

## 2015 PNA Championship Meet - 4/11/2015 to 4/12/2015

Federal Way, WA, Sanction #: 365-S005

Hosted by Blue Wave Aquatics

## Results

**Women 18-24 50 Yard Freestyle**

1	Lincoln, Alex	23	South Sound Mast	25.41
2	Barrow, Danielle	18	Sequim Aquatic R	28.24
3	Prange, Cara	20	Western Washingt	28.76
4	Sato, Amy	20	Blue Wave Aquati	29.04
5	McKiernan, Alex	21	Western Washingt	29.12
6	Kim, Nicole	21	Unat-Pna	29.63
7	Monsen, Allie	19	Western Washingt	30.34
8	McGrew, Kaitlin	20	Western Washingt	31.05
9	Iyall, Julia	23	South Sound Mast	31.19
10	Monsen, Meg	21	Western Washingt	31.50
11	Tikka-Dills-Lovasz, Sarah	21	Central Washingt	31.54
12	MacDonald, Kelsie	20	Sequim Aquatic R	32.81
13	Gonser, Becca	19	Central Washingt	33.38
14	Younie, Brenna	20	Western Washingt	35.84
15	Courtney, Khaila	18	Blue Wave Aquati	36.31
16	Powell, Valerie	21	Team Walker	45.37

**Women 18-24 100 Yard Freestyle**

1	Prange, Cara	20	Western Washingt	1:00.78
	29.56	31.22		
2	Barnick, Angela	20	Western Washingt	1:02.24
	29.74	32.50		
3	Barrow, Danielle	18	Sequim Aquatic R	1:04.36
	29.64	34.72		
4	McKiernan, Alex	21	Western Washingt	1:04.88
	30.57	34.31		
5	DeLong, Jackie	20	Western Washingt	1:05.91
	32.01	33.90		
6	Monsen, Emily	19	Western Washingt	1:07.34
	32.07	35.27		
7	Monsen, Allie	19	Western Washingt	1:08.68
	32.56	36.12		
8	McGrew, Kaitlin	20	Western Washingt	1:10.17
	33.87	36.30		
9	MacDonald, Kelsie	20	Sequim Aquatic R	1:12.38
	34.56	37.82		
10	Gonser, Becca	19	Central Washingt	1:15.12
	35.19	39.93		
11	Tikka-Dills-Lovasz, Sarah	21	Central Washingt	1:15.16
	37.43	37.73		
12	Younie, Brenna	20	Western Washingt	1:18.76
	36.82	41.94		
13	Powell, Valerie	21	Team Walker	1:47.81
	48.74	59.07		
---	Lincoln, Alex	23	South Sound Mast	NS
---	Lemke, Savannah	22	Central Washingt	NS

**Women 18-24 200 Yard Freestyle**

1	Lincoln, Alex	23	South Sound Mast	2:00.24
	28.41	30.19	30.59	31.05
2	Anderson, Sydney	22	Unat-Psm	2:08.40
	30.51	32.11	32.87	32.91
3	Prange, Cara	20	Western Washingt	2:14.14
	31.03	34.28	34.56	34.27

4	Barnick, Angela	20	Western Washingt	2:16.41
	30.38	34.15	36.08	35.80
5	Kim, Nicole	21	Unat-Pna	2:27.70
	31.92	36.61	39.40	39.77
6	DeLong, Jackie	20	Western Washingt	2:30.99
	34.48	38.59	38.59	39.33
7	Powell, Valerie	21	Team Walker	3:54.21
	50.89	1:00.80	1:03.66	58.86

**Women 18-24 500 Yard Freestyle**

1	Prange, Cara	20	Western Washingt	6:12.13
	32.66	37.38	37.48	38.28
	38.84	38.06	38.33	38.90
	36.83	35.37		
2	Moerdyk, Kristen	21	Central Washingt	7:15.08
	36.38	40.74	42.80	43.69
	43.92	44.47	46.55	46.96
	45.02	44.55		
3	Dugan, Kylie	19	Central Washingt	8:16.49
	42.08	49.66	51.05	50.18
	50.64	49.67	51.60	51.10
	51.15	49.36		

**Women 18-24 1000 Yard Freestyle**

1	Anderson, Sydney	22	Unat-Psm	11:18.25
	31.10	33.40	33.52	33.92
	33.96	34.02	33.90	34.10
	34.14	33.97	34.09	34.18
	34.30	34.32	34.28	34.24
	34.35	34.36	34.28	33.82
2	Barnick, Angela	20	Western Washingt	12:46.73
	32.95	37.13	37.99	38.88
	38.78	39.10	39.08	38.75
	39.15	39.07	38.88	38.71
	38.59	39.04	38.97	39.60
	39.54	38.99	37.86	35.67
3	Monsen, Emily	19	Western Washingt	14:03.58
	35.98	41.03	42.69	42.90
	43.08	43.51	42.96	43.16
	43.65	42.39	43.19	42.37
	42.52	42.71	42.74	42.62
	42.65	42.51	41.82	39.10

**Women 18-24 1650 Yard Freestyle**

1	Moerdyk, Kristen	21	Central Washingt	25:06.75
	37.16	41.75	42.73	43.87
	45.37	45.43	46.87	44.92
	45.18	44.97	45.80	46.39
	45.48	45.13	46.42	45.12
	46.19	45.69	45.70	46.04
	47.95	47.13	47.64	47.29
	45.56	47.03	47.22	47.76
	48.39	46.99	45.05	47.02
				45.51

**Women 18-24 50 Yard Backstroke**

1	Whitney, Jenna	21	Western Washingt	34.11
2	Baber, Caroline	18	Western Washingt	36.77
3	Monsen, Meg	21	Western Washingt	38.03

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<b>(Women 18-24 50 Yard Backstroke)</b>				2	Barrow, Danielle	18	Sequim Aquatic R	30.85	
4	Powell, Valerie	21	Team Walker	58.25	3	Lemke, Savannah	22	Central Washingt	30.93
<b>Women 18-24 100 Yard Backstroke</b>				4	Sato, Amy	20	Blue Wave Aquati	31.16	
1	Prange, Cara	20	Western Washingt	1:12.39	5	Barnick, Angela	20	Western Washingt	31.29
	35.27	37.12			6	Iyall, Julia	23	South Sound Mast	34.11
2	DeLong, Jackie	20	Western Washingt	1:13.71	7	Kim, Nicole	21	Unat-Pna	34.27
	36.38	37.33			8	DeLong, Jackie	20	Western Washingt	34.48
3	Baber, Caroline	18	Western Washingt	1:20.10	9	Gonser, Becca	19	Central Washingt	40.38
	39.04	41.06			---	MacDonald, Kelsie	20	Sequim Aquatic R	DQ
4	Monsen, Meg	21	Western Washingt	1:21.31	Arms underwater recovery				
	39.60	41.71			<b>Women 18-24 100 Yard Butterfly</b>				
5	McGrew, Kaitlin	20	Western Washingt	1:24.77	1	Kim, Nicole	21	Unat-Pna	1:20.07
	41.41	43.36				36.19	43.88		
6	Powell, Valerie	21	Team Walker	2:12.64	2	Baber, Caroline	18	Western Washingt	1:20.39
	1:06.04	1:06.60				36.68	43.71		
<b>Women 18-24 200 Yard Backstroke</b>				---	Lemke, Savannah	22	Central Washingt	NS	
1	Whitney, Jenna	21	Western Washingt	2:35.91	<b>Women 18-24 200 Yard Butterfly</b>				
	37.01	39.65	40.01 39.24		1	Barnick, Angela	20	Western Washingt	2:42.20
2	Lemke, Savannah	22	Central Washingt	2:38.68		34.56	40.52	43.17 43.95	
	35.99	39.43	41.29 41.97		---	Lemke, Savannah	22	Central Washingt	NS
3	Moerdyk, Kristen	21	Central Washingt	2:55.37	<b>Women 18-24 100 Yard IM</b>				
	41.99	44.87	45.57 42.94		1	Lincoln, Alex	23	South Sound Mast	1:03.88
<b>Women 18-24 50 Yard Breaststroke</b>						29.09	34.79		
1	Whitney, Jenna	21	Western Washingt	33.66	2	Barrow, Danielle	18	Sequim Aquatic R	1:09.85
						32.74	37.11		
2	Barrow, Danielle	18	Sequim Aquatic R	36.11	3	Sato, Amy	20	Blue Wave Aquati	1:13.42
3	McKiernan, Alex	21	Western Washingt	37.44		33.46	39.96		
4	Barnick, Angela	20	Western Washingt	39.24	4	Prange, Cara	20	Western Washingt	1:14.26
5	MacDonald, Kelsie	20	Sequim Aquatic R	39.83		33.91	40.35		
6	Younie, Brenna	20	Western Washingt	43.94	5	Kim, Nicole	21	Unat-Pna	1:15.84
---	Courtney, Khaila	18	Blue Wave Aquati	NS		36.02	39.82		
---	Lincoln, Alex	23	South Sound Mast	NS	6	DeLong, Jackie	20	Western Washingt	1:16.15
---	Lemke, Savannah	22	Central Washingt	NS		36.37	39.78		
<b>Women 18-24 100 Yard Breaststroke</b>				7	Iyall, Julia	23	South Sound Mast	1:17.93	
1	Whitney, Jenna	21	Western Washingt	1:13.56		36.22	41.71		
	35.21	38.35			8	Moerdyk, Kristen	21	Central Washingt	1:19.78
2	McKiernan, Alex	21	Western Washingt	1:19.03		36.99	42.79		
	37.17	41.86			9	Baber, Caroline	18	Western Washingt	1:20.38
3	MacDonald, Kelsie	20	Sequim Aquatic R	1:23.87		36.22	44.16		
	38.92	44.95			10	Monsen, Emily	19	Western Washingt	1:21.47
4	Younie, Brenna	20	Western Washingt	1:34.24		38.13	43.34		
	43.80	50.44			11	MacDonald, Kelsie	20	Sequim Aquatic R	1:21.50
5	Tikka-Dills-Lovasz, Sarah	21	Central Washingt	1:35.32		38.39	43.11		
	43.84	51.48			12	Monsen, Allie	19	Western Washingt	1:23.01
						38.15	44.86		
<b>Women 18-24 200 Yard Breaststroke</b>				13	Dugan, Kylie	19	Central Washingt	1:38.52	
1	Whitney, Jenna	21	Western Washingt	2:45.54	<b>Women 18-24 200 Yard IM</b>				
	39.09	43.01	41.99 41.45		1	DeLong, Jackie	20	Western Washingt	2:48.06
2	McKiernan, Alex	21	Western Washingt	2:54.57		36.70	40.17	50.59 40.60	
	39.62	45.27	45.57 44.11		---	Barrow, Danielle	18	Sequim Aquatic R	DQ
3	Tikka-Dills-Lovasz, Sarah	21	Central Washingt	3:27.31	Shoulders past vertical toward breast - back				
	45.47	55.01	55.69 51.14			33.46	42.74	47.32 38.44	
<b>Women 18-24 50 Yard Butterfly</b>				---	Lincoln, Alex	23	South Sound Mast	NS	
1	Whitney, Jenna	21	Western Washingt	28.94					

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## Results

<b>Women 25-29 50 Yard Freestyle</b>				2	Schwalbach, Caitlin	25	Vo2 Multisport	12:38.47	
1	Dinkel, Paloma	27	Lake Washington	32.19	36.26	37.08	37.90		
2	Byers, Kirsten	26	Lake Washington	37.84	38.41	38.30	38.82		
3	Chang, Marisa	27	Queen Anne Swim	38.77	38.68	38.94	38.65		
4	Helgason, Chelsea	28	Lake Washington	38.58	38.56	38.46	38.31		
5	Ferrel, Amelia	28	Lake Washington	38.05	38.52	38.64	37.51		
6	Darrah, Kelly	28	Orca Swim Club	33.41	36.18	37.67	38.33		
7	Kleint, Nancy	27	Greenlake Aquadu	39.17	38.94	39.21	39.19		
8	Ferber, Larissa	26	Ymcapkc Sound Aq	39.31	39.58	39.20	39.50		
				39.48	39.25	39.48	39.33		
				39.47	39.40	38.64	36.36		
<b>Women 25-29 100 Yard Freestyle</b>				<b>Women 25-29 1650 Yard Freestyle</b>					
1	Dinkel, Paloma	27	Lake Washington	53.74	1	Ferber, Larissa	26	Ymcapkc Sound Aq	26:43.55
	25.50	28.24				42.14	47.18	47.97	48.36
2	Braggin, Jacquelyn	28	Husky Masters	1:00.44		49.26	48.99	49.27	49.53
	29.31	31.13				49.45	49.90	49.91	49.95
3	Ferrel, Amelia	28	Lake Washington	1:02.00		48.10	48.23	49.22	49.20
	29.94	32.06				48.36	48.91	49.01	48.96
4	Krage, Christine	26	Blue Wave Aquati	1:04.92		49.01	49.89	48.37	49.23
	30.73	34.19				49.16	50.17	47.90	49.17
5	Darrah, Kelly	28	Orca Swim Club	1:05.63		49.35	48.47	49.04	48.40
	31.92	33.71							
---	Kleint, Nancy	27	Greenlake Aquadu	NS					
---	Byers, Kirsten	26	Lake Washington	NS					
<b>Women 25-29 200 Yard Freestyle</b>				<b>Women 25-29 50 Yard Backstroke</b>					
1	Braggin, Jacquelyn	28	Husky Masters	2:11.89	1	Darrah, Kelly	28	Orca Swim Club	35.42
	31.29	33.11	34.00	33.49	2	Ferber, Larissa	26	Ymcapkc Sound Aq	38.60
2	Schwalbach, Caitlin	25	Vo2 Multisport	2:18.94	---	Byers, Kirsten	26	Lake Washington	NS
	29.68	34.56	37.28	37.42	---	Gilmore, Anna	28	Downtown/Bellvu	NS
3	Cech, Jennifer	28	Husky Masters	2:19.77	---	Helgason, Chelsea	28	Lake Washington	NS
	31.99	35.13	36.57	36.08					
4	Kleint, Nancy	27	Greenlake Aquadu	2:21.45	<b>Women 25-29 100 Yard Backstroke</b>				
	32.73	35.86	36.87	35.99	1	Van Zanten, Samantha	29	Husky Masters	1:05.91
						32.25	33.66		
<b>Women 25-29 500 Yard Freestyle</b>				<b>Women 25-29 200 Yard Backstroke</b>					
1	Braggin, Jacquelyn	28	Husky Masters	5:41.54	1	King, Jordan	25	Lake Washington	2:10.23
	30.62	33.42	34.15	34.90		31.48	33.29	32.93	32.53
	35.13	35.12	35.01	34.80	<b>Women 25-29 50 Yard Breaststroke</b>				
	34.79	33.60			1	Dinkel, Paloma	27	Lake Washington	30.19
2	Van Zanten, Samantha	29	Husky Masters	5:45.72	2	Helgason, Chelsea	28	Lake Washington	34.08
	31.94	34.09	34.91	35.24	3	Ferrel, Amelia	28	Lake Washington	35.12
	35.38	34.41	34.64	34.91	4	Krage, Christine	26	Blue Wave Aquati	38.39
	35.29	34.91			<b>Women 25-29 100 Yard Breaststroke</b>				
---	Kleint, Nancy	27	Greenlake Aquadu	NS	1	Dinkel, Paloma	27	Lake Washington	1:05.33
						31.00	34.33		
<b>Women 25-29 1000 Yard Freestyle</b>				<b>Women 25-29 50 Yard Butterfly</b>					
1	Braggin, Jacquelyn	28	Husky Masters	12:10.17	1	Byers, Kirsten	26	Lake Washington	26.12
	32.50	34.88	36.47	36.77	2	Chang, Marisa	27	Queen Anne Swim	27.33
	37.09	36.50	36.90	36.79	3	Helgason, Chelsea	28	Lake Washington	28.64
	37.33	37.00	37.06	37.15	4	Gilmore, Anna	28	Downtown/Bellvu	30.05
	37.26	37.15	37.15	37.04	5	Schwalbach, Caitlin	25	Vo2 Multisport	30.21
	37.14	36.99	36.27	34.73					

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<b>(Women 25-29 50 Yard Butterfly)</b>				--- Zeaiter, Janet 30 Downtown/Bellvu NS					
6	Ferrel, Amelia	28	Lake Washington	31.95					
7	Darraha, Kelly	28	Orca Swim Club	31.97					
8	Ferber, Larissa	26	Ymcapkc Sound Aq	39.44					
<b>Women 25-29 100 Yard Butterfly</b>				<b>Women 30-34 200 Yard Freestyle</b>					
1	King, Jordan	25	Lake Washington	57.87	1	Zeaiter, Janet	30	Downtown/Bellvu	2:15.02
	27.28	30.59				30.72	34.34	34.95	35.01
2	Chang, Marisa	27	Queen Anne Swim	59.43	2	Fitzsimmons, Megan	30	Husky Masters	2:22.38
	28.47	30.96				31.89	35.36	37.49	37.64
3	Gilmore, Anna	28	Downtown/Bellvu	1:06.54	<b>Women 30-34 500 Yard Freestyle</b>				
	31.45	35.09			1	Smith, Katy	33	Ymcapkc Sound Aq	6:19.82
<b>Women 25-29 200 Yard Butterfly</b>									
1	King, Jordan	25	Lake Washington	2:10.47		31.96	37.24	39.59	38.50
	29.46	32.99	33.61	34.41		37.96	38.24	40.03	38.60
						39.97	37.73		
<b>Women 25-29 100 Yard IM</b>				<b>Women 30-34 1000 Yard Freestyle</b>					
1	Dinkel, Paloma	27	Lake Washington	58.98	1	Zeaiter, Janet	30	Downtown/Bellvu	13:06.53
	27.60	31.38				33.67	38.48	39.50	38.95
2	Byers, Kirsten	26	Lake Washington	1:03.31		39.67	39.64	40.42	40.29
	28.04	35.27				40.91	40.31	39.44	39.86
3	Helgason, Chelsea	28	Lake Washington	1:05.59		40.16	40.62	39.49	39.53
	29.68	35.91				39.28	39.84	38.44	38.03
4	Chang, Marisa	27	Queen Anne Swim	1:05.61	<b>Women 30-34 1650 Yard Freestyle</b>				
	29.66	35.95			1	Smith, Katy	33	Ymcapkc Sound Aq	22:07.00
5	Ferrel, Amelia	28	Lake Washington	1:10.20		33.98	39.82	40.69	40.04
	33.28	36.92				40.29	40.92	40.08	40.10
6	Braggin, Jacquelyn	28	Husky Masters	1:12.76		40.64	40.64	40.91	40.77
	35.08	37.68				40.69	40.53	40.27	40.60
7	Kleint, Nancy	27	Greenlake Aquadu	1:15.81		39.64	40.32	40.27	40.92
	36.14	39.67				40.91	40.42	41.14	41.35
						41.33	42.13	40.53	40.13
						39.96	39.28	40.10	39.37
<b>Women 25-29 200 Yard IM</b>				<b>Women 30-34 50 Yard Backstroke</b>					
1	King, Jordan	25	Lake Washington	2:13.78	1	Klov Dahl, Jenny	30	Snohomish	30.73
	28.33	33.64	38.88	32.93	2	Ruspakka, Shelly	32	Moscow Chinooks	31.19
2	Van Zanten, Samantha	29	Husky Masters	2:23.65	3	Winans, Amanda	32	Husky Masters	35.66
	30.51	34.94	44.36	33.84	4	Wagner, Jessica	33	Sequim Aquatic R	37.09
3	Braggin, Jacquelyn	28	Husky Masters	2:34.48	5	Menzies, Jennifer	31	Skagit Valley Ma	38.01
	34.30	43.15	42.58	34.45	<b>Women 30-34 100 Yard Backstroke</b>				
<b>Women 30-34 50 Yard Freestyle</b>									
1	Ikehata, Mariko	31	Canadian Dolphin	24.95	1	Klov Dahl, Jenny	30	Snohomish	1:08.09
						32.79	35.30		
2	Zeaiter, Janet	30	Downtown/Bellvu	27.94	2	Menzies, Jennifer	31	Skagit Valley Ma	1:21.69
						40.14	41.55		
3	Smith, Katy	33	Ymcapkc Sound Aq	28.45	<b>Women 30-34 200 Yard Backstroke</b>				
4	Ferries, Jenny	33	Orca Swim Club	28.95	1	Klov Dahl, Jenny	30	Snohomish	2:31.58
5	Fitzsimmons, Megan	30	Husky Masters	30.09		36.07	39.01	38.74	37.76
6	Menzies, Jennifer	31	Skagit Valley Ma	32.89	<b>Women 30-34 50 Yard Breaststroke</b>				
<b>Women 30-34 100 Yard Freestyle</b>									
1	Ikehata, Mariko	31	Canadian Dolphin	54.07	1	Ferries, Jenny	33	Orca Swim Club	34.33
	26.35	27.72			2	Wagner, Jessica	33	Sequim Aquatic R	38.24
2	Ruspakka, Shelly	32	Moscow Chinooks	1:01.56	3	Winans, Amanda	32	Husky Masters	39.50
	29.79	31.77			4	Menzies, Jennifer	31	Skagit Valley Ma	44.23
3	Wagner, Jessica	33	Sequim Aquatic R	1:06.62	<b>Women 30-34 100 Yard Breaststroke</b>				
	30.83	35.79			1	Ferries, Jenny	33	Orca Swim Club	1:13.58
4	Menzies, Jennifer	31	Skagit Valley Ma	1:13.05		34.92	38.66		
	35.42	37.63							

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

2	Klovdahl, Jenny	30	Snohomish	1:14.90
	35.82	39.08		
---	Gustafson, Aubree	34	Oregon Masters	NS
---	Winans, Amanda	32	Husky Masters	NS

**Women 30-34 200 Yard Breaststroke**

1	Norris, Erika	30	Husky Masters	2:38.72
	36.17	40.62	41.09	40.84
2	Ferries, Jenny	33	Orca Swim Club	2:42.39
	36.89	41.08	41.76	42.66

**Women 30-34 50 Yard Butterfly**

1	Ikehata, Mariko	31	Canadian Dolphin	27.28
2	Norris, Erika	30	Husky Masters	28.46
3	Ruspakka, Shelly	32	Moscow Chinooks	29.94
4	Smith, Katy	33	Ymcapkc Sound Aq	31.44
5	Winans, Amanda	32	Husky Masters	31.94

**Women 30-34 100 Yard Butterfly**

1	Norris, Erika	30	Husky Masters	1:01.49
	28.66	32.83		
2	Ruspakka, Shelly	32	Moscow Chinooks	1:08.80
	32.22	36.58		

**Women 30-34 200 Yard Butterfly**

1	Norris, Erika	30	Husky Masters	2:17.09
	30.08	34.86	35.89	36.26
2	Ikehata, Mariko	31	Canadian Dolphin	2:18.34
	31.52	36.23	35.96	34.63
3	Smith, Katy	33	Ymcapkc Sound Aq	2:49.69
	35.88	44.20	45.88	43.73

**Women 30-34 100 Yard IM**

1	Ikehata, Mariko	31	Canadian Dolphin	1:04.99
	29.45	35.54		
2	Klovdahl, Jenny	30	Snohomish	1:05.50
	30.60	34.90		
3	Ferries, Jenny	33	Orca Swim Club	1:09.10
	32.47	36.63		
4	Winans, Amanda	32	Husky Masters	1:15.10
	33.93	41.17		
5	Fitzsimmons, Megan	30	Husky Masters	1:17.15
	36.46	40.69		
6	Menzies, Jennifer	31	Skagit Valley Ma	1:22.12
	37.74	44.38		

**Women 30-34 200 Yard IM**

1	Ferries, Jenny	33	Orca Swim Club	2:27.54
	32.73	38.77	41.80	34.24
2	Klovdahl, Jenny	30	Snohomish	2:29.67
	32.77	39.54	43.43	33.93
3	Winans, Amanda	32	Husky Masters	2:42.00
	32.65	42.72	47.91	38.72

**Women 30-34 400 Yard IM**

1	Norris, Erika	30	Husky Masters	4:58.54
	29.54	33.89	39.68	38.85
	42.69	43.61	35.50	34.78
---	Gustafson, Aubree	34	Oregon Masters	NS

**Women 35-39 50 Yard Freestyle**

1	Kagy-Schwartz, Michelle	39	North Kitsap Mas	26.84
2	Nordberg, Carrie	39	Downtown/Bellvu	27.87
3	Kalas, Pamela	38	Unat-Pna	28.82
4	Hiebert, Stephanie	37	Husky Masters	28.97
5	Stickley-DeLadurante, Chris	36	North Kitsap Mas	29.24
6	Baker, Laurel	37	MIBC	31.50
7	Cruze, Jennifer	36	Downtown/Bellvu	32.57
8	Parker, April	38	Blue Wave Aquati	41.54

**Women 35-39 100 Yard Freestyle**

1	Kalas, Pamela	38	Unat-Pna	59.84
	29.23	30.61		
2	McHenry, Valerie	35	Lake Washington	1:00.42
	28.49	31.93		
3	Ella, Ellen	37	Lake Washington	1:04.98
	31.37	33.61		
4	Baker, Laurel	37	MIBC	1:11.53
	33.06	38.47		
---	Cruze, Jennifer	36	Downtown/Bellvu	NS

**Women 35-39 200 Yard Freestyle**

1	Kalas, Pamela	38	Unat-Pna	2:08.32
	30.31	32.75	33.03	32.23
2	Kagy-Schwartz, Michelle	39	North Kitsap Mas	2:11.46
	30.84	33.24	33.73	33.65
3	McHenry, Valerie	35	Lake Washington	2:18.26
	30.76	34.47	36.66	36.37
4	Ella, Ellen	37	Lake Washington	2:23.48
	33.24	36.33	37.00	36.91
5	Robins, Lori	35	Lake Washington	2:30.69
	33.81	37.54	39.51	39.83
6	Stickley-DeLadurante, Chris	36	North Kitsap Mas	2:32.23
	35.03	37.96	39.01	40.23
7	McMullen, Kate	35	Thunderbird Aqua	2:39.69
	35.54	39.77	41.65	42.73

**Women 35-39 500 Yard Freestyle**

1	Kalas, Pamela	38	Unat-Pna	5:37.78
	31.37	33.97	34.70	35.02
	34.31	34.43	34.08	33.85
	33.65	32.40		
2	Ella, Ellen	37	Lake Washington	6:20.08
	34.07	37.28	38.87	39.11
	39.33	39.25	39.18	38.49
	37.77	36.73		
---	Cruze, Jennifer	36	Downtown/Bellvu	SCR
---	McMullen, Kate	35	Thunderbird Aqua	SCR

## 2015 PNA Championship Meet - 4/11/2015 to 4/12/2015

Federal Way, WA, Sanction #: 365-S005

Hosted by Blue Wave Aquatics

## Results

**Women 35-39 1000 Yard Freestyle**

1	Kalas, Pamela	38	Unat-Pna	11:50.57
	32.32	34.92	35.27	34.99
	34.72	35.53	34.90	35.47
	35.01	35.48	34.53	35.15
	35.15	35.22	35.14	35.56
	35.76	35.08	34.12	46.25
2	Garcia, Christina	36	Ymcapkc Sound Aq	13:44.42
	36.61	39.55	39.85	40.59
	40.95	41.49	42.03	42.26
	41.93	42.17	41.91	42.10
	41.84	41.81	42.02	41.91
	42.25	41.92	40.97	40.26
3	Parker, April	38	Blue Wave Aquati	19:10.80
	47.14	52.90	58.38	57.91
	58.36	59.11	58.68	58.01
	59.83	58.15	1:00.10	57.86
	59.70	57.58	59.56	58.61
	57.80	59.28	58.59	53.25

**Women 35-39 1650 Yard Freestyle**

1	Parker, April	38	Blue Wave Aquati	32:21.25
	49.56	55.89	58.02	58.45
	59.49	59.41	59.18	58.70
	59.49	59.75	59.12	59.89
	1:00.12	59.35	1:00.13	59.87
	1:00.14	59.53	59.30	58.93
	1:00.41	59.59	59.52	59.09
	57.97	59.31	1:00.70	1:00.31
	1:00.04	59.36	58.33	57.72
				54.58

**Women 35-39 50 Yard Backstroke**

1	Ella, Ellen	37	Lake Washington	35.89
---	Cruze, Jennifer	36	Downtown/Bellvu	NS

**Women 35-39 100 Yard Backstroke**

1	McHenry, Valerie	35	Lake Washington	1:10.40
	34.63	35.77		
---	McMullen, Kate	35	Thunderbird Aqua	NS

**Women 35-39 200 Yard Backstroke**

1	Nordberg, Carrie	39	Downtown/Bellvu	2:32.69
	36.30	38.12	38.96	39.31
2	McHenry, Valerie	35	Lake Washington	2:33.78
	36.14	38.68	39.59	39.37
3	Perkins, Noel	35	Team Walker	2:41.37
	37.70	40.67	42.09	40.91

**Women 35-39 50 Yard Breaststroke**

1	Nordyke, Carrie	35	Blue Wave Aquati	41.42
2	Baker, Laurel	37	MIBC	45.37
---	Cruze, Jennifer	36	Downtown/Bellvu	NS

**Women 35-39 100 Yard Breaststroke**

1	Nordberg, Carrie	39	Downtown/Bellvu	1:14.33
	35.00	39.33		
2	Garcia, Christina	36	Ymcapkc Sound Aq	1:24.45
	40.45	44.00		

3	Nordyke, Carrie	35	Blue Wave Aquati	1:24.69
	40.19	44.50		
4	Perkins, Noel	35	Team Walker	1:25.66
	39.91	45.75		
5	McMullen, Kate	35	Thunderbird Aqua	1:27.47
	41.63	45.84		
6	Robins, Lori	35	Lake Washington	1:28.68
	41.91	46.77		

**Women 35-39 200 Yard Breaststroke**

1	Garcia, Christina	36	Ymcapkc Sound Aq	3:01.16
	41.20	45.51	46.56	47.89
2	Nordyke, Carrie	35	Blue Wave Aquati	3:02.76
	40.74	45.68	47.81	48.53

**Women 35-39 50 Yard Butterfly**

1	Nordberg, Carrie	39	Downtown/Bellvu	30.20
2	Kalas, Pamela	38	Unat-Pna	32.92
3	McHenry, Valerie	35	Lake Washington	33.04
4	Ella, Ellen	37	Lake Washington	33.66
5	Stickley-DeLadurante, Chris	36	North Kitsap Mas	33.68
6	Nordyke, Carrie	35	Blue Wave Aquati	33.99
7	Robins, Lori	35	Lake Washington	36.42
---	Perkins, Noel	35	Team Walker	NS
---	Baker, Laurel	37	MIBC	NS

**Women 35-39 100 Yard Butterfly**

1	Ella, Ellen	37	Lake Washington	1:14.31
	35.50	38.81		

**Women 35-39 100 Yard IM**

*1	Nordberg, Carrie	39	Downtown/Bellvu	1:08.33
	32.49	35.84		
*1	Kagy-Schwartz, Michelle	39	North Kitsap Mas	1:08.33
	31.89	36.44		
3	Stickley-DeLadurante, Chris	36	North Kitsap Mas	1:14.62
	34.37	40.25		
4	Perkins, Noel	35	Team Walker	1:14.85
	33.86	40.99		
5	Nordyke, Carrie	35	Blue Wave Aquati	1:16.20
	35.13	41.07		
6	McMullen, Kate	35	Thunderbird Aqua	1:20.98
	39.02	41.96		
7	Robins, Lori	35	Lake Washington	1:22.73
	40.80	41.93		
8	Cruze, Jennifer	36	Downtown/Bellvu	1:23.05
	39.37	43.68		
9	Baker, Laurel	37	MIBC	1:24.48
	39.98	44.50		

**Women 35-39 200 Yard IM**

1	Garcia, Christina	36	Ymcapkc Sound Aq	2:46.16
	35.09	45.06	46.82	39.19
2	Nordyke, Carrie	35	Blue Wave Aquati	2:46.61
	35.66	42.56	48.09	40.30

**Women 40-44 50 Yard Freestyle**

1	Moorhead, Amy	43	Lake Washington	25.09
2	Dailey, Jennifer	43	Greenlake Aquadu	28.72

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## Results

**(Women 40-44 50 Yard Freestyle)**

3	Segerson, Karen	40	Bainbridge Aquat	30.09
4	Cortani, Andrea	43	Sequim Aquatic R	32.56
5	Holt, Megan	44	Blue Wave Aquati	35.39
6	Wood, Kimberly	42	Blue Wave Aquati	40.11
7	Noffke, Wendy	42	Blue Wave Aquati	40.61
---	Kim, Nellis	44	Blue Wave Aquati	NS

**Women 40-44 100 Yard Freestyle**

1	Moorhead, Amy	43	Lake Washington	56.78
	27.53	29.25		
2	Doherty, Lianna	41	Lake Washington	59.43
	28.51	30.92		
3	Cortani, Andrea	43	Sequim Aquatic R	1:09.90
	34.05	35.85		
4	Britt, Faye	40	Snohomish	1:28.14
	41.92	46.22		
---	Dailey, Jennifer	43	Greenlake Aquadu	NS

**Women 40-44 200 Yard Freestyle**

1	Moorhead, Amy	43	Lake Washington	2:06.05
	28.51	31.41	32.73	33.40
2	Dailey, Jennifer	43	Greenlake Aquadu	2:23.67
	30.96	35.42	38.38	38.91
3	Regan Koppelberger, Tammy	43	Team Walker	2:26.85
	32.88	36.49	39.01	38.47
4	Cortani, Andrea	43	Sequim Aquatic R	2:34.18
	34.90	37.48	40.25	41.55
5	Sprenger, Cynthia	41	Blue Wave Aquati	2:36.86
	34.62	38.53	41.73	41.98
---	Deaderick, Rachael	40	Blue Wave Aquati	NS

**Women 40-44 500 Yard Freestyle**

1	Moorhead, Amy	43	Lake Washington	5:41.45
	29.60	32.39	33.43	34.34
	34.92	35.11	34.99	35.36
	35.83	35.48		
2	Regan Koppelberger, Tammy	43	Team Walker	6:32.34
	32.91	36.57	38.49	39.90
	40.30	40.96	41.23	41.38
	41.38	39.22		
3	Cortani, Andrea	43	Sequim Aquatic R	6:42.36
	36.32	38.91	41.28	41.60
	41.39	41.41	41.38	41.46
	40.35	38.26		
4	Mesler, Jennifer	44	Blue Wave Aquati	7:00.77
	37.19	40.18	41.36	42.85
	42.81	42.90	43.61	43.44
	43.39	43.04		
5	Sprenger, Cynthia	41	Blue Wave Aquati	7:05.38
	37.55	40.53	42.06	43.04
	43.50	43.64	43.89	44.26
	43.78	43.13		

6	Clarke, Heather	43	Lake Washington	7:20.34
	37.79	43.30	45.49	46.20
	44.50	45.60	44.57	45.40
	44.34	43.15		
7	Deaderick, Rachael	40	Blue Wave Aquati	8:44.37
	46.03	51.94	54.23	53.85
	54.56	54.05	53.22	54.34
	52.31	49.84		

**Women 40-44 1000 Yard Freestyle**

1	Regan Koppelberger, Tammy	43	Team Walker	13:43.44
	34.25	38.18	40.52	41.54
	41.77	42.23	41.92	42.43
	42.34	42.63	42.20	41.89
	41.31	41.38	41.74	41.69
	41.67	41.17	41.89	40.69
2	Mesler, Jennifer	44	Blue Wave Aquati	14:42.02
	37.34	40.09	41.62	43.44
	44.21	44.31	44.90	44.28
	44.53	44.85	46.38	45.51
	45.56	45.30	45.48	45.02
	44.76	45.58	44.39	44.47
3	Sprenger, Cynthia	41	Blue Wave Aquati	15:06.34
	39.57	42.69	44.40	45.25
	45.80	45.75	46.16	45.66
	45.91	45.70	46.63	46.48
	46.03	46.32	46.49	46.31
	46.21	45.96	45.20	43.82
4	Wood, Kimberly	42	Blue Wave Aquati	17:26.72
5	Noffke, Wendy	42	Blue Wave Aquati	17:49.44
	45.10	49.61	53.12	53.30
	52.59	54.10	54.11	55.02
	54.85	54.67	54.76	54.70
	55.00	56.03	54.15	54.65
	55.35	54.23	53.05	51.05
---	Kim, Nellis	44	Blue Wave Aquati	SCR

**Women 40-44 1650 Yard Freestyle**

1	Regan Koppelberger, Tammy	43	Team Walker	22:54.45
	35.84	40.03	41.29	41.37
	41.67	41.92	41.48	41.07
	41.79	41.47	41.07	41.38
	40.67	41.45	42.13	42.41
	42.10	41.85	41.17	41.88
	41.93	41.66	41.88	42.43
	42.53	43.00	42.70	43.00
	43.31	42.07	42.42	42.93
				40.55
2	Mesler, Jennifer	44	Blue Wave Aquati	24:27.87
	36.82	39.66	42.02	43.48
	44.15	44.24	43.94	44.54
	44.71	45.50	44.88	46.18
	44.92	44.87	44.76	44.82
	44.96	44.98	44.93	44.86
	45.13	44.75	44.79	45.50
	46.18	45.44	44.90	46.60
	45.67	44.94	45.00	45.35
				44.40

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## Results

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

3	Britt, Faye	40	Snohomish	28:08.55
	45.16	48.73	51.01	51.98
	51.83	52.43	51.94	51.30
	52.77	51.56	51.31	51.52
	52.84	51.71	52.00	50.86
	52.29	52.30	52.86	51.99
	53.56	52.21	51.70	51.79
	51.15	50.69	51.94	50.77
	50.14	50.17	50.17	50.01
				45.86
4	Wood, Kimberly	42	Blue Wave Aquati	29:21.00
	43.83	49.63	52.23	52.25
	52.14	52.29	52.58	53.65
	54.69	54.44	54.57	57.00
	52.10	53.81	52.61	53.39
	53.77	55.97	52.38	54.12
	53.67	56.05	53.57	55.45
	56.57	56.01	55.85	53.81
	54.32	52.86	54.14	52.29
				48.96
5	Noffke, Wendy	42	Blue Wave Aquati	29:59.64
	47.08	51.79	54.10	55.61
	54.03	55.16	55.08	55.68
	53.79	55.68	55.52	54.96
	55.06	56.67	54.44	55.89
	55.41	54.58	56.00	54.84
	53.89	54.87	56.18	54.86
	55.57	55.84	54.53	55.39
	54.12	53.27	55.34	53.56
				50.85

**Women 40-44 100 Yard Backstroke**

1	Sprenger, Cynthia	41	Blue Wave Aquati	1:28.06
	42.74	45.32		

**Women 40-44 200 Yard Backstroke**

1	Mesler, Jennifer	44	Blue Wave Aquati	2:55.61
	39.47	43.70	46.53	45.91
2	Sprenger, Cynthia	41	Blue Wave Aquati	3:05.98
	43.42	46.11	48.35	48.10
---	Neely, Wendy	40	Blue Wave Aquati	NS

**Women 40-44 50 Yard Breaststroke**

1	Kim, Nellis	44	Blue Wave Aquati	39.59
2	Clarke, Heather	43	Lake Washington	43.50

**Women 40-44 100 Yard Breaststroke**

---	Deaderick, Rachael	40	Blue Wave Aquati	NS
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**Women 40-44 200 Yard Breaststroke**

---	Neely, Wendy	40	Blue Wave Aquati	NS
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**Women 40-44 50 Yard Butterfly**

1	Moorhead, Amy	43	Lake Washington	28.88
2	Doherty, Lianna	41	Lake Washington	29.58
3	Segerson, Karen	40	Bainbridge Aquat	32.05
4	Holt, Megan	44	Blue Wave Aquati	39.45

**Women 40-44 100 Yard Butterfly**

1	Doherty, Lianna	41	Lake Washington	1:05.25
	30.40	34.85		
2	Segerson, Karen	40	Bainbridge Aquat	1:20.64
	36.33	44.31		
3	Clarke, Heather	43	Lake Washington	1:31.60
	41.79	49.81		

**Women 40-44 200 Yard Butterfly**

1	Doherty, Lianna	41	Lake Washington	2:25.16
	31.54	36.57	38.18	38.87

**Women 40-44 100 Yard IM**

1	Moorhead, Amy	43	Lake Washington	1:08.14
	32.49	35.65		
2	Segerson, Karen	40	Bainbridge Aquat	1:15.07
	34.91	40.16		
3	Cortani, Andrea	43	Sequim Aquatic R	1:24.55
	40.36	44.19		
4	Clarke, Heather	43	Lake Washington	1:25.99
	39.31	46.68		
5	Neely, Wendy	40	Blue Wave Aquati	1:27.97
	41.20	46.77		
6	Holt, Megan	44	Blue Wave Aquati	1:32.82
	42.12	50.70		
---	Kim, Nellis	44	Blue Wave Aquati	NS

**Women 40-44 200 Yard IM**

1	Sprenger, Cynthia	41	Blue Wave Aquati	3:07.66
	40.80	47.13	55.64	44.09
2	Clarke, Heather	43	Lake Washington	3:08.09
	41.74	47.62	55.37	43.36
---	Cortani, Andrea	43	Sequim Aquatic R	NS
---	Neely, Wendy	40	Blue Wave Aquati	NS

**Women 40-44 400 Yard IM**

1	Doherty, Lianna	41	Lake Washington	5:09.80
	31.47	36.69	42.40	40.12
	45.77	45.42	34.46	33.47
2	Segerson, Karen	40	Bainbridge Aquat	5:52.36
	36.49	45.67	45.50	46.28
	49.39	50.33	41.46	37.24
3	Clarke, Heather	43	Lake Washington	6:36.04
	42.30	50.08	52.52	53.38
	54.84	55.46	45.33	42.13

**Women 45-49 50 Yard Freestyle**

1	Armstrong, Mary	47	Snohomish	27.15
2	Reimer, Shelley	45	Bainbridge Aquat	27.79
3	Polidori, Wendy	45	Mukilteo YMCA	28.22
4	Van Loben Sels, Lisa	46	Bellevue Club	28.32
5	Johansson, Hanna	48	Downtown/Bellvu	28.79
6	Buehler, Paige	46	Moscow Chinooks	29.45
7	Marsh-Limm, Margo	47	Mukilteo YMCA	30.11
8	Shugart, Theresa	47	Sequim Aquatic R	31.28
9	Wilson, Andrea	46	Bainbridge Aquat	34.09



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**Women 45-49 100 Yard Freestyle**

1	Reimer, Shelley	45	Bainbridge Aquat	1:01.95
	29.35	32.60		
2	Polidori, Wendy	45	Mukilteo YMCA	1:02.83
	30.40	32.43		
3	Johansson, Hanna	48	Downtown/Bellvu	1:03.32
	30.16	33.16		
4	Van Loben Sels, Lisa	46	Bellevue Club	1:06.00
	31.09	34.91		
5	Marsh-Limm, Margo	47	Mukilteo YMCA	1:06.05
	31.70	34.35		
6	Beirne, Katherine	45	Sequim Aquatic R	1:07.58
	32.57	35.01		
7	Gende, Gretchen	45	Bainbridge Aquat	1:09.98
	34.67	35.31		
8	Shugart, Theresa	47	Sequim Aquatic R	1:12.40
	33.67	38.73		
9	Montiel, Julie	45	Blue Wave Aquati	1:30.78
	43.42	47.36		

**Women 45-49 200 Yard Freestyle**

1	Johansson, Hanna	48	Downtown/Bellvu	2:18.94
	31.24	35.09	36.16	36.45
2	Polidori, Wendy	45	Mukilteo YMCA	2:21.56
	33.55	35.01	35.69	37.31
3	Buehler, Paige	46	Moscow Chinooks	2:28.55
	33.03	36.55	39.20	39.77
4	Singer, Shannon	45	Skagit Valley Ma	3:14.62
	45.72	50.01	51.38	47.51

**Women 45-49 500 Yard Freestyle**

1	Armstrong, Mary	47	Snohomish	6:04.59
	32.52	36.29	37.68	37.82
	37.30	36.38	36.92	37.12
	36.91	35.65		
2	Reimer, Shelley	45	Bainbridge Aquat	6:12.17
	31.79	35.78	37.81	38.22
	38.66	38.64	38.83	38.59
	38.07	35.78		
3	Buehler, Paige	46	Moscow Chinooks	6:35.34
	35.08	38.07	39.67	40.51
	40.38	40.35	40.68	40.91
	40.85	38.84		
4	Singer, Shannon	45	Skagit Valley Ma	8:39.62
	47.66	51.61	53.71	53.41
	52.33	53.26	52.67	52.94
	52.30	49.73		
5	Montiel, Julie	45	Blue Wave Aquati	8:40.64
	45.08	50.95	53.25	53.88
	53.95	53.68	53.68	52.57
	53.66	49.94		

**Women 45-49 1000 Yard Freestyle**

1	Singer, Shannon	45	Skagit Valley Ma	17:41.00
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**Women 45-49 1650 Yard Freestyle**

1	Singer, Shannon	45	Skagit Valley Ma	29:59.23
	50.56	55.02	53.30	55.40
	55.98	55.65	54.22	54.78
	54.84	55.04	54.59	55.32
	55.29	54.58	55.48	54.32
	54.79	55.09	54.93	55.20
	55.01	54.99	55.30	55.12
	55.29	54.37	55.40	54.15
	52.74	53.77	53.96	55.65
				49.10

**Women 45-49 50 Yard Backstroke**

1	Armstrong, Mary	47	Snohomish	33.80
2	Marsh-Limm, Margo	47	Mukilteo YMCA	36.37
3	Shugart, Theresa	47	Sequim Aquatic R	38.61
4	Beirne, Katherine	45	Sequim Aquatic R	40.61
5	Gende, Gretchen	45	Bainbridge Aquat	42.54
---	Van Loben Sels, Lisa	46	Bellevue Club	NS

**Women 45-49 200 Yard Backstroke**

1	Singer, Shannon	45	Skagit Valley Ma	3:46.90
	52.64	58.65	59.86	55.75

**Women 45-49 50 Yard Breaststroke**

1	Armstrong, Mary	47	Snohomish	33.50
2	Beirne, Katherine	45	Sequim Aquatic R	38.45
3	Marsh-Limm, Margo	47	Mukilteo YMCA	38.68
4	Buehler, Paige	46	Moscow Chinooks	42.27
5	Gende, Gretchen	45	Bainbridge Aquat	44.16

**Women 45-49 100 Yard Breaststroke**

1	Johansson, Hanna	48	Downtown/Bellvu	1:23.39
	39.73	43.66		
2	Outerson, Jenell	47	Blue Wave Aquati	1:24.80
	40.84	43.96		

**Women 45-49 200 Yard Breaststroke**

1	Outerson, Jenell	47	Blue Wave Aquati	3:01.01
	41.49	46.55	46.96	46.01
2	Gende, Gretchen	45	Bainbridge Aquat	3:12.65
	44.60	50.49	49.81	47.75
3	Singer, Shannon	45	Skagit Valley Ma	3:58.16
	59.25	1:00.50	1:00.68	57.73

**Women 45-49 50 Yard Butterfly**

1	Armstrong, Mary	47	Snohomish	29.55
2	Reimer, Shelley	45	Bainbridge Aquat	31.42
3	Polidori, Wendy	45	Mukilteo YMCA	31.52
4	Buehler, Paige	46	Moscow Chinooks	33.78
5	Marsh-Limm, Margo	47	Mukilteo YMCA	35.75
6	Shugart, Theresa	47	Sequim Aquatic R	36.56
7	Wilson, Andrea	46	Bainbridge Aquat	38.88

**Women 45-49 100 Yard Butterfly**

1	Reimer, Shelley	45	Bainbridge Aquat	1:12.43
	33.79	38.64		
2	Polidori, Wendy	45	Mukilteo YMCA	1:15.21
	36.01	39.20		

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## Results

**Women 45-49 100 Yard IM**

1	Armstrong, Mary	47	Snohomish	1:10.43
	33.93	36.50		
2	Johansson, Hanna	48	Downtown/Bellvu	1:13.80
	34.99	38.81		
3	Outerson, Jenell	47	Blue Wave Aquati	1:13.97
	33.76	40.21		
4	Van Loben Sels, Lisa	46	Bellevue Club	1:16.21
	34.94	41.27		
5	Marsh-Limm, Margo	47	Mukilteo YMCA	1:17.98
	36.90	41.08		
6	Shugart, Theresa	47	Sequim Aquatic R	1:20.71
	37.41	43.30		
7	Wilson, Andrea	46	Bainbridge Aquat	1:29.09
	40.63	48.46		
8	Montiel, Julie	45	Blue Wave Aquati	1:43.50
	50.77	52.73		

**Women 45-49 200 Yard IM**

1	Outerson, Jenell	47	Blue Wave Aquati	2:42.02
	34.57	42.23	49.38	35.84
2	Johansson, Hanna	48	Downtown/Bellvu	2:42.33
	33.83	42.34	48.63	37.53
3	Polidori, Wendy	45	Mukilteo YMCA	2:43.62
	34.57	45.73	47.33	35.99
4	Buehler, Paige	46	Moscow Chinooks	2:54.17
	34.85	41.98	56.16	41.18
5	Shugart, Theresa	47	Sequim Aquatic R	3:01.25
	38.21	46.16	54.93	41.95
---	Gende, Gretchen	45	Bainbridge Aquat	NS

**Women 45-49 400 Yard IM**

1	Outerson, Jenell	47	Blue Wave Aquati	5:52.67
	36.50	42.08	47.75	46.33
	50.34	51.41	40.59	37.67

**Women 50-54 50 Yard Freestyle**

1	Crouch, Kim	53	Lake Washington	26.28
2	Dahl, Lisa	53	Orca Swim Club	26.89
3	Olsen, Kris	50	Lake Washington	30.22
4	Fuller, Deborah	51	Bainbridge Aquat	31.22
5	McFarland, Cestjon	54	Bainbridge Aquat	33.10
6	Dubey, Jessica	52	Bainbridge Aquat	39.03
---	Fly, Annette	51	South Whidbey Is	NS

**Women 50-54 100 Yard Freestyle**

1	Fuller, Deborah	51	Bainbridge Aquat	1:09.38
	32.04	37.34		
2	Kratzer, Elissa	52	Bainbridge Aquat	1:18.47
	38.78	39.69		
---	Fly, Annette	51	South Whidbey Is	NS
---	McFarland, Cestjon	54	Bainbridge Aquat	NS

**Women 50-54 200 Yard Freestyle**

1	Fuller, Deborah	51	Bainbridge Aquat	2:34.24
	33.38	37.79	40.52	42.55
2	Rotton, Belinda	50	Skagit Valley Ma	2:52.54
	40.06	43.81	44.65	44.02

3	McFarland, Cestjon	54	Bainbridge Aquat	2:58.65
	37.17	45.33	48.40	47.75

4	Dubey, Jessica	52	Bainbridge Aquat	3:45.09
	48.41	58.82	1:01.08	56.78

**Women 50-54 500 Yard Freestyle**

1	McIntyre, Shannon	50	Lake Washington	5:43.64
	29.29	31.89	33.79	34.31
	35.14	35.84	35.64	36.00
	36.89	34.85		

2	Fuller, Deborah	51	Bainbridge Aquat	6:54.54
	34.75	39.16	41.50	42.57
	42.91	43.22	43.52	43.30
	42.33	41.28		

3	Rotton, Belinda	50	Skagit Valley Ma	7:53.44
	43.26	46.29	48.10	48.98
	48.85	49.96	47.82	47.84
	48.67	43.67		

---	Flynn, Deborah	54	Bainbridge Aquat	SCR
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**Women 50-54 1000 Yard Freestyle**

1	McIntyre, Shannon	50	Lake Washington	11:44.72
	30.20	33.67	34.81	35.34
	35.37	35.69	35.85	35.72
	35.78	35.82	35.60	35.85
	36.01	36.06	36.03	35.69
	36.15	35.42	35.36	34.30

2	Rotton, Belinda	50	Skagit Valley Ma	17:28.11
	47.04	54.48	54.00	52.80
	53.50	54.09	53.69	54.11
	53.78	52.01	51.88	53.41
	55.12	53.92	52.72	52.46
	51.87	50.12	48.69	48.42

**Women 50-54 1650 Yard Freestyle**

1	McIntyre, Shannon	50	Lake Washington	19:36.43
	30.47	33.76	34.48	34.88
	35.13	35.15	35.61	35.55
	35.60	35.64	35.61	35.70
	35.89	36.13	35.81	36.13
	36.27	36.00	36.24	36.01
	36.10	36.11	36.35	36.28
	36.62	36.30	36.41	36.44
	36.38	36.35	36.44	36.00

2	Diddams, Margaret	53	North End Otters	26:03.38
	39.73	44.91	46.79	47.16
	47.91	47.32	47.86	48.06
	48.24	48.41	47.85	48.31
	48.38	48.07	48.16	48.34
	48.49	48.27	48.02	47.93
	47.53	48.17	47.78	47.50
	47.56	47.63	47.04	47.56
	46.95	46.95	48.42	46.59

---				34.59
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---				45.49
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**Women 50-54 50 Yard Backstroke**

1	Olsen, Kris	50	Lake Washington	35.97
2	Diddams, Margaret	53	North End Otters	37.01
3	Rotton, Belinda	50	Skagit Valley Ma	44.56

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## Results

**(Women 50-54 50 Yard Backstroke)**

4	Kratzer, Elissa	52	Bainbridge Aquat	46.72
---	Flynn, Deborah	54	Bainbridge Aquat	NS

**Women 50-54 100 Yard Backstroke**

1	Olsen, Kris	50	Lake Washington	1:16.67
				37.13 39.54
2	Diddams, Margaret	53	North End Otters	1:20.33
				40.13 40.20
---	McFarland, Cestjon	54	Bainbridge Aquat	NS

**Women 50-54 200 Yard Backstroke**

1	Rotton, Belinda	50	Skagit Valley Ma	3:32.16
				50.43 52.84 56.16 52.73

**Women 50-54 50 Yard Breaststroke**

1	Crouch, Kim	53	Lake Washington	34.56
2	Voss, Julie	51	Lake Washington	35.86
3	Olsen, Kris	50	Lake Washington	38.32
4	Kratzer, Elissa	52	Bainbridge Aquat	44.40
5	Dumouchel, Denise	52	Bainbridge Aquat	44.90
---	Flynn, Deborah	54	Bainbridge Aquat	NS

**Women 50-54 100 Yard Breaststroke**

1	Crouch, Kim	53	Lake Washington	1:13.60
				34.91 38.69
2	Voss, Julie	51	Lake Washington	1:18.06
				36.91 41.15
3	Dumouchel, Denise	52	Bainbridge Aquat	1:39.89
				48.70 51.19
---	Dubey, Jessica	52	Bainbridge Aquat	DQ
	Hands brought beyond the hipline during stroke			
				48.80 52.40

**Women 50-54 200 Yard Breaststroke**

1	Dumouchel, Denise	52	Bainbridge Aquat	3:38.81
				47.90 54.83 56.66 59.42
---	Fly, Annette	51	South Whidbey Is	NS
---	Crouch, Kim	53	Lake Washington	NS

**Women 50-54 50 Yard Butterfly**

1	Dahl, Lisa	53	Orca Swim Club	29.31
2	Olsen, Kris	50	Lake Washington	33.16
3	Fuller, Deborah	51	Bainbridge Aquat	37.01
4	McFarland, Cestjon	54	Bainbridge Aquat	42.67
---	Dubey, Jessica	52	Bainbridge Aquat	DQ
---	Fly, Annette	51	South Whidbey Is	NS

**Women 50-54 200 Yard Butterfly**

1	McIntyre, Shannon	50	Lake Washington	2:32.71
				32.69 38.06 40.05 41.91
---	Fly, Annette	51	South Whidbey Is	NS

**Women 50-54 100 Yard IM**

1	Crouch, Kim	53	Lake Washington	1:05.69
				30.68 35.01
2	Voss, Julie	51	Lake Washington	1:14.29
				35.63 38.66

3	Olsen, Kris	50	Lake Washington	1:17.24
				35.55 41.69
4	Fuller, Deborah	51	Bainbridge Aquat	1:24.30
				38.64 45.66
5	Dumouchel, Denise	52	Bainbridge Aquat	1:33.88
				44.55 49.33
6	McFarland, Cestjon	54	Bainbridge Aquat	1:38.48
				42.74 55.74
7	Dubey, Jessica	52	Bainbridge Aquat	1:51.09
				56.71 54.38

**Women 50-54 200 Yard IM**

1	McIntyre, Shannon	50	Lake Washington	2:23.53
				29.97 37.44 43.69 32.43
2	Crouch, Kim	53	Lake Washington	2:25.98
				30.44 38.38 43.14 34.02
3	Voss, Julie	51	Lake Washington	2:41.84
				35.92 43.73 44.67 37.52
4	Rotton, Belinda	50	Skagit Valley Ma	3:18.28
				40.33 52.43 1:01.25 44.27
5	Dumouchel, Denise	52	Bainbridge Aquat	3:30.64
				50.25 56.48 57.37 46.54

**Women 50-54 400 Yard IM**

1	McIntyre, Shannon	50	Lake Washington	5:16.44
				32.47 36.94 41.06 40.49 47.45 46.85 36.97 34.21
2	Dumouchel, Denise	52	Bainbridge Aquat	7:32.90
				50.79 57.91 1:00.26 1:01.30 1:00.93 1:02.18 50.93 48.60
---	Fly, Annette	51	South Whidbey Is	NS

**Women 55-59 50 Yard Freestyle**

1	Lippold, Mary	59	North End Otters	29.61
2	Menkens, Michelle	58	Blue Wave Aquati	30.30
3	Dillan, Gloria	55	North End Otters	30.79
4	Moore, Sheila	56	Lake Washington	32.44
5	Clutter, Cynthia	55	Mesa Masters	34.03
6	Fick, Jan	59	Bainbridge Aquat	36.82
7	Seaborg, Paige	59	Mukilteo YMCA	37.86
8	Speser, Nancy	58	Sequim Aquatic R	38.09
9	Boivin, Erica	55	Unat-Psm	44.14
10	Morris, Kathy	59	South Sound Mast	47.36
---	Underbrink, Mary	55	Lake Washington	X36.62
---	Tomlinson-Macias, Melinda	56	Hydropower Maste	NS

**Women 55-59 100 Yard Freestyle**

1	Lippold, Mary	59	North End Otters	1:04.83
				31.92 32.91
2	Menkens, Michelle	58	Blue Wave Aquati	1:06.51
				31.99 34.52
3	Moore, Sheila	56	Lake Washington	1:09.05
				33.01 36.04
4	Underbrink, Mary	55	Lake Washington	1:22.65
				38.35 44.30
5	Seaborg, Paige	59	Mukilteo YMCA	1:23.79
				40.19 43.60

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## Results

**(Women 55-59 100 Yard Freestyle)**

6	Borys, Ann Marie	57	Bainbridge Aquat	1:36.36
	43.96	52.40		
---	Tomlinson-Macias, Melinda	56	Hydropower Maste	NS

**Women 55-59 200 Yard Freestyle**

1	Courtney, Zena	55	Unat-Psm	2:17.33
	31.82	34.39	35.34	35.78
2	Moore, Sheila	56	Lake Washington	2:30.78
	34.24	37.50	39.12	39.92
3	Fick, Jan	59	Bainbridge Aquat	2:58.31
	40.30	44.56	45.99	47.46
4	Senz, Tamara	55	Sequim Aquatic R	3:03.31
	39.22	44.71	49.15	50.23
5	Seaborg, Paige	59	Mukilteo YMCA	3:11.84
	41.02	48.13	52.02	50.67
6	Speser, Nancy	58	Sequim Aquatic R	3:56.99
	46.96	59.96	1:05.57	1:04.50
7	Morris, Kathy	59	South Sound Mast	4:13.86
	55.50	1:05.28	1:06.61	1:06.47
---	Underbrink, Mary	55	Lake Washington	NS

**Women 55-59 500 Yard Freestyle**

1	Lippold, Mary	59	North End Otters	6:21.03
	34.58	37.75	38.53	38.88
	38.98	39.23	38.92	38.44
	37.85	37.87		
2	Moore, Sheila	56	Lake Washington	6:36.54
	36.23	39.44	40.29	40.55
	40.35	40.33	40.50	40.45
	39.95	38.45		
3	Clutter, Cynthia	55	Mesa Masters	7:12.14
	38.06	43.07	43.70	44.12
	44.15	44.28	44.36	44.23
	44.20	41.97		
4	Pugh, Lucianne	55	Skagit Valley Ma	11:07.12
	1:09.57	1:08.39	1:08.57	1:10.00
	1:11.26	1:04.07		
---	Morris, Kathy	59	South Sound Mast	NS
---	Courtney, Zena	55	Unat-Psm	NS

**Women 55-59 1000 Yard Freestyle**

1	Courtney, Zena	55	Unat-Psm	13:01.07
	33.85	37.78	38.76	39.21
	39.62	39.47	39.73	40.06
	39.14	39.28	39.91	39.37
	39.06	39.80	39.38	39.59
	38.99	38.87	39.80	39.40
2	Moore, Sheila	56	Lake Washington	13:35.84
	37.68	40.56	41.52	41.21
	41.08	41.37	41.33	41.14
	41.39	41.04	41.24	41.04
	41.14	41.01	40.57	40.61
	40.71	40.90	40.61	39.69

3	Hickel, Jessie	56	Blue Wave Aquati	14:24.20
	37.87	41.54	43.51	44.39
	44.77	44.62	44.17	44.58
	44.07	44.20	43.46	43.69
	43.56	43.37	43.53	43.59
	43.33	42.68	41.82	41.45
4	Clutter, Cynthia	55	Mesa Masters	14:41.60
	37.76	42.94	43.83	44.00
	44.76	44.62	44.65	44.73
	45.10	44.39	44.07	45.07
	44.51	45.11	44.61	44.68
	45.20	45.02	44.62	41.93
5	Bailey, Ann	59	Port Townsend Ma	15:34.63
	39.94	45.03	46.76	47.63
	47.14	47.71	47.61	48.08
	47.78	47.15	46.34	46.62
	48.94	47.36	47.62	47.03
	48.39	46.69	45.63	45.18

**Women 55-59 1650 Yard Freestyle**

1	Moore, Sheila	56	Lake Washington	23:02.72
	38.78	42.38	42.79	42.66
	42.51	42.13	42.59	42.44
	42.23	42.38	42.42	42.07
	42.58	42.07	42.24	42.34
	42.05	42.07	41.56	41.78
	41.74	41.87	42.03	42.01
	41.94	41.66	41.93	41.67
	41.71	41.97	41.45	40.76
---	Courtney, Zena	55	Unat-Psm	39.91
---				NS

**Women 55-59 50 Yard Backstroke**

1	Jaeger, Dawn	58	Lake Washington	36.67
2	Senz, Tamara	55	Sequim Aquatic R	46.12
3	Borys, Ann Marie	57	Bainbridge Aquat	49.12
4	Pugh, Lucianne	55	Skagit Valley Ma	59.54
---	Morris, Kathy	59	South Sound Mast	NS
---	Boivin, Erica	55	Unat-Psm	NS
---	Tomlinson-Macias, Melinda	56	Hydropower Maste	NS

**Women 55-59 100 Yard Backstroke**

1	Seaborg, Paige	59	Mukilteo YMCA	1:48.07
	52.84	55.23		
---	Jaeger, Dawn	58	Lake Washington	NS
---	Tomlinson-Macias, Melinda	56	Hydropower Maste	NS
---	Courtney, Zena	55	Unat-Psm	NS

**Women 55-59 200 Yard Backstroke**

1	Courtney, Zena	55	Unat-Psm	2:36.53
	35.79	38.81	40.75	41.18
2	Hickel, Jessie	56	Blue Wave Aquati	3:07.15
	45.37	48.18	47.78	45.82
3	Ball, Laurie	57	Blue Wave Aquati	3:18.55
	44.74	52.50	50.72	50.59
4	Pugh, Lucianne	55	Skagit Valley Ma	4:46.71
	1:02.61	1:15.11	1:19.35	1:09.64
---	Tomlinson-Macias, Melinda	56	Hydropower Maste	NS

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## Results

**Women 55-59 50 Yard Breaststroke**

1	Chapman, Linda	59	Lake Washington	38.57
2	Clutter, Cynthia	55	Mesa Masters	44.09
3	Seaborg, Paige	59	Mukilteo YMCA	50.25
4	Sato, Teri	55	Blue Wave Aquati	50.80
5	Borys, Ann Marie	57	Bainbridge Aquat	52.70
6	Pugh, Lucianne	55	Skagit Valley Ma	54.12
7	Boivin, Erica	55	Unat-Psm	58.44
---	Jaeger, Dawn	58	Lake Washington	NS

**Women 55-59 100 Yard Breaststroke**

1	Chapman, Linda	59	Lake Washington	1:22.56
	39.51	43.05		
2	Ball, Laurie	57	Blue Wave Aquati	1:26.47
	40.32	46.15		
3	Clutter, Cynthia	55	Mesa Masters	1:33.91
	44.26	49.65		
4	Hickel, Jessie	56	Blue Wave Aquati	1:41.39
	49.54	51.85		
5	Pugh, Lucianne	55	Skagit Valley Ma	2:00.71
	56.89	1:03.82		
---	Senz, Tamara	55	Sequim Aquatic R	DQ
	Downward butterfly kick			
	51.92	57.49		

**Women 55-59 200 Yard Breaststroke**

1	Chapman, Linda	59	Lake Washington	3:04.47
	41.19	46.59	47.92	48.77
2	Clutter, Cynthia	55	Mesa Masters	3:25.64
	47.70	53.86	53.43	50.65
3	Pugh, Lucianne	55	Skagit Valley Ma	4:24.50
	59.44	1:07.73	1:09.08	1:08.25

**Women 55-59 50 Yard Butterfly**

1	Lippold, Mary	59	North End Otters	32.32
2	Jaeger, Dawn	58	Lake Washington	33.95
3	Menkens, Michelle	58	Blue Wave Aquati	34.25
4	Underbrink, Mary	55	Lake Washington	47.84
---	Morris, Kathy	59	South Sound Mast	DQ
	Alternating Kick			

**Women 55-59 100 Yard Butterfly**

1	Jaeger, Dawn	58	Lake Washington	1:18.15
	37.05	41.10		
2	Dillan, Gloria	55	North End Otters	1:20.26
	37.42	42.84		
3	Bailey, Ann	59	Port Townsend Ma	1:26.38
	38.66	47.72		
4	Chapman, Linda	59	Lake Washington	1:27.51
	39.84	47.67		
5	Hickel, Jessie	56	Blue Wave Aquati	1:37.37
	46.13	51.24		
---	Lippold, Mary	59	North End Otters	NS

**Women 55-59 200 Yard Butterfly**

1	Bailey, Ann	59	Port Townsend Ma	3:14.41
	40.69	49.45	50.96	53.31
---	Dillan, Gloria	55	North End Otters	NS

**Women 55-59 100 Yard IM**

1	Lippold, Mary	59	North End Otters	1:15.81
	34.81	41.00		
2	Jaeger, Dawn	58	Lake Washington	1:17.06
	35.05	42.01		
3	Dillan, Gloria	55	North End Otters	1:17.62
	36.81	40.81		
4	Ball, Laurie	57	Blue Wave Aquati	1:23.44
	39.62	43.82		
5	Underbrink, Mary	55	Lake Washington	1:39.80
	49.38	50.42		
6	Morris, Kathy	59	South Sound Mast	2:12.92
	57.02	1:15.90		
---	Sato, Teri	55	Blue Wave Aquati	DQ
	Shoulders past vertical toward breast - back			
	52.01	59.67		

**Women 55-59 200 Yard IM**

1	Underbrink, Mary	55	Lake Washington	3:39.61
	51.17	58.94	1:00.72	48.78
---	Chapman, Linda	59	Lake Washington	NS

**Women 55-59 400 Yard IM**

1	Hickel, Jessie	56	Blue Wave Aquati	6:35.23
	46.63	53.72	50.56	49.69
	57.25	56.19	42.09	39.10

**Women 60-64 50 Yard Freestyle**

1	Davis, Charlotte	64	Lake Washington	28.44
2	Hubbard, Suzanne	63	Vashon Island Ro	33.33
3	Blackburn, Jean	63	Blue Wave Aquati	34.47
4	Kline, Barbara	61	Skagit Valley Ma	46.48
5	Thompson, Val	62	South Sound Mast	53.08
---	Adkins-Narte, Heather	60	Bainbridge Aquat	SCR

**Women 60-64 100 Yard Freestyle**

1	Davis, Charlotte	64	Lake Washington	1:01.06
	30.16	30.90		
2	Hair, Margaret	60	Lewis Clark Nept	1:09.75
	33.54	36.21		
3	Vilders, Jane	63	Skagit Valley Ma	1:36.26
	44.18	52.08		
4	Kline, Barbara	61	Skagit Valley Ma	1:44.82
	50.94	53.88		

**Women 60-64 200 Yard Freestyle**

1	Kassen, Elizabeth	63	Team Walker	2:37.90
	35.86	39.95	41.11	40.98
2	Hubbard, Suzanne	63	Vashon Island Ro	2:39.47
	35.58	38.73	41.77	43.39
3	Vilders, Jane	63	Skagit Valley Ma	3:27.95
	46.90	54.25	52.81	53.99
4	Goldberg, Jennie	61	Central Area Aqu	3:56.21
	55.02	58.74	1:02.28	1:00.17
5	Kline, Barbara	61	Skagit Valley Ma	4:09.78
	56.06	56.93	1:18.71	58.08
---	McDaniel, Kathy	63	Snohomish	NS

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## Results

**Women 60-64 500 Yard Freestyle**

1	Kassen, Elizabeth	63	Team Walker	6:53.87
	36.31	41.18	42.23	42.53
	42.64	42.79	42.14	41.82
	42.14	40.09		
2	Thompson, Val	62	South Sound Mast	10:19.57
	1:03.34	1:02.04	1:02.67	1:01.83
	1:03.09	58.42		
3	Kline, Barbara	61	Skagit Valley Ma	10:25.07
	55.99	1:03.04	1:01.54	1:02.25
	1:04.98	1:15.36	1:00.68	1:01.55
	1:01.62	58.06		

**Women 60-64 1000 Yard Freestyle**

1	Kassen, Elizabeth	63	Team Walker	14:09.79
	36.90	41.77	42.42	43.10
	43.07	43.06	42.98	43.08
	43.01	43.21	42.54	42.98
	42.38	42.93	42.95	42.94
	42.71	43.19	43.02	41.55
2	Vilders, Jane	63	Skagit Valley Ma	19:35.44
	51.55	59.05	1:00.07	59.85
	59.64	1:00.22	59.02	59.16
	59.92	58.41	1:00.56	1:00.40
	1:00.06	59.03	59.67	58.27
	58.15	59.16	58.67	54.58

**Women 60-64 1650 Yard Freestyle**

1	Kassen, Elizabeth	63	Team Walker	23:55.12
	38.44	42.75	43.63	43.60
	43.58	43.49	43.82	43.45
	43.73	43.63	43.33	43.65
	43.66	43.96	43.85	43.99
	43.13	43.65	43.96	43.61
	43.69	43.60	43.93	43.95
	43.48	44.24	44.13	44.22
	43.94	44.27	43.18	43.95

**Women 60-64 50 Yard Backstroke**

1	Blackburn, Jean	63	Blue Wave Aquati	43.17
2	Thompson, Val	62	South Sound Mast	1:17.50

**Women 60-64 100 Yard Backstroke**

1	Blackburn, Jean	63	Blue Wave Aquati	1:36.03
	47.95	48.08		
2	Kline, Barbara	61	Skagit Valley Ma	2:20.48
	1:09.87	1:10.61		

**Women 60-64 200 Yard Backstroke**

1	Adkins-Narte, Heather	60	Bainbridge Aquat	4:30.96
	1:05.74	1:06.04	1:11.50	1:07.68
2	Kline, Barbara	61	Skagit Valley Ma	4:47.95
	1:05.10	1:12.08	1:09.60	1:21.17

**Women 60-64 50 Yard Breaststroke**

1	Davis, Charlotte	64	Lake Washington	39.64
2	Kassen, Elizabeth	63	Team Walker	43.31

3	Vilders, Jane	63	Skagit Valley Ma	52.74
4	Adkins-Narte, Heather	60	Bainbridge Aquat	56.30
5	Thompson, Val	62	South Sound Mast	1:25.58

**Women 60-64 100 Yard Breaststroke**

1	Kassen, Elizabeth	63	Team Walker	1:34.14
	45.53	48.61		
2	Vilders, Jane	63	Skagit Valley Ma	1:49.52
	53.66	55.86		
3	Adkins-Narte, Heather	60	Bainbridge Aquat	2:01.05
	57.68	1:03.37		
4	Goldberg, Jennie	61	Central Area Aqu	2:21.42
	1:08.66	1:12.76		

**Women 60-64 200 Yard Breaststroke**

1	Vilders, Jane	63	Skagit Valley Ma	4:00.11
	54.07	1:02.23	1:03.43	1:00.38
2	Adkins-Narte, Heather	60	Bainbridge Aquat	4:15.12
	56.56	1:03.48	1:06.97	1:08.11

**Women 60-64 50 Yard Butterfly**

1	Davis, Charlotte	64	Lake Washington	30.61
2	Hair, Margaret	60	Lewis Clark Nept	35.85
3	Blackburn, Jean	63	Blue Wave Aquati	40.89
4	Hubbard, Suzanne	63	Vashon Island Ro	42.56
---	Thompson, Val	62	South Sound Mast	DQ
	Arms underwater recovery			

**Women 60-64 100 Yard Butterfly**

1	Hair, Margaret	60	Lewis Clark Nept	1:28.33
	40.06	48.27		
2	Belserene, Rita	63	Bainbridge Aquat	1:32.18
	41.63	50.55		

**Women 60-64 200 Yard Butterfly**

1	Hair, Margaret	60	Lewis Clark Nept	3:28.00
	46.24	52.84	55.18	53.74

**Women 60-64 100 Yard IM**

1	Davis, Charlotte	64	Lake Washington	1:11.49
	33.55	37.94		
2	Hair, Margaret	60	Lewis Clark Nept	1:20.72
	37.84	42.88		
3	Blackburn, Jean	63	Blue Wave Aquati	1:30.45
	43.50	46.95		
4	Goldberg, Jennie	61	Central Area Aqu	2:15.73
	1:09.75	1:05.98		
5	Thompson, Val	62	South Sound Mast	2:42.45
	1:22.70	1:19.75		
---	McDaniel, Kathy	63	Snohomish	NS

**Women 60-64 200 Yard IM**

1	Adkins-Narte, Heather	60	Bainbridge Aquat	4:27.82
	1:02.25	1:11.09	1:07.45	1:07.03

**Women 60-64 400 Yard IM**

1	Hair, Margaret	60	Lewis Clark Nept	6:26.47
	41.47	48.72	50.75	52.05
	55.08	53.27	42.90	42.23

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**(Women 60-64 400 Yard IM)**

2	Belserene, Rita	63	Bainbridge Aquat	6:49.24
	45.16	50.68	52.18	52.88
	59.27	1:00.23	45.89	42.95
3	Adkins-Narte, Heather	60	Bainbridge Aquat	9:17.95
	1:06.04	1:20.52	1:11.20	1:11.11
	1:06.25	1:08.73	1:08.87	1:05.23

**Women 65-69 50 Yard Freestyle**

1	Welch, Sarah	68	Orca Swim Club	33.51
2	Brown, Susan	66	Skagit Valley Ma	40.28
3	Williams, Judy	67	Blue Wave Aquati	41.43
---	Dillon, Sally	68	Bellevue Club	SCR

**Women 65-69 100 Yard Freestyle**

1	Welch, Sarah	68	Orca Swim Club	1:16.64
	37.66	38.98		
2	Bent, Julia	67	North End Otters	1:27.26
	41.79	45.47		
3	Williams, Judy	67	Blue Wave Aquati	1:34.77
	45.35	49.42		
4	Brown, Susan	66	Skagit Valley Ma	1:36.59
	45.88	50.71		
---	Dillon, Sally	68	Bellevue Club	SCR

**Women 65-69 200 Yard Freestyle**

1	Brown, Susan	66	Skagit Valley Ma	3:44.06
	51.52	55.60	58.63	58.31
---	Dillon, Sally	68	Bellevue Club	SCR

**Women 65-69 500 Yard Freestyle**

1	Carruthers, Kate	66	Bainbridge Aquat	7:40.61
	40.09	46.95	48.10	47.25
	48.19	47.54	47.12	47.01
	45.60	42.76		
2	Casey, Kathrine	66	Puget Sound Aqua	8:14.19
	43.20	48.52	50.95	51.12
	50.50	50.58	51.35	51.53
	49.74	46.70		
3	Bent, Julia	67	North End Otters	8:38.79
	49.09	52.07	52.97	51.18
	53.06	52.55	53.25	52.47
	52.53	49.62		
4	Williams, Judy	67	Blue Wave Aquati	8:58.91
	45.89	50.46	52.41	55.50
	53.28	53.76	56.87	57.82
	56.75	56.17		
5	Brown, Susan	66	Skagit Valley Ma	10:17.56
	57.21	59.86	1:05.04	1:03.74
	1:03.01	1:01.86	1:02.41	1:03.58
	1:01.65	59.20		

**Women 65-69 1000 Yard Freestyle**

1	Casey, Kathrine	66	Puget Sound Aqua	16:29.98
	42.61	48.87	50.55	50.60
	50.42	50.14	50.40	50.51
	50.49	50.30	50.20	50.16
	49.55	50.64	49.37	50.26
	48.94	49.24	49.10	47.63
2	Brown, Susan	66	Skagit Valley Ma	20:57.24
	55.22	1:01.78	1:03.65	1:02.17
	1:03.08	1:02.72	1:04.31	1:02.56
	1:03.90	1:03.22	1:03.79	1:05.37
	1:04.03	1:03.45	1:03.18	1:06.20
	1:02.72	1:04.39	1:01.77	59.73
3	Johnson, Barbara	65	Sequim Aquatic R	22:02.81
	58.64	1:03.59	1:05.45	1:05.65
	1:06.55	1:05.94	1:05.36	1:06.29
	1:07.75	1:07.22	1:07.18	1:07.32
	1:07.09	1:07.46	1:06.78	1:08.22
	1:07.09	1:07.03	1:07.34	1:04.86
---	Dillon, Sally	68	Bellevue Club	SCR

**Women 65-69 1650 Yard Freestyle**

1	Johnson, Barbara	65	Sequim Aquatic R	37:37.23
	57.12	1:06.66	1:06.08	1:06.67
	1:08.79	1:07.57	1:07.73	1:07.60
	1:06.92	1:08.58	1:07.47	1:07.53
	1:08.19	1:07.66	1:08.32	1:08.58
	1:09.25	1:08.94	1:10.37	1:09.83
	1:08.51	1:09.73	1:10.23	1:10.01
	1:10.20	1:11.16	1:09.40	1:10.05
	1:10.37	1:10.47	1:10.80	1:10.41
				1:06.03

**Women 65-69 50 Yard Backstroke**

1	Carruthers, Kate	66	Bainbridge Aquat	42.98
2	Casey, Kathrine	66	Puget Sound Aqua	43.89
---	Brown, Susan	66	Skagit Valley Ma	DQ
	Shoulders past vertical toward breast			
---	Dillon, Sally	68	Bellevue Club	SCR

**Women 65-69 100 Yard Backstroke**

1	Casey, Kathrine	66	Puget Sound Aqua	1:32.29
	45.39	46.90		
2	Bent, Julia	67	North End Otters	1:43.48
	51.27	52.21		
---	Dillon, Sally	68	Bellevue Club	SCR

**Women 65-69 200 Yard Backstroke**

1	Carruthers, Kate	66	Bainbridge Aquat	3:16.11
	46.73	51.28	50.38	47.72
2	Casey, Kathrine	66	Puget Sound Aqua	3:19.94
	46.22	49.60	52.29	51.83

**Women 65-69 50 Yard Breaststroke**

1	Williams, Judy	67	Blue Wave Aquati	51.86
2	Bent, Julia	67	North End Otters	54.91

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**Women 65-69 100 Yard Breaststroke**

1	Carruthers, Kate	66	Bainbridge Aquat	1:33.69
	44.27	49.42		
2	Casey, Kathrine	66	Puget Sound Aqua	1:50.70
	51.97	58.73		
3	Williams, Judy	67	Blue Wave Aquati	1:53.45
	52.30	1:01.15		

**Women 65-69 200 Yard Breaststroke**

1	Carruthers, Kate	66	Bainbridge Aquat	3:33.81
	47.97	56.41	56.00	53.43

**Women 65-69 50 Yard Butterfly**

1	Welch, Sarah	68	Orca Swim Club	38.56
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**Women 65-69 100 Yard Butterfly**

1	Welch, Sarah	68	Orca Swim Club	1:32.01
	44.14	47.87		

**Women 65-69 100 Yard IM**

1	Carruthers, Kate	66	Bainbridge Aquat	1:28.27
	42.54	45.73		
2	Welch, Sarah	68	Orca Swim Club	1:31.09
	45.03	46.06		
3	Williams, Judy	67	Blue Wave Aquati	1:49.45
	53.71	55.74		

**Women 65-69 200 Yard IM**

1	Welch, Sarah	68	Orca Swim Club	3:16.19
	43.38	52.60	58.69	41.52

**Women 75-79 100 Yard Freestyle**

1	Snow, Charlotte	75	Ymcapkc Sound Aq	1:57.34
	55.69	1:01.65		

**Women 75-79 100 Yard Backstroke**

1	Snow, Charlotte	75	Ymcapkc Sound Aq	2:45.56
	1:20.93	1:24.63		

**Women 75-79 100 Yard Breaststroke**

1	Snow, Charlotte	75	Ymcapkc Sound Aq	2:11.98
	1:04.45	1:07.53		

**Women 75-79 200 Yard Breaststroke**

1	Snow, Charlotte	75	Ymcapkc Sound Aq	4:46.61
	1:07.52	1:11.34	1:15.74	1:12.01

**Women 75-79 100 Yard IM**

1	Snow, Charlotte	75	Ymcapkc Sound Aq	2:19.73
	1:11.32	1:08.41		

**Women 80-84 50 Yard Freestyle**

1	Kavadas, Janet	84	North End Otters	1:22.54
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**Women 80-84 100 Yard Breaststroke**

1	Kavadas, Janet	84	North End Otters	3:27.87
	1:39.49	1:48.38		

**Men 18-24 50 Yard Freestyle**

1	Reid, Jordan	22	Western Washingt	22.42
2	McCulloh, Spencer	20	Unat-Pna	22.66
3	Williamson, Brian	22	Greenlake Aquadu	23.34

4	Chapman, Andy	21	Lake Washington	23.50
5	Williamson, Eric	24	Washington Athle	24.63
6	Propersi, Jeffrey	19	Western Washingt	25.87
7	Hendricks, Dane	21	Western Washingt	26.49
8	Dahlgren, Bryan	21	Central Washingt	26.59
9	Reehill, James	22	Ymcapkc Sound Aq	26.86
10	Couch, Brandon	19	Husky Masters	27.34
11	Schmidt, Conor	19	Central Washingt	28.04
12	Clark, Austin	19	Western Washingt	29.73

**Men 18-24 100 Yard Freestyle**

1	Stipek, Clinton	24	Ymcapkc Sound Aq	48.15
	23.02	25.13		
2	Mendez-Beck, Tomas	23	Lake Washington	48.47
	22.81	25.66		
3	McCulloh, Spencer	20	Unat-Pna	50.01
	23.54	26.47		
4	Kelly, Nicholas	18	Western Washingt	53.77
	25.91	27.86		
5	Jenkins, Cody	23	Bainbridge Aquat	54.96
	26.67	28.29		
6	Wrigley, Jon Scott	19	Western Washingt	55.33
	26.59	28.74		
7	Propersi, Jeffrey	19	Western Washingt	56.90
	27.05	29.85		
8	Hendricks, Dane	21	Western Washingt	59.32
	27.55	31.77		
9	Couch, Brandon	19	Husky Masters	59.94
	28.50	31.44		
10	Schmidt, Conor	19	Central Washingt	1:02.69
	28.21	34.48		

**Men 18-24 200 Yard Freestyle**

1	Stipek, Clinton	24	Ymcapkc Sound Aq	1:48.67
	25.16	27.51	27.88	28.12
2	Koehler, Avery	18	Sequim Aquatic R	2:00.10
	26.93	30.61	31.22	31.34
3	Wrigley, Jon Scott	19	Western Washingt	2:06.59
	27.51	31.55	33.85	33.68

**Men 18-24 500 Yard Freestyle**

1	Williamson, Eric	24	Washington Athle	5:46.83
	29.61	33.46	35.26	36.27
	36.29	36.49	36.27	35.72
	34.23	33.23		
2	McCallum, Ian	20	Western Washingt	5:47.68
	29.70	32.78	34.09	34.72
	35.58	35.77	35.79	36.47
	37.02	35.76		
3	Koehler, Avery	18	Sequim Aquatic R	5:52.58
	29.85	35.24	36.32	35.90
	35.62	35.97	36.25	37.02
	36.57	33.84		
4	Schmidt, Conor	19	Central Washingt	6:46.46
	32.75	37.38	40.31	41.64
	41.61	42.15	42.78	43.23
	43.26	41.35		



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<b>Men 18-24 1650 Yard Freestyle</b>				5	Kelly, Nicholas	18	Western Washingt	1:01.77		
---	Stipek, Clinton	24	Ymcapkc Sound Aq	28.22	33.55					
<b>Men 18-24 50 Yard Backstroke</b>				6	Wrigley, Jon Scott	19	Western Washingt	1:03.21		
1	Propersi, Jeffrey	19	Western Washingt	29.38	33.83					
2	Dahlgren, Bryan	21	Central Washingt							
3	McCallum, Ian	20	Western Washingt	32.07	38.78					
4	Reehill, James	22	Ymcapkc Sound Aq							
				---	Vance, Jonathan	20	Husky Masters	NS		
<b>Men 18-24 100 Yard Backstroke</b>				<b>Men 18-24 200 Yard Butterfly</b>						
1	Koehler, Avery	18	Sequim Aquatic R	1:02.36	1	Mendez-Beck, Tomas	23	Lake Washington	2:01.58	
	29.92	32.44				26.14	29.99	31.36	34.09	
2	Kelly, Nicholas	18	Western Washingt	1:02.83	2	Jenkins, Cody	23	Bainbridge Aquat	2:22.64	
	30.43	32.40				31.41	35.61	37.24	38.38	
3	Propersi, Jeffrey	19	Western Washingt	1:07.07	<b>Men 18-24 100 Yard IM</b>					
	32.68	34.39			1	Stipek, Clinton	24	Ymcapkc Sound Aq	56.72	
<b>Men 18-24 200 Yard Backstroke</b>						26.03	30.69			
---	Vance, Jonathan	20	Husky Masters	NS	2	Williamson, Brian	22	Greenlake Aquadu	1:00.52	
						27.57	32.95			
<b>Men 18-24 50 Yard Breaststroke</b>						28.57	31.97			
1	Olden, Jaegger	21	Central Washingt	31.15	3	Pehrson, Josh	18	Western Washingt	1:00.54	
2	McCallum, Ian	20	Western Washingt	31.98	4	Jenkins, Cody	23	Bainbridge Aquat	1:02.69	
---	Stipek, Clinton	24	Ymcapkc Sound Aq	NS						
					5	Williamson, Eric	24	Washington Athle	1:03.70	
<b>Men 18-24 100 Yard Breaststroke</b>						29.39	34.31			
1	Pehrson, Josh	18	Western Washingt	1:03.89	6	McCallum, Ian	20	Western Washingt	1:03.98	
	29.44	34.45				31.04	32.94			
2	Jenkins, Cody	23	Bainbridge Aquat	1:08.72	7	Reehill, James	22	Ymcapkc Sound Aq	1:11.84	
	33.37	35.35				32.79	39.05			
3	Koehler, Avery	18	Sequim Aquatic R	1:08.90	---	Schmidt, Conor	19	Central Washingt	DQ	
	31.36	37.54				34.65	46.14			
<b>Men 18-24 200 Yard Breaststroke</b>						36.34	43.85			
1	Olden, Jaegger	21	Central Washingt	2:38.45	---	Clark, Austin	19	Western Washingt	DQ	
	35.56	44.27	40.32	38.30	<b>Men 18-24 200 Yard IM</b>					
<b>Men 18-24 50 Yard Butterfly</b>						29.53	34.49			
1	Mendez-Beck, Tomas	23	Lake Washington	23.27	1	Koehler, Avery	18	Sequim Aquatic R	2:13.80	
2	Reid, Jordan	22	Western Washingt	24.00				39.81	29.97	
3	Williamson, Brian	22	Greenlake Aquadu	25.73	2	Jenkins, Cody	23	Bainbridge Aquat	2:17.14	
4	Kelly, Nicholas	18	Western Washingt	26.44				30.19	34.82	
5	Olden, Jaegger	21	Central Washingt	27.46	<b>Men 25-29 50 Yard Freestyle</b>					
6	McCallum, Ian	20	Western Washingt	28.82	1	Conroy, Chris	29	Lake Washington	22.69	
7	Dahlgren, Bryan	21	Central Washingt	29.33	2	Kotynia, Jakub	26	Lake Washington	22.78	
8	Reehill, James	22	Ymcapkc Sound Aq	29.89	3	Pfaff, Chris	28	Washington Athle	24.55	
9	Couch, Brandon	19	Husky Masters	30.65	4	Vroom, Andrew	28	Unat-Psm	24.71	
---	Vance, Jonathan	20	Husky Masters	NS	5	Bernard, Andy	28	Unat-Pna	25.93	
					6	Robertson, Ryan	28	Orca Swim Club	26.40	
<b>Men 18-24 100 Yard Butterfly</b>						7	Scott, Michael	28	Lake Washington	27.75
1	Mendez-Beck, Tomas	23	Lake Washington	51.30	8	Phillips, Alex	27	Husky Masters	28.29	
	24.23	27.07			9	Martinez, Hector	29	Downtown/Bellvu	28.36	
2	Reid, Jordan	22	Western Washingt	59.13	10	Fleming, Justin	27	Lake Washington	35.78	
	27.24	31.89			---	Contreras Sandoval, Isaac	25	Pro Sports Club	NS	
3	Jenkins, Cody	23	Bainbridge Aquat	59.53	<b>Men 25-29 100 Yard Freestyle</b>					
	27.43	32.10			1	Chapman, Chris	28	Lake Washington	47.46	
4	Koehler, Avery	18	Sequim Aquatic R	1:00.24				22.70	24.76	
	28.29	31.95			2	Conroy, Chris	29	Lake Washington	49.61	
								24.07	25.54	

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## Results

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

3	Edde, Matthew	25	Blue Wave Aquati	52.52
	24.94	27.58		
4	Malinak, Andrew	28	Husky Masters	52.60
	25.14	27.46		
5	Pfaff, Chris	28	Washington Athle	54.16
	26.15	28.01		
6	Vaughan, Brandon	27	Washington Athle	54.39
	25.85	28.54		
7	Phillips, Alex	27	Husky Masters	59.43
	28.84	30.59		
8	Scott, Michael	28	Lake Washington	59.66
	29.23	30.43		
9	Martinez, Hector	29	Downtown/Bellvu	1:03.19
	29.51	33.68		
---	Contreras Sandoval, Isaac	25	Pro Sports Club	NS

**Men 25-29 200 Yard Freestyle**

1	Edde, Matthew	25	Blue Wave Aquati	1:59.87
	28.62	31.46	30.72	29.07
2	Pfaff, Chris	28	Washington Athle	2:02.94
	26.73	29.30	32.40	34.51
3	Liedtke, Matthew	25	Lake Washington	2:09.46
	29.62	32.81	33.82	33.21
4	Bernard, Andy	28	Unat-Pna	2:19.01
	29.90	33.83	36.87	38.41
5	Fleming, Justin	27	Lake Washington	2:50.12
	37.45	41.46	45.29	45.92

**Men 25-29 500 Yard Freestyle**

1	Phillips, Alex	27	Husky Masters	5:56.30
	31.42	34.89	36.71	36.95
	37.26	37.10	36.77	36.03
	35.48	33.69		
2	Scott, Michael	28	Lake Washington	5:58.53
	31.62	35.75	36.86	37.20
	35.77	37.42	36.43	37.64
	35.08	34.76		

**Men 25-29 50 Yard Backstroke**

1	Edde, Matthew	25	Blue Wave Aquati	32.03
2	Robertson, Ryan	28	Orca Swim Club	32.48
3	Martinez, Hector	29	Downtown/Bellvu	35.95

**Men 25-29 200 Yard Backstroke**

1	Liedtke, Matthew	25	Lake Washington	2:21.02
	32.76	35.27	36.36	36.63

**Men 25-29 50 Yard Breaststroke**

1	Kotynia, Jakub	26	Lake Washington	25.76
2	Conroy, Chris	29	Lake Washington	27.43
3	Robertson, Ryan	28	Orca Swim Club	34.97
---	Martinez, Hector	29	Downtown/Bellvu	NS

**Men 25-29 100 Yard Breaststroke**

1	Kotynia, Jakub	26	Lake Washington	57.53
	26.23	31.30		

2	Conroy, Chris	29	Lake Washington	1:00.07
	27.84	32.23		
3	Vroom, Andrew	28	Unat-Psm	1:08.80
	33.53	35.27		

**Men 25-29 200 Yard Breaststroke**

1	Kotynia, Jakub	26	Lake Washington	2:10.41
	29.38	33.26	34.09	33.68
2	Conroy, Chris	29	Lake Washington	2:13.77
	30.01	33.85	34.56	35.35
3	Phillips, Alex	27	Husky Masters	2:38.74
	35.30	40.78	41.64	41.02
4	Robertson, Ryan	28	Orca Swim Club	2:58.38
	38.51	44.93	47.64	47.30

**Men 25-29 50 Yard Butterfly**

1	Liedtke, Matthew	25	Lake Washington	25.47
2	Pfaff, Chris	28	Washington Athle	26.39
3	Robertson, Ryan	28	Orca Swim Club	27.45
4	Scott, Michael	28	Lake Washington	28.96
5	Phillips, Alex	27	Husky Masters	29.97
6	Martinez, Hector	29	Downtown/Bellvu	30.64
7	Fleming, Justin	27	Lake Washington	39.40
---	Contreras Sandoval, Isaac	25	Pro Sports Club	NS

**Men 25-29 100 Yard Butterfly**

1	Chapman, Chris	28	Lake Washington	50.50
	23.59	26.91		
2	Liedtke, Matthew	25	Lake Washington	57.66
	26.81	30.85		
3	Vaughan, Brandon	27	Washington Athle	1:00.95
	27.59	33.36		
4	Edde, Matthew	25	Blue Wave Aquati	1:01.05
	28.05	33.00		
5	Scott, Michael	28	Lake Washington	1:06.06
	31.38	34.68		
---	Contreras Sandoval, Isaac	25	Pro Sports Club	NS

**Men 25-29 200 Yard Butterfly**

1	Chapman, Chris	28	Lake Washington	1:55.37
	25.73	29.79	28.97	30.88
2	Malinak, Andrew	28	Husky Masters	2:16.82
	29.95	34.35	37.06	35.46
3	Edde, Matthew	25	Blue Wave Aquati	2:24.03
	30.82	36.35	38.17	38.69

**Men 25-29 100 Yard IM**

1	Chapman, Chris	28	Lake Washington	52.97
	23.96	29.01		
2	Kotynia, Jakub	26	Lake Washington	53.51
	25.12	28.39		
3	Conroy, Chris	29	Lake Washington	57.33
	27.58	29.75		
4	Vaughan, Brandon	27	Washington Athle	1:03.52
	28.27	35.25		
5	Vroom, Andrew	28	Unat-Psm	1:05.38
	30.87	34.51		

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

6	Edde, Matthew	25	Blue Wave Aquati	1:06.25
	31.55	34.70		
7	Robertson, Ryan	28	Orca Swim Club	1:08.95
	30.58	38.37		
8	Phillips, Alex	27	Husky Masters	1:09.55
	34.39	35.16		
9	Bernard, Andy	28	Unat-Pna	1:10.71
	33.27	37.44		
10	Martinez, Hector	29	Downtown/Bellevu	1:11.35
	32.04	39.31		

**Men 25-29 200 Yard IM**

1	Scott, Michael	28	Lake Washington	2:37.84
	31.37	39.62	52.68	34.17

**Men 30-34 50 Yard Freestyle**

1	Jimmison, Tyrone	34	Greenlake Aquadu	24.06
2	Kanev, Teodor	32	Mukilteo YMCA	25.07
3	Poier, James	31	Unat-Psm	25.29
4	Ceara, Rafael	34	Lake Washington	25.68
---	Speer, Jasen	33	Snohomish	DQ

**Men 30-34 100 Yard Freestyle**

1	Heaton, Jesse	30	Downtown/Bellevu	55.04
	26.21	28.83		
2	Kanev, Teodor	32	Mukilteo YMCA	55.79
	25.98	29.81		
3	Poier, James	31	Unat-Psm	55.86
	26.81	29.05		
4	Ceara, Rafael	34	Lake Washington	56.53
	27.71	28.82		
5	Block, Jonathan	32	Unat-Psm	1:04.63
	30.82	33.81		

**Men 30-34 200 Yard Freestyle**

1	Kanev, Teodor	32	Mukilteo YMCA	2:06.47
	28.75	31.78	32.46	33.48
2	Miller, Aaron	31	Lake Washington	2:09.64
	30.40	33.08	33.47	32.69
3	Poier, James	31	Unat-Psm	2:10.29
	29.09	32.66	33.56	34.98
4	Thomas, Isaac	34	Central Area Aqu	2:12.77
	30.29	32.33	34.76	35.39
5	Ceara, Rafael	34	Lake Washington	2:17.24
	29.20	32.71	38.12	37.21

**Men 30-34 500 Yard Freestyle**

1	Switaj, Eddie	30	Bellevue Club	4:41.93
	25.88	28.28	28.68	28.75
	28.61	28.69	28.55	28.46
	28.61	27.42		
2	Miller, Aaron	31	Lake Washington	5:59.19
	30.51	33.59	34.48	35.54
	37.18	36.61	37.38	37.87
	39.01	37.02		
---	Thomas, Isaac	34	Central Area Aqu	SCR

**Men 30-34 1000 Yard Freestyle**

1	Switaj, Eddie	30	Bellevue Club	9:45.44
	26.46	29.21	29.35	29.47
	29.40	29.67	29.55	29.67
	29.65	29.25	29.40	29.72
	29.64	29.70	29.68	29.71
	29.63	29.45	29.06	27.77

**Men 30-34 1650 Yard Freestyle**

1	O'Hern, Dave	31	Husky Masters	21:05.31
	31.06	34.65	37.05	37.75
	38.42	39.19	39.25	38.87
	39.62	38.58	38.94	38.58
	38.55	38.23	38.72	38.43
	38.31	38.12	38.49	38.19
	38.25	38.85	38.89	38.78
	38.98	39.04	39.23	39.90
	38.39	39.10	39.70	39.99
				37.21

**Men 30-34 50 Yard Backstroke**

1	Ceara, Rafael	34	Lake Washington	32.33
2	Kanev, Teodor	32	Mukilteo YMCA	34.32
3	Block, Jonathan	32	Unat-Psm	36.78

**Men 30-34 100 Yard Backstroke**

1	Heaton, Jesse	30	Downtown/Bellevu	1:04.62
	30.43	34.19		
2	Ceara, Rafael	34	Lake Washington	1:08.85
	33.18	35.67		
3	Block, Jonathan	32	Unat-Psm	1:18.73
	38.10	40.63		

**Men 30-34 200 Yard Backstroke**

1	Heaton, Jesse	30	Downtown/Bellevu	2:17.12
	31.73	34.39	35.45	35.55
2	O'Hern, Dave	31	Husky Masters	2:25.98
	34.27	36.69	38.14	36.88

**Men 30-34 50 Yard Breaststroke**

1	Cleary, Kevin	31	Oregon Masters	31.21
2	Poier, James	31	Unat-Psm	31.53
3	O'Hern, Dave	31	Husky Masters	35.90
---	Jimmison, Tyrone	34	Greenlake Aquadu	NS

**Men 30-34 100 Yard Breaststroke**

1	Cleary, Kevin	31	Oregon Masters	1:07.05
	31.04	36.01		
2	Jimmison, Tyrone	34	Greenlake Aquadu	1:09.20
	32.19	37.01		
3	Miller, Aaron	31	Lake Washington	1:13.14
	34.68	38.46		
4	Speer, Jasen	33	Snohomish	1:19.10
	37.06	42.04		

**Men 30-34 200 Yard Breaststroke**

1	Cleary, Kevin	31	Oregon Masters	2:32.38
	36.87	38.61	37.60	39.30
2	Miller, Aaron	31	Lake Washington	2:39.90
	35.51	39.97	42.04	42.38

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<b>Men 30-34 50 Yard Butterfly</b>				3	Brayman, Brook	38	Blue Wave Aquati	52.11	
1	Jimmison, Tyrone	34	Greenlake Aquadu	27.90	25.29	26.82			
2	Ceara, Rafael	34	Lake Washington	28.41			39	Team Walker	
3	Speer, Jasen	33	Snohomish	28.69	28.50	30.36		58.86	
4	Thomas, Isaac	34	Central Area Aqu	31.41					
<b>Men 30-34 100 Yard Butterfly</b>				<b>Men 35-39 200 Yard Freestyle</b>					
1	Cleary, Kevin	31	Oregon Masters	57.96	1	Brayman, Brook	38	Blue Wave Aquati	1:55.13
	27.10	30.86				26.60	29.10	29.89	29.54
2	Heaton, Jesse	30	Downtown/Bellevu	1:04.53	2	Guillen, Brian	39	Team Walker	2:15.32
	29.74	34.79				30.62	34.65	35.39	34.66
3	Thomas, Isaac	34	Central Area Aqu	1:05.32	3	Conklin, Kevin	39	Blue Wave Aquati	2:24.11
	30.05	35.27				32.82	37.58	37.41	36.30
4	O'Hern, Dave	31	Husky Masters	1:12.58	<b>Men 35-39 500 Yard Freestyle</b>				
	33.71	38.87			1	Brayman, Brook	38	Blue Wave Aquati	5:15.35
<b>Men 30-34 200 Yard Butterfly</b>						28.73	30.81	31.06	31.50
1	Switaj, Eddie	30	Bellevue Club	1:54.48		32.06	32.21	32.36	32.54
	25.99	29.12	29.67	29.70		32.51	31.57		
---	Thomas, Isaac	34	Central Area Aqu	NS	2	Bush, Gabe	37	Blue Wave Aquati	5:48.08
						31.50	34.13	35.05	35.62
<b>Men 30-34 100 Yard IM</b>						35.45	35.81	35.45	35.84
1	Poier, James	31	Unat-Psm	1:04.22		35.29	33.94		
	30.27	33.95			<b>Men 35-39 1000 Yard Freestyle</b>				
2	Speer, Jasen	33	Snohomish	1:07.83	1	Bush, Gabe	37	Blue Wave Aquati	12:06.63
	31.10	36.73				32.07	34.76	35.95	36.64
<b>Men 30-34 200 Yard IM</b>						37.28	36.91	37.21	37.12
1	Heaton, Jesse	30	Downtown/Bellevu	2:20.96		37.02	36.95	35.42	36.14
	29.09	32.86	44.86	34.15		35.75	36.47	36.77	37.00
2	Miller, Aaron	31	Lake Washington	2:24.05		36.86	37.26	36.73	36.32
	30.99	38.35	41.14	33.57	<b>Men 35-39 1650 Yard Freestyle</b>				
3	O'Hern, Dave	31	Husky Masters	2:29.86	1	Bush, Gabe	37	Blue Wave Aquati	20:19.69
	33.57	37.11	45.25	33.93		32.79	35.31	36.38	36.87
<b>Men 30-34 400 Yard IM</b>						37.04	36.33	36.59	36.55
1	Switaj, Eddie	30	Bellevue Club	4:13.79		36.64	36.78	36.70	36.85
	26.37	30.05	34.05	33.32		36.84	36.93	37.16	37.33
	36.81	36.98	28.98	27.23		37.31	37.56	36.95	37.30
2	Heaton, Jesse	30	Downtown/Bellevu	5:11.72		36.92	37.12	37.85	37.23
	31.89	37.11	36.36	36.80		37.70	37.78	37.27	37.77
	47.23	48.37	37.09	36.87		37.69	37.51	37.59	37.61
3	Miller, Aaron	31	Lake Washington	5:15.95	<b>Men 35-39 50 Yard Backstroke</b>				
	33.62	39.98	40.76	40.83	1	Nordyke, Brent	39	Blue Wave Aquati	29.23
	43.16	44.01	37.61	35.98	<b>Men 35-39 100 Yard Backstroke</b>				
4	O'Hern, Dave	31	Husky Masters	5:22.76	1	Gray, Trever	39	Lake Washington	52.00
	34.07	41.78	40.99	37.99		24.97	27.03		
	48.00	48.73	37.56	33.64	<b>Men 35-39 200 Yard Backstroke</b>				
<b>Men 35-39 50 Yard Freestyle</b>									
1	Guillen, Brian	39	Team Walker	26.24	1	Gray, Trever	39	Lake Washington	1:55.85
2	Conklin, Kevin	39	Blue Wave Aquati	29.83		27.92	28.80	29.43	29.70
<b>Men 35-39 100 Yard Freestyle</b>					<b>Men 35-39 50 Yard Breaststroke</b>				
1	Gray, Trever	39	Lake Washington	47.03	1	Nordyke, Brent	39	Blue Wave Aquati	28.71
	22.28	24.75			2	Guillen, Brian	39	Team Walker	38.21
2	Nordyke, Brent	39	Blue Wave Aquati	52.04	<b>Men 35-39 100 Yard Breaststroke</b>				
	24.70	27.34			1	Nordyke, Brent	39	Blue Wave Aquati	1:01.15
						28.56	32.59		

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<b>(Men 35-39 100 Yard Breaststroke)</b>				6	Castle, Matt	43	Thunderbird Aqua	59.03	
2	Bush, Gabe	37	Blue Wave Aquati	1:16.87	28.07	30.96			
	36.69	40.18							
<b>Men 35-39 200 Yard Breaststroke</b>				7	DeWard, Robert	41	Unat-Pna	1:00.06	
1	Nordyke, Brent	39	Blue Wave Aquati	2:18.01	28.87	31.19			
	30.07	34.54	36.39	37.01					
<b>Men 35-39 50 Yard Butterfly</b>				8	Brandt, Jason	40	Blue Wave Aquati	1:12.33	
1	Guillen, Brian	39	Team Walker	29.38	33.55	38.78			
2	Conklin, Kevin	39	Blue Wave Aquati	33.42					
<b>Men 35-39 100 Yard Butterfly</b>				9	Gilson, Michael	43	Mukilteo YMCA	1:14.69	
1	Brayman, Brook	38	Blue Wave Aquati	59.15	35.43	39.26			
	27.87	31.28							
<b>Men 35-39 200 Yard Butterfly</b>				---	Forcinel, Tony	44	Sequim Aquatic R	NS	
1	Bush, Gabe	37	Blue Wave Aquati	2:31.07	<b>Men 40-44 200 Yard Freestyle</b>				
	33.46	38.80	40.15	38.66	1	Belleza, Ron	40	Snohomish	1:54.86
<b>Men 35-39 100 Yard IM</b>						25.92	27.88	29.50	31.56
1	Nordyke, Brent	39	Blue Wave Aquati	58.22	2	Ridle, Jason	40	Sequim Aquatic R	1:57.68
	27.77	30.45				27.17	29.88	30.59	30.04
2	Brayman, Brook	38	Blue Wave Aquati	1:01.24	3	Henriksen, Martin	40	Mukilteo YMCA	1:57.87
	28.13	33.11				24.72	27.57	31.32	34.26
3	Guillen, Brian	39	Team Walker	1:11.60	4	Noah, Kevin	43	Lake Washington	2:04.87
	33.83	37.77				29.39	31.55	31.28	32.65
<b>Men 35-39 200 Yard IM</b>					5	Bakh, Robert	42	Lake Washington	2:06.17
1	Brayman, Brook	38	Blue Wave Aquati	2:10.98		28.46	31.62	32.93	33.16
	28.48	33.77	38.94	29.79	6	Forcinel, Tony	44	Sequim Aquatic R	2:25.58
<b>Men 35-39 400 Yard IM</b>						31.99	35.36	38.69	39.54
1	Bush, Gabe	37	Blue Wave Aquati	5:22.17	7	Gilson, Michael	43	Mukilteo YMCA	2:38.45
	32.42	39.84	43.86	42.98		35.78	38.48	42.27	41.92
	45.88	46.04	36.32	34.83	---	De Acosta, Diego	40	South Sound Mast	NS
<b>Men 40-44 50 Yard Freestyle</b>					<b>Men 40-44 500 Yard Freestyle</b>				
1	Henriksen, Martin	40	Mukilteo YMCA	23.49	1	Nelson, Kirk	44	Husky Masters	5:06.92
2	Ridle, Jason	40	Sequim Aquatic R	23.83		28.08	30.04	30.78	30.99
3	Hooper, James	43	Ubc Masters	24.39		31.25	31.58	31.42	31.34
4	Bakh, Robert	42	Lake Washington	25.34		31.08	30.36		
5	Gray, David	40	Unat-Psm	25.38	2	Belleza, Ron	40	Snohomish	5:11.70
6	Castle, Matt	43	Thunderbird Aqua	25.79		27.36	30.37	30.42	31.24
7	Forcinel, Tony	44	Sequim Aquatic R	26.45		31.32	31.70	32.29	32.52
8	Gilson, Michael	43	Mukilteo YMCA	32.67		32.21	32.27		
<b>Men 40-44 100 Yard Freestyle</b>					3	Bakh, Robert	42	Lake Washington	5:40.36
1	Henriksen, Martin	40	Mukilteo YMCA	51.31		29.56	32.63	33.58	34.52
	24.40	26.91				34.98	35.10	35.22	35.48
2	Ridle, Jason	40	Sequim Aquatic R	51.74		35.18	34.11		
	25.00	26.74			4	Jelen, Doug	41	Gold's Eastside	5:51.86
3	Hooper, James	43	Ubc Masters	54.32		30.23	34.51	35.57	36.65
	26.21	28.11				36.72	35.92	35.65	36.37
4	Noah, Kevin	43	Lake Washington	54.45		35.44	34.80		
	26.11	28.34			5	Noah, Kevin	43	Lake Washington	6:02.71
5	Bakh, Robert	42	Lake Washington	57.84		32.49	36.24	36.81	37.86
	27.35	30.49				37.91	37.48	37.33	34.33
						36.43	35.83		
					6	Brandt, Jason	40	Blue Wave Aquati	7:11.09
						36.50	40.85	43.03	43.78
						44.67	44.71	44.79	44.65
						44.96	43.15		
					7	Gilson, Michael	43	Mukilteo YMCA	7:17.42
						35.51	42.03	43.45	45.20
						44.90	45.36	46.11	45.38
						46.34	43.14		
					---	De Acosta, Diego	40	South Sound Mast	SCR

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**Men 40-44 1000 Yard Freestyle**

1	Jelen, Doug	41	Gold's Eastside	12:11.67
	31.16	35.12	36.74	36.58
	36.68	37.05	37.13	37.21
	37.21	37.39	36.52	36.97
	37.34	37.18	37.24	36.96
	36.96	36.89	37.14	36.20
2	Gilson, Michael	43	Mukilteo YMCA	14:44.47
	37.96	42.97	42.93	45.29
	42.45	45.98	44.30	43.90
	45.40	44.08	44.59	44.55
	45.54	44.94	44.57	45.45
	45.14	47.02	44.64	42.77

**Men 40-44 1650 Yard Freestyle**

1	Nelson, Kirk	44	Husky Masters	18:01.37
	29.71	31.66	32.59	32.84
	32.70	32.74	32.86	33.17
	33.36	33.52	33.50	33.39
	33.24	33.35	33.56	33.19
	33.18	33.01	33.15	33.14
	33.21	33.12	33.05	33.15
	33.01	33.04	32.87	32.69
	32.53	32.48	31.99	31.83
				30.54
2	Jelen, Doug	41	Gold's Eastside	20:35.40
	32.29	35.78	37.15	36.57
	37.01	37.06	36.46	37.51
	37.78	37.66	37.82	37.78
	38.03	37.70	38.51	37.62
	37.84	37.55	38.05	37.74
	37.46	37.55	37.66	38.05
	38.28	37.98	38.30	38.12
	37.92	37.34	38.03	37.75
				37.05
3	Nichols, Mark	41	Vashon Open Wate	22:21.07
	38.64	42.14	42.75	42.72
	43.27	42.43	42.18	41.36
	41.65	41.32	41.23	41.34
	40.19	40.57	41.12	40.93
	41.07	40.24	40.92	40.51
	40.10	40.14	39.07	39.67
	39.68	39.44	39.82	39.69
	40.34	40.08	39.78	39.19
				37.49
4	Brandt, Jason	40	Blue Wave Aquati	24:38.15
	37.88	40.94	44.01	45.61
	45.90	45.26	45.70	45.92
	46.13	44.90	45.31	45.30
	44.88	45.57	44.66	45.91
	44.71	45.48	44.51	44.70
	44.29	44.04	45.43	45.28
	44.48	44.86	44.74	44.74
	45.62	45.63	45.20	44.90
				45.66

**Men 40-44 50 Yard Backstroke**

1	Jelen, Doug	41	Gold's Eastside	27.86
2	Castle, Matt	43	Thunderbird Aqua	32.07
---	Gray, David	40	Unat-Psm	NS

**Men 40-44 100 Yard Backstroke**

1	Belleza, Ron	40	Snohomish	59.32
	28.93	30.39		
2	Jelen, Doug	41	Gold's Eastside	1:00.90
	29.42	31.48		
3	DeWard, Robert	41	Unat-Pna	1:07.93
	33.33	34.60		
4	Noah, Kevin	43	Lake Washington	1:08.59
	33.44	35.15		
---	Gray, David	40	Unat-Psm	NS

**Men 40-44 200 Yard Backstroke**

1	De Acosta, Diego	40	South Sound Mast	2:04.22
	29.58	31.60	31.49	31.55
2	Belleza, Ron	40	Snohomish	2:08.75
	29.82	31.97	32.84	34.12
3	Jelen, Doug	41	Gold's Eastside	2:14.10
	30.75	34.54	34.55	34.26
4	Nelson, Kirk	44	Husky Masters	2:14.46
	32.38	33.67	34.80	33.61
5	DeWard, Robert	41	Unat-Pna	2:28.88
	33.29	36.87	38.88	39.84
6	Noah, Kevin	43	Lake Washington	2:29.63
	36.16	36.72	37.62	39.13

**Men 40-44 50 Yard Breaststroke**

1	Hooper, James	43	Ubc Masters	28.82
2	Ridle, Jason	40	Sequim Aquatic R	30.58
3	Castle, Matt	43	Thunderbird Aqua	33.09
4	Bakh, Robert	42	Lake Washington	36.15
5	Dahl, James	40	Skagit Valley Ma	40.65
6	Gilson, Michael	43	Mukilteo YMCA	41.31

**Men 40-44 100 Yard Breaststroke**

1	Hooper, James	43	Ubc Masters	1:03.75
	29.67	34.08		
2	Castle, Matt	43	Thunderbird Aqua	1:15.42
	35.54	39.88		
3	DeWard, Robert	41	Unat-Pna	1:17.31
	37.03	40.28		
4	Dahl, James	40	Skagit Valley Ma	1:30.63
	42.81	47.82		

**Men 40-44 200 Yard Breaststroke**

1	Dahl, James	40	Skagit Valley Ma	3:17.42
	45.28	50.77	51.10	50.27

**Men 40-44 50 Yard Butterfly**

1	Henriksen, Martin	40	Mukilteo YMCA	25.98
2	Woare, Matthew	40	Washington Athle	26.94
3	Gray, David	40	Unat-Psm	27.49
4	Castle, Matt	43	Thunderbird Aqua	28.54
5	Forcinel, Tony	44	Sequim Aquatic R	29.71

**Men 40-44 100 Yard Butterfly**

1	Woare, Matthew	40	Washington Athle	59.31
	27.41	31.90		

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**(Men 40-44 100 Yard Butterfly)**

2	Dahl, James	40	Skagit Valley Ma	1:31.13
	41.68	49.45		

**Men 40-44 200 Yard Butterfly**

1	De Acosta, Diego	40	South Sound Mast	2:02.32
	27.39	30.44	31.97	32.52
2	Nichols, Mark	41	Vashon Open Wate	2:40.43
	33.73	38.46	42.08	46.16

**Men 40-44 100 Yard IM**

1	Hooper, James	43	Ubc Masters	1:00.77
	30.06	30.71		
2	Ridle, Jason	40	Sequim Aquatic R	1:00.78
	28.17	32.61		
3	Woare, Matthew	40	Washington Athle	1:05.87
	29.27	36.60		
4	Bakh, Robert	42	Lake Washington	1:07.31
	31.61	35.70		
5	DeWard, Robert	41	Unat-Pna	1:07.80
	30.51	37.29		
6	Dahl, James	40	Skagit Valley Ma	1:23.01
	41.55	41.46		

**Men 40-44 200 Yard IM**

1	Henriksen, Martin	40	Mukilteo YMCA	2:12.94
	28.18	34.64	39.48	30.64
2	Nelson, Kirk	44	Husky Masters	2:13.80
	28.48	34.59	40.31	30.42
3	Ridle, Jason	40	Sequim Aquatic R	2:14.19
	28.83	35.74	39.42	30.20
4	DeWard, Robert	41	Unat-Pna	2:29.81
	29.75	38.45	44.39	37.22
5	Dahl, James	40	Skagit Valley Ma	3:07.57
	41.76	52.58	51.36	41.87

**Men 40-44 400 Yard IM**

1	Nelson, Kirk	44	Husky Masters	4:42.95
	29.54	33.73	37.76	36.53
	41.66	41.05	32.14	30.54

**Men 45-49 50 Yard Freestyle**

1	Gooding, Jim	47	Unat-Psm	23.77
2	Nygren, Mats	48	Lake Washington	23.79
3	Kerasiotis, Erik	49	Ubc Masters	24.11
4	McCann, Robert	46	Central Area Aqu	24.33
5	Carmosino, Vince	45	Team Walker	24.60
6	Smith, Bryan	47	Lake Washington	25.47
7	Tamura, Taiji	45	Lake Washington	26.67
8	Thorson, Dan	45	Mukilteo YMCA	28.22
9	Methner, Bradly	49	Skagit Valley Ma	30.35
10	Briggs, Sandy	48	Ubc Masters	30.44
11	King, Victor	47	Unat-Pna	32.03
12	Mabin, Sean	48	Blue Wave Aquati	34.46
---	Alsberg, Maoz	46	Team Walker	NS
---	Axel, Bradford	46	Downtown/Bellvu	NS

**Men 45-49 100 Yard Freestyle**

1	Nygren, Mats	48	Lake Washington	51.39
	25.16	26.23		
2	Hanson, Max	47	Lake Washington	52.98
	25.69	27.29		
3	Kerasiotis, Erik	49	Ubc Masters	53.18
	24.99	28.19		
4	Marx, John	46	Blue Wave Aquati	55.33
	27.32	28.01		
5	Tamura, Taiji	45	Lake Washington	59.57
	28.65	30.92		
6	Martin, Rob	49	Lake Washington	1:01.83
	28.94	32.89		
7	Thorson, Dan	45	Mukilteo YMCA	1:03.79
	30.21	33.58		
8	Briggs, Sandy	48	Ubc Masters	1:04.61
	31.62	32.99		
9	Methner, Bradly	49	Skagit Valley Ma	1:08.83
	32.90	35.93		
10	King, Victor	47	Unat-Pna	1:11.22
	34.39	36.83		
11	Mabin, Sean	48	Blue Wave Aquati	1:18.15
	35.90	42.25		
---	Axel, Bradford	46	Downtown/Bellvu	NS
---	McCann, Robert	46	Central Area Aqu	NS
---	Smith, Bryan	47	Lake Washington	NS
---	Alsberg, Maoz	46	Team Walker	NS

**Men 45-49 200 Yard Freestyle**

1	Nygren, Mats	48	Lake Washington	1:51.22
	26.00	28.05	28.67	28.50
2	Hanson, Max	47	Lake Washington	1:57.77
	26.11	28.85	30.49	32.32
3	Marx, John	46	Blue Wave Aquati	2:09.11
	31.36	32.97	32.40	32.38
4	Rittenberg, Durrell	45	Lake Washington	2:10.57
	29.79	32.63	33.93	34.22
5	McCann, Robert	46	Central Area Aqu	2:12.00
	29.43	32.88	35.37	34.32
6	Martin, Rob	49	Lake Washington	2:14.89
	31.10	34.24	34.79	34.76
7	Tamura, Taiji	45	Lake Washington	2:15.19
	30.49	34.43	35.41	34.86
8	Thorson, Dan	45	Mukilteo YMCA	2:19.21
	31.70	34.87	36.23	36.41
9	Briggs, Sandy	48	Ubc Masters	2:33.49
	32.33	38.46	43.20	39.50
10	Mabin, Sean	48	Blue Wave Aquati	3:00.22
	38.98	44.39	48.00	48.85

**Men 45-49 500 Yard Freestyle**

1	Nygren, Mats	48	Lake Washington	5:05.58
	28.20	30.63	30.83	31.37
	31.23	31.29	31.10	31.04
	30.71	29.18		

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**(Men 45-49 500 Yard Freestyle)**

2	Hanson, Max	47	Lake Washington	5:25.16
	29.32	32.64	33.25	33.68
	34.10	33.02	32.54	32.83
	32.43	31.35		
3	Winter, Doug	46	Downtown/Bellvu	5:37.05
	29.74	32.34	33.46	34.04
	34.25	34.79	34.83	34.80
	34.84	33.96		
4	Scrivner, Craig	48	Hydropower Maste	5:47.72
	32.08	34.40	35.03	35.49
	35.52	35.75	35.29	35.63
	34.96	33.57		
5	Thorson, Dan	45	Mukilteo YMCA	6:26.78
	35.17	37.72	39.22	39.54
	39.20	39.22	38.94	39.51
	39.62	38.64		
6	Ness, Kerry	45	Skagit Valley Ma	6:46.12
	37.57	39.28	40.82	40.79
	41.68	41.45	42.12	41.44
	41.11	39.86		
7	Zellerhoff, Mark	45	Blue Wave Aquati	7:41.40
	37.53	41.75	44.90	46.87
	48.14	49.67	48.95	49.24
	49.22	45.13		
---	Rittenberg, Durrell	45	Lake Washington	SCR

**Men 45-49 1000 Yard Freestyle**

1	Nygren, Mats	48	Lake Washington	10:45.35
	29.45	32.38	32.82	32.93
	32.12	32.65	32.65	32.63
	32.74	32.63	32.54	32.92
	32.92	32.38	32.30	32.77
	32.33	32.23	32.04	29.92
2	Winter, Doug	46	Downtown/Bellvu	11:27.58
	31.07	33.63	33.85	33.94
	34.30	34.34	34.63	34.50
	34.60	34.64	34.97	34.96
	34.96	35.12	34.93	35.02
	34.83	34.92	34.76	33.61
3	Iyall, Andy	48	Blue Wave Aquati	12:56.47
	36.39	39.90	40.02	40.09
	39.67	39.79	39.66	39.24
	38.95	39.09	39.04	38.13
	38.56	38.94	38.02	38.58
	38.47	38.00	38.19	37.74
4	Gray, Darren	46	Bainbridge Aquat	15:35.23
	38.54	42.50	44.61	46.86
	48.80	48.82	48.38	48.39
	47.84	48.63	48.06	47.09
	46.61	46.97	47.64	47.26
	46.91	47.19	47.90	46.23

5	Mabin, Sean	48	Blue Wave Aquati	16:49.06
	42.43	47.55	49.48	50.75
	50.11	50.22	51.53	51.63
	50.78	51.32	51.09	52.16
	52.08	51.72	51.52	51.52
	51.98	50.38	51.00	49.81

**Men 45-49 1650 Yard Freestyle**

1	Scrivner, Craig	48	Hydropower Maste	20:02.70
	33.97	36.23	36.44	36.72
	36.91	36.81	36.50	36.82
	36.95	36.82	36.84	36.43
	36.58	36.56	36.43	36.42
	36.35	36.46	36.69	36.63
	36.57	36.49	36.73	36.80
	36.60	36.51	36.48	36.82
	36.38	36.40	36.24	36.01
				35.11
2	Iyall, Andy	48	Blue Wave Aquati	22:04.43
	37.99	41.03	40.79	41.78
	42.27	41.62	41.60	41.64
	40.56	41.07	40.91	40.10
	39.72	39.70	40.12	39.99
	41.17	40.86	41.08	40.65
	41.12	40.28	40.43	39.74
	38.23	38.95	39.05	38.77
	38.66	39.36	39.27	37.77
				38.15
3	Mabin, Sean	48	Blue Wave Aquati	27:45.56
	41.34	46.34	48.62	49.86
	49.51	51.09	50.76	51.05
	50.95	50.63	51.18	51.78
	51.40	51.59	51.48	51.18
	50.74	51.21	50.82	51.35
	51.67	51.42	51.47	51.37
	51.14	51.40	51.44	51.47
	51.09	50.67	49.88	49.40
				50.26
---	Souder, Christopher	49	Blue Wave Aquati	NS
<b>Men 45-49 50 Yard Backstroke</b>				
1	Gooding, Jim	47	Unat-Psm	28.08
2	Tamura, Taiji	45	Lake Washington	35.68
3	Zellerhoff, Mark	45	Blue Wave Aquati	36.08
4	Gray, Darren	46	Bainbridge Aquat	37.37
5	Methner, Bradly	49	Skagit Valley Ma	42.83
---	Alsberg, Maoz	46	Team Walker	NS
<b>Men 45-49 100 Yard Backstroke</b>				
1	Gooding, Jim	47	Unat-Psm	58.98
	28.79	30.19		
2	Rittenberg, Durrell	45	Lake Washington	1:09.08
	34.28	34.80		
3	Gray, Darren	46	Bainbridge Aquat	1:23.75
	42.68	41.07		
4	Methner, Bradly	49	Skagit Valley Ma	1:31.07
	44.01	47.06		
---	Axel, Bradford	46	Downtown/Bellvu	NS
---	Smith, Bryan	47	Lake Washington	NS
---	Alsberg, Maoz	46	Team Walker	NS



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**Men 45-49 200 Yard Backstroke**

1	Nygren, Mats	48	Lake Washington	2:06.50
	29.86	32.08	32.47	32.09
2	Hanson, Max	47	Lake Washington	2:20.49
	32.06	35.47	37.17	35.79
3	Iyall, Andy	48	Blue Wave Aquati	2:32.20
	34.46	38.44	39.53	39.77

**Men 45-49 50 Yard Breaststroke**

1	Carmosino, Vince	45	Team Walker	28.90
2	Kerasiotis, Erik	49	Ubc Masters	30.22
3	Martin, Rob	49	Lake Washington	35.44
4	Briggs, Sandy	48	Ubc Masters	36.10
5	Tamura, Taiji	45	Lake Washington	37.03
6	Ness, Kerry	45	Skagit Valley Ma	37.78
---	King, Victor	47	Unat-Pna	DQ
	Alternating Kick			
---	McCann, Robert	46	Central Area Aqu	NS

**Men 45-49 100 Yard Breaststroke**

1	Carmosino, Vince	45	Team Walker	1:04.56
	30.35	34.21		
2	Winter, Doug	46	Downtown/Bellvu	1:10.97
	33.23	37.74		
3	Dolven, Eric	47	West Coast Aquat	1:15.46
	36.39	39.07		
4	Ness, Kerry	45	Skagit Valley Ma	1:21.29
	39.09	42.20		

**Men 45-49 200 Yard Breaststroke**

1	Carmosino, Vince	45	Team Walker	2:25.74
	32.25	36.06	38.03	39.40
2	Dolven, Eric	47	West Coast Aquat	2:43.52
	37.86	42.63	42.61	40.42
3	Ness, Kerry	45	Skagit Valley Ma	3:01.24
	42.17	46.54	47.57	44.96

**Men 45-49 50 Yard Butterfly**

1	Smith, Bryan	47	Lake Washington	27.77
2	Marx, John	46	Blue Wave Aquati	28.66
3	Thorson, Dan	45	Mukilteo YMCA	32.89
4	Van Pelt, Darren	45	Lake Washington	33.44
5	Methner, Bradly	49	Skagit Valley Ma	37.09
6	King, Victor	47	Unat-Pna	40.32
---	Axel, Bradford	46	Downtown/Bellvu	NS

**Men 45-49 100 Yard Butterfly**

1	Winter, Doug	46	Downtown/Bellvu	1:00.63
	27.92	32.71		
2	Iyall, Andy	48	Blue Wave Aquati	1:05.38
	30.08	35.30		
3	Rittenberg, Durrell	45	Lake Washington	1:07.14
	31.47	35.67		
4	Martin, Rob	49	Lake Washington	1:09.24
	31.26	37.98		
---	Axel, Bradford	46	Downtown/Bellvu	NS

**Men 45-49 200 Yard Butterfly**

1	Iyall, Andy	48	Blue Wave Aquati	2:27.40
	31.94	37.41	38.21	39.84
---	Martin, Rob	49	Lake Washington	NS

**Men 45-49 100 Yard IM**

1	Gooding, Jim	47	Unat-Psm	59.50
	27.20	32.30		
2	Carmosino, Vince	45	Team Walker	1:01.62
	30.02	31.60		
3	Alsberg, Maoz	46	Team Walker	1:01.86
	28.71	33.15		
4	Kerasiotis, Erik	49	Ubc Masters	1:02.00
	29.43	32.57		
5	Hanson, Max	47	Lake Washington	1:03.27
	29.80	33.47		
6	McCann, Robert	46	Central Area Aqu	1:06.96
	31.86	35.10		
7	Rittenberg, Durrell	45	Lake Washington	1:07.59
	31.09	36.50		
8	Martin, Rob	49	Lake Washington	1:07.94
	31.01	36.93		
9	Dolven, Eric	47	West Coast Aquat	1:08.98
	34.41	34.57		
10	Marx, John	46	Blue Wave Aquati	1:09.92
	33.16	36.76		
11	Thorson, Dan	45	Mukilteo YMCA	1:14.41
	34.15	40.26		
12	Ness, Kerry	45	Skagit Valley Ma	1:16.41
	36.75	39.66		
13	Van Pelt, Darren	45	Lake Washington	1:16.82
	36.95	39.87		
14	Briggs, Sandy	48	Ubc Masters	1:18.13
	38.53	39.60		
15	Methner, Bradly	49	Skagit Valley Ma	1:26.38
	41.06	45.32		

**Men 45-49 200 Yard IM**

1	Hanson, Max	47	Lake Washington	2:16.99
	28.99	34.23	42.34	31.43
2	Carmosino, Vince	45	Team Walker	2:18.64
	30.08	38.27	36.99	33.30
3	Winter, Doug	46	Downtown/Bellvu	2:22.77
	28.76	38.74	40.93	34.34
4	Rittenberg, Durrell	45	Lake Washington	2:28.99
	30.19	38.08	45.45	35.27
5	Scrivner, Craig	48	Hydropower Maste	2:30.00
	33.05	41.23	41.95	33.77
6	Marx, John	46	Blue Wave Aquati	2:31.19
	30.55	39.96	44.40	36.28
7	Dolven, Eric	47	West Coast Aquat	2:31.29
	34.67	39.84	43.31	33.47
8	Gray, Darren	46	Bainbridge Aquat	2:51.78
	37.32	44.21	48.31	41.94
9	Ness, Kerry	45	Skagit Valley Ma	2:51.89
	35.62	49.33	47.09	39.85

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**(Men 45-49 200 Yard IM)**

---	McCann, Robert	46	Central Area Aqu	NS
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**Men 45-49 400 Yard IM**

1	Iyall, Andy	48	Blue Wave Aquati	5:08.74
			30.02	35.93
			45.81	46.08
			39.98	41.75
			34.42	34.75
2	Dolven, Eric	47	West Coast Aquat	5:23.60
			36.00	42.70
			44.75	44.51
			42.44	42.25
			36.93	34.02

**Men 50-54 50 Yard Freestyle**

1	Cleaver, Oliver	51	Sawtooth Masters	25.15
2	Weed, Kevin	52	Snohomish	25.43
3	Lasersohn, Jim	50	Orca Swim Club	27.22
4	Pearson, Jay	53	Lake Washington	27.42
5	Hatton, Craig	51	Unat-Psm	29.13
6	Nguyen, Dung	51	Blue Wave Aquati	33.85
7	Kreer, Ken	51	Blue Wave Aquati	42.25
---	Lieggi, Anthony	53	Blue Wave Aquati	NS

**Men 50-54 100 Yard Freestyle**

1	Steenbeeke, Alain	53	Ymcapkc Sound Aq	53.13
			25.15	27.98
2	Valley, Eric	53	Movy Masters	55.03
			26.95	28.08
3	Cleaver, Oliver	51	Sawtooth Masters	55.75
			26.74	29.01
4	Smith, Daniel	52	Blue Wave Aquati	57.43
			27.41	30.02
5	Wilwerding, Geoff	53	Greenlake Aquadu	57.66
			28.65	29.01
6	Weed, Kevin	52	Snohomish	58.92
			28.44	30.48
7	Hatton, Craig	51	Unat-Psm	1:03.15
			30.42	32.73
8	Kreer, Ken	51	Blue Wave Aquati	1:33.24
			44.62	48.62
---	Lieggi, Anthony	53	Blue Wave Aquati	NS

**Men 50-54 200 Yard Freestyle**

1	Lincoln, Todd	53	Stanford Masters	1:55.04
			27.21	28.56
			29.51	29.76
2	Valley, Eric	53	Movy Masters	2:01.93
			28.29	30.52
			31.67	31.45
3	Steenbeeke, Alain	53	Ymcapkc Sound Aq	2:02.18
			26.89	29.52
			31.96	33.81
4	Lasersohn, Jim	50	Orca Swim Club	2:12.42
			29.90	34.25
			34.45	33.82
5	Weed, Kevin	52	Snohomish	2:14.60
			30.17	34.22
			35.63	34.58
6	Uyekawa, Keith	53	Bainbridge Aquat	2:16.56
			29.92	33.42
			35.07	38.15
7	Matthews, Scott	53	Blue Wave Aquati	2:22.19
			33.32	35.53
			37.63	35.71
8	Yarrow, Mike	53	Skagit Valley Ma	2:33.62
			33.85	38.13
			40.35	41.29

9	Kreer, Ken	51	Blue Wave Aquati	3:24.65
			45.01	51.47
			53.60	54.57

---	Cleaver, Oliver	51	Sawtooth Masters	NS
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**Men 50-54 500 Yard Freestyle**

1	McCarty, David	50	Mukilteo YMCA	5:33.97
			31.85	34.24
			34.12	33.99
			32.58	31.54
2	Wilwerding, Geoff	53	Greenlake Aquadu	5:43.06
			31.77	34.27
			35.01	34.62
			34.47	33.38
3	Matthews, Scott	53	Blue Wave Aquati	6:35.33
			35.43	37.55
			40.38	40.82
			41.26	37.44
4	Larsen, Stein	50	Lake Washington	7:09.59
			35.20	40.27
			43.24	44.37
			43.58	44.40
			44.95	41.83
5	Yarrow, Mike	53	Skagit Valley Ma	7:21.56
			36.93	41.40
			45.37	46.69
			46.42	44.20
6	Kreer, Ken	51	Blue Wave Aquati	9:20.92
			45.25	52.12
			58.59	58.60
			58.46	55.96
---	Lincoln, Todd	53	Stanford Masters	SCR

**Men 50-54 1000 Yard Freestyle**

1	Derango, Philip	50	Lake Washington	12:52.45
			35.54	37.79
			38.19	38.79
			38.86	39.38
			39.20	39.09
			39.73	39.69
2	Matthews, Scott	53	Blue Wave Aquati	13:51.81
			35.78	38.87
			41.78	41.25
			42.34	42.38
			42.51	42.73
			42.65	42.45
3	Yarrow, Mike	53	Skagit Valley Ma	15:08.49
			44.17	45.05
			45.83	45.61
			46.85	45.62
			45.49	45.49
			45.42	44.26
4	Nguyen, Dung	51	Blue Wave Aquati	17:33.34
			41.63	49.08
			52.96	54.43
			53.94	54.80
			54.95	54.77
			54.83	54.41
			40.36	41.24
			41.68	41.78
			42.88	42.70
			42.76	42.88
			42.55	40.24
			45.79	47.66
			45.68	45.98
			45.16	44.97
			45.34	46.00
			44.70	43.42
			51.02	53.90
			53.34	53.33
			53.11	54.39
			53.40	53.83
			53.49	47.73

**2015 PNA Championship Meet - 4/11/2015 to 4/12/2015****Federal Way, WA, Sanction #: 365-S005****Hosted by Blue Wave Aquatics****Results****(Men 50-54 1000 Yard Freestyle)**

5	Kreer, Ken	51	Blue Wave Aquati	19:41.69
	49.47	54.74	57.76	58.62
	59.16	59.70	59.56	1:00.18
	59.45	59.52	1:00.28	1:00.61
	1:00.00	1:00.77	1:00.70	1:01.04
	1:00.73	1:00.93	1:00.81	57.66

**Men 50-54 1650 Yard Freestyle**

1	Smith, Daniel	52	Blue Wave Aquati	19:48.75
	31.70	35.78	35.67	36.19
	36.26	36.03	36.20	36.44
	36.61	36.75	35.99	36.19
	36.29	36.38	36.45	36.14
	36.47	36.14	36.54	36.81
	35.84	35.88	36.28	36.10
	36.29	35.89	36.22	36.53
	36.19	36.24	36.26	35.45
				34.55

2	Wilwerding, Geoff	53	Greenlake Aquadu	19:53.97
	32.81	34.92	35.99	36.71
	36.56	36.29	36.10	36.66
	36.40	36.42	36.23	36.52
	36.27	36.28	36.51	36.92
	36.66	36.75	36.64	36.77
	36.93	36.47	36.54	36.84
	36.01	36.34	36.17	35.90
	36.03	36.91	35.77	35.36
				34.29

3	Derango, Philip	50	Lake Washington	21:36.84
	35.67	38.18	38.87	38.02
	39.15	39.24	39.35	39.68
	39.55	39.79	39.58	40.19
	39.71	39.87	40.10	39.85
	40.11	40.05	39.95	39.72
	39.13	39.06	38.96	39.37
	38.70	39.07	39.16	39.45
	40.41	39.55	39.85	39.84
				37.66

4	Weed, Kevin	52	Snohomish	21:58.18
	32.84	38.65	39.76	40.16
	39.15	39.64	40.69	39.98
	39.73	40.17	40.25	40.46
	40.64	41.46	40.24	40.73
	40.76	40.48	40.58	41.13
	40.54	40.59	40.66	41.05
	39.76	40.08	40.64	41.16
	40.10	40.43	39.22	39.60
				36.85

5	Matthews, Scott	53	Blue Wave Aquati	24:08.67
	37.94	41.27	42.26	42.58
	43.89	44.05	44.72	44.59
	44.42	44.35	43.03	44.04
	43.74	44.61	45.16	41.82
	45.23	44.21	44.83	45.09
	44.38	44.65	44.26	43.75
	44.67	44.43	45.19	44.82
	43.94	44.69	44.31	43.94
				43.81

6	Larsen, Stein	50	Lake Washington	24:37.03
	36.06	41.55	43.25	43.56
	44.77	45.78	45.33	45.90
	46.18	46.17	46.06	45.88
	44.96	45.73	45.37	45.68
	44.70	45.23	45.53	45.19
	45.76	45.29	45.23	45.98
	45.57	44.84	45.69	45.46
	44.91	45.19	45.19	43.86
				41.18

7	Yarrow, Mike	53	Skagit Valley Ma	26:10.86
	44.32	47.01	47.82	48.86
	49.03	49.22	48.22	48.50
	47.53	48.83	48.55	48.83
	48.54	47.90	47.79	47.80
	49.21	47.92	47.35	46.94
	47.55	47.85	47.41	47.90
	46.78	47.47	47.04	47.96
	47.66	47.04	46.97	45.61
				43.45

**Men 50-54 50 Yard Backstroke**

1	Haynie, Carl	54	Team Walker	28.43
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**Men 50-54 50 Yard Backstroke**

1	Dodds, Joel	52	Mukilteo YMCA	27.60
2	Haynie, Carl	54	Team Walker	28.62
3	Steenbeeke, Alain	53	Ymcapkc Sound Aq	29.35
4	Hatton, Craig	51	Unat-Psm	34.46

**Men 50-54 100 Yard Backstroke**

1	Dodds, Joel	52	Mukilteo YMCA	59.17
	28.62	30.55		
2	Steenbeeke, Alain	53	Ymcapkc Sound Aq	59.78
	28.91	30.87		
3	Haynie, Carl	54	Team Walker	1:00.39
	29.64	30.75		
4	Yarrow, Mike	53	Skagit Valley Ma	1:28.92
	42.56	46.36		
---	Lincoln, Todd	53	Stanford Masters	NS

**Men 50-54 200 Yard Backstroke**

1	Haynie, Carl	54	Team Walker	2:16.79
	32.75	34.35	35.56	34.13
2	Ruiter, Steven	50	Washington Athle	2:18.05
	32.87	34.95	35.38	34.85
3	Pearson, Jay	53	Lake Washington	2:29.30
	35.88	37.75	37.53	38.14
4	Yarrow, Mike	53	Skagit Valley Ma	3:23.19
	46.43	51.73	54.49	50.54
---	Derango, Philip	50	Lake Washington	DQ
	46.49	48.38	52.11	49.63

**Men 50-54 50 Yard Breaststroke**

1	Phillips, Daniel	52	Lake Washington	28.80
2	Haynie, Carl	54	Team Walker	31.54
3	Smith, Daniel	52	Blue Wave Aquati	33.53
4	Derango, Philip	50	Lake Washington	35.18
5	Allen, Jon	54	Skagit Valley Ma	35.52
6	Hatton, Craig	51	Unat-Psm	37.66

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## Results

<b>Men 50-54 100 Yard Breaststroke</b>				6	Cleaver, Oliver	51	Sawtooth Masters	1:02.87	
1	Phillips, Daniel	52	Lake Washington	1:04.26	29.37	33.50			
	30.50	33.76							
2	Haynie, Carl	54	Team Walker	1:08.31	43.76	49.17	54	Skagit Valley Ma	
	32.03	36.28						1:32.93	
3	Derango, Philip	50	Lake Washington	1:15.91					
	36.49	39.42							
4	Pearson, Jay	53	Lake Washington	1:16.47					
	36.41	40.06							
5	Lasersohn, Jim	50	Orca Swim Club	1:18.40					
	36.56	41.84							
6	Allen, Jon	54	Skagit Valley Ma	1:19.41					
	37.57	41.84							
7	Timmons, Jack	54	Downtown/Bellvu	1:26.75					
	42.51	44.24							
---	Espinosa, Leo	54	Downtown/Bellvu	DQ					
	36.72	41.18							
---	Uyekawa, Keith	53	Bainbridge Aquat	NS					
---	Smith, Daniel	52	Blue Wave Aquati	NS					
<b>Men 50-54 200 Yard Breaststroke</b>				<b>Men 50-54 200 Yard Butterfly</b>					
1	Smith, Daniel	52	Blue Wave Aquati	2:38.99	1	Ruiter, Steven	50	Washington Athle	2:15.46
	35.70	40.30	41.94	41.05		30.62	33.80	35.21	35.83
2	Derango, Philip	50	Lake Washington	2:52.85	---	Cleaver, Oliver	51	Sawtooth Masters	DNF
	38.49	42.66	44.47	47.23		Did not finish			
3	Allen, Jon	54	Skagit Valley Ma	3:10.50		29.52	34.19		
	41.64	46.11	50.72	52.03	<b>Men 50-54 100 Yard IM</b>				
4	Nguyen, Dung	51	Blue Wave Aquati	3:52.46	1	Lincoln, Todd	53	Stanford Masters	59.10
	50.44	57.53	1:02.34	1:02.15		27.21	31.89		
---	Phillips, Daniel	52	Lake Washington	DQ	2	Steenbeeke, Alain	53	Ymcapkc Sound Aq	1:01.81
	Arms not in same horizontal plane					28.16	33.65		
	31.59	36.28	37.12	38.07	3	Valley, Eric	53	Movy Masters	1:04.06
---	Ruiter, Steven	50	Washington Athle	DQ		29.71	34.35		
	Alternating Kick				4	Espinosa, Leo	54	Downtown/Bellvu	1:10.74
	36.51	40.03	40.60	40.03		33.79	36.95		
---	Espinosa, Leo	54	Downtown/Bellvu	NS	5	Hatton, Craig	51	Unat-Psm	1:13.43
---	Timmons, Jack	54	Downtown/Bellvu	NS		34.43	39.00		
<b>Men 50-54 50 Yard Butterfly</b>				<b>Men 50-54 200 Yard IM</b>					
1	Dodds, Joel	52	Mukilteo YMCA	26.68	1	Phillips, Daniel	52	Lake Washington	2:10.17
2	McCarty, David	50	Mukilteo YMCA	27.05		28.25	34.84	37.84	29.24
3	Cleaver, Oliver	51	Sawtooth Masters	27.36	2	McCarty, David	50	Mukilteo YMCA	2:13.22
4	Haynie, Carl	54	Team Walker	28.24		28.61	32.47	40.15	31.99
5	Lasersohn, Jim	50	Orca Swim Club	29.51	3	Ruiter, Steven	50	Washington Athle	2:16.78
---	Uyekawa, Keith	53	Bainbridge Aquat	NS		29.08	34.38	41.92	31.40
<b>Men 50-54 100 Yard Butterfly</b>				<b>Men 50-54 400 Yard IM</b>					
1	Phillips, Daniel	52	Lake Washington	56.48	1	Phillips, Daniel	52	Lake Washington	4:41.05
	26.74	29.74				29.05	33.06	36.08	36.20
2	Lincoln, Todd	53	Stanford Masters	57.00		40.91	41.41	32.67	31.67
	26.91	30.09			2	McCarty, David	50	Mukilteo YMCA	4:46.02
3	McCarty, David	50	Mukilteo YMCA	1:01.03		31.11	34.79	36.38	34.54
	29.15	31.88				42.13	41.06	33.54	32.47
4	Dodds, Joel	52	Mukilteo YMCA	1:01.39	3	Ruiter, Steven	50	Washington Athle	4:53.42
	27.79	33.60				30.16	34.33	37.72	36.61
5	Ruiter, Steven	50	Washington Athle	1:01.69		43.72	43.07	34.27	33.54
	29.03	32.66			4	Smith, Daniel	52	Blue Wave Aquati	5:11.30
						30.51	36.62	43.33	42.78
						42.86	43.81	36.36	35.03

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**(Men 50-54 400 Yard IM)**

5	Matthews, Scott	53	Blue Wave Aquati	6:32.10
	41.06	48.05	54.19	55.08
	57.06	57.31	40.39	38.96

**Men 55-59 50 Yard Freestyle**

1	Stack, Ned	55	Lake Washington	23.43
2	Busch, Ralph	58	Lake Washington	24.98
3	Linn, Joe	57	Unat-Pna	26.53
4	Keller, John	58	Sequim Aquatic R	27.16
5	Tupper, Rick	58	Lake Washington	27.34
6	Ostrander, Bob	59	Arizona Masters	28.99
7	Fritschen, Tom	59	Snohomish	29.66
8	Tedrow, Allen	59	Moscow Chinooks	29.97
9	Bittner, Matthew	55	Unat-Pna	32.76
10	Thompson, Robert	59	Snohomish	32.77
11	Ikeda, Paul	55	Orca Swim Club	33.84
12	Huckabee, John	56	North End Otters	34.74
---	Cary, Dale	57	Unat-Psm	NS
---	Macias, Jesse	57	Hydropower Maste	NS

**Men 55-59 100 Yard Freestyle**

1	Stack, Ned	55	Lake Washington	53.26
	26.00	27.26		
2	Rogers, Randy	56	Unat-Psm	57.46
	27.68	29.78		
3	Keller, John	58	Sequim Aquatic R	1:00.98
	28.76	32.22		
4	Tedrow, Allen	59	Moscow Chinooks	1:04.64
	31.34	33.30		
---	Schaufler, Kirby	55	Middle Aged Marl	NS
---	Macias, Jesse	57	Hydropower Maste	NS
---	Goodlin, Tom	55	Bainbridge Aquat	NS

**Men 55-59 200 Yard Freestyle**

1	Schaufler, Kirby	55	Middle Aged Marl	2:11.43
	30.49	32.96	33.94	34.04
2	Powell, Frank	55	Team Walker	2:12.14
	30.22	33.22	33.96	34.74
3	Tupper, Rick	58	Lake Washington	2:15.95
	30.92	33.51	35.22	36.30
4	Cary, Dale	57	Unat-Psm	2:18.70
	30.63	34.22	36.77	37.08
5	Linn, Joe	57	Unat-Pna	2:20.20
	31.84	34.23	36.50	37.63
6	Keller, John	58	Sequim Aquatic R	2:23.70
	31.81	36.36	38.78	36.75
7	Tedrow, Allen	59	Moscow Chinooks	2:25.24
	32.92	35.38	37.85	39.09
8	Thompson, Robert	59	Snohomish	2:52.04
	36.11	43.32	46.64	45.97
9	Bittner, Matthew	55	Unat-Pna	3:14.57
	41.35	48.16	53.71	51.35

**Men 55-59 500 Yard Freestyle**

1	Howell, Richard	55	Oregon Masters	6:03.61
	32.71	35.31	36.47	37.26
	37.43	37.57	37.46	37.26
	37.36	34.78		
2	Durban, Eric	59	Blue Wave Aquati	6:05.43
	32.99	36.26	36.82	37.47
	36.98	37.26	37.16	37.08
	37.31	36.10		
3	Powell, Frank	55	Team Walker	6:21.02
	31.45	34.61	36.74	38.93
	40.50	40.70	41.36	40.86
	39.40	36.47		
4	Freeborn, Stephen	59	Blue Wave Aquati	6:27.59
	33.37	37.59	39.15	39.98
	39.74	39.79	39.74	39.67
	39.37	39.19		
5	Tedrow, Allen	59	Moscow Chinooks	6:47.73
	34.63	38.55	40.65	41.98
	41.86	42.10	42.32	43.07
	42.50	40.07		
6	Ikeda, Paul	55	Orca Swim Club	7:51.37
	42.47	47.53	47.77	47.94
	48.71	48.65	48.05	48.67
	46.92	44.66		
---	Schaufler, Kirby	55	Middle Aged Marl	SCR

**Men 55-59 1000 Yard Freestyle**

1	Durban, Lars	57	Snohomish	12:02.98
	32.21	35.61	36.67	36.58
	36.93	36.38	36.77	37.32
	36.37	36.53	36.55	36.57
	36.36	35.99	36.19	36.27
	36.51	36.10	36.12	34.95
2	Durban, Eric	59	Blue Wave Aquati	12:34.56
	33.99	37.22	37.95	38.39
	38.48	38.16	38.30	38.01
	38.28	37.99	38.11	37.85
	37.88	37.65	37.49	37.77
	38.14	38.01	37.79	37.10
3	Schaufler, Kirby	55	Middle Aged Marl	12:41.43
	33.14	36.94	38.03	38.50
	38.86	39.20	39.35	39.26
	39.12	39.20	39.02	38.32
	38.73	38.95	38.69	38.96
	37.59	36.82	36.90	35.85
4	Powell, Frank	55	Team Walker	13:24.85
	36.13	38.20	40.19	40.57
	40.20	40.94	40.13	40.69
	40.69	41.22	41.12	41.17
	40.75	40.30	40.50	41.33
	41.78	41.91	40.08	36.95

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**(Men 55-59 1000 Yard Freestyle)**

5	Ellis, Dana	57	Blue Wave Aquati	17:58.94
	41.02	46.98	49.96	52.04
	54.28	55.26	56.06	55.99
	55.38	56.13	56.59	56.42
	56.71	56.22	55.99	56.16
	55.06	55.53	54.28	52.88
---	Ikeda, Paul	55	Orca Swim Club	SCR
---	Howell, Richard	55	Oregon Masters	SCR

**Men 55-59 1650 Yard Freestyle**

---	Schaufler, Kirby	55	Middle Aged Marl	SCR
---	Durban, Eric	59	Blue Wave Aquati	SCR

**Men 55-59 50 Yard Backstroke**

1	Powell, Frank	55	Team Walker	31.85
2	Ostrander, Bob	59	Arizona Masters	33.88
3	Fritschen, Tom	59	Snohomish	36.09
---	Macias, Jesse	57	Hydropower Maste	NS

**Men 55-59 100 Yard Backstroke**

1	Powell, Frank	55	Team Walker	1:11.32
	35.57	35.75		
2	Freeborn, Stephen	59	Blue Wave Aquati	1:17.30
	37.34	39.96		
3	Fritschen, Tom	59	Snohomish	1:21.44
	40.61	40.83		
4	Underbrink, Dan	58	Monroe YMCA Mast	1:23.57
	41.29	42.28		
---	Macias, Jesse	57	Hydropower Maste	NS
---	Goodlin, Tom	55	Bainbridge Aquat	NS

**Men 55-59 200 Yard Backstroke**

1	Rogers, Randy	56	Unat-Psm	2:28.11
	35.10	36.95	38.33	37.73
2	Powell, Frank	55	Team Walker	2:42.51
	36.43	39.20	44.39	42.49
3	Goodlin, Tom	55	Bainbridge Aquat	2:52.06
	40.66	43.70	44.68	43.02
4	Fritschen, Tom	59	Snohomish	3:00.99
	43.36	45.58	46.49	45.56
5	Underbrink, Dan	58	Monroe YMCA Mast	3:04.27
	41.36	45.96	49.24	47.71
---	Macias, Jesse	57	Hydropower Maste	NS

**Men 55-59 50 Yard Breaststroke**

1	Howell, Richard	55	Oregon Masters	31.20
2	Stack, Ned	55	Lake Washington	34.47
3	Ostrander, Bob	59	Arizona Masters	37.28
4	Keller, John	58	Sequim Aquatic R	38.53
5	Huckabee, John	56	North End Otters	39.33
6	Ikeda, Paul	55	Orca Swim Club	39.59
7	Sonoda, Rod	55	Orca Swim Club	41.65
---	Tedrow, Allen	59	Moscow Chinooks	DQ
	Alternating Kick			
---	Hegge, Kevin	56	Snohomish	NS

**Men 55-59 100 Yard Breaststroke**

1	Howell, Richard	55	Oregon Masters	1:09.77
	32.51	37.26		
2	Hegge, Kevin	56	Snohomish	1:11.42
	33.19	38.23		
3	Busch, Ralph	58	Lake Washington	1:13.06
	33.51	39.55		
4	Bailey, John	59	Port Townsend Ma	1:14.85
	36.21	38.64		
5	Cary, Dale	57	Unat-Psm	1:16.90
	36.59	40.31		
6	Goodlin, Tom	55	Bainbridge Aquat	1:21.48
	38.45	43.03		
7	Underbrink, Dan	58	Monroe YMCA Mast	1:24.52
	40.71	43.81		
8	Tedrow, Allen	59	Moscow Chinooks	1:26.64
	41.62	45.02		
9	Huckabee, John	56	North End Otters	1:28.72
	41.41	47.31		
10	Sonoda, Rod	55	Orca Swim Club	1:30.86
	43.89	46.97		
---	Farrell, Thomas	55	Downtown/Bellvenu	NS

**Men 55-59 200 Yard Breaststroke**

1	Bailey, John	59	Port Townsend Ma	2:43.01
	37.94	42.81	43.04	39.22
2	Underbrink, Dan	58	Monroe YMCA Mast	3:04.78
	42.03	46.48	48.79	47.48
3	Sonoda, Rod	55	Orca Swim Club	3:21.48
	45.59	51.11	52.40	52.38
4	Ikeda, Paul	55	Orca Swim Club	3:24.77
	45.98	53.30	53.58	51.91
5	Huckabee, John	56	North End Otters	3:28.25
	45.50	53.36	56.67	52.72
---	Hegge, Kevin	56	Snohomish	NS

**Men 55-59 50 Yard Butterfly**

1	Stack, Ned	55	Lake Washington	25.83
2	Schaufler, Kirby	55	Middle Aged Marl	29.53
3	Hegge, Kevin	56	Snohomish	30.23
4	Cary, Dale	57	Unat-Psm	30.33
5	Freeborn, Stephen	59	Blue Wave Aquati	31.44
6	Keller, John	58	Sequim Aquatic R	31.52
7	Ostrander, Bob	59	Arizona Masters	32.34
8	Ikeda, Paul	55	Orca Swim Club	35.56

**Men 55-59 100 Yard Butterfly**

1	Rogers, Randy	56	Unat-Psm	1:07.38
	31.62	35.76		
2	Durban, Lars	57	Snohomish	1:08.50
	31.89	36.61		
3	Durban, Eric	59	Blue Wave Aquati	1:13.55
	32.82	40.73		
4	Cary, Dale	57	Unat-Psm	1:14.02
	32.86	41.16		
5	Freeborn, Stephen	59	Blue Wave Aquati	1:19.11
	34.49	44.62		

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<b>(Men 55-59 100 Yard Butterfly)</b>				--- Hannula, Dave				61	Ymcapkc Sound Aq	NS
6	Sonoda, Rod	55	Orca Swim Club	1:28.23	<b>Men 60-64 100 Yard Freestyle</b>					
	40.19	48.04			1	Colella, Rick	63	Lake Washington	55.55	
<b>Men 55-59 200 Yard Butterfly</b>						27.07	28.48			
1	Keller, John	58	Sequim Aquatic R	3:21.37	2	Stretch, Jim	63	Bainbridge Aquat	1:02.86	
	43.65	54.20	52.15	51.37		29.82	33.04			
---	Rogers, Randy	56	Unat-Psm	NS	3	Hartwig, Robert	60	Blue Wave Aquati	1:07.36	
---	Durban, Eric	59	Blue Wave Aquati	NS		32.65	34.71			
<b>Men 55-59 100 Yard IM</b>					4	Lebel, Paul	61	Skagit Valley Ma	1:08.91	
1	Busch, Ralph	58	Lake Washington	1:06.26		32.86	36.05			
	30.62	35.64			5	Breit, Joe	61	Downtown/Bellvu	1:29.91	
2	Bailey, John	59	Port Townsend Ma	1:06.27		41.57	48.34			
	31.46	34.81			6	Myrick, Don	63	Bainbridge Aquat	1:36.25	
3	Howell, Richard	55	Oregon Masters	1:07.51		44.86	51.39			
	33.75	33.76			---	Hannula, Dave	61	Ymcapkc Sound Aq	NS	
4	Freeborn, Stephen	59	Blue Wave Aquati	1:14.15	---	Kendrick, Jim	62	Skagit Valley Ma	NS	
	33.68	40.47			<b>Men 60-64 200 Yard Freestyle</b>					
5	Ostrander, Bob	59	Arizona Masters	1:14.16	1	Colella, Rick	63	Lake Washington	2:01.43	
	34.88	39.28				28.88	31.22	31.24	30.09	
6	Sonoda, Rod	55	Orca Swim Club	1:25.61	2	Kendrick, Jim	62	Skagit Valley Ma	2:13.31	
	41.20	44.41				30.76	34.36	34.41	33.78	
---	Hegge, Kevin	56	Snohomish	NS	3	Stretch, Jim	63	Bainbridge Aquat	2:22.49	
---	Farrell, Thomas	55	Downtown/Bellvu	NS		33.49	35.90	37.26	35.84	
<b>Men 55-59 200 Yard IM</b>					4	Boleda, Orlando	60	Bainbridge Aquat	2:24.44	
1	Bailey, John	59	Port Townsend Ma	2:24.76		33.80	37.38	37.61	35.65	
	31.22	39.35	42.06	32.13	5	Mohler, Craig	60	Skagit Valley Ma	2:36.25	
2	Rogers, Randy	56	Unat-Psm	2:26.23		34.63	39.18	41.07	41.37	
	31.10	37.79	45.56	31.78	<b>Men 60-64 500 Yard Freestyle</b>					
3	Howell, Richard	55	Oregon Masters	2:29.67	1	Gross, Jim	60	Skagit Valley Ma	6:07.20	
	32.66	43.77	39.78	33.46		32.50	36.00	37.36	38.35	
4	Freeborn, Stephen	59	Blue Wave Aquati	2:49.89		37.83	37.53	37.87	37.37	
	34.48	43.84	53.78	37.79	2	Tempest, David	64	Mercer Island Re	6:08.00	
---	Hegge, Kevin	56	Snohomish	NS		35.05	37.54	37.75	37.43	
---	Goodlin, Tom	55	Bainbridge Aquat	NS		37.72	37.13	37.35	37.00	
<b>Men 55-59 400 Yard IM</b>						35.92	35.11			
1	Rogers, Randy	56	Unat-Psm	5:16.43	3	Boleda, Orlando	60	Bainbridge Aquat	6:23.12	
	31.63	37.39	39.80	40.45		34.42	38.22	39.33	39.54	
	48.17	48.73	36.17	34.09		39.22	39.85	38.75	38.51	
2	Durban, Eric	59	Blue Wave Aquati	5:50.40		38.70	36.58			
	36.08	42.77	47.95	45.30	4	Mohler, Craig	60	Skagit Valley Ma	7:11.50	
	51.07	50.99	38.67	37.57		36.97	40.92	42.47	43.71	
3	Goodlin, Tom	55	Bainbridge Aquat	6:02.75		44.02	44.19	45.22	44.82	
	37.97	47.61	46.81	47.25		45.74	43.44			
	49.60	50.87	41.03	41.61	5	Lebel, Paul	61	Skagit Valley Ma	7:26.20	
---	Bailey, John	59	Port Townsend Ma	NS		43.11	41.92	45.07	44.85	
<b>Men 60-64 50 Yard Freestyle</b>						44.89	45.18	45.44	46.51	
1	Colella, Rick	63	Lake Washington	25.50	---	Kendrick, Jim	62	Skagit Valley Ma	SCR	
2	Kendrick, Jim	62	Skagit Valley Ma	26.14						
3	Davis, Dwight	61	Lake Washington	27.72						
4	Baker, Loren	60	Downtown/Bellvu	27.77						
5	Stretch, Jim	63	Bainbridge Aquat	28.51						
6	Myrick, Don	63	Bainbridge Aquat	40.33						

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Men 60-64 1000 Yard Freestyle				
1	Gross, Jim	60	Skagit Valley Ma	12:37.39
	33.02	37.42	37.45	38.40
	38.95	39.09	39.56	38.88
	39.22	38.42	38.15	38.39
	37.85	38.24	37.97	38.15
	38.28	37.45	37.21	35.29
2	Tempest, David	64	Mercer Island Re	12:37.92
	35.99	38.17	38.76	38.79
	39.48	38.49	38.93	38.12
	38.52	38.70	38.02	37.85
	37.85	37.82	38.12	37.89
	38.01	37.48	36.77	34.16
3	Boleda, Orlando	60	Bainbridge Aquat	13:20.68
	37.08	40.10	41.43	40.87
	41.11	41.70	40.47	40.89
	40.63	40.46	40.69	40.41
	39.91	40.28	39.73	41.16
	39.17	39.37	38.96	36.26
4	Mohler, Craig	60	Skagit Valley Ma	15:12.93
	41.68	45.24	47.16	46.35
	46.26	46.45	46.79	46.31
	47.02	46.59	45.62	44.81
	45.54	46.30	45.99	45.32
	45.44	45.95	45.86	42.25
---	Lebel, Paul	61	Skagit Valley Ma	SCR
Men 60-64 1650 Yard Freestyle				
1	Tempest, David	64	Mercer Island Re	21:25.63
	37.04	39.22	39.76	39.95
	39.96	39.41	39.73	39.51
	39.79	39.64	39.50	39.72
	39.30	39.19	39.36	39.43
	38.50	38.81	39.19	39.13
	38.45	38.54	38.62	38.82
	38.31	38.31	38.72	38.71
	38.65	38.81	38.38	38.60
				36.57
2	Gross, Jim	60	Skagit Valley Ma	21:45.19
	36.54	39.52	40.23	40.32
	40.03	40.36	40.70	39.75
	39.67	39.72	40.01	40.13
	39.30	39.80	39.96	39.41
	39.85	39.66	39.70	39.72
	39.01	39.23	39.90	38.97
	38.91	39.20	39.31	39.27
	39.61	39.99	39.26	39.61
				38.54
3	Methner, Wayne	61	North End Otters	25:19.22
	39.48	44.52	45.44	46.23
	45.74	46.64	45.93	46.63
	46.68	46.51	46.50	46.87
	46.37	46.82	46.60	47.13
	46.60	46.26	46.09	45.90
	46.03	45.81	46.60	46.77
	46.88	46.29	46.44	46.36
	46.38	46.36	45.85	45.23
				45.28
4	Lebel, Paul	61	Skagit Valley Ma	26:13.14
	40.47	43.24	45.50	45.90
	46.38	48.01	47.94	48.73
	48.15	46.50	48.98	49.28
	47.51	48.76	49.96	48.23
	48.71	48.38	47.96	48.87
	48.28	48.41	48.92	49.34
	49.86	48.23	47.84	49.44
	48.40	48.48	47.67	46.90
				43.91
Men 60-64 50 Yard Backstroke				
1	Hannula, Dave	61	Ymcapkc Sound Aq	28.43
2	Gross, Jim	60	Skagit Valley Ma	35.59
3	Stretch, Jim	63	Bainbridge Aquat	35.77
4	Moore, Hugh	60	Blue Wave Aquati	42.07
5	Breit, Joe	61	Downtown/Bellvu	58.26
Men 60-64 100 Yard Backstroke				
1	Hannula, Dave	61	Ymcapkc Sound Aq	1:00.08
	29.49	30.59		
2	Tempest, David	64	Mercer Island Re	1:12.07
	35.88	36.19		
*3	Gross, Jim	60	Skagit Valley Ma	1:16.86
	37.97	38.89		
*3	Stretch, Jim	63	Bainbridge Aquat	1:16.86
	37.50	39.36		
5	Moore, Hugh	60	Blue Wave Aquati	1:23.55
	40.75	42.80		
6	Boleda, Orlando	60	Bainbridge Aquat	1:27.87
	43.38	44.49		
7	Breit, Joe	61	Downtown/Bellvu	2:10.15
	1:00.38	1:09.77		
---	Kendrick, Jim	62	Skagit Valley Ma	NS
Men 60-64 200 Yard Backstroke				
1	Hannula, Dave	61	Ymcapkc Sound Aq	2:12.85
	30.22	33.35	34.07	35.21
2	Tempest, David	64	Mercer Island Re	2:30.76
	36.61	37.97	38.38	37.80
3	Davis, Dwight	61	Lake Washington	2:38.64
	37.00	39.87	41.35	40.42
4	Stretch, Jim	63	Bainbridge Aquat	2:47.91
	39.96	41.79	43.63	42.53
Men 60-64 50 Yard Breaststroke				
1	Colella, Rick	63	Lake Washington	30.77
2	Breit, Joe	61	Downtown/Bellvu	50.32
Men 60-64 100 Yard Breaststroke				
1	Colella, Rick	63	Lake Washington	1:06.85
	31.60	35.25		
2	Baker, Loren	60	Downtown/Bellvu	1:18.76
	37.56	41.20		
3	Mohler, Craig	60	Skagit Valley Ma	1:34.54
	45.53	49.01		
Men 60-64 200 Yard Breaststroke				
1	Methner, Wayne	61	North End Otters	3:00.56
	41.81	46.68	47.18	44.89



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Results

<b>(Men 60-64 200 Yard Breaststroke)</b>					--- Warner, Frank 66 Ymcapkc Sound Aq NS				
2	Mohler, Craig	60	Skagit Valley Ma	3:28.39	<b>Men 65-69 200 Yard Freestyle</b>				
	48.15 52.52		54.74 52.98		1	Kirkland, Dan	66	Unat-Pna	2:05.37
<b>Men 60-64 50 Yard Butterfly</b>									
1	Davis, Dwight	61	Lake Washington	32.88		29.05 31.28		32.72 32.32	
2	Moore, Hugh	60	Blue Wave Aquati	32.94	2	Lane, Homer	65	Queen Anne Swim	2:17.95
3	Hartwig, Robert	60	Blue Wave Aquati	34.38		31.77 34.39		36.35 35.44	
<b>Men 60-64 100 Yard Butterfly</b>									
1	Moore, Hugh	60	Blue Wave Aquati	1:18.61	3	Norris, Jim	67	Port Townsend Ma	2:30.86
	36.22 42.39					36.86 38.77		38.12 37.11	
<b>Men 60-64 100 Yard IM</b>									
1	Colella, Rick	63	Lake Washington	1:02.11	4	Robinson, James	65	Orca Swim Club	3:08.40
	29.86 32.25					41.09 45.14		48.31 53.86	
2	Baker, Loren	60	Downtown/Bellvu	1:10.70	--- Warner, Frank 66 Ymcapkc Sound Aq NS				
	33.40 37.30				<b>Men 65-69 500 Yard Freestyle</b>				
3	Kendrick, Jim	62	Skagit Valley Ma	1:15.41	1	Kirkland, Dan	66	Unat-Pna	5:34.66
	34.69 40.72					30.26 32.10		33.10 33.47	
4	Boleda, Orlando	60	Bainbridge Aquat	1:20.89		33.78 34.23		34.50 34.70	
	38.39 42.50					34.53 33.99			
5	Hartwig, Robert	60	Blue Wave Aquati	1:21.65	2	Norris, Jim	67	Port Townsend Ma	6:51.89
	37.64 44.01					38.81 40.99		42.58 43.71	
<b>Men 60-64 200 Yard IM</b>						42.22 41.62		41.32 41.35	
1	Methner, Wayne	61	North End Otters	2:50.67		40.65 38.64			
	35.57 48.19		47.71 39.20		3	Walker, Thomas	68	Team Walker	9:22.44
2	Moore, Hugh	60	Blue Wave Aquati	2:50.89		49.63 54.94		58.88 59.01	
	34.92 44.32		52.06 39.59			58.26 57.73		58.79 58.91	
3	Boleda, Orlando	60	Bainbridge Aquat	3:00.86	<b>Men 65-69 1000 Yard Freestyle</b>				
	41.68 50.72		51.69 36.77		1	Kirkland, Dan	66	Unat-Pna	11:32.26
4	Mohler, Craig	60	Skagit Valley Ma	3:14.45		31.11 33.41		33.96 34.15	
	45.52 54.95		53.91 40.07			34.25 34.10		34.21 34.68	
<b>Men 60-64 400 Yard IM</b>						34.47 34.79		34.93 35.50	
1	Moore, Hugh	60	Blue Wave Aquati	6:30.11		35.64 35.38		35.72 35.50	
	38.02 44.21		51.27 51.20			35.42 35.43		35.24 34.37	
	54.78 56.04		47.06 47.53		2	Norris, Jim	67	Port Townsend Ma	14:03.67
<b>Men 65-69 50 Yard Freestyle</b>						39.20 42.23		44.01 43.37	
1	Lane, Homer	65	Queen Anne Swim	27.00		43.32 42.72		42.31 42.69	
2	Voegtlen, Barney	66	Bainbridge Aquat	30.04		42.71 43.13		42.29 42.34	
3	Norris, Jim	67	Port Townsend Ma	31.01		42.64 42.50		43.04 42.35	
4	Robinson, James	65	Orca Swim Club	34.31		43.02 41.72		40.75 37.33	
5	Galvani, Bill	68	Bainbridge Aquat	34.72	<b>Men 65-69 1650 Yard Freestyle</b>				
---	Warner, Frank	66	Ymcapkc Sound Aq	NS	1	Kirkland, Dan	66	Unat-Pna	19:21.80
<b>Men 65-69 100 Yard Freestyle</b>						32.59 34.74		34.78 35.01	
1	Kirkland, Dan	66	Unat-Pna	57.87		34.36 33.95		34.29 35.04	
	28.13 29.74					34.89 35.02		35.16 35.17	
2	Lane, Homer	65	Queen Anne Swim	1:00.53		35.60 35.42		35.36 35.79	
	28.71 31.82					35.67 35.80		35.66 35.20	
3	Wright, Larry	66	Downtown/Bellvu	1:00.95		35.53 35.53		35.56 36.15	
	28.50 32.45					35.53 35.51		35.66 35.44	
4	Norris, Jim	67	Port Townsend Ma	1:10.72		35.91 35.72		35.75 35.32	34.69
	34.53 36.19				--- Norris, Jim 67 Port Townsend Ma SCR				
---	Robinson, James	65	Orca Swim Club	NS	<b>Men 65-69 50 Yard Backstroke</b>				
<b>Men 65-69 50 Yard Freestyle</b>					1	Lane, Homer	65	Queen Anne Swim	34.42
					2	Voegtlen, Barney	66	Bainbridge Aquat	37.58
					3	Galvani, Bill	68	Bainbridge Aquat	41.95
					--- Warner, Frank 66 Ymcapkc Sound Aq NS				

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## Results

**(Men 65-69 50 Yard Backstroke)**

--- Robinson, James 65 Orca Swim Club NS

**Men 65-69 100 Yard Backstroke**1 Wright, Larry 66 Downtown/Bellervu 1:12.61  
35.25 37.36

--- Warner, Frank 66 Ymcapkc Sound Aq NS

**Men 65-69 200 Yard Backstroke**1 Kirkland, Dan 66 Unat-Pna 2:23.14  
34.31 35.58 37.08 36.172 Brown, Paul 67 Vashon Island Ro 2:54.38  
41.58 43.31 45.07 44.423 Walker, Thomas 68 Team Walker 4:15.39  
58.99 1:04.45 1:07.59 1:04.36

--- Warner, Frank 66 Ymcapkc Sound Aq NS

**Men 65-69 50 Yard Breaststroke**

1 Peterson, Steve 68 Ymcapkc Sound Aq 36.44

2 Frampton, Jim 68 Unat-Psm 39.15

3 Voegtlen, Barney 66 Bainbridge Aquat 41.89

4 Galvani, Bill 68 Bainbridge Aquat 43.54

**Men 65-69 100 Yard Breaststroke**1 Peterson, Steve 68 Ymcapkc Sound Aq 1:18.18  
37.18 41.002 Brown, Paul 67 Vashon Island Ro 1:27.47  
41.22 46.253 Frampton, Jim 68 Unat-Psm 1:29.27  
42.12 47.154 Voegtlen, Barney 66 Bainbridge Aquat 1:31.11  
42.04 49.075 Galvani, Bill 68 Bainbridge Aquat 1:33.96  
46.91 47.056 Walker, Thomas 68 Team Walker 2:04.40  
1:00.77 1:03.63**Men 65-69 200 Yard Breaststroke**1 Peterson, Steve 68 Ymcapkc Sound Aq 2:54.52  
39.86 44.84 46.37 43.452 Frampton, Jim 68 Unat-Psm 3:13.81  
44.14 48.16 51.22 50.293 Galvani, Bill 68 Bainbridge Aquat 3:29.82  
50.25 53.03 54.30 52.244 Walker, Thomas 68 Team Walker 4:30.59  
1:04.13 1:09.00 1:10.29 1:07.17**Men 65-69 50 Yard Butterfly**

1 Wright, Larry 66 Downtown/Bellervu 29.47

2 Frampton, Jim 68 Unat-Psm 36.17

3 Voegtlen, Barney 66 Bainbridge Aquat 37.77

4 Robinson, James 65 Orca Swim Club 40.55

**Men 65-69 100 Yard Butterfly**1 Wright, Larry 66 Downtown/Bellervu 1:10.66  
32.92 37.742 Frampton, Jim 68 Unat-Psm 1:25.49  
39.89 45.60**Men 65-69 100 Yard IM**1 Brown, Paul 67 Vashon Island Ro 1:20.05  
37.66 42.392 Frampton, Jim 68 Unat-Psm 1:22.30  
38.16 44.143 Robinson, James 65 Orca Swim Club 1:40.18  
46.85 53.33**Men 65-69 200 Yard IM**1 Peterson, Steve 68 Ymcapkc Sound Aq 2:48.78  
39.53 45.46 45.44 38.352 Voegtlen, Barney 66 Bainbridge Aquat 3:12.65  
42.90 48.91 57.02 43.823 Walker, Thomas 68 Team Walker 4:20.02  
1:12.88 1:06.86 1:11.76 48.52**Men 65-69 400 Yard IM**1 Brown, Paul 67 Vashon Island Ro 6:13.79  
43.45 50.37 47.74 46.09--- Walker, Thomas 68 Team Walker DQ  
50.18 51.48 43.99 40.49

Shoulders past vertical toward breast - back

1:16.21 1:27.70 1:10.54 1:07.11

1:10.86 1:11.56 1:04.78 54.85

**Men 70-74 50 Yard Freestyle**

1 Pilger, Robert 71 Ymcapkc Sound Aq 28.36

2 Justice, Timothy 72 Skagit Valley Ma 33.78

3 Davis, Bob 73 Washington Athle 37.67

4 Cook, Herb 73 Sequim Aquatic R 37.70

5 McKinlay, Michael 71 Downtown/Bellervu 1:55.51

**Men 70-74 100 Yard Freestyle**1 Justice, Timothy 72 Skagit Valley Ma 1:15.21  
34.50 40.712 Davis, Bob 73 Washington Athle 1:26.47  
41.13 45.34

--- McKinlay, Michael 71 Downtown/Bellervu NS

**Men 70-74 200 Yard Freestyle**1 Justice, Timothy 72 Skagit Valley Ma 2:56.39  
37.26 44.36 48.78 45.992 Cook, Herb 73 Sequim Aquatic R 3:18.61  
44.93 50.17 52.53 50.983 Davis, Bob 73 Washington Athle 3:23.14  
41.99 50.60 54.73 55.82**Men 70-74 1000 Yard Freestyle**1 Pilger, Robert 71 Ymcapkc Sound Aq 14:46.91  
37.13 41.82 43.38 45.57

45.38 45.29 44.74 44.98

45.39 45.44 45.95 45.38

46.42 46.17 45.28 45.15

44.77 45.37 44.46 38.84

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**(Men 70-74 1000 Yard Freestyle)**

2	Justice, Timothy	72	Skagit Valley Ma	16:59.93
	41.65	48.64	51.43	51.96
	51.39	51.96	51.60	51.64
	53.00	52.17	51.50	51.18
	51.52	53.66	52.79	52.61
	52.09	52.89	51.49	44.76
3	Cook, Herb	73	Sequim Aquatic R	18:40.44
	50.87	56.20	1:00.00	57.17
	58.38	57.61	56.83	56.79
	56.32	56.88	56.16	55.95
	57.41	54.81	55.91	55.58
	54.83	55.61	55.19	51.94
---	Davis, Bob	73	Washington Athle	SCR

**Men 70-74 1650 Yard Freestyle**

1	Justice, Timothy	72	Skagit Valley Ma	28:41.19
	42.20	48.76	51.98	52.66
	51.58	52.53	51.75	52.64
	52.45	52.88	53.30	53.83
	52.97	52.92	54.11	54.35
	55.43	53.34	51.36	54.27
	52.21	51.70	53.38	51.61
	52.16	52.97	53.56	53.23
	52.25	51.69	51.09	51.72
				48.31
2	Davis, Bob	73	Washington Athle	31:21.86
	50.01	56.33	1:00.41	57.89
	58.14	57.12	57.78	57.87
	58.48	58.06	56.89	57.14
	58.41	56.85	57.08	58.16
	56.80	59.45	56.36	56.59
	56.87	56.62	57.52	56.04
	57.49	56.65	56.15	57.57
	56.94	57.71	56.43	57.69
				52.36
---	Pilger, Robert	71	Ymcapkc Sound Aq	SCR

**Men 70-74 50 Yard Backstroke**

1	Reid, Walt	74	Puget Sound Aqua	40.46
2	McKinlay, Michael	71	Downtown/Bellevu	1:28.91

**Men 70-74 100 Yard Backstroke**

1	Reid, Walt	74	Puget Sound Aqua	1:31.18
	43.79	47.39		
2	McKinlay, Michael	71	Downtown/Bellevu	3:45.40
	1:24.33	2:21.07		

**Men 70-74 50 Yard Breaststroke**

1	Sawyer, Dennis	71	Bainbridge Aquat	39.38
2	Reid, Walt	74	Puget Sound Aqua	41.85

**Men 70-74 100 Yard Breaststroke**

1	Sawyer, Dennis	71	Bainbridge Aquat	1:26.70
	42.35	44.35		
2	Reid, Walt	74	Puget Sound Aqua	1:33.91
	44.41	49.50		

**Men 70-74 200 Yard Breaststroke**

1	Sawyer, Dennis	71	Bainbridge Aquat	3:12.56
	44.61	49.97	51.26	46.72

**Men 70-74 50 Yard Butterfly**

1	Sawyer, Dennis	71	Bainbridge Aquat	43.93
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**Men 70-74 100 Yard IM**

1	Pilger, Robert	71	Ymcapkc Sound Aq	1:26.20
	40.64	45.56		
2	Sawyer, Dennis	71	Bainbridge Aquat	1:26.50
	43.13	43.37		

**Men 70-74 200 Yard IM**

1	Sawyer, Dennis	71	Bainbridge Aquat	3:22.39
	47.54	55.57	54.76	44.52

**Men 75-79 50 Yard Breaststroke**

1	Truong, Dominique	76	Unat-Psm	44.37
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**Men 75-79 100 Yard Breaststroke**

1	Peterson, Dick	78	Bellingham Maste	1:30.93
	43.39	47.54		
2	Truong, Dominique	76	Unat-Psm	1:40.98
	47.34	53.64		

**Men 75-79 100 Yard IM**

1	Peterson, Dick	78	Bellingham Maste	1:27.00
	42.94	44.06		

**Men 75-79 400 Yard IM**

1	Peterson, Dick	78	Bellingham Maste	6:55.61
	48.59	58.59	55.47	51.19
	52.20	50.93	51.42	47.22

**Men 80-84 50 Yard Backstroke**

---	Ellingson, Don	82	Unat-Psm	NS
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**Men 80-84 100 Yard Backstroke**

---	Ellingson, Don	82	Unat-Psm	NS
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**Men 80-84 200 Yard Backstroke**

---	Ellingson, Don	82	Unat-Psm	NS
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**Women 18+ 200 Yard Freestyle Relay**

1	Western Washing	A		1:56.77
	1) Barnick, Angela W20	2) Monsen, Allie W19		
	3) McKiernan, Alex W21	4) Prange, Cara W20		
	29.01	30.42	29.35	27.99
2	Sequim Aquatic R	A		2:06.29
	1) Cortani, Andrea W43	2) MacDonald, Kelsie W20		
	3) Beirne, Katherine W45	4) Shugart, Theresa W47		
	32.20	33.43	29.85	30.81
3	Western Washing	B		2:12.81
	1) McGrew, Kaitlin W20	2) Younie, Brenna W20		
	3) Monsen, Meg W21	4) Monsen, Emily W19		
	32.11	37.16	32.21	31.33
4	Blue Wave Aquati	C		2:26.81
	1) Courtney, Khaila W18	2) Deaderick, Rachael W40		
	3) Montiel, Julie W45	4) Krage, Christine W26		
	37.11	38.78	41.35	29.57

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## Results

<b>(Women 18+ 200 Yard Freestyle Relay)</b>				4 Lake Washington	E		2:27.55
5 Team Walker	A		2:29.68	1) Clarke, Heather W43	2) Ferrel, Amelia W28		
1) Powell, Valerie W21	2) Perkins, Noel W35			3) Robins, Lori W35	4) Underbrink, Mary W55		
3) Kassen, Elizabeth W63	4) Regan Koppelberger, Tammy W4			42.08	34.38	35.50	35.59
51.11	30.85	35.04	32.68				
<b>Women 18+ 200 Yard Medley Relay</b>				5 Skagit Valley Ma	A		2:45.23
1 Western Washingt	A		2:08.93	1) Menzies, Jennifer W31	2) Vilders, Jane W63		
1) DeLong, Jackie W20	2) Whitney, Jenna W21			3) Rotton, Belinda W50	4) Brown, Susan W66		
3) Barnick, Angela W20	4) Prange, Cara W20			37.58	20.98	29.60	1:17.07
35.06	33.48	31.87	28.52				
2 Sequim Aquatic R	A		2:42.29	<b>Women 35+ 200 Yard Freestyle Relay</b>			
1) MacDonald, Kelsie W20	2) Speser, Nancy W58			1 Lake Washington	B		1:55.49
3) Shugart, Theresa W47	4) Senz, Tamara W55			1) Doherty, Lianna W41	2) Olsen, Kris W50		
39.04	52.14	35.82	35.29	3) Ella, Ellen W37	4) McHenry, Valerie W35		
3 Team Walker	A		2:50.22	27.77	29.91	29.54	28.27
1) Powell, Valerie W21	2) Kassen, Elizabeth W63			2 Blue Wave Aquati	B		2:04.83
3) Perkins, Noel W35	4) Regan Koppelberger, Tammy W4			1) Sprenger, Cynthia W41	2) Outerson, Jenell W47		
1:01.36	44.05	1:04.81		3) Nordyke, Carrie W35	4) Mesler, Jennifer W44		
4 Blue Wave Aquati	C		2:50.63	31.59	29.84	31.92	31.48
1) Courtney, Khaila W18	2) Sato, Amy W20			<b>Women 35+ 200 Yard Medley Relay</b>			
3) Montiel, Julie W45	4) Noffke, Wendy W42			1 Lake Washington	B		2:08.45
51.23	47.24	32.56	39.60	1) Ella, Ellen W37	2) McHenry, Valerie W35		
--- Western Washingt	B		DQ	3) Doherty, Lianna W41	4) Moorhead, Amy W43		
1) Monsen, Meg W21	2) McKiernan, Alex W21			35.87	38.35	29.36	24.87
3) Baber, Caroline W18	4) McGrew, Kaitlin W20			2 Blue Wave Aquati	B		2:35.29
38.56	37.66	35.18	31.81	1) Sprenger, Cynthia W41	2) Outerson, Jenell W47		
<b>Women 25+ 200 Yard Freestyle Relay</b>				3) Holt, Megan W44	4) Mesler, Jennifer W44		
1 Lake Washington	A		1:41.13	41.19	39.57	40.63	33.90
1) Moorhead, Amy W43	2) Helgason, Chelsea W28			3 Blue Wave Aquati	D		3:08.46
3) King, Jordan W25	4) Dinkel, Paloma W27			1) Sato, Teri W55	2) Williams, Judy W67		
25.22	26.27	25.05	24.59	3) Wood, Kimberly W42	4) Neely, Wendy W40		
2 Lake Washington	C		1:51.58	55.02	50.23	1:23.31	
1) McIntyre, Shannon W50	2) Ferrel, Amelia W28			<b>Women 45+ 200 Yard Freestyle Relay</b>			
3) Voss, Julie W51	4) Crouch, Kim W53			1 Bainbridge Aquat	A		2:01.49
26.83	28.01	30.10	26.64	1) Reimer, Shelley W45	2) Gende, Gretchen W45		
3 Husky Masters	A		1:53.06	3) Kratzer, Elissa W52	4) Fuller, Deborah W51		
1) Van Zanten, Samantha W29	2) Winans, Amanda W32			28.36	29.63	32.73	30.77
3) Braggin, Jacquelyn W28	4) Norris, Erika W30			<b>Women 45+ 200 Yard Medley Relay</b>			
26.91	30.44	29.28	26.43	1 Lake Washington	C		2:10.15
<b>Women 25+ 200 Yard Medley Relay</b>				1) Olsen, Kris W50	2) Crouch, Kim W53		
1 Lake Washington	A		1:51.99	3) McIntyre, Shannon W50	4) Voss, Julie W51		
1) Helgason, Chelsea W28	2) Dinkel, Paloma W27			36.88	33.63	29.93	29.71
3) King, Jordan W25	4) Byers, Kirsten W26			--- Bainbridge Aquat	A		DQ
30.29	30.64	25.90	25.16	1) Wilson, Andrea W46	2) Dumouchel, Denise W52		
2 Downtown/Belllevu	A		2:07.99	3) Fuller, Deborah W51	4) McFarland, Cestjon W54		
1) Gilmore, Anna W28	2) Nordberg, Carrie W39			39.92	45.43	37.08	31.97
3) Johansson, Hanna W48	4) Zeaiter, Janet W30			<b>Women 55+ 200 Yard Freestyle Relay</b>			
32.66	34.49	33.06	27.78	1 Lake Washington	D		2:03.81
3 Husky Masters	A		2:13.79	1) Jaeger, Dawn W58	2) Chapman, Linda W59		
1) Hiebert, Stephanie W37	2) Braggin, Jacquelyn W28			3) Moore, Sheila W56	4) Davis, Charlotte W64		
3) Winans, Amanda W32	4) Fitzsimmons, Megan W30			31.36	32.65	31.12	28.68
34.47	37.29	31.97	30.06	2 Blue Wave Aquati	A		2:29.28
				1) Sato, Teri W55	2) Blackburn, Jean W63		
				3) Williams, Judy W67	4) Menkens, Michelle W58		
				44.29	33.57	41.22	30.20

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**(Women 55+ 200 Yard Freestyle Relay)**

3	Skagit Valley Ma	A	2:54.99
	1) Kline, Barbara W61	2) Vilders, Jane W63	
	3) Pugh, Lucianne W55	4) Brown, Susan W66	
	48.30	39.23	47.30 40.16

**Women 55+ 200 Yard Medley Relay**

1	Lake Washington	D	2:18.14
	1) Jaeger, Dawn W58	2) Chapman, Linda W59	
	3) Davis, Charlotte W64	4) Moore, Sheila W56	
	37.42	38.57	30.88 31.27
2	Blue Wave Aquati	A	2:33.06
	1) Blackburn, Jean W63	2) Ball, Laurie W57	
	3) Hickel, Jessie W56	4) Menkens, Michelle W58	
	44.69	38.87	39.61 29.89
3	Bainbridge Aquat	A	2:52.68
	1) Fick, Jan W59	2) Adkins-Narte, Heather W60	
	3) Belserene, Rita W63	4) Carruthers, Kate W66	
	44.97	54.99	1:12.72

**Men 18+ 200 Yard Freestyle Relay**

1	Western Washingt	A	1:38.14
	1) Propersi, Jeffrey M19	2) Hendricks, Dane M21	
	3) Kelly, Nicholas M18	4) Reid, Jordan M22	
	26.00	26.04	24.43 21.67
2	Lake Washington	C	1:39.96
	1) Mendez-Beck, Tomas M23	2) Rittenberg, Durrell M45	
	3) Bakh, Robert M42	4) Ceara, Rafael M34	
	22.03	25.97	26.02 25.94

**Men 18+ 200 Yard Medley Relay**

1	Western Washingt	A	1:50.24
	1) Propersi, Jeffrey M19	2) McCallum, Ian M20	
	3) Reid, Jordan M22	4) Kelly, Nicholas M18	
	29.89	30.92	24.79 24.64
2	Lake Washington	C	1:50.77
	1) Ceara, Rafael M34	2) Busch, Ralph M58	
	3) Mendez-Beck, Tomas M23	4) Chapman, Andy M21	
	32.25	32.09	23.28 23.15
3	Washington Athle	A	1:54.42
	1) Pfaff, Chris M28	2) Williamson, Eric M24	
	3) Vaughan, Brandon M27	4) Woare, Matthew M40	
	29.31	33.25	26.84 25.02
4	Sequim Aquatic R	A	1:56.26
	1) Koehler, Avery M18	2) Ridle, Jason M40	
	3) Keller, John M58	4) Forcinel, Tony M44	
	27.95	30.69	31.09 26.53
5	Western Washingt	B	2:04.55
	1) Clark, Austin M19	2) Pehrson, Josh M18	
	3) Wrigley, Jon Scott M19	4) Hendricks, Dane M21	
	41.22	28.63	28.37 26.33
6	Bainbridge Aquat	A	2:11.58
	1) Stretch, Jim M63	2) Gray, Darren M46	
	3) Jenkins, Cody M23	4) Goodlin, Tom M55	
	36.32	38.33	27.36 29.57

---	Ymcapkc Sound Aq	A	NS
	1) Steenbeeke, Alain M53	2) Peterson, Steve M68	
	3) Stipek, Clinton M24	4) Reehill, James M22	

**Men 25+ 200 Yard Freestyle Relay**

1	Lake Washington	A	1:28.04
	1) Chapman, Chris M28	2) Conroy, Chris M29	
	3) Kotynia, Jakub M26	4) Gray, Trever M39	
	21.76	22.05	22.50 21.73
2	Blue Wave Aquati	A	1:37.77
	1) Bush, Gabe M37	2) Brayman, Brook M38	
	3) Edde, Matthew M25	4) Nordyke, Brent M39	
	26.25	24.02	24.48 23.02
3	Husky Masters	A	1:42.91
	1) Malinak, Andrew M28	2) Phillips, Alex M27	
	3) O'Hern, Dave M31	4) Nelson, Kirk M44	
	24.01	27.38	27.75 23.77
4	Lake Washington	E	1:49.47
	1) Miller, Aaron M31	2) Larsen, Stein M50	
	3) Tamura, Taiji M45	4) Scott, Michael M28	
	26.89	29.21	26.27 27.10

**Men 25+ 200 Yard Medley Relay**

1	Lake Washington	A	1:34.30
	1) Gray, Trever M39	2) Kotynia, Jakub M26	
	3) Chapman, Chris M28	4) Conroy, Chris M29	
	24.32	25.53	22.59 21.86
2	Mukilteo YMCA	A	1:52.03
	1) Dodds, Joel M52	2) McCarty, David M50	
	3) Henriksen, Martin M40	4) Kanev, Teodor M32	
	27.99	33.04	25.96 25.04
3	Blue Wave Aquati	A	2:00.59
	1) Brayman, Brook M38	2) Bush, Gabe M37	
	3) Conklin, Kevin M39	4) Edde, Matthew M25	
	29.26	35.02	31.79 24.52
4	Downtown/Bellevu	A	2:03.96
	1) Axel, Bradford M46	2) Heaton, Jesse M30	
	3) Winter, Doug M46	4) Martinez, Hector M29	
	34.18	34.40	27.44 27.94
5	Lake Washington	G	2:08.43
	1) Scott, Michael M28	2) Miller, Aaron M31	
	3) Liedtke, Matthew M25	4) Fleming, Justin M27	
	33.77	33.70	26.40 34.56

**Men 35+ 200 Yard Freestyle Relay**

1	Team Walker	A	1:43.23
	1) Carmosino, Vince M45	2) Guillen, Brian M39	
	3) Powell, Frank M55	4) Haynie, Carl M54	
	25.01	25.94	27.53 24.75
2	Lake Washington	D	1:44.44
	1) Noah, Kevin M43	2) Martin, Rob M49	
	3) Derango, Philip M50	4) Phillips, Daniel M52	
	25.58	26.80	27.60 24.46
3	Mukilteo YMCA	A	1:49.30
	1) McCarty, David M50	2) Henriksen, Martin M40	
	3) Gilson, Michael M43	4) Thorson, Dan M45	
	24.47	23.42	33.15 28.26

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<b>(Men 35+ 200 Yard Freestyle Relay)</b>				4 Blue Wave Aquati	B		2:19.87
4 Skagit Valley Ma	B		2:04.04	1) Iyall, Andy M48		2) Marx, John M46	
1) Allen, Jon M54		2) Yarrow, Mike M53		3) Lieggi, Anthony M53		4) Matthews, Scott M53	
3) Dahl, James M40		4) Methner, Bradly M49		33.34	33.13	38.18	35.22
29.85	32.67	30.84	30.68	5 Orca Swim Club	A		2:27.36
<b>Men 35+ 200 Yard Medley Relay</b>				1) Lasersohn, Jim M50		2) Ikeda, Paul M55	
1 Team Walker	A		1:52.53	3) Sonoda, Rod M55		4) Robinson, James M65	
1) Haynie, Carl M54		2) Carmosino, Vince M45		36.19	40.67	36.47	34.03
3) Guillen, Brian M39		4) Alsberg, Maoz M46		--- Blue Wave Aquati		C	NS
28.43	28.53	28.89	26.68	1) Nguyen, Dung M51		2) Mabin, Sean M48	
2 Snohomish	A		1:59.92	3) Kreer, Ken M51		4) Ellis, Dana M57	
1) Belleza, Ron M40		2) Hegge, Kevin M56		<b>Men 55+ 200 Yard Freestyle Relay</b>			
3) Durban, Lars M57		4) Weed, Kevin M52		1 Skagit Valley Ma	A		2:06.30
28.22	35.58	29.98	26.14	1) Mohler, Craig M60		2) Lebel, Paul M61	
3 Lake Washington	F		2:04.08	3) Justice, Timothy M72		4) Gross, Jim M60	
1) Bakh, Robert M42		2) Derango, Philip M50		31.94	30.76	33.70	29.90
3) Martin, Rob M49		4) Noah, Kevin M43		--- Bainbridge Aquat		A	DQ
32.53	34.86	29.19	27.50	Early take-off swimmer #4			
4 Skagit Valley Ma	A		2:26.34	1) Stretch, Jim M63		2) Galvani, Bill M68	
1) Yarrow, Mike M53		2) Ness, Kerry M45		3) Sawyer, Dennis M71		4) Voegtlen, Barney M66	
3) Dahl, James M40		4) Methner, Bradly M49		28.44	35.84	33.48	30.59
39.91	37.26	37.42	31.75	<b>Men 55+ 200 Yard Medley Relay</b>			
<b>Men 45+ 200 Yard Freestyle Relay</b>				1 Lake Washington	D		1:58.05
1 Blue Wave Aquati	B		1:55.39	1) Davis, Dwight M61		2) Colella, Rick M63	
1) Iyall, Andy M48		2) Marx, John M46		3) Stack, Ned M55		4) Tupper, Rick M58	
3) Lieggi, Anthony M53		4) Smith, Daniel M52		33.49	30.54	26.84	27.18
27.95	24.94	36.05	26.45	2 Blue Wave Aquati	D		2:18.22
2 Blue Wave Aquati	D		2:01.98	1) Durban, Eric M59		2) Freeborn, Stephen M59	
1) Zellerhoff, Mark M45		2) Freeborn, Stephen M59		3) Hartwig, Robert M60		4) Moore, Hugh M60	
3) Hartwig, Robert M60		4) Moore, Hugh M60		35.08	39.91	33.62	29.61
30.87	29.67	29.99	31.45	--- Bainbridge Aquat		A	2:45.73
3 Blue Wave Aquati	C		2:23.54	1) Sawyer, Dennis M71		2) Galvani, Bill M68	
1) Nguyen, Dung M51		2) Matthews, Scott M53		3) Voegtlen, Barney M66		4) Myrick, Don M63	
3) Mabin, Sean M48		4) Kreer, Ken M51		43.67	44.41	1:10.28	7.37
34.41	31.06	35.84	42.23	<b>Mixed 18+ 200 Yard Freestyle Relay</b>			
--- Lake Washington	B		DQ	1 Lake Washington	B		1:37.70
Early take-off swimmer #2				1) Mendez-Beck, Tomas M23		2) Helgason, Chelsea W28	
1) Stack, Ned M55		2) Nygren, Mats M48		3) King, Jordan W25		4) Chapman, Andy M21	
3) Hanson, Max M47		4) Colella, Rick M63		22.12	26.36	25.67	23.55
23.96	23.51	24.56	25.68	2 Western Washingt	A		1:48.47
<b>Men 45+ 200 Yard Medley Relay</b>				1) Pehrson, Josh M18		2) Monsen, Allie W19	
1 Lake Washington	B		1:48.76	3) McKiernan, Alex W21		4) Wrigley, Jon Scott M19	
1) Nygren, Mats M48		2) Phillips, Daniel M52		24.08	30.25	29.32	24.82
3) Smith, Bryan M47		4) Hanson, Max M47		3 Sequim Aquatic R	A		1:50.18
27.75	28.62	27.46	24.93	1) Ridle, Jason M40		2) Koehler, Avery M18	
2 Lake Washington	A		2:05.71	3) MacDonald, Kelsie W20		4) Barrow, Danielle W18	
1) Pearson, Jay M53		2) Van Pelt, Darren M45		24.12	23.49	33.58	28.99
3) Rittenberg, Durrell M45		4) Tamura, Taiji M45		4 Bainbridge Aquat	A		1:50.23
32.45	36.47	29.69	27.10	1) Stretch, Jim M63		2) Reimer, Shelley W45	
3 Skagit Valley Ma	B		2:14.44	3) Jenkins, Cody M23		4) Segerson, Karen W40	
1) Gross, Jim M60		2) Allen, Jon M54		28.39	27.94	24.73	29.17
3) Kendrick, Jim M62		4) Mohler, Craig M60		5 Ymcapkc Sound Aq	A		1:51.15
34.56	35.18	32.73	31.97	1) Garcia, Christina W36		2) Smith, Katy W33	
				3) Steenbeeke, Alain M53		4) Stipek, Clinton M24	
				32.40	28.77	24.49	25.49

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**(Mixed 18+ 200 Yard Freestyle Relay)**

6	Western Washingt	B	2:06.29
	1) Clark, Austin M19	2) Younie, Brenna W20	
	3) McGrew, Kaitlin W20	4) Hendricks, Dane M21	
	30.48	32.19	26.71
7	Team Walker	B	2:35.72
	1) Powell, Valerie W21	2) Walker, Thomas M68	
	3) Kassen, Elizabeth W63	4) Powell, Frank M55	
	51.30	33.58	28.02
---	Blue Wave Aquati	C	2:51.44
	1) Conklin, Kevin M39	2) Edde, Matthew M25	
	3) Courtney, Khaila W18	4) Sato, Amy W20	
	30.45	1:35.48	6.57

**Mixed 18+ 200 Yard Medley Relay**

1	Lake Washington	C	1:48.52
	1) Helgason, Chelsea W28	2) Conroy, Chris M29	
	3) Mendez-Beck, Tomas M23	4) Ferrel, Amelia W28	
	30.14	27.71	22.99
2	Western Washingt	A	1:57.66
	1) Propersi, Jeffrey M19	2) Whitney, Jenna W21	
	3) Reid, Jordan M22	4) Barnick, Angela W20	
	30.40	24.61	28.87
3	Sequim Aquatic R	A	1:59.94
	1) Koehler, Avery M18	2) Ridle, Jason M40	
	3) Barrow, Danielle W18	4) Wagner, Jessica W33	
	28.40	32.24	29.11
4	Ymcapkc Sound Aq	A	2:03.40
	1) Reehill, James M22	2) Garcia, Christina W36	
	3) Stipek, Clinton M24	4) Smith, Katy W33	
	32.39	24.19	28.09
5	Western Washingt	B	2:06.06
	1) DeLong, Jackie W20	2) McCallum, Ian M20	
	3) Wrigley, Jon Scott M19	4) Monsen, Emily W19	
	35.98	27.32	30.50
6	Blue Wave Aquati	B	2:09.53
	1) Courtney, Khaila W18	2) Nordyke, Brent M39	
	3) Brayman, Brook M38	4) Krage, Christine W26	
	45.67	26.74	28.62
7	Bainbridge Aquat	A	2:11.44
	1) Jenkins, Cody M23	2) Gray, Darren M46	
	3) Reimer, Shelley W45	4) Gende, Gretchen W45	
	31.76	31.64	30.08
8	Team Walker	B	3:03.26
	1) Powell, Valerie W21	2) Kassen, Elizabeth W63	
	3) Powell, Frank M55	4) Walker, Thomas M68	
	1:01.81	34.72	41.05
---	Western Washingt	C	DQ
	Early take-off swimmer #4		
	1) Monsen, Allie W19	2) Hendricks, Dane M21	
	3) Baber, Caroline W18	4) Clark, Austin M19	
	38.77	35.54	28.97
---	Central Washingt	A	NS
	1) Dahlgren, Bryan M21	2) Olden, Jaegger M21	
	3) Lemke, Savannah W22	4) Tikka-Dills-Lovasz, Sarah W21	

**Mixed 25+ 200 Yard Freestyle Relay**

1	Lake Washington	A	1:33.79
	1) Chapman, Chris M28	2) Dinkel, Paloma W27	
	3) Byers, Kirsten W26	4) Conroy, Chris M29	
	21.70	25.27	24.69
2	Lake Washington	E	1:48.29
	1) Ferrel, Amelia W28	2) McHenry, Valerie W35	
	3) Liedtke, Matthew M25	4) Ceara, Rafael M34	
	27.97	28.24	26.29
3	Downtown/Bellevu	A	1:50.51
	1) Heaton, Jesse M30	2) Johansson, Hanna W48	
	3) Zeaiter, Janet W30	4) Axel, Bradford M46	
	28.31	29.33	27.93
4	Snohomish	A	1:50.71
	1) Klovdahl, Jenny W30	2) Speer, Jasen M33	
	3) Armstrong, Mary W47	4) Thompson, Robert M59	
	26.27	25.61	26.51
5	Orca Swim Club	A	1:55.60
	1) Robertson, Ryan M28	2) Welch, Sarah W68	
	3) Ferries, Jenny W33	4) Lasersohn, Jim M50	
	26.09	34.28	28.38
6	Skagit Valley Ma	C	2:23.60
	1) Yarrow, Mike M53	2) Pugh, Lucianne W55	
	3) Menzies, Jennifer W31	4) Methner, Bradly M49	
	31.98	46.93	32.94
---	Ubc Masters	A	X1:41.08
	28.48	24.07	23.38
---	Husky Masters	A	DQ
	1) Norris, Erika W30	2) Hiebert, Stephanie W37	
	3) Phillips, Alex M27	4) O'Hern, Dave M31	
	26.86	28.55	28.86
---	Downtown/Bellevu	B	DQ
	1) Baker, Loren M60	2) Gilmore, Anna W28	
	3) Cruze, Jennifer W36	4) Wright, Larry M66	
	28.06	28.11	31.45

**Mixed 25+ 200 Yard Medley Relay**

1	Lake Washington	A	1:42.32
	1) King, Jordan W25	2) Kotynia, Jakub M26	
	3) Chapman, Chris M28	4) Dinkel, Paloma W27	
	28.28	25.76	22.71
2	Husky Masters	A	1:57.27
	1) Norris, Erika W30	2) Braggin, Jacquelyn W28	
	3) Malinak, Andrew M28	4) Nelson, Kirk M44	
	30.62	37.03	25.80
3	Snohomish	A	1:58.27
	1) Belleza, Ron M40	2) Klovdahl, Jenny W30	
	3) Armstrong, Mary W47	4) Weed, Kevin M52	
	28.14	34.66	29.73
4	Husky Masters	B	2:02.37
	1) O'Hern, Dave M31	2) Phillips, Alex M27	
	3) Winans, Amanda W32	4) Van Zanten, Samantha W29	
	30.41	32.89	32.14
5	Lake Washington	H	2:13.81
	1) Olsen, Kris W50	2) Miller, Aaron M31	
	3) Scott, Michael M28	4) Clarke, Heather W43	
	37.39	33.30	30.22

## 2015 PNA Championship Meet - 4/11/2015 to 4/12/2015

Federal Way, WA, Sanction #: 365-S005

Hosted by Blue Wave Aquatics

## Results

**(Mixed 25+ 200 Yard Medley Relay)**

6	Lake Washington	I	2:17.02
	1) Ceara, Rafael M34	2) Derango, Philip M50	
	3) McHenry, Valerie W35	4) Underbrink, Mary W55	
	32.63 35.11	32.67 36.61	
7	Skagit Valley Ma	B	2:50.22
	1) Kline, Barbara W61	2) Ness, Kerry M45	
	3) Dahl, James M40	4) Menzies, Jennifer W31	
	1:02.63 36.59	37.50 33.50	

**Mixed 35+ 200 Yard Freestyle Relay**

1	Lake Washington	C	1:37.52
	1) Gray, Trever M39	2) Moorhead, Amy W43	
	3) Doherty, Lianna W41	4) Stack, Ned M55	
	21.54 24.73	27.42 23.83	
2	Blue Wave Aquati	B	1:50.46
	1) Brayman, Brook M38	2) Bush, Gabe M37	
	3) Menkens, Michelle W58	4) Outerson, Jenell W47	
	24.59 26.02	30.24 29.61	
3	Lake Washington	I	1:52.63
	1) Ella, Ellen W37	2) Robins, Lori W35	
	3) Noah, Kevin M43	4) Bakh, Robert M42	
	25.26 31.87	29.41 26.09	
4	Team Walker	A	1:53.22
	1) Regan Koppelberger, Tammy W42	2) Carmosino, Vince M45	
	3) Perkins, Noel W35	4) Alsberg, Maoz M46	
	31.63 25.17	31.45 24.97	
5	Sequim Aquatic R	A	1:57.21
	1) Keller, John M58	2) Forcinel, Tony M44	
	3) Shugart, Theresa W47	4) Cortani, Andrea W43	
	27.25 27.23	31.09 31.64	
6	Blue Wave Aquati	E	2:01.99
	1) Holt, Megan W44	2) Iyall, Andy M48	
	3) Mesler, Jennifer W44	4) Lieggi, Anthony M53	
	25.44 35.46	32.66 28.43	
7	Mukilteo YMCA	A	2:06.62
	1) Thorson, Dan M45	2) Gilson, Michael M43	
	3) Seaborg, Paige W59	4) Polidori, Wendy W45	
	28.48 32.07	37.87 28.20	
8	Lake Washington	J	2:08.38
	1) Tamura, Taiji M45	2) Underbrink, Mary W55	
	3) Clarke, Heather W43	4) Van Pelt, Darren M45	
	27.38 36.57	34.01 30.42	
9	Blue Wave Aquati	F	2:29.50
	1) Noffke, Wendy W42	2) Parker, April W38	
	3) Nguyen, Dung M51	4) Matthews, Scott M53	
	41.94 38.75	37.56 31.25	

**Mixed 35+ 200 Yard Medley Relay**

1	Lake Washington	B	1:50.83
	1) Gray, Trever M39	2) Crouch, Kim W53	
	3) Hanson, Max M47	4) Moorhead, Amy W43	
	24.42 33.83	27.35 25.23	
2	Lake Washington	F	2:07.57
	1) Ella, Ellen W37	2) Bakh, Robert M42	
	3) Doherty, Lianna W41	4) Noah, Kevin M43	
	35.50 36.46	30.13 25.48	

3	Blue Wave Aquati	C	2:11.54
	1) Mesler, Jennifer W44	2) Nordyke, Carrie W35	
	3) Iyall, Andy M48	4) Matthews, Scott M53	
	35.84 40.36	29.17 26.17	
4	Team Walker	A	2:12.13
	1) Regan Koppelberger, Tammy W42	2) Carmosino, Vince M45	
	3) Perkins, Noel W35	4) Haynie, Carl M54	
	43.05 30.29	32.97 25.82	
5	Blue Wave Aquati	E	2:55.84
	1) Montiel, Julie W45	2) Zellerhoff, Mark M45	
	3) Deaderick, Rachael W40	4) Souder, Christopher M49	
	36.90 54.77	56.00 28.17	
6	Blue Wave Aquati	G	3:10.55
	1) Noffke, Wendy W42	2) Parker, April W38	
	3) Nguyen, Dung M51	4) Kreer, Ken M51	
	47.45 49.67	50.71 42.72	

**Mixed 45+ 200 Yard Freestyle Relay**

1	Lake Washington	D	1:41.50
	1) Crouch, Kim W53	2) Busch, Ralph M58	
	3) McIntyre, Shannon W50	4) Nygren, Mats M48	
	26.69 24.64	26.80 23.37	
2	Lake Washington	F	1:52.52
	1) Voss, Julie W51	2) Olsen, Kris W50	
	3) Smith, Bryan M47	4) Hanson, Max M47	
	30.38 31.11	25.83 25.20	
3	Lake Washington	G	1:54.09
	1) Chapman, Linda W59	2) Moore, Sheila W56	
	3) Rittenberg, Durrell M45	4) Phillips, Daniel M52	
	32.15 31.50	26.13 24.31	
4	Bainbridge Aquat	A	2:07.97
	1) Fuller, Deborah W51	2) McFarland, Cestjon W54	
	3) Voegtlen, Barney M66	4) Sawyer, Dennis M71	
	31.56 32.40	29.81 34.20	
5	Bainbridge Aquat	B	2:28.37
	1) Wilson, Andrea W46	2) Dubey, Jessica W52	
	3) Myrick, Don M63	4) Galvani, Bill M68	
	33.78 39.94	22.78 51.87	
6	Blue Wave Aquati	G	2:31.65
	1) Montiel, Julie W45	2) Williams, Judy W67	
	3) Kreer, Ken M51	4) Ellis, Dana M57	
	32.69 41.92	42.14 34.90	
---	Skagit Valley Ma	A	DQ
	1) Kendrick, Jim M62	2) Brown, Susan W66	
	3) Rotton, Belinda W50	4) Gross, Jim M60	
	27.01 39.37	34.52 27.57	

**Mixed 45+ 200 Yard Medley Relay**

1	Lake Washington	D	1:57.04
	1) Nygren, Mats M48	2) Voss, Julie W51	
	3) Phillips, Daniel M52	4) McIntyre, Shannon W50	
	28.10 36.28	25.98 26.68	
2	Mukilteo YMCA	A	2:01.30
	1) Dodds, Joel M52	2) McCarty, David M50	
	3) Polidori, Wendy W45	4) Marsh-Limm, Margo W47	
	27.57 32.63	31.27 29.83	



**2015 PNA Championship Meet - 4/11/2015 to 4/12/2015****Federal Way, WA, Sanction #: 365-S005****Hosted by Blue Wave Aquatics****Results****(Mixed 45+ 200 Yard Medley Relay)**

3 Lake Washington	G	2:10.43
1) Rittenberg, Durrell M45	2) Chapman, Linda W59	
3) Martin, Rob M49	4) Moore, Sheila W56	
32.35 38.43	28.87 30.78	
4 Blue Wave Aquati	D	2:13.41
1) Marx, John M46	2) Smith, Daniel M52	
3) Menkens, Michelle W58	4) Outerson, Jenell W47	
34.80 34.26	34.83 29.52	
5 Skagit Valley Ma	C	2:40.92
1) Allen, Jon M54	2) Pugh, Lucianne W55	
3) Rotton, Belinda W50	4) Lebel, Paul M61	
36.96 56.32	36.35 31.29	
6 Bainbridge Aquat	A	2:49.79
1) Galvani, Bill M68	2) Kratzer, Elissa W52	
3) Dumouchel, Denise W52	4) Myrick, Don M63	
41.57 43.64	45.53 39.05	

**Mixed 55+ 200 Yard Freestyle Relay**

1 Lake Washington	H	1:53.71
1) Jaeger, Dawn W58	2) Davis, Charlotte W64	
3) Tupper, Rick M58	4) Colella, Rick M63	
32.06 28.28	27.81 25.56	
2 Blue Wave Aquati	A	2:10.42
1) Ball, Laurie W57	2) Blackburn, Jean W63	
3) Hartwig, Robert M60	4) Moore, Hugh M60	
32.56 35.02	30.51 32.33	
3 Bainbridge Aquat	A	2:11.47
1) Fick, Jan W59	2) Carruthers, Kate W66	
3) Boleda, Orlando M60	4) Goodlin, Tom M55	
37.16 20.45	25.35 48.51	
4 Blue Wave Aquati	D	2:12.94
1) Hickel, Jessie W56	2) Sato, Teri W55	
3) Durban, Eric M59	4) Freeborn, Stephen M59	
34.01 40.70	29.10 29.13	
5 Skagit Valley Ma	B	2:34.62
1) Kline, Barbara W61	2) Justice, Timothy M72	
3) Vilders, Jane W63	4) Mohler, Craig M60	
47.59 34.91	41.01 31.11	

**Mixed 55+ 200 Yard Medley Relay**

1 Lake Washington	E	2:02.35
1) Jaeger, Dawn W58	2) Colella, Rick M63	
3) Stack, Ned M55	4) Davis, Charlotte W64	
36.82 30.21	27.54 27.78	
2 Blue Wave Aquati	A	2:41.80
1) Blackburn, Jean W63	2) Williams, Judy W67	
3) Hartwig, Robert M60	4) Moore, Hugh M60	
43.25 52.20	33.90 32.45	
3 Skagit Valley Ma	A	2:51.71
1) Gross, Jim M60	2) Vilders, Jane W63	
3) Mohler, Craig M60	4) Brown, Susan W66	
36.85 51.29	43.21 40.36	
4 Bainbridge Aquat	A	2:52.58
1) Stretch, Jim M63	2) Adkins-Narte, Heather W60	
3) Voegtlen, Barney M66	4) Borys, Ann Marie W57	
36.74 55.84	38.18 41.82	

**Combined Team Scores****Combined Team Scores - Through Event 116**

1. Lake Washington Masters	2090
2. Blue Wave Aquatics	1183
3. Bainbridge Aquatic Masters	697.5
4. Skagit Valley Masters Swimming	604.5
5. Western Washington University	503
6. Team Walker International Mast	395
7. Sequim Aquatic Recreation Cent	365
8. Downtown/Bellevue Swim Team	349
9. Husky Masters	342
10. Ymcapkc Sound Aquatic Swimmers	308
11. Mukilteo YMCA	304
12. Snohomish Aquatics Masters	267
13. Orca Swim Club	242
14. North End Otters	162
15. Washington Athletic Club	147
16. Greenlake Aquaducks	85
17. South Sound Masters Swimmers	81
18. Port Townsend Master Swimmers	80
19. Puget Sound Aquatics	78
20. Queen Anne Swim Club	57
21. Bellevue Club	51
21. Vashon Island Rockfins	51
23. Central Area Aquatics Team	43
23. Gold's Eastside Masters	43
25. North Kitsap Masters	41
26. Thunderbird Aquatic Masters	40
27. Mercer Island Redwoods	37
28. Bellingham Masters Swim Club	27
29. Middle Aged Marlin Swimmers	22
29. West Coast Aquatics Masters	22
31. Vo2 MultiSport Swim Team	18
31. Monroe YMCA Masters	18
33. Vashon Open Water Swimmers	13