

2012 Steve Engel Memorial PNA Championship - 4/14/2012 to 4/15/2012
at Weyerhaeuser King County Aquatic Center, Sanction #: 362-05

Results

Women 18-24 50 Yard Freestyle

NATL: 22.96 N 4/18/2010 **KARA DENBY**
ZONE: 24.90 Z 4/29/1990 **KAREN SERESUN**
PNA: 24.90 P 4/29/1990 **KAREN SERESUN**

1	Chang, Marisa	24	Queen Anne Swim-PN	24.79Z
2	Bettencourt, Celeste	23	Blue Wave Aquati-PN	25.56
3	Lowder, Kaitlyn	19	Western Washingt-PN	29.45
4	Hernandez, Elizabeth	22	Husky Masters-PN	30.42
5	Shafer, Sarah	23	Lake Washington-PN	32.89
6	Powell, Valerie	18	Unattached-PN	51.61

Women 18-24 100 Yard Freestyle

NATL: 48.29 N 11/8/2009 **DANA VOLLMER**
ZONE: 53.60 Z 10/1/2011 **PALOMA DINKEL**
PNA: 53.60 P 10/1/2011 **PALOMA DINKEL**

1	Bettencourt, Celeste	23	Blue Wave Aquati-PN	57.11
	27.33	29.78		
2	Pearson, Angela	20	Ymcapkc Sound Aq-PN	1:01.33
	29.07	32.26		
3	Anderson, Sydney	19	Western Washingt-PN	1:03.45
	30.76	32.69		
4	Lowder, Kaitlyn	19	Western Washingt-PN	1:04.06
	30.80	33.26		
5	Hernandez, Elizabeth	22	Husky Masters-PN	1:08.20
	32.69	35.51		
6	Shafer, Sarah	23	Lake Washington-PN	1:14.76
	35.49	39.27		
7	Powell, Valerie	18	Unattached-PN	1:56.15
	53.10	1:03.05		

Women 18-24 200 Yard Freestyle

NATL: 1:43.28 N 11/8/2009 **DANA VOLLMER**
ZONE: 1:59.42 Z 4/10/2011 **KRISSY FORELLI**
PNA: 1:59.42 P 4/10/2011 **KRISSY FORELLI**

1	Dinkel, Paloma	24	Lake Washington-PN	1:53.41Z
	26.06	28.64	29.87	28.84
2	Chang, Marisa	24	Queen Anne Swim-PN	2:00.42
	28.35	31.16	30.75	30.16
3	Pearson, Angela	20	Ymcapkc Sound Aq-PN	2:10.32
	30.07	32.89	34.10	33.26
4	Heryford, Julianne	21	South Sound Mast-PN	2:11.87
	30.38	33.39	34.67	33.43
5	Anderson, Sydney	19	Western Washingt-PN	2:11.96
	31.01	32.89	34.05	34.01
6	Switaj, Caitlin	22	Bellingham Maste-PN	2:17.00
	30.28	34.24	36.69	35.79
7	Lowder, Kaitlyn	19	Western Washingt-PN	2:21.74
	32.88	35.16	37.07	36.63
8	Olson, Geneva	19	Western Washingt-PN	2:29.81
	33.80	37.52	39.88	38.61
9	Hernandez, Elizabeth	22	Husky Masters-PN	2:35.32
	33.33	39.90	42.65	39.44
10	Shafer, Sarah	23	Lake Washington-PN	2:39.05
	37.34	40.13	41.01	40.57

Women 18-24 500 Yard Freestyle

NATL: 4:49.97 N 10/25/2003 **JESSICA FOSCHI**
ZONE: 5:23.20 Z 4/6/1986 **LISA OBRIEN**
PNA: 5:23.20 P 4/6/1986 **LISA OBRIEN**

1	Chang, Marisa	24	Queen Anne Swim-PN	5:29.80
	29.89	32.83	33.41	33.58
	33.64	33.58	33.37	34.08
	33.74	31.68		
2	Pearson, Angela	20	Ymcapkc Sound Aq-PN	5:36.36
	30.47	33.31	33.88	34.46
	34.13	34.01	34.46	34.54
	34.00	33.10		
3	Anderson, Sydney	19	Western Washingt-PN	5:37.94
	31.54	33.77	34.12	34.29
	34.31	33.95	34.05	34.21
	34.22	33.48		
4	Bettencourt, Celeste	23	Blue Wave Aquati-PN	5:59.98
	30.32	33.51	35.46	36.57
	36.94	37.84	38.25	38.12
	37.20	35.77		
5	Switaj, Caitlin	22	Bellingham Maste-PN	6:16.06
	31.14	34.98	37.33	38.48
	38.69	39.01	39.33	39.93
	39.27	37.90		
6	Lowder, Kaitlyn	19	Western Washingt-PN	6:19.27
	32.99	37.01	38.32	38.80
	39.51	39.80	39.35	40.14
	38.42	34.93		
7	Divelbiss, Madison	19	Western Washingt-PN	6:29.68
	33.52	37.85	39.43	40.34
	39.98	39.87	40.35	39.94
	40.05	38.35		
8	Olson, Geneva	19	Western Washingt-PN	6:49.45
	34.95	38.21	40.53	41.18
	41.72	42.10	42.89	42.49
	42.67	42.71		
9	Shafer, Sarah	23	Lake Washington-PN	7:04.17
	39.76	41.77	42.47	42.86
	43.32	42.52	43.01	43.15
	43.32	41.99		

Women 18-24 1000 Yard Freestyle

NATL: 10:18.49 N 2/13/2010 **JUSTINE MUELLER**
ZONE: 11:00.74 Z 3/24/1996 **CRISTY RYERSON**
PNA: 11:21.00 P 5/20/2007 **STEPHANIE MILLER**

1	Anderson, Sydney	19	Western Washingt-PN	11:30.27
	31.99	33.88	34.46	34.40
	34.95	34.53	35.11	34.72
	34.68	34.77	34.96	34.69
	34.97	34.73	34.85	34.93
	34.65	34.48	34.49	34.03
2	Cox, Miranda	24	Blue Wave Aquati-PN	11:42.35
	31.30	34.13	34.53	34.62
	34.90	35.17	35.39	35.32
	35.34	35.34	35.43	35.25
	35.54	35.88	35.83	36.02
	35.91	35.83	35.79	34.83

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3	Lowder, Kaitlyn	19	Western Washingt-PN	13:19.95
	34.66	39.93	39.36	39.96
	40.12	41.00	40.32	40.30
	41.29	41.20	41.65	40.67
	40.72	41.75	40.79	40.47
	40.23	40.61	39.61	35.31
4	Shafer, Sarah	23	Lake Washington-PN	14:38.51
	39.32	42.31	42.76	43.25
	43.96	44.03	43.96	43.77
	44.58	44.35	44.78	44.49
	44.77	44.58	44.90	45.14
	45.28	45.21	44.04	43.03

Women 18-24 1650 Yard Freestyle

NATL: 17:31.70 N 1987 **KAREN BURTON**
ZONE: 17:55.50 Z 4/6/1986 **LISA OBRIEN**
PNA: 17:55.50 P 4/6/1986 **LISA OBRIEN**

1	Shafer, Sarah	23	Lake Washington-PN	24:38.50	
	39.64	42.82	43.75	44.28	
	44.80	44.46	44.73	44.82	
	44.70	45.01	44.37	45.01	
	45.34	45.68	45.54	45.41	
	45.39	45.70	45.25	45.88	
	46.08	45.81	45.32	45.38	
	45.58	45.47	45.67	45.70	
	45.73	44.70	44.35	43.63	42.50

Women 18-24 50 Yard Backstroke

NATL: 26.18 N 5/22/2010 **ODONNELL-MCCARTHY**
ZONE: 28.57 Z 5/4/2008 **SHONA PIERCE**
PNA: 28.57 P 5/4/2008 **SHONA PIERCE**

1	Divelbiss, Madison	19	Western Washingt-PN	33.71
2	FitzGerald, Erin	20	Western Washingt-PN	34.84
3	Hernandez, Elizabeth	22	Husky Masters-PN	37.32

Women 18-24 100 Yard Backstroke

NATL: 55.90 N 5/23/2010 **EMILE EWING**
ZONE: 59.90 Z 5/18/1997 **M.JENKINS**
PNA: 59.90 P 5/18/1997 **M.JENKINS**

1	Bettencourt, Celeste	23	Blue Wave Aquati-PN	1:05.03
	31.56	33.47		
2	Pearson, Angela	20	Ymcapkc Sound Aq-PN	1:08.58
	32.75	35.83		
3	Hernandez, Elizabeth	22	Husky Masters-PN	1:20.90
	40.14	40.76		

Women 18-24 200 Yard Backstroke

NATL: 1:59.22 N 4/30/2000 **SARA SCHWEITZER**
ZONE: 2:10.34 Z 5/18/1997 **M.JENKINS**
PNA: 2:10.34 P 5/18/1997 **M.JENKINS**

1	Pearson, Angela	20	Ymcapkc Sound Aq-PN	2:29.59
	33.25	37.61	39.62	39.11
2	Divelbiss, Madison	19	Western Washingt-PN	2:35.38
	37.15	39.57	40.13	38.53
3	FitzGerald, Erin	20	Western Washingt-PN	2:36.63
	38.13	40.26	40.04	38.20

Women 18-24 50 Yard Breaststroke

NATL: 29.01 N 4/25/2010 **KARA DENBY**
ZONE: 30.88 Z 10/10/2009 **PALOMA DINKEL**
PNA: 30.88 P 10/10/2009 **PALOMA DINKEL**

1	Dinkel, Paloma	24	Lake Washington-PN	30.19Z
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Women 18-24 100 Yard Breaststroke

NATL: 1:02.86 N 5/18/2003 **RILEY MANTS**
ZONE: 1:06.05 Z 10/10/2009 **PALOMA DINKEL**
PNA: 1:06.05 P 10/10/2009 **PALOMA DINKEL**

1	Dinkel, Paloma	24	Lake Washington-PN	1:04.48Z
	30.73	33.75		
2	Heryford, Julianne	21	South Sound Mast-PN	1:12.91
	34.58	38.33		
3	Powell, Valerie	18	Unattached-PN	3:15.93
	1:32.20	1:43.73		

Women 18-24 200 Yard Breaststroke

NATL: 2:14.90 N 5/18/2003 **RILEY MANTS**
ZONE: 2:27.58 Z 5/20/2007 **MARION GALLAGHER**
PNA: 2:27.58 P 5/20/2007 **MARION GALLAGHER**

1	Heryford, Julianne	21	South Sound Mast-PN	2:36.00
	35.69	39.60	40.59	40.12

Women 18-24 50 Yard Butterfly

NATL: 24.54 N 11/8/2009 **DANA VOLLMER**
ZONE: 26.77 Z 4/10/2011 **JILL MINEHAN**
PNA: 26.77 P 4/10/2011 **JILL MINEHAN**

1	Switaj, Caitlin	22	Bellingham Maste-PN	29.21
2	Divelbiss, Madison	19	Western Washingt-PN	32.32
3	Olson, Geneva	19	Western Washingt-PN	33.78
4	FitzGerald, Erin	20	Western Washingt-PN	34.44
---	Chang, Marisa	24	Queen Anne Swim-PN	DQ
	False start			

Women 18-24 100 Yard Butterfly

NATL: 52.30 N 11/8/2009 **DANA VOLLMER**
ZONE: 58.83 Z 2/19/2012 **PALOMA DINKEL**
PNA: 58.83 P 2/19/2012 **PALOMA DINKEL**

1	Chang, Marisa	24	Queen Anne Swim-PN	57.73Z
	27.50	30.23		
2	Dinkel, Paloma	24	Lake Washington-PN	59.25
	26.86	32.39		
3	Heryford, Julianne	21	South Sound Mast-PN	1:04.99
	30.32	34.67		
4	Switaj, Caitlin	22	Bellingham Maste-PN	1:06.76
	30.72	36.04		
5	FitzGerald, Erin	20	Western Washingt-PN	1:16.00
	35.77	40.23		
6	Olson, Geneva	19	Western Washingt-PN	1:17.88
	34.57	43.31		

Women 18-24 100 Yard IM

NATL: 55.24 N 4/18/2010 **KARA DENBY**
ZONE: 1:02.94 Z 4/5/1992 **PAMELA STALTER**
PNA: 1:02.94 P 4/5/1992 **PAMELA STALTER**

1	Dinkel, Paloma	24	Lake Washington-PN	57.95Z
	27.29	30.66		

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2	Chang, Marisa	24	Queen Anne Swim-PN	1:02.89Z
	28.05	34.84		
3	Bettencourt, Celeste	23	Blue Wave Aquati-PN	1:06.93
	30.75	36.18		
4	Divelbiss, Madison	19	Western Washingt-PN	1:14.36
	33.37	40.99		
5	FitzGerald, Erin	20	Western Washingt-PN	1:16.80
	34.44	42.36		

Women 18-24 200 Yard IM

NATL: 2:02.35 N 4/18/2010 **KARA DENBY**
ZONE: 2:07.43 Z 2/19/2012 **PALOMA DINKEL**
PNA: 2:07.43 P 2/19/2012 **PALOMA DINKEL**

1	Dinkel, Paloma	24	Lake Washington-PN	2:04.30Z
	26.84	32.26	36.07	29.13
2	Heryford, Julianne	21	South Sound Mast-PN	2:23.10
	30.64	39.34	39.57	33.55
3	Bettencourt, Celeste	23	Blue Wave Aquati-PN	2:28.34
	32.05	36.65	43.98	35.66

Women 18-24 400 Yard IM

NATL: 4:22.25 N 5/20/2010 **MARISSA CLAPP**
ZONE: 4:48.38 Z 2/12/2012 **NATASCHA MANGAN**
PNA: 4:54.92 P 5/20/2007 **STEPHANIE MILLER**

1	Heryford, Julianne	21	South Sound Mast-PN	5:07.00
	30.62	35.01	41.18	40.66
	41.74	42.07	39.11	36.61

Women 25-29 50 Yard Freestyle

NATL: 23.16 N 4/24/2005 **PETRA MARTIN**
ZONE: 23.19 Z 2/21/2010 **MEGAN JENDRICK**
PNA: 23.19 P 2/21/2010 **MEGAN JENDRICK**

1	Minehan, Jill	25	Ohana Swim Team-PN	25.62
2	Shults, Rebecca	28	Sequim Aquatic R-PN	26.54
3	Oram, Lindsey	26	Lake Washington-PN	27.13
4	Linder, Kimberly	26	Downtown/Bellevu-PN	28.33
5	Sherwood, Tamra	28	Blue Wave Aquati-PN	29.03
6	Kors, Alicia	26	Blue Wave Aquati-PN	29.91
7	Bruce, Robin	27	Ymcapkc Sound Aq-PN	30.00
8	Brooks, Kathleen	28	Downtown/Bellevu-PN	32.69

Women 25-29 100 Yard Freestyle

NATL: 49.70 N 2/21/2010 **MEAGAN JENDRICK**
ZONE: 49.70 Z 2/21/2010 **MEGAN JENDRICK**
PNA: 49.70 P 2/21/2010 **MEGAN JENDRICK**

1	Van Zanten, Samantha	26	Husky Masters-PN	58.00
	28.38	29.62		
2	Bogachus, Brett	25	Bellevue Club-PN	59.08
	28.21	30.87		
3	Lubeck, Andrea	27	Sequim Aquatic R-PN	59.73
	28.53	31.20		
4	Braggin, Jacquelyn	25	Husky Masters-PN	1:01.07
	29.70	31.37		
5	Sherwood, Tamra	28	Blue Wave Aquati-PN	1:04.96
	30.33	34.63		
6	Bruce, Robin	27	Ymcapkc Sound Aq-PN	1:04.99
	30.72	34.27		

7	Adams, Morgan	27	Blue Wave Aquati-PN	1:05.02
	31.27	33.75		
8	Garrison, Abigail	25	Ohana Swim Team-PN	1:08.20
	32.26	35.94		

Women 25-29 200 Yard Freestyle

NATL: 1:48.80 N 5/20/2001 **LIMIN LIU**
ZONE: 1:51.80 Z 1991 **SARA SHAND**
PNA: 1:57.55 P 4/11/2009 **DEBRA FORINASH**

1	Lubeck, Andrea	27	Sequim Aquatic R-PN	2:09.54
	29.60	32.54	33.75	33.65
2	Braggin, Jacquelyn	25	Husky Masters-PN	2:10.98
	30.83	33.11	33.77	33.27
3	Linder, Kimberly	26	Downtown/Bellevu-PN	2:18.72
	30.23	34.20	36.68	37.61
4	Patashnik, Maxima	25	Lake Washington-PN	2:20.75
	32.88	35.51	36.66	35.70
5	Man, Mary-Jane	25	Queen Anne Swim-PN	2:21.45
	35.14	36.45	36.55	33.31
6	Brooks, Kathleen	28	Downtown/Bellevu-PN	2:40.32
	36.65	40.50	42.11	41.06

Women 25-29 500 Yard Freestyle

NATL: 4:49.88 N 1/3/1996 **SHEILA TAORMINA**
ZONE: 5:08.39 Z 2/27/2002 **SARA QUAN**
PNA: 5:13.04 P 5/18/2003 **CASEY MURPHY**

1	Van Zanten, Samantha	26	Husky Masters-PN	5:39.30
	30.51	32.74	33.50	34.10
	34.11	34.74	34.39	34.99
	35.73	34.49		
2	Braggin, Jacquelyn	25	Husky Masters-PN	5:52.58
	32.00	34.45	35.16	35.17
	35.67	35.50	35.79	36.35
	36.87	35.62		
3	Man, Mary-Jane	25	Queen Anne Swim-PN	6:21.35
	35.33	38.60	39.30	39.44
	39.55	39.49	39.07	37.94
	37.92	34.71		
4	Sherwood, Tamra	28	Blue Wave Aquati-PN	6:48.34
	35.85	38.12	40.11	41.61
	42.11	42.46	41.92	42.90
	42.79	40.47		

Women 25-29 1000 Yard Freestyle

NATL: 10:12.34 N 3/19/1994 **LISA HAZEN**
ZONE: 10:37.01 Z 5/14/2002 **SARA QUAN**
PNA: 11:03.79 P 3/5/1988 **LISA O'BRIEN**

1	Van Zanten, Samantha	26	Husky Masters-PN	11:43.52
	31.16	34.06	34.92	35.30
	35.72	36.10	35.65	35.85
	35.54	35.17	35.06	35.21
	35.40	35.73	35.46	35.57
	35.81	35.45	35.47	34.89

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2	Meinerz, Meghan	27	Orca Swim Club-PN	13:28.75
	34.54	37.75	39.22	40.94
	40.60	40.70	41.14	41.16
	41.36	41.40	41.55	41.58
	41.82	41.28	41.47	41.34
	41.15	40.85	40.52	38.38
3	Man, Mary-Jane	25	Queen Anne Swim-PN	13:29.98
	38.45	41.05	41.83	42.22
	42.11	41.59	41.41	41.61
	41.60	41.29	40.96	41.02
	41.07	40.94	40.73	40.47
	39.68	39.78	38.29	33.88

Women 25-29 1650 Yard Freestyle

NATL: 16:50.17 N 5/19/1991 KAREN BURTON
ZONE: 17:20.92 Z 2/27/2002 SARA QUAN
PNA: 18:21.65 P 4/6/1986 ZENA HERRMANN

1	Van Zanten, Samantha	26	Husky Masters-PN	20:22.51
	32.25	35.22	36.20	35.75
	36.28	36.20	36.72	36.57
	36.36	36.11	36.44	36.87
	36.36	36.61	36.74	36.20
	36.28	36.50	36.20	36.43
	35.87	36.62	36.18	35.82
	35.47	35.68	35.73	36.71
	35.69	36.05	35.52	35.26
				1:09.62
2	Lubeck, Andrea	27	Sequim Aquatic R-PN	21:12.12
	32.07	36.22	37.06	37.63
	38.23	38.17	38.33	38.61
	39.01	39.33	39.03	38.98
	39.54	39.04	39.42	39.19
	38.82	38.61	38.98	38.78
	39.55	39.54	39.73	39.06
	39.39	38.82	39.51	39.27
	39.26	39.16	38.67	38.40
				36.71
3	Bruce, Robin	27	Ymcapkc Sound Aq-PN	23:57.06
	36.98	40.32	41.81	42.07
	42.43	43.21	43.88	43.69
	43.90	44.53	44.92	44.68
	44.78	43.76	43.55	44.48
	44.39	43.90	43.90	43.96
	43.67	44.37	44.52	44.73
	44.16	44.68	44.85	44.68
	44.30	44.26	44.28	43.70
				39.72

Women 25-29 50 Yard Backstroke

NATL: 25.26 N 5/22/2010 TANICA JAMISON
ZONE: 26.37 Z 2/21/2010 MEGAN JENDRICK
PNA: 26.37 P 2/21/2010 MEGAN JENDRICK

1	Minehan, Jill	25	Ohana Swim Team-PN	29.14
2	Tourigny, Brittany	28	Greenlake Aquadu-PN	30.34
3	Van Zanten, Samantha	26	Husky Masters-PN	31.24
4	Adams, Morgan	27	Blue Wave Aquati-PN	33.40
5	Garrison, Abigail	25	Ohana Swim Team-PN	34.73

Women 25-29 100 Yard Backstroke

NATL: 54.06 N 5/23/2010 TANICA JAMISON
ZONE: 59.46 Z 3/11/2006 LAUREN THIES
PNA: 1:01.77 P 5/20/2007 MEGAN LIVINGSTON

1	Tourigny, Brittany	28	Greenlake Aquadu-PN	1:05.00
	31.60	33.40		
2	Van Zanten, Samantha	26	Husky Masters-PN	1:05.50
	32.51	32.99		
3	Shults, Rebecca	28	Sequim Aquatic R-PN	1:05.85
	31.21	34.64		
4	Bogachus, Brett	25	Bellevue Club-PN	1:07.68
	32.42	35.26		
5	Oram, Lindsey	26	Lake Washington-PN	1:08.88
	33.49	35.39		
6	Meinerz, Meghan	27	Orca Swim Club-PN	1:12.86
	35.19	37.67		
7	Kors, Alicia	26	Blue Wave Aquati-PN	1:13.43
	35.40	38.03		
8	Garrison, Abigail	25	Ohana Swim Team-PN	1:15.22
	36.32	38.90		

Women 25-29 200 Yard Backstroke

NATL: 2:00.24 N 4/29/2011 KELLY HARRIGAN
ZONE: 2:10.99 Z 4/30/1995 MICHELLE DONAHUE
PNA: 2:11.30 P 5/7/1989 KARIN FOSBERG

1	Tourigny, Brittany	28	Greenlake Aquadu-PN	2:22.78
	32.84	36.16	36.83	36.95
2	Adams, Morgan	27	Blue Wave Aquati-PN	2:32.43
	36.88	38.74	39.10	37.71
3	Lubeck, Andrea	27	Sequim Aquatic R-PN	2:32.49
	35.17	37.67	39.98	39.67
4	Meinerz, Meghan	27	Orca Swim Club-PN	2:36.41
	37.48	38.70	40.63	39.60
5	Garrison, Abigail	25	Ohana Swim Team-PN	2:45.28
	37.73	41.27	44.41	41.87

Women 25-29 100 Yard Breaststroke

NATL: 59.58 N 2/6/2010 MEGAN JENDRICK
ZONE: 59.58 Z 2/6/2010 MEGAN JENDRICK
PNA: 59.58 P 2/6/2010 MEGAN JENDRICK

1	Bogachus, Brett	25	Bellevue Club-PN	1:14.57
	35.07	39.50		
2	Patashnik, Maxima	25	Lake Washington-PN	1:16.76
	35.93	40.83		
3	Braggin, Jacquelyn	25	Husky Masters-PN	1:19.48
	37.46	42.02		
4	Winans, Amanda	29	Husky Masters-PN	1:24.09
	38.66	45.43		
5	Brooks, Kathleen	28	Downtown/Bellevu-PN	1:26.00
	41.86	44.14		
6	Garrison, Abigail	25	Ohana Swim Team-PN	1:27.21
	40.26	46.95		

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Women 25-29 200 Yard Breaststroke

NATL: 2:09.05 N 2/6/2010 MEGAN JENDRICK

ZONE: 2:09.05 Z 2/6/2010 MEGAN JENDRICK

PNA: 2:09.05 P 2/6/2010 MEGAN JENDRICK

1	Braggin, Jacquelyn	25	Husky Masters-PN	2:49.00
	38.86	43.15	43.63	43.36
2	Bruce, Robin	27	Ymcapkc Sound Aq-PN	3:01.71
	42.01	45.67	47.22	46.81

Women 25-29 50 Yard Butterfly

NATL: 24.41 N 5/22/2010 TANICA JAMISON

ZONE: 24.86 Z 2/21/2010 MEGAN JENDRICK

PNA: 24.86 P 2/21/2010 MEGAN JENDRICK

1	Minehan, Jill	25	Ohana Swim Team-PN	26.64
2	Bogachus, Brett	25	Bellevue Club-PN	28.04
3	Oram, Lindsey	26	Lake Washington-PN	28.65
4	Adams, Morgan	27	Blue Wave Aquati-PN	29.18
5	Tourigny, Brittany	28	Greenlake Aquadu-PN	30.69
6	Sherwood, Tamra	28	Blue Wave Aquati-PN	31.59
7	Bruce, Robin	27	Ymcapkc Sound Aq-PN	32.47
8	Kors, Alicia	26	Blue Wave Aquati-PN	32.76
9	Winans, Amanda	29	Husky Masters-PN	33.61

Women 25-29 100 Yard Butterfly

NATL: 53.72 N 5/21/2010 TANICA JAMISON

ZONE: 57.09 Z 5/14/2006 LAUREN THIES

PNA: 59.92 P 5/20/2007 MEGAN LIVINGSTON

1	Minehan, Jill	25	Ohana Swim Team-PN	58.47P
	27.66	30.81		
2	Bogachus, Brett	25	Bellevue Club-PN	1:04.61
	29.93	34.68		
3	Tourigny, Brittany	28	Greenlake Aquadu-PN	1:07.47
	31.40	36.07		

Women 25-29 200 Yard Butterfly

NATL: 1:57.84 N 5/20/2001 LIMIN LIU

ZONE: 2:10.32 Z 1991 SARA SHAND

PNA: 2:17.15 P 5/20/2007 MEGAN LIVINGSTON

1	Minehan, Jill	25	Ohana Swim Team-PN	2:12.97P
	30.18	33.93	34.43	34.43

Women 25-29 100 Yard IM

NATL: 54.43 N 2/6/2010 MEGAN JENDRICK

ZONE: 54.43 Z 2/6/2010 MEGAN JENDRICK

PNA: 54.43 P 2/6/2010 MEGAN JENDRICK

1	Minehan, Jill	25	Ohana Swim Team-PN	1:02.75
	27.69	35.06		
2	Oram, Lindsey	26	Lake Washington-PN	1:07.93
	31.09	36.84		
3	Adams, Morgan	27	Blue Wave Aquati-PN	1:09.23
	32.05	37.18		
4	Shults, Rebecca	28	Sequim Aquatic R-PN	1:09.92
	31.08	38.84		
5	Patashnik, Maxima	25	Lake Washington-PN	1:10.39
	33.08	37.31		
6	Bruce, Robin	27	Ymcapkc Sound Aq-PN	1:13.06
	32.74	40.32		

7	Meinerz, Meghan	27	Orca Swim Club-PN	1:13.77
	33.43	40.34		
8	Braggin, Jacquelyn	25	Husky Masters-PN	1:13.88
	35.70	38.18		
9	Sherwood, Tamra	28	Blue Wave Aquati-PN	1:15.75
	33.61	42.14		
10	Winans, Amanda	29	Husky Masters-PN	1:16.45
	34.93	41.52		

Women 25-29 200 Yard IM

NATL: 1:59.69 N 2/6/2010 MEGAN JENDRICK

ZONE: 1:59.69 Z 2/6/2010 MEGAN JENDRICK

PNA: 1:59.69 P 2/6/2010 MEGAN JENDRICK

1	Adams, Morgan	27	Blue Wave Aquati-PN	2:28.95
	31.34	39.15	44.63	33.83
2	Garrison, Abigail	25	Ohana Swim Team-PN	2:55.32
	37.57	44.25	52.91	40.59

Women 30-34 50 Yard Freestyle

NATL: 22.70 N 3/11/2009 ERIKA ERNDL

ZONE: 24.29 Z 3/7/1993 GRACIE GODDARD

PNA: 24.99 P 5/18/1997 TRISHA SCHWERZLER

1	Matlock, Shannon	34	Lake Washington-PN	25.65
2	Carley, Jane	30	Sequim Aquatic R-PN	27.08
3	Kolp, Allison	31	Ymcapkc Sound Aq-PN	27.16
4	Arkell, Katy	30	Ymcapkc Sound Aq-PN	29.01
5	Mahar, Rachel	34	Blue Wave Aquati-PN	31.37
6	Manning, Angela	34	Greenlake Aquadu-PN	31.50
7	Cruze, Jennifer	33	Downtown/Bellvu-PN	32.96

Women 30-34 100 Yard Freestyle

NATL: 49.07 N 12/6/2008 ERIKA ERNDL

ZONE: 52.87 Z 4/5/1992 GRACIE GODDARD

PNA: 54.18 P 4/13/2008 COLLEEN PHILIPPS

1	Matlock, Shannon	34	Lake Washington-PN	57.07
	27.51	29.56		
2	Postma, Krys	32	Blue Wave Aquati-PN	1:02.75
	30.13	32.62		
3	Cruze, Jennifer	33	Downtown/Bellvu-PN	1:12.38
	35.10	37.28		
4	Mahar, Rachel	34	Blue Wave Aquati-PN	1:14.96
	34.98	39.98		

Women 30-34 200 Yard Freestyle

NATL: 1:51.40 N 5/18/2003 KATRINA RADKE

ZONE: 1:57.24 Z 4/29/1990 LEISSA MILLS

PNA: 1:59.02 P 4/13/2008 COLLEEN PHILIPPS

1	Matlock, Shannon	34	Lake Washington-PN	2:09.16
	29.20	32.31	33.32	34.33
2	Casey, Shannon	34	Blue Wave Aquati-PN	2:14.83
	30.56	33.62	35.64	35.01

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Women 30-34 500 Yard Freestyle

NATL: 4:59.08 N 5/12/1996 K PIPES-NEILSEN
ZONE: 5:11.86 Z 4/26/1992 LEISSA MILLS
PNA: 5:19.88 P 4/11/2010 COLLEEN PHILIPPS

1	Spaulding, Courtney	30	Mukilteo YMCA-PN	5:47.53
	30.66	32.92	33.67	34.25
	35.26	35.49	35.84	36.71
	36.54	36.19		
2	Casey, Shannon	34	Blue Wave Aquati-PN	5:59.82
	31.78	34.85	36.33	36.55
	36.64	36.59	36.66	37.33
	37.21	35.88		
3	Postma, Krysa	32	Blue Wave Aquati-PN	6:18.47
	32.58	35.79	37.44	38.57
	38.71	39.05	39.47	39.47
	39.45	37.94		

Women 30-34 1000 Yard Freestyle

NATL: 10:03.05 N 4/3/2011 DAWN HECKMAN
ZONE: 10:59.15 Z 11/21/1993 ELLEN FERGUSON
PNA: 11:06.37 P 4/25/1993 MARGEE CURRAN

1	Spaulding, Courtney	30	Mukilteo YMCA-PN	11:53.73
	31.35	33.53	34.67	35.09
	35.44	35.15	35.42	35.37
	36.86	36.94	36.32	36.93
	36.65	36.72	36.40	36.54
	36.15	36.15	36.18	35.87
2	Casey, Shannon	34	Blue Wave Aquati-PN	12:13.00
	32.37	35.91	36.85	37.25
	37.30	37.41	37.16	36.98
	37.37	37.35	36.62	36.86
	36.95	37.01	36.86	36.90
	36.88	36.67	36.59	35.71
3	Bennett, Sara	32	Downtown/Bellevu-PN	13:22.73
	34.51	37.90	39.30	39.83
	40.04	40.62	40.65	40.92
	40.99	41.19	40.91	41.07
	40.95	40.91	40.55	41.14
	40.75	41.34	40.15	39.01
4	Aylesworth, Alison	34	Unattached-PN	14:10.15
	37.66	40.08	40.99	41.62
	42.70	42.71	42.90	43.56
	43.05	42.84	42.99	43.34
	43.11	43.27	43.29	43.58
	43.28	43.91	43.10	42.17

Women 30-34 1650 Yard Freestyle

NATL: 17:07.52 N 5/23/1993 KAREN BURTON
ZONE: 18:05.54 Z 4/14/1996 MARGEE CURRAN
PNA: 18:05.54 P 4/14/1996 MARGEE CURRAN

1	Aylesworth, Alison	34	Unattached-PN	23:38.52
	37.38	40.00	41.23	41.02
	42.06	41.69	42.29	42.78
	42.81	43.22	43.36	43.36
	44.17	43.17	43.70	42.93
	43.43	43.44	43.62	43.45
	43.12	43.43	43.40	44.26
	45.01	43.43	43.89	43.70
	43.79	44.15	44.48	44.44
				42.31
2	Ohlson, Michelle	30	Lake Washington-PN	23:53.55
	38.56	42.27	43.27	43.61
	43.99	43.96	44.16	44.68
	44.27	43.80	44.13	44.17
	44.03	43.88	44.07	43.98
	43.35	43.09	43.80	43.32
	43.57	43.56	43.64	43.70
	44.43	44.34	43.91	44.15
	43.94	43.00	42.75	41.68
				40.49
3	Wellock, Kim	34	Blue Wave Aquati-PN	25:42.30
	37.09	40.78	42.83	44.82
	45.55	46.63	46.91	47.01
	46.61	46.97	46.63	47.18
	46.61	46.77	47.41	47.26
	46.89	47.40	47.41	47.28
	46.93	48.17	47.90	47.81
	48.86	48.19	48.72	48.28
	49.40	48.92	48.74	47.76
				46.58

Women 30-34 50 Yard Backstroke

NATL: 24.96 N 5/1/2011 NORIKO INADA
ZONE: 28.04 Z 4/11/2010 TAMARA COULTER
PNA: 28.04 P 4/11/2010 TAMARA COULTER

1	Casey, Shannon	34	Blue Wave Aquati-PN	33.71
2	Cruze, Jennifer	33	Downtown/Bellevu-PN	41.99

Women 30-34 100 Yard Backstroke

NATL: 54.60 N 4/30/2011 NORIKO INADA
ZONE: 1:00.35 Z 4/11/2010 TAMARA COULTER
PNA: 1:00.35 P 4/11/2010 TAMARA COULTER

1	Chamberlin, Melissa	31	Downtown/Bellevu-PN	1:06.31
	32.78	33.53		
2	Aylesworth, Alison	34	Unattached-PN	1:19.35
	38.86	40.49		

Women 30-34 200 Yard Backstroke

NATL: 1:59.93 N 2/19/1996 K PIPES-NEILSEN
ZONE: 2:09.33 Z 4/5/1992 ZENA HERRMANN
PNA: 2:09.33 P 4/5/1992 ZENA HERRMANN

1	Chamberlin, Melissa	31	Downtown/Bellevu-PN	2:20.00
	34.12	35.51	35.30	35.07
2	Casey, Shannon	34	Blue Wave Aquati-PN	2:30.09
	34.88	37.90	39.11	38.20
3	Bennett, Sara	32	Downtown/Bellevu-PN	2:30.34
	35.97	38.20	38.29	37.88

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Results**Women 30-34 50 Yard Breaststroke**

NATL: 28.48 N 5/4/2008 **KATIE MCCLELLAND**

ZONE: 31.83 Z 5/14/2002 **CARA HAFNER**

PNA: 32.74 P 5/20/2001 **LINDA HEGEBERG**

1 Spaulding, Courtney	30 Mukilteo YMCA-PN	33.37
2 McDonald, Taylor	31 Sequim Aquatic R-PN	39.28
3 Cruze, Jennifer	33 Downtown/Bellevu-PN	41.91

Women 30-34 100 Yard Breaststroke

NATL: 1:02.08 N 5/4/2008 **KATIE MCCLELLAND**

ZONE: 1:09.10 Z 5/14/2002 **CARA HAFNER**

PNA: 1:09.78 P 4/10/2011 **M.CHAMBERLIN**

1 Chamberlin, Melissa	31 Downtown/Bellevu-PN	1:09.91
		33.94 35.97
2 Spaulding, Courtney	30 Mukilteo YMCA-PN	1:10.71
		33.72 36.99
3 Carley, Jane	30 Sequim Aquatic R-PN	1:15.21
		35.39 39.82
4 Aylesworth, Alison	34 Unattached-PN	1:27.70
		42.11 45.59
5 Mickelsen, Amanda	31 South Sound Mast-PN	1:34.46
		43.88 50.58

Women 30-34 200 Yard Breaststroke

NATL: 2:17.34 N 4/30/2000 **WENKE HANSEN**

ZONE: 2:25.83 Z 4/10/2011 **M.CHAMBERLIN**

PNA: 2:25.83 P 4/10/2011 **M.CHAMBERLIN**

1 Chamberlin, Melissa	31 Downtown/Bellevu-PN	2:28.69
		34.55 37.11 38.23 38.80
2 Spaulding, Courtney	30 Mukilteo YMCA-PN	2:36.04
		35.67 39.32 40.47 40.58

Women 30-34 50 Yard Butterfly

NATL: 24.18 N 4/15/2000 **ANGEL MARTINO**

ZONE: 26.61 Z 5/17/2002 **KATHY BLANDFORD**

PNA: 27.09 P 5/18/1997 **TRISHA SCHWERZLER**

1 Carley, Jane	30 Sequim Aquatic R-PN	29.13
2 Kolp, Allison	31 Ymcapkc Sound Aq-PN	29.73
3 Arkell, Katy	30 Ymcapkc Sound Aq-PN	32.92
4 Cruze, Jennifer	33 Downtown/Bellevu-PN	39.28
5 Mickelsen, Amanda	31 South Sound Mast-PN	44.43

Women 30-34 100 Yard Butterfly

NATL: 55.01 N 5/16/1999 **ANGEL MARTINO**

ZONE: 59.07 Z 5/17/2002 **KATHY BLANDFORD**

PNA: 1:00.12 P 4/14/1991 **TAMI BENNETT**

1 McDonald, Taylor	31 Sequim Aquatic R-PN	1:18.24
		34.98 43.26

Women 30-34 100 Yard IM

NATL: 57.01 N 4/15/2000 **ANGEL MARTINO**

ZONE: 1:03.24 Z 5/18/1997 **BARBARA MISENER**

PNA: 1:03.43 P 4/13/2008 **MEGAN LIVINGSTON**

1 Chamberlin, Melissa	31 Downtown/Bellevu-PN	1:04.95
		31.03 33.92
2 Carley, Jane	30 Sequim Aquatic R-PN	1:07.04
		30.52 36.52
3 Matlock, Shannon	34 Lake Washington-PN	1:08.32
		32.04 36.28

4 Casey, Shannon	34 Blue Wave Aquati-PN	1:13.04
		33.89 39.15
5 Cruze, Jennifer	33 Downtown/Bellevu-PN	1:22.68
		38.99 43.69
6 Mickelsen, Amanda	31 South Sound Mast-PN	1:28.39
		41.72 46.67
--- Manning, Angela	34 Greenlake Aquadu-PN	DQ
	Non-simultaneous touch - breast	
		35.90 42.65

Women 30-34 200 Yard IM

NATL: 1:58.80 N 3/11/2009 **ERIKA ERNDL**

ZONE: 2:13.21 Z 5/20/2007 **MAUREEN REA**

PNA: 2:13.21 P 5/20/2007 **MAUREEN REA**

1 Matlock, Shannon	34 Lake Washington-PN	2:29.67
		30.95 39.80 43.85 35.07
2 Wellock, Kim	34 Blue Wave Aquati-PN	2:52.87
		35.69 43.68 50.51 42.99

Women 30-34 400 Yard IM

NATL: 4:25.68 N 5/21/1995 **KARLYN PIPES**

ZONE: 4:49.69 Z 4/11/2010 **COLLEEN PHILIPPS**

PNA: 4:49.69 P 4/11/2010 **COLLEEN PHILIPPS**

1 Chamberlin, Melissa	31 Downtown/Bellevu-PN	5:03.42
		32.45 36.87 38.23 38.49
		42.15 41.87 37.54 35.82
2 Spaulding, Courtney	30 Mukilteo YMCA-PN	5:04.25
		31.16 36.00 41.25 40.74
		42.71 42.09 35.57 34.73

Women 35-39 50 Yard Freestyle

NATL: 22.34 N 2/25/2007 **DARA TORRES**

ZONE: 24.66 Z 5/21/1995 **GRACIE GODDARD**

PNA: 24.82 P 1/30/2009 **MEGAN OESTING**

1 Christy, Aimee	39 South Sound Mast-PN	28.63
2 Linggi, Melissa	39 South Sound Mast-PN	28.86
3 Gow, Sherry	38 Ymcapkc Sound Aq-PN	37.01

Women 35-39 100 Yard Freestyle

NATL: 49.72 N 2/25/2007 **DARA TORRES**

ZONE: 53.40 Z 12/7/1997 **GRACIE GODDARD**

PNA: 54.06 P 4/11/2009 **KIMBERLY JETER**

1 Hall, Tina	37 Lake Washington-PN	59.28
		27.77 31.51
2 Tomtan-Brayman, Brenda	38 Greenlake Aquadu-PN	1:00.94
		29.26 31.68
3 Ashmann, Chericka	38 Lake Washington-PN	1:06.55
		31.69 34.86

Women 35-39 200 Yard Freestyle

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

ZONE: 1:57.50 Z 5/21/1995 **ROBYNN MASTERS**

PNA: 1:58.10 P 5/9/1996 **MARGEE CURRAN**

1 Wetstone, Susan	38 Greenlake Aquadu-PN	2:07.50
		30.27 32.63 32.46 32.14
2 Tomtan-Brayman, Brenda	38 Greenlake Aquadu-PN	2:09.60
		29.32 32.35 33.72 34.21
3 Linggi, Melissa	39 South Sound Mast-PN	2:17.67
		31.27 34.74 35.72 35.94

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(Women 35-39 200 Yard Freestyle)

4	Ashmann, Chericka	38	Lake Washington-PN	2:33.12
	34.01	37.93	40.16	41.02
5	Trowbridge, Michelle	38	Ymcapkc Sound Aq-PN	2:35.40
	35.32	39.69	40.91	39.48

Women 35-39 500 Yard Freestyle

NATL: 4:56.09 N 5/3/1997 K PIPES-NEILSEN
ZONE: 5:13.65 Z 5/21/1995 ROBYNN MASTERS
PNA: 5:15.13 P 5/9/1996 MARGEE CURRAN

1	Wetstone, Susan	38	Greenlake Aquadu-PN	5:35.00
	30.40	33.19	33.97	34.08
	34.16	34.00	34.21	34.14
	33.88	32.97		
2	Tomtan-Brayman, Brenda	38	Greenlake Aquadu-PN	5:46.94
	30.47	33.53	34.65	34.94
	35.53	35.21	35.46	35.98
	35.85	35.32		
3	Noffke, Wendy	39	Blue Wave Aquati-PN	8:18.19
	44.79	49.63	50.92	50.06
	51.22	50.29	52.28	52.03
	50.44	46.53		

Women 35-39 1000 Yard Freestyle

NATL: 10:22.60 N 2/16/1999 K PIPES-NEILSEN
ZONE: 10:41.76 Z 5/21/1995 ROBYNN MASTERS
PNA: 10:43.03 P 5/9/1996 MARGEE CURRAN

1	Tomtan-Brayman, Brenda	38	Greenlake Aquadu-PN	11:47.52
	31.64	34.46	35.17	35.62
	35.62	35.67	35.56	36.08
	35.63	35.82	35.61	35.91
	36.03	35.90	35.88	35.81
	35.86	35.45	35.08	34.72
2	Neely, Wendy	37	Blue Wave Aquati-PN	15:24.60
	41.41	43.19	44.67	45.28
	45.69	46.16	46.48	46.55
	46.96	46.94	47.17	47.09
	47.37	46.85	47.41	47.42
	47.27	47.44	47.22	46.03
3	Noffke, Wendy	39	Blue Wave Aquati-PN	17:19.69
	46.79	51.87	52.59	52.33
	54.23	51.93	53.01	52.15
	52.55	52.54	52.88	52.93
	52.33	52.14	52.13	52.84
	53.05	52.79	50.84	47.77

Women 35-39 1650 Yard Freestyle

NATL: 17:13.99 N 5/4/1997 K PIPES-NEILSEN
ZONE: 17:39.45 Z 5/21/1995 ROBYNN MASTERS
PNA: 18:08.10 P 2/16/1997 MARGEE CURRAN

1	Tomtan-Brayman, Brenda	38	Greenlake Aquadu-PN	20:06.32
	32.84	35.93	37.33	37.11
	36.98	37.02	36.83	37.00
	37.31	37.28	37.16	37.15
	37.09	37.21	37.08	37.33
	37.08	37.07	37.23	36.97
	36.61	36.47	36.47	36.18
	36.26	36.27	36.17	36.01
	36.54	36.48	36.08	35.61
				34.17
2	Neely, Wendy	37	Blue Wave Aquati-PN	26:28.11
	43.18	46.99	47.41	48.68
	48.41	48.34	48.66	48.37
	48.26	49.03	48.41	47.80
	48.35	47.95	47.81	48.32
	48.69	48.47	48.42	48.28
	48.05	48.29	48.17	48.26
	48.26	48.15	48.50	48.61
	48.76	48.32	48.18	48.49
				48.24
3	Noffke, Wendy	39	Blue Wave Aquati-PN	29:24.75
	46.41	51.55	52.92	54.05
	54.06	54.05	54.12	53.40
	53.36	54.01	54.00	53.50
	53.63	54.09	52.64	56.48
	54.05	53.95	54.87	52.62
	54.89	54.21	54.17	54.22
	54.09	53.91	54.63	54.29
	53.93	53.30	53.57	53.27
				48.51

Women 35-39 50 Yard Backstroke

NATL: 25.97 N 5/22/2010 SHERI HART
ZONE: 27.60 Z 2/5/2011 SHERI HART
PNA: 27.60 P 2/5/2011 SHERI HART

1	Wetstone, Susan	38	Greenlake Aquadu-PN	30.26
2	Hall, Tina	37	Lake Washington-PN	31.32
3	Ashmann, Chericka	38	Lake Washington-PN	34.32

Women 35-39 100 Yard Backstroke

NATL: 56.14 N 5/23/2010 SHERI HART
ZONE: 58.98 Z 2/5/2011 SHERI HART
PNA: 58.98 P 2/5/2011 SHERI HART

1	Wetstone, Susan	38	Greenlake Aquadu-PN	1:04.22
	31.77	32.45		
2	Hall, Tina	37	Lake Washington-PN	1:07.73
	32.76	34.97		
3	Nordberg, Carrie	36	Downtown/Bellevu-PN	1:13.61
	35.61	38.00		
4	Linggi, Melissa	39	South Sound Mast-PN	1:18.09
	38.09	40.00		
5	Ashmann, Chericka	38	Lake Washington-PN	1:20.81
	37.00	43.81		
6	Trowbridge, Michelle	38	Ymcapkc Sound Aq-PN	1:26.49
	42.27	44.22		

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Results**Women 35-39 200 Yard Backstroke**

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

ZONE: 2:10.93 Z 5/18/1997 ZENA COURTNEY

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

1	Tomtan-Brayman, Brenda	38	Greenlake Aquadu-PN	2:26.47
	34.34	36.34	37.99	37.80
2	Hall, Tina	37	Lake Washington-PN	2:29.43
	33.52	36.94	38.99	39.98
3	Neely, Wendy	37	Blue Wave Aquati-PN	3:05.49
	43.54	45.76	47.89	48.30

Women 35-39 50 Yard Breaststroke

NATL: 29.94 N 5/22/2005 S VON DER LIPPE

ZONE: 32.17 Z 5/4/2008 JAYNA TOMAC

PNA: 33.36 P 4/10/2005 LINDA HEGERBERG

1	Brumley, Sadie	35	Monroe YMCA Mast-PN	46.81
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Women 35-39 100 Yard Breaststroke

NATL: 1:04.25 N 4/25/2004 S VON DER LIPPE

ZONE: 1:09.52 Z 5/4/2008 JAYNA TOMAC

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

1	Nordberg, Carrie	36	Downtown/Bellvu-PN	1:14.07
	35.07	39.00		
2	Trowbridge, Michelle	38	Ymcapkc Sound Aq-PN	1:41.22
	48.10	53.12		

Women 35-39 200 Yard Breaststroke

NATL: 2:19.66 N 1/27/2002 CAROLINE KRATTLI

ZONE: 2:35.27 Z 5/4/2008 JAYNA TOMAC

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

1	Neely, Wendy	37	Blue Wave Aquati-PN	3:24.31
	46.63	51.44	53.05	53.19
2	Brumley, Sadie	35	Monroe YMCA Mast-PN	3:26.95
	48.05	52.32	53.68	52.90

Women 35-39 50 Yard Butterfly

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

ZONE: 27.59 Z 5/18/2003 VALERIE JENKINS

PNA: 27.92 P 4/10/1994 WENDY BOGLIOLI

1	Christy, Aimee	39	South Sound Mast-PN	31.81
2	Trowbridge, Michelle	38	Ymcapkc Sound Aq-PN	43.40

Women 35-39 100 Yard IM

NATL: 57.67 N 5/23/2010 SHERI HART

ZONE: 1:01.34 Z 2/5/2011 SHERI HART

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

1	Wetstone, Susan	38	Greenlake Aquadu-PN	1:07.27
	31.60	35.67		
2	Nordberg, Carrie	36	Downtown/Bellvu-PN	1:07.66
	32.62	35.04		
3	Hall, Tina	37	Lake Washington-PN	1:07.79
	30.68	37.11		
4	Christy, Aimee	39	South Sound Mast-PN	1:14.97
	34.40	40.57		
5	Ashmann, Chericka	38	Lake Washington-PN	1:20.19
	36.53	43.66		
6	Neely, Wendy	37	Blue Wave Aquati-PN	1:24.28
	39.64	44.64		

7	Trowbridge, Michelle	38	Ymcapkc Sound Aq-PN	1:27.79
	41.39	46.40		

Women 35-39 200 Yard IM

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

ZONE: 2:20.97 Z 5/20/2001 LISA WILSON

PNA: 2:20.97 P 5/20/2001 LISA WILSON

1	Wetstone, Susan	38	Greenlake Aquadu-PN	2:19.88Z
	31.64	34.37	41.08	32.79
2	Hall, Tina	37	Lake Washington-PN	2:31.74
	32.33	37.68	46.56	35.17
3	Neely, Wendy	37	Blue Wave Aquati-PN	3:05.56
	42.44	48.23	52.45	42.44

Women 35-39 400 Yard IM

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

ZONE: 4:46.23 Z 5/8/1998 ROBYNN MASTERS

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

1	Nordberg, Carrie	36	Downtown/Bellvu-PN	5:05.05
	30.97	35.31	42.00	41.69
	42.21	43.00	35.54	34.33

Women 40-44 50 Yard Freestyle

NATL: 21.91 N 4/15/2007 DARA TORRES

ZONE: 23.92 Z 5/1/2011 SHERI HART

PNA: 23.92 P 5/1/2011 SHERI HART

1	Polidori, Wendy	42	Mukilteo YMCA-PN	28.59
2	Reykdal, Kim	40	South Sound Mast-PN	28.67
3	Poehlman, Yuriko	42	Tigers-PN	28.81
4	Mesler, Jennifer	41	Blue Wave Aquati-PN	29.70
5	Lasley, Stacey	40	Mukilteo YMCA-PN	31.64
6	Holt, Megan	41	Blue Wave Aquati-PN	32.64
7	Wilson, Andrea	43	Bainbridge Aquat-PN	33.20
8	Clarke, Heather	40	Lake Washington-PN	33.24
---	Quartararo, Patti	41	UNOTH	X29.67

Women 40-44 100 Yard Freestyle

NATL: 48.34 N 4/15/2007 DARA TORRES

ZONE: 51.86 Z 5/1/2011 SHERI HART

PNA: 51.86 P 5/1/2011 SHERI HART

1	Polidori, Wendy	42	Mukilteo YMCA-PN	1:03.74
	29.95	33.79		
2	Mesler, Jennifer	41	Blue Wave Aquati-PN	1:06.18
	31.59	34.59		
3	Carter, Brenda	44	Lake Washington-PN	1:10.76
	34.11	36.65		
4	Holt, Megan	41	Blue Wave Aquati-PN	1:12.75
	35.08	37.67		
5	Hegarty, Laura	41	Bainbridge Aquat-PN	1:14.75
	35.64	39.11		
6	McCandless, Diana	42	South Sound Mast-PN	1:18.15
	36.29	41.86		
---	Quartararo, Patti	41	UNOTH	X1:04.25
	30.92	33.33		

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Women 40-44 200 Yard Freestyle

NATL: 1:51.06 N 12/22/2002 K PIPES-NEILSEN
ZONE: 1:56.14 Z 5/17/2002 SUZANNE SIMPSON
PNA: 2:01.12 P 5/1/2011 HALEIGH A WERNER

1	Vander Haegen, Geraldine	44	South Sound Mast-PN	2:14.20
	31.19	34.17	35.46	33.38
2	Hegarty, Laura	41	Bainbridge Aquat-PN	2:51.63
	39.95	43.92	45.92	41.84
---	Quartararo, Patti	41	UNOTH	X2:20.34
	32.55	35.32	36.41	36.06

Women 40-44 500 Yard Freestyle

NATL: 4:58.98 N 10/5/2002 K PIPES-NEILSEN
ZONE: 5:13.14 Z 5/17/2002 SUZANNE SIMPSON
PNA: 5:21.96 P 5/1/2011 HALEIGH A WERNER

1	Vander Haegen, Geraldine	44	South Sound Mast-PN	6:07.85
	33.28	36.38	37.75	38.05
	37.74	37.74	37.36	37.53
	36.63	35.39		
2	Mesler, Jennifer	41	Blue Wave Aquati-PN	6:28.58
	34.90	37.47	38.57	39.38
	39.90	39.36	39.70	40.23
	40.19	38.88		
3	Polidori, Wendy	42	Mukilteo YMCA-PN	6:36.57
	35.81	39.03	38.40	40.25
	39.96	40.02	40.78	40.87
	41.16	40.29		
4	Hope, Carolyn	41	North End Otters-PN	8:04.71
	41.04	46.02	48.21	49.18
	50.01	50.61	50.49	50.64
	49.95	48.56		
---	Quartararo, Patti	41	UNOTH	X6:18.29
	33.60	37.16	38.84	39.22
	38.99	38.47	38.76	38.20
	38.66	36.39		

Women 40-44 1000 Yard Freestyle

NATL: 10:20.45 N 12/21/2003 K PIPES-NEILSEN
ZONE: 10:55.87 Z 5/20/2001 SUZANNE SIMPSON
PNA: 11:32.86 P 5/17/2002 LISA WILSON

1	Vander Haegen, Geraldine	44	South Sound Mast-PN	12:30.14
	32.83	36.56	37.84	38.05
	37.83	38.11	37.73	37.40
	37.56	37.67	37.73	37.93
	37.71	38.31	38.49	38.41
	38.59	37.40	37.29	36.70
2	Mesler, Jennifer	41	Blue Wave Aquati-PN	13:30.53
	35.14	38.76	39.22	40.06
	40.46	40.58	40.93	41.41
	41.22	41.16	41.36	41.10
	41.58	41.82	41.39	40.96
	41.21	41.12	40.77	40.28

3	Carter, Brenda	44	Lake Washington-PN	15:47.10
	40.85	45.08	46.46	47.39
	47.20	47.75	47.93	48.03
	47.52	48.09	48.67	48.94
	48.50	49.87	49.23	48.03
	48.80	47.55	46.61	44.60
4	Clarke, Heather	40	Lake Washington-PN	16:23.75
	41.39	47.62	49.10	50.83
	51.44	51.27	50.91	50.43
	50.53	49.63	47.21	48.16
	49.41	50.12	50.06	48.56
	48.43	49.24	47.61	51.80
---	Quartararo, Patti	41	UNOTH	X12:50.71
	33.55	37.01	38.84	39.18
	39.54	39.28	39.49	39.89
	39.79	39.82	39.42	39.65
	39.07	38.98	38.41	37.98
	38.59	38.15	37.55	36.52

Women 40-44 1650 Yard Freestyle

NATL: 17:15.20 N 12/7/2002 K PIPES-NEILSEN
ZONE: 17:53.81 Z 5/17/2002 SUZANNE SIMPSON
PNA: 19:15.09 P 4/10/2011 HALEIGH WERNER

1	McCandless, Diana	42	South Sound Mast-PN	27:14.16
	43.70	48.42	49.05	48.64
	50.04	48.90	48.26	49.80
	50.04	50.40	50.10	49.37
	50.03	49.84	50.74	50.08
	49.32	49.78	49.30	49.15
	50.30	49.77	49.91	50.50
	50.24	51.21	50.75	50.47
	50.03	50.02	49.63	50.20
				46.17

Women 40-44 50 Yard Backstroke

NATL: 26.12 N 5/1/2011 SHERI HART
ZONE: 26.12 Z 5/1/2011 SHERI HART
PNA: 26.12 P 5/1/2011 SHERI HART

1	Ogle, Jennifer	44	West Seattle Ymc-PN	33.55
2	Mesler, Jennifer	41	Blue Wave Aquati-PN	33.98
3	Polidori, Wendy	42	Mukilteo YMCA-PN	35.56
4	Hegarty, Laura	41	Bainbridge Aquat-PN	38.19
5	Marsh-Limm, Margo	44	Mukilteo YMCA-PN	38.92
6	Antilla, Kristine	43	Ohana Swim Team-PN	40.59

Women 40-44 100 Yard Backstroke

NATL: 56.03 N 4/30/2011 SHERI HART
ZONE: 56.03 Z 5/1/2011 SHERI HART
PNA: 56.03 P 5/1/2011 SHERI HART

1	Ogle, Jennifer	44	West Seattle Ymc-PN	1:11.16
	34.70	36.46		
2	Mesler, Jennifer	41	Blue Wave Aquati-PN	1:13.16
	34.99	38.17		
3	Lasley, Stacey	40	Mukilteo YMCA-PN	1:22.16
	39.31	42.85		
4	Loercher, Krista	41	South Whidbey Is-PN	1:26.63
	42.92	43.71		

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Women 40-44 200 Yard Backstroke

NATL: 2:04.43 N 4/24/2010 **KRISTIN GARY**
ZONE: 2:11.46 Z 5/18/2008 **ELLEN REYNOLDS**
PNA: 2:13.58 P 5/20/2001 **ZENA COURTNEY**

1	Ogle, Jennifer	44	West Seattle Ymc-PN	2:31.50
	35.41	37.94	39.08	39.07
2	Hegarty, Laura	41	Bainbridge Aquat-PN	3:00.99
	42.92	44.92	46.97	46.18

Women 40-44 50 Yard Breaststroke

NATL: 29.24 N 2/28/2010 **S VON DER LIPPE**
ZONE: 31.77 Z 5/23/2010 **SHANNON CORBEAU**
PNA: 32.07 P 5/1/2011 **MARY C ARMSTRONG**

1	Antilla, Kristine	43	Ohana Swim Team-PN	39.44
2	Marsh-Limm, Margo	44	Mukilteo YMCA-PN	42.19
3	Hope, Carolyn	41	North End Otters-PN	43.66
4	Holt, Megan	41	Blue Wave Aquati-PN	44.46

Women 40-44 100 Yard Breaststroke

NATL: 1:03.00 N 5/4/2008 **S VON DER LIPPE**
ZONE: 1:10.52 Z 4/11/2009 **MARY ARMSTRONG**
PNA: 1:10.52 P 4/11/2009 **MARY ARMSTRONG**

1	Antilla, Kristine	43	Ohana Swim Team-PN	1:27.66
	40.58	47.08		
2	Loercher, Krista	41	South Whidbey Is-PN	1:35.93
	46.08	49.85		

Women 40-44 200 Yard Breaststroke

NATL: 2:17.06 N 5/14/2006 **S VON DER LIPPE**
ZONE: 2:36.63 Z 5/1/2011 **HALEIGH A WERNER**
PNA: 2:36.63 P 5/1/2011 **HALEIGH A WERNER**

1	Vander Haegen, Geraldine	44	South Sound Mast-PN	2:54.26
	39.95	44.54	44.89	44.88
2	Hope, Carolyn	41	North End Otters-PN	3:24.51
	46.51	51.51	53.00	53.49

Women 40-44 50 Yard Butterfly

NATL: 25.14 N 5/10/2009 **S VON DER LIPPE**
ZONE: 26.25 Z 5/1/2011 **SHERI HART**
PNA: 26.25 P 5/1/2011 **SHERI HART**

1	Werner, Haleigh	43	South Sound Mast-PN	29.94
2	Reykdal, Kim	40	South Sound Mast-PN	31.62
3	Polidori, Wendy	42	Mukilteo YMCA-PN	32.20
4	Ogle, Jennifer	44	West Seattle Ymc-PN	32.78
5	Clarke, Heather	40	Lake Washington-PN	36.37
6	Holt, Megan	41	Blue Wave Aquati-PN	37.05
7	Wilson, Andrea	43	Bainbridge Aquat-PN	38.52
8	Antilla, Kristine	43	Ohana Swim Team-PN	38.72
---	Quartararo, Patti	41	UNOTH	X34.37

Women 40-44 100 Yard IM

NATL: 58.14 N 4/10/2010 **S VON DER LIPPE**
ZONE: 58.38 Z 5/1/2011 **SHERI HART**
PNA: 58.38 P 5/1/2011 **SHERI HART**

1	Werner, Haleigh	43	South Sound Mast-PN	1:06.08
	31.72	34.36		
2	Reykdal, Kim	40	South Sound Mast-PN	1:11.35
	32.65	38.70		

3	Vander Haegen, Geraldine	44	South Sound Mast-PN	1:12.31
	34.85	37.46		
4	Polidori, Wendy	42	Mukilteo YMCA-PN	1:13.98
	34.63	39.35		
5	Antilla, Kristine	43	Ohana Swim Team-PN	1:24.15
	40.64	43.51		
6	Loercher, Krista	41	South Whidbey Is-PN	1:24.81
	39.97	44.84		
7	Holt, Megan	41	Blue Wave Aquati-PN	1:25.34
	40.55	44.79		
8	Wilson, Andrea	43	Bainbridge Aquat-PN	1:26.87
	39.79	47.08		
9	Clarke, Heather	40	Lake Washington-PN	1:29.32
	41.21	48.11		

Women 40-44 200 Yard IM

NATL: 2:04.85 N 5/4/2008 **S VON DER LIPPE**
ZONE: 2:14.98 Z 5/18/2008 **ELLEN REYNOLDS**
PNA: 2:22.03 P 5/17/2002 **LISA WILSON**

1	Vander Haegen, Geraldine	44	South Sound Mast-PN	2:37.32
	36.80	40.40	44.63	35.49
2	Ogle, Jennifer	44	West Seattle Ymc-PN	2:41.03
	33.86	38.51	50.38	38.28
3	Marsh-Limm, Margo	44	Mukilteo YMCA-PN	2:52.51
	37.07	45.67	51.30	38.47
4	Antilla, Kristine	43	Ohana Swim Team-PN	3:06.37
	41.53	49.09	51.77	43.98
5	Hope, Carolyn	41	North End Otters-PN	3:11.83
	44.05	46.99	54.10	46.69
6	Holt, Megan	41	Blue Wave Aquati-PN	3:13.49
	39.64	52.85	57.53	43.47
7	McCandless, Diana	42	South Sound Mast-PN	3:28.61
	43.68	59.98	57.52	47.43

Women 40-44 400 Yard IM

NATL: 4:28.43 N 5/4/2008 **S VON DER LIPPE**
ZONE: 4:50.69 Z 5/1/2011 **HALEIGH A WERNER**
PNA: 4:50.69 P 5/1/2011 **HALEIGH A WERNER**

1	Werner, Haleigh	43	South Sound Mast-PN	5:03.45
	31.74	36.91	40.57	39.12
	42.76	44.34	34.93	33.08

Women 45-49 50 Yard Freestyle

NATL: 24.00 N 5/4/2008 **SUSAN WALSH**
ZONE: 24.63 Z 5/23/2010 **LISA A DAHL**
PNA: 24.63 P 5/23/2010 **LISA A DAHL**

1	Enright, Jill	48	Lake Washington-PN	31.25
2	Whitney, Jamie	47	Bainbridge Aquat-PN	31.31
3	Pappalardo, Susan	45	Bellevue Club-PN	31.75
4	Magee, Katy	46	Middle Aged Marl-PN	32.25
5	Way, Suzanne	48	Lynnwood Sharks-PN	33.69
6	Watson, Karen	47	Mukilteo YMCA-PN	38.83
7	Rivera, Lisa	48	South Sound Mast-PN	40.75
8	Burris, Mary	46	North End Otters-PN	41.42

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NATL: 52.23 N 12/16/2007 K PIPES-NEILSEN
ZONE: 53.71 Z 5/23/2010 ELLEN REYNOLDS
PNA: 54.63 P 5/23/2010 LISA A DAHL

1	Sawyer, Sheri	48	South Sound Mast-PN	1:07.10
	32.69	34.41		
2	Jordan, Jill	48	Lake Washington-PN	1:08.01
	33.06	34.95		
3	Speir, Kris	48	Ohana Swim Team-PN	1:08.58
	32.91	35.67		
4	Pappalardo, Susan	45	Bellevue Club-PN	1:10.62
	33.02	37.60		
5	Harris, Amy	45	Husky Masters-PN	1:22.50
	38.62	43.88		
6	Watson, Karen	47	Mukilteo YMCA-PN	1:30.22
	42.42	47.80		
---	Tousignant, Andrea	47	North End Otters-PN	DNF
	Did not finish			

Women 45-49 200 Yard Freestyle

NATL: 1:53.28 N 12/16/2007 K PIPES-NEILSEN
ZONE: 1:56.99 Z 5/23/2010 ELLEN REYNOLDS
PNA: 2:06.33 P 5/20/2001 MARY LIPPOLD

1	Jordan, Jill	48	Lake Washington-PN	2:28.94
	34.62	38.28	39.11	36.93
2	Sawyer, Sheri	48	South Sound Mast-PN	2:29.18
	33.37	37.60	39.18	39.03
3	Pappalardo, Susan	45	Bellevue Club-PN	2:34.76
	35.25	38.34	40.59	40.58
4	Speir, Kris	48	Ohana Swim Team-PN	2:35.05
	36.11	40.05	40.14	38.75
5	Marrs, Susan	46	Blue Wave Aquati-PN	2:42.82
	36.33	40.70	42.53	43.26
6	Magee, Katy	46	Middle Aged Marl-PN	2:44.85
	37.28	41.19	43.51	42.87
7	Way, Suzanne	48	Lynnwood Sharks-PN	2:47.11
	37.46	40.60	44.58	44.47

Women 45-49 500 Yard Freestyle

NATL: 5:04.13 N 4/11/2009 K PIPES-NEILSEN
ZONE: 5:22.00 Z 5/22/2005 SUSANNE SIMPSON
PNA: 5:30.78 P 5/20/2007 LISA PACE

1	Lucco, Elizabeth	45	Bellevue Club-PN	5:56.64
	33.23	35.50	36.05	36.19
	36.25	36.17	35.97	36.39
	35.70	35.19		
2	Bullock, Sarah	46	Bainbridge Aquat-PN	6:00.67
	30.95	34.44	35.40	36.27
	36.90	37.33	37.35	37.67
	37.67	36.69		
3	Jordan, Jill	48	Lake Washington-PN	6:53.78
	35.39	39.91	41.50	42.31
	42.60	42.69	42.34	43.05
	43.05	40.94		

4	Speir, Kris	48	Ohana Swim Team-PN	6:59.85
	36.73	40.73	41.75	42.39
	43.30	43.80	44.17	43.38
	43.27	40.33		
5	Fordham, Jennifer	48	Monroe YMCA Mast-PN	7:05.62
	35.70	39.43	41.97	42.71
	44.20	44.65	44.38	44.66
	44.85	43.07		
6	Pappalardo, Susan	45	Bellevue Club-PN	7:10.19
	36.94	41.02	42.62	44.01
	44.24	44.67	45.45	44.64
	44.55	42.05		
7	Burris, Mary	46	North End Otters-PN	9:10.68
	47.37	53.89	56.37	56.53
	56.23	56.61	56.59	56.79
	56.46	53.84		

Women 45-49 50 Yard Backstroke

NATL: 27.35 N 12/21/2008 K PIPES-NEILSEN
ZONE: 27.69 Z 5/23/2010 ELLEN REYNOLDS
PNA: 30.05 P 5/10/2009 LISA DAHL

1	Fordham, Jennifer	48	Monroe YMCA Mast-PN	35.70
2	Harris, Amy	45	Husky Masters-PN	42.58
3	Watson, Karen	47	Mukilteo YMCA-PN	48.92
4	Burris, Mary	46	North End Otters-PN	53.78

Women 45-49 100 Yard Backstroke

NATL: 57.83 N 5/23/2010 ELLEN REYNOLDS
ZONE: 57.83 Z 5/23/2010 ELLEN REYNOLDS
PNA: 1:05.05 P 5/20/2007 ZENA COURTNEY

1	Whitney, Jamie	47	Bainbridge Aquat-PN	1:25.39
	42.31	43.08		
2	Way, Suzanne	48	Lynnwood Sharks-PN	1:32.54
	44.61	47.93		

Women 45-49 200 Yard Backstroke

NATL: 2:04.65 N 4/19/2009 K PIPES-NEILSEN
ZONE: 2:07.62 Z 5/23/2010 ELLEN REYNOLDS
PNA: 2:19.72 P 5/20/2007 ZENA COURTNEY

1	Way, Suzanne	48	Lynnwood Sharks-PN	3:16.34
	46.33	49.77	51.11	49.13

Women 45-49 50 Yard Breaststroke

NATL: 30.17 N 5/20/2007 CAROLINE KRATTLI
ZONE: 33.50 Z 5/10/2009 LISA DAHL
PNA: 33.50 P 5/10/2009 LISA DAHL

1	Sullivan, Suna	45	Lake Washington-PN	38.38
2	Lucco, Elizabeth	45	Bellevue Club-PN	38.41
3	Speir, Kris	48	Ohana Swim Team-PN	38.53
4	Sawyer, Sheri	48	South Sound Mast-PN	38.85
5	Harris, Amy	45	Husky Masters-PN	42.69
6	Burris, Mary	46	North End Otters-PN	48.34
7	Tousignant, Andrea	47	North End Otters-PN	50.60

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Women 45-49 100 Yard Breaststroke

NATL: 1:05.85 N 3/27/2011 S VON DER LIPPE
ZONE: 1:11.61 Z 5/14/2002 COLETTE CRABBE
PNA: 1:16.94 P 4/10/2005 TONYA BERG

1	Voss, Julie	48	Lake Washington-PN	1:19.10
	37.48	41.62		
2	Sullivan, Suna	45	Lake Washington-PN	1:23.06
	39.59	43.47		
3	Speir, Kris	48	Ohana Swim Team-PN	1:23.86
	39.81	44.05		
4	Sawyer, Sheri	48	South Sound Mast-PN	1:24.53
	40.47	44.06		
5	Burris, Mary	46	North End Otters-PN	1:43.72
	49.04	54.68		
6	Tousignant, Andrea	47	North End Otters-PN	1:47.28
	51.31	55.97		
---	Harris, Amy	45	Husky Masters-PN	DQ
	One hand touch			
	42.90	49.58		

Women 45-49 200 Yard Breaststroke

NATL: 2:22.76 N 5/1/2011 S VON DER LIPPE
ZONE: 2:35.43 Z 5/14/2002 COLETTE CRABBE
PNA: 2:46.16 P 4/10/2005 TONYA BERG

1	Sawyer, Sheri	48	South Sound Mast-PN	3:05.25
	42.96	47.74	47.67	46.88
2	Sullivan, Suna	45	Lake Washington-PN	3:07.49
	42.14	47.23	48.89	49.23
3	Fordham, Jennifer	48	Monroe YMCA Mast-PN	3:13.12
	43.59	47.93	50.72	50.88

Women 45-49 50 Yard Butterfly

NATL: 25.97 N 3/27/2011 S VON DER LIPPE
ZONE: 26.36 Z 5/23/2010 LISAA DAHL
PNA: 26.36 P 5/23/2010 LISAA DAHL

1	Jordan, Jill	48	Lake Washington-PN	34.49
2	Marrs, Susan	46	Blue Wave Aquati-PN	35.91
3	Enright, Jill	48	Lake Washington-PN	35.98
4	Whitney, Jamie	47	Bainbridge Aquat-PN	36.42
5	Magee, Katy	46	Middle Aged Marl-PN	38.23
6	Tousignant, Andrea	47	North End Otters-PN	45.48

Women 45-49 100 Yard Butterfly

NATL: 56.97 N 5/1/2011 S VON DER LIPPE
ZONE: 59.39 Z 5/4/2008 ARLENE DELMAGE
PNA: 1:04.75 P 5/22/2005 MARY LIPPOLD

1	Bullock, Sarah	46	Bainbridge Aquat-PN	1:14.44
	33.94	40.50		

Women 45-49 200 Yard Butterfly

NATL: 2:07.39 N 12/26/2008 K PIPES-NEILSEN
ZONE: 2:14.69 Z 5/4/2008 ARLENE DELMAGE
PNA: 2:25.05 P 5/17/2002 MARY LIPPOLD

1	Bullock, Sarah	46	Bainbridge Aquat-PN	2:51.38
	34.58	43.03	46.31	47.46

Women 45-49 100 Yard IM

NATL: 59.48 N 4/19/2009 K PIPES-NEILSEN
ZONE: 1:02.87 Z 5/23/2010 LISAA DAHL
PNA: 1:02.87 P 5/23/2010 LISAA DAHL

1	Sullivan, Suna	45	Lake Washington-PN	1:14.71
	35.26	39.45		
2	Speir, Kris	48	Ohana Swim Team-PN	1:18.45
	38.01	40.44		
3	Whitney, Jamie	47	Bainbridge Aquat-PN	1:20.00
	39.77	40.23		
4	Enright, Jill	48	Lake Washington-PN	1:23.76
	39.81	43.95		
5	Magee, Katy	46	Middle Aged Marl-PN	1:26.14
	40.29	45.85		
6	Way, Suzanne	48	Lynnwood Sharks-PN	1:29.79
	40.51	49.28		
7	Watson, Karen	47	Mukilteo YMCA-PN	1:42.92
	48.61	54.31		
8	Burris, Mary	46	North End Otters-PN	1:44.14
	50.70	53.44		
---	Harris, Amy	45	Husky Masters-PN	DQ
	One hand touch - breast			
	43.56	47.53		

Women 45-49 200 Yard IM

NATL: 2:07.26 N 12/16/2007 K PIPES-NEILSEN
ZONE: 2:11.08 Z 5/23/2010 ELLEN REYNOLDS
PNA: 2:19.88 P 5/20/2007 LISA PACE

1	Lucco, Elizabeth	45	Bellevue Club-PN	2:36.46
	33.54	43.17	44.93	34.82
2	Bullock, Sarah	46	Bainbridge Aquat-PN	2:40.08
	32.77	41.29	50.41	35.61
3	Jordan, Jill	48	Lake Washington-PN	2:55.22
	37.73	47.86	50.12	39.51
4	Fordham, Jennifer	48	Monroe YMCA Mast-PN	2:55.86
	38.61	41.70	52.07	43.48

Women 45-49 400 Yard IM

NATL: 4:32.87 N 12/26/2009 K PIPES-NEILSEN
ZONE: 4:42.95 Z 4/15/2010 ELLEN REYNOLDS
PNA: 5:00.13 P 5/20/2007 LISA PACE

1	Jordan, Jill	48	Lake Washington-PN	6:18.64
	39.71	43.11	53.52	51.45
	53.35	53.24	43.60	40.66

Women 50-54 50 Yard Freestyle

NATL: 24.92 N 5/4/2008 TRACI GRANGER
ZONE: 25.63 Z 5/4/2008 K ANDRUS-HUGHES
PNA: 26.20 P 2/19/2012 LISAA DAHL

1	Dahl, Lisa	50	Central Area Aqu-PN	25.68P
2	Lindley, Jane	50	Bainbridge Aquat-PN	28.60
3	Dillan, Gloria	52	North End Otters-PN	30.54
4	Ellwanger, Kimberly	53	South Sound Mast-PN	33.43
5	Underbrink, Mary	52	Lake Washington-PN	36.83
6	Sears, Sharon	53	Lake Washington-PN	37.15
7	Elkington, Colleen	51	Blue Wave Aquati-PN	39.40

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Women 50-54 100 Yard Freestyle

NATL: 54.38 N 5/17/2002 LAURA VAL
ZONE: 56.59 Z 5/4/2008 KANDRUS-HUGHES
PNA: 58.54 P 5/20/2007 MARY LIPPOLD

1	Dahl, Lisa	50	Central Area Aqu-PN	58.76
	28.55	30.21		
2	Courtney, Zena	52	Blue Wave Aquati-PN	1:02.02
	29.30	32.72		
3	Lindley, Jane	50	Bainbridge Aquat-PN	1:04.33
	30.38	33.95		
4	Sears, Sharon	53	Lake Washington-PN	1:24.23
	39.10	45.13		
5	Underbrink, Mary	52	Lake Washington-PN	1:24.81
	40.42	44.39		
6	Collins, Deirdre	50	North End Otters-PN	1:25.19
	40.36	44.83		

Women 50-54 200 Yard Freestyle

NATL: 1:59.55 N 5/17/2002 LAURA VAL
ZONE: 2:07.91 Z 5/20/2007 MARY LIPPOLD
PNA: 2:07.91 P 5/20/2007 MARY LIPPOLD

1	Hickel, Jessie	53	Blue Wave Aquati-PN	2:29.95
	34.75	38.19	38.96	38.05
2	Foster, Mary	52	Blue Wave Aquati-PN	3:06.43
	40.74	46.93	49.89	48.87

Women 50-54 500 Yard Freestyle

NATL: 5:16.88 N 5/10/2009 S HEIM-BOWEN
ZONE: 5:45.06 Z 5/17/2002 BARB GUNDRED
PNA: 5:45.06 P 5/17/2002 BARB GUNDRED

1	Courtney, Zena	52	Blue Wave Aquati-PN	6:04.19
	32.10	35.47	36.25	36.43
	36.97	36.95	37.07	37.84
	37.79	37.32		

Women 50-54 1000 Yard Freestyle

NATL: 11:13.96 N 5/20/2010 DENISE BROWN
ZONE: 11:47.64 Z 4/3/2011 MARY SWEAT
PNA: 12:00.62 P 5/17/2002 BARB GUNDRED

1	Hickel, Jessie	53	Blue Wave Aquati-PN	13:52.16
	37.74	40.75	40.97	42.00
	42.88	42.94	41.85	43.00
	42.24	42.64	42.80	41.85
	42.05	41.90	41.80	42.27
	41.61	41.62	40.95	38.30
2	Foster, Mary	52	Blue Wave Aquati-PN	17:23.34
	43.56	48.98	50.66	52.09
	52.01	51.82	52.48	52.74
	52.77	53.18	52.96	53.55
	53.23	53.68	53.35	52.45
	54.01	52.81	53.87	53.14

Women 50-54 50 Yard Backstroke

NATL: 28.74 N 6/23/2002 J SWAGERTY-HILL
ZONE: 29.08 Z 5/4/2008 KANDRUS-HUGHES
PNA: 31.07 P 5/18/2003 BARB GUNDRED

1	Courtney, Zena	52	Blue Wave Aquati-PN	31.79
2	Dahl, Lisa	50	Central Area Aqu-PN	32.52

3	Sears, Sharon	53	Lake Washington-PN	45.94
4	Underbrink, Mary	52	Lake Washington-PN	46.83

Women 50-54 100 Yard Backstroke

NATL: 1:02.67 N 5/4/2008 KANDRUS-HUGHES
ZONE: 1:02.67 Z 5/4/2008 KANDRUS-HUGHES
PNA: 1:06.44 P 5/17/2002 BARB GUNDRED

1	Courtney, Zena	52	Blue Wave Aquati-PN	1:08.06
	33.10	34.96		
2	Ellwanger, Kimberly	53	South Sound Mast-PN	1:31.78
	44.65	47.13		

Women 50-54 200 Yard Backstroke

NATL: 2:16.65 N 4/17/2010 BONNIE BILICH
ZONE: 2:18.08 Z 5/23/2010 KANDRUS-HUGHES
PNA: 2:24.87 P 1/19/2003 BARB GUNDRED

1	Courtney, Zena	52	Blue Wave Aquati-PN	2:27.76
	34.04	36.37	37.73	39.62
2	Hickel, Jessie	53	Blue Wave Aquati-PN	2:54.99
	43.29	44.27	44.77	42.66

Women 50-54 50 Yard Breaststroke

NATL: 32.37 N 5/21/2010 BRIGITTE HEUER
ZONE: 34.46 Z 5/4/2008 COLETTE CRABBE
PNA: 34.83 P 2/19/2012 LISA DAHL

1	Dahl, Lisa	50	Central Area Aqu-PN	35.30
2	Berg, Tonya	53	Greenlake Aquadu-PN	36.64
3	Ball, Laurie	54	Blue Wave Aquati-PN	37.85
4	Collins, Deirdre	50	North End Otters-PN	48.18
5	Underbrink, Mary	52	Lake Washington-PN	49.85
---	Lindley, Jane	50	Bainbridge Aquat-PN	DQ

Women 50-54 100 Yard Breaststroke

NATL: 1:12.25 N 5/7/2010 JENNY COOK
ZONE: 1:14.37 Z 5/23/2010 COLETTE CRABBE
PNA: 1:17.09 P 5/18/2003 A.LITZENBERGER

1	Berg, Tonya	53	Greenlake Aquadu-PN	1:19.24
	37.43	41.81		
2	Ball, Laurie	54	Blue Wave Aquati-PN	1:22.50
	38.71	43.79		
3	Hickel, Jessie	53	Blue Wave Aquati-PN	1:32.58
	44.89	47.69		
4	Ellwanger, Kimberly	53	South Sound Mast-PN	1:39.18
	46.84	52.34		
5	Coleman, Jan	51	Middle Aged Marl-PN	1:41.75
	48.61	53.14		
6	Collins, Deirdre	50	North End Otters-PN	1:43.21
	49.99	53.22		

Women 50-54 200 Yard Breaststroke

NATL: 2:37.95 N 4/17/2010 COKIE LEPINSKI
ZONE: 2:41.73 Z 5/23/2010 COLETTE CRABBE
PNA: 2:47.75 P 5/20/2007 ANDRA JAUNZEME

1	Berg, Tonya	53	Greenlake Aquadu-PN	2:52.03
	38.37	43.50	44.71	45.45
---	Collins, Deirdre	50	North End Otters-PN	DQ
	Elbows recovered over water			
	51.62	55.89	57.86	57.07

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Women 50-54 50 Yard Butterfly

NATL: 26.77 N 5/10/2009 TRACI GRANGER
ZONE: 28.10 Z 4/10/2005 ROBIN PARISI
PNA: 28.47 P 2/19/2012 LISA DAHL

1	Dahl, Lisa	50	Central Area Aqu-PN	28.27P
2	Dillan, Gloria	52	North End Otters-PN	34.12
3	Underbrink, Mary	52	Lake Washington-PN	51.14
---	Collins, Deirdre	50	North End Otters-PN	DQ

Non-simultaneous arms

Women 50-54 100 Yard IM

NATL: 1:03.72 N 5/10/2009 AHELEE SUE OSBORN
ZONE: 1:05.66 Z 4/10/2005 ROBIN PARISI
PNA: 1:07.24 P 2/19/2012 LISA DAHL

1	Dahl, Lisa	50	Central Area Aqu-PN	1:06.60P
	30.37	36.23		
2	Lindley, Jane	50	Bainbridge Aquat-PN	1:13.06
	33.60	39.46		
3	Berg, Tonya	53	Greenlake Aquadu-PN	1:14.96
	35.17	39.79		
4	Dillan, Gloria	52	North End Otters-PN	1:16.67
	35.89	40.78		
5	Ellwanger, Kimberly	53	South Sound Mast-PN	1:31.20
	43.22	47.98		
6	Coleman, Jan	51	Middle Aged Marl-PN	1:38.93
	48.59	50.34		
7	Sears, Sharon	53	Lake Washington-PN	1:39.31
	44.50	54.81		
8	Underbrink, Mary	52	Lake Washington-PN	1:39.82
	47.98	51.84		
9	Collins, Deirdre	50	North End Otters-PN	1:47.40
	53.05	54.35		

Women 50-54 200 Yard IM

NATL: 2:17.52 N 4/10/2011 JILL HERNANDEZ
ZONE: 2:23.94 Z 5/23/2010 COLETTE CRABBE
PNA: 2:30.73 P 5/18/2003 CHARLOTTE DAVIS

1	Berg, Tonya	53	Greenlake Aquadu-PN	2:44.53
	36.40	41.63	45.24	41.26

Women 50-54 400 Yard IM

NATL: 4:56.39 N 5/10/2009 AHELEE SUE OSBORN
ZONE: 5:07.47 Z 5/23/2010 COLETTE CRABBE
PNA: 5:21.56 P 4/10/2004 CHARLOTTE DAVIS

1	Dillan, Gloria	52	North End Otters-PN	5:53.61
	40.00	43.15	46.56	43.18
	52.40	48.10	41.45	38.77
2	Hickel, Jessie	53	Blue Wave Aquati-PN	6:13.78
	45.49	51.00	46.67	46.10
	53.79	51.52	41.12	38.09
3	Coleman, Jan	51	Middle Aged Marl-PN	7:40.82
	48.44	58.25	1:06.15	1:03.09
	1:01.63	1:02.54	51.21	49.51

Women 55-59 50 Yard Freestyle

NATL: 25.29 N 5/10/2009 LAURA VAL
ZONE: 26.99 Z 5/10/2009 CHARLOTTE DAVIS
PNA: 26.99 P 5/10/2009 CHARLOTTE DAVIS

1	Menkens, Michelle	55	Blue Wave Aquati-PN	30.09
2	Monro-Lamb, Jean	59	Sequim Aquatic R-PN	34.28
3	Speser, Nancy	55	Sequim Aquatic R-PN	36.64
4	Duggan, Pat	58	Blue Wave Aquati-PN	38.18
5	Morris, Kathy	56	South Sound Mast-PN	41.48

Women 55-59 100 Yard Freestyle

NATL: 54.72 N 5/4/2008 LAURA VAL
ZONE: 59.08 Z 5/22/2005 CHARLOTTE DAVIS
PNA: 59.08 P 5/22/2005 CHARLOTTE DAVIS

1	Lippold, Mary	56	North End Otters-PN	1:02.69
	31.01	31.68		
2	Monro-Lamb, Jean	59	Sequim Aquatic R-PN	1:22.49
	38.89	43.60		
3	Duggan, Pat	58	Blue Wave Aquati-PN	1:25.04
	40.43	44.61		
4	Cubberly, Annie	59	South Sound Mast-PN	1:29.74
	42.58	47.16		
5	Goldov, Nancy	55	North End Otters-PN	1:31.69
	42.35	49.34		

Women 55-59 200 Yard Freestyle

NATL: 1:59.02 N 5/10/2009 LAURA VAL
ZONE: 2:13.76 Z 4/9/2006 CHARLOTTE DAVIS
PNA: 2:13.76 P 4/9/2006 CHARLOTTE DAVIS

1	Menkens, Michelle	55	Blue Wave Aquati-PN	2:24.50
	33.04	36.71	37.47	37.28
2	Duggan, Pat	58	Blue Wave Aquati-PN	2:56.99
	41.82	45.08	46.18	43.91
3	Speser, Nancy	55	Sequim Aquatic R-PN	3:37.29
	47.57	55.76	58.45	55.51
4	Keeney, Linda	58	North End Otters-PN	3:38.45
	46.53	54.27	58.52	59.13

Women 55-59 500 Yard Freestyle

NATL: 5:27.33 N 1/25/2009 LAURA VAL
ZONE: 5:53.66 Z 5/20/2007 BARB GUNDRED
PNA: 5:53.66 P 5/20/2007 BARB GUNDRED

1	Lippold, Mary	56	North End Otters-PN	6:06.40
	33.95	36.43	38.09	37.88
	37.40	37.33	37.02	36.79
	36.22	35.29		
2	Duggan, Pat	58	Blue Wave Aquati-PN	7:55.98
	44.65	48.71	49.13	49.55
	48.67	47.92	47.51	48.76
	47.74	43.34		
3	Kniginzyky, Lisa	55	Bainbridge Aquat-PN	8:15.09
	43.26	49.30	49.60	50.04
	50.69	50.61	50.72	51.24
	50.67	48.96		
4	Goldov, Nancy	55	North End Otters-PN	9:45.15
	41.91	51.91	1:02.25	1:01.99
	1:03.31	1:03.51	1:03.77	1:00.44
	59.11	56.95		

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5	Morris, Kathy	56	South Sound Mast-PN	10:01.06
	48.57	1:05.28	1:01.29	1:01.28
	1:00.14	1:01.18	1:01.63	1:04.97
	59.02	57.70		

Women 55-59 1000 Yard Freestyle

NATL: 11:20.53 N 3/13/2010 LAURA VAL
ZONE: 12:11.10 Z 5/20/2007 BARB GUNDRED
PNA: 12:11.10 P 5/20/2007 BARB GUNDRED

1	Bailey, Ann	56	Port Townsend Ma-PN	15:38.99
	40.91	45.11	47.08	48.01
	48.41	47.53	46.74	47.13
	48.01	47.41	47.93	47.24
	47.35	47.79	47.35	48.43
	47.64	47.17	47.88	43.87
2	Duggan, Pat	58	Blue Wave Aquati-PN	16:06.49
	45.32	48.07	48.64	49.74
	48.26	50.10	49.01	48.27
	50.25	48.56	49.00	48.34
	48.90	48.35	48.76	49.04
	48.11	47.84	47.22	44.71
3	Keeney, Linda	58	North End Otters-PN	20:04.52
	52.59	59.03	1:02.80	1:00.09
	1:00.00	1:01.19	1:00.86	1:02.00
	1:00.54	1:01.87	1:00.23	1:01.27
	1:01.97	1:00.04	59.55	59.82
	1:00.64	1:00.05	1:00.81	59.17

Women 55-59 1650 Yard Freestyle

NATL: 18:56.04 N 4/16/2010 LAURA VAL
ZONE: 21:22.63 Z 4/23/1989 LAVELLE STOINOFF
PNA: 21:40.40 P 5/21/2001 SUZANNE DILLS

1	Muir, Guila	57	Swim Seattle Red-PN	30:00.09
	46.74	51.27	53.97	56.04
	54.70	55.55	55.64	54.32
	54.59	55.40	56.49	55.84
	54.64	55.98	54.71	54.51
	55.66	55.68	55.89	54.62
	53.86	55.22	55.22	54.92
	54.51	54.95	55.51	55.02
	54.99	52.49	55.75	55.79
				49.62

Women 55-59 50 Yard Backstroke

NATL: 28.88 N 3/28/2010 LAURA VAL
ZONE: 35.01 Z 2000 JOY WARD
PNA: 36.99 P 4/10/1999 PINKY WALKER

1	Glassman, Debbie	58	Team Columbia At-PN	38.10
2	Cubberly, Annie	59	South Sound Mast-PN	44.08
3	Gustafson, Coralie	55	Blue Wave Aquati-PN	44.72
4	Morris, Kathy	56	South Sound Mast-PN	56.27
5	Duggan, Pat	58	Blue Wave Aquati-PN	57.37

Women 55-59 200 Yard Backstroke

NATL: 2:21.27 N 2/6/2010 LAURA VAL
ZONE: 2:28.88 Z 5/20/2007 BARB GUNDRED
PNA: 2:28.88 P 5/20/2007 BARB GUNDRED

1	Johnson, Janet	57	Port Townsend Ma-PN	3:44.78
	55.44	56.64	57.40	55.30

Women 55-59 50 Yard Breaststroke

NATL: 33.76 N 5/14/2011 LISA BENNETT
ZONE: 35.06 Z 5/14/2002 GINGER PIERSON
PNA: 36.21 P 5/4/2008 ANDRA JAUNZEME

1	Chapman, Linda	56	Lake Washington-PN	39.57
2	Johnson, Janet	57	Port Townsend Ma-PN	41.42
3	Gustafson, Coralie	55	Blue Wave Aquati-PN	43.14
4	Cubberly, Annie	59	South Sound Mast-PN	46.66
5	Keller, Dani	55	Sequim Aquatic R-PN	47.93
6	Goldov, Nancy	55	North End Otters-PN	48.38

Women 55-59 100 Yard Breaststroke

NATL: 1:13.91 N 5/13/2011 LISA BENNETT
ZONE: 1:17.43 Z 4/25/2004 GINGER PIERSON
PNA: 1:18.23 P 5/4/2008 ANDRA JAUNZEME

1	Chapman, Linda	56	Lake Washington-PN	1:26.91
	41.34	45.57		
2	Johnson, Janet	57	Port Townsend Ma-PN	1:31.48
	43.96	47.52		

Women 55-59 200 Yard Breaststroke

NATL: 2:40.19 N 5/10/2009 CATHERINE KOHN
ZONE: 2:50.32 Z 5/4/2008 ANDRA JAUNZEME
PNA: 2:50.32 P 5/4/2008 ANDRA JAUNZEME

1	Chapman, Linda	56	Lake Washington-PN	3:12.82
	43.24	48.68	50.50	50.40
2	Johnson, Janet	57	Port Townsend Ma-PN	3:16.36
	46.64	49.19	51.55	48.98
---	Goldov, Nancy	55	North End Otters-PN	DQ
	One hand touch			
	52.28	1:01.85	1:03.12	1:00.81

Women 55-59 50 Yard Butterfly

NATL: 28.20 N 4/10/2010 LAURA VAL
ZONE: 29.90 Z 5/14/2006 CHARLOTTE DAVIS
PNA: 29.90 P 5/14/2006 CHARLOTTE DAVIS

1	Menkens, Michelle	55	Blue Wave Aquati-PN	34.29
2	Bailey, Ann	56	Port Townsend Ma-PN	37.18
3	Keeney, Linda	58	North End Otters-PN	45.61
4	Kniginyzky, Lisa	55	Bainbridge Aquat-PN	46.60
5	Morris, Kathy	56	South Sound Mast-PN	51.19

Women 55-59 100 Yard Butterfly

NATL: 1:01.31 N 5/10/2009 LAURA VAL
ZONE: 1:08.31 Z 5/14/2006 CHARLOTTE DAVIS
PNA: 1:08.31 P 5/14/2006 CHARLOTTE DAVIS

1	Lippold, Mary	56	North End Otters-PN	1:13.45
	35.64	37.81		
2	Glassman, Debbie	58	Team Columbia At-PN	1:16.53
	35.61	40.92		
3	Bailey, Ann	56	Port Townsend Ma-PN	1:25.75
	38.91	46.84		

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Women 55-59 200 Yard Butterfly

NATL: 2:16.28 N 5/10/2009 LAURA VAL
ZONE: 2:31.47 Z 2/12/2012 COLETTE CRABBE
PNA: 2:39.75 P 5/1/2011 MARY B LIPPOLD

1	Glassman, Debbie	58	Team Columbia At-PN	2:58.76
	38.92	45.43	47.91	46.50
2	Bailey, Ann	56	Port Townsend Ma-PN	3:10.63
	40.10	47.13	50.55	52.85

Women 55-59 100 Yard IM

NATL: 1:05.21 N 5/20/2007 LAURA VAL
ZONE: 1:08.54 Z 5/10/2009 CHARLOTTE DAVIS
PNA: 1:08.54 P 5/10/2009 CHARLOTTE DAVIS

1	Chapman, Linda	56	Lake Washington-PN	1:21.54
	39.09	42.45		
2	Johnson, Janet	57	Port Townsend Ma-PN	1:32.06
	48.50	43.56		
3	Kniginyzky, Lisa	55	Bainbridge Aquat-PN	1:35.31
	46.23	49.08		
4	Monro-Lamb, Jean	59	Sequim Aquatic R-PN	1:36.77
	43.46	53.31		
5	Keeney, Linda	58	North End Otters-PN	1:50.04
	51.03	59.01		
6	Speser, Nancy	55	Sequim Aquatic R-PN	1:56.07
	59.76	56.31		
7	Morris, Kathy	56	South Sound Mast-PN	2:02.54
	52.80	1:09.74		

Women 55-59 200 Yard IM

NATL: 2:21.91 N 5/22/2010 LAURA VAL
ZONE: 2:29.14 Z 5/22/2005 CHARLOTTE DAVIS
PNA: 2:29.14 P 5/22/2005 CHARLOTTE DAVIS

1	Johnson, Janet	57	Port Townsend Ma-PN	3:17.07
	46.47	57.59	50.71	42.30
2	Gustafson, Coralie	55	Blue Wave Aquati-PN	3:19.86
	43.38	50.99	57.17	48.32
3	Morris, Kathy	56	South Sound Mast-PN	4:31.38
	52.46	1:15.35	1:21.72	1:01.85

Women 60-64 50 Yard Freestyle

NATL: 27.27 N 4/29/2011 PATRICIA MURPHY
ZONE: 27.36 Z 5/23/2010 CHARLOTTE M DAVIS
PNA: 27.36 P 5/23/2010 CHARLOTTE M DAVIS

1	Davis, Charlotte	61	North End Otters-PN	27.64
2	Blackburn, Jean	60	Blue Wave Aquati-PN	33.19
3	Carruthers, Kate	63	Bainbridge Aquat-PN	35.36
4	Johnson, Barbara	62	Sequim Aquatic R-PN	49.17

Women 60-64 100 Yard Freestyle

NATL: 59.41 N 5/22/2010 CHARLOTTE DAVIS
ZONE: 59.41 Z 5/23/2010 CHARLOTTE M DAVIS
PNA: 59.41 P 5/23/2010 CHARLOTTE M DAVIS

1	Kassen, Elizabeth	60	South Sound Mast-PN	1:12.23
	34.78	37.45		
2	Blackburn, Jean	60	Blue Wave Aquati-PN	1:16.22
	35.15	41.07		
3	Casey, Kathrine	63	Ft. Steilacoom-PN	1:20.80
	39.15	41.65		

Women 60-64 200 Yard Freestyle

NATL: 2:13.65 N 4/30/2011 CHARLOTTE DAVIS
ZONE: 2:13.65 Z 5/1/2011 CHARLOTTE M DAVIS
PNA: 2:13.65 P 5/1/2011 CHARLOTTE M DAVIS

1	Kassen, Elizabeth	60	South Sound Mast-PN	2:33.96
	35.55	39.10	40.62	38.69
2	Williams, Judy	64	Blue Wave Aquati-PN	3:04.95
	42.46	46.70	48.72	47.07
3	Moore, Jane	61	Blue Wave Aquati-PN	3:41.75
	51.32	57.58	57.40	55.45

Women 60-64 500 Yard Freestyle

NATL: 5:57.32 N 4/30/2011 CHARLOTTE DAVIS
ZONE: 5:57.32 Z 5/1/2011 CHARLOTTE M DAVIS
PNA: 5:57.32 P 5/1/2011 CHARLOTTE M DAVIS

1	Kassen, Elizabeth	60	South Sound Mast-PN	6:50.67
	35.89	39.74	41.52	42.08
	42.06	42.50	42.54	42.45
	42.12	39.77		
2	Williams, Judy	64	Blue Wave Aquati-PN	8:12.43
	44.45	48.41	50.68	50.77
	50.85	50.57	50.42	50.05
	49.92	46.31		
3	Moore, Jane	61	Blue Wave Aquati-PN	9:36.27
	52.30	58.54	58.36	57.93
	58.62	58.84	58.68	59.85
	57.14	56.01		

Women 60-64 1000 Yard Freestyle

NATL: 12:17.18 N 5/20/2010 CELESTE MILLER
ZONE: 13:12.73 Z 4/25/1993 LAVELLE STOINOFF
PNA: 13:35.73 P 5/20/2007 SUZANNE DILLS

1	Kassen, Elizabeth	60	South Sound Mast-PN	14:03.90
	36.44	40.90	42.09	42.85
	42.56	43.03	42.49	43.14
	42.76	42.72	42.52	42.85
	42.57	42.88	42.62	42.78
	42.57	42.93	42.38	40.82
2	Casey, Kathrine	63	Ft. Steilacoom-PN	16:14.33
	43.04	48.56	49.38	49.34
	49.88	49.93	49.53	49.72
	49.80	49.96	49.28	48.96
	48.76	48.64	48.75	48.92
	48.67	48.60	48.15	46.46
3	Williams, Judy	64	Blue Wave Aquati-PN	16:47.04
	45.09	48.70	49.74	49.68
	49.57	50.43	50.19	50.32
	50.38	50.13	50.58	50.86
	51.18	50.59	51.16	51.98
	51.55	52.71	52.30	49.90
4	Moore, Jane	61	Blue Wave Aquati-PN	20:01.69
	53.54	58.83	1:00.89	58.21
	59.39	59.88	59.88	1:00.39
	1:01.25	1:00.01	1:00.50	1:01.63
	1:00.53	1:00.54	1:02.13	1:02.00
	1:04.08	1:00.34	1:00.28	57.39

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Women 60-64 1650 Yard Freestyle

NATL: 20:24.14 N 4/16/2010 CELESTE MILLER
ZONE: 22:02.41 Z 5/22/2005 SUZANNE DILLS
PNA: 22:23.10 P 5/20/2007 SUZANNE DILLS

1	Moore, Jane	61	Blue Wave Aquati-PN	34:09.03
	53.43	1:01.28	1:00.88	1:02.56
	1:01.52	1:01.98	1:01.59	1:03.15
	1:01.48	1:03.10	1:02.43	1:02.60
	1:03.19	1:02.72	1:02.96	1:03.19
	1:03.27	1:04.20	1:02.16	1:03.82
	1:04.32	1:04.34	1:02.23	1:01.96
	1:02.07	1:02.08	1:03.34	1:02.38
	1:01.16	1:02.46	1:01.73	1:01.98
				57.47
2	Johnson, Barbara	62	Sequim Aquatic R-PN	35:04.36
	55.20	1:00.61	1:02.82	1:03.27
	1:03.11	1:03.46	1:03.25	1:04.10
	1:04.53	1:04.39	1:04.15	1:03.73
	1:03.60	1:04.47	1:03.28	1:04.91
	1:02.51	1:04.72	1:04.17	1:02.73
	1:04.35	1:03.80	1:04.35	1:04.97
	1:05.04	1:04.78	1:04.81	1:05.80
	1:05.10	1:04.66	1:05.77	1:05.61
				1:02.31

Women 60-64 50 Yard Backstroke

NATL: 30.83 N 5/1/2011 PATRICIA MURPHY
ZONE: 32.56 Z 5/1/2011 CHARLOTTE M DAVIS
PNA: 32.56 P 5/1/2011 CHARLOTTE M DAVIS

1	Blackburn, Jean	60	Blue Wave Aquati-PN	42.48
2	Casey, Kathrine	63	Ft. Steilacoom-PN	42.96
3	Carruthers, Kate	63	Bainbridge Aquat-PN	44.40

Women 60-64 100 Yard Backstroke

NATL: 1:08.17 N 4/30/2011 PATRICIA MURPHY
ZONE: 1:09.38 Z 5/1/2011 CHARLOTTE M DAVIS
PNA: 1:09.38 P 5/1/2011 CHARLOTTE M DAVIS

1	Casey, Kathrine	63	Ft. Steilacoom-PN	1:30.69
	44.76	45.93		

Women 60-64 200 Yard Backstroke

NATL: 2:38.26 N 2/13/2011 DIANN UUSTAL
ZONE: 2:50.94 Z 4/21/2006 JOY WARD
PNA: 2:53.49 P 4/11/2010 SUZANNE DILLS

1	Casey, Kathrine	63	Ft. Steilacoom-PN	3:12.93
	46.25	48.29	49.40	48.99
2	Moore, Jane	61	Blue Wave Aquati-PN	4:15.62
	1:04.17	1:06.46	1:05.12	59.87

Women 60-64 50 Yard Breaststroke

NATL: 36.30 N 5/14/2006 GINGER PIERSON
ZONE: 36.30 Z 5/14/2006 GINGER PIERSON
PNA: 39.26 P 2/20/2011 CHARLOTTE DAVIS

1	Carruthers, Kate	63	Bainbridge Aquat-PN	42.96
2	McDaniel, Kathy	60	Monroe YMCA Mast-PN	49.32
3	Johnson, Barbara	62	Sequim Aquatic R-PN	58.62

Women 60-64 100 Yard Breaststroke

NATL: 1:19.98 N 5/4/2008 GINGER PIERSON
ZONE: 1:19.98 Z 5/4/2008 GINGER PIERSON
PNA: 1:29.76 P 5/20/2007 SALLY DILLON

1	Kassen, Elizabeth	60	South Sound Mast-PN	1:32.70
	43.89	48.81		
2	Carruthers, Kate	63	Bainbridge Aquat-PN	1:35.10
	46.60	48.50		
3	Casey, Kathrine	63	Ft. Steilacoom-PN	1:48.35
	50.83	57.52		
4	McDaniel, Kathy	60	Monroe YMCA Mast-PN	1:48.55
	51.75	56.80		

Women 60-64 200 Yard Breaststroke

NATL: 2:56.39 N 5/2/1999 JOANN LEILICH
ZONE: 2:57.67 Z 5/4/2008 GINGER PIERSON
PNA: 3:21.35 P 4/13/2003 FRANCESCA DRUM

1	Kassen, Elizabeth	60	South Sound Mast-PN	3:23.31
	44.97	51.59	53.64	53.11
2	Carruthers, Kate	63	Bainbridge Aquat-PN	3:33.50
	48.68	56.16	56.20	52.46

Women 60-64 50 Yard Butterfly

NATL: 29.82 N 4/29/2011 PATRICIA MURPHY
ZONE: 29.86 Z 5/23/2010 CHARLOTTE M DAVIS
PNA: 29.86 P 5/23/2010 CHARLOTTE M DAVIS

1	Davis, Charlotte	61	North End Otters-PN	30.23
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Women 60-64 100 Yard Butterfly

NATL: 1:06.86 N 5/1/2011 CHARLOTTE DAVIS
ZONE: 1:06.86 Z 5/1/2011 CHARLOTTE M DAVIS
PNA: 1:06.86 P 5/1/2011 CHARLOTTE M DAVIS

1	Davis, Charlotte	61	North End Otters-PN	1:08.04
	32.16	35.88		

Women 60-64 100 Yard IM

NATL: 1:08.64 N 5/23/2010 CHARLOTTE DAVIS
ZONE: 1:08.64 Z 5/23/2010 CHARLOTTE M DAVIS
PNA: 1:08.64 P 5/23/2010 CHARLOTTE M DAVIS

1	Blackburn, Jean	60	Blue Wave Aquati-PN	1:27.59
	41.29	46.30		
2	Carruthers, Kate	63	Bainbridge Aquat-PN	1:28.05
	41.32	46.73		
3	McDaniel, Kathy	60	Monroe YMCA Mast-PN	1:40.03
	47.36	52.67		

Women 60-64 200 Yard IM

NATL: 2:31.84 N 5/22/2010 CHARLOTTE DAVIS
ZONE: 2:31.84 Z 5/23/2010 CHARLOTTE M DAVIS
PNA: 2:31.84 P 5/23/2010 CHARLOTTE M DAVIS

1	McDaniel, Kathy	60	Monroe YMCA Mast-PN	3:31.06
	51.35	53.11	1:01.06	45.54

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Women 60-64 400 Yard IM

NATL: 5:20.51 N 4/29/2011 CHARLOTTE DAVIS
 ZONE: 5:20.51 Z 5/1/2011 CHARLOTTE M DAVIS
 PNA: 5:20.51 P 5/1/2011 CHARLOTTE M DAVIS

1 Davis, Charlotte 61 North End Otters-PN 5:33.77
 34.81 39.24 44.81 43.00
 49.17 49.39 38.03 35.32

Women 65-69 50 Yard Freestyle

NATL: 29.27 N 4/29/2011 CAROLYN BOAK
 ZONE: 31.53 Z 5/20/2007 BARBARA FRID
 PNA: 32.98 P 5/24/1981 DAWN MUSSELMAN

1 Welch, Sarah 65 Central Area Aqu-PN 32.21P

Women 65-69 100 Yard Freestyle

NATL: 1:06.01 N 4/2/2011 CAROLYN BOAK
 ZONE: 1:09.77 Z 5/23/2010 SUZANNE L DILLS
 PNA: 1:09.77 P 5/23/2010 SUZANNE L DILLS

1 Dillon, Sally 65 Bellevue Club-PN 1:13.80
 35.83 37.97
 2 Ensign, Jeanne 65 Greenlake Aquadu-PN 1:37.46
 46.49 50.97

Women 65-69 200 Yard Freestyle

NATL: 2:24.31 N 4/30/2011 CAROLYN BOAK
 ZONE: 2:24.66 Z 5/23/2010 SUZANNE L DILLS
 PNA: 2:24.66 P 5/23/2010 SUZANNE L DILLS

1 Dillon, Sally 65 Bellevue Club-PN 2:44.42
 37.54 41.74 42.86 42.28

Women 65-69 500 Yard Freestyle

NATL: 6:29.22 N 4/1/2007 ARDETH MUELLER
 ZONE: 6:29.37 Z 5/23/2010 SUZANNE L DILLS
 PNA: 6:29.37 P 5/23/2010 SUZANNE L DILLS

1 Ensign, Jeanne 65 Greenlake Aquadu-PN 9:05.57
 51.35 54.33 55.26 55.29
 54.77 55.16 55.35 56.29
 54.80 52.97

Women 65-69 1650 Yard Freestyle

NATL: 22:28.21 N 4/19/2009 JACKIE MARR
 ZONE: 22:32.74 Z 5/1/2011 SUZANNE L DILLS
 PNA: 22:32.74 P 5/1/2011 SUZANNE L DILLS

1 Ensign, Jeanne 65 Greenlake Aquadu-PN 31:25.30
 51.81 55.92 56.50 57.04
 56.78 57.15 57.18 57.24
 57.54 57.55 57.03 57.41
 56.91 57.78 56.75 57.13
 57.02 56.99 56.97 57.69
 57.32 58.05 57.54 57.72
 58.21 57.51 57.59 58.31
 57.79 57.30 57.27 57.02 57.28

Women 65-69 50 Yard Breaststroke

NATL: 37.74 N 4/25/2004 JOANN LEILICH
 ZONE: 39.80 Z 4/10/2011 GINGER PIERSON
 PNA: 45.40 P 2/4/2012 SALLY DILLON

1 Dillon, Sally 65 Bellevue Club-PN 43.38P

Women 65-69 100 Yard Breaststroke

NATL: 1:23.95 N 4/25/2004 JOANN LEILICH
 ZONE: 1:26.18 Z 4/10/2011 GINGER PIERSON
 PNA: 1:44.95 P 4/1/1990 MURIEL FLYNN

1 Dillon, Sally 65 Bellevue Club-PN 1:38.78P
 46.16 52.62

Women 65-69 50 Yard Butterfly

NATL: 33.02 N 4/1/2007 ARDETH MUELLER
 ZONE: 34.01 Z 5/20/2007 BARBARA FRID
 PNA: 35.73 P 2/19/2012 SARAH WELCH

1 Welch, Sarah 65 Central Area Aqu-PN 36.55

Women 65-69 100 Yard Butterfly

NATL: 1:15.04 N 5/1/2011 CAROLYN BOAK
 ZONE: 1:24.66 Z 2/19/2012 SARAH WELCH
 PNA: 1:24.66 P 2/19/2012 SARAH WELCH

1 Welch, Sarah 65 Central Area Aqu-PN 1:24.45Z
 40.40 44.05

Women 65-69 200 Yard Butterfly

NATL: 3:01.61 N 4/3/2011 CAROLYN BOAK
 ZONE: 3:19.97 Z 2/12/2012 GINGER PIERSON
 PNA: 5:34.34 P 4/10/2004 CHAYA AMIAD

1 Welch, Sarah 65 Central Area Aqu-PN 3:10.02Z
 43.13 49.11 49.29 48.49

Women 65-69 200 Yard IM

NATL: 2:46.27 N 5/1/2011 CAROLYN BOAK
 ZONE: 2:52.51 Z 5/23/2010 SUZANNE L DILLS
 PNA: 2:52.51 P 5/23/2010 SUZANNE L DILLS

1 Welch, Sarah 65 Central Area Aqu-PN 3:05.90
 39.55 50.34 55.06 40.95

Women 65-69 400 Yard IM

NATL: 5:49.24 N 4/29/2011 CAROLYN BOAK
 ZONE: 6:01.14 Z 5/23/2010 SUZANNE L DILLS
 PNA: 6:01.14 P 5/23/2010 SUZANNE L DILLS

1 Welch, Sarah 65 Central Area Aqu-PN 6:35.81
 42.13 48.80 53.10 51.11
 56.06 55.96 45.63 43.02

Women 70-74 50 Yard Freestyle

NATL: 31.05 N 4/30/2000 GAIL ROPER
 ZONE: 34.13 Z 4/25/2004 LAVELLE STOINOFF
 PNA: 34.66 P 10/16/1983 DAWN MUSSELMAN

1 Getzendaner, Janet 71 North End Otters-PN 42.86

Women 70-74 50 Yard Backstroke

NATL: 36.91 N 5/20/2007 BETSY JORDAN
 ZONE: 42.32 Z 4/29/2001 BARBARA JACKSON
 PNA: 44.64 P 5/26/1984 DAWN MUSSELMAN

1 Getzendaner, Janet 71 North End Otters-PN 50.22

Women 70-74 100 Yard Backstroke

NATL: 1:22.08 N 5/20/2007 BETSY JORDAN
 ZONE: 1:28.63 Z 3/16/2003 LAVELLE STOINOFF
 PNA: 1:39.01 P 5/26/1984 DAWN MUSSELMAN

1 Getzendaner, Janet 71 North End Otters-PN 1:51.22
 55.95 55.27

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(Women 70-74 100 Yard Backstroke)

2 Snow, Charlotte 72 Ymcapkc Sound Aq-PN 2:41.24
 1:20.47 1:20.77

Women 70-74 200 Yard Backstroke

NATL: 2:59.07 N 4/30/2006 NANCY BROWN
 ZONE: 3:03.24 Z 3/16/2003 LAVELLE STOINOFF
 PNA: 3:33.83 P 2/16/1997 PATRICIA DOTSON

1 Getzendaner, Janet 71 North End Otters-PN 3:53.52
 56.14 59.72 1:00.78 56.88

Women 70-74 100 Yard Breaststroke

NATL: 1:26.77 N 4/29/2011 JOANN LEILICH
 ZONE: 1:45.16 Z 10/8/2011 FRANCESCA DRUM
 PNA: 1:45.16 P 10/8/2011 FRANCESCA DRUM

1 Snow, Charlotte 72 Ymcapkc Sound Aq-PN 2:05.43
 59.48 1:05.95

Women 70-74 200 Yard Breaststroke

NATL: 3:07.28 N 2/1/2009 JOANN LEILICH
 ZONE: 3:54.09 Z 4/4/1993 MURIEL FLYNN
 PNA: 3:54.09 P 4/4/1993 MURIEL FLYNN

1 Snow, Charlotte 72 Ymcapkc Sound Aq-PN 4:11.31
 58.31 1:02.90 1:05.44 1:04.66

Women 70-74 100 Yard IM

NATL: 1:21.97 N 4/30/2000 GAIL ROPER
 ZONE: 1:37.47 Z 3/25/2000 BARBARA JACKSON
 PNA: 1:40.52 P 12/3/1983 DAWN MUSSELMAN

1 Snow, Charlotte 72 Ymcapkc Sound Aq-PN 2:07.13
 1:04.33 1:02.80

Women 80-84 50 Yard Freestyle

NATL: 36.85 N 3/12/2006 FLORENCE CARR
 ZONE: 45.25 Z 3/28/2010 BARBARA JACKSON
 PNA: 46.80 P 7/24/2011 GLORIA TOLARO

1 Tolaro, Gloria 81 South Sound Mast-PN 47.90

Women 80-84 100 Yard Freestyle

NATL: 1:24.09 N 5/18/2003 MARGERY MEYER
 ZONE: 1:48.55 Z 3/12/2011 GLORIA TOLARO
 PNA: 1:48.55 P 3/12/2011 GLORIA TOLARO

1 Kavadas, Janet 81 North End Otters-PN 2:35.06
 1:13.92 1:21.14

Women 80-84 200 Yard Freestyle

NATL: 3:08.99 N 2/17/2008 JEAN TROY
 ZONE: 4:05.01 Z 1/26/2002 PAULINE STANGEL
 PNA: 4:07.67 P 2/5/2011 GLORIA TOLARO

1 Tolaro, Gloria 81 South Sound Mast-PN 4:06.55P
 53.90 1:03.52 1:07.46 1:01.67

Women 80-84 500 Yard Freestyle

NATL: 8:26.37 N 3/30/2008 JEAN TROY
 ZONE: 10:46.45 Z 7/24/2011 GLORIA TOLARO
 PNA: 10:46.45 P 7/24/2011 GLORIA TOLARO

1 Kavadas, Janet 81 North End Otters-PN 13:52.23
 1:12.83 1:22.68 1:22.57 1:27.24
 1:23.59 1:26.71 1:26.49 1:26.41
 1:24.50 1:19.21

Women 80-84 1000 Yard Freestyle

NATL: 17:20.18 N 3/30/2008 JEAN TROY
 ZONE: 21:57.77 Z 10/23/2010 MADONNA BUDER
 PNA: 21:58.47 P 3/12/2011 GLORIA TOLARO

1 Tolaro, Gloria 81 South Sound Mast-PN 21:53.15Z
 1:00.68 1:04.18 1:05.74 1:05.09
 1:06.99 1:06.42 1:08.48 1:05.48
 1:05.59 1:06.83 1:06.40 1:07.09
 1:06.35 1:05.52 1:06.34 1:05.02
 1:06.95 1:04.86 1:06.50 1:02.64

Women 80-84 50 Yard Breaststroke

NATL: 48.29 N 2/12/2011 ANN HIRSCH
 ZONE: 55.89 Z 4/13/2003 MURIEL FLYNN
 PNA: 55.89 P 4/13/2003 MURIEL FLYNN

1 Kavadas, Janet 81 North End Otters-PN 1:27.53

Women 80-84 100 Yard Breaststroke

NATL: 1:46.69 N 3/12/2011 ANN HIRSCH
 ZONE: 2:01.00 Z 4/13/2003 MURIEL FLYNN
 PNA: 2:01.00 P 4/13/2003 MURIEL FLYNN

1 Tolaro, Gloria 81 South Sound Mast-PN 2:20.83
 1:04.38 1:16.45
 2 Walters, Ilse 84 Unattached-PN 3:03.62
 1:20.93 1:42.69

Women 80-84 200 Yard Breaststroke

NATL: 3:49.67 N 2/12/2011 ANN HIRSCH
 ZONE: 4:23.47 Z 4/13/2003 MURIEL FLYNN
 PNA: 4:23.47 P 4/13/2003 MURIEL FLYNN

1 Kavadas, Janet 81 North End Otters-PN 6:31.18
 1:31.87 1:39.64 1:41.49 1:38.18

Women 90-94 50 Yard Freestyle

NATL: 49.68 N 5/12/1996 AILEEN SOULE
 ZONE: 1:23.67 Z 7/27/2009 EVELYN HOFFMAN
 PNA: 1:23.67 P 7/27/2009 EVELYN HOFFMAN

1 Hoffman, Evelyn 93 South Sound Mast-PN 1:39.53

Women 90-94 50 Yard Backstroke

NATL: 1:01.93 N 5/12/1996 AILEEN SOULE
 ZONE: 1:06.64 Z 3/16/2003 EVA MULLER
 PNA: 1:27.83 P 7/27/2009 EVELYN HOFFMAN

1 Hoffman, Evelyn 93 South Sound Mast-PN 1:35.84

Women 90-94 50 Yard Breaststroke

NATL: 1:17.70 N 5/22/2005 MARIA LENK-ZIGLER
 ZONE: 1:44.47 Z 7/27/2009 EVELYN HOFFMAN
 PNA: 1:44.47 P 7/27/2009 EVELYN HOFFMAN

1 Hoffman, Evelyn 93 South Sound Mast-PN 2:28.48

Women 90-94 100 Yard IM

NATL: 2:37.23 N 3/29/2009 RITA SIMONTON
 ZONE: 4:11.40 Z 7/27/2009 EVELYN HOFFMAN
 PNA: 4:11.40 P 7/27/2009 EVELYN HOFFMAN

1 Hoffman, Evelyn 93 South Sound Mast-PN 5:20.09
 2:40.05 2:40.04

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Men 18-24 50 Yard Freestyle

NATL: 19.69 N 5/23/2010 STEVE SCHEREN
ZONE: 20.41 Z 4/9/2000 MICHAEL BURTON
PNA: 21.04 P 5/4/2008 BRIAN GOLDMAN

1	Peart, Thomas	24	Lake Washington-PN	21.98
2	Gevers, Gentry	19	Issaquah Swim Te-PN	23.07
3	Chapman, Andy	18	Lake Washington-PN	23.97
4	Brooks, Kevin	20	Orca Swim Club-PN	24.37
5	Shelnut, Daniel	19	Western Washingt-PN	25.35
6	Whitefield, Benjamin	22	Western Washingt-PN	25.43
7	Ringstad, Brandon	20	Husky Masters-PN	25.52
8	Alcantar, Eduardo	19	Western Washingt-PN	26.82
9	Schiedermayer, Ben	21	Western Washingt-PN	30.25

Men 18-24 100 Yard Freestyle

NATL: 43.77 N 11/8/2009 ANDY GRANT
ZONE: 45.90 Z 4/26/1992 JOHN KEPPELER
PNA: 47.77 P 4/10/2004 ELLIOTT KOLBE

1	Peart, Thomas	24	Lake Washington-PN	48.94
				23.31 25.63
2	Romano, Guillermo	21	Lake Washington-PN	52.40
				25.33 27.07
3	Grigas, Garrett	21	Western Washingt-PN	52.97
				25.40 27.57
4	Whitefield, Benjamin	22	Western Washingt-PN	56.37
				27.12 29.25
5	Alcantar, Eduardo	19	Western Washingt-PN	56.84
				27.49 29.35
6	Shelnut, Daniel	19	Western Washingt-PN	56.85
				27.91 28.94
7	Heller, Paul	19	Western Washingt-PN	1:02.29
				29.97 32.32
8	Loustau, Justin	18	Husky Masters-PN	1:03.94
				30.09 33.85
9	Schiedermayer, Ben	21	Western Washingt-PN	1:04.49
				29.95 34.54
10	Hyldahl, Caleb	19	North End Otters-PN	1:18.82
				36.57 42.25

Men 18-24 200 Yard Freestyle

NATL: 1:35.02 N 11/8/2009 ANDY GRANT
ZONE: 1:41.45 Z 4/26/1992 JOHN KEPPELER
PNA: 1:44.59 P 4/10/2004 ELLIOTT KOLBE

1	Peart, Thomas	24	Lake Washington-PN	1:49.71
				25.84 28.04 29.24 26.59
2	Grigas, Garrett	21	Western Washingt-PN	1:53.19
				25.58 27.92 29.78 29.91
3	Romano, Guillermo	21	Lake Washington-PN	1:54.74
				25.93 28.47 29.93 30.41
4	Michels, Adam	24	Ymcapkc Sound Aq-PN	2:21.91
				31.36 35.65 36.94 37.96

Men 18-24 500 Yard Freestyle

NATL: 4:24.81 N 1/24/2010 ANDY GRANT
ZONE: 4:49.97 Z 5/20/2007 DAVID WHITBECK
PNA: 4:49.97 P 5/20/2007 DAVID WHITBECK

1	Grigas, Garrett	21	Western Washingt-PN	5:25.10
				27.43 30.72 31.90 33.73
				33.68 33.93 34.35 34.32
				33.68 31.36
2	Whitefield, Benjamin	22	Western Washingt-PN	5:59.53
				31.23 33.88 35.39 36.66
				37.07 37.39 37.49 37.92
				36.90 35.60
3	Hyldahl, Caleb	19	North End Otters-PN	7:23.81
				37.75 42.84 44.74 47.12
				46.40 46.21 45.28 45.44
				45.78 42.25

Men 18-24 1000 Yard Freestyle

NATL: 9:01.26 N 2/13/2010 JPARNOLD
ZONE: 9:59.78 Z 4/11/2009 EDDIE SWITAJ
PNA: 9:59.78 P 4/11/2009 EDDIE SWITAJ

1	Carlson, Ethan	18	Unattached-PN	11:44.36
				29.68 33.81 35.10 35.55
				35.66 35.43 35.64 36.01
				35.49 35.89 36.19 35.92
				35.72 35.92 35.91 35.74
				35.46 36.10 35.39 33.75

Men 18-24 1650 Yard Freestyle

NATL: 15:48.70 N 3/27/2010 ANDREW MUELLER
ZONE: 17:00.46 Z 5/16/1994 TODD STRUCKMAN
PNA: 17:01.93 P 4/6/1986 PETE COLBECK

1	Carlson, Ethan	18	Unattached-PN	19:45.33
				30.54 35.09 35.48 36.44
				36.38 36.03 36.96 36.50
				36.88 36.58 36.70 36.87
				36.68 37.20 36.54 36.41
				36.44 36.65 36.34 36.86
				36.75 36.15 36.27 36.29
				36.25 35.99 35.48 35.77
				35.46 35.52 34.99 34.34 32.50

Men 18-24 50 Yard Backstroke

NATL: 23.15 N 5/1/2011 NELSON SILVA
ZONE: 24.19 Z 4/26/1992 JOHN KEPPELER
PNA: 24.54 P 4/11/2010 CHRIS CHAPMAN

1	Gevers, Gentry	19	Issaquah Swim Te-PN	25.73
2	Hixson, Zachary	24	Unattached-PN	28.97
3	Chapman, Andy	18	Lake Washington-PN	29.22
4	Grigas, Garrett	21	Western Washingt-PN	31.35
5	Hyldahl, Caleb	19	North End Otters-PN	39.29

Men 18-24 100 Yard Backstroke

NATL: 49.19 N 4/15/2007 C GIBSON
ZONE: 51.22 Z 10/19/1991 JOHN KEPPELER
PNA: 52.56 P 2/20/2011 TAYLOR BRUGH

1	Gevers, Gentry	19	Issaquah Swim Te-PN	55.69
				27.07 28.62

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2	Michels, Adam	24	Ymcapkc Sound Aq-PN	1:08.64
	33.49	35.15		

Men 18-24 50 Yard Breaststroke

NATL: 24.98 N 5/10/2009 **RICKY EDDY**
ZONE: 25.64 Z 4/9/2000 **MICHAEL BURTON**
PNA: 26.69 P 4/10/2004 **ELLIOTT KOLBE**

1	Carlson, Ethan	18	Unattached-PN	28.64
2	Hixson, Zachary	24	Unattached-PN	31.40
3	Chapman, Andy	18	Lake Washington-PN	31.66
4	Schiedermayer, Ben	21	Western Washing-PN	39.53

Men 18-24 100 Yard Breaststroke

NATL: 54.65 N 5/14/2006 **GARY MARSHALL**
ZONE: 55.86 Z 4/9/2000 **MICHAEL BURTON**
PNA: 59.63 P 4/10/2004 **ELLIOTT KOLBE**

1	Hiett, Jonathan	24	Blue Wave Aquati-PN	59.09P
	28.01	31.08		
2	Carlson, Ethan	18	Unattached-PN	1:02.09
	28.79	33.30		
3	Ringstad, Brandon	20	Husky Masters-PN	1:10.37
	33.32	37.05		
4	Shelnut, Daniel	19	Western Washing-PN	1:11.84
	34.10	37.74		

Men 18-24 200 Yard Breaststroke

NATL: 1:58.34 N 5/14/2006 **GARY MARSHALL**
ZONE: 2:08.41 Z 4/10/2011 **BRYSON CHIU**
PNA: 2:08.41 P 4/10/2011 **BRYSON CHIU**

1	Alcantar, Eduardo	19	Western Washing-PN	2:38.59
	35.53	40.38	41.89	40.79
2	Kim, Matt	24	Ohana Swim Team-PN	2:39.13
	35.13	39.40	41.94	42.66
3	Shelnut, Daniel	19	Western Washing-PN	2:42.65
	36.23	42.12	42.54	41.76

Men 18-24 50 Yard Butterfly

NATL: 22.16 N 4/11/2006 **MICHAEL SHELBY**
ZONE: 22.66 Z 10/1/2011 **CHRIS CHAPMAN**
PNA: 22.66 P 10/1/2011 **CHRIS CHAPMAN**

1	Chapman, Andy	18	Lake Washington-PN	25.75
2	Brooks, Kevin	20	Orca Swim Club-PN	26.04
3	Kim, Matt	24	Ohana Swim Team-PN	26.05
4	Carlson, Ethan	18	Unattached-PN	26.78
5	Ringstad, Brandon	20	Husky Masters-PN	28.61
6	Whitefield, Benjamin	22	Western Washing-PN	28.75
7	Heller, Paul	19	Western Washing-PN	28.98
8	Schiedermayer, Ben	21	Western Washing-PN	34.57

Men 18-24 100 Yard Butterfly

NATL: 47.93 N 2/13/2010 **RUSSELL PAYNE**
ZONE: 50.62 Z 5/1/2011 **CHRIS CHAPMAN**
PNA: 50.62 P 5/1/2011 **CHRIS CHAPMAN**

1	Gevers, Gentry	19	Issaquah Swim Te-PN	55.31
	26.04	29.27		
2	Romano, Guillermo	21	Lake Washington-PN	57.32
	26.64	30.68		

3	Kim, Matt	24	Ohana Swim Team-PN	59.68
	28.29	31.39		
4	Grigas, Garrett	21	Western Washing-PN	1:00.18
	28.07	32.11		
5	Loustau, Justin	18	Husky Masters-PN	1:06.73
	30.93	35.80		

Men 18-24 100 Yard IM

NATL: 50.14 N 2/18/2001 **ROMAIN BARNIER**
ZONE: 53.72 Z 5/1/2011 **CHRIS CHAPMAN**
PNA: 53.72 P 5/1/2011 **CHRIS CHAPMAN**

1	Hiett, Jonathan	24	Blue Wave Aquati-PN	57.04
	27.88	29.16		
2	Brooks, Kevin	20	Orca Swim Club-PN	1:00.66
	28.55	32.11		
3	Carlson, Ethan	18	Unattached-PN	1:01.10
	28.99	32.11		
4	Grigas, Garrett	21	Western Washing-PN	1:02.35
	29.11	33.24		
5	Ringstad, Brandon	20	Husky Masters-PN	1:03.58
	29.99	33.59		
6	Kim, Matt	24	Ohana Swim Team-PN	1:04.80
	29.42	35.38		
7	Alcantar, Eduardo	19	Western Washing-PN	1:07.35
	32.55	34.80		
8	Shelnut, Daniel	19	Western Washing-PN	1:07.84
	31.78	36.06		
9	Heller, Paul	19	Western Washing-PN	1:10.09
	32.21	37.88		
10	Schiedermayer, Ben	21	Western Washing-PN	1:17.57
	36.09	41.48		

Men 18-24 200 Yard IM

NATL: 1:49.35 N 2/14/2010 **RUSSELL PAYNE**
ZONE: 1:59.34 Z 4/10/2011 **BRYSON CHIU**
PNA: 1:59.34 P 4/10/2011 **BRYSON CHIU**

1	Hixson, Zachary	24	Unattached-PN	2:18.24
	30.30	37.16	38.33	32.45
2	Michels, Adam	24	Ymcapkc Sound Aq-PN	2:32.60
	31.62	35.58	47.85	37.55

Men 18-24 400 Yard IM

NATL: 3:50.12 N 2/13/2010 **RUSSELL PAYNE**
ZONE: 4:04.34 Z 4/26/1992 **JOHN KEPPELER**
PNA: 4:25.17 P 4/10/2005 **ROBERT HOWELLS**

1	Alcantar, Eduardo	19	Western Washing-PN	5:18.82
	31.71	39.70	43.44	41.45
	42.72	45.16	38.84	35.80

Men 25-29 50 Yard Freestyle

NATL: 18.67 N 2/13/2010 **FRED BOUSQUET**
ZONE: 20.71 Z 3/12/1983 **JEFF ROLAN**
PNA: 21.79 P 7/6/1991 **CRAIG MALLERY**

1	Chapman, Chris	25	Lake Washington-PN	21.34P
2	Larsen, Peter	25	Downtown/Bellevu-PN	23.70
3	Stetzler, Andy	25	Blue Wave Aquati-PN	23.78
4	Pippin-Timco, Colin	26	South Sound Mast-PN	24.05
5	Fanning, Mark	26	Queen Anne Swim-PN	24.16
6	Kanev, Teodor	29	Mukilteo YMCA-PN	24.91

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7	Scott, Michael	25	Lake Washington-PN	28.67
8	Bourgeois, Daryl	25	Orca Swim Club-PN	29.89

Men 25-29 100 Yard Freestyle

NATL: 42.58 N 4/18/2010 ANDY GRANT
ZONE: 46.01 Z 3/12/1983 JEFF ROLAN
PNA: 47.58 P 5/18/1997 PATON MCCLUNG

1	Chapman, Chris	25	Lake Washington-PN	47.52P
	22.67	24.85		
2	Conroy, Chris	26	Lake Washington-PN	50.16
	24.61	25.55		
3	Stetzler, Andy	25	Blue Wave Aquati-PN	51.57
	24.79	26.78		
4	Postetter, David	25	Lake Washington-PN	52.20
	25.29	26.91		
5	Fanning, Mark	26	Queen Anne Swim-PN	53.36
	25.75	27.61		
6	Butler, Jack	29	Swim Seattle Red-PN	54.65
	25.63	29.02		
7	Kanev, Teodor	29	Mukilteo YMCA-PN	55.70
	26.88	28.82		
8	Ladd, Corbyn	28	Ymcapke Sound Aq-PN	55.84
	25.86	29.98		
9	Bernhoft, Erik	28	Sequim Aquatic R-PN	59.03
	28.22	30.81		
10	O'Hern, David	28	Husky Masters-PN	59.49
	28.69	30.80		
11	Scott, Michael	25	Lake Washington-PN	1:04.96
	31.78	33.18		
12	Bourgeois, Daryl	25	Orca Swim Club-PN	1:09.25
	32.58	36.67		

Men 25-29 200 Yard Freestyle

NATL: 1:33.86 N 4/16/2010 ANDY GRANT
ZONE: 1:38.64 Z 4/30/1995 JOHN KEPPELER
PNA: 1:48.04 P 4/10/1988 MARK AMBERSON

1	Yung, Cejih	26	Lake Washington-PN	1:49.03
	25.78	27.75	28.35	27.15
2	Conroy, Chris	26	Lake Washington-PN	1:49.11
	25.86	27.93	27.74	27.58
3	Stetzler, Andy	25	Blue Wave Aquati-PN	1:53.33
	26.26	28.50	29.72	28.85
4	Pippin-Timco, Colin	26	South Sound Mast-PN	1:56.81
	27.03	29.17	29.89	30.72
5	Larsen, Peter	25	Downtown/Bellevu-PN	1:59.74
	28.53	30.65	28.98	31.58
6	Carlisle, Patrick	26	Ymcapke Sound Aq-PN	2:04.61
	31.18	31.55	31.29	30.59
7	Kanev, Teodor	29	Mukilteo YMCA-PN	2:05.69
	28.54	32.05	33.83	31.27
8	Robertson, Ryan	25	Orca Swim Club-PN	2:07.64
	28.63	31.74	33.67	33.60
9	Miller, Aaron	28	Lake Washington-PN	2:12.71
	29.79	33.22	35.65	34.05
10	Bernhoft, Erik	28	Sequim Aquatic R-PN	2:13.21
	30.30	32.94	35.05	34.92

11	Scott, Michael	25	Lake Washington-PN	2:31.02
	34.54	39.94	38.57	37.97

Men 25-29 500 Yard Freestyle

NATL: 4:20.82 N 4/17/2010 ANDY GRANT
ZONE: 4:45.53 Z 5/23/1993 DENNIS TESCH
PNA: 4:53.40 P 4/9/1989 PETE COLBECK

1	Stetzler, Andy	25	Blue Wave Aquati-PN	5:11.34
	26.54	29.54	31.13	31.97
	32.32	32.21	32.64	32.44
	32.28	30.27		
2	Postetter, David	25	Lake Washington-PN	5:25.73
	29.02	31.63	32.50	33.19
	32.74	32.94	33.52	33.95
	33.48	32.76		
3	O'Hern, David	28	Husky Masters-PN	5:54.54
	30.50	33.18	34.71	35.24
	36.73	37.28	37.89	37.31
	37.41	34.29		
4	Miller, Aaron	28	Lake Washington-PN	6:02.87
	30.97	34.62	35.73	36.47
	36.44	37.21	37.93	38.00
	38.98	36.52		
5	Scott, Michael	25	Lake Washington-PN	6:56.57
	36.31	39.77	42.17	44.15
	45.08	42.39	42.24	40.99
	43.57	39.90		

Men 25-29 1000 Yard Freestyle

NATL: 9:25.88 N 5/3/1998 ALEX KOSTICH
ZONE: 9:58.43 Z 5/20/1993 DENNIS TESCH
PNA: 10:12.44 P 3/5/1988 PETE COLBECK

1	Scott, Michael	25	Lake Washington-PN	15:12.19
	39.38	42.09	44.05	44.87
	45.99	45.77	46.71	49.11
	46.53	49.15	47.74	47.31
	48.65	47.71	46.93	46.61
	47.45	44.36	44.84	36.94

Men 25-29 1650 Yard Freestyle

NATL: 15:44.70 N 5/3/1998 ALEX KOSTICH
ZONE: 16:23.31 Z 5/20/1993 DENNIS TESCH
PNA: 17:08.91 P 3/14/1987 PETE COLBECK

1	Stetzler, Andy	25	Blue Wave Aquati-PN	18:29.19
	28.55	32.14	33.47	33.47
	33.96	34.03	34.17	34.48
	34.50	34.45	34.39	34.66
	34.97	34.57	34.45	34.74
	34.41	33.79	34.17	34.28
	33.82	33.46	33.95	33.68
	33.55	33.22	33.96	33.72
	33.40	33.56	33.22	32.23
				29.77

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2	O'Hern, David	28	Husky Masters-PN	20:58.06	
	32.01	35.95	37.05	37.25	
	37.76	36.89	37.04	37.61	
	37.29	37.29	37.56	37.32	
	38.39	38.96	37.43	39.65	
	39.86	39.27	39.37	39.28	
	38.66	39.75	39.19	39.57	
	39.14	40.22	38.96	39.25	
	38.74	39.32	38.64	38.48	34.91
3	Carlisle, Patrick	26	Ymcapkc Sound Aq-PN	21:38.03	
	34.54	38.16	39.21	39.03	
	38.67	38.95	39.62	40.04	
	39.85	39.74	39.06	40.08	
	39.71	39.45	40.05	40.26	
	39.84	39.83	40.17	40.03	
	40.14	40.26	39.89	40.30	
	40.22	39.51	40.63	40.32	
	40.28	38.42	38.29	38.09	35.39

Men 25-29 50 Yard Backstroke

NATL: 21.46 N 4/16/2010 ADAM MANIA
ZONE: 24.77 Z 2/1990 TOM ROTH
PNA: 25.07 P 10/19/1997 JON PAUOLE

1	Postetter, David	25	Lake Washington-PN	28.49
2	Fanning, Mark	26	Queen Anne Swim-PN	29.05
3	Butler, Jack	29	Swim Seattle Red-PN	29.63
4	O'Hern, David	28	Husky Masters-PN	29.70
5	Carlisle, Patrick	26	Ymcapkc Sound Aq-PN	29.83
6	Robertson, Ryan	25	Orca Swim Club-PN	32.86
7	Kanev, Teodor	29	Mukilteo YMCA-PN	33.30
8	Bourgeois, Daryl	25	Orca Swim Club-PN	36.75
9	Scott, Michael	25	Lake Washington-PN	39.16

Men 25-29 100 Yard Backstroke

NATL: 45.95 N 4/15/2010 ADAM MANIA
ZONE: 53.34 Z 10/19/1997 JON PAUOLE
PNA: 53.34 P 10/19/1997 JON PAUOLE

1	Ladd, Corbyn	28	Ymcapkc Sound Aq-PN	1:01.31
	29.32	31.99		
2	Postetter, David	25	Lake Washington-PN	1:01.87
	29.77	32.10		
3	Fanning, Mark	26	Queen Anne Swim-PN	1:03.77
	32.04	31.73		
4	O'Hern, David	28	Husky Masters-PN	1:04.07
	31.07	33.00		
5	Robertson, Ryan	25	Orca Swim Club-PN	1:12.71
	34.85	37.86		
6	Bourgeois, Daryl	25	Orca Swim Club-PN	1:22.58
	39.26	43.32		

Men 25-29 200 Yard Backstroke

NATL: 1:48.47 N 4/30/1995 JOHN KEPPELER
ZONE: 1:48.47 Z 4/30/1995 JOHN KEPPELER
PNA: 1:58.38 P 10/19/1997 JON PAUOLE

1	Postetter, David	25	Lake Washington-PN	2:14.53
	30.97	33.29	35.00	35.27

2	Carlisle, Patrick	26	Ymcapkc Sound Aq-PN	2:22.37
	33.93	37.45	37.56	33.43

Men 25-29 50 Yard Breaststroke

NATL: 23.87 N 5/21/2010 MARK GANGLOFF
ZONE: 27.20 Z 5/21/1993 DAVE DOLL
PNA: 27.30 P 5/1/2011 JUSTIN MORIN

1	Yung, Cejih	26	Lake Washington-PN	27.73
2	Conroy, Chris	26	Lake Washington-PN	28.33
3	Butler, Jack	29	Swim Seattle Red-PN	32.25
4	Pablo, Hamber	26	Monroe YMCA Mast-PN	35.10

Men 25-29 100 Yard Breaststroke

NATL: 52.30 N 5/22/2010 MARK GANGLOFF
ZONE: 59.23 Z 5/18/1987 JOHN BRYANT
PNA: 59.23 P 5/18/1987 JOHN BRYANT

1	Yung, Cejih	26	Lake Washington-PN	58.64Z
	27.53	31.11		
2	Conroy, Chris	26	Lake Washington-PN	1:01.43
	28.84	32.59		
3	Miller, Aaron	28	Lake Washington-PN	1:12.09
	33.90	38.19		
4	Carlisle, Patrick	26	Ymcapkc Sound Aq-PN	1:12.99
	34.23	38.76		
5	Pablo, Hamber	26	Monroe YMCA Mast-PN	1:19.27
	37.73	41.54		

Men 25-29 200 Yard Breaststroke

NATL: 1:57.46 N 5/20/2007 GARY MARSHALL
ZONE: 2:10.08 Z 5/16/1999 GREGORY LATTA
PNA: 2:11.13 P 4/5/1992 JUSTIN FARABEE

1	Yung, Cejih	26	Lake Washington-PN	2:10.67P
	28.99	32.88	33.81	34.99
2	Pablo, Hamber	26	Monroe YMCA Mast-PN	2:58.46
	40.01	44.84	46.07	47.54

Men 25-29 50 Yard Butterfly

NATL: 21.15 N 4/25/2004 SABIR MUHAMMAD
ZONE: 22.77 Z 3/10/1982 JEFF ROLAN
PNA: 23.12 P 10/19/1997 JON PAUOLE

1	Chapman, Chris	25	Lake Washington-PN	22.63Z
2	Larsen, Peter	25	Downtown/Bellevu-PN	25.43
3	Ladd, Corbyn	28	Ymcapkc Sound Aq-PN	26.20
4	Robertson, Ryan	25	Orca Swim Club-PN	26.79
5	Postetter, David	25	Lake Washington-PN	26.89

Men 25-29 100 Yard Butterfly

NATL: 47.51 N 3/7/2010 JAYME CRAMER
ZONE: 49.85 Z 1/11/1982 JEFF ROLAN
PNA: 51.24 P 10/19/1997 JON PAUOLE

1	Chapman, Chris	25	Lake Washington-PN	50.73P
	23.82	26.91		
2	Robertson, Ryan	25	Orca Swim Club-PN	1:02.03
	27.85	34.18		
3	Ladd, Corbyn	28	Ymcapkc Sound Aq-PN	1:12.18
	30.26	41.92		
---	Cleary, Kevin	28	Oregon Masters-OR	X57.95
	26.69	31.26		

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Results**Men 25-29 100 Yard IM**

NATL: 48.27 N 2/13/2010 **MARK GANGLOFF**
ZONE: 53.66 Z 4/9/1995 **JODY BRADEN**
PNA: 53.66 P 4/9/1995 **JODY BRADEN**

1	Conroy, Chris	26	Lake Washington-PN	58.28
	27.69	30.59		
2	Stetzler, Andy	25	Blue Wave Aquati-PN	1:02.42
	28.32	34.10		
3	Ladd, Corbyn	28	Ymcapkc Sound Aq-PN	1:02.45
	28.21	34.24		
4	Robertson, Ryan	25	Orca Swim Club-PN	1:08.06
	31.00	37.06		
5	Pablo, Hamber	26	Monroe YMCA Mast-PN	1:13.62
	33.82	39.80		
---	Bernhoft, Erik	28	Sequim Aquatic R-PN	DQ
	Not on back off wall - back			
	32.38	36.90		

Men 25-29 200 Yard IM

NATL: 1:48.18 N 5/22/2010 **MARK GANGLOFF**
ZONE: 1:56.29 Z 5/16/1999 **GREGORY LATTA**
PNA: 1:59.23 P 4/9/1995 **JODY BRADEN**

1	Ladd, Corbyn	28	Ymcapkc Sound Aq-PN	2:18.12
	28.19	33.29	43.14 33.50	
2	Carlisle, Patrick	26	Ymcapkc Sound Aq-PN	2:24.97
	33.51	36.70	40.30 34.46	
3	Miller, Aaron	28	Lake Washington-PN	2:25.59
	31.60	38.27	40.49 35.23	
4	Pablo, Hamber	26	Monroe YMCA Mast-PN	2:44.01
	36.56	40.32	46.39 40.74	
---	Bernhoft, Erik	28	Sequim Aquatic R-PN	DQ
	Not on back off wall - back			
	31.38	39.96	47.50 36.80	

Men 25-29 400 Yard IM

NATL: 3:52.43 N 5/20/2007 **ERIK SCALISE**
ZONE: 4:11.49 Z 5/18/1997 **KYLE KIMBALL**
PNA: 4:19.01 P 4/10/2004 **BRENT NORDYKE**

1	Yung, Cejih	26	Lake Washington-PN	4:14.72P
	26.82	30.91	33.88 33.17	
	35.03	35.44	30.61 28.86	
2	O'Hern, David	28	Husky Masters-PN	5:16.34
	34.57	42.45	39.13 38.51	
	44.92	46.49	37.56 32.71	
3	Pablo, Hamber	26	Monroe YMCA Mast-PN	6:01.72
	39.32	47.44	43.43 43.12	
	50.29	52.16	43.89 42.07	

Men 30-34 50 Yard Freestyle

NATL: 19.85 N 5/23/2010 **LANCE ASTI**
ZONE: 21.47 Z 2/14/1998 **PAT HAYES**
PNA: 21.59 P 3/31/1985 **DAVE HANNULA**

1	Ulrickson, Matt	33	Queen Anne Swim-PN	22.09
2	van Velthuyzen, Johnny	33	Lake Washington-PN	22.91
3	Tate, Richard	32	Ymcapkc Sound Aq-PN	23.37
4	Kors, Dalin	30	Blue Wave Aquati-PN	24.44
5	Meacham, Matthew	34	Unattached-PN	24.63
6	Bush, Gabe	34	Blue Wave Aquati-PN	24.99

7	Tourigny, David	32	Greenlake Aquadu-PN	25.47
8	Lunday, Aaron	31	Ymcapkc Sound Aq-PN	26.39
9	Reppas, Troy	30	Downtown/Bellevu-PN	29.08
---	Matthews, Jonathan	33	Southwest Washin-IW	X25.04

Men 30-34 100 Yard Freestyle

NATL: 44.53 N 12/19/2004 **MIKE PICOTTE**
ZONE: 45.85 Z 4/11/2009 **BRIAN WISNIEWSKI**
PNA: 45.85 P 4/11/2009 **BRIAN WISNIEWSKI**

1	Polucha, Steve	30	Lake Washington-PN	50.33
	24.36	25.97		
2	van Velthuyzen, Johnny	33	Lake Washington-PN	52.04
	24.50	27.54		
3	Hergert, Andrew	34	Unattached-PN	52.83
	25.05	27.78		
4	Tate, Richard	32	Ymcapkc Sound Aq-PN	53.00
	25.94	27.06		
5	Bush, Gabe	34	Blue Wave Aquati-PN	55.68
	27.42	28.26		
---	Matthews, Jonathan	33	Southwest Washin-IW	X55.37
	26.57	28.80		

Men 30-34 200 Yard Freestyle

NATL: 1:38.03 N 5/16/1999 **JON OLSEN**
ZONE: 1:40.22 Z 4/11/2009 **BRIAN WISNIEWSKI**
PNA: 1:40.22 P 4/11/2009 **BRIAN WISNIEWSKI**

1	Polucha, Steve	30	Lake Washington-PN	1:54.66
	26.87	29.28	28.95 29.56	
2	van Velthuyzen, Johnny	33	Lake Washington-PN	1:55.49
	28.82	28.57	29.46 28.64	
3	Bush, Gabe	34	Blue Wave Aquati-PN	2:00.21
	28.39	30.80	30.27 30.75	
---	Matthews, Jonathan	33	Southwest Washin-IW	X2:01.25
	27.32	30.33	31.93 31.67	
---	Adams, James	34	Hydropower Maste-IW	X2:04.60
	27.29	31.63	32.76 32.92	

Men 30-34 500 Yard Freestyle

NATL: 4:29.49 N 2/25/1996 **MATTHEW CETLINSKI**
ZONE: 4:44.28 Z 4/30/1995 **JEFF STILING**
PNA: 4:50.06 P 12/13/1998 **JAY BENNER**

1	van Velthuyzen, Johnny	33	Lake Washington-PN	5:22.38
	27.77	31.22	31.73 31.66	
	32.55	32.80	33.60 34.22	
	33.71	33.12		
2	Bush, Gabe	34	Blue Wave Aquati-PN	5:31.42
	29.96	32.97	33.45 34.18	
	34.68	33.73	33.43 33.09	
	33.42	32.51		
---	Matthews, Jonathan	33	Southwest Washin-IW	X5:48.49
	27.51	31.14	33.29 33.53	
	39.49	37.08	37.15 37.86	
	36.71	34.73		

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Men 30-34 1000 Yard Freestyle

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

ZONE: 9:47.93 Z 4/30/2000 DENNIS TESCH

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

1	van Velthuyzen, Johnny	33	Lake Washington-PN	11:09.85
	29.98	32.09	33.09	33.55
	33.82	33.60	33.49	33.76
	33.42	34.23	33.30	33.73
	34.82	34.39	34.34	34.45
	34.06	33.97	33.64	32.12
2	Bush, Gabe	34	Blue Wave Aquati-PN	11:34.84
	30.59	33.48	34.30	34.83
	35.19	34.97	35.20	35.02
	35.44	35.61	35.03	35.16
	35.41	35.25	35.76	34.77
	34.83	34.50	34.86	34.64

Men 30-34 1650 Yard Freestyle

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

ZONE: 15:51.57 Z 5/12/1996 JEFF ERWIN

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

1	van Velthuyzen, Johnny	33	Lake Washington-PN	19:06.39
	30.91	33.70	34.86	34.97
	35.00	34.73	34.63	35.32
	35.21	34.65	34.75	34.80
	34.92	34.73	34.65	35.14
	34.68	34.69	34.98	35.88
	35.10	34.54	34.87	35.00
	35.12	34.66	35.27	35.62
	35.44	35.41	35.11	34.20
				32.85

Men 30-34 50 Yard Backstroke

NATL: 22.97 N 2/8/2009 DERYA BUYUKUNCU

ZONE: 24.82 Z 4/9/2000 PAUL WATSON

PNA: 25.31 P 4/10/2011 BRIAN WISNIEWSKI

1	Polucha, Steve	30	Lake Washington-PN	28.49
2	Hergert, Andrew	34	Unattached-PN	30.22
3	Tourigny, David	32	Greenlake Aquadu-PN	31.53
4	Bogdan, Sander	33	Pro Sports Club-PN	32.84
5	Lunday, Aaron	31	Ymcapkc Sound Aq-PN	33.65

Men 30-34 100 Yard Backstroke

NATL: 50.21 N 5/24/1992 CLAY BRITT

ZONE: 53.59 Z 4/9/2000 PAUL WATSON

PNA: 54.01 P 4/11/2009 BRIAN WISNIEWSKI

1	Ulrickson, Matt	33	Queen Anne Swim-PN	54.17
	26.13	28.04		
2	Hergert, Andrew	34	Unattached-PN	1:04.13
	31.29	32.84		
3	Reppas, Troy	30	Downtown/Bellvu-PN	1:22.93
	40.41	42.52		

Men 30-34 200 Yard Backstroke

NATL: 1:48.04 N 5/10/2009 ERIK SCALISE

ZONE: 1:56.33 Z 4/11/2009 BRIAN WISNIEWSKI

PNA: 1:56.33 P 4/11/2009 BRIAN WISNIEWSKI

1	Polucha, Steve	30	Lake Washington-PN	2:05.95
	29.36	30.71	32.45	33.43

---	Adams, James	34	Hydropower Maste-IW	X2:11.09
	31.17	33.29	33.82	32.81

Men 30-34 50 Yard Breaststroke

NATL: 24.84 N 4/30/2011 ED MOSES

ZONE: 26.78 Z 4/29/1990 ROBERT JACKSON

PNA: 26.78 P 4/29/1990 ROBERT JACKSON

1	Tate, Richard	32	Ymcapkc Sound Aq-PN	28.96
2	Hartman, Robert	34	Downtown/Bellvu-PN	32.74
3	Tourigny, David	32	Greenlake Aquadu-PN	32.78

Men 30-34 100 Yard Breaststroke

NATL: 53.44 N 4/29/2011 ED MOSES

ZONE: 58.51 Z 5/2/2004 GREGORY LATTA

PNA: 59.20 P 4/29/1990 ROBERT JACKSON

1	Hartman, Robert	34	Downtown/Bellvu-PN	1:09.80
	32.74	37.06		

---	Adams, James	34	Hydropower Maste-IW	X1:07.10
	31.30	35.80		

Men 30-34 50 Yard Butterfly

NATL: 21.44 N 12/5/2009 ZSOLT GASPAR

ZONE: 22.93 Z 4/30/2000 MICHAEL SORENSEN

PNA: 23.34 P 4/29/1990 BRENT KRANTZ

1	Ulrickson, Matt	33	Queen Anne Swim-PN	23.35
2	Tate, Richard	32	Ymcapkc Sound Aq-PN	25.74
3	Kors, Dalin	30	Blue Wave Aquati-PN	26.08
4	Hergert, Andrew	34	Unattached-PN	27.54
5	Bogdan, Sander	33	Pro Sports Club-PN	27.89
6	Tourigny, David	32	Greenlake Aquadu-PN	28.48
7	Lunday, Aaron	31	Ymcapkc Sound Aq-PN	28.74
8	Hartman, Robert	34	Downtown/Bellvu-PN	28.89
9	Potokar, Steven	34	Orca Swim Club-PN	30.01
---	Adams, James	34	Hydropower Maste-IW	X26.09

Men 30-34 100 Yard Butterfly

NATL: 47.77 N 5/21/2010 ZSOLT GASPAR

ZONE: 50.46 Z 5/16/1999 MICHAEL SORENSEN

PNA: 52.28 P 4/5/1992 STEVE VELA

1	Mosher, Ian	32	Unattached-PN	52.58
	24.35	28.23		
2	Bush, Gabe	34	Blue Wave Aquati-PN	1:01.36
	28.96	32.40		
3	Hergert, Andrew	34	Unattached-PN	1:01.52
	28.14	33.38		
4	Lunday, Aaron	31	Ymcapkc Sound Aq-PN	1:06.29
	30.60	35.69		

Men 30-34 100 Yard IM

NATL: 50.89 N 5/10/2009 ERIK SCALISE

ZONE: 53.83 Z 4/7/2002 GREGORY LATTA

PNA: 53.84 P 5/26/1984 DAVID HANNULA

1	Polucha, Steve	30	Lake Washington-PN	58.76
	27.27	31.49		
2	Kors, Dalin	30	Blue Wave Aquati-PN	1:01.57
	27.46	34.11		
3	Hergert, Andrew	34	Unattached-PN	1:02.16
	29.61	32.55		

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(Men 30-34 100 Yard IM)

4	Bogdan, Sander	33	Pro Sports Club-PN	1:02.71
	29.99	32.72		
5	Meacham, Matthew	34	Unattached-PN	1:03.76
	29.22	34.54		
6	Hartman, Robert	34	Downtown/Bellvu-PN	1:07.04
	31.22	35.82		
7	Lunday, Aaron	31	Ymcapkc Sound Aq-PN	1:10.19
	32.51	37.68		
8	Reppas, Troy	30	Downtown/Bellvu-PN	1:19.84
	38.26	41.58		

Men 30-34 200 Yard IM

NATL: 1:47.62 N 5/4/1997 **RONALD KARNAUGH**
ZONE: 1:56.51 Z 4/7/2002 **GREGORY LATTA**
PNA: 2:00.84 P 4/5/1992 **STEVE VELA**

1	Polucha, Steve	30	Lake Washington-PN	2:06.46
	27.04	31.41	37.77	30.24
2	Bogdan, Sander	33	Pro Sports Club-PN	2:26.70
	29.45	38.81	39.98	38.46

Men 30-34 400 Yard IM

NATL: 3:53.81 N 5/4/1997 **RONALD KARNAUGH**
ZONE: 4:14.76 Z 5/14/2002 **BILL ZOLNA**
PNA: 4:17.68 P 4/23/1989 **BRAD WILLIAMS**

1	Hartman, Robert	34	Downtown/Bellvu-PN	5:17.62
	32.34	40.12	41.71	42.33
	43.57	43.47	37.74	36.34
---	Adams, James	34	Hydropower Maste-IW	X4:30.27
	27.30	31.65	36.26	35.58
	39.34	39.73	30.99	29.42

Men 35-39 50 Yard Freestyle

NATL: 20.14 N 5/4/2008 **JOSH DAVIS**
ZONE: 21.11 Z 4/30/2000 **PAT HAYES**
PNA: 22.11 P 7/5/1997 **CRAIG MALLERY**

1	Nordyke, Brent	36	Blue Wave Aquati-PN	23.20
2	Urquhart, Mark	37	Greenlake Aquadu-PN	23.27
3	Alex, Casey	39	Unattached-PN	23.35
4	Ridle, Jason	37	Sequim Aquatic R-PN	23.77
5	Hale, Scot	35	Seattle Athletic-PN	24.40
6	Woare, Matthew	37	Queen Anne Swim-PN	25.21
7	Austin, Brandon	39	South Sound Mast-PN	25.81
8	Lee, Michael	38	Middle Aged Marl-PN	27.34
9	Greisen, Doug	39	Lake Washington-PN	27.95
10	Dahl, James	37	Skagit Valley Ma-PN	29.76
11	Roholt, David	36	Blue Wave Aquati-PN	31.05

Men 35-39 100 Yard Freestyle

NATL: 44.24 N 4/20/2009 **VLAD PYSHNENKO**
ZONE: 46.04 Z 4/30/2000 **PAT HAYES**
PNA: 49.34 P 7/5/1997 **CRAIG MALLERY**

1	Urquhart, Mark	37	Greenlake Aquadu-PN	50.96
	23.42	27.54		
2	Croasdell, Ross	36	Bellevue Club-PN	51.92
	24.63	27.29		
3	Knittle, Brian	38	Blue Wave Aquati-PN	52.03
	24.79	27.24		

4	Walker, Jon	37	South Sound Mast-PN	52.44
	25.09	27.35		
5	Ridle, Jason	37	Sequim Aquatic R-PN	52.51
	25.31	27.20		
6	Brayman, Brook	35	Blue Wave Aquati-PN	52.97
	25.30	27.67		
7	Jelen, Doug	38	Gold's Eastside-PN	54.22
	25.65	28.57		
8	Austin, Brandon	39	South Sound Mast-PN	58.14
	27.61	30.53		
9	Tegeger, Joe	37	Husky Masters-PN	59.40
	28.49	30.91		
10	Greisen, Doug	39	Lake Washington-PN	1:03.34
	31.21	32.13		
11	Dahl, James	37	Skagit Valley Ma-PN	1:13.03
	35.17	37.86		

Men 35-39 200 Yard Freestyle

NATL: 1:36.56 N 5/4/2008 **JOSH DAVIS**
ZONE: 1:41.80 Z 4/30/2000 **PAT HAYES**
PNA: 1:49.31 P 5/10/2009 **KIRK NELSON**

1	Alex, Casey	39	Unattached-PN	1:50.58
	25.66	27.92	28.35	28.65
2	Walker, Jon	37	South Sound Mast-PN	1:53.69
	26.14	28.44	29.18	29.93
3	Brayman, Brook	35	Blue Wave Aquati-PN	1:54.49
	26.01	28.84	30.02	29.62
4	Urquhart, Mark	37	Greenlake Aquadu-PN	1:55.14
	27.31	29.46	29.10	29.27
5	Ridle, Jason	37	Sequim Aquatic R-PN	1:58.64
	26.38	29.74	30.83	31.69
6	Woare, Matthew	37	Queen Anne Swim-PN	2:01.76
	27.35	31.49	31.76	31.16
7	Greisen, Doug	39	Lake Washington-PN	2:18.69
	30.89	35.22	36.97	35.61
8	Roholt, David	36	Blue Wave Aquati-PN	2:40.51
	35.96	40.25	41.29	43.01

Men 35-39 500 Yard Freestyle

NATL: 4:33.97 N 5/17/2002 **RONALD KARNAUGH**
ZONE: 4:43.56 Z 5/18/1997 **JEFF STILING**
PNA: 4:53.45 P 5/10/2009 **KIRK NELSON**

1	de Acosta, Diego	37	Unattached-PN	5:01.44
	27.46	29.79	30.00	30.25
	30.54	30.74	31.01	31.23
	30.92	29.50		
2	Walker, Jon	37	South Sound Mast-PN	5:08.73
	27.77	29.95	30.88	31.28
	31.63	31.52	31.25	31.47
	31.84	31.14		
3	Brayman, Brook	35	Blue Wave Aquati-PN	5:16.43
	28.70	30.75	31.53	31.32
	31.23	31.72	32.65	33.11
	33.35	32.07		
4	Knittle, Brian	38	Blue Wave Aquati-PN	5:31.09
	29.48	34.11	34.37	34.79
	33.43	32.73	32.39	33.26
	33.71	32.82		

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5	Tegeger, Joe	37	Husky Masters-PN	6:29.19
	32.77	36.55	38.17	38.87
	40.49	40.60	41.56	41.48
	40.95	37.75		
6	Greisen, Doug	39	Lake Washington-PN	6:33.05
	32.95	38.78	39.53	39.82
	40.91	40.10	41.12	41.88
	40.48	37.48		
7	Brandt, Jason	37	Blue Wave Aquati-PN	8:38.88
	43.01	48.38	51.97	52.80
	55.25	55.56	54.34	54.46
	53.50	49.61		

Men 35-39 1000 Yard Freestyle

NATL: 9:27.97 N 5/20/2010 ERIC CHRISTENSEN
ZONE: 10:01.95 Z 5/15/2002 TIMOTHY NELSON
PNA: 10:13.00 P 4/11/2009 KIRK NELSON

1	Walker, Jon	37	South Sound Mast-PN	10:51.90
	28.79	31.04	31.62	31.69
	32.06	32.43	32.40	32.60
	32.84	33.08	32.96	33.23
	33.10	33.42	33.49	33.73
	34.04	33.91	33.02	32.45
2	Greisen, Doug	39	Lake Washington-PN	13:40.81
	33.85	38.71	40.14	40.86
	40.39	41.31	41.35	41.87
	41.28	41.94	41.23	43.32
	42.05	41.85	42.30	40.48
	41.75	43.30	42.19	40.64
3	Lee, Michael	38	Middle Aged Marl-PN	14:43.24
	32.97	37.02	39.72	41.89
	44.16	44.94	46.02	46.62
	46.58	47.03	46.17	45.74
	46.30	45.77	45.60	45.03
	45.73	45.46	45.46	45.03

Men 35-39 1650 Yard Freestyle

NATL: 15:53.88 N 5/18/2003 JEFF ERWIN
ZONE: 15:53.88 Z 5/18/2003 JEFF ERWIN
PNA: 16:59.11 P 5/20/2007 DAVID KAYS

1	Jelen, Doug	38	Gold's Eastside-PN	18:11.36
	29.37	32.29	32.85	33.04
	33.13	33.08	33.04	33.13
	32.85	32.80	33.06	32.90
	32.78	33.29	33.21	33.19
	33.49	33.46	33.80	33.55
	33.79	33.73	33.28	33.00
	33.54	33.63	33.64	34.18
	33.89	32.87	32.39	33.03

2	Greisen, Doug	39	Lake Washington-PN	23:01.71
	35.79	41.26	42.47	42.80
	43.25	41.38	42.15	42.38
	44.55	42.28	43.32	42.92
	43.52	42.47	42.48	43.68
	41.64	42.92	43.02	43.21
	42.59	40.64	40.92	41.87
	41.39	41.43	40.49	42.03
	41.41	42.97	39.64	40.97
3	Brandt, Jason	37	Blue Wave Aquati-PN	29:48.05
	42.41	48.71	52.35	55.06
	55.23	54.34	56.49	55.86
	54.69	55.25	53.53	55.45
	54.91	55.14	55.13	53.05
	53.16	55.16	54.35	55.75
	55.59	54.53	53.83	55.01
	55.92	55.27	55.94	54.28
	55.42	54.90	55.20	55.12

Men 35-39 50 Yard Backstroke

NATL: 22.70 N 5/4/2008 JOSH DAVIS
ZONE: 25.14 Z 5/16/1999 STEVE GEORGE
PNA: 25.22 P 5/18/2003 EDWARD WARDIAN

1	Jelen, Doug	38	Gold's Eastside-PN	28.01
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Men 35-39 100 Yard Backstroke

NATL: 49.12 N 5/4/2008 JOSH DAVIS
ZONE: 53.40 Z 5/16/1999 STEVE GEORGE
PNA: 53.58 P 5/18/2003 EDWARD WARDIAN

1	Urquhart, Mark	37	Greenlake Aquadu-PN	58.33
	27.86	30.47		

Men 35-39 200 Yard Backstroke

NATL: 1:47.72 N 5/4/2008 JOSH DAVIS
ZONE: 1:55.83 Z 5/16/1999 STEVE GEORGE
PNA: 1:56.17 P 5/18/2003 EDWARD WARDIAN

1	de Acosta, Diego	37	Unattached-PN	2:03.97
	29.02	31.43	32.29	31.23

Men 35-39 50 Yard Breaststroke

NATL: 25.35 N 5/21/2010 STEVE WEST
ZONE: 27.07 Z 4/21/2006 GREG LATTA
PNA: 27.46 P 4/29/1990 RICK COLELLA

1	Nordyke, Brent	36	Blue Wave Aquati-PN	27.77
2	Austin, Brandon	39	South Sound Mast-PN	32.44
3	Ridle, Jason	37	Sequim Aquatic R-PN	32.45

Men 35-39 100 Yard Breaststroke

NATL: 55.12 N 4/29/2011 JEFF COMMINGS
ZONE: 59.56 Z 4/21/2006 GREG LATTA
PNA: 1:00.65 P 4/14/1991 RICK COLELLA

1	Nordyke, Brent	36	Blue Wave Aquati-PN	1:01.22
	28.84	32.38		
2	Brayman, Brook	35	Blue Wave Aquati-PN	1:09.10
	32.74	36.36		
3	Hale, Scot	35	Seattle Athletic-PN	1:09.74
	32.29	37.45		
4	Austin, Brandon	39	South Sound Mast-PN	1:10.62
	33.44	37.18		

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Men 35-39 200 Yard Breaststroke

NATL: 1:59.23 N 12/16/2001 **RON KARNAUGH**
ZONE: 2:11.59 Z 4/29/1990 **RICK COLELLA**
PNA: 2:11.59 P 4/29/1990 **RICK COLELLA**

1	Nordyke, Brent	36	Blue Wave Aquati-PN	2:13.37
	29.35	33.56	35.19	35.27
2	Ridle, Jason	37	Sequim Aquatic R-PN	2:31.68
	34.45	38.37	39.64	39.22
3	Austin, Brandon	39	South Sound Mast-PN	2:33.96
	34.32	38.84	40.15	40.65

Men 35-39 50 Yard Butterfly

NATL: 22.26 N 4/29/2011 **JOSH DAVIS**
ZONE: 23.06 Z 5/18/2003 **MICHAEL SORENSEN**
PNA: 24.08 P 4/10/2004 **AMON EMEKA**

1	Knittle, Brian	38	Blue Wave Aquati-PN	24.54
2	Woare, Matthew	37	Queen Anne Swim-PN	26.89
3	Hale, Scot	35	Seattle Athletic-PN	27.04
4	Lee, Michael	38	Middle Aged Marl-PN	33.83

Men 35-39 100 Yard Butterfly

NATL: 49.54 N 5/16/1999 **PETER EGAN**
ZONE: 50.30 Z 5/18/2003 **MICHAEL SORENSEN**
PNA: 52.45 P 5/18/1997 **STEVEN VELA**

1	Urquhart, Mark	37	Greenlake Aquadu-PN	57.90
	26.41	31.49		
2	Brayman, Brook	35	Blue Wave Aquati-PN	59.78
	27.87	31.91		

Men 35-39 200 Yard Butterfly

NATL: 1:50.74 N 5/16/1999 **BOBBY PATTEN**
ZONE: 1:52.56 Z 6/20/2001 **DENNIS BAKER**
PNA: 2:01.31 P 5/18/1997 **STEVEN VELA**

1	Jelen, Doug	38	Gold's Eastside-PN	2:07.03
	28.77	32.31	33.43	32.52

Men 35-39 100 Yard IM

NATL: 50.06 N 5/4/2008 **JOSH DAVIS**
ZONE: 54.12 Z 4/30/2000 **PAT HAYES**
PNA: 55.68 P 4/29/1990 **DAVID HANNULA**

1	Alex, Casey	39	Unattached-PN	57.55
	26.40	31.15		
2	Nordyke, Brent	36	Blue Wave Aquati-PN	58.08
	27.40	30.68		
3	Knittle, Brian	38	Blue Wave Aquati-PN	58.51
	26.26	32.25		
4	Ridle, Jason	37	Sequim Aquatic R-PN	1:02.34
	29.54	32.80		
5	Hale, Scot	35	Seattle Athletic-PN	1:03.86
	29.04	34.82		
6	Woare, Matthew	37	Queen Anne Swim-PN	1:05.22
	29.59	35.63		
7	Austin, Brandon	39	South Sound Mast-PN	1:08.03
	32.73	35.30		
8	Lee, Michael	38	Middle Aged Marl-PN	1:13.72
	35.85	37.87		
9	Dahl, James	37	Skagit Valley Ma-PN	1:23.63
	39.99	43.64		

Men 35-39 200 Yard IM

NATL: 1:48.74 N 12/22/2002 **RON KARNAUGH**
ZONE: 1:57.43 Z 4/21/2006 **GREG LATTA**
PNA: 2:01.58 P 5/18/1997 **DAVID SANTOS**

1	Walker, Jon	37	South Sound Mast-PN	2:12.40
	27.91	34.20	40.30	29.99
2	Knittle, Brian	38	Blue Wave Aquati-PN	2:15.97
	28.87	38.32	39.86	28.92

Men 35-39 400 Yard IM

NATL: 3:56.76 N 12/16/2001 **RON KARNAUGH**
ZONE: 4:12.83 Z 5/18/1997 **JEFF STILING**
PNA: 4:23.10 P 5/18/1997 **STEVEN VELA**

1	Brayman, Brook	35	Blue Wave Aquati-PN	4:37.56
	29.25	32.41	35.70	34.39
	40.17	40.56	32.78	32.30

Men 40-44 50 Yard Freestyle

NATL: 20.84 N 4/26/2009 **MICHAEL ROSS**
ZONE: 21.98 Z 5/12/1996 **RICK ABBOTT**
PNA: 22.63 P 5/20/2007 **MATS NYGREN**

1	Axel, Bradford	43	Downtown/Bellevu-PN	23.31
2	Santos, PJ	42	Bellevue Club-PN	24.59
3	Margrave, David	41	Husky Masters-PN	24.95
4	Smith, Bryan	44	Lake Washington-PN	25.27
5	Budos, Mark	41	Newport Hills Ma-PN	25.35
6	Martin, Dan	40	South Sound Mast-PN	25.92
7	Bonavia, Aurelio	41	Orca Swim Club-PN	26.57
8	Simonson, Cory	41	Unattached-PN	27.24
9	Thorson, Dan	42	Mukilteo YMCA-PN	27.65
10	Cullen, Emmet	41	Blue Wave Aquati-PN	28.90
11	Zellerhoff, Mark	42	Blue Wave Aquati-PN	31.07
12	Ness, Kerry	42	Skagit Valley Ma-PN	33.41
13	Winetrou, Platt	44	Blue Wave Aquati-PN	33.42
14	Martens, Michael	43	South Sound Mast-PN	35.44

Men 40-44 100 Yard Freestyle

NATL: 45.35 N 5/4/2008 **MICHAEL ROSS**
ZONE: 48.17 Z 5/12/1996 **RICK ABBOTT**
PNA: 50.02 P 10/25/2008 **JOHN KEPPELER**

1	Smith, Bryan	44	Lake Washington-PN	55.80
	27.11	28.69		
2	Martin, Dan	40	South Sound Mast-PN	55.87
	27.05	28.82		
3	Thorson, Dan	42	Mukilteo YMCA-PN	59.57
	28.34	31.23		
4	Comstock, Jaime	42	Blue Wave Aquati-PN	1:01.42
	29.22	32.20		
5	Cullen, Emmet	41	Blue Wave Aquati-PN	1:06.53
	31.18	35.35		
6	Winetrou, Platt	44	Blue Wave Aquati-PN	1:18.80
	37.74	41.06		

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Men 40-44 200 Yard Freestyle

NATL: 1:38.94 N 5/4/2008 MICHAEL ROSS
ZONE: 1:43.69 Z 4/10/2005 DENNIS BAKER
PNA: 1:45.58 P 5/20/2007 MATS NYGREN

1	Nelson, Kirk	41	Husky Masters-PN	1:52.45
	26.81	28.94	28.80 27.90	
2	Martin, Dan	40	South Sound Mast-PN	2:03.99
	28.32	31.93	32.32 31.42	
3	Budos, Mark	41	Newport Hills Ma-PN	2:04.55
	28.51	31.50	32.18 32.36	
4	Thorson, Dan	42	Mukilteo YMCA-PN	2:15.98
	31.18	33.96	35.29 35.55	
5	Gonzalez, George	41	Orca Swim Club-PN	2:25.20
	31.39	34.96	38.91 39.94	
6	Cullen, Emmet	41	Blue Wave Aquati-PN	2:33.63
	34.60	38.10	40.90 40.03	

Men 40-44 500 Yard Freestyle

NATL: 4:39.86 N 5/8/2010 ALEX KOSTICH
ZONE: 4:41.58 Z 4/21/2006 DENNIS BAKER
PNA: 4:47.89 P 5/20/2007 MATS NYGREN

1	Nelson, Kirk	41	Husky Masters-PN	5:03.22
	28.49	30.46	30.77 30.82	
	30.76	30.80	30.67 30.81	
	30.61	29.03		
2	Thorson, Dan	42	Mukilteo YMCA-PN	6:22.03
	33.78	35.98	37.24 38.45	
	38.11	38.56	39.61 40.39	
	40.36	39.55		
3	Cullen, Emmet	41	Blue Wave Aquati-PN	7:07.97
	36.23	39.46	42.43 43.91	
	44.70	44.95	45.10 45.67	
	44.74	40.78		

Men 40-44 1000 Yard Freestyle

NATL: 9:32.66 N 5/7/2010 ALEX KOSTICH
ZONE: 9:57.25 Z 5/10/2009 DAVID KAYS
PNA: 9:57.25 P 5/10/2009 DAVID KAYS

1	Kays, David	44	Samena Masters-PN	10:20.01
	28.64	31.01	31.16 31.18	
	31.25	31.18	31.39 31.25	
	31.35	31.31	31.18 31.21	
	31.45	31.22	31.26 31.40	
	30.82	31.25	30.76 29.74	
2	Gonzalez, George	41	Orca Swim Club-PN	13:51.57
	32.29	36.31	40.30 41.06	
			43.76	
	40.77	44.50	40.28 41.35	
3	Martens, Michael	43	South Sound Mast-PN	20:34.77
	51.77	59.82	1:02.19 1:01.53	
	1:02.44	1:04.26	1:02.10 1:04.30	
	1:04.90	1:03.41	1:03.17 1:02.68	
	1:03.96	1:02.50	1:02.53 1:03.36	
	1:03.23	1:03.74	1:01.39 51.49	

Men 40-44 1650 Yard Freestyle

NATL: 15:51.52 N 5/9/2010 ALEX KOSTICH
ZONE: 16:33.50 Z 4/21/2006 DENNIS BAKER
PNA: 16:54.00 P 5/10/2009 DAVID KAYS

1	Kays, David	44	Samena Masters-PN	17:19.51
	28.42	30.73	31.40 31.36	
	31.81	31.53	31.65 31.83	
	31.76	31.95	31.91 31.73	
	31.88	31.96	31.94 31.68	
	31.97	31.81	31.85 31.55	
	31.56	31.56	31.72 31.73	
	31.72	31.77	31.59 31.67	
	31.42	31.50	31.49 31.42	29.64
2	Nelson, Kirk	41	Husky Masters-PN	17:39.80
	28.76	31.04	31.54 31.85	
	32.12	32.17	32.30 32.42	
	32.43	32.53	32.40 32.51	
	32.36	32.79	32.52 33.06	
	33.04	32.79	32.59 32.65	
	32.76	32.50	32.23 32.32	
	32.27	32.14	32.29 32.04	
	32.09	32.09	31.86 31.26	30.08
3	Torrez, Ron	42	Blue Wave Aquati-PN	28:14.56
	44.31	46.51	51.06 51.47	
	51.86	52.48	52.81 51.91	
	52.60	52.83	53.16 52.67	
	52.70	52.20	52.04 52.52	
	53.18	53.01	53.30 52.24	
	52.01	51.37	52.08 51.38	
	51.28	51.94	51.10 51.37	
	51.32	50.39	50.83 49.11	45.52

Men 40-44 50 Yard Backstroke

NATL: 22.77 N 4/26/2009 MICHAEL ROSS
ZONE: 25.38 Z 4/10/2011 JOHN KEPPELER
PNA: 25.38 P 4/10/2011 JOHN KEPPELER

1	Smith, Bryan	44	Lake Washington-PN	29.85
2	Gilmore, Robert	42	Downtown/Bellevu-PN	32.72
3	Cullen, Emmet	41	Blue Wave Aquati-PN	35.60
4	Ness, Kerry	42	Skagit Valley Ma-PN	43.92

Men 40-44 100 Yard Backstroke

NATL: 48.49 N 4/26/2009 MICHAEL ROSS
ZONE: 54.04 Z 4/10/2011 JOHN KEPPELER
PNA: 54.04 P 4/10/2011 JOHN KEPPELER

1	Keppeler, John	44	Bainbridge Aquat-PN	56.09
	26.88	29.21		
2	Axel, Bradford	43	Downtown/Bellevu-PN	1:03.79
	31.72	32.07		

Men 40-44 200 Yard Backstroke

NATL: 1:50.09 N 5/4/2008 MICHAEL ROSS
ZONE: 1:58.09 Z 4/10/2011 JOHN KEPPELER
PNA: 1:58.09 P 4/10/2011 JOHN KEPPELER

1	Keppeler, John	44	Bainbridge Aquat-PN	2:02.15
	27.95	30.19	31.54 32.47	

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Men 40-44 50 Yard Breaststroke

NATL: 25.84 N 5/18/2003 **GREG RHODENBAUGH**
ZONE: 27.05 Z 4/3/2011 **BRAD BACHULIS**
PNA: 27.42 P 4/9/2000 **ROBERT JACKSON**

1	Doherty, Todd	41	Bellevue Club-PN	29.08
2	Winter, Doug	43	Newport Hills Ma-PN	31.66
3	Gilmore, Robert	42	Downtown/Bellvenu-PN	32.58
4	Comstock, Jaime	42	Blue Wave Aquati-PN	35.23
5	Ness, Kerry	42	Skagit Valley Ma-PN	39.94
---	Winetrout, Platt	44	Blue Wave Aquati-PN	DQ
	Downward butterfly kick			

Men 40-44 100 Yard Breaststroke

NATL: 57.04 N 5/18/2003 **WALLY DICKS**
ZONE: 59.95 Z 4/9/2000 **ROBERT JACKSON**
PNA: 59.95 P 4/9/2000 **ROBERT JACKSON**

1	Doherty, Todd	41	Bellevue Club-PN	1:03.53
	29.85	33.68		
2	Kays, David	44	Samena Masters-PN	1:04.20
	30.58	33.62		
3	Winter, Doug	43	Newport Hills Ma-PN	1:08.97
	32.15	36.82		
4	Gilmore, Robert	42	Downtown/Bellvenu-PN	1:12.31
	33.29	39.02		
5	Denton, Joe	40	Husky Masters-PN	1:13.94
	34.42	39.52		
6	Ness, Kerry	42	Skagit Valley Ma-PN	1:27.78
	41.62	46.16		
7	Winetrout, Platt	44	Blue Wave Aquati-PN	1:49.16
	51.62	57.54		

Men 40-44 200 Yard Breaststroke

NATL: 2:03.37 N 4/19/2009 **ROQUE SANTOS**
ZONE: 2:12.85 Z 4/5/1992 **RICK COLELLA**
PNA: 2:12.85 P 4/5/1992 **RICK COLELLA**

1	Doherty, Todd	41	Bellevue Club-PN	2:24.38
	32.17	36.60	37.97	37.64
2	Winter, Doug	43	Newport Hills Ma-PN	2:36.23
	34.57	40.15	41.17	40.34

Men 40-44 50 Yard Butterfly

NATL: 22.61 N 4/26/2009 **MICHAEL ROSS**
ZONE: 24.04 Z 5/17/2002 **DAVID MCALPINE**
PNA: 24.04 P 5/17/2002 **DAVID MCALPINE**

1	Winter, Doug	43	Newport Hills Ma-PN	26.67
2	Santos, PJ	42	Bellevue Club-PN	27.39
3	Smith, Bryan	44	Lake Washington-PN	27.75
4	Margrave, David	41	Husky Masters-PN	28.34
5	Bonavia, Aurelio	41	Orca Swim Club-PN	30.53
6	Thorson, Dan	42	Mukilteo YMCA-PN	31.33
7	Winetrout, Platt	44	Blue Wave Aquati-PN	46.96
8	Martens, Michael	43	South Sound Mast-PN	52.45

Men 40-44 100 Yard Butterfly

NATL: 49.27 N 5/4/2008 **MICHAEL ROSS**
ZONE: 51.50 Z 4/14/2002 **DENNIS BAKER**
PNA: 53.19 P 4/14/2002 **DAVID MCALPINE**

1	Winter, Doug	43	Newport Hills Ma-PN	1:00.42
	27.94	32.48		
2	Comstock, Jaime	42	Blue Wave Aquati-PN	1:05.67
	29.93	35.74		

Men 40-44 100 Yard IM

NATL: 51.85 N 5/23/2010 **MICHAEL ROSS**
ZONE: 55.19 Z 4/11/2010 **GREGORY LATTA**
PNA: 55.24 P 4/10/2011 **ROY BERG**

1	Doherty, Todd	41	Bellevue Club-PN	58.04
	27.61	30.43		
2	Winter, Doug	43	Newport Hills Ma-PN	1:04.05
	30.63	33.42		
3	Smith, Bryan	44	Lake Washington-PN	1:04.62
	28.85	35.77		
4	Gilmore, Robert	42	Downtown/Bellvenu-PN	1:05.20
	29.97	35.23		
5	Budos, Mark	41	Newport Hills Ma-PN	1:05.60
	30.66	34.94		
6	Margrave, David	41	Husky Masters-PN	1:06.26
	30.76	35.50		
7	Martin, Dan	40	South Sound Mast-PN	1:06.60
	31.11	35.49		
8	Denton, Joe	40	Husky Masters-PN	1:07.90
	31.85	36.05		
9	Thorson, Dan	42	Mukilteo YMCA-PN	1:10.43
	33.24	37.19		
10	Ness, Kerry	42	Skagit Valley Ma-PN	1:25.42
	40.37	45.05		
11	Martens, Michael	43	South Sound Mast-PN	1:46.68
	51.99	54.69		

Men 40-44 200 Yard IM

NATL: 1:51.85 N 4/26/2009 **MICHAEL ROSS**
ZONE: 2:00.23 Z 4/11/2004 **DENNIS BAKER**
PNA: 2:01.45 P 5/20/2001 **DAVID SANTOS**

1	Doherty, Todd	41	Bellevue Club-PN	2:07.91
	26.80	33.24	36.64	31.23
2	Nelson, Kirk	41	Husky Masters-PN	2:08.56
	27.80	33.21	38.29	29.26

Men 40-44 400 Yard IM

NATL: 4:01.87 N 4/19/2009 **ROQUE SANTOS**
ZONE: 4:20.17 Z 4/11/2004 **DENNIS BAKER**
PNA: 4:22.20 P 5/20/2001 **DAVID SANTOS**

1	Kays, David	44	Samena Masters-PN	4:26.96
	29.03	32.61	36.30	35.28
	37.49	37.21	30.37	28.67
2	Nelson, Kirk	41	Husky Masters-PN	4:33.24
	29.28	32.44	35.95	34.50
	40.64	39.81	31.46	29.16

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Results**Men 45-49 50 Yard Freestyle**

NATL: 21.06 N 5/21/2010 RICHARD HUGHEY

ZONE: 22.50 Z 5/20/2007 BRAD HERING

PNA: 22.50 P 5/20/2007 BRAD HERING

1	Seibert, Richard	47	Ymcapkc Sound Aq-PN	24.15
2	Porter, Michael	45	Lake Washington-PN	24.63
3	Florsheim, Alan	45	Downtown/Bellevu-PN	25.22
*4	Smith, Daniel	49	Blue Wave Aquati-PN	26.06
*4	Patterson, Tyler	45	Blue Wave Aquati-PN	26.06
6	Dickson, Bruce	47	Unattached-PN	26.13
7	Derzon, Mike	46	Bainbridge Aquat-PN	27.16
8	Stevens, Mike	49	Mukilteo YMCA-PN	27.72
9	Kennedy, Keith	49	Blue Wave Aquati-PN	29.10
10	Turcott, Michael	48	Orca Swim Club-PN	29.47
11	Cotton, Spencer	46	Orca Swim Club-PN	30.66
12	Harai, Michael	49	Monroe YMCA Mast-PN	32.51
13	Nguyen, Dung	48	Blue Wave Aquati-PN	34.00
14	Kreer, Ken	48	Blue Wave Aquati-PN	39.55
15	Jones, Bob	47	Blue Wave Aquati-PN	45.85

Men 45-49 100 Yard Freestyle

NATL: 46.46 N 5/22/2010 DAVID SIMS

ZONE: 49.33 Z 2/16/2002 RICK ABBOTT

PNA: 50.55 P 4/15/2007 BRAD HERING

1	Nygren, Mats	45	Lake Washington-PN	50.87
	25.06	25.81		
2	Seibert, Richard	47	Ymcapkc Sound Aq-PN	53.32
	25.69	27.63		
3	Porter, Michael	45	Lake Washington-PN	53.93
	26.16	27.77		
4	Norman, Charles	45	South Sound Mast-PN	57.22
	27.60	29.62		
5	Flury, Walter	48	Blue Wave Aquati-PN	57.51
	27.17	30.34		
6	Patterson, Tyler	45	Blue Wave Aquati-PN	58.68
	27.47	31.21		
7	Stevens, Mike	49	Mukilteo YMCA-PN	1:01.12
	29.68	31.44		
8	Brager, Stefan	49	Fins of the San-PN	1:01.86
	30.19	31.67		
9	Kennedy, Keith	49	Blue Wave Aquati-PN	1:04.66
	30.40	34.26		
10	Turcott, Michael	48	Orca Swim Club-PN	1:11.51
	34.02	37.49		
11	Harai, Michael	49	Monroe YMCA Mast-PN	1:15.33
	36.02	39.31		
12	Kreer, Ken	48	Blue Wave Aquati-PN	1:31.14
	42.33	48.81		
13	Jones, Bob	47	Blue Wave Aquati-PN	2:30.15
	1:01.46	1:28.69		

Men 45-49 200 Yard Freestyle

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

ZONE: 1:45.04 Z 5/20/2007 DENNIS BAKER

PNA: 1:50.19 P 5/20/2007 PETE COLBECK

1	Nygren, Mats	45	Lake Washington-PN	1:50.84
	25.80	28.15	28.51	28.38

2	Seibert, Richard	47	Ymcapkc Sound Aq-PN	1:59.86
	29.29	30.69	30.24	29.64
3	Porter, Michael	45	Lake Washington-PN	2:01.36
	27.47	30.15	31.70	32.04
4	Martin, Rob	46	Lake Washington-PN	2:11.42
	29.52	33.72	33.91	34.27
5	Stevens, Mike	49	Mukilteo YMCA-PN	2:16.10
	32.93	34.44	34.79	33.94
6	Derzon, Mike	46	Bainbridge Aquat-PN	2:30.52
	36.22	39.94	39.27	35.09
7	Harai, Michael	49	Monroe YMCA Mast-PN	2:53.58
	37.87	41.53	45.56	48.62
8	Souder, Christopher	46	Blue Wave Aquati-PN	3:14.75
	41.93	47.51	1:45.31	
9	Kreer, Ken	48	Blue Wave Aquati-PN	3:24.77
	41.99	50.16	55.46	57.16

Men 45-49 500 Yard Freestyle

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

ZONE: 4:39.10 Z 5/20/2007 DENNIS BAKER

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

1	Nygren, Mats	45	Lake Washington-PN	5:03.27
	27.80	29.69	30.57	31.40
	31.19	31.39	31.52	31.09
	30.27	28.35		
2	Smith, Daniel	49	Blue Wave Aquati-PN	5:38.42
	29.25	32.88	33.69	34.35
	34.32	34.15	34.43	34.99
	35.46	34.90		
3	Stevens, Mike	49	Mukilteo YMCA-PN	6:17.48
	33.69	36.71	37.84	38.15
	38.38	38.72	38.95	39.50
	38.94	36.60		
4	Turcott, Michael	48	Orca Swim Club-PN	7:11.35
	38.48	41.42	43.33	44.33
	46.21	45.64	43.82	44.29
	43.48	40.35		
5	Kreer, Ken	48	Blue Wave Aquati-PN	9:30.15
	45.64	52.02	55.46	58.96
	59.59	1:00.26	1:00.55	1:00.07
	59.50	58.10		

Men 45-49 1000 Yard Freestyle

NATL: 9:43.93 N 5/20/2010 KEITH SWITZER

ZONE: 10:17.47 Z 5/20/2001 STEVE SUSSEX

PNA: 10:17.47 P 5/20/2001 STEVE SUSSEX

1	Nygren, Mats	45	Lake Washington-PN	10:34.07
	28.21	30.62	31.43	31.42
	31.81	31.78	31.81	31.76
	32.22	32.15	32.34	32.50
	32.41	32.38	32.37	32.48
	32.63	32.22	31.43	30.10
2	Smith, Daniel	49	Blue Wave Aquati-PN	11:39.66
	30.59	34.00	34.31	34.36
	35.45	35.18	35.20	35.63
	35.49	35.56	36.03	36.05
	35.02	35.56	35.49	35.60
	35.09	35.53	35.24	34.28

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3	Lasersohn, Jim	47	Orca Swim Club-PN	12:23.91
	32.42	36.62	36.69	37.15
	38.49	38.62	37.85	37.97
	37.04	37.50	36.46	37.30
	37.31	38.29	38.59	38.12
	37.67	38.08	36.85	34.89
4	Mason, Todd	46	South Sound Mast-PN	14:40.45
	38.44	42.09	43.98	43.96
	44.22	44.02	45.09	45.01
	45.65	44.86	45.52	46.31
	44.91	45.28	44.43	44.02
	43.98	44.78	43.57	40.33
---	Scrivner, Craig	45	Hydropower Maste-IW	X11:43.66
	31.97	34.63	35.48	35.56
	35.41	35.61	35.25	35.86
	35.27	35.56	35.73	35.79
	35.55	35.39	35.80	35.16
	35.44	35.22	35.34	33.64

Men 45-49 1650 Yard Freestyle

NATL: 16:08.05 N 5/20/2010 JEFF ERWIN
ZONE: 17:05.12 Z 4/11/2010 DENNIS BAKER
PNA: 17:50.03 P 4/15/2007 PETE COLBECK

1	Praeger, Wade	49	Lake Washington-PN	19:34.59	
	31.72	34.54	35.94	36.46	
	36.12	36.16	36.30	36.06	
	36.19	35.96	35.83	35.46	
	35.72	35.49	35.68	35.62	
	35.75	36.21	35.62	35.42	
	35.49	35.84	35.78	35.65	
	35.71	35.70	35.53	35.72	
	35.38	35.65	35.76	35.54	34.59
2	Lasersohn, Jim	47	Orca Swim Club-PN	20:50.90	
	33.66	37.68	38.30	37.84	
	37.78	38.49	37.79	38.18	
	38.58	38.04	39.13	37.79	
	37.20	38.42	38.56	38.38	
	38.29	37.76	38.65	38.94	
	38.43	38.38	39.30	39.04	
	39.17	37.91	38.82	37.45	
	37.18	37.22	37.14	37.51	33.89
3	Nguyen, Dung	48	Blue Wave Aquati-PN	33:22.64	
	45.13	52.47	59.92	1:02.55	
	1:03.45	1:00.99	1:02.28	1:03.08	
	1:01.97	1:03.66	1:01.68	1:03.72	
	1:00.59	1:02.33	1:01.89	1:02.62	
	1:02.21	1:01.42	1:03.42	1:03.35	
	1:03.07	1:01.09	1:02.81	1:01.18	
	1:03.45	1:01.61	1:00.76	1:01.14	
	1:01.48	1:00.23	58.39	57.67	51.03

Men 45-49 50 Yard Backstroke

NATL: 24.28 N 5/22/2010 CHRIS STEVENSON
ZONE: 25.65 Z 5/22/1988 ROBERT SMITH
PNA: 26.15 P 5/20/2007 BRAD HERING

1	Dodds, Joel	49	Mukilteo YMCA-PN	27.43
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2	Hettich, Mike	47	Unattached-PN	28.63
3	Dickson, Bruce	47	Unattached-PN	31.37
4	Stevens, Mike	49	Mukilteo YMCA-PN	37.65
5	Cotton, Spencer	46	Orca Swim Club-PN	46.25
6	Nguyen, Dung	48	Blue Wave Aquati-PN	52.12

Men 45-49 100 Yard Backstroke

NATL: 51.55 N 4/30/2011 CHRIS STEVENSON
ZONE: 56.14 Z 5/22/1988 ROBERT SMITH
PNA: 58.80 P 5/20/2007 PAUL OLLIGES

1	Dodds, Joel	49	Mukilteo YMCA-PN	57.69P
	27.85	29.84		
2	Nygren, Mats	45	Lake Washington-PN	57.89P
	28.82	29.07		
3	Hettich, Mike	47	Unattached-PN	1:00.72
	29.88	30.84		

Men 45-49 200 Yard Backstroke

NATL: 1:53.97 N 5/13/2011 RICH SAEGER
ZONE: 2:04.25 Z 5/20/2007 LINCOLN DJANG
PNA: 2:05.49 P 5/10/2009 LYLE NALLI

1	Nygren, Mats	45	Lake Washington-PN	2:04.91P
	29.67	31.55	31.90	31.79
2	Dodds, Joel	49	Mukilteo YMCA-PN	2:11.47
	32.09	33.62	33.06	32.70
3	Hettich, Mike	47	Unattached-PN	2:12.01
	31.73	32.44	33.24	34.60

Men 45-49 50 Yard Breaststroke

NATL: 26.58 N 12/20/2008 WALLY DICKS
ZONE: 26.91 Z 5/1/2011 JAMES CORBEAU
PNA: 28.80 P 5/20/2007 JON BACA

1	Goessman, JB	47	Bainbridge Aquat-PN	30.93
2	Hettich, Mike	47	Unattached-PN	31.36
3	Smith, Daniel	49	Blue Wave Aquati-PN	32.50
4	Lasersohn, Jim	47	Orca Swim Club-PN	32.83
5	Dickson, Bruce	47	Unattached-PN	32.85
6	Patterson, Tyler	45	Blue Wave Aquati-PN	34.60
7	Harai, Michael	49	Monroe YMCA Mast-PN	40.48
8	Cotton, Spencer	46	Orca Swim Club-PN	40.49
9	Nguyen, Dung	48	Blue Wave Aquati-PN	47.17

Men 45-49 100 Yard Breaststroke

NATL: 57.87 N 4/19/2009 CHRIS WEISSMAN
ZONE: 58.77 Z 5/10/2009 JAMES CORBEAU
PNA: 1:03.04 P 5/18/1997 RICK COLELLA

1	Hettich, Mike	47	Unattached-PN	1:07.62
	32.23	35.39		
2	Goessman, JB	47	Bainbridge Aquat-PN	1:07.81
	31.77	36.04		
3	Norman, Charles	45	South Sound Mast-PN	1:10.11
	32.96	37.15		
4	Smith, Daniel	49	Blue Wave Aquati-PN	1:11.38
	33.46	37.92		
5	Lasersohn, Jim	47	Orca Swim Club-PN	1:14.90
	35.38	39.52		
6	Patterson, Tyler	45	Blue Wave Aquati-PN	1:15.72
	36.06	39.66		

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(Men 45-49 100 Yard Breaststroke)

7	Brager, Stefan	49	Fins of the San-PN	1:19.42
	37.44	41.98		
8	Harai, Michael	49	Monroe YMCA Mast-PN	1:26.73
	41.55	45.18		
---	Scrivner, Craig	45	Hydropower Maste-IW	X1:12.13
	34.36	37.77		

Men 45-49 200 Yard Breaststroke

NATL: 2:08.33 N 5/10/2009 DAVID GUTHRIE

ZONE: 2:09.29 Z 5/10/2009 TOM FRISTOE

PNA: 2:16.54 P 5/18/1997 RICK COLELLA

1	Goessman, JB	47	Bainbridge Aquat-PN	2:32.64
	33.91	38.75	40.33	39.65
2	Seibert, Richard	47	Ymcapkc Sound Aq-PN	2:34.81
	36.21	39.50	39.54	39.56
3	Porter, Michael	45	Lake Washington-PN	2:37.31
	35.84	39.02	41.43	41.02
4	Norman, Charles	45	South Sound Mast-PN	2:37.78
	35.10	40.18	41.34	41.16
5	Smith, Daniel	49	Blue Wave Aquati-PN	2:37.86
	35.70	40.36	41.32	40.48
6	Lasersohn, Jim	47	Orca Swim Club-PN	2:48.61
	37.23	43.55	45.43	42.40
7	Harai, Michael	49	Monroe YMCA Mast-PN	3:20.23
	44.23	48.63	54.57	52.80

Men 45-49 50 Yard Butterfly

NATL: 22.67 N 5/4/2008 PAUL SMITH

ZONE: 23.89 Z 5/20/2007 BRAD HERING

PNA: 23.89 P 5/20/2007 BRAD HERING

1	Dodds, Joel	49	Mukilteo YMCA-PN	25.86
2	Seibert, Richard	47	Ymcapkc Sound Aq-PN	26.87
3	Dickson, Bruce	47	Unattached-PN	27.05
4	Flury, Walter	48	Blue Wave Aquati-PN	27.59
5	Martin, Rob	46	Lake Washington-PN	28.03
6	Florsheim, Alan	45	Downtown/Bellu-PN	28.24
7	Norman, Charles	45	South Sound Mast-PN	29.00
8	Cotton, Spencer	46	Orca Swim Club-PN	35.23
9	Turcott, Michael	48	Orca Swim Club-PN	35.73
10	Nguyen, Dung	48	Blue Wave Aquati-PN	51.48

Men 45-49 100 Yard Butterfly

NATL: 50.90 N 5/21/2010 DAVID SIMS

ZONE: 52.76 Z 4/22/2007 DENNIS BAKER

PNA: 53.95 P 5/20/2007 BRAD HERING

1	Porter, Michael	45	Lake Washington-PN	1:01.22
	28.54	32.68		
2	Flury, Walter	48	Blue Wave Aquati-PN	1:03.07
	29.69	33.38		
3	Martin, Rob	46	Lake Washington-PN	1:04.18
	29.44	34.74		
4	Norman, Charles	45	South Sound Mast-PN	1:06.18
	29.68	36.50		
5	Turcott, Michael	48	Orca Swim Club-PN	1:26.12
	40.14	45.98		

Men 45-49 100 Yard IM

NATL: 52.14 N 5/23/2010 RICHARD HUGHEY

ZONE: 56.11 Z 5/20/2007 BRAD HERING

PNA: 56.11 P 5/20/2007 BRAD HERING

1	Seibert, Richard	47	Ymcapkc Sound Aq-PN	1:01.60
	28.55	33.05		
2	Porter, Michael	45	Lake Washington-PN	1:02.25
	29.07	33.18		
3	Goessman, JB	47	Bainbridge Aquat-PN	1:02.27
	29.39	32.88		
4	Dickson, Bruce	47	Unattached-PN	1:03.57
	29.51	34.06		
5	Norman, Charles	45	South Sound Mast-PN	1:04.52
	30.50	34.02		
6	Florsheim, Alan	45	Downtown/Bellu-PN	1:05.17
	30.07	35.10		
7	Martin, Rob	46	Lake Washington-PN	1:06.38
	30.44	35.94		
8	Flury, Walter	48	Blue Wave Aquati-PN	1:06.43
	29.76	36.67		
9	Lasersohn, Jim	47	Orca Swim Club-PN	1:08.00
	31.63	36.37		
10	Patterson, Tyler	45	Blue Wave Aquati-PN	1:09.79
	32.78	37.01		
11	Stevens, Mike	49	Mukilteo YMCA-PN	1:13.25
	36.21	37.04		
12	Turcott, Michael	48	Orca Swim Club-PN	1:19.98
	37.13	42.85		
13	Nguyen, Dung	48	Blue Wave Aquati-PN	1:46.07
	51.71	54.36		
---	Souder, Christopher	46	Blue Wave Aquati-PN	DQ
	Non-simultaneous arms - breast			
	52.40	1:02.83		

Men 45-49 200 Yard IM

NATL: 1:58.20 N 5/22/2010 ANDERS RASMUSSEN

ZONE: 1:58.77 Z 5/10/2009 TOM FRISTOE

PNA: 2:08.36 P 5/20/2001 STEVE SUSSEX

1	Hettich, Mike	47	Unattached-PN	2:10.49
	28.21	33.41	38.58	30.29
2	Dodds, Joel	49	Mukilteo YMCA-PN	2:14.38
	28.33	33.27	40.31	32.47
3	Goessman, JB	47	Bainbridge Aquat-PN	2:17.61
	27.90	37.59	39.74	32.38
4	Dickson, Bruce	47	Unattached-PN	2:23.78
	27.90	37.45	42.15	36.28

Men 45-49 400 Yard IM

NATL: 4:14.17 N 5/21/2010 DENNIS BAKER

ZONE: 4:14.17 Z 5/23/2010 DENNIS BAKER

PNA: 4:26.93 P 5/18/1997 RICK COLELLA

---	Scrivner, Craig	45	Hydropower Maste-IW	X5:04.21
	31.14	36.14	42.60	40.81
	42.74	42.33	35.75	32.70

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Men 50-54 50 Yard Freestyle

NATL: 21.36 N 4/29/2011 **AMBROSE GAINES**
ZONE: 22.10 Z 4/10/2011 **NED STACK**
PNA: 22.10 P 4/10/2011 **NED STACK**

1	Stack, Ned	52	Lake Washington-PN	22.14
2	Kelly, Michael	53	Gig Harbor Old S-PN	23.68
3	Orr, Jay	53	Lake Washington-PN	25.82
4	Gevers, Willy	52	Issaquah Swim Te-PN	25.89
5	Powell, Frank	52	Unattached-PN	26.24
6	Schaufler, Kirby	52	Middle Aged Marl-PN	26.41
7	Havick, Paul	51	Blue Wave Aquati-PN	28.43
8	Severns, Chris	50	Downtown/Bellevu-PN	29.05
9	Matthews, Scott	50	Blue Wave Aquati-PN	29.18
10	Oren, Ron	52	Lynnwood Sharks-PN	29.93
11	Yarrow, Mike	50	Skagit Valley Ma-PN	33.00

Men 50-54 100 Yard Freestyle

NATL: 46.59 N 5/10/2009 **AMBROSE GAINES**
ZONE: 48.25 Z 4/12/2008 **RICK ABBOTT**
PNA: 49.67 P 4/10/2011 **NED STACK**

1	Stack, Ned	52	Lake Washington-PN	49.32P
	23.73	25.59		
2	Colbeck, Pete	50	North End Otters-PN	52.29
	25.33	26.96		
3	Olliges, Paul	50	Logger Masters-PN	52.97
	25.31	27.66		
4	Kelly, Michael	53	Gig Harbor Old S-PN	55.49
	26.02	29.47		
5	Haynie, Carl	51	Team Columbia At-PN	55.96
	26.53	29.43		
6	Orr, Jay	53	Lake Washington-PN	57.10
	26.93	30.17		
7	Gevers, Willy	52	Issaquah Swim Te-PN	57.68
	28.29	29.39		
8	Durban, Lars	54	Monroe YMCA Mast-PN	58.14
	27.55	30.59		
9	Powell, Frank	52	Unattached-PN	58.55
	28.75	29.80		
10	Havick, Paul	51	Blue Wave Aquati-PN	1:03.01
	29.97	33.04		
11	Yarrow, Mike	50	Skagit Valley Ma-PN	1:19.72
	36.60	43.12		

Men 50-54 200 Yard Freestyle

NATL: 1:43.76 N 5/10/2009 **AMBROSE GAINES**
ZONE: 1:49.58 Z 4/25/2004 **LARRY KRAUSER**
PNA: 1:54.55 P 5/18/2003 **SCOTT LAUTMAN**

1	Colbeck, Pete	50	North End Otters-PN	1:54.21P
	27.13	28.78	29.22	29.08
2	Stack, Ned	52	Lake Washington-PN	1:54.27P
	27.07	28.72	29.39	29.09
3	Valley, Eric	50	South Sound Mast-PN	1:58.37
	28.23	30.32	29.88	29.94
4	Rogers, Randy	53	Bainbridge Aquat-PN	2:05.51
	29.19	32.27	32.17	31.88
5	Schaufler, Kirby	52	Middle Aged Marl-PN	2:11.15
	30.51	33.34	33.95	33.35

6	Matthews, Scott	50	Blue Wave Aquati-PN	2:17.66
	31.80	35.55	35.86	34.45
7	Bickford, Mark	53	Bainbridge Aquat-PN	2:19.37
	32.98	35.13	35.75	35.51
8	Timmons, Jack	51	Downtown/Bellevu-PN	2:36.58
	34.69	38.50	41.29	42.10
9	Yarrow, Mike	50	Skagit Valley Ma-PN	2:55.08
	38.46	42.95	47.64	46.03

Men 50-54 500 Yard Freestyle

NATL: 4:47.57 N 5/20/2001 **JIM MCCONICA**
ZONE: 5:03.96 Z 5/14/2006 **LARRY KRAUSER**
PNA: 5:08.62 P 5/23/2010 **LYLE A NALLI**

1	Colbeck, Pete	50	North End Otters-PN	5:08.16P
	28.54	30.90	30.97	31.21
	31.27	31.18	31.18	30.94
	30.94	31.03		
2	Durban, Lars	54	Monroe YMCA Mast-PN	5:46.90
	29.55	32.65	34.64	35.20
	36.09	36.15	35.95	36.04
	35.61	35.02		
3	Powell, Frank	52	Unattached-PN	6:01.59
	32.17	35.44	36.25	37.60
	37.91	37.62	36.46	36.74
	36.53	34.87		
4	Bickford, Mark	53	Bainbridge Aquat-PN	6:28.51
	34.67	38.15	40.04	40.62
	40.12	40.21	39.33	39.41
	39.99	35.97		
5	Havick, Paul	51	Blue Wave Aquati-PN	6:32.81
	35.19	38.74	39.78	39.69
	38.78	40.55	41.55	40.75
	40.23	37.55		
6	Timmons, Jack	51	Downtown/Bellevu-PN	7:12.37
	36.10	39.79	43.33	44.16
	45.32	45.45	45.33	45.19
	45.30	42.40		
7	Yarrow, Mike	50	Skagit Valley Ma-PN	8:16.71
	43.98	46.38	48.24	49.36
	50.24	51.78	51.94	52.49
	52.81	49.49		

Men 50-54 1000 Yard Freestyle

NATL: 9:57.78 N 5/17/2002 **JIM MCCONICA**
ZONE: 10:38.36 Z 2/15/2004 **LARRY KRAUSER**
PNA: 10:38.42 P 5/7/2010 **LYLE NALLI**

1	Colbeck, Pete	50	North End Otters-PN	10:43.73
	29.25	32.04	32.26	32.48
	32.48	32.60	32.52	32.29
	32.19	32.13	32.26	32.14
	32.78	32.06	32.56	32.17
	32.36	32.36	32.66	32.14
2	Olliges, Paul	50	Logger Masters-PN	11:18.24
	32.64	33.90	34.20	34.43
	34.63	34.46	34.40	34.50
	34.26	33.98	33.99	33.67
	34.07	34.39	34.08	34.24
	34.10	34.07	32.84	31.39

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3	Schaufler, Kirby	52	Middle Aged Marl-PN	12:51.66
	33.49	37.39	38.63	38.78
	39.66	39.04	39.48	39.23
	39.57	39.69	39.45	39.64
	39.52	39.42	38.85	38.82
	38.52	38.36	37.73	36.39
4	Bickford, Mark	53	Bainbridge Aquat-PN	13:22.31
	36.76	39.89	40.99	40.65
	41.49	41.43	40.77	41.06
	40.72	40.77	40.20	40.05
	40.55	40.42	39.64	40.54
	39.78	38.81	39.40	38.39
5	Mathews, Scott	50	Blue Wave Aquati-PN	13:33.39
	35.91	39.12	40.59	41.09
	40.92	40.80	40.70	41.99
	41.80	41.44	40.80	41.58
	40.86	41.61	41.19	42.00
	41.68	41.50	39.63	38.18
6	Yarrow, Mike	50	Skagit Valley Ma-PN	16:54.97
	41.71	46.07	48.30	50.76
	50.79	51.78	52.63	52.84
	53.05	50.75	52.18	53.92
	51.79	53.02	51.28	51.80
	51.87	50.31	51.84	48.28

Men 50-54 1650 Yard Freestyle

NATL: 16:42.07 N 5/20/2001 JIM MCCONICA
ZONE: 17:36.81 Z 4/25/2004 LARRY KRAUSER
PNA: 17:59.14 P 5/9/2010 LYLE NALLI

1	Colbeck, Pete	50	North End Otters-PN	18:26.66
	30.42	33.47	34.17	33.99
	34.08	34.15	34.03	33.99
	33.99	34.40	34.35	34.25
	34.02	34.00	34.17	33.96
	33.77	34.35	34.02	33.77
	33.33	33.69	33.68	32.78
	32.84	32.94	32.97	33.40
	33.19	32.85	33.12	32.32
				32.20
2	Olliges, Paul	50	Logger Masters-PN	18:54.67
	32.14	34.61	35.77	35.36
	35.66	35.48	35.16	35.26
	35.16	35.12	34.89	34.68
	34.49	34.75	34.68	34.77
	34.52	34.36	34.58	34.56
	33.66	33.69	34.35	34.17
	34.78	34.06	33.96	34.19
	34.18	34.07	34.73	32.43
				30.40

3	Durban, Lars	54	Monroe YMCA Mast-PN	20:19.53
	32.53	35.91	37.23	37.24
	37.32	36.99	37.15	36.92
	37.62	36.88	37.16	36.93
	37.35	37.49	36.97	36.69
	36.95	37.57	37.06	37.27
	38.21	37.62	37.02	37.52
	37.35	36.85	37.97	37.20
	37.66	37.61	36.68	35.99
				34.62
4	Bickford, Mark	53	Bainbridge Aquat-PN	22:31.55
	37.17	40.28	41.02	41.61
	40.95	41.93	42.10	41.92
	41.23	41.89	41.39	41.59
	41.35	41.08	41.16	40.96
	41.30	41.17	41.13	41.27
	41.52	42.07	40.74	40.74
	41.77	41.28	41.84	40.73
	40.25	40.10	40.34	39.59
				38.08
5	Lloyd, Howard	51	South Sound Mast-PN	23:27.82
	38.12	41.46	42.29	42.64
	42.98	42.93	42.98	42.80
	43.00	43.28	42.77	42.98
	42.83	42.83	42.68	42.72
	43.35	43.02	43.34	43.05
	42.62	43.40	43.78	43.07
	43.33	42.75	42.41	42.40
	42.57	43.34	42.59	42.66
				40.85
6	Ikeda, Paul	52	Orca Swim Club-PN	26:50.83
	41.83	49.17	48.03	48.86
	49.03	48.52	49.64	48.31
	48.89	48.91	48.50	49.13
	47.23	48.33	50.22	49.14
	49.71	48.05	48.19	48.08
	47.88	49.89	49.61	48.92
	50.34	50.30	50.19	51.14
	50.63	49.45	50.40	48.94
				45.37

Men 50-54 50 Yard Backstroke

NATL: 24.75 N 4/3/2011 STEVE WOOD
ZONE: 26.24 Z 5/23/1993 ROBERT SMITH
PNA: 27.46 P 5/4/2008 MIKE MCGOORTY

1	Olliges, Paul	50	Logger Masters-PN	27.87
2	Steenbeeke, Alain	50	Unattached-PN	28.12
3	Portelance, Doug	53	Lake Washington-PN	28.23
4	Haynie, Carl	51	Team Columbia At-PN	29.25
5	Kelly, Michael	53	Gig Harbor Old S-PN	30.43
6	Orr, Jay	53	Lake Washington-PN	31.84
7	Powell, Frank	52	Unattached-PN	32.06
8	Pearson, Jay	50	Lake Washington-PN	32.07
9	Lloyd, Howard	51	South Sound Mast-PN	38.16

Men 50-54 100 Yard Backstroke

NATL: 53.88 N 3/6/2011 STEVE WOOD
ZONE: 56.16 Z 4/12/2008 RICK ABBOTT
PNA: 1:00.09 P 4/10/2011 DOUG PORTELANCE

1	Olliges, Paul	50	Logger Masters-PN	59.46P
	28.95	30.51		

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2	Portelance, Doug	53	Lake Washington-PN	1:00.18
	29.87	30.31		
3	Moore, Bob	51	Logger Masters-PN	1:05.70
	31.92	33.78		
4	Littlefield, Jim	51	Blue Wave Aquati-PN	1:06.64
	32.39	34.25		
5	Pearson, Jay	50	Lake Washington-PN	1:08.46
	34.09	34.37		
6	Powell, Frank	52	Unattached-PN	1:11.52
	34.86	36.66		
7	Harrylock, Thomas	50	Greenlake Aquadu-PN	1:11.80
	35.36	36.44		
8	Oren, Ron	52	Lynnwood Sharks-PN	1:25.69
	40.57	45.12		

Men 50-54 200 Yard Backstroke

NATL: 2:01.39 N 4/11/2010 LINCOLN DJANG
ZONE: 2:01.39 Z 4/11/2010 LINCOLN DJANG
PNA: 2:08.27 P 5/7/2010 LYLE NALLI

1	Olliges, Paul	50	Logger Masters-PN	2:08.76
	29.35	31.75	33.65	34.01
2	Portelance, Doug	53	Lake Washington-PN	2:11.81
	31.84	33.45	33.96	32.56
3	Steenbeeke, Alain	50	Unattached-PN	2:12.41
	29.71	32.32	34.44	35.94
4	Littlefield, Jim	51	Blue Wave Aquati-PN	2:21.69
	32.92	35.50	37.08	36.19
5	Pearson, Jay	50	Lake Washington-PN	2:29.75
	35.60	38.55	38.70	36.90
6	Espinosa, Leo	51	Downtown/Bellvu-PN	2:30.56
	35.73	37.19	38.76	38.88
7	Harrylock, Thomas	50	Greenlake Aquadu-PN	2:37.06
	38.17	39.86	40.34	38.69

Men 50-54 50 Yard Breaststroke

NATL: 26.98 N 5/21/2010 HOLDEN BANK
ZONE: 29.66 Z 5/10/2009 PATRICK ALLENDER
PNA: 29.94 P 4/9/2006 CHRIS LAUTMAN

1	Gevers, Willy	52	Issaquah Swim Te-PN	32.41
2	Elander, Blair	50	Lake Washington-PN	32.50
3	Kelly, Michael	53	Gig Harbor Old S-PN	33.01
4	Severns, Chris	50	Downtown/Bellvu-PN	34.22
5	Pearson, Jay	50	Lake Washington-PN	35.74
6	Timmons, Jack	51	Downtown/Bellvu-PN	37.55
7	Ikeda, Paul	52	Orca Swim Club-PN	38.49

Men 50-54 100 Yard Breaststroke

NATL: 59.94 N 5/22/2010 JON BLANK
ZONE: 1:02.57 Z 4/11/2010 LINCOLN DJANG
PNA: 1:08.04 P 4/9/2006 CHRIS LAUTMAN

1	Gevers, Willy	52	Issaquah Swim Te-PN	1:10.50
	33.63	36.87		
2	Espinosa, Leo	51	Downtown/Bellvu-PN	1:13.67
	35.20	38.47		
3	Elander, Blair	50	Lake Washington-PN	1:14.14
	34.28	39.86		

4	Severns, Chris	50	Downtown/Bellvu-PN	1:14.57
	34.93	39.64		
5	Pearson, Jay	50	Lake Washington-PN	1:15.89
	36.31	39.58		
6	Timmons, Jack	51	Downtown/Bellvu-PN	1:20.43
	38.36	42.07		
7	Sonoda, Rod	52	Orca Swim Club-PN	1:28.42
	42.67	45.75		

Men 50-54 200 Yard Breaststroke

NATL: 2:13.77 N 5/23/2010 JON BLANK
ZONE: 2:16.35 Z 5/10/2009 PATRICK ALLENDER
PNA: 2:25.52 P 5/9/2010 LYLE NALLI

1	Severns, Chris	50	Downtown/Bellvu-PN	2:42.10
	36.11	41.42	43.42	41.15
2	Espinosa, Leo	51	Downtown/Bellvu-PN	2:42.18
	37.00	40.69	41.07	43.42
3	Pearson, Jay	50	Lake Washington-PN	2:47.53
	38.77	43.38	43.55	41.83
4	Robinson, Dan	54	Greenlake Aquadu-PN	2:49.35
	39.53	43.12	43.58	43.12
5	Elander, Blair	50	Lake Washington-PN	2:53.55
	37.18	43.91	46.08	46.38
6	Timmons, Jack	51	Downtown/Bellvu-PN	3:00.93
	40.21	44.17	47.77	48.78
7	Ikeda, Paul	52	Orca Swim Club-PN	3:11.65
	43.29	49.05	50.51	48.80

Men 50-54 50 Yard Butterfly

NATL: 23.19 N 4/25/2004 TRIP HEDRICK
ZONE: 24.24 Z 4/15/2007 DONALD GRAHAM
PNA: 24.24 P 4/15/2007 DONALD GRAHAM

1	Stack, Ned	52	Lake Washington-PN	24.69
2	Kelly, Michael	53	Gig Harbor Old S-PN	26.67
3	Schauffler, Kirby	52	Middle Aged Marl-PN	28.92
4	Harrylock, Thomas	50	Greenlake Aquadu-PN	31.02
5	Havick, Paul	51	Blue Wave Aquati-PN	33.15
6	Sonoda, Rod	52	Orca Swim Club-PN	36.74
7	Oren, Ron	52	Lynnwood Sharks-PN	38.04

Men 50-54 100 Yard Butterfly

NATL: 51.93 N 4/13/2008 PAUL CARTER
ZONE: 54.71 Z 4/25/2004 SCOTT LAUTMAN
PNA: 54.71 P 4/25/2004 SCOTT LAUTMAN

1	Stack, Ned	52	Lake Washington-PN	57.22
	26.76	30.46		
2	Robinson, Dan	54	Greenlake Aquadu-PN	1:04.70
	31.06	33.64		
3	Durban, Lars	54	Monroe YMCA Mast-PN	1:09.20
	31.64	37.56		

Men 50-54 200 Yard Butterfly

NATL: 2:00.02 N 3/29/2009 WILLIAM SPECHT
ZONE: 2:03.04 Z 4/25/2004 SCOTT LAUTMAN
PNA: 2:03.04 P 4/25/2004 SCOTT LAUTMAN

1	Robinson, Dan	54	Greenlake Aquadu-PN	2:25.97
	34.33	36.78	37.43	37.43
2	Rogers, Randy	53	Bainbridge Aquat-PN	2:27.02
	31.15	35.80	38.42	41.65

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Men 50-54 100 Yard IM

NATL: 55.42 N 5/10/2009 JACK GROSELLE
ZONE: 56.96 Z 2/21/2010 LINCOLN DJANG
PNA: 57.99 P 4/15/2007 DONALD GRAHAM

1	Steenbeeke, Alain	50	Unattached-PN	59.49
	27.42	32.07		
2	Colbeck, Pete	50	North End Otters-PN	1:02.14
	28.11	34.03		
3	Valley, Eric	50	South Sound Mast-PN	1:03.00
	29.39	33.61		
4	Kelly, Michael	53	Gig Harbor Old S-PN	1:04.01
	29.03	34.98		
5	Moore, Bob	51	Logger Masters-PN	1:05.63
	29.70	35.93		
6	Gevers, Willy	52	Issaquah Swim Te-PN	1:06.29
	32.70	33.59		
7	Elander, Blair	50	Lake Washington-PN	1:06.62
	30.49	36.13		
8	Espinosa, Leo	51	Downtown/Bellevu-PN	1:08.52
	32.58	35.94		
9	Orr, Jay	53	Lake Washington-PN	1:09.78
	30.80	38.98		
10	Harrylock, Thomas	50	Greenlake Aquadu-PN	1:13.06
	34.46	38.60		
11	Havick, Paul	51	Blue Wave Aquati-PN	1:16.26
	36.26	40.00		
12	Sonoda, Rod	52	Orca Swim Club-PN	1:24.55
	40.78	43.77		
13	Oren, Ron	52	Lynnwood Sharks-PN	1:25.33
	39.14	46.19		

Men 50-54 200 Yard IM

NATL: 2:00.82 N 5/10/2009 KEN SHILLING
ZONE: 2:08.46 Z 5/10/2009 PATRICK ALLENDER
PNA: 2:09.22 P 5/9/2010 LYLE NALLI

1	Steenbeeke, Alain	50	Unattached-PN	2:12.61
	27.48	32.75	40.07 32.31	
2	Portelance, Doug	53	Lake Washington-PN	2:18.81
	30.74	34.12	41.86 32.09	
3	Espinosa, Leo	51	Downtown/Bellevu-PN	2:30.34
	33.71	38.04	42.64 35.95	
4	Orr, Jay	53	Lake Washington-PN	2:34.44
	30.73	37.35	51.21 35.15	
5	Lloyd, Howard	51	South Sound Mast-PN	2:47.62
	36.69	44.54	47.29 39.10	

Men 50-54 400 Yard IM

NATL: 4:23.94 N 5/10/2009 MICHAEL MANN
ZONE: 4:22.48 Z 11/4/2011 DENNIS BAKER
PNA: 4:40.03 P 5/23/2010 LYLE A NALLI

1	Valley, Eric	50	South Sound Mast-PN	4:55.79
	32.45	35.95	39.43 38.06	
	42.21	42.13	33.49 32.07	
2	Moore, Bob	51	Logger Masters-PN	5:10.49
	31.52	36.31	38.60 38.85	
	44.80	45.98	37.81 36.62	

3	Orr, Jay	53	Lake Washington-PN	5:37.84
	31.67	38.69	42.06 42.57	
	51.40	52.76	39.62 39.07	
4	Harrylock, Thomas	50	Greenlake Aquadu-PN	5:47.93
	38.64	42.27	45.52 43.01	
	49.20	49.48	41.79 38.02	

Men 55-59 50 Yard Freestyle

NATL: 21.82 N 4/30/2000 RICHARD ABRAHAMS
ZONE: 22.90 Z 9/2011 TENNANT/ABBOTT
PNA: 23.58 P 4/10/2011 DAVID HANNULA

1	Hannula, Dave	58	Ymcapkc Sound Aq-PN	23.68
2	Busch, Ralph	55	Lake Washington-PN	24.45
3	Kendrick, Jim	59	Skagit Valley Ma-PN	25.08
4	Keller, John	55	Sequim Aquatic R-PN	26.92
5	Neuhaus, Scott	57	South Sound Mast-PN	27.03
6	Bryan, Bret	55	South Sound Mast-PN	27.98
7	Anderson, Mark	55	Blue Wave Aquati-PN	28.29
8	Williams, Donald	58	Blue Wave Aquati-PN	30.06
9	Davis, Dusty	57	South Sound Mast-PN	34.18

Men 55-59 100 Yard Freestyle

NATL: 48.37 N 4/30/2000 RICHARD ABRAHAMS
ZONE: 51.21 Z 4/11/2009 MIKE TENNANT
PNA: 53.13 P 5/7/2010 DONALD GRAHAM

1	Hannula, Dave	58	Ymcapkc Sound Aq-PN	52.55P
	24.95	27.60		
2	Cardwell, Alan	59	Lake Washington-PN	55.68
	27.04	28.64		
3	Sugg, Stephen	56	Ymcapkc Sound Aq-PN	1:00.58
	29.52	31.06		
4	Keller, John	55	Sequim Aquatic R-PN	1:01.46
	29.70	31.76		
5	Neuhaus, Scott	57	South Sound Mast-PN	1:01.77
	29.37	32.40		
6	Underbrink, Dan	55	Monroe YMCA Mast-PN	1:02.06
	29.15	32.91		
7	Engelhardt, Carl	58	Greenlake Aquadu-PN	1:02.43
	29.89	32.54		
8	Bryan, Bret	55	South Sound Mast-PN	1:03.66
	29.27	34.39		
9	Davis, Dusty	57	South Sound Mast-PN	1:18.72
	37.68	41.04		
10	Waterbury, Chip	57	Orca Swim Club-PN	1:24.79
	40.59	44.20		

Men 55-59 200 Yard Freestyle

NATL: 1:48.79 N 4/10/2010 MICHAEL MANN
ZONE: 1:49.56 Z 5/1/2011 RICK ABBOTT
PNA: 1:58.78 P 5/10/2009 ALAN BELL

1	Hannula, Dave	58	Ymcapkc Sound Aq-PN	1:58.76P
	28.39	30.87	30.08 29.42	
2	Lautman, Scott	59	Blue Wave Aquati-PN	2:05.38
	29.96	32.10	31.45 31.87	
3	Kendrick, Jim	59	Skagit Valley Ma-PN	2:08.53
	28.89	32.11	33.54 33.99	
4	Knowlton, Bill	59	West Seattle Ymc-PN	2:15.42
	31.38	34.02	35.33 34.69	

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(Men 55-59 200 Yard Freestyle)

5	Smith, Matthew	55	Downtown/Bellevu-PN	2:17.26
	32.04	34.25	35.23	35.74
6	Sugg, Stephen	56	Ymcapkc Sound Aq-PN	2:18.70
	31.60	34.35	36.43	36.32
7	Keller, John	55	Sequim Aquatic R-PN	2:29.02
	32.58	37.96	40.89	37.59
8	Williams, Donald	58	Blue Wave Aquati-PN	2:31.47
	35.64	37.92	38.75	39.16
9	West, John	58	Greenlake Aquadu-PN	2:37.66
	38.16	40.33	41.31	37.86
10	Davis, Dusty	57	South Sound Mast-PN	2:55.09
	37.93	42.35	46.99	47.82

Men 55-59 500 Yard Freestyle

NATL: 4:56.82 N 4/11/2010 MICHAEL MANN
ZONE: 5:01.88 Z 8/6/2009 RICK COLELLA
PNA: 5:01.88 P 8/6/2009 RICK COLELLA

1	Cardwell, Alan	59	Lake Washington-PN	5:30.23
	30.61	33.03	33.49	33.52
	33.42	32.95	33.20	33.48
	33.48	33.05		
2	Boleda, Orlando	57	Bainbridge Aquat-PN	6:11.21
	33.93	37.22	38.08	37.96
	38.16	37.10	37.91	36.87
	38.11	35.87		
3	Freeborn, Stephen	56	Blue Wave Aquati-PN	6:11.57
	32.05	36.04	38.09	38.54
	38.54	38.44	38.22	38.08
	37.29	36.28		
4	Durban, Eric	56	Blue Wave Aquati-PN	6:16.86
	31.11	35.82	36.41	39.33
	39.97	38.58	39.57	39.45
	39.12	37.50		
5	Engelhardt, Carl	58	Greenlake Aquadu-PN	6:27.37
	34.40	37.38	39.23	40.05
	40.07	40.37	39.98	40.18
	39.63	36.08		

Men 55-59 1000 Yard Freestyle

NATL: 10:07.36 N 5/14/2006 JIM MCCONICA
ZONE: 11:01.00 Z 5/10/2009 ALAN BELL
PNA: 11:01.00 P 5/10/2009 ALAN BELL

1	Durban, Eric	56	Blue Wave Aquati-PN	12:38.39
	32.75	36.66	38.10	38.78
	38.29	38.24	38.47	38.79
	38.35	38.10	37.98	38.65
	38.27	38.93	38.11	38.14
	38.86	38.27	37.73	36.92
2	Boleda, Orlando	57	Bainbridge Aquat-PN	12:47.72
	35.82	37.97	39.02	39.34
	38.78	38.33	38.57	38.85
	38.53	39.64	39.01	38.84
	39.58	39.43	39.99	39.38
	37.87	37.43	36.84	34.50

3	Underbrink, Dan	55	Monroe YMCA Mast-PN	13:19.74
	33.25	37.41	40.53	40.46
	40.06	40.18	41.07	40.60
	40.56	41.10	40.53	40.74
	42.44	40.77	40.81	40.00
	39.86	40.59	40.94	37.84
4	Murphy, Patrick	57	Orca Swim Club-PN	13:45.28
	37.44	40.09	41.01	41.76
	41.86	41.33	42.18	42.44
	41.58	40.94	41.18	42.26
	41.98	41.98	42.00	42.34
	41.92	41.44	40.78	38.77
5	Keller, John	55	Sequim Aquatic R-PN	14:49.14
	38.89	44.10	47.80	46.52
	46.21	47.03	47.70	46.73
	46.29	45.29	45.76	44.49
	44.56	44.78	44.26	43.17
	43.47	43.02	41.09	37.98

Men 55-59 1650 Yard Freestyle

NATL: 17:11.12 N 5/20/2007 JIM MCCONICA
ZONE: 18:22.20 Z 5/10/2009 LARRY KRAUSER
PNA: 18:28.66 P 5/10/2009 ALAN BELL

1	Lautman, Scott	59	Blue Wave Aquati-PN	19:55.27
	33.66	36.68	37.18	36.98
	36.70	36.33	36.23	35.81
	35.66	35.68	35.80	35.52
	36.05	35.72	35.82	36.07
	36.01	36.28	35.98	36.01
	36.18	36.30	35.87	36.50
	36.58	36.58	36.66	36.62
	36.77	36.49	36.65	37.18
				36.72
2	Durban, Eric	56	Blue Wave Aquati-PN	21:07.41
	34.20	37.40	38.04	38.62
	38.41	38.27	38.65	38.71
	38.60	38.74	38.45	38.41
	38.29	38.62	38.64	38.56
	38.65	38.65	38.44	38.28
	39.05	38.60	38.67	38.48
	38.78	39.04	38.92	38.76
	38.92	38.45	38.72	39.02
				37.37
3	Boleda, Orlando	57	Bainbridge Aquat-PN	21:35.03
	36.68	39.71	40.86	39.90
	40.58	40.00	39.87	39.70
	40.00	39.13	39.15	39.24
	39.45	39.11	39.66	39.28
	39.48	39.95	38.81	39.01
	38.85	39.01	39.19	38.66
	39.44	38.77	39.40	38.83
	38.94	38.85	38.88	40.21
				36.43

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4	Underbrink, Dan	55	Monroe YMCA Mast-PN	22:25.41
	34.34	40.63	41.78	42.18
	41.56	41.73	41.02	41.05
	42.78	40.48	41.25	42.16
	41.00	41.37	41.78	39.85
	42.22	41.34	40.88	41.27
	41.57	40.48	41.24	40.20
	41.20	40.39	40.56	39.82
	40.96	40.97	40.36	39.74
				37.25
5	Engelhardt, Carl	58	Greenlake Aquadu-PN	23:22.88
	36.57	40.84	43.13	43.05
	42.84	44.17	42.68	42.62
	43.20	43.09	42.91	42.71
	42.42	42.63	43.17	43.24
	42.49	42.79	43.12	42.90
	43.02	42.38	43.34	43.20
	42.99	42.90	42.38	43.02
	42.77	42.88	42.42	42.04
				38.97
6	Davis, Dusty	57	South Sound Mast-PN	27:23.06
	40.24	45.36	47.73	47.04
	48.61	47.96	48.59	48.61
	49.05	49.41	49.48	49.83
	50.36	50.14	49.10	51.56
	49.62	50.26	50.81	50.93
	51.17	52.16	51.19	51.35
	51.29	52.37	51.86	52.75
	51.87	51.80	51.25	51.54
				47.77

Men 55-59 50 Yard Backstroke

NATL: 26.34 N 5/1/2011 TOM BARTON
ZONE: 26.86 Z 2/6/1999 ROBERT SMITH
PNA: 28.05 P 5/23/2010 DONALD GRAHAM

1	Hannula, Dave	58	Ymcapkc Sound Aq-PN	29.12
2	Keller, John	55	Sequim Aquatic R-PN	37.30
3	Bryan, Bret	55	South Sound Mast-PN	41.38
4	Waterbury, Chip	57	Orca Swim Club-PN	46.37

Men 55-59 100 Yard Backstroke

NATL: 56.55 N 4/30/2011 TOM BARTON
ZONE: 57.93 Z 5/1/2011 RICK ABBOTT
PNA: 1:01.56 P 5/18/1997 STEVEN THRASHER

1	Smith, Matthew	55	Downtown/Bellevu-PN	1:11.79
	35.40	36.39		
2	Bryan, Bret	55	South Sound Mast-PN	1:27.89
	43.08	44.81		

Men 55-59 200 Yard Backstroke

NATL: 2:04.00 N 4/29/2011 TOM BARTON
ZONE: 2:06.12 Z 5/1/2011 RICK ABBOTT
PNA: 2:16.60 P 5/18/1997 STEVEN THRASHER

1	Knowlton, Bill	59	West Seattle Ymc-PN	2:32.02
	36.32	37.43	39.24	39.03
2	Smith, Matthew	55	Downtown/Bellevu-PN	2:33.53
	35.81	38.56	39.82	39.34
3	Freeborn, Stephen	56	Blue Wave Aquati-PN	2:35.60
	36.80	39.69	39.99	39.12

4	Davis, Dwight	58	Lake Washington-PN	2:39.66
	36.58	39.42	41.07	42.59

Men 55-59 50 Yard Breaststroke

NATL: 27.81 N 5/4/2008 TIMOTHY SHEAD
ZONE: 28.74 Z 5/4/2008 RICK COLELLA
PNA: 28.74 P 5/4/2008 RICK COLELLA

1	Lautman, Chris	57	Lake Washington-PN	31.85
2	Neuhaus, Scott	57	South Sound Mast-PN	35.12
3	Waterbury, Chip	57	Orca Swim Club-PN	49.42

Men 55-59 100 Yard Breaststroke

NATL: 1:01.42 N 5/4/2008 TIMOTHY SHEAD
ZONE: 1:03.07 Z 5/4/2008 RICK COLELLA
PNA: 1:03.07 P 5/4/2008 RICK COLELLA

1	Busch, Ralph	55	Lake Washington-PN	1:11.06
	33.27	37.79		
2	Lautman, Chris	57	Lake Washington-PN	1:11.72
	33.48	38.24		
3	Baker, Loren	57	Downtown/Bellevu-PN	1:13.89
	34.98	38.91		
4	Neuhaus, Scott	57	South Sound Mast-PN	1:18.16
	37.05	41.11		
5	West, John	58	Greenlake Aquadu-PN	1:22.90
	39.22	43.68		

Men 55-59 200 Yard Breaststroke

NATL: 2:17.00 N 5/4/2008 TIMOTHY SHEAD
ZONE: 2:17.05 Z 5/4/2008 RICK COLELLA
PNA: 2:17.05 P 5/4/2008 RICK COLELLA

1	Lautman, Chris	57	Lake Washington-PN	2:43.34
	36.77	42.03	42.25	42.29
2	Engelhardt, Carl	58	Greenlake Aquadu-PN	2:52.78
	39.41	43.99	44.63	44.75
3	Neuhaus, Scott	57	South Sound Mast-PN	2:53.11
	38.13	44.53	45.62	44.83

Men 55-59 50 Yard Butterfly

NATL: 24.16 N 3/25/2007 GREG SHAW
ZONE: 24.58 Z 5/1/2011 RICK ABBOTT
PNA: 24.78 P 5/23/2010 DONALD GRAHAM

1	Freeborn, Stephen	56	Blue Wave Aquati-PN	29.10
2	Keller, John	55	Sequim Aquatic R-PN	30.42
3	Davis, Dwight	58	Lake Washington-PN	32.51
4	Anderson, Mark	55	Blue Wave Aquati-PN	33.57

Men 55-59 100 Yard Butterfly

NATL: 54.09 N 3/29/2009 GREG SHAW
ZONE: 56.14 Z 5/4/2008 SCOTT LAUTMAN
PNA: 56.14 P 5/4/2008 SCOTT LAUTMAN

1	Lautman, Scott	59	Blue Wave Aquati-PN	59.36
	28.37	30.99		
2	Cardwell, Alan	59	Lake Washington-PN	1:02.71
	29.41	33.30		
3	Freeborn, Stephen	56	Blue Wave Aquati-PN	1:08.17
	32.28	35.89		
4	Underbrink, Dan	55	Monroe YMCA Mast-PN	1:19.98
	34.96	45.02		

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Results**Men 55-59 200 Yard Butterfly**

NATL: 2:03.18 N 5/23/2010 **BRAD HORNER**
ZONE: 2:06.09 Z 5/4/2008 **SCOTT LAUTMAN**
PNA: 2:06.09 P 5/4/2008 **SCOTT LAUTMAN**

1 Lautman, Scott 59 Blue Wave Aquati-PN 2:16.60
 31.73 34.49 35.37 35.01

Men 55-59 100 Yard IM

NATL: 56.20 N 5/4/2008 **TIMOTHY SHEAD**
ZONE: 57.23 Z 5/1/2011 **RICK ABBOTT**
PNA: 58.64 P 5/4/2008 **RICK COLELLA**

1 Hannula, Dave 58 Ymcapkc Sound Aq-PN 1:00.40
 27.97 32.43
 2 Busch, Ralph 55 Lake Washington-PN 1:04.38
 29.70 34.68
 3 Baker, Loren 57 Downtown/Bellevu-PN 1:06.74
 31.51 35.23
 4 Neuhaus, Scott 57 South Sound Mast-PN 1:09.85
 32.40 37.45
 5 Freeborn, Stephen 56 Blue Wave Aquati-PN 1:11.05
 32.62 38.43
 6 Davis, Dwight 58 Lake Washington-PN 1:13.00
 33.10 39.90
 7 Knowlton, Bill 59 West Seattle Ymc-PN 1:13.33
 32.92 40.41
 8 Smith, Matthew 55 Downtown/Bellevu-PN 1:14.96
 34.08 40.88
 9 West, John 58 Greenlake Aquadu-PN 1:20.80
 39.05 41.75
 --- Anderson, Mark 55 Blue Wave Aquati-PN DQ
 Shoulders past vertical toward breast - back
 36.71 43.86

Men 55-59 200 Yard IM

NATL: 2:04.09 N 5/4/2008 **TIMOTHY SHEAD**
ZONE: 2:05.15 Z 5/4/2008 **RICK COLELLA**
PNA: 2:05.15 P 5/4/2008 **RICK COLELLA**

1 Engelhardt, Carl 58 Greenlake Aquadu-PN 2:39.09
 34.91 42.17 44.28 37.73
 2 Freeborn, Stephen 56 Blue Wave Aquati-PN 2:39.44
 31.64 42.27 49.21 36.32

Men 60-64 50 Yard Freestyle

NATL: 22.30 N 5/22/2005 **RICHARD ABRAHAMS**
ZONE: 23.87 Z 4/25/2004 **ROBERT SMITH**
PNA: 24.89 P 5/23/2010 **ALAN BELL**

1 Bell, Alan 62 Pro Sports Club-PN 25.39
 2 Wright, Larry 63 Newport Hills Ma-PN 26.65
 3 McCaffrey, Bill 61 Blue Wave Aquati-PN 28.32
 4 Voegtlen, Barney 63 Bainbridge Aquat-PN 29.40
 5 Burge, John 61 Husky Masters-PN 31.06

Men 60-64 100 Yard Freestyle

NATL: 49.14 N 5/22/2005 **RICHARD ABRAHAMS**
ZONE: 54.26 Z 5/18/2003 **TOM LANDIS**
PNA: 56.66 P 4/11/2010 **JAMES MCCLEERY**

1 Wright, Larry 63 Newport Hills Ma-PN 1:00.39
 29.31 31.08

2 Voegtlen, Barney 63 Bainbridge Aquat-PN 1:04.98
 30.25 34.73
 3 McCaffrey, Bill 61 Blue Wave Aquati-PN 1:06.55
 30.88 35.67

Men 60-64 200 Yard Freestyle

NATL: 1:54.14 N 3/29/2009 **FRED SCHLICHER**
ZONE: 1:54.45 Z 2/19/2012 **RICK COLELLA**
PNA: 1:54.45 P 2/19/2012 **RICK COLELLA**

1 Norris, Jim 64 Port Townsend Ma-PN 2:36.70
 38.56 40.92 39.36 37.86

Men 60-64 500 Yard Freestyle

NATL: 5:11.70 N 2/19/2012 **Rick Colella**
ZONE: 5:11.70 Z 2/19/2012 **RICK COLELLA**
PNA: 5:11.70 P 2/19/2012 **RICK COLELLA**

1 Burge, John 61 Husky Masters-PN 6:53.35
 34.46 38.87 41.94 42.87
 43.00 42.65 43.08 43.39
 43.88 39.21
 2 Voegtlen, Barney 63 Bainbridge Aquat-PN 7:05.03
 36.28 40.85 42.63 43.12
 44.37 43.99 44.39 45.10
 44.89 39.41
 3 Norris, Jim 64 Port Townsend Ma-PN 7:05.87
 42.34 44.78 44.46 43.57
 42.23 42.50 42.97 43.05
 40.55 39.42
 4 McCaffrey, Bill 61 Blue Wave Aquati-PN 7:22.73
 35.90 41.34 46.08 47.46
 47.71 46.89 46.88 46.84
 44.89 38.74

Men 60-64 1000 Yard Freestyle

NATL: 10:47.42 N 5/13/2011 **JIM MCCONICA**
ZONE: 11:03.97 Z 5/23/2010 **ALAN BELL**
PNA: 11:03.97 P 5/23/2010 **ALAN BELL**

1 Bell, Alan 62 Pro Sports Club-PN 11:25.19
 30.50 33.24 33.78 33.90
 34.14 34.11 34.19 34.44
 34.46 34.54 34.28 34.80
 35.42 35.01 35.26 35.25
 35.19 35.31 34.95 32.42
 2 Penn, William 60 South Sound Mast-PN 12:37.97
 34.94 37.75 39.07 39.18
 38.03 38.72 38.11 38.14
 38.04 38.18 38.28 38.21
 37.80 38.29 38.05 38.28
 38.03 37.72 37.44 35.71
 3 Carlton, Brian 62 Northshore Y's G-PN 13:44.58
 35.21 38.50 40.88 41.46
 41.16 39.98 40.70 41.38
 43.35 44.71 41.66 41.55
 41.81 45.16 41.69 42.40
 41.76 41.56 41.76 37.90

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(Men 60-64 1000 Yard Freestyle)

4	Burge, John	61	Husky Masters-PN	13:52.92
	36.39	40.23	42.37	42.36
	42.37	42.02	42.23	42.16
	42.60	42.59	42.96	43.65
	42.32	42.49	42.08	42.14
	41.76	41.80	41.23	37.17
5	Norris, Jim	64	Port Townsend Ma-PN	14:26.61
	41.64	44.00	44.05	43.92
	44.01	43.79	43.72	43.72
	43.80	44.05	44.15	44.08
	42.91	43.76	43.46	42.93
	43.79	42.70	42.19	39.94

Men 60-64 1650 Yard Freestyle

NATL: 17:59.55 N 5/20/2010 JIM CLEMMONS

ZONE: 18:24.00 Z 5/23/2010 ALAN BELL

PNA: 18:24.00 P 5/23/2010 ALAN BELL

1	Colella, Rick	60	Lake Washington-PN	18:28.51
	29.64	32.71	32.69	32.91
	33.15	33.08	33.05	32.82
	32.58	32.50	32.20	32.34
	32.59	32.81	32.98	32.88
	32.74	32.85	32.97	32.75
	35.29	34.76	35.47	36.06
	35.88	35.91	35.16	35.67
	35.40	34.28	34.79	34.53
				33.07
2	Carlton, Brian	62	Northshore Y's G-PN	22:59.23
	36.80	42.36	43.33	42.58
	41.90	42.15	41.96	41.32
	42.15	42.36	41.26	42.30
	41.31	42.34	42.26	41.99
	41.85	46.54	42.33	42.53
	42.87	41.62	41.38	42.23
	42.63	41.90	42.37	41.71
	41.72	41.19	41.78	40.31
				35.90
3	Burge, John	61	Husky Masters-PN	24:31.30
	38.50	42.73	43.99	44.27
	44.55	44.61	45.21	44.91
	45.60	45.70	45.48	44.83
	45.95	44.77	45.31	45.17
	45.08	44.61	45.40	44.88
	45.08	46.14	44.76	44.53
	45.01	45.06	44.57	44.66
	45.00	44.86	43.76	44.68
				41.64
4	Norris, Jim	64	Port Townsend Ma-PN	24:55.67
	48.61	46.20	46.94	46.02
	45.68	45.45	45.41	44.99
	45.43	45.82	45.14	45.36
	45.33	45.28	45.25	45.43
	45.14	45.16	45.44	45.66
	45.63	45.13	45.69	45.20
	45.51	45.12	44.91	44.81
	44.51	44.29	44.14	43.92
				43.07

Men 60-64 50 Yard Backstroke

NATL: 26.82 N 5/4/2008 HUGH WILDER

ZONE: 27.62 Z 4/25/2004 ROBERT SMITH

PNA: 29.59 P 4/14/2002 GARY CHASE

1	Wright, Larry	63	Newport Hills Ma-PN	33.13
2	McCaffrey, Bill	61	Blue Wave Aquati-PN	34.83
3	Voegtlen, Barney	63	Bainbridge Aquat-PN	36.85
4	Norris, Jim	64	Port Townsend Ma-PN	37.67

Men 60-64 100 Yard Backstroke

NATL: 59.29 N 5/4/2008 HUGH WILDER

ZONE: 1:02.53 Z 4/25/2004 ROBERT SMITH

PNA: 1:05.12 P 4/14/2002 GARY CHASE

1	Bell, Alan	62	Pro Sports Club-PN	1:05.75
	32.36	33.39		
2	Benson, Gary	61	Unattached-PN	1:12.16
	35.37	36.79		
3	McCaffrey, Bill	61	Blue Wave Aquati-PN	1:18.73
	37.86	40.87		

Men 60-64 200 Yard Backstroke

NATL: 2:13.13 N 5/10/2009 TIM BIRNIE

ZONE: 2:16.70 Z 5/23/2010 ALAN BELL

PNA: 2:16.70 P 5/23/2010 ALAN BELL

1	Benson, Gary	61	Unattached-PN	2:36.13
	35.96	38.20	40.72	41.25
2	Norris, Jim	64	Port Townsend Ma-PN	3:25.73
	46.01	53.92	54.09	51.71

Men 60-64 50 Yard Breaststroke

NATL: 29.32 N 5/14/2006 ROBERT STRAND

ZONE: 30.35 Z 5/10/2009 ALLEN STARK

PNA: 31.76 P 5/24/1992 AULIS KAHKONEN

1	Colella, Rick	60	Lake Washington-PN	29.37Z
2	Wright, Larry	63	Newport Hills Ma-PN	34.80
3	Denio, Galen	64	Unattached-PN	36.09

Men 60-64 100 Yard Breaststroke

NATL: 1:05.17 N 5/22/2010 ROBERT STRAND

ZONE: 1:05.45 Z 2/19/2012 RICK COLELLA

PNA: 1:05.45 P 2/19/2012 RICK COLELLA

1	Colella, Rick	60	Lake Washington-PN	1:04.70N
	30.67	34.03		
2	Baker, John	60	Bainbridge Aquat-PN	1:14.16
	33.39	40.77		
3	Denio, Galen	64	Unattached-PN	1:19.62
	37.64	41.98		
4	Stafford, Rick	64	Bainbridge Aquat-PN	1:22.62
	39.17	43.45		

Men 60-64 200 Yard Breaststroke

NATL: 2:24.68 N 5/14/2006 ROBERT STRAND

ZONE: 2:28.19 Z 5/10/2009 ALLEN STARK

PNA: 2:40.49 P 5/20/2007 STEVEN PETERSON

1	Colella, Rick	60	Lake Washington-PN	2:21.01N
	32.41	36.14	36.14	36.32
2	Stafford, Rick	64	Bainbridge Aquat-PN	2:54.06
	38.96	44.01	45.20	45.89

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(Men 60-64 200 Yard Breaststroke)

3 Denio, Galen	64 Unattached-PN	2:58.21
39.20	44.64	47.03 47.34

Men 60-64 50 Yard Butterfly

NATL: 24.46 N 5/22/2005 **RICHARD ABRAHAMS**

ZONE: 26.75 Z 2/7/2004 **ROBERT SMITH**

PNA: 27.23 P 4/10/2011 **LARRY WRIGHT**

1 Bell, Alan	62 Pro Sports Club-PN	27.96
2 Wright, Larry	63 Newport Hills Ma-PN	28.05
3 McCaffrey, Bill	61 Blue Wave Aquati-PN	32.94
4 Voegtlen, Barney	63 Bainbridge Aquat-PN	34.79
5 Burge, John	61 Husky Masters-PN	39.51

Men 60-64 100 Yard Butterfly

NATL: 54.92 N 5/22/2005 **RICHARD ABRAHAMS**

ZONE: 58.83 Z 5/23/2010 **ALAN BELL**

PNA: 58.83 P 5/23/2010 **ALAN BELL**

1 Stafford, Rick	64 Bainbridge Aquat-PN	1:20.90
35.00	45.90	
2 Burge, John	61 Husky Masters-PN	1:31.41
40.93	50.48	

Men 60-64 100 Yard IM

NATL: 59.18 N 4/17/2010 **GEORGE SCHMIDT**

ZONE: 1:01.51 Z 4/25/2004 **ROBERT SMITH**

PNA: 1:05.75 P 5/17/2002 **GARY CHASE**

1 Colella, Rick	60 Lake Washington-PN	58.69N
27.86	30.83	
2 Wright, Larry	63 Newport Hills Ma-PN	1:08.45
31.33	37.12	
3 Baker, John	60 Bainbridge Aquat-PN	1:09.14
32.21	36.93	
4 Denio, Galen	64 Unattached-PN	1:14.04
35.35	38.69	
5 Penn, William	60 South Sound Mast-PN	1:17.73
37.12	40.61	
6 Voegtlen, Barney	63 Bainbridge Aquat-PN	1:17.90
35.16	42.74	

Men 60-64 200 Yard IM

NATL: 2:08.77 N 2/19/2012 **Rick Colella**

ZONE: 2:08.77 Z 2/19/2012 **RICK COLELLA**

PNA: 2:08.77 P 2/19/2012 **RICK COLELLA**

1 Denio, Galen	64 Unattached-PN	2:46.47
36.63	44.01	45.66 40.17

Men 60-64 400 Yard IM

NATL: 4:34.65 N 2/19/2011 **RICK COLELLA**

ZONE: 4:34.65 Z 2/19/2012 **RICK COLELLA**

PNA: 4:34.65 P 2/19/2012 **RICK COLELLA**

1 Colella, Rick	60 Lake Washington-PN	4:33.96N
28.78	33.37	37.11 37.36
	37.42	37.69 31.51 30.72
2 Denio, Galen	64 Unattached-PN	6:00.06
37.56	46.81	46.86 47.05
49.29	48.03	41.64 42.82

3 Penn, William	60 South Sound Mast-PN	6:02.82
43.72	49.72	47.25 48.22
	50.71	50.05 37.85 35.30
4 Stafford, Rick	64 Bainbridge Aquat-PN	6:03.33
	37.91	45.37 51.47 51.91
	46.39	48.29 42.09 39.90

Men 65-69 50 Yard Freestyle

NATL: 22.10 N 5/23/2010 **RICHARD ABRAHAMS**

ZONE: 24.36 Z 5/10/2009 **ROBERT SMITH**

PNA: 26.38 P 4/11/2009 **ROBERT PILGER**

1 Peterson, Steve	65 Ymcapkc Sound Aq-PN	30.06
2 Sawyer, Dennis	68 Bainbridge Aquat-PN	32.27
3 Campen, Gary	67 Port Townsend Ma-PN	36.71
4 Olson, Oley	66 Blue Wave Aquati-PN	37.00
5 Jacobsen, Jeff	67 South Whidbey Is-PN	37.72
6 McKinlay, Michael	68 Downtown/Bellevu-PN	48.34

Men 65-69 100 Yard Freestyle

NATL: 49.42 N 5/22/2010 **RICHARD ABRAHAMS**

ZONE: 54.53 Z 5/20/2007 **TOM LANDIS**

PNA: 1:01.12 P 4/11/2009 **ROBERT PILGER**

1 Campen, Gary	67 Port Townsend Ma-PN	1:26.98
40.88	46.10	
2 Smith, Melvin	69 South Sound Mast-PN	1:30.00
42.59	47.41	

Men 65-69 200 Yard Freestyle

NATL: 1:57.54 N 5/21/2010 **RICHARD ABRAHAMS**

ZONE: 2:01.36 Z 5/20/2007 **TOM LANDIS**

PNA: 2:18.01 P 5/16/1994 **BOB MILLER**

1 Jacobsen, Jeff	67 South Whidbey Is-PN	2:59.37
40.65	45.72	47.14 45.86
2 Smith, Melvin	69 South Sound Mast-PN	3:05.72
41.47	47.71	49.30 47.24

Men 65-69 500 Yard Freestyle

NATL: 5:37.64 N 5/20/2007 **TOM LANDIS**

ZONE: 5:37.64 Z 5/20/2007 **TOM LANDIS**

PNA: 5:51.87 P 5/1/2011 **MICHAEL MCCOLLY**

1 Smith, Melvin	69 South Sound Mast-PN	8:17.52
44.52	50.26	51.59 51.50
	49.82	49.66 49.77 51.56
	50.69	48.15
2 Campen, Gary	67 Port Townsend Ma-PN	8:47.28
44.38	49.38	56.64 54.54
	55.37	53.22 54.41 54.68
	54.43	50.23
3 Walker, Thomas	65 Team Columbia At-PN	8:57.79
49.34	53.35	54.47 56.40
	55.57	56.05 56.72 55.01
	51.69	49.19

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Men 65-69 1000 Yard Freestyle

NATL: 11:41.40 N 5/20/2007 TOM LANDIS
ZONE: 11:41.40 Z 5/20/2007 TOM LANDIS
PNA: 12:03.73 P 5/1/2011 MICHAEL MCCOLLY

1	Kimball, Hugh	65	Greenlake Aquadu-PN	15:02.99
	39.71	44.17	45.78	46.31
	46.35	45.67	46.45	46.55
	46.70	45.94	44.82	44.34
	45.93	45.89	46.02	44.93
	45.45	44.51	45.59	41.88
2	Smith, William	67	South Sound Mast-PN	16:01.24
	40.42	44.57	47.14	47.57
	48.54	47.91	48.86	49.80
	49.42	49.89	49.68	49.28
	50.55	48.60	48.26	48.76
	48.56	48.34	47.97	47.12
3	Jacobsen, Jeff	67	South Whidbey Is-PN	16:24.35
	41.74	46.14	48.35	49.11
	49.39	49.86	50.09	50.27
	50.63	51.49	51.00	50.51
	51.50	50.85	50.79	49.46
	48.86	48.72	48.65	46.94
4	Smith, Melvin	69	South Sound Mast-PN	16:36.47
	43.22	47.61	49.85	51.21
	50.80	50.37	49.87	50.21
	50.34	49.26	48.63	50.20
	50.03	49.22	51.01	51.37
	51.21	50.66	51.00	50.40

Men 65-69 1650 Yard Freestyle

NATL: 19:16.25 N 5/20/2007 TOM LANDIS
ZONE: 19:16.25 Z 5/20/2007 TOM LANDIS
PNA: 19:58.60 P 4/10/2011 JAMES MCCLEERY

1	Smith, Melvin	69	South Sound Mast-PN	28:14.84
	44.47	49.42	50.71	50.96
	51.32	51.39	51.24	51.16
	51.09	50.37	50.22	50.41
	50.19	50.55	51.57	51.90
	56.36	51.99	51.38	51.80
	53.16	52.02	52.21	48.92
	53.02	50.70	51.66	51.94
	51.02	52.51	53.24	53.19
				52.75

Men 65-69 50 Yard Backstroke

NATL: 27.74 N 5/23/2010 RICHARD ABRAHAMS
ZONE: 28.46 Z 5/10/2009 ROBERT SMITH
PNA: 30.93 P 3/6/2005 GARY CHASE

1	Campen, Gary	67	Port Townsend Ma-PN	45.03
2	Walker, Thomas	65	Team Columbia At-PN	46.56
3	McKinlay, Michael	68	Downtown/Bellvu-PN	49.71

Men 65-69 100 Yard Backstroke

NATL: 1:01.04 N 5/10/2009 RICHARD BURNS
ZONE: 1:03.43 Z 5/10/2009 ROBERT SMITH
PNA: 1:06.01 P 3/6/2005 GARY CHASE

1	Campen, Gary	67	Port Townsend Ma-PN	1:41.61
	48.88	52.73		

2	Walker, Thomas	65	Team Columbia At-PN	1:42.25
	50.66	51.59		
3	McKinlay, Michael	68	Downtown/Bellvu-PN	2:04.37
	57.56	1:06.81		

Men 65-69 200 Yard Backstroke

NATL: 2:18.14 N 5/10/2009 RICHARD BURNS
ZONE: 2:26.45 Z 5/1/2011 MICHAEL MCCOLLY
PNA: 2:26.45 P 5/1/2011 MICHAEL MCCOLLY

1	Walker, Thomas	65	Team Columbia At-PN	3:42.09
	54.03	56.90	57.73	53.43
2	McKinlay, Michael	68	Downtown/Bellvu-PN	4:20.76
	59.14	1:08.73	1:08.68	1:04.21

Men 65-69 50 Yard Breaststroke

NATL: 30.66 N 5/10/2009 PETER ANDERSEN
ZONE: 32.91 Z 5/18/1997 NICK TEMPLEMAN
PNA: 32.91 P 5/18/1997 NICK TEMPLEMAN

1	Peterson, Steve	65	Ymcapkc Sound Aq-PN	35.81
2	Frampton, Jim	65	Fins of the San-PN	37.61
3	Sawyer, Dennis	68	Bainbridge Aquat-PN	37.62
4	Campen, Gary	67	Port Townsend Ma-PN	51.85
5	McKinlay, Michael	68	Downtown/Bellvu-PN	1:13.19

Men 65-69 100 Yard Breaststroke

NATL: 1:07.63 N 4/17/2011 ROBERT STRAND
ZONE: 1:13.78 Z 5/18/1997 NICK TEMPLEMAN
PNA: 1:13.78 P 5/18/1997 NICK TEMPLEMAN

1	Peterson, Steve	65	Ymcapkc Sound Aq-PN	1:17.81
	37.19	40.62		
2	Sawyer, Dennis	68	Bainbridge Aquat-PN	1:22.69
	39.99	42.70		
3	Frampton, Jim	65	Fins of the San-PN	1:25.42
	40.35	45.07		

Men 65-69 200 Yard Breaststroke

NATL: 2:30.17 N 5/1/2011 ROBERT STRAND
ZONE: 2:47.50 Z 5/18/1997 NICK TEMPLEMAN
PNA: 2:47.50 P 5/18/1997 NICK TEMPLEMAN

1	Peterson, Steve	65	Ymcapkc Sound Aq-PN	2:51.38
	39.77	43.77	44.77	43.07
2	Sawyer, Dennis	68	Bainbridge Aquat-PN	3:07.21
	42.94	47.45	48.78	48.04
3	Frampton, Jim	65	Fins of the San-PN	3:11.42
	42.15	48.33	50.08	50.86

Men 65-69 50 Yard Butterfly

NATL: 24.94 N 5/22/2010 RICHARD ABRAHAMS
ZONE: 27.91 Z 5/20/2007 BERT PETERSEN
PNA: 30.55 P 4/11/2009 SONNY GARRETT

1	Frampton, Jim	65	Fins of the San-PN	34.73
2	Kimball, Hugh	65	Greenlake Aquadu-PN	38.61
3	Olson, Oley	66	Blue Wave Aquati-PN	42.32

Men 65-69 200 Yard Butterfly

NATL: 2:23.38 N 2/14/2010 ROBERT POILETMAN
ZONE: 3:01.94 Z 5/20/2001 DICK SLAWSON
PNA: 3:16.21 P 1/20/2007 MICHAEL NORDBY

1	Smith, William	67	South Sound Mast-PN	4:00.41
	47.38	57.81	1:07.29	1:07.93

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Men 65-69 100 Yard IM

NATL: 1:00.32 N 5/23/2010 **RICHARD ABRAHAMAS**
ZONE: 1:06.23 Z 5/4/2008 **TOM LANDIS**
PNA: 1:09.97 P 4/10/2005 **GARY CHASE**

1	Peterson, Steve	65	Ymcapkc Sound Aq-PN	1:14.63
	36.57	38.06		
2	Frampton, Jim	65	Fins of the San-PN	1:19.43
	37.41	42.02		
3	Sawyer, Dennis	68	Bainbridge Aquat-PN	1:22.62
	40.44	42.18		
4	Kimball, Hugh	65	Greenlake Aquadu-PN	1:28.47
	43.34	45.13		
5	Olson, Oley	66	Blue Wave Aquati-PN	1:34.95
	45.17	49.78		

Men 65-69 200 Yard IM

NATL: 2:20.31 N 5/22/2010 **RICHARD BURNS**
ZONE: 2:26.55 Z 4/13/2008 **TOM LANDIS**
PNA: 2:30.73 P 5/1/2011 **MICHAEL MCCOLLY**

1	Peterson, Steve	65	Ymcapkc Sound Aq-PN	2:42.14
	36.70	43.72	45.35 36.37	
2	Frampton, Jim	65	Fins of the San-PN	2:58.18
	37.60	46.82	50.04 43.72	
3	Walker, Thomas	65	Team Columbia At-PN	3:52.70
	55.27	56.52	1:11.92 48.99	

Men 65-69 400 Yard IM

NATL: 5:12.42 N 5/21/2010 **RICHARD BURNS**
ZONE: 5:19.23 Z 5/20/2007 **TOM LANDIS**
PNA: 5:21.16 P 5/1/2011 **MICHAEL MCCOLLY**

1	Smith, William	67	South Sound Mast-PN	7:34.87
	47.16	57.28	1:03.30 1:03.32	
	58.23	1:01.00	52.46 52.12	
2	Walker, Thomas	65	Team Columbia At-PN	8:27.20
	1:01.75	1:10.66	1:03.37 58.43	
	1:15.96	1:13.70	55.20 48.13	

Men 70-74 50 Yard Freestyle

NATL: 24.13 N 5/4/2008 **JEFF FARRELL**
ZONE: 27.03 Z 5/20/2007 **DAVID RADCLIFF**
PNA: 28.52 P 4/29/1990 **ANDREW HOLDEN**

1	Winn, Hugh	70	Port Townsend Ma-PN	33.68
2	Cook, Herb	70	Sequim Aquatic R-PN	35.14
3	Davis, Bob	70	Washington Athle-PN	36.71
4	Summers, David	72	Unattached-PN	44.48

Men 70-74 100 Yard Freestyle

NATL: 56.05 N 5/4/2008 **JEFF FARRELL**
ZONE: 59.21 Z 5/20/2007 **DAVID RADCLIFF**
PNA: 1:04.65 P 4/29/1990 **ANDREW HOLDEN**

1	Winn, Hugh	70	Port Townsend Ma-PN	1:15.95
	35.78	40.17		
2	Cook, Herb	70	Sequim Aquatic R-PN	1:22.68
	39.13	43.55		

Men 70-74 200 Yard Freestyle

NATL: 2:09.57 N 5/20/2001 **GRAHAM JOHNSTON**
ZONE: 2:09.83 Z 5/20/2007 **DAVID RADCLIFF**
PNA: 2:17.86 P 5/16/1999 **ROBERT MILLER**

1	Winn, Hugh	70	Port Townsend Ma-PN	2:43.58
	37.95	41.68	42.00 41.95	
2	Cook, Herb	70	Sequim Aquatic R-PN	3:03.03
	41.45	46.14	47.27 48.17	
3	Davis, Bob	70	Washington Athle-PN	3:07.30
	40.62	48.40	49.64 48.64	

Men 70-74 500 Yard Freestyle

NATL: 5:51.37 N 5/20/2001 **GRAHAM JOHNSTON**
ZONE: 5:57.07 Z 5/20/2007 **DAVID RADCLIFF**
PNA: 6:16.89 P 5/16/1999 **ROBERT MILLER**

1	Winn, Hugh	70	Port Townsend Ma-PN	7:12.44
	39.41	43.22	44.66 45.09	
	44.94	44.37	44.02 43.21	
	43.15	40.37		
2	Cook, Herb	70	Sequim Aquatic R-PN	8:29.34
	45.42	49.04	51.39 51.79	
	51.70	51.46	52.66 52.42	
	52.75	50.71		

Men 70-74 1000 Yard Freestyle

NATL: 12:19.05 N 5/20/2001 **GRAHAM JOHNSTON**
ZONE: 12:24.51 Z 5/20/2007 **DAVID RADCLIFF**
PNA: 13:52.50 P 4/8/2001 **THOMAS TAYLOR**

1	Winn, Hugh	70	Port Townsend Ma-PN	14:50.92
	39.62	43.50	45.32 45.33	
	45.07	45.56	45.23 45.54	
	45.97	45.20	45.42 45.00	
	45.13	44.65	44.20 45.33	
	44.45	44.86	43.50 42.04	

Men 70-74 1650 Yard Freestyle

NATL: 20:29.18 N 5/20/2001 **GRAHAM JOHNSTON**
ZONE: 20:53.73 Z 4/21/2006 **DAVID RADCLIFF**
PNA: 22:56.78 P 5/20/2001 **THOMAS TAYLOR**

1	Nordby, Michael	70	North End Otters-PN	25:34.63
	42.34	46.72	47.48 47.23	
	46.63	46.41	46.24 46.36	
	46.83	46.40	46.33 46.55	
	46.44	46.42	46.22 46.56	
	46.69	46.86	45.93 46.34	
	46.84	46.37	47.02 47.17	
	47.07	47.00	47.20 46.56	
	46.78	47.00	46.09 47.04	45.51

Men 70-74 50 Yard Backstroke

NATL: 30.25 N 4/25/2004 **YOSHI OYAKAWA**
ZONE: 33.30 Z 1/29/2011 **CHRIS HIATT**
PNA: 36.37 P 4/29/1990 **ANDREW HOLDEN**

1	Cook, Herb	70	Sequim Aquatic R-PN	45.11
2	Lamb, Charles	72	Sequim Aquatic R-PN	51.24

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Men 70-74 100 Yard Backstroke

NATL: 1:06.83 N 4/25/2004 YOSHI OYAKAWA
 ZONE: 1:14.06 Z 5/16/1999 ROBERT MILLER
 PNA: 1:14.06 P 5/16/1999 ROBERT MILLER

1 Lamb, Charles 72 Sequim Aquatic R-PN 1:53.01
 54.58 58.43

Men 70-74 200 Yard Backstroke

NATL: 2:28.11 N 5/18/2003 BURWELL JONES
 ZONE: 2:37.63 Z 5/16/1999 ROBERT MILLER
 PNA: 2:37.63 P 5/16/1999 ROBERT MILLER

1 Nordby, Michael 70 North End Otters-PN 3:03.41
 43.67 45.58 47.51 46.65

Men 70-74 50 Yard Breaststroke

NATL: 33.19 N 4/22/2001 JOHN KORTHEUER
 ZONE: 37.05 Z 5/18/2003 RON TAYLOR
 PNA: 37.15 P 5/20/2001 THOMAS TAYLOR

1 Truong, Dominique 73 Unattached-PN 42.35
 2 Lamb, Charles 72 Sequim Aquatic R-PN 49.04

Men 70-74 100 Yard Breaststroke

NATL: 1:15.24 N 4/22/2001 JOHN KORTHEUER
 ZONE: 1:24.31 Z 5/20/2001 THOMAS TAYLOR
 PNA: 1:24.31 P 5/20/2001 THOMAS TAYLOR

1 Truong, Dominique 73 Unattached-PN 1:40.37
 46.16 54.21
 2 Lamb, Charles 72 Sequim Aquatic R-PN 1:48.10
 50.58 57.52

Men 70-74 50 Yard Butterfly

NATL: 29.17 N 3/30/2008 DAVID COSTILL
 ZONE: 29.38 Z 1/31/2009 BERT PETERSEN
 PNA: 32.49 P 4/29/1990 ANDREW HOLDEN

1 Davis, Bob 70 Washington Athle-PN 46.46
 2 Summers, David 72 Unattached-PN 58.20

Men 70-74 100 Yard IM

NATL: 1:06.94 N 5/4/2008 JEFF FARRELL
 ZONE: 1:13.19 Z 5/16/1999 ROBERT MILLER
 PNA: 1:13.19 P 5/16/1999 ROBERT MILLER

--- Lamb, Charles 72 Sequim Aquatic R-PN DQ
 Shoulders not at or past vertical towards breast off the wall - breast
 55.52 52.39

Men 70-74 200 Yard IM

NATL: 2:29.92 N 2/23/2008 DAVE COSTILL
 ZONE: 2:43.52 Z 5/16/1999 ROBERT MILLER
 PNA: 2:43.52 P 5/16/1999 ROBERT MILLER

1 Nordby, Michael 70 North End Otters-PN 3:11.16
 43.20 48.46 55.70 43.80

Men 75-79 100 Yard Freestyle

NATL: 58.68 N 5/10/2009 DAVID RADCLIFF
 ZONE: 58.68 Z 5/10/2009 DAVID RADCLIFF
 PNA: 1:14.24 P 5/20/2007 ROBERT DORSE

--- King, Bill 78 Oregon Masters-OR X1:21.47
 39.96 41.51

Men 75-79 200 Yard Freestyle

NATL: 2:08.77 N 5/10/2009 DAVID RADCLIFF
 ZONE: 2:08.77 Z 5/10/2009 DAVID RADCLIFF
 PNA: 2:35.93 P 4/10/2005 BOB MILLER

--- King, Bill 78 Oregon Masters-OR X3:06.12
 41.66 45.37 49.61 49.48

Men 75-79 1000 Yard Freestyle

NATL: 12:20.59 N 5/10/2009 DAVID RADCLIFF
 ZONE: 12:20.59 Z 5/10/2009 DAVID RADCLIFF
 PNA: 14:09.71 P 4/10/2005 BOB MILLER

--- King, Bill 78 Oregon Masters-OR X18:26.10
 48.15 52.24 54.57 54.27
 53.68 55.36 54.33 57.43
 56.70 57.82 57.51 56.07
 57.17 56.91 59.41 58.98
 53.53 51.76 55.81 54.40

Men 80-84 50 Yard Freestyle

NATL: 29.25 N 4/10/2005 FRANK PIEMME
 ZONE: 31.56 Z 5/16/1999 ANDREW HOLDEN
 PNA: 37.54 P 4/10/1994 GENE CROSSETT

1 Dorse, Robert 80 Tigers-PN 35.70P

Men 80-84 100 Yard Freestyle

NATL: 1:09.04 N 2/12/2005 FRANK PIEMME
 ZONE: 1:11.89 Z 5/16/1999 ANDREW HOLDEN
 PNA: 1:25.34 P 1/30/2009 HARVEY PROSSER

1 Dorse, Robert 80 Tigers-PN 1:22.83P
 39.99 42.84

Men 80-84 50 Yard Butterfly

NATL: 35.10 N 3/6/2005 FRANK PIEMME
 ZONE: 36.46 Z 5/16/1999 ANDREW HOLDEN
 PNA: 46.82 P 4/10/1988 JIM PENFIELD

1 Dorse, Robert 80 Tigers-PN 53.71

Men 80-84 100 Yard IM

NATL: 1:22.75 N 3/6/2005 FRANK PIEMME
 ZONE: 1:26.72 Z 4/9/2000 ANDREW HOLDEN
 PNA: 1:40.18 P 5/22/1988 JIM PENFIELD

1 Dorse, Robert 80 Tigers-PN 1:46.14
 52.11 54.03

Men 80-84 200 Yard IM

NATL: 3:10.28 N 4/10/2005 FRANK PIEMME
 ZONE: 3:21.39 Z 4/9/2000 ANDREW HOLDEN
 PNA: 4:14.75 P 5/22/1988 JIM PENFIELD

1 Dorse, Robert 80 Tigers-PN 4:06.08P
 55.72 1:12.45 1:10.44 47.47

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Women 18+ 200 Yard Freestyle Relay

NATL: 1:36.25 N 5/18/2003 SAN DIEGO

K PIPES-NEILSEN, H DEFELICE, A FROGLEY, A TERRY

ZONE: 1:43.57 Z 5/10/2009 PNA

L DAHL, A DOWDLE, T COULTER, S PIERCE

PNA: 1:43.57 P 5/10/2009 PNA

L DAHL, A DOWDLE, T COULTER, S PIERCE

1	Lake Washington-PN	A	1:42.72Z
	1) Dinkel, Paloma W24	2) Hall, Tina W37	
	3) Oram, Lindsey W26	4) Matlock, Shannon W34	
	24.32 25.81	26.88 25.71	
2	South Sound Mast-PN	A	1:51.48
	1) Sawyer, Sheri W48	2) Heryford, Julianne W21	
	3) Vander Haegen, Geraldine W44	4) Werner, Haleigh W43	
	30.79 26.92	28.41 25.36	
3	Blue Wave Aquati-PN	A	1:54.76
	1) Cox, Miranda W24	2) Bettencourt, Celeste W23	
	3) Sherwood, Tamra W28	4) Casey, Shannon W34	
	29.06 26.04	30.55 29.11	
4	Ymcapkc Sound Aq-PN	A	1:57.38
	1) Pearson, Angela W20	2) Kolp, Allison W31	
	3) Trowbridge, Michelle W38	4) Arkell, Katy W30	
	29.17 26.84	32.08 29.29	
5	Husky Masters-PN	A	2:04.39
	1) Braggin, Jacquelyn W25	2) Van Zanten, Samantha W26	
	3) Harris, Amy W45	4) Winans, Amanda W29	
	37.64 30.83	28.54 27.38	

Women 18+ 200 Yard Medley Relay

NATL: 1:48.84 N 5/23/2010 CLEMSON

C SEED, S CEFALU, S PORRI, L SINDALL

ZONE: 1:57.12 Z 5/23/2010 PNA

T A COULTER, L SHTIKEL, C B SWITAJ, J KLOVDAHL

PNA: 1:57.12 P 5/23/2010 PNA

T A COULTER, L SHTIKEL, C B SWITAJ, J KLOVDAHL

1	Lake Washington-PN	A	2:01.51
	1) Ashmann, Chericka W38	2) Dinkel, Paloma W24	
	3) Matlock, Shannon W34	4) Hall, Tina W37	
	35.34 30.53	29.17 26.47	
2	Blue Wave Aquati-PN	A	2:08.33
	1) Casey, Shannon W34	2) Adams, Morgan W27	
	3) Cox, Miranda W24	4) Bettencourt, Celeste W23	
	33.66 37.34	31.30 26.03	
3	Husky Masters-PN	A	2:17.46
	1) Hernandez, Elizabeth W22	2) Harris, Amy W45	
	3) Van Zanten, Samantha W26	4) Braggin, Jacquelyn W25	
	37.21 42.00	29.17 29.08	
4	Western Washingt-PN	A	2:20.84
	1) FitzGerald, Erin W20	2) Divilbiss, Madison W19	
	3) Olson, Geneva W19	4) Lowder, Kaitlyn W19	
	35.75 41.98	35.13 27.98	
5	Lake Washington-PN	C	2:47.22
	1) Sears, Sharon W53	2) Underbrink, Mary W52	
	3) Shafer, Sarah W23	4) Ohlson, Michelle W30	
	45.46 49.34	41.52 30.90	

Women 25+ 200 Yard Freestyle Relay

NATL: 1:35.40 N 5/3/2008 SMU MASTERS

D DIEZI, L HOLT, M CHOW, K MCCLELLAND

ZONE: 1:43.13 Z 4/25/2004 PNA

T SIMSAK, R SMITH, E BURGMAN, L DAHL

PNA: 1:43.13 P 4/25/2004 PNA

T SIMSAK, R SMITH, E BURGMAN, L DAHL

1	Greenlake Aquadu-PN	A	1:53.25
	1) Wetstone, Susan W38	2) Tomtan-Brayman, Brenda W38	
	3) Tourigny, Brittany W28	4) Berg, Tonya W53	
	27.22 27.43	28.04 30.56	
2	Blue Wave Aquati-PN	B	1:56.09
	1) Courtney, Zena W52	2) Kors, Alicia W26	
	3) Mesler, Jennifer W41	4) Adams, Morgan W27	
	28.63 29.89	29.63 27.94	
3	Downtown/Bellevu-PN	A	1:56.51
	1) Bennett, Sara W32	2) Linder, Kimberly W26	
	3) Cruze, Jennifer W33	4) Chamberlin, Melissa W31	
	29.05 29.07	32.22 26.17	
4	Ohana Swim Team-PN	A	1:59.53
	1) Garrison, Abigail W25	2) Antilla, Kristine W43	
	3) Speir, Kris W48	4) Minehan, Jill W25	
	29.95 32.55	31.12 25.91	
5	Mukilteo YMCA-PN	A	2:06.03
	1) Polidori, Wendy W42	2) Lasley, Stacey W40	
	3) Spaulding, Courtney W30	4) Watson, Karen W47	
	28.78 29.92	27.28 40.05	
6	Blue Wave Aquati-PN	C	2:20.83
	1) Holt, Megan W41	2) Mahar, Rachel W34	
	3) Foster, Mary W52	4) Elkington, Colleen W51	
	33.50 30.86	37.50 38.97	
---	Lake Washington-PN	B	DQ
	Early take-off swimmer #4		
	1) Enright, Jill W48	2) Sullivan, Suna W45	
	3) Ashmann, Chericka W38	4) Patashnik, Maxima W25	
	31.82 29.75	29.52 27.96	

Women 25+ 200 Yard Medley Relay

NATL: 1:45.01 N 5/4/2008 SMU

L, K MCCLELLAND, L HOLT, D DIEZI

ZONE: 1:55.29 Z 4/10/1999 OREG

M DONAHUE, M HASLACH, F, K HAKANSON

PNA: 2:00.39 P 3/14/2004 PNA

R HUKKANEN, C NORDBERG, A HARRIS, J BARASHKOFF

1	Greenlake Aquadu-PN	A	2:03.94
	1) Wetstone, Susan W38	2) Berg, Tonya W53	
	3) Tourigny, Brittany W28	4) Tomtan-Brayman, Brenda W38	
	30.13 35.80	30.26 27.75	
2	Ohana Swim Team-PN	A	2:12.56
	1) Garrison, Abigail W25	2) Antilla, Kristine W43	
	3) Minehan, Jill W25	4) Speir, Kris W48	
	34.17 40.23	26.91 31.25	
3	Blue Wave Aquati-PN	D	2:19.07
	1) Courtney, Zena W52	2) Gustafson, Coralie W55	
	3) Mesler, Jennifer W41	4) Postma, Kryss W32	
	31.79 43.37	35.09 28.82	

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(Women 25+ 200 Yard Medley Relay)

4 Mukilteo YMCA-PN	A	2:21.69
1) Polidori, Wendy W42	2) Spaulding, Courtney W30	
3) Marsh-Limm, Margo W44	4) Watson, Karen W47	
35.46	34.96	38.49
5 Blue Wave Aquati-PN	B	2:35.05
1) Mahar, Rachel W34	2) Ball, Laurie W54	
3) Wellock, Kim W34	4) Noffke, Wendy W39	
42.95	38.50	34.70
34.70	38.90	
6 Sequim Aquatic R-PN	A	2:39.48
1) Lubeck, Andrea W27	2) Keller, Dani W55	
3) McDonald, Taylor W31	4) Johnson, Barbara W62	
32.63	47.53	32.31
		47.01

Women 35+ 200 Yard Freestyle Relay

NATL: 1:36.90 N 5/18/2003 ROCKY MTN

A PETTIS SCOTT, K GARNIER, S VON DER LIPPE, C SAPP

ZONE: 1:40.10 Z 5/1/2011 PNA

S HART, H A WERNER, M C ARMSTRONG, L A DAHL

PNA: 1:40.10 P 5/1/2011 PNA

S HART, H A WERNER, M C ARMSTRONG, L A DAHL

1 Bainbridge Aquat-PN	A	2:07.79
1) Whitney, Jamie W47	2) Wilson, Andrea W43	
3) Carruthers, Kate W63	4) Lindley, Jane W50	
31.51	33.19	34.15
		28.94
2 Lake Washington-PN	C	2:08.03
1) Voss, Julie W48	2) Chapman, Linda W56	
3) Clarke, Heather W40	4) Jordan, Jill W48	
30.77	33.30	33.78
		30.18
3 South Sound Mast-PN	A	2:14.86
1) Morris, Kathy W56	2) Christy, Aimee W39	
3) Ellwanger, Kimberly W53	4) Reykdal, Kim W40	
42.88	29.54	33.89
		28.55

Women 35+ 200 Yard Medley Relay

NATL: 1:48.55 N 5/14/2006 COLORADO

S HART, S VON DER LIPPE, E CAMPBELL, K GARNIER

ZONE: 1:51.95 Z 5/1/2011 PNA

S HART, H A WERNER, L A DAHL, K S JETER

PNA: 1:51.95 P 5/1/2011 PNA

S HART, H A WERNER, L A DAHL, K S JETER

1 Bainbridge Aquat-PN	A	2:20.18
1) Hegarty, Laura W41	2) Carruthers, Kate W63	
3) Bullock, Sarah W46	4) Lindley, Jane W50	
37.53	43.25	29.87
		29.53
2 Lake Washington-PN	B	2:27.66
1) Sullivan, Suna W45	2) Chapman, Linda W56	
3) Jordan, Jill W48	4) Carter, Brenda W44	
37.94	40.71	34.65
		34.36
3 South Sound Mast-PN	A	2:29.81
1) Cubberly, Annie W59	2) Vander Haegen, Geraldine W44	
3) Kassen, Elizabeth W60	4) Sawyer, Sheri W48	
42.31	38.85	38.30
		30.35
4 North End Otters-PN	B	2:52.81
1) Hope, Carolyn W41	2) Burris, Mary W46	
3) Tousignant, Andrea W47	4) Collins, Deirdre W50	
42.10	48.00	46.06
		36.65

Women 45+ 200 Yard Freestyle Relay

NATL: 1:40.44 N 4/30/2011 COLORADO

K GARNIER, C SAPPEY, A SCOTT-KUBE, S DER LIPPE

ZONE: 1:44.11 Z 5/23/2010 OREG

V JENKINS, A DELMAGE, M CASWELL, K

PNA: 1:45.48 P 5/17/2002 PNA

J MOORE, C DAVIS, D GLASSMAN, M LIPPOLD

1 Blue Wave Aquati-PN	D	2:07.41
1) Menkens, Michelle W55	2) Ball, Laurie W54	
3) Hickel, Jessie W53	4) Marrs, Susan W46	
30.83	31.83	33.93
		30.82
--- North End Otters-PN	A	DQ
Early take-off swimmer #4		
1) Tousignant, Andrea W47	2) Burris, Mary W46	
3) Collins, Deirdre W50	4) Keeney, Linda W58	
37.00	40.46	38.69
		41.33

Women 55+ 200 Yard Freestyle Relay

NATL: 1:53.58 N 4/9/2011 GOLD

P MCDONNELL, B PROTZMAN, D OGIER, P SARGEANT

ZONE: 1:53.73 Z 5/1/2011 PNA

M B LIPPOLD, S PRESSLER, D A GLASSMAN, C M DAVIS

PNA: 1:53.73 P 5/1/2011 PNA

M B LIPPOLD, S PRESSLER, D A GLASSMAN, C M DAVIS

1 Blue Wave Aquati-PN	E	2:36.13
1) Duggan, Pat W58	2) Blackburn, Jean W60	
3) Moore, Jane W61	4) Williams, Judy W64	
39.88	33.85	44.18
		38.22
2 Sequim Aquatic R-PN	A	2:44.87
1) Speser, Nancy W55	2) Johnson, Barbara W62	
3) Keller, Dani W55	4) Monro-Lamb, Jean W59	
37.63	49.32	43.50
		34.42

Women 55+ 200 Yard Medley Relay

NATL: 2:08.83 N 2/26/2011 GOLD

M HUGHES, P MCDONNELL, B PROTZMAN, P SARGEANT

ZONE: 2:12.05 Z 5/1/2011 PNA

C M DAVIS, L CHAPMAN, D A GLASSMAN, M B LIPPOLD

PNA: 2:12.05 P 5/1/2011 PNA

C M DAVIS, L CHAPMAN, D A GLASSMAN, M B LIPPOLD

1 North End Otters-PN	A	3:29.12
1) Getzendaner, Janet W71	2) Kavadas, Janet W81	
3) Lippold, Mary W56	4) Goldov, Nancy W55	
51.63	1:25.36	33.76
		38.37
--- Blue Wave Aquati-PN	C	DQ
Stroke Infraction swimmer #1: Shoulders past vertical toward breast - back		
1) Duggan, Pat W58	2) Williams, Judy W64	
3) Blackburn, Jean W60	4) Moore, Jane W61	
55.95	47.58	40.21
		44.44

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Men 18+ 200 Yard Freestyle Relay

NATL: 1:18.32 N 5/22/2010 NORTH CAROLINA

N BRUNELLI, C JONES, N WESTBY, J SKUBA

ZONE: 1:27.86 Z 4/26/1992 MACO

J KEPPELER, D BURLESON, J KINGERY, D MARSHALL

PNA: 1:29.47 P 4/13/2003 PNA

M DELANEY, R HOWELLS, W CANN, K

1	Lake Washington-PN	A	1:28.38P
	1) Chapman, Chris M25	2) Peart, Thomas M24	
	3) Stack, Ned M52	4) Yung, Cejih M26	
	21.54 21.99	22.07 22.78	
2	Blue Wave Aquati-PN	A	1:33.65
	1) Hielt, Jonathan M24	2) Brayman, Brook M35	
	3) Stetzler, Andy M25	4) Nordyke, Brent M36	
	23.23 24.03	23.38 23.01	
3	Lake Washington-PN	B	1:35.20
	1) Postetter, David M25	2) Chapman, Andy M18	
	3) Romano, Guillermo M21	4) Conroy, Chris M26	
	24.17 24.50	23.81 22.72	
4	Orca Swim Club-PN	A	1:41.41
	1) Robertson, Ryan M25	2) Bonavia, Aurelio M41	
	3) Lasersohn, Jim M47	4) Brooks, Kevin M20	
	25.02 26.64	26.23 23.52	

Men 18+ 200 Yard Medley Relay

NATL: 1:30.47 N 5/23/2010 GEORGIA

N COPELAND, S JOYCE, P VERHOEF, P BUREN

ZONE: 1:40.10 Z 4/9/1995 PNA

A CAPRON, T DOUGHERTY, J BRADEN, J SIEGAL

PNA: 1:40.10 P 4/9/1995 PNA

A CAPRON, T DOUGHERTY, J BRADEN, J SIEGAL

1	Lake Washington-PN	B	1:41.58
	1) Postetter, David M25	2) Conroy, Chris M26	
	3) Romano, Guillermo M21	4) Peart, Thomas M24	
	27.49 27.89	24.86 21.34	
2	Blue Wave Aquati-PN	A	1:46.60
	1) Brayman, Brook M35	2) Hielt, Jonathan M24	
	3) Bush, Gabe M34	4) Stetzler, Andy M25	
	29.30 26.90	26.99 23.41	
3	Western Washingt-PN	A	1:58.62
	1) Grigas, Garrett M21	2) Alcantar, Eduardo M19	
	3) Whitefield, Benjamin M22	4) Shelnut, Daniel M19	
	32.81 32.93	28.38 24.50	
4	Husky Masters-PN	A	2:02.60
	1) O'Hern, David M28	2) Nelson, Kirk M41	
	3) Loustau, Justin M18	4) Burge, John M61	
	30.31 31.58	29.26 31.45	
5	Lake Washington-PN	F	2:08.12
	1) Scott, Michael M25	2) Miller, Aaron M28	
	3) Chapman, Andy M18	4) Greisen, Doug M39	
	40.02 35.94	25.41 26.75	

Men 25+ 200 Yard Freestyle Relay

NATL: 1:21.82 N 5/22/2010 CLEMSON AQUATIC

LASTI, B MACLENNAN, B HERRINGTON, A SCHEERHORN

ZONE: 1:28.11 Z 5/10/1998 UTAH

J HUGHES, E HANSEN, J FROHLICH, E CRANKSHAW

PNA: 1:30.22 P 4/11/2009 PNA

K NELSON, S POLUCHA, A KROLL, B WISNIEWSKI

1	Lake Washington-PN	C	1:33.26
	1) Busch, Ralph M55	2) van Velthuyzen, Johnny M33	
	3) Nygren, Mats M45	4) Polucha, Steve M30	
	24.53 23.22	22.93 22.58	
2	Ymcapkc Sound Aq-PN	A	1:38.40
	1) Seibert, Richard M47	2) Ladd, Corbyn M28	
	3) Lunday, Aaron M31	4) Tate, Richard M32	
	24.88 24.30	25.88 23.34	
3	Blue Wave Aquati-PN	B	1:39.11
	1) Kors, Dalin M30	2) Bush, Gabe M34	
	3) Knittle, Brian M38	4) Flury, Walter M48	
	24.81 25.32	23.36 25.62	
4	Mukilteo YMCA-PN	A	1:43.25
	1) Kanev, Teodor M29	2) Dodds, Joel M49	
	3) Stevens, Mike M49	4) Thorson, Dan M42	
	25.12 23.70	27.28 27.15	
5	Downtown/Bellevu-PN	A	1:47.01
	1) Larsen, Peter M25	2) Hartman, Robert M34	
	3) Gilmore, Robert M42	4) Reppas, Troy M30	
	23.75 27.72	26.25 29.29	
6	Greenlake Aquadu-PN	A	1:51.61
	1) Urquhart, Mark M37	2) Tourigny, David M32	
	3) Harrylock, Thomas M50	4) West, John M58	
	23.07 24.88	32.30 31.36	
7	Sequim Aquatic R-PN	A	1:59.69
	1) Keller, John M55	2) Bernhoft, Erik M28	
	3) Ridle, Jason M37	4) Lamb, Charles M72	
	28.70 39.98	27.28 23.73	

Men 25+ 200 Yard Medley Relay

NATL: 1:31.43 N 5/23/2010 CLEMSON

J JOHNSON, B MACLENNAN, LASTI, A SCHEERHORN

ZONE: 1:37.23 Z 4/30/2000 UTAH

T THORUM, M WALTERS, E HANSEN, P HAYES

PNA: 1:41.69 P 4/5/1992 PNA

J CONNELLY, D BALDERSON, K DODGE, S SCHMIDT

1	Lake Washington-PN	A	1:40.05P
	1) Polucha, Steve M30	2) Yung, Cejih M26	
	3) Chapman, Chris M25	4) van Velthuyzen, Johnny M33	
	27.91 27.06	22.33 22.75	
2	Ymcapkc Sound Aq-PN	B	1:49.84
	1) Carlisle, Patrick M26	2) Tate, Richard M32	
	3) Ladd, Corbyn M28	4) Lunday, Aaron M31	
	29.26 27.96	26.58 26.04	
3	Mukilteo YMCA-PN	A	2:02.97
	1) Kanev, Teodor M29	2) Dodds, Joel M49	
	3) Thorson, Dan M42	4) Stevens, Mike M49	
	33.19 31.93	31.45 26.40	

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(Men 25+ 200 Yard Medley Relay)

4	Monroe YMCA Mast-PN	A	2:17.24
	1) Underbrink, Dan M55	2) Pablo, Hamber M26	
	3) Durban, Lars M54	4) Harai, Michael M49	
	37.53	19.27	1:02.17
5	Sequim Aquatic R-PN	A	2:19.16
	1) Keller, John M55	2) Lamb, Charles M72	
	3) Bernhoft, Erik M28	4) Ridle, Jason M37	
	37.82	48.95	29.17
			23.22
6	Orca Swim Club-PN	A	2:27.09
	1) Bourgeois, Daryl M25	2) Ikeda, Paul M52	
	3) Turcott, Michael M48	4) Cotton, Spencer M46	
	38.45	40.38	36.49
			31.77

Men 35+ 200 Yard Freestyle Relay

NATL: 1:23.32 N 5/29/2010 LONGHORN

T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN

ZONE: 1:30.58 Z 5/18/1997 OREG

J WALKER, A ARATA, D KNAUER, S GEORGE

PNA: 1:31.52 P 5/20/2007 PNA

J KEPPELER, T DOHERTY, D KAYS, K NELSON

1	Lake Washington-PN	D	1:40.37
	1) Smith, Bryan M44	2) Orr, Jay M53	
	3) Portelance, Doug M53	4) Colella, Rick M60	
	25.08	25.37	25.24
			24.68
2	Bainbridge Aquat-PN	A	1:42.39
	1) Goessman, JB M47	2) Baker, John M60	
	3) Rogers, Randy M53	4) Keppeler, John M44	
	25.17	27.33	26.45
			23.44
3	Husky Masters-PN	A	1:48.73
	1) Denton, Joe M40	2) Margrave, David M41	
	3) Burge, John M61	4) Nelson, Kirk M41	
	25.61	27.84	31.80
			23.48
4	Skagit Valley Ma-PN	A	2:05.16
	1) Ness, Kerry M42	2) Yarrow, Mike M50	
	3) Dahl, James M37	4) Kendrick, Jim M59	
	34.92	33.81	30.55
			25.88
---	South Sound Mast-PN	A	DQ
	Stroke Infraction swimmer #1: No touch on turn - free		
	1) Mason, Todd M46	2) Austin, Brandon M39	
	3) Neuhaus, Scott M57	4) Norman, Charles M45	
	32.05	25.66	27.24
			26.29

Men 35+ 200 Yard Medley Relay

NATL: 1:34.16 N 5/10/2009 LONGHORN

T BLESSING, T BARTEE, B BAILEY, M VAROZZA

ZONE: 1:44.57 Z 4/1/1984 OREG

R SMITH, A SMITH, D SMITH, K VON TAGEN

PNA: 1:45.26 P 5/1/2011 PNA

M URQUHART, T DOHERTY, K E NELSON, D E KAYS

1	Blue Wave Aquati-PN	B	1:49.57
	1) Knittle, Brian M38	2) Nordyke, Brent M36	
	3) Flury, Walter M48	4) Patterson, Tyler M45	
	28.44	27.29	27.51
			26.33
2	Lake Washington-PN	E	1:59.52
	1) Smith, Bryan M44	2) Pearson, Jay M50	
	3) Orr, Jay M53	4) Martin, Rob M46	
	29.88	34.58	29.10
			25.96

3	Blue Wave Aquati-PN	D	2:07.70
	1) Kennedy, Keith M49	2) Smith, Daniel M49	
	3) Comstock, Jaime M42	4) Cullen, Emmet M41	
	34.27	33.56	28.71
			31.16
4	Downtown/Bellevu-PN	A	2:08.69
	1) Espinosa, Leo M51	2) Timmons, Jack M51	
	3) Gilmore, Robert M42	4) Severns, Chris M50	
	33.80	37.32	27.87
			29.70
5	Blue Wave Aquati-PN	E	2:54.78
	1) Kreer, Ken M48	2) Nguyen, Dung M48	
	3) Havick, Paul M51	4) Brandt, Jason M37	
	52.99	51.40	34.42
			35.97

Men 45+ 200 Yard Freestyle Relay

NATL: 1:27.70 N 5/4/2008 ARIZONA

JOHN SMITH, AL JAEGER, PAUL HAFNER, PAUL SMITH

ZONE: 1:30.56 Z 5/20/2007 PNA

BRAD HERING, RICH LOUDON, JAY LEIGH, KARL WEISS

PNA: 1:30.56 P 5/20/2007 PNA

BRAD HERING, RICH LOUDON, JAY LEIGH, KARL WEISS

1	Lake Washington-PN	E	1:46.76
	1) Martin, Rob M46	2) Davis, Dwight M58	
	3) Pearson, Jay M50	4) Elander, Blair M50	
	26.57	27.51	26.83
			25.85
2	Blue Wave Aquati-PN	F	1:47.99
	1) Littlefield, Jim M51	2) Patterson, Tyler M45	
	3) Smith, Daniel M49	4) Kennedy, Keith M49	
	26.50	26.29	26.21
			28.99
3	Downtown/Bellevu-PN	C	1:50.48
	1) Espinosa, Leo M51	2) Severns, Chris M50	
	3) Florsheim, Alan M45	4) Smith, Matthew M55	
	25.32	26.75	29.51
			28.90
4	Bainbridge Aquat-PN	A	1:57.18
	1) Bickford, Mark M53	2) Derzon, Mike M46	
	3) Sawyer, Dennis M68	4) Voegtlen, Barney M63	
	29.73	26.63	32.37
			28.45
5	Blue Wave Aquati-PN	D	2:10.41
	1) Havick, Paul M51	2) Matthews, Scott M50	
	3) Souder, Christopher M46	4) Williams, Donald M58	
	30.13	30.06	38.43
			31.79
6	Blue Wave Aquati-PN	E	2:23.50
	1) Kreer, Ken M48	2) Nguyen, Dung M48	
	3) Anderson, Mark M55	4) Olson, Oley M66	
	39.98	39.06	29.73
			34.73

Men 45+ 200 Yard Medley Relay

NATL: 1:36.56 N 5/23/2010 GEORGIA

E ERICSON, C WEISSMAN, B BUGG, M ELLISON

ZONE: 1:43.23 Z 5/23/2010 OREG

D HATHAWAY, J CORBEAU, D BAKER, B SUMMERFIELD

PNA: 1:45.66 P 5/4/2008 PNA

M MCGOORTY, R JACKSON, L NALLI, V SWANSON

1	Lake Washington-PN	C	1:49.58
	1) Nygren, Mats M45	2) Praeger, Wade M49	
	3) Porter, Michael M45	4) Stack, Ned M52	
	27.30	32.94	27.45
			21.89

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(Men 45+ 200 Yard Medley Relay)

2	Lake Washington-PN	D	1:51.23
	1) Portelance, Doug M53	2) Colella, Rick M60	
	3) Cardwell, Alan M59	4) Lautman, Chris M57	
	27.87	29.48	28.03
			25.85
3	Ymcapkc Sound Aq-PN	A	1:58.39
	1) Hannula, Dave M58	2) Peterson, Steve M65	
	3) Seibert, Richard M47	4) Sugg, Stephen M56	
	28.65	35.48	26.80
			27.46
4	Bainbridge Aquat-PN	A	2:10.35
	1) Boleda, Orlando M57	2) Goessman, JB M47	
	3) Stafford, Rick M64	4) Bickford, Mark M53	
	37.05	31.77	33.09
			28.44
5	South Sound Mast-PN	A	2:24.76
	1) Bryan, Bret M55	2) Neuhaus, Scott M57	
	3) Lloyd, Howard M51	4) Davis, Dusty M57	
	41.40	36.94	33.34
			33.08

Men 55+ 200 Yard Freestyle Relay

NATL: 1:32.18 N 4/11/2009 OREGON

M TENNANT, D BROCKBANK, W EDWARDS, L PHILBRICK

ZONE: 1:32.18 Z 4/11/2009 OREG

M TENNANT, D BROCKBANK, W EDWARDS, L PHILBRICK

PNA: 1:39.47 P 5/1/2011 PNA

J A KENDRICK, A BELL, R COLELLA, D GRAHAM

1	Blue Wave Aquati-PN	G	1:51.41
	1) McCaffrey, Bill M61	2) Freeborn, Stephen M56	
	3) Durban, Eric M56	4) Lautman, Scott M59	
	28.49	27.44	28.53
			26.95
2	South Sound Mast-PN	B	2:18.79
	1) Davis, Dusty M57	2) Smith, William M67	
	3) Smith, Melvin M69	4) Bryan, Bret M55	
	34.79	34.41	41.39
			28.20

Men 55+ 200 Yard Medley Relay

NATL: 1:45.32 N 4/11/2009 OREGON

W EDWARDS, A STARK, L PHILBRICK, M TENNANT

ZONE: 1:45.32 Z 4/11/2009 OREG

W EDWARDS, A STARK, L PHILBRICK, M TENNANT

PNA: 1:49.26 P 5/1/2011 PNA

A BELL, R COLELLA, D GRAHAM, J A KENDRICK

---	Blue Wave Aquati-PN	C	DQ
	Stroke Infraction swimmer #2: Head did not break the surface by 15 meters -		
	1) Freeborn, Stephen M56	2) McCaffrey, Bill M61	
	3) Lautman, Scott M59	4) Durban, Eric M56	
	34.89	41.08	29.89
			29.05

Mixed 18+ 200 Yard Freestyle Relay

NATL: 1:29.18 N 5/21/2010 AUBURN

R HUGHEY, C HUGHEY, A HUGHEY, E EWING

ZONE: 1:34.22 Z 2/5/2011 PNA

K RICE, L TROYER, C ASHMANN, E VALLEY

PNA: 1:34.22 P 2/5/2011 PNA

K RICE, L TROYER, C ASHMANN, E VALLEY

1	Lake Washington-PN	A	1:35.28
	1) Matlock, Shannon W34	2) Dinkel, Paloma W24	
	3) Yung, Cejih M26	4) Peart, Thomas M24	
	25.60	24.27	23.13
			22.28

2	Blue Wave Aquati-PN	B	1:41.23
	1) Bettencourt, Celeste W23	2) Hielt, Jonathan M24	
	3) Cox, Miranda W24	4) Stetzler, Andy M25	
	26.15	22.79	28.55
			23.74
3	Ymcapkc Sound Aq-PN	A	1:45.02
	1) Tate, Richard M32	2) Pearson, Angela W20	
	3) Bruce, Robin W27	4) Hannula, Dave M58	
	23.65	28.04	30.13
			23.20
4	South Sound Mast-PN	A	1:49.96
	1) Sawyer, Sheri W48	2) Austin, Brandon M39	
	3) Heryford, Julianne W21	4) Norman, Charles M45	
	31.44	25.40	27.20
			25.92
5	Lake Washington-PN	D	1:50.68
	1) Jordan, Jill W48	2) Shafer, Sarah W23	
	3) Romano, Guillermo M21	4) Postetter, David M25	
	30.69	32.97	24.13
			22.89
6	Western Washingt-PN	A	1:50.78
	1) Grigas, Garrett M21	2) Anderson, Sydney W19	
	3) Divelbiss, Madison W19	4) Heller, Paul M19	
	24.39	30.18	28.63
			27.58
7	Husky Masters-PN	A	1:54.16
	1) O'Hern, David M28	2) Hernandez, Elizabeth W22	
	3) Braggin, Jacquelyn W25	4) Loustau, Justin M18	
	27.48	30.68	28.41
			27.59
8	North End Otters-PN	C	2:03.25
	1) Hyldahl, Caleb M19	2) Hope, Carolyn W41	
	3) Lippold, Mary W56	4) Colbeck, Pete M50	
	35.20	35.18	28.86
			24.01

Mixed 18+ 200 Yard Medley Relay

NATL: 1:39.06 N 4/30/2011 OLYMPIC CLUB

F, G MARSHALL, B BISHOP, S GREENWOOD

ZONE: 1:49.10 Z 5/18/1997 PNA

M, J LASERSOHN, M CURRAN, P MCCLUNG

PNA: 1:49.10 P 5/18/1997 PNA

M, J LASERSOHN, M CURRAN, P MCCLUNG

1	Lake Washington-PN	A	1:43.66Z
	1) Chapman, Chris M25	2) Yung, Cejih M26	
	3) Oram, Lindsey W26	4) Dinkel, Paloma W24	
	23.84	27.06	28.45
			24.31
2	Ymcapkc Sound Aq-PN	A	1:53.53
	1) Pearson, Angela W20	2) Tate, Richard M32	
	3) Hannula, Dave M58	4) Kolp, Allison W31	
	31.93	29.01	25.79
			26.80
3	Queen Anne Swim-PN	A	1:54.77
	1) Ulrickson, Matt M33	2) Chang, Marisa W24	
	3) Woare, Matthew M37	4) Man, Mary-Jane W25	
	25.01	34.00	27.11
			28.65
4	Lake Washington-PN	D	2:00.46
	1) Chapman, Andy M18	2) Patashnik, Maxima W25	
	3) Romano, Guillermo M21	4) Jordan, Jill W48	
	29.50	35.82	25.54
			29.60
5	Blue Wave Aquati-PN	A	2:00.89
	1) Brayman, Brook M35	2) Bettencourt, Celeste W23	
	3) Cox, Miranda W24	4) Stetzler, Andy M25	
	29.60	36.10	31.49
			23.70

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(Mixed 18+ 200 Yard Medley Relay)

6	Blue Wave Aquati-PN	B	2:01.17
	1) Postma, Krys W32	2) Hielt, Jonathan M24	
	3) Kors, Dalin M30	4) Sherwood, Tamra W28	
	36.76	28.02	26.43 29.96
7	Western Washingt-PN	A	2:09.55
	1) FitzGerald, Erin W20	2) Alcantar, Eduardo M19	
	3) Olson, Geneva W19	4) Whitefield, Benjamin M22	
	36.40	34.06	34.71 24.38
8	Husky Masters-PN	B	2:10.35
	1) Hernandez, Elizabeth W22	2) Ringstad, Brandon M20	
	3) Winans, Amanda W29	4) Denton, Joe M40	
	37.26	32.44	33.30 27.35
9	South Sound Mast-PN	A	2:13.67
	1) Bryan, Bret M55	2) Heryford, Julianne W21	
	3) Werner, Haleigh W43	4) Neuhaus, Scott M57	
	41.68	33.66	30.35 27.98
10	Lake Washington-PN	F	2:23.54
	1) Underbrink, Mary W52	2) Pearson, Jay M50	
	3) Orr, Jay M53	4) Shafer, Sarah W23	
	46.72	34.91	29.00 32.91

Mixed 25+ 200 Yard Freestyle Relay

NATL: 1:29.40 N 5/21/1990 S. CALAQUATIC

C PONTHER, D GRANER, K BUSH, P MCCLAFFERTY

ZONE: 1:34.91 Z 5/18/1997 PNA

S STONE, T SCHWERZLER, S BIRNIE, P MCCLUNG

PNA: 1:34.91 P 5/18/1997 PNA

S STONE, T SCHWERZLER, S BIRNIE, P MCCLUNG

1	Lake Washington-PN	B	1:40.19
	1) Chapman, Chris M25	2) Ashmann, Chericka W38	
	3) Conroy, Chris M26	4) Hall, Tina W37	
	21.49	29.95	22.69 26.06
2	Mukilteo YMCA-PN	A	1:44.21
	1) Polidori, Wendy W42	2) Kanev, Teodor M29	
	3) Dodds, Joel M49	4) Spaulding, Courtney W30	
	28.84	25.62	23.42 26.33
3	Blue Wave Aquati-PN	C	1:47.47
	1) Nordyke, Brent M36	2) Postma, Krys W32	
	3) Brayman, Brook M35	4) Mahar, Rachel W34	
	23.59	28.76	23.89 31.23
4	Sequim Aquatic R-PN	A	1:47.73
	1) Lubeck, Andrea W27	2) McDonald, Taylor W31	
	3) Bernhoft, Erik M28	4) Ridle, Jason M37	
	26.84	30.12	26.98 23.79
5	Greenlake Aquadu-PN	A	1:48.86
	1) Tourigny, David M32	2) Wetstone, Susan W38	
	3) Tomtan-Brayman, Brenda W38	4) Engelhardt, Carl M58	
	25.44	27.63	27.79 28.00
6	Blue Wave Aquati-PN	A	1:50.37
	1) Comstock, Jaime M42	2) Casey, Shannon W34	
	3) Adams, Morgan W27	4) Bush, Gabe M34	
	27.91	29.41	28.10 24.95
7	Downtown/Bellevu-PN	A	1:51.21
	1) Gilmore, Robert M42	2) Cruze, Jennifer W33	
	3) Larsen, Peter M25	4) Chamberlin, Melissa W31	
	26.33	31.94	26.14 26.80

Mixed 25+ 200 Yard Medley Relay

NATL: 1:37.19 N 4/30/2011 PHOENIX SWIM

N INADA, J COMMINGS, K SHORES, M MCCUE

ZONE: 1:47.04 Z 5/1/2011 PNA

T A COULTER, J MORIN, K E NELSON, H A WERNER

PNA: 1:47.04 P 5/1/2011 PNA

T A COULTER, J MORIN, K E NELSON, H A WERNER

1	Lake Washington-PN	B	1:51.58
	1) Hall, Tina W37	2) Conroy, Chris M26	
	3) Postetter, David M25	4) Matlock, Shannon W34	
	31.28	28.21	26.64 25.45
2	Blue Wave Aquati-PN	C	1:56.08
	1) Casey, Shannon W34	2) Nordyke, Brent M36	
	3) Adams, Morgan W27	4) Bush, Gabe M34	
	33.61	28.21	29.26 25.00
3	Mukilteo YMCA-PN	A	1:56.64
	1) Dodds, Joel M49	2) Spaulding, Courtney W30	
	3) Polidori, Wendy W42	4) Kanev, Teodor M29	
	27.25	32.85	31.62 24.92
4	Greenlake Aquadu-PN	A	1:58.47
	1) Tomtan-Brayman, Brenda W38	2) Tourigny, Brittany W28	
	3) Tourigny, David M32	4) Urquhart, Mark M37	
	33.25	34.04	28.51 22.67
5	Husky Masters-PN	A	1:58.89
	1) O'Hern, David M28	2) Braggin, Jacquelyn W25	
	3) Nelson, Kirk M41	4) Van Zanten, Samantha W26	
	29.53	36.76	26.05 26.55
6	Downtown/Bellevu-PN	A	2:01.28
	1) Bennett, Sara W32	2) Hartman, Robert M34	
	3) Larsen, Peter M25	4) Brooks, Kathleen W28	
	31.73	32.38	25.19 31.98
7	Lake Washington-PN	E	2:04.47
	1) Polucha, Steve M30	2) Voss, Julie W48	
	3) Smith, Bryan M44	4) Chapman, Linda W56	
	29.29	35.84	27.44 31.90
8	Downtown/Bellevu-PN	B	2:05.37
	1) Cruze, Jennifer W33	2) Espinosa, Leo M51	
	3) Nordberg, Carrie W36	4) Timmons, Jack M51	
	31.34	33.41	29.09 31.53
9	Lake Washington-PN	G	2:32.39
	1) Scott, Michael M25	2) Sears, Sharon W53	
	3) Clarke, Heather W40	4) Greisen, Doug M39	
	39.64	48.16	37.63 26.96

Mixed 35+ 200 Yard Freestyle Relay

NATL: 1:30.17 N 4/25/2004 ROCKY MTN

K GARNIER, S VON DER LIPPE, J SMITH, P SMITH

ZONE: 1:34.08 Z 5/18/1997 OREG

S LA PAY, G GODDARD, J WALKER, S GEORGE

PNA: 1:35.72 P 5/1/2011 PNA

D E KAYS, T DOHERTY, S HART, L A DAHL

1	Blue Wave Aquati-PN	D	1:48.04
	1) Courtney, Zena W52	2) Knittle, Brian M38	
	3) Mesler, Jennifer W41	4) Flury, Walter M48	
	28.51	23.13	30.50 25.90

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2	South Sound Mast-PN	B	1:59.21
	1) Vander Haegen, Geraldine W44	2) Bryan, Bret M55	
	3) Kassen, Elizabeth W60	4) Neuhaus, Scott M57	
	29.03 28.63	34.03 27.52	
3	Mukilteo YMCA-PN	B	2:04.09
	1) Thorson, Dan M42	2) Watson, Karen W47	
	3) Marsh-Limm, Margo W44	4) Stevens, Mike M49	
	27.49 39.60	30.33 26.67	
4	Bainbridge Aquat-PN	A	2:07.86
	1) Stafford, Rick M64	2) Hegarty, Laura W41	
	3) Carruthers, Kate W63	4) Voegtlen, Barney M63	
	30.47 33.23	41.56 22.60	
5	Blue Wave Aquati-PN	F	2:10.37
	1) Patterson, Tyler M45	2) Neely, Wendy W37	
	3) Kennedy, Keith M49	4) Noffke, Wendy W39	
	26.37 35.50	29.83 38.67	
6	Monroe YMCA Mast-PN	A	2:11.60
	1) Underbrink, Dan M55	2) Brumley, Sadie W35	
	3) Fordham, Jennifer W48	4) Durban, Lars M54	
	29.15 43.77	31.38 27.30	

Mixed 35+ 200 Yard Medley Relay

NATL: 1:39.85 N 5/22/2010 COLORADO

S HART, M EISENHUTH, C O'SULLIVAN, C SAPPEY

ZONE: 1:44.29 Z 5/1/2011 PNA

S HART, T DOHERTY, LA DAHL, D E KAYS

PNA: 1:44.29 P 5/1/2011 PNA

S HART, T DOHERTY, LA DAHL, D E KAYS

1	Lake Washington-PN	C	2:03.68
	1) Sullivan, Suna W45	2) Colella, Rick M60	
	3) Porter, Michael M45	4) Ashmann, Chericka W38	
	36.84 29.59	27.50 29.75	
2	Bainbridge Aquat-PN	A	2:04.38
	1) Keppeler, John M44	2) Goessman, JB M47	
	3) Wilson, Andrea W43	4) Lindley, Jane W50	
	26.27 30.91	38.06 29.14	
3	South Sound Mast-PN	B	2:05.30
	1) Reykdal, Kim W40	2) Austin, Brandon M39	
	3) Norman, Charles M45	4) Sawyer, Sheri W48	
	33.71 32.93	28.00 30.66	
4	Blue Wave Aquati-PN	F	2:05.91
	1) Mesler, Jennifer W41	2) Knittle, Brian M38	
	3) Flury, Walter M48	4) Marrs, Susan W46	
	34.67 30.20	27.85 33.19	
5	Greenlake Aquadu-PN	B	2:11.63
	1) Wetstone, Susan W38	2) Berg, Tonya W53	
	3) Harrylock, Thomas M50	4) Kimball, Hugh M65	
	30.20 36.42	32.06 32.95	
6	Mukilteo YMCA-PN	B	2:22.32
	1) Lasley, Stacey W40	2) Thorson, Dan M42	
	3) Stevens, Mike M49	4) Watson, Karen W47	
	37.25 36.88	29.07 39.12	
7	Middle Aged Marl-PN	A	2:23.09
	1) Magee, Katy W46	2) Coleman, Jan W51	
	3) Schaufler, Kirby M52	4) Lee, Michael M38	
	40.75 45.90	29.25 27.19	

8	Blue Wave Aquati-PN	I	2:29.58
	1) Neely, Wendy W37	2) Havick, Paul M51	
	3) Holt, Megan W41	4) Zellerhoff, Mark M42	
	40.12 41.12	37.96 30.38	
---	Monroe YMCA Mast-PN	A	DQ
	Stroke Infraction swimmer #1: Shoulders past vertical toward breast - back		
	1) McDaniel, Kathy W60	2) Harai, Michael M49	
	3) Underbrink, Dan M55	4) Quartararo, Patti W41	
	48.49 20.51	20.16 1:03.42	

Mixed 45+ 200 Yard Freestyle Relay

NATL: 1:34.48 N 5/4/2008 ARIZONA

J SMITH, M BAILEY, S ROLLINS, P SMITH

ZONE: 1:38.73 Z 5/23/2010 OREG

B SUMERFIELD, V JENKINS, K, D BROCKBANK

PNA: 1:39.99 P 5/17/2002 PNA

R JACOBS, M LIPPOLD, D GLASSMAN, D GRAHAM

1	Lake Washington-PN	C	1:50.42
	1) Chapman, Linda W56	2) Sullivan, Suna W45	
	3) Porter, Michael M45	4) Stack, Ned M52	
	33.12 30.15	25.16 21.99	
2	Bainbridge Aquat-PN	A	1:51.58
	1) Bullock, Sarah W46	2) Lindley, Jane W50	
	3) Bickford, Mark M53	4) Goessman, JB M47	
	28.30 29.42	28.75 25.11	
3	Blue Wave Aquati-PN	E	2:01.83
	1) Smith, Daniel M49	2) Gustafson, Coralie W55	
	3) Ball, Laurie W54	4) Freeborn, Stephen M56	
	26.90 34.89	32.59 27.45	
4	Lake Washington-PN	E	2:05.32
	1) Sears, Sharon W53	2) Underbrink, Mary W52	
	3) Orr, Jay M53	4) Cardwell, Alan M59	
	37.29 37.27	25.17 25.59	
5	Blue Wave Aquati-PN	G	2:12.87
	1) McCaffrey, Bill M61	2) Havick, Paul M51	
	3) Blackburn, Jean W60	4) Duggan, Pat W58	
	29.75 29.01	34.40 39.71	

Mixed 45+ 200 Yard Medley Relay

NATL: 1:44.02 N 5/4/2008 ARIZONA

J SMITH, G MILLS, S ROLLINS, M BAILEY

ZONE: 1:45.57 Z 5/23/2010 OREG

V JENKINS, J CORBEAU, D BAKER, K

PNA: 1:51.97 P 5/20/2007 PNA

ZENA COURTNEY, JON BACA, LISA DAHL, RONALD JACOBS

1	Blue Wave Aquati-PN	G	2:04.90
	1) Littlefield, Jim M51	2) Ball, Laurie W54	
	3) Smith, Daniel M49	4) Courtney, Zena W52	
	30.40 37.73	28.50 28.27	
2	North End Otters-PN	B	2:16.94
	1) Nordby, Michael M70	2) Colbeck, Pete M50	
	3) Dillan, Gloria W52	4) Davis, Charlotte W61	
	40.93 23.74	44.46 27.81	
3	Blue Wave Aquati-PN	D	2:17.54
	1) Freeborn, Stephen M56	2) Hickel, Jessie W53	
	3) Lautman, Scott M59	4) Menkens, Michelle W55	
	33.71 43.18	29.74 30.91	

2012 Steve Engel Memorial PNA Championship - 4/14/2012 to 4/15/2012
at Weyerhaeuser King County Aquatic Center, Sanction #: 362-05

Results

(Mixed 45+ 200 Yard Medley Relay)

4	Bainbridge Aquat-PN	A		2:25.71
	1) Whitney, Jamie W47	2) Baker, John M60		
	3) Boleda, Orlando M57	4) Kniginzky, Lisa W55		
	39.83	33.34	35.66	36.88
5	Blue Wave Aquati-PN	K		3:24.82
	1) Foster, Mary W52	2) Elkington, Colleen W51		
	3) Nguyen, Dung M48	4) Kreer, Ken M48		
	58.52	58.73	47.83	39.74

Mixed 55+ 200 Yard Freestyle Relay

NATL: 1:41.82 N 4/29/2011 PLANO

J GOODING, L MORRISON, K MACCURREDY, T BARTON

ZONE: 1:42.46 Z 5/1/2011 PNA

A BELL, D GRAHAM, M B LIPPOLD, C M DAVIS

PNA: 1:42.46 P 5/1/2011 PNA

A BELL, D GRAHAM, M B LIPPOLD, C M DAVIS

1	Port Townsend Ma-PN	A		2:17.27
	1) Norris, Jim M64	2) Bailey, Ann W56		
	3) Johnson, Janet W57	4) Winn, Hugh M70		
	33.12	35.83	34.07	34.25
2	Blue Wave Aquati-PN	H		2:21.06
	1) Moore, Jane W61	2) Williams, Judy W64		
	3) Durban, Eric M56	4) Lautman, Scott M59		
	44.78	38.88	29.18	28.22
3	South Sound Mast-PN	C		2:35.84
	1) Cubberly, Annie W59	2) Morris, Kathy W56		
	3) Smith, Melvin M69	4) Davis, Dusty M57		
	37.30	42.67	41.77	34.10

Mixed 55+ 200 Yard Medley Relay

NATL: 1:53.26 N 4/30/2011 PNA

D GRAHAM, R COLELLA, C DAVIS, M LIPPOLD

ZONE: 1:53.26 Z 5/1/2011 PNA

D GRAHAM, R COLELLA, C M DAVIS, M B LIPPOLD

PNA: 1:53.26 P 5/1/2011 PNA

D GRAHAM, R COLELLA, C M DAVIS, M B LIPPOLD

1	Blue Wave Aquati-PN	E		2:39.09
	1) McCaffrey, Bill M61	2) Williams, Donald M58		
	3) Blackburn, Jean W60	4) Duggan, Pat W58		
	35.08	46.88	36.00	41.13
2	Sequim Aquatic R-PN	A		2:40.16
	1) Cook, Herb M70	2) Keller, Dani W55		
	3) Keller, John M55	4) Monro-Lamb, Jean W59		
	45.44	48.09	31.04	35.59
3	Blue Wave Aquati-PN	H		2:43.25
	1) Moore, Jane W61	2) Williams, Judy W64		
	3) Durban, Eric M56	4) Anderson, Mark M55		
	55.32	46.60	31.54	29.79
---	Port Townsend Ma-PN	A		DQ
	Stroke Infraction swimmer #1: Multiple strokes past vertical at turn - back			
	1) Campen, Gary M67	2) Johnson, Janet W57		
	3) Bailey, Ann W56	4) Winn, Hugh M70		
	45.11	42.14	37.73	33.44

Combined Team Scores

Combined Team Scores - Through Event 24

1.	Blue Wave Aquatics	2655
2.	Lake Washington Masters	2622
3.	South Sound Masters Swimmers	1390
4.	Ymcapkc Sound Aquatic Swimmers	825
5.	Bainbridge Aquatic Masters	818
6.	Downtown/Bellevue Swim Team	749
7.	Greenlake Aquaducks	678
8.	Unattached	673
9.	North End Otters	634
10.	Husky Masters	595
11.	Sequim Aquatic Recreation Cent	562
12.	Mukilteo YMCA	533
13.	Western Washington University	490
14.	Orca Swim Club	361
15.	Port Townsend Master Swimmers	335
16.	Ohana Swim Team	314
17.	Monroe YMCA Masters	291
18.	Bellevue Club	278
19.	Queen Anne Swim Club	217
20.	Newport Hills Masters	165
21.	Central Area Aquatics Team	154
22.	Middle Aged Marlin Swimmers	133
23.	Team Columbia Athletic Clubs	120
24.	Logger Masters	100
25.	Issaquah Swim Team	98
26.	Skagit Valley Masters Swimming	96
27.	Pro Sports Club	89
28.	West Seattle YMCA Dolphins	87
29.	Fins of the San Juans	77
30.	Tigers	75
31.	Ft. Steilacoom	68
32.	Lynnwood Sharks	59
33.	Gig Harbor Old Swimmers Team	58
33.	South Whidbey Island Masters	58
35.	Samena Masters	50
36.	Gold's Eastside Masters	45
37.	Swim Seattle Redhawk Masters	40
38.	Bellingham Masters Swim Club	37
39.	Seattle Athletic Club	36
40.	Washington Athletic Club	33
41.	Northshore Y's Guys	21