

## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**Women 18-24 50 Yard Freestyle**

**PNA: 24.79 # 4/15/2012 MARISA CHANG**  
**Zone: 24.79 \$ 4/15/2012 MARISA CHANG**  
**NATL: 22.62 @ 4/28/2012 MADISON KENNEDY**

|    |                     |    |                  |       |
|----|---------------------|----|------------------|-------|
| 1  | Boggs, Briley       | 23 | Blue Wave Aquati | 26.41 |
|    | r:+0.72             |    |                  |       |
| 2  | McCullough, Elyanna | 19 | Ohana Swim Team  | 27.66 |
|    | r:+0.83             |    |                  |       |
| *3 | Lowder, Kaitlyn     | 21 | Western Washingt | 28.42 |
|    | r:+0.81             |    |                  |       |
| *3 | Barnick, Angela     | 19 | Western Washingt | 28.42 |
|    | r:+0.95             |    |                  |       |
| 5  | McKiernan, Alex     | 20 | Western Washingt | 30.32 |
|    | r:+0.77             |    |                  |       |
| 6  | Monsen, Allie       | 18 | Western Washingt | 30.34 |
|    | r:+0.94             |    |                  |       |
| 7  | Hewitt, Emma        | 19 | Western Washingt | 31.53 |
|    | r:+0.91             |    |                  |       |
| 8  | Moore, Victoria     | 21 | Central Washingt | 31.62 |
|    | r:+0.86             |    |                  |       |
| 9  | MacDonald, Kelsie   | 19 | Sequim Aquatic R | 32.08 |
|    | r:+0.79             |    |                  |       |
| 10 | Monsen, Meg         | 20 | Western Washingt | 32.38 |
|    | r:+0.95             |    |                  |       |
| 11 | Anderson, Lisa      | 24 | Central Washingt | 34.64 |
|    | r:+0.92             |    |                  |       |
| 12 | Powell, Valerie     | 20 | South Sound Mast | 46.01 |
|    | r:+1.15             |    |                  |       |

**Women 18-24 100 Yard Freestyle**

**PNA: 53.60 # 10/1/2011 PALOMA DINKEL**  
**Zone: 53.60 \$ 10/1/2011 PALOMA DINKEL**  
**NATL: 48.29 @ 11/8/2009 DANA VOLLMER**

|   |                     |    |                  |         |
|---|---------------------|----|------------------|---------|
| 1 | Anderson, Sydney    | 21 | Unat-Psm         | 1:00.55 |
|   | r:+0.83 29.60 30.95 |    |                  |         |
| 2 | Barnick, Angela     | 19 | Western Washingt | 1:01.78 |
|   | r:+0.94 29.65 32.13 |    |                  |         |
| 3 | Lowder, Kaitlyn     | 21 | Western Washingt | 1:02.47 |
|   | r:+0.75 30.39 32.08 |    |                  |         |
| 4 | Mahan, Molly        | 24 | Sequim Aquatic R | 1:04.54 |
|   | r:+0.80 30.51 34.03 |    |                  |         |
| 5 | McKiernan, Alex     | 20 | Western Washingt | 1:06.00 |
|   | r:+0.78 30.77 35.23 |    |                  |         |
| 6 | Monsen, Allie       | 18 | Western Washingt | 1:07.55 |
|   | r:+0.89 32.06 35.49 |    |                  |         |
| 7 | Hewitt, Emma        | 19 | Western Washingt | 1:12.04 |
|   | r:+0.90 34.83 37.21 |    |                  |         |
| 8 | Powell, Valerie     | 20 | South Sound Mast | 1:47.93 |
|   | r:+1.16 49.84 58.09 |    |                  |         |

**Women 18-24 200 Yard Freestyle**

**PNA: 1:53.41 # 4/15/2012 PALOMA DINKEL**  
**Zone: 1:53.41 \$ 4/15/2012 PALOMA DINKEL**  
**NATL: 1:43.28 @ 11/8/2009 DANA VOLLMER**

|   |                                 |    |                 |         |
|---|---------------------------------|----|-----------------|---------|
| 1 | McCullough, Elyanna             | 19 | Ohana Swim Team | 2:11.49 |
|   | r:+0.81 29.42 33.06 34.41 34.60 |    |                 |         |

|   |                                       |    |                  |         |
|---|---------------------------------------|----|------------------|---------|
| 2 | Lowder, Kaitlyn                       | 21 | Western Washingt | 2:21.15 |
|   | r:+0.80 30.91 35.28 37.77 37.19       |    |                  |         |
| 3 | Hewitt, Emma                          | 19 | Western Washingt | 2:37.59 |
|   | r:+0.90 35.35 41.32 41.79 39.13       |    |                  |         |
| 4 | Powell, Valerie                       | 20 | South Sound Mast | 4:03.91 |
|   | r:+1.20 54.06 1:00.89 1:06.63 1:02.33 |    |                  |         |

**Women 18-24 500 Yard Freestyle****PNA: 5:23.20 # 4/6/1986 LISA OBRIEN****Zone: 5:23.20 \$ 4/6/1986 LISA OBRIEN****NATL: 4:49.97 @ 10/25/200 JESSICA FUSCHI**

|   |                                 |    |                  |         |
|---|---------------------------------|----|------------------|---------|
| 1 | Mangan, Natascha                | 24 | Oregon Masters   | 5:34.72 |
|   | r:+0.75 30.44 32.87 33.46 33.64 |    |                  |         |
|   | 34.00 33.71 34.44 33.54         |    |                  |         |
|   | 34.10 34.52                     |    |                  |         |
| 2 | Barnick, Angela                 | 19 | Western Washingt | 6:06.43 |
|   | r:+0.99 31.40 34.90 36.83 38.03 |    |                  |         |
|   | 37.90 38.16 38.25 37.93         |    |                  |         |
|   | 36.89 36.14                     |    |                  |         |
| 3 | Lowder, Kaitlyn                 | 21 | Western Washingt | 6:21.15 |
|   | r:+0.71 32.63 36.20 37.29 38.68 |    |                  |         |
|   | 39.08 39.40 40.13 40.72         |    |                  |         |
|   | 39.76 37.26                     |    |                  |         |
| 4 | Moore, Victoria                 | 21 | Central Washingt | 6:58.42 |
|   | 36.01 39.74 42.31 42.54         |    |                  |         |
|   | 43.04 42.56 42.46 43.09         |    |                  |         |
|   | 44.28 42.39                     |    |                  |         |

**Women 18-24 1000 Yard Freestyle****PNA: 11:21.00 # 5/20/2007 STEPHANIE MILLER****Zone: 11:00.74 \$ 3/24/1996 CRISTY RYERSON****NATL: 10:12.42 @ 3/31/2012 LUANE ROWE**

|   |                                 |    |                  |          |
|---|---------------------------------|----|------------------|----------|
| 1 | Anderson, Sydney                | 21 | Unat-Psm         | 11:26.07 |
|   | r:+0.86 31.37 33.77 33.61 34.21 |    |                  |          |
|   | 34.46 34.29 34.41 34.25         |    |                  |          |
|   | 34.56 34.36 34.46 34.46         |    |                  |          |
|   | 34.87 34.78 34.59 34.64         |    |                  |          |
|   | 34.76 34.92 34.83 34.47         |    |                  |          |
| 2 | Schwalbach, Caitlin             | 24 | Unat-Psm         | 12:37.88 |
|   | r:+0.78 30.77 34.95 36.83 36.98 |    |                  |          |
|   | 38.12 38.28 38.00 38.76         |    |                  |          |
|   | 38.81 39.04 38.76 39.13         |    |                  |          |
|   | 38.68 38.62 38.85 39.26         |    |                  |          |
|   | 38.74 38.84 38.90 37.56         |    |                  |          |
| 3 | Lowder, Kaitlyn                 | 21 | Western Washingt | 13:27.55 |
|   | r:+0.82 34.53 38.80 40.29 41.19 |    |                  |          |
|   | 41.29 40.71 42.74 41.14         |    |                  |          |
|   | 41.65 41.65 42.27 42.01         |    |                  |          |
|   | 40.74 40.87 42.27 40.88         |    |                  |          |
|   | 40.09 40.30 38.87 35.26         |    |                  |          |



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## Results

**Women 18-24 1650 Yard Freestyle**

PNA: 17:55.50 # 4/6/1986 LISA OBRIEN

Zone: 17:55.50 \$ 4/6/1986 LISA OBRIEN

NATL: 17:31.70 @ 1987 KAREN BURTON

|         |                 |       |                  |          |
|---------|-----------------|-------|------------------|----------|
| 1       | Lowder, Kaitlyn | 21    | Western Washingt | 22:30.17 |
| r:+0.76 | 36.64           | 40.76 | 41.50            | 41.46    |
|         | 42.08           | 41.50 | 42.20            | 42.22    |
|         | 42.22           | 41.69 | 41.31            | 41.83    |
|         | 41.43           | 41.83 | 41.44            | 41.78    |
|         | 41.45           | 41.23 | 41.31            | 41.12    |
|         | 40.94           | 41.72 | 41.39            | 41.15    |
|         | 41.05           | 40.68 | 40.41            | 41.07    |
|         | 40.53           | 40.49 | 40.71            | 38.92    |
|         |                 |       |                  | 34.11    |
| 2       | Moore, Victoria | 21    | Central Washingt | 24:35.77 |
|         | 38.72           | 43.24 | 43.52            | 44.62    |
|         | 45.42           | 44.85 | 45.97            | 45.56    |
|         | 43.90           | 43.27 | 44.39            | 44.06    |
|         | 44.24           | 44.59 | 44.55            | 44.99    |
|         | 44.74           | 45.53 | 45.47            | 44.05    |
|         | 45.13           | 46.13 | 45.64            | 45.82    |
|         | 45.86           | 45.72 | 45.47            | 44.64    |
|         | 45.14           | 44.74 | 44.60            | 44.95    |
|         |                 |       |                  | 46.25    |

**Women 18-24 50 Yard Backstroke**

PNA: 28.57 # 5/4/2008 SHONA PIERCE

Zone: 28.57 \$ 5/4/2008 SHONA PIERCE

NATL: 26.18 @ 5/22/2010 O'DONNELL-MCCARTH

|         |                     |    |                  |        |
|---------|---------------------|----|------------------|--------|
| 1       | Mangan, Natascha    | 24 | Oregon Masters   | 28.13# |
| r:+0.71 |                     |    |                  |        |
| 2       | Boggs, Briley       | 23 | Blue Wave Aquati | 30.33  |
| r:+0.83 |                     |    |                  |        |
| 3       | Lemke, Savannah     | 21 | Central Washingt | 32.91  |
| r:+0.66 |                     |    |                  |        |
| 4       | McCullough, Elyanna | 19 | Ohana Swim Team  | 33.43  |
| r:+0.89 |                     |    |                  |        |
| 5       | DeLong, Jackie      | 19 | Western Washingt | 33.89  |
| r:+0.97 |                     |    |                  |        |
| 6       | FitzGerald, Erin    | 22 | Western Washingt | 36.73  |
| r:+0.85 |                     |    |                  |        |
| 7       | Monsen, Meg         | 20 | Western Washingt | 38.13  |
| r:+0.79 |                     |    |                  |        |

**Women 18-24 100 Yard Backstroke**

PNA: 59.90 # 5/18/1997 M.JENKINS

Zone: 59.90 \$ 5/18/1997 M.JENKINS

NATL: 55.90 @ 5/23/2010 EMILE EWING

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 1       | King, Jordan     | 24    | Lake Washington  | 57.98#  |
| r:+0.77 | 28.83            | 29.15 |                  |         |
| 2       | Mangan, Natascha | 24    | Oregon Masters   | 59.39#  |
| r:+0.70 | 28.85            | 30.54 |                  |         |
| 3       | Lemke, Savannah  | 21    | Central Washingt | 1:11.33 |
| r:+0.64 | 34.18            | 37.15 |                  |         |
| 4       | DeLong, Jackie   | 19    | Western Washingt | 1:11.48 |
| r:+0.97 | 36.09            | 35.39 |                  |         |
| 5       | FitzGerald, Erin | 22    | Western Washingt | 1:14.84 |
| r:+0.80 | 36.32            | 38.52 |                  |         |

|         |             |       |                  |         |
|---------|-------------|-------|------------------|---------|
| 6       | Monsen, Meg | 20    | Western Washingt | 1:23.54 |
| r:+0.82 | 41.09       | 42.45 |                  |         |

**Women 18-24 200 Yard Backstroke**

PNA: 2:10.34 # 5/18/1997 M.JENKINS

Zone: 2:10.34 \$ 5/18/1997 M.JENKINS

NATL: 1:59.22 @ 4/30/2000 SARA SCHWEITZER

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 1       | DeLong, Jackie   | 19    | Western Washingt | 2:32.56 |
| r:+1.01 | 37.70            | 38.99 | 38.13            | 37.74   |
| 2       | Lemke, Savannah  | 21    | Central Washingt | 2:34.29 |
| r:+0.70 | 35.55            | 38.79 | 39.93            | 40.02   |
| 3       | FitzGerald, Erin | 22    | Western Washingt | 2:38.38 |
| r:+0.80 | 37.90            | 40.87 | 41.00            | 38.61   |

**Women 18-24 50 Yard Breaststroke**

PNA: 30.19 # 4/15/2012 PALOMA DINKEL

Zone: 30.19 \$ 4/15/2012 PALOMA DINKEL

NATL: 28.47 @ 4/21/2012 KELLY MCNICHOLS

|         |                     |    |                  |       |
|---------|---------------------|----|------------------|-------|
| 1       | McCullough, Elyanna | 19 | Ohana Swim Team  | 35.36 |
| r:+0.81 |                     |    |                  |       |
| 2       | MacDonald, Kelsie   | 19 | Sequim Aquatic R | 37.57 |
| r:+0.80 |                     |    |                  |       |
| 3       | Mahan, Molly        | 24 | Sequim Aquatic R | 38.29 |
| r:+0.78 |                     |    |                  |       |
| 4       | McKiernan, Alex     | 20 | Western Washingt | 39.03 |
| r:+0.81 |                     |    |                  |       |
| 5       | Moore, Victoria     | 21 | Central Washingt | 43.16 |
| r:+0.85 |                     |    |                  |       |
| 6       | Anderson, Lisa      | 24 | Central Washingt | 53.43 |
| r:+0.80 |                     |    |                  |       |

**Women 18-24 100 Yard Breaststroke**

PNA: 1:04.48 # 4/15/2012 PALOMA DINKEL

Zone: 1:04.48 \$ 4/15/2012 PALOMA DINKEL

NATL: 59.97 @ 4/28/2012 MICAH LAWRENCE

|         |                   |       |                  |         |
|---------|-------------------|-------|------------------|---------|
| 1       | Mangan, Natascha  | 24    | Oregon Masters   | 1:11.29 |
| r:+0.75 | 33.45             | 37.84 |                  |         |
| 2       | MacDonald, Kelsie | 19    | Sequim Aquatic R | 1:21.63 |
| r:+0.80 | 39.01             | 42.62 |                  |         |
| 3       | Mahan, Molly      | 24    | Sequim Aquatic R | 1:22.42 |
| r:+0.89 | 39.47             | 42.95 |                  |         |
| 4       | McKiernan, Alex   | 20    | Western Washingt | 1:24.15 |
| r:+0.79 | 39.49             | 44.66 |                  |         |
| 5       | DeLong, Jackie    | 19    | Western Washingt | 1:27.73 |
| r:+0.84 | 41.52             | 46.21 |                  |         |

**Women 18-24 200 Yard Breaststroke**

PNA: 2:27.58 # 5/20/2007 MARION GALLAGHER

Zone: 2:27.58 \$ 5/20/2007 MARION GALLAGHER

NATL: 2:14.90 @ 5/18/2003 RILEY MANTS

|         |                   |       |                  |         |
|---------|-------------------|-------|------------------|---------|
| 1       | Mahan, Molly      | 24    | Sequim Aquatic R | 2:55.21 |
| r:+0.82 | 39.84             | 43.19 | 46.00            | 46.18   |
| 2       | McKiernan, Alex   | 20    | Western Washingt | 2:59.39 |
| r:+0.83 | 40.73             | 46.23 | 46.62            | 45.81   |
| 3       | MacDonald, Kelsie | 19    | Sequim Aquatic R | 3:00.38 |
| r:+0.78 | 39.95             | 47.64 | 47.96            | 44.83   |
| 4       | Hewitt, Emma      | 19    | Western Washingt | 3:07.69 |
| r:+0.90 | 42.66             | 48.18 | 48.80            | 48.05   |

## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

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**Women 18-24 50 Yard Butterfly****PNA: 26.77 # 4/10/2011 JILL MINEHAN****Zone: 26.77 \$ 4/10/2011 JILL MINEHAN****NATL: 24.54 @ 11/8/2009 DANA VOLLMER**

|                       |                     |        |
|-----------------------|---------------------|--------|
| 1 King, Jordan        | 24 Lake Washington  | 25.79# |
| r:+0.73               |                     |        |
| 2 Boggs, Briley       | 23 Blue Wave Aquati | 28.04  |
| r:+0.70               |                     |        |
| 3 Lemke, Savannah     | 21 Central Washingt | 30.32  |
| r:+0.66               |                     |        |
| 4 McCullough, Elyanna | 19 Ohana Swim Team  | 31.42  |
| r:+0.79               |                     |        |
| 5 Barnick, Angela     | 19 Western Washingt | 32.90  |
| r:+0.98               |                     |        |
| 6 FitzGerald, Erin    | 22 Western Washingt | 33.59  |
| r:+0.92               |                     |        |
| 7 Hewitt, Emma        | 19 Western Washingt | 36.06  |
| r:+0.89               |                     |        |
| 8 MacDonald, Kelsie   | 19 Sequim Aquatic R | 38.25  |
| r:+0.80               |                     |        |

**Women 18-24 100 Yard Butterfly****PNA: 57.73 # 4/15/2012 MARISA CHANG****Zone: 57.73 \$ 4/15/2012 MARISA CHANG****NATL: 52.30 @ 11/8/2009 DANA VOLLMER**

|                     |                     |         |
|---------------------|---------------------|---------|
| 1 King, Jordan      | 24 Lake Washington  | 56.87#  |
| r:+0.72 26.81 30.06 |                     |         |
| 2 Mangan, Natascha  | 24 Oregon Masters   | 58.58   |
| r:+0.70 27.56 31.02 |                     |         |
| 3 Boggs, Briley     | 23 Blue Wave Aquati | 1:03.63 |
| r:+0.72 29.17 34.46 |                     |         |

**Women 18-24 200 Yard Butterfly****PNA: 2:08.63 # 3/23/2013 NATASCHA MANGAN****Zone: 2:08.63 \$ 3/22/2013 NATASCHA MANGAN****NATL: 1:54.62 @ 4/28/2012 KATHERINE MILLS**

|                                 |                    |          |
|---------------------------------|--------------------|----------|
| 1 King, Jordan                  | 24 Lake Washington | 2:02.45# |
| r:+0.72 28.20 31.02 30.99 32.24 |                    |          |
| 2 Mangan, Natascha              | 24 Oregon Masters  | 2:06.17# |
| r:+0.74 28.74 31.75 32.58 33.10 |                    |          |

**Women 18-24 100 Yard IM****PNA: 57.95 # 4/15/2012 PALOMA DINKEL****Zone: 57.95 \$ 4/15/2012 PALOMA DINKEL****NATL: 55.24 @ 4/18/2010 KARA DENBY**

|                       |                     |         |
|-----------------------|---------------------|---------|
| 1 McCullough, Elyanna | 19 Ohana Swim Team  | 1:11.33 |
| r:+0.82 32.42 38.91   |                     |         |
| 2 Lemke, Savannah     | 21 Central Washingt | 1:11.96 |
| r:+0.66 31.65 40.31   |                     |         |
| 3 Barnick, Angela     | 19 Western Washingt | 1:13.25 |
| r:+0.97 34.49 38.76   |                     |         |
| 4 Mahan, Molly        | 24 Sequim Aquatic R | 1:14.16 |
| r:+0.83 34.70 39.46   |                     |         |
| 5 DeLong, Jackie      | 19 Western Washingt | 1:16.02 |
| r:+0.83 36.51 39.51   |                     |         |
| 6 FitzGerald, Erin    | 22 Western Washingt | 1:17.98 |
| r:+0.92 35.65 42.33   |                     |         |

|                     |                     |         |
|---------------------|---------------------|---------|
| 7 MacDonald, Kelsie | 19 Sequim Aquatic R | 1:21.70 |
| r:+0.78 40.28 41.42 |                     |         |
| 8 Monsen, Allie     | 18 Western Washingt | 1:23.38 |
| r:+0.87 38.73 44.65 |                     |         |

**Women 18-24 200 Yard IM****PNA: 2:04.30 # 4/15/2012 PALOMA DINKEL****Zone: 2:04.30 \$ 4/15/2012 PALOMA DINKEL****NATL: 2:02.35 @ 4/18/2010 KARA DENBY**

|                                 |                     |         |
|---------------------------------|---------------------|---------|
| 1 Lemke, Savannah               | 21 Central Washingt | 2:36.64 |
| r:+0.68 32.67 39.51 47.08 37.38 |                     |         |
| 2 Barnick, Angela               | 19 Western Washingt | 2:37.39 |
| r:+0.99 33.58 42.64 45.16 36.01 |                     |         |
| 3 DeLong, Jackie                | 19 Western Washingt | 2:42.85 |
| r:+0.86 38.05 39.21 48.13 37.46 |                     |         |
| 4 FitzGerald, Erin              | 22 Western Washingt | 2:45.98 |
| r:+0.89 35.23 42.55 50.01 38.19 |                     |         |
| 5 Mahan, Molly                  | 24 Sequim Aquatic R | 2:47.78 |
| r:+0.80 35.34 46.02 46.31 40.11 |                     |         |

**Women 25-29 50 Yard Freestyle****PNA: 23.19 # 2/21/2010 MEGAN JENDRICK****Zone: 23.19 \$ 2/21/2010 MEGAN JENDRICK****NATL: 22.62 @ 1/25/2014 MADISON KENNEDY**

|                      |                     |       |
|----------------------|---------------------|-------|
| 1 Dinkel, Paloma     | 26 Lake Washington  | 24.33 |
| r:+0.70              |                     |       |
| 2 Klovdahl, Jenny    | 29 Snohomish Aquati | 25.69 |
| r:+0.73              |                     |       |
| 3 Dutton, Dana       | 25 Greenlake Aquadu | 26.38 |
| r:+0.80              |                     |       |
| 4 Oram, Lindsey      | 28 Lake Washington  | 26.44 |
| r:+0.72              |                     |       |
| 5 Helgason, Chelsea  | 27 Lake Washington  | 27.28 |
| r:+0.75              |                     |       |
| 6 Bernstein, Heather | 28 Blue Wave Aquati | 29.00 |
| r:+0.80              |                     |       |
| 7 Smith, Lauren      | 27 Unat Pna         | 29.64 |
| r:+0.78              |                     |       |
| 8 Ferber, Larissa    | 25 Ymcapkc Sound Aq | 31.69 |
| r:+0.84              |                     |       |

**Women 25-29 100 Yard Freestyle****PNA: 49.70 # 2/21/2010 MEGAN JENDRICK****Zone: 49.70 \$ 2/21/2010 MEGAN JENDRICK****NATL: 49.18 @ 2/24/2013 KIM VANDENBERG**

|                      |                     |         |
|----------------------|---------------------|---------|
| 1 Dinkel, Paloma     | 26 Lake Washington  | 52.25   |
| r:+0.73 25.05 27.20  |                     |         |
| 2 Zinsli, Samantha   | 26 Blue Wave Aquati | 56.42   |
| r:+0.63 26.95 29.47  |                     |         |
| 3 Dutton, Dana       | 25 Greenlake Aquadu | 57.32   |
| r:+0.80 27.28 30.04  |                     |         |
| 4 Helgason, Chelsea  | 27 Lake Washington  | 58.17   |
| r:+0.75 28.15 30.02  |                     |         |
| 5 Braggan, Jacquelyn | 27 Husky Masters    | 1:01.99 |
| r:+0.85 30.16 31.83  |                     |         |
| 6 Cech, Jennifer     | 27 Husky Masters    | 1:04.12 |
| r:+0.93 31.03 33.09  |                     |         |



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## Results

**Women 25-29 200 Yard Freestyle**

PNA: 1:57.55 # 4/11/2009 DEBRA FORINASH

Zone: 1:51.80 \$ 1991 SARA SHAND

NATL: 1:48.80 @ 5/20/2001 LIMIN LIU

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 1       | Zinsli, Samantha | 26    | Blue Wave Aquati | 2:06.10 |
| r:+0.62 | 29.02            | 31.53 | 33.15            | 32.40   |
| 2       | Dutton, Dana     | 25    | Greenlake Aquadu | 2:09.54 |
| r:+0.82 | 30.44            | 33.34 | 33.58            | 32.18   |
| 3       | Kleint, Nancy    | 26    | Greenlake Aquadu | 2:18.51 |
| r:+0.77 | 32.66            | 35.19 | 35.86            | 34.80   |
| 4       | Best, Erin       | 25    | Husky Masters    | 2:18.67 |
| r:+0.73 | 31.35            | 35.36 | 36.12            | 35.84   |

**Women 25-29 500 Yard Freestyle**

PNA: 5:13.04 # 5/18/2003 CASEY MURPHY

Zone: 5:08.39 \$ 2/27/2002 SARA QUAN

NATL: 4:49.88 @ 1/3/1996 SHEILA TAORMINA

|         |                    |       |                  |         |
|---------|--------------------|-------|------------------|---------|
| 1       | Dutton, Dana       | 25    | Greenlake Aquadu | 5:41.38 |
| r:+0.79 | 30.81              | 33.62 | 34.38            | 35.00   |
|         | 35.22              | 35.47 | 35.53            | 35.19   |
|         | 34.01              | 32.15 |                  |         |
| 2       | Zinsli, Samantha   | 26    | Blue Wave Aquati | 5:41.53 |
| r:+0.61 | 31.13              | 33.67 | 34.12            | 34.48   |
|         | 34.79              | 34.95 | 35.23            | 35.43   |
|         | 34.18              | 33.55 |                  |         |
| 3       | Braggin, Jacquelyn | 27    | Husky Masters    | 5:51.24 |
| r:+0.85 | 31.83              | 34.71 | 35.59            | 35.87   |
|         | 35.90              | 35.80 | 35.83            | 36.02   |
|         | 35.78              | 33.91 |                  |         |
| 4       | Bernstein, Heather | 28    | Blue Wave Aquati | 5:55.70 |
| r:+0.80 | 32.65              | 36.15 | 36.45            | 36.36   |
|         | 36.61              | 36.13 | 36.01            | 35.99   |
|         | 35.44              | 33.91 |                  |         |
| 5       | Kleint, Nancy      | 26    | Greenlake Aquadu | 6:01.87 |
| r:+0.75 | 31.91              | 35.00 | 36.38            | 36.80   |
|         | 36.95              | 37.07 | 36.59            | 36.98   |
|         | 37.45              | 36.74 |                  |         |
| 6       | Best, Erin         | 25    | Husky Masters    | 6:10.10 |
|         | 32.70              | 35.98 | 37.34            | 38.13   |
|         | 37.23              | 37.78 | 38.20            | 38.28   |
|         | 38.00              | 36.46 |                  |         |

**Women 25-29 1000 Yard Freestyle**

PNA: 11:03.79 # 3/5/1988 LISA O'BRIEN

Zone: 10:37.01 \$ 5/14/2002 SARA QUAN

NATL: 10:12.34 @ 3/19/1994 LISA HAZEN

|         |                  |       |                  |          |
|---------|------------------|-------|------------------|----------|
| 1       | Zinsli, Samantha | 26    | Blue Wave Aquati | 11:57.73 |
| r:+0.71 | 32.71            | 35.47 | 36.57            | 36.64    |
|         | 36.17            | 36.45 | 36.43            | 36.91    |
|         | 36.61            | 36.43 | 36.41            | 36.07    |
|         | 36.25            | 35.71 | 35.98            | 35.80    |
|         | 35.25            | 35.75 | 35.20            | 34.92    |

|         |                    |       |               |          |
|---------|--------------------|-------|---------------|----------|
| 2       | Braggin, Jacquelyn | 27    | Husky Masters | 12:01.30 |
| r:+0.84 | 31.39              | 34.40 | 35.93         | 36.38    |
|         | 36.34              | 36.58 | 36.58         | 36.56    |
|         | 36.50              | 36.87 | 36.54         | 36.46    |
|         | 36.78              | 36.88 | 36.63         | 36.85    |
|         | 36.47              | 36.44 | 35.71         | 35.01    |

|   |                    |       |                  |          |
|---|--------------------|-------|------------------|----------|
| 3 | Bernstein, Heather | 28    | Blue Wave Aquati | 12:09.38 |
|   | 33.86              | 36.88 | 37.38            | 37.40    |
|   | 37.37              | 36.79 | 36.68            | 37.20    |
|   | 36.97              | 36.86 | 36.53            | 36.62    |
|   | 36.42              | 36.72 | 36.49            | 36.44    |
|   | 36.09              | 35.86 | 36.07            | 34.75    |

|         |                |       |               |          |
|---------|----------------|-------|---------------|----------|
| 4       | Cech, Jennifer | 27    | Husky Masters | 12:59.10 |
| r:+0.95 | 34.16          | 37.30 | 38.75         | 39.66    |
|         | 39.57          | 40.07 | 39.86         | 39.88    |
|         | 39.95          | 39.81 | 39.46         | 39.56    |
|         | 39.52          | 39.55 | 39.19         | 39.53    |
|         | 39.17          | 39.08 | 38.54         | 36.49    |

**Women 25-29 1650 Yard Freestyle**

PNA: 18:21.65 # 4/6/1986 ZENA HERRMANN

Zone: 17:20.92 \$ 2/27/2002 SARA QUAN

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

|         |                 |       |                |          |
|---------|-----------------|-------|----------------|----------|
| 1       | Meinerz, Meghan | 29    | Orca Swim Club | 21:24.80 |
| r:+0.84 | 33.22           | 37.38 | 38.72          | 38.81    |
|         | 39.04           | 38.95 | 39.16          | 38.85    |
|         | 38.89           | 38.72 | 38.91          | 38.99    |
|         | 39.13           | 39.20 | 38.94          | 39.15    |
|         | 39.44           | 39.01 | 39.26          | 39.39    |
|         | 39.28           | 39.95 | 39.46          | 39.57    |
|         | 39.83           | 40.05 | 39.61          | 39.83    |
|         | 39.18           | 39.51 | 39.22          | 38.84    |
|         |                 |       |                | 37.31    |

**Women 25-29 50 Yard Backstroke**

PNA: 26.37 # 2/21/2010 MEGAN JENDRICK

Zone: 26.37 \$ 2/21/2010 MEGAN JENDRICK

NATL: 25.26 @ 5/22/2010 TANICA JAMISON

|    |                   |    |                  |       |
|----|-------------------|----|------------------|-------|
| *1 | Klovdahl, Jenny   | 29 | Snohomish Aquati | 30.71 |
|    | r:+0.68           |    |                  |       |
| *1 | Helgason, Chelsea | 27 | Lake Washington  | 30.71 |
|    | r:+0.79           |    |                  |       |
| 3  | Oram, Lindsey     | 28 | Lake Washington  | 32.18 |
|    | r:+0.76           |    |                  |       |
| 4  | Smith, Lauren     | 27 | Unat Pna         | 33.14 |
|    | r:+0.81           |    |                  |       |
| 5  | Ferber, Larissa   | 25 | Ymcapkc Sound Aq | 38.42 |
|    | r:+0.73           |    |                  |       |

**Women 25-29 100 Yard Backstroke**

PNA: 1:01.77 # 5/20/2007 MEGAN LIVINGSTON

Zone: 59.35 \$ 4/1/2012 DIANA MACMANUS

NATL: 54.06 @ 5/23/2010 TANICA JAMISON

|         |                   |       |                  |         |
|---------|-------------------|-------|------------------|---------|
| 1       | Klovdahl, Jenny   | 29    | Snohomish Aquati | 1:06.25 |
| r:+0.68 | 32.60             | 33.65 |                  |         |
| 2       | Helgason, Chelsea | 27    | Lake Washington  | 1:07.54 |
| r:+0.82 | 33.19             | 34.35 |                  |         |
| 3       | Kleint, Nancy     | 26    | Greenlake Aquadu | 1:14.02 |
| r:+0.79 | 36.60             | 37.42 |                  |         |



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**Women 25-29 200 Yard Backstroke**

**PNA:** 2:11.30 # 5/7/1989 **KARIN FOSBERG**  
**Zone:** 2:10.99 \$ 4/30/1995 **MICHELLE DONAHUE**  
**NATL:** 1:58.61 @ 2/24/2013 **JUSTINE MUELLER**

|         |                 |       |                  |         |
|---------|-----------------|-------|------------------|---------|
| 1       | Meinerz, Meghan | 29    | Orca Swim Club   | 2:33.09 |
| r:+0.75 | 36.34           | 38.70 | 38.98            | 39.07   |
| 2       | Kleint, Nancy   | 26    | Greenlake Aquadu | 2:39.55 |
| r:+0.82 | 38.82           | 41.26 | 40.72            | 38.75   |

**Women 25-29 50 Yard Breaststroke**

**PNA:** 27.14 # 2/21/2010 **MEGAN JENDRICK**  
**Zone:** 27.14 \$ 2/21/2010 **MEGAN JENDRICK**  
**NATL:** 27.14 @ 2/21/2010 **MEGAN JENDRICK**

|         |                    |    |                  |       |
|---------|--------------------|----|------------------|-------|
| 1       | Oram, Lindsey      | 28 | Lake Washington  | 35.14 |
| r:+0.74 |                    |    |                  |       |
| 2       | Braggin, Jacquelyn | 27 | Husky Masters    | 36.85 |
| r:+0.87 |                    |    |                  |       |
| 3       | Ferber, Larissa    | 25 | Ymcapkc Sound Aq | 44.31 |
| r:+0.80 |                    |    |                  |       |

**Women 25-29 100 Yard Breaststroke**

**PNA:** 59.58 # 2/6/2010 **MEGAN JENDRICK**  
**Zone:** 59.58 \$ 2/6/2010 **MEGAN JENDRICK**  
**NATL:** 59.58 @ 2/6/2010 **MEGAN JENDRICK**

|         |                    |       |                 |         |
|---------|--------------------|-------|-----------------|---------|
| 1       | Dinkel, Paloma     | 26    | Lake Washington | 1:05.05 |
| r:+0.75 | 30.70              | 34.35 |                 |         |
| 2       | Braggin, Jacquelyn | 27    | Husky Masters   | 1:18.24 |
| r:+0.85 | 37.32              | 40.92 |                 |         |

**Women 25-29 50 Yard Butterfly**

**PNA:** 24.86 # 2/21/2010 **MEGAN JENDRICK**  
**Zone:** 24.86 \$ 2/21/2010 **MEGAN JENDRICK**  
**NATL:** 24.41 @ 5/22/2010 **TANICA JAMISON**

|         |                    |    |                  |       |
|---------|--------------------|----|------------------|-------|
| 1       | Oram, Lindsey      | 28 | Lake Washington  | 28.02 |
| r:+0.70 |                    |    |                  |       |
| 2       | Bernstein, Heather | 28 | Blue Wave Aquati | 31.76 |
| r:+0.83 |                    |    |                  |       |
| 3       | Best, Erin         | 25 | Husky Masters    | 32.39 |
| r:+0.79 |                    |    |                  |       |
| 4       | Ferber, Larissa    | 25 | Ymcapkc Sound Aq | 37.32 |
| r:+0.86 |                    |    |                  |       |

**Women 25-29 100 Yard Butterfly**

**PNA:** 57.51 # 4/13/2013 **PALOMA DINKEL**  
**Zone:** 57.09 \$ 5/14/2006 **LAUREN THIES**  
**NATL:** 53.72 @ 5/21/2010 **TANICA JAMISON**

|         |                    |       |                  |         |
|---------|--------------------|-------|------------------|---------|
| 1       | Dinkel, Paloma     | 26    | Lake Washington  | 57.52   |
| r:+0.71 | 26.84              | 30.68 |                  |         |
| 2       | Zinsli, Samantha   | 26    | Blue Wave Aquati | 1:06.68 |
| r:+0.67 | 31.04              | 35.64 |                  |         |
| 3       | Bernstein, Heather | 28    | Blue Wave Aquati | 1:07.75 |
| r:+0.87 | 32.57              | 35.18 |                  |         |
| 4       | Meinerz, Meghan    | 29    | Orca Swim Club   | 1:13.01 |
| r:+0.92 | 33.81              | 39.20 |                  |         |

**Women 25-29 200 Yard Butterfly**

**PNA:** 2:12.97 # 4/15/2012 **JILL MINEHAN**  
**Zone:** 2:10.32 \$ 1991 **SARA SHAND**  
**NATL:** 1:57.84 @ 5/20/2001 **LIMIN LIU**

|         |                    |       |                  |         |
|---------|--------------------|-------|------------------|---------|
| 1       | Bernstein, Heather | 28    | Blue Wave Aquati | 2:24.93 |
| r:+0.96 | 33.15              | 37.00 | 38.00            | 36.78   |

**Women 25-29 100 Yard IM**

**PNA:** 54.43 # 2/6/2010 **MEGAN JENDRICK**  
**Zone:** 54.43 \$ 2/6/2010 **MEGAN JENDRICK**  
**NATL:** 54.43 @ 2/6/2010 **MEGAN JENDRICK**

|         |                    |       |                  |         |
|---------|--------------------|-------|------------------|---------|
| 1       | Dinkel, Paloma     | 26    | Lake Washington  | 59.02   |
| r:+0.72 | 27.79              | 31.23 |                  |         |
| 2       | Klovdahl, Jenny    | 29    | Snohomish Aquati | 1:04.37 |
| r:+0.70 | 29.60              | 34.77 |                  |         |
| 3       | Zinsli, Samantha   | 26    | Blue Wave Aquati | 1:05.99 |
| r:+0.65 | 30.64              | 35.35 |                  |         |
| 4       | Helgason, Chelsea  | 27    | Lake Washington  | 1:06.67 |
| r:+0.80 | 30.81              | 35.86 |                  |         |
| 5       | Oram, Lindsey      | 28    | Lake Washington  | 1:07.88 |
| r:+0.74 | 30.38              | 37.50 |                  |         |
| 6       | Braggin, Jacquelyn | 27    | Husky Masters    | 1:13.04 |
| r:+0.83 | 35.84              | 37.20 |                  |         |
| 7       | Smith, Lauren      | 27    | Unat Pna         | 1:17.04 |
| r:+0.76 | 32.84              | 44.20 |                  |         |
| 8       | Ferber, Larissa    | 25    | Ymcapkc Sound Aq | 1:23.57 |
| r:+0.81 | 37.98              | 45.59 |                  |         |

**Women 25-29 200 Yard IM**

**PNA:** 1:59.69 # 2/6/2010 **MEGAN JENDRICK**  
**Zone:** 1:59.69 \$ 2/6/2010 **MEGAN JENDRICK**  
**NATL:** 1:57.56 @ 12/5/2013 **JUSTINE MUELLER**

|         |                   |       |                 |         |
|---------|-------------------|-------|-----------------|---------|
| 1       | Dinkel, Paloma    | 26    | Lake Washington | 2:12.96 |
| r:+0.77 | 27.61             | 33.91 | 38.30           | 33.14   |
| 2       | Helgason, Chelsea | 27    | Lake Washington | 2:25.69 |
| r:+0.77 | 31.21             | 37.25 | 41.83           | 35.40   |
| 3       | Meinerz, Meghan   | 29    | Orca Swim Club  | 2:37.44 |
| r:+0.93 | 34.09             | 39.21 | 47.74           | 36.40   |

**Women 30-34 50 Yard Freestyle**

**PNA:** 24.99 # 5/18/1997 **TRISHA SCHWERZLER**  
**Zone:** 24.29 \$ 3/7/1992 **GRACIE GODDARD**  
**NATL:** 22.48 @ 11/29/201 **ERIKA ERNDL**

|         |                         |    |                  |       |
|---------|-------------------------|----|------------------|-------|
| 1       | Smith, Katy             | 32 | Ymcapkc Sound Aq | 27.90 |
| r:+0.74 |                         |    |                  |       |
| 2       | Menzies, Jennifer       | 30 | Skagit Valley Ma | 31.17 |
| r:+0.83 |                         |    |                  |       |
| 3       | Stribling Geldien, Gail | 33 | Blue Wave Aquati | 35.12 |
| r:+0.86 |                         |    |                  |       |

**Women 30-34 100 Yard Freestyle**

**PNA:** 54.18 # 4/13/2008 **COLLEEN PHILIPPS**  
**Zone:** 52.87 \$ 4/5/1992 **GRACIE GODDARD**  
**NATL:** 48.03 @ 2/23/2013 **ERIKA ERNDL**

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 1       | McHenry, Valerie | 34    | Lake Washington  | 1:00.88 |
| r:+0.72 | 28.84            | 32.04 |                  |         |
| 2       | Postma, Krys     | 34    | Blue Wave Aquati | 1:02.61 |
| r:+0.87 | 29.84            | 32.77 |                  |         |





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**(Women 30-34 100 Yard Freestyle)**

|         |                         |       |                  |         |
|---------|-------------------------|-------|------------------|---------|
| 3       | Smith, Katy             | 32    | Ymcapkc Sound Aq | 1:04.68 |
| r:+0.79 | 30.66                   | 34.02 |                  |         |
| 4       | Dees, Jillian           | 30    | Unat Pna         | 1:09.83 |
| r:+0.88 | 32.80                   | 37.03 |                  |         |
| 5       | Stribling Geldien, Gail | 33    | Blue Wave Aquati | 1:16.59 |
| r:+0.97 | 36.83                   | 39.76 |                  |         |

**Women 30-34 200 Yard Freestyle****PNA: 1:59.02 # 4/13/2008 COLLEEN PHILIPPS****Zone: 1:57.24 \$ 4/29/1990 LEISSA MILLS****NATL: 1:43.46 @ 11/30/201 ERIKA ERNDL**

|         |                         |       |                  |         |
|---------|-------------------------|-------|------------------|---------|
| 1       | Wetzler, Kari           | 33    | Bainbridge Aquat | 2:17.56 |
| r:+0.93 | 32.58                   | 34.82 | 35.28            | 34.88   |
| 2       | Stribling Geldien, Gail | 33    | Blue Wave Aquati | 2:49.01 |
| r:+0.88 | 39.01                   | 42.45 | 44.44            | 43.11   |

**Women 30-34 500 Yard Freestyle****PNA: 5:19.88 # 4/11/2010 COLLEEN PHILIPPS****Zone: 5:11.86 \$ 4/26/1992 LEISSA MILLS****NATL: 4:46.92 @ 4/14/2012 DAWN HECKMAN**

|         |                |       |                  |         |
|---------|----------------|-------|------------------|---------|
| 1       | Wetzler, Kari  | 33    | Bainbridge Aquat | 6:10.87 |
| r:+1.00 | 33.12          | 35.35 | 36.58            | 37.37   |
|         | 37.70          | 38.11 | 38.45            | 38.50   |
|         | 38.46          | 37.23 |                  |         |
| 2       | Postma, Krys   | 34    | Blue Wave Aquati | 6:11.56 |
| r:+0.89 | 32.19          | 35.07 | 36.76            | 37.55   |
|         | 38.21          | 38.24 | 38.49            | 37.93   |
|         | 39.15          | 37.97 |                  |         |
| 3       | Winans, Amanda | 31    | Husky Masters    | 6:33.38 |
|         | 32.42          | 36.79 | 38.95            | 39.65   |
|         | 40.38          | 40.68 | 41.27            | 41.57   |
|         | 41.38          | 40.29 |                  |         |

**Women 30-34 50 Yard Backstroke****PNA: 28.04 # 4/11/2010 TAMARA COULTER****Zone: 28.04 \$ 4/11/2010 TAMARA COULTER****NATL: 24.96 @ 5/1/2011 NORIKO INADA**

|         |                         |    |                  |       |
|---------|-------------------------|----|------------------|-------|
| 1       | McHenry, Valerie        | 34 | Lake Washington  | 32.17 |
| r:+0.65 |                         |    |                  |       |
| 2       | Smith, Katy             | 32 | Ymcapkc Sound Aq | 34.68 |
| r:+0.70 |                         |    |                  |       |
| 3       | Winans, Amanda          | 31 | Husky Masters    | 36.01 |
| r:+0.77 |                         |    |                  |       |
| 4       | Menzies, Jennifer       | 30 | Skagit Valley Ma | 36.11 |
| r:+0.74 |                         |    |                  |       |
| 5       | Stribling Geldien, Gail | 33 | Blue Wave Aquati | 41.30 |
| r:+0.89 |                         |    |                  |       |

**Women 30-34 100 Yard Backstroke****PNA: 1:00.35 # 4/11/2010 TAMARA COULTER****Zone: 1:00.35 \$ 4/11/2010 TAMARA COULTER****NATL: 54.60 @ 4/30/2011 NORIKO INADA**

|         |                  |       |                 |         |
|---------|------------------|-------|-----------------|---------|
| 1       | McHenry, Valerie | 34    | Lake Washington | 1:09.67 |
| r:+0.70 | 34.20            | 35.47 |                 |         |
| 2       | Winans, Amanda   | 31    | Husky Masters   | 1:16.96 |
| r:+0.76 | 36.73            | 40.23 |                 |         |

|         |                   |       |                  |         |
|---------|-------------------|-------|------------------|---------|
| 3       | Menzies, Jennifer | 30    | Skagit Valley Ma | 1:17.74 |
| r:+0.64 | 38.24             | 39.50 |                  |         |

**Women 30-34 200 Yard Backstroke****PNA: 2:09.33 # 4/5/1992 ZENA HERRMANN****Zone: 2:09.33 \$ 4/5/1992 ZENA HERRMANN****NATL: 1:59.93 @ 2/19/1996 K PIPES-NEILSEN**

|         |                         |       |                  |         |
|---------|-------------------------|-------|------------------|---------|
| 1       | McHenry, Valerie        | 34    | Lake Washington  | 2:35.76 |
| r:+0.73 | 36.82                   | 38.36 | 40.04            | 40.54   |
| 2       | Stribling Geldien, Gail | 33    | Blue Wave Aquati | 3:12.76 |
| r:+0.85 | 44.90                   | 49.14 | 50.57            | 48.15   |

**Women 30-34 50 Yard Breaststroke****PNA: 32.74 # 5/20/2001 LINDA HEGERBERG****Zone: 31.83 \$ 5/14/2002 CARA HAFNER****NATL: 28.48 @ 5/4/2008 KATIE MCCLELLAND**

|         |                   |    |                  |       |
|---------|-------------------|----|------------------|-------|
| 1       | Ferries, Jenny    | 32 | Orca Swim Club   | 33.38 |
| r:+0.77 |                   |    |                  |       |
| 2       | McHenry, Valerie  | 34 | Lake Washington  | 38.02 |
| r:+0.75 |                   |    |                  |       |
| 3       | Dees, Jillian     | 30 | Unat Pna         | 38.29 |
| r:+0.74 |                   |    |                  |       |
| 4       | Menzies, Jennifer | 30 | Skagit Valley Ma | 39.06 |
| r:+0.85 |                   |    |                  |       |
| 5       | Winans, Amanda    | 31 | Husky Masters    | 39.19 |
| r:+0.69 |                   |    |                  |       |

**Women 30-34 100 Yard Breaststroke****PNA: 1:09.78 # 4/10/2011 M.CHAMBERLIN****Zone: 1:09.10 \$ 5/14/2002 CARA HAFNER****NATL: 1:02.08 @ 5/4/2008 KATIE MCCLELLAND**

|         |                   |       |                  |         |
|---------|-------------------|-------|------------------|---------|
| 1       | Ferries, Jenny    | 32    | Orca Swim Club   | 1:13.30 |
| r:+0.83 | 34.63             | 38.67 |                  |         |
| 2       | Dees, Jillian     | 30    | Unat Pna         | 1:23.46 |
| r:+0.84 | 39.38             | 44.08 |                  |         |
| 3       | Menzies, Jennifer | 30    | Skagit Valley Ma | 1:26.03 |
| r:+0.83 | 40.02             | 46.01 |                  |         |

**Women 30-34 200 Yard Breaststroke****PNA: 2:25.83 # 4/10/2011 M.CHAMBERLIN****Zone: 2:25.83 \$ 4/10/2011 M.CHAMBERLIN****NATL: 2:15.99 @ 1/20/2013 ERIKA ERNDL**

|         |                |       |                |         |
|---------|----------------|-------|----------------|---------|
| 1       | Ferries, Jenny | 32    | Orca Swim Club | 2:40.18 |
| r:+0.89 | 35.69          | 40.03 | 41.80          | 42.66   |
| 2       | Dees, Jillian  | 30    | Unat Pna       | 3:07.83 |
| r:+0.77 | 42.59          | 47.62 | 48.87          | 48.75   |

**Women 30-34 50 Yard Butterfly****PNA: 27.09 # 5/18/1997 TRISHA SCHWERZLER****Zone: 26.61 \$ 5/17/2002 KATHY BLANDFORD****NATL: 24.18 @ 4/15/2000 ANGEL MARTINO**

|         |               |    |                  |       |
|---------|---------------|----|------------------|-------|
| 1       | Smith, Katy   | 32 | Ymcapkc Sound Aq | 30.08 |
| r:+0.79 |               |    |                  |       |
| 2       | Dees, Jillian | 30 | Unat Pna         | 35.00 |
| r:+0.87 |               |    |                  |       |

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**Women 30-34 100 Yard Butterfly**

PNA: 1:00.12 # 4/14/1991 TAMI BENNETT

Zone: 59.07 \$ 5/17/2002 KATHY BLANDFORD

NATL: 55.01 @ 5/16/1999 ANGEL MARTINO

|         |                |    |               |         |
|---------|----------------|----|---------------|---------|
| 1       | Winans, Amanda | 31 | Husky Masters | 1:18.86 |
| r:+0.69 | 33.85          |    | 45.01         |         |

**Women 30-34 100 Yard IM**

PNA: 1:03.43 # 4/13/2008 MEGAN LIVINGSTON

Zone: 1:03.24 \$ 5/18/1997 BARBARA MISENER

NATL: 57.01 @ 4/15/2000 ANGEL MARTINO

|         |                   |    |                  |         |
|---------|-------------------|----|------------------|---------|
| 1       | Ferries, Jenny    | 32 | Orca Swim Club   | 1:09.62 |
| r:+0.83 | 33.12             |    | 36.50            |         |
| 2       | McHenry, Valerie  | 34 | Lake Washington  | 1:11.87 |
| r:+0.75 | 32.72             |    | 39.15            |         |
| 3       | Postma, Krys      | 34 | Blue Wave Aquati | 1:14.31 |
| r:+0.85 | 35.39             |    | 38.92            |         |
| 4       | Smith, Katy       | 32 | Ymcapkc Sound Aq | 1:14.70 |
| r:+0.81 | 33.81             |    | 40.89            |         |
| 5       | Winans, Amanda    | 31 | Husky Masters    | 1:15.94 |
| r:+0.68 | 34.12             |    | 41.82            |         |
| 6       | Menzies, Jennifer | 30 | Skagit Valley Ma | 1:17.45 |
| r:+0.88 | 36.69             |    | 40.76            |         |

**Women 30-34 200 Yard IM**

PNA: 2:13.21 # 5/20/2007 MAUREEN REA

Zone: 2:13.21 \$ 5/20/2007 MAUREEN REA

NATL: 1:58.80 @ 3/11/2009 ERIKA ERNDL

|         |                |    |                  |         |
|---------|----------------|----|------------------|---------|
| 1       | Ferries, Jenny | 32 | Orca Swim Club   | 2:28.38 |
| r:+0.77 | 32.55          |    | 41.28 35.70      |         |
| 2       | Wetzler, Kari  | 33 | Bainbridge Aquat | 2:41.45 |
| r:+0.99 | 36.94          |    | 46.41 36.42      |         |

**Women 30-34 400 Yard IM**

PNA: 4:49.69 # 4/11/2010 COLLEEN PHILIPPS

Zone: 4:49.69 \$ 4/11/2010 COLLEEN PHILIPPS

NATL: 4:14.84 @ 1/20/2013 ERIKA ERNDL

|         |                |    |                   |         |
|---------|----------------|----|-------------------|---------|
| 1       | Ferries, Jenny | 32 | Orca Swim Club    | 5:27.82 |
| r:+0.88 | 34.33          |    | 41.13 43.66 42.15 |         |
|         | 43.67          |    | 45.19 39.45 38.24 |         |

**Women 35-39 50 Yard Freestyle**

PNA: 24.82 # 1/30/2009 MEGAN OESTING

Zone: 24.66 \$ 5/21/1995 GRACIE GODDARD

NATL: 22.34 @ 2/25/2007 DARA TORRES

|   |                    |    |                  |       |
|---|--------------------|----|------------------|-------|
| 1 | Matlock, Shannon   | 36 | Lake Washington  | 25.85 |
|   | r:+0.77            |    |                  |       |
| 2 | Kula, Meagan       | 38 | Ymcapkc Sound Aq | 26.55 |
|   | r:+0.78            |    |                  |       |
| 3 | Bradley, Sarah     | 39 | Columbia Athle   | 27.24 |
|   | r:+0.75            |    |                  |       |
| 4 | Kalas, Pam         | 37 | Canadian Dolphin | 28.51 |
|   | r:+0.80            |    |                  |       |
| 5 | Hiebert, Stephanie | 36 | Husky Masters    | 28.53 |
|   | r:+0.84            |    |                  |       |
| 6 | Browning, Lindsay  | 37 | Bainbridge Aquat | 29.25 |
|   | r:+0.79            |    |                  |       |

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 7 | Casey, Shannon  | 36 | Blue Wave Aquati | 31.62 |
|   | r:+0.81         |    |                  |       |
| 8 | Sundin, Caitlin | 38 | Sequim Aquatic R | 32.81 |
|   | r:+0.81         |    |                  |       |
| 9 | Forbess, Dani   | 39 | Lake Washington  | 33.43 |
|   | r:+0.82         |    |                  |       |

**Women 35-39 100 Yard Freestyle**

PNA: 54.06 # 4/11/2009 KIMBERLY JETER

Zone: 53.40 \$ 12/7/1997 GRACIE GODDARD

NATL: 49.72 @ 2/25/2007 DARA TORRES

|         |                    |    |                  |         |
|---------|--------------------|----|------------------|---------|
| 1       | Matlock, Shannon   | 36 | Lake Washington  | 57.35   |
| r:+0.82 | 27.76              |    | 29.59            |         |
| 2       | Kalas, Pam         | 37 | Canadian Dolphin | 1:00.45 |
| r:+0.83 | 29.83              |    | 30.62            |         |
| 3       | Bradley, Sarah     | 39 | Columbia Athle   | 1:00.82 |
| r:+0.77 | 28.79              |    | 32.03            |         |
| 4       | Landrum, Sarah     | 35 | South Sound Mast | 1:01.59 |
| r:+0.79 | 29.63              |    | 31.96            |         |
| 5       | Hiebert, Stephanie | 36 | Husky Masters    | 1:01.84 |
| r:+0.84 | 29.78              |    | 32.06            |         |
| 6       | Wellock, Kimbra    | 36 | Blue Wave Aquati | 1:07.24 |
| r:+0.82 | 31.09              |    | 36.15            |         |
| 7       | Forbess, Dani      | 39 | Lake Washington  | 1:13.18 |
| r:+0.76 | 34.79              |    | 38.39            |         |

**Women 35-39 200 Yard Freestyle**

PNA: 1:58.10 # 5/9/1996 MARGEE CURRAN

Zone: 1:57.50 \$ 5/21/1995 ROBYNN MASTERS

NATL: 1:51.55 @ 5/3/1997 K PIPES-NEILSEN

|         |                         |    |                   |         |
|---------|-------------------------|----|-------------------|---------|
| 1       | Kalas, Pam              | 37 | Canadian Dolphin  | 2:07.78 |
| r:+0.79 | 29.95                   |    | 33.51 32.70 31.62 |         |
| 2       | Matlock, Shannon        | 36 | Lake Washington   | 2:09.29 |
| r:+0.84 | 29.68                   |    | 32.03 33.45 34.13 |         |
| 3       | Kagy-Schwartz, Michelle | 38 | North Kitsap Mas  | 2:09.54 |
| r:+0.78 | 30.69                   |    | 33.43 33.50 31.92 |         |
| 4       | Andersson, Claudia      | 39 | Lake Washington   | 2:30.34 |
| r:+0.78 | 32.54                   |    | 36.14 40.14 41.52 |         |
| 5       | Deaderick, Rachael      | 39 | Blue Wave Aquati  | 3:27.31 |
| r:+0.91 | 42.55                   |    | 52.01 56.13 56.62 |         |

**Women 35-39 500 Yard Freestyle**

PNA: 5:15.13 # 5/9/1996 MARGEE CURRAN

Zone: 5:13.65 \$ 5/21/1995 ROBYNN MASTERS

NATL: 4:56.09 @ 5/3/1997 K PIPES-NEILSEN

|         |                         |    |                   |         |
|---------|-------------------------|----|-------------------|---------|
| 1       | Kagy-Schwartz, Michelle | 38 | North Kitsap Mas  | 5:52.40 |
| r:+0.84 | 31.90                   |    | 34.39 34.83 35.49 |         |
|         | 36.03                   |    | 35.18 35.62 36.60 |         |
|         | 36.59                   |    | 35.77             |         |
| 2       | Brumley, Sadie          | 37 | Monroe YMCA Mast  | 7:48.00 |
|         | 41.70                   |    | 44.70 46.09 47.77 |         |
|         | 47.85                   |    | 48.54 48.44 48.76 |         |
|         | 48.19                   |    | 45.96             |         |
| ---     | Kalas, Pam              | 37 | Canadian Dolphin  | DNF     |
|         | Did not finish          |    |                   |         |
| r:+0.80 | 32.14                   |    | 34.69 34.56 35.05 |         |
|         | 34.17                   |    | 33.84 33.84 33.75 |         |
|         | 32.94                   |    |                   |         |



## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

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## Results

**Women 35-39 1000 Yard Freestyle**

PNA: 10:43.03 # 5/9/1996 MARGEE CURRAN

Zone: 10:41.76 \$ 5/21/1995 ROBYNN MASTERS

NATL: 10:22.60 @ 2/16/1999 K PIPES-NEILSEN

|         |                |       |                  |          |
|---------|----------------|-------|------------------|----------|
| 1       | Kalas, Pam     | 37    | Canadian Dolphin | 11:52.12 |
|         | 32.73          | 35.41 | 34.97            | 35.15    |
|         | 35.12          | 34.93 | 35.02            | 35.42    |
|         | 35.28          | 35.46 | 34.93            | 35.93    |
|         | 35.20          | 36.58 | 36.31            | 36.46    |
|         | 36.54          | 36.13 | 38.19            | 36.36    |
| 2       | Landrum, Sarah | 35    | South Sound Mast | 12:51.87 |
| r:+0.88 | 33.03          | 35.38 | 36.95            | 37.90    |
|         | 38.59          | 38.63 | 39.13            | 39.40    |
|         | 39.64          | 39.46 | 39.37            | 39.72    |
|         | 39.12          | 39.63 | 39.75            | 39.38    |
|         | 40.09          | 39.31 | 39.80            | 37.59    |
| 3       | Neely, Wendy   | 39    | Blue Wave Aquati | 15:00.19 |
|         | 39.84          | 42.29 | 43.54            | 44.33    |
|         | 44.78          | 45.41 | 45.75            | 45.63    |
|         | 45.55          | 45.48 | 45.51            | 45.65    |
|         | 45.46          | 45.55 | 45.75            | 46.16    |
|         | 45.91          | 46.12 | 46.11            | 45.37    |

**Women 35-39 1650 Yard Freestyle**

PNA: 18:08.10 # 2/16/1997 MARGEE CURRAN

Zone: 17:39.45 \$ 5/21/1995 ROBYNN MASTERS

NATL: 17:13.99 @ 5/4/1997 K PIPES-NEILSEN

|         |                   |       |                  |          |
|---------|-------------------|-------|------------------|----------|
| 1       | Garcia, Christina | 35    | Ymcapkc Sound Aq | 22:49.16 |
| r:+0.90 | 38.23             | 40.94 | 41.18            | 40.72    |
|         | 40.86             | 40.93 | 41.23            | 41.71    |
|         | 41.60             | 41.95 | 42.19            | 42.65    |
|         | 42.17             | 42.47 | 42.25            | 42.27    |
|         | 42.34             | 42.35 | 41.66            | 41.70    |
|         | 41.60             | 41.99 | 42.01            | 41.47    |
|         | 42.09             | 41.76 | 42.13            | 42.50    |
|         | 42.23             | 41.39 | 40.80            | 40.27    |
|         |                   |       |                  | 37.52    |
| 2       | Neely, Wendy      | 39    | Blue Wave Aquati | 26:00.43 |
| r:+1.10 | 41.75             | 44.75 | 45.87            | 47.06    |
|         | 46.78             | 47.08 | 47.09            | 47.25    |
|         | 47.05             | 47.13 | 47.70            | 47.71    |
|         | 47.84             | 47.66 | 47.38            | 47.35    |
|         | 48.02             | 47.73 | 47.58            | 47.69    |
|         | 47.96             | 47.65 | 48.13            | 47.68    |
|         | 48.04             | 47.49 | 48.16            | 48.11    |
|         | 48.10             | 47.85 | 47.55            | 47.50    |
|         |                   |       |                  | 47.74    |

**Women 35-39 50 Yard Backstroke**

PNA: 27.60 # 2/5/2011 SHERI HART

Zone: 27.60 \$ 2/5/2011 SHERI HART

NATL: 25.97 @ 5/22/2010 SHERI HART

|   |                |    |                  |       |
|---|----------------|----|------------------|-------|
| 1 | Horak, Rachel  | 35 | Central Area Aqu | 30.98 |
|   | r:+0.69        |    |                  |       |
| 2 | Kula, Meagan   | 38 | Ymcapkc Sound Aq | 31.98 |
|   | r:+0.61        |    |                  |       |
| 3 | Bradley, Sarah | 39 | Columbia Athle   | 32.74 |
|   | r:+0.68        |    |                  |       |

|     |                                       |    |                  |       |
|-----|---------------------------------------|----|------------------|-------|
| 4   | Casey, Shannon                        | 36 | Blue Wave Aquati | 35.22 |
|     | r:+0.75                               |    |                  |       |
| 5   | White, Ann                            | 37 | Vashon Island Ro | 38.84 |
|     | r:+0.79                               |    |                  |       |
| --- | Forbess, Dani                         | 39 | Lake Washington  | DQ    |
|     | Shoulders past vertical toward breast |    |                  |       |
|     | r:+0.71                               |    |                  |       |

**Women 35-39 100 Yard Backstroke**

PNA: 58.98 # 2/5/2011 SHERI HART

Zone: 58.98 \$ 2/5/2011 SHERI HART

NATL: 56.14 @ 5/23/2010 SHERI HART

|         |                    |       |                  |         |
|---------|--------------------|-------|------------------|---------|
| 1       | Horak, Rachel      | 35    | Central Area Aqu | 1:08.44 |
| r:+0.65 | 32.29              | 36.15 |                  |         |
| 2       | Wellock, Kimbra    | 36    | Blue Wave Aquati | 1:18.61 |
| r:+0.76 | 37.26              | 41.35 |                  |         |
| 3       | White, Ann         | 37    | Vashon Island Ro | 1:23.83 |
| r:+0.76 | 39.05              | 44.78 |                  |         |
| 4       | Brumley, Sadie     | 37    | Monroe YMCA Mast | 1:29.98 |
| r:+0.71 | 44.43              | 45.55 |                  |         |
| 5       | Deaderick, Rachael | 39    | Blue Wave Aquati | 1:42.33 |
| r:+0.84 | 48.75              | 53.58 |                  |         |

**Women 35-39 200 Yard Backstroke**

PNA: 2:10.93 # 5/18/1997 ZENA COURTNEY

Zone: 2:10.93 \$ 5/18/1997 ZENA COURTNEY

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

|         |                         |       |                  |         |
|---------|-------------------------|-------|------------------|---------|
| 1       | Kagy-Schwartz, Michelle | 38    | North Kitsap Mas | 2:30.27 |
| r:+0.74 | 36.78                   | 38.07 | 38.24            | 37.18   |
| 2       | Wellock, Kimbra         | 36    | Blue Wave Aquati | 2:53.83 |
| r:+0.70 | 40.69                   | 43.16 | 45.34            | 44.64   |
| 3       | Neely, Wendy            | 39    | Blue Wave Aquati | 2:57.52 |
| r:+1.03 | 43.40                   | 44.69 | 44.78            | 44.65   |
| 4       | Brumley, Sadie          | 37    | Monroe YMCA Mast | 3:07.44 |
| r:+0.65 | 45.11                   | 47.09 | 48.13            | 47.11   |

**Women 35-39 100 Yard Breaststroke**

PNA: 1:11.40 # 4/11/2010 JEAN DILLON

Zone: 1:09.52 \$ 5/4/2008 JAYNA TOMAC

NATL: 1:03.46 @ 4/15/2012 CYNTHIA LEWIS

|         |                    |       |                  |         |
|---------|--------------------|-------|------------------|---------|
| 1       | Matlock, Shannon   | 36    | Lake Washington  | 1:18.11 |
| r:+0.81 | 36.59              | 41.52 |                  |         |
| 2       | Garcia, Christina  | 35    | Ymcapkc Sound Aq | 1:23.08 |
| r:+0.82 | 39.59              | 43.49 |                  |         |
| 3       | Wellock, Kimbra    | 36    | Blue Wave Aquati | 1:25.41 |
| r:+0.85 | 41.00              | 44.41 |                  |         |
| 4       | Deaderick, Rachael | 39    | Blue Wave Aquati | 1:44.95 |
| r:+1.06 | 50.18              | 54.77 |                  |         |

**Women 35-39 200 Yard Breaststroke**

PNA: 2:35.69 # 4/15/2007 LINDA HEGERBERG

Zone: 2:32.76 \$ 2/15/2011 TABITHA FRAWLEY

NATL: 2:17.84 @ 4/1/2012 CYNTHIA LEWIS

|         |                   |       |                  |         |
|---------|-------------------|-------|------------------|---------|
| 1       | Garcia, Christina | 35    | Ymcapkc Sound Aq | 2:55.23 |
| r:+0.79 | 40.18             | 43.75 | 45.20            | 46.10   |
| 2       | Wellock, Kimbra   | 36    | Blue Wave Aquati | 3:06.52 |
| r:+0.81 | 41.61             | 47.12 | 48.62            | 49.17   |
| 3       | Browning, Lindsay | 37    | Bainbridge Aquat | 3:07.15 |
| r:+0.95 | 39.07             | 44.43 | 52.67            | 50.98   |



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## Results

**(Women 35-39 200 Yard Breaststroke)**

|         |              |       |                  |         |
|---------|--------------|-------|------------------|---------|
| 4       | Neely, Wendy | 39    | Blue Wave Aquati | 3:16.03 |
| r:+1.07 | 45.13        | 48.43 | 50.99            | 51.48   |

**Women 35-39 50 Yard Butterfly**

PNA: 27.92 # 4/10/1994 WENDY BOGLIOLI

Zone: 27.59 \$ 5/18/2003 VALERIE JENKINS

NATL: 25.54 @ 5/18/2003 S VON DER LIPPE

|         |                    |    |                  |       |
|---------|--------------------|----|------------------|-------|
| 1       | Bradley, Sarah     | 39 | Columbia Athle   | 31.11 |
| r:+0.77 |                    |    |                  |       |
| 2       | Andersson, Claudia | 39 | Lake Washington  | 33.86 |
| r:+0.79 |                    |    |                  |       |
| 3       | Sundin, Caitlin    | 38 | Sequim Aquatic R | 37.48 |
| r:+0.76 |                    |    |                  |       |
| 4       | Brumley, Sadie     | 37 | Monroe YMCA Mast | 41.16 |
| r:+1.13 |                    |    |                  |       |
| 5       | Deaderick, Rachael | 39 | Blue Wave Aquati | 48.00 |
| r:+0.98 |                    |    |                  |       |

**Women 35-39 100 Yard Butterfly**

PNA: 1:01.50 # 5/18/1997 ZENA COURTNEY

Zone: 1:00.42 \$ 4/30/2000 SUSANNE SIMPSON

NATL: 55.78 @ 5/18/2003 S VON DER LIPPE

|         |                   |       |                  |         |
|---------|-------------------|-------|------------------|---------|
| 1       | Garcia, Christina | 35    | Ymcapkc Sound Aq | 1:14.30 |
| r:+0.81 | 35.07             | 39.23 |                  |         |
| 2       | Sundin, Caitlin   | 38    | Sequim Aquatic R | 1:30.99 |
| r:+0.78 | 42.12             | 48.87 |                  |         |

**Women 35-39 100 Yard IM**

PNA: 1:01.34 # 2/5/2011 SHERI HART

Zone: 1:01.34 \$ 2/5/2011 SHERI HART

NATL: 57.67 @ 5/23/2010 SHERI HART

|         |                    |       |                  |         |
|---------|--------------------|-------|------------------|---------|
| 1       | Kula, Meagan       | 38    | Ymcapkc Sound Aq | 1:06.99 |
| r:+0.82 | 30.73              | 36.26 |                  |         |
| 2       | Matlock, Shannon   | 36    | Lake Washington  | 1:09.27 |
| r:+0.82 | 32.32              | 36.95 |                  |         |
| 3       | Casey, Shannon     | 36    | Blue Wave Aquati | 1:21.32 |
| r:+0.82 | 36.82              | 44.50 |                  |         |
| 4       | Neely, Wendy       | 39    | Blue Wave Aquati | 1:23.04 |
| r:+0.96 | 39.40              | 43.64 |                  |         |
| 5       | White, Ann         | 37    | Vashon Island Ro | 1:23.29 |
| r:+0.92 | 37.08              | 46.21 |                  |         |
| 6       | Forbess, Dani      | 39    | Lake Washington  | 1:26.65 |
| r:+0.81 | 41.14              | 45.51 |                  |         |
| 7       | Sundin, Caitlin    | 38    | Sequim Aquatic R | 1:26.74 |
| r:+0.80 | 40.91              | 45.83 |                  |         |
| 8       | Deaderick, Rachael | 39    | Blue Wave Aquati | 1:40.09 |
| r:+0.98 | 46.86              | 53.23 |                  |         |

**Women 35-39 200 Yard IM**

PNA: 2:14.94 # 5/9/2013 SUSAN WETSTONE

Zone: 2:14.94 \$ 5/9/2013 SUSAN WETSTONE

NATL: 2:05.24 @ 3/14/1998 K PIPES-NEILSEN

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 1       | Matlock, Shannon | 36    | Lake Washington  | 2:32.18 |
| r:+0.87 | 31.94            | 40.61 | 44.21            | 35.42   |
| 2       | Wellock, Kimbra  | 36    | Blue Wave Aquati | 2:50.80 |
| r:+0.89 | 36.40            | 43.79 | 50.63            | 39.98   |

|         |                 |       |                  |         |
|---------|-----------------|-------|------------------|---------|
| 3       | Neely, Wendy    | 39    | Blue Wave Aquati | 3:01.74 |
| r:+1.04 | 41.79           | 46.19 | 52.04            | 41.72   |
| 4       | Sundin, Caitlin | 38    | Sequim Aquatic R | 3:09.67 |
| r:+0.79 | 43.70           | 47.96 | 54.63            | 43.38   |
| 5       | Brumley, Sadie  | 37    | Monroe YMCA Mast | 3:10.07 |
| r:+1.09 | 43.58           | 48.40 | 52.51            | 45.58   |
| 6       | Forbess, Dani   | 39    | Lake Washington  | 3:13.75 |
| r:+0.75 | 43.80           | 48.14 | 58.16            | 43.65   |

**Women 35-39 400 Yard IM**

PNA: 5:02.64 # 5/20/2001 LISA WILSON

Zone: 4:46.23 \$ 5/8/1998 ROBYNN MASTERS

NATL: 4:24.18 @ 3/14/1998 K PIPES-NEILSEN

|         |                   |       |                  |         |
|---------|-------------------|-------|------------------|---------|
| 1       | Landrum, Sarah    | 35    | South Sound Mast | 5:33.88 |
| r:+0.84 | 34.87             | 37.67 | 41.46            | 42.34   |
|         | 45.96             | 49.33 | 41.60            | 40.65   |
| 2       | Garcia, Christina | 35    | Ymcapkc Sound Aq | 5:46.24 |
| r:+0.91 | 35.73             | 40.01 | 46.10            | 44.72   |
|         | 46.92             | 48.71 | 42.86            | 41.19   |
| 3       | Brumley, Sadie    | 37    | Monroe YMCA Mast | 6:43.99 |
| r:+1.15 | 45.48             | 55.87 | 51.61            | 49.89   |
|         | 52.99             | 53.36 | 49.31            | 45.48   |

**Women 40-44 50 Yard Freestyle**

PNA: 23.92 # 5/1/2011 SHERI HART

Zone: 23.92 \$ 5/1/2011 SHERI HART

NATL: 21.91 @ 4/15/2007 DARA TORRES

|         |                   |    |                  |       |
|---------|-------------------|----|------------------|-------|
| 1       | Moorhead, Amy     | 42 | Lake Washington  | 25.43 |
| r:+0.80 |                   |    |                  |       |
| 2       | Reimer, Shelley   | 44 | Bainbridge Aquat | 28.33 |
| r:+0.80 |                   |    |                  |       |
| 3       | Polidori, Wendy   | 44 | Mukilteo YMCA    | 28.60 |
| r:+0.76 |                   |    |                  |       |
| 4       | Gende, Gretchen   | 44 | Bainbridge Aquat | 29.47 |
| r:+0.81 |                   |    |                  |       |
| 5       | Kim, Nellis       | 43 | Blue Wave Aquati | 29.48 |
| r:+0.88 |                   |    |                  |       |
| 6       | Farinas, Jennifer | 42 | Bellevue Club    | 30.09 |
| r:+0.81 |                   |    |                  |       |
| 7       | Lasley, Stacey    | 42 | Mukilteo YMCA    | 30.50 |
| r:+0.78 |                   |    |                  |       |
| 8       | Beirne, Katherine | 44 | Sequim Aquatic R | 30.56 |
| r:+0.90 |                   |    |                  |       |
| 9       | Holt, Megan       | 43 | Blue Wave Aquati | 32.79 |
| r:+0.91 |                   |    |                  |       |
| 10      | Wolfe, Amy        | 44 | Ymcapkc Sound Aq | 34.15 |
| r:+1.02 |                   |    |                  |       |
| 11      | Smith, Jennifer   | 42 | Unat-Psm         | 34.60 |
| r:+1.06 |                   |    |                  |       |
| 12      | Aspen, Anne       | 44 | Skagit Valley Ma | 37.93 |
| r:+0.93 |                   |    |                  |       |

**Women 40-44 100 Yard Freestyle**

PNA: 51.86 # 5/1/2011 SHERI HART

Zone: 51.86 \$ 5/1/2011 SHERI HART

NATL: 48.34 @ 4/15/2007 DANA TORRES

|         |               |       |                 |       |
|---------|---------------|-------|-----------------|-------|
| 1       | Moorhead, Amy | 42    | Lake Washington | 57.05 |
| r:+0.79 | 26.80         | 30.25 |                 |       |

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## Results

**(Women 40-44 100 Yard Freestyle)**

|                     |                     |         |
|---------------------|---------------------|---------|
| 2 Reimer, Shelley   | 44 Bainbridge Aquat | 1:02.89 |
| r:+0.80 30.43       | 32.46               |         |
| 3 Polidori, Wendy   | 44 Mukilteo YMCA    | 1:03.66 |
| r:+0.77 30.22       | 33.44               |         |
| 4 Gende, Gretchen   | 44 Bainbridge Aquat | 1:05.46 |
| r:+0.88 31.11       | 34.35               |         |
| 5 Farinas, Jennifer | 42 Bellevue Club    | 1:06.07 |
| r:+0.86 32.00       | 34.07               |         |
| 6 Lasley, Stacey    | 42 Mukilteo YMCA    | 1:07.91 |
| r:+0.87 32.47       | 35.44               |         |
| 7 Beirne, Katherine | 44 Sequim Aquatic R | 1:10.23 |
| r:+0.87 33.81       | 36.42               |         |
| 8 Holt, Megan       | 43 Blue Wave Aquati | 1:12.86 |
| r:+0.89 34.33       | 38.53               |         |
| 9 Wolfe, Amy        | 44 Ymcapkc Sound Aq | 1:14.78 |
| r:+0.97 35.36       | 39.42               |         |
| 10 Smith, Jennifer  | 42 Unat-Psm         | 1:15.37 |
| r:+1.15 35.44       | 39.93               |         |

**Women 40-44 200 Yard Freestyle**

PNA: 1:58.67 # 5/9/2013 HALEIGH A WERNER

Zone: 1:56.14 \$ 5/17/2002 SUZANNE SIMPSON

NATL: 1:51.06 @ 12/22/200 K PIPES-NEILSEN

|                     |                     |         |
|---------------------|---------------------|---------|
| 1 Moorhead, Amy     | 42 Lake Washington  | 2:06.98 |
| r:+0.78 28.92       | 31.57 33.03 33.46   |         |
| 2 Reimer, Shelley   | 44 Bainbridge Aquat | 2:17.24 |
| r:+0.81 31.73       | 35.34 36.04 34.13   |         |
| 3 Polidori, Wendy   | 44 Mukilteo YMCA    | 2:23.17 |
| r:+0.84 34.60       | 35.98 36.11 36.48   |         |
| 4 Smith, Jennifer   | 42 Unat-Psm         | 2:43.28 |
| r:+1.08 36.71       | 41.31 42.37 42.89   |         |
| 5 Sprenger, Cindy   | 40 Blue Wave Aquati | 2:44.78 |
| r:+1.08 38.29       | 41.44 42.82 42.23   |         |
| 6 Pokorny, Kathleen | 43 Columbia Athle   | 2:49.55 |
| r:+0.97 38.66       | 43.00 44.49 43.40   |         |

**Women 40-44 500 Yard Freestyle**

PNA: 5:21.96 # 5/1/2011 HALEIGH A WERNER

Zone: 5:13.14 \$ 5/17/2002 SUZANNE SIMPSON

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

|                     |                         |         |
|---------------------|-------------------------|---------|
| 1 Mesler, Jennifer  | 43 Blue Wave Aquati     | 6:56.53 |
| r:+0.97 36.66       | 40.43 41.88 42.81       |         |
|                     | 42.78 42.65 43.18 42.44 |         |
|                     | 42.49 41.21             |         |
| 2 Pokorny, Kathleen | 43 Columbia Athle       | 7:21.34 |
| r:+0.92 39.82       | 43.32 45.18 45.09       |         |
|                     | 45.92 44.53 44.54 44.28 |         |
|                     | 44.19 44.47             |         |
| 3 Clarke, Heather   | 42 Lake Washington      | 7:24.20 |
| r:+0.86 41.18       | 45.93 47.33 47.21       |         |
|                     | 43.95 43.69 43.95 44.48 |         |
|                     | 43.50 42.98             |         |
| 4 Sprenger, Cindy   | 40 Blue Wave Aquati     | 7:31.46 |
| r:+1.22 41.64       | 45.69 45.09 45.78       |         |
|                     | 46.34 46.36 45.26 46.03 |         |
|                     | 45.44 43.83             |         |

|                   |                         |         |
|-------------------|-------------------------|---------|
| 5 Singer, Shannon | 44 Skagit Valley Ma     | 8:30.93 |
| r:+0.84 43.87     | 49.21 53.43 55.58       |         |
|                   | 54.83 53.87 52.79 51.14 |         |
|                   | 50.84 45.37             |         |

**Women 40-44 1000 Yard Freestyle**

PNA: 10:51.34 # 5/9/2013 HALEIGH A WERNER

Zone: 10:51.34 \$ 5/9/2013 HALEIGH WERNER

NATL: 10:20.45 @ 12/21/200 K PIPES-NEILSEN

|                     |                         |          |
|---------------------|-------------------------|----------|
| 1 Sondgroth, Tracey | 41 Menlo Masters Ak     | 12:44.71 |
| r:+0.85 34.32       | 36.57 38.09 38.88       |          |
|                     | 38.31 38.70 39.08 38.37 |          |
|                     | 38.68 38.49 38.63 38.86 |          |
|                     | 39.06 38.96 38.61 38.65 |          |
|                     | 38.21 38.01 38.51 37.72 |          |
| 2 Smith, Rondamarie | 43 Blue Wave Aquati     | 12:51.00 |
| r:+0.77 32.06       | 35.75 37.14 37.90       |          |
|                     | 38.59 38.93 39.70 39.61 |          |
|                     | 40.24 39.96 39.13 40.36 |          |
|                     | 38.83 39.90 39.07 38.76 |          |
|                     | 39.43 38.66 38.89 38.09 |          |
| 3 Mesler, Jennifer  | 43 Blue Wave Aquati     | 14:08.51 |
| r:+1.01 37.62       | 40.65 41.26 42.14       |          |
|                     | 44.37 41.97 42.41 42.59 |          |
|                     | 42.18 42.40 42.23 42.12 |          |
|                     | 42.81 43.38 43.43 42.92 |          |
|                     | 43.67 43.65 44.33 42.38 |          |
| 4 Singer, Shannon   | 44 Skagit Valley Ma     | 17:42.14 |
|                     | 48.52 52.01 53.04 52.40 |          |
|                     | 53.52 52.92 53.46 53.43 |          |
|                     | 53.79 54.57 53.73 54.40 |          |
|                     | 53.92 53.25 53.80 52.93 |          |
|                     | 53.86 52.92 53.17 52.50 |          |

**Women 40-44 1650 Yard Freestyle**

PNA: 18:10.83 # 4/29/2012 HALEIGH A WERNER

Zone: 17:53.81 \$ 5/17/2002 SUZANNE SIMPSON

NATL: 17:15.20 @ 12/7/2002 K PIPES-NEILSEN

|                    |                         |          |
|--------------------|-------------------------|----------|
| 1 Mesler, Jennifer | 43 Blue Wave Aquati     | 23:40.72 |
| r:+0.92 36.81      | 40.15 41.26 42.07       |          |
|                    | 42.74 42.63 42.73 42.84 |          |
|                    | 43.01 43.03 43.41 43.26 |          |
|                    | 43.17 43.19 43.33 43.72 |          |
|                    | 43.40 43.57 43.28 44.39 |          |
|                    | 43.84 43.60 44.10 43.73 |          |
|                    | 43.84 43.88 44.09 44.57 |          |
|                    | 43.85 43.08 43.91 43.54 | 42.70    |
| 2 Clarke, Heather  | 42 Lake Washington      | 25:49.75 |
| r:+0.86 41.60      | 46.23 47.98 48.45       |          |
|                    | 48.70 48.91 47.99 48.25 |          |
|                    | 47.67 47.55 47.73 47.57 |          |
|                    | 47.63 47.47 47.65 47.56 |          |
|                    | 47.63 47.44 48.09 47.34 |          |
|                    | 47.11 47.44 46.82 46.89 |          |
|                    | 46.86 46.36 47.03 46.59 |          |
|                    | 45.80 45.49 45.59 44.97 | 43.36    |



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## Results

**(Women 40-44 1650 Yard Freestyle)**

|   |                 |       |                  |          |
|---|-----------------|-------|------------------|----------|
| 3 | Singer, Shannon | 44    | Skagit Valley Ma | 29:36.59 |
|   | 48.89           | 52.30 | 53.74            | 54.70    |
|   | 55.00           | 55.10 | 54.32            | 54.52    |
|   | 54.24           | 53.90 | 54.46            | 54.05    |
|   | 53.97           | 53.98 | 53.88            | 54.41    |
|   | 54.36           | 53.86 | 53.51            | 54.14    |
|   | 53.85           | 53.67 | 53.90            | 54.54    |
|   | 54.58           | 54.18 | 54.13            | 54.00    |
|   | 54.74           | 54.14 | 53.02            | 52.76    |
|   |                 |       |                  | 51.75    |

**Women 40-44 50 Yard Backstroke**

PNA: 26.12 # 5/1/2011 SHERI HART

Zone: 26.12 \$ 5/1/2011 SHERI HART

NATL: 26.12 @ 5/1/2011 SHERI HART

|     |                                        |    |                  |       |
|-----|----------------------------------------|----|------------------|-------|
| 1   | Wetstone, Susan                        | 40 | Lake Washington  | 29.81 |
|     | r:+0.69                                |    |                  |       |
| 2   | Farinas, Jennifer                      | 42 | Bellevue Club    | 35.24 |
|     | r:+0.69                                |    |                  |       |
| 3   | Mesler, Jennifer                       | 43 | Blue Wave Aquati | 36.48 |
|     | r:+0.83                                |    |                  |       |
| 4   | Lasley, Stacey                         | 42 | Mukilteo YMCA    | 37.81 |
|     | r:+0.75                                |    |                  |       |
| 5   | Kim, Nellis                            | 43 | Blue Wave Aquati | 39.31 |
|     | r:+0.84                                |    |                  |       |
| 6   | Wolfe, Amy                             | 44 | Ymcapkc Sound Aq | 39.33 |
|     | r:+0.85                                |    |                  |       |
| 7   | Holt, Megan                            | 43 | Blue Wave Aquati | 44.10 |
|     | r:+0.88                                |    |                  |       |
| --- | Aspen, Anne                            | 44 | Skagit Valley Ma | DQ    |
|     | Multiple strokes past vertical at turn |    |                  |       |
|     | r:+0.70                                |    |                  |       |

**Women 40-44 100 Yard Backstroke**

PNA: 56.03 # 5/1/2011 SHERI HART

Zone: 56.03 \$ 5/1/2011 SHERI HART

NATL: 56.03 @ 4/30/2011 SHERI HART

|   |                   |       |                  |         |
|---|-------------------|-------|------------------|---------|
| 1 | Wetstone, Susan   | 40    | Lake Washington  | 1:04.23 |
|   | r:+0.72           | 31.29 | 32.94            |         |
| 2 | Smith, Rondamarie | 43    | Blue Wave Aquati | 1:11.46 |
|   | r:+0.82           | 33.64 | 37.82            |         |
| 3 | Farinas, Jennifer | 42    | Bellevue Club    | 1:12.90 |
|   | r:+0.72           | 36.17 | 36.73            |         |
| 4 | Wolfe, Amy        | 44    | Ymcapkc Sound Aq | 1:25.92 |
|   | r:+0.91           | 41.36 | 44.56            |         |
| 5 | Aspen, Anne       | 44    | Skagit Valley Ma | 1:30.38 |
|   | r:+0.89           | 43.55 | 46.83            |         |

**Women 40-44 200 Yard Backstroke**

PNA: 2:13.58 # 5/20/2001 ZENA COURTNEY

Zone: 2:11.46 \$ 5/18/2008 ELLEN REYNOLDS

NATL: 2:04.43 @ 4/24/2010 KRISTIN GARY

|   |                 |       |                  |         |
|---|-----------------|-------|------------------|---------|
| 1 | Sprenger, Cindy | 40    | Blue Wave Aquati | 3:12.06 |
|   | r:+0.88         | 45.34 | 48.05            | 50.58   |
|   |                 |       |                  | 48.09   |
| 2 | Singer, Shannon | 44    | Skagit Valley Ma | 3:37.43 |
|   | r:+1.00         | 50.62 | 54.66            | 57.44   |
|   |                 |       |                  | 54.71   |

**Women 40-44 50 Yard Breaststroke**

PNA: 31.61 # 5/9/2013 HALEIGH A WERNER

Zone: 31.61 \$ 5/9/2013 HALEIGH A WERNER

NATL: 29.24 @ 2/28/2010 S VON DER LIPPE

|   |                   |    |                  |       |
|---|-------------------|----|------------------|-------|
| 1 | Moorhead, Amy     | 42 | Lake Washington  | 36.75 |
|   | r:+0.82           |    |                  |       |
| 2 | Keith, Lisa       | 44 | Lake Washington  | 36.87 |
|   | r:+0.82           |    |                  |       |
| 3 | Gende, Gretchen   | 44 | Bainbridge Aquat | 38.25 |
|   | r:+0.80           |    |                  |       |
| 4 | Beirne, Katherine | 44 | Sequim Aquatic R | 40.08 |
|   | r:+0.91           |    |                  |       |
| 5 | Kim, Nellis       | 43 | Blue Wave Aquati | 40.46 |
|   | r:+0.92           |    |                  |       |
| 6 | Smith, Jennifer   | 42 | Unat-Psm         | 47.18 |
|   | r:+1.04           |    |                  |       |
| 7 | Aspen, Anne       | 44 | Skagit Valley Ma | 47.31 |
|   | r:+0.86           |    |                  |       |

**Women 40-44 100 Yard Breaststroke**

PNA: 1:09.07 # 4/29/2012 HALEIGH A WERNER

Zone: 1:09.07 \$ 4/29/2012 HALEIGH A WERNER

NATL: 1:03.00 @ 5/4/2008 S VON DER LIPPE

|   |                   |       |                  |         |
|---|-------------------|-------|------------------|---------|
| 1 | Keith, Lisa       | 44    | Lake Washington  | 1:20.79 |
|   | r:+0.91           | 39.46 | 41.33            |         |
| 2 | Gende, Gretchen   | 44    | Bainbridge Aquat | 1:26.22 |
|   | r:+0.83           | 39.63 | 46.59            |         |
| 3 | Beirne, Katherine | 44    | Sequim Aquatic R | 1:26.34 |
|   | r:+0.95           | 41.08 | 45.26            |         |
| 4 | Kim, Nellis       | 43    | Blue Wave Aquati | 1:30.64 |
|   | r:+0.86           | 41.60 | 49.04            |         |
| 5 | Clarke, Heather   | 42    | Lake Washington  | 1:36.03 |
|   | r:+0.91           | 46.07 | 49.96            |         |

**Women 40-44 200 Yard Breaststroke**

PNA: 2:31.78 # 4/29/2012 HALEIGH A WERNER

Zone: 2:31.78 \$ 4/29/2012 HALEIGH A WERNER

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

|   |                   |       |                  |         |
|---|-------------------|-------|------------------|---------|
| 1 | Wetstone, Susan   | 40    | Lake Washington  | 2:49.39 |
|   | r:+0.76           | 39.78 | 43.59            | 43.56   |
|   |                   |       |                  | 42.46   |
| 2 | Keith, Lisa       | 44    | Lake Washington  | 2:51.84 |
|   | r:+0.88           | 38.51 | 41.98            | 44.61   |
|   |                   |       |                  | 46.74   |
| 3 | Sondgroth, Tracey | 41    | Menlo Masters Ak | 2:54.53 |
|   | r:+0.96           | 39.85 | 43.63            | 44.78   |
|   |                   |       |                  | 46.27   |

**Women 40-44 50 Yard Butterfly**

PNA: 26.25 # 5/1/2011 SHERI HART

Zone: 26.25 \$ 5/1/2011 SHERI HART

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

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 1 | Moorhead, Amy   | 42 | Lake Washington  | 29.30 |
|   | r:+0.78         |    |                  |       |
| 2 | Polidori, Wendy | 44 | Mukilteo YMCA    | 31.51 |
| 3 | Reimer, Shelley | 44 | Bainbridge Aquat | 31.60 |
|   | r:+0.85         |    |                  |       |
| 4 | Gende, Gretchen | 44 | Bainbridge Aquat | 37.49 |
|   | r:+0.95         |    |                  |       |
| 5 | Aspen, Anne     | 44 | Skagit Valley Ma | 43.77 |
|   | r:+0.85         |    |                  |       |

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## Results

**Women 40-44 100 Yard Butterfly**

PNA: 1:01.99 # 5/18/1997 CAMILLE THOMPSON

Zone: 59.72 \$ 5/20/2001 SUZANNE SIMPSON

NATL: 54.83 @ 5/10/2009 S VON DER LIPPE

|   |                   |       |                |         |
|---|-------------------|-------|----------------|---------|
| 1 | Polidori, Wendy   | 44    | Mukilteo YMCA  | 1:14.22 |
|   | r:+0.84           | 34.22 | 40.00          |         |
| 2 | Pokorny, Kathleen | 43    | Columbia Athle | 1:28.84 |
|   | r:+0.97           | 40.82 | 48.02          |         |

**Women 40-44 100 Yard IM**

PNA: 58.38 # 5/1/2011 SHERI HART

Zone: 58.38 \$ 5/1/2011 SHERI HART

NATL: 57.95 @ 4/28/2012 ERIKA BRAUN

|    |                   |       |                  |         |
|----|-------------------|-------|------------------|---------|
| 1  | Moorhead, Amy     | 42    | Lake Washington  | 1:09.26 |
|    | r:+0.78           | 32.25 | 37.01            |         |
| 2  | Smith, Rondamarie | 43    | Blue Wave Aquati | 1:10.40 |
|    | r:+0.73           | 32.16 | 38.24            |         |
| 3  | Polidori, Wendy   | 44    | Mukilteo YMCA    | 1:14.29 |
|    | r:+0.81           | 34.74 | 39.55            |         |
| 4  | Kim, Nellis       | 43    | Blue Wave Aquati | 1:20.95 |
|    | r:+0.95           | 39.19 | 41.76            |         |
| 5  | Mesler, Jennifer  | 43    | Blue Wave Aquati | 1:21.76 |
|    | r:+0.93           | 36.77 | 44.99            |         |
| 6  | Beirne, Katherine | 44    | Sequim Aquatic R | 1:21.78 |
|    | r:+0.87           | 38.97 | 42.81            |         |
| 7  | Lasley, Stacey    | 42    | Mukilteo YMCA    | 1:22.77 |
|    | r:+0.97           | 37.62 | 45.15            |         |
| 8  | Holt, Megan       | 43    | Blue Wave Aquati | 1:27.37 |
|    | r:+0.98           | 40.74 | 46.63            |         |
| 9  | Aspen, Anne       | 44    | Skagit Valley Ma | 1:31.64 |
|    | r:+0.94           | 43.29 | 48.35            |         |
| 10 | Wolfe, Amy        | 44    | Ymcapkc Sound Aq | 1:34.28 |
|    | r:+1.00           | 43.31 | 50.97            |         |

**Women 40-44 200 Yard IM**

PNA: 2:22.03 # 5/17/2002 LISA WILSON

Zone: 2:14.98 \$ 5/18/2008 ELLEN REYNOLDS

NATL: 2:04.85 @ 5/4/2008 S VON DER LIPPE

|   |                   |       |                  |               |
|---|-------------------|-------|------------------|---------------|
| 1 | Clarke, Heather   | 42    | Lake Washington  | 3:07.61       |
|   | r:+0.84           | 43.26 | 49.19            | 52.58 42.58   |
| 2 | Pokorny, Kathleen | 43    | Columbia Athle   | 3:08.67       |
|   | r:+0.98           | 42.36 | 53.41            | 49.87 43.03   |
| 3 | Singer, Shannon   | 44    | Skagit Valley Ma | 3:41.07       |
|   | r:+1.04           | 48.89 | 57.89            | 1:03.91 50.38 |

**Women 40-44 400 Yard IM**

PNA: 4:50.69 # 5/1/2011 HALEIGH A WERNER

Zone: 4:50.69 \$ 5/1/2011 HALEIGH A WERNER

NATL: 4:28.43 @ 5/4/2008 S VON DER LIPPE

|   |                   |         |                  |                 |
|---|-------------------|---------|------------------|-----------------|
| 1 | Smith, Rondamarie | 43      | Blue Wave Aquati | 5:30.74         |
|   | r:+0.79           | 33.65   | 40.46            | 42.12 42.42     |
|   |                   | 46.37   | 48.85            | 39.60 37.27     |
| 2 | Singer, Shannon   | 44      | Skagit Valley Ma | 7:40.15         |
|   | r:+1.06           | 49.75   | 1:01.47          | 1:02.15 1:00.54 |
|   |                   | 1:01.19 | 1:01.25          | 52.94 50.86     |

**Women 45-49 50 Yard Freestyle**

PNA: 24.63 # 5/23/2010 LISA A DAHL

Zone: 24.63 \$ 5/23/2010 LISA A DAHL

NATL: 24.00 @ 5/4/2008 SUSAN WALSH

|   |                    |    |                  |       |
|---|--------------------|----|------------------|-------|
| 1 | Johansson, Hanna   | 47 | Downtown/Bellvu  | 28.62 |
|   | r:+0.79            |    |                  |       |
| 2 | Sullivan, Suna     | 47 | Lake Washington  | 29.66 |
|   | r:+0.81            |    |                  |       |
| 3 | Marsh-Limm, Margo  | 46 | Mukilteo YMCA    | 30.20 |
|   | r:+0.83            |    |                  |       |
| 4 | Pappalardo, Susan  | 47 | Bellevue Club    | 31.63 |
|   | r:+0.76            |    |                  |       |
| 5 | Wiggins, Rhiana    | 46 | Unat-Psm         | 36.53 |
|   | r:+1.22            |    |                  |       |
| 6 | Tousignant, Andrea | 49 | North End Otters | 38.09 |
|   | r:+0.99            |    |                  |       |

**Women 45-49 100 Yard Freestyle**

PNA: 54.63 # 5/23/2010 LISA A DAHL

Zone: 53.71 \$ 5/23/2010 ELLEN REYNOLDS

NATL: 52.23 @ 12/16/200 K PIPES-NEILSEN

|   |                   |       |                  |         |
|---|-------------------|-------|------------------|---------|
| 1 | Johansson, Hanna  | 47    | Downtown/Bellvu  | 1:02.22 |
|   | r:+0.84           | 29.76 | 32.46            |         |
| 2 | Buehler, Paige    | 45    | Hydropower Maste | 1:05.03 |
|   | r:+0.80           | 30.88 | 34.15            |         |
| 3 | Pappalardo, Susan | 47    | Bellevue Club    | 1:08.35 |
|   | r:+0.67           | 33.34 | 35.01            |         |
| 4 | Marsh-Limm, Margo | 46    | Mukilteo YMCA    | 1:09.35 |
|   | r:+0.83           | 33.03 | 36.32            |         |
| 5 | Antilla, Kristine | 45    | Ohana Swim Team  | 1:13.89 |
|   | r:+0.81           | 34.65 | 39.24            |         |
| 6 | Wiggins, Rhiana   | 46    | Unat-Psm         | 1:22.30 |
|   | r:+1.16           | 39.47 | 42.83            |         |

**Women 45-49 200 Yard Freestyle**

PNA: 2:06.33 # 5/20/2001 MARY LIPPOLD

Zone: 1:56.99 \$ 5/23/2010 ELLEN REYNOLDS

NATL: 1:53.28 @ 12/16/200 K PIPES-NEILSEN

|   |                   |       |                  |             |
|---|-------------------|-------|------------------|-------------|
| 1 | Lucco, Elizabeth  | 47    | Bellevue Club    | 2:16.12     |
|   | r:+0.82           | 31.32 | 33.60            | 35.50 35.70 |
| 2 | Johansson, Hanna  | 47    | Downtown/Bellvu  | 2:22.55     |
|   | r:+0.81           | 32.16 | 35.54            | 37.37 37.48 |
| 3 | Pappalardo, Susan | 47    | Bellevue Club    | 2:29.59     |
|   | r:+0.80           | 34.72 | 37.30            | 38.58 38.99 |
| 4 | Buehler, Paige    | 45    | Hydropower Maste | 2:33.15     |
|   | r:+0.87           | 35.54 | 38.32            | 40.16 39.13 |

**Women 45-49 500 Yard Freestyle**

PNA: 5:30.78 # 5/20/2007 LISA PACE

Zone: 5:22.00 \$ 5/22/2005 SUSANNE SIMPSON

NATL: 5:04.13 @ 4/11/2009 K PIPES-NEILSEN

|   |                  |       |               |             |
|---|------------------|-------|---------------|-------------|
| 1 | Lucco, Elizabeth | 47    | Bellevue Club | 6:08.40     |
|   | r:+0.82          | 33.17 | 35.85         | 36.98 37.56 |
|   |                  | 37.36 | 37.47         | 37.66 37.91 |
|   |                  | 37.78 | 36.66         |             |



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**Women 45-49 1650 Yard Freestyle**

PNA: 20:03.58 # 5/17/2002 JO MOORE

Zone: 18:03.61 \$ 5/22/2005 SUSANNE SIMPSON

NATL: 17:49.73 @ 4/22/2007 K PIPES-NEILSEN

|         |                    |       |       |          |       |          |
|---------|--------------------|-------|-------|----------|-------|----------|
| 1       | VanDeSompel, Wendy |       | 47    | Unat-Psm |       | 21:24.00 |
| r:+1.09 | 34.93              | 37.11 | 38.31 | 38.04    |       |          |
|         | 38.72              | 38.85 | 38.75 | 38.83    |       |          |
|         | 39.31              | 39.11 | 39.14 | 39.09    |       |          |
|         | 39.66              | 39.14 | 39.51 | 38.94    |       |          |
|         | 39.34              | 39.42 | 39.67 | 39.20    |       |          |
|         | 39.32              | 39.10 | 39.41 | 39.70    |       |          |
|         | 39.66              | 39.72 | 39.40 | 39.29    |       |          |
|         | 39.06              | 39.40 | 39.26 | 38.94    | 36.67 |          |

**Women 45-49 50 Yard Backstroke**

PNA: 30.05 # 5/10/2009 LISA DAHL

Zone: 27.69 \$ 5/23/2010 ELLEN REYNOLDS

NATL: 27.35 @ 12/21/200 K PIPES-NEILSEN

|   |                   |    |                 |       |
|---|-------------------|----|-----------------|-------|
| 1 | Hansen, Setsuko   | 49 | Mukilteo YMCA   | 33.38 |
|   | r:+0.65           |    |                 |       |
| 2 | Marsh-Limm, Margo | 46 | Mukilteo YMCA   | 37.21 |
|   | r:+0.73           |    |                 |       |
| 3 | Olsen, Kris       | 49 | Lake Washington | 37.45 |
|   | r:+0.79           |    |                 |       |
| 4 | Pappalardo, Susan | 47 | Bellevue Club   | 40.63 |
|   | r:+0.82           |    |                 |       |
| 5 | Antilla, Kristine | 45 | Ohana Swim Team | 40.74 |
|   | r:+0.76           |    |                 |       |
| 6 | Wiggins, Rhiana   | 46 | Unat-Psm        | 45.49 |
|   | r:+1.16           |    |                 |       |

**Women 45-49 100 Yard Backstroke**

PNA: 1:05.05 # 5/20/2007 ZENA COURTNEY

Zone: 57.83 \$ 5/23/2010 ELLEN REYNOLDS

NATL: 57.83 @ 5/23/2010 ELLEN REYNOLDS

|         |                 |       |                  |         |
|---------|-----------------|-------|------------------|---------|
| 1       | Hansen, Setsuko | 49    | Mukilteo YMCA    | 1:11.82 |
| r:+0.72 | 35.17           | 36.65 |                  |         |
| 2       | Buehler, Paige  | 45    | Hydropower Maste | 1:18.45 |
| r:+0.70 | 38.17           | 40.28 |                  |         |
| 3       | Olsen, Kris     | 49    | Lake Washington  | 1:18.63 |
| r:+0.73 | 37.60           | 41.03 |                  |         |
| 4       | Wiggins, Rhiana | 46    | Unat-Psm         | 1:39.79 |
| r:+0.90 | 47.47           | 52.32 |                  |         |

**Women 45-49 200 Yard Backstroke**

PNA: 2:19.72 # 5/20/2007 ZENA COURTNEY

Zone: 2:07.62 \$ 5/23/2010 ELLEN REYNOLDS

NATL: 2:04.65 @ 4/19/2009 K PIPES-NEILSEN

|         |                 |       |                  |         |
|---------|-----------------|-------|------------------|---------|
| 1       | Hansen, Setsuko | 49    | Mukilteo YMCA    | 2:35.36 |
| r:+0.75 | 36.70           | 39.34 | 39.92            | 39.40   |
| 2       | Marrs, Susan    | 48    | Blue Wave Aquati | 3:00.28 |
| r:+1.03 | 41.65           | 45.05 | 46.89            | 46.69   |

**Women 45-49 50 Yard Breaststroke**

PNA: 32.98 # 2/23/2014 MARY ARMSTRONG

Zone: 32.98 \$ 2/23/2014 MARY ARMSTRONG

NATL: 30.17 @ 5/20/2007 CAROLINE KRATTLI

|   |                   |    |                  |       |
|---|-------------------|----|------------------|-------|
| 1 | Armstrong, Mary   | 46 | Snohomish Aquati | 33.36 |
|   | r:+0.80           |    |                  |       |
| 2 | Marsh-Limm, Margo | 46 | Mukilteo YMCA    | 38.27 |
|   | r:+0.84           |    |                  |       |
| 3 | Olsen, Kris       | 49 | Lake Washington  | 39.29 |
|   | r:+0.87           |    |                  |       |
| 4 | Antilla, Kristine | 45 | Ohana Swim Team  | 40.25 |
|   | r:+0.85           |    |                  |       |
| 5 | Pappalardo, Susan | 47 | Bellevue Club    | 43.12 |
|   | r:+0.76           |    |                  |       |

**Women 45-49 100 Yard Breaststroke**

PNA: 1:15.41 # 2/23/2014 MARY ARMSTRONG

Zone: 1:11.61 \$ 5/14/2002 COLETTE CRABBE

NATL: 1:05.85 @ 3/27/2011 S VON DER LIPPE

|         |                   |       |                  |          |
|---------|-------------------|-------|------------------|----------|
| 1       | Armstrong, Mary   | 46    | Snohomish Aquati | 1:14.66# |
| r:+0.81 | 34.70             | 39.96 |                  |          |
| 2       | Johansson, Hanna  | 47    | Downtown/Bellvu  | 1:22.23  |
| r:+0.82 | 39.14             | 43.09 |                  |          |
| 3       | Olsen, Kris       | 49    | Lake Washington  | 1:26.40  |
| r:+0.80 | 39.92             | 46.48 |                  |          |
| 4       | Antilla, Kristine | 45    | Ohana Swim Team  | 1:28.48  |
| r:+0.78 | 41.45             | 47.03 |                  |          |

**Women 45-49 200 Yard Breaststroke**

PNA: 2:46.16 # 4/10/2005 TONYA BERG

Zone: 2:35.43 \$ 5/14/2002 COLETTE CRABBE

NATL: 2:22.76 @ 5/1/2011 S VON DER LIPPE

|         |                   |       |                 |         |
|---------|-------------------|-------|-----------------|---------|
| 1       | Antilla, Kristine | 45    | Ohana Swim Team | 3:16.30 |
| r:+0.88 | 44.66             | 50.20 | 50.29           | 51.15   |

**Women 45-49 50 Yard Butterfly**

PNA: 26.36 # 5/23/2010 LISA A DAHL

Zone: 26.36 \$ 5/23/2010 LISA A DAHL

NATL: 25.96 @ 4/21/2013 SUSAN WILLIAMS

|   |                   |    |                  |       |
|---|-------------------|----|------------------|-------|
| 1 | Hansen, Setsuko   | 49 | Mukilteo YMCA    | 32.64 |
|   | r:+0.88           |    |                  |       |
| 2 | Buehler, Paige    | 45 | Hydropower Maste | 33.55 |
|   | r:+0.77           |    |                  |       |
| 3 | Olsen, Kris       | 49 | Lake Washington  | 34.20 |
|   | r:+0.93           |    |                  |       |
| 4 | Marsh-Limm, Margo | 46 | Mukilteo YMCA    | 34.85 |
|   | r:+0.76           |    |                  |       |
| 5 | Marrs, Susan      | 48 | Blue Wave Aquati | 37.89 |
|   | r:+0.97           |    |                  |       |

**Women 45-49 100 Yard Butterfly**

PNA: 1:04.75 # 5/22/2005 MARY LIPPOLD

Zone: 59.39 \$ 5/4/2008 ARLENE DELMAGE

NATL: 56.97 @ 5/1/2011 S VON DER LIPPE

|         |                |       |                  |         |
|---------|----------------|-------|------------------|---------|
| 1       | Buehler, Paige | 45    | Hydropower Maste | 1:19.30 |
| r:+0.77 | 37.29          | 42.01 |                  |         |



## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**Women 45-49 200 Yard Butterfly**

PNA: 2:25.05 # 5/17/2002 MARY LIPPOLD

Zone: 2:14.69 \$ 5/4/2008 ARLENE DELMAGE

NATL: 2:07.39 @ 12/26/200 K PIPES-NEILSEN

|         |                    |         |                  |         |
|---------|--------------------|---------|------------------|---------|
| 1       | Tousignant, Andrea | 49      | North End Otters | 4:26.61 |
| r:+0.99 | 53.27              | 1:03.84 | 1:19.41          | 1:10.09 |

**Women 45-49 100 Yard IM**

PNA: 1:02.87 # 5/23/2010 LISA A DAHL

Zone: 1:02.87 \$ 5/23/2010 LISA A DAHL

NATL: 59.39 @ 4/28/2012 FALL WILLEBOORDSE

|         |                   |       |                  |         |
|---------|-------------------|-------|------------------|---------|
| 1       | Johansson, Hanna  | 47    | Downtown/Bellvu  | 1:14.36 |
| r:+0.83 | 34.72             | 39.64 |                  |         |
| 2       | Olsen, Kris       | 49    | Lake Washington  | 1:17.04 |
| r:+0.83 | 34.68             | 42.36 |                  |         |
| 3       | Marsh-Limm, Margo | 46    | Mukilteo YMCA    | 1:17.81 |
| r:+0.84 | 36.52             | 41.29 |                  |         |
| 4       | Buehler, Paige    | 45    | Hydropower Maste | 1:18.30 |
| r:+0.85 | 34.50             | 43.80 |                  |         |

**Women 45-49 200 Yard IM**

PNA: 2:19.88 # 5/20/2007 LISA PACE

Zone: 2:11.08 \$ 5/23/2010 ELLEN REYNOLDS

NATL: 2:07.26 @ 12/16/200 K PIPES-NEILSEN

|         |                   |       |                 |         |
|---------|-------------------|-------|-----------------|---------|
| 1       | Lucco, Elizabeth  | 47    | Bellevue Club   | 2:37.83 |
| r:+0.96 | 33.82             | 42.06 | 46.60           | 35.35   |
| 2       | Antilla, Kristine | 45    | Ohana Swim Team | 3:06.21 |
| r:+0.84 | 41.55             | 50.97 | 51.19           | 42.50   |

**Women 45-49 400 Yard IM**

PNA: 5:00.13 # 5/20/2007 LISA PACE

Zone: 4:42.95 \$ 4/15/2010 ELLEN REYNOLDS

NATL: 4:32.87 @ 12/26/200 K PIPES-NEILSEN

|         |                |       |                 |         |
|---------|----------------|-------|-----------------|---------|
| 1       | Sullivan, Suna | 47    | Lake Washington | 5:43.60 |
| r:+0.96 | 39.16          | 45.28 | 44.71           | 42.16   |
|         | 47.70          | 47.95 | 39.15           | 37.49   |

**Women 50-54 50 Yard Freestyle**

PNA: 25.68 # 4/29/2012 LISA A DAHL

Zone: 25.63 \$ 5/4/2008 K ANDRUS-HUGHES

NATL: 24.67 @ 5/12/2013 LESLIE LIVINGSTON

|         |                       |    |                  |       |
|---------|-----------------------|----|------------------|-------|
| 1       | Gengler Dahl, Sarah   | 51 | Unat-Psm         | 27.10 |
| r:+0.83 |                       |    |                  |       |
| 2       | Dillan, Gloria        | 54 | North End Otters | 31.32 |
| r:+0.87 |                       |    |                  |       |
| 3       | Claesson-Gordon, Lisa | 51 | Bainbridge Aquat | 32.13 |
| r:+0.99 |                       |    |                  |       |
| 4       | Owdziej, Barbara      | 54 | Vashon Island Ro | 32.94 |
| r:+1.00 |                       |    |                  |       |
| 5       | Clutter, Cynthia      | 54 | Mesa Masters     | 34.65 |
| r:+0.87 |                       |    |                  |       |
| 6       | Underbrink, Mary      | 54 | Lake Washington  | 35.97 |
| r:+0.97 |                       |    |                  |       |
| 7       | Harris, Kelli         | 50 | Monroe YMCA Mast | 39.22 |

**Women 50-54 100 Yard Freestyle**

PNA: 58.23 # 4/29/2012 LISA A DAHL

Zone: 56.59 \$ 5/4/2008 K ANDRUS-HUGHES

NATL: 54.38 @ 5/17/2002 LAURA VAL

|         |                       |       |                  |         |
|---------|-----------------------|-------|------------------|---------|
| 1       | Gengler Dahl, Sarah   | 51    | Unat-Psm         | 59.03   |
| r:+0.87 | 28.58                 | 30.45 |                  |         |
| 2       | Speir, Kris           | 50    | Ohana Swim Team  | 1:07.69 |
| r:+0.80 | 32.58                 | 35.11 |                  |         |
| 3       | Caswell, MJ           | 53    | Oregon Masters   | 1:08.28 |
| r:+0.92 | 32.17                 | 36.11 |                  |         |
| 4       | Claesson-Gordon, Lisa | 51    | Bainbridge Aquat | 1:11.74 |
| r:+0.92 | 34.73                 | 37.01 |                  |         |
| 5       | Fox, Christina        | 53    | Oregon Masters   | 1:14.62 |
| r:+1.01 | 36.21                 | 38.41 |                  |         |
| 6       | Underbrink, Mary      | 54    | Lake Washington  | 1:19.39 |
| r:+0.90 | 37.61                 | 41.78 |                  |         |
| 7       | McFarland, Cestjon    | 53    | Bainbridge Aquat | 1:22.82 |
| r:+1.07 | 38.44                 | 44.38 |                  |         |
| 8       | Newland, Lisa         | 51    | Unat-Psm         | 1:23.59 |
| r:+1.06 | 39.40                 | 44.19 |                  |         |
| 9       | Harris, Kelli         | 50    | Monroe YMCA Mast | 1:31.07 |
|         | 43.85                 | 47.22 |                  |         |

**Women 50-54 200 Yard Freestyle**

PNA: 2:07.91 # 5/20/2007 MARY LIPPOLD

Zone: 2:07.91 \$ 5/20/2007 MARY LIPPOLD

NATL: 1:58.53 @ 5/10/2013 JILL HERNANDEZ

|         |                     |       |                  |         |
|---------|---------------------|-------|------------------|---------|
| 1       | Gengler Dahl, Sarah | 51    | Unat-Psm         | 2:12.93 |
| r:+0.83 | 30.79               | 33.15 | 34.75            | 34.24   |
| 2       | Pace, Lisa          | 52    | Lake Washington  | 2:17.39 |
| r:+0.83 | 31.59               | 33.91 | 35.67            | 36.22   |
| 3       | Speir, Kris         | 50    | Ohana Swim Team  | 2:33.76 |
| r:+0.81 | 34.72               | 39.36 | 40.69            | 38.99   |
| 4       | McFarland, Cestjon  | 53    | Bainbridge Aquat | 3:08.09 |
| r:+0.96 | 41.83               | 46.84 | 51.58            | 47.84   |
| 5       | Shepherd, Terrie    | 51    | Monroe YMCA Mast | 3:16.90 |
| r:+0.87 | 43.65               | 50.42 | 52.56            | 50.27   |

**Women 50-54 500 Yard Freestyle**

PNA: 5:45.06 # 5/17/2002 BARB GUNDRED

Zone: 5:45.06 \$ 5/17/2002 BARB GUNDRED

NATL: 5:14.56 @ 5/12/2013 JILL HERNANDEZ

|         |                       |       |                |          |
|---------|-----------------------|-------|----------------|----------|
| 1       | Vaughn-Edmonds, Holly | 51    | Oregon Masters | 5:39.16# |
| r:+0.89 | 30.85                 | 33.67 | 34.29          | 34.32    |
|         | 34.57                 | 34.50 | 34.40          | 34.73    |
|         | 34.27                 | 33.56 |                |          |

**Women 50-54 500 Yard Freestyle**

PNA: 5:45.06 # 5/17/2002 BARB GUNDRED

Zone: 5:45.06 \$ 5/17/2002 BARB GUNDRED

NATL: 5:14.56 @ 5/12/2013 JILL HERNANDEZ

|         |                       |       |                |          |
|---------|-----------------------|-------|----------------|----------|
| 1       | Vaughn-Edmonds, Holly | 51    | Oregon Masters | 5:39.16# |
| r:+0.89 | 30.80                 | 33.28 | 34.02          | 34.06    |
|         | 34.28                 | 34.16 | 34.38          | 34.28    |
|         | 32.94                 | 36.96 |                |          |



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## Results

**(Women 50-54 500 Yard Freestyle)**

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 2       | Boyer, Diane     | 53    | Blue Wave Aquati | 7:04.13 |
|         | 38.64            | 41.87 | 42.37            | 42.89   |
|         | 43.50            | 43.40 | 43.24            | 43.98   |
|         | 44.23            | 40.01 |                  |         |
| 3       | Clutter, Cynthia | 54    | Mesa Masters     | 7:10.27 |
| r:+0.84 | 38.78            | 43.31 | 43.61            | 44.34   |
|         | 43.90            | 43.66 | 43.28            | 43.93   |
|         | 43.75            | 41.71 |                  |         |
| 4       | Underbrink, Mary | 54    | Lake Washington  | 8:08.09 |
| r:+0.98 | 42.10            | 49.01 | 49.61            | 49.64   |
|         | 50.80            | 50.98 | 50.57            | 50.38   |
|         | 48.59            | 46.41 |                  |         |
| 5       | Shepherd, Terrie | 51    | Monroe YMCA Mast | 8:40.22 |
| r:+1.00 | 45.70            | 51.45 | 53.98            | 54.23   |
|         | 54.60            | 53.92 | 53.94            | 53.54   |
|         | 52.55            | 46.31 |                  |         |

**Women 50-54 1000 Yard Freestyle**

**PNA: 12:00.62 # 5/17/2002 BARB GUNDRED**  
**Zone: 11:47.64 \$ 4/3/2011 MARY SWEAT**  
**NATL: 11:08.78 @ 2/17/2012 CAROLINE KRATTLI**

|   |                  |       |                  |          |
|---|------------------|-------|------------------|----------|
| 1 | Owdziej, Barbara | 54    | Vashon Island Ro | 15:38.54 |
|   | 41.88            | 44.23 | 46.16            | 46.48    |
|   | 46.86            | 47.92 | 47.30            | 48.20    |
|   | 47.58            | 47.45 | 48.09            | 47.42    |
|   | 47.46            | 48.24 | 47.86            | 47.39    |
|   | 47.57            | 47.46 | 47.03            | 45.96    |
| 2 | Newland, Lisa    | 51    | Unat-Psm         | 17:19.75 |
|   | 42.88            | 51.00 | 52.26            | 52.95    |
|   | 51.99            | 51.96 | 53.43            | 52.74    |
|   | 52.45            | 52.83 | 53.03            | 52.37    |
|   | 52.64            | 52.59 | 52.88            | 52.70    |
|   | 52.64            | 53.56 | 52.34            | 50.51    |

**Women 50-54 1650 Yard Freestyle**

**PNA: 20:06.43 # 5/20/2007 JO MOORE**  
**Zone: 19:33.72 \$ 4/3/2011 MARY SWEAT**  
**NATL: 18:42.24 @ 4/14/2002 LAURA VAL**

|         |                |       |                  |          |
|---------|----------------|-------|------------------|----------|
| 1       | Courtney, Zena | 54    | Blue Wave Aquati | 20:49.04 |
| r:+0.82 | 33.03          | 36.20 | 37.05            | 37.46    |
|         | 37.42          | 37.65 | 37.55            | 37.88    |
|         | 37.70          | 38.05 | 37.98            | 37.38    |
|         | 37.85          | 37.77 | 37.76            | 38.28    |
|         | 38.22          | 38.00 | 38.45            | 38.47    |
|         | 38.17          | 38.31 | 38.15            | 38.49    |
|         | 38.76          | 38.52 | 38.30            | 38.99    |
|         | 38.67          | 38.63 | 38.89            | 38.06    |
|         |                |       |                  | 36.95    |

**Women 50-54 50 Yard Backstroke**

**PNA: 31.07 # 5/18/2003 BARB GUNDRED**  
**Zone: 29.08 \$ 5/4/2008 K ANDRUS-HUGHES**  
**NATL: 27.04 @ 5/10/2013 LESLIE LIVINGSTON**

|         |                     |    |                  |       |
|---------|---------------------|----|------------------|-------|
| 1       | Courtney, Zena      | 54 | Blue Wave Aquati | 31.30 |
| r:+0.65 |                     |    |                  |       |
| 2       | Gengler Dahl, Sarah | 51 | Unat-Psm         | 31.95 |
| r:+0.79 |                     |    |                  |       |

|         |                    |    |                  |       |
|---------|--------------------|----|------------------|-------|
| 3       | Nespor, Donna      | 50 | Vashon Island Ro | 37.98 |
| r:+0.72 |                    |    |                  |       |
| 4       | McFarland, Cestjon | 53 | Bainbridge Aquat | 43.96 |
| r:+0.87 |                    |    |                  |       |
| 5       | Collins, Deirdre   | 52 | North End Otters | 46.12 |
| r:+0.80 |                    |    |                  |       |
| 6       | Newland, Lisa      | 51 | Unat-Psm         | 46.55 |
| r:+1.11 |                    |    |                  |       |
| 7       | Harris, Kelli      | 50 | Monroe YMCA Mast | 52.68 |
| r:+1.09 |                    |    |                  |       |

**Women 50-54 100 Yard Backstroke**

**PNA: 1:06.44 # 5/17/2002 BARB GUNDRED**  
**Zone: 1:02.67 \$ 5/4/2008 K ANDRUS-HUGHES**  
**NATL: 1:01.29 @ 4/27/2012 K PIPES-NEILSEN**

|         |                     |       |                  |          |
|---------|---------------------|-------|------------------|----------|
| 1       | Courtney, Zena      | 54    | Blue Wave Aquati | 1:06.04# |
| r:+0.71 | 32.51               | 33.53 |                  |          |
| 2       | Gengler Dahl, Sarah | 51    | Unat-Psm         | 1:08.82  |
| r:+0.85 | 33.98               | 34.84 |                  |          |
| 3       | Pace, Lisa          | 52    | Lake Washington  | 1:12.77  |
| r:+0.73 | 35.01               | 37.76 |                  |          |
| 4       | Nespor, Donna       | 50    | Vashon Island Ro | 1:25.45  |
| r:+0.79 | 42.14               | 43.31 |                  |          |
| 5       | McFarland, Cestjon  | 53    | Bainbridge Aquat | 1:41.11  |
| r:+0.87 | 47.71               | 53.40 |                  |          |
| 6       | Harris, Kelli       | 50    | Monroe YMCA Mast | 1:55.40  |
| r:+1.12 | 55.62               | 59.78 |                  |          |

**Women 50-54 200 Yard Backstroke**

**PNA: 2:24.87 # 1/19/2003 BARB GUNDRED**  
**Zone: 2:18.08 \$ 5/23/2010 K ANDRUS-HUGHES**  
**NATL: 2:13.93 @ 12/16/201 KARLYN PIPES**

|         |                     |       |                  |          |
|---------|---------------------|-------|------------------|----------|
| 1       | Courtney, Zena      | 54    | Blue Wave Aquati | 2:23.65# |
| r:+0.66 | 33.74               | 36.84 | 36.97            | 36.10    |
| 2       | Gengler Dahl, Sarah | 51    | Unat-Psm         | 2:33.86  |
| r:+0.74 | 36.12               | 38.34 | 39.94            | 39.46    |

**Women 50-54 50 Yard Breaststroke**

**PNA: 34.10 # 4/29/2012 LISA A DAHL**  
**Zone: 34.10 \$ 4/29/2012 LISA A DAHL**  
**NATL: 32.37 @ 5/21/2010 BRIGITTE HEUER**

|         |                  |    |                  |       |
|---------|------------------|----|------------------|-------|
| 1       | Voss, Julie      | 50 | Lake Washington  | 36.52 |
| r:+0.84 |                  |    |                  |       |
| 2       | Speir, Kris      | 50 | Ohana Swim Team  | 38.44 |
| r:+0.87 |                  |    |                  |       |
| 3       | Boyer, Diane     | 53 | Blue Wave Aquati | 40.59 |
| r:+1.05 |                  |    |                  |       |
| 4       | Clutter, Cynthia | 54 | Mesa Masters     | 44.39 |
| r:+0.78 |                  |    |                  |       |

**Women 50-54 100 Yard Breaststroke**

**PNA: 1:17.09 # 5/18/2003 A.LITZENBERGER**  
**Zone: 1:14.37 \$ 5/23/2010 COLETTE CRABBE**  
**NATL: 1:09.21 @ 2/18/2012 CAROLINE KRATTLI**

|         |             |       |                 |         |
|---------|-------------|-------|-----------------|---------|
| 1       | Voss, Julie | 50    | Lake Washington | 1:21.43 |
| r:+0.82 | 38.51       | 42.92 |                 |         |
| 2       | Speir, Kris | 50    | Ohana Swim Team | 1:24.52 |
| r:+0.82 | 39.90       | 44.62 |                 |         |



## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

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## Results

**(Women 50-54 100 Yard Breaststroke)**

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 3       | Caswell, MJ      | 53    | Oregon Masters   | 1:27.08 |
| r:+0.93 | 41.52            | 45.56 |                  |         |
| 4       | Boyer, Diane     | 53    | Blue Wave Aquati | 1:27.66 |
| r:+1.02 | 42.81            | 44.85 |                  |         |
| 5       | Fox, Christina   | 53    | Oregon Masters   | 1:33.06 |
| r:+0.93 | 44.64            | 48.42 |                  |         |
| 6       | Clutter, Cynthia | 54    | Mesa Masters     | 1:39.62 |
| r:+0.84 | 46.82            | 52.80 |                  |         |
| 7       | Shepherd, Terrie | 51    | Monroe YMCA Mast | 1:43.14 |
| r:+0.90 | 49.14            | 54.00 |                  |         |

**Women 50-54 200 Yard Breaststroke**

PNA: 2:47.75 # 5/20/2007 ANDRA JAUNZEME

Zone: 2:41.73 \$ 5/23/2010 COLETTE CRABBE

NATL: 2:29.92 @ 2/20/2012 CAROLINE KRATTLI

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 1       | Speir, Kris      | 50    | Ohana Swim Team  | 3:05.63 |
| r:+0.86 | 43.00            | 47.96 | 48.41            | 46.26   |
| 2       | Fox, Christina   | 53    | Oregon Masters   | 3:18.80 |
| r:+0.99 | 45.10            | 49.17 | 51.60            | 52.93   |
| 3       | Collins, Deirdre | 52    | North End Otters | 3:19.99 |
| r:+0.90 | 45.39            | 50.65 | 52.27            | 51.68   |
| 4       | Clutter, Cynthia | 54    | Mesa Masters     | 3:25.10 |
| r:+0.87 | 47.41            | 53.28 | 52.52            | 51.89   |
| ---     | Caswell, MJ      | 53    | Oregon Masters   | DNF     |
|         | Did not finish   |       |                  |         |
| r:+1.00 | 43.94            | 48.19 | 1:45.81          |         |

**Women 50-54 50 Yard Butterfly**

PNA: 27.94 # 4/29/2012 LISA A DAHL

Zone: 27.94 \$ 4/29/2012 LISA A DAHL

NATL: 25.70 @ 5/11/2013 LESLIE LIVINGSTON

|         |                    |    |                  |       |
|---------|--------------------|----|------------------|-------|
| 1       | Courtney, Zena     | 54 | Blue Wave Aquati | 30.61 |
| r:+0.77 |                    |    |                  |       |
| 2       | Dillan, Gloria     | 54 | North End Otters | 34.31 |
| r:+0.86 |                    |    |                  |       |
| 3       | Voss, Julie        | 50 | Lake Washington  | 35.15 |
| r:+0.82 |                    |    |                  |       |
| 4       | McFarland, Cestjon | 53 | Bainbridge Aquat | 43.75 |
| r:+1.08 |                    |    |                  |       |
| 5       | Underbrink, Mary   | 54 | Lake Washington  | 46.32 |
| r:+1.01 |                    |    |                  |       |

**Women 50-54 100 Yard Butterfly**

PNA: 1:03.93 # 5/20/2007 MARY LIPPOLD

Zone: 1:03.45 \$ 4/10/2005 ROBIN PARISI

NATL: 1:00.17 @ 5/12/2013 JILL HERNANDEZ

|         |                |       |                  |         |
|---------|----------------|-------|------------------|---------|
| 1       | Caswell, MJ    | 53    | Oregon Masters   | 1:15.76 |
| r:+0.90 | 34.01          | 41.75 |                  |         |
| 2       | Dillan, Gloria | 54    | North End Otters | 1:20.11 |
| r:+0.80 | 38.04          | 42.07 |                  |         |

**Women 50-54 200 Yard Butterfly**

PNA: 2:28.45 # 5/20/2007 MARY LIPPOLD

Zone: 2:24.36 \$ 5/23/2010 COLETTE CRABBE

NATL: 2:15.18 @ 5/17/2002 LAURA VAL

|         |                |       |                  |         |
|---------|----------------|-------|------------------|---------|
| 1       | Dillan, Gloria | 54    | North End Otters | 2:58.18 |
| r:+0.97 | 37.62          | 44.26 | 47.59            | 48.71   |

**Women 50-54 100 Yard IM**

PNA: 1:06.60 # 4/15/2012 LISA DAHL

Zone: 1:05.66 \$ 4/10/2005 ROBIN PARISI

NATL: 1:02.18 @ 4/28/2012 K PIPES-NEILSEN

|         |                    |         |                  |         |
|---------|--------------------|---------|------------------|---------|
| 1       | Courtney, Zena     | 54      | Blue Wave Aquati | 1:09.25 |
| r:+0.81 | 30.89              | 38.36   |                  |         |
| 2       | Pace, Lisa         | 52      | Lake Washington  | 1:13.80 |
| r:+0.82 | 34.14              | 39.66   |                  |         |
| 3       | Speir, Kris        | 50      | Ohana Swim Team  | 1:17.60 |
| r:+0.85 | 37.58              | 40.02   |                  |         |
| 4       | Dillan, Gloria     | 54      | North End Otters | 1:18.96 |
| r:+0.85 | 36.08              | 42.88   |                  |         |
| 5       | Parsons, Susan     | 54      | Vashon Island Ro | 1:24.33 |
| r:+0.94 | 37.48              | 46.85   |                  |         |
| 6       | Nespor, Donna      | 50      | Vashon Island Ro | 1:26.01 |
| r:+0.91 | 41.30              | 44.71   |                  |         |
| 7       | Collins, Deirdre   | 52      | North End Otters | 1:33.27 |
| r:+0.84 | 45.53              | 47.74   |                  |         |
| 8       | Underbrink, Mary   | 54      | Lake Washington  | 1:39.53 |
| r:+1.00 | 49.10              | 50.43   |                  |         |
| 9       | Newland, Lisa      | 51      | Unat-Psm         | 1:40.73 |
| r:+1.10 | 48.20              | 52.53   |                  |         |
| 10      | McFarland, Cestjon | 53      | Bainbridge Aquat | 1:44.96 |
| r:+0.98 | 46.65              | 58.31   |                  |         |
| 11      | Harris, Kelli      | 50      | Monroe YMCA Mast | 1:57.11 |
|         | 54.73              | 1:02.38 |                  |         |

**Women 50-54 200 Yard IM**

PNA: 2:30.73 # 5/18/2003 CHARLOTTE DAVIS

Zone: 2:23.94 \$ 5/23/2010 COLETTE CRABBE

NATL: 2:14.40 @ 5/12/2013 JILL HERNANDEZ

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 1       | Pace, Lisa       | 52    | Lake Washington  | 2:39.07 |
| r:+0.85 | 35.51            | 40.49 | 48.77            | 34.30   |
| 2       | Boyer, Diane     | 53    | Blue Wave Aquati | 3:03.20 |
| r:+1.05 | 46.30            | 47.62 | 48.41            | 40.87   |
| 3       | Shepherd, Terrie | 51    | Monroe YMCA Mast | 3:30.47 |
| r:+0.95 | 44.41            | 59.05 | 58.32            | 48.69   |
| 4       | Underbrink, Mary | 54    | Lake Washington  | 3:37.87 |
| r:+1.05 | 49.59            | 59.73 | 1:03.25          | 45.30   |

**Women 55-59 50 Yard Freestyle**

PNA: 26.99 # 5/10/2009 CHARLOTTE DAVIS

Zone: 26.17 \$ 5/9/2013 K ANDRUS-HUGHES

NATL: 25.29 @ 5/10/2009 LAURA VAL

|         |                       |    |                  |       |
|---------|-----------------------|----|------------------|-------|
| 1       | Lippold, Mary         | 58 | North End Otters | 28.80 |
| r:+0.85 |                       |    |                  |       |
| 2       | Greig-Walker, Melinda | 56 | Alaska Masters S | 29.84 |
| r:+0.87 |                       |    |                  |       |
| 3       | DeWolf, MJ            | 55 | Oregon Masters   | 30.56 |
| r:+0.73 |                       |    |                  |       |
| 4       | Hair, Margaret        | 59 | Lewis Clark Nept | 31.65 |
| r:+0.84 |                       |    |                  |       |
| 5       | White, Mary Ann       | 55 | Blue Wave Aquati | 31.67 |
| r:+0.94 |                       |    |                  |       |
| 6       | Moore, Sheila         | 55 | Lake Washington  | 32.43 |
| r:+0.97 |                       |    |                  |       |

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## Results

**(Women 55-59 50 Yard Freestyle)**

|    |                     |    |                  |       |
|----|---------------------|----|------------------|-------|
| 7  | Hickel, Jessie      | 55 | Blue Wave Aquati | 32.62 |
|    | r:+0.90             |    |                  |       |
| 8  | Zappone, Peggy      | 55 | Skagit Valley Ma | 35.09 |
|    | r:+0.87             |    |                  |       |
| 9  | Kilborn-Miller, Pam | 55 | Husky Masters    | 36.32 |
|    | r:+0.97             |    |                  |       |
| 10 | Oliver, Kathleen    | 55 | Blue Wave Aquati | 37.76 |
|    | r:+1.06             |    |                  |       |
| 11 | Tomlinson-Macias,   | 55 | Hydropower Maste | 38.99 |
|    | r:+1.14             |    |                  |       |

**Women 55-59 100 Yard Freestyle**

**PNA: 59.08 # 5/22/2005 CHARLOTTE DAVIS**  
**Zone: 57.35 \$ 5/9/2013 K ANDRUS-HUGHES**  
**NATL: 54.72 @ 5/4/2008 LAURA VAL**

|   |                       |    |                  |         |
|---|-----------------------|----|------------------|---------|
| 1 | Lippold, Mary         | 58 | North End Otters | 1:04.67 |
|   | r:+0.84 31.53 33.14   |    |                  |         |
| 2 | Greig-Walker, Melinda | 56 | Alaska Masters S | 1:04.85 |
|   | r:+0.88 31.50 33.35   |    |                  |         |
| 3 | Marocco, Laurie       | 57 | Blue Wave Aquati | 1:08.61 |
|   | r:+0.98 33.40 35.21   |    |                  |         |
| 4 | Moore, Sheila         | 55 | Lake Washington  | 1:10.90 |
|   | r:+0.94 33.51 37.39   |    |                  |         |
| 5 | Hickel, Jessie        | 55 | Blue Wave Aquati | 1:11.14 |
|   | r:+0.89 34.59 36.55   |    |                  |         |
| 6 | Chapman, Linda        | 58 | Lake Washington  | 1:11.59 |
|   | r:+0.83 34.28 37.31   |    |                  |         |
| 7 | Kilborn-Miller, Pam   | 55 | Husky Masters    | 1:20.00 |
|   | r:+1.02 37.45 42.55   |    |                  |         |
| 8 | Zappone, Peggy        | 55 | Skagit Valley Ma | 1:20.07 |
|   | r:+0.89 36.41 43.66   |    |                  |         |
| 9 | Tomlinson-Macias,     | 55 | Hydropower Maste | 1:34.89 |
|   | r:+1.14 44.51 50.38   |    |                  |         |

**Women 55-59 200 Yard Freestyle**

**PNA: 2:13.76 # 4/9/2006 CHARLOTTE DAVIS**  
**Zone: 2:09.20 \$ 5/9/2013 K ANDRUS-HUGHES**  
**NATL: 1:59.02 @ 5/10/2009 LAURA VAL**

|   |                                 |    |                  |         |
|---|---------------------------------|----|------------------|---------|
| 1 | Greig-Walker, Melinda           | 56 | Alaska Masters S | 2:23.62 |
|   | r:+0.86 33.60 36.49 37.01 36.52 |    |                  |         |
| 2 | Wainwright, Joanne              | 58 | Alaska Masters S | 2:30.97 |
|   | r:+0.86 34.48 38.13 39.48 38.88 |    |                  |         |
| 3 | Marocco, Laurie                 | 57 | Blue Wave Aquati | 2:31.55 |
|   | r:+0.91 35.18 38.13 39.19 39.05 |    |                  |         |
| 4 | Moore, Sheila                   | 55 | Lake Washington  | 2:34.36 |
|   | r:+0.97 37.32 39.28 39.84 37.92 |    |                  |         |
| 5 | Hair, Margaret                  | 59 | Lewis Clark Nept | 2:36.41 |
|   | r:+0.78 35.34 39.07 40.59 41.41 |    |                  |         |

**Women 55-59 500 Yard Freestyle**

**PNA: 5:53.66 # 5/20/2007 BARB GUNDRED**  
**Zone: 5:53.66 \$ 5/20/2007 BARB GUNDRED**  
**NATL: 5:27.33 @ 1/25/2009 LAURA VAL**

|   |                                                                     |    |                  |         |
|---|---------------------------------------------------------------------|----|------------------|---------|
| 1 | Lippold, Mary                                                       | 58 | North End Otters | 6:22.75 |
|   | r:+0.91 35.00 37.89 39.42 39.10 39.40 39.13 38.94 38.57 38.31 36.99 |    |                  |         |
| 2 | Greig-Walker, Melinda                                               | 56 | Alaska Masters S | 6:26.45 |
|   | r:+0.93 35.55 38.37 39.08 39.38 39.08 38.85 39.17 39.51 39.52 37.94 |    |                  |         |
| 3 | Moore, Sheila                                                       | 55 | Lake Washington  | 6:49.89 |
|   | r:+1.08 37.40 41.27 41.90 42.22 41.97 42.03 41.77 41.62 40.60 39.11 |    |                  |         |
| 4 | Bailey, Ann                                                         | 58 | Port Townsend Ma | 7:51.64 |
|   | r:+1.19 41.41 45.64 48.27 48.28 47.96 48.77 48.52 48.45 48.32 46.02 |    |                  |         |

**Women 55-59 1000 Yard Freestyle**

**PNA: 12:11.10 # 5/20/2007 BARB GUNDRED**  
**Zone: 12:00.87 \$ 3/22/2013 MARY SWEAT**  
**NATL: 11:20.53 @ 3/13/2010 LAURA VAL**

|   |                                                                                                                                 |    |                  |          |
|---|---------------------------------------------------------------------------------------------------------------------------------|----|------------------|----------|
| 1 | Wainwright, Joanne                                                                                                              | 58 | Alaska Masters S | 14:00.98 |
|   | r:+0.89 36.81 40.76 41.89 42.32 42.59 42.77 42.98 42.95 43.01 42.95 42.73 42.59 42.69 42.46 42.79 42.43 42.35 42.41 41.79 39.71 |    |                  |          |
| 2 | Hickel, Jessie                                                                                                                  | 55 | Blue Wave Aquati | 14:14.55 |
|   | r:+0.95 36.96 41.02 42.73 43.75 44.30 43.06 43.43 44.02 43.72 42.88 43.17 43.25 43.12 43.30 42.86 43.46 42.28 43.00 42.39 41.85 |    |                  |          |
| 3 | White, Mary Ann                                                                                                                 | 55 | Blue Wave Aquati | 14:16.92 |
|   | 37.88 41.00 42.63 42.88 43.40 43.26 43.47 43.63 43.48 43.47 43.76 43.65 43.79 43.48 43.62 43.33 43.49 43.40 42.93 40.37         |    |                  |          |
| 4 | Bailey, Ann                                                                                                                     | 58 | Port Townsend Ma | 15:59.79 |
|   | 40.35 45.62 47.67 48.45 47.67 48.31 48.34 48.57 48.80 48.64 48.81 50.48 48.87 49.00 49.61 49.78 49.21 47.74 47.36 46.51         |    |                  |          |

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## Results

**Women 55-59 1650 Yard Freestyle**

PNA: 21:40.40 # 5/21/2001 SUZANNE DILLS

Zone: 19:52.42 \$ 3/22/2013 MARY SWEAT

NATL: 18:56.04 @ 4/16/2010 LAURA VAL

|         |               |       |                 |          |
|---------|---------------|-------|-----------------|----------|
| 1       | Moore, Sheila | 55    | Lake Washington | 23:21.05 |
| r:+1.05 | 39.15         | 41.60 | 42.46           | 42.96    |
|         | 42.87         | 42.85 | 42.79           | 42.98    |
|         | 42.47         | 42.41 | 42.64           | 42.27    |
|         | 42.43         | 42.14 | 42.14           | 42.63    |
|         | 42.21         | 42.41 | 42.24           | 42.26    |
|         | 42.25         | 42.17 | 42.13           | 42.70    |
|         | 42.40         | 42.59 | 42.76           | 43.24    |
|         | 43.07         | 43.34 | 43.01           | 43.34    |
|         |               |       |                 | 42.14    |
| 2       | Muir, Guila   | 59    | Husky Masters   | 31:11.24 |
|         | 49.17         | 55.13 | 57.35           | 57.46    |
|         | 57.65         | 56.35 | 55.73           | 56.93    |
|         | 56.87         | 56.93 | 55.60           | 56.79    |
|         | 55.97         | 57.04 | 56.44           | 55.97    |
|         | 57.10         | 57.51 | 57.45           | 57.60    |
|         | 57.38         | 57.33 | 56.89           | 58.25    |
|         | 56.60         | 57.39 | 57.42           | 58.00    |
|         | 56.73         | 56.27 | 57.06           | 57.22    |
|         |               |       |                 | 57.66    |

**Women 55-59 50 Yard Backstroke**

PNA: 33.51 # 2/17/2013 CAMILLE THOMPSON

Zone: 29.97 \$ 5/9/2013 K ANDRUS-HUGHES

NATL: 28.88 @ 3/28/2010 LAURA VAL

|         |                       |    |                  |       |
|---------|-----------------------|----|------------------|-------|
| 1       | Greig-Walker, Melinda | 56 | Alaska Masters S | 36.32 |
| r:+0.76 |                       |    |                  |       |
| 2       | Marocco, Laurie       | 57 | Blue Wave Aquati | 36.67 |
| r:+0.76 |                       |    |                  |       |
| 3       | Jaeger, Dawn          | 57 | Lake Washington  | 36.70 |
| r:+0.82 |                       |    |                  |       |
| 4       | Kilborn-Miller, Pam   | 55 | Husky Masters    | 40.16 |
| r:+0.75 |                       |    |                  |       |
| 5       | Zappone, Peggy        | 55 | Skagit Valley Ma | 45.17 |
| r:+0.84 |                       |    |                  |       |
| 6       | Oliver, Kathleen      | 55 | Blue Wave Aquati | 47.27 |
| r:+0.73 |                       |    |                  |       |
| 7       | Tomlinson-Macias,     | 55 | Hydropower Maste | 47.49 |
| r:+0.95 |                       |    |                  |       |

**Women 55-59 100 Yard Backstroke**

PNA: 1:09.59 # 5/20/2007 BARB GUNDRED

Zone: 1:05.23 \$ 5/9/2013 K ANDRUS-HUGHES

NATL: 1:04.65 @ 5/23/2010 LAURA VAL

|         |                       |       |                  |         |
|---------|-----------------------|-------|------------------|---------|
| 1       | Greig-Walker, Melinda | 56    | Alaska Masters S | 1:15.51 |
| r:+0.73 | 37.36                 | 38.15 |                  |         |
| 2       | Jaeger, Dawn          | 57    | Lake Washington  | 1:18.26 |
| r:+0.91 | 37.80                 | 40.46 |                  |         |
| 3       | Marocco, Laurie       | 57    | Blue Wave Aquati | 1:20.75 |
| r:+0.66 | 39.79                 | 40.96 |                  |         |
| 4       | Kilborn-Miller, Pam   | 55    | Husky Masters    | 1:27.72 |
| r:+0.78 | 41.08                 | 46.64 |                  |         |
| 5       | Tomlinson-Macias,     | 55    | Hydropower Maste | 1:51.66 |
| r:+1.05 | 52.58                 | 59.08 |                  |         |

**Women 55-59 200 Yard Backstroke**

PNA: 2:28.88 # 5/20/2007 BARB GUNDRED

Zone: 2:24.00 \$ 5/9/2013 K ANDRUS-HUGHES

NATL: 2:21.27 @ 2/6/2010 LAURA VAL

|         |                 |       |                  |         |
|---------|-----------------|-------|------------------|---------|
| 1       | Marocco, Laurie | 57    | Blue Wave Aquati | 2:51.51 |
| r:+0.72 | 40.32           | 43.53 | 44.48            | 43.18   |

**Women 55-59 50 Yard Breaststroke**

PNA: 36.21 # 5/4/2008 ANDRA JAUNZEME

Zone: 35.06 \$ 5/14/2002 GINGER PIERSON

NATL: 33.76 @ 5/14/2011 LISA BENNETT

|                       |                 |    |                  |       |
|-----------------------|-----------------|----|------------------|-------|
| 1                     | DeWolf, MJ      | 55 | Oregon Masters   | 39.22 |
| r:+0.80               |                 |    |                  |       |
| 2                     | Chapman, Linda  | 58 | Lake Washington  | 39.45 |
| r:+0.86               |                 |    |                  |       |
| 3                     | White, Mary Ann | 55 | Blue Wave Aquati | 41.39 |
| r:+0.91               |                 |    |                  |       |
| 4                     | Zappone, Peggy  | 55 | Skagit Valley Ma | 44.38 |
| r:+0.88               |                 |    |                  |       |
| ---                   | Muir, Guila     | 59 | Husky Masters    | DQ    |
| Non-simultaneous arms |                 |    |                  |       |

**Women 55-59 100 Yard Breaststroke**

PNA: 1:18.23 # 5/4/2008 ANDRA JAUNZEME

Zone: 1:17.43 \$ 4/25/2004 GINGER PIERSON

NATL: 1:13.91 @ 5/13/2011 LISA BENNETT

|         |                 |       |                  |         |
|---------|-----------------|-------|------------------|---------|
| 1       | Chapman, Linda  | 58    | Lake Washington  | 1:25.64 |
| r:+0.82 | 40.56           | 45.08 |                  |         |
| 2       | Jaeger, Dawn    | 57    | Lake Washington  | 1:27.66 |
| r:+0.94 | 41.92           | 45.74 |                  |         |
| 3       | Hair, Margaret  | 59    | Lewis Clark Nept | 1:29.06 |
| r:+0.86 | 42.17           | 46.89 |                  |         |
| 4       | DeWolf, MJ      | 55    | Oregon Masters   | 1:29.52 |
| r:+0.76 | 41.91           | 47.61 |                  |         |
| 5       | White, Mary Ann | 55    | Blue Wave Aquati | 1:31.43 |
| r:+0.94 | 42.91           | 48.52 |                  |         |
| 6       | Zappone, Peggy  | 55    | Skagit Valley Ma | 1:39.05 |
| r:+0.90 | 45.09           | 53.96 |                  |         |

**Women 55-59 200 Yard Breaststroke**

PNA: 2:50.32 # 5/4/2008 ANDRA JAUNZEME

Zone: 2:50.32 \$ 5/4/2008 ANDRA JAUNZEME

NATL: 2:40.19 @ 5/10/2009 CATHERINE KOHN

|         |                    |       |                  |         |
|---------|--------------------|-------|------------------|---------|
| 1       | Berg, Tonya        | 55    | Greenlake Aquadu | 2:56.71 |
| r:+0.92 | 39.05              | 43.67 | 46.20            | 47.79   |
| 2       | Chapman, Linda     | 58    | Lake Washington  | 3:01.17 |
| r:+0.85 | 40.89              | 45.83 | 47.03            | 47.42   |
| 3       | Wainwright, Joanne | 58    | Alaska Masters S | 3:11.01 |
| r:+0.90 | 43.68              | 49.77 | 49.65            | 47.91   |
| 4       | Hair, Margaret     | 59    | Lewis Clark Nept | 3:16.51 |
| r:+0.83 | 43.11              | 48.66 | 50.81            | 53.93   |

**Women 55-59 50 Yard Butterfly**

PNA: 29.90 # 5/14/2006 CHARLOTTE DAVIS

Zone: 29.90 \$ 5/14/2006 CHARLOTTE DAVIS

NATL: 27.45 @ 5/11/2013 TRACI GRANGER

|         |               |    |                  |       |
|---------|---------------|----|------------------|-------|
| 1       | Lippold, Mary | 58 | North End Otters | 32.99 |
| r:+0.89 |               |    |                  |       |



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**(Women 55-59 50 Yard Butterfly)**

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 2 | Jaeger, Dawn    | 57 | Lake Washington  | 34.16 |
|   | r:+0.96         |    |                  |       |
| 3 | Hair, Margaret  | 59 | Lewis Clark Nept | 35.19 |
|   | r:+0.92         |    |                  |       |
| 4 | White, Mary Ann | 55 | Blue Wave Aquati | 36.02 |
|   | r:+0.93         |    |                  |       |

**Women 55-59 100 Yard Butterfly****PNA: 1:08.31 # 5/14/2006 CHARLOTTE DAVIS****Zone: 1:08.31 \$ 5/14/2006 CHARLOTTE DAVIS****NATL: 1:01.31 @ 5/10/2009 LAURA VAL**

|   |                     |    |                  |         |
|---|---------------------|----|------------------|---------|
| 1 | Lippold, Mary       | 58 | North End Otters | 1:13.38 |
|   | r:+0.90 35.15 38.23 |    |                  |         |
| 2 | Wainwright, Joanne  | 58 | Alaska Masters S | 1:17.34 |
|   | r:+0.85 37.46 39.88 |    |                  |         |
| 3 | Bailey, Ann         | 58 | Port Townsend Ma | 1:27.40 |
|   | r:+1.22 39.86 47.54 |    |                  |         |

**Women 55-59 200 Yard Butterfly****PNA: 2:39.75 # 5/1/2011 MARY B LIPPOLD****Zone: 2:31.47 \$ 2/12/2012 COLETTE CRABBE****NATL: 2:16.28 @ 5/10/2009 LAURA VAL**

|   |                                 |    |                  |         |
|---|---------------------------------|----|------------------|---------|
| 1 | Hickel, Jessie                  | 55 | Blue Wave Aquati | 3:20.19 |
|   | r:+0.93 44.19 54.42 52.33 49.25 |    |                  |         |
| 2 | Bailey, Ann                     | 58 | Port Townsend Ma | 3:20.22 |
|   | r:+0.99 41.97 50.23 54.13 53.89 |    |                  |         |

**Women 55-59 100 Yard IM****PNA: 1:08.54 # 5/10/2009 CHARLOTTE DAVIS****Zone: 1:08.54 \$ 5/10/2009 CHARLOTTE DAVIS****NATL: 1:05.21 @ 5/20/2007 LAURA VAL**

|   |                     |    |                  |         |
|---|---------------------|----|------------------|---------|
| 1 | Berg, Tonya         | 55 | Greenlake Aquadu | 1:17.62 |
|   | r:+0.88 37.33 40.29 |    |                  |         |
| 2 | Jaeger, Dawn        | 57 | Lake Washington  | 1:18.30 |
|   | r:+0.95 35.30 43.00 |    |                  |         |
| 3 | Chapman, Linda      | 58 | Lake Washington  | 1:20.48 |
|   | r:+0.82 38.77 41.71 |    |                  |         |
| 4 | Hair, Margaret      | 59 | Lewis Clark Nept | 1:20.59 |
|   | r:+0.80 37.88 42.71 |    |                  |         |
| 5 | White, Mary Ann     | 55 | Blue Wave Aquati | 1:22.84 |
|   | r:+0.95 38.20 44.64 |    |                  |         |
| 6 | Zappone, Peggy      | 55 | Skagit Valley Ma | 1:34.10 |
|   | r:+0.91 42.76 51.34 |    |                  |         |
| 7 | Oliver, Kathleen    | 55 | Blue Wave Aquati | 1:43.85 |
|   | r:+1.18 48.49 55.36 |    |                  |         |
| 8 | Tomlinson-Macias,   | 55 | Hydropower Maste | 1:47.36 |
|   | r:+1.12 47.42 59.94 |    |                  |         |

**Women 55-59 200 Yard IM****PNA: 2:29.14 # 5/22/2005 CHARLOTTE DAVIS****Zone: 2:29.14 \$ 5/22/2005 CHARLOTTE DAVIS****NATL: 2:21.91 @ 5/22/2010 LAURA VAL**

|   |                                 |    |                 |         |
|---|---------------------------------|----|-----------------|---------|
| 1 | Jaeger, Dawn                    | 57 | Lake Washington | 2:48.92 |
|   | r:+0.95 35.59 42.55 51.27 39.51 |    |                 |         |

**Women 55-59 400 Yard IM****PNA: 5:20.36 # 5/20/2007 CHARLOTTE DAVIS****Zone: 5:18.42 \$ 2/12/2012 COLETTE CRABBE****NATL: 5:03.92 @ 5/7/2010 LAURA VAL**

|   |                                 |    |                  |         |
|---|---------------------------------|----|------------------|---------|
| 1 | Wainwright, Joanne              | 58 | Alaska Masters S | 6:05.19 |
|   | r:+0.93 39.26 43.45 46.63 47.72 |    |                  |         |
|   | 53.35 53.08 41.81 39.89         |    |                  |         |
| 2 | Hickel, Jessie                  | 55 | Blue Wave Aquati | 6:21.38 |
|   | r:+0.94 46.51 52.49 46.63 46.58 |    |                  |         |
|   | 55.44 52.50 42.33 38.90         |    |                  |         |

**Women 60-64 50 Yard Freestyle****PNA: 27.20 # 5/9/2013 CHARLOTTE M DAVIS****Zone: 27.20 \$ 5/9/2013 CHARLOTTE M DAVIS****NATL: 26.57 @ 4/21/2012 LAURA VAL**

|   |                   |    |                  |       |
|---|-------------------|----|------------------|-------|
| 1 | Davis, Charlotte  | 63 | Lake Washington  | 28.13 |
|   | r:+0.76           |    |                  |       |
| 2 | Kassen, Elizabeth | 62 | South Sound Mast | 33.19 |
|   | r:+0.94           |    |                  |       |
| 3 | Blackburn, Jean   | 62 | Blue Wave Aquati | 33.26 |
|   | r:+1.05           |    |                  |       |
| 4 | Monro-Lamb, Jean  | 61 | Sequim Aquatic R | 34.55 |
|   | r:+1.16           |    |                  |       |
| 5 | Cunningham, Patti | 60 | Blue Wave Aquati | 36.18 |
|   | r:+1.23           |    |                  |       |
| 6 | Johnson, Barbara  | 64 | Sequim Aquatic R | 49.98 |
|   | r:+0.96           |    |                  |       |

**Women 60-64 100 Yard Freestyle****PNA: 59.41 # 5/23/2010 CHARLOTTE M DAVIS****Zone: 59.41 \$ 5/23/2010 CHARLOTTE M DAVIS****NATL: 56.45 @ 4/29/2012 LAURA VAL**

|   |                        |    |                  |         |
|---|------------------------|----|------------------|---------|
| 1 | Davis, Charlotte       | 63 | Lake Washington  | 1:01.98 |
|   | r:+0.65 30.51 31.47    |    |                  |         |
| 2 | Monro-Lamb, Jean       | 61 | Sequim Aquatic R | 1:19.31 |
|   | r:+0.96 37.18 42.13    |    |                  |         |
| 3 | Cunningham, Patti      | 60 | Blue Wave Aquati | 1:24.91 |
|   | r:+1.17 41.40 43.51    |    |                  |         |
| 4 | Duggan, Patricia (Pat) | 60 | Blue Wave Aquati | 1:26.16 |
|   | r:+1.15 42.43 43.73    |    |                  |         |
| 5 | Johnson, Barbara       | 64 | Sequim Aquatic R | 1:45.93 |
|   | r:+0.94 50.54 55.39    |    |                  |         |

**Women 60-64 200 Yard Freestyle****PNA: 2:13.65 # 5/1/2011 CHARLOTTE M DAVIS****Zone: 2:13.65 \$ 5/1/2011 CHARLOTTE M DAVIS****NATL: 2:06.14 @ 4/5/2013 LAURA VAL**

|   |                                 |    |                  |         |
|---|---------------------------------|----|------------------|---------|
| 1 | Kassen, Elizabeth               | 62 | South Sound Mast | 2:35.47 |
|   | r:+0.98 35.71 39.26 40.58 39.92 |    |                  |         |
| 2 | Cunningham, Patti               | 60 | Blue Wave Aquati | 2:58.61 |
|   | r:+1.26 39.77 44.45 46.81 47.58 |    |                  |         |

## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**Women 60-64 500 Yard Freestyle**

PNA: 5:57.32 # 5/1/2011 CHARLOTTE M DAVIS

Zone: 5:57.32 \$ 5/1/2011 CHARLOTTE M DAVIS

NATL: 5:42.84 @ 3/30/2012 LAURA VAL

|         |                        |         |                  |         |
|---------|------------------------|---------|------------------|---------|
| 1       | Kassen, Elizabeth      | 62      | South Sound Mast | 6:51.60 |
| r:+0.99 | 36.18                  | 40.73   | 41.99            | 42.34   |
|         | 42.19                  | 42.69   | 42.19            | 42.23   |
|         | 41.56                  | 39.50   |                  |         |
| 2       | Duggan, Patricia (Pat) | 60      | Blue Wave Aquati | 8:13.75 |
| r:+1.15 | 47.13                  | 50.71   | 50.69            | 51.14   |
|         | 50.15                  | 50.72   | 50.45            | 49.49   |
|         | 48.81                  | 44.46   |                  |         |
| 3       | Johnson, Barbara       | 64      | Sequim Aquatic R | 9:55.48 |
| r:+0.95 | 51.66                  | 59.48   | 1:00.67          | 59.87   |
|         | 1:00.50                | 1:01.76 | 1:00.55          | 1:01.55 |
|         | 1:00.69                | 58.75   |                  |         |

**Women 60-64 1000 Yard Freestyle**

PNA: 13:35.73 # 5/20/2007 SUZANNE DILLS

Zone: 13:12.73 \$ 4/25/1993 LAVELLE STOINOFF

NATL: 11:41.77 @ 3/30/2012 LAURA VAL

|         |                        |       |                  |          |
|---------|------------------------|-------|------------------|----------|
| 1       | Kassen, Elizabeth      | 62    | South Sound Mast | 13:51.84 |
|         | 36.42                  | 40.96 | 42.01            | 42.31    |
|         | 42.89                  | 41.90 | 42.42            | 42.17    |
|         | 42.13                  | 41.73 | 41.82            | 41.74    |
|         | 41.99                  | 41.54 | 41.90            | 41.83    |
|         | 41.74                  | 41.61 | 42.60            | 40.13    |
| 2       | Duggan, Patricia (Pat) | 60    | Blue Wave Aquati | 16:51.44 |
| r:+1.14 | 49.24                  | 51.97 | 51.99            | 51.80    |
|         | 50.87                  | 51.70 | 50.77            | 51.72    |
|         | 50.53                  | 50.59 | 50.72            | 51.37    |
|         | 51.00                  | 49.90 | 52.43            | 51.41    |
|         | 50.32                  | 49.85 | 49.23            | 44.03    |

**Women 60-64 1650 Yard Freestyle**

PNA: 22:23.10 # 5/20/2007 SUZANNE DILLS

Zone: 22:02.41 \$ 5/22/2005 SUZANNE DILLS

NATL: 19:43.99 @ 3/30/2012 LAURA VAL

|         |                  |         |                  |          |
|---------|------------------|---------|------------------|----------|
| 1       | Johnson, Barbara | 64      | Sequim Aquatic R | 33:43.65 |
| r:+0.97 | 53.21            | 58.87   | 59.21            | 59.85    |
|         | 1:00.81          | 1:00.53 | 1:01.63          | 1:00.83  |
|         | 1:00.15          | 1:00.35 | 1:00.31          | 1:00.15  |
|         | 1:01.04          | 1:00.66 | 1:00.59          | 1:01.57  |
|         | 1:02.12          | 1:01.95 | 1:02.18          | 1:01.81  |
|         | 1:02.51          | 1:01.75 | 1:01.42          | 1:03.72  |
|         | 1:02.20          | 1:02.20 | 1:02.59          | 1:03.09  |
|         | 1:03.00          | 1:02.99 | 1:04.04          | 1:04.60  |
|         |                  |         |                  | 1:01.72  |

**Women 60-64 50 Yard Backstroke**

PNA: 32.41 # 5/9/2013 CHARLOTTE M DAVIS

Zone: 32.41 \$ 5/9/2013 CHARLOTTE M DAVIS

NATL: 29.72 @ 5/10/2013 LAURA VAL

|         |                 |    |                  |       |
|---------|-----------------|----|------------------|-------|
| 1       | Blackburn, Jean | 62 | Blue Wave Aquati | 43.83 |
| r:+0.84 |                 |    |                  |       |

**Women 60-64 100 Yard Backstroke**

PNA: 1:09.38 # 5/1/2011 CHARLOTTE M DAVIS

Zone: 1:09.38 \$ 5/1/2011 CHARLOTTE M DAVIS

NATL: 1:03.72 @ 5/12/2013 LAURA VAL

|         |                |       |                  |         |
|---------|----------------|-------|------------------|---------|
| 1       | Hanly, Joellen | 62    | Blue Wave Aquati | 1:56.34 |
| r:+1.13 | 56.74          | 59.60 |                  |         |

**Women 60-64 200 Yard Backstroke**

PNA: 2:52.29 # 5/9/2013 STELLA PREISSLER

Zone: 2:50.94 \$ 4/21/2006 JOY WARD

NATL: 2:21.44 @ 5/11/2013 LAURA VAL

|         |                        |         |                  |         |
|---------|------------------------|---------|------------------|---------|
| 1       | Duggan, Patricia (Pat) | 60      | Blue Wave Aquati | 4:20.03 |
| r:+0.91 | 1:03.40                | 1:05.28 | 1:07.07          | 1:04.28 |

**Women 60-64 50 Yard Breaststroke**

PNA: 39.26 # 2/20/2011 CHARLOTTE DAVIS

Zone: 36.30 \$ 5/14/2006 GINGER PIERSON

NATL: 35.09 @ 5/10/2013 MELINDA WOLFF

|         |                   |    |                  |       |
|---------|-------------------|----|------------------|-------|
| 1       | Davis, Charlotte  | 63 | Lake Washington  | 39.28 |
| r:+0.74 |                   |    |                  |       |
| 2       | Kassen, Elizabeth | 62 | South Sound Mast | 43.66 |
| r:+0.97 |                   |    |                  |       |
| 3       | Wigney, Wee       | 63 | Snohomish Aquati | 46.75 |
| r:+0.98 |                   |    |                  |       |
| 4       | Johnson, Barbara  | 64 | Sequim Aquatic R | 58.48 |
| r:+0.92 |                   |    |                  |       |

**Women 60-64 100 Yard Breaststroke**

PNA: 1:29.76 # 5/20/2007 SALLY DILLON

Zone: 1:19.98 \$ 5/4/2008 GINGER PIERSON

NATL: 1:18.75 @ 4/13/2012 DEB WALKER

|         |             |       |                  |         |
|---------|-------------|-------|------------------|---------|
| 1       | Wigney, Wee | 63    | Snohomish Aquati | 1:49.30 |
| r:+0.87 | 49.94       | 59.36 |                  |         |

**Women 60-64 50 Yard Butterfly**

PNA: 29.14 # 5/9/2013 CHARLOTTE M DAVIS

Zone: 29.14 \$ 5/9/2013 CHARLOTTE M DAVIS

NATL: 29.14 @ 5/11/2013 CHARLOTTE DAVIS

|         |                  |    |                  |       |
|---------|------------------|----|------------------|-------|
| 1       | Davis, Charlotte | 63 | Lake Washington  | 30.85 |
| r:+0.78 |                  |    |                  |       |
| 2       | Blackburn, Jean  | 62 | Blue Wave Aquati | 40.71 |
| r:+1.03 |                  |    |                  |       |

**Women 60-64 100 Yard Butterfly**

PNA: 1:06.86 # 5/1/2011 CHARLOTTE M DAVIS

Zone: 1:06.86 \$ 5/1/2011 CHARLOTTE M DAVIS

NATL: 1:04.27 @ 4/27/2012 LAURA VAL

|         |                  |       |                 |         |
|---------|------------------|-------|-----------------|---------|
| 1       | Davis, Charlotte | 63    | Lake Washington | 1:09.59 |
| r:+0.83 | 33.77            | 35.82 |                 |         |

**Women 60-64 100 Yard IM**

PNA: 1:08.41 # 5/9/2013 CHARLOTTE M DAVIS

Zone: 1:08.41 \$ 5/9/2013 CHARLOTTE M DAVIS

NATL: 1:07.60 @ 5/18/2013 LAURA VAL

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 1       | Davis, Charlotte | 63    | Lake Washington  | 1:12.13 |
| r:+0.79 | 34.22            | 37.91 |                  |         |
| 2       | Blackburn, Jean  | 62    | Blue Wave Aquati | 1:30.45 |
| r:+0.99 | 42.37            | 48.08 |                  |         |



## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**(Women 60-64 100 Yard IM)**

--- Monro-Lamb, Jean 61 Sequim Aquatic R DQ  
 Pulling on lane line - Misc  
 r:+1.10 46.67 53.25

**Women 60-64 400 Yard IM**

PNA: 5:20.51 # 5/1/2011 CHARLOTTE M DAVIS

Zone: 5:20.51 \$ 5/1/2011 CHARLOTTE M DAVIS

NATL: 5:16.18 @ 3/15/2014 LAURA VAL

1 Kassen, Elizabeth 62 South Sound Mast 6:24.11  
 r:+0.97 43.02 51.05 50.85 48.82  
 54.20 54.92 41.36 39.89

**Women 65-69 50 Yard Freestyle**

PNA: 31.64 # 4/29/2012 SARAH WELCH

Zone: 31.53 \$ 5/20/2007 BARBARA FRID

NATL: 28.94 @ 5/12/2013 DIANN UUSTAL

1 Gettling, Janet 65 Oregon Masters 31.59#  
 r:+0.93

**Women 65-69 100 Yard Freestyle**

PNA: 1:09.77 # 5/23/2010 SUZANNE L DILLS

Zone: 1:09.77 \$ 5/23/2010 SUZANNE L DILLS

NATL: 1:05.21 @ 3/31/2012 CAROLYN BOAK

1 Dills, Suzanne 68 Bellevue Club 1:11.46  
 r:+1.00 34.73 36.73  
 2 Gettling, Janet 65 Oregon Masters 1:12.67  
 r:+0.88 34.02 38.65  
 3 Rousseau, Sandi 66 Oregon Masters 1:19.65  
 r:+0.88 37.58 42.07  
 4 Williams, Judy 66 Blue Wave Aquati 1:30.00  
 r:+1.11 42.06 47.94

**Women 65-69 200 Yard Freestyle**

PNA: 2:24.66 # 5/23/2010 SUZANNE L DILLS

Zone: 2:24.66 \$ 5/23/2010 SUZANNE L DILLS

NATL: 2:24.31 @ 4/30/2011 CAROLYN BOAK

1 Dills, Suzanne 68 Bellevue Club 2:34.41  
 r:+0.99 36.84 39.93 39.34 38.30  
 2 Dillon, Sally 67 Bellevue Club 2:44.89  
 r:+1.00 38.08 42.12 42.47 42.22  
 3 Williams, Judy 66 Blue Wave Aquati 3:19.69  
 r:+0.99 45.14 51.04 52.90 50.61

**Women 65-69 500 Yard Freestyle**

PNA: 6:29.37 # 5/23/2010 SUZANNE L DILLS

Zone: 6:29.37 \$ 5/23/2010 SUZANNE L DILLS

NATL: 6:25.03 @ 2/16/2014 BARBARA DUNBAR

1 Carruthers, Kate 65 Bainbridge Aquat 7:36.88  
 r:+0.96 39.80 46.10 47.56 47.18  
 46.85 46.88 47.17 47.07  
 45.85 42.42  
 2 Casey, Kathrine 65 Puget Sound Aqua 8:00.85  
 r:+0.97 43.70 48.61 50.93 50.33  
 49.06 49.53 49.26 48.16  
 47.52 43.75

3 Magee, Carolyn 68 Hydropower Maste 8:18.64  
 43.83 49.90 50.98 50.93  
 50.64 50.45 51.55 50.79  
 50.58 48.99

**Women 65-69 1650 Yard Freestyle**

PNA: 22:32.74 # 5/1/2011 SUZANNE L DILLS

Zone: 22:32.74 \$ 5/1/2011 SUZANNE L DILLS

NATL: 22:16.65 @ 3/23/2014 BARBARA DUNBAR

1 Casey, Kathrine 65 Puget Sound Aqua 27:28.34  
 r:+1.06 43.45 50.59 52.74 52.10  
 51.95 51.90 52.09 51.26  
 51.41 51.68 51.20 49.97  
 50.51 50.44 50.41 50.27  
 50.09 50.24 50.01 49.24  
 49.52 49.84 48.68 49.81  
 49.18 49.45 49.13 49.03  
 48.42 49.10 48.51 48.74 47.38

**Women 65-69 50 Yard Backstroke**

PNA: 38.86 # 1/19/2008 PINKY WALKER

Zone: 36.56 \$ 4/10/2011 JOY WARD

NATL: 33.16 @ 5/10/2013 DIANN UUSTAL

1 Rousseau, Sandi 66 Oregon Masters 42.03  
 r:+0.83  
 2 Casey, Kathrine 65 Puget Sound Aqua 42.82  
 r:+0.93  
 3 Williams, Judy 66 Blue Wave Aquati 51.32  
 r:+0.84

**Women 65-69 100 Yard Backstroke**

PNA: 1:23.69 # 4/29/2012 SUZANNE L DILLS

Zone: 1:20.47 \$ 5/1/2011 JOY WARD

NATL: 1:11.27 @ 5/12/2013 DIANN UUSTAL

1 Rousseau, Sandi 66 Oregon Masters 1:30.27  
 r:+0.68 44.56 45.71  
 2 Magee, Carolyn 68 Hydropower Maste 1:48.18  
 r:+0.84 53.02 55.16

**Women 65-69 200 Yard Backstroke**

PNA: 2:50.17 # 5/23/2010 SUZANNE L DILLS

Zone: 2:50.17 \$ 5/23/2010 SUZANNE L DILLS

NATL: 2:38.39 @ 3/23/2014 DIANN UUSTAL

1 Dills, Suzanne 68 Bellevue Club 3:01.17  
 r:+0.88 43.59 46.24 45.97 45.37  
 2 Rousseau, Sandi 66 Oregon Masters 3:12.90  
 r:+0.69 45.27 49.44 49.81 48.38  
 3 Casey, Kathrine 65 Puget Sound Aqua 3:14.64  
 r:+0.91 46.98 49.73 49.14 48.79

**Women 65-69 50 Yard Breaststroke**

PNA: 43.10 # 4/29/2012 SALLY A DILLON

Zone: 39.80 \$ 4/10/2011 GINGER PIERSON

NATL: 37.74 @ 4/25/2004 JOANN LEILICH

1 Gettling, Janet 65 Oregon Masters 39.71\$  
 r:+0.92  
 2 Carruthers, Kate 65 Bainbridge Aquat 42.89#  
 r:+0.97



## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**(Women 65-69 50 Yard Breaststroke)**

|   |                |    |               |       |
|---|----------------|----|---------------|-------|
| 3 | LeClercq, Toni | 66 | Bellevue Club | 44.63 |
|   | r:+0.86        |    |               |       |
| 4 | Dillon, Sally  | 67 | Bellevue Club | 47.43 |
|   | r:+1.04        |    |               |       |

**Women 65-69 100 Yard Breaststroke**

**PNA: 1:34.92 # 4/29/2012 SALLY A DILLON**  
**Zone: 1:26.18 \$ 4/10/2011 GINGER PIERSON**  
**NATL: 1:23.95 @ 4/25/2004 JOANN LEILICH**

|   |                  |    |                  |          |
|---|------------------|----|------------------|----------|
| 1 | Gettling, Janet  | 65 | Oregon Masters   | 1:28.81# |
|   | r:+0.89 41.32    |    | 47.49            |          |
| 2 | Carruthers, Kate | 65 | Bainbridge Aquat | 1:35.75  |
|   | r:+1.04 46.39    |    | 49.36            |          |
| 3 | Dillon, Sally    | 67 | Bellevue Club    | 1:43.62  |
|   | r:+0.99 48.75    |    | 54.87            |          |
| 4 | Williams, Judy   | 66 | Blue Wave Aquati | 1:51.56  |
|   | r:+1.04 51.02    |    | 1:00.54          |          |

**Women 65-69 200 Yard Breaststroke**

**PNA: 3:45.71 # 3/5/1988 MURIEL FLYNN**  
**Zone: 3:11.22 \$ 4/10/2011 GINGER PIERSON**  
**NATL: 3:01.50 @ 4/4/2004 JOANN LEILICH**

|   |                  |    |                   |          |
|---|------------------|----|-------------------|----------|
| 1 | Carruthers, Kate | 65 | Bainbridge Aquat  | 3:32.23# |
|   | r:+0.97 48.46    |    | 55.06 55.18 53.53 |          |

**Women 65-69 50 Yard Butterfly**

**PNA: 35.72 # 4/29/2012 SARAH WELCH**  
**Zone: 34.01 \$ 5/20/2007 BARBARA FRID**  
**NATL: 31.19 @ 3/21/2014 DIANN UUSTAL**

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 1 | LeClercq, Toni  | 66 | Bellevue Club    | 36.09 |
|   | r:+0.74         |    |                  |       |
| 2 | Rousseau, Sandi | 66 | Oregon Masters   | 36.31 |
|   | r:+0.85         |    |                  |       |
| 3 | Magee, Carolyn  | 68 | Hydropower Maste | 44.42 |
|   | r:+0.93         |    |                  |       |

**Women 65-69 100 Yard Butterfly**

**PNA: 1:24.14 # 4/29/2012 SARAH WELCH**  
**Zone: 1:24.14 \$ 4/29/2012 SARAH WELCH**  
**NATL: 1:15.04 @ 5/1/2011 CAROLYN BOAK**

|   |                |    |                  |         |
|---|----------------|----|------------------|---------|
| 1 | Magee, Carolyn | 68 | Hydropower Maste | 1:46.86 |
|   | r:+0.72 49.87  |    | 56.99            |         |

**Women 65-69 200 Yard Butterfly**

**PNA: 3:10.02 # 4/15/2012 SARAH WELCH**  
**Zone: 3:10.02 \$ 4/15/2012 SARAH WELCH**  
**NATL: 2:55.91 @ 3/23/2014 BARBARA DUNBAR**

|   |                |    |                       |         |
|---|----------------|----|-----------------------|---------|
| 1 | Magee, Carolyn | 68 | Hydropower Maste      | 3:50.86 |
|   | r:+0.98 49.69  |    | 1:00.08 1:01.87 59.22 |         |

**Women 65-69 100 Yard IM**

**PNA: 1:19.27 # 5/23/2010 SUZANNE L DILLS**  
**Zone: 1:19.27 \$ 5/23/2010 SUZANNE L DILLS**  
**NATL: 1:12.91 @ 10/22/201 DIANN UUSTAL**

|   |                 |    |                |         |
|---|-----------------|----|----------------|---------|
| 1 | Gettling, Janet | 65 | Oregon Masters | 1:22.69 |
|   | r:+0.93 40.52   |    | 42.17          |         |
| 2 | Dills, Suzanne  | 68 | Bellevue Club  | 1:24.29 |
|   | r:+1.00 38.88   |    | 45.41          |         |

|   |                  |    |                  |         |
|---|------------------|----|------------------|---------|
| 3 | Carruthers, Kate | 65 | Bainbridge Aquat | 1:27.68 |
|   | r:+0.98 41.67    |    | 46.01            |         |
| 4 | Rousseau, Sandi  | 66 | Oregon Masters   | 1:32.54 |
|   | r:+0.89 42.05    |    | 50.49            |         |
| 5 | Williams, Judy   | 66 | Blue Wave Aquati | 1:44.36 |
|   | r:+1.12 49.88    |    | 54.48            |         |

**Women 65-69 200 Yard IM**

**PNA: 2:52.51 # 5/23/2010 SUZANNE L DILLS**  
**Zone: 2:52.51 \$ 5/23/2010 SUZANNE L DILLS**  
**NATL: 2:46.27 @ 5/1/2011 CAROLYN BOAK**

|   |                  |    |                   |         |
|---|------------------|----|-------------------|---------|
| 1 | Gettling, Janet  | 65 | Oregon Masters    | 3:07.84 |
|   | r:+0.92 44.33    |    | 51.65 50.88 40.98 |         |
| 2 | LeClercq, Toni   | 66 | Bellevue Club     | 3:07.91 |
|   | r:+0.81 40.60    |    | 48.79 56.24 42.28 |         |
| 3 | Carruthers, Kate | 65 | Bainbridge Aquat  | 3:17.55 |
|   | r:+1.04 43.59    |    | 52.21 58.25 43.50 |         |
| 4 | Casey, Kathrine  | 65 | Puget Sound Aqua  | 3:27.13 |
|   | r:+1.03 52.95    |    | 51.96 58.53 43.69 |         |

**Women 65-69 400 Yard IM**

**PNA: 6:01.14 # 5/23/2010 SUZANNE L DILLS**  
**Zone: 6:01.14 \$ 5/23/2010 SUZANNE L DILLS**  
**NATL: 5:49.24 @ 4/29/2011 CAROLYN BOAK**

|   |                 |    |                     |         |
|---|-----------------|----|---------------------|---------|
| 1 | Magee, Carolyn  | 68 | Hydropower Maste    | 7:24.14 |
|   | r:+0.95 48.95   |    | 56.71 58.32 57.89   |         |
|   | 1:03.17         |    | 1:01.16 50.37 47.57 |         |
| 2 | Casey, Kathrine | 65 | Puget Sound Aqua    | 7:29.03 |
|   | r:+1.04 51.34   |    | 1:00.49 54.47 54.41 |         |
|   | 1:05.08         |    | 1:05.71 49.77 47.76 |         |

**Women 70-74 50 Yard Freestyle**

**PNA: 34.66 # 10/16/198 DAWN MUSSELMAN**  
**Zone: 32.38 \$ 4/29/2012 BARBARA FRID**  
**NATL: 31.05 @ 4/30/2000 GAIL ROPER**

|   |               |    |                |       |
|---|---------------|----|----------------|-------|
| 1 | Whiter, Peggy | 70 | Oregon Masters | 42.11 |
|   | r:+1.04       |    |                |       |

**Women 70-74 100 Yard Freestyle**

**PNA: 1:22.05 # 2/11/1984 DAWN MUSSELMAN**  
**Zone: 1:13.27 \$ 5/18/2003 LAVELLE STOINOFF**  
**NATL: 1:09.79 @ 4/30/2000 GAIL ROPER**

|   |                 |    |                  |         |
|---|-----------------|----|------------------|---------|
| 1 | Whiter, Peggy   | 70 | Oregon Masters   | 1:38.60 |
|   | r:+1.06 46.01   |    | 52.59            |         |
| 2 | Snow, Charlotte | 74 | Ymcapkc Sound Aq | 1:45.77 |
|   | r:+1.34 51.84   |    | 53.93            |         |

**Women 70-74 200 Yard Freestyle**

**PNA: 3:03.74 # 10/8/2011 FRANCESCA DRUM**  
**Zone: 2:35.99 \$ 5/18/2003 LAVELLE STOINOFF**  
**NATL: 2:35.85 @ 4/30/2000 GAIL ROPER**

|   |               |    |                   |         |
|---|---------------|----|-------------------|---------|
| 1 | Whiter, Peggy | 70 | Oregon Masters    | 3:34.16 |
|   | r:+0.99 48.79 |    | 54.50 56.56 54.31 |         |

## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**Women 70-74 1000 Yard Freestyle**

PNA: 21:21.39 # 4/14/2002 JANET KAVADAS  
 Zone: 13:58.55 \$ 4/25/2004 LAVELLE STOINOFF  
 NATL: 13:58.55 @ 4/25/2004 LAVELLE STOINOFF

|   |               |       |                |           |
|---|---------------|-------|----------------|-----------|
| 1 | Whiter, Peggy | 70    | Oregon Masters | 19:12.73# |
|   | 49.87         | 57.40 | 58.17          | 58.07     |
|   | 57.95         | 57.80 | 58.88          | 58.02     |
|   | 58.58         | 59.04 | 58.18          | 58.43     |
|   | 58.38         | 59.11 | 58.58          | 58.50     |
|   | 57.95         | 58.08 | 57.40          | 54.34     |

**Women 70-74 50 Yard Backstroke**

PNA: 44.64 # 5/26/1984 DAWN MUSSELMAN  
 Zone: 37.16 \$ 3/22/2013 JOY WARD  
 NATL: 36.91 @ 5/20/2007 BETSY JORDAN

|   |               |    |                |        |
|---|---------------|----|----------------|--------|
| 1 | Ward, Joy     | 71 | Oregon Masters | 38.54# |
|   | r:+0.71       |    |                |        |
| 2 | Whiter, Peggy | 70 | Oregon Masters | 56.32  |
|   | r:+0.86       |    |                |        |

**Women 70-74 100 Yard Backstroke**

PNA: 1:39.01 # 5/26/1984 DAWN MUSSELMAN  
 Zone: 1:21.68 \$ 4/13/2013 JOY WARD  
 NATL: 1:21.68 @ 4/13/2013 JOY WARD

|   |           |       |                |          |
|---|-----------|-------|----------------|----------|
| 1 | Ward, Joy | 71    | Oregon Masters | 1:23.51# |
|   | r:+0.65   | 40.79 | 42.72          |          |

**Women 70-74 200 Yard Backstroke**

PNA: 3:33.83 # 2/16/1997 PATRICIA DOTSON  
 Zone: 2:57.22 \$ 4/13/2013 JOY WARD  
 NATL: 2:57.22 @ 4/14/2013 JOY WARD

|   |           |       |                |             |
|---|-----------|-------|----------------|-------------|
| 1 | Ward, Joy | 71    | Oregon Masters | 2:58.75#    |
|   | r:+0.74   | 42.63 | 45.29          | 45.68 45.15 |

**Women 70-74 50 Yard Breaststroke**

PNA: 47.20 # 10/8/2011 FRANCESCA DRUM  
 Zone: 42.78 \$ 4/29/2012 BARBARA FRID  
 NATL: 39.89 @ 1/24/2009 JOANN LEILICH

|   |               |    |                |       |
|---|---------------|----|----------------|-------|
| 1 | Whiter, Peggy | 70 | Oregon Masters | 56.72 |
|   | r:+1.03       |    |                |       |

**Women 70-74 200 Yard Breaststroke**

PNA: 3:54.09 # 4/4/1993 MURIEL FLYNN  
 Zone: 3:54.09 \$ 4/4/1993 MURIEL FLYNN  
 NATL: 3:07.28 @ 2/2/2009 JOANN LEILICH

|   |                 |         |                  |                 |
|---|-----------------|---------|------------------|-----------------|
| 1 | Snow, Charlotte | 74      | Ymcapkc Sound Aq | 4:41.71         |
|   | r:+1.26         | 1:06.17 | 1:10.92          | 1:12.94 1:11.68 |

**Women 70-74 50 Yard Butterfly**

PNA: 42.90 # 2/16/1997 PATRICIA DOTSON  
 Zone: 35.38 \$ 4/29/2012 BARBARA FRID  
 NATL: 35.06 @ 4/30/2000 GAIL ROPER

|   |           |    |                |        |
|---|-----------|----|----------------|--------|
| 1 | Ward, Joy | 71 | Oregon Masters | 38.73# |
|   | r:+0.98   |    |                |        |

**Women 70-74 100 Yard IM**

PNA: 1:40.52 # 12/3/1983 DAWN MUSSELMAN  
 Zone: 1:23.43 \$ 4/29/2012 BARBARA FRID  
 NATL: 1:21.97 @ 4/30/2000 GAIL ROPER

|   |                 |         |                  |          |
|---|-----------------|---------|------------------|----------|
| 1 | Ward, Joy       | 71      | Oregon Masters   | 1:31.09# |
|   | r:+1.07         | 39.88   | 51.21            |          |
| 2 | Snow, Charlotte | 74      | Ymcapkc Sound Aq | 2:05.76  |
|   | r:+1.28         | 1:03.78 | 1:01.98          |          |

**Women 80-84 500 Yard Freestyle**

PNA: 10:46.45 # 7/24/2011 GLORIA TOLARO  
 Zone: 10:46.45 \$ 7/24/2011 GLORIA TOLARO  
 NATL: 8:26.37 @ 3/30/2008 JEAN TROY

|   |                |         |                  |          |
|---|----------------|---------|------------------|----------|
| 1 | Kavadas, Janet | 83      | North End Otters | 16:34.82 |
|   | 1:17.27        | 1:31.53 | 1:52.88          | 1:50.54  |
|   | 1:38.72        | 1:48.15 | 1:39.05          | 1:49.87  |
|   | 1:38.88        | 1:27.93 |                  |          |

**Women 80-84 50 Yard Breaststroke**

PNA: 55.89 # 4/13/2003 MURIEL FLYNN  
 Zone: 55.89 \$ 4/13/2003 MURIEL FLYNN  
 NATL: 48.29 @ 2/12/2011 ANN HIRSCH

|   |                |    |                  |         |
|---|----------------|----|------------------|---------|
| 1 | Kavadas, Janet | 83 | North End Otters | 1:32.39 |
|---|----------------|----|------------------|---------|

**Women 80-84 100 Yard Breaststroke**

PNA: 2:01.00 # 4/13/2003 MURIEL FLYNN  
 Zone: 2:01.00 \$ 4/13/2003 MURIEL FLYNN  
 NATL: 1:46.69 @ 3/12/2011 ANN HIRSCH

|   |                |         |                  |         |
|---|----------------|---------|------------------|---------|
| 1 | Kavadas, Janet | 83      | North End Otters | 3:23.60 |
|   | 1:35.93        | 1:47.67 |                  |         |

**Men 18-24 50 Yard Freestyle**

PNA: 21.04 # 5/4/2008 BRIAN GOLDMAN  
 Zone: 20.41 \$ 4/9/2000 MICHAEL BURTON  
 NATL: 19.36 @ 4/28/2012 JOSH SCHNEIDER

|    |                     |    |                  |       |
|----|---------------------|----|------------------|-------|
| 1  | Cunningham, Tommy   | 23 | Blue Wave Aquati | 21.99 |
|    | r:+0.68             |    |                  |       |
| 2  | Chapman, Andy       | 20 | Lake Washington  | 22.74 |
|    | r:+0.63             |    |                  |       |
| 3  | Ganz, Adam          | 24 | Husky Masters    | 23.09 |
|    | r:+0.78             |    |                  |       |
| 4  | Dascomb, Joseph     | 24 | Unat-Psm         | 23.15 |
|    | r:+0.70             |    |                  |       |
| 5  | Deppe, Walt         | 23 | Husky Masters    | 23.56 |
|    | r:+0.83             |    |                  |       |
| 6  | Contreras Sandoval, | 24 | Pro Sports Club  | 24.05 |
|    | r:+0.63             |    |                  |       |
| 7  | Vance, Jon          | 19 | Husky Masters    | 25.36 |
|    | r:+0.86             |    |                  |       |
| 8  | Stearnes, Baylor    | 20 | Ohana Swim Team  | 25.73 |
|    | r:+0.90             |    |                  |       |
| 9  | Propersi, Jeffrey   | 18 | Western Washingt | 25.85 |
|    | r:+0.79             |    |                  |       |
| 10 | Reehill, James      | 21 | Ymcapkc Sound Aq | 26.06 |
|    | r:+0.91             |    |                  |       |
| 11 | Daling, Ian         | 22 | Central Washingt | 26.09 |
|    | r:+0.77             |    |                  |       |

## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

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## Results

**(Men 18-24 50 Yard Freestyle)**

|    |                   |    |                  |       |
|----|-------------------|----|------------------|-------|
| 12 | Hendricks, Dane   | 20 | Western Washingt | 26.52 |
|    | r:+0.76           |    |                  |       |
| 13 | Alcantar, Eduardo | 21 | Western Washingt | 27.23 |
|    | r:+0.74           |    |                  |       |

**Men 18-24 100 Yard Freestyle**

**PNA: 47.77 # 4/10/2004 ELLIOTT KOLBE**  
**Zone: 45.90 \$ 4/26/1992 JOHN KEPPELER**  
**NATL: 42.59 @ 12/1/2012 EUGENE GODSOE**

|    |                        |       |                  |       |
|----|------------------------|-------|------------------|-------|
| 1  | Stipek, Clinton        | 23    | Blue Wave Aquati | 47.86 |
|    | r:+0.63                | 23.80 | 24.06            |       |
| 2  | Dascomb, Joseph        | 24    | Unat-Psm         | 50.17 |
|    | r:+0.72                | 24.23 | 25.94            |       |
| 3  | Deppe, Walt            | 23    | Husky Masters    | 50.75 |
|    | r:+0.78                | 24.37 | 26.38            |       |
| 4  | Chapman, Andy          | 20    | Lake Washington  | 50.89 |
|    | r:+0.65                | 23.96 | 26.93            |       |
| 5  | Ganz, Adam             | 24    | Husky Masters    | 51.62 |
|    | r:+0.78                | 24.63 | 26.99            |       |
| 6  | Contreras Sandoval,    | 24    | Pro Sports Club  | 53.13 |
|    | r:+0.66                | 24.89 | 28.24            |       |
| 7  | Stearnes, Baylor       | 20    | Ohana Swim Team  | 55.34 |
|    | r:+0.94                | 27.03 | 28.31            |       |
| 8  | Vance, Jon             | 19    | Husky Masters    | 55.88 |
|    | r:+0.76                | 26.24 | 29.64            |       |
| 9  | Propersi, Jeffrey      | 18    | Western Washingt | 56.89 |
|    | r:+0.76                | 27.18 | 29.71            |       |
| 10 | Daling, Ian            | 22    | Central Washingt | 56.93 |
|    | r:+0.78                | 26.91 | 30.02            |       |
| 11 | Gomez Iriondo, Agustin | 23    | Skagit Valley Ma | 58.66 |
|    | r:+0.80                | 27.00 | 31.66            |       |
| 12 | Hendricks, Dane        | 20    | Western Washingt | 58.76 |
|    | r:+0.96                | 28.50 | 30.26            |       |
| 13 | Alcantar, Eduardo      | 21    | Western Washingt | 58.78 |
|    | r:+0.73                | 27.38 | 31.40            |       |

**Men 18-24 200 Yard Freestyle**

**PNA: 1:44.59 # 4/10/2004 ELLIOTT KOLBE**  
**Zone: 1:41.45 \$ 4/26/1992 JOHN KEPPELER**  
**NATL: 1:35.02 @ 11/8/2009 ANDY GRANT**

|   |                   |       |                  |             |
|---|-------------------|-------|------------------|-------------|
| 1 | Dascomb, Joseph   | 24    | Unat-Psm         | 1:54.02     |
|   | r:+0.71           | 25.73 | 28.48            | 30.52 29.29 |
| 2 | Alcantar, Eduardo | 21    | Western Washingt | 2:21.12     |
|   | r:+0.78           | 29.39 | 35.11            | 37.29 39.33 |

**Men 18-24 50 Yard Backstroke**

**PNA: 24.54 # 4/11/2010 CHRIS CHAPMAN**  
**Zone: 24.19 \$ 4/26/1992 JOHN KEPPELER**  
**NATL: 22.33 @ 5/10/2013 ANDREW ELLIOTT**

|   |                   |    |                  |       |
|---|-------------------|----|------------------|-------|
| 1 | Cunningham, Tommy | 23 | Blue Wave Aquati | 26.53 |
|   | r:+0.67           |    |                  |       |
| 2 | Ganz, Adam        | 24 | Husky Masters    | 28.60 |
|   | r:+0.69           |    |                  |       |
| 3 | Propersi, Jeffrey | 18 | Western Washingt | 29.84 |
|   | r:+0.68           |    |                  |       |

|   |                        |    |                  |       |
|---|------------------------|----|------------------|-------|
| 4 | Gomez Iriondo, Agustin | 23 | Skagit Valley Ma | 30.27 |
|   | r:+0.77                |    |                  |       |
| 5 | Reehill, James         | 21 | Ymcapkc Sound Aq | 34.56 |
|   | r:+0.90                |    |                  |       |

**Men 18-24 100 Yard Backstroke**

**PNA: 52.56 # 2/20/2011 TAYLOR BRUGH**  
**Zone: 51.22 \$ 10/19/199 JOHN KEPPELER**  
**NATL: 45.36 @ 11/30/201 EUGENE GODSOE**

|   |                        |       |                  |         |
|---|------------------------|-------|------------------|---------|
| 1 | Propersi, Jeffrey      | 18    | Western Washingt | 1:05.68 |
|   | r:+0.75                | 31.62 | 34.06            |         |
| 2 | Gomez Iriondo, Agustin | 23    | Skagit Valley Ma | 1:08.39 |
|   | r:+0.79                | 32.23 | 36.16            |         |
| 3 | Stearnes, Baylor       | 20    | Ohana Swim Team  | 1:11.76 |
|   | r:+0.80                | 35.88 | 35.88            |         |

**Men 18-24 200 Yard Backstroke**

**PNA: 1:58.98 # 4/10/2005 ROBERT HOWELLS**  
**Zone: 1:50.28 \$ 4/26/1992 JOHN KEPPELER**  
**NATL: 1:44.18 @ 5/11/2013 ANDREW ELLIOTT**

|   |                        |       |                  |             |
|---|------------------------|-------|------------------|-------------|
| 1 | Gomez Iriondo, Agustin | 23    | Skagit Valley Ma | 2:35.07     |
|   | r:+0.78                | 33.34 | 37.55            | 42.04 42.14 |

**Men 18-24 50 Yard Breaststroke**

**PNA: 26.69 # 4/10/2004 ELLIOTT KOLBE**  
**Zone: 25.64 \$ 4/9/2000 MICHAEL BURTON**  
**NATL: 24.87 @ 4/27/2012 NELSON WESTBY**

|   |                   |    |                  |       |
|---|-------------------|----|------------------|-------|
| 1 | Cunningham, Tommy | 23 | Blue Wave Aquati | 27.81 |
|   | r:+0.68           |    |                  |       |
| 2 | Vessey, Derik     | 23 | Monroe YMCA Mast | 30.59 |
|   | r:+0.75           |    |                  |       |
| 3 | Ganz, Adam        | 24 | Husky Masters    | 31.44 |
|   | r:+0.78           |    |                  |       |
| 4 | Olden, Jaegger    | 20 | Central Washingt | 32.71 |
|   | r:+0.81           |    |                  |       |
| 5 | Chang, Mike       | 22 | Orca Swim Club   | 36.72 |
|   | r:+0.92           |    |                  |       |

**Men 18-24 100 Yard Breaststroke**

**PNA: 59.09 # 4/15/2012 JONATHAN HIETT**  
**Zone: 55.86 \$ 4/9/2000 MICHAEL BURTON**  
**NATL: 54.45 @ 4/28/2012 NELSON WESTBY**

|   |                   |       |                  |         |
|---|-------------------|-------|------------------|---------|
| 1 | Stipek, Clinton   | 23    | Blue Wave Aquati | 1:01.95 |
|   | r:+0.67           | 29.20 | 32.75            |         |
| 2 | Vessey, Derik     | 23    | Monroe YMCA Mast | 1:08.12 |
|   | r:+0.78           | 31.33 | 36.79            |         |
| 3 | Alcantar, Eduardo | 21    | Western Washingt | 1:10.06 |
|   | r:+0.75           | 32.95 | 37.11            |         |
| 4 | Olden, Jaegger    | 20    | Central Washingt | 1:10.18 |
|   | r:+0.83           | 32.92 | 37.26            |         |
| 5 | Stearnes, Baylor  | 20    | Ohana Swim Team  | 1:12.35 |
|   | r:+0.88           | 34.39 | 37.96            |         |

**Men 18-24 200 Yard Breaststroke**

**PNA: 2:08.41 # 4/10/2011 BRYSON CHIU**  
**Zone: 2:08.41 \$ 4/10/2011 BRYSON CHIU**  
**NATL: 1:57.33 @ 5/12/2013 ELLIOT KEEFER**

|   |                |       |                  |             |
|---|----------------|-------|------------------|-------------|
| 1 | Olden, Jaegger | 20    | Central Washingt | 2:37.42     |
|   | r:+0.84        | 33.90 | 39.39            | 42.31 41.82 |

## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**Men 18-24 50 Yard Butterfly**

**PNA: 22.66 # 10/1/2011 CHRIS CHAPMAN**  
**Zone: 22.66 \$ 10/1/2011 CHRIS CHAPMAN**  
**NATL: 21.45 @ 4/27/2012 TIMOTHY PHILLIPS**

|   |                        |    |                  |       |
|---|------------------------|----|------------------|-------|
| 1 | Cunningham, Tommy      | 23 | Blue Wave Aquati | 23.98 |
|   | r:+0.71                |    |                  |       |
| 2 | Stipek, Clinton        | 23 | Blue Wave Aquati | 24.86 |
|   | r:+0.65                |    |                  |       |
| 3 | Chapman, Andy          | 20 | Lake Washington  | 24.89 |
|   | r:+0.65                |    |                  |       |
| 4 | Ganz, Adam             | 24 | Husky Masters    | 25.87 |
|   | r:+0.79                |    |                  |       |
| 5 | Liedtke, Matthew       | 24 | Downtown/Bellvu  | 26.09 |
|   | r:+0.77                |    |                  |       |
| 6 | Contreras Sandoval,    | 24 | Pro Sports Club  | 26.54 |
|   | r:+0.68                |    |                  |       |
| 7 | Gomez Iriondo, Agustin | 23 | Skagit Valley Ma | 29.94 |
|   | r:+0.74                |    |                  |       |
| 8 | Chang, Mike            | 22 | Orca Swim Club   | 31.11 |
|   | r:+0.86                |    |                  |       |

**Men 18-24 100 Yard Butterfly**

**PNA: 50.62 # 5/1/2011 CHRIS CHAPMAN**  
**Zone: 50.62 \$ 5/1/2011 CHRIS CHAPMAN**  
**NATL: 46.65 @ 11/30/201 EUGENE GODSOE**

|   |                     |    |                  |         |
|---|---------------------|----|------------------|---------|
| 1 | Stipek, Clinton     | 23 | Blue Wave Aquati | 54.82   |
|   | r:+0.67 25.32 29.50 |    |                  |         |
| 2 | Chapman, Andy       | 20 | Lake Washington  | 55.98   |
|   | r:+0.64 25.73 30.25 |    |                  |         |
| 3 | Liedtke, Matthew    | 24 | Downtown/Bellvu  | 58.19   |
|   | r:+0.80 26.57 31.62 |    |                  |         |
| 4 | Contreras Sandoval, | 24 | Pro Sports Club  | 59.13   |
|   | r:+0.68 27.53 31.60 |    |                  |         |
| 5 | Stearnes, Baylor    | 20 | Ohana Swim Team  | 1:07.23 |
|   | r:+0.89 31.73 35.50 |    |                  |         |

**Men 18-24 200 Yard Butterfly**

**PNA: 1:57.20 # 3/28/2009 EDDIE SWITAJ**  
**Zone: 1:57.20 \$ 3/28/2009 EDDIE SWITAJ**  
**NATL: 1:49.39 @ 2/14/2010 RUSSELL PAYNE**

|   |                                 |    |                 |         |
|---|---------------------------------|----|-----------------|---------|
| 1 | Liedtke, Matthew                | 24 | Downtown/Bellvu | 2:19.51 |
|   | r:+0.82 28.91 33.79 37.45 39.36 |    |                 |         |

**Men 18-24 100 Yard IM**

**PNA: 53.72 # 5/1/2011 CHRIS CHAPMAN**  
**Zone: 53.72 \$ 5/1/2011 CHRIS CHAPMAN**  
**NATL: 50.14 @ 2/18/2001 ROMAIN BARNEIR**

|   |                     |    |                 |         |
|---|---------------------|----|-----------------|---------|
| 1 | Deppe, Walt         | 23 | Husky Masters   | 58.25   |
|   | r:+0.81 27.65 30.60 |    |                 |         |
| 2 | Ganz, Adam          | 24 | Husky Masters   | 1:01.38 |
|   | r:+0.77 28.23 33.15 |    |                 |         |
| 3 | Contreras Sandoval, | 24 | Pro Sports Club | 1:02.51 |
|   | r:+0.65 28.69 33.82 |    |                 |         |
| 4 | Liedtke, Matthew    | 24 | Downtown/Bellvu | 1:04.86 |
|   | r:+0.86 28.68 36.18 |    |                 |         |
| 5 | Vance, Jon          | 19 | Husky Masters   | 1:04.93 |
|   | r:+0.79 30.02 34.91 |    |                 |         |

|   |                        |    |                  |         |
|---|------------------------|----|------------------|---------|
| 6 | Alcantar, Eduardo      | 21 | Western Washingt | 1:07.49 |
|   | r:+0.76 32.44 35.05    |    |                  |         |
| 7 | Gomez Iriondo, Agustin | 23 | Skagit Valley Ma | 1:08.72 |
|   | r:+0.80 30.50 38.22    |    |                  |         |

**Men 18-24 200 Yard IM**

**PNA: 1:59.34 # 4/10/2011 BRYSON CHIU**  
**Zone: 1:59.34 \$ 4/10/2011 BRYSON CHIU**  
**NATL: 1:49.35 @ 2/14/2010 RUSSELL PAYNE**

|   |                                 |    |                  |         |
|---|---------------------------------|----|------------------|---------|
| 1 | Stearnes, Baylor                | 20 | Ohana Swim Team  | 2:28.23 |
|   | r:+0.85 31.07 41.13 42.39 33.64 |    |                  |         |
| 2 | Alcantar, Eduardo               | 21 | Western Washingt | 2:32.36 |
|   | r:+0.75 29.38 44.03 40.57 38.38 |    |                  |         |

**Men 25-29 50 Yard Freestyle**

**PNA: 21.01 # 4/13/2013 CHRIS CHAPMAN**  
**Zone: 20.71 \$ 3/12/1983 JEFF ROLAN**  
**NATL: 18.67 @ 2/13/2010 F BOUSQUET**

|   |                       |    |                 |        |
|---|-----------------------|----|-----------------|--------|
| 1 | Chapman, Chris        | 27 | Lake Washington | 20.93# |
|   | r:+0.67               |    |                 |        |
| 2 | Tanimoto, Christopher | 27 | Downtown/Bellvu | 25.88  |
|   | r:+0.82               |    |                 |        |
| 3 | Scott, Michael        | 27 | Lake Washington | 26.94  |
|   | r:+0.87               |    |                 |        |
| 4 | Phillips, Alex        | 26 | Husky Masters   | 29.03  |
|   | r:+0.72               |    |                 |        |

**Men 25-29 100 Yard Freestyle**

**PNA: 46.15 # 4/13/2013 CHRIS CHAPMAN**  
**Zone: 46.01 \$ 3/12/1983 JEFF ROLAN**  
**NATL: 42.13 @ 12/7/2013 DARIAN TOWNSEND**

|   |                       |    |                 |         |
|---|-----------------------|----|-----------------|---------|
| 1 | Conroy, Chris         | 28 | Lake Washington | 49.01   |
|   | r:+0.75 23.65 25.36   |    |                 |         |
| 2 | Malinak, Andrew       | 27 | Husky Masters   | 51.02   |
|   | r:+0.97 24.77 26.25   |    |                 |         |
| 3 | Robertson, Ryan       | 27 | Orca Swim Club  | 57.07   |
|   | r:+0.74 27.09 29.98   |    |                 |         |
| 4 | Tanimoto, Christopher | 27 | Downtown/Bellvu | 57.13   |
|   | r:+0.93 27.01 30.12   |    |                 |         |
| 5 | Scott, Michael        | 27 | Lake Washington | 58.11   |
|   | r:+0.90 28.30 29.81   |    |                 |         |
| 6 | Martinez, Hector      | 28 | Downtown/Bellvu | 1:03.25 |
|   | r:+0.84 30.88 32.37   |    |                 |         |
| 7 | Phillips, Alex        | 26 | Husky Masters   | 1:03.35 |
|   | r:+0.80 30.46 32.89   |    |                 |         |

**Men 25-29 200 Yard Freestyle**

**PNA: 1:47.49 # 4/13/2013 CHRIS CONROY**  
**Zone: 1:38.64 \$ 4/30/1995 JOHN KEPPELER**  
**NATL: 1:31.93 @ 12/6/2013 DARIAN TOWNSEND**

|   |                                 |    |                 |         |
|---|---------------------------------|----|-----------------|---------|
| 1 | Conroy, Chris                   | 28 | Lake Washington | 1:49.62 |
|   | r:+0.75 25.63 28.04 27.87 28.08 |    |                 |         |
| 2 | Malinak, Andrew                 | 27 | Husky Masters   | 1:52.67 |
|   | r:+0.96 25.58 28.16 29.36 29.57 |    |                 |         |
| 3 | Scott, Michael                  | 27 | Lake Washington | 2:09.51 |
|   | r:+0.90 30.12 32.70 33.55 33.14 |    |                 |         |



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## Results

**Men 25-29 500 Yard Freestyle**

PNA: 4:51.29 # 2/23/2014 EDDIE SWITAJ

Zone: 4:45.53 \$ 5/23/1993 DENNIS TESCH

NATL: 4:20.82 @ 4/17/2010 ANDY GRANT

|         |                 |       |                |         |
|---------|-----------------|-------|----------------|---------|
| 1       | Heaton, Jesse   | 29    | Downtown/Bellu | 5:53.34 |
| r:+0.87 | 31.06           | 34.55 | 35.27          | 35.45   |
|         | 36.05           | 34.01 | 35.15          | 36.82   |
|         | 37.63           | 37.35 |                |         |
| 2       | Robertson, Ryan | 27    | Orca Swim Club | 5:56.98 |
| r:+0.78 | 32.11           | 36.34 | 37.00          | 36.83   |
|         | 37.01           | 36.23 | 35.81          | 35.71   |
|         | 35.19           | 34.75 |                |         |

**Men 25-29 1000 Yard Freestyle**

PNA: 10:12.44 # 3/5/1988 PETE COLBECK

Zone: 9:58.43 \$ 5/20/1993 DENNIS TESCH

NATL: 9:19.61 @ 3/15/2014 TOBIAS WORK

|         |                |       |               |          |
|---------|----------------|-------|---------------|----------|
| 1       | Phillips, Alex | 26    | Husky Masters | 13:58.92 |
| r:+0.88 | 34.65          | 40.04 | 41.44         | 42.93    |
|         | 43.34          | 42.87 | 43.19         | 44.40    |
|         | 44.13          | 43.08 | 43.20         | 43.26    |
|         | 43.49          | 41.85 | 42.74         | 42.71    |
|         | 41.66          | 42.08 | 40.79         | 37.07    |

**Men 25-29 50 Yard Backstroke**

PNA: 23.84 # 4/15/2012 CHRIS CHAPMAN

Zone: 23.84 \$ 4/15/2012 CHRIS ROTH

NATL: 21.46 @ 4/16/2010 ADAM MANIA

|         |                |    |                |       |
|---------|----------------|----|----------------|-------|
| 1       | Heaton, Jesse  | 29 | Downtown/Bellu | 30.63 |
| r:+0.71 |                |    |                |       |
| 2       | Phillips, Alex | 26 | Husky Masters  | 37.90 |
| r:+0.75 |                |    |                |       |

**Men 25-29 100 Yard Backstroke**

PNA: 52.19 # 2/17/2013 CHRIS CHAPMAN

Zone: 52.19 \$ 2/17/2013 CHRIS CHAPMAN

NATL: 45.95 @ 4/15/2010 ADAM MANIA

|         |                  |       |                |         |
|---------|------------------|-------|----------------|---------|
| 1       | Heaton, Jesse    | 29    | Downtown/Bellu | 1:03.81 |
| r:+0.70 | 30.44            | 33.37 |                |         |
| 2       | Martinez, Hector | 28    | Downtown/Bellu | 1:12.97 |
| r:+0.64 | 35.12            | 37.85 |                |         |

**Men 25-29 200 Yard Backstroke**

PNA: 1:55.19 # 4/13/2013 CHRIS CHAPMAN

Zone: 1:48.47 \$ 4/30/1995 JOHN KEPPELER

NATL: 1:46.57 @ 11/18/201 ADAM MANIA

|         |               |       |                |         |
|---------|---------------|-------|----------------|---------|
| 1       | Heaton, Jesse | 29    | Downtown/Bellu | 2:20.49 |
| r:+0.78 | 33.09         | 35.40 | 35.98          | 36.02   |

**Men 25-29 50 Yard Breaststroke**

PNA: 26.91 # 4/13/2013 CEJIH YUNG

Zone: 26.91 \$ 4/13/2013 CEJIH YUNG

NATL: 23.87 @ 5/21/2010 MARK GANGLOFF

|         |               |    |                 |       |
|---------|---------------|----|-----------------|-------|
| 1       | Conroy, Chris | 28 | Lake Washington | 27.99 |
| r:+0.75 |               |    |                 |       |

**Men 25-29 100 Yard Breaststroke**

PNA: 57.89 # 4/13/2013 CEJIH YUNG

Zone: 57.89 \$ 4/13/2013 CEJIH YUNG

NATL: 52.30 @ 5/22/2010 MARK GANGLOFF

|         |               |       |                 |         |
|---------|---------------|-------|-----------------|---------|
| 1       | Conroy, Chris | 28    | Lake Washington | 1:00.44 |
| r:+0.72 | 28.36         | 32.08 |                 |         |

**Men 25-29 200 Yard Breaststroke**

PNA: 2:07.54 # 3/17/2013 CEJIH YUNG

Zone: 2:07.54 \$ 3/17/2013 CEJIH YUNG

NATL: 1:53.04 @ 12/21/201 BJ JOHNSON

|         |                       |       |                 |         |
|---------|-----------------------|-------|-----------------|---------|
| 1       | Conroy, Chris         | 28    | Lake Washington | 2:14.10 |
| r:+0.75 | 29.65                 | 33.81 | 34.86           | 35.78   |
| 2       | Tanimoto, Christopher | 27    | Downtown/Bellu  | 2:39.67 |
| r:+0.91 | 34.76                 | 39.50 | 42.64           | 42.77   |
| 3       | Heaton, Jesse         | 29    | Downtown/Bellu  | 2:49.66 |
| r:+0.80 | 38.03                 | 42.70 | 41.80           | 47.13   |

**Men 25-29 50 Yard Butterfly**

PNA: 22.20 # 4/13/2013 CHRIS CHAPMAN

Zone: 22.20 \$ 4/13/2013 CHRIS CHAPMAN

NATL: 21.11 @ 11/30/201 DAVIS TARWATER

|         |                 |    |                 |       |
|---------|-----------------|----|-----------------|-------|
| 1       | Robertson, Ryan | 27 | Orca Swim Club  | 26.48 |
| r:+0.67 |                 |    |                 |       |
| 2       | Scott, Michael  | 27 | Lake Washington | 29.07 |
| r:+1.00 |                 |    |                 |       |
| 3       | Heaton, Jesse   | 29 | Downtown/Bellu  | 29.09 |
| r:+0.81 |                 |    |                 |       |

**Men 25-29 100 Yard Butterfly**

PNA: 49.62 # 4/13/2013 CHRIS CHAPMAN

Zone: 49.62 \$ 4/13/2013 CHRIS CHAPMAN

NATL: 45.32 @ 11/30/201 DAVIS TARWATER

|         |                 |       |                 |         |
|---------|-----------------|-------|-----------------|---------|
| 1       | Conroy, Chris   | 28    | Lake Washington | 56.07   |
| r:+0.74 | 26.05           | 30.02 |                 |         |
| 2       | Malinak, Andrew | 27    | Husky Masters   | 57.73   |
| r:+0.98 | 26.73           | 31.00 |                 |         |
| 3       | Robertson, Ryan | 27    | Orca Swim Club  | 1:02.18 |
| r:+0.72 | 27.98           | 34.20 |                 |         |

**Men 25-29 200 Yard Butterfly**

PNA: 1:56.82 # 3/29/2014 EDDIE SWITAJ

Zone: 1:54.98 \$ 5/18/1997 WILLIAM ZOLNA

NATL: 1:47.62 @ 5/20/2007 ERIK SCALISE

|         |                 |       |                 |           |
|---------|-----------------|-------|-----------------|-----------|
| 1       | Chapman, Chris  | 27    | Lake Washington | 1:52.34\$ |
| r:+0.67 | 24.20           | 27.82 | 29.07           | 31.25     |
| 2       | Clark, Tyler    | 29    | Husky Masters   | 1:56.15#  |
| r:+0.74 | 25.22           | 28.12 | 29.60           | 33.21     |
| 3       | Robertson, Ryan | 27    | Orca Swim Club  | 2:41.59   |
| r:+0.79 | 33.91           | 41.46 | 44.27           | 41.95     |

**Men 25-29 100 Yard IM**

PNA: 53.13 # 2/17/2013 CHRIS CHAPMAN

Zone: 53.13 \$ 2/17/2013 CHRIS CHAPMAN

NATL: 48.27 @ 2/13/2010 MARK GANGLOFF

|         |                |       |                 |        |
|---------|----------------|-------|-----------------|--------|
| 1       | Chapman, Chris | 27    | Lake Washington | 53.10# |
| r:+0.67 | 23.81          | 29.29 |                 |        |
| 2       | Clark, Tyler   | 29    | Husky Masters   | 55.02  |
| r:+0.75 | 24.65          | 30.37 |                 |        |

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**(Men 25-29 100 Yard IM)**

|         |                       |       |                 |         |
|---------|-----------------------|-------|-----------------|---------|
| 3       | Martinez, Hector      | 28    | Downtown/Bellvu | 1:10.63 |
| r:+0.82 | 32.28                 | 38.35 |                 |         |
| 4       | Tanimoto, Christopher | 27    | Downtown/Bellvu | 1:10.72 |
| r:+0.86 | 35.11                 | 35.61 |                 |         |
| 5       | Scott, Michael        | 27    | Lake Washington | 1:11.51 |
| r:+0.91 | 30.95                 | 40.56 |                 |         |
| 6       | Phillips, Alex        | 26    | Husky Masters   | 1:13.08 |
| r:+0.76 | 35.43                 | 37.65 |                 |         |

**Men 25-29 400 Yard IM**

PNA: 4:14.72 # 4/15/2012 CEJIH YUNG

Zone: 4:11.49 \$ 5/18/1997 KYLE KIMBALL

NATL: 3:41.85 @ 12/20/201 DARIAN TOWNSEND

|         |                 |       |                |         |
|---------|-----------------|-------|----------------|---------|
| 1       | Robertson, Ryan | 27    | Orca Swim Club | 5:27.02 |
| r:+0.77 | 32.95           | 39.42 | 45.15          | 41.58   |
|         | 47.27           | 48.02 | 38.28          | 34.35   |

**Men 30-34 50 Yard Freestyle**

PNA: 21.59 # 3/31/1985 DAVE HANNULA

Zone: 21.47 \$ 2/14/1998 PAT HAYES

NATL: 19.65 @ 1/28/2012 NICHOLAS BRUNELLI

|         |               |    |                  |       |
|---------|---------------|----|------------------|-------|
| 1       | Kanev, Teodor | 31 | Mukilteo YMCA    | 24.50 |
| r:+0.69 |               |    |                  |       |
| 2       | Mansell, Ryan | 31 | Ymcapkc Sound Aq | 28.20 |
| r:+0.85 |               |    |                  |       |

**Men 30-34 100 Yard Freestyle**

PNA: 45.85 # 4/11/2009 BRIAN WISNIEWSKI

Zone: 45.85 \$ 4/11/2009 BRIAN WISNIEWSKI

NATL: 44.53 @ 12/19/200 MIKE PICOTTE

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 1       | Mozharov, Sergey | 30    | Husky Masters    | 48.89   |
| r:+0.77 | 23.80            | 25.09 |                  |         |
| 2       | Orton, Michael   | 31    | Husky Masters    | 53.42   |
| r:+0.71 | 26.49            | 26.93 |                  |         |
| 3       | Kanev, Teodor    | 31    | Mukilteo YMCA    | 54.85   |
| r:+0.69 | 25.90            | 28.95 |                  |         |
| 4       | Jones, Brock     | 32    | Orca Swim Club   | 57.33   |
| r:+0.90 | 27.74            | 29.59 |                  |         |
| 5       | O'Hern, Dave     | 30    | Husky Masters    | 59.23   |
| r:+0.83 | 28.33            | 30.90 |                  |         |
| 6       | Mansell, Ryan    | 31    | Ymcapkc Sound Aq | 1:06.44 |
| r:+0.89 | 31.01            | 35.43 |                  |         |

**Men 30-34 200 Yard Freestyle**

PNA: 1:40.22 # 4/11/2009 BRIAN WISNIEWSKI

Zone: 1:40.22 \$ 4/11/2009 BRIAN WISNIEWSKI

NATL: 1:38.03 @ 5/16/1999 JON OLSEN

|         |              |       |               |         |
|---------|--------------|-------|---------------|---------|
| 1       | O'Hern, Dave | 30    | Husky Masters | 2:13.76 |
| r:+0.87 | 30.12        | 34.04 | 35.80         | 33.80   |

**Men 30-34 500 Yard Freestyle**

PNA: 4:50.06 # 12/13/199 JAY BENNER

Zone: 4:44.28 \$ 4/30/1995 JEFF STILING

NATL: 4:29.49 @ 2/25/1996 MATTHEW CETLINSKI

|         |                 |       |                 |         |
|---------|-----------------|-------|-----------------|---------|
| 1       | Jones, Brock    | 32    | Orca Swim Club  | 5:33.11 |
| r:+0.85 | 29.20           | 32.89 | 34.11           | 34.13   |
|         | 34.62           | 34.09 | 34.31           | 34.11   |
|         | 33.76           | 31.89 |                 |         |
| 2       | Miller, Aaron   | 30    | Lake Washington | 5:46.67 |
| r:+0.89 | 30.77           | 33.60 | 34.55           | 35.11   |
|         | 34.89           | 35.46 | 35.63           | 35.96   |
|         | 35.88           | 34.82 |                 |         |
| 3       | Kanev, Teodor   | 31    | Mukilteo YMCA   | 5:53.03 |
| r:+0.71 | 30.36           | 33.95 | 35.56           | 36.28   |
|         | 36.28           | 36.56 | 36.20           | 37.25   |
|         | 36.92           | 33.67 |                 |         |
| 4       | O'Hern, Dave    | 30    | Husky Masters   | 6:06.92 |
|         | 29.84           | 33.70 | 36.66           | 37.67   |
|         | 38.42           | 38.56 | 38.78           | 39.60   |
|         | 38.84           | 34.85 |                 |         |
| 5       | Block, Jonathan | 31    | Unat-Psm        | 6:37.58 |
| r:+0.81 | 35.06           | 38.25 | 39.61           | 39.99   |
|         | 41.23           | 42.02 | 40.95           | 41.04   |
|         | 40.44           | 38.99 |                 |         |

**Men 30-34 1000 Yard Freestyle**

PNA: 10:14.57 # 4/23/1989 BRAD WILLIAMS

Zone: 9:47.93 \$ 4/30/2000 DENNIS TESCH

NATL: 9:26.93 @ 3/23/2003 JOSHUA WOODRUFF

|         |              |       |                |          |
|---------|--------------|-------|----------------|----------|
| 1       | Jones, Brock | 32    | Orca Swim Club | 11:29.74 |
| r:+0.84 | 30.48        | 34.15 | 34.76          | 35.06    |
|         | 35.08        | 34.85 | 34.67          | 34.94    |
|         | 34.95        | 35.06 | 35.37          | 34.95    |
|         | 35.09        | 35.11 | 34.51          | 34.47    |
|         | 34.82        | 34.60 | 34.08          | 32.74    |
| 2       | O'Hern, Dave | 30    | Husky Masters  | 12:23.41 |
| r:+0.85 | 31.01        | 34.09 | 36.23          | 37.66    |
|         | 37.72        | 37.96 | 37.75          | 38.05    |
|         | 37.96        | 38.01 | 37.49          | 38.01    |
|         | 38.01        | 38.43 | 38.37          | 38.16    |
|         | 38.84        | 39.04 | 36.97          | 33.65    |

**Men 30-34 1650 Yard Freestyle**

PNA: 17:38.02 # 4/23/1989 BRAD WILLIAMS

Zone: 15:51.57 \$ 5/12/1996 JEFF ERWIN

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

|         |               |       |                 |          |
|---------|---------------|-------|-----------------|----------|
| 1       | Miller, Aaron | 30    | Lake Washington | 20:09.63 |
| r:+0.88 | 31.09         | 34.43 | 36.57           | 36.53    |
|         | 36.83         | 36.75 | 36.65           | 36.76    |
|         | 36.63         | 36.83 | 36.65           | 36.41    |
|         | 37.04         | 37.04 | 37.02           | 36.79    |
|         | 36.83         | 36.48 | 36.87           | 37.16    |
|         | 36.55         | 37.07 | 37.20           | 37.23    |
|         | 37.32         | 37.21 | 37.01           | 37.72    |
|         | 36.87         | 37.34 | 37.57           | 37.04    |
|         |               |       |                 | 36.14    |

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**(Men 30-34 1650 Yard Freestyle)**

|         |              |       |               |          |
|---------|--------------|-------|---------------|----------|
| 2       | O'Hern, Dave | 30    | Husky Masters | 21:19.39 |
| r:+0.95 | 31.97        | 35.33 | 37.87         | 37.81    |
|         | 38.53        | 38.76 | 38.43         | 39.10    |
|         | 39.52        | 39.13 | 39.06         | 38.68    |
|         | 39.47        | 38.40 | 39.08         | 39.56    |
|         | 38.64        | 38.43 | 38.42         | 39.07    |
|         | 38.21        | 39.26 | 39.93         | 39.35    |
|         | 39.78        | 40.43 | 40.26         | 40.08    |
|         | 39.60        | 40.56 | 39.67         | 40.46    |
|         |              |       |               | 36.54    |

**Men 30-34 50 Yard Backstroke**

**PNA:** 25.31 # 4/10/2011 BRIAN WISNIEWSKI  
**Zone:** 24.82 \$ 4/9/2000 PAUL WATSON  
**NATL:** 22.64 @ 1/15/2012 KEVIN DOAK

|         |                   |    |                |       |
|---------|-------------------|----|----------------|-------|
| 1       | Thorogood, Thomas | 30 | Orca Swim Club | 37.86 |
| r:+0.75 |                   |    |                |       |

**Men 30-34 100 Yard Backstroke**

**PNA:** 54.01 # 4/11/2009 BRIAN WISNIEWSKI  
**Zone:** 53.59 \$ 4/9/2000 PAUL WATSON  
**NATL:** 46.34 @ 12/21/201 ADAM MANIA

|         |                   |       |                 |         |
|---------|-------------------|-------|-----------------|---------|
| 1       | Miller, Aaron     | 30    | Lake Washington | 1:09.94 |
| r:+0.75 | 34.90             | 35.04 |                 |         |
| 2       | Thorogood, Thomas | 30    | Orca Swim Club  | 1:21.46 |
| r:+0.71 | 39.57             | 41.89 |                 |         |

**Men 30-34 50 Yard Breaststroke**

**PNA:** 26.78 # 4/29/1990 ROBERT JACKSON  
**Zone:** 26.78 \$ 4/29/1990 ROBERT JACKSON  
**NATL:** 24.84 @ 4/30/2011 ED MOSES

|         |              |    |                |       |
|---------|--------------|----|----------------|-------|
| 1       | Jones, Brock | 32 | Orca Swim Club | 35.07 |
| r:+0.84 |              |    |                |       |

**Men 30-34 100 Yard Breaststroke**

**PNA:** 59.20 # 4/29/1990 ROBERT JACKSON  
**Zone:** 58.51 \$ 5/2/2004 GREGORY LATTA  
**NATL:** 53.44 @ 4/29/2011 ED MOSES

|         |               |       |                 |         |
|---------|---------------|-------|-----------------|---------|
| 1       | Miller, Aaron | 30    | Lake Washington | 1:11.24 |
| r:+0.84 | 34.03         | 37.21 |                 |         |
| 2       | Jones, Brock  | 32    | Orca Swim Club  | 1:14.53 |
| r:+0.81 | 35.63         | 38.90 |                 |         |

**Men 30-34 200 Yard Breaststroke**

**PNA:** 2:14.48 # 4/13/2013 JESSE NITZ  
**Zone:** 2:09.53 \$ 4/7/2002 GREGORY LATTA  
**NATL:** 1:56.02 @ 5/1/2011 ED MOSES

|         |               |       |                 |         |
|---------|---------------|-------|-----------------|---------|
| 1       | Miller, Aaron | 30    | Lake Washington | 2:36.48 |
| r:+0.91 | 35.12         | 39.94 | 41.23           | 40.19   |
| 2       | Jones, Brock  | 32    | Orca Swim Club  | 2:39.32 |
| r:+0.89 | 36.93         | 39.91 | 41.86           | 40.62   |

**Men 30-34 50 Yard Butterfly**

**PNA:** 23.34 # 4/29/1990 BRENT KRANTZ  
**Zone:** 22.93 \$ 4/30/2000 MICHAEL SORENSEN  
**NATL:** 21.37 @ 12/22/201 ADAM MANIA

|         |                  |    |               |       |
|---------|------------------|----|---------------|-------|
| 1       | Mozharov, Sergey | 30 | Husky Masters | 24.36 |
| r:+0.76 |                  |    |               |       |

|         |                 |    |               |       |
|---------|-----------------|----|---------------|-------|
| 2       | Kanev, Teodor   | 31 | Mukilteo YMCA | 28.99 |
| r:+0.67 |                 |    |               |       |
| 3       | Block, Jonathan | 31 | Unat-Psm      | 33.09 |
| r:+0.82 |                 |    |               |       |

**Men 30-34 100 Yard Butterfly**

**PNA:** 51.98 # 4/1/2012 IAN MOSHER  
**Zone:** 50.46 \$ 5/16/1999 MICHAEL SORENSEN  
**NATL:** 47.28 @ 12/20/201 ADAM MANIA

|         |              |       |               |         |
|---------|--------------|-------|---------------|---------|
| 1       | O'Hern, Dave | 30    | Husky Masters | 1:14.69 |
| r:+0.89 | 34.61        | 40.08 |               |         |

**Men 30-34 100 Yard IM**

**PNA:** 53.84 # 5/26/1984 DAVID HANNULA  
**Zone:** 53.83 \$ 4/7/2002 GREGORY LATTA  
**NATL:** 49.81 @ 4/28/2012 NICHOLAS BRUNELLI

|         |                   |       |                |         |
|---------|-------------------|-------|----------------|---------|
| 1       | Mozharov, Sergey  | 30    | Husky Masters  | 55.16   |
| r:+0.85 | 25.94             | 29.22 |                |         |
| 2       | Orton, Michael    | 31    | Husky Masters  | 1:00.73 |
| r:+0.72 | 27.73             | 33.00 |                |         |
| 3       | Kanev, Teodor     | 31    | Mukilteo YMCA  | 1:08.18 |
| r:+0.76 | 31.01             | 37.17 |                |         |
| 4       | Thorogood, Thomas | 30    | Orca Swim Club | 1:22.42 |
| r:+0.91 | 38.04             | 44.38 |                |         |

**Men 30-34 200 Yard IM**

**PNA:** 2:00.84 # 4/5/1992 STEVE VELA  
**Zone:** 1:56.51 \$ 4/7/2002 GREGORY LATTA  
**NATL:** 1:47.62 @ 5/4/1997 RONALD KARNAUGH

|         |                  |       |               |         |
|---------|------------------|-------|---------------|---------|
| 1       | Mozharov, Sergey | 30    | Husky Masters | 2:03.15 |
| r:+0.79 | 26.31            | 32.35 | 35.58         | 28.91   |

**Men 30-34 400 Yard IM**

**PNA:** 4:17.68 # 4/23/1989 BRAD WILLIAMS  
**Zone:** 4:14.76 \$ 5/14/2002 BILL ZOLNA  
**NATL:** 3:53.81 @ 5/4/1997 RONALD KARNAUGH

|         |                |       |                 |         |
|---------|----------------|-------|-----------------|---------|
| 1       | Orton, Michael | 31    | Husky Masters   | 4:34.13 |
| r:+0.71 | 28.15          | 32.87 | 36.19           | 35.14   |
|         | 39.64          | 39.02 | 32.37           | 30.75   |
| 2       | Miller, Aaron  | 30    | Lake Washington | 5:11.38 |
| r:+0.88 | 33.01          | 39.55 | 41.39           | 40.17   |
|         | 42.05          | 42.97 | 36.42           | 35.82   |

**Men 35-39 50 Yard Freestyle**

**PNA:** 22.11 # 7/5/1997 CRAIG MALLERY  
**Zone:** 21.11 \$ 4/30/2000 PAT HAYES  
**NATL:** 20.14 @ 5/4/2008 JOSH DAVIS

|         |                   |    |                  |       |
|---------|-------------------|----|------------------|-------|
| 1       | Wisniewski, Brian | 36 | Husky Masters    | 22.25 |
| r:+0.73 |                   |    |                  |       |
| 2       | Olson, Nathan     | 37 | Alaska Masters S | 23.06 |
| r:+0.80 |                   |    |                  |       |
| 3       | Ridle, Jason      | 39 | Sequim Aquatic R | 23.71 |
| r:+0.76 |                   |    |                  |       |
| 4       | Gelinas, Peter    | 37 | Blue Wave Aquati | 24.13 |
| r:+0.86 |                   |    |                  |       |
| 5       | Henriksen, Martin | 39 | Mukilteo YMCA    | 24.26 |
| r:+0.77 |                   |    |                  |       |
| 6       | Cox, Gary         | 36 | Downtown/Bellvu  | 25.05 |
| r:+0.81 |                   |    |                  |       |



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**Men 35-39 100 Yard Freestyle**

PNA: 47.98 # 4/13/2013 BRIAN WISNIEWSKI

Zone: 46.04 \$ 4/30/2000 PAT HAYES

NATL: 44.24 @ 4/20/2009 VLAD PYSHNENKO

|         |                   |       |                  |       |
|---------|-------------------|-------|------------------|-------|
| 1       | Olson, Nathan     | 37    | Alaska Masters S | 51.35 |
| r:+0.79 | 24.70             | 26.65 |                  |       |
| 2       | Ridle, Jason      | 39    | Sequim Aquatic R | 51.92 |
| r:+0.80 | 24.63             | 27.29 |                  |       |
| 3       | Henriksen, Martin | 39    | Mukilteo YMCA    | 53.01 |
| r:+0.75 | 24.94             | 28.07 |                  |       |
| 4       | Gelinas, Peter    | 37    | Blue Wave Aquati | 54.18 |
| r:+0.89 | 25.85             | 28.33 |                  |       |
| 5       | Cox, Gary         | 36    | Downtown/Bellvu  | 55.67 |
| r:+0.79 | 25.97             | 29.70 |                  |       |

**Men 35-39 200 Yard Freestyle**

PNA: 1:45.44 # 4/13/2013 BRIAN WISNIEWSKI

Zone: 1:41.80 \$ 4/30/2000 PAT HAYES

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

|         |                   |       |                  |         |
|---------|-------------------|-------|------------------|---------|
| 1       | Ridle, Jason      | 39    | Sequim Aquatic R | 1:56.84 |
| r:+0.76 | 26.55             | 29.03 | 30.46            | 30.80   |
| 2       | Henriksen, Martin | 39    | Mukilteo YMCA    | 2:01.67 |
| r:+0.82 | 26.44             | 29.58 | 32.11            | 33.54   |

**Men 35-39 500 Yard Freestyle**

PNA: 4:53.45 # 5/10/2009 KIRK NELSON

Zone: 4:43.56 \$ 5/18/1997 JEFF STILING

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

|         |                   |       |                  |           |
|---------|-------------------|-------|------------------|-----------|
| 1       | Wisniewski, Brian | 36    | Husky Masters    | 4:42.17\$ |
| r:+0.66 | 25.81             | 28.31 | 28.41            | 28.43     |
|         |                   |       | 28.62            | 28.98     |
|         |                   |       | 28.64            | 28.84     |
|         |                   |       | 28.13            | 28.00     |
| 2       | Bush, Gabe        | 36    | Blue Wave Aquati | 5:37.81   |
| r:+0.94 | 31.23             | 33.72 | 34.42            | 34.94     |
|         |                   |       | 34.95            | 33.28     |
|         |                   |       | 33.80            | 33.77     |
|         |                   |       | 33.77            | 33.93     |
| 3       | Olson, Nathan     | 37    | Alaska Masters S | 5:50.04   |
| r:+0.85 | 27.07             | 31.48 | 33.47            | 35.68     |
|         |                   |       | 36.27            | 36.90     |
|         |                   |       | 37.81            | 37.98     |
|         |                   |       | 38.63            | 34.75     |

**Men 35-39 1000 Yard Freestyle**

PNA: 10:13.00 # 4/11/2009 KIRK NELSON

Zone: 10:01.95 \$ 5/15/2002 TIMOTHY NELSON

NATL: 9:27.97 @ 5/20/2010 ERIC CHRISTENSEN

|         |            |       |                  |          |
|---------|------------|-------|------------------|----------|
| 1       | Bush, Gabe | 36    | Blue Wave Aquati | 11:47.68 |
| r:+0.93 | 32.22      | 35.09 | 35.44            | 36.05    |
|         |            |       | 36.06            | 35.42    |
|         |            |       | 36.32            | 36.02    |
|         |            |       | 36.13            | 36.05    |
|         |            |       | 34.93            | 35.08    |
|         |            |       | 35.43            | 35.77    |
|         |            |       | 35.82            | 35.56    |
|         |            |       | 35.45            | 35.31    |
|         |            |       | 34.88            | 34.65    |

**Men 35-39 1650 Yard Freestyle**

PNA: 16:59.11 # 5/20/2007 DAVID KAYS

Zone: 15:53.88 \$ 5/18/2003 JEFF ERWIN

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

|         |            |       |                  |          |
|---------|------------|-------|------------------|----------|
| 1       | Bush, Gabe | 36    | Blue Wave Aquati | 19:47.49 |
| r:+0.96 | 32.30      | 35.07 | 36.24            | 36.57    |
|         |            |       | 37.06            | 36.73    |
|         |            |       | 36.73            | 36.50    |
|         |            |       | 36.64            | 36.33    |
|         |            |       | 35.58            | 35.51    |
|         |            |       | 35.98            | 36.14    |
|         |            |       | 35.92            | 35.84    |
|         |            |       | 36.27            | 36.14    |
|         |            |       | 36.23            | 36.39    |
|         |            |       | 36.05            | 35.72    |
|         |            |       | 36.03            | 36.13    |
|         |            |       | 36.40            | 36.04    |
|         |            |       | 36.25            | 36.07    |
|         |            |       | 36.20            | 36.76    |
|         |            |       | 35.48            | 35.70    |
|         |            |       |                  | 34.49    |

**Men 35-39 50 Yard Backstroke**

PNA: 25.22 # 5/18/2003 EDWARD WARDIAN

Zone: 25.14 \$ 5/16/1999 STEVE GEORGE

NATL: 22.70 @ 5/4/2008 JOSH DAVIS

|         |                   |    |               |         |
|---------|-------------------|----|---------------|---------|
| 1       | Wisniewski, Brian | 36 | Husky Masters | 24.88\$ |
| r:+0.76 |                   |    |               |         |

**Men 35-39 100 Yard Backstroke**

PNA: 53.09 # 4/13/2013 BRIAN WISNIEWSKI

Zone: 53.09 \$ 4/13/2013 BRIAN WISNIEWSKI

NATL: 49.12 @ 5/4/2008 JOSH DAVIS

|         |              |       |                 |         |
|---------|--------------|-------|-----------------|---------|
| 1       | Belleza, Ron | 39    | Snhomish Aquati | 1:00.07 |
| r:+0.68 | 29.38        | 30.69 |                 |         |

**Men 35-39 200 Yard Backstroke**

PNA: 1:56.17 # 5/18/2003 EDWARD WARDIAN

Zone: 1:55.83 \$ 5/16/1999 STEVE GEORGE

NATL: 1:47.72 @ 5/4/2008 JOSH DAVIS

|         |                   |       |               |           |
|---------|-------------------|-------|---------------|-----------|
| 1       | Wisniewski, Brian | 36    | Husky Masters | 1:54.57\$ |
| r:+0.77 | 27.60             | 29.05 | 29.21         | 28.71     |

**Men 35-39 50 Yard Breaststroke**

PNA: 27.46 # 4/29/1990 RICK COLELLA

Zone: 27.07 \$ 4/21/2006 GREG LATTA

NATL: 25.35 @ 5/21/2010 STEVE WEST

|         |               |    |                 |       |
|---------|---------------|----|-----------------|-------|
| 1       | Cardoso, Rick | 35 | Lake Washington | 30.21 |
| r:+0.78 |               |    |                 |       |

**Men 35-39 100 Yard Breaststroke**

PNA: 1:00.65 # 4/14/1991 RICK COLELLA

Zone: 59.56 \$ 4/21/2006 GREG LATTA

NATL: 55.12 @ 4/29/2011 JEFF COMMINGS

|         |               |       |                 |         |
|---------|---------------|-------|-----------------|---------|
| 1       | Cardoso, Rick | 35    | Lake Washington | 1:07.73 |
| r:+0.79 | 31.71         | 36.02 |                 |         |

**Men 35-39 200 Yard Breaststroke**

PNA: 2:11.59 # 4/29/1990 RICK COLELLA

Zone: 2:11.59 \$ 4/29/1990 RICK COLELLA

NATL: 1:59.23 @ 12/16/200 RON KARNAUGH

|         |                |       |                  |         |
|---------|----------------|-------|------------------|---------|
| 1       | Gelinas, Peter | 37    | Blue Wave Aquati | 2:25.89 |
| r:+0.92 | 33.13          | 36.92 | 38.52            | 37.32   |



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**Men 35-39 50 Yard Butterfly**

PNA: 24.08 # 4/10/2004 AMON EMEKA

Zone: 23.06 \$ 5/18/2003 MICHAEL SORENSEN

NATL: 22.26 @ 4/29/2011 JOSH DAVIS

|   |                   |    |                  |       |
|---|-------------------|----|------------------|-------|
| 1 | Cardoso, Rick     | 35 | Lake Washington  | 25.65 |
|   | r:+0.76           |    |                  |       |
| 2 | Olson, Nathan     | 37 | Alaska Masters S | 25.72 |
|   | r:+0.81           |    |                  |       |
| 3 | Henriksen, Martin | 39 | Mukilteo YMCA    | 26.57 |
|   | r:+0.73           |    |                  |       |
| 4 | Bush, Gabe        | 36 | Blue Wave Aquati | 28.04 |
|   | r:+0.91           |    |                  |       |
| 5 | Cox, Gary         | 36 | Downtown/Bellvu  | 28.37 |
|   | r:+0.89           |    |                  |       |

**Men 35-39 100 Yard Butterfly**

PNA: 52.45 # 5/18/1997 STEVEN VELA

Zone: 50.30 \$ 5/18/2003 MICHAEL SORENSEN

NATL: 49.35 @ 1/15/2012 IGOR MARCHENKO

|   |                   |       |                  |         |
|---|-------------------|-------|------------------|---------|
| 1 | Olson, Nathan     | 37    | Alaska Masters S | 58.51   |
|   | r:+0.83 27.13     | 31.38 |                  |         |
| 2 | Ridle, Jason      | 39    | Sequim Aquatic R | 59.72   |
|   | r:+0.88 27.92     | 31.80 |                  |         |
| 3 | Henriksen, Martin | 39    | Mukilteo YMCA    | 1:01.15 |
|   | r:+0.79 27.75     | 33.40 |                  |         |
| 4 | Bush, Gabe        | 36    | Blue Wave Aquati | 1:03.42 |
|   | r:+0.96 29.99     | 33.43 |                  |         |
| 5 | Cox, Gary         | 36    | Downtown/Bellvu  | 1:05.66 |
|   | r:+0.90 30.95     | 34.71 |                  |         |

**Men 35-39 200 Yard Butterfly**

PNA: 2:01.31 # 5/18/1997 STEVEN VELA

Zone: 1:52.56 \$ 6/20/2001 DENNIS BAKER

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

|   |               |       |                  |         |
|---|---------------|-------|------------------|---------|
| 1 | Bush, Gabe    | 36    | Blue Wave Aquati | 2:23.02 |
|   | r:+0.92 31.24 | 36.59 | 37.83 37.36      |         |

**Men 35-39 100 Yard IM**

PNA: 55.68 # 4/29/1990 DAVID HANNULA

Zone: 54.12 \$ 4/30/2000 PAT HAYES

NATL: 50.06 @ 5/4/2008 JOSH DAVIS

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Belleza, Ron   | 39    | Snohomish Aquati | 1:00.50 |
|   | r:+0.79 27.69  | 32.81 |                  |         |
| 2 | Ridle, Jason   | 39    | Sequim Aquatic R | 1:00.78 |
|   | r:+0.79 28.23  | 32.55 |                  |         |
| 3 | Olson, Nathan  | 37    | Alaska Masters S | 1:01.69 |
|   | r:+0.80 27.93  | 33.76 |                  |         |
| 4 | Gelinas, Peter | 37    | Blue Wave Aquati | 1:02.08 |
|   | r:+0.93 30.33  | 31.75 |                  |         |
| 5 | Cox, Gary      | 36    | Downtown/Bellvu  | 1:07.36 |
|   | r:+0.89 30.11  | 37.25 |                  |         |

**Men 35-39 200 Yard IM**

PNA: 2:00.39 # 4/13/2013 BRIAN WISNIEWSKI

Zone: 1:57.43 \$ 4/21/2006 GREG LATTA

NATL: 1:48.74 @ 12/22/200 RONALD KARNAUGH

|   |               |       |                  |         |
|---|---------------|-------|------------------|---------|
| 1 | Ridle, Jason  | 39    | Sequim Aquatic R | 2:15.60 |
|   | r:+0.86 27.78 | 34.38 | 40.36 33.08      |         |

|   |               |       |                 |         |
|---|---------------|-------|-----------------|---------|
| 2 | Cox, Gary     | 36    | Downtown/Bellvu | 2:28.07 |
|   | r:+0.90 31.43 | 38.49 | 44.89 33.26     |         |

**Men 35-39 400 Yard IM**

PNA: 4:23.10 # 5/18/1997 STEVEN VELA

Zone: 4:12.83 \$ 5/18/1997 JEFF STILING

NATL: 3:56.76 @ 12/16/200 RON KARNAUGH

|   |                   |       |               |           |
|---|-------------------|-------|---------------|-----------|
| 1 | Wisniewski, Brian | 36    | Husky Masters | 4:11.19\$ |
|   | r:+0.83 26.64     | 30.40 | 33.11 31.51   |           |
|   |                   | 37.05 | 36.97 28.70   | 26.81     |

**Men 40-44 50 Yard Freestyle**

PNA: 22.63 # 5/20/2007 MATS NYGREN

Zone: 21.98 \$ 5/12/1996 RICK ABBOTT

NATL: 20.84 @ 4/26/2009 MICHAEL ROSS

|   |                     |    |                  |       |
|---|---------------------|----|------------------|-------|
| 1 | Noah, Kevin         | 42 | Lake Washington  | 25.43 |
|   | r:+0.86             |    |                  |       |
| 2 | Castle, Matt        | 42 | Thunderbird Aqua | 25.69 |
|   | r:+0.89             |    |                  |       |
| 3 | Rittenberg, Durrell | 44 | Lake Washington  | 26.93 |
|   | r:+0.82             |    |                  |       |
| 4 | Cullen, Emmet       | 43 | Blue Wave Aquati | 30.33 |
|   | r:+1.00             |    |                  |       |

**Men 40-44 100 Yard Freestyle**

PNA: 49.09 # 4/29/2012 JOHN KEPPELER

Zone: 48.17 \$ 5/12/1996 RICK ABBOTT

NATL: 45.35 @ 5/4/2008 MICHAEL ROSS

|   |                     |       |                  |         |
|---|---------------------|-------|------------------|---------|
| 1 | Noah, Kevin         | 42    | Lake Washington  | 54.91   |
|   | r:+0.87 26.24       | 28.67 |                  |         |
| 2 | Rittenberg, Durrell | 44    | Lake Washington  | 59.27   |
|   | r:+0.77 27.70       | 31.57 |                  |         |
| 3 | Cullen, Emmet       | 43    | Blue Wave Aquati | 1:12.39 |
|   | r:+1.01 34.89       | 37.50 |                  |         |
| 4 | Zellerhoff, Mark    | 44    | Blue Wave Aquati | 1:13.04 |
|   | r:+1.12 34.20       | 38.84 |                  |         |
| 5 | Ness, Kerry         | 44    | Skagit Valley Ma | 1:17.37 |
|   | r:+0.90 35.87       | 41.50 |                  |         |

**Men 40-44 200 Yard Freestyle**

PNA: 1:45.58 # 5/20/2007 MATS NYGREN

Zone: 1:43.69 \$ 4/10/2005 DENNIS BAKER

NATL: 1:38.94 @ 5/4/2008 MICHAEL ROSS

|   |                     |       |                  |         |
|---|---------------------|-------|------------------|---------|
| 1 | Noah, Kevin         | 42    | Lake Washington  | 2:03.17 |
|   | r:+0.93 27.87       | 30.69 | 31.85 32.76      |         |
| 2 | Bakh, Robert        | 41    | Samena Masters   | 2:10.21 |
|   | r:+0.80 30.56       | 33.24 | 33.66 32.75      |         |
| 3 | Rittenberg, Durrell | 44    | Lake Washington  | 2:14.78 |
|   | r:+0.88 29.97       | 33.46 | 35.30 36.05      |         |
| 4 | Gonzalez, George    | 43    | Orca Swim Club   | 2:22.27 |
|   | r:+0.84 30.96       | 36.23 | 37.89 37.19      |         |
| 5 | Zellerhoff, Mark    | 44    | Blue Wave Aquati | 2:54.85 |
|   | r:+1.21 37.88       | 42.77 | 46.65 47.55      |         |



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## Men 40-44 500 Yard Freestyle

PNA: 4:47.89 # 5/20/2007 MATS NYGREN

Zone: 4:41.58 \$ 4/21/2006 DENNIS BAKER

NATL: 4:39.86 @ 5/8/2010 ALEX KOSTICH

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 1       | Noah, Kevin      | 42    | Lake Washington  | 5:42.79 |
| r:+0.97 | 32.13            | 34.59 | 35.03            | 33.46   |
|         | 33.08            | 33.75 | 34.64            | 35.32   |
|         | 36.19            | 34.60 |                  |         |
| 2       | Bakh, Robert     | 41    | Samena Masters   | 5:48.97 |
| r:+0.84 | 30.39            | 32.73 | 34.80            | 35.37   |
|         | 35.60            | 36.23 | 36.32            | 36.27   |
|         | 36.13            | 35.13 |                  |         |
| 3       | Gonzalez, George | 43    | Orca Swim Club   | 6:27.95 |
| r:+0.88 | 32.77            | 37.59 | 39.38            | 40.80   |
|         | 40.34            | 40.88 | 39.67            | 40.07   |
|         | 39.76            | 36.69 |                  |         |
| 4       | Ness, Kerry      | 44    | Skagit Valley Ma | 7:10.76 |
|         | 39.43            | 42.01 | 42.48            | 43.54   |
|         | 43.45            | 43.94 | 44.08            | 44.19   |
|         | 44.40            | 43.24 |                  |         |
| 5       | Zellerhoff, Mark | 44    | Blue Wave Aquati | 7:57.62 |
| r:+1.24 | 41.05            | 45.37 | 48.17            | 48.61   |
|         | 49.25            | 50.08 | 50.61            | 48.40   |
|         | 49.88            | 46.20 |                  |         |

## Men 40-44 1000 Yard Freestyle

PNA: 9:57.25 # 5/10/2009 DAVID KAYS

Zone: 9:57.25 \$ 5/10/2009 DAVID KAYS

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

|         |                |       |                  |          |
|---------|----------------|-------|------------------|----------|
| 1       | Nelson, Kirk   | 43    | Husky Masters    | 10:45.48 |
| r:+0.85 | 29.52          | 31.61 | 32.39            | 32.24    |
|         | 32.17          | 32.48 | 32.98            | 33.08    |
|         | 32.86          | 33.18 | 32.66            | 32.96    |
|         | 32.92          | 32.58 | 32.66            | 32.42    |
|         | 32.38          | 32.06 | 31.74            | 30.59    |
| 2       | Hagedorn, Chad | 41    | Ymcapkc Sound Aq | 11:34.14 |
| r:+1.03 | 31.11          | 33.43 | 33.98            | 34.51    |
|         | 34.45          | 34.82 | 34.52            | 35.33    |
|         | 35.05          | 35.03 | 35.10            | 35.19    |
|         | 35.52          | 35.27 | 35.59            | 35.36    |
|         | 35.31          | 35.38 | 35.11            | 34.08    |
| 3       | Nichols, Mark  | 40    | Unat-Psm         | 13:40.16 |
| r:+0.91 | 37.54          | 41.49 | 42.11            | 43.03    |
|         | 43.33          | 42.81 | 42.37            | 42.81    |
|         | 42.59          | 40.97 | 41.75            | 41.04    |
|         | 42.08          | 42.93 | 42.18            | 39.81    |
|         | 39.43          | 38.55 | 37.89            | 35.45    |

## Men 40-44 1650 Yard Freestyle

PNA: 16:54.00 # 5/10/2009 DAVID KAYS

Zone: 16:33.50 \$ 4/21/2006 DENNIS BAKER

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

|         |                   |         |                  |          |
|---------|-------------------|---------|------------------|----------|
| 1       | Hagedorn, Chad    | 41      | Ymcapkc Sound Aq | 19:54.46 |
| r:+1.03 | 32.52             | 34.60   | 35.17            | 35.17    |
|         | 36.07             | 36.18   | 36.37            | 36.46    |
|         | 36.39             | 36.58   | 36.48            | 36.72    |
|         | 36.64             | 36.55   | 36.48            | 36.55    |
|         | 36.35             | 36.60   | 36.42            | 36.46    |
|         | 36.58             | 36.60   | 36.21            | 36.42    |
|         | 36.69             | 36.73   | 36.63            | 36.40    |
|         | 36.60             | 36.36   | 36.47            | 36.55    |
|         |                   |         |                  | 35.46    |
| 2       | Jozefowski, Scott | 44      | Blue Wave Aquati | 38:16.17 |
| r:+1.49 | 51.12             | 1:00.89 | 1:10.32          | 1:08.49  |
|         | 1:06.38           | 1:08.69 | 1:07.54          | 1:11.13  |
|         | 1:11.20           | 1:10.34 | 1:09.19          | 1:09.27  |
|         | 1:08.69           | 1:10.60 | 1:09.72          | 1:11.23  |
|         | 1:13.17           | 1:12.77 | 1:13.37          | 1:11.01  |
|         | 1:12.00           | 1:12.50 | 1:13.06          | 1:14.81  |
|         | 1:11.80           | 1:12.03 | 1:12.07          | 1:13.01  |
|         | 1:09.47           | 1:10.20 | 1:09.00          | 1:06.62  |
|         |                   |         |                  | 1:04.48  |

## Men 40-44 50 Yard Backstroke

PNA: 25.10 # 4/29/2012 JOHN KEPPELER

Zone: 25.10 \$ 4/29/2012 JOHN KEPPELER

NATL: 22.77 @ 4/26/2009 MICHAEL ROSS

|         |                  |    |                  |       |
|---------|------------------|----|------------------|-------|
| 1       | Castle, Matt     | 42 | Thunderbird Aqua | 32.14 |
| r:+0.75 |                  |    |                  |       |
| 2       | Zellerhoff, Mark | 44 | Blue Wave Aquati | 37.58 |
| r:+0.83 |                  |    |                  |       |
| 3       | Cullen, Emmet    | 43 | Blue Wave Aquati | 37.87 |
| r:+0.72 |                  |    |                  |       |

## Men 40-44 100 Yard Backstroke

PNA: 53.91 # 4/29/2012 JOHN KEPPELER

Zone: 53.91 \$ 4/29/2012 JOHN KEPPELER

NATL: 48.49 @ 4/26/2009 MICHAEL ROSS

|         |                     |       |                 |         |
|---------|---------------------|-------|-----------------|---------|
| 1       | Noah, Kevin         | 42    | Lake Washington | 1:07.51 |
| r:+0.78 | 32.77               | 34.74 |                 |         |
| 2       | Rittenberg, Durrell | 44    | Lake Washington | 1:09.85 |
| r:+0.81 | 34.86               | 34.99 |                 |         |

## Men 40-44 200 Yard Backstroke

PNA: 1:57.17 # 4/29/2012 JOHN KEPPELER

Zone: 1:57.17 \$ 4/29/2012 JOHN KEPPELER

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

|         |             |       |                 |         |
|---------|-------------|-------|-----------------|---------|
| 1       | Noah, Kevin | 42    | Lake Washington | 2:26.77 |
| r:+0.80 | 35.22       | 37.41 | 37.32           | 36.82   |

## Men 40-44 50 Yard Breaststroke

PNA: 27.42 # 4/9/2000 ROBERT JACKSON

Zone: 27.05 \$ 4/3/2011 BRAD BACHULIS

NATL: 25.69 @ 4/27/2012 STEVE WEST

|         |               |    |                  |       |
|---------|---------------|----|------------------|-------|
| 1       | Doherty, Todd | 43 | Bellevue Club    | 28.91 |
| r:+0.68 |               |    |                  |       |
| 2       | Castle, Matt  | 42 | Thunderbird Aqua | 34.06 |
| r:+0.89 |               |    |                  |       |



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**(Men 40-44 50 Yard Breaststroke)**

|   |              |    |                  |       |
|---|--------------|----|------------------|-------|
| 3 | Bakh, Robert | 41 | Samena Masters   | 36.43 |
|   | r:+0.73      |    |                  |       |
| 4 | Ness, Kerry  | 44 | Skagit Valley Ma | 36.49 |
|   | r:+0.81      |    |                  |       |

**Men 40-44 100 Yard Breaststroke**

**PNA: 59.95 # 4/9/2000 ROBERT JACKSON**  
**Zone: 59.95 \$ 4/9/2000 ROBERT JACKSON**  
**NATL: 55.79 @ 4/28/2012 STEVE WEST**

|   |                     |    |                  |         |
|---|---------------------|----|------------------|---------|
| 1 | Doherty, Todd       | 43 | Bellevue Club    | 1:03.73 |
|   | r:+0.69 30.43 33.30 |    |                  |         |
| 2 | Hagedorn, Chad      | 41 | Ymcapkc Sound Aq | 1:13.57 |
|   | r:+0.88 34.62 38.95 |    |                  |         |
| 3 | Rittenberg, Durrell | 44 | Lake Washington  | 1:20.54 |
|   | r:+0.82 37.99 42.55 |    |                  |         |
| 4 | Ness, Kerry         | 44 | Skagit Valley Ma | 1:21.40 |
|   | r:+0.83 38.59 42.81 |    |                  |         |

**Men 40-44 200 Yard Breaststroke**

**PNA: 2:12.85 # 4/5/1992 RICK COLELLA**  
**Zone: 2:12.85 \$ 4/5/1992 RICK COLELLA**  
**NATL: 2:00.78 @ 4/29/2012 STEVE WEST**

|   |                                 |    |                  |         |
|---|---------------------------------|----|------------------|---------|
| 1 | Ness, Kerry                     | 44 | Skagit Valley Ma | 2:59.63 |
|   | r:+0.81 40.32 45.53 46.53 47.25 |    |                  |         |

**Men 40-44 50 Yard Butterfly**

**PNA: 24.04 # 5/17/2002 DAVID MCALPINE**  
**Zone: 24.04 \$ 5/17/2002 DAVID MCALPINE**  
**NATL: 22.61 @ 4/26/2009 MICHAEL ROSS**

|   |                  |    |                  |       |
|---|------------------|----|------------------|-------|
| 1 | Hagedorn, Chad   | 41 | Ymcapkc Sound Aq | 27.98 |
|   | r:+0.89          |    |                  |       |
| 2 | Castle, Matt     | 42 | Thunderbird Aqua | 28.60 |
|   | r:+0.83          |    |                  |       |
| 3 | Gonzalez, George | 43 | Orca Swim Club   | 32.90 |
|   | r:+0.97          |    |                  |       |

**Men 40-44 100 Yard Butterfly**

**PNA: 53.19 # 4/14/2002 DAVID MCALPINE**  
**Zone: 51.50 \$ 4/14/2002 DENNIS BAKER**  
**NATL: 49.27 @ 5/4/2008 MICHAEL ROSS**

|   |                     |    |                 |         |
|---|---------------------|----|-----------------|---------|
| 1 | Rittenberg, Durrell | 44 | Lake Washington | 1:10.40 |
|   | r:+0.85 32.49 37.91 |    |                 |         |

**Men 40-44 200 Yard Butterfly**

**PNA: 2:03.02 # 4/25/1993 RICK COLELLA**  
**Zone: 1:50.61 \$ 4/14/2002 DENNIS BAKER**  
**NATL: 1:50.61 @ 4/14/2002 DENNIS BAKER**

|   |                                 |    |          |         |
|---|---------------------------------|----|----------|---------|
| 1 | Nichols, Mark                   | 40 | Unat-Psm | 2:39.83 |
|   | r:+0.88 37.20 40.48 41.31 40.84 |    |          |         |

**Men 40-44 100 Yard IM**

**PNA: 55.24 # 4/10/2011 ROY BERG**  
**Zone: 55.19 \$ 4/11/2010 GREGORY LATTA**  
**NATL: 51.85 @ 5/23/2010 MICHAEL ROSS**

|   |                     |    |                  |         |
|---|---------------------|----|------------------|---------|
| 1 | Nelson, Kirk        | 43 | Husky Masters    | 1:02.64 |
|   | r:+0.82 29.08 33.56 |    |                  |         |
| 2 | Castle, Matt        | 42 | Thunderbird Aqua | 1:10.30 |
|   | r:+0.89 32.78 37.52 |    |                  |         |

**Men 40-44 200 Yard IM**

**PNA: 2:01.45 # 5/20/2001 DAVID SANTOS**  
**Zone: 2:00.23 \$ 4/11/2004 DENNIS BAKER**  
**NATL: 1:51.85 @ 4/26/2009 MICHAEL ROSS**

|   |                                 |    |                  |         |
|---|---------------------------------|----|------------------|---------|
| 1 | Doherty, Todd                   | 43 | Bellevue Club    | 2:09.60 |
|   | r:+0.68 27.62 34.69 37.23 30.06 |    |                  |         |
| 2 | Hagedorn, Chad                  | 41 | Ymcapkc Sound Aq | 2:20.45 |
|   | r:+0.82 29.33 36.72 41.35 33.05 |    |                  |         |
| 3 | Castle, Matt                    | 42 | Thunderbird Aqua | 2:44.94 |
|   | r:+0.89 35.19 44.56 46.40 38.79 |    |                  |         |
| 4 | Ness, Kerry                     | 44 | Skagit Valley Ma | 2:53.15 |
|   | r:+0.85 34.70 49.34 46.49 42.62 |    |                  |         |

**Men 40-44 400 Yard IM**

**PNA: 4:22.20 # 5/20/2001 DAVID SANTOS**  
**Zone: 4:20.17 \$ 4/11/2004 DENNIS BAKER**  
**NATL: 4:01.87 @ 4/19/2009 ROQUE SANTOS**

|   |                                                         |    |                  |         |
|---|---------------------------------------------------------|----|------------------|---------|
| 1 | Nelson, Kirk                                            | 43 | Husky Masters    | 4:47.44 |
|   | r:+0.87 30.14 34.89 37.62 36.23 42.82 41.82 32.69 31.23 |    |                  |         |
| 2 | Hagedorn, Chad                                          | 41 | Ymcapkc Sound Aq | 5:06.81 |
|   | r:+1.05 30.35 34.35 41.05 40.59 44.48 45.41 36.59 33.99 |    |                  |         |

**Men 45-49 50 Yard Freestyle**

**PNA: 22.50 # 5/20/2007 BRAD HERING**  
**Zone: 22.50 \$ 5/20/2007 BRAD HERING**  
**NATL: 21.06 @ 5/21/2010 RICHARD HUGHEY**

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 1 | Erickson, Chris | 45 | Ubc Masters      | 23.04 |
|   | r:+0.74         |    |                  |       |
| 2 | Axel, Bradford  | 45 | Downtown/Bellvu  | 23.45 |
|   | r:+0.76         |    |                  |       |
| 3 | McCann, Robert  | 45 | Central Area Aqu | 24.02 |
|   | r:+0.76         |    |                  |       |
| 4 | Porter, Michael | 47 | Lake Washington  | 25.23 |
|   | r:+0.85         |    |                  |       |
| 5 | Smith, Bryan    | 46 | Lake Washington  | 25.45 |
|   | r:+0.89         |    |                  |       |
| 6 | Thessin, Tyler  | 48 | Oregon Masters   | 29.12 |
|   | r:+0.87         |    |                  |       |
| 7 | Methner, Bradly | 48 | Skagit Valley Ma | 29.32 |
|   | r:+0.81         |    |                  |       |
| 8 | Mabin, Sean     | 47 | Blue Wave Aquati | 36.84 |
|   | r:+1.11         |    |                  |       |

**Men 45-49 100 Yard Freestyle**

**PNA: 49.99 # 5/9/2013 BRIAN JONES**  
**Zone: 49.33 \$ 2/16/2002 RICK ABBOTT**  
**NATL: 46.46 @ 5/22/2010 DAVID SIMS**

|   |                     |    |                  |       |
|---|---------------------|----|------------------|-------|
| 1 | Erickson, Chris     | 45 | Ubc Masters      | 52.28 |
|   | r:+0.73 24.70 27.58 |    |                  |       |
| 2 | McCann, Robert      | 45 | Central Area Aqu | 54.26 |
|   | r:+0.78 25.74 28.52 |    |                  |       |
| 3 | Porter, Michael     | 47 | Lake Washington  | 54.62 |
|   | r:+0.91 26.39 28.23 |    |                  |       |
| 4 | Wright, Dave        | 49 | Blue Wave Aquati | 56.11 |
|   | r:+0.88 27.06 29.05 |    |                  |       |

## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**(Men 45-49 100 Yard Freestyle)**

|         |                 |       |                  |         |
|---------|-----------------|-------|------------------|---------|
| 5       | Smith, Bryan    | 46    | Lake Washington  | 57.38   |
| r:+0.90 | 26.46           | 30.92 |                  |         |
| 6       | Thessin, Tyler  | 48    | Oregon Masters   | 1:07.82 |
| r:+0.91 | 31.17           | 36.65 |                  |         |
| 7       | Methner, Bradly | 48    | Skagit Valley Ma | 1:08.34 |
| r:+0.82 | 32.71           | 35.63 |                  |         |

**Men 45-49 200 Yard Freestyle**

PNA: 1:49.64 # 5/9/2013 BRIAN JONES

Zone: 1:45.04 \$ 5/20/2007 DENNIS BAKER

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

|         |                 |       |                  |         |
|---------|-----------------|-------|------------------|---------|
| 1       | Axel, Bradford  | 45    | Downtown/Bellvu  | 1:56.33 |
| r:+0.80 | 27.05           | 29.54 | 30.01 29.73      |         |
| 2       | Erickson, Chris | 45    | Ubc Masters      | 1:58.08 |
| r:+0.74 | 26.30           | 29.71 | 30.91 31.16      |         |
| 3       | Wright, Dave    | 49    | Blue Wave Aquati | 2:10.47 |
| r:+0.84 | 29.81           | 32.80 | 34.03 33.83      |         |
| 4       | Martin, Rob     | 48    | Lake Washington  | 2:16.97 |
| r:+0.80 | 30.84           | 34.31 | 36.11 35.71      |         |
| 5       | Lammers, Ryker  | 46    | Lake Washington  | 2:25.95 |
| r:+0.89 | 32.57           | 35.93 | 38.55 38.90      |         |
| 6       | Thessin, Tyler  | 48    | Oregon Masters   | 2:36.99 |
| r:+0.90 | 34.87           | 39.71 | 42.14 40.27      |         |
| 7       | Methner, Bradly | 48    | Skagit Valley Ma | 2:51.18 |
| r:+0.91 | 39.08           | 41.96 | 47.82 42.32      |         |

**Men 45-49 500 Yard Freestyle**

PNA: 4:57.65 # 5/20/2001 STEVE SUSSEX

Zone: 4:39.10 \$ 5/20/2007 DENNIS BAKER

NATL: 4:39.10 @ 5/20/2007 DENNIS BAKER

|         |                |       |                  |         |
|---------|----------------|-------|------------------|---------|
| 1       | Winter, Doug   | 45    | Downtown/Bellvu  | 5:34.61 |
| r:+0.75 | 30.32          | 33.02 | 34.03 34.10      |         |
|         | 34.34          | 34.30 | 34.10 34.11      |         |
|         | 33.72          | 32.57 |                  |         |
| 2       | Lammers, Ryker | 46    | Lake Washington  | 6:37.55 |
|         | 35.88          | 39.15 | 40.04 40.82      |         |
|         | 40.75          | 40.65 | 40.32 40.53      |         |
|         | 40.29          | 39.12 |                  |         |
| 3       | Marrs, Edward  | 49    | Blue Wave Aquati | 7:02.89 |
| r:+0.88 | 35.19          | 38.57 | 39.84 40.25      |         |
|         | 42.41          | 50.65 | 46.72 44.02      |         |
|         | 42.32          | 42.92 |                  |         |

**Men 45-49 1000 Yard Freestyle**

PNA: 10:17.47 # 5/20/2001 STEVE SUSSEX

Zone: 10:17.47 \$ 5/20/2001 STEVE SUSSEX

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

|         |                 |       |                 |          |
|---------|-----------------|-------|-----------------|----------|
| 1       | Derango, Philip | 49    | Lake Washington | 13:32.81 |
| r:+1.14 | 34.96           | 37.09 | 38.49 39.38     |          |
|         | 40.33           | 40.29 | 40.64 41.46     |          |
|         | 41.18           | 41.82 | 42.10 42.35     |          |
|         | 41.66           | 41.83 | 41.76 42.20     |          |
|         | 42.44           | 41.72 | 41.94 39.17     |          |

|         |             |       |                  |          |
|---------|-------------|-------|------------------|----------|
| 2       | Mabin, Sean | 47    | Blue Wave Aquati | 17:14.91 |
| r:+1.16 | 42.87       | 48.60 | 51.57 51.54      |          |
|         | 52.28       | 52.91 | 53.47 53.17      |          |
|         | 52.31       | 53.05 | 51.66 53.09      |          |
|         | 53.18       | 51.36 | 51.83 53.21      |          |
|         | 52.04       | 53.25 | 53.19 50.33      |          |

**Men 45-49 1650 Yard Freestyle**

PNA: 17:50.03 # 4/15/2007 PETE COLBECK

Zone: 17:05.12 \$ 4/11/2010 DENNIS BAKER

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

|         |                     |       |                  |          |
|---------|---------------------|-------|------------------|----------|
| 1       | Lammers, Ryker      | 46    | Lake Washington  | 22:30.54 |
| r:+1.06 | 38.81               | 40.39 | 41.27 41.51      |          |
|         | 41.74               | 41.43 | 41.88 42.06      |          |
|         | 41.90               | 41.86 | 41.24 41.60      |          |
|         | 41.50               | 41.55 | 41.23 41.51      |          |
|         | 41.31               | 40.96 | 41.18 41.13      |          |
|         | 41.00               | 41.79 | 41.33 41.38      |          |
|         | 40.58               | 40.80 | 40.72 40.98      |          |
|         | 40.70               | 40.78 | 40.34 39.75      | 34.33    |
| 2       | Derango, Philip     | 49    | Lake Washington  | 22:36.05 |
| r:+1.44 | 35.75               | 37.27 | 39.20 39.46      |          |
|         | 39.59               | 40.30 | 41.04 41.85      |          |
|         | 41.89               | 41.88 | 40.37 40.78      |          |
|         | 41.59               | 41.40 | 41.55 42.08      |          |
|         | 41.95               | 40.96 | 41.73 41.03      |          |
|         | 41.81               | 42.75 | 41.84 42.59      |          |
|         | 42.19               | 41.49 | 41.51 42.93      |          |
|         | 42.39               | 41.95 | 41.41 42.07      | 39.45    |
| 3       | Mabin, Sean         | 47    | Blue Wave Aquati | 28:14.22 |
| r:+1.12 | 42.13               | 46.83 | 48.02 49.40      |          |
|         | 49.97               | 50.03 | 51.36 51.59      |          |
|         | 51.41               | 51.01 | 51.35 52.17      |          |
|         | 51.74               | 51.02 | 52.49 53.03      |          |
|         | 52.86               | 51.87 | 52.22 52.37      |          |
|         | 50.68               | 53.26 | 52.30 52.71      |          |
|         | 53.02               | 52.34 | 52.62 53.57      |          |
|         | 55.13               | 52.45 | 52.90 51.62      | 48.75    |
| 4       | Souder, Christopher | 48    | Blue Wave Aquati | 31:00.70 |
|         | 43.75               | 49.12 | 53.97 54.39      |          |
|         | 56.04               | 56.38 | 57.48 57.29      |          |
|         | 58.25               | 57.04 | 57.14 58.13      |          |
|         | 58.45               | 58.89 | 58.75 57.40      |          |
|         | 1:00.37             | 57.91 | 57.93 59.39      |          |
|         | 58.64               | 58.15 | 59.59 57.38      |          |
|         | 57.54               | 58.19 | 57.56 56.72      |          |
|         | 57.53               | 56.14 | 54.62 52.40      | 48.17    |

**Men 45-49 50 Yard Backstroke**

PNA: 26.15 # 5/20/2007 BRAD HERING

Zone: 25.65 \$ 5/22/1988 ROBERT SMITH

NATL: 23.96 @ 4/29/2012 CHRIS STEVENSON

|         |                 |    |                 |       |
|---------|-----------------|----|-----------------|-------|
| 1       | Axel, Bradford  | 45 | Downtown/Bellvu | 28.67 |
| r:+0.68 |                 |    |                 |       |
| 2       | Derango, Philip | 49 | Lake Washington | 39.78 |
| r:+0.99 |                 |    |                 |       |



## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**Men 45-49 100 Yard Backstroke**

PNA: 55.58 # 5/9/2013 BRIAN JONES

Zone: 55.58 \$ 5/9/2013 BRIAN JONES

NATL: 51.55 @ 4/30/2011 CHRIS STEVENSON

|                |                     |         |
|----------------|---------------------|---------|
| 1 Wright, Dave | 49 Blue Wave Aquati | 1:05.82 |
| r:+0.76        | 32.09               | 33.73   |

**Men 45-49 200 Yard Backstroke**

PNA: 2:01.71 # 5/9/2013 BRIAN JONES

Zone: 2:01.71 \$ 5/9/2013 BRIAN JONES

NATL: 1:53.97 @ 5/13/2011 RICH SAEGER

|                |                     |                   |
|----------------|---------------------|-------------------|
| 1 Wright, Dave | 49 Blue Wave Aquati | 2:26.36           |
| r:+0.71        | 33.85               | 36.62 38.11 37.78 |

**Men 45-49 50 Yard Breaststroke**

PNA: 28.80 # 5/20/2007 JON BACA

Zone: 26.91 \$ 5/1/2011 JAMES CORBEAU

NATL: 26.58 @ 12/20/200 WALLY DICKS

|                   |                     |       |
|-------------------|---------------------|-------|
| 1 Fabian, Richard | 47 Lake Washington  | 30.46 |
| r:+0.87           |                     |       |
| 2 Esko, Kevin     | 48 Mercer Island Re | 30.61 |
| r:+0.82           |                     |       |
| 3 Waud, Timothy   | 46 Oregon Masters   | 31.67 |
| r:+0.76           |                     |       |
| 4 Thessin, Tyler  | 48 Oregon Masters   | 33.13 |
| r:+0.80           |                     |       |
| 5 Derango, Philip | 49 Lake Washington  | 34.73 |
| r:+0.90           |                     |       |

**Men 45-49 100 Yard Breaststroke**

PNA: 1:03.04 # 5/18/1997 RICK COLELLA

Zone: 58.77 \$ 5/10/2009 JAMES CORBEAU

NATL: 57.24 @ 12/7/2013 TODD TORRES

|                   |                     |         |
|-------------------|---------------------|---------|
| 1 Esko, Kevin     | 48 Mercer Island Re | 1:06.66 |
| r:+0.83           | 30.88               | 35.78   |
| 2 Fabian, Richard | 47 Lake Washington  | 1:08.53 |
| r:+0.93           | 31.76               | 36.77   |
| 3 Waud, Timothy   | 46 Oregon Masters   | 1:09.39 |
| r:+0.79           | 32.65               | 36.74   |
| 4 Porter, Michael | 47 Lake Washington  | 1:11.68 |
| r:+0.87           | 34.05               | 37.63   |
| 5 Thessin, Tyler  | 48 Oregon Masters   | 1:14.24 |
| r:+0.83           | 35.06               | 39.18   |
| 6 Derango, Philip | 49 Lake Washington  | 1:18.49 |
| r:+0.84           | 37.54               | 40.95   |

**Men 45-49 200 Yard Breaststroke**

PNA: 2:16.54 # 5/18/1997 RICK COLELLA

Zone: 2:09.29 \$ 5/10/2009 TOM FRISTOE

NATL: 2:08.33 @ 5/10/2009 DAVID GUTHRIE

|                   |                     |                   |
|-------------------|---------------------|-------------------|
| 1 Esko, Kevin     | 48 Mercer Island Re | 2:29.77           |
| r:+0.86           | 33.73               | 37.34 37.88 40.82 |
| 2 Goessman, J     | 49 Bainbridge Aquat | 2:34.17           |
| r:+0.89           | 34.47               | 39.14 40.36 40.20 |
| 3 Waud, Timothy   | 46 Oregon Masters   | 2:37.15           |
| r:+0.81           | 34.95               | 40.61 40.68 40.91 |
| 4 Derango, Philip | 49 Lake Washington  | 2:51.26           |
| r:+0.91           | 37.30               | 41.85 44.76 47.35 |

|                  |                   |                   |
|------------------|-------------------|-------------------|
| 5 Thessin, Tyler | 48 Oregon Masters | 2:51.63           |
| r:+0.90          | 37.15             | 43.57 46.30 44.61 |

**Men 45-49 50 Yard Butterfly**

PNA: 23.89 # 5/20/2007 BRAD HERING

Zone: 23.89 \$ 5/20/2007 BRAD HERING

NATL: 22.67 @ 5/4/2008 PAUL SMITH

|                   |                     |       |
|-------------------|---------------------|-------|
| 1 Winter, Doug    | 45 Downtown/Bellvu  | 27.41 |
| r:+0.74           |                     |       |
| 2 Porter, Michael | 47 Lake Washington  | 27.49 |
| r:+0.79           |                     |       |
| 3 Smith, Bryan    | 46 Lake Washington  | 28.13 |
| r:+0.83           |                     |       |
| 4 Martin, Rob     | 48 Lake Washington  | 28.72 |
| r:+0.75           |                     |       |
| 5 Methner, Bradly | 48 Skagit Valley Ma | 38.03 |
| r:+0.82           |                     |       |

**Men 45-49 100 Yard Butterfly**

PNA: 53.95 # 5/20/2007 BRAD HERING

Zone: 52.76 \$ 4/22/2007 DENNIS BAKER

NATL: 50.90 @ 5/21/2010 DAVID SIMS

|                   |                     |         |
|-------------------|---------------------|---------|
| 1 Esko, Kevin     | 48 Mercer Island Re | 59.00   |
| r:+0.84           | 28.20               | 30.80   |
| 2 Porter, Michael | 47 Lake Washington  | 1:02.38 |
| r:+0.85           | 28.18               | 34.20   |
| 3 Martin, Rob     | 48 Lake Washington  | 1:05.40 |
| r:+0.84           | 30.96               | 34.44   |
| 4 Smith, Bryan    | 46 Lake Washington  | 1:09.14 |
| r:+0.89           | 31.40               | 37.74   |

**Men 45-49 200 Yard Butterfly**

PNA: 2:04.58 # 5/18/1997 RICK COLELLA

Zone: 1:51.97 \$ 5/17/2007 DENNIS BAKER

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

|               |                    |                   |
|---------------|--------------------|-------------------|
| 1 Martin, Rob | 48 Lake Washington | 2:34.59           |
| r:+0.85       | 34.69              | 40.06 40.66 39.18 |

**Men 45-49 100 Yard IM**

PNA: 56.11 # 5/20/2007 BRAD HERING

Zone: 56.11 \$ 5/20/2007 BRAD HERING

NATL: 52.14 @ 5/23/2010 RICHARD HUGHEY

|                   |                     |         |
|-------------------|---------------------|---------|
| 1 Porter, Michael | 47 Lake Washington  | 1:02.74 |
| r:+0.88           | 29.23               | 33.51   |
| 2 Winter, Doug    | 45 Downtown/Bellvu  | 1:03.90 |
| r:+0.75           | 29.62               | 34.28   |
| 3 Waud, Timothy   | 46 Oregon Masters   | 1:04.35 |
| r:+0.85           | 30.48               | 33.87   |
| 4 Wright, Dave    | 49 Blue Wave Aquati | 1:05.17 |
| r:+0.84           | 30.05               | 35.12   |
| 5 Martin, Rob     | 48 Lake Washington  | 1:08.35 |
| r:+0.76           | 30.98               | 37.37   |
| 6 McCann, Robert  | 45 Central Area Aqu | 1:09.71 |
| r:+0.82           | 33.36               | 36.35   |
| 7 Methner, Bradly | 48 Skagit Valley Ma | 1:27.76 |
| r:+0.80           | 39.95               | 47.81   |



## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**Men 45-49 200 Yard IM**

PNA: 2:08.36 # 5/20/2001 STEVE SUSSEX

Zone: 1:58.77 \$ 5/10/2009 TOM FRISTOE

NATL: 1:56.14 @ 4/29/2012 DAVID SIMS

|         |               |       |                 |         |
|---------|---------------|-------|-----------------|---------|
| 1       | Waud, Timothy | 46    | Oregon Masters  | 2:20.46 |
| r:+0.82 | 29.68         | 36.81 | 39.04           | 34.93   |
| 2       | Winter, Doug  | 45    | Downtown/Bellvu | 2:23.20 |
| r:+0.74 | 29.50         | 39.40 | 40.43           | 33.87   |

**Men 45-49 400 Yard IM**

PNA: 4:26.93 # 5/18/1997 RICK COLELLA

Zone: 4:14.17 \$ 5/23/2010 DENNIS BAKER

NATL: 4:14.17 @ 5/21/2010 DENNIS BAKER

|         |                |       |                  |         |
|---------|----------------|-------|------------------|---------|
| 1       | Waud, Timothy  | 46    | Oregon Masters   | 5:01.53 |
| r:+0.89 | 31.49          | 36.01 | 40.35            | 39.53   |
|         | 40.96          | 41.48 | 36.25            | 35.46   |
| 2       | Goessman, J    | 49    | Bainbridge Aquat | 5:03.12 |
| r:+0.90 | 30.12          | 35.85 | 40.19            | 39.87   |
|         | 43.06          | 43.42 | 36.09            | 34.52   |
| 3       | Winter, Doug   | 45    | Downtown/Bellvu  | 5:06.62 |
| r:+0.72 | 30.93          | 37.26 | 43.00            | 41.70   |
|         | 42.72          | 42.99 | 34.89            | 33.13   |
| 4       | Dolven, Eric   | 46    | West Coast Aquat | 5:26.71 |
| r:+1.01 | 34.81          | 42.28 | 44.48            | 42.70   |
|         | 44.71          | 45.23 | 37.69            | 34.81   |
| 5       | McCann, Robert | 45    | Central Area Aqu | 5:54.21 |
| r:+0.88 | 37.82          | 43.83 | 47.51            | 45.73   |
|         | 50.73          | 51.86 | 39.75            | 36.98   |

**Men 50-54 50 Yard Freestyle**

PNA: 22.10 # 4/10/2011 NED STACK

Zone: 22.10 \$ 4/10/2011 NED STACK

NATL: 21.36 @ 4/29/2011 ROWDY GAINES

|         |                     |    |                  |       |
|---------|---------------------|----|------------------|-------|
| 1       | Valley, Eric        | 52 | Movy Masters     | 25.06 |
| r:+0.75 |                     |    |                  |       |
| 2       | Elander, Blair      | 52 | Lake Washington  | 25.75 |
| r:+0.80 |                     |    |                  |       |
| 3       | Stauffer, Matt      | 50 | Blue Wave Aquati | 26.30 |
| r:+0.96 |                     |    |                  |       |
| 4       | Smith, Daniel       | 51 | Blue Wave Aquati | 26.41 |
| r:+0.86 |                     |    |                  |       |
| 5       | Pearson, Jay        | 52 | Lake Washington  | 27.06 |
| r:+0.83 |                     |    |                  |       |
| 6       | Igawa, Allen        | 52 | Blue Wave Aquati | 27.15 |
| r:+0.86 |                     |    |                  |       |
| 7       | Powell, Frank       | 54 | South Sound Mast | 27.38 |
| r:+0.90 |                     |    |                  |       |
| *8      | Christensen, Drjohn | 53 | Ubc Masters      | 29.80 |
| r:+0.99 |                     |    |                  |       |
| *8      | Severns, Chris      | 52 | Downtown/Bellvu  | 29.80 |
| r:+0.81 |                     |    |                  |       |
| 10      | Nguyen, Dung        | 50 | Blue Wave Aquati | 34.31 |
| r:+0.91 |                     |    |                  |       |
| 11      | Kreer, Ken          | 50 | Blue Wave Aquati | 41.19 |
| r:+1.42 |                     |    |                  |       |

**Men 50-54 100 Yard Freestyle**

PNA: 49.32 # 4/15/2012 NED STACK

Zone: 48.25 \$ 4/12/2008 RICK ABBOTT

NATL: 46.59 @ 5/10/2009 ROWDY GAINES

|         |                     |       |                  |         |
|---------|---------------------|-------|------------------|---------|
| 1       | Valley, Eric        | 52    | Movy Masters     | 55.29   |
| r:+0.75 | 26.84               | 28.45 |                  |         |
| 2       | Elander, Blair      | 52    | Lake Washington  | 57.25   |
| r:+0.81 | 26.86               | 30.39 |                  |         |
| 3       | Smith, Daniel       | 51    | Blue Wave Aquati | 57.68   |
| r:+0.82 | 27.05               | 30.63 |                  |         |
| 4       | Boone, Lou          | 52    | Oregon Masters   | 59.15   |
| r:+0.74 | 26.89               | 32.26 |                  |         |
| 5       | Howell, Richard     | 54    | Oregon Masters   | 59.87   |
| r:+1.02 | 28.64               | 31.23 |                  |         |
| 6       | Igawa, Allen        | 52    | Blue Wave Aquati | 1:04.34 |
| r:+0.89 | 30.25               | 34.09 |                  |         |
| 7       | Christensen, Drjohn | 53    | Ubc Masters      | 1:05.28 |
| r:+0.92 | 30.54               | 34.74 |                  |         |
| 8       | Goodlin, Tom        | 54    | Bainbridge Aquat | 1:05.60 |
| r:+0.86 | 30.89               | 34.71 |                  |         |
| 9       | Yarrow, Mike        | 52    | Skagit Valley Ma | 1:14.21 |
| r:+1.12 | 34.97               | 39.24 |                  |         |
| 10      | Harai, Michael      | 51    | Monroe YMCA Mast | 1:16.41 |
| r:+1.04 | 37.00               | 39.41 |                  |         |
| 11      | Nguyen, Dung        | 50    | Blue Wave Aquati | 1:19.36 |
| r:+0.94 | 37.83               | 41.53 |                  |         |
| 12      | Kreer, Ken          | 50    | Blue Wave Aquati | 1:31.17 |
| r:+1.40 | 43.13               | 48.04 |                  |         |

**Men 50-54 200 Yard Freestyle**

PNA: 1:51.92 # 4/29/2012 PETE L COLBECK

Zone: 1:49.58 \$ 4/25/2004 LARRY KRAUSER

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

|         |                 |       |                  |         |
|---------|-----------------|-------|------------------|---------|
| 1       | Valley, Eric    | 52    | Movy Masters     | 1:58.73 |
| r:+0.80 | 28.22           | 29.97 | 30.09            | 30.45   |
| 2       | Powell, Frank   | 54    | South Sound Mast | 2:18.10 |
| r:+0.82 | 29.00           | 32.67 | 36.88            | 39.55   |
| 3       | Matthews, Scott | 52    | Blue Wave Aquati | 2:25.09 |
| r:+0.94 | 32.02           | 35.73 | 38.38            | 38.96   |
| 4       | Yarrow, Mike    | 52    | Skagit Valley Ma | 2:40.31 |
| r:+1.09 | 34.51           | 39.32 | 42.78            | 43.70   |
| 5       | Harai, Michael  | 51    | Monroe YMCA Mast | 2:52.10 |
| r:+1.11 | 37.35           | 43.94 | 45.93            | 44.88   |
| 6       | Nguyen, Dung    | 50    | Blue Wave Aquati | 3:06.54 |
| r:+1.00 | 40.63           | 47.04 | 49.98            | 48.89   |
| 7       | Kreer, Ken      | 50    | Blue Wave Aquati | 3:27.48 |
| r:+1.42 | 45.34           | 51.72 | 56.85            | 53.57   |

**Men 50-54 500 Yard Freestyle**

PNA: 5:07.57 # 4/29/2012 PETE L COLBECK

Zone: 5:03.96 \$ 5/14/2006 LARRY KRAUSER

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

|         |                   |       |                  |         |
|---------|-------------------|-------|------------------|---------|
| 1       | Wilwerding, Geoff | 52    | Greenlake Aquadu | 5:39.79 |
| r:+0.85 | 30.68             | 33.36 | 34.09            | 34.38   |
|         | 34.46             | 34.62 | 34.55            | 34.60   |
|         | 35.01             | 34.04 |                  |         |



## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**(Men 50-54 500 Yard Freestyle)**

|         |                               |    |                  |          |
|---------|-------------------------------|----|------------------|----------|
| 2       | Praeger, Wade                 | 51 | Lake Washington  | 5:53.13  |
|         | 30.50 33.38 34.67 34.38       |    |                  |          |
|         | 35.11 36.16 37.39 36.55       |    |                  |          |
|         | 38.01 36.98                   |    |                  |          |
| 3       | Matthews, Scott               | 52 | Blue Wave Aquati | 6:27.76  |
| r:+0.94 | 35.73 36.65 38.79 39.66       |    |                  |          |
|         | 39.80 39.30 40.23 40.50       |    |                  |          |
|         | 40.44 36.66                   |    |                  |          |
| 4       | Yarrow, Mike                  | 52 | Skagit Valley Ma | 7:18.60  |
| r:+1.10 | 37.34 41.52 43.83 44.56       |    |                  |          |
|         | 45.99 44.01 47.03 45.53       |    |                  |          |
|         | 45.86 42.93                   |    |                  |          |
| 5       | Kreer, Ken                    | 50 | Blue Wave Aquati | 9:07.59  |
| r:+1.45 | 46.61 53.43 56.39 56.52       |    |                  |          |
|         | 56.84 57.12 56.49 56.29       |    |                  |          |
|         | 55.79 52.11                   |    |                  |          |
| 6       | Stevens, Thomas               | 52 | Thunderbird Aqua | 10:03.28 |
| r:+0.96 | 53.44 1:00.70 1:00.49 59.96   |    |                  |          |
|         | 1:05.92 1:00.55 59.83 1:03.46 |    |                  |          |
|         | 58.57 1:00.36                 |    |                  |          |

**Men 50-54 1000 Yard Freestyle**

PNA: 10:38.42 # 5/7/2010 LYLE NALLI

Zone: 10:38.36 \$ 2/15/2004 LARRY KRAUSER

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

|         |                           |    |                  |          |
|---------|---------------------------|----|------------------|----------|
| 1       | Praeger, Wade             | 51 | Lake Washington  | 11:48.24 |
| r:+0.82 | 31.61 34.77 36.27 36.43   |    |                  |          |
|         | 36.50 36.59 36.22 36.21   |    |                  |          |
|         | 36.11 35.90 35.72 35.58   |    |                  |          |
|         | 35.41 35.83 35.74 35.02   |    |                  |          |
|         | 35.28 35.19 34.64 33.22   |    |                  |          |
| 2       | Severns, Chris            | 52 | Downtown/Bellvu  | 14:18.98 |
| r:+0.81 | 36.62 40.71 43.26 43.43   |    |                  |          |
|         | 43.87 43.07 43.63 43.41   |    |                  |          |
|         | 44.23 44.31 44.56 44.29   |    |                  |          |
|         | 45.14 42.62 43.78 43.56   |    |                  |          |
|         | 43.32 43.77 43.05 38.35   |    |                  |          |
| 3       | Yarrow, Mike              | 52 | Skagit Valley Ma | 15:05.70 |
|         | 41.22 43.90 45.48 46.05   |    |                  |          |
|         | 45.53 46.32 45.12 46.03   |    |                  |          |
|         | 45.89 45.25 46.05 46.13   |    |                  |          |
|         | 45.89 46.03 45.28 46.91   |    |                  |          |
|         | 44.23 45.13 45.06 44.20   |    |                  |          |
| 4       | Igawa, Allen              | 52 | Blue Wave Aquati | 15:18.32 |
| r:+1.05 | 40.21 43.12 45.20 45.45   |    |                  |          |
|         | 46.71 46.91 46.55 47.13   |    |                  |          |
|         | 46.42 46.36 46.15 46.41   |    |                  |          |
|         | 46.76 47.06 45.97 46.19   |    |                  |          |
|         | 47.41 46.50 46.32 45.49   |    |                  |          |
| 5       | Kreer, Ken                | 50 | Blue Wave Aquati | 19:20.14 |
| r:+1.39 | 48.53 55.20 59.37 56.84   |    |                  |          |
|         | 58.35 58.46 58.60 1:00.27 |    |                  |          |
|         | 58.70 59.67 59.41 58.60   |    |                  |          |
|         | 59.12 1:00.69 57.33 59.66 |    |                  |          |
|         | 59.44 58.71 57.05 56.14   |    |                  |          |

**Men 50-54 1650 Yard Freestyle**

PNA: 17:59.14 # 5/9/2010 LYLE NALLI

Zone: 17:36.81 \$ 4/25/2004 LARRY KRAUSER

NATL: 16:42.07 @ 5/20/2001 JIM MC CONICA

|         |                         |    |                  |          |
|---------|-------------------------|----|------------------|----------|
| 1       | Phillips, Daniel        | 51 | Lake Washington  | 18:47.14 |
| r:+0.81 | 31.16 33.85 33.82 34.43 |    |                  |          |
|         | 34.81 34.42 34.46 34.02 |    |                  |          |
|         | 34.11 34.24 34.49 34.77 |    |                  |          |
|         | 34.36 34.20 34.48 34.02 |    |                  |          |
|         | 34.09 34.25 34.43 34.41 |    |                  |          |
|         | 34.80 34.19 34.32 34.01 |    |                  |          |
|         | 33.94 34.36 34.31 34.65 |    |                  |          |
|         | 34.57 34.67 34.73 34.17 |    |                  | 31.60    |
| 2       | Praeger, Wade           | 51 | Lake Washington  | 19:24.50 |
| r:+0.86 | 32.09 35.33 36.24 36.58 |    |                  |          |
|         | 36.57 36.87 36.30 36.36 |    |                  |          |
|         | 36.01 36.17 35.61 35.73 |    |                  |          |
|         | 35.30 35.92 35.36 35.35 |    |                  |          |
|         | 35.43 35.52 35.45 35.19 |    |                  |          |
|         | 34.95 35.22 35.12 35.06 |    |                  |          |
|         | 35.09 35.05 34.78 35.03 |    |                  |          |
|         | 34.89 35.23 34.64 34.59 |    |                  | 31.47    |
| 3       | Wilwerding, Geoff       | 52 | Greenlake Aquadu | 19:24.96 |
| r:+0.95 | 32.98 35.76 35.77 36.08 |    |                  |          |
|         | 35.36 35.54 35.45 35.09 |    |                  |          |
|         | 35.15 34.90 34.88 34.76 |    |                  |          |
|         | 35.03 35.06 35.36 35.71 |    |                  |          |
|         | 35.54 36.20 35.94 35.51 |    |                  |          |
|         | 35.85 35.89 35.48 35.57 |    |                  |          |
|         | 35.48 35.38 35.36 35.50 |    |                  |          |
|         | 35.28 35.80 35.25 34.88 |    |                  | 33.17    |
| 4       | Matthews, Scott         | 52 | Blue Wave Aquati | 24:27.73 |
| r:+1.06 | 36.81 40.26 42.04 42.42 |    |                  |          |
|         | 42.84 42.93 43.11 43.65 |    |                  |          |
|         | 43.21 44.44 45.75 45.66 |    |                  |          |
|         | 45.25 45.09 45.65 45.68 |    |                  |          |
|         | 45.80 45.29 45.74 45.91 |    |                  |          |
|         | 45.90 45.89 45.04 45.44 |    |                  |          |
|         | 45.85 45.09 45.59 45.88 |    |                  |          |
|         | 45.54 45.18 44.72 46.09 |    |                  | 43.99    |
| 5       | Yarrow, Mike            | 52 | Skagit Valley Ma | 26:33.01 |
|         | 43.03 47.79 49.19 49.87 |    |                  |          |
|         | 51.21 48.60 49.86 50.73 |    |                  |          |
|         | 49.11 48.29 48.86 49.42 |    |                  |          |
|         | 47.99 49.11 48.37 48.57 |    |                  |          |
|         | 48.58 48.53 48.23 47.72 |    |                  |          |
|         | 48.58 48.19 48.55 47.85 |    |                  |          |
|         | 48.20 48.66 49.68 48.21 |    |                  |          |
|         | 46.37 47.75 47.46 46.70 |    |                  | 43.75    |

## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

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## Results

**(Men 50-54 1650 Yard Freestyle)**

|                |                     |               |
|----------------|---------------------|---------------|
| 6 Ikeda, Paul  | 54 Orca Swim Club   | 27:34.42      |
| r:+0.81 42.91  | 48.37 50.37         | 49.46         |
| 50.02          | 50.58 50.11         | 49.60         |
| 50.11          | 47.96 48.80         | 49.42         |
| 49.54          | 49.51 49.09         | 49.76         |
| 50.10          | 50.08 50.61         | 50.76         |
| 51.43          | 50.42 50.66         | 51.04         |
| 52.12          | 52.78 52.04         | 52.66         |
| 52.47          | 51.47 53.13         | 51.93 45.11   |
| 7 Nguyen, Dung | 50 Blue Wave Aquati | 30:42.80      |
| r:+1.04 45.94  | 52.27 54.00         | 53.41         |
| 56.08          | 56.74 58.16         | 56.96         |
| 58.31          | 58.33 58.35         | 56.10         |
| 57.16          | 55.49 55.29         | 56.72         |
| 55.82          | 55.55 56.37         | 57.07         |
| 57.02          | 57.59 57.45         | 57.17         |
| 57.46          | 56.70 55.44         | 56.75         |
| 55.76          | 55.88 56.85         | 56.02 48.59   |
| 8 Kreer, Ken   | 50 Blue Wave Aquati | 32:50.83      |
| r:+1.47 51.61  | 57.50 58.91         | 59.74         |
| 58.70          | 59.60 59.91         | 1:00.03       |
| 1:00.28        | 1:00.36 1:00.00     | 58.95         |
| 58.95          | 1:00.32 59.24       | 1:00.58       |
| 1:00.24        | 1:00.07 59.88       | 1:02.27       |
| 1:00.59        | 1:00.11 59.28       | 1:00.12       |
| 1:00.51        | 59.96 1:00.96       | 1:00.34       |
| 1:01.70        | 1:01.26 59.22       | 58.53 1:01.11 |

**Men 50-54 50 Yard Backstroke**

PNA: 27.46 # 5/4/2008 MIKE MCGOORTY

Zone: 26.24 \$ 5/23/1993 ROBERT SMITH

NATL: 24.75 @ 4/3/2011 STEVE WOOD

|                       |                     |       |
|-----------------------|---------------------|-------|
| 1 Steenbeeke, Alain   | 52 Ymcapkc Sound Aq | 28.03 |
| r:+0.81               |                     |       |
| 2 Haynie, Carl        | 53 Columbia Athle   | 28.61 |
| r:+0.74               |                     |       |
| 3 Powell, Frank       | 54 South Sound Mast | 31.76 |
| r:+0.63               |                     |       |
| 4 Pearson, Jay        | 52 Lake Washington  | 31.92 |
| r:+0.90               |                     |       |
| 5 Christensen, Drjohn | 53 Ubc Masters      | 34.69 |
| r:+0.88               |                     |       |
| 6 Allen, Jon          | 53 Skagit Valley Ma | 34.93 |
| r:+0.71               |                     |       |
| 7 Yarrow, Mike        | 52 Skagit Valley Ma | 38.74 |
| r:+0.95               |                     |       |
| 8 Harai, Michael      | 51 Monroe YMCA Mast | 45.18 |
| r:+0.71               |                     |       |

**Men 50-54 100 Yard Backstroke**

PNA: 58.75 # 4/13/2013 ALAIN STEENBEEKE

Zone: 56.16 \$ 4/12/2008 RICK ABBOTT

NATL: 53.09 @ 4/27/2012 CLAY BRITT

|                     |                     |       |
|---------------------|---------------------|-------|
| 1 Steenbeeke, Alain | 52 Ymcapkc Sound Aq | 59.77 |
| r:+0.81 28.77       | 31.00               |       |

|                  |                     |         |
|------------------|---------------------|---------|
| 2 Pearson, Jay   | 52 Lake Washington  | 1:08.14 |
| r:+0.90 33.58    | 34.56               |         |
| 3 Powell, Frank  | 54 South Sound Mast | 1:11.81 |
| r:+0.75 34.74    | 37.07               |         |
| --- Haynie, Carl | 53 Columbia Athle   | DQ      |
| False start      |                     |         |
| r:+0.77 29.76    | 30.55               |         |

**Men 50-54 200 Yard Backstroke**

PNA: 2:08.27 # 5/7/2010 LYLE NALLI

Zone: 2:01.39 \$ 4/11/2010 LINCOLN DJANG

NATL: 2:00.59 @ 4/28/2012 CLAY BRITT

|                     |                     |         |
|---------------------|---------------------|---------|
| 1 Steenbeeke, Alain | 52 Ymcapkc Sound Aq | 2:13.27 |
| r:+0.76 30.14       | 33.06 34.63         | 35.44   |
| 2 Pearson, Jay      | 52 Lake Washington  | 2:28.14 |
| r:+0.87 35.90       | 37.68 37.62         | 36.94   |
| 3 Elander, Blair    | 52 Lake Washington  | 2:29.10 |
| r:+0.71 34.81       | 37.17 38.54         | 38.58   |
| 4 Powell, Frank     | 54 South Sound Mast | 2:43.58 |
| r:+0.72 39.70       | 40.12 41.68         | 42.08   |

**Men 50-54 50 Yard Breaststroke**

PNA: 29.18 # 2/23/2014 DANIEL PHILLIPS

Zone: 29.03 \$ 2/21/2010 LINCOLN DJANG

NATL: 26.98 @ 5/21/2010 HOLDEN BANK

|                    |                     |       |
|--------------------|---------------------|-------|
| 1 Phillips, Daniel | 51 Lake Washington  | 29.43 |
| r:+0.80            |                     |       |
| 2 Howell, Richard  | 54 Oregon Masters   | 31.41 |
| r:+0.78            |                     |       |
| 3 Smith, Daniel    | 51 Blue Wave Aquati | 33.08 |
| r:+0.80            |                     |       |
| 4 Elander, Blair   | 52 Lake Washington  | 33.44 |
| r:+0.80            |                     |       |
| 5 Pearson, Jay     | 52 Lake Washington  | 34.36 |
| r:+0.88            |                     |       |
| 6 Severns, Chris   | 52 Downtown/Bellvu  | 34.42 |
| r:+0.79            |                     |       |
| 7 Allen, Jon       | 53 Skagit Valley Ma | 35.61 |
| r:+1.06            |                     |       |
| 8 Goodlin, Tom     | 54 Bainbridge Aquat | 37.37 |
| r:+0.85            |                     |       |
| 9 Ikeda, Paul      | 54 Orca Swim Club   | 39.10 |
| r:+0.82            |                     |       |
| 10 Sonoda, Rod     | 54 Orca Swim Club   | 40.80 |
| r:+0.91            |                     |       |
| 11 Stevens, Thomas | 52 Thunderbird Aqua | 52.44 |
| r:+0.82            |                     |       |

**Men 50-54 100 Yard Breaststroke**

PNA: 1:07.03 # 10/12/201 DANIEL PHILLIPS

Zone: 1:02.57 \$ 4/11/2010 LINCOLN DJANG

NATL: 58.50 @ 3/2/2014 DAVID GUTHRIE

|                   |                     |         |
|-------------------|---------------------|---------|
| 1 Howell, Richard | 54 Oregon Masters   | 1:09.08 |
| r:+0.82 32.54     | 36.54               |         |
| 2 Smith, Daniel   | 51 Blue Wave Aquati | 1:12.99 |
| r:+0.89 34.53     | 38.46               |         |
| 3 Pearson, Jay    | 52 Lake Washington  | 1:15.22 |
| r:+0.87 36.08     | 39.14               |         |

## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

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## Results

**(Men 50-54 100 Yard Breaststroke)**

|         |                         |       |                  |         |
|---------|-------------------------|-------|------------------|---------|
| 4       | Severns, Chris          | 52    | Downtown/Bellvu  | 1:16.19 |
| r:+0.83 | 35.91                   | 40.28 |                  |         |
| 5       | Allen, Jon              | 53    | Skagit Valley Ma | 1:21.61 |
| r:+1.01 | 38.66                   | 42.95 |                  |         |
| 6       | Goodlin, Tom            | 54    | Bainbridge Aquat | 1:23.64 |
| r:+0.86 | 39.69                   | 43.95 |                  |         |
| 7       | Sonoda, Rod             | 54    | Orca Swim Club   | 1:26.05 |
| r:+0.87 | 41.42                   | 44.63 |                  |         |
| 8       | Ikeda, Paul             | 54    | Orca Swim Club   | 1:26.71 |
| r:+0.80 | 40.25                   | 46.46 |                  |         |
| 9       | Nguyen, Dung            | 50    | Blue Wave Aquati | 1:42.83 |
| r:+0.97 | 48.01                   | 54.82 |                  |         |
| ---     | Harai, Michael          | 51    | Monroe YMCA Mast | DQ      |
|         | Downward butterfly kick |       |                  |         |
| r:+1.06 | 41.01                   | 44.09 |                  |         |

**Men 50-54 200 Yard Breaststroke**

**PNA: 2:25.52 # 5/9/2010 LYLE NALLI**  
**Zone: 2:16.35 \$ 5/10/2009 PATRICK ALLENDER**  
**NATL: 2:10.76 @ 4/6/2013 DAVID GUTHRIE**

|         |                 |       |                  |         |
|---------|-----------------|-------|------------------|---------|
| 1       | Howell, Richard | 54    | Oregon Masters   | 2:35.76 |
| r:+1.05 | 35.28           | 40.22 | 40.56            | 39.70   |
| 2       | Severns, Chris  | 52    | Downtown/Bellvu  | 2:44.79 |
| r:+0.84 | 37.49           | 42.31 | 43.28            | 41.71   |
| 3       | Allen, Jon      | 53    | Skagit Valley Ma | 3:06.69 |
| r:+1.11 | 41.52           | 46.04 | 49.75            | 49.38   |
| 4       | Sonoda, Rod     | 54    | Orca Swim Club   | 3:13.52 |
| r:+0.96 | 44.00           | 49.83 | 50.53            | 49.16   |

**Men 50-54 50 Yard Butterfly**

**PNA: 24.24 # 4/15/2007 DONALD GRAHAM**  
**Zone: 24.24 \$ 4/15/2007 DONALD GRAHAM**  
**NATL: 23.19 @ 4/25/2004 TRIP HEDRICK**

|         |                   |    |                  |       |
|---------|-------------------|----|------------------|-------|
| 1       | Stauffer, Matt    | 50 | Blue Wave Aquati | 27.40 |
| r:+0.93 |                   |    |                  |       |
| 2       | Steenbeeke, Alain | 52 | Ymcapkc Sound Aq | 27.84 |
| r:+0.73 |                   |    |                  |       |
| 3       | Boone, Lou        | 52 | Oregon Masters   | 29.51 |
| r:+0.77 |                   |    |                  |       |
| 4       | Wilwerding, Geoff | 52 | Greenlake Aquadu | 29.86 |
| r:+0.92 |                   |    |                  |       |
| 5       | Elander, Blair    | 52 | Lake Washington  | 30.09 |
| r:+0.78 |                   |    |                  |       |
| 6       | Praeger, Wade     | 51 | Lake Washington  | 30.46 |
| r:+0.79 |                   |    |                  |       |
| 7       | Sonoda, Rod       | 54 | Orca Swim Club   | 36.04 |
| r:+0.90 |                   |    |                  |       |
| 8       | Stevens, Thomas   | 52 | Thunderbird Aqua | 54.95 |
| r:+0.86 |                   |    |                  |       |

**Men 50-54 100 Yard Butterfly**

**PNA: 54.71 # 4/25/2004 SCOTT LAUTMAN**  
**Zone: 54.71 \$ 4/25/2004 SCOTT LAUTMAN**  
**NATL: 51.73 @ 5/12/2013 DAVID SIMS**

|         |                |       |                  |         |
|---------|----------------|-------|------------------|---------|
| 1       | Stauffer, Matt | 50    | Blue Wave Aquati | 1:02.88 |
| r:+1.12 | 29.01          | 33.87 |                  |         |

|         |                |       |                  |    |
|---------|----------------|-------|------------------|----|
| ---     | Harai, Michael | 51    | Monroe YMCA Mast | DQ |
|         | One hand touch |       |                  |    |
| r:+0.97 | 48.10          | 56.39 |                  |    |

**Men 50-54 200 Yard Butterfly**

**PNA: 2:03.04 # 4/25/2004 SCOTT LAUTMAN**  
**Zone: 2:03.04 \$ 4/25/2004 SCOTT LAUTMAN**  
**NATL: 1:59.26 @ 4/27/2013 DAVID SIMS**

|         |                  |       |                 |         |
|---------|------------------|-------|-----------------|---------|
| 1       | Phillips, Daniel | 51    | Lake Washington | 2:19.02 |
| r:+0.86 | 32.50            | 35.41 | 35.97           | 35.14   |

**Men 50-54 100 Yard IM**

**PNA: 57.99 # 4/15/2007 DONALD GRAHAM**  
**Zone: 56.96 \$ 2/21/2010 LINCOLN DJANG**  
**NATL: 54.28 @ 5/11/2013 DAVID SIMS**

|         |                                |       |                  |         |
|---------|--------------------------------|-------|------------------|---------|
| 1       | Phillips, Daniel               | 51    | Lake Washington  | 58.29   |
| r:+0.82 | 27.09                          | 31.20 |                  |         |
| 2       | Steenbeeke, Alain              | 52    | Ymcapkc Sound Aq | 1:00.38 |
| r:+0.75 | 27.76                          | 32.62 |                  |         |
| 3       | Haynie, Carl                   | 53    | Columbia Athle   | 1:01.63 |
| r:+0.91 | 28.64                          | 32.99 |                  |         |
| 4       | Valley, Eric                   | 52    | Movy Masters     | 1:04.57 |
| r:+0.82 | 30.21                          | 34.36 |                  |         |
| 5       | Smith, Daniel                  | 51    | Blue Wave Aquati | 1:07.90 |
| r:+0.81 | 32.06                          | 35.84 |                  |         |
| 6       | Elander, Blair                 | 52    | Lake Washington  | 1:07.99 |
| r:+0.84 | 31.01                          | 36.98 |                  |         |
| 7       | Stauffer, Matt                 | 50    | Blue Wave Aquati | 1:08.07 |
| r:+1.02 | 31.38                          | 36.69 |                  |         |
| 8       | Praeger, Wade                  | 51    | Lake Washington  | 1:08.14 |
| r:+0.75 | 31.85                          | 36.29 |                  |         |
| 9       | Boone, Lou                     | 52    | Oregon Masters   | 1:08.63 |
| r:+0.73 | 31.89                          | 36.74 |                  |         |
| 10      | Goodlin, Tom                   | 54    | Bainbridge Aquat | 1:15.24 |
| r:+0.81 | 34.41                          | 40.83 |                  |         |
| 11      | Allen, Jon                     | 53    | Skagit Valley Ma | 1:16.49 |
| r:+1.04 | 36.15                          | 40.34 |                  |         |
| 12      | Christensen, Drjohn            | 53    | Ubc Masters      | 1:17.83 |
| r:+1.03 | 34.11                          | 43.72 |                  |         |
| 13      | Sonoda, Rod                    | 54    | Orca Swim Club   | 1:25.76 |
| r:+0.96 | 42.53                          | 43.23 |                  |         |
| 14      | Nguyen, Dung                   | 50    | Blue Wave Aquati | 1:41.34 |
| r:+0.93 | 50.51                          | 50.83 |                  |         |
| ---     | Harai, Michael                 | 51    | Monroe YMCA Mast | DQ      |
|         | Non-simultaneous arms - breast |       |                  |         |
| r:+1.57 | 48.28                          | 47.89 |                  |         |

**Men 50-54 200 Yard IM**

**PNA: 2:09.22 # 5/9/2010 LYLE NALLI**  
**Zone: 2:08.46 \$ 5/10/2009 PATRICK ALLENDER**  
**NATL: 2:00.56 @ 4/27/2013 DAVID SIMS**

|         |                  |       |                 |         |
|---------|------------------|-------|-----------------|---------|
| 1       | Phillips, Daniel | 51    | Lake Washington | 2:14.81 |
| r:+0.82 | 29.55            | 35.20 | 38.93           | 31.13   |
| 2       | Valley, Eric     | 52    | Movy Masters    | 2:17.57 |
| r:+0.79 | 30.27            | 36.67 | 40.60           | 30.03   |
| 3       | Howell, Richard  | 54    | Oregon Masters  | 2:27.49 |
| r:+0.81 | 32.12            | 41.82 | 40.11           | 33.44   |

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**(Men 50-54 200 Yard IM)**

|                       |                     |         |
|-----------------------|---------------------|---------|
| 4 Smith, Daniel       | 51 Blue Wave Aquati | 2:29.41 |
| r:+0.86 30.07 40.92   | 43.83 34.59         |         |
| 5 Boone, Lou          | 52 Oregon Masters   | 2:31.32 |
| r:+0.79 34.50 38.85   | 42.39 35.58         |         |
| 6 Goodlin, Tom        | 54 Bainbridge Aquat | 2:45.01 |
| r:+0.80 35.26 44.30   | 48.56 36.89         |         |
| 7 Ikeda, Paul         | 54 Orca Swim Club   | 3:11.63 |
| r:+0.80 38.94 56.50   | 53.02 43.17         |         |
| 8 Allen, Jon          | 53 Skagit Valley Ma | 3:13.29 |
| r:+1.07 41.46 49.38   | 54.05 48.40         |         |
| 9 Stevens, Thomas     | 52 Thunderbird Aqua | 4:41.19 |
| r:+0.99 59.09 1:34.32 | 1:12.78 55.00       |         |

**Men 50-54 400 Yard IM**

**PNA: 4:40.03 # 5/23/2010 LYLE A NALLI**  
**Zone: 4:22.48 \$ 11/4/2011 DENNIS BAKER**  
**NATL: 4:21.91 @ 4/28/2013 DAVID SIMS**

|                     |                     |         |
|---------------------|---------------------|---------|
| 1 Phillips, Daniel  | 51 Lake Washington  | 4:43.53 |
| r:+0.83 30.71 33.65 | 37.77 37.55         |         |
| 40.48 40.75         | 32.02 30.60         |         |
| 2 Valley, Eric      | 52 Movy Masters     | 5:04.51 |
| r:+0.85 32.00 36.60 | 39.47 38.42         |         |
| 44.55 46.23         | 34.62 32.62         |         |
| 3 Boone, Lou        | 52 Oregon Masters   | 5:34.98 |
| r:+0.86 36.09 42.96 | 42.16 41.02         |         |
| 45.29 45.90         | 40.96 40.60         |         |
| 4 Goodlin, Tom      | 54 Bainbridge Aquat | 5:53.97 |
| r:+0.98 35.54 45.12 | 47.83 45.30         |         |
| 49.83 49.64         | 41.01 39.70         |         |

**Men 55-59 50 Yard Freestyle**

**PNA: 23.58 # 4/10/2011 DAVID HANNULA**  
**Zone: 22.90 \$ 9/2011 TENNANT/ABBOTT**  
**NATL: 21.82 @ 4/30/2000 RICHARD ABRAHAMS**

|                   |                     |       |
|-------------------|---------------------|-------|
| 1 Busch, Ralph    | 57 Lake Washington  | 24.90 |
| r:+0.81           |                     |       |
| *2 Geiger, Kyle   | 56 Unat-Psm         | 26.29 |
| r:+0.80           |                     |       |
| *2 Linn, Joe      | 56 Unattached AD    | 26.29 |
| r:+0.79           |                     |       |
| 4 Keller, John    | 57 Sequim Aquatic R | 27.23 |
| r:+0.85           |                     |       |
| 5 Sheahan, Dan    | 56 Virginia Masters | 27.88 |
| r:+0.94           |                     |       |
| 6 Baker, Loren    | 59 Downtown/Bellevu | 27.93 |
| r:+1.01           |                     |       |
| 7 Adcock, Richard | 58 Ymcapkc Sound Aq | 29.28 |
| r:+0.88           |                     |       |
| 8 Tedrow, Allen   | 58 Hydropower Maste | 30.29 |
| r:+1.04           |                     |       |
| 9 Fritschen, Tom  | 58 West Coast Aquat | 30.92 |
| r:+0.93           |                     |       |
| 10 Huckabee, John | 55 North End Otters | 33.25 |
| r:+1.12           |                     |       |
| 11 Helm, Charlie  | 57 Oregon Masters   | 38.28 |
| r:+1.15           |                     |       |

|                  |                     |         |
|------------------|---------------------|---------|
| 12 Macias, Jesse | 56 Hydropower Maste | 1:05.11 |
| r:+1.09          |                     |         |

**Men 55-59 100 Yard Freestyle**

**PNA: 52.55 # 4/15/2012 DAVID HANNULA**  
**Zone: 51.21 \$ 4/11/2009 MIKE TENNANT**  
**NATL: 48.37 @ 4/30/2000 RICHARD ABRAHAMS**

|                         |                     |         |
|-------------------------|---------------------|---------|
| 1 Geiger, Kyle          | 56 Unat-Psm         | 56.21   |
| r:+0.82 27.42 28.79     |                     |         |
| 2 Busch, Ralph          | 57 Lake Washington  | 56.61   |
| r:+0.83 26.42 30.19     |                     |         |
| 3 Magnussen, Brian      | 55 Blue Wave Aquati | 58.00   |
| r:+0.84 27.52 30.48     |                     |         |
| 4 Sheahan, Dan          | 56 Virginia Masters | 1:00.18 |
| r:+0.79 28.34 31.84     |                     |         |
| 5 Linn, Joe             | 56 Unattached AD    | 1:01.11 |
| r:+0.87 29.46 31.65     |                     |         |
| 6 Sugg, Stephen         | 58 Ymcapkc Sound Aq | 1:02.11 |
| r:+0.99 30.37 31.74     |                     |         |
| 7 Keller, John          | 57 Sequim Aquatic R | 1:02.36 |
| r:+0.85 29.01 33.35     |                     |         |
| 8 Underbrink, Dan       | 57 Monroe YMCA Mast | 1:03.93 |
| r:+0.93 30.89 33.04     |                     |         |
| 9 Tedrow, Allen         | 58 Hydropower Maste | 1:04.44 |
| r:+0.96 30.79 33.65     |                     |         |
| 10 Mohler, Craig        | 59 Skagit Valley Ma | 1:11.89 |
| r:+0.91 34.45 37.44     |                     |         |
| 11 Ellis, Dana          | 56 Blue Wave Aquati | 1:21.31 |
| r:+1.14 38.11 43.20     |                     |         |
| 12 Allen, Tom           | 59 Snohomish Aquati | 1:24.63 |
| r:+1.21 43.43 41.20     |                     |         |
| 13 Helm, Charlie        | 57 Oregon Masters   | 1:26.05 |
| r:+1.08 40.61 45.44     |                     |         |
| 14 Macias, Jesse        | 56 Hydropower Maste | 2:36.16 |
| r:+1.06 1:08.52 1:27.64 |                     |         |

**Men 55-59 200 Yard Freestyle**

**PNA: 1:58.76 # 4/15/2012 DAVID HANNULA**  
**Zone: 1:49.56 \$ 5/1/2011 RICK ABBOTT**  
**NATL: 1:48.79 @ 4/10/2010 MICHAEL MANN**

|                     |                     |         |
|---------------------|---------------------|---------|
| 1 Sheahan, Dan      | 56 Virginia Masters | 2:14.75 |
| r:+0.82 31.19 34.51 | 35.06 33.99         |         |
| 2 Cary, Dale        | 56 Everett Masters  | 2:17.99 |
| r:+0.93 31.83 35.07 | 36.27 34.82         |         |

**Men 55-59 500 Yard Freestyle**

**PNA: 5:01.88 # 8/6/2009 RICK COLELLA**  
**Zone: 5:01.88 \$ 8/6/2009 RICK COLELLA**  
**NATL: 4:56.82 @ 4/11/2010 MICHAEL MANN**

|                     |                     |         |
|---------------------|---------------------|---------|
| 1 Durban, Lars      | 56 Snohomish Aquati | 5:48.88 |
| r:+0.77 30.32 33.19 | 34.26 35.38         |         |
| 35.60 35.67         | 36.16 36.67         |         |
| 36.19 35.44         |                     |         |
| 2 Durban, Eric      | 58 Blue Wave Aquati | 6:03.97 |
| r:+0.77 31.83 34.73 | 36.39 37.27         |         |
| 37.35 37.25         | 37.44 37.19         |         |
| 37.95 36.57         |                     |         |



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**(Men 55-59 500 Yard Freestyle)**

|                                 |                     |         |
|---------------------------------|---------------------|---------|
| 3 Cary, Dale                    | 56 Everett Masters  | 6:06.32 |
| r:+0.87 31.48 34.71 36.00 37.26 |                     |         |
| 38.12 37.84 38.50 38.33         |                     |         |
| 38.05 36.03                     |                     |         |
| 4 Sheahan, Dan                  | 56 Virginia Masters | 6:07.75 |
| r:+1.00 32.23 36.17 36.83 38.21 |                     |         |
| 37.70 37.88 38.15 37.74         |                     |         |
| 37.36 35.48                     |                     |         |
| 5 Freeborn, Stephen             | 58 Blue Wave Aquati | 6:26.16 |
| r:+0.95 32.85 37.59 39.66 40.22 |                     |         |
| 40.19 39.45 39.54 39.59         |                     |         |
| 39.21 37.86                     |                     |         |
| 6 Mohler, Craig                 | 59 Skagit Valley Ma | 7:16.63 |
| r:+0.90 37.69 41.00 43.97 44.65 |                     |         |
| 45.11 45.67 44.92 46.04         |                     |         |
| 45.33 42.25                     |                     |         |
| 7 Allen, Tom                    | 59 Snohomish Aquati | 7:57.18 |
| r:+1.29 44.61 48.30 49.32 49.54 |                     |         |
| 49.02 48.18 48.74 48.17         |                     |         |
| 47.90 43.40                     |                     |         |
| 8 Helm, Charlie                 | 57 Oregon Masters   | 8:36.46 |
| r:+0.96 42.98 47.41 51.46 52.67 |                     |         |
| 54.20 54.28 54.08 55.03         |                     |         |
| 53.31 51.04                     |                     |         |

**Men 55-59 1000 Yard Freestyle**

PNA: 11:01.00 # 5/10/2009 ALAN BELL

Zone: 11:01.00 \$ 5/10/2009 ALAN BELL

NATL: 10:07.36 @ 5/14/2006 JIM MC CONICA

|                                 |                     |          |
|---------------------------------|---------------------|----------|
| 1 Durban, Eric                  | 58 Blue Wave Aquati | 12:33.47 |
| r:+0.90 32.88 36.12 37.67 38.38 |                     |          |
| 38.34 38.56 37.73 38.44         |                     |          |
| 38.75 38.05 38.34 38.31         |                     |          |
| 37.93 37.84 37.62 38.22         |                     |          |
| 37.74 37.47 38.05 37.03         |                     |          |
| 2 Freeborn, Stephen             | 58 Blue Wave Aquati | 13:15.81 |
| r:+0.95 34.24 38.87 40.29 40.83 |                     |          |
| 40.68 40.62 40.95 40.92         |                     |          |
| 40.25 40.46 40.27 40.33         |                     |          |
| 40.30 40.09 40.24 39.85         |                     |          |
| 39.67 39.37 38.97 38.61         |                     |          |
| 3 Mohler, Craig                 | 59 Skagit Valley Ma | 15:23.65 |
| r:+1.02 40.85 44.21 46.00 47.79 |                     |          |
| 46.71 47.32 46.46 46.91         |                     |          |
| 48.01 47.22 46.63 47.09         |                     |          |
| 47.36 46.40 46.24 47.80         |                     |          |
| 46.46 45.74 45.05 43.40         |                     |          |
| 4 Carter, Walter                | 58 Oregon Masters   | 17:53.70 |
| 51.27 54.21 54.55 53.01         |                     |          |
| 55.19 54.75 56.69 56.38         |                     |          |
| 53.57 53.11 53.95 54.80         |                     |          |
| 52.58 54.17 53.95 54.21         |                     |          |
| 52.35 53.31 52.18 49.47         |                     |          |

|                                 |                     |          |
|---------------------------------|---------------------|----------|
| 5 Ellis, Dana                   | 56 Blue Wave Aquati | 18:06.72 |
| r:+1.06 42.18 48.78 50.90 51.57 |                     |          |
| 53.22 53.97 56.50 55.78         |                     |          |
| 56.59 57.79 56.46 56.93         |                     |          |
| 56.25 57.12 55.16 56.44         |                     |          |
| 55.62 54.90 56.61 53.95         |                     |          |
| 6 Helm, Charlie                 | 57 Oregon Masters   | 18:28.51 |
| r:+1.09 46.69 51.83 53.89 54.62 |                     |          |
| 57.03 55.61 56.90 56.61         |                     |          |
| 58.01 57.05 56.85 56.61         |                     |          |
| 56.30 56.04 56.67 56.60         |                     |          |
| 56.92 56.70 54.85 52.73         |                     |          |

**Men 55-59 1650 Yard Freestyle**

PNA: 18:28.66 # 5/10/2009 ALAN BELL

Zone: 18:22.20 \$ 5/10/2009 LARRY KRAUSER

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

|                                 |                     |          |
|---------------------------------|---------------------|----------|
| 1 Durban, Eric                  | 58 Blue Wave Aquati | 20:57.59 |
| r:+0.80 34.31 37.85 38.76 38.90 |                     |          |
| 39.03 38.82 38.57 38.89         |                     |          |
| 38.67 38.57 38.36 38.09         |                     |          |
| 38.17 38.54 38.31 38.10         |                     |          |
| 38.42 37.99 37.94 38.12         |                     |          |
| 38.25 37.86 37.93 38.21         |                     |          |
| 38.30 37.93 38.52 38.17         |                     |          |
| 38.11 38.21 38.28 37.39         |                     | 36.02    |
| 2 Adcock, Richard               | 58 Ymcapkc Sound Aq | 22:42.76 |
| r:+0.95 33.03 38.72 40.45 40.75 |                     |          |
| 40.75 40.94 41.25 41.61         |                     |          |
| 40.84 41.75 42.11 41.83         |                     |          |
| 41.56 41.70 41.94 41.89         |                     |          |
| 42.44 42.22 41.62 42.02         |                     |          |
| 41.40 42.09 41.55 42.34         |                     |          |
| 42.04 41.53 41.89 41.99         |                     |          |
| 42.22 41.66 41.10 42.12         |                     | 41.41    |

**Men 55-59 50 Yard Backstroke**

PNA: 27.67 # 4/13/2013 MIKE MCINTYRE

Zone: 26.86 \$ 2/6/1999 ROBERT SMITH

NATL: 26.34 @ 5/1/2011 TOM BARTON

|                   |                     |         |
|-------------------|---------------------|---------|
| 1 Baker, Loren    | 59 Downtown/Bellvu  | 33.38   |
| r:+0.72           |                     |         |
| 2 Underbrink, Dan | 57 Monroe YMCA Mast | 35.86   |
| r:+0.91           |                     |         |
| 3 Adcock, Richard | 58 Ymcapkc Sound Aq | 37.80   |
| r:+0.71           |                     |         |
| 4 Hartwig, Bob    | 59 Blue Wave Aquati | 39.00   |
| r:+0.97           |                     |         |
| 5 Fritschen, Tom  | 58 West Coast Aquat | 41.18   |
| r:+0.87           |                     |         |
| 6 Huckabee, John  | 55 North End Otters | 49.24   |
| r:+1.14           |                     |         |
| 7 Helm, Charlie   | 57 Oregon Masters   | 51.42   |
| r:+0.83           |                     |         |
| 8 Macias, Jesse   | 56 Hydropower Maste | 1:17.25 |
| r:+0.71           |                     |         |

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**(Men 55-59 50 Yard Backstroke)**

--- Allen, Tom 59 Snohomish Aquati DQ  
Shoulders past vertical toward breast  
r:+1.23

**Men 55-59 100 Yard Backstroke**

PNA: 1:00.63 # 4/13/2013 MIKE MCINTYRE  
Zone: 57.93 \$ 5/1/2011 RICK ABBOTT  
NATL: 56.55 @ 4/30/2011 TOM BARTON

1 Freeborn, Stephen 58 Blue Wave Aquati 1:14.54  
r:+0.74 36.02 38.52  
2 Macias, Jesse 56 Hydropower Maste 2:55.63  
r:+1.04 1:26.51 1:29.12

**Men 55-59 200 Yard Backstroke**

PNA: 2:11.60 # 4/13/2013 MIKE MCINTYRE  
Zone: 2:06.12 \$ 5/1/2011 RICK ABBOTT  
NATL: 2:03.14 @ 3/31/2012 TOM BARTON

1 Rogers, Randy 55 Bainbridge Aquat 2:27.64  
r:+0.76 34.26 37.00 38.10 38.28  
2 Underbrink, Dan 57 Monroe YMCA Mast 2:53.28  
r:+0.85 40.93 44.02 45.21 43.12

**Men 55-59 50 Yard Breaststroke**

PNA: 28.74 # 5/4/2008 RICK COLELLA  
Zone: 28.74 \$ 5/4/2008 RICK COLELLA  
NATL: 27.81 @ 5/4/2008 TIMOTHY SHEAD

1 Hegge, Kevin 55 Snohomish Aquati 32.68  
r:+0.83  
2 Adcock, Richard 58 Ymcapkc Sound Aq 35.14  
r:+0.94  
3 Tedrow, Allen 58 Hydropower Maste 37.76  
r:+0.93  
4 Huckabee, John 55 North End Otters 38.17  
r:+1.21  
5 Keller, John 57 Sequim Aquatic R 38.47  
r:+0.92  
6 Fritschen, Tom 58 West Coast Aquat 40.89  
r:+0.78  
7 Helm, Charlie 57 Oregon Masters 54.46  
r:+1.07

**Men 55-59 100 Yard Breaststroke**

PNA: 1:03.07 # 5/4/2008 RICK COLELLA  
Zone: 1:03.07 \$ 5/4/2008 RICK COLELLA  
NATL: 1:01.42 @ 5/4/2008 TIMOTHY SHEAD

1 Hegge, Kevin 55 Snohomish Aquati 1:14.69  
r:+0.90 34.10 40.59  
2 Cary, Dale 56 Everett Masters 1:14.73  
r:+0.89 35.42 39.31  
3 Underbrink, Dan 57 Monroe YMCA Mast 1:20.89  
r:+0.89 39.76 41.13  
4 Huckabee, John 55 North End Otters 1:26.24  
r:+1.08 40.69 45.55  
5 Carter, Walter 58 Oregon Masters 1:56.44  
r:+1.30 57.40 59.04

--- Mohler, Craig 59 Skagit Valley Ma DQ  
Downward butterfly kick  
r:+0.86 44.69 46.23

**Men 55-59 200 Yard Breaststroke**

PNA: 2:17.05 # 5/4/2008 RICK COLELLA  
Zone: 2:17.05 \$ 5/4/2008 RICK COLELLA  
NATL: 2:17.00 @ 5/4/2008 TIMOTHY SHEAD

1 Underbrink, Dan 57 Monroe YMCA Mast 2:54.45  
r:+0.92 40.30 44.32 46.27 43.56  
2 Mohler, Craig 59 Skagit Valley Ma 3:17.51  
r:+0.86 45.53 50.33 52.07 49.58  
3 Carter, Walter 58 Oregon Masters 4:07.41  
r:+1.28 57.78 1:02.34 1:03.87 1:03.42

**Men 55-59 50 Yard Butterfly**

PNA: 24.78 # 5/23/2010 DONALD GRAHAM  
Zone: 24.58 \$ 5/1/2011 RICK ABBOTT  
NATL: 24.16 @ 3/25/2007 GREG SHAW

1 Magnussen, Brian 55 Blue Wave Aquati 28.62  
r:+0.81  
2 Cary, Dale 56 Everett Masters 29.74  
r:+0.86  
3 Hegge, Kevin 55 Snohomish Aquati 30.05  
r:+0.87  
4 Freeborn, Stephen 58 Blue Wave Aquati 30.92  
r:+0.98  
5 Sheahan, Dan 56 Virginia Masters 32.42  
r:+0.84  
6 Keller, John 57 Sequim Aquatic R 32.48  
r:+0.81  
7 Tedrow, Allen 58 Hydropower Maste 38.69  
r:+0.96

**Men 55-59 100 Yard Butterfly**

PNA: 56.14 # 5/4/2008 SCOTT LAUTMAN  
Zone: 56.14 \$ 5/4/2008 SCOTT LAUTMAN  
NATL: 53.90 @ 5/12/2013 PAUL CARTER

1 Magnussen, Brian 55 Blue Wave Aquati 1:04.65  
r:+0.83 29.41 35.24  
2 Freeborn, Stephen 58 Blue Wave Aquati 1:14.85  
r:+0.95 33.84 41.01  
3 Carter, Walter 58 Oregon Masters 1:43.25  
r:+1.14 48.48 54.77

**Men 55-59 200 Yard Butterfly**

PNA: 2:06.09 # 5/4/2008 SCOTT LAUTMAN  
Zone: 2:06.09 \$ 5/4/2008 SCOTT LAUTMAN  
NATL: 2:03.18 @ 5/23/2010 BRAD HORNER

1 Rogers, Randy 55 Bainbridge Aquat 2:24.17  
r:+0.92 31.18 36.01 37.60 39.38  
2 Durban, Eric 58 Blue Wave Aquati 2:57.09  
r:+1.01 36.07 44.25 49.34 47.43  
3 Carter, Walter 58 Oregon Masters 3:50.30  
r:+1.24 50.37 58.16 1:00.27 1:01.50

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## Men 55-59 100 Yard IM

PNA: 58.64 # 5/4/2008 RICK COLELLA

Zone: 57.23 \$ 5/1/2011 RICK ABBOTT

NATL: 56.20 @ 5/4/2008 TIMOTHY SHEAD

|                                              |                   |         |                  |         |
|----------------------------------------------|-------------------|---------|------------------|---------|
| 1                                            | Busch, Ralph      | 57      | Lake Washington  | 1:05.63 |
| r:+0.92                                      | 30.45             | 35.18   |                  |         |
| 2                                            | Magnussen, Brian  | 55      | Blue Wave Aquati | 1:07.59 |
| r:+0.87                                      | 31.21             | 36.38   |                  |         |
| 3                                            | Baker, Loren      | 59      | Downtown/Bellvu  | 1:09.09 |
| r:+0.94                                      | 33.00             | 36.09   |                  |         |
| 4                                            | Geiger, Kyle      | 56      | Unat-Psm         | 1:11.46 |
| r:+0.85                                      | 34.95             | 36.51   |                  |         |
| 5                                            | Adcock, Richard   | 58      | Ymcapkc Sound Aq | 1:13.19 |
| r:+0.93                                      | 35.22             | 37.97   |                  |         |
| 6                                            | Freeborn, Stephen | 58      | Blue Wave Aquati | 1:13.66 |
| r:+0.91                                      | 32.44             | 41.22   |                  |         |
| 7                                            | Keller, John      | 57      | Sequim Aquatic R | 1:14.92 |
| r:+0.87                                      | 34.65             | 40.27   |                  |         |
| 8                                            | Sugg, Stephen     | 58      | Ymcapkc Sound Aq | 1:15.07 |
| r:+0.99                                      | 36.03             | 39.04   |                  |         |
| 9                                            | Sheahan, Dan      | 56      | Virginia Masters | 1:16.36 |
| r:+0.89                                      | 35.63             | 40.73   |                  |         |
| 10                                           | Hartwig, Bob      | 59      | Blue Wave Aquati | 1:19.30 |
| r:+0.89                                      | 35.17             | 44.13   |                  |         |
| 11                                           | Huckabee, John    | 55      | North End Otters | 1:35.28 |
| r:+1.04                                      | 47.22             | 48.06   |                  |         |
| 12                                           | Macias, Jesse     | 56      | Hydropower Maste | 2:45.03 |
| r:+1.10                                      | 1:18.86           | 1:26.17 |                  |         |
| ---                                          | Tedrow, Allen     | 58      | Hydropower Maste | DQ      |
| Shoulders past vertical toward breast - back |                   |         |                  |         |
| r:+1.00                                      | 41.11             | 38.68   |                  |         |

## Men 55-59 200 Yard IM

PNA: 2:05.15 # 5/4/2008 RICK COLELLA

Zone: 2:05.15 \$ 5/4/2008 RICK COLELLA

NATL: 2:04.09 @ 5/4/2008 TIMOTHY SHEAD

|                        |                  |         |                  |         |
|------------------------|------------------|---------|------------------|---------|
| 1                      | Magnussen, Brian | 55      | Blue Wave Aquati | 2:26.57 |
| r:+0.84                | 29.43            | 38.32   | 44.69 34.13      |         |
| 2                      | Rogers, Randy    | 55      | Bainbridge Aquat | 2:29.77 |
| r:+0.86                | 31.19            | 39.10   | 46.72 32.76      |         |
| 3                      | Underbrink, Dan  | 57      | Monroe YMCA Mast | 2:41.96 |
| r:+0.87                | 37.58            | 41.91   | 47.12 35.35      |         |
| 4                      | Durban, Eric     | 58      | Blue Wave Aquati | 2:47.76 |
| r:+0.95                | 33.53            | 46.04   | 49.44 38.75      |         |
| 5                      | Mohler, Craig    | 59      | Skagit Valley Ma | 3:19.03 |
| r:+0.87                | 47.20            | 51.55   | 55.11 45.17      |         |
| ---                    | Carter, Walter   | 58      | Oregon Masters   | DQ      |
| Alternating Kick - fly |                  |         |                  |         |
| r:+1.20                | 52.79            | 1:01.16 | 1:03.57 47.47    |         |

## Men 55-59 400 Yard IM

PNA: 4:30.18 # 5/4/2008 RICK COLELLA

Zone: 4:30.18 \$ 5/4/2008 RICK COLELLA

NATL: 4:28.69 @ 4/10/2010 MICHAEL MANN

|         |               |       |                  |         |
|---------|---------------|-------|------------------|---------|
| 1       | Rogers, Randy | 55    | Bainbridge Aquat | 5:09.04 |
| r:+0.88 | 31.12         | 35.24 | 39.51 38.68      |         |
|         | 46.96         | 47.90 | 35.09 34.54      |         |

|         |              |       |                  |         |
|---------|--------------|-------|------------------|---------|
| 2       | Durban, Eric | 58    | Blue Wave Aquati | 5:57.00 |
| r:+1.03 | 34.62        | 43.27 | 50.51 48.04      |         |
|         | 50.75        | 50.89 | 39.68 39.24      |         |

## Men 60-64 50 Yard Freestyle

PNA: 24.89 # 5/23/2010 ALAN BELL

Zone: 23.87 \$ 4/25/2004 ROBERT SMITH

NATL: 22.30 @ 5/22/2005 RICHARD ABRAHAMS

|   |                 |    |                  |       |
|---|-----------------|----|------------------|-------|
| 1 | Kendrick, Jim   | 61 | Skagit Valley Ma | 26.05 |
|   | r:+0.86         |    |                  |       |
| 2 | Lane, Homer     | 64 | Queen Anne Swim  | 27.07 |
|   | r:+1.06         |    |                  |       |
| 3 | Burge, John     | 63 | Husky Masters    | 33.55 |
|   | r:+1.03         |    |                  |       |
| 4 | Robinson, James | 64 | Orca Swim Club   | 34.70 |
|   | r:+1.09         |    |                  |       |

## Men 60-64 100 Yard Freestyle

PNA: 56.66 # 4/11/2010 JAMES MCCLEERY

Zone: 54.26 \$ 5/18/2003 TOM LANDIS

NATL: 49.14 @ 5/22/2005 RICHARD ABRAHAMS

|         |                 |       |                  |         |
|---------|-----------------|-------|------------------|---------|
| 1       | Kendrick, Jim   | 61    | Skagit Valley Ma | 57.69   |
| r:+0.89 | 27.81           | 29.88 |                  |         |
| 2       | Lane, Homer     | 64    | Queen Anne Swim  | 1:01.08 |
| r:+0.97 | 29.63           | 31.45 |                  |         |
| 3       | Burge, John     | 63    | Husky Masters    | 1:11.56 |
| r:+0.98 | 34.05           | 37.51 |                  |         |
| 4       | Robinson, James | 64    | Orca Swim Club   | 1:20.01 |
| r:+1.09 | 39.33           | 40.68 |                  |         |

## Men 60-64 200 Yard Freestyle

PNA: 1:53.43 # 3/29/2014 RICK COLELLA

Zone: 1:53.43 \$ 3/29/2014 RICK COLELLA

NATL: 1:54.14 @ 3/29/2009 FRED SCHLICHER

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 1       | Kendrick, Jim    | 61    | Skagit Valley Ma | 2:13.26 |
| r:+0.90 | 30.49            | 34.04 | 34.71 34.02      |         |
| 2       | Engelhardt, Carl | 60    | Greenlake Aquadu | 2:27.11 |
| r:+1.00 | 32.76            | 36.51 | 38.53 39.31      |         |

## Men 60-64 500 Yard Freestyle

PNA: 5:11.70 # 2/19/2012 RICK COLELLA

Zone: 5:11.70 \$ 2/19/2012 RICK COLELLA

NATL: 5:11.17 @ 4/29/2012 JIM MC CONICA

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 1       | Kendrick, Jim    | 61    | Skagit Valley Ma | 6:16.29 |
| r:+1.02 | 34.28            | 36.97 | 38.27 38.59      |         |
|         | 38.95            | 38.75 | 38.49 38.10      |         |
|         | 37.22            | 36.67 |                  |         |
| 2       | Engelhardt, Carl | 60    | Greenlake Aquadu | 6:40.87 |
| r:+1.05 | 33.51            | 37.46 | 40.11 41.78      |         |
|         | 42.12            | 42.24 | 42.03 41.65      |         |
|         | 40.86            | 39.11 |                  |         |
| 3       | Burge, John      | 63    | Husky Masters    | 7:02.64 |
| r:+1.03 | 36.01            | 41.17 | 43.49 43.29      |         |
|         | 43.00            | 43.58 | 43.20 44.09      |         |
|         | 43.48            | 41.33 |                  |         |



## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**Men 60-64 1000 Yard Freestyle**

PNA: 10:52.24 # 4/15/2012 RICK COLELLA

Zone: 10:52.24 \$ 4/15/2012 RICK COLELLA

NATL: 10:47.42 @ 5/13/2011 JIM MC CONICA

|         |             |       |               |          |
|---------|-------------|-------|---------------|----------|
| 1       | Burge, John | 63    | Husky Masters | 14:45.26 |
| r:+0.94 | 37.69       | 42.96 | 44.90         | 45.44    |
|         | 45.88       | 45.12 | 45.42         | 45.34    |
|         | 45.93       | 46.14 | 44.47         | 45.01    |
|         | 44.70       | 44.76 | 43.48         | 44.24    |
|         | 44.68       | 44.44 | 42.99         | 41.67    |

**Men 60-64 1650 Yard Freestyle**

PNA: 18:24.00 # 5/23/2010 ALAN BELL

Zone: 18:24.00 \$ 5/23/2010 ALAN BELL

NATL: 17:59.55 @ 5/20/2010 JIM CLEMMONS

|         |                  |       |                  |          |
|---------|------------------|-------|------------------|----------|
| 1       | Lautman, Scott   | 61    | Blue Wave Aquati | 20:56.21 |
| r:+0.89 | 33.94            | 36.28 | 36.79            | 37.17    |
|         | 37.33            | 37.48 | 37.86            | 37.86    |
|         | 37.92            | 38.08 | 38.18            | 38.55    |
|         | 38.62            | 38.78 | 38.65            | 38.59    |
|         | 38.54            | 38.84 | 38.46            | 38.26    |
|         | 38.14            | 38.14 | 38.93            | 38.62    |
|         | 38.89            | 38.61 | 38.27            | 38.72    |
|         | 38.68            | 38.37 | 38.57            | 38.24    |
|         |                  |       |                  | 37.85    |
| 2       | Engelhardt, Carl | 60    | Greenlake Aquadu | 23:45.94 |
| r:+1.11 | 36.80            | 39.98 | 41.52            | 43.43    |
|         | 43.05            | 43.41 | 43.24            | 43.83    |
|         | 43.53            | 43.96 | 43.87            | 43.58    |
|         | 43.54            | 43.84 | 43.50            | 43.67    |
|         | 43.51            | 43.20 | 43.20            | 43.39    |
|         | 44.34            | 44.30 | 43.96            | 43.90    |
|         | 43.86            | 44.11 | 43.95            | 44.04    |
|         | 43.97            | 43.74 | 43.75            | 43.54    |
|         |                  |       |                  | 40.43    |

**Men 60-64 50 Yard Backstroke**

PNA: 29.59 # 4/14/2002 GARY CHASE

Zone: 27.62 \$ 4/25/2004 ROBERT SMITH

NATL: 26.82 @ 5/4/2008 HUGH WILDER

|         |                 |    |                 |       |
|---------|-----------------|----|-----------------|-------|
| 1       | Davis, Dwight   | 60 | Lake Washington | 32.83 |
| r:+0.69 |                 |    |                 |       |
| 2       | Lane, Homer     | 64 | Queen Anne Swim | 33.96 |
| r:+0.77 |                 |    |                 |       |
| 3       | Robinson, James | 64 | Orca Swim Club  | 46.58 |
| r:+0.94 |                 |    |                 |       |

**Men 60-64 100 Yard Backstroke**

PNA: 1:05.12 # 4/14/2002 GARY CHASE

Zone: 1:02.53 \$ 4/25/2004 ROBERT SMITH

NATL: 59.29 @ 5/4/2008 HUGH WILDER

|         |                 |       |                 |          |
|---------|-----------------|-------|-----------------|----------|
| 1       | Edwards, Wes    | 60    | Oregon Masters  | 1:03.08# |
| r:+0.74 | 30.23           | 32.85 |                 |          |
| 2       | Davis, Dwight   | 60    | Lake Washington | 1:11.03  |
| r:+0.78 | 34.66           | 36.37 |                 |          |
| 3       | Robinson, James | 64    | Orca Swim Club  | 1:44.44  |
| r:+0.90 | 49.89           | 54.55 |                 |          |

**Men 60-64 200 Yard Backstroke**

PNA: 2:16.70 # 5/23/2010 ALAN BELL

Zone: 2:16.70 \$ 5/23/2010 ALAN BELL

NATL: 2:13.13 @ 5/10/2009 TIM BIRNIE

|         |              |       |                |         |
|---------|--------------|-------|----------------|---------|
| 1       | Edwards, Wes | 60    | Oregon Masters | 2:18.52 |
| r:+0.77 | 33.51        | 34.89 | 35.04          | 35.08   |

**Men 60-64 50 Yard Breaststroke**

PNA: 29.26 # 5/9/2013 RICK COLELLA

Zone: 29.26 \$ 5/9/2013 RICK COLELLA

NATL: 29.26 @ 5/10/2013 RICK COLELLA

|         |                  |    |                  |       |
|---------|------------------|----|------------------|-------|
| 1       | Colella, Rick    | 62 | Lake Washington  | 29.29 |
| r:+0.81 |                  |    |                  |       |
| 2       | Baker, John      | 62 | Bainbridge Aquat | 32.74 |
| r:+1.02 |                  |    |                  |       |
| 3       | Hannula, David   | 60 | Ymcapkc Sound Aq | 33.25 |
| r:+0.83 |                  |    |                  |       |
| 4       | Engelhardt, Carl | 60 | Greenlake Aquadu | 37.69 |
| r:+1.06 |                  |    |                  |       |

**Men 60-64 100 Yard Breaststroke**

PNA: 1:02.97 # 5/9/2013 RICK COLELLA

Zone: 1:02.97 \$ 5/9/2013 RICK COLELLA

NATL: 1:02.97 @ 5/11/2013 RICK COLELLA

|         |               |       |                  |         |
|---------|---------------|-------|------------------|---------|
| 1       | Colella, Rick | 62    | Lake Washington  | 1:03.31 |
| r:+0.83 | 29.89         | 33.42 |                  |         |
| 2       | Baker, John   | 62    | Bainbridge Aquat | 1:13.45 |
| r:+0.93 | 33.83         | 39.62 |                  |         |

**Men 60-64 200 Yard Breaststroke**

PNA: 2:18.40 # 5/9/2013 RICK COLELLA

Zone: 2:18.40 \$ 5/9/2013 RICK COLELLA

NATL: 2:18.40 @ 5/12/2013 RICK COLELLA

|         |               |       |                 |         |
|---------|---------------|-------|-----------------|---------|
| 1       | Colella, Rick | 62    | Lake Washington | 2:18.83 |
| r:+0.87 | 31.78         | 35.95 | 35.10           | 36.00   |

**Men 60-64 50 Yard Butterfly**

PNA: 26.56 # 3/29/2014 RICK COLELLA

Zone: 26.56 \$ 3/29/2014 RICK COLELLA

NATL: 24.46 @ 5/22/2005 RICHARD ABRAHAMS

|         |                |    |                  |        |
|---------|----------------|----|------------------|--------|
| 1       | Colella, Rick  | 62 | Lake Washington  | 26.44# |
| r:+0.81 |                |    |                  |        |
| 2       | Hannula, David | 60 | Ymcapkc Sound Aq | 26.47# |
| r:+0.79 |                |    |                  |        |
| 3       | Baker, John    | 62 | Bainbridge Aquat | 31.17  |
| r:+0.92 |                |    |                  |        |
| 4       | Burge, John    | 63 | Husky Masters    | 43.44  |
| r:+0.99 |                |    |                  |        |

**Men 60-64 100 Yard Butterfly**

PNA: 58.83 # 5/23/2010 ALAN BELL

Zone: 58.83 \$ 5/23/2010 ALAN BELL

NATL: 54.92 @ 5/22/2005 RICHARD ABRAHAMS

|         |                |       |                  |         |
|---------|----------------|-------|------------------|---------|
| 1       | Hannula, David | 60    | Ymcapkc Sound Aq | 1:00.40 |
| r:+0.89 | 28.44          | 31.96 |                  |         |



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## Men 60-64 100 Yard IM

PNA: 57.23 # 5/9/2013 RICK COLELLA

Zone: 57.23 \$ 5/9/2013 RICK COLELLA

NATL: 57.23 @ 5/11/2013 RICK COLELLA

|         |                 |       |                  |         |
|---------|-----------------|-------|------------------|---------|
| 1       | Davis, Dwight   | 60    | Lake Washington  | 1:12.97 |
| r:+0.93 | 33.63           | 39.34 |                  |         |
| 2       | Kendrick, Jim   | 61    | Skagit Valley Ma | 1:14.77 |
| r:+0.98 | 34.52           | 40.25 |                  |         |
| 3       | Robinson, James | 64    | Orca Swim Club   | 1:37.34 |
| r:+1.11 | 45.11           | 52.23 |                  |         |

## Men 60-64 200 Yard IM

PNA: 2:03.73 # 5/9/2013 RICK COLELLA

Zone: 2:03.73 \$ 5/9/2013 RICK COLELLA

NATL: 2:03.73 @ 5/12/2013 RICK COLELLA

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 1       | Colella, Rick    | 62    | Lake Washington  | 2:06.54 |
| r:+0.81 | 27.56            | 34.02 | 35.45            | 29.51   |
| 2       | Baker, John      | 62    | Bainbridge Aquat | 2:35.32 |
| r:+1.13 | 32.83            | 40.80 | 45.15            | 36.54   |
| 3       | Engelhardt, Carl | 60    | Greenlake Aquadu | 2:43.29 |
| r:+1.03 | 37.00            | 42.72 | 45.79            | 37.78   |

## Men 60-64 400 Yard IM

PNA: 4:31.69 # 5/9/2013 RICK COLELLA

Zone: 4:31.69 \$ 5/9/2013 RICK COLELLA

NATL: 4:31.69 @ 5/10/2013 RICK COLELLA

|         |               |       |                 |         |
|---------|---------------|-------|-----------------|---------|
| 1       | Colella, Rick | 62    | Lake Washington | 4:31.86 |
| r:+0.87 | 29.26         | 33.25 | 36.73           | 36.40   |
|         | 37.08         | 38.14 | 31.02           | 29.98   |

## Men 65-69 50 Yard Freestyle

PNA: 26.38 # 4/11/2009 ROBERT PILGER

Zone: 24.36 \$ 5/10/2009 ROBERT SMITH

NATL: 22.10 @ 5/23/2010 RICHARD ABRAHAMS

|         |                  |    |                  |       |
|---------|------------------|----|------------------|-------|
| 1       | Wright, Larry    | 65 | Downtown/Bellvu  | 26.85 |
| r:+0.84 |                  |    |                  |       |
| 2       | Dick, Bill       | 67 | Hydropower Maste | 28.78 |
| r:+0.80 |                  |    |                  |       |
| 3       | Voegtlen, Barney | 65 | Bainbridge Aquat | 29.39 |
| r:+1.01 |                  |    |                  |       |
| 4       | Kelber, Michael  | 66 | Oregon Masters   | 30.06 |
| r:+0.94 |                  |    |                  |       |
| 5       | Norris, Jim      | 66 | Port Townsend Ma | 31.08 |
| r:+0.89 |                  |    |                  |       |
| 6       | Campan, Gary     | 69 | Port Townsend Ma | 36.96 |
| r:+1.09 |                  |    |                  |       |

## Men 65-69 100 Yard Freestyle

PNA: 58.24 # 2/23/2014 DAN KIRKLAND

Zone: 54.53 \$ 5/20/2007 TOM LANDIS

NATL: 49.42 @ 5/22/2010 RICHARD ABRAHAMS

|         |                 |       |                  |         |
|---------|-----------------|-------|------------------|---------|
| 1       | Wright, Larry   | 65    | Downtown/Bellvu  | 1:01.11 |
| r:+0.80 | 28.52           | 32.59 |                  |         |
| 2       | Dick, Bill      | 67    | Hydropower Maste | 1:06.45 |
| r:+0.89 | 30.94           | 35.51 |                  |         |
| 3       | Kelber, Michael | 66    | Oregon Masters   | 1:09.62 |
| r:+1.06 | 33.05           | 36.57 |                  |         |

|         |              |       |                  |         |
|---------|--------------|-------|------------------|---------|
| 4       | Campan, Gary | 69    | Port Townsend Ma | 1:23.56 |
| r:+1.22 | 39.37        | 44.19 |                  |         |

## Men 65-69 200 Yard Freestyle

PNA: 2:07.36 # 2/23/2014 DAN KIRKLAND

Zone: 2:01.36 \$ 5/20/2007 TOM LANDIS

NATL: 1:57.54 @ 5/21/2010 RICHARD ABRAHAMS

|         |                |       |                  |         |
|---------|----------------|-------|------------------|---------|
| 1       | Norris, Jim    | 66    | Port Townsend Ma | 2:31.97 |
| r:+1.01 | 36.67          | 39.87 | 39.03            | 36.40   |
| 2       | Thompson, Doug | 65    | Thunderbird Aqua | 2:54.83 |
| r:+1.12 | 38.14          | 44.22 | 46.16            | 46.31   |

## Men 65-69 500 Yard Freestyle

PNA: 5:41.90 # 2/23/2014 DAN KIRKLAND

Zone: 5:37.64 \$ 5/20/2007 TOM LANDIS

NATL: 5:37.64 @ 5/20/2007 TOM LANDIS

|         |                  |       |                  |           |
|---------|------------------|-------|------------------|-----------|
| 1       | Kirkland, Dan    | 65    | Unat Pna         | 5:36.41\$ |
| r:+0.95 | 30.37            | 32.50 | 33.25            | 33.70     |
|         | 33.41            | 33.52 | 34.39            | 34.55     |
|         | 34.02            | 36.70 |                  |           |
| 2       | Voegtlen, Barney | 65    | Bainbridge Aquat | 7:05.15   |
| r:+1.07 | 37.96            | 42.30 | 44.32            | 44.92     |
|         | 43.91            | 45.02 | 44.07            | 43.65     |
|         | 41.36            | 37.64 |                  |           |
| 3       | Thompson, Doug   | 65    | Thunderbird Aqua | 7:42.51   |
|         | 40.41            | 44.15 | 46.16            | 48.09     |
|         | 48.17            | 48.57 | 47.03            | 49.23     |
|         | 46.13            | 44.57 |                  |           |
| 4       | Walker, Thomas   | 67    | Columbia Athle   | 9:20.00   |
|         | 50.96            | 54.70 | 57.59            | 58.99     |
|         | 59.74            | 57.95 | 56.35            | 57.21     |
|         | 57.09            | 49.42 |                  |           |

## Men 65-69 500 Yard Freestyle

PNA: 5:41.90 # 2/23/2014 DAN KIRKLAND

Zone: 5:37.64 \$ 5/20/2007 TOM LANDIS

NATL: 5:37.64 @ 5/20/2007 TOM LANDIS

|         |               |       |          |           |
|---------|---------------|-------|----------|-----------|
| 1       | Kirkland, Dan | 65    | Unat Pna | 5:36.41\$ |
| r:+0.84 | 29.95         | 32.27 | 33.51    | 34.13     |
|         | 33.88         | 34.39 | 34.37    | 34.63     |
|         | 35.05         | 34.23 |          |           |

## Men 65-69 1000 Yard Freestyle

PNA: 12:03.73 # 5/1/2011 MICHAEL MCCOLLY

Zone: 11:41.40 \$ 5/20/2007 TOM LANDIS

NATL: 11:41.40 @ 5/20/2007 TOM LANDIS

|         |               |       |          |            |
|---------|---------------|-------|----------|------------|
| 1       | Kirkland, Dan | 65    | Unat Pna | 11:33.14\$ |
| r:+0.89 | 31.48         | 33.27 | 34.17    | 34.48      |
|         | 34.65         | 34.34 | 34.36    | 34.71      |
|         | 35.04         | 34.86 | 35.00    | 35.28      |
|         | 35.10         | 34.90 | 35.04    | 35.13      |
|         | 35.23         | 35.49 | 35.77    | 34.84      |





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**Men 65-69 1650 Yard Freestyle**

PNA: 19:58.60 # 4/10/2011 JAMES MCCLEERY

Zone: 19:16.25 \$ 5/20/2007 TOM LANDIS

NATL: 19:16.25 @ 5/20/2007 TOM LANDIS

|   |             |       |                  |          |
|---|-------------|-------|------------------|----------|
| 1 | Norris, Jim | 66    | Port Townsend Ma | 23:23.52 |
|   | 38.73       | 43.09 | 43.02            | 42.71    |
|   | 42.71       | 42.29 | 42.27            | 41.89    |
|   | 42.61       | 42.79 | 42.21            | 42.13    |
|   | 42.97       | 43.24 | 43.28            | 42.87    |
|   | 42.74       | 42.89 | 43.10            | 42.67    |
|   | 43.28       | 43.43 | 42.90            | 43.41    |
|   | 42.90       | 43.28 | 43.00            | 43.14    |
|   | 42.78       | 42.06 | 42.02            | 41.52    |
|   |             |       |                  | 39.59    |

**Men 65-69 50 Yard Backstroke**

PNA: 30.93 # 3/6/2005 GARY CHASE

Zone: 28.46 \$ 5/10/2009 ROBERT SMITH

NATL: 27.74 @ 5/23/2010 RICHARD ABRAHAMS

|   |                  |    |                  |       |
|---|------------------|----|------------------|-------|
| 1 | Voegtlen, Barney | 65 | Bainbridge Aquat | 35.54 |
|   | r:+0.88          |    |                  |       |
| 2 | Dick, Bill       | 67 | Hydropower Maste | 36.20 |
|   | r:+0.79          |    |                  |       |
| 3 | Spencer, Rick    | 66 | Unat-Psm         | 37.10 |
|   | r:+1.39          |    |                  |       |
| 4 | Norris, Jim      | 66 | Port Townsend Ma | 37.25 |
|   | r:+0.81          |    |                  |       |
| 5 | Kelber, Michael  | 66 | Oregon Masters   | 42.58 |
|   | r:+0.76          |    |                  |       |
| 6 | Campen, Gary     | 69 | Port Townsend Ma | 43.54 |
|   | r:+0.92          |    |                  |       |
| 7 | Smith, William   | 69 | South Sound Mast | 46.68 |
|   | r:+0.80          |    |                  |       |

**Men 65-69 100 Yard Backstroke**

PNA: 1:06.01 # 3/6/2005 GARY CHASE

Zone: 1:03.43 \$ 5/10/2009 ROBERT SMITH

NATL: 59.62 @ 5/12/2013 HUGH WILDER

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Spencer, Rick  | 66    | Unat-Psm         | 1:16.23 |
|   | r:+0.94        | 37.27 | 38.96            |         |
| 2 | Campen, Gary   | 69    | Port Townsend Ma | 1:41.45 |
|   | r:+0.82        | 49.63 | 51.82            |         |
| 3 | Walker, Thomas | 67    | Columbia Athle   | 1:43.35 |
|   | r:+0.84        | 51.51 | 51.84            |         |

**Men 65-69 200 Yard Backstroke**

PNA: 2:26.42 # 2/23/2014 DAN KIRKLAND

Zone: 2:26.42 \$ 2/23/2014 DAN KIRKLAND

NATL: 2:16.72 @ 5/11/2013 HUGH WILDER

|   |                |       |                |         |
|---|----------------|-------|----------------|---------|
| 1 | Spencer, Rick  | 66    | Unat-Psm       | 2:43.24 |
|   | r:+0.89        | 38.36 | 40.84          | 42.33   |
|   |                |       |                | 41.71   |
| 2 | Walker, Thomas | 67    | Columbia Athle | 3:40.92 |
|   | r:+0.90        | 54.18 | 56.36          | 56.94   |
|   |                |       |                | 53.44   |

**Men 65-69 50 Yard Breaststroke**

PNA: 32.91 # 5/18/1997 NICK TEMPLEMAN

Zone: 32.91 \$ 5/18/1997 NICK TEMPLEMAN

NATL: 30.53 @ 5/10/2013 ROBERT STRAND

|   |                  |    |                  |       |
|---|------------------|----|------------------|-------|
| 1 | Voegtlen, Barney | 65 | Bainbridge Aquat | 40.04 |
|   | r:+0.96          |    |                  |       |
| 2 | Thompson, Doug   | 65 | Thunderbird Aqua | 41.37 |
|   | r:+1.00          |    |                  |       |
| 3 | Norris, Jim      | 66 | Port Townsend Ma | 43.90 |
|   | r:+0.98          |    |                  |       |

**Men 65-69 200 Yard Breaststroke**

PNA: 2:47.50 # 5/18/1997 NICK TEMPLEMAN

Zone: 2:47.50 \$ 5/18/1997 NICK TEMPLEMAN

NATL: 2:30.17 @ 5/1/2011 ROBERT STRAND

|   |                |         |                |         |
|---|----------------|---------|----------------|---------|
| 1 | Walker, Thomas | 67      | Columbia Athle | 4:23.64 |
|   | r:+1.27        | 1:00.87 | 1:08.20        | 1:09.73 |
|   |                |         |                | 1:04.84 |

**Men 65-69 50 Yard Butterfly**

PNA: 28.41 # 3/29/2014 LARRY WRIGHT

Zone: 27.91 \$ 5/20/2007 BERT PETERSEN

NATL: 24.94 @ 5/22/2010 RICHARD ABRAHAMS

|   |                  |    |                  |       |
|---|------------------|----|------------------|-------|
| 1 | Wright, Larry    | 65 | Downtown/Bellvu  | 28.99 |
|   | r:+0.86          |    |                  |       |
| 2 | Dick, Bill       | 67 | Hydropower Maste | 32.56 |
|   | r:+0.82          |    |                  |       |
| 3 | Monohon, Paul    | 68 | Thunderbird Aqua | 32.98 |
|   | r:+0.95          |    |                  |       |
| 4 | Voegtlen, Barney | 65 | Bainbridge Aquat | 36.06 |
|   | r:+0.98          |    |                  |       |
| 5 | Thompson, Doug   | 65 | Thunderbird Aqua | 40.54 |
|   | r:+1.01          |    |                  |       |

**Men 65-69 100 Yard Butterfly**

PNA: 1:13.87 # 2/20/2011 PAUL MONOHON

Zone: 1:07.68 \$ 5/20/2007 BERT PETERSEN

NATL: 56.36 @ 5/21/2010 RICHARD ABRAHAMS

|   |               |       |                  |         |
|---|---------------|-------|------------------|---------|
| 1 | Monohon, Paul | 68    | Thunderbird Aqua | 1:24.91 |
|   | r:+1.01       | 37.68 | 47.23            |         |

**Men 65-69 100 Yard IM**

PNA: 1:08.60 # 3/29/2014 LARRY WRIGHT

Zone: 1:06.23 \$ 5/4/2008 TOM LANDIS

NATL: 1:00.32 @ 5/23/2010 RICHARD ABRAHAMS

|   |                  |       |                  |         |
|---|------------------|-------|------------------|---------|
| 1 | Wright, Larry    | 65    | Downtown/Bellvu  | 1:09.39 |
|   | r:+0.82          | 31.38 | 38.01            |         |
| 2 | Voegtlen, Barney | 65    | Bainbridge Aquat | 1:19.72 |
|   | r:+1.01          | 35.78 | 43.94            |         |
| 3 | Norris, Jim      | 66    | Port Townsend Ma | 1:25.78 |
|   | r:+0.96          | 41.98 | 43.80            |         |
| 4 | Kelber, Michael  | 66    | Oregon Masters   | 1:26.14 |
|   | r:+0.99          | 41.93 | 44.21            |         |
| 5 | Campen, Gary     | 69    | Port Townsend Ma | 1:45.19 |
|   | r:+1.16          | 50.13 | 55.06            |         |



## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**Men 65-69 200 Yard IM**

PNA: 2:30.73 # 5/1/2011 MICHAEL MCCOLLY

Zone: 2:26.55 \$ 4/13/2008 TOM LANDIS

NATL: 2:20.31 @ 5/22/2010 RICHARD BURNS

|         |                |         |                |         |
|---------|----------------|---------|----------------|---------|
| 1       | Walker, Thomas | 67      | Columbia Athle | 4:05.62 |
| r:+1.28 | 1:04.91        | 1:00.19 | 1:10.57        | 49.95   |

**Men 65-69 400 Yard IM**

PNA: 5:21.16 # 5/1/2011 MICHAEL MCCOLLY

Zone: 5:19.23 \$ 5/20/2007 TOM LANDIS

NATL: 5:12.42 @ 5/21/2010 RICHARD BURNS

|         |                |         |                |         |
|---------|----------------|---------|----------------|---------|
| 1       | Walker, Thomas | 67      | Columbia Athle | 8:37.79 |
| r:+1.24 | 1:09.07        | 1:18.86 | 1:01.79        | 59.63   |
|         | 1:12.59        | 1:08.78 | 57.53          | 49.54   |

**Men 70-74 50 Yard Freestyle**

PNA: 27.94 # 2/23/2014 ROBERT PILGER

Zone: 26.54 \$ 4/29/2012 TOM LANDIS

NATL: 24.13 @ 5/4/2008 JEFF FARRELL

|     |                                 |    |                  |        |
|-----|---------------------------------|----|------------------|--------|
| 1   | Pilger, Robert                  | 70 | Ymcapkc Sound Aq | 27.59# |
|     | r:+0.92                         |    |                  |        |
| 2   | Winn, Hugh                      | 72 | Port Townsend Ma | 34.09  |
|     | r:+1.05                         |    |                  |        |
| 3   | Davis, Bob                      | 72 | Washington Athle | 37.39  |
|     | r:+0.86                         |    |                  |        |
| 4   | Cook, Herb                      | 72 | Sequim Aquatic R | 37.58  |
|     | r:+1.09                         |    |                  |        |
| --- | Justice, Timothy                | 71 | Skagit Valley Ma | DQ     |
|     | Interfered with another swimmer |    |                  |        |
|     | r:+0.88                         |    |                  |        |

**Men 70-74 100 Yard Freestyle**

PNA: 1:03.96 # 2/23/2014 ROBERT PILGER

Zone: 58.29 \$ 4/29/2012 TOM LANDIS

NATL: 56.05 @ 5/4/2008 JEFF FARRELL

|         |                   |         |                  |          |
|---------|-------------------|---------|------------------|----------|
| 1       | Pilger, Robert    | 70      | Ymcapkc Sound Aq | 1:02.96# |
| r:+1.03 | 31.00             | 31.96   |                  |          |
| 2       | Winn, Hugh        | 72      | Port Townsend Ma | 1:17.12  |
| r:+1.11 | 36.25             | 40.87   |                  |          |
| 3       | Justice, Timothy  | 71      | Skagit Valley Ma | 1:22.72  |
| r:+1.33 | 39.02             | 43.70   |                  |          |
| 4       | Davis, Bob        | 72      | Washington Athle | 1:23.32  |
| r:+0.98 | 39.24             | 44.08   |                  |          |
| 5       | Cook, Herb        | 72      | Sequim Aquatic R | 1:24.39  |
| r:+0.92 | 39.82             | 44.57   |                  |          |
| 6       | McKinlay, Michael | 70      | Downtown/Bellvu  | 1:57.24  |
| r:+0.99 | 52.82             | 1:04.42 |                  |          |

**Men 70-74 200 Yard Freestyle**

PNA: 2:17.86 # 5/16/1999 ROBERT MILLER

Zone: 2:08.68 \$ 4/29/2012 TOM LANDIS

NATL: 2:08.68 @ 4/27/2012 TOM LANDIS

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 1       | Winn, Hugh       | 72    | Port Townsend Ma | 2:52.93 |
| r:+1.09 | 39.44            | 44.21 | 45.26            | 44.02   |
| 2       | Smith, Robert    | 70    | Oregon Masters   | 3:06.96 |
| r:+0.80 | 29.17            | 54.84 | 52.52            | 50.43   |
| 3       | Justice, Timothy | 71    | Skagit Valley Ma | 3:12.68 |
| r:+1.21 | 39.52            | 48.13 | 54.22            | 50.81   |

**Men 70-74 500 Yard Freestyle**

PNA: 6:16.89 # 5/16/1999 ROBERT MILLER

Zone: 5:57.07 \$ 5/20/2007 DAVID RADCLIFF

NATL: 5:51.37 @ 5/20/2001 GRAHAM JOHNSTON

|         |                  |       |                  |         |
|---------|------------------|-------|------------------|---------|
| 1       | Winn, Hugh       | 72    | Port Townsend Ma | 7:46.45 |
| r:+1.18 | 42.00            | 47.18 | 48.28            | 48.23   |
|         | 47.44            | 47.92 | 47.61            | 47.40   |
|         | 46.30            | 44.09 |                  |         |
| 2       | Justice, Timothy | 71    | Skagit Valley Ma | 8:52.82 |
| r:+1.19 | 42.04            | 50.43 | 55.28            | 56.57   |
|         | 56.19            | 55.20 | 54.81            | 55.27   |
|         | 54.55            | 52.48 |                  |         |

**Men 70-74 1000 Yard Freestyle**

PNA: 13:52.50 # 4/8/2001 THOMAS TAYLOR

Zone: 12:20.51 \$ 5/9/2013 TOM LANDIS

NATL: 12:19.05 @ 5/20/2001 GRAHAM JOHNSTON

|         |                  |       |                  |          |
|---------|------------------|-------|------------------|----------|
| 1       | Winn, Hugh       | 72    | Port Townsend Ma | 15:44.42 |
| r:+1.24 | 42.39            | 46.77 | 48.45            | 48.80    |
|         | 48.84            | 48.83 | 48.39            | 48.17    |
|         | 47.20            | 47.67 | 48.17            | 47.52    |
|         | 47.74            | 47.46 | 46.93            | 47.04    |
|         | 46.98            | 46.51 | 45.76            | 44.80    |
| 2       | Justice, Timothy | 71    | Skagit Valley Ma | 17:43.52 |
| r:+1.35 | 45.20            | 49.75 | 53.77            | 53.39    |
|         | 54.73            | 53.48 | 53.10            | 52.73    |
|         | 52.91            | 52.38 | 57.69            | 54.93    |
|         | 54.56            | 53.76 | 55.03            | 53.81    |
|         | 53.85            | 54.78 | 53.60            | 50.07    |
| 3       | Davis, Bob       | 72    | Washington Athle | 18:23.24 |
|         | 46.73            | 53.59 | 56.24            | 56.93    |
|         | 54.92            | 54.60 | 54.84            | 56.34    |
|         | 57.28            | 54.99 | 56.30            | 57.06    |
|         | 56.82            | 56.64 | 56.29            | 55.96    |
|         | 55.16            | 55.58 | 54.91            | 52.06    |

**Men 70-74 50 Yard Backstroke**

PNA: 36.37 # 4/29/1990 ANDREW HOLDEN

Zone: 33.30 \$ 1/29/2011 CHRIS HIATT

NATL: 30.25 @ 4/25/2004 YOSHI OYAKAWA

|   |                   |    |                  |         |
|---|-------------------|----|------------------|---------|
| 1 | Smith, Robert     | 70 | Oregon Masters   | 32.80\$ |
|   | r:+0.73           |    |                  |         |
| 2 | Reid, Walt        | 73 | Puget Sound Aqua | 38.97   |
|   | r:+0.92           |    |                  |         |
| 3 | McKinlay, Michael | 70 | Downtown/Bellvu  | 56.76   |
|   | r:+0.69           |    |                  |         |

**Men 70-74 100 Yard Backstroke**

PNA: 1:14.06 # 5/16/1999 ROBERT MILLER

Zone: 1:14.06 \$ 5/16/1999 ROBERT MILLER

NATL: 1:06.83 @ 4/25/2004 YOSHI OYAKAWA

|         |                                           |         |                  |          |
|---------|-------------------------------------------|---------|------------------|----------|
| 1       | Smith, Robert                             | 70      | Oregon Masters   | 1:13.72# |
| r:+0.77 | 35.46                                     | 38.26   |                  |          |
| 2       | Reid, Walt                                | 73      | Puget Sound Aqua | 1:28.46  |
| r:+0.84 | 42.41                                     | 46.05   |                  |          |
| ---     | McKinlay, Michael                         | 70      | Downtown/Bellvu  | DQ       |
|         | Delay initiating turn after past vertical |         |                  |          |
| r:+0.70 | 58.43                                     | 1:22.51 |                  |          |



## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**Men 70-74 200 Yard Backstroke**

PNA: 2:37.63 # 5/16/1999 ROBERT MILLER

Zone: 2:37.63 \$ 5/16/1999 ROBERT MILLER

NATL: 2:25.77 @ 1/11/2014 RICHARD BURNS

|   |               |       |                |             |
|---|---------------|-------|----------------|-------------|
| 1 | Smith, Robert | 70    | Oregon Masters | 2:46.39     |
|   | r:+0.79       | 37.62 | 42.42          | 43.71 42.64 |

**Men 70-74 50 Yard Breaststroke**

PNA: 37.15 # 5/20/2001 THOMAS TAYLOR

Zone: 37.05 \$ 5/18/2003 RON TAYLOR

NATL: 32.86 @ 9/29/2013 DAVID GILDEA

|   |                |    |                  |       |
|---|----------------|----|------------------|-------|
| 1 | Sawyer, Dennis | 70 | Bainbridge Aquat | 37.57 |
|   | r:+0.87        |    |                  |       |
| 2 | Reid, Walt     | 73 | Puget Sound Aqua | 40.02 |
|   | r:+0.96        |    |                  |       |

**Men 70-74 100 Yard Breaststroke**

PNA: 1:24.31 # 5/20/2001 THOMAS TAYLOR

Zone: 1:24.31 \$ 5/20/2001 THOMAS TAYLOR

NATL: 1:11.75 @ 9/29/2013 DAVID GILDEA

|   |                |       |                  |          |
|---|----------------|-------|------------------|----------|
| 1 | Sawyer, Dennis | 70    | Bainbridge Aquat | 1:23.24# |
|   | r:+0.85        | 39.78 | 43.46            |          |
| 2 | Smith, Robert  | 70    | Oregon Masters   | 1:27.87  |
|   | r:+0.83        | 41.66 | 46.21            |          |
| 3 | Reid, Walt     | 73    | Puget Sound Aqua | 1:31.98  |
|   | r:+1.06        | 43.29 | 48.69            |          |

**Men 70-74 200 Yard Breaststroke**

PNA: 3:10.57 # 1/10/2010 DICK PETERSON

Zone: 3:10.57 \$ 1/10/2010 DICK PETERSON

NATL: 2:46.46 @ 4/15/2011 MIKE FRESHLEY

|   |                |       |                  |             |
|---|----------------|-------|------------------|-------------|
| 1 | Sawyer, Dennis | 70    | Bainbridge Aquat | 3:07.08#    |
|   | r:+0.90        | 42.70 | 48.57            | 48.71 47.10 |

**Men 70-74 100 Yard IM**

PNA: 1:13.19 # 5/16/1999 ROBERT MILLER

Zone: 1:09.78 \$ 4/29/2012 TOM LANDIS

NATL: 1:06.55 @ 5/11/2013 JAMES ELDER

|   |                |       |                  |         |
|---|----------------|-------|------------------|---------|
| 1 | Smith, Robert  | 70    | Oregon Masters   | 1:16.99 |
|   | r:+0.85        | 34.89 | 42.10            |         |
| 2 | Sawyer, Dennis | 70    | Bainbridge Aquat | 1:22.14 |
|   | r:+0.80        | 40.85 | 41.29            |         |

**Men 70-74 200 Yard IM**

PNA: 2:43.52 # 5/16/1999 ROBERT MILLER

Zone: 2:34.62 \$ 5/9/2013 TOM LANDIS

NATL: 2:29.92 @ 2/23/2008 DAVID COSTILL

|   |                |       |                  |             |
|---|----------------|-------|------------------|-------------|
| 1 | Sawyer, Dennis | 70    | Bainbridge Aquat | 3:08.87     |
|   | r:+1.02        | 45.40 | 51.46            | 50.69 41.32 |

**Men 75-79 50 Yard Backstroke**

PNA: 37.32 # 5/20/2007 BOB MILLER

Zone: 37.32 \$ 5/20/2007 BOB MILLER

NATL: 32.11 @ 4/19/2009 YOSHI OYAKAWA

|   |                |    |                |       |
|---|----------------|----|----------------|-------|
| 1 | Thayer, George | 78 | Oregon Masters | 40.24 |
|   | r:+0.71        |    |                |       |

**Men 75-79 100 Yard Backstroke**

PNA: 1:19.83 # 5/20/2007 BOB MILLER

Zone: 1:19.83 \$ 5/20/2007 BOB MILLER

NATL: 1:08.55 @ 4/19/2009 BURWELL JONES

|   |                |       |                |         |
|---|----------------|-------|----------------|---------|
| 1 | Thayer, George | 78    | Oregon Masters | 1:28.92 |
|   | r:+0.73        | 43.53 | 45.39          |         |

**Men 75-79 200 Yard Backstroke**

PNA: 2:49.46 # 5/20/2007 BOB MILLER

Zone: 2:49.46 \$ 5/20/2007 BOB MILLER

NATL: 2:31.41 @ 4/17/2010 BURWELL JONES

|   |                |       |                |             |
|---|----------------|-------|----------------|-------------|
| 1 | Thayer, George | 78    | Oregon Masters | 3:29.83     |
|   | r:+0.73        | 45.04 | 51.02          | 58.45 55.32 |

**Men 75-79 50 Yard Breaststroke**

PNA: 40.00 # 2/26/2006 TOM TAYLOR

Zone: 39.35 \$ 3/11/2006 MILTON MARKS

NATL: 35.64 @ 4/30/2006 JOHN KORTHEUER

|   |                   |    |            |       |
|---|-------------------|----|------------|-------|
| 1 | Peterson, Dick    | 77 | Bellingham | 41.74 |
|   | r:+0.98           |    |            |       |
| 2 | Truong, Dominique | 75 | Unat-Psm   | 43.47 |
|   | r:+1.05           |    |            |       |

**Men 75-79 100 Yard Breaststroke**

PNA: 1:30.75 # 3/29/2014 DICK PETERSON

Zone: 1:30.75 \$ 3/29/2014 DICK PETERSON

NATL: 1:19.21 @ 3/27/2011 DAVID COSTILL

|   |                   |       |                |          |
|---|-------------------|-------|----------------|----------|
| 1 | Peterson, Dick    | 77    | Bellingham     | 1:30.34# |
|   | r:+1.02           | 42.93 | 47.41          |          |
| 2 | Thayer, George    | 78    | Oregon Masters | 1:43.13  |
|   | r:+0.89           | 47.99 | 55.14          |          |
| 3 | Truong, Dominique | 75    | Unat-Psm       | 1:43.75  |
|   | r:+1.06           | 50.44 | 53.31          |          |

**Men 75-79 200 Yard Breaststroke**

PNA: 3:15.90 # 3/15/2014 DICK PETERSON

Zone: 3:15.90 \$ 3/15/2014 DICK PETERSON

NATL: 2:59.83 @ 4/14/2011 DAVID COSTILL

|     |                |    |            |     |
|-----|----------------|----|------------|-----|
| --- | Peterson, Dick | 77 | Bellingham | DNF |
|     | Did not finish |    |            |     |
|     | r:+1.00        |    |            |     |

**Men 75-79 100 Yard IM**

PNA: 1:25.18 # 5/20/2007 BOB MILLER

Zone: 1:21.41 \$ 4/18/2009 DICK WEICK

NATL: 1:09.69 @ 3/27/2011 DAVID COSTILL

|   |                |       |                |         |
|---|----------------|-------|----------------|---------|
| 1 | Peterson, Dick | 77    | Bellingham     | 1:25.55 |
|   | r:+1.03        | 42.91 | 42.64          |         |
| 2 | Thayer, George | 78    | Oregon Masters | 1:39.74 |
|   | r:+0.86        | 49.40 | 50.34          |         |

**Men 75-79 200 Yard IM**

PNA: 3:12.21 # 3/29/2014 DICK PETERSON

Zone: 3:12.21 \$ 3/29/2014 DICK PETERSON

NATL: 2:39.07 @ 3/27/2011 DAVID COSTILL

|   |                |       |            |             |
|---|----------------|-------|------------|-------------|
| 1 | Peterson, Dick | 77    | Bellingham | 3:10.48#    |
|   | r:+1.03        | 47.36 | 50.22      | 49.66 43.24 |

## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

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## Results

**Men 75-79 400 Yard IM**

PNA: 9:08.16 # 1/15/1984 JIM PENFIELD  
 Zone: 7:33.36 \$ 4/10/1999 GERALD HUESTIS  
 NATL: 5:49.90 @ 4/19/2009 BURWELL JONES

1 Peterson, Dick 77 Bellingham 6:42.37\$  
 r:+1.03 47.36 57.70 53.63 50.13  
 50.06 50.26 47.77 45.46

**Men 80-84 100 Yard Freestyle**

PNA: 1:22.83 # 4/15/2012 ROBERT DORSE  
 Zone: 1:11.89 \$ 5/16/1999 ANDREW HOLDEN  
 NATL: 1:09.04 @ 2/12/2005 FRANK PIEMME

1 Dorse, Robert 82 Unat-Psm 1:24.84  
 r:+1.09 39.20 45.64

**Men 80-84 500 Yard Freestyle**

PNA: 8:17.97 # 1/30/2009 HARVEY PROSSER  
 Zone: 8:06.86 \$ 5/14/2002 GILBERT YOUNG  
 NATL: 6:53.87 @ 3/24/2013 BURWELL JONES

1 Bevier, Jack 81 Hydropower Maste 9:04.82  
 r:+1.02 44.41 52.14 56.73 57.10  
 57.34 56.64 56.28 57.11  
 56.87 50.20

**Men 80-84 50 Yard Backstroke**

PNA: 39.87 # 10/10/200 BOB MILLER  
 Zone: 39.87 \$ 10/10/200 BOB MILLER  
 NATL: 34.56 @ 5/10/2013 CLARKE MITCHELL

1 Ellingson, Don 81 Ymcapkc Sound Aq 1:22.90  
 r:+1.05

**Men 80-84 100 Yard Backstroke**

PNA: 1:25.74 # 10/10/200 BOB MILLER  
 Zone: 1:25.74 \$ 10/10/200 BOB MILLER  
 NATL: 1:18.31 @ 5/12/2013 CLARKE MITCHELL

1 Bevier, Jack 81 Hydropower Maste 2:08.89  
 r:+1.07 1:02.77 1:06.12  
 2 Ellingson, Don 81 Ymcapkc Sound Aq 3:05.82  
 r:+0.99 1:31.59 1:34.23

**Men 80-84 50 Yard Butterfly**

PNA: 46.82 # 4/10/1988 JIM PENFIELD  
 Zone: 36.46 \$ 5/16/1999 ANDREW HOLDEN  
 NATL: 33.73 @ 5/11/2013 CLARKE MITCHELL

1 Bevier, Jack 81 Hydropower Maste 45.00#  
 r:+1.00

**Men 80-84 100 Yard Butterfly**

PNA: 2:04.13 # 4/10/1988 JIM PENFIELD  
 Zone: 1:30.06 \$ 5/16/1999 ANDREW HOLDEN  
 NATL: 1:28.50 @ 4/6/2013 CLARKE MITCHELL

1 Bevier, Jack 81 Hydropower Maste 2:07.99  
 r:+1.11 58.17 1:09.82

**Men 80-84 200 Yard Butterfly**

Zone: 4:24.04 \$ 11/2/2003 ANDREW HOLDEN  
 NATL: 3:25.55 @ 4/23/2006 THOMAS MAINE

--- Bevier, Jack 81 Hydropower Maste DNF  
 Did not finish  
 r:+1.13 59.25 1:18.01

**Men 80-84 100 Yard IM**

PNA: 1:40.18 # 5/22/1988 JIM PENFIELD  
 Zone: 1:26.72 \$ 4/9/2000 ANDREW HOLDEN  
 NATL: 1:19.72 @ 4/6/2013 CLARKE MITCHELL

1 Dorse, Robert 82 Unat-Psm 1:47.60  
 r:+1.14 52.05 55.55

**Men 80-84 400 Yard IM**

PNA: 10:10.93 # 3/19/1989 JIM PENFIELD  
 Zone: 7:53.77 \$ 4/9/2000 GERALD HUESTIS  
 NATL: 6:45.91 @ 3/23/2013 BURWELL JONES

--- Bevier, Jack 81 Hydropower Maste DQ  
 Arms underwater recovery - fly  
 r:+1.01 55.29 1:17.50 1:16.64 1:17.93  
 1:20.48 1:21.94 54.30 54.98

**Women 18+ 200 Yard Freestyle Relay**

PNA: 1:42.72 # 4/15/2012 PNA

P DINKEL, T HALL, L ORAM, S MATLOCK

Zone: 1:42.72 \$ 4/15/2012 Y

P DINKEL, T HALL, L ORAM, S MATLOCK

NATL: 1:36.25 @ 5/18/2003 SAN DIEGO SWIM

K PIPES-NEILSEN, H DEFELICE, A FROGLEY, A TERRY

1 Lake Washington A 1:41.39#  
 1) Moorhead, Amy W42 2) r:+0.34 Oram, Lindsey W28  
 3) r:+0.37 Dinkel, Paloma 4) r:+0.29 King, Jordan W24  
 r:+0.77 25.31 26.55 24.96 24.57  
 2 Blue Wave Aquati A 1:49.38  
 1) Courtney, Zena W54 2) r:+0.25 Zinsli, Samantha  
 3) r:+0.29 Bernstein, Heather 4) r:+0.25 Boggs, Briley W23  
 r:+0.80 27.98 26.33 29.27 25.80  
 3 Western Washingt B 2:00.46  
 1) Hewitt, Emma W19 2) r:+0.25 Lowder, Kaitlyn  
 3) r:+0.26 DeLong, Jackie 4) r:+0.54 Monsen, Allie W18  
 r:+0.90 31.98 27.91 31.17 29.40  
 4 Western Washingt A 2:03.62  
 1) Monsen, Meg W20 2) r:+0.17 FitzGerald, Erin  
 3) r:+0.57 Barnick, Angela 4) r:+0.26 McKiernan, Alex  
 r:+1.00 33.11 31.12 29.20 30.19  
 5 Sequim Aquatic R A 2:08.46  
 1) Beirne, Katherine W44 2) r:+0.64 Monro-Lamb, Jean  
 3) r:+0.43 Mahan, Molly W24 4) r:+0.54 MacDonald, Kelsie  
 r:+0.85 30.69 35.49 30.02 32.26

**Women 18+ 200 Yard Medley Relay**

PNA: 1:55.40 # 4/14/2013 PSM

D PALUMBO, K SCHAEFFER, B BOGACHUS, M CHANG

Zone: 1:55.40 \$ 4/14/2013 PSM

D PALUMBO, K SCHAEFFER, B BOGACHUS, M CHANG

NATL: 1:47.44 @ 4/22/2012 CHICAGO MASTERS

H SCHLEEB, K MCNICHOLS, K BRAUN, J SHALLCROSS

1 Blue Wave Aquati A 2:12.48  
 1) Stribling Geldien, Gail W33 2) r:+0.33 Zinsli, Samantha  
 3) r:+0.26 Bernstein, Heather 4) r:+0.24 Boggs, Briley W23  
 r:+0.93 41.98 34.15 30.44 25.91

## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**(Women 18+ 200 Yard Medley Relay)**

|                                 |                              |         |
|---------------------------------|------------------------------|---------|
| 2 Western Washingt              | A                            | 2:19.79 |
| 1) Monsen, Meg W20              | 2) r:+0.48 McKiernan, Alex   |         |
| 3) r:+0.43 FitzGerald, Erin     | 4) r:+0.55 Barnick, Angela   |         |
| r:+0.78 38.08 39.42 34.12 28.17 |                              |         |
| 3 Western Washingt              | B                            | 2:21.44 |
| 1) DeLong, Jackie W19           | 2) r:+0.25 Hewitt, Emma W19  |         |
| 3) r:+0.49 Monsen, Allie W18    | 4) r:+0.23 Lowder, Kaitlyn   |         |
| r:+0.99 34.88 41.27 37.48 27.81 |                              |         |
| 4 Sequim Aquatic R              | A                            | 2:33.66 |
| 1) MacDonald, Kelsie W19        | 2) r:+0.46 Beirne, Katherine |         |
| 3) r:+0.60 Sundin, Caitlin W38  | 4) r:+0.41 Monro-Lamb, Jean  |         |
| r:+0.71 39.42 40.72 38.70 34.82 |                              |         |

**Women 25+ 200 Yard Freestyle Relay**

PNA: 1:43.13 # 4/25/2004 PNA

T SIMSAK, R SMITH, E BURGMAN, L DAHL

Zone: 1:43.13 \$ 4/25/2004 PNA

T SIMSAK, R SMITH, E BURGMAN, L DAHL

NATL: 1:35.40 @ 5/3/2008 SMU MASTERS

D DIEZI, L HOLT, M CHOW, K MCCLELLAND

|                                 |                               |         |
|---------------------------------|-------------------------------|---------|
| 1 Lake Washington               | B                             | 1:50.18 |
| 1) Matlock, Shannon W36         | 2) r:+0.48 Andersson, Claudia |         |
| 3) r:+0.12 McHenry, Valerie     | 4) r:+0.36 Helgason, Chelsea  |         |
| r:+0.82 26.16 29.97 27.49 26.56 |                               |         |
| 2 Bainbridge Aquat              | A                             | 1:57.93 |
| 1) Gende, Gretchen W44          | 2) r:-0.05 Wetzler, Kari W33  |         |
| 3) r:+0.00 Reimer, Shelley      | 4) r:+0.00 Carruthers, Kate   |         |
| r:+0.84 29.08 21.62 21.13 46.10 |                               |         |
| 3 Husky Masters                 | A                             | 2:12.95 |
| 1) Muir, Guila W59              | 2) r:+0.50 Best, Erin W25     |         |
| 3) r:+0.36 Winans, Amanda       | 4) r:+0.28 Braggan, Jacquelyn |         |
| 43.91 29.89 31.11 28.04         |                               |         |

**Women 25+ 200 Yard Medley Relay**

PNA: 2:00.39 # 3/14/2004 PNA

R HUKKANEN, C NORDBERG, A HARRIS, J BARASHKOFF

Zone: 1:55.29 \$ 4/10/1999 OREG

M DONAHUE, M HASLACH, F, K HAKANSON

NATL: 1:45.01 @ 5/4/2008 SMU MASTERS

L OBERSTAR-BROWN, K MCCLELLAND, L HOLT, D DIEZI

|                                 |                               |          |
|---------------------------------|-------------------------------|----------|
| 1 Lake Washington               | A                             | 1:57.63# |
| 1) Helgason, Chelsea W27        | 2) r:+0.44 Dinkel, Paloma     |          |
| 3) r:+0.23 Oram, Lindsey W28    | 4) r:+0.34 McHenry, Valerie   |          |
| r:+0.72 31.00 30.81 28.19 27.63 |                               |          |
| 2 Ymcapkc Sound Aq              | A                             | 2:16.74  |
| 1) Ferber, Larissa W25          | 2) r:+0.49 Garcia, Christina  |          |
| 3) r:+0.43 Kula, Meagan W38     | 4) r:+0.38 Smith, Katy W32    |          |
| r:+0.75 38.93 39.00 29.21 29.60 |                               |          |
| 3 Blue Wave Aquati              | B                             | 2:30.95  |
| 1) Casey, Shannon W36           | 2) r:+0.56 Deaderick, Rachael |          |
| 3) r:+0.49 Postma, Krys W34     | 4) r:+0.67 Wellock, Kimbra    |          |
| r:+0.68 37.28 50.49 33.52 29.66 |                               |          |
| 4 Skagit Valley Ma              | A                             | 2:49.62  |
| 1) Singer, Shannon W44          | 2) r:+0.72 Menzies, Jennifer  |          |
| 3) r:+0.73 Aspen, Anne W44      | 4) r:+0.72 Zappone, Peggy     |          |
| r:+0.99 45.19 40.07 45.83 38.53 |                               |          |

--- Husky Masters A DQ

Early take-off swimmer #2

|                                 |                               |
|---------------------------------|-------------------------------|
| 1) Hiebert, Stephanie W36       | 2) r:+0.09 Braggan, Jacquelyn |
| 3) r:+0.45 Winans, Amanda       | 4) r:+0.30 Cech, Jennifer W27 |
| r:+0.74 34.35 36.01 32.69 28.79 |                               |

**Women 35+ 200 Yard Freestyle Relay**

PNA: 1:40.10 # 5/1/2011 PNA

S HART, H A WERNER, M C ARMSTRONG, L A DAHL

Zone: 1:40.10 \$ 5/1/2011 PNA

S HART, H A WERNER, M C ARMSTRONG, L A DAHL

NATL: 1:36.90 @ 5/18/2003 ROCKY MOUNTAIN

C SAPPEY, K GARNIER, S VON DER LIPPE, A PETTIS SCO

|                                 |                              |         |
|---------------------------------|------------------------------|---------|
| 1 Mukilteo YMCA                 | A                            | 1:58.04 |
| 1) Lasley, Stacey W42           | 2) r:+0.46 Marsh-Limm, Margo |         |
| 3) r:+0.00 Hansen, Setsuko      | 4) r:+0.36 Polidori, Wendy   |         |
| 29.88 21.16 38.42 28.58         |                              |         |
| 2 Blue Wave Aquati              | B                            | 2:04.26 |
| 1) Mesler, Jennifer W43         | 2) r:+0.56 Kim, Nellis W43   |         |
| 3) r:+0.54 Sprenger, Cindy      | 4) r:+0.51 Wellock, Kimbra   |         |
| r:+0.95 31.68 30.43 31.69 30.46 |                              |         |
| 3 Lake Washington               | D                            | 2:10.83 |
| 1) Clarke, Heather W42          | 2) r:+0.51 Keith, Lisa W44   |         |
| 3) r:+0.38 Underbrink, Mary     | 4) r:+0.38 Voss, Julie W50   |         |
| r:+0.79 33.66 30.53 35.98 30.66 |                              |         |

**Women 35+ 200 Yard Medley Relay**

PNA: 1:51.95 # 5/1/2011 PNA

S HART, H A WERNER, L A DAHL, K S JETER

Zone: 1:51.95 \$ 5/1/2011 PNA

S HART, H A WERNER, L A DAHL, K S JETER

NATL: 1:48.55 @ 5/14/2006 COLORADO MASTER

S HART, S VON DER LIPPE, E CAMPBELL, K GARNIER

|                                 |                               |         |
|---------------------------------|-------------------------------|---------|
| 1 Lake Washington               | B                             | 2:01.14 |
| 1) Wetstone, Susan W40          | 2) r:+0.46 Keith, Lisa W44    |         |
| 3) r:+0.29 Matlock, Shannon     | 4) r:+0.23 Moorhead, Amy      |         |
| r:+0.68 30.25 36.24 29.60 25.05 |                               |         |
| 2 Mukilteo YMCA                 | A                             | 2:12.64 |
| 1) Hansen, Setsuko W49          | 2) r:+0.21 Marsh-Limm, Margo  |         |
| 3) r:+0.15 Polidori, Wendy      | 4) r:+0.33 Lasley, Stacey W42 |         |
| 32.96 38.29 31.23 30.16         |                               |         |
| 3 Blue Wave Aquati              | C                             | 2:22.86 |
| 1) Mesler, Jennifer W43         | 2) r:+0.58 Kim, Nellis W43    |         |
| 3) r:+0.56 Holt, Megan W43      | 4) r:+0.48 Smith, Rondamarie  |         |
| r:+0.74 37.52 38.25 39.28 27.81 |                               |         |
| 4 Bainbridge Aquat              | A                             | 2:25.06 |
| 1) McFarland, Cestjon W53       | 2) r:+0.85 Browning, Lindsay  |         |
| 3) r:+0.32 Reimer, Shelley      | 4) r:+0.25 Claesson-Gordon,   |         |
| r:+0.90 43.26 38.04 32.07 31.69 |                               |         |
| 5 Vashon Island Ro              | A                             | 2:34.01 |
| 1) Parsons, Susan W54           | 2) r:+0.71 Nespor, Donna      |         |
| 3) r:+0.55 White, Ann W37       | 4) r:+0.76 Owdziej, Barbara   |         |
| r:+1.27 41.29 44.15 35.47 33.10 |                               |         |





## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**Women 45+ 200 Yard Freestyle Relay**

PNA: 1:45.48 # 5/17/2002 PNA

J MOORE, C DAVIS, D GLASSMAN, M LIPPOLD

Zone: 1:44.11 \$ 5/23/2010 OREG

V JENKINS, A DELMAGE, M CASWELL, K

NATL: 1:40.44 @ 4/30/2011 COLORADO MASTER

K GARNIER, C SAPPEY, A SCOTT-KUBE, S VON DER LIPPE

|         |                         |            |                  |
|---------|-------------------------|------------|------------------|
| 1       | Blue Wave Aquati        | C          | 2:09.24          |
| 1)      | Marocco, Laurie W57     | 2) r:+0.52 | Boyer, Diane W53 |
| 3)      | r:+0.61 White, Mary Ann | 4) r:+0.47 | Marrs, Susan W48 |
| r:+0.92 | 31.88                   | 33.43      | 32.86 31.07      |

**Women 45+ 200 Yard Medley Relay**

PNA: 2:00.49 # 5/20/2007 PNA

Z COURTNEY, A JAUNZEME, L DAHL, D GLASSMAN

Zone: 1:54.02 \$ 5/23/2010 OREG

V JENKINS, C CRABBE, A DELMAGE, K

NATL: 1:52.93 @ 5/1/2011 COLORADO MASTER

C SAPPEY, K CROUCH, S VON DER LIPPE, A SCOTT-KUBE

|         |                            |            |                    |
|---------|----------------------------|------------|--------------------|
| 1       | Lake Washington            | D          | 2:22.81            |
| 1)      | Pace, Lisa W52             | 2) r:+0.43 | Sullivan, Suna W47 |
| 3)      | r:+0.41 Olsen, Kris W49    | 4) r:+0.31 | Underbrink, Mary   |
| r:+0.77 | 34.99                      | 38.28      | 33.30 36.24        |
| 2       | Blue Wave Aquati           | D          | 2:24.09            |
| 1)      | Courtney, Zena W54         | 2) r:+0.35 | White, Mary Ann    |
| 3)      | r:+0.66 Hickel, Jessie W55 | 4) r:+0.13 | Marocco, Laurie    |
| r:+0.65 | 31.40                      | 41.28      | 40.46 30.95        |
| 3       | North End Otters           | A          | 2:37.57            |
| 1)      | Collins, Deirdre W52       | 2) r:+1.82 | Dillan, Gloria W54 |
| 3)      | r:+0.43 Lippold, Mary W58  | 4) r:+0.61 | Tousignant, Andrea |
| r:+0.75 | 46.02                      | 40.44      | 32.84 38.27        |

**Women 55+ 200 Yard Freestyle Relay**

PNA: 1:53.70 # 5/9/2013 PSM

C M DAVIS, S PREISSLER, D A GLASSMAN, M B LIPPOLD

Zone: 1:53.70 \$ 5/9/2013 PSM

C M DAVIS, S PREISSLER, D A GLASSMAN, M B LIPPOLD

NATL: 1:51.52 @ 4/28/2013 UCLA Bruin Mast

J COOK, C CIRAULO, K EINSIDLER, V HIBBEN

|         |                            |            |                    |
|---------|----------------------------|------------|--------------------|
| 1       | Lake Washington            | C          | 2:03.18            |
| 1)      | Chapman, Linda W58         | 2) r:+0.45 | Jaeger, Dawn W57   |
| 3)      | r:+0.38 Moore, Sheila W55  | 4) r:-0.11 | Davis, Charlotte   |
| r:+0.87 | 32.22                      | 30.96      | 32.05 27.95        |
| 2       | Blue Wave Aquati           | D          | 2:32.41            |
| 1)      | Duggan, Patricia (Pat) W60 | 2) r:+0.75 | Cunningham, Patti  |
| 3)      | r:+0.42 Blackburn, Jean    | 4) r:+0.64 | Williams, Judy W66 |
| r:+1.16 | 40.09                      | 37.04      | 34.09 41.19        |

**Women 55+ 200 Yard Medley Relay**

PNA: 2:12.05 # 5/1/2011 PNA

C M DAVIS, L CHAPMAN, D A GLASSMAN, M B LIPPOLD

Zone: 2:12.05 \$ 5/1/2011 PNA

C M DAVIS, L CHAPMAN, D A GLASSMAN, M B LIPPOLD

NATL: 2:06.54 @ 4/27/2013 UCLA Bruin Mast

K EINSIDLER, J COOK, C CIRAULO, V HIBBEN

|         |                            |            |                   |
|---------|----------------------------|------------|-------------------|
| 1       | Lake Washington            | C          | 2:18.03           |
| 1)      | Jaeger, Dawn W57           | 2) r:+0.28 | Chapman, Linda    |
| 3)      | r:+0.38 Davis, Charlotte   | 4) r:+0.43 | Moore, Sheila W55 |
| r:+0.86 | 36.96                      | 38.63      | 31.15 31.29       |
| 2       | Blue Wave Aquati           | E          | 2:59.75           |
| 1)      | Oliver, Kathleen W55       | 2) r:+0.81 | Cunningham, Patti |
| 3)      | r:+0.70 Williams, Judy W66 | 4) r:+0.49 | Blackburn, Jean   |
| r:+0.71 | 49.72                      | 49.13      | 39.51 41.39       |

**Men 18+ 200 Yard Freestyle Relay**

PNA: 1:28.38 # 4/15/2012 PNA

CHRIS CHAPMAN, THOMAS PEART, NED STACK, CEJIH YUNG

Zone: 1:27.86 \$ 4/26/1992 MACO

J KEPPELER, D BURLESON, J KINGERY, D MARSHALL

NATL: 1:18.32 @ 5/22/2010 NORTH CAROLINA

N BRUNELLI, C JONES, N WESTBY, J SKUBA

|         |                          |            |                     |
|---------|--------------------------|------------|---------------------|
| 1       | Husky Masters            | A          | 1:31.16             |
| 1)      | Wisniewski, Brian M36    | 2) r:+0.47 | Malinak, Andrew     |
| 3)      | r:+0.30 Ganz, Adam M24   | 4) r:+0.61 | Mozharov, Sergey    |
| r:+0.75 | 22.36                    | 23.21      | 22.74 22.85         |
| 2       | Lake Washington          | A          | 1:32.73             |
| 1)      | Conroy, Chris M28        | 2) r:+0.35 | Porter, Michael M47 |
| 3)      | r:+0.36 Chapman, Andy    | 4) r:+0.28 | Cardoso, Rick M35   |
| r:+0.72 | 22.49                    | 24.86      | 22.87 22.51         |
| 3       | Blue Wave Aquati         | A          | 1:35.15             |
| 1)      | Cunningham, Tommy M23    | 2) r:+0.31 | Stipek, Clinton M23 |
| 3)      | r:+0.11 Wright, Dave M49 | 4) r:+0.47 | Bush, Gabe M36      |
| r:+0.71 | 21.94                    | 22.38      | 24.73 26.10         |
| 4       | Skagit Valley Ma         | A          | 1:49.64             |
| 1)      | Gomez Iriondo, Agustin   | 2) r:+0.45 | Allen, Jon M53      |
| 3)      | r:+0.40 Methner, Brady   | 4) r:+0.38 | Kendrick, Jim M61   |
| r:+0.71 | 25.71                    | 29.03      | 29.32 25.58         |
| 5       | Unat Pna                 | A          | 1:52.16             |
|         |                          | 2) r:+0.34 |                     |
|         |                          | 4) r:+0.37 |                     |
| 3)      | r:+0.16                  |            |                     |
| r:+0.78 | 25.36                    | 33.36      | 25.99 27.45         |
| 6       | Orca Swim Club           | A          | 2:02.88             |
| 1)      | Jones, Brock M32         | 2) r:+0.42 | Ikeda, Paul M54     |
| 3)      | r:+0.41 Sonoda, Rod M54  | 4) r:+0.61 | Chang, Mike M22     |
| r:+0.81 | 27.43                    | 33.10      | 32.37 29.98         |

**Men 18+ 200 Yard Medley Relay**

PNA: 1:40.10 # 4/9/1995 PNA

A CAPRON, T DOUGHERTY, J BRADEN, J SIEGAL

Zone: 1:40.10 \$ 4/9/1995 PNA

A CAPRON, T DOUGHERTY, J BRADEN, J SIEGAL

NATL: 1:28.85 @ 5/12/2013 BUCKEYE UNIV MA

A ELLIOTT, E KEEFER, L FAHRBACH, S SPRINGER

|         |                          |            |                  |
|---------|--------------------------|------------|------------------|
| 1       | Husky Masters            | A          | 1:39.58#         |
| 1)      | Wisniewski, Brian M36    | 2) r:+0.56 | Mozharov, Sergey |
| 3)      | r:+0.24 Clark, Tyler M29 | 4) r:+0.58 | Deppe, Walt M23  |
| r:+0.77 | 24.62                    | 28.66      | 23.20 23.10      |



## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**(Men 18+ 200 Yard Medley Relay)**

|                               |                               |         |
|-------------------------------|-------------------------------|---------|
| 2 Lake Washington             | A                             | 1:42.75 |
| 1) Chapman, Chris M27         | 2) r:+0.23 Conroy, Chris M28  |         |
| 3) r:+0.10 Chapman, Andy      | 4) r:+0.45 Scott, Michael M27 |         |
| r:+0.71 24.06 27.84           | 24.35 26.50                   |         |
| 3 Blue Wave Aquati            | A                             | 1:50.80 |
| 1) Wright, Dave M49           | 2) r:+0.26 Cunningham,        |         |
| 3) r:+0.42 Bush, Gabe M36     | 4) r:+0.17 Gelinas, Peter M37 |         |
| r:+0.77 30.90 28.51           | 27.73 23.66                   |         |
| 4 Downtown/Bellevu            | A                             | 1:52.77 |
| 1) Heaton, Jesse M29          | 2) r:+0.36 Tanimoto,          |         |
| 3) r:+0.08 Liedtke, Matthew   | 4) r:+0.02 Cox, Gary M36      |         |
| r:+0.64 29.91 31.24           | 26.81 24.81                   |         |
| 5 Husky Masters               | B                             | 1:56.95 |
| 1) O'Hern, Dave M30           | 2) r:+0.50 Phillips, Alex M26 |         |
| 3) r:+0.34 Vance, Jon M19     | 4) r:+0.30 Nelson, Kirk M43   |         |
| r:+0.78 32.01 34.28           | 26.61 24.05                   |         |
| 6 Husky Masters               | C                             | 2:00.64 |
| 1) Ganz, Adam M24             | 2) r:+0.10 Orton, Michael M31 |         |
| 3) r:+0.44 Malinak, Andrew    | 4) r:+0.51 Burge, John M63    |         |
| r:+0.80 30.17 31.34           | 25.08 34.05                   |         |
| 7 Ymcapkc Sound Aq            | A                             | 2:01.05 |
| 1) Steenbeeke, Alain M52      | 2) r:+0.31 Hagedorn, Chad     |         |
| 3) r:+0.53 Reehill, James M21 | 4) r:+0.26 Mansell, Ryan M31  |         |
| r:+0.75 29.50 33.46           | 28.90 29.19                   |         |
| 8 Skagit Valley Ma            | A                             | 2:15.26 |
| 1) Gomez Iriondo, Agustin     | 2) r:+0.65 Ness, Kerry M44    |         |
| 3) r:+0.61 Methner, Bradly    | 4) r:+0.64 Kendrick, Jim M61  |         |
| r:+0.69 31.21 37.33           | 39.30 27.42                   |         |

**Men 25+ 200 Yard Freestyle Relay**

PNA: 1:27.32 # 4/14/2013 PSM

C CHAPMAN, C YUNG, C CONROY, R CARDOSO

Zone: 1:27.32 \$ 4/14/2013 PSM

C CHAPMAN, C YUNG, C CONROY, R CARDOSO

NATL: 1:21.82 @ 5/22/2010 CLEMSON AQUATIC

L ASTI, B MAC LENNAN, B HERRINGTON, A SCHEERHORN

|                              |                                |         |
|------------------------------|--------------------------------|---------|
| 1 Lake Washington            | D                              | 1:46.32 |
| 1) Noah, Kevin M42           | 2) r:+0.33 Scott, Michael M27  |         |
| 3) r:+0.58 Miller, Aaron M30 | 4) r:+0.42 Rittenberg, Durrell |         |
| r:+0.86 25.36 26.96          | 27.05 26.95                    |         |
| 2 Downtown/Bellevu           | A                              | 1:47.91 |
| 1) Winter, Doug M45          | 2) r:+0.40 Severns, Chris M52  |         |
| 3) r:+0.25 Wright, Larry M65 | 4) r:+0.27 Heaton, Jesse M29   |         |
| r:+0.74 26.21 29.90          | 27.05 24.75                    |         |

**Men 35+ 200 Yard Freestyle Relay**

PNA: 1:31.52 # 5/20/2007 PNA

J KEPPELER, T DOHERTY, D KAYS, K NELSON

Zone: 1:30.58 \$ 5/18/1997 OREG

J WALKER, A ARATA, D KNAUER, S GEORGE

NATL: 1:23.32 @ 5/29/2010 LONGHORN AQUATI

T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN

|                               |                              |         |
|-------------------------------|------------------------------|---------|
| 1 Blue Wave Aquati            | C                            | 2:04.98 |
| 1) Marrs, Edward M49          | 2) r:+0.22 Smith, Daniel M51 |         |
| 3) r:+0.22 Stauffer, Matt M50 | 4) r:+1.30 Jozefowski, Scott |         |
| r:+0.83 31.21 26.45           | 26.44 40.88                  |         |

|                                |                              |         |
|--------------------------------|------------------------------|---------|
| 2 Skagit Valley Ma             | A                            | 2:10.36 |
| 1) Ness, Kerry M44             | 2) r:+0.51 Yarrow, Mike M52  |         |
| 3) r:+0.82 Justice, Timothy    | 4) r:+0.59 Mohler, Craig M59 |         |
| r:+0.82 31.32 31.49            | 35.31 32.24                  |         |
| 3 Blue Wave Aquati             | B                            | 2:26.99 |
| 1) Mabin, Sean M47             | 2) r:+0.99 Kreer, Ken M50    |         |
| 3) r:+0.23 Souder, Christopher | 4) r:+1.20 Nguyen, Dung M50  |         |
| r:+1.07 34.41 43.12            | 30.66 38.80                  |         |

**Men 35+ 200 Yard Medley Relay**

PNA: 1:41.68 # 4/29/2012 PNA

J KEPPELER, D E KAYS, T DOHERTY, K RICE

Zone: 1:41.68 \$ 4/29/2012 PNA

J KEPPELER, D E KAYS, T DOHERTY, K RICE

NATL: 1:34.16 @ 5/10/2009 LONGHORN AQUATI

T BLESSING, T BARTEE, B BAILEY, M VAROZZA

|                            |                                |         |
|----------------------------|--------------------------------|---------|
| 1 Lake Washington          | D                              | 2:03.53 |
| 1) Davis, Dwight M60       | 2) r:+0.00 Praeger, Wade M51   |         |
| 3) r:+0.00 Noah, Kevin M42 | 4) r:+0.45 Rittenberg, Durrell |         |
| 33.12 36.45                | 27.50 26.46                    |         |
| 2 Blue Wave Aquati         | B                              | 2:39.20 |
| 1) Cullen, Emmet M43       | 2) r:+0.74 Zellerhoff, Mark    |         |
| 3) r:+0.29 Mabin, Sean M47 | 4) r:+0.13 Nguyen, Dung M50    |         |
| r:+0.83 36.71 43.16        | 44.89 34.44                    |         |

**Men 45+ 200 Yard Freestyle Relay**

PNA: 1:30.56 # 5/20/2007 PNA

BRAD HERING, RICH LOUDON, JAY LEIGH, KARL WEISS

Zone: 1:30.56 \$ 5/20/2007 PNA

BRAD HERING, RICH LOUDON, JAY LEIGH, KARL WEISS

NATL: 1:27.70 @ 5/4/2008 ARIZONA MASTERS

JOHN SMITH, AL JAEGER, PAUL HAFNER, PAUL SMITH

|                              |                               |         |
|------------------------------|-------------------------------|---------|
| 1 Lake Washington            | B                             | 1:38.93 |
| 1) Phillips, Daniel M51      | 2) r:+0.28 Fabian, Richard    |         |
| 3) r:+0.45 Colella, Rick M62 | 4) r:+0.34 Smith, Bryan M46   |         |
| r:+0.80 24.40 24.74          | 24.68 25.11                   |         |
| 2 Lake Washington            | C                             | 1:48.26 |
| 1) Derango, Philip M49       | 2) r:+0.50 Elander, Blair M52 |         |
| 3) r:+0.45 Martin, Rob M48   | 4) r:+0.38 Pearson, Jay M52   |         |
| r:+0.96 28.42 26.02          | 27.08 26.74                   |         |

**Men 45+ 200 Yard Medley Relay**

PNA: 1:45.66 # 5/4/2008 PNA

M MCGOORTY, R JACKSON, L NALLI, V SWANSON

Zone: 1:43.23 \$ 5/23/2010 OREG

D HATHAWAY, J CORBEAU, D BAKER, B SUMMERFIELD

NATL: 1:36.56 @ 5/23/2010 GEORGIA MASTERS

E ERICSON, C WEISSMAN, B BUGG, M ELLISON

|                                |                                 |         |
|--------------------------------|---------------------------------|---------|
| 1 Lake Washington              | B                               | 1:53.09 |
| 1) Smith, Bryan M46            | 2) r:+0.47 Colella, Rick M62    |         |
| 3) r:+0.71 Porter, Michael M47 | 4) r:+0.28 Phillips, Daniel M51 |         |
| r:+0.90 31.19 29.65            | 27.84 24.41                     |         |
| 2 Lake Washington              | C                               | 2:01.67 |
| 1) Elander, Blair M52          | 2) r:+0.38 Busch, Ralph M57     |         |
| 3) r:+0.53 Martin, Rob M48     | 4) r:+0.17 Pearson, Jay M52     |         |
| r:+0.72 32.93 32.82            | 29.29 26.63                     |         |



## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**(Men 45+ 200 Yard Medley Relay)**

|         |                            |       |                            |
|---------|----------------------------|-------|----------------------------|
| 3       | Downtown/Bellvue           | B     | 2:02.58                    |
| 1)      | Baker, Loren M59           | 2)    | r:+0.19 Severns, Chris M52 |
| 3)      | r:+0.34 Wright, Larry M65  | 4)    | r:+0.23 Winter, Doug M45   |
| r:+0.73 | 33.83                      | 34.65 | 28.71 25.39                |
| 4       | Blue Wave Aquati           | C     | 2:06.10                    |
| 1)      | Hartwig, Bob M59           | 2)    | r:+0.00 Smith, Daniel M51  |
| 3)      | r:+0.00 Stauffer, Matt M50 | 4)    | r:+0.70 Igawa, Allen M52   |
|         | 39.62                      | 32.28 | 26.84 27.36                |
| 5       | Bainbridge Aquat           | A     | 2:06.50                    |
| 1)      | Voegtlen, Barney M65       | 2)    | r:+0.52 Goessman, J M49    |
| 3)      | r:+0.28 Rogers, Randy M55  | 4)    | r:+0.50 Goodlin, Tom M54   |
| r:+0.84 | 36.48                      | 31.59 | 28.73 29.70                |
| 6       | Skagit Valley Ma           | B     | 2:31.21                    |
| 1)      | Yarrow, Mike M52           | 2)    | r:+0.00 Mohler, Craig M59  |
| 3)      | r:+0.50 Allen, Jon M53     | 4)    | r:+0.82 Justice, Timothy   |
| r:+0.79 | 39.02                      | 41.01 | 35.49 35.69                |

**Men 55+ 200 Yard Freestyle Relay**

PNA: 1:39.13 # 4/14/2013 PNA

M MCINTYRE, R COLELLA, A CARDWELL, R BUSCH

Zone: 1:32.18 \$ 4/11/2009 OREG

M TENNANT, D BROCKBANK, W EDWARDS, L PHILBRICK

NATL: 1:32.18 @ 4/11/2009 OREGON

M TENNANT, D BROCKBANK, W EDWARDS, L PHILBRICK

|         |                           |       |                            |
|---------|---------------------------|-------|----------------------------|
| 1       | Blue Wave Aquati          | D     | 1:52.25                    |
| 1)      | Magnussen, Brian M55      | 2)    | r:+0.40 Durban, Eric M58   |
| 3)      | r:+0.45 Freeborn, Stephen | 4)    | r:+0.28 Lautman, Scott M61 |
| r:+0.90 | 27.30                     | 29.23 | 28.23 27.49                |
| 2       | Bainbridge Aquat          | A     | 1:57.91                    |
| 1)      | Rogers, Randy M55         | 2)    | r:+0.46 Baker, John M62    |
| 3)      | r:+0.36 Voegtlen, Barney  | 4)    | r:+0.46 Sawyer, Dennis     |
| r:+0.87 | 27.06                     | 26.84 | 29.08 34.93                |

**Men 55+ 200 Yard Medley Relay**

PNA: 1:49.26 # 5/1/2011 PNA

A BELL, R COLELLA, D GRAHAM, J A KENDRICK

Zone: 1:45.32 \$ 4/11/2009 OREG

W EDWARDS, A STARK, L PHILBRICK, M TENNANT

NATL: 1:45.32 @ 4/11/2009 OREGON

W EDWARDS, A STARK, L PHILBRICK, M TENNANT

|    |                           |       |                            |
|----|---------------------------|-------|----------------------------|
| 1  | Blue Wave Aquati          | D     | 2:11.47                    |
| 1) | Magnussen, Brian M55      | 2)    | r:+0.00 Durban, Eric M58   |
| 3) | r:+0.00 Freeborn, Stephen | 4)    | r:+0.37 Lautman, Scott M61 |
|    | 33.77                     | 39.34 | 30.46 27.90                |

**Mixed 18+ 200 Yard Freestyle Relay**

PNA: 1:34.41 # 5/20/2007 PNA

A KROLL, S PIERCE, E JACOBSON, B GOLDMAN

Zone: 1:34.41 \$ 5/20/2007 PNA

A KROLL, S PIERCE, E JACOBSON, B GOLDMAN

NATL: 1:29.18 @ 5/21/2010 AUBURN MASTERS

R HUGHEY, C HUGHEY, A HUGHEY, E EWING

|         |                           |       |                          |
|---------|---------------------------|-------|--------------------------|
| 1       | Blue Wave Aquati          | A     | 1:41.00                  |
| 1)      | Bush, Gabe M36            | 2)    | r:+0.47 Zinsli, Samantha |
| 3)      | r:+1.32 Boggs, Briley W23 | 4)    | r:-0.08 Cunningham,      |
| r:+0.86 | 26.09                     | 26.99 | 26.22 21.70              |

|         |                            |       |                             |
|---------|----------------------------|-------|-----------------------------|
| 2       | Lake Washington            | C     | 1:41.74                     |
| 1)      | Helgason, Chelsea W27      | 2)    | r:+0.27 Scott, Michael M27  |
| 3)      | r:+0.26 King, Jordan W24   | 4)    | r:+0.04 Chapman, Andy       |
| r:+0.77 | 27.29                      | 27.21 | 24.52 22.72                 |
| 3       | Husky Masters              | A     | 1:44.06                     |
| 1)      | Malinak, Andrew M27        | 2)    | r:+0.44 Braggins, Jacquelyn |
| 3)      | r:+0.56 Hiebert, Stephanie | 4)    | r:+0.05 Ganz, Adam M24      |
| r:+0.93 | 23.45                      | 29.36 | 28.30 22.95                 |
| 4       | Ymcapkc Sound Aq           | B     | 1:44.35                     |
| 1)      | Ferber, Larissa W25        | 2)    | r:+0.47 Mansell, Ryan M31   |
| 3)      | r:+0.00 Wolfe, Amy W44     | 4)    | r:+0.00 Reehill, James M21  |
| r:+0.73 | 33.53                      | 18.08 | 34.14 18.60                 |
| 5       | Blue Wave Aquati           | B     | 1:48.36                     |
| 1)      | Bernstein, Heather W28     | 2)    | r:+0.57 Postma, Kryss W34   |
| 3)      | r:+0.34 Lautman, Scott M61 | 4)    | r:+0.16 Gelinas, Peter M37  |
| r:+0.81 | 28.99                      | 28.59 | 26.96 23.82                 |
| 6       | Western Washingt           | A     | 1:54.67                     |
| 1)      | Propersi, Jeffrey M18      | 2)    | r:+0.41 McKiernan, Alex     |
| 3)      | r:+0.19 Hewitt, Emma W19   | 4)    | r:-0.24 Hendricks, Dane     |
| r:+0.75 | 25.83                      | 30.24 | 32.41 26.19                 |
| 7       | Husky Masters              | B     | 1:56.14                     |
| 1)      | Phillips, Alex M26         | 2)    | r:+0.50 Cech, Jennifer W27  |
| 3)      | r:+0.26 Winans, Amanda     | 4)    | r:+0.48 Vance, Jon M19      |
| r:+0.87 | 30.24                      | 29.00 | 30.90 26.00                 |
| 8       | Central Washingt           | A     | 1:57.88                     |
| 1)      | Anderson, Lisa W24         | 2)    | r:+0.20 Daling, Ian M22     |
| 3)      | r:+0.72 Moore, Victoria    | 4)    | r:+0.38 Olden, Jaegger      |
| r:+0.79 | 35.22                      | 26.00 | 32.48 24.18                 |
| 9       | Skagit Valley Ma           | A     | 2:03.18                     |
| 1)      | Gomez Iriondo, Agustin     | 2)    | r:+0.55 Menzies, Jennifer   |
| 3)      | r:+0.46 Zappone, Peggy     | 4)    | r:+0.70 Kendrick, Jim M61   |
| r:+0.74 | 27.57                      | 30.74 | 37.66 27.21                 |

**Mixed 18+ 200 Yard Medley Relay**

PNA: 1:43.66 # 4/15/2012 PNA

C CHAPMAN, C YUNG, L ORAM, P DINKEL

Zone: 1:43.66 \$ 4/15/2012 PNA

C CHAPMAN, C YUNG, L ORAM, P DINKEL

NATL: 1:39.06 @ 4/30/2011 THE OLYMPIC CLU

O'DONNELL-MCCARTH, G MARSHALL, B BISHOP, S GREENWO

|         |                           |       |                             |
|---------|---------------------------|-------|-----------------------------|
| 1       | Lake Washington           | A     | 1:45.69                     |
| 1)      | Chapman, Andy M20         | 2)    | r:+0.18 Conroy, Chris M28   |
| 3)      | r:+0.27 King, Jordan W24  | 4)    | r:+0.29 Dinkel, Paloma      |
| r:+0.57 | 28.45                     | 27.42 | 25.49 24.33                 |
| 2       | Blue Wave Aquati          | A     | 1:51.84                     |
| 1)      | Cunningham, Tommy M23     | 2)    | r:+0.22 Zinsli, Samantha    |
| 3)      | r:+0.20 Boggs, Briley W23 | 4)    | r:+0.26 Stipek, Clinton M23 |
| r:+0.71 | 27.49                     | 33.63 | 28.11 22.61                 |
| 3       | Western Washingt          | A     | 2:04.35                     |
| 1)      | Propersi, Jeffrey M18     | 2)    | r:+0.37 Alcantar, Eduardo   |
| 3)      | r:+0.58 Barnick, Angela   | 4)    | r:+0.41 Monsen, Meg W20     |
| r:+0.66 | 29.50                     | 31.70 | 31.84 31.31                 |
| 4       | Unat Pna                  | A     | 2:05.03                     |
|         |                           |       | 2) r:+0.47                  |
|         |                           |       | 4) r:+0.52                  |
| r:+0.73 | 35.62                     | 32.66 | 29.75 27.00                 |
| 5       | Sequim Aquatic R          | A     | 2:09.77                     |
| 1)      | Sundin, Caitlin W38       | 2)    | r:+0.18 Mahan, Molly W24    |
| 3)      | r:+0.23 Keller, John M57  | 4)    | r:+0.48 Ridle, Jason M39    |
| r:+0.84 | 35.88                     | 39.36 | 27.03 27.50                 |

## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**(Mixed 18+ 200 Yard Medley Relay)**

|                                 |                               |         |
|---------------------------------|-------------------------------|---------|
| 6 Central Washingt              | A                             | 2:11.56 |
| 1) Daling, Ian M22              | 2) r:+0.30 Olden, Jaegger     |         |
| 3) r:+0.54 Lemke, Savannah      | 4) r:+0.23 Moore, Victoria    |         |
| r:+0.75 36.10 33.51 35.85 26.10 |                               |         |
| 7 Skagit Valley Ma              | A                             | 2:20.46 |
| 1) Gomez Iriondo, Agustin       | 2) r:+0.70 Menzies, Jennifer  |         |
| 3) r:+0.76 Aspen, Anne W44      | 4) r:+0.72 Kendrick, Jim M61  |         |
| r:+0.67 32.94 39.47 41.67 26.38 |                               |         |
| --- Husky Masters               | A                             | DQ      |
| Early take-off swimmer #4       |                               |         |
| 1) Wisniewski, Brian M36        | 2) r:+0.22 Braggan, Jacquelyn |         |
| 3) r:+0.52 Winans, Amanda       | 4) r:-0.12 Ganz, Adam M24     |         |
| r:+0.70 24.99 36.50 33.12 23.26 |                               |         |

**Mixed 25+ 200 Yard Freestyle Relay**

PNA: 1:33.04 # 4/14/2013 PSM

A MOORHEAD, P DINKEL, R CARDOSO, C CHAPMAN

Zone: 1:33.04 \$ 4/14/2013 PSM

A MOORHEAD, P DINKEL, R CARDOSO, C CHAPMAN

NATL: 1:29.40 @ 5/21/1990 S. CAL AQUATIC

C PONTHER, D GRANER, K BUSH, P MCCLAFFERTY

|                                 |                              |         |
|---------------------------------|------------------------------|---------|
| 1 Lake Washington               | A                            | 1:36.50 |
| 1) Conroy, Chris M28            | 2) r:+0.37 Oram, Lindsey W28 |         |
| 3) r:+0.47 Dinkel, Paloma       | 4) r:+0.23 Chapman, Chris    |         |
| r:+0.72 22.78 26.75 24.87 22.10 |                              |         |
| 2 Lake Washington               | F                            | 1:49.65 |
| 1) McHenry, Valerie W34         | 2) r:+0.44 Wetstone, Susan   |         |
| 3) r:+0.52 Derango, Philip      | 4) r:+0.40 Miller, Aaron M30 |         |
| r:+0.79 28.15 27.44 27.72 26.34 |                              |         |
| 3 Ymcapkc Sound Aq              | A                            | 1:52.66 |
| 1) Smith, Katy W32              | 2) r:+0.28 Hagedorn, Chad    |         |
| 3) r:+0.42 Garcia, Christina    | 4) r:+0.37 Steenbeeke, Alain |         |
| r:+0.83 29.70 26.25 31.13 25.58 |                              |         |
| --- Mukilteo YMCA               | A                            | DQ      |
| Early take-off swimmer #3       |                              |         |
| 1) Henriksen, Martin M39        | 2) r:+0.08 Hansen, Setsuko   |         |
| 3) r:+0.07 Polidori, Wendy      | 4) r:+0.55 Kanev, Teodor M31 |         |
| r:+0.74 24.20 28.98 28.36 24.62 |                              |         |

**Mixed 25+ 200 Yard Medley Relay**

PNA: 1:41.07 # 4/14/2013 PSM

C CHAPMAN, C YUNG, P DINKEL, A MOORHEAD

Zone: 1:41.07 \$ 4/14/2013 PSM

C CHAPMAN, C YUNG, P DINKEL, A MOORHEAD

NATL: 1:37.19 @ 4/30/2011 PHOENIX SWIM CL

N INADA, J COMMINGS, K SHORES, M MCCUE

|                                 |                               |         |
|---------------------------------|-------------------------------|---------|
| 1 Orca Swim Club                | A                             | 2:00.94 |
| 1) Meinerz, Meghan W29          | 2) r:+0.35 Ferries, Jenny W32 |         |
| 3) r:+0.37 Robertson, Ryan      | 4) r:+0.55 Jones, Brock M32   |         |
| r:+0.82 33.35 33.57 27.12 26.90 |                               |         |
| 2 Lake Washington               | B                             | 2:02.00 |
| 1) McHenry, Valerie W34         | 2) r:+0.19 Helgason, Chelsea  |         |
| 3) r:+0.36 Scott, Michael M27   | 4) r:+0.48 Miller, Aaron M30  |         |
| r:+0.68 32.47 33.98 29.43 26.12 |                               |         |

|                                 |                              |         |
|---------------------------------|------------------------------|---------|
| 3 Ymcapkc Sound Aq              | A                            | 2:02.77 |
| 1) Steenbeeke, Alain M52        | 2) r:+0.27 Garcia, Christina |         |
| 3) r:+0.41 Hagedorn, Chad       | 4) r:+0.13 Smith, Katy W32   |         |
| r:+0.80 28.59 38.78 27.70 27.70 |                              |         |
| 4 Lake Washington               | G                            | 2:02.82 |
| 1) Elander, Blair M52           | 2) r:+0.56 Keith, Lisa W44   |         |
| 3) r:+0.20 Noah, Kevin M42      | 4) r:+0.23 Oram, Lindsey W28 |         |
| r:+0.74 32.40 36.25 27.59 26.58 |                              |         |
| 5 Blue Wave Aquati              | B                            | 2:06.17 |
| 1) Wright, Dave M49             | 2) r:+0.31 Smith, Daniel M51 |         |
| 3) r:+0.58 Bernstein, Heather   | 4) r:+0.33 Kim, Nellis W43   |         |
| r:+0.72 30.53 33.75 32.14 29.75 |                              |         |
| 6 Bainbridge Aquat              | A                            | 2:08.56 |
| 1) Wetzler, Kari W33            | 2) r:+0.31 Baker, John M62   |         |
| 3) r:+0.28 Rogers, Randy M55    | 4) r:+0.44 Reimer, Shelley   |         |
| r:+0.87 37.09 33.46 29.74 28.27 |                              |         |
| 7 Husky Masters                 | B                            | 2:25.09 |
| 1) Muir, Guila W59              | 2) r:+0.74 O'Hern, Dave M30  |         |
| 3) r:+0.63 Best, Erin W25       | 4) r:+0.36 Malinak, Andrew   |         |
| r:+0.97 52.70 37.41 31.85 23.13 |                              |         |

**Mixed 35+ 200 Yard Freestyle Relay**

PNA: 1:35.55 # 4/29/2012 PNA

L A DAHL, J KEPPELER, H A WERNER, T DOHERTY

Zone: 1:34.08 \$ 5/18/1997 OREG

S LA PAY, G GODDARD, J WALKER, S GEORGE

NATL: 1:30.17 @ 4/25/2004 ROCKY MT

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

|                                 |                                |         |
|---------------------------------|--------------------------------|---------|
| 1 Lake Washington               | B                              | 1:43.29 |
| 1) Noah, Kevin M42              | 2) r:+0.38 Matlock, Shannon    |         |
| 3) r:+0.52 Rittenberg, Durrell  | 4) r:+0.28 Moorhead, Amy       |         |
| r:+0.91 25.35 25.87 26.66 25.41 |                                |         |
| 2 Blue Wave Aquati              | E                              | 1:50.68 |
| 1) Wright, Dave M49             | 2) r:+0.32 Smith, Daniel M51   |         |
| 3) r:+0.71 Kim, Nellis W43      | 4) r:+0.51 Smith, Rondamarie   |         |
| r:+0.92 26.64 26.38 29.99 27.67 |                                |         |
| 3 Bainbridge Aquat              | B                              | 1:50.70 |
| 1) Rogers, Randy M55            | 2) r:+0.38 Reimer, Shelley     |         |
| 3) r:+0.67 Browning, Lindsay    | 4) r:+0.40 Goessman, J M49     |         |
| r:+0.86 26.67 28.25 30.50 25.28 |                                |         |
| 4 Sequim Aquatic R              | A                              | 1:54.67 |
| 1) Keller, John M57             | 2) r:+0.50 Sundin, Caitlin W38 |         |
| 3) r:+0.20 Ridle, Jason M39     | 4) r:+0.38 Beirne, Katherine   |         |
| r:+0.87 27.78 32.71 22.99 31.19 |                                |         |
| 5 Lake Washington               | I                              | 1:56.38 |
| 1) Forbess, Dani W39            | 2) r:+0.61 Keith, Lisa W44     |         |
| 3) r:+0.41 Praeger, Wade M51    | 4) r:+0.39 Davis, Dwight M60   |         |
| r:+0.77 33.14 29.90 26.28 27.06 |                                |         |
| 6 Blue Wave Aquati              | C                              | 2:08.47 |
| 1) Cullen, Emmet M43            | 2) r:+0.72 Zellerhoff, Mark    |         |
| 3) r:+0.39 Casey, Shannon       | 4) r:+0.44 Wellock, Kimbra     |         |
| r:+0.96 31.76 31.96 33.33 31.42 |                                |         |
| 7 Skagit Valley Ma              | B                              | 2:16.57 |
| 1) Methner, Bradly M48          | 2) r:+0.48 Singer, Shannon     |         |
| 3) r:+0.76 Aspen, Anne W44      | 4) r:+0.54 Allen, Jon M53      |         |
| r:+0.81 31.47 38.42 37.04 29.64 |                                |         |



## 2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014

Sanction # 364-S006Z

## Results

**(Mixed 35+ 200 Yard Freestyle Relay)**

|                                 |                            |         |
|---------------------------------|----------------------------|---------|
| 8 Blue Wave Aquati              | D                          | 2:23.05 |
| 1) Deaderick, Rachael W39       | 2) r:+0.47 Mabin, Sean M47 |         |
| 3) r:+0.81 Nguyen, Dung M50     | 4) r:+0.60 Holt, Megan W43 |         |
| r:+1.14 34.66 34.00 34.37 40.02 |                            |         |

**Mixed 35+ 200 Yard Medley Relay**

PNA: 1:44.29 # 5/1/2011 PNA

S HART, T DOHERTY, L A DAHL, D E KAYS

Zone: 1:44.29 \$ 5/1/2011 PNA

S HART, T DOHERTY, L A DAHL, D E KAYS

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

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

|                                 |                                |         |
|---------------------------------|--------------------------------|---------|
| 1 Lake Washington               | F                              | 1:55.40 |
| 1) Smith, Bryan M46             | 2) r:+0.28 Cardoso, Rick M35   |         |
| 3) r:+0.35 Matlock, Shannon     | 4) r:+0.28 Moorhead, Amy       |         |
| r:+0.86 30.23 29.61 30.59 24.97 |                                |         |
| 2 Blue Wave Aquati              | D                              | 2:07.20 |
| 1) Courtney, Zena W54           | 2) r:+0.25 Bush, Gabe M36      |         |
| 3) r:+0.35 Freeborn, Stephen    | 4) r:+0.53 Mesler, Jennifer    |         |
| r:+0.68 31.33 34.52 30.55 30.80 |                                |         |
| 3 Lake Washington               | H                              | 2:18.27 |
| 1) Rittenberg, Durrell M44      | 2) r:+0.53 Derango, Philip     |         |
| 3) r:+0.37 Andersson, Claudia   | 4) r:+0.63 Clarke, Heather     |         |
| r:+0.67 33.74 36.01 34.64 33.88 |                                |         |
| 4 Blue Wave Aquati              | C                              | 2:39.42 |
| 1) Sprenger, Cindy W40          | 2) r:+0.55 Nguyen, Dung M50    |         |
| 3) r:+0.44 Wellock, Kimbra      | 4) r:+1.61 Souder, Christopher |         |
| r:+0.87 40.21 43.16 36.79 39.26 |                                |         |

**Mixed 45+ 200 Yard Freestyle Relay**

PNA: 1:39.99 # 5/17/2002 PNA

R JACOBS, M LIPPOLD, D GLASSMAN, D GRAHAM

Zone: 1:38.73 \$ 5/23/2010 OREG

B SUMERFIELD, V JENKINS, K, D BROCKBANK

NATL: 1:34.48 @ 5/4/2008 ARIZONA MASTERS

J SMITH, M BAILEY, S ROLLINS, P SMITH

|                                 |                                 |         |
|---------------------------------|---------------------------------|---------|
| 1 Lake Washington               | D                               | 1:50.88 |
| 1) Sullivan, Suna W47           | 2) r:+0.31 Pace, Lisa W52       |         |
| 3) r:+0.42 Porter, Michael M47  | 4) r:+0.41 Smith, Bryan M46     |         |
| r:+0.85 30.09 28.36 25.49 26.94 |                                 |         |
| 2 Blue Wave Aquati              | F                               | 1:52.75 |
| 1) Courtney, Zena W54           | 2) r:+0.61 Marocco, Laurie      |         |
| 3) r:+0.12 Stauffer, Matt M50   | 4) r:+0.81 Igawa, Allen M52     |         |
| r:+0.80 27.83 30.62 26.33 27.97 |                                 |         |
| 3 Lake Washington               | G                               | 1:54.70 |
| 1) Olsen, Kris W49              | 2) r:+0.35 Chapman, Linda       |         |
| 3) r:+0.56 Pearson, Jay M52     | 4) r:+0.47 Phillips, Daniel M51 |         |
| r:+0.92 30.75 32.37 26.70 24.88 |                                 |         |
| 4 Lake Washington               | H                               | 2:01.94 |
| 1) Moore, Sheila W55            | 2) r:+0.22 Underbrink, Mary     |         |
| 3) r:+0.49 Elander, Blair M52   | 4) r:+0.35 Martin, Rob M48      |         |
| r:+0.92 32.19 36.44 26.27 27.04 |                                 |         |
| 5 Bainbridge Aquat              | A                               | 2:08.74 |
| 1) Voegtlen, Barney M65         | 2) r:+0.00 Claesson-Gordon,     |         |
| 3) r:+0.15 Sawyer, Dennis       | 4) r:+0.41 Carruthers, Kate     |         |
| r:+1.09 30.31 31.69 31.86 34.88 |                                 |         |

|                                 |                               |         |
|---------------------------------|-------------------------------|---------|
| 6 Hydropower Maste              | A                             | 2:22.16 |
| 1) Bevier, Jack M81             | 2) r:+0.45 Buehler, Paige W45 |         |
| 3) r:+0.57 Magee, Carolyn       | 4) r:+0.55 Tedrow, Allen M58  |         |
| 37.67 31.57 42.75 30.17         |                               |         |
| 7 Blue Wave Aquati              | I                             | 2:27.59 |
| 1) Freeborn, Stephen M58        | 2) r:+1.07 Kreer, Ken M50     |         |
| 3) r:+0.00 Hanly, Joellen W62   | 4) r:+1.14 Cunningham, Patti  |         |
| r:+1.05 29.21 40.43 39.23 38.72 |                               |         |

**Mixed 45+ 200 Yard Medley Relay**

PNA: 1:51.97 # 5/20/2007 PNA

ZENA COURTNEY, JON BACA, LISA DAHL, RONALD JACOBS

Zone: 1:45.57 \$ 5/23/2010 OREG

V JENKINS, J CORBEAU, D BAKER, K

NATL: 1:44.02 @ 5/4/2008 ARIZONA MASTERS

J SMITH, G MILLS, S ROLLINS, M BAILEY

|                                 |                                 |         |
|---------------------------------|---------------------------------|---------|
| 1 Lake Washington               | C                               | 2:01.32 |
| 1) Jaeger, Dawn W57             | 2) r:+0.25 Colella, Rick M62    |         |
| 3) r:+0.38 Porter, Michael M47  | 4) r:+0.29 Davis, Charlotte     |         |
| r:+0.82 37.36 29.13 27.24 27.59 |                                 |         |
| 2 Lake Washington               | E                               | 2:05.50 |
| 1) Pace, Lisa W52               | 2) r:+0.34 Phillips, Daniel M51 |         |
| 3) r:+0.36 Martin, Rob M48      | 4) r:+0.31 Chapman, Linda       |         |
| r:+0.69 34.92 30.04 28.62 31.92 |                                 |         |
| 3 Blue Wave Aquati              | E                               | 2:20.45 |
| 1) Magnussen, Brian M55         | 2) r:+0.44 Durban, Eric M58     |         |
| 3) r:+0.49 Marrs, Susan W48     | 4) r:+0.23 White, Mary Ann      |         |
| r:+0.88 33.36 41.32 32.72 33.05 |                                 |         |
| 4 Lake Washington               | D                               | 2:21.57 |
| 1) Pearson, Jay M52             | 2) r:+0.10 Fabian, Richard      |         |
| 3) r:+0.36 Underbrink, Mary     | 4) r:+0.68 Voss, Julie W50      |         |
| r:+0.76 32.12 31.40 47.26 30.79 |                                 |         |
| 5 Bainbridge Aquat              | A                               | 2:28.72 |
| 1) Voegtlen, Barney M65         | 2) r:+0.28 Goodlin, Tom M54     |         |
| 3) r:+0.58 Carruthers, Kate     | 4) r:+0.59 McFarland, Cestjon   |         |
| r:+0.75 36.57 37.97 40.58 33.60 |                                 |         |
| 6 Blue Wave Aquati              | G                               | 2:38.06 |
| 1) Lautman, Scott M61           | 2) r:+0.32 Marrs, Edward M49    |         |
| 3) r:+0.45 Blackburn, Jean      | 4) r:+0.67 Williams, Judy W66   |         |
| r:+0.80 44.39 42.89 30.27 40.51 |                                 |         |
| --- Blue Wave Aquati            | F                               | DQ      |
| Not enough swimmers             |                                 |         |
| 1) Marocco, Laurie W57          | 2) r:+0.63 Boyer, Diane W53     |         |
| 3) r:+0.05 Stauffer, Matt M50   | 4) r:+0.00 Matthews, Scott      |         |
| r:+0.72 36.52 40.79 30.15 36.29 |                                 |         |

**Mixed 55+ 200 Yard Freestyle Relay**

PNA: 1:42.46 # 5/1/2011 PNA

A BELL, D GRAHAM, M B LIPPOLD, C M DAVIS

Zone: 1:42.46 \$ 5/1/2011 PNA

A BELL, D GRAHAM, M B LIPPOLD, C M DAVIS

NATL: 1:41.82 @ 4/29/2011 PLANO WETCATS

J GOODING, L MORRISON, K MACCUDY, T BARTON

|                                 |                             |         |
|---------------------------------|-----------------------------|---------|
| 1 Lake Washington               | E                           | 1:48.74 |
| 1) Jaeger, Dawn W57             | 2) r:+0.25 Davis, Charlotte |         |
| 3) r:+0.36 Colella, Rick M62    | 4) r:+0.34 Busch, Ralph M57 |         |
| r:+0.95 32.07 27.88 24.25 24.54 |                             |         |



**2014 NW Zones Championship Meet - 4/12/2014 to 4/13/2014****Sanction # 364-S006Z****Results**

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**(Mixed 55+ 200 Yard Freestyle Relay)**

|                               |                             |         |
|-------------------------------|-----------------------------|---------|
| 2 Blue Wave Aquati            | G                           | 1:50.09 |
| 1) Magnussen, Brian M55       | 2) r:+0.43 Durban, Eric M58 |         |
| 3) r:+0.21 Hickel, Jessie W55 | 4) r:+0.36 White, Mary Ann  |         |
| r:+0.82 26.73                 | 31.71 33.51                 | 18.14   |