

## WELCOME TO THE PSM GIVE IT A SHOT MEET!

Below is the final pre-meet info you need for the PSM Give It A Shot Meet coming up on Sunday, June 6.

Please READ everything as it will greatly help things go smoothly.

### COVID PROTOCOLS:

- **FACILITY ENTRY:** Everyone (swimmers, volunteers, and officials) will have their temp taken before initial entry into the facility.
- **MASKS:** Required when you aren't in the water. Bring a plastic bag in which you can stash your mask when you get to the blocks.
- **GENERAL WARM-UP:** WA state Phase 3 guidelines allow more than 4 swimmers per lane, so there will not be assigned lanes for general warm-up. Please do your best to NOT bunch up at the ends of the pool. 97% of the meet entrants are fully vaxed, but be respectful and give space.
- **CONTINUOUS WARM-UP DURING MEET:** Spread out in the FOUR available warm-up lanes, avoid bunching up at the ends of the lane. Exit the area promptly after finishing.
- **SPRINT LANES:** Approximately halfway through warm-up for Session 1 and Session 3, three sprint lanes will be opened: Lane 1 and Lane 3 (with swim back in Lane 2) and Lane 10 (with swim back in Lane 9). Do your best to maintain physical distancing when waiting in line for your sprints. Diving is allowed ONLY in designated sprint lanes.
- **TRAFFIC PATTERN:** We want to keep an overall counterclockwise traffic pattern around the pool. The goal is to minimize crossing paths as much as reasonably possible.
- **COMPETITION/STARTING:** Wait to approach the blocks until all the people in the heat before your heat have exited the pool and walked away from the starting area (counterclockwise 😊). There will be a chair available for your towel/mask/baggie/etc.
- **SEATING:** The bleachers will have blue tape marking 6' increments. Family groups can sit together.

### MEET INFO:

- **DOORS OPEN** at 8:30am. If you are helping with Set-Up come at your appointed time.
- **MEET BREAKS:** Session 1 and Session 3 will each have two ~12-minute breaks. **The exact length will depend on how the meet runs.** The goal is to finish Session 1 at noon and Session 3 at 4pm.
- **POSITIVE CHECK-IN:**
  - Session 1 500 Free: Check in by 10 AM
  - Session 2 1650 Free: Check in by 11:45 AM
  - Session 3 500 Free: Check in by 2 PM
- **HEAT SHEETS:**
  - PLEASE PRINT YOUR OWN HEAT SHEETS BEFORE THE MEET.
  - Heat Sheets will be posted, but none will be available for personal use.
- **RESULTS DURING THE MEET:** USMS has encouraged meet hosts to NOT post printed results (to avoid people gathering closely). Results will be emailed/posted after the meet. If we can connect to the facility wifi, results will be available on Meet Mobile during the meet. If you

can't see the scoreboard clock from the pool, ask a friend to get your time. Please don't get close to the lane timer to ask your time.

- **SPLIT REQUESTS:** Fill out a Split Request form if you want an intermediate split recorded. For extra assurance, provide two people to use stopwatches as a backup in case the touchpad fails.
- **NATIONAL RECORD ATTEMPTS:** Alert the meet ref if you think your swim might be a USMS Record. This will trigger adding a second manual timer to your lane to serve as backup in case the touchpad and button fail.

**FIRST MASTERS MEET SWIMMERS:** First time Masters meet swimmers will be recognized during the first break of Session 1 and Session 3. If you identified yourself on your entry as swimming in your first Masters meet, listen for your name and then come on down to get your PNA 1<sup>st</sup> Masters Meet Goodie Bag.

**LIVE STREAMING:** The meet will be live streamed (and recorded for later viewing) on the Snohomish Aquatic Center YouTube channel (really!). Go to YouTube and search for [Snohomish Aquatic Center](#), or go to their 'channel' here: [https://www.youtube.com/channel/UCTv0Cv3WzrYnC\\_S6nTJOelw](https://www.youtube.com/channel/UCTv0Cv3WzrYnC_S6nTJOelw)

**VOLUNTEERS:** Thank you to all people who volunteered. 👍👍🏆 If we needed you, based on the session you volunteered for, Sarah Welch has been in contact with you. If you have any questions about your volunteer assignment, please contact Sarah Welch at [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net).

**OFFICIALS:** Thank you to our meet officials: Heather Clarke, Tony Ngo, Dep Soper, Diane Vo, and Dick Chapman (Meet Ref)

**PSM MEET COMMITTEE:** Special thanks to the PSM Meet Committee: Dan Phillips (Meet Director), Sarah Welch (Volunteer Coordinator), Kevin Esko, J B Baker, Doug Jelen.

**PNA POOL MEETS SANCTION CHAIR:** Thank you Lorraine Masse – PNA Pool Meets Sanction Chair. Your input and experience were a huge help!

**Thank you, SWIMMERS, for entering and helping! What a great effort!**

**PRINT YOUR HEAT SHEETS NOW AND PUT THEM IN YOUR SWIM BAG**

**PSM Give It A Shot meet - 6/6/2021**  
**Hosted by Puget Sound Masters, Sanction #: 361-S001**  
**Snohomish Aquatic Center, 25 Yd.**  
**Session Report**

Session: 1      SESSION #1  
Day of Meet: 1      Starts at 10:00 AM      Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 200 IM	9	2	10:00 AM	_____
Finals	2 Mixed 50 Breaststroke	5	1	10:08 AM	_____
Finals	3 Mixed 100 Backstroke	8	2	10:10 AM	_____
Finals	4 Mixed 200 Butterfly	1	1	10:17 AM	_____
Finals	5 Mixed 100 Freestyle	15	3	10:20 AM	_____
	Break: 12 Minutes:				
Finals	6 Mixed 200 Backstroke	3	1	10:39 AM	_____
Finals	7 Mixed 50 Butterfly	10	2	10:44 AM	_____
Finals	8 Mixed 100 Breaststroke	9	2	10:47 AM	_____
Finals	9 Mixed 50 Freestyle	13	3	10:52 AM	_____
Finals	10 Mixed 500 Freestyle	6	2 u	10:58 AM	_____
	DECK SEEDED EVENT				
	CHECK IN BY 10AM				
	Break: 12 Minutes:				
Finals	11 Mixed 200 Breaststroke	3	1	11:28 AM	_____
Finals	12 Mixed 100 Butterfly	5	1	11:33 AM	_____
Finals	13 Mixed 50 Backstroke	6	2	11:35 AM	_____
Finals	14 Mixed 100 IM	13	3	11:39 AM	_____
Finals	15 Mixed 200 Freestyle	11	3	11:47 AM	_____
	Swimmers Counts for Warm-ups: 40	====	====		
	Entry / Heat Totals:	117	29		
	Finish Time			11:59 AM	_____

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**Snohomish Aquatic Center, 25 Yd.**  
**Meet Program - SESSION #1**

**Event 1 Mixed 200 Yard IM**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1				
2	Steven Peterson	M74	Ypkc Bernardo's	2:55.00
3	Holly Lickwala	W44	Team Walker Inte	2:41.11
4	Wendy Polidori	W51	Snohomish Aquati	2:45.50
5	Stephen Fogg	M72	Stanwood-Camano	2:56.39

**Heat 2 of 2 Finals**

1	Brandon Ringstad	M29	Snohomish Aquati	2:30.00
2	Brad Jones	M55	Team Walker Inte	2:20.00
3	Thomas Hutchison	M25	CGSM	2:05.59
4	Scott Campea	M46	CGSM	2:06.50
5	Jin Yamamoto	M46	Lake Washington	2:24.00

**Event 2 Mixed 50 Yard Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals**

1	Kristen Curry	W55	Snohomish Aquati	40.65
2	Morena Calvo	W33	CGSM	33.10
3	John Baker	M69	Bainbridge Aquat	32.56
4	David Scott	M54	Ypkc Bernardo's	32.95
5	James Curry	M60	Snohomish Aquati	39.00

**Event 3 Mixed 100 Yard Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1				
2	Richard Durringer	M80	Puget Sound Mast	1:45.23
3	Jennifer Vana	W53	UC36	1:32.50
4	Sandi York	W45	Thunderbird Aqua	1:35.00
5				

**Heat 2 of 2 Finals**

1	Michael McColly	M75	Lake Washington	1:28.00
2	Danielle Latimer	W30	UC36	1:20.00
3	Todd Haight	M47	UC36	1:04.00
4	Frank Warner	M72	Puget Sound Mast	1:19.34
5	Margo Marsh-Limm	W54	Snohomish Aquati	1:25.00

**Event 4 Mixed 200 Yard Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals**

1				
2				
3	Erik Petersen	M32	CGSM	2:12.00
4				
5				

**Event 5 Mixed 100 Yard Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

1	Susan Pappalardo	W54	Bellevue Club	1:15.00
2	Charlotte Davis	W71	Lake Washington	1:10.00
3	Tani Stenford	W55	North End Otters	1:04.00
4	David Varner	M60	UC36	1:05.00
5	Brent Barnes	M53	Team Walker Inte	1:12.00

**Heat 2 of 3 Finals**

1	Mary Armstrong	W53	Snohomish Aquati	1:02.50
2	Charles Robinson	M64	UC36	1:00.28
3	Gerald Cermak	M57	UC36	58.09
4	Peter Nimb	M56	Bainbridge Aquat	1:00.00
5	Mahmoud Saleh	M44	Snohomish Aquati	1:02.00

**Heat 3 of 3 Finals**

1	Todd Edison	M50	Team Walker Inte	55.55
2	Chris Conroy	M35	CGSM	52.00
3	Clinton Stipek	M30	Greenlake Aquadu	50.50
4	Thomas Hutchison	M25	CGSM	50.74
5	Jason Burrow	M19	Puget Sound Mast	54.50

**Event 6 Mixed 200 Yard Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals**

1				
2	Dan Underbrink	M64	Team Walker Inte	2:57.94
3	Todd Haight	M47	UC36	2:15.00
4	Frank Warner	M72	Puget Sound Mast	2:47.75
5				

**Event 7 Mixed 50 Yard Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1	Jennifer Vana	W53	UC36	41.75
2	Danielle Latimer	W30	UC36	33.00
3	Peter Nimb	M56	Bainbridge Aquat	32.00
4	Wendy Polidori	W51	Snohomish Aquati	32.50
5	Michaela Capello	W35	UC36	33.68

**Heat 2 of 2 Finals**

1	Mary Armstrong	W53	Snohomish Aquati	32.00
2	Clinton Stipek	M30	Greenlake Aquadu	28.00
3	Brad Jones	M55	Team Walker Inte	27.00
4	Erik Petersen	M32	CGSM	28.00
5	Holly Lickwala	W44	Team Walker Inte	30.34

**Event 8 Mixed 100 Yard Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1				
2	Steven Peterson	M74	Ypkc Bernardo's	1:23.20
3	John Baker	M69	Bainbridge Aquat	1:15.89
4	Brent Barnes	M53	Team Walker Inte	1:20.53
5	James Curry	M60	Snohomish Aquati	1:28.00

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**Meet Program - SESSION #1**

**Heat 2 Finals (#8 Mixed 100 Yard Breaststroke)**

1	David Scott	M54	Ypkc Bernardo's	1:12.21
2	Brandon Ringstad	M29	Snohomish Aquati	1:12.00
3	Scott Campea	M46	CGSM	1:00.90
4	Chris Conroy	M35	CGSM	1:03.00
5	Morena Calvo	W33	CGSM	1:12.05

**Event 9 Mixed 50 Yard Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

1				
2	Sandi York	W45	Thunderbird Aqua	37.00
3	Margo Marsh-Limm	W54	Snohomish Aquati	31.00
4	Susan Pappalardo	W54	Bellevue Club	34.00
5				

**Heat 2 of 3 Finals**

1	Michaela Capello	W35	UC36	30.40
2	Kristen Curry	W55	Snohomish Aquati	29.88
3	Charles Robinson	M64	UC36	27.57
4	Mahmoud Saleh	M44	Snohomish Aquati	29.00
5	Tani Stenford	W55	North End Otters	30.00

**Heat 3 of 3 Finals**

1	David Varner	M60	UC36	27.00
2	Gerald Cermak	M57	UC36	26.22
3	Reva Zacharias	W23	CGSM	24.51
4	Jason Burrow	M19	Puget Sound Mast	25.00
5	Peter Nimb	M56	Bainbridge Aquat	26.50

**Event 10 Mixed 500 Yard Freestyle****DECK SEEDED EVENT****CHECK IN BY 10AM**

	Name	Age	Team	Seed Time
1	Todd Edison	M50	Team Walker Inte	5:35.55
2	Brandon Ringstad	M29	Snohomish Aquati	5:53.00
3	Jin Yamamoto	M46	Lake Washington	5:55.00
4	Michael McColly	M75	Lake Washington	6:58.00
5	Stephen Fogg	M72	Stanwood-Camano	7:05.73
6	Richard Durringer	M80	Puget Sound Mast	8:55.81

**Event 11 Mixed 200 Yard Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals**

1				
2	Dan Underbrink	M64	Team Walker Inte	3:00.86
3	David Scott	M54	Ypkc Bernardo's	2:37.01
4	Holly Lickwala	W44	Team Walker Inte	2:54.15
5				

**Event 12 Mixed 100 Yard Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals**

1	Danielle Latimer	W30	UC36	1:15.00
2	Brad Jones	M55	Team Walker Inte	59.00
3	Erik Petersen	M32	CGSM	57.00
4	Thomas Hutchison	M25	CGSM	57.50
5	Reva Zacharias	W23	CGSM	1:00.00

**Event 13 Mixed 50 Yard Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1				
2	Sandi York	W45	Thunderbird Aqua	45.00
3	Frank Warner	M72	Puget Sound Mast	35.66
4	Stephen Fogg	M72	Stanwood-Camano	36.10
5				

**Heat 2 of 2 Finals**

1				
2	Charles Robinson	M64	UC36	35.00
3	Reva Zacharias	W23	CGSM	28.50
4	Todd Haight	M47	UC36	28.50
5				

**Event 14 Mixed 100 Yard IM**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

1				
2	James Curry	M60	Snohomish Aquati	1:30.00
3	Margo Marsh-Limm	W54	Snohomish Aquati	1:20.00
4	Jennifer Vana	W53	UC36	1:30.00
5				

**Heat 2 of 3 Finals**

1	Steven Peterson	M74	Ypkc Bernardo's	1:18.00
2	Mahmoud Saleh	M44	Snohomish Aquati	1:15.00
3	John Baker	M69	Bainbridge Aquat	1:07.35
4	Morena Calvo	W33	CGSM	1:08.10
5	Michaela Capello	W35	UC36	1:17.47

**Heat 3 of 3 Finals**

1	Jin Yamamoto	M46	Lake Washington	1:07.00
2	Jason Burrow	M19	Puget Sound Mast	1:02.00
3	Scott Campea	M46	CGSM	58.00
4	Clinton Stipek	M30	Greenlake Aquadu	58.00
5	Gerald Cermak	M57	UC36	1:06.63

**Event 15 Mixed 200 Yard Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

1				
2	Richard Durringer	M80	Puget Sound Mast	3:31.16
3	Susan Pappalardo	W54	Bellevue Club	2:45.00
4	Brent Barnes	M53	Team Walker Inte	2:45.36
5				

**Heat 2 of 3 Finals**

1				
2	Michael McColly	M75	Lake Washington	2:38.00
3	Wendy Polidori	W51	Snohomish Aquati	2:27.91
4	Charlotte Davis	W71	Lake Washington	2:30.00
5				

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**Snohomish Aquatic Center, 25 Yd.**  
**Meet Program - SESSION #1**

**Heat 3 Finals (#15 Mixed 200 Yard Freestyle)**

1	Kristen Curry	W55	Snohomish Aquati	2:27.60
2	Tani Stenford	W55	North End Otters	2:16.00
3	Chris Conroy	M35	CGSM	1:56.00
4	Todd Edison	M50	Team Walker Inte	1:59.55
5	Mary Armstrong	W53	Snohomish Aquati	2:18.50

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**Snohomish Aquatic Center, 25 Yd.**  
**Session Report**

Session: 2    SESSION #2  
 Day of Meet: 1    Starts at 12:30 PM    Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	16 Mixed 1650 Freestyle	5	1 u	12:30 PM
	DECK SEEDED EVENT			
	CHECK IN BY 11:45 AM			
	Swimmers Counts for Warm-ups: 5	=====	=====	
	Entry / Heat Totals:	5	1	
	Finish Time			01:00 PM

**Event 16 Mixed 1650 Yard Freestyle**

**DECK SEEDED EVENT**

**CHECK IN BY 11:45 AM**

	Name	Age	Team	Seed Time
1	Nate Jo	M21	Puget Sound Mast	19:30.00
2	Sydney Anderson	W29	UC36	20:00.00
3	Christian Tujo	M50	Oregon Masters	20:45.00
4	George Gonzalez	M50	Orca Swim Team	22:31.00
5	Dan Underbrink	M64	Team Walker Inte	28:50.00

**PSM Give It A Shot meet - 6/6/2021**  
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**Snohomish Aquatic Center, 25 Yd.**  
**Session Report**

Session: 3      SESSION #3  
 Day of Meet: 1      Starts at 02:00 PM      Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	17 Mixed 200 IM	7	2	02:00 PM	_____
Finals	18 Mixed 50 Breaststroke	6	2	02:10 PM	_____
Finals	19 Mixed 100 Backstroke	5	1	02:14 PM	_____
Finals	20 Mixed 200 Butterfly	3	1	02:17 PM	_____
Finals	21 Mixed 100 Freestyle	14	3	02:22 PM	_____
	Break: 12 Minutes:				
Finals	22 Mixed 200 Backstroke	5	1	02:41 PM	_____
Finals	23 Mixed 50 Butterfly	5	1	02:46 PM	_____
Finals	24 Mixed 100 Breaststroke	8	2	02:48 PM	_____
Finals	25 Mixed 50 Freestyle	16	4	02:54 PM	_____
Finals	26 Mixed 500 Freestyle	7	2 u	03:01 PM	_____
	DECK SEEDED EVENT				
	CHECK IN BY START OF SESSION #3				
	Break: 12 Minutes:				
Finals	27 Mixed 200 Breaststroke	1	1	03:29 PM	_____
Finals	28 Mixed 100 Butterfly	3	1	03:33 PM	_____
Finals	29 Mixed 50 Backstroke	5	1	03:36 PM	_____
Finals	30 Mixed 100 IM	14	3	03:38 PM	_____
Finals	31 Mixed 200 Freestyle	11	3	03:46 PM	_____
	Swimmers Counts for Warm-ups: 40	====	====		
	Entry / Heat Totals:	110	28		
	Finish Time			03:59 PM	_____



**PSM Give It A Shot meet - 6/6/2021**  
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**Meet Program - SESSION #3**

**Event 17 Mixed 200 Yard IM**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1				
2	Stephanie Hunt	W41	Seattle Sixgill	4:13.00
3	Jaqueline Personius	W19	UC36	2:50.00
4	Wendy Hoffman	W58	Puget Sound Mast	3:18.00
5				

**Heat 2 of 2 Finals**

1				
2	David Hathaway	M60	Oregon Masters	2:41.70
3	Kirk Nelson	M51	CGSM	2:18.00
4	Wade Praeger	M58	Lake Washington	2:39.00
5	Felicity Speirs	W24	Snohomish Aquati	2:45.32

**Event 18 Mixed 50 Yard Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1				
2	Skip Greene	M68	Lake Washington	42.22
3	Linda Chapman	W65	Lake Washington	38.00
4	Skyler Lipscomb	W30	Puget Sound Mast	41.80
5				

**Heat 2 of 2 Finals**

1				
2	Jaqueline Personius	W19	UC36	35.00
3	Greg Gorham	M31	Stanwood-Camano	30.20
4	Kevin Esko	M55	Mercer Island Re	31.00
5				

**Event 19 Mixed 100 Yard Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals**

1	Jill Fritz	W80	Arizona Masters	1:59.19
2	Felicity Speirs	W24	Snohomish Aquati	1:20.29
3	Alain Steenbeeke	M59	Ypkc Bernardo's	1:03.50
4	Jennifer Carlson	W41	Reston Masters S	1:15.49
5	Gail Stribling Geldien	W40	Ypkc Bernardo's	1:22.24

**Event 20 Mixed 200 Yard Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals**

1				
2	Mason Chuang	M42	Orca Swim Team	3:00.00
3	Trever Gray	M45	Puget Sound Mast	2:04.58
4	Christine Mcclafferty	W47	Oregon Masters	2:30.00
5				

**Event 21 Mixed 100 Yard Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

1				
2	Jill Fritz	W80	Arizona Masters	1:47.93
3	James Robinson	M71	Orca Swim Team	1:26.20
4	Kait Schultz	W19	Puget Sound Mast	1:36.09
5	Jack Fritz	M88	Arizona Masters	1:56.54

**Heat 2 of 3 Finals**

1	Alison Aylesworth	W43	UC36	1:15.00
2	John Carlson	M50	Reston Masters S	1:08.00
3	Wade Praeger	M58	Lake Washington	59.00
4	Michael Katz	M25	Orca Swim Team	1:02.00
5	Jacob Schlimmer	M21	Snohomish Aquati	1:09.58

**Heat 3 of 3 Finals**

1	Stephanie Wang	W28	Greenlake Aquadu	56.78
2	David Whitbeck	M38	Lake Washington	54.00
3	Andrew Farrell	M42	Puget Sound Mast	52.20
4	Alan Cabarcas	M20	Lake Washington	53.20
5	Jake Ni	M27	Lake Washington	55.83

**Event 22 Mixed 200 Yard Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals**

1	Mason Chuang	M42	Orca Swim Team	3:00.00
2	David Hathaway	M60	Oregon Masters	2:47.00
3	Dan Kirkland	M72	Oregon Masters	2:34.49
4	Jennifer Carlson	W41	Reston Masters S	2:42.89
5	Gail Stribling Geldien	W40	Ypkc Bernardo's	2:59.94

**Event 23 Mixed 50 Yard Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals**

1	Skyler Lipscomb	W30	Puget Sound Mast	37.72
2	Eric Ryden	M40	Orca Swim Team	33.00
3	Christine Mcclafferty	W47	Oregon Masters	29.00
4	Greg Gorham	M31	Stanwood-Camano	31.00
5	John Carlson	M50	Reston Masters S	33.00

**Event 24 Mixed 100 Yard Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1				
2	Stephanie Hunt	W41	Seattle Sixgill	2:12.00
3	Wendy Hoffman	W58	Puget Sound Mast	1:43.00
4	Kait Schultz	W19	Puget Sound Mast	1:57.26
5				

**Heat 2 of 2 Finals**

1	Jacob Schlimmer	M21	Snohomish Aquati	1:31.04
2	Michael Katz	M25	Orca Swim Team	1:18.00
3	Federico Borrego	M24	Orca Swim Team	1:00.00
4	Kevin Esko	M55	Mercer Island Re	1:09.00
5	Linda Chapman	W65	Lake Washington	1:27.00

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**Meet Program - SESSION #3**

**Event 25 Mixed 50 Yard Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals**

1				
2	Jack Fritz	M88	Arizona Masters	51.52
3	Felicity Speirs	W24	Snohomish Aquati	32.88
4	James Robinson	M71	Orca Swim Team	37.80
5				

**Heat 2 of 4 Finals**

1				
2	Skip Greene	M68	Lake Washington	32.70
3	Eric Ryden	M40	Orca Swim Team	30.50
4	Jaqueline Personius	W19	UC36	31.00
5				

**Heat 3 of 4 Finals**

1	Thea Maxim	W40	Lake Washington	30.06
2	Wade Praeger	M58	Lake Washington	28.00
3	Stephanie Wang	W28	Greenlake Aquadu	25.80
4	Stephen Bollens	M61	UC37	25.81
5	John Carlson	M50	Reston Masters S	30.00

**Heat 4 of 4 Finals**

1	Alain Steenbeeke	M59	Ypkc Bernardo's	25.50
2	Ned Stack	M61	Lake Washington	24.21
3	Alan Cabarcas	M20	Lake Washington	23.10
4	Andrew Farrell	M42	Puget Sound Mast	23.90
5	Jake Ni	M27	Lake Washington	24.59

**Event 26 Mixed 500 Yard Freestyle****DECK SEEDED EVENT****CHECK IN BY START OF SESSION #3**

Name	Age	Team	Seed Time
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1	David Whitbeck	M38	Lake Washington	5:10.00
2	Sawyer Kelly	M26	Lake Washington	5:15.00
3	Kirk Nelson	M51	CGSM	5:20.00
4	Nate Jo	M21	Puget Sound Mast	5:44.44
5	Christian Tujo	M50	Oregon Masters	5:45.00
6	Dan Kirkland	M72	Oregon Masters	5:57.89
7	Alison Aylesworth	W43	UC36	7:20.00

**Event 27 Mixed 200 Yard Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals**

1				
2				
3	Jennifer Carlson	W41	Reston Masters S	3:01.89
4				
5				

**Event 28 Mixed 100 Yard Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals**

1				
2	Christine Mcclafferty	W47	Oregon Masters	1:05.00
3	Kevin Esko	M55	Mercer Island Re	59.00
4	Michael Katz	M25	Orca Swim Team	1:02.00
5				

**Event 29 Mixed 50 Yard Backstroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals**

1	Skip Greene	M68	Lake Washington	46.53
2	Kait Schultz	W19	Puget Sound Mast	40.00
3	Alain Steenbeeke	M59	Ypkc Bernardo's	30.10
4	Stephen Bollens	M61	UC37	33.42
5	James Robinson	M71	Orca Swim Team	46.43

**Event 30 Mixed 100 Yard IM**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

1				
2	Eric Ryden	M40	Orca Swim Team	1:25.00
3	Thea Maxim	W40	Lake Washington	1:25.00
4	Alison Aylesworth	W43	UC36	1:25.00
5	Stephanie Hunt	W41	Seattle Sixgill	2:10.00

**Heat 2 of 3 Finals**

1	Linda Chapman	W65	Lake Washington	1:22.00
2	Skyler Lipscomb	W30	Puget Sound Mast	1:21.52
3	David Hathaway	M60	Oregon Masters	1:07.70
4	Mason Chuang	M42	Orca Swim Team	1:12.00
5	Jacob Schlimmer	M21	Snohomish Aquati	1:21.61

**Heat 3 of 3 Finals**

1	Sawyer Kelly	M26	Lake Washington	1:03.00
2	Trever Gray	M45	Puget Sound Mast	56.11
3	Alan Cabarcas	M20	Lake Washington	54.00
4	Federico Borrego	M24	Orca Swim Team	55.00
5	David Whitbeck	M38	Lake Washington	1:02.00

**Event 31 Mixed 200 Yard Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

1				
2	Jack Fritz	M88	Arizona Masters	4:17.05
3	Wendy Hoffman	W58	Puget Sound Mast	2:53.00
4	Jill Fritz	W80	Arizona Masters	3:48.17
5				

**Heat 2 of 3 Finals**

1				
2	Gail Stribling Geldien	W40	Ypkc Bernardo's	2:44.51
3	Christian Tujo	M50	Oregon Masters	2:10.00
4	Dan Kirkland	M72	Oregon Masters	2:13.32
5				

**PSM Give It A Shot meet - 6/6/2021**  
**Hosted by Puget Sound Masters, Sanction #: 361-S001**  
**Snohomish Aquatic Center, 25 Yd.**  
**Meet Program - SESSION #3**

**Heat 3 Finals (#31 Mixed 200 Yard Freestyle)**

1	Greg Gorham	M31	Stanwood-Camano	2:08.00
2	Stephanie Wang	W28	Greenlake Aquadu	2:01.30
3	Kirk Nelson	M51	CGSM	1:57.00
4	Andrew Farrell	M42	Puget Sound Mast	1:57.56
5	Nate Jo	M21	Puget Sound Mast	2:02.77