

pacific northwest association of masters swimmers

ONE DAY BLAST • APRIL 10 2022

champs · ish

hosted by  blue wave aquatics



Sunday, April 10th 2022

Sanctioned by
PNA for USMS Inc.
Sanction #362-S003

Weyerhaeuser King County Aquatic Center
Federal Way, WA

Meet Personnel

Meet Director	Steve Freeborn	pnachamps@bluewave-aquatics.com, 206-940-7442
Meet Referee	Mike Murphy	swimoff1@gmail.com, 206-316-0234

Officials

Special thanks to the Officials from Pacific Northwest Swimming

Meet Support

Registrar / Clerk of Course	Angela Turley	Safety Marshalls	Blue Wave Aquatic
Announcer	Steve Freeborn	Timers	Boy Scout Troop 392 Normandy Park
Meet Logo and Shirt Design	Mary Ann White Design.	BWAQ Logo	Mary Ann White Design.
Meet Program / Hytek	Angela Turley	Registration	Nellis Kim
National Anthem	Color Guard Boy Scout Troup 392	Hospitality	Blue Wave Aquatics
Ribbons & Medals	Eric Durban		
Organizing Committee	Blue Wave Aquatics		

Order of Events

Order of Events (Seeding slow to fast / Deck enter relays at the meet)

Sunday, April 10th 9:00 am start time		Sunday, April 10th 9:00 am start time	
	MIDDLE POOL		SCOREBOARD POOL
1	200 Women's Medley Relay		
2	200 Men's Medley Relay		
3	200 Mixed Medley Relay		
	Dawn Musselman Award		
4	200 IM	5	1000 Free
6	100 Breast		
7	50 Fly		
8	200 Back		
9	50 Free		
10	200 Free	11	400 IM
12	100 Fly	13	500 Free
14	200 Breast		
15	100 Free		
16	50 Back		
17	100 IM		
18	200 Fly		
19	100 Back		
20	50 Breast		
	Coach of the Year Award		
21	200 Women's Free Relay		
22	200 Men's Free Relay		
23	200 Mixed Free Relay		
	Team Awards		

PNA TEAMS (SCORES INDIVIDUAL AND TEAM POINTS)

Large	Small (cont)
Cascade Masters	Orca Swim Team
Lake Washington Masters	Puget Sound Masters
	Seattle Metropolitan Aquatic
	Thunderbird Aquatic Club
	Tom Taylor Family YMCA Masters
Medium	
Blue Wave Aquatics	
Snohomish Aquatic Masters	
Team Walker International Masters	
Western Washington University	
Small	
Bainbridge Aquatics Masters	
Bellevue Club	
Bernardo's All Stars	
CG Sports Management	
Greenlake Aquaducks	
Husky Masters	
Mercer Island Beach Club	
Mercer island Redwoods	
North End Otters	

NON PNA TEAMS (DO NOT SCORE INDIVIDUAL OR TEAM POINTS)

English Bay Swim Club	Oregon Masters
St. Helens Masters	

NO DIVING during warmups except in designated sprint lanes.

TIMES / WARM-UPS: Warm up 8:00 - 9:00 AM | Meet Starts at 9:00 AM

* CHECK-IN DEADLINES - Swimmers who do not check in by the deadline may be scratched from the event. In-person or on SwimPhone. SwimPhone link:

https://www.swimphone.com/meetsevent_order.cfm?smid=14626

1000 Free by 8:30 AM | 400 IM by 10:00 AM | 500 Free by 10:00 AM

* RELAY FORM DEADLINES - Relays that do not turn in their relay forms by the deadline may be scratched from the event.

Medley Relay Cards (events 1,2,3) by 8:15 AM | Free Relay Cards (events 21,22,23) by 11:00 AM

RELAYS: 18+, 25+ and subsequent ten-year increments. The age of the youngest swimmer will determine the age group. Mixed relays require 2 men and 2 women.

Seeding: Slow to Fast

GENERAL MEET INFORMATION

LOCATION: Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way WA 98023 206-296-4444.

FACILITY: 50 meter championship pool set up as 2 25 yard courses, each with 9 foot wide lanes and a water depth range of 9' - 10.5'. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement. **WARM-UPS:** We expect to be able to use the dive tank for continuous warm up and warm down through the duration of the meet. However, because of King County Aquatic Center staffing/lifeguard issues that may not be possible. We may not know until the days leading up to the meet. In the event there is no dive tank availability, in order to comply with the USMS rule that there be made available warm up and warm down through the duration of the meet, we will have to make available 3 lanes in the distance race pool for continuous warm up and warm down. If this occurs, we may be limited to 5 competition lanes in the distance events, which could adversely impact any proposed timeline for the events.

TIMING SYSTEM: The primary timing system will be automatic timing (Omega). Times may be submitted for USMS records and USMS Top 10 consideration.

CONCESSIONS: No concessions available. Please bring your own snacks.

RULES: Current USMS Rules will govern the meet. Strictly forbidden: using hand paddles, fins or kick boards in warm-up areas; diving in warm-up areas unless in designated sprint lanes.

AGE GROUPS: Age groups will be based upon the swimmer's age on April 10th, 2022. For Individual events: 18-24, 25-29, and five - year age groups as high as necessary. For relays: 18+, 25+, 35+, and 10-year increments as high as necessary to accommodate all swimmers. The age of the youngest relay swimmer determines the age group of the relay.

ELIGIBILITY: Open to all 2022 USMS registered Masters swimmers or foreign registered swimmers 18 and above as of April 10th 2022. Age groups based on the swimmer's age as of the first day of the meet.

ENTRY LIMITS: Swimmers are limited to a total of six individual events for the meet and may swim no more than six individual events on any day. Swimmers may swim in an unlimited number of relay events, but may swim only once per relay event.

PNA TEAM CATEGORIES: Eligible PNA teams will be divided into three categories (large, medium, and small) based on the number of swimmers entered from each team in the meet. Category assignments will be made after the meet entry deadline and announced during the meet.

SCORING: The meet shall be scored from places 1 through 8 in every age group for every event. Individual events will be scored 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1. Relays score double the individual points. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.

INDIVIDUAL AWARDS: PNA Championship ribbons will be awarded 1st through 6th place in every age group in event. PNA medals can be purchased for \$2.00 each.

SPECIAL AWARDS: The 2022 PNA Coach of the Year and 2022 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented during the meet.

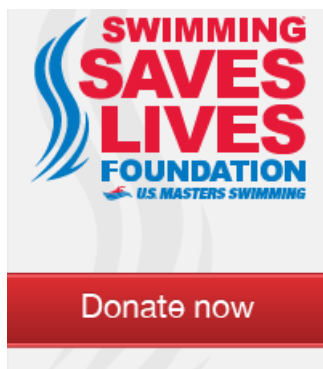
TEAM AWARDS: Team trophies will be awarded, at the conclusion of the meet, to the top three teams in each division: [A = Large Division, AA - Medium Division, and AAA - Small Division].

STARTS

FALSE STARTS: If the starting signal sounds before a false start has been declared, the race will continue and the swimmer or swimmers who false started will be disqualified at the completion of the race.

WHISTLE STARTS: A series of whistles notify swimmers in the upcoming heat to make final preparations for the start, including removing sweats, etc. Next, the referee will blow a long whistle. This signifies to swimmers that it is time to get into position. For forward starts, stand on the block with at least one foot at the front of the block. For backstroke starts there will be two long whistles. The first long whistle signals swimmers to enter the water. The second long whistle signals the swimmers to return to the starting position. For both forward starts and backstroke starts, the referee will stretch his/her arm out to signify to the starter that everyone is in position. The starter may then give optional instructions, such as the event, stroke, and distance, and will then give the command 'take your mark'.

SEEDING: Seeding for all events will be slow-to-fast. Women and men will swim in combined heats. All individual events 400 yards or less will be pre-seeded. All individual events greater than 400 yards and all relays require check-in and will be deck seeded.



There are more than 18 million swimming pools and hot tubs in the USA. Yet, according to the Centers for Disease Control, 37% of American adults cannot swim the length of a pool. Every day, about 10 people die from drowning. The majority of unintentional drowning victims are adults. Drowning ranks fifth among the leading causes of unintentional injury death in the United States. The CDC identifies a variety of factors that can influence drowning risk, including the lack of swimming ability. Research also shows that the children of adults who don't know how to swim are at a greater risk of not learning to swim, which increases their risk of drowning.

The purpose of SSLF is to advocate and raise awareness, and to serve as a resource for programs providing adult learn-to-swim lessons. We solicit charitable contributions and provide grants to SSLF program providers.

Our hope is that once an adult learns to swim or improves their swimming skills, they will have the confidence and desire to continue swimming in a Masters Swimming program and experience the lifelong benefits of swimming.

Meet Timeline

Event #	Event	Middle Pool			Scoreboard Pool		
		Entries	Heats	Start Time	Entries	Heats	Start Time
1	200 Women's Medley Relay			9:00 am			
2	200 Men's Medley Relay			9:10 am			
3	200 Mixed Medley Relay			9:20 am			
	Dawn Musselman Award Ceremony			9:30 am			
4	200 IM	30	4	9:40 am			
5	1000 Free				23	3	9:40 am
6	100 Breast	50	7	9:53 am			
7	50 Fly	55	7	10:07 am			
8	200 Back	18	3	10:13 am			
9	50 Free	75	10	10:25 am			
10	200 Free	40	5	10:34 am			
11	400 IM				8	1	10:41 am
12	100 Fly	24	3	10:48 am			
13	500 Free				39	5	10:49 am
14	200 Breast	16	2	10:53 am			
15	100 Free	67	9	11:02 am			
16	50 Back	34	5	11:15 am			
17	100 IM	63	8	11:24 am			
18	200 Fly	6	1	11:38 am			
19	100 Back	47	6	11:42 am			
20	50 Breast	52	7	11:57 am			
	Coach of the Year Award			12:15 pm			
21	200 Women's Free Relay			12:25 pm			
22	200 Men's Free Relay			12:35 pm			
23	200 Mixed Free Relay			12:45 pm			
	Team Awards			12:55 pm			
	End of Session			12:55 pm			11:27 am

Meet Program

SCOREBOARD POOL - If we are unable to use the dive tank for warm-up/warm-down we will take 3 lanes in the scoreboard pool for this purpose. This will leave 5 lanes for competition. Approximate timeline with 5 lanes #5 1000 Free start @ 9:40 AM, #11 400 IM start @ 11:10 am, #13 500 Free start @ 11:25 am and end of session 12:24 pm

RELAY EVENTS - Relay events indicate there are no entries for the event. The events will be seeded after relay cards have been turned in

DISTANCE EVENTS - Postive check-in at the Clerk of Course or on SwimPhone. SwimPhone link https://www.swimphone.com/meetsevent_order.cfm?smid=14626.

MEET TIMELINE - assumes a 45 second interval / back + 15 seconds

USA REGISTERED SWIMMERS

If you would like your times forwarded to the USA SWIMS database, please see Referee Mike Murphy. Let Mike know what event / heat you will be swimming

2022 PNA Championship Meet, Sanction #: 362-S003

Hosted by Blue Wave Aquatics

Meet Program

Event 1 Women 200 Yard Medley Relay

18+ PNA:	1:55.40	4/14/2013	PSM
D PALUMBO, K SCHAEFFER, B BOGACHUS, M CHANG			
18+ NATL:	1:45.34	4/24/2015	THE OLYMPIC CLU
A SENKO, K MCGRAW, K KASTES, K MURPHY			
25+ PNA:	1:51.99	4/12/2015	PSM
C HELGASON, P DINKEL, J G KING, K A BYERS			
25+ NATL:	1:45.01	5/4/2008	SOUTHERN METHOD
L OBERSTAR-BROWN, K MCCLELLAND, L HOLT, D DIEZI			
35+ PNA:	1:51.95	5/1/2011	PNA
S HART, H A WERNER, L A DAHL, K S JETER			
35+ NATL:	1:48.55	5/14/2006	COLORADO MASTER
S HART, S VON DER LIPPE, E CAMPBELL, K GARNIER			
45+ PNA:	2:00.29	5/4/2014	PSM
L PACE, H WERNER, S BULLOCK, L DAHL			
45+ NATL:	1:51.83	5/12/2018	NORTH CAROLINA
J BUCKLEY, S DUNN, E BRAUN, A HOLLAND			
55+ PNA:	2:04.50	4/26/2015	PSM
Z COURTNEY, L CHAPMAN, C M DAVIS, M B LIPPOLD			
55+ NATL:	1:59.24	4/29/2017	PALM BEACH MAST
K PIPES, C WENZEL, E JONES, K TREIBLE SLATON			
Team	Relay	Seed Time	
---	No entries for event		

Event 2 Men 200 Yard Medley Relay

18+ PNA:	1:38.26	4/15/2018	PSM
S MEHTA, J KOTYNIA, R COLELLA, B SWEDBERG			
18+ NATL:	1:26.71	5/2/2014	THE OLYMPIC CLU
A SAETA, N KOON, N ADRIAN, A ERVIN			
25+ PNA:	1:34.30	4/12/2015	PSM
T O GRAY, J KOTYNIA, C CHAPMAN, C CONROY			
25+ NATL:	1:27.81	4/29/2017	GOLDEN ROAD AQU
R LOCHTE, M ALEXANDROV, T COX, L PECHMANN			
35+ PNA:	1:41.68	4/29/2012	PNA
J KEPPELER, D E KAYS, T DOHERTY, K RICE			
35+ NATL:	1:33.66	5/12/2018	THE OLYMPIC CLU
T WANG, T HOLSMAN, M MARSHALL, S GREENWOOD			
45+ PNA:	1:42.79	4/25/2019	PSM
M O NYGREN, V CARMOSINO, B JONES, L CHALENDAR			
45+ NATL:	1:36.56	5/23/2010	GEORGIA MASTERS
E ERICSON, C WEISSMAN, B BUGG, M ELLISON			
55+ PNA:	1:45.05	4/25/2019	PSM
C HAYNIE, D PHILLIPS, B HERING, B SOUVIRAA-LABASTI			
55+ NATL:	1:45.05	4/28/2019	PUGET SOUND MAS
C HAYNIE, D PHILLIPS, B HERING, B SOUVIRAA-LABASTI			
Team	Relay	Seed Time	
---	No entries for event		

Event 3 Mixed 200 Yard Medley Relay

18+W PNA:	1:55.40	4/14/2013	PSM
D PALUMBO, K SCHAEFFER, B BOGACHUS, M CHANG			
18+W NATL:	1:45.34	4/24/2015	THE OLYMPIC CLU
A SENKO, K MCGRAW, K KASTES, K MURPHY			
25+W PNA:	1:51.99	4/12/2015	PSM
C HELGASON, P DINKEL, J G KING, K A BYERS			
25+W NATL:	1:45.01	5/4/2008	SOUTHERN METHOD
L OBERSTAR-BROWN, K MCCLELLAND, L HOLT, D DIEZI			
35+W PNA:	1:51.95	5/1/2011	PNA
S HART, H A WERNER, L A DAHL, K S JETER			
35+W NATL:	1:48.55	5/14/2006	COLORADO MASTER
S HART, S VON DER LIPPE, E CAMPBELL, K GARNIER			
45+W PNA:	2:00.29	5/4/2014	PSM
L PACE, H WERNER, S BULLOCK, L DAHL			
45+W NATL:	1:51.83	5/12/2018	NORTH CAROLINA
J BUCKLEY, S DUNN, E BRAUN, A HOLLAND			
55+W PNA:	2:04.50	4/26/2015	PSM
Z COURTNEY, L CHAPMAN, C M DAVIS, M B LIPPOLD			
55+W NATL:	1:59.24	4/29/2017	PALM BEACH MAST
K PIPES, C WENZEL, E JONES, K TREIBLE SLATON			
Team	Relay	Seed Time	
---	No entries for event		

Event 4 Mixed 200 Yard IM

18+W PNA:	2:04.30	4/15/2012	PALOMA DINKEL	
18+W NATL:	1:54.20	12/4/2014	KATIE MEILI	
25+W PNA:	1:59.69	2/6/2010	MEGAN JENDRICK	
25+W NATL:	1:57.56	12/5/2013	JUSTINE MUELLER	
30+W PNA:	2:13.21	5/20/2007	MAUREEN REA	
30+W NATL:	1:58.80	3/11/2009	ERIKA ERNDL	
35+W PNA:	2:14.94	5/9/2013	SUSAN WETSTONE	
35+W NATL:	2:05.24	3/14/1998	K PIPES-NEILSEN	
40+W PNA:	2:20.17	5/22/2005	LISA PACE	
40+W NATL:	2:04.85	5/4/2008	S VON DER LIPPE	
Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals				
2	McLean, Laura	W56	Bernardo's All S-36	3:45.01
3	Arns, Katherine	W33	Blue Wave Aquati-36	3:30.00
4	Hoffman, Wendy	W59	Puget Sound Mast-36	3:06.00
5	Hope, Carolyn	W51	Cascade Masters-36	3:20.00
6	Dumouchel, Denise	W59	Bainbridge Aquat-36	3:41.51
7	Farin, Lisa	W64	North End Otters-36	3:50.00
Heat 2 of 4 Finals				
1	Fogg, Stephen	M73	Team Walker Inte-36	3:00.27
2	Underbrink, Dan	M65	Team Walker Inte-36	2:57.49
3	Li, Ran	M33	Snohomish Aquati-36	2:47.21
4	Tujo, Christian	M50	Oregon Masters-37	2:40.50
5	Polidori, Wendy	W52	Snohomish Aquati-36	2:43.88
6	Outerson, Jenell D	W54	Blue Wave Aquati-36	2:50.00
7	Smith, Marysia	W22	Western Washingt-36	3:00.00
8	Troupe, Curtis	M65	UC36	3:05.50

2022 PNA Championship Meet, Sanction #: 362-S003

Hosted by Blue Wave Aquatics

Meet Program

Heat 3 Finals (#4 Mixed 200 Yard IM)

1	Yamamoto, Jin	M47	Lake Washington-36	2:35.01
2	Ralstin, Madeline	W20	Blue Wave Aquati-36	2:32.51
3	Loeser, Jonas E	M22	Western Washingt-36	2:30.00
4	Yang, Erin	W28	Lake Washington-36	2:27.02
5	Badran, Lianna M	W48	Bellevue Club-36	2:30.00
6	Washburne, Brent	M60	Oregon Masters-37	2:32.02
7	Wintermute, Logan	M25	UC36	2:34.95
8	Ralstin, Grace	W20	Blue Wave Aquati-36	2:40.00

Heat 4 of 4 Finals

1	Sullivan, Scot	M55	Oregon Masters-37	2:15.90
2	Alex, Casey	M49	Puget Sound Mast-36	2:11.90
3	Gray, Trever	M46	Puget Sound Mast-36	2:05.79
4	Hutchison, Thomas	M26	CG Sports Manage-36	2:03.37
5	Campea, Scott	M47	CG Sports Manage-36	2:03.90
6	Petersen, Erik	M33	CG Sports Manage-36	2:07.43
7	Stacy, Jessica L	W32	Oregon Masters-37	2:15.79
8	Porter, Michael	M55	Lake Washington-36	2:20.00

Event 5 Mixed 1000 Yard Freestyle

18+W PNA:	11:12.98	4/26/2015	SYDNEY E ANDERSON
18+W NATL:	10:12.42	3/31/2012	LUANE ROWE
25+W PNA:	11:03.79	1988	LISA M OBRIEN
25+W NATL:	10:10.67	2/3/2017	HANNAH SAIZ
30+W PNA:	10:57.30	4/8/2017	ALLISON L COX
30+W NATL:	9:51.93	4/15/2012	DAWN HECKMAN
35+W PNA:	10:43.03	5/9/1996	MARGEE CURRAN
35+W NATL:	10:11.23	11/15/2014	HEIDI GEORGE
40+W PNA:	10:51.34	5/9/2013	HALEIGH A WERNER
40+W NATL:	10:20.45	12/21/2003	K PIPES-NEILSEN

Name	Age	Team	Seed Time
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--- No entries for event Positive Check-In Required - See Psych Sheet PG 15

Event 6 Mixed 100 Yard Breaststroke

18+W PNA:	1:04.14	5/10/2018	KATIE A KAESTNER
18+W NATL:	58.71	12/5/2014	KATIE MEILI
25+W PNA:	59.58	2/6/2010	MEGAN JENDRICK
25+W NATL:	59.58	2/6/2010	MEGAN JENDRICK
30+W PNA:	1:09.78	4/10/2011	M.CHAMBERLIN
30+W NATL:	58.81	3/6/1922	DANIELLE HERRMANN
35+W PNA:	1:11.40	4/11/2010	JEAN DILLON
35+W NATL:	1:01.88	4/25/2015	KATIE GLENN
40+W PNA:	1:09.07	4/29/2012	HALEIGH A WERNER
40+W NATL:	1:02.70	5/13/2018	KATIE GLENN

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

3	Guy, Brian M	M52	Bainbridge Aquat-36	2:52.00
4	Adkins-Narte, Heather D	W67	Bainbridge Aquat-36	2:10.00
5	Bork, Holly	W45	Blue Wave Aquati-36	2:11.00

Heat 2 of 7 Finals

1	Kratzer, Charlie	M67	Bainbridge Aquat-36	2:00.00
2	Truong, Dominique	M83	Puget Sound Mast-36	1:52.00
3	McLean, Laura	W56	Bernardo's All S-36	1:43.02
4	Clark, Katherine S	W45	Cascade Masters-36	1:42.51
5	Gettling, Janet	W73	Oregon Masters-37	1:43.00
6	Schultz, Kait	W20	Western Washingt-36	1:43.03
7	Ikeda, Paul	M62	Orca Swim Team-36	1:55.00

Heat 3 of 7 Finals

1	Davidson, Anna	W26	Oregon Masters-37	1:35.49
2	Hope, Carolyn	W51	Cascade Masters-36	1:35.00
3	Underbrink, Dan	M65	Team Walker Inte-36	1:30.51
4	Kawaoka, Rebecca	W30	Blue Wave Aquati-36	1:30.00
5	Weiland, Mackenzie R	W25	Cascade Masters-36	1:30.00
6	Weiland, Maddie	W23	Cascade Masters-36	1:34.32
7	Neuhaus, Scott J	M67	Team Walker Inte-36	1:35.13
8	VanWormer, Jessa	W23	Western Washingt-36	1:37.84

Heat 4 of 7 Finals

1	White, Robert	M73	Lake Washington-36	1:27.00
2	Gibson, Kevin	M48	Cascade Masters-36	1:25.00
3	Espinosa, Leo	M61	UC36	1:25.00
4	Hoover, David	M59	Cascade Masters-36	1:23.50
5	Chan, Chelsea	W29	Blue Wave Aquati-36	1:24.00
6	Smith, Marysia	W22	Western Washingt-36	1:25.00
7	Zilz, Lenny A	M72	Mercer Island Be-36	1:26.94
8	Chapman, Linda	W66	Lake Washington-36	1:27.77

Heat 5 of 7 Finals

1	Begalli, Brent A	M25	Western Washingt-36	1:22.03
2	Lickwala, Holly	W45	Team Walker Inte-36	1:20.79
3	Kolesov, Nick	M23	Cascade Masters-36	1:20.00
4	Neff, John	M31	Snohomish Aquati-36	1:15.00
5	Van Pelt, Darren	M52	Lake Washington-36	1:18.00
6	Au, Wing Yun	W21	Lake Washington-36	1:20.00
7	Lauzon, Chantal	W48	MSC	1:21.60
8	Outerson, Jenell D	W54	Blue Wave Aquati-36	1:23.00

Heat 6 of 7 Finals

1	Yang, Erin	W28	Lake Washington-36	1:13.00
2	Kelly, Sawyer	M27	Lake Washington-36	1:12.00
3	Kelly, Steven	M22	Lake Washington-36	1:10.99
4	Colella, Rodney P	M54	Cascade Masters-36	1:10.55
5	Esko, Kevin	M56	Mercer Island Re-36	1:10.94
6	Howell, Richard K	M62	Oregon Masters-37	1:11.00
7	Calvo, Morena	W34	CG Sports Manage-36	1:12.05
8	Scott, David	M55	Team Walker Inte-36	1:14.55

Heat 7 of 7 Finals

1	Hao, Yawei	M31	Mercer Island Re-36	1:10.00
2	Mehta, Sivan K	M27	Lake Washington-36	1:05.77
3	Gordon, Paul R	M32	UC36	1:04.20
4	Cutter, Christian	M20	UC35	57.53
5	Campea, Scott	M47	CG Sports Manage-36	1:00.51
6	Conroy, Chris	M36	CG Sports Manage-36	1:04.59
7	Colella, Casey	M27	Cascade Masters-36	1:06.61
8	Clark, Josaiah	M25	Cascade Masters-36	1:10.05

2022 PNA Championship Meet, Sanction #: 362-S003

Hosted by Blue Wave Aquatics

Meet Program

Event 7 Mixed 50 Yard Butterfly

18+W PNA:	25.79	4/13/2014	JORDAN KING
18+W NATL:	24.54	11/8/2009	DANA VOLLMER
25+W PNA:	24.86	2/21/2010	MEGAN JENDRICK
25+W NATL:	24.19	4/28/2017	DANIELLE HERRMANN
30+W PNA:	27.09	5/18/1997	TRISHA SCHWERZLER
30+W NATL:	24.18	4/15/2000	ANGEL MARTINO
35+W PNA:	26.86	4/3/2011	SHERI HART
35+W NATL:	25.04	4/28/2017	NORIKO INADA
40+W PNA:	26.25	5/1/2011	SHERI HART
40+W NATL:	25.14	5/10/2009	S VON DER LIPPE

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

1	Ward, Joy	W79	Oregon Masters-37	51.00
2	Arns, Katherine	W33	Blue Wave Aquati-36	47.00
3	Farmer, Samantha	W21	Western Washingt-36	43.00
4	Osborne, Rae	W19	Western Washingt-36	40.21
5	Hoffman, Wendy	W59	Puget Sound Mast-36	43.00
6	Jacobs, Candace	W69	Team Walker Inte-36	43.24
7	Wolfe, Amy R	W52	Bernardo's All S-36	49.00

Heat 2 of 7 Finals

1	Schaufler, Kirby	M62	Snohomish Aquati-36	38.88
2	York, Sandi	W45	Thunderbird Aqua-36	38.00
3	Wood, Jason	M44	UC36	37.94
4	Van Pelt, Darren	M52	Lake Washington-36	36.00
5	Mellick, Kimberly	W43	Blue Wave Aquati-36	36.35
6	Fitzgerald, Robert	M70	Snohomish Aquati-36	38.00
7	Salmi, Jenny M	W49	Lake Washington-36	38.50
8	Thomas, Ben	M33	UC36	40.00

Heat 3 of 7 Finals

1	Block, Jonathan	M39	Snohomish Aquati-36	35.40
2	McKinnon, Courtney	W30	Husky Masters-36	35.00
3	Chan, Chelsea	W29	Blue Wave Aquati-36	34.00
4	Li, Ran	M33	Snohomish Aquati-36	33.00
5	Troupe, Curtis	M65	UC36	33.90
6	Scott, Michael	M35	Lake Washington-36	34.68
7	Sargent, Andrew	M20	Western Washingt-36	35.00
8	Marsh-Limm, Margo	W54	Snohomish Aquati-36	36.00

Heat 4 of 7 Finals

1	Ness, Erik	M52	UC36	33.00
2	Wright, Larry E	M73	UC36	32.50
3	Wintermute, Logan	M25	UC36	32.00
4	Nimb, Peter	M57	Bainbridge Aquat-36	31.50
5	Wahlstrom, Colleen	W45	Team Walker Inte-36	31.80
6	Yasukochi, Emily T	W44	Thunderbird Aqua-36	32.22
7	Ralstin, Madeline	W20	Blue Wave Aquati-36	32.50
8	Cyger, Erin	W50	Bainbridge Aquat-36	33.00

Heat 5 of 7 Finals

1	Hathaway, David	M61	Oregon Masters-37	30.11
2	Yamamoto, Jin	M47	Lake Washington-36	30.03
3	Bush, Gabe	M44	Blue Wave Aquati-36	29.99
4	Seton, John	M63	Oregon Masters-37	29.00
5	Takaki, Carlene	W37	Snohomish Aquati-36	29.00
6	Pence, Braden C	M39	Cascade Masters-36	30.00
7	Castle, Matt	M50	Thunderbird Aqua-36	30.08
8	Begalli, Brent A	M25	Western Washingt-36	30.39

Heat 6 of 7 Finals

1	McCarty, David	M57	Lake Washington-36	29.00
2	Elliott, Thomas	M46	Team Walker Inte-36	29.00
3	Davidson, Daniel	M30	St Helens Maste-37	28.00
4	Mcclafferty, Christine	W48	Oregon Masters-37	27.91
5	Wu, Joanna	W27	Blue Wave Aquati-36	28.00
6	Cermak, Gerald	M58	Puget Sound Mast-36	28.84
7	Gemperline, Quinn	M30	Husky Masters-36	29.00
8	Ni, Jake	M28	Lake Washington-36	29.00

Heat 7 of 7 Finals

1	Washburne, Brent	M60	Oregon Masters-37	27.42
2	Whitbeck, David	M39	Lake Washington-36	27.08
3	Power, Michael	M54	Oregon Masters-37	25.76
4	Repeta, Alex	M23	Lake Washington-36	23.00
5	Mullen, Gary J	M36	Snohomish Aquati-36	24.46
6	Jeffery, Shawn	M42	UC36	27.00
7	Stacy, Jessica L	W32	Oregon Masters-37	27.21
8	Skinner, Sonja	W45	Oregon Masters-37	27.84

Event 8 Mixed 200 Yard Backstroke

18+W PNA:	2:10.34	5/18/1997	M.JENKINS
18+W NATL:	1:59.22	4/30/2000	SARA SCHWEITZER
25+W PNA:	2:10.23	4/11/2015	JORDAN G KING
25+W NATL:	1:56.87	2/28/2015	F PELLEGRINI
30+W PNA:	2:09.33	4/5/1992	ZENA HERRMANN
30+W NATL:	1:59.93	2/19/1996	K PIPES-NEILSEN
35+W PNA:	2:10.93	5/18/1997	ZENA COURTNEY
35+W NATL:	2:00.54	3/14/1998	K PIPES-NEILSEN
40+W PNA:	2:13.58	5/20/2001	ZENA COURTNEY
40+W NATL:	2:03.61	7/25/1921	JENNIFER MIHALIK

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

3	Farin, Lisa	W64	North End Otters-36	3:45.00
4	Neely, Wendy	W47	Blue Wave Aquati-36	3:24.88
5	Dumouchel, Denise	W59	Bainbridge Aquat-36	3:45.00

Heat 2 of 3 Finals

1	Stribbling Geldien, Gail	W41	Blue Wave Aquati-36	3:03.89
2	Neuhaus, Scott J	M67	Team Walker Inte-36	2:59.62
3	Knowlton, Bill	M69	UC36	2:50.00
4	Takaki, Carlene	W37	Snohomish Aquati-36	2:35.00
5	Weiland, Mackenzie R	W25	Cascade Masters-36	2:45.00
6	Spencer, Rick R	M74	Puget Sound Mast-36	2:59.00
7	Underbrink, Dan	M65	Team Walker Inte-36	3:02.28

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Meet Program

Heat 3 Finals (#8 Mixed 200 Yard Backstroke)

1	Moore, Robert	M61	Team Walker Inte-36	2:30.81
2	Haynie, Carl	M61	Team Walker Inte-36	2:21.53
3	Nygren, Mats	M55	Lake Washington-36	2:10.00
4	De Acosta, Diego	M47	Puget Sound Mast-36	2:05.00
5	Zacharias, Reva	W24	CG Sports Manage-36	2:09.00
6	Wetzel, Maria	W26	Oregon Masters-37	2:17.30
7	Steenbeeke, Alain	M59	Bernardo's All S-36	2:28.00
8	Kirkland, Dan	M73	Oregon Masters-37	2:32.64

Event 9 Mixed 50 Yard Freestyle

18+W PNA:	24.15	11/7/1921	REVA ZACHARIAS
18+W NATL:	22.21	1/31/2015	VANDERPOOL-WALLAC
25+W PNA:	23.19	2/21/2010	MEGAN JENDRICK
25+W NATL:	22.00	4/27/2019	KATARZYNA WILK
30+W PNA:	24.17	10/30/2016	ERICA R CENCI
30+W NATL:	22.37	4/7/2019	MADISON KENNEDY
35+W PNA:	24.18	4/3/2011	SHERI HART
35+W NATL:	22.34	2/25/2007	DARA TORRES
40+W PNA:	23.92	5/1/2011	SHERI HART
40+W NATL:	21.91	4/15/2007	DARA TORRES

Lane Name Age Team Seed Time**Heat 1 of 10 Finals**

3	Guy, Anthony J	M21	Bainbridge Aquat-36	1:25.00
4	Helm, Charlie	M65	Oregon Masters-37	43.50
5	Adkins-Narte, Heather D	W67	Bainbridge Aquat-36	49.00

Heat 2 of 10 Finals

1	High, Marjorie	W46	Cascade Masters-36	41.70
2	Phillips, Sue	W62	Cascade Masters-36	39.93
3	Ward, Joy	W79	Oregon Masters-37	39.00
4	Schultz, Kait	W20	Western Washingt-36	36.82
5	Wolfe, Amy R	W52	Bernardo's All S-36	37.00
6	Condotta, Robert	M58	Blue Wave Aquati-36	39.00
7	Kratzer, Elissa	W59	Bainbridge Aquat-36	40.00
8	McVarish, Nicole	W40	Cascade Masters-36	42.00

Heat 3 of 10 Finals

1	Weiland, Maddie	W23	Cascade Masters-36	35.00
2	White, Robert	M73	Lake Washington-36	35.00
3	Jacobs, Candace	W69	Team Walker Inte-36	34.56
4	Osborne, Rae	W19	Western Washingt-36	34.22
5	VanWormer, Jessa	W23	Western Washingt-36	34.47
6	Farmer, Samantha	W21	Western Washingt-36	34.76
7	Bolerjack, Wanda	W65	Snohomish Aquati-36	35.00
8	Clark, Katherine S	W45	Cascade Masters-36	36.55

Heat 4 of 10 Finals

1	Mellick, Kimberly	W43	Blue Wave Aquati-36	33.07
2	Thomas, Ben	M33	UC36	32.00
3	Stout, Jon	M75	Oregon Masters-37	30.55
4	Wright, Larry E	M73	UC36	30.00
5	Lauzon, Chantal	W48	MSC	30.09
6	York, Sandi	W45	Thunderbird Aqua-36	31.77
7	Wood, Jason	M44	UC36	32.40
8	Schaufler, Kirby	M62	Snohomish Aquati-36	33.33

Heat 5 of 10 Finals

1	Green, Jeff	M42	Snohomish Aquati-36	30.00
2	Green, Dick	M69	Puget Sound Mast-36	30.00
3	Colberg, Jason	M52	Cascade Masters-36	29.99
4	Salmi, Jenny M	W49	Lake Washington-36	29.59
5	Borgen, Erik	M48	Cascade Masters-36	29.90
6	Woodruff, Morgan	W21	Western Washingt-36	30.00
7	McKinnon, Courtney	W30	Husky Masters-36	30.00
8	Henzel, Gregory	M52	Tom Taylor Famil-36	30.00

Heat 6 of 10 Finals

1	Robinson, Charles	M65	Mercer Island Be-36	28.90
2	Begalli, Brent A	M25	Western Washingt-36	28.50
3	Scott, Michael	M35	Lake Washington-36	28.44
4	Ryden, Eric	M41	Orca Swim Team-36	28.03
5	Wahlstrom, Colleen	W45	Team Walker Inte-36	28.25
6	Riddle, Luci A	W19	Western Washingt-36	28.50
7	Yasukochi, Emily T	W44	Thunderbird Aqua-36	28.84
8	Polidori, Wendy	W52	Snohomish Aquati-36	29.00

Heat 7 of 10 Finals

1	Gemperline, Quinn	M30	Husky Masters-36	28.00
2	Yang, Erin	W28	Lake Washington-36	27.74
3	Schwartz, Steven	M58	UC36	27.50
4	Castle, Matt	M50	Thunderbird Aqua-36	27.27
5	Bush, Gabe	M44	Blue Wave Aquati-36	27.49
6	Calvo, Morena	W34	CG Sports Manage-36	27.57
7	Gilley, Paige	W29	Lake Washington-36	28.00
8	Gibson, Kevin	M48	Cascade Masters-36	28.00

Heat 8 of 10 Finals

1	Hebert, Joseph	M60	UC36	27.00
2	Hayes, William	M70	Lake Washington-36	26.50
3	Nimb, Peter	M57	Bainbridge Aquat-36	26.35
4	Wu, Joanna	W27	Blue Wave Aquati-36	26.00
5	Cermak, Gerald	M58	Puget Sound Mast-36	26.18
6	Sargent, Andrew	M20	Western Washingt-36	26.50
7	Mcclafferty, Christine	W48	Oregon Masters-37	26.71
8	Elliott, Thomas	M46	Team Walker Inte-36	27.00

Heat 9 of 10 Finals

1	Yamane, Evan	M19	Western Washingt-36	26.00
2	Skinner, Sonja	W45	Oregon Masters-37	25.90
3	Colella, Rodney P	M54	Cascade Masters-36	25.55
4	Wallach, Ted	M43	Cascade Masters-36	24.45
5	Kelly, Sawyer	M27	Lake Washington-36	25.00
6	McDonald, George	M30	Oregon Masters-37	25.80
7	Bollens, Stephen	M62	UC37	25.96
8	Seton, John	M63	Oregon Masters-37	26.00

Heat 10 of 10 Finals

1	Alsberg, Maoz	M53	Team Walker Inte-36	24.18
2	Power, Michael	M54	Oregon Masters-37	23.50
3	Mullen, Gary J	M36	Snohomish Aquati-36	22.50
4	Cole, Matthew C	M23	Bernardo's All S-36	20.37
5	Mehta, Sivan K	M27	Lake Washington-36	22.44
6	Cutter, Christian	M20	UC35	22.59
7	Ni, Jake	M28	Lake Washington-36	23.83
8	Washburne, Brent	M60	Oregon Masters-37	24.28

2022 PNA Championship Meet, Sanction #: 362-S003

Hosted by Blue Wave Aquatics

Meet Program

Event 10 Mixed 200 Yard Freestyle

18+W PNA:	1:53.41	4/15/2012	PALOMA DINKEL
18+W NATL:	1:43.28	11/8/2009	DANA VOLLMER
25+W PNA:	1:57.55	4/11/2009	DEBRA FORINASH
25+W NATL:	1:48.80	5/20/2001	LIMIN LIU
30+W PNA:	1:55.02	2/21/2016	ERICA R CENCI
30+W NATL:	1:43.46	11/30/2012	ERIKA ERNDL
35+W PNA:	1:58.10	5/9/1996	MARGEE CURRAN
35+W NATL:	1:51.55	5/3/1997	K PIPES-NEILSEN
40+W PNA:	1:58.67	5/9/2013	HALEIGH A WERNER
40+W NATL:	1:51.06	12/22/2002	K PIPES-NEILSEN

Lane	Name	Age	Team	Seed Time
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Heat 1 of 5 Finals

1	Condotta, Robert	M58	Blue Wave Aquati-36	3:35.00
2	Engelhardt, Carl	M68	Greenlake Aquadu-36	3:10.00
3	Neuhaus, Scott J	M67	Team Walker Inte-36	2:55.00
4	Bolerjack, Wanda	W65	Snohomish Aquati-36	2:50.00
5	Arns, Katherine	W33	Blue Wave Aquati-36	2:50.00
6	Farin, Lisa	W64	North End Otters-36	3:10.00
7	McVarish, Nicole	W40	Cascade Masters-36	3:15.00
8	Bork, Holly	W45	Blue Wave Aquati-36	3:52.00

Heat 2 of 5 Finals

1	Barnes, Brent	M54	Team Walker Inte-36	2:44.04
2	Kawaoka, Rebecca	W30	Blue Wave Aquati-36	2:40.00
3	Piette, Jeffrey T	M66	Oregon Masters-37	2:27.00
4	Block, Jonathan	M39	Snohomish Aquati-36	2:25.00
5	Weiland, Mackenzie R	W25	Cascade Masters-36	2:25.00
6	Kolesov, Nick	M23	Cascade Masters-36	2:27.46
7	Daniels, Avery	W24	Snohomish Aquati-36	2:41.35
8	Outerson, Jenell D	W54	Blue Wave Aquati-36	2:45.00

Heat 3 of 5 Finals

1	Davidson, Anna	W26	Oregon Masters-37	2:23.22
2	Pelham, Kathy	W49	Team Walker Inte-36	2:20.00
3	Yamamoto, Jin	M47	Lake Washington-36	2:20.00
4	Lickwala, Holly	W45	Team Walker Inte-36	2:19.73
5	Scott, Michael	M35	Lake Washington-36	2:20.00
6	Cermak, Gerald	M58	Puget Sound Mast-36	2:20.00
7	Schaufler, Kirby	M62	Snohomish Aquati-36	2:22.22
8	Troupe, Curtis	M65	UC36	2:24.90

Heat 4 of 5 Finals

1	Ringstad, Brandon	M30	Snohomish Aquati-36	2:16.00
2	Kirkland, Dan	M73	Oregon Masters-37	2:14.97
3	Hathaway, David	M61	Oregon Masters-37	2:10.48
4	Loeser, Jonas E	M22	Western Washingt-36	2:07.31
5	Seton, John	M63	Oregon Masters-37	2:10.00
6	Takaki, Carlene	W37	Snohomish Aquati-36	2:12.00
7	Ness, Erik	M52	UC36	2:15.00
8	Hoover, David	M59	Cascade Masters-36	2:19.00

Heat 5 of 5 Finals

1	Porter, Michael	M55	Lake Washington-36	2:04.00
2	Nygren, Mats	M55	Lake Washington-36	1:55.00
3	Whitbeck, David	M39	Lake Washington-36	1:53.97
4	Matthews, Scott	M60	Blue Wave Aquati-36	1:40.00
5	Mullen, Gary J	M36	Snohomish Aquati-36	1:53.00
6	Gordon, Paul R	M32	UC36	1:54.20
7	Conroy, Chris	M36	CG Sports Manage-36	1:56.13
8	Higlett, Alexis L	W38	Oregon Masters-37	2:05.00

Event 11 Mixed 400 Yard IM

18+W PNA:	4:54.92	5/20/2007	STEPHANIE MILLER
18+W NATL:	4:17.48	3/27/1921	DESTINY NELSON
25+W PNA:	4:42.13	5/7/1989	KARIN FOSBERG
25+W NATL:	4:19.02	2/22/2013	JUSTINE MUELLER
30+W PNA:	4:49.69	4/11/2010	COLLEEN PHILIPPS
30+W NATL:	4:14.84	1/20/2013	ERIKA ERNDL
35+W PNA:	5:02.64	5/20/2001	LISA WILSON
35+W NATL:	4:24.18	3/14/1998	K PIPES-NEILSEN
40+W PNA:	4:50.69	5/1/2011	HALEIGH A WERNER
40+W NATL:	4:28.43	5/4/2008	S VON DER LIPPE

Name	Age	Team	Seed Time
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--- No entries for event Positive Check-In Required - See Psych Sheet PG 15

Event 12 Mixed 100 Yard Butterfly

18+W PNA:	56.87	4/13/2014	JORDAN KING
18+W NATL:	52.30	11/8/2009	DANA VOLLMER
25+W PNA:	57.51	4/13/2013	PALOMA DINKEL
25+W NATL:	53.20	4/24/2015	AMANDA SIMS
30+W PNA:	1:00.12	4/14/1991	TAMI BENNETT
30+W NATL:	52.93	3/5/1922	DANIELLE HERRMANN
35+W PNA:	1:01.50	5/18/1997	ZENA COURTNEY
35+W NATL:	55.78	5/18/2003	S VON DER LIPPE
40+W PNA:	1:01.99	5/18/1997	CAMILLE THOMPSON
40+W NATL:	54.83	5/10/2009	S VON DER LIPPE

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals

1	Yamane, Evan	M19	Western Washingt-36	1:20.00
2	Au, Wing Yun	W21	Lake Washington-36	1:15.00
3	Ryden, Eric	M41	Orca Swim Team-36	1:10.23
4	McDonald, George	M30	Oregon Masters-37	1:10.01
5	Clark, Josaiiah	M25	Cascade Masters-36	1:10.23
6	Ralstin, Grace	W20	Blue Wave Aquati-36	1:13.42
7	Cyger, Erin	W50	Bainbridge Aquat-36	1:16.00
8	Gettling, Janet	W73	Oregon Masters-37	1:42.00

Heat 2 of 3 Finals

1	Howell, Richard K	M62	Oregon Masters-37	1:09.00
2	Higlett, Alexis L	W38	Oregon Masters-37	1:06.50
3	Yang, Erin	W28	Lake Washington-36	1:04.00
4	Skinner, Sonja	W45	Oregon Masters-37	1:01.38
5	Mcclafferty, Christine	W48	Oregon Masters-37	1:01.46
6	Wintermute, Logan	M25	UC36	1:05.65
7	Haynie, Carl	M61	Team Walker Inte-36	1:07.00
8	Badran, Lianna M	W48	Bellevue Club-36	1:10.00

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Hosted by Blue Wave Aquatics

Meet Program

Heat 3 Finals (#12 Mixed 100 Yard Butterfly)

1	Whitbeck, David	M39	Lake Washington-36	58.00
2	Jeffery, Shawn	M42	UC36	56.00
3	Petersen, Erik	M33	CG Sports Manage-36	54.53
4	Gray, Trever	M46	Puget Sound Mast-36	53.95
5	Mullen, Gary J	M36	Snohomish Aquati-36	54.36
6	Cutter, Christian	M20	UC35	55.62
7	Alex, Casey	M49	Puget Sound Mast-36	57.58
8	Davidson, Daniel	M30	St Helens Maste-37	1:00.00

Event 13 Mixed 500 Yard Freestyle

18+W PNA:	5:16.78	4/8/2017	AMANDA R CLARK
18+W NATL:	4:49.97	10/25/2003	JESSICA FOSCHI
25+W PNA:	5:13.04	5/18/2003	CASEY MURPHY
25+W NATL:	4:49.88	1/3/1996	SHEILA TAORMINA
30+W PNA:	5:19.88	4/11/2010	COLLEEN PHILIPPS
30+W NATL:	4:46.92	4/14/2012	DAWN HECKMAN
35+W PNA:	5:15.13	5/9/1996	MARGEE CURRAN
35+W NATL:	4:56.09	5/3/1997	K PIPES-NEILSEN
40+W PNA:	5:21.96	5/1/2011	HALEIGH A WERNER
40+W NATL:	4:58.98	10/5/2002	K PIPES-NEILSEN

Name	Age	Team	Seed Time
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--- No entries for event Positive Check-In Required - See Psych Sheet PG 15

Event 14 Mixed 200 Yard Breaststroke

18+W PNA:	2:23.61	5/10/2018	KATIE A KAESTNER
18+W NATL:	2:06.59	12/6/2014	MICAH LAWRENCE
25+W PNA:	2:09.05	2/6/2010	MEGAN JENDRICK
25+W NATL:	2:09.05	2/6/2010	MEGAN JENDRICK
30+W PNA:	2:23.79	3/18/2018	SVETLANA KARPEEVA
30+W NATL:	2:11.78	12/19/1921	DANIELLE HERRMANN
35+W PNA:	2:35.69	4/15/2007	LINDA HEGERBERG
35+W NATL:	2:17.51	4/26/2015	KATIE GLENN
40+W PNA:	2:31.78	4/29/2012	HALEIGH A WERNER
40+W NATL:	2:17.06	5/14/2006	S VON DER LIPPE

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals

1	Guy, Brian M	M52	Bainbridge Aquat-36	5:37.00
2	Clark, Katherine S	W45	Cascade Masters-36	3:50.55
3	Neuhaus, Scott J	M67	Team Walker Inte-36	3:20.00
4	Hoover, David	M59	Cascade Masters-36	3:07.40
5	Underbrink, Dan	M65	Team Walker Inte-36	3:09.82
6	Chapman, Linda	W66	Lake Washington-36	3:20.00
7	Dumouchel, Denise	W59	Bainbridge Aquat-36	4:15.00
8	Walker, Thomas W	M75	Team Walker Inte-36	6:00.00

Heat 2 of 2 Finals

1	Zilz, Lenny A	M72	Mercer Island Be-36	3:00.00
2	Scott, David	M55	Team Walker Inte-36	2:41.39
3	Esko, Kevin	M56	Mercer Island Re-36	2:30.00
4	Campea, Scott	M47	CG Sports Manage-36	2:14.00
5	Ringstad, Brandon	M30	Snohomish Aquati-36	2:28.00
6	Sullivan, Scot	M55	Oregon Masters-37	2:39.90
7	Lauzon, Chantal	W48	MSC	2:56.74
8	Peterson, Steven	M75	Bernardo's All S-36	3:05.50

Event 15 Mixed 100 Yard Freestyle

18+W PNA:	53.47	11/7/1921	REVA ZACHARIAS
18+W NATL:	48.18	12/6/2014	KATIE MEILI
25+W PNA:	49.70	2/21/2010	MEGAN JENDRICK
25+W NATL:	48.58	5/12/2018	KATARZYNA WILK
30+W PNA:	52.58	10/30/2016	ERICA R CENCI
30+W NATL:	48.03	2/23/2013	ERIKA ERNDL
35+W PNA:	54.06	4/11/2009	KIMBERLY JETER
35+W NATL:	49.72	2/25/2007	DARA TORRES
40+W PNA:	51.86	5/1/2011	SHERI HART
40+W NATL:	48.34	4/15/2007	DARA TORRES

Lane	Name	Age	Team	Seed Time
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Heat 1 of 9 Finals

3	Condotta, Robert	M58	Blue Wave Aquati-36	1:40.00
4	Ward, Joy	W79	Oregon Masters-37	1:32.00
5	High, Marjorie	W46	Cascade Masters-36	1:33.82

Heat 2 of 9 Finals

1	Engelhardt, Carl	M68	Greenlake Aquadu-36	1:30.00
2	Kratzer, Elissa	W59	Bainbridge Aquat-36	1:20.00
3	Bolerjack, Wanda	W65	Snohomish Aquati-36	1:17.00
4	Kawaoka, Rebecca	W30	Blue Wave Aquati-36	1:15.00
5	Knowlton, Bill	M69	UC36	1:16.00
6	Wolfe, Amy R	W52	Bernardo's All S-36	1:19.00
7	Thomas, Ben	M33	UC36	1:20.00
8	McVarish, Nicole	W40	Cascade Masters-36	1:30.00

Heat 3 of 9 Finals

1	Wood, Jason	M44	UC36	1:14.31
2	Barnes, Brent	M54	Team Walker Inte-36	1:13.62
3	Belkina, Maria	W38	Cascade Masters-36	1:10.00
4	Stout, Jon	M75	Oregon Masters-37	1:09.11
5	Colberg, Jason	M52	Cascade Masters-36	1:09.99
6	Pradhan, Azim	M34	Lake Washington-36	1:10.00
7	Osborne, Rae	W19	Western Washingt-36	1:13.85
8	Li, Ran	M33	Snohomish Aquati-36	1:15.00

Heat 4 of 9 Finals

1	Green, Jeff	M42	Snohomish Aquati-36	1:07.00
2	Kolesov, Nick	M23	Cascade Masters-36	1:06.45
3	Pelham, Kathy	W49	Team Walker Inte-36	1:05.46
4	Scott, Michael	M35	Lake Washington-36	1:04.22
5	Ralstin, Grace	W20	Blue Wave Aquati-36	1:05.27
6	Riddle, Luci A	W19	Western Washingt-36	1:05.50
7	Davidson, Anna	W26	Oregon Masters-37	1:06.79
8	Borgen, Erik	M48	Cascade Masters-36	1:07.13

Heat 5 of 9 Finals

1	Chan, Chelsea	W29	Blue Wave Aquati-36	1:03.00
2	Yasukochi, Emily T	W44	Thunderbird Aqua-36	1:03.00
3	Gilley, Paige	W29	Lake Washington-36	1:02.00
4	Ryden, Eric	M41	Orca Swim Team-36	1:01.24
5	Wetzel, Maria	W26	Oregon Masters-37	1:01.50
6	Begalli, Brent A	M25	Western Washingt-36	1:02.03
7	McKinnon, Courtney	W30	Husky Masters-36	1:03.00
8	Schauffer, Kirby	M62	Snohomish Aquati-36	1:03.33

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Meet Program

Heat 6 Finals (#15 Mixed 100 Yard Freestyle)

1	Sargent, Andrew	M20	Western Washingt-36	1:00.00
2	Yamane, Evan	M19	Western Washingt-36	1:00.00
3	Nimb, Peter	M57	Bainbridge Aquat-36	59.80
4	Cermak, Gerald	M58	Puget Sound Mast-36	58.25
5	Hathaway, David	M61	Oregon Masters-37	58.40
6	Wahlstrom, Colleen	W45	Team Walker Inte-36	59.89
7	Ness, Erik	M52	UC36	1:00.00
8	Hayes, William	M70	Lake Washington-36	1:01.00

Heat 7 of 9 Finals

1	McDonald, George	M30	Oregon Masters-37	57.78
2	Jo, Nate	M22	Western Washingt-36	57.52
3	Skinner, Sonja	W45	Oregon Masters-37	56.50
4	Ni, Jake	M28	Lake Washington-36	55.42
5	Davidson, Daniel	M30	St Helens Maste-37	56.00
6	McCarty, David	M57	Lake Washington-36	57.00
7	Loeser, Jonas E	M22	Western Washingt-36	57.63
8	Seton, John	M63	Oregon Masters-37	58.00

Heat 8 of 9 Finals

1	Alsberg, Maoz	M53	Team Walker Inte-36	54.31
2	Sullivan, Scot	M55	Oregon Masters-37	53.98
3	Power, Michael	M54	Oregon Masters-37	53.23
4	Whitbeck, David	M39	Lake Washington-36	52.91
5	Nygren, Mats	M55	Lake Washington-36	53.00
6	Wallach, Ted	M43	Cascade Masters-36	53.80
7	Fairhurst, Brandon J	M25	Snohomish Aquati-36	54.26
8	Wu, Joanna	W27	Blue Wave Aquati-36	55.00

Heat 9 of 9 Finals

1	Hao, Yawei	M31	Mercer Island Re-36	52.00
2	Hutchison, Thomas	M26	CG Sports Manage-36	50.69
3	Repeta, Alex	M23	Lake Washington-36	50.00
4	Cole, Matthew C	M23	Bernardo's All S-36	46.34
5	Mehta, Sivan K	M27	Lake Washington-36	49.40
6	Jones, Emily	W18	UC36	50.00
7	Cutter, Christian	M20	UC35	50.87
8	Conroy, Chris	M36	CG Sports Manage-36	52.06

Event 16 Mixed 50 Yard Backstroke

18+W PNA:	27.93	11/7/1921	REVA ZACHARIAS
18+W NATL:	25.47	3/23/2019	C BARTHOLOMEW
25+W PNA:	26.37	2/21/2010	MEGAN JENDRICK
25+W NATL:	25.26	5/22/2010	TANICA JAMISON
30+W PNA:	28.04	4/11/2010	TAMARA COULTER
30+W NATL:	24.96	5/1/2011	NORIKO INADA
35+W PNA:	27.60	2/5/2011	SHERI HART
35+W NATL:	24.71	4/29/2017	NORIKO INADA
40+W PNA:	26.12	5/1/2011	SHERI HART
40+W NATL:	26.12	5/1/2011	SHERI HART

Lane Name Age Team Seed Time**Heat 1 of 5 Finals**

3	Bork, Holly	W45	Blue Wave Aquati-36	1:06.00
4	Phillips, Sue	W62	Cascade Masters-36	46.03
5	Kratzer, Charlie	M67	Bainbridge Aquat-36	1:00.00

Heat 2 of 5 Finals

1	Wolfe, Amy R	W52	Bernardo's All S-36	45.00
2	McLean, Laura	W56	Bernardo's All S-36	42.01
3	Fitzgerald, Robert	M70	Snohomish Aquati-36	41.00
4	Gibson, Kevin	M48	Cascade Masters-36	40.00
5	Salmi, Jenny M	W49	Lake Washington-36	40.25
6	Marsh-Limm, Margo	W54	Snohomish Aquati-36	41.00
7	Gettling, Janet	W73	Oregon Masters-37	43.00

Heat 3 of 5 Finals

1	Farmer, Samantha	W21	Western Washingt-36	39.56
2	Spencer, Rick R	M74	Puget Sound Mast-36	38.00
3	Fogg, Stephen	M73	Team Walker Inte-36	36.73
4	York, Sandi	W45	Thunderbird Aqua-36	36.47
5	Weiland, Maddie	W23	Cascade Masters-36	36.71
6	Piette, Jeffrey T	M66	Oregon Masters-37	37.00
7	Stribling Geldien, Gail	W41	Blue Wave Aquati-36	38.15
8	Weiland, Mackenzie R	W25	Cascade Masters-36	40.00

Heat 4 of 5 Finals

1	Hayes, William	M70	Lake Washington-36	36.00
2	Kirkland, Dan	M73	Oregon Masters-37	34.21
3	Castle, Matt	M50	Thunderbird Aqua-36	33.39
4	Gemperline, Quinn	M30	Husky Masters-36	33.00
5	Hathaway, David	M61	Oregon Masters-37	33.07
6	Schwartz, Steven	M58	UC36	34.20
7	Green, Dick	M69	Puget Sound Mast-36	35.00
8	Robinson, Charles	M65	Mercer Island Be-36	36.00

Heat 5 of 5 Finals

1	Higlett, Alexis L	W38	Oregon Masters-37	30.90
2	Steenbeeke, Alain	M59	Bernardo's All S-36	29.18
3	Alsberg, Maoz	M53	Team Walker Inte-36	28.03
4	Gray, Trever	M46	Puget Sound Mast-36	26.15
5	Wu, Joanna	W27	Blue Wave Aquati-36	28.00
6	Washburne, Brent	M60	Oregon Masters-37	28.51
7	Haynie, Carl	M61	Team Walker Inte-36	29.46
8	Bollens, Stephen	M62	UC37	32.99

Event 17 Mixed 100 Yard IM

18+W PNA:	57.95	4/15/2012	PALOMA DINKEL
18+W NATL:	53.02	12/21/2014	KATIE MEILI
25+W PNA:	54.43	2/6/2010	MEGAN JENDRICK
25+W NATL:	54.40	4/29/2017	DANIELLE HERRMANN
30+W PNA:	1:00.59	10/30/2016	ERICA R CENCI
30+W NATL:	57.01	4/15/2000	ANGEL MARTINO
35+W PNA:	58.88	4/3/2011	SHERI HART
35+W NATL:	57.25	4/29/2017	GABRIELLE CHANG
40+W PNA:	58.38	5/1/2011	SHERI HART
40+W NATL:	57.95	4/28/2012	ERIKA BRAUN

Lane Name Age Team Seed Time**Heat 1 of 8 Finals**

1	Walker, Thomas W	M75	Team Walker Inte-36	3:00.00
2	Helm, Charlie	M65	Oregon Masters-37	1:57.00
3	Arns, Katherine	W33	Blue Wave Aquati-36	1:45.00
4	Hope, Carolyn	W51	Cascade Masters-36	1:35.00
5	Gettling, Janet	W73	Oregon Masters-37	1:40.00
6	High, Marjorie	W46	Cascade Masters-36	1:54.26
7	Belt, Barbara	W66	Bainbridge Aquat-36	2:00.00

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Meet Program

Heat 2 Finals (#17 Mixed 100 Yard IM)

1	Thomas, Ben	M33	UC36	1:30.00
2	Kawaoka, Rebecca	W30	Blue Wave Aquati-36	1:30.00
3	Espinosa, Leo	M61	UC36	1:30.00
4	Mellick, Kimberly	W43	Blue Wave Aquati-36	1:26.00
5	Farmer, Samantha	W21	Western Washingt-36	1:30.00
6	Green, Jeff	M42	Snohomish Aquati-36	1:30.00
7	Borgen, Erik	M48	Cascade Masters-36	1:30.00
8	Farrell, Thomas	M62	Puget Sound Mast-36	1:35.00

Heat 3 of 8 Finals

1	Wood, Jason	M44	UC36	1:23.93
2	Chapman, Linda	W66	Lake Washington-36	1:21.56
3	Neuhaus, Scott J	M67	Team Walker Inte-36	1:20.00
4	Weiland, Maddie	W23	Cascade Masters-36	1:19.96
5	Gemperline, Quinn	M30	Husky Masters-36	1:20.00
6	York, Sandi	W45	Thunderbird Aqua-36	1:21.20
7	Stout, Jon	M75	Oregon Masters-37	1:23.11
8	White, Robert	M73	Lake Washington-36	1:24.19

Heat 4 of 8 Finals

1	Piette, Jeffrey T	M66	Oregon Masters-37	1:18.17
2	Cyger, Erin	W50	Bainbridge Aquat-36	1:18.00
3	Wright, Larry E	M73	UC36	1:16.50
4	Wetzel, Maria	W26	Oregon Masters-37	1:15.50
5	Outerson, Jenell D	W54	Blue Wave Aquati-36	1:16.00
6	Block, Jonathan	M39	Snohomish Aquati-36	1:18.00
7	Van Pelt, Darren	M52	Lake Washington-36	1:18.00
8	Schwartz, Steven	M58	UC36	1:19.00

Heat 5 of 8 Finals

1	Lauzon, Chantal	W48	MSC	1:12.83
2	Yasukochi, Emily T	W44	Thunderbird Aqua-36	1:12.65
3	Lickwala, Holly	W45	Team Walker Inte-36	1:11.77
4	Kelly, Steven	M22	Lake Washington-36	1:10.99
5	Begalli, Brent A	M25	Western Washingt-36	1:11.20
6	Tujo, Christian	M50	Oregon Masters-37	1:12.20
7	Ryden, Eric	M41	Orca Swim Team-36	1:12.70
8	Belkina, Maria	W38	Cascade Masters-36	1:15.00

Heat 6 of 8 Finals

1	Moore, Robert	M61	Team Walker Inte-36	1:10.00
2	McKinnon, Courtney	W30	Husky Masters-36	1:10.00
3	Gilley, Paige	W29	Lake Washington-36	1:10.00
4	Wahlstrom, Colleen	W45	Team Walker Inte-36	1:09.40
5	Bush, Gabe	M44	Blue Wave Aquati-36	1:09.99
6	Yang, Erin	W28	Lake Washington-36	1:10.00
7	Ness, Erik	M52	UC36	1:10.00
8	Yamamoto, Jin	M47	Lake Washington-36	1:10.88

Heat 7 of 8 Finals

1	Calvo, Morena	W34	CG Sports Manage-36	1:08.10
2	Cermak, Gerald	M58	Puget Sound Mast-36	1:07.69
3	Power, Michael	M54	Oregon Masters-37	1:05.90
4	Porter, Michael	M55	Lake Washington-36	1:04.00
5	Wintermute, Logan	M25	UC36	1:05.32
6	Colella, Rodney P	M54	Cascade Masters-36	1:07.06
7	Au, Wing Yun	W21	Lake Washington-36	1:08.00
8	Neff, John	M31	Snohomish Aquati-36	1:09.27

Heat 8 of 8 Finals

1	Sprinkle, Baden P	M34	Blue Wave Aquati-36	1:02.00
2	Arnold, Joshua	M22	Bernardo's All S-36	1:00.53
3	Campea, Scott	M47	CG Sports Manage-36	57.50
4	Mehta, Sivan K	M27	Lake Washington-36	55.57
5	Cutter, Christian	M20	UC35	56.83
6	Wu, Joanna	W27	Blue Wave Aquati-36	1:00.00
7	Zacharias, Reva	W24	CG Sports Manage-36	1:02.00
8	Colella, Casey	M27	Cascade Masters-36	1:03.53

Event 18 Mixed 200 Yard Butterfly

18+W PNA:	2:02.45	4/12/2014	JORDAN KING
18+W NATL:	1:54.62	4/28/2012	KATHERINE MILLS
25+W PNA:	2:10.47	4/12/2015	JORDAN G KING
25+W NATL:	1:57.48	12/2/2017	HANNAH SAIZ
30+W PNA:	2:13.49	5/18/1987	TAMMY BENNETT
30+W NATL:	2:03.46	5/12/1996	K PIPES-NEILSEN
35+W PNA:	2:21.78	4/13/2013	SUSAN WETSTONE
35+W NATL:	2:03.48	5/22/2005	S VON DER LIPPE
40+W PNA:	2:18.99	4/14/1996	CAMILLE THOMPSON
40+W NATL:	2:03.13	5/4/2008	S VON DER LIPPE

Lane Name Age Team Seed Time

Heat 1 of 1 Finals

2	Fogg, Stephen	M73	Team Walker Inte-36	3:24.19
3	Mcclafferty, Christine	W48	Oregon Masters-37	2:20.41
4	Petersen, Erik	M33	CG Sports Manage-36	2:04.90
5	Jeffery, Shawn	M42	UC36	2:10.00
6	Tujo, Christian	M50	Oregon Masters-37	2:32.00
7	Dumouchel, Denise	W59	Bainbridge Aquat-36	3:59.00

Event 19 Mixed 100 Yard Backstroke

18+W PNA:	57.98	4/12/2014	JORDAN KING
18+W NATL:	53.83	3/24/2019	C BARTHOLOMEW
25+W PNA:	1:01.77	5/20/2007	MEGAN LIVINGSTON
25+W NATL:	54.06	5/23/2010	TANICA JAMISON
30+W PNA:	1:00.35	4/11/2010	TAMARA COULTER
30+W NATL:	54.60	4/30/2011	NORIKO INADA
35+W PNA:	57.34	4/3/2011	SHERI HART
35+W NATL:	53.58	4/30/2017	NORIKO INADA
40+W PNA:	56.03	5/1/2011	SHERI HART
40+W NATL:	56.03	4/30/2011	SHERI HART

Lane Name Age Team Seed Time

Heat 1 of 6 Finals

1	Adkins-Narte, Heather D	W67	Bainbridge Aquat-36	2:15.00
2	Fitzgerald, Robert	M70	Snohomish Aquati-36	1:40.00
3	Schultz, Kait	W20	Western Washingt-36	1:32.95
4	Chan, Chelsea	W29	Blue Wave Aquati-36	1:30.00
5	Hoffman, Wendy	W59	Puget Sound Mast-36	1:31.00
6	Hope, Carolyn	W51	Cascade Masters-36	1:35.00
7	Belt, Barbara	W66	Bainbridge Aquat-36	1:50.00

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Meet Program

Heat 2 Finals (#19 Mixed 100 Yard Backstroke)

1	Underbrink, Dan	M65	Team Walker Inte-36	1:26.95
2	Spencer, Rick R	M74	Puget Sound Mast-36	1:23.00
3	Neuhaus, Scott J	M67	Team Walker Inte-36	1:22.21
4	York, Sandi	W45	Thunderbird Aqua-36	1:20.34
5	Polidori, Wendy	W52	Snohomish Aquati-36	1:22.00
6	Stribling Geldien, Gail	W41	Blue Wave Aquati-36	1:22.80
7	Robinson, Charles	M65	Mercer Island Be-36	1:25.00
8	Stout, Jon	M75	Oregon Masters-37	1:30.00

Heat 3 of 6 Finals

1	Kolesov, Nick	M23	Cascade Masters-36	1:20.00
2	Knowlton, Bill	M69	UC36	1:18.00
3	Ralstin, Grace	W20	Blue Wave Aquati-36	1:16.22
4	McKinnon, Courtney	W30	Husky Masters-36	1:15.00
5	Riddle, Luci A	W19	Western Washingt-36	1:15.00
6	Hayes, William	M70	Lake Washington-36	1:18.00
7	Wright, Larry E	M73	UC36	1:19.00
8	Yamane, Evan	M19	Western Washingt-36	1:20.00

Heat 4 of 6 Finals

1	Weiland, Mackenzie R	W25	Cascade Masters-36	1:12.65
2	Stacy, Jessica L	W32	Oregon Masters-37	1:12.10
3	McDonald, George	M30	Oregon Masters-37	1:11.72
4	Gilley, Paige	W29	Lake Washington-36	1:10.00
5	Au, Wing Yun	W21	Lake Washington-36	1:10.00
6	Yamamoto, Jin	M47	Lake Washington-36	1:12.00
7	Ralstin, Madeline	W20	Blue Wave Aquati-36	1:12.18
8	Kirkland, Dan	M73	Oregon Masters-37	1:13.16

Heat 5 of 6 Finals

1	Moore, Robert	M61	Team Walker Inte-36	1:08.00
2	Pence, Braden C	M39	Cascade Masters-36	1:05.00
3	Kelly, Sawyer	M27	Lake Washington-36	1:04.00
4	Haynie, Carl	M61	Team Walker Inte-36	1:02.95
5	Steenbeeke, Alain	M59	Bernardo's All S-36	1:03.16
6	McCarty, David	M57	Lake Washington-36	1:04.00
7	Higlett, Alexis L	W38	Oregon Masters-37	1:05.82
8	Hathaway, David	M61	Oregon Masters-37	1:09.99

Heat 6 of 6 Finals

1	Davidson, Daniel	M30	St Helens Maste-37	1:02.00
2	Nygren, Mats	M55	Lake Washington-36	1:01.00
3	Zacharias, Reva	W24	CG Sports Manage-36	59.00
4	Hutchison, Thomas	M26	CG Sports Manage-36	56.80
5	Wu, Joanna	W27	Blue Wave Aquati-36	58.00
6	Arnold, Joshua	M22	Bernardo's All S-36	1:00.37
7	Fairhurst, Brandon J	M25	Snohomish Aquati-36	1:01.39
8	Jeffery, Shawn	M42	UC36	1:02.00

Event 20 Mixed 50 Yard Breaststroke

18+W PNA:	29.51	5/10/2018	KATIE A KAESTNER
18+W NATL:	27.76	12/5/2014	KATIE MEILI
25+W PNA:	27.14	2/21/2010	MEGAN JENDRICK
25+W NATL:	27.10	4/30/2016	KATIE MEILI
30+W PNA:	32.70	4/15/2018	AMELIA FERREL
30+W NATL:	28.48	5/4/2008	KATIE MCCLELLAND
35+W PNA:	33.36	4/10/2005	LINDA HEGERBERG
35+W NATL:	28.51	5/2/2014	KATIE GLENN
40+W PNA:	31.61	5/9/2013	HALEIGH A WERNER
40+W NATL:	28.71	5/11/2018	KATIE GLENN

Lane Name Age Team Seed Time**Heat 1 of 7 Finals**

3	Walker, Thomas W	M75	Team Walker Inte-36	2:00.00
4	Condotta, Robert	M58	Blue Wave Aquati-36	1:10.00
5	Guy, Brian M	M52	Bainbridge Aquat-36	1:32.00
6	Guy, Anthony J	M21	Bainbridge Aquat-36	2:05.00

Heat 2 of 7 Finals

1	Kratzer, Charlie	M67	Bainbridge Aquat-36	50.00
2	Truong, Dominique	M83	Puget Sound Mast-36	48.00
3	Gettling, Janet	W73	Oregon Masters-37	45.00
4	McLean, Laura	W56	Bernardo's All S-36	44.79
5	Weiland, Mackenzie R	W25	Cascade Masters-36	45.00
6	Clark, Katherine S	W45	Cascade Masters-36	45.40
7	Kratzer, Elissa	W59	Bainbridge Aquat-36	50.00
8	High, Marjorie	W46	Cascade Masters-36	58.43

Heat 3 of 7 Finals

1	Marsh-Limm, Margo	W54	Snohomish Aquati-36	43.00
2	Davidson, Anna	W26	Oregon Masters-37	40.64
3	Farrell, Thomas	M62	Puget Sound Mast-36	40.00
4	Colberg, Jason	M52	Cascade Masters-36	39.99
5	Hope, Carolyn	W51	Cascade Masters-36	40.00
6	Espinosa, Leo	M61	UC36	40.00
7	Weiland, Maddie	W23	Cascade Masters-36	41.83
8	VanWormer, Jessa	W23	Western Washingt-36	44.70

Heat 4 of 7 Finals

1	White, Robert	M73	Lake Washington-36	39.31
2	Pradhan, Azim	M34	Lake Washington-36	39.00
3	Zilz, Lenny A	M72	Mercer Island Be-36	38.26
4	Gemperline, Quinn	M30	Husky Masters-36	38.00
5	Li, Ran	M33	Snohomish Aquati-36	38.00
6	Piette, Jeffrey T	M66	Oregon Masters-37	39.00
7	Walsh, Greg S	M69	Seattle Metropol-36	39.07
8	Chapman, Linda	W66	Lake Washington-36	39.90

Heat 5 of 7 Finals

1	Lickwala, Holly	W45	Team Walker Inte-36	37.33
2	Schwartz, Steven	M58	UC36	37.20
3	Hebert, Joseph	M60	UC36	36.00
4	Castle, Matt	M50	Thunderbird Aqua-36	34.87
5	Cole, Matthew C	M23	Bernardo's All S-36	35.00
6	Lauzon, Chantal	W48	MSC	36.80
7	Tujo, Christian	M50	Oregon Masters-37	37.30
8	Peterson, Steven	M75	Bernardo's All S-36	37.50

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Meet Program

Heat 6 Finals (#20 Mixed 50 Yard Breaststroke)

1	Scott, David	M55	Team Walker Inte-36	34.08
2	Clark, Josaiiah	M25	Cascade Masters-36	33.86
3	Petersen, Erik	M33	CG Sports Manage-36	33.55
4	Cermak, Gerald	M58	Puget Sound Mast-36	33.22
5	Porter, Michael	M55	Lake Washington-36	33.50
6	Neff, John	M31	Snohomish Aquati-36	33.77
7	Arnold, Joshua	M22	Bernardo's All S-36	34.00
8	Yang, Erin	W28	Lake Washington-36	34.13

Heat 7 of 7 Finals

1	Leskovar, Fran	M23	Bernardo's All S-36	33.00
2	Esko, Kevin	M56	Mercer Island Re-36	31.66
3	Colella, Rodney P	M54	Cascade Masters-36	31.00
4	Conroy, Chris	M36	CG Sports Manage-36	29.24
5	Colella, Casey	M27	Cascade Masters-36	30.94
6	Gibson, Kevin	M48	Cascade Masters-36	31.00
7	Washburne, Brent	M60	Oregon Masters-37	32.97
8	Calvo, Morena	W34	CG Sports Manage-36	33.10

Event 21 Women 200 Yard Freestyle Relay

18+ PNA: 1:41.39 4/13/2014 PSM

A MOORHEAD, L ORAM, P DINKEL, J KING

18+ NATL: 1:35.66 4/30/2016 CLUB TRIBE ALUM

G MIZERAK, S SHANER, C HURTUBISE, K GRIER

25+ PNA: 1:41.13 4/12/2015 PSM

A MOORHEAD, C HELGASON, J G KING, P DINKEL

25+ NATL: 1:34.62 4/7/2019 NORTH CAROLINA

M KENNEDY, L SMITH, K LINDAUER, E BRAUN

35+ PNA: 1:40.10 5/1/2011 PNA

S HART, H A WERNER, M C ARMSTRONG, L A DAHL

35+ NATL: 1:36.42 2/1/2015 NCMS

K LINDAUER, A UHL, J STRINGER, E BRAUN

45+ PNA: 1:45.48 5/17/2002 PNA

J MOORE, C DAVIS, D GLASSMAN, M LIPPOLD

45+ NATL: 1:40.44 4/30/2011 COLORADO MASTER

K GARNIER, C SAPPEY, A SCOTT-KUBE, S VON DER LIPPE

55+ PNA: 1:53.70 5/9/2013 PSM

C M DAVIS, S PREISSLER, D A GLASSMAN, M B LIPPOLD

55+ NATL: 1:45.60 4/29/2017 PALM BEACH MAST

K PIPES, E JONES, K TREIBLE SLATON, C WENZEL

Team	Relay	Seed Time
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--- No entries for event

Event 22 Men 200 Yard Freestyle Relay

18+ PNA: 1:28.38 4/15/2012 PNA

CHRIS CHAPMAN, THOMAS PEART, NED STACK, CEJIH YUNG

18+ NATL: 1:18.32 5/22/2010 NORTH CAROLINA

N BRUNELLI, C JONES, N WESTBY, J SKUBA

25+ PNA: 1:27.32 4/14/2013 PSM

C CHAPMAN, C YUNG, C CONROY, R CARDOSO

25+ NATL: 1:19.71 4/7/2018 RICE AQUATICS

W WAGNER, A SURHOFF, D HILL, B COLLINS

35+ PNA: 1:31.52 5/20/2007 PNA

J KEPPELER, T DOHERTY, D KAYS, K NELSON

35+ NATL: 1:23.32 5/29/2010 LONGHORN AQUATI

T BLESSING, M VAROZZA, B BAILEY, C ECKERMAN

45+ PNA: 1:30.56 5/20/2007 PNA

BRAD HERING, RICH LOUDON, JAY LEIGH, KARL WEISS

45+ NATL: 1:27.70 5/4/2008 ARIZONA MASTERS

JOHN SMITH, AL JAEGER, PAUL HAFNER, PAUL SMITH

55+ PNA: 1:35.14 4/25/2019 PSM

SOUVIRAA-LABASTIE, B V HERING, G LAFFICHE, D L PHI

55+ NATL: 1:32.18 4/11/2009 OREGON MASTERS

M TENNANT, D BROCKBANK, W EDWARDS, L PHILBRICK

Team	Relay	Seed Time
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--- No entries for event

Event 23 Mixed 200 Yard Freestyle Relay

18+W PNA: 1:41.39 4/13/2014 PSM

A MOORHEAD, L ORAM, P DINKEL, J KING

18+W NATL: 1:35.66 4/30/2016 CLUB TRIBE ALUM

G MIZERAK, S SHANER, C HURTUBISE, K GRIER

25+W PNA: 1:41.13 4/12/2015 PSM

A MOORHEAD, C HELGASON, J G KING, P DINKEL

25+W NATL: 1:34.62 4/7/2019 NORTH CAROLINA

M KENNEDY, L SMITH, K LINDAUER, E BRAUN

35+W PNA: 1:40.10 5/1/2011 PNA

S HART, H A WERNER, M C ARMSTRONG, L A DAHL

35+W NATL: 1:36.42 2/1/2015 NCMS

K LINDAUER, A UHL, J STRINGER, E BRAUN

45+W PNA: 1:45.48 5/17/2002 PNA

J MOORE, C DAVIS, D GLASSMAN, M LIPPOLD

45+W NATL: 1:40.44 4/30/2011 COLORADO MASTER

K GARNIER, C SAPPEY, A SCOTT-KUBE, S VON DER LIPPE

55+W PNA: 1:53.70 5/9/2013 PSM

C M DAVIS, S PREISSLER, D A GLASSMAN, M B LIPPOLD

55+W NATL: 1:45.60 4/29/2017 PALM BEACH MAST

K PIPES, E JONES, K TREIBLE SLATON, C WENZEL

Team	Relay	Seed Time
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--- No entries for event

2022 PNA Championship Meet, Sanction #: 362-S003

Hosted by Blue Wave Aquatics

Psych Sheet

Event 5 Mixed 1000 Yard Freestyle

18+W PNA:	11:12.98	4/26/2015	SYDNEY E ANDERSON
18+W NATL:	10:12.42	3/31/2012	LUANE ROWE
25+W PNA:	11:03.79	1988	LISA M OBRIEN
25+W NATL:	10:10.67	2/3/2017	HANNAH SAIZ
30+W PNA:	10:57.30	4/8/2017	ALLISON L COX
30+W NATL:	9:51.93	4/15/2012	DAWN HECKMAN
35+W PNA:	10:43.03	5/9/1996	MARGEE CURRAN
35+W NATL:	10:11.23	11/15/2014	HEIDI GEORGE
40+W PNA:	10:51.34	5/9/2013	HALEIGH A WERNER
40+W NATL:	10:20.45	12/21/2003	K PIPES-NEILSEN

	Name	Age	Team	Seed Time
1	De Acosta, Diego	M47	Puget Sound Mast-36	10:30.00
2	Nelson, Kirk	M51	CG Sports Manage-36	11:10.00
3	Jo, Nate	M22	Western Washingt-36	11:30.00
4	Anderson, Sydney	W29	UC36	11:45.00
5	Wallach, Ted	M43	Cascade Masters-36	11:46.00
6	Sprinkle, Baden P	M34	Blue Wave Aquati-36	12:10.00
7	Kirkland, Dan	M73	Oregon Masters-37	12:12.12
8	Fairhurst, Brandon J	M25	Snohomish Aquati-36	12:25.00
9	Piette, Jeffrey T	M66	Oregon Masters-37	12:55.00
10	Pettit, Jayette	W54	Oregon Masters-37	13:00.00
11	Pelham, Kathy	W49	Team Walker Inte-36	13:00.00
12	Higlett, Alexis L	W38	Oregon Masters-37	13:30.00
13	Kawaoka, Rebecca	W30	Blue Wave Aquati-36	14:30.00
14	Schaufler, Kirby	M62	Snohomish Aquati-36	14:44.44
15	Trow, Stephanie	W34	UC37	15:30.00
16	Engelhardt, Carl	M68	Greenlake Aquadu-36	17:00.00
17	Barnes, Brent	M54	Team Walker Inte-36	17:00.00
18	Belt, Barbara	W66	Bainbridge Aquat-36	18:00.00
19	Condotta, Robert	M58	Blue Wave Aquati-36	18:00.00
20	Matthews, Scott	M60	Blue Wave Aquati-36	18:00.00
21	Stribling Geldien, Gail	W41	Blue Wave Aquati-36	18:18.00
22	Hile, Laurence	M72	Bainbridge Aquat-36	20:19.00
23	Walker, Thomas W	M75	Team Walker Inte-36	30:00.00

Event 11 Mixed 400 Yard IM

18+W PNA:	4:54.92	5/20/2007	STEPHANIE MILLER
18+W NATL:	4:17.48	3/27/1921	DESTINY NELSON
25+W PNA:	4:42.13	5/7/1989	KARIN FOSBERG
25+W NATL:	4:19.02	2/22/2013	JUSTINE MUELLER
30+W PNA:	4:49.69	4/11/2010	COLLEEN PHILIPPS
30+W NATL:	4:14.84	1/20/2013	ERIKA ERNDL
35+W PNA:	5:02.64	5/20/2001	LISA WILSON
35+W NATL:	4:24.18	3/14/1998	K PIPES-NEILSEN
40+W PNA:	4:50.69	5/1/2011	HALEIGH A WERNER
40+W NATL:	4:28.43	5/4/2008	S VON DER LIPPE

	Name	Age	Team	Seed Time
1	Gray, Trever	M46	Puget Sound Mast-36	4:26.93
2	Sullivan, Scot	M55	Oregon Masters-37	4:50.36
3	Jo, Nate	M22	Western Washingt-36	5:05.00
4	Tujo, Christian	M50	Oregon Masters-37	5:40.20
5	Hoffman, Wendy	W59	Puget Sound Mast-36	6:25.00
6	Underbrink, Dan	M65	Team Walker Inte-36	6:36.59
7	Stribling Geldien, Gail	W41	Blue Wave Aquati-36	7:19.00
8	Matthews, Scott	M60	Blue Wave Aquati-36	8:00.00

Event 13 Mixed 500 Yard Freestyle

18+W PNA:	5:16.78	4/8/2017	AMANDA R CLARK
18+W NATL:	4:49.97	10/25/2003	JESSICA FOSCHI
25+W PNA:	5:13.04	5/18/2003	CASEY MURPHY
25+W NATL:	4:49.88	1/3/1996	SHEILA TAORMINA
30+W PNA:	5:19.88	4/11/2010	COLLEEN PHILIPPS
30+W NATL:	4:46.92	4/14/2012	DAWN HECKMAN
35+W PNA:	5:15.13	5/9/1996	MARGEE CURRAN
35+W NATL:	4:56.09	5/3/1997	K PIPES-NEILSEN
40+W PNA:	5:21.96	5/1/2011	HALEIGH A WERNER
40+W NATL:	4:58.98	10/5/2002	K PIPES-NEILSEN

	Name	Age	Team	Seed Time
1	De Acosta, Diego	M47	Puget Sound Mast-36	5:05.00
2	Whitbeck, David	M39	Lake Washington-36	5:10.80
3	Sullivan, Scot	M55	Oregon Masters-37	5:18.80
4	Arnold, Joshua	M22	Bernardo's All S-36	5:20.00
5	Nygren, Mats	M55	Lake Washington-36	5:20.00
6	Howell, Richard K	M62	Oregon Masters-37	5:24.40
7	Alex, Casey	M49	Puget Sound Mast-36	5:26.41
8	Nelson, Kirk	M51	CG Sports Manage-36	5:27.52
9	Higlett, Alexis L	W38	Oregon Masters-37	5:30.00
10	Wallach, Ted	M43	Cascade Masters-36	5:39.88
11	Anderson, Sydney	W29	UC36	5:45.00
12	Seton, John	M63	Oregon Masters-37	5:50.00
13	Bush, Gabe	M44	Blue Wave Aquati-36	5:59.99
14	Kirkland, Dan	M73	Oregon Masters-37	6:03.44
15	Yamamoto, Jin	M47	Lake Washington-36	6:13.71
16	Pelham, Kathy	W49	Team Walker Inte-36	6:20.00
17	Piette, Jeffrey T	M66	Oregon Masters-37	6:25.00
18	Pence, Braden C	M39	Cascade Masters-36	6:30.00
19	Green, Jeff	M42	Snohomish Aquati-36	6:30.00
20	Woodruff, Morgan	W21	Western Washingt-36	6:30.00
21	Ralstin, Madeline	W20	Blue Wave Aquati-36	6:40.00
22	Pettit, Jayette	W54	Oregon Masters-37	6:45.00
23	Kawaoka, Rebecca	W30	Blue Wave Aquati-36	6:50.00
24	Schaufler, Kirby	M62	Snohomish Aquati-36	6:55.55
25	Hoffman, Wendy	W59	Puget Sound Mast-36	6:56.00
26	Matthews, Scott	M60	Blue Wave Aquati-36	7:00.00
27	Kolesov, Nick	M23	Cascade Masters-36	7:00.00
28	Smith, Marysia	W22	Western Washingt-36	7:00.00
29	Barnes, Brent	M54	Team Walker Inte-36	7:58.43
30	Engelhardt, Carl	M68	Greenlake Aquadu-36	8:00.00
31	Phillips, Sue	W62	Cascade Masters-36	8:08.85
32	Arns, Katherine	W33	Blue Wave Aquati-36	8:15.00
33	McVarish, Nicole	W40	Cascade Masters-36	8:20.00
34	Neely, Wendy	W47	Blue Wave Aquati-36	8:20.43
35	Condotta, Robert	M58	Blue Wave Aquati-36	8:30.00
36	Belt, Barbara	W66	Bainbridge Aquat-36	9:00.00
37	Bittner, Matthew F	M62	UC36	9:30.00
38	Hile, Laurence	M72	Bainbridge Aquat-36	9:57.88
39	Helm, Charlie	M65	Oregon Masters-37	10:02.00

We welcome our out of town swimmers!

English Bay Swim Club, Vancouver BC

St. Helens Masters, Oregon

Oregon Masters

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