

2012 USMS Spring National Championships, Sanction #: 132-001**Greensboro Aquatic Center****Results****Women 18-24 50 Yard Freestyle**

Name	Age	Team	Seed Time	Finals Time
--- Olson, Geneva D	19	Pacific Northwest Aquatics	34.00	NS
--- Divelbiss, Madison L	19	Pacific Northwest Aquatics	28.70	NS

Women 18-24 100 Yard Freestyle

--- Divelbiss, Madison L	19	Pacific Northwest Aquatics	1:02.40	NS
--- Anderson, Sydney E	19	Pacific Northwest Aquatics	1:02.74	NS

Women 18-24 200 Yard Freestyle

--- Lowder, Kaitlyn	19	Pacific Northwest Aquatics	2:20.19	NS
--- Anderson, Sydney E	19	Pacific Northwest Aquatics	2:10.90	NS

Women 18-24 500 Yard Freestyle

--- Lowder, Kaitlyn	19	Pacific Northwest Aquatics	6:12.17	SCR
--- Olson, Geneva D	19	Pacific Northwest Aquatics	6:30.00	SCR
--- Anderson, Sydney E	19	Pacific Northwest Aquatics	5:44.77	SCR

Women 18-24 1000 Yard Freestyle

--- Lowder, Kaitlyn	19	Pacific Northwest Aquatics	14:00.00	SCR
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Women 18-24 1650 Yard Freestyle

--- Anderson, Sydney E	19	Pacific Northwest Aquatics	19:40.50	SCR
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Women 18-24 50 Yard Backstroke

--- Divelbiss, Madison L	19	Pacific Northwest Aquatics	33.38	NS
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Women 18-24 100 Yard Backstroke

--- FitzGerald, Erin E	20	Pacific Northwest Aquatics	1:15.53	NS
--- Divelbiss, Madison L	19	Pacific Northwest Aquatics	1:11.80	NS

Women 18-24 200 Yard Backstroke

--- Divelbiss, Madison L	19	Pacific Northwest Aquatics	2:31.88	NS
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Women 18-24 50 Yard Butterfly

--- FitzGerald, Erin E	20	Pacific Northwest Aquatics	34.50	NS
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Women 18-24 100 Yard Butterfly

--- Olson, Geneva D	19	Pacific Northwest Aquatics	1:15.00	NS
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Women 18-24 100 Yard IM

--- FitzGerald, Erin E	20	Pacific Northwest Aquatics	1:16.73	NS
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Women 35-39 50 Yard Freestyle

17 Ashmann, Chericka L	38	Pacific Northwest Aquatics	29.11	29.12
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Women 35-39 100 Yard Freestyle

14 Ashmann, Chericka L	38	Pacific Northwest Aquatics	1:06.58	1:06.21
			31.48	1:06.21 (34.73)

Women 35-39 200 Yard Freestyle

3 Wetstone, Susan	38	Pacific Northwest Aquatics	2:15.50	2:03.91
			28.64	59.57 (30.93)
			1:31.30 (31.73)	2:03.91 (32.61)
16 Ashmann, Chericka L	38	Pacific Northwest Aquatics	2:33.98	2:31.74
			34.71	1:13.98 (39.27)
			1:54.46 (40.48)	2:31.74 (37.28)

2012 USMS Spring National Championships, Sanction #: 132-001**Greensboro Aquatic Center****Results****Women 35-39 500 Yard Freestyle**

3	Wetstone, Susan	38	Pacific Northwest Aquatics	5:56.50	5:36.05
	30.59	1:03.87 (33.28)	1:37.98 (34.11)	2:12.08 (34.10)	
	2:45.91 (33.83)	3:20.12 (34.21)	3:54.56 (34.44)	4:28.80 (34.24)	
	5:03.04 (34.24)	5:36.05 (33.01)			

Women 35-39 50 Yard Backstroke

3	Wetstone, Susan	38	Pacific Northwest Aquatics	32.89	29.08
13	Ashmann, Chericka L	38	Pacific Northwest Aquatics	33.70	34.70

Women 35-39 100 Yard Backstroke

2	Wetstone, Susan	38	Pacific Northwest Aquatics	1:09.39	1:02.01
	30.06	1:02.01 (31.95)			
14	Ashmann, Chericka L	38	Pacific Northwest Aquatics	1:10.40	1:17.98
	35.86	1:17.98 (42.12)			

Women 35-39 100 Yard IM

5	Wetstone, Susan	38	Pacific Northwest Aquatics	1:12.39	1:04.64
	29.67	1:04.64 (34.97)			
21	Ashmann, Chericka L	38	Pacific Northwest Aquatics	1:20.63	1:18.69
	33.77	1:18.69 (44.92)			

Women 35-39 200 Yard IM

2	Wetstone, Susan	38	Pacific Northwest Aquatics	2:33.69	2:17.22Z
	30.39	1:03.50 (33.11)	1:44.58 (41.08)	2:17.22 (32.64)	

Women 40-44 50 Yard Freestyle

3	Werner, Haleigh A	43	Pacific Northwest Aquatics	26.91	24.72
16	Reimer, Shelley B	42	Pacific Northwest Aquatics	28.53	27.52
26	Vander Haegen, Geraldine E	44	Pacific Northwest Aquatics	29.05	28.65
32	Gende, Gretchen M	42	Pacific Northwest Aquatics	29.11	29.92

Women 40-44 100 Yard Freestyle

16	Vander Haegen, Geraldine E	44	Pacific Northwest Aquatics	1:01.41	1:00.50
	29.33	1:00.50 (31.17)			
17	Reimer, Shelley B	42	Pacific Northwest Aquatics	1:04.47	1:00.62
	29.25	1:00.62 (31.37)			
---	Gende, Gretchen M	42	Pacific Northwest Aquatics	1:09.09	NS

Women 40-44 200 Yard Freestyle

1	Werner, Haleigh A	43	Pacific Northwest Aquatics	2:01.12	1:59.91P
	26.77	56.39 (29.62)	1:27.73 (31.34)	1:59.91 (32.18)	

Women 40-44 500 Yard Freestyle

8	Vander Haegen, Geraldine E	44	Pacific Northwest Aquatics	6:06.48	6:00.39
	30.93	1:06.05 (35.12)	1:42.42 (36.37)	2:20.22 (37.80)	
	2:57.53 (37.31)	3:34.87 (37.34)	4:12.45 (37.58)	4:48.82 (36.37)	
	5:25.46 (36.64)	6:00.39 (34.93)			

2012 USMS Spring National Championships, Sanction #: 132-001**Greensboro Aquatic Center****Results****Women 40-44 1650 Yard Freestyle**

1	Werner, Haleigh A	43	Pacific Northwest Aquatics	19:15.09	18:10.83P
	30.46	1:02.37 (31.91)	1:35.48 (33.11)	2:08.97 (33.49)	
	2:42.59 (33.62)	3:15.88 (33.29)	3:49.04 (33.16)	4:22.36 (33.32)	
	4:55.92 (33.56)	5:29.47 (33.55)	6:02.72 (33.25)	6:35.96 (33.24)	
	7:08.97 (33.01)	7:41.59 (32.62)	8:14.69 (33.10)	8:47.66 (32.97)	
	9:20.32 (32.66)	9:53.36 (33.04)	10:26.43 (33.07)	10:59.62P (33.19)	
	11:32.75 (33.13)	12:05.93 (33.18)	12:39.14 (33.21)	13:12.52 (33.38)	
	13:45.85 (33.33)	14:19.11 (33.26)	14:52.60 (33.49)	15:26.21 (33.61)	
	15:59.49 (33.28)	16:32.66 (33.17)	17:06.16 (33.50)	17:39.18 (33.02)	18:10.83 (31.65)
6	Vander Haegen, Geraldine E	44	Pacific Northwest Aquatics	21:24.52	20:45.76
	32.87	1:09.18 (36.31)	1:46.46 (37.28)	2:24.35 (37.89)	
	3:02.16 (37.81)	3:39.89 (37.73)	4:17.76 (37.87)	4:56.01 (38.25)	
	5:33.57 (37.56)	6:10.79 (37.22)	6:48.23 (37.44)	7:26.11 (37.88)	
	8:04.14 (38.03)	8:41.86 (37.72)	9:20.09 (38.23)	9:58.12 (38.03)	
	10:36.09 (37.97)	11:14.27 (38.18)	11:52.67 (38.40)	12:31.28 (38.61)	
	13:09.77 (38.49)	13:48.28 (38.51)	14:26.47 (38.19)	15:04.35 (37.88)	
	15:42.82 (38.47)	16:20.96 (38.14)	16:59.30 (38.34)	17:37.99 (38.69)	
	18:16.16 (38.17)	18:54.70 (38.54)	19:32.78 (38.08)	20:09.82 (37.04)	20:45.76 (35.94)

Women 40-44 50 Yard Breaststroke

3	Werner, Haleigh A	43	Pacific Northwest Aquatics	35.47	31.74Z
24	Gende, Gretchen M	42	Pacific Northwest Aquatics	39.66	38.23

Women 40-44 100 Yard Breaststroke

2	Werner, Haleigh A	43	Pacific Northwest Aquatics	1:10.65	1:09.07Z
	32.50	1:09.07 (36.57)			

Women 40-44 200 Yard Breaststroke

2	Werner, Haleigh A	43	Pacific Northwest Aquatics	2:36.63	2:31.78Z
	34.82	1:13.32 (38.50)	1:52.21 (38.89)	2:31.78 (39.57)	
7	Vander Haegen, Geraldine E	44	Pacific Northwest Aquatics	3:00.58	2:53.56
	39.10	1:23.62 (44.52)	2:08.42 (44.80)	2:53.56 (45.14)	

Women 40-44 50 Yard Butterfly

13	Reimer, Shelley B	42	Pacific Northwest Aquatics	33.00	30.69
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Women 40-44 100 Yard IM

23	Reimer, Shelley B	42	Pacific Northwest Aquatics	1:16.00	1:12.38
	33.21	1:12.38 (39.17)			
25	Vander Haegen, Geraldine E	44	Pacific Northwest Aquatics	1:11.60	1:13.19
	35.26	1:13.19 (37.93)			

Women 45-49 50 Yard Freestyle

16	Carr, Kate	45	Pacific Northwest Aquatics	28.40	27.86
18	Johansson, Hanna L	45	Pacific Northwest Aquatics	28.46	27.94

Women 45-49 100 Yard Freestyle

19	Johansson, Hanna L	45	Pacific Northwest Aquatics	1:02.72	1:01.25
	29.51	1:01.25 (31.74)			
21	Carr, Kate	45	Pacific Northwest Aquatics	1:03.74	1:01.70
	29.86	1:01.70 (31.84)			

Women 45-49 200 Yard Freestyle

18	Johansson, Hanna L	45	Pacific Northwest Aquatics	2:20.00	2:19.83
	31.80	1:07.24 (35.44)	1:43.41 (36.17)	2:19.83 (36.42)	

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9 Carr, Kate	45 Pacific Northwest Aquatics	13:20.00	12:31.35
34.01	1:12.06 (38.05)	1:50.44 (38.38)	2:29.17 (38.73)
3:07.46 (38.29)	3:45.31 (37.85)	4:23.08 (37.77)	5:00.82 (37.74)
5:38.95 (38.13)	6:17.61 (38.66)	6:56.29 (38.68)	7:34.42 (38.13)
8:12.38 (37.96)	8:49.79 (37.41)	9:27.62 (37.83)	10:05.54 (37.92)
10:43.06 (37.52)	11:20.18 (37.12)	11:57.06 (36.88)	12:31.35 (34.29)

Women 45-49 100 Yard Backstroke

14 Johansson, Hanna L	45 Pacific Northwest Aquatics	1:17.26	1:15.86
37.05	1:15.86 (38.81)		

Women 45-49 50 Yard Breaststroke

9 Carr, Kate	45 Pacific Northwest Aquatics	37.53	36.16
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Women 45-49 100 Yard Breaststroke

11 Carr, Kate	45 Pacific Northwest Aquatics	1:22.43	1:18.86
37.28	1:18.86 (41.58)		
13 Johansson, Hanna L	45 Pacific Northwest Aquatics	1:21.91	1:20.74
38.23	1:20.74 (42.51)		

Women 45-49 200 Yard Breaststroke

7 Carr, Kate	45 Pacific Northwest Aquatics	2:58.00	2:54.12
39.61	1:25.70 (46.09)	2:10.47 (44.77)	2:54.12 (43.65)

Women 45-49 200 Yard IM

8 Johansson, Hanna L	45 Pacific Northwest Aquatics	2:40.59	2:32.54
32.50	1:11.88 (39.38)	1:56.85 (44.97)	2:32.54 (35.69)

Women 50-54 50 Yard Freestyle

3 Dahl, Lisa A	50 Pacific Northwest Aquatics	25.39	25.68P
--- Lindley, Jane	50 Pacific Northwest Aquatics	29.63	NS

Women 50-54 100 Yard Freestyle

5 Dahl, Lisa A	50 Pacific Northwest Aquatics	54.63	58.23P
27.77	58.23 (30.46)		
--- Lindley, Jane	50 Pacific Northwest Aquatics	1:04.84	NS

Women 50-54 50 Yard Breaststroke

3 Dahl, Lisa A	50 Pacific Northwest Aquatics	33.73	34.10Z
14 Lindley, Jane	50 Pacific Northwest Aquatics	40.17	39.11

Women 50-54 50 Yard Butterfly

3 Dahl, Lisa A	50 Pacific Northwest Aquatics	27.87	27.94Z
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Women 50-54 100 Yard IM

22 Lindley, Jane	50 Pacific Northwest Aquatics	1:15.91	1:17.87
34.90	1:17.87 (42.97)		
--- Dahl, Lisa A	50 Pacific Northwest Aquatics	1:02.87	NS

Women 55-59 50 Yard Freestyle

2 Lippold, Mary B	56 Pacific Northwest Aquatics	28.10	27.44
4 Glassman, Debbie A	58 Pacific Northwest Aquatics	28.90	28.27

Women 55-59 100 Yard Freestyle

2 Lippold, Mary B	56 Pacific Northwest Aquatics	1:01.20	1:01.62
30.60	1:01.62 (31.02)		

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6	Glassman, Debbie A	58	Pacific Northwest Aquatics	1:05.70	1:04.36
	31.04		1:04.36 (33.32)		

Women 55-59 500 Yard Freestyle

4	Lippold, Mary B	56	Pacific Northwest Aquatics	6:15.00	6:04.21
	33.64		1:09.85 (36.21)	1:47.25 (37.40)	2:24.55 (37.30)
	3:01.74 (37.19)		3:38.53 (36.79)	4:14.97 (36.44)	4:51.71 (36.74)
	5:28.37 (36.66)		6:04.21 (35.84)		

Women 55-59 1000 Yard Freestyle

4	Lippold, Mary B	56	Pacific Northwest Aquatics	12:30.50	12:27.90
	33.92		1:10.49 (36.57)	1:48.37 (37.88)	2:26.56 (38.19)
	3:04.31 (37.75)		3:42.17 (37.86)	4:19.74 (37.57)	4:57.35 (37.61)
	5:35.02 (37.67)		6:12.36 (37.34)	6:49.64 (37.28)	7:26.69 (37.05)
	8:03.74 (37.05)		8:40.88 (37.14)	9:18.71 (37.83)	9:56.75 (38.04)
	10:34.69 (37.94)		11:12.75 (38.06)	11:50.72 (37.97)	12:27.90 (37.18)

Women 55-59 100 Yard Backstroke

10	Glassman, Debbie A	58	Pacific Northwest Aquatics	1:19.70	1:19.41
	39.26		1:19.41 (40.15)		

Women 55-59 50 Yard Butterfly

3	Lippold, Mary B	56	Pacific Northwest Aquatics	32.00	31.23
6	Glassman, Debbie A	58	Pacific Northwest Aquatics	32.60	31.78

Women 55-59 100 Yard Butterfly

3	Lippold, Mary B	56	Pacific Northwest Aquatics	1:09.00	1:09.82
	32.88		1:09.82 (36.94)		
6	Glassman, Debbie A	58	Pacific Northwest Aquatics	1:14.90	1:16.17
	36.03		1:16.17 (40.14)		

Women 55-59 100 Yard IM

6	Glassman, Debbie A	58	Pacific Northwest Aquatics	1:17.90	1:15.48
	34.87		1:15.48 (40.61)		

Women 60-64 50 Yard Freestyle

1	Davis, Charlotte M	61	Pacific Northwest Aquatics	28.00	27.59
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Women 60-64 100 Yard Freestyle

8	Casey, Kathrine J	63	Pacific Northwest Aquatics	1:19.69	1:19.48
	38.13		1:19.48 (41.35)		

Women 60-64 500 Yard Freestyle

9	Casey, Kathrine J	63	Pacific Northwest Aquatics	7:35.04	8:08.61
	42.93		1:28.63 (45.70)	2:14.44 (45.81)	3:00.62 (46.18)
	3:47.20 (46.58)		4:33.95 (46.75)	5:22.14 (48.19)	6:13.20 (51.06)
	7:15.53 (1:02.33)		8:08.61 (53.08)		

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5 Casey, Kathrine J	63 Pacific Northwest Aquatics	27:45.85	26:29.69
43.30	1:31.55 (48.25)	2:20.05 (48.50)	3:08.86 (48.81)
3:57.50 (48.64)	4:45.85 (48.35)	5:34.35 (48.50)	6:23.27 (48.92)
7:11.43 (48.16)	7:59.94 (48.51)	8:48.62 (48.68)	9:36.47 (47.85)
10:24.90 (48.43)	11:13.08 (48.18)	12:01.84 (48.76)	12:50.20 (48.36)
13:38.10 (47.90)	14:25.73 (47.63)	15:13.15 (47.42)	16:00.98 (47.83)
16:49.67 (48.69)	17:37.77 (48.10)	18:27.20 (49.43)	19:16.06 (48.86)
20:04.78 (48.72)	20:53.27 (48.49)	21:41.51 (48.24)	22:30.08 (48.57)
23:18.87 (48.79)	24:08.12 (49.25)	24:56.74 (48.62)	25:44.62 (47.88)
			26:29.69 (45.07)
8 Sutherland, Kate	64 Pacific Northwest Aquatics	34:33.77	37:46.72
53.07	1:56.66 (1:03.59)	3:02.55 (1:05.89)	4:09.22 (1:06.67)
5:16.36 (1:07.14)	6:23.68 (1:07.32)	7:30.52 (1:06.84)	8:36.69 (1:06.17)
9:45.26 (1:08.57)	10:53.86 (1:08.60)	12:02.60 (1:08.74)	13:09.69 (1:07.09)
14:17.41 (1:07.72)	15:25.56 (1:08.15)	16:34.19 (1:08.63)	17:44.04 (1:09.85)
18:54.14 (1:10.10)	20:03.79 (1:09.65)	21:13.85 (1:10.06)	22:24.27 (1:10.42)
23:34.01 (1:09.74)	24:44.96 (1:10.95)	25:55.67 (1:10.71)	27:06.34 (1:10.67)
28:16.79 (1:10.45)	29:28.87 (1:12.08)	30:39.71 (1:10.84)	31:51.02 (1:11.31)
33:01.17 (1:10.15)	34:12.63 (1:11.46)	35:25.30 (1:12.67)	36:37.33 (1:12.03)
			37:46.72 (1:09.39)

Women 60-64 50 Yard Backstroke

9 Casey, Kathrine J	63 Pacific Northwest Aquatics	43.33	41.88
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Women 60-64 100 Yard Backstroke

9 Casey, Kathrine J	63 Pacific Northwest Aquatics	1:35.22	1:29.58
43.40	1:29.58 (46.18)		

Women 60-64 200 Yard Backstroke

9 Casey, Kathrine J	63 Pacific Northwest Aquatics	3:22.40	3:16.11
46.02	1:35.96 (49.94)	2:26.25 (50.29)	3:16.11 (49.86)

Women 60-64 50 Yard Breaststroke

5 Carruthers, Kate M	63 Pacific Northwest Aquatics	43.68	41.47
12 Sutherland, Kate	64 Pacific Northwest Aquatics	52.00	55.28

Women 60-64 100 Yard Breaststroke

6 Carruthers, Kate M	63 Pacific Northwest Aquatics	1:37.27	1:31.13
44.20	1:31.13 (46.93)		
11 Sutherland, Kate	64 Pacific Northwest Aquatics	1:58.00	2:02.03
55.79	2:02.03 (1:06.24)		

Women 60-64 200 Yard Breaststroke

5 Carruthers, Kate M	63 Pacific Northwest Aquatics	3:36.00	3:22.66
45.29	1:37.38 (52.09)	2:30.40 (53.02)	3:22.66 (52.26)

Women 60-64 50 Yard Butterfly

1 Davis, Charlotte M	61 Pacific Northwest Aquatics	31.00	29.76Z
6 Carruthers, Kate M	63 Pacific Northwest Aquatics	41.50	39.98

Women 60-64 100 Yard Butterfly

2 Davis, Charlotte M	61 Pacific Northwest Aquatics	1:08.00	1:07.00
31.92	1:07.00 (35.08)		

Women 60-64 100 Yard IM

1 Davis, Charlotte M	61 Pacific Northwest Aquatics	1:10.00	1:09.34
32.07	1:09.34 (37.27)		

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7 Carruthers, Kate M	63 Pacific Northwest Aquatics	1:27.64	1:23.37
39.03	1:23.37 (44.34)		

Women 60-64 200 Yard IM

1 Davis, Charlotte M	61 Pacific Northwest Aquatics	2:35.00	2:31.45N
32.93	1:11.99 (39.06) 1:57.96 (45.97)	2:31.45 (33.49)	

Women 60-64 400 Yard IM

1 Davis, Charlotte M	61 Pacific Northwest Aquatics	9:00.00	5:32.00
34.58	1:13.55 (38.97) 1:57.33 (43.78)	2:41.25 (43.92)	
3:29.25 (48.00)	4:17.44 (48.19) 4:55.69 (38.25)	5:32.00 (36.31)	

Women 65-69 50 Yard Freestyle

1 Welch, Sarah	65 Pacific Northwest Aquatics	33.20	31.64P
4 Dillon, Sally A	65 Pacific Northwest Aquatics	34.17	33.41

Women 65-69 100 Yard Freestyle

1 Dillon, Sally A	65 Pacific Northwest Aquatics	1:11.29	1:10.96
34.35	1:10.96 (36.61)		

Women 65-69 200 Yard Freestyle

1 Dills, Suzanne L	67 Pacific Northwest Aquatics	2:28.82	2:32.10
35.43	1:13.62 (38.19) 1:52.90 (39.28)	2:32.10 (39.20)	
2 Dillon, Sally A	65 Pacific Northwest Aquatics	2:34.89	2:39.42
36.07	1:15.91 (39.84) 1:57.30 (41.39)	2:39.42 (42.12)	

Women 65-69 500 Yard Freestyle

1 Dills, Suzanne L	67 Pacific Northwest Aquatics	6:36.23	6:41.28
37.37	1:18.61 (41.24) 1:59.74 (41.13)	2:41.00 (41.26)	
3:21.71 (40.71)	4:02.09 (40.38) 4:42.75 (40.66)	5:22.42 (39.67)	
6:01.77 (39.35)	6:41.28 (39.51)		

Women 65-69 1650 Yard Freestyle

1 Dills, Suzanne L	67 Pacific Northwest Aquatics	22:32.74	23:13.80
37.82	1:19.57 (41.75) 2:02.12 (42.55)	2:44.24 (42.12)	
3:26.59 (42.35)	4:08.31 (41.72) 4:50.48 (42.17)	5:32.81 (42.33)	
6:15.66 (42.85)	6:58.51 (42.85) 7:40.83 (42.32)	8:23.27 (42.44)	
9:05.97 (42.70)	9:48.46 (42.49) 10:31.26 (42.80)	11:13.46 (42.20)	
11:55.35 (41.89)	12:37.66 (42.31) 13:19.90 (42.24)	14:02.43 (42.53)	
14:44.99 (42.56)	15:27.24 (42.25) 16:09.41 (42.17)	16:52.03 (42.62)	
17:34.51 (42.48)	18:16.75 (42.24) 18:59.76 (43.01)	19:43.14 (43.38)	
20:26.14 (43.00)	21:09.01 (42.87) 21:51.82 (42.81)	22:33.40 (41.58)	23:13.80 (40.40)
--- Dillon, Sally A	65 Pacific Northwest Aquatics	24:54.57	SCR

Women 65-69 100 Yard Backstroke

2 Dills, Suzanne L	67 Pacific Northwest Aquatics	1:26.75	1:23.69P
40.65	1:23.69 (43.04)		

Women 65-69 200 Yard Backstroke

1 Dills, Suzanne L	67 Pacific Northwest Aquatics	2:55.59	2:54.57
40.58	1:25.32 (44.74) 2:10.65 (45.33)	2:54.57 (43.92)	

Women 65-69 50 Yard Breaststroke

2 Dillon, Sally A	65 Pacific Northwest Aquatics	44.30	43.10P
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2012 USMS Spring National Championships, Sanction #: 132-001**Greensboro Aquatic Center****Results****Women 65-69 100 Yard Breaststroke**

3	Dillon, Sally A	65	Pacific Northwest Aquatics	1:36.44	1:34.92P
	45.04		1:34.92 (49.88)		

Women 65-69 50 Yard Butterfly

1	Welch, Sarah	65	Pacific Northwest Aquatics	35.73	35.72P
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Women 65-69 100 Yard Butterfly

1	Welch, Sarah	65	Pacific Northwest Aquatics	1:24.66	1:24.14Z
	39.88		1:24.14 (44.26)		

Women 65-69 200 Yard Butterfly

1	Welch, Sarah	65	Pacific Northwest Aquatics	3:12.54	3:12.26
	41.91		1:31.41 (49.50) 2:21.71 (50.30) 3:12.26 (50.55)		

Women 65-69 200 Yard IM

1	Dills, Suzanne L	67	Pacific Northwest Aquatics	2:53.99	2:55.60
	40.79		1:24.45 (43.66) 2:16.81 (52.36) 2:55.60 (38.79)		
2	Welch, Sarah	65	Pacific Northwest Aquatics	3:08.38	3:05.80
	39.03		1:29.75 (50.72) 2:23.77 (54.02) 3:05.80 (42.03)		

Women 65-69 400 Yard IM

1	Welch, Sarah	65	Pacific Northwest Aquatics	6:36.57	6:41.30
	41.21		1:30.23 (49.02) 2:24.57 (54.34) 3:18.66 (54.09)		
	4:15.90 (57.24)		5:10.91 (55.01) 5:57.28 (46.37) 6:41.30 (44.02)		

Women 70-74 50 Yard Freestyle

8	Getzdaner, Janet J	71	Pacific Northwest Aquatics	43.60	39.34
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Women 70-74 50 Yard Backstroke

5	Getzdaner, Janet J	71	Pacific Northwest Aquatics	49.00	47.66
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Women 70-74 100 Yard Backstroke

5	Getzdaner, Janet J	71	Pacific Northwest Aquatics	1:45.00	1:40.58
	49.11		1:40.58 (51.47)		

Women 70-74 200 Yard Backstroke

3	Getzdaner, Janet J	71	Pacific Northwest Aquatics	3:52.29	3:44.24
	51.25		1:46.83 (55.58) 2:46.39 (59.56) 3:44.24 (57.85)		

Men 18-24 50 Yard Freestyle

---	Schiedermayer, Ben	21	Pacific Northwest Aquatics	31.68	NS
---	Whitefield, Benjamin G	22	Pacific Northwest Aquatics	24.93	NS
---	Grigas, Garrett J	21	Pacific Northwest Aquatics	23.96	NS
---	Phelan, Cole E	20	Pacific Northwest Aquatics	24.00	NS

Men 18-24 100 Yard Freestyle

---	Whitefield, Benjamin G	22	Pacific Northwest Aquatics	53.49	NS
---	Phelan, Cole E	20	Pacific Northwest Aquatics	54.41	NS

Men 18-24 200 Yard Freestyle

---	Grigas, Garrett J	21	Pacific Northwest Aquatics	1:56.32	NS
---	Alcantar, Eduardo	19	Pacific Northwest Aquatics	2:08.39	NS

Men 18-24 500 Yard Freestyle

---	Whitefield, Benjamin G	22	Pacific Northwest Aquatics	5:30.00	SCR
---	Grigas, Garrett J	21	Pacific Northwest Aquatics	5:29.88	SCR

2012 USMS Spring National Championships, Sanction #: 132-001**Greensboro Aquatic Center****Results****Men 18-24 1000 Yard Freestyle**

---	Alcantar, Eduardo	19	Pacific Northwest Aquatics	12:40.00	SCR
---	Grigas, Garrett J	21	Pacific Northwest Aquatics	11:45.00	SCR

Men 18-24 50 Yard Backstroke

---	Phelan, Cole E	20	Pacific Northwest Aquatics	29.31	NS
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Men 18-24 100 Yard Backstroke

---	Phelan, Cole E	20	Pacific Northwest Aquatics	1:04.52	NS
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Men 18-24 50 Yard Breaststroke

---	Shelnut, Daniel	19	Pacific Northwest Aquatics	32.00	NS
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Men 18-24 100 Yard Breaststroke

---	Shelnut, Daniel	19	Pacific Northwest Aquatics	1:12.00	NS
---	Alcantar, Eduardo	19	Pacific Northwest Aquatics	1:08.67	NS

Men 18-24 200 Yard Breaststroke

---	Shelnut, Daniel	19	Pacific Northwest Aquatics	2:40.00	NS
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Men 18-24 50 Yard Butterfly

---	Schiedermayer, Ben	21	Pacific Northwest Aquatics	35.00	NS
---	Whitefield, Benjamin G	22	Pacific Northwest Aquatics	27.76	NS
---	Heller, Paul G	19	Pacific Northwest Aquatics	27.00	NS

Men 18-24 100 Yard IM

---	Schiedermayer, Ben	21	Pacific Northwest Aquatics	1:17.00	NS
---	Whitefield, Benjamin G	22	Pacific Northwest Aquatics	1:04.94	NS
---	Heller, Paul G	19	Pacific Northwest Aquatics	1:01.00	NS

Men 18-24 200 Yard IM

---	Grigas, Garrett J	21	Pacific Northwest Aquatics	2:15.94	NS
---	Alcantar, Eduardo	19	Pacific Northwest Aquatics	2:29.71	NS

Men 18-24 400 Yard IM

---	Grigas, Garrett J	21	Pacific Northwest Aquatics	5:01.17	SCR
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Men 35-39 50 Yard Freestyle

19	Rice, Kenneth A	37	Pacific Northwest Aquatics	23.70	23.85
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Men 35-39 100 Yard Freestyle

15	Rice, Kenneth A	37	Pacific Northwest Aquatics	54.60	53.09
	25.45		53.09 (27.64)		

Men 35-39 1650 Yard Freestyle

6	Rice, Kenneth A	37	Pacific Northwest Aquatics	20:01.55	20:13.78
	28.95		1:01.60 (32.65)	1:35.92 (34.32)	2:12.04 (36.12)
	2:48.23 (36.19)		3:24.64 (36.41)	4:01.35 (36.71)	4:37.82 (36.47)
	5:13.29 (35.47)		5:49.40 (36.11)	6:26.40 (37.00)	7:03.89 (37.49)
	7:42.11 (38.22)		8:19.90 (37.79)	8:58.39 (38.49)	9:35.14 (36.75)
	10:12.60 (37.46)		10:49.69 (37.09)	11:26.33 (36.64)	12:07.87 (41.54)
	12:44.60 (36.73)		13:22.07 (37.47)	13:59.41 (37.34)	14:37.47 (38.06)
	15:14.81 (37.34)		15:52.78 (37.97)	16:30.54 (37.76)	17:08.63 (38.09)
	17:46.68 (38.05)		18:25.00 (38.32)	19:03.67 (38.67)	19:40.80 (37.13)
					20:13.78 (32.98)

Men 35-39 50 Yard Butterfly

17	Rice, Kenneth A	37	Pacific Northwest Aquatics	26.48	26.74
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2012 USMS Spring National Championships, Sanction #: 132-001**Greensboro Aquatic Center****Results****Men 35-39 200 Yard Butterfly**

9	Rice, Kenneth A	37	Pacific Northwest Aquatics	2:10.98	2:31.18
	31.44	1:06.73 (35.29)	1:45.97 (39.24)	2:31.18 (45.21)	

Men 40-44 100 Yard Freestyle

3	Keppeler, John H	44	Pacific Northwest Aquatics	50.41	49.09P
	23.77	49.09 (25.32)			

Men 40-44 200 Yard Freestyle

2	Keppeler, John H	44	Pacific Northwest Aquatics	1:50.38	1:48.04
	24.93	51.96 (27.03)	1:19.37 (27.41)	1:48.04 (28.67)	
6	Kays, David E	44	Pacific Northwest Aquatics	1:51.50	1:50.44
	25.49	53.40 (27.91)	1:22.07 (28.67)	1:50.44 (28.37)	

Men 40-44 500 Yard Freestyle

2	Kays, David E	44	Pacific Northwest Aquatics	4:56.52	4:56.93
	26.75	55.84 (29.09)	1:25.30 (29.46)	1:55.24 (29.94)	
	2:25.30 (30.06)	2:55.54 (30.24)	3:25.86 (30.32)	3:56.71 (30.85)	
	4:27.20 (30.49)	4:56.93 (29.73)			

Men 40-44 1000 Yard Freestyle

1	Kays, David E	44	Pacific Northwest Aquatics	10:15.00	10:11.14
	27.89	58.06 (30.17)	1:28.48 (30.42)	1:58.87 (30.39)	
	2:29.24 (30.37)	2:59.66 (30.42)	3:30.41 (30.75)	4:00.89 (30.48)	
	4:31.67 (30.78)	5:02.34 (30.67)	5:33.14 (30.80)	6:03.99 (30.85)	
	6:34.88 (30.89)	7:05.81 (30.93)	7:36.99 (31.18)	8:08.12 (31.13)	
	8:39.16 (31.04)	9:10.31 (31.15)	9:41.13 (30.82)	10:11.14 (30.01)	

Men 40-44 1650 Yard Freestyle

3	Kays, David E	44	Pacific Northwest Aquatics	17:14.19	17:13.43
	28.78	1:00.06 (31.28)	1:31.33 (31.27)	2:02.69 (31.36)	
	2:34.01 (31.32)	3:05.53 (31.52)	3:36.99 (31.46)	4:07.99 (31.00)	
	4:38.72 (30.73)	5:09.85 (31.13)	5:41.19 (31.34)	6:12.70 (31.51)	
	6:43.97 (31.27)	7:15.50 (31.53)	7:46.92 (31.42)	8:18.42 (31.50)	
	8:49.73 (31.31)	9:21.45 (31.72)	9:53.08 (31.63)	10:24.83 (31.75)	
	10:56.31 (31.48)	11:27.91 (31.60)	11:59.40 (31.49)	12:31.19 (31.79)	
	13:03.02 (31.83)	13:34.65 (31.63)	14:06.29 (31.64)	14:38.05 (31.76)	
	15:09.85 (31.80)	15:41.25 (31.40)	16:12.60 (31.35)	16:43.66 (31.06)	17:13.43 (29.77)

Men 40-44 50 Yard Backstroke

2	Keppeler, John H	44	Pacific Northwest Aquatics	25.38	25.10Z
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Men 40-44 100 Yard Backstroke

2	Keppeler, John H	44	Pacific Northwest Aquatics	54.04	53.91Z
	26.08	53.91 (27.83)			

Men 40-44 200 Yard Backstroke

1	Keppeler, John H	44	Pacific Northwest Aquatics	1:58.09	1:57.17Z
	26.51	55.06 (28.55)	1:25.32 (30.26)	1:57.17 (31.85)	

Men 40-44 50 Yard Breaststroke

9	Doherty, Todd S	41	Pacific Northwest Aquatics	28.93	28.96
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Men 40-44 100 Yard Breaststroke

7	Doherty, Todd S	41	Pacific Northwest Aquatics	1:03.74	1:03.21
	29.84	1:03.21 (33.37)			

2012 USMS Spring National Championships, Sanction #: 132-001**Greensboro Aquatic Center****Results****Men 40-44 200 Yard Breaststroke**

5	Doherty, Todd S	41	Pacific Northwest Aquatics	2:22.36	2:18.72
	31.20	1:06.68 (35.48)	1:42.71 (36.03)	2:18.72 (36.01)	
6	Kays, David E	44	Pacific Northwest Aquatics	2:22.34	2:19.25
	31.58	1:07.03 (35.45)	1:43.30 (36.27)	2:19.25 (35.95)	

Men 40-44 100 Yard Butterfly

10	Doherty, Todd S	41	Pacific Northwest Aquatics	56.76	56.13
	26.15	56.13 (29.98)			

Men 40-44 200 Yard Butterfly

---	Keppeler, John H	44	Pacific Northwest Aquatics	2:08.13	NS
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Men 40-44 100 Yard IM

13	Doherty, Todd S	41	Pacific Northwest Aquatics	57.91	57.74
	27.22	57.74 (30.52)			

Men 40-44 200 Yard IM

8	Doherty, Todd S	41	Pacific Northwest Aquatics	2:07.68	2:07.00
	26.87	1:01.39 (34.52)	1:37.55 (36.16)	2:07.00 (29.45)	

Men 40-44 400 Yard IM

5	Kays, David E	44	Pacific Northwest Aquatics	4:30.23	4:27.28
	28.56	1:00.71 (32.15)	1:37.05 (36.34)	2:12.71 (35.66)	
	2:50.17 (37.46)	3:27.91 (37.74)	3:58.24 (30.33)	4:27.28 (29.04)	

Men 50-54 100 Yard Freestyle

3	Colbeck, Pete L	50	Pacific Northwest Aquatics	51.80	51.63
	25.24	51.63 (26.39)			

Men 50-54 200 Yard Freestyle

2	Colbeck, Pete L	50	Pacific Northwest Aquatics	1:52.00	1:51.92P
	26.71	54.46 (27.75)	1:22.79 (28.33)	1:51.92 (29.13)	
18	Rogers, Randy	53	Pacific Northwest Aquatics	2:08.85	2:08.47
	29.47	1:01.80 (32.33)	1:35.46 (33.66)	2:08.47 (33.01)	

Men 50-54 500 Yard Freestyle

2	Colbeck, Pete L	50	Pacific Northwest Aquatics	5:04.00	5:07.57P
	28.65	59.38 (30.73)	1:30.60 (31.22)	2:02.04 (31.44)	
	2:33.31 (31.27)	3:04.39 (31.08)	3:35.54 (31.15)	4:06.73 (31.19)	
	4:37.64 (30.91)	5:07.57 (29.93)			
16	Rogers, Randy	53	Pacific Northwest Aquatics	5:39.33	5:43.26
	29.52	1:02.35 (32.83)	1:36.12 (33.77)	2:10.81 (34.69)	
	2:45.77 (34.96)	3:20.62 (34.85)	3:55.84 (35.22)	4:31.66 (35.82)	
	5:08.05 (36.39)	5:43.26 (35.21)			

Men 50-54 1000 Yard Freestyle

2	Colbeck, Pete L	50	Pacific Northwest Aquatics	10:35.00	10:41.81
	28.83	1:00.32 (31.49)	1:32.59 (32.27)	2:05.00 (32.41)	
	2:36.91 (31.91)	3:08.85 (31.94)	3:41.02 (32.17)	4:13.37 (32.35)	
	4:45.95 (32.58)	5:18.29 (32.34)	5:50.59 (32.30)	6:22.79 (32.20)	
	6:54.90 (32.11)	7:27.35 (32.45)	7:59.69 (32.34)	8:32.03 (32.34)	
	9:04.57 (32.54)	9:37.10 (32.53)	10:09.58 (32.48)	10:41.81 (32.23)	

2012 USMS Spring National Championships, Sanction #: 132-001**Greensboro Aquatic Center****Results****(Men 50-54 1000 Yard Freestyle)**

11 Rogers, Randy	53 Pacific Northwest Aquatics	11:52.43	11:40.90
31.42	1:06.32 (34.90)	1:41.05 (34.73)	2:15.76 (34.71)
2:50.97 (35.21)	3:26.07 (35.10)	4:00.88 (34.81)	4:35.43 (34.55)
5:10.35 (34.92)	5:45.29 (34.94)	6:20.07 (34.78)	6:55.09 (35.02)
7:30.23 (35.14)	8:05.45 (35.22)	8:41.11 (35.66)	9:16.76 (35.65)
9:52.71 (35.95)	10:29.16 (36.45)	11:05.74 (36.58)	11:40.90 (35.16)

Men 50-54 1650 Yard Freestyle

6 Rogers, Randy	53 Pacific Northwest Aquatics	19:37.20	19:33.08
31.81	1:06.65 (34.84)	1:42.35 (35.70)	2:18.23 (35.88)
2:53.57 (35.34)	3:28.92 (35.35)	4:04.63 (35.71)	4:40.04 (35.41)
5:15.48 (35.44)	5:51.10 (35.62)	6:26.72 (35.62)	7:01.81 (35.09)
7:36.99 (35.18)	8:12.14 (35.15)	8:47.38 (35.24)	9:22.56 (35.18)
9:58.04 (35.48)	10:34.00 (35.96)	11:09.96 (35.96)	11:46.22 (36.26)
12:22.04 (35.82)	12:58.37 (36.33)	13:34.32 (35.95)	14:10.46 (36.14)
14:46.47 (36.01)	15:22.68 (36.21)	15:58.48 (35.80)	16:33.98 (35.50)
17:09.40 (35.42)	17:45.49 (36.09)	18:21.63 (36.14)	18:57.94 (36.31)
			19:33.08 (35.14)

Men 50-54 100 Yard Butterfly

15 Rogers, Randy	53 Pacific Northwest Aquatics	1:04.00	1:07.12
30.53	1:07.12 (36.59)		

Men 50-54 200 Yard Butterfly

4 Colbeck, Pete L	50 Pacific Northwest Aquatics	2:10.00	2:13.53
29.51	1:02.86 (33.35)	1:37.25 (34.39)	2:13.53 (36.28)
--- Rogers, Randy	53 Pacific Northwest Aquatics	2:26.51	NS

Men 50-54 100 Yard IM

10 Colbeck, Pete L	50 Pacific Northwest Aquatics	1:01.20	1:01.33
28.46	1:01.33 (32.87)		

Men 55-59 50 Yard Freestyle

--- Graham, Frederick A	55 Pacific Northwest Aquatics	26.90	NS
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Men 55-59 100 Yard Freestyle

--- Graham, Frederick A	55 Pacific Northwest Aquatics	58.20	NS
--- Adcock, Richard P	56 Pacific Northwest Aquatics	1:03.00	NS

Men 55-59 200 Yard Freestyle

--- Graham, Frederick A	55 Pacific Northwest Aquatics	2:09.10	NS
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Men 55-59 500 Yard Freestyle

8 Lautman, Scott M	59 Blue Wave Aquatics	5:51.60	5:40.48
32.18	1:06.87 (34.69)	1:41.44 (34.57)	2:15.95 (34.51)
2:50.01 (34.06)	3:23.93 (33.92)	3:57.34 (33.41)	4:30.84 (33.50)
5:05.39 (34.55)	5:40.48 (35.09)		
--- Graham, Frederick A	55 Pacific Northwest Aquatics	5:54.00	SCR

Men 55-59 1650 Yard Freestyle

--- Graham, Frederick A	55 Pacific Northwest Aquatics	20:55.00	SCR
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Men 55-59 50 Yard Backstroke

2 Graham, Donald	57 Pacific Northwest Aquatics	28.05	27.95P
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2012 USMS Spring National Championships, Sanction #: 132-001**Greensboro Aquatic Center****Results****Men 55-59 100 Yard Backstroke**

3	Graham, Donald	57	Pacific Northwest Aquatics	1:02.30	1:01.80
	30.57		1:01.80 (31.23)		

Men 55-59 50 Yard Breaststroke

26	Reeder, Bill D	59	Pacific Northwest Aquatics	36.56	37.02
---	Adcock, Richard P	56	Pacific Northwest Aquatics	34.51	NS

Men 55-59 100 Yard Breaststroke

19	Reeder, Bill D	59	Pacific Northwest Aquatics	1:17.00	1:23.90
	39.77		1:23.90 (44.13)		
---	Adcock, Richard P	56	Pacific Northwest Aquatics	1:18.41	NS

Men 55-59 200 Yard Breaststroke

---	Adcock, Richard P	56	Pacific Northwest Aquatics	2:54.07	NS
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Men 55-59 50 Yard Butterfly

2	Graham, Donald	57	Pacific Northwest Aquatics	24.78	25.23
12	Lautman, Scott M	59	Blue Wave Aquatics	29.06	27.41

Men 55-59 100 Yard Butterfly

2	Graham, Donald	57	Pacific Northwest Aquatics	57.65	57.68
	27.04		57.68 (30.64)		
8	Lautman, Scott M	59	Blue Wave Aquatics	1:00.77	59.65
	27.91		59.65 (31.74)		
21	Reeder, Bill D	59	Pacific Northwest Aquatics	1:11.91	1:16.61
	34.91		1:16.61 (41.70)		

Men 55-59 200 Yard Butterfly

2	Lautman, Scott M	59	Blue Wave Aquatics	2:22.60	2:15.03
	31.50		1:06.55 (35.05) 1:41.27 (34.72) 2:15.03 (33.76)		

Men 55-59 100 Yard IM

4	Graham, Donald	57	Pacific Northwest Aquatics	1:00.03	1:00.82
	27.63		1:00.82 (33.19)		
32	Reeder, Bill D	59	Pacific Northwest Aquatics	1:12.79	1:15.91
	36.84		1:15.91 (39.07)		
---	Adcock, Richard P	56	Pacific Northwest Aquatics	1:10.48	NS

Men 55-59 200 Yard IM

3	Graham, Donald	57	Pacific Northwest Aquatics	2:16.63	2:17.74
	28.44		1:04.24 (35.80) 1:46.28 (42.04) 2:17.74 (31.46)		

Men 55-59 400 Yard IM

---	Graham, Frederick A	55	Pacific Northwest Aquatics	5:58.00	SCR
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Men 60-64 50 Yard Freestyle

---	Warner, Frank	63	Pacific Northwest Aquatics	28.04	NS
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Men 60-64 200 Yard Freestyle

3	Bell, Alan	62	Pacific Northwest Aquatics	2:04.10	2:03.09
	29.72		1:02.37 (32.65) 1:33.74 (31.37) 2:03.09 (29.35)		
19	Warner, Frank	63	Pacific Northwest Aquatics	2:15.89	2:22.74
	30.23		1:03.98 (33.75) 1:41.75 (37.77) 2:22.74 (40.99)		

2012 USMS Spring National Championships, Sanction #: 132-001**Greensboro Aquatic Center****Results****Men 60-64 500 Yard Freestyle**

2 Bell, Alan	62 Pacific Northwest Aquatics	5:32.69	5:31.05
30.84	1:04.99 (34.15)	1:39.48 (34.49)	2:13.83 (34.35)
2:48.05 (34.22)	3:22.13 (34.08)	3:55.78 (33.65)	4:28.97 (33.19)
5:01.32 (32.35)	5:31.05 (29.73)		

Men 60-64 1000 Yard Freestyle

2 Bell, Alan	62 Pacific Northwest Aquatics	11:10.10	11:25.43
30.86	1:04.97 (34.11)	1:39.51 (34.54)	2:14.18 (34.67)
2:48.64 (34.46)	3:23.13 (34.49)	3:57.57 (34.44)	4:32.02 (34.45)
5:06.32 (34.30)	5:40.65 (34.33)	6:14.82 (34.17)	6:49.39 (34.57)
7:24.13 (34.74)	7:58.79 (34.66)	8:33.59 (34.80)	9:08.40 (34.81)
9:43.36 (34.96)	10:18.55 (35.19)	10:53.00 (34.45)	11:25.43 (32.43)
--- Warner, Frank	63 Pacific Northwest Aquatics	12:30.00	DQ
Did not finish			

Men 60-64 1650 Yard Freestyle

2 Bell, Alan	62 Pacific Northwest Aquatics	19:06.93	19:06.89
30.94	1:05.07 (34.13)	1:39.48 (34.41)	2:13.96 (34.48)
2:48.57 (34.61)	3:23.04 (34.47)	3:57.56 (34.52)	4:32.09 (34.53)
5:06.64 (34.55)	5:41.33 (34.69)	6:15.74 (34.41)	6:50.67 (34.93)
7:25.64 (34.97)	8:00.75 (35.11)	8:35.53 (34.78)	9:10.55 (35.02)
9:45.61 (35.06)	10:20.92 (35.31)	10:56.07 (35.15)	11:31.26 (35.19)
12:06.43 (35.17)	12:41.60 (35.17)	13:17.03 (35.43)	13:52.70 (35.67)
14:28.15 (35.45)	15:03.14 (34.99)	15:38.62 (35.48)	16:14.18 (35.56)
16:49.60 (35.42)	17:25.16 (35.56)	18:00.16 (35.00)	18:35.24 (35.08)
			19:06.89 (31.65)

Men 60-64 100 Yard Backstroke

11 Warner, Frank	63 Pacific Northwest Aquatics	1:09.46	1:11.66
34.49	1:11.66 (37.17)		

Men 60-64 200 Yard Backstroke

2 Bell, Alan	62 Pacific Northwest Aquatics	2:22.39	2:17.68
33.38	1:08.48 (35.10)	1:43.96 (35.48)	2:17.68 (33.72)
--- Warner, Frank	63 Pacific Northwest Aquatics	2:39.74	NS

Men 60-64 50 Yard Breaststroke

6 Baker, John B	60 Pacific Northwest Aquatics	32.97	32.76
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Men 60-64 100 Yard Breaststroke

9 Baker, John B	60 Pacific Northwest Aquatics	1:14.97	1:14.22
33.82	1:14.22 (40.40)		

Men 60-64 200 Yard Breaststroke

7 Baker, John B	60 Pacific Northwest Aquatics	2:40.00	2:52.58
34.73	1:16.71 (41.98)	2:04.02 (47.31)	2:52.58 (48.56)

Men 60-64 200 Yard Butterfly

1 Bell, Alan	62 Pacific Northwest Aquatics	2:25.05	2:19.89
31.73	1:07.08 (35.35)	1:43.00 (35.92)	2:19.89 (36.89)

2012 USMS Spring National Championships, Sanction #: 132-001**Greensboro Aquatic Center****Results****Men 60-64 100 Yard IM**

12 Baker, John B	60 Pacific Northwest Aquatics	1:10.03	1:08.74
31.68	1:08.74 (37.06)		
19 Warner, Frank	63 Pacific Northwest Aquatics	1:12.00	1:14.80
34.07	1:14.80 (40.73)		

Men 60-64 200 Yard IM

--- Baker, John B	60 Pacific Northwest Aquatics	2:25.00	NS
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Men 65-69 50 Yard Freestyle

18 Peterson, Steven B	65 Pacific Northwest Aquatics	29.80	30.30
19 Sawyer, Dennis L	68 Pacific Northwest Aquatics	32.32	31.71

Men 65-69 100 Yard Freestyle

11 Peterson, Steven B	65 Pacific Northwest Aquatics	1:06.30	1:05.74
31.66	1:05.74 (34.08)		

Men 65-69 500 Yard Freestyle

--- McColly, Michael	66 Pacific Northwest Aquatics	6:13.80	SCR
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Men 65-69 1000 Yard Freestyle

5 Smith, William R	67 Pacific Northwest Aquatics	16:33.29	16:04.22
40.47	1:26.08 (45.61)	2:13.34 (47.26)	3:00.74 (47.40)
3:48.83 (48.09)	4:37.40 (48.57)	5:25.80 (48.40)	6:14.67 (48.87)
7:03.98 (49.31)	7:53.26 (49.28)	8:42.21 (48.95)	9:31.68 (49.47)
10:20.59 (48.91)	11:10.97 (50.38)	11:59.51 (48.54)	12:49.49 (49.98)
13:38.91 (49.42)	14:28.26 (49.35)	15:17.12 (48.86)	16:04.22 (47.10)
--- McColly, Michael	66 Pacific Northwest Aquatics	12:43.00	SCR

Men 65-69 100 Yard Backstroke

--- McColly, Michael	66 Pacific Northwest Aquatics	1:14.40	NS
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Men 65-69 200 Yard Backstroke

--- McColly, Michael	66 Pacific Northwest Aquatics	2:36.40	NS
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Men 65-69 50 Yard Breaststroke

6 Peterson, Steven B	65 Pacific Northwest Aquatics	35.95	35.49
9 Stafford, Rick A	65 Pacific Northwest Aquatics	38.66	36.92
10 Sawyer, Dennis L	68 Pacific Northwest Aquatics	37.23	37.09

Men 65-69 100 Yard Breaststroke

2 Peterson, Steven B	65 Pacific Northwest Aquatics	1:16.80	1:17.36
37.21	1:17.36 (40.15)		
5 Stafford, Rick A	65 Pacific Northwest Aquatics	1:20.19	1:18.64
37.33	1:18.64 (41.31)		
7 Sawyer, Dennis L	68 Pacific Northwest Aquatics	1:23.57	1:21.28
39.08	1:21.28 (42.20)		

Men 65-69 200 Yard Breaststroke

3 Peterson, Steven B	65 Pacific Northwest Aquatics	2:48.70	2:49.44
39.31	1:23.18 (43.87)	2:07.49 (44.31)	2:49.44 (41.95)
4 Stafford, Rick A	65 Pacific Northwest Aquatics	2:55.68	2:50.55
38.85	1:22.04 (43.19)	2:05.81 (43.77)	2:50.55 (44.74)
10 Sawyer, Dennis L	68 Pacific Northwest Aquatics	3:13.61	3:09.58
42.74	1:29.46 (46.72)	2:18.33 (48.87)	3:09.58 (51.25)

2012 USMS Spring National Championships, Sanction #: 132-001**Greensboro Aquatic Center****Results****Men 65-69 100 Yard Butterfly**

6	Stafford, Rick A	65	Pacific Northwest Aquatics	1:19.41	1:19.83
	34.99	1:19.83	(44.84)		

Men 65-69 200 Yard Butterfly

6	Smith, William R	67	Pacific Northwest Aquatics	4:14.13	3:56.43
	48.85	1:45.70	(56.85)	2:48.91	(1:03.21)
				3:56.43	(1:07.52)
---	Stafford, Rick A	65	Pacific Northwest Aquatics	3:01.87	NS

Men 65-69 100 Yard IM

12	Sawyer, Dennis L	68	Pacific Northwest Aquatics	1:22.27	1:23.18
	41.02	1:23.18	(42.16)		

Men 65-69 200 Yard IM

4	Peterson, Steven B	65	Pacific Northwest Aquatics	2:43.50	2:39.91
	36.21	1:19.98	(43.77)	2:03.44	(43.46)
				2:39.91	(36.47)
---	McColly, Michael	66	Pacific Northwest Aquatics	2:39.90	NS

Men 65-69 400 Yard IM

7	Smith, William R	67	Pacific Northwest Aquatics	7:33.99	7:25.58
	48.10	1:46.29	(58.19)	2:47.22	(1:00.93)
				3:49.87	(1:02.65)
	4:46.56	(56.69)	5:44.32	(57.76)	6:36.09
				6:36.09	(51.77)
				7:25.58	(49.49)
---	Stafford, Rick A	65	Pacific Northwest Aquatics	6:09.12	SCR
---	McColly, Michael	66	Pacific Northwest Aquatics	5:43.00	SCR

Men 70-74 1650 Yard Freestyle

4	Nordby, Michael C	70	Pacific Northwest Aquatics	24:39.95	25:17.05
	41.63	1:26.80	(45.17)	2:11.57	(44.77)
				2:56.57	(45.00)
	3:41.61	(45.04)	4:26.42	(44.81)	5:12.33
				5:12.33	(45.91)
	6:43.96	(45.83)	7:30.11	(46.15)	8:15.57
				8:15.57	(45.46)
	9:47.99	(46.13)	10:33.52	(45.53)	11:19.72
				11:19.72	(46.20)
	12:51.93	(45.87)	13:38.23	(46.30)	14:24.63
				14:24.63	(46.40)
	15:57.11	(46.36)	16:43.42	(46.31)	17:29.98
				17:29.98	(46.56)
	19:03.46	(46.60)	19:49.66	(46.20)	20:38.25
				20:38.25	(48.59)
	22:10.80	(46.86)	22:57.61	(46.81)	23:44.90
				23:44.90	(47.29)
				24:31.49	(46.59)
				25:17.05	(45.56)

Men 70-74 50 Yard Backstroke

7	Reid, Walt	71	Pacific Northwest Aquatics	36.41	38.28
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Men 70-74 100 Yard Backstroke

8	Reid, Walt	71	Pacific Northwest Aquatics	1:20.63	1:26.12
	41.00	1:26.12	(45.12)		
10	Nordby, Michael C	70	Pacific Northwest Aquatics	1:25.41	1:29.62
	44.68	1:29.62	(44.94)		

Men 70-74 200 Yard Backstroke

4	Nordby, Michael C	70	Pacific Northwest Aquatics	3:04.90	3:02.86
	44.27	1:30.55	(46.28)	2:18.13	(47.58)
				3:02.86	(44.73)

Men 70-74 50 Yard Breaststroke

2	Reid, Walt	71	Pacific Northwest Aquatics	38.27	39.04
3	Truong, Dominique	73	Pacific Northwest Aquatics	42.50	44.11

Men 70-74 100 Yard Breaststroke

2	Reid, Walt	71	Pacific Northwest Aquatics	1:27.81	1:28.02
	41.90	1:28.02	(46.12)		

2012 USMS Spring National Championships, Sanction #: 132-001**Greensboro Aquatic Center****Results****(Men 70-74 100 Yard Breaststroke)**

--- Truong, Dominique 73 Pacific Northwest Aquatics 1:36.00 DQ
False start

Men 70-74 200 Yard IM

5 Nordby, Michael C 70 Pacific Northwest Aquatics 3:05.18 3:09.37
43.54 1:31.92 (48.38) 2:26.38 (54.46) 3:09.37 (42.99)

Men 70-74 400 Yard IM

3 Nordby, Michael C 70 Pacific Northwest Aquatics 6:31.14 6:47.79
46.83 1:41.18 (54.35) 2:31.22 (50.04) 3:23.09 (51.87)
4:21.49 (58.40) 5:18.51 (57.02) 6:03.29 (44.78) 6:47.79 (44.50)

Women 35+ 200 Yard Freestyle Relay

5 Pacific Northwest Aquatics A 1:51.60 1:47.72
1) Reimer, Shelley B W42 2) Vander Haegen, Geraldine E 3) Wetstone, Susan W38 4) Werner, Haleigh A W43
27.90 56.58 (28.68) 1:23.30 (26.72) 1:47.72 (24.42)

Women 35+ 200 Yard Medley Relay

6 Pacific Northwest Aquatics A 2:06.40 2:03.42
1) Ashmann, Chericka L W38 2) Werner, Haleigh A W43 3) Wetstone, Susan W38 4) Vander Haegen, Geraldine E
34.76 1:06.18 (31.42) 1:35.80 (29.62) 2:03.42 (27.62)

Women 45+ 200 Yard Freestyle Relay

4 Pacific Northwest Aquatics A 1:50.90 1:49.09
1) Johansson, Hanna L W45 2) Carr, Kate W45 3) Lindley, Jane W50 4) Dahl, Lisa A W50
27.68 55.10 (27.42) 1:23.56 (28.46) 1:49.09 (25.53)

Women 45+ 200 Yard Medley Relay

5 Pacific Northwest Aquatics A 2:10.90 2:07.95
1) Johansson, Hanna L W45 2) Carr, Kate W45 3) Dahl, Lisa A W50 4) Lindley, Jane W50
34.06 1:11.19 (37.13) 1:38.81 (27.62) 2:07.95 (29.14)

Women 55+ 200 Yard Freestyle Relay

1 Pacific Northwest Aquatics A 2:00.80 1:54.76
1) Glassman, Debbie A W58 2) Lippold, Mary B W56 3) Carruthers, Kate M W63 4) Davis, Charlotte M W61
28.77 55.66 (26.89) 1:28.03 (32.37) 1:54.76 (26.73)

Women 55+ 200 Yard Medley Relay

1 Pacific Northwest Aquatics A 2:16.30 2:12.46
1) Davis, Charlotte M W61 2) Carruthers, Kate M W63 3) Glassman, Debbie A W58 4) Lippold, Mary B W56
33.25 1:14.90 (41.65) 1:45.80 (30.90) 2:12.46 (26.66)

Women 65+ 200 Yard Freestyle Relay

1 Pacific Northwest Aquatics A 2:15.00 **2:16.23N**
1) Welch, Sarah W65 2) Dillon, Sally A W65 3) Getzendaner, Janet J W71 4) Dills, Suzanne L W67
32.36 1:05.34 (32.98) 1:44.51 (39.17) 2:16.23 (31.72)

Women 65+ 200 Yard Medley Relay

1 Pacific Northwest Aquatics A 2:32.90 **2:37.10Z**
1) Dills, Suzanne L W67 2) Dillon, Sally A W65 3) Welch, Sarah W65 4) Getzendaner, Janet J W71
40.44 1:22.85 (42.41) 1:58.09 (35.24) 2:37.10 (39.01)

Men 35+ 200 Yard Freestyle Relay

5 Pacific Northwest Aquatics A 1:31.80 1:31.89
1) Rice, Kenneth A M37 2) Doherty, Todd S M41 3) Kays, David E M44 4) Keppeler, John H M44
24.17 46.80 (22.63) 1:09.72 (22.92) 1:31.89 (22.17)

2012 USMS Spring National Championships, Sanction #: 132-001**Greensboro Aquatic Center****Results****Men 35+ 200 Yard Medley Relay**

2 Pacific Northwest Aquatics	A	1:41.80	1:41.68Z
1) Keppeler, John H M44	2) Kays, David E M44	3) Doherty, Todd S M41	4) Rice, Kenneth A M37
25.20	54.54 (29.34)	1:18.48 (23.94)	1:41.68 (23.20)

Men 55+ 200 Yard Freestyle Relay

11 Pacific Northwest Aquatics	A	1:45.00	1:45.97
1) Bell, Alan M62	2) Graham, Donald M57	3) Reeder, Bill D M59	4) Baker, John B M60
25.30	49.68 (24.38)	1:19.26 (29.58)	1:45.97 (26.71)

Men 55+ 200 Yard Medley Relay

10 Pacific Northwest Aquatics	A	1:53.33	1:57.39
1) Bell, Alan M62	2) Baker, John B M60	3) Graham, Donald M57	4) Reeder, Bill D M59
30.22	1:02.64 (32.42)	1:28.32 (25.68)	1:57.39 (29.07)

Men 65+ 200 Yard Freestyle Relay

4 Pacific Northwest Aquatics	A	2:02.30	2:03.97P
1) Peterson, Steven B M65	2) Nordby, Michael C M70	3) Sawyer, Dennis L M68	4) McColly, Michael M66
29.91	1:04.24 (34.33)	1:36.08 (31.84)	2:03.97 (27.89)

Men 65+ 200 Yard Medley Relay

3 Pacific Northwest Aquatics	A	2:13.90	2:13.72P
1) Nordby, Michael C M70	2) Peterson, Steven B M65	3) Stafford, Rick A M65	4) McColly, Michael M66
40.23	1:15.52 (35.29)	1:46.24 (30.72)	2:13.72 (27.48)

Mixed 35+ 200 Yard Freestyle Relay

4 Pacific Northwest Aquatics	A	1:34.20	1:35.55P
1) Dahl, Lisa A W50	2) Keppeler, John H M44	3) Werner, Haleigh A W43	4) Doherty, Todd S M41
25.82	47.99 (22.17)	1:12.54 (24.55)	1:35.55 (23.01)
12 Pacific Northwest Aquatics	B	1:41.90	1:41.50
1) Rice, Kenneth A M37	2) Vander Haegen, Geraldine E	3) Wetstone, Susan W38	4) Kays, David E M44
23.82	51.71 (27.89)	1:18.55 (26.84)	1:41.50 (22.95)
25 Pacific Northwest Aquatics	D	2:04.10	2:01.84
1) Gende, Gretchen M W42	2) Smith, William R M67	3) Sawyer, Dennis L M68	4) Reimer, Shelley B W42
29.07	1:02.96 (33.89)	1:34.68 (31.72)	2:01.84 (27.16)
26 Pacific Northwest Aquatics	V	1:57.00	2:02.99
1) Ashmann, Chericka L W38	2) Peterson, Steven B M65	3) Nordby, Michael C M70	4) Lindley, Jane W50
29.42	59.65 (30.23)	1:34.37 (34.72)	2:02.99 (28.62)

Mixed 35+ 200 Yard Medley Relay

4 Pacific Northwest Aquatics	A	1:45.50	1:46.71
1) Keppeler, John H M44	2) Werner, Haleigh A W43	3) Kays, David E M44	4) Dahl, Lisa A W50
	56.14 ()	1:21.53 (25.39)	1:46.71 (25.18)
26 Pacific Northwest Aquatics	C	2:04.00	2:12.62
1) Lindley, Jane W50	2) Sawyer, Dennis L M68	3) Stafford, Rick A M65	4) Gende, Gretchen M W42
35.17	1:11.81 (36.64)	1:43.33 (31.52)	2:12.62 (29.29)
27 Pacific Northwest Aquatics	B	1:57.90	2:17.81
1) Ashmann, Chericka L W38	2) Rice, Kenneth A M37	3) Vander Haegen, Geraldine E	4) Smith, William R M67
34.36	1:07.11 (32.75)	1:49.28 (42.17)	2:17.81 (28.53)

Mixed 45+ 200 Yard Freestyle Relay

13 Pacific Northwest Aquatics	A	1:44.50	1:47.46
1) Rogers, Randy M53	2) Carr, Kate W45	3) Johansson, Hanna L W45	4) Colbeck, Pete L M50
27.25	55.00 (27.75)	1:23.95 (28.95)	1:47.46 (23.51)

2012 USMS Spring National Championships, Sanction #: 132-001**Greensboro Aquatic Center****Results****Mixed 45+ 200 Yard Medley Relay**

12 Pacific Northwest Aquatics	A	2:01.40	2:03.53
1) Colbeck, Pete L M50	2) Carr, Kate W45	3) Johansson, Hanna L W45	4) Rogers, Randy M53
30.54	1:06.12 (35.58)	1:37.80 (31.68)	2:03.53 (25.73)

Mixed 55+ 200 Yard Freestyle Relay

1 Pacific Northwest Aquatics	A	1:45.00	1:42.69
1) Graham, Donald M57	2) Bell, Alan M62	3) Lippold, Mary B W56	4) Davis, Charlotte M W61
23.75	48.53 (24.78)	1:15.92 (27.39)	1:42.69 (26.77)
10 Pacific Northwest Aquatics	B	1:58.00	1:58.52
1) Baker, John B M60	2) Glassman, Debbie A W58	3) Carruthers, Kate M W63	4) Reeder, Bill D M59
28.08	56.03 (27.95)	1:28.51 (32.48)	1:58.52 (30.01)

Mixed 55+ 200 Yard Medley Relay

1 Pacific Northwest Aquatics	A	2:01.10	1:57.71
1) Graham, Donald M57	2) Baker, John B M60	3) Davis, Charlotte M W61	4) Lippold, Mary B W56
28.86	1:01.61 (32.75)	1:30.67 (29.06)	1:57.71 (27.04)
8 Pacific Northwest Aquatics	B	2:22.22	2:11.57
1) Bell, Alan M62	2) Reeder, Bill D M59	3) Glassman, Debbie A W58	4) Carruthers, Kate M W63
29.84	1:07.11 (37.27)	1:38.83 (31.72)	2:11.57 (32.74)

Mixed 65+ 200 Yard Freestyle Relay

1 Pacific Northwest Aquatics	A	2:04.10	2:02.67P
1) Welch, Sarah W65	2) Stafford, Rick A M65	3) Dillon, Sally A W65	4) McColly, Michael M66
31.95	1:01.58 (29.63)	1:34.42 (32.84)	2:02.67 (28.25)

Mixed 65+ 200 Yard Medley Relay

1 Pacific Northwest Aquatics	A	2:20.11	2:23.53P
1) Nordby, Michael C M70	2) Peterson, Steven B M65	3) Welch, Sarah W65	4) Dillon, Sally A W65
39.16	1:14.46 (35.30)	1:50.68 (36.22)	2:23.53 (32.85)