14 (34.94)	4:38.99 (34.85)	
	5:13.35 (34.36)	5:46.54 (33.19)			
3	deWit, John	56	South Whidbey Island Masters	6:15.00	6:09.79
	32.62	1:08.24 (35.62)	1:45.08 (36.84)	2:22.91 (37.83)	
	3:00.75 (37.84)	3:39.16 (38.41)	4:17.50 (38.34)	4:56.00 (38.50)	
	5:34.40 (38.40)	6:09.79 (35.39)			
4	Thorpe, Allan	59	Bainbridge Area Masters	7:30.00	7:09.40
	39.15	1:22.38 (43.23)	2:06.72 (44.34)	2:50.48 (43.76)	
	3:34.91 (44.43)	4:18.57 (43.66)	5:01.92 (43.35)	5:45.40 (43.48)	
	6:29.15 (43.75)	7:09.40 (40.25)			
5	Hansen, Ron	59	Skagit Valley Masters Swimming	7:30.00	7:37.29
	40.20	1:25.38 (45.18)	2:12.15 (46.77)	2:58.82 (46.67)	
	3:45.19 (46.37)	4:31.22 (46.03)	5:18.85 (47.63)	6:06.59 (47.74)	
	6:52.72 (46.13)	7:37.29 (44.57)			
6	Mattens, Dave	58	South Whidbey Island Masters	9:58.00	9:04.02
	45.42	1:36.15 (50.73)	2:31.29 (55.14)	3:27.96 (56.67)	
	4:23.90 (55.94)	5:21.64 (57.74)	6:18.19 (56.55)	7:15.92 (57.73)	
	8:13.43 (57.51)	9:04.02 (50.59)			
---	Johnson, Kurt	55	South Whidbey Island Masters	7:30.00	SCR

Men 55-59 1000 Yard Freestyle

1	Burge, John	58	Husky Masters	NT	15:05.16
---	Sherwood, Reggie	57	Oregon Masters	14:20.00	X13:44.27

Men 55-59 1650 Yard Freestyle

1	Bell, Alan	59	Pna Unattached	19:00.00	18:42.80Z
	29.38	1:01.76 (32.38)	1:35.19 (33.43)	2:08.86 (33.67)	
	2:42.74 (33.88)	3:16.27 (33.53)	3:50.22 (33.95)	4:24.23 (34.01)	
	4:58.33 (34.10)	5:32.25 (33.92)	6:06.12 (33.87)	6:40.28 (34.16)	
	7:14.65 (34.37)	7:49.00 (34.35)	8:23.19 (34.19)	8:57.65 (34.46)	

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	9:32.52 (34.87)	10:06.71 (34.19)	10:41.26 (34.55)	11:15.73 (34.47)	
	11:50.15 (34.42)	12:24.36 (34.21)	12:59.20 (34.84)	13:33.57 (34.37)	
	14:08.08 (34.51)	14:42.85 (34.77)	15:17.58 (34.73)	15:52.13 (34.55)	
	16:26.89 (34.76)	17:01.69 (34.80)	17:36.59 (34.90)	18:11.06 (34.47)	18:42.80 (31.74)
2 Penn, William		57 Pna Unattached		18:59.00	19:45.76
	33.94	1:10.38 (36.44)	1:47.47 (37.09)	2:24.58 (37.11)	
	3:01.88 (37.30)	3:38.25 (36.37)	4:14.77 (36.52)	4:51.07 (36.30)	
	5:27.77 (36.70)	6:04.09 (36.32)	6:40.34 (36.25)	7:16.45 (36.11)	
	7:52.85 (36.40)	8:29.19 (36.34)	9:05.50 (36.31)	9:42.15 (36.65)	
	10:18.07 (35.92)	10:54.17 (36.10)	11:30.52 (36.35)	12:07.24 (36.72)	
	12:43.74 (36.50)	13:19.42 (35.68)	13:54.52 (35.10)	14:29.57 (35.05)	
	15:04.91 (35.34)	15:40.13 (35.22)	16:15.76 (35.63)	16:51.21 (35.45)	
	17:26.77 (35.56)	18:02.24 (35.47)	18:37.82 (35.58)	19:12.58 (34.76)	19:45.76 (33.18)
(Men 55-59 1650 Yard Freestyle)					
3 deWit, John		56 South Whidbey Island Masters		22:00.00	21:15.27
	33.60	1:10.42 (36.82)	1:48.66 (38.24)	2:27.47 (38.81)	
	3:06.85 (39.38)	3:45.76 (38.91)	4:25.14 (39.38)	5:04.85 (39.71)	
	5:43.98 (39.13)	6:23.09 (39.11)	7:02.18 (39.09)	7:41.12 (38.94)	
	8:20.51 (39.39)	8:59.59 (39.08)	9:39.24 (39.65)	10:17.89 (38.65)	
	10:57.93 (40.04)	11:36.91 (38.98)	12:16.27 (39.36)	12:55.50 (39.23)	
	13:34.48 (38.98)	14:14.14 (39.66)	14:53.02 (38.88)	15:31.78 (38.76)	
	16:10.62 (38.84)	16:49.59 (38.97)	17:28.40 (38.81)	18:07.27 (38.87)	
	18:46.09 (38.82)	19:24.29 (38.20)	20:02.71 (38.42)	20:41.69 (38.98)	21:15.27 (33.58)
4 Hansen, Ron		59 Skagit Valley Masters Swimming		26:00.00	26:07.39
	41.24	1:25.06 (43.82)	2:10.58 (45.52)	2:57.24 (46.66)	
	3:43.92 (46.68)	4:31.27 (47.35)	5:17.67 (46.40)	6:05.74 (48.07)	
	6:54.31 (48.57)	7:42.38 (48.07)	8:30.57 (48.19)	9:19.69 (49.12)	
	10:08.49 (48.80)	10:57.32 (48.83)	11:45.23 (47.91)	12:33.27 (48.04)	
	13:21.25 (47.98)	14:08.99 (47.74)	14:57.54 (48.55)	15:46.36 (48.82)	
	16:34.30 (47.94)	17:22.16 (47.86)	18:10.48 (48.32)	18:58.76 (48.28)	
	19:46.95 (48.19)	20:34.69 (47.74)	21:22.94 (48.25)	22:11.68 (48.74)	
	22:59.47 (47.79)	23:47.41 (47.94)	24:35.10 (47.69)	25:22.76 (47.66)	26:07.39 (44.63)

Men 55-59 50 Yard Backstroke

1 Jacobs, Ronald		57 Greenlake Aquaducks		29.50	30.89
2 Schlimmeyer, Roger		55 Pna Unattached		34.00	33.51
3 Hansen, Ron		59 Skagit Valley Masters Swimming		48.00	45.83
--- Brockbank, Doug		55 Oregon Masters		29.00	XNS

Men 55-59 100 Yard Backstroke

1 Jacobs, Ronald		57 Greenlake Aquaducks		1:04.00	1:09.41
---	34.16	1:09.41 (35.25)			
--- Edwards, Wes		55 Oregon Masters		59.90	X59.31
	28.81	59.31 (30.50)			

Men 55-59 200 Yard Backstroke

---	Knowlton, Bill		56 West Seattle YMCA Dolphins		2:30.00	NS
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Men 55-59 50 Yard Breaststroke

1 Reeder, Bill		56 Greenlake Aquaducks		35.60	37.50
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Results

2	Hansen, Ron	59	Skagit Valley Masters Swimming	48.00	42.31
3	Mattens, Dave	58	South Whidbey Island Masters	1:00.00	56.38
---	Sherwood, Reggie	57	Oregon Masters	35.98	X36.36
---	Philbrick, Larry	56	Oregon Masters	31.50	XNS

Men 55-59 100 Yard Breaststroke

1	Hansen, Ron	59	Skagit Valley Masters Swimming	1:44.00	1:37.90
	45.74	1:37.90 (52.16)			
---	Philbrick, Larry	56	Oregon Masters	1:10.50	X1:10.85
	33.14	1:10.85 (37.71)			
---	Sherwood, Reggie	57	Oregon Masters	1:20.09	X1:20.09
	36.88	1:20.09 (43.21)			

Men 55-59 200 Yard Breaststroke

1	Reeder, Bill	56	Greenlake Aquaducks	2:58.00	3:02.13
	42.64	1:29.36 (46.72)	2:16.01 (46.65)	3:02.13 (46.12)	
2	Thorpe, Allan	59	Bainbridge Area Masters	3:53.00	3:47.93
	49.25	1:48.25 (59.00)	2:49.32 (1:01.07)	3:47.93 (58.61)	

Men 55-59 50 Yard Butterfly

1	Lautman, Scott	56	Federal Way Masters	29.00	26.80
2	Reeder, Bill	56	Greenlake Aquaducks	32.40	32.61
---	Schlimmeyer, Roger	55	Pna Unattached	33.00	DQ
	False start				
---	Johnson, Kurt	55	South Whidbey Island Masters	36.00	NS
---	Edwards, Wes	55	Oregon Masters	27.90	XNS
---	Jacobs, Ronald	57	Greenlake Aquaducks	28.50	NS
---	Brockbank, Doug	55	Oregon Masters	28.00	XNS

Men 55-59 100 Yard Butterfly

1	Lautman, Scott	56	Federal Way Masters	1:00.00	58.53
	27.91	58.53 (30.62)			

Men 55-59 200 Yard Butterfly

1	Lautman, Scott	56	Federal Way Masters	2:15.00	2:14.99
	31.26	1:07.20 (35.94)	1:42.35 (35.15)	2:14.99 (32.64)	

Men 55-59 100 Yard IM

1	Schlimmeyer, Roger	55	Pna Unattached	1:10.00	1:10.58
	32.95	1:10.58 (37.63)			

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2	Reeder, Bill	56	Greenlake Aquaducks	1:14.20	1:15.88
	37.48		1:15.88 (38.40)		
3	Penn, William	57	Pna Unattached	1:14.00	1:16.22
	36.38		1:16.22 (39.84)		
4	Hansen, Ron	59	Skagit Valley Masters Swimming	1:39.00	1:39.19
	50.85		1:39.19 (48.34)		
---	Johnson, Kurt	55	South Whidbey Island Masters	1:24.00	NS

Men 55-59 200 Yard IM

1	Penn, William	57	Pna Unattached	2:40.00	2:42.20
	34.74		1:19.53 (44.79)	2:09.56 (50.03)	2:42.20 (32.64)
2	Knowlton, Bill	56	West Seattle YMCA Dolphins	2:40.00	2:42.31
	34.58		1:12.79 (38.21)	2:04.70 (51.91)	2:42.31 (37.61)
---	Tennant, Mike	55	Oregon Masters	2:21.00	XNS

Men 55-59 400 Yard IM

1	Penn, William	57	Pna Unattached	5:36.00	5:39.03
	36.01		1:17.70 (41.69)	2:04.04 (46.34)	2:48.80 (44.76)
	3:38.51 (49.71)		4:27.67 (49.16)	5:04.34 (36.67)	5:39.03 (34.69)

Men 60-64 50 Yard Freestyle

1	Wright, Larry	60	Newport Hills Masters	26.28	26.49
2	Voegtlen, Barney	60	Bainbridge Area Masters	28.00	27.87
3	Williams, John	61	Washington Athletic Club	28.43	28.11
4	Norris, Jim	61	Port Townsend Master Swimmers	30.50	30.43
5	Thompson, Doug	60	Pna Unattached	31.00	31.43
6	Tauscher, Jerry	63	Pna Unattached	33.55	32.94
7	Ernst, Gary	64	West Seattle YMCA Dolphins	40.00	35.72
8	Tomfohr, Thomas	64	Federal Way Masters	NT	39.52
---	McDonald, Tim	61	Federal Way Masters	38.49	NS

Men 60-64 100 Yard Freestyle

1	McCleery, James	63	North Whidbey Masters	1:01.00	58.77
	28.56		58.77 (30.21)		
2	Wright, Larry	60	Newport Hills Masters	59.43	1:00.20
	29.09		1:00.20 (31.11)		

(Men 60-64 100 Yard Freestyle)

3	Voegtlen, Barney	60	Bainbridge Area Masters	1:02.00	1:03.28
	28.47		1:03.28 (34.81)		

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4	Peterson, Steven	62	Olympic Aquatic Club	1:04.20	1:05.32
	31.50		1:05.32 (33.82)		
5	Williams, John	61	Washington Athletic Club	1:06.20	1:05.63
	29.65		1:05.63 (35.98)		
6	Thompson, Doug	60	Pna Unattached	1:20.00	1:11.54
	33.82		1:11.54 (37.72)		
7	Kimball, Hugh	62	Greenlake Aquaducks	1:15.00	1:13.88
	35.38		1:13.88 (38.50)		
8	Jacobsen, Jeff	64	South Whidbey Island Masters	1:17.00	1:16.89
	37.20		1:16.89 (39.69)		
9	Ernst, Gary	64	West Seattle YMCA Dolphins	1:40.00	1:23.07
	36.85		1:23.07 (46.22)		

Men 60-64 200 Yard Freestyle

1	McCleery, James	63	North Whidbey Masters	2:10.00	2:07.17
	29.81		1:01.77 (31.96)	1:34.47 (32.70)	2:07.17 (32.70)
2	Jacobsen, Jeff	64	South Whidbey Island Masters	2:50.00	2:49.45
	38.78		1:21.96 (43.18)	2:07.35 (45.39)	2:49.45 (42.10)

Men 60-64 500 Yard Freestyle

1	Kimball, Hugh	62	Greenlake Aquaducks	7:15.00	7:13.37
	39.37		1:22.26 (42.89)	2:06.86 (44.60)	2:50.98 (44.12)
	3:35.83 (44.85)		4:19.60 (43.77)	5:03.77 (44.17)	5:48.99 (45.22)
	6:32.60 (43.61)		7:13.37 (40.77)		
2	Walker, Thomas	62	Columbia Aquatic Masters	8:30.00	7:56.61
	42.70		1:30.73 (48.03)	2:20.45 (49.72)	3:09.31 (48.86)
	3:58.01 (48.70)		4:47.26 (49.25)	5:35.99 (48.73)	6:24.28 (48.29)
	7:12.47 (48.19)		7:56.61 (44.14)		

Men 60-64 1000 Yard Freestyle

1	Kimball, Hugh	62	Greenlake Aquaducks	15:00.00	14:53.46
	40.00		1:24.17 (44.17)	2:08.55 (44.38)	2:54.54 (45.99)
	3:39.63 (45.09)		4:25.13 (45.50)	5:09.79 (44.66)	5:55.36 (45.57)
	6:41.78 (46.42)		7:26.89 (45.11)	8:12.45 (45.56)	8:58.56 (46.11)
	9:42.29 (43.73)		10:28.14 (45.85)	11:12.92 (44.78)	11:57.41 (44.49)
	12:42.50 (45.09)		13:26.69 (44.19)	14:11.51 (44.82)	14:53.46 (41.95)

Men 60-64 1650 Yard Freestyle

1	McCleery, James	63	North Whidbey Masters	19:37.00	19:04.33
	31.25		1:04.94 (33.69)	1:39.57 (34.63)	2:14.89 (35.32)
	2:50.39 (35.50)		3:25.54 (35.15)	4:00.98 (35.44)	4:36.40 (35.42)
	5:11.32 (34.92)		5:46.33 (35.01)	6:21.51 (35.18)	6:56.52 (35.01)
	7:31.57 (35.05)		8:06.65 (35.08)	8:41.86 (35.21)	9:16.99 (35.13)
	9:51.93 (34.94)		10:26.86 (34.93)	11:01.91 (35.05)	11:36.90 (34.99)
	12:11.63 (34.73)		12:46.76 (35.13)	13:21.46 (34.70)	13:56.23 (34.77)
	14:31.10 (34.87)		15:05.89 (34.79)	15:40.48 (34.59)	16:15.14 (34.66)
	16:49.39 (34.25)		17:23.45 (34.06)	17:57.58 (34.13)	18:31.82 (34.24)
					19:04.33 (32.51)
---	McDonald, Tim	61	Federal Way Masters	29:30.00	SCR

**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
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Men 60-64 50 Yard Backstroke

1	Norris, Jim	61	Port Townsend Master Swimmers	37.50	38.05
2	Thompson, Doug	60	Pna Unattached	38.00	38.82
3	Tauscher, Jerry	63	Pna Unattached	NT	42.38
4	Walker, Thomas	62	Columbia Aquatic Masters	45.00	43.51

Men 60-64 100 Yard Backstroke

1	Walker, Thomas	62	Columbia Aquatic Masters	1:40.00	1:34.62
	46.47		1:34.62 (48.15)		

Men 60-64 200 Yard Backstroke

1	Norris, Jim	61	Port Townsend Master Swimmers	2:55.00	3:04.41
	44.60		1:32.93 (48.33)	2:21.26 (48.33)	3:04.41 (43.15)
2	Walker, Thomas	62	Columbia Aquatic Masters	3:30.00	3:20.78
	48.43		1:40.03 (51.60)	2:31.68 (51.65)	3:20.78 (49.10)
---	McCleery, James	63	North Whidbey Masters	2:40.00	NS

Men 60-64 50 Yard Breaststroke

1	Peterson, Steven	62	Olympic Aquatic Club	34.20	35.18
2	Norris, Jim	61	Port Townsend Master Swimmers	40.30	40.53
3	Tauscher, Jerry	63	Pna Unattached	43.99	42.53
4	Kimball, Hugh	62	Greenlake Aquaducks	42.00	42.66
5	Tomfohr, Thomas	64	Federal Way Masters	NT	43.43
---	Stark, Allen	60	Oregon Masters	31.99	XNS
---	McColly, Michael	63	North End Otters	42.00	NS

Men 60-64 100 Yard Breaststroke

1	Peterson, Steven	62	Olympic Aquatic Club	1:14.20	1:17.35
	36.64		1:17.35 (40.71)		
2	McColly, Michael	63	North End Otters	1:35.00	1:22.92
	39.12		1:22.92 (43.80)		
3	Tomfohr, Thomas	64	Federal Way Masters	NT	1:41.65
	49.52		1:41.65 (52.13)		
---	Stark, Allen	60	Oregon Masters	1:09.85	X1:09.79Z
	32.64		1:09.79 (37.15)		

Men 60-64 200 Yard Breaststroke

2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009

Results

1	Peterson, Steven	62	Olympic Aquatic Club	2:44.20	2:46.99
	38.21	1:21.78 (43.57)	2:04.51 (42.73)	2:46.99 (42.48)	
---	Stark, Allen	60	Oregon Masters	2:36.66	X2:35.50Z
	36.21	1:16.68 (40.47)	1:55.79 (39.11)	2:35.50 (39.71)	

Men 60-64 50 Yard Butterfly

1	Wright, Larry	60	Newport Hills Masters	27.77	27.72P
2	Voegtlen, Barney	60	Bainbridge Area Masters	33.00	32.14
3	McColly, Michael	63	North End Otters	36.00	33.35
4	Norris, Jim	61	Port Townsend Master Swimmers	38.50	38.67
---	Liekkio, Pete	61	Greenlake Aquaducks	32.00	NS

Men 60-64 100 Yard Butterfly

1	Kimball, Hugh	62	Greenlake Aquaducks	1:28.00	1:33.02
	41.16	1:33.02 (51.86)			
---	McColly, Michael	63	North End Otters	1:23.00	NS
---	Stark, Allen	60	Oregon Masters	1:09.99	XNS

Men 60-64 100 Yard IM

1	Wright, Larry	60	Newport Hills Masters	1:07.21	1:08.59
	31.11	1:08.59 (37.48)			
2	Voegtlen, Barney	60	Bainbridge Area Masters	1:15.00	1:13.76
	33.76	1:13.76 (40.00)			
3	Jacobsen, Jeff	64	South Whidbey Island Masters	1:30.00	1:32.36
	43.57	1:32.36 (48.79)			
---	Stark, Allen	60	Oregon Masters	1:09.99	XNS

(Men 60-64 100 Yard IM)

---	Liekkio, Pete	61	Greenlake Aquaducks	1:20.00	NS
---	McColly, Michael	63	North End Otters	1:16.00	NS

Men 60-64 200 Yard IM

1	Jacobsen, Jeff	64	South Whidbey Island Masters	3:30.00	3:16.79
	45.54	1:38.24 (52.70)	2:34.27 (56.03)	3:16.79 (42.52)	
---	Kimball, Hugh	62	Greenlake Aquaducks	3:10.00	DQ
	40.68	1:36.16 (55.48)	2:32.85 (56.69)	DQ (42.56)	

Non-continuous turning action - back

Men 60-64 400 Yard IM

1	Norris, Jim	61	Port Townsend Master Swimmers	6:45.00	6:30.40
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2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009

Results

2	Walker, Thomas	62	Columbia Aquatic Masters	7:40.00	7:11.49
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Men 65-69 50 Yard Freestyle

1	Pilger, Robert	65	Gig Harbor YMCA	26.00	26.38P
2	Garrett, Sonny	65	Pna Unattached	28.49	28.33
3	Jones, Ron	68	Gig Harbor YMCA	30.06	30.17
4	Freeman, Paul	65	Pna Unattached	34.00	36.49
5	McKinlay, Michael	65	Bellevue Eastside Masters	40.00	37.23
6	Summers, David	69	Pna Unattached	41.61	43.23

Men 65-69 100 Yard Freestyle

1	Pilger, Robert	65	Gig Harbor YMCA	1:10.00	1:01.12P
	29.37		1:01.12 (31.75)		
2	Jones, Ron	68	Gig Harbor YMCA	1:10.00	1:11.36
	34.05		1:11.36 (37.31)		
3	Smith, Melvin	66	Briggs YMCA Master Swim	1:17.00	1:17.95
	38.04		1:17.95 (39.91)		
4	Davis, Bob	67	Washington Athletic Club	1:20.00	1:19.45
	37.41		1:19.45 (42.04)		
5	Cook, Herb	67	Old Olympic Peninsula Swimmers	1:21.00	1:21.37
	38.30		1:21.37 (43.07)		
6	Freeman, Paul	65	Pna Unattached	1:23.00	1:24.01
	41.35		1:24.01 (42.66)		
7	Summers, David	69	Pna Unattached	1:40.26	1:40.79
	45.31		1:40.79 (55.48)		

Men 65-69 200 Yard Freestyle

1	Pilger, Robert	65	Gig Harbor YMCA	2:25.00	2:25.56
	33.69		1:10.52 (36.83)	1:49.09 (38.57)	2:25.56 (36.47)
2	Smith, Melvin	66	Briggs YMCA Master Swim	2:45.00	2:45.73
	38.11		1:19.63 (41.52)	2:02.82 (43.19)	2:45.73 (42.91)
3	Jones, Ron	68	Gig Harbor YMCA	2:50.00	2:47.51
	38.38		1:21.59 (43.21)	2:05.63 (44.04)	2:47.51 (41.88)
4	Davis, Bob	67	Washington Athletic Club	2:53.00	2:57.63
	38.50		1:23.10 (44.60)	2:09.80 (46.70)	2:57.63 (47.83)
5	Cook, Herb	67	Old Olympic Peninsula Swimmers	3:02.00	3:04.28
	43.38		1:29.48 (46.10)	2:17.63 (48.15)	3:04.28 (46.65)
---	Freeman, Paul	65	Pna Unattached	3:00.00	NS

**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
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Men 65-69 500 Yard Freestyle

1	Smith, Melvin	66	Briggs YMCA Master Swim	7:15.00	7:08.46
	38.41	1:20.34 (41.93)	2:03.70 (43.36)	2:47.58 (43.88)	
	3:32.52 (44.94)	4:16.48 (43.96)	5:00.55 (44.07)	5:44.26 (43.71)	
	6:27.15 (42.89)	7:08.46 (41.31)			
2	Davis, Bob	67	Washington Athletic Club	7:53.00	7:53.44
	41.45	1:28.53 (47.08)	2:16.23 (47.70)	3:04.19 (47.96)	
	3:53.34 (49.15)	4:42.29 (48.95)	5:30.69 (48.40)	6:19.10 (48.41)	
	7:07.74 (48.64)	7:53.44 (45.70)			
3	Cook, Herb	67	Old Olympic Peninsula Swimmers	8:10.00	8:16.50
	42.86	1:29.28 (46.42)	2:18.18 (48.90)	3:08.55 (50.37)	
	3:59.38 (50.83)	4:50.40 (51.02)	5:41.58 (51.18)	6:32.94 (51.36)	
	7:25.17 (52.23)	8:16.50 (51.33)			

Men 65-69 1650 Yard Freestyle

1	Smith, Melvin	66	Briggs YMCA Master Swim	25:00.00	24:32.88
	38.35	1:21.09 (42.74)	2:05.04 (43.95)	2:49.41 (44.37)	
	3:34.04 (44.63)	4:18.79 (44.75)	5:03.80 (45.01)	5:49.63 (45.83)	
	6:35.43 (45.80)	7:20.66 (45.23)	8:05.76 (45.10)	8:51.47 (45.71)	
	9:35.98 (44.51)	10:21.67 (45.69)	11:05.77 (44.10)	11:49.37 (43.60)	
	12:33.46 (44.09)	13:19.32 (45.86)	14:03.93 (44.61)	14:48.73 (44.80)	
	15:33.31 (44.58)	16:18.84 (45.53)	17:03.36 (44.52)	17:47.69 (44.33)	
	18:32.14 (44.45)	19:17.73 (45.59)	20:02.97 (45.24)	20:47.28 (44.31)	
	21:32.76 (45.48)	22:17.22 (44.46)	23:01.63 (44.41)	23:48.34 (46.71)	24:32.88 (44.54)

Men 65-69 50 Yard Backstroke

1	McKinlay, Michael	65	Bellevue Eastside Masters	45.00	42.93
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Men 65-69 100 Yard Backstroke

1	Nordby, Michael	67	North End Otters	1:21.00	1:23.63
	40.63	1:23.63 (43.00)			

Men 65-69 200 Yard Backstroke

1	Nordby, Michael	67	North End Otters	2:53.00	3:01.73
	43.93	1:30.03 (46.10)	2:17.48 (47.45)	3:01.73 (44.25)	

Men 65-69 50 Yard Breaststroke

1	Sawyer, Dennis	65	Bainbridge Area Masters	39.22	38.27
2	Summers, David	69	Pna Unattached	47.29	49.65
---	Freeman, Paul	65	Pna Unattached	45.00	NS

Men 65-69 100 Yard Breaststroke

1	Sawyer, Dennis	65	Bainbridge Area Masters	1:28.95	1:24.55
	40.24	1:24.55 (44.31)			
2	Summers, David	69	Pna Unattached	1:54.32	1:55.40
	55.52	1:55.40 (59.88)			
---	Freeman, Paul	65	Pna Unattached	1:45.00	NS

**2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009
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Men 65-69 200 Yard Breaststroke

1	Sawyer, Dennis	65	Bainbridge Area Masters	3:25.00	3:10.33
	43.29	1:33.14 (49.85)	2:22.74 (49.60)	3:10.33 (47.59)	
2	Freeman, Paul	65	Pna Unattached	3:42.00	3:40.08
	51.45	1:46.59 (55.14)	2:43.07 (56.48)	3:40.08 (57.01)	

Men 65-69 50 Yard Butterfly

1	Garrett, Sonny	65	Pna Unattached	30.24	30.55P
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Men 65-69 100 Yard IM

1	Nordby, Michael	67	North End Otters	1:18.00	1:24.23
	37.59	1:24.23 (46.64)			
2	Sawyer, Dennis	65	Bainbridge Area Masters	1:30.44	1:26.61
	44.21	1:26.61 (42.40)			
---	Davis, Bob	67	Washington Athletic Club	1:44.00	NS

Men 65-69 200 Yard IM

1	Nordby, Michael	67	North End Otters	2:55.00	3:04.03
	40.13	1:26.31 (46.18)	2:21.51 (55.20)	3:04.03 (42.52)	

Men 70-74 50 Yard Freestyle

---	Hally, Gordon	73	Thunderbird Aquatic Masters	36.00	NS
---	Bronson, Hiram	74	Skagit Valley Masters Swimming	39.24	NS

Men 70-74 100 Yard Freestyle

---	Thayer, George	73	Oregon Masters	1:10.00	X1:08.50
	31.98	1:08.50 (36.52)			
---	Bronson, Hiram	74	Skagit Valley Masters Swimming	NT	NS

Men 70-74 50 Yard Backstroke

---	Bronson, Hiram	74	Skagit Valley Masters Swimming	56.73	NS
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Men 70-74 50 Yard Breaststroke

1	Truong, Dominique	70	Pna Unattached	41.00	45.46
---	Bronson, Hiram	74	Skagit Valley Masters Swimming	NT	NS

Men 70-74 100 Yard Breaststroke

1	Truong, Dominique	70	Pna Unattached	1:43.00	1:44.70
	48.87	1:44.70 (55.83)			
---	Thayer, George	73	Oregon Masters	1:36.00	X1:35.92
	44.52	1:35.92 (51.40)			

2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009

Results

---	Bronson, Hiram	74	Skagit Valley Masters Swimming	NT	NS
Men 70-74 50 Yard Butterfly					
---	Hally, Gordon	73	Thunderbird Aquatic Masters	44.00	NS
Men 70-74 100 Yard IM					
---	Thayer, George	73	Oregon Masters	1:23.00	X1:28.85
	42.00		1:28.85 (46.85)		
Men 75-79 50 Yard Freestyle					
1	Dorse, Bob	77	Tigers	35.00	33.82
Men 75-79 100 Yard Freestyle					
---	King, Bill	75	Oregon Masters	1:19.00	X1:15.01
	36.31		1:15.01 (38.70)		
Men 75-79 200 Yard Freestyle					
---	King, Bill	75	Oregon Masters	2:57.00	X2:52.61
	39.20		1:22.95 (43.75)	2:08.29 (45.34)	2:52.61 (44.32)
Men 75-79 500 Yard Freestyle					
---	King, Bill	75	Oregon Masters	7:59.00	SCR
Men 75-79 1000 Yard Freestyle					
---	King, Bill	75	Oregon Masters	16:45.00	X16:21.83
	41.80		1:28.73 (46.93)	2:17.85 (49.12)	3:06.98 (49.13)
	3:56.45 (49.47)		4:46.77 (50.32)	5:35.86 (49.09)	6:26.53 (50.67)
	7:17.58 (51.05)		8:09.43 (51.85)	8:59.32 (49.89)	9:49.94 (50.62)
	10:40.02 (50.08)		11:29.38 (49.36)	12:18.92 (49.54)	13:08.25 (49.33)
	13:56.68 (48.43)		14:46.71 (50.03)	15:34.54 (47.83)	16:21.83 (47.29)
Men 75-79 50 Yard Butterfly					
1	Dorse, Bob	77	Tigers	48.00	49.64
Men 75-79 100 Yard IM					
1	Dorse, Bob	77	Tigers	1:38.00	1:38.90
	47.32		1:38.90 (51.58)		
Men 80-84 50 Yard Freestyle					
1	Milne, Joseph James	80	Pna Unattached	NT	38.11
2	Roudebush, George	83	Bainbridge Area Masters	59.00	53.32
Men 80-84 100 Yard Freestyle					
1	Milne, Joseph James	80	Pna Unattached	NT	1:27.79
	43.07		1:27.79 (44.72)		

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Men 80-84 200 Yard Freestyle

1	Milne, Joseph James	80	Pna Unattached	NT	3:22.78
	43.60	1:33.71 (50.11)	2:29.47 (55.76)	3:22.78 (53.31)	

Men 80-84 50 Yard Backstroke

1	Roudebush, George	83	Bainbridge Area Masters	1:05.00	58.35
---	Milne, Joseph James	80	Pna Unattached	NT	DQ
	Not on back off wall				

Men 80-84 100 Yard Backstroke

1	Roudebush, George	83	Bainbridge Area Masters	2:20.00	2:16.16
	1:06.46	2:16.16 (1:09.70)			

Men 80-84 200 Yard Backstroke

1	Roudebush, George	83	Bainbridge Area Masters	5:10.00	4:45.75
	1:07.55	2:20.09 (1:12.54)	3:36.30 (1:16.21)	4:45.75 (1:09.45)	

Women 18+ 200 Yard Freestyle Relay

1	Husky Masters	A	1:50.00	1:47.50
	1) Maschman Morrissey, Tracy	2) Forinash, Debra W26	3) Reichmann, Heather W28	4) Mooney, Bryn W23
	25.98	53.32 (27.34)	1:21.28 (27.96)	1:47.50 (26.22)
2	Bellevue Eastside Masters	A	1:52.00	1:51.08
	1) Cox, Allison W24	2) Silver, Bailey W20	3) Kempf, Annette W37	4) Nordberg, Carrie W38
	26.82	55.40 (28.58)	1:24.49 (29.09)	1:51.08 (26.59)
3	Federal Way Masters	A	NT	1:58.66
	1) Mazer, Samantha W23	2) Coulson, Emma W24	3) Roberts, Taunya W35	4) Kim, Nellis W38
	30.80	1:01.11 (30.31)	1:28.81 (27.70)	1:58.66 (29.85)
4	Monroe YMCA Masters	A	2:26.00	2:27.97
	1) Wagster, Emily W18	2) Wigney, Wendy W58	3) Bacon, Devan W29	4) Peterson, Terrie W46
	36.35	1:14.07 (37.72)	1:54.22 (40.15)	2:27.97 (33.75)
---	North End Otters	G	1:57.00	DQ
	Early take-off swimmer #3			
	1) Huntamer, Nancy W44	2) Lesh, Robin W31	3) Trettevik, Kate W29	4) Shtikel, Liliya W19

Women 18+ 200 Yard Medley Relay

1	Husky Masters	A	2:15.00	2:01.90
	1) Forinash, Debra W26	2) Braggin, Jaki W22	3) Maschman Morrissey, Tracy	4) Reichmann, Heather W28
	28.86	1:05.22 (36.36)	1:34.88 (29.66)	2:01.90 (27.02)
2	Bellevue Eastside Masters	A	2:03.00	2:02.87
	1) Cox, Allison W24	2) Nordberg, Carrie W33	3) Silver, Bailey W20	4) Kempf, Annette W37
	30.24	1:03.61 (33.37)	1:33.56 (29.95)	2:02.87 (29.31)
3	Federal Way Masters	A	2:05.99	2:17.82
	1) Coulson, Emma W24	2) Rhoades-Payne, Rhonda W3	3) Roberts, Taunya W35	4) Mazer, Samantha W23
	35.19	1:11.62 (36.43)	1:41.65 (30.03)	2:17.82 (36.17)
4	North End Otters	D	2:15.00	2:18.14
	1) Shtikel, Liliya W19	2) Trettevik, Kate W29	3) Lesh, Robin W31	4) Lippold, Mary W53
	32.17	1:11.63 (39.46)	1:50.25 (38.62)	2:18.14 (27.89)
5	Monroe YMCA Masters	B	2:20.00	2:35.67
	1) Clarke, Nancy W36	2) Wagster, Emily W18	3) Shafer, Sarah W28	4) Bacon, Devan W29
	40.61	1:29.24 (48.63)	1:59.94 (30.70)	2:35.67 (35.73)

Women 25+ 200 Yard Freestyle Relay

1	Monroe YMCA Masters	A	1:55.00	1:59.33
	1) Shafer, Sarah W28	2) Clarke, Nancy W36	3) Fordham, Jennifer W45	4) Armstrong, Mary W41
	31.96	50.05 (18.09)	1:09.72 (19.67)	1:33.81 (24.09)

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2	South Whidbey Island Master	A	NT	2:11.10
	1) Prendergast, Emily W27	2) Eager, Kristi W36	3) Loercher, Krista W38	4) Rogers, Katherine W42
	29.96	1:02.80 (32.84)	1:37.80 (35.00)	2:11.10 (33.30)
3	Federal Way Masters	B	NT	2:15.05
	1) Alkezweeny, Tina W34	2) Montiel, Julie W39	3) Rhoades-Payne, Rhonda W3	4) Simmons, Michelle W34
	32.67	1:09.10 (36.43)	1:39.21 (30.11)	2:15.05 (35.84)
4	South Whidbey Island Master	B	NT	2:31.50
	1) DeVries, Becki W29	2) Forsyth, Teresa W41	3) Henriot, Kelly W48	4) McCue, Shelia W56
	32.05	1:06.05 (34.00)	1:58.77 (52.72)	2:31.50 (32.73)
5	Federal Way Masters	C	NT	2:43.02
	1) Bork, Holly W32	2) Kuykendall, Karen W45	3) Lee Spencer W48	4) Boyer, Diane W48
	50.67	1:24.23 (33.56)	2:04.31 (40.08)	2:43.02 (38.71)

Women 25+ 200 Yard Medley Relay

1	Columbia Aquatic Masters	A	2:05.00	2:15.08
	1) Foley, Jacquelyn W27	2) Krass, Cynthia W45	3) Olson, Abigail W29	4) Pearson McJunkin, Jill W45
	32.53	1:13.53 (41.00)	1:42.39 (28.86)	2:15.08 (32.69)
2	Federal Way Masters	B	2:15.41	2:27.22
	1) Mesler, Jennifer W38	2) Simmons, Michelle W34	3) Spencer, Lee W48	4) Kim, Nellis W38
	34.26	1:19.10 (44.84)	1:57.78 (38.68)	2:27.22 (29.44)
3	South Whidbey Island Master	A	NT	2:32.57
	1) Loercher, Krista W38	2) Rogers, Katherine W42	3) Prendergast, Emily W27	4) Eager, Kristi W36
	40.91	1:28.21 (47.30)	2:01.00 (32.79)	2:32.57 (31.57)
---	Federal Way Masters	C	2:24.14	DQ
	Early take-off swimmer #3			
	1) Alkezweeny, Tina W34	2) Montiel, Julie W39	3) Hickel, Jessie W50	4) Bork, Holly W32

Women 35+ 200 Yard Freestyle Relay

1	Federal Way Masters	D	NT	2:00.95
	1) Courtney, Zena W49	2) Blackburn, Jean W57	3) Mesler, Jennifer W38	4) Menkins, Michelle W52
	28.08	1:01.33 (33.25)	1:31.47 (30.14)	2:00.95 (29.48)
2	Skagit Valley Masters Swimm	A	2:04.00	2:08.32
	1) Schuster, Belinda W44	2) Bohannon, Jennifer W38	3) Strom, Deena W41	4) Singer, Shannon W39
	34.88	1:05.35 (30.47)	1:34.93 (29.58)	2:08.32 (33.39)

Women 35+ 200 Yard Medley Relay

1	Skagit Valley Masters Swimm	A	2:23.00	2:23.67
	1) Singer, Shannon W39	2) Young, Kirsten W38	3) Schuster, Belinda W44	4) Strom, Deena W41
	40.73	1:20.18 (39.45)	1:54.78 (34.60)	2:23.67 (28.89)
2	Monroe YMCA Masters	A	2:15.00	2:27.32
	1) Fordham, Jennifer W45	2) Armstrong, Mary W41	3) Peterson, Terrie W46	4) Wigney, Wendy W58
	35.99	1:08.36 (32.37)	1:51.01 (42.65)	2:27.32 (36.31)
3	Briggs YMCA Master Swim	A	3:00.00	3:14.44
	1) Parnell, Coleen W51	2) Vanderhaegen, Geraldine W4	3) Morris, Kathy W53	4) Cloutier, Peg W74
	1:00.97	1:40.39 (39.42)	2:31.11 (50.72)	3:14.44 (43.33)
---	North End Otters	C	2:50.00	NS
	1) North, Donnie W43	2) Rabitz, Miriam W53	3) Huntamer, Nancy W44	4) Burris, Mary W43

Women 45+ 200 Yard Freestyle Relay

1	North End Otters	F	2:13.00	2:18.89
	1) Diddams, Margaret W47	2) Daniel, Sharan W50	3) Rust, Lib W49	4) Lippold, Mary W53
	30.22	59.31 (29.09)	1:40.33 (41.02)	2:18.89 (38.56)
2	Greenlake Aquaducks	A	NT	2:25.98
	1) Berg, Tonya W50	2) Kittleman, Erin W50	3) Weintraub, Cynthia W51	4) Hall, Robin W54
	32.05	1:52.19 (1:20.14)	2:25.98 (33.79)	2:25.98 ()

Women 45+ 200 Yard Medley Relay

1	Federal Way Masters	D	2:08.42	2:16.78
	1) Courtney, Zena W49	2) Boyer, Diane W48	3) Menkins, Michelle W52	4) Blackburn, Jean W57
	31.35	1:11.04 (39.69)	1:43.89 (32.85)	2:16.78 (32.89)

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2 Greenlake Aquaducks	A	NT	2:46.46
1) Hall, Robin W54	2) Weintraub, Cynthia W51	3) Berg, Tonya W50	4) Kittleman, Erin W50
43.62	1:28.97 (45.35)	2:03.69 (34.72)	2:46.46 (42.77)
3 North End Otters	B	2:30.00	3:02.77
1) Daniel, Sharan W50	2) Diddams, Margaret W47	3) Rust, Lib W49	4) Davis, Charlotte W58
36.61	1:43.74 (1:07.13)	2:23.40 (39.66)	3:02.77 (39.37)
4 Federal Way Masters	E	2:59.99	3:15.92
1) Duggan, Pat W55	2) Ball, Laurie W51	3) Williams, Judy W60	4) Kuykendall, Karen W45
1:13.89	1:54.48 (40.59)	2:41.49 (47.01)	3:15.92 (34.43)

Women 55+ 200 Yard Freestyle Relay

1 North End Otters	E	2:12.00	2:41.22
1) Bent, Julia W61	2) Johnson, M. Leigh W60	3) Layman, Janie W59	4) Davis, Charlotte W58
28.87	1:27.42 (58.55)	2:04.77 (37.35)	2:41.22 (36.45)

Women 55+ 200 Yard Medley Relay

1 North End Otters	A	3:00.00	3:06.99
1) Layman, Janie W59	2) Kavadas, Janet W78	3) Johnson, M. Leigh W60	4) Bent, Julia W61
43.68	1:52.40 (1:08.72)	2:36.28 (43.88)	3:06.99 (30.71)

Men 18+ 200 Yard Freestyle Relay

1 North End Otters	D	1:56.70	1:53.85
1) Brittle, Zach M35	2) McColly, Michael M63	3) Raynolds, Bill M52	4) Rice, Jordan M24
28.82	1:00.65 (31.83)	1:29.85 (29.20)	1:53.85 (24.00)

Men 18+ 200 Yard Medley Relay

1 Monroe YMCA Masters	A	2:06.00	2:03.67
1) Clarke, Brian M36	2) Pablo, Hamber M23	3) Durban, Lars M51	4) Dibble, Richard M20
31.30	1:08.13 (36.83)	1:37.49 (29.36)	2:03.67 (26.18)

Men 25+ 200 Yard Freestyle Relay

1 Husky Masters	A	1:32.00	1:30.22P
1) Nelson, Kirk M38	2) Polucha, Steve M27	3) Kroll, Alden M26	4) Wisniewski, Brian M31
23.24	46.41 (23.17)	1:09.18 (22.77)	1:30.22 (21.04)
2 Federal Way Masters	A	NT	1:36.90
1) Kabacy, Greg M36	2) Morris, A. Jason M32	3) Williams, John M40	4) Appleby, Mark M50
26.40	50.35 (23.95)	1:14.35 (24.00)	1:36.90 (22.55)
3 Bellevue Eastside Masters	A	1:42.00	1:43.35
1) Lavalley, Chris M47	2) Hansen, Staten M31	3) Johnson, Paul M46	4) Dunn, Erin M38
28.02	53.40 (25.38)	1:18.96 (25.56)	1:43.35 (24.39)
4 Monroe YMCA Masters	A	1:50.00	1:47.02
1) Bacon, Evan M30	2) Durban, Lars M51	3) Clarke, Brian M36	4) Collins, Peter M44
29.88	55.51 (25.63)	1:22.51 (27.00)	1:47.02 (24.51)
5 Greenlake Aquaducks	B	NT	1:59.01
1) Tourigny, David M29	2) Schutte, Tom M39	3) Michael Garceau M43	4) Kimball, Hugh M62
26.99	52.53 (25.54)	1:26.57 (34.04)	1:59.01 (32.44)
--- Husky Masters	B	1:39.00	DQ
1) Schmidt, Vladimir M40	2) Loziere, Francis M46	3) Margrave, David M38	4) Paramonov, Dmitri M30

Men 25+ 200 Yard Medley Relay

1 Greenlake Aquaducks	A	NT	1:57.58
1) deGroen, Larry M47	2) Schutte, Tom M39	3) Tourigny, David M29	4) Dunlop, Rob M41
33.17	1:03.83 (30.66)	1:31.62 (27.79)	1:57.58 (25.96)
2 West Seattle YMCA Dolphin	A	NT	2:09.52
1) Ernst, Gary M64	2) Knowlton, Bill M56	3) Gregory, Jason M26	4) Carver, Lars M48
33.14	1:06.95 (33.81)	1:35.24 (28.29)	2:09.52 (34.28)
3 Bellevue Eastside Masters	B	2:06.00	2:10.46
1) McKinlay, Michael M65	2) Larrivee, Francois M46	3) Dunn, Erin M38	4) Hansen, Staten M31
41.78	1:17.75 (35.97)	1:45.52 (27.77)	2:10.46 (24.94)

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Men 35+ 200 Yard Freestyle Relay

1	Olympic Aquatic Club	A	1:52.00	1:46.32
	1) Lahaie, Steve M46	2) Nuttman, John Mark M54	3) Hamilton, Ed M43	4) Seibert, Richard M44
	27.10	55.16 (28.06)	1:21.97 (26.81)	1:46.32 (24.35)
2	Gold's Aquatic Masters	A	1:44.00	1:49.17
	1) Orr, James M50	2) Jas, Daniel M44	3) Stolmeier, Tim M46	4) Montgomery, Zac M37
	26.78	53.16 (26.38)	1:25.04 (31.88)	1:49.17 (24.13)

Men 35+ 200 Yard Medley Relay

1	Federal Way Masters	A	1:52.41	1:48.04
	1) Kabacy, Greg M36	2) Smith, Dan M46	3) Lautman, Scott M56	4) Williams, John M40
	26.30	58.18 (31.88)	1:24.30 (26.12)	1:48.04 (23.74)
2	Federal Way Masters	B	2:05.41	2:04.08
	1) Kennedy, Keith M46	2) Burnham, Jay M40	3) Stoermer, Paul M48	4) Dean, Robert M49
	33.70	1:07.31 (33.61)	1:35.85 (28.54)	2:04.08 (28.23)
3	Olympic Aquatic Club	A	2:00.00	2:04.60
	1) Hamilton, Ed M43	2) Peterson, Steven M62	3) Kohnke, Jim M46	4) Nuttman, John Mark M54
	33.18	1:06.89 (33.71)	1:38.05 (31.16)	2:04.60 (26.55)
4	Federal Way Masters	D	2:15.08	2:22.39
	1) Diaz, Luis M37	2) Metzler, Gregg M50	3) Moore, Hugh M54	4) Stewart, Dave M53
	38.37	1:18.27 (39.90)	1:49.67 (31.40)	2:22.39 (32.72)

Men 45+ 200 Yard Freestyle Relay

1	Federal Way Masters	B	NT	1:46.96
	1) Tacke, John M45	2) Smith, Dan M46	3) Freeborn, Stephen M53	4) Stoermer, Paul M48
	28.25	53.32 (25.07)	1:19.90 (26.58)	1:46.96 (27.06)
2	South Whidbey Island Master	A	NT	1:55.51
	1) Wellman, Keith M51	2) deWit, John M56	3) Jacobsen, Jeff M64	4) Ferrero, Rick M45
	27.42	1:01.66 (34.24)	1:29.36 (27.70)	1:55.51 (26.15)
3	Greenlake Aquaducks	A	NT	1:55.85
	1) Reeder, Bill M56	2) deGroen, Larry M47	3) Dybdahl, Eric M49	4) Harrylock, Tom M47
	29.99	57.64 (27.65)	1:26.86 (29.22)	1:55.85 (28.99)
4	Federal Way Masters	D	NT	2:01.91
	1) Lautman, Scott M56	2) Moore, Hugh M54	3) Metzler, Gregg M50	4) Stewart, Dave M53
	30.65	1:00.26 (29.61)	1:29.58 (29.32)	2:01.91 (32.33)
5	Federal Way Masters	C	NT	2:02.84
	1) Kreer, Kenneth M45	2) Dean, Robert M49	3) Havick, Paul M48	4) Kennedy, Keith M46
	36.69	1:04.98 (28.29)	1:34.37 (29.39)	2:02.84 (28.47)
---	Oregon Masters	A	1:36.50	XNS
	1) Washburne, Brent M47	2) Summerfield, Bill M48	3) Hathaway, David M48	4) Butcher, Gano M45

Men 45+ 200 Yard Medley Relay

1	Federal Way Masters	C	2:02.81	2:05.63
	1) Freeborn, Stephen M53	2) Tacke, John M45	3) Havick, Paul M48	4) Appleby, Mark M50
	33.26	1:09.03 (35.77)	1:41.53 (32.50)	2:05.63 (24.10)
2	Greenlake Aquaducks	B	NT	2:12.84
	1) Harrylock, Tom M47	2) Reeder, Bill M56	3) Dybdahl, Eric M49	4) Kimball, Hugh M62
	32.87	1:09.59 (36.72)	1:40.50 (30.91)	2:12.84 (32.34)
3	South Whidbey Island Master	A	NT	2:14.12
	1) Ferrero, Rick M45	2) Jacobsen, Jeff M64	3) deWit, John M56	4) Wellman, Keith M51
	32.98	1:18.10 (45.12)	1:48.13 (30.03)	2:14.12 (25.99)
4	North End Otters	E	2:20.00	2:14.40
	1) McColly, Michael M63	2) Nordby, Michael M67	3) Raynolds, Bill M52	4) Colbeck, Pete M47
	33.98	1:16.02 (42.04)	1:49.82 (33.80)	2:14.40 (24.58)
---	Bellevue Eastside Masters	A	NT	DQ
	Early take-off swimmer #4			
	1) Smith, Matthew M52	2) Baker, Loren M54	3) Johnson, Paul M46	4) Lavalley, Chris M47

Men 55+ 200 Yard Freestyle Relay

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1 Bainbridge Area Masters	A	2:30.00	2:25.04
1) Roudebush, George M83	2) Thorpe, Allan M59	3) Voegtlen, Barney M60	4) Sawyer, Dennis M65
52.13	1:23.63 (31.50)	1:52.97 (29.34)	2:25.04 (32.07)
--- Oregon Masters	A	1:35.00	X1:32.18N
1) Tennant, Mike M55	2) Brockbank, Doug M55	3) Edwards, Wes M55	4) Philbrick, Larry M56
22.91	46.18 (23.27)	1:08.99 (22.81)	1:32.18 (23.19)

Men 55+ 200 Yard Medley Relay

1 Bainbridge Area Masters	A	2:45.00	2:43.64
1) Roudebush, George M83	2) Sawyer, Dennis M65	3) Voegtlen, Barney M60	4) Thorpe, Allan M59
--- Oregon Masters	A	1:48.50	X1:45.32N
1) Edwards, Wes M55	2) Stark, Allen M60	3) Philbrick, Larry M56	4) Tennant, Mike M55
27.21	57.43 (30.22)	1:22.88 (25.45)	1:45.32 (22.44)

Mixed 18+ 200 Yard Freestyle Relay

1 Husky Masters	A	1:50.00	1:42.04
1) Arnold, Mark M34	2) Forinash, Debra W26	3) Braggin, Jaki W22	4) Nelson, Kirk M38
24.26	50.25 (25.99)	1:18.84 (28.59)	1:42.04 (23.20)
2 Federal Way Masters	A	NT	1:44.26
1) Kabacy, Greg M36	2) Roberts, Taunya W35	3) Mazer, Samantha W23	4) Williams, John M40
23.15	50.26 (27.11)	1:20.37 (30.11)	1:44.26 (23.89)
3 Central Area Aquatics Team	A	NT	1:44.55
1) Dahl, Lisa W47	2) Welch, Sarah W62	3) Phillips, Brooks M21	4) Schalyman, James M21
25.34	56.06 (30.72)	1:21.62 (25.56)	1:44.55 (22.93)
4 Western WA U Masters	B	1:50.00	1:46.75
1) Whitefield, Benjamin M19	2) Switaj, Caitlin W19	3) Banashak, Madeline W18	4) Schaufler, Klayton M18
25.36	53.38 (28.02)	1:22.78 (29.40)	1:46.75 (23.97)
5 Bellevue Eastside Masters	B	1:52.00	1:49.34
1) Cox, Allison W24	2) Johnson, Paul M46	3) Kemp, Annette W38	4) Baker, Loren M54
27.00	52.99 (25.99)	1:22.29 (29.30)	1:49.34 (27.05)
6 North End Otters	H	1:56.40	1:51.80
1) Shtikel, Liliya W19	2) Trettevik, Kate W29	3) Brittle, Zach M35	4) Rice, Jordan M24
28.64	1:00.91 (32.27)	1:28.20 (27.29)	1:51.80 (23.60)
7 Federal Way Masters	E	NT	1:58.10
1) Tacke, John M45	2) Mesler, Jennifer W38	3) Coulson, Emma W24	4) Stoermer, Paul M48
28.21	58.59 (30.38)	1:30.83 (32.24)	1:58.10 (27.27)
8 Western WA U Masters	C	1:55.00	1:58.12
1) Sage, Andrew M19	2) Wenner, Marissa W20	3) De Sitter, Sara W20	4) Wanzek, Paul M19
26.50	56.23 (29.73)	1:28.17 (31.94)	1:58.12 (29.95)
9 Monroe YMCA Masters	A	2:01.00	1:58.70
1) Shafer, Sarah W28	2) Dibble, Richard M20	3) Bacon, Devan W29	4) Bacon, Evan M30
36.08	1:05.09 (29.01)	1:32.97 (27.88)	1:58.70 (25.73)
--- Western WA U Masters	A	1:47.00	DQ
Early take-off swimmer #2			
1) Fanning, Mark M23	2) Man, Mary-Jane W22	3) Dowdle, Angela W20	4) Goldman, Brian M23

Mixed 18+ 200 Yard Medley Relay

1 Western WA U Masters	A	2:00.00	1:54.34
1) Fanning, Mark M23	2) Switaj, Eddie M24	3) Switaj, Caitlin W19	4) Dowdle, Angela W20
27.40	56.12 (28.72)	1:25.84 (29.72)	1:54.34 (28.50)
2 Federal Way Masters	A	NT	1:57.60
1) Coulson, Emma W24	2) Smith, Dan M46	3) Kabacy, Greg M36	4) Roberts, Taunya W35
33.05	1:05.55 (32.50)	1:30.15 (24.60)	1:57.60 (27.45)
3 Bellevue Eastside Masters	A	1:59.00	1:57.79
1) Cox, Allison W24	2) Baker, Loren M54	3) Nordberg, Carrie W33	4) Dunn, Erin M38
30.11	1:03.59 (33.48)	1:32.87 (29.28)	1:57.79 (24.92)
4 Bellevue Eastside Masters	B	2:02.00	2:03.92
1) Silver, Bailey W20	2) Dunn, Suzanna W26	3) Johnson, Paul M46	4) Hansen, Staten M31
32.54	1:09.65 (37.11)	1:38.34 (28.69)	2:03.92 (25.58)
5 North End Otters	C	NT	2:05.29

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Results

1) Shtikel, Liliya W19 33.11	2) Brittle, Zach M35 1:02.95 (29.84)	3) Rice, Jordan M24 2:05.29 (32.81)	4) Trettevik, Kate W29
6 Monroe YMCA Masters	A	2:03.00	2:05.35
1) Fordham, Jennifer W45 35.93	2) Armstrong, Mary W41 1:09.31 (33.38)	3) Durban, Lars M51 2:05.35 (26.53)	4) Dibble, Richard M20
7 Monroe YMCA Masters	B	2:15.00	2:16.00
1) Clarke, Nancy W36 41.50	2) Shafer, Sarah W28 1:18.17 (36.67)	3) Pablo, Hamber M23 2:16.00 (24.74)	4) Bacon, Evan M30
--- Central Area Aquatics Team	A	NT	NS
1) Schalyman, James M21	2) Phillips, Brooks M21	3) Dahl, Lisa W47	4) Welch, Sarah W62

Mixed 25+ 200 Yard Freestyle Relay

1 Federal Way Masters	B	NT	1:45.86
1) Appleby, Mark M50 24.61	2) Kim, Nellis W38 54.05 (29.44)	3) Courtney, Zena W49 1:45.86 (24.23)	4) Morris, A. Jason M32
2 Bellevue Eastside Masters	A	1:48.00	1:46.45
1) Dunn, Suzanna W26 30.23	2) Hansen, Staten M31 54.99 (24.76)	3) Nordberg, Carrie W33 1:46.45 (24.78)	4) Dunn, Erin M38
3 Olympic Aquatic Club	A	1:49.00	1:49.45
1) Lahaie, Steve M46 26.70	2) Coulter, Tamara W32 51.96 (25.26)	3) Ellringer, Meredith W36 1:49.45 (24.08)	4) Seibert, Richard M44
4 Greenlake Aquaducks	A	NT	1:49.91
1) Dunlop, Rob M41 26.27	2) Kunze, Brittany W25 53.72 (27.45)	3) Tourigny, David M29 1:49.91 (24.78)	4) Berg, Tonya W50
5 Federal Way Masters	F	NT	1:58.10
1) Burnham, Jay M40 26.74	2) Rhoades-Payne, Rhonda W3 56.56 (29.82)	3) Simmons, Michelle W34 1:58.10 (26.07)	4) Freeborn, Stephen M53
6 Federal Way Masters	I	NT	2:11.62
1) Diaz, Luis M37 31.07	2) Montiel, Julie W39 1:07.37 (36.30)	3) Bork, Holly W32 2:11.62 (28.14)	4) Kennedy, Keith M46
7 Bainbridge Area Masters	A	2:18.00	2:16.86
1) Gilbert, Helen W29 38.96	2) Tulou, Tamara W35 1:15.63 (36.67)	3) Cuthbert, David M35 2:16.86 (29.32)	4) Thorpe, Allan M59
--- South Whidbey Island Master	B	NT	NS

Mixed 25+ 200 Yard Medley Relay

1 Federal Way Masters	B	NT	2:01.20
1) Courtney, Zena W49 31.84	2) Rhoades-Payne, Rhonda W3 1:07.36 (35.52)	3) Williams, John M40 2:01.20 (27.54)	4) Tacke, John M45
2 Greenlake Aquaducks	A	NT	2:10.94
1) Kunze, Brittany W25 31.53	2) Berg, Tonya W50 1:09.64 (38.11)	3) Tourigny, David M29 2:10.94 (32.86)	4) Kimball, Hugh M62
3 Columbia Aquatic Masters	A	2:12.00	2:12.44
1) Foley, Jacquelyn W27 32.46	2) Haynie, Carl M48 1:04.69 (32.23)	3) Olson, Abigail W29 2:12.44 (37.59)	4) Walker, Thomas M62
4 Federal Way Masters	D	NT	2:21.00
1) Havick, Paul M48 36.82	2) Bork, Holly W32 1:22.05 (45.23)	3) Menkins, Michelle W52 2:21.00 (24.52)	4) Appleby, Mark M50
5 South Whidbey Island Master	A	NT	2:30.63
1) Jacobsen, Jeff M64 47.13	2) Forsyth, Teresa W41 1:31.40 (44.27)	3) DeVries, Becki W29 2:30.63 (26.15)	4) Mattens, Dave M58
6 Federal Way Masters	H	NT	3:09.39
1) Duggan, Pat W55 1:14.42	2) Diaz, Luis M37 2:03.66 (49.24)	3) Moore, Hugh M54 3:09.39 (32.61)	4) Alkezweeny, Tina W34
--- Federal Way Masters	F	NT	DQ
Stroke Infraction swimmer #1: Not on back off wall - back			
1) Kim, Nellis W38	2) Metzler, Gregg M50	3) Morris, A. Jason M32	4) Kuykendall, Karen W45

Mixed 35+ 200 Yard Freestyle Relay

1 West Seattle YMCA Dolphin	D	NT	2:03.89
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Results

1) Knowlton, Bill M56 27.55	2) Carver, Lars M48 1:05.69 (38.14)	3) Cullen, Tamara W38 2:03.89 (25.92)	4) Sieber, Emma W41
2 Briggs YMCA Master Swim 1) Lloyd, Howard M48 40.60	A 2) Morris, Kathy W53 1:11.45 (30.85)	2:20.00 3) Smith, Melvin M66 2:17.15 (28.94)	2:17.15 4) Vanderhaegen, Geraldine W4
--- Skagit Valley Masters Swimm Early take-off swimmer #3 1) Young, Kirsten W38	A 2) Ness, Kerry M39	1:57.00 3) Schuster, Belinda W44	DQ 4) Kendrick, James M56

Mixed 35+ 200 Yard Medley Relay

1 Skagit Valley Masters Swimm 1) Singer, Shannon W39 42.89	A 2) Ness, Kerry M39 1:22.26 (39.37)	NT 3) Strom, Deena W41 2:23.71 (26.49)	2:23.71 4) Kendrick, James M56
2 Federal Way Masters 1) Montiel, Julie W39 47.64	G 2) Boyer, Diane W48 1:28.72 (41.08)	NT 3) Stoermer, Paul M48 2:24.36 (27.50)	2:24.36 4) Kennedy, Keith M46
3 Bainbridge Area Masters 1) Tulou, Tamara W35 43.79	A 2) Adkins-Narte, Heather W54 1:35.17 (51.38)	2:45.00 3) Voegtlen, Barney M60 2:40.34 (31.47)	2:40.34 4) Cuthbert, David M35

Mixed 45+ 200 Yard Freestyle Relay

1 North End Otters 1) Raynolds, Bill M52 29.02	F 2) Lippold, Mary W53 56.88 (27.86)	1:56.40 3) Colbeck, Pete M47 1:48.21 (24.06)	1:48.21 4) Davis, Charlotte W58
2 Federal Way Masters 1) Smith, Dan M46 26.17	C 2) Menkins, Michelle W52 55.45 (29.28)	NT 3) Blackburn, Jean W57 1:54.21 (25.48)	1:54.21 4) Lautman, Scott M56
3 Greenlake Aquaducks 1) Reeder, Bill M56 30.45	C 2) Hall, Robin W54 1:00.53 (30.08)	NT 3) Abrams, Kathy W53 2:06.44 (32.74)	2:06.44 4) Kimball, Hugh M62
4 Port Townsend Master Swim 1) Norris, Jim M61 29.92	A 2) Johnson, Janet W54 1:02.95 (33.03)	2:07.00 3) Bailey, Ann W53 2:07.34 (30.17)	2:07.34 4) Davies, Richard M46
5 Federal Way Masters 1) Havick, Paul M48 28.54	D 2) Cunningham, Patti W55 1:05.21 (36.67)	NT 3) Ball, Laurie W51 2:08.41 (29.56)	2:08.41 4) Metzler, Gregg M50
6 Federal Way Masters 1) Stewart, Dave M53 32.15	G 2) Williams, Judy W60 1:10.78 (38.63)	NT 3) Spencer, Lee W48 2:14.80 (30.07)	2:14.80 4) Moore, Hugh M54
7 South Whidbey Island Master 1) McCue, Shelia W56 57.51	A 2) Mattens, Dave M58 1:28.58 (31.07)	NT 3) Henriot, Kelly W48 2:39.63 (50.84)	2:39.63 4) Jacobsen, Jeff M64
8 Federal Way Masters 1) Tomfohr, Thomas M64 41.43	H 2) Duggan, Pat W55 1:33.30 (51.87)	NT 3) Kuykendall, Karen W45 2:44.71 (37.68)	2:44.71 4) Kreer, Kenneth M45
--- Greenlake Aquaducks Early take-off swimmer #2 1) deGroen, Larry M47	B 2) Weintraub, Cynthia W51	NT 3) Kittleman, Erin W50	XDQ 4) Harrylock, Tom M47

Mixed 45+ 200 Yard Medley Relay

1 Federal Way Masters 1) Freeborn, Stephen M53 33.51	C 2) Ball, Laurie W51 1:11.90 (38.39)	NT 3) Lautman, Scott M56 2:11.99 (33.21)	2:11.99 4) Blackburn, Jean W57
2 North End Otters 1) Diddams, Margaret W47 37.14	B 2) Huckabee, John M50 1:13.68 (36.54)	2:14.00 3) Lippold, Mary W53 2:16.30 (29.91)	2:16.30 4) Raynolds, Bill M52
3 Greenlake Aquaducks 1) deGroen, Larry M47 34.17	C 2) Hall, Robin W54 1:18.35 (44.18)	NT 3) Dybdahl, Eric M49 2:20.92 (31.01)	2:20.92 4) Abrams, Kathy W53
4 Greenlake Aquaducks 1) Harrylock, Tom M47	B 2) Weintraub, Cynthia W51	NT 3) Reeder, Bill M56	2:36.75 4) Kittleman, Erin W50

2009 Northwest Zone & PNA Champs - 4/10/2009 to 4/11/2009

Results

	34.10	1:20.89 (46.79)	1:54.20 (33.31)	2:36.75 (42.55)	
5 Federal Way Masters			E	NT	2:54.46
1) Kreer, Kenneth M45		2) Tomfohr, Thomas M64		3) Williams, Judy W60	4) Cunningham, Patti W55
	48.69	1:31.07 (42.38)	2:14.70 (43.63)	2:54.46 (39.76)	
6 Briggs YMCA Master Swim			A	NT	3:02.40
1) Smith, Melvin M66		2) Lloyd, Howard M48		3) Morris, Kathy W53	4) Parnell, Coleen W51
	50.10	1:26.19 (36.09)	2:20.01 (53.82)	3:02.40 (42.39)	
--- Port Townsend Master Swim			A	2:26.00	NS
1) Norris, Jim M61		2) Johnson, Janet W54		3) Bailey, Ann W53	4) Davies, Richard M46

Mixed 55+ 200 Yard Freestyle Relay

1 North End Otters			G	2:20.00	2:13.21
1) Nordby, Michael M67		2) Bent, Julia W61		3) Johnson, M. Leigh W60	4) McColly, Michael M63
	32.98	1:09.32 (36.34)	1:44.30 (34.98)	2:13.21 (28.91)	

Mixed 55+ 200 Yard Medley Relay

--- North End Otters			A	2:15.00	NS
1) McColly, Michael M63		2) Nordby, Michael M67		3) Davis, Charlotte W58	4) Bent, Julia W61

SPLIT REQUESTS:

1000 YD. FREE					
JAMES MCCLEERY	63	NWM	11:36.90		
500 YD. FREE					
SALLY DILLON	62	NWM	7:11.29		
50 YD. FREE					
MIKE TENNANT	55	OREG	22.91Z		
50 YD. BACK					
WES EDWARDS	55	OREG	27.21		